THE KING

OCT 11th

Issue Seven

THIS WEEK'S DISCIPLINES

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

SCRIPTURE
Read two chapters of scripture each day, meditating on their meaning

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 RING OF EDWARD THE CONFESSOR

ADAPTED FROM THE GOLDEN LEGEND BY JACOBUS DE VORANGINE

When the blessed King Edward had lived many years, and was fallen into great age, it happened he came riding by a church in Essex called Havering, which was at that time being hallowed and should be dedicated in the honour of our Lord and S. John the Evangelist; wherefore the king for great devotion alighted down and tarried while the church was being hallowed. And in the time of procession, a fair old man came to the king and demanded of him alms in the worship of God and S. John the Evangelist.

Then the king found nothing ready to give, nor was his almoner present, but he took off the ring from his finger and gave it to the poor man, who thanked him and departed. And within certain years after, two pilgrims of England went into the Holy Land to visit holy places there, and as they had lost their way and were gone from their fellowship, and the night approached, and they were greatly in doubt whether to go, and dreaded sore to be perished among wild beasts; at the last they saw a fair company of men arrayed in white clothing, with two lights borne before them, and behind them there came a fair CONTINUE READING 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 - 14th OCT 1066

THE BATTLE OF HASTINGS

On 14 October 1066, William, Duke of Normandy, defeated King Harold II at the Battle of Hastings, securing his claim to the English throne. The Norman Conquest that followed transformed England's ruling class, language and culture, reshaping the course of English history for centuries to come.

ancient man with white hair for age.

Then these pilgrims thought to follow the light and drew nigh. Then the old man asked them what they were, and of what region, and they answered that they were pilgrims of England, and had lost their fellowship and way also. Then this old man comforted them kindly, and brought them into a fair city where was a fair cenacle honestly arrayed with all manner of dainties, and when they had well refreshed themselves and rested there all night, on the morn this fair old man went with them, and brought them in the right way again. And he was glad to hear them talk of the welfare and holiness of their king S. Edward. And when he should depart from them, then he told them what he was, and said: "I am John the Evangelist, and say ye unto Edward your king that I greet him right well, by the token that he gave to me this ring with his own hands at the hallowing of my church, which ring ye shall deliver to him again. And say ye to him that he dispose his goods, for within six months he shall be in the joy of heaven with me, where he shall have his reward for his chastity and for his good living. And fear ye not, for ye shall speed right well in your journey, and ye shall come home in short time safe and sound."

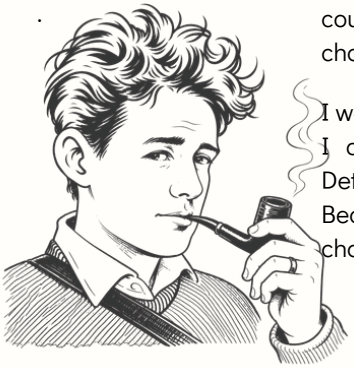
And when he had delivered to them the ring he departed from them suddenly. And soon after they came home and did their message to the king, and delivered to him the ring, and said that S. John the Evangelist sent it to him. And as soon as he heard that name he was full of joy, and for gladness let fall tears from his eyes, giving laud and thanksgiving to Almighty God, and to S. John his avowry that he would vouchsafe to let him have knowledge of his departing out of this world.

SIMPLY PUT

On Determinism

Of those distractions to prayer that are so frequent, none is frequent more than the imaginary conversations that arise within my head. Vain? Perhaps. But I cannot help but enjoy the narrative that plays out. For the record, I'm undefeated in regards to debates, conversations, and arguements, having never failed to lose the upper hand, even in a plethora of different arenas, that are the shower, my bed, or wherever I am at work.

My most recent win was against the idea of determinism; that all we are is a machine set in motion, unable to change our course, despite the illusion of choice.



I won't bore you with the details, but I concluded, quite rightly that if Determisim was false. Why? Because if it were true, I'd have to change my mind.

Poorly written by

MR LUKE SWEENEY

POETS' CORNER

MEA CULPA

BY ETHNA CARBERY

Be pitiful, my God!
No hard-won gifts I bring—
But empty, pleading hands
To Thee at evening.

Spring came, white-browed and young,
I, too, was young with Spring.
There was a blue, blue heaven
Above a skylark's wing.

Youth is the time for joy,
I cried, it is not meet
To mount the heights of toil
With child-soft feet.

When Summer walked the land
In Passion's red arrayed,
Under green sweeping boughs
My couch I made.

The noon-tide heat was sore,
I slept the Summer through;
An angel waked me—"Thou
Hast work to do."

I rose and saw the sheaves
Upstanding in a row;
The reapers sang Thy praise
While passing to and fro.

My hands were soft with ease,
Long were the Autumn hours;
I left the ripened sheaves
For poppy-flowers.

But lo! now Winter glooms,
And gray is in my hair,
Whither has flown the world
I found so fair?

My patient God, forgive!
Praying Thy pardon sweet
I lay a lonely heart
Before Thy feet.

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!

IN THE IMAGE

THE TORMENT OF ST ANTHONY

By Michelangelo Buonarroti - C.1487-88

Michelangelo's The Torment of Saint Anthony is among the earliest works attributed to the young artist. Inspired by Martin Schongauer's engraving, it shows the desert hermit assailed by grotesque creatures, dragged through the air as he resists their attack. The scene turns spiritual struggle into a startling vision of movement, colour, and invention.



The Saint: Anthony's calm, determined expression sets him apart from the chaos around him. The demons assault his body, but the image suggests a struggle that is spiritual as well as physical.

The Original Story: In the fourth century, St Athanasius recorded how Anthony withdrew into the Egyptian desert to devote himself entirely to God. There, according to his account, the devil assailed him with terrifying visions, wild beasts and physical torments. Anthony endured these trials through prayer, fasting and unwavering faith, refusing to abandon his vocation.

The Artist: Though only a young man, Michelangelo demonstrates a remarkable command of anatomy and movement. The painting is an early glimpse of the talent that would later produce the Sistine Chapel ceiling and the statue of David.

The Meaning: Anthony's trial recalls the Christian understanding of temptation: the faithful may be assailed by fear and disorder, yet are called to persevere.

ST IGNATIUS OF ANTIOCH

Feast day: September 23rd

"LET ME BE FOOD FOR THE WILD BEASTS, FOR THEY ARE MY WAY TO GOD."



PATRON SAINT OF NORTH AFRICA

(c. 35-107 AD)

LETTERS FROM THE SAINTS

TO THE ROMANS: CHAPTER 6

ST IGNATIUS OF ANTIOCH

All the pleasures of the world, and all the kingdoms of this earth, shall profit me nothing. It is better for me to die in behalf of Jesus Christ, than to reign over all the ends of the earth. "For what shall a man be profited, if he gain the whole world, but lose his own soul?" Him I seek, who died for us: Him I desire, who rose again for our sake. This is the gain which is laid up for me. Pardon me, brethren: do not hinder me from living, do not wish to keep me in a state of death; and while I desire to belong to God, do not ye give me over to the world. Suffer me to obtain pure light: when I have gone thither, I shall indeed be a man of God. Permit me to be an imitator of the passion of my God. If any one has Him within himself, let him consider what I desire, and let him have sympathy with me, as knowing how I am straitened.

SYMBOLS OF THE GOSPELS

THE WINGED MAN

The winged man, the traditional symbol of Saint Matthew, represents his Gospel's emphasis on Christ's human nature and His Incarnation. Traditionally known as the "Divine Man" or "Angel", it is one of the four symbols of the Evangelists.



Saint Jerome helped establish the traditional association of the winged man with Saint Matthew, interpreting it as a symbol of Christ's humanity.

STORY OF THE SAINTS

St Teresa of Ávila

On 15 October, the Church celebrates the feast of St Teresa of Jesus, better known as St Teresa of Ávila.

Born in Ávila, Spain, in 1515, Teresa grew up in a large and devout family. From childhood she was fascinated by the lives of the saints and, according to her own writings, once ran away from home with her brother because they hoped to die as martyrs. After her mother died when Teresa was still young, she developed a particular devotion to the Virgin Mary.

At the age of twenty, Teresa entered the Carmelite Monastery of the Incarnation in Ávila. Her early religious life was marked by serious illness and, for a period, by a loss of the fervour she had experienced when she first entered religious life. In 1554, however, a profound experience of Christ's presence, prompted by contemplating an image of the wounded Christ, marked a decisive turning point. Her life became increasingly centred on prayer and the interior life.

Teresa did not keep this renewal to herself. In 1562 she founded a new Carmelite convent in Ávila, beginning a reform which sought to return the Carmelites to a simpler life of prayer, poverty and community. Her reforms were not always welcomed, and she faced considerable opposition, but she persevered in the conviction that a life devoted to God required both discipline and trust in His providence.

Over the following twenty years she travelled extensively throughout Spain and founded seventeen convents. She also worked closely with St John of the Cross, who helped establish the corresponding reform among Carmelite men.

Teresa was also an extraordinary writer. In The Way of Perfection, The Book of Her Life and The Interior Castle, she described prayer as a journey into deeper friendship with God. Her image of the soul as an interior castle, with successive rooms leading towards the centre where God dwells, has become one of the best-known images in Christian spirituality. She insisted that prayer was not simply a matter of saying particular words, but of growing in love and learning to recognise God's presence in the soul.

Teresa died in 1582 while still travelling between her convents. She was canonised in 1622, and in 1970 became one of the first women to be declared a Doctor of the Church, in recognition of the lasting importance of her teaching on the spiritual life.

Perhaps Teresa's life challenges the idea that prayer and action belong to separate worlds. Her deepest prayer led her outwards into the difficult, practical work of reforming her order. For Teresa, contemplation was not an escape from life but what gave her the courage to live it faithfully.
Her question for us might therefore be simple: Is my prayer changing the way I live?

ST TERESA OF ÁVILA

Feast day: October 15th

LET NOTHING FRIGHTEN YOU, ALL THINGS ARE PASSING AWAY: GOD NEVER CHANGES. PATIENCE OBTAINS ALL THINGS



DOCTOR OF THE CHURCH
(1515-1582AD)

PRAYER OF THE WEEK

FOURTH STATION OF THE CROSS: JESUS MEETS HIS MOTHER

FROM THE CATHOLIC PRAYER BOOK BY P.F MORAN

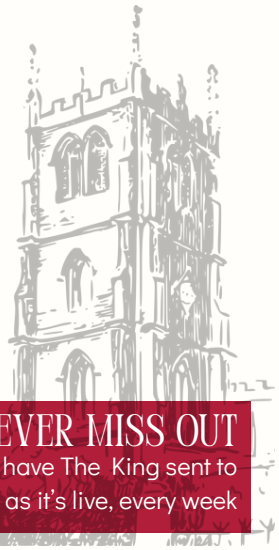
O Mary, I am the cause of thy sufferings: O refuge of sinners, let me share in those bitter pangs which rent thy tender soul when thou didst behold thy Son, covered with wounds and fainting under the cross. Mother of sorrows, let me feel the force of thy grief, that, together with thee, I may mingle my tears with the blood of thy Son. O suffering Jesus! by thy bitter passion and the deep anguish of thy afflicted Mother, grant me the grace of perseverance. Mother of Jesus, intercede for me! Jesus, look down on me with an eye of pity, and, in the hour of my death, receive me into thy arms.

UNTIL NEXT TIME

UPCOMING

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

- FEATURED: St Paul of the Cross
- True devotion to Mary
- Pope St John Paul II
- and much more...



NEVER MISS OUT

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