



# Saint Philomena Roman Catholic Church

## *Traditional Catholic Latin Mass*

23814, Hwy 300, Roland, Arkansas

*Pastor:* Fr. Timothy Geckle (501) 235-8856

*Email:* [timothygeckle@gmail.com](mailto:timothygeckle@gmail.com)

*Website:* [stphilomenachapel.org](http://stphilomenachapel.org)

### *October – Month of the Holy Rosary*

#### **Friday, October 1**

6:00 PM

First Friday – Votive Mass of the Sacred Heart  
Private Intention

#### **Sunday, October 3**

9:00 AM

19<sup>th</sup> Sunday after Pentecost (St. Therese of Lisieux)  
Pro Populo

#### **Saturday, October 9**

5:00 PM

St. John Leonardi  
Private Intention

#### **Sunday, October 10**

9:00 AM

20<sup>th</sup> Sunday after Pentecost (St. Francis Borja)  
Pro Populo

#### **Saturday, October 16**

5:00 PM

BVM Saturday – Mass of Our Lady on Saturday  
Private Intention

#### **Sunday, October 17**

9:00 AM

21<sup>st</sup> Sunday after Pentecost (St. Margaret Mary)  
Pro Populo

#### **Sunday, October 24**

9:00 AM

22<sup>nd</sup> Sunday after Pentecost (St. Raphael the Archangel)  
Pro Populo

#### **Saturday, October 30**

9:00 AM

BVM Saturday (St. Marcellus)  
Private Intention

#### **Sunday, October 31**

9:00 AM

Christ the King (23<sup>rd</sup> Sunday after Pentecost)  
Pro Populo

---

### Indulgenced Prayers from the Raccolta

The recitation of the Rosary

- a) The faithful, whenever they recite a third part of the Rosary with devotion, may gain an indulgence of 5 years, (7 years during the month of October) and a plenary indulgence on the usual conditions if they do this for an entire month.
- b) If they recite a third part of the Rosary in company with others, whether in public or in private, they may gain:
  - a. An indulgence of 10 years once a day
  - b. A plenary indulgence on the last Sunday of each month, with the addition of confession, Communion and a visit to a church, if they perform such a recitation at least three times in any of the preceding weeks.
- c) Those who piously recite a third part of the Rosary in the presence of the Blessed Sacrament publicly exposed or even reserved in the tabernacle, as often as they do this may gain a plenary indulgence, on condition of confession and Communion. The decades may be separated if all 5 decades are recited on the same day.

## Excerpts from *How to Improve Your Disposition*

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

### **On Restlessness**

Restlessness is a character disease peculiar to many Americans. It is marked by three elements: first, an almost neurotic fear of solitude and quiet; second, scorn for such occupations as serious study, reading, meditation and even conversation; third, an unchecked desire to be on the go, to be moving about, to be seeking new adventures, amusements and satisfactions.

A restless person is bored to death if he has to spend an evening in the quiet of his home, with nothing to do but read or talk to his family. He looks upon those who spend even a reasonable amount of time in prayer, study or reading as "peculiar"; he wants to be driving about furiously, or attending shows, nightclubs, athletic events, movies, or dropping in on huge parties where the air is filled with smoke, the odor of liquor, and loud talk, often about evil things.

Restlessness is an American disease because so many Americans have been brought up to believe that intellectual or spiritual pursuits are unsatisfying and valueless. This conviction is contrary to the very nature of man, and therefore, the more a person tries to get away from solitude and intellectual or spiritual activities, the more furiously must he keep moving to drown out the demands of his mind and spirit. That is why the restless person gives the impression of trying to escape something that is always close on his heels. He is trying to get away from his own shadow which, if he stops for a moment, insistently whispers that the only true satisfactions for man are those of his mind and soul.

Restlessness often goes with the possession of great wealth, because wealth makes possible a continuing round of activities that less well-to-do people cannot afford. Another reason is that the comforts and luxuries that wealth can buy have a tendency to benumb the mind and paralyze the soul. Imitators and worshippers of the wealthy often catch from them the disease of restlessness.

Restlessness leads to melancholy, neurosis, sometimes suicide. Man cannot change his nature, no matter how badly he has been educated or how foolishly he lives. His nature demands that he exercise his mind, and cultivate his spiritual powers, and for this, solitude, quiet, peace and self-containment are absolutely essential.

### **On Laziness**

Few flaws of character in a person are more irksome to his family, friends and associates than the vice of laziness or sloth. This is the vice by which a man or woman has acquired the habit of avoiding work, escaping responsibility, wasting time, being shiftless and undependable. It makes one not only useless to those dependent on him, but a heavy burden and drawback to them.

It should be noted, however, that laziness may be due to causes other than lack of moral energy or weakness of will. In some cases it is due to mental abnormality of some kind; and it is not easy for psychological experts to draw the line between a defect of mind and moral perverseness. In other cases, it is due to some deep-seated physical disorder, such as glandular deficiency, low blood pressure, anemia. Wherever such possible causes cannot be ruled out, laziness calls for patience, understanding and charity, and for reasonable efforts to do something about the cause.

These considerations still leave a vast number of people who are lazy and shiftless because they have pampered themselves into taking it easy while others do work that they should be doing. Some of the signs that laziness is a moral weakness that its victim should be able to overcome are the following:

1. If a person is lazy about his necessary duties and tasks in life but is capable of working hard and efficiently at some hobby or unnecessary sideline interest, it is clear that it is not physical or mental weakness that makes him lazy, but failure to develop a sense of responsibility and devotion to duty.
2. If a person is capable of using a high degree of intelligence in scheming to avoid work or to shift his work on to someone else, it is usually obvious that he knows what he should do and is deliberately trying to escape it.
3. If a person idles away his time by hanging around taverns, gambling places, recreation centers, etc., and thereby fails to get his necessary work done, he is simply guilty of not avoiding what are, for him, occasions of sin.

The habit of laziness is a difficult one to cure if it has existed for some time. The cure requires strong religious motives, coupled with the natural human motives of wanting to win and hold the respect of one's family and friends.