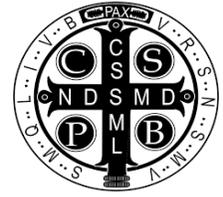


# The MEDITATION



*“ 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.*

**October 11<sup>th</sup> A.D. 2015**  
**Nineteenth Sunday After Trinity**



**St. Paul**

*Illumination from the St. Gall Manuscript  
Benedictine Monastery of St. Gall – Switzerland, 9<sup>th</sup> cent.*

**Inscription reads:**

***San(c)tu(s) Paulus Sedet hic Scripsit : “St. Paul, he sits here and writes”***

## 2.

*The Epistle of Blessed Paul the Apostle Letter to the Ephesians: Ch. 4, Vss. 17-31*

*Today's Epistle can also be found in the following sources:*

**The 1928 Book of Common Prayer; Page 216**

**The People's Anglican Missal: Page C 92 & C 93.**

**St. Joseph "Continuous" Sunday Missal (1958 ed.); Page 989**

Today, we resume the series of passages selected by the Church, from the Epistle, to the Ephesians. St. Paul explains, in his fourth chapter, how our Lord has instituted various offices in the Church: *"for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ till we all come in the unity of the faith, and of the knowledge of the son of God unto a perfect man."* (Ephesians; Ch. 4, Vss 12 & 13). So that: *"speaking the truth in charity, may grow into him in all things, which is the heal, even Christ."* (Ephesians; Ch. 4, Vs. 15).

Having explained how we are to grow in grace, and how with us, the Mystical Body of Christ, the Holy Catholic Church, will itself be built up in charity, the Apostle points out once more that this high Christian vocation necessarily excludes the ways of life in this world. *"This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles, in the vanity of their mind, having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their hearts, who being past feeling have given themselves over unto lasciviousness, to work uncleanness with greediness."* (Ephesians; Ch. 4, Vss. 17-19.). It is precisely at this point that our present passage begins. We have been taught to put off the old man, and to *"Be renewed in the spirit of your mind"* and to *"put on the new man, which after God, is created in righteousness and true holiness."* (verses 23 & 24). This then, is the essential characteristic of the Christian life.

St. Paul, in today's Epistle, goes on to warn us against three things which should have *no* place in Christian life - *lying, immoderate anger, and dishonesty*. Lying belongs to those things of the "old man" and it ought to have been put off with the "old man". Since we are all members of Christ's Body, we must always work for the common good. Seeking to circumvent a brother or sister Christian, or to deceive them in any serious matter, by word or deed, would be as foolish as pitting one organ of the body against another organ of the body...the result being a great detriment to the whole body. So it is when Christians pit themselves against one another.

It's the same with anger. Unreasoning anger against a brother or sister, whatever form it takes, tends to break the bond of peace which should unite all members of Christ's Body. Any anger that is stored up in the heart, festers and grows into hatred...something that is even more evil and dangerous. It is true that there is an anger which is righteous, but even this must not be unduly fostered, lest it get out of control quickly. Anger is one of the devil's most useful tools, as he alone can use it deftly and easily between men. It's like applying gasoline to a small fire for Satan. We must *not* let the sun set upon our wrath, lest it come to dominate us and poison our souls, turning them into welcome places for Satan and his minions to reside. Once in, they are not easily wrenched out.

Dishonesty, specifically that dishonesty which springs from sloth, (laziness & indifference) is particularly unworthy of the Christian soul. Love of our brethren and interest in the welfare of the community should not only prevent a Christian from making themselves a burden and a nuisance to others, but should inspire them to help those who cannot help themselves. Lying,

3.

immoderate anger with its consequences, and idleness at the expense of others, are some outstanding vices of today, and St. Paul's words can be used vigorously to reprove them. St. Paul tells us today that we must avoid lying, anger, and theft in order to live in justice and sanctity with all our Christian brethren.

We must seek to imitate our Lord Jesus through love. We should hate and avoid all sin; in our thoughts, our words, and especially our deeds. The best way of doing this of course, is to give ourselves over to prayer. This is where a good, working prayer-life is worth more than anything we could imagine.

Speak to Him thou,  
For He hears  
And Spirit with Spirit can meet;  
Closer is He than breathing,  
And nearer than hands and feet.

*Alfred Lord Tennyson*



A Man Kneeling at Prayer  
*Vincent van Gough*

**Prayer for the day:** I am the salvation of my people saith the Lord. – *Psalm 78*



**We must  
empty  
Purgatory  
with our  
prayers.**

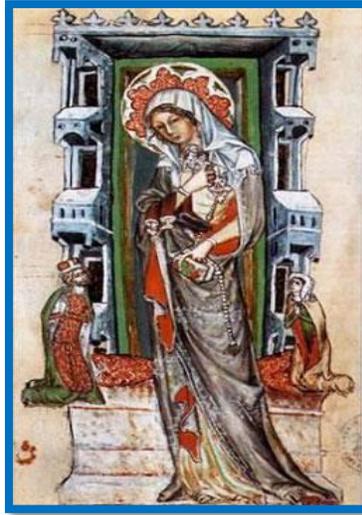
**-St. Padre Pio**

**PRAYER FOR THE WEEK:** O give thanks unto the Lord, and call upon his Name.  
*- Psalm 105*



## Feasts, Fasts, and Other Things

### October 16th



## St. Hedwig of Silesia and Poland

1174 - 1243

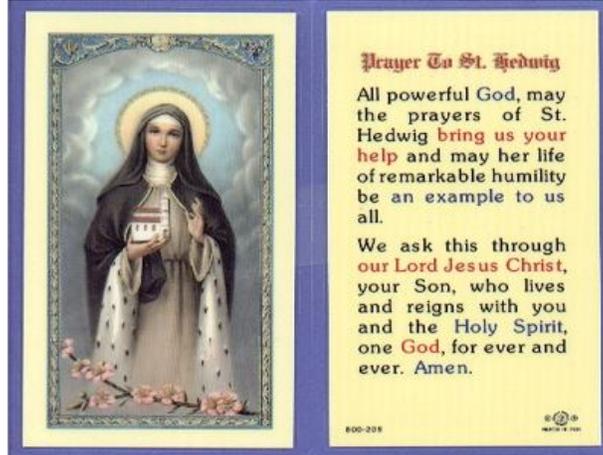
*Strength in character, humble in life and obedience*

Hedwig was born into a royal Bavarian family in 1174. She was duchess of Silesia from 1201 and of Greater Poland from 1231. She received her education from the Benedictines at Kitzingen Abbey in Franconia, Germany. She married Henry I, later Duke of Silesia and Poland. Hedwig and Henry had six daughters and one son, Henry II, the Pious, who would succeed his father as Duke of Silesia and Poland. Henry I had to fight constantly to retain his titles, from family members who tried to usurp him. Hedwig remained fiercely loyal to her husband, often representing him in court and administering in his place when he was away fighting. Henry died in 1238 and was buried at the Cistercian monastery of nuns at Trzbnica Abbey, which he had established in 1202 at Hedwig's request. Hedwig and Henry lived very pious lives despite the challenges of the times. Hedwig had a great zeal for the Faith and donated generously to religious houses in the realm. She also gave much of her fortune to the poor and hospitals run by the religious orders. Hedwig gave all her property, money, and titles away after her husband died, and entered the Cistercian monastery of Trzbnica (Trebmitz) that her husband had founded, where she lived out the rest of her days. She lived in severe austerity, wearing the discarded habits of her sisters at the Abbey, sleeping on the bare floor, and according to legend, Hedwig often went barefoot even in winter and when ordered by the Bishop visitor of the Abbey to wear shoes, she carried them in her hands, thus not breaking obedience. Her own daughter Gertrude was the Abbess, and Hedwig lived under faithful obedience for many years. She was an example to all her sisters in the Abbey and to all Christians in her imitation of Christ.

Hedwig died in 1243. The pious example of her life spread throughout Germany and Poland, and many miracles were attributed to her intercession. Pope Clement IV canonized her in 1266. Many Churches in Germany, Poland and Eastern Europe have been dedicated to St. Hedwig. Many churches were founded in her name, as citizens from these countries immigrated to America. There was a St. Hedwig's Church in Cambridge, MA erected in 1907 founded by Polish immigrants. It was closed in 1995. Through the great generosity of a community of Maronite sisters, the Priory has been entrusted with two Latin Altar Missals and a full set of patronal Vestments that had been made for the parish in St. Gall, Switzerland, with beautiful embroidery of St. Hedwig on the chasuble. We carry the spirit of this parish in our Masses and prayers.

5.

The Feast of St. Hedwig is held special to our community for it was on her Feast day in 1993 that the community was officially established and given official recognition and blessing by the Rt. Rev. Bruce S. Chamberlain (*of Blessed Memory*).



*Br Chip, O.S.B*



**Feasts, Fasts, and Other Things from: The Chipmunk's Nutshell Library**

Presented by Br. A. Chip Munk, O.S.B. A monk of Our Lady of Seven Sorrows Priory in Raymond, Maine, USA

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**We hold the crew and families, of the container ship EL FARO that sank off the coast of the Bahamas last week, in our prayers.**

6.

## The Meditation

is produced by the Benedictine Community of:

Our Lady of Seven Sorrows Priory

4 Shaw Road

Raymond, Maine 04071

This is a free on-line apostolate of our community to anyone who wishes to receive it.

**We welcome new subscribers!** Please feel free to copy and pass on this meditation to anyone you feel might benefit from it.

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[klamarre@maine.rr.com](mailto:klamarre@maine.rr.com)

You can visit our *website* to view past editions of **The Meditation** at:

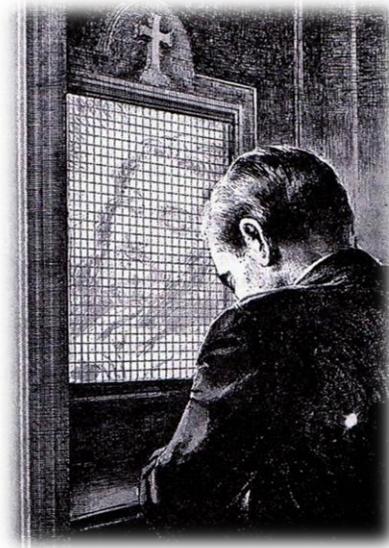
[www.ourladyofsevensorrows.org](http://www.ourladyofsevensorrows.org) and go to '*Meditation*' section of the site.

**PLEASE NOTE: Sunday Public Mass at the Priory Chapel commences at 9:00 a.m. followed by the Monastic Office of Terce.**

**PLEASE NOTE ALSO: There are No public restrooms so please plan accordingly**

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## CONFESSIONS HEARD



*“Come unto me all ye that travail and are heavy laden and I will refresh you.” – Matt. Ch. 11, Vs. 28*

**What better place for a person to make themselves spiritually & sacramentally “right with the Lord” than in a monastic setting? Fr. Kevin is always happy to hear confessions and give spiritual direction at the Priory chapel. Below is the schedule when he is available during the day. We ask that you contact him to make an appointment so he can make himself available to you .**

7.

**Confession Times: Weekdays from 10:00 a.m. to 11:30 a.m. and from 2:30 p.m. to 4:00 p.m. – by appointment only. Sundays by appointment before Mass which begins at 9:00 a.m.**

**To make an appointment, please contact Fr. Kevin via Email at: [klamarre @maine.rr.com](mailto:klamarre@maine.rr.com).**



## Annual Novena of the Departed November 1<sup>st</sup> to 10th, 2015



Dear Friends;

November is the month which our Holy Mother Church has set aside for the remembrance and prayers for the departed in a special manner. Praying for the peaceful repose of the departed is a *great spiritual work of mercy* that we, the living can and should do, and it is strongly encouraged as a part of our venerable Catholic tradition. This ancient tradition of remembering the dead continues here at Our Lady of Seven Sorrows Priory in Raymond, Maine. We remember the blessed dead throughout the church year; however, an urgent emphasis is placed on these prayers during this time. All unnecessary work ceases here at the Priory during this nine-day period so we can focus more time for prayer for the blessed departed.

**All Saint's Day, November 1<sup>st</sup>,** begins a nine-day period called a **Novena**, a time in which Masses and special prayers are said here at the Priory, on behalf of those departed, who cannot pray for themselves. We remember through prayer, in a particular way, those who have gone before us; our former monks, our families, benefactors, friends, and those known only to Almighty God. You too, can join us in this great work of mercy and charity.

I invite and encourage you, our dear and valued subscribers to our weekly Meditation, to enroll your departed loved ones and friends in this Novena of Masses and prayers, by contacting us here at the Priory. **You can do this via E-mail or by regular post ("snail-mail") with the names you would wish us to remember in Masses and prayer.** If you wish to send along a donation on behalf of your loved ones, it would be greatly appreciated and put to good use in providing supplies for our chapel in the way of altar-breads, Mass-wine, incense, and candles. Please note that a donation is not required in order for you to take part in the *Novena*.

Those whom you have enrolled will be solemnly remembered this November as the Masses and the very ancient and beautiful prayers of our Monastic Liturgy for the dead are offered. What better way than

8.

Through the Holy Sacrifice of the Mass to beg our Lord’s mercy and admission of the departed into His presence forever?

No greater honor, privilege, and responsibility can be given to a contemplative monk or nun than for someone to ask of them: “Please pray for me.”

- Fr. Prior Kevin LaMarre, O.S.B. +

NOVENA MASS followed by Prayers for the Departed: 10:00 a.m. – at the Priory Chapel every day of the Novena



**PRIORY KALENDAR**

Week of October 11<sup>th</sup> to October 18<sup>th</sup> - A.D. 2015

In Trinity-Season

- Sunday, October 11<sup>th</sup> . . .Nineteenth Sunday After Trinity. . comm. St. Ethelburga, Abs. O.S.B. 8<sup>th</sup> cent.
- Monday, October 12<sup>th</sup> . . . St. Wilfred; Ab. O.S.B. founder of Ripon Abbey, Northumbria, England 664.
- Tuesday, October 13<sup>th</sup> . . . Translation of King Edward the Confessor of England. d. 1066
- Wednesday, October 14<sup>th</sup> ... St. Callistus: Po. & Myr. c. 222 Rome.
- Thursday, October 15<sup>th</sup> . . . . St. Theresa of Avila: V. & Doct. O. Car. 16<sup>th</sup> cent. Spain
- Friday, October 16<sup>th</sup> . . . St. Hedwig Foundation Day of the Servants of the Holy Family – 1993.
- Saturday, October 17<sup>th</sup> . . . St. Etheldreda: Abs. O.S.B. 7<sup>th</sup> cent. England
- Sunday, October 18<sup>th</sup> . . . St. Luke; Ev. & Myr. 1<sup>st</sup> cent. .... comm. 20<sup>th</sup> Sunday After Trinity

**KALENDAR KEY:** Ab. = Abbot, Abs. = Abbess, Abp. = Archbishop, Anc. = Anchorite, Ancs. = Anchoress, Ap. = Apostle, Bl. = Blessed, Br. = Brother, Bp. = Bishop, Card. = Cardinal, C. or Conf. = Confessor, Comm. = Commemoration, Dcn. = Deacon, Doct. = Doctor of the Church, Ev. = Evangelist, H. = Hermit, LBr. = Laybrother, LSr. = Laysister, K. = King, M. = Monk, M.M. = Month’s Mind ( 30 day requiem for the recently departed ), Myr. = Martyr, N. – Nun, Obl. = Oblate, P. = Priest, P. or Po. = Pope, Pr. = Prior, Prs. = Prioress, R. = Recluse, RM = Requiem Mortorum, ( monthly requiem of the departed ) , Q. = Queen, Ven. = Venerable, Vir. = Virgin, W. = Widow,

**RELIGIOUS ORDERS:** C.O. = Congregation of the Oratory –Oratorians, C.P = Congregation of the Passion – Passionists, C.S.J. = Congregation of the Society of Jesus – Jesuits, Er. Cam. = Camaldolese Hermits, F.P.O. = Franciscans of the Primitive Observance, O. Car. = Carmelite Order, O. Cart. = Carthusian Order, O.C.D. = Order of Discalced Friars = Carmelites, O.F.A. = Augustinian Order, O.F.M. =

Order of Friars Minor – Franciscans, O.F.M. Cap. = Capuchins, O.P. = Order of Preachers = Dominicans (Blackfriars), O. Praem. = Order of Cannons Regular – Norbertines ( White Monks), O.S.B. = Order of St. Benedict – Benedictines, O.S.U = Ursulines, O.C.O. = Order of the Cistercian Observance – Trappists, O.C.S.O. = Cistercian Order of the Strict Observance = Trappists.

**FASTING:** ..... A = Abstinence, F = Fast, F & A = Fast and Abstinence

## Animal & Priory News

### Bindi Su

June 21 - October 6, 2015 +



We were deeply saddened by the passing of our newest arrival, Bindi Su. She had been sent to us because of a serious heart murmur/arrhythmia and we also discovered that she was deaf as well. We were hoping that she would outgrow her heart issue but as God would have it, her heart failed and after a series of seizures she passed on. This puppy, who was so full of love for everyone, loved every minute of her short life and, once again, has served to remind us that none of us knows how long we are here for. Sadly, not all of the animals that come here have a long story to tell but life is not about quantity.....it is about quality. There are many people walking around daily who are already dead, they have ceased to find joy in life, in smiling, in helping others and the simple things.....Bindi knew the secret and now she is sharing it with the angels. The week here at the Priory has been somewhat difficult as we adjust to not having our 'littlest angel' waiting for us to play with and love her. We thank the Good God for having her grace our lives, even for such a short time, we would have been all the poorer if she hadn't come to us.

-Sr. Mary Francis, O.S.B.

P A X

