

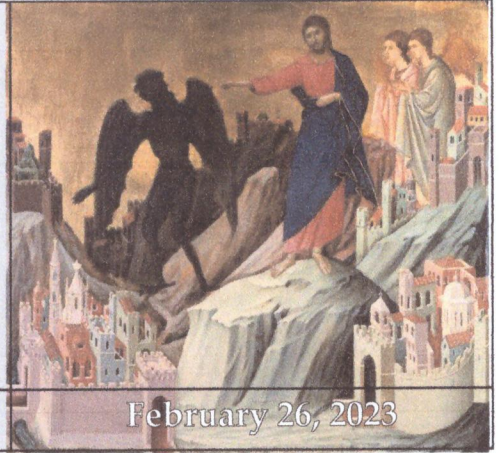
# SAINT AUGUSTINE CHAPEL

12083 Smiths Neck Road Carrollton, VA 23314

*Roman Catholic ✦ Traditional Latin Mass*

StAugustineChapel.org

Father Daniel Ahern 757-357-5213



February 26, 2023

## First Sunday of Lent

### Schedule for Mar 2023 – Apr 2023

Wed Mar 1	Ember Day - Partial Abstinence
Fri Mar 3	Mass 5:20 PM (Conf 4:50) Stations 7:00 PM
Sat Mar 4	Mass 8:30 am Ember Day - Partial Abstinence
Sun Mar 5	Mass 9:30 am
Sun Mar 12	Holy Hour 9:30 am (time change)
Sun Mar 19	Mass 9:30 am (Visiting priest - Confessions 8:35)
Sun Mar 26	Holy Hour 9:30 am
Fri Mar 31	Mass 5:20 PM (Conf 4:50) Stations 7:00 PM
Sat Apr 1	Mass 8:00 am <span style="float: right;">8:45</span>
Sun Apr 2	Palm Sunday Procession & Mass <del>9:00</del> am
Thu Apr 6	Holy Thursday Adoration 6:00 PM - Midnight
Sun Apr 9	Easter Mass 9:30 am

### First Sunday of Lent

**The Second Epistle of St. Paul to the Corinthians**, vi. 1-10. *Brethren:* We do exhort you, that you receive not the grace of God in vain: for he saith: In an accepted time have I heard thee: and in the day of salvation have I helped thee. Behold, now is the acceptable time: behold, now is the day of salvation;...

**The Holy Gospel of Jesus Christ**, According to St. Matthew, iv. 1-11. At that time: Jesus was led by the spirit into the desert, to be tempted by the devil. And when He had fasted forty days and forty nights, afterwards He was hungry..

**O**ur Saviour was led by the Holy Ghost into the desert there to prepare by fasting forty days and nights for His holy ministry. Here the tempter approaches and seeks to betray Him. After He had overcome the Evil One, angels came and ministered to Him: by which we learn that they who overcome temptations enjoy the consolation and assistance of the angels. This should encourage us to combat joyfully to the end.

#### What is temptation?

Temptation is an inducement to transgress the commandments of God. Temptation comes from our own concupiscence (James i. 14); "for the flesh lusteth against the spirit" (Gal. v. 17.)

#### How does the devil tempt us?

He moves the natural concupiscence to such sins as he sees men particularly inclined to, and then deceives and confuses the man's mind, that he may not see clearly either the temporal loss, or the dishonor and danger of sin. He can, however, do nothing but what God permits. St. Augustine therefore compares him to a chained dog that can hurt only those who put themselves within his reach.

#### Does God also tempt us?

St. James says (i. 13), "Let no man, when he is tempted, say that he is tempted by God; for God is not a tempter of evils, and He tempteth no man." But He allows us to be tempted, sending us manifold trials.

#### Does God permit us to be tempted beyond our strength?

No; for He combats with us, and gives us always as much strength as is required to conquer temptations, and even to gain advantage from them (I. Cor. x. 13).

#### When do we consent to temptation?

When we decide of our own free will to do the evil proposed; as long as we resist, however little, we do not consent.

#### What are the best means to overcome temptation?

1. Humility and prayer.
2. The consideration of the suffering which follows sin, and of the happiness which awaits those who resist temptation.
3. Invoking the aid of the Blessed Virgin, our guardian angel, and all the saints.
4. Praying devoutly, "Lead us not into temptation," and calling on the holy name of Jesus

**Lenten Fast Rules** - These apply to those between 21 and 59 years of age. One ordinary sized main meal is permitted each day. There may be two lesser meatless meals which do not add up to a main meal. Meat may be eaten at the main meal except on days of abstinence. There may be no snacking between meals, but beverages may be taken at any time.

**Lenten Aims Project:** Assistance to the traditional Catholic Franciscan friars in Brazil. You are also welcome to recommend local souls in need.