

O Meekness & Humility

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Our Blessed Lord is our model & pattern in all things. And, of all things, He especially wants us to be meek & humble, “Learn from Me, for I am meek & humble of heart.” He could have said, ‘Learn from me, for I am “chaste & obedient”, but He did not for these qualities follow true meekness & humility.

Meekness & humility, in various guise, are sowed throughout the Gospels & letters of Paul so much so that their importance and necessity can not be overlooked.

Meekness, is the virtue, or strength of soul, which moderates anger & the desire for revenge it is the patient endurance under affliction and compels forgiveness.

The Sermon on the Mount, the inaugural address of Christ, begins, “Blessed are the poor in spirit, for theirs is the kingdom of God. Blessed are the meek, for they shall inherit the land.” (Mt 5:2,3) Later, in the same sermon, He declares, “But I say to you, whosoever is angry with his brother, shall be in danger of the judgment.” (Mt 5:22) And later yet, He teaches, “Love your enemies: do good to them who hate you: and pray for them that persecute and calumniate you. (Mt 5:44)

St. Paul repeats this spirit of the Gospel in his epistles: “Charity is patient, is kind,..” (1 Cor 13:4); “But the fruit of the Spirit is charity, joy, peace, patience, goodness, generosity, gentleness,..” (Gal 5:22); “Walk with the Lord with all humility & mildness. (Eph 4:2)

Humility is the virtue which moderates pride, or the overestimation we have of ourselves it acknowledges God as the source of all good and is the willingness to conform our lives to His will.

Once, when the disciples asked our Lord, “Who is the greatest in heaven?” He pointed to a little child and said, “Amen, I say to you, Unless you be converted, and become as little children, you shall not enter into the kingdom of heaven. Whosoever shall humble himself as this little child, he is the greater in the kingdom of heaven.” (Mt 18:1-4)

In today’s Gospel, Christ instructs His follower to avoid seeking honor saying, when invited to a wedding feast, “sit down at the lowest place” and ending, “He that exalts himself shall be humbled; he that humbles himself shall be exalted.” (Lk 14:11)

When the mother of the sons of Zebedee asked the Lord that her sons have first place beside Jesus in the kingdom, the other disciples became indignant. In His reply, noting how worldly princes glory in their power over others, Jesus tells His disciples, “It shall not be so among you, but whosoever will be greater among you, let him be your minister. And he that will be first among you, shall be your servant. Even as the Son of man is not come to be ministered unto, but to minister, and to give his life for a redemption for many.” (Mt 20:26-28)

Again, St. Paul echoes the Master: “Let this mind be in you, which was also in Jesus Christ, Who being in the form of God, thought it robbery to be equal with God: But emptied Himself, taking the form of a servant, being made in the likeness of men, and in habit found as a man. He humbled himself, becoming obedient unto death, even to the death of the cross.” (Phil 2:5-8)

Let us not be mistaken on the importance of knowing and practicing meekness & humility.

To end, some might know The Litany of Humility composed by Card. Merry del Val. He prayed it after offering Holy Mass. (If you don’t know it, please see the inside of this bulletin.)

Many confess it is a challenge to pray *really* meaning to practice its content. What violence to our ego! But “Heaven is taken by violence and the violent bear it away.” (Mt 11:12) The Litany is one remedy to curb our often-excessive self-seeking fallen nature.

While there is time, let us work on putting on Christ, especially with the virtuous dress of His meek & humble heart. Nor shall there be excuse for not having such garments come our judgment. No one who reads the Bible seriously will have as a defense, “Meekness? Humility? I did not know I needed these to get in!” Think of this the next time you hear at the store, “Did you find everything you need?”



St Francis de Sales Catholic Church

An apostolate of the Priestly Fraternity of St. Peter in the Archdiocese of Atlanta preaching the Gospel & sanctifying souls according to the liturgical books of 1962.

587 Landers Dr SW
Mableton, GA 30126
770-948-6888
www.fsspatl.com

16th Sunday after Pentecost

September 13, 2026, A.D.

Pastor: Fr Chris Hathaway, FssP – pastor@fsspatl.com

Parochial Vicar: Fr. Joseph Favole, FssP – assistant@fsspatl.com

Fr. Brian Austin, FssP, - in residence

Rev. Mr. Doug Anderson, Deacon

Office Manager: Ms. Julieta Sanchez – officemgr@fsspatl.com

Church Office Hours: 8:15 am to 4:15 pm, Monday – Friday

Bookstore Hours: Sundays from 9:45-10:15 am, 12:15-12:45 pm, & 2:15-2:30 pm.

Baptism: Contact the parish three months before a birth.

Marriage: Contact the parish six months before a wedding.

Inquiring about the Catholic Faith? Call the office.

Daily Mass Times

Mon. & Wed.: 6:30 am & 9 am.

Tues. & Thurs.: 6:30 am & 12 noon.

Fri.: 6:30 am & 7 pm (followed by Holy Hour).

Sat.: 7 am & 9 am.

Sunday Mass Times

7 am low Mass

8:30 am low Mass

10:30 am high Mass

1 pm low Mass

Confessions are heard in the confessional box ½ hour before each Mass.

Church Hours

Mon.-Thurs.: 6 am - 5 pm

Fri.: 6 am - 9 pm

Sat.: 6:30 am - 5 pm

Sun.: 7 am - 5 pm

Office Hours

Monday - Friday:
8:15 am – 4:15 pm.

Closed on Holy Days

Liturgical Calendar for the Upcoming Week

DATE	FEAST	CLASS/COLOR	COMMEMORATION
Sun 09-13	16th Sunday after Pentecost	2/G	
Mon 09-14	Exaltation of the Holy Cross	2/R	
Tues 09-15	Seven Sorrows of BVM	2/W	St Nicomedes
Wed 09-16	Ss Cornelius, <i>Pope</i> , & Cyprian, <i>Bishop, Martyrs</i>	3/R	Ss Euphemia, Lucy & Geminian
Thu 09-17	Stigma of St Francis	4/W	
Fri 09-18	St Joseph of Cupertino, <i>Confessor</i>	3/W	
Sat 09-19	St Januarius, <i>Bishop</i> & Comp., <i>Martyrs</i>	3/W	
Sun 09-20	17 Sunday after Pentecost	2/G	

Mass Intentions for the Upcoming Week

Sun 09-13	(7 am) no Mass	
	(8:30 am) Danijela Chancey (frh)	rb L Chancey
	(10:30 am) <i>Pro-populo</i> (frh)	
	(1 pm) FssP & Preservation of the TLM (frh)	
Mon 09-14	(6:30 am) Paul & Mary Jane Cella +	rb P Cella
	(9 am) Frank J Stillwell +	rb M J Rivero-Stillwell
Tues 09-15	(6:30 am) Gwinn Nixon	rb Maxwell family
	(12 pm) Stefanie Larue	rb T & E Wells
Wed 09-16	(6:30 am) Josephine A Zigui +	rb M-T Zigui
	(9 am) Yeshua Sanchez (not at SFdS)	rb J Sanchez
Thu 09-17	(6:30 am) Cynthia Graddick +	rb R Marosy
	(12 pm) Bertha M Morell +	rb Insinga family
Fri 09-18	(6:30 am) Special intention	rb Maxwell family
	(7 pm) Sean Drop	rb Maxwell family
Sat 09-19	(7 am) Carol McGann	rb Severson family
	(9 am) CCM	rb CCM
Sun 09-20	(7 am) <i>Pro-populo</i> (frh)	
	(8:30 am) Noemi Cardenas (frh)	rb N Cardenas
	(10:30 am) Linda Light + (frf)	rb C Conger
	(1 pm) Louis & Kathy Pilloni (frf)	rb J Graebner

SFdS welcomes Deacon Gerard Leonard, FssP. He will be with us for some months.

Today, Rami Qumsieh will sell Holy Land items in the social hall to help Christians in Palestine; **CCD begins (9:30-10:15 am);** & the bookstore is open (see times infra).

This week, Wednesday, Inquiry Class (7 pm); Friday, Our Lady of Good Counsel Co-op (9 am-2 pm); Saturday, CCM (10:30 am).

Last week's collection: cash \$8,112.52; online \$5,093.50; total: \$13,206.02.

Attendance: 7 am-69; 9 am-178; 10:30 am-308; 1 pm-178; 695 total souls.

The Litany of Humility

By Cardinal Merry del Val (1865-1930), Secretary of State under St Pope Pius X

O Jesus meek and humble of heart,	<i>Hear me.</i>
From the desire of being esteemed,	<i>Deliver me, Jesus.</i>
From the desire of being loved,	<i>Deliver me, Jesus.</i>
From the desire of being extolled,	<i>Deliver me, Jesus.</i>
From the desire of being honored,	<i>Deliver me, Jesus.</i>
From the desire of being praised,	<i>Deliver me, Jesus.</i>
From the desire of being preferred to others,	<i>Deliver me, Jesus.</i>
From the desire of being consulted,	<i>Deliver me, Jesus.</i>
From the desire of being approved,	<i>Deliver me, Jesus.</i>
From the fear of being humiliated,	<i>Deliver me, Jesus.</i>
From the fear of being despised,	<i>Deliver me, Jesus.</i>
From the fear of suffering rebukes,	<i>Deliver me, Jesus.</i>
From the fear of being calumniated,	<i>Deliver me, Jesus.</i>
From the fear of being forgotten,	<i>Deliver me, Jesus.</i>
From the fear of being ridiculed,	<i>Deliver me, Jesus.</i>
From the fear of being wronged,	<i>Deliver me, Jesus.</i>
From the fear of being suspected,	<i>Deliver me, Jesus.</i>

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

That in the opinion of the world, others may increase, and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

That others may be praised and I unnoticed,
Jesus, grant me the grace to desire it.

That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.

That others may become holier than I, provided that I become as holy as I should,
Jesus grant me the grace to desire it.

Please pray for: Anne Clairzine (9/13), Sonja Brown, Jamie & Baby Graebner (8/30), Tommy Kinsella (8/23), Leonard Frederick Jr. (8/16).

O. L. of Good Counsel Homeschool Co-Op needs two pack-and-plays, an infant swing, toys, and cleaning supplies (e.g., cleaning wipes, spray, paper towels, etc.). If you can help, please email ourladyofgoodcounselco.op@gmail.com. Thank you!

Maxim of St Francis de Sales

Keep Jesus closely in your arms, for it is thus the Spouse holds Him as a bouquet of myrrh, that is of bitterness; but He is not bitter, He only allows us to be bitter to ourselves.