The Litany of Humility

***RECOMMENDED AS AN ONGOING PART OF YOUR DAILY PRAYERS**

O Jesus! meek and humble of heart, *Hear me.*
From the desire of being esteemed, *Deliver me, Jesus.**
From the desire of being loved, *.
From the desire of being extolled, *.
From the desire of being honoured, *.
From the desire of being praised, *.
From the desire of being preferred to others, *.
From the desire of being consulted, *.
From the desire of being approved, *.
From the fear of being humiliated, *.
From the fear of being despised, *.
From the fear of suffering rebukes, *.
From the fear of being calumniated, *.
From the fear of being forgotten, *.
From the fear of being ridiculed, *.
From the fear of being wronged, *.
From the fear of being suspected, *.



That others may be loved more than I,
*Jesus, grant me the grace to desire it.***
That others may be esteemed more than I, **.
That, in the opinion of the world, others may increase,
and I may decrease, **.
That others may be chosen, and I set aside, **.
That others may be praised, and I unnoticed, **.
That others may be preferred to me in everything, **.
That others may become holier than I, provided that I may become,
as holy as I should, **.

New Opportunity for Adoration of the Blessed Sacrament



The Blessed Sacrament is currently being exposed for Adoration at 4:00 PM for the *First Friday* Sacred Heart Reparation Holy Hour with Solemn Benediction. Commencing newly this month, on <u>every</u> Friday besides, there will be included also, a Simple Exposition of the Blessed Sacrament for Adoration, beginning at 5:00 PM, one hour prior to Mass, for 45 minutes. During this time, as per normal, Confessions will still be heard from 5:00-5:40, and the indulgenced communal Rosary will still begin at 5:20. *Deo gratias. Mater Dei, ora pro nobis.*

Mater Dei Latin Mass Community

September 2026

✠ ✠ ✠

Month of Our Lady of Seven Sorrows



STABAT MATER DOLOROSA

"Look and see if there
be any sorrow like unto my sorrow."

Pastor: **Fr. Vincenzo Fiore**
Office Contact:
21 Ste-Anne Road
PO Box 787
Sudbury, ON P3C 5P6

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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 - WITH AN OPPORTUNITY TO GAIN (UNDER USUAL CONDITIONS) A PLENARY INDULGENCE - IS PRAYED PUBLICLY 40 MINUTES PRIOR TO ALL MASSES.***



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, 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, & Keeping our Lady company for 15 minutes while meditating on the Mysteries of the Rosary.*





Mary's Little Lambs

Story & Activity Hour for Boys & Girls

First Sunday of Every Month

~ after Mass in the church hall

Sacraments

Infant/Child/Adult Baptism, First Holy Communion *(& First Penance)*, Confirmation, & Matrimony. *Please call (see p.2), or email for registration / information.*



EXALTATION OF THE HOLY CROSS *(Feast: 14 Sept)*



The Cross on which Christ had died was raised and greatly honoured by all the faithful. I suppose that if you possessed a particle of the true Cross, you would greatly honour and cherish it. But why do you not love and honour that cross, those trials which God sends you? They are, in a spiritual sense, a particle of the Cross of Christ, which will be most beneficial to you, if you bear it patiently. Christ, the Lord, called His crucifixion an exaltation, saying: "The Son of Man must be exalted; "because by it He was exalted in heaven and on earth, as He bore His sufferings and His death out of love for His heavenly Father and for the salvation of men. You also will be exalted in heaven, if, in carrying your cross, you follow the example of Christ. Many carry their crosses, like the thief on the left of Christ, with murmuring and impatience; others, like the one on His right, with patience and resignation, knowing that they deserve them. Jesus carried His Cross not only with patience, but, according to the words of the Apostle, with joy, although He was innocent. With whom do you carry yours? With whom will you carry it in future? If you carry it with the first, you will not be exalted, but precipitated into the depth of hell. (Fr. Francis Weninger, 1876)

Sudbury Right to Life Dinner

Sun, 27 September
St. Mary's Ukrainian Church Hall
40 Notre Dame Ave, Sudbury

Doors open: **4:30 PM**
Dinner: **5:30 PM**
Guest speaker: **6:45 PM**

Tickets: **$35/person (tables of eight) ****with Door Prize***

Contact:
Vicki Kirkwood (705) 561-4796 <vkirkwood10@gmail.com> *OR*
Richard St-Denis (249) 358-9516 <st-denis_r27@hotmail.com>

Ladies' Lec-*TEA*-o

19 September, 12:00 noon

Church Hall *(following 11AM Mass)*

~ to open with a LECTIO DIVINA (spiritual reading)
~ followed by tea & victuals
~ open to all the ladies of the community





Men's Lectio

19 September, 6:00 PM

1143 Dew Drop Road

~ to open with a LECTIO DIVINA (spiritual reading)
~ followed by a bonfire & fellowship
~ open to all the men of the community
** bring your own provisions & chairs*

THE EMBER DAYS (23, 25 & 26 SEPTEMBER)

… Marking the Changes of the Seasons

The Church celebrates the Ember Days or Embertide four times each year. They are tied to the changing of the seasons, but also to the liturgical cycles of the Church. Spring Embertide is the Wednesday, Friday & Saturday after the First Sunday of Lent; Summer Embertide is the Wednesday, Friday, and Saturday after Pentecost; Fall Embertide is the Wednesday, Friday, and Saturday after the third Sunday in September (not, as is often said, after the *Feast of the Exaltation of the Holy Cross*); & Winter Embertide is the Wednesday, Friday, and Saturday after the *Feast of St. Lucy* (13 Dec).

… Marked by Fasting and Abstinence

The Ember Days (aka: mini-Lents) are celebrated with **fasting** (1 full meal + 2 partial [combined do not equal a full], and no snacking, on each of the days, as well as **partial abstinence** (meat permitted at only one meal per day), except Friday in which case you would observe fasting and full abstinence (no meat at any meal that day).



Homeschooling Initiative at Mater Dei

We are pleased to announce, that, beginning in October, on the first Wednesday of every month, the St. Michael Co-op will be gathering in the lower hall, at 9:00 AM, for their curriculum, and then, join upstairs for Holy Mass, at 11:00 AM.

Deo gratias. Mater Dei, ora pro nobis.

September Schedule of Masses

(NPM = No Public Mass)

01 Tue, NPM – St. Giles, *Confessor*
02 Wed, 6:00 PM – St. Stephen of Hungary, *King & Confessor*
03 *1st Thu*, 6:00 PM – Jesus Christ the High Priest (Votive)
04 *1st Fri*, 6:00 PM – Sacred Heart of Jesus (Votive)
05 *1st Sat*, 11:00 AM – Immaculate Heart of Mary (Votive)
06 SUN, 10:30 AM – 15TH SUNDAY AFTER PENTECOST
07 Mon, NPM – Mass of the Most Holy Trinity (Votive)
08 Tue, NPM – Nativity of the Blessed Virgin Mary
09 Wed, NPM – St. Gorgonius, *Martyr*
10 Thu, NPM – St. Nicholas of Tolentino, *Confessor*
11 Fri, 6:00 PM – Ss. Protus & Hyacinth, *Martyrs*
12 Sat, 11:00 AM – Most Holy Name of Mary
13 SUN, 10:30 AM – 16TH SUNDAY AFTER PENTECOST
14 Mon, 6:00 PM – Exaltation of the Holy Cross
15 Tue, 6:00 PM – Seven Sorrows of the Bl. Virgin Mary
16 Wed, 6:00 PM – Ss. Cornelius, *Pope* & Cyprian, *Bishop & Martyrs*
17 Thu, 6:00 PM – Stigmata of St. Francis
18 Fri, 6:00 PM – St. Joseph of Cupertino, *Confessor*
19 Sat, 11:00 AM – St. Januarius, *Bishop*, & Companions, *Martyrs*
20 SUN, 10:30 AM – 17TH SUNDAY AFTER PENTECOST
21 Mon, NPM – St. Matthew, *Apostle & Evangelist*
22 Tue, NPM – St. Thomas of Villanova, *Bishop & Confessor*
23 Wed, 6:00 PM – Ember Wednesday
24 Thu, 6:00 PM – Our Lady of Ransom
25 Fri, 6:00 PM – Ember Friday
26 Sat, 11:00 AM – Ember Saturday (Ss. Brebeuf, Jogues & Comps)
27 SUN, 10:30 AM – 18TH SUNDAY AFTER PENTECOST
28 Mon, NPM – St. Wenceslaus, *Duke & Martyr*
29 Tue, 6:00 PM – Dedication of St. Michael the Archangel
30 Wed, 6:00 PM – St. Jerome, *Priest, Confessor & Doctor*

The Seven Sorrows Devotion *RECOMMENDED TO PRAY DAILY IN SEPTEMBER

The Blessed Virgin Mary grants seven graces to the souls who honour her daily by saying seven Hail Mary's and meditating on her tears and sorrows. This devotion was passed on by St. Bridget.

HERE ARE THE SEVEN GRACES *(CHURCH APPROVED)* :

1. *I will grant peace to their families.*
2. *They will be enlightened about the divine mysteries.*
3. *I will console them in their pains, and I will accompany them in their work.*
4. *I will give them as much as they ask for as long as it does not oppose the Adorable Will of my divine Son or the sanctification of their souls.*
5. *I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.*
6. *I will visibly help them at the moment of their death; they will see the face of their Mother.*
7. *I have obtained from my divine Son, that those who propagate this devotion to my tears and sorrows, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.*

SCRIPTURE REFERENCES & DEVOTIONAL MEDITATIONS:

1. **THE PROPHECY OF SIMEON:** *"And Simeon blessed them, and said to Mary His mother: Behold this child is set for the fall and for the resurrection of many in Israel, and for a sign which shall be contradicted; And thy own soul a sword shall pierce, that out of many hearts thoughts may be revealed."* ~Luke 2: 34, 35
   ***Meditation*:** How great was the shock to Mary's Heart at hearing the sorrowful words, in which holy Simeon told the bitter Passion and death of her sweet Jesus, since in that same moment she realized in Her mind all the insults, blows, and torments which the impious men were to offer to the Redeemer of the world. But a still sharper sword pierced her soul. It was the thought of men's ingratitude to her beloved Son. Now, consider that because of your sins you are unhappily among the ungrateful.
   Say one Hail Mary.
2. **THE FLIGHT INTO EGYPT:** *"And after they [the Magi] were departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise and take the child and His mother and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the Child to destroy Him. Who arose and took the child and His mother by night, and retired into Egypt: and He was there until the death of Herod."* ~Matthew 2: 13, 14
   Meditation*:** Consider the sharp sorrow which Mary felt when, Joseph being warned by an angel, she had to flee by night in order to preserve her beloved Child from the slaughter decreed by Herod. What anguish was hers, in leaving Judea, lest she should be overtaken by the soldiers of the cruel king! How great her privations in that long journey! What sufferings she bore in that land of exile, what sorrow amid that people given to idolatry! But consider how often you have renewed that bitter grief of Mary, when your sins have caused her Son to flee from your heart. ***Say one Hail Mary.
3. **THE LOSS OF THE CHILD JESUS IN THE TEMPLE:** *"And having fulfilled the days, when they returned, the Child Jesus remained in Jerusalem; and His parents knew it not. And thinking that He was in the company, they came a day's journey, and sought Him among their kinsfolk and acquaintances. And not finding Him, they returned into Jerusalem, seeking Him."* ~Luke 2: 43-45

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   Meditation*:** How dread was the grief of Mary, when she saw that she had lost her beloved Son! And as if to increase her sorrow, when she sought Him diligently among her kinsfolk and acquaintance, she could hear no tidings of Him. No hindrances stayed her, nor weariness, nor danger; but she forthwith returned to Jerusalem, and for three long days sought Him sorrowing. Great be your confusion, O my soul, who has so often lost your Jesus by your sins, and has given no heed to seek Him at once, a sign that you make very little or no account of the precious treasure of divine love. ***Say one Hail Mary.
4. **THE MEETING OF JESUS AND MARY ON THE WAY OF THE CROSS:** *"And there followed Him a great multitude of people, and of women, who bewailed and lamented Him."* ~Luke 23: 27
   Meditation*:** Come, O ye sinners, come and see if ye can endure so sad a sight. This Mother, so tender and loving, meets her beloved Son, meets Him amid an impious rabble, who drag Him to a cruel death, wounded, torn by stripes, crowned with thorns, streaming with blood, bearing His heavy cross. Ah, consider, my soul, the grief of the blessed Virgin thus beholding her Son! Who would not weep at seeing this Mother's grief? But who has been the cause of such woe? I, it is I, who with my sins have so cruelly wounded the heart of my sorrowing Mother! And yet I am not moved; I am as a stone, when my heart should break because of my ingratitude. ***Say one Hail Mary.
5. **THE CRUCIFIXION:** *"They crucified Him. Now there stood by the cross of Jesus, His mother. When Jesus therefore had seen His mother and the disciple standing whom He loved, He saith to His mother: Woman: behold thy son. After that He saith to the disciple: Behold thy mother."* ~John 19: 18, 25-27
   Meditation*:** Look, devout soul, look to Calvary, whereon are raised two altars of sacrifice, one on the body of Jesus, the other on the heart of Mary. Sad is the sight of that dear Mother drowned in a sea of woe, seeing her beloved Son, part of her very self, cruelly nailed to the shameful tree of the cross. Ah me! how every blow of the hammer, how every stripe which fell on the Saviour's form, fell also on the disconsolate spirit of the Virgin. As she stood at the foot of the Cross, pierced by the sword of sorrow, she turned Her eyes on Him, until she knew that He lived no longer and had resigned His spirit to His Eternal Father. Then her own soul was like to have left the body and joined itself to that of Jesus. ***Say one Hail Mary.
6. **THE TAKING DOWN OF THE BODY OF JESUS FROM THE CROSS:** *"Joseph of Arimathea, a noble counselor, came and went in boldly to Pilate, and begged the body of Jesus. And Joseph buying fine linen, and taking Him down, wrapped Him up in the fine linen."* ~Mark 15: 43, 46
   Meditation*:** Consider the most bitter sorrow which rent the soul of Mary, when she saw the dead body of her dear Jesus on her knees, covered with blood, all torn with deep wounds. O mournful Mother, a bundle of myrrh, indeed, is thy Beloved to thee. Who would not pity thee? Whose heart would not be softened, seeing affliction which would move a stone? Behold John not to be comforted, Magdalen and the other Mary in deep affliction, and Nicodemus, who can scarcely bear his sorrow. ***Say one Hail Mary.
7. **THE BURIAL OF JESUS:** *"Now there was in the place where He was crucified, a garden; and in the garden a new sepulcher, wherein no man yet had been laid. There, therefore, because of the Parasceve [Passover] of the Jews, they laid Jesus, because the sepulcher was nigh at hand."* ~John 19: 41-42
   Meditation*:** Consider the sighs which burst from Mary's sorrowful heart when she saw her beloved Jesus laid within the tomb. What grief was hers when she saw the stone lifted to cover that sacred tomb! She gazed a last time on the lifeless body of her Son, and could scarcely detach her eyes from those gaping wounds. And when the great stone was rolled to the door of the sepulcher, oh, then indeed her heart seemed torn from her body! ***Say one Hail Mary.