

Orate + Fratres



Fourteen Helpers in Need - Lucas Cranach the Elder, 1505-09, Oil on panel, 84 x 118 cm, Marienkirche, Torgau

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1503 altarpiece by Matthias Grünewald for the monastery in Lichtenfels in Upper Franconia.



Drawing by Lucas Cranach the Elder, 1525-1530, Kupferstichkabinett, Staatliche Museen zu Berlin. Saint George is in the centre carrying the infant Jesus.

The Fourteen Holy Helpers

During the chastizing period of the Black Death that devastated Europe from 1346-1349 there were many saints that the faithful invoked against the plague and sudden death. Among these were those who a century later would be known as the *Fourteen Holy Helpers*. The Fourteen are all martyrs, except for Saint Giles; as is so often the case with the medieval conception of patron Saints, the diseases they are associated with refer in several cases to the manner of their martyrdom. Thus, Saint Acacius, who was crowned with thorns, and Saint Denis, who was decapitated, are invoked against headache.

Saint George - Being of robust body he enlisted in the army and advanced to a high rank of tribune. When the persecution of Diocletian broke out George rebuked him for his cruelty. Consequently, the brave tribune was cast into prison in the city of Lydda and tortured. He is invoked against diseases of the skin and palsy.

Saint Blaise - bishop of Sebaste in Armenia. He was arrested by order of Emperor Licinius in the year 316 and, after being tortured with iron combs, was thrown into prison. Visitors, however, were allowed to see him, among whom was a woman whose child had swallowed a fishbone that could not be dislodged. The bishop blessed the child and he was cured. Afterward, Bishop Blaise was beheaded. He is invoked against diseases of the throat.

Saint Giles - He was from Athens. He left the city and retired to a remote place in France where he accepted a few other men who desired to live under his direction as monks. He died in 712 and is invoked against crippling diseases. He and Saint Erasmus are the only ones of the Fourteen Holy Helpers who did not die martyrs.

Saint Denis - The earliest of the Fourteen Holy Helpers, is perhaps the most renowned on account of the fact that he was converted by Saint Paul when the Apostle gave his famous sermon at the Areopagus. Saint Paul ordained him a priest and the first bishop of Athens. He was gaining so many converts by his preaching that some idolatrous priests conspired to take his life. He fled to Rome where he was commissioned by Pope Clement not to return to Athens but to go to preach in Gaul (France). Denis is invoked against demonic assault.

Saint Eustace - Martyred under Emperor Trajan in 118, as a pagan, he had been a general in the imperial army. One day, while hunting, he saw an apparition of Christ on the Cross standing between the antlers of a stag. Our Lord told him to become a Christian in order to attain eternal life. His wife, separately, saw the same vision. They both, with

their two children, went to the Bishop of Rome, who baptized them all. Eustace is invoked against fires.

Saint Erasmus - During the persecution of Diocletian he fled to Lebanon living in the mountains as a recluse. Here he was fed by a raven. Being discovered by enemies of the Faith, he was cast into prison in Italy and horribly tortured. From prison he converted many. After being delivered by an angel and healed he preached the Faith far and wide winning thousands of converts. Finally, he was thrown into prison again when he returned to Italy. He was again freed by an angel. Erasmus is invoked against stomach disorders.

Saint Cyriacus - Under Diocletian Christians were forced into slave labor building what became known as "the Baths of Diocletian." Renowned in all Rome for virtue even among the pagans, he was summoned by the emperor to cure his daughter who was stricken with blindness. The holy deacon came, and in the Name of Jesus, did just that. The new emperor, Maximin, intensified the persecution against Christians and threw Cyriacus into prison. The holy deacon, along with his companions, were tortured after they refused to sacrifice to idols. Finally, they were all beheaded. Cyriacus is invoked against eye diseases.

Saint Christopher - He, born a pagan filled with pride on account of his immense height and massive muscles. He sought the advice of a holy monk on the question of the power of Jesus. The monk instructed him in the Faith and after baptizing him told him to go to the banks of a certain river, build himself a hut, pray, and use his strength to help people cross the river where there was no bridge. A Child comes and asks him to carry Him across the river. The Child, mid-passage, became so heavy that the giant carrier asked Him what was happening. The Child answered, "Thou beareth the Creator of heaven and earth. I am Jesus Christ, thy King and Lord, and henceforth thou shalt be called Christopher (Christ bearer)."

Saint Vitus (Guy) - He was born in Sicily to pagan parents who gave him over to the care of a nurse named Crescentia. The nurse and her husband Modestus were Catholics. They had the baby baptized and raised him in the Faith. When Vitus returned to his father he had his son scourged and then handed him over to the pagan governor. Crescentia and Modestus were also discovered and arrested. They were terribly tortured but they held firm in the Faith. They were finally put to death on the rack. Saint Vitus is invoked against paralysis, nervous diseases, and epilepsy.

Saint Pantaleon - was a Christian physician in the employ of Emperor Maximin. The bad example of his fellow courtiers, however, seduced him and he abandoned the Faith. By the grace of God he was won back to the Faith by a zealous priest named Hermolaus. Pantaleon continued to practice medicine and gave away his father's inheritance to the poor. Many were cured miraculously through his intercession when medicines proved useless. Saint Pantaleon is invoked against lung diseases.

Saint Acatius - from Cappodocia, was a Roman soldier, a captain in the army during the reign of Emperor Diocletian. One day, while on a campaign with his troops, he heard a voice saying, "Call on the God of the Christians." He responded immediately to this grace. He sought instruction in the Faith and was baptized. After this, he tried to convert those under his command. He is invoked against headaches.

Saint Barbara - Her pagan father confined her to a tower so she would not hear about Jesus Christ. She was beautiful and virtuous and prayed to know the true God. Origen sent her one of his disciples who came to the tower disguised as a physician. After instructing her, the "physician" baptized her. Her father was enraged. Unable to dissuade her by scourgings, he turned her over to the pagan proconsul Marcian. He and Marcian were punished and died by lightning bolts. Saint Barbara is invoked against lightning and explosions.

Saint Catherine of Alexandria - Through the acquaintance of a holy hermit she learned about the Catholic Faith. Catherine was renowned before her conversion for her knowledge of philosophy. Because of her renown and nobility the emperor Maximin tried to turn her against the Faith by sending fifty pagan philosophers to refute her publicly in a trial in the pagan temple. Catherine answered them so well that they all converted. Maximin then put her to the torture. Saint Catherine is the patron saint of philosophers and is invoked in lawsuits.

Saint Margaret - A prefect of the city, Alybrius, took a fancy to her and tried to convince her to marry him. When she refused, and said she was espoused to the King of Heaven, he brought her to his court and tried to dispute with her, even citing the Bible, about her "Crucified God." Margaret answered, "The books of the Christians would have told you that the Crucified rose on the third day, and that He ascended into heaven." With this rebuke, the prefect had her tortured on the rack and pierced with iron hooks. Saint Margaret is invoked against kidney diseases.

personal health, caring for people suffering from serious illness or disability, unavoidable travel or particular jobs that affect public safety or welfare. 1983 CIC 1248).

Confession at least once a year.

This is the bare minimum. If you receive Holy Communion more frequently you should prepare yourself for its devout reception by frequently confessing your sins.

Receive Holy Communion devoutly at least once a year during the Easter Season

This can take place inside or outside Mass and is to occur during Easter, i.e. from the first Sunday of Lent to Trinity Sunday. This precept may be fulfilled on another day if there's a just cause (1983 CIC 920).

Observe the days of fasting and abstinence established by the Church.

The days of fasting and abstinence of the church are on Ash Wednesday and Good Friday where all Catholics from age 14 and above are required to abstain from meat while those aged 18-59 must observe the fast. Fasting involves taking only one full meal during the day and not more than two smaller meals during those days.

Provide for the needs of the church.

Although the requirements of this precept are quite broad, it is important not to neglect the various ways we ought to help, whether



Know Your Faith: The Six Precepts of the Church

"Now when they heard [Peter's preaching] they were cut to the heart, and they said to Peter and the rest of the apostles, Brethren, what shall we do?" – Acts 2:37

The precepts of the church represent the norms that are to be followed by Catholics living out their faith. These precepts are based on the moral and doctrinal foundations of the Church. Catechism of the Catholic Church 2041-2043.

Go to Mass on Sundays and Holy days of obligation. Rest from servile labour.

Holy mass on Sundays and Holy days of obligation is mandatory for all Catholics with the exception of a few circumstances such as

in cash or kind. Sunday offerings, special appeals, tithes, spontaneous offerings, bequests and wills include ways that Catholics can provide for the needs of the church. It is also important to note that since clergy members are not permitted to engage in economic activities alongside their sacrificial duties to the Church, we are called to support them with offerings.

Observe the Church's marriage laws.

In addition to not solemnizing marriage during Advent and Lent, this includes educating children in the Catholic faith.

Is this your first-time hearing about these precepts?

If so, please do not hesitate to reach out to myself or Fr. Gribbin if you have any questions.

- Canon Smith

Announcements



First Fridays and First Saturdays

Mark your calendar for the next First Friday Mass, after which you are welcome to a Reception in the Presbytery. On the Next First Saturday after Mass there will be a Day of Prayer and Catechesis.

Mass Intentions:

Envelopes and forms are available to request Masses to be applied for specific intentions. Because of the particular role of the priest as mediator between God and man, acting "in persona Christi" when offering the Holy Sacrifice of the Mass, it is considered that special graces are obtained when he applies the Mass to a specific intention as the minister of the Church interceding on behalf of the faithful.

The faithful generally make an offering to the priest in order to apply the Mass for a specific intention. Mass offerings enable the faithful to participate more intimately in the Eucharistic Sacrifice by adding to it a sacrifice of their own, which associates them more intimately with Christ who offers himself in the sacred Host. Mass offerings are a form of almsgiving in support of the minister and the Church.

Intentions are published so that others may also unite their personal intentions with that of the priest. If one requests that their intention be kept private, it will be noted as "Private Intention" in the newsletter.

A single Mass may be offered, or a Novena of Masses, or even a Gregorian Mass, that is a series of 30 consecutive Masses, may be offered for the living or for the dead or for a particular intention such as "In Thanksgiving" or for "A Good Harvest" etc. Votive Masses may also be requested such as, "In Honour of St. Joseph in Thanksgiving".



Institute of Christ the King Sovereign Priest Shrewsbury Weekly Schedule *

		Ordo	Cathedral	St Winefride's	Mass Intention
Sun	2 Feb	On the Purification of the Blessed Virgin Mary, II class.		11.15 Procession and Sung Mass	Special Intention * Gregorian Masses for Mary Ann Franke RIP
Mon	3 Feb	St. Werburga, Virgin, III Class, Comm. St. Blaise Bishop and Martyr, Comm.	7.30am Low Mass		Gregorian Masses for Mary Ann Franke RIP * Mini & Nina Borelli RIP
Tue	4 Feb	St. Andrew Corsini Bishop and Confessor, III class.	7.30am Low Mass	*Church Closed	Holy Souls * Gregorian Masses for Mary Ann Franke RIP
Wed	5 Feb	St. Agatha Virgin and Martyr, III class.	7.30am Low Mass		Holy Souls * Gregorian Masses for Mary Ann Franke RIP
Thu	6 Feb	First Thursday	7.30am Low Mass 11am Holy Hour with Benediction and Confessions		Holy Souls * Gregorian Masses for Mary Ann Franke RIP
Fri	7 Feb	First Friday	7.30am Low Mass	*Church Closed	Holy Souls * Gregorian Masses for Mary Ann Franke RIP
Sat	8 Feb	St. John of Matha Confessor, III class.		10.45am Confessions 11.15 Low Mass	Holy Souls * Gregorian Masses for Mary Ann Franke RIP
Sun	9 Feb	Septuagesima		11.15 Sung Mass	Holy Souls
St Wulstan Little Malvern 3.15pm Sung Mass					Gregorian Masses for Mary Ann Franke RIP

*Change from the usual schedule! *Intention for a Mass said privately

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