



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 of Christ the King

Reverend Canon Matthew Talarico
Provincial Superior

Church Staff

Reverend Canon Francis X. Altieri IV
Pastor & Rector

Abbé Luke Ball
Clerical Oblate

Dr. Samuel Schmitt
Director of Sacred Music & Organist
samuel.schmitt@carlschmitt.org

Mrs. Laurie Furey
Office Manager
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-Friday: 7:45 a.m. Low Mass

Saturday: 8:30 a.m. Low Mass

Holy Days: *please consult the bulletin*

Confessions

30 minutes before Mass every day

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

March 9th 2025

First Sunday of Lent

Masses this Week

Sunday, March 9th

FIRST SUNDAY OF LENT

8:30 a.m. - Living Members of
Saint Joseph Society, Branch 19
requested by Saint Joseph Society, Branch 19

10:15 a.m. - Pro Populo

Monday, March 10th

Monday in the First Week of Lent

7:45 a.m. - ✠ Anne Hamar
requested by Lenore & Michael Opalak

Funeral Mass

10:30 a.m. - ✠ Mark Filanowski

Tuesday, March 11th

Tuesday in the First Week of Lent

7:45 a.m. - Deborah Cairo
requested by Felice & Judith DeFelice

Wednesday, March 12th

Ember Wednesday of Lent

7:45 a.m. - Price Family Intentions
requested by Scott & Suzanne Price

Thursday, March 13th

Thursday in the First Week of Lent

7:45 a.m. - ✠ Jesus Zamora
requested by Jean Zamora

Friday, March 14th

Ember Friday of Lent

7:45 a.m. - Paige Simmons Blanchard
requested by Linda Gaboardi

Saturday, March 15th

Ember Saturday of Lent

8:30 a.m. - ✠ John Dunne
requested by Raymond Dunne

Sunday, March 16th

SECOND SUNDAY OF LENT

8:30 a.m. - Pro Populo
10:15 a.m. - Bishop Caggiano
requested by Parishioners



Upcoming Events

Wednesdays of March

Litany of Saint Joseph after morning Mass

Sunday, March 9th

FIRST SUNDAY OF LENT

Annual special second collection to support the work of the U.S. province of the Institute of Christ the King Sovereign Priest
Vespers & Benediction at 6:00 p.m.

Tuesday, March 11th

Adult Theology class at 7:00 p.m. in church hall
"The Eighth Commandment"

Thursday, March 13th

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

Friday, March 14th

Stations of the Cross at 6:00 p.m., followed by veneration of the relic and confessions

Wednesday, March 19th

Annual Connecticut March for Life

Please sign up for one of the remaining spots!

Contact: mrciardiello@gmail.com

* High Mass for Saint Joseph at 6:00 p.m. *

Saturday, March 22nd

SSCM prayer vigil for Forty Days for Life

Contact: snowdenopalak@icloud.com

Saturday, March 29nd

Lenten morning of recollection for men

Details to follow

Sunday, March 30th

Annual Lætare Sunday social in the church hall

Please sign up to bring refreshments!



**CONNECTICUT
MARCH FOR LIFE**

WEDNESDAY, MARCH 19TH | HARTFORD, CT
RALLY AT 12 NOON. MARCH AT 1PM

A bus will be leaving from Saints Cyril and Methodius at 10:00am (approximately) and returning around 4:00pm.

Through the generosity of the Knights of Columbus Supreme Council, bus seats are being offered at a reduced price. The cost is \$10 per seat. Checks or cash will be the accepted form of payment.

For more information regarding payment and bus registration contact Maureen Ciardiello at mrciardiello@gmail.com.

For general information on the March including list of speakers visit <https://marchforlife.org/connecticut/>

Pope Benedict XVI on the Lenten Fast

[...] Lent recalls the forty days of our Lord's fasting in the desert, which He undertook before entering into His public ministry. We read in the Gospel: "Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry" (Matthew 4:1-2). Like Moses, who fasted before receiving the tablets of the Law (cf. Exodus 34:28) and Elijah's fast before meeting the Lord on Mount Horeb (cf. 1 Kings 19,8), Jesus, too, through prayer and fasting, prepared Himself for the mission that lay before Him, marked at the start by a serious battle with the tempter.

We might wonder what value and meaning there is for us Christians in depriving ourselves of something that in itself is good and useful for our bodily sustenance. The Sacred Scriptures and the entire Christian tradition teach that fasting is a great help to avoid sin and all that leads to it. For this reason, the history of salvation is replete with occasions that invite fasting. [...]

The faithful practice of fasting contributes, moreover, to conferring unity to the whole person, body and soul, helping to avoid sin and grow in intimacy with the Lord. Saint Augustine, who knew all too well his own negative impulses, defining them as "twisted and tangled knottiness" (*Confessions*, II, 10.18), writes: "I will certainly impose privation, but it is so that he will forgive me, to be pleasing in his eyes, that I may enjoy his delightfulness" (Sermo 400, 3). Denying material food, which nourishes our body, nurtures an interior disposition to listen to Christ and be fed by His saving word. Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God.

At the same time, fasting is an aid to open our eyes to the situation in which so many of our brothers and sisters live. In his First Letter, Saint John admonishes: "If anyone has the world's goods, and sees his brother in need, yet shuts up his bowels of compassion from him, how does the love of God abide in him?" (3:17). Voluntary fasting enables us to grow in the spirit of the Good Samaritan, who bends low and goes to the help of his suffering brother (cf. encyclical *Deus caritas est*, 15). By freely embracing an act of self-denial for the sake of another, we make a statement that our brother or sister in need is not a stranger. It is precisely to keep alive this welcoming and attentive attitude towards our brothers and sisters that I encourage the parishes and every other community to intensify in Lent the custom of private and communal fasts, joined to the reading of the Word of God, prayer and almsgiving. From the beginning, this has been the hallmark of the Christian community, in which special collections were taken up (cf. II Cor 8-9; Rom 15, 25-27), the faithful being invited to give to the poor what had been set aside from their fast (*Didascalia Ap.*, V, 20,18). This practice needs to be rediscovered and encouraged again in our day, especially during the liturgical season of Lent.

From what I have said thus far, it seems abundantly clear that fasting represents an important ascetical practice, a spiritual arm to do battle against every possible disordered attachment to ourselves. Freely chosen detachment from the pleasure of food and other material goods helps the disciple of Christ to control the appetites of nature, weakened by original sin, whose negative effects impact the entire human person. Quite opportunely, an ancient hymn of the Lenten liturgy exhorts: "*Utamur ergo parcius, verbis cibis et potibus, somno, iocis et arctius, perstemus in custodia* – Let us use sparingly words, food and drink, sleep and amusements. May we be more alert in the custody of our senses." [...]

"ONE IN CHRIST" - 2025 Bishop's Appeal

The Bishop's Appeal for 2025 is now underway. Beginning today, envelopes are now available in church. Your participation helps our parish! Please make sure to turn in the envelope in the collection basket or in one of the candle donation boxes or drop it off at the rectory (do not mail directly to the diocese).

For more information: www.2025bishopsappeal.org



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 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.

* TODAY * Sunday, March 9th SPECIAL SECOND COLLECTION "Many Apostolates, One Mission"

Help the Institute of Christ the King continue to restore Catholic life and culture in the U.S.A.! You can use the special envelopes or donate online with this QR code.



STATIONS OF THE CROSS

Every Friday in Lent, the Stations of the Cross will be held at 6:00 p.m. (on First Fridays, after Mass), followed by the veneration of the relic of the True Cross.

RULES FOR FAST AND ABSTINENCE DURING LENT

According to the Church discipline currently in force, **Ash Wednesday and Good Friday** are days of **MANDATORY FAST AND ABSTINENCE** (one meatless meal; two meatless snacks allowed that do not add up a full meal) for all Catholics aged between 18 and 60. Moreover, **every Friday of Lent** is a day of **MANDATORY ABSTINENCE** (no meat) for all Catholics over the age of 14. According to the more rigorous traditional fast, which is no longer binding under pain of sin but which it is praiseworthy to follow for those who are able, every weekday of Lent (not Sundays) is kept as a day of fast.

March 9th 2025

First Sunday of Lent