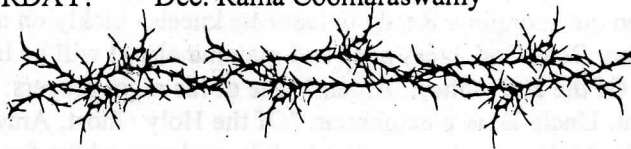


1. There will be Catechism class today after the 10:00 AM Mass.
2. There will be an Oblate meeting after the 10:00 AM Mass this morning.
3. **Next Sunday is the second Sunday of March. Daylight Saving Time begins next Sunday morning. Turn clocks FORWARD one hour. In the Spring, "you spring forward."**
4. March 12, 2010, is the Feast of St. Gregory the Great, a Benedictine saint.
5. Passion Sunday is March 21, this year; because of this, the Feast of St. Benedict is transferred to Monday, March 22, 2010, and the Novena in Honor of St. Benedict will begin March 13, 2010.
6. **Stations of the Cross and Benediction of the Blessed Sacrament every Friday night of Lent at 7:00 PM.**
7. Please pray for all the Sick and Shut-ins of our Chapels. Pray also for the injured and the dead victims of the earthquakes that have recently taken place.
8. **MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)**

SUNDAY:	For the People of our Chapels
MONDAY:	For Bishop Robert McKenna OP
TUESDAY:	Dec. William Youngblood
WEDNESDAY:	Special Int. Alfred and Aurora Krebsbach
THURSDAY:	For the Poor Souls in Purgatory
FRIDAY:	Dec. Brother John Collins OCSO
SATURDAY:	Dec. Rama Coomaraswamy



As we speak of penance, we must also speak of joy. When we speak of joy in religion we do not speak of the spontaneous up rush of delight at the appearance of something wonderful in our lives. The joy we speak of here is the joy which our Lord tells us we must cultivate when we do penance, which we may even have to assume in order to hide our feelings of melancholy. We must show washed and shining faces when we fast, indicating to the world that penance is not such a terrible burden as it is made out to be and that if only people went in for it more they would find they need lose nothing of their happiness.

Penance does not have to be advertised as a universal healer. But it does have to be preached. Preaching penance by word of mouth is not everybody's call, but preaching it by the good humor which is known to accompany it may well be the call of many more than in fact respond to the summons of penance. Looked at from the opposite angle, nothing could be more putting-off to those who are setting out on the way of the spirit than to note the sour and sullen aspect of those who have presumably been practicing prayer and penance for years. May God deliver us from SAD SAINTS. In today's good and true Church, unfortunately, we find a goodly number of people who demonstrate the kind of sadness we here speak against there is a hardness in the eyes of too many of our practicing Catholic people. This is not appropriate for one who is a chosen one of God. In the Traditional Church of yesteryear, the more people practiced penance, the greater seemed to be the joy and peace reflected in their eyes!!!

"Offer to God," the Cure of Ars used to say to the sisters who worked for him "only what you can offer gladly." This injunction admits of more than one interpretation, but a meaning which cannot be denied to the words is that the penances which are beyond a JOYOUS rendering had better not be attempted at all. If my generosity is not equal to showing gladness in sacrifice, even if the gladness is forced, my generosity is not of the kind that can profitably offer voluntary penance. Better in such a case that I acknowledge the fact, make an act of humility, and look about for expressions of service and love which are within my more limited range.

A Thought To Remember ...

The fact that renders hell so terrible is that the damned are constantly and continuously constrained to gnaw and chew and tug forever at the one realization that they have lost GOD FOREVER.