



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

3rd Sunday of Lent - March 3, A.D. 2024

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

Please join us this evening at 6:00pm
for sung Vespers of Sunday.
All are welcome!

St. Francis de Sales speaks about Sunday Vespers:
Furthermore, my child, you should endeavor to assist at the Offices, Hours, Vespers, etc., as far as you are able, especially on Sundays and Festivals, days which are dedicated to God, wherein we ought to strive to do more for His Honor and Glory than on others. You will greatly increase the fervor of your devotion by so doing...

Thur, March 7th
St. Thomas Aquinas
Doctor of the Church



5pm Eucharist Adoration
5:05-5:40 Confessions
5:45pm Benediction
6pm High Mass

*Patronal Feast of the Institute of Christ the King
(with possibility to gain a plenary indulgence by
assisting at Holy Mass under the
usual conditions.)*



Lenten Fridays Schedule

Confessions: 7:30-7:50am
Holy Mass: 8am
Adoration: 8:40am - 5:45pm
Confessions: 5:00-5:40pm
Holy Mass: 6:00pm
Stations of the Cross: 6:45pm

2nd Collection today for the
Black & Indian Missions. Please write checks payable
to "Institute of Christ the King" Thank you!



NEXT SUNDAY, March 10th

Laetare Sunday
Oratory Family Picnic in the Park!
"Rejoice with joy!"

Join your Oratory Family at **12:30pm** for a
Potluck Picnic, Outdoor 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 Spring Cleaning
Day!! Inside & Outside!



Saturday, March 16, all hands and hearts are
invited to pitch in and 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, your favorite cleaning
tools! *Pizza lunch provided for the workers!*



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*

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

1st Sun. 3/3

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

3RD SUNDAY OF LENT / 1st cl. / Violet

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

† Robert J Gorman

Pro populo

† Thomas Maas
by Arden Maas

Mon. 3/4

5:30pm Low Mass

Feria of Lent / 3rd class / Violet

Mass (*In Deo*): Comm. of St. Casimir & the Pope, Preface of Lent

† Hedwig Jhanjee
by Mossburg Family

Tue. 3/5

8:00am Low Mass

Feria of Lent / 3rd class / Violet

Mass (*Ego clamavi*): Comm. of the Pope, Preface of Lent

Anita R. Bates
by Nancy Evers

Wed. 3/6

8:00am Low Mass

Feria of Lent / 3rd class / Violet

Mass (*Ego autem*): Comm. of Ss. Perpetua & Felicity & of the Pope, Preface of Lent

† Luis R. Castillo
by Sandra Morrison

Thurs. 3/7

5:00pm Holy Hour
6:00pm High Mass

ST. THOMAS AQUINAS / 1st class / White

Mass (*In medio*): Gloria, Comm. of Feria, Credo, Pref. of Lent, Last Gospel of the Feria

Jack Gauger
by Gauger Family

Fri. 3/8

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

Feria of Lent / 3rd class / Violet

Mass (*Fac mecum*): Comm. of St. John of God & the Pope, Preface of Lent

Sarah B. Ziska
by Jim & Sallyanne Fisher
Judy Hein
by Lisa De La Ossa

Sat. 3/9

8:00am Low Mass

Feria of Lent / 3rd class / Violet

Mass (*Verba mea*): Comm. of St. Frances of Rome & the Pope, Preface of Lent

Chelsea & Dwight Wagner
by Teresa LoManto

Sun. 3/10

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

4TH SUNDAY OF LENT ‘LAETARE’ / 1st cl. / Rose

Mass (*Laetare, Jerusalem*): Comm. of the Pope, Credo, Preface of Lent Novena to St. Joseph

Cecilia Nieser
by Nieser Family

Pro populo

Dulce A. Ochoa
by Brizga Contreras

CONFESSION TIMES THIS WEEK

| | | | |
|------------|--------------|-----------|--------------|
| Sun, 3/3 | 8:00-8:20am | Fri, 3/8 | 7:30-7:50am |
| | 9:45-10:20am | | 5:00-5:40pm |
| | 4:20-4:50pm | | 7:30-7:50am |
| Mon, 3/4 | 5:00-5:20pm | Sat, 3/9 | 8:00-8:20am |
| | 7:30-7:50am | Sun, 3/10 | 9:45-10:20am |
| Tues, 3/5 | 7:00-7:50am | | 4:20-4:50pm |
| Wed, 3/6 | | | |
| Thurs, 3/7 | 5:05-5:40pm | | |

Please Remember in Your Prayers:

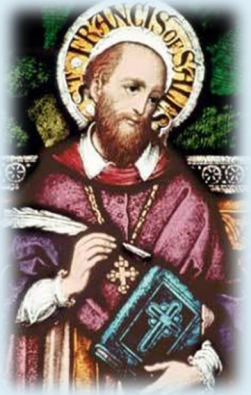
Deceased: Thomas McGarry, Mary Roets, Deacon Greg Henderson, Reyna Mercado, William Bruni, Deborah Schultz, Andrew Stropko, Lorraine Tomac, Greg Schuller, Dean Maas

Healing: 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

- Mar 7 St. Thomas Aquinas' Feast Day
Mar 10 *Laetare Sunday* Oratory Family Picnic
Novena to St. Joseph begins
Mar 16 Church & Grounds Deep 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 w/ 10:00am Procession

Lenten Thought from St. Francis de Sales:



...After Our Lord had overcome His enemy and rejected his temptations, angels came and brought Him heavenly food. [Matt. 4:11]. What joy to find oneself with the Savior at this delicious feast! My dear friends, we shall never be capable of keeping company with Him in His consolations, nor be invited to His heavenly banquet, if we are not sharers of His labours and sufferings [2 Cor. 1:7]. He fasted forty days, but the angels brought Him something to eat only at the end of that time.

These forty days... symbolize the life of the Christian, of each one of us. Let us then desire these consolations only at the end of our lives, and let us busy ourselves in steadfast resistance to the frontal attacks of our enemies. For whether we desire it or not we shall be tempted. If we do not struggle, we shall not be victorious, nor shall we merit the crown of immortal glory which God has prepared for those of us who are victorious and triumphant. Let us fear neither the temptation nor the tempter, for if we make use of the shield of faith and the armour of truth, they will have no power whatsoever over us. Let us no longer fear the terrors of the night. And let us not entertain the vain hope of being or wishing to be saints in three months! Let us also shun both spiritual avarice and the ambition which occasion so much disorder in our hearts and so greatly impede our perfection. The noonday devil will be powerless in causing us to fail in our firm and steadfast resolution to serve God generously and as perfectly as possible in this life, so that after this life we shall go to enjoy Him forever.

From Sermons of St. Francis de Sales for Lent, February 13, 1622
TAN Publisher

Many thanks to Canon David Le for his gracious help in maintaining the liturgical schedule during Canon Fehrenbacher's absence.

Feast of SAINT JOSEPH

Universal Patron of the Church

Mar 10 - 18: Preparatory Novena to St. Joseph culminating in our re-consecration to St. Joseph. After each Mass, we will recite the Litany of St. Joseph and the prayer to St. Joseph by St. Francis de Sales.

Tues, March 19th:

6pm High Mass

followed by
**Consecration to
St. Joseph,
St. Joseph's Table &
Potluck Supper**



**Schedule your Lenten Friday
Holy Hour of Eucharistic Adoration**

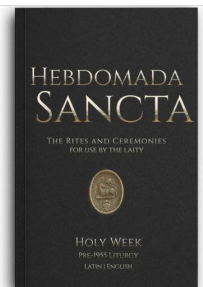
*Do you realize that Jesus is there in the Blessed
Sacrament expressly for you, for you alone?
He burns with the desire to come into your heart!*

- St. Therese of Lisieux

AVAILABLE SOON!

Hebdomada Sancta

- Pre-1955 Liturgy for Holy Week
- Adrian Fortescue's *Rites of Holy Week*
- Every day in Holy Week with Spiritual and Historical Commentary
- Full Office of Tenebrae
- Traditional Devotions for Mass & Holy Week
- Pre-1955 Vigil of Pentecost
- Beautiful Artwork Illustrations for each day



*(This is the book many purchased for use last year.
It will again be for sale @ \$20; more info soon!)*

St. Joseph the Worker, Pray for us!



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by:



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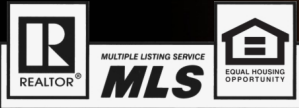


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Fasting and Abstinence: RULES AND PRACTICE

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.*