Encountering the Heart of Christ in the Heart of Boston

Seventh Sunday in Ordinary Time
February 23, 2020
The Pope’s Prayer Intention for February:
We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.

Leviticus says “You shall not bear hatred for your brother or sister in your heart. Take no revenge and cherish no grudge against any of your people. You shall love your neighbor as yourself.” Jesus perfects that law saying: “Love your enemies and pray for those who persecute you that you may be children of your heavenly Father…” Our Psalm 103 expresses our heavenly Father: “Merciful and gracious is the Lord, slow to anger and abounding in kindness.” Are you slow to anger? Proverbs 12:16 The quick-tempered man makes a fool of himself…

Anger is a passion of the soul. We feel anger when someone hurts us, and we want to get even with the offender. If we do not control the desire for revenge, we offend God. Remember Cain. There is such a thing as just anger that is good and virtuous when there is good reason to be angry and when it is channeled as God wants. Example: When men were disrespecting the Temple by making it a place of commerce, Jesus drove them out saying “you have made the house of prayer into a den of thieves”. He cleansed the Temple, restored order.

Ps4:5 says; be angry but do not sin. Lawful anger does not inspire outrageous words or deeds. If we see a bully harming someone weaker, we should feel anger which should give us the courage to stop the bully. St Thomas says anger can be just and lawful but most of the time it is a striking back with unjustified desire for revenge at someone who has hurt our self-esteem. That kind of anger is inordinate, out of order, evil and sinful. Here are some signs of anger: holding a grudge, harboring resentment in heart against someone, quarreling, silent treatment, insults, violence.

Socrates the philosopher who lived 500 years before Christ was teaching his students one day when one of the young men insulted him publicly. The wise man said nothing at the moment but a few days later he told the young man how wrong it was of him to insult his superior.

The young man asked; “Why did you not correct me at the moment I insulted you?” Socrates answered, “Because I was full of anger at that moment and words said in anger are not well spoken. Corrections should be made with a tranquil spirit” Proverbs 12:16 The fool immediately shows his anger, but the shrewd man passes over insult. The wise say that the best remedy for wrath is to wait. It is better not to act or speak while in a rage because it is difficult to think clearly. Is there anyone who does not regret having said or done something in a moment of anger?

The quick-tempered man makes a fool of himself, but the prudent man is at peace. Jesus says imitate your Heavenly Father Who is slow to anger.

As far as he east is from the west, so far has He put our transgressions from us. A father has compassion on His children, so the Lord has compassion on those who fear Him. Sirach 27:30 Wrath and anger are hateful things yet the sinner holds them tight. It says the first reading. We cherish a letter, a photograph, a memory, a spouse. Anger clouds the intellect and causes us to trample on the rights of others. Anger is one of the Seven Deadly Sins; also called the Capitol Sins because they are the source of sins. Bishop Fulton Sheen called them the Seven Pall Bearers of the soul: pride, greed, lust, anger, gluttony, envy, sloth. Quarrels, physical attacks, cursing, holding a grudge, harboring resentment in heart against someone, the silent treatment, and uncharitable speech are some of the fruits of anger.

If we are prone to anger, we must find out why. Be vigilant and pray to overcome the tendency. Anger is the result of offended pride that cannot bear contradiction. Whatever the offence may be and whoever the offended, we must convince ourselves that God has permitted it. A Benedictine monk said, “The memory of an injury received must not be constantly renewed”.

When we find ourselves renewing old injuries we should pray. The Memorae, the Prayer to St. Michael and The Lord is My Shepherd are suggestions.

Jesus says; “Be perfect as your Heavenly Father is perfect”. Let us strive to be like our Heavenly Father, slow to anger and abounding in kindness.
**NEWS**

**U.S. Conference of Catholic Bishops: FAST AND ABSTINENCE**

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own sui iuris Church.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

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**Project Rachel Post-Abortion Healing Retreat - March 7**

The Project Rachel ministry of the Archdiocese of Boston extends a special invitation to women suffering from the pain of a past abortion to attend a Come to the Waters of Healing one-day retreat. Locations are confidential. Limited to ten participants per retreat. For more information, contact Project Rachel at 508.651.3100 or help@projectrachelboston.com

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**Feast Day: February 28**

Daniel Brottier was a very modern priest of the 20th century. When he was a boy growing up in France he said that he wanted to be pope. While that was not God's will, he did become a priest. After he was ordained he was a teacher in a parish school in France. But he desired to serve in the missions and so joined the Congregation of the Holy Spirit. He spent some years in Senegal as a missionary priest. Returning to France due to poor health, Blessed Daniel volunteered to be a military chaplain during World War I. He was cited for bravery for ministering on the battlefield six times and won the prestigious Legion of Honor medal, the highest military award in France. Later he administered an orphanage where he taught children how to make movies. He himself produced a movie on the life of St. Therese of Lisieux and built the first church in her honor after her canonization.

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**Mass Intentions This Week**

**Sunday, February 23**

8:00 AM + Joseph & + Florence Dimaina
9:15 AM + Joseph & + Florence Dimaina
10:30 AM + Cecilia, + Tony, + Sheila Byrne
11:45 AM + Mary McDonnell
1:15 PM (esp.) + Ercilia Nuñez
4:00 PM Seasamus O'Neill—health
5:30 PM Tom & Bridie Byrne - anniversary

**Monday, February 24**

8:00 AM + Joseph & + Sheila Byrne
12:05 PM + Eileen Rose
4:45 PM Sin Chin, Alice & Doug Lim — in thanksgiving

**Tuesday, February 25**

8:00 AM + Tom Brown
12:05 PM + Maryanne
4:45 PM Enda Garry — health

**Wednesday, February 26 - Ash Wednesday**

8:00 AM Jean Larkin — special intention
11:00 AM Joseph Maciora — health
12:05 PM + Cyril D’Souza
1:00 PM + Martin W. Hanley — 3rd anniv.
4:00 PM Ray St. Pete — healing
5:10 PM + Margaret Ann Bigwood
6:15 PM (esp.) Una Intención Especial

**Thursday, February 27**

8:00 AM + Joseph McHugh
12:05 PM + Henriette M. Prioleau & Family
4:45 PM Frank G. — healing

**Friday, February 28**

8:00 AM + Cyril D’Souza
12:05 PM + John Higgins
4:45 PM + Alla Duncan Gonzalez & + Sara Gonzalez Lopez

**Saturday, February 29**

9:00 AM + Tina DiFrancesco
12:00 PM + Grace Rett
4:00 PM Lucille Hall — health
5:30 PM Tom Parnin
7:00 PM (esp.) + Consuelo Torres de Bustamante

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**Prayer Before Mass**

My God, I offer you this holy sacrifice to recognize, honor and glorify your infinite greatness and the supreme dominion which, as the first principle and last end, you have above all created things. I give you this homage for all those who still do not know you or do not want to recognize you.

I offer this too in thanksgiving for the benefits that I and all the world have received and will receive from your infinite goodness; in satisfaction for my sins and those of the whole world; to implore the graces that are necessary for my eternal salvation and for all mankind. Oh, my God, I offer to you the merits of Jesus Christ; grant me at this Holy Mass a profound adoration.

My God, my Creator, I implore you to grant me the grace of final perseverance, I know by faith that I do not deserve it, nor can I deserve it, but your Divine Son deserves it for me with so many praises, with so many wounds he shows you in his Most Holy Body, on behalf of my wounded love. Amen.
One of the most popular sacramentals is the ashes we receive on Ash Wednesday. Churches are usually filled with the faithful wishing to participate in this sign of penitence before God. It is a beautiful if sobering tradition to be reminded of our state. As a sacramental the ashes do not give us grace. They prepare us to devoutly receive grace in the sacraments. Sacramentals are really ways the Church provides for us to spiritually prepare for a fruitful reception of the sacraments, which is where the true action of God is.

By receiving ashes we remind ourselves that we have come from the dust of the earth and have received the gift of a soul and spirit from God. Our sinfulness is in many respects a return to dust. Living by the Spirit given to us as grace in the sacrament of baptism, we are filled with the life of God. Receiving ashes is really a preparation for holy communion. Our desire to receive ashes should be the first step in a greater desire to be reconciled to God in the sacrament of confession and then to receive Our Lord’s Body and Blood in the Eucharist. Sacramentals are ultimately what we should desire to receive more than anything, and sacramentals, like the ashes, are a great step toward preparing ourselves for receiving those graces that God has prepared for us.

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**Catechesis: Sacramentals and Sacraments**

February 25 is Mardi Gras, the day before Lent begins. Traditionally in Catholic countries it is a day to feast before the great fast. To ensure that it was not just another day to be secular but maintained a proper sense as a holy feast, it is also a day of devotion to the Holy Face of Jesus. We should remember the beautiful face of Jesus as we celebrate one last time before the penitential season of Lent.

O Jesus, who in Thy bitter Passion didst become "the most abject of men, a man of sorrows", I venerate Thy Sacred Face whereon there once did shine the beauty and sweetness of the Godhead; but now it has become for me as if it were the face of a leper! Nevertheless, under those disfigured features, I recognize Thy infinite Love and I am consumed with the desire to love Thee and make Thee loved by all men. The tears which well up abundantly in Thy sacred eyes appear to me as so many precious pearls that I love to gather up, in order to purchase the souls of poor sinners by means of their infinite value. O Jesus, whose adorable Face ravishes my heart, I implore Thee to fix deep within me Thy divine image and to set me on fire with Thy Love, that I may be found worthy to come to the contemplation of Thy glorious Face in Heaven.

— From St. Therese of the Child Jesus and the Holy Face

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**The Way of Perfection**

By Ven. Bruno Lanteri, Founder of the Oblates of the Virgin Mary

Study well the difference between the sensual and the rational appetite; divide well the self distinctly into two persons, who are two irreconcilable enemies. Thus great light is gained for combating successfully, for discovering the face of the enemy. Know the purely spiritual acts, without giving weight to those of sense, since these are unstable. And with this much ignorance, many interior troubles and times of sadness cease, as we thought ourselves in a bad state spiritually because we did not experience sensible devotion.

Let one enter with a firm resolution to serve God regardless of the favorable or ill disposition which nature may feel; otherwise either our time is wasted or we will not persevere. Our flesh is slothful and reluctant to move toward what is good. It is ready and disposed to counter, with all its strength, the light, and the liberty of the soul. Thus it rarely turns willingly and in a well-disciplined fashion toward works of virtue, and much less so toward those of mortification, which are contrary to it.

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**The Catholic Way: Mardi Gras**

“Do you not know that you are the temple of God, and that the Spirit of God dwells in you?” — 1 Cor. 3

Ask the Holy Spirit to open your heart and mind to receive the word of God with reverence and joy.

Notice the thoughts and emotions within you. As you prayerfully consider this passage, are you able to identify what thoughts and feelings are generated?

This is the word of God. Take time to consider it carefully. Clear from your mind all distractions. Does it bring you hope or frustration? What does it mean for you to be the temple of God? Do you ever experience what it means for the Spirit of God to live in you? What are the implications for this? Take time right now to let these words touch your heart. Might you ask Mary to help you listen with confidence to the Lord?

Ask the Holy Spirit, in your heart, to help you to apply this to your life.