



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

St. Gianna Oratory at 338 W. University Blvd., Tucson

2nd Sunday of Lent - February 25, A.D. 2024

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

## March 7th

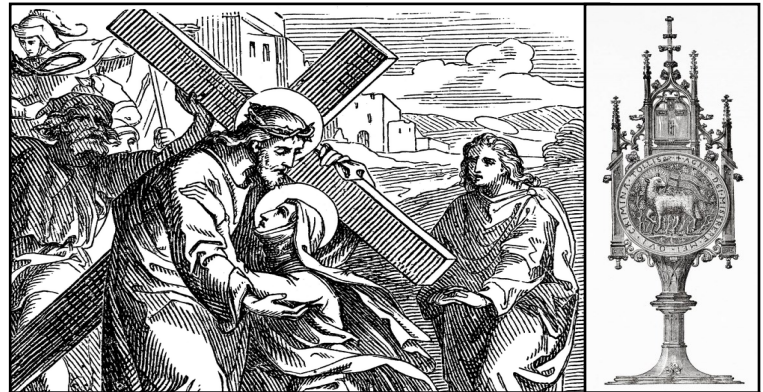
### St. Thomas Aquinas

Patronal Feast of the  
Institute of  
Christ the King\*

5:00-5:50pm Confessions  
6:00pm High Mass



\*with possibility to gain a plenary indulgence by assisting at Holy Mass under the usual conditions.



## This Week:

### First Friday, Mar 1st

- 7:30-7:50am : Confessions
- 8:00am : **Low Mass of the Sacred Heart**
- 8:45am-5:45pm : Eucharistic Adoration
- 5:00-5:40pm : Confessions
- 5:45pm : Benediction
- 6:00pm : **High Mass of the Sacred Heart**
- 6:45pm : Way of the Cross

### First Saturday, Mar 2nd

- 7:15am : Confessions
- 8:00am : **High Mass of the Immaculate Heart**
- 9:00am : Potluck Breakfast - *Bring a dish to share!*
- 9:30am : Spiritual Conference by Cn Fehrenbacher
- 10:00am : Exposition of the Most Blessed Sacrament, Holy Rosary, & 15-min Meditation  
*(Continued Confessions at this time)*
- 10:30am : Eucharistic Benediction
- 11:00am : Spiritual Direction available

### First Sunday, Mar 3rd

#### Regular Mass schedule

- 6:00pm : Vespers of 3rd Sunday of Lent



## Schedule your Lenten Friday Holy Hour of Eucharistic Adoration

Ah! **What can I desire on earth, what hope for in Heaven but Thee, my Jesus!** Thou art the God of my heart, and the inheritance I desire for eternity. O infinite God, God thrice blessed, Thou before Whom the very angels are not sufficiently pure, what is man in Thy presence? Should he even dare to enter Thy temple, or address his prayers to Thee? It is true, my God; and yet, **though I am a thousand times unworthy to enter into Thy temple, it pleases Thee that I enter into Thy temple;** it pleases Thee to enter into my heart; it pleases Thee to unite Thy soul to my soul, to incorporate Thy Flesh with my flesh, to mingle Thy Blood with my blood, and to press, in the sweet embrace of a brother and a friend, Thy Heart, so holy, to my heart!

- St. Francis de Sales



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## Saint Gianna Oratory

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### “Traditional Latin Mass”

**Mailing Address:** Saint Gianna Oratory  
P.O. Box 87350, Tucson, AZ 85754

**Telephone:** (520) 883-4360

*Office Hours:* Wed & Fri 10am– 4pm

*(NB: St. Gianna Oratory office is not located at the church)*

**Email:** stgianna.tucson@institute-christ-king.org

### Oratory Staff

Canon Jonathon Fehrenbacher, *Rector*

Mrs. Teri Gauger, *Oratory Secretary*

Mr. Matthew Lancaster, *Music Director*

**Website & Online Bulletin:** saintgianna.net

“Join our Flocknote” from our website to receive weekly email updates on important information about future events.

### FOR DONATIONS:

- 1) Please write check to **Institute of Christ the King** and mail or drop into the collection.
- 2) or donate securely using the DONATE button on our website

### Sun. 2/25

8:30am Low Mass  
10:30am High Mass  
5:00pm Low Mass

## 2<sup>ND</sup> SUNDAY OF LENT / 1<sup>st</sup> cl. / Violet

Mass (*Reminiscere*): Comm. of the Pope, Credo, Preface of Lent  
Conclusion of Novena to the Infant King

† S & ME Gonzales  
*by Elizabeth Ivanov*

### **Pro populo**

† Jesus Contreras  
*by Brizga Contreras*

### Mon. 2/26

5:30pm Low Mass

## Feria of Lent / 3rd class / Violet

Mass (*Redime me*): Comm. of the Pope, Preface of Lent

Matthew Seeley  
*by Brittany Seeley*

### Tue. 2/27

8:00am Low Mass

## Feria of Lent / 3rd class / Violet

Mass (*Tibi dixit*): Comm. of the Pope, Preface of Lent

Lourdes Orozco  
*by Mossburg Family*

### Wed. 2/28

8:00am Low Mass

## Feria of Lent / 3rd class / Violet

Mass (*Ne derelinquas*): Comm. of St. Gabriel of Our Lady of Sorrows & the Pope, Preface of Lent St. Joseph Devotions

Ann Barnhardt  
*by Kathryn Liptak*

### Thur. 2/29

5:00pm Adoration  
6:00pm Low Mass

## Feria of Lent / 3rd class / Violet

Mass (*Tibi dixit*): Comm. of the Pope, Preface of Lent

Jesús Orozco  
*by Mossburg Family*

### First Fri. 3/1

8:00am Low Mass  
6:00pm High Mass  
**Abstinence**

## Votive Mass of the Sacred Heart of Jesus / 3rd class / White

Mass (*Cogitationes*): *Gloria*, Comm. of Feria & of the Pope, Preface of the Most Sacred Heart, Last Gospel of the Feria

Shirley Snyder  
*by Susan & Sylvia Smith*  
† Deacon Greg Henderson  
*by Meents Family*

### Sat. 3/2

8:00am High Mass  
Morning Retreat

## Votive Mass of the Immaculate Heart of Mary / 3rd class / White

Mass (*Aug. 22 - Adeamus*): *Gloria*, Comm. of Feria & of the Pope, Pref. of B.V.M., Last Gospel of the Feria

Andrew Reed Family  
*by Anonymus*

### Sun. 3/3

8:30am Low Mass  
10:30am High Mass  
5:00pm Low Mass  
6:00pm Vespers

## 3<sup>RD</sup> SUNDAY OF LENT / 1<sup>st</sup> cl. / Violet

Mass (*Oculi mei*): Comm. of the Pope, Credo, Preface of Lent

† Robert J Gorman  
**Pro populo**  
† Thomas Maas  
*by Arden Maas*

## CONFESSION TIMES THIS WEEK

|                    |  |                 |                              |
|--------------------|--|-----------------|------------------------------|
| <b>Sun, 2/25</b>   | 8:00-8:20am<br>9:45-10:20am<br>4:20-4:50pm | <b>Fri, 3/1</b> | 7:30-7:50am<br>5:00-5:40pm   |
| <b>Mon, 2/26</b>   | 5:00-5:20pm                                | <b>Sat, 3/2</b> | 7:15-7:50am<br>10:00-10:20am |
| <b>Tues, 2/27</b>  | 7:30-7:50am                                | <b>Sun, 3/3</b> | 8:00-8:20am<br>9:45-10:20am  |
| <b>Wed, 2/28</b>   | 7:00-7:50am                                |                 | 4:20-4:50pm                  |
| <b>Thurs, 2/29</b> | 5:05-5:40pm                                |                 |                              |

### Please Remember in Your Prayers:

**Deceased:** Thomas McGarry, Mary Roets, Deacon Greg Henderson, Reyna Mercado, William Bruni, Deborah Schultz, Andrew Stropko, Lorraine Tomac, Greg Schuller, Dean Maas

**Healing:** Raymond Trainer, Mary Hall, Paula Hernandez, Marlene Luhr-O'Connor, Kathryn Liptak, Calvin Blombaum, Mary Therese Montagnini, Carl Leinfelder; Noranita Arms, Corinne Hart, Loretta Mangold, Susan Makkai, Jackie Fehrenbacher, Deborah Brunner, Abby Ethridge, Linus Gonzalez, Thaddeus Stypa



## Upcoming Events

- Mar 3 Black & Indian Missions Collection
- Mar 7 St. Thomas Aquinas' Feast Day
- Mar 10 *Laetare Sunday* Oratory Family Picnic  
Novena to St. Joseph begins
- Mar 16 Spring Church Clean-up & Veiling
- Mar 19 St. Joseph's Feast Day, St. Joseph Table Social
- Mar 21 St. Benedict's Feast Day
- Mar 24 Palm Sunday

### Lenten Thought from St. Francis de Sales:



If I recount to you St. Bernard's words regarding fasting, you will know not only why it is instituted but also how it ought to be kept.

He says that fasting was instituted by Our Lord as a remedy for our mouth, for our gourmandizing and our gluttony. Since sin entered the world through the mouth, the mouth must do penance by being deprived of foods prohibited and forbidden by the Church, abstaining from them for the space of 40 days.

But this glorious saint adds that, as it is not our mouth alone which has sinned, but also all our other senses, our fast must be general and entire, that is, all the members of our body must fast.

For if we have offended God through the eyes, through the ears, through the tongue, and through our other senses, why should we not make them fast as well? And not only must we make the bodily senses fast, but also the soul's powers and passions – yes, even the understanding, the memory, and the will, since we have sinned through both body and spirit.

How many sins have entered into the soul through the eyes, as Holy Scripture indicates? [1 Jn. 2:16]. That is why they must fast by keeping them lowered and not permitting them to look upon frivolous and unlawful objects; the ears, by depriving them of listening to vain talk which serves only to fill the mind with worldly images; the tongue, in not speaking idle words and those which savor of the world or the things of the world.

We ought also to cut off useless thoughts, as well as vain memories and superfluous appetites and desires of our will. In short, we ought to hold in check all those things which keep us from loving or tending to the Sovereign God. In this way interior fasting accompanies exterior fasting.

*From Sermons of St. Francis de Sales for Lent, (Feb. 9, 1622)*  
TAN Publisher

## March 10, Laetare Sunday *Oratory Family Picnic in the Park!* **"Rejoice with joy!"**

Join your Oratory Family at 12:30pm for a Potluck Picnic, Games, and an afternoon of Fun & Fellowship at **Children's Memorial Park** (near Oracle & River), Ramada #1

Bring **drinks** for your family, a **potluck dish** to share, lawn chairs & games.

*The Oratory will provide plates, utensils, etc.*



### **Save the date:** **March 16th: BIG Church** **Cleaning Day!!** **Inside & Outside!**

**Sat, March 16**, all hands and hearts are invited to pitch in and clean to get our beautiful church

**ready for Easter!** Plenty of work - **inside:** scrubbing, polishing, dusting, and veiling statues; **and out:** weeding, raking, washing windows...Bring rakes, brooms, rags, gloves, favorite cleaning tools!

*Pizza lunch provided!*

## **Saint Joseph's Feast Day** **Tues, March 19th**

**6pm High Mass**  
*followed by*  
**ST. JOSEPH'S TABLE**  
**& POTLUCK**



## **JOIN OUR FLOCKNOTE**

If you aren't signed up for St. Gianna's Flocknotes, you are **missing out on additional announcements, pictures, devotions and other info that won't fit in the bulletin!** We send the weekly bulletin to your email along with important announcements and last-minute changes that missed the bulletin deadline!

**It's easy to JOIN! Visit our website:**  
<https://institute-christ-king.org/tucson-home>





# St. Joseph the Worker, Pray for us!



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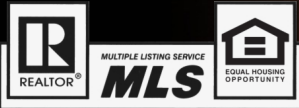


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## Fasting and Abstinence: RULES AND PRACTICE

*Fasting is an aid to prayer, as the pangs of hunger remind us of our hunger for God.*

**Fasting:** Catholics between the ages of 18 and 59 are obliged to **FAST** on Ash Wednesday and Good Friday. Fasting has been defined as the partaking of only one full meal and of two smaller meals which if added together would not exceed the main meal in quantity. It is gravely forbidden to eat anything between these three meals! No snacks are allowed.

**Abstinence:** In addition, all Catholics 14 years and older are obliged by Canon Law to **ABSTAIN** from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. On these days in Lent it is **NOT** allowed to substitute the obligation to abstain from meat by a different sacrifice. The sacrifice of abstaining from meat on the above mentioned days reminds us of the bloody sacrifice of Christ on the cross.

**tute the obligation to abstain from meat by a different sacrifice. The sacrifice of abstaining from meat on the above mentioned days reminds us of the bloody sacrifice of Christ on the cross.**

*[From USCCB website: Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs, all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, and shellfish are permitted.]*

**Children:** Children, however, can and even should be invited to voluntarily abstain from meat on those days as an expression of self denial & as an act of penance. Before the new regulations concerning fasting & abstinence were promulgated by Pope Paul VI (Apostolic Constitution *Poenitemini* Feb.17, 1966), the age, from which Catholics were obliged to abstain from meat on those mentioned days in Lent, was the age of reason, namely the age of 7.

**Encouragements:** Aside from these minimum penitential requirements, Catholics are encouraged to impose some personal penance on themselves at other times, like prayers, time in adoration before the Blessed Sacrament, almsgiving, fasting, spiritual or corporal works of mercy, etc. Before all else we are obliged to perform the duties of our state in life. **When considering further mortifications, it is prudent to discuss the matter with one's confessor or spiritual director.** Any deprivation that would seriously hinder us in carrying out our work, as students, employees, or parents would be contrary to the will of God and thus should not be undertaken. Mortifications, being corporal or spiritual, need to be accomplished with prudence and serve our purification of weaknesses, imperfections, attachment to sin, vices and thus our growth in all four cardinal virtues of prudence, justice, fortitude and temperance as well as in the three theological virtues of faith, hope and charity.

*The USCCB in its letter of Nov. 18, 1966, "strongly recommends" to us the practice of penance on all weekdays of Lent (Sundays of Lent and Solemnities/Feasts of First Class like the Feast of St. Joseph or the Feast of the Annunciation, even if they fall on a Friday in Lent, are exempt from Fasting and Abstinence). Let us do with the grace of God what is possible for us and our spiritual life will be rejuvenated.*

**Exceptions for Fasting and Abstinence:** Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing mothers according to need for meat or nourishment, are excused from the law of fast and abstinence. The same holds true for the poor who have nothing else to eat that day.

**Fasting Prayer:** *Grant, we beseech Thee, almighty God, that Thy servants who discipline the body by fasting from food, may strive after righteousness by abstaining from sin. Through Christ our Lord. Amen.*