

Sept. 8, 2019, Thirteenth Sunday after Pentecost

## From the Pastor: Series on the Mass, Part 2

*Series on the Mass was first published in 2015 and is being repeated at the request of parishioners.*

The preparation for Mass should begin before we arrive at the church. The 1987 Code of Canon Law gives the norm of fasting one hour before receiving Holy Communion. This fast requires abstaining from food and drink with the exception only of water and medicine for at least a period of one hour before Holy Communion (cf. Canon 919). Chewing gum, even if not swallowed would constitute breaking the fast since there are flavors and juices in the gum that would be swallowed, thus breaking the fast. The ancient practice used to be fasting from midnight until communion. If someone out of reverence and devotion wishes to keep a longer fast they can of course do so and it is laudable, but a longer fast cannot be imposed on others.

Pope Pius XII gives an explanation of the fast in his 1953 Apostolic Constitution *Christus Dominus*:

From the very earliest time the custom was observed of administering the Eucharist to the faithful who were fasting. Toward the end of the fourth century fasting was prescribed by many Councils for those who were going to celebrate the Eucharistic Sacrifice. So it was that the Council of Hippo in the year 393 issued this decree: 'The Sacrament of the altar shall be offered only by those who are fasting.' Shortly afterward, in the year 397, the Third Council of Carthage issued this same command, using the very same words. At the beginning of the fifth century this custom can be called quite common and immemorial. Hence St. Augustine affirms that the Holy Eucharist is always received by people who are fasting and likewise that this custom is observed throughout the entire world.

Doubtless this way of doing things was based upon very serious reasons, among which there can be mentioned first of all the one the Apostle of the Gentiles deploras when he is dealing with the brotherly love-feast of the Christians. Abstinance from food and drink is in accord with that supreme reverence we owe to the supreme majesty of Jesus Christ when we are going to receive Him hidden under the veils of the Eucharist. And moreover, when we receive His precious Body and Blood before we take any food, we show clearly that this is the first and loftiest nourishment by which our soul is fed and its holiness increased. Hence the same St. Augustine gives this warning: 'It has pleased the Holy Ghost that, to honor so great a Sacrament, the Lord's Body should enter the mouth of the Christian before other food.'

Not only does the Eucharistic fast pay due honor to our Divine Redeemer, it fosters piety also; and hence it can help to increase in us those most salutary fruits of holiness which Christ, the Source and Author of all good, wishes us who are enriched by His Grace to bring forth.

The requirement of the fast helps us to think of our Lord before we even arrive at the church, and even though the fast is very short today, we should still try to offer sacrifice in preparation for the reception of our Lord Who sacrificed Himself for us. Thus when we approach the church and hear the bells ringing calling us to prayer, we have already been preparing ourselves for a worthy communion.

Rev. Charles Van Vliet, FSSP

## Announcements

Church hours for private prayers. The church is open for private prayer as noted below.

Fridays & Saturdays, 4-7 p.m.      Sundays, Noon-5:30 p.m.

Wednesdays, 6-8 p.m. Adoration of the Blessed Sacrament

Bookstore kiosk, open Sundays between the morning Masses unless noted otherwise below.

Legion of Mary, 7 p.m. Mondays in the large meeting room unless noted otherwise below.

Our Lady of Perpetual Help Novena, 6:40 p.m. every Wednesday.

Schola Practice, 7 p.m. Thursdays in the small room. Open to all men interested in joining the schola.

St. Philomena Toddler Group, 9:30-11:30 a.m., Wednesdays at church. Open to expectant moms and moms with children up to 4 years of age. See bulletin board or parish website for more information.

Tower of David Study Group, Tuesdays, 8:25 a.m.-12:30 p.m., beginning Sept. 3.

Other groups and ministries. See bulletin board or parish Groups and Ministries webpage for information.

2019 DSF Campaign. 80% of PARISH GOAL RAISED. Goal: \$10,000. Gifted/Pledged to date: \$8,005.

Parish pays shortfall. Please consider donating on behalf of the parish by mail or at [archgh.org/dsf](http://archgh.org/dsf). Thankyou!

Items to be Blessed are placed on the blessing table located next to the holy water container near the baptismal font. After the priest blesses the items, he will move them to the "Blessed" basket for pick up.

Low Gluten Hosts. If you require low gluten host, please see the instructions on the bulletin board.

Safe Environment Training, mandatory for those who work with children. More on our parish website.

2019 Public Mass Calendar is closed for bulletin-listed Mass intentions.



### TODAY

~ Second Collection: St. Thomas University.

~ CCD begins: 8:45 - 9:35 a.m.

Fri., Sept. 13, 7:00 p.m. Knights of Columbus in large meeting room.

Sat., Sept. 14:

~ Boys' altar server practice after the 7:30 a.m. Mass. Open to all boys who have received First Communion.

~ Altar Guild meets in small room following the 7:30 a.m. Mass.

~ 9-11 a.m., Little Flowers meets in large room. Open to girls, ages 5 and up.

Sun., Sept. 15, Youth Group meets in large room following 10 a.m. Mass. Open to children, ages 13-18.



The Altar Guild is looking for gently used clothing, for any age, infant to adult, to sell during the Fall Festival in October. Please place your donation in the box by the main entrance.

### *Introibit Rex Glorae Capital Campaign*

Minimum goal: \$2,500,000    Pledged/gifted to date: \$2,324,180

# Sept. 8, 2019, Thirteenth Sunday after Pentecost

## Liturgical Calendar & Mass Intentions

*Sept. 8 – 14, 2019*

### Sun., 9/8, Thirteenth Sunday after Pentecost

7:30 a.m., Ruth and Arrel Carrier †

10:00 a.m. (High), Pro Populo

5:30 p.m., Francis Truong †

### Mon., 9/9, St. Peter Claver

6:30 a.m., Theresa Truong †

\* 8:00 a.m., Private intention

### Tues., 9/10, St. Nicholas of Tolentino

\* 9:20 a.m., Private intention

7:00 p.m., Peter Tran †

### Wed., 9/11, Ss. Protus & Hyacinth

6:30 a.m., Grandparents of James Hazelwood

\* 8:00 a.m., Private intention

### Thurs., 9/12, Most Holy Name of Mary

\* 6:30 a.m., Private intention

7:00 p.m., Grandparents of James Hazelwood

### Fri., 9/13, Votive Mass of the Passion of Our Lord Jesus Christ

6:30 a.m., Grandparents of James Hazelwood

### Sat., 9/14, Exaltation of the Holy Cross

\* 6:30 a.m., Private intention

7:30 a.m., Grandparents of James Hazelwood

\* Mass is subject to cancellation if a second priest is not available. Advance notice will be posted in the bulletin whenever possible.

First Friday of each month, there is an additional public Mass at 7:00 p.m., followed by First Friday devotion.

First Saturday of each month, the 7:30 a.m. Mass includes First Saturday devotion.



## Directory

Parish Office office@reginacaeliparish.org  
Open: Mon. & Fri., 9 a.m.-4 p.m.  
Telephone: 832-328-0876  
To confirm Mass requests or dates:  
registrar@reginacaeliparish.org

Pastor Rev. Charles Van Vliet, FSSP  
pastor@reginacaeliparish.org

Parochial Vicar Rev. John Kodet, FSSP  
frjkodet@reginacaeliparish.org

## Parish Organizations

Altar Guild - Juana Maria Olvera  
altarsoc@reginacaeliparish.org

Altar Servers - Wayo Dorsey  
altarserve@reginacaeliparish.org

CCD - Cheryl Hand  
ccd@reginacaeliparish.org

Men's Schola - Kyle Lartigue  
schola@reginacaeliparish.org

Pro-Life - Melody Reece  
pro-life@reginacaeliparish.org

Youth Group - Rev. John Kodet

Welcoming Committee - Rae Bielakowski  
welcome@reginacaeliparish.org

Contacts for other groups  
Please check the bulletin boards or go to the parish website and click on Groups/Ministries

St. Joseph Hour for Holiness for men over 18 years struggling with sins against purity. Contact Fr. Van Vliet by email.

## Sacraments

Please check the parish website for more information.

Infant baptism—contact parish at least one month before due date.

Marriage—contact parish eight months before proposed date.

# *Regina Caeli Parish*

The Priestly Fraternity of St Peter  
Archdiocese of Galveston-Houston



Pastor: Rev. Charles Van Vliet, FSSP  
Parochial Vicar: Rev. John Kodet, FSSP

Address: 8121 Breen Dr., Houston, Texas 77064  
Telephone: 832-328-0876

Website: reginacaeliparish.org Email: office@reginacaeliparish.org

## Mass Schedule

Sundays	7:30 a.m., 10:00 a.m. (High), 5:30 p.m. Rosary 20 minutes before each Sunday Mass
Mon., Wed., Fri.	6:30 a.m.
Tues., Thurs.	7:00 p.m.
Saturdays	7:30 a.m.
Adoration	Wednesday, 6-8 p.m.
Confession	30 minutes before each Mass; ends 5 minutes before Mass starts
Vespers	Sundays after the 5:30 p.m. Mass