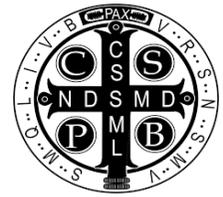


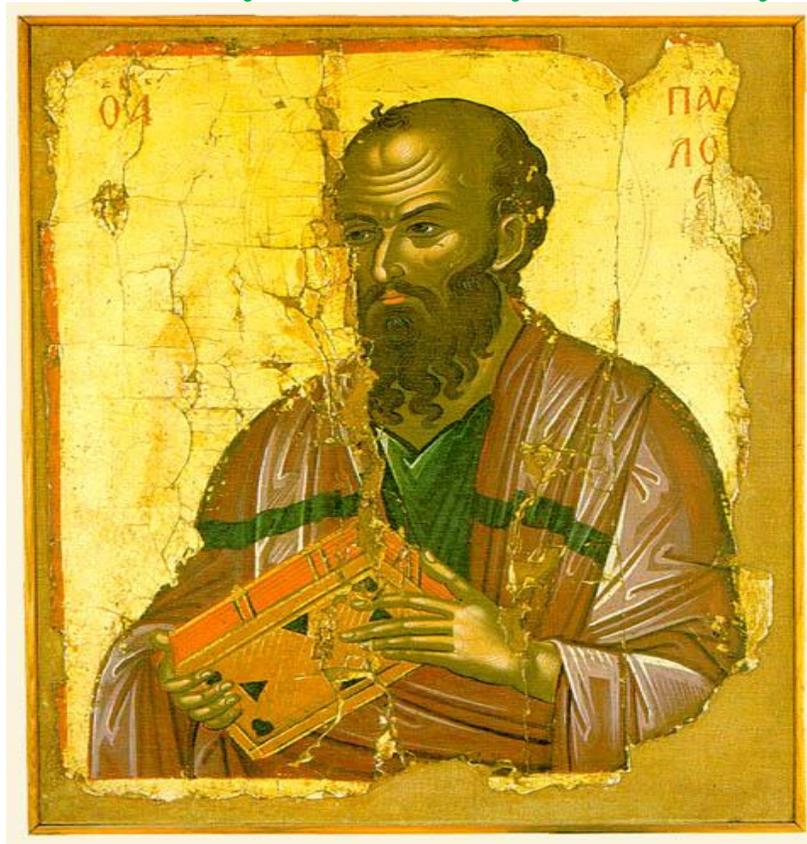
The MEDITATION



“ 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.

November 8th A.D. 2015

The Twenty-Third Sunday After Trinity



St. Paul - 1549

*Icon by Theophanes the Cretan
Stavronikita Monastery, Mt. Athos, Greece*

The Epistle of Blessed Paul the Apostle to the Philippians: Chap. 3, Vss. 17 – 21

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

The 1928 Book of Common Prayer: Page 222

The People's Anglican Missal: Pages C 99

St. Joseph "Continuous" Sunday Missal (1958 ed.); Page 1081

Today's Epistle provides us with a message of consolation as well as a warning. It emphasizes the truth that genuine Christians are *already* citizens of Heaven. Their true homeland *is* heaven and they are actually just exiles and strangers on earth. They are just like a colony that looks for guidance to, and maintains loyal allegiance towards the mother country, that being, the Kingdom of God on High.

Christians are not citizens of heaven in name only. They have the rights of citizenship, and their names are written on a roll of those that dwell in the heavenly Jerusalem. Christians enjoy in a real, though necessarily restricted sense, the blessings and privileges of the citizens of heaven, as long as we are in the state of grace, and live in union with Christ.

However, every privilege has its responsibilities, and no one can remain a true citizen of heaven who does not realize and fulfil the duties which their true position implies. Perhaps the most far-reaching and comprehensive of these duties is that of maintaining what may be called a true "*civic*" spirit – of living and acting at all times '*worthily of Christ*' through Whom citizenship of heaven has been made accessible. This true "*civic*" spirit implies a readiness *to do and suffer all things*, rather than to fail in loyalty to the heavenly homeland. The life of every genuine citizen of God's Kingdom must be the life of the Spirit; a life which is marked by concentration on the things of God: the control of passions, the setting aside of all that is lustful, unclean, and worldly, the fostering of charity for all (not just those who we like), the frequent reception of the Sacraments, the constant practice of prayer, that permanent sense of union with God. This is the life in which we ought to be fashioning ourselves... a life according to God in genuine justice and holiness.

Today's Epistle also warns us that Christians may lose their rights of citizenship, that their names may be blotted out of the Book of Life, that they may pass out of heaven and become citizens of the kingdom of Satan... that those who are brothers of Jesus Christ may become enemies of the Cross! St. Paul had known many who had given themselves up to their passions, and had exchanged the service of God for that of their own lusts. There are not many of us who have not seen some Christians abandoning the Church Catholic, and becoming enemies of Christ, giving themselves up to the things of the world, turning their backs on the Church and its teachings and ministries. Some have gone as far as hating the Church so much they have embraced some of the esoteric "religions" ... in short, joining up with the Devil and becoming his servants and minions. We used to frequently see in the news, during the period of the "cold war", stories of defections from the "Iron Curtain". The departure of a citizen from God's Kingdom for Satan's is also a defection, but of the highest and most final kind, for this kind of defection always ends in death and darkness.

3.

We should take to heart the lesson of today's Epistle and the lessons of our own experience. We can't be certain that we shall always remain loyal citizens of God's Kingdom; that we shall always resist the pressures brought on by the senses and worldliness in general but, we can be most confident that if we continually implore and co-operate with the grace of the Holy Ghost, Christ will keep us for Himself. He will protect us from destruction, and at the last, transform these tired bodies of ours, in which the potentialities of sin presently lurk and make them just like His own most glorious body.

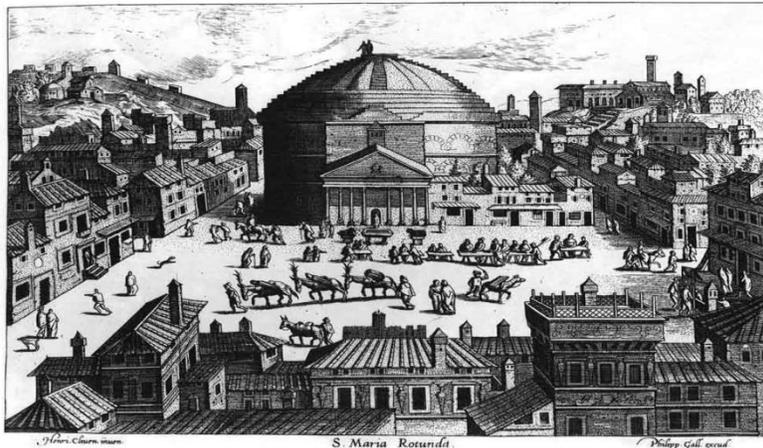
*We keep our bridal wake;
The Bridegroom is the Lamb.
For Him we watch and wait,
Our lamp a shining flame.*

*Some heard this call at night;
Their lamps no longer burned;
Because they had not watched,
For them the door was barred.*

*With prayer we feed our lamp,
Our love burns high and clear,
And when His voice resounds,
We answer, "I am here".*

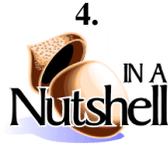
-Mother Josefa, O.S.S.J

Prayer for the day: Ye shall call upon me and I shall hearken unto you - Jer. 29



A 1599 Engraving of the Pantheon (*Sta. Maria ad Martyres*) in Rome

PRAYER FOR THE WEEK: Therefore I say unto you, what things so ever ye desire, when ye pray, believing that ye receive them, and ye shall have them. – St. Mark; Ch. 11, Vs.



Feasts, Fasts, and Other Things

On November 14th, we remember in prayer all the Faithful Departed in the Benedictine Order.

Please include the following departed members of our community and dear friends of ours who were brethren at St. Joseph's Abbey in Spencer, MA. and sisters at Mt. St. Mary's Abbey in Wrentham, MA.

Our Lady of Seven Sorrows Priory, Raymond, ME.

Rev. Br. Robert Herrick, O.S.B. (*our first Prior*)

Rev. Fr. John Heslin, O.S.B.

Br. George (Dismas) Holmes, O.S.B. (*cellarer & artisan*)

Rev. Mr. William Morrill; (*onetime Postulant/Novice*, O.S.B.)

St. Joseph's Abbey, Spencer, MA

Dom Paschal Skutecky, O.C.S.O.

Fr. Edward Stiretti, O.C.S.O.

Fr. Kizito, O.C.S.O.

Fr. Placid, O.C.S.O.

Fr. Simon, O.C.S.O.

Fr. Joseph Chu Chong, O.C.S.O.

Fr. Basil Pennington, O.C.S.O.

Fr. Henry Scarborough, O.C.S.O.

Fr. Marius, O.C.S.O.

Fr. Raphael, O.C.S.O.

Fr. Lawrence, O.C.S.O.

Br. Paul Forster, O.C.S.O.

Br. John Gore, O.C.S.O.

Br. David West, O.C.S.O.

Br. Albert, O.C.S.O.

Br. Richard, O.C.S.O.

Br. Leonard O'Dowd, O.C.S.O.

Br. Karl Gossman O.C.S.O.

Br. Albric O'Connor, O.C.S.O.

Mt. St. Mary's Abbey, Wrentham, MA.

Sr. M. Jacqueline Emmons, O.C.S.O.

Sr. Grace Forester, O.C.S.O.



Chip, O.S.B.



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. To be placed on our weekly mailing list, please contact us 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.

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
Last Public Mass for this year will be held on November 29th

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CONFESSIONS HEARD AT THE PRIORY



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

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.

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PRIORY KALENDAR

Week of November 8th to November 15th - A.D. 2015

In Trinity Season

Sunday, November 8th . . . Twenty-Third Sunday After Trinity..... **Comm. Octave of All Saints**
Monday, November 9th . St. Theodore Studites: Ab. & Myr 8th cent. Greece..... *Novena of the Departed*
Tuesday, November 10th *Novena of the Faithful Departed concludes at None today.*
Wednesday, November 11th . . . St. Martin of Tours; B. & C. 4th cent. Gaul. **Veteran's Day**
Thursday, November 12th St. Martin I; Po. & C. 7th cent.
Friday, November 13th Feast of All Saints of the Benedictine Order
Saturday, November 14th Commemoration of All Souls of the Benedictine Order
Sunday, November 15th . . . Twenty-Fourth Sunday After Trinity



ALEÐÐAR KEÇ

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, Mat. = Matron, 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 Mortuorum, (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 Canons 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



Abigail & Eleanor

The Priory barn has a couple of new residents. No sooner does a spot become vacant...it is quickly filled. **Abigail** (Abbie) is a 5 year old Cotswold sheep and her 11 year old friend **Eleanor** (Ellie) came here from a sheep farm last week. *Ellie* is completely blind from cataracts and is going deaf (although she does seem to hear the grain being poured into her bowl) *Abbie* has udder issues which make her unsuitable for breeding as any babies that she would have would have to be bottle fed. *Abbie* is *Ellie's* friend and her eyes. This is a large breed of sheep (each is about the size of a St. Bernard dog). These two sheep have been used for breeding their whole life and now that they are old and handicapped, they are dispensable. The farmer, luckily for them, had a soft spot for them and did not really want to kill them so he sent them here to live out their lives. They will eventually be introduced to our other sheep, *Willow* and *Buttercup*, the goat. We are very grateful for the few animal angels who help keep this work and these animals alive. Donations have been way down this year and prices continue to go up, so we continue to pray and to do what we can for these beautiful creatures of God.

If you or someone that you know would like to donate to the animals please make check out to **Servants of the Holy Family** and indicate "for the animals" on it. Your contribution will be gratefully accepted and acknowledged with a note and tax deductible receipt.

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

P A X