



# 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.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 15<sup>th</sup>

### QUINQUAGESIMA SUNDAY

8:30 a.m. - Pro Populo

10:15 a.m. - Olivia DeSilva & Antonia DeSilva  
*requested by Mr. & Mrs. James T. DeSilva*

Monday, February 16<sup>th</sup>

### Votive Mass for Peace

7:45 a.m. - Bob & Laurie Furey

*requested by Neo Neal Bernardo Natividad*

Tuesday, February 17<sup>th</sup>

### Votive Mass of the Blessed Sacrament

7:45 a.m. - ✠ Price Family

*requested by Scott & Suzanne Price*

Wednesday, February 18<sup>th</sup>

### ASH WEDNESDAY

7:45 a.m. - Bishop Frank J. Caggiano

*requested by Grace Jagodzinski*

6:00 p.m. - ✠ Angel & Gabrielle Zamora

*requested by Jean Zamora*

Thursday, February 19<sup>th</sup>

### Thursday after Ash Wednesday

7:45 a.m. - ✠ Glenn Woods

*requested by Daniel Orazio*

Friday, February 20<sup>th</sup>

### Friday after Ash Wednesday

7:45 a.m. - ✠ Pietro Zeolla

*requested by Mario & Maureen Ciardiello*

Saturday, February 21<sup>st</sup>

### Saturday after Ash Wednesday

8:30 a.m. - Charles & Elizabeth Opalak & children

*requested by Michael & Lenore Opalak*

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

### FIRST SUNDAY OF LENT

8:30 a.m. - ✠ Collin George Whitmore

*requested by Grandparents*

10:15 a.m. - Pro Populo



## Upcoming Events

Sunday, February 15<sup>th</sup>

### QUINQUAGESIMA SUNDAY

Beginning of the Annual Forty Hours Adoration

*Last day to turn in old palms for burning*

Vespers & Benediction at 6:00 p.m.

Tuesday, February 17<sup>th</sup>

Conclusion of the Annual Forty Hours Adoration

*Please sign up to bring refreshments for the party!*

Wednesday, February 18<sup>th</sup>

ASH WEDNESDAY {*mandatory fast & abstinence*}

Low Mass at 7:45 a.m.

Solemn Mass at 6:00 p.m., with special guest preacher Father Ferry Galbert

Thursday, February 19<sup>th</sup>

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

Friday, February 20<sup>th</sup>

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

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

### 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

*First Holy Communion Catechism Class after Mass*

Tuesday, February 24<sup>th</sup>

Adult Theology Class at 7:00 p.m.

Theme: "The Most Holy Eucharist"

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

Confirmation Catechism Class at 9:30 a.m.

Sunday, March 15<sup>nd</sup>

### FOURTH SUNDAY OF LENT

Annual Lætare Sunday celebration after High Mass

Saturday, March 28<sup>th</sup>

Confirmation Catechism Class at 9:30 a.m.

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

Confirmation with His Eminence Cardinal Burke

*Please register your child for the sacrament if you have not already done so; candidates from other parishes may be confirmed here with their pastor's permission.*

## OUR PARISH OBSERVANCE OF THE FORTY HOURS & SHROVE TUESDAY

Our greatest treasure is the holy Eucharist: God himself truly present among us under the outward form of bread. Over the course of the centuries, different forms of adoration of the Blessed Sacrament have arisen in the Church, such as Eucharistic processions. The solemn three-day Adoration known as the Forty Hours Devotion (or in Italian, the *Quarant'ore*), in honour of the roughly forty hours that the body of Christ lay in the tomb, was started in Milan around the year 1527, as part of a ceremony in reparation for the sins committed during Carnival time in an excess of celebration (from the Latin words *carne, vale*, “goodbye, meat”). About ten years later the Forty Hours Devotion in more or less the form we now know it seems to have been instated by the Capuchin friar Father Giuseppe da Ferno – although other names have also been suggested – with the Devotion beginning in one church just as it ends in another. In 1575 Saint Charles Borromeo laid down guidelines for the celebration of the Forty Hours in his diocese of Milan, and in 1731 Pope Clement XII set down norms for Rome (the “Clementine Instruction”). The Forty Hours Devotion was introduced to the United States in the nineteenth century by Saint John Neumann, the fourth bishop of Philadelphia.

Although the Forty Hours is still customary in many places during Carnival just before Lent, this Adoration can be held any time during the year (except the Easter Triduum). Ideally the devotion runs for roughly forty continuous hours, but often the Blessed Sacrament is reposed in the tabernacle at the end of the day if no one is available to watch during the night. Where the full ceremonies are held, the Forty Hours begins and ends with a votive Mass of the Blessed Sacrament, the singing of the Litany of the Saints and a procession. On the second of the three days, a special Mass for Peace is said: the peace of Christendom has always been one of the main intentions of the Church’s prayer during the Forty Hours. **On Sunday, Monday and Tuesday** this week, the Blessed Sacrament will be exposed for Adoration here in church **until 6:00 p.m. each day**. On Shrove Tuesday, the Forty Hours will conclude with a Eucharistic Procession. **Please plan to be there!**

The season of Septuagesima, and especially its last three days (from Quinquagesima Sunday to the day before Ash Wednesday), are sometimes known as “Shrovetide,” after an archaic word for absolution (e.g., *to shrive, to be shriven*), since people would try to start off Lent on the right foot by going to confession right beforehand. The final day before Lent is thus called Shrove Tuesday. Since the approach of Lent, however, does not exclude a certain mirth before the start of the 40-day fast, this day is also known as “Fat Tuesday” (hence the well-known *Mardi Gras* in French, or its equivalent in other languages). It was also known as “Pancake Day,” and the idea in all these cases was that it was the last chance to use up fatty ingredients like butter (since not only meat but all animal products were formerly forbidden during Lent). Whether you want to make American-style thick pancakes or thin crepes with various fillings, or indeed prefer other pre-Lenten treats, please join us in the church hall for a special celebration after the conclusion of the Forty Hours on Shrove Tuesday. It is a wonderful opportunity to celebrate as a parish family and to **invite friends!** Please sign up to help with the reception or to bring food to share.

### “ONE IN CHRIST” - 2026 Bishop’s Appeal

The Bishop’s Appeal for 2026 is now underway. Your participation helps our parish. Not only is participation (even at a small amount) an important way to show our gratitude to the bishop for his support of our mission at the Oratory, but as an added motivation, whatever is pledged above our goal before June 30<sup>th</sup> will come back to our parish!

Today is the last day to turn in your old blessed palms. 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 today.**

## 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 parish 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.

### Sunday, February 22<sup>nd</sup> 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 Friday, after Mass), followed by the veneration of the relic of the True Cross.

### ASH WEDNESDAY - Rules for Fast and Abstinence

According 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.

February 15<sup>th</sup> 2026

Quinquagesima Sunday