



# 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, JULY 23, 2023**  
**8TH SUNDAY AFTER PENTECOST**  
(Mass Propers available in the Parish Bulletin)

Dear faithful,

On this Eight Sunday after Pentecost, Saint Paul, as if anticipating our “summer slide,” has a word of warning for us:

“Brethren: We are debtors, not to the flesh, to live according to the flesh; for if you live according to the flesh, you shall die; but if by the Spirit you mortify the deeds of the flesh, you shall live” (Rom. 8:12-17).

Lent is now several months behind us, and there remains more than half a year until the penitential season returns. Nevertheless, we always do well to remember the spirit of mortification throughout the entire year. Indeed, an increase in the love of mortification is the petition of the Second Sorrowful Mystery of the Rosary, the Scourging of Jesus at the Pillar, recited every Tuesday and Friday.

Let us keep up always and to a certain extent our penances and mortifications, principally those of the heart. The best mortification is the patient and loving acceptance, on a daily basis, of the small crosses and contradictions of our lives.

**A big thank you** to all the dedicated volunteers who made **Canon Wells’ First Solemn Mass** such a special occasion last Sunday. The day was crowned by Canon Talarico’s presentation of the letter granting a **plenary indulgence** to all present for the Mass, which had been graciously conceded in the weeks prior by Cardinal Piacenza, the head of the Apostolic Penitentiary in Rome. A copy of the Cardinal’s letter is available in Flocknote.

Let us **continue to pray** for our Oakland seminarians, Abbé Alex Hoopes and Abbé Cody Teague, as well as the other seminarians who came to help on Sunday. Present were Abbé Torreano, from the Institute’s San Jose Apostolate, Immaculate Heart of Mary Oratory, and Abbé Nixon (he’s not a crook!), who generously flew up from southern California to serve as Master of Ceremonies for the Mass.

California, and in particular the Oakland Apostolate, seems to be quite the vocations producer for our dear Institute! I’m convinced that a big part of this is the continued generosity in prayer and sufferings offered up on the part of our faithful here. You see it – **your sacrifices have an effect!**

The monthly **Lesson in Liturgy** will be this Sunday during the reception after the 12:30 Mass. Bring your missal! The 1954 book “Know Your Mass” by Fr. Demetrius Manousos is also used for these lessons. The classic **The Latin Mass Explained**, by Fr. George Moorman (1920), will also be referenced.

**Summer is in full swing.** Those lazy, hazy days afford many of us cherished memories of freedom from the classroom, a bit of a break from “the old grind,” more time enjoying God’s great outdoors and the beach, and evenings spent with friends enjoying good barbeque, good times and cold



Luke 16; 1-9 Parable of the Unjust Steward

beer.

At the same time, let’s not forget the Best Friend of our souls – the Holy Triune God. Let’s remember as well that **the Devil never takes a vacation**, but remains our implacable enemy, bent on our eternal destruction. When you make your vacation plans, remember that physical attendance at Sunday Mass remains an obligation. Try to keep up your prayer life. Have you got a good book for your spiritual reading? I suggest trying **The Sermons of Saint Francis de Sales on Prayer**, available here: <https://tanbooks.com/>.

The Institute’s California summer camp, **St. Michael’s Patrol**, will take place this Thursday, July 27 – Saturday, July 29. Please see the bulletin for information about the priests replacing me for Mass on those days.

The second National Retreat for the **Society of the Sacred Heart** will take place once again at St. Mary’s Oratory in Wausau, Wisconsin from September 29 – October 1, 2023. Please understand that this second national retreat is for those who did not attend the first retreat in Waterbury. The registration form can be found here: <https://bit.ly/SSHRetreat2023>.

I will be **on vacation** with my family, in Virginia, from August 14-27. From Virginia, I will leave for the Institute’s seminary in Italy, Gricigliano, for our annual General Chapter, and be back at St. Margaret Mary’s for both Masses on Sunday, September 3 (barring unexpected travel mishaps, of course). Please see the bulletin in the weeks to come for information regarding Mass replacements. A good priestly friend of our Institute and one of my fellow canons will be coming!

Wishing you a blessed Sunday,  
Canon Norman

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## LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 7/23	7:00 am <i>Low Mass</i>	<b>Eighth Sunday after Pentecost</b> <i>2nd Class / Green</i>	Canon Norman	Jack & Renée Louhoo†
	12:30 pm <i>High Mass</i>			Catherine Vaccaro
Mon. 7/24	6:00 pm <i>Low Mass</i>	<b>Commemoration of St. Christina, Virgin &amp; Martyr</b> <i>4th Class / Red</i>	Father Staal	Tim Corbet
Tue. 7/25	6:00 pm <i>Low Mass</i>	<b>St. James, Apostle</b> <i>2nd Class / Red</i>	Canon Norman	Sage Doc & all trafficked children
Wed. 7/26	6:00 pm <i>Low Mass</i>	<b>St. Anne, Mother of the Blessed Virgin Mary</b> <i>2nd Class / White</i>	Canon Norman	Linping & Baby Connick
Thurs. 7/27	12:00 pm <i>Low Mass</i>	<b>Commemoration of St. Pantaleon, Martyr</b> <i>4th Class / Red</i>	Fr. Bazan	Jorge E.S. Lander†
Fri. 7/28	6:00 pm <i>Low Mass</i>	<b>St. Nazarius &amp; Celsus, Martyrs, St. Victor I, Pope &amp; Martyr, and St. Innocent I, Pope &amp; Confessor</b> <i>3rd Class / Red / Adoration after Mass</i>	Fr. McTeigue	Marie Kelly
Sat. 7/29	10:00 am <i>Low Mass</i>	<b>St. Martha, Virgin</b> <i>3rd Class / White</i>	Fr. Naguit	Andrew Occhipinti†
Sun. 7/30	7:00 am <i>Low Mass</i>	<b>Ninth Sunday after Pentecost</b> <i>2nd Class / Green</i>	Canon Norman	Michael Sullivan
	12:30 pm <i>High Mass</i>			Albert Bocek†

### 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

**FLOCKNOTE:** sign up at [icksopoakland.flocknote.com](https://www.icksopoakland.flocknote.com) or text "ICKSPOakland" to 84576

### PRAYER LISTS \*

#### For the sick:

Thomas Henriksson	Gigi Cunningham	Peter Trong Nguyen
Paulann Dymond	Lianne Claver	Msr. David Link
Steve Farinero	Marianne Martinez	Angie Gonzalez
Eurydice Buenger	Sylvia Duenas	Catherine Willis
Fil Marquez		

#### For the repose of the souls of our beloved departed:

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
Dario Gonzalez	<b>Canon Fragelli</b>	Ernest Jacob
Nancy Duenas	Gabriel Fernandez	Camdan McWright
Mme. Guillemette de Guernon		Louisa Siu

*Requiescant in pace.*

\***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](mailto: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

**July 23**—Lesson in Liturgy, 2:30pm at Fr. Kozina Hall

**July 27-29**—St. Michael's Patrol Summer Camp

**August 4 & 5**—First Friday and First Saturday of August

**August 15**—Feast of the Assumption (Holy Day of Obligation)

**August 28 - September 1**—General Chapter of the Institute

**September 8**—Nativity of the Blessed Virgin Mary

**September 29 - October 1**—Second National Retreat of the Society of the Sacred Heart in Wausau, Wisconsin

### NATIONAL RETREAT FOR THE SOCIETY OF THE SACRED HEART

For those who did not attend the first retreat, the second National Retreat will take place at St. Mary's Oratory in Wasau, Wisconsin from Sept. 29– Oct. 1. To register, visit: <https://bit.ly/SSHRetreat2023>

**JOIN THE ALTAR SERVERS CORPUS** - Have you or your sons considered joining the ranks of the Altar Servers, and serve in that most noble of capacities – the offering of Divine Worship to the Most Holy Trinity? For details, please contact Canon: [canon.norman@institute-christ-king.org](mailto:canon.norman@institute-christ-king.org)

**JOIN OUR SACRED MUSIC SCHOLA** - The men and women of our Schola study and work hard to bring the beauty of Gregorian Chant and Polyphony to many of our Masses and liturgical ceremonies. Please consider offering your talent to serve the Sacred Liturgy through this apostolate. Please contact Dennison Gallardo: [vivatxutsex@gmail.com](mailto:vivatxutsex@gmail.com) for further information.

**GET INVOLVED WITH SURSUM CORDA** - If you would like to help with the monthly organization of this meeting of Catholic young adults, please contact Noe Perez: [n\\_perez3@u.pacific.edu](mailto:n_perez3@u.pacific.edu). Each monthly event typically consists of the Rosary, a talk, and social dinner.

### 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>