



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

At Holy Family Catholic Church: 338 W. University Blvd., Tucson

Sunday, February 18th A.D. 2018 – 1st Sunday of Lent

Mass Schedule

Sundays

Ordinary Form in English: 4pm (Vigil) & 7am
Extraordinary Form in Latin: 8:30am & 10:30am

Weekdays

See Liturgical Calendars on page 2

Confession Schedule

30 minutes before all Latin Masses and the Saturday Vigil Mass; Thursdays 5:30-6:25pm, 1st Saturday of Month 7:10-7:40am

Anointing of the Sick/Extreme Unction

Contact Canon Avis
at (520) 623-6773 or (520) 883-4360

Holy Family Parish

(Ordinary Form of the Roman Rite, “English Mass”)



Email: holyfamilyparishtucson@gmail.com
Mail: 338 W. University Blvd, Tucson, AZ 85705

Tel: (520) 623-6773

Website: www.holyfamilychurchtucson.org

Office Hours: Mon-Wed 11am-3pm; Fri 9am-1pm

Parish Staff

Canon William Avis, *Parish Administrator*

Sylvia Cordova, *Office Mgr & SEP Compliance Officer*
sylvia@hfc.phxcoxmail.com

For donations, please make checks out to “Holy Family Parish”

For sacramental certificates: 7 business days notice required.

Saint Gianna Oratory

(Extraordinary Form of the Roman Rite, “Latin Mass”)

Email: stgianna.tucson@institute-christ-king.org

Mail: Priory of Our Lady of Guadalupe
P.O. Box 87350, Tucson, AZ 85754

Tel: (520) 883-4360 *Fax:* (520) 578-6076

Website: www.saintgianna.net

Oratory Staff

Canon William Avis, *Rector*

Teri Gauger, *Oratory Secretary* (520) 883-4360

Christine Sarti, *Choir Director* (520) 870-0965

For donations, please make checks out to “Institute of Christ the King”



WWW.INSTITUTE-CHRIST-KING.ORG

LENTEN DEVOTIONS

Stations of the Cross



Each Friday from February 16th-
March 30th at 8:45am.

Followed by blessing and veneration of the Relic of the True Cross (except on Good Friday)

Adoration of the Blessed Sacrament

Friday, February 23rd: 9:45am-1:45pm

Friday, March 2nd: 9:45am-6:15pm

Friday, March 9th: 9:45am-1:45pm

Friday, March 16th: 9:45am-1:45pm

Friday, March 23rd: 9:45-11:45am



Please make a special effort to spend some time before our Lord in the Most Blessed Sacrament during the Lenten season.

Sign-up sheets are available at the back of the Church!

BLACK and INDIAN MISSION COLLECTION February 17-18, 2018

Today, our parish will take up the 135th annual National Black and Indian Mission Collection. Our support of this collection helps build the Church in African American, Native American, and Alaska Native communities from coast to coast. Schools, parish religious education programs, and diocesan ministries depend on your generosity to help them spread the Gospel of Jesus Christ! You can help meet unmet needs with a generous contribution today. Thank you for your support.

www.blackandindianmissions.org

THE LITURGICAL CALENDAR FOR HOLY FAMILY PARISH (ORDINARY FORM OF THE ROMAN RITE)

Sat. 02/17	1st Sunday of Lent	4:00 p.m. Vigil Mass	For a special intention	<u>Celebrant:</u> Rev. Anthony Ruiz
Sun. 02/18		7:00 a.m. Sunday Mass	Parishioners of Holy Family Parish	<u>Celebrant:</u> Rev. Abram Dono
Sat. 02/24	2nd Sunday of Lent	4:00 p.m. Vigil Mass	Parishioners of Holy Family Parish	<u>Celebrant:</u> Rev. Anthony Ruiz
Sun. 02/25		7:00 a.m. Sunday Mass	For a special intention	<u>Celebrant:</u> Rev. Abram Dono

Weekly Collection: February 10/11: \$ 1,171.55

Many Thanks!

The Liturgical Calendar for St. Gianna Oratory (Extraordinary Form of the Roman Rite)

Sun. 02/18	1st Sunday in Lent I Class, Violet	8:30 a.m. Low Mass 10:30 a.m. High Mass	Abbé Christian Juneau (birthday) by SGO John Gauger (birthday) by the Steve Gauger Family
Mon. 02/19	Monday of 1st Week of Lent III Class, Violet	6:30 p.m. Low Mass	John Thornes (birthday) by Nancy Thornes
Tue. 02/20	Tuesday of 1st Week of Lent III Class, Violet	8:00 a.m. Low Mass	Allen Thornes (birthday) by Nancy Thornes
Wed. 02/21	Ember Wednesday in Lent II Class, Violet	8:00 a.m. Low Mass	Jon R. Evers by Nancy Evers
Thur. 02/22	Chair of St. Peter at Antioch II Class, White <i>Comm. of St. Paul & Lenten Feria</i>	6:30 p.m. Low Mass w/Organ <i>Followed by Benediction</i>	Jerome De La Fuente by the Yee Family
Fri. 02/23	Ember Friday in Lent II Class, Violet <i>Comm. of St. Peter Damian</i>	8:00 a.m. Low Mass <i>Stations & Adoration see Bulletin Announcement</i>	Repose of the soul of Maria M. Hoge by George M. Hoge
Sat. 02/24	St. Matthias, Apostle II Class, Red <i>Comm. of Emberday</i>	8:00 a.m. Low Mass	Repose of the soul of John E. Hoge by George M. Hoge
Sun. 02/25	2nd Sunday in Lent I Class, Violet	8:30 a.m. Low Mass 10:30 a.m. High Mass	Bishop Edward J. Weisenburger & Bishop Gerald F. Kicanas by SGO Repose of the soul of Charles E. Goodrich by Dr. Martha Goodrich

Please Remember in Your prayers



Deceased: Andrea Alberts, Paul Barker.
Sick: T.M.; Christopher Thomas; Susan Hansen; Alfonso Ruiz; Baby Mackenzie; Frankie Anzaldua; Helen Verdugo; Dan Hassen; Thaddeus Stypa; Colleen Gallegos; Fr. Paddy Tuffy; Diana

Mondick; Joseph Hann; Linda Robinson; Vincent Lopez; Marcella Abitz; Mona Montez; Isaac Lopez, Margaret Bradbury; Catherine Corley; Chris Carlson; William Kelly; Pat & Bill Brown; Ray Grillo.

St. Francis de Sales thoughts for meditation:



"Happy the man who knows how to control zeal," says Saint Ambrose. Saint Bernard adds, "the devil will easily delude you if you neglect knowledge. Therefore, let your zeal be inflamed with charity, adorned with knowledge and established in constancy." True zeal is the child of charity, since it is its ardor. Therefore, like charity, it is patient and kind. It is without quarrelling, without hatred, without envy; it rejoices in the truth, The ardor of true zeal is like the hunter's: diligent, careful, active industrious, eager in pursuit, but without passion, anger, bad temper or vexation. Otherwise, hunting would not be such a popular sport. In like manner, the ardor of zeal must be stable, industrious, untiring and likeable. Completely different is false zeal: it is turbulent, troubled, insolent, arrogant, choleric, impetuous and unstable. (T.L.G. Book 10, Ch. 16, pp. 189-190)



“How marvelous it would be if, at the end of the day, each of us could say: today I have performed an act of charity towards others” – Pope Francis

Our parish plays a vital role in the work of the Annual Catholic Appeal. We have an opportunity to act together as a Catholic family and impact the lives of others throughout the Diocese with selfless acts of love and generosity.

Your gifts and pledges impact our community by helping provide meals to the needy, masses and communion services for residents in nursing homes, hospices, and other facilities, by supporting the diocesan programs and services that share the teachings of the Church.

Please make your sacrificial commitment to the 2018 Annual Catholic Appeal. Bishop Weisenburger is counting on the support of every parish family to meet our parish goal.

Goal for Holy Family Parish: \$12,600 with at least 35 donors

Goal for St. Gianna Oratory: \$16,340 with at least 39 donors

“She opens her hand to the poor and reaches out her hands to the needy” – Proverbs 31:20

Thank you for your prayers, support and participation!

Text ACA to 41444

~ OR ~

visit www.cathfnd.org/donate

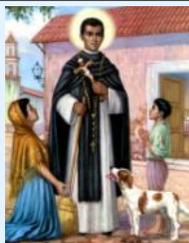
Precept on Fasting & Abstinence

Catholics between the ages of 18 and 59 are obliged to **FAST** on Ash Wednesday and Good Friday. On these days only one full meal is permitted. Up to two colations (smaller meals which added together would not equal a full meal) are allowed if needed.

All Catholics 14 years old and older are obliged to **ABSTAIN** from meat, soup and gravy made from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

SAN MARTIN DE PORRES MEAL PROGRAM

to serve the needy and poor in Tucson.
Free sack lunches: Sun.-Wed @ 3:00 p.m.
Volunteers welcome!
For information, contact (520) 623-6773.



Fasting Prayer: Grant, we beseech Thee, almighty God, that Thy servants who discipline the body by fasting from food, may strive after righteousness by abstaining from sin. Through Christ our Lord. Amen.

How Remedy Minor Temptations

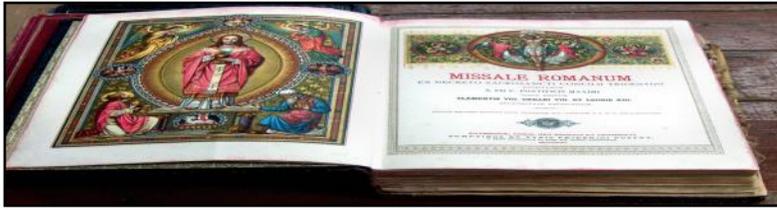
Now as to all these trifling temptations of vanity, suspicion, vexation, jealousy, envy, and the like, which flit around one like flies or gnats, now settling on one's nose,--anon* stinging one's cheek,--as it is wholly impossible altogether to free one's-self from their importunity; the best resistance one can make is not to be fretted by them. All these things may worry one, but they cannot really harm us, so long as our wills are firmly resolved to serve God.

Therefore despise all these trivial onslaughts, and do not even deign to think about them; but let them buzz about your ears as much as they please, and flit hither and thither just as you tolerate flies;--even if they sting you, and strive to light within your heart, do no more than simply remove them, not fighting with them, or arguing, but simply doing that which is precisely contrary to their suggestions, and specially making acts of the Love of God. If you will take my advice, you will not toil on obstinately in resisting them by exercising the contrary virtue, for that would become a sort of struggle with the foe;--but, after making an act of this directly contrary virtue (always supposing you have time to recognise what the definite temptation is), simply turn with your whole heart towards Jesus Christ Crucified, and lovingly kiss His Sacred Feet. This is the best way to conquer the Enemy, whether in small or great temptations; for inasmuch as the Love of God contains the perfection of every virtue, and that more excellently than the very virtues themselves; it is also the most sovereign remedy against all vice, and if you accustom your mind under all manner of temptation to have recourse to this safety-place, you will not be constrained to enter upon a worryingly minute investigation of your temptations, but, so soon as you are anyway troubled, your mind will turn naturally to its one sovereign remedy. Moreover, this way of dealing with temptation is so offensive to the Evil One, that, finding he does but provoke souls to an increased love of God by his assaults, he discontinues them.

In short, you may be sure that if you dally with your minor, oft-recurring temptations, and examine too closely into them in detail, you will simply stupefy yourself to no purpose.

Introduction to the Devout Life, Part IV, Chapter 9.

*anon (adverb): soon, shortly.



FIRST SUNDAY IN LENT

INTROIT: Ps. 90 : 15, 16, 1 He shall cry to me, and I will hear him: I will deliver him, and I will glorify him: I will fill him with length of days. (Ps) He that dwelleth in the aid of the Most High, shall abide under the protection of the God of Heaven. Glory be. He shall cry to me...

COLLECT

O God, Who dost purify Thy Church by the yearly observance of Lent: grant to Thy household, that what we strive to obtain from Thee by abstinence, we may achieve by good works. Through Our Lord.

EPISTLE: II Cor. 6 : 1-10 *Lesson from the Epistle of Blessed Paul the Apostle to the Corinthians*

Brethren: We exhort you that you receive not the grace of God in vain. For He saith: In an accepted time have I heard thee, and in the day of salvation have I helped thee. Behold, now is the acceptable time, behold now is the day of salvation. Giving no offense to any man, that our ministry be not blamed: but in all things let us exhibit ourselves as the ministers of God, in much patience, in tribulation, in necessities, in distresses, in stripes, in prisons, in seditions, in labors, in watchings, in fastings, in chastity, in knowledge, in long-suffering, in sweetness, in the Holy Ghost, in charity unfeigned, in the word of truth, in the power of God: by the armor of justice on the right hand and on the left: by honor and dishonor, by evil report and good report: as deceivers and yet true, as unknown and yet known: as dying, and behold we live: as chastised and not killed: as sorrowful, yet always rejoicing: as needy, yet enriching many: as having nothing and possessing all things.

GRADUAL: Ps. 90 : 11, 12 God has given His Angels charge over thee, to keep thee in all thy ways. In their hands they shall bear thee up, lest thou dash thy foot against a stone.

TRACT: Ps. 90 : 1-7, 11-16 He that dwelleth in the aid of the Most High, shall abide under the protection of the God of heaven. He shall say to the Lord: Thou art my protector and my refuge: my God, in Him will I trust. For He hath delivered me from the snare of the hunters, and from the sharp word.

He will overshadow thee with His shoulders, and under His wings thou shalt trust. His truth shall compass thee with a shield: thou shalt not be afraid of the terror of the night. Of the arrow that flieth in the day, of the business that walketh about in the dark, of invasion or of the noonday devil. A thousand shall fall at thy side, and ten thousand at thy right hand: but it shall not come nigh thee. For He hath given His Angels charge over thee, to keep thee in all thy ways. In their hands they shall bear thee up, lest thou dash thy foot against a stone. Thou shalt walk upon the asp and the basilisk, and thou shalt trample under foot the lion and the dragon. Because he hoped in Me, I will deliver him: I will protect him, because he hath known My name. He shall cry to Me, and I will hear him: I am with him in tribulation. I will deliver him, and I will glorify him: I will fill him with length of days, and I will show him My salvation.

GOSPEL: Mt. 4 : 1-11 *+ Continuation of the holy Gospel according to St. Matthew*

At that time Jesus was led by the Spirit into the desert, to be tempted by the devil. And when He had fasted forty days and forty nights, afterwards He was hungry. And the tempter coming said to Him: If Thou be the Son of God, command that these stones be made bread. Who answered and said: It is written: Not in bread alone doth man live, but in every word that proceedeth from the mouth of God. Then the devil took Him up into the holy city and set Him upon the pinnacle of the temple, and said to Him: If Thou be the Son of God, cast Thyself down. For it is written: That He hath given His Angels charge over Thee, and in their hands shall they bear Thee up, lest perhaps Thou dash Thy foot against a stone. Jesus said to him: It is written again, Thou shalt not tempt the Lord thy God. Again the devil took Him up into a very high mountain and showed Him all the kingdoms of the world and the glory of them, and said to Him: All these will I give Thee, if falling down Thou wilt adore me. Then Jesus saith to him: Begone, Satan! for it is written: The Lord Thy God shalt thou adore, and Him only shalt thou serve. Then the devil left Him. And behold Angels came, and ministered to Him.

OFFERTORY: Ps. 90 : 4, 5 The Lord will overshadow thee with His shoulders, and under His wings thou shalt trust: His truth shall compass thee with a shield.

SECRET: We solemnly offer to Thee, O Lord, the Sacrifice of the beginning of Lent, beseeching Thee: that, while we curtail our eating of meat, we may abstain also from harmful pleasures. Through Our Lord.

COMMUNION: *Ps. 90 : 4, 5* The Lord will overshadow thee with His shoulders, and under His wings thou shalt trust: His truth shall compass thee with a shield.

POSTCOMMUNION: May the holy reception of Thy Sacrament, O Lord, so restore us that we may be purified from our former ways and join the company of the redeemed. Through Our Lord.

Fasting and Abstinence: RULES AND PRACTICE



Fasting is an aid to prayer, as the pangs of hunger remind us of our hunger for God.

Fasting: Catholics between the ages of 18 and 59 are obliged to **FAST** on Ash Wednesday and Good Friday. Fasting has been defined as the partaking of only one full meal and of two smaller meals which if added together would not exceed the main meal in quantity. It is gravely forbidden to eat anything between these three meals! No snacks are allowed.

Abstinence: In addition, all Catholics 14 years old and older are obliged by Canon Law to **ABSTAIN** from meat, soup made from meat and gravy made from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. Abstinence forbids the use of meat, and soups & gravy made of meat but not of eggs, milks, and other condiments, even if taken from animals. On these days in Lent it is **NOT** allowed to substitute the obligation to abstain from meat by a different sacrifice. The sacrifice of abstaining from meat on the above mentioned days reminds us of the bloody sacrifice of Christ on the cross.

Children: Children, however, can and even should be invited to voluntarily abstain from meat on those days as an expression of self denial and as an act of penance. Before the new regulations concerning fasting and abstinence were promulgated by Pope Paul VI (Apostolic Constitution Poenitemini Feb.17, 1966), the age, from which Catholics were obliged to abstain from meat on those mentioned days in Lent, was the age of reason, namely the age of 7.

Encouragements: Aside from these minimum penitential requirements Catholics are encouraged to impose some personal penance on themselves at other times, like prayers, time in adoration in front of the Blessed Sacrament, almsgiving, fasting, spiritual or corporal works of mercy...; Before all else we are obliged to perform the duties of our state in life. When considering further mortifications, it is prudent to discuss the matter with one's confessor or spiritual director. Any deprivation that would seriously hinder us in carrying out our work, as students, employees or parents would be contrary to the will of God and thus should not be undertaken. Mortifications, being corporal or spiritual, need to be accomplished with prudence and serve our purification of weaknesses, imperfections, attachment to sin, vices and thus our growth in all four cardinal virtues of prudence, justice, fortitude and temperance as well as in the three theological virtues of faith, hope and charity.

The USCCB in its letter of Nov. 18, 1966, "strongly recommends" to us the practice of penance on all weekdays of Lent (Sundays of Lent and Solemnities/Feast of First Class like the Feast of St. Joseph or the Feast of the Annunciation, even if they fall on a Friday in Lent, are exempt from Fasting and Abstinence). Let us do with the grace of God what is possible for us and our spiritual life will be rejuvenated.

Exceptions for Fasting and Abstinence: Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, are excused from the law of fast and abstinence. The same holds true for the poor who have nothing else to eat that day.