



FROM THE SPIRE

News & updates from our Shrine Church of Saint Walburge in Preston, Lancashire.



Dominica in Septuagesima ~ II. classis

Make friends with the angels, who though invisible are always with you. Often invoke them, constantly praise them, and make good use of their help and assistance in all your temporal and spiritual affairs. Saint Francis de Sales

Register for the 40 hours of adoration in preparation for Lent TODAY!

Presbytery Office

Hours:

Monday, Tuesday, Thursday,
Friday and Saturday
9:30-12 and 2-5

Saint Benedict's Cultural Centre

saintbenedicts@icksp.org.uk
www.icksp.org.uk/saintbenedicts

Donations:

Institute of Christ the King/St
Walburge Charity number: 1144783

Donations via Bank Transfer:
Name: ICKSP

Sort Code: 40-10-22

Account Number: 52347733

Gift Aid forms and offertory
envelopes

can be obtained at the Presbytery.

CONTACT US

07927 965696 Rev. Can. Cristofoli
07770 142336 Rev. Can. Heppelle
07771 445967 Rev. Can. Bunnens
preston@icksp.org.uk

Our Safeguarding Representative:
Mr. Peter Dilworth--
postmaster@dilworth49.plus.com

Silence, the Remedy for Our Worries

Dear Walburgians,

Why are our hearts so full of worry? Why are we so anxious about the future?

Our world is filled with noise: constant news, screens, music, conversations, and endless agitation. We live turned outward, while God wishes to speak to us inwardly, in the secret of the heart.

We are often troubled because we no longer listen. We doubt God's presence, his love, and his providence. Doubt destroys inner peace and makes us like a restless sea, tossed about by the winds of events and emotions.

Yet God never stops speaking to the soul. His voice is gentle and discreet. It does not impose itself in the noise of the world. It can only be heard in silence.

The true remedy for anxiety is therefore not to accumulate more answers, but to learn to be silent in order to listen.

Outer silence is the first step: turning off screens, cutting out useless noise, and creating moments of calm in our daily lives. But this silence is not an end in itself. It leads to inner silence: calming our thoughts, placing our fears before God, and becoming receptive to his Word.

In this silence, God reassures the heart. He reminds us that we are loved, guided, and protected. He gives us the strength to face trials without losing peace. As Saint James teaches, the testing of faith produces patience and leads to spiritual maturity.

Silence also transforms our relationships: a quieter family is often a more peaceful family; a parish that prays in silence becomes a more united parish. Where noise maintains tension, silence opens a space for God.

Learning to be silent each day, even for a few minutes, is an act of faith. It is saying to God: "I believe that you are here. I believe that you have something to say to me."

And little by little, the heart can answer with confidence:

"I do not worry about the future, for God is with me."

God bless you all, your Rector

TRANSLATION OF THE EPISTLE AND GOSPEL

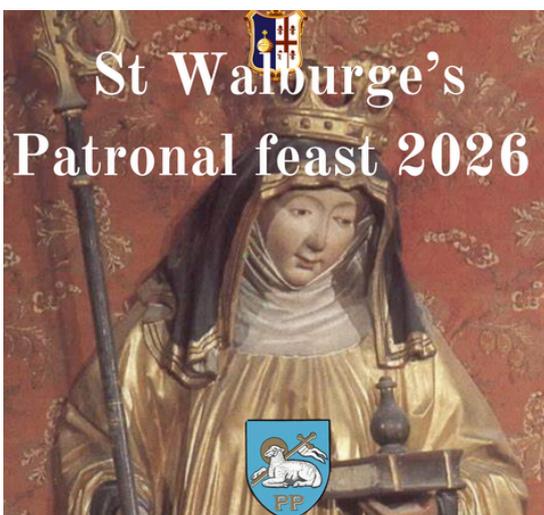
Dominica in Septuagesima ~ II. classis

Epistle -1 Cor. 9:24-27; 10:1-5

Brethren: Do you not know that those who run in a race, all indeed run, but one receives the prize? So run as to obtain it. And everyone in a contest abstains from all things - and they indeed to receive a perishable crown, but we an imperishable. I, therefore, so run as not without a purpose; I so fight as not beating the air; but I chastise my body and bring it into subjection, lest perhaps after preaching to others I myself should be rejected. For I would not have you ignorant, brethren, that our fathers were all under the cloud, and all passed through the sea, all were baptized in Moses, in the cloud and in the sea. And all ate the same spiritual food, and all drank the same spiritual drink for they drank from the spiritual rock which followed them, and the rock was Christ. Yet with most of them God was not well pleased.

Gospel-Matt 20:1-16

At that time, Jesus spoke to His disciples this parable: The kingdom of heaven is like a householder who went out early in the morning to hire laborers for his vineyard. And having agreed with the laborers for a denarius a day, he sent them into his vineyard. And about the third hour, he went out and saw others standing in the market place idle; and he said to them, 'Go you also into the vineyard, and I will give you whatever is just.' So they went. And again he went out about the sixth, and about the ninth hour, and did as before. But about the eleventh hour he went out and found others standing about and he said to them, 'Why do you stand here all day idle?' They said to him, 'Because no man has hired us.' He said to them, 'Go you also into the vineyard.' But when evening had come, the owner of the vineyard said to his steward, 'Call the laborers, and pay them their wages, beginning from the last even to the first.' Now when they of the eleventh hour came, they received each a denarius. And when the first in their term came, they thought that they would receive more; but they also received each his denarius. And on receiving it, they began to murmur against the householder, saying, 'These last have worked a single hour, and you have put them on a level with us, who have borne the burden of the day's heat.' But answering one of them, he said, 'Friend, I do you no injustice; did you not agree with me for a denarius? Take what is yours and go; I choose to give to this last even as to you. Have I not a right to do what I choose? Or are you envious because I am generous?' Even so the last shall be first, and the first last; for many are called, but few are chosen.



Wednesday 25th February

8:30am Low Mass

12noon Solemn Mass and veneration of her Relics

5:30pm Vespers and Benediction

Shrine Church of Saint Walburge, Preston Lancashire PR2 2QE

Prayer Intentions

Please keep in your prayers Arthur and Maxine Frankland, Bob and Jane Latin, Anita, Denis and Margaret Smith, Dennis Brophy, Christopher Moloney, Rosemary Hough, Michael Cross, Alexander, Mark MacKay, and the residents of Swansea Terrace Care Home.

Please pray for our catechumens: Luke, Alexis, Luca, David, Jonathan, Sophie, Samim, Sarah.

Please in your charity could you pray especially for Terry Carradice.

Please pray for special intentions.

✠ For Life Matters and helplines: <https://lifecharity.org.uk>

For pro-life helpline <https://www.goodcounsel.net.co.uk>

For abortion recovery <https://www.rachelsvineyard.org.uk>

Mass settings: Kyrie XII and Credo III

Ordo	Daily Schedule:		Mass Intentions
Sunday 01/02 Septuagesima	8am Confessions 8.30am Low Mass 10am Confessions 10.30am High Mass	5.30pm Vespers & Benediction (no confessions) 6.30pm Low Mass	Canon Cristofoli: Novena GZ Canon Heppelle: Msgr Gilles Wach Canon Bunnens: Phil & Lin Russel
Monday 02/02 The Purification of the BVM	7.30am Lauds & Meditation 8.30am Low Mass 12noon Low Mass	5.30pm Vespers 6:30pm Blessing of the Candles, procession and Solemn Mass	Canon Cristofoli: Novena GZ Canon Heppelle: Denis & Margaret Smith Canon Bunnens: Novena Mrs Klein
Tuesday 03/02 St Blaise	7.30am Lauds & Meditation 8.30am Low Mass & Blessing of Throats 12noon Low Mass	5.30pm Vespers 6pm-6.40pm Adoration and Confessions 6.45 Benediction 7pm Compline	Canon Cristofoli: Novena GZ Canon Heppelle: Kathleen RIP Canon Bunnens: Novena Mrs Klein
Wednesday 04/02 St Andrew Corsini	8.30am Low Mass 12noon Low Mass	Church closed at 1pm	Canon Cristofoli: Novena GZ Canon Heppelle: Peggy Carmody Canon Bunnens: Novena Mrs Klein
Thursday 05/02 St Agatha 1st Thursday Christ Eternal and Sovereign Priest	7.30am Lauds & Meditation 8.30am Low Mass 9.am Exposition of the Blessed Sacrament-all day Adoration 12noon Low Mass	5.30pm Vespers 6pm-6.40pm Adoration and Confessions 6.45 Benediction 7pm Compline	Canon Cristofoli: Novena GZ Canon Heppelle: Fr Ignatius Fennessy RIP Canon Bunnens: Novena Mrs Klein
Friday 06/02 St Titus Votive Mass of the Sacred Heart 1 st Friday	7.30am Lauds & Meditation 8.30am Sung Mass 12noon Low Mass	5.30pm Vespers 6pm-6.40pm Adoration and Confessions 6.45 Benediction 7pm Catechism Sacred Liturgy	Canon Cristofoli: Novena GZ Canon Heppelle: Mrs Neville RIP Canon Bunnens: Novena Mrs Klein
Saturday 07/02 St Romuald Votive Mass of the Immaculate Heart 1 st Saturday	7.30am Lauds & Meditation 8.30am Sung Mass 9.30am Meditation 9.45am-10.15am Rosary & Confessions 12noon Low Mass	5.30pm Vespers 6pm-6.40pm Adoration and Confessions 6.45 Benediction 7pm Compline	Canon Cristofoli: Novena GZ Canon Heppelle: Rita Murray RIP Canon Bunnens: Novena Mrs Klein
Sunday 08/02 Sexagesima	8am Confessions 8.30am Low Mass 10am Confessions 10.30am High Mass	5.30pm Vespers & Benediction (no confessions) 6.30pm Low Mass	Canon Cristofoli: Novena GZ Canon Heppelle: Thomas Dwyer Canon Bunnens: Novena Mrs Klein

Confessions can also be arranged privately by texting a Canon (see front page)



For your diary

✘ Catechism about Sacred Liturgy: 6th March 7pm at St Walburge's Rectory

✘ Children's Eucharistic Adoration Society: one Wednesday/month, 2-4pm Guided adoration by the canons and the sisters; craft and games, afternoon tea: 25th February, 25th March, 29th April.

Please bring children to the church hall.

✘ Guild Sundays: 10:30 High Mass, 12noon packed lunch, 12.30 Conferences for all. Next Guild: 15th February

✘ St Joseph Boys' Club: A regular event in the evening for fathers and sons to gather together and learn about valuable life skills, such as map reading, team building exercises, camping expedition preparations and much more. The meetings run for approximately 1 hour. It is strictly for fathers to participate with their sons (7-18 years of age).

Next meeting: 13th February 7.10pm

✘ Catechumens' catechism: 7th February 10:30-11:30am at St Walburge's Presbytery

✘ St Margaret Mary Girls' youth club: The convent of the Sister Adorers of the Royal Heart is open for an afternoon of fun, activities and faith from 2.00pm-5.15pm. The event is open to young girls of 13-18 years old.

Please see Sister Isabel-Marie for further details.

Next opportunities are: 21st February, 14th March, 18th April.

✘ Would you like to join our Choir? Contact Rev Canon Bunnens chn.bunnens@iersp.org



Lent services 2026

Wednesday 18th February, Fast & abstinence

Ash Wednesday Masses:

8:30 AM (Low Mass)

12:00 PM (Low Mass)

6:30 PM (Solemn High Mass)

Lauds: 7:30am Vespers: 5:30 PM

Adoration, Benediction and Confessions remain at their usual daily times (except on Wednesdays), with additional Stations of the Cross every Friday at 6:00 PM



St Walburge's ICKSP Weston Street PR2 2QE
Preston Diocese of Lancaster

Quarantore 2026

Shrine Church of Saint Walburge,
Preston Lancashire

Please note that registration is mandatory for night adoration: preston@icksp.org.uk

From **Sunday 15th Feb 8pm** to **Tuesday 17th Feb 12noon**

Tuesday 17th February: 12noon Solemn Mass and Benediction




Last week's collection: £720.96 - Bank transfers: £79.50 - Donations: £5.00

Thank You very much for your continuous generosity!

Thank you very much to our supporters!

