ST. ELIZABETH ANN SETON CATHOLIC CHURCH
2050 Palisades Avenue, Los Osos, CA 93402
www.seasparishlo.org
FIRST SUNDAY OF LENT 3-1-2020
MARCH 2020 Pope’s Intention: CATHOLICS IN CHINA
That the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

WELCOME! BIENVENIDOS!

Weekend Masses
Saturday: 5:30 p.m. (ENGLISH)
Sunday: 9:00 a.m. (ENGLISH)
1:00 p.m. (SPANISH)

Weekday Masses / La Misa Enteré Semana
8:30 a.m. Tuesday, Wednesday, Friday (ENGLISH)
5:45 p.m. Misa todos los Viernes (SPANISH)
8:30 a.m. 1st Saturday Mass (ENGLISH)

Communion Services
8:30 a.m. Monday, Thursday (ENGLISH)

Adoration / Adoración
9:00 a.m. Wednesday (ENGLISH)
Divine Mercy, Adoration, Benediction
5:15 p.m. cada Viernes (SPANISH)
y La Coronilla de la Divina Misericordia

Sacrament of Reconciliation / Reconciliación
4:30 p.m. Every Saturday / Cada Sábado or by appointments

1st Fri. Anointing of the Sick / Unción de los Enfermos
9:00 a.m. (ENGLISH)
5:45 p.m. (SPANISH)

Parish Services see page 2

OFFICE INFO:
Tel.: (805) 528-5319
Fax.: (805) 528-8893
Cell.: (805) 235-8803
Email: seaschurchlo@gmail.com
Open: Tues. & Fri. 9 a.m.—1:00 p.m.
24/7 Anointing of the Sick or Last Rites: (805) 235-8803
Appointment with Pastor: Mon., Tues., Wed., Fri.

“At that time Jesus was led by the Spirit into the desert to be tempted by the devil...He said in reply, "It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God."

Mt 4: 1, 4

PRAYER OF SAINT 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.

VISION-MISSION STATEMENT
We are an all-welcoming Christ-centered community celebrating our deeply rooted Catholic traditions, respectful & appreciative of our multicultural diversity, journeying together to share family values and commitment to service.

DECLARACIÓN DE NUESTRA VISION y MISIÓN
Somos una comunidad totalmente acogedora y centrada en Cristo que celebrando nuestras tradiciones Católicas profundamente arraigadas, respetamos y apreciamos nuestra diversidad multicultural, caminamos juntos para compartir los valores de la familia y el compromiso al servicio.

REV. JOEY R. BUENA
Pastor
fjoeyseasparishlo@gmail.com

JAVIER SOTO OSORIO
Office Manager & Coordinator
Spanish Faith Formation, RCIA
javi.s.seaschurchlo@gmail.com

SUSAN TUTTLE
Music Coordinator
seaschurchlo@gmail.com

HEATHER HURLEY
Receptionist & Coordinator for English Faith Formation, RCIA
heatherh.seas.7@gmail.com

CRISTINA CURZI
Interim Bookkeeper

PARISH STAFF
ST. ELIZABETH ANN SETON PARISH
SCHEDULE OF SERVICES

<table>
<thead>
<tr>
<th>SERVICES</th>
<th>TIME</th>
<th>CONTACT</th>
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<tbody>
<tr>
<td><strong>MASS</strong></td>
<td><strong>4:30 pm to 5:00 pm</strong></td>
<td>Call parish office</td>
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<tr>
<td>CONFESSIO</td>
<td>Every Saturday</td>
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<tr>
<td>INFANT BAPTISM</td>
<td>Visit pastor</td>
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<tr>
<td>7 y/o &amp; above, ADULT BAPTISM, FIRST HOLY COMMUNION, CONFIRMATION</td>
<td>(English) Call</td>
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<tr>
<td>KIDS’ FIRST HOLY COMMUNION</td>
<td>Enrollment on June &amp; July only. Fees increase after.</td>
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<tr>
<td>TEENS’ CONFIRMATION</td>
<td>Enrollment on June &amp; July only. Fees increase after.</td>
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<tr>
<td>QUINCEÑERA</td>
<td>Visit pastor</td>
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<tr>
<td>PRESENTACIÓN</td>
<td>Every 7 pm</td>
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<tr>
<td>WEDDING</td>
<td>Visit pastor</td>
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<tr>
<td>ANNULMENT</td>
<td>Call parish for</td>
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<tr>
<td>ANOINTING OF THE SICK</td>
<td>First Friday</td>
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<td>LAST RITES</td>
<td>24/7 Contact asap</td>
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<tr>
<td>FUNERAL</td>
<td>Call parish for</td>
<td></td>
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<tr>
<td>BLESSING of NEW VEHICLE, RELIGIOUS ITEMS</td>
<td>Inform priest presider after Weekday &amp; Sunday Masses</td>
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<tr>
<td>BLESSING of NEW HOUSE, NEW SHOP</td>
<td>Call parish office</td>
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<tr>
<td>VISIT CHURCH for PERSONAL PRAYER &amp; ADORATION</td>
<td>Immediately after the 8:30 am weekday liturgies; Or drop by parish office every Tuesday &amp; Friday, from 9:00 am to 1:00 pm so that staff can open the church for you.</td>
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<tr>
<td>SPIRITUAL COUNSELING</td>
<td>Call parish office for appointment</td>
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<tr>
<td>MINOR EXORCISM</td>
<td>Call parish office for appointment</td>
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**WEEKEND READINGS (YR A)**

**WORD & EUCHARIST PGS: 170-174**

**NICENE CREED PGS: 26-28**

**2020 AMA: GROW IN FAITH**

Your generous gift to the 2020 Annual Ministry Appeal will help those in need and provide support and services to our brothers and sisters in Christ, as we Grow in Faith within the diocese and our local parish.

**EASTER EGGS**

We need your help! This year we have 2 Easter Egg hunts for the children this coming Easter.

Please bring your Easter eggs pre-filled with individually wrapped candy to the parish office by April 7th. Thank you for your generosity!

**MUSIC FOR FEB 29 & MARCH 1, 2020**

**ENGLISH MASSES**

Please listen to Cantor’s announcement for any changes.

<table>
<thead>
<tr>
<th>SONG NUMBER</th>
<th>SONG TITLE</th>
<th>GATHERING SONG</th>
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<tbody>
<tr>
<td>604</td>
<td>HERE I AM</td>
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</tr>
<tr>
<td>413</td>
<td>LOVING AND FORGIVING</td>
<td></td>
</tr>
<tr>
<td>464</td>
<td>HERE AT THIS TABLE</td>
<td></td>
</tr>
<tr>
<td>606</td>
<td>ON EAGLES WINGS</td>
<td></td>
</tr>
<tr>
<td>618</td>
<td>ONLY IN GOD</td>
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**SUN. MARCH 1—CHILDREN’S LITURGY OF THE WORD**

This Sunday, March 1, at the 9:00 am Mass is Children’s Liturgy of the Word. Children hear the Word broken open to them at an age appropriate level. Parents should accompany preschool children. Thanks!

**MON. MARCH 2—PEOPLE’S KITCHEN**

Our parish is making food for People’s Kitchen on Mon., March 2nd from 9-11:30am in our parish kitchen and serving at Prado from 12-12:30PM. Sign-up sheets are at the back of the church. Food & monetary donations are always welcome. Many thanks! Contact person is Sharon Kroll.

**FRI. March 6th—1ST FRIDAY MASS & ANOINTING OF THE SICK**

First Friday Mass and Anointing of the Sick is Friday March 6th. All are welcome.

**SAT. March 7—1ST SATURDAY ENGLISH MASS & HOLY ROSARY**

First Saturday Mass and Rosary are Saturday March 7th at 8:30 am. All are invited.

**SUN. March 8—TIME CHANGE TIME SPRINGS FORWARD 1 HOUR**

Daylight savings begins 2:00 am on Sunday March 8th. Time springs forward an hour. Please take note of this so that if you attend the Sunday Masses, you will not be caught off guard.

**FRIDAYS DURING LENT**

8:00am English Mass

**SPANISH FRIDAY LITURGIES (Lent only):**

5:15 pm Exposition of the Blessed Sacrament, Divine Mercy, Adoration, Benediction; 5:45-6:15 pm Spanish Mass

6:30 Stations of the Cross

7:00 pm Soup Supper
SAT. MARCH 14—PARISH PASTORAL COUNCIL MEETING

Parish Pastoral Council Meeting is Saturday, March 14, 2020. We will meet in the classrooms at 11:00AM. All parishioners are welcome.

SAT & SUN. MARCH 14/15—
2nd COLLECTION: CATHOLIC CHARITIES

The 2nd Collection on March 14 & 15th benefits Catholic Charities.

SUN. MARCH 15th
ST. PATRICK THEMED HOSPITALITY

Hospitality is being hosted March 15th by the Knights of Columbus. However since St. Patrick’s Day is Tuesday March 17th those of Irish-American descent are welcome to bring an Irish dish to share.

SUN. MARCH 22nd—ST. JOSEPH TABLE MEAL & FUNDRAISER

We need your help preparing Italian food & celebrating together. A sign-up list for food dishes is on the back tables of the church. You can also email or call Heather at the office. Heather.seas.7@gmail.com or (805) 528-5319.

Let's join together for our parish St. Joseph’s Table with food, family, laughter, and love while contributing to our St. Joseph’s Fund that helps those in need within our parish and local community. Thanks!

SUN. MARCH 29th—Int’l Festival Mtg. #1

The 1st Meeting for the International Festival will be Sunday March 29th at 10:30am in the Community Room. All are welcome.

STATIONS OF THE CROSS & LENTEN SUPPERS

Lent has always been a great opportunity to prepare for Easter through weekly Friday communal prayer of the Stations of the Cross followed by a shared meal. Times are forthcoming. More information on the Knights of Columbus’ Fish Fry benefitting our parish of St. Elizabeth Ann Seton will be forthcoming.

<table>
<thead>
<tr>
<th>7 pm FREE SOUP SUPPER / or LENT FUNDRAISER</th>
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<tbody>
<tr>
<td>DATE</td>
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<tr>
<td>6 March 2020</td>
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<td>13 March 2020</td>
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<td>20 March 2020</td>
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<tr>
<td>27 March 2020</td>
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<tr>
<td>3 April 2020</td>
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GUADALUPANAS FORMATION CLASS with FR. JOEY

This class has been moved from Marzo 3 to **Marzo 10, Martes at 6:30 pm**. All Guadalupanas, please bring your homework for discussion.

MARCH 20—KNIGHTS OF COLUMBUS FISH FRY BENEFITTING S.E.A.S.

Knights of Columbus is hosting a fish fry to benefit our parish as part of the Lenten Suppers that coincide with the Stations of the Cross. **PRE ORDER ONLY DEADLINE MARCH 15TH.**

Only 50 plates available, tickets will be given.

You can get buy tickets from Tom Salmon and Javier Soto after Saturday & Sunday Masses, or at the SEAS office during office hours. $10 a plate (fish, chips, and salad)

For more information see Tom Salmon of the Knights of Columbus.

A PRAYER AMIDST THE VIRUS SCARE

God our Father, we come to You in our need to ask Your protection against the covid-19 virus, that has claimed lives and has affected many. We pray for Your grace for the people tasked with studying the nature and cause of this virus and its disease and of stemming the tide of its transmission. Guide the hands and minds of medical experts that they may minister to the sick with competence and compassion, and of those governments and private agencies that must find cure and solution to this epidemic. We pray for those afflicted may they be restored to health soon. Grant us the grace to work for the good of all and to help those in need. Grant this through our Lord, Jesus Christ, your Son, Who lives and reigns with You, in the unity of the Holy Spirit, God, forever and ever. Amen.


PLANNING FOR A CATHOLIC BURIAL AND FUNERAL

Life is so full of joy – none of us likes to think much about death. It’s an uncomfortable topic, but it is inevitable. Staff members from Old Mission Catholic Cemetery in San Luis Obispo are available to discuss the spiritual and practical reasons for learning about how to plan a Catholic funeral and burial for yourself and your loved ones. These rites are an integral part of the Church and our Catholic community, and burying the dead is one of the Corporal Works of Mercy. If you would like to better understand the importance of a Catholic funeral and burial, the Church’s position on alternatives such as cremation, and other helpful information, call for an appointment at Old Mission Cemetery, (805) 541-0584. Pre-planning and making your wishes known can be a great gift to your family.

EASTER WHITE ORCHIDS

Due to increase in parishioner allergies to lilies we are going to use white orchids this Easter. How can you help?

Bring a white orchid in bloom to the church on Good Friday with the clearly printed name of your loved one attached.

Names of your loved ones will be listed in the bulletin. Thank you.

2020 CENSUS

STAND UP AND BE COUNTED!

The 2020 Census begins April 1st. It is crucial that EVERYONE be counted, because government investments and services are based on census counts. Hospitals and clinics, homeless shelters, road projects, legal services for vulnerable people, food programs and more all depend on census numbers. When people are not counted, there is a gap between what the government funds and what the real need is. The Church does its best to fill that gap, but we can’t do it all. The smaller the gap, the better it is for everyone. Be sure to STAND UP AND BE COUNTED, and urge all your friends to do it, too!

FEB 22 & 23 WEEKEND DONATION REPORT

Thank you for your generous support of our parish. Below reflects last week’s financial contributions. ELECTRONIC GIVING is reported monthly, not weekly. Thank you for your contributions. God bless you a hundredfold!

<table>
<thead>
<tr>
<th>DATE</th>
<th>ITEM</th>
<th>CONTACT</th>
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<tbody>
<tr>
<td>6 March 2020</td>
<td>Soup (Spanish)(Free)</td>
<td>Adriana Ramirez</td>
</tr>
<tr>
<td>13 March 2020</td>
<td>Soup (Filipino) (Free)</td>
<td>Josie Galo</td>
</tr>
<tr>
<td>20 March 2020</td>
<td>Fish Fry Parish Fundraiser</td>
<td>Knights of Columbus</td>
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<tr>
<td>27 March 2020</td>
<td>TBD</td>
<td>TBD</td>
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<tr>
<td>3 April 2020</td>
<td>TBD</td>
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**2020 CENSUS TOTAL WEEKEND INCOME**

Saturday, 5:30 pm English $ 265 .00
Sunday, 9:00 am English Mass $ 743 .00
Sunday, 1:00 pm Spanish Mass $ 358 .00
Saturday, 5:30 pm English Mass Red Env. $ 70 .00
Sunday, 9:00 am English Mass Red Env. $ 463 .00
Sunday, 1:00 pm Spanish Mass Red Env. $ 90 .00
Chests of Hope (all masses) $ 173 .22

Total Weekend Income $ 2,162 .22
## SCHEDULE OF MASSES, READINGS & INTENTIONS

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>INTENTIONS</th>
<th>READINGS YEAR A</th>
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<tbody>
<tr>
<td><strong>Saturday, Vigil</strong>&lt;br&gt;First Sunday of Lent&lt;br&gt;29 February 2020</td>
<td>4:30 to 5:00pm Confession&lt;br&gt;5:30 pm English Mass</td>
<td>5:30pm: † Rosalie Mijares</td>
<td>Gn 2:7-9, 3:1-7&lt;br&gt;Ps 51: 3-6, 12-13, 17&lt;br&gt;Rom 5:12-19 or 5:12, 17-19&lt;br&gt;Mt 4:1-11</td>
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<tr>
<td><strong>First Sunday of Lent</strong>&lt;br&gt;1 March 2020</td>
<td>9:00 am English Mass&lt;br&gt;1:00pm Spanish Mass</td>
<td>9:00am: † Bill &amp; † Alice Pedigo; Hilary Pedigo&lt;br&gt;1:00 pm: † Bonifacio &amp; † Rosario Hemosura</td>
<td>Gn 2:7-9, 3:1-7&lt;br&gt;Ps 51: 3-6, 12-13, 17&lt;br&gt;Rom 5:12-19 or 5:12, 17-19&lt;br&gt;Mt 4:1-11</td>
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<tr>
<td><strong>Monday</strong>&lt;br&gt;1st Week of Lent&lt;br&gt;2 March 2020</td>
<td>8:30am Communion Service</td>
<td>8:30am: Communion Service</td>
<td>Lv 19:1-2, 11-18&lt;br&gt;Ps 19: 8-10, 15&lt;br&gt;Mt 25:31-46</td>
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<tr>
<td><strong>Tuesday</strong>&lt;br&gt;1st Week of Lent&lt;br&gt;3 March 2020</td>
<td>8:30am English Mass</td>
<td>8:30am: † Frank Wasley</td>
<td>Is 55:10-11&lt;br&gt;Ps 34: 4-7, 16-19&lt;br&gt;Mt 6:7-15</td>
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<tr>
<td><strong>Wednesday</strong>&lt;br&gt;1st Week of Lent&lt;br&gt;4 March 2020</td>
<td>8:30am English Mass&lt;br&gt;9-10am Exposition of the Blessed Sacrament, English Divine Mercy, Adoration, Benediction</td>
<td>8:30am:</td>
<td>Jon 3:1-10&lt;br&gt;Ps 51: 3-4, 12-13, 18-19&lt;br&gt;Lk 11:29-32</td>
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<tr>
<td><strong>Thursday</strong>&lt;br&gt;1st Week of Lent&lt;br&gt;5 March 2020</td>
<td>8:30am Communion Service</td>
<td>8:30am: Communion Service</td>
<td>Est C:12, 14-16, 23-25&lt;br&gt;Ps 138: 1-3, 7c-8&lt;br&gt;Mt 7:7-12</td>
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<tr>
<td><strong>Friday</strong>&lt;br&gt;1st Week of Lent&lt;br&gt;6 March 2020</td>
<td>8:30am First Friday English Mass&lt;br&gt;5:15 pm Exposition of the Blessed Sacrament, Spanish Divine Mercy, Adoration, Benediction</td>
<td>8:30am:</td>
<td>Ez 18:21-28&lt;br&gt;Ps 130: 1-6&lt;br&gt;Mt 5:20-26</td>
</tr>
<tr>
<td><strong>Saturday, Vigil</strong>&lt;br&gt;Second Sunday of Lent&lt;br&gt;7 March 2020</td>
<td>8:30am First Saturday English Mass&lt;br&gt;4:30 to 5:00pm Confession&lt;br&gt;5:30 pm English Mass</td>
<td>8:30am:</td>
<td>Gn 12:1-4a&lt;br&gt;Ps 33: 4-5, 18-20, 22&lt;br&gt;2 Tm 1:8b-10&lt;br&gt;Mt 17:1-9</td>
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<tr>
<td><strong>Second Sunday of Lent</strong>&lt;br&gt;8 March 2020</td>
<td>9:00 am English Mass&lt;br&gt;1:00pm Spanish Mass</td>
<td>9:00am: Rita Davis (1 of 2)</td>
<td>Gn 12:1-4a&lt;br&gt;Ps 33: 4-5, 18-20, 22&lt;br&gt;2 Tm 1:8b-10&lt;br&gt;Mt 17:1-9</td>
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## LET US PRAY FOR THE FOLLOWING / OREMOS POR

- Timothy Ketcherside<br>- John LeNoeux<br>- Peter Hewitt<br>- Jere Bresnan<br>- Fely Platou<br>- Mary Cavagnaro<br>- Bonifacio Garcia<br>- Michael Dubert<br>- Steven Greene<br>- Rafael & Margarita Garcia<br>- Frances Meehan<br>- Emily Summer<br>- David Wright<br>- Aurea Cruz<br>- Nathan Berry<br>- Robert Ruiz<br>- June Vivianne<br>- Sylvia Radford<br>- Eleanor Brown<br>- Sarah & Josh Matthews<br>- Michael Vella<br>- Lila Martinez<br>- Australian Kreyous<br>- Carolyn Lemos<br>- Toshi Meeshan<br>- Robert Green Sr.<br>- Helen Maciel<br>- Susi Reich<br>- Sidney & Dorsey Dunton<br>- Elsa Fajardo<br>- Irene Canasteda<br>- Mary de Angelo<br>- Jessica Ketcherside<br>- Fr. Derek Hughes<br>- Joe O’Brien<br>- Dolores R. Buena<br>- Rosemarie Greeneville<br>- Aaron Kondzela<br>- Donna Nichols<br>- Colleen Clark<br>- Leonora Eublera<br>- Daniel Quintana<br>- Mark Woelfle<br>- The Rivers Family<br>- Daniel Nunez<br>- Hildy, Nick, Louis, Dolores, Estrella, Jaelyn Gonz<br>- Brian Pedigo and family<br>- Shawn Clarke<br>- Regina Helm<br>- Gildo Palermo<br>- Dolores Doyle<br>- Russell Wells<br>- Jacqueline Lohmeier<br>- John Miller<br>- Barbara Pinedo<br>- Pascho Pinedo<br>- Ann Harris<br>- Ernestine Beever<br>- Loren Ketcherside

## ETERNAL REST GRANT UNTO THEM O LORD. LET YOUR PERPETUAL LIGHT SHINE UPON THEM. MAY THE SOULS OF THE FAITHFULLY DEPARTED, THROUGH THE MERCY OF GOD, REST IN PEACE. AMEN.
March 2020 Liturgical Calendar

3/1 First Sunday of Lent
   *Study: Forgiveness: Session 1 - Where are You?/Perdóno: Sesión 1 - ¿Dónde estás?
   *Read: Meditations for Lent

3/7 Saints Perpetua and Felicity
   *Watch: The Passion of Saint Perpetua/La pasión de Santa Perpetua
   *Kids: The Story of Saint Perpetua/La historia de Santa Perpetua

3/8 Second Sunday of Lent
   *Watch: Ready Reasons: Was Jesus’ Sacrifice Enough?
   *Listen: My Beloved Son

3/13 Anniversary of the Election of Pope Francis
   *Watch: Francis: Pope of the Renewal
   *Listen: The Pope by Dr. Scott Hahn

3/15 Third Sunday of Lent
   *Watch: Did Jesus Really Rise from the Dead?
   *Listen: The Passion of Christ in Light of the Holy Shroud of Turin

3/17 Saint Patrick
   *Watch: In the Footsteps of Saint Patrick
   *Listen: The Trials of Saint Patrick

3/19 Saint Joseph
   *Watch: Joseph of Nazareth/José de Nazaret
   *Listen: St. Joseph: Patron of the Universal Church
   *Listen: Parenting for Purity by Jason Evert

3/22 Fourth Sunday of Lent
   *Read: The Year and Our Children
   *Listen: The Year and Our Children (Audio Version)

3/25 The Annunciation
   *Study: Symbolon, Knowing the Faith: Session 4: The Story of Salvation
   *Study: The Bible and the Virgin Mary: Lesson 2 - The Handmaid of the Lord
   *Listen: The History of Salvation

3/29 Fifth Sunday of Lent
   *Study: Lectio: Salvation - Not Just a Legal Transaction
   *Kids: Brother Francis - Let’s Learn about Lent

*available in both English and Spanish

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“Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion.”

Pope Francis, Message for Lent 2019
March 1, 2020

Lent is a time for reflection, repentance and restoration. Jesus offers forgiveness to us through the Sacrament of Reconciliation. As Catholics, we are called to experience Reconciliation at least once a year. We encourage you to begin your Lenten journey with a clean heart and an open mind.

**Examination of Conscience**

**BY FATHER LARRY RICE**

In the Catholic spiritual tradition, we have a method of self-evaluation that might be a valuable spiritual exercise at this time of year. It’s called an “examination of conscience.” Although there are lots of different forms of this exercise, all of them are comprised of a structured list of questions to ask yourself, designed to help you determine where you might have gone wrong, what your spiritual weaknesses are, and even what you should have done that maybe you neglected to do.

If you’ve never done a formal examination of conscience, this might seem like a big downer. But this is a list that’s just between you and God. There’s no need to sugarcoat it. If, after going through the exercise, you’ve discovered some serious issues needing reconciliation and forgiveness, then you’re well prepared for the Sacrament of Reconciliation or confession. At a minimum, you’ll be able to base your Lenten sacrifice on something concrete.
A Brief Examination of Conscience Based on the Ten Commandments

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord’s Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation? Do I avoid, when possible, work that impedes worship to God, joy for the Lord’s Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor’s spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor’s goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Act of Contrition

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more,

and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us.

In his name, my God, have mercy.
Replace your old washing machine with a new one;
No cost to you, no publicity;
Includes installation;
Parishioner-funded through a water conservation program;
Intended to replace older water-inefficient machines;
Must be in the Los Osos water conservation area;
Call Pete for information at (805) 528-8238.