



Institute of Christ the King Sovereign Priest
A Society of Apostolic Life of Pontifical Right — Living the Truth in Charity

Saint Patrick Oratory

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<https://www.institute-christ-king.org/waterbury-home>



Quinquagesima Sunday 19th February AD 2023

Mass Times

Sunday: 8:30am Low Mass
 10:30am High Mass
Monday to Saturday: 8:00am Low Mass

Superiors of the Institute of Christ the King

Very Rev. Msgr. R. Michael Schmitz, STD, JCD
Vicar General in the Institute of Christ the King
Rev. Canon Matthew Talarico
Provincial Superior of the Institute's U.S. Province

Clergy and Staff of Saint Patrick Oratory

Rev. Canon Joel Estrada	Pastor & Rector
Abbé Kevin Kerscher	Pastoral Assistant
David Hughes	Organist & Choirmaster
Tomasz Matusiewicz	Office Administrator

Confessions

Thirty minutes before each Holy Mass daily & during each weekly Holy Hour of Adoration

Devotions

17th - 25th of each month: Novena to the Infant King
Wednesday: Litany to St. Joseph after 8am Mass
Friday: Adoration of the Blessed Sacrament at 5pm
First Friday: additional Mass at 6pm preceded by Adoration of the Blessed Sacrament beginning at 5pm
Saturday (except First Saturday): Prayers to our Mother of Perpetual Help after 8am Mass
First Saturday: after Holy Mass, Exposition of the Blessed Sacrament, Holy Rosary & Benediction with Spiritual Conference (unless an announcement indicates otherwise)

Wisdom from Saint Francis de Sales

Patron of the Institute of Christ the King Sovereign Priest

“If you are able to fast, you will do well to observe some days beyond what are ordered by the Church, for besides the ordinary effect of fasting in raising the mind, subduing the flesh, confirming goodness, and obtaining a heavenly reward, it is also a great matter to be able to control greediness, and to keep the sensual appetites and the whole body subject to the law of the Spirit; and although we may be able to do but little, the enemy nevertheless stands more in awe of those whom he knows can fast. The early Christians selected Wednesday, Friday and Saturday as days of abstinence.”

Sanctuary Lamp this week is for the intentions
of Susan Stupak

LITURGICAL SCHEDULE

Sunday, 19th February

QUINQUAGESIMA SUNDAY

8:30am Low Mass - *Pro Populo*

10:30am High Mass & Eucharistic Procession -
Living & deceased of Cunningham & Galotti
families, by Peter & Janet Cunningham

Forty Hours Devotion Begins

6pm Vespers before the Blessed Sacrament,
Eucharistic Adoration continues until

11:30pm Benediction

Monday, 20th February

FERIA

8am Low Mass - **Mass of the Blessed Sacrament**
Intentions of John & Maryellen Perugini
by Maryellen & John Perugini

6pm High Mass - **Votive Mass for Peace**
Eucharistic Adoration continues until

11:30pm Benediction

Tuesday, 21st February

FERIA

8am Low Mass - **Mass of the Holy Face of Jesus**
† Alix-Marie Ménolet, by Maria Ménolet

6pm High Mass & Eucharistic Procession -
Mass of the Blessed Sacrament

Wednesday, 22nd February

ASH WEDNESDAY - **FAST & ABSTINENCE**

8am Distribution of Ashes & Low Mass -
†† Mr. & Mrs. Robert Alechnowicz &
†† Mr. & Mrs. Frederick Nelson,
by Glenn Nelson & Robert Alechnowicz

6pm Distribution of Ashes & High Mass -
†† Debra, Anthony & Roberta Zappone,
by Rene Gerard Martineau

Thursday, 23rd February

FERIA OF LENT

8am Low Mass - † Paul Grochowski (1st yr. anniv.),
by Ellen Grochowski

Friday, 24th February

ST. MATTHIAS - **ABSTINENCE**

8am Low Mass - † Tyler Carlisle,
by Richard Lee

5pm Holy Hour of Adoration
6pm Stations of the Cross

Saturday, 25th February

FERIA OF LENT

8am Low Mass - Heather Keogh,
by Bob & Eileen Wilkinson

Sunday, 26th February

FIRST SUNDAY OF LENT

8:30am Low Mass - *Pro Populo*

10:30am High Mass - Deceased members of the
Daly/Calio family, by Vincent & Dorothy Calio

6pm Vespers & Benediction

St. Patrick Church Donations

Week of February 12th: \$6,545.40

Please donate securely online at
www.osvhub.com/stpatrick-parish-and-oratory
May God reward your generosity!

Through Tuesday, 21 February

Novena to the Holy Face of Jesus

Sunday, 19th February

Annual Forty Hours devotion in reparation for sins and for
peace in Christendom.

1st day of 40 Hours: After Sunday High Mass &
Procession, Blessed Sacrament is exposed until Benediction
at 11:30pm; please sign up to keep watch.

Monday, 20th February

2nd day of 40 Hours: After 8am Low Mass, Blessed
Sacrament is exposed; additional 6pm High Mass
Eucharistic Adoration continues until Benediction at
11:30pm; please sign up to keep watch.

Tuesday, 21st February

3rd day of 40 Hours: After 8am Low Mass, Blessed
Sacrament is exposed; additional 6pm High Mass followed
by Procession, Benediction, concluding 40 hours; please
sign up to keep watch.

Wednesday, 22nd February

Ash Wednesday: 8am Distribution of Ashes followed by
Low Mass & 6pm Distribution of Ashes followed by High
Mass

Friday, 24th February

5pm Holy Hour & 6pm Stations of the Cross

Saturday, 25th February

Troops of St. George meeting following the 8am Mass

Sunday, 26th February

Conference on Physician-Assisted Suicide given by guest
speakers Mr. Christopher Healy of the CT Catholic Public
Affairs Conference & Mr. Peter Wolfgang of Family
Institute of Connecticut, in Saint Patrick's Hall at 12:30pm
after the High Mass. Please attend this important
conference.

Friday, 3rd March

1st Friday: **Special Lent Schedule. 4:30pm** Adoration &
Confessions, **5:30pm** Stations of the Cross, **6pm** High Mass

Saturday, 4th March

1st Saturday. 8am High Mass, followed by Devotions. No
breakfast nor conference.

Sunday, 5th March

Deadline to purchase tickets for Mar. 18th Dinner

"Organ at the Oratory" Recital Series: Heinrich Biber's
Rosary Sonatas, starts at **5:15pm** followed by 6pm Vespers
& Benediction

Tuesday, 7th March

1st Class Feast of St. Thomas Aquinas, patron of the
Institute, 8am Low Mass & 6pm High Mass, **Plenary
Indulgence available**

Friday, 10th March

5pm Holy Hour & 6pm Stations of the Cross

Friday, 17th March

Titular Parish Feast of St. Patrick, 1st Class, 8am Low
Mass, **4:30pm** Adoration & Confessions, **5:30pm** Stations
of the Cross, **6pm** High Mass

Saturday, 18th March

Lætare Saturday Saint Patrick Irish Dinner starts at
5:30pm (doors open at 4:30pm), call Priory for tickets.

Begin Lent Well

The command to do penance was uttered by Jesus Christ in no uncertain terms: “**Unless you do penance, you shall all likewise perish,**” (Luke 13: 3-5). After Christ’s resurrection we again find in Luke 24: 46-47, “**It behooved Christ to suffer and to rise again from the dead the third day: that penance and remission of sins should be preached in His Name.**”

While the external circumstances of penance have changed in this modern age, the burden of fasting having been lightened and dispensations multiplied to fit the less physically strong but more hurried and strained modern-day lifestyle, we are still called by our Master to deny ourselves and take up the Cross to follow Him, praying with Him in the desert.

The materialistic notion that many have of penance often leads to its entire neglect or unworthy performance. The **superficial** is satisfied with only the external act of penance; the **self-indulgent** find it too burdensome to even attempt. This is why penance has lost its proper place and many have wandered away from it.

The primary purpose of penance is a closer union of the soul with God. Man was made for God and sin frustrates this purpose. True penance is a turning away from sin and a returning unto God. The external act of penance is a **means to an end** which should not just be the self-satisfaction we feel for the expiation of personal sin, but the impulse of love to remove all that is disruptive, obnoxious, or offensive to our Blessed Lord. The external acts are very necessary, but if it lacks this true spirit, it is as dust.

The Church instructs us, during Lent, to turn away from sinful pursuits and even harmless and legitimate ones as well, in order to have more time for God, to enter more fully into the life of Christ, and to participate in His Passion as willing disciples and explore the depths of His love. We frustrate the interior purpose of penance when we find ready excuses for frequenting time-consuming entertainments that are often fatiguing and that leave us less time and taste for prayer, spiritual reading, Stations of the Cross, daily Mass, and even an unreadiness for receiving Holy Communion.

Fasting and abstinence cultivates strength in unselfishness, subordinating our lusts to reason and will. These laws of Holy Mother the Church will help us cultivate temperance and preserve life, and in the practical cultivation of this spirit, the letter of the law will acquire new meaning and even attraction.

LENTEN REGULATIONS

TO OBSERVE

1. **Ash Wednesday** (February 22, AD 2023) and **Good Friday** (April 7, AD 2023) are days of **COMPLETE ABSTINENCE FROM MEAT AND ARE ALSO DAYS OF FAST**, that is, only one full meal is allowed with no eating between meals. Two other meals, sufficient to maintain strength, may be taken according to one’s needs but they together should not equal that of the full meal.
2. The other Fridays of Lent are days of abstinence from meat (unless a 1st class feast, ie. solemnity, falls on Friday, per canon 1251)
3. The obligation to **abstain from meat** binds on all who have reached the age of 14.
4. The obligation to **fast** binds all between the ages of 18 and 59.
5. Unless there is a just reason, the obligation to do penance is a serious one and no Catholic should lightly excuse himself from this obligation in the Lenten season. **Practices of Lenten penances and acts of mortification, increased devotion and prayer, and acts of mercy, charity and almsgiving, are worthy elements of our preparation for Easter.**
6. Abstinence on all other Fridays of the year (outside of the Lenten season), though not obligatory under pain of sin, is “**especially recommended**”.
7. Fasting on weekdays of Lent, though not obligatory under pain of sin, is “**strongly recommended**” (National Conference of Catholic Bishops, November 18, 1966).
8. Catholics, after having received their 1st Holy Communion, are bound by the obligation of receiving Holy Communion at least once a year. This precept should be fulfilled during the Easter Season (between the First Sunday of Lent and Trinity Sunday).
9. Catholics are also bound to confess mortal sins at least once a year, but this is not limited to the Lenten/Easter Season. We must be well disposed to receive our Lord each time at Holy Communion and therefore **it is strongly recommended to go to confession frequently (at least once a month).**

Have a true, and not fake, devotion
wisdom from Saint Francis de Sales

You aim at a devout life, dear child, because as a Christian you know that such devotion is most acceptable to God's Divine Majesty, but seeing that the small errors people are accustomed to commit in the beginning of any undertaking are likely to increase as they advance, and to become irreparable at last, it is most important that you should thoroughly understand wherein lies the grace of true devotion.

There are also many spurious and idle semblances thereof; and unless you know which is real, you may mistake, and waste your energy in pursuing an empty, profitless shadow.

All of us depict devotion according to our own preferences and fancies.

One man sets great value on fasting, and believes himself to be leading a very devout life, so long as he fasts rigorously, although the while his heart is full of bitterness; and while he will not moisten his lips with wine, perhaps not even with water, in his great abstinence, he does not scruple to steep them in his neighbor's blood, through slander and detraction.

Another man reckons himself as devout because he repeats many prayers daily, although at the same time he does not refrain from all manner of angry, irritating, conceited or insulting speeches among his family and neighbors.

This man freely opens his purse in almsgiving, but closes his heart to all gentle and forgiving feelings towards those who are opposed to him.

Another one is ready enough to forgive his enemies, but will never pay his rightful debts save under pressure.

Meanwhile all these people are conventionally called religious, but nevertheless they are in no true sense really devout.

Many people dress up an exterior with the visible acts expressive of earnest devotion, and the world supposes them to be really devout and spiritual-minded, while all the time they are mere lay figures, mere phantasms of devotion.

(Introduction to the Devout Life, Book I,
Chapter 1)

FROM THE RECTOR'S
SCRIPTORIUM,
CANON JOEL JOSEPH ESTRADA

There are only a few more days before the beginning of Lent, and what blessings have we all received in the reflections and meditations we had during this season of Septuagesima, which is about to conclude.

It is my hope that you are already set for the spiritual and penitential program for Lent, with your planned penances, additional devotions and prayers, and acts of charity and mortification (of course having, as a courtesy, let your spiritual director know about them, or, if you do not have one, your regular confessor).

Although we are canonically bound to fast only twice a year, we are encouraged to multiply them during the weekdays of the Lenten Season, as done in the recent history of the Church, practiced not so long ago even by our own parents and grandparents, and by the numerous generations of Catholics. Let us reflect on **Saint Francis de Sales**, patron of the Institute of Christ the King Sovereign Priest, to help us further in our considerations for Lent, especially that of our fasting during the Season, one of the major pillars of Lent:

I thought of speaking to you of the conditions which render fasting good and meritorious. Understand that of itself fasting is not a virtue. It is a virtue only when it is accompanied by conditions which render it pleasing to God.

We find some people who think that to fast well during the holy season of Lent it is enough to abstain from eating some prohibited food. We know very well that it is not enough to fast exteriorly if we do not also fast interiorly, and if we do not accompany the fast of the body with that of the spirit.

Now among all the conditions required for fasting well, I will select 3 principal ones and speak familiarly about them.

The **first condition** is that we must fast with our whole heart, willingly, wholeheartedly, universally and entirely.

The **second condition** is never to fast through vanity but always through humility.

The **third condition** necessary for fasting well is to look to God and to do everything to please Him, withdrawing within ourselves in imitation of a great saint, St. Gregory the Great who withdrew into a secret place where he remained for a time.

Let us certainly pray for one another during this holy time that it be spiritually fruitful for all.

Forty Hours Devotion at the Oratory

Join us for Eucharistic Adoration in reparation for sin, especially those committed during Carnavale, the days of riotous celebration before Ash Wednesday

February 19 - February 21, 2023

Adoration Hours:

Sunday February 19: 12noon - 11:30pm

Monday February 20: 9am - 11:30pm

Tuesday February 21: 9am - 6pm

Additional High Masses in the Presence of the Blessed Sacrament
on Feb. 20 & Feb. 21 at 6pm



St. Patrick Oratory

50 Charles St., Waterbury, CT

stpatrick@icksp.org

Ash Wednesday, day of fasting and abstinence



Wednesday February 22,
2023

8am Distribution of Ashes
followed by Low Mass

6pm Distribution of Ashes
followed by High Mass



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“Organ at the Oratory”

Sunday, March 5, 2023

5:15pm

Violinist: Andrew Wang

Organist: David Hughes

Heinrich Biber: Rosary Sonatas

followed by Vespers & Benediction at 6pm

Saint Patrick Oratory

50 Charles St., Waterbury, CT | stpatrick@icksp.org

St. Patrick Oratory presents . . .

Assisted Suicide: Coming for Connecticut?

FOR MORE
INFORMATION
AND TO
REGISTER



Sunday, February 26, 2023
12:30 pm



Refreshments will be served

Confirmed Speakers

Mr. Christopher Healy, Executive Director
Connecticut Catholic Conference

Mr. Peter Wolfgang, Executive Director
Family Institute of Connecticut

*Scan QR graphic above for more information about this
important conference*



Saint Patrick Oratory

Lætare Saturday

2nd Annual Irish Parish Dinner

Saturday – March 18, 2023

Saint Patrick Church Hall
50 Charles Street, Waterbury

Doors open @4:30 | Buffet Dinner @5:30

Join us for an evening of prayer and song,
food and drink, raffle and auction!

Traditional Irish Feast Menu:

Juicy Corned Beef
Small Green Cabbage
Red Bliss Potatoes

Baby Carrots
Irish Country Soda Bread

Homemade Desserts w/ Coffee & Tea

Pork Loin and Vegetarian Eggplant Parmesan options will be available

Tickets:

Seniors	65 and over	\$15
Adults	16-64	\$20
Children	10-15	\$10
Youngsters	under 10	Free

Family Rate: Two Adults with two or more paying Children: \$50 max

Purchase your tickets by calling the Priory
(203)756-8837



CONNECTICUT MARCH FOR LIFE

Wednesday, March 22, 2023

Rally – 12:00pm

March – 1:00pm

Connecticut State Capitol
210 Capitol Ave.
Hartford, CT 06106



Join our parish bus trip



The Knights of Columbus is sponsoring reduced fares for round-trip bus rides from our parish. Use the QR code or visit rally.co/ct-march-for-life to sign up by March 8th.



Enter the promo code found at checkout for a \$15 ride.
Discounts are limited and first-come, first-served.

Visit ct.marchforlife.org for more information.