

# Our Lady, Help of Christians

## Parish Newsletter

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### MASS TIME CHANGES FOR THE MONTH

- \* **There will be NO MASS** - on August 15th, 16th, 17th..
- \* **Monday, September 21** - Mass time will be at 6:30 am.
- \* **Tuesday, September 29** - there will be Adoration and Confessions at 4:30 pm; High Mass at 5:30 pm.
- \* **Wednesday, September 30** - Mass time will be at 7:00 am.

### ANNOUNCEMENTS:

- \* **Confessions** - Please note an additional time for Confessions is set aside at 7:30 am every Sunday morning.
- \* **Little Flowers Girls Club** - meets on the second Friday of each month. This month's meeting will be September 11.
- \* **Church newsletter is now being emailed** - A reminder that the church newsletter is emailed to all registered parishioners on a monthly basis. Paper copies are provided for the church members that do not have access to email, as well as for church visitors. Please remember that anyone may access and print a pdf copy of the church newsletter or calendar from the church website: [ourladyhelpofchristians-al.org](http://ourladyhelpofchristians-al.org). Thank you all for your understanding and cooperation in transitioning to this new format.

### September IS TRADITIONALLY DEVOTED TO *Our Lady of Sorrows*

All the sorrows of Mary (the prophecy of Simeon, the three days' loss, etc.) are merged in the supreme suffering at the Passion. In the Passion, Mary suffered a martyrdom of the heart because of Our Lord's torments and the greatness of her love for Him. "She it was," says Pope Pius XII, "who immune from all sin, personal or inherited, and ever more closely united with her Son, offered him on Golgotha to the Eternal Father together with the holocaust of her maternal rights and motherly love. As a new Eve, she made this offering for all the children of Adam contaminated through his unhappy fall. Thus she, who was the mother of our Head according to the flesh, became by a new title of sorrow and glory the spiritual mother of all His members."

*Mary most sorrowful, Mother of Christians, pray for us.*

*Virgin most sorrowful, pray for us.*

Source: *The Prayer Book*, edited by Rev. John P. O'Connell, MA, STD, Imprimatur, 1954

### A Virtue for Every Month :: September :: Prayer

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

ST. TERESA

Souls that have no habit of prayer are like a lame and paralytic body, which, though it has hands and feet, cannot use them. Therefore, to abandon prayer seems to me the same thing as to lose the straight road; for as prayer is the gate through which all the graces of God come to us, when this is closed, I do not know how we can have any.

The soul that perseveres in the exercise of prayer, however many sins, temptations and falls of a thousand kinds the devil may oppose to it, may hold it for certain, after all, that the Lord will sooner or later rescue it from danger and guide it into the harbor of salvation.



### Mass Schedule

#### Sunday:

Confessions - 7:30 am  
 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:

Adoration & Confessions - 4:30 pm  
 Benediction - 5:15 pm  
 Mass - 5:30 pm

#### Thursday:

Confessions - 8:30 am  
 Mass - 9:00 am

#### Friday:

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

**First Friday** - additional  
 Mass at 7:00 am

#### Saturday:

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

#### First Saturday:

Rosary & Meditation - 8:45 am

#### Holy Days of Obligation:

9:00 am & 5:30 pm (unless  
 alternative times announced)

### 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.

