

The penance of my mind must correct my wrong thoughts that I give mental nourishment to. Honest and sincere penance of the mind must stir the intellect and jolt it from its emptiness and laziness and irresponsibility and pride. If I ever hope to be happy in my life I simply have to jolt and clean away all ill-humor and bilious feelings toward my brothers and sisters that approach me in life. Strict discipline is the only effective way. Weak and limp minds that look for nothing better than high self regard and the praise that comes from onlookers, all of which fill the vacant spaces of thought, must be stiffened by rigorous penance and self discipline. The mind must be kept in harness - all the time - and must seek after thinking about wholesome and substantial and CHARITABLE thoughts. If one wants to have peace of mind, one must work toward peace of mind and earnestly turn away from all uncontrolled and improper thoughts. One must pray, *every* day, for the merciful grace of God so as to obtain those thoughts that are productive of peace and serenity and an honest and genuine and God-like way of living, otherwise one must suffer the consequences of sadness and depression and loneliness. The answer remains in God. There is no satisfaction in placing blame in others!

1. There will be Catechism class this morning after 10:00 AM Mass this morning
2. **Stations of the Cross** each Friday evening during Lent at 7:00 PM, followed by Benediction of the Most Blessed Sacrament.
3. Thursday March 12, 2009 is the Feast of the ever great St Gregory the Great Pope C
4. Thursday March 12, 2009 starts the Novena to St Benedict. The Feast is March 21, 2009
5. Let us all remember to make our Easter Duty: "All the faithful who have reached the age of their reason must sincerely confess their sins at least once a year. This confession need not be made during the Easter time, but because of the prescribed Easter Communion it is practical to make it at this time... All the faithful who have attained the use of their reason must receive Holy Communion at least once during the Easter season... The Easter season within which one must receive Holy Communion usually extends in the United States, from the First Sunday of Lent until Trinity Sunday." (*Moral Theology*, Fr. Heribert Jone, 1961)
6. **Be reminded of the Lenten Daily Readings** that they should not be omitted. They can take place at any of the three meals of each day, giving preference to the main meal. These readings should be read by the Father or in his absence by the Mother of the family, and should take place at that meal where the greater number of family members are present: Sunday **ESPECIALLY!**
7. **PLEASE PRAY FOR ALL THE SICK AND SHUT-INS OF OUR CHAPELS.** LET US ALSO PRAY FOR EVERYONE. Let us pray for ALL the priests and religious men and women of the world. NO MAN, WOMAN, OR CHILD SHOULD BE LEFT OUT OF OUR PRAYER. God made all men to be with Him in heaven for all eternity, and this includes every human being on earth, regardless of station or condition or place. While Our Blessed Lord was hanging on the Cross He did not look around and pick and choose those for whom He was dying. He did not exclude a single member of the Human Race - even His enemies - from the wounded Love that came forth from Him during those momentous moments. Weak human nature and erroneous persuasions will prevent some from achieving the purpose intended for them by God, but that matter remains entirely between all such and God. Our only duty is to pray for **souls**. We make **no** judgments concerning such matters. If there is any sifting to be done, it is to be done by God, Himself alone. We are NOT the ones to do the sifting.
8. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)
 - SUNDAY: For the People of our Chapels
 - MONDAY: Welfare of Steve and Daphne Stanford
 - TUESDAY: Dec. Tonny Linno
 - WEDNESDAY: For the Poor Souls
 - THURSDAY: Dec. LaVerne Gladu
 - FRIDAY: Special Int. Al and Sara Schrader
 - SATURDAY: Special Int. Father Denis McMahan

A Thought To Remember ...

The Spiritual point of view is the test for everything