



# 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 of Christ the King**

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-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:** 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, February 1<sup>st</sup>

**SEPTUAGESIMA SUNDAY**

8:30 a.m. - Pro Populo  
10:15 a.m. - ✠ Joanna Czaderna  
*requested by Tim & Christina Watkins*

Monday, February 2<sup>nd</sup>

**Purification of the Blessed Virgin Mary**

NOTE TIME: 6:00 p.m. - ✠ Ann Collins  
*requested by K. Prendergast*

Tuesday, February 3<sup>rd</sup>

**Saint Blaise**

7:45 a.m. - Alex Fagan  
*requested by Anonymous*

Wednesday, February 4<sup>th</sup>

**Saint Andrew Corsini**

7:45 a.m. - Colleen O'Hare  
*requested by JoEllen & Larry Pline*

Thursday, February 5<sup>th</sup>

**Votive Mass of Jesus, Eternal High Priest**

7:45 a.m. - Mr. Thomas Peter DeFelice  
*requested by Mr. & Mrs. Thomas DeFelice*

Friday, February 6<sup>th</sup>

**Votive Mass of the Sacred Heart**

NOTE TIME: 6:00 p.m. - ✠ Ramon & Gloria Gustilo  
*requested by Lillian Gustilo Hamar*

Saturday, February 7<sup>th</sup>

**Votive Mass of the Immaculate Heart**

8:30 a.m. - ✠ Aleksandra Szeloch  
*requested by Erwa Szeloch*

Sunday, February 8<sup>th</sup>

**SEXAGESIMA SUNDAY**

8:30 a.m. - Pro Populo  
10:15 a.m. - Sean O'Hare & Family  
*requested by JoEllen & Larry Pline*



## Upcoming Events

Sunday, February 1<sup>st</sup>

“INVITE-A-FRIEND SUNDAY”

Monthly coffee hour after 10:15 a.m. High Mass  
\*\* Choral Vespers & Benediction at 6:00 p.m. \*\*

Monday, February 2<sup>nd</sup>

PURIFICATION OF OUR LADY {Candlemas}

*No morning Mass*

Blessing of Candles & Solemn Mass at 6:00 p.m.  
*Servers are needed for this Mass!*

Tuesday, February 3<sup>rd</sup>

SAINT BLAISE'S DAY

Blessing of throats after Mass at 7:45 a.m.  
*Volunteers needed to help put away the Manger*

Thursday, February 5<sup>th</sup>

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

Friday, February 6<sup>th</sup>

FIRST FRIDAY

Holy Mass at 6:00 p.m., followed by Sacred Heart  
devotions & Benediction {*No morning Mass*}

Saturday, February 7<sup>th</sup>

FIRST SATURDAY

Devotions & Benediction after Mass at 8:30 a.m.

Sunday, February 8<sup>th</sup>

SEXAGESIMA SUNDAY

Collection of last year's palms for making ashes  
*Please note that February 15<sup>th</sup> will be the last day for  
collecting palms.*

Saturday, February 14<sup>th</sup>

Confirmation Catechism Class at 9:30 a.m.

Sunday, February 15<sup>th</sup> to Tuesday, February 17<sup>th</sup>

Annual Forty Hours Adoration

*Shrove Tuesday party after the concluding ceremony!*

Sunday, February 22<sup>nd</sup>

First Holy Communion Catechism Class after Mass

Tuesday, February 24<sup>th</sup> {not the 10<sup>th</sup>}

Adult Theology Class at 7:00 p.m.

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

Confirmation with His Eminence Cardinal Burke

## LITURGY CORNER: 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 Saint 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*. The name *Septuagesima* can refer to this season as a whole, or specifically to the first Sunday in the series of three. Although Septuagesima Sunday comes only 63 days before Easter Day, it really *does* come 70 days before Low Saturday, the conclusion of the Easter Octave. The Mass for Low Saturday begins with the words: “the Lord brought forth his people with joy,” emphasizing that the exile of Septuagesima is thus finally over.

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 eve before, 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) may still decorate the altar; the deacon and subdeacon at Solemn Mass still wear their dalmatic and tunicle, 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.

### **Monsignor Joseph Pekar – *Requiescat in Pace***

Of your charity, please pray for the repose of the soul of Monsignor Pekar, who was called into eternity last Friday. He served heroically as pastor of Saints Cyril & Methodius for 47 years, guiding the parish during difficult times. Funeral arrangements will be shared shortly.

## 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 coffee hour today. 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.

### SHROVE TUESDAY PARTY

At the conclusion of the Forty Hours on February 17<sup>th</sup> there will be our annual parish celebration before the start of Lent. Please sign up to bring refreshments!

### BURNING OLD PALMS

From now until February 15<sup>th</sup> you can bring in your blessed palms from last year. Please place them in the basket available in the narthex. We will burn the palms to make ashes for Ash Wednesday. **Please do not drop off any palms after the indicated date.**

### CANDLEMAS

Monday, February 2<sup>nd</sup>

Procession & Solemn Mass at 6:00 p.m.

*If you have any personal candles for blessing, please bring them to the priest's sacristy no later than 5:30 p.m. (must be marked with your name).*



February 1<sup>st</sup> 2026

Septuagesima Sunday