

**FEBRUARY 19, 2023**

*QUINQUAGESIMA SUNDAY*

# ST. FRANCIS DE SALES ORATORY



## ORATORY CLERGY:

**VERY REV. MSGR. R. MICHAEL SCHMITZ, STD, JCD**  
Vicar General & Delegate for the United States

**REV. CANON MATTHEW L. TALARICO**  
Provincial Superior, United States

**REV. CANON BENJAMIN L. COGGESHALL**  
Rector

**REV. CANON PIERRE R. DUMAIN**  
Vicar

**REV. FATHER MICHAEL A. KOWALEWSKI**  
Vicar

**ABBÉ ALEX J. BARGA**  
Clerical Oblate, General Manager

**ABBÉ MARK T. HALISKY**  
Clerical Oblate

## ORATORY STAFF:

Mr. Jon Roché  
Accounting Manager

Mrs. Mary Hayworth  
Office Administrator

Mr. James Marck  
Director of Sacred Music

**“To take up our cross and follow Jesus means accepting all the afflictions and mortifications that come our way.” - St. Francis de Sales**

## HOLY MASS SCHEDULE:

### Sunday Schedule

Mass 8:00am and 10:30am

### Monday - Saturday

Mass 8:00am

### Tuesday

Mass 6:30pm

### Mon. Wed. Thurs. Fri.

Mass 12:15pm

### First Fridays

Mass 6:30pm

## Holy Days of Obligation

Please consult the bulletin

## SACRED DEVOTIONS:

### Mother of Perpetual Help

Tuesday 8:00am & 6:30pm

### Adoration

Thursday 6:30pm

## CONFESSIONS:

30 minutes before all Masses



**INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST**



## LITURGICAL CALENDAR

### MASS INTENTIONS:

**Sunday, February 19**

**Quinquagesima Sunday, 2nd Class**

8:00am Low Mass - Douglas Fichter

**Votive Mass of the Blessed Sacrament**

10:30am Solemn Mass - Patrick & Mary Stamos

**Monday, February 20**

**Votive Mass for Peace**

8:00am Low Mass - Jeremy Hunt

12:15pm Low Mass - Welda DeRousse †

**6:30pm Solemn Mass** - Robert Young

**Tuesday, February 21**

**Votive Mass of the Blessed Sacrament**

8:00am Low Mass - Megan Saldanha †

12:15pm Low Mass - Canon Matthew Talarico

**6:30pm Solemn Mass** - Benefactors & Restoration

**Wednesday, February 22**

**Ash Wednesday, 1st Class**

8:00am Low Mass - Maria Theresa VandenBergh

12:15pm Low Mass - Joan Koman †

**6:30pm Solemn Mass** - Fr. Roy Oggero

**Thursday, February 23**

**Feria of Lent, 3rd Class**

8:00am Low Mass - Herb Stuart †

12:15pm Low Mass - The Ruiz Family

6:30pm Adoration

**Friday, February 24**

**St. Matthias, Apostle, 2nd Class**

8:00am Low Mass - Joseph Teljedal

12:15pm Low Mass - Grant Garmann

6:30pm Low Mass - Walter & Irene Fay

**Saturday, February 25**

**Feria of Lent, 3rd Class**

8:00am Low Mass - Patricia Ann Miller †

**Sunday, February 26**

**First Sunday of Lent, 1st Class**

8:00am Low Mass - Br. Christopher Maria

10:30am Solemn Mass - Ines de Erausquin

### SERVER SCHEDULE

**Sunday, February 19**

10:30am Solemn Mass

Master of Ceremonies: Trent Hickey

Thurifer: Gabriel Ruggiero

Acolyte 1: Maximus AuBuchon

Acolyte 2: Liam Aufmuth

Choir Master of Ceremonies: Salvatore Vitellaro

Crucifer: Luke Allcock

Torchbearers: Benedict McCann, Dominic Ruggiero,  
Elias Johnson, Raymond Pekny, Brentan Hickey, Joseph Shany

**Monday, February 20**

6:30pm Solemn Mass

Master of Ceremonies: Gilbert Repunte

Thurifer: Nicholas Tousignant

Acolyte 1: Luke Ball

Acolyte 2: Salvatore Vitellaro

Crucifer: Joseph Pekny

Torchbearers: Ezio LaZella, Gus Pekny, Raymond  
Pekny, Vincent Pekny

**Tuesday, February 21**

6:30pm Solemn Mass

Master of Ceremonies: Steven Gilroy

Thurifer: Jeffery Walton

2<sup>nd</sup> Thurifer: Joseph Pekny

Acolyte 1: Michael Ruggiero

Acolyte 2: Gabriel Ruggiero

Choir Master of Ceremonies: Gus Pekny

Crucifer: Salvatore Vitellaro

Torchbearers: Raymond Pekny, Joseph Shany, Ezio  
LaZella, Dominic Ruggiero, Roland Purgahn, Campion  
Purgahn

**Wednesday, February 22**

6:30pm Solemn Mass

Master of Ceremonies: Joseph Pekny

Thurifer: Gabriel Ruggiero

Acolyte 1: Raymond Pekny

Acolyte 2: Gus Pekny

Choir Master of Ceremonies: Luke Ball

Crucifer: Salvatore Vitellaro

Torchbearers: Joseph McDonald, Joseph Shany, Ezio  
LaZella, Dominic Ruggiero

**Sunday, February 26**

8:00am Low Mass

Acolytes: Joel Miller, Liam Miller

10:30am Solemn Mass

Master of Ceremonies: Michael Ruggiero



## NEWS AND UPCOMING EVENTS



Sign up sheets for 40 Hours Devotion are in the north vestibule and in the vestibule near the elevator.

### **Sunday, February 19**

8:00am Low Mass  
10:30am Solemn Mass followed by Exposition,  
Procession and beginning of the  
40 hours devotion  
6:00pm Solemn Vespers

### **Monday, February 20**

8:00am Low Mass  
8:45am Exposition of the Blessed Sacrament  
12:15pm Low Mass  
6:00pm Reposition  
Votive Mass for Peace  
6:30pm Solemn Mass

### **Tuesday, February 21**

8:00 am Low Mass  
8:45am Exposition of the Blessed Sacrament  
12:15pm Low Mass  
6:30pm Solemn Mass in the presence of the  
exposed Blessed Sacrament  
followed by Procession, Benediction and  
the end of the 40 hours devotion

Thurifer: Gilbert Repunte  
Acolyte 1: John Paul Davidson  
Acolyte 2: Gabriel Davidson  
Choir Master of Ceremonies: Sam Huber  
Crucifer: Trent Hickey  
Torchbearers: Charles LeBlanc, Peter Grgurich, William  
Cassibry, Thomas Schuepfer, Patrick Schuepfer,  
Benjamin Lowe

## ASH WEDNESDAY FEBRUARY 22ND

MASSES AT:

8:00AM

12:15PM

6:30PM



SAINT FRANCIS DE SALES ORATORY

## Music Notes - Quinquagesima

### Processional

Grand Choeur (T. Dubois)

### During Offertory

Prelude in D minor (J. C. Kittel)

### During Communion

Media vita (Mode 4)  
De Profundis (Arvo Pärt), feat. Henry Claude, per-  
cussion, and Nicholas Tousignant, organ

### Recessional

Toccata (T. Dubois)

## FIRST HOLY COMMUNION 2023

First Holy Communion for children of the Oratory will take place during the 10:30am Mass on Mother's Day, May 14, 2023.

If you would like your child to receive First Holy Communion, please inform the rectory office at: (314) 771-3100 by March 31, 2023.



## AN EASY WAY TO DONATE

There is now a new and simple way to make donations securely online by using your cell phone. Open the camera function on your phone and place the screen over the QR Code below. A window banner will appear at the top from [eservicepayments.com](http://eservicepayments.com) and then follow the prompts to donate to the Oratory's general fund or restoration fund. You will also have the option to donate to the U.S. Provincial Headquarters in Chicago to support the work and mission in the USA.

If you have any questions please contact the rectory office.



Thank you very much for your charitable generosity.

## PROVINCIAL APPEAL 2023

Do you *value* what the Institute of Christ the King is doing in the Church today?

**This Lent**, consider making a sacrifice of **\$80, just two dollars a day during these 40 days** to help the Institute continue its work for the salvation of souls.

On **Sunday, February 26**, there will be a special second collection for this appeal **to help the Institute grow in the USA.**

This Lent, you can make a difference in the Church today by donating to the people and the places that work to restore Catholic life and culture in America.

**Thank you for your generous support!** May Christ our King reward you eternally.



## PLANNED GIVING

Please remember St. Francis de Sales Oratory in your Will or Living Trust. An appropriate Will or Trust provision would be:

**"I give \_\_\_\_\_ to The Friends of St. Francis de Sales Oratory, Inc., St. Louis, Missouri, for the Oratory's unrestricted use."**

## INSURANCE ASSESSMENT

The Oratory's biggest annual financial obligation continues to be that of our property and liability insurance assessed by the Archdiocese of Saint Louis.

Our **2022-2023** insurance assessment is **\$103,356.00**. We are relying on your continuous prayers and generous donations which you exercise by using your insurance envelope.

**Please help us off set this cost by donating today. Thank you very much!**

## STEWARDSHIP

JULY 2022 - JUNE 2023

**WEEKLY COLLECTION GOAL: \$10,500.00**

**ORATORY FAMILIES: 427**

**FEBRUARY 12**

LOOSE:	\$2,447.00
ENVELOPES:	\$6,890.18
ONLINE DONATIONS	\$1,636.96
<b>TOTAL:</b>	<b>\$10,974.14</b>

YTD STEWARDSHIP GOAL:	\$336,000.00
YTD STEWARDSHIP:	\$545,550.54
YTD SURPLUS/DEFICIT:	<b>\$209,550.54</b>

ARCHDIOCESAN  
INSURANCE ASSESSMENT  
2022-2023

**\$103,356.00**

**\$8,613.00 A MONTH    \$2,153.25 PER WEEKEND**



## LET THE GREAT FAST BEGIN

During Lent we are called to fast, stripping ourselves of things that bind us to the earth and impede our better contemplation of spiritual things. Traditionally, the faithful practice fasting from certain foods during all of Lent, but there are other ways of fasting that can truly be penitential in 2023 society...penances permitting a clearing of our head that can enhance our focus on spiritual things.

Therefore, this year for those who are interested, the Rector proposes that as your Lenten penance, members of the faithful refrain from all internet usage except for 30 minutes each day during all of Lent. This includes all social media platforms, internet news/sports sites, blogs, streaming sites, gaming, video sites, texting and email. This suggestion is indeed challenging, but we must not forget that in the past our forefathers would have fasted from meat for the entirety of Lent. Thus, greatly cutting our internet usage for 40 days is in that same spirit.

Those interested in making an effort to complete this penance will enter their names into a register after the Masses at the Oratory from Feb. 19th to Feb. 21st. This name entry into our register constitutes formal participation in this particular penance. Each person entered is responsible for watching over his own adherence to the 30 minute rule. Should a participant fail in this effort on any given day, he should confess it as an imperfection to his confessor at his next confession in order to keep himself honest. Should a participant sense at any given point that this penance has become too burdensome, any priest may relieve him of his participation immediately.



As multiple contemporary sources can attest, our attachment to social media and internet applications is having numerous effects on society, the extent of which have yet to be determined. Though, they are pointing to a drastic increase in fewer truly human interactions, leading to all sorts of psychological difficulties, sadness, depression and anger. With this penance for Lent 2023, done for the honor and glory of God, may you rediscover the pleasure of reading hard print literature, calling your friends on the phone, visiting your family, handiworks, etc. Perhaps with the technological distractions out of the way you can better adhere to your resolutions of prayer, almsgiving and other works of charity proposed to us during the season of Lent.

This will be a considerable undertaking for those who decide to participate, so pray about it and do not enter into it rashly. It would be wise to discuss your participation with your confessor before committing. (N.B. The rector does not recommend this penance to people working remotely from home or people whose occupation has them on the internet most of the day.) There is no shame if you feel this beyond your grasp. However, just as it is easier to exercise regularly when we are in a group of committed individuals, it is the Rector's hope that a common group of penitents striving towards the same goal may help one another by their own example and prayers this Lent. The Easter Vigil Mass of 2023 will be celebrated expressly for the participants and their specific intentions.

**SIGN-UP FOR PARTICIPATION WILL TAKE PLACE AFTER ALL MASSES UNTIL  
ASH WEDNESDAY AT THE DESIGNATED TABLE IN THE CHURCH HALL.**



## THE TRADITIONAL FAST

The Great Fast begins this week. Quadragesima means 40, as there are forty days from Quadragesima Sunday until Good Friday, the first day to the Triduum. During these forty days we enter into the desert with Christ. Here is the 40 Day fast practiced in the Roman Rite and as described by St. Thomas Aquinas:

1. Ash Wednesday and Good Friday were “black fasts.” These consisted of taking only one meal per day of bread, water, and herbs, after sunset.
2. Other days of Quadragesima : no food until 3pm, the hour of Our Lord’s death. Water was allowed, and as was the case for the time due to sanitary concerns, watered-down beer and wine. After the advent of tea and coffee, these beverages were permitted.
3. No animal meats or fats.
4. No eggs.
5. No dairy products (lactinia) – that is, eggs, milk, cheese, cream, butter, etc.
6. Sundays are days of less liturgical discipline, but the fasting rules above remained.

**The bare minimum that all Catholics are legally bound to follow is: Abstain from meat on Ash Wednesday and all Fridays of Quadragesima. Fast on Ash Wednesday and Good Friday, one meal and two small snacks. Pregnant mothers, elderly, children, and the sick are dispensed from fasting and abstaining.**

Other things you should think about fasting from: all sweets, non-essential social media and internet use. Look across at the chart for more ideas.

### ORATORY CLEANING

**Sunday, February 19: St. Cecilia**  
**February 26: St. Martha**  
**March 5: St. Veronica**

## OTHER THINGS TO POSSIBLY FAST FROM



Abstain from unnecessary computer use



Abstain from video games



Abstain from TV and televised sports



Listen only to music that lifts the soul to God



Abstain from non-essential purchases



Check in with your Anchor



Take short, cold showers



Abstain from eating between meals



Abstain from soda and sweet drinks



Abstain from desserts and sweets



Abstain from alcohol



Abstain from unnecessary mobile device use



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**MISSOURI**



**RIGHT TO LIFE**

**KEEP MISSOURI PRO-LIFE!**

**Wednesday, March 8th**

Action Day is Wednesday, March 8, at the State Capitol in Jefferson City. Meet your legislators and join the noon rally with former Congresswoman Vicki Hartzler. Registration begins at 10:00 AM. Buses are available from several locations in the St. Louis area. Wear red for life. Sign up on line at [www.easternregionmrl.org/actionday](http://www.easternregionmrl.org/actionday) or call Missouri Right to Life at 314-434-4900.

Lenten Spiritual Reflections


*2023 TOPIC:*  
*THE BEATITUDES*

Every Saturday during Lent at the  
8:00am Mass.

SAINT FRANCIS DE SALES ORATORY

**COFFEE & DONUT HOUR**

Sunday, February 19: Michael Hayworth  
February 26: Chris Lowe  
March 5: Patrick Daub



**STATIONS OF THE CROSS AND  
Low MASS  
Every Friday  
During Lent**

**6:30PM MASS THEN STATIONS  
(STATIONS AT 5:30PM ON MARCH 3RD)**

SAINT FRANCIS DE SALES ORATORY




**Asian Cuisine Lunch and Dinner**

Soulard Farmer's Market  
730 Carroll Street  
Sat. 7am - 5pm / Wed. thru Fri. 10am - 4pm

Booths # 85 and 86

GREETINGS AND GOOD WISHES  
OF THE  
**St. Francis de Sales Benevolent Society**  
ST. FRANCIS DE SALES CHURCH  
Gravois Ave. and Ohio Ave.



ORGANIZED APRIL 19, 1874  
By 35 Members

**BENEVOLENT SOCIETY**

The Benevolent Society is a Catholic Men's organization that was founded in the early years of St. Francis de Sales church for the financial help of its members in time of need. For more information on this charitable and friendly group, please contact:

Mr. Wally Feld at [wfeld@charter.net](mailto:wfeld@charter.net)

**SUNDAY ROSARY LEADERS**

Sunday, February 19: Clary Redd  
February 26: Patrick Daub  
March 5: Chuck Brandwein

# TO ALL OUR GUESTS...

Canon Coggeshall and the faithful of St. Francis de Sales Oratory welcome you, and hope that your time in the “Cathedral of South St. Louis” may be an opportunity to share in the tradition of the Roman Catholic Faith.

Please enjoy the beauty of this building dedicated to St. Francis de Sales, co-patron of the  
INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST.

According to liturgical tradition, and the Extraordinary Form of the Roman Rite, Holy Communion is received kneeling and on the tongue. All visitors who are not of the Catholic faith are welcome to join us in prayer, but are requested not to receive Holy Communion. Because the reception of Holy Communion is the sign of Divine and Ecclesial unity, only practicing Catholics who are free of mortal sin, and in full communion with the Catholic Church should present themselves for Holy Communion.

We pray for the full visible unity among all Christians.

To receive more information about the Oratory or if you desire to become a member of the Catholic Church, contact the rectory. St. Francis de Sales Oratory is an Oratory of the INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST in the Archdiocese of St. Louis.

All contributions to the Oratory are sincerely appreciated and are tax deductible.

## ST. FRANCIS DE SALES ORATORY INFORMATION:

### INFANT BAPTISM:

Parents requesting Baptism must be active registered members of the Oratory.

### 1ST HOLY COMMUNION AND CONFIRMATION:

For instructions please contact the Rectory.

### HOLY MATRIMONY:

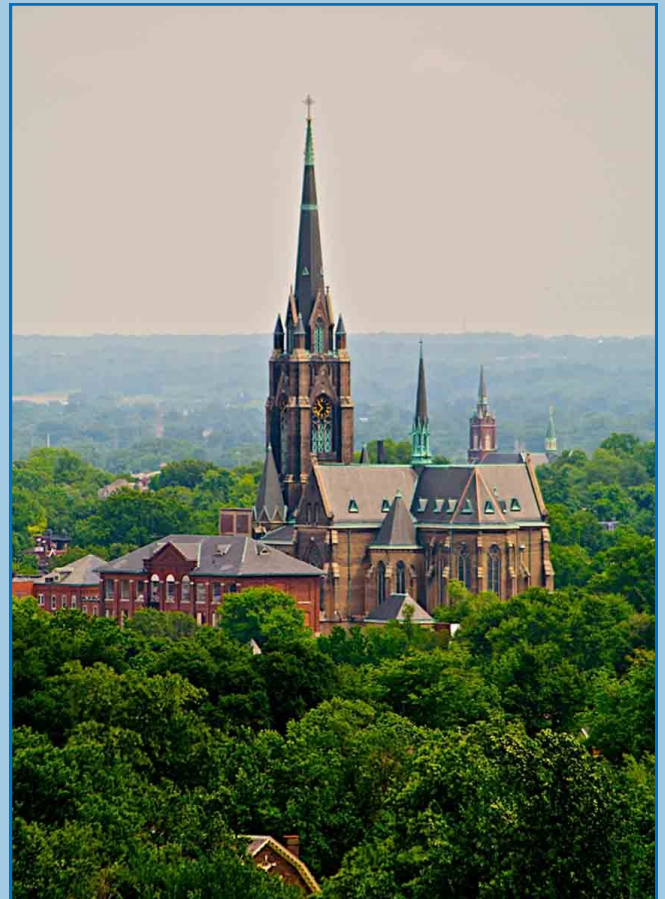
Couples planning to marry at the Oratory must call the rectory for the proper instructions.

### ANOINTING OF THE SICK:

Members facing surgery, serious illness, or even death may call (314) 771-3100.

### TOURS:

Stained Glass Window Tours are given on the first Sunday of the month after the 10:30am Mass.



## ORATORY RECTORY:

2653 Ohio Avenue  
Saint Louis, Missouri 63118  
Telephone: (314) 771-3100 • FAX: (314) 771-3295  
[www.institute-christ-king.org](http://www.institute-christ-king.org)  
Email: [sfds@institute-christ-king.org](mailto:sfds@institute-christ-king.org)