



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

PROPERS OF THE MASS ON MARCH 9th, 2025

FIRST SUNDAY IN LENT

INTROIT (Ps. 90: 15, 16, 1)

He shall call upon Me, and I will answer him, I will deliver him and glorify him with length of days. He who dwells in the shelter of the Most High shall abide in the protection of the God of heaven.

COLLECT

O God, each year You purify the Church through the lenten observance. May the good works of Your Church obtain for us the grace we ask for through our self-denial. Through our Lord Jesus Christ, Your Son, who lives and rules with You in the unity of the Holy Spirit, one God forever and ever.

EPISTLE (2 COR. 6: 1-10)

Brethren: We do exhort you that you receive not the grace of God in vain. For he saith: In an accepted time have I heard thee and in the day of salvation have I helped thee. Behold, now is the acceptable time: behold, now is the day of salvation. Giving no offense to any man, that our ministry be not blamed. But in all things let us exhibit ourselves as the ministers of God, in much patience, in tribulation, in necessities, in distresses, In stripes, in prisons, in seditions, in labors, in watchings, in fastings, In chastity, in knowledge, in longsuffering, in sweetness, in the Holy Ghost, in charity unfeigned, In the word of truth, in the power of God: by the armor of justice on the right hand and on the left: By honor and dishonor: by evil report and good report: as deceivers and yet true: as unknown and yet known: As dying and behold we live: as chastised and not killed: As sorrowful, yet always rejoicing: as needy, yet enriching many: as having nothing and possessing all things.

GRADUAL (Ps. 90: 11, 12)

God has given his angels charge over you, that they guard you in all your ways. **V** Upon their hands they shall bear you up, lest you dash your foot against a stone.

TRACT, (Ps. 90: 1-7, 11-16)

He who dwells in the shelter of the Most High shall abide in the protection of the God of heaven. **V** He shall say to the Lord, "You are my support and my refuge; my God, in You I trust." **V** For he hath delivered me from the snare of the hunters: and from the sharp word. **V** He will overshadow thee with his shoulders: and under his wings thou shalt trust. **V** His truth shall compass thee with a shield: thou shalt not be afraid of the terror of the night. **V** Of the arrow that flieth in the day, of the business that walketh about in the dark: of invasion, or of the noonday devil. **V** A thousand shall fall at thy side, and ten thousand at thy right hand: but it shall not come nigh thee. **V** For he hath given his angels charge over thee; to keep thee in all thy ways. **V** In their hands they shall bear thee up: lest thou dash thy foot against a stone.



V Thou shalt walk upon the asp and the basilisk: and thou shalt trample underfoot the lion and the dragon. **V** Because he hoped in me I will deliver him: I will protect him because he hath known my name. **V** He shall cry to me, and I will hear him: I am with him in tribulation, **V** I will deliver him, and I will glorify him. I will fill him with length of days; and I will shew him my salvation.

GOSPEL (MT. 4: 1-11)

At that time, Jesus was led by the spirit into the desert, to be tempted by the devil. And when he had fasted forty days and forty nights, afterwards he was hungry. And the tempter coming said to him: "If thou be the Son of God, command that these stones be made bread." Who answered and said: "It is written, Not in bread alone doth man live, but in every word that proceedeth from the mouth of God." Then the devil took him up into the holy city, and set him upon the pinnacle of the temple, And said to him: "If thou be the Son of God, cast thyself down, for it is written: That he hath given his angels charge over thee, and in their hands shall they bear thee up, lest perhaps

thou dash thy foot against a stone." Jesus said to him: "It is written again: Thou shalt not tempt the Lord thy God." Again the devil took him up into a very high mountain, and shewed him all the kingdoms of the world, and the glory of them, And said to him: "All these will I give thee, if falling down thou wilt adore me." Then Jesus saith to him: "Begone, Satan: for it is written: The Lord thy God shalt thou adore, and him only shalt thou serve." Then the devil left him; and behold angels came and ministered to him.

OFFERTORY (Ps. 90: 4, 5)

The Lord will cover you with His shoulders, and under His wings you shall find refuge. His truth shall surround you with a shield.

SECRET

O Lord, we solemnly offer You our sacrifice at the beginning of Lent, and pray that by observing abstinence we may also learn to avoid sinful pleasures. Through our Lord . . .

COMMUNION (Ps. 90: 4, 5)

The Lord will cover you with His shoulders, and under His wings you shall find refuge. His truth shall surround you with a shield.

POSTCOMMUNION

May the worthy reception of the Blessed Sacrament give us new strength, O Lord. May it cleanse us from our old selves and bring us closer to our salvation. Through our Lord . . .

ABOVE: The Temptation of Christ, Ary Scheffer (Dutch artist), 1854, Walker Art Gallery, Liverpool

SUNDAY RECEPTION: WE ARE ASKING FOR VOLUNTEERS

Dear Faithful, the receptions after the Sunday Masses are very important for our community: a. Because many of you travel up to an hour or more, often with little children, to attend Mass and b. because of the social contacts we all cherish. We wish to maintain this opportunity to meet, greet and to enjoy good food after Mass also in the future.

However, at this time only four sets of volunteers are clearing up the hall after our Sunday refreshments. To help lighten the load, we need more generous members of our community to join the team. Please contact me if you think you able to help us at 07311-443323 or via email: canon.wiener@institute-christ-king.org. Thank you very much for considering my request.

Canon Michael K. Wiener

PRAYERS FOR THE SICK

Most recent update of February 26th, 2025: Sue, Mary, Christine, Ruth, Helen, Jacqui, Teresa, Gyöngyi, Hannah, Grace, Anna, Deborah, Zoe, Isabella, Sophie, Abigail, Sharon, Clarice, Doreen, Grace, Beverley, Alex, Bozena, Peggy, Jude, Helena, Edit, Ági, Magdi, Mónika, Peter, Stephen, Martin, David, Mick, Joe, Tom, Felix, Toby, Henry, John, Michael, George, Graham, Colin, Andrew, Ian, Fr Siegfried, Fr István, Mark, Simon, Jennifer, Simon, Janet, Michael, Rose, Anna, Jo, Fr Zoltán, Ildikó, Gareth, Attila, Anya, Fr Gábor, Évi, Norman, Mavis, Alison, Mel, Alice, Father Feri, Father McGuiness.

FROM THE CATHEDRAL OFFICE

Healthcare Guild: The initial meeting for the health care guild will be on Monday 10th March at 6.30pm in the Parish Room. It will be open to all registered health care professionals who are parishioners of the Cathedral parish (HCPC, GMC, NMC) and those who are retired. The meeting will be an opportunity for the group to discuss the vision of the guild, in a supportive environment. Please email the Cathedral Office to confirm attendance – admin@shrewsburycathedral.co.uk Thank you.

LITURGICAL CALENDAR MARCH & APRIL 2025

Fri 7 th Mar	Feast of St. Thomas Aquinas (Co-Patron of the Institute)
Wed 19 th Mar	Feast of St. Joseph – Spouse of the Blessed Virgin Mary & Patron of the Universal Church
Fri 21 st Mar	Feast of St. Benedict of Nursia (Co-Patron of the Institute)
Tue 25 th Mar	The Annunciation of the Blessed Virgin Mary
Sun 13 th Apr	Palm-Sunday
Thu 17 th Apr	Holy Thursday
Fri 18 th Apr	Good Friday
Sat 19 th Apr	Vigil of Easter
Sun 20 th Apr	Easter Sunday

DONATIONS WEEK 24.02.-02.03.2025

COLLECTION SUNDAY MARCH 2 nd :	£100.00
BANK TRANSFERS:	£320.00
CASH DONATIONS/MASS STIPENDS:	£ 60.00
TOTAL	£625.00
INCLUDED IN THESE DONATIONS ARE:	
LITURGY FUND:	£ 10.00
LITURGY FUND MARCH 2 nd :	£523.77

THANK YOU VERY MUCH FOR YOUR GENEROSITY AND CONTINUOUS SUPPORT.

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

Safeguarding contact information - The Cathedral-parish safeguarding representative is Tony Burns.
Contact email: safeguarding@shrewsburycathedral.co.uk or via the Parish Office on 01743 290000 and the diocesan safeguarding coordinator is Andrew O'Brien (0151 652 9855).

Please note below Mass time changes on 14th March

SHREWSBURY WEEKLY SCHEDULE

DAY	DATE	TIME	MASS OF THE DAY	INTENTION
SUN	9 th Mar	12:30 pm	First Sunday in Lent	PI
MON	10 th Mar	10:00 am	Feria in Lent - Mass Sicut oculi servorum Comm. of the Forty Holy Martyrs	Joseph Francis Stevens
TUE	11 th Mar	6:30 pm	Feria in Lent - Mass Domine	Christine Ketteringham
WED	12 th Mar	10:00 am	Wednesday of Ember Week in Lent - Mass Reminiscere Comm. St. Gregory I	Canon Wiener
THU	13 th Mar	6:30 pm	Feria in Lent - Mass Confessio	For the grace to persevere in suffering
FRI	14 th Mar	9:00 am	Friday of Ember Week in Lent - Mass De necessitatibus Stations of the Cross CANCELLED	Fr. Mawdsley
SAT	15 th Mar	10:00 am	Saturday of Ember Week in Lent - Mass Intret oratio mea	Maria Barnas 70th birthday (14.01.)
SUN	16 th Mar	12:30 pm	Second Sunday in Lent	Ryan Stevens

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 5RA
Rev. Canon Michael Wiener, Prior of the House of Saint Chad
email: canon.wiener@institute-christ-king.org telephone: 07311 44 33 23
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ANNOUNCEMENTS