

# CruX Fidelis



**Faithful Cross, above all other, one and only noble Tree,  
none in foliage, none in blossom, none in fruit thy peer may be.**

Venantius Honorius Fortunatus c. 580

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## FROM THE RECTOR

Dear People of Mount Calvary:

The holy season of Lent is now fully upon us, and hopefully we are all making every effort to adhere to our respective Lenten disciplines. A Lenten rule is a very personal thing, something that will vary according to our own strengths and weaknesses, our particular virtues and vices. However, there are certain elements which any rule for Lent should contain. The *Book of Common Prayer* neatly summarizes these elements as self-examination and repentance; prayer, fasting, and self-denial; and reading and meditation upon God's holy Word. Each of these should find a place in the Lenten practice of every faithful Christian. It is sometimes suggested that Lent is not so much a time for "giving up" things but for "taking on" things, but in truth, it is not a matter of either/or, but of both/and; for Lent is a time for sacrifice as well as additional discipline, for relinquishing the things that enslave us, as well as embracing those things that draw us closer to our Lord and Savior.

*(Continued on page 2)*


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In this regard, the practice of self-examination is especially important. We cannot know which aspects of our lives call for sacrifice, and which call for a greater sense of duty toward God and our neighbors, if we do not critically examine ourselves by the light of the Gospel. This is often a difficult task. After all, which of us really enjoys contemplating our own short-comings? And yet it is vitally necessary, if we are to truly grow in Christ, for us to seek to understand the particular temptations which beset us, and strive to overcome them. I was reminded how easy, and how deadly, it is to avoid such self-knowledge when I came across the following meditation on the internet:

“It is an evidence of an evil conscience if a man cannot endure self inspection. Many a man is afraid of self examination. He is as indisposed to commune with his own heart as some children are to visit in the dark a room haunted, according to rumor by specters. This is an indication of a bad state of things. Owing to want of peace in their own bosoms, many are unhappy when left alone; they are habitually uneasy, and they in various ways show signs of discontent and moroseness. And for the same reason, they make use of many expedients in order to avoid fellowship with themselves. They watch television, they peruse the Internet, they read with avidity works of fiction, they visit exciting scenes, they indulge in intoxicating drinks, and waste much of their time in frivolous amusements.”

Lest we fall victim to that “evil conscience,” let us therefore take every opportunity this Lent to look within ourselves and discover how we have “sinned and fallen short of the glory of God.” And having done that, let us take that burden to the foot of Cross, confessing our sins in the Sacrament of Penance, so that we might greet the Risen Lord at Easter with a pure and peaceful conscience.

Wishing you a blessed and holy Lent, I remain your pastor and friend,



The Rev'd Jason A. Catania, Rector

## **TENEBRAE**

*Tenebrae* is a Latin word meaning “darkness,” and is the popular name for the special forms of the offices of Matins and Lauds appointed for the last three days in Holy Week. Because it is now a nearly universal practice to hold the liturgies of Holy Week in the evening, it has become customary, in some places, to offer *Tenebrae* in the evening on Holy Wednesday. Perhaps the most striking feature of the service is the gradual extinguishing of the candles until only one is left, which is then concealed for a time until a loud noise is made (signifying the earthquake at the time of the Resurrection), whereupon the hidden candle is restored to its place in anticipation of the Resurrection. The congregation then departs in silence.

This year, *Tenebrae* will be sung by the choir of Mount Calvary on Wednesday, March 31 at 7:30 p.m.

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## THE ROMAN CANON

*At Mount Calvary, we are now making regular use of the so-called Roman Canon, especially at Masses during the week. This most ancient Eucharistic prayer known to the Church Catholic, East and West, is found on page 20 of the Parish Missal and on page 678 of the Anglican Service Book. In response to those who have asked why we are using a prayer most associated with the Roman Catholic Church, here is a short explanation, taken from The Great Prayer: Concerning the Canon of the Mass, by Hugh Ross Williamson, an Anglican clergyman.*

The Eucharist ... is thus in every way central not only to the life of the Church but to the understanding of Christianity. To know the prayer which accompanies the action is to know the Faith.

And the Faith is the faith of [the] whole, undivided Church, before schisms had sundered it. The formula of the Eucharistic Prayer - the 'Canon of the Mass,' as it is more usually called - has not varied since the end of the sixth century. Its final form was given to it by Gregory the Great, the Pope who sent Augustine to England. The Prayer as Augustine prayed it in that first Communion he celebrated in the ruined church of St. Martin in Canterbury in 597 is, word for word, the same prayer as has been said this particular morning at every Catholic altar all over the world.

Thus the Canon to-day is not only the prayer of unity within the Church itself. It is the potential point of unity for all those separated from the Church. The sects which have sprung up since the Reformation could all unite in saying the Canon. There can be nothing in the doctrine implied there from which any Presbyterian or Congregationalist or Methodist could dissent, for no dissenter disagrees with the Catholic Church on the question of the original Christianity St. Augustine brought to England. There is in the Canon only the teaching of the primitive Church (for, of course, Gregory the Great only put the final touches to prayers which had slowly developed or hardened into particular forms from apostolic times) and nothing whatever of 'late medieval accretions' against which the Reformers inveighed. The Canon had already been in use, in its present form, for six hundred years before 'Transubstantiation' was defined in 1215.

In praying the Canon we unite ourselves with all fellow-Christians 'throughout all ages, world without end.' In knowing the Canon, we become grounded in the teaching of the primitive Church which Protestants no less than Catholics accept and so we may find that the Lord's Table, despite all the controversies which have disgraced His followers, is indeed the centre of unity. And in knowing about the Canon, we can detect the false arguments of those opponents of the Faith who have tried and who still try to perpetuate disunity.

Hugh Ross Williamson, *The Great Prayer*, pages 13-14

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## MARCH MASS INTENTIONS

*March is the Month of the St Joseph*

1 St David, BC (Feria)	Keith, our Episcopal Visitor
2 St Chad, BC (Feria)	Eugene and John, Bishops of Maryland
3 S Aelred, Ab (Feria)	Increase in Christian friendship
4 St Casimir, C (Feria)	Those who do not know Christ
5 Feria	Society of the Holy Cross
6 SS Perpetua & Felicity, MM (Feria)	Those who suffer for the Faith
<b>7 LENT III</b>	Our Parish
8 St John of God, C (Feria)	Increased use of the Sacrament of Penance
9 St Frances of Rome, W (Feria)	Our Vestry
10 Forty Holy Martyrs, MM (Feria)	Joseph Richey House
11 Feria	Forward in Faith
12 St Gregory the Great, PC (Feria)	Benedict, Bishop of Rome
13 Feria	Our parish musicians
<b>14 LENT IV</b>	Our Parish
15 Feria	The unemployed
16 Feria	The homeless
17 St Patrick, BC (Feria)	The Anglican Communion
18 St Cyril of Jerusalem, BCD (Feria)	The Church in the Holy Land
19 ST JOSEPH (Feria)	Our Parish
20 St Cuthbert, BC (Feria)	Rowan, Archbishop of Canterbury
<b>21 PASSION SUNDAY</b>	Our Parish
22 Feria	Increase in vocations to the monastic life
23 Feria	Guild of All Souls
24 St Gabriel the Archangel (Feria)	Thanksgiving for the ministry of angels
25 ANNUNCIATION BVM (Feria)	Our Parish
26 COMPASSION BVM (Feria)	Community of St Mary, Greenwich NY
27 St John of Damascus, CD (Feria)	Christians living in Muslim lands
<b>28 PALM SUNDAY</b>	Our Parish
29 Monday in Holy Week	Those keeping Holy Week here
30 Tuesday in Holy Week	Confessors and Penitents
31 Wednesday in Holy Week	Return of the lapsed to the Sacraments

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## MARCH MUSIC SCHEDULE

### **March 7 - Lent III**

Turn thy face from my sins – Thomas Attwood  
Teach me, O Lord – Thomas Attwood

### **March 14 - Lent IV**

God so loved the world – John Stainer  
Lord, for thy tender mercy's sake – John Hilton

### **March 21 - Passion Sunday**

Praise to thee, Lord Jesus – Heinrich Schütz  
Attende Domine – Mode V

### **March 28 - Palm Sunday**

Vere languores nostros – Tomas Luis de Victoria  
Adoramus te, Christe – Theodore Dubois

# HOLY WEEK

### **March 28 - Palm Sunday**

8:00 a.m. Low Mass  
10:00 a.m. Blessing of Palms, Procession, and Solemn High Mass

### **March 29 & 30 - Monday and Tuesday in Holy Week**

12:00 Noon Low Mass

### **March 31 - Wednesday in Holy Week**

7:30 p.m. Tenebrae

### **April 1 - Maundy Thursday**

6:30 p.m. Solemn High Mass, Procession to the Altar of Repose, and Stripping of the Altars

### **April 2 - Good Friday**

12:00 Noon Mass of the Pre-sanctified and Veneration of the Cross

### **April 3 - Holy Saturday**

7:30 p.m. The Vigil and First Mass of Easter

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### Weekly Masses

<b>Sunday</b>	8:00 a.m.	Low Mass
	9:00 a.m.	Adult Education
	10:00 a.m.	Solemn High Mass
<b>Monday</b>	12:00 Noon	Low Mass
<b>Tuesday</b>	12:00 Noon	Low Mass
<b>Wednesday</b>	11:30 a.m.	Mass for Healing: Joseph Richey House
	6:30 p.m.	Low Mass, followed by Bible Study
<b>Thursday</b>	12:00 Noon	Low Mass
<b>Friday</b>	12:00 Noon	Low Mass
<b>Saturday</b>	10:00 a.m.	Low Mass

### Monthly Special Masses

<b>Wednesday, March 3</b>	6:30 p.m.	Monthly Requiem Mass
<b>Saturday, March 6</b>	10:00 a.m.	Mass and Society of Mary Rosary
<b>Wednesdays in Lent</b>	6:30 p.m.	Stations of the Cross and Benediction
<b>Wednesday, March 31</b>	7:30 p.m.	Tenebrae

Mount Calvary Church  
816 North Eutaw Street  
Baltimore, MD 21201

**TIME VALUE - PLEASE EXPEDITE**