



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

Msgr. Michael Schmitz, Vicar General and Delegate for the United States  
Canon Matthew Talarico, Provincial Superior  
Oakland Apostolate: Canon Benjamin Norman  
Contact: [canon.norman@institute-christ-king.org](mailto:canon.norman@institute-christ-king.org), (408) 600-4218  
Website: <http://www.institute-christ-king.org/oakland-home>

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

**SUNDAY, JANUARY 8, 2023**  
**EXT. SOLEMNITY OF THE EPIPHANY**  
(Mass Propers available in the Parish Bulletin)

Dear faithful,

We celebrate today the External Solemnity of the Epiphany of Our Lord, one of the oldest and most important feasts of the entire liturgical year. This feast is somewhat unique in that it commemorates three different events in the life of Our Lord – the Adoration of the Magi, Our Lord’s baptism, and His first miracle; the changing of water into wine at the wedding feast of Cana.

Dom Prosper Guéranger teaches us in *The Liturgical Year* that there is yet another symbolism of this great feast – the bringing of all nations into the One, True Church. He writes that the voyage of the Three Magi towards Bethlehem symbolizes the movement of all nations towards the true Jerusalem:

“Jerusalem is not large enough to hold all this sea of nations; another city must be founded, and towards her shall be turned the countless Gentiles of Madian and Epha. Thou, O Rome, art this Holy City, and thy heart shall wonder and be enlarged. Heretofore thy victories have won thee slaves; but from this day forward, thou shalt draw within thy walls countless children.”

Our regular **Sunday reception** resumes today, complete with a traditional and sumptuous **King’s Cake!** Several of our generous faithful will bring King’s Cake from various regional traditions to honor Our Lord for the Feast of the Epiphany. Remember, if you feel the little gold crown (or a “baby Jesus”) in your mouth after biting into your slice of cake, don’t try to swallow it! Elegantly remove it and claim your royal status for the day!

Our winner of the 2023 **Crèche Drawing Contest** will be announced at the reception following the 12:30 Mass today. There were a number of talented entries, but a clear victor has emerged!

Today is the **last day** to purchase one of our beautiful Institute of Christ the King **calendars** for the new year 2023. They will be sold outside the church, on the sidewalk, after both Masses. For the reasonable price of only \$5, you don’t want to miss out!

One of our several Oakland Apostolate seminarians, **Cody Teague**, has returned to Gricigliano after a short Christmas vacation at home. Please continue to pray for him as he continues toward the end of his first year and the reception of the cassock and clerical tonsure.

A young couple from among our faithful will tie the proverbial knot next **Saturday, January 14!** Thanks be to God. Diana Hoang and Anthony Orr will be joined in the Sacrament of **Holy Matrimony** here at St. Margaret Mary’s. The wedding vows will begin at 12 pm, followed by a High Mass. All are welcome to attend!.

Our monthly **Sursum Corda event for young adult** Catholics will take place on the evening of **Thursday, January 19.** The evening will begin at 6 pm with the Rosary recited in church, followed by a talk at 6:30, a social dinner at 7, and the chanted Office of Compline to conclude the evening. If interested, please rsvp to Noe Perez at [n\\_perez3@u.pacific.edu](mailto:n_perez3@u.pacific.edu).

The annual **Walk for Life** West Coast will take place on **Saturday, January 21** in San Francisco, as usual. The event will begin at 11 am. As always, the Oakland and San Jose apostolates of the Institute of Christ the King will take part in this important occasion of witness to the sanctity of human life. We hope to see you there! More information is available here: <https://www.walkforlifewc.com/>.

Some of the altar servers had a great idea not so long ago: a **Father-Son Flag Football game.** The plan is in the works to organize the game for early February. Not a member of the Altar Server Corps yet? You’re invited anyway! Stay tuned for updates.

Final reminder: our **Men’s retreat** will take place on Wednesday, January 11 at the



Adoration of the Magi, Bartolomé Esteban Murillo, 1655 - 1660

### **Did You Know? How to receive Holy Communion:**

Has it perhaps been awhile since you studied the proper manner in which to receive Holy Communion? We all need a refresher from time to time, and there is an excellent set of instructions on page 297 of *My Catholic Faith*. When receiving, one should hold the head level and open the mouth. The tongue should be extended so it goes slightly out over the lower lip. One should not say anything after receiving. One should also not make the Sign of the Cross after receiving, as the communicant now has He who bore the Cross of our Redemption dwelling in their very body and soul. Making the Sign of the Cross after receiving also increases the risk of knocking the Communion paten being held underneath the chin, which could cause consecrated particles to fall off.

Carmelite Monastery of **Mount St. Joseph in San Jose** (12455 Clayton Rd.) from 9:30 am to 1:30 pm.

Wishing you a blessed Sunday,  
Canon Norman

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## LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 1/8	7:00 am <i>Low Mass</i>	<b>External Solemnity of the Epiphany</b> <i>2nd Class / White</i>	Canon Norman	Zvonko Gelo†
	12:30 pm <i>High Mass</i>			Msgr. David Link
Mon. 1/9	6:00 pm <i>Low Mass</i>	Mass of the First Sunday after the Epiphany <i>4th Class / Green</i>	Father Staal	Mary Barbieri†
Tue. 1/10	6:00 pm <i>Low Mass</i>	Votive Mass of the Holy Angels <i>4th Class / White</i>	Canon Norman	Joan Maroney
Wed. 1/11	6:00 pm <i>Low Mass</i>	Commemoration of St. Hyginus, Pope & Martyr <i>4th Class / Red</i>	Canon Norman	Brian Wilhelmi
Thurs. 1/12	12:00 pm <i>Low Mas</i>	Votive Mass of the Holy Ghost <i>4th Class / White</i>	Canon Norman	Fr. Bernard Bush, S.J.†
Fri. 1/13	6:00 pm <i>Low Mass</i>	Commemoration of the Baptism of Our Lord <i>2nd Class / White</i> <i>Adoration After Mass</i>	Canon Norman	Sean Chapel†
Sat. 1/14	10:00 am <i>Low Mass</i>	St. Hilary, Bishop, Confessor and Doctor of the Church <i>3rd Class / White</i>	Canon Norman	Souls in Purgatory†
Sun. 1/15	7:00 am <i>Low Mass</i>	<b>Second Sunday after the Epiphany</b> <i>2nd Class / Green</i>	Canon Norman	Institute of Christ the King McAllen, TX
	12:30 pm <i>High Mass</i>			Anthony, Mara & Monica Roberts

### 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 online: Please contact Canon Norman or Lisa Caputi (henshinx@pacbell.net) to request the Zoom link.

**Youth Class:** Tuesdays at 4:00pm

**Adult Class:** Saturdays, at 2:30pm

**Prospective Catholics:** contact Canon for class times

**EMAIL LIST:** email [oakland@institute-christ-king.org](mailto:oakland@institute-christ-king.org)

**FLOCKNOTE:** sign up at [icks oakland.flocknote.com](https://icks oakland.flocknote.com)  
or text "ICKSPOakland" to 84576

### PRAYER LISTS \*

#### For the sick:

Thomas Henriksson	Nancy Duenas	Gigi Cunningham
Peter Trong Nguyen	Paulann Dymond	Lianne Claver
Msgr. David Link	Steve Farinano	Canon Fragelli
Marianne Martinez	Angie Gonzalez	
Baby Sophia Grace Tostada	Rosemary Marquez & Baby	

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

Jesus Cristobal	Rita Cristobal	Rod Phillips
Shawn Chapel	Kathy Wenzell	Rosita Foley
John Dymond	William Gilbert	Arnel Adela
Louise Grayson	Imelda Hernandez-Constantino	
Diane Kasdan	Mary Persinger	Rose Stone
Albert Bocek	Bea Benham	Rita Soria Bautista

*Requiescant in pace.*

\***Prayer lists:** If you wish to add a name or revise an entry on the prayer lists, please send an email to [oakland@institute-christ-king.org](mailto:oakland@institute-christ-king.org). A longer list of the Apostolate's faithful departed is attached to the weekly Flocknote. *Thank you!*

### UPCOMING EVENTS AND LITURGICAL SCHEDULE

**January 11**—Men's Retreat at Mount St. Joseph Carmelite Monastery in San Jose (12455 Clayton Rd.) Please rsvp to Canon Norman.

**January 19**—Sursum Corda Young Adult event. Please rsvp to Noe Perez at [n\\_perez3@u.pacific.edu](mailto:n_perez3@u.pacific.edu).

**January 20-28**—Special Novena in honor of Saint Francis de Sales

**January 21**—Walk for Life West Coast, [www.walkforlifewc.com](http://www.walkforlifewc.com)

**January 29**—Feast of Saint Francis de Sales, patron of the Institute

**February 2**—Feast of the Purification (Candlemas, end of Christmastide)

**February 5**—Septuagesima (beginning of pre-Lent)

### SUNDAY SERMONS AND BULLETINS

Audio recordings of the Sunday sermons and digital copies of the Sunday bulletin can be found at the following links, respectively:

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

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

### DONATE TO THE INSTITUTE ONLINE

Please visit <https://institute-christ-king.org/donations>, or scan the QR code. **Thank you for your generosity!**



### SURSUM CORDA YOUNG ADULT GROUP

**Are you Catholic, between the ages of 18 and 35, and looking for fellowship with other young Catholics who desire to be formed in the perennial wisdom of the Church's Magisterium?**

Then the Oakland apostolate of the Institute of Christ the King has what you're looking for! Check out our page at <https://institute-christ-king.org/oakland-groups/1105-sursum-corda-oakland> for more details, photos, and contact information.

**SUNDAY RECEPTION:** Please join us today in the church hall after the 12:30 Mass for refreshments and fellowship.

**ALL ARE WELCOME!**