

From My Poor Heart

When we care little for something that can be easily replaced, we lay it carelessly and thoughtlessly. What we work for is precious. Antiques and jewelry, treasures of our family, coming down to us through inheritance are precious. Yet, our soul is also priceless. At Communion time the priest feeds us with Spiritual Food, the Body, Blood, Soul and Divinity of Christ, and says, "May the Body of Christ stand guard over thy soul unto eternal life." Our frail bodies will someday crumble into dust. Yet, our spiritual essence will exist forever. It is this we should ask Jesus to guard. We are weak and unwise, but Our Lord is strong and has the greatest wisdom that exists. We constantly walk into spiritual danger, but He can guide us down the narrow path of salvation. Provided that we leave our souls in His Loving Care. Our Lord, Jesus Christ, to Whom, "all power is given in Heaven and on earth," before Whom angels bow in lowliest adoration, at Whose Name every knee doth "bow of those that are in Heaven, on earth and in hell," from Whose hand none can snatch our soul away. We must voluntarily let the devil enter our soul before it can be taken from Our Lord's care. We must choose evil over God by our own volition. If we see our soul as of little value, and seek only to satisfy our base desires and engage in the pursuit of pleasure, then our precious soul, breathed into man by God Himself, will become a jewel of evil for the devil who realizes the true value of the soul to God.

O Dear Jesus, strong Guardian of my soul, keep Thy watch most faithfully that I may not lose my immortal soul. Keep me safe by Thy Side. Let Thy Wisdom displace my stupidity, Thy omnipotence my weakness. When thieves come in the night to snatch away my spiritual substance, stand guard and warn me before I perish. Dear Lord, I thank Thee for Thy watchfulness these many years. Please Dear Jesus, watch carefully over me just a few more years that I may join Thee in Heaven for all eternity where I will be safe.



Weekly Mass Schedule

8:00 a.m.; 9:30 (High Mass); 11:00 and 5:30 p.m.

Tuesday Mass: 10:00 a.m.

Wednesday Mass: 10:00 a.m.

Thursday Mass: 10:00 a.m.

Friday Mass: 6:30 p.m.

First Saturday: 10:00 a.m.

**Oratory of Our Mother Of Perpetual Help
Institute of Christ the King Sovereign Priest
1298 Homestead Road, Santa Clara, CA 95050
TEL: 408-248-4330: <http://www.ourmotherofperpetualhelp.us>
Institute web site: www.institute-christ-king.org/SantaClara/**



Canon Henry Fragelli, Rector
1219 Excelsior Ave., Oakland, CA 94610
TEL: 510-482-2053

Fr. Pedro Ottonello, Chaplain
2217 Lincoln Ave., Alameda, CA 94501
510-521-4929



**Blessed Virgin Mary,
Our Mother, pray for
our country, dedicated
to thy Immaculate Con-
ception.**

Holy Mass was instituted for four ends: To honor God; to make satisfaction for our sins; to thank God for His benefits; to obtain all the graces we need. By offering Jesus Himself to the Eternal Father at Mass, we give God infinite honor, greater than all men and angels could give even by sacrifice of their lives. We offer God, in the same oblation, complete satisfaction for all the sins of mankind, especially for the sins of those not present. The Sacrifice is of infinite value. However, God accepts It only according to the dispositions of those assisting. We should then hear Mass as well and as often as we can. The favors we receive from God are so numerous that we can never give Him thanks sufficiently. But by offering Jesus in Holy Mass, we can repay God fully for all His benefits. By the Adorable Sacrifice we can obtain the graces we ask for both ourselves and for others. We are unworthy in ourselves of God's favor, but we can obtain every grace if we ask for it through the merits of Our Lord Who is offered on the altar. We should accompany the actions and prayers of the priest, particularly at the Offertory, the Consecration and the Communion. Or we should meditate on the Passion of Christ, recite the Rosary or other prayers and unite our intention with the priest saying Mass. If several Masses are being simultaneously celebrated, it is good practice to make the intention to hear them all, thereby gaining innumerable graces. We ought to always come to Mass a few minutes early and make adequate preparation for so holy an action.

Perpetual Help Weekly Bulletin
Month of the Divine Infancy
II Sun. After Epiphany, 08 JAN 2012, Vol. 5, No. 03

SeaSon of the Year before SeptuageSima



The miracle of changing water into wine was performed by Jesus only after the request of Mary to deliver the young married couple "out of their distress" (Gradual). As a result of the miracle wrought through Mary's intercession, the disciples of Jesus "believed in Him" (Gospel) for they recognized His Power to change all substances. Hence, the Epistle describes the daily miracle of God's "grace that is given us," graces of interior and social justice to change from evil to good in both single and married life. This "exercise of power" (Postcommunion) in the "Divine Sacrament" effects a change from the cold dull water of mere human life to the warm generous wine of Divine Life, and thus unites our changed souls to God in the indissoluble bonds of an eternal marriage. As we recognize "the great things" (Offertory) done for our soul through Mary's prayers to Jesus, we should, like the disciples, acknowledge His Divinity. "Whatsoever he shall say to you, do ye."

Last Week: Souls in attendance totaled 231. Regular donations were: \$2,166.00. Building Fund I totaled \$560.00, and Building Fund II, \$50.00. May Our Divine Infant Lord extend His blessings to you for your generosity.

Tuesday: Silent adoration from 9:00 a.m. to 10:00 a.m. followed by Holy Mass and Novena in honor of Our Mother of Perpetual Help. Feast of St. Anthony Abb., who lived his life as a hermit from age 18 years and is regarded as Father of Hermits. St. Anthony defended the Church against the Arian heretics. He died in 365 at age 105. His dear friend was St. Athanasius who wrote a biography of his life.

Wednesday: Mass at 10:00 a.m., then Novena in honor of St. Anthony of Padua follows. Feast Day of St. Peter's Chair at Rome falls and may be celebrated as a Festal Mass, with commemoration of St. Prisca Virg. M. The Feast celebrates the work of St. Peter as Bishop of Antioch, prior to going on to Rome. The object of the Feast Day is to honor and recall the powers given by St. Peter by Our Lord. St. Paul is commemorated in the Mass of St. Peter's Chair. St. Prisca was a Roman virgin, baptized by St. Peter, and martyred under Claudius in the I Century. One of the most ancient churches in Rome is dedicated to her.

Thursday: Holy Mass begins at 10:00 a.m. Feast of SS Marius, Martha, Audifax and Abachum Mm. St. Marius and his wife, St. Martha, were noble Persians who had come to Rome with their two sons, Audifax and Abachum, in the reign of Claudius II. Arrested for visiting Christian prisoners, they suffered martyrdom in 270. St. Canute Reg. M., is honored the same day in the Mass. The Danish King, Canute was killed in a rebellion in 1086. A staunch defender of the Faith, St. Canute was regarded as a martyr, and his tomb is renowned for its miracles. Novena to the Divine Mercy follows the Mass.

Friday: Novena in honor of the Eucharistic Heart of Jesus after Mass at 6:30 p.m. Feast Day of St. Fabian Pp. M., and St. Sebastian M., is celebrated. St. Fabian was successor to St. An-er-us as Pope and was martyred under Decius in 250. Fabian, was elected Pope when a white dove hovered over him, the Baptism of Christ being recalled. Sebastian was an Imperial military officer who rebuked the Emperor and was sentenced to execution with arrows. Thinking him dead, he was left on the field but later appeared before the Emperor again criticizing him for his persecution of Christians and was then beaten to death with rods.



St. Agnes, Model of Purity: St. Agnes, the 13 year old Roman noblewoman, from one of the oldest families in Rome, refused to compromise purity and was martyred by beheading. The times in which she lived were not unlike our own. Every vice was practiced in Rome, every pleasure was sought, nothing was off bounds. Her name is inscribed in the Canon of the Mass. Her main feast day is January 21, but a second feast occurs on the octave day, January 28. The latter celebrates her appearance to her parents, surrounded in bright light by a host of virgins and carrying a lamb, whiter than snow, on her right hand. The monastery of the Benedictine sisters of the basilica of St. Agnes in Rome, built over her tomb, each year take the wool of two especially blessed (on her feast) white lambs, which are later blessed by the Pope, and convert it on Good Friday into palliums, the special insignia of archbishops, which is worn over the chasuble.

St. Agnes, help us to keep our holy faith inviolate, to profess ourselves Catholics in word and deed.

If we begin to pray, we shall cease to sin, but if we cease to pray, we shall begin to sin. St. Augustine.

Consider St. Paul before his conversion. He was a persecutor of Christ. From the actual moment of his conversion he was changed into a Paul from a Saul due to God's Grace. Hope for yourself and pray for others that you and they may be similarly converted. Follow St. Paul and resolve to deplore sin during the rest of your life beginning with this new year. Meditate on how to avoid future sin most earnestly. Compensate for the past by works of penance. Meditate upon the fact that you yourself have committed many more grievous sins than did Saul. Not out of ignorance, but from sensuality and malice, for you were not ignorant of Our Lord's Teachings and have received Baptism and His own Body and Blood in Holy Communion. Trust in God that you may resist all temptations and may overcome serious weaknesses in the future. Thank God for the grace of your original conversion and be reconverted when you have fallen into sin through Penance.

Prayer and Intentions for Each Day of the Church Unity Octave: The Octave runs from 18 JAN to 25 JAN inclusive and was approved by Pope St. Pius X in 1909, extended to the Universal Church in FEB 1916 by Pope Benedict XV. Prayer for each day is as follows: How the Sacred Heart must grieve to behold so many divisions among Christian Churches separated from the One True Church He founded. Pray that Christ's Plea may be realized. ANTIPHON: "That they may all be One, as Thou, Father, in Me and I in Thee; that they also may be one in US, that the world may believe that Thou hast sent Me." (John 17-21) V. "I say unto thee, that thou art Peter." R. "And upon this Rock I will build my Church." LET US PRAY: O Lord Jesus Christ, Who didst say to Thine Apostles: "Peace I leave with you. My peace I give unto you," regard not our sins but the Faith of Thy Church, and grant unto her that peace and unity which are agreeable to Thy Will. Who livest and reignest, God forever and ever. Amen.

Intentions: Day 1: Return of all the "other sheep" to the one fold of St. Peter, the One Shepherd. Day 2: Return of all Oriental Separatists to Communion with the Apostolic See. Day 3: The submission of Anglicans to the Authority of the Vicar of Christ. Day 4: That the Lutherans and all other Protestants of Continental Europe may find their way back to Holy Church. Day 5: That Christians in America may become One in communion with the Chair of St. Peter. Day 6: The return to the Sacraments of Lapsed Catholics. Day 7: The Conversion of the Jews. Day 8: The Missionary Conquest of the World for Christ. As you are aware, the world is growing farther from Christ each day. Pray that we may be one in strength, one flock.