

Modesty in Church Out of respect to our Lord, we beg all to appear in church modestly dressed. No shorts allowed. Ladies heads must be covered, no slacks or pants, low cut or sleeveless tops. Your cooperation is evidence of your love for our Lord in the Blessed Sacrament and respect for the House of God.

Communion Fast Holy Communion may be received only by Catholics believing themselves to be in the state of Sanctifying Grace, who are observing at least one hour fast prior to reception of the Sacrament. We are urged, however, to observe the fast from midnight, or, at least for three hours. While always welcome, non-Catholics and those who do not accept the traditional teachings of the Church in matters of faith and morals, are NOT to receive Communion at this Mass. To receive Holy Communion do so in silence- do not say Amen.

Confession Procedure Begin your confession with "BLESS me Father for I have sinned", when you have received your penance, immediately begin your Act of Contrition.

Mass Requests \$20 stipend per Mass, intention box located on the wall in the gift shop.

Chapel Etiquette Food, drink and matches are not allowed. Please use the butane lighters to light the votive candles. When the Blessed Sacrament is exposed, genuflect on both knees and bow. Otherwise, genuflect with the RIGHT knee touching the floor.

OLHC is an independent Traditional Chapel. We maintain no association whatsoever with Kentucky Resistance.

No unapproved literature may be left on the premises. It will be discarded.

Need something blessed? The first Sunday of each month after each Mass. The next blessing will be March 3rd. Please be there to pick up your item, it will not be held.

Lost and Found Please remember to identify your Missals and prayer books for a safe return. If you have lost something, check the lost and found bin in the bookstore and if you find something left in the pews, please return it to the bin to find its rightful owner.

Have you Registered? To register and receive your offering envelopes, see the breezeway sign-up table or the gift shop.

Checks Payable to OLHC or Our Lady Help of Christians. Please DO NOT seal envelopes with scotch tape or stickers. By request, Venmo is also available for donations.



venmo

Useful Links

fsspx.org - Find a Mass Worldwide – scroll down

Traditionalcatholic.co - Spanish & English Traditional Catholic Books (Audio, PDF, Kindle, etc.)

ksmk.org - Catholic Radio Station

thanhlemisa.wordpress.com - Vietnamese/Latin Missal

CatholicFamilyNews.com - search: Archbishop Vigano

Padre Pio Academy News

Celebrating 40 Years of Catholic Tradition in Education

www.padrepio-academy.com email: padrepioacademy@sbcglobal.net

This is the will of God, your sanctification

As there is a relationship between the flesh and the spirit, so is there a relationship between the kingdom of God and the kingdom of Satan. These realms are built upon the natural foundations of the spirit and the flesh. As by a flash of lightning, Jesus' words take on new meaning, "This kind is not cast out but by prayer and fasting." How strong a weapon in our battle against hell is fasting! Divine truth has affirmed it. Now do we understand the first phrase in our Lenten preface: "Through bodily fasting you suppress vice, elevate the mind, bestow strength and merit."

An old Latin proverb says, *Plenus venter non studet libenter* (it is hard to study on a full stomach). The ancient Romans knew how immoderate indulgence in food paralyzes the energy of the mind. The opposite, then, must also be true: it is easy to study under normal physical conditions. Let us now pass from the natural to the supernatural and consider the relationships between flesh and spirit. Abstinence from sensual pleasure gives the soul a boost. Bodily pleasures are like leaden weights holding the soul to the earth; if these disappear, if these are removed, the soul rises, like a balloon, to celestial heights. Now we see what great significance moderation, chastity and virginity have for the kingdom of God. Fasting, then, elevates the mind and bestows upon the soul the power to practice virtue and become holy. And finally it helps us attain the crown of eternal glory.

Thus fasting is a powerful aid in living and developing a Christian life. It supports us in the battle with our lower nature, it offers us ways of ascending to God, it empowers us to practice virtue and promises us eternal reward. Now it is clear why this season, which is devoted to spiritual renewal, must be hallowed by fasting.

A final thought, In the Gospel last Sunday we saw Jesus struggling with the devil after His fast; today we see Him transfigured. Do not these two Gospels give the finest background for our preface? "Through bodily fasting you suppress vice (temptation), elevate the mind, bestow strength and merit (transfiguration)!" ~Pius Parsch: Year of Grace

The 2024 California Presidential Primary Election is only 9 days away, Tuesday, March 5th!!! Regardless of your Party affiliation, we want you to vote, and vote securely. Here's a thought from a political analyst: "When you vote early you've given election manipulators the knowledge they need to inject just the right number of phantom ballots to counteract every early ballot. Denying them that knowledge puts the results of the election back into the hands of the voters. The best and safest vote is an in-person vote" – **on election day!**

We all know the "big-name candidates" but as usual, there are other unknowns on the ballot; judges and central committee candidates, who often vary from district to district. Here are three voter guides which have arguably, the best information available for the hard-to-find candidate. Sort through them and then pick the best man for the job!

■ <https://www.electionforum.org>

■ <https://robynordell.com>

■ <https://www.nancyspicks.com/vote-picks>

February 25 Second Sunday in Lent (Violet)
Proper of Sunday, "Reminiscere" NO Gloria, 2nd to the Saints, 3rd for the Living and the Dead, Tract, Credo, Preface of Lent, "Benedicamus Domino"

High School selling coffee and sweets after the 7:30 Mass

15 Decade Rosary recited weekdays at 8am when no Mass is available

Mon	26	St. Matthias, A
Tue	27	Ferial Day in Lent
Wed	28	St. Gabriel of Our Lady of Sorrows, C
Thu	29	Ferial Day in Lent
Fri	01	Mass 8:15 AM Ferial Day
Sat	02	Mass 8 AM Ferial Day

Confessions 4 PM

Holy Hour of Reparation Every Wednesday at 3 pm in the Chapel. Next Rosary Rally Saturday March 2nd at the Garden Grove Civic Center 12 noon.

Mass Requests for the living, dead or special intentions-\$20 stipend per Mass.

Death Remembrances February

Agnes Selway, Cynthia Bower, Hector Vargas, Judy Kerber, Nestie Joy Escaro, Angeline Paajanen, Ich Tran, Fr. Benedict Ashley, Eugene Reyno, Sr. Mary Amata, Andy Tarby, Francisco Sanchez, Bob Haviken, Bill Ammann, Angela Heiner, Frances Ridino, Arnold De Clarke, Frank Brix Sr., Ina Smith, Adele Thompson, Virginia Chambers, Betty Parker, Maryjane Smith, Tony Gorsich, Joe Lyons, Cyril Crowley, Tom Hewko

Death Remembrances March

Gloria Biehl, John Healy, Betty Dulay, John MacArthur, Bernard Candela, Lawrence O'Neill, Roy Foote, Victoria Lauriello, Joann Green, Fr. Agustin Escobar, Alice Hubbard, Arthur Kerber, James Berthelot, Mrs. Soute, Stan Nelson, Hazel Odash, Yvonne Brown, Tatsuko Mitani, Dorothy Cimino, Chia Tiang, Paul & Margaret Nemecek, Ernest Heinz, Everett Marinet, Fr. Daniel Johnson, Elizabeth Gorsich, Bob O'Connor, Helen Cherry, Tony Candela, Fran O'Mara, James Coco, Msgr. William Barry, Fr. Marcel Nault, Dale Kirn, Herbert Hammond, Joan Burke, Alfred Krebsbach, Irene Walterscheid, Evelyn Voda, Helen Giltzow, Tom Thompson, Barbara Jean Seymour, Virginia Sullivan, Edna Browning, Alice Hubbard, Bob O'Connor, Shirley Charters, +Marcel Lefebvre.

Parish Illness and other Prayer Intentions

Beatrice Acevedo, Patty Martin, Vic Pence, Steve Frye, Sean Klein, Dorothy Neff, Marg MacArthur, Jaime Soto, Camilla and Isabella Codeceira, , Paul Isley, Homer Sweeney, Leroy Cadman, Inez Williams, Ida Ramirez, Julie Ayraud, Dean Paajanen, Linda Whitlock, Comptons, Peggy Perez, All Priests

(renewable monthly OLHCbulletin@yahoo.com)

Our Lady Help of Christians Chapel Padre Pio Academy

9621 Bixby Avenue

Garden Grove, CA 92841

School Office: 714-530-6840

(Please direct all correspondence and church business here)



Masses Sunday 7:30 & 10:00

***Allways** check website for most current schedule*

15 Decade Rosary recited weekdays at 8am when no Mass is available

Confession All Masses typically preceded by substantial time for confession, which must end 10 minutes before Mass begins. Out of consideration for others, please don't use the confessional for lengthy counseling. Be brief. Be blunt. Be gone!

Streamed Mass WWW.OurLadyHelpOfChristians.US - Select Mass Stream & Subscribe (Televised Mass in the Hall)

Saint Patrick's Mission - Northridge Mass is temporarily unavailable at this location

Sacramental Planning: (626) 447-1752

Emergency Contact ONLY: (626) 355-0845

To Modern Catholics We are what you once were. We believe what you once believed. We worship as you once worshiped. If we are wrong now, you were wrong then. If you were right then, we are right now.

February 25, 2024
Second Sunday in Lent