



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

1ST SUNDAY OF LENT - Mar. 9, A.D. 2025

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY



TODAY, March 9:

"Many Apostolates, One Mission"

Special Second Collection

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

This Lent, consider making a sacrifice of \$80, just two dollars a day during these 40 days to help the Institute continue its work for the salvation of souls.

Today, **March 9**, there will be a special second collection for this appeal to help the Institute grow in the USA.

This Lent, you can make a difference in the Church today by donating to the people and the places that work to restore Catholic life and culture in America.

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 or in the back of the church. Please make checks out to *Institute of Christ the King. Thank you!*



Liturgy Notes

LENTEN 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.

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*)



Sun, Mar 16

@12:30pm

20-minute
Lessons in Liturgy

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

Feast of St. Joseph

PATRON OF THE UNIVERSAL CHURCH

Mon. Mar. 10 - Tues. Mar. 18

Preparatory Novena Prayers after Mass

Wednesday, March 19th

Confessions: 5:30-5:50pm

High Mass: 6:00pm

Followed by Consecration to St. Joseph

St. Joseph Table Potluck Social: Please

bring a savory dish or salad & small dessert to share



Interested in becoming a REGISTERED MEMBER of St. Gianna Oratory?

Adults 18 & up are invited to attend a

NEW MEMBER INQUIRY MEETING

Sat. Mar. 29 @ 11:15am

in the church office room to learn more!



Saint Gianna Oratory

Extraordinary Form of the Roman Rite

“Traditional Latin Mass”

STAFF: Canon Jonathon Fehrenbacher, *Rector*
Canon Bryan Silvey, *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. 3/9
9:00am Low Mass
11:00am High Mass

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

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

CS Donald Perkins
by the Gauger Family

CF *Pro populo*

Mon. 3/10
5:30pm Low Mass

FERIA OF LENT / 3rd class / Violet

Mass (*Sicut oculi*): Comm. of Holy Forty Martyrs & of the Pope, *Tract*, Preface of Lent
Preparatory Novena to St. Joseph

CF Int. of Prior General
by Canon Fehrenbacher
CS Int. of Prior General
by Canon Silvey

Tue. 3/11
8:00am Low Mass

FERIA OF LENT / 3rd class / Violet

Mass (*Domine*): Comm. of the Pope, Preface of Lent
Preparatory Novena to St. Joseph

CF †Joseph P. Fisher
by the Fisher Family
CS Taleck Family
by Tom & Dolores Taleck

Wed. 3/12
8:00am Low Mass
Traditional Fasting & Abstinence

EMBER WEDNESDAY / 2nd class / Violet

Mass (*Reminiscere*): 1 Lesson, Comm. of St. Gregory the Great & of the Pope, *Tract*, Preface of Lent
Preparatory Novena to St. Joseph

CF †Msgr. Phillip Reilly
by Joe Kish
CS George Long
by Pat Long

Thur. 3/13
5:00pm Adoration
6:00pm Low Mass

FERIA OF LENT / 3rd class / Violet

Mass (*Confessio*): Comm. of the Pope, Preface of Lent
Preparatory Novena to St. Joseph

CF John Peaschek
by Susan Peaschek
CS †Dean Maas
by Arden Maas

Fri. 3/14
12:00pm Low Mass
Afternoon Adoration
6:00pm Low Mass
Traditional Fasting & Required Abstinence

EMBER FRIDAY / 2nd class / Violet

Mass (*De necessitatibus*): Comm. of the Pope, *Tract*, Preface of Lent
Preparatory Novena to St. Joseph

CF †David A. Dull
by Mary Lou Higgins
CS Canon Fehrenbacher
by St. Gianna Oratory

Sat. 3/15
8:00am Low Mass
Traditional Fasting & Abstinence

EMBER SATURDAY / 2nd class / Violet

Mass (*Intret*): 5 Lessons, Comm. of the Pope, *Tract*, Preface of Lent
Preparatory Novena to St. Joseph

CF Gabriel Teich Family
by Michele Teich
CS †Thomas Conroy
by Connie McIntyre

Sun. 3/16
9:00am Low Mass
11:00am High Mass

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

Mass (*Reminiscere*): Comm. of the Pope, *Tract*, *Credo*, Pref. of Lent
Preparatory Novena to St. Joseph

CS Bob Kumza
by Bob & Nancy Gorman
CF *Pro populo*

CONFESSION TIMES THIS WEEK

Sun, 3/9	8:15 - 9:00am 10:15-11:00am	Thurs, 3/13	5:05 - 5:40pm
Mon, 3/10	5:00 - 5:20pm	Fri, 3/14	<i>Aft. Noon Mass</i> 5:00 - 5:40pm
Tues, 3/11	7:30 - 7:50am	Sat, 3/15	7:30 - 7:50am
Wed, 3/12	7:30 - 7:50am	Sun, 3/16	8:15 - 9:00am 10:15-11:00am

Please Remember in Your Prayers:

Deceased: Deacon Outtier, Bill Heying, Carlos Molina, Stanley Kasprzyk, Loretta Mangold, Barbara Hartfiel, Rosanna Motichek, Andrew Stropko, Mark Gowin, Alberta Sasaki, Paul Kimminau, Deborah Schultz
Healing: Ann Alvarado, Mellady Family, Jordan Powers, Irene Hanam, Sidney Spencer, Kathryn Liptak, James Noël, Milo Gauger, Arden Maas, Stanley Krol, Paula Hernandez, Karen Tamayo, Susan Makkai, Thaddeus Stypa, Lucas Vigil, Jim & Sue Luhr-O'Connor

UPCOMING EVENTS:

- Mar 9: "Many Apostolates, One Mission" Institute
U.S. Province 2nd Collection
- Mar 11: Sacramental Visits to Homebound
- Mar 12, 14, 15: Lenten Ember Days
- Mar 15: Children's Catechism (Spring Test First Holy Comm. Class, 2nd Year)
- Mar 19: Feast of St. Joseph - 6pm High Mass followed by St. Joseph Table Potluck Social
- Mar 21: Feast of St. Benedict & Lenten Friday
- Mar 25: Feast of the Annunciation - 6pm High Mass
- Mar 30: "Laetare" Sunday - Laetare Oratory Picnic

FROM THE ORATORY OFFICE

MASS INTENTIONS REMINDER

REGISTERED MEMBERS who wish to request additional Masses this year not only *may* but **must** first obtain an official SGO Mass Intentions envelope. This is obtained by asking one of our ushers stationed outside before or after Sunday Masses. This facilitates processing and recording your intentions.

Another reminder for **REGISTERED MEMBERS**: If you have yet a large number of Masses (over 20) for 2025 which you want to request, please **first contact the Oratory office so that we can determine whether space is available.**

ST. GIANNA PRO-LIFE GROUP

Pray the ROSARY
at Planned Parenthood
(Address: 2255 N. Wyatt Dr.)

MONDAYS
8:00 - 9:15am

6:40pm Candlelit Rosary (Following 5:30pm Mass)

WEDNESDAYS & FRIDAYS
9:15am

St. Gianna, pray for us and intercede for the unborn!



SURSUM CORDA

Mass
Of The
Ages

SUNDAY, MARCH 16TH

CATERED LUNCH AND DOCUMENTARY PROJECTION,
RSVP ON FLOCKNOTE BY MARCH 10TH

Thank you to the Volunteers...

We are very grateful to all those who organized & hosted the many Oratory activities in the last few weeks: Ladies' Charcuterie & Flower Arrangement Evening; Men's Shooting Outing; & Mardi Gras Game Night! **God bless you for your generosity and help in building up the St. Gianna Oratory family!**

Schedule your Lenten Friday Holy Hour of Eucharistic Adoration

"Look upon the hour of adoration assigned to you as an hour in paradise. **He has invited me; He is waiting for me; He is longing for me.**"

— St. Peter Julian Eymard

Reminder: A plenary indulgence is granted the Christian Faithful who visit the Blessed Sacrament for the purpose of Adoration for at least a half-hour, under the usual conditions.

You can commit to a half-hour of Adoration through our weekly Flocknotes.



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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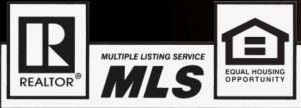


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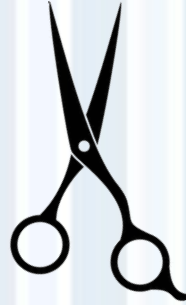


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PREPARATORY NOVENA TO ST. JOSEPH

Litany of St. Joseph



Lord, have mercy on us.
Christ have mercy on us.
Lord, have mercy on us.
Christ, hear us.
Christ, graciously hear us.

God the Father of Heaven, *have mercy on us.*
God the Son, Redeemer of the world,
have mercy on us.
God the Holy Ghost, *have mercy on us.*
Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*

St. Joseph, *pray for us.*
Illustrious son of David,
Light of the Patriarchs,
Spouse of the Mother of God,
Chaste Guardian of the Virgin,
Foster-father of the Son of God,
Watchful Protector of Christ,
Head of the Holy Family,
Joseph most just,
Joseph most chaste,
Joseph most prudent,
Joseph most valiant,
Joseph most obedient,
Joseph most faithful,
Mirror of patience,
Lover of poverty,

Model of workmen,
Glory of domestic life,
Guardian of virgins,
Pillar of families,
Solace of the afflicted,
Hope of the sick,
Patron of the dying,
Terror of demons,
Protector of Holy Church,

Lamb of God, Who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, Who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, Who takest away the sins of the world, *have mercy on us.*

V. He made him the lord of his household.

R. And prince over all his possessions.

Let us pray.

O God, Who, in Thine ineffable providence didst choose Blessed Joseph to be the spouse of Thy most Holy Mother, grant that as we venerate him as our protector on earth, we may deserve to have him as our intercessor in Heaven, Thou Who livest and reignest forever and ever.

R. Amen.

Prayer to St. Joseph by St. Francis de Sales

All : Glorious St. Joseph, faithful follower of Jesus Christ / to thee do we raise our hearts and hands / to implore thy powerful intercession in obtaining from the benign Heart of Jesus / all the helps and graces necessary for our spiritual and temporal welfare / particularly the grace of a happy death / and the special favor for which we now implore / (*Here silently mention your intention*) / O Guardian of the Word Incarnate / we feel animated with confidence that thy prayers on our behalf / will be graciously heard before the throne of God./ 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.

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.*