



## Weekly Bulletin

### For the week of March 3 - 10

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		St-Césaire	Montréal	Sherbrooke	N.-D.-des-Bois	Ottawa
Sun. 3	Quinquagesima Sunday	8h00	11h00	11h00	7h30	10h00
Mon. 4	Saint Casimir King and Confessor -Comm. St Lucius, Pope and Martyr	7h15 18h30				
Tue. 5	Feria	7h15				
Wed. 6	Ash Wednesday	7h15 18h30	18h00	18h30		
Thu. 7	Feria -Comm. St Thomas Aquinas, Conf. and Doct.	7h15 Benediction 17h55				
Fri. 8	Feria -Comm. St John of God, Conf.	7h15 Stations of the Cross 18h00	18h00	18h30		
Sat. 9	Feria -Comm. St Frances of Rome, Widow	7h15	10h00		18h00	
Sun. 10	1st Sunday of Lent	8h00	11h00	11h00	7h30	10h00

### **General Announcements for all chapels**

**Keep our sick people in your prayers:** Jarett Gentle, Nicolas Kraljic, Richard Mathieu, Sonja de Ginet and Christian Landolt.

**Forty Hours Adoration:** Liturgical tradition would have us adore the Blessed Sacrament during *Forty Hours* in reparation for sins committed during “Carnaval,” and for public sins. Please sign up on the *ad hoc* sheet in the back of the chapel so that we may begin working out the schedule to distribute the *Forty Hours* in the different chapels.

**Ash Wednesday is a day of fasting and abstinence,** and this under pain of grave sin, for those who are so bound.

**Distribution of ashes:** on Sunday March 10, for those who have not received them on Ash Wednesday.

**Litany of Saint Joseph:** The month of March being traditionally dedicated to the Patron of the Universal Church and of Canada, it is highly recommended to honour him by reciting his litany every day.

**Special collections:** Church renovations / building fund: March 10  
St Joseph Bursary: March 31

**Blessing of religious articles:** March 3 (today)

**Perpetual Rosary Crusade:** March 25 – 31

## 2019 Retreats at Saint Joseph Centre (unless exceptional circumstances):

For women in French: July 22-27

For men in French: July 29-August 3, December 16-21

For women in English: June 16-21 (in Winnipeg), July 28-August 2 (New Hamburg), September 15-20 (Winnipeg)

For men in English: May 26-31 (in Winnipeg), June 30-July 5 (Winnipeg), August 4-9 (New Hamburg)

(Write to Father Pfluger at St Joseph Centre: [retreats.canada@gmail.com](mailto:retreats.canada@gmail.com))

**Mass Stipends:** \*One Mass: \$20 \*Novena of Masses: \$200 \*Gregorian Masses (30 consecutive): \$800

### Collections :

	Saint-Césaire	Montréal	Sherbrooke	N.-D.-des-Bois	Ottawa
February 24	\$416.20	\$460.70	\$289.25	\$165.00	

## Special Announcements – All Saints Hall, Ottawa

### Monthly Conferences:

There will be two types of conferences in Ottawa every month, one on Canadian history and one on the Holy Mass.

The Holy Sacrifice of the Mass 4 <sup>th</sup> talk: <b>Differences between the 2 Masses</b>	March 10 <sup>th</sup> at 12:30 pm	<u>125 Darlington Private, Ottawa</u>
Great Figures in Early Canadian History 5 <sup>th</sup> talk: <b>St Margaret Bourgeois and others</b>	March 17 <sup>th</sup> at 12:30 pm	<u>125 Darlington Private, Ottawa</u>

## The Mass: A Liturgical Commentary

By Father Innocent Wapelhorst O.F.M.

### I. THE COMMON CEREMONIAL ACTIONS AND THEIR SIGNIFICATION

#### 2. THE OTHER CEREMONIES

#### 284. CEREMONIES FOR THE HANDS AND THE EYES

1. The sign of the Cross is used because the Cross is the cause and source of every *blessing*, for by it Christ redeemed the world. When used at Mass after the Consecration, the sign of the Cross can in no wise have the force of a blessing properly so called. Rather, it is used to recall the Passion and death of the Lord, and to signify that the sacrifice of the altar is the same as that of the Cross; the consecrated Host is the Body of Christ, the same Body that was affixed to the Cross and marked with five Wounds; and in the chalice there is the same Blood as that which was shed on the Cross. The sign of the Cross is made *once* to represent the unity of God's essence, *three times* for the Trinity of Persons (who are present by *concomitance*), and *five times* for the five Wounds of Christ the Lord, as a clear representation of his Passion."

2. The joining of the hands is a sign of reverence and devotion. The thumbs are folded over one another in the form of a cross, as if to place continually before the priest's eyes an image of the same.

3. The raising of the hands, by which they are held stretched out in prayer, imitates the suppliant gestures of one who holds out his hands to another for help; it is a sign of, and support to, the raising of the *mind* to God in prayer. It was in this manner that Moses prayed so efficaciously for the Chosen People; and, besides, the Holy Ghost himself admonishes us, "Lift up your hands on high and bless the Lord." (Ps. 133:2). The faithful of the early Church were accustomed to pray with their hands stretched out and lifted up to heaven, and this was frequently done in the form of a cross to recall the Passion of our Crucified Savior, as the testimonies of Tertullian, Paulinus, Prudentius and many of the Fathers demonstrate. St. Chrysostom defends the usefulness of this ceremony in many places, and especially in his homily on Psalm 140: "The lifting up of my hands is as an evening sacrifice" (verse 2).

4. The hands are lifted up and joined in a circle as the natural gesture of a man who rejoices, praises, or makes supplication.

5. The eyes are lifted up to heaven (which, in practice, means the altar cross) so that the priest may imitate Christ and express the lifting up of his mind to God (which is made easier by the gesture). "To thee have I lifted up my eyes, thou who dwellest on high." (Ps. 122:1).

**Other Chapels in Québec and in Ontario:** <https://sspax.ca/en/community/priories>

**Conferences and sermons of SSPX Priests:** <https://sites.google.com/site/credo2019/>

The Society of St Pius X celebrates the Traditional Latin Mass according to the immemorial rite of the Holy Roman Catholic Church.

For more information, please call us or visit our website: [www.sspax.ca](http://www.sspax.ca). This weekly bulletin is also available online.