



Institute of Christ the King Sovereign Priest

Veritatem Facientes in Caritate

www.institute-christ-king.org



Church of Saints Cyril & Methodius

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Clergy & Staff

Institute Superiors

Msgr. R. Michael Schmitz, S.T.D., J.C.D.
*Vicar General of the Institute & Delegate
for the United States*

Reverend Canon Matthew Talarico
Provincial Superior

Church Staff

Reverend Canon Francis X. Altieri IV
Pastor & Rector
canon.altiere@institute-christ-king.org

Reverend Canon Michael Stein
Temporary Replacement
stscyrilandmethodius@institute-christ-king.org

Mr. Heitor Caballero
Director of Sacred Music & Organist

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

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

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

February 5th 2022

Fifth Sunday after Epiphany

Masses This Week

Sunday, February 6th

FIFTH SUNDAY AFTER EPIPHANY

8:30 a.m. - ✠ Joseph Adam JR.

requested by Marian Adam

10:15 a.m. - Pro Populo

Monday, February 7th

Saint Romuald

7:45 a.m. - ✠ George Zamary

requested by T.R. & Michelle Rowe & Family

Tuesday, February 8th

Saint John of Matha

7:45 a.m. - ✠ Aleksandra Szeloch

requested by Robert Setele

Wednesday, February 9th

St. Cyril of Alexandria

7:45 a.m. - Holy Souls in Purgatory

requested by Anonymous

Thursday, February 10th

St. Scholastica

7:45 a.m. - Ramon & Gloria Gustilo

requested by Daughter

Friday, February 11th

Apparition of the Blessed Virgin at Lourdes

7:45 a.m. - ✠ Edward & Adeline Reyen

requested by Edward Reyen

Saturday, February 12th

Seven Holy Founders of the Servite Order

7:45 a.m. - Bart Barnard

requested by JoEllen & Larry Pline

Sunday, February 13th

SEPTUAGESIMA SUNDAY

8:30 a.m. - Sean O'Hare

requested by JoEllen & Larry Pline

10:15 a.m. - Pro Populo

MASS INTENTIONS FOR 2022

Please note that the Mass book for 2022 is now almost entirely filled. If you have already sent in your Mass intentions for the year, we are unable to accept additional intentions from the same person. Surfeit requests will be returned to sender so that they can be resubmitted next Advent when the book opens again. Thank you for your understanding.

Upcoming Events

Sunday, February 6th

Join us at the Coffee and Donuts after the High Mass today! Greet Canon Michael Stein, your temporary pastor.

February 3rd to 11th

NOVENA TO OUR LADY OF LOURDES

Join us in prayer for Canon Altieri during a special Novena to Our Lady of Lourdes.

Thursday, February 24th

BIRTHDAY OF MSGR. PEKAR

Join us in offering him a Spiritual Bouquet, using the forms provided at the entries of the Church. DEADLINE: Sunday February 20.

February 27th to March 1st

FORTY HOURS DEVOTION

Join us in prayer and reparation for sins starting Sunday to Tuesday, in the traditional Forty Hours Devotion. Sign up sheets available at both entrances.

Wednesday, March 2nd

ASH WEDNESDAY

Low Mass and distribution of Ashes at 7:45 a.m.

High Mass and distribution of Ashes at 6:00 p.m.

From Canon Michael Stein

Dear Parishioners of Sts. Cyril & Methodius,

Thank you for your continued prayers and sacrifices for Canon Altieri. Please know that it is with great joy that I'll be spending this time with you while he recovers.

With Septuagesima starting next week and Lent just around the corner, I would already like to communicate to you some additional opportunities for devotion and for participation in the Canonical Life of an Institute of Christ the King Apostolate.

When Lent begins there will be three more occasions for public prayer on a weekly basis:

- Thursday Holy Hour at 6pm
- Friday Stations of the Cross at 6pm
- Sunday Vespers and Benediction at 6pm

Again, these weekly practices will begin in Lent, thus Thursday, March 3rd will mark the first Holy Hour; Friday, March 4th the Stations; and Sunday March 6th Vespers & Benediction.

Thank you again for your prayers and persevering support.

In Christo Rege, Canon Stein

WHAT IS SEPTUAGESIMA?

THE greatest feast of the year, the Resurrection of Our Lord, is preceded by a period of preparation called Lent. But in order that the rigors of Lent not come upon us unexpectedly, the Church has wisely instituted a brief liturgical season (three Sundays) in order to prepare us for Lent itself: this is the period of Septuagesima. Unlike Christmas, therefore, which is preceded only by the preparatory season of Advent, Easter is preceded by a three-fold preparation: Septuagesima, Lent and Passiontide. Septuagesima, in the form we currently have it, goes back to St. Gregory the Great (✠ 604), the pope who standardized the basic structure of our Roman liturgy. Although the precise origin of the name of the three *Gesima* Sundays is uncertain, it may be because counting backwards in round figures from *Quadragesima* (the Latin name for Lent, meaning forty days) gives the three preceding Sundays the names of *Quinquagesima*, *Sexagesima* and *Septuagesima*.

Coming from the Latin word for “seventy,” therefore, Septuagesima calls to mind the 70 years the Jews spent in exile in Babylon and reminds us that, before our Risen Lord leads us into our heavenly homeland, we also are living in a land of exile. The Babylonian exile itself (when the Jews were deported to Babylon in 587 B.C. and the Temple destroyed) becomes a symbol of our human condition, exiled from God as a result of sin. That is why the singing of the *Alleluia*, the chant sung eternally by the saints in heaven (*cf.* APOCALYPSE 19:1), is suspended during Septuagesima and Lent, for “how shall we sing the song of the Lord in a strange land?” (PSALM 136:4). The Roman Martyrology announces: “*Septuagesima Sunday, on which the canticle of the Lord, Alleluia, ceases to be said.*” At the end of the First Vespers of Septuagesima the Alleluia is solemnly sung twice; it will not be heard again until Holy Saturday. In the Middle Ages, some churches had the custom of “burying” the Alleluia after Vespers. During this whole season the Alleluia is therefore replaced, even on feast days, by a text called the *Tract* at Mass and by the verse “praise to Thee, King of eternal glory,” in the Divine Office.

Just as in Advent and Lent, the *Gloria in excelsis* is omitted at Masses of the season (Sundays and ferias) and purple vestments, a sign of penance, are worn. However, in Septuagesima the organ can still be played and flowers (but not relics) still decorate the altar; the deacon and subdeacon at Solemn Mass still wear their dalmatic and tunic, vestments of joy, instead of the folded chasubles traditionally worn on penitential days. In the readings of the Divine Office, the three weeks of Septuagesima recall respectively the history of Adam, Noah and Abraham, the great patriarchs of the Law of Nature, with whom God made his covenants to prepare the world for the formation of the Chosen People and ultimately for the coming of the promised Messiah, Our Lord Jesus Christ.

A long time ago, when the strict Lenten fast involved total abstinence from all meat, people would ease into the Lenten fast during



Septuagesima by giving up these goods, before the full fast began on Ash Wednesday. **Although the discipline is no longer as strict as in the days of our ancestors, this pre-Lent season still affords us a valuable opportunity to think ahead and make our Lenten resolutions, so that we are not caught off guard on Ash Wednesday.**

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What are the prayers we say after Mass and why do we say them?

After a Low Mass the Celebrant leads the faithful in reciting the Leonine Prayers. They are called such after Pope St. Leo XIII, who after being granted a vision of Satan's plan to attack the Church from within and from without, asked these prayers to be said: Three Hail Mary's, the Hail Holy Queen, a prayer for the safeguard of Holy Mother Church, the St. Michael Prayer, and Three Invocations of the Sacred Heart.

Are there not more prayers after every Mass that we say here at Sts. Cyril and Methodius?

Yes, at Sts. Cyril and Methodius more prayers are recited after every Mass, not just a Low Mass. This is because we are an Apostolate of the Institute of Christ the King. As such, **we recite the Memorare** (a favorite Prayer of St. Francis de Sales, Patron of the Institute). We recite this prayer in union with all of the Institute of Christ the King Apostolates across America for the Intention of our U.S. Superior.

We also recite a Prayer to St. Joseph composed by St. Francis de Sales. This prayer has been added to our daily devotions since the grave illness of Canon Altieri. Through the powerful intercession of St. Joseph we ask, if it be God's Will, that he grant our Pastor and Rector a full and speedy recovery of health.

Additionally from February 3rd until February 11th we recite the Novena Prayer to Our Lady of Lourdes. We are blessed to have a beautiful Grotto within our very church. Please go there often for your personal devotions as well.

