

**PRAYER OF
ST. ELIZABETH ANN
SETON**

O Father,
the first rule
of our dear Savior's life
was to do Your Will.

Let His Will
of the present moment
be the first rule
of our daily life & work,
with no other desire
but for its most full
and complete accomplishment.
Help us to follow it faithfully,
so that doing what You wish
we will be pleasing to You.
Amen.



**ORACIÓN DE
SANTA ELIZABETH
ANN SETON**

Oh Padre,
la primera regla
de la vida de nuestro querido
Salvador fue hacer tu voluntad.
Dejar que tu Voluntad
en el momento presente
sea la primera regla
de nuestra vida cotidiana y
nuestro trabajo,
sin ninguna otra voluntad
sino hacer tu voluntad plena y
completa.
Ayúdanos a seguir con fide-
lidad, para que haciendo lo que
deseas seamos más agradables
a Ti. Amén.

ST. ELIZABETH ANN SETON CATHOLIC CHURCH

www.seasparishlo.org

2050 Palisades Avenue, Los Osos, CA 93402

Tel. (805) 528-5319

Fax. (805) 528-8893

Anointing of the Sick/Last Rites (805) 752-1140

Email: seaschurchlo@yahoo.com

LIKE us on facebook

FIRST SUNDAY OF LENT 3-5-17

MISSION STATEMENT

We are a **Christ-centered** community
joined together in honor of our
deeply rooted **Catholic traditions**,
celebrated through **multicultural di-
versity**, a commitment to **family val-
ues** and **dedication to service**.

All are welcome.

Parish Office Hours:

Tues., Wed., Fri. 1-6 pm

SCAN QR CODE

with SMARTPHONE APP
for **MOBILE DONATION**



PARISH STAFF

Rev. Joey R. Buena
Pastor

frjoeyseasparishlo@gmail.com

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Office Manager
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Susan Tuttle
Bookkeeper
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Heather Hurley
Volunteer Coordinator for
Rite of Christian Initiation
of Adults, Teens, & Children
HeatherH.SEAS.7@gmail.com

Seminarian Miguel Aguayo
Pastoral Intern (July 2016-June 2017)
jmaguayo@StJohnSem.edu

ANNOUNCEMENTS

ENGLISH LENTEN TALK & CONFESSION

Speaker: Fr. Joshua Clifton
Date: March 6, 2017; Monday
Time: 6:30 pm Lenten Talk; 7:15 pm Confessions
Where: parish church

CHILDREN'S MASS 9 AM MARCH 12

Please be advised that the March 12, 9 am Sunday Mass will be a Children's Mass. Readings, Homily, & Eucharistic Prayer will be adapted for kids.

2ND COLLECTION

March 4 & 5, 2017: Latin America/Catholic Relief
 April 13 & 14, 2017: Holy Land

1st & 2nd Yr. CONFIRMANDEES

ALL Confirmation students need to attend the English Lenten Talk & Confession on **MARCH 6, MONDAY, 6:30 pm.**

JOIN "WHY CATHOLIC?"

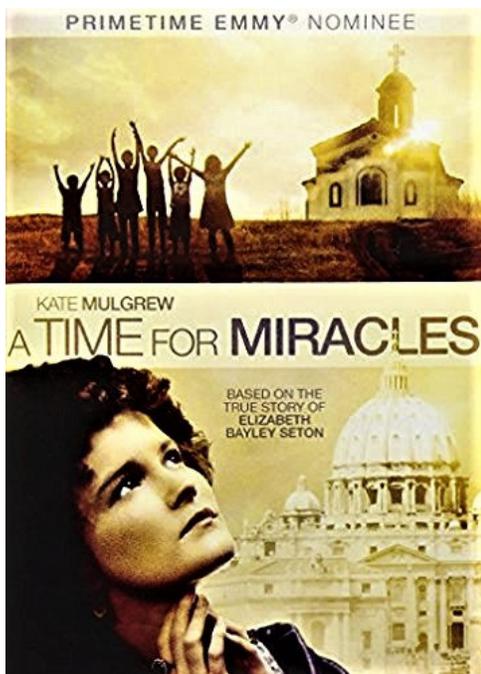
INVITING ALL ADULT parishioners
THEME 1: PRAYER (12 sessions)

CONTACTS:

- (a) **Sheila P.:**
Sunday 10:30am group; 441-6159; sheilaangel91947@yahoo.com
- (b) **Amy B.:**
Monday 6:30pm group; 544-1069; amylovesjohn@hotmail.com
- (c) **Fely P.:** Thursday 9:30am group
- (d) **Javier for Men's Group:**
Sunday, 10:30am group; javiersoto65@gmail.com; 528-5319

SATURDAYS LENTEN FILM FESTIVAL AT ST. ELIZABETH ANN SETON PARISH HALL

Come! Join us! Let us watch wholesome family films this Lenten Season at the church hall. Movie begins at exactly **7:00 pm, every Saturday, starting March 11.**



FIRST
SATURDAY
OF LENT
MOVIE

**March 11, 2017
7:00 pm**

Based on the true story of our patroness St. Elizabeth Ann Seton!

donations welcome

SPANISH LENTEN TALK & CONFESSION

Speaker: Fr. Francisco Montes
Date: March 14, 2017; Tuesday
Time: 7:00 pm Lenten Talk; 7:45 pm Confessions
Where: parish church

6PM FRIDAY WAY OF THE CROSS & SOUP SUPPERS

March 3	English-speaking community
March 10	Filipino community
March 17	Hispanic community
March 24	English-speaking community
March 31	Filipino community
April 7	Hispanic community

Reminders:
 Responsibilities of the assigned group:
 1. Set-up hall tables & chairs;
 2. Bring soup & bread only. No entrees, no desserts;
 3. Representative/s from assigned community will help priest in reading prayer booklet.

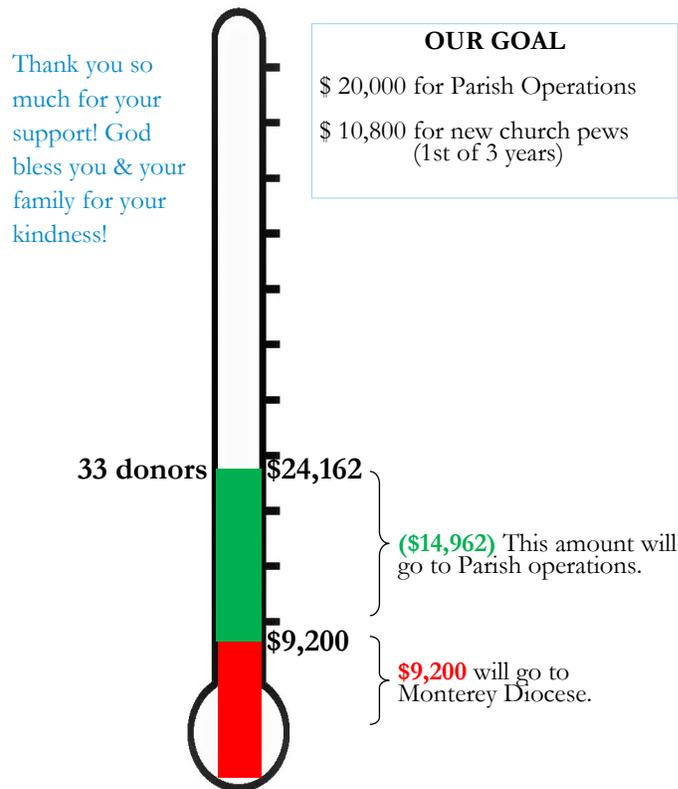
CONSIDER REMEMBERING YOUR PARISH IN YOUR WILL

A great way to honor the memory of your loved one and your parish is to remember St. Elizabeth Ann Seton in your will or trust. If you choose to do so, the way you word your bequest is important. To make sure the entire amount will go to St. Elizabeth's, please word the bequest like this:

"I leave a bequest of \$_____ to the 'Diocese of Monterey Parish & School Operating Corp for the benefit of St. Elizabeth Ann Seton Catholic Church, 2050 Palisades Avenue, Los Osos, CA 93402.'"

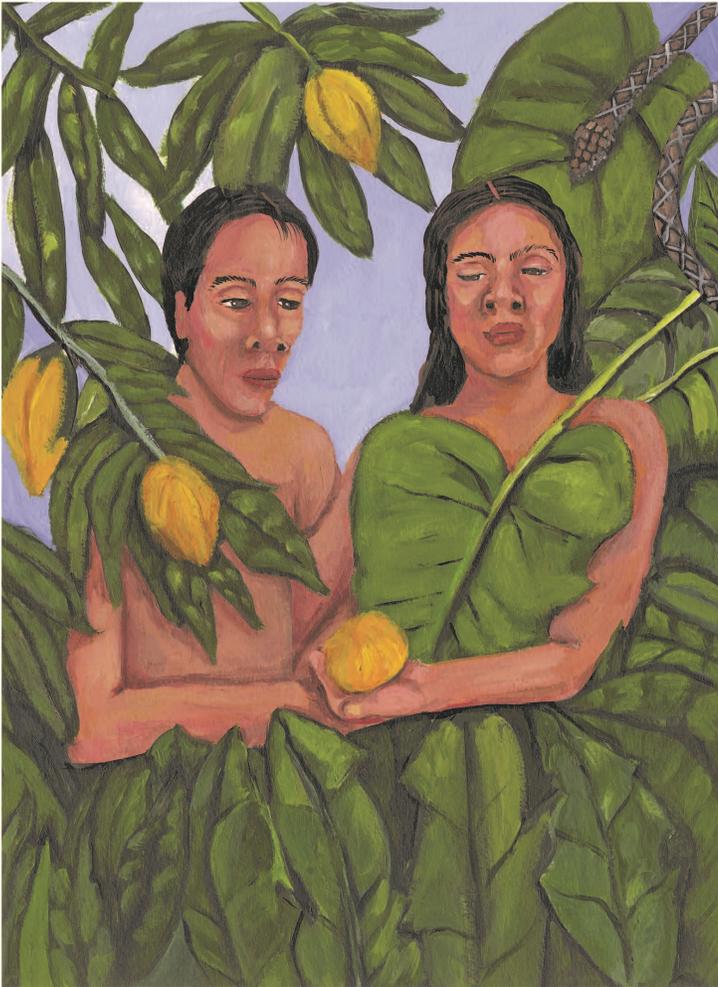
This will guarantee that the whole amount you designate **will come to our parish.** We thank you for considering adding St. Elizabeth's to your final distribution plans.

ANNUAL MINISTRIES APPEAL 2017 S.E.A.S. PARISH UPDATE #3



Thank you so much for your support! God bless you & your family for your kindness!

FIRST SUNDAY OF LENT



Lead Us from Temptation

Creator God,
you formed us in your image
and breathed your life into us,
filling us with your spirit;
Yet we turn our backs to you
and respond to the temptations of wisdom
beyond our grasp
and the possibilities of power and gain.
Be merciful to us, O Lord,
for we have sinned with open eyes and
selfish hearts.
Be merciful, O Lord,
for we know not what we do.
May your mercy fall on us, O Lord,
as we seek to do your will,
for you live and reign united as Father,
Son, and Spirit,
for ever and ever. Amen.

March 5, 2017

Forty Days and Forty Nights



Today's Readings: Genesis 2:7-9; 3:1-7; Psalm 51:3-4, 5-6, 12-13, 17; Romans 5:12-19; Matthew 4:1-11. As we sing the Lenten hymn "Forty Days and Forty Nights," we are drawn into Christ's time in the desert, his temptations, and his perseverance. Christ's trial in the desert is captured in two short phrases of the second verse: "Shall not we your sorrow share" and "Fasting with unceasing prayer."

Today's Gospel brings to mind more than Christ's time in the desert and the devil's three temptations. We are challenged, on this First Sunday of Lent, to prepare for our forty days and nights of fasting and prayer. Or perhaps we should consider this time fasting *with* prayer.

We share with Christ our desert times, when worldly distractions and demands are set aside for us to focus on who we are as people of faith. Today's Gospel is a reminder

that our temptations are best addressed when we refocus ourselves in a context of prayer and time apart from our usual distractions and demands. By retreating from all that busies us, we are better able to couch distractions in prayer and respond to demands with deepened faith. Throughout our forty days and forty nights, we share with Christ not only his sorrow, but his righteousness, as St. Paul reminds us in the Second Reading.

We have a share in the life of Christ, and at the beginning of the Lenten season, we know that our prayer is sustained and strengthened by our sharing in Christ's Death and Resurrection. We are strengthened by our Baptism to combat the temptations we encounter, supported by the unceasing prayer that we share with Christ.



THIS WEEK AT HOME

Monday, March 6

Be Holy, for I Am Holy

Each Lent we are reminded that we who are baptized are called to be Christ-like. As we journey through the forty days, we reflect on what it means to be Christian. The readings during the season spell that out for us. Through our Lenten disciplines, our goal is holiness: to love one another as Christ did, in all he accomplished. Reflect this week on what it means to be holy. *Today's Readings: Leviticus 19:1–2, 11–18; Psalm 19:8, 9, 10, 15; Matthew 25:31–46.*

Tuesday, March 7

Sts. Perpetua and Felicity

The witness of the earliest Christian martyrs is epitomized by these two women martyrs. Perpetua, and her servant Felicity, both imprisoned while pregnant, remained constant in their faith through childbirth, separation from their families, and watching as others were taken to the arena of martyrdom. May their witness, in life and death, remind us that we are never separated from the love of Christ (Romans 8:38–39). *Today's Readings: Isaiah 55:10–11; Psalm 34:4–5, 6–7, 16–17, 18–19; Matthew 6:7–15.*

Wednesday, March 8

St. John of God

St. John of God had a natural impulse to aid people who were in need. Whether buying clothes on the spot to help clothe a poor family or rushing into a burning hospital to carry out patients, John was the first to assist others. His works of mercy were profound, and an example to us of Christ's words: "Just as you did it to one of the least of these who are members of my family, you did it to me." *Today's Readings: Jonah 3:1–10; Psalm 51:3–4, 12–13, 18–19; Luke 11:29–32.*

Thursday, March 9

Ask and It Will Be Given You

Queen Esther prayed from morning until evening for the Lord to help her, and her prayers were answered. In the Gospel reading, Jesus reminds us to continually ask, seek, knock, and our persistence will be rewarded as well. As we search and ask, and knock and plead, may our mourning be turned into gladness, and our sorrow into wholeness. *Today's Readings: Esther C:12, 14–16, 23–25; Psalm 138:1–2ab, 2cde–3, 7c–8; Matthew 7:7–12.*

Friday, March 10

Be Reconciled First

Today's Gospel places a priority on reconciliation. Against whom do you hold a grudge? To whom is your automatic response one of anger? Even before we turn to others to judge, to condemn, to lash out, Jesus calls us to leave our gifts at the altar and be reconciled to one another. Today is a good day to reach out to someone, without prejudice or malice, and pay it forward. *Today's Readings: Ezekiel 18:21–28; Psalm 130:1–2, 3–4, 5–7a, 7bc–8; Matthew 5:20–26.*

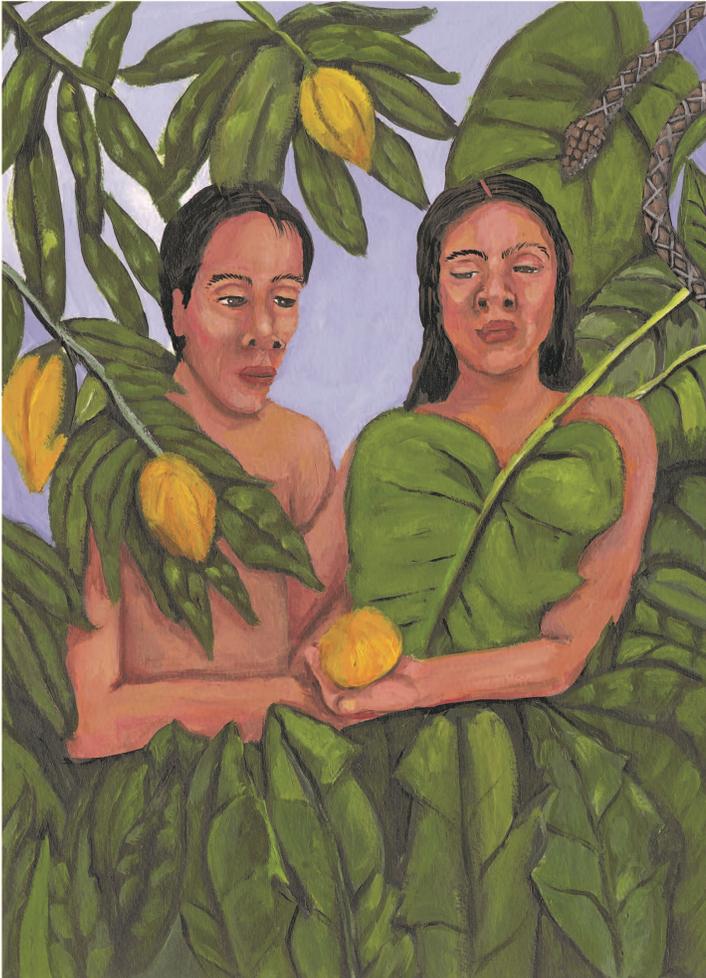
Saturday, March 11

Change Our Hearts

It is not enough to follow the Commandments. Discipleship is not only about doing the right thing. We are called to holiness, which entails more than correct actions. Lent challenges us to change our ways, to change our focus and redirect it so that we change our hearts. Select a Lenten hymn today and pray the text, taking to heart what it says to you. *Today's Readings: Deuteronomy 26:16–19; Psalm 119:1–2, 4–5, 7–8; Matthew 5:43–48.*



PRIMER DOMINGO DE CUARESMA



No nos dejes caer en la tentación

Dios creador,
tú nos formaste a tu imagen
e insuflaste tu vida en nosotros.
Llénanos con tu espíritu,
A pesar de que te damos la espalda
y sucumbimos a la tentación de una
sabiduría fuera de nuestro alcance
y a la opción del poder y la ganancia.
Ten piedad de nosotros, Señor,
porque hemos pecado con ojos abiertos
y egoísmo en el corazón.
Sé misericordioso, Señor,
porque no sabemos lo que hacemos.
Derrama tu misericordia
sobre nosotros, Señor,
para hacer su voluntad,
pues tú vives y reinas unido como Padre,
Hijo y Espíritu,
por los siglos de los siglos. Amén.

5 de marzo de 2017

Cuarenta días y cuarenta noches

Lecturas del día: Génesis 2:7-9; 3:1-7; Salmo 51:3-4, 5-6, 12-13, 17; Romanos 5:12-19; Mateo 4:1-11. Al cantar el canto de “Cuarenta días y cuarenta noches”, nos imaginamos el tiempo de Cristo en el desierto, sus tentaciones, y su perseverancia. El proceso de Cristo en el desierto nos lo entregan dos breves frases de la segunda estrofa: “¿No compartimos tu cuota de dolor?” y la de: “Ayuno en incesante oración”.

El evangelio de hoy nos recuerda más que ese tiempo de Cristo en el desierto y las tres tentaciones del diablo. Estamos desafiados a prepararnos para cuarenta días y noches de ayuno y oración. O tal vez debamos decir mejor: ayuno con oración”.

Compartimos con Cristo también nuestro desierto, que consiste en dejar a un lado las distracciones y exigencias

mundanas y concentrarnos en lo que somos: personas de fe. El evangelio nos recuerda que podemos manejar las tentaciones cuando hacemos oración y nos apartamos de nuestras habituales distracciones y exigencias. Al retirarnos de aquello que nos ocupa, nos ejercitamos en manejar las distracciones que ocurren en la oración y respondemos a los deberes con una fe profunda. En nuestros cuarenta días y cuarenta noches, compartimos con Cristo no sólo su dolor, sino su justicia, tal como san Pablo nos recuerda en la segunda lectura.

Al participar en la vida de Cristo, sabemos que nuestra oración es sostenida y fortalecida por su muerte y resurrección. Ello fortalece nuestra identidad bautismal para vencer las tentaciones, gracias a la oración constante que compartimos en Cristo Jesús.



ESTA SEMANA EN CASA

Lunes, 6 de marzo

Sean santos, porque yo soy santo

Cada Cuaresma nos recuerda que nosotros, los bautizados, estamos llamados a asemejarnos a Cristo. Al andar de estos cuarenta días, vamos reflexionando sobre lo que significa ser cristiano. Las lecturas de este tiempo nos lo dicen. Mediante los ejercicios de piedad cuaresmales, perseguimos la santidad: amarnos unos a otros como Cristo. Esta semana reflexione en lo que significa ser santo. *Lecturas del día: Levítico 19:1-2, 11-18; Salmo 19:8, 9, 10, 15; Mateo 25:31-46.*

Martes, 7 de marzo

Santas Perpetua y Felicitas

El testimonio de los mártires cristianos más antiguos se resume en estas dos mujeres mártires: Perpetua y Felicitas o Felicidad, su esclava, ambas encarceladas durante el embarazo; perseveraron en su fe en el parto, al separarlas de sus familias y al ver que otros cristianos eran llevados a la arena para ser martirizados. Su testimonio de vida y de muerte, nos recuerda que nunca estamos separados del amor de Cristo (Romanos 8:38-39). *Lecturas del día: Isaías 55:10-11; Salmo 34:4-5, 6-7, 16-17, 18-19; Mateo 6:7-15.*

Miércoles, 8 de marzo

San Juan de Dios

San Juan de Dios sentía el impulso natural de ayudar a las personas que estaban en necesidad. Ya fuera comprar ropa para una familia pobre o correr a rescatar a los pacientes de un hospital en llamas, Juan era el primero en ayudar a los demás. Sus obras de misericordia eran profundas y un ejemplo vivo de las palabras de Cristo: “Lo que hayan hecho a uno solo de éstos, mis hermanos menores, me lo hicieron a mí”. *Lecturas del día: Jonás 3:1-10; Salmo 51:3-4, 12-13, 18-19; Lucas 11:29-32.*

Jueves, 9 de marzo

Pidan y se les dará

La reina Ester pedía desde la mañana hasta la tarde la ayuda al Señor, y él respondió a sus oraciones. En el evangelio, Jesús nos insta a pedir continuamente, a buscar, a llamar, pues nuestra persistencia será recompensada. Al buscar, llamar y suplicar, nuestra congoja se volverá gozo y nuestra angustia bienestar. *Lecturas del día: Ester C: 12, 14-16, 23-25; Salmo 138:1-2ab, 2cde-3, 7c-8; Mateo 7:7-12.*

Viernes, 10 de marzo

Primero reconcíliense

Hoy, en el evangelio sobresale la reconciliación. ¿A quién le guarda usted rencor? ¿Contra quién responde, automáticamente, con ira? Incluso antes de voltear a ver a los demás para juzgar, condenar, o arremeter, Jesús nos llama a dejar nuestros dones ante el altar y a reconciliarnos primero entre nosotros. Hoy es un buen día para acercarnos a alguien, sin prejuicios ni malicia, y con toda sinceridad. *Lecturas del día: Ezequiel 18:21-28; Salmo 130:1-2, 3-4, 5-7a, 7bc-8; Mateo 5:20-26.*

Sábado, 11 de marzo

Cambia nuestro corazón

No basta seguir los mandamientos. El discipulado no consiste sólo en hacer lo correcto: estamos llamados a la santidad, lo que supone lo otro. La Cuaresma nos desafía a cambiar nuestro corazón. Busque un cántico y ore con él, desde el fondo de su corazón. *Lecturas del día: Deuteronomio 26:16-19; Salmo 119:1-2, 4-5, 7-8; Mateo 5:43-48.*



SCHEDULE OF MASSES, READINGS & INTENTIONS

Date	Time	Intentions	Readings
Saturday after Ash Wed.	8am First Saturday English Mass & Holy Rosary	8am: ☩ Ruth Casper	8 am Is 58:9b-14; Ps 86:1-6; Lk 5:27-32
Vigil 1st Sunday of Lent 4 March 2017	4:30pm-5pm Confession 5:30pm English Mass	5:30pm: ☩ Filomena Morretta	5:30 pm Gn 2:7-9;3:1-7; Ps 51:3-6,12-13,17; Rom 5:12-19 or 5:12,17-19; Mt 4:1-11
1st Sunday of Lent 5 March 2017	9am English Mass 5pm Spanish Mass by Fr. Joey	9am: SEAS Parishioners 5pm: ☩ Maria Carmen Zaragoza	Gn 2:7-9;3:1-7; Ps 51:3-6,12-13,17; Rom 5:12-19 or 5:12,17-19; Mt 4:1-11
Monday 1st Week of Lent 6 March 2017	8am Communion Service by Seminarian Miguel 6:30pm English Lenten Talk & Confession	8am: Communion Service	Lv 19:1-2,11-18; Ps 19:8-10,15; Mt 25:31-46
Tuesday 1st Week of Lent 7 March 2017	8am English Mass	8am:	Is 55:10-11; Ps 34:4-7,16-19; Mt 6:7-15
Wednesday 1st Week of Lent 8 March 2017	8am English Mass 8:30am Adoration, English Divine Mercy, Benediction 6:30pm Adoration, Spanish Divine Mercy, Benediction 7pm Spanish Mass	8am: 7pm:	Jon 3:1-10; Ps 51:3-4,12-13,18-19; Lk 11:29-32
Thursday 1st Week of Lent 9 March 2017	8am Communion Service by Heather	8am: Communion Service	Est C:12,14-16,23-25; Ps 138:1-3,7c-8; Mt 7:7-12
Friday 1st Week of Lent 10 March 2017	8am English Mass 6pm Way of the Cross	8am:	Ez 18:21-28; Ps 130:1-8; Mt 5:20-26
Vigil 2nd Sunday of Lent 11 March 2017	4:30pm-5pm Confession 5:30pm English Mass	5:30pm:	Gn 12:1-4a; Ps 33:4-5,18-20,22; 2 Tm 1:8b-10; Mt 17:1-9
2nd Sunday of Lent 12 March 2017	9am English Mass 5pm Spanish Mass by Fr. Braulio	9am: ☩ Joe Fraga 5pm:	Gn 12:1-4a; Ps 33:4-5,18-20,22; 2 Tm 1:8b-10; Mt 17:1-9

LET US PRAY FOR THE SICK MEMBERS OF OUR PARISH COMMUNITY/OREMOS POR

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| <ul style="list-style-type: none"> * Timothy Ketcherside * John LeNoue * Peter Hewitt * John Greenville * Jere Bresnan * Robert Townsend * Fely Platou * Mary Cavagnaro | <ul style="list-style-type: none"> * Bonifacio Garcia * Michael Culbertson * Steven Greenville * Rafael & Margarita Garcia * Doris Stanley * Francis Meehan * Emily Sumner * David Wright | <ul style="list-style-type: none"> * Aurea Cruz * William K. Lander * Nathan Berry * Robert Ruiz * June Grillo * June Viviannie * Dave Bresnan * Sylvia Radford | <ul style="list-style-type: none"> * Chuck Ice * Candido D. Buena Jr. * Eleanor Brown * Pat Klenck * Julia Keefe * Sarah & Josh Matthews * Shirley Matthews * Michael Vella | <ul style="list-style-type: none"> * Craig Deines * Lila Martinez * Darleen Krouse * Carolyn Lemos |
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ETERNAL REST GRANT UNTO THEM O LORD

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| <ul style="list-style-type: none"> ☩ Helen Penwell ☩ Charles Penwell ☩ Harold Platou ☩ Larry Mischel ☩ Dwight Mobley ☩ Gertrude Stimson ☩ John D. Walsh ☩ Elizabeth Martínez ☩ Ofelia Labra ☩ Severino Repollo ☩ Justo Yasay ☩ Joe Greene ☩ Cristina Patterson ☩ Filippo Mazzulla ☩ Elena Aurelio ☩ Homero Paredes | <ul style="list-style-type: none"> ☩ Fermina Manuel ☩ Deacon Jim Cooper ☩ Emma Nieman ☩ Rodrigo Martinez ☩ Reyna Gomez ☩ Lourdes Lepisto ☩ James Emely ☩ Simonne Townsend ☩ Fernando Marcos ☩ Cecilia Marcos ☩ William Schanberger ☩ Martha Smith ☩ Eusebio Galo ☩ Melinda Rose ☩ Julia Ortiz ☩ Gullermmo dela Cruz | <ul style="list-style-type: none"> ☩ Serafin Sepúlveda ☩ Hermila Arguello ☩ Anatalia Ortiz ☩ Lolita dela Cruz ☩ Mason & Simon Brito ☩ Pat Wright ☩ Joseph Cavagnaro ☩ Manuel John Reis. ☩ Lawrence Uthe ☩ Margaret Uthe ☩ Joe Fraga ☩ Fr. Ken Brown ☩ Fr. Michael Bell ☩ Lyn Ketcherside ☩ Robert Beevers ☩ Arcadio Tambo | <ul style="list-style-type: none"> ☩ Clea Tambo ☩ Dionisio Acain ☩ Aurelia Acain ☩ Dick O'Melveny ☩ Jim Stewart ☩ Jaime Repollo ☩ Paulina Y. Andres ☩ Dennis A. O'Brien ☩ Michael Brito ☩ Venustiana Rodriguez ☩ Selestino Salgado ☩ Mary Prendergast ☩ Melecia Garcia ☩ Felicitas Castillo ☩ Antonio Medrano Tambo | <ul style="list-style-type: none"> ☩ William (Bill) Kemble ☩ Diana Nishiura ☩ Grace Tevis ☩ Jerica Alaine Harris ☩ Paul Landry ☩ Casamira Asuncion ☩ Carol Ann Burns ☩ Andy Boy de la Cruz, Jr. ☩ Fr. Harry Freiermuth ☩ Crescenciana Gaila ☩ Ismael Ibat Tomboc ☩ Maria Carmen Zaragoza ☩ Ruth Casper ☩ Fr. Ray Roh |
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