

# Tridentine Community News

February 26, 2023 – First Sunday of Lent

## *Spiritual Suggestions for Lent, 2023*

Our recurring roundup of ideas to help you enjoy a spiritually fruitful Lent is an updated collection of oldies-but-goodies:

**Confession:** Try to begin the habit of going to Confession at least once per month, if you don't already. Many local Tridentine Mass sites offer Confession before Mass, plus Detroit's Solanus Center offers Confession 9:30 AM – 4:00 PM, Monday-Saturday.

**Weekday Mass:** Try to attend one of the numerous local weekday Masses in the Extraordinary Form once per week during Lent, for example at Holy Family, Detroit on Monday, Wednesday, and Friday at 12:00 Noon; Assumption Grotto at 7:30 AM Monday-Saturday; and Holy Name of Mary, Windsor at 7:00 PM Tuesday. The complete schedule was published in our August 14, 2022 column: <http://www.windsorlatinmass.org/wtnews/220814.pdf>. Or e-mail the address at the bottom of this page to subscribe to the weekly Friday e-mail broadcast listing all of the available options.

**Resolve to make the nine First Fridays or the five First Saturdays:** Metro Detroit now has several sites where you can make these traditional devotions in the Extraordinary Form, for example Old St. Mary's on First Fridays at 7:00 PM; and Ss. Peter & Paul Westside at 9:00 AM on First Saturdays.

**On Saints' Feast Days, Pray the Collect [Opening Prayer] from the Mass:** If you have a hand missal for the Extraordinary or Ordinary Forms, on Feast Days of Saints, take a minute and pray the Collect for the day's Mass. This practice is enriched with a Partial Indulgence.

**Spiritual Communion:** On each day that you cannot receive Holy Communion, take a minute and make a Spiritual Communion. Holy Mother Church grants a Partial Indulgence for this practice. St. Alphonsus Maria de' Liguori composed the following prayer for this purpose:

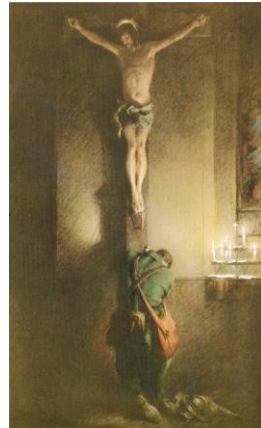
My Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things, and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee. Amen.

**Indulgence for each Communion:** Strive to gain a Plenary Indulgence for the Souls in Purgatory for each Holy Communion you receive. This is a great act of charity for souls who cannot help themselves. Several ways to do this are listed below.

**Daily Rosary:** Strive to pray the Holy Rosary every day during Lent, for an intention of your choosing. If you are able to pray the Rosary in a church or with a group or your family, you may gain a Plenary Indulgence for yourself or for the Souls in Purgatory, under the usual conditions of Confession within 20 days, reception of Holy Communion once per Plenary Indulgence sought, prayer for the Holy Father's intentions, and freedom from attachment to sin.

**Adoration:** At least once per week, make a visit to the Blessed Sacrament. Many churches offer extended hours for this purpose, including the Orchard Lake Shrine Chapel and the Stone Chapel at St. Hugo of the Hills in Bloomfield Hills. If you are able to spend 30 minutes in Adoration, you may gain a Plenary Indulgence under the above conditions.

**Stations of the Cross:** Pray the Stations at least once during Lent. If done in a church, you may gain a Plenary Indulgence under the usual conditions. If you are making the devotion privately, you must physically move from station to station. Stations of the Cross are prayed publicly during Lent after the 12:00 Noon Mass at Holy Family on Fridays, and at 6:00 PM Fridays at Sweetest Heart of Mary.



**Indulgenced Prayer Before a Crucifix:** On the Fridays of Lent, the Church grants a Plenary Indulgence for the simple act of praying this prayer before a Crucifix after receiving Holy Communion, under the usual conditions. A Partial Indulgence may be gained by praying this same prayer after receiving Holy Communion at other times.

En ego, o bone et dulcissime Jesu, ante conspectum tuum genibus me provólvo, ac máximo ánimi ardóre te oro atque obtéstor, ut meum in cor vívidos fidei, spei et caritátis sensus, atque veram peccatórum meórum pæniténtiam, eáque emendánda firmissimam voluntátem velis imprimere; dum magno ánimi afféctu et dolóre tua quinque vúlnera mecum ipse considero, ac mente contémplo, illud præ óculis habens, quod jam in ore ponébat tuo David Prophéta de te, o bone Jesu: "Fodérunt manus meas et pedes meos: dinumeravérunt ómnia ossa mea."

*Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee that Thou wouldst impress upon my heart lively sentiments of faith, hope, and charity, with a true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul I ponder within myself and mentally contemplate Thy five wounds, having before my eyes the words which David the prophet put on Thy lips concerning Thee: "My hands and My feet they have pierced, they have numbered all My bones."*

## *Tridentine Masses This Coming Week*

**Fri. 03/03 7:00 PM:** High Mass at *Old St. Mary's* (Ember Friday of Lent) – Celebrant: Fr. Cy Whitaker, SJ. Choir will sing *Missa Ætérna Christi Múnera* by Palestrina. Confessions and devotions to the Sacred Heart before Mass. Reception afterwards in the parish hall.