



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

St. Gianna Oratory at 338 W. University Blvd., Tucson

1st Sunday of Lent - February 26 A.D. 2023

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY



**TODAY February 26:**  
*"Many Apostolates, One Mission"*  
Special Second Collection

Envelopes available in your box or in back of church.

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



Donate online with the QR code here.

**From Canon Matthew Talarico, Provincial Superior:**

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.



**TODAY  
AFTER THE  
HIGH MASS**

**20-minute**  
*Lessons in Liturgy*

Please join Canon Fehrenbacher in the church for this educational series of talks!

The **Pueri Cantores Children's Choir** will convene **TODAY** after High Mass for a 30-min lesson.

**First Thurs, Mar 2 -**

- 5:00pm: Eucharistic Adoration with Prayers for Priests, Religious, & More Vocations
- Confessions 5:05-5:40pm*
- 6:00pm: Low Mass**

**First Friday, Mar 3 - Ember Friday**

- 11:00am: Way of the Cross
- 12:00pm: Low Mass of Ember Friday**
- 12:45-5:45pm: Eucharistic Adoration
- Confessions after 12:00 Noon Mass & 5:00-5:40pm*
- 5:45pm: Benediction
- 6:00pm: Low Mass of Ember Friday**
- 6:40pm: Way of the Cross

**First Saturday, Mar 4 - Ember Saturday**

- 7:15am : Confessions
- 8:00am : Low Mass of Ember Saturday**
- 9:00am : Potluck Breakfast - *Bring a dish to share!*
- 9:30am : Spiritual Conference by *Cn Fehrenbacher*
- 10:00am : Exposition of the Most Blessed Sacrament, Holy Rosary, & 15-min Meditation  
*(Continued Confessions at this time)*
- 10:30am : Eucharistic Benediction
- 11:00am : Spiritual Direction available

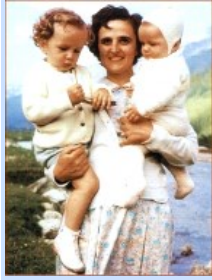
**First Sunday, Mar 5 -**

- Regular Mass schedule**
- 6:00pm : Vespers of 2nd Sunday of Lent



*Lenten Friday's Schedule*

- Holy Mass: 12 Noon & 6:00pm
- Way of the Cross: 11:00am & aft. 6pm Mass
- Adoration: After Noon Mass until 5:45pm



## Saint Gianna Oratory

*Extraordinary Form of the Roman Rite,  
"Traditional Latin Mass"*

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(NB: St. Gianna Oratory office is not located at the church)

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### Oratory Staff

Canon Jonathon Fehrenbacher, *Rector*

Canon Bryan Silvey, *Vicar*

Mrs. Teri Gauger, *Oratory Secretary*

Mr. Matthew Lancaster, *Music Director*

**Website & Online Bulletin:** saintgianna.net

**"Join our Flocknote"** from our website to receive email updates on other important information.

### **FOR DONATIONS:**

- 1) Please write check to **Institute of Christ the King** and mail or drop into the collection.
- 2) or donate securely using the DONATE button on our website

<p>Sun. 2/26 8:30am Low Mass 10:30am High Mass 5:00pm Low Mass</p>	<p><b>1<sup>ST</sup> SUNDAY OF LENT / 1<sup>st</sup> cl. / Violet</b> <b>Mass (Invocabit me):</b> <i>Comm. pro Papa, Credo, Preface of Lent</i></p>	<p>CS †David R. King <i>by George &amp; Elaine Kadlec</i> <b>CF Pro populo</b> CF Intentions of Prior General <i>by Canon Fehrenbacher</i></p>
<p>Mon. 2/27 5:30pm Low Mass</p>	<p><b>Feria of Lent / 3rd class / Violet</b> <b>Mass (Sicut oculi) :</b> <i>Comm. of St. Gabriel &amp; pro Papa, Preface of Lent</i></p>	<p>CF Amelia Dodd <i>by Joe &amp; Colleen Wypych</i> CF †John Pescosolido Sr. <i>by Paul McCarthy</i></p>
<p>Tue. 2/28 8:00am Low Mass</p>	<p><b>Feria of Lent / 3rd class / Violet</b> <b>Mass (Domine) :</b> <i>Comm. pro Papa, Preface of Lent</i></p>	<p>CF Families in Need <i>by Lourdes Orozco</i> CS Donna Thornes <i>by Nancy Thornes</i></p>
<p>Wed. 3/1 8:00am Low Mass <i>Traditional Fasting &amp; Abstinence</i></p>	<p><b>EMBER WEDNESDAY OF LENT / 2<sup>nd</sup> cl. / Violet</b> <b>Mass (Reminiscere) :</b> <i>Comm. pro Papa, Preface of Lent</i></p>	<p>CF †Loretta Bowman <i>by Connie McIntyre</i> CS Steve &amp; Teri Gauger <i>by Taleck/Kruszewski Fam.</i></p>
<p>1<sup>st</sup> Thur. 3/2 5:00pm Adoration 6:00pm Low Mass</p>	<p><b>Votive Mass of Jesus Christ Sovereign Priest / 3rd class / White</b> <b>Mass (Juravit) :</b> <i>Gloria, Comm. of Feria &amp; pro Papa, Preface of the Holy Cross, Last Gospel of Feria</i></p>	<p>CF †Sandra Frye <i>by Dr. Martha Goodrich</i> CS Family of †Matthias Garcia <i>by the Copeland Family</i></p>
<p>1<sup>st</sup> Fri. 3/3 12:00pm Low Mass Adoration 6:00pm Low Mass <i>Traditional Fasting. Abstinence.</i></p>	<p><b>EMBER FRIDAY OF LENT / 2<sup>nd</sup> cl. / Violet</b> <b>Mass (De necessitatibus) :</b> <i>Comm. pro Papa, Preface of Lent</i></p>	<p>CF Darren Mullen Family <i>by Bobbie Mullen</i> CS †Thomas Maas <i>by Dean &amp; Arden Maas</i></p>
<p>1<sup>st</sup> Sat. 3/4 8:00am Low Mass Morning Retreat <i>Traditional Fasting &amp; Abstinence</i></p>	<p><b>EMBER SATURDAY OF LENT / 2<sup>nd</sup> cl. / Violet</b> <b>Mass (Intret) :</b> <i>Comm. of St. Casimir &amp; pro Papa, Preface of Lent</i></p>	<p>CF †Holy Souls <i>by Lauren Webb</i> CS †Pope Emeritus Benedict XVI <i>by Russell &amp; Irene Hanam</i></p>
<p>1<sup>st</sup> Sun. 3/5 8:30am Low Mass 10:30am High Mass 5:00pm Low Mass 6:00pm Vespers</p>	<p><b>2<sup>ND</sup> SUNDAY OF LENT / 1<sup>st</sup> cl. / Violet</b> <b>Mass (Reminiscere):</b> <i>Comm. pro Papa, Credo, Preface of Lent</i></p>	<p>CS Anita R. Bates <i>by Nancy Evers</i> <b>CF Pro populo</b> CF †Walter Avis <i>by Frank &amp; Lisa De La Ossa</i></p>

### **CONFESSIONS TIMES THIS WEEK**

<b>Sun, 2/26</b>	8:00-8:30am	<b>Fri, 3/3</b>	<i>Aft. Noon Mass</i>
	9:30-10:30am		5:00-5:40pm
	4:30-4:50pm	<b>Sat, 3/4</b>	7:15-7:50am
<b>Mon, 2/27</b>	5:00-5:20pm		10:00-10:30am
<b>Tues, 2/28</b>	7:30-7:50am		3:15-3:50pm
<b>Wed, 3/1</b>	7:30-7:50am	<b>Sun, 3/5</b>	8:00-8:30am
<b>Thurs, 3/2</b>	5:05-5:40pm		9:30-10:30am
			4:30-4:50pm

### **Please Remember in Your Prayers:**

**Deceased:** Matthias Garcia, Sheila Beaumont, Walter Avis, Ricky Schenck, Joan Francis, Stephen Gallop; Arturo Piña; Dean Maas; Maureen LoManto; Rosemary Shillue; Mitchell Awana; John & Agnes Pfeiffer

**Healing:** Matt Ribarich; Ignatius Everitt; Laura Kruszewski; Deana Lewis; Howard Baumann; Ted Davis; Joseph Wypych, Jr.; Marlene Luhr O'Connor; Greg & Sadie Schuller; Thaddeus Stypa; Steve Shikles; Deborah Schultz; Andy Stropko

## Upcoming Events

- Feb 26 Lesson in Liturgy following 10:30am Mass  
Mar 7 Feast of St. Thomas Aquinas - HM @ 6pm  
Mar 11 CCD Classes (Children & Adults) 9:15-11am  
Mar 18 CCD Classes (Children & Adults) 9:15-11am

### From the Rector's Desk:

Dear Faithful,

Welcome to the beautiful season of Lent! I want to briefly share with you some tips from the wisdom of our spiritual master St. Francis de Sales on how to have a great Lent with spiritual fruit that lasts beyond 40 days.

1) **Begin with a thorough examination on your predominant fault** that comes from one or more of the seven deadly sins. Then do virtuous acts everyday to counter the vice - make a daily examination on this point.

2) **Frequent prayer and frequent reception of the Sacraments.** This is the heart of Lent!

3) **Spiritual almsgiving** (forgiving of injuries) and **material almsgiving** from the generosity of charity.

4) **Fasting and mortification** - private, humble, discreet. Neither doing them to excess hurting ourselves nor being satisfied with the bare minimum. Traditionally every day of Lent was a day of fasting and abstinence (not just Ash Wednesday and Good Friday). This week we have the three Ember Days that we should at a minimum observe as days of fasting and abstinence.

5) **Good works** - In striving for the "devout life", if we want to grow in charity, we have to make acts of charity, e.g., Spiritual and Corporal Works of Mercy. Before all else, strive to be more faithful in your execution of your daily duties and obligations!

6) **Keeping a spirit of joy, patience and perseverance.** Keep your eyes on "Christ Crucified", our hope, our refuge, and our eternal reward!

Have a blessed Lent and be assured of my priestly prayers for you all!

- Canon Jonathon Fehrenbacher



#### Thought from St. Francis de Sales:

He who goes to Holy Communion according to the spirit of the Divine Spouse annihilates himself and says to the Lord, "Annihilate me, O Lord, and convert me into Yourself!" There is nothing in this world over which we have more control than food which we consume for our conservation. Well, Jesus Christ attained this excess of love: He made Himself our food! But what do we have to do to make full use of what He has done? Let Him possess us, let Him masticate us, let Him eat us and dispose us to do exactly what He wants.

(Letters 1529; O. XVIII, p. 400)



### From *The Liturgical Year*, *1st Sunday of Lent*

by Dom Gueranger, O.S.B.

But, let us observe how it is, that our Divine Model, our Redeemer, overcomes the tempter. Does he hearken to his words? Does he allow the temptation time? and give it strength by delay? We did so, when we were tempted, and we fell. But our Lord immediately meets each temptation with the shield of God's word. He says: It is written: Not on bread alone doth man live. – It is written: Thou shalt not tempt the Lord thy God. – It is written: The Lord thy God shalt thou adore, and Him only shalt thou serve. – This, then, must be our practice for the time to come.

Eve brought perdition on herself, and on the whole human race, because she listened to the serpent. He that dallies with temptation, is sure to fall. We are now in a Season of extraordinary grace; our hearts are on the watch, dangerous occasions are removed, everything that savours of worldliness is laid aside; our souls, purified by prayer, fasting, and almsdeeds, are to rise with Christ, to a new life; but, shall we persevere? All depends upon how we behave under temptation. Here, at the very opening of Lent, the Church gives us this passage of the Holy Gospel, that we may have, not only precept, but example. If we be attentive and faithful, the lesson she gives us will produce its fruit; and when we come to the Easter Solemnity, we shall have those sure pledges of perseverance: vigilance, self-diffidence, prayer, and the never-failing help of Divine Grace.

### St. Gianna Pro-Life Group

The efforts of the pro-life movement are needed NOW more than ever. Interest has been expressed to gather as a community in prayer, fasting, and ACTION to advance the Cause of Life.

**Pray the ROSARY at Planned Parenthood**  
**EVERY Wednesday and Friday 9:00 - 10:00am**  
(Part of the 40 Days for Life Spring Campaign)  
**Address: 2255 N. Wyatt Dr.**  
**NO NEED TO SIGN UP.....JUST SHOW UP**

#### St. Gianna Pro-life Monthly Meeting

First meeting:

**Saturday, March 4 - 11:00am - Noon**  
in the church basement hall.

**St. Gianna, pray for us and intercede for the unborn!**



## **FIRST SUNDAY IN LENT**

**INTROIT:** Ps. 90: 15, 16, 1 He shall cry to me, and I will hear him: I will deliver him, and I will glorify him: I will fill him with length of days. (Ps) He that dwelleth in the aid of the Most High, shall abide under the protection of the God of Heaven. Glory be. He shall cry to me...

**COLLECT** O God, Who dost purify Thy Church by the yearly observance of Lent: grant to Thy household, that what we strive to obtain from Thee by abstinence, we may achieve by good works. Through Our Lord.

**EPISTLE:** II Cor. 6: 1-10 *Lesson from the Epistle of Blessed Paul the Apostle to the Corinthians* Brethren: We exhort you that you receive not the grace of God in vain. For He saith: In an accepted time have I heard thee, and in the day of salvation have I helped thee. Behold, now is the acceptable time, behold now is the day of salvation. Giving no offense to any man, that our ministry be not blamed: but in all things let us exhibit ourselves as the ministers of God, in much patience, in tribulation, in necessities, in distresses, in stripes, in prisons, in seditions, in labors, in watchings, in fastings, in chastity, in knowledge, in long-suffering, in sweetness, in the Holy Ghost, in charity unfeigned, in the word of truth, in the power of God: by the armor of justice on the right hand and on the left: by honor and dishonor, by evil report and good report: as deceivers and yet true, as unknown and yet known: as dying, and behold we live: as chastised and not killed: as sorrowful, yet always rejoicing: as needy, yet enriching many: as having nothing and possessing all things.

**GRADUAL:** Ps. 90: 11, 12 God has given His Angels charge over thee, to keep thee in all thy ways. In their hands they shall bear thee up, lest thou dash thy foot against a stone.

**TRACT:** Ps. 90 : 1-7, 11-16 He that dwelleth in the aid of the Most High, shall abide under the protection of the God of heaven. He shall say to the Lord: Thou art my protector and my refuge: my God, in Him will I trust. For He hath delivered me from the snare of the hunters, and from the sharp word. He will overshadow thee with His shoulders, and under His wings thou shalt trust. His truth shall compass thee with a shield: thou shalt not be

afraid of the terror of the night. Of the arrow that flieth in the day, of the business that walketh about in the dark, of invasion or of the noonday devil. A thousand shall fall at thy side, and ten thousand at thy right hand: but it shall not come nigh thee. For He hath given His Angels charge over thee, to keep thee in all thy ways. In their hands they shall bear thee up, lest thou dash thy foot against a stone. Thou shalt walk upon the asp and the basilisk, and thou shalt trample under foot the lion and the dragon. Because he hoped in Me, I will deliver him: I will protect him, because he hath known My name. He shall cry to Me, and I will hear him: I am with him in tribulation. I will deliver him, and I will glorify him: I will fill him with length of days, and I will show him My salvation.

**GOSPEL:** Mt. 4: 1-11 + *Continuation of the holy Gospel according to St. Matthew* At that time Jesus was led by the Spirit into the desert, to be tempted by the devil. And when He had fasted forty days and forty nights, afterwards He was hungry. And the tempter coming said to Him: If Thou be the Son of God, command that these stones be made bread. Who answered and said: It is written: Not in bread alone doth man live, but in every word that proceedeth from the mouth of God. Then the devil took Him up into the holy city and set Him upon the pinnacle of the temple, and said to Him: If Thou be the Son of God, cast Thyself down. For it is written: That He hath given His Angels charge over Thee, and in their hands shall they bear Thee up, lest perhaps Thou dash Thy foot against a stone. Jesus said to him: It is written again, Thou shalt not tempt the Lord thy God. Again the devil took Him up into a very high mountain and showed Him all the kingdoms of the world and the glory of them, and said to Him: All these will I give Thee, if falling down Thou wilt adore me. Then Jesus saith to him: Begone, Satan! for it is written: The Lord Thy God shalt thou adore, and Him only shalt thou serve. Then the devil left Him. And behold Angels came, and ministered to Him.

**OFFERTORY:** Ps. 90: 4, 5 The Lord will overshadow thee with His shoulders, and under His wings thou shalt trust: His truth shall compass thee with a shield.

**SECRET:** We solemnly offer to Thee, O Lord, the Sacrifice of the beginning of Lent, beseeching Thee: that, while we curtail our eating of meat, we may abstain also from harmful pleasures. Through Our Lord.

**COMMUNION:** Ps. 90: 4, 5 The Lord will overshadow thee with His shoulders, and under His wings thou shalt trust: His truth shall compass thee with a shield.

**POSTCOMMUNION:** May the holy reception of Thy Sacrament, O Lord, so restore us that we may be purified from our former ways and join the company of the redeemed.



## Fasting and Abstinence: RULES AND PRACTICE

*Fasting is an aid to prayer, as the pangs of hunger remind us of our hunger for God.*

**Fasting:** Catholics between the ages of 18 and 59 are obliged to **FAST** on Ash Wednesday and Good Friday. Fasting has been defined as the partaking of only one full meal and of two smaller meals which if added together would not exceed the main meal in quantity. It is gravely forbidden to eat anything between these three meals! No snacks are allowed.

**Abstinence:** In addition, all Catholics 14 years and older are obliged by Canon Law to **ABSTAIN** from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. On these days in Lent it is **NOT** allowed to substitute the obligation to abstain from meat by a different sacrifice. The sacrifice of abstaining from meat on the above mentioned days reminds us of the bloody sacrifice of Christ on the cross.

[From USCCB website: Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs, all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, and shellfish are permitted.]

**Children:** Children, however, can and even should be invited to voluntarily abstain from meat on those days as an expression of self denial & as an act of penance. Before the new regulations concerning fasting & abstinence were promulgated by Pope Paul VI (Apostolic Constitution *Poenitemini* Feb.17, 1966), the age, from which Catholics were obliged to abstain from meat on those mentioned days in Lent, was the age of reason, namely the age of 7.

**Encouragements:** Aside from these minimum penitential requirements, Catholics are encouraged to impose some personal penance on themselves at other times, like prayers, time in adoration before the Blessed Sacrament, almsgiving, fasting, spiritual or corporal works of mercy, etc. Before all else we are obliged to perform the duties of our state in life. **When considering further mortifications, it is prudent to discuss the matter with one's confessor or spiritual director.** Any deprivation that would seriously hinder us in carrying out our work, as students, employees, or parents would be contrary to the will of God and thus should not be undertaken. Mortifications, being corporal or spiritual, need to be accomplished with prudence and serve our purification of weaknesses, imperfections, attachment to sin, vices and thus our growth in all four cardinal virtues of prudence, justice, fortitude and temperance as well as in the three theological virtues of faith, hope and charity.

**The USCCB in its letter of Nov. 18, 1966,** "strongly recommends" to us the practice of penance on all weekdays of Lent (Sundays of Lent and Solemnities/Feasts of First Class like the Feast of St. Joseph or the Feast of the Annunciation, even if they fall on a Friday in Lent, are exempt from Fasting and Abstinence). Let us do with the grace of God what is possible for us and our spiritual life will be rejuvenated.

**Exceptions for Fasting and Abstinence:** Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing mothers according to need for meat or nourishment, are excused from the law of fast and abstinence. The same holds true for the poor who have nothing else to eat that day.

**Fasting Prayer:** *Grant, we beseech Thee, almighty God, that Thy servants who discipline the body by fasting from food, may strive after righteousness by abstaining from sin. Through Christ our Lord. Amen.*