ST. PAUL CATHOLIC CHURCH
Parroquia de San Pablo

MASS SCHEDULE
Saturday 4:30 pm Vigil Mass
Sunday ~ English
  8:00 am, 9:15 am
  12:15 pm, and 5:00 pm
Sunday ~ en Español 10:45 am
Coffee & Donuts, in the Parish Center, following 9:15 Mass

CHILDREN'S LITURGY OF THE WORD at 9:15 Mass
all children age K to 4th GRADE welcome
no registration required

HOly DAYS OF OblIGATION
8:30 am and 6:00 pm
DAILY MASS
Monday ~ Saturday
8:30 am in the Chapel
DEVOTIONS
Rosary in English ~ daily after 8:30 am Mass
Our Lady of Perpetual Help ~ Tuesday after 8:30 am Mass

SACRAMENT OF RECONCILIATION
Saturday 3:30 - 4:15 pm -or- by appointment

PARISH RECTORY and OFFICES
221 Valley Street,
San Francisco CA 94131
television 415.648.7538
www.stpaulsf.org -or- find us on FACEBOOK

Rev. Mario P. Farana, Pastor
Deacon Jim Myers
Rev. Raymund Reyes, In Residence
Rev. Jim Garcia, en Español
Jamie Tracy, Administration, jamie@stpaulsf.org
Marilyn Highlander-Pool, Preservation Fund
Joan Strachan, Liturgical Scheduling
Teri Brady and Bill McLoughlin, RCIA Program

MUSIC MINISTRY
Saturday Vigil ~ Luke Mayernik, David Simi,
  Judith Reuter, and Patty Lazzaretto
Sunday ~ Diane Costa, Joseph Duggan, and
  Margaret Ann Kerns
Guillermo Morales en Español

RELIGIOUS EDUCATION
Dorothy Vigna, Director
415.648.7538

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

LITTLEST ANGEL PREPARATORY PRESCHOOL
  www.littlestangelpreschool.com

follow the yellow-brick road
Peg LazzarinKayser, Director
415.824.5437

ST. PAUL’S ELEMENTARY SCHOOL
www.stpaulschoolsf.org
Kindergarten through 8th Grade
Sr. Kathryn Camacho, SNDdeN, Principal
415.648.2055

BAPTISM PREPARATION ~ first Wednesday of each month 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 six (6) months prior to your desired ceremony date
Weekly Calendar

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<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>March 13th</td>
<td>Renewal Group 9:30 am in the Rectory</td>
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<td>Confirmation Class 7:30pm</td>
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<tr>
<td>Tuesday</td>
<td>March 14th</td>
<td>Women of St. Paul’s Meeting 1pm</td>
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<tr>
<td>Wednesday</td>
<td>March 15th</td>
<td>Stations of the Cross 8:30am 6:00pm with Soup Supper</td>
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<tr>
<td>Thursday</td>
<td>March 16th</td>
<td>Renewal Group 6pm in the Rectory</td>
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<td>Friday</td>
<td>March 17th</td>
<td>Stations of the Cross in Spanish 7pm under the Church</td>
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<tr>
<td>Saturday</td>
<td>March 18th</td>
<td>CCD class 9:30 am to 11 am</td>
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<td>Sunday</td>
<td>March 19th</td>
<td>RCIA 8 am</td>
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<td>Coffee &amp; Donuts following 9:15am Mass</td>
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ST. PAUL’S THANKSGIVING RESPONSE TO GOD THIS PAST WEEK

Weekly Collection March 5, 2017 $6,141.38
Preservation Fund Collection March 5, 2017 $3,219.98
E-Contributions January 2017 $5,544.42
2017 Annual Appeal Assessment $81,114.00
Collected amount through Feb 5, 2017 $8,561.00
Remaining Balance 2017 $83,550.00

WOMEN OF ST. PAUL’S BAKE SALE
Next Sunday March 19th from 8am to 10:30am

Congratulations to the O’Rourke Family, on Saturday March 11th at the St. Patrick’s Day Parade our good friend and longtime parishioner Frank O’Rourke was honored as one of the Honorary Grand Marshall’s at this year’s parade. Frank grew up in the neighborhood and attended St. Paul’s Grammar school as a young boy. He then went on to attend Sacred Heart High School. Frank was a dedicated member of the San Francisco Fire Department for many years. Frank and Mary raised their children in the parish and worked many hours on the many parish activities over the years. We lost Frank too soon but this was a wonderful honor for Frank and the O’Rourke Family. Congratulations from your St. Paul’s family.

Save the Date – Upcoming Events
March 15th Station of the Cross, 8:30am, in the Chapel, 6pm in the Church followed by soup supper – This week will be sponsored by the Men of St. Paul’s
March 16th, Stations of the Cross – In Spanish, in the Chapel
March 18th, Community Outreach Soup Kitchen 8am to 3pm
Martín De Porres - 225 Potrero Avenue, San Francisco, CA 94103
March 19th Women of St. Paul’s Bake Sale after all Masses

St. Paul’s 2017 Community Outreach Lenten Schedule
Our first Lenten Gift will be next Sunday
Sunday March 19, 2017 – Diapers – Epiphany Center

Please pray for those in our book of the sick and especially for the following: Christine Sacino, Bob Murphy, Gaiyln Brady, Al DiVella, Dominic Sacino, Karen Davis, Renato Miyamoto, Eaman Penney, Michael Campusano, Andy Parodi, Carol Storen
We pray for the deceased members of our Parish, especially the following: Maria Isola, Steven Sulentic, Sitoei Tagalu, McKay Tagalu

Mass Intentions for the Week

Saturday 4:30 pm
Mickie Ruffoni (D)
Sunday 8:00 am
Anthony Ferrari (D)
9:15 am
Ike Tan (D)
Mickie Ruffoni (D)
McMurtry Family (L)
10:45 am Spanish
Isabel Arguello (D)
Josefina Ford (D)
Socorro Morales (D)
Gloria Gladys Morales (D)
12:15 pm
Bob Goodwin (D)
5:00 pm
Steven Tonkovich (D)
Monday 8:30 am
Christine Sacino (L)
Wednesday 8:30 am
Sr. Margaret Haas BVM (D)
Wednesday 6:00pm
Elias Scampini (D)
Thursday 8:30 am
Dan Cronin (D)
Friday 8:30 am
Frank O’Rourke (D)
Saturday 8:30 am
People of St. Paul’s (L&D)
Saturday 4:30 pm
Kay Kelly (D)
Paul Kellus (D)
Sunday 8:00 am
Bob Goodwin (D)
9:15 am
RCIA 1st Scrutiny
10:45 am Spanish
Ana Aviles (D)
Ramires Family (L)
12:15 pm
People of St. Paul’s (L&D)
5:00 pm
People of St. Paul’s (L&D)
THE JOURNEY OF TRANSFIGURATION

“We used to be such good friends. How is it that you’ve moved so far away?” one man asked another. “Perhaps,” the other replied, “you have moved away. By standing still.” This exchange very well could have happened between Peter and Jesus, had Peter been allowed to erect tents to stay on the mount of the Transfiguration. He nearly succumbed to the temptation to stay in a place of wonder and light. But Jesus knew the hard truth: we are on a continual journey where we are walking the paths of God’s will. It is not good for us to stay in one place on our faith journey. Equally unhealthy is staying put in times of joy and wonder to avoid life’s difficulties, or to wallow in our trials and temptations and fail to be companions for our sisters and brothers who are also suffering—or celebrating! The pilgrim Church is required to do one thing on its Lenten journey: to walk continually with Christ as his Body born of water and the Spirit, seeking God’s will, helping the reign of God to be known on earth, being led to the end of our journey, transfigured for all time into the company of heaven.

TREASURES FROM OUR TRADITION

The Blessed Sacrament was not reserved in church buildings in the first centuries of the church. In those early years, of course, people met in borrowed “house churches,” gathering on the Lord’s Day for community, apostolic teaching, the breaking of the bread, and the prayers, as Acts of the Apostles tells us. Dispersed, people went their way into the workaday world until the next assembly. Weighing down their hearts was the absence of brothers and sisters, not only the sick, but those imprisoned for the faith. No wonder they developed a way of extending the food of the Holy Table to them.

Forty years ago, every altar boy in training heard about Saint Tarsicius. He was a twelve-year-old boy at the time of intense persecution in fourth-century Rome. His community had begun to convey the consecrated bread from their Eucharist to those condemned to death or awaiting trial. Normally deacons did this, but on one occasion, it was necessary to send the boy to bear the holy mysteries to the prison. The legend says that he was an athlete, and was detained on the way by some playmates who wanted him to join in their game. When he refused, they demanded to know what he was carrying. The situation went from bad to worse, and he was badly beaten and died of his injuries. A hundred years later, a pope called him a second St. Stephen. In the nineteenth century, Cardinal Nicholas Wiseman of England wrote a novel in which he expanded the story and popularized it. By then, no one seemed to notice that this twelve-year-old was actually touching and ministering the Eucharist, unthinkable until recently. Scholars say the story rings true: the first reason for setting some Eucharistic bread aside was not adoration, but Communion of the sick.

READINGS FOR THE WEEK

Monday: Dn 9:4b-10; Ps 79:8, 9, 11, 13; Lk 6:36-38
Tuesday: Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21, 23;
   Mt 23:1-12
Wednesday: Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28
Thursday: Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31
Friday: Gn 37:3-4, 12-13a; 17b-28a; Ps 105:16-21;
   Mt 21:33-43, 45-46
Saturday: Mi 7:14-15, 18-20; Ps 103:1-4, 9-12;
   Lk 15:1-3, 11-32
Sunday: Ex 17:3-7; Ps 95:1-2, 6-9; Rom 5:1-2, 5-8;
   Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]
12 de marzo 2º Domingo de Cuaresma

EL VIAJE DE LA TRANSFIGURACIÓN

"Solíamos ser tan buenos amigos. ¿Por qué te has alejado tanto?" un hombre le preguntó a otro. "Quizá", le respondió el otro "tú te has alejado al quedarte quieto". Este diálogo bien podría haberse dado entre Pedro y Jesús si a Pedro se le hubiera permitido armar tiendas para quedarse en el monte de la Transfiguración. Casi sucumbió a la tentación de quedarse en un lugar de maravilla y luz. Pero Jesús sabía la difícil verdad: estamos en un viaje continuo cuando transitamos los caminos de la voluntad de Dios. No es bueno que nos quedemos en un lugar en nuestro viaje de fe. Es igualmente malsano estancarnos en los momentos de alegría y milagros para evitar las dificultades de la vida que ensimismarnos en nuestros sufrimientos y tentaciones para evadir ser buenos compañeros de nuestras hermanas y hermanos que también están sufriendo; ¡o celebrar! La Iglesia peregrina debe hacer una cosa en su viaje de Cuaresma: caminar continuamente con Cristo como su Cuerpo nacido del agua y del Espíritu, buscando la voluntad de Dios, ayudando a que se conozca en la tierra el Reino de Dios, siendo guiada al final de nuestro viaje, transfigurada para siempre en la compañía del cielo.

TRADICIONES DE NUESTRA FE

Muchos católicos aprovechan el tiempo de Cuaresma para confesarse. El sacramento de Reconciliación tiene una historia un poco complicada, pues ha sufrido muchos cambios con el transcurrir de los siglos. Al principio, la penitencia sólo se celebraba una sola vez en la vida de un cristiano y era necesaria en caso de pecado grave, como lo era la apostasía, el adulterio y el asesinato. El penitente tenía que hacer una confesión en público, frente al obispo y la comunidad entera. La penitencia consistía de un ayuno severo y vestir una indumentaria especial que lo distinguía. Esta penitencia podía durar semanas, y a veces, meses. Durante este tiempo, el penitente no podía estar presente en la mesa de la Eucaristía hasta que el obispo le diera la bendición de reconciliación, la cual, a menudo, se llevaba a cabo el Jueves Santo. Con el paso del tiempo, los cristianos se dieron cuenta de la necesidad de celebrar el sacramento de la Reconciliación con más frecuencia y por otras clases de pecado.

Algun tiempo después, esta práctica cayó en el desuso y fue sustituida por la confesión privada, la cual se originó entre los monjes irlandeses. Después, esta práctica fue aceptada por toda la Iglesia. De esta manera es que nació el sacramento de la reconciliación que conocemos hoy. Actualmente, a pesar de que la Iglesia dice que no es necesario acercarse al confesionario antes de recibir la Comunión, se nos exhorta a confesarnos por lo menos una vez al año, o lo antes posible después de haber cometido pecado grave.

LECTURAS DE LA SEMANA

Lunes: Dn 9:4b-10; Sal 79 (78):8, 9, 11, 13; Lc 6:36-38
Martes: Is 1:10, 16-20; Sal 50 (49):8-9, 16bc-17, 21, 23; Mt 23:1-12
Miércoles: Jer 18:18-20; Sal 31 (30):5-6, 14-16; Mt 20:17-28
Jueves: Jer 17:5-10; Sal 1:1-4, 6; Lc 16:19-31
Viernes: Gn 37:3-4, 12-13a; 17b-28a; Sal 105 (104):16-21; Mt 21:33-43, 45-46
Sábado: Mq 7:14-15, 18-20; Sal 103 (102):1-4, 9-12; Lc 15:1-3, 11-32
Domingo: Ex 17:3-7; Sal 95 (94):1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]

12 de marzo 2º Domingo de Cuaresma

Por las parejas que desean tener un hijo: para que Dios las consuele asegurándoles su amor incondicional; rogamos al Señor:
St. Paul’s 2017 Community Outreach Lenten Schedule

**DAILY MASS** – During Lent the 8:30am Mass will be celebrated in the Chapel

**STATIONS OF THE CROSS** – will be the following:
- **Wednesday morning** in the Chapel, beginning March 8, 2017, following the 8:30am Mass
- **Wednesday evening** stations will take place in the Church at 6pm, beginning March 8, 2017 followed by a Soup Supper in the Rectory
- **Thursday evening** Spanish stations will be held in the Chapel under the Church at 6:30pm, beginning March 9, 2017

**COMMUNITY OUTREACH** – Our Lenten gifts to be shared with our brothers and sister in need are listed below:
Please bring the items on the assigned weekend:

- Sunday March 5, 2017 - Brown Bag Lunch
- Sunday March 12, 2017 – Sweatshirts (*Adult Blankets) & Toiletries - Martin de Porres - MSC Homeless Shelter run by St. Vincent DePaul.
- Sunday March 19, 2017 – Diapers – Epiphany Center
- Sunday March 26, 2017– Men’s Socks, Underwear– Martin de Porres - MSC Homeless Shelter run by St. Vincent DePaul.
- Sunday April 2, 2017 – Brown Bag Lunch

We are all journeying into our inner desert together. By the time the Triduum comes may we each have a deeper appreciation of the mighty acts of God and the tender love revealed in Jesus.

**Abstinence**
Is a penitential practice consisting of refraining from the consumption of meat and is to be observed by all Catholics who are 14 year of age and older. Ash Wednesday, Good Friday and the Fridays during Lent are days of abstinence. Pastors and parents are encouraged to see that children who are not bound by the obligation to fast and abstain are led to appreciate and authentic sense of penance.

**Fasting and Abstinence**–
In addition of abstinence, fasting is to be observed by all Catholics between the ages of 18 – 59 (inclusive). On days of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according of one’s needs, but together they should not equal another full meal. Eating between meals is not permitted but liquids are allowed.

**Note:** if a person is unable to observe the above due to ill health or serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.

*When Speaking with the shelters they let us know that there is a need for sweatshirts instead of blankets, but if you have already purchased your Lenten gifts of a blanket we will be happy to take it and still donate to the shelter. Thank you*
Coming Events:
Stations of the Cross and Soup Supper during Lent.

Stations of the Cross Wednesdays following the 8:30am Mass in the Chapel
Stations of the Cross on Wednesdays at 6pm in the church followed by soup supper in the Rectory
Wednesday's March 8, 2017 through April 5, 2017

Stations of the Cross in Spanish will be held on Thursday's @ 6:30pm in the Chapel under the
Church March 9, 2017 through April 6, 2017
Church Decorating for Easter April 15, 2017 10:15am Lunch will be provided

Lent for Life Rice Bowls
Encountering Lent

February 18th / 19th and February 25th / 26th you can pick up your Lenten Rice Bowls in the front and side vestibules
of the Church.

CRS Rice Bowl – the largest and oldest Lenten program practiced by Catholics in the United States. generations of
Catholics have used their Lenten sacrifice to alleviate hunger caused by poverty and improve the lives of individual
and families in developing countries as well as in their own communities. How they come together as communities of
faith to help those in need are stories worth telling.

Within the rice bowl you will find a pamphlet with information on how your donations help.
If you would like more information on CRS rice bowl please go to their website: www.crsricebowl.org Read stories
of hope, find recipes and daily reflection or download their app to your IPhone from the iTunes store.

Please return your Rice Bowls to Church on Palm Sunday April 8th & 9th.

HOLY WEEK / EASTER SCHEDULE

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<td>GOOD FRIDAY</td>
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<td>APRIL 15, 2017</td>
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<td>APRIL 16, 2017</td>
<td>EASTER SUNDAY</td>
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Mass of the Last Supper: 6:30 p.m.
Confessions: 11:00 a.m.—12 noon
Good Friday Services: 12:00 noon – 3:00 p.m.
Confessions: 3:00 p.m. – 4:00 p.m.
Confessions: 3:30 – 4:30 p.m.
Easter Vigil Mass: 8:00 p.m.
Mass: 8:00a.m., 9:30a.m., 11:00a.m. (Spanish) 12:30 p.m.
NO 5:00 p.m. Mass
REFLECTING ON THE GOSPEL

Last week, temptation, this week, transfiguration. Such contrasts these first two Sundays of Lent offer us! Indeed, more than “the sun” and “white as light” marks the transfiguration of Jesus. This gospel is filled with pairs of words and phrases pointing to the life-giving tension that marks the mystery of Jesus’ saving mission. Even the transfiguration account is not only about glory, but includes what Jesus embraced during his ministry on his journey to glory. The gospel captures the life-giving tension of Jesus’ life and our salvation in these ways: cast a shadow/shown like the sun; much afraid/touched them; fell prostrate/rise; coming down the mountain/up a high mountain; Do not tell/until . . . raised from the dead. The promise of the gospel – and of Jesus’ life – is that we never stop with the first, but always pass over to the second. Dying to self always begets Life.

The radiance of the transfiguration of Jesus overwhelms the disciples and even makes the greatness of Moses and Elijah – symbols for the law and prophets – pale in comparison. It is far easier to embrace glory than take upon ourselves the yoke of discipleship, the demands of faithfully following Jesus, the responsibility of listening and proclaiming the Good News Jesus came to reveal. The call of God to us is the same as that to Peter, James, and John: we must be willing to leave everything to go where God wills, to accept the self-emptying as a necessary part of being given a share in Jesus’ glory, to open ourselves to Jesus’ touch of word and care that transforms us into faithful disciples. We must be willing to listen to Jesus, learn his ways, and embrace his paschal journey. Our journey as disciples leads us to
eternal glory – foreshadowed by Jesus’ transfiguration. This is worth any cost.

“Lord, it is goo that we are here.” In both temptation and transfiguration we are with Jesus. The promise of the gospel – and of Jesus’ life – is that resisting temptation to be other than who we are leads us to a glory that is far greater than the false promise temptation sets before us. Resisting temptation is our journey to transfiguration, our participation in Jesus’ own glory. It is our journey into the fullness of Life that conforms us more perfectly to Christ. And, Lord, how goo it is that we are here!

**LIVING THE PASCHAL MYSTERY**

Jesus commands the disciples to “Rise, and do not be afraid.” The journey of discipleship has its dangers (temptations), but we still venture forth on the journey to eternal glory. We trust in God’s guidance (given through law, prophets, teachings of Jesus, Gospel living modeled by others) and surrender ourselves into God’s hands. All we need to do is exclaim with Peter, “Lord, it is good that we are here.”

We are with Jesus through our practice of taking some time every day to read God’s word in Scripture, through the good modeling of discipleship by another, through the guidance we seek in spiritual direction, through the disciplines we choose for Lent. There are many ways we share in Jesus’ glorified Presence. Being here with Jesus means that we keep our eyes focused on the vision of Jesus transfigured and know that God, in great love and divine mercy, intends that we share in that same glory. We cannot lose sight of Jesus himself. “Lord, it is good that we are here.”
WEEKLY REFLECTIONS FOR THE SECOND SUNDAY OF LENT

FOR COMMUNITY AND RENEW GROUPS
+ When I am faced with temptation, the glory of Jesus I glimpse that gives me strength is . . .
+ Like Peter I exclaim “Lord, it is good that (I am) here” when . . .
+ The cost of discipleship for me is . . .
+ The glory is . . .

FOR OUR PRESIDERS
+ In my busy priestly ministry, what brings me to pause to exclaim “Lord, it is good that (I am) here” is . . .

FOR DEACONS
+ I have witnessed glimpses of Christ’s glory on the faces of others when . . .
+ My life shines with the glory of Christ for others whenever I . . .

FOR HOSPITALITY MINISTERS
+ My hospitality prepares the community members to become present here to the glory of Jesus when I . . .

FOR MUSIC MINISTERS
+ Collaborating in the ministry of music offers me a glimpse of Jesus’ glory to which I am called when . . .

FOR ALTAR SERVERS
+ I walk in the footsteps of Jesus while serving at the altar when I . .

FOR LECTORS
+ God’s promise of future blessings directs my daily life in that . . .
+ This moves me along my journey toward participating in Jesus’ glory by . . .

FOR EXTRAORDINARY MINISTERS OF HOLY COMMUNION
+ The Eucharist manifests Christ’s glory to me by . . .
+ The way I share this glory with those I meet in my daily life is . . .
RETIRO ESPIRITUAL DE CUARESMA

Sábado, Marzo 25 – 2017
9:00 AM – 4:00 PM
Parroquia de San Pablo
1690 Church St. San Francisco, CA 94131

"Cristiano" no es algo que se es; Sino algo que se va siendo.
La conversión en efecto, no es un acto, sino un proceso.
Eduardo Bonín.

Habrá Confesiones
Y Santa Misa

Confirmé su asistencia
Teléf. (415) 902-0458
(415) 368-5816

Se servirá lunch
Donativo $5.00

REFLEXIONES
"CAMINANDO CON JESÚS"

- Las Tentaciones
- La transfiguración
- La Samaritana
- La Resurrección de Lázaro

Meditaciones:
Rev. Anthony McGuire
Diacono Manuel Ocón

TODOS ESTÁN INVITADOS
¡Te esperamos!
Calla Lilies/Plants Needed

We need Calla Lilies and Plants to decorate the Church for Holy Week / Easter Services

We need Calla Lilies for our Holy Thursday Service. Please bring your donations Tuesday or Wednesday, April 11th & 12th 2017

We also need Easter Lilies and Potted Spring flowers and Easter Lilies for our Easter Services. Please bring your donations to the Church by Saturday April 15, 2017
Thoughtful Moments

St. Dominic Savio
Born to a peasant family in Riva, Italy, St. Dominic became a student at St. John Bosco's Oratory. Even from a young age, he was roundly recognized for his holiness. Dominic also had mystical experiences in prayer that he called his “distractions.” He made a resolution to receive Confession and Communion as often as possible and encouraged his peers to do so. He died from a lung infection when he was about 15.

Share the load
Jesus said, "Take my yoke upon you" (Matthew 11:29). In Jesus’ day, a farmer used a yoke to link two farm animals together to plow a field more effectively. Likewise, when we are wearied by family burdens, we can “link up” with Jesus. He promises to be with us always. If we stay connected to him, he will bring us through any trial.

“Shame not a repentant sinner; remember, we all are guilty” (Sirach 8:5).

Teach children to be cheerful penitents

Invite children to go for a swim or a bike ride, and you’ll hear squeals of delight. Ask them to accompany you to Confession and you may hear groans instead. In fact, the Sacrament of Reconciliation is more refreshing than a swim and more strengthening than a bike ride. It is our gift from Jesus to help us experience his grace and make things right with God. Try these tips to brighten the family trip to the confessional:

Establish the background. Explain that Jesus created this Sacrament (Matthew 16:19) not to blame us or “catch” us breaking the rules, but because he loves us and knew we needed help to stay holy. Work out the jitters. It’s normal to be anxious about admitting wrong and taking responsibility for our actions. Rehearse ahead of time so that it will feel familiar when your child is faced with the real thing. Remind her that she can ask the priest for help.

Build the expectation. Regular Confession will strengthen the entire family. Pick a set day and time — once a month, for example — so that no one is surprised when it comes around. Mark it on the calendar and schedule around it.

Celebrate. Then go for a swim or a bike ride to celebrate the entire family coming back into friendship with God.

Why Do Catholics Do That?

Why do Catholics fast before Communion?

In the Bible, people fasted before coming into God's presence or doing a special job for him. In addition, the Church recognizes that prayer involves the spirit and the body. By fasting, we prepare our bodies to enter God's presence in the Mass, as well as preparing our souls. In fasting, we experience a physical hunger, which expresses our spiritual hunger for God. Finally, fasting shows respect for Jesus in the Eucharist; it's a concrete way to give him top priority.
Help children unwrap the gift of Lent

The Catholic practice of giving something up for Lent – abstaining from a favorite food or activity – develops self-control, serves as penance for sin, and can lead to a greater appreciation of our blessings. Even young children can benefit from a Lenten sacrifice but choosing one that’s too hard can turn Lent into a chore. Try these ideas to help choose a rewarding sacrifice:

*Give up something valuable.* This can be a favorite dessert, game, toy or activity.

*Make it reasonable.* The sacrifice should be something specific and age appropriate so that she will be able to see it through.

*Add back.* An alternative to giving something up is to add instead: more prayer, an extra chore, a daily devotion such as the Rosary.

*Give up luxuries.* Consider encouraging your youngster to pick something that may not be good for him anyway. For example, sweets, soft drinks, or television watching during the week, make healthy choices for Lenten abstinence. He may even decide to do without it when Lent is over.

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**Scripture Lesson**

John 9:1-41, See as Jesus sees

In Jesus’ day it was believed that suffering was a punishment for sin. So, when Jesus encountered a blind beggar, his disciples asked for whose sins the man was suffering. Jesus explained the man’s suffering was not for punishment but for God’s purpose. His subsequent cure was twofold: Jesus gave the man physical sight which enabled him to believe in Jesus as God’s Son.

The faith of the blind man attracted others to Christ. Some of the Pharisees were convinced that Jesus was from God. Others condemned him as a sinner for curing the man on the Sabbath. These Pharisees were so focused on following the Law, they lost sight of God and his priorities.

*What can a parent do?* In baptism, we receive the gift of faith — the ability to “see” God and his loving plan, even amidst suffering. When we follow Jesus closely, we learn to see as he does. Take children to Mass at least weekly and Confession at least monthly and make prayer part of daily life. That will help to sharpen children's spiritual “vision.”

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**Feasts & Celebrations**

March 15 – Pope St. Zachary (752). Born in Calabria, Italy, St. Zachary was pope at a time of civil unrest in Italy. A skilled diplomat, he successfully negotiated peace for Italy on several occasions. He was integral to St. Boniface’s German mission and was also a generous patron of restoring churches. He is also known for freeing slaves sold by Venetian merchants.

March 17 – St. Patrick of Ireland (461). Born in Scotland, St. Patrick was the son of a Roman citizen, Calpurnius. He was kidnapped by pirates at the age of sixteen and brought to Ireland as a slave. He escaped but later returned to become the bishop of Ireland and is credited for having established the Church there.

March 25 – The Annunciation of the Lord (1st century). The angel Gabriel visited the Blessed Virgin Mary with the extraordinary news of her role as the mother of God. Even at her young age, she had complete confidence in God’s grace and trusted in his wisdom.

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**Our Mission**

To help parents raise faithful Catholic children

Success Publishing & Media, LLC
Publishers of Growing in Faith® and Partners in Faith®
(540)662-7844 (540)662-7847 fax
http://www.partnersinfaith.com
(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)

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# Lent, Family Calendar

**St. Paul's Church**  
Dorothy Vigna, Director of Religious Education

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>&quot;Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert fasting and praying.&quot; (Catechism of the Catholic Church).</td>
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<td>5</td>
<td>Pick a saint depicted in one of the statues in your church and learn about him or her. Ask the saint to pray for your family during Lent.</td>
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<td>6</td>
<td>Put a picture or statue of Jesus in a central place in your home to help you focus on Him. Ask him to guide you and your family this Lent.</td>
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<td>7</td>
<td>Today, practice being peacemakers. Instead of bickering, choose not to be offended and move on to something else.</td>
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<td>8</td>
<td>Tonight, say an extra prayer for the refugees fleeing from their homelands.</td>
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<td>9</td>
<td>Cover the dinner table with a purple cloth. Explain that purple reminds us that Jesus, our king, suffered on the cross for us.</td>
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<td>10</td>
<td>At dinner tonight, encourage everyone to think of a person he or she doesn't like and say three nice things about that person.</td>
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<td>11</td>
<td>Make up a box for a needy family or homeless shelter. Fill with canned goods, clothing, toiletries, and gently used toys.</td>
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<td>12</td>
<td>Listen carefully to the Gospel and the homily at Mass. Afterwards, talk about ways to live the Gospel this week.</td>
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<td>13</td>
<td>Cut a large cross out of construction paper. Together, decorate it with symbols that remind you of Jesus, Lent, Holy Week, Easter, and display it prominently.</td>
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<td>14</td>
<td>Pick a charity to which you want to donate. Fill a box or a jar with loose or spare change and donate it at the end of Lent.</td>
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<tr>
<td>15</td>
<td>At dinner tonight, encourage everyone to think of a person he or she doesn't like and say three nice things about that person.</td>
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<td>16</td>
<td>Foster a sense of gratitude. At dinner tonight, encourage each family member to name at least one blessing for which he or she is grateful.</td>
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<td>17</td>
<td>Serve pretzels as a reminder that Catholics used to give up milk, butter, eggs, cheese, cream, and meat.</td>
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<td>18</td>
<td>Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day.</td>
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<td>19</td>
<td>Pick a family Lenten offering, such as giving up TV one night a week, praying a family Rosary regularly, or attending daily Mass.</td>
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<td>20</td>
<td>St. Katherine Drexel used what she had for God by serving others. Ask each person to share a game, toy, or treat with someone else in your home.</td>
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<td>21</td>
<td>To honor Jesus’ Passion on Good Friday, share a meatless family meal together.</td>
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<td>22</td>
<td>Turn off the television, unplug the computers, and take the phone off the hook for a half hour to pray a family Rosary.</td>
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<td>23</td>
<td>Make cookies or other treats for residents at a local nursing home. If you can, bring an extra tray of cookies for those who work there.</td>
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<td>24</td>
<td>Lentare Sunday Today, have a special meal to celebrate the halfway point of Lent.</td>
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<td>25</td>
<td>Hot cross buns are a traditional Lenten treat. Defrost frozen bread dough and shape into rolls. After baking, put icing crosses on buns and enjoy!</td>
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<td>26</td>
<td>Ask each family member to make an examination of conscience, using the Ten Commandments and eight Beatitudes as guides.</td>
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<td>27</td>
<td>Pick a friend or neighbor and perform an anonymous good deed for him or her.</td>
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<td>28</td>
<td>Encourage everyone to make a sacrificial offering, such as doing an extra chore without being asked. Doing it cheerfully wins!</td>
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<td>29</td>
<td>Go on a screen fast (from recreational use) from noon to 3, in memory of the three hours Jesus hung on the cross.</td>
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<td>30</td>
<td>After Mass, place palms around each of the images of Jesus in your home to welcome the Messiah!</td>
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<td>31</td>
<td>Today and every night this week, say a special prayer for those entering the Church during the Easter Vigil.</td>
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<td>32</td>
<td>Collect stuffed animals or soft pillows in good condition and bring them to a local nursing home. Older folks love soft things to hug!</td>
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<td>33</td>
<td>Using colored markers, decorate tracing paper with Easter symbols. Hang them in front of windows to let the light shine through.</td>
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<td>34</td>
<td>Give up a favorite toy or treat just for today.</td>
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<td>35</td>
<td>Place any final donations in the box you set up on March 16. Make a family trip to deliver it to its destination.</td>
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<td>36</td>
<td>Read the story of the Last Supper (Matthew 26:20-30). Wash and dry each other's feet in remembrance of Jesus washing the feet of his Apostles.</td>
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<td>37</td>
<td>Pray the Stations of the Cross today, and meditate on each one.</td>
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<td>38</td>
<td>Today, color Easter eggs as a symbol of the new life we have in Christ.</td>
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CHURCH CLEAN-UP AND DECORATING

SATURDAY APRIL 15, 2017
10:15 AM – 2PM

We need help with cleaning and decorating the Church for our Easter Services.
We need help with dusting, vacuuming, cleaning and decorating.
lunch will be provided for the workers.

Any help would be appreciated.