



"Am I not here who am your mother? Do you need anything else?"

Gaudens

A newsletter of Our Lady of Guadalupe Parish
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Honoring St. Joseph

We have developed (for lack of a better term) a parish theme for the season of Lent. It is to *strive to discover and develop the Interior Life*. The Interior Life starts with a commitment to maintain sanctifying grace in our souls. We do this by renouncing all mortal sins with the firm determination not to commit mortal sin again. Mortal sin kills the life of grace in our souls, and without grace it is impossible to have an Interior Life.

However, it is not enough to eliminate mortal sin from our lives in order to develop the Interior Life. We must develop the same attitude toward venial sin. We must never give in to the temptation that a misdeed is *only* a venial sin. *Any* sin is an offence against God. If we are going to be true Children of God led by His grace, then a horror and distaste for *all* sin is essential.

During the month of March, the Church gives one of our most powerful advocates in Heaven for the purpose of developing the Interior Life. While the Scriptures are silent on most of St. Joseph's life, Tradition is not. Volumes have been written on the depth of St. Joseph's interior life, leaving us rich sources of meditation and imitation so that we can successfully build our own Interior Lives by following his example.

Saints throughout the history of the Church have discovered that St. Joseph is a wonderful patron for developing the Interior Life. Not only is he an example of all we need to do for growing interiorly day-by-day, but he is also our advocate and our protector to make sure our Interior Life is developed and safeguarded in all we do. As our advocate, he will intercede for us before the Throne of Grace so that we have every spiritual help we need to help grace build upon grace in our souls. What is more, St.

(Over, please)

One of the joys that will come from the successful effort to develop a strong Interior Life within us this Lent will be realized when Holy Week begins at the end of this month. The retelling of the mysteries of our Redemption is the highlight of this entire time. Day-by-day, ceremony by ceremony, Mass by Mass (until, by the end, there is no Mass), we learn from each of the Evangelists, and from the Church Herself through Her Liturgy, the mystery of God's love for His creatures, despite their sins and selfishness. Through faith and grace, we hear and follow the sorrowful events in Jerusalem so many centuries ago, knowing that, because of our sins, what may have happened in time many years past, by the works of our eternal God, they are being fulfilled even now to teach us the lesson of what our sins — forget those of the rest mankind — what our sins have done to Jesus in a most cruel manner, all the way to His death upon the Cross.

One of the blessed effects of a strong Interior Life is the ability to live by faith, and to see in the liturgical actions of the Church during Holy Week symbolic rituals that increase in our souls a greater love for the Interior Life and a further increase in grace. Let's review just a few of the liturgical actions of Holy Week. As we do so, let's pray to increase our Interior Lives each day of Lent so that our faith is strong when Holy Week approaches.

- **Palm Sunday:** *Blessing and Distribution of Palms:* Palms are blessed sacramentals. We carry them in solemn procession to proclaim, as of old, that Christ is King of our hearts and our homes. After Mass, these palms should be placed on public display in our homes.

From The Sidelines

- **Holy Thursday:** *Procession of the Blessed Sacrament:* After Mass, the Blessed Sacrament is taken in procession to the Altar of Repose. This symbolizes how Jesus was taken by the Temple Guard to appear before an illegal meeting of the Sanhedrin. He was then thrown into the Temple prison until He could be taken before Pilate to carry out the sentence of death.

- *The Sacred Vigil:* On this night we keep vigil before the Blessed Sacrament in the Altar of Repose. We gladly keep company with Jesus on this night because He was left alone and abandoned by His Apostles.

- **Good Friday:** *The Good Friday Liturgy:* The somber tones of the Prophecies and the Passion increase in us our sorrow for our sins — the real reason why Jesus was condemned to death.

- *The Adoration of the Cross:* One by one we approach the altar to kiss the feet of Jesus as the crucifix is presented to us for veneration. Would that we could be moved to tears as we make this profound demonstration of our love!

- **The Easter Vigil:** *Blessing of the New Fire:* The Paschal Candle symbolizes Jesus, the Light of the World. We enter the church in procession behind the lit candle just as the Chosen People were led by a Pillar of Fire in the Old Testament. What was symbolized then is a reality now: the Light of Christ is among us! Thanks be to God!

These are only samples of the rich symbolism found in the Liturgy of the Church during Holy Week. We must be convinced that the more effort we put into increasing our Interior Lives during this Lent, the more love and conviction will fill our hearts during Holy Week.

Honoring St. Joseph

Joseph will defend and protect in ways we can never imagine. Since Jesus is in our souls by sanctifying grace, we can be sure that he will be a strong father for our souls as he was for Jesus in His early years. St. Joseph will do battle against the devil to protect us from all spiritual harm. The more he sees His Foster Son growing in our souls by grace, the greater confidence we can have in his powerful intercession and protection.

In order to develop the Interior Life in a successful manner, an ever-growing spirit of Faith is required. The Interior Life of grace is invisible. Jesus tried to teach this to the Pharisees when He told them: "The kingdom of God is within you." They rejected this simple teaching because they were looking for an earthly king. A well-developed Interior Life sets Jesus as King and Mary as Queen over all we do. St. Joseph, as a man of faith — a "just man" — helps us live as good subjects of our King and Queen, allowing their reign to be one of peace and spiritual security. Without faith, we are reminded, it is impossible to please God. Likewise, without faith we cannot develop, much less discover, the glory of the Interior Life. St. Joseph will help us grow in this important virtue, aiding us to achieve holiness in this life and happiness in the world to come.

Those who develop a devotion to St. Joseph know by practice what, in poor words, is explained above. St. Francis de Sales teaches: "If we place trust in him, St. Joseph will obtain for us a holy increase in every virtue." And St. Alphonsus assures us: "We must be convinced that, in consideration of his great merits, God will not refuse St. Joseph any grace he asks for those who honor him." If we value the growth of the Interior Life, let us learn this month how to make friends with St. Joseph. Let him lead us to his Son, Jesus, and to our Mother, Mary. He can teach us what his life was like in the simple home of Nazareth, and what joy and peace increased in him each day that he was with Jesus and Mary. Learn the words of the Scriptures: "Go to Joseph, and do all that he shall say to you."

* *March 5 & 6* are the First Friday and First Saturday of the month. Special prayers to honor the Sacred Heart of Jesus and the Immaculate Heart of Mary will be prayed after Mass on those days. There will be a Eucharistic Holy Hour following Mass Friday evening. Confessions will also be heard for the first half hour of the Holy Hour.

* The *Catholic Action Study Group* will meet on Saturday, March 6, at 9:15 a.m.

* *Lenten Devotions*: The following spiritual exercises will take place during the Season of Lent as means to assist everyone to make a good Lent:

- *Wednesday*: Mass is scheduled for 6:00 p.m. Beginning February 24, a series of *Lenten Sermons on The Spiritual Life* will be preached after Mass each Wednesday.

- *Wednesday*: The **Rosary for Peace** will begin at 5:30 p.m.

- *Friday*: **Stations of the Cross** begin at 5:00 p.m. followed by a period of Confessions of private prayer before Mass begins.

- *Wednesday & Friday*: Public exposition of the relic of the **True Cross** of Jesus and His **Crown of Thorns** continues all through the day.

* *Feast of St. Joseph*: *Friday, March 19*. The *Litany of St. Joseph* will be prayed after Mass to honor the patron of the

Parish Postings

Universal Church and the Spouse of the Blessed Virgin Mary.

* The *Rosary for Peace*: *Wednesdays*, 5:30 p.m. (during Lent). All are encouraged to attend as we pray for our families, the needs of our city and for peace in the world. The Rosary is also broadcast on the Internet via our "Mass Cam." You can access this from the parish web site. Let us join together in prayer, whether in the church or at home, to demonstrate our commitment to pray for peace.

* *Mission Sunday* is the third Sunday of each month. The 10:45 a.m. Mass is offered for those who are enrolled in the **Mass Guild of the Missionaries of the Holy Ghost**. The Mass Guild is a wonderful gift opportunity for family and friends and an important means of support for the Sisters. The fee is \$12.00 per year, or a lifetime enrollment for \$30.00. You will find the enrollment forms in the back of the church.

* Please remember in your prayers the sick of the parish, as well as our continuing effort to work and pray for the Restoration of the Tridentine Latin Mass and our Holy Faith.

Always remember this important saying: *More good is wrought in this world by prayer than by any other action a man can do.*

HOLY WEEK

Services

Palm Sunday

Blessing and distribution of Palms and outdoor Procession in honor of Christ the King at 8:30 am. Mass follows immediately. *Palms will not be distributed before the 10:45 Mass.*

Holy Thursday

Mass of the Last Supper begins at 5:30 pm. **The Blessed Sacrament will be reserved throughout the night. Please plan time to spend with Jesus during these hours and up to the beginning of the Good Friday Liturgy.**

Good Friday

Good Friday ceremonies will begin at 3:00 pm with the Stations of the Cross. *Holy Communion will be distributed around 4:00 pm* followed by the Adoration of the Cross and Good Friday devotions on the *Seven Last Words of Christ*, and the veneration of the relics of the Passion: The relics of the *True Cross* and of the *Crown of Thorns*.

Holy Saturday

Ceremonies of the Easter Vigil begin at 10:45 pm followed by Midnight Mass.

Easter Sunday

Mass times: Midnight and 9:00 a.m. **only.** (Easter Egg Hunt after 9:00 am Mass.)