



# 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 14, 2024**  
**SECOND SUNDAY AFTER THE EPIPHANY**  
(Mass Propers available in the Parish Bulletin)

Dear faithful,

In his letter opening the month of January, Canon Matthew Talarico reminded us of the wonderful flowering of the virtue of charity that is compassion for our neighbor, principally those with whom we live under the same roof. This virtue, of course, was exemplified perfectly by the Holy Family. If we have shown compassion to others, then we can be sure that in our own particular Judgment, we shall receive the loving compassion of the Sacred Heart of Jesus as our eternal reward in heaven, where we will be united with Jesus, Mary, and Joseph for all eternity

Wishing you a blessed Sunday,  
Canon Norman

**Please note: Coffee and donuts after the 7am Mass today!** Also, at the **Sunday Reception after the 12:30 Mass**, we will welcome Father Michael Kowalewski and Abbé Alex Hoopes. Join us for refreshments! **Please read Flocknote for other reminders.**



*The Epiphany celebration at last Sunday's Reception: a big thank you to all who brought a variety of King Cakes, and all who took part in the Procession of the Three Kings to Adore Baby Jesus, featuring our schola who led the singing, an angel, the three kings, and the fabulous "camel!"*

A Letter from Abbé Cody Teague, who returned to the Seminary last Sunday:

Dear faithful of St. Margaret Mary,

I would like to thank you from the bottom of my heart for all the support, material and spiritual, that you have offered me over the past few years as I have been pursuing a vocation with the Institute. Seeing your joyful fidelity to the Savior is a great encouragement to us seminarians as we continue the work of our formation in the semi-monastic environment of the Seminary at Gricigliano.

Because I get this question often, I thought I would share with you the reasons why I decided to join the Institute of Christ the King, rather than any other priestly community.

There are many reasons I could list, but the three most important ones for me were the Institute's total consecration to the Immaculate Conception, its canonical form of life, and the spirituality of St. Francis de Sales.

In the first place, it is a common opinion of the doctors and theologians that **all the graces** we have received or will receive in this life come to us through the hands of the Most Blessed Virgin. I have personal experience of this beautiful doctrine, receiving especially great graces through the "Miraculous Medal". In response to so many heavenly gifts then, it is only right that we should give ourselves entirely to Mary. In the Institute, we do just that in our morning consecration each day before the office of Lauds. "...We wish to consecrate to thee our Institute, our families, our persons, our works, our future, all that pertains to us and is in us!"

Second, it was at St. Margaret Mary that I first discovered and fell in love with the traditional Roman Rite. Having experienced its power as a means for my own sanctification, I desired to help others discover this treasure. No one understands how to please Our Lord as much as His Spouse, the Church. A canon of the Institute is a man of the Altar, not only in saying Mass each day, but also in returning to sing the Divine Office. Having given God the worship

due to Him, he leaves only to bring the faithful and sinners back to this Altar, source of "every heavenly grace and blessing".

Lastly, besides the Immaculate Conception, the Institute also has three secondary patrons: St. Benedict, St. Thomas Aquinas, and St. Francis de Sales. Above all, however, members of the Institute are called to be **salesian**, that is, to live in the spirit of St. Francis de Sales. What is this spirit? It is to do all for the love of God and His holy Will, and pursuing this with as much humility and gentleness as possible. I saw this spirituality, at once sublime and practical, reflected by the members of the Institute that I met and was thus confirmed in my choice for a priestly society.

Of course, the real cause of any religious or priestly vocation is God's Providence, to which I am eternally grateful.

Humbly I ask that you please pray for us seminarians as well as our Institute as a whole that we may continue to be faithful to our spirit and constitutions, approved multiple times by the Holy See, and to work for the continued reign of Christ the King in our society.

Assuring you of my continued devotion and prayers for you all, I remain,

**Yours in Christ,**  
Abbé Cody Teague

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## LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 1/14	7:00 am <i>Low Mass</i>	<b>Second Sunday after Epiphany</b> <i>2nd Class / Green</i>	Fr. Kowalewski	Zvonko Gelo
	12:30 pm <i>High Mass</i>			Jesus & Margarita Cristobal†
Mon. 1/15	6:00 pm <i>Low Mass</i>	St. Paul, the First Hermit, Confessor <i>3rd Class / White</i>	Fr. Kowalewski	Edward H. Gustafson†
Tue. 1/16	6:00 pm <i>Low Mass</i>	St. Marcellus I, Pope & Martyr <i>3rd Class / Red</i>	Fr. Kowalewski	Silva Family
Wed. 1/17	6:00 pm <i>Low Mass</i>	St. Anthony, Abbot <i>3rd Class / White</i>	Fr. Kowalewski	Don Roberts
Thurs. 1/18	12:00 pm <i>Low Mass</i>	St. Peter's Chair at Rome ( <i>Start of Unity Octave</i> ) <i>4th Class / White</i>	Fr. Kowalewski	Marquez Family
Fri. 1/19	6:00 pm <i>Low Mass</i>	Votive Mass for the Unity of the Church (" <i>Salvos Nos</i> ") <i>4th Class / Violet / Adoration after Mass</i>	Fr. Kowalewski	Souls in Purgatory
Sat. 1/20	10:00 am <i>Low Mass</i>	St Fabian, Pope & Martyr and St. Sebastian, Martyr <i>3rd Class / Red</i>	Fr. Kowalewski	Bernadette Moreau†
Sun. 1/21	7:00 am <i>Low Mass</i>	<b>Third Sunday after Epiphany</b> <i>2nd Class / Green</i>	Fr. Kowalewski	Roy Pearson†
	12:30 pm <i>High Mass</i>			Omar Andrade, Jr.†

### 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 to request the Zoom link.

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

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

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

**NB:** *My Catholic Faith* is once again available for purchase!

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

### PRAYER LISTS \*

#### For the sick:

Thomas Henriksson	Gigi Cunningham	Peter Trong Nguyen
Paulann Dymond	Lianne Claver	Msr. David Link
Steve Farinaro	Marianne Martinez	Angie Gonzalez
Eurydice Buenger	Sylvia Duenas	Catherine Willis
Fil Marquez	Joshua Nascimento	Rick Pawek
Catherine Duenas		

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

Rose Stone	Albert Bocek	Rita Soria Bautista
Bea Benham	Valeria Casillas	Carlos San Miguel
Dario Gonzalez	William M. Williams	Fr. Stan Zak
Nancy Duenas	<b>Canon Fragelli</b>	Ernest Jacob
Louisa Siu	Gabriel Fernandez	Camdan McWright
Mme. Guillemette de Guernon	Count Wolfgang von Waldstein	
Bernadette Moreau	Fr. Prokop Jozef Zboron, OCarM	
Thomas Apple	Alan Wong	Carole Jenkins

*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 20**—Walk for Life West Coast\*

**January 27**—Blessing of Sacramentals after 10am Mass

**January 28**—Septuagesima (pre-Lent)

**January 29**—Feast of St. Francis de Sales (Institute patronal feast)

**February 2**—Candlemas (end of Christmastide, blessing of candles)

**February 14**—Ash Wednesday

**\*WALK FOR LIFE DETAILS** (January 20, 12:30/1:30pm)

Meet up with the Oakland and San Jose Apostolates at the **3rd FLAG POLE**. Please see the flier in Flocknote for the meeting point map.

**MEN'S RETREAT - FEBRUARY 7** (RSVP deadline January 31)

Our Men's Retreat will take place on Wednesday, February 7, 9am-2pm at St. Vincent School for Boys, 1 St. Vincent's Dr., San Rafael; Please **RSVP** to Felipe Vasquez: [MANofStJoseph@gmail.com](mailto:MANofStJoseph@gmail.com) or 510-432-8995.

### WOULD YOU LIKE TO HELP MAKE THE LITURGY BEAUTIFUL?

There are many ways the faithful can support our liturgical celebrations, keeping them beautiful and dignified. In this new year, consider **joining the Altar Servers Corp**, by having you or your son(s) serve Mass, or **joining the schola** to sing the prayers of the Church in timeless Gregorian Chant, or **joining the floral team** which beautifies our altar with fresh flowers in accordance with the needs of each liturgical season and feasts. If you would like to support our liturgical celebrations in one of these ways, please email Canon Norman.

### "ASK A PRIEST LIVE!" RADIO PROGRAM

Canons from the Institute of Christ the King participate in a new LIVE radio show on The Station of the Cross Catholic Media Network, at 6PM eastern time each weekday. <https://thestationofthecross.com/askapriest/>

### 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>