



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

Sunday, March 11th A.D. 2018 – 4th Sunday of Lent “Lætare!”

Mass Schedule

Sundays

Ordinary Form in English: 4pm (Sat./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



Holy Week & Easter 2018

Palm Sunday—March 24/25th

Usual schedule for Masses and Confession
Blessing of Palms before both English Masses and before the 10:30am Latin High Mass

Holy Thursday—March 29th

7:30am Tenebrae

5:30-6:20pm Confessions

6:30pm High Mass (Latin)

followed by Adoration until midnight.

8:30-9:30pm Confessions

Good Friday—March 30th

7:30am Tenebrae

10:00am Stations of the Cross

11:00-11:55am Confessions

12noon Good Friday Liturgy (Latin)

5:00pm Good Friday Liturgy (English)

Holy Saturday—March 31st

7:30am Tenebrae

7:00 pm Easter Vigil (Latin)

followed by blessing of Easter food & baskets

No confessions or 4:00pm Vigil Mass!

Easter Sunday—April 1st

7:00am Mass (English)

8:00-8:25am Confessions

8:30am Low Mass w/Organ (Latin)

9:45-10:25am Confessions

10:30am High Mass (Latin)

followed by Divine Mercy Chaplet & Benediction.

Social in Honor of St. Joseph Sunday, March 18

12noon in the Church Basement

****Please bring a dish to share****

We will have the St. Joseph’s table which will have a variety bread products for sale. The proceeds of which will go to charitable causes.



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

Sat. 03/10	4th Sunday of Lent "Lætare"	4:00 p.m. Vigil Mass	Parishioners of Holy Family Parish	<u>Celebrant:</u> Rev. Anthony Ruiz
Sun. 03/11		7:00 a.m. Sunday Mass	† Joseph Cole	<u>Celebrant:</u> Rev. Abram Dono
Sat. 03/17	5th Sunday of Lent	4:00 p.m. Vigil Mass	For Special Intention	<u>Celebrant:</u> Rev. Anthony Ruiz
Sun. 03/18		7:00 a.m. Sunday Mass	Parishioners of Holy Family Parish	<u>Celebrant:</u> Rev. Abram Dono
Weekly Collection: March 03/04: \$ 1,298.20				Many Thanks!

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

Sun. 03/11	4th Sunday in Lent, "Lætare" I Class, Rose or Violet	8:30 a.m. Low Mass 10:30 a.m. High Mass	Pope Francis by SGO † James J. Goodrich by Dr. Martha Goodrich
Mon. 03/12	Monday of 4th Week of Lent III Class, Violet	6:30 p.m. Low Mass	† Dr. Hendrickson by the Stropkos
Tue. 03/13	Tuesday of 4th Week of Lent III Class, Violet	8:00 a.m. Low Mass	† JoAnn Elizabeth Nese by Frank De La Ossa
Wed. 03/14	Wednesday of 4th Week of Lent III Class, Violet	8:00 a.m. Low Mass	† Kathy Smith by the Gaugers
Thur. 03/15	Thursday of 4th Week of Lent III Class, Violet	6:30 p.m. Low Mass <i>Followed by Benediction</i>	Russell & Mary Jo Nieser (wedding anniversary) by Nieser Family
Fri. 03/16	Friday of 4th Week of Lent III Class, Violet	8:00 a.m. Low Mass <i>Stations & Adoration see Bulletin Announcement</i>	† Sara L. Monreal by George M. Hoge
	Sat. 03/17	Saturday of 4th Week of Lent III Class, Violet <i>Comm. of St. Patrick</i>	Living members of the Thornes Family by Nancy Thornes
Sun. 03/18	4th Sunday in Lent, "Lætare" I Class, Rose or Violet	8:30 a.m. Low Mass 10:30 a.m. High Mass	Volunteers & Benefactors of SGO † Steve Kralovic by Jennifer Bennett



Please Remember in Your prayers

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; William Kelly; Pat & Bill Brown; Ray Grillo; Colleen Urban.

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.

St. Francis de Sales thoughts for meditation:



Our Savior has instituted the most august sacrament of the Eucharist, which really contains His flesh and blood, so that whoever eats of it shall live forever. Therefore, whoever turns to it frequently and devoutly builds up his soul's health in such a way that it is almost impossible for him to be poisoned by evil infection of any kind. We cannot be nourished by this flesh of life and still suffer death within us. Just as the first man and woman dwelling in the earthly paradise might have avoided bodily death by the power of that living fruit which God had planted in it, so also can we avoid spiritual death by virtue of this sacrament of life. Tender fruits such as cherries, apricots and strawberries are subject to decay, yet they are easily preserved for a whole year with sugar or honey. Is there any wonder then, that our heart, no matter how frail and weak, is preserved from the corruption of sin when sweetened by the incorruptible flesh and blood of the Son of God? (INT. Part II, Ch. 20; O. III, p. 116)

What are the instruments of Good Works

From the Rule of St. Benedict

So let the In the first place, to love the Lord God with all one's heart, all one's soul, and all one's strength.

2. Then love one's neighbor as oneself.
3. Then not to kill.
4. Not to commit adultery.
5. Not to steal.
6. Not to covet.
7. Not to bear false witness.
8. To honor all men.
9. Not to do to another what one would not have done to oneself.
10. To deny oneself, in order to follow Christ.
11. To chastise the body.
12. Not to seek after delicate living.
13. To love fasting.
14. To relieve the poor.
15. To clothe the naked.
16. To visit the sick.
17. To bury the dead.
18. To help in affliction.
19. To console the sorrowing.
20. To keep aloof from worldly actions.
21. To prefer nothing to the love of Christ.
22. Not to give way to anger.
23. Not to harbor a desire of revenge.
24. Not to foster guile in one's heart.
25. Not to make a feigned peace.
26. Not to forsake charity.
27. Not to swear, lest perchance one forswear oneself.
28. To utter truth from heart and mouth.
29. Not to render evil for evil.
30. To do no wrong to anyone yea, to bear patiently wrong done to oneself.
31. To love one's enemies.
32. Not to render cursing for cursing, but rather blessing.
33. To bear persecution for justice's sake.
34. Not to be proud.
35. Not given to wine.
36. Not a glutton.
37. Not drowsy.
38. Not slothful.
39. Not a murmurer.
40. Not a detractor.
41. To put one's hope in God.
42. To attribute any good that one sees in oneself to God, and not to oneself.
43. But to recognise and always impute to oneself the evil that one doth.

(to be continued)

LENTEN DEVOTIONS

Stations of the Cross



Each Friday from February 16th-
March 23rd 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, 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!***

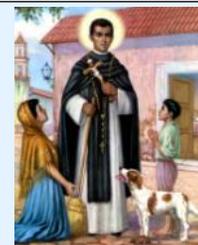
Precept on Fasting & Abstinence

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 meatless meals which added together would not equal a full meal) are allowed if needed.

All Catholics 14 years old and older are obliged to **AB-STAIN** 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

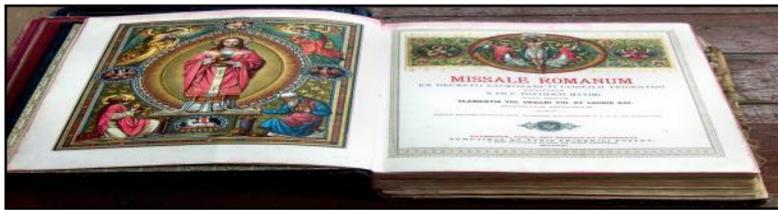
to serve the needy and poor in Tucson.
Free sack lunches: Sun.-Wed @ 3:00 p.m.
Volunteers welcome!
For information, contact (520) 623-6773.



Memorare of St. Joseph



REMEMBER, O most pure Spouse of the Virgin Mary, my sweet Protector Saint Joseph, never was it heard that anyone who implored thy help nor sought thy intercession was left unaided. Inspired by this confidence I come to thee and to thee do I fervently commend myself. Despise not my petitions, I beseech thee, foster Father of the Redeemer, but graciously hear them. Amen.



FOURTH SUNDAY IN LENT ("Laetare" Sunday)

INTROIT: *Is. 66: 10, 11; Ps. 121: 1* 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) I rejoiced at the things that were said to me: we shall go into the house of the Lord. Glory be. Rejoice, O Jerusalem...

COLLECT

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

EPISTLE: Gal. 4: 22-31 Lesson from the Epistle of Blessed Paul the Apostle to the Galatians

Brethren: It is written that Abraham had two sons; the one by a bondwoman and the other by a free woman. But he who was of the bondwoman 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 Sinai, engendering unto bondage: which is Agar: for Sinai is a mountain in Arabia, which hath affinity to 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 bondwoman and her son: for the son of the bondwoman shall not be heir with the son of the free woman. So then, brethren, we are not the children of the bondwoman but of the free: by the freedom wherewith Christ has 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. 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 for ever that dwelleth in Jerusalem. Mountains are round about it: so the Lord is round about His people, from henceforth now and for ever.

GOSPEL: Jn. 6: 1-15 +Continuation of the holy Gospel according to St. John

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 Him: 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 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 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: Look favorably upon these present Sacrifices, we beseech Thee, O Lord, that they may profit us unto both devotion and salvation. Through Our Lord.

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: We are constantly filled with thy holy mysteries, O merciful God: grant, we beseech Thee, that we may celebrate them with sincere homage and always receive them with steady faith. 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 and older are obliged by Canon Law to **ABSTAIN** from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. [From USCCB website: Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs --- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, and shellfish are permitted.] 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 & as an act of penance. Before the new regulations concerning fasting & 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.

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.