

**Septuagesima Challenge:** in preparation for Lent, before the full penitential season, I invite you to join me in the following disciplines, focused on prayer and recollection:

- *A Daily Holy Hour* - doesn't need to be in front of the Blessed Sacrament, but is an hour a day of continuous mental prayer.
- *No Unnecessary Screen Time* - Abstain from all non-essential screen time on any device. This includes smartphone use, video games, TV, movies, videos, and social media (spiritual audio books tolerated).
- *Only Edifying Music* - No music that dissipates the soul and distracts from God's presence.

The focus is especially on prayer, especially mental prayer. Or to use a phrase from the eastern Christian tradition, "prayer of the heart". Instead of running from the loneliness of our exile to distractions, we must seek to lean into it. The earliest monks sought out the desert, symbol of the absence of human supports, routines, and securities. Their monastic prayer was essentially simple. They used short scriptural invocations and Psalms, seeking purity of heart through faith. From this tradition arises the "prayer of the heart," centered on invoking the Name of Jesus with the whole being. It was not about esoteric techniques as in the pagan world. The monk enters solitude not merely to escape the noise of the world, but to focus his whole being upon the voice of God, through incessant prayer.

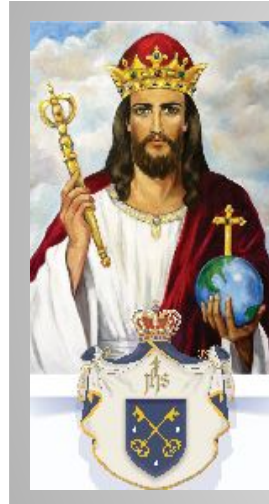
**Method of Mental Prayer:** All Catholic methods of mental prayer are essentially the same. They are different ways of reaching the same end, the object being to teach the soul how to converse lovingly with God.

1. **Preparation:** (The remote preparation for prayer is a good life, a spirit of recollection enabling a man to live in God's presence, and the invaluable habit of regular spiritual reading) An act of faith in God's presence, act of humble adoration; an act of contrition for sin; a fervent petition for light from the Holy Ghost.

2. **Body of the Prayer:** In order to pray with fruit and without distraction, it is very useful, and in most cases necessary, to spend some time in meditation, or pious thoughts, on some definite subject. (use Scripture, or a book of meditation like Divine Intimacy or the Imitation of Christ) Care must be taken not to read too much, but to stop when any thought strikes the mind. If the reading is prolonged—if, for example, in a short prayer of half-an-hour you were to read for ten minutes—the exercise would be changed into spiritual reading. Then be determined not to get discouraged by distractions and dryness. Keep the focus more on acts of affection rather than pious thoughts (in the east this is done through repetition of short prayers, like the "Jesus prayer" - "Lord Jesus Christ, have mercy on me.") While doing this the imagination should focus on God's presence. This can be done with an image, like the Sacred Heart, a crucifix, or anything that helps bring the mind and heart into God's presence. Don't be in a hurry, you are waiting lovingly on God. You can offer petitions but keep the focus on acts of affection, resignation, listening, etc. When you notice you are distracted, gently bring the mind back to its object.

3. **Conclusion:** make a concrete resolution for the day. It could be an inspiration from prayer that day, or it could be a previous inspiration from prayer. Perhaps a virtue you need to acquire, perhaps something regarding the nature of this day's activities. This can be the object of your examination of conscience in the evening, did I keep my resolution? It should be concrete enough to evaluate and measure. The finish with an act of thanksgiving for graces received, could just be a simple Glory Be.

**Beginners reading list on prayer:** *Time for God* - Fr. Jacques Philippe; *Thirsting for Prayer* - Fr. Jacques Philippe; *Into the Deep - Finding Peace through Prayer* - by Dan Burke; *Navigating the Interior Life* - Dan Burke



# CHRIST THE KING Catholic Church

*An apostolate of the Priestly Fraternity of St. Peter*

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Scan to give



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## Sexagesima Sunday

February 8, 2026

*"My grace is sufficient for thee; for power is made perfect in infirmity. Gladly therefore will I glory in my infirmities, that the power of Christ may dwell in me. For which cause I please myself in my infirmities, in reproaches, in necessities, in persecutions, in distresses, for Christ. For when I am weak, then am I powerful." - 2 Cor 12:9-10*

**Secretary:** Susan Hemeryck  
**Finances:** Melissa Funderburk  
**Choir:** Leo & Carol Labrecque  
**Maintenance:** Tom Flamminio  
**Office Hours:** 10am-3pm, Mon-Fri

### Masses

Sunday: 7:00am, 8:30am,  
10:30am (high), 1:00pm

Monday: 12:00pm  
Tues, Wed, Thur: 7:00am & 9:00am  
Friday: 9:00am & 6:30pm.  
Saturday: 9:00 am.

### Ocala:

Sunday: 4:30pm  
Monday: 7:00am.  
1<sup>st</sup> Saturday: 10:30am.

**Confession:** 30 min before Mass

**Adoration:** Fri 10am-6:15pm

Date and Time	Mass Intention	Requested By	
2-8	7:00 AM	FSSP Confraternity Intentions	M & K Weber
	8:30 AM	Kseniya Gvozdeva	Dr. J. Bovienzo
	10:30 AM	<i>Pro-populo</i>	
	1:00 PM	Msgr. Hugh Corrigan+	B. Rodriguez
2-9	12:00 PM	Richard B. conversion	a friend
2-10	7:00 AM	Judith Rubino <i>not at CtK</i>	P. Suka & family
	9:00 AM	Tim VanGelderren Jr.	Mom & Dad
2-11	7:00 AM	Kenneth H. Zilli+ <i>not at CtK</i>	Zilli family
	9:00 AM	Reparation & thanksgiving to Our Lady of Lourdes	A penitent daughter
2-12	7:00 AM	Florence Rosaschi <i>not at CtK</i>	R & K Jurman
	9:00 AM	Maureen Hallagan+	B. Hallagan
2-13	9:00 AM	Bonnie Frank & baby	B. Matthews
	6:30 PM	Alcantara children	Alcantara parents
2-14	9:00 AM	Helen Kafara+	Dr. J Bovienzo
2-15	7:00 AM	healing of Olinda Fernandes	M & K Weber
	8:30 AM	Bernadine Drasler	C. Olmstead
	10:30 AM	<i>Pro-populo</i>	
	1:00 PM	Juana Carvallo+	her daughter

*“If all the prayers of loving hearts from the beginning of the world, and all the seraphic worship of the thrones and principalities of heaven, and the burning devotion and love of the Virgin Mother of God, and the voices of the all creatures of heaven and earth were offered up in one universal and harmonious act of praise and adoration, they would not equal or even approach in value and efficacy the infinite worth of a SINGLE MASS.”*

Weekly Schedule	
Holy Face Devotions	Tue, Feb 10, 10:15 AM
Women's Book Club	Tue, Feb 10, 6:30-8 PM
FSSP Consecration	Wed, Feb 11, 10:00 AM
Youth Catechism	Thur Feb 12, 5-6 PM

**Prayer Corner**  
**Please pray for:** Cindy Lane, Robert Anstead, Richard B; Nicole Romano, Bill Sharkoski, Hilari Shehwen, Scott Greenwood; Antonio Negrin; Meadows family; Michelle McConville; Stacy Steindorf, Terry Angley, Amanda Smith, Carol Labrecque; Robert M; Wis family; McNamara family

Fr. Huber is on retreat this week, **no 7:00 am Mass** Tue, Wed, Thur.

FSSP Consecration to the Immaculate Heart will be Wed Feb 11, feast of Our Lady of Lourdes, after the 9:00 am Mass.

You're invited to join our women's **Lectio Divina group** on 1st and 3rd Tuesdays from 4-5:30 pm at CTK. We will be practicing this ancient form of mental prayer, built on the methods taught by St. Teresa of Avila, utilizing the Gospel reading for the upcoming Sunday Mass. Please bring your Bible or missal on 2/3/26 and give it a try! Contact [Melissa.Funderburk@christthekingsarasota.org](mailto:Melissa.Funderburk@christthekingsarasota.org) for more details.

**Parish Groups**

St. Joseph's Guild

St. Theresa Devotions Guild

Respect Life

Altar Servers

Choir

Youth Catechism

Youth Group

Holy Face Archconfraternity

Women's Book Club

Women's Lectio Divina Prayer Group

**1962 Liturgical Calendar**

<b>2-8</b>	<b>Sexagesima Sunday</b>	<b>2</b>	<b>V</b>	
2-9	St. Cyril, Bishop of Alexandria, Confessor & Doctor of the Church	3	W	St. Apollonia, Virgin and Martyr
2-10	St. Scholastica, Virgin	3	W	
2-11	The Apparition of the Blessed Virgin Mary Immaculate	3	W	
2-12	Seven Holy Founders of the Servite Order of the BVM, Confessors	3	W	
2-13	Feria	4	V	
2-14	Our Lady on Saturday	3	W	St. Valentine, Priest & Martyr
<b>2-15</b>	<b>Quinquagesima Sunday</b>	<b>2</b>	<b>V</b>	

**From the Choir Loft:** Sunday 2/8/26: Entr: Soul of My Savior SEC 938; Asperges SEC 567; Mass XI SEC 740; Credo III SEC 776; Exit: Jesus, My Lord, My God, My All SEC 899

Lucis Creator Optime, the vespers hymn for Sundays after Epiphany and Pentecost, is thought to have been written by St. Gregory the Great (540-604). The choir sings this hymn during the ablutions. *O blest Creator of the light, Who mak'st the day with radiance bright, and o'er the forming world didst call the light from chaos first of all; (Divinum Officium)*

**Finances**

**Last Sunday's collection:** cash \$4,895.00; on-line \$4,250.00; **CFA:** \$6,180.00; **Do This in Memory of Me:** cash \$2,375.00; online \$3,471.96

**CFA status at CtK as of January 31, 2026:** \$113,000.00 assessment; \$83,599.75 pledged (73.98% of goal); from 38.43% of 242 households; \$83,099.75. **Thank you for your support!**

**Mass Attendance Feb 1 - 480 souls**

7am- 54  
8:30 am- 148  
10:30 am- 191  
1:00 pm- 87  
**Ocala- 308**