

MASS INTENTIONS		
Date	AT LANHERNE	CANON TANNER
<b>30</b>	Leo Rayment <b>Benefactors</b>	Thanksgiving birth of Carmelo Russo Mgr Wach
<b>1</b>	Holy Souls	Barry & Buscombe Family RIP
<b>2</b>	Holy Souls	Canon Smith
<b>3</b>	Holy Souls	Daniel Whitford
<b>4</b>	In Reparation for those who neglect making a Thanksgiving after Communion Mgr Wach	Daniel Whitford
<b>5</b>	Honour of the Sacred Heart	Daniel Whitford
<b>6</b>	Holy Souls	David & Sara Buscombe

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

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Safeguarding Reps:  
Christina Hunt  
Sarah Checkley

#### At Lanherne Convent

Sundays: 8.30am Low Mass  
10am Low/Sung Mass  
Monday – Saturday: 8am Mass  
Thursdays: 8am and 6.15pm Mass

Confession:  
Thursdays: 5.15pm-5.45pm  
Fridays and Saturdays after Mass

#### Holy Angels Torquay

Account Name: ICKSP  
Account Details: 40-03-33  
Account Number: 12333902

Collection: £90.70

Rev. Canon Scott Tanner, Prior  
House of Saint-Richard-Reynolds  
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Safeguarding Rep: Katarzyna Adamiak

#### At Holy Angels

Sundays:  
10 -10.15am Confessions  
10.45am Sung Mass  
5.30pm Vespers & Benediction

12 noon Mass (Thurs & Friday)  
5.30pm Vespers  
6pm Adoration (& Confessions)  
7pm Compline

Mon. Tues. Thurs. & Fri.  
7.30am Lauds & Meditation  
8.30am Mass (Mon, & Tues)

Wednesday Mass at 12 noon  
Saturday Mass at 8.30am

**Plymouth: Sundays at 8.30am**



INSTITUTE OF CHRIST THE KING  
SOVEREIGN PRIEST  
*In the Diocese of Plymouth*

3rd Sunday After Easter

30<sup>th</sup> of April 2023

### Meekness



“Humility and meekness were the favourite virtues of Jesus Christ, and he recommended them in a particular manner to his disciples when He said: *“learn of me, because I am meek, and humble of heart.”* (Matt. 11:29) Our Divine Redeemer was called the “Lamb of God,” not only on account of the Sacrifice He was to make of Himself on the Cross in expiation for sin, but also on account of the meekness that characterised His whole life and particularly during His bitter Passion.

When He was rudely buffeted by the servant of Caiphias and charged with a want of respect for the high priest, He meekly replied: *“If I have spoken ill, give testimony thereof; but if well, why strikest thou me?”* (John 18:23) When He hung upon the Cross and His enemies loaded Him with insults and ignominy, He turned to His heavenly Father and said: *“Father, forgive them, for they know not what they do.”* (Luke 23:24)

How dear to God are those meek souls who bear with all manner of offences and indignities without giving way to anger! Their prayer is acceptable to God, says Holy Scripture (Jdth. 9:16); that is, it will always be heard. “Heaven,” says Father Alvarez, “is, in a particular manner, the home and country of those who on earth are despised and trampled under foot.” Indeed it is to these, and not to the proud who are honoured and esteemed by the world, that the possession of the Kingdom of Heaven is promised. The royal Psalmist assures us that the meek will not only possess happiness in the life to come, but even in this life: *“They shall delight in abundance of peace.”* (Ps 36:11)

St Teresa says that she seemed to experience a more than ordinary love for those who

spoke ill of her. In the acts of Canonisation we read that by injuries one could obtain her love in an especial degree. To such meekness we can never attain without deep humility, a humble opinion of ourselves, and a desire to be treated with contempt. Pride is angry and vindictive because of the high opinion we have of ourselves and the craving for honours that we think we deserve.

The Spirit of God is a spirit of meekness. *“My spirit is sweet as honey.” (Ecclus 24:27).* St. Francis de Sales, a master and model of holy meekness, says: “Humble meekness is the virtue of virtues, which our Divine Redeemer has most urgently recommended to us; therefore we must practice it everywhere and at all times.” Meekness must be exercised especially towards the poor and sick; towards the poor because, on account of their poverty, they are often harshly treated; towards the sick because they suffer so much and are often left without assistance. Superiors should act with meekness towards their subjects, and when giving an order, they should ask rather than command. St. Vincent de Paul says that superiors have no better means of winning the affection and obedience of their subjects than by meekness.

This was also the opinion of St. Jane Chantal. “I have tried all kinds of treatment, she says; “the mild and patient is the best.” “Nothing is so edifying,” says St. Francis de Sales, “as amiable meekness.” On the lips of this servant of God there hovered a continual smile. His countenance, his conversation, his whole being breathed meekness. St Vincent de Paul declared that

he had never known a meeker man than the bishop of Geneva. He saw in him a living copy of the goodness and kindness of Jesus Christ. Even when, not to burden his conscience, he had to refuse a request, he couched his refusal in such gentleness and love as to win the cheerful assent of the petitioner; and in spite of a refusal, the latter went away contented. He was meek towards everyone, his superiors, his equals and his inferiors; towards the members of his household and towards strangers. He never complained about his servants; seldom did he reprove them, and then always with gentleness. What a contrast between this saint and those who, according to St. Francis’ own words, “seem to be angels abroad and devils at home.’

Should we have the misfortune to commit a fault, we must exercise meekness even towards ourselves. To be angry with oneself after committing a fault is not a sign of humility, but of secret pride; it shows that we do not regard ourselves as the weak and wretched creatures that we really are.



St Aloysius said: “The devil likes to fish in troubled waters, where we can distinguish

nothing.” If a soul is distracted and disturbed it is very hard for it to recognise God and its duties. When, therefore, we have committed a fault, we must turn to the Lord with humility and confidence, beg Him for pardon and say with St. Cathrine of Genoa:

“Lord see, here is the fruit of my own garden! But pardon me, I beg Thee! I repent from my heart of having offended Thee; I will do so no more; give me the aid of Thy Holy grace.”

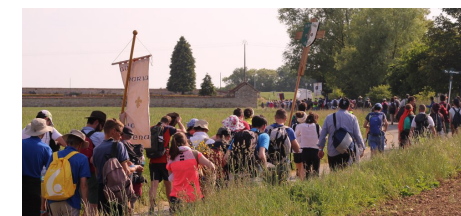
“Never,” says St. Francis de Sales, “permit anger to enter the soul under any pretext whatever; for once the violent passion has found lodgement in the heart, it is not our power to banish it.”

Seek to control the emotions of anger at once by remaining silent, or by thinking of something else. Do as the Apostles did when they were tossed about by the stormy sea; they had instant recourse to their divine Master; He alone can still the storms of the human heart. If in consequence of weakness, anger has entered your heart, do all in your power to regain your composure and act humbly and meekly towards him who was the occasion of your angry feelings. St Francis tells us that it cost him much labour to overcome his two predominant passions, anger and love. To conquer his angry passion he struggled for twelve years. With regard to love, he changed its object, detaching himself entirely from creatures and giving his whole love to God.

It was a practice with the Saints during prayer and meditation to bring to mind all the annoyance and obstacles they were apt to encounter in the course of the day, and to prepare themselves in advance to endure them with meekness and humility. Thus they were enabled to put into practice the counsel of their gentle saviour: *“Learn of me, because I am meek, and humble of heart: and you shall find rest to your souls.” (Matt. 11:29)*

*(Extracts from ‘The 12 Steps to Holiness and salvation’ by St. Alphonsus Liguori)*

## Pentecost Pilgrimage



Pentecost pilgrimage in Cornwall Friday, May 26 to Sunday May 28th. We will head out from Lanivet around 10AM and finish at Lanherne for Mass on Pentecost Sunday morning. We will be staying in Church halls /tents as numbers require and Mass will be celebrated daily. Breakfast and lunch will be provided. The Pilgrimage will be dedicated to the Sacred Heart, Our Lady and St Joseph as well as the Saints of Devon and Cornwall. We will be especially dedicating ourselves to the Five Wounds of Christ. Please register your interests to Patrick and Collette Oliver at [patrickcolletteoliver@gmail.com](mailto:patrickcolletteoliver@gmail.com). Contact us for further details. Costs to be announced, but likely modest. Discounts for families. This is our second year and we are hoping to build up numbers. Tell your family and friends!