



# 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

79 Church Street - Bridgeport, CT 06608

Tel: (203) 333-7003

[stscyrilandmethodius@institute-christ-king.org](mailto:stscyrilandmethodius@institute-christ-king.org)

[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 Superiors

Msgr. R. Michael Schmitz, S.T.D., J.C.D.  
*Vicar General of the Institute*

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)

### 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

**Every Thursday:** Holy Hour at 6 p.m.

**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 5<sup>th</sup> 2023

Septuagesima Sunday

# Masses this Week

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

**SEPTUAGESIMA SUNDAY**

8:30 a.m. - ✠ Teresa Kristan

*requested by Richard & Rita Cleary*

10:15 a.m. - Pro Populo

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

**Saint Titus**

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

*requested by Lil Gustilo*

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

**Saint Romuald**

7:45 a.m. - ✠ Joseph Pline

*requested by JoEllen & Larry Pline*

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

**Saint John of Matha**

7:45 a.m. - ✠ Aleksandra Szeloch

*requested by Erwa Szeloch*

Thursday, February 9<sup>th</sup>

**Saint Cyril of Alexandria**

7:45 a.m. - Timothy Widmer

*requested by Annmarie Widmer*

Friday, February 10<sup>th</sup>

**Saint Scholastica**

7:45 a.m. - ✠ Nicholas Reback

*requested by June Vendetti*

Saturday, February 11<sup>th</sup>

**Our Lady of Lourdes**

NOTE: 10:15 a.m. - Thanksgiving for Recovery

*requested by Canon Francis X. Altieri*

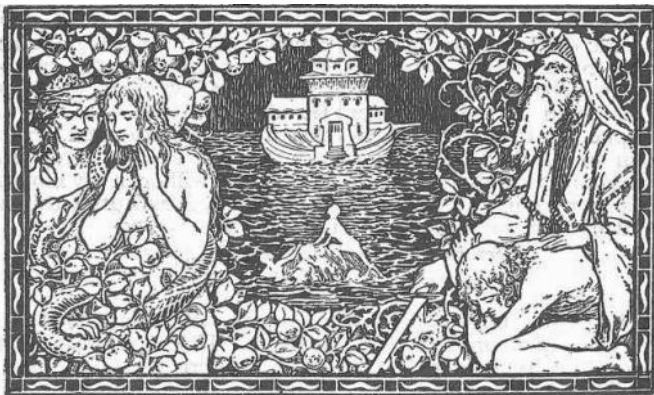
Sunday, February 12<sup>th</sup>

**SEXAGESIMA SUNDAY**

8:30 a.m. - Bart Barnard

*requested by JoEllen & Larry Pline*

10:15 a.m. - Pro Populo



**The Fall**  
(Septuagesima)

**The Flood**  
(Sexagesima)

**Abraham's Sacrifice**  
(Quinquagesima)

# Upcoming Events

February 2<sup>nd</sup> to 9<sup>th</sup>

Visit of Canon James Hoogerwerf to the Oratory while Canon Altieri is home on vacation

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

Monthly social after the High Mass

*Vespers & Benediction at 6:00 p.m.*

Thursday, February 9<sup>th</sup>

No Holy Hour or Benediction today

Saturday, February 11<sup>th</sup>

OUR LADY OF LOURDES

Confessions at 9:45 a.m.

Solemn Mass of thanksgiving at 10:15 a.m., followed by devotions at the grotto altar (*please note that there will NOT be early confessions or Low Mass*)

February 12<sup>th</sup>

SEXAGESIMA SUNDAY

Collection of last year's palms for making ashes

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

Adult Theology class at 7:00 p.m. in the church hall

Theme of talk: "The Redemption"

*Please feel free to invite friends & to bring snacks!*

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

Meeting & outing for the altar boys and their father's after the morning Mass

February 19<sup>th</sup> to 21<sup>st</sup>

Annual Forty Hours devotion in reparation for sins and for peace in Christendom

*Please sign up for an hour or more of Adoration*

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

Ash Wednesday

Low Mass at 7:45 a.m. & High Mass at 6:00 p.m.

*Distribution of ashes at both Masses*

Saturday, February 25<sup>th</sup>

Confirmation Catechism class after the morning Mass—*these classes are mandatory*

Saturday, March 11<sup>th</sup>

Lenten morning of recollection for gentlemen sponsored by the Saint Joseph men's group

## 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 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*. The name *Septuagesima* can refer to this season as a whole, or specifically to the first Sunday in the series of three.

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 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.

### Saturday, February 18<sup>th</sup> - Altar Boy Meeting & Outing



Before Lent begins, there will be an outing with the altar boys (and their fathers) to thank them for their dedication throughout the year. After the 7:45 a.m. Mass, there will be a light breakfast in the church hall, then server training for the Forty Hours. We will then head out to a local bowling alley and finish with a pizza lunch. Please let Canon know if you will be able to make it. We hope everyone can come!

## We welcome you today 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 today for our monthly 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 5 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. Please hold all conversations 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.

### ANNUAL CATHOLIC APPEAL

The annual diocesan has begun! Envelopes will be available in church in case you did not receive one at home. Thank you for your support!

### OUR LADY OF LOURDES

**Saturday, February 11<sup>th</sup> at 10:15 a.m.**

Solemn Mass offered by the pastor in thanksgiving for favors received through the intercession of Our Lady of Lourdes, followed by devotions at the Lourdes altar

*Please note that this will be the only Mass offered in church on this day.*

### Save the Dates!

### ANNUAL FORTY HOURS DEVOTION

We are planning to hold the "Forty Hours" from Quinquagesima Sunday to Shrove Tuesday (**February 19<sup>th</sup> to 21<sup>st</sup>**) in preparation for Lent, with exposition of the Blessed Sacrament beginning each day after Mass, and Benediction at 6:00 p.m. We will only be able to do this if **at least two people** are willing to commit to at least one hour of Adoration during these times. **All slots must be filled**, or we will not be able to do this! Please make plans already to set aside some time during the Forty Hours—you could also invite friends from other parishes. We are also hoping to have a traditional "Shrove Tuesday Pancake Party" after Benediction on the last night.



February 29<sup>th</sup> 2023

Septuagesima Sunday