



Adult Faith Formation

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To deepen our understanding
of our Faith and increase our
Love for God

February 2017

February Focus



Archbishop Bernard Hebda visits St. Albert's this weekend February 12th! He will be concelebrating the Mass with Fr. Richards, will be installing Fr. Richards as our pastor. Because of the Archbishop's presence at St. Albert's we are taking the opportunity to explain some of the things one would notice with a bishop's visit. The newsletter also has the third and final installment of the Infant of Prague Novena on the back page.

Let us remember to pray for Archbishop Hebda, Fr. Richards, and Fr. McCabe, our shepherds in faith.

*"God, with Christ's own cross you marked us, Made us yours eternally.
By that sign you chose and claimed us for Christ's work of ministry.
When he calls us, where he leads us, Help us follow faithfully."*

Song Text—"God, Who at the Font Once Named Us" - verse 3

Upcoming Events

> **February and March—Pivotal Players DVD series continues. Watch the bulletins for each week's feature "player" and then come and watch!**

> **Saturday, February 25th—Prayer Retreat, 9am –12pm at church. See bulletins for more info.**

> **Wednesday, March 1st—Lent begins! Mass and Ash Distribution—7am and 7pm.**

The **mitre**, is worn by a bishop for liturgical functions. The mitre is a "headdress." The word *mitre* derives from the Greek *mitra*, which signifies a headband or diadem. In the Old Testament books of Exodus and Leviticus it mentions the High Priest and other priests wore a distinctive garb which included a mitre. Exactly when the Church adopted the mitre as part of the vesture of bishops is hard to pinpoint. One tradition holds that the mitre's usage dates to the time of the Apostles; other traditions place its first usage about the eighth or ninth centuries. The first written mention of the mitre is in a bull issued by Pope Leo IX in the year 1049, when he granted Bishop Eberhard of Trier "the Roman mitre" as a sign of his authority and of the primacy of the Diocese of Trier. By 1100, a bishop customarily wore a mitre. In the Latin Rite, the mitre originally was a headband with a veil, and eventually appeared more in its present triangular form pointing upward with two *infulae* or fans (two strips of cloth hanging from behind). Over the centuries, mitres were elongated or embellished according to the times. For example, during the baroque period, mitres were very tall and were embellished with jewels. The mitre is worn in procession and it is always laid aside when the bishop prays.



The **pectoral cross** is used by the pope, cardinals, bishops, abbots, and other prelates entitled to use the pontifical insignia. It is worn on the breast attached to a chain or silken cord, it is made of precious metal, ornamented, more or less, with diamonds, pearls, or similar embellishment, and contains either the relics of some saint, or a particle of the Holy Cross. It is worn over the alb during liturgical functions. The prelate should kiss the cross before putting it on his neck, and while putting it on say a prayer in which he petitions God for protection against his enemies, and begs to bear in mind continually the Passion of Our Lord, and the triumphs of the confessors of the Faith. The pectoral cross is the latest addition to episcopal ornaments. The custom, however, of wearing a cross on the breast either with or without holy relics, dates back to ancient time and was observed not only by bishops, but also by priests and lay people. As an adornment for bishops it is mentioned for the first time toward the end of the thirteenth century.



The **crozier**, or officially the pastoral staff, symbolizes the role of bishop as the Good Shepherd. Our Lord is the model shepherd for the apostles and their successors, the bishops, who are appointed as shepherds. The bishop, like a good shepherd, must lead his faithful flock along the path of salvation, disciplining and protecting them as needed. The shepherd's staff is therefore a most appropriate symbol for the office of bishop.



Source—catholiceducation.org and newadvent.org

Write a Crooked Path: Tips for the Journey

Lent is only a few weeks away, so now is the time to start thinking of the crosses in your life and how you can offer them up to Jesus as a penitential act during the Lenten season.

As a visual aid, try making small little crosses made out of old palm branches and then "nail" them to your computer screen, refrigerator, vehicle dash board, or other daily stops. This may help as a constant reminder to "do penance" during Lent.

*"...teach us that we cannot
have Your love without
Your cross ..."*

Pope Francis February Prayer Intentions

Universal:

Comfort for the Afflicted

That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.



Dear Jesus,
 help me spread
 Thy fragrance every-
 where I go. Flood my soul with
 Thy spirit and love. Penetrate and
 possess my whole being so utterly
 that all my life may only be a radi-
 ance of Thine. Shine through me
 and be so in me that every soul I
 come in contact with may feel Thy
 presence in my soul. Let them
 look up and see no longer me but
ONLY JESUS.

Pray for our Bishops

Most Reverend Bernard A. Hebda was installed as Archbishop of the Diocese of St. Paul and Minneapolis on May 13, 2016. The prayer to the left was on the prayer cards distributed at his Instillation Mass. This beautiful prayer by Cardinal John Henry Newman may be used by the ordained themselves, and by all the faithful to pray for themselves and the ordained.

God Bless our Bishops and Priests.



A Closer Look

When a bishop is at a diocesan parish the Entrance Procession happens normally, with the bishop entering last wearing his mitre and carrying his crosier. Several times during the Mass the bishop will remove and set aside his mitre and crozier. At some point during the Mass the archbishop will install Fr. Richards saying the following words:

Remember, my brother Fr. Peter Richards, always be a loving father, a gentle shepherd and a wise teacher of your people, so that you may lead them to Christ who will strengthen all that you do.

~Days 7 through 9~

Novena

to the

Miraculous Infant Jesus of Prague

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

Prayer for Every Day

Almighty and everlasting God, Lord of heaven and earth, You reveal Yourself to little ones; grant that we, duly honoring the holy mysteries of Your Son, the Infant Jesus, and daily imitating Him in our lives, may come to the kingdom of heaven promised by You to little children. We ask this through the same Jesus Christ Your Son, our Lord, who lives and reigns with You in the unity of the Holy Spirit, one God, forever and ever. Amen.



Seventh Day—The Flight into Egypt

“An angel of the Lord appeared to Joseph in a dream and said: ‘Rise, take the child and his mother, and flee to Egypt.’”
Matthew 11, 13

Jesus, sweetest Child, who wicked Herod sought to slay, whom Joseph carried with Mary into Egypt, who was snatched from a cruel death and glorified by the blood of the Holy Innocents; have mercy on us.

Prayer

O Divine Infant, we envy the lot of the infant Martyrs of Bethlehem, who were privileged to shed their blood as a pure oblation to You, the Lamb without spot. Let us always remember the pain Herod caused You by this persecution and gladly suffer for love of You the trials and tribulations of this life. Amen. *Hail Mary, and Glory.*



Eighth Day—The Hidden Life

“They returned into Galilee, to their own city, Nazareth. And the child grew and became strong, filled with wisdom; and the grace of God was upon him.”

Luke 11, 39-40

Jesus, sweetest Child, who in the holy house at Nazareth remained subject to Mary and Joseph, lived there most holily, was wearied by poverty and labors, and grew in wisdom, age, and grace; have mercy on us.

Prayer

O Divine Exemplar, from the inexhaustible treasure of Your hidden life in Nazareth, we draw the pearls of perfect childlike simplicity, and beg You to assist us in adorning our souls with these precious virtues, so that having imitated Your Infancy we too may advance in wisdom, and age, and grace. Amen. *Hail Mary, and Glory.*



Ninth Day—The Finding of the Child Jesus

“After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions.”

Luke 11, 46

Jesus, sweetest Child, brought to Jerusalem at the age of twelve, sought by Mary and Joseph with sorrow, and found with joy after three days among the teachers; have mercy on us.

Prayer

O Jesus our Savior, your love for Your most holy Mother and St. Joseph could not have been greater and yet You did not hesitate to inflict upon them the suffering of Your absence. Thus would You teach us that we cannot have Your love without Your cross, and that the price of Your friendship is the pain of Your apparent rebuff. Grant us light, O Lord to understand your ways. Amen. *Hail Mary, and Glory.*

Prayer of Father Cyril, Discalced Carmelite

The first and most devoted venerator of the Miraculous Infant Jesus of Prague

Jesus, unto Thee I flee,
 Through Thy Mother praying
 Thee. In my need to help and
 aid me.

Truly I believe of Thee,
 God, Thou art, with strength to
 shield me.

Full of trust, I hope of Thee,
 Thou, Thy grace, wilt give to
 me.

All my heart I give to Thee,
 Therefore, of my sins repent
 me; from them breaking, I be-
 seech Thee,

Jesus! from their bonds to free
 me, firm my purpose is to mend
 me, nevermore will I grieve
 Thee.

Wholly unto Thee I give me,
 Patiently to suffer for Thee,
 Thee to serve eternally; and my
 neighbor like to me, I will love
 for love of Thee.

Little Jesus, I beseech Thee,
 In my need to help and aid me.
 That one day I may enjoy Thee,
 Safe with Joseph and with
 Mary, and all angels, eternally.
 Amen.