



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

CODE OF CANON LAW (CIC) ABOUT THE SEASON OF LENT

Can. 1249 The divine law binds all the Christian faithful to do penance each in his or her own way. In order for all to be united among themselves by some common observance of penance, however, penitential days are prescribed on which the Christian faithful devote themselves in a special way to prayer, perform works of piety and charity, and deny themselves by fulfilling their own obligations more faithfully and especially by observing fast and abstinence, according to the norm of the following canons.

Can. 1250 The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.

THE ROMAN CATECHISM ABOUT THE VIRTUE OF PENANCE

The Virtue of Penance

We shall first treat of penance as a virtue, not only because it is the duty of the pastor to lead the faithful to the practice of every virtue; but also, because the acts which proceed from penance as a virtue, constitute

the matter, as it were, of Penance as a Sacrament, and unless the virtue be rightly understood, the force of the Sacrament cannot be appreciated.

The faithful, therefore, are first to be admonished and exhorted to labor strenuously to attain this interior penance of the heart which we call a virtue, and without which exterior penance can avail them very little.

The Steps Which Lead Up To This Virtue

We must also point out the steps by which we may ascend to this divine virtue.

I. The mercy of God first goes before us and converts our hearts to Him. This was the object of the Prophet's prayer: Convert us, O Lord, to thee, and we shall be converted.

II. Illumined by this light the soul next tends to God by faith. He that cometh to God, says the Apostle, must believe that he is, and is a rewarder of them that seek him.

III. A salutary fear of God's judgments follows, and the soul, contemplating the punishments that await sin, is recalled from the paths of vice. To this (state of soul) seem to refer these words of Isaias: As a woman with child, when she draweth near the time of her delivery, is in pain and crieth out in her pangs, so are we become.

IV. Then follows a hope of obtaining mercy from God, encouraged by which we resolve on improvement of life.

V. Lastly, our hearts are inflamed by charity, whence springs that filial fear which good and dutiful children experience; and thus dreading only to offend the majesty of God in anything, we entirely abandon the ways of sin.



Saint Ambrose refuses the Emperor Theodosius to enter the church until he has done penance (left) for a massacre in Thessalonica. Afterwards he receives absolution (right). Above the penitents it says: "According to the multitude of thy mercies, blot out my iniquity." from Psalm 50 - Stained glass in Shrewsbury Cathedral.

ANNOUNCEMENTS

IMPORTANT NOTICE

According to the "Guidance" issued by the "Department of Health & Social Care" of HM Government (December 4, 2020) all faithful attending any liturgical function on weekdays or Sundays are expected to wear a face covering before entering the church and must keep it on until they leave unless there is a reasonable excuse for removing it.

Exemptions from wearing face-coverings are exclusively regulated according to the above mentioned guidance of HM Government. Father Montgomery, Administrator of the Cathedral parish, did not exempt any of the faithful from the obligation to wear face masks. He is not in the position to issue any exemptions from the obligation.

DAY OF RETREAT - MARCH 6TH

Please mark your calendar: We invite you to join us for a Day of Retreat on Saturday, March 6th, at the Cathedral (10:00 am to 4:30 pm). (Due to the lockdown and health related restrictions the exact program and format of this Day of Retreat has to be finalized at a later date.)

MASS INTENTIONS AND SUPPORT OF THE PRIESTS OF THE INSTITUTE

To request Masses to be celebrated in your intentions: Post your requests to: **Canon Michael Wiener, St Winefride's Presbytery, Mynd Close, Shrewsbury SY2 5R**. Alternatively, you may either deliver your request to the presbytery or hand in your envelope - *clearly addressed to Canon Wiener* - at the sacristy in the Cathedral. If you are able to support the Institute's apostolate in Shrewsbury, please consider to send us a cheque to the address indicated above, or donate directly via bank transfer:

HSBC UK Sort Code: 40-45-14 Account Number: 61855832 For the credit of: ICKSP/St. Winefride

SHREWSBURY WEEKLY SCHEDULE

DAY	DATE	TIME	MASS OF THE DAY	INTENTIONS	
				CANON WIENER	FATHER GRIBBIN
SUN	14 TH FEB	12:30 PM	QUINQUAGESIMA SUNDAY	JON BELL RIP	PI
MON	15 TH FEB	10:00 AM	VOTIVE OF THE MOST BLESSED SACRAMENT	MR. ZDZISLAW RIP	PI
TUE	16 TH FEB	6:30 PM	VOTIVE OF THE MOST BLESSED SACRAMENT	THANKSGIVING FOR SAFE DELIVERY OF LEO RAYMENT	PI
WED	17 TH FEB	10:00 AM	ASH WEDNESDAY	THANKSGIVING FOR BAPTISM OF LEO RAYMENT	PI
THU	18 TH FEB	6:30 PM	MASS OF THURSDAY AFTER ASH WEDNESDAY	RALPH CORNELL	PI
FRI	19 TH FEB	10:00 AM	MASS OF FRIDAY AFTER ASH WEDNESDAY	ST. JOSEPH	PI
SAT	20 TH FEB	10:00 AM	MASS OF SATURDAY AFTER ASH WEDNESDAY	SOULS IN PURGATORY	PI
SUN	21 ST FEB	12:30 PM	FIRST SUNDAY IN LENT		PI

SUNDAY MASSES AT 12:30 PM AT ST. WINEFRIDE'S CHURCH, CROWMERE ROAD, MONKMOOR, SHREWSBURY, SY2 5RA

St. Winefride's Presbytery, Mynd Close, Shrewsbury SY2 5RA

Rev. Canon Michael Wiener, Prior of the House of Saint Chad

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ICKSP website: <https://icksp.org.uk/shrewsbury/>