



# 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, JANUARY 22, 2023**  
**3RD SUNDAY AFTER THE EPIPHANY**  
(Mass Propers available in the Parish Bulletin)

Dear faithful,

On this Third Sunday after the Epiphany, St. Alphonsus Liguori puts us on our guard against a false sense of security, warning us that many souls will fall into eternal perdition through lack of vigilance in this life. The lost man will suffer:

“...the remorse arising from the thought of the little which he was required to do in order to save his soul; from the remembrance of the trifles for which he lost his soul; from the knowledge of the great good which he has lost through his own fault...Each of the reprobate will say for eternity: ‘If I abstained from such a gratification; if in certain circumstances I overcame human respect; if I avoided such an occasion of sin, such a companion, I should not now be damned’...”

May we call to mind again our baptismal promises and good resolutions this very moment, and strive to keep them, not continuing to procrastinate like so many times before. Please God, we will reap eternal rewards.

Thank you to all who prayed and marched with us yesterday at the **Walk for Life**. We had a good turnout, as in years past, and the Good Lord graciously continued our pause of fair weather in between the inundations of rain here in California. Most importantly, we were able to give a peaceful and joy-filled witness to the sanctity of human life, a free and unmerited gift of God, from conception to natural death.

The **Feast of Saint Francis de Sales** is next Sunday, January 29; a First Class feast for the Institute of Christ the King, as St. Francis de Sales is one of our principal patrons. All who attend Mass at an Institute apostolate on this date may obtain a **plenary indulgence** under the usual conditions.

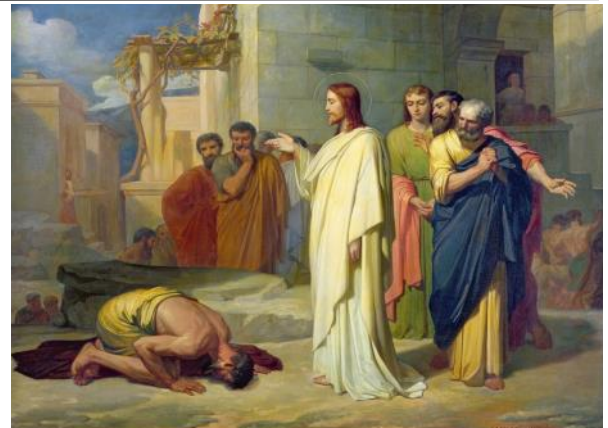
We began our preparatory novena this past Friday. We will recite the **Litany of St. Francis de Sales** after Mass each day, including the 7 am and 12:30 Masses this Sunday. Additionally, prayers to St. Francis de Sales and sermons on his spirituality are being made available each day on the Institute’s [website \(link\)](#) and social media platforms.

The viewing and vigil service for **Fr. Stan Zak (RIP)**, former Pastor of St. Margaret Mary’s, will take place this Sunday, January 22 from 6 to 9 pm. His Funeral Mass (Ordinary Form) will be offered on Monday, January 23 at 10 am. All services will be held here at St. Margaret Mary’s.

**Pray for the seminarians!** They have important exams coming up on January 30. Your prayers help these young men to persevere to become your priests of tomorrow.

Please pray as well for the **repose of the soul of Walt Avis**, the father of our dear Canon Avis, one of the former canons responsible for the Oakland Apostolate. Canon Avis is now serving as Pastor of Most Precious Blood of Jesus Parish in Pittsburgh, Pennsylvania. Canon Avis’s father passed away suddenly last Sunday evening, January 15. Of course, please also keep Canon Avis and his family in your prayers during their period of mourning.

For the planning of **Father-Son Flag Football game** for the altar servers, we’re now setting our sights on late February. Not a member of the Altar



Jesus Healing Leper, by Jean Marie Melchior Doze, ca 1864

### **Did You Know? Papal Decretals:**

There are numerous different ways in which the Church, and in particular the Sovereign Pontiffs, communicate pronouncements on questions of faith and morals and also decisions with regard to Church discipline. One of the more prominent means, especially in the medieval centuries, was by means of the Papal Decretal. What is it? The Catholic Encyclopedia (1907) sheds this light:

“In the strictest sense of the word, it means a rescript (**rescriptum**), i.e. an answer of the pope when he has been appealed to or his advice has been sought on a matter of discipline. Papal decretals, therefore, are not necessarily general laws of the Church. But frequently the pope ordered the recipient of his letter to communicate the papal answer to the ecclesiastical authorities of the district to which he belonged; and it was their duty then to act in conformity with that decree when analogous cases arose. The decretals ought to be carefully distinguished from the canons of the councils; from constitutions, or pontifical documents given **motu proprio**, that is, documents issued by the pope without his being asked to do so or consulted upon a subject”.

Server Corps yet? You’re invited anyway! Stay tuned for updates and please contact me if you’re interested.

Wishing you a blessed Sunday,  
Canon Norman

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## LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 1/22	7:00 am <i>Low Mass</i>	<b>Third Sunday after the Epiphany</b> <i>2nd Class / Green</i>	Canon Norman	Francis & Ofelia Baccay†
	12:30 pm <i>High Mass</i>			Antonio Alberto Brito†
Mon. 1/23	6:00 pm <i>Low Mass</i>	St. Raymond of Peñafort, Confessor <i>3rd Class / White</i>	Father Staal	A.C. Lorenzo
Tue. 1/24	6:00 pm <i>Low Mass</i>	St. Timothy, Bishop & Martyr <i>3rd Class / Red</i>	Canon Norman	Santiago Dakudao III†
Wed. 1/25	6:00 pm <i>Low Mass</i>	The Conversion of St. Paul, Apostle ( <i>End of Unity Octave</i> ) <i>3rd Class / White</i>	Canon Norman	Chris Maldonado
Thurs. 1/26	12:00 pm <i>Low Mass</i>	St. Polycarp, Bishop & Martyr <i>3rd Class / Red</i>	Canon Norman	Maria Christina Brito
Fri. 1/27	6:00 pm <i>Low Mass</i>	St. John Chrysostom Bishop, Confessor & Doctor of the Church <i>3rd Class / White</i> <i>Adoration After Mass</i>	Canon Norman	Jaydee Dominic Magabo
Sat. 1/28	10:00 am <i>Low Mass</i>	St. Peter Nolasco, Confessor <i>3rd Class / White</i>	Canon Norman	Cindy Schwartz†
Sun. 1/29	7:00 am <i>Low Mass</i>	<b>St. Francis de Sales</b> Bishop, Confessor & Doctor of the Church <i>1st Class / White</i>	Canon Norman	Souls in Purgatory†
	12:30 pm <i>High Mass</i>			Jesus & Margarita Cristobal†

### 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 [ickspoakland.flocknote.com](http://ickspoakland.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
Msrgr. David Link	Steve Farinaro	Canon Fragelli
Marianne Martinez	Angie Gonzalez	
Baby Sophia Grace	Tostada	Rosemary Marquez & Baby

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

Rod Phillips	Shawn Chapel	Kathy Wenzell
Rosita Foley	John Dymond	William Gilbert
Arnel Adela	Louise Grayson	Diane Kasdan
Imelda Hernandez-Constantino		Mary Persinger
Rose Stone	Albert Bocek	Rita Soria Bautista
Bea Benham	Valeria Casillas	Carlos San Miguel
Wyatt Hayashi	William M. Williams	Fr. Stan Zak
Walt Avis	Dario Gonzalez	<i>Requiescant in pace.</i>

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

**January 23**—Father Stan Zak Requiem Mass, 10 am (Novus Ordo)  
Viewing & Vigil, today (Sunday), 6pm, in the church

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

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

**February 5**—External Solemnity of the Purification (Septuagesima)

**February 22**—Ash Wednesday

### WORK OF CHRISTIAN CHARITY—CAN YOU HELP?

One of our homebound parishioners who lives near the church needs help in getting to and from occasional doctors' appointments, and with grocery runs. Please contact Canon Norman if you are available to help with this: [canon.norman@institute-christ-king.org](mailto:canon.norman@institute-christ-king.org).

### PILGRIMAGE TO THE HOLY LAND, MAY 7-16

Have you ever wanted to walk the same paths as Our Lord and the Apostles? The Institute of Christ the King is hosting a **pilgrimage to the Holy Land from May 7 - 16** which will be led by Canon Jean-Baptiste Commins, Rector of St. Joseph Shrine in Detroit. For more information: please see the flyers in church and Flocknote, on the Institute's website, or the tour's website <https://sacredhearttours.com/product/rosary-pilgrimage-to-the-holy-land/>

### 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!**

