



Saint Philomena Roman Catholic Church

Traditional Catholic Latin Mass

23814, Hwy 300, Roland, Arkansas

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September – Month of the Sorrowful Mother

Friday, September 3

6:00 PM

Pope St. Pius X – First Friday

Private Intention

Sunday, September 5

9:00 AM

15th Sunday after Pentecost (St. Lawrence Justinian)

Pro Populo

Saturday, September 11

9:00 AM

BVM Saturday (Ss. Protus and Hyacinth)

In Thanksgiving

Sunday, September 12

9:00 AM

16th Sunday after Pentecost (Most Holy Name of Mary)

Pro Populo

Saturday, September 18

9:00 AM

St. Joseph of Cupertino (Ember Saturday)

Private Intention

Sunday, September 19

9:00 AM

17th Sunday after Pentecost (Ss. Januarius and Companions)

Pro Populo

Sunday, September 26

9:00 AM

St. Isaac Jogues and Companions (18th Sunday after Pentecost)

Pro Populo

Confessions: are heard 30 minutes before each Sunday and Saturday Mass. In order to begin mass on time, confessions will end 5 minutes before mass. If further confessions are needed, they can be heard after Mass.

Mass Intentions: may be submitted for a stipend of \$25.00. If you wish a specific date, please submit well in advance.

Ember Days fall during the third week of the month, September 15th, 16th, and 18th. Those 21 and older are obliged to fast and those 7 and older are bound to partial abstinence.

Indulged Prayers from the Raccolta

The faithful who during the month of September perform their devotions in honor of the B.V.M. Sorrowing, may gain an indulgence of 5 years once each day.

Virgin most sorrowful, pray for us. *Indulgence of 300 days. An indulgence of 5 years if, in honor of the B.V.M. Sorrowing, the Hail Mary is devoutly recited 7 times followed by the above invocation once.*

Mary most sorrowful, Mother of Christians, pray for us. *Indulgence of 300 days*

Holy Mother, pierce me through, In my heart each wound renew, Of my Savior crucified *Indulgence of 500 days*

Excerpts from *How to Improve Your Disposition*

by Donald F. Miller, C.S.S.R.

On the Pessimistic Outlook

There are a number of slang expressions that realistically characterize the person who has succumbed to the habit of always seeing and pointing out the dark side of things. He is "a wet blanket;" he "throws cold water" on the happy hopes and anticipations of others; he is a "kill joy" and a "prophet of doom." Uncannily he can find flaws in the best laid plans, and he seems to be always conscious of forces at work to destroy human happiness.

He is sure, for example, that it is going to rain on the day set aside for a picnic. He is certain that those who have announced their intention of doing something good for others have an ulterior motive that in the end will hurt those whom they pretend to help. He recognizes egregious flaws in the characters of those who are being praised, and he speaks about conspiracies and plots and organized evil plans in what seem to be innocent or at least indifferent associations. Because once in a while it does turn out that his black outlook was justified, he is quick to say dourly, "I told you so," and then to be even more pessimistic about everything good than he was before.

There is a cause and a cure for the pessimistic outlook. The cause is usually to be found in the fact that persons with such an outlook once suffered a great disappointment, or were the victims of an injustice that made one of their most fervent anticipations end in unhappiness. They have never recovered from that one upset of their plans. They refuse now to trust themselves to any hope or any dream. They are embittered to the point where they do not want anybody else to trust their fellow-men or to look forward to happiness.

The cure for the pessimistic outlook requires the use of both natural and supernatural means. In the natural order the pessimist must come to see that he is foolishly and illogically assuming that the disappointment he experienced in one instance (no matter how intense it was) is bound to be repeated whenever he looks forward to anything. Indeed, the pessimist has to face the fact that even while he expresses his bleak outlook about everything pleasant or good, he is actually enjoying many things in life, things to which he has no strict right.

In the supernatural order it is necessary for the pessimist to realize that some disappointment and some injustice are the lot of all men, and that their purpose is to keep the mind fixed on heaven where there will never be disappointment any more. That is what the Savior meant when He said: "If any man would come after me, let him take up his cross daily and follow Me."