

COR AD COR

VOL. 6 - No. 2
13 February, 2001

A Monthly publication of Opus Mariæ Mediatricis

(The Work of Mary Mediatrix)

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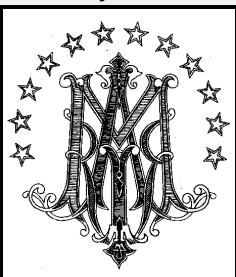
Publisher:

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Dear friend of Our Lady,

As you already know, we have entered the preparatory phase before Lent, the Holy Season of Septuagesima. As Blessed Ildefonso Cardinal Schuster reminds us, it is a season confirmed in its present structure by St. Gregory the Great. One of the customs added some centuries later, to be celebrated from Quinquagesima Sunday to Shrove Tuesday, if at all possible, is the annual period of Solemn Exposition of the Blessed Sacrament, the Forty Hours devotion. If it does not take place in your community, here is a suggestion: why not visit Our Lord in the Blessed Sacrament of the altar each of the three days before Lent. Remember, a plenary indulgence, under the usual conditions is granted to those who spend a half hour in Eucharistic adoration! Don't forget that Lent is just around the corner--now is the time to ask God's grace to improve in the three great works which Holy Mother Church recommends to us during this season--prayer, penance and almsgiving.

There are two other recommendations for a fitting celebration of the season of Lent:

- A few centuries ago a new scapular was revealed to Sister Justine Bisqueybureau, the green scapular of the Immaculate Heart of Mary. It is not a scapular in the usual sense of the word, as it is not required that it be worn. To its pious use however is attached a great promise — that if you give it to a lapsed Catholic, or just place it in his room, or do the same for a non-Catholic and say for that individual the prayer on the scapular itself, the Sacred Heart of Jesus promises through the Immaculate Heart of Mary, to, in the case of the former, restore the individual to the practice of the faith, and in the case of the latter, to bring about

