



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

In the Diocese of Plymouth

4th Sunday after Epiphany

30th of January 2022

The Principal Teachings of Saint Francis de Sales by Canon Scott Tanner



Saint Francis de Sales is a patron saint of the Institute and the centre of our spirituality. He is what we call a Doctor of the Church – one of the great teachers of Christian Doctrine. The doctors are each called ‘Doctor’ of something, according to the new light they brought on Christian teaching. Saint Francis de Sales’ title is the Doctor of Divine love.

What are his principal teachings?

1. We all have a natural desire for God, an inclination towards him, that has not been destroyed by original sin, as many pretended at his time. We all have an innate desire for happiness which can only be fulfilled in God Himself.
2. Everyone is called to love God. It is not just for a select few. Holiness is not just for nuns and priests, or just one set of people. It is not just for so-called “religious people”, as if it were like being blond, or being short – either you are or you aren’t, and that’s the way it is. Holiness is for every person, whatever background, whatever personality.
3. We can and must be optimistic and cheerful. What reason do we have to be optimistic? Well, God is God, and he is Sovereign, and His will of love cannot be changed. We can be cheerful. When we take God seriously, and things only matter in relation to him – then we take everything else lightly.
4. He is also the doctor of unity. The unity of the spiritual life, the harmony of truth and beauty. Last week we had the octave for Christian unity. We can invoke his intercession for this: he brought 75,000 back to the Unity of the Holy See in Geneva.

5. How did he convert 75,000? He said we attract more bees with honey than with vinegar.

Gentleness attracts. With kindness and meekness, you can touch the hardest of sinners, in being all things to all men.

6. Finally, he taught the love of God is both the end to attain and the means to attain it. For him, love is at the beginning, middle and end of the spiritual life. Divine

love is not just something to obtain at the end of a saintly life. It must be the driving force from day 1. We must have this sense that God is infinitely great and infinitely worth loving.

The principal Calvinist minister in Geneva at the time - his adversary called Theodore Beza - said of him: *"If we honoured any man as a Saint, I know none more worthy than this man, since the days of the Apostles."*

Candlemas



The Candlemas Procession

A symbol of Christian Life

On the Feast of the Purification, this Tuesday February 2nd, we here at Lanherne Convent, will not have a procession after the blessing and distribution of candles. Because

of the current situation. But normally we would. Why would we take the candles we received and walk about? Why have a procession? The procession is a symbol of Christian life lived by grace, a journey that begins with faith in Christ and ends with

God. In between we have the life we live with God by grace. We walk by the light of grace burning within us. There is a beginning and an end. There is a starting point and a goal. We would receive first the solemnly blessed candles as St. Simeon received the Christ Child in the temple. He was promised to see the Christ before his death and now having held him in his arms he is ready to depart in peace. Then we depart in peace on a pilgrimage to our heavenly home with the candle now alight. We leave the church at first a symbol of our earthly home, a symbol of the temple of Jerusalem, a temple made with human hands. We embark on a journey not empty handed but with the light of Christ. We choose the path of dying to self and so we become as Anna, who though she never departed from the temple, worshipped day and night fasting and praying. By this path of penance shown by the violet vestments we return to the church now a symbol of our heavenly home having completed the journey of life persevering in grace having finished the race as St. Paul says, having kept the faith. We carry this candle alight, a symbol of the grace of Christ alight in us, the fire of charity by which we walk through this life so as to arrive at our spiritual home, heaven where Christ as the bridegroom has been preparing a place for us.

We enter through death but not in darkness for we bear a light that enables us to see God. And the procession ends, the violet is exchanged for white, and the Mass begins. A symbol of the transition to the life everlasting after this our exile, this life here below, morning and weeping in this vale of

tears to the joy of seeing God face to face. The Season of Christmas, the Season of Light comes to its conclusion, with a feast of lights on the 40th day from the celebration of the Birth of Christ Our Lord to commemorate the words of St. Simeon concerning Him, "A Light of Revelation to the Nations."

Bring your candles to be blessed at Candlemas on February 2nd, the Feast of the Presentation of Our Lord and the Purification of Our Lady.

Holy Angels: Sung Mass at 6pm (usual time).

Lanherne: Sung Mass at 8am (usual time).

The Blessing of Throats On the Feast of St. Blaise 3rd of February

After blessing the candles on the feast of St. Blaise, the priest holds two candles fastened like a cross to the throat of the person kneeling before him.

Also on the this feast, in addition to special blessing of candles, there will be a special blessing of bread , wine, water and fruit. So be sure to bring your basket!



The Sisters of Lanherne are grateful to the Providence of God who supplies their needs through the generous support of the faithful.

Lanherne Nuns

Sort code: 30-98-76

Account: 45742568

Holy Angels Collection: £76 plate
£20 envelopes £150 bank transfers

Torquay

Account Name: ICKSP

Account Details: 40-03-33

Account Number: 12333902

Date	Canon Smith	Canon Tanner
	Mass Offered For:	
30	Grace and Sarah Whitford Benefactors	Gregorian of Masses for Johnston Private Intention
31	Daniel Whitford	Gregorian of Masses
1	For the Conversion of E. L.	Gregorian of Masses
2	Intentions of Reverend Mother	Private Intention
3	Harry Mason RIP Mgr Wach	Lind family
4	Harper/Powell Family	James O'Brien
5	Shaun Claire Mulvey and Family	Conor

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At Lanherne Convent

Sundays:
8.30am Low Mass
10am Sung Mass
Monday through Saturday:
8am Mass
Thursdays:
8am and 6.15pm Mass
Confession: Saturdays at 3pm

At Holy Angels

Sundays:
9.45 -10.15am Confessions
10.30am Mass
6pm Vespers & Benediction
Mondays, Wednesdays, Thursdays &
Fridays:
4.30pm Vespers
5pm Adoration (with Confession
available)
6pm Mass
Tuesdays & Saturdays:
8.30am Mass
Plymouth: Sundays at 3pm