

Our Lady, Help of Christians Parish Newsletter

1201 Kingsbury Ave., Huntsville, AL 35801

Father Alan C. Mackey, pastor

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To request sacraments or in case of emergency, contact Father Mackey: 256-479-5322



Mass Schedule

Sunday:

Low Mass - 8:00 am
Confessions - 9:00 am
Rosary - 9:30 am
High Mass - 10:00 am

Monday:

Mass - 7:00 am
Confessions - After Mass

Tuesday:

Mass - 7:00 am
Confessions - After Mass

Wednesday:

Confessions - 8:15 - 8:45 am
Mass - 9:00 am

Thursday:

Adoration & Confessions - 8:00 am
Benediction - 8:45 am
Mass - 9:00 am

Friday:

Adoration & Confessions - 8:00 am
Benediction - 8:45 am
Mass - 9:00 am

First Friday:

Mass - 7:00 am
Mass - 9:00 am

Saturday:

Confessions - 7:30 - 7:50 am
Mass - 8:00 am

First Saturday:

Rosary & Meditation - 8:45 am

Holy Days of Obligation:

10:00 am & 5:30 pm (unless alternative times announced)

MASS TIME CHANGES OR ADDITIONS FOR THE MONTH OF FEBRUARY

- * **February 2:** The Purification of the Blessed Virgin (Candlemas) - Mass at 9:00 am followed by blessing of candles (please see note below)
- * **February 18:** Ash Wednesday -
 - * Confessions: 8:15 am
 - * Mass: 9:00 am
 - * Confessions: 4:45 pm
 - * Mass: 5:30 pm
- * **Saturdays during Lent:** Additional confession time from 10:00 - 10:30 am

ANNOUNCEMENTS:

- * **February 1** - The Feast of St. Blaise is on Feb. 3rd; Father will bless throats after Mass on Feb. 1
- * **February 2 - The Purification of the Blessed Virgin Mary (Candlemas)** - Following Mass, Father Mackey will bless candles for the parish. Candles presented to be blessed should be at least 51% beeswax. Traditionally speaking, Holy Mother Church has always appreciated the great symbolism and richness in candles made of pure beeswax, finding much value and symbolism in the bee's service and gift of beeswax transformed to natural light with Our Lady's gift of fiat, becoming the mother of God, the Light of the World. In the 4th century, St. Jerome composed a hymn including the symbolism of bees and wax and St. Augustine confirmed this preference for 100% beeswax in the use of liturgical candles even after concessions were made for the use of other materials in liturgical candles.

CANDLEMAS, THE BLESSING OF CANDLES, AND THE USE OF BLESSED CANDLES

(source: *The Church's Year*, Rev. Leonard Goffine, Impr: 1874 & *Christian Feasts and Customs*, Fr. Francis Weiser, Impr: 1958)

Since the 8th century, the liturgical blessing of candles has been a fixed part of the liturgy and is a "remembrance of the presentation of Jesus to His Heavenly Father on this day, when the aged Simeon called Him: A light to the revelation of Gentiles, and the glory of the people of Israel (Lk 2:32), and to remind us that, like the five wise virgins, we should go to meet Christ with the light of faith and good works." Blessed candles may be lit in a home for a particular prayer intention: for health of body or soul; that through the grace of the Holy Ghost and the doctrines of Jesus, our hearts may be interiorly enlightened; that the fire of love may be kindled in our hearts, purify them from all remains of sin, and make us partakers in the joyous light of heaven, which will never be extinguished.

Sources for obtaining pure beeswax candles:

- * bigdipperwaxworks.com (excellent quality candles and good source for tapers, votive and Advent wreath candles)
- * beeswaxcandleco.com (source for smaller tealight candles excellent for home use because they don't burn as long)

- * **All Fridays during Lent** - Stations of the Cross and Benediction will follow all 9:00 am Masses during Lent.
- * **Book Club will meet on February 25th** - (Confessions will precede the meeting from 5:00 - 5:30 pm) Immediately following confessions, Father Mackey invites the adults of the parish to a book club. Topic and book TBA.
- * **Spring Ember days:**
 - * February 25 - Ember Wednesday
 - * February 27 - Ember Friday
 - * February 28 - Ember Saturday

Prayer to Our Lady, Help of Christians

O Mary, powerful virgin, thou art the mighty and glorious protector of the Church; thou art the marvelous help of Christians; thou art terrible as an army in battle array; thou alone hast destroyed every heresy in the whole world. In the midst of our anguish, our struggles and our distress defend us from the power of the enemy and at the hour of our death receive our souls in paradise. Amen.

Requirements for Lenten Fasting and Abstinence Rules (1983 Code of Canon Law)

- *with Traditional (1917 Code of Canon Law) fasting and abstinence requirements noted* -

* Abstinence requirements apply to those age 14 +

* Fasting requirements apply to those age 18 - 59

The law of Abstinence forbids the use of meat, but not of eggs, the products of milk, or condiments made from animal fat. The law of Fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing - as far as quantity and quality are concerned - approved local custom. Eating between meals is not permitted, but liquids, including milk and fruit juices, are allowed. Fish and all cold-blooded animals may be eaten.



Pope St. Leo I (461 AD) on the purpose of fasting: fasting is a means and not an end in itself; its purpose is to foster pure, holy, and spiritual activity.
 “What we forego by fasting is to be given as alms to the poor.”

Fasting and Complete Abstinence on Ash Wednesday and Good Friday

* **All Norms:** No meat, one regular/principal meal, two small meals

Abstinence on all Fridays of Lent

* **Current Norms for Days of Abstinence:** No meat

* **Traditional Norms for Abstinence (1917 Code):** Only one full meal for the day and no meat

Fasting and Partial Abstinence on all weekdays of Lent

* **Current Norms for Fasting and Partial Abstinence:** It is recommended to consume meat at only the principal meal, taking two other small meals, including Ember Wednesday, Friday & Ember Saturday.

* **Traditional Norms: Fasting and Partial Abstinence** it is *obligatory (not recommended)* to consume meat at only the principal meal, taking two other small meals, including Ember Wednesday, Friday & Ember Saturday.

No Fasting or Abstinence on Sundays

A Virtue for Every Month :: February :: Humility

Source: *A Year With the Saints: A Virtue for Every Month of the Year, Imprimatur 1891*

St. Teresa

In my opinion, we shall never acquire true humility unless we raise our eyes to behold God. Looking upon His greatness, the soul sees better her own littleness; beholding His purity, she is the more aware of her own uncleanness; considering His patience, she feels how far she is from being patient; in fine, turning her glance upon the divine perfections, she discovers in herself so many imperfections that she would gladly close her eyes to them.

Thomas a' Kempis

Here is one of the best means to acquire humility: fix well in mind this maxim: One is as much as he is in the sight of God, and no more.

St. Francis de Sales

Humility, to be true, must be always accompanied by charity; that is, loving, seeking, and accepting humiliations to please God, and to become more like Jesus Christ; to do otherwise, would be to practice it in the manner of the heathen.



O Jesus, You who were so humiliated for us, teach me how to practice true humility.

Source: *Divine Intimacy*, #106, Father Gabriel of St. Mary Magdalen, O.C.D., Imprimatur 1964

Parish Notes

Interested in joining the parish - Please submit a Membership Form to the office. Forms can be found on the informational table in the hall.

For weddings and funerals - Members of the parish should contact Father Mackey directly.

Funerals: Please contact Father Mackey before coordinating with a funeral home.

Weddings: Contact Father Mackey at least 6 months prior to a projected wedding date.

Communion for the sick: Contact Father Mackey if you would like him to bring Holy Communion to you or a loved one.