



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

## Propers of the Mass on March 15<sup>th</sup>, 2026 FOURTH SUNDAY IN LENT (LÆTARE)

### 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.

### 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 . . .

*ABOVE: Giovanni Lanfranco: The Miracle of the Loaves and Fishes, between 1620 and 1623, National Gallery of Ireland, Dublin*

# ANNOUNCEMENTS



## STATIONS OF THE CROSS

During Lent we have Stations of the Cross on Fridays. *Please note the following time information:*

If Mass is at the usual time of 10:00am, Stations of the Cross will be *after* Mass.

If Mass time changes to 6:30pm, Stations of the Cross will be *beforehand at 5.30pm.*

*Above: 8th Station - The women of Jerusalem weep over Jesus*

## HOLY WEEK SCHEDULE 2026

**April 2<sup>nd</sup> - Holy Thursday: 6:30 pm**

**April 3<sup>rd</sup> - Good Friday: 3:00 pm**

**April 4<sup>th</sup> - Holy Saturday: 8:00 pm**

### PLEASE NOTE THESE UPCOMING SUNG MASSES:

Thursday, March 19th - **Feast of St. Joseph** - 6:30 pm

Saturday, March 21st - **Feast of St. Benedict** - 10:00 am

Wednesday, March 25th - **Feast of the Annunciation** - 6:30 pm

### PRAYERS FOR THE SICK

Most recent update of March 8th, 2026: Sue, Mary, Helen, Teresa, Gyöngyi, Hannah, Deborah, Isabella, Grace, Alex, Bozena, Helena, Peter, Stephen, Martin, Mick, Tom, Henry, John, Colin, Andrew, Ian, Fr Siegfried, Fr István, Mark, Jennifer, Simon, Anna, Jo, Fr Zoltán, Gareth, Fr Gábor, Évi, Mavis, Alison, Alice, Father Feri, Siobhan, Nicholas, Baby Donny, Seb, Balazs, Petra, Katherine, Zena.

## LITURGICAL CALENDAR FEBRUARY & MARCH 2026

**Thu 19th March** St. Joseph – Patron of the Church

**Sat 21st March** St. Benedict of Nursia, Co-Patron of the Institute

**Wed 25th March** **The Annunciation - Mass at 6:30 pm**

### AFTER SUNDAY MASS IN THE PARISH HALL REFRESHMENTS AND OUR NEW PIETY SHOP

Please join us after Sunday Mass in the hall for refreshments and fellowship with our families. The new piety shop has various tasteful religious gifts on display and awaits your visit. There you can purchase medals, candles, rosaries, prayer cards and much more. All proceeds benefit exclusively the young community of our Sister Adorers in Preston.

### DONATIONS WEEK 02.03.2026-08.03.2026

COLLECTION SUNDAY MARCH 8TH:	£181.00
BANK TRANSFERS:	£290.00
CASH DONATIONS/MASS STIPENDS:	£ 20.00
<b>TOTAL</b>	<b>£491.00</b>
INCLUDED IN THESE DONATIONS ARE:	
LITURGY FUND:	£ 15.00
<b>LITURGY FUND PER MARCH 8TH:</b>	<b>£103.11</b>

*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](mailto:safeguarding@shrewsburycathedral.co.uk) or via the Parish Office on 01743 290000 and the diocesan safeguarding coordinator is Andrew O'Brien (0151 652 9855).

## SHREWSBURY WEEKLY SCHEDULE

DAY	DATE	MASS TIME	MASS OF THE DAY	INTENTION
SUN	15 <sup>th</sup> Mar	12:30 pm	Fourth Sunday in Lent - Laetare Sunday	Natascha Krainer
MON	16 <sup>th</sup> Mar	10:00 am	Monday of the Fourth Week in Lent - Mass Deus, in nomine	Andrea Robson (sick)
TUE	17 <sup>th</sup> Mar	6:30 pm	Tuesday of the Fourth Week of Lent - Mass Exaudi, Deus Comm. St. Patrick	Virginia-Joye Murray
WED	18 <sup>th</sup> Mar	10:00 am	Wednesday of the Fourth Week in Lent - Mass Cum sanctificatus Comm. St. Cyril of Jerusalem	Rose Stevens
THU	19 <sup>th</sup> Mar	6:30 pm	St. Joseph, Spouse of the Blessed Virgin & Patron of the Universal Church Comm. Feria	Hannah Grace Murray
FRI	20 <sup>th</sup> Mar	10:00 am	Friday of the Fourth Week in Lent - Mass Meditatio Stations of the Cross after Mass	Amy & Eliet Brigden
SAT	21 <sup>st</sup> Mar	10:00 am	St. Benedict of Nursia – Abbot, Co-Patron of the Institute Comm. Feria	Katherine James
SUN	22 <sup>nd</sup> Mar	12:30 pm	Passion Sunday	Peter Duffy RIP

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  
 Rev. Canon Michael Wiener, Prior of the House of Saint Chad  
 email: [canon.wiener@institute-christ-king.org](mailto:canon.wiener@institute-christ-king.org) telephone: **07311 44 33 23**  
 website: <https://icksp.org.uk/shrewsbury/>

