



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

2nd Sunday of Lent - March 5 A.D. 2023

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

*Thank you for your generous support of the  
Many Apostolates, One Mission  
Second Collection  
for the US Province of the  
Institute of Christ the King last week.*

*May Christ our King reward you eternally!*

**This evening at 6:00pm, please join us for  
SUNG VESPERS OF SUNDAY**

**Feast of  
St. Thomas Aquinas**  
Patronal Feast of the  
Institute of  
Christ the King\*



**Tuesday, March 7th  
5:30-5:50pm Confessions  
6:00pm High Mass**

**\*with possibility to gain a plenary  
indulgence by assisting at Holy Mass under  
the usual conditions.**

**ST. JOSEPH'S TABLE  
POTLUCK SOCIAL**

**Sunday, March 19  
Noon in the Hall**

**Please bring a  
savory to share!**

*(Dessert provided by Oratory)*

A variety of breads and baked goods will be  
for sale to benefit our

St. Martin de Porres Meal Program.

*Donations of breads, cakes, cookies, etc. gratefully  
accepted before or after both Masses on March 19.*



## **Josephine Silent Lenten Retreat for Men & Boys**

*March 20, 2023*



Saint Gianna Oratory is pleased to offer  
a unique opportunity for you to have a  
short one-day retreat this Lent to recollect yourselves  
through prayer, Adoration, Divine Office with the  
Canons, as well as 2 Spiritual Conferences (separate for  
men and boys) on our dear Universal Patron, St. Joseph.  
*Due to the serious nature of a silent retreat, participants  
must be present for the whole day's activities beginning  
at 8am.*

*Further details will be available by Flocknote.*

**RSVP required for attendance.**

**Prices to offset costs of retreat (including 2 meals):**

Men (18+): **\$30**      Boys (12-17): **\$25**

*Please place RSVP attached to your payment in  
Sunday Collection. **Deadline is Sun. Mar 12.***

## **Marian Silent Lenten Retreat for Ladies & Girls**

*March 25, 2023*



Saint Gianna Oratory is pleased to offer  
a unique opportunity for you to have a  
short one-day retreat this Lent to recollect yourselves  
through prayer, Adoration, Divine Office with the  
Canons, as well as 2 Spiritual Conferences (separate for  
ladies and girls) on our Blessed Mother Mary.  
*Due to the serious nature of a silent retreat, participants  
must be present for the whole day's activities beginning  
at 7am.*

*Further details will be available by Flocknote.*

**RSVP required for attendance.**

**Prices to offset costs of retreat (including 2 meals):**

Ladies (18+): **\$30**      Girls (12-17): **\$25**

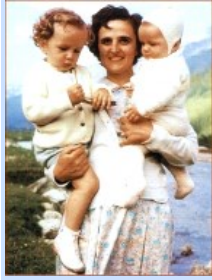
*Please place RSVP attached to your payment in  
Sunday Collection. **Deadline is Sun. Mar 19.***

## **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”**

**Mailing Address:** Saint Gianna Oratory  
P.O. Box 87350, Tucson, AZ 85754

**Telephone:** (520) 883-4360

**Office Hours:** Wed & Fri 10am– 4pm

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

**Email:** stgianna.tucson@institute-christ-king.org

### 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

**1<sup>st</sup> Sun. 3/5**

8:30am Low Mass  
10:30am High Mass  
5:00pm Low Mass  
6:00pm Vespers

**2<sup>ND</sup> SUNDAY OF LENT / 1<sup>st</sup> cl. / Violet**

**Mass (Reminiscere):** Comm. pro Papa, Credo, Preface of Lent

CS Anita R. Bates  
by Nancy Evers

CF **Pro populo**

CF †Walter Avis  
by Frank & Lisa De La Ossa

**Mon. 3/6**

5:30pm Low Mass

**Feria of Lent / 3rd class / Violet**

**Mass (Redime me) :** Comm. of Ss. Perpetua & Felicity and pro Papa, Preface of Lent

CF †Dean Maas

by Fred & Kathy Bledsoe

CS †Holy Souls in Purgatory  
by Augustine Phan

**Tue. 3/7**

6:00pm High Mass

**ST. THOMAS AQUINAS / 1<sup>st</sup> cl. / White**

**Mass (In medio) :** Gloria, Comm. of Feria, Credo Preface of Lent, Last Gospel of Feria

CF Jack Gauger

by the Gauger Family

CS Hemphill Family  
by Taleck/Kruszewski Fam.

**Wed. 3/8**

8:00am Low Mass

**Feria of Lent / 3rd class / Violet**

**Mass (Ne derelinquas) :** Comm. of St. John & pro Papa, Preface of Lent  
Wednesday Devotions to St. Joseph

CF Special Intention

by Bobbie Mullen

CS Brenna McIntyre  
by Connie McIntyre

**Thur. 3/9**

5:00pm Adoration  
6:00pm Low Mass

**Feria of Lent / 3rd class / Violet**

**Mass (Deus) :** Comm. of St. Frances & pro Papa, Preface of Lent

CF Susan Thornes

by Nancy Thornes

CS Justin Gravett  
by Linda Duplissey

**Fri. 3/10**

12:00pm Low Mass  
Adoration  
6:00pm Low Mass  
*Abstinence*

**Feria of Lent / 3rd class / Violet**

**Mass (Ego autem) :** Comm. of the Forty Holy Martyrs & pro Papa, Preface of Lent / Litany of the Sacred Heart

CF Intentions of Cn. Talarico

by Faithful of the Shrine

CS †Francis X. Hanam  
by Russell & Irene Hanam

**Sat. 3/11**

8:00am Low Mass

**Feria of Lent / 3rd class / Violet**

**Mass (Lex Domini) :** Comm. pro Papa, Preface of Lent  
Devotion to Our Lady of Sorrows

CF Amelia Dodd

by Joe & Colleen Wypych

CS †Holy Souls  
by Lauren Webb

**Sun. 3/12**

8:30am Low Mass  
10:30am High Mass  
5:00pm Low Mass

**3<sup>RD</sup> SUNDAY OF LENT / 1<sup>st</sup> cl. / Violet**

**Mass (Oculi):** Comm. pro Papa, Credo, Preface of Lent

CS Zachary McIntyre

by Connie McIntyre

CF **Pro populo**

CF †Holy Souls in Purgatory  
by D. & C. Villascuesa

## CONFESSIONS TIMES THIS WEEK

<b>Sun, 3/5</b>	8:00-8:30am	<b>Fri, 3/10</b>	<i>Aft. Noon Mass</i>
	9:30-10:30am		5:00-5:40pm
	4:30-4:50pm		7:30-7:50am
<b>Mon, 3/6</b>	5:00-5:20pm	<b>Sat, 3/11</b>	3:15-3:50pm
	5:30-5:50pm		8:00-8:30am
<b>Tues, 3/7</b>	7:30-7:50am	<b>Sun, 3/12</b>	9:30-10:30am
<b>Wed, 3/8</b>	5:05-5:40pm		4:30-4:50pm

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

**Deceased:** Canon Fragelli, Greg Schuller, 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; Sadie Schuller; Thaddeus Stypa; Steve Shikles; Deborah Schultz; Andy Stropko

## Upcoming Events

- 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  
Mar 19 St. Joseph Table Potluck Social at Noon  
Mar 20 Feast of St. Joseph (Transferred) - HM @ 6pm  
*Josephine Silent Lenten Retreat for Men & Boys*  
Mar 21 Feast of St. Benedict - HM @ 6pm

### *St. Francis de Sale speaks about Sunday Vespers...*

Furthermore, my child, you should endeavor to assist at the Offices, Hours, Vespers, etc., as far as you are able, especially on Sundays and Festivals, days which are dedicated to God, wherein we ought to strive to do more for His Honor and Glory than on others. You will greatly increase the fervor of your devotion by so doing, even as did Saint Augustine, who tells us in his Confessions, that in the early days of his conversion he was touched to the quick, and his heart overflowed in happy tears, when he took part in the Offices of the Church. Moreover (let me say it here once for all), there is always more profit and more consolation in the public Offices of the Church than in private acts of devotion, God having willed to give the preference to communion in prayer over all individual action.

I say the same concerning all public services and prayers, in which, as far as possible, each one of us is bound to contribute the best example we can for our neighbor's edification, and our hearty desire for God's Glory and the general good of all men.

Check donations to support

St. Gianna Oratory should be made payable to:

**INSTITUTE OF CHRIST THE KING**



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

Do not limit your patience to putting up with only some kinds of injuries or afflictions, but accept all those which God sends you or lets happen to you. There are some who want to put up with only honorable afflictions, such as being wounded at war, persecuted for the faith or the like. These people love tribulations only because of the honor that goes with them.

(INT. Part III, Ch. 3; O. III, p. 134)

### From *The Summa Theologiæ, On Christ's Transfiguration*

by St. Thomas Aquinas

Our Lord, after foretelling His Passion to His disciples, had exhorted them to follow the path of His sufferings (Mt 16:21-24). Now in order that anyone go straight along a road, he must have some knowledge of the end: thus an archer will not shoot the arrow straight unless he first see the target. Hence Thomas said: "Lord, we know not whither Thou goest; and how can we know the way?" (Jn 14:5) Above all is this necessary when hard and rough is the road, heavy the going, but delightful the end. Now by His Passion Christ achieved glory, not only of His soul, which He had from the first moment of His conception, but also of His body; according to Luke (24:26): Ought not Christ to have suffered these things, and so to enter into His glory." To which glory, He brings those who follow the footsteps of His Passion according to Acts 14:21: Through many tribulations we must enter into the kingdom of God." Therefore it was fitting that He should show His disciples the glory of His clarity (which is to be transfigured), to which He will configure those who are His; according to Phil 3:21: "(Who) will reform the body of our lowliness configured to the body of His glory." Hence Bede says on Mk 8:39: "By His loving foresight He allowed them to taste for a short time the contemplation of eternal joy so that they might bear persecution bravely."

### *St. Francis de Sales Breakfast Club*



**Monday, March 13th -**

**8am Low Mass** followed by

reading of *Introduction to the Devout Life* in the church basement, and then breakfast at a local diner (each participant pays for his/her own breakfast).

**Begin the week with the wisdom of St. Francis de Sales  
and the sweetness of honey on your breakfast bagel!**

### **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, pray for us and intercede for the unborn!**



## SECOND SUNDAY IN LENT

**INTROIT:** Ps. 24; 6, 3, 22, 1, 2 Remember, O Lord, Thy bowels of compassion, and Thy mercies that are from the beginning of the world, lest at any time our enemies rule over us: deliver us, O God of Israel, from all our tribulations. (Ps) To Thee, O Lord, have I lifted up my soul: in Thee, O my God, I put my trust; let me not be ashamed. Glory be. Remember, O Lord, Thy bowels of compassion...

**COLLECT** O God, Who seest that we are wholly destitute of strength, keep us within and without: that we may be defended in body from all adversity: and cleansed in mind from evil thoughts. Through our Lord.

**EPISTLE:** *1 Thess. 4: 1-7 Lesson from the Epistle of Blessed Paul the Apostle to the Thessalonians* Brethren: We pray and beseech you in the Lord Jesus that, as you have received from us, how you ought to walk and to please God, so also you would walk, that you may abound the more. For you know what precepts I have given to you by the Lord Jesus. For this is the will of God, your sanctification: that you should abstain from fornication, that every one of you should know how to possess his vessel in sanctification and honor; not in the passion of lust, like the Gentiles that know not God: and that no man overreach nor circumvent his brother in business: because the Lord is the avenger of all these things, as we have told you before and have testified. For God hath not called us unto uncleanness, but unto sanctification: in Christ Jesus our Lord.

**GRADUAL:** Ps. 24: 17, 18 The troubles of my heart are multiplied: deliver me from my necessities, O Lord. See my abjection and my labor, and forgive me all my sins.

**TRACT:** Ps. 105: 1-4 Give glory to the Lord, for He is good: for His mercy endureth for ever. Who shall declare the powers of the Lord: who shall set forth all His praises? Blessed are they that keep judgment and do justice at all times. Remember us, O Lord, in the favor of Thy people: visit us with Thy salvation.

**GOSPEL:** Mt. 17: 1-9 *+Continuation of the holy Gospel according to St. Matthew*

At that time Jesus took Peter and James, and John his brother, and bringeth them up into a high mountain apart: and He was transfigured before them. And his face did shine as the sun: and His garments became white as snow. And behold there appeared to them Moses and Elias talking with Him. And Peter answering, said to Jesus: Lord, it is good for us to be here: if Thou wilt, let us make here three tabernacles, one for Thee, and one for Moses, and one for Elias. And as he was yet speaking, behold a bright cloud overshadowed them. And lo, a voice out of the cloud, saying: This is My beloved Son, in Whom I am well pleased: hear ye Him. And the disciples hearing, fell upon their face and were very much afraid. And Jesus came and touched them, and said to them: Arise, and fear not. And they lifting up their eyes saw no one, but only Jesus. And as they came down from the mountain, Jesus charged them, saying: Tell the vision to no man till the Son of Man be risen from the dead.

**OFFERTORY:** Ps. 118: 47, 48 I will meditate on Thy commandments, which I have loved exceedingly: and I will lift up my hands to Thy commandments, which I have loved.

**SECRET:** Look favorably upon these present Sacrifices, we beseech Thee, O Lord, that they may profit us unto both devotion and salvation. Through Our Lord.

**COMMUNION:** Ps. 5: 2-4 Understand my cry: hearken to the voice of my prayer, O my King and my God: for to Thee will I pray, O Lord.

**POSTCOMMUNION:** We humbly beseech Thee, almighty God, that we whom Thou dost refresh by Thy sacraments may worthily serve Thee by lives well-pleasing to Thee. Through Our Lord.

## ***St. Thomas Aquinas, Confessor & Doctor***

**INTROIT:** *Eccl. 15:5* In the midst of the Church the Lord opened his mouth: and filled him with the spirit of wisdom and understanding: He clothed him with a robe of glory. *Ps.* It is good to give praise to the Lord: and to sing to Thy Name, O Most High. Glory be to the Father.

**COLLECT** O God, through Whom Thy Church is glorified by the wonderful learning of Thy blessed Confessor Thomas and profiteth still from his holy labours: grant, we pray, that we may grasp his teaching with our minds and show it, as he did, in our lives. Through our Lord.

**EPISTLE:** *Wis. 7: 7-14* I wished, and understanding was given me; and I called, and the spirit of wisdom came upon me; and I preferred her before kingdoms and thrones, and esteemed riches, nothing in comparison of her. Neither did I compare unto her any precious stone, for all gold in comparison of her is as a little sand, and silver in respect to her shall be counted as clay. I loved her above health and beauty, and chose to have her instead of light, for her light cannot be put out. Now all good things came to me together with her, and innumerable riches through her hands. And I rejoiced in them all: for this wisdom went before me, and I knew not that she was the mother of them all which I have learned without guile, and communicate without envy and her riches I hide not; for she is an infinite treasure to men: which they that use, become the friends of God, being commended for the gift of discipline.

**GRADUAL:** *Ps. 36: 30-31* The mouth of the just shall meditate wisdom, and his tongue shall speak judgment. The law of His God is in his heart: and his steps shall not be supplanted.

**TRACT:** *Ps. 111: 1-3* Blessed is the man that feareth the Lord: he shall delight exceedingly in His commandments. His seed shall be mighty upon earth: the generation of the righteous shall be blessed. Glory and wealth shall be in his house: and his justice remaineth for ever and ever.

**GOSPEL:** *Mt. 5: 13-19 † Continuation of the holy Gospel according to St. Matthew* At that time, Jesus said to His disciples: You are the salt of the earth. But if the salt lose its savour, wherewith shall it be salted? It is good for nothing any more but to be cast out, and to be trodden on by men. You are the light of the world. A city seated on a mountain cannot be hid. Neither do men

light a candle and put it under a bushel but upon a candlestick, that it may shine to all that are in the house. So let your light shine before men that they may see your good works, and glorify your Father, Who is in heaven. Do not think that I am come to destroy the law or the prophets: I am not come to destroy, but to fulfil. For amen I say unto you, till heaven and earth pass, one jot or one tittle shall not pass of the law, till all be fulfilled. He therefore that shall break one of these least commandments, and so shall teach men, shall be called the least in the kingdom of heaven: but he that shall do and teach, he shall be called great in the kingdom of heaven.

**OFFERTORY:** *Ps. 91: 13* The just shall flourish like the palm tree: he shall grow up like the cedar of Libanus.

**SECRET:** May the holy prayer of Saint Thomas, Thy Confessor and Doctor, fail us not, O Lord: may it render our offerings acceptable, and ever obtain for us Thy pardon. Through our Lord.

**COMMUNION:** *Lk. 12: 42* The faithful and wise servant, whom his lord setteth over his family: to give them their measure of wheat in due season.

**POSTCOMMUNION:** May blessed Thomas Thy Confessor and illustrious Doctor intercede for us, we beseech Thee, O Lord, that these Thy sacrifices may obtain for us salvation. Through our Lord.

### **PRAYER OF ST. THOMAS AQUINAS AFTER HOLY COMMUNION**

I give thanks to Thee, O Lord Most Holy, Father almighty, eternal God, that Thou hast vouchsafed, for no merit of mine own, but out of Thy pure mercy, to appease the hunger of my soul with the precious Body and Blood of Thy Son, Our Lord Jesus Christ. Humbly I implore Thee, let not this Holy Communion be to me an increase of guilt unto my punishment, but an availing plea unto pardon and salvation. Let it be to me the armor of faith and the shield of good will. May it root out from my heart all vice; may it utterly subdue my evil passions and all my unruly desires. May it perfect me in charity and patience; in humility and obedience; and in all other virtues. May it be my sure defense against the snares laid for me by my enemies, visible and invisible. May it restrain and quiet all my evil impulses, and make me ever cleave to Thee Who art the one true God. May I owe to it a happy ending of my life. And do Thou, O heavenly Father, vouchsafe one day to call me, a sinner, to that ineffable banquet, where Thou, together with Thy Son and the Holy Ghost, art to Thy saints true and unfailing light, fullness of content, joy forevermore, gladness without alloy, consummate and everlasting happiness. Through the same Christ our Lord. Amen.



## 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.*