



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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**OAKLAND APOSTOLATE AT  
SAINT MARGARET MARY CATHOLIC CHURCH**  
Mailing Address:  
1219 Excelsior Avenue, Oakland, CA 94610

**SUNDAY, FEBRUARY 13, 2022**  
**SEPTUAGESIMA SUNDAY**  
(Mass Propers available in the Parish Bulletin)

Dear faithful,

It is upon us. The period of preparation for Lent, known as the Season of Septuagesima, begins this Sunday. St. Paul tells us in today's epistle that we have a race to run, and that we should therefore run to win! You know of course that this "race" is the battle for our eternal destiny – which will be one of two options: eternal union with God and the joy of Heaven, or our eternal perdition.

If beginning today therefore we find ourselves in that long hallway every athlete must pass through before taking to the field of competition, know that it is a precious gift indeed. This short season is our time to draw close to God and our patron saints to implore God's friendship and His strengthening grace in times of trial and moments of bitterness, as well as humility and recollection of our weakness in times of joy and prosperity. It is also a time to make a serious examination of conscience and a decision as to which resolutions will bring us the most spiritual benefit this Lent, if faithfully adhered to.

March 2 is **Ash Wednesday**. The beginning of the Lenten season is just a little over two weeks away now. We hope to add a second Mass in the morning on that day; please be on the lookout for updates. Please remember as well to **bring your old palms** for burning before that date; those you received last year on Palm Sunday.

When was the last time you had your **house blessed**? As you may know, Lent is the traditional time of year for these blessings. If you would like to set up a date for a house blessing during Lent, please contact me.

Thank you for your continued prayers **for Canon Francis Altieri**. Canon's lungs are healing very well. He now minimally requires the ventilator, and his team expects a **slow but sure recovery**. His alertness and mental acuity are also significantly improved. Canon remains on hemodialysis, but his medical team remains optimistic that this is a temporary requirement. Given his positive clinical trajectory, his medical team continues to believe that a complete recovery is possible. **Please continue to pray** for Canon's kidney function to improve, his continued healing, and his perseverance in the face of great pain and suffering. Please also pray for his family and for his medical team.

Remember: this **Thursday, February 17** there will be the meeting of our monthly **Sursum Corda young adult group**, for those ages 18-35. The evening will begin at 6:30 pm at the Chabot Theater, located at 2853 Castro Valley Blvd in Castro Valley. If interested in attending, please rsvp to Noe Perez at [n\\_perez3@u.pacific.edu](mailto:n_perez3@u.pacific.edu).

After the Mass at 12:30 pm this Sunday, please find once again some fellowship and refreshments on the sidewalk. There's good news: we'll be back in the church hall for our regular Sunday Reception beginning next Sunday! We hope to see you there.

Wishing you a blessed Sunday  
Canon Benjamin Norman



## NEWS FROM THE INSTITUTE:

The Sister Adorers have welcomed six new postulants this year to their novitiate house in Naples, Italy. The new postulants hail from the United States, England, France, Poland, Spain and Sweden. Please join us in praying for them as they begin this year of discernment and initial formation in the religious life.

### **Did you Know? Septuagesima:**

Have you ever wondered how we got the Season of Septuagesima and how it came to be so named? The Catholic Encyclopedia sheds an interesting light on the question. Though this word literally means "seventieth," it is obviously not actually the seventieth day before Easter, still less is the next Sunday the sixtieth, fiftieth, etc. A mystical symbolism of the Babylonian Captivity of seventy years could be found in this name, however.

Septuagesima Sunday is also the day on which the lovely word "Alleluia" ceases to be said until the Easter Vigil. At the beginning of the Divine Office, it is replaced by the prayer "Laus tibi Domine, Rex aeternae gloriae" ("Praise to Thee o Lord, King of eternal glory").

Did you know that in some parts of the Catholic world in times past, there was even a ceremonial burial of the "Alleluia"? A hole in the earth would be dug, and in would go a cut-out of the word. It certainly helps you remember not to say it during Lent!

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## LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun., 2/13	7:00 am <i>Low Mass</i>	<b>Septuagesima Sunday</b> <i>2nd Class / Violet</i>	Canon Norman	John Paul Price Family
	12:30 pm <i>High Mass</i>			Carlota Del Rio †
Mon, 2/14	6:00 pm <i>Low Mass</i>	Commemoration of St. Valentine, Priest & Martyr <i>4th Class/ Red</i>	Father Staal	Ramon Lanzar †
Tue., 2/15	6:00 pm <i>Low Mass</i>	Commemoration of Ss. Faustinus & Jovita, Martyrs <i>4th Class/ Red</i>	Canon Norman	Zvonko Gelo, Ana Gelo & Mijo Gelo
Wed., 2/16	6:00 pm <i>Low Mass</i>	Votive Mass of St. Joseph <i>4th Class/ White</i>	Canon Norman	Holy Souls in Purgatory
Thurs., 2/17	12:00 noon <i>Low Mass</i>	Votive Mass of the Holy Ghost <i>4th Class/ Red</i>	Canon Norman	Jesse † & Rita † Cristobal
Fri., 2/18	6:00 pm <i>Low Mass</i>	Commemoration of St. Simeon, Bishop & Martyr <i>4th Class/ Red</i> <i>Adoration after Mass</i>	Canon Norman	Theresa Hamilton †
Sat., 2/19	10:00 am <i>Low Mass</i>	Saturday of Our Lady <i>4th Class/ White</i>	Canon Norman	Marquez Family
Sun., 2/20	7:00 am <i>Low Mass</i>	<b>Sexagesima Sunday</b> <i>2nd Class / Violet</i>	Canon Norman	Theodore Castillo
	12:30 pm <i>High Mass</i>			Jose Maria Mares Cardenas †

### SACRAMENTS

**Confessions** are heard 30 minutes before each Mass, and also during the Adoration after the 6 pm Mass each Friday.

Please contact Canon Norman if you are in need of or have questions regarding reception of any of the Sacraments.

### CATECHISM CLASSES

**Weekly catechism classes on Zoom** Please contact Canon Norman or Lisa Caputi ([henshinx@pacbell.net](mailto:henshinx@pacbell.net)) to request the Zoom link.

**Youth Class:** Tuesdays at 4:00pm **Adult Class:** Saturdays, at 2:30pm

**EMAIL LIST:** send your request to

[oakland@institute-christ-king.org](mailto:oakland@institute-christ-king.org)

**FLOCKNOTE:** sign up at [icksपोakland.flocknote.com](http://icksपोakland.flocknote.com)

or text "ICKSPOakland" to 84576

### PRAYER LISTS

In your kindness, please keep these requests in your prayers. Thank you.

#### For the sick:

Thomas Henriksson	Nancy Duenas	Gigi Cunningham
Dario Gonzalez	Paula Case	Veronica Seder
Elizabeth Pawek	Diane Kasdan	Courtney Shoda
Canon Fragelli	Dobbins family	Peter Trong Nguyen
Paulann Dymond	Mead Lawson	Paul Oei
Thomas Orr	Canon Altiere	Canon Estrada
Jay Balza	Ann Placido	Msgr. David Link

#### For the repose of the souls of our beloved departed:

Jeff Glass	James Metran	Ramon Lanzar
Marie-Terese Karel-Michaan		Steven Miller
Jesus Cristobal	Rita Cristobal	<i>Requiescant in pace.</i>

If you would like post a name to these lists, for yourself or a loved one, please send an email to [oakland@institute-christ-king.org](mailto:oakland@institute-christ-king.org)

### UPCOMING EVENTS

February 13—Septuagesima Sunday

February 17—Sursum Corda (\*rsvp)

February 20—Sexagesima Sunday

February 27—Quinquagesima Sunday

March 2—Ash Wednesday

March 7—St. Thomas Aquinas (Institute Patronal Feast)

March 21—St. Benedict of Nursia (Institute Patronal Feast)

\* **RSVP:** for the Sursum Corda event on February 17, please rsvp to Noe Perez at [n\\_perez3@u.pacific.edu](mailto:n_perez3@u.pacific.edu), **by February 14.**

### DIRECTORY OF SERVICES FOR THE OAKLAND APOSTOLATE

Do you have a skill, service or small business? If you would like to be included in a directory of services, or have a question, please email Jennifer at [msjenniferlj@gmail.com](mailto:msjenniferlj@gmail.com). Please include your name, skill, product or business & the best way to contact you. Thank you so much!

### DONATE TO THE INSTITUTE

<https://institute-christ-king.org/donate-apostolates>

To donate online, please visit the above link or scan the QR code. Your prayers and material support enable the Institute to carry out its mission in Oakland and elsewhere.

**Thank you for your generosity!**



### SUNDAY SERMONS AND BULLETINS

Audio recordings of the Sunday sermons for the Institute's Oakland apostolate can be found at:

<https://institute-christ-king.org/oakland-sermons>

For Sunday bulletins, go to

<https://institute-christ-king.org/bulletins-oakland>