

THE KING

AUG 30th

Issue One

THIS WEEK'S DISCIPLINES

DAILY ROSARY

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

SCRIPTURE

Read at least two chapters of the Holy Scriptures each day

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 - ST GREGORY THE GREAT

THE DESIRE TO CONVERT ENGLAND

AN EXTRACT ADAPTED FROM THE GOLDEN LEGEND, BY JACOBUS DE VORAGINE

It happened afterward that as St. Gregory passed through the market of Rome, he saw there two fair children, white and ruddy of visage, with fair yellow hair, who were for sale. St. Gregory asked from whence they came, and the merchant answered, "From England." Then St. Gregory asked if they were Christians, and the merchant answered, "Nay, but they are pagans." Then St. Gregory sighed and said, "Alas, what fair people the devil holds in his doctrine and domination."

Afterward he asked what these people were called, and the merchant answered that they were called Angles. Then he said, "They may well be so called, for they have the visage of angels." For this reason St. Gregory went to the pope, and by great prayers obtained permission to be sent into England to convert the people of that country.

But when the Romans heard that Gregory was to be sent into England, they went at once to the pope and said to him: "Thou hast angered St. Peter, thou hast destroyed all Rome, and hurt all Holy Church in that thou hast let Gregory go out of Rome."

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.thekingweekly.co.uk

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 more stupendous combination?

Join us at The Raven in Bath for our very first Brotherhood gathering, the beginning of something long overdue. Open to all Christian men

SATURDAY 25th OCTOBER FROM 19:00

ON THIS DAY - 2ND SEPT 1666

THE GREAT FIRE OF LONDON

Starting in a bakery on Pudding Lane, the Great Fire of London burned for four days and destroyed eighty-seven parish churches, fifty-one of which were rebuilt under the direction of Sir Christopher Wren, one of the foremost architects of the English Baroque



At these words the pope was troubled and sent at once his messengers after St. Gregory, commanding him to return again to Rome, though he had already been three days upon his journey.

Not failing in his commitment to convert the people of England, upon becoming Bishop of Rome, St Gregory the Great made true to his promise by sending three holy men and learned clerks—Augustine, Mellitus, and John—to preach the faith. Their mission was extraordinarily successful.

“ST. GREGORY SIGHED AND SAID,
“ALAS, WHAT FAIR PEOPLE THE
DEVIL HOLDS IN HIS DOCTRINE AND
DOMINATION.”

In 597, King Æthelberht of Kent received Augustine and soon embraced the faith. Augustine was established as the first Archbishop of Canterbury, and from this mission the conversion of the English kingdoms would gradually proceed.

SIMPLY PUT

Five, it's the number of...

- people I told, “A flap of their wing will break your arm,” when seeing a swan. There were only five people present
- times the phrase ‘We just want to thank You’ will be said when someone decides to freestyle the grace before a meal
- strange looks I get inside The Red Dragon when I decide to order my chinese takeout with authentic pronunciation and cadence
- pints I am forever reminded I can have each time I say, “I’ll only have the one; I’m driving.”



- pastries I can smuggle into my suit jacket at the all-you-can-eat continental breakfast before being asked to leave

Poorly written by

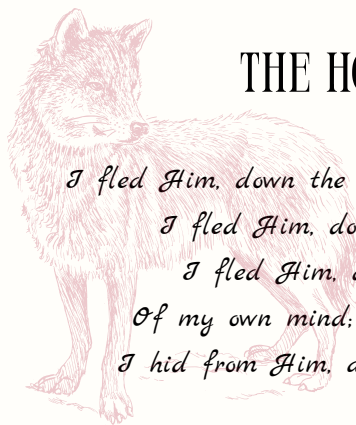
MR LUKE SWEENEY



POETS' CORNER

THE HOUND OF HEAVEN

BY FRANCIS THOMPSON



*I fled Him, down the nights and down the days;
I fled Him, down the arches of the years;
I fled Him, down the labyrinthine ways
Of my own mind; and in the midst of tears
I hid from Him, and under running laughter.*



HOW CAN WE PREPARE TO PRAY?

ASKED BY ANONYMOUS

The great spiritual master, St Alphonsus Liguori, taught a simple and effective way to prepare for prayer by following three broad steps.

The first consists in placing oneself in the presence of God, acknowledging and adoring His goodness, and recognising that He is with us here and now.

The second is an act of humility and contrition, acknowledging our sinfulness and unworthiness, and imploring God for His mercy.

The third is a petition for light and fortitude: asking for the grace to know and accomplish His will in all things.

These acts should be made thoughtfully and fervently, yet remain brief. To complete your preparation, you may then pray a Hail Mary and offer petitions to St Joseph, your patron saint, and your guardian angel.

ANSWERED BY FRANCIS BLACKMORE

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!

WYRD WORLD

Long Live Lindisfarne

In the earliest days of England, there were no buildings more significant than the monasteries. Anglo-Saxon kings and thegns built for themselves great halls, but even greater ones for God alongside the ever-growing throngs of monks across the land, closely linked to those flourishing in Ireland and France.

On a small island just off the north east coast, Lindisfarne Abbey was founded by the Irish monk St. Aidan in 635 AD, almost a century earlier than Glastonbury, and soon became one of the most important in all of Europe, particularly for the works of its scribes and for providing many scholars to the illustrious court of Charlemagne in Frankia.

Its history is intertwined with many of the great early English saints, the two most prominent being the Venerable Bede: possibly the most important scholar in Christendom in his time, abbot of a monastery in nearby Jarrow, and St. Cuthbert: Prior and Bishop of Lindisfarne, of whom Bede is the foremost source of his life and works. He was so renowned for his miracles in life that he was called the "Wonder Worker of Britain" and, after his death, remained arguably the most venerated Saint in the land—among his devotees was Alfred the Great—until the Norman Conquest.

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IMPORTANT IN ALL OF EUROPE

The scribes of the Abbey produced the magnificent Lindisfarne Gospels, illuminated manuscripts of the four evangelists' Gospels, which have become the best surviving example of Anglo-Saxon painted art, and the ruins left in the wake of the Viking raid, which historians view as the beginning of the Viking era in England, are a treasure trove of Anglo-Saxon and Celtic artistry in architecture, much adorned with the intricate knotwork those peoples are so famous for.

(I would wholeheartedly recommend that, next time you are in London, you should go to the British Library's exhibition rooms to view both the Lindisfarne Gospels and the magnificently preserved St. Cuthbert's very own 'pocket' Gospel of John: the earliest surviving European book still in

its original binding).

This raid was so devastating that the Abbey was destroyed and never rebuilt. The island has continued to hold a much smaller priory and multiple shrines ever since, but so strong was the legacy that, 1,200 years after its destruction, it is still a site of pilgrimage and veneration to Christians in the northeast of England, well deserving of its triumphant title, "Holy Island."

Magnificently purported by

MR LIAM HAYWARD



ST CUTHBERT

SEVENTH CENTURY MONK, BISHOP, &
HERMIT

"LEARN, MY SON, TO HAVE FAITH
AND HOPE IN THE LORD, FOR NO
ONE WHO FAITHFULLY SERVES GOD
CAN EVER PERISH WITH HUNGER."



"WONDERWORKER OF BRITAIN"
(634-687AD)

STORIES OF THE SAINTS

PRAYER AND PROVISIONS

LIFE OF ST CUTHBERT BY RT. REV EDWARD CONSITT

Once whilst on a solitary journey in winter, St Cuthbert lost his way amongst the moors and turned his horse's steps towards a lonely farmstead. The woman of the house welcomed him warmly and earnestly besought him to allow her to prepare dinner for him. This, however, he refused, for it was Friday, and it was then the custom to fast on that day till evening, in honour of our Lord's Passion.

He again set forth on his journey but was overtaken by night on the mountains and was forced to take shelter in a deserted shepherd's hut, a shealing now almost in ruins.

Though quite exhausted with hunger and the fatigue of a long day's wandering, he tied up his horse to the wall, and having fed it with a handful of dry grass which had been blown off the roof, he betook himself to prayer. Whilst he was thus engaged, his steed, nibbling at the thatch of the roof of the cottage, pulled out a bundle wrapped in a linen cloth, in which was found some bread and meat. Cuthbert, giving thanks to God, divided the bread and gave one-half to his horse, reserving the rest for his own refreshment.



POND TREKKER

On the Virtue of Patience

Much pertains to manhood, and not all of it is easily described. The extent to which physical strength, a disciplined character, a chiselled jawline, or the ability to grill the perfect steak bears on what it means to be a man is open to debate. However, there is little dispute that patience is something a true man cannot be without.

According to Cicero, "Patience is the voluntary and prolonged endurance of arduous and difficult things for the sake of righteousness and usefulness." Patience takes the long view of persons: it sees the impetuous child and the arrogant teenager as a beautiful man or woman in need of loving formation. Patience moves the heart to work with constancy so that one may advance toward what one foresees with steady steps.

A man practises patience by listening to his wife with the eagerness of a young man newly in love. He exercises it by treating his children gently, even when they are unaware of his fatigue. He strengthens it by persevering in his daily labour, setting aside distractions and keeping his commitments, though no one may notice or offer thanks. In these ordinary acts, patience takes root and quietly forms the steadfast man.

PATIENCE MOVES THE HEART TO
WORK WITH CONSTANCY SO THAT
ONE MAY ADVANCE TOWARD WHAT
ONE FORESEES WITH STEADY STEPS

Patience may not possess the glamour of courage. Men easily find romance in courage: the daring rescue, the battle charge, the final stand. A man dreams of the chance to confront the greatest of all enemies, the one to which every pain aspires: death. Yet the common lot of men is long and hard.

Men must bear disrespect in the world, and at times even within the home, without undue sorrow. There must be constancy in their labour—the moral agility to rise to their work, even if they are never called to charge into a battle line. The final stand must, if we are to be true men, become one more stand. Today, we must stand again and bear what we must for God and for glory.

Boldly theorized by

MR DAVID HAHN



FROM THE WIVES

THE HOLY HOURS

“He attends a 6am holy hour
twice a week...
I attend the 5:45am search for
the car keys.”

PRAYER OF THE WEEK

PETITION OF ST AUGUSTINE

Lord Jesus, grant that I may know myself and know thee. May I desire nothing but thee. May I hate myself and love thee. May I act in everything for thee. May I humble myself and exalt thee. May I think of nothing but thee. May I die to myself and live to thee. Whatever happens, may I receive it from thee. May I force myself to follow thee. May I always desire to follow thee. May I fly from myself and fly to thee and deserve to be defended by thee. May I fear myself and fear thee. And may I be numbered among thy elect. May I distrust myself and trust thee. May I obey always for thy sake. May I be attached to nothing but thee and be poor except for thee. Look upon me that I may love thee, call me that I may see thee, and enjoy thee for all eternity. Amen.

UNTIL NEXT TIME

UPCOMING

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

- FEATURED: On Self-Denial
- The life and work of St John
- Columns by renowned Catholic writers on everything from faith to the great English cuisine!



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