

Institute of Christ the King Sovereign Priest
Saint Anthony of Padua Oratory
Latin Mass Apostolate in the Archdiocese of Newark



Address:

**1360 Pleasant Valley Way
West Orange, NJ 07052**

Kindly write all checks out to:
Institute of Christ the King



Donate securely
by scanning the
QR code



Website:

www.institute-christ-king.org/westorange-home

Email:

saint.anthonys@icksp.org

Phone: (973) 325-2233

Stay Connected to the Institute

Text "Institute" to 84576
to receive news, event notifications,
spiritual reflections and
more via email or text.

**Fourth Sunday of Lent
March 19, 2023**

MONTH OF ST. JOSEPH

Holy Mass Schedule:

Sunday: 7:30, 9:00 & 11:00 AM (High Mass)

Weekdays: Monday - Saturday 9:00 AM

First Friday: Additional Mass at 7:00 PM

Holy Days of Obligation: 9:00 AM & 7:00 PM
(Please confirm with current bulletin or website)

Confession:

30 minutes before each Mass and upon request.

Baptism: Please contact the Oratory in advance.

Marriage: Please contact the Rectory at least 6 months
in advance of the proposed marriage date.

Benediction of the Most Blessed Sacrament: 2nd Sunday
of the month following the 9:00 AM Mass

Perpetual Novena:

Monthly from the 17th to 25th. Infant of Prague

Please reference the weekly bulletins (also available on the website) for any temporary changes to the Mass schedule.

Very Rev. Msgr. R. Michael Schmitz, STD, JCL, Vicar General & Delegate for the U.S.

Rev. Canon Matthew Talarico, Provincial Superior

Rev. Canon Brian A. T. Bovee, Rector

Rev. Father Richard Munkelt, Priest in Residence

Abbé Francis Bennell, Oblate

LITURGICAL CALENDAR

Sun Mar 19	FOURTH SUNDAY OF LENT	7:30 AM	Joseph Hill	<i>by Sarah & Michael Gyiraszi</i>
		9:00 AM	Jozef Mazur	<i>by Barbara Mazur</i>
		11:00 AM	Joseph M. Leskowsky	<i>by the Leskowsky Family</i>
Mon Mar 20	ST. JOSEPH	9:00 AM	✕ Aniela Mazur	<i>by Barbara Mazur</i>
Tue Mar 21	ST. BENEDICT *	9:00 AM	Charles Costello	<i>by Thomas & Sylwia Costello</i>
Wed Mar 22	Lenten Feria	9:00 AM	Flaherty Family	<i>by Theresa Flaherty</i>
Thu Mar 23	Lenten Feria	9:00 AM	✕ Frances Spillman	<i>by Brian & Lisa Hart</i>
Fri Mar 24	Lenten Feria <i>Comm. of St. Gabriel Archangel</i>	9:00 AM	Raymond Leo Cardinal Burke	<i>by Robert S. Salazar</i>
		7:00 PM	<i>Stations of the Cross</i>	
Sat Mar 25	ANNUNCIATION	9:00 AM	✕ Thomas Chronowski	<i>by Joan Piasio</i>
Sun Mar 26	PASSION SUNDAY	7:30 AM	✕ Mr. & Mrs. Pat. Imbriaco, Sr.	<i>by Mr. & Mrs. Patrick Imbriaco</i>
		9:00 AM	✕ Emily O'Neill	<i>by Mr. & Mrs. Wieszczyk</i>
		11:00 AM	Luigi & Karen L. Nicoloso	<i>by the Nicoloso Family</i>

* **OPPORTUNITY TO GAIN A PLENARY INDULGENCE UNDER THE USUAL CONDITIONS BY ATTENDING HOLY MASS AT THE ORATORY**



FOURTH SUNDAY OF LENT



Introuit. Is. 66, 10, 11. Rejoice, O Jerusalem, and come together all you that love her; rejoice with joy, you that have been in sorrow: that you may exult and be filled from the breasts of your consolation. Ps. 121, 1. I rejoiced at the things that were said to me: We shall go into the house of the Lord. V. Glory.

Pray. Grant, we beseech Thee, O almighty God, that we, who justly suffer for our deeds, may be relieved by the consolation of Thy grace. Through our Lord.

Epistle. Gal. 4, 22-31. Brethren: It is written that Abraham had two sons; the one by a bond-woman, and the other by a free-woman. But he who was of the bond-woman was born according to the flesh; but he of the free-woman was by promise. Which things are said by an allegory. For these are the two testaments: the one from Mount Sina, engendering unto bondage, which is Agar: for Sina is a mountain in Arabia, which hath affinity to that Jerusalem which now is, and is in bondage with her children: but that Jerusalem which is above is free, which is our mother. For it is written, Rejoice, thou barren that bearest not; break forth and cry, thou that travailest not; for many are the children of the desolate, more than of her that hath a husband. Now we, brethren, as Isaac was, are the children of promise. But as then he that was born according to the flesh persecuted him that was after the spirit, so also it is now. But what saith the Scripture? Cast out the bond-woman and her son; for the son of the bond-woman shall not be heir with the son of the free-woman. So then, brethren, we are not the children of the bond-woman, but of the free; by the freedom wherewith Christ hath made us free.

Gradual. Ps. 121, 1, 7. I rejoiced at the things that were said to me: We shall go into the house of the Lord. V. Let peace be in thy strength, and abundance in thy towers.

Tract. Ps. 124, 1, 2. They that trust in the Lord shall be as Mount Sion: he shall not be moved forever that dwelleth in Jerusalem. V. Mountains are round about it: so the Lord is round about His people, from henceforth now and forever.

Gospel. John 6, 1-15. At that time, Jesus went over the Sea of Galilee, which is that of Tiberias; and a great multitude followed Him, because they saw the miracles which He did on them that were diseased. Jesus therefore went up into a mountain, and there He sat with His disciples. Now the Pasch, the festival day of the Jews, was near at hand. When Jesus therefore had lifted up his eyes, and seen that a very great multitude cometh to Him, He said to Philip, Whence shall we buy bread that these may eat? And this He said to try him; for He Himself knew what He would do. Philip answered, Two hundred pennyworth of bread is not sufficient for them, that every one may take a little. One of His disciples, Andrew, the brother of Simon Peter, saith to Him, There is a boy here that hath five barley loaves and two fishes; but what are these among so many? Then Jesus said, Make the men sit down. Now there was much grass in the place. The men therefore sat down, in number about five thousand. And Jesus took the loaves; and when He had given thanks, He distributed to them that were set down. In like manner also of the fishes, as much as they would. And when they were filled, He said to His disciples, Gather up the fragments that remain, lest they be lost. They gathered

Cont'd next page

Pray for Our Sick

Maria Parra, Clarissa McArdle, Kelly Phillips, Brendan Flaherty, Katie Williams, Jessica Kenny, Cathy Craig, Christopher Slattery, Donald Moglia, Francine Cable, Michelina Giuliano

Pray for Our Deceased

Canon Henrique Fragelli, James Kenny, Andy Flock, Elaine Ventura, Raymond Bennell, Sue Aurora, Zoltan Leskowsky Sr., Amelia Udasco, Servando Fernandez, Lucille Mariano

ANNOUNCEMENTS & INFORMATION

TODAY—MARCH 19, 2023

Following a beloved Italian custom, St. Anthony of Padua will host the annual “*Tavola di San Giuseppe*” - St. Joseph’s Table - TODAY in Fr. Wickens Hall, starting after the 9 AM Mass. Volunteers from the parish will prepare and serve Italian food using recipes traditional to this feast. All are welcome, parishioners and their guests. We need cooks, bakers, and servers (a good job for our younger people).

This is a wonderful opportunity to gather with old friends, meet new ones, and introduce people to our oratory, while honoring St. Joseph, Patron of the Universal Church.

**COME ONE, COME ALL!
HELP US HONOR BLESSED JOSEPH
THROUGH THIS ANNUAL TRADITION**



SOCIETY OF THE SACRED HEART

MORNING OF REFLECTION

Saturday, March 25
Conferences following Mass
and a light continental breakfast
(beginning approx. 10:30 AM).
Ends with Benediction.

“Dealing with the Cunning Serpent”

There is no obligation to be a member to attend this morning of recollection... all are welcome!

Wisdom of St. Francis de Sales

Nothing makes us so prosperous in this world as to give alms.

LENTEN STATIONS

Stations of the Cross will take place at 7 PM on Fridays during Lent. *Stations on Good Friday will follow the liturgy in the afternoon.*



PALM SUNDAY: APRIL 2

7:30 AM Low Mass
10:00 AM High Mass

No 9 or 11 AM Masses.

Low Mass- Palms will be blessed prior to Mass.

High Mass- Preceded by blessing and distribution of palms, and procession.

MAUNDY THURSDAY: APRIL 6

6:00 PM Confessions
7:00 PM Solemn High Mass

GOOD FRIDAY: APRIL 7

— **DAY OF ABSTINENCE & FAST**—
12:00 PM Liturgy of the Passion
2:30 PM Stations & Confessions

HOLY SATURDAY: APRIL 8

11:00 AM Confessions
12:00 NOON Easter Vigil Mass

EASTER SUNDAY: APRIL 9

7:30 AM Low Mass
9:00 AM Low Mass
11:00 AM High Mass

up therefore, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above to them that had eaten. Now those men, when they had seen what a miracle Jesus had done, said, This is of a truth the prophet that is to come into the world. Jesus therefore, when He knew that they would come to take Him by force and make Him king, fled again into the mountain Himself alone.

Offertory. Ps. 134, 3, 6. Praise ye the Lord, for He is good: sing ye to His name, for He is sweet: whatsoever He pleased He hath done in heaven and in earth.

Secret. We beseech Thee, O Lord, look favorably upon the sacrifices here before Thee, that they may profit us both for devotion and for salvation. Through.

Communion. Ps. 121, 3, 4. Jerusalem, which is built as a city, which is compact together; for thither did the tribes go up, the tribes of the Lord, to praise Thy name, O Lord.

Postcommunion. Grant us, we beseech Thee, O merciful God, that we may treat with unfeigned veneration and ever receive with heartfelt faith Thy holy rites which we constantly celebrate.

VOTIVE CANDLES

WEEK OF MARCH 19TH

PIETA:

■ Carol Sanchez—BS

OUR LADY:

■ Servando Fernandez—LF

ST. JOSEPH:

■ Catherine Morgan—LF

ST. THERESE:

■ Thomas Morgan—LF

* ■ indicates number of intentions in the queue.

CALENDAR OF EVENTS

Sun. Mar 19: St. Joseph’s Table

Sat. Mar 25: *Society of the Sacred Heart Morning of Reflection*

Sun. Mar 26: *Back-To-The-Land Meeting*

Sun. Apr 2: Palm Sunday
No CCD Classes

Sun. Apr. 9: Easter Sunday
No CCD Classes

Sun. May 7: First Holy Communions

Sun. May 14: May Crowning/
Mother’s Day





...I BELIEVE IN...THE FORGIVENESS OF SINS...

Part III: **STEP II—TRUE CONTRITION** *Continued*

WE again call attention to the subject of contrition because it is so very important. Contrition for sin is the heart of the sacrament of Penance instituted by Christ. Unless a person has at least attrition, or imperfect sorrow for his sins, the absolution of the priest is powerless to effect his forgiveness. We can hardly exaggerate the importance of contrition for sin.

CONTRITION - NECESSARY QUALITIES

When a person's contrition is true, it is distinguished by qualities that prove its genuineness. The Church teaches that contrition, to be genuine, must be *interior*, *supernatural*, *universal*, and *sovereign*.

Interior. Contrition is interior when it is an act of the will: when it is sincere, springing from within, from the heart and not merely from the lips. God is not honored by mere lip service. He said of the Jews once: "*This people honors Me with their lips, but their heart is far from Me.*" *Mark 7, 6.*

Supernatural. Contrition is supernatural when it is prompted by God's grace and arises from supernatural motives. By that we mean that we are sorry for having offended God from some motive drawn from our faith, some motive related to God. We mentioned some of these when we explained sorrow for sin. When based on natural motives alone, sorrow for having committed a sin cannot obtain forgiveness of sin.

Universal. Contrition is universal when it includes at least all unforgiven mortal sins. If we are conscious of even a single mortal sin for which we are not sorry, we do not have true contrition and cannot obtain forgiveness for any of our sins. The reason is that even a single mortal sin is opposed to and excludes sanctifying grace. Each serious sin is a grievous insult to God, our Heavenly Father; and unless we detest each and every grave sin, we cannot return to His friendship. Of course, the ideal is to be sorry for all our venial sins as well as any mortal sins we may have committed. Yet a confession that contains only venial sins is valid if we are really sorry for at least one venial sin. The quality of uni-

versality of sorrow therefore applies only to mortal sins not yet confessed.

Sovereign. Contrition is sovereign or supreme when we are more sorry for sin than for any other evil or sorrow that may come to us. This means that we judge or view sin as the greatest of evils. This hatred is an act of the intellect and will. We may feel other sorrows more sensibly and emotionally, such as sorrow over the death of a friend; but if our sorrow for sin rests on the conviction that sin is the greatest evil, it is sovereign, even though we do not feel it sensibly.

KINDS OF CONTRITION

You already know the two kinds of contrition—perfect contrition, and imperfect contrition, or attrition. Both perfect and imperfect contrition are alike in all the essentials of true contrition. Both are inspired by actual grace and are based on supernatural motives. Both express sorrow for sin which is an offense against God. Both include a firm purpose of amendment. Consequently, both perfect and imperfect contrition are characterized by the necessary qualities of true sorrow.

Though perfect and imperfect contrition are alike in all these respects, they differ greatly, as their names suggest. The distinction arises from the different motives that inspire them. Although the realization of sin as an offense against God is always present in contrition, the emphasis may be either on God or on self. Either we are sorry for our sins because they are an evil done to God, or we are sorry because they are an evil done to ourselves. The first motive considers chiefly God and gives rise to perfect sorrow, the second considers the individual chiefly and gives rise to imperfect contrition.

1) *Imperfect contrition.* The Council of Trent has enumerated the basic motives of supernatural contrition. These are: perfect charity, the baseness of sin, the loss of eternal happiness, and consequent eternal damnation and punishment. The first motive, that of perfect charity, calls forth perfect contrition; so does the second, the baseness of sin, when sin displeases us because it is so opposed to the

goodness of God. The last two are motives of imperfect contrition, also known as attrition.

Consequently, with attrition we are sorry for our sins mainly because they are shameful in themselves and deserving of the punishments of God's justice, loss of eternal happiness and fear of eternal damnation or other just punishments. We can clearly see from this that attrition is sorrow caused by the loss of what we hoped for and by fear of the sufferings we have merited from a just God who rewards and punishes. Therefore, this contrition, though supernatural, is called attrition because, while expressing a certain sorrow for sin, it does not spring from as high or selfless a motive as does perfect contrition.

Attrition does not of itself cancel mortal sin, but it is sufficient for forgiveness in the sacrament of Penance. In this case, attrition prepares us for the absolution of the priest, which remits our sins and supplies for the defect of imperfect contrition. Attrition may be of many degrees, but no matter how perfect an act of its kind, attrition can never obtain the forgiveness of sin without the sacrament of Penance.

Attrition for venial sins. Let us note here that, in the case of venial sin, the motives of regret are not the loss of heaven or the fear of hell. The motive of attrition for venial sins is either regret for the loss of heaven for a time, or fear of the pains of purgatory, or other punishments of venial sin. This contrition is insufficient to obtain forgiveness outside of confession. Venial sins, however, can be forgiven in many other ways, for example, by Holy Communion, works of mercy, acts contrary to the venial sins, and the like.

2) *Perfect contrition.* Contrition is perfect when it arises from perfect love of God. Due to a lack of space, we will revisit this soul saving topic at another time, since it is worth a discussion all by itself.

Adapted from: The Ark and the Dove
Right Rev. Msgr. Clarence E. Elwell

Next Week:

PURPOSE OF AMENDMENT