



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

1st Sunday of Lent - February 18, A.D. 2024

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

*“Many Apostolates,
One Mission”*



Special 2nd Collection Today!

Help the Institute continue to restore
Catholic life and culture in the USA!

From Canon Matthew Talarico, Provincial Superior:

Do you *value* what the Institute of Christ the King is doing in the Church today?

This Lent, consider making a sacrifice of **\$80, just two dollars a day during these 40 days** to help the Institute continue its work for the salvation of souls.

On **Sunday, February 18**, there will be a special second collection for this appeal to **help the Institute grow in the USA**.

This Lent, you can make a difference in the Church today by donating to the people and the places that work to restore Catholic life and culture in America.

Thank you for your generous support!
May Christ our King reward you eternally.



Donate online with the QR code here,
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Thank you!



*Schedule your Lenten Friday Holy Hour
of Eucharistic Adoration*

“Look upon the hour of adoration assigned to you as an hour in paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart. Tell yourself, “In four hours, in two hours, in one hour, our Lord will give me an audience of grace and love. **He has invited me; He is waiting for me; He is longing for me.**”

– St. Peter Julian Eymard

Thank you to the Volunteers...

We are very grateful to all those who organized & hosted the many Oratory activities in the last few weeks: Ladies’ Charcuterie & Craft Evening; Men’s Shooting Outing & Grill-Out; Rock Climbing; Potluck Reception for Canon Wells & the *Mardi Gras* Game Night! **God bless you for your generosity and help in building up the St. Gianna Oratory family!**

RECTOR’S ABSENCE

Canon Fehrenbacher is taking his vacation (postponed from last summer) **Feb. 20-29**. Canon Le will maintain the normal Oratory schedule.

Lenten Friday Schedule

Confessions: 7:30 - 7:50am

Holy Mass: 8:00am

Adoration: 8:40am - 5:45pm

Confessions: 5:00 - 5:40pm

Holy Mass: 6:00pm

Stations of the Cross: 6:45pm



Saint Gianna Oratory

Extraordinary Form of the Roman Rite,

“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*

Rev. Michael Kowalewski, *Vicar*

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. 2/18

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

1ST SUNDAY OF LENT / 1st cl. / Violet

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

Kathryn Liptak

by Ricardo Fernandez

Pro populo

† Antoinette Fisher

by Jim & Sallyanne Fisher

Mon. 2/19

5:30pm Low Mass

Feria of Lent / 3rd class / Violet

Mass (Sicut oculi) : Comm. of the Pope, Preface of Lent
Novena to the Infant King

John A. Gauger

by Gauger Family

Tue. 2/20

8:00am Low Mass

Feria of Lent / 3rd class / Violet

Mass (Domine) : Comm. of the Pope, Preface of Lent
Novena to the Infant King

Robert Dervin

Anonymous

Wed. 2/21

8:00am Low Mass
Traditional Fasting and Abstinence

EMBER WEDNESDAY OF LENT / 2nd cl. / Violet

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

Jon R. Evers

by Nancy Evers

Thur. 2/22

5:00pm Adoration
6:00pm Low Mass

CHAIR OF ST. PETER AT ANTIOCH / 2nd class / White

Mass (Statuit ei) : *Gloria*, Comm. of St. Paul & Feria, *Credo*, Preface of the Apostles; Last Gospel of Feria *Novena to the Infant King*

† Andrew Stropko

by Lanny Stropko

Fri. 2/23

8:00am Low Mass
6:00pm Low Mass
Required Abstinence (& Traditional Fasting)

EMBER FRIDAY OF LENT / 2nd cl. / Violet

Mass (De necessitatibus) : Comm. of the Pope, Preface of Lent
Novena to the Infant King

† John Pescosolido, Sr.

by Paul McCarthy

Special Intention

by Tod Eggimann

Sat. 2/24

8:00am Low Mass
Traditional Fasting and Abstinence

EMBER SATURDAY OF LENT / 2nd cl. / Violet

Mass (Intret) : Comm. of St. Casimir & the Pope, Preface of Lent
Novena to the Infant King

† Mathilda Froemming

by Arden Maas

Sun. 2/25

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

2ND SUNDAY OF LENT / 1st 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

† Jesús Contreras

by Brizga Contreras

CONFESSION TIMES THIS WEEK

Sun, 2/18	8:00-8:20am	Thurs, 2/22	5:05-5:40pm
	9:45-10:20am	Fri, 2/23	7:30-7:50am
	4:20-4:50pm		5:00-5:40pm
Mon, 2/19	5:00-5:20pm	Sat, 2/24	7:30-7:50am
Tues, 2/20	7:30-7:50am	Sun, 2/25	8:00-8:20am
Wed, 2/21	7:00-7:50am		9:45-10:20am
			4:20-4:50pm

Please Remember in Your Prayers:

Deceased: Mary Roets, Deacon Greg Henderson, Frances Heidenreich, Reyna Mercado, William Bruni, Deborah Schultz, Andrew Stropko, Lorraine Tomac, Greg Schuller, Dean Maas
Healing: 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, Michele Elliott, Linus Gonzalez, Thaddeus Stypa

Upcoming Events

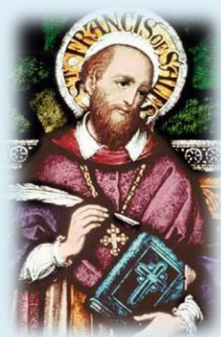
- Feb 22 Chair of St. Peter
- Feb 23 *Sursum Corda* Catechism Night
- Feb 24 No CCD (Rodeo Vacation)
- Mar 2 1st Sat Morning Retreat
- Mar 3 Black & Indian Missions Collection
- Mar 7 St. Thomas Aquinas' Feast Day
- Mar 10 *Laetare Sunday* Oratory Family Picnic
Novena to St. Joseph begins
- Mar 14 Men of the Holy League Meeting
- Mar 16 Church grounds cleaning day
- Mar 19 St. Joseph's Feast Day, St. Joseph Table Social

Please join in praying
the monthly Novena to Our
Divine Infant King.

This Novena is prayed every day after
Holy Mass on the 17th - 25th
of each month.



Lenten Thought from St. Francis de Sales:



*On the Conditions which render fasting
good and meritorious:*

Understand that *of itself* fasting is not a virtue. It is a virtue only when it is accompanied by conditions which render it pleasing to God. We find some people who think that to fast well during the holy season of Lent it is enough to abstain from eating some prohibited food. We know very well that it is not enough to fast exteriorly if we do not also fast interiorly, and if we do not accompany the fast of the body with that of the spirit. Now among all the conditions required for fasting well, I will select 3 principal ones...

The 1st condition is that we must **fast with our whole heart, willingly, wholeheartedly, universally and entirely.**

The 2nd condition is never to fast through vanity but **always through humility.**

The 3rd condition necessary for fasting well is to look **to God and to do everything to please Him**, withdrawing within ourselves in imitation of a great saint, St. Gregory the Great who withdrew into a secret place where he remained for a time.

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

From the Rector's Desk:

Dear Faithful,

Welcome to the beautiful season of Lent! I want to briefly share with you some tips from the wisdom of our spiritual master St. Francis de Sales on how to have a great Lent with spiritual fruit that lasts beyond 40 days.

1) **Begin with a thorough examination on your predominant fault** that comes from one or more of the seven deadly sins. Then do virtuous acts everyday to counter the vice - make a daily examination on this point.

2) **Frequent prayer and frequent reception of the Sacraments.** This is the heart of Lent!

3) **Spiritual almsgiving** (forgiving of injuries) and **material almsgiving** from the generosity of charity.

4) **Fasting and mortification** - private, humble, discreet. Neither doing them to excess hurting ourselves nor being satisfied with the bare minimum. Traditionally every day of Lent was a day of fasting and abstinence (not just Ash Wednesday and Good Friday). This week we have the three Ember Days that we should at a minimum observe as days of fasting and abstinence.

5) **Good works** - In striving for the "devout life", if we want to grow in charity, we have to make acts of charity, e.g., Spiritual and Corporal Works of Mercy. Before all else, strive to be more faithful in your execution of your daily duties and obligations!

6) **Keeping a spirit of joy, patience and perseverance.** Keep your eyes on "Christ Crucified", our hope, our refuge, and our eternal reward!

Have a blessed Lent and be assured of my priestly prayers for you all!

- Canon Jonathon Fehrenbacher

2024 Mass Intention Update:

With the necessity to reschedule Masses for one priest for the foreseeable future, there remain very few openings for Mass intentions for the rest of the year. Please note the following changes in effect immediately:

- ◆ **Only 2 intentions** can be accepted per REGISTERED household for 2024.
- ◆ We cannot accept intentions from non-registered or visitors.
- ◆ Requests from "Anonymous" cannot be accepted. Please include your name on the request envelope, but if you wish your intention listed as "By Anonymous" in the bulletin, indicate that with your request.

Thank you for understanding.

St. Joseph the Worker, Pray for us!



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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.*