



# TYBURN TALK

## SACRED HEART 2021

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*Dear Friends of Tyburn,*

A new ray of light shines today in the heaven of Holy Church, and its light brings warmth. The Divine Master given to us by our Redeemer, that is, the Holy Ghost, Who has come down into this world, continues His teachings to us in the sacred Liturgy. The earliest of these His divine teachings was the Mystery of the Most Holy Trinity; and we have adored the Blessed Three in One: we have been taught Who God is, we know Him in His own nature, we have been admitted, by faith, into the sanctuary of the infinite Essence. Then this Spirit, the mighty wind of Pentecost, opened to our souls

new aspects of the truth, which it is His mission to make the world remember (*John 14: 26*); and His revelation left us prostrate before the Sacred Host, the Memorial which God Himself has left us of all His wonderful works (*Ps. 110: 4*). Today it is the Sacred Heart of the Word made flesh that this Holy Paraclete puts before us, that we may know, love and adore It.

When the Sacred Heart of Jesus was pierced on Calvary, the Church, His Bride came forth from His Side, together with the Water which cleanses Her, and the Blood which was to be Her dower. Just as God cast a deep sleep upon Adam, that He might form Eve, his spouse, from his side, so did the Second Adam endure the sleep of death, that His Spouse, the Church, might come forth from His pierced Side.

Christ has given His Spouse full power over that Sacred Heart of His, from which She has issued. There lies the secret of all the Church's power.

Jesus is a Saviour to us, because the Church has won His Heart; and that human Heart could not be won, without the Divinity also being moved to mercy. And here we have the doctrine of devotion to the Sacred Heart of Jesus, as far as regards the principle upon which it rests. In this its primary and essential notion, the devotion is as old as the Church Herself, for it rests on this truth, which has been recognized in every age: that Christ is the Spouse, and the Church is His Bride. - *Abbot Gueranger.*

## Chicken Farm Update



We now have only hens and no roosters. Last year we incubated and hatched a number of baby chickens and of course they started to grow. The cockerals among the growing chickens soon let themselves be made known not only to the Nuns and people praying in our Chapel but, unfortunately, to half the neighbourhood as well . . . from early morning! After a

few complaints from the neighbourhood we sadly had to have cockeral soup a number of times to keep the peace! Our hens are happily giving us eggs in exchange for their fine dwellings and food and are more at peace without all the bossy cockerals around anyway!

### Tyburn Raffle

Our annual Tyburn Fayre has been cancelled again this year but we will be going ahead with the raffle. A big THANK YOU to the many of you who also spread the news to your friends and family. We were greatly



surprised for the raffle last year, to one day find that a whole lot of tickets had been bought online. This happened quite suddenly over the period of a few days before the draw and we realized that our friends were spreading the word!! THANK YOU!!! We have some extremely good cash prizes this year thanks to the generosity of a very kind benefactor and also a couple of prizes of gift vouchers for our increasingly popular little shop. We greatly appreciate it when you help us to sell raffle tickets by sharing the information with family and friends.

Besides the 2 books of raffle tickets we have sent you as usual with this newsletter, tickets can be bought in our shop or online here: [www.tyburnconvent.org.uk/raffletickets](http://www.tyburnconvent.org.uk/raffletickets). (Last date to buy tickets online will be Monday 25th October).

### **Prizes for our Raffle drawn this year on 30<sup>th</sup> October at 4pm**

1 <sup>st</sup> Prize	£500 CASH
2 <sup>nd</sup> Prize	£300 CASH
3 <sup>rd</sup> Prize	£200 CASH
4 <sup>th</sup> Prize	£100 Cash
5 <sup>th</sup> Prize	£50 Cash
6 <sup>th</sup> Prize	£50 GIFT VOUCHER FOR TYBURN CONVENT SHOP
7 <sup>th</sup> Prize	£50 GIFT VOUCHER FOR TYBURN CONVENT SHOP

**Insert**  
**ST BENEDICT**

**THE MEDAL OF ST BENEDICT**



On the face of the medal is the image of Saint Benedict. In his right hand he holds the cross, the Christian's symbol of salvation. The cross reminds us of the zealous work of evangelizing and civilizing England and Europe carried out mainly by the Benedictine monks and nuns, especially for the sixth to the ninth/tenth centuries.

**Rule and Raven**

In St. Benedict's left hand is his Rule for Monasteries that could well be summed up in the words of the Prologue exhorting us to "walk in God's ways, with the Gospel as our guide."

On a pedestal to the right of St. Benedict is the poisoned cup, shattered when he made the sign of the cross over it. On a pedestal to the left is a raven about to carry away a loaf of poisoned bread that a jealous enemy had sent to St. Benedict.

**C. S. P. B.**

Above the cup and the raven are the Latin words: *Crux s. patris Benedicti* (The Cross of our holy father Benedict). On the margin of the medal, encircling the figure of Benedict, are the Latin words: *Eius in obitu nostro praesentia muniamur!* (May we be strengthened by his presence in the hour of our death!). Benedictines have always regarded

St. Benedict as a special patron of a happy death. He himself died in the chapel at Montecassino while standing with his arms raised up to heaven, supported by the brothers of the monastery, shortly after St. Benedict had received Holy Communion.

**Monte Cassino**

Below Benedict we read: *ex SM Casino MDCCCLXXX* (from holy Monte Cassino, 1880). This is the medal struck to commemorate the 1400th anniversary of the birth of Saint Benedict.

**Reverse Side of the Medal**

*Crux mihi lux*

On the back of the medal, the cross is dominant. On the arms of the cross are the initial letters of a rhythmic Latin prayer: *Crux sacra sit mihi lux! Nunquam draco sit mihi dux!* (May the holy cross be my light! May the dragon never be my guide!).

In the angles of the cross, the letters C S P B stand for *Crux Sancti Patris Benedicti* (The cross of our holy father Benedict).

**Peace**

Above the cross is the word *pax* (peace), that has been a Benedictine motto for centuries. Around the margin of the back of the medal, the letters *V R S N S M V - S M Q L I V B* are the initial letters, as mentioned above, of a Latin prayer of exorcism against Satan: *Vade retro Satana! Nunquam suade mihi vana! Sunt mala quae libas. Ipse venena bibas!* (Begone Satan! Never tempt me with your vanities! What you offer me is evil. Drink the poison yourself!)

### Use of the Medal

There is no special way prescribed for carrying or wearing the Medal of St. Benedict. It can be worn on a chain around the neck, attached to one's rosary, kept in one's pocket or purse, or placed in one's car or home. The medal is often put into the foundations of houses and buildings, on the walls of barns and sheds, or in one's place of business.

The purpose of using the medal in any of the above ways is to call down God's blessing and protection upon us, wherever we are, and upon our homes and possessions, especially through the intercession of St. Benedict. By the conscious and devout use of the medal, it becomes, as it were, a constant silent prayer and reminder to us of our dignity as followers of Christ.

The medal is a prayer of exorcism against Satan, a prayer for strength in time of temptation, a prayer for peace among ourselves and among the nations of the world, a prayer that the Cross of Christ be our light and guide, a prayer of firm rejection of all that is evil, a prayer of petition that we may with Christian courage "walk in God's ways, with the Gospel as our guide," as St. Benedict urges us.

A profitable spiritual experience can be ours if we but take the time to study the array of inscriptions and representations found on the two sides of the medal. The lessons found there can be pondered over and over to bring true peace of mind and heart into our lives as we struggle to overcome the weaknesses of our human nature and realize that our human condition is not perfect, but that with the help of God and the intercession of the saints our condition can become better.

The Medal of St. Benedict can serve as a constant reminder of the need for us to take up our cross daily and "follow the true King, Christ our Lord," and thus learn "to share in his heavenly kingdom," as St. Benedict urges us in the Prologue of his Rule.

### Approved Blessing of the Medal

Medals of Saint Benedict are sacramentals that may be blessed legitimately by any priest or deacon - not necessarily a Benedictine. The following English form may be used.

V. Our help is in the name of the Lord.  
R. Who made heaven and earth.

In the name of God the Father + almighty, who made heaven and earth, the seas and all that is in them, I exorcise these medals against the power and attacks of the evil one. May all who use these medals devoutly be blessed with health of soul and body. In the name of the Father + almighty, of the Son + Jesus Christ our Lord, and of the Holy + Spirit the Paraclete, and in the love of the same Lord Jesus Christ who will come on the last day to judge the living and the dead, and the world by fire. Amen.

Let us pray. Almighty God, the boundless source of all good things, we humbly ask that, through the intercession of Saint Benedict, you pour out your blessings + upon these medals. May those who use them devoutly and earnestly strive to perform good works be blessed by you with health of soul and body, the grace of a holy life, and remission of the temporal punishment due to sin.

May they also with the help of your merciful love, resist the temptation of the evil one and strive to exercise true charity and justice toward all, so that one day they may appear sinless and holy in your sight. This we ask through Christ our Lord.

Amen.

The medals are then sprinkled with holy water

## **VARIOUS PRAYERS TO ST. BENEDICT**

### *Litany of Saint Benedict*

Lord, have mercy on us.  
*Christ, have mercy on us.*  
Lord, have mercy on us. Christ, hear us.  
*Christ, graciously hear us.*  
God the Father of Heaven,  
*Have mercy on us.*  
God the Son, Redeemer of the world,  
*Have mercy on us.*  
God the Holy Spirit,  
*Have mercy on us.*  
Holy Trinity, One God,  
*Have mercy on us.*  
Holy Mary, *Pray for us.*  
Holy Mother of God, *Pray for us.*  
Holy Virgin of virgins, *Pray for us.*  
Holy Father, Saint Benedict, *Pray for us.*  
Father most reverend,  
Father most renowned,  
Father most compassionate,  
Man of great fortitude,  
Man of venerable life,  
Man of the most holy conversation,  
True servant of God,

Light of devotion, *Pray for us.*  
Light of prayer,  
Light of contemplation,  
Star of the world,  
Best master of an austere life,  
Leader of the holy warfare,  
Leader and chief of monks,  
Master of those who die to the world,  
Protector of those who cry to thee,  
Wonderful worker of miracles,  
Revealer of the secrets of the human heart,  
Master of spiritual discipline,  
Companion of the patriarchs,  
Equal of the prophets,  
Follower of the Apostles,  
Teacher of Martyrs,  
Father of many pontiffs,  
Gem of abbots,  
Glory of Confessors,  
Imitator of anchorites,  
Associate of virgins,  
Colleague of all the Saints,

Lamb of God, Who takest away the sins of the world,  
*Spare us, O Lord.*  
Lamb of God, Who takest away the sins of the world,  
*Graciously hear us, O Lord.*  
Lamb of God, Who takes away the sins of the world,  
*Have mercy on us.*

V. Intercede for us, O holy father Saint Benedict,  
R. *That we may be made worthy of the promises of Christ.*

Let Us Pray.

O God, Who hast called us from the vanity of the world, and Who dost incite us to the reward of a heavenly vocation under the guidance of our holy patriarch and founder, Saint Benedict, inspire and purify our hearts and pour forth on us Thy grace, whereby we may persevere in Thee. Through Jesus Christ, Our Lord. R. Amen.



## *Daily Prayer for Protection*

O glorious St. Benedict, sublime model of all virtues, pure vessel of God's grace! Behold me, humbly kneeling at thy feet. I implore thy loving heart to pray for me before the throne of God. To thee I have recourse in all the dangers which daily surround me. Shield me against my enemies, inspire me to imitate thee in all things. May thy blessing be with me always, so that I may shun whatever God forbids and avoid the occasions of sin.

Graciously obtain for me from God those favours and graces of which I stand so much in need, in the trials, miseries and afflictions of life. Thy heart was always so full of love, compassion, and mercy towards those who were afflicted or troubled in any way. Thou didst never dismiss without consolation and assistance any one who had re-course to thee. I therefore invoke thy powerful intercession, in the confident hope that thou wilt hear my prayers and obtain for me the special grace and favor I so earnestly implore (mention it), if it be for the greater glory of God and the welfare of my soul.

Help me, O great St. Benedict, to live and die as a faithful child of God, to be ever submissive to His holy will, and to attain the eternal happiness of heaven. Amen.

The St. Benedict medal is one of the most popular among Catholics, and there are many indulgences associated with this medal. There are also spiritual benefits associated with the pious use of the medal including warding off evil and temptation, obtaining the conversion of sinners, help for women during childbirth, strength in preserving purity, granting the grace of a happy death, protection during storms, and interceding for curing diseases.

Needless to say, this is a very powerful medal for spiritual protection. However, it is important to not be superstitious about Catholic medals; they are sacramentals to be used as "sacred signs instituted by the Church to prepare us to receive the fruit of the sacraments and to sanctify different circumstances of our lives" (CCC, 1677)

## *Short Prayer to St. Benedict*

*(Patron Against Poisoning)*

Admirable Saint and Doctor of Humility, you practiced what you taught, assiduously praying for God's glory and lovingly fulfilling all work for God and the benefit of all human beings. You know the many physical dangers that surround us today often caused or occasioned by human inventions. Guard us against poisoning of the body as well as of mind and soul, and thus be truly a "Blessed" one for us. Amen.

## St Joseph



During this year dedicated to St Joseph, we had on the 19th March, a special Coronation ceremony and Consecration to St Joseph. He helps us in all our necessities! St. Teresa reminds us also how St. Joseph helps us grow in holiness through devotion to him. "I have never known anyone

who was truly devoted to him and honoured him by particular services who did not advance greatly in virtue, for he helps in a special way those souls who recommend themselves to him," she said. His great help is even more than asked for or expected, she explained: "I cannot call to mind that I have ever asked him at any time for anything which he has not granted; and I am filled with amazement when I consider the great favours which God hath given me through this blessed saint, the dangers from which he hath delivered me, both of body and of soul."



To the right is a picture of one of 2 stands being worked on by a carpenter. The long awaited stands are for our beautiful statues of Our Lady of Walsingham and Good St Joseph. These 2 statues were bought through the kind donations of many people and we are having solid oak stands made for them with a plaque on each engraved with the donors' names on them so that they will be prayed for and their names always watched over by Our Lady and Good St Joseph!



## Oblate Ceremony

On the 1<sup>st</sup> of May, we had the ceremony of admission as a Novice Oblate of Clair Mary who received the scapular and took the name of Sr Clair-Mary of St Joseph. Other Oblates and friends joined us for this happy occasion.

## *Thank You!*

A big **THANK YOU** to all of you who have been supporting us in various ways - financially, with prayers, with material help and even with plastic bags for our Shop and empty water bottles to help us give away Holy Water! . . . and to all who have been patronizing our beautiful little shop full of religious items. We have had a lot of positive comments about our very reasonable prices!!

## *Protection packs*

After writing in our Christmas Newsletter that we have put together some "Protection Packs" for giving to people who want them, we also got requests from quite a number of you for us to post it as some of you live at a distance and cannot pick one up. We will happily post to you if you want! They have a small amount of blessed and exorcised oil, salt, water, a small candle, Holy Family prayer card,

a Miraculous Medal and a St Benedict's Medal. A donation to cover costs and postage is greatly appreciated. The salt which has been blessed for use as a sacramental may be sprinkled in a room, or across a threshold, or in other places as a prayer for Divine protection. It may also be consumed. The olive oil which has been blessed for use as a sacramental can be used for personal use and may also be consumed.

We always have a good supply of Blessed and Exorcised holy water. . . "ask and you will receive"!

*Finally*, we wish you all a Happy and Blessed Solemnity of the Sacred Heart. Holy Mass on that day will be offered for all our friends and benefactors and your intentions. May the peace, graces and blessings of the Sacred Heart of Jesus enter your hearts and your homes and remain with you.

*The Tyburn Nuns*

*Please pass Tyburn Talk on to a friend!*

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or through our website:**

<https://www.tyburnconvent.org.uk/conventdonations>

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