



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

PROPERS OF THE MASS ON MARCH 19<sup>TH</sup>, 2023

## FOURTH SUNDAY IN LENT (LÉTARE)

### INTROIT (Is. 66: 10, 11; Ps. 121: 1)

Rejoice, O Jerusalem, and come together all you who love her. Rejoice with joy, you who have been in sorrow, that you may exalt, and be filled from the abundance of your consolation. Ps. 121:1. I rejoice at the tidings that were told me, "We shall go into the house of the Lord." ✠ Glory be . . .

### COLLECT

O Almighty God, we are being justly punished for our sins, but comfort us with Your grace, that we may live. Through Our Lord . . .

### EPISTLE (GAL. 4: 22-31)

Brethren: For it is written that Abraham had two sons: the one by a bondwoman and the other by a free woman. But he who was of the bondwoman was born according to the flesh: but he of the free woman was by promise. Which things are said by an allegory. For these are the two testaments. The one from Mount Sinai, engendering unto bondage, which is Agar. For Sina is a mountain in Arabia, which hath affinity to that Jerusalem which now is: and is in bondage with her children.

But that Jerusalem which is above is free: which is our mother. For it is written: Rejoice, thou barren, that bearest not: break forth and cry thou that travailest not: for many are the children of the desolate, more than of her that hath a husband.

Now we, brethren, as Isaac was, are the children of promise. But as then he that was born according to the flesh persecuted him that was after the spirit: so also it is now.

But what saith the scripture? "Cast out the bondwoman and her son: for the son of the bondwoman shall not be heir with the son of the free woman." So then, brethren, we are not the children of the bondwoman but of the free: by the freedom wherewith Christ has made us free.

### GRADUAL (Ps. 121: 1, 7)

I rejoice at the tidings that were told me, "We shall go into the house of the Lord." ✠ May peace be within your walls, and prosperity within your towers.

### TRACT (Ps. 124: 1-2)

They who trust in the Lord are like Mount Sion; he who dwells in Jerusalem shall never be moved. ✠ Mountains are round about it, and the Lord is round about His people, from henceforth and forever.

*ABOVE: Très Riches Heures du duc de Berry: English: The Feeding of the Multitude, Limbourg brothers, (Herman, Paul, and Johan Van Lymborch), 1411 and 1416, Condé Museum inside the Château de Chantilly, France*

### GOSPEL (JN. 6: 1-15)

At that time, After these things Jesus went over the sea of Galilee, which is that of Tiberias. And a great multitude followed him, because they saw the miracles which he did on them that were diseased. Jesus therefore went up into a mountain: and there he sat with his disciples.

Now the pasch, the festival day of the Jews, was near at hand. When Jesus therefore had lifted up his eyes and seen that a very great multitude cometh to him, he said to Philip: "Whence shall we buy bread, that these may eat?" And this he said to try him: for he himself knew what he would do.

Philip answered him: "Two hundred pennyworth of bread is not sufficient for them that every one may take a little." One of his disciples, Andrew, the brother of Simon Peter, saith to him: "There is a boy here that hath five barley loaves and two fishes. But what are these among so many?" Then Jesus said: "Make the men sit down."

Now, there was much grass in the place. The men therefore sat down, in number about five thousand. And Jesus took the loaves: and when he had given thanks, he distributed to them that were set down. In like manner also of the fishes, as much as they would. And when they were filled, he said to his disciples: "Gather up the fragments that remain, lest they be lost." They gathered up therefore and filled twelve baskets with the fragments of the five barley loaves which remained over and above to them that had eaten.

Now those men, when they had seen what a miracle Jesus had done, said: "This is of a truth the prophet that is to come into the world." Jesus therefore, when he knew that they would come to take him by force and make him king, fled again into the mountains, himself alone.

### OFFERTORY (Ps. 134: 3, 6)

Praise ye the Lord, for He is good: sing ye to His Name, for He is sweet: whatsoever He pleased, He hath done in heaven and in earth.

### SECRET

Look favorably upon these present Sacrifices, we beseech Thee, O Lord, that they may profit us both unto devotion and salvation. Through our Lord Jesus Christ, Thy Son, who liveth and reigneth . . .

### COMMUNION (Ps. 121: 3, 4)

The sparrow hath found herself a house, and the turtle a nest, where she may lay her young ones: Thine altars, O Lord of hosts, my King, and my God: blessed are they that dwell in Thy house, they shall praise Thee for ever and ever.

### POSTCOMMUNION

Look favorably upon these present Sacrifices, we beseech Thee, O Lord, that they may profit us both unto devotion and salvation. Through our Lord Jesus Christ, Thy Son, who liveth and reigneth . . .

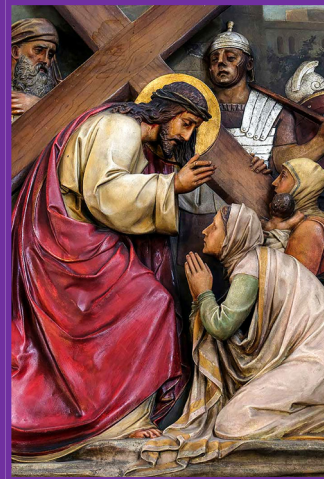


# ANNOUNCEMENTS



**WE ADORE THEE, O CHRIST, AND WE PRAISE THEE. BECAUSE BY THY HOLY CROSS THOU HAST REDEEMED THE WORLD.**

**Stations of the Cross  
with veneration of  
the relic of the Holy Cross  
each Friday in Lent at 9:00 am,  
before the 10:00 am Mass.**



**LEFT: 7th Station - Jesus falls the second time;  
RIGHT: 8th Station - The women of Jerusalem weep over Jesus**

## SUNG MASS ON 21<sup>ST</sup> AND 25<sup>TH</sup> OF MARCH AT 6:30 PM

Sung Masses will be celebrated on the feast of St. Benedict, patron of the Institute, on Tuesday, 21<sup>st</sup> March, at 6:30 pm, and on the feast of The Annunciation of the Blessed Virgin Mary, on Saturday, 25<sup>th</sup> March at 10:00 am.

## HELP NEEDED - CHURCH CLEANING

We are in need of further volunteers for Church Cleaning. Please get in touch with Canon Wiener (canon.wiener@institute-christ-king.org) if you would like to join or re-join our dedicated team of helpers in keeping the church clean. Many thanks for your generosity!

## DONATIONS WEEKS 06.03.-12.03.2023

Collection Sunday, March 12 <sup>th</sup> :	£147.50
Bank transfers:	£290.00
Donations/Mass stipends	£ 0.00
<b>TOTAL</b>	<b>£437.50</b>
Liturgy Fund:	£ 10.00
<b>LITURGY FUND TOTAL MARCH 12<sup>th</sup>:</b>	<b>£933.03</b>

**THANK YOU VERY MUCH FOR YOUR CONTINUED GENEROSITY!**

Institute of Christ the King  
Shrewsbury Account Information: Sort Code: 40-45-14  
Account Number: 61855832

## TRIDUUM PASCHALE 2023

**Holy Thursday, April 6<sup>th</sup>: 6:00 pm  
Good Friday, April 7<sup>th</sup>: 3:00 pm  
Holy Saturday, April 8<sup>th</sup>: 8:00 pm**

## LITURGICAL CALENDAR MARCH & APRIL 2023

Mon 20 <sup>th</sup> Mar	St. Joseph – Spouse of the Blessed Virgin & Patron of the Universal Church
Tue 21 <sup>st</sup> Mar	St. Benedict – Patron of the Institute
Sat 25 <sup>th</sup> March	The Annunciation of the Blessed Virgin Mary
Sun 26 <sup>th</sup> Mar	Passion Sunday
Sun 2 <sup>nd</sup> Apr	Palm Sunday
Thu 6 <sup>th</sup> Apr	Holy Thursday
Fri 7 <sup>th</sup> Apr	Good Friday
Sat 8 <sup>th</sup> Apr	Holy Saturday
Sun 9 <sup>th</sup> Apr	Easter Sunday
Sun 16 <sup>th</sup> Apr	Dominica in Albis – Low Sunday

## SHREWSBURY WEEKLY SCHEDULE

DAY	DATE	TIME	MASS OF THE DAY	INTENTION
SUN	19 <sup>th</sup> Mar	12:30 pm	Fourth Sunday in Lent (Laetare Sunday)	PI
MON	20 <sup>th</sup> Mar	10:00 am	St. Joseph, Spouse of the Blessed Virgin & Confessor	In petition
TUE	21 <sup>st</sup> Mar	6:30 pm	St. Benedict, Abbot. Patron of the Institute	In reparation
WED	22 <sup>nd</sup> Mar	7:00 am	Anniversary of the Coronation of the Pope	Carmelites of Birkenhead
THU	23 <sup>rd</sup> Mar	6:30 pm	Feria in Lent (Laetetur Cor)	Carmelites of Birkenhead
FRI	24 <sup>th</sup> Mar	10:00 am	Feria in Lent (Meditatio) Commemoration of St. Gabriel the Archangel	In adoration
SAT	25 <sup>th</sup> Mar	10:00 am	The Annunciation of the Blessed Virgin Mary	In thanksgiving
SUN	26 <sup>th</sup> Mar	12:30 pm	Passion Sunday	PI

All Masses (also Adoration and Benediction on Tuesday and Thursday) are celebrated at St. Winefride's Church, 187 Crowmere Rd, Shrewsbury SY2 5LA.

Note: Adoration and Benediction on Tuesdays and Thursdays start at 5.30pm before the 6.30pm Mass.

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