

Tridentine Community News

February 18, 2024 – First Sunday in Lent

Spiritual Suggestions for Lent, 2024

Our annual roundup of ideas to help you enjoy a spiritually fruitful Lent includes some new recommendations from other Latin Mass sites:

Spiritual Reading: St. Joan of Arc, the FSSP parish in Post Falls, Idaho, published this list of spiritual reading suggestions for Lent:

Spiritual readings for Lent

Great means of sanctification come from spiritual reading, especially reading *Sacred Scripture*, the *masters of the interior life* (St. John of the Cross, St. Teresa of Avila, St. Thomas Aquinas, St. Alphonsus Liguori, St. Alphonsus Rodriguez, Tauler, etc.), and the *lives of the Saints*. Some works are **theological** (teaching doctrine), some are **spiritual** (describing the interior life), and others are **devotional** (motivation to grow in the spiritual life). The **Gospels** take priority, as they contain for us special graces that incline us more to the imitate the virtues of Christ. After this comes the Acts of the Apostles (the "Lives of the Original Saints"), and the Epistles.

The **Epistles and Old Testament** can be used to learn about the following:

The Person and work of Christ: Colossians 1
The splendor of the life of the Church: Ephesians 1-3

Justification: Romans 1-11
Priesthood of Christ: Hebrews 1-9
Duties of Christians regarding the Church: 1 Peter 4

Prayer: The Psalms
Interior Souls: The works of the prophets; Books of Wisdom
Practical guidance to learn wisdom: Proverbs, Ecclesiasticus

The **works of the Saints** and **spiritual classics** are most helpful:

St. Augustine: Confessions (for conversion)
St. Gregory the Great: Exposition on the Book of Job
Cassian: Conferences on the Desert Fathers
Richard of St. Victor: Benjamin Minor and Benjamin Major; Exposition on the Song of Songs (on the interior life)
Blessed Hugh of St. Cher: On the Spiritual Life
St. Albert the Great: Commentary on Sacred Scripture
St. Catherine of Siena: Dialogues
Thomas a Kempis: Imitation of Christ (to get motivated; not recommended for the scrupulous)
St. Alphonsus Liguori: Anything by him, esp. 12

Steps to Holiness; Victories of the Martyrs
Francisco de Osuna: Third Spiritual Alphabet
St. John of the Cross: Ascent of Mt. Carmel
St. Teresa of Avila: The Way of Perfection (for interior souls)

There are **more recent devotional books** which are very good:

Jesus Our Eucharistic Love: Fr. Stephano Manelli
The Book of Confidence: Fr. Laurent (for those struggling with confidence in God)
Searching for and Maintaining Peace: Fr. Philippe (to keep peace in the midst of difficulty)
How to Profit from Your Faults: Fr. Tissot
Works of Fr. Faber: Various good devotional works
Works of Fr. Eugene Boylan: Various good devotional works

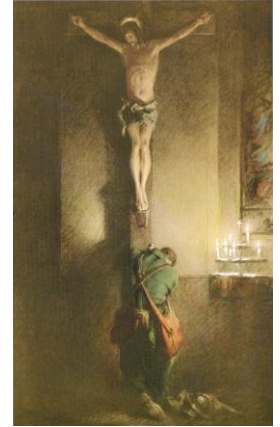
For children, these books are very good:

The Three Talking Trees: Francis Timoney (get the older version, without 'inclusive language')
St. Paul Editions Books: Lives of the saints books by the Daughters of St. Paul
My Picture Book of Saints: A classic
Children's Bible: Illustrated Bible for children

A well-stocked Catholic Home should include these **references and prayer books:**

The Holy Bible: Douay-Rheims version
Catechism of the Council of Trent: Needs no explanation
My Catholic Faith: Louis LaRavoire Morrow
My Prayer Book: Fr. Lasance (this book alone is an excellent source for prayers and spiritual reading, even for teens, since it is *devotional* in style)
The Liturgical Year: Dom Gueranger
The Glories of Mary: St. Alphonsus Liguori
True Devotion to Mary: St. Louis de Montfort
"Let prayer interrupt reading" – St. Bernard

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."



Holy Habits: All Souls Parish in Sanford, Florida, which offers the Traditional Latin Mass for the Orlando region, published this list of improved habits to maintain during Lent:

LENT IS COMING

LENT IS THE SEASON of prayer and penance set apart by the Church to prepare us for the solemn feast of Easter. To make this preparation bear fruit, She has us traverse the way of Our Lord, that is, by fasting and doing penance in the desert for forty days (cf. Matt 4:1-11, Luke 4:1-13). Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during these forty days. These can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity.

Do Not Let This Time to Grow in Holiness Pass You By!!!

Consider the following categories on what we should do for Lent this year.



1. VOLUNTARY AMENDMENT OF LIFE: Give up those things that need to go sooner or later, namely bad habits. Our goal here is to learn to love our souls more than our bodies... to break a bad habit forever and Lent is a good time to do that. Examples: Gossiping, surfing the web without real need, watching worthless, unholy, or non-sanctifying T.V. (or movies, Youtube, Netflix, Hulu, etc.), overeating, eating between meals, eating & drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time: playing video games, using TikTok, or listening to base/immoral music; useless chattering on: facebook, blogs, Twitter, Instagram, Snapchat, etc.
In this category I am going to give up _____

2. ACTS OF PENANCE: Perform some kind of penance. Our goal here is to train ourselves to say "no" in little things so that we can say "NO" to big temptations later. We can resume doing the things given up here once Lent is over. Examples: Avoid eating or drinking something that we enjoy, such as desserts. Give up eating out, taking warm showers, drinking alcoholic beverages, etc...
In this category I am going to give up _____

3. CHARITY FOR SOULS: Perform some good and holy action(s). Our goal here is to strengthen our relationship with Christ and His Church. Ideally, what we start here would continue in some way even after Lent is over. Love God more than yourself! Examples: Go to Holy Mass or Pray the Rosary in reparation for a loved one, read Sacred Scripture _____ minutes a day, adore the Most Blessed Sacrament, read the life of a Saint, increase spiritual reading to know the faith and Church teaching better, commit to mental prayer daily and the Examen prayer, spend _____ time everyday with my family, assist a food pantry, visit the elderly, give clothes to homeless shelters, accompany and build God-centered friendship with the lonely, etc...
In this category I am going to _____

Tridentine Masses This Coming Week

Tue. 02/20 6:00 PM: High Mass at *St. John Resort Chapel, Plymouth* (Tuesday in the First Week of Lent) – Celebrant: Fr. Clint McDonell

Indulged 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 conspèctum tuum génibus 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 emendándi firmissimam voluntátem velis imprimere; dum magno ánimi afféctu et dolore tua quinque vúlnera mecum ipse considero, ac mente contéplor, 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."

Comments? Ideas for a future column? Please e-mail info@windsorlatinmass.org. Previous columns are available at www.windsorlatinmass.org.