

Extraordinary Form of the Roman Rite

8th of March 2009 and the 2nd Sunday of Lent

“Reminiscere miseratienuum...”

“To give honor and glory to God and to sanctify and edify the souls of the faithful by preserving, protecting, fostering, and defending the Traditional Latin Mass and sacraments as contained in the Missale Romanum of 1962...”

TODAY’S Mass

This Sunday’s Mass can be found in The Roman Missal pp. 330 or Roman Catholic Daily Missal pp. 345

Lent 2009

+ On EACH of the Friday’s of Lent, a Plenary Indulgence is granted to the faithful who, after Communion, recite the “Prayer Before a Crucifix.”

+ The Stations of the Cross are scheduled to follow the Friday Ferial Mass

+ Holy Week services are scheduled as follows:
Evening Mass of the Lord’s Supper: 6:30 pm
Friday of the Lord’s Passion & Death: 6:30 pm
The Great Vigil & 1st Mass of Easter: 8 pm
Easter Sunday: 12pm

What are you doing for Lent?

We are all familiar, no doubt, with the tradition of taking up some penance for Lent -- i.e. giving something up. This is a beautiful tradition, and to be encouraged.

Another good practice is to pick up some good spiritual practice, be it a devotion, daily spiritual reading, or otherwise.

Perhaps one might read *The Ladder* of St. John of Climacus for instance or some other saintly writing of particular Lenten merit. Perhaps you might read Dom Prosper Gueranger’s *The Liturgical Year* each day during the Lenten season. You might choose to pray the Chaplet of Divine Mercy, a devotion which is particularly focused upon the Passion of Our Lord Jesus Christ. Or you might choose to somehow tie the

Seven Penitential Psalms into your day to day Lenten practice. Maybe reading and meditating upon one psalm, each of the seven days of the week.

Of course, while all of these things are of great merit, given the primacy of the liturgy in our life of prayer, I cannot but help recommend some practices which are even more directly related to the liturgy of the Church.

Perhaps you might consider praying the Divine Office to some extent. Perhaps pray Lauds (Morning Prayer), Vespers (Evening Prayer), or Compline (Night Prayer), or some combination thereof.

Another liturgical consideration would be to read from and meditate upon the day to day entries found within the *Roman Martyrology*. Another possibility is take up the idea of *Lectio Divina* and undertake slow and meditative reading of the Propers of the Masses during Lent, or the various readings from Mass of the day.

There are many possibilities.

-Shawn Tribe

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Ash Wednesday 2008