

*“You are invited! Come along with me!”*  
**March 10, 2019—First Sunday of Lent**  
**10 de marzo de 2019—Primer Domingo de Cuaresma**



*The word is near you, in your mouth and in your heart.*  
 — Romans 10:8

*Muy a tu alcance, en tu boca y en tu corazón, se encuentra la salvación.*  
 — Romanos 10:8

**ALMSGIVING, PRAYER, FASTING, AND TEMPTATION**

As we begin our season of fasting, prayer, and almsgiving, the reading from Deuteronomy reminds us of our duty of almsgiving, that we “set [our offerings] before the Lord, [our] God, [and] shall bow down in [God’s] presence” (Deuteronomy 26:10). The reading from Romans refers us to our prayer, reminding us that “The word is near you, in your mouth and in your heart . . . For everyone who calls on the name of the Lord will be saved” (Romans 10:8, 13). These are comforting words, and encourage us to ask God for what we need and to aid us in our prayer. Finally, the Gospel of Luke shows us a fasting Jesus, who was tempted as we are, and who knows what it means to be human. Someone once said that temptation arises when you’re tired and weary, and the devil comes along and makes a perfectly reasonable suggestion. Jesus shows us that, with his help, we too can overcome our temptations, reasonable as they may sound.

Copyright © J. S. Paluch Co.

**ORACIÓN, LIMOSNA, AYUNO Y TENTACIÓN**

A medida que empezamos nuestro tiempo de oración, limosna y ayuno, la lectura del libro del Deuteronomio nos recuerda nuestro deber de ofrecer: “Dejarás los frutos en la presencia del Señor tu Dios, te postrarás ante él” (Deuteronomio 26:10). La lectura de la carta a los romanos nos refiere a nuestra oración, recordándonos que “La palabra está cerca de ti, en tu boca y en tu corazón . . . todo el que invoque el nombre del Señor se salvará” (Romanos 10:8, 13). Estas palabras son reconfortantes, y nos animan a pedir a Dios aquello que necesitamos y nos ayuda en nuestra oración. Por último, el Evangelio de Lucas nos muestra a Jesús ayunando, siendo tentado así como lo somos nosotros y además él entiendo lo que significa ser humano. Alguien una vez dijo que la tentación surge cuando se está cansado y rendido; y el mal viene y hace una sugerencia perfectamente razonable. Jesús no muestra que, con su ayuda, nosotros también podemos vencer nuestras tentaciones, tan razonable como pueda sonar.

Copyright © J. S. Paluch Co.

**For Lenten Regulations, please see page 7 of this bulletin.**

**Para los Regulaciones de Cuaresma, consulte la página 7 de este boletín.**

*As of week 4, 211 Families pledged \$100,369 representing 84% of the Diocesan Goal, or 50.2% of our Parish Goal*

*Hand in Hand In Ministry    ADA    Unidos de la Mano en El Ministerio*

*Hasta la 4 semana, 211 Familias prometieron \$100,369, Lo que representa el 84% de la meta diocesana, o el 50.2% de la meta parroquial*

**Mass Schedule / Horario de Misas**

**Saturdays / Sábados**  
 5:15 PM, English 7:00 PM Spanish  
**Sundays / Domingos**  
 7:30 AM, 9:00 AM, 10:30 AM, English  
 12:00 Noon Español, 6:00 PM English

**Daily Mass / Misa Diaria**  
 8:00 AM (English)  
**Holy Days / Días Festivos**  
 Call Parish Office  
 Llame a la oficina parroquial

**Sacrament of Reconciliation (Penance) / Sacramento de la Reconciliación (Confesión)**

**Saturdays / Sábados: 4:00 - 5:00 PM**

**PASTORAL STAFF**

**Fr. Steven P. Brown, Pastor**  
sbrown@djsj.org Ext. 15

**Msgr. Jerónimo Gutierrez, Parochial Vicar**  
jgutierrez@djsj.org Ext. 17

**Mr. Joe Alvarez, Deacon**

**Mr. Raul D. Mendoza, Deacon**  
Ministerio Hispano Catequesis en Español  
r.mendoza@djsj.org Ext. 30

**Parochial School 408-258-7677**  
**Mrs. Laura Seminare, Interim Principal**  
lseminare@sjsvsj.org

**David & Anchella Rengers RCIA Coordinators**  
sjv.rcia@sjsvsj.net Ext 13

**Ms. Mary Ann Andrade Director of Youth Ministry & Confirmation**  
mandrade@djsj.org Ext. 18

**Ms. Kathleen Cook Director of Religious Education**  
kcook@sjsvsj.net Ext. 24

**Parish Office 408-258-7832**  
Monday-Friday 9:00am-5:00pm

**Luis Estrada Parish Administrator**  
lestrada@djsj.org Ext. 22

**Yolanda Anaya Ext. 10**  
yanaya@djsj.org

**Patricia Rodriguez Ext. 14**  
parodriguez@djsj.org

**Jose Gonzales Maintenance Supervisor**  
408-258-7832

**Knights of Columbus**  
408-206-8160  
925-337-9719

**St. Vincent de Paul Society**  
408-535-0404



*St. John Vianney*  
*Lenten Activities / Actividades de Cuaresma*

Lenten Reflections / Reflexiones de Cuaresma

Tuesdays, March 12, 19, 26 & April 2, at 7:00pm in the Parish Office / el 12, 19, 26 de marzo y el 2 de abril a las 7:00pm en la Oficina Parroquial

Adoration of Blessed Sacrament / Adoración del Santísimo Sacramento

8:30am-12pm Every Wednesday in the Chapel / todos los Miércoles en la capilla)

Celebrate the Sacrament of Reconciliation (Confession) / Celebrando el Sacramento de Reconciliación (Confesión)

Wednesdays throughout Lent, 6:30pm-7:30pm / and every Saturday 4pm-5pm cada miércoles durante la Cuaresma a las 6:30pm-7:30pm y cada sábados 4pm-5pm

Stations of the Cross / Via Crucis

Every Friday / Cada Viernes

In English following 8am Mass. En Español a las 6:30pm.

St. Vincent de Paul Almsgiving

- 1st Sunday of Lent – 1 bag of rice or beans  
1 bolsa de arroz o frijoles
- 2nd Sunday of Lent – Canned vegetables or fruit  
Latas de verduras o frutas
- 3rd Sunday of Lent – 1 box of cereal or pasta  
1 caja de cereal o pastas
- 4th Sunday of Lent – Paper goods (toilet paper, tissues)  
Productos de papel
- 5th Sunday of Lent – Canned tuna or soup  
Latas de atún o sopa
- 6th Sunday of Lent - Return of the Rice bowls  
Retorno de los platos de arroz

CRS (Catholic Relief Services) Rice Bowls / Plato de Arroz

You can pick up your family's Rice Bowl in the Church Vestibule, March 9 & 10 / Recoja el Plato de Arroz de CRS de su familia en el vestíbulo de la iglesia el 9 y 10 de marzo

Collected after all masses on Saturday April 13th & Palm Sunday, April 14th /

Se colectaran después de las Misas del sábado 13 de abril y domingo de Palmas 14 de abril

Daily Mass / Misa Diaria ~ 8am (Monday thru Friday / Lunes a Viernes)



**St. John Vianney Altar Server Training**

All are welcome and encouraged to serve the community!  
4<sup>th</sup> grade-High School-Adults

If you are interested in training or a refresher course, please contact  
Ms. Kathleen Cook.



**WEEKLY STEWARDSHIP REPORT**  
March 2nd and 3rd

Church Collection.....\$13,842.50  
Online Giving.....\$ 1,634.20  
Building Fund..... \$ 2,026.00

*Thank you for your continued generosity!*

**Por favor dele un vistazo a nuestra nueva forma de donar electrónicamente . Pueden hacerlo a través de nuestra página de Internet, nuestra APP parroquial myParishApp usando el botón "Giving" o apuntando la cámara de su teléfono a la imagen que aparece a la derecha.**



**Please Check Out our new online giving tool** by visiting our church's website directly, through our parish APP myParishApp, "Giving" icon, or by pointing your smartphone camera to the image above.

### Our Father's House

"St. John Vianney's stained glass windows restoration is well underway! We thank you for all your donations and pledges for our church windows in "Our Father's House"!

To provide you with visibility into the project, the total cost for all windows is \$139,400.00.

**"Our Father's House!"**



### La Casa de Nuestro Padre

¡ "La restauración de vitrales de San Juan Vianney está viento en popa ¡ Muchísimas Gracias por sus donaciones y promesas para los vitrales en "La Casa de Nuestro Padre " !

Para proporcionarles una mejor idea del proyecto, el costo total para todas las ventanas es \$139.400,00.

**"Casa de Nuestro Padre!"**

### ADA

*Thank you to those who already gave their basket to our priest so it could be set in front of the altar of the LORD as Moses mentions in the first reading.*

May God continue showering you and your family with abundant blessings multiplied by the thousands.

We are very close to achieving our Diocesan ADA Goal, and once that is done, everything received comes back to our

Saint John Vianney Parish.

We would like to share with you one way the ADA refund benefits our parish.

The Saint John Vianney Parish monthly insurance bill is \$7,132

In February, we received the last portion of our 2018 ADA Refund.

With that last portion of the refund we were able to cover the first three months of 2019 pertaining to our Insurance Coverage.

As we have stated before, ADA has been the 2nd largest source of income for our dear parish in the last few years. If you have not made your pledge, please kindly consider making a sacrificial offering. Your gifts and prayers are highly appreciated, and needed.

*One does not live on bread alone, but on every word that comes forth from the mouth of God.*

### ADA

*Gracias a aquellos que ya dieron su canasta de las primicias de sus cosechas a nuestro sacerdote para que sea presentada frente al altar del SEÑOR como Moisés menciona en la primera lectura.*

Que Dios continúe derramando abundantes bendiciones sobre ti y tu familia multiplicadas por miles.

Estamos muy cerca de lograr nuestra meta diocesana de ADA, y una vez que lo logremos, todo lo recibido vuelve a nuestra Parroquia San Juan María Vianney.

Nos gustaría compartir contigo una manera en que el reembolso de ADA beneficia a nuestra parroquia.

La factura mensual de aseguranza de la parroquia es de \$7,132

En febrero, recibimos la última parte de nuestro reembolso del ADA de 2018

Con esa última parte del reembolso, pudimos cubrir los primeros tres meses de 2019 relacionados con nuestra Cobertura de Seguro.

Como hemos dicho anteriormente, en los últimos años el ADA ha sido la segunda fuente de ingresos para nuestra querida parroquia.

Si aún no has hecho tu promesa, por favor considera hacer tu sacrificio hoy. Tus regalos y oraciones son muy apreciados y necesarios.

*No sólo de pan vive el hombre, sino también de toda palabra que sale de la boca de Dios.*

### Encounter Norma

In Guatemala, we encounter Norma, who as a young mother, supports her family and shares her skills with her community.

Reflect on the importance of family in your life. How can you contribute to support families in your community?

Visit [crsricebowl.org](http://crsricebowl.org) for more.



### Un encuentro con Norma

En Guatemala, nos encontramos con Norma, quien como madre joven, apoya a su familia y comparte sus habilidades con su comunidad.

Reflexiona sobre la importancia de la familia en tu vida.

¿Cómo puedes contribuir a apoyar a las familias en tu comunidad? Visita [crsplatodearroz.org](http://crsplatodearroz.org) para más información.



### Confirmation Corner for March

6 PM Youth Masses on Sunday, March 17

March classes on Thursday, March 14 and March 21

**No March Youth Activity Night due to Confirmation Retreat**

2nd Year Confirmation Retreat  
Friday, March 29 - Sunday, March 31, 2019



### Rincón de Confirmación de marzo

6 PM Misas juvenil el domingo 17 de marzo

Clases de marzo los jueves 14 y 21 de marzo

**No hay Noche de actividades juveniles de marzo**

**debido al Retiro de Confirmación**

Retiro de Confirmación de segundo año viernes 29 a domingo 31 de marzo de 2019

## FAITH FORMATION

**Family Discussion:** In Luke's Gospel, the story of Jesus' temptation in the desert appears just after Jesus' baptism and before Jesus begins his public ministry. We can imagine this as a time of transition, a turning point in Jesus' life. Perhaps we can liken it to one of the important turning points in our own lives: the decision to marry, the birth of a child, the acceptance of a new job, or the decision to move to a new home. After the moment of decision, having reached the point of no return, we sometimes begin to wonder if we are prepared and ready for the task before us. Turning points can be times of doubt and insecurity. Jesus' response to the temptations of the devil offers an example for responding in faith when our doubts and insecurities tempt us to distrust God's sufficiency. Jesus rebukes the devil by quoting Scripture. Each citation is an affirmation of trust in God. We learn to trust in big things by practicing trust in little things. Our Lenten practices of prayer, fasting, and almsgiving invite us to trust God in these small ways. They remind us that God will suffice for us. They prepare us to trust in God in all things, especially in moments of doubt and uncertainty.

As a family, talk about ways in which trust has been built among members of the family. Observe how being trustworthy in small matters enables us to trust one another in more important matters. Offer specific examples if possible (e.g., children who establish their responsibility in household tasks can be granted greater independence and freedom to choose how they perform these tasks). Today's Gospel shows us how Jesus trusted God in all things. Read aloud today's Gospel, Luke 4:1-13. Discuss how Jesus showed his trust in God when he resisted the devil's temptations. Invite family members to name times when they have trusted God in matters small or large. Write a family prayer together. You might write the prayer so that each line begins with a letter in the word "trust." Pray this prayer together.

**As a family, check out this website:**

[www.catholicfamilyfaith.org](http://www.catholicfamilyfaith.org)



**Suggested book that compliments today's Gospels:**

<http://scu.edu/character/build-plant-grow/>

*Horton Hatches the Egg* Written by Dr. Seuss

ISBN: 13:978-0394800776

**Reflect:** If a word or phrase from the Gospel captures your heart, sit quietly for several minutes, repeating it to yourself and asking God to show you how it applies to your life.

**My Promise to Jesus:** Lord, now that I am older, I know the difference between right and wrong. With your help, I will choose what is right. When I feel lost, I will ask the Holy Spirit to guide me.



**RCIA (Adapted for Children) Reflection 1st year** children and their parents is on Sunday, March 10, 2019. Mass at 9:00 AM followed by parent and child reflection in the Parish Office. Any questions, please contact Ms. Kathleen Cook, Director of Religious Education.

**English speaking Faith Formation class is on Thursday,** March 14 & 21, 2019 from 6:30-8:00 PM. There will be no class on Thurs, Jan. 31, 2019. there will be no class on Thurs, Feb. 28, 2019. Please register at the Parish Office at least 2 days prior to class. Any questions, please contact Ms. Kathleen Cook, Dir. of Religious Ed.

**English speaking Faith Formation Registration** is open to All students in grades Pre-K to High School. Classes are on Thursdays from 6:30-8:00PM, at St. John Vianney School. Please check the dates on the English Speaking Faith Formation bulletin in the Vestibule. **For a registration form, please contact Ms. Kathleen Cook, Director of Religious Education at [kcook@sjsj.net](mailto:kcook@sjsj.net), Mrs. Cindy Perea, [cperea@sjsj.org](mailto:cperea@sjsj.org)** or visit the Parish Office. Please register at the Parish Office at least 2 days prior to class.

If you have not yet registered your **child(ren) for the Sacraments of Baptism or First Holy Communion**, please contact Ms. Kathleen Cook, Director of Religious Education at [kcook@sjsj.net](mailto:kcook@sjsj.net), Mrs. Cindy Perea [cperea@sjsj.org](mailto:cperea@sjsj.org), or visit the Parish Office. **Please note:** Upon Holy Communion registration, a Baptismal Certificate is required.



**From the desk of: Ms. Kathleen Cook,  
Director of Religious Education**

**Theme:** *Luke 4:1-13* In the desert, Jesus is tempted by the devil.



**Summary:** : In today's Gospel, we hear about how the Holy Spirit led Jesus into the desert where he was tempted by the devil. During these trials and temptations, Jesus demonstrates **faithfulness**, unlike the nation of Israel, who were unfaithful during their time in the desert. Temptations have everything to do with the comforts that we all need and desire. For Jesus, one of these temptations is hunger. However, in the midst of all the temptations presented to Jesus by the devil, Jesus remains steadfast in his **faithfulness**.

**Scripture:** Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. Luke 4:1-2a

In our Scripture today, Jesus was led by the Spirit out into the wilderness where he was tempted by the devil for forty days. Jesus ate nothing all that time and he was very hungry. The devil said to him, "If you are the Son of God, tell this stone to become a loaf of bread." Jesus answered, "No! The Scripture says, 'People do not live by bread alone.'"

Next, the devil took Jesus up and showed him all the kingdoms of the world. "I will give you all of these kingdoms and the authority over them if you will worship me." Jesus replied, "The Scripture says, 'You must worship the Lord your God and serve only him.'"

Then the devil took Jesus to Jerusalem. He took him up to the highest point of the Temple and said, "If you are the Son of God, jump off! The Scripture says that 'God will order his angels to guard and protect you. They will hold you up with their hands so you won't even hurt your foot on a stone.'" Jesus answered him, "The Scriptures also say, 'You must not test the Lord your God.'" Heavenly Father, over and over again the devil tempts us to do things we should not do. Help us to study your Word so that we will know how to resist the devil when he tries to lead us astray. In Jesus' name we pray. Amen.

**The Importance of Sunday:** Sunday, the "Lord's day," is central to our liturgical life. Our observance begins on the Saturday evening before, and all Catholics are obligated to participate in Mass every weekend. There, the "*Lord's Supper is its center, for there the whole community of the faithful encounters the risen Lord who invites them to his banquet*" (CCC 1166).

The Church also encourages us to treat Sunday as a day of rest, recreation, and family time as a way of keeping the Third Commandment: "*Remember the Sabbath day.....keep it holy. Six days you may labor and do all your work, but the seventh day is a Sabbath of the Lord your God*" (Exodus 20:8-10) How do you spend Sundays? How can you "keep it holy?"

**RCIA (Adapted for Children) Reflection for 2<sup>nd</sup> year** children and their parents is on Sunday, March 17, 24 and 31, 2019. Mass at 9:00 AM followed by parent and child reflection in the Parish Office. Any questions, please contact Ms. Kathleen Cook, Director of Religious Education.



## ANUNCIOS Y NOTICIAS ESPECIALES

### PRIMER DOMINGO DE CUARESMA

Cuando emprendemos un viaje a un lugar desconocido primero nos informamos y consultamos el mapa de carreteras. El mapa nos indica las rutas, las salidas, los moteles para pasar la noche, las distancias...

El mapa es necesario para viajar. Pero más necesario aún es saber a donde se va.

Aquí estamos los cristianos del Pilar comenzando nuestro viaje cuaresmal.

¿Sabemos en qué ruta estamos? ¿Sabemos a dónde vamos?

Vamos a mirar juntos el mapa de nuestro viaje y juntos vamos a recorrer el camino.

Algo que no está señalado en el mapa de carreteras es el lugar llamado tentación, cansancio, abandono, tiro la toalla, me rindo, no puedo más, qué duro, cambio de sentido. Y esto es también parte del viaje.

Nosotros hemos probado casi todo en este viaje de la vida:

- hemos comido la manzana de la desobediencia como Eva;
- nos hemos emborrachado como Noé;
- hemos bailado alrededor del becerro de oro como el pueblo de Israel;
- hemos blasfemado como el pueblo de Dios en Masá;
- hemos cometido adulterio como el rey David;
- hemos sido mordidos por las serpientes en el desierto;
- hemos escondido nuestra identidad de hijos de Dios...

Este viaje cuaresmal es el de la vuelta a la casa del Padre por la ruta Jesús, Jesús es la autopista que nos lleva a la casa de Dios.

Jesús también consultó un mapa para conocer la voluntad de Dios, para hacer el camino de Dios. Sigamos siempre las enseñanzas de Jesús y no fallaremos en la vida, no nos perderemos, llegaremos seguros al cielo.

### MINISTERIO PARA LOS ENFERMOS

Si tiene un pariente, amigo o vecino que no puede salir de su casa y no puede asistir a Misa por favor llame a la oficina parroquial al (408) 258-7832. Tenemos Ministros de la Eucaristía para los enfermos que pueden proporcionar la Santa Eucaristía y visitarlos.



### MINISTRY TO THE SICK AND HOMEBOUND

If you have relative, friend, or neighbor who is Homebound and unable to attend Mass please call the Parish Office at:(408) 258-7832. We have Eucharist Ministers to the Sick who will come bring the Holy Eucharist and visit with them.

### Campaña de Cuaresma de 40 Días por la Vida

Desde el 6 de marzo hasta el 14 de abril, estás invitado a unirte a otros cristianos durante 40 días por la vida: 40 días de oración y ayuno para terminar con el aborto. También estás invitado a ponerte de pie y orar pacíficamente durante una vigilia de 40 días en la vía pública afuera de Planned Parenthood, ubicado en el 1691 The Alameda, San Jose 95126, y también para ayudar a difundir el mensaje sobre este importante servicio comunitario. Si deseas obtener más información, y especialmente si deseas ayudar como voluntario, comunícate con: Dzung al (510) 938-2503 o [40dfلسانجose@gmail.com](mailto:40dfلسانجose@gmail.com).

### 40 Days for Life Lent Campaign

From March 6 through April 14, you're invited to join other Christians for 40 Days for Life – 40 days of prayer and fasting for an end to abortion. You're also invited to stand and peacefully pray during a 40-day vigil in the public right-of-way outside Planned Parenthood, 1691 The Alameda, San Jose 95126, and also to help spread the word about this important community outreach. If you'd like more information – and especially if you'd like to volunteer to help, please contact: Dzung at (510) 938-2503 or [40dfلسانجose@gmail.com](mailto:40dfلسانجose@gmail.com).

### St. John Vianney Community Center

Please contact David Couch at  
[D\\_Couch@yahoo.com](mailto:D_Couch@yahoo.com)  
for rental information.



### Centro Comunitario San Juan Vianney

Llame a David Couch a [D\\_Couch@yahoo.com](mailto:D_Couch@yahoo.com)  
para recibir información acerca de como  
rentarlo.

## MASS INTENTIONS FOR THE WEEK

### SATURDAY, March 9

- 5:15 pm Esperanza & Roberto Pena,  
Manuel Alberto Cardoso†  
7:00 pm Dometila Rojas†, Javier Vergera†,  
Francisco Rojas†, Agustina Padilla†

### SUNDAY, March 10

- 7:30 am Sharon Martinez (sick), Barbara Zielsdorf (sick)  
9:00 am Joseph, Joe & Maria Alvarnas†  
10:30 am Mary Rosa†, Edith Silva†,  
Filomena A. Garcia† & Family,  
Daniel Gilbert Hernandez†  
12:00 pm Juan Alvarez†, Manuel Peña Jr.†, Luis Flores†,  
Hermila Solorio†, Agustina Padilla†  
6:00 pm Rosalinda Arellano (Health)

### MONDAY, March 11

- 8:00 am Delfin Boquiren (Health)

### TUESDAY, March 12

- 8:00 am Luis Flores† (B'day), Barbara Zielsdorf (sick)

### WEDNESDAY, March 13

- 8:00 am Josephine Vierra†

### THURSDAY, March 14

- 8:00 am Gloria Uribe†, Flor Alvarez (B'day),  
Barbara Zielsdorf (sick)

### FRIDAY, March 15

- 8:00 am Correia Family, Zapopa Trejo†

## TODAY'S READINGS

**First Reading** — God brought us into this land  
flying with milk and honey (Deuteronomy 26:4-10).

**Psalm** — Be with me, Lord, when I am in trouble  
(Psalm 91).

**Second Reading** — The word is near you, in  
your mouth and in your heart (Romans 10:8-13).

**Gospel** — Filled with the Holy Spirit, Jesus was  
led into the desert for forty days (Luke 4:1-13).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

**Primera lectura** — Libres de los egipcios opresores, los israelitas muestran su fe ofreciendo al Señor los primeros frutos de su nueva tierra (Deuteronomio 26:4-10).

**Salmo** — Tú eres mi Dios y en ti confío (Salmo 91 [90]).

**Segunda lectura** — Todos los que expresan su fe en Jesús resucitado y confiesan que él es el Señor, se salvarán (Romanos 10:8-13).

**Evangelio** — Jesús fue conducido por el Espíritu al desierto y allí fue tentado (Lucas 4:1-13).

Salmo responsorial: *Leccionario I* © 1976, Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano. Usado con permiso. Todos los derechos reservados.

**Please pray for the sick** Richard Boomer, Alex Apsay, Sr., Tessa Gallo, Uki Molina, Faith Silva, Bob Stroughter, Maria Soledad Arriaga, Mary E. Andrade, Jess Valdez, Audrina Rosa, Mayda Estrada Sr, and Lupe Apen

**For the repose of the soul of** Raul Reyes, Juan Antonio Martinez, Josephine Vierra, Robert Rizzo, and Joseph Kokes

## LOS SANTOS Y OTRAS CELEBRACIONES

- Domingo: Primer Domingo de Cuaresma;  
Rito de Elección; Rito de Envío;  
Rito del Llamado a la Conversión Continua;  
Cambio de Hora; Domingo de las Niñas  
Exploradoras  
Lunes: Inicio de la Cuaresma en el calendario juliano  
Viernes: Abstinencia

## SAINTS AND SPECIAL OBSERVANCES

- Sunday: First Sunday of Lent; Rite of Election;  
Rite of Calling the Candidates to  
Continuing Conversion; Rite of Sending;  
Daylight Saving Time begins;  
Girl Scouting Sunday  
Monday: Julian Calendar Lent begins  
Friday: Abstinence

## READINGS FOR THE WEEK

- Monday: Lv 19:1-2, 11-18; Ps 19:8-10, 15;  
Mt 25:31-46  
Tuesday: Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15  
Wednesday: Jon 3:1-10; Ps 51:3-4, 12-13, 18-19;  
Lk 11:29-32  
Thursday: Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8;  
Mt 7:7-12  
Friday: 1 Pt 5:1-4; Ps 23:1-3a, 4-6; Mt 16:13-19  
Saturday: Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48  
Sunday: Gn 15:5-12, 17-18; Ps 27:1, 7-9, 13-14;  
Phil 3:17 — 4:1 [3:20 — 4:1]; Lk 9:28b-36

## LECTURAS DE LA SEMANA

- Lunes: Lv 19:1-2, 11-18; Sal 19 (18):8-10, 15;  
Mt 25:31-46  
Martes: Is 55:10-11; Sal 34 (33):4-7, 16-19; Mt 6:7-15  
Miércoles: Jon 3:1-10; Sal 51 (50):3-4, 12-13, 18-19;  
Lc 11:29-32  
Jueves: Est C:12, 14-16, 23-25; Sal 138 (137):1-3,  
7c-8; Mt 7:7-12  
Viernes: 1 Pe 5:1-4; Sal 23 (22):1-3a, 4-6; Mt 16:13-19  
Sábado: Dt 26:16-19; Sal 119 (118):1-2, 4-5, 7-8;  
Mt 5:43-48  
Domingo: Gn 15:5-12, 17-18; Sal 27 (26):1, 7-9, 13-14;  
Fil 3:17 — 4:1 [3:20 — 4:1]; Lc 9:28b-36

### St. Vincent de Paul Society VOLUNTEERS NEEDED

St. Vincent de Paul is always looking for volunteers who want to make a difference in the lives of our neighbors in need. If you want to know more about how to help, please call us at (408) 535-0404, or attend one of our monthly meetings held on the second Wednesday of the month at 7:00 p.m. in the Parish Office. There are many ways to help and you will find it to be a rewarding and fulfilling ministry. We also attend morning Mass together on the first Friday of the month and go to breakfast as a means of enriching our spirituality and sense of teamwork and friendship. It will change your life in a positive manner by living out Jesus' call to feed the hungry, clothe the naked and give shelter to the homeless.

**THANK YOU FOR ALL YOU DO TO ENSURE THE SUCCESS OF OUR SVdP MISSION.**



### Sociedad San Vicente de Paúl SE NECESITAN VOLUNTARIOS

San Vicente de Paul siempre está buscando voluntarios que quieran marcar una diferencia en las vidas de nuestros vecinos necesitados. Si desea saber más sobre cómo ayudar, llámenos al (408) 535-0404, o asista a una de nuestras reuniones mensuales que se celebran el segundo miércoles del mes a las 7:00 p.m. en la oficina parroquial. Hay muchas maneras de ayudar y usted encontrará que es un ministerio gratificante y satisfactorio. También asistimos a misa el primer viernes de cada mes en la mañana y vamos a desayunar para enriquecer nuestra espiritualidad y sentido de trabajo en equipo y amistad. Cambiará tu vida de manera positiva al vivir el llamado de Jesús para alimentar a los hambrientos, vestir a los desnudos y dar refugio a las personas sin hogar.

**GRACIAS POR TODO LO QUE HACE PARA ASEGURAR EL ÉXITO DE NUESTRA MISIÓN SVdP.**

### Lenten Regulations

**Prayer and Works of Charity During Lent.** Catholics participate more often in the Eucharist not only on Sunday but also on traditionally penitential days, such as Friday. We also celebrate the Sacrament of Penance and other liturgies, such as Evening Prayer and adoration of the Blessed Sacrament. To deepen our prayer life, we participate in other devotions and works of service, including Stations of the Cross, daily prayer, Scripture reading, spiritual reading, alms-giving, self-denial, forgiveness of others, and increased care for those in need.

**Fasting and Abstinence.** We practice the traditional penitential discipline of fasting by denying or limiting ourselves of food. During Lent, Catholics age 18 or older, until the beginning of their 60th year, are obligated to fast on Ash Wednesday and Good Friday. Fasting means eating only one full meatless meal per day. One may also eat two other meatless meals that are sufficient to maintain strength but together do not equal a full meal. One may also drink liquids, including milk and fruit juice, between meals. If your health or ability to work is affected, you are not obligated to fast. If possible, fast on other days of Lent as well. For children younger than 14, pastors and parents should form them to have an authentic sense of penance, conversion, and reconciliation.

**Easter Duty and Holy Communion.** All the faithful, after they have participated in First Communion, are obligated to share in Communion at least once a year. This law must be fulfilled during the Easter season unless it is fulfilled for a just cause at some other time during the year. In the United States, with regard to this law, the Easter season is the period from the First Sunday of Lent until Most Holy Trinity Sunday (the Sunday after Pentecost).

**Sacrament of Penance.** After Baptism and a diligent examination of conscience, members of the Christian faithful who are old enough to understand what they have done are obligated at least once a year to celebrate the Sacrament of Penance if one has consciously committed a serious sin. The Church encourages us also to confess less serious, or venial, sins.

### Tres cosas sencillas para cumplir nuestro deber de cristianos durante este tiempo de Cuaresma

**Oración.** Trate de encontrar un lugar quieto, un espacio privado, donde pueda estar solo con sus pensamientos y con Dios. Este puede ser cuando camina haciendo su ejercicio, cuando esta lavando la ropa, cuando está trabajando o cuando está cocinando para su familia, por ultimo cuando ya los niños se han dormido. Antes— después de ver la telenovela. Al tomar este tiempo no quiere decir que seamos egoístas sino que debemos de nutrir nuestra jornada de fe y tener una solida relación con Dios. Para lograr esto, podemos meditar en el Evangelio de. (Lucas 11, 1:13 y Mateo 6,9:15)

**El ayuno.** Pensemos en lo que comemos y bebemos, y el porqué lo hacemos. Tratemos de comer saludable. Y si hay una forma de hacer una pausa y dejar de comer nuestras comidas favoritas no dudemos en hacerlo pensando en tantas personas que no tienen nada para comer ni vestir. También consideremos ayunar de lo siguiente. Criticarnos unos a otros en la familia, entre amigos y compañeros de trabajo, de nuestra impaciencia, e inflexibilidad para con los que amamos. Esto ayudara a nuestro crecimiento espiritual y a sanar nuestro cuerpo de tanta impureza que almacenamos en el cuerpo y en el corazón. Para esto meditemos en el Evangelio de. (Mateo 15, 10:19 y Mateo 6,16:18)

**La Caridad.** Pidámosle al Señor en esta Cuaresma que nos dé un espíritu generoso, que compartamos lo que tenemos con aquellos que menos tienen. Hagámoslo con frecuencia. Notemos que los actos de compasión y justicia bendicen a ambos al que da y al que recibe. Demos lo que le corresponde al Señor en nuestra parroquia es decir nuestra colecta dominical y la ayuda del diezmo anual para satisfacer necesidades de muchos hermanos y hermanas nuestras que tienen menos que nosotros y para que la Iglesia siga llevando la Palabra de Dios a tantas personas que la están esperando. Meditemos en el Evangelio de. (Lucas 21,1:4 y Joel 2,12:18). Lo que nos pide la Iglesia sobre la abstinencia. Durante la Cuaresma todas las personas de 18 años en adelante y hasta el día siguiente de haber cumplido los 59 años, están obligadas a observar el ayuno y la abstinencia el Miércoles de Ceniza y el

Viernes Santo, además de todos los Viernes de Cuaresma. Las excepciones son para las personas enfermas o mujeres embarazadas. Para que nuestra penitencia tenga un sentido Cristiano meditemos en el Evangelio del primer Domingo de Cuaresma. (Mateo 4, 1:11)

©Lupita Vital C. Directora del Apostolado Hispano Diócesis de San José. CA.

### How Well Do You Know Jesus?

**A 6-week Study in the St. Victor's Parish Center. For more information, please contact Trevor Burke at [popesboy@gmail.com](mailto:popesboy@gmail.com) or visit the Parish website: [stvictorchurch.org](http://stvictorchurch.org)**