

If you seek to take revenge against another, you have an exaggerated or wrong sense of justice, and little regard for Christian charity. Our Lord insisted not only that His followers are not to strike back at those who injure them, but that when they are struck on one cheek, they should turn the other for another blow. (Matt. 5:39). This was His way of saying that revenge is sinful and will be punished by Him in the end.

#### ANNOUNCEMENTS:

- ✘ **February Eucharistic Crusade Intention:** Spiritual Retreats.
- ✘ **The Rosary Crusade Week** for this month is Jan. 30<sup>th</sup> to Feb. 5<sup>th</sup> & Feb. 24 – Mar. 4.
- ✘ **There is a private Holy Hour every Sunday evening at 7 PM.**
- ✘ There will be a women's retreat from Feb. 20 – 25. This will be a retreat only for 2<sup>nd</sup> time retreatants or 3<sup>rd</sup> Order members/postulants, exceptions Fr. Rusak. Contact Fr. Rusak directly to register – retreat must be paid in advance, \$125 to secure registration. If you register late, the cost will be higher as we may have to rent out some rooms from a neighbour. Thank you!
- ✘ The men's retreat will be from March 12 – 17, open to all, with same rules for registration.

#### Mass and Event Schedule for Winnipeg and the Missions

**Sun. Jan. 29: Winnipeg 9:30 AM + Catechism + Vespers 6 PM; Dryden 10 AM + Catechism**  
 Mon. Jan. 30: Winnipeg 7:15 AM + TBA  
 Tues. Jan. 31: Winnipeg 7:15 AM & 6 PM  
**Wed. Feb. 1: Winnipeg 7:15 AM + 6 PM + O.L. of Perpetual Help devotions + Adult Catechism**  
**Thurs. Feb. 2 Feast of the Purification + Blessing of Candles: Winnipeg/Welwyn 6 PM**  
**First Fri. Feb. 3: Winnipeg 6 PM + Benediction / Welwyn 7:15 AM School Mass; Adoration 8 PM**  
**First Sat. Feb. 4: Winnipeg 7:15 AM + Holy Hour / Welwyn 7:15 AM**  
**Sun. Feb. 5: Winnipeg, 9:30 AM + Catechism + Vespers 6PM / Welwyn 10 AM + Catechism**  
 Mon. Feb. 6: Winnipeg 7:15 AM + TBA  
 Tues. Feb. 7: Winnipeg 7:15 AM + 6 PM  
**Wed. Feb. 8: Winnipeg 7:15 AM + 6 PM + O.L. of Perpetual Help devotions + Adult Catechism**  
 Thurs. Feb. 9: Winnipeg 7:15 AM + 6 PM  
 Fri. Feb. 10: Winnipeg 7:15 AM + 6 PM  
 Sat. Feb. 11: Winnipeg 7:15 AM; Regina 9:15 AM  
**Sun. Feb. 12, Winnipeg 9:30 AM + Catechism; Regina: 10 AM; Saskatoon 5 PM; Dryden 7 PM**  
 Mon. Feb. 13: Dryden 7:15 AM; Winnipeg 6 PM Rosary and Holy Communion.  
 Tues. Feb. 14: Winnipeg 7:15 AM  
**Wed. Feb. 15: Winnipeg 6 PM + O.L. of Perpetual Help devotions + Adult Catechism**  
 Thurs. Feb. 16: Winnipeg 7:15 AM  
 Fri. Feb. 17 Winnipeg 7:15 AM + TBA  
 Sat. Feb. 18: Winnipeg 7:15 AM; Welwyn Confessions 7 PM  
**Sun. Feb. 19: Winnipeg, 9:30 AM + Catechism + Vespers 6 PM + Holy Hour 7PM;**  
**Welwyn 10 AM + Catechism + Men's meeting 3 PM**  
 Mon. Feb. 20: Winnipeg/ Welwyn 7:15 AM [Women's Retreat in Winnipeg]  
 Tues. Feb. 21: Winnipeg 7:15 AM  
**Ash Wednesday, Feb. 22, Winnipeg 7:15 AM + 6 PM + O.L. of Perpetual Help devotions**  
 Thurs. Feb. 23: Winnipeg 7:15 AM  
 Fri. Feb. 24: Winnipeg 7:15 AM  
 Sat. Feb. 25: Winnipeg 7:15 AM  
**Sun. Feb. 26: Winnipeg 9:30 AM + Catechism + Vespers 6 PM; Dryden 10 AM + Catechism**  
 Mon. Feb. 27: Winnipeg 7:15 AM + TBA  
 Tues. Feb. 28: Winnipeg 7:15 AM & 6 PM  
**Wed. Feb. 29: Winnipeg 7:15 AM & 6 PM + O.L. of Perpetual Help devotions + Adult Catechism**

## Bulletin & Mission Letter:

### February 2012 bulletin, version 1.1

#### Our Lady of the Rosary Church

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All are welcome to come downstairs after Our Sunday Masses to enjoy a cup of coffee, the company of other parishioners and a visit to our bookstore.



### AVERSION OR CONVERSION?

An aversion is an unexplainable feeling of dislike or distaste for a certain person. It is not based on any real injury, nor can it be explained by the usual things that may cause dislike, such as jealousy, envy, rivalry, or ambition. An aversion is sometimes based upon some kind of misunderstanding. It may be the result of conflicting temperaments and characters so that you are almost instinctively annoyed by the way another person speaks and acts. Moreover, a person may arouse aversion and at the same time be admired by others.

Aversion may seem to be a small subtle energy of the human heart, yet its strength is sometimes able to overwhelm true charity. When a person of a naturally kind disposition cannot bring himself to speak a kind word to some particular person near him, although the person may be harmless, the force of aversion acts like an evil spell. This power that takes speech from your mouth and warmth from your heart comes from some defect in your own self.

#### To feel is not to sin, but...

It is not a sin to experience such emotions. But it is sinful to give way to them and to allow yourself to be swept off your feet without resistance. God wills that you should make a real effort to restore at least some of your former peace of soul. This can be achieved only by diverting or checking these feelings as soon as you feel them welling up in your soul, but especially by filling your heart with a spirit of charity.

#### Manifestation of aversion

You show aversion by letting people know how you feel about the person you do not like and by adding some bitter comment about the person's faults, real or imaginary.

You show aversion by your impolite and uncharitable conduct toward the person you dislike by answering questions sharply and ridiculing or even insulting the person with what appear to be humorous remarks. Sometimes you will defend yourself in all this by saying that to act otherwise would be hypocrisy, although it is never hypocrisy to hide one's baser emotions.

You show aversion also by refusing to take part in any work or recreation if the person you dislike is involved. It is grossly uncharitable to prefer to see a good work undone, or a good time spoiled, rather than cooperate with a person you dislike.

#### Overcoming aversions

You can overcome feelings of aversion by diverting or checking them as soon as you realize that they are welling up in your soul; by hiding them from others and being silent about them; by manifesting special kindness toward the person you dislike whenever this is possible; by remembering that you may be a source of aversion to others; by being convinced that you cannot love God if you do not love even your enemies; and by making a regular practice of praying for those you dislike.

You may never acquire a mastery of your feelings, nor is it really necessary. It will be best — once you have rid yourself of every conscious external manifestation of aversion — to aim not so

much at covering up your feelings of dislike, but rather to strive for a complete mastery of them. The big test of true charity in your life is your attitude and habitual conduct toward those whose personalities awaken in you a reaction of aversion.

St. James says, "*Draw near to God, and he will draw near to you. Cleanse your hands, you sinners: double minded persons purify your hearts.*" (James 4:8) Having cleansed your heart by the clear stream of charity, you will turn every aversion, slowly and silently, to real attraction and genuine charity.

#### **Watch for resentment, a cousin to aversion**

Resentment is closely allied to aversion as a foe of charity. The resentful person does not want to hurt and wound others as does the angry or revengeful person. Proudly and silently, resentment shuts itself in and gives itself up to the bitterness and gloom of its reactions and memories. It tries not to betray itself outwardly by a gracious word or a kind deed. When love is thus shut up in the heart, it is bound to wither and die.

You may be in most things a generous person, yet resentment can get a footing in your heart. If you have been misunderstood, or feel deeply hurt by the ingratitude and injustice of another, do not withdraw into solitude and there brood over your painful memories. Take the advice of St. Paul: "Let not the sun go down upon your anger. Give not place to the devil." (Eph. 4:26-27). If your feelings have been hurt, do not tear open your wounds. Stop dwelling on the cruel word that has been spoken to you; forget the mean way in which someone has behaved toward you. Nothing does so much good to the soul as a love that pardons all things. The thought that God loves you should fill your heart with peace and joy.

#### **Forgive today, for tomorrow we die**

How gladly you would forgive others were you to know that tomorrow would bring the death of the person you resent. Tomorrow might bring your own death. How painful to have to appear before God with this resentment in your soul! Yet you expect that God will meet you without anger and forget the wounds you inflicted on His heart by your sins.

At the close of day, when its bitter experiences stand out before you, be determined to forget all. You can go to sleep in peace with such sentiments in your heart.

#### **Grudges, a not too distant relative of aversion**

To bear a grudge means to manifest prolonged resentment against someone for some real or doubtful or imagined offense that has been offered. This is expressed by a cold silence, by a refusal to take part in conversation or answer questions, by an aloofness from the one who has awakened the grudge, by sarcasm, biting comments, and caustic interpretations of another's conduct and words, and by sadness.

This angry silence charges the atmosphere with tension that can be sensed as easily as violent words. Sensitive and moody persons find themselves especially tempted to show their anger in this way. When they are angry at someone, they make him feel it by showing absolutely no interest in anything, not even in things that are ordinarily their favorite topics or activities. If accused of pouting, they adopt an attitude of sadness and answer every attempt to shake them out of it with a remark such as: "Just leave me alone."

The grudge-bearing person usually considers himself so right that he is perfectly justified in his conduct. He should see himself as others see him — as just a childish, pouting, self-opinionated weakling.

#### **How to overcome grudges**

If you are guilty of the fault of bearing a grudge, you will overcome it only when you learn to make allowances both for the shortcomings of others and for your own touchy sensitiveness. Strength of character means the ability to overcome resentment against others, to hide hurt feelings, and to forgive quickly. There is little hope that you will overcome your bad habit unless you face the fact that your temperament inclines you to take offense where none is intended

and then to lapse into an angry silence.

When somebody hurts or angers you, do not show your anger by withdrawing into a shell and refusing to talk. You may learn later that the one who provoked your anger was completely unaware of what it was that upset you. Do not be sensitive and touchy in your dealings with others, quick to perceive slights and slurs and slow to forget them. Do not show by your bearing and by the expression of your face or by a cool silence that you were slighted or hurt.

Do not express exaggerated humility when others disagree with you or insist on making them apologize frequently. Avoid dreaming about bitter answers to people who have humiliated you.

#### **Good advice from a saint**

St. Margaret Mary gives us this advice: "Never keep up any coldness toward your neighbour, or else the Sacred Heart of Jesus Christ will keep aloof from you. When you resentfully call to mind former slights that you have received, you oblige our Lord to recall your past sins which His mercy had made Him forget." And again: "Bear patiently the little vexations caused by your neighbor's being of a disposition contrary to your own; do not show your resentment, for that displeases the Sacred Heart of our Lord."

If you have the tendency deliberately to nurse past grievances, remember the warning of Christ, that if you are not willing to forgive your enemies, you have no right to expect forgiveness from God for your own sins. (Cf. Mt. 6:15.) In business, in marriage, in any human field, try to develop a forgetful spirit insofar as past injuries are concerned. This will enable you to be more charitable in your judgments about others.

#### **Revenge, a disguised weakness**

Revengefulness, born of aversion and resentment, is also an enemy of charity. Anger may express itself in attempts to take revenge on the one who occasioned it.

Some people have a strange tendency never to forget an injury, whether imaginary or real. They can even rejoice in situations that give them an opportunity to retaliate in some way. Much unpleasantness in human relationships arises from such a habit.

There is hardly a greater sign of weakness of character in a human being than the habit of trying to get even with others for every real or imaginary wrong that is committed. The weak character has a passion for revenge. He cannot leave judgment and punishment to God, but is constantly scheming to make someone suffer for hurting him.

#### **Types of revenge**

Revenge may adopt a threefold course. First, revenge seeks to harm a person's good name by lessening the esteem that others have for him and causing him to be disliked. This can easily be detected by the bitter language used, the intensity of feeling, and the petty charges. Second, revenge tries to spoil a good work being done by another. A revengeful person is made peculiarly happy by the failures of his enemy and is even happier if he can contribute to those failures. Thus he will sow discord among the companions and associates of the one on whom he is taking revenge and will urge no cooperation. Finally, revenge tries to prevent the advancement of another. It stoops to the most vicious kind of lying.

#### **Cures for Revenge**

Refuse to be moved to act out of revenge. You cannot go through life without being hurt and mistreated by others at some time or other. Take such things in stride, and refuse absolutely to be moved to words or actions against these others by mere revenge. Always discount largely anything said in a spirit of revenge, because it may be a total lie. If someone angers you, do not seek revenge by running that person down in your conversation with others, revealing his secret faults, and perhaps even exaggerating them and lying about them. Never try to alienate the friends of someone with whom you are angry, by making that person appear to be unworthy of their friendship or trust, or by spoiling that person's chances for advancement.