



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

4th Sunday of Lent "Laetare" - March 10, A.D. 2024

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

Holy Week & Easter 2024

PALM SUNDAY, March 24

8:00-8:20am Confessions

8:30am Low Mass

10:00am Palm Blessing and Procession*

**Due to the Procession, there are NO confessions before the High Mass, but confessions will be available*

AFTER High Mass

10:45am High Mass and Sung Passion

4:30-4:50pm Confessions

5:00pm Low Mass

(Usual Schedule Monday & Tuesday)

SPY WEDNESDAY, March 27

4:00-4:20pm Confessions

4:30pm Low Mass

6:00pm Sung *Tenebrae* of Holy Thursday (anticipated)

HOLY (MAUNDY) THURSDAY, March 28

5:00-5:50pm Confessions

6:00pm High Mass followed by *Vespers, Compline, and Adoration at Altar of Repose until Midnight*

9:00pm Sung *Tenebrae* of Good Friday (anticipated)

GOOD FRIDAY, March 29

1:30pm Confessions

2:30pm Stations of the Cross

4:00pm – *Mass of the Presanctified* - Good Friday Liturgy

7:00pm Sung *Tenebrae* of Holy Saturday (anticipated)

HOLY SATURDAY, March 30

4:00-5:45pm Confessions

6:00pm Easter Vigil (Latin)

followed by blessing of Easter food & baskets

EASTER SUNDAY, March 31

8:00-8:20am Confessions

8:30am Low Mass w/Organ

9:30-10:20am Confessions

10:30am High Mass followed by *Divine Mercy Chaplet & Children's Easter Egg Hunt*

5:00pm Low Mass w/Organ

6:00pm Sung *Vespers* &

Benediction of the Blessed Sacrament

Today! *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.

THIS SATURDAY

March 16th

VOLUNTEERS NEEDED!



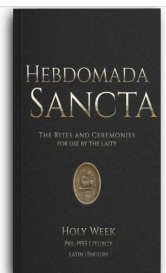
All hands and hearts are invited to pitch in and get our beautiful church **READY FOR EASTER!**

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.****

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***Sermons of St. Francis de Sales for Lent* - \$10**

Both books available for sale outside after Sunday Masses
(Proceeds benefit *Sursum Corda*)



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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. 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

Mon. 3/11

5:30pm Low Mass

Feria of Lent / 3rd class / Violet

Mass (*Deus, in nomine*): Comm. of the Pope, Preface of Lent
Novena to St. Joseph

Int. of the Prior General
by Canon Fehrenbacher

Tue. 3/12

8:00am Low Mass

Feria of Lent / 3rd class / Violet

Mass (*Exaudi, Deus*): Comm. of St. Gregory the Great & the Pope, Preface
of Lent *Novena to St. Joseph*

Kathryn Liptak
by Justin Stofko

Wed. 3/13

8:00am Low Mass

Feria of Lent / 3rd class / Violet

Mass (*Cum sanctificatus*): Comm. of the Pope, Preface of Lent
Novena to St. Joseph & Wednesday Devotions to St. Joseph

Pope Francis
by Yee Family

Thurs. 3/14

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

Feria of Lent / 3rd class / Violet

Mass (*Laetetur cor*): Comm. of the Pope, Pref. of Lent *Novena to St. Joseph*

Canon Fehrenbacher
by SGO

Fri. 3/15

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

Abstinence

Feria of Lent / 3rd class / Violet

Mass (*Meditatio*): Comm. of the Pope, Preface of Lent
Novena to St. Joseph & Litany of the Sacred Heart

†Cleta & Harold Stupka
by Joseph & Amy Kish

Canon Fehrenbacher
by Mossburg Family

Sat. 3/16

8:00am Low Mass

Feria of Lent / 3rd class / Violet

Mass (*Sitientes*): Comm. of the Pope, Preface of Lent *Novena to St. Joseph &*
Our Lady of Sorrows Devotion Veiling of Crosses and Statues before Vespers

†Roberto Hernandez
by Sandra Morrison

Sun. 3/17

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

PASSION SUNDAY / 1ST cl. / Violet

Mass (*Judica me*): Comm. of the Pope, Credo, Preface of the
Cross *Novenas to St. Joseph & Infant King*

George & Elaine Kadlec
by Corinne Hart

Pro populo

Sallyanne Fisher
by Mr & Mrs Jim Fisher

CONFESSION TIMES THIS WEEK

Sun, 3/10	8:00-8:20am	Fri, 3/15	7:30-7:50am
	9:45-10:20am		5:00-5:40pm
	4:20-4:50pm	Sat, 3/16	7:30-7:50am
Mon, 3/11	5:00-5:20pm	Sun, 3/17	8:00-8:20am
Tues, 3/12	7:30-7:50am		9:45-10:20am
Wed, 3/13	7:00-7:50am		4:20-4:50pm
Thurs, 3/14	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, 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 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 &
Sursum Corda Catechism Night
Mar 23 11:30am New Member Inquiry Meeting

Lenten Thought from St. Francis de Sales:



The narrative which Holy Church presents to us in today's Gospel *Jn 6:1-15* is a picture in which are portrayed a thousand beautiful subjects helpful to us in admiring and praising the Divine Majesty. But above all else, this picture presents to us the admirable Providence, both general and particular, which God has for humanity, and especially for those who love Him and who live according to His will in Christianity.

I do not say this so much for temporal things as for spiritual things. He Himself taught this to His beloved St. Catherine of Siena: "Think of Me," He said to her, "and I will think of you." Oh, how blessed are they who so love Our Lord as carefully to follow this rule of thinking only of Him, remaining faithfully in His presence, listening to what He says to us continually in the depths of our hearts, obeying His divine attractions, movements and inspirations, breathing and aspiring unceasingly to the desire of pleasing Him and of being submissive to His most holy will! This must always be done with divine confidence in His total goodness and in His Providence, for we must always remain tranquil and not be troubled or full of anxiety in seeking the perfection which we undertake.

Consider, I beg you, this multitude who follow our dear Master, even up the mountain. See the peace and tranquility of spirit with which they follow Him. There is not one murmur or complaint, although it must have seemed that they would expire from weakness and hunger. They suffer much and yet they do not think of it, so attentive are they to their sole desire of accompanying Our Lord wherever He goes. They who follow this Divine Savior should imitate them in this, laying aside all the many cares and anxieties for their advancement, as well as all the many complaints because they see themselves imperfect. Oh, some are so soon wearied and exhausted, although they have labored only a little! It seems to them that they will never enjoy that delicious banquet which Our Lord prepares for them up there on the summit of the mountain of perfection. We may say to these good people: Have patience, lay aside a bit that anxious care of yourselves, and have no fear that anything will be wanting to you. For if you trust in God, He will take care of you *1 Pet. 5:7* and everything necessary for your perfection. No one who hoped in Him and in His Providence has ever been disappointed. *Ecclus. (Sir.) 2:11 (10)*.

From Sermons of St. Francis de Sales for Lent - available for sale, after Sunday Masses



Feast of St. Joseph

*Universal Patron of
the Church*

Tues, March 19th

5:30pm Confessions

6:00pm High Mass

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

Please bring a savory dish & small dessert to share!

Feast of St. Benedict

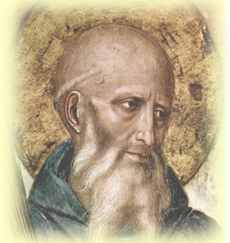
*Patronal Feast of the Institute
of Christ the King**

Thurs, March 21st

5:30-5:50pm Confessions

6:00pm High Mass

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



**Make time for your
Lenten Friday Holy Hour
of Eucharistic Adoration**

Our Lord hears our prayers anywhere, but He has revealed to His servants that ***those who visit Him in the Eucharist will obtain a more abundant measure of grace.*** ~St. Alphonsus Ligouri



Lenten Friday 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

St. Joseph the Worker, Pray for us!



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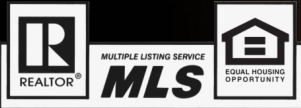


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PREPARATORY NOVENA TO ST. JOSEPH

Litany of St. Joseph

Lord, have mercy on us.

Christ have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world,

have mercy on us.

God the Holy Ghost, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*

St. Joseph, *pray for us.*

Illustrious son of David,

Light of the Patriarchs,

Spouse of the Mother of God,

Chaste Guardian of the Virgin,

Foster-father of the Son of God,

Watchful Protector of Christ,

Head of the Holy Family,

Joseph most just,

Joseph most chaste,

Joseph most prudent,

Joseph most valiant,

Joseph most obedient,

Joseph most faithful,

Mirror of patience,

Lover of poverty,

Model of workmen,

Glory of domestic life,

Guardian of virgins,

Pillar of families,

Solace of the afflicted,

Hope of the sick,

Patron of the dying,

Terror of demons,

Protector of Holy Church,

Lamb of God, Who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, Who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, Who takest away the sins of the world, *have mercy on us.*

V. He made him the lord of his household.

R. And prince over all his possessions.

Let us pray.

O God, Who, in Thine ineffable providence didst choose Blessed Joseph to be the spouse of Thy most Holy Mother, grant that as we venerate him as our protector on earth, we may deserve to have him as our intercessor in Heaven, Thou Who livest and reignest forever and ever.

R. Amen.

Prayer to St. Joseph by St. Francis de Sales

All : Glorious St. Joseph, faithful follower of Jesus Christ / to thee do we raise our hearts and hands / to implore thy powerful intercession in obtaining from the benign Heart of Jesus / all the helps and graces necessary for our spiritual and temporal welfare / particularly the grace of a happy death / and the special favor for which we now implore / (*Here silently mention your intention*) / O Guardian of the Word Incarnate / we feel animated with confidence that thy prayers on our behalf / will be graciously heard before the throne of God./ Amen.



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.*