



A newsletter from  
**ST. MARY'S ABBEY**

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## February 2019

### 2. Presentation of the Lord, *feast*

- ⊕ Matins, 7:30 a.m.
- ⊕ Lucernarium & Mass, 8 a.m.

### 3. IV Sunday (**Abbot Richard**)

#### 4. Bishop's Holiday

- ⊕ Matins, 7:30 a.m.

#### 5. St. Agatha, *memorial*

#### 6. St. Paul Miki & Comp., *memorial*

#### 8. Second Friday

- ⊕ Adoration + Reconciliation
- ⊕ Abbey Church
- ⊕ 2:30 – 4:30 p.m.

### 10. V Sunday (**Father Hilary**)

#### 11. Our Lady of Lourdes, *opt. memorial*

#### 14. Ss. Cyril & Methodius, *memorial*

### 17. VI Sunday (**Abbot Elias**)

- ⊕ Oblate Sunday

#### 18. Presidents' Day

- ⊕ Matins, 7:30 a.m.

#### 21. St. Peter Damian, *memorial*

#### 22. Chair of St. Peter, *feast*

#### 23. King's Singers Concert

- ⊕ Abbey Church
- ⊕ 7:30 p.m.

### 24. VII Sunday (**Prior Edward Seton**)

This calendar follows the *Order of Worship* as approved by the Congregation for Divine Worship on 22 June 1972 in Rome for the American Cassinese Congregation of Benedictine Monasteries.

### **PRAYER SCHEDULE:** Feel free to join us!

*Let all guests be received as Christ (RB 53).*

#### ⊕ Sunday:

- ◆ Matins, 7:30 a.m.
- ◆ Mass, 11:00 a.m.
- ◆ Vespers, 5 p.m.

#### ⊕ Monday-Friday

- ◆ Matins, 6:30 a.m. (non-school days, 7:30 a.m.)
- ◆ Midday Prayer, 11:50 a.m. (Chapter Room)
- ◆ Vespers with Mass, 5 p.m.
- ◆ Compline, 6:45 p.m. (Chapter Room)

#### ⊕ Saturday:

- ◆ Matins, 7:30 a.m., followed by Mass (ca. 8 a.m.)
- ◆ Midday Prayer, 11:50 a.m. (Chapter Room)
- ◆ Vespers, 5 p.m.
- ◆ Compline, 6:45 p.m. (Chapter Room)

### **LECTIO DIVINA:** Here are the readings for Sunday Masses in February.

⊕ **February 3:** Jer1:4-5,17-19; 1Cor12:31 to 13:13; Lk4:21-30

⊕ **February 10:** Is 6: 1-2a, 3-8; 1Cor15: 1-11; Lk 5: 1-11

⊕ **February 17:** Jer 17: 5-8; 1Cor 15: 12, 16-20; Lk 6: 17, 20-26

⊕ **February 24:** 1Sm26:2,7-9,12-13,22-23; 1Cor15:45-49; Lk6: 27-38

### **THE BLESSING OF THROATS:**

The Blessing of Throats is done on the Memorial of St. Blaise—February 3<sup>rd</sup>. St. Blaise was the bishop of Sebastea and a doctor. The first known record of the saint's life comes from the medical writings of Aetius Amidenus, where he is recorded as helping patients suffering from objects stuck in their throat. St. Blaise eventually became a "physician of souls." In 316, the governor of Cappadocia and of Lesser Armenia, Agricola, arrested then-bishop Blaise for being a Christian. On their way to the jail, a woman set her only son, who was choking to death on a fish bone, at his feet. Blaise cured the child, and though Agricola was amazed, he could not get Blaise to renounce his faith. Agricola then beat Blaise with a stick and tore at his flesh with iron combs before beheading him. The Blessing of the Throats began in the 16<sup>th</sup> century.

Source: catholic.org

**FEBRUARY SAINT:** Nagasaki, Japan, is familiar to Americans as the city on which the second atomic bomb was dropped, immediately killing over 37,000 people. Three and a half centuries before, 26 martyrs of Japan were crucified on a hill, now known as the Holy Mountain, overlooking Nagasaki. Among them were priests, brothers, and laymen, Franciscans, Jesuits, and members of the Secular Franciscan Order; there were catechists, doctors, simple artisans, and servants, old men and innocent children—all united in a common faith and love for Jesus and his Church.

Brother Paul Miki, a Jesuit and a native of Japan, has become the best known among the martyrs of Japan. While hanging upon a cross, Paul Miki preached to the people gathered for the execution:



“The sentence of judgment says these men came to Japan from the Philippines, but I did not come from any other country. I am a true Japanese. The only reason for my being killed is that I have taught the doctrine of Christ. I certainly did teach the doctrine of Christ. I thank God it is for this reason I die. I believe that I am telling only the truth before I die. I know you believe me and I want to say to you all once again: Ask Christ to help you to become happy. I obey Christ. After Christ’s example I forgive my persecutors. I do not hate them. I ask God to have pity on all, and I hope my blood will fall on my fellow men as a fruitful rain.”

When missionaries returned to Japan in the 1860s, at first they found no trace of Christianity. But after establishing themselves they found that thousands of Christians lived around Nagasaki and that they had secretly preserved the faith. Beatified in 1627, the martyrs of Japan were finally canonized in 1862.

Source: [franciscanmedia.org](http://franciscanmedia.org)

**JANUARY COLLECTION:** The January Mass collection was \$4,034. Thank you for your generosity!

**WEBSITE:** Please visit [saintmarysabbey.org](http://saintmarysabbey.org) for this newsletter and more up-to-date information about the Abbey. You can also visit [delbarton.org](http://delbarton.org) for more information about Delbarton School.

### Retreat Center News

February 2019

**The Staff of St. Mary’s Abbey Retreat Center wish all of you a Happy Valentine’s Day!**

In February, the Retreat Center welcomes the following overnight retreat groups:

- Saint Peter’s Prep “Road to Emmaus” Retreat
- Delbarton Campus Ministry Sophomores
- The Upper Room Assembly of God Church, Brooklyn, NY

**Please join us in praying that these groups have a powerful retreat experience with while they are here.**

#### Spiritual Direction -

In the busyness of our everyday lives, it is often difficult to recognize the sacred story of our relationship with God. In our increasingly secular world, it is difficult to even talk about our faith with someone, much less discuss our struggles with it. Spiritual Direction gives us the opportunity to have such conversations on a regular basis with someone who is committed to our spiritual growth.

#### Personal Retreats -

The Retreat Center also welcomes men and women of all faiths for Private or Directed Retreats.

#### Walk-Ins Welcome -

Our Guestmaster, Fr. Joseph Voltaggio, OSB, welcomes visitors for Spiritual Direction or the Sacrament of Reconciliation every Wednesday from 1 - 3 PM

For more information on these programs or other Retreat Center questions, contact Paul Cocco at (973) 538-3235 x 2100, (973) 409-3499 (Direct Line or Text

Messages) or via e-mail at

[retreatcenter@delbarton.org](mailto:retreatcenter@delbarton.org).

Visit our Web Page and/or our Facebook page at

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