



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

In the Diocese of Plymouth

Septuagesima Sunday

28th January 2024



Virtue of Patience

You need endurance to do the will of God and receive what He has promised. If our Saviour himself has declared, “*by your perseverance, you will secure your lives.*” should it not be a great happiness for man to possess his soul? And the more perfect our

patience, the more absolutely do we possess them. Let us frequently call to mind that as our Lord has saved us by patient sufferings, so we also ought to work out our salvation by sufferings and afflictions, enduring injuries and contradictions with all possible meekness.

Do not limit your patience to this or that kind of injuries and afflictions, but extend it universally to all those whom it shall please God to send you. Some are unwilling to suffer any tribulations except those that are honourable; for example, to be wounded in battle, to be a prisoner of war or to be persecuted for religion. Now these people do not love the tribulation, but the honour it is accompanied with, whereas he who is truly patient suffers tribulations indifferently, whether they are accompanied by ignominy or by honour. To be despised, reprehended, or accused by wicked men is pleasant to a man of good heart. But to suffer blame and ill-treatment from the virtuous or, from our friends and relations, is the test of true patience.

I admire the meekness with which the Great Saint Charles Borromeo suffered a long time the public reprehensions that a great preacher of a strictly reformed order uttered against him in the pulpit, more than all the assaults he received from others.

For just as the sting of a bee is far more painful than that of a fly, so too the evils we suffer from good men are much more unbearable than those we suffer from others. Yet it often happens that two good men, each of them having the best intentions, through a diversity of opinion, stir up great persecutions and contradictions against each other.

Be patient not only with respect to the subject of the affliction which may befall you, but also with regard to its accessories or accidental circumstances. Many would be content to encounter evils provided they might not be inconvenienced by them. I am vexed, says one, at being poor, if it had not disabled me to serve my friends, to give my children proper education, or to live as honourably as I would wish.

It would give me no concern, says another, were it not that the world would think it happened through my fault. Another would be content to suffer scandal patiently, provided no one believed the detractor. Others are willing to suffer some part of the evil, but not the whole: they do not complain on account of their sickness, but for the want of

money to obtain a cure, or because they are so troublesome to those about them.

We must not only bear sickness with patience, but also be content to suffer sickness under any disorder and in any place, among those persons and with those inconveniences which God pleases.



Whenever you are justly accused of a fault, humble yourself, and candidly confess that you deserve more than the accusation which is brought against you. But if the charge is false, excuse yourself meekly, denying your guilt, for you owe

this respect to truth and to the edification of your neighbour. But if, after your true and lawful excuse, they should continue to accuse you, do not trouble yourself nor strive to have your excuse admitted. For having discharged your duty to truth, you must also do the same to humility, by which means you neither offend against the care you ought to have of your reputation, nor the love you owe to peace, meekness of heart, and humility.

(Extracts taken from 'Introduction to the Devout Life' by St. Francis de Sales)

XL Hours Devotion

St. Philip Neri introduced the devotion in Rome around 1550 and did all that he could to promote it. St. Ignatius of Loyola also promoted the practice and the Jesuits brought it to Germany. In a letter, Pope Clement VIII encouraged the spread of this devotion, writing: “We have determined to establish publicly in this Mother City of Rome an uninterrupted course of prayer in such ways that in the different churches, on appointed days, there be observed the pious and salutary devotion of the Forty Hours, with such an arrangement of churches and times that at every hour of the day and night, the whole year round the incense of prayer shall ascend without intermission before the face of the Lord.”

The devotion at Lanherne will begin on Sunday 11th February and will conclude on Tuesday the 13th.

Volunteer Days at Lanherne

The following Volunteer Days are scheduled for Lanherne:

Monday 26th of February
Monday 18th of March

Please come and help us with the grounds!

If these days do not work for you, please consider giving some of your time on another day.

Holy Days of Obligation Reminder

In England these are the Holy Days of Obligation

Every Sunday
Ascension of the Lord (Thursday after 6th Sunday of Easter: 9th of May 2024)
St Peter & St Paul (29 June)
Assumption of the Blessed Virgin Mary (15 August)
All Saints (1 November)
Nativity of the Lord (25 December)
Epiphany of the Lord (6 January)

MASS INTENTIONS

	AT LANHERNE	CANON TANNER
28	BENEFACTORS Liz Coleman	Kathleen & Frank Donnelly RIP
29	Rena, Joe, Stella, Dolly etc.	Poor Souls RIP
30	C. Spurling & Family	Daniel Gillan RIP
31	Quick Family	Michael Fitzgerald
1	Sharon Mileham Private Intention	Martha & Maurice Melville RIP
2	Bown Family	Daniel Gillan RIP
3	Patryk M	For the Intentions of the Holy Father

Rev. Canon Scott Smith
 Chaplain of Lanherne Convent
 St Mawgan TR8 4ER
 mobile : 07366 321039
lanherne@icksp.org.uk
 Safeguarding Reps:
 Christina Hunt / Sarah Checkley

At Lanherne Convent
Sunday 8am Conventual Mass
 11am Low Mass
Monday – Saturday 8am Mass
Thursday Mass at 8am and 6.15pm
 Confession:
Thursday: 5.15pm-5.45pm
Friday & Saturday after Mass

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

Friends of Lanherne
 Sort code: 60-02-20
 Account: 64557391

Rev. Canon Scott Tanner, Prior
 House of Saint-Richard-Reynolds
 Holy Angels Church, Queensway, Torquay TQ2 6BP
 mobile : 07763 277697
torquay@icksp.org.uk
 Safeguarding Rep: Katarzyna Adamiak

At Holy Angels
Sundays:
 10.20 -10.40am Confessions
 10.45am Sung Mass
 5.30pm Vespers & Benediction
Mon. Tues. & Sat. Mass at 8.30am
Wed. Mass at 12 noon
Thurs. & Fri. Mass at 7pm

Holy Angels Torquay
 Account Name: ICKSP
 Account Details: 40-03-33
 Account Number: 12333902

Mon. Tues. Thurs. & Fri.
 7.30am Lauds & Meditation
 5.30pm Vespers
 6pm Adoration (& Confessions)
 7pm Compline

Plymouth: Sundays at 8.30am
First Saturdays: 11.30