

ST. PAUL CATHOLIC CHURCH



MARCH 10, 2019

FIRST SUNDAY OF LENT

Pastor—Rev. Joyle Martinez
Deacon— Antonio Ramirez

Priest in Residence—Rev. Felipe Paraguya
Business Manager —Shirley Brown

8720 Florin Road—Sacramento, CA 95828 Mailing Address: P .O. Box 292280, Sacramento CA 95829
 Office hours 8:00am-4:00pm Mon.-Fri.
 Phone 916-381-5200 Fax 916-381-0332 saintpaulcatholic@comcast.net website www.stpaul-florin.org

Mass Schedules and other Services

Sundays	7:30 a.m., 9 a.m., 11 a.m. and 1:00 p.m. en español <i>Children's and Youth Choirs</i> <i>sing first Sunday of the month.</i>
Saturday	4 p.m. [vigil] & 8 a.m. First Saturday
Weekdays	[Mon—Fri]— 8 a.m. in the Chapel
Holy Hour	First Friday 7—8 p.m.
Holy Days of Obligation	8 a.m. and 6 p.m.
Perpetual Help Novena	Wednesdays following 8 a.m. Mass
Morning Prayer	Mon. -Fri. 7:40a.m.
Confessions [bilingual]	Saturdays 2:45—3:45 pm

Faith Formation Ministries and Groups

Catholic Faith Formation D.R.E.	Sr. Ma. Elizabeth U. Siguenza RVM	916.381.5200
Catholic Faith Formation	Aracely Narvaez	916.383.6719
Spanish Coordinators	Maria Consuelo Gutierrez	
RCIA for Adults	Angie Lovett	916.803.6463
RCIA for Children	Emilia Caoagas	916.849.5617
RCIA for Teens	Imelda Nanca	916.402-1904
Catholics Returning Home	Dale & Kit Yamamoto	916. 895.1441
Baptism Preparation	Dale & Kit Yamamoto	916. 895.1441
Couples for Christ	Billy/Virgie Monteagudo	916.688.0776
Young Adults Ministry		916.381.5200
Legion of Mary	Norma Bolante	916.688.8769
Vocation Committee		
Families in Christ Jesus	Angie Lovett	916.803.6463

Social Ministries and Groups

Christmas Fair	Call the office	916.381.5200
Fall Festival	Call the office	916.381.5200
Cultural Dinner	Guily & Naty Fontillas	916.362.7541
Parish Breakfasts	Knights of Columbus	916.381.5200
Religious Goods Store	Irene Ingham	916.689.2865
Yard Sale	Ann Viernes	916.799.0439

WELCOME!

You are encouraged to participate in our many functions, events, and activities. We offer opportunities for parishioners to use the time, talent, and treasure that God has given them in praise and glory of His name through our liturgical, care-giving, philanthropic, faith-formation and social ministries.

Thank you for worshipping with us!

Councils

Pastoral Council	Dale Yamamoto	916.257.3323
Finance Council	Jerry Fong	916.689-9418

Liturgical Ministries

Youth Altar Servers Ministry	Alex Plam	916.381.5200
Adult Altar Servers Ministry		
Martha's Daughters	Ja'net Blea	916.284.2008
Art & Environment Ministry		
Eucharistic Ministry		
Hospitality Ministry	Ja'net Blea	916.284.2008
Ministry of the Word	Shirley Brown	916.612.7023
Ministry Sick and Homebound	Dale & Kit Yamamoto	916.895.1441
Music Ministry		
Liturgy Committee	Bob Benton	916 425.7037

Caregiving Ministries and Groups

Bereavement Ministry	Ja'net Blea	916-284.2008
Health Ministry	Clara Heimericks	916.689.3932
Loaves and Fishes Ministry	Diane Welsh	916.682.7810
Social Justice Ministry	Diane Welsh	916.682.7810
Pro Life 4 Life	Charlene Valine	916.682-0557

Philanthropic Ministries and Groups

Catholic Daughters of the Americas	Michelle Eck	916. 524.5097
Knights of Columbus	Enrique Loret de Mola	916.730.8780

MISSION STATEMENT

We, God's people of St. Paul Catholic Parish In Sacramento, California, a multicultural, inclusive and welcoming community, inspired by the love of Jesus Christ are called: to bring all people of God together in worship, to declare our belief in God's love, based on the teachings of Jesus Christ, and to celebrate and grow in our relationship with God.



MASS INTENTIONS FOR THE WEEK

- MON: 3/11** **CEZAR PANGILINAN †**
MERCEDES PANGILINAN †
JOSE VIRAY †
LOURDES OLIVA †
 Requested by family
FAYE CHRISTOPHER †
 Requested by Don Christopher
ROBERTA KEH †
 Requested by Keh family
- TUES: 3/12** **MASS FOR THE SOULS OF THE
DECEASED**
- WED: 3/13** **MASS FOR THE SOULS OF THE
DECEASED**
- THURS: 3/14** **MASS FOR THE SOULS OF THE
DECEASED †**
- FRI: 3/15** **MASS FOR THE SOULS OF THE
DECEASED †**

TODAY'S READINGS

First Reading — God brought us into this land flowing 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).

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

PAST AND FUTURE

There is no saint without a past—and no sinner without a future.

—Anonymous

First Sunday of Lent March 10, 2019

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

ALMSGIVING, PRAYER, FASTING & 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.

TREASURES OF OUR TRADITIONS

Often, when a family keeps vigil around a person who is preparing for death, they may notice three interwoven activities. First, the dying person may become more prayerful and reflective than ever before, reviewing life’s journey in gratitude to God, or seeking forgiveness and making amends for wrongs. Second, as death approaches, the need to eat and drink is lessened until even an ice cube brushed against the lips is satisfying. Third, persons who are dying often make plans to give their possessions away, making bequests, handing treasures down, providing for favorite charities.

Prayer, fasting, and almsgiving: with these three “pillars” of Lent, we rehearse our death every year in this season, and anticipate the final work we will do in this life. And every year, at the end of our journey, is the joy of Easter and the experience of the victory of Christ over death’s darkness and power. Annually, we remind ourselves that the Christian experiences the same power and presence at the end of life’s journey: Christ to the rescue and the lasting joy of heaven.

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

PARISH STEWARDSHIP

BEREAVEMENT MINISTRY

JANUARY 2019 PROFIT & LOSS

Recent Bereavement

Please keep the families and friends in your prayers for St. Paul Parishioners whose funerals, or Memorial Masses were celebrated during the past few weeks,
 , Ralph Virgen, Maria Cajayan, Jessica Chamarro Jacinta Fagaragan, Joe Velasquez Ellie Phuong & Elia Quynh., Marie Acero, Maria Cajayan, Jessica Chamarro, Aukistino Iulio, Rebecca Hernandez, Taeko Tekverk, Edward Shunney, Dorothy Olvera Tanner Dixon, Natiividad Fortuno Linda Jones , Carolina Pascual Helen Sophia

ST. FRANCIS HIGH SCHOOL

Spend the Summer at St. Francis!
 St. Francis Catholic High School has Camp Trouble!! For rising 5-8th grade girls, offering half day and full day programs. New this summer Camp Trouble Jr. for 1-4th grade girls. With one of the top female sports programs in the San Joaquin Section and the state, athletes in 1nd -12th grade are sure to love learning from our coaches in St. Francis Summer sports camps. For more information go to stfrancis.org/summer.

SECOND COLLECTION

March 9/10 Annual Catholic Appeal

March 30/31 Catholic Relief Services

This collection makes possible the Catholic Church's global mission to combat poverty, provide relief and development, assist refugees and immigrants and advocate for justice and peace

April 6/7 Building Fund

This collection will help provide funds to repay the funds borrowed from the Diocese to build the Religious Education Center. Parishioners who have pledged to the Capital Campaign may use the pink envelopes to make their pledge payments..

COLLECTION

JAN						
20	\$1129.00	\$868.00	\$1075.00	\$1808.00	\$831.53	\$5711.53
27	\$836.00	\$838.00	\$1122.00	\$1731.00	\$960.39	\$5497.39
FEB						
3	\$1142.00	\$1072.00	\$1840.00	\$1369.00	\$837.83	\$6260.83
10	\$1277.00	\$955.00	\$1253.00	\$1378.00	\$850.77	\$5713.77
17	\$1011.00	\$761.00	\$1170.00	\$1390.00	\$880.56	\$5212.56
24	\$931.00	\$793.00	\$1334.00	\$1226.00	\$1072.29	\$5356.29

<u>INCOME</u>	<u>BUDGET</u>	<u>ACTUAL</u>	<u>Difference</u>
Offeratory	\$ 29,742	\$ 28,743	\$ 999
Other Income	\$ 6,217	\$ 12,491	\$ (6,274)
Religious Articles & Books	\$ 1,487	\$ 1,491	\$ (4)
Religious Education	\$ 4,750	\$ 250	\$ 4,500
Total Income	\$ 42,196	\$ 42,975	\$ (779)

<u>EXPENSES</u>			
Salaries & Benefits	\$ 22,462	\$ 17,595	\$ 4,867
Buildings & Grounds	\$ 8,783	\$ 11,843	\$ (3,060)
Religious Articles & Books	\$ 982	\$ 834	\$ 149
Property Tax & Insurance	\$ 2,343	\$ 2,400	\$ (57)
Parish Programs	\$ 3,113	\$ 2,653	\$ 461
Religious Education	\$ 0	\$ 14	\$ (14)

Diocesan Assessment	\$ 4,646	\$ 5,093	\$ (447)
Total Ordinary Expenses	\$ 42,331	\$ 40,431	\$ 1,899

Net Operating Income \$ (135) \$ 2,544 \$ (2,678)

OTHER INCOME

Interest	\$ 22	\$ 2	\$ 20
Capitol Campaign & Blding Fund	\$ 12,572	\$ 11,373	\$ 1,199
Diocesan & sp. Coll.	\$	\$	\$
Total Other Income	\$ 12,593	\$ 11,374	\$ 1,219

OTHER EXPENSES

Interest	\$	\$	\$
Diocesan & Special Collections	\$	\$	\$
Capital Fund Drive One Camp	\$ 13,217	\$ 7,000	\$ 6,217
Youth Group	\$ -	\$	\$
Total Other Expenses	\$ 13,217	\$ 7,000	\$ 6,217

Net Other Income \$ (623) \$ 4,374 \$ (4,998)

NET INCOME \$ (758) \$ 6,918 \$ (7,676)

THE GABRIEL PROJECT



Pregnant?
 Worried?
 Need Help?
*You are not alone.
 We can help.*

**The Gabriel Project
 Call: 800-910-0191**

LENT BEGINS

**Lenten Regulations:
Fasting & Abstinence**

All persons 14 years and older are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent:

Everyone from 18-59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent is highly encouraged. Fasting is generally understood to mean that one full meal may be eaten. Two other small meals may be eaten but together they should not equal a full meal. Eating between meals is not permitted but liquids are allowed.

When health or ability to work would be seriously affected neither fasting or abstinence is obliged. Airport workers, travelers and others while on board ships or airplanes are dispensed from the laws of fasting for the duration of their journey.

Other forms of fasting include abstinence from alcoholic beverages, television, video games, the internet and social media is spiritually beneficial and strongly encouraged.

Stations of the Cross

Stations of the Cross began on Friday, March 8th at 6:00pm and will continue every Friday throughout the Lenten Season

This will be followed by a simple meal in the parish hall.

Prayer

Catholics are urged to read and pray with sacred Scripture more intently during Lent. The faithful are encouraged to participate in special devotions offered by the parish, especially penance service.

**PENANCE SERVICE for St. Paul Parish will be
APRIL 2ND at 7:00pm.**

LENTEN PRAYER

O Lord and Master of my life,
Keep me from the spirit of indifference
And discouragement, lust of power and idle chatter
Instead, grant to me, your servant
The spirit of wholeness.
Of being humble-mindedness, patient and love.
O Lord and King, grant me the grace
To be aware of my sins
And not to judge my brothers
For You are blessed now and forever. Amen

Giving up something for Lent has been part of the Church almost since the beginning. While giving up sweets and alcohol are time honored, consider on giving up one thing that you really like or enjoy. Just make sure it is something that lets you feel the deprivation, and is a little bit challenging. Difficult but doable!

SICK PARISHIONERS & FRIENDS

Pray for sick family members, friends and parishioners.

Priscilla Wong	James Solari	Richard Onia
Shirley Robinson	Elizabeth Solari	Janelle Flores
Lorraine Schaefer	Maria Lopez	Lori Martenia
Sandy Burgoon	Raymond Gutierrez	Eva Rollins
Jack Steele	Nilda Medina	Robert Cordero
Rodulfo Reyes	Doreathea Viltz	Richard Miller
Monica Cordero	Virginia Thomas	Philomena Howell
Rodrigo Reyes	Bernadette Carrasca	Tess Carrasca
Virginia Collier	Ashley Brackin	Ronald Harp
Jean Hesse	Noah de los Reyes	Eduardo Cruz
Ed Brooks	Broderick Steele	Richard Ganahl
Gregory Judd	Juan San Miguel	Joan Ganahl
Michael Delgado	Peggy Meier-Beyers	Esther Seaman
Jackie Martin	Elnora Williams	Floyd White Jr
Martha Montanez	Barbara Sules	Arlene Ellis.
Ricardo Campos	Bethany Lewis	Myrla Cruz

PRAY FOR OUR MILITARY

Please pray for the following members of our families serving in the Armed Forces

Gary B. Foster II	Ariel Rollins	Conner Sommerfield
Jay Candaso	Don Carlo Geroche	Arianna Gutierrez
Daniel Roy Ryan	John Marc James	Taylor Sommerfield
Gregorio Rodriguez	Ruben N. Libed	Justin Broussard
Roel C.. Dones	Nilo Uy Villaluna Jr.	Emanuel Cepeda
Ricardo Cervantes	Don Jamoles	Maxton Perez
Stephen Rich	Ryan Gandy	Landon Perez
Janae Santos	Cody Machado	Charles Q. Wincey
Brian Vergith	Mark A. Ramos Jr.	Peter A. Tsueda
Martin Sinlao	Cameron Lindsay	Jovon Chiguina
Sergio Pineda	Armando Asahan	

REV. NICHOLAS DUGGAN HALL

The Pastoral Council recommended that the Parish Hall be renamed in memory and honor of Father Duggan. Father Joyle approved the renaming of our parish hall to be the REV. NICHOLAS DUGGAN HALL.

Thank you to everyone for your generous donations for the renaming of the Parish Hall and for improvements to the hall.

We would still welcome any donations. Please make sure to note and designation your donations with "renaming and improvements" , or simply let us know that it is for the hall, and we will ensure the funds are designated solely for that purpose.

CHRISM MASS

You are invited to join Bishop Soto and the clergy of our diocese at the annual Chrism Mass to be held on Thursday April 11, 2019 at 6:00pm at the Cathedral of the Blessed Sacrament. The Chrism Mass is where Bishop Soto will bless the Holy Oils that are used in sacramental celebrations in all the parishes of the diocese throughout the coming year,

R3ACADEMY

Learn specific skills on how to talk, listen and resolve conflicts with your children, wife, and co-workers. Step by step with practice and demonstrations. If you are a father, or a father figure you know how critical and important it is to know how to communicate with your children. The problem is that most parents do not know the communication skills necessary to get along better with their children, their spouse, or other people.

We can help you!

We will give you more information during the Mass for starting dates and room locations.

Register: www.R3Academy.org or call (916) 905-0720

FREE DACA & NATURALIZATION WORKSHOPS

Catholic Charities of Sacramento and Sacramento Food Bank and Family Services will be hosting a FREE DACA and Naturalization workshop on Saturday, April 6 at 9:00am at 3333 Third Ave.

Receive assistance from an immigration attorney or DOJ Accredited Representative.

PLEASE NOTE: All interested parties **MUST** attend one of the Pre-Screening Sessions on March 6, 13 or 20 from 1-4.

For DACA pre-screening: Please bring

Copy of previous application and approval notice
EAD card

Any criminal records (if applicable)

For Naturalization pre-screening: Please bring:

Permanent Resident Card

Any criminal records (if applicable)

Benefits letter or current income tax return.

Contact: (916) 313-77604 Monday-Friday

immigration@sacramentofoodbank.org

LOAVES AND FISHES

Winter needs:

Seasonal: Sleeping bags, tarps and blankets
Jackets and coats, umbrellas and rain ponchos.
Hats, gloves and scarves,

General: Toilet paper, travel sized toiletries, tooth brushes and toothpaste. Disposable razors, Brushes and combs, backpack, bicycle locks, Flashlights and batteries. Sewing kits, Gift card

Adults: Socks and underwear, shoes, reading glasses, feminine hygiene products

Children: Diapers, underwear and socks, bottles and sippy cups, baby food and juices.

CATHOLIC HERALD

Catholic Herald

We want to hear from you!

Do you know someone who has a great faith story?

Give us the who, what, where, when and why.

Submit your story ideas and news to:

Julie Sly: (916) 733-0175

For advertising:

CathyJoyce (916)733-0173 Cjoyce@faithcatholic.com

		<i>Deadline</i>
May/June	Celibacy & chastity	3/15/19
July/August	Lay ministry	5/15/19
Sept/Oct	Catholic Charities	7/17/19
Nov/Dec	Stewardship	9/13/19

DIOCESAN NEWS

APOSTLESHIP OF THE SEAS:

The Apostleship of the Sea of the United States of America (AOS-USA) is pleased to confirm that our two organizations have formed an alliance wherein Catholic Cruises and Tours (CC&T) will source all of their priests for cruises and tours through AOS-USA. The alliance between our two organizations ensures that, by our organizations working together, Catholics sailing on cruises will have priests ministering to them that are vetted by AOS-USA and certified as priests in good standing by their respective Competent Authorities.

Help support our Priest program onboard our cruise lines. Our responsibility is to vet each Priest that boards any of our over 1000 cruises. So that Catholics can feel comfortable knowing that they can take their FAITH ON A JOURNEY.

WHOLE PERSON CARE

Saturday, March 23rd

9:30-12:00 noon

St. Patrick's Church Hall, Grass Valley

In this workshop you will learn Church teaching on end of life ethics, accessing quality palliative care, hospice care and advance healthcare directives, and pastoral care at the end of life

How to live while we die? How to make decisions that are supported by our church.

Contact Caroline Estrada at (916) 733-0253

or cestrada@sd.org

HOSPITALITY DINNER AT L.A. CONGRESS

Bishop Jaime Soto invites people of the Diocese of Sacramento to join diocesan staff for fellowship and dinner at La Casa Grande on Friday, March 22, 2019 from 6:30-8:30pm. Space is limited so please RSVP by March 8 at (916) 733-0131 Martha Haig or mhaif@scd.org or <https://catholic.formstack.com/forms/congressdinner>

Primer Domingo de Cuaresma

10 de marzo 2019

ORACION, LIMOSNA, AYUNO Y TENTACION

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.

LECTURAS DE HOY

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).

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

La Sabiduría es un tesoro escondido:

Acoge mis palabras Hijo mío, guarda mi enseñanza, que tu oído se abra a la sabiduría, que tu corazón se doblegue a la verdad, apela a la inteligencia y déjate guiar por la razón .

Proverbios 2, 1-2

TRADICIONES DE NUESTRA FE

Las cenizas que se nos pusieron en la frente el miércoles pasado ya están borradas, pero las palabras que nos dijeron deben sonar aún en nuestras almas. Tradicionalmente se dice: "Recuerda que del polvo venimos y al polvo retornaremos." Y aunque hoy en muchos lugares se dice: "Convértete y cree en el Evangelio" el mensaje para oídos latinos es el mismo. Es un mensaje que nos saca de nuestro egoísmo recordándonos lo que los antiguos Toltecas ya sabían: esta vida es un sueño y el que muere despierta a la vida verdadera. Viviendo el Evangelio en esta vida nos prepara para la vida eterna.

Las cenizas y esas frases dan un mensaje que lleva la imagen de la tierra que se somete para cultivarse. A veces la tierra se quema para que de sus cenizas venga vida nueva. Las cenizas que se nos pusieron no son para despreciar nuestra vida sino para amarla. De esa manera seremos cultivados por el ayuno, la oración y la caridad que hagamos durante la cuaresma, sometiendo el polvo de nuestro cuerpo para dar fruto eterno.

BAUTISMOS

Durante la cuaresma no habrá celebración del Sacramento del Bautismo, Abril 5, ni quinceañeras ni Matrimonios hasta

Mayo 4 que se reanudara las festividades

PLATICAS PRE BAPTISMALES

Durante la Cuaresma no habrá prácticas Pre-Bautismales, así que marzo 30 no habrá y se reanudara hasta Abril 27, que es el último sábado del mes.

Por favor de registrarse en la oficina de la parroquia antes de venir a la clase. Gracias.

PAN Y PECES

Por favor, ayude a satisfacer las necesidades básicas de las personas que viven sin hogar! Las donaciones se pueden enviar a 1351 North C St. El almacén está abierto de lunes a viernes de 7:00 am a 2:45 pm o puede dejarlos en la oficina de la rectoría durante el horas de oficina..

Sacos de dormir, lonas, mantas.

Chaquetas, abrigos todos los tamaños.

Sombrillas y ponchos de lluvia.

Sombreros, guantes y bufandas.

Papel higiénico

Artículos de viaje de tamaño de viaje

Cepillos de dientes y pasta de dientes

Cepillos y peines

Mochilas

Linternas y baterías.

Tarjetas de regalo (Subway, McDonalds, etc.)

Calcetines y ropa interior

Sujetadores, y productos de higiene femenina.

Pañales

Bares saludables

Café (latas grandes) y tazas de café.



Sacristanes Miguel Mendez 916-715-5413
Antonio Morales 916-230.9591

Formación en la Fe Católica :

Coordinadoras: María C. Gutiérrez 916.383.6719
Aracely Narváez 916.681.2924

Ministerio de Comunión: Kelly & Irma Méndez 916.642.3109

Ministerio de la Palabra: María C. Gutiérrez 916.395.7219

Ministerios Servidores del Altar: Jóvenes
Liliana. Ramírez 916.687-1712

Ministros de Hospitalidad: José Luis Sánchez 916.457.4713
Miguel Méndez 916.715.5413
Antonio Morales 916.230.9591
Magdiel Solís 510.938-6135

Ministerio de Música de Niños:
Covadonga Barrón 916.670.9619

Ministerio de Música de Adultos:
Ramiro Mendoza 916.670.5727

Vocaciones: Guadalupe Salinas 916.955.2150
Virgen de Guadalupe Ramona Cervantes 916.549.8114
Bautismos Diacono Ramírez 916.381.5200

Quiere unirse a nuestros diferentes ministerios, por que "Nuestro bautismo nos llama a compartir la misión de Cristo". Si esta interesado favor de llamar a cualquier persona de los teléfonos de arriba de esta pagina.

MATRIMONIOS Y QUINCEAÑERAS

Para mas información sobre estos eventos por favor comuníquese con el Diacono Antonio Ramírez al 381-5200.

ASISTENCIA LEGAL GRATIS

IMPORTANTE: Marzo 30, mandatorio Pre-Sesión de selección. *Las Caridades Católicas de Sacramento y Sacramento Banco de comida y Servicio Familiar, organizarán un taller GRATUITO de DACA y Naturalización el sábado 6 de abril a las 9:00 am en 3333 Third Ave.*

Recibir asistencia de un abogado de inmigración o un representante acreditado del Departamento de Justicia.

TENGA EN CUENTA: Todas las partes interesadas DEBEN asistir a una de las Sesiones de Pre = Selección el 6, 13 o 20 de marzo de 1 a 4.

Para la preselección de DACA: Por favor traiga : Copia de la solicitud anterior y aviso de aprobación.

Tarjeta EAD

Para la preselección de la naturalización: Favor de

traer: Tarjeta de residencia permanente

Cualquier registro criminal (si corresponde)

Carta de beneficios o declaración de impuestos

actual. Contacto: (916) 313-77604 de lunes a viernes

immigración@sacramentofoodbank.org

O llame al 916 313 7604

RETIRO DE MINISTROS

Los Ministros de San Pablo que van asistir al retiro o el día Sábado 30 de Marzo de 2019, de 8:30 a 3:00 p.m., favor de dejar su nombre en las listas que se encuentran en el cuarto cerca de la tienda de artículos religiosos, para poder planear los alimentos y papeles necesarios.

Líderes favor de comunicarse con sus grupos.

Dios los bendiga

CUARESMA

La Cuaresma comienza el Miércoles de Ceniza 6 de Marzo, las Misa serán: 8:00 am, 12:00 medio día, 6:00 pm en inglés y a las 7:30 p.m., en español.

Con la imposición de la ceniza en la frente, se inicia una estación espiritual particularmente relevante para todos los cristianos, que se quieren preparar dignamente para vivir el Misterio Pascual, es decir, pasión, muerte y resurrección.

Regulaciones de Cuaresma:

Ayuno y Abstinencia

Se hace **ayuno** el Miércoles de Ceniza y Viernes Santo todos los que tengan edad entre 18 y 59 años están obligados a ayunar. El ayuno voluntario en otros días de la semana de Cuaresma es altamente recomendable, en general, se entiende que ayunar significa que se puede comer una comida completa y se puede comer otras dos comidas pequeñas, en la mañana y en la tarde, se permite tomar muchos líquidos.

Abstinencia:

Todas las personas de 14 años a 59 están obligadas a abstenerse de comer carne el Miércoles de Ceniza y todos los viernes de Cuaresma:

Cuando la salud o la capacidad para trabajar se verían seriamente afectadas, ni el ayuno ni la abstinencia están obligados. Los trabajadores del aeropuerto, los viajeros y otras personas a bordo de barcos o aviones se dispensan de las leyes de ayuno durante la duración de su viaje.

Otras formas de ayuno incluyen la abstinencia de bebidas alcohólicas, televisión, videojuegos, internet y las redes sociales son espiritualmente beneficiosas y muy recomendables.

El tiempo de Cuaresma se recomienda mucha oración, reflexión, leer las Sagradas Escrituras, a asistir a los distintos servicios religiosos especialmente el de Confesiones o Reconciliación que va hacer **Abril 2, a las 7:00 pm.**

Las estaciones de la Cruz comenzarán el viernes 8 de marzo a las 6:00 pm en inglés y a las 7:00 pm en Español y continuarán todos los viernes durante la temporada de Cuaresma.

Esto será seguido por una comida simple en el salón parroquial después del Vía Crucis de Inglés..

SEGUNDO COLECTA

Marzo 9 and 10 Campaña Anual Católica.

Nuestra tradición anual nos conecta a miles de personas y organizaciones en necesidad y nuestra ayuda es un apoyo y una esperanza para todos ¿Quién se beneficia: Programas Sociales Católicos: más de 100 programas diocesanos que ayuda a las personas que necesitan ayuda desesperadamente. Seminaristas, estudiantes de la escuela católica, Panes & Peces, madres solteras, programas de entrenamiento y muchas otras organizaciones. También nuestra Parroquia se beneficia con el 25 % de esta colecta para proveer ayuda a nuestros feligreses y otros gastos.