



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, (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, MARCH 3, 2024

THIRD SUNDAY OF LENT

(We offer the Mass Propers in the Parish Bulletin)

Dear faithful,

“Now if I cast out devils by Beelzebub; by whom do your children cast them out? Therefore, they shall be your judges” (Luke 11:19). We are faced with this very pointed question of Our Lord in the Gospel for this Third Sunday of Lent. For various reasons, the theme of spiritual warfare has become fairly prominent in some Catholic circles in our day. There is no denying that our life is one of **spiritual combat** from the cradle to the grave. This is laid out in detail in the writings of many saints and spiritual authors, particularly in *The Spiritual Combat* (1589), by Dom Lorenzo Scupoli, a book much appreciated by our own dear Patron of the Institute of Christ the King, Saint Francis de Sales.

This combat is waged against the world, the flesh, and the Devil. How many of our temptations have their source in the suggestions of the demons? We probably will not know until the next life. What we can be sure of, however, is that our **own weak flesh and the world** will always be traitors and enemies to us.

Do you want to wage the spiritual combat according to the **tradition of Holy Mother Church**? Do not go looking for battles with the demons that you may not be able to win. Make your confession at least once a month, and frequently receive Holy Communion. Spend time before the Blessed Sacrament, and do not neglect the daily Rosary. Use the sacramentals, particularly Holy Water and Blessed Salt.

Leave the business of performing exorcisms, including the Minor Exorcism of Pope Leo XIII, to the appointed priest-exorcist of the Diocese. And **beware of novel ideas** about prayer, the demons or the sins of our ancestors which have no precedent in the traditional theology or teachings of the Church, especially the theology of St. Thomas Aquinas.

We now begin the month of March, traditionally consecrated to St. Joseph. One of St. Joseph's many glorious titles is "Terror of demons." Whenever the infernal presence is suspected, let us confide our souls to this heavenly protector. May St. Joseph intercede for all our needs, and above all may he obtain for us the grace of a good death.

This Thursday, March 7, is the **Feast of St. Thomas Aquinas**, one of the primary Patrons of the Institute. This is a feast of the First Class at all Institute apostolates, including at St. Margaret Mary's. All who assist at Mass at an Institute apostolate this Thursday can gain a plenary indulgence under the usual conditions. Another piece of good news – four of our Sister Adorers will pronounce their First Vows at the Sisters' convent in Naples, Italy. Deo gratias!

His Eminence **Cardinal Burke** has announced a nine-month Novena to Our Lady of Guadalupe, to begin on March 12 and last until December 12. The purpose of this novena is to gain the protection of Our Blessed Mother in this time of war, sickness and unprecedented doctrinal error and sin sadly running rampant in the Church, even at the highest levels of the hierarchy. We will join His Eminence in reciting the Litany of Loreto and the Novena Prayer after Mass on the twelfth day each month during this period. More information is available here: <https://novena.cardinalburke.com/>.

Save the date in your calendars! The Institute's Annual **Sursum Corda Young Adult Retreat** will be held at the Colombiere Conference and Retreat Center in



The Gerasene Demoniac, Sebastian Bourdon, 1653

Michigan, from July 5th to July 8th, 2024. We hope to see you there!

Update! An update for the **Society of the Sacred Heart**: the National Retreat for the Society will take place at the Sacred Heart Retreat Center in Burlington, Wisconsin, from June 7-9, 2024. More details will be made available soon.

Clear some space on your calendars for summer fun, combined with the Faith of our fathers! **St. Michael's Patrol** is open for registration. The annual California father-son summer camp of the Institute of Christ the King, with participation from the Oakland, San Jose and Tucson Apostolates, is filled with **sports, outdoor activities and nightly campfire entertainment**. There is, more importantly, daily Mass in the **Traditional Latin Rite**, as well as Rosary Processions, other prayers and spiritual talks. The tentative dates for the camp are Wednesday, July 24 – Saturday, July 27. Contact Canon Norman by email to RSVP.

The Institute also offers the **Wisconsin summer camps** for boys and girls of all ages every year. The camps will run this year from July 14 – 27, and the deadline to **register is July 1**. For the first time, the camps will be held at our new **Sacred Heart Retreat Center** in Burlington, which boasts more than 100 acres to run around and have fun, and most importantly, to adore God at daily Mass. There is a **corrected flier** for the Wisconsin camps in this Sunday's Flocknote. More information is available here: <https://institute-christ-king.org/camps2024>.

Wishing you a blessed Sunday,
Canon Norman
canon.norman@institute-christ-king.org

INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 3/3	7:00 am <i>Low Mass</i>	Third Sunday of Lent <i>1st Class / Violet</i>	Canon Norman	Christopher Seal†
	12:30 pm <i>High Mass</i>			Canon Benjamin Norman
Mon. 3/4	6:00 pm <i>Low Mass</i>	Lenten Feria <i>3rd Class / Violet</i>	Father Staal	Souls in Purgatory
Tue. 3/5	6:00 pm <i>Low Mass</i>	Lenten Feria <i>3rd Class / Violet</i>	Canon Norman	Canon Michael Wiener
Wed. 3/6	6:00 pm <i>Low Mass</i>	Lenten Feria <i>3rd Class / Violet / Adoration after Mass</i>	Canon Norman	Alyssa Phan
Thurs. 3/7	12:00 pm <i>Low Mass</i>	St. Thomas Aquinas, Doctor of the Church Patron of the Institute of Christ the King <i>1st Class / White (plenary indulgence available)</i>	Canon Norman	Souls in Purgatory
Fri. 3/8	6:00 pm <i>Low Mass</i>	Lenten Feria <i>3rd Class / Violet</i> <i>Stations of the Cross after Mass</i>	Canon Norman	Msgr. David Link
Sat. 3/9	10:00 am <i>Low Mass</i>	Lenten Feria <i>3rd Class / Violet</i>	Canon Norman	Benedicta & Santiago Dakudao
Sun. 3/10	7:00 am <i>Low Mass</i>	Fourth Sunday of Lent (Lætáre) <i>1st Class / Rose</i>	Canon Norman	Rita Malloy
	12:30 pm <i>High Mass</i>			Marquez Family

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

First Communion Class: Wednesdays, at 4:00 pm

Flocknote: Sign up at [icksopoakland.flocknote.com](https://www.icksopoakland.flocknote.com) or text "ICKSPOakland" to 84576

PRAYER LISTS *

For the sick:

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

For the repose of the souls of our beloved departed:

Bea Benham	Valeria Casillas	Carlos San Miguel
Dario Gonzalez	William M. Williams	Fr. Stan Zak
Nancy Duenas	Canon Fragelli	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
Fr. Alexander Snyder		<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. A longer list of the Apostolate's faithful departed is attached to the weekly Flocknote. *Thank you!*

UPCOMING EVENTS AND LITURGICAL SCHEDULE

March 7—St. Thomas Aquinas, Institute Patron (plenary indulgence)

March 10—Laetare Sunday

March 12—9-month Novena to Our Lady of Guadalupe

March 19—St. Joseph

March 21—St. Benedict, Institute Patron (plenary indulgence available)

March 24—Palm Sunday

March 29—Good Friday

LENTEN SCHEDULE

- Stations of the Cross after the 6 pm Mass on Fridays of Lent, beginning February 16.
- Adoration after the 6 pm Mass on Wednesdays of Lent
- First Friday of March (March 1): Confessions at 4:15 pm, Stations of the Cross at 5 pm, and First Friday Devotions after the 6 pm Mass.
- Good Friday Liturgy only (March 29, time TBD), no Stations.

HOUSE BLESSING

When was the last time you had a house blessing? Lent is the traditional time of year for this ancient sacramental. If you would like your home blessed, please call or email Canon Norman.

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>

Special Lenten Provincial Appeal:

~ just \$2 a day this Lent ~

"Many Apostolates, One Mission"

Help the Institute continue to restore Catholic life and culture in the USA!

Donate online with the QR code here.

