



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

In the Diocese of Plymouth

II Sunday of Lent

13th of March 2022

Dom Gueranger PRACTICE DURING LENT Part III



So far, we have been speaking of the non-observance of Lent in its relation to individuals and Catholics; let us now say a few words upon the influence which that same non-observance has upon a whole people or nation. There are but few social questions which have not been ably and spiritedly treated of by the public writers of the age, who have devoted their talents to the study of what is called Political Economy; and it has often been a matter of surprise to us, that they should have overlooked a subject of such deep interest as this, - the results produced on society by the abolition of Lent, that is to say, of an institution, which, more than any other, keeps up in the public mind a keen sentiment of moral right and wrong, inasmuch as it imposes on a nation an annual expiation for sin. No shrewd penetration is needed to see the difference between two nations, one of which observes, each year, a forty-days'

penance in reparation of the violations committed against the Law of God, and another, whose very principles reject all such solemn reparation. And looking at the subject from another point of view, is it not to be feared that the excessive use of animal food tends to weaken, rather than to strengthen, the constitution? We are convinced of it, - the time will come, when a greater proportion of vegetable, and less of animal, diet, will be considered as an essential means for maintaining the strength of the human frame.

Let, then, the Children of the Church courageously observe the Lenten practices of penance. Peace of conscience is essential to Christian life; and yet it is promised to none but truly penitent souls. Lost innocence is to be regained by the humble confession of the sin, when it is accompanied by the absolution of the Priest; but let the Faithful be on their guard against the dangerous error, which would persuade them that they have nothing to do when once pardoned. Let them remember the solemn warning given them by the Holy Ghost in the sacred scriptures: Be not without fear about sin forgiven! [Ecclus. v. 5]. Our confidence of our having been forgiven should be in proportion to the change or conversion of our heart the greater our present detestation of our past sins, and the more earnest our desire to do penance for them for the rest of

our lives, the better founded is our confidence that they have been pardoned. Man knoweth not, as the same holy Volume assures us, whether he be worthy of love or hatred [Eccles. ix. 1]; but he that keeps up within him the spirit of penance, has every reason to hope that God loves him.

But the courageous observance of the Church's precept of Fasting and Abstaining during Lent must be accompanied by those two other eminently good works, to which God so frequently urges us in the Scripture: Prayer and Alms-deeds. Just as under the term Fasting the Church comprises all kinds of mortification; so under the word Prayer, she includes all those exercises of piety whereby the soul holds intercourse with her God. More frequent attendance at the services of the Church, assisting daily at Mass, spiritual reading, meditation upon eternal truths and the Passion, hearing sermons, and, above all, the approaching the Sacraments of Penance and the Holy Eucharist, - these are the chief means whereby the Faithful should offer to God the homage of Prayer, during this holy Season.

Almsdeeds comprise all the works of mercy to our neighbour, and are unanimously recommended by the Holy Doctors of the Church, as being the necessary complement of Fasting and Prayer during Lent. God has made it a law, to which he has graciously bound himself, - that charity shown towards our fellow-creatures, with the intention of pleasing our Creator, shall be rewarded as though it were done to Himself. How vividly this brings before us the reality and sacredness of the tie, which he would have to

exist between all men! Such, indeed, is its necessity, that our Heavenly Father will not accept the love of any heart that refuses to show mercy: but, on the other hand, he accepts, as genuine and as done to himself, the charity of every Christian, who, by a work of mercy shown to a fellow-man, is really acknowledging and honouring that sublime union, which makes all men to be one family, with God as its Father. Hence it is, that Alms-deeds, done with this intention, are not merely acts of human kindness, but are raised to the dignity of acts of religion, which have God for their direct object, and have the power of appeasing his Divine Justice.



Let us remember the counsel given by the Arch angel Raphael to Tobias. He was on the point of taking leave of this holy family, and returning to heaven; and these were his words: Prayer is good with fasting and alms, more than to lay up treasures of gold: for alms delivereth from death, and the same is that which purgeth away sins, and maketh to find mercy and life everlasting [Tob. xii, 8, 9]. Equally strong is the recommendation given to this virtue by the Book of Ecclesiasticus: Water quencheth a flaming fire, and alms resisteth sins [Ecclus. iii. 33]. And again: Shut up alms in the heart the poor, and it shall obtain help for thee against all evil [Ibid. xxix. 15]. The Christian should keep these consoling promises ever before his mind, but more especially during the season of Lent. The rich man should show the poor, whose whole year is a fast, that there is a time when even he has his self-imposed privations. The faithful observance of Lent naturally produces a saving; let that saving be given to Lazarus. Nothing, surely, could be more opposed to the spirit of this holy Season, than the keeping up a table, as richly and delicately provided, as at other periods of the year, when God permits us to use all the comforts compatible with the means he has given us. But how thoroughly Christian is it, that during these days of penance and charity, the life of the poor man should be made more comfortable, in proportion as that of the rich shares in the hardships and privations of his suffering brethren throughout the world! Poor and rich would then present themselves, with all the beauty of fraternal love upon them, at the Divine Banquet of the Paschal Feast, to which our

Risen Jesus will invite us after these forty days are over.



A Novena of Masses for Mothers

For Mother's Day, give a Spiritual Gift to the women in your life who have nurtured and supported you or your children or nieces and nephews by enrolling them: mothers, grandmothers, aunts, godmothers, teachers, or religious sisters, in the Novena of Masses offered by the Institute of Christ the King Sovereign Priest in the Diocese of Plymouth.

The Novena can be offered for the sanctification and salvation of the living as well as for the repose of the souls of those who have gone before us. The nine consecutive Masses will begin on 27th March.

Please ensure that the pink enrolment envelope is placed in the collection or handed to a priest.

Your offering supports this apostolate of the Institute of Christ the King.

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

Lanherne Nuns

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Holy Angels

Collection £126.23

Bank Transfers £267

Torquay

Account Name: ICKSP

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Date	Canon Smith	Canon Tanner
	Mass Offered For:	
13	Johnathan Sayer and Family	Novena Kathleen McQuaid Bishop O'Toole
14	Clergy & Nuns at Lanherne	Dom Gabriel Arnold OSB
15	Intentions of the Chanters	Anne Lerch
16	Margaret Lester RIP	Jodie Murray
17	Amber Haigh and Family	Jean Murray
18	Holy Souls	Anthony Paul Dorrian RIP
19	Josephine Ford	Int. of Rhoslyn & Adrian Aguirre Ramirez

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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

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At Holy Angels

Sundays:
9.45 -10.15am Confessions
10.30am Mass

Mondays, Wednesdays & Thursdays
& Fridays:

5pm Adoration with Confession
available *(except on the Fridays of Lent
when instead there are the Stations of the
Cross)*

6pm Mass

Tuesdays & Saturdays:
8.30am Mass

Plymouth: Sundays at 3pm
1st Saturdays: 11.30am