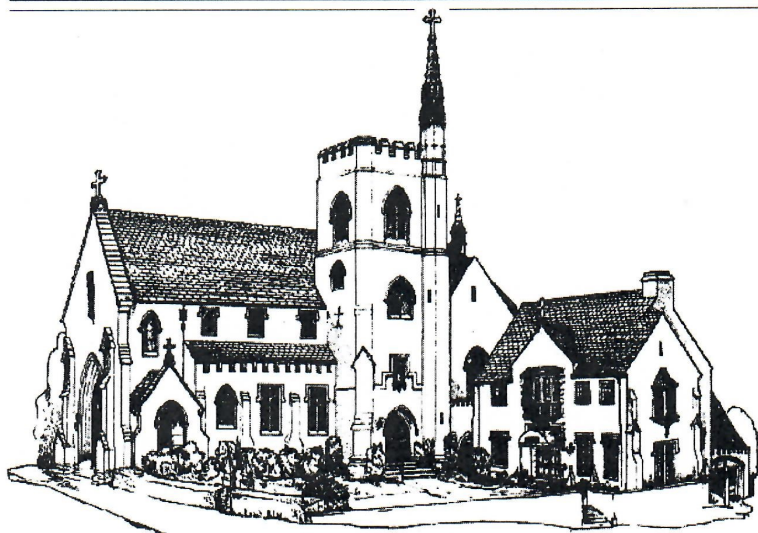


# St. Margaret Mary Church

1219 Excelsior Avenue, Oakland, CA 94610  
Tel: (510) 482-0596 • Fax (510) 482-2093  
Email: parishoffice@stmargaretm.org  
www.stmargaretmaryoak.org



## Rev. Father Kenneth Nobrega

*Pastor*

fatherkennethnobrega@icloud.com

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davidy@snet.net

(510) 332-2883

## Rev. Canon Benjamin Norman

*Representative from The Institute of Christ the King*

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(408) 600-4218

## Gloria Maldonado

*Administrative Assistant*

parishoffice@stmargaretm.org

(510) 482-0596 Extension 201

## Alan Yoc

*Sacristan / Liturgical MC / Altar Server Training*

### Masses in the Ordinary Form:

Monday - Saturday: 8:00 A.M.

Saturday Vigil: 5:00 P.M.

Sunday: 8:30 A.M. and 10:30 A.M.

### Masses in the Extraordinary Form:

Monday - Wednesday, Friday: 6:00 P.M.

Thursday: 12 noon

Saturday: 10:00 A.M.

Sunday: 7:00 A.M., 12:30 P.M.

### Sacrament of Reconciliation

Sundays: one half-hour before all Masses

Monday - Thursday: 5:30 P.M.

Friday: 2:00 P.M. - 3:00 P.M. and 5:30 P.M.

Saturday: 4:00 P.M. - 4:45 P.M.

### Adoration of the Blessed Sacrament

First Friday: 8:00 A.M. and 7:00 P.M.

Every Wednesday after 6:00 P.M. Mass

### Organist & Choir Directors

Paul York, Organist & Choir Director, St. MM Choir

Christopher Kula, Organist, 7 A.M. Mass

Anne Richnavsky, Cantor

Richard Mayer, Organist

### Lector Ministry

Lynn Suer, Coordinator

### Parish Office Hours

Tuesday - Friday

9:00 am to 5:00 pm

Closed 12:00 pm - 1:00 pm

for the lunch hour

Tel: (510) 482-0596

### Sign up for Flocknote

to receive information on what's happening at SMM.

Log on to:

stmargaretmary13.flocknote.com

Please contact the Parish Office for Baptisms, Weddings, Funerals, Anointing of the Sick, Communion Calls and Home Blessings

## THE CATHOLIC CEMETERIES OF THE DIOCESE OF OAKLAND

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St. Joseph, San Pablo - (510) 223-1265 St. Michael, Livermore - (925) 455-9696 Holy Angels Funeral Center - Hayward (510) 581-2488

## WELCOME TO VISITORS AND NEW MEMBERS

*If you would like to register in the parish, please put this form into the collection or send it to the rectory.*

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

☐ New Parishioner ☐ New Address ☐ Moving - Remove from list

☐ Please send Offering Envelopes ☐ New Phone Number ☐ Interested in volunteering

**The Second Sunday of Lent**  
**March 12, 2022 through March 18, 2022**

**MASS INTENTIONS**  
**March 12, 2022—March 18, 2022**

**Saturday, March 12, 2022**

8:00am Lily Loya  
10:00am Daniella Hill  
5:00pm Norman Lum +

**Sunday, March 13, 2022**

7:00am Barbara Powell +  
8:30am Betty Garland +  
10:30am Denise Haughin +  
12:30pm Maria Candida Rocha Faria +

**Monday, March 14, 2022**

8:00am Sacramento Lopez Oregon +  
6:00pm Sergio Raya

**Tuesday, March 15, 2022**

8:00am Julie Rettagliata  
6:00pm Brad O'Leary +

**Wednesday, March 16, 2022**

8:00am Constantine Perez  
6:00pm Maria Vander-Hill

**Thursday, March 17, 2022**

8:00am Rose Stone  
12:00pm Genevieve Rydlewski +

**Friday, March 18, 2022**

8:00am Lil Lum

**Please keep in your prayers the intentions of the families of those who are in need of prayer. We pray as a faithful community for:**

Isaac Maxino Pablo Matias, Teresa Lopez, Mons. David Link, Rev. Kenneth Nobrega,, McBride Family, and we pray for all of those who have been affected by COVID throughout our community.

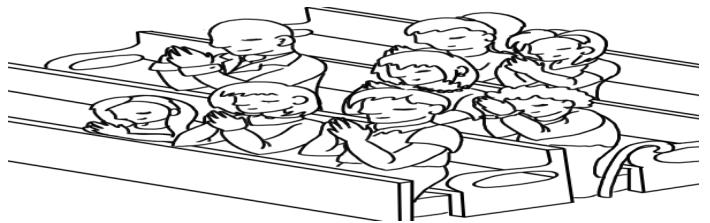
**Also pray for the Parishioners of our parish community here at St Margaret Mary.**

**Pray for our dearly beloved departed and we pray for family and friends:**

Jesus Sanchez +, Betty Garland+, Harry Garland+, Ramon Lanzar+, Jesus & Rita Cristobal+ Jeffrey Glass+ Theresa Hamilton+, Melissa A. McBride+, Gabriel Angel Barrera Yoc +, Barbara Powell +, Ba Van Dinh+, and San Thi Nguyen +.

*Please let us know if you wish to add someone to our prayer list . Blessings to all.*

**May they all rest in peace of the Lord. +**



**Lent FAQs**

**Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are 46.**

It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.

*Article continued on next page*

**The Second Sunday of Lent**  
**March 12, 2022 through March 18, 2022**

**Lent FAQs (Continued)**

***Below are some Lenten Prayers:***

Lord, make me an instrument of Thy peace; Where there is hatred, let me sow charity; Where there is injury, pardon; Where there is error, the truth; Where there is doubt, the faith; Where there is despair, hope; Where there is darkness, light; and Where there is sadness, joy. O, Divine Master, Grant that I may not so much seek to be consoled, as to console; To be understood as to understand; To be loved as to love; For it is in giving that we receive; It is in pardoning that we are pardoned; And it is in dying to ourselves that we are born to eternal life. Amen.

(Source: [United States Conference of Catholic Bishops](#))

We pray for the more than 220 million people wandering the face of our earth searching for safety, stability, work and basic human needs. We pray in sorrow for the hostility they often endure and for the exploitation and violence that crushes their souls. We pray that their search for welcome and peace be fulfilled with compassion of the nations and the support of all believers in God. We ask this through Our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever, Amen.

Source: [United States Conference of Catholic Bishops](#)

So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?

Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

**I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat.**

**Does meat include chicken and dairy products?**

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, (cold-blooded animals) and shellfish are permitted.

# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

Rev. Msgr. R. M. Schmitz - Vicar General Rev. Canon Talarico - Provincial

Rev. Canon Benjamin Norman

Episcopal Delegate for the Extraordinary Form  
of the Roman Rite in the Diocese of Oakland

Canon Norman - (408) 600-4218 or [canon.norman@institute-christ-king.org](mailto:canon.norman@institute-christ-king.org)

## SECRET

SACRIFICIIS præséntibus, Dómine, quæsumus, inténde placátus: ut et devotióni nostræ proficiant et salúti. Per Dóminum.

PEACEFULLY look down, we beseech Thee, O Lord, upon these sacrifices, that they may both increase our devotion and contribute to our salvation. Through our Lord.

## PREFACE FOR LENT

VERE dignum et justum est, æquum et salutáre, nos tibi semper, et ubique grátias ágere: Dómine sancte, Pater omnipotens, ætérne Deus: Qui corporáli jejúnio vítia cómprimis, mentem élevas, virtútem largiris, et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Angeli, adórant Dominatiónes, tremunt Potestátes. Cæli, cælórúmque Virtútes, ac beáta Séraphim, sócia exsultatióne concélebrant. Cum quibus et nostras voces, ut admítte júbeas, deprecámur, súpplíci confessióne dicéntes:

IT IS truly meet and just, right and availing unto salvation, that we should at all times and in all places give thanks unto Thee, O holy Lord, Father almighty and everlasting God. Who by the fasting of the body dost curb our vices, elevate our minds and bestow virtue and reward; through Christ our Lord. Through whom the angels praise Thy majesty, the dominions worship it, and the powers stand in awe. The heavens and the heavenly hosts, with the blessed seraphim join together in celebrating their joy. With these we pray Thee join our voices also, while we say with lowly praise:.

## COMMUNION Psalm 5. 2-4

INTÉLLIGE clamórem meum: inténde voci oratiónis meæ, Rex meus et Deus meus: quóniam ad te orábo, Dómine.

Understand my cry: hearken to the voice of my prayer, O my King and my God: for to Thee will I pray, O Lord.

## POSTCOMMUNION

SÚPLICES te rogámus, omnipotens Deus: ut, quos tuis réficis sacraméntis, tibi étiam plácitis móribus dignánter deservíre concédas. Per Dóminum nostrum.

We humbly beseech Thee, almighty God, that we whom Thou hast strengthened with Thy sacraments, may henceforth serve and please Thee in worthiness of life. Through our Lord.

**Did you Know? The Liturgical usage of Ashes:** In addition to their usage by the Jews in the Old Covenant, the Catholic Encyclopedia informs us that ashes also have a venerable place in the history of Catholic asceticism (practices of mortification):

“Christianity at an early date undoubtedly adopted the use of ashes as symbolical of penance. Thus Tertullian prescribes that the penitent must “live without joy in the roughness of sackcloth and the squalor of ashes” (De Pœnitentiâ, x); and many similar passages might be quoted from St. Cyprian and other early Fathers. Eusebius in his account of the apostasy and reconciliation of Natalis describes him as coming to Pope Zephyrinus clothed in sackcloth and sprinkled over with ashes (spodon katapasamenon, Church History V.28). This was the normal penitential garb, and in the expulsion of those sentenced to do public penance, as given in early pontificals, the sprinkling of their heads with ashes always plays a prominent part.”

## MASSES IN THE EXTRAORDINARY FORM

**Sunday, at 7:00 AM and 12:30 PM**

**Monday - Wednesday and Friday,**

**at 6:00 PM**

**Thursday, at 12:00 PM (Noon)**

**Saturday, at 10:00 AM**

### SACRAMENTAL PREPARATION:

Please email or phone Canon Norman

### ADORATION / HOLY HOUR

Wednesdays of Lent, after the 6 PM Mass

## STATIONS OF THE CROSS

Fridays of Lent, after the 6 PM Mass

On First Fridays of Lent, at 4:15 PM

### CONFESSIONS:

30 minutes before each Mass and during

Adoration on Wednesdays of Lent

60 minutes before Mass on Fridays of Lent

### 1ST FRIDAY AND 1ST SATURDAY DEVOTIONS:

Exposition and Benediction of the

Blessed Sacrament following Mass

**Note: First Fridays of Lent** (March 4 and April 1):  
Confessions at 4:15 pm, Stations of the Cross at 5 pm, and  
First Friday Devotions after the 6 pm Mass





# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

DIOCESAN APPROVED TRADITIONAL LATIN MASS APOSTOLATE

FOR THE IMPLEMENTATION OF THE MOTU PROPRIO, *SUMMORUM PONTIFICUM*

IN THE DIOCESE OF OAKLAND, CALIFORNIA

## SECOND SUNDAY OF LENT SUNDAY, MARCH 13, 2022

REMINISCERE miseratiónum tuárum, Dómine, et miser-icórdiae tuæ, quæ a sæculo sunt: ne umquam dominéntur nobis inimici nostri: libera nos, Deus Israël, ex omnibus angústiiis nostris. Ps. 24. 1-2. Ad te, Dómine, levávi ánimam meam, Deus meus, in te confido, non erubéscam. V. Glória Patri.

DEUS, qui cónspicis omni nos virtúte destítui: intérius exteriúsque custódi; ut ab ómnibus adversitatibus mu-niámur in córpore, et a pravis cogitatióibus mundémur in mente. Per Dóminum.

FRATRES: Rogámus vos et obsecrámus in Dómino Jesu, ut, quemádmódum accepístis a nobis, quómodo opórteat vos ambuláre et placére Deo, sic et ambulétis, ut abundétis magis. Scitis enim quæ præcépta déderim vobis per Dómi-num Jesum. Hæc est enim volántas Dei, sanctificatió ves-tra: ut abstineátis vos a fornicatióne, ut sciat unusquisque vestrum vas suum possidére in sanctificatióne et honóre; non in passióne desidérii, sicut et Gentes, quæ ignórant Deum: et ne quis supergrediátur neque circumvéniat in negótio fratrem suum: quóniam vindex est Dóminus de his ómnibus, sicut prædiximus vobis et testificáti sumus. Non enim vocávit nos Deus in immundítiam, sed in sanctifi-catióem: in Christo Jesu Dómino nostro.

TRIBULATIÓNES cordis mei dilatátæ sunt: de neces-sitatibus meis éripe me, Dómine. V. Vide humilitátem meam et labórem meum: et dimítte ómnia peccáta mea.

CONFITÉMINI Dómino quóniam bonus: quóniam in sæculum misericórdia ejus. V. Quis loquétur poténtias Dómini: audítas fáciat omnes laudes ejus? V. Beáti qui custódiunt judícium et fáciunt justítiam in omni témpore. V. Memento nostri, Dó-mine, in beneplácito pópuli tui: visita nos in salutári tuo

IN illo témpore: Assúmpsit Jesus Petrum, et Jacóbum, et Joánnem fratrem ejus, et duxit illos in montem excélsu-m seórsum: et transfigurátus est ante eos. Et resplénduit fácies ejus sicut sol: vestiménta autem ejus facta sunt alba sicut nix. Et ecce apparuerunt illis Móyses et Elías cum eo lo-quéntes. Respóndens autem Petrus, dixit ad Jesum: Dómine, bonum est nos hic esse: si vis, faciámus hic tria tabernácula, tibi u-num, Móysi unum, et Elíæ unum. Adhuc eo loquente, ecce nubes lúcida obumbrávit eos. Et ecce vox de nube, dicens: Hic est Filius meus diléctus, in quo mihi bene com-plácu: ipsum audíte. Et audiéntes discípuli, ceciderunt in fáciem suam, et timuérun't valde. Et accéssit Jesus, et tétigit eos, dixitque eis: Súrgite, et nolite timére. Levántes autem óculos suos, néminem vidérunt nisi solum Jesum. Et descen-déntibus illis de monte, præcépit eis Jesus, dicens: Némini dixeritis visióem, donec Filius hóminis a mórtuis resúrgat.

MEDITÁBOR in mandátis tuis, quæ diléxi valde: et levábo manus meas ad mandéta tua, quæ diléxi

INTROIT Psalm 24. 6, 3, 22

REMEMBER, O Lord, Thy bowels of compassion, and Thy mercies that are from the beginning of the world, lest at any time our enemies rule over us: deliver us, O God of Israel, from all our tribulations. Ps. To Thee, O Lord, have I lifted up my soul: in Thee, O my God, I put my trust; let me not be ashamed V. Glory be to the Father.

COLLECT

O GOD, who seest that we have no power whatever from ourselves; keep us both outwardly in our bodies and inwardly in our souls; that we may be de-fended from all adversities which may happen to the body and from all evil thoughts which may hurt the soul. Through our Lord.

EPISTLE 1 Thessalonians 4. 1-7

BRETHREN: We pray and beseech you in the Lord Jesus that, as you have received from us, now you ought to walk and to please God, so also you would walk, that you may abound the more. For you know what precepts I have given to you by the Lord Jesus. For this is the will of God, your sanctifi-cation: that you should abstain from fornication, that every one of you should know how to possess his vessel in sanctification and honor; not in the passion of lust, like the Gentiles that know not God: and that no man overreach nor circumvent his brother in business: because the Lord is the avenger of all these things, as we have told you before and have testified. For God hath not called us unto uncleanness, but unto sanctification: in Christ Jesus our Lord.

GRADUAL Psalm 24. 17-18

THETROUBLES of my heart are multiplied: deliver me from my necessities, O Lord. V. See my abjection and my labour, and forgive me all my sins.

TRACT Psalm 105. 1-4

GIVE glory to the Lord, for He is good: for His mercy endureth for ever. V. Who shall declare the powers of the Lord: who. shall set forth all His praises? V. Blessed are they that keep judgment and do justice at all times. V. Re-member us, O Lord, in the favor of Thy people: visit us with Thy salvation.

GOSPEL Matthew 17. 1-9

AT that time Jesus took Peter and James, and John his brother, and bringeth them up into a high mountain apart: and He was transfigured before them. And his face did shine as the sun: and His garments became white as snow. And behold there appeared to them Moses and Elias talking with Him. And Peter answering, said to Jesus: Lord, it is good for us to be here: if Thou wilt, let us make here three tabernacles, one for Thee, and one for Moses, and one for Elias. And as he was yet speaking, behold a bright cloud overshadowed them. And lo, a voice out of the cloud, saying: This is My beloved Son, in whom I am well pleased: hear ye Him. And the disciples hearing, fell upon their face and were very much afraid. And Jesus came and touched them, and said to them: Arise, and fear not. And they lifting up their eyes saw no one, but only Jesus. And as they came down from the mountain, Jesus charged them, saying: Tell the vision to no man till the Son of Man be risen from the dead.

OFFERTORY Psalm 118. 47-48

I WILL meditate on Thy commandments, which I have loved exceedingly: and I will lift up my hands to Thy commandments, which I have loved.

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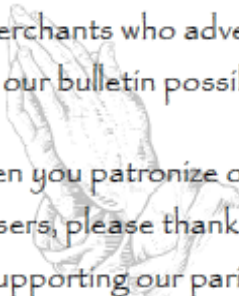
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