

Our Lady of Lourdes Church and School

A Catholic Tradition in the foothills of Los Angeles since 1920



March 29, 2020

Pastor

Fr. Rolly Astudillo

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Deacon

Dn. Mar Enriquez

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In Residence

Fr. Jiwan Kim

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Mass Schedule

Saturday Vigil Mass

5:00 pm

Sunday Mass

7:00 am, 8:30 am (Spanish),
10:30 am, 12:30 pm & 6:00 pm

Daily Mass

Monday through Thursday:
7:45 am

Friday: 8:30 am (School Mass)

Parish Office Hours

Monday through Friday

8:30 am - 1:00 pm

2:00 pm - 5:30 pm

Saturday and Sunday

8:00 am - 12:00 pm

✉ollenriquezy@gmail.com

☎818-352-3218

Church Location

7315 Apperson St

Tujunga, CA 91042

Office Location

7344 Apperson St

Tujunga, CA 91042

OLL School Office Hours

Monday through Thursday

8:00 am - 4:00 pm

Friday

8:00 am - 1:30 pm

✉officemanager@olltjunga.org

☎818-353-1106

Adoration

First Fridays after 8:30 am Mass

Reconciliation

Every Saturday 3:45 pm - 4:50 pm

Rosary

After Daily Mass

5th Sunday of Lent

First Reading:
Second Reading:
Gospel:

Ezekiel 37:12-14
Romans 8:8-11
John 11:1-45

Today we are entering the fifth and last week of Lent. This will be followed by "Passion Sunday," (Palm Sunday) and finally the Holy Week that will reach its peak on Easter Sunday.

All three readings today are centered on the life that God gives to all people.

The first reading introduces us to the theme of God giving life to his people by bringing them from exile back to their homeland. Ezekiel compares the people in exile as living in the graves with God raising them up to take them back to the land of Israel.

In the second reading, Paul tells the early Roman Church that it was the Spirit who raised Jesus from the dead and it is the same Spirit who will give us new life, the risen life.

One of the beliefs found in our faith is that our physical bodies shall all be raised one day. Those who believe in Jesus, although they physically die, will live. When departing from this world, when our physical bodies die, our souls shall rise to Heaven to wait for the last day of this world when all the physical bodies shall be raised from their graves.

Of all the miracles Jesus did, the raising of Lazarus ranks as the most astonishing to the people of his time. Traditional Jewish belief had it that the soul of a dead person somehow remains with the body for three days. After three days the soul departs finally from the body never to return, and that is when corruption sets in. In the gospel, we hear that Lazarus was now four days in the tomb, that is, he is really dead. There is no more hope that he will live.

For the early Christians the story of the raising of Lazarus was more than a pointer to the resurrection of Jesus. For them this miracle is a challenge to never give up hope even in the hopeless situations in which they found themselves as individuals, as a church or as a nation. But first we must learn to cooperate with God. And practical obedience and doing God's will are the first and necessary steps in order to cooperate with God.

Let us see how these work in the raising of Lazarus from the dead.

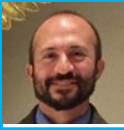
To put into effect the miracle, Jesus issues three commands and all of them are obeyed to the letter. That is how the miracle happens. First, "Jesus said, 'Roll away the stone.' ... So they rolled away the stone" (verses 39-41). Did the people understand why they should do this heavy work of rolling away the tombstone to expose a stinking corpse? Maybe, they didn't. But it was their faith in Jesus expressing itself through obedience to his command.

The second command Jesus gives is directed to the dead man: "Lazarus, come out! and the dead man came out" (verses 43-44). We do not know the details of what transpired in the tomb. All we know is that Jesus' word of command is followed by immediate obedience. Lazarus gropes his way out of the dark tomb even with his hands and feet tied up in bandages, and his face all wrapped up. Even a man rotting away in the tomb can still do something to help himself.

The third command again is addressed to the people, "Unbind him, and let him go" (verse 44). Even though Lazarus could stumble himself out of the tomb, there was no way he could unbind himself. He needs the community to do that for him. By unbinding Lazarus and setting him free from the death bands, the community is accepting Lazarus back as one of them.

Maybe, some friends of Lazarus were asking him, "What happened to you, Lazarus, while you were considered dead for four days? Did you see God or have you had a glimpse of heaven?"

Many Christian individuals and communities today have fallen victim to the death of sin. Many are already in the tomb of hopelessness and decay, in the bondage of sinful habits and attitudes. Nothing short of a miracle can bring us back to life in Christ. Jesus is ready for the miracle only if we are ready to roll the stone that stands between us and Jesus; Jesus is ready for a miracle only if we are ready to take the first step to come out of the place of death; Jesus is ready for a miracle if we are ready to unbind and forgive each other so that all of us can regain our freedom in the Lord. These are the various ways we can cooperate with God in the miracle of bringing us back to life and reviving us as individuals, as a church, and a nation. ❖



Cast into the Deep (March 29)

Reflections on the Passion and Death of Christ

Joe Freymann

This is a *Lectio Divina* on The Passion and Death of Jesus Christ. We will read a Gospel passage, followed by some spiritual reflections. To begin, please read Matthew 26:14 – 27:66. It's a long passage. The coronavirus may have deprived us of the Mass, but at least we can spend this time prayerfully reading God's Word in the Gospel.

Opening Prayer

Dear Lord,

Please inflame my heart with love for you as I contemplate your Passion and Death. Let me never grow tired of accompanying you in your agony, so that I might console your Sacred Heart and help you save souls.. Amen.

In Matthew's lengthy account of Our Lord's Passion and Death, there are countless truths and lessons to be learned. Here we will focus on three moments in particular, meditating on their significance and applying them to our lives: The Agony in the Garden, the denial of Peter, and the role of Simon the Cyrenian.

The Agony in the Garden

Since Jesus Christ is true God and true man, He has both a human will and a divine will. Nowhere in the Gospels is this more evident than in Gethsemane. Yes, both his human will and his divine will desired the salvation of mankind. However, during his agony in the garden, Jesus prayed fervently to the Father that the cup be taken away from Him. "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." (Mt. 26:39) Clearly the natural, sensual appetite of Jesus was repelled by the prospect of a gruesome death. This sensual appetite, while still participating in Christ's will of reason, was hoping for a different, easier means of achieving the salvation of mankind. His body's "wishes" in this moment were NOT in line with His spirit's desire. Jesus expressed this tension to his disciples by saying, "Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." (Mt. 26:41) It wasn't easy for Jesus to accept the chalice of suffering. And the fact that He struggled, and was even praying for the salvation of mankind to happen in an easier way, should make us appreciate his sacrifice all the more. His love for us was stronger than the repulsion of His sensual appetite, and His heroic obedience to the Father's will resulted in our salvation.

The Denial of Peter

The most important lesson from Peter's denial is confidence in God's mercy. Judas betrayed Jesus, regretted it, and then killed himself. Peter betrayed Jesus, wept bitterly, and then allowed God's mercy to heal him. We all commit sins, and after every sin we have two options: discouragement/despair, or trust in divine mercy. Jesus told St. Faustina Kowalska, the messenger of divine mercy, that the sin which wounds his heart most is distrust in His mercy: "Oh, how much I am hurt by a soul's distrust! Such a soul professes that I am Holy and Just, but does not believe that I am Mercy and

does not trust in My Goodness. My Heart overflows with great mercy for souls, and especially for poor sinners. If only they could understand that I am the best of Fathers to them and that it is for them that the Blood and Water flowed from My Heart as from a fount overflowing with mercy. I desire to bestow My graces upon souls, but they do not want to accept them." God wants to forgive sinners, yet many of us don't let him! We need to **believe** in God's love for us, and truly **accept** his abundant mercy.

Simon of Cyrene

The key to understanding the value of human suffering lies in the doctrine of the Mystical Body of Christ. It is based on Christ's own words (Mt. 25:40—"whatsoever you did to the least of my brothers, you so did unto me"; Acts 9:4—"Saul, Saul, why are you persecuting me?"), as well as the writings of Paul (1 Cor. 12:27; Eph. 1:22-23; Eph. 4:15-16). All of these passages show us that Christ identifies with each human being as a member of his own Body. When St. Paul said, "I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the Church" (cf. Col. 1:24), he wasn't speaking figuratively. The Christian's suffering has REAL value, precisely because it is a participation in Christ's passion. It's not that Christ's passion lacked anything in itself, but rather that Christ's sufferings as Head of the Mystical Body *incorporated* the future sufferings of his Body's individual members. Our sufferings are redemptive because they participate in His. If it's possible to alleviate the sufferings of Jesus by relieving the pain of those in need, it's because Christ has made our pain his own. He took on our sufferings so that whatever we do to alleviate the pain of others, we so do unto him. When we accept our own pain and "offer it up," we are truly helping Christ to carry his cross, just as Simon of Cyrene did. We Christians are so much like Simon! We don't seek out suffering, and we are normally reluctant to endure it, just as Simon was at first. However, when we unite our sufferings to Christ's, we accompany and console Him in his passion. We carry the cross with Him. We help Him to save souls.

Closing Prayer

Dear Lord,

Thank you for your Passion and Death, suffered for the salvation of my soul. I'm sorry for all my sins, which caused your pain. Please enable me to accept the inconveniences, discomforts, pains and difficulties that you permit me to suffer. I lovingly unite them to your agony in atonement for my sins, for the salvation of souls, and for the consolation of your Sacred Heart. Amen. ❖

Editor's Note: As announced at the 3/15 Masses, the talks scheduled for the cancelled Lenten retreat will be printed over the next three weeks in this column, Cast into the Deep. We invite our parish family to reflect on these talks in your own homes as we prepare for Easter.

Calendar of Events



Based on the guidelines received from the Archdiocese of LA and the LA Department of Catholic Schools, in compliance with the “Safer at Home” directive to slow the spread of COVID-19 and out of love and concern for our parish family :

- * Please stay in your homes except for critical tasks.
- * Effective March 17, all Masses (daily and Sunday) will be suspended through at least Saturday, April 18
- * Schools are closed and have moved to remote learning effective, March 17th until further notice
- * All ministry meetings, prayer group meetings and other gatherings are cancelled,

Please note:

***** No Holy Mass all week *****

***** No On site Classes all week *****

***** No RE Classes *****

***** No Parents Meeting *****

***** No Ministry Meetings *****

*****No Lenten Fish Fry*****

*****No Stations of the Cross*****

*****No Penance Service*****

Parish Office open only for essentials



**Our Lady of Lourdes
Pray for us**



Road to Centennial News

If you could leave a congratulatory message to O.L.L., what would it be?

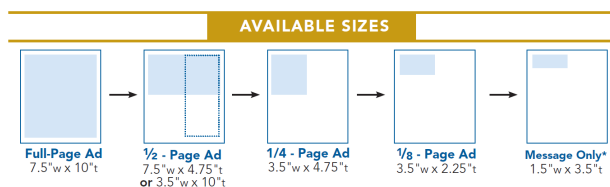
On October 17, 2020 OLL will celebrate turning 100!

Be a part of the special messages section of the 100-year commemorative book - a beautiful keepsake capturing OLL’s past, present and future. Reserve your space now – leave a congratulatory message, highlight your family or ministry or promote your business.

Books will be distributed in February 2021.

Personal Messages and Ads

Purchase space to leave a message or advertise your business – include photos too!



Sponsorships

Commemorative Book Title Sponsor – only 1!!

Angel Sponsor

Incentives

Enjoy delightful incentives as a thank you for purchasing an ad or becoming a sponsor. Contact our Chairperson for details.

Questions:

Ads and Sponsorships Chair: Anita Dominquez at

Our 100 Years History

Did you know?

1990 – The Adult Choir went on a musical pilgrimage to Rome along with several valley choirs. They sang at five different churches in Italy. In the spring of 2000, they released their first CD, “Seasons,” which featured songs for the liturgical seasons.

2000 – The OLL Children’s Choir, along with other choirs in Pueri Cantores, was invited to sing at the First Sunday Mass of the Year 2000 at the Vatican. In the summer of 2004, the choir went on an international singing tour in Germany.



COVID-19 Update

Dear Parishioners and Co-workers in OLL Parish,
 May God's Peace be always with you!

This is to keep you all in the loop regarding Church life, ministry and services in the Our Lady of Lourdes Parish during this time of crisis we have never charted before. These are challenging times for all of us and we are all the more called to take all precautions necessary to slow down the impact of this crisis as we look after each other's welfare and well-being.

First of all, let us follow the orders of our government officials to "stay safe" in our homes and only to leave your residence for essentials. Still, wear gloves and bring along disinfectant gels or wipes and masks especially when going to the store or any public area where people gather..

The Parish Office and Church will remain open during scheduled times, but social distancing will be strictly observed. For Office services, as much as possible use the phone or email; if you need to go to the office, it should only be to drop something off or to get something but always keep your safe distance from anyone. There will be only one person to manage the office, usually, our Parish Secretary, Yolanda. Don't linger in the office. If you are sick or don't feel well, don't go anywhere. Just stay home.

Church doors adjacent to the patio will be open from 7:00 - 3:00 for those who want to pray, make the stations of the cross, and reflect on the meaning of Lent in our journey towards Easter. You can even make this period of isolation/quarantine a Lenten Retreat. Observe social distancing inside the Church and only 10 persons or less are allowed inside the Church at any given time; always bring along disinfectant wipes or gels/spray with you to clean surfaces before and after you touch them (door handles, restroom doors, pews and/or any surface that are usually touched.)

Frequently Asked Questions:

1. *When will we resume having masses in OLL?*

Answer: MASSES WILL RESUME ON APRIL 19, DIVINE MERCY SUNDAY; NO MASS AND CONFESSIONS ON APRIL 18, SATURDAY. THIS IS PER THE ARCHDIOCESE OF LOS ANGELES.

2. *Will there be Liturgical Services on Holy Week?*

Answer: NONE

Palm Sunday: No Mass. Palms blessed earlier will be available at different stations outside the Church for pick up at 7:30 A.M.; 9:30 A.M., 10:30 A.M., 12:30 P.M. and 6:00 P.M.. Church will be open but pews will be cordoned off; 10 chairs will be placed at different areas of the church for use.

Holy Thursday: No Celebration of the Lord's Supper in the Church.

Good Friday: No Stations of the Cross in the Church; No Celebration of the Lord's Passion in the Church.

Easter Vigil (Holy Saturday Evening): No Easter Vigil Mass; No Baptisms and Confirmation.

Easter Sunday: No Masses on Easter Sunday

3. *How do we celebrate Sundays, Holy Week and the highest feast of Easter without the Holy Mass in Church?*

Answer: The Archbishop, Most Rev. Jose Gomez, suspended the obligation to attend mass on Sundays and Holy Days for all Catholics in the Archdiocese of Los Angeles. Although we would not be able to receive Holy Communion in a Sacramental manner, we can make an Act of Spiritual Communion when families gather together at home or alone (if you are living alone) to pray and reflect together on the readings from Scriptures and/or to view Mass via livestream. The weekday and Sunday Masses are livestreamed from the Cathedral of Our Lady of the Angels via [facebook.com/lacatholics](https://www.facebook.com/lacatholics) or Fr. Robert Barron's Mass. Please visit our Parish Website at www.ollchurch.us for schedules of livestream masses.

4. *Is the Sacrament of Reconciliation (Confession) available during these times?*

Answer: The Parish Lenten Penance Service set for March 31 has been canceled. Individual Confession is available by appointment to strictly comply with the rule on "social distancing". Please call the Office to make an appointment from 8:45 A.M. to 5:30 P.M. daily. Fr. Rolly will be available for the whole duration of the "Safer At Home" Mandate. The essential element of the Sacrament of Reconciliation or Penance is CONTRITION. In these difficult and worrisome times, if you cannot come to confession, an Act of Perfect Contrition is to be observed with the intention of going to the Sacrament of Reconciliation or Penance at a later time.

5. *What will happen to the Catechumens who are supposed to receive their sacraments at the Easter Vigil Mass?*

Answer: A special time in the Easter Season will be designated for their sacraments. Please wait for further notice as this will be governed by directives from the Archbishop.

6. *When will classes in Our Lady of Lourdes School and Religious Education resume?*

Answer: Classes are on-going in Our Lady of Lourdes School through DISTANCE LEARNING. Teachers are working "from home". If there are essential things that can be done only on campus, the School Principal and Office Manager will be on campus.

Religious Education students are expected to continue to learn at home through materials and resources given to them by the Religious Education Office. The R.E. Coordinator and Office Manager report to their Office as needed.

While we are going through all these challenges, Jesus, asleep on the boat while the disciples panicked during a violent storm, might give us calm and strength. He is Lord of the storms, whom nature obeys.

"JESUS, WE TRUST IN YOU."

"Our Lady of Lourdes. Watch over us."

Let's continue to pray together daily at 9:00 P.M. Set your alarm at this time for some minutes of silent prayer.

Blessings of Peace!

Fr. Rolly Astudillo

In this time of trial due to the Corona virus outbreak, Archbishop Gomez invites us to join him in praying the prayer below, entrusting us all to the maternal care and intercession of Our Lady of Guadalupe.



En este tiempo de prueba debido al brote del virus Corona, el Arzobispo Gómez nos invita a unirnos a él para orar la oración que sigue, confiándonos a todos al cuidado maternal e intercesión de Nuestra Señora de Guadalupe.

Prayer to Our Lady of Guadalupe

Holy Virgin of Guadalupe,
Queen of the Angels and Mother of the Americas.
We fly to you today as your beloved children.
We ask you to intercede for us with your Son,
as you did at the wedding in Cana.

Pray for us, loving Mother,
and gain for our nation and world,
and for all our families and loved ones,
the protection of your holy angels,
that we may be spared the worst of this illness.
For those already afflicted,
we ask you to obtain the grace of healing and deliverance.
Hear the cries of those who are vulnerable and fearful,
wipe away their tears and help them to trust.

In this time of trial and testing,
teach all of us in the Church to love one another and to be
patient and kind.
Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence,
knowing that you truly are our compassionate mother,
health of the sick and cause of our joy.

Oración a Nuestra Señora de Guadalupe

Santa Virgen de Guadalupe,
Reina de los ángeles y Madre de las Américas,
Acudimos a ti hoy como tus amados hijos.
Te pedimos intercedas por nosotros ante tu Hijo,
así como lo hiciste en las Bodas de Caná.

Ora por nosotros, amorosa Madre,
y obtén para nuestra nación y para el mundo,
y para todas nuestras familias y nuestros seres queridos,
la protección de tus santos ángeles,
que seamos librados de lo peor de esta enfermedad.
Para aquellos que ya están afligidos,
te pedimos que obtengas la gracia de la sanación.
Escucha el lamento de quienes están vulnerables y temerosos,
limpia sus lágrimas y ayúdales a confiar.

En este tiempo de prueba,
enséñanos en la Iglesia a amarnos unos a otros y a ser pacientes
y amables.
Ayúdanos a traer la paz de Jesús a nuestra tierra y a nuestros
corazones.

Venimos a ti con confianza,
sabiendo que tú realmente eres nuestra madre compasiva,
la sanación de los enfermos y la causa de nuestra alegría.
Danos albergue bajo el manto de tu protección,
manténnos bajo tu abrazo,
ayúdanos siempre a conocer el amor de tu Hijo, Jesús. Amén.

Act of Spiritual Communion



My Jesus, I believe that You are present in the Most Holy Sacrament of the altar. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be

Acto de Comunión Espiritual

Creo, Jesús mío, que estás real y verdaderamente en el cielo y en el Santísimo Sacramento del Altar. Os amo sobre todas las cosas y deseo vivamente recibirte dentro de mi alma, pero no pudiendo hacerlo ahora sacramentalmente, venid al menos espiritualmente a mi corazón. Y como si ya os hubiese recibido, os abrazo y me uno del todo a Ti. Señor, no permitas que jamás me aparte de Ti. Amén

Mass Intentions

We regret to announce that due to the suspension of Masses, all mass intentions during this period will have to be rescheduled.



Readings for Mar 29– April 5, 2020

Mon 30	Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41C-62; Ps 23:1-3A, 3B-4, 5, 6; Jn 8:1-11
Tue 31	Nm 21:4-9; Ps 102:2-3, 16-18, 19-21; Jn 8:21-30
Wed 01	Nm 21:4-9; Daniel 3:52, 53, 54, 55, 56; Jn 8:31-42
Thu 02	Gn 17:3-9; Ps 105:4-5, 6-7, 8-9; Jn 8: 51-59
Fri 03	Jer 20:10-13; Ps 18:2-3A, 3BC-4, 5-6, 7; Jn 10:31-42
Sat 04	Ez 37:21-28; Jeremiah 31:10, 11-12 ABCD, 13; Jn 11:45-56
Sun 05	Mt 21:1-11; Is 50:4-7; Ps 22:8-9, 17-18, 19-20, 23-24; Phil 2:6-11; Mt 26:14-27:66 or 27:11-54

Noticias sobre el Corona Virus

Estimables Feligreses y Compañeros de trabajo en OLL,
¡Que la Paz de Dios este con ustedes!

Esto es para mantenerlos a todos informados sobre lo que pasa en el ministerio y los servicios de la Iglesia en la Parroquia de Nuestra Señora de Lourdes, durante este tiempo de crisis que nunca hemos experimentado antes. Estos son tiempos difíciles para todos nosotros y estamos aún más llamados a tomar todas las precauciones necesarias para frenar el impacto de esta crisis mientras cuidamos el bienestar y el bienestar de los demás.

En primer lugar, sigamos las órdenes de nuestros funcionarios del gobierno de "permanecer seguros" en nuestros hogares y solo dejar su casa por lo esencial. Aún así, use guantes y cargue geles desinfectantes o toallitas y máscaras especialmente cuando vaya a la tienda o a cualquier área pública donde la gente se reúna.

La Oficina Parroquial y la Iglesia permanecerán abiertas durante los horarios programados, pero se observará estrictamente el distanciamiento social. Para los servicios contacte la oficina, use el teléfono o el correo electrónico lo más que pueda; Si necesita ir a la oficina, debe ser solo para dejar algo o recoger algo, pero siempre mantenga su distancia segura con cualquier persona. Habrá una sola persona para administrar la oficina, por lo general, nuestra secretaria de la parroquia, Yolanda. No se demore en la oficina. Si está enfermo o no se siente bien, no vaya a ningún lado. Solo quédese en casa.

Las puertas de la iglesia adyacentes al patio estarán abiertas de 7:00am a 3:00pm para aquellos que quieran rezar, hacer las estaciones de la cruz y reflexionar sobre el significado de la Cuaresma en nuestro viaje hacia la Pascua. Incluso puede hacer de este período de aislamiento/cuarentena un Retiro de Cuaresma. Observe el distanciamiento social dentro de la Iglesia y solo se permiten 10 personas o menos dentro de la Iglesia en un momento dado; siempre traiga toallitas desinfectantes o geles / aerosoles para limpiar las superficies antes y después de tocarlas (manijas de puertas, puertas de baños, bancas y / o cualquier superficie que generalmente se toque).

Preguntas más frecuentes :

1. *¿Cuándo se reanudarán las misas en nuestra iglesia?*

Respuesta: LAS MISAS SE REANUDARÁN EN ABRIL 19 EL DOMINGO DE LA DIVINA MISERICORDIA; NO HABRÁ MISAS NI CONFESIONES EL SÁBADO ABRIL 18. ESTO DICE LA ARQUIDIÓCESIS DE LOS ÁNGELES.

2. *¿Habrán Servicios Litúrgicos en Semana Santa?*

Respuesta: NINGUNO

Domingo de Ramos: No Misa. Palmas ya bendecidas serán disponibles en diferentes estaciones afuera de la Iglesia para recoger a las 7:30 A.M.; 9:30 A.M., 10:30 A.M., 12:30 P.M. y 6:00 P.M.. La Iglesia estará abierta pero las bancas estarán bloqueadas; 10 sillas estarán disponibles en diferentes áreas de la iglesia para sentarse.

Jueves Santo: No Celebración de la Cena del Señor en la Iglesia.

Viernes Santo: No Estaciones de la Cruz en la Iglesia; No Celebración de la Pasión de Nuestro Señor en la Iglesia.

Vigilia Pascual (Sábado Santo) No Misa de Vigilia Pascual. No Bautismos y Confirmaciones.

Domingo de Resurrección: No Misas en este día

3. *¿Cómo celebrar los Domingos, Semana Santa y nuestra celebración más grande el Domingo de Resurrección sin la Santa Misa en la Iglesia?*

Respuesta: El Arzobispo, Most Rev. José Gómez, suspendió la obligación de ir a misa en Domingos y Santos Días para todos los Católicos en la Arquidiócesis de Los Ángeles. Aunque no podemos recibir la Santa Comunión en forma Sacramental, podemos hacer un Acto de Comunión Espiritual cuando familias se reúnen en el hogar o solos (si vive solo) para orar y reflexionar juntos en las lecturas de las Escrituras y/o vea la Misa transmitidas en vivo. Las Misas de la semana y domingos se transmiten en vivo desde la Catedral de Nuestra Señora de Los Ángeles via [facebook.com/lacatholics](https://www.facebook.com/lacatholics) o el Obispo Robert Barron también transmite misas. Visite la página de la parroquia www.ollchurch.us para horario de transmisiones en vivo de las misas.

4. *¿Está disponible el Sacramento de la Reconciliación (Confesión) durante estos tiempos?*

Respuesta: El Servicio de Penitencia Cuaresmal de la Parroquia establecido para el 31 de marzo ha sido cancelado. La confesión individual está disponible con cita previa para cumplir estrictamente con la norma sobre "distanciamiento social". Llame a la oficina para programar una cita a partir de las 8:45 a.m. a las 5:30 p.m. diario. El P. Rolly estará disponible durante todo el mandato "Más seguro en el hogar". El elemento esencial del Sacramento de la Reconciliación o Penitencia es la CONTRICIÓN. En estos tiempos difíciles y preocupantes, si no puede confesarse, se observará un Acto de Contrición Perfecta con la intención de ir al Sacramento de la Reconciliación o la Penitencia más adelante.

5. *¿Qué pasará con los Catecúmenos que se supone que recibirán sus sacramentos en la Misa de la Vigilia Pascual?*

Respuesta: Se designará un tiempo especial en la temporada de Pascua para sus sacramentos. Espere un nuevo aviso ya que esto se regirá por las directivas del Arzobispo.

6. *¿Cuándo se reanudarán las clases en la escuela de Nuestra Señora de Lourdes y la educación religiosa?*

Respuesta: Las clases continúan en la escuela Nuestra Señora de Lourdes a través del APRENDIZAJE A DISTANCIA. Los maestros están trabajando "desde casa". Si hay cosas esenciales que se pueden hacer solo en el campus, el director de la escuela y el gerente de la oficina estarán en el campus. Se espera que los estudiantes de educación religiosa continúen aprendiendo en casa a través de los materiales y recursos que les brinda la Oficina de Educación Religiosa. Allí, el coordinador y el gerente de la oficina informan a su oficina según sea necesario. Mientras atravesamos todos estos desafíos, Jesús, dormido en la barca mientras los discípulos entraron en pánico durante una tormenta violenta, podría darnos calma y fortaleza. Él es el Señor de las tormentas, a quien la naturaleza obedece.

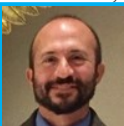
"JESÚS, CONFIAMOS EN TI".

"Nuestra Señora de Lourdes. Cuidanos".

Sigamos orando juntos todos los días a las 9:00 p.m. Ponga su alarma en este momento para unos minutos de oración silenciosa.

¡Bendiciones de Paz!

P. Rolly Astudillo



Arrojando la red en lo profundo (Marzo 29)

Reflexiones de la Pasión y Muerte de Cristo

Joe Freymann

Esto es *Lectio Divina* de la Pasión y Muerte de Jesucristo. Vamos a leer un pasaje del Evangelio, y después podemos reflexionar espiritualmente. Para comenzar, por favor lea San Mateo 26,14 – 27, 66. El pasaje es largo. El coronavirus tal vez nos ha privado de la Misa, pero por lo menos podemos dedicar este tiempo a orar y reflexionar leyendo la palabra de Dios en el Evangelio.

Oración

Dios mío,

Por favor enciende mi corazón con amor para ti al contemplar tu pasión y muerte. Nunca dejes que me canse de acompañarte en tu agonía, para que pueda consolar tu Sagrado Corazón y ayudarte a salvar almas. Amén.

En la narración larga de San Mateo de la pasión y muerte de nuestro Señor, hay innumerables verdades y lecciones que podemos aprender. Aquí vamos a enfocarnos en tres momentos en particular, meditaremos su significado y como podemos aplicarlo a nuestras vidas: La agonía en el jardín de Getsemaní, Pedro niega al Señor, y el papel de Simón de Cirene.

La Agonía en el Jardín

Ya que Jesucristo es verdadero Dios y verdadero hombre, Él tiene dos voluntades, humana y divina. En ninguna parte de los Evangelios es esto tan evidente como en Getsemaní. Sí, sus dos voluntades la humana y la divina deseaban la salvación de la humanidad. Sin embargo, durante su agonía en el jardín, Jesús oró fervientemente al Padre para no tomar de ese cáliz. “Padre mío, si es posible, que pase lejos de mí este cáliz, pero no se haga mi voluntad sino la tuya”. (Mt. 26, 39) Claramente, el apetito natural y sensual de Jesús rechazaba la perspectiva de una muerte espantosa. Este apetito sensual, mientras todavía participaba en la voluntad de razón de Cristo, esperaba un medio diferente y más fácil de lograr la salvación de la humanidad. Los “deseos” de su cuerpo en este momento NO eran los deseos de su espíritu. Jesús expresa su tensión a sus discípulos cuando les dice, “Estén prevenidos y oren para no caer en tentación porque el espíritu está dispuesto, pero la carne es débil”. (Mt. 26, 41) No era fácil para Jesús aceptar el cáliz del sufrimiento. Y el hecho de que Él luchó, y oró para que la salvación del mundo fuera más fácil, nos debe hacer apreciar su sacrificio aún más. Su amor por nosotros fue más fuerte que la repulsión de su apetito sensual, y su obediencia heroica a la voluntad del Padre que resultó en nuestra salvación.

Pedro niega al Señor

La lección más importante de la negación de Pedro es confiar en la misericordia de Dios. Judas traicionó al Señor, se arrepintió y después se suicidó. Pedro traicionó a Jesús, lloró amargamente y después permitió que la misericordia de Dios lo sanara. Todos pecamos, y después de cada pecado tenemos dos opciones: desanimo/desesperación, o confiar en la Divina Misericordia. Jesús le dijo a Santa Faustina Kowalska, la mensajera de la Divina Misericordia, que el pecado que más lastima su corazón es la desconfianza en su Misericordia: “¡Oh, como me duele la desconfianza de una alma! Estas almas profesan que soy Divino y Justo, pero no creen en mi Misericordia y no creen en mi Bondad. Mi Corazón se desborda con

gran misericordia para las almas, y especialmente por los pobres pecadores. Si solo pudieran entender que soy el mejor de los Padres para ellos y que es para ellos que la Sangre y Agua brotó de Mi Corazón como una fuente inagotable de misericordia. Deseo otorgar mis gracias a las almas, pero ellas no quieren aceptarlas”. Dios quiere perdonar a los pecadores, ¡pero muchos de nosotros no lo dejamos! Necesitamos creer en el gran amor de Dios por nosotros, y aceptar verdaderamente su abundante misericordia.

Simón de Cirene

La clave para entender el valor del sufrimiento humano está en la doctrina del Cuerpo Místico de Cristo. Se basa en las palabras mismas de Jesús (Mt. 25, 40-“lo que hiciste por uno de estos mis hermanos más pequeños, a mí lo hiciste”; Hechos 9, 4- “Saulo, Saulo ¿por qué me persigues?”), como los escritos de San Pablo (1 Cor 12, 27; Efe 1, 22-23; Efe 4, 15-16). Todos estos pasajes nos enseñan que Cristo se identifica con cada ser humano como miembro de su propio Cuerpo. Cuando San Pablo dice, “Ahora me gozo en lo que padezco por vosotros, y cumplo en mi carne lo que falta de las aflicciones de Cristo por su cuerpo, que es la iglesia” (Col 1, 24), él no hablaba en sentido figurado. El sufrimiento del cristiano tiene un valor REAL, precisamente porque participa en la pasión de Cristo. No es que la pasión de Cristo careciera de algo en sí misma, sino que los sufrimientos de Cristo como Cabeza del Cuerpo Místico incorporaron los sufrimientos futuros de los miembros individuales de su Cuerpo. Nuestros sufrimientos son redentores porque participan en los de Jesús. Si es posible aliviar los sufrimientos de Jesús aliviando el dolor de los necesitados, es porque Cristo ha hecho suyo nuestro dolor. Él asumió nuestros sufrimientos para que cualquier cosa que hagamos para aliviar el dolor de los demás, también lo hagamos con Él. Cuando aceptamos nuestro propio dolor y “lo ofrecemos”, realmente estamos ayudando a Cristo a cargar su cruz, tal como lo hizo Simón de Cirene. ¡Los cristianos nos parecemos mucho a Simón! No buscamos sufrimiento, y normalmente somos reacios a soportarlo, tal como Simón fue al principio. Sin embargo, cuando unimos nuestros sufrimientos a los de Cristo, lo acompañamos y consolamos en su Pasión. Llevamos la cruz con Él. Lo ayudamos a salvar almas.

Oración Final

Dios mío,

Gracias por tu Pasión y Muerte, que sufriste por la salvación de mi alma. Me arrepiento de todos mis pecados, que te causaron dolor. Permíteme aceptar los inconvenientes, molestias, dolores y dificultades que me permites sufrir. Los uno amorosamente a tu agonía en expiación por mis pecados, por la salvación de las almas, y por el consuelo de tu Sagrado Corazón. Amén. ❖



Nota del Editor: En las misas de 3/15 se anunció, que las pláticas del retiro cancelado de Cuaresma se imprimirán durante las próximas tres semanas en lugar de la página “Contáctenos”. Invitamos a nuestras familias parroquiales a reflexionar en estas pláticas en sus hogares mientras nos preparamos para la Pascua.