



1ST SATURDAY DEVOTION NEWSLETTER

NOVEMBER 2023

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A SAINT TO HELP YOU GET SOULS FROM PURGATORY TO HEAVEN



ANNABELLE MOSELEY
www.aleteia.org

THE MONTH OF NOVEMBER IS DEDICATED TO THE HOLY SOULS. THIS
SAINT IS AN INSPIRATION AND A FRIEND TO HELP US IN OUR DEVOTION.

IN THIS MONTH OF NOVEMBER, WHICH IS DEDICATED TO THE SOULS IN
PURGATORY, WE ARE REMINDED OF THE CHURCH'S CALL FOR US TO PRAY
FOR THE HOLY SOULS. ONE OF THE SAINTS OF NOVEMBER, ST. GERTRUDE
THE GREAT, IS FAMOUS FOR HER SHINING EXAMPLE IN ASSISTING THE
HOLY SOULS IN PURGATORY. MUCH OF WHAT WE LEARN THROUGH ST.
GERTRUDE THE GREAT CAN HELP US TO HAVE REFRESHED ZEAL FOR
NOVEMBER'S LITURGICAL THEME.

HER FEAST DAY IS NOVEMBER 16, RIGHT IN THE HEART OF THE MONTH.
AND THIS IS A SAINT WHO HELPS US PUT MORE OF OUR HEART INTO OUR
FAITH, WHETHER IT'S THROUGH OUR DEVOTION TO THE SACRED HEART
OR OUR HEARTFELT CHARITY OFFERED TO THOSE SUFFERING IN
PURGATORY.

THERE IS A MULTITUDE OF BEAUTIFUL WAYS TO DO JUST THAT.

GERTRUDE'S STORY

BORN IN 1256, ST. GERTRUDE THE GREAT ENTERED A MONASTERY
SCHOOL AT ABOUT FOUR OR FIVE YEARS OLD (EITHER DUE TO THE DEATH
OF HER PARENTS OR BECAUSE SHE WAS A CHILD OBLATE OFFERED BY HER
PARENTS AS THE BIBLE'S HANNAH OFFERED SAMUEL) AND SHE WAS
FAMOUSLY BRILLIANT. THE EDUCATION SHE ACHIEVED WAS
UNPRECEDENTED FOR A WOMAN OF HER TIMES. SHE BECAME PROFICIENT
IN EVERYTHING FROM PHILOSOPHY TO PAINTING.

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FEASTS FOR NOVEMBER

THE FEASTS ON THE GENERAL ROMAN CALENDAR CELEBRATED DURING THE MONTH OF NOVEMBER ARE:

- 1 ALL SAINTS, SOLEMNITY
- 2 ALL SOULS, COMMEN.
- 3 MARTIN DE PORRES, OPT. MEM.
- 4 CHARLES BORROMEO, MEMORIAL
- 5 THIRTY-FIRST SUNDAY IN ORDINARY TIME, SUNDAY
- 9 DEDICATION OF THE LATERAN BASILICA, FEAST
- 10 LEO THE GREAT, MEMORIAL
- 11 MARTIN OF TOURS; VETERANS DAY (USA), MEMORIAL
- 12 THIRTY-SECOND SUNDAY IN ORDINARY TIME, SUNDAY
- 13 FRANCES XAVIER CABRINI, MEMORIAL
- 15 ALBERT THE GREAT, OPT. MEM.
- 16 MARGARET OF SCOTLAND; GERTRUDE, OPT. MEM.
- 17 ELIZABETH OF HUNGARY, MEMORIAL
- 18 BASILICAS OF PETER AND PAUL; ROSE PHILIPPINE DUCHESNE (USA), OPT. MEM.
- 19 THIRTY-THIRD SUNDAY IN ORDINARY TIME, SUNDAY

- 21 PRESENTATION OF MARY, MEMORIAL
- 22 CECILIA, MEMORIAL
- 23 CLEMENT I; COLUMBAN; BL. MIGUEL AGUSTÍN PRO (USA); THANKSGIVING DAY (USA), OPT. MEM.
- 24 ANDREW DUNG-LAC AND COMPANIONS, MEMORIAL
- 25 CATHERINE OF ALEXANDRIA, OPT. MEM.
- 26 OUR LORD JESUS CHRIST, KING OF THE UNIVERSE, SOLEMNITY
- 30 ANDREW, APOSTLE, FEAST

THE MEMORIAL OF ST. JOSAPHAT (NOVEMBER 12), IS SUPERSEDED BY THE SUNDAY LITURGY.

THE NATIONAL HOLIDAY (USA) OF THANKSGIVING ALSO FALLS ON THE LAST THURSDAY OF NOVEMBER. THERE ARE SPECIAL MASS PROPERTS WHICH MAY BE USED ON THIS DAY. ☐

OUR CENACLE CORNER

SEEKING A DEEPER RELATIONSHIP WITH GOD
THROUGH MEDITATION OF PASSAGES FROM HOLY SCRIPTURES

Praying for the Holy Souls

GOD TOUCHED ME

*Publish his glorious deeds among the nations.
Tell everyone about the amazing things he does. — 1 Chronicles 16:24*



BRIGHT SORROWS AND HOLY SOULS: LEAVES OF NOVEMBER

By Margaret Rose Realy, Obl.OSB

SO MANY SOULS, LIKE LEAVES ON A TREE,
FLUTTER THROUGH THIS LIFE

THE VIEW FROM MY ORATORY REVEALED A RICH CERULEAN SKY WITH WISPS OF CLOUDS DRIFTING IN THE EARLY LIGHT. IT WAS NOT YET FULLY DAWN, AND A SLIGHT BLUSH OF PEACH SHOWED ON CLOUDS, LEAVES AND THE BIRDS FEEDING JUST OUTSIDE THE WINDOW. AUTUMN HAD ARRIVED, AND THE AIR THAT MORNING WAS CHILLY, BEING IN THE FORTIES.

I SHELVED THE GREEN LITURGY BOOK, LIFTED THE ROSARY FROM ITS TRAY AND MADE THE SIGN OF THE CROSS, ASKING MOTHER MARY TO PRAY WITH ME.

IN THE SILENCE I LISTENED TO MY LITTLE DOG BREATHING. IN THE PREVIOUS FEW WEEKS IT HAD BEEN LABORED AND SHE'D COUGHED MORE; HER ENLARGED HEART PRESSED AGAINST THE ESOPHAGUS. WHAT LITTLE MEDICATION I COULD AFFORD TO GIVE THE OLD GIRL WAS NOT ENOUGH. IN A FEW DAYS I WOULD BE AT THE VET'S TO HAVE HER EUTHANIZED.

DEATH IS RARELY EASILY EMBRACED, BUT I FIND I AM COMFORTABLE WITH ITS TRANSITORY NATURE. I DON'T KNOW IF ANIMALS HAVE AN AFTERLIFE, BUT IF THEY DO,

THERE WILL BE QUITE THE PACK WAITING FOR ME ON THE OTHER SIDE OF LIFE.

I ENTERED INTO THE ROSARY, THUMBED THE BEADS THROUGH THE INITIAL PRAYERS AND MOVED INTO THE FIRST DECADE. THE SORROWFUL MYSTERIES WOULD BE MY MEDITATION THIS MORNING, THE MYSTERIES THAT DRAW ME TO THE PRECIOUS SOULS IN PURGATORY.

DYING IS NOT THE USUAL MORNING MEDITATION, BEING COMMON IN THE EVENINGS WHEN I PRAY FOR THE SOULS I'VE ENCOUNTERED THROUGHOUT THE DAY. I ASK THE LORD THAT THERE BE MERCY IN THEIR—AND MY—ETERNITY, AN ETERNITY THAT BEGINS WITH THE GRACE OF PURGATORY.

THERE ARE A LOT OF PRAYERS OFFERED THESE DAYS FOR THE DEPARTED. I AM OF AN AGE WHERE PEERS, THEIR PARENTS AND FRIENDS ARE PASSING INTO ETERNITY. I REMEMBERED SOMEONE WRITING, "HE'S HAD A CHANGE OF ADDRESS TO HEAVEN," AND STILL FIND THOSE WORDS REFLECTIVE OF A PEACEFUL ACCEPTANCE FOR AN INEVITABLE EVENT.

A WHILE BACK I READ A COLUMN BY EMILY STIMPSON, *9 TRUTHS ABOUT PURGATORY, A DOCTRINE OF THE CHURCH* THAT, IN HER WORDS HAS "LONG BEEN AMONG ITS MOST CONTESTED AND MISUNDERSTOOD." HER COLUMN

REINFORCED MY UNDERSTANDING OF THIS STRANGE AND DISCOMFORTING GRACE; THE ABSENCE OF HEAVEN—LIKE THE GRIEVING CHILD FOR ITS DECEASED PET, THE SORROWING SPOUSE FOR THEIR PARTNER, THE PURGING SOUL FOR ITS BELOVED—INTENSIFY THE LONGING.

I LOOKED UP FROM THE BEADS IN MY HANDS AND WAS AMAZED BY THE FIERY GLOW FROM THE LEAVES AS THEY FLICKERED IN THE MORNING SUN. FOR AS MANY LEAVES ON THOSE TREES THERE ARE MANY TIMES MORE SOULS AWAITING THEIR FINAL REST.

SO MANY SOULS, LIKE LEAVES ON A TREE, FLUTTER THROUGH THIS LIFE. LEAVES ARE WONDROUS THINGS. THEY COME AND GO IN THE BLINK OF ETERNITY'S EYE—BUDDING, DEVELOPING, NOURISHING, DECLINING. AS A WHOLE BODY ON A BRANCH ALL SEEM THE SAME, YET SINGULARLY EACH IS UNIQUE.

SOMETIMES IT'S CONFUSING BEING AN INTERCESSORY SUPPLICANT. I PRAY FOR PEACE TO SURROUND A PERSON IN THEIR TRIALS. YET FOR AS MUCH AS I PRAY FOR PEACE, I HESITATE TO PRAY FOR EASE, FOR IT IS THE DIFFICULTY OF THE PRUNING THAT GROWS THE SOUL TOWARDS HEAVEN. IT IS THIS THAT IN PART LESSENS OUR DISTANCE FROM GOD.

WHILE PRAYING FOR THE PRECIOUS SOULS IN PURGATORY, I AM COMFORTED BY THEIR PRAYERS FOR ME. THEIR PRAYERS ARE MORE PURE AS THEY EARN NO INDULGENCES FOR THEMSELVES. I DO NOT FRET MY OWN STINT IN THAT IN-BETWEEN SPACE. AND MAYBE EVEN LOOK FORWARD TO A PURGATORY WHERE MY PRAYERS HAVE NO BENEFIT EXCEPT FOR TO WHOM THEY'RE OFFERED.

WITH THE FINAL DECADE—FOR PERSEVERANCE—COMPLETED, I RECITED THE MEMORARE, KISSED THE SMALL SILVER CRUCIFIX AND PLACED THE ROSARY IN ITS TRAY. I WAS IN AWE OF THE BEAUTY OF LEAVES OUTSIDE MY WINDOW AND THE BEAUTY OF SOULS BECOMING SAINTS.

I WELCOME THE PURIFICATION, FOR IF I AIM FOR HEAVEN, AND BEING HUMAN INCAPABLE OF PERFECTION, MISS THE TARGET, I AM ASSURED OF A PLACE TO CONTINUE A SPIRITUAL LIFE. REPHRASING ST. IGNATIUS, I DO NOT WANT TO FEAR BEING STILLBORN INTO ETERNITY.

THERE WILL ALWAYS BE LEAVES SHIMMERING IN THE SUN, AS THERE WILL BE SOULS YEARNING FOR THE TIME TO BE DANCING IN THE LIGHT OF GOD. LET US CONTINUE TO PRAY FOR THE FAITHFUL DEPARTED THAT THEIR LONGING FOR OUR MERCIFUL LORD BE EASED. □

Margaret Rose Realy is a Benedictine Oblate and the author of *The Catholic Gardener's Spiritual Almanac*. She blogs at *Morning Rose Prayer Gardens*.



A SAINT TO HELP YOU ...

ALTHOUGH SHE WAS BORN ABOUT 400 YEARS BEFORE THE FAMOUS "APOSTLE OF THE SACRED HEART," (ST. MARGARET MARY ALACOQUE), ST. GERTRUDE THE GREAT WAS AN EARLY DEVOTEE OF THE SACRED HEART. SHE WAS A NUPTIAL MYSTIC WHO CONSIDERED HERSELF A BRIDE OF CHRIST. SHE HAD A FAMOUS VISION OF ST. JOHN THE BELOVED. HE TOLD ST. GERTRUDE THE GREAT THAT WHEN HE RESTED HIS HEAD UPON THE CHEST OF JESUS CHRIST ON THE NIGHT OF THE LAST SUPPER, HE HAD LEARNED SECRETS AND DEVOTIONS THAT HE DID NOT RECORD IN SCRIPTURE AS THEY HAD TO BE RESERVED FOR LATER GENERATIONS WHEN THE WORLD'S LOVE HAD GROWN COLD. THE WRITINGS OF ST. GERTRUDE THE GREAT HELPED SET THE STAGE FOR THE DEVOTION TO THE SACRED HEART OF JESUS TO BLOOM ACROSS THE WORLD.

GERTRUDE'S FAMOUS PRAYER

BUT WHAT ST. GERTRUDE THE GREAT IS PERHAPS MOST FAMOUS FOR IS THE PRAYER THAT BEARS HER NAME, WHICH IS KNOWN AS "THE PRAYER OF ST. GERTRUDE THE GREAT FOR THE SOULS IN PURGATORY."

IT IS SAID THAT JESUS PROMISED ST. GERTRUDE THAT EVERY TIME THE PRAYER IS PRAYED DEVOUTLY, HE WOULD RELEASE 1,000 SOULS FROM PURGATORY. THAT VERY THOUGHT SHOULD GIVE US A GOOD IDEA OF WHAT A PLETHORA OF SOULS ARE IN PURGATORY! AND YET, AS A HOLY PRIEST I RECENTLY HEARD REMINDED IN A HOMILY, WE TOO SELDOM HEAR ABOUT OUR DUTY TO OUR DEPARTED LOVED ONES: TO PRAY THEM HOME!

WE MUST REMEMBER THAT THE CHURCH TEACHES (EVEN IF ITS PASTORS DON'T ALWAYS REMIND) THAT THOSE IN PURGATORY ARE DEPENDENT ON OUR AID. THEY ARE EAGER TO PRAY FOR THOSE WHO PRAY FOR THEM. EACH SOUL YOU FREE FROM PURGATORY WITH YOUR PRAYERS IS ONE MORE FRIEND AND ADVOCATE WAITING FOR YOU IN HEAVEN!

WHAT ARE WE WAITING FOR? IMAGINE HOW MANY SOULS WILL BE FREED FROM PURGATORY IF EACH PERSON READING THIS ARTICLE PAUSES FOR A MOMENT TO PRAY:

ETERNAL FATHER, I OFFER THEE THE MOST PRECIOUS BLOOD OF THY DIVINE SON, JESUS, IN UNION WITH THE MASSES SAID THROUGHOUT THE WORLD TODAY, FOR ALL THE HOLY SOULS IN PURGATORY, FOR SINNERS

EVERYWHERE, FOR SINNERS IN THE UNIVERSAL CHURCH, THOSE IN MY OWN HOME AND WITHIN MY FAMILY. AMEN.

"IT IS THEREFORE A HOLY AND WHOLESOME THOUGHT TO PRAY FOR THE DEAD, THAT THEY MAY BE LOOSED FROM SINS" (2 MACCABEES 12:43-46) SOME OF THESE HOLY SOULS, DOUBTLESS, ARE PEOPLE WHO CROSSED OUR PATH IN LIFE. OTHERS ARE FRIENDS WE NEVER MET BUT WILL SOMEDAY FIND WAITING TO PRAY FOR US IN THE MOMENT OF OUR GREATEST NEED.

INSPIRATION FROM GERTRUDE

HERE ARE THREE QUOTES FROM ST. GERTRUDE THE GREAT THAT SERVE AS GUIDANCE FOR US IN OUR OWN PRAYER LIVES AND A SPECIAL INSPIRATION THIS NOVEMBER:

1) "EVERY TIME WE LOOK AT THE BLESSED SACRAMENT, OUR PLACE IN HEAVEN IS RAISED FOREVER."

ONCE AGAIN, ST. GERTRUDE IS REMINDING US OF OUR ETERNAL LIFE, THAT WHAT WE DO HERE ON EARTH MATTERS SIGNIFICANTLY FOR OUR LIFE AFTER DEATH. TO LIVE OUT THE GUIDANCE OF THIS QUOTE, WE SHOULD MAKE EVERY ATTEMPT TO ATTEND MASS FREQUENTLY, NOT JUST ON SUNDAYS.

2) "GRATITUDE FOR SUFFERING IS A PRECIOUS JEWEL FOR OUR HEAVENLY CROWN ... MAN SHOULD ALWAYS FIRMLY BELIEVE THAT GOD SENDS JUST THAT TRIAL WHICH IS MOST BENEFICIAL FOR HIM."

CATHOLIC PARENTS HAVE, THROUGHOUT THE CENTURIES TAUGHT THEIR CHILDREN TO "OFFER IT UP" FOR THE HOLY SOULS WHEN A DIFFICULTY CAME THEIR CHILD'S WAY. AND GREAT SAINTS AND POPES HAVE AFFIRMED THIS PRACTICE. LET US OFFER OUR SUFFERING FOR THE ASSISTANCE OF OTHERS AND FOR THE GOOD, ULTIMATELY, OF OUR OWN SOULS. IF WE ARE NOBLE ABOUT OUR EARTHLY SUFFERINGS, CHANCES ARE GOOD WE WILL FACE LESS TIME IN PURGATORY.

3) "O LORD, I OFFER THEE THIS WORK THROUGH THY ONLY SON, IN THE POWER OF THE HOLY SPIRIT, TO THE PRAISE OF THY ETERNAL MAJESTY."

ST. GERTRUDE PRAYED THIS REGULARLY; SHE WAS TAUGHT BY OUR LORD THAT WHATEVER ACTION WAS OFFERED WITH THIS PRAYER WOULD HAVE A HIGH WORTH IN THE EYES OF GOD. WITH ST. GERTRUDE'S HELP WE RECOGNIZE THAT WE SHOULD WASTE NO CHANCE,

HOWEVER SEEMINGLY SMALL OR MUNDANE, TO OFFER ALL FOR GOD'S GLORY.

TO CELEBRATE THE INFLUENCE OF ST. GERTRUDE THE GREAT THIS MONTH, AND FOLLOW HER DEVOUT EXAMPLE, WE CAN ADD THE HOLY SOULS PRAYER TO EACH DECADE OF OUR ROSARY THIS MONTH; SHARE HER BEAUTIFUL PRAYER WITH A FRIEND AND ENCOURAGE THEM TO PRAY IT WITH YOU; VISIT A CEMETERY AND PRAY FOR THOSE WITH NO ONE TO PRAY FOR THEM, GET AN AT-HOME HOLY HOUR DEVOTED TO ASSISTING THE HOLY SOULS; AND PRAY ALL MONTH THROUGH THE INTERCESSION OF ST. GERTRUDE. ☐



"I am your Mother Mary. My children, unless people will get down and pray and beg Eternal Father, more war and chaos will continue. Russia and China will combine forces against United States. My children, pray the rosary everyday with heart of sincerity for in the end my Immaculate Heart will triumph.

Mary, your Lady of Peace"
10302023

SPIRITUAL ENRICHMENT RECOMMENDED

PRAYING FOR THE HOLY SOULS BY VICTOR ARANETA

*"The people who died were given time
for offering of souls for prayers."
(2 Maccabees 12:38-46)*

ONE OF THE IMPORTANT FACETS OF CATHOLIC RELIGION IS PRAYING FOR OUR DEPARTED ONES.

MANY WOULD SAY THAT ONCE WE LEAVE THIS WORLD, WE FACE OUR JUDGMENT AND EITHER WE GO TO ETERNAL DAMNATION OR ETERNAL BLISS. OUR GOD IS MUCH MORE FORGIVING THAN THAT. HE PRESENTS

A PLACE OF
PURGATION

WHERE OUR
SOULS ARE
CLEANSED FROM
IMPURITIES
BROUGHT ABOUT
BY THIS
IMPERFECT

WORLD. THE
DESTRUCTION IS
JUST TOO
NUMEROUS THAT
OUR FOCUS ON
SERVING GOD
BECOMES LESS
AND OUR FLESH IS
MORE

DISTINGUISHED

TO SERVE THE INNERMOST FEELINGS THE UNDERWORLD AND THE SATANIC PROVISIONS PRESENT TO US DURING OUR LIFETIME HERE ON EARTH. AS WE PASS ON THE REMNANTS OF THIS FLESH, OUR WORLDLY DESIRES GET ATTACHED TO OUR SOULS. THE ONLY WAY TO SCRAPE THESE RUSTS OF REMNANTS, IS TO PUT OUR SOULS INTO A CLEANSING PLACE OF PURIFICATION CALLED PURGATORY. THIS PLACE IS WHERE SOULS STAY FOR A DEFINITE PERIOD OF TIME AND THOSE LEFT BEHIND CAN PRAY FOR THEM (MACABEES 2:1). THIS PLACE CONSISTS OF LEVELS WHERE THE SOULS CAN INCH THEIR WAY INTO THE FINAL DESTINATION OF GLORIFICATION.

ONE CAN ONLY SURMISE THAT THE HOLY ONES LEFT BEHIND WILL PRAY AND SAY "OH GOD, AS THE SOUL OF MY RELATIVE/FRIEND PASSES ON FROM THIS WORLD, LET YOUR GUIDING SPIRIT BE ALWAYS WITH HIS/HER SOUL AND MAY THE CLEANSING BE SHORT AND THE ARBITRATION OF COMPLETE GLORIFICATION BE ATTAINED SOON IN JESUS' MIGHTY NAME, AMEN. ☐



Upcoming Events

1ST FRIDAY DEVOTION

NOVEMBER 3, 2023

IN LAS VEGAS:
THE CENACLE HOUSE
AT 2:30 PM

IN LOS ANGELES: VIA ZOOM
AT 8:30 AM
VIA ZOOM

1ST SATURDAY DEVOTION

NOVEMBER 4, 2023

IN LOS ANGELES:
THE MONASTERY OF THE ANGELS
DEVOTIONAL PRAYERS AT 8:30 AM
MASS AT 10:00 AM
CENACLE AT 11:15 AM

IN LAS VEGAS:
THE CENACLE HOUSE
AT 1:00 PM

1ST SUNDAY DEVOTION

NOVEMBER 5, 2023

IN LAS VEGAS:
ST. SHARBEL CATHOLIC CHURCH
MASS AT 9:30 AM FOLLOWED BY
DEVOTIONAL PRAYERS AT THE CHAPEL

IN LOS ANGELES:
THE MONASTERY OF THE ANGELS
MASS & BENEDICTION AT 11:00 AM

800 OUR FATHER DEVOTION

NOVEMBER 18, 2023

IN LAS VEGAS: THE CENACLE HOUSE
AT 8:00 AM

IN LOS ANGELES: VIA ZOOM
MASS AT 9:15 AM