



# CHRISTUS REGNAT

INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

## LENTEN MESSAGE FROM THE VICAR GENERAL

### *Fasting: An Aide to Living the Truth in Charity*



Dear friends of the Institute of Christ the King,

The truth of God is the good of man. Divine truth is made visible in the beauty of the Liturgy, in the charity shown to neighbor, in the attractive manner with which the doctrine of the Church is graciously presented in its entirety not only from the pulpit or in the classroom, but also in places where our neighbor is to be found each day such as the work place, the street corner, and the dining table. Divine truth will be loved when it is not only taught in word, but also lived by good example. This mission of living the truth in charity is the ideal which

members of the Institute of Christ the King strive to put into practice each day according to our motto Veritatem facientes in caritate. We rely upon your prayers for the fulfillment of this spiritual maxim!

Witness to divine truth begins with a clear understanding of its meaning. This requires mortification of the will. Our modern world can make it difficult for us to see God's truth plainly. We can be distracted by the fast pace of life or sidetracked by today's media world.

#### **Fasting fosters an understanding of divine truth**

To elevate our minds beyond the material and to rise above distractions, we must have recourse to the traditional practice of fasting, which is so widely recommended by the saints and mandated by Holy Mother Church. Overeating tends to dull the spirit and to stifle our desire for heavenly things. Saint Thomas Aquinas, our Institute's holy patron, tells us that we ought to fast so that the mind may more freely rise to the contemplation of God's truth in its full beauty.



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The Institute of Christ the King Sovereign Priest is a society of apostolic life of Pontifical Right whose goal is the honor of God and the sanctification of priests in the service of the Church and souls.

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## CHRIST THE KING ACROSS AMERICA



### **Benediction of the Blessed Sacrament with Cardinal Burke**

On Tuesday, January 31, His Eminence, Raymond Cardinal Burke visited the Oratory of St. Francis de Sales in St. Louis, Missouri, to celebrate Benediction of the Blessed Sacrament in the presence of over 500 faithful and clergy.

### **January Pro-Life prayer activities**

Priests of the Institute lead the lay faithful in public prayers in support of the sanctity of human life.



*Pro-life prayer rally at St. Mary's Wausau, WI lead by Canon Aaron Huberfeld*

### **Monthly Blessing of Children at the Shrine**

On 25th day of each month the Nativity of Christ our Infant King is celebrated at the Shrine in Chicago. After a solemn Liturgy children are invited to walk in procession with the statue of the Infant King and to participate in special prayers and hymn in His honor. The children then receive a blessing from the Ritual and venerate a relic of the holy Crib of Bethlehem.



### **Weekend Retreats at the Shrine of Christ the King**

Weekend retreats in the spirit of St. Francis de Sales are occasionally offered for small groups for Shrine of Christ the King in Chicago.

For more information, please visit [www.institute-christ-king.org](http://www.institute-christ-king.org)



*Canon Henry Fragelli with faithful from the California apostolates at the "Walk for Life"*



*Canon Jean-Marie Moreau led faithful from St. Anthony's Oratory, West Orange NJ, to the "March for Life" in Washington DC*

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INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST



### Reasons for fasting

Another patron of our Institute, St. Francis de Sales, reminds us that charity is at the top of the hierarchy of reasons which should motivate Lenten fasting: "I can fast during Lent either out of love in order to please God, or of obedience, because the Church orders it, or temperance, or diligence in order to study better, or wisdom to make the necessary savings or chastity in order to subdue my body, or out of reverence for God in order to pray more effectively. If I want, I can fast for all of these reasons, but I must be alert to have these motives in the right order."

### A Fast which is interior as well as exterior

The Doctor of Divine Love continues, "It is not enough to fast exteriorly if we do not also fast interiorly." The fast of the body must be accompanied by a fast of the spirit. For example, "we ought also to cut off useless thoughts, as well as vain memories and superfluous appetites and desires of our will. In this way interior fasting accompanies exterior fasting."

### Fasting fosters fraternal charity

Having made possible an increased awareness of God's truth in our life, fasting then helps to foster charity toward our neighbor. Knowledge of God brings joy to heart, mind, and soul as well as inspires us to unselfish acts of generosity. Our fasting will be fruitful if it helps us to curb irritable behavior, to suppress negative complaints, and to overcome past jealousies and grudges. By fasting the love of God will gain more space in our life. Our witness to Christ will then be more convincing.

### Help us to feed a spiritually starving world

In a world where the spiritual hunger for the divine is ever increasing, help us to form holy priests who will be instruments through whom God will feed and satisfy souls who are starving for divine truth and charity. **We need your prayers and support for our 80 seminarians!** We all pray for you several times a day during Holy Mass, daily Rosary and Adoration before the Blessed Sacrament. With the assurance of my grateful appreciation for your generous sacrifice, I pray that Divine Providence may reward you abundantly and remain,

Yours in Christ the King,  
Monsignor R. Michael Schmitz Prof. Dr.  
Vicar general of the Institute of Christ the King

## OFFERINGS FOR OUR INFANT KING

*"The more you honor Me, the more I will bless you"*

Words of the Child Jesus to Venerable Cyril

At the Shrine of Christ the King in Chicago, a Novena of prayer is offered to the Holy Infant King from the 17th to the 25th day of each month, thus giving faithful across the country the opportunity to present their prayer petitions! Along with their intentions people can also sponsor a candle or a flower to be placed at the altar of the Christ Child for the beauty of His sanctuary during the Novena. These sponsorship donations help with funding the next stage of the church building restoration.

Submit your prayer intentions at:

[www.INFANTKING.COM](http://www.INFANTKING.COM)



## MEET REVEREND CANON JASON APPLE *Prefect of the Year of Spirituality at Saint Philip Neri Seminary*



As prefect of the year of spirituality at the Institute's seminary in Gricigliano, my main duties concern the first-year seminarians. This year we have thirteen new seminarians, seven Americans, who have all spent a year of formation in one of our apostolates as candidates for the seminary, four Frenchmen, an Argentinian, and a Brazilian. I am responsible for integrating them into the community and teaching them to be good seminarians, especially since the seminarians come from different backgrounds and cultures. I teach several classes: one on formation for the priesthood in general, introduction to philosophy, introduction to the Psalms, Latin II and Greek I. Every Wednesday, we have Mass together (apart from the rest of

the community) in the Chapel of the Most Holy Trinity and Saint Joseph (the beautiful old Martelli chapel) and I spend the afternoon doing manual labor with them, which is very useful for developing good character and a family spirit of working together in fraternal charity. After the work, I read to them Saint Francis de Sales' Introduction to the Devout Life, commenting on the text in order to give them a firm grounding in Salesian Spirituality, the Truth in Charity. On Wednesday evening, while the rest of the community has a buffet in the refectory, I preside the table of the first-year seminarians in a room in the seminary which was originally a little theater. All these Wednesday activities bond the member of the new class together and help them to feel at home at the seminary, inspiring them to help one another and to pray for one another as brothers in Christ and workers in his vineyard.

## WORKING TO OVERCOME TEMPTATION *A Lenten Resolution with Saint Francis de Sales*

Keep clearly before your mind this infallible truth: all must be tempted, all must keep readied for combat in order to win the victory. Since temptation has a remarkable power over us when it finds us idle, let us work and not grow weary, for we do not wish to lose the eternal rest which has been prepared for us as reward for our labors. By virtue of this fact all things will be rendered easy, although at first they may frighten us a little.

We ought never to trust in our own strength or in our courage and go out to seek temptation, thinking to confound it; but if in that place where the Spirit of God has led us we encounter it, we must remain firm in the confidence which we ought to have that He will strengthen us against the attacks of our enemy, however furious they may be.

You perhaps would wish to be among those garrison soldiers who have everything they wish in a good town; they are merry, they are masters of their host's home,



*"Lent is the autumn of the spiritual life during which we gather fruit to keep us going for the rest of the year. Let us, therefore, spend this Lent as if it were our last, and we will make it well."*

they sleep in his bed and live well; nevertheless, they are called "soldiers," feigning to be valiant and courageous while they go neither to battle nor to war. But Our Lord does not want this kind of warrior in His army; He wants combatants and conquerors, not sluggards and cowards. He chose to be tempted, and Himself attacked in order to give us an example.

These forty days, as we said just now, symbolize the life of the Christian, of each one of us. Let us then desire these consolations only at the end of our lives, and let us busy ourselves in steadfast resistance to the frontal attacks of our enemies. For whether we desire it or not we shall be tempted. If we do not struggle, we shall not be victorious, nor shall we merit the crown of immortal glory which God has prepared for those of us who are victorious and triumphant.

*Sermon from the First Sunday of Lent, 1622*

## FROM OUR INTERNATIONAL SEMINARY *Diaconal Ordinations in Gricigliano*



On the Feast of Saint Francis de Sales, two seminarians were ordained to the holy diaconate, Abbé Sébastien Goupil and Abbé Louis Valadier. The traditional rite of Ordination was conferred by His Excellency, the Most Reverend Luciano Giovannetti, Bishop Emeritus of Fiesole, in the International Seminary's Chapel of the Immaculate Conception. Many friends and supporters of the Institute came to the seminary in Gricigliano for this beautiful Solemn Pontifical Mass of Ordination. May Saint Francis de Sales intercede for these two young deacons, that they may be faithful servants of the Church according to the spirit and mission which the Institute has received.

