

ENBER DAYS are the days at the beginning of the Seasons ordered by the Church as days of fast and abstinence. They were definitely arranged and prescribed for the entire church by Pope Gregory VII for the Wednesday, Friday and Saturday after December 13 (Feast of St. Lucy; after Ash Wednesday, after Pentocost Sunday and after September 14 (Feast of the Exaltation of the Holy Cross. The purpose of their introduction was both to thank God for the gifts of nature, and to beg for a bountiful harvest.

During Lent we should make the effort - A REAL EFFORT - to come to a clearer understanding of just what does the SPIRITUAL LIFE really mean. The Spiritual Life is not just for monks and nuns, but for every man and woman and child. It has become a matter of serious concern that so many "Traditionalist" pulpits today seem more concerned about pumping catechical information and apologetical discourses to the people to the detriment of the SPIRITUAL LIFE of the faithful. It is quite imperative that faithful Traditional Catholic People must learn HOW to be holy, rather than learn WHY they should be holy.

