



# 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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### 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*

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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:** Additional Mass at 6:00 p.m., followed by Devotions & Benediction of the Blessed Sacrament {*except summer*}

**First Saturday:** After Mass, Adoration with Holy Rosary, 15-minute meditation & Benediction of the Blessed Sacrament

September 15<sup>th</sup> 2024

Seventeenth Sunday after Pentecost

## Masses this Week

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

### SEVEN SORROWS OF THE BLESSED VIRGIN MARY

{*Seventeenth Sunday after Pentecost*}

8:30 a.m. - ✠ Ann Collins

*requested by Kate Prendergast*

10:15 a.m. - Pro Populo

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

### Saints Cornelius & Cyprian

7:45 a.m. - ✠ Marianne Bell

*requested by Edward Reyen*

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

### Stigmata of Saint Francis of Assisi

7:45 a.m. - ✠ Mr. & Mrs. Paul M. Ware, Sr.

*requested by Gary & Diana Burt*

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

### Ember Wednesday

{*& Saint Joseph of Cupertino*}

7:45 a.m. - ✠ John & Ethel Kashulon

*requested by the Kashulon Foundation*

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

### Saint Januarius & Companions

7:45 a.m. - ✠ Anthony & Marie DeFelice

*requested by Felice & Judith DeFelice*

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

### Ember Friday

{*& Saint Eustace - Vigil of Saint Matthew*}

7:45 a.m. - Matthew Manoni

*requested by George Smith & Denise Manoni-Smith*

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

### Saint Matthew, Apostle & Evangelist

{*& Ember Saturday*}

8:30 a.m. - ✠ John & Joseph Kochiss

*requested by Grace Monks*

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

### EIGHTEENTH SUNDAY AFTER PENTECOST

8:30 a.m. - Pro Populo

10:15 a.m. - Scherer Family, living & deceased

*requested by Peter Reichenberger*



## Upcoming Events

September 18<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup>

AUTUMN EMBER DAYS

Traditionally days of fast & abstinence

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

Canon will be on the "Ask a Priest Live" show at 6:00 p.m. on the Station of the Cross channel

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

Annual special collection for the sacred music fund

September 27<sup>th</sup> to 29<sup>th</sup>

"Pilgrimage for Restoration" to the Shrine of the North American Martyrs. For information, visit: <https://pilgrimage-for-restoration.org>

October - Month of the Holy Rosary

Devotions daily at 6:00 p.m. (Monday to Friday)

*Please check weekly bulletin for any changes*

Friday, October 4<sup>th</sup>

FIRST FRIDAY

Confessions at 5:30 p.m. & additional Mass at 6:00 p.m., followed by devotions & Benediction

Saturday, October 5<sup>th</sup>

FIRST SATURDAY

Meeting of the SSCM Ladies' Guild after First Saturday Devotions

*Please feel free to bring refreshments*

Sunday, October 6<sup>th</sup>

Guest preacher Father Eric Silva at both Masses

*Monthly coffee hour after the High Mass*

**\*Mass request forms will be available for 2025\*  
(please DO NOT submit any requests before this)**  
Solemn Choral Vespers & Benediction at 6:00 p.m.

Tuesday, October 8<sup>th</sup>

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

Saturday, October 12<sup>th</sup>

*Save the date:* Father-Son outing for the altar boys after the morning Mass

November 29<sup>th</sup> to December 7<sup>th</sup>

Novena of the Immaculate Conception

*Sermon every day by a visiting guest preacher*

## THE SEVEN SORROWS OF OUR LADY



In the course of the liturgical year, two feasts are observed in honour of Our Lady's Seven Sorrows, or Dolours: September 15<sup>th</sup> (the day after the Exaltation of the Holy Cross) and on the Friday of Passion Week, just before Holy Week.

1. The Prophecy of Simeon (Luke 2:34-35).
2. The Flight into Egypt (Matthew 2:13).
3. The Loss of the Child Jesus in the Temple (Luke 2:43-45).
4. Mary Meets Jesus on the Way to Calvary (Luke 23:26).
5. Our Lord Dies on the Cross (John 19:25).
6. Mary Receives the Body of Jesus in Her Arms (Matthew 27:57-59).
7. The Body of Jesus is Placed in the Tomb (John 19:40-42).

*The illumination at left is by Simon Bening (1483-1561), the Flemish Renaissance miniaturist.*

### FIRST HOLY COMMUNION 2025

Parents whose children need to receive their First Holy Communion this year are kindly asked to contact the church office as soon as possible. Catechism classes will be held one Saturday each month. These classes are mandatory. The text is the *Saint Joseph First Communion Catechism*. Please be ready to provide a copy of your child's baptismal certificate.

### MASS INTENTIONS

In October it will be possible to submit your Mass requests for 2025. Please do not submit any intentions before the prescribed date (early intentions will be returned). Precise instructions will be published in the bulletin in the coming weeks.

## 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 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).

### WHAT ARE THE EMBER DAYS?

This week we observe the Ember Days of autumn. The “Ember Days,” as the original Latin name suggests, are observed at the four seasons of the year—the English word “Ember” seems to be a corruption of the Latin *Quator Tempora*, which literally means “four times” (a more archaic, but more literal, translation refers to these days in English as the “Quarter Tense” days). The Ember days are observed on the Wednesday, Friday and Saturday of the quarterly Ember weeks. The Ember weeks fall the week after Ash Wednesday (spring), in the octave of Pentecost (summer), after the Exaltation of the Holy Cross (autumn) and after the feast of Saint Lucy (winter), giving rise to the convenient mnemonic jingle: *Lenty, Penty, Crucy, Lucy*. Fasting at the four seasons of the year goes back to the Old Testament (Zacharias 8:19). Pope Saint Leo the Great (+ 461) considers the Ember Days, at least generically, to be of apostolic origin, although the current liturgical arrangement of the Ember days was established by Pope Saint Gregory VII (+1085).

The Ember days are traditionally penitential days of fast and abstinence, although since the reform of the fasting regulations in 1966 (after Vatican II), fasting on these days is no longer *obligatory*; it is still a pious and praiseworthy custom to fast and/or abstain on these days, for those whose constitution and daily duties enable them to do so. In the missal, the Ember days all have their own special Mass formula, with an additional reading prescribed for each Ember Wednesday and five additional readings prescribed for each Ember Saturday. (For many centuries, it was the custom of the Roman Church to confer holy orders on Ember Saturdays, with one of the seven orders—minor and major—being conferred after each reading.) If a feast day occurs and displaces the full liturgical observance of the Ember Mass, the Ember day is still commemorated at the feast-day Mass by the addition of the corresponding orations (Collect, Secret, Postcommunion), and the Gospel proper to the Ember Mass is read at the end of the feast-day Mass in place of the usual Last Gospel, just like when a feast is celebrated in place of a Sunday or Lenten feria. Thematically, from an agricultural point of view, the readings of the fall Ember Days focus on grapes and wine.

The Ember days have two primary purposes: First, to beg God’s blessings for a plentiful harvest at the four seasons of the year; and in this sense the Ember Days purify the ancient Roman, pagan nature festivals and fulfill the Hebrew festivals of the first fruits, which were prescribed in the Old Testament. Secondly, their purpose is to pray for vocations and do penance for the sanctification of the clergy, a practice going back to the Book of Acts, which testifies that “they had ordained to them priests in every church, and had prayed with fasting” (Acts 14:22).

September 15<sup>th</sup> 2024

Seventeenth Sunday after Pentecost