



# IMMACULATE HEART OF *MARY*

— 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.*

SECOND SUNDAY OF LENT — MARCH 13, 2022



# LENT

A SEASON OF REFLECTION,  
RENEWAL, AND PREPARATION

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## The Pastor's Page/Página del Pastor

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

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Pastoral Council Chair

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

Have you ever had a glimpse of God? Perhaps you perceived God's presence in a quiet moment of prayer, a tender conversation with a loved one, or a difficult situation that was resolved unexpectedly. Peter, James, and John in today's Gospel were given a glimpse of Christ's glory on the mountain, as Jesus was transfigured before them. Abram put his faith in God and saw God's power in a wondrous sign of covenant love.

We have the promise of eternal life with God in heaven. This promise brings with it responsibility, as people who are called to live as Christ's very own in the world. Lent is the perfect time to resolve to listen more attentively to the Lord and follow God's ways, assured that in doing so, we put our faith in the one, true, and faithful God.

In today's noisy world it is very difficult to listen attentively to the Lord and follow in God's ways. It is even difficult to listen to our own families and loved ones attentively. What we need to do is to stop and find quiet. Remove the noise from our lives. Turn off the television and computers and spend time contemplating God's presence. This is a good feeling and the more we are able to do this the easier it becomes.

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

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Queridas familias del Inmaculado Corazón de María,

¿Alguna vez has tenido una visión de Dios? Quizá percibiste la presencia de Dios en un momento tranquilo de oración, en una conversación amable con un ser querido o en una situación difícil que se resolvió inesperadamente. En el Evangelio de hoy, Pedro, Santiago y Juan tuvieron en la montaña una visión de la gloria de Cristo, cuando Jesús se transfiguró ante ellos. Abram puso su fe en Dios y vio el poder de Dios en una maravillosa señal de amor de alianza.

Tenemos la promesa de la vida eterna con Dios en el cielo. Esta promesa trae consigo misma responsabilidad, como pueblo estamos llamados a vivir en el mundo la vida misma de Cristo. La Cuaresma es el tiempo perfecto para resolver y escuchar más atentamente al Señor y seguir los caminos de Dios, con la seguridad de que, al hacerlo ponemos nuestra fe en el Dios único, verdadero y fiel.

En el mundo ruidoso de hoy es muy difícil escuchar atentamente al Señor y seguir los caminos de Dios. Incluso es difícil escuchar con atención a nuestras propias familias y seres queridos. Lo que tenemos que hacer es parar y encontrar silencio. Eliminar el ruido de nuestras vidas. Apagar la televisión y las computadoras y dedicar tiempo a contemplar la presencia de Dios. Esto es un buen sentimiento y cuanto más seamos capaces de hacerlo, más fácil será.

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 (Spanish)  
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

#### Sat. Mar. 12th

8:00 am † Luz Cladellas  
5:00 pm † Bill Wattenburg

#### Sun. Mar. 13th

7:30 am † Eustaquia and Arturo Macaraeg  
9:00 am † Beverly Casey  
10:45 am † Ramiro Cortez Martinez  
12:30 pm Parishioners of IHM  
2:00 pm Familias del Movimiento Familiar  
Cristiano - Special Intention  
5:00 pm † Joe Rodriguez

#### Mon. Mar. 14th

8:00 am † Ho Sy Khang

#### Tues. Mar. 15th

8:00 am Toni Tolentino - Birthday

#### Wed. Mar. 16th

8:00 am † Michael Owen

#### Thurs. Mar. 17th

8:00 am † Corazon Mejia

#### Fri. Mar. 18th

8:00 am † Carol Ann Sublett

#### Sat. Mar. 19th

8:00am † Dominador, Robert and Ceferina Galban

### Sick Relatives & Friends Parientes y Amigos Enfermos

Lyndsey Burrow, Ryan McCloud, Ramon Antonio Toledo, Kay Aviani, Giselle Honore, Sydney Reed, Barbara DeDora, Michael Meada, David Prado.\*\*\*  
Brandon Diaz, Ricardo Oseguera, Fernando Navarro, Pedro Guitron, Eduardo Yanes, Sydney Reed, Marion Cichon, Joseph Oliver, Dean Chromy, Linda Ontai., Mayra Gutierrez, Brandon Diaz, Chris Heuer, Meghan Heuer, Conner Kane, Dawn Lanphere, Jan Cooper, Noreen and Jordan Pitta, Graciela Paz, Graciela Martinez, Mrs. Tikalsky, Brian Patrick Scott, Trevor Rodgers, Ricardo Bautista, Jeff Anadon, Therese Brantome, Maria Luisa Oseguera Guisar, Socorro Ortega, Antonio Cagulangan, Daniel Fonseca, Maria del Refugio Neri, Paul Deunavant, Alonso Martinez, Guadalupe Garcia Medrano, Lexie Gracia, Jorge Selligman, Isaac Narez.

### READINGS FOR THE WEEK LECTURAS DE LA SEMANA

Monday: 230: Dn 9:4b-10 Ps 79:8-9, 11, 13  
Lk 6:36-38

Tuesday: 231: Is 1:10, 16-20 Ps 50:8-9,  
16b-17, 21, 23 Mt 23:1-12

Wednesday: 232: Jer 18:18-20 Ps 31:5-6, 14-16  
Mt 20:17-28

Thursday: 233: Jer 17:5-10 Ps 1:1-4, 6  
Lk 16:19-31

Friday: 234: Gn 37:3-4, 12-13a, 17b-28a  
Ps 105:16-21 Mt 21:33-43, 45-46

Saturday: 543: 2 Sm 7:4-5a, 12-14a, 16  
Ps 89:2-5, 27, 29  
Rom 4:13, 16-18, 22  
Mt 1:16, 18-21, 24a

Saturday 5:00pm Scutiny:  
28: Ex 17:3-7 Ps 95:1-2, 6-9  
Rom 5:1-2, 5-8 Jn 4:5-42

Sunday: 30: Ex 3:1-8a, 13-15 Ps 103:1-4,  
6-8, 11 1 Cor 10:1-6, 10-12  
Lk 13:1-9

### **FUNERALS FOR THE MONTH OF FEBRUARY**

Macaria Alcantara  
James Bowen  
Lois Valley  
Robert (Bob) Barker  
Melecio Daleria, Jr.  
Carlos J. Santoyo  
Gina Simonetti Lilly.



# LENT



"Create in me a clean heart, O God,  
and renew a right spirit within me."  
Psalm 51:10

### Primera lectura

Gen 15, 5-12. 17-18

En aquellos días, Dios sacó a Abram de su casa y le dijo: "Mira el cielo y cuenta las estrellas, si puedes". Luego añadió: "Así será tu descendencia".

Abram creyó lo que el Señor le decía y, por esa fe, el Señor lo tuvo por justo. Entonces le dijo: "Yo soy el Señor, el que te sacó de Ur, ciudad de los caldeos, para entregarte en posesión esta tierra". Abram replicó: "Señor Dios, ¿cómo sabré que voy a poseerla?" Dios le dijo: "Tráeme una ternera, una cabra y un carnero, todos de tres años; una tórtola y un pichón".

Tomó Abram aquellos animales, los partió por la mitad y puso las mitades una enfrente de la otra, pero no partió las aves. Pronto comenzaron los buitres a descender sobre los cadáveres y Abram los ahuyentaba.

Estando ya para ponerse el sol, Abram cayó en un profundo letargo, y un terror intenso y misterioso se apoderó de él. Cuando se puso el sol, hubo densa oscuridad y sucedió que un brasero humeante y una antorcha encendida, pasaron por entre aquellos animales partidos.

De esta manera hizo el Señor, aquel día, una alianza con Abram, diciendo:

"A tus descendientes doy esta tierra, desde el río de Egipto hasta el gran río Éufrates".

### Salmo Responsorial

Ps 27:1, 7-8, 8-9, 13-14

El Señor es mi luz y mi salvación, el Señor es la defensa de mi vida.

### Segunda Lectura

Fil 3, 17-4, 1

Hermanos: Sean todos ustedes imitadores míos y observen la conducta de aquellos que siguen el ejemplo que les he dado a ustedes. Porque, como muchas veces se lo he dicho a ustedes, y ahora se lo repito llorando, hay muchos que viven como enemigos de la cruz de Cristo. Esos tales acabarán en la perdición, porque su dios es el vientre, se enorgullecen de lo que deberían avergonzarse y sólo piensan en cosas de la tierra.

Nosotros, en cambio, somos ciudadanos del cielo, de donde esperamos que venga nuestro Salvador, Jesucristo. Él transformará nuestro cuerpo miserable en un cuerpo glorioso, semejante al suyo, en virtud del poder que tiene para someter a su dominio todas las cosas.

Hermanos míos, a quienes tanto quiero y extraño: ustedes, hermanos míos amadísimos, que son mi alegría y mi corona, manténganse fieles al Señor.

### Evangelio

En aquel tiempo, Jesús se hizo acompañar de Pedro, Santiago y Juan, y subió a un monte para hacer oración. Mientras oraba, su rostro cambió de aspecto y sus vestiduras se hicieron blancas y

relampagueantes. De pronto aparecieron conversando con él dos personajes, rodeados de esplendor: eran Moisés y Elías. Y hablaban de la muerte que le esperaba en Jerusalén. Pedro y sus compañeros estaban rendidos de sueño; pero, despertándose, vieron la gloria de Jesús y de los que estaban con él. Cuando éstos se retiraban, Pedro le dijo a Jesús: "Maestro, sería bueno que nos quedáramos aquí y que hiciéramos tres chozas: una para ti, una para Moisés y otra para Elías", sin saber lo que decía.

No había terminado de hablar, cuando se formó una nube que los cubrió; y ellos, al verse envueltos por la nube, se llenaron de miedo. De la nube salió una voz que decía: "Este es mi Hijo, mi escogido; escúchenlo". Cuando cesó la voz, se quedó Jesús solo.

Los discípulos guardaron silencio y por entonces no dijeron a nadie nada de lo que habían visto.

### Credo de Nicea

Creo en un solo Dios, Padre todo poderoso, Creador del cielo y de la tierra, de todo lo visible y lo invisible.

Creo en un solo Señor, Jesucristo, Hijo único de Dios, nacido del Padre antes de todos los siglos: Dios de Dios, Luz de Luz, Dios verdadero de Dios verdadero, engendrado, no creado, de la misma naturaleza del Padre, por quien todo fue hecho; que por nosotros, los hombres, y para nuestra salvación bajó del cielo, **y por obra del Espíritu Santo se encarnó de María, la Virgen, y se hizo hombre;** y por nuestra causa fue crucificado en tiempos de Poncio Pilato, padeció al tercer día, según las Escrituras, y subió al cielo, y está sentado a la derecha del Padre; y de nuevo vendrá con Gloria para juzgar a vivos y muertos, y su reino no tendrá fin.

Creo en el Espíritu Santo, Señor dador de vida, que procede del Padre y del Hijo, que con el Padre y el Hijo recibe una misma adoración y Gloria, y que hablo por los profetas.

Creo en la Iglesia, que es santa, católica y apóstolica. Confieso que hay un solo bautismo para el perdón de los pecados. Espero la resurrección de los muertos y la vida del mundo. Amen.



## Readings

### First Reading

Gn 15:5-12, 17-18

The Lord God took Abram outside and said,  
"Look up at the sky and count the stars,  
if you can.  
Just so," he added, "shall your descendants be."  
Abram put his faith in the LORD,  
who credited it to him as an act of  
righteousness.  
He then said to him,  
"I am the LORD who brought you from Ur of the  
Chaldeans to give you this land as a possession."  
"O Lord GOD," he asked,  
"how am I to know that I shall possess it?"  
He answered him,  
"Bring me a three-year-old heifer,  
a three-year-old she-goat,  
a three-year-old ram, a turtledove, and a young  
pigeon."  
Abram brought him all these, split them in two,  
and placed each half opposite the other;  
but the birds he did not cut up.  
Birds of prey swooped down on the carcasses,  
but Abram stayed with them.  
As the sun was about to set,  
a trance fell upon Abram,  
and a deep, terrifying darkness enveloped him.  
When the sun had set and it was dark,  
there appeared a smoking fire pot and a flaming  
torch, which passed between those pieces.  
It was on that occasion that the LORD made a  
covenant with Abram,  
saying: "To your descendants I give this land,  
from the Wadi of Egypt to the Great River, the  
Euphrates."

### Reponsorial Psalm      Ps 27:1, 7-8, 8-9, 13-14

The Lord is my light, the Lord is my light, the Lord is  
my light and my salvation.

### Second Reading

Phil 3:17—4:1

Join with others in being imitators of me, brothers  
and sisters,  
and observe those who thus conduct themselves  
according to the model you have in us.  
For many, as I have often told you  
and now tell you even in tears,  
conduct themselves as enemies of the cross of  
Christ.  
Their end is destruction.  
Their God is their stomach;  
their glory is in their "shame."  
Their minds are occupied with earthly things.  
But our citizenship is in heaven,  
and from it we also await a savior, the Lord Jesus  
Christ.  
He will change our lowly body  
to conform with his glorified body  
by the power that enables him also  
to bring all things into subjection to himself.  
Therefore, my brothers and sisters,  
whom I love and long for, my joy and crown,

in this way stand firm in the Lord.

### Gospel

Lk 9:28b-36

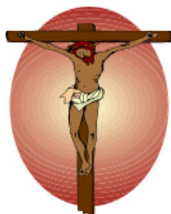
Jesus took Peter, John, and James and went up  
the mountain to pray.  
While he was praying his face changed in  
appearance and his clothing became dazzling  
white.  
And behold, two men were conversing with him,  
Moses and Elijah,  
who appeared in glory and spoke of his exodus  
that he was going to accomplish in Jerusalem.  
Peter and his companions had been overcome by  
sleep, but becoming fully awake,  
they saw his glory and the two men standing  
with him.  
As they were about to part from him, Peter said  
to Jesus, "Master, it is good that we are here;  
let us make three tents,  
one for you, one for Moses, and one for Elijah."  
But he did not know what he was saying.  
While he was still speaking,  
a cloud came and cast a shadow over them,  
and they became frightened when they entered  
the cloud.  
Then from the cloud came a voice that said,  
"This is my chosen Son; listen to him."  
After the voice had spoken, Jesus was found  
alone.  
They fell silent and did not at that time  
tell anyone what they had seen.

### The Nicene Creed

I believe in one God, the Father almighty,  
maker of heaven and earth, of all things visible and  
invisible. I believe in one Lord Jesus Christ, the Only  
Begotten Son of God, born of the Father before all  
ages.

God from God, Light from Light, true God from true  
God, begotten, not made, consubstantial with the  
Father; through him all things were made.  
For us men and for our salvation he came down  
from heaven, **and by the Holy Spirit was  
incarnate of the Virgin Mary, and became  
man.** For our sake he was crucified under Pontius  
Pilate, he suffered death and was buried, and rose  
again on the third day in accordance with the  
Scriptures. He ascended into heaven and is seated  
at the right hand of the Father. He will come again  
in glory to judge the living and the dead and his  
kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of  
life, who proceeds from the Father and the Son,  
who with the Father and the Son is adored and  
glorified, who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the  
dead and the life of the world to come. Amen.



*LENT FASTING AND FEASTING*  
*by William Arthur Ward*

*Lent should be more than a time of fasting.  
It should be a JOYOUS season of FEASTING.  
Lent is a time to fast from certain things  
and to feast on others.  
It is a season in which we should:*

*Fast from judging others; feast on the Christ  
dwelling in them.  
Fast from emphasis on differences; feast on the  
unity of all life.  
Fast from apparent darkness; feast on the  
reality of light.  
Fast from thoughts of illness; feast on the  
healing power of God.  
Fast from words that pollute; feast on phrases  
that purify.  
Fast from discontent; feast on gratitude.  
Fast on anger; feast on patience.  
Fast from pessimism; feast on optimism.  
Fast from worry; feast on divine order.  
Fast from complaining; feast on appreciation.  
Fast from negatives; feast on affirmatives.  
Fast from unrelenting pressures; feast on  
unceasing prayer.  
Fast from hostility; feast on non-resistance.  
Fast from bitterness; feast on forgiveness.  
Fast from self-concern; feast on compassion for  
others.  
Fast from personal anxiety; feast on eternal  
truth.  
Fast from discouragement; feast on hope.  
Fast from facts that depress; feast on verities  
that uplift.  
Fast from lethargy; feast on enthusiasm.  
Fast from suspicion; feast on truth.  
Fast from thoughts that weaken; feast on  
premises that inspire.  
Fast from shadows of sorrow; feast on the  
sunlight of serenity.  
Fast from idle gossip; feast on purposeful silence.  
Fast from problems that overwhelm; feast on  
prayer that undergirds.*

*AYUNO Y FIESTA DE Cuaresma*  
*por William Arthur Ward*

*La Cuaresma debería ser más que un tiempo de  
ayuno. Debería ser una temporada de FIESTA.  
La Cuaresma es un tiempo para ayunar de  
ciertas cosas y para festejar otras.  
Es una temporada en la que deberíamos:  
Ayunar de juzgar a los demás; festejar a Cristo  
que mora en nosotros.  
Ayunar de enfatizar las diferencias;  
celebrar la unidad de toda la vida.  
Ayunar de la aparente oscuridad; celebrar la  
realidad de la luz.  
Ayunar de pensamientos de enfermedad;  
celebrar el poder curativo de Dios.  
Ayuna de las palabras que contaminan; festeja  
las frases que purifican.  
Ayuna del descontento; festeja la gratitud.  
Ayuna de la ira; date un festín con la paciencia.  
Ayuna del pesimismo; festeja el optimismo.  
Ayuna de la preocupación; festeja el orden  
divino.  
Ayuna de la queja; date un festín de gratitud.  
Ayuna de lo negativo; date un festín con lo  
positivo.  
Ayuna de las presiones implacables; date un  
festín con la oración incesante.  
Ayuna de la hostilidad; festeja la no resistencia.  
Ayuna de la amargura; festeja el perdón.  
Ayuna de la preocupación por tí mismo; festeja  
la compasión por los demás.  
Ayuna de la ansiedad personal; celebra la  
verdad eterna.  
Ayuna del desánimo; festeja la esperanza.  
Ayuna de los hechos que deprimen; festeja las  
verdades que elevan.  
Ayuna del letargo; festeja el entusiasmo.  
Ayuna de la sospecha; festeja la verdad.  
Ayuna de los pensamientos que debilitan; date  
un festín con las ocasiones que inspiran.  
Ayuna de las sombras de la tristeza; celebra la  
luz del sol de la serenidad.  
Ayuna de los chismes ociosos; festeja el silencio  
intencionado.  
Ayuna de los problemas que abruma;  
festeja la oración que sostiene.*



March 13, 2022 | Second Sunday of Lent

Gn 15:5-12, 17-18 | Phil 3:17-4:1 or Phil 3:20-4:1 | Lk 9:28b-36

Written by  
THE  
FAITHFUL  
DISCIPLE

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

In today's Gospel from Luke, Jesus is transfigured before the disciples: They see a glorious vision of him wearing dazzling white, with a "face changed in appearance," and conversing with Moses and Elijah about the "exodus that he was going to accomplish in Jerusalem." This is in marked contrast to what Luke had recounted just prior to these verses: Jesus' prediction of his suffering and death, and the assertion that his disciples must take up their crosses daily in order to follow him. So it is no surprise that Peter, likely somewhat stunned after being a part of both moments, "did not know what he was saying." Then a cloud passes over and, while they are frightened, they hear God's voice affirm what they have just seen: "This my chosen Son; listen to him." We all experience these extremes - days where all seems lost; others where we feel as though we've had glimpses of heaven. Today's Gospel encourages us to look to Jesus, who has experienced the frailty of humanity and the glory of divinity. Through his suffering, death, and resurrection, we are redeemed, and ultimately - as the disciples glimpsed today - "he will change our lowly body to conform with his glorified body."

**PRAY** Lent is a good time to try a new form of prayer. Do you often pray silently? Try the rosary or spoken prayer. Do you normally pray out loud? Try centering prayer or another form of quiet or silent prayer, such as *Lectio Divina*.

**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 20, please bring mac and cheese. THANK YOU!

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Para el fin de semana del 20 de marzo, por favor traiga macarron con queso. GRACIAS!

### SCHEDULE OF SECOND COLLECTIONS

March 20, 2022 - Maintenance Fund  
March 27, 2022 - Easter Flowers

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### FECHAS DE SEGUNDAS COLECTAS

20 de marzo, 2022 - Fondo del Mantenimiento  
27 de marzo, 2022 - Flores para la Pascua

# Lent 2022

March 24 – Lenten Reflection and Retreat – English – Fr. Quang

**STATIONS OF THE CROSS (Every Friday at 6:45 PM)**

March 18 – Divine Mercy

March 25 – Emmaus

April 1 – Fil-Am

April 8 – Guadalupanos

April 15 – Sociedad Guadalupana (via Crucis at 5:00 PM)

**PENANCE / RECONCILIATION SERVICE – March 29 – 7:00 PM**

### Warning!

Chapel candles must be purchased in the Office. Please do not bring your own as they are not meant to burn in our glass holders and could cause a fire. Thank you!

**iAdvertencia!** Las velas de la capilla se deben comprar en la oficina. No traigan las suyas, ya que no están destinadas a quemarse en nuestros envases de vidrio y pueden provocar un incendio. Gracias.



We recommend using Catholic Funeral and Cemetery Services (CFCS) at Holy Cross Cemetery and Funeral, 2200 East 18th Street, Antioch, (925) 757-0658

Their staff will contact the parish office to assist you with your arrangements.

[smile.amazon.com](https://smile.amazon.com)

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### It's St. Vincent de Paul's Bundle Sunday again, March 26<sup>th</sup> and March 27<sup>th</sup>.

Yes, we need your help to fill the St. Vincent de Paul truck. We will accept clothing, shoes, belts, housewares, kitchenware, small appliances (must work), dish sets, utensils, pots and pans, bakeware, DVD's, hand tools and bikes. We will be accepting these items on **Saturday and Sunday from 8:30AM until 5:30PM.**

**NO** electronics please. **NO** toys please. **No** pillows please.

Even though we want rain, we hope it only rains late at night those days. Please help us fill the truck with those items listed above. Many Thanks and Blessings to you all.





### SIN AND VIRTUE SERIES (CONT'D)

#### SIN AND VIRTUE VI

##### The Sin of Anger

Although I know of no particular ranking of the deadly sins, after pride, I think a lot of us would be inclined to say anger is the second most serious. I am writing about it second, though, mainly because it comes second in the anagram I created years ago to help me remember the seven deadly sins. This anagram is PALEGGGS. Pride, Anger, Lust, Envy, Gluttony, Greed, Sloth – just an easy way for me to recall the seven capital sins when I am speaking on them.

Before I say anything else about anger, or wrath, I should say this: there is such a thing as righteous anger. There are times when anger is the right response to a situation. The prophets display a righteous anger frequently, as have many of the saints. Jesus Himself shows anger when he overturns the tables of the money-changers at the Temple. Even with righteous anger, though, we can fall into sin, depending on what we do with the anger, on how we express it.

Anger is, essentially, a response to a perceived injustice. When the injustice is truly present, the anger is righteous and justified. Sin only comes into play if we overreact in our anger. There are times, however, when the perceived injustice is not really there; times when our perception is wrong. Strong emotion can override rational assessment and response, and lead us into sins of anger. Although many sins of anger are venial, some are grave. Grave sins of anger can be entirely verbal. Most calumny, detraction and slander proceed from anger, and these are often serious sins. (Envy can also provoke these sins.) Some sins of anger, of course, acquire a physical dimension, as well. Though we can assume a mix of factors leading to murder, the deliberate and unlawful taking of another's person's life is not possible without great anger. Because anger lies behind every murder, many people rank anger as the second deadliest of the seven deadly sins.

Anger is opposed by several virtues. We will discuss a couple of them.

#### PECADO Y VIRTUD VI

##### El Pecado de la Ira

Aunque yo no se de una colocación especial de los pecados mortales, después del orgullo, yo creo que muchos de nosotros tendremos la tendencia de decir que la ira es número dos de los pecados más serios. Yo estoy escribiendo y lo pongo en segundo lugar porque tiene el segundo puesto en el anagrama que yo cree hace muchos años para ayudarme a recordar los siete pecados mortales—yo use la primera letra de cada pecado en Inglés y lo llamé PALEGGGS (en Inglés). En Español sería OILEGAP (Orgullo, Ira, Lujuria, Envidia, Glotonería, Avaricia, Pereza—es una manera fácil para mi poder recordar los siete pecados principales cuando hablo de ellos.

Antes que yo diga algo sobre la ira, o cólera, dire esto: hay tal cosa como una ira que es justa. Hay veces que la ira es la respuesta correcta a una situación. Los profetas frecuentemente mostraron una ira justa, al igual que muchos de los santos. Jesús mismo demonstro ira cuando el volteo las mesas de los que cambiaban dinero en el templo. Aunque con una ira justa, también podemos caer en pecado dependiendo de lo que nosotros hagamos con la ira y como la expresamos.

Ira es esencialmente una respuesta a una injusticia percibida. Cuando la injusticia está realmente presente, la ira es justa y justificada. El pecado se hace cuando nosotros reaccionamos más de la cuenta en nuestra ira. Hay veces cuando la injusticia percibida no está allí; a veces nuestra perspectiva es incorrecta. Emociones muy fuertes pueden anular el asesoramiento racional y respuesta, y nos lleva al pecado de la ira. Aunque muchos pecados de ira son menores, algunos son graves. Pecados graves de ira pueden ser totalmente verbales. Muchas calumnias, murmuraciones y acusaciones vienen de la ira, y estos son a menudo pecados serios. (Envidia también puede provocar estos pecados). También algunos pecados de ira, por supuesto, toman una dimensión física. Aunque nosotros podemos asumir una mezcla de factores que pueden llevar al homicidio, la consideración y acción que es contra la ley de tomar la vida de otro ser humano no es posible sin tener una gran ira. Porque la ira esta detrás de cada homicidio, mucha gente clasifica la ira como el segundo pecado mortal de los siete pecados principales.

Ira es opuesta por varias virtudes. Nosotros hablaremos de algunas de estas proxicamente.

### SIN AND VIRTUE VII

#### Virtues Opposite to Anger

There are a number of virtues which stand in opposition to anger. Two that I want to mention here are patience and gentleness. Patience is actually something of a sub-virtue of gentleness, in that anyone who is truly gentle is also going to be patient. The reverse is not necessarily true, however. You can be a patient person without being a gentle one, though most of the time the two go hand in hand.

I often counsel patience in the confessional. I advise people frequently to give a situation time, to wait on the Lord with its resolution. If patience seems out of reach for the person I am talking with, I advise praying for patience. I also warn that this is a dangerous prayer. The way we develop a virtue is by practicing it. If we pray for patience we may be sure that the Lord will send us many opportunities to practice it.

Patience involves a calm, quiet, rational response to trying situations. In all of this it heads anger off at the pass, or at the least, it reins anger in, it controls and subdues anger, it finds non-volatile means of expressing anger. Folks with quick tempers can over time develop the habit of patience, but as I always advise, in the confessional, the first person they need to be patient with is themselves!

Gentleness is a broader virtue than patience. As mentioned above, patience is one of the virtues which feeds into it. The gentle are well-disposed toward others, inclined toward empathy and deep understanding, may make judgments but are reserved in expressing them and in general operate from a baseline serenity. These factors powerfully oppose the sin of anger, very often neutralizing it. The achievement of the virtue of gentleness requires the development of several other virtues, one of which is patience. Both patience and gentleness are fruits of the Spirit (Galatians 5:22-3) and so we may confidently ask for them in prayer, even if we do not encounter them easily or naturally in our native temperament.

### PECADO Y VIRTUD VII

#### Virtudes opuestas a la Ira

Hay un número de virtudes que son opuestas a la ira. Dos que yo quiero mencionar aquí son paciencia y dulzura (gentileza). Paciencia es actualmente algo como una subvirtud de la dulzura, en que alguien que es realmente gentil es alguien que también es paciente. Al contrario no es necesariamente verdad, aunque uno puede ser una persona paciente sin ser una persona gentil, pero la mayoría de las veces estas dos van mano a mano.

Yo a veces aconsejo a la paciencia en el confesionario. Doy consejos frecuentemente a la gente que den tiempo a una situación, que esperen al Señor por una resolución. Si la paciencia parece estar fuera del alcance de la persona a la cuál estoy hablando, yo les aconsejo que rezen para tener paciencia. También les aviso que esta es una oración peligrosa. La manera en que nosotros desarrollamos una virtud es practicándola. Si nosotros rezamos para tener paciencia puedes estar seguro que el Señor nos mandará muchas oportunidades para practicarla.

Pacencia necesita una respuesta calma, tranquila racional a situaciones difíciles. En todo esto dirige la ira al pasado, o por lo menos, toma las riendas de la ira, controla y tranquiliza la ira, encuentra maneras menos constantes para expresar la ira. Gente con temperamentos irritantes pueden con el pasar del tiempo encontrar la disposición de la paciencia, pero como siempre aconsejo en el confesionario que la primera persona que tienen que tener paciencia es consigo mismo.

Dulzura o gentileza es una virtud más amplia que la paciencia. Como mencioné arriba, paciencia es una de las virtudes que se alimenta de la gentileza. Los que son gentiles son personas que están muy adaptadas a otros, tienen la tendencia de tener compasión y un entendimiento profundo, puede que pasen juicio pero son reservados en expresarse y generalmente funcionan con un promedio de serenidad. Estos factores fuertemente oponen el pecado de la ira, muy a menudo lo neutraliza. La ejecución de la virtud de dulzura o gentileza requiere el desarrollo de varias otras virtudes, una de ellas es la paciencia. Tanto la paciencia como la dulzura (gentileza) son frutos del Espíritu (Galatios 5:22-3) y así nosotros podemos confidencialmente preguntar por ellos en oraciones, aunque nosotros no los encontremos fácilmente o naturalmente en nuestro propio temperamento.



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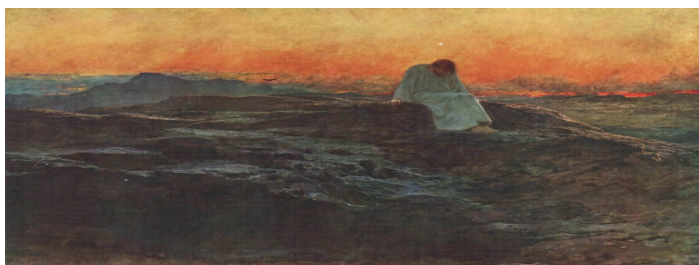
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## **IHM is a strong Pro-Life parish.**

The Pro-Life ministry exists to educate and create a "culture of life" by standing on God's teachings on the dignity of all life. We do this through prayer by praying for the end of abortion at all masses, praying at Planned Parenthood weekly, providing critical information in the vestibule at all times, supporting the West Coast Walk for Life and Project Gabriel, which reaches out and assists women in crisis. The Knights of Columbus erected the statue of Rachel outside our doors and conducts the annual baby bottle donation for Birth Rite. Now after two years of the pandemic, IHM is looking to regenerate this invaluable and critical ministry. We are appealing to you, young and old, to join us for a special gathering, to share your ideas, faith, and hope for the future of our church and the rest of our community. More information as we moved forward to serve our Lord and one another.

For further information, please contact Nancy Espinoza at (510) 813-1384



**Need your assistance** —In order for IHM to continue to have our bulletins printed free by the publishing company, we need to support by having businesses taking ads for these publications. Many thanks.

**Necesitamos su ayuda** — Para que los boletines semanales de ICM continuen siendo imprimos gratis por la compañía de JS Paluch, necesitamos la ayuda de negocios que compren espacios pagaderos de publicidad. Muchas gracias.

## **Please come to the office to pick them up:**

We have had a number of photos that were placed in the vestibule in November for All Souls day that have not been picked up yet. We will dispose of these photos if they are not picked up in the next couple of weeks.

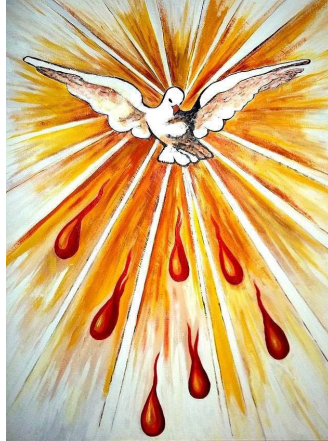
Many thanks for your kind assistance.

## **Por favor vengan a la ofivina a recogerlas.**

Hemos tenido un numero de fotografias que fueron puestas en el vestibulo de la iglesia para el Dia de Los Muertos en Noviembre que no han sido recogidas todacia. Si no las recogen en las proximas dos semanans las tendriamos que deshacernos de ellas.

Gracias por su asistencia.

## Confirmations/Confirmaciones



Angelina  
Alexa  
Kayla  
Jonathan  
Madeline  
Kenneth  
Caleb  
Caden  
Angel  
Santiago  
Sebastian  
Caleb  
Allec Jordan  
Isabela  
Isabelle  
Daniel  
Patrick  
Ethan  
Riley  
Gabrielle  
Dominic  
Gabriel  
Stephanie  
Paul  
Alexandria  
Ethan  
Erin  
Ryan  
Ariel  
Omar  
Chris

Arcaina  
Arredondo  
Bayot  
Bensor Pelor  
Bumagat  
Burke  
Busuttil  
Busuttil  
Campos  
Carrascal Gomez  
Carrascal Gomez  
Cayanan  
Cervantes Dagon  
Chavez  
Chou  
Cordeiro  
Cruz  
Cruz  
Davies  
Dowdy  
Estrada  
Figueroa  
Fehr  
Gachara Gichuki  
Hernandez Ayala  
Huchton  
Huovinen  
Hutnik  
Landeros  
Landeros  
Leo Joseph

Trinity  
Jovanni  
Daniel  
Marcos  
Samantha  
Lorenzo  
Joaquin  
Jordon  
Ryan  
Astron  
Jerome  
Valerie  
Wyatt  
Angel  
Esmeralda  
Andrea  
Aidan  
Alyssa  
Anaya  
Emma  
Yazmine  
Joaquin  
Maya  
Natalia  
Angel  
Joshua  
Ariana  
Morghan  
Lauryn  
Jennie

Mead  
Morales  
Murillo  
Narez  
Ochoa  
Pardo  
Pardo  
Pattugalan  
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Publico  
Ramos  
Macha Ramos  
Rensch  
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Torres  
Warner  
Valles  
Valles  
Vazquez  
Vazquez  
Vega  
Velez Herrera  
Yeakley  
Yee  
Volta

## 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

+

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+

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## Weekly Calendar/Calendario Semanal

<u>DATE/TIME:</u>	<u>MEETING:</u>	<u>LOCATION:</u>
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### Mon. Mar. 14th

5:00pm	Legion of Mary/Eng	Library
6:30pm	KoC Business Mtg.	Hall C
7:00pm	Bible Study/Sp	Hall A
7:00pm	Escuela de la Cruz	Luke
7:00pm	Guadalupanos Meeting	John
7:00pm	Marriage Prep	Matt
7:00pm	Men of St. Joseph	Library

### Tues. Mar. 15th

10:00am	IHM Crafters	Library
2:45pm	CCD 1st. Communion	Library
		All classrooms/HallA/B/C
4:00pm	CCD Middle School	Hall A/B/C
6:00pm	Legion of Mary/Sp	Chapel
6:00pm	Confessions	Church
7:00pm	Spanish Parents	Church
7:00pm	CCD 1st. Comm/Sp	Hall A/B/C
		All classrooms

### Wed. Mar. 16th

10:00am	Men's Fellowship	Library
4:00pm	Catechesis of the Good Shepard	Jn/Lk/Hall B
7:00pm	Confirmation/Teen	Church
		All classrooms/Hall A/B/C

### Thurs. Mar. 17th

10:00am	Women's Faith Sharing	Library
4:00pm	RCIC	Mark
4:00pm	Catechesis of the Good Shepard	Jn/Lk/ Hall B
5:00pm	Widow and Widowers	Library
7:00pm	Discovering Christ	Library
7:00pm	RCIA	Mark
7:00pm	RCIA	Luke
7:00pm	Adult Confirmation	Matt

### Fri. Mar. 18th

8:00am	St. Vincent de Paul	Hall A/B/C
3:30pm	Bible Study/Eng	Library
6:00pm	CDA monthly Mtg.	Mark
7:00pm	Confirmation Adult/Sp	John
7:00pm	Youth Group	Hall
7:00pm	Divine Mercy/Sp	Luke

### Sat. Mar. 19th

9:00am	Faith Formation/Eng	Library/ All Classrooms
3:00pm	Confessions	Church



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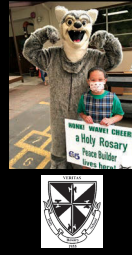
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