



# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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**OAKLAND APOSTOLATE AT  
SAINT MARGARET MARY CATHOLIC CHURCH**  
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**SUNDAY, JANUARY 31, 2021  
EXTERNAL SOLEMNITY OF ST. FRANCIS  
DE SALES (PATRONAL FEAST)**

Dear Faithful,

Though we celebrate today the External Solemnity of St. Francis de Sales, it is Septuagesima Sunday. Let us begin from this moment, with God's grace, to prayerfully prepare ourselves for the holy season of Lent. This is the part of the Liturgical Year most especially dedicated to the growth of our union with Our Lord in His sufferings, in preparation for Easter, this most joyous solemnity of His Resurrection.

Please be careful around St. Margaret Mary Parish at night. One of our neighbors was recently mugged and had her car stolen. She was unfortunately injured in the incident, but thanks be to God not seriously. She is making a steady recovery, so please continue to pray for her.

**Please note: This Tuesday, February 2, Candlemas, the Mass will be at 6 pm instead of 12 noon.** There will be the blessing of candles and a candlelight procession. The following day, Wednesday February 3, Feast of St. Blaise, there will be the blessing of throats after the 12 noon Mass. Please remember to bring in any old palms you may have before Wednesday, February 17.

God bless,  
Canon Benjamin Norman

### **Prayer to St Joseph by St. Francis de Sales**



Our patron saint, St. Francis de Sales, whose feast we celebrate as an External Solemnity today, composed a beautiful prayer to St. Joseph, the patron of the Universal Church. As this is the Year of St. Joseph, it is appropriate to recall this prayer, and offer it for Holy Mother Church, for the Institute, and for the Diocese of Oakland, which is also under the patronage of St. Francis de Sales.

***Glorious St. Joseph, Spouse of Mary, grant us, we beseech thee, thy paternal protection, through the Heart of Jesus Christ. O Thou whose infinite power reaches out to all our needs, rendering possible for us that which is impossible, look upon the concerns of thy children with a fatherly countenance. In the troubles and sorrows that afflict us, we have confident recourse to thee. Deign to take under thy loving protection this important and difficult endeavor, the cause of our worries, and dispose its success to the glory of God and to the benefit of His faithful servants. Amen.***

Candlemas this Tuesday, February 2,  
will be at 6:00 PM.

### **INSTITUTE NEWS:**

The Sister Adorers have the joy of welcoming five new postulants, hailing from the United States (St. Louis), Mexico, Venezuela, Spain, and Germany. On the feast of the Holy Innocents, they received the blue cape from the hands of our Prior General, Monsignor Wach, at the sisters' novitiate house in Naples, Italy. Please pray for them as they begin their religious formation!



### **SEASONAL MARIAN ANTIPOHON**

One of the ways we honor Our Lady throughout the year is with the four seasonal Marian antiphons. They are typically chanted at the end of the evening office of Compline, the last "hour" of the Roman Breviary. These antiphons include the following:

- Alma Redemptoris Mater*** (Advent to the Purification)
- Ave Regina Caelorum*** (after the Purification to the Easter Vigil)
- Regina Caeli*** (the Easter Vigil through Pentecost Sunday)
- Salve Regina*** (after Pentecost Sunday to Advent)

The Institute's Gregorian chant recording, ***Gaudeamus Omnes***, contains the four seasonal Marian antiphons as part of the Office of Compline, in simple and solemn tones. These Marian anthems can be downloaded individually on iTunes, Amazon, Spotify, Apple Music, CD Baby and more. For details and to hear clips of each track, go to:

<https://instituteofchristthekingsovereignpriest.hearnow.com/>

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## LITURGICAL CALENDAR & ANNOUNCEMENTS

Date	Time	Mass of the Day	Celebrant	Intention
Sun., 1/31	7:00 am <i>Low Mass</i>	<b>External Solemnity of St. Francis de Sales, Patron of the Institute</b> <i>1st Class / White</i>	Canon Norman	Anthony, Mara, Monica Roberts, <i>by Mara Roberts</i>
	12:30 pm <i>Low Mass</i>		Canon Norman	Canon Henrique Fragelli <i>by Jean &amp; Vicki Duenas</i>
Mon., 2/1	6:00 pm <i>Low Mass</i>	St. Ignatius of Antioch, Bishop & Martyr <i>3rd Class / Red</i>	Father Staal	Petra Rowe <i>by Brigitte Krispel</i>
Tue., 2/2	6:00 pm <i>Low Mass</i>	The Purification of the Blessed Virgin Mary <i>2nd Class/ White</i>	Canon Norman	Barbara Powell† <i>by Thomas Dinh</i>
Wed., 2/3	12:00 noon <i>Low Mass</i>	St. Blaise, Bishop & Martyr <i>4th Class/ Red</i>	Canon Norman	Pam Funcke <i>by Pam Funcke</i>
Thurs., 2/4	12:00 noon <i>Low Mass</i>	Votive Mass of Our Lord Jesus Christ Sovereign & Eternal High Priest, <i>3rd Class/ White</i>	Canon Norman	Mara Roberts <i>by Lucy Viana</i>
Fri., 2/5	6:00 pm <i>Low Mass</i>	Votive Mass of the Sacred Heart <i>3rd Class/ White</i>	Canon Norman	David Morris† <i>by Alison Britton</i>
Sat., 2/6	10:00 am <i>Low Mass</i>	Votive Mass of the Immaculate Heart of Mary <i>3rd Class/ White</i>	Canon Norman	Jana Gelo <i>by Dana Gelo</i>
Sun., 2/7	7:00 am <i>Low Mass</i>	<b>Sexagesima Sunday</b> <i>2nd Class / Violet</i>	Canon Norman	President Donald Trump <i>by Judy</i>
	12:30 pm <i>Low Mass</i>		Canon Norman	Ana Lydon <i>by the Zeitz Family</i>

### EMAIL LIST OF THE APOSTOLATE

If you wish to receive an electronic copy of the bulletin, or other communication from Canon Norman regarding this apostolate, or get the Zoom link for catechism class, please send your request to: [oakland@institute-christ-king.org](mailto:oakland@institute-christ-king.org)

### SACRAMENTS

For preparation and reception of the Sacraments, please contact Canon Norman, by email or by phone.

### CATECHISM CLASSES (ON ZOOM)

**Youth class: Tuesdays 4:00pm. Adult Class: Saturdays 2:30pm.**

### PRAYER LISTS

In your kindness, please pray for our sick, those affected by the pandemic, and the faithful departed. The full list will be republished next week.

### UPCOMING EVENTS

February 2—Feast of the Purification (Candlemas)  
(traditional end of Christmastide)  
February 3—Feast of St. Blaise (blessing of the throats)  
February 17—Ash Wednesday  
February 21—First Sunday of Lent

### INSTITUTE 2021 LITURGICAL WALL CALENDAR

*In thanksgiving for 25 years in the United States of America.*

**A number of calendars are still available for purchase. \$5 each.** In addition to keeping track of the liturgical celebrations throughout the year, the Institute's 2021 Liturgical Calendar notes major events in the Institute's 25-year history in the United States and highlights the growth of our work and mission in the increasing number of our American apostolates. Please contact Canon Norman if you need one. Proceeds benefit our apostolate.

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