

Excerpts from *How to Improve Your Disposition*

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

Fruitless Remorse

Every year, at the end of Lent, there are many Catholics who have to admit, either in making their confession before Easter, or in moments of confidence with friends, that "they have done nothing to keep Lent as it should be kept." They did not fast, not even bothering to ask themselves whether they had an excusing cause as a reason for requesting a dispensation from the law of fast. They said no extra prayers, attended no extra Mass, gave up none of their ordinary comforts or amusements.

The making of such an admission at the end of any Lenten season reveals a great weakness of character. Strong, good characters are made such fundamentally only by a deep sense of personal religious and spiritual obligation. To the strong Catholic character, Lent comes as a perfect or opportune complement to his awareness of his need of penance; his need of special spurts of prayer at times to make up for lax periods in his life, due to the press of business or the distractions of vacation; his need of sacrificing some comfort and amusement lest he become too attached to a world that will fail him in the end anyway.

The weak Catholic is one who has some consciousness that Lent has a high and holy and necessary purpose to fulfill in his life, though he permits it to remain quite dim and ineffective. He has a fairly keen sense of remorse, when Lent is over, that he squandered its invitation and opportunities. But he has grown accustomed to live on remorse. He feels that it doesn't matter how many opportunities for spiritual advancement he squanders, so long as, after it is all over, he is willing to say remorsefully "I didn't do what I should have done."

The value of such remorse, as a substitute for using opportunities for good, and as a disposition for forgiveness of sinful omissions, decreases with the frequency with which it is used. One who goes through life having to admit repeatedly, "I did not do what I should have done," may easily find at the end of life that he did not do even enough to save his soul. His repeated expressions of remorse may turn out to have been but empty words, because there was so little promise or intent of improvement in them.

Those who waste the season of Lent have another cause for worry as to the sincerity of repentance at its end. They are not left without frequent reminders, during Lent, of what they should be doing. Every Sunday, when they attend Mass, they see the violet vestments of penance and they hear sermons and announcements concerning their need of penance and extra prayer. In their daily lives they meet and talk with fellow Catholics who are doing things in accord with the spirit of Lent. In the face of all this, it is a very weak thing to say at the end, "I did nothing for Lent."

St. Philomena Traditional Catholic Church

23814 Hwy 300, Roland, Arkansas

Offering exclusively the Traditional Roman Catholic Mass and Sacraments.



"All the faithful should be aware that to participate in the Mass is their chief duty and supreme dignity." Pope Pius XII

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MASS SCHEDULE

March – Month of St. Joseph

Friday, March 4

6:00 PM

First Friday – Mass of the Sacred Heart
Private Intention

Sunday, March 6

2:00 PM

1st Sunday of Lent
In honor of BVM and in Thanksgiving.

Sunday, March 13

2:00 PM

6:30 PM in Fayetteville

2nd Sunday of Lent
Fr. Trough
For Unity in the Church

Sunday, March 20

2:00 PM

3rd Sunday of Lent
Fr. Gronenthal

Sunday, March 27

8:00 AM

6:30 PM in Fayetteville

4th Sunday of Lent
Private Intention
For Unity in the Church

If you would like to have a Mass offered for a specific intention, the intention may be submitted to the Priest. If it is for a person, please specify whether the person is living or deceased, and whether or not the person is Catholic. The customary stipend for offering the Mass is \$25.00.



“For from the rising of the sun even to the going down, my name is great among the Gentiles, and in every place there is sacrifice, and there is offered to my name a clean oblation: for my name is great among the Gentiles, saith the Lord of hosts.” *Malachi 1:11*

ANNOUNCEMENTS

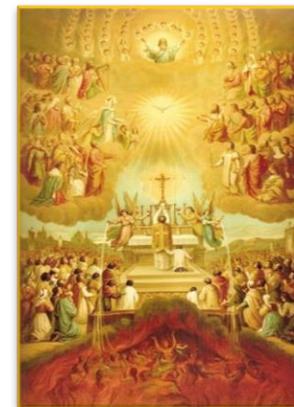
Ash Wednesday: Blessed ashes will be distributed here after Mass on Sunday, March 6th. The ashes are a sacramental that confers grace and a sign of penance. They are a reminder of the words spoken by God to our first parents: “Remember man that thou are dust and unto dust thou shalt return.”

Lenten Fast: During Lent, those ages 21-59 are obliged to fast every day except Sundays. One full meal is permitted with 2 smaller snacks that together cannot equal the quantity of the full meal. Meat is allowed only at the main meal. For a serious reason, one may be exempted from the fast, but this dispensation should be requested of one’s pastor or confessor.

Catechism: There will be catechism for the children and young adults on the first and third Sundays of the month.

Prayers: In your charity, please remember the following in your prayers: **Faith Sines, Cecilia Nevada, Debbie Pawlowski, Beckett Zver, and Gerald Crochet III.**

Please also remember to pray for the faithful departed: **Mary Ann Evans, Sharon Nedolast, Herman and Margaret Brodman.**



Monthly Collection
January 2022: \$2,879.00