



# 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

79 Church Street - Bridgeport, Connecticut 06608

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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 (Sundays before both Masses) & First Fridays from 5:15 to 5:45 p.m. (during Adoration)*

### Devotions

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

**First Friday:** Additional Mass at 6:00 p.m., preceded by Adoration of the Blessed Sacrament beginning at 5:00 p.m.

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

September 17<sup>th</sup> 2023

Sixteenth Sunday after Pentecost

## Masses this Week

Sunday, September 17<sup>th</sup>

### SIXTEENTH SUNDAY AFTER PENTECOST

{*Stigmata of Saint Francis of Assisi*}

8:30 a.m. - ✠ Paul M. Ware, Sr. & Christine R. Ware

*requested by Gary & Diana Burt*

10:15 a.m. - Pro Populo

Monday, September 18<sup>th</sup>

### Saint Joseph of Cupertino

7:45 a.m. - ✠ Mary Mojcher

*requested by John Tkacik*

Tuesday, September 19<sup>th</sup>

### Saint Januarius & Companions

7:45 a.m. - Sarah Kraft

*requested by Linda Gaboardi*

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

### Ember Wednesday

{*Saint Eustace & Vigil of Saint Matthew*}

7:45 a.m. - Matthew Manoni

*requested by George Smith & Denise Manoni-Smith*

Thursday, September 21<sup>st</sup>

### Saint Matthew the Evangelist

7:45 a.m. - ✠ John & Joseph Kochiss

*requested by Grace Monks*

Friday, September 22<sup>nd</sup>

### Ember Friday

{*Saint Thomas of Villanova*}

7:45 a.m. - ✠ Felicidad L. Malanao

*requested by Gemma Malanao*

Saturday, September 23<sup>rd</sup>

### Ember Saturday

{*Saint Linus*}

7:45 a.m. - Dominican Friars of Saint Mary's Priory

*requested by Daniel & Emma Isabel*

Sunday, September 24<sup>th</sup>

### SEVENTEENTH SUNDAY AFTER PENTECOST

{*Our Lady of Ransom*}

8:30 a.m. - Pro Populo

10:15 a.m. - Monsignor Joseph Pekar

*requested by Gregory Mikulka*



## Upcoming Events

*Sunday Vespers and Thursday Holy Hours will resume after our new seminarian arrives. A server will be needed for daily Masses until then.*

### September 20<sup>th</sup>, 22<sup>nd</sup> & 23<sup>rd</sup>

AUTUMN EMBER DAYS

Traditionally days of fasting and abstinence

### Sunday, September 24<sup>th</sup>

Special collection for the Sacred Music Fund

*Please use the special envelopes that you received in the mail or that are available in church.*

### Tuesday, September 26<sup>th</sup>

Initial meeting of the 2023-24 Adult Theology Class at 7:00 p.m. in the church hall

*Theme for the year: "Our Life in Christ:*

*Introduction to Catholic Moral Theology"*

*Please feel free to invite friends!*

### September 29<sup>th</sup> to October 7<sup>th</sup>

NOVENA FOR VOCATIONS

Special prayer cards will be available in church

### Saturday, September 30<sup>th</sup>

Initial Meeting of First Holy Communion catechism class at 9:00 a.m.

### Sunday, October 1<sup>st</sup>

Mass request forms will be available for 2024 (please do not submit requests before October 2<sup>nd</sup>)

*Monthly coffee hour after the High Mass*

### October 2<sup>nd</sup> to 6<sup>th</sup>

Canon Altieri will be in Louisiana attending the Institute's U.S. provincial convocation

*Is there a kind soul who could provide rides to or from La Guardia Airport on the Monday or Friday?*

### Saturday, October 7<sup>th</sup>

Meeting of the SSCM Ladies' Guild after First Saturday Devotions

### October—Month of the Holy Rosary

Devotions daily at 6:00 p.m., beginning October 9<sup>th</sup>

### Saturday, October 14<sup>th</sup>

*Save the date: Father-Son outing for the altar boys after the morning Mass*

## WHAT ARE THE EMBER DAYS?

This week we observe the Ember Days of autumn. The “Ember Days,” as the original Latin name suggests, are observed at the four seasons of the year—the English word “Ember” seems to be a corruption of the Latin *Quator Tempora*, which literally means “four times” (a more archaic, but more literal, translation refers to these days in English as the “Quarter Tense” days). The Ember days are observed on the Wednesday, Friday and Saturday of the quarterly Ember weeks. The Ember weeks fall the week after Ash Wednesday (spring), in the octave of Pentecost (summer), after the Exaltation of the Holy Cross (autumn) and after the feast of Saint Lucy (winter), giving rise to the convenient mnemonic jingle: *Lenty, Penty, Crucy, Lucy*. Fasting at the four seasons of the year goes back to the Old Testament (Zacharias 8:19). Pope Saint Leo the Great (+461) considers the Ember Days, at least generically, to be of apostolic origin, although the current liturgical arrangement of the Ember days was established by Pope Saint Gregory VII (+1085).

The Ember days are traditionally penitential days of fast and abstinence, although since the reform of the fasting regulations in 1966 (after Vatican II), fasting on these days is no longer *obligatory*; it is still a pious and praiseworthy custom to fast and/or abstain on these days, for those whose constitution and daily duties enable them to do so. In the missal, the Ember days all have their own special Mass formula, with an additional reading prescribed for each Ember Wednesday and five additional readings prescribed for each Ember Saturday. (For many centuries, it was the custom of the Roman Church to confer holy orders on Ember Saturdays, with one of the seven orders—minor and major—being conferred after each reading.) If a feast day occurs and displaces the full liturgical observance of the Ember Mass, the Ember day is still commemorated at the feast-day Mass by the addition of the corresponding orations (Collect, Secret, Postcommunion), and the Gospel proper to the Ember Mass is read at the end of the feast-day Mass in place of the usual Last Gospel, just like when a feast is celebrated in place of a Sunday or Lenten feria. Thematically, from an agricultural point of view, the readings of the fall Ember Days focus on grapes and wine.

The Ember days have two primary purposes: First, to beg God’s blessings for a plentiful harvest at the four seasons of the year; and in this sense the Ember Days purify the ancient Roman, pagan nature festivals and fulfill the Hebrew festivals of the first fruits, which were prescribed in the Old Testament. Secondly, their purpose is to pray for vocations and do penance for the sanctification of the clergy, a practice going back to the Book of Acts, which testifies that “they had ordained to them priests in every church, and had prayed with fasting” (Acts 14:22).

## MASS INTENTIONS FOR 2024

*If you wish to request any Masses for the next calendar year, please pay strict attention to these guidelines, which are intended to promote the common good and facilitate the very complicated work of scheduling. The pastor is morally bound to see to it that all our parishioners have the same opportunity to have Masses offered for their loved ones and personal intentions, which is the reason for the directives explained below. Thank you for your cooperation in abiding by these norms.*

- ◆ Beginning on **Monday, October 2<sup>nd</sup>** we will start accepting Mass intentions for 2024. No intentions will be accepted before that date (no exceptions).
- ◆ Please make sure only to **use the forms** which will be available beginning Sunday, October 1<sup>st</sup> in order to fill out your Mass requests.
- ◆ For the time being, we are only able to accept Mass intentions from registered parishioners.
- ◆ In the first round of scheduling, there is a **strict limit of 10 (ten) Mass intentions per household**. If a greater number is submitted, all the requested intentions will be returned. After the new year, we will inform you in the bulletin if there are any remaining available spots for 2024.
- ◆ You may request specific dates, which will be accommodated to the extent possible, but we cannot make any promises about dates.
- ◆ It is not possible to reserve multiple Sundays.
- ◆ As a spiritual good, there is no “price” for a Mass. However, according to the longstanding custom of the Church, Mass offerings are used for the material support of the clergy. Therefore, a **minimum stipend of \$10** is suggested per Mass.
- ◆ It is not possible to request a Mass by ’phone or e-mail. No Mass will be scheduled until the **written request and accompanying Mass offering** are received in the office. These may be submitted in the collection basket, by mail, or by coming in person to the office during office hours.

## **We welcome you today to Saints Cyril and Methodius Oratory!**

If this is your first time here, we look forward to meeting you. We hope you will be able to join us for our next social. 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.

## **CALL for CHORISTERS!**

### **MEN, WOMEN & CHILDREN OF GOOD WILL & SOUND VOICE**

*The Adult Choir, Men's Schola, and Children's Schola at Sts. Cyril & Methodius  
are beginning a new season!*

The Adult Choir rehearses each Thursday evening and sings the Ordinary and polyphonic motets each week, while the Men's Schola prepares and sings the chant Propers for sung Masses each Sunday and on high Feast Days. The Children's Schola rehearses each Wednesday afternoon to sing chant and simple polyphony for one Mass per month.

To inquire about any of these ensembles, please speak to  
Dr. Sam Schmitt either after Mass or via  
e-mail: [samuel.schmitt@carlschmitt.org](mailto:samuel.schmitt@carlschmitt.org).



September 17<sup>th</sup> 2023

Sixteenth Sunday after Pentecost