**Mass Schedule**

Saturday 4:30 pm Vigil Mass  
Sunday in English 8:00 am, 9:15 am, and 5:00 pm  
Sunday bilingual en Español and in English 11:30 am  
Coffee & Donuts following 9:15 Mass + Pan Dulce following 11:30 Mass

**Children’s Liturgy of the Word**  
Celebrated at 9:15 am Family Mass  
welcoming all children age Kindergarten to Third grade  
no registration required

**Holy Day** 8:30 am + 6:00 pm

**Daily Mass and Devotions**  
Monday through Saturday, 8:30 am in the Chapel  
Rosary daily after 8:30 am Mass  
Our Lady of Perpetual Help Tuesday after 8:30 am Mass

**The Sacrament of Reconciliation** Saturday 3:30 - 4:15 pm - or - by appointment

**BAPTISM PREPARATION** + first Wednesday of each month at 7:00 pm  
**RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)** + September to May, please call the Rectory for information  
**MARRIAGE PREPARATION** + contact Rev. Mario Farana at least eight (8) months prior to your desired ceremony date

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**PARISH RECTORY and OFFICES**  
221 Valley Street, San Francisco CA 94131  
telephone 415.648.7538 www.stpaulsf.org

**LITURGICAL SCHEDULE & BULLETIN EDITOR** Joan Strachan  
**RCIA PROGRAM** Terri Brady and Deacon Bill McLoughlin  
**PARISH OFFICE** Jamie Tracy, Jill Alcantar, and Annette Schubert

**MUSIC MINISTRY** Joseph Duggan, Director & Cantor  
Saturday Vigil David Simi; Sunday Diane Costa

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**Rev. Mario P. Farana, Pastor**  
Deacon Bill McLoughlin  
Deacon Juan Michel  
Rev. Joseph Bradley, In Residence

**RELIGIOUS EDUCATION**  
Dorothy Vigna, Director  
**School of Religion, CCD**  
Saturdays 9:30 am – 11:00 am, September through May  
**Confirmation Preparation for Teenagers**  
Tuesdays 7:00 pm, September through May

**ST. PAUL’S ELEMENTARY SCHOOL**  
Kindergarten through Eighth-Grade  
Mrs. Katie Kiss, Principal  
415.648.2055 -or- kkiss@stpaulsf.net  
www.stpaulschools.org

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serving in Noe Valley for over 140 years

**St. Paul’s: yesterday, today, and tomorrow**
Calendar of the Week

Monday: Feb. 10th.
Tuesday: Feb. 11th.
Wednesday: Feb. 12th.
Thursday: Feb. 13th.
Friday: Feb. 14th.
Saturday: Feb. 15th.
Sunday: Feb. 16th.

Finance Committee 6:30pm
Confirmation Class 7pm
Blood Drive 8:30am to 12:30pm
Coffee and Donuts following the 9:15am Mass

ST. PAUL’S THANKSGIVING RESPONSE TO GOD THIS PAST WEEK
Weekly Collection February 2, 2020 $ 5,598.59
On-line giving January 2020 $ 7,272.00
Second Collection Preservation Fund $ 2,297.57
On-line Preservation Fund January 2020 $ 576.00

UPCOMING EVENTS 2020
Ash Wednesday Feb. 26th
St. Paul’s Athletic Board Crab Feed and Auction February 29th.

BLOOD DRIVE THANK YOU
Sorry for the late Thank you to all who participated in our November 10, 2019 blood drive.
Andy Alcantar, Jill Alcantar, James Alexander, Genaro Castillo, Katherine DaSilva,
Maria DiDonato, Colleen Dillion, Patricia Hayes, Joseph Heinen, Christine Hoano, Maria
Jimenez, Darron LaSaint, Maria Elena LaSaint, Jacqueline Lytle, Elizabeth Macleod,
Mace Mamluck, Tony Molina, Nilza Monroy, James Moon, Michele Paule, Edward
Tanner, Rami Turk,
Elizabeth Uy Smith, Bill Wehrmeister, Jonathan Wetmore, Sherie Posada

BLOOD DRIVE 2020
Our first Blood Drive for 2020 will be February 16, 2020 from 8:30am to 12:30pm
You can sign up ahead of time for our Blood Drive by going on line to
www.bloodheroes.com and clicking on St. Paul’s.
Or call Jill Alcantar at (415) 586-8911 to schedule an appointment.

Each donor receives a free sandwich and drink from our wonderful co-sponsor Roxie
Foods on San Jose Ave

Thank You!!

COLLECTING PALMS
Beginning the weekend of Feb. 16th and Feb 23rd. We will be collecting your palms
from last year for our ashes for this coming Ash Wednesday. Please place your
palms in the basket marked on the Altar, before or after Mass.

Mass Intentions for the Week

Saturday 4:30pm Vigil
Josephine & Jack Shea (D)
Sunday 8:00 am
Margaret & Jack Kotlanger (D)
Michael Kotlanger (D)
Sunday 9:15 am
St. Paul’s Altar Society (L&D)
Sunday 11:30 am
Isabel Arguell (D)
Rodemiro Arguello (L)
Maria Vela (D)
Sunday 5:00 pm
People of St. Paul’s (L&D)
Monday 8:30 am
People of St. Paul’s (L&D)
Tuesday 8:30 am
People of St. Paul’s (L&D)
Wednesday 8:30 am
Guillermo Lopez
Thursday 8:30 am
People of St. Paul’s (L&D)
Friday 8:30 am
People of St. Paul’s (L&D)
Saturday 8:30 am
People of St. Paul’s (L&D)
Saturday 4:30 pm Vigil
Margaret & Jack Kotlanger (D)
Michael Kotlanger (D)
Sunday 8:00 am
Patricia Fenton Scott (D)
Sunday 9:15 am
Rosemary & Coleman Halloran (D)
Sunday 11:30 am
Bertha Zaldana (D)
Salvador Castro (D)
Sunday 5:00 pm
People of St. Paul’s (L&D)

Please pray for those in our book of the sick and especially for the following: Hannah
Nakagome, Julia Taale, Bill Edmundson, David Morales, Lois Gin, Milan Odenhal, Eileen
Mendonca, Patricia Mostert, Bob Mostert, Lupe Chavez, John Galvin, Delfina Torres, Alan
Winship, Joyce Catania,

For those who have died: Amanda Roque, Rev. Vincent Musaby Imana, Patrick Farrell Sr.
GOD'S CALL
The person who has been “saved,” who has “heard the good news of salvation,” still lives in an unsaved world, a world sadly oblivious to the presence of God. Today's readings outline how the disciple is present in the world.

The outline begins with Isaiah: “Share your bread... shelter the oppressed... clothe the naked” (Isaiah 58:7). Those who hear the word of salvation are not insensitive to the urgent needs of others. Then Paul reminds his flock that he brought Christ to them not in eloquence or wisdom, but by being with them in the “weakness and fear” of their daily lives (1 Corinthians 2:3). Finally, Jesus tells his disciples to go out into the gloom and darkness of the streets of the world and let God’s light shine through their good deeds.

We disciples don’t save the world. To the extent, however, that we have heard the word of God and been awakened to God’s presence, we may spread that word and bring that presence to others.

SAINT JOSEPHINE BAKHITA (c. 1869-1947)
February 8
“Save Darfur” That cry echoes around the world and in the heart of the Church, where a child of Darfur is one of our newest saints: Josephine (her baptismal name) Bakhita (“Lucky One,” the slave-traders’ nickname). Kidnapped at nine, sold in Sudan’s slave-markets, flogged daily till covered with scars, Bakhita was finally bought by Italians and taken to Italy. There Bakhita discovered a “Master” who had himself been flogged to redeem her from slavery! “I am truly loved,” she thought, “and awaited by this Love.” Baptized, she often kissed the baptismal font, exclaiming, “Here I became a daughter of God!” For fifty years as a Daughter of Charity, Bakhita provided cheerful hospitality to all who knocked at the convent door. In her final illness, she relived slavery’s horror: “Please, loosen these chains,” she begged the nurse. “They are so heavy!” Her last words were: “Our Lady! Our Lady!” John Paul II canonized her in the Jubilee Year 2000, praising God for leading her “from abject slavery to the dignity of being your daughter and the Bride of Christ.”

February 9th Fifth Sunday in Ordinary Time
For the grace this week
to see Christ in each person we meet
and extend the Lord’s mercy and compassion;
We pray to the Lord:

READINGS FOR THE WEEK
Monday: 1 Kgs 8:1-7, 9-13; Ps 132:6-7, 8-10;
          Mk 6:53-56
Tuesday: 1 Kgs 8:22-23, 27-30; Ps 84:3-5, 10-11;
          Mk 7:1-13
Wednesday: 1 Kgs 10:1-10; Ps 37:5-6, 30-31, 39-40;
           Mk 7:14-23
Thursday: 1 Kgs 11:4-13; Ps 106:3-4, 35-37, 40;
          Mk 7:24-30
Friday: 1 Kgs 11:29-32; 12:19;
          Ps 81:10-11a, 12-15; Mk 7:31-37
Saturday: 1 Kgs 12:26-32; 13:33-34;
          Ps 106:6-7ab, 19-22; Mk 8:1-10
Sunday: Sir 15:15-20; Ps 119:1-2, 4-5, 17-18, 33-34;
         1 Cor 2:6-10; Mt 5:17-37 [20-22a, 27-28,
          33-34a, 37]
9 de febrero 5º Domingo del Tiempo Ordinario

EL LLAMADO DE DIOS
La persona que ha sido “salvada” y que ha “oído la buena noticia de salvación” sigue viviendo en un mundo que no ha sido salvado, un mundo tristemente inconsciente de la presencia de Dios. Las lecturas de hoy nos muestran cómo el discípulo se hace presente al mundo.

Ese perfil se inicia con Isaías: “Comparte tu pan con el hambriento. . . abre tu casa al pobre sin techo. . . viste al desnudo” (Isaías 58:7). Los que escuchan la palabra de salvación no son insensibles a las urgentes necesidades de los demás. Pablo le recuerda a su rebaño que él le trajo a Cristo no con eloquencia o sabiduría, sino que permaneció con ellos “débil y temblando de miedo” en medio de su trabajo diario (1 Corintios 2:3). Finalmente, Jesús dice a sus discípulos que vayan a la desesperanza y oscuridad de las calles del mundo y dejen que la luz de Dios brille a través de sus obras buenas.

Los discípulos no salvan al mundo. Sin embargo, si nosotros hemos escuchado la Palabra de Dios y hemos empezado a discernir su presencia, podemos proclamar esa Palabra y traer esa presencia a los demás.

SANTA ESCOLÁSTICA (c. 480-543)
10 de febrero
Lo que sabemos de santa Escolástica lo hemos conocido gracias a los escritos de Benito, su hermano gemelo y gran reformador de la vida monástica, fundador del convento de Monte Cassino. Siguiendo el ejemplo de su hermano, Escolástica fundó el monasterio para mujeres en Plombarioti. Puesto que en ambas comunidades estaba prohibida la entrada a personas del sexo opuesto, Benito y Escolástica se reunían una vez por año en un punto intermedio para orar y hablar de la vida espiritual. Según las fuentes, durante su último encuentro llegó la hora de despedirse, Benito tenía que regresar al convento. Su hermana le insistió en que se quedara, pero no pudo. Entonces, Escolástica le imploró a Dios que su hermano permaneciera y la respuesta fue una tormenta copiosa, de tal suerte que irse era algo impensable. Benedicto reconoció en esta acción no sólo la voluntad de Dios sino la petición que su hermana le había hecho al mismo Dios que tanto amaban. Tres días después, Escolástica fue llamada a la patria eterna. Escolástica valoró las cosas pequeñas y la confianza en Dios.

9 de febrero 5º Domingo del Tiempo Ordinario
Para que tengamos la gracia esta semana de ver a Cristo en cada persona que encontramos y extendamos la misericordia y compasión del Señor; roguzen el Señor.

LECTURAS DE LA SEMANA

Lunes:
1 Re 8:1-7, 9-13; Sal 132 (131):6-7, 8-10;
Mc 6:53-56

Martes:
1 Re 8:22-23, 27-30; Sal 84 (83):3-5, 10-11;
Mc 7:1-13

Miércoles:
1 Re 10:1-10; Sal 37 (36):5-6, 30-31, 39-40;
Mc 7:14-23

Jueves:
1 Re 11:4-4; Sal 106 (105):3-4, 35-37, 40;
Mc 7:24-30

Viernes:
1 Re 11:29-32; 12:19; Sal 81 (80):10-11ab, 12-15; Mc 7:31-37

Sábado:
1 Re 12:26-32; 13:33-34; Sal 106 (105):6-7ab, 19-22; Mc 8:1-10

Domingo:
Eclo 15:15-20; Sal 119 (118):1-2, 4-5, 17-18, 33-34; 1 Cor 2:6-10; Mt 5:17-37
[20-22a, 27-28, 33-34a, 37]
BOLETIN DE LA PARROQUIA DE SAN PABLO, FEBRERO 9 DE 2020

SAINT PAUL'S ATHLETIC BOARD, les invita a su Cena Anual de Cangrejo y Subasta en el Salón de la Parroquia el Sábado 29 de Febrero de 2020 de 5:30 a 9:00 p.m. Adultos $65.00, niños $15.00, y menores de 5 años gratis, mas información en el boletín.

BLOOD DRIVE 2020 (DONACION DE SANGRE 2020) Nuestra primera donación de sangre será el 16 de Febrero del 2020 de 8:30 a 12:30 p.m. para reservaciones o mayor información llamar a Jill Alcantar al 1 415- 586-8911.

MIERCOLES DE CENIZA, EL 26 DE FEBRERO, comienza la Cuaresma, mas información próximamente

BLOOD DRIVE THANK YOU (DONACION DE SANGRE GRACIAS)Lo sentimos por dar las gracias a los donantes de sangre del pasado 10 de Nov. Del 2019 un poco tarde. Andy Alcantar, Jill Alcantar, James Alexander, Genaro Castillo, Katherine DaSilva, Maia DiDonato, Colleen Dillion, Patricia Hayes, Joseph Heinen, Cristina Hoano, Maria Jimenez, Darron LaSaint, Maria Elena LaSaint, Jacqueline Lytle, Elizabeth Macleod, Mace Mamlock, Tone Molina, Niza Monroy, James Moon, Michele Paule, Edward Tanner, Ramy John Turk, Elizabeth Uy Smith, Bill Wehrmeister, Jonathan Wetmore, Sherie Posada

SACRAMENTO DEL BAUTISMO: Bautismos y clases son realizados por citas solamente, las clases son el primer miércoles del mes a las 7:00 p.m. en la Rectoría y los bautizos a la 1:00 p.m. en la parroquia.

R.C.I.A. (Rito Católico Cristiano de iniciación para Adultos) es un proceso por el cual adultos se preparan para recibir el sacramento de Bautismo, Eucaristía y Comienzo en Septiembre y termina en Mayo. Para información llamar a Terri Brady o Diacono Bill McLoughlin a la Rectoría.

SACRAMENTO DEL MATRIMONIO Arreglos deben hacerse con el Sacerdote o Diacono, al menos con 6 meses de anticipación, para mayor información llamar a la Rectoría 1-415-648-7538

SACRAMENTO DE CONFIRMACION: Para estudiantes de Escuela Secundaria que no hayan recibido el Sacramento de Confirmación, es un largo programa de un año, clases comienzan a fines de Septiembre y concluyen a finales de Mayo del siguiente año con la confirmación en Junio. Para mayor información llamar a Dorothy Vigna a la rectoria 415-648-7538.
Help children reach for Heaven

Parents want the world for their children. Catholic parents want even more than that - we want Heaven, too. We know that teaching youngsters to know, love and follow Jesus is the only way to make that happen.

Know Jesus. Would you be satisfied making a new friend only by hearing others talk about him? Close friendships happen when people connect personally and share experiences. There is no better way for children to know Jesus than for us to introduce them to him in person - in the Eucharist, in Scripture, in prayer.

Love Jesus. Through Scripture, we learn that Jesus is strong and can do anything. He always keeps his promises. Remind children that God loves them even more than their parents and he proved it with his life, death, and Resurrection.

Follow Jesus. Jesus wants his love to shape our hearts which then leads into our actions. When we love him, we want what he wants - Heaven for all his children.

Lead them to Jesus. Children learn to love and follow Jesus, not from the Church, not from the priest, but from their parents. The better we come to know and love the Lord, the better we can share him with our children.

Lenten Obligations

Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday (February 26th) and Good Friday (April 10th). These are the only two days of obligatory fasting and abstinence.

The U.S. bishops define fasting as eating one full meal. Some food (not equaling another full meal) is permitted as necessary to maintain strength. In addition, all Catholics fourteen years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Why do Catholics eat pancakes on Fat Tuesday?

In the early Church it was customary to give up rich foods as well as meat during the penitential season of Lent. This included milk, eggs, butter, cheese, and fat. On the Tuesday before Lent began, families would empty the pantry of the forbidden foods by enjoying a dinner of pancakes (or in some places, fried doughnuts!). In some countries, it is even called “Pancake Tuesday.” It was meant to be one final celebration of feasting before the Lenten fast.
The way, the truth, and the life during Lent

To children, Lent can be a time for sacrifice—something they’d rather avoid. Instead, explain that experiencing Lent helps us to find “the way and the truth and the life” that will lead us to Heaven (John 14:6).

The way – Let children map out their own journey through Lent. Instead of giving up one thing for the season, choose several, short-term sacrifices. Include days of “fasting” from a favorite food or video game, days of “abstaining” from a bad habit like biting nails or fighting with siblings. Add days of performing good works.

The truth – Learn what it means to be a follower of Christ from those who dedicated their lives to him. Read stories about the saints or heroes in the Bible. Tell youngsters that God works through ordinary people to accomplish extraordinary things.

The life – Lent is all about hope. On Easter, Jesus opened up heaven to give us new life. Ask children to commit to continuing habits acquired during Lent that will lead to new life in Christ.

Scripture Lesson

Matthew 5:38-48, Forgive always

In ancient times, the concept of justice was "an eye for an eye and a tooth for a tooth." That was devised to limit the conflict between clans from getting out of hand (Exodus 21:24, Leviticus 24:20 and Deuteronomy 19:21).

Later, the concept was misused to defend a brutal form of justice that easily escalated into blood feuds. Jesus’ teaching changed all that.

Jesus’ approach to justice turns our eyes, not to justice on Earth, but in Heaven. Loving our enemies or those who hurt us repeatedly means forgiving them over and over. That often seems an impossible task, but this extreme forgiveness is what Jesus offers us on the Cross. As Christians, we are called to be Christ to others—in words and deeds.

What can a parent do? The best way parents can pass on the faith in Christ is by example, especially when it is difficult. Explain that we can forgive someone without having to be best friends with them. Explain that whatever the hurt, we can pray for the person and forgive them in our hearts.

Parent Talk

When we got in the car after Mass, I was furious. My ten-year-old daughter, Tessa, had spent the hour not in prayer and quiet but in poking her sister and fighting over who got to hold the hymnal. She ignored my stern looks and her father’s whispered scolding. "No screens for one week," I told her, and assigned a five-paragraph essay on appropriate behavior in church before she got the privilege back. I needed to send a solid message.

Church is the most important place we go and the best place to meet Jesus in person. Poor behavior is not only disrespectful but robs her of the chance to receive God’s much-needed grace. Tessa realized that she had misused the opportunity Mass presents. To her credit, she wrote a wonderful essay. I told her God doesn’t expect us to be perfect, but he does expect us to try our best.

Feasts & Celebrations

Feb. 9 – St. Apollonia (249). A deaconess in Alexandria living during the Christian persecutions under Emperor Philip. She chose to suffer martyrdom at the hands of an angry mob rather than denounce God.

Feb. 11 – Our Lady of Lourdes (1858). The Blessed Mother appeared to St. Bernadette Soubirous in a small French village. Soon afterwards, a miraculous spring with healing waters emerged from a nearby cave. It is still a significant pilgrimage site today.

Feb. 22 – St. Peter’s Chair (1st century). We celebrate the establishment of the Holy See and pray for the preservation of God’s Church. The “Chair of Peter” is a relic of St. Peter’s actual chair and symbolizes the spiritual authority of the Church.

Feb. 26 – Ash Wednesday. The first day of Lent. The ashes of old palms are placed on the forehead as a sign of penance. Today is a day of abstinence from meat and fasting as penance and in recognition of Jesus’ time in the desert.

Our Mission

To help parents raise faithful Catholic children
Success Publishing & Media, LLC
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(540)662-7844 (540) 662-7847 fax
www.partnersinfaith.com
(Unless noted, Bible quotes and references are from the Revised Standard Version and New American Bible (Rev.).)
The word Amen is one of the most familiar and common words in the English language, yet at the same time it is a word that many of us don’t fully understand. Simple as it may seem, the word amen is actually brimming over with meaning and purpose.

Amen as a Closing to Prayer. Many of us know the word amen is as a closing to a prayer. When we say amen at the end of a prayer, do we really know why we say it or what it means? Amen is a Hebrew word that is essentially an affirmation of truth or agreement, meaning something like ‘so be it’, ‘it is so’, or ‘it is true’. When we end a prayer with the word amen, we are acknowledging that we believe God actively hears our prayers, and that our prayers will be answered by him in his time. Amen is an expression that all those things we just asked for in prayer, all the things we praised God for, all the questions, all the pain and the joy we express in prayer are founded in the truth of God.


The Body of Christ. Amen. This is Jesus Christ in the fulness of His Divinity and Humanity. Amen! I believe.

The Body of Christ. Amen. This is who I am.

"You become what you receive" (St Augustine). Amen!

I will accept the challenge to be Christ for others!

The Body of Christ. Amen. This is the Whole Christ: Christ in His Body, in His brothers and sisters, especially in the poor and suffering. Amen!

I will open my heart to Christ in His many disguises!

The Body of Christ: the sacrament of unity and Christ-like love, a call to forgiveness and unity, the challenge to become, like Jesus, a servant with basin and towel. Amen!

The Second Vatican Council affirms the traditional Catholic understanding of the Mystery of the Eucharist in these beautiful words:

THE MOST SACRED MYSTERY OF THE EUCHARIST

"At the Last Supper, on the night he was betrayed, our Saviour instituted the eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the Cross throughout the ages until he should come again, and so to entrust his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us." (Sacrosanctum Concilium, article 47)

Behold The Lamb of God!
IX. “The Body of Christ...” “Amen!”

This is the ninth in a series of eleven or so articles on the celebration of the Mass. Article #10 is entitled, Proceeding with Communion I

“The Body of Christ...”

The minister of Communion speaks this phrase often, “The Body of Christ.” Ministers of the Eucharist say it thousands of times in churches every Sunday. Doesn’t it just become part of the routine of our lives – both for ministers and faithful alike? And yet, doesn’t it also take on greater significance from time to time, or at special moments of our lives – one’s first communion, one’s wedding, or at the funeral of a loved one?

How might we deepen our awareness of the meaning of this small gem of a dialogue? What is its purpose?

It is a statement of belief that the gathered Church makes in Christ’s presence in the Eucharist. It is further an acknowledgement of the presence of Christ in the faithful and union with Christ in his Body, the Church. See how St. Augustine framed both of these aspects of the mystery of the Body of Christ in the early 5th century:

“If you wish to understand the body of Christ, listen to the Apostle as he says to the faithful, ‘You are the body of Christ and His members.’ (1Cor 12:27) If therefore, you are the body of Christ and His members, your mystery has been placed on the Lord’s table, you receive your mystery. You reply “Amen” to that which you are, and by replying, you consent. For you hear, “The Body of Christ,” and you reply, “Amen.” Be a member of the body of Christ so that your “Amen” may be true.”

But, why in bread? ...

Let us listen to the Apostle who said, “We though many, are one bread, one body.” (1Cor 10:17) [Augustine, IIA6.1 Sermon 272 (dated 405-411) Ed PL 38.1246-1248]

Here is the reason why ministers of Communion are instructed to say, “The Body of Christ,” and not “This is Jesus,” or “Receive the Body of Christ.” This brief and humble acclamation invites all the faithful to recognize the Body of Christ in the consecrated bread and in the People of God receiving Communion! It is an open-ended acclamation: “You reply ‘Amen’ to that which you are, and by replying, you consent... Be a member of the body of Christ so that your ‘Amen’ may be true!”

1. Gestures of Reverence at Communion

Recognizing the power of gestures and the importance of the body, the General Instruction directs the faithful to employ several gestures of reverence as part of receiving Communion: standing, a head bow, and receiving either on the tongue or in the hand.

“The norm for reception of Holy Communion in the dioceses of the United States is standing. Communicants should not be denied Holy Communion because they kneel. Rather, such instances should be addressed pastorally, by providing the faithful with proper catechesis on the reasons for this norm.” (GIRM 160)

a) How is Standing an Act of Reverence?

The statement “The Body of Christ,” not only reminds us that the bread we see has been transformed but it also reminds us that we, the recipients, are being transformed into what we receive. Redeemed by Christ, we are no longer alienated sinners but now intimately connected to Christ and one another through his Body and Blood.

So, all proceed to Communion as a people who signify the Body of Christ, risen in glory. The Greek word for resurrection means that Jesus “stood up!” – something the dead do not do. The faithful manifest the Body of Christ, therefore, as risen and graced. Recall, too, how St. Augustine counseled us that Communion is more than a private moment with our Lord. It is also a moment of union with our brothers and sisters, members of the same Body of Christ.

“When receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence and receives the Body of the Lord from the minister. The consecrated host may be received either on the tongue or in the hand, at the discretion of each communicant. When Holy Communion is received under both kinds, the sign of reverence is also made before receiving the Precious Blood.” (GIRM 160)

b) How is Receiving Communion in the Hand an Act of Reverence?

St. Cyril of Jerusalem told his newly baptized, “Make a throne of your hand to receive the Lord of Life!” Others picture their hand as a beggar’s bowl, coming, hungry, to receive the Bread of Life. Still others find a feeling of sorrow or emptiness rising up when they cup their hands. Yet others express a profound sense of humility as they approach to receive the Lamb of God. Attending to these, and other such experiences of one’s open palm, can put a person in touch with a deep sense of longing, desiring, and reverence for the One he / she is about to receive.
St. Paul's Athletic Board

Leap Year

Crab Feed & Auction

St. Paul's Parish Center

Saturday, February 29, 2020

5:30 pm - 9:00 pm

Dinner service begins at 6:30 pm

Dinner includes Fresh Crab, Caesar Salad, Pasta, Bread and Dessert

Advanced Ticket Purchase is required

$65.00 Adult, $15.00 Child,
under 5 years free

Child ticket: students in grades K-8th

Thank you for your support!

For more information please contact: Therese Finn 917.450.6993 tfinn64@gmail.com

to order tickets online visit www.stpaulsf.org or www.stpaulschoolsf.org and simply follow the link

Last day to purchase tickets is February 14, 2020

Tickets will not be sold at the door • Please, no outside food or alcohol

Family Name ____________________________________________

Phone ______________________________ email ________________________

Child's name(s) and Grade(s) if a St. Paul's School Family _______________________

Seating preference (Family or Grade) will be accommodated as best as possible ______________________

No. of Adult Tickets: _______ x $65.00 ticket $ ________

No. of 'Child Tickets: _______ x $15.00 ticket $ ________

TOTAL Enclosed: $ ________

No. of Children under 5: _______ x free

*Child Tickets are for students in grades K-8th

please make your check payable to:

St. Paul's Athletic Board

AND MAIL OR DROP OFF

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1690 Church Street
San Francisco CA 94131
WOMEN’S RETREAT FOR HEALING after ABORTION

March 7-8, 2020
Led by Father Vito Perrone, COSJ
with the Daughters of Carmel

Held at a confidential site
$50 suggested donation,
but waived for financial hardship

To sign up,
projectrachel@sfarch.org,
call 415-614-5567
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sfarchdiocese.org/rachel.

All inquiries are confidential.
RETIRO DE MUJERES PARA SANACIÓN después del ABORTO

7-8 de marzo, 2020
Padre Vito Perrone, COSJ con las Hijas del Carmelo
En inglés

Este evento se realizará en un sitio confidencial.
La donación sugerida es de $50,
pero puede ser exenta si tiene necesidad financiera.

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Todas las consultas son confidenciales.
SAINT RITA LENTEN LECTURE SERIES 2020
"Laudato Sí and World Peace"
Celebrating the 5th anniversary of Laudato Sí

3 March, Tuesday 7:00 PM
"We Are All in This Together: Interconnectiveness in All Creation"
Most Rev. John Stowe, O.F.M.
Bishop of Lexington, Kentucky
Bishop-President of Pax Christi USA

24 March, Tuesday 7:00 PM
"Laudato Sí, Climate Change, and Global Conflict in the 21st Century"
Jesse Anttila-Hughes, Ph.D.
Assoc. Professor of Economics
University of San Francisco

10 March, Tuesday 7:00 PM
"We Are the Meteor, We Are the Dinosaur: Integral Ecology & Biodiversity Loss"
Lisa Fullam, Ph.D.
Professor of Moral Theology
Jesuit School of Theology
University of Santa Clara

31 March, Tuesday 7:00 PM
"Hinduism and The Climate: The Upanishads and Collective Death"
Vijaya Nagarajan, Ph.D.
Assoc. Professor of Theology
Chair, Dept. of Theology & Religious Studies
University of San Francisco

7 April, Tuesday 7:00 PM
"Classical Music and Quiet Reflection in Holy Week"
Michael McCarty, grand piano
Peter Chase, violin

The evenings begin with a Lenten Soup Supper at 6:15 PM in the Parish Hall, followed by the Lenten Lecture.
Location: Saint Rita Catholic Church, 100 Marinda Drive, Fairfax CA 94930
All are invited.