

THE KING

SEPT 27th

Issue Five

THIS WEEK'S DISCIPLINES

DAILY ROSARY

Say a rosary daily, according to the mystery associated with that day

NOVENA

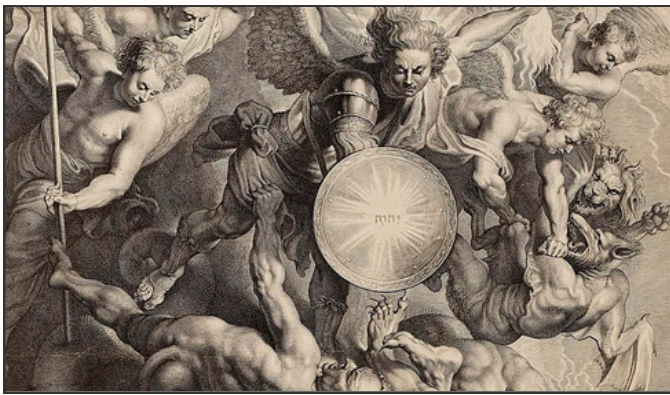
Begin and sustain a novena with the intention of overcoming a particular vice

SILENT PRAYER

Spend at least twenty minutes throughout the day in silent prayer

FRIDAY FAST

On Friday, in honour of the day Christ died, eat only one full meal, without meat



FEATURED:

THE ARCHANGEL & THE ADVERSARY

ADAPTED FROM PARADISE LOST, BY JOHN MILTON

They ended parle, and both addressed for fight
Unspeakable; for who, though with the tongue
Of Angels, can relate, or to what things
Likened on earth conspicuous, that may lift
Human imagination to such height
Of Godlike power? for likest Gods they seemed,
Stood they or moved, in stature, motion, arms,
Fit to decide the empire of great Heaven.

Now waved their fiery swords, and in the air
Made horrid circles; two broad suns their shields
Blazed opposite, while Expectation stood
In horror: From each hand with speed retired,
Where erst was thickest fight, the angelic throng,
And left large field, unsafe within the wind
Of such commotion; such as, to set forth
Great things by small, if nature's concord broke,
Among the constellations war were sprung,
Two planets, rushing from aspect malign

CONT'D ON PAGE TWO

JOIN THE BROTHERHOOD BEGIN ON A NEW JOURNEY

Begin, not on your own, but with a brotherhood on the great journey of our faith. The heart of The King is in establishing a community across England that is rooted in the Catholic faith, fellowship, and discipline.

To build up these communities, we are creating bases across the country for Christian men to live out their faith in a variety of ways. Find your base today and join over at www.followtheking.co.uk/brotherhood

MONTHLY EVENTS AN EVENING AT: THE RAVEN

A traditional English pub. An upstairs library. A dark autumn evening. A cool pint in hand alongside a conversation that's just as rich. Can there be a better combination?

Join us at The Raven in Bath for our very first Brotherhood gathering, the beginning of something long overdue. Sign up at www.followtheking.co.uk/events

SATURDAY 24th OCTOBER FROM 19:00

ON THIS DAY - 30th SEPT 1888

THE WHITECHAPEL MURDERS

On this night in 1888, two women were murdered in London's Whitechapel district within an hour. Elizabeth Stride was found in Dutfield's Yard, followed by Catherine Eddowes in nearby Mitre Square. The killings became known as the "Double Event" and were later attributed to the unidentified murderer known as Jack the Ripper.



Of fiercest opposition, in mid sky
Should combat, and their jarring spheres confound.
Together both with next to almighty arm
Up-lifted imminent, one stroke they aimed
That might determine, and not need repeat,
As not of power at once; nor odds appeared
In might or swift prevention: But the sword
Of Michael from the armoury of God
Was given him tempered so, that neither keen
Nor solid might resist that edge: it met
The sword of Satan, with steep force to smite
Descending, and in half cut sheer; nor stayed,
But with swift wheel reverse, deep entering, shared
All his right side: Then Satan first knew pain,
And writhed him to and fro convolved; so sore
The griding sword with discontinuous wound
Passed through him: But the ethereal substance closed,
Not long divisible; and from the gash
A stream of nectareous humour issuing flowed
Sanguine, such as celestial Spirits may bleed,
And all his armour stained, ere while so bright.

“OF GODLIKE POWER? FOR LIKEST GODS
THEY SEEMED,
STOOD THEY OR MOVED, IN STATURE,
MOTION, ARMS,
FIT TO DECIDE THE EMPIRE OF GREAT
HEAVEN.”

Forthwith on all sides to his aid was run
By Angels many and strong, who interposed
Defence, while others bore him on their shields
Back to his chariot, where it stood retired
From off the files of war: There they him laid
Gnashing for anguish, and despite, and shame,
To find himself not matchless, and his pride
Humbled by such rebuke, so far beneath
His confidence to equal God in power.

ST THÉRÈSE OF LISIEUX

Feast day: October 1st

“OUR LORD DOES NOT LOOK SO MUCH AT
THE GREATNESS OF OUR ACTIONS, OR
EVEN AT THEIR DIFFICULTY, AS AT THE
LOVE WITH WHICH WE DO THEM”



DOCTOR OF THE CHURCH
(1873 - 1897AD)

SIMPLY PUT

Might our life end today?

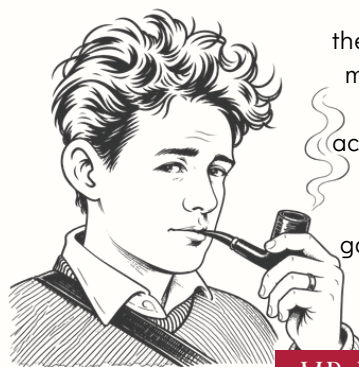
Of the many things hoped for in one's youth, death is seldom one of them.

So unsurprising, then, is the sorrow that awakens in our soul when this far-off fantasy seems to draw near; when what we thought might never come has found us so soon, without our being ready. This I have often felt, being myself inclined to hypochondriacal thoughts whenever my head so much as aches, and, indeed, I am very glad for it.

I am glad for it, not because I am granted the privilege of pestering the doctors' surgery to take seriously my terminal illness, but because I am reminded of my insignificance: that if I were to die tomorrow, the world would remain vastly undisturbed; that my hopes and dreams would be left eternally unrealised; and that the many imperfections I had so wished to rid myself of before death would remain stubbornly as they were.

To make good use of whatever time we have left – be it a day, a year, or one hundred years – ought we not to progress in the way of perfection? Are we not to look at the example of St Therese of Lisieux, who, writing a few months prior to her death at the young age of 24, expressed:

“I am not dying; I am entering into life.”



If we look honestly at our life, knowing it may end today, is there anything more worthwhile, more meritorious, than seeking Him to whom we must give account? He who is Himself the Good whom we so ardently desire in this life, and whose goodness we might enjoy for all eternity.

Poorly written by

MR LUKE SWEENEY

THE KING'S SERVANT

SUBMIT YOUR ENTRY

Have something you'd like to contribute? We'd love to hear from you! Simply write an article on a topic of your choice (between 200-350 words) and submit it via the QR code below.



HOW IT WORKS

- Write an article and scan QR code
- Submit it for use in a magazine
- Win a custom mug if it features!





ST MICHAEL - PRAY FOR US

by Anonymous

As an agnostic, non-Catholic scientist, I hit rock bottom in 2023. I faced politically motivated, malicious accusations at work and the crushing weight of sleep deprivation after our first child's birth. The Enemy whispered daily, offering an easy way out, and I realised I was battling a formidable force of evil. Yet through that darkness, the Lord brought a powerful intercessor into my life: St. Michael.

I discovered the St. Michael prayer on a card at the back of our church. To someone who hadn't even read the Gospels, the words felt heavy, even spooky. But surrounded by darkness, each word drew me away from evil and closer to Christ. I memorised it quickly, and soon my newborn son would look earnestly toward that card whenever I prayed. He now recites it himself as a toddler.

As a father, I found that St. Michael speaks directly to our duty as men to protect our families. As the prayer became a staple of our family Rosary, I understood better that faith doesn't mean the absence of trials. The professional hostility directed towards me at work hasn't abated, but with St. Michael in our corner, I found strength. That strength was tested in the most bizarre of circumstances—including being hit by a car and breaking a rib on Palm Sunday—which almost thwarted my baptism. By God's grace, I was baptised at the 2025 Easter Vigil and joyfully adopted St. Michael as my saint name.

Our walk continued through St. Michael's Lent in 2025, a season of transformative fasting. During this time, my wife and I set our wedding date. When we married on December 27, I was keen to include the St. Michael prayer. Our parish priest allowed a private devotion while signing the registers. Without rehearsal, we found ourselves flanked by a statue of St. Michael - a moment captured by our photographer without any instruction.

The latest milestone came in January. Following our evening Rosary, the Spirit prompted me to suggest a pregnancy test. It was positive. At our 12-week scan, we discovered the baby's due date: September 29, Michaelmas. We have been blessed with a baby girl, Seraphina. Thank you, St. Michael, for praying with us.

We still face many other pressures, but I am more confident than ever that if you ever find yourself in such a battle, St. Michael awaits your call.

ST JEROME

Feast day: September 30TH

"IGNORANCE OF THE
SCRIPTURES IS IGNORANCE
OF CHRIST"



DOCTOR OF THE CHURCH

(c. 347 - 420 AD)

LIVES OF THE SAINTS

ST JEROME AND THE LION

ADAPTED FROM THE GOLDEN LEGEND

On a day towards evening, S. Jerome sat with his brethren to hear the holy lesson, and a lion came limping suddenly into the monastery. When the brethren saw him, they fled, and S. Jerome came towards him as he would come towards his guest. Then the lion showed him his injured foot. S. Jerome called his brethren and commanded them to wash his foot and diligently seek for the wound. And when they had done so, the sole of the lion's foot was found to be sorely hurt and pierced with a thorn. Then this holy man carefully treated the wound and healed him, and the lion remained ever after as a tame beast among them.

Then S. Jerome saw that God had sent him to them, not only for the healing of his foot, but also for their benefit, and assigned the lion an office, with the agreement of his brethren: that he should lead a donkey to pasture which brought home wood, and should keep him going and coming, and so he did. For he did that which he was commanded, and led the donkey as a herdsman, and wisely kept him going and coming. He was a faithful keeper and defender of the donkey, and always at the accustomed hour he and the donkey came to receive their food and to make the donkey do his accustomed work.

DID YOU KNOW?

THE VULGATE AND THE CHURCH

Under Pope Damasus I, Saint Jerome undertook his revision of the Latin Scriptures, which would later become known collectively as the Vulgate, the standard Latin Bible of the Western Church. Though Jerome questioned the canonicity of books such as Tobit, Sirach, Baruch, and others, he nevertheless preserved them in the Latin Scriptures, respecting the Church's established tradition despite his own scholarly reservations.

His example illustrates how even a great biblical scholar understood that his personal judgment remained subject to the received faith and authority of the Church.



THE NAMES OF THE ARCHANGELS

Ever wondered what the names of the Archangels actually mean? Hidden within their ancient Hebrew names are three simple declarations about God.

MICHAEL

מיכאל · Mikhā'el

Mi — Who? Kha — Like El — God

"Who is like God?"

GABRIEL

גבריאל · Gavri'el

Gevur / G-b-r — Strength

El — God

"God is my strength."

RAPHAEL

רפאל · Refā'el

Rafa — Heals

El — God

"God heals."

POETS' CORNER

OCTOBER

BY T.A.DALY

Come, forsake your city street!
Come to God's own fields and meet October.
Not the lean, unkempt and brown
Counterfeit that haunts the town,
Pointing, like a thing of gloom,
At dead summer in her tomb;
Reading in each fallen leaf
Nothing but regret and grief.
Come out, where, beneath the blue,
You may frolic with the true October.

Call his name and mark the sound,
Opulent and full and round: "October."
Come, and gather from his hand
Lavish largesse of the land;
Read in his prophetic eyes,
Clear as skies of paradise,
Not of summer days that died,
But of summer fructified!
Hear, O soul, his message sweet.
Come to God's own fields and meet October.

ABOUT T.A.DALY

Thomas A. Daly was an American Catholic poet, journalist, and educator whose work combined faith, nature, and everyday life. His simple, warm poetry often found religious meaning in ordinary scenes, reflecting a deep appreciation for creation and the beauty of the world around him.

THE TEMPTATION OF ST ANTHONY



PRAYER OF THE WEEK

PRAYER TO OUR GUARDIAN ANGEL

THE CATHOLIC PRAYER BOOK BY CARDINAL PATRICK FRANCIS MORAN

O most faithful companion, whom God has appointed to watch over me, my guide and my protector, ever at my side! What thanks can I offer thee for thy love, thy constancy, and thy innumerable benefits? Thou watchest over me in sleep; thou consolest me in sorrow; thou raisest me when I fall; thou wardest off danger; thou preparest me for the future; thou withdrawest me from sin; thou urgest me to good; and movest me to do penance, and reconciliest me with my God.

Already, perhaps, I should have been thrust into hell, unless thou by thy prayers hadst averted from me the dreadful wrath of God. Desert me not, then, I beseech thee; encourage me in adversity; restrain me in prosperity; protect me in dangers; and assist me in temptations, lest at any time I yield to them.

Offer to the Divine Majesty all my prayers and sighs and works, and obtain for me the grace to die in the friendship of God, and so to enter into life eternal. Amen.

UNTIL NEXT TIME

UPCOMING

Join us for next week's issue, where we explore the following and more:

- FEATURED: The Battle of Lepanto
- Saint John Henry Newman
- Divine Mercy
- Guide to visiting Oscott



NEVER MISS OUT

Scan the QR code to have The King sent to your inbox as soon as it's live, every week

