

Litany of Trust

From the belief that I have to earn Your love ... *Deliver me, Jesus.*

From the fear that I am unlovable ... *Deliver me, Jesus.*

From the false security that I have what it takes ... *Deliver me, Jesus.*

From the fear that trusting You will leave me more destitute ... *Deliver me, Jesus.*

From all suspicion of Your words and promises ... *Deliver me, Jesus.*

From the rebellion against childlike dependency on You ... *Deliver me, Jesus.*

From refusals and reluctances in accepting Your will ... *Deliver me, Jesus.*

From anxiety about the future ... *Deliver me, Jesus.*

From resentment or excessive preoccupation with the past ... *Deliver me, Jesus.*

From restless self-seeking in the present moment ... *Deliver me, Jesus.*

From disbelief in Your love and presence ... *Deliver me, Jesus.*

From the fear of being asked to give more than I have ... *Deliver me, Jesus.*

From the belief that my life has no meaning or worth ... *Deliver me, Jesus.*

From the fear of what love demands ... *Deliver me, Jesus.*

From discouragement ... *Deliver me, Jesus.*

That You are continually holding me, sustaining me, loving me ...
Jesus, I trust in you.

That Your love goes deeper than my sins and failings, and transforms me ...
Jesus, I trust in you.

That not knowing what tomorrow brings is an invitation to lean on You ...
Jesus, I trust in you.

That You are with me in my suffering ... *Jesus, I trust in you.*

That my suffering, united to Your own, will bear fruit in this life and the next ...
Jesus, I trust in you.

That You will not leave me orphan, that You are present in Your Church ...
Jesus, I trust in you.

That Your plan is better than anything else ... *Jesus, I trust in you.*

That You always hear me, and in Your goodness always respond to me ...
Jesus, I trust in you.

That You give me the grace to accept forgiveness and to forgive others ...
Jesus, I trust in you.

That You give me all the strength I need for what is asked ...
Jesus, I trust in you.

That my life is a gift ... *Jesus, I trust in you.*

That You will teach me to trust You ... *Jesus, I trust in you.*

That You are my Lord and my God ... *Jesus, I trust in you.*

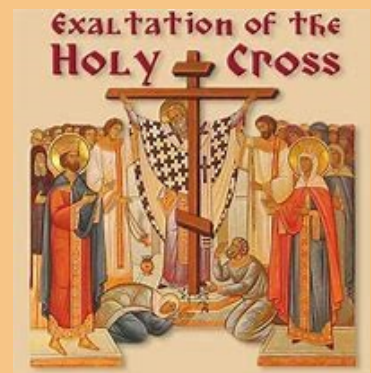
That I am Your beloved one ... *Jesus, I trust in you.*

Amen.

<https://sistersoflife.org/litany-of-trust/>

C.O.O.L. NEWS

Our Lady of the Miraculous Medal Monthly Newsletter



**ADORATION OF
THE BLESSED SACRAMENT**

**Friday, September 3, 2021
First Friday 9:45am to 12:00pm**

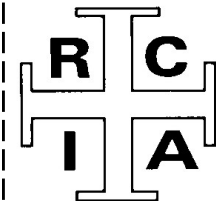
**All Other Fridays after Mass from
9:45am to 10:30am**



Adult Ed. Update:

Monday Night Bible Study: 6:30 pm at the rectory Adult Ed. Room and on ZOOM. We are currently completing the Brant Pitre series on St. Joseph.

Wednesday morning Bible Study at 10:00am in the rectory and on ZOOM. The new series will be on 1st Corinthians.



RCIA Sessions for 2021 - 2022 will begin on Wednesday evening, September 8th at 6:30pm in the rectory Adult Ed. Room.

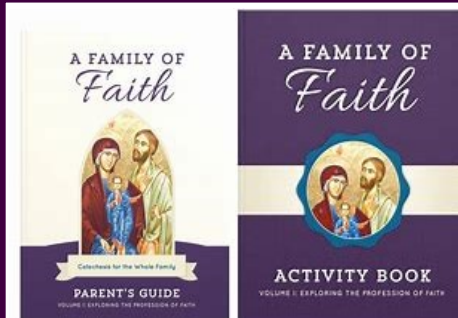
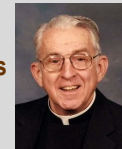
There is still time to sign up! If you have interest in deepening your knowledge of the Catholic Faith or growing your spirituality through understanding of Christ's love for us and His gift of the Church, you will find our talks very helpful.

When you buy a new car, don't you spend a lot of time going over the owner's manual so you can understand and use all the bells and whistles? RCIA is like a living "owner's manual" for your Catholic Faith. Come and find out all the "bells and whistles" you never knew about!

Submitted by Elaine Sturm

FEAST DAYS IN SEPTEMBER

- September 3 - First Friday & St. Gregory the Great, *Pope, Doctor of the Church*
- September 4 - First Saturday
- September 5 - St. Teresa of Calcutta
- September 6 - **Labor Day** -PARISH OFFICE CLOSED!
- September 8 - **The Nativity of the Blessed Virgin Mary**
- September 9 - St. Peter Claver, *Priest* (see biography - page 4)
- September 11th @ 11:00am Father Claggett Memorial Mass
- September 12 - **The Most Holy Name of Mary - Roman Rite**
- September 13 - St. John Chrysostom, *Bishop & Doctor of the Church*; the Anniversary of the 5th Apparition of Our Lady of Fatima
- September 14 - **The Exaltation of the Cross**
- September 15 - **Our Lady of Sorrows**
- September 16 - St. Cornelius, *Pope, Martyr* and St. Cyprian, *Bishop Martyr*
- September 17 - St. Robert Bellarmine, *Bishop & Doctor of the Church*
- September 18 - St. Joseph of Cupertino, *Priest*
- September 19 - St. Januarius, *Bishop, Martyr*
- September 20 - St. Andrew Kim Tae-gon & St. Paul Chong Ha-sang, *Companions & Martyrs*
- September 21 - St. Matthew, *Apostle, Evangelist*
- September 22 - St. Thomas of Villanova, *Bishop* (Valencia, Spain)
- September 23 - St. Pius of Pietrelcina, *Priest* (Padre Pio)
- September 26 - Sts. Cosmas and Damian, *Martyrs*
- September 27 - St. Vincent de Paul, *Priest*
- September 28 - St. Wenceslaus, Ruler, Martyr & St. Lawrence Ruiz, *Martyr, Married Man and Companions, Martyrs* (MICHAELMAS)
- September 29 - St. Michael, St. Gabriel, and St. Raphael, *Archangels*
- September 30 - St. Jerome, *Priest, Doctor of the Church*



PSR update:

With gratitude we announce that PSR classes are planned to begin on Wednesday evening, September 8th via ZOOM. Rea Okerberg has accepted the challenge to coordinate and lead the PSR instruction for the 2021-2022 year.

The schedule has been in the planning stages and thankfully everything has fallen into place. The ZOOM meetings will be held on Wednesday evenings beginning at 6:00pm September 8th. The cost has been adjusted and will be \$55.00 per family (down from \$100 last year). Scholarships are available as well as COVID grant funds. Payment must be made or arranged for at the time of registration. The parent's guide and activity book are included in the registration fee. If you have not already registered, please contact Rea Okerberg at (614) 699-2351 to get further information and make arrangements so that your child / children will be able to participate.

Volunteers are needed to be teachers and assistants, please consider how you can help.

Father Coleman

Have a safe Labor Day



Prayer to St. Joseph

*Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted His only Son;
In you Mary placed her trust;
With you Christ became man.*

*Blessed Joseph, to us too,
Show yourself a father
And guide us in the path of life.
Obtain for us grace, mercy,
courage, and defend us from every
evil. Amen*

Pope Francis



Joseph and the Child Jesus, Murillo



BLESSED OIL & SALT

It has been over a year since Father Coleman was so kind to bless oil and salt so that we could use these sacramentals in our homes. If you recall at that time we were beginning the lockdown and holy water was no longer available. We now have holy water but we may be out of oil and salt.

BRING YOUR SALT

Plain salt with no additives is best! (either in a marked box or in a re-sealable bag to differentiate from unblest salt), and YOUR BOTTLES OF OLIVE OIL!

Father Coleman will bless our Salt & Oil on Sunday, September 19th after the 10:00am Mass.

MAKE THESE SACRAMENTALS A PART OF YOUR DAILY LIFE!

---DISPOSAL---

Unusable blessed salt and oil must be disposed of with reverence. To dispose of blessed salt and oil, bury in the ground or give to your parish priest.

BE INTENTIONAL IN YOUR DAILY PRACTICE OF THE FAITH IN THE SMALLEST THINGS YOU DO.

THIS WILL BRING YOU GREAT BLESSINGS!

Offering Masses for our Loved Ones

1) **There is no price tag on the Mass**, however it is customary to give an offering when requesting a Mass intention. The donation is typically \$10.00, however, don't let that be a stumbling block as if your financial situation does not allow for a donation, talk to Fr. Coleman about your situation.

2) **Have Masses said for persons who are still living.** While we typically think of having Masses said for those who have died, how much more should we pray for those who are living. The Council of Trent says that the Mass may be said "for the living and the dead, for sins, punishments, satisfactions, and other necessities." Every individual benefits from the graces that come from having a Mass said on their behalf, please do not delay in doing so.

3) **Have Masses said in thanksgiving or for a celebration!** You can give your loved ones, friends and neighbors the benefits of the greatest prayer! What better way to show our gratitude to God? Consider a Mass gift for birthdays, anniversaries, celebration of the reception of the sacraments or answered prayers! When you send a Mass card, the receiving person understands what is most important in you

4) **It is easy to request a Mass.** Simply go to the parish office, during regular business hours, and see Cheryl or Dcn. Steve to have your Mass request listed in the Mass book. Have your donation ready to accompany your Mass request.

Also, here are some websites where you can request Masses to be said: <https://mymassrequest.org/>; through the Pius Union of St. Joseph you can request the 30-day Gregorian Masses to be said for a deceased loved one <https://piusunionofstjoseph.org/>.

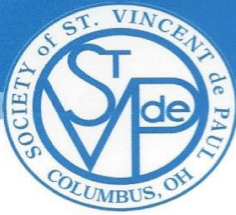
5) **Mass is the highest form of worship on Earth!** It is the highest form of worship in the Catholic Church because we unite ourselves with Christ's sacrifice on the cross in worship of His Father.

St. John Paul II emphasized the graces that come when a Mass is offered. *"The Church believes that She will be heard, for She prays in union with Christ, Her Head and Spouse, who takes up this plea of His Bride and joins it to His own redemptive sacrifice."*

Don't miss out on these graces for yourself and those you love! Find a reason to have a Mass offered today.

source:www.catholic.org





St. Vincent de Paul Thrift Store

5969 East Main Street
Columbus OH 43213

(614) 377-1065 colssvdpthriftstores@gmail.com
https://www.svdpcolumbus.org/svdp_thrift_stores

July 27, 2021

To the Members of the Church of our Lady of the Miraculous Medal St. Vincent de Paul Conference,

Thank you so much for offering to host a Donation Days Weekend for your St. Vincent de Paul's Thrift Store. Your efforts as a conference have made a tremendous difference to our store. You've helped us keep our store stocked with the best merchandise and that helps us keep our customers happy and our staff busy! And we are starting to generate profit! Thanks to your generous donations, we will be able to maintain a great selection for our customers.

One of the promises we have made to our conferences is that when their members volunteer at the store or when they host a Donation Days Weekend, we will show our thanks by awarding the conference gift cards for the time and effort that their conference members put into the weekend and/or thanks for the time they may put in to volunteering at the store. For this weekend, you have earned \$500. The gift cards will be hand delivered to you soon so that we can show our appreciation.

Gift cards can be given to the people you are serving in your community. They can be used to purchase anything in the store that they might need except mattresses and bedframes.

We are so grateful for your support. We look forward to building the Thrift Store into a long-term venture that will support the work of the Society throughout the Diocese of Columbus. You are very much a part of this effort.

With sincere appreciation ,

Bob Zabloudil
Thrift Store Coordinator
Store phone: 614-377-1065
Cell phone: 614-507-4948 (call or text)
bobzabloudil@aol.com

Submitted by George Medary

Red Cross Blood Drive - Tuesday, September 7, 2021

From 12:00 (Noon) to 5:00pm in Don Ross Hall



September 11, 2021, marks the 20th anniversary of what we will always remember as 9-11. Many events are being planned to commemorate the brave men who gave their lives to help save as many people as they could. Here are some links with information: <https://www.firerescue1.com/9-11/articles/special-events-to-commemorate-20th-anniversary-of-911-b5EKNjBpPeb86wIG/> ; <https://www.911memorial.org/20th-anniversary> ; <https://nationaltoday.com/national-day-service-remembrance/> ; <https://youtu.be/eGEssh5UAak>



The Men of the Medal Prayer Group

met on the 14th to watch the presentation from the Catholic Men's Conference by Devin Schadt. Devin gave us recommendations on how to become, **Heroic Men of Faith** or **Catholic Navy Seals**. It all starts with **prayer**. Do we schedule God around our day or our day around God? **Schedule time**, preferably three times a day, that you can enter into prayer. Put down the phone, get away from the computer, close the door and have a conversation with God. Try to get up a little early and start your day with God.

Both Cain and Able offered sacrifices to God. God did not look with favor on Cain's but accepted Able's sacrifice because Able gave of his "first fruits" while Cain gave God his leftovers.

Next, set aside a **sacred space**, a place where you can enter into prayer. Have sacred images or photo's, have your Bible and maybe a votive candle. In other words, tithe a portion of your house to the Lord. Now that you have scheduled a time and set aside a sacred space; now just stick to it. Do it consistently in other words "Just do it".

Now to help you in prayer here are Devin's 7 R's

1. **Recognize** - God's Presence in us and around us.
2. **Read** - Scripture or a book on a saint; read until something strikes you then. . .
3. **Reflect**- Spend some time on what is God saying to me in this reading.
4. **Respond** - Talk to God about what you read. Tell Him your dreams etc.
5. **Rest** - We all need rest. Rest with those words and what you think God is saying to you.
6. **Resolution** - Based on what you got from your prayer time, resolve that today I will. . . be kinder, love my wife more, spend time with my children, don't stop and have a drink, call an old friend. Whatever it is, make a resolve to do it.
7. **Remember** that resolve throughout the day.

Our next meeting is September 11th from 9-11, It will be a day to reflect and share on the 20th Anniversary of 9/11. "Where were you when the world stopped turning that September day?" All men of the parish are welcome.

Submitted by Patrick Shroyer



Why Do I Attend the Men of the Medal Prayer Group?

By Eric Payne

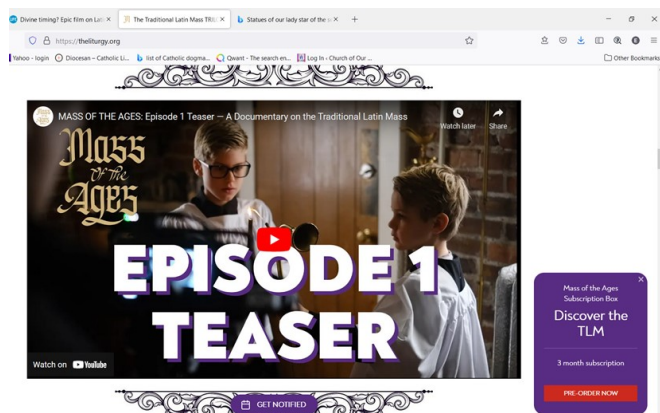
I was asked recently why I attend the Men of the Medal Group the second Saturday of each month. Although it seems a simple question, the answer took me in several different directions. In one way it is simply to recognize that as a Catholic man I am not alone in the journey to strengthen my faith and continue my effort to work towards salvation. In another way I attend to help better understand my unique role in the lives and service of others. I'm a husband, father, brother, employee, leader, follower, Catholic and a friend and hold so many other roles as someone who must search to be more selfless and contrite in the service of Our Lord.

The men's group gives me what I refer to as a spiritual "booster shot" which gives me the confidence to continue the path and fully discover the purpose God has for my life. I have learned that I am not alone in my struggles (I am not perfect, but trying) and find strength in those around me (as a group) we reflect on who we are, offer thanksgiving in prayer and support each other wherever we may be in our journey.

God bless, and please know that if you are hesitant to come, so was I in the beginning, but now I am forever grateful for the decision to give the Men of the Medal Group a try. Groups like these are so needed for Catholic men. As a father of five girls, I know how hard it can be to squeeze in one more thing. But, look at your calendar, and if time happens to be free you won't regret spending it with fellow Men of the Medal. God bless you in this Year of St. Joseph.

Mass of the Ages

For those of you who have never attended a Latin Mass I thought that providing you the information on this new video would be of interest. **Mass of the Ages – a trilogy about the Latin Mass**. Available on YouTube at <https://theliturgy.org/>. The first of the three videos was released on Sunday, August 15th. Production for this series began over two years ago.



Submitted by Elaine Sturm

Submit your article for the next C.O.O.L. NEWS to:

Editor in Chief Elaine Sturm at
esturm.cool@sbcglobal.net

E-mail the church at cool5225@sbcglobal.net
Or place your submission in the box marked "COOL NEWS" located in the sacristy
DEADLINE FOR SUBMISSION IS: September 15th

Join us on the WEB and FACEBOOK!

WEB: CHURCHOFURLADYCOLUMBUS.ORG
FACEBOOK: FACEBOOK.COM/COOLCOLUMBUS

St. Peter Claver

Feast Day: September 9
Patron Saint of Negro Missions
1580 - 1654

St. Peter Claver was born at Verdu, Catalonia, Spain in 1580 of impoverished parents descended from ancient and distinguished families. He studied at the Jesuit College of Barcelona, entered the Jesuit novitiate at Tarragona in 1602 and took his final vows on August 8th, 1604.

While studying philosophy at Majorca, the young religious was influenced by St. Alphonsus Rodriguez to go to the Indies and save "millions of perishing souls."

In 1610, he landed at Cartagena (modern Colombia), the principle slave market of the New World, where a thousand slaves were landed every month. After his ordination in 1616, he dedicated himself by special vow to the service of the Negro slaves - a work that was to last for thirty-three years. He labored unceasingly for the salvation of the African slaves and the abolition of the Negro slave trade. The love he lavished on them was something that transcended the natural order.

Boarding the slave ships as they entered the harbor, he would hurry to the revolting inferno of the hold, and offer whatever poor refreshments he could afford; he would care for the sick and dying, and instruct the slaves through Negro catechists before administering the Sacraments.

Through his efforts three hundred thousand souls entered the Church. Furthermore, he did not lose sight of his converts when they left the ships, but followed them to the plantations to which they were sent, encouraged them to live as Christians, and prevailed on their masters to treat them humanely. He died in 1654.

Source: www.catholic.org



THE CLAVER PRAYER

GOD, OUR HEAVENLY FATHER,
YOU HAVE GIVEN US LIFE
THROUGH THE DEATH AND RESURRECTION
OF YOUR BELOVED SON, JESUS CHRIST;
JESUS, OUR SAVING LORD,
YOU CAME INTO A WORLD DARKENED BY MAN'S SIN
AND GAVE IT LIGHT THROUGH YOUR TEACHING;
HOLY SPIRIT, THE BREATH OF GOD
WITHIN US, YOU GUIDE AND ENLIGHTEN US
AND GIVE US THE STRENGTH OF OUR CONVICTIONS;
SAINT PETER CLAVER,
WHO BECAME AN EXAMPLE FOR US,
YOU SHOWED US THE LOVE OF GOD, THE LIGHT OF CHRIST,
AND THE STRENGTH OF THE HOLY SPIRIT;
WE PRAY NOW THAT ALL WE SAY AND DO, IN YOUR HONOR,
BE A CONTINUATION OF YOUR WORK HERE ON EARTH.
ST. PETER CLAVER, PRAY FOR US.

ST. PETER CLAVER FOUNDATION
1825 Orleans Ave
New Orleans, Louisiana 70116
www.claverfoundation.org

LITANY TO SAINT JUDE

Blessed Apostle
With confidence I invoke you.

Saint Jude
Relative and friend of Jesus
Pray for me.

Saint Jude
Martyr for the love of Jesus
Intercede for me.

Saint Jude
Help of the hopeless
Aid me in my distress.

Saint Jude
Patron Saint of the impossible
Hear my prayer.

Saint Jude
Helper of body and soul
Come to my aid.

Saint Jude
Worker of miracles
Intervene on my behalf.



PRAYER TO SAINT JUDE

O holy apostle, Saint Jude, great in grace,
rich in miracles, faithful intercessor of all
who invoke your patronage in times of need,
I come to you, seeking your special aid
before the throne of Almighty God.

I turn to you, for you are known to be
a mighty helper in overcoming
seemingly impossible difficulties.

Help me in my present and urgent petition.
(Here state your requests.)

In gratitude, I promise to make
your name known, so that others may invoke
your heavenly assistance, to the glory of God
and for the good of souls. Amen.

Submitted by Mary Bishel

Prayer for God's Calming Love

God of mercy, come to me.
My heart is heavy with burdens and pain.
I am anxious, and the future is uncertain.
Call me to You, God, every day in prayer.
I give the troubles of my heart to You.
Take them; replace my worry with
the strength I need to trust in You,
for You are the answer to every question.
You are the light in all darkness. Amen.

Submitted by Mary Bishel

Novena to St. Michael

Sept 20 - 29 **The Feast of the Holy Archangels**

The Chaplet of St. Michael

O God, come to my assistance. O Lord, make haste to help me. Glory be to the Father, etc.

[Say one *Our Father* and three *Hail Mary's* after each of the following nine salutations in honor of the nine Choirs of Angels]

1. By the intercession of St. Michael and the celestial Choir of Seraphim may the Lord make us worthy to burn with the fire of perfect charity. Amen.

1 Our Father, 3 Hail Mary's

2. By the intercession of St. Michael and the celestial Choir of Cherubim may the Lord grant us the grace to leave the ways of sin and run in the paths of Christian perfection. Amen.

1 Our Father, 3 Hail Mary's

3. By the intercession of St. Michael and the celestial Choir of Thrones may the Lord infuse into our hearts a true and sincere spirit of humility. Amen.

1 Our Father, 3 Hail Mary's

4. By the intercession of St. Michael and the celestial Choir of Dominations may the Lord give us grace to govern our senses and overcome any unruly passions. Amen.

1 Our Father, 3 Hail Mary's

5. By the intercession of St. Michael and the celestial Choir of Virtues may the Lord preserve us from evil and falling into temptation. Amen.

1 Our Father, 3 Hail Mary's

6. By the intercession of St. Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil. Amen.

1 Our Father, 3 Hail Mary's

7. By the intercession of St. Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience. Amen.

1 Our Father, 3 Hail Mary's

8. By the intercession of St. Michael and the celestial Choir of Archangels may the Lord give us perseverance in faith and in all good works in order that we may attain the glory of Heaven. Amen.

1 Our Father, 3 Hail Mary's

9. By the intercession of St. Michael and the celestial Choir of Angels may the Lord grant us to be protected by them in this mortal life and conducted in the life to come to Heaven. Amen.

1 Our Father, 3 Hail Mary's

Say one *Our Father* in honor of each of the following leading Angels: St. Michael, St. Gabriel, St. Raphael and our Guardian Angel.

Concluding prayers:

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day.

Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ, that we may be made worthy of His promises.

Almighty and Everlasting God, Who, by a prodigy of goodness and a merciful desire for the salvation of all men, has appointed the most glorious Archangel St. Michael Prince of Your Church, make us worthy, we ask You, to be delivered from all our enemies, that none of them may harass us at the hour of death, but that we may be conducted by him into Your Presence. This we ask through the merits of Jesus Christ Our Lord. Amen.

Conclude Chaplet with this Novena Prayer:

St. Michael the Archangel, we honor you as a powerful protector of the Church and guardian of our souls. Inspire us with your humility, courage and strength that we may reject sin and perfect our love for our Heavenly Father.

In your strength and humility, slay the evil and pride in our hearts so that nothing will keep us from God.

St. Michael the Archangel, pray that we may be blessed by God with the zeal to live our lives in accordance with Christ's teachings.

St. Michael the Archangel, you are the prince of angels but in your humility, you recognized that God is God and you are but His servant. Unlike Satan, you were not overcome with pride but were steadfast in humility. Pray that we will have this same humility.

It is in the spirit of that humility that we ask for your intercession for our petitions...

Saint Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, thrust into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen



September 29 - St. Michael, St. Gabriel, and St. Raphael, Archangels (MICHAELMAS)

Michaelmas, Christian Feast of St. Michael the Archangel is celebrated in the Western Churches on September 29. Given St. Michael's traditional position as leader of the heavenly armies, veneration of all angels was eventually incorporated into his feast day. In the Roman Catholic Church, Michaelmas is now more commonly celebrated as the Feast of Saints Michael, Gabriel, and Raphael, the archangels; in the Anglican Church, its proper name is the Feast of St. Michael and All Angels. The Eastern (Orthodox) Church does not observe Michaelmas and celebrates the archangels on November 8.

The veneration of St. Michael—typically regarded as the greatest of the archangels and a mighty defender of the Church against Satan—began in the Eastern Church in the 4th century and had spread to Western Christianity by the 5th century. The feast date of May 8 commemorates the dedication of a sanctuary to St. Michael at Monte Gargano in Italy in the 6th century. Michaelmas was originally celebrated as a Holy Day of Obligation, but that requirement was gradually abolished.

Monte Gargano, Italy



During the Middle Ages, Michaelmas was a great religious feast and many popular traditions grew up around the day, which coincided with the harvest in much of western Europe. In England it was the custom to eat goose on Michaelmas, which was supposed to protect against financial need for the next year. In Ireland, finding a ring hidden in a Michaelmas pie meant that one would soon be married.

Source: Britannica, The Editors of Encyclopaedia. "Michaelmas". Encyclopaedia Britannica, Invalid Date, <https://www.britannica.com/topic/Michaelmas>. Accessed 15 August 2021.

It is also interesting that in England there was the custom of "Quarter days" which often coincided with feast days: **Quarter days**, the days that begin each quarter of the year. In England they are March 25 (Lady Day), June 24 (Midsummer Day), September 29 (Michaelmas Day), and December 25 (Christmas Day). Some local variations of these dates are found. They are the days on which it is usually contracted that rents should be paid and houses or lands entered upon or quitted. In Scotland there are two legal terms, May 15 (Whitsunday) and November 11 (Martinmas), and these, with the two conventional terms, February 2 (Candlemas) and August 1 (Lammas- anAnglo-Saxon harvest festival), make up the Scottish quarter days. In the Scottish burghs, however, the removal terms are May 28 and November 28. In the United States the quarter days are, by law, the 1st of January, April, July, and October.

Source: Britannica, The Editors of Encyclopaedia. "Quarter days". Encyclopaedia Britannica, Invalid Date, <https://www.britannica.com/topic/Quarter-Day>. Accessed 15 August 2021.

St. Michael's Lent

[August 11, 2019](#) - by [LH](#) with permission.

This week you will have the opportunity to begin a special, holy sacrifice, mortifying yourself in this unofficial-yet-formerly-known cycle of penance and denial. This period lasts from August 15th through September 29th. This more-or-less 40-day fast (45 days, really) is basically Lent Part Two, only it takes place during the summertime. St. Michael's Lent used to be more of a well-known occasion during Christendom's glory days, but the best-known practitioner of this sacrifice was St. Francis of Assisi, who had a special devotion to Mother Mary and the Archangel Michael. He would annually embark on this lenten journey from The Feast of Mary's Assumption in late summer until the Feast of St. Michael, and in fact, it was during St. Michael's Lent that he received the miraculous stigmata. To this day, there are still some Franciscans who fast during this time. At first, the whole occasion—St. Michael's Lent and its final day, Michaelmas—appears as a sort of mirror for Lent and Easter, the latter holiday being a time of relief and celebration at the end of a long trial of discipline. However, keep in mind that St. Michael's Lent isn't, exactly, as rigorous as the Lent that precedes Easter. Another thing that distinguishes this unofficial "Second Lent" from the official one is that Michaelmas [used to be the traditional "Thanksgiving Dinner" of Christendom](#). And

overall, the seasonal timing is perfect, as St. Michael's Lent leads to a time of harvest and plenty. It almost seems natural to have fall carnivals, fairs, and feasts centered around such a day, seeing as how it lands at the end of a period of fasting and denial.

For Traditional Catholics in the 21st century who struggle to make an identity for themselves and try to differentiate themselves from the cultural bankruptcy that surrounds them, it would make sense to adopt, perhaps, a light version of this custom. It's a start, anyway. After all, did not Our Lady tell us that we need to practice penance and mortification in these dangerous hell-bound times? What better way to prepare ourselves for [the upcoming angelic season](#) than to prepare our bodies and intellects with sacrifice and prayer? Let us not be materialistic worldlings, whom our daily newsfeeds show to be losing their souls and their minds. Catholics should not have shallow thoughts and vacant lifestyles. We shouldn't be brain-dead, hedonistic zombies. It would behoove us to add even more depth to our love, holy pursuit, and understanding of the Divine.

Source: <https://forge-and-anvil.com/2019/08/11/st-michaels-lent/>



Food was delicious... steak and so many yummy side dishes. Joel played festive music, and after the rain passed, everyone had a great time!
Submitted by Anne Grossman



Knight's News

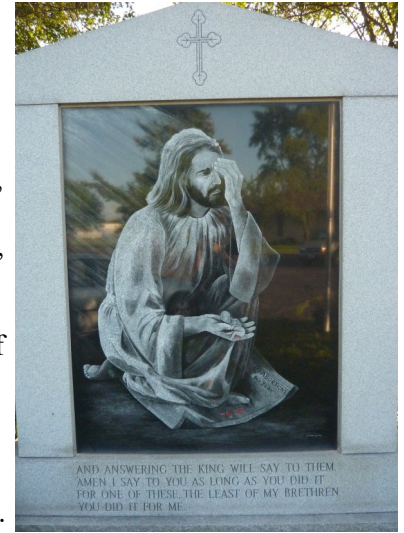
Knights Sponsor Renovation at Church of Our Lady!

Council 11188 has donated money from the Lenten Fish Fries to refurbish both the east and west outside entryway doors to the church.

The finish on the large wood doors deteriorated from exposure to the elements over the years. The doors were laminated and refinished during August, so by the time this article is published, all of the doors to the church will look brand new!

National Day of Remembrance for Aborted Children

On Saturday, September 18th, after the 4:00pm Mass, members of the Knights of Columbus, Council #11188, will conduct a memorial service at the Right To Life Monument in observance of the 2021 National Day of Remembrance for Aborted Children. All members of the parish are welcome to participate in this ceremony.



It is time for the Knights of Columbus State Council's Annual Football Frenzy Fundraiser. Each ticket provides ten chances to win for ten consecutive weeks. There are 22 possible winners each week! Winners are decided by the results of NFL games from November 7th, 2021 to January 9th, 2022. Tickets are available for \$20 from any member of Council 11188.

Proceeds from this fundraiser are used to promote the charitable works of the Knights of Columbus at both the state and local level.

This announcement came from *Priests For Life* on August 11, 2021, outlining resources available for the National Day of Remembrance for Aborted Children. Submitted by Elaine Sturm



On Saturday, September 18, 2021, Priests for Life will again co-sponsor the annual National Day of Remembrance for Aborted

Children, calling on pro-life Americans to gather at the gravesites of our aborted brothers and sisters. I am happy to have co-founded this project.

Solemn prayer vigils will be conducted at these gravesites, of which there are 56 across the United States, as well as hundreds of other sites dedicated in memory of aborted children.

Too often, abortion is dealt with in purely conceptual, philosophical, or theological terms; but it's about real bloodshed, read victims: The over 61 million American children who have lost their lives to abortion since 1973. Most of them never get a proper burial. But some of them do, after pro-life people retrieve their bodies from dumpsters.

Visiting the burial places of these children cuts through any rhetoric surrounding abortion and removes this conversation from the abstract into concrete reality.

At www.AbortionMemorials.com you can find where these gravesites and memorial sites are located and details about any memorial services planned near you on September 18.

Please also consider planning a memorial service yourself if there is a site near you that is not yet scheduled to have one.

As you know, I also serve as the Pastoral Director of the [Silent No More Awareness Campaign](#). There is a beautiful

connection between these two ministries, because as people come to mourn at the gravesites of these babies, many of their moms, dads, grandparents, siblings, and other family members also come to [share their testimonies](#) of how they mourn them, too, and how they have found peace in Christ.

I hope you can plan on attend a service near you on September 18 and also spread the word to get others to attend! And even if there is not a burial site near you, please participate by spending some time reading the stories and saying the prayers you'll find at www.AbortionMemorials.com. You can find a lot of other pro-life prayers for this and other occasions at www.ProLifePrayers.com.

We also give you the opportunity to bestow a name on an unborn child. See more info at www.NameTheChildren.com. Blessings,

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www.EndAbortion.US

If you have ever wondered what everything means on the St. Benedict Medal, here is a poster with the explanations!

THE SAINT BENEDICT MEDAL

**EJVS IN OBITV NRO PRA
SENTIA MVNIAMVR:**

Latin for: "May his presence protect us in the hour of death."

**CHALICE
WITH
SERPENT:**

This image represents the event when a group of monks plotted to murder St. Benedict because they believed his doctrines to be too strict. They poisoned the mass wine, but when St. Benedict made the sign of the cross over the chalice, it fell to the ground and shattered.

**EX S M CASINO
MDCCLXXX:**

Latin for: "From the Holy Mount of Cassino, 1880."

**RAVEN WITH BREAD
IN BEAK:**

This image represents a second attempt to murder St. Benedict by poisoning his bread, but God sent a raven who carried it off before he could consume it.

HISTORY OF SAINT BENEDICT MEDAL:

The exact time and date of the making of the St. Benedict Medal is not known, but it was formally approved by Pope Benedict XIV in the year 1741. The most common medal today is the Jubilee medal that was struck in the year 1880 in remembrance of the 1400th anniversary of St. Benedict's birth. The letters on the back of the medal had been a mystery until an ancient manuscript was discovered at Metten Abbey in Bavaria in the year 1647, in which an exorcism formula was found that matched the medal's inscriptions. The St. Benedict Medal is one of the oldest and most honored medals used to ward off evil spirits.

FRONT OF MEDAL:
St. Benedict holding a cross in one hand and the book of his Rule in the other.

CRUX PATRIS BENEDICTI:
Latin for: "The Cross of the Holy Father Benedict."

PAX:
Latin for: "Peace."

BACK OF MEDAL:
In the center on the back of the medal, there is a cross which St. Benedict greatly loved and used to drive away demons. On the vertical beam are the following letters: C.S.S.M.L. (Cruz sacra sit mihi lux), which is Latin for, "May the holy cross be for me a light." On the horizontal beam, there are five letters N.D.S.M.D. (Non draco sit mihi dux), which is Latin for, "Let not the dragon be my guide."

RIGHT SIDE OF MEDAL:

Encircling the right side of the back of the medal are the letters V.R.S.N.S.M.V. (Vade retro Satana; nunquam suade mihi vana), which is Latin for, "Be gone, Satan! Suggest not to me thy vain things."

LEFT SIDE OF MEDAL:

Encircling the left side of the back of the medal are the letters S.M.Q.L.I.V.B. (Sunt mala quae libas; ipse venena bibas), which is Latin for, "The drink you offer is evil; drink that poison yourself."

**FOUR LARGE LETTERS
AROUND CROSS:**

C.S.P.B. (Cruz sancti Patris Benedicti), which is Latin for, "The cross of the Holy Father Benedict."



Fr. Coleman's Calendar