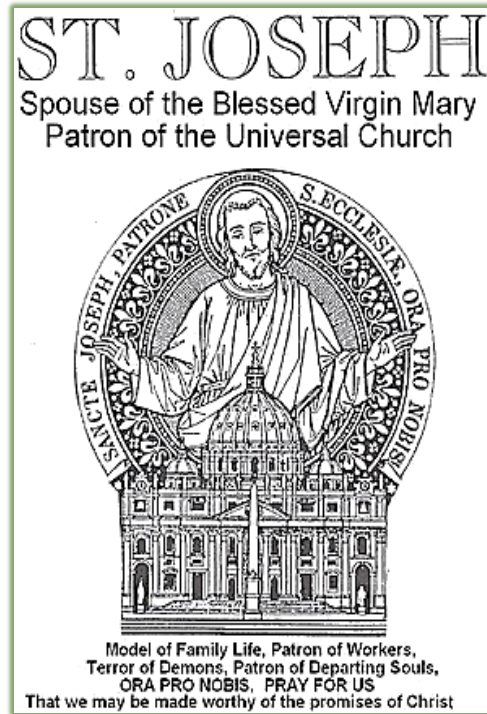


# Litany of St. Joseph

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.  
Christ, hear us.  
Christ, graciously hear us.

God, the Father of Heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us.  
God the Holy Ghost, have mercy on us.  
Holy Trinity, One God, have mercy on us.

Holy Mary, Pray for us.\*  
St. Joseph, \*  
Renowned offspring of David, \*  
Light of Patriarchs, \*  
Spouse of the Mother of God, \*  
Chaste guardian of the Virgin, \*  
Foster father of the Son of God, \*  
Diligent protector of Christ, \*  
Head of the Holy Family, \*  
Joseph most just, \*  
Joseph most chaste, \*  
Joseph most prudent, \*  
Joseph most strong, \*  
Joseph most obedient, \*  
Joseph most faithful, \*  
Mirror of patience, \*  
Lover of poverty, \*  
Model of artisans, \*  
Glory of home life, \*  
Guardian of virgins, \*  
Pillar of families, \*  
Solace of the wretched, \*  
Hope of the sick, \*  
Patron of the dying, \*  
Terror of demons, \*  
Protector of Holy Church, \*



Lamb of God, Who takest away the sins of the world, Spare us, O Lord!  
Lamb of God, Who takest away the sins of the world, Graciously hear us, O Lord!  
Lamb of God, Who takest away the sins of the world, Have mercy on us!

V. He made him the lord of His household.  
R. And prince over all His possessions.

*Oremus:*

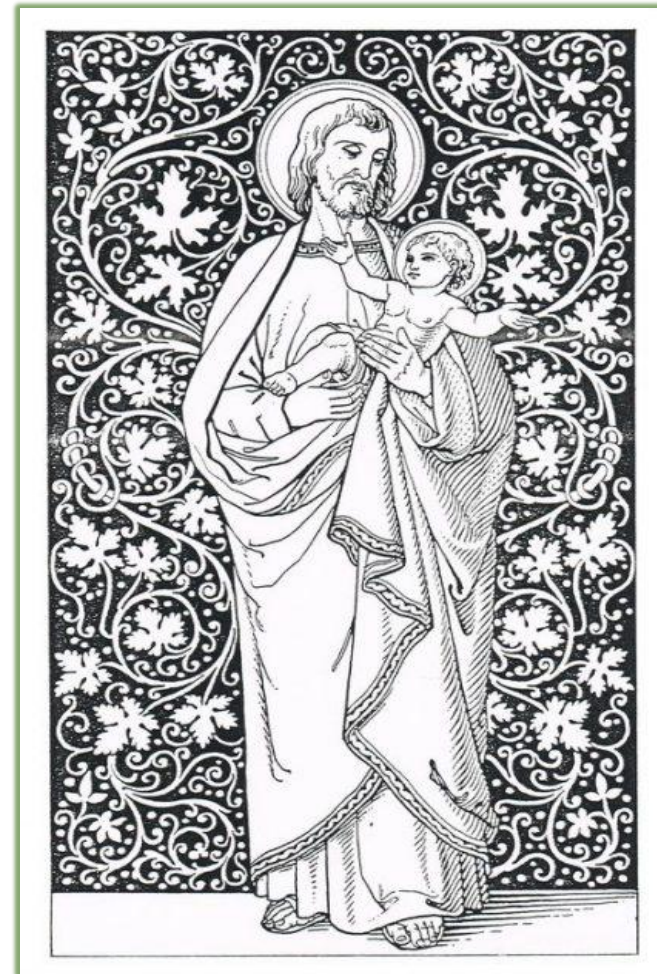
O God, in your ineffable providence didst vouchsafe to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beseech Thee, that we may be worthy to have him for our intercessor in heaven whom we venerate as our Protector on earth: Who livest and reignest forever and ever. Amen.

# Matrer Dei Latin Mass Community



## March 2025

## Month of St. Joseph



We beseech thee, O Lord, that we may be helped by the merits of the Spouse of Thy Most Holy Mother: so that what we cannot obtain of ourselves, may be given to us through his intercession: Who livest and reignest, in the unity of the Holy Ghost, God, world without end. Amen.

~ Collect, Feast of St. Joseph

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Pastor: Fr. Vincenzo Fiore

### SUNDAY MASS

10:30 AM

Daily Masses \*see page 3

Sacrament of Penance : Confession time is one hour prior to all scheduled Masses, or by appointment.

Other Sacraments / Requiems (funerals) / Inquiries : Please contact office.

All Masses are offered at St. Michael Church – 48 William Av, Coniston

**\*\*\*THE HOLY ROSARY IS RECITED PUBLICLY 40 MINUTES PRIOR TO ALL MASSES. OPPORTUNITY TO GAIN (UNDER USUAL CONDITIONS) A PLENARY INDULGENCE.**



### FIRST FRIDAY DEVOTIONS

To complete, one must: receive Holy Communion, in the state of grace, on **NINE CONSECUTIVE FIRST FRIDAYS OF THE MONTH**, in honour of, and, for reparation to, the Sacred Heart of Jesus. Devotion includes:

**4PM** ~ Holy Hour with Exposition, Acts of Consecration & Reparation, Litany of the SHJ, Adoration & Solemn Benediction

**5PM** ~ Confessions

**5:20** ~ Rosary

**6PM** ~ SHJ Votive Mass (as the Ordo permits)

### FIRST SATURDAY DEVOTIONS

To complete, one must: receive Holy Communion, in the state of grace, on **FIVE CONSECUTIVE FIRST SATURDAYS OF THE MONTH**, in honour of, and, for reparation to, the Immaculate Heart of Mary. Devotion includes:

**10AM** ~ Confessions

**10:20** ~ Rosary

**11AM** ~ IHM Votive Mass (as the Ordo permits)

**After Mass:** Acts of Consecration & Reparation, Litany of the BVM (Loreto), & Keeping our Lady company for 15 minutes while meditating on the Mysteries of the Rosary.



### Practice During Lent

By: Dom Prosper Guéranger, 1870

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 baubles 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 (Psalms 110: 10); we have found it to be so; --the spirit of penance is now active within us, because we have feared.

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.

*Remember the...*

### Works of Mercy

THE SEVEN CORPORAL WORKS OF MERCY

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

THE SEVEN SPIRITUAL WORKS OF MERCY

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

## Ash Wednesday (By: Fr. James Luke Meagher, 1883)

The name Ash Wednesday comes from the ceremony of putting ashes on the heads of the clergy and the people on this day. Let us understand the meaning of this rite. When man sinned by eating in the garden the forbidden fruit, God drove him from Paradise with the words: "For dust thou art, and unto dust thou shalt return" (Genesis 3: 19). Before his sin, Adam was not to die, but to be carried into heaven after a certain



time of trial here upon this earth. But he sinned, and by that sin he brought upon himself and us, his children, death. Our bodies, then, are to return to the dust from which God made them, to which they are condemned by the sin of Adam. What wisdom the Church shows us when she invites us by these ceremonies to bring before our minds the dust and the corruption of the grave by putting ashes on our heads. We see the great men of old doing penance in sackcloth and ashes. Job did penance in dust and ashes (Job 2: 12). By the mouth of His prophet the Lord commanded the Jews "...in the house of Dust sprinkle yourselves with dust" (Micheas 1: 10). Abraham said, "I will speak to the Lord, for I am dust and ashes" (Genesis 18: 27). Joshua and all the ancients of Israel fell on their faces before the Lord and put dust upon their heads (see Joshua 7: 6). When the ark of the covenant was taken by the Philistines, the soldier came to tell the sad story with his head covered with dust (see 1 Kings 4: 12). When Job's three friends came and found him in such affliction, "...they sprinkled dust upon their heads toward heaven" (Job 2: 12). "...they have sprinkled their heads with dust,..." (Lamentations 2: 10). Daniel said his prayers to the Lord his God in fasting, sackcloth and ashes (see Daniel 9: 3). Our Lord tells us that if in Tyre and Sidon had been done the miracles seen in Judea, that they had long ago done penance in sackcloth and ashes (see Matthew 11: 21; Luke 10: 13). When the great city will be destroyed, its people will cry out with grief, putting dust upon their heads (see Apocalypse 18: 19). From these parts of the Bible, the reader will see that dust and ashes were used by the people of old as a sign of deep sorrow for sin, and that when they fasted they covered their heads with ashes. From them the Church copied these ceremonies which have come down to us. And on this day, when we begin our fast, we put ashes on our heads with the words, "Remember, man, that thou art dust, and unto dust, thou shalt return" (Genesis 3: 19).

### STATIONS OF THE CROSS During Lent (resource provided)



**Fridays, 4:30 PM (EXCEPT 4 APRIL FOR FIRST FRIDAY DEVOTIONAL HOLY HOUR)**

**\*\*A plenary indulgence – under the usual conditions – may be gained daily when a pious WAY OF THE CROSS is said (publicly or privately) before legitimately erected Stations, i.e. in a church.**

## March Schedule of Masses

(NPM = No Public Mass)

- 01 1<sup>st</sup> Sat, 11:00 AM – Immaculate Heart of Mary (Votive)
- 02 SUN, 10:30 AM – QUINQUAGESIMA SUNDAY
- 03 Mon, NPM – Mass of the Holy Trinity (Votive)
- 04 Tue, 6:00 PM – St. Casimir, *Confessor*
- 05 Wed, 7:00 PM – Ash Wednesday
- 06 1<sup>st</sup> Thu, 6:00 PM – Jesus Christ the High Priest (Votive)
- 07 1<sup>st</sup> Fri, 6:00 PM – Sacred Heart of Jesus (Votive)
- 08 Sat, 11:00 – Saturday after Ash Wednesday (St. John of God)
- 09 SUN, 10:30 AM – FIRST SUNDAY OF LENT
- 10 Mon, NPM – Feria of Lent (40 Holy Martyrs)
- 11 Tue, 6:00 PM – Feria of Lent
- 12 Wed, 6:00 PM – Ember Wednesday in Lent (St. Gregory)
- 13 Thu, 6:00 PM – Feria of Lent
- 14 Fri, 6:00 PM – Ember Friday in Lent
- 15 Sat, 11:00 AM – Ember Saturday in Lent
- 16 SUN, 10:30 AM – SECOND SUNDAY OF LENT
- 17 Mon, NPM – Feria of Lent (St. Patrick)
- 18 Tue, 6:00 PM – Feria of Lent (St. Cyril)
- 19 Wed, 7:00 PM – St. Joseph, *Spouse of the Bl. Virgin Mary*
- 20 Thu, 6:00 PM – Feria of Lent
- 21 Fri, 6:00 PM – Feria of Lent (St. Benedict)
- 22 Sat, 11:00 AM – Feria of Lent
- 23 SUN, 10:30 AM – THIRD SUNDAY OF LENT
- 24 Mon, NPM – Feria of Lent (St. Gabriel Archangel)
- 25 Tue, 7:00 PM – Annunciation of the Bl. Virgin Mary
- 26 Wed, 6:00 PM – Feria of Lent
- 27 Thu, 6:00 PM – Feria of Lent (St. John Damascene)
- 28 Fri, 6:00 PM – Feria of Lent (St. John Capistran)
- 29 Sat, 11:00 AM – Feria of Lent
- 30 SUN, 10:30 AM – FOURTH SUNDAY OF LENT (LAETARE)
- 31 Mon, NPM – Feria of Lent

## INSTRUCTION AND PRAYERS FOR CONFESSION

Whoever you are, O Christian soul, that approaches the Holy Sacrament of Penance, remember that you are going to undertake a work on the good performance of which, more than any other duty, your eternal welfare depends. Therefore, retire apart from every external source of distraction, place yourself in the presence of God, and humbly adore Him. Represent to yourself that this may be the last confession you will ever have the opportunity of making. Let this reflection induce you to discharge every part of your duty, both as to the examination of your conscience, your sorrow for your sins, your firm purpose of amending your life, and the sincerity of your confession, in the most perfect manner possible.

Begin by imploring the light and grace of Almighty God, Who alone can discover to you the malice of your sins and can give you true repentance.

### PRAYER BEFORE EXAMINATION OF CONSCIENCE

Most merciful God, Father in heaven, relying on Your goodness and mercy, I come to You with filial confidence to confess my sins and to implore Your forgiveness. You will not despise a contrite and humble heart. Bless me and receive me again into Your favour; I acknowledge that I have been most ungrateful to You, but I sincerely repent and detest the wrong I have done, and I desire henceforth to walk in the way of perfection. O Jesus, my Saviour, my Good Shepherd, I have strayed far from the path that You have marked out for me; I did not follow in Your footsteps; I wandered into forbidden places. Repentant and sorrowful, I beg to be admitted again into the fold of Your faithful followers. I want to confess my sins with the same sincerity as I should wish to do at the moment of my death. My Jesus, I look to You with confidence for the grace to examine my conscience well. O Holy Spirit, come in Your mercy; enlighten my mind and strengthen my will that I may know my sins, humbly confess them, and sincerely amend my life. Mary, my Mother, Immaculate Spouse of the Holy Ghost, Refuge of Sinners, assist me by Your intercession. Holy Angels and Saints of God, pray for me. Amen.

### PRAYER BEFORE CONFESSION

Receive my confession, O most kind and merciful Lord Jesus Christ, the one hope of my soul's salvation. Grant, I beseech You, contrition to my heart, and tears to my eyes, that I may weep day and night with a humble and pure heart for all my negligences. O Lord, my God, receive my prayers. Saviour of the world, O good Jesus, Who gave Yourself to death on the cross, that You might make sinners safe, look down upon me a wretched sinner, calling upon Your Holy Name. Do not so regard my evil that You forget Your own goodness. If I have done that for which You should condemn me, You have not lost the power to save. Spare me, therefore, You Who are my Saviour, and have mercy on my sinful soul. Break the bonds; heal my wounds. Send forth, O most gentle Lord, through the merits of the most Pure and Immaculate Mary, Ever-Virgin, Your Mother, and all the Saints, Your light and Your truth into my soul, that it may show to me in very truth all those defects which I ought to confess. Aid me and teach me to reveal them with a full and contrite heart: Who lives and reigns, world without end. Amen.

### PRAYER AFTER CONFESSION

I beseech You, O Lord God, that this confession of mine may through the merits of the Blessed Virgin Mary, Your Mother, and all the Saints, be pleasing and acceptable to You. Whatever is wanting in me, or may have been wanting at other times, inadequacy of contrition, purity and integrity of confession, may Your kindness and mercy supply. Through it make me worthy to have a fuller and more perfect forgiveness in heaven: Who lives and reigns, world without. Amen.

## The Feast Day of the Annunciation ~ 25 March



This is a great day, not only to man, but even to God Himself; for it is the anniversary of the most solemn event that time has ever witnessed. On this day, the Divine Word, by which the Father created the world, was made flesh in the womb of a Virgin, and dwelt among us (St. John. 1: 14). We must spend it in joy. While we adore the Son of God who humbled Himself by thus becoming Man, let us give thanks to the Father, who so loved the world, as to give His Only Begotten Son (St. John 3: 16); let us give thanks to the Holy Ghost, Whose almighty power achieves the great mystery.

We are in the very midst of Lent, and yet the ineffable joys of Christmas are upon us: our Emmanuel is conceived on this day, and, nine months hence, will be born in Bethlehem, and the Angels will invite us to come and honour the sweet Babe.

~ Rev. Fr. Prosper Gueranger, 1870

## FASTING & ABSTINENCE (*traditional*)

### Laws of Days of Abstinence

- Applies on one's 7<sup>th</sup> birthday.
- **Complete Abstinence:** all Fridays of the year, Ash Wednesday, Holy Saturday, and the Vigil of Christmas.
- **Partial Abstinence** (*meat and soup or gravy made from meat permitted once a day at the principal meal*): all the days of Lent, the Ember Days of Wednesday, Friday, and Saturday, and the Vigils of Pentecost and Assumption.
- Abstinence from meat is dispensed on Holy Days of Obligation.

### Laws of Fast

- Applies for those aged 21 to 59, inclusive.
- Days of Lent from Ash Wednesday (inclusive), Ember Days, and Vigils of Christmas, Pentecost, and Assumption.
- One full meal permitted, and two other meals may be taken which, when combined, are less than a full meal.

### The Law of the Eucharistic Fast

Complete fast from all food and alcoholic drinks for three hours before the reception of Holy Communion, and one hour for non-alcoholic drinks (except for water, which can be taken at any time and does not break the fast). Those who are able to maintain the midnight fast, which was the previous discipline, are still encouraged to do so.