

# ST. PAUL CATHOLIC CHURCH



**MARCH 17, 2019**

**SECOND 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](mailto:saintpaulcatholic@comcast.net)      website [www.stpaul-florin.org](http://www.stpaul-florin.org)

### Mass Schedules and other Services

<b>Sundays</b>	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>
<b>Saturday</b>	4 p.m. [vigil] & 8 a.m. First Saturday
<b>Weekdays</b>	[Mon—Fri]— 8 a.m. in the Chapel
<b>Holy Hour</b>	First Friday 7—8 p.m.
<b>Holy Days of Obligation</b>	8 a.m. and 6 p.m.
<b>Perpetual Help Novena</b>	Wednesdays following 8 a.m. Mass
<b>Morning Prayer</b>	Mon. -Fri. 7:40a.m.
<b>Confessions [bilingual]</b>	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: 3/18**    **MASS FOR THE SOULS OF THE DECEASED**
- TUES: 3/19**    **MASS FOR THE SOULS OF THE DECEASED**
- WED: 3/20**    **MASS FOR THE SOULS OF THE DECEASED**
- THURS: 3/21**    **MASS FOR THE SOULS OF THE DECEASED †**
- FRI: 3/22**    **MASS OF THANKSGIVING**  
Requested by Christiina Castaneda

### TODAY'S READINGS

**First Reading** — The LORD made a covenant with Abram (Genesis 15:5-12, 17-18)  
**Psalm** — The Lord is my light and my salvation (Psalm 27).  
**Second Reading** — Our citizenship is in heaven (Philippians 3:17 — 4:1 [3:20 — 4:1]).  
**Gospel** — Atop a mountain, Jesus was transfigured before Peter, James, and John (Luke 9:28b-36).

### READINGS FOR THE WEEK

Monday: Dn 9:4b-10; Ps 79:8, 9, 11, 13; Lk 6:36-38  
 Tuesday: 2 Sm 7:4-5a, 12-14a, 16; Ps 89:2-5, 27, 29; Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24a or Lk 2:41-51a  
 Wednesday: Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28  
 Thursday: Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31  
 Friday: Gn 37:3-4, 12-13a; 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46  
 Saturday: Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32  
 Sunday: Ex 3:1-8a, 13-15; Ps 103:1-4, 6-8, 11; 1 Cor 10:1-6, 10-12; Lk 13:1-9  
 Alternate readings (Year A): Ex 17:3-7; Ps 95:1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]

### SAINTS AND SPECIAL OBSERVANCES

Sunday: Second Sunday of Lent;  
St. Patrick's Day  
 Monday: St. Cyril of Jerusalem  
 Tuesday: St. Joseph  
 Wednesday: Spring begins; Purim (Jewish observance) begins at sundown  
 Friday: Abstinence  
 Saturday: St. Turibius of Mogrovejo

### Second Sunday of Lent March 17, 2019

*The LORD is my light and my salvation;  
whom should I fear?  
— Psalm 27:1*

### STAND FIRM IN THE LORD

It is not hard to imagine, in this age of wars, evil groups bent on the destruction of humanity, and political follies, that the words of Saint Paul were so accurate, even for his time. It seems that the world never changes. Paul says, "Many . . . conduct themselves as enemies of the cross of Christ. Their end is their destruction . . . Their minds are occupied with earthly things" (Philippians 3:18, 19). The result is the destruction of innocent people and of the Earth itself.

But Paul says to the Philippians, "our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ" (3:20). He will "change our lowly body to conform with his glorified body" (3:21). Note that he says "body" rather than "bodies." He is talking about the whole community of believers, who, following the example of Jesus and of Paul, will come into the glory of God. So "stand firm in the Lord" (4:1).

### TREASURES OF OUR TRADITIONS

By now, many may have failed in Lenten discipline to some measure or another: the daily doughnut is simply too alluring, or a furtive puff on a cigarette irresistible. There is meaning even in the failure, though, a kind of reminder that we cannot save ourselves. Part of the power of Lent is that we do it together, and although individuals decide on different ways to keep it, it is fundamentally the same journey. We fall, we get up, we keep moving.

The desire to "give something up" for Lent is an age-old impulse in the Christian heart. We get better at it over the years, and move more deeply into the meaning and message of acts of sacrifice; so there is no shame in stumbling, as long as we are not discouraged by the failure and give up. We are clearing space in our lives, after all, and some of the things we desire to give up are worth rooting out completely anyway.

What do we do with the space we have cleared out by our sacrifice? The Lenten question of giving up is balanced by the Easter question of our response to Christ's embrace of us in love: "What are you taking on for Easter?"

### THANK YOU!

The St. Paul Youth Ministry - SPYM would like to say THANK YOU for making our Spaghetti Dinner and BIN-GO Fundraiser a huge success! To all who attended the dinner and gave donations to our ministry we appreciate your support and are truly grateful; God Bless You!!!

# 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, 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, David Moore, Max Mendoza, Manny Viernes Jack Steele

## 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](http://stfrancis.org/summer).

## SECOND COLLECTION

### 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

<b>FEB</b>						
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
<b>MAR</b>						
3	\$1265.00	\$1236.00	\$1487.00	\$1493.00	\$896.38	\$6377.38

<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
<b>Total Income</b>	<b>\$ 42,196</b>	<b>\$ 42,975</b>	<b>\$ ( 779)</b>

<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)
<b>Total Ordinary Expenses</b>	<b>\$ 42,331</b>	<b>\$ 40,431</b>	<b>\$ 1,899</b>

**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.	\$	\$	\$
<b>Total Other Income</b>	<b>\$ 12,593</b>	<b>\$ 11,374</b>	<b>\$ 1,219</b>

### OTHER EXPENSES

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

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

**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](http://www.R3Academy.org) or call (916) 905-0720

**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](mailto: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

**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 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](mailto:immigration@sacramentofoodbank.org)

**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.

**CAMP PENDOLA**

CAMP PENDOLA is hiring! They are looking for energetic young people (18+) to work this summer as counselors with children and youth between the ages of 6 to 17 in the great outdoors, and within the Catholic spirit! Paid positions begin June 9th and finish August 4th. Online applications are available now at: [www.pendola.org/employment](http://www.pendola.org/employment) or contact Jennifer Campbell at ((530)389-2780 for more information.

CAMP PENDOLA Mini Weeks

Mini weeks are a great way to go to camp for those too busy for a whole week. Between summer school and organized sports, sometimes 3 nights is ideal length for a summer camp experience. Though the shorter length session is a great introduction to overnight camp for the first time camper, and younger campers, this year we have two mini weeks to choose from JULY 14-17 and Under the Big Top JULY 17-20. For more information check out the website [www.pendola.org](http://www.pendola.org) or call 916-733-0123.

**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.

## Segundo Domingo de Cuaresma 17 de marzo 2019

### MANTENTE FIRME EN EL SEÑOR

No es difícil imaginar, en esta época de guerras, que grupos malvados tiendan a la destrucción de la humanidad y locuras políticas, que las palabras de san Pablo fueron tan precisas, aún para el tiempo en que vivió. Pareciera que el mundo nunca cambia. Pablo dice “muchos se comportan como enemigos de la cruz de Cristo. Para los que piensan en cosas terrenas, su destino es la perdición. . . (Filipenses 3: 18, 19). El resultado es la destrucción de personas inocentes y del planeta mismo. Pero Pablo dice a los filipenses: “somos ciudadanos del cielo, de donde esperamos como salvador a Jesucristo el Señor” (3:20). Él “transformará nuestro cuerpo frágil en un cuerpo glorioso semejante al suyo” (3:21). Nota que él dice “cuerpo” en lugar de “cuerpos”. Él habla acerca de la completa comunidad de creyentes, quienes, siguiendo el ejemplo de Jesús y Pablo, vendrán a la gloria de Dios. Así que “¡manténganse firmes en el Señor!” (4:1). M

### LECTURAS DE HOY

**Primera lectura** — “A tu descendencia daré esta tierra” (Génesis 15:5-12, 17-18).

**Salmo** — El Señor es mi luz y mi salvación (Salmo 27 [26]).

**Segunda lectura** — Somos ciudadanos del cielo (Filipenses 3:17 — 4:1 [3:20 — 4:1]).

**Evangelio** — Pedro, Santiago y Juan presencian la transfiguración de Jesús en el monte (Lucas 9:28b-36).

### 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.

Recuerda, Señor, que tu ternura y tu misericordia son eternas. No permitas que nos derrote el enemigo. Sálvanos, Dios de Israel, de todas nuestras angustias.

### TRADICIONES DE NUESTRA FE

La Cuaresma nos llama a la conversión, a la cual deberíamos estar dedicados todo el año. En muchas parroquias latinas la Cuaresma también es tiempo de misiones. De niño recuerdo haber participado cada año en las misiones de mi parroquia. Escuchábamos a los predicadores con curiosidad, ya que aparecían solo una vez al año y luego se regresaban a lugares lejanos y desconocidos. Nunca imagine que algún día yo también estuviera como predicador de misiones. Me gustaría darles un resumen del mensaje que he sembrado en varias parroquias.

Las misiones no son para repetir doctrina, sino para evangelizar a los bautizados. Con cinco temas se puede evangelizar a los bautizados recordándoles los cinco puntos claves del Evangelio cristiano: 1) Dios nos ama y nos hizo para él; 2) Nosotros hemos pecado y sufrimos las consecuencias; 3) Dios nos manda a su Hijo para librarnos del mal; 4) Jesús desea formar parte de nuestras vidas personales, ¡invitémoslo! y 5) Jesús llena nuestro corazón con el poder y la presencia de su Espíritu. Este mensaje es uno de conversión y esperanza.

### 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.

### LECTURAS DE LA SEMANA

Lunes: Dn 9:4b-10; Sal 79 (78):8, 9, 11, 13; Lc 6:36-42  
Martes: 2 Sm 7:4-5a, 12-14a, 16; Sal 89 (88):2-5, 27, 29;  
Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24a o Lc 2:41-51a  
Miércoles: Jer 18:18-20; Sal 31 (30):5-6, 14-16; Mt 20:17-28  
Jueves: Jer 17:5-10; Sal 1:1-4, 6; Lc 16:19-31  
Viernes: Gn 37:3-4, 12-13a; 17b-28a; Sal 105 (104):16-21; Mt 21:33-43, 45-46  
Sábado: Miq 7:14-15, 18-20; Sal 103 (102):1-4, 9-12; Lc 15:1-3, 11-32  
Domingo: Ex 3:1-8a, 13-15; Sal 103 (102):1-4, 6-8, 11; 1 Cor 10:1-6, 10-12; Lc 13:1-9  
Lecturas alternativas (Año A): Ex 17:3-7; Sal 95 (94):1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]



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

Francisca Martínez- coordinadora de los niños 916.997.1568  
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

### PENDOLA CAMP

CAMP PENDOLA esta contratando! ¡Están buscando jóvenes enérgicos (mayores de 18 años) para trabajar este verano como consejeros con niños y jóvenes entre las edades de 6 a 17 años al aire libre, y dentro del espíritu católico! Las posiciones pagadas comienzan el 9 de junio y terminan el 4 de agosto. Las solicitudes en línea están disponibles ahora en: [www.pendola.org/employment](http://www.pendola.org/employment) o comuníquese con Jennifer Campbell al ((530) 389-2780 para obtener más información

### 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 el 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

30/31 de marzo, Los Servicios de Socorro Católicos Esta recopilación hace posible la misión global de la Iglesia Católica de combatir la pobreza, brindar ayuda y desarrollo, ayudar a los refugiados e inmigrantes y defender la justicia y la paz.

Abril 6 y 7 La Campaña Capital del Edificación Religioso de San Pablo.,

Esta colecta ayudará a pagar los fondos prestados de la Diócesis para construir el Centro de Educación Religiosa. Los feligreses que se han comprometido favor usar los sobres rosados para sus pagos del compromiso