

# Our Lady of the Rosary Chapel

FEBRUARY 14, 2016

First Sunday of Lent

Volume 4

Issue 07

## FIRST SUNDAY OF LENT

### Custody of the Heart is the Keystone of the Interior Life

(Continued from last week)

#### II. Self-Custody Begins with the Practice of the Presence of God

O Holy Trinity, if I am in the state of Grace, and I hope I am, then *You are dwelling in my heart*, with all Your glory and all Your infinite perfections, just as You dwell in Heaven; but here You are hidden by the veils of Faith.

There is not a single moment when *Your eyes are not upon me*, seeing all that I do.

Your Justice and Your Mercy *are always at work in me*. In response to my infidelities, You take away Your special graces, or else You no longer dispose events with maternal care in such a way that they turn out to my advantage: at other times, to bring me back to Yourself, You load me down with fresh kindness.

If I really looked upon this indwelling in me as the most wonderful of all facts and *the most worthy of my attention*, would I be so often and for such long periods oblivious of it?

Is it not this failure to attend to the *fundamental fact* of my existence that is the reason for such poor success up to the present in all my attempts to practice self-custody?

A constant succession of *ejaculatory prayers* all through the day ought to be keeping this loving indwelling of God ever in my conscious thoughts. *Up until now, my soul, have you really taken the trouble to fill your life with these little landmarks as you go along; have you even remembered to make these aspirations ONCE IN AN HOUR?* Have you drawn enough profit from your daily meditation and from your liturgical life to enter from time to time, even if it is only a few seconds, into the inner sanctuary of your heart, there to adore the infinite Beauty, the Immensity, the Almighty, the Sanctity, the Life, and the Love, in a word, and the *Supreme and Perfect Good*

Who deigns to dwell there and Who is *your Beginning and your End?*

How about *Spiritual Communion*? What kind of a part do they play in my daily life? And yet they are right at hand, not only to remind me of the indwelling of the Most Holy Trinity within me, but also to *increase that indwelling by a new inpouring of the Precious Blood into my soul*.

Up to now, how much importance have I attached to these riches that I find all along my road? All I needed to do was bend down and pick up diamonds and place them in my diadem. What a far call it is from me to those souls who, *in the thick of their work or their conversations* return a thousand times a day to their Divine Guest! They have acquired this habit, and *their hearts are fixed where their treasure is*.

#### III. Self-Custody Aided by Devotion to Our Lady

O my Immaculate Mother, when, on Calvary, the words of Your Son made me also a child of yours, it was in order that you might then aid me to keep my heart united, through Jesus, to the Holy Trinity.

I want my *ever more frequent invocations* to you to aim above all at this custody of my heart, so that I may purify all its tendencies, intentions, affections and desires.

I desire no longer to close my ears to your sweet voice that urges me: *"Stop that, my child! Get your heart back on the right path again!* Do not think that, in what you are now doing, you are seeking only God's glory, and nothing else." How often have you not interrupted my dissipation, my somewhat questionable occupations, with this motherly appeal! And how often, alas, have I drowned out the sound of your voice!

Sweet Mother, from now on I am going to hear YOUR HEART REMINDING ME OF THE TRUTH, and my fidelity will correspond to it by *firmly and decisively putting on the brakes*. Maybe it will only be a momentary halt, like a



#### Our Lady of the Rosary

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#### HOLY MASS

Sundays: 7:00 & 10:00 am

Weekdays: 8:00 am

#### CONFESSIONS

Sundays

6:40—6:55 am

9:15—9:55 am

Weekdays

7:40—7:55 am

and by appointment

#### HOLY ROSARY

Sundays: After 7:00 am Mass  
and at 9:40 am

First Saturdays: after 8:00 am  
Mass

Next Sunday is the third Sunday of the month Building Collection (second collection) in both Masses after Holy Communion.

## ANNOUNCEMENTS

### FROM

**Fr. Rodriguez:**

I have Mass intentions until April 9th, and all our Priests are still busy with Gregorian Masses at this time.

### HOLY WEEK

The servers have to check the schedule and attend practices with the MC.

### THIS SUNDAY

We will distribute ashes, after Mass, for those who were not able to attend during the week.

lightning flash in the course of my activity, but it will be all I shall need to ask myself one of these questions: *For whom am I doing this? How would Jesus be acting in my place?* Now when I acquire the habit of always putting to myself this question in the depths of my heart, I am practicing custody of the heart. And this is what is going to enable me even in the smallest details, to keep my faculties and all their impulses in an ever more perfect *habit of dependence* upon God and living within me.

#### **IV. Learning Self-Custody**

It is a torment to me, to remain out of the presence of God for long intervals during the course of my work. I am filled with sorrow by the realization that all during this time when I am pouring myself out in activities, numerous faults escape me, irrespective of the state of my soul, whether I display a mixture of fervor and imperfections, or whether I am frankly tepid. And hence I want to start to remedy matters today by practicing custody of the heart.

In the morning, when I am making my meditation, I shall determine *very precisely and firmly upon a certain moment in my work* when I shall attempt, even while carrying on busily the work willed by God, to live *as perfect an interior life as I can*, to practice self-custody, that is, to be in Your presence, dear Lord, and at the same time keep an eye on myself, always having recourse to You, acting *just as if* I had made the vow always to do what is most perfect.

I shall begin by doing this for five minutes, or even less, morning and evening, and shall concern myself much more with making it perfect than with making it long. I shall also try to make it better and better all the time, and strive to have the purity of intention, the custody of my heart and of all my faculties, and the generosity, that you would expect to find in a saint, in a word: to act in all things as *Christ Himself would have acted* in doing the same work, and to do all this *in the midst of my work, EVEN, or rather ABOVE ALL if it is very ABSORBING.*

This will prove *an apprenticeship for a practical interior life.* It will be a protest against my habits of dissipation and my *wandering mind.* I want Jesus. I want His Kingdom. And when the time for external work arrives I want His Kingdom to go on just the same in myself. I do not want my soul to go on being a public hallway open to every wind, in which it becomes im-

possible to live united to Jesus, vigilant, suppliant, and generous.

During this brief moment, I shall keep my eyes directed, without strain, upon all the motives of my soul's acts, and I shall forgive no fault. My good will, too, will be fervently determined to let nothing slip through that might make my living less perfect during this interval, brief as it is! And then my heart also, will be resolved to have frequent recourse to Our Lord, to keep going in this **WORKOUT IN SANCTITY.**

This practice is going to be *hearty, and happy, and done with great expansion of soul.* Of course vigilance and mortification will be necessary if I am going to keep in the presence of God and deny my faculties and senses everything that smacks of nature. But I am not going to be satisfied with this merely negative side. I shall try above all to *put into this exercise that intensity of love which*, by making me more careful in the practice of *Age quod agis*, first of all the purity of intention and then with an ever increasing ardor and impersonality and generosity, will give my works all their perfection and value.

In the evening, at my general examination of conscience (or at the particular examen, if I make this exercise its subject), I shall make a rigorously close analysis of the way these few minutes of strict and unreserved self-custody before Jesus turned out. Then I will impose a sanction, some little penance (cut out a few cigarettes or take a little less dessert, unnoticed by anyone else, or else pray a little while with my arms out in the form of a cross, or give myself a few smart blows on the fingers with a ruler or some hard object), if I observe that I have not been sufficiently vigilant, or fervent, or suppliant, or loving during this try-out in self-custody, that is, in the union of *interior and active life.*

What wonderful results can be obtained from this practice! *What a school of self-custody!*

What *new light* it will throw on sins and imperfections of whose existence I was not even aware!

These blessed moments will come *gradually to exercise a VIRTUAL influence on the moments that come after.* Nevertheless, I shall not prolong them until I have just about gone as far in them as I can, in holiness and perfection of execution, and intensity of love.

I am going to aim at quality rather than extent. My thirst to take more than just a few minutes

# MASS SCHEDULE

<b>SUNDAY</b> February 14	FIRST SUNDAY OF LENT	P	7:00 am 10:00 am	St. Valentine's Cards Intentions Missa pro Populo.
<b>MONDAY</b> February 15	Ferial Day St. Faustinus and Jovita, Mm Requiem Mass	P	8:00 am  7:00 pm	Maria and George Schmitt R.I.P.  Requiem Mass and Rosary for the Poor Souls
<b>TUESDAY</b> February 16	Ferial Day	P	8:00 am	Special Intention
<b>WEDNESDAY</b> February 17	<b>Ember Day</b> <b>Ferial Day</b>	P	8:00 am	Jason & Richard and Children
<b>THURSDAY</b> February 18	Ferial Day St. Simeon, BpM	P	8:00am	Healy & Vincent Ginely Family
<b>FRIDAY</b> February 19	Ember Day, Ferial Day	P	8:00 am	Rose Marie Hayes
<b>SATURDAY</b> February 20	EMBER DAY,FERIAL DAY	P	7:00 am.	Bp. McKenna R.I.P.
<b>SUNDAY</b> February 21	SECOND SUNDAY OF LENT	P	7:00 am 10:00 am	For Intentions of the Superior Missa pro Populo



## MASS TIMES AT ST. MARY THE VIRGIN

1520 Delaware St, Paulsboro, New Jersey 08066

January 31	5:00 pm.	Fr. Rodriguez
February 7	5:00 pm.	Fr. Rodriguez
February 14	9:30 am.	Fr. Bachtiger
February 21	5:00 pm.	Fr. Rodriguez

\*Mass may be cancelled in the event of inclement weather.

Call Mrs. Mary Bocchino for any information: 856 228 4450 and Mrs. Windfeld 856 4564232

Devotions: Monday February 15, at 7:00 p.m.  
Requiem Mass, follow by Holy Rosary and St.  
Joseph Litanies for the Poor Souls in Purgatory.



### NOTICE TO NEWCOMERS

Founded in 1973 in the wake of the disastrous Second Vatican Council, the mission of Our Lady of the Rosary Chapel is to maintain and restore as far as possible the traditional faith, values and liturgical practice of the Roman Catholic Church, and to provide a haven of sanctity where men and women of good will may grow in love for God and their neighbor.

Please don't hesitate to introduce yourself and ask questions. After Mass come to the Social Hall, and join us for coffee and refreshments.

We hope your visit with us is a pleasant one, and we look forward to seeing you again and welcoming you as a member of Our Lady of the Rosary.

**We welcome Spanish-speaking guests, and confessions are heard in Spanish and English every Sunday and by appointment with the pastor.**

at this practice will grow stronger in proportion as I see more correctly what I am and what You expect of me, Dear Lord. And thus gradually getting familiar with this salutary exercise I shall *contract a real need for it, and it will become a habit*, and then You will make known to my soul, thus purified, the secrets of the life of union with You.

### **V. Self-Custody: Under What Conditions?**

*The whole trend of my life is almost all more or less imperfect.* This CONVICTION, which Satan tries to keep out of my mind, is going to be the basis of *mistrust* of myself and of creatures. And this element, *united to my desire to belong to Jesus* will necessarily produce:

*Vigilance*, loyal and exact, gentle, peaceful, confident in grace, and based on the repression of dissipation and of the excesses of natural enthusiasm. A frequent *renewal* of my resolution. Tireless *new beginnings*, **ever** full of confidence in the mercy of Christ for the soul that really puts up a fight to acquire self-custody. An ever increasing certitude that I am *not fighting alone* but united to Jesus living in me, to Mary His Mother, to my Guardian Angel and to the Saints. A conviction that these powerful allies are helping me *at every moment* as long as I keep striving for self-custody: as long as I do not put myself out of reach of their **assistance**. Finally, a *cordial and frequent recourse* to all these divine helps, that I may be **able** with their aid to do *quod Deus vult* and do it *quomodo Deus vult* and *quia Deus vult*. (*What God wants . . . the way God wants it . . . because God wants it*).

*Oh! What a transformation will take place in my life, Dear Lord, if I keep my heart united to You!*

My mind may be completely absorbed in the *business in hand*. And yet there is something I have observed in souls that are extremely busy, and who yet never cease *to live and breathe in You*: and that is what I want to arrive at, in the course of even my most absorbing work.

If I have well understood what self-custody means, far from diminishing *the freedom of action required by my faculties* if they are to carry out all the duties of my state, my soul, breathing in the atmosphere of love which is Yourself, Jesus, will *increase that liberty* and make my life serene, joyful, powerful, and full of fruit.

Instead of being the slave of my pride, of my selfishness or of my laziness; instead of groaning beneath the yoke of my passions and feelings, I shall become more and more free. And with this increase in my liberty I shall be able, O my God, to give You more and more frequent homage of dependence. Thus I shall be strengthened in *true humility*, the foundation without which the interior life would simply be an illusion. And so I shall develop in myself that basic spirit of submission: *Submisso ad Deum*, which sums up the whole inner life of Our Savior.

Participating in the flame of love which made You always so attentive and docile to Your Father's good pleasure, Jesus, I shall merit a share, in Heaven, of the glory which Your Humanity enjoys as a reward for its wonderful dependence of humility and love: "Becoming obedient . . . for which God also hath exalted Him. . . ." (Phil. ii:9)

*The Soul of the Apostolate,*

by Dom Jean-Baptiste Chautard, O.C.S.O.

### **Lenten Devotions:**

**FRIDAYS:** Stations of the Cross and Rosary, beginning at 7:00 p.m.

**SATURDAYS:** Novena to the Sorrowful Mother, at 5:00 p.m., followed by homemade soup for all.

### **VISIT US ON THE WEB**

For up-to-date information, such as last-minute changes to the Mass schedule, special prayer requests, and other breaking news, refer to our website at:

[www.rosarychapel.net](http://www.rosarychapel.net)