

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.

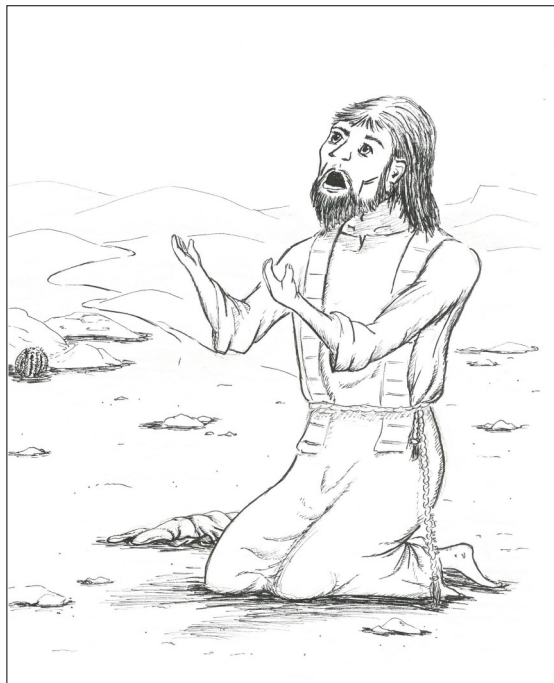
24/7 Anointing of the Sick

or Last Rites: (805) 235-8803

Appointment with Pastor: Mon., Tues., Wed., Fri.



SCAN QR CODE
with SMARTPHONE APP for
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“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.*”

En aquel tiempo, Jesús fue conducido por el Espíritu al desierto, para ser tentado por el demonio...Jesús le respondió: “Está escrito: No sólo de pan vive el hombre, sino también de toda palabra que sale de la boca de Dios”.

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.

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 fidelidad, para que haciendo lo que deseas seamos más agradables a Ti. Amén.

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**.

PARISH STAFF

REV. JOEY R. BUENA

Pastor

frjoeyseasparishlo@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

WEEKEND READINGS (YR A)

WORD & EUCHARIST PGS: 170-174

NICENE CREED PGS: 26-28

ST. ELIZABETH ANN SETON PARISH SCHEDULE OF SERVICES

MASSES, ADORATION	See pages 1 & 4
CONFESSION	Every Saturday, 4:30 pm to 5:00 pm. Or call parish office for appointment.
INFANT BAPTISM (newborn to 6 y/o)	Visit pastor 3 months before intended date. Emergency baptism (for recipient in danger of death: parent/s call pastor asap [805] 235-8803).
7 y/o & above, ADULT BAPTISM, FIRST HOLY COMMUNION, CONFIRMATION	(English) Call Heather at office for appointment. (Spanish) Call Javier at office for appointment. For English & Spanish Adult Catechesis, please contact Heather or Javier at parish office.
KIDS' FIRST HOLY COMMUNION	Enrollment on June & July only. Fees increase after. Classes begin October. (A two-year program, starts Gr. 1.) First Holy Communion on 2nd year, Feast of Corpus Christi.
TEENS' CONFIRMATION	Enrollment on June & July only. Fees increase after. Classes begin October. (A two-year program, starts Gr. 9.) Confirmation on 2nd year, on or after Solemnity of Pentecost.
QUINCEAÑERA	Visit pastor 6 months before intended date; Must be enrolled in Confirmation Program; Attend Quinceañera Class.
PRESENTACIÓN	Every 7 pm Spanish Friday Mass, or by appointment
WEDDING	Visit pastor 6 months before intended date;
ANNULMENT	Call parish for appointment with pastor.
ANOIDING OF THE SICK	Every First Friday after Mass; days before surgery, when seriously ill, contact 1(805) 235-8803.
LAST RITES	24/7 Contact asap 1(805) 235-8803.
FUNERAL	Call parish office asap.
BLESSING of NEW VEHICLE, RELIGIOUS ITEMS	Inform priest presider after Weekday & Sunday Masses
BLESSING of NEW HOUSE, NEW SHOP	Call parish office for appointment
VISIT CHURCH for PERSONAL PRAYER & ADORATION	Immediately after the 8:30 am weekday liturgies; Or drop by parish office every Tuesday & Friday, from 9:00 am to 1:00 pm so that staff can open the church for you.
SPIRITUAL COUNSELING	Call parish office for appointment
MINOR EXORCISM (Deliverance Prayer) NOT solemn exorcism	Call parish office for appointment

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 in 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!

The primary music ministers are the faithful who attend the Mass. Musicians & cantors serve the faithful so that all can actively participate. I encourage everyone, let us sing & praise God together! Fr. Joey

MUSIC FOR FEB 29 & MARCH 1, 2020 ENGLISH MASSES

Please listen to Cantor's announcement for any changes

	SONG TITLE	SONG NUMBER
GATHERING SONG	HERE I AM	604
OFFERTORY	LOVING AND FORGIVING	413
COMMUNION	HERE AT THIS TABLE	464
MEDITATION (READINGS RELATED)	ON EAGLES WINGS	606
SENDING FORTH	ONLY IN GOD	618

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 & ANOIDING OF THE SICK

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

English Mass & Anointing: 8:30 am
Spanish Mass & Anointing: 5:45 pm

(Spanish Adoration each Friday during Lent is at 5:15 pm)

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. Heatherh.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.

7 pm FREE SOUP SUPPER / or LENT FUNDRAISER

DATE	ITEM	CONTACT
6 March 2020	Soups (Spanish)(Free)	Adriana Ramirez
13 March 2020	Soups (Filipino) (Free)	Josie Galo
20 March 2020	Fish Fry Parish Fundraiser	Knights of Columbus
27 March 2020	TBD	TBD
3 April 2020	TBD	TBD

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.

Mary Help of all Christians, pray for us. St. Raphael the Archangel, pray for us. St. Rock, pray for us. St. Elizabeth Ann Seton, pray for us. 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 (April 10th) 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!

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

DATE	TIME	INTENTIONS	READINGS YEAR A
Saturday, Vigil First Sunday of Lent 29 February 2020	4:30 to 5:00pm Confession 5:30 pm English Mass	5:30pm: † Rosalie Mijares	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
First Sunday of Lent 1 March 2020	9:00 am English Mass 1:00pm Spanish Mass	9:00am: †Bill & †Alice Pedigo; Hilary Pedigo 1:00 pm: †Bonifacio & †Rosario Hermosura	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 2 March 2020	8:30am Communion Service	8:30am: Communion Service	Lv 19:1-2, 11-18 Ps 19: 8-10, 15 Mt 25:31-46
Tuesday 1st Week of Lent 3 March 2020	<i>Saint Katharine Drexel, Virgin</i> 8:30am English Mass	8:30am: † Frank Wasley	Is 55:10-11 Ps 34: 4-7, 16-19 Mt 6:7-15
Wednesday 1st Week of Lent 4 March 2020	8:30am English Mass 9-10am Exposition of the Blessed Sacrament, English Divine Mercy, Adoration, Benediction	8:30am:	Jon 3:1-10 Ps 51: 3-4, 12-13, 18-19 Lk 11:29-32
Thursday 1st Week of Lent 5 March 2020	8:30am Communion Service	8:30am: Communion Service	Est C:12, 14-16, 23-25 Ps 138: 1-3, 7c-8 Mt 7:7-12
Friday 1st Week of Lent 6 March 2020	8:30am First Friday English Mass 5:15 pm Exposition of the Blessed Sacrament, Spanish Divine Mercy, Adoration, Benediction 5:45-6:15 pm Spanish Mass 6:30 pm Stations of the Cross 7:00 pm Soup Supper for All	8:30am: 5:45pm:	Ez 18:21-28 Ps 130: 1-8 Mt 5:20-26
Saturday, Vigil Second Sunday of Lent 7 March 2020	8:30am First Saturday English Mass 4:30 to 5:00pm Confession 5:30 pm English Mass	8:30am: 5:30pm:	Gn 12:1-4a Ps 33: 4-5, 18-20, 22 2 Tm 1:8b-10 Mt 17:1-9
Second Sunday of Lent 8 March 2020	9:00 am English Mass 1:00pm Spanish Mass	9:00am: Rita Davis (1 of 2) 1:00 pm:	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 FOLLOWING / OREMOS POR

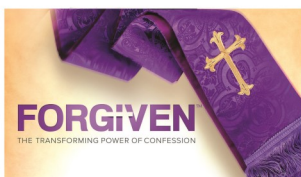
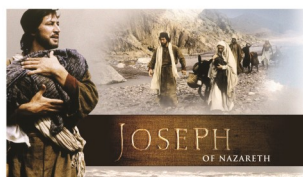
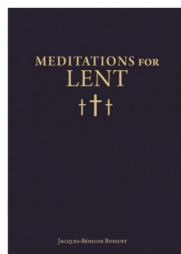
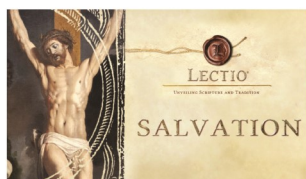
* Timothy Ketcherside * John LeNoue * Peter Hewitt * Jere Bresnan * Fely Platou * Mary Cavagnaro * Bonifacio Garcia * Michael Culbertson * Steven Greenville * Rafael & Margarita Garcia * Frances Meehan * Emily Sumner * David Wright * Aurea Cruz * Nathan Berry	* Robert Ruiz * June Vivianne * Sylvia Radford * Eleanor Brown * Sarah & Josh Matthews * Michael Vella * Lila Martinez * Darleen Krouse * Carolyn Lemos * Toshi Meehan * Robert Green Sr. * Helen Maciel * Susi Reich * Sidney & Dorsey Dunton * Elisa Fajardo	* Irene Castaneda * Mary de Angelo * Jessica Ketcherside * Fr. Derek Hughes * Joe O'Brien * Dolores R. Buena * Rosemarie Greenville * Aaron Kondziola * Maggie Quinn * Donna Nichols * Colleen Clark * Leonora Eublera * Daniel Quintana * Mark Woehrle * The Rivers Family	* Daniel Nunez * Nola Nick, Louis Dolores, Estrella, Jaelynn Soto * Brian Pedigo and family * Shawn Clarke * Regina Helm * Guido Palermo * Dolores Doyle * Russell Wells * Jacque Lohmeier * John Miller * Barbara Pinedo * Pancho Pinedo * Ann Harris * Ernestine Beevers * Loren Ketcherside	* Brian Hampton * Madeline Bozena * Meekayla Bejarano * Dee Mace * Freddie Fernandez * Albert Calizo * Margherita 'Rita' Davis * Nenet Suyat * Loren Hamlin
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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.

†Helen Penwell †Charles Penwell †Harold Platou †Larry Mischel †Dwight Mobley †Gertrude Stimson †John D. Walsh †Elizabeth Martinez †Orelia Labra †Severino Repollo †Justo Yasay †Joe Greene †Cristina Patterson †Filippo Mazzulla †Elena Aurelio †Homero Paredes †Ermina Manuel †Deacon Jim Cooper †Emma Nieman †Rodrigo Martinez †Reyna Gomez †Lourdes Lepisto †James Engley †Simonne Townsend †Fernando Marcos	†Cecilia Marcos †William Schanberger †UMartha Smith †Eusebio Galo †Melinda Rose †Julia Ortiz †Guillermo dela Cruz †Seratin Sepulveda †Hermila Arguello †Anatalia Ortiz †Ulolita dela Cruz †Mason & Simon Brito †Pat Wright †Joseph Cavagnaro †Manuel John Reis. †Lawrence Uthe †Margaret Uthe †Joe Fraga †Msgr Joseph Stieger †Fr. Ken Brown †Fr. Michael Bell †Lyn Ketcherside †Robert Beevers †Arcadio Tambo †Cleta Tambo	†Dionisio Acain †Aurelia Acain †Dick O'Melveny †Jim Stewart †Jaime Repollo †Paulina Y. Andres †Gabriel Osorio †Dennis A. O'Brien †Michael Brito †Venustiana Rodriguez †Selestino Salgado †Mary Prendergast †Melicia Garcia †Felicitas Castillo †Antonio Medrano †Tombo †William (Bill) Kemble †Diana Nishura †Grace Tevis †Jerica Elaine Harris †Paul Landry †Casimira Asuncion †Carol Ann Burns †Andy Boy de la Cruz, Jr. †Fr. Harry Freiermuth	†Crescenciana Gaila †Ismael Ibat Tombo †Maria Carmen Zaragoza †Bulb Casper †Fr. Ray Ron †Manano Rustia †Robert Townsend †Sherman Lemos †Otilia Cruz †Wenceslao Garcia †Erich Reich †Mike Wright †Fr. Lawrence Betzoff †Nicky Miller †General Mason †Mary Friedman †Shirley Rustia †Gerry Wellman †Evelyn Pellaton †Chuck Ice †Mary Jo Semonsen †Kevin Lynch †John Greenville †Norman Charette	†John de Angelo †Pat Klenck †Beverly Jean Rocha †Adelaida Gabatin †Guadalupe Haugh †Julia Keefe †Bishop Richard Garcia †William K. Lander †Kathleen Patricia Crawford †Joseph Carlson †Marlin Basti †Manuel Ayala Arroyo †Shirley Matthews †David Bresnan †Lydia Caloca Green †Myrna Oliveros †Mina Cantorna †Adela Patague †Remy Lejeune †Anthony Sperlazzo †Cecilia Delnes †Doris Stanley †Aric Clarke	†Clifford Newgard †Regina Newgard †Gregory Newgard †Marciano ngan †Candido D. Buena Jr. †Jaime Manuel †Medalliana Patague †Margaret Lucero †Ibuproio Castillo †Martin Hernandez †Edwin Quintana †Alfred Castaneda †Jose Guadalupe Toral †Liliana Isabel Clark †Rodney Maciel †Candido Orlino Aurelio, Sr. †Hugo Conti †Shelia Pouraghabagher †Claudette Steenberg †Frank Wasley
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WHAT TO WATCH THIS MONTH

MARCH



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March 2020 Liturgical Calendar

- 3/1 First Sunday of Lent**
**Study:* Forgiven: Session 1 - Where are You?/Perdonado: 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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The First Sunday of Lent



Getty Images

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.



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**FLOWERS
 for
 EVENTS**



**Wisdoms from
 the Porch**

Exploring the many ways we age.

March 11, 2020, 2-4pm

**Monastery of the
 Risen Christ**
 2308 O'Connor Way
 San Luis Obispo

RSVP with Steve Willey
 805-547-7025, ext. 2021
 swilley@wilshirehcs.org

**Suggested Donation
 \$20.00**

Wisdom from the Porch is a series of workshops created by Wilshire Health & Community Services volunteers, Anne and Bill Degnan, to provide seniors with a forum to reflect on all aspects of life's journey. These workshops provide an affirmative environment, place and framework and encourage seniors to openly discuss the physical, emotional and spiritual challenges that engage us all as we age. Co-facilitated by Steve Willey, Director of Volunteer & Community Education for Wilshire Health and Community Services, this first session, I Am Somebody, will focus on reconnecting and staying in touch with the fullness of our lives as we age.



WILSHIRE
 HEALTH & COMMUNITY SERVICES, INC

Wilshire Health & Community Services is a not-for-profit, 501(c)3, tax-exempt organization.

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 MACHINE**

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- 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.

#4

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 PARISH OFFICE.**