Silence Regenerates Our Inner Sanctuary

Silence. This fresco where the Swiss Guards stand outside the pope’s residence reminds us of an important virtue that is often absent in modern times: the capacity to be silent. “Be still and know that I am God!” (Psalm 46:11).

The figure in the fresco holds a finger over his mouth, indicating that silence starts with us. Speak less! Then we should muffle the background noise, represented by the stork with a stone in its bill to stifle its squawk.

How often do we have times of silence in our lives—and not just moments when there doesn’t happen to be a radio or TV on? I mean purposeful, intentional periods of quiet to be alone with God and ourselves.

Regular times of quiet offer many benefits. They help us reflect, order our thoughts, and contemplate what’s happening inside our hearts and minds. Silence is regenerative and gives us new energy, clarity, and serenity. If we add to this quietude an internal dialogue with ourselves and our Lord, it can take our inner sanctuary to a new level. One will not only find strength but also purpose and focus. Silence is the natural habitat of a flourishing soul, yet we often lock out our inner self in the mayhem of the external world, never allowing it to take in what gives it life—silence.

How about taking an hour without phones, radios, TVs, and computers to dedicate yourself to some meditative work or recreation? Or better yet, take a moment and go to a local perpetual adoration chapel to quietly sit with our Lord.

—Fr. Mark Haydu, LC

For Reflection
Is there a daily moment when I can enjoy some silence? What will I find in those moments? In my frenetic activity, am I running from something that I should otherwise confront?

Silencio. Este fresco en el que se encuentran los guardias suizos frente a la residencia del Papa nos recuerda una importante virtud que a menudo está ausente en los tiempos modernos: la Capacidad para guardar silencio. “¡Que te quedes quieto y que sepa que yo soy Dios!” (Salmo 46:11). La figura en el fresco tiene un dedo sobre su boca, lo que indica que el silencio comienza con nosotros. ¡Habla menos! Luego debemos silenciar el ruido de fondo, representado por la cigüeña con una piedra en su pico para sofocar su graznido. ¿Con qué frecuencia tenemos momentos de silencio en nuestras vidas, y no solo los momentos en que no hay radio o televisión encendidas? Me refiero a períodos intencionados e intencionales de silencio para estar a solas con Dios y con nosotros mismos. Los tiempos regulares de tranquilidad ofrecen muchos beneficios. Ellos ayudan nosotros reflexionamos, ordenamos nuestros pensamientos y contemplamos lo que está sucediendo dentro de nuestros corazones y mentes. El silencio es regenerativo y nos da nueva energía, claridad y serenidad. Si agregamos a este silencio un diálogo interno con nosotros mismos y con nuestro Señor, puede llevar nuestro santuario interior a un nuevo nivel. Uno no solo encontrará fuerza sino también propósito y enfoque. El silencio es el hábitat natural de un alma floreciente, sin embargo, a menudo bloqueamos nuestro ser interior en el caos del mundo externo, sin permitir nunca que capte lo que le da vida: el silencio. ¿Qué tal tomarse una hora sin teléfonos, radios, televisores y computadoras para dedicarse a algún trabajo de meditación o recreación? O mejor aún, tome un momento y vaya a una capilla local de adoración perpetua para sentarse tranquilamente con nuestro Señor.
Dear Padre,

How much talking is acceptable while waiting for Mass to begin? The chatter gets noisier as more people arrive, and then everyone starts talking louder just to be heard.

Before Mass, “it is a praiseworthy practice for silence to be observed in the church, in the sacristy, in the vesting room, and in adjacent areas, so that all may dispose themselves to carry out the sacred celebration in a devout and fitting manner” (General Instruction of The Roman Missal, 45). For the liturgy to produce its full effects, “it is necessary that the faithful come to it with proper dispositions, that their minds...be attuned to their voices, and that they cooperate with divine grace lest they receive it in vain” (Constitution on the Sacred Liturgy [Sacrosanctum concilium], 11). In this sense, we are silent together, for the Mass is not a private function but a celebration of the Church as the “sacrament of unity,” a holy people united (SC 26).

Thus, from the point of entry in a church to the time of the gathering song, which is intended to foster unity (GIRM 47), how does your faith community gather for Mass? Some churches with self-contained vestibules are ideal for offering welcome to newcomers and for exchanging greetings. Other sacred spaces are less conducive for separating this informal ritual from a place of quietude. Nevertheless, every faith community, with varying success, creates an atmosphere before Mass where individuals come together as a worshiping body, and at the same time, where people may dispose themselves in a devout manner.

Fr. Byron Miller, CSsR | Sundaybulletin@Liguori.org

A Word from Pope Francis

When we go to Mass, perhaps we arrive five minutes early and begin to chat with the person next to us. But this is not the moment for small talk....It is the moment for recollection within the heart, to prepare ourselves for the encounter with Jesus.

Silence is so important!

—General audience, November 15, 2017

Know Someone Overly Anxious About Sin?

For more information and to sign up for our free monthly newsletter, visit: ScrupulousAnonymous.org
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**MASS INTENTIONS**  
*Mar 4 - 10, 2019*

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*SPECIAL MASS SCHEDULE*

**REMEMBER IN PRAYER**  
*Mar 4 - 10, 2019*

Members of our faith community who are ill, including:

- Ron Cardenas
- Mark Malabuyo
- Frank Tingley
- Audrea Brisco

Also members of our faith community who have died, including:

- Maria Terezinha Mauricio
- Josefina Roque
- JoseMaria Alvarez
- Lydia Sincioco

We place our loved ones into God's care and cherish the memory of their time with us – May they rest in peace. Amen

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**Seniors “Busy Bees” Activities**

**These events are not just for Seniors. Everyone is invited to participate.**

**Call: FRANCES LEGG:**  
(510) 846-5300  
**For more Information**

We are looking for people to join our Thursday group. We socialize, pray together, enjoy a meal and play bingo. We also have guest speakers. We would love to have you join us.

**Thurs, March 7** - Noon - Potluck followed by Bingo. Dessert provided by center.

**Thurs, March 14** - Noon - Potluck followed by Bingo. Dessert provided by center.

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**Green Corner**

Mark your calendar for National Old Stuff Day- March 2! Just cause it's old doesn't mean it's useless.

**Goal:**  
Make today the day you check out TerraCycle.com and sign up for free collection programs that fit your needs. If somethings no longer "spark joy" for you try joining a freecycle.org community to offer it to someone else.

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**ALL SAINTS CATHOLIC CHURCH**  
(510) 581-2570  
www.allsaintshayward.org  
Fr. Ramon Gomez, Ext. 131  
Pastor  
fraramon914@gmail.com

**CLERGY**

Rev. Michael Castori, SJ  
castoriall Saints@gmail.com  
Deacon Larry Quinn  
dnlarry.allsaints@gmail.com  
Deacon Jorge Angel  
angel881@pacbell.net

**LITURGY**

Music Ministry  
Allen del Rosario Ext. 140  
allend@gmail.com

**FAITH FORMATION**

FF Coordinator:  
Jean Easterly Ed. D.  
ejasterly.allsaints@gmail.com  
Angelica Hernandez  
gelica.allsaints@gmail.com  
(510) 838-9357

Youth Ministry:  
Minnie McElhatton  
Confirmation Coordinator  
minnieASYM@gmail.com

Young Adult Ministry:  
Sam Molina  
allsaintshaywardyam@gmail.com  
(510) 736-0536

School Principal:  
Jennifer Diaz  
(510) 582-1910 Ext.118  
jdia@cso.org

RCIA & Men’s Ministry:  
Chuck Kennedy  
chuck.allsaints@gmail.com

**OUTREACH**

Social Ministry Outreach:  
Chuck Kennedy  
chuck.allsaints@gmail.com

CSUEB Ministry:  
Eunice Park — Campus Minister  
csueb.catholicministry@gmail.com

**CHURCH OFFICE**

Lety Arechiga ext. 122  
larechiga.allsaints@gmail.com

Delores Nnam ext. 120  
dnnam.allsaints@gmail.com  
Carol Kennedy ext. 124  
carolk.allsaints@gmail.com
Beginning July 1, 2019
Mass Times will change as follows:

Morning Mass - Monday through Friday - **8:30 a.m.**
in the Chapel
Saturdays - 8:30 a.m. and 5:00 p.m.
Sundays - 7:30 a.m., 9:00 a.m., 11:00 a.m.,
**1:00 p.m. - Spanish**; 7:00 p.m.

Church office hours:
8:00am - 4:00pm Monday - Friday
Saturday 9:00am to 2:00pm (limited services)

Notice - Office Hours are changing 4/1/19
New Hours: Mon-Thurs - 9am to 5pm
Closed Fridays
Sat & Sun - 9am to 5pm

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Nuevo Taller de Cuaresma 2019

**Venga Aprender:**
- Que Catholic Relief Services hace
- Lo nuevo para el Plato de Arroz esta Cuaresma
- Mejores prácticas del Plato de Arroz

**Presentadores:**
- **Moises Roberto De Leon**
  Coordinador de la Iniciativa Parroquias en Solidaridad
  Diócesis de Oakland
- **Marc McKimmey**
  Coordinador de CRS
  Diócesis de Oakland

**Sabado**
9 de marzo
10 am - 12 pm

Senior Center
All Saints Church
22824 Second Street
Hayward, CA 94541

Favor de confirmar su asistencia por el 28 de febrero

Para información y RSVP, contacte a Marc McKimmey:
mmckimmey@cceb.org
510-768-3176

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VATICAN CITY (CNS) -- As Catholics are encouraged to make going to confession a significant part of their lives during Lent, Pope Francis offered some quick tips to help people prepare for the sacrament of penance. After a brief explanation of why people should go to confession -- "because we are all sinners" -- the pope listed 30 key questions to reflect on as part of making an examination of conscience and being able to "confess well." The guide is part of a 28-page booklet in Italian released by the Vatican publishing house. Pope Francis had 50,000 free copies distributed to people attending his Angelus address Feb. 22, the first Sunday of Lent. Titled "Safeguard your heart," the booklet is meant to help the faithful become "courageous" and prepared to battle against evil and choose the good. The booklet contains quick introductions to Catholic basics: it has the text of the Creed, a list of the gifts of the Holy Spirit, the Ten Commandments and "courageous" and prepared to battle against evil and choose the good. The booklet contains quick introductions to Catholic basics: it has the text of the Creed, a list of the gifts of the Holy Spirit, the Ten Commandments and the Beatitudes. It explains the seven sacraments and includes Pope Francis' explanation of "lectio divina," a prayerful way of reading Scripture in order to better hear "what the Lord wants to tell us in his word and to let us be transformed by his Spirit." The booklet's title is based on a line from one of the pope's morning Mass homilies in which he said Christians need to guard and protect their hearts, "just as you protect your home -- with a lock." "How often do bad thoughts, bad intentions, jealousy, envy enter?" he asked. "Who opened the door? How did those things get in?" The Oct. 10, 2014, homily, which is excerpted in the booklet, said the best way to guard one's heart is with the daily practice of an "examination of conscience," in which one quietly reviews what bad things one has done and what good things one has failed to do for God, one's neighbor and oneself. The questions include:

-- Do I only turn to God when I'm in need?
-- Do I take attend Mass on Sundays and holy days of obligation?
-- Do I begin and end the day with prayer?
-- Am I embarrassed to show that I am a Christian?
-- Do I rebel against God's plan?
-- Am I envious, hot-tempered, biased?
-- Am I honest and fair with everyone or do I fuel the "throwaway culture?"
-- In my marital and family relations, do I uphold morality as taught in the Gospels?
-- Do I honor and respect my parents?
-- Have I refused newly conceived life? Have I snuffed out the gift of life? Have I helped do so? -- Do I respect the environment?
-- Am I part worldly and part believer?
-- Do I overdo it with eating, drinking, smoking and amusements?
-- Am I overly concerned about my physical well-being, my possessions?
-- How do I use my time? Am I lazy?
-- Do I want to be served?
-- Do I dream of revenge, hold grudges?
-- Am I meek, humble and a builder of peace?

Catholics should go to confession, the pope said, because everyone needs forgiveness for their sins, for the ways "we think and act contrary to the Gospel." "Whoever says he is without sin is a liar or is blind," he wrote.

Confession is meant to be a sincere moment of conversion, an occasion to demonstrate trust in God's willingness to forgive his children and to help them back on the path of following Jesus. - Pope Francis