



# 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, FEBRUARY 4, 2024**  
**SEXAGESIMA SUNDAY**  
(Mass Propers available in the Parish Bulletin)

Dear faithful,

It is Our Lord's parable of the sower and the seed which fell upon four different sorts of ground which Holy Mother Church puts before our eyes on this Sexagesima Sunday. The Word of God can be heard by the ears of many, but sadly, a great number will not let it permeate and change their hearts for the better, because of the temptations, cares and distractions of this life. But there is hope – the hope that the “good ground” will be found in our souls:

“But that on the good ground, are they who in a good and perfect heart, hearing the word, keep it, and bring forth fruit in patience” (Luke 8;4-15).

How do we know that the Word of God has truly fallen upon the “good ground” of a heart that seeks His good pleasure above all else? We should never be too quick to assume that we fall into this category. A heart which spurns presumption and trusts not in its own merits, but rather in the infinite mercy and power of God, is the surest sign that the seed is growing fruitfully in our souls.

Again, a **big “Thank you”** for all your generous support of the Oakland Apostolate and indeed the entire U.S. Province of the Institute throughout the last year. On **Sunday, February 18**, the Institute launches its annual **Provincial Appeal**. Last year, the province-wide collection raised **over \$152,000!** It was such a great help over this past year in the common mission which the Institute shares with all of you. Please see the second page of the bulletin for a special QR Code to make a donation to the annual Provincial Appeal. Incidentally, the parish's Second Collection on that Sunday will be for the Institute.

With Candlemas (February 2) comes the change of the seasonal Marian antiphon to the hopeful and lovely *Ave Regina Caelorum*. Copies are available in church and Flocknote.

Our gratitude goes out to Thomas and Diana Henriksson for continuing a venerable tradition here at St. Margaret Mary's: **Lenten Prayer Cards for Seminarians**. Prayer cards will be distributed in the vestibule after the 7 am and 12:30 pm Masses this Sunday. Your prayers are so important for these young men. It is requested to recite one decade of the Rosary each day (or even 5 decades, for those who are able) for the seminarian on your card.

It's time to burn last year's **Palm Sunday palms** to prepare for Ash Wednesday, February 14. Please place your palms in the basket in the vestibule. Thank you!

Quinquagesima Sunday, the last Sunday before the beginning of Lent, is next Sunday, February 11. We will have a **“Forty Hours” devotion** by having a Holy Hour of Adoration following the 12:30 Mass. There will also be a Holy Hour after the 6 pm Masses on Monday, February 12 and Tuesday, February 13.

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

There is one group of volunteers that, in my opinion, I do not thank often enough. That would be the **Corps of Altar Servers**. These young men put in weekly hours of training and serving, applying their energies and disciplining themselves, in order to give glory to God in the Holy Mass. While we have a respectable number of servers, it never hurts to add to the ranks.

Moreover, joining the Corps of Altar Servers provides those who serve often, spending a considerable length of time on their knees, to profit from the help of others by vesting and sitting in choir in the sanctuary for Mass, thus enjoying a more meditative assistance at the Mass and getting some needed rest for the body. If you or your sons are interested in serving, please email Canon Norman.



The Sower, Jean-François Millet , 1850

Save the date in your calendars! The Institute's Annual **Sursum Corda Young Adult Retreat** will be held at the Colombiere Conference and Retreat Center in Michigan, from July 5th to July 8th, 2024. We hope to see you there!

It's still winter, but it's already time to start planning for **St. Michael's Patrol!** This annual California summer camp of the Institute of Christ the King, with participation from the Oakland, San Jose and Tucson Apostolates, is filled with **sports and outdoor activities**. There is, more importantly, daily Mass in the **Traditional Latin Rite**, as well as Rosary Processions, prayers and spiritual talks. 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](mailto:canon.norman@institute-christ-king.org). A registration form is being prepared.

Attention members of the **Society of the Sacred Heart!** A small selection of Society of the Sacred Heart **Handbooks** is available. These handbooks are for sale for **\$20 each**, regardless of the book format. See Flocknote for more information. If you would like to order a handbook, please send an email with your name, mailing address, and the number of books you would like, to: [sacredheart@institute-christ-king.org](mailto:sacredheart@institute-christ-king.org).

I will be helping at a retreat for Sursum Corda, the Institute of Christ the King's young adult group, in Lake Tahoe this Friday and Saturday. Please check the bulletin for information regarding the Mass replacements.

Wishing you a blessed Sunday,

Canon Norman

Email: [canon.norman@institute-christ-king.org](mailto:canon.norman@institute-christ-king.org)

# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

## LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun. 2/4	7:00 am <i>Low Mass</i>	<b>Sexagesima Sunday</b> <i>2nd Class / Violet</i>	Canon Norman	Giuseppna Perrucci†
	12:30 pm <i>High Mass</i>			Ngo Thi Nguyen†
Mon. 2/5	6:00 pm <i>Low Mass</i>	<b>St. Agatha, Virgin &amp; Martyr</b> <i>3rd Class / Red</i>	Fr. Staal	Michael Sullivan
Tue. 2/6	6:00 pm <i>Low Mass</i>	<b>St. Titus, Bishop &amp; Confessor</b> <i>3rd Class / White</i>	Canon Norman	Theresa Nguyen Thi Hat†
Wed. 2/7	6:00 pm <i>Low Mass</i>	<b>St. Romuald, Abbot</b> <i>3rd Class / White</i>	Canon Norman	Paul Baccay & Family
Thurs. 2/8	12:00 pm <i>Low Mass</i>	<b>St. John of Matha, Confessor</b> <i>3rd Class / White</i>	Canon Norman	Souls in Purgatory
Fri. 2/9	6:00 pm <i>Low Mass</i>	<b>St. Cyril, Bishop of Alexandria, Confessor &amp; Doctor of the Church</b> <i>3rd Class / White / Adoration after Mass</i>	Fr. McTeigue	Thanh Nguyen
Sat. 2/10	10:00 am <i>Low Mass</i>	<b>Requiem Mass</b> <i>4th Class / Black</i>	Canon Norman	Bernadette Moreau† (mother of Canon Moreau)
Sun. 2/11	7:00 am <i>Low Mass</i>	<b>Quinquagesima Sunday</b> <i>2nd Class / Violet / Holy Hour of Adoration after 12:30 Mass</i>	Canon Norman	Paul Buchignani†
	12:30 pm <i>High Mass</i>			Allen McDonald†

### 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 [ickspeakland.flocknote.com](http://ickspeakland.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	<b>Canon Fragelli</b>	Ernest Jacob
Louisa Siu	Gabriel Fernandez	Camdan McWright
Mme. Guillemette de Guernon	Count Wolfgang von Waldstein	
Bernadette Moreau	Fr. Prokop Jozef Zboron, OCar	
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](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

**February 7**—Men's Retreat, 9am-2pm, St. Vincent School, San Rafael

**February 12 & 13**—Holy Hour after the 6 pm Mass

**February 14**—Ash Wednesday, Low Mass at 10am, High Mass at 6pm

**February 17**—Altar Server Training, after 10am Mass, in church

**February 18**—Lesson in Liturgy at 12:30 Reception in Fr. Kozina Hall

**February 21**—Men's Group Dinner, 7:15-9:15pm, Fr. Kozina Hall

### LENTEN SCHEDULE

- "Forty Hours" Devotion: Holy Hour of Adoration after the 12:30 pm Mass on Quinquagesima Sunday, February 11, and after the 6 pm Masses on Monday, February 12 and Tuesday, February 13.
- Ash Wednesday, February 14:
  - Blessing and Distribution of Ashes followed by Low Mass at 10 am
  - Blessing and Distribution of Ashes followed by High Mass at 6 pm
- Stations of the Cross after the 6 pm Mass on Fridays of Lent, beginning February 16.
- Adoration after the 6 pm Mass on Wednesdays of Lent, beginning Wednesday, February 21.
- First Friday of March (March 1): Confessions at 4:15 pm, Stations of the Cross at 5 pm, and First Friday Devotions after the 6 pm Mass.
- Good Friday Liturgy only (March 29, time TBD), no Stations.

### 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>

### Sunday, February 18:

*Special Provincial Appeal Collection*  
"Many Apostolates, One Mission"

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

Donate online with the QR code here.

