



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

Sunday, March 10th A.D. 2019, 1st Sunday of Lent

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

Starting 30mins before each *Latin Mass*

Sunday: 8:00-8:20am & 10:00-10:20am

Monday: 6:00-6:20pm

Tues, Wed, Fri: 7:30-7:50am

Thurs: 5:30-6:20pm

Sat: 7:30-7:50am & Vigil Mass: 3:30-3:55pm.

First Saturday of Month: 7:10-7:40am

Contact the offices for Anointing of the Sick



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

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

Parish Staff

Canon Jonathon Fehrenbacher, *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 is 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

Website: www.saintgianna.net

Oratory Staff

Canon Jonathon Fehrenbacher, *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"

<http://www.institute-christ-king.org/tucson-home/>



LENTEN DEVOTIONS

Stations of the Cross



Each Friday from March 8-April 12
at 8:45am followed by blessing and
veneration of the Relic of the True
Cross.

Adoration of the Most Blessed Sacrament

Friday, March 15, 9:45am-11:15am

Friday, March 22, 9:45am-1:45pm

Friday, March 29, 9:45am-1:45pm

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



*Sign-up sheets are available at
the back of the Church!
Two Adorers must be present
at all times.*

ANNUAL

ST. JOSEPH'S TABLE POTLUCK SOCIAL

**Sunday, March 17 @ Noon
in the Basement Hall**



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

**There will be a variety of breads and baked
goods for sale with proceeds supporting the
Knights and Ladies of Christ the King.**

*If you would like to donate quick breads, cakes,
cookies etc., they would be gratefully accepted
before or after both Masses
on March 17.*

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

<u>Date</u>	<u>Feast</u>	<u>Time</u>	<u>Mass Intention</u>	<u>Celebrant</u>
Sat. 3/9	1st Sunday of Lent	4:00 p.m. Vigil Mass	† Simon Montez	Rev. Bayu Risanto, S. J.
Sun. 3/10		7:00 a.m. Mass	Parishioners of Holy Family Parish	Rev. Abram Dono, S.T.
Sat. 3/16	2nd Sunday of Lent	4:00 p.m. Vigil Mass	† Rick Knight	Rev. Art Espelage, OFM
Sun. 3/17		7:00 a.m. Mass	Parishioners of Holy Family Parish	Rev. Abram Dono, S.T.

Weekly Collection: March 2 & 3: \$ 1,070.16

Many Thanks!

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

Sun. 3/10 8:30 a.m. Low Mass 10:30 a.m. High Mass	1ST SUNDAY OF LENT / 1st class / Violet <u>Mass</u> (<i>Invocabit me</i>) : Comm. <i>pro Papa</i> .	Elaine & George Kadlec by Ann & Bob Beckring Volunteers of SGO and HFP by SGO
Mon. 3/11 6:30 p.m. Low Mass	Feria / 3 rd class / Violet <u>Mass</u> (<i>Sicut Oculi</i>) : Comm. <i>pro Papa</i> .	† Chris Herchold by Yee Family
Tue. 3/12 8:00 a.m. Low Mass	Feria / 3 rd class / Violet <u>Mass</u> (<i>Domine</i>) : Comm. <i>pro Papa & St. Gregory the Great, Pope & Doctor</i>	Julia Roberts by Denise Linley
Wed. 3/13 8:00 am Low Mass	Ember Wednesday of Lent / 2nd class / Violet <u>Mass</u> (<i>Reminiscere</i>) : Comm. <i>pro Papa</i> .	† JoAnn Elizabeth Nese by Frank De La Ossa
Thur. 3/14 6:30 p.m. High Mass	Feria / 3 rd class / Violet <u>Mass</u> (<i>Confessio</i>) : Comm. <i>pro Papa</i> .	Canon Fehrenbacher by SGO
Fri. 3/15 8:00 a.m. Low Mass * Followed by Stations of the Cross	Ember Friday / 2nd class / Violet § Abstinence <u>Mass</u> (<i>De necessitatibus</i>) : Comm. <i>pro Papa</i> .	† Teri VanOverberghe by Joan Jacobson
Sat. 3/16 8:00 a.m. Low Mass	Ember Saturday / 2nd class / Violet <u>Mass</u> (<i>Intret</i>) : Comm. <i>pro Papa</i> .	† Sara L. Monreal by George M. Hoge
Sun. 3/17 8:30 a.m. Low Mass 10:30 a.m. High Mass	2ND SUNDAY OF LENT / 1st class / Violet <u>Mass</u> (<i>Reminiscere</i>) : Comm. <i>pro Papa</i> .	Charles Leo Davis by Nancy Thornes Josephine Goodrich by Dr. Martha Goodrich

Please Remember in Your Prayers

Deceased: Bill Shillue, Fr. Gordon Mann, Valerie Meis, Agnes Pfeiffer, Mona Montez, Myra D'Gama, Clare, Bill Felix, Debra Castellan

Sick: Nick Lepore; Carmen P., Kim Gallagher; Christopher Thomas; Susan Hansen; Alfonso Ruiz; Helen Verdugo; Dan Hassen; Thaddeus Stypa; Colleen Gallegos; Diana Mondick; Joseph Hann; Jude Cooper;

Thought from St. Francis de Sales

The greatest fault we commit in our prayers, in our occupations and in our setbacks is the lack of confidence in God. This is the reason why we fail to receive from the Divine Goodness the help we deserve and ask for.
(Sermons 56; O. X, p. 225)

From the Rector

Dear Faithful,

As we begin this holy season of Lent, I recommend a few good daily spiritual exercises that can be adapted to almost any schedule:

- 1) If possible, attend Daily Mass or make a short visit to the Blessed Sacrament every day of Lent.
- 2) Say the Holy Rosary as a family and conclude with the Litany of St. Joseph in this month of March.
- 3) Attend Stations of the Cross on Fridays or do it privately if you cannot make the scheduled time.
- 4) Do at least 10 minutes of silent prayer and meditation.
- 5) Go to Confession regularly.
- 6) Make time to do one of the 7 Corporal Works of Mercy and do one of the 7 Spiritual Works of Mercy when it presents itself.
- 7) Study the Faith and do Spiritual Reading.
- 8) Limit and silence technology to a minimum to aid interior prayer from the noise of daily life.
- 9) Abstinence and fasting - these can be highly adapted to your health, age, and strength
- 10) Almsgiving

These are just a few resolutions out of the thousands that you can do but these are some of the most important. Also, do not fall in the extreme of

1) doing too much and then failing to do those resolutions causing you to despair nor 2) the extreme of doing too little out of laziness. Strive first to do well and joyfully the duties of your state of life and then see what you're able to do.

Please be assured of my prayers for you all from the altar as I wish you a holy and grace-filled Lent!

In Christ the King and His Blessed Mother,
Canon Jonathon Fehrenbacher

****ATTENTION! ALL VOLUNTEERS****

The assistance that volunteers so generously give is of great importance to our community as also their role, directly or indirectly, in ensuring the safety of all who come here, especially children, young people, and vulnerable adults. In order to do this well, ALL volunteers are required to receive periodic safety education and have their background clearance information kept current.



The mandatory Annual Safe Environment Meeting for ALL adult volunteers of Holy Family Parish and Saint Gianna Oratory is in the church basement hall on Saturday, March 16.

There are **two** meetings. Please attend the **one** that applies to you:

9:45-10:15am for High & Low Clearance Volunteers (church cleaners, choir members, ushers, sacristans, adult altar servers, collection counters, etc.)

10:30-11:00am for those involved with **children's groups** (parents whose children attend catechism* or belong to the Knights and Ladies of Christ the King, choir, altar servers, etc.)

**Parents who did not attend the meeting in October.*

For more information, please call Mrs. Sylvia Cordova at (520)623-6773, or email sylvia@hfc.phxcoxmail.com or Canon Fehrenbacher at (520)883-4360 or email stgianna.tucson@institute-christ-king.org

*****To be a volunteer, it is mandatory to attend and submit the annual attestation forms. If you would like to become a volunteer, please attend!*****

CALENDAR OF EVENTS

Fri. March 15 - Stations 8:45am & Adoration until 11:15am

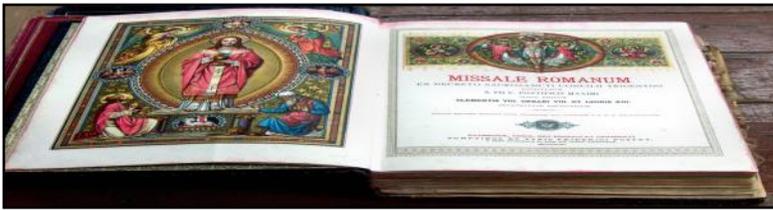
Sat. March 16 - **ALL Volunteer Mandatory Safety Meeting**

Sun. March 17 - Saint Joseph's Table Social at Noon

Tue. March 19 - Feast of St Joseph, High Mass 6:30pm

Thur. March 21 - St Benedict, High Mass 6:30pm

Mon. March 25 - Feast of the Annunciation, High Mass 6:30pm



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.