



MOST PRECIOUS BLOOD of JESUS PARISH

*A Roman Catholic Personal Parish
for the Extraordinary Form
in the Diocese of Pittsburgh.*

**Second Sunday
of Lent**

March 16, A.D. 2025

Mass Schedule

Sundays: 8am, 11am
Monday: 12 Noon
Tuesday: 12 Noon & 7pm
Wednesday through Friday: 12 Noon
1st Friday of Month: 12 Noon & 7pm
Saturday: 9am

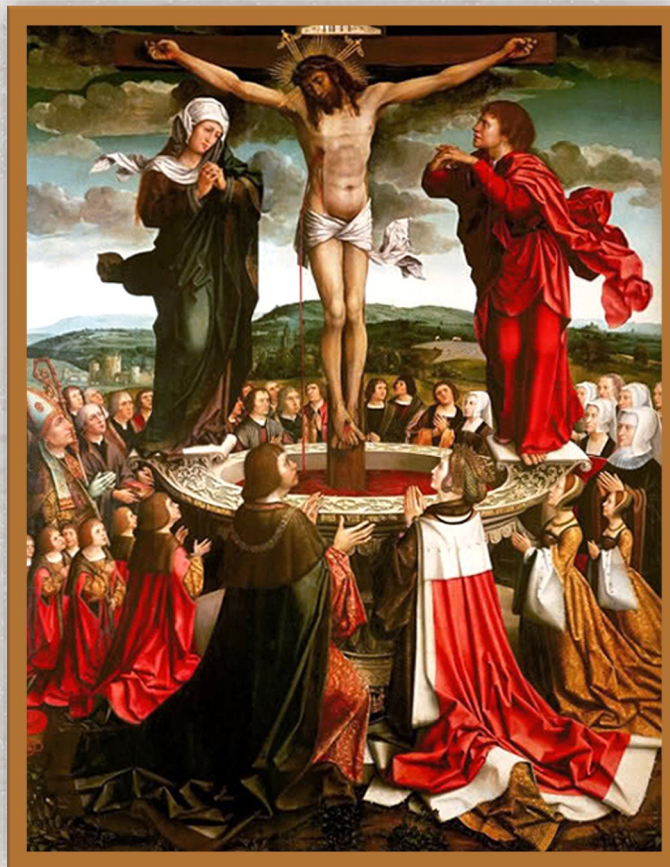
Confession Schedule

Sundays: 7-8am; 10-11am
Monday-Friday: 11:15-11:45am
Tuesdays: also 6:15-6:45pm
Saturday: 8-8:45am

Please consult the Liturgical Schedule on page 2 for particular modifications to this standard schedule.

Clergy & Staff

Canon William Avis, *Pastor*
pastor@mpboj.com
Canon Ross Bourgeois, *Parochial Vicar*
canon.bourgeois@institute-christ-king.org
Geraldine Redic, *Business Manager/Safe Environment*
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catechism@mpboj.com



Contact Information

Parish Office Hours: Monday - Friday 9am-2pm
3250 California Avenue
Pittsburgh, PA 15212
Phone 412-761-1508
Fax: 412-761-6454
Email: office@mpboj.com
Website: mostpreciousbloodparish.org or
mpboj.com

Pennsylvania Childline (report suspected child abuse)
1-800-932-0313
Protection of Children and Youth (diocesan office)
1-888-808-1235



Institute of Christ the King Sovereign Priest

Veritatem Facientes In Caritate—Furthering the Truth in Charity

Liturgical Schedule

Sunday, March 16, 2025

Second Sunday of Lent, 1st Class—Violet

8AM LM + Repose of the Soul of Jane Mousseau
(Jim & Diane Mousseau)

11AM HM *Pro populo*

Processional: *Miserere et Parce* (pg. 103)

Recessional: *Soul of My Savior* (pg. 92)

Monday, March 17, 2025

Lenten Feria, 3rd Class—Violet

Commemoration of St. Patrick

12PM LM + Deanna Shannon (Charles J. Shannon)

Tuesday, March 18, 2025

Lenten Feria, 3rd Class—Violet

Commemoration of St. Cyril of Jerusalem

12PM LM + Joseph F. Jurkovich (Kay F. Byrne)

7PM LM Joseph (Joey) Wilson (Joseph E. Wilson)

Wednesday, March 19, 2025

St. Joseph, Spouse of the Virgin Mary, 1st Class—White

Commemoration of the Feria of Lent

12PM LM Living & Deceased Members of the Aul
& Greb Families (Jack & Mary Lou Aul
& Family)

7PM HM + Repose of the Soul of Skip Bradburn
(Michael Bradburn)

Recessional: *Hail Holy Joseph Hail* (pg. 62)

Thursday, March 20, 2025

Lenten Feria, 3rd Class—Violet

12PM LM + Albert & Sarah Brunn (Angela Tomak)

8PM Holy Hour of Adoration

9PM Compline

Friday, March 21, 2025 *Abstinence*

St. Benedict, 1st Class—White

Commemoration of the Feria of Lent

**The Faithful may gain a plenary indulgence under the usual conditions by assisting at Holy Mass at the Parish this day.*

12PM LMO + Andrew Pancurak (Jane & Barbara Pancurak)

6:30 PM Stations of the Cross

7:15 PM LM + Olga Adams (Friend Family)

Saturday, March 22, 2025

Lenten Feria, 3rd Class—Violet

9AM LM + David Heimbrook (Alex Hilton)

Sunday, March 23, 2025

Third Sunday of Lent, 1st Class—Violet

8AM LM *Pro populo*

11AM HM *Borinquen Church (José Piñero)*

Processional: *Media Vita* (pg. 102)

Recessional: *These Glories of These Forty Days* (pg. 91)

LM = Low Mass; LMO = Low Mass with Organ; HM = High/Solemn Mass

Our Weekly Offerings

Sunday, March 9, 2025

Offertory	\$11,353.00
Parish Appeal 2025	\$2,235.00
Parish Improvement	\$20.00
Poor Box	\$10.00
Ash Wednesday	\$2,082.00
Holy Thursday	\$20.00
Good Friday/Holy Land	\$10.00
ICRSS/Sisters Adorers	\$100.00
ICRSS/Provincial Appeal	\$8,566.00
Funeral Offering	\$200.00

Attendance: 8AM 374; 11AM 400; Total 774

Parish Group News

RESPECT LIFE GROUP (RLG) The Gospel of Life is at the heart of this group. RLG provides support to promote a culture of life through three working subcommittees: Legislation, Education, & Advocacy. RLG's **March/April Newsletter** can be found at the entrances.

RLG's Triannual Meeting will be on **Saturday, March 22** in the school bldg. **after the 9:00am Mass**. *Light refreshment will be provided.*



The RLG is excited to announce **Dr. Blaise Milburn** as their guest speaker on **Mar. 22 @ 11:30am**. Dr. Milburn will discuss NaProTechnology for women struggling with infertility/reproductive issues. *If planning to attend the talk, the RLG requests that you be in the school building by 11:15am.*

CONFRATERNITY OF CHRISTIAN MOTHERS will next meet on **Saturday, April 5th, beginning with the 9AM Mass**. **Next month's topic will be "On the Holy Mass"**. Please contact christianmothers@mpboj.com for more information. All adult women are welcome to attend.

SURSUM CORDA-YOUNG ADULTS GROUP is a nationwide initiative to foster the spiritual lives of Catholic adults, AGES 18–35, at Institute apostolates. To sign up for the mailing list and receive notice of future events, text **Corda** to 84576 and choose "SC Pittsburgh." For more information, contact José Piñero at 863.450.5143 or sursumcorda@mpboj.com.

LENTEN REGULATIONS

1. Ash Wednesday and Good Friday are days of fast and abstinence. The Fridays of Lent are days of abstinence in the United States.
2. The obligation of abstinence (refraining from eating meat) begins at the age of 14. The law of fasting (limiting oneself to one full meal and two lighter meals) obliges all between the ages of 18-59. No one should consider this obligation lightly.
3. Those individuals who have a medical condition in which fasting may be considered harmful are not obliged to fast, but should perform some other act of penance or charity.
4. Pastors and parents are to see to it that minors, though not bound by the law of fast and abstinence, are educated in the authentic sense of penance and encouraged to do acts of penance suitable to their age.
5. All members of the Christian Faithful are encouraged to do acts of penance and charity during the Lenten season beyond what is prescribed by the law.
6. As a general rule, a request for a dispensation from the obligation of abstinence on Fridays of Lent will not be considered unless some serious reason is present. (Attendance at social events, banquets, wedding rehearsals or receptions, or funeral wakes are not considered sufficient reason to request a dispensation.)

Stations of the Cross During Lent

A venerable devotion during Lent is the *Via Crucis* or Way of the Cross. Stations are held at **6:30 p.m. on the Fridays of Lent**, followed by Holy Mass. On Good Friday, April 18th, Stations will be at 11 a.m. The faithful may gain a plenary indulgence under the usual conditions by praying the *Via Crucis*. This may be done privately or during public devotions.



Second Collections Next Two Sundays

There is a diocesan second collection next Sunday, March 23rd, for the benefit of the Catholic Campaign for Human Development, Catholic Home Missions Appeal, and National Collection for Black and Indian Missions.

On Sunday, March 30th, a second collection will be taken up for the Institute's new Retreat Center in Burlington, Wisconsin.

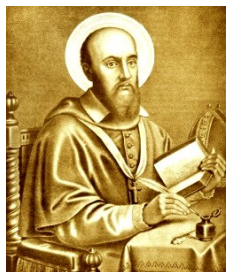
Introduction to the Devout Life

By St. Francis de Sales

Remedies for Great Occasions

(Book 4, Chapter 7)

So soon as you feel yourself anywise tempted, do as our little children when they see a wolf or a bear in the mountains. Forthwith they run to the protection of their father or mother, or at least cry out for help. Do you fly in like manner to God, claiming His compassion and succor—it is the remedy taught us by our Lord Himself: "Pray that ye enter not into temptation"



If, nevertheless, the temptation persists or increases, hasten in spirit to embrace the holy Cross, as though you beheld Jesus Christ Crucified actually present. Make firm protests against consenting, and ask His help thereto; and, so long as the temptation lasts, do you persist in making acts of non-consent. But while making these acts and these protests, do not fix your eyes on the temptation—look solely on Our Lord, for if you dwell on the temptation, especially when it is strong, your courage may be shaken. Divert your mind with any right and healthy occupation, for if that takes possession and fills your thoughts, it will drive away temptation and evil imaginations.

One great remedy against all manner of temptation, great or small, is to open the heart and lay bare its suggestions, likings, and dislikings, to your director; for, as you may observe, the first condition which the Evil One makes with a soul, when he wants to seduce it, is silence. Even as a bad man, seeking to seduce a woman, enjoins silence concerning himself to her father or husband, whereas God would always have us make known all His inspirations to our superiors and guides.

If, after all, the temptation still troubles and persecutes us, there is nothing to be done on our side save to persist in protesting that we will not consent; for just as no maiden can be married while she persists in saying No, so no soul, however oppressed, can be guilty while it says the same.

Do not argue with your Enemy, and give but one answer—that with which Our Lord confounded him, "Get thee hence, Satan, for it is written, Thou shalt worship the Lord thy God, and Him only shalt thou serve." Just as the pure wife would make no reply, and cast no glance on the foul seducer who strove to lead her astray, but would straightway fly from him to her husband's side, not arguing, but cleaving to her lawful lord in renewed fidelity;—so the devout soul when assailed by temptation should never trifle with it by answer or argument, but simply fly to the Side of Jesus Christ, its Bridegroom; renewing its pledges of unchanging devotion and faithfulness to Him.

Betsy Ann Easter Candy Fundraiser

The parish is once again sponsoring a Betsy Ann Easter Candy Fundraiser to benefit parish programs. Please consider ordering some of the best chocolates in the world, while supporting the parish. The fundraiser begins today, through Wednesday, April 2nd, and is entirely on-line, so you can order any of the delectable candy from the website. Order pick-up will take place after



Masses in Room 102 of the Parish Hall on Saturday and Sunday, April 5th & 6th.

Thank you to parishioners Jim & Karen Paras, owners of Betsy Ann Chocolates, for making this fundraiser possible. Thanks also to Peggy Wrabley for coordinating this fundraiser each year. Please do your part and enjoy the best candy ever!

40 DAYS FOR LIFE

March 5 - April 13

From March 5th – April 13th, you're invited to join other Christians for 40 Days for Life—40 days of prayer and fasting for an end to abortion. You're also invited to stand and peacefully pray during a 40-day vigil in the public right-of-way outside Planned Parenthood, 933 Liberty Avenue. Contact Nikki Bruni, nbruni@40daysforlifepgh.com, or Jen, pgsaland365@gmail.com. **Most Precious Blood of Jesus Parish has "adopted" next Sunday, March 23rd from 9 am to 5 pm to provide the prayer coverage at Planned Parenthood!** Sign-up sheets in the narthex.

Upcoming Events

Wednesday, March 19—**Feast of St. Joseph:** 12pm Low Mass; 7pm High Mass

Friday, March 21—**Feast of St. Benedict*:** 12pm Low Mass with Organ; 6:30pm Stations of Cross followed by Low Mass

Tuesday, March 25—**Annunciation:** 12pm Low Mass w/organ; 7pm High Mass

Saturday, March 29—**Parish Lenten Day of Recollection:** 9am Low Mass; 11:30am Holy Hour of Adoration; 2:30pm Stations of the Cross.

Sunday, April 13— Palm Sunday: **10:30am High Mass** with blessing of palms and procession

Wednesday, April 16— Tenebrae of Holy Thursday, 7pm

**On feast days of the patron saints of the Institute, the faithful may gain a plenary indulgence under the usual conditions by assisting at Holy Mass at the parish.*

CATHOLIC MEN'S FELLOWSHIP OF WESTERN PA

SAINT JOSEPH - CATHOLIC GUYS SUMMIT

PASTORAL CENTER
2900 NOBLESTOWN RD
PGH PA 15205



MARCH 22 2025

1:00 PM - 5:00 PM



FR. JOE
FREEDY



CANON WM.
AVIS



FR. PETER
GRUBER

FREE
REGISTER @
CMFWPA.ORG



To All of Our Guests...

The Canons and faithful of Most Precious Blood of Jesus Parish welcome you to our parish and to the Traditional Mass, celebrated in accordance with the classical Roman Liturgy. This personal parish was established by Bishop David Zubik on July 1, 2019, the feast of *The Most Precious Blood of Jesus*. Our parishioners come from all over the diocese for the prayerful tranquility of the Traditional Mass.

According to liturgical tradition, Holy Communion is received on the tongue, kneeling at the communion rail. Reception of Holy Communion is the sign of Divine and Ecclesial unity, so only practicing Catholics, free from mortal sin and who have observed the Eucharistic fast, may present themselves for Holy Communion. Visitors who are not of the Catholic Faith are welcome to join in prayer, but are requested not to receive Holy Communion. Those who need a low gluten Host should inform the usher as they approach the Communion rail, at the end of the distribution line for Holy Communion.

For more information about the parish, contact the Parish Office at 412-761-1508.

The pastoral care of Most Precious Blood of Jesus Parish is provided by
THE INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST.



MOST PRECIOUS
BLOOD of JESUS PARISH

General Information

Bulletin Announcements: Requests for proposed bulletin announcements must be submitted **ten days in advance** of the publication date. Submit to bulletin@mpboj.com.

Mass Intentions: The Parish Mass Intention Registry is currently CLOSED. Mass intentions are accepted at specific periods in the year and announced in the bulletin. Instructions and forms are available during those periods.

Parish News: The parish uses **Flocknote** to circulate news and information. Please text MPBOJ to 84576 from your cell phone and follow the instructions, or check the parish website (MPBOJ.com) for more information.

Parish Materials/Events: At both church entrances, there are racks containing church forms, reading materials and prayer cards. Please feel free to take what you need, but do not leave any materials without explicit permission from the Pastor. Parish events publicized on the bulletin boards at both entrances. If you are involved in an event that you would like to publicize or schedule, please provide a copy of the notice or request to office@mpboj.com for approval.

On Line Contributions: Most Precious Blood of Jesus Parish greatly appreciates all donations and contributions. If interested in making on-line contributions via Faith Direct, please visit: membership.faithdirect.net/PA678 or call 866-507-8757.

Catholic Faith Formation and Spiritual needs: For those seeking to join the Catholic faith, or who wish spiritual direction, please call the Parish Office for information.

Rosary: The Rosary is publicly recited one-half hour before most parish Masses.

Safety Awareness

In an effort to make Most Precious Blood of Jesus Parish a safe place for all parishioners and visitors alike, please be mindful of our urban neighborhood and the constant traffic. If visiting the parish for Mass or a social event, parents should ensure their children's safety by maintaining prudent watch and supervision of their children at all times. When children are registered and/or involved in a parish related activity overseen by a parish program manager (e.g., Children's Choir; Catechism; altar server practice), at least one parent/guardian must remain on site for the duration of the program.

Sacramental Information

Penance: The parish offers the sacrament of penance forty-five minutes prior to each Mass. Confessionals are located on the Epistle (right-hand) side of the church, with a sign indicating where to stand for the line. There is an accessible confessional located on the right side of the double confessional, where the kneeler can be lifted for easy access. Both sides of the double confessional may be occupied at the same time. Start your confession when you hear the priest's blessing.

Infant Baptism: Baptism should be administered within two weeks of birth. Please call the Parish Office prior to the baby's birth, to begin arrangements.

Holy Matrimony: Couples planning to marry at the parish must contact the Parish Office at least six months in advance, to schedule an appointment to begin marriage preparation instructions.

First Holy Communion and Confirmation: School age students receive First Holy Communion and the sacrament of Confirmation as part of our Catechism Program. Please see the parish website for registration instructions.

Extreme Unction/Anointing of the Sick: If you need the assistance of a priest for someone who is dying, please contact the Parish Office at 412-761-1508. If after hours, listen to the prompts and select option #1.

Funerals: The funeral home should directly contact the Parish Office to make Mass and burial arrangements.

Sacramental Records/Letters of Good Standing: To obtain sacramental records or a letter in good standing, please contact the Parish Office at 412-761-1508 for instructions.

Lent from The Liturgical Year by Dom Guéranger

PRACTICE DURING LENT

After having spent the three weeks of Septuagesima in meditating upon our spiritual infirmities, and upon the wounds caused in us by sin, - we should be ready to enter upon the penitential season, which the Church has now begun. We have now a clearer knowledge of the justice and holiness of God, and of the dangers that await an impenitent soul; and, that our repentance might be earnest and lasting, we have bade farewell to the vain joys and babbles of the world. Our pride has been humbled by the prophecy, that these bodies would soon be like the *ashes* that wrote the memento of death upon our foreheads.

During these Forty Days of penance, which seem so long to our poor nature, we shall not be deprived of the company of our Jesus. He seemed to have withdrawn from us during those weeks of Septuagesima, when everything spoke to us of His maledictions upon sinful man;- but this absence has done us good. It has taught us how to tremble at the voice of God's anger. *The fear of the Lord is the beginning of Wisdom* [Ps. 110:10]; we have found it to be so;- the spirit of penance is now active within us, because we have *feared*.

And now, let us look at the divine object that is before us. It is our Emmanuel; the same Jesus, but not under the form of the sweet Babe whom we adored in His Crib. He is grown to the fullness of the age of man, and wears the semblance of a sinner, trembling and humbling Himself before the Sovereign Majesty of His Father,

whom *we* have offended, and to whom He now offers Himself as the Victim of propitiation. He loves us with a Brother's love; and seeing that the season for our doing penance has begun, He comes to cheer us on by His presence and His own example. We are going to spend Forty Days in fasting and abstinence:- Jesus, who is innocence itself, goes through the same penance. We have separated ourselves, for a time, from the pleasures and vanities of the world:- Jesus withdraws from the company and sight of men. We intend to assist at the Divine Services more assiduously, and pray more fervently, than at other times: - Jesus spends forty days and forty nights in praying, like the humblest suppliant; and all this for us. We are going to think over our past sins, and bewail them in bitter grief :- Jesus suffers for them and weeps over them in the silence of the desert, as though He Himself had committed them.

No sooner had He received Baptism from the hands of St. John, than the Holy Ghost led Him to the Desert. The time had come for His showing Himself to the world; He would begin by teaching us a lesson of immense importance. He

leaves the saintly Precursor and the admiring multitude, that had seen the divine Spirit descend upon Him, and heard the Father's voice proclaiming Him to be His Beloved Son; He leaves them, and goes into the desert. Not far from the Jordan, there rises a rugged mountain, which has received, in after ages, the name of *Quarantana*. It commands a view of the fertile plain of Jericho, the Jordan, and the Dead Sea. It is within a cave of this wild rock that the Son of God now enters, His only companions being the dumb animals who have chosen this same for their own shelter. He has no food wherewith to satisfy the pangs of hunger; the barren rock can yield Him no drink; His only bed must be of stone. Here He is to spend forty days; after which, He will permit the Angels to visit Him and bring Him food.

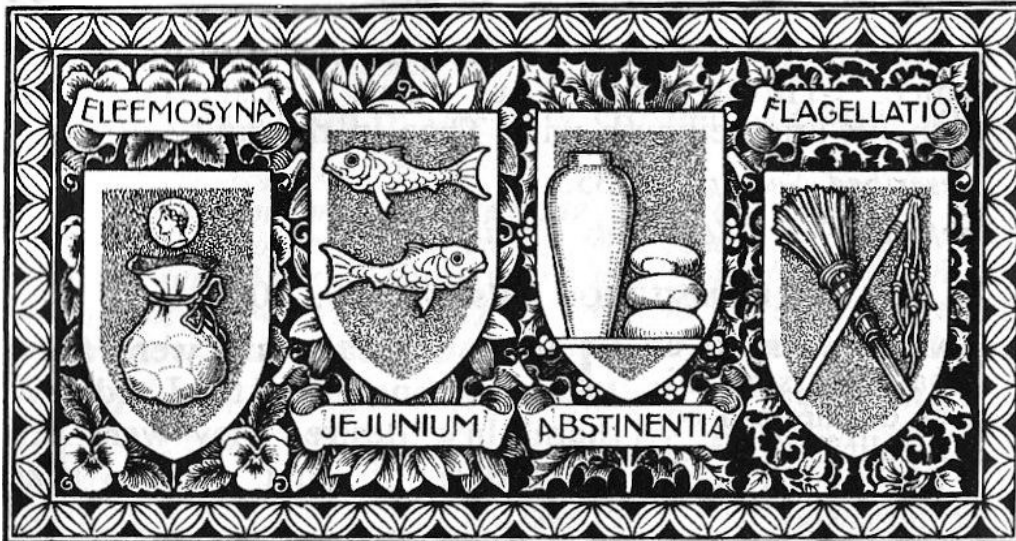
Thus does our Savior go before us on the holy path of Lent. He has borne all its fatigues and hardships, that so we, when called upon to tread the narrow way of *our* Lenten Penance, might have His example wherewith to silence the excuses, and sophisms, and repugnance, of self-love and pride. The lesson is here too plainly given not to be understood; the law of doing penance for sin is here too clearly shown, and we

cannot plead ignorance;- let us honestly accept the teaching and practice it. Jesus leaves the desert where he had spent the forty days, and begins His preaching with these words, which He addresses to all men: Do penance, for the Kingdom of heaven is at hand [Mt. 4:17]. Let us not harden our hearts to this invitation, lest

there be fulfilled in us the terrible threat contained in those other words of our Redeemer: Unless ye shall do penance, ye shall perish [Lk. 13:3].

Now, Penance consists in contrition of the soul, and in mortification of the body; these two parts are essential to it. The *soul* has willed the sin; the *body* has frequently co-operated in its commission. Moreover, man is composed of both soul and body; both, then, should pay homage to their Creator. The body is to share with the soul, either the delights of heaven, or the torments of hell; there cannot, therefore, be any thorough Christian life, or any earnest penance, where the body does not take part, in both, with the soul.

But it is the soul which gives reality to penance. The Gospel teaches this by the examples it holds out to us of the Prodigal Son, of Magdalene, of Zacheus, and of St. Peter. The soul, then, must be resolved to give up every sin; she must heartily grieve over those she has committed; she must hate sin; she must shun the occasions of sin. The Sacred Scriptures have a word for this inward disposition, which has been adopted by the Christian world, and admirably expresses the state of the



soul that has turned away from her sins: this word is, *Conversion*. The Christian should, therefore, during Lent, study to excite himself to this repentance of heart, and look upon it as the essential foundation of all his Lenten exercises. Nevertheless, he must remember that this *spiritual* penance would be a mere delusion, were he not to practice mortification of the body. Let him study the example given him by his Savior, who grieves, indeed, and weeps over our sins; but He also expiates them by His bodily sufferings. Hence it is, that the Church, - the infallible interpreter of her Divine Master's will, - tells us, that the repentance of our heart will not be accepted by God, unless it be accompanied by fasting and abstinence.

How great, then, is the illusion of those Christians, who forget their past sins, or compare themselves with others whose lives they take to have been worse than their own; and thus satisfied with themselves, can see no harm or danger in the easy life they intend to pass for the rest of their days! They will tell you, that there can be no need of their thinking of their past sins, for they have made a good confession! Is not the life they have led since that time a sufficient proof of their solid piety? And why should any one speak to them about God's justice and mortification? - Accordingly, as soon as Lent approaches, they must get all manner of dispensations. Abstinence is an inconvenience: Fasting has an effect upon their health, it would interfere with their occupations, it is such a change from their ordinary way of living: besides, there are so many people who are better than themselves, and yet who never fast or abstain:- and, as the idea never enters their minds of supplying for the penances prescribed by the Church with other penitential exercises, such persons as these, gradually and unsuspectingly, lose the Christian spirit.

The Church sees this frightful decay of supernatural energy; but she cherishes what is still left, by making her Lenten observances easier, year after year. With the hope of maintaining that little, and of seeing it strengthen for some better future, she leaves to the justice of God her children who hearken not to her, when she teaches them how they might, even now, propitiate His anger. Alas! these her children, of whom we are speaking, are quite satisfied that things should be as they are, and never think of judging their own conduct by the examples of Jesus and His Saints, or by the undeviating rules of Christian penance.

It is true, there are exceptions; but how rare they are, especially in our large towns! Groundless prejudices, idle excuses, bad example, - all tend to lead men from the observance of Lent. Is it not sad to hear people giving such a reason as this for their not fasting or abstaining, - because they *feel* them? Surely, they forget that the very aim of fasting and abstinence is to make these *bodies of sin* [Rm. 6:6] suffer and feel. And what will they answer on the Day of Judgment, when our Savior shall show them how the very Turks, who were the disciples of a gross and sensual religion, had the courage to practice, every year, the forty days' austerities of their Ramadan?

But their own conduct will be their loudest accuser. These very persons, who persuade themselves that they have not strength enough to bear the abstinence and fasting of Lent, even in their present mitigated form, think

nothing of going through incomparably greater fatigues for the sake of temporal gains or worldly enjoyments. Constitutions, which have broken down in the pursuit of pleasures, - which, to say the least, are frivolous, and always dangerous, - would have kept up all their vigor, had the laws of God and His Church, and not the desire to please the world, been the guide of their conduct. But such is the indifference, wherewith this non-observance of Lent is treated, that it never excites the slightest trouble or remorse of conscience; and they who are guilty of it will argue with you, that people who lived in the Middle Ages may perhaps have been able to keep Lent, but that now-a-days it is out of the question: and they can coolly say this in the face of all that the Church has done to adapt her Lenten discipline to the physical and moral weakness of the present generation! How comes it, that whilst these men have been trained in, or converted to, the Faith of their Fathers, they can forget that the observance of Lent is an essential mark of Catholicity; and that when the Protestants undertook to "*reform*" her, in the 16th century, one of their chief grievances was that she insisted on her children mortifying themselves by fasting and abstinence!

But, it will be asked, - are there, then, no lawful dispensations? - We answer, that there are; and that they are more needed now than in former ages, owing to the general weakness of our constitutions. Still, there is great danger of our deceiving ourselves. If we have strength to go through great fatigues, when our own self-love is gratified by them, - how is it we are too weak to observe abstinence? If a slight inconvenience deter us from doing this penance, how shall we ever make expiation for our sins, for expiation is essentially painful to nature? The opinion of our physician, that fasting will weaken us, may be false, or it may be correct; - but is not this mortification of the flesh the very object that the Church aims at, knowing that our soul will profit by the body being brought into subjection? But let us suppose the dispensation to be necessary: that our health would be impaired, and the duties of our state of life neglected, if we were to observe the law of Lent to the letter:- do we, in such case, endeavor, by other works of penance, to supply for those, which our health does not allow us to observe:- Are we grieved and humbled to find ourselves thus unable to join with the rest of the faithful children of the Church, in bearing the yoke of Lenten discipline? Do we ask of our Lord to grant us the grace, next year, of sharing in the merits of our fellow-Christians, and of observing those holy practices, which give the soul an assurance of mercy and pardon? If we do, the dispensation will not be detrimental to our spiritual interests; and when the Feast of Easter comes, inviting the faithful to partake of its grand joys, we may confidently take our place side by side with those who have fasted; for though our bodily weakness has not permitted us to keep pace with them exteriorly, our heart has been faithful to the spirit of Lent.

How long a list of proofs we could still give of the negligence, into which the modern spirit of self-indulgence leads so many among us, in regard of fasting and abstinence! Thus, there are Catholics to be found in every part of the world who make their Easter Communion, and pro-

ness themselves to be children of the Catholic Church, who yet have no idea of the obligations of Lent. Their very notion of fasting and abstinence is so vague, that they are not aware that these two practices are quite distinct one from the other; and that the dispensation from one does not, in any way, include a dispensation from the other. If they have, lawfully, or unlawfully, obtained exemption from abstinence, it never so much as enters into their minds, that the obligation of fasting is still binding upon them, during the whole forty days; or if they have had granted to them a dispensation from fasting, they conclude that they may eat any kind of food they wish. Such ignorance as this is the natural result of the indifference wherewith the commandments and traditions of the Church are treated.

So far, we have been speaking of the non-observance of Lent in its relation to individuals and Catholics; let us now say a few words upon the influence which that same non-observance has upon a whole people or nation. There are but few social questions which have not been ably and spiritedly treated of by the public writers of the age, who have devoted their talents to the study of what is called political economy; and it has often been a matter of surprise to us, that they should have overlooked a subject of such deep interest as this, - the results produced on society by the abolition of Lent, that is to say, of an institution, which, more than any other, keeps up in the public mind a keen sentiment of moral right and wrong, inasmuch as it imposes on a nation an annual expiation for sin. No shrewd penetration is needed to see the difference between two nations, one of which observes, each year, a forty-days' penance in reparation of the violations committed against the Law of God, and another, whose very principles reject all such solemn reparation. And looking at the subject from another point of view, is it not to be feared that the excessive use of animal food tends to weaken, rather than to strengthen, the constitution? We are convinced of it, - the time will come, when a greater proportion of vegetable, and less of animal, diet, will be considered as an essential means for maintaining the strength of the human frame.

Let, then, the children of the Church courageously observe the Lenten practices of penance. Peace of conscience is essential to Christian life; and yet it is promised to none but truly penitent souls. Lost innocence is to be regained by the humble confession of the sin, when it is accompanied by the absolution of the priest; but let the faithful be on their guard against the dangerous error, which would persuade them that they have nothing to do when once pardoned. Let them remember the solemn warning given them by the Holy Ghost in the sacred scriptures: *Be not without fear about sin forgiven!* [Eccles. 5:5]. Our confidence of our having been forgiven

should be in proportion to the change or conversion of our heart the greater our present detestation of our past sins, and the more earnest our desire to do penance for them for the rest of our lives, the better founded is our confidence that they have been pardoned. *Man knoweth not*, as the same holy Volume assures us, *whether he be worthy of love or hatred* [Eccles. 9:1]; but he that keeps up within him the spirit of penance, has every reason to hope that God *loves* him.

But the courageous observance of the Church's precept of fasting and abstaining during Lent must be accompanied by those two other eminently good works, to which God so frequently urges us in the Scripture: prayer and alms-deeds. Just as under the term *fasting* the Church comprises all kinds of mortification; so under the word *prayer*, she includes all those exercises of piety whereby the soul holds intercourse with her God. More frequent attendance at the services of the Church, assisting daily at Mass, spiritual reading, meditation upon eternal truths and the Passion, hearing sermons, and, above all, the approaching the Sacraments of Penance and the Holy Eucharist, - these are the chief means whereby the Faithful should offer to God the homage of *prayer*, during this holy Season.



this brings before us the reality and sacredness of the tie, which He would have to exist between all men! Such, indeed, is its necessity, that our Heavenly Father will not accept the love of any heart that refuses to show mercy: but, on the other hand, He accepts, as genuine and as done to Himself, the charity of every Christian, who, by a work of mercy shown to a fellow-man, is really acknowledging and honoring that sublime union, which makes all men to be one family, with God as its Father. Hence it is, that alms-deeds, done with this intention, are not merely acts of human kindness, but are raised to the dignity of acts of religion, which have God for their direct object, and have the power of appeasing His Divine Justice.

Let us remember the counsel given by the Archangel Raphael to Tobias. He was on the point of taking leave of this holy family, and returning to heaven; and these were his words: *Prayer is good with fasting and alms, more than to lay up treasures of gold: for alms delivereth from death, and the same is that which purgeth away sins, and maketh to find mercy and life everlasting* [Tob. 12:8, 9]. Equally strong is the recommendation given to this virtue by the Book of Ecclesiasticus: *Water quencheth a flaming*

fire, and alms resisteth sins [Ecclus. 3:33]. And again: *Shut up alms in the heart the poor, and it shall obtain help for thee against all evil* [Ibid. 29:15]. The Christian should keep these consoling promises ever before his mind, but more especially during the season of Lent. The rich man should show the poor, whose whole year is a fast, that there is a time when even *he* has his self-imposed privations. The faithful observance of Lent naturally produces a saving; let that saving be given to Lazarus. Nothing, surely, could be more opposed to the spirit of this holy Season, than the keeping up a table, as richly and delicately provided, as at other periods of the year, when God permits us to use all the comforts compatible with the means He has given us. But how thoroughly Christian is it, that during these days of penance and charity, the life of the poor man should be made more comfortable, in proportion as that of the rich shares in the hardships and privations of his suffering brethren throughout the world! Poor and rich would then present themselves, with all the beauty of fraternal love upon them, at the Divine Banquet of the Paschal Feast, to which our Risen Jesus will invite us after these forty days are over.

There is one means more whereby we are to secure to ourselves the grand graces of Lent; it is the spirit of retirement and separation from the world. Our ordinary life, that is, such as it is during the rest of the year, should all be made to pay tribute to the holy Season of penance; otherwise, the salutary impression produced on us by the holy ceremony of Ash Wednesday will soon be effaced. The Christian ought, therefore, to forbid himself, during Lent, all the vain amusements, entertainments, and parties, of the world he lives in. As regards theatres and balls, which are the *World* in the very height of its power to do harm, no one that calls himself a disciple of Christ should ever be present at them, unless necessity, or the position he holds in society, oblige him to it: but if, from his own free choice, he throw himself amidst such dangers during the present holy Season of penance and recollection, he offers an insult to his character, and must needs cease to believe that he has sins to atone for, and a God to propitiate. The world, (we mean that part of it which is *Christian*,) has thrown off all those external indications of mourning and penance, which we read of as being so religiously observed in the Ages of Faith; let that pass: but there is one thing which can never change: God's justice, and man's obligation to appease that justice. The world may rebel as much as it will against the sentence, but the sentence is irrevocable: *Unless ye do penance, ye shall all perish* [Lk. 13:3]. It is God's own word. Say, if you will, that few now-a-days give ear to it; but, for that very reason many are lost. They, too, who hear this word, must not forget the warnings given them by our Divine Savior Himself, in the Gospel read to us on Sexagesima Sunday. He told us, how some of the seed is trodden down by the passers-by, or eaten by the fowls of the air; how some falls on rocky soil, and gets parched; and how, again, some is choked by thorns. Let us be wise, and spare no pains to become that good ground, which not only receives the Divine Seed, but brings forth a hundred-fold for the Easter harvest which is at hand.

An unavoidable feeling will arise in the minds of some of our readers, as they peruse these pages, in which we have endeavored to embody the spirit of the Church, such as it is expressed, not only in the Liturgy, but also in the decrees of Councils and in the writings of the holy Fathers. The feeling we allude to, is one of regret at not finding, during this period of the Liturgical Year, the touching and exquisite poetry, which gave such a charm to the forty days of our Christmas solemnity. First came Septuagesima, throwing its gloomy shade over those enchanting visions of the Mystery of Bethlehem; and now we have got into a desert land, with thorns at every step, and no springs of water to refresh us. Let us not complain, however; Holy Church knows our true wants, and is intent on supplying them. Neither must we be surprised at her insisting on a severer preparation for Easter, than for Christmas. At Christmas, we were to approach our Jesus as an Infant; all she put us through then, were the Advent exercises, for the Mysteries of our Redemption were but beginning.

And of those who went to Jesus' crib, there were many who, like the poor shepherds of Bethlehem, might be called simple, at least in this sense, - that they did not sufficiently realize, either the holiness of their Incarnate God, or the misery and guilt of their own conscience. But now that this Son of the Eternal God has entered the path of penance; now that we are about to see Him a victim to every humiliation, and suffering even a death upon a Cross; - the Church does not spare us; she rouses us from our ignorance and our self-satisfaction. She bids us strike our breasts, have compunction in our souls, mortify our bodies, - because we are sinners. Our whole life ought to be one of penance; fervent souls are ever doing penance; could anything be more just or necessary, than that we should do some penance during these days, when our Jesus is fasting in the desert, and is to die on Calvary? There is a sentence of this our Redeemer, which He spoke to the daughters of Jerusalem, on the day of His Passion; let us apply it to ourselves: *If in the green wood they do these things, what shall be done in the dry?* [Lk. 23:31]. Oh! what a revelation is here! and yet, by the mercy of the Jesus who speaks it, the *dry wood* may become the green, and so, not be burned.

The Church hopes, nay her whole energy is laboring, that this may be; therefore, she bids us bear the yoke; she gives us a Lent. Let us only courageously tread the way of penance, and the Light will gradually beam upon us. If we are now far off from our God by the sins that are upon us, this holy Season will be to us what the saints call the *Purgative Life*, and will give us that purity, which will enable us to see our Lord in the glory of His victory over death. If, on the contrary, we are already living the *Illuminative Life*; if, during the three weeks of Septuagesima, we have bravely sounded the depth of our miseries, our Lent will give us a clearer view of Him who is our Light; and if we could acknowledge Him as our God when we saw Him as the Babe of Bethlehem, our soul's eye will not fail to recognize Him in the divine Penitent of the Desert, or in the bleeding Victim of Calvary.