**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.

**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.

**PARISH STAFF**

**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

**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.

**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.

**VISION**

**MISSION**

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.

“Ahí se transfiguró en su presencia: su rostro se puso resplandeciente como el sol y sus vestiduras se volvieron blancas como la nieve. De pronto aparecieron ante ellos Moisés y Elías, conversando con Jesús... Cuando aún estaba hablando, una nube luminosa los cubrió y de ella salió una voz que decía: “Éste es mi Hijo muy amado, en quien tengo puestas mis complacencias; escúchenlo.”

Mt 17: 2-3, 5
ST. ELIZABETH ANN SETON PARISH
SCHEDULE OF SERVICES

MASSES, ADORATION

See pages 1 & 4

CONFIRMATION

Every Saturday, 4:30 pm to 5:00 pm.
Or call parish office for appointment.

INFANT BAPTISM

Visit pastor 3 months before intended date.
Emergency baptism (for recipient in danger of death:

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 Catechisis, please contact
Heather or Javier at parish office.

KIDS’ FIRST HOLY COMMUNION

Enrollment on June & July only. Fees increase after.
(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.
(For Spanish Adult Catechisis, please contact
Heather or Javier at parish office.

QUINCEÑERA

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.

ANOINTING OF THE SICK

Every First Friday after Mass; days before surgery,
when seriously ill, contact [805] 235-8803.

LAST RITES

24/7 Contact asap [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

FRIDAYS DURING LENT

8:30am 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

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

MUSIC FOR MARCH 7 & 8, 2020
ENGLISH MASSES
Please listen to Cantor’s announcement
for any changes

<table>
<thead>
<tr>
<th>SONG TITLE</th>
<th>SONG NUMBER</th>
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<tbody>
<tr>
<td>GATHERING</td>
<td>O LOVE OF GOD</td>
</tr>
<tr>
<td>OFFERTORY</td>
<td>BREAD FOR THE WORLD</td>
</tr>
<tr>
<td>COMMUNION</td>
<td>IN THIS PLACE</td>
</tr>
<tr>
<td>MEDITATION (READINGS RELATED)</td>
<td>ENDLESS IS YOUR LOVE</td>
</tr>
<tr>
<td>SENDING FORTH</td>
<td>HERE I AM</td>
</tr>
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</table>

ENGLISH LENTEN TALK & CONFessions

WHEN: March 12, Thursday, 6:30 pm
ALL CONFIRMATION STUDENTS ARE REQUIRED TO ATTEND.
ALL ARE WELCOME!

SPANISH LENTEN TALK & CONFessions

WHEN: March 19, Thursday, 6:30 pm
ALL CONFIRMATION STUDENTS ARE REQUIRED TO ATTEND.
ALL ARE WELCOME!

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!

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.

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
may minister to the sick with competence and compassion, and of
those governments and private agencies that must find cure and solu-
tion 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
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 14th & 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’S 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

<table>
<thead>
<tr>
<th>DATE</th>
<th>ITEM</th>
<th>CONTACT</th>
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<tbody>
<tr>
<td>6 March 2020</td>
<td>Soups (Spanish)(Free)</td>
<td>Adriana Ramirez</td>
</tr>
<tr>
<td>13 March 2020</td>
<td>Soups (Filipino) (Free)</td>
<td>Josie Galo</td>
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<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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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 & FRIENDS—FISH FRY FOR 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 IS ENCOURAGED. DEADLINE MARCH 15TH. Meals available increased to 100 plates! Tickets will be given.
You can 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.

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.

Our goal this year is $40,000.

$11, 500 of the money returned by the Diocese will go toward the repair and asphalting of the parking lots as well as light sensors in the bathrooms.

THANK YOU VERY MUCH!

Annual Ministry Appeal: Grow in Faith
Information reflective of Diocesan Report: 3 March 2020

<table>
<thead>
<tr>
<th>Donors through S.E.A.S.:</th>
<th>2</th>
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<tbody>
<tr>
<td>Amount Pledged:</td>
<td>$ 640.00</td>
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<tr>
<td>Total Amount Donated:</td>
<td>$ 80.00</td>
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<tr>
<td>Amount Needed by Diocese:</td>
<td>$8,500.00</td>
</tr>
<tr>
<td>Amount Returning to SEAS:</td>
<td>none yet</td>
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“CHEST OF HOPE” UPDATE
February Chest of Hope Donation Total: $ 145.77
Thank you! Your returned Chest of Hope, benefitting local parish needs, may be found on the back table of the church. Our next collection dates are March 28 & 29.

FEB 26 ASH WEDNESDAY DONATION REPORT
Thank you for your generous support of our parish. Below reflects last week’s financial contributions.

Wednesday, 8:30 am English $ 192 .00
Wednesday, 8:30 am English Mass Red Env. $ 108 .00
Wednesday, 9:00 am Spanish Mass $ 85 .00
Wednesday, 1:00 pm Spanish Mass Red Env. $ 287 .00
Total Ash Wednesday Donation $ 672 .00

FEB 29 & MAR 1 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 $ 182 .00
Sunday, 9:00 am English Mass $ 856 .00
Sunday, 1:00 pm Spanish Mass $ 193 .00
Saturday, 5:30 pm English Mass Red Env. $ 175 .00
Sunday, 9:00 am English Mass Red Env. $ 192 .00
Sunday, 1:00 pm Spanish Mass Red Env. $ 80 .00
Chests of Hope (all masses) $ 145 .77
Total Weekend Donation $ 1823 .77
# 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;7 March 2020</td>
<td><strong>8:30am First Saturday</strong>&lt;br&gt;4:30 to 5:00pm English Mass&lt;br&gt;5:30 pm English Mass</td>
<td><strong>8:30am:</strong>&lt;br&gt;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>
<td><strong>Gn 12:1-4a</strong>&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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<td><strong>Second Sunday of Lent</strong>&lt;br&gt;8 March 2020</td>
<td><strong>9:00 am</strong> English Mass&lt;br&gt;1:00pm Spanish Mass</td>
<td><strong>9:00am:</strong>&lt;br&gt;Rita Davis (1 of 2)&lt;br&gt;1:00 pm:</td>
<td><strong>Gn 12:1-4a</strong>&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>Monday</strong>&lt;br&gt;2nd Week of Lent&lt;br&gt;9 March 2020</td>
<td><strong>8:30am Communion Service</strong>&lt;br&gt;<strong>8:30am:</strong> Communion Service</td>
<td><strong>Dn 9:4b-10</strong>&lt;br&gt;Ps 79: 8-9, 11, 13&lt;br&gt;Lk 6:36-38</td>
<td><strong>Dn 9:4b-10</strong>&lt;br&gt;Ps 79: 8-9, 11, 13&lt;br&gt;Lk 6:36-38</td>
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<td><strong>Tuesday</strong>&lt;br&gt;2nd Week of Lent&lt;br&gt;10 March 2020</td>
<td><strong>8:30am English Mass</strong>&lt;br&gt;<strong>9:30am Funeral Mass ©Richard Burns</strong></td>
<td><strong>Is 1:10, 16-20</strong>&lt;br&gt;Ps 50: 8-9, 16bc-17, 21, 23&lt;br&gt;Mt 23:1-12</td>
<td><strong>Is 1:10, 16-20</strong>&lt;br&gt;Ps 50: 8-9, 16bc-17, 21, 23&lt;br&gt;Mt 23:1-12</td>
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<tr>
<td><strong>Wednesday</strong>&lt;br&gt;2nd Week of Lent&lt;br&gt;11 March 2020</td>
<td><strong>8:30am English Mass</strong>&lt;br&gt;9-10am: Exposition of the Blessed Sacrament, English Divine Mercy, Adoration, Benediction</td>
<td><strong>7pm Quinceañera Rehearsal</strong></td>
<td><strong>7pm Quinceañera Rehearsal</strong></td>
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<tr>
<td><strong>Thursday</strong>&lt;br&gt;2nd Week of Lent&lt;br&gt;12 March 2020</td>
<td><strong>8:30am Communion Service</strong>&lt;br&gt;<strong>6:30pm</strong> English Lenten Reflection &amp; Confessions</td>
<td><strong>8:30am:</strong> Communion Service&lt;br&gt;<strong>7pm</strong>: English Lenten Reflection &amp; Confessions</td>
<td><strong>8:30am:</strong> Communion Service&lt;br&gt;<strong>7pm</strong>: English Lenten Reflection &amp; Confessions</td>
</tr>
<tr>
<td><strong>Friday</strong>&lt;br&gt;2nd Week of Lent&lt;br&gt;13 March 2020</td>
<td><strong>8:30am English Mass</strong>&lt;br&gt;5:15 pm: Exposition of the Blessed Sacrament, Spanish Divine Mercy, Adoration, Benediction</td>
<td>**5:45pm:**Soup Supper for All</td>
<td>**5:45pm:**Soup Supper for All</td>
</tr>
<tr>
<td><strong>Saturday, Vigil</strong>&lt;br&gt;Third Sunday of Lent&lt;br&gt;14 March 2020</td>
<td><strong>1pm Quinceañera Samantha Alfaro</strong>&lt;br&gt;4:30 to 5:00pm Confession</td>
<td><strong>5:30pm:</strong></td>
<td><strong>5:30pm:</strong></td>
</tr>
<tr>
<td><strong>Third Sunday of Lent</strong>&lt;br&gt;15 March 2020</td>
<td><strong>9:00 am English Mass</strong>&lt;br&gt;<strong>1:00pm Spanish Mass</strong></td>
<td><strong>9:00am:</strong> Rita Davis (2 of 2)&lt;br&gt;1:00 pm:</td>
<td><strong>Ex 17:3-7.  Ps 95: 1-2, 6-9&lt;br&gt;Rom 5:1-2, 5-8&lt;br&gt;Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42</strong></td>
</tr>
</tbody>
</table>

## LET US PRAY FOR THE FOLLOWING / OREMOS POR

- Timothy Ketcherside
- John LoNeoue
- Peter Hewitt
- Jere Bresnan
- Fely Platio
- Mary Cavagnaro
- Bonifacio Garcia
- Michael Cubertson
- Steven Greenville
- Rafael & Margarita Garcia
- Frances Meehan
- Emily Sumner
- David Wright
- Aurea Cruz
- Nathan Berry
- Robert Ruiz
- June Vivianinne
- Sylvie Radford
- Steven Greenville
- Michael Vella
- Lila Martinez
- Darleen Krouse
- Carolyn Lemos
- Tosh Meehan
- Robert Green Sr.
- Helen Maciel
- Susi Reich
- Sidney & Dorsey Dunton
- Elisa Fajardo
- Irene Castaneda
- Mary de Angelo
- Jessica Ketcherside
- Joe O'Brien
- Dolores R. Buena
- Rosemarie Greuene
- Aaron Kondzia
- Maggie Quinn
- Dolphia Nichols
- Colleen Clark
- Leonora Eulubria
- Daniel Quintana
- Mark Woehlre
- The Rivers Family
- Daniel Nunez
- John Nick, Louis Dolores, Elenora Jadaeth
- Brian Pedigo and family
- Shawn Clarke
- Regina Helm
- Gulio Paterno
- Dolores Doyle
- Russell Wells
- Jacques Lohmeier
- John Miller
- Barbara Pinedo
- Pancho Pinedo
- Ann Harris
- Ernestine Beever
- Loren Ketcherside
- Brian Hampton
- Madeline Bozena
- Medelina Bejarano
- Dee Mace
- Freddie Fernandez
- Albert Calzio
- Margherita Rita Davis
- Loren Hamlin

## 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 5, 2020

Dear brothers and sisters in Christ,

All of us are very aware of the present crisis and concern for the COVID-19 virus which is now present here in the United States. In order to care for ourselves and one another, I am asking that the temporary liturgical changes be implemented immediately until further notice:

- Suspend holding hands during the Lord’s prayer
- Suspend the shaking of hands at the Sign of Peace
- Suspend the use of the Chalice for the distribution of the Precious Blood
- Everyone is strongly encouraged to receive Holy Communion in the hand, as opposed to receiving on the tongue

Please remember that the Faithful who are sick or are experiencing symptoms of sickness are not obliged to attend Mass, and out of charity they ought not to attend (CCC 2181).

Lastly, let us keep in our prayers all who have already been impacted by the Coronavirus, especially those who have lost their life. Likewise, we pray for all medical professionals who are and will be dealing with anyone suffering from this illness. May St. Junípero Serra and Our Lady of Bethlehem intercede for us during this time.

In Christ,

+ Most Reverend Daniel E. Garcia
Bishop of Monterey

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Marzo 5, 2020

Estimados hermanos y hermanas en Cristo:

Todos estamos muy conscientes de la crisis actual y la preocupación por el virus COVID-19 que ahora está presente aquí en los Estados Unidos. Con el objetivo de cuidarnos tanto a nosotros mismos, así como a las demás personas, he solicitado que los siguientes cambios litúrgicos temporales se implementen de inmediato hasta nuevo aviso:

- Suspender tomarse de la mano durante la oración del Padre Nuestro.
- Suspender el saludarse de manos en el Signo o Saludo de Paz.
- Suspender el uso del cálice para la distribución de la Preciosa Sangre.
- Se alienta a todos a recibir la Sagrada Comunión en la mano, en lugar de recibirla en la lengua.

Por favor recuerden que los fieles que están enfermos o experimentan síntomas de enfermedad no están obligados a asistir a Misa, y por caridad no lo deben de hacer (CIC 2181).

Por último, mantengamos en nuestras oraciones a todos los que ya han sido afectados por el Coronavirus, especialmente aquellos que han perdido la vida. Del mismo modo, recemos por todos los profesionales médicos que están y estarán atendiendo personas que padecen de esta enfermedad. Que San Junípero Serra y Nuestra Señora de Belén intercedan por nosotros durante este tiempo.

En Cristo,

+ Reverendísimo Daniel E. García
Obispo de Monterey
Questions and Answers about Lent

Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are 46.

It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.

So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?

Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

I understand that Catholics ages 18 to 59 should fast on Ash Wednesday and on Good Friday, but what exactly are the rules for these fasts?

Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, but combined they should be less than a full meal. Liquids are allowed at any time, but no solid food should be consumed between meals.
Are there exemptions other than for age from the requirement to fast on Ash Wednesday and Good Friday?

Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.

This information first appeared on USCCB.org

On Friday, March 13th, we celebrate the seventh anniversary of Pope Francis' election!

Let us pray for the Holy Father:

O God, shepherd and ruler of all the faithful,
look favorably on your servant Francis,
whom you have set at the head of your Church as her shepherd;
Grant, we pray, that by word and example
he may be of service to those over whom he presides
so that, together with the flock entrusted
to his care,
he may come to everlasting life.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the
unity of the Holy Spirit, one God,
for ever and ever.
Amen.
FREE WASHING MACHINE

• 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.