



VERMILION CATHOLIC
a legacy of Mount Carmel

VC families,

August 7, 2025

A happy new school year to you all! I am excited for my second year as your pastor and for what the Lord has in store. As we kick off this year, I'd like to start strong with a reminder of our reliance on the Lord and a reminder of the help we have in the saints who've gone before us. Just as this parish and school community was built by the loving sacrifices of many generations, so our faith is strengthened by the many saints who, like us, follow the Lord.

So, I'm inviting you to participate in a traditional devotion that dates back to St. Francis of Assisi. In his devotion to Mary and to St. Michael the Archangel, St. Francis used to spend about 40 days in prayer and fasting between the feast of the Assumption of Mary (Aug 15) and the feast of St. Michael (Sep 29). Most people know that St. Francis of Assisi had the stigmata – the wounds of Jesus on his body – but not many know that he received that gift while observing this devotion of St. Michael's Lent. We may not be St. Francis, but we can imitate a small part of his example – and ask for the intercession of him, Mary, and St. Michael – by participating in this practice in some way.

How? It's similar to regular Lent: give up something, daily prayer, look for ways to strengthen your faith and the faith of others. My intention for this time of prayer is to strengthen our community in love, specifically in the form of helping people to escape from the ways that lust and perversion in our culture make authentic love more difficult. In the parish bulletin, I suggested the following (in addition to the usual Sunday Mass):

1. Read 1 chapter from the bible each day, starting with the Gospel of Mark and going to Acts of the Apostles after that.
2. Pray silently for at least 15 minutes a day (not including the reading).
3. Spend 30 minutes in a church or chapel once a week (other than Sunday Mass)
4. No meat on Wednesday or Friday (You can eat meat on the Assumption, though)
5. Call one fellow Catholic every day to check in on prayer and faith for a minute or two
6. Restrict social media to 1 hour or less per day. (The easiest way to do this is to take it off your phone and limit it to a computer)

Feel free to adapt to your needs and the needs of your family. It's not about perfectly nailing every resolution, but the sincere attempt to use these practices to draw closer to God and each other. The [Hallow App](#) has a challenge tied to this devotion that might be a good fit. I personally will follow the [Exodus90 model](#) for men, meeting at 5:30am at the ministries hall on Wednesdays. I encourage men who are willing to join me, to use it in their existing groups, or to email me at brothers@stmmabbeville.com to help find a new group. Women can email info@stmmabbeville.com if they'd like to connect to some people who are interested. Whatever you do, I hope you'll join me in some way in consecrating this school year to the Lord and asking for the support of the saints. As always, thank you for being part of our VC Family!

In Christ,

Father Alexander M. Albert,
Pastor, Vermilion Catholic, a legacy of Mount Carmel
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Lagniappe: Fr. Mike Schmitz's take:

<https://www.youtube.com/watch?v=k6GP4DoG-wE>

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