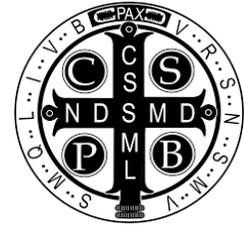


The Meditation



“ Thus says the Lord: Stand by the roads, and look, and ask for the ancient paths, where the good way is: and walk in it, and find rest for your souls.” - Jeremiah; Chapter 6, Verse 16.

March 8th, A.D. 2015

The Third Sunday in Lent

SEPTUAGESIMA SEXAGESIMA
QUINQUAGESIMA

SHROVE TUESDAY



Shrove = Pardon

ASH WEDNESDAY

Remember
O man
that dust
thou art



and to dust
shalt thou return

LENT
40 DAYS PREPARATION FOR EASTER

I II III
IV Mothering
or Refreshment Sunday
(And 2 more Sundays in Lent overleaf)



The Epistle of Blessed Paul the Apostle to the Ephesians; (Chapter 5, Verses 1 – 14)

1928 Book of Common Prayer – Pages 128-129

The Peoples Anglican Missal – Page A-97

St. Joseph Sunday Missal, (1958 edition) – Page 378-379

STRONG WORDS – STRONG MEDICINE

The Epistle for today, the Third Sunday in Lent, demonstrates so very well, that we receive as much from the Epistles as we do from the Gospels. Today's Epistle speaks very strongly to us about certain sinful elements so common to human nature. It also offers us the medicine for healing and protection from those things that can destroy us and our souls. Strong medicine indeed, but especially pertinent during our Lenten journey of prayer, introspection, and penance.

The second and third sections of Today's Epistle are directed, like the Epistle of last Sunday (*St. Paul's letter to the Thessalonians; I Thess. - Chapter 4, verses 1 - 8*) against the widespread vices of un-chastity and avarice.

Today's Epistle urges that these vices are not merely to be completely excluded from our conduct, they must not even be spoken about among us. Those desiring to be "saints", whose great privilege it is to be imitators of Christ, must not defile their lips with the indecencies of speech (*cursing* and *fault-finding*, to name only two), nor with words of *condescension, double-talk, or innuendo*. If there be among us those Catholic Christians who are apparently convinced that they are more "*enlightened*" to the present age and its so-called "moralities" . . . let us not be deceived by their words, (they will certainly use all the latest *buzz-words* and *pop psychology phrases* in their indoctrination), nor should we *especially* follow their examples. They, like the Pharisees have their rewards, or will at a time of God's choosing. *Holy Scripture, The 7 Sacraments, and the Sacred Traditions* of our *Holy Mother Church* are all that we need to maintain our courses of faith ever God-ward, for those things have *always* been, *ever ancient and ever new . . . timeless and true*.

It seems today, that from every side, one hears voices being raised against every attempt to check the growth of immoral and sinful behavior, as it is written and condemned by Holy Scripture. News media, talk-shows, television comedies, printed matter, and Hollywood films, all vie for the attention of the public to hear their various reasons and justifications for loosening what they believe to be strict, *passé*, and discriminatory mores of a by-gone and "less-enlightened" age. We have gone from hearing the good Rev. Billy Graham reminding us with; "*The Bible says...*" to folks correcting one and other with, "*Well, Oprah says...*". We are constantly barraged by those who tout the almost "sacred rights" of *freedom* – freedom, that is to disregard almost any moral code, and to follow the blind guidance of passion (something which takes many forms, not just carnal), to satisfy every form of curiosity . . . to see everything, to read everything, and for the daring, to try everything. Our popular literature has become full of 'empty words' where all that can seduce the senses is represented as acceptable and even innocent, because it is 'natural' or 'healthy', or because it 'enlightens the mind and develops the whole human-person' . . . wow, shades of George Orwell's '*Newspeak*'!

3.

It's so very good to be reminded by St. Paul, in the midst of all the worldliness which surrounds and bombards us, of the judgments of God that await the forgetfulness of our dignity as children of God, who are fashioned in His Image: "*For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God.*" – (Ephesians; Ch, 5. Vs. 5).

It's not by giving in to sensuality that we will keep clear within us the image of our Creator. Far from it! We should consider it a great abomination, that we, as God's children use the gift of speech to utter gross and suggestive sentences, instead of constantly chanting unceasingly the mercies of God and asking His forgiveness...no less immerse our given days to offer prayers for ourselves and others. There's a rather weird Greek word, *eutraphelia*: which is defined: "*a discourse that can be turned and accommodated to the present occasion for the purpose of exciting humor or laughter.*" It's something that comedians often use in their monologues, but nowadays it is used obscenely in conjunction with sexual innuendo, often to deride something moral.

Really, those who are clever enough to even pronounce this word, no less be witty and fast in their conversations or monologues, should use their gifts of speech for something much better than debasing themselves or others. Think of the wonderful things that could be said to assist and uplift others who are ill, or have lost loved ones, or who are even dying. Well-chosen words said at the right time, and delivered with heart-felt sincerity, can have an effect in so many positive ways, ways so very pleasing to Almighty God.

Let us keep ever before us, in our speech then, as in all our conduct, the dreaded judgments of God, and let us never forget that, as children of light, we are bound to be in all things, imitators of God, and most importantly; guides unto goodness of our brothers and sisters, especially those who are still on their journey seeking God; His love, and above all...His mercies.

"Be ye therefore followers of God, as dear children ; and walk in love, as Christ also hath loved us, and hath given himself for us as an offering and sacrifice to God, for a sweet-smelling savour."

Prayer for the day: "Awake, thou that sleepest, and arise from the dead, and Christ shall Give thee light." - Ephesians: Ch 5, Vs 14.



"Come unto me all ye that travail and are heavy-laden, and I will refresh you." - St. Matt; Ch. 11, Vs. 28

Don't forget to make your Lenten Confession !

PRAYER FOR THE WEK: "Look down O Lord, from Thy Heavenly Throne, illuminate the darkness of our night with thy celestial brightness, and from the Sons of Light banish the deeds of darkness."

4.

The Meditation is produced by the Benedictine Community of
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This is a free on-line ministry of our community to anyone who wishes to receive it. Please feel free to copy and pass on this meditation to anyone you feel might benefit from it. To be placed on our weekly mailing list, please contact us at; Fr. Kevin at; klamarre@maine.rr.com

You can visit our website to view past editions of **The Meditation** at:
www.ourladyofsevensorrows.org and go to ‘*Meditation*’ section of the site.

Br. Sylvester sez: “Were Back” !



Dear friends:

I'm happy to announce with this *Third Sunday in Lent* edition, that the weekly **Meditation** is back. After some major computer issues, we are confident that our weekly offering will now be forthcoming on a regular basis. Thank you for your patience during this hiatus.

We'll be slowly gearing back up and adding the regular portions of the Meditation such as the *weekly calendar*, and Br. Chip's "*In a Nutshell*" as well as Br. Raymond Crowe's "*Out on a Limb*" as well as the "*animal news*" from the Priory.

It's been quite a winter here in Raymond, Maine . . . an "old fashion winter" the local folks say, and we remember those! The good news is that Spring is on the way, the sun is shining higher, longer, and brighter, and before you know it, we'll be seeing green grass again, even tho' it may be in July this year! When the temps begin to remain constant and warm enough for guests, the Chapel will resume its Sunday Mass for our visitors. Stay tuned!

Our prayers go out to you for a deeply spiritual and rewarding Lenten journey.

In Christ Jesus, Blessed Mary, and St. Joseph;

-Fr. Prior Kevin, Sr. Mary-Francis, and all at Our Lady of Seven Sorrows Priory.