

# Trifolium Romanum

“The Roman Shamrock”



Institute of Christ the King  
Sovereign Priest



“Living the Truth in Charity”

March 2016

Nº 110



## Pilgrimage to Lourdes led by His Eminence Cardinal Burke

€375

The Institute's Annual Lourdes Pilgrimage will take place from 22<sup>nd</sup> to 25<sup>th</sup> April. Interested parties, please contact us as soon as possible: 061.315.812 or [limerick@icrsp.org](mailto:limerick@icrsp.org).

Registration form available at [www.institute-christ-king.ie](http://www.institute-christ-king.ie)

## Sisters Adorers' Visit To Ireland!

### 4<sup>th</sup> March

- 7pm: First Friday Mass followed by the stations of the Cross and blessing with a relic of the Holy Cross (Sacred Heart Church, Limerick).

### 5<sup>th</sup> March

- 12 noon: Mass of the Immaculate Heart of Mary (Sacred Heart Church, Limerick).

### 6<sup>th</sup> March

- 10:30 am: Mass, 'Laetare Sunday,' (Sacred Heart Church, Limerick).
- 2.30 pm: Mass, 'Laetare Sunday,' (The Claddagh Church, Dominican Community, Galway).

### 7<sup>th</sup> March

- 7 pm: Feast of Saint Thomas Aquinas (Sacred Heart Church, Limerick).

*Come pray and sing with our Sisters! They look forward to meeting you!*

Saturday 5<sup>th</sup> March, 4.30 to 5.30pm: Meet and greet with the Sisters, presentation by the sisters about their community life followed by 6pm Benediction of the Blessed Sacrament.



Sisters Adorers of the Royal Heart

## Monthly Altar Boys' Meeting

**O**n the first Saturday of February, altar boys from our apostolates in Limerick and Galway gathered for an afternoon of practices, spiritual reflections and games. It is important for the boys to have an occasion to meet and to make friends, and it is even more important to encourage them to serve at the altar in a spirit and manner worthy of the Holy Mass.

It was edifying to see how seriously children take spiritual realities, and we hope that in the future monthly meetings like February's will allow the boys to serve mass even more competently and with greater piety, and, more generally, to mature in their spiritual lives as Catholics.



Canon Coggeshall gives a tour of the sacristy.

What's an amice?

*Next Altar Boy Day: 12<sup>th</sup> March from 1pm to 4pm.*

*(Parents are welcome to attend)*

## Gregorian Chant Workshop in Limerick

**Saturday 19<sup>th</sup>  
March: Gregorian  
Chant Workshop  
from 3 to 6pm.**

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**L**earn about solfeggio, rhythm, modality and the spirituality of chant. This first of a series of workshops will serve as a general introduction to chant. The afternoon will conclude with Gregorian Vespers. **All are welcome to attend both this free workshop and 6pm Vespers.**

***Are you interested in learning Gregorian Chant?***

Just pop in and attend our rehearsals:

Saturday 10 to 11am - Sunday 9.30 to 10.30am

Subscribe and receive weekly emails with the recordings of each chant for the week.

***Saturday 19<sup>th</sup> March: Feast of Saint Joseph.*** [limerick@icrsp.org](mailto:limerick@icrsp.org)

***8.30 am Low Mass - 12 noon Sung Mass with Gregorian Chant***

**First Friday Mass is offered for the benefacto**

## Saint Patrick, pray for Ireland!

For the Feast of Saint Patrick, the Sacred Heart Church will have the privilege of hosting **Deacon John O'Connor**, a seminarian of the Institute of Christ the King who was ordained to the diaconate in December. You will be able to hear him preach at the **10.30 am Solemn Mass on St. Patrick's Day, Thursday, 17<sup>th</sup> March 2016.**



## New Violet Vestments



€2300 needed

Your Lenten Donation will help us to acquire a set of violet vestments. **To support this project, please mention 'Vestments' with your donation.** (Cheques should be made out to 'Institute of Christ the King Sovereign Priest')

## Garden restoration at Sacred Heart Church



A kind benefactor proposed sponsoring the restoration of our small garden. We are very grateful and look forward to enjoying the garden in the warm months to come. Thank you!

*The brass gates of the Sacred Heart Shrine are being prepared!*

## Lent at Sacred Heart!

**L**ent is the time of each year that Holy Mother Church sets apart for her children to pay greater attention to spiritual warfare: to increase in virtue, and to struggle with particular energy against vice. What a blessing a good Lent is, and how much it can change one's whole life for the better!

**Every Wednesday during Lent, 7 pm Mass is followed by a Lenten Conference and a blessing with a Relic of the True Cross.**

### *Holy Week*

#### **23<sup>rd</sup> March: Spy Wednesday**

- 5 to 7 PM: Confessions.
- 7 PM: Mass.
- 8 PM: Tenebræ.

#### **24<sup>th</sup> March: Maundy Thursday**

- 5 to 7 PM: Confessions.
- 7 PM: Mass with washing of the feet. (Adoration of the Blessed Sacrament from the evening Mass to Midnight).
- 8.30 PM: Tenebræ.

#### **25<sup>th</sup> March: Good Friday**

- 3 PM: Liturgy of the Passion.
- 5 to 7 PM: Confessions.
- 7 PM: Stations of the Cross.
- 8 PM: Tenebræ.

#### **26<sup>th</sup> March: Holy Saturday**

- 11 am to 12pm: Confessions.
- 9 PM: Easter Vigil.

#### **27<sup>th</sup> March: Easter Sunday**

- 10 AM: Confessions.
- 10.30 AM: Sunday Mass followed by blessing of the Easter lamb.

### **Please support Institute of Christ the King in Ireland**

#### **Beneficiary details:**

Account Name: Friends of the Institute of Christ the King Sovereign Priest

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**Institute of Christ the King Sovereign Priest**

Sacred Heart Church

The Crescent - Limerick City V94 HK29 - Ireland

061 315 812

Canon Lebocq (Prior): 087 691 6285

Canon Coggeshall (Vicar): 083 186 5690

[limerick@icrsp.org](mailto:limerick@icrsp.org)

[www.institute-christ-king.ie](http://www.institute-christ-king.ie)

