



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

3rd Sunday of Lent - March 12 A.D. 2023

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

## 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.*



**Mar 10 - 18: Preparatory Novena to St. Joseph culminating in our re-consecration to St. Joseph. After each Mass, we will recite the Litany of St. Joseph and the prayer to St. Joseph by St. Francis de Sales.**

## 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 today, Sun. Mar 12.***

## Feast of St. Joseph Patron of the Universal Church

**Monday, March 20th**



**5:30-5:50pm Confessions  
6:00pm High Mass &  
Consecration to St. Joseph**

## Feast of St. Benedict Patronal Feast of the Institute of Christ the King\*



**Tues, March 21st  
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.**

## 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.*

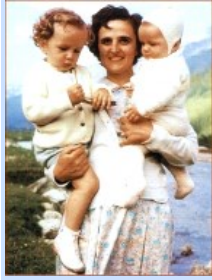
**RSVP required for attendance.**

**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.***





## 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

<b>Sun. 3/12</b> 8:30am Low Mass 10:30am High Mass 5:00pm Low Mass	<b>3<sup>RD</sup> SUNDAY OF LENT / 1<sup>st</sup> cl. / Violet</b> <b>Mass (Oculi):</b> <i>Comm. pro Papa, Credo, Preface of Lent</i> <i>Novena to St. Joseph</i>	<i>CS Zachary McIntyre</i> <i>by Connie McIntyre</i> <b>CF Pro populo</b> <i>CF †Holy Souls in Purgatory</i> <i>by D. &amp; C. Villascuesa</i> <i>CF Intentions of Prior General</i> <i>by Canon Fehrenbacher</i> <i>CS Intentions of Prior General</i> <i>by Canon Silvey</i>
<b>Mon. 3/13</b> 8:00am Low Mass 5:30pm Low Mass	<b>Feria of Lent / 3rd class / Violet</b> <b>Mass (In Deo) :</b> <i>Comm. pro Papa, Preface of Lent</i> <i>Novena to St. Joseph</i>	<i>CF Mossburg Family</i> <i>by Taleck/Kruszewski Fam.</i> <i>CS Canon Fehrenbacher</i> <i>by Saint Gianna Oratory</i>
<b>Tue. 3/14</b> 8:00am Low Mass	<b>Feria of Lent / 3rd class / Violet</b> <b>Mass (Ego clamavi) :</b> <i>Comm. pro Papa, Preface of Lent</i> <i>Novena to St. Joseph</i>	<i>CF †Antoinette Pescosolido</i> <i>by Paul McCarthy</i> <i>CS †Walter Avis</i> <i>by the Gauger Family</i>
<b>Wed. 3/15</b> 8:00am Low Mass	<b>Feria of Lent / 3rd class / Violet</b> <b>Mass (Ego autem) :</b> <i>Comm. pro Papa, Preface of Lent</i> <i>Wednesday Devotions &amp; Novena to St. Joseph</i>	<i>CF †Carla LaFontain</i> <i>by Katherine Hamel</i> <i>CS Diego &amp; Asunción Espinosa</i> <i>by Sandra Smith</i>
<b>Thur. 3/16</b> 5:00pm Adoration 6:00pm Low Mass	<b>Feria of Lent / 3rd class / Violet</b> <b>Mass (Salus populi) :</b> <i>Comm. pro Papa, Preface of Lent</i> <i>Novena to St. Joseph</i>	<i>CF †Sandra Frye</i> <i>by Dr. Martha Goodrich</i> <i>CS Canon Fehrenbacher</i> <i>by the W. Jim Yee Family</i>
<b>Fri. 3/17</b> 12:00pm Low Mass Adoration 6:00pm Low Mass <i>Abstinence</i>	<b>Feria of Lent / 3rd class / Violet</b> <b>Mass (Fac mecum) :</b> <i>Comm. of St. Patrick &amp; pro Papa, Preface of Lent</i> <i>Litany of the Sacred Heart / Novena to St. Joseph</i>	<i>CF †Holy Souls</i> <i>by Lauren Webb</i> <i>CS †Arlan Froemming</i> <i>by Dean &amp; Arden Maas</i>
<b>Sat. 3/18</b> 8:00am Low Mass	<b>Feria of Lent / 3rd class / Violet</b> <b>Mass (Verba mea) :</b> <i>Comm. of St. Cyril &amp; pro Papa, Preface of Lent</i> <i>Devotion to Our Lady of Sorrows / Novena to St. Joseph</i>	<i>CS †Gerard Mullen</i> <i>by Bobbie Mullen</i> <b>CF Pro populo</b> <i>CF Leo Davis</i> <i>by Nancy Thornes</i>
<b>Sun. 3/19</b> 8:30am Low Mass 10:30am High Mass 5:00pm Low Mass	<b>4<sup>TH</sup> SUNDAY OF LENT « LÆTARE » / 1<sup>st</sup> cl. / Rose</b> <b>Mass (Oculi):</b> <i>Comm. pro Papa, Credo, Preface of Lent</i> <i>Novena to St. Joseph</i>	

### **CONFESSIONS TIMES THIS WEEK**

<b>Sun, 3/12</b>	8:00-8:30am	<b>Fri, 3/17</b>	<i>Aft. Noon Mass</i>
	9:30-10:30am		5:00-5:40pm
	4:30-4:50pm		7:30-7:50am
<b>Mon, 3/13</b>	7:30-7:50am	<b>Sat, 3/18</b>	3:15-3:50pm
	5:00-5:20pm		8:00-8:30am
<b>Tues, 3/14</b>	7:30-7:50am	<b>Sun, 3/19</b>	9:30-10:30am
<b>Wed, 3/15</b>	7:30-7:50am		4:30-4:50pm
<b>Thurs, 3/16</b>	5:05-5:40pm		

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

## Upcoming Events

- 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  
Mar 25 Feast of the Annunciation - LM @ 8am  
*Marian Silent Lenten Retreat for Ladies & Girls*

### Adult Catechism

*The more we love someone, the more we want to get to know them.*

Join us for Adult Catechism to deepen your knowledge of the Faith and through it your Charity!

Classes cover a wide range of topics using *My Catholic Faith*.



### **Mar 18 @ 9:15am - Lessons 141-150**

**Topics include:** Holy Communion, Dispositions for Holy Communion, Graces from the Holy Eucharist, Sacrament of Penance, Examination of Conscience, Sorrow for Sin, Perfect/Imperfect Contrition & More!

### *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*

**Check donations to support**

**St. Gianna Oratory should be made payable to:**

**INSTITUTE OF CHRIST THE KING**



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

Live humbly, gently and lovingly with your divine Spouse. Do not be worried, but put behind you the memory of your small failings by confessing them. As we fail so often without realizing it, so we also rise again without realizing it. It is said that the just person falls seven times, not that he sees or feels the fall. Even if he falls seven times seven without realizing it, he also rises. Do not be too worried about this, but with frankness and humility say to your confessor what you remember, leaving everything else to the gentle mercy of God. He puts His hand under those who fall without malice, provided they do no harm and do not remain wounded. He raises and heals them so quietly that they do not even realize that they have fallen, because the divine hand has caught them. They fail to realize what has happened because God's help came so quickly that they did not even have time to notice it.

*(Letters 1382; O. XVIII, p. 136)*

From *The Liturgical Year*,

*3rd Sunday of Lent*

by Dom Gueranger, O.S.B.

**“At that time: Jesus was casting out a devil, and the same was dumb. And when he had cast out the devil, the dumb spoke, and the multitude were in admiration at it.”** *(from the Gospel, Luke Ch. XI)*

As soon as Jesus had cast out the devil, the man recovered his speech, for the possession had made him dumb. It is an image of what happens to a sinner, who will not, or dare not, confess his sin. If he confessed it, and asked pardon, he would be delivered from the tyranny which now oppresses him. Alas! how many there are who are kept back, by a *dumb devil*, from making the Confession that would save them! The holy Season of Lent is advancing; these days of grace are passing away; let us profit by them; and if we ourselves be in the state of grace, let us offer up our earnest prayers for sinners, that they may *speak*, that is, may accuse themselves in Confession and obtain pardon.

Let us also listen, with holy fear, to what our Savior tells us with regard to our invisible enemies. They are so powerful and crafty, that our resistance would be useless, unless we had God on our side, and his holy Angels, who watch over us and join us in the great combat. It was to these unclean and hateful spirits of hell that we delivered ourselves when we sinned: we preferred their tyrannical sway to the sweet and light yoke of our compassionate Redeemer. Now we are set free, or are hoping to be so; let us thank our Divine Liberator; but let us take care not to re-admit our enemies. Our Savior warns us of our danger. They will return to the attack; they will endeavor to force their entrance into our soul, after it has been sanctified by the Lamb of the Passover. If we be watchful and faithful, they will be confounded, and leave us: but if we be tepid and careless, if we lose our appreciation of the grace we have received, and forget our obligations to Him who has saved us, our defeat is inevitable; and as our Lord says, our *last state is to be worse than the first*.

### *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!**

### **THIRD SUNDAY IN LENT**

**INTROIT:** Ps. 24: 15,16,1,2 Mine eyes are ever towards the Lord: for He shall pluck my feet out of the snare: look Thou upon me, and have mercy on me; for I am alone and poor. (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. Mine eyes are...

**COLLECT:** We beseech Thee, O almighty God, look upon the desires of the humble: and stretch forth the right hand of Thy Majesty to be our defense. Through Our Lord.

**EPISTLE:** Eph. 5: 1-9 *Lesson from the Epistle of Blessed Paul the Apostle to the Ephesus* Brethren: Be ye followers of God, as most dear children: and walk in love, as Christ also hath loved us and hath delivered Himself for us, an oblation and a sacrifice to God for an odor of sweetness. But fornication, and all uncleanness or covetousness, let it not so much as be named among you, as becometh saints: or obscenity, or foolish talking, or scurrility, which is to no purpose: but rather giving of thanks. For know you this, and understand that no fornicator, or unclean, or covetous person, which is a serving of idols, hath inheritance in the kingdom of Christ and of God. Let no man deceive you with vain words: for because of these things cometh the anger of God upon the children of unbelief. Be ye not therefore partakers with them. For you were heretofore darkness: but now light in the Lord. Walk then as children of the light: for the fruit of the light is in all goodness and justice and truth.

**GRADUAL:** Ps. 9: 20, 4 Arise, O Lord, and let not man be strengthened; let the gentiles be judged in Thy sight. When mine enemy shall be turned back, they shall be weakened and perish before Thy face.

**TRACT:** Ps. 122: 1-3 To Thee have I lifted up mine eyes, Who dwellest in heaven. Behold as the eyes of servants are on the hands of their masters, and as the eyes of the handmaid are on the hands of her mistress: so are our eyes unto the Lord our God, until He have mercy on us. Have mercy on us, O Lord, have mercy on us.

**GOSPEL:** Lk. 11: 14-28 *+Continuation of the Holy Gospel according to St. Luke* At that time Jesus was casting out a devil, and the same was dumb. And when He had cast out the devil, the dumb spoke, and the multitudes were in admiration at it. But some of them said: He casteth out devils by Beelzebub, the prince of devils. And

others, tempting, asked of Him a sign from heaven. But He, seeing their thoughts, said to them: Every kingdom divided against itself shall be brought to desolation, and house upon house shall fall. And if Satan also be divided against himself, how shall his kingdom stand? because you say that through Beelzebub I cast out devils. Now if I cast out devils by Beelzebub, by whom do your children cast them out? Therefore, they shall be your judges. But if I by the finger of God cast out devils; doubtless the kingdom of God is come upon you. When a strong man armed keepeth his court, those things are in peace which he possesseth. But if a stronger than he is come upon him and overcome him, he will take away all his armor wherein he trusted, and will distribute his spoils. He that is not with Me is against Me: and he that gathereth not with me scattereth. When the unclean spirit is gone out of a man, he walketh through places without water, seeking rest: and not finding, he saith: I will return into my house whence I came out. And when he is come, he findeth it swept and garnished. Then he goeth and taketh with him seven other spirits more wicked than himself, and entering in they dwell there. And the last state of that man becomes worse than the first. And it came to pass, as He spoke these things, a certain woman from the crowd, lifting up her voice, said to Him: Blessed is the womb that bore Thee, and the paps that gave Thee suck. But He said: Yea, rather, blessed are they who hear the word of God, and keep it.

**OFFERTORY:** Ps. 18: 9, 11, 12 The precepts of the Lord are right, rejoicing hearts, and His judgments are sweeter than honey and the honeycomb: for Thy servant keepeth them.

**SECRET:** May this Victim, O Lord, we beseech Thee, cleanse away our sins: and by sanctifying Thy servants in body and mind, make them fit to celebrate this Sacrifice. Through Our Lord.

**COMMUNION:** Ps. 83: 4, 5 The sparrow hath found herself a house, and the turtle a nest, where she may lay her young ones: Thine altars, O Lord of hosts, my King, and my God: blessed are they that dwell in Thy house, they shall praise Thee for ever and ever.

**POSTCOMMUNION:** In Thy mercy, we beseech Thee, O Lord, do Thou from all guilt and peril absolve us, whom Thou grantest to be sharers in so great a mystery. Through Our Lord.



## 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.*