

**March 9<sup>th</sup> , A.D. 2014**

**1<sup>st</sup> Sunday in Lent**  
**( Quadragesima )**

**Meditation**

*The Holy Gospel according to St. Matthew; Chap.4, Vss. 1 – 11.*

**( 1928 Book of Common Prayer, Pages 126 -127 )**  
**( The People's Anglican Missal, Page A 69 )**  
**( St. Joseph's Sunday Missal - (1953-54 ed.), Page 167 - 168 )**



**Jesus is Tempted by the Devil**

**A scene from “ The Maesta of Duccio” an multi-paneled altar backdrop – Sienna, Italy.  
*Duccio di Buoninsegna – Sienna, Tuscany, Italy. c. 1310***

## 2.

### **Gospel Meditation Summary: After fasting forty days and nights, Jesus resists Satan's temptations.**

*“ He shall call unto me and I will hearken unto him : I will deliver him and bring him to honour : with length of days will I satisfy him. Whoso dwelleth under the defense of the Most High : shall abide under the shadow of the Almighty. “  
(Psalm 91 - Introit verse for **Quadragesima Sunday** & regular psalm for the **Night-Office of Compline**.)*

### **It is Written**

When He walked among us as a man, Jesus knew hunger. He knew what it meant to starve. He also knew what it meant to be tempted to think or to do wrong. In short, Christ knew what it was to be one of us.

For forty days, our Lord dreaded Satan's approaching visit; not that He was afraid of him but rather that he is evil incarnate ... in person: he is the enemy, Christ's enemy and the enemy of those He loves (that would be us!). Satan, on the other hand faces goodness incarnate. He uses his old tried and tested methods on Jesus – he appeals to *the weakness of the flesh*, he appeals to *pride*, he appeals to *power*. Turn stones into bread ... jump from the roof of the temple ... posses all the worldly riches and power.



*“ All these things will I give thee, if thou wilt fall down and worship me “*

The values Satan proposes to Jesus are like straw compared to those He has in His Sacred Heart. Jesus loves the Father with a boundless love. The devil would have Christ trade it all for bread, for the acclaim of men, for the possession of all the kingdoms and empires of the world.

Christ's thunderous response still echoes over the ages: **“ Get the hence, Satan! For it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. ”**

It is Satan who obeys. He leaves Jesus, and angels come to serve Him.

These words of our Lord Jesus, were addressed to the devil, certainly. However, He also meant them for our world, and for all of us. The Lord **Thy** God shalt **Thou** worship. Those words do Satan no good at all. They are poison to him, they plunge him deeper and deeper into his hatred and misery ... which unlike love, throws him off, weakens him, and at Christ's command, Satan slinks away into oblivion, from whence he came.

To us, these words of our Lord bring light and life ... and a way of life that should bring joy to us all. Worship is the expression of loving dependence. “Worship the Lord your God,” He tells us. Tell Him by word and sign that without Him, we are helpless and hopeless.

### 3.

#### Under His Wings

How best *can* we worship our Lord ? Are we right in thinking that fasting, self-denial, overcoming our pride and our desire for power are proper ways of worship? One thing we can be certain of... we can worship the Father with the Son at Mass. There with our gifts of bread and wine, we can express our conviction that it is the Father's will alone that matters. At Mass, we give ourselves wholly to Him, to be used as He wills. We can say: “ *Thou are my hope and my stronghold : my God, in him will I trust.* ” ( *Psalm 91* ).

In worship, we give ourselves to a Person so that a real relationship of love is set up between Him and us. Jesus' Father is our Father, too. In receiving us He says to us; “ Because you have hoped in me, I will deliver you; I will protect you, because you have known my Name. You will call upon Me, and I will hear you : I am with you in tribulation. “ *I will deliver him and bring him to honor : with long life will I satisfy him, and shew him my salvation.* ” ( *Psalm 91* ).

O Lord Jesus, help us to now see Lent a little more in its true context. Fasting, mortification, overcoming temptations and all that goes with Lent re-enacts Your victory over Satan and continues unto today as we seek to attain your way of perfection.

Lent is therefore the acceptable time, the day of salvation, because it is the time of our growing away from *self-love* and the things of Satan, into Your spirit of loving, absolute trust in Your Father; “ *It is he who will free you from the snare of the fowler who seeks to destroy you; he will conceal you with his pinions, and under his wings you will find refuge... a thousand may fall at your side...you, it will never approach, his faithfulness is buckler and shield.* ” ( Psalm 91 as taken from *The Grail* edition of the Psalter – 1963.)

#### A LENTEN EXERCISE:

**A Phrase upon which to Meditate :** “*The world, the flesh, and the devil*” We read and hear these words from Holy Scripture and in our Liturgy. They may appear at first, to be rather 'generic' or unspecific, so we may just acknowledge their existence without giving them much thought. Let's examine them now. What things come to mind when you see these words and think upon them? In what ways do they become *personal* to you? In what ways could they *endanger* your soul? What can you do to make yourself stronger in order to resist these threats to your relationship with Jesus and His Father?

#### **Prayer for the Day: THE LORD THY GOD SHALT THOU WORSHIP**



“ *Get thee hence, Satan !* ”

#### 4.

#### A Prayer for the Week

Blessed and forever be Thy Name O Lord, for that is Thy Will that this temptation should come upon me! I cannot escape it, but needs flee to Thee that Thou mayest succour me, and turn the temptation itself to my good! And now, O Beloved Father, what shall I say ? I am caught amid straits! Save Thou me from this hour! Yet, therefore came I unto this hour, that Thou mayest be glorified, when I shall have been utterly humbled, and by Thee delivered. Amen.

### Feasts, Fasts, and Other Things Quadragesima -tide and the First Week of Lent.

“*Quadragesima*” is the olden name for the forty days of Lent, and it is occasionally seen in old service books as the alternate name for the *First Sunday in Lent*. The word '*Quadragesimale*' has been sometimes used to denote a set of sermons especially written for Lent. Here, at the Priory, as we do with many liturgical practices, we refer to this day in it's ancient name.

In the ancient monastic traditions, First Vespers is sung at Noon on the *First Sunday in Lent*. This “officially” began the Lenten Season in all it's liturgical fullness. Some monasteries and even parish churches didn't hang all of the Lenten arrayments until today instead of Ash Wednesday. Though this hour has no antiphons, ( *Something that is sung alternately between two choirs*) of its own as in Advent, it does have a proper chapter ( brief *Scripture reading*.), and the Hymn comes from the Common of Lent. Today's Vespers give us a preview of the various themes stressed in the first Sunday in Lent. The chapter proclaims that; *now the season of grace has dawned*. The *Magnificat* antiphon comforts us with a promise from the lips of our Holy Mother Church; “ *Behold now is the acceptable time, behold now is the day of salvation : in these days, therefore, let us exhibit ourselves as the ministers of God, in much patience, in fastings, in watchings, and in charity unfeigned.*”

After four days of serious initiation, the Church begins Quadragesima proper on this First Sunday in Lent. Solemnly, the Mass introduces us into the coming season with *The Great Litany* (Pages 54-59 in the 1928 Book of Common Prayer) often sung in procession around the church. It also outlines a program of action. The first two weeks of Lent illustrate how Christ's battle leads to victory, a guarantee that our Lenten struggles too will end in the transfiguration of Easter Day.

In the coming week the Church also keeps its *Ember Days*, ( *Ember* being perhaps a corruption of *quatuor tempora - 'four times'* ) : a venerable and important liturgical observance. The three Ember Masses celebrated on Wednesday, Friday, and Saturday are of great antiquity; emphasis is placed on the genuine Lenten theme, that is, through fasting and self-denial to the glory of spiritual resurrection. The original purpose of the Ember days is lost to us, although scholars speculate that they may have been taken from pagan agricultural practices when Christianity became the Official Religion of the Roman Empire. They are observed roughly during the time of *planting, harvest, and autumn vintage*. This connection with the crops is largely lost today, and are now almost entirely associated with the Ordination of the Clergy in the Anglican Church. Clergy candidates, at least in the diocese that the Priory resides, view Ember-tide with a bit of anxiety, as that is when their progress reports are due to the Examining Chaplains!

5.



Feasts, Fasts, and Other Things; from "*The Chipmunks Nutshell Library*" presented by *Br. A. Chip Monk, O.S.B.*  
*A munk of Our Lady of Seven Sorrows Priory, in Raymond, Maine.*

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### Shrove Tuesday at the Priory - 2014

One of the things we love about Br. Raymond are his high-flying antics. But, did you know he's good with a camera? His dexterity in flight have made him somewhat quite light on his feet. As a result he has been known to hop into some concealed places and capture those off-beat things that can happen even in a little priory like ours! Shrove Tuesday was held at Our Lady of Seven Sorrows with a bit of feasting in order to consume those items we can't have in Lent. Most of us dined on pancakes, but *some* chose to hit the cupboard we call the *Nut Locker!* Br. Ray was on the scene when he photographed these two miscreants in the middle of their "heist" ...!



**Shrove Tuesday Shenanigans ! Or, should we entitle it: Br. Chip Busted ?!**

We love our little academic, but he sure knows how to get himself into a fix !

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Our Lady of Seven Sorrows Priory  
4 Shaw Road  
Raymond, Maine 04071

**PLEASE NOTE: PUBLIC SUNDAY MASSES WILL RESUME IN THE SPRING.  
CONVENTUAL MASSES ONLY FOR THE WINTER.**

## KALENDAR



### **First Sunday in Lent - Quadragesima**

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*"I acknowledge my transgressions, and my sin is ever before me." - (Psalm 51)*

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**Sunday, March 8<sup>th</sup> ... Quadragesima - First Sunday in Lent - ( Lent I )**

Monday, March 9<sup>th</sup> .....*The Congregation of the Primitive Observance of the Holy Rule founded – 1851.*

Tuesday, March 10<sup>th</sup> ..... *feria*

**Wednesday, March 11<sup>th</sup> .. Ember Day in Lent – (Partial Abstinence) ( Note 1.)**

Thursday, March 12<sup>th</sup> ..... *feria*

**Friday, March 13<sup>th</sup> - Ember Day in Lent – (Fast and Abstinence)- *Last day Lent can begin.***

**Saturday, March 14<sup>th</sup> ... Ember Day in Lent - (Partial Abstinence)**

**Sunday, March 15<sup>th</sup> .... Second Sunday in Lent - ( Lent II )**

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**KEY:** *Ab. = Abbot, Abs. = Abbess, Ap. = Apostle, Bp. = Bishop, C. or Conf. = Confessor,  
Dcn. = Deacon, Doct. = Doctor of the Church, K = King, M. = Monk, Myr. = Martyr, N. = Nun,  
P= Priest Po. = Pope, Q. = Queen, Vir. = Virgin,*

**NOTES:** 1.) Feast of St. Gregory the Great; *Po. Conf. Doct. - (7<sup>th</sup> cent.)*

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### **Lenten Fasting Rules ( Traditional)**

**Fast:** The taking of only one full meal (which may include meat ) and two smaller meatless meals that don't equal one large meal. No eating between meals, but water, milk, tea, coffee, & juices are o.k. **Meat is allowed at one meal** ( assuming abstinence isn't also expected on a given day. Traditionally everyone over 21 years of age and under 59 years of age is bound to observe the laws of the fast. The present code of Cannon Law for Roman Catholics sets the ages of 18 – 59 as the limits.

**Partial Abstinence:** Meat and soup or gravy made from meat may be eaten once a day at the principal meal.

**Abstinence:** In both the Roman and Traditional Anglican Churches, abstinence means a refraining from eating the meat from mammals, fowl, and from soup and gravy made from them. Fish is allowed, hence Fridays have been called “Fish Fridays.” Traditionally, the laws of abstinence apply to all aged 7 and over.



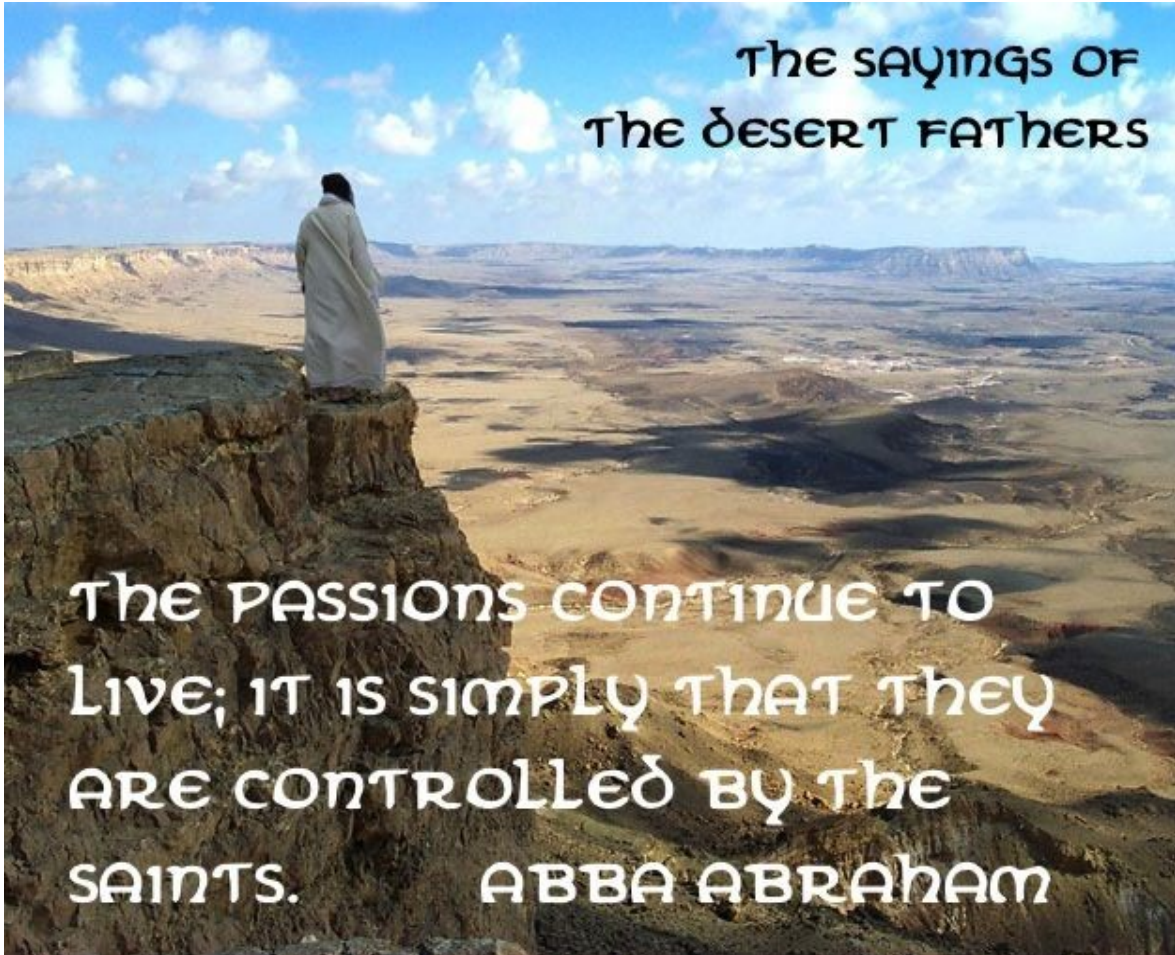
**Villagers by a Frozen River – by Frederik Marianus Kruseman – Dutch, 1849**

*Here, at the Priory, we are still in the grip of Winter, although we have been getting some days where the temperatures have gotten above freezing. The sun has gained in height, so on those days, melting has begun. Around here, a sure sign of spring's approach is that the ice-fisherman's shacks are starting to be removed on Sebago Lake.*

8.

*Our seasonal artistic offering this week, is indeed another winter scene...but if one looks closely, signs of springs' eminent approach are in it, too! The foot-path shows some signs of melting snow mixing with the dirt to form some mud. Small birds are on the river; an obvious sign there is open water for them somewhere. Last, the sky has that "late Winter" look about it. It looks as though it can't decide whether it wants to rain...or drop a little snow. This weekend, standard time ends and daylight savings time begins. One wonders if "the powers that be" think this will hasten the spring-time...but we know better! Spring will come when it's darn good and ready...always has...always will! - Fr. k.l.l. +*

**WE ARE ALWAYS LOOKING FOR BENEFACTORS TO HELP FINANCIALLY WITH THE ANIMALS. IF YOU OR SOMEONE THAT YOU KNOW WOULD LIKE TO HELP, SIMPLY MARK YOUR CHECK "FOR THE ANIMALS". IT WILL BE GRATEFULLY RECEIVED AND DEEPLY APPRECIATED....THANK YOU!**



P A X



