



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

1ST SUNDAY OF LENT - Feb. 22, A.D. 2026

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

Welcome Bishop James Misko

On Friday, February 20th, the Most Reverend James Misko was consecrated and installed as the eighth bishop of the Diocese of Tucson. We welcome Bishop Misko as our pastor and we sincerely congratulate him on his episcopal consecration.

As Bishop Misko begins his new mission in this diocese, we would like to present him with a hand-made card welcoming him and offering him a spiritual bouquet on behalf of all the members of St. Gianna Oratory. In your charity, please sign up at the back of church with the prayers and sacrifices that you would like to offer him for his saying yes to becoming our new shepherd. Let us offer to God prayers of thanksgiving for blessing us with a new bishop, while offering to our new bishop our support through our daily prayers and sacrifices asking the Lord to bless and guide him.

May our bishop, through his words and example, edify those over whom he is set, and may he, together with the flock committed to his care, enter into eternal life.

Deo Gratias!



Today, Feb 22

@12:30pm

20-minute
Lessons in Liturgy
The Apostolicity of the
Mass - Part 2

Please join Canon Fehrenbacher in the church basement following the High Mass for a Lesson in Liturgy to deepen your knowledge and love for the Liturgy of Holy Mother Church!

Sursum Corda

Coffee Social

Coffee and donuts are available after the morning Masses today, Feb 22.

Proceeds go towards

future events with our young adult group, Sursum Corda.





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*

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

Office Hours: Wed & Fri 10am– 4pm

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

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

Telephone: (520) 883-4360

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. 2/22
9:00am Low Mass
11:00am High Mass
5:00pm Low Mass

1ST SUNDAY OF LENT / 1st cl. / Violet

Mass (*Invocabit*): Comm. of the Pope, *Tract*, *Credo*, Pref. of Lent

CF *Pro populo*
CF Canon Bredemann
by St. Gianna Oratory
CF Charlie Hamel
by Kathy Hamel

Mon. 2/23
5:30pm Low Mass

FERIA OF LENT / 3rd class / Violet

Mass (*Sicut oculi*): Comm. of St. Peter Damian & of the Pope, *Tract*, Preface of Lent

CF Killian Copeland
by Patrick & Carly Copeland
CB †Mathilda Froemming
by Arden Maas

Tue. 2/24
8:00am Low Mass

ST. MATTHIAS / 2nd class / Red

Mass (*Mihi*): Comm. of the Feria & of the Pope, Preface of Apostles, Last Gospel of the Feria

CF †Helen Haueter
by Elizabeth Whitthorne
CB Private Intention

Wed. 2/25
8:00am Low Mass
Traditional Fasting & Abstinence

EMBER WEDNESDAY / 2nd class / Violet

Mass (*Reminiscere*): 2 Lessons, Comm. of the Pope, *Tract*, Preface of Lent

CF †Poor Souls in Purgatory
by A. M. Standley
CB Private Intention

Thur. 2/26
5:00pm Adoration
6:00pm Low Mass

FERIA OF LENT / 3rd class / Violet

Mass (*Confessio*): Comm. of the Pope, Preface of Lent

CF End to Abortion
by the Mossburg family
CB †Joseph & Maureen
LoManto by Teresa LoManto

Fri. 2/27
12:00pm Low Mass
Afternoon Adoration
6:00pm Low Mass
Traditional Fasting & Required Abstinence

EMBER FRIDAY / 2nd class / Violet

Mass (*De necessitatibus*): Comm. of St. Gabriel of Our Lady of Sorrows & of the Pope, *Tract*, Preface of Lent

CF †Irene & Joseph Kish
by Joseph & Amy Kish
CB Canon Fehrenbacher
by the Fisher family

Sat. 2/28
8:00am Low Mass
Traditional Fasting & Abstinence

EMBER SATURDAY / 2nd class / Violet

Mass (*Intret*): 5 Lessons, Comm. of the Pope, *Tract*, Preface of Lent

CF Young Adults
by W. Jim Yee Family
CB Donna Thornes
by Nancy Thornes

Sun. 3/1
9:00am Low Mass
11:00am High Mass
5:00pm Low Mass

2ND SUNDAY OF LENT / 1st cl. / Violet

Mass (*Reminiscere*): Comm. of the Pope, *Tract*, *Credo*, Pref. of Lent

CF *Pro populo*
CB †Luis R. Castillo
by the Morrison family
†Terrence Gremel
by Barbara Pasquet

CONFESSION TIMES THIS WEEK

Sun, 2/22	8:15 - 8:50am	Thurs, 2/26	5:00 - 5:40pm
	10:15 - 10:50am	Fri, 2/27	12:30 - 1:10pm
Mon, 2/23	5:00 - 5:20pm		5:00 - 5:40pm
Tues, 2/24	7:30 - 7:50am	Sat, 2/28	7:30 - 7:50am
Wed, 2/25	7:00 - 7:50am	Sun, 3/1	8:15 - 9:00am
			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: Rosario Olea Corral de Sandoval, Mary Lou Higgins, John Muraski, Elizabeth Ivanov, Irene Randall, Joseph Falter, Martin Ahumada, Brett Joyce, Tod Eggimann, James Noel, 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 22: Lesson in Liturgy & Sursum Corda coffee social
Many Apostolates, One Mission special collection
for the Institute of Christ the King
Feb 25, 27, 28: Lenten Ember Days
Feb 28: Rodeo weekend - no children's catechism classes
Sursum Corda Young Adult Morning Retreat
Mar 7: Feast of St. Thomas Aquinas
Mar 8: New Registration Inquiry Meeting
Mar 10-18: Novena to St. Joseph
Mar 10: Sacramental Visits to Homebound
Mar 19: Feast of St. Joseph & Potluck Social

Thank you from Canon Bredemann

Dear Faithful,

Thank you all for all of your presents, cards and birthday wishes! It was a joy to be able to celebrate my birthday in this community. Mindful of all of your generous gifts and prayers, I offer up my Lenten resolutions and penances for all of your intentions. May God bless you!

Canon Andrew Bredemann

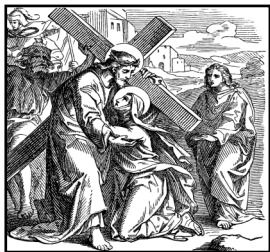
Feb 28 Sursum Corda Morning Retreat

This Saturday, Feb 28, all young adults (ages 18-35) are welcome to partake in a morning retreat. This will include **8am Holy Mass**, a **spiritual conference** and conclude with a **Holy Hour**. Coffee will be provided. Please bring a breakfast dish to share.



Lenten Fridays Schedule

Stations of the Cross: 11:00am
Holy Mass: 12:00pm
followed by Exposition of the Blessed Sac. & Confessions
Adoration: 12:30pm - 5:45pm
Confessions: 5:00 - 5:40pm
Holy Mass: 6:00pm
Stations of the Cross: 6:45pm (Excepting 1st cl. Feasts)



Liturgy Notes

LENLEN EMBER DAYS

With Dom Gueranger, we can see a **double motive** for fasting and abstinence on these Ember Days. *First motive* is the Lenten Fast and the need for corporal penance necessitated by our sins. *Second motive* is to offer up to God the season of Spring, to invoke His blessing upon it, and then *especially for the sanctification of the clergy*, as in former times it was commonplace for Holy Orders to be conferred on Ember Saturday.



TODAY, February 22:

"Many Apostolates, One Mission"

Special Second Collection

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

Today, **February 22**, there will be a special second collection for this appeal to help the Institute grow in the USA.

Thank you for your generous support! May Christ our King reward you eternally.

- Canon Matthew Talarico,
U.S. Provincial Superior

Donate online with the QR code here, or use the special envelope in your box. Please make checks out to *Institute of Christ the King*. **Thank you!**



Lenten Thought from St. Francis de Sales:

On the Conditions which render fasting good and meritorious:

Understand that *of itself* fasting is not a virtue. It is a virtue only when it is accompanied by conditions which render it pleasing to God. We find some people who think that to fast well during the holy season of Lent it is enough to abstain from eating some prohibited food. We know very well that it is not enough to fast exteriorly if we do not also fast interiorly, and if we do not accompany the fast of the body with that of the spirit. Now among all the conditions required for fasting well, I will select 3 principal ones...

The 1st condition is that we must **fast with our whole heart, willingly, wholeheartedly, universally and entirely.**

The 2nd condition is never to fast through vanity but **always through humility.**

The 3rd condition necessary for fasting well is to look **to God and to do everything to please Him**, withdrawing within ourselves in imitation of a great saint, St. Gregory the Great who withdrew into a secret place where he remained for a time.

From *Sermons of St. Francis de Sales for Lent*, (Feb. 9, 1622)
TAN Publisher

St. Joseph the Worker, Pray for us!



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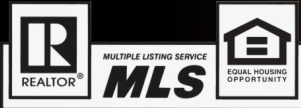
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Fasting and Abstinence: RULES AND PRACTICE

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.*