



St. Hugh of Lincoln Roman Catholic Church

*"Never have so few done so much so
well for so long!"*

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March 12th
3rd Sunday of Lent- St. Gregory the Great

✦ Announcements ✦

Friday is the feast of St. Patrick's Day. The Lenten Fast on St. Patrick's day is traditionally dispensed in the United States. However, the Friday Abstinence still applies.

Because of the St. Patrick's Day Solemn Mass and the annual school party at St. Gertrude the Great, there is no Mass on Friday and Saturday's Mass is at 6:00 PM.

As a parish, we are starting a 54-day Rosary novena tomorrow (27 days petition & 27 days thanksgiving) for Shannon Schwab, who has been having complications with her treatments for leukemia. You can still include your own intentions with the Rosary each day, but remember Shannon each day and remember which mystery we are on. I will include them in the bulletin each week and Our Sunday Rosaries will be following the novena too.

Set Your Missal:

Mass: 4th Sunday of Lent, 2nd Oration Our Lady & the Saints, 3rd Oration Living and the Dead. Preface of Lent.

Collection Totals:

High Mass: 41 souls, \$1186

Low Mass: 27 souls, \$620

✠ The Sanctuary Lamp will burn this week for the following Intention: **Rob & Lucy Ruth and Family (Markus & Flavi Tobias)**

Serber Schedule

Friday, March 17th : None

Saturday, March 18th: Andrew Kimpel, Dominic Scheeler

Sunday, March 19th:

High Mass: MC: Timothy Sandberg **TH:** Andrew Sandberg, **AC:** David Sandberg & Peter Mueller **Torches:** Dominic & Christopher Scheeler, **Cross:** Aleks Tobias **Usher:** Bob Mueller

Low Mass: Andrew Kimpel & Seamus O'Conner **Usher:** Jeff Kimpel

To Be Saints in the Midst of the World

This temptation to forget our vocation of sanctity is not something recent. During St. Francis de Sales' life, in the 17th century, the idea prevailed that sanctity was reserved only for people who removed themselves from the world, entered into the religious life and shut themselves behind the cloisters of monasteries. However, "it is an error, if not heresy, to wish to banish the devout life from soldiers and sailors, mechanics and tradesmen, the statesman's office, or the home of married people....

Wherever we are, we can and should aspire to a perfect life." (*Introduction to the Devout Life*) This still remains true today.

We must push aside all false pretexts of overwork or burnout and rediscover the true hierarchy of values. It is at the very heart of our life, in the midst of our activities that we must sanctify ourselves, not outside of our family or professional life, nor outside our leisure activities. To be saints is to blossom like Christ Who steers us towards total success in our lives. We all have, at the very depth of our beings, an ardent thirst for happiness, a very firm will to succeed. Do we have any doubts that only Christ can steer us to this happiness, to this success? He is the Savior.

– *Fifteen Days of Prayer with St. Francis de Sales*

O my soul, thou art able to know, love and long after God, why wilt thou take pleasure in anything short of Him? Thou canst aim at eternity, why wilt thou trifle away thine energies on time? It was one of the prodigal son's sorrows, that whereas he might have lived sumptuously at his father's table, he ate the coarse food of swine. My soul, thou art capable of seeking God; woe be to thee if thou retest in aught less. Raise your soul with this reflection, prove to it that it is immortal and worthy of eternity, and fill it, therefore, with courage. – St. Francis de Sales

Prayer to St. Patrick

O Blessed Apostle of Ireland, glorious St. Patrick, look down upon thy children everywhere who have received through thy zealous preaching the priceless gift of faith, and hear the prayers with which we address thee for protection. Watch over us with a father's care, and help us always by thy powerful intercession, that we may ever cling to the faith which, under God's inspiration and guidance, thou didst preach to our forefathers, and that we may ever live according to the teaching of that holy faith. Watch over all pastors, and bless all their works for the salvation of their flocks. Defend us from all the assaults and snares of Satan, and from all irreligion and vice, and obtain for us the grace to sanctify our lives by the practice of piety and of all the Christian virtues, that we may merit to be associated with thee in the kingdom of our heavenly Father. Amen.



Strategy for Calming Emotions

What should we do when we feel all our emotions suddenly rising up in turmoil? We must not force ourselves to undertake many measures in order to conquer them and bring them back to duty; if we do that, they may get the better of us. Rather, in the highest part of our soul, we must simply join ourselves to God's will, humble ourselves and, from that moment, keep close to God in peace and in the greatest

tranquility we can manage. We must do as our threshers did today on board their boat, which was carrying our wheat on the lake. Suddenly they found themselves in great peril: a violent storm arose in an instant and threatened to sink them with the boat and everything on it. What did they do? They did not obstinately set themselves to go straight against the current through these great waves. If they had done that, they would have been lost. Instead, they followed the little waves and very skillfully, very gently, brought their boat to shore. They managed to land by avoiding the storm, not by battling against it.

Here is a little model of what we should do when we are taken by surprise as we row peacefully in our little boat. When all our emotions arise to stir up a great internal storm that seems certain to overwhelm us or drag us after it, we must not wish to calm this tempest ourselves. Rather, we must gently draw near the shore, keeping our will firmly in God, and coast along the little waves; by humble knowledge of ourselves, we will reach God, Who is our sure port. Let us go gently along without agitation and anxiety and without giving in to our emotions. By doing so, we shall make it to that divine port—with some delay, but with more glory than if we had enjoyed perfect calm and had navigated our little boat without any challenges.

— *St. Jane Frances de Chantal,*
Her Exhortations, Conferences and Instructions

Prayer of St. Francis de Sales

May Thy Heart dwell always in our Hearts!
May Thy Blood ever flow in the veins of our souls!
O sun of our hearts, Thou givest life to all things by the rays of
Thy goodness!
I will not go until Thy Heart has strengthened me, O Lord
Jesus!
May the Heart of Jesus be the King of my Heart!
Blessed be God!
Amen
—*St. Francis de Sales*

Note from Father

Dear Faithful,

Well, apparently our cat count has gone from two to three at St. Gertrude the Great (insert me groaning). A stray cat has started camping out, quite literally, outside the sacristy door. The sisters discovered the cat and once it realized that it would receive love, affection, and most of all, food, it has decided that life at St. Gertrude's is pretty good. Bp. McGuire told me about the beast and told me to follow him to go and see her (it was nighttime and dark when he said this). I followed, for some reason. When we arrived at the back door which enters the sacristy, he started to call the cat and we could hear some rustling around. Then I noticed something a bit off...he, unknowingly, wasn't calling to a cat, but rather to two skunks who had discovered the food dish. When I declared this, the bishop just about jumped out of his zucchetto!! It was hilarious! But, unfazed by the intruders, the little cat returned the next morning for breakfast. So, we decided to name her Penelope, after the cat from the cartoon, Pepé le Pew, who was called Penelope Pussycat.

This past Wednesday, we had our annual Lenten Children's Day of Recollection. It was very well attended, with about sixty children attending. It was interesting, as I noticed that the age dynamic had shifted. I usually take care of giving at least one talk to the high school kids. Often, there are more high schoolers than chairs in the classroom. However, so many have become young adults, now out of school, that we actually had a couple extra chairs in the room. That's fine...especially, considering how many more young kids we had...the next generation.

Speaking of next generation, the two new priests, Frs. Simpson & Brueggemann got in on the act of giving talks at the day of recollection. In the end, each one of us gave one talk (I have given as many as three in the past) and had a nice division of the labor for devotions throughout the day, as well. It was a wonderful parish event.

In Christ,

Fr. Stephen McKenna

This Week's Schedule

(Rosary Novena Key- J=Joyful, S=Sorrowful, G=Glorious)

Mon	3/13/23	Ferial Day (1-J)
Tue	3/14/23	Ferial Day (2-S)
Wed	3/15/23	Ferial Day (3-G) <i>St. Clement Mary Hofbauer</i>
Thu	3/16/23 6:30 PM	Ferial Day (4-J) Stations & Rosary
Fri	3/17/23	St. Patrick (5-S) <i>St. Joseph of Arimathea</i> <i>Five Holy Wounds</i>
Sat	3/18/23 5:30 PM 6:00 PM	St. Cyril of Jerusalem (6-G) Confessions Mass (+) <i>Fr. Cekada (Mark Cash)</i>
Sun	3/19/23 8:00 AM 8:45 AM 10:45 AM 11:15 AM	Fourth Sunday of Lent (7-J) Confessions & Rosary High Mass (+) <i>Bp. Dolan (Mark Cash)</i> Stations following Mass Confessions, Rosary Low Mass <i>For People of St. Hugh</i>

General Information

Baptism: By appointment. At least one parent as well as the sponsors must be practicing Roman Catholics who attend the Traditional Latin Mass exclusively.

Confession: Before Mass on Sundays, and other times as indicated in the weekly bulletin.

Confirmation: Solemnly administered periodically in the year and may be administered privately by request. Catholics who received confirmation in the post Vatican II rite (1971) should arrange to receive confirmation conditionally in the traditional rite.

First Holy Communion: Administered each year on the Sunday after Corpus Christi. Adequate knowledge of the catechism is required.

Matrimony: If you are contemplating marriage, please make an appointment to speak with a priest before you set a date. At least one of the parties must be a practicing traditional Catholic and member of this parish. Weddings are forbidden during Advent and Lent.

Communion for the Sick: Please contact the pastor or coordinator when a church member is hospitalized or too ill to attend Mass.

Extreme Unction: Do not put off making arrangements until the last moment, but contact the pastor or coordinator promptly if a church member is gravely ill or in danger of death.

Decorum in Church: Respect for God in the Blessed Sacrament requires a reverent silence. Please turn off cell phones and keep children well behaved. Both young and old should wear dignified and modest clothes in church, and women should wear a dress or skirt, and a veil or hat. Veils are available in the vestibule. Men should wear shirt and tie as well as a jacket or sweater.

Holy Communion: Only baptized practicing Catholics in the state of grace may receive Holy Communion. You must be fasting:

- Three hours from solid foods and alcoholic beverages.
- One hour from other liquids.
- Water may be taken at any time.

The communicant kneels at the communion rail, and receives the Blessed Sacrament on the tongue. The communicant does not say “Amen” after the priest says “*Corpus Domini nostri Jesu Christi custodiat animam tuam in vitam aeternam. Amen.*”

Singing: The faithful are invited to join in singing any hymns preceding or following the Mass, but only the choir sings during the course of the Mass.

FRIDAY IN LENT III *THE FIVE HOLY WOUNDS*

Consider the eternal love which God had borne you; for even before our blessed Lord Jesus Christ became man and suffered on the Cross for you, His Divine Majesty foresaw you in His sovereign goodness and loved you exceedingly. When did He begin to love you? When He began to be God. And when was His beginning? Never, for He has always been, without beginning and without end: wherefore He has always loved you, and from eternity prepared the favors and graces which He has bestowed upon you. And by His prophet He says (and He speaks to you as much as to any), “I have loved thee with an everlasting love; therefore I have drawn thee, taking pity on thee” (Jer. xxxi. 3). Amongst other things, then, He thought to lead you to resolve on serving Him.

– *Introduction to the Devout Life*

SATURDAY IN LENT III

“Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence.” – *St. Francis de Sales*

William Fitzgerald notes, “Calling on Mary to ‘remember’ is an act of boldness, but it is boldness justified by tradition... Mary needs no reminder of her role in the realm of salvation. However, those who call upon her do require such re-

mindings, if not specifically then more generally—to remind them of their place as supplicants before the Virgin Mary. Asking Mary to intercede as Advocate does not guarantee that a specific request will be granted, only that divine assistance will be.”

Resolution: To recite frequently, with a bold confidence, the Memorare.

FOURTH SUNDAY OF LENT

Children who have a good father ought to imitate him and follow his commandment in all things. Now, we have a Father better than all others and from Whom all good is derived. [*Jas. 1:17*]. His commandments can be nothing but perfect and salutary. Thus we should imitate Him as perfectly as possible, and also obey His divine ordinances. But of all His precepts, there is none which He stresses so earnestly, nor for which He has indicated that He desires so exact an observance, as that of the love of neighbor. The Commandment to love God is higher than the Commandment to love neighbor; but since nature offers greater resistance to the love of neighbor, it was necessary that we should be encouraged in a more particular manner to its practice.

– *St. Francis de Sales’ Sermons for Lent.*

Practice: Reread Thursday’s lesson.

St. Gertrude the Great Church
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Lent with St. Francis de Sales



Daily Thoughts and Prayers
Lent 2023

DAILY MORNING PRAYER

Lord, I lay before Thee my weak heart, which Thou fillest with good desires. Thou knowest that I am unable to bring the same to good effect, unless Thou bless and prosper them, and therefore, O Loving Father, I entreat Thee to help me by the merits and Passion of Thy dear Son, to Whose honor I would devote this day and my whole life.

– St. Francis de Sales

MONDAY IN LENT III

Since God often sends us His inspirations by means of His Angels, we ought frequently to offer Him our aspirations through the same channel. The souls of the holy dead who are in Paradise with the Angels, and of whom our Savior has taught us that they are like to and equal with them, also assist us by their holy prayers.

Let us then unite our hearts to these celestial spirits and blessed souls, so that as the young nightingale learns to sing from the older ones, surely by the sacred communion which we have with the Saints we may the better pray and praise our God. “I will sing praise unto Thee,” said David, “in the sight of the Angels” (Ps. cxxxvii. 1).

– *Introduction to the Devout Life*

Resolution: Choose as your patron some Saints in particular, to whose life and imitation you feel most drawn, and in whose

intercession you feel an especial confidence. The Saint whose name you bear is already assigned you from your baptism.

TUESDAY IN LENT III

Honor, reverence, and love the holy and glorious Virgin Mary, for she is the Mother of our Lord, and therefore our Mother also. Fly to her as her child, and cast yourself at her knees with a perfect confidence at all times, and on all occasions. Call on this dear Mother, appeal to her maternal love, and strive to imitate her virtues. Familiarize yourself with the thought of the holy Angels, and honor especially the Angel Guardian of the diocese in which you live, and those of your neighbors, and above all your own. Call on them and honor them frequently, and ask their help in all your affairs, temporal as well as spiritual.

– *Introduction to the Devout Life*

WEDNESDAY IN LENT III

The holy Peter Lefèvre, first priest, preacher, and lector in theology of the Society of Jesus, and earliest companion of St. Ignatius its founder, on returning one day from Germany where he had done great things for the glory of our Lord, happened to pass his birthplace which was in this diocese. He related that in journeying through districts infected by heresy he had received many consolations through a practice he had adopted of sa-

luting the Guardian Angel of each parish on his entering it; and he said that he sensibly experienced their help both in guarding him from ambushes of the heretics, and also in rendering several souls mild and docile to receive the doctrines of salvation.

– *Introduction to the Devout Life*

THURSDAY IN LENT III

The Christian should love husband or wife with a calm, tranquil, firm and constant love, chiefly because God desires and enjoins us to do so. The same reason holds good as to children and other relatives and friends, each one according to his rank. But as a general thing, what is the state of your heart with regard to your neighbor? Do you love him from your heart and for the love of God? In order to prove this, you must call to mind certain disagreeable, troublesome individuals, for with such it is that we practice the love of God towards our neighbor, and still more towards those who do us any injury either in word or deed. Try whether your heart is clear with regard to such, and whether you have to force it to love them?

Are you slow to speak evil of your neighbor, especially of those whom you do not like? Do you never injure him either directly or indirectly? A very little reflection will easily satisfy you on these points.

– *Introduction to the Devout Life*