

Schedule of Weekly Devotions and Events

Thursday:	Prayer Group for Priestly Vocations (1 st Thurs.)	Noon
Saturdays:	Altar Boy Practice (1 st and 3 rd Saturdays)	3:30 p.m.
	Devotions to Our Lady (1 st Saturday)	4:40 p.m.
	Benediction (1 st Saturday)	after Mass
Sundays:	Eucharistic Crusade (1 st Sunday)	after Mass
	St. Stephen's Guild (2 nd Sunday)	after Mass
	Blessing of Religious Articles (2 nd Sunday)	after Mass
	Children's Catechism (Sep-May 3 rd , 4 th , 5 th Sundays)	15 min after Mass
	Blessing of Expectant Mothers (upon request)	after Mass

Holy Communion

The faithful are reminded that all communicants must be Catholic, in the state of grace, and fasting.

Dress and Decorum in Church

Out of respect for Our Divine Lord in the tabernacle, please try to keep silence in the church as much as possible.

Also, out of respect for Our Lord and for the edification of our neighbor, we ask all to appear in church modestly dressed. For example, slacks, skirts that do not keep the knees covered, sleeveless and low-cut dresses do not meet the norm of Christian modesty for women and girls. Gentlemen also, no less than ladies, are encouraged to be generous in expressing their respect for Our Lord by dressing suitably for Holy Mass. Your cooperation is evidence of your love for the Blessed Sacrament and your respect for the House of God.

Contacting Father

During the week, Fr. Kopec can be reached at Saint Mary's Academy and College: (785)437-2471 x469. For sacramental emergencies you may request to speak to any of the priests stationed in Saint Mary's. Outside of normal working hours follow the instructions on the recorded message to reach the priest on call.

Lost and Found

Lost and Found missals and prayer books are located on the shelf in the vestibule underneath the bulletins. Clothing and miscellaneous items are in the rectory main hallway.

Chapel Coordinator: Tommy Emig (405)367-1351

St. Michael's Church

“This I’ll defend.”

Quinquagesima Sunday
February 11, 2024



Traditional Latin Mass and Sacraments

Father Jonathan Kopec, SSPX

4701 McMillan Avenue

Bethany, OK 73008

(405) 367-1351

<http://saintmichaelschapel.com>

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Quinquagesima Sunday, February 11, 2024
Schedule for the Coming Week

<u>Sunday, February 11th</u> Quinquagesima Sunday	Confessions High Mass	8:15 a.m. 9:00 a.m.
<u>Saturday, February 17th</u> Saturday after Ash Wednesday	Confessions Low Mass	4:15 p.m. 5:00 p.m.
<u>Sunday, February 18th</u> First Sunday of Lent	Confessions High Mass	8:15 a.m. 9:00 a.m.

Last Sunday's Collection: \$2,895.51
Building Fund: \$956.00

Please make all checks out to 'SSPX' or 'St. Michael's Church' for them to be properly deposited in the chapel's account. For second collections, the specific purpose may be noted in the memo line.

Announcements

St. Stephen's Guild Meeting

The St. Stephen's Guild meeting will be today after Mass.

Ash Wednesday

There will be no Mass on Ash Wednesday. Ashes will be imposed on the faithful immediately after Mass next Sunday.

Lenten Fast and Abstinence

Fasting is kept by eating only one normal sized meal at any time of the day, while two smaller 'collations' or snack sized meals are also allowed. For example: a piece of toast for breakfast, a normal lunch, and a small bowl of soup for dinner would be a normal fast day. Abstinence means refraining from eating any meat other than fish on that day. Fasting and abstinence are obliged by the Church for all the faithful ages 18-59 on Ash Wednesday and Good Friday. Abstinence is also binding for all the faithful age 14+ on all the Fridays of Lent.

Traditionally (pre-1960's) the Lenten fast had every day except Sundays to be fast days. Although this is no longer binding, it can be customarily and profitably kept, according to one's state of life and health.

Easter Duty

All are reminded of the grave obligation for all Catholics to make the Easter Duty. This precept of the Church is fulfilled by receiving Holy Communion worthily at any time from the First Sunday of Lent to Trinity Sunday. One should prepare for this Holy Communion by means of a good confession which will also satisfy the precept to confess sins at least once a year.

3rd Annual St. Joseph's Table Event

Please search through drawers and closets for no longer used items that can be donated to the "Thrifty" section of the St. Joseph's Table Event. The signup sheets are still available at the back of the chapel for anyone who can commit to bringing an item or two for the themed auction baskets or create a basket yourself. This year's event will be held on Sunday, March 3rd. Questions? Contact Debbie Wiggins (405)414-8439, Joan Rice (405)630-9329, or Janice Darrow (405)706-2022.

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Welcome to Visitors

St. Michael's Church wishes to welcome any visitors who are attending Mass this Sunday. Please join us after Mass in the rectory for coffee and refreshments.

INSTRUCTION ON LENT

Why has the Church instituted this fast forty days before Easter?

To imitate Christ who fasted forty days; to participate in His merits and sufferings; to subject our flesh by voluntary mortification to the spirit, and to mortify our evil desires as did St. Paul; (Col. I. 24.) to enable us to lead a pure life, and thus prepare for the holy festival of Easter, and the reception of the divine Lamb, Jesus: and, finally, to render God satisfaction for our sins, and do penance, as Pope Gregory says, for the sins of one whole year by one short fast, lasting only the tenth part of a year.

Was the fast of Lent observed in early times as in the present?

Yes, but more strictly; for the people of the early ages not only abstained from meat, but also from all that which is connected with it, such as eggs, butter, cheese, etc., even from wine and fish, although this was not the general command of the Church; they fasted all day, and only ate in the evening after vespers, in remembrance of which, vespers are now said before dinner-time, because the Church, as a kind mother, now permits the supper to be changed into a dinner, and also allows something to be taken in the evening, that the body may not be too much weakened, and become unfit for labor.

How much does this ancient custom put to shame the Christians of today who think the fast in our times too severe! "But" asks St. Ambrose, "what sort of Christians are they? Christ, who never sinned fasted for our sins, and we will not fast for our own great and numerous offences?"

How should the holy season of Lent be spent?

As according to the teaching of St. Leo, the main thing in fasting is not that the body be deprived of food, but that the mind at the same time be withdrawn from wickedness, we should endeavor during Lent, not only to be temperate in eating and drinking, but especially to lead a modest life, sanctifying the days by persevering prayer and devoutly attending church.

PRAYER AT THE BEGINNING OF LENT

Almighty God! I unite myself at the beginning of this holy season of penance with the Church militant, endeavoring to make these days of real sorrow for my sins and crucifixion of the sensual man. O Lord Jesus! in union with Thy fasting and passion, I offer Thee my fasting in obedience to the Church, for Thy honor, and in thanksgiving for the many favors I have received, in satisfaction for my sins and the sins of others, and that I may receive the grace to avoid such and such a sin, N. N. and to practice such and such a virtue, N. N.

Fr. Goffine, The Church's Year