



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 28, 2024
SEPTUAGESIMA SUNDAY
(Mass Propers available in the Parish Bulletin)

Dear faithful,

The **Pre-Lenten season** has arrived! This Sunday, January 28 begins the liturgical time known as **Septuagesima**. Violet vestments return to the altar for Sunday Mass, along with the suppression of the Gloria and the use of relics. The Alleluia is replaced by the more penitential Tract. The organ and flowers will still be present, however, until Lent begins on Ash Wednesday, February 14.

Would you like a practical recommendation for your interior life? Now that Septuagesima has begun, it is a good idea to decide upon and begin keeping already one's Lenten resolution. Let us prepare our Lent assiduously in this way, and not procrastinate. This will help us respond to God's graceful promptings with greater quickness, fervor and fidelity during the liturgical year's most penitential season, which begins in just a little over two weeks.

Thank you for your prayers while I was away on vacation! I had a restful time indeed, and I'm glad to be back in Oakland with you all. It was good to get back to Tucson, where I first discovered the Traditional Latin Mass through St. Gianna Latin Mass Community, now St. Gianna Oratory, an apostolate of the Institute.

Have you already turned in your **blessed palms** from last Palm Sunday? If not, please deposit them in the wicker baskets in the vestibule at your earliest convenience. The palms must be burned to make the ashes which will be blessed on Ash Wednesday.

This Monday, January 29 is the **Feast of St. Francis de Sales**, one of the principal Patrons of our dear institute, and thus a first-class feast for all Institute apostolates. A plenary indulgence is available under the usual conditions.

There are still a few days left to **donate diapers and baby wipes** downstairs in Fr. Kozina Hall. The donations will be given to a local pro-life crisis pregnancy center, the Guadalupe Hope Society, on the first weekend of February. For more information, please contact Ben Palacios: benjaminpalacios1@gmail.com or (510) 388-7207.

The Feast of the Purification of the Blessed Virgin Mary, **Candlemas**, is this **Friday, February 2**. There will be the Blessing of Candles and Procession at 6 pm, followed by a Low Mass with organ and First Friday devotions. Please be sure to **bring your own candles** for the blessing. February 2 is also the traditional day for taking down one's **Christmas creche** and decorations.

Candles of pure beeswax (100%) will be available after the 7 am and 12:30 pm Masses this Sunday. The suggested donation is \$30 per candle (3"x6" pillar candles.) All profits will go to the Building Fund for the San Jose Apostolate of the Institute of Christ the King.

The **Blessing of Throats** for the Commemoration of Saint Blaise will be on Saturday, February 3 after the 10 am Mass.

The **Men's Retreat** will be Wednesday, February 7 at St. Vincent's School for Boys in San Rafael. Please **rsvp by this Wednesday**, January 31 to Felipe Vásquez: MANofStJoseph@gmail.com or 510-432-8995.



The Parable of the Workers in the Vineyard, Christian Dietrich, ca. 1752

To enroll your children in the **First Communion class**, please contact Canon Norman at his email: canon.norman@institute-christ-king.org. The weekly Zoom class begins Wednesday, February 28 at 4 pm and First Communions will be in early May.

Are you a young adult Catholic (18-35 years old) and a skier? Or a snowboarder? Canon Jonathon Fehrenbacher, Prior of St. Gianna Oratory in Tucson, Arizona, will be leading a **Sursum Corda Ski Retreat** in Lake Tahoe from Thursday, February 8 – Sunday, February 11. Please see the flier in Flocknote for more information. Those interested need to RSVP by January 28 to: fisher.matthew1996@gmail.com.

It's never too early to plan for **summer camp!** St. Michael's Patrol is the California father-son summer camp of the Institute of Christ the King, with participation from both the Oakland and San Jose Apostolates. In addition, we hope to welcome some campers from the Institute's apostolate in Tucson, Arizona, St. Gianna Oratory. The Prior of St. Gianna's, Canon Jonathon Fehrenbacher, will join us for the first time this year. We hope to invite one or two more canons as well.

Summer camp is an opportunity to put body and soul to the test in varied sports and activities, all in God's great outdoors. Daily Mass in the **Traditional Latin Rite**, as well as Rosary Processions, prayers and spiritual talks will also be featured. The location and dates for the camp are still being determined, though the tentative dates are Wednesday, July 24 – Saturday, July 27. RSVP to: canon.norman@institute-christ-king.org. A registration form is being prepared. (Boys ages 6-18.)

Wishing you a blessed Sunday,
Canon Norman

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LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 1/28	7:00 am <i>Low Mass</i>	Septuagesima Sunday <i>2nd Class / Violet</i>	Canon Norman	Emmanuel Nascimento
	12:30 pm <i>High Mass</i>			Alexandre Silva
Mon. 1/29	6:00 pm <i>Low Mass with organ</i>	St. Francis de Sales, Bishop, Confessor & Doctor of the Church (a principal Patron of the Institute) <i>1st Class / White</i>	Canon Norman	Thanh Nguyen
Tue. 1/30	6:00 pm <i>Low Mass</i>	St. Martina, Virgin & Martyr <i>3rd Class / Red</i>	Canon Norman	Eric Menn
Wed. 1/31	6:00 pm <i>Low Mass</i>	St. John Bosco, Confessor <i>3rd Class / White</i>	Canon Norman	Bryan Castillo & Family
Thurs. 2/1	12:00 pm <i>Low Mass</i>	St. Ignatius of Antioch, Bishop & Martyr <i>3rd Class / Red</i>	Canon Norman	Donald Navarini†
Fri. 2/2	6:00 pm <i>Low Mass</i>	The Purification of the Blessed Virgin Mary <i>2nd Class / White / Blessing of Candles & Procession at 6pm followed by Mass; First Friday Devotions after Mass</i>	Canon Norman	Dorothy Muca†
Sat. 2/3	10:00 am <i>Low Mass</i>	Votive Mass of the Immaculate Heart of Mary <i>3rd Class / White / Blessing of Throats & First Saturday Devotions after Mass</i>	Canon Norman	Souls in Purgatory
Sun. 2/4	7:00 am <i>Low Mass</i>	Sexagesima Sunday <i>2nd Class / Violet</i>	Canon Norman	Giuseppna Perrucci†
	12:30 pm <i>High Mass</i>			Ngo Thi Nguyen†

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 to request the Zoom link.

Youth Class: Tuesdays at 4:00 pm

Adult Class: Saturdays, at 2:30 pm

Prospective Catholics: contact Canon for class times

NB: *My Catholic Faith* is once again available for purchase!

FLOCKNOTE: sign up at 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 Farinaro	Marianne Martinez	Angie Gonzalez
Eurydice Buenger	Sylvia Duenas	Catherine Willis
Fil Marquez	Joshua Nascimento	Rick Pawek
Catherine Duenas		

For the repose of the souls of our beloved departed:

Rose Stone	Albert Bocek	Rita Soria Bautista
Bea Benham	Valeria Casillas	Carlos San Miguel
Dario Gonzalez	William M. Williams	Fr. Stan Zak
Nancy Duenas	Canon Fragelli	Ernest Jacob
Louisa Siu	Gabriel Fernandez	Camdan McWright
Mme. Guillemette de Guernon	Count Wolfgang von Waldstein	
Bernadette Moreau	Fr. Prokop Jozef Zboron, OCarM	
Thomas Apple	Alan Wong	Carole Jenkins

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. 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 St. Francis de Sales, Low Mass with organ
Institute patronal feast day, plenary indulgence available

February 2—Candlemas (traditional end of Christmastide)
Blessing of Candles, procession, & First Friday Devotions
(NB: Please bring your own candles.)

February 3—Commemoration of St. Blaise, Blessing of Throats after 10am Mass, and First Saturday devotions

February 14—Ash Wednesday

MEN'S RETREAT - FEBRUARY 7 (RSVP deadline January 31)

Our Men's Retreat will take place on Wednesday, February 7, 9am-2pm at St. Vincent School for Boys, 1 St. Vincent's Dr., San Rafael; Please **RSVP** to Felipe Vásquez: MANofStJoseph@gmail.com or 510-432-8995. Deadline for RSVP is January 31.

WOULD YOU LIKE TO HELP MAKE THE LITURGY BEAUTIFUL?

There are many ways the faithful can support our liturgical celebrations, keeping them beautiful and dignified. In this new year, consider **joining the Altar Servers Corp**, by having you or your son(s) serve Mass, or **joining the schola** to sing the prayers of the Church in timeless Gregorian Chant, or **joining the floral team** which beautifies our altar with fresh flowers in accordance with the needs of each liturgical season and feasts. If you would like to support our liturgical celebrations in one of these ways, please email Canon Norman.

"ASK A PRIEST LIVE!" RADIO PROGRAM

Canons from the Institute of Christ the King participate in a new LIVE radio show on The Station of the Cross Catholic Media Network, at 6PM eastern time each weekday. <https://thestationofthecross.com/askapriest/>

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>