



# IMMACULATE HEART OF *M*ARY

Parish Mission + Mision Parroquial

*With Mary, we seek to know Christ better and to make him better known through our words and actions.  
Con María, deseamos conocer mejor a Cristo y darlo a conocer por medio de nuestras acciones y palabras.*

FIRST SUNDAY OF LENT — FEBRUARY 26, 2023

*Lent.*

A SEASON OF RENEWAL



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Office Hours: Monday-Friday 9:00 am-4:00 pm

## The Pastor's Page/Página del Pastor

**Bishop of the Diocese of Oakland**  
The Most Rev. Michael C. Barber, SJ

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**Parish Office: (925) 634-4154**  
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Pastoral Council Chair

**George Verret**  
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Dear families of the Immaculate Heart of Mary,

The Lenten season is a fresh invitation to explore again who God is, who we are, and what it means to be human. We begin by hearing the tragic story of the first humans in the book of Genesis. As Paul describes in Romans, our struggles started when our ancestors broke the bond of unity with God, sought self-sufficiency, and grew apart from their true purpose and identity.

In Matthew's Gospel, we see how Jesus resists the lure of living outside of unity with God. Jesus rejects false promises of possessions, power, and status. Instead, he puts his life in his Father's hands. As our model for living as a fully human person, Jesus demonstrates that we are created to live in relationship with and trust in God, and in harmony with and for all of creation.

As we journey through Lent we should strive for closeness with God, and Jesus. Let the model that Jesus set for us aid us to be in harmony for all creation.

Immaculate Heart of Mary, pray for us.  
Fr. Quang

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Queridas familias del Inmaculado Corazón de María,

El tiempo de Cuaresma es una nueva invitación a explorar de nuevo quién es Dios, quiénes somos nosotros y qué significa ser humano. Comenzamos escuchando la trágica historia de los primeros seres humanos en el libro del Génesis. Como describe Pablo en Romanos, nuestras luchas comenzaron cuando nuestros antepasados rompieron el vínculo de unidad con Dios, buscaron la autosuficiencia y se apartaron de su verdadero propósito e identidad.

En el Evangelio de Mateo, vemos cómo Jesús se resiste a la tentación de vivir fuera de la unidad con Dios. Jesús rechaza las falsas promesas de posesiones, poder y estatus. En cambio, pone su vida en manos de su Padre. Como modelo para vivir como una persona plenamente humana, Jesús demuestra que hemos sido creados para vivir en relación con Dios y confiar en él, y en armonía con y para toda la creación.

A medida que avanzamos en la Cuaresma, debemos esforzarnos por acercarnos a Dios y a Jesús. Que el modelo que Jesús nos dio nos ayude a estar en armonía con toda la creación.

Inmaculado Corazón de María, ruega por nosotros.  
Padre Quang

### Weekday Masses/Misas Diarias

Monday, Wednesday, Friday: 8:00AM (English) - Tuesday, Thursday, Saturday: 8:00AM (Bilingual)

### Saturday Vigil Mass

5:00PM (English)

### Sunday Mass/Domingo Misa

7:30AM (English) - 9:00AM (English) - 10:45AM (Español) - 12:30PM (English) - 2:00PM (Español)  
5:00PM - Traditional Roman Rite (Latin)

### Confessions

Tuesdays 6:00PM - 7:00PM & Saturdays 3:30PM - 4:30PM

## Prayers & Weekly Scriptures/Oraciones y Lecturas de la Semana

### MASS INTENTIONS FOR THE WEEK INTENCIONES PARA MISAS DE LA SEMANA

#### Saturday February 25th

8:00 am † Angelita & Carol Morris  
5:00 pm Kristina Rojo Timmons - Birthday

#### Sunday February 26th

7:30 am † Sharon Martinez  
9:00 am IHM Parishioners  
10:45 am † Delfina Cruz Hernandez  
12:30 pm Carlos V Galvis - Birthday  
2:00 pm Francisco Dominguez - Health  
5:00 pm McKenna Respicio - Birthday

#### Monday February 27th

8:00 am † Edward Guthrie

#### Tuesday February 28th

8:00 am Liana Sousa - Special Intention

#### Wednesday March 1st

8:00 am † Paul Bellocchio

#### Thursday March 2nd

8:00 am Alexander Chavez - Birthday

#### Friday March 3rd

8:00 am Dr. Manuel J Juson - Special Int.

#### Saturday March 4th

8:00 am † Elvira y Jose Oseguera

Please join us the first Saturday of each month at Holy Cross cemetery for a Mass at 11:00am.



Vengan el primer sabado del mes al Cementerio de Holy Cross a la Misa de las 11:00am.

### Sick Relatives & Friends Parientes y Amigos Enfermos

Lyndsey Burrow, Ryan McLeod, Ramon Antonio Toledo, Giselle Honore, Clarence Cichon, Marion Cichon, Joseph Oliver, Therese Brantome, Trevor Rogers, Carlos Arias, Dennis and Teresa Saunders, Sergei, Susan and Galina, John Lee and Famioy, Bohakel Family, Shiields Family, Cyrina Salem\*\*\*

Antonio Mattos, Mary Abbott, Carol Chavez, Val Alfaro, Sheila, Victoria Sierra, Everett Gentry, Ken Kloovee, Dona Colucci, Michalina Siedliski, Andrea Reeves-Linzky, Marge Cragle, Nuhad Levasseur, Ruth Weber, Britany Gooch, Donna Heaney, Shannon Morton, Irene Nixon, The Barreto Family, Shannon Morton, Carol Williams, Carol Smith, Solange Patino-Patroni, Nicole Patino-Patroni, Gloria Almeida, Jesus Flores, Alberto Matias, Ismael Render, Ali Render, Randy Autentico, Brandon Diaz, Inga Stevie, Jorge Juarez II, Ana Laura Urrutia Prugua, Bertie McGraw, Cody James, Olivia Vega, Frank Vargas, Paul Dunavant, Dora Castillo, Manuel Pastor, Rod Gallegos, Nicholas Orosco, , Dianne Davi, Rosaura Diaz, Chris Moller, Fredie Flake, Dawn Lanphere, Carolyn Daddona, Tina Louise Cruz, Dr. Bruce R. Carlton., Dee Trotta, Tina Vazquez, Angelica Lowen, Jacqueline Benitez A., Jorge Almeida, Nancy Lizarbe, Sydney Reed, Joe Del Chiaro, Suzanne Mowry, Kathy Childs, Cristobal Valladares, Rita Garcia Elda Rosario Becerra., Al and Sergio Jensen, Gerald and Carmen Rogers.



### READINGS FOR THE WEEK LECTURAS DE LA SEMANA

Monday: 224: Lv 19:1-2, 11-18 Ps 19:8-10, 15  
Mt 25:31-46

Tuesday: 225: Is 55:10-11 Ps 34:4-7, 16-19  
Mt 6:7-15

Wednesday: 226: Jon 3:1-10 Ps 51:3-4, 12-13,  
18-19 Lk 11:29-32

Thursday: 227: Est C:12, 14-16, 23-25  
Ps 138:1-3, 7c-8 Mt 7:7-12

Friday: 228: Ez 18:21-28 Ps 130:1-8  
Mt 5:20-26

Saturday: 229: Dt 26:16-19 Ps 119:1-2, 4-5, 7-8  
Mt 5:43-48

Sunday: 25: Gn 12:1-4a Ps 33:4-5, 18-20, 22  
2 Tm 1:8b-10 Mt 17:1-9

### Entrance Hymn

### Save Your People Jim Farrell

Refrain




Save your peo-ple, O Lord. Show us the way to come home. We have been wan-der-ing far from your love. Save your

Verses



peo-ple, O Lord.

1. One thing I ask, O
2. For you will hide me in the
3. Lis-ten, O Lord, to the
4. Thus will I bless you all the




1. Lord, this I seek: to dwell for - ev - er in your
2. shel-ter of your wings and from the ar - rows of my
3. sound of my call, for I ac - knowl-edge my of -
4. days of my life. Lift - ing my hands, I call your



1. house, that I may gaze on your love - li - ness
2. foes. You set me high on a moun-tain-top,
3. fense. Wash me and I shall be pur - i - fied.
4. name: "O Lord, re - mem-ber your in - her - i - tance.

to Refrain



1. all the days of my life.
2. saved me from my dis - tress.
3. I shall be whit - er than snow.
4. Save your peo - ple, O Lord!"

### Responsorial Psalm

### Ps. 51 • Marty Haugen



Be mer-ci-ful, O Lord, for we have sinned; be



mer-ci-ful, O Lord, for we have sinned.

#### Verses

1. Have mercy on me, God, in your kindness, in your compassion, blot out my offense. O wash me more and more from my guilt and my sorrow, and cleanse me from all of my sin.
2. My offenses, truly I know them, and my sins are always before me; against you alone have I sinned, O Lord, what is evil in your sight I have done.
3. Create in me a clean heart, O God, put your steadfast spirit in my soul. Cast me not away from your presence, O Lord, and take not your spirit from me.

### Gospel Acclamation

### Mass of St. Frances Cabrini



Praise to you, Lord Je - sus Christ, King of end-less glo - ry!

*One does not live on bread alone /  
but on every word that comes forth from the mouth of God R.*



### Preparation of the Gifts

### On Eagle's Wings Michael Joncas

Verse 1



1. You who dwell in the shel-ter of the Lord, who a - bide in his

to Refrain



1. shad-ow for life, say to the Lord: "My ref-uge, my rock in whom I trust!"

Refrain



And he will raise you up on ea - gle's wings, bear you on the



breath of dawn, make you to shine like the

to Verses (last time to Coda) ♪



sun, and hold you in the palm of his hand.

Verse 2



2. The snare of the fowl-er will nev-er cap-ture you, and fam-ine will bring

to Refrain




2. you no fear: un-der his wings your ref-uge, his faith-ful-ness your shield.

Verse 3



3. You need not fear the ter-ror of the night, nor the ar-row that flies by

to Refrain



3. day; though thou-sands fall a - bout you, near you it shall not come.

## Holy, Holy, Holy

Mass of St. Frances Cabrini

Holy, Holy, Holy  
Lord, God of Hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.

Mass of St. Frances Cabrini © 2010. Kevin Keil. OCP Publications

## Memorial Acclamation

Mass of St. Frances Cabrini

We proclaim your death, O Lord, and profess your resurrection  
until you come again.

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## Great Amen

Mass of St. Frances Cabrini

Amen, Amen, Amen.

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## Lamb of God

Mass of St. Frances Cabrini

Lamb of God, you take away the sins of the world,  
*miserere nobis, miserere nobis.*

Lamb of God, you take away the sins of the world,  
*miserere nobis, miserere nobis.*

Lamb of God, you take away the sins of the world,  
*dona nobis pacem, dona nobis pacem*

Mass of St. Frances Cabrini © 2010. Kevin Keil. OCP Publications

## Communion Hymn

Gift of Finest Wheat  
Robert Kreutz

You sat - is - fy the hun - gry heart With  
gift of fin - est wheat; Come give to us, O  
sav - ing Lord, The bread of life to eat.

1. As when the shepherd calls his sheep,  
they know and heed his voice;  
so when you call your family, Lord,  
we follow and rejoice.
2. With joyful lips we sing to you  
our praise and gratitude,  
that you should count us worthy, Lord,  
to share this heavenly food.
3. Is not the cup we bless and share  
the blood of Christ outpoured?  
Do not one cup, one loaf, declare  
our oneness in the Lord?

4. The mystery of your presence, Lord,  
no mortal tongue can tell:  
whom all the world cannot contain  
comes in our hearts to dwell.

5. You give yourself to us, O Lord;  
then selfless let us be,  
to serve each other in your name  
in truth and charity.

Text: Omer Westendorf, 1916-1998, Music: Robert Kreutz. © 1977, Archdiocese of Philadelphia

## The Living God My Shepherd Is BROTHER JAMES AIR

1. The liv - ing God my shep - herd is, I know no  
2. You lead me where cool wa - ters flow By rip - pling  
3. I noth - ing fear; for you, O Lord, Are with me  
4. And so through all the length of days, Your mer - cy  
1. care or need. You guide me where rich pas - tures grow,  
2. stream and rill, Where I may taste the springs of life,  
3. night and day, In - tent, with shep - herd's staff and rod,  
4. waits on me, At last with - in my Fa - ther's house  
1. A - long the ver - dant mead, Where ev - 'ry day, by  
2. My thirst - ing spir - it fill; You near me bide and  
3. To guide me when I stray, And in the fold you  
4. Your glo - ry I shall see; You ev - er - more will  
1. pleas - ant way, My hun - g'ring soul may feed.  
2. home - ward guide My va - grant heart and will.  
3. will up - hold My faint - ing heart al - ways.  
4. I a - dore Through all e - ter - ni - ty.

Text: 86 86 86; based on Psalm 23; J. Driscoll, SJ, d. 1940, The Society of Jesus (British Province).  
Music: J.L. MacBeth Bain, ca. 1840-1925.

## Recessional Hymn

We Adore You, O Christ  
Steven Van Wye

We a - dore you, O Christ, and we bless you.  
You have re - deemed the world!

## Entrada

Por la Cruz a la Luz  
Cesáreo Gabaráin

Estrofas

1. Si la se-mi-lla no mue-re, no na-ce-rá la es-  
2. No sim-bo-li-za la muer-te, es sig-no de vic-

1. pi-ga. Si no a-cep-ta-mos la cruz, ¿có-mo al-can-  
2. to-ria, por-que a-bra-za-do a la cruz nos me-re-

1. zar la vi-da? ¿có-mo al-can-zar la vi-da?  
2. ció la glo-ria, nos me-re-ció la glo-ria.

Estribillo

Por la cruz a la luz, fuen-te de a-mor y vi-da.

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## Salmo Responsorial

Sa. 50 • Lourdes Montgomery

Mi-se-ri-cor-dia, Se-ñor, he-mos pe-ca-do.

1. Misericordia, Dios mío, por tu bondad;  
borra mi culpa y mis pecados.  
Misericordia, Dios mío, por tu bondad;  
limpia mi alma.

2. Pues reconozco mi culpa,  
tengo presente mi pecado.  
Si contra ti, mi Dios, solo pequé,  
Padre perdóname.

3. Crea en mí un corazón,  
un corazón más puro.  
Con tu poder renuévame,  
envíame tu Santo Espíritu.

## Aclamación del Evangelio

Misa de Santa Maria del Lago

Cantor/Todos

A - la - ban - za\_a ti, O Cris-to Rey de\_eter - na glo - ria.

*No sólo de pan vive el hombre /  
sino también de toda palabra que sale de la boca de Dios. R.*



## Preparación de las Ofrendas

Espero en Ti, Señor  
Santiago Fernandez

Estribillo

Es - pe - ro en ti, Se - ñor, mi al - ma con -

fía en tu pa - la - bra. Co - mo el cen - ti - ne - la a la au -

ro - ra, mi al - ma te es - pe - ra, Se - ñor.

Estrofas

1. Des - de el a - bis - mo cla - mo a ti, Se - ñor, es -  
2. Des - de el a - bis - mo cla - mo a ti, Se - ñor, es -

1. cu - cha mi cla - mor. Es - tén a - ten - tos tus o -  
2. cu - cha mi cla - mor. Ten mi - se - ri - cor - dia de

al Estribillo

1. í - dos, mi Dios, a la sú - pli - ca de mi voz.  
2. mí, Se - ñor, li - bé - ra - me con tu per - dón.

Letra: Basada en el Salmo 129 (130), 5-6. 1b-2a. 2b. Letra y música © 1997, Santiago Fernández **6**  
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## Santo

Misa de Santa Maria del Lago

Santo, Santo, Santo  
es el Señor, Dios del universo.  
Llenos están el cielo y la tierra de tu gloria.  
Hosanna en el cielo, hosanna en el cielo.  
Bendito el que viene en nombre del Señor,  
Hosanna en el cielo, hosanna en el cielo.

Música: Misa de Santa Maria del Lago, Steven Janco © 2010. WLP Publications, Inc.

## Aclamación Conmemorativa

Misa de Santa Maria del Lago

Anunciamos tu muerte, proclamamos tu resurrección.  
Ven, Señor, Jesús.  
Ven, Señor, Jesús.

Música: Misa de Santa Maria del Lago, Steven Janco © 2010. WLP Publications, Inc.

## Gran Amén

Misa de Santa Maria del Lago

Amén, Amén.

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## Cordero de Dios

Misa de Santa Maria del Lago

Cordero de Dios, que quitas el pecado del mundo,  
ten piedad de nosotros.

Cordero de Dios, que quitas el pecado del mundo,  
ten piedad de nosotros.

Cordero de Dios, que quitas el pecado del mundo,  
danos la paz.

Música: Misa de Santa Maria del Lago, Steven Janco © 2010. WLP Publications, Inc.

## Comunión

El Que Coma de Este Pan

Estela Garcia

1. Yo soy el Pan de Vida.  
El que viene a mí no tendrá hambre.  
El que cree en mí no tendrá sed.  
El que cree en mí vivirá.

2. Nadie viene a mí  
si no lo atrae mi Padre.  
Yo lo resucitaré  
en el último día.

3. Yo soy el pan vivo  
que ha bajado del cielo;  
el que coma de este pan  
vivirá para siempre.

4. Si no comen la carne  
del Hijo del Hombre,  
y no beben de su sangre,  
no viven de verdad.

Estribillo

El que co-ma de es-te pan vi-vi-rá, vi-vi-rá pa-ra siem-pre.

Re-su-ci-ta-rá en el úl-ti-mo dí-a.

## El Sendero de la Vida

Lourdes Montgomery

Estribillo

Me en-se-ña-rás el sen-de-ro de la vi-da,  
me sa-cia-rás de go-zo en tu pre-sen-cia,  
de a-le-gri-a per-pe-tua a tu de-re-cha,  
de a-le-gri-a per-pe-tua a tu de-re-cha.

Estrofas

1. Pro-té-ge-me, Dios mi-o, pro-té-ge-me, Dios mi-o,  
2. Por e-so se me a-le-gra, a-le-gra el co-ra-zón,  
1. -o, que me re-fu-gio en  
2. se go-zan mis en-  
1. Ti. Pro-té-ge-me, Dios mi-o, pro-  
2. tra-ñas. Yo des-can-sa-ré,  
al Estribillo  
1. té-ge-me, Dios mi-o, sin Ti to-do es mal.  
2. no me en-tre-ga-rás a la muer-te o co-rrup-ción.

## Salida

Perdona a Tu Pueblo

Tradicional de España

Estribillo

Per-do-na a tu pue-blo, Se-ñor, per-do-na a tu pue-blo, per-

Estrofas

dó-na-le, Se-ñor.

1. Por tus pro-fun-das lla-gas cru-e-les,  
2. Por las he-ri-das de pies y ma-nos,  
3. Por los tres cla-vos que te cla-va-ron,  
4. Por las tres ho-ras de tu a-go-ní-a,  
5. Por la a-ber-tu-ra de tu cos-ta-do,  
al Estribillo  
1. por tus es-pi-nas y por tus hie-les, per-dó-na-le, Se-ñor.  
2. por los a-zo-tes tan in-hu-ma-nos, per-dó-na-le, Se-ñor.  
3. y las es-pi-nas que te cla-va-ron, per-dó-na-le, Se-ñor.  
4. en que por Ma-dre dis-te a Ma-rí-a, per-dó-na-le, Se-ñor.  
5. no es-tés e-ter-na-men-te e-no-ja-do, per-dó-na-le, Se-ñor.

February 26, 2023

Written by  
THE  
FAITHFUL  
DISCIPLE

# First Sunday of Lent

Gn 2:7-9; 3:1-7 | Rom 5:12-19 | Mt 4:1-11

## GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Superbowl Sunday was two weeks ago, and many of us were more likely interested in the commercials than the actual game. After all, companies pay a ton of money to have their products paraded in front of us, and – in theory at least – take the time to make these particular ads memorable and funny. If we can be convinced that we will be better people, or our social outings greater and filled with more laughter, we will buy what they are selling. It's the modern version of the words of the serpent in today's first reading: if you eat this, "you will be like gods"! Today's readings are a reminder that we are all sinners and burdened by being vulnerable to false promises – but also that we are relieved of this burden through one man: Jesus Christ. If we tend to forget that the most important part of our salvation story is that it is full of more grace and forgiveness than we can comprehend, this first Sunday of Lent is a good time to prayerfully ponder this. If God seems far away or distant, let us recall that he loved us so much that he breathed our very life into us, and then gave his only begotten Son to us that we might have life eternally. All he asks in return is for us to accept this gift and follow in his footsteps. Lent is the time to be mindful of grace-filled opportunities that draw us closer to God.

## GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Let's think about these 40 days. In addition to allowing us to grow in understanding of God, this time is also an opportunity to grow in our understanding of how we can be the hands and feet of Jesus in the world and help to build the kingdom right here and now. How can we keep God at the center of our lives and resist worldly temptations to push him aside? Perhaps today's psalm can help us here: Ask for God's mercy, acknowledge our offenses, seek a "clean heart," renew a "steadfast spirit" within us, and ask God to grant us a "willing spirit" to give him praise. And remember Christ's words from the Gospel: Depend on "every word that comes forth from the mouth of God," which is love and mercy.

**PRAY** Pray today's psalm: "Give me back the joy of your salvation, and a willing spirit sustain in me. O Lord, open my lips, and my mouth shall proclaim your praise."



### Oracion San Miguel

San Miguel Arcángel,  
defiéndenos en la batalla.  
Sé nuestro amparo contra la  
perversidad y asechanzas del  
demonio. Reprímale Dios,  
pedimos suplicantes,  
y tú Príncipe de la  
Milicia Celestial,  
con el divino poder de Dios,  
arroja al infierno a Satanás  
y a todos los espíritus malignos  
que andan dispersos  
por el mundo  
para la perdición de las almas.  
Amén.



### Prayer to St. Michael

St. Michael the Archangel,  
defend us in battle,  
be our protection  
against the wickedness and  
snares of the devil.  
May God  
rebuke him we humbly pray;  
and do thou, O Prince of the  
Heavenly host,  
by the power of God,  
cast into hell Satan  
and all the evil spirits  
who prowl about the world seeking  
the ruin of souls.  
Amen



## Information/Información

### St. Vincent de Paul for Friday's Food Pantry

For the weekend of March 5 please bring canned soups. THANK YOU!

+++

Para el fin de semana del 5 de marzo, por favor traigan sopas enlatadas. GRACIAS!

### Knights of Columbus/ Italian Catholic Federation



#### PANCAKE BREAKFAST

Come visit with your fellow parishioners and welcome our new parishioners at the pancake breakfast on the **first Sunday of each month.** Next Sunday will be co-sponsored with the **RCIA** Ministry. Hours are 8:15am to 12:00pm.

### Caballeros de Colón y la Federación Católica Italiana

#### DESAYUNO DE PANQUECAS

Vengán a visitar con sus amigos parroquianos y darles la bienvenida a los nuevos parroquianos al desayuno de pancakes **el primer Domingo de cada mes.** El próximo domingo el desayuno será patrocinado por el Ministerio de **RICA** Horario del desayuno es de 8:15am a 12:00pm



#### 2023 - IHM ANNUAL LENTEN FISH FRY

DINNERS includes: Fish or Shrimp, French Fries & Coleslaw.



SHRIMP (5 pieces)	\$ 14
FISH (Adults) (8 oz 4 pieces)	\$ 13
FISH (Seniors/Kids) (6 oz 3 pieces)	\$ 10
SODA/WATER	\$ 1.50
DESSERTS	\$ 2.00
For Dine-in Only	
Beer	\$ 5
Wine	\$ 5
Bottle of wine	\$ 15

*We accept credit cards & cash & Venmo.*

*Only water & soda available for "drive-thru take out service."*

### SCHEDULE OF SECOND COLLECTIONS

March 5 - Facility Improvement' Fund  
March 12 - Catholic Relief Services

+++

### FECHAS DE SEGUNDAS COLECTAS

5 de marzo - Fondo del Mejoramiento de las Instalaciones  
12 de marzo - Servicios de Ayuda Católica

#### One Friday

#### One Cross

#### One Man

#### 180 Minutes

All high school students (grades 9-12) are invited to our 2023 Lenten bible study "180". Come join us as we go through this powerful bible study written by Mark Hark – exploring the 180 minutes that Jesus was on the cross.

This study is led by youth for youth.

7pm Friday, March 3<sup>rd</sup> - **Calvary**

7pm Friday, March 10<sup>th</sup> - **The Upper Room**

7-10pm Friday, March 17<sup>th</sup> (In the Church) - **Youth Led Stations & XLT Eucharistic Adoration Evening**

7pm Friday, March 24 – **The Temple**

7pm Friday, March 31 – **The Onlookers**

All gatherings held in the Library except for March 17. Bring your bible – don't have one? Don't worry – we have extra! To get on the high school youth ministry flocknote group for updates please email your first and last name and preferred email or cell number for messages to Julie Figueroa at

[ihmyouthbrentwood@gmail.com](mailto:ihmyouthbrentwood@gmail.com)

### CONTRA COSTA FOOD BANK



The Contra Costa Food Bank Mobile Produce Distribution Program distributes FREE produce on the 2nd and 4th Tuesdays of each month in the IHM parking lot from 12:00 noon to 1:00pm to families in need.

This program is only for low-income families. **9**

# Eucharist

## Introduction and Sacred Meal

In preparation for Easter and the Diocese Eucharistic Revival Congress, we will publish a series on the Eucharist during lent. As Bishop Barber stated in his invitation letter, "Too many of our brothers and sisters are hurting and in need of healing- but too many of us are in turn separated from the very source of our strength: Our Lord Jesus Christ." The weekly bulletin series will be based on Bishop Robert Barron's book and series *Eucharist*. This study examines the Eucharist from three important aspects. The Eucharist as a sacred meal, as a sacrifice, and as the real presence.

In our Catholic faith, the Eucharist is not an optional luxury but a necessity. Without it, spiritually, we starve to death. The Eucharist is called the source and summit of the Christian life. In the Eucharist is Christ Himself, the source of all that exists, and He is the end, or goal, to which we all strive. The Church comes from the Eucharist, from Christ's command. "Do this in memory of me."

Let us look at the Eucharist as Sacred Meal. The concept of Sacred Banquet is presented throughout scripture. At the very beginning, in the Garden of Eden, God commands Adam, "You are free to eat from any of the trees of the garden, except the tree of knowledge of good and evil." (Gen. 2:16-17) God is instructing them to participate in his life through eating. We all know, however, that the one tree that they were to not eat from is the one tree they grasped at. In wanting to claim divinity for themselves, they lost the ability to participate in the sacred banquet with God. In Exodus, God gave them instructions centering on a meal to prepare for their departure from Egypt. A year-old male lamb without blemish was to be killed. Its blood was to be the sign to the angel to pass over that house. It was to be consumed with unleavened bread and bitter herbs. This meal was to be celebrated each year as a memorial, an event brought forward and made present.

Later in the Old Testament, the prophet Isaiah dreams of gathering the scattered tribes of Israel and the whole world toward the mountain of the Lord's house, Zion. (Jerusalem) The place of the temple where proper worship is practiced. In addition, Isaiah dreams of a magnificent meal provided by God. (Is. 25:6)

In the New Testament, Jesus makes the sacred meal central to his work. It is foreshadowed from the start in Bethlehem, which means house of bread! "She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn." (Lk 2:7) A manger is a place from which the animals eat. Jesus, the Bread of Life, came to feed us. In Jesus' time, divisions were standard in society. Jesus practiced a table fellowship where these divisions were united. The just and the unjust, the healthy and the sick all ate and drank together. Immediately after calling the tax collector Levi (Matthew), Jesus sits at a banquet. "While he was at table in his house, many tax collectors and sinners came and sat with Jesus and his disciples." (Mt. 9:10) In the miraculous feedings of the thousands, the disciples want Jesus to send the people away so they can get food on their own. Instead, Jesus feeds them all, multiplying the little food the disciples had on hand.

This demonstrates what Bishop Barron calls the loop of grace. When we offer God what we have received from him, he returns it multiplied and transformed. If we try to cling to it and make it our own, we lose it, like Adam and Eve. At Mass, we offer God bread and wine. These are fruits of the earth, made with human hands, and God returns them to us as the Body, Blood, Soul, and Divinity of Jesus Christ. The very food we need most.

## Eucaristía

### Introducción y comida sagrada

En preparación para la Pascua y el Congreso Diocesano de Avivamiento Eucarístico, publicaremos una serie sobre la Eucaristía durante la Cuaresma. Como dijo el Obispo Barber en su carta de invitación, "Demasiados de nuestros hermanos y hermanas están heridos y necesitan sanación- pero demasiados de nosotros estamos a su vez separados de la fuente misma de nuestra fuerza: Nuestro Señor Jesucristo". La serie de boletines semanales se basará en el libro y la serie Eucaristía del obispo Robert Barron. Este estudio examina la Eucaristía desde tres aspectos importantes. La Eucaristía como comida sagrada, como sacrificio y como presencia real.

En nuestra fe católica, la Eucaristía no es un lujo opcional, sino una necesidad. Sin ella, espiritualmente, nos morimos de hambre. La Eucaristía es llamada la fuente y la cumbre de la vida cristiana. En la Eucaristía está Cristo mismo, la fuente de todo lo que existe, y El es el fin, o la meta, a la que todos aspiramos. La Iglesia nace de la Eucaristía, del mandato de Cristo. "Haced esto en memoria mía".

Veamos la Eucaristía como Banquete Sagrado. El concepto de Banquete Sagrado se presenta a lo largo de toda la Escritura. Al principio, en el Jardín del Edén, Dios ordena a Adán: "Puedes comer de cualquiera de los árboles del jardín, excepto del árbol de la ciencia del bien y del mal." (Gn. 2:16-17) Dios les está ordenando que participen en su vida a través de la comida. Sin embargo, todos sabemos que el único árbol del que no debían comer es al que se aferraron. Al querer reclamar para sí la divinidad, perdieron la capacidad de participar en el banquete sagrado con Dios. En el Éxodo, Dios les dio instrucciones centradas en una comida para preparar su salida de Egipto. Debían matar un cordero macho de un año sin defecto. Su sangre debía ser la señal para que el ángel pasara sobre aquella casa. Debía consumirse con pan sin levadura y hierbas amargas. Esta comida debía celebrarse cada año como un memorial, un acontecimiento que se recordaba y se hacía presente.

Más adelante en el Antiguo Testamento, el profeta Isaías sueña con la reunión de las tribus dispersas de Israel y de todo el mundo hacia el monte de la casa del Señor, Sión. (Jerusalén) El lugar del templo donde se practica el culto correcto. Además, Isaías sueña con una magnífica comida proporcionada por Dios. (Is. 25:6)

En el Nuevo Testamento, Jesús hace de la comida sagrada el centro de su obra. Está prefigurada desde el principio en Belén, ¡que significa casa del pan! "Lo envolvió en pañales y lo acostó en un pesebre, porque no había sitio para ellos en la posada". (Lc 2,7) Un pesebre es un lugar del que comen los animales. Jesús, el Pan de Vida, vino a alimentarnos. En tiempos de Jesús, las divisiones eran moneda corriente en la sociedad. Jesús practicó una mesa de comunión en la que estas divisiones estaban unidas. Justos e injustos, sanos y enfermos comían y bebían juntos. Inmediatamente después de llamar Leví al recaudador de impuestos (Mateo), Jesús se sienta a un banquete. "Mientras estaba a la mesa en su casa, muchos publicanos y pecadores vinieron y se sentaron con Jesús y sus discípulos". (Mt. 9:10) En la milagrosa alimentación de los miles, los discípulos quieren que Jesús despida a la gente para que consigan comida por su cuenta. En cambio, Jesús los alimenta a todos, multiplicando la poca comida que los discípulos tenían a mano.

Esto demuestra lo que el obispo Barron llama el bucle de la gracia. Cuando ofrecemos a Dios lo que hemos recibido de él, nos lo devuelve multiplicado y transformado. Si intentamos aferrarnos a ello y hacerlo nuestro, lo perdemos, como Adán y Eva. En la Misa, ofrecemos a Dios pan y vino. Son frutos de la tierra, hechos con manos humanas, y Dios nos los devuelve como el Cuerpo, la Sangre, el Alma y la Divinidad de Jesucristo. El alimento que más necesitamos.

## The Fast Life

Fast from judging others;  
Feast on Christ dwelling in them.  
Fast from fear of illness;  
Feast on the healing power of God.  
Fast from words that pollute;  
Feast on speech that purifies.  
Fast from discontent;  
Feast on gratitude.  
Fast from anger;  
Feast on patience.  
Fast from pessimism;  
Feast on hope.  
Fast from negatives;  
Feast on encouragement.  
Fast from bitterness;  
Feast on forgiveness.  
Fast from self-concern;  
Feast on compassion.  
Fast from suspicion;  
Feast on truth.  
Fast from gossip;  
Feast on purposeful silence.  
Fast from problems that overwhelm;  
Feast on prayer that sustains.  
Fast from anxiety;  
Feast on faith.

-  
Author Unknown

## La vida rápida

Ayuna de juzgar a los demás;  
Date un festín con Cristo morando en ellos.  
Ayuna del miedo a la enfermedad;  
Date un festín con el poder sanador de Dios.  
Ayuna de palabras que contaminan;  
Festín de palabras que purifican.  
Ayuna del descontento;  
Date un festín de gratitud.  
Ayuna de ira;  
Date un festín de paciencia.  
Ayuna de pesimismo;  
Date un festín de esperanza.  
Ayuna de lo negativo;  
Date un festín de ánimo.  
Ayuna de amargura;  
Festín de perdón.  
Ayuna de la preocupación por ti mismo;  
Festín de compasión.  
Ayuna de sospechas;  
Date un festín con la verdad.  
Ayuna de chismes;  
Date un festín de silencio intencionado.  
Ayuna de los problemas que te abruman;  
Date un festín con la oración que sostiene.  
Ayuna de la ansiedad;  
Date un festín de fe.

- Autor desconocido

# Lent 2023

## 7:00 PM

**March 3 – Emmaus Spanish and English**

**March 10 – Divine Mercy Spanish and English**

**March 17 – Youth Ministry (with adoration in the Church after Stations music and prayer)**

**March 24 – Legion of Mary Spanish and English**

**March 31 – MFCC**

**April 15 – Sociedad Guadalupana (via Crucis at 6:00 PM)**

**March 7 – Lenten Reflection – 7:00pm – Fr. Mark – Spanish**

**March 14 – Lenten Reflection – 7:00pm – Fr. Quang - English**

**PENANCE / RECONCILIATION SERVICE – March 28 – 7:00 PM (No 6:00pm Confessions)**



## Ministry Meetings/Reuniones de Ministerios

### + Confessions / Confesiones

Tuesday/Martes: 6:00 - 7:00PM  
Saturday/Sabado: 3:30 - 4:30PM

### Devotions/Devociones

Monday to Friday/Lunes a Viernes  
7:30AM

### **Holy Rosary/Santo Rosario**

+

Wednesday/Miércoles  
8:30AM

### **Mother of Perpetual Help Novena Novena Madre del Perpetuo Socorro**

+

Friday/Viernes  
8:30AM

### **Divine Mercy Chaplet Novena Coronilla a la Divina Misericordia**

### Anointing of the Sick Unción de los Enfermos

### Home Communion Comunión a los Enfermos

Contact a priest / llame a un sacerdote

+

### Marriage/Matrimonios

Requires at least six month preparation  
Requiere por lo menos 6 meses de preparación

### Baptism/Bautismos

634-4154

+

### Funerals/Funerales

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## Weekly Calendar/Calendario Semanal

### Sun. Feb. 26th

10:30am Library Open Library

### Mon. Feb. 27th

8:45am Men's Fellowship Library  
4:00pm Educated Angels Lk/Matt  
5:00pm Legion of Mary/Eng Library  
6:00pm ICF Monthly Mtg. Hall C  
7:00pm Bible Study/Sp Hall A  
7:00pm Emmaus Women/Sp Matt  
7:00pm Men of St. Joseph Library  
7:00pm Escuela de la Cruz John

### Tues. Mar. 1st

10:00am IHM Crafters Library  
12:00pm CCC Food Bank Parking Lot  
3:00pm First Communion/Eng. All classrooms/  
Hall A/B/C/  
Library  
4:15p Edge/Middle School Hall A/B/C/  
All classrooms  
Library  
6:00pm Legion of Mary/Sp. Chapel  
6:00pm Confessions Church  
7:00pm First Communion/Sp Jn/Lk/Mk/  
Hall A/B/C  
7:00pm SPRED Classes Library/Matt

### Wed. Mar. 2nd

4:00pm IHM Good Shepherd Hall A/B/C/Jn  
4:00pm Educated Angels Lk/Matt  
5:00pm Confirmation/Teen Mk/Library  
7:00pm Confirmation/Teen Hall ABC/All  
Classrooms/Library/Church

### Thurs. Mar. 3rd

10:00am Women's Faith Sharing Library  
10:00am St. Vincent de Paul Board Mtg. Hall C  
4:00pm IHM Good Shepard Hall A/B/C/Jn  
4:00pm RCIC Mark  
4:30pm Widow and Widowers group Library  
7:00pm Confirmation/Adult Hall A  
7:00pm Discovering Christ Library  
7:00pm RICA/Faith Formation Mark  
7:00pm Emmaus Men/Sp Retreat Luke

### Fri. Mar. 4th

8:00am St. Vincent de Paul Hall A/B/C  
3:30pm Bible Study/Eng Library  
4:00pm CCD/Sp Choir Practice Church  
4:00pm KofC Fish Fry Hall A/B/C  
7:00pm Confirmation Adult/Sp/RICA John  
7:00pm Divine Mercy Cenacle Luke

### Sat. Mar. 5th

9:00am Faith Formation/Eng All classrooms/  
Library  
10:30am Marian Movement of Priests Cenacle Library  
10:30am Our Lady of Fatima Group Mark  
3:30pm Confessions Church

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# March 2023

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This schedule is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8:00 Fr. Quang	8:00 Fr. Mark Benediction / Adoration  6:00 Benediction	8:00 Fr. Quang Benediction / Adoration  7:00 Stations of the Cross Benediction	8:00 Fr. Mark  3:30 Confessions 5:00 Fr. Quang
2 <sup>nd</sup> Lent 5	6	7	8	9	10	11
7:30 Fr. Quang 9:00 Fr. Quang 10:45 Fr. Mark / L 12:30 Fr. Quang 2:00 Fr. Mark / L 5:00 Latin-Fr. Candelario	8:00 Fr. Mark	8:00 Fr. Quang  6:00 Confessions  7:00 In Spanish Lenten Reflection – Fr. Mark	8:00 Fr. Quang	8:00 Fr. Mark Benediction / Adoration  6:00 Benediction	8:00 Fr. Mark Benediction / Adoration  7:00 Stations of the Cross Benediction	8:00 Fr. Quang  3:30 Confessions 5:00 Fr. Mark / J
3 <sup>rd</sup> Lent 12	13	14	15	16	17	18
7:30 Fr. Quang / J 9:00 Fr. Quang / J 10:45 Fr. Mark 12:30 Fr. Quang / J 2:00 Fr. Mark 5:00 Latin-Fr.	8:00 Fr. Mark	8:00 Fr. Mark  6:00 Confessions  7:00 In English Lenten Reflection – Fr. Quang	8:00 Fr. Quang	8:00 Fr. Mark Benediction / Adoration  6:00 Benediction	8:00 Fr. Quang Benediction / Adoration  7:00 Stations of the Cross Benediction	8:00 Frs. Mark / Quang Anointing of the Sick  3:30 Confessions 5:00 Fr. Quang
4 <sup>th</sup> Lent 19	St. Joseph 20	21	22	23	24	Annunciation 25
7:30 Fr. Quang 9:00 Fr. Quang 10:45 Fr. Mark / L 12:30 Fr. Quang 2:00 Fr. Mark / L 5:00 Latin-Fr. Candelario	8:00 Fr. Mark	8:00 Fr. Quang  6:00 Confessions	8:00 Fr. Quang	8:00 Fr. Mark Benediction / Adoration  6:00 Benediction	8:00 Fr. Mark Benediction / Adoration  7:00 Stations of the Cross Benediction	8:00 Fr. Quang  3:30 Confessions 5:00 Fr. Mark / P
5 <sup>th</sup> Lent 26	27	28	29	30	31	
7:30 Fr. Quang / P 9:00 Fr. Quang / P 10:45 Fr. Mark 12:30 Fr. Quang / P 2:00 Fr. Mark 5:00 Latin-Fr.	8:00 Fr. Mark	8:00 Fr. Quang  NO 6:00 Confessions  7:00 Penance / Reconciliation Service – Fr. Quang	8:00 Fr. Quang	8:00 Fr. Mark  6:00 Benediction	8:00 Fr. Quang Benediction / Adoration  7:00 Stations of the Cross Benediction	