



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST



www.Institute-Christ-King.org  
Canon Jean-Marie Moreau (510) 482-2053

## “Extraordinary Form of the Roman Rite” His Holiness Benedict XVI Holy Mass Schedule for January 25, 2009 - February 1, 2009

<b>Sun., Jan. 25</b> <b>12:30 p.m.</b> <b>High Mass</b>	<b>Conversion of St. Paul</b> (1st Class, White)	For: Linda Bellavia (liv.) By: Linda Bellavia	MC: Joe Field Thurifer: Robert Richard Acolytes: Alex Case & Giorgio Navarini Candlebearers: Dino Navarini & Timothy Overturf
<b>Mon., Jan. 26</b> <b>6:00 p.m.</b>	<b>St. Polycarp</b> <b>Bishop &amp; Martyr</b> (3rd Class, Red)	For: Doris Case (liv.) By: The Case Family	Garvin Czetli
<b>Tue., Jan. 27</b> <b>6:00 p.m.</b>	<b>St. John Chrysostom</b> <b>Bishop, Confessor &amp; Doctor</b> (3rd Class, White)	For: Juan Duenas (liv.) By: The Case Family	Roger Kwan
<b>Wed., Jan. 28</b> <b>6:00 p.m.</b>	<b>St. Peter Nolasco</b> <b>Confessor</b> (3rd Class, White)	For: Nonila Duenas (liv.) By: The Case Family	Leon Melendres
<b>Thu., Jan. 29</b> <b>6:00 p.m.</b> <b>High Mass</b>	<b>St. Francis de Sales</b> <b>Bishop, Confessor &amp; Doctor</b> (1st Class, White) Patron of the Institute	For: Father Michael Wiener (liv.) By: The Connicks	MC: Roger Kwan Thurifer: Leon Melendres Acolytes: Joe & Sam Field
<b>Fri., Jan. 30</b> <b>6:00 p.m.</b>	<b>St. Martina</b> <b>Virgin &amp; Martyr</b> (3rd Class, Red)	For: Ellen Duenas (liv.) By: Vicki & Jean Duenas	Matt Collins
<b>Sat., Jan. 31</b> <b>10:00 a.m.</b>	<b>St. John Bosco</b> <b>Confessor</b> (3rd Class, White)	For: The Stuhlsatz Family(liv.) By: The Case Family	Brandon Angelo
<b>Sun., Feb. 1</b> <b>12:30 p.m.</b> <b>High Mass</b>	<b>4th Sunday After Epiphany</b> (2nd Class, Green)	For: William Maderious (dec.) By: Arlene Maderious	MC: Carmelo Caputi Thurifer: Sal Caputi Acolytes: Charlie Fineman & Max Tittman

**FEAST OF ST. FRANCIS DE SALES**  
**Thurs., January 29, 2009, High Mass at 6 PM**  
A plenary indulgence may be obtained under the usual conditions by all who assist at Holy Mass in a church of the Institute of Christ the King on this feast day.

**THANK YOU!**

A special thank you to all who generously helped with the Anniversary Celebration last Sunday. May God Bless you for making this a special day.

**TLMass - NEWSLETTER**

Anyone who would like to receive more information through the electronic newsletter about the Traditional Latin Mass Apostolate may subscribe by sending an email to: [TLMass\\_Newsletter-subscribe@yahoo.com](mailto:TLMass_Newsletter-subscribe@yahoo.com)

**NOVENA IN PREPARATION FOR THE FEAST OF ST. FRANCIS DE SALES CONTINUES THROUGH WEDNESDAY, JANUARY 28, 2009.**

**CATECHISM CLASSES WITH FR. MOREAU**

**College Aged Students - Every Other Tuesday after 6 PM Mass**  
**Children - Every Saturday after 10 AM Mass**  
Contact Fr. Moreau if you are interested in signing up.

**MON., 2/2/09 - THE PURIFICATION OF THE BLESSED VIRGIN MARY**  
6:00 PM Low Mass with Organ  
**SUN., 2/8/09 - THE SOLEMNITY OF THE PURIFICATION OF THE BLESSED VIRGIN MARY**  
12:30 PM High Mass, Blessing of Candles, Procession

**TUES., 2/3/09 - THE FEAST OF ST. BLAISE**  
There will be blessing of throats immediately following 6 PM Mass.



**ST. FRANCIS DE SALES**

**A short Method of Meditation. And first, the Presence of God, the First Point of Preparation.**

IT may be, my daughter, that you do not know how to practice mental prayer, for unfortunately it is a thing much neglected now-days. I will therefore give you a short and easy method for using it, until such time as you may read sundry books written on the subject, and above all till practice teaches you how to use it more perfectly. And first of all, the Preparation, which consists of two points: first, placing yourself in the Presence of God; and second, asking His Aid. And in order to place yourself in the Presence of God, I will suggest four chief considerations which you can use at first.

First, a lively earnest realization that His Presence is universal; that is to say, that He is everywhere, and in all, and that there is no place, nothing in the world, devoid of His Most Holy Presence, so that, even as birds on the wing meet the air continually, we, let us go where we will, meet with that Presence always and everywhere. It is a truth which all are ready to grant, but all are not equally alive to its importance. A blind man when in the presence of his prince will preserve a reverential demeanor if told that the king is there, although unable to see him; but practically, what men do not see they easily forget, and so readily lapse into carelessness and irreverence. Just so, my child, we do not see our God, and although faith warns us that He is present, not beholding Him with our mortal eyes, we are too apt to forget Him, and act as though He were afar: for, while knowing perfectly that He is everywhere, if we do not think about it, it is much as though we knew it not. And therefore, before beginning to pray, it is needful always to rouse the soul to a steadfast remembrance and thought of the Presence of God. This is what David meant when he exclaimed, "If I climb up to Heaven, Thou art there, and if I go down to hell, Thou art there also!" And in like manner Jacob, who, beholding the ladder which went up to Heaven, cried out, "Surely the Lord is in this place and I knew it not" meaning thereby that he had not thought of it; for assuredly he could not fail to know that God was everywhere and in all things. Therefore, when you make ready to pray, you must say with your whole heart, "God is indeed here."

The second way of placing yourself in this Sacred Presence is to call to mind that God is not only present in the place where you are, but that He is very specially present in your heart and mind, which He kindles and inspires with His Holy Presence, abiding there as Heart of your heart, Spirit of your spirit. Just as the soul animates the whole body, and every member thereof, but abides especially in the heart, so God, while present everywhere, yet makes His special abode with our spirit. Therefore David calls Him "the Strength of my heart;" and S. Paul said that in Him "we live and move and have our being." Dwell upon this thought until you have kindled a great reverence within your heart for God Who is so closely present to you.

The third way is to dwell upon the thought of our Lord, Who in His Ascended Humanity looks down upon all men, but most particularly on all Christians, because they are His children; above all, on those who pray, over whose doings He keeps watch. Nor is this any mere imagination, it is very truth, and although we see Him not, He is looking down upon us. It was given to S. Stephen in the hour of martyrdom thus to behold Him, and we may well say with the Bride of the Canticles, "He looketh forth at the windows, shewing Himself through the lattice."

The fourth way is simply to exercise your ordinary imagination, picturing the Savior to yourself in His Sacred Humanity as if He were beside you just as we are wont to think of our friends, and fancy that we see or hear them at our side. But when the Blessed Sacrament of the Altar is there, then this Presence is no longer imaginary, but most real; and the sacred species are but as a veil from behind which the Present Savior beholds and considers us, although we cannot see Him as He is.

Make use of one or other of these methods for placing yourself in the Presence of God before you begin to pray;—do not try to use them all at once, but take one at a time, and that briefly and simply.