



IMMACULATA

Without love, deeds -- even the most brilliant -- count as nothing

Newsletter of Immaculata Fraternity, Fredericksburg, Virginia



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St. Clare — Go forth, my soul!

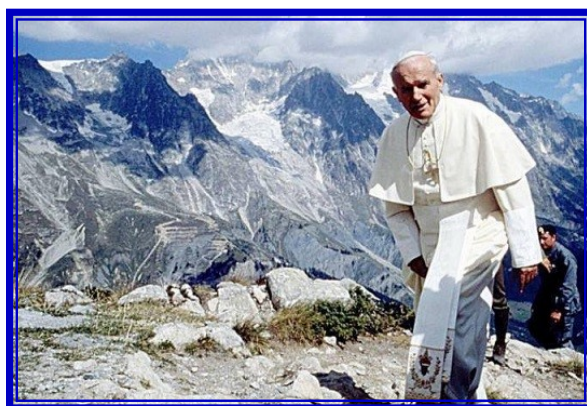
Go forth my soul, go forth without fear; for thou hast a good guide for thy journey. Go forth, for He who created thee hath sanctified thee, and protects thee always, and loveth thee with a love tender as that of a mother for her son. Blessed be Thou, Lord, for creating me!



Nov. Feast Days and Holy Days for Secular Franciscans

1. Feast of All Saints – Holy day of Obligation
2. Commemoration of all of the Faithfully Departed
4. St. Charles Borromeo, Bishop, Franciscan Third Order Secular, d. 1584
10. Bl. Louis Guanella, Priest, Franciscan Third Order Secular, d. 1915
17. Bl. Jeanne de Signa, Virgin, Franciscan Third Order Secular, d. 1307
19. St. Elizabeth of Hungary, Virgin Patroness of Franciscan Third Order Secular, d. 1231
21. Feast of the Presentation of the Holy Virgin Mary
29. Saints of the Seraphic Order

On the basis of the covenant with the Creator, towards whom man is called over and over to return, each one is invited to a deep personal conversion in relationship with others and with nature.



— Pope St. John Paul II



As your eyes fall upon these words, pray for Pope Francis — right now.



Milestones

In November, we remember our beloved deceased members of Immaculata Fraternity.

Mike Antos, Ed and Norma Ditz, Dale Featherstone, Jim and Sharon McKenna, Deacon Richard Smith, Anne Snyder, and Carmela Valentino.

May the souls of the faithful departed, through the mercy of God, rest in peace.



Minister Message

I have been struggling with reconciliation recently. I don't mean the Sacrament of Reconciliation because that is my favorite sacrament after the Eucharist (if it's proper to say such a thing!). No, my problem has to do with reconciling guilt of bad things I remember doing in my life -- especially from the times before I was a believing Christian.

These memories can just "pop" into my thinking, but most times they are triggered by various things: an old song associated with a sorry moment in life, a familiar looking face, or any other number of here-and-now experiences that take me back to some bad old time. What to do? I consulted wiser and deeper voices for some answers.

Saint John of the Cross gives this advice: "What we have to do...in order to live in the simple and perfect hope of God whenever these forms, knowledge, and distinct images occur [including harmful memories], is not to fix our minds upon them but to turn immediately to God, emptying the memory of all such matters..."(The Ascent of Mount Carmel, Bk. III, chap. 14). In other words, we need to keep our mind on God as soon these bad memories occur. This sounds very simple and easy, but it takes practice.

Father Reginald Garrigou-LaGrange, O.P. comments on this

Eucharistic Adoration at Local Churches

St. Mary Immaculate Conception (Fredericksburg)

- ▶ Daily – 6:30 am to 9 am
- ▶ Wednesdays – 12:30 pm to Friday 9 am

St. Matthew (Spotsylvania)

- ▶ Friday April 5 – 8 pm to 12 midnight

St. Patrick (Fredericksburg)

- ▶ Monday (w/Miraculous Medal Novena) 7 pm to 7:30 pm
- ▶ Thursday (Holy Hour) 7:30 pm to 8:30 pm
- ▶ First Fridays – from Thurs. Holy Hour to Fri. 9 am

- ▶ First Saturdays – 7:50 am to 9 am

St. William of York (Stafford)

- ▶ First Fridays – after 9 am Mass to 6:15 pm

St. Anthony of Padua (King George)

- ▶ Fridays – 9:30 am to 6:15 pm

St. Jude (Fredericksburg)

- ▶ Fridays – Exposition after 9:00 am Mass



very message of St. John's: "We should put this teaching into practice that our memory may no longer be, so to speak, immersed in ephemeral things...Thus, little by little the soul rises often to the thought of God."

St. John's advice brought to mind how I usually reacted when a harmful but forgiven memory occurred: I felt instant guilt and remorse at my past action, whatever it may have been. I hadn't "turn(ed) immediately to God" for His help, as St. John advises. Clearly, my reactions weren't helping. I once heard it said that Satan can't read our minds, but he can read our actions. Perhaps the Devil saw how I physically (and even vocally) reacted to my guilty feelings, and he could play off that. As St. Francis said, "By the anxieties and worries of this life Satan tries to dull man's heart and make a dwelling for himself there." The idea of Satan dwelling in my heart makes my skin crawl.

So, from here on out I feel a little more prepared to fight off the guilty feelings. Taking some holy advice, I must turn my thoughts to God and not dwell on those guilty feelings lest the Adversary get a toe-hold on my life. "Hope in God; I will praise him still, my savior and my God." (Ps. 42)

— Skip Wallace, OFS