



# Dome of Home

Institute of Christ the King Sovereign Priest  
Diocese of Shrewsbury



Shrine Church of Ss. Peter & Paul and St. Philomena

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External Solemnity of St Francis de Sales  
*Septuagesima Sunday*

28<sup>th</sup> January until 4<sup>th</sup> February 2024

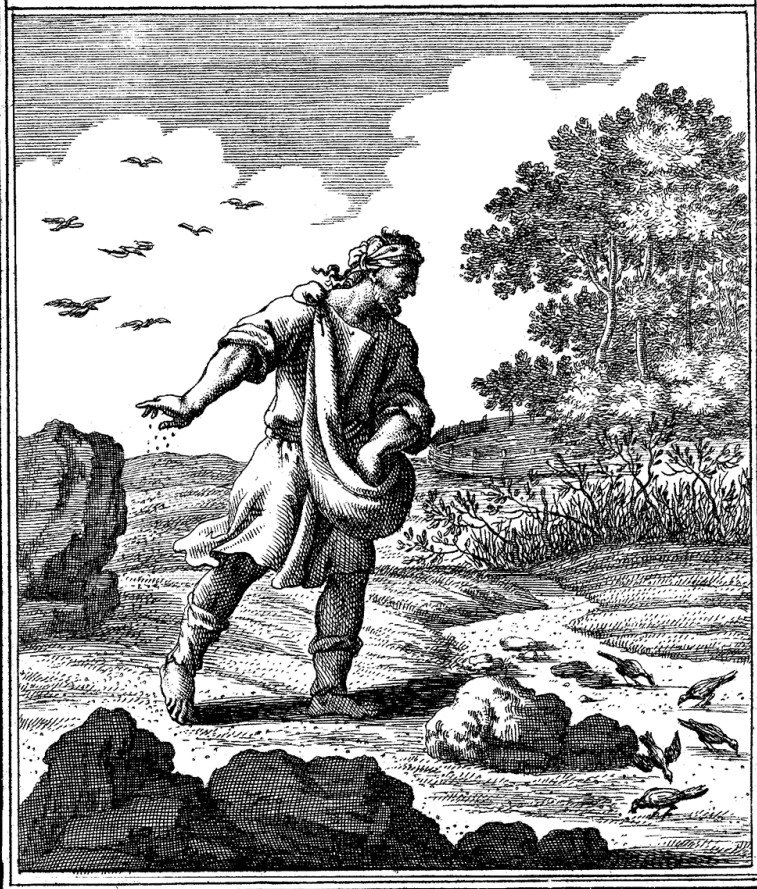
## Fasting for Lent the St Francis Way

From his Sermons for Lent Chapter 1

To talk of fasting and of what is required to fast well, we must, at the start, understand that of itself fasting is not a virtue. The good and the bad, as well as Christians and pagans, observe it. The ancient philosophers observed it and recommended it. They were not virtuous for that reason, nor did they practice virtue in fasting. Oh, no, fasting is a virtue only when it is accompanied by conditions which render it pleasing to God. Thus, it happens that it profits some and not others, because it is not undertaken by all in the same manner.

We find some people who think that to fast well during the holy season of Lent it is enough to abstain from eating some prohibited food. But this thought is too gross to enter into the hearts of religious, for it is to you I speak, as well as persons dedicated to Our Lord. We know very well that it is not enough to fast exteriorly if we do not also fast interiorly and if we do not accompany the fast of the body with that of the spirit.

### Parabola Chrifti de Semine



That is why our Divine Master, who instituted the fast, greatly desired in His Sermon on the Mount to teach His Apostles how it must be practised [Matt. 6:16-18], which is a matter of great profit and utility (for it would not have been becoming to the greatness and majesty of God to teach a useless doctrine. That could not be). He knew that to draw strength and efficacy from fasting, something more than abstinence from prohibited food is necessary. Thus, He instructed them and, consequently, disposed them to gather the fruits proper to fasting. Among many others are these four: **fasting fortifies the spirit, mortifying the flesh and its sensuality; it raises the spirit to God; it fights concupiscence and gives power to conquer and deaden its passions; in short, it disposes the heart to seek to please only God with great purity of heart.**

## Announcements

✠ **Daily Mass translations on our website:** [www.icksp.org.uk/newbrighton/liturgical-calendar-2023](http://www.icksp.org.uk/newbrighton/liturgical-calendar-2023)

✠ **Choir Practices:** on **Monday at 7.30pm** (after Compline)

**Gregorian Chant Rehearsals:** Every 2 weeks. Please contact Canon Poucin: [canon.v.poucin@icksp.org.uk](mailto:canon.v.poucin@icksp.org.uk). **Next Practice: Monday 5th February.**

**Polyphonic Choir Rehearsals:** Every 2 weeks. Please contact Clare Tucker: [tuckerobertson@gmail.com](mailto:tuckerobertson@gmail.com) or 639 1999 / 0771 4710275. **Next Practice: Monday 29<sup>th</sup> Jan.**

✠ **Catechism Class from scratch:** **Next date to be announced.** For anyone wishing to learn more about the Catholic Faith or considering reception into the church/baptism. If you cannot make this for whatever reason, please contact Canon Montjean for individual tuition.

✠ **Students Group for young adults:** **Next date to be announced.** If you are interested in attending, please contact Canon Montjean.

✠ **First Holy Communion preparation for children:** **Please contact one of the Canons.**

✠ **Fatima Day for families:** **Saturday 6<sup>th</sup> April, 12 noon Mass followed by packed lunch, spiritual talk, and activities.** Thanks to all who helped with yesterday. If you would like to attend the next one, please contact Canon Poucin or Caroline (07748 247833).

✠ **Brown Scapular and Miraculous medal enrolments:** **Did you know that you need to enrolled?** Please contact one of the Canons if you would like to know more about Our Lady of Mount Carmel and the privileges, she promises to those who are enrolled in her Brown Scapular.

✠ **Piety Shop: Mass Booklets available:** £5 each. Mass cards, rosary beads, books, gifts, all at very reasonable prices. All profits go to Ss. Peter & Paul. Also support **Wirral Foodbank and Ss PPP 200 Club** at the piety shop.

✠ **Church Lottery for 28<sup>th</sup> Jan:** **First Prize - Angela Allen (No16), Second - Jane Scott (No 20), Third - Phil Russel (No 54)**

✠ **Last Sunday Collection:** £747 - **Donations:** £ - **Votive boxes:** £126.44 - **Bank transfers:** £595 - **Shop:** £ - **Thank you very much for your continued generosity!**

✠ **APPEAL FOR HEATING FUNDS:** **Thank you for last week's collection of £459.16.** It really helps to heat the church every day. Please continue to help with the heating costs. There will be a second collection on Sunday 11<sup>th</sup> February. Or you can donate via Bank Transfer anytime.

✠ **If you wish to donate via bank transfer, please use the following:**

Sort Code: 40-45-14 - Account number: 01805061 - For the credit of ICKSP / SSPPP

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## Forthcoming events

✠ **Ash Wednesday is 14<sup>th</sup> February: ie. SOON!** **Can you please bring last years palms and put them on the blessing Table in the narthex, so that we can make ashes from them?**

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✠ **For Life Matters and helplines** see <https://lifecharity.org.uk> ; for prolife helpline <https://www.goodcounselnet.co.uk> and for abortion recovery see <https://www.rachelsvineyard.org.uk>

Ordo	Mass	Mass intentions			Devotions	Confessions
		Canon Montjean	Canon Poucin	Fr Miller		
Offer a Mass for your intentions using the Mass Offering envelope (narthex). Write name (living or deceased) or intention. Enclose donation. Place envelope in collection box or give to a Canon. Due to a great numbers, we have given some of them to a priest of Plymouth diocese, friend of the Institute. They will be shown, as usual, in the newsletter. The earliest available date for a Mass at the moment is: 3 <sup>rd</sup> June					Confessions can also be arranged privately by texting a Canon (see front page)	
Sun 4 <sup>th</sup> Feb Sexagesima Sunday Violet	8.30am Low Mass 10.30am Sung Mass	Gregorian Fr John Harris	1. Holy Souls 2. Anne Archer	Sarah McGowan	5.30pm Vespers, Rosay & Benediction Compline	9.30am–10.15am
Mon 5 <sup>th</sup> Feb St Agatha Red	6.30pm Low Mass	Gregorian Fr John Harris	1. Nguyen Family 2. Jakob Lorek's business consecration	Deceased members of the Nestor Family	<del>5.30pm Vespers</del> 5.30pm Adoration 6.10pm Benediction <del>7.10pm Compline</del>	5.45pm–6.10pm
Tues 6 <sup>th</sup> Feb St Titus White	6.30pm Low Mass	Gregorian Fr John Harris	Holy Souls	Carmel Doran	5.15pm Vespers 5.45pm Adoration 6.10pm Benediction 7.10pm Compline	5.45pm–6.10pm
Wed 7 <sup>th</sup> Feb St Romuald White	6.30pm Low Mass	Gregorian Fr John Harris	Gelerdine Howarth	Deceased members of the Sheehy Family	5.30pm Adoration 6.10pm Benediction 7.10pm Compline	5.30pm–6.10pm
Thurs 8 <sup>th</sup> Feb St John of Malta White	6.30pm Low Mass	Gregorian Fr John Harris	Helen Cleator	Irene Veronica Brandon RIP	5.30pm Vespers 5.45pm Adoration 6.10pm Benediction 7.10pm Compline	5.45pm–6.10pm
Fri 9 <sup>th</sup> Feb St Cyril of Alexandria White	6.30pm Procession & Sung Mass	Gregorian Fr John Harris	Geoff Russell	Carmel Doran	5.15pm Vespers 5.45pm Adoration 6.10pm Benediction 7.10pm Compline	5.45pm–6.10pm
Sat 9 <sup>th</sup> Feb St Scholastica White	10am Low Mass & devotions to St Philomena	Gregorian Fr John Harris	Jean-Francois Poucin de Wouilt R.I.P.	Carmel Doran	8.30am Holy Hour 6.30pm Vespers & Compline	8.30am–9.40am
Sun 11 <sup>th</sup> Feb Quinquagesima Sunday Violet	8.30am Low Mass 10.30am Sung Mass	Gregorian Fr John Harris	1. Michael Birchall 2. Richard Clinch RIP	Ian Williams RIP	5.30pm Vespers, Rosay & Benediction Compline	9.30am–10.15am
“My Jesus, give me the grace to be very faithful to the examination of conscience. Every day, I will come before You and look at You and see what I should be. And I will look at myself and see what I am not. Please, give me the light to know my faults and the courage to overcome them.” St Francis de Sales ( <a href="https://salesianliterature.wixsite.com">https://salesianliterature.wixsite.com</a> )			Try an examination based on either the 10 Commandments, 7 capital sins or Faith, Hope and Charity: <a href="https://mycatholic.life/catholic-prayers/examination-of-conscience/">https://mycatholic.life/catholic-prayers/examination-of-conscience/</a> Children: <a href="https://www.ncregister.com/info/confession-guide-for-children">https://www.ncregister.com/info/confession-guide-for-children</a>			

Prayers for the sick: Anne, Patricia, Joan, Vera, Lesley, Chris, Andrew, Madeleine, Sarah, John, Kathleen, Olivia, Lynne, Angela, Helen, Stuart, Catherine, Jacqueline, Lindsey, Edward, Tracy, Mary.

# PROPERs of the MASS

## Sexagesima Sunday

### INTROIT

Arise, why sleepest Thou, O Lord? arise, and cast us not off to the end. Why turnest Thou Thy face away, and forgettest our trouble? our belly hath cleaved to the earth: arise, O Lord, help us and deliver us. Ps. We have heard, O God, with our ears: our fathers have declared to us. V. Glory be to the Father.

### COLLECT

O God, who seest that we put not our trust in anything that we do; mercifully grant that by the protection of the Doctor of the Gentiles we may be defended against all adversity. Through our Lord.

### EPISTLE *2 Corinthians 11. 19-33; 12. 1-9*

Brethren: You gladly suffer the foolish: whereas yourselves are wise. For you suffer if a man bring you into bondage, if a man devour you, if a man take from you, if a man be lifted up, if a man strike you on the face. I speak according to dishonour, as if we had been weak in this part. Wherein if any man dare (I speak foolishly), I dare also. They are Hebrews, so am I. They are Israelites, so am I. They are the seed of Abraham, so am I. They are the ministers of Christ (I speak as one less wise), I am more: in many more labours, in prisons more frequently, in stripes above measure, in deaths often. Of the Jews five times did I receive forty stripes save one. Thrice was I beaten with rods, once I was stoned, thrice I suffered shipwreck, a night and. A day I was in the depth of the sea: in journeying often, in perils of waters, in perils of robbers, in perils from my own nation, in perils from the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils from false brethren: in labour and painfulness, in much watching, in hunger and thirst, in fastings often, in cold and nakedness; besides those things which are without, my daily instance, the solicitude for all the churches. Who is weak, and I am not weak? Who is scandalized, and I am not on fire? If I must needs glory, I will glory of the things that concern my infirmity. The God and Father of our Lord Jesus Christ, who is blessed forever, knoweth that I lie not. At Damascus the governor of the nation under Aretas the king guarded the city of the Damascenes, to apprehend me: and through a window in a basket was I let down by the wall, and so escaped his hands. If I must glory (it is not expedient indeed) but I will come to visions and revelations of the Lord. I know a man in Christ about fourteen years ago, whether in the body I know not, or out of the body I know not, God knoweth: such a one caught up to the third heaven. And I know such a man, whether in the body or out of the body I know not, God knoweth: that he was caught up into paradise, and heard secret words which it is not granted to man to utter. For such a one I will glory: but for myself I will glory nothing but in my infirmities. For, though I should have a mind to glory, I shall not be foolish: for I will say the truth: but I forbear, lest any man should think of me above that which he seeth in me, or anything he heareth from me. And lest the greatness of the revelations should exalt me, there was given me a sting of my flesh, an angel of Satan, to buffet

me. For which thing, thrice I besought the Lord that it might depart from me. And He said to me: My grace is sufficient for thee, for power is made perfect in infirmity. Gladly therefore, will I glory in my infirmities, that the power of Christ may dwell in me.

### GRADUAL

Let the Gentiles know that God is Thy name: Thou alone art the Most High over all the earth. V. O my God, make them like a wheel, and as stubble before the wind.

### TRACT

Thou hast moved the earth, O Lord, and hast troubled it. V. Heal Thou the breaches thereof, for it has been moved. V. That they may flee from before the bow: that Thine elect may be delivered.

### GOSPEL *2 Corinthians 11. 19-33; 12. 1-9*

At that time, when a very great multitude was gathered together and hastened out of the cities unto Jesus, He spoke by a similitude: The sower went out to sow his seed: and as he sowed, some fell by the wayside, and it was trodden down, and the fowls of the air devoured it. And other some fell upon a rock: and as soon as it was sprung up, it withered away, because it had no moisture. And other some fell among thorns, and the thorns growing up with it choked it. And other some fell upon good ground: and being sprung up yielded fruit a hundredfold. Saying these things, He cried out: He that hath ears to hear, let him hear. And His disciples asked Him what this parable might be. To whom He said: To you it is given to know the mystery of the kingdom of God, but to the rest in parables: that seeing they may not see, and hearing may not understand. Now the parable is this: The seed is the word of God. And they by the wayside are they that hear: then the devil cometh and taketh the word out of their heart, lest believing they should be saved. Now they upon the rock are they who, when they hear, receive the word with joy; and these have no roots: for they believe for a while, and in time of temptation they fall away. And that which fell among thorns are they who have heard and, going their way, are choked with the cares and riches and pleasures of this life, and yield no fruit. But that on the good ground are they who in a good and perfect heart, hearing the word, keep it, and bring forth fruit in patience.

### OFFERTORY

Perfect thou my goings in Thy paths, that my footsteps be not moved: incline Thy ear, and hear my words: show forth Thy wonderful mercies, Thou who savest them that trust in Thee, O Lord.

### SECRET

May the sacrifice offered unto Thee, O Lord, ever quicken and protect us.

### COMMUNION

I will go into the altar of God, to God who giveth joy to my youth.

### POSTCOMMUNION

We humbly beseech Thee, almighty God to grant that they whom Thou refreshest with Thy sacraments, may serve Thee worthily by a life well pleasing unto Thee.