

*In order that Christ's Redemption may be applied to us we must do penance. We must not deceive ourselves, for our forefathers have all passed by that way; young and old, small and great; in short, all have washed their feet and their hands in the waters of penance. -- St. Francis de Sales*

Dear Members and Friends of the Society of the Sacred Heart,

I could not have imagined the year that would be in store for us when I wrote to you at the beginning of Lent, 2020. I hope and pray that you are all able to begin this Lent by attending Holy Mass and receiving the Sacraments. It is of great importance for all of us to make a good confession during this holy season. St. Thomas Aquinas explains that Penance is a Sacrament which depends on a virtue. That is to say, we cannot have the Sacrament of Penance without the virtue of Penance. The matter of this Sacrament is the sins of the baptized. In order that matter to be valid, those sins must be regretted for a supernatural motive -- the loss of heaven, the wounds we have inflicted on fellow members of Christ's Mystical Body, the barriers we have placed between God and other persons through our scandal, and most of all, the love we bear toward Him whom we have offended.

As we follow Our Savior in His public ministry throughout the ferias of Lent, culminating in His most bitter Passion, we are drawn by the cords of love to meditate on His sacred humanity. We should derive from this meditation a lively sense of gratitude for all He has done for us in the work of redemption. We all know how important it is to make a fervent thanksgiving after Holy Communion. And we do well to adopt this practice after confession as well. I the start of Lent we are told, *Remember, man, that thou art dust; and unto dust thou shalt return.* But God Himself *remembers that we are dust*, and so He full of mercy toward His poor, fallen creatures. There is no greater prayer of thanksgiving after a good confession than the 102nd Psalm:

*Bless the Lord, O my soul: and let all that is within me bless his holy name.*

*Bless the Lord, O my soul, and never forget all he hath done for thee.*

*Who forgiveth all thy iniquities: who healeth all thy diseases.*

*Who redeemeth thy life from destruction: who crowneth thee with mercy and compassion. Who satisfieth thy desire with good things: thy youth shall be renewed like the eagle's.*

*The Lord doth mercies, and judgment for all that suffer wrong.*

*He hath made his ways known to Moses: his wills to the children of Israel.  
The Lord is compassionate and merciful: longsuffering and plenteous in mercy.  
He will not always be angry: nor will he threaten for ever.  
He hath not dealt with us according to our sins: nor rewarded us according to our iniquities.  
For according to the height of the heaven above the earth: he hath strengthened his mercy  
towards them that fear him.  
As far as the east is from the west, so far hath he removed our iniquities from us.  
As a father hath compassion on his children, so hath the Lord compassion on them that fear him:  
For he knoweth our frame. He remembereth that we are dust:  
Man's days are as grass, as the flower of the field so shall he flourish.  
For the spirit shall pass in him, and he shall not be: and he shall know his place no more.  
But the mercy of the Lord is from eternity and unto eternity upon them that fear him: And his  
justice unto children's children,  
To such as keep his covenant, And are mindful of his commandments to do them.  
The Lord hath prepared his throne in heaven: and his kingdom shall rule over all.  
Bless the Lord, all ye his angels: you that are mighty in strength, and execute his word,  
hearkening to the voice of his orders.  
Bless the Lord, all ye his hosts: you ministers of his that do his will.  
Bless the Lord, all his works: in every place of his dominion, O my soul, bless thou the Lord.*

I remember you all especially at the altar during these forty days for your sanctification and progress in the virtues.

Sincerely Yours in His Most Sacred Heart,  
Canon Aaron B. Huberfeld  
National Chaplain