

"Alpha is a way to explore what we hunger after - meaning, intimacy & relationship...in a very non-pressed, non judgmental environment."

- Bear Grylls

Host of "Man Vs. Wild"  
Discovery Channel™

# Church of Santa Maria

*7th Sunday in Ordinary Time*

*February 23, 2020*



## Got questions? Try Alpha—start at the beginning.

*The survivalist version of John the Baptist says so*

When I was a kid, my brother and I loved watching "Man vs. Wild" on the Discovery Channel. It was a survival show hosted by Bear Grylls (yes, his real name!) where he'd "strand" himself in crazy places with just his basic tools and his trusty cameraman, and show you useful things to help you survive on the way back to civilization. I once jokingly compared him to John the Baptist in a Confirmation class because of his and John's shared penchant for eating insects and using animal fur.

Apparently, he's more like John than I knew back then—Bear is an avid supporter of Alpha, and even appears in some of the films, pointing the way to Jesus as the answer to our hungers.

I want to encourage you once again to step out of your comfort zone and try Alpha this Lent and Easter. **The kickoff is March 4 from 6:30-8:00pm.** Bring a friend if you're nervous—they don't need to be a churchgoer or even believe in God. At the very least, you'll both get a free meal out of it. At the most, you'll have an encounter with the One who created you and Who provides the answer to all your hungers, and come to know that Answer.

Admittedly, Bear Grylls has given me some questionable advice in the past (I'll probably never eat a cow's eyeball, for example)—but this advice is solid. Try Alpha. Sign up on the Parish Website today. ~Megan Arteaga

40 Santa Maria Way  
Orinda, CA 94563

Phone: 925-254-2426

Fax: 925-254-2468

Emergency Anointing of the

Sick: 925-695-7677

[www.SantaMariaOrinda.com](http://www.SantaMariaOrinda.com)

### Parish Office Hours

Mon-Fri 9:00am-5:00pm

### Mass and Liturgy Schedule

Daily Mass

8:00am (Chapel)

Eucharistic Adoration

Noon-3:00pm Tues from

Sept through May (Chapel

Reconciliation

4:00pm Sat (Church)

Sunday Masses

5:00pm Sat Vigil (Church)

8:30am; 10:30am; 5:00pm

Sunday (Church)

Holy Days

8:00am and 7:30pm (Church)

Baptisms: Call the Parish  
Office

Marriage: Call the Parish  
Office

## PARISH LIFE

### It's not too late to start your Alpha prayers!

Even if you're not participating in Alpha, we want you to be a part of helping make it a success at Santa Maria with your prayers.

Inspired by Jesus' prayer found in Luke 11:02 (look it up!), here's how it works:

- 1) Write down the names of three friends or family members you want to try Alpha.
- 2) Set an alarm for 11:02 (am or pm!) for the next two weeks as a reminder to pray for your three people and for Orinda:

**Heavenly Father, let Your Kingdom come and Your will be done in my heart, in my life, and across this city. Holy Spirit, come fill me today, that I might share the love and Good News of Our Lord Jesus Christ to those around me. Amen.**

- 3) As the days progress, be open to how God might use you. Personally invite those three people and watch the effect this focused prayer has!

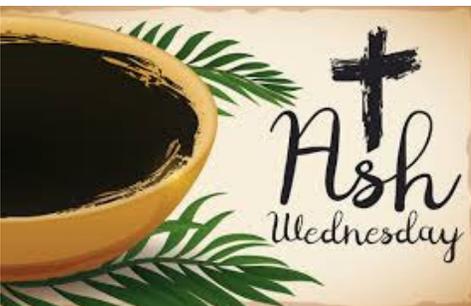
*Sign-ups for the March 4 first session of Alpha are available now on the Parish Website! Sign up now!*

## On Holy Communion

During this flu season, Father George thinks it wise that we suspend distribution of Holy Communion from the chalice for the duration of the season.

*Editor's fun fact: did you know that both the Precious Body and the Precious Blood are fully present under both species (the appearances of bread AND wine)? It's true—the 'bread' isn't "only" the Body of Christ and the 'wine' isn't "only" the Blood of Christ.*

## LENT



### “Sign us with ashes” - join us for the beginning of Lent this Wednesday

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The ashes symbolize the dust from which God made us. They also symbolize grief—in this case, our grief that we have sinned and caused division between us and God. Everyone is allowed to accept the ashes—so bring a friend to our Ash Wednesday Masses and introduce them to this age-old practice!

## Lenten Regulations

Lent is a time of prayer and penance. Our Church has a few ways of practicing these things during Lent:

### Fasting

Catholics aged 18-59 are bound to fast on both Ash Wednesday and Good Friday. This means consuming at most one full meal that day, while taking other smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (excepting water and medicine) is not permitted on fast days.

### Abstinence from Meat

Catholics aged 14 and up are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday. This means refraining from eating meat products, although eggs, milk, and fish and shellfish are permitted.

### Lenten Practices

All the faithful are encouraged to receive Holy Communion, participate in penance services, take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and poor, and to pray more fervently. All of these practices will help you have a more fruitful and holy Lent!

*Our entrance into the Holy Season of Lent begins on Wednesday, February 26<sup>th</sup>. Masses will be celebrated in the church at 8am, 4pm, and 7:30pm.*

## **Be renewed on Ash Wednesday**

The Santa Maria Women's Guild is hosting its Spring Morning of Renewal on February 26, Ash Wednesday. Meet at 9:30am in the Chapel. Father Bart Hutcherson, O.P., will be the speaker, and the morning will conclude with Mass and a light lunch. What a great way to begin your Lenten journey!

*Sign up on the poster in the Narthex today!*

## **OUTREACH**



### **Toiletries and work clothes needed**

A Friendly Manor is a drop-in center for homeless women in Oakland managed by St. Mary's Center. Santa Maria has been supporting A Friendly Manor since 1987 by collecting supplies or providing lunch for the 30 residents.

On an ongoing basis, they need women's toiletries (e.g.,

deodorant, razors, feminine hygiene products), women's underwear, adult diapers, socks, washcloths, hand towels, rain gear, and work wardrobe items.

If you can donate any of these items, please drop them off in the closet in the narthex on the shelf marked "A Friendly Manor," and they will be delivered on a regular basis by members of the Social Justice Committee.



### **"Rebuild my Church" continues as 2020 theme of the Bishop's Appeal**

Bishop Barber decided to continue with the theme "Rebuild my Church," a phrase inspired by St. Francis of Assisi. By sacrificially sharing our talent and treasure with our sisters and brothers, we are returning to God a small portion of the many gifts He has given to us.

As we prepare for the 2020 Bishop's Appeal, please begin or continue praying for our fellow parishioners, clergy, leadership, and those served by the ministries offered by the Church, and for the success of the 2020 Appeal.

Imagine what can be done in the name of God if every parishioner were inspired to "Rebuild my Church" and participate!



### **Spread a culture of life at the 40 Days for Life Prayer Vigil**

Join other Catholics in our Diocese in the 40 Days for Life Prayer Vigil—40 days of prayer for an end to abortion, from Wednesday, January 26 through Sunday, April 5, where we will peacefully witness for the dignity and sanctity of life.

We will be standing and peacefully praying in the public right-of-way outside of two local abortion facilities in Walnut Creek and Concord. Vigil hours are from 7am to 7pm, and you are encouraged to join for even just one hour! Your prayerful presence makes a difference in witnessing for life and in helping to present options for women other than abortion. This is a powerful way to make a sacrifice of time and prayer during this Lenten season.

This Sunday evening, Feb 23, from 7-8:30pm is a kick-off event at St. Mary's Church gymnasium to hear a powerful testimony for life!

## PASTORAL TEAM

### Reverend George Mockel

Pastor  
[gmockel@smparish.org](mailto:gmockel@smparish.org)

### Reverend Jude Poopana

Priest in Residence

### Reverend Michael Amabisco, OP

Sacramental Assistance

### Reverend Christopher Fadok, OP

Sacramental Assistance

### Deacon Rey Encarnacion

[dcn.rey@smparish.org](mailto:dcn.rey@smparish.org) x310

### Deacon James Pearce

[dcnpearce@smparish.org](mailto:dcnpearce@smparish.org) x301

### Mirna Wong

Administrative Assistant  
[mirnawong@smparish.org](mailto:mirnawong@smparish.org) x301

### Tony Millette

Liturgy and Music  
[tmillette@smparish.org](mailto:tmillette@smparish.org) x303

### Sister Mary Margaret Phan, LHC

Faith Formation (Grades K-5)  
[srmmphan@smparish.org](mailto:srmmphan@smparish.org); x306

### Megan Arteaga

Youth Ministry (Grades 6-12),  
Communications, and CYO  
[megan@smparish.org](mailto:megan@smparish.org) x308

### Sister Mary Magdalene Nguyen, LHC

Pastoral Care of the Sick  
[sisternm@smparish.org](mailto:sisternm@smparish.org) x309

### Sister Magdalena Duong, LHC

Bookkeeper  
[sistermagdalena@smparish.org](mailto:sistermagdalena@smparish.org) x305

## PRAYER INTENTIONS

### *For the Sick*

Liduvina Acosta, Sonny Acosta, Mary Beth Alban, Joan Artmann, Shoaib Aryan, Kristy Blackey-Taylor, Kathie Brady, Cara Bradbury, Maria Carmen, Rosemary Catton, Fred Chavaria, Delores Codde, Grace Parent DeBoodt, Rich Delany, Lorna Elliott, Anne Emery, Nora Enriquez, Emidio Fonseca, Liam Foley, Patricia Fox, Bridget Gallagher, Noreen Gillham, Doris Hale, Florentino Ibabao, Brian Kelly, Mason Kelly, Aileen Kelly, Jim Kennedy, Jerry Kirk, Lawrence Knapp, Carol Koupus, Judy Lazarus, Jim Marchetti, Rose Mary McPhee, Robert Nick, Arsi Orihuella, Deacon Jim Pearce, Kathleen Pelz, Ann Powell, Mark Ricci, Ben Richey, Patrick Sheehy, Jean Wells, Faye Young

*Would you like to add yourself or someone else to the prayer list? Please contact Mirna in the Parish Office at 925-254-2426 or at [mirnawong@smparish.org](mailto:mirnawong@smparish.org).*

## TREASURE

### February 16, 2020

Plate: \$ 4,116.12

Faith Direct: \$ 4,449.50

**Total: \$ 8,565.62**

**Goal: \$ 10,350.00**

**Negative: \$ 1,784.38**

## MASS INTENTIONS

### Monday, February 24

8:00am: Giuse Mich & Maria Tan Tran (D)

### Tuesday, February 25

8:00am: (I) Hang Ngoc Loan

### Ash Wednesday, Feb 26

8:00 am: (I) My Phan

4:00 pm: Parishioners of Santa Maria

7:30 pm: Si Seiwert (D)

### Thursday, February 27

8:00 am: Bernard Pottier & Family (D)

### Friday, February 28

8:00am: Maria Nguyen (D)

### Saturday, February 29

5:00pm: Dee Penza (D)

### Sunday, March 1

8:30am: Parishioners of Santa Maria

10:30am: Stephen Myron Gentry (D)

5:00pm: Jeanett Price Seshadri (D)

*I=Intentions of [N.]; D=Deceased*

*To request a Mass Intention, please contact Mirna in the Parish Office.*

*The offering of the Mass is "the perfect prayer." Masses can be said for a living person's intentions, or for the repose of the soul of someone who has died.*

## WELCOME, NEW MEMBERS!

We encourage you to register in the parish so that you can receive regular communication via both email and regular mail.

Registration information is essential for responding to request to be sponsors/godparents and other ministries.

Please register at [www.santamariaorinda.com/registration](http://www.santamariaorinda.com/registration)



# 24 HOURS FOR THE LORD

## FEBRUARY 28 – 29, 2020

All members of the Faithful are invited to this 24-Hour opportunity to spend time with our Lord in Adoration and Confession throughout the Diocese of Oakland

*Please visit one of these participating parishes near you  
For exact confession times, please check parish websites or contact the parishes directly*

St. Bonaventure, Concord  
Friday 9:00 am – 9:00 am Saturday

St. Joan of Arc, San Ramon  
5:00 pm Friday – 5:00 pm Saturday

St. Elizabeth, Oakland  
Friday 5:00 pm – 5:00 pm Saturday

St. Mark, Richmond  
12:00 noon Friday – 12:00 noon Saturday

Holy Spirit, Fremont  
Friday 9:00 am – 5:00 pm  
(break for Stations of the Cross and Mass)  
Saturday 9:00 pm - 1:30 pm

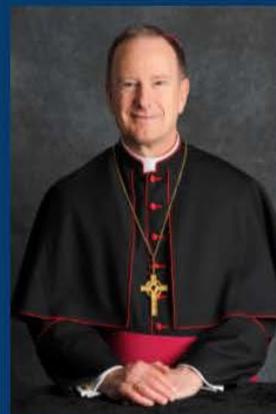
Most Holy Rosary, Antioch  
5:00 pm Friday – 5:00 pm Saturday

Please join *Bishop Michael J. Barber, SJ* for  
our bilingual (English-Spanish)

## CLOSING MASS

*at*

Most Holy Rosary Parish  
February 29, 2020, 5:30 PM  
1313 A Street • Antioch, CA 94509



[oakdiocese.org](http://oakdiocese.org)