



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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**OAKLAND APOSTOLATE AT
SAINT MARGARET MARY CATHOLIC CHURCH**
Mailing Address:
1219 Excelsior Avenue, Oakland, CA 94610

**SUNDAY, JANUARY 29, 2023
ST. FRANCIS DE SALES**
(Mass Propers available in the Parish Bulletin)

Dear faithful,

We celebrate this Sunday the Feast of Saint Francis de Sales, a First Class feast for the Institute of Christ the King. A plenary indulgence is available under the usual conditions. This Sunday is also the Fourth Sunday after the Epiphany, and it would seem providential, for the readings from this Mass express very well the spirituality of St. Francis de Sales: the love of God and neighbor, and confidence in God.

What do we see in today's Gospel? The Apostles tossed about in their boat on the stormy sea, lacking confidence in God through fear of shipwreck. Their cry to Our Lord is poignant, and has a lesson for us:

“‘Lord, save us, we perish.’ And Jesus saith to them: ‘Why are you fearful, O ye of little faith?’”

Like the Apostles, may our first instinct in any temptation be recourse to God in prayer. May our prayer nevertheless always be a confident one, and may our steps be full of trust in God, knowing that Our Heavenly Father holds all things by His Providence. Saint Francis de Sales knew, taught and lived this. He walked unprotected through hostile territory, during the Chablais mission, to bring back to the barque of Peter thousands of apostate souls! This he did by his great charity and his unflinching commitment to the truth of the Catholic Faith. God truly does work wonders for those who trust in Him.

Would you like to support the **beautification of our altar** for the Holy Sacrifice of the Mass? There is a dedicated team of volunteers who regularly purchase and make our beautiful altar flower arrangements, and they are doing so through their own generosity. If you would like to donate to the **Flower Fund**, please contact me: canon.norman@institute-christ-king.org.

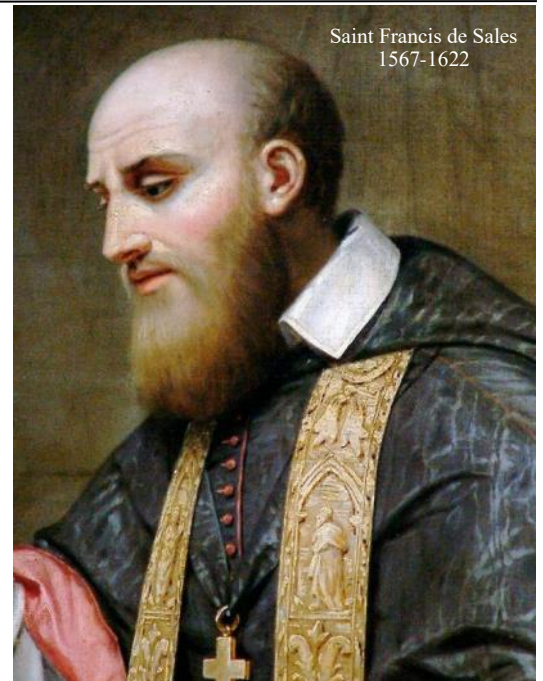
This **Thursday, February 2 is Candlemas**; the Feast of the Purification of Our Lady. There will be the usual Low Mass at 12 pm, as well as a High Mass at 6 pm, starting with the traditional Blessing of Candles and Procession. We will celebrate the **External Solemnity** of the Purification the following Sunday, February 5. There will not be a Blessing of Candles or Procession on Sunday.

Friday, February 3 is First Friday and the Commemoration of St. Blaise. There will be the traditional Blessing of Throats following the Mass, and then our usual Adoration and First Friday devotions.

Sunday, February 5 is also **Septuagesima Sunday**. It's hard to believe we're already on the cusp of the Pre-Lenten season. Soon enough, the ashes will be marking our foreheads with the Sign of the Cross and the remembrance of our coming return to dust. Let us therefore start preparing to enter into the penitential nature of the holy season of Lent.

Have you ever wanted to walk the same paths as Our Lord and the Apostles? An opportunity will be made available later this year. The Institute of Christ the King is hosting a **pilgrimage to the Holy Land from May 7 - 16** which will be led by Canon Jean-Baptiste Commins, Rector of St. Joseph Shrine in Detroit. Please see the flyers in church and Flocknote for more information and to rsvp.

Wishing you a blessed Sunday,
Canon Norman



Saint Francis de Sales
1567-1622

Did You Know? Canons throughout Church History:

Do you find it interesting that while most priests are addressed by the title of “Father,” there are others who are addressed by titles such as “Canon”? The *Catholic Encyclopedia* (1907) gives us further insight into the nature of the canonical vocation. A canon:

“...professes two things, ‘sanctitatem et clericatum’ (holiness and the clerical life). He lives in community, he leads the life of a religious, he sings the praises of God by the daily recitation of the Divine Office in choir; but at the same time, at the bidding of his superiors, he is prepared to follow the example of the Apostles by preaching, teaching, and the administration of the sacraments, or by giving hospitality to pilgrims and travellers, and tending the sick. And so we find that Pope Paschal II, in his Bull addressed in 1118 to the prior and community at Colchester, tells them that their order has always been devoted to preaching, hearing confessions, and baptizing, and ready to accept the care of such parishes and public chapels as might be entrusted to their charge.”

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LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 1/29	7:00 am <i>Low Mass</i>	St. Francis de Sales Bishop, Confessor & Doctor of the Church <i>1st Class / White</i>	Canon Norman	Souls in Purgatory †
	12:30 pm <i>High Mass</i>			Jesus & Margarita Cristobal †
Mon. 1/30	6:00 pm <i>Low Mass</i>	St. Martina, Virgin & Martyr <i>3rd Class / Red</i>	Canon Norman	Souls in Purgatory †
Tue. 1/31	6:00 pm <i>Low Mass</i>	St. John Bosco, Confessor <i>3rd Class / White</i>	Canon Norman	Margaret Isquirdo & Family
Wed. 2/1	6:00 pm <i>Low Mass</i>	St. Ignatius of Antioch, Bishop & Martyr <i>3rd Class / Red</i>	Canon Norman	Lily Rowe
Thurs. 2/2	12:00 pm <i>Low Mass</i>	The Purification of the Blessed Virgin Mary <i>2nd Class / White</i> <i>Blessing of candles and procession at 6pm Mass only</i>	Canon Norman	Monika Slavikova
	6:00 pm <i>High Mass</i>			Rosario Caballero †
Fri. 2/3	6:00 pm <i>Low Mass</i>	Votive Mass of the Sacred Heart <i>3rd Class / White</i> <i>Blessing of Throats & First Friday Devotions After Mass</i>	Canon Norman	Mara Roberts
Sat. 2/4	10:00 am <i>Low Mass</i>	Votive Mass of the Immaculate Heart of Mary <i>3rd Class / White</i> <i>First Saturday Devotions After Mass</i>	Canon Norman	Bruce Jewett
Sun. 2/5	7:00 am <i>Low Mass</i>	External Solemnity of the Purification <i>2nd Class / White</i>	Canon Norman	Annie Gallardo †
	12:30 pm <i>High Mass</i>			Raul Baccay & 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 or Lisa Caputi (henshinx@pacbell.net) to request the Zoom link.

Youth Class: Tuesdays at 4:00pm

Adult Class: Saturdays, at 2:30pm

Prospective Catholics: contact Canon for class times

EMAIL LIST: email oakland@institute-christ-king.org

FLOCKNOTE: sign up at ickspoakland.flocknote.com or text "ICKSPOakland" to 84576

PRAYER LISTS *

For the sick:

Thomas Henriksson	Nancy Duenas	Gigi Cunningham
Peter Trong Nguyen	Paulann Dymond	Lianne Claver
Mmgr. David Link	Steve Farinero	Canon Fragelli
Marianne Martinez	Angie Gonzalez	
Baby Sophia Grace	Tostada	Rosemary Marquez & Baby

For the repose of the souls of our beloved departed:

Rod Phillips	Shawn Chapel	Kathy Wenzell
Rosita Foley	John Dymond	William Gilbert
Arnel Adela	Louise Grayson	Diane Kasdan
Imelda Hernandez-Constantino		Mary Persinger
Rose Stone	Albert Bocek	Rita Soria Bautista
Bea Benham	Valeria Casillas	Carlos San Miguel
Wyatt Hayashi	William M. Williams	Fr. Stan Zak
Walt Avis	Dario Gonzalez	<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

January 29—Feast of Saint Francis de Sales, patron of the Institute

February 2—Feast of the Purification (Candlemas, end of Christmastide)

February 3—Blessing of Throats (St. Blaise) & First Friday devotions

February 4—First Saturday devotions

February 5—External Solemnity of the Purification (Septuagesima)

February 22—Ash Wednesday

February 26—First Sunday of Lent

WORK OF CHRISTIAN CHARITY—CAN YOU HELP?

One of our homebound parishioners who lives near the church needs help in getting to and from occasional doctors' appointments, and with grocery runs. Please contact Canon Norman if you are available to help with this: canon.norman@institute-christ-king.org.

ALTAR SERVERS

For the planning of Father-Son Flag Football game for the altar servers, we're now setting our sights on late February. Not a member of the Altar Server Corps yet? You're invited anyway! Stay tuned for updates and please contact Canon Norman if you're interested.

PILGRIMAGE TO THE HOLY LAND, MAY 7-16

For more information or to register, visit the tour's website <https://sacredhearttours.com/product/rosary-pilgrimage-to-the-holy-land/>.

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>

DONATE TO THE INSTITUTE ONLINE

Please visit <https://institute-christ-king.org/donations>, or scan the QR code. **Thank you for your generosity!**

