



# Institute of Christ the King Sovereign Priest

*Veritatem Facientes in Caritate*

[www.institute-christ-king.org](http://www.institute-christ-king.org)



## Church of Saints Cyril & Methodius

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[www.institute-christ-king.org/bridgeport-home](http://www.institute-christ-king.org/bridgeport-home)

[www.facebook.com/StsCyrilandMethodiusOratory](https://www.facebook.com/StsCyrilandMethodiusOratory)

### Clergy & Staff

#### **Institute Superiors**

Msgr. R. Michael Schmitz, S.T.D., J.C.D.

*Vicar General of the Institute*

Reverend Canon Matthew Talarico

*Provincial Superior*

#### **Church Staff**

Reverend Canon Francis X. Altieri IV

*Pastor & Rector*

Dr. Samuel Schmitt

*Director of Sacred Music & Organist*

[samuel.schmitt@carlschmitt.org](mailto:samuel.schmitt@carlschmitt.org)

Mrs. Laurie Furey

*Office Manager*

[stscyrilandmethodius@institute-christ-king.org](mailto:stscyrilandmethodius@institute-christ-king.org)

**Office Hours:** 9:00 a.m. to 12:45 p.m.

Monday to Friday (except Wednesday)

### Mass Times

**Sunday:** 8:30 a.m. Low Mass

10:15 a.m. High Mass

**Monday-Saturday:** 7:45 a.m. Low Mass

**Holy Days:** *please consult the bulletin*

### Confessions

*30 minutes before Mass every day (until 7 minutes before the start of Mass)*

### Regular Devotions

**Every Thursday:** Holy Hour at 6:00 p.m.

**First Friday:** Additional Mass at 6:00 p.m., followed by Devotions & Benediction of the Blessed Sacrament

**First Saturday:** After Mass, Adoration with Holy Rosary, 15-minute meditation & Benediction of the Blessed Sacrament

## Masses this Week

Sunday, March 3<sup>rd</sup>

### THIRD SUNDAY OF LENT

8:30 a.m. - Pro Populo

10:15 a.m. - Christopher, Dennis & Matthew Pryor  
*requested by Linda Pryor*

Monday, March 4<sup>th</sup>

### Monday in the Third Week of Lent

7:45 a.m. - Sister Bernadette-Marie  
of Jesus Christ Crucified, F.L.M.  
*requested by her parents*

Tuesday, March 5<sup>th</sup>

### Tuesday in the Third Week of Lent

7:45 a.m. - Douglas & Bernadette Rowe & Family  
*requested by T.R. & Michelle Rowe & Family*

Wednesday, March 6<sup>th</sup>

### Wednesday in the Third Week of Lent

7:45 a.m. - Deacon Paul McKown  
*requested by parishioners*

Thursday, March 7<sup>th</sup>

### Saint Thomas Aquinas

7:45 a.m. - ✠ John Dini, Jr.  
*requested by George Melillo*  
6:00 p.m. - ✠ Canon Henrique Fragelli

Friday, March 8<sup>th</sup>

### Friday in the Third Week of Lent

7:45 a.m. - Mr. Thomas Peter DeFelice  
*requested by Thomas & Lisa DeFelice*  
10:30 a.m. - Requiem Mass  
*Funeral for Elizabeth Daley*

Saturday, March 9<sup>th</sup>

### Saturday in the Third Week of Lent

7:45 a.m. - Thomas Gaboardi  
*requested by Linda Gaboardi*

Sunday, March 10<sup>th</sup>

### FOURTH SUNDAY OF LENT

8:30 a.m. - Living Members of  
St. Joseph Society Branch 19  
*requested by St. Joseph Society Branch 19*  
10:15 a.m. - Pro Populo



## Upcoming Events

Sunday, March 3<sup>rd</sup>

THIRD SUNDAY OF LENT

Vespers & Benediction at 6:00 p.m.

Tuesday, March 5<sup>th</sup>

Adult Theology class in the church hall at 7:00 p.m.  
Theme: "The Virtues of Faith & Hope"

Wednesdays of March {until Holy Week}

Litany of Saint Joseph after morning Mass

Thursday, March 7<sup>th</sup>

FEAST OF SAINT THOMAS AQUINAS

750<sup>th</sup> anniversary of the saint's death

Solemn Mass at 6:00 p.m., followed by veneration  
of the saint's relic {plenary indulgence}

Friday, March 8<sup>th</sup>

Funeral Mass for Elizabeth Daley at 10:30 a.m., then  
burial at Saint Michael's Cemetery (Stratford)

*Stations of the Cross at 6:00 p.m.*

Saturday, March 9<sup>th</sup>

Spiritual Conference after the 7:45 a.m. Mass

"The Meaning of the Ceremonies of Holy Week"

Sunday, March 10<sup>th</sup>

LÆTARE SUNDAY {Fourth Sunday of Lent}

Social hour after the High Mass—*please sign up to  
bring refreshments, especially simnel cake!*

Solemn Choral Vespers & Benediction at 6:00 p.m.

Wednesday, March 13<sup>th</sup>

Canon will be on the "Ask a Priest Live" show at  
6:00 p.m. on the Station of the Cross channel

Thursday, March 14<sup>th</sup>

Holy Hour & Benediction at 6:00 p.m.

Friday, March 15<sup>th</sup>

Stations of the Cross at 6:00 p.m.

Saturday, March 16<sup>th</sup>

Volunteers are needed to put up the veils in church  
for Passiontide

Wednesday, March 20<sup>th</sup>

CONNECTICUT MARCH FOR LIFE

Sign up for the bus leaving from the Oratory!

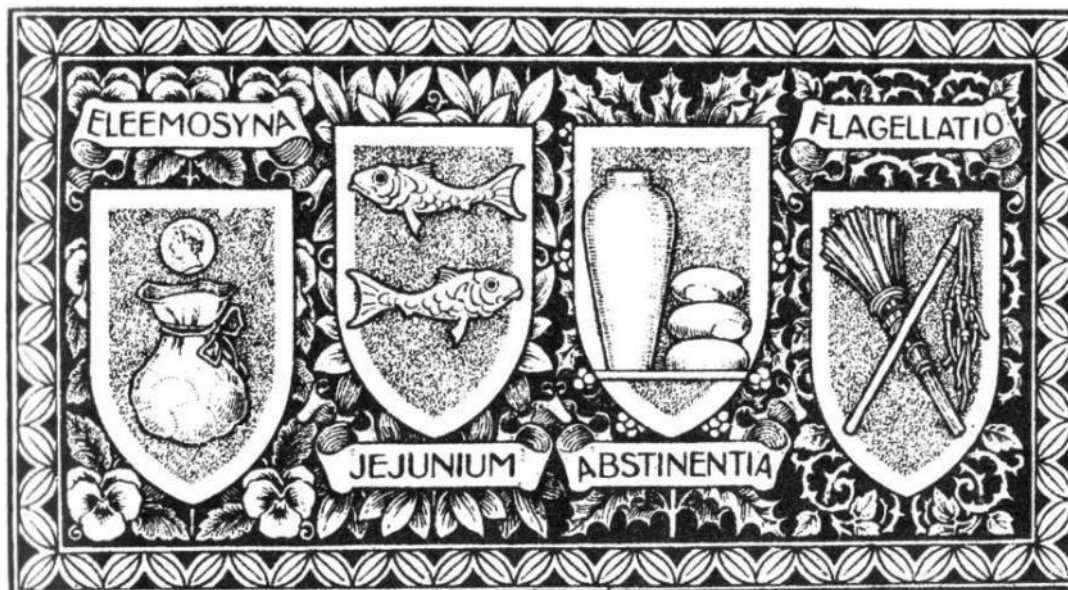
*Please see the back of the bulletin for details*

## Saint Thomas Aquinas on the Fasts of the Church Year

Fasting is directed to two things, the deletion of sin, and the raising of the mind to heavenly things. Wherefore fasting ought to be appointed specially for those times, when it behooves man to be cleansed from sin, and the minds of the faithful to be raised to God by devotion: and these things are particularly requisite before the feast of Easter, when sins are loosed by baptism, which is solemnly conferred on Easter-eve, on which day our Lord's burial is commemorated, because "we are buried together with Christ by baptism unto death" (Romans 6:4). Moreover at the Easter festival the mind of man ought to be devoutly raised to the glory of eternity, which Christ restored by rising from the dead, and so the Church ordered a fast to be observed immediately before the Paschal feast; and for the same reason, on the eve of the chief festivals, because it is then that one ought to make ready to keep the coming feast devoutly. Again it is the custom in the Church for Holy orders to be conferred every quarter of the year in sign whereof our Lord fed four thousand men with seven loaves, which signify the New Testament year as Jerome says (*Comment. in Marc. viii*): and then both the ordainer, and the candidates for ordination, and even the whole people, for whose good they are ordained, need to fast in order to make themselves ready for the ordination. Hence it is related (Luke 6:12) that before choosing His disciples our Lord "went out into a mountain to pray," and Ambrose (*Exposit. in Luc.*) commenting on these words says: "What shouldst thou do, when thou desirest to undertake some pious work, since Christ prayed before sending His apostles?"

With regard to the forty day's fast, according to Gregory (*Hom. xvi in Evang.*) there are three reasons for the number. First, "because the power of the Decalogue is accomplished in the four books of the Holy Gospels: since forty is the product of ten multiplied by four." Or, "because we are composed of four elements in this mortal body through whose lusts we transgress the Lord's commandments which are delivered to us in the Decalogue. Wherefore it is fitting we should punish that same body forty times. Or, because, just as under the Law it was commanded that tithes should be paid of things, so we strive to pay God a tithe of days, for since a year is composed of three hundred and sixty-six days, by punishing ourselves for thirty-six days" (namely, the fasting days during the six weeks of Lent) "we pay God a tithe of our year." According to Augustine (*De Doctr. Christ. ii, 16*) a fourth reason may be added. For the Creator is the Trinity, Father, Son, and Holy Ghost: while the number "three" refers to the invisible creature, since we are commanded to love God, with our whole heart, with our whole soul, and with our whole mind: and the number "four" refers to the visible creature, by reason of heat, cold, wet and dry. Thus the number "ten" [ten is the sum of three, three, and four] signifies all things, and if this be multiplied by four which refers to the body whereby we make use of things, we have the number forty. Each fast of the Ember days is composed of three days, on account of the number of months in each season: or on account of the number of Holy orders which are conferred at these times.

—*Summa theologiæ*, II-II, Question 147, article 5.



## We welcome you to Saints Cyril and Methodius!

If this is your first time here, we look forward to meeting you. We hope you will be able to join us for our reception next week. If you are interested in registering as a parishioner, forms are available at both entrances.

Holy Mass and all the sacraments at Saints Cyril & Methodius Oratory are celebrated in the traditional Latin Rite. This form of worship, which developed many centuries ago, is a priceless treasure of our Catholic faith. On Sundays and feasts, there are handouts containing English translations of the Propers (the prayers and readings proper to the day). If you are unfamiliar with the traditional Latin Mass, please do not hesitate to approach the clergy of the Oratory with any questions you may have. The pastoral care of the Oratory has been entrusted by the Bishop of Bridgeport to the clergy of the Institute of Christ the King, a Catholic priestly society founded in 1990 and currently ministering in dioceses across the United States, Europe and Africa.

Holy communion may be received by practicing Catholics in the state of grace. In the traditional Roman Rite, holy communion is received kneeling at the communion rail (unless you are impaired from doing so) and directly on the tongue. The mouth should be open with the tongue slightly extended. You do not reply when the priest places the host in your mouth. The sacrament of confession is available every day 30 minutes before the start of Mass (ending approximately 7 minutes before Mass begins).

The church narthex (vestibule) functions as a cry room during Mass. As a courtesy to others, please feel free to make use of it when you have a crying child by exiting quietly down one of the side aisles. Everyone is kindly reminded that all conversations should be held outside.

Out of respect for God's house, please bear in mind the importance of modest and decent attire. Ladies who wish to do so may borrow a veil to wear at Mass (available in baskets by the entrances).

If you are not a Catholic, you are warmly invited to learn more about our faith. The Catholic Church was founded 2000 years ago by Our Lord and Saviour Jesus Christ to carry on His work for the salvation of souls. If you are interested in becoming Catholic or simply want to learn more about the Catholic faith, please do not hesitate to contact us. The Oratory offers individual instruction. We look forward to hearing from you.

### ONE IN CHRIST – THE 2024 BISHOP'S APPEAL

For more information, please visit:  
[2024BishopsAppeal.org](https://2024BishopsAppeal.org).

Special envelopes will be available in church next weekend. Please make sure to *return the envelopes to Saints Cyril & Methodius* for processing—do not mail them directly to the diocese!

### MARCH FOR LIFE - Wednesday, March 20<sup>th</sup>

To register for the bus, visit:

<https://rally.co/ct-march-for-life/from/st-cyril-and-methodius-church-bridgeport-ct>

If you have any questions, you can contact Maureen Ciardiello at [mrciardiello@gmail.com](mailto:mrciardiello@gmail.com)

### STATIONS OF THE CROSS

Every Friday of Lent at 6:00 p.m.

After the Stations, there will be the veneration of the relic of the Cross and an opportunity for confession.



March 3<sup>rd</sup> 2024

Third Sunday of Lent