



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

SEPTUAGESIMA SUNDAY - Feb. 1, A.D. 2026

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

Excerpt from *The Liturgical Year*

by Dom Gueranger, O.S.B.

“History of Septuagesima”

The Season of Septuagesima comprises the three weeks immediately preceding Lent.

Now, the Feast of Easter must be prepared for by a forty-days' recollectedness and penance. Those forty-days are one of the principal Seasons of the Liturgical Year, and one of the most powerful means employed by the Church for exciting in the hearts of her children the spirit of their Christian vocation... The Church, therefore, has instituted a preparation for the holy time of Lent. She gives us the three weeks of Septuagesima, during which she withdraws us, as much as may be, from the noisy distractions of the world, in order that our hearts may be the more readily impressed by the solemn warning she is to give us, at the commencement of Lent, by marking our foreheads with ashes.

Important Schedule Modification!

From February 9 - 13, the Oratory will have the ceiling painted where our new chandeliers were installed. To provide the workers the necessary time and space, we will celebrate **Mass at 6pm** on these days. Thank you for your understanding.

Today: 1st Sunday

Vespers of Septuagesima

Sunday at 6pm

Feast of the Purification of the Blessed Virgin Mary

MONDAY, FEB. 2

6:00pm: Blessing of
Candles, Candlemas
Procession, & High
Mass

The faithful are welcome to bring candles to be blessed. Candles must be placed on the table at the front of church by the start of the blessing at 6:00pm.



Blessing of Throats in honor of St. Blaise

O glorious Saint Blaise, who by thy martyrdom didst leave to the Church a precious witness to the faith, obtain for us the grace to preserve within ourselves this divine gift, and to defend, without human respect, both by word and example, the truth of that same faith, which is so wickedly attacked and slandered in these our times. Thou who didst miraculously restore a little child when he was at the point of death by reason of an affliction of the throat, grant us thy mighty protection in like misfortunes; and, above all, obtain for us the grace of Christian mortification together with a faithful observance of the precepts of the Church, which may keep us from offending Almighty God. Amen.

*The Raccolta, Prayers and
Devotions Enriched with
Indulgences*





Saint Gianna Oratory

Extraordinary Form of the Roman Rite

“Traditional Latin Mass”

STAFF: Canon Jonathon Fehrenbacher, *Rector*
Canon Andrew Bredemann, *Vicar*
Mrs. Teri Gauger, *Oratory Secretary*
Mr. Matthew Lancaster, *Music Director*
Mrs. Sandy Morrison, *Safety Compliance Officer*

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Website & Online Bulletin: SAINTGIANNA.NET

Join our “**Flocknote**” from our website to receive weekly email updates on important information about future events.

FOR DONATIONS:

- 1) Please write check to **Institute of Christ the King**
- 2) or donate securely using the DONATE button on our website

Sun. 2/1

9:00am Low Mass
11:00am High Mass
5:00pm Low Mass
6:00pm Vespers

SEPTUAGESIMA SUNDAY / 2nd cl. / Violet

Mass (*Circumdederunt*): Comm. of the Pope, *Tract*, *Credo*, Preface of the Most Holy Trinity

CB *Pro populo*

Emmelia Reed
by Patrick & Carly Copeland
†James & Concetta LoManto
by Teresa LoManto

Mon. 2/2

6:00pm
Blessing of Candles,
Procession, &
High Mass

PURIFICATION OF THE B.V.M. / 2nd cl. / White

Blessing of Candles & Candlemas Procession (Violet)

Mass (*Suscipimus*): *Gloria*, Comm. of the Pope, *Tract*, *Credo*, Pref. of the Nativity

CF Private Intention

CB Lucy Copeland
by Patrick & Carly Copeland

Tue. 2/3

8:00am Low Mass

St. Blaise, Bishop & Martyr / 4th class / Red

Mass (*Sacerdotes*): *Gloria*, Comm. of the Pope, *Tract*, Common Preface
Blessing of Throats

CF †Luke Campbell
by Steve & Teri Gauger
CB James Fisher
by Fisher Family

Wed. 2/4

8:00am Low Mass

St. Andrew Corsini, Bishop & Confessor / 3rd class / White

Mass (*Statuit*): *Gloria*, Comm. of the Pope, *Tract*, Common Preface

CF Rosioru-Ortiz Family
by Ortiz Family
CB Norma Blanford
by Connie McIntyre

1st Thur. 2/5

5:00pm Adoration
6:00pm Low Mass

Votive Mass of Our Lord Jesus Christ Sovereign Priest / 3rd class / White

Mass (*Juravit*) : *Gloria*, Comm. of St. Agatha & of the Pope, *Tract*, Preface of Holy Cross

CF Dan Standley Family
by Ann Marie Standley
CB Emilie Mossburg
by Mossburg Family

1st Fri. 2/6

8:00am Low Mass
6:00pm High Mass
Abstinence

Votive Mass of the Sacred Heart of Jesus / 3rd class / White

Mass (*Cogitationes*) : *Gloria*, Comm. of St. Titus & of the Pope, *Tract*, Preface of the Sacred Heart

CF †Jewel Ray
by Elizabeth Whitthorne
CB Dorothy Mullen
by Mellady Family

1st Sat. 2/7

8:00am High Mass

Votive Mass of the Immaculate Heart of Mary / 3rd class / White

Mass (*Adeamus*) : *Gloria*, Comm. of St. Romuald & of the Pope, *Tract*, Preface of B.V. M.

CF †Donald B. LeMessurier
by Joseph & Maggie Falter
CB Caterina Rosioru-Ortiz
by Ortiz Family

Sun. 2/8

9:00am Low Mass
11:00am High Mass
5:00pm Low Mass

SEXAGESIMA SUNDAY / 2nd cl. / Violet

Mass (*Exsurge*): Comm. of the Pope, *Tract*, *Credo*, Preface of the Most Holy Trinity

CF *Pro populo*

CB †Josephine Goodrich
by Martha Goodrich
Jim Gudderjohn
by K. Hamel

CONFESSION TIMES THIS WEEK

Sun, 2/1	8:15 - 8:50am	Fri, 2/6	8:50 - 9:30am
	10:15 - 10:50am		5:05 - 5:40pm
Mon, 2/2	5:30 - 5:50pm	Sat, 2/7	7:15 - 7:50am
Tues, 2/3	7:30 - 7:50am		10:05 - 10:40am
Wed, 2/4	7:30 - 7:50am	Sun, 2/8	8:15 - 9:00am
Thurs, 2/5	5:10 - 5:40pm		10:15 - 11:00am

Please Remember in Your Prayers:

Deceased: Mary Lou Long, Luke Campbell, Barbara Heying, Elizabeth Thurman, Irene Hanam, Stanley Krol, Alex Babiartz, Donald Ribarich, Pope Francis, Deacon Outtier, Bill Heying, Carlos Molina

Healing: Elizabeth Ivanov, Irene Randall, Joseph Falter, Martin Ahumada, Brett Joyce, Tod Eggimann, James Noel, Donald Perkins, Paula Hernandez, Russell Hanam, Mr & Mrs Jordan Powers, Ann Alvarado, Kathryn Liptak, Milo Gauger, Karen Tamayo, Susan Makkai, Thaddeus Stypa, Jim & Sue Luhr-O'Connor, Sadie Schuller, Brianna Rickel

UPCOMING EVENTS:

- Feb 1: 1st Sunday - Solemn Vespers at 6pm
Feb 2: Purification of the B.V.M. - Candlemas
6:00pm Blessing & Distribution of Candles,
Procession & High Mass
No RCIA Class - Moved to Feb 3
Feb 3: Feast of St. Blaise - Blessing of Throats after Mass
RCIA Class at 6:00pm
Feb 6: 1st Friday Devotions
Feb 7: 1st Saturday - no children's Catechism class
Feb 15-17: 40 Hours Devotion
Feb 17: Mardi Gras potluck and board games
Feb 18: Ash Wednesday

40 Hours Devotion

Our Lord fasted for 40 days in the desert. The 40 Hours Devotion serves as a reparation for the sins committed during the Carnival. It is a time of prayer to usher in Lent.

Sunday, Feb 15 12:30pm-4:45pm Adoration
Monday, Feb 16 6:00pm-8:00pm Adoration
Tuesday, Feb 17 5:00pm-6:00pm Adoration

- We pray for protection against evil and temptation.
 - We pray in reparation for our sins and the conversion of sinners.
 - We pray for the souls in Purgatory

2025 Donation Statements are in the mail!

Those who donated \$300 or more in 2025 will receive a donation statement. If you have any questions about your statement, please contact the Oratory office.

Ash Wednesday, Feb 18th

Masses with blessing & distribution of ashes:

8:00am Low Mass
6:00pm High Mass



Thought from St. Francis de Sales:

Many are satisfied with carrying the Lord on their tongue, recounting His marvels and praising Him with great ardor; others carry Him in their hearts with tender and loving affection, which becomes part and parcel of their lives, thinking of Him and speaking to Him. But these two ways of carrying the Lord do not amount to much if the third element of carrying Him in their arms by good works is missing. (*Sermons 2; O. IX, p. 22*)



Sunday, Feb 1 @ 10:00am
Mandatory Rehearsal
for ALL Servers as-
signed a liturgical func-
tion or assisting in choir
for Candlemas, Feb 2

Bring out your Palms by Sun. Feb 15th



In preparation for Ash Wednesday, Feb 18th, please bring your **old blessed palms** to the designated basket at the back of church from **Feb 1st - Feb 15th**. After these dates, the palms will be burned to make the ashes for Ash Wednesday, and thus, *palms brought in later will not be accepted.*

UPCOMING THIS WEEK:

First Sunday, Feb 1, Septuagesima Sunday -

- **Regular Mass Schedule** - see pg. 2
- **6:00pm: Solemn Vespers**

First Thursday, Feb 5 -

- 5:00pm: Eucharistic Adoration with Prayers for Priests, Religious, & More Vocations
- *Confessions 5:05-5:40pm*
- **6:00pm: Low Mass of O.L.J.C. Sovereign Priest**

First Friday, Feb 6 -

- **8:00am: Low Mass of the Sacred Heart**
- 8:45-9:45am: Holy Hour of Reparation
- *Confessions 8:50-9:30am*
- 5:00pm: Holy Hour of Reparation
- *Confessions 5:05-5:40pm*
- **6:00pm: High Mass of the Sacred Heart**

First Saturday, Feb 7 -

- 7:15am: Confessions
- **8:00am: High Mass of the Immaculate Heart**
- 9:00am: Potluck Breakfast - *Bring a dish to share!*
- 9:30am: Spiritual Conference
- 10:00am: Exposition of the Most Blessed Sacrament, Holy Hour (Fatima Devotions, Rosary, 15-min Meditation), Benediction
(*Continued Confessions at this time*)
- 10:40am: Eucharistic Benediction

St. Joseph the Worker, Pray for us!



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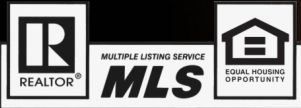


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Fasting and Abstinence: RULES AND PRACTICE

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.

tute 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.*