

ST. PAUL CATHOLIC CHURCH

Second Sunday of Lent

March 1, 2015

Pastor—Rev. Joyle Martinez
Deacon— Antonio Ramirez

Priest in Residence—Rev. Felipe Paraguya
Business Manager —Shirley Brown

8720 Florin Road—Sacramento, CA 95828 Mailing Address: P .O. Box 292280, Sacramento CA 95829
Office hours 8:00am-4:00pm Mon.-Fri.
Phone 916-381-5200 Fax 916-381-0332 saintpaulcatholic@comcast.net website www.stpaul-florin.org

Mass Schedules and other Services

Sundays	7:30 a.m., 9 a.m., 11 a.m. and 1:00 p.m. en español <i>Children's and Youth Choirs</i> <i>sing first Sunday of the month.</i>
Saturday	4 p.m. [vigil] & 8 a.m. First Saturday
Weekdays	[Mon—Fri]— 8 a.m. in the Chapel
Holy Hour	First Friday 7—8 p.m.
Holy Days of Obligation	8 a.m. and 6 p.m.
Perpetual Help Novena	Wednesdays following 8 a.m. Mass
Morning Prayer	Mon. -Fri. 7:40a.m.
Confessions [bilingual]	Saturdays 2:45—3:45 pm

Faith Formation Ministries and Groups

Catholic Faith Formation D.R.E.	Sr. Katrina Quidlat	916.381.5200
Catholic Faith Formation	Aracely Narvaez	916.383.6719
Spanish Coordinators	Maria Consuelo Gutierrez	
RCIA for Adults	Phil De Leon	916.607.1645
RCIA for Children	Emilia Caoagas	916.849.5617
RCIA for Teens	Imelda Nanca	916.412-1904
Catholics Returning Home	Dale & Kit Yamamoto	916. 895.1441
Baptism Preparation	Dale & Kit Yamamoto	916. 895.1441
Couples for Christ	Billy/Virgie Monteagudo	916.682.6397
Young Adults Ministry	Kay NaRanong	916.425.4661
Legion of Mary	Paz Cajucom	916.682.8437
Vocation Committee	Frances Gomes	916.421.0300
Families in Christ Jesus	Imelda Nanca	916.714.0547

Social Ministries and Groups

Christmas Fair	Call the office	916.381.5200
Fall Festival	Heimericks/Cervantes	926.689.3932
Cultural Dinner	Guily & Naty Fontillas	916.362.7541
Parish Breakfasts	Knights of Columbus	916.381.5200
Religious Goods Store	Irene Ingham	916.689.2865
Yard Sale	Call the office	916.381.5200
Wedding Coordinator	Virgie Monteagudo	916.682.6397

WELCOME!

You are encouraged to participate in our many functions, events, and activities. We offer opportunities for parishioners to use the time, talent, and treasure that God has given them in praise and glory of His name through our liturgical, care-giving, philanthropic, faith-formation and social ministries.

Councils

Pastoral Council	Paul Pham	916.381.5200
Finance Council	Lennie Heimericks	916.689.3932

Liturgical Ministries

Sacristan	Bob Benton	916.425.7037
Youth Altar Servers Ministry		
Adult Altar Servers Ministry		
Martha's Daughters	Ja'net Blea	916.284.2008
Art & Environment Ministry	Becky Sliwa	916.381.5200
Eucharistic Ministry		
Hospitality Ministry	Ja'net Blea	916.284.2008
Ministry of the Word	Shirley Brown	916.612.7023
Ministry Sick and Homebound	Karen Hurskainen	916.688.0332
Music Ministry	Erica NaRanong	916.667.8088

Caregiving Ministries and Groups

Bereavement Ministry	Clara Heimericks	916.689.3932
Health Ministry	Clara Heimericks	916.689.3932
Loaves and Fishes Ministry	Diane Welsh	916.682.7810
Social Justice Ministry	Lorraine Latreille	916.363.0365
Pro Life 4 Life	Charlene Valine	916.682-0557

Philanthropic Ministries and Groups

Catholic Daughters of the Americas	Nellie Basquez	916.381.1365
Knights of Columbus	Dylan Pletcher	916.683.8276

MISSION STATEMENT

We, God's people of St. Paul Catholic Parish In Sacramento, California, a multicultural, inclusive and welcoming community, inspired by the love of Jesus Christ are called: to bring all people of God together in worship, to declare our belief in God's love, based on the teachings of Jesus Christ, and to celebrate and grow in our relationship with God.



MASS INTENTIONS FOR THE WEEK

- MON: 3/02 DAN & JULIA OSUNA †**
Requested by Wayne family
- TUES: 3/03 FELICIDAD LANSANG †**
Requested by Edita Langsang
- THURS: 3/05 PETER & ANA †**
Requested by Ngo Le
- ALVIN MITCHELL †**
Requested by Mitchell family
- FRI: 3/06 ROMUALDO TAVORA †**
Requested by Lourdes & family
- ARNOLD PLASENCIA †**
Requested by Plascenia family
- ANTONIO DE SANTIS †**
Requested by De Santis family

TODAY'S READINGS

First Reading — The sacrifice of Abraham, our father in faith (Genesis 22:1-2, 9a, 10-13, 15-18).

Psalms — I will walk before the Lord, in the land of the living (Psalm 116).

Second Reading — If God is for us, who can be against us? (Romans 8:31b-34).

Gospel — Jesus was transfigured before them, and his clothes became dazzling white (Mark 9:2-10).

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 20:1-17 [1-3, 7-8, 12-17]; Ps 19:8-11; 1 Cor 1:22-25; Jn 2:13-25
Alternate readings (Year A): 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]

THE ART OF LISTENING

If you want God to listen to you when you pray, shouldn't you listen to God when God speaks to you?

March 1st, 2015
Second Sunday of Lent
If God is for us, who can be against us?


-Romans 8:31b

LISTEN AND FOLLOW

“This is my beloved Son. Listen to him.” And listen they did. From that moment on, Peter, James, and John were ardent followers, forsaking everything to follow in their Master’s footsteps. Like the psalmist crying, “O Lord, I am your servant,” the three disciples committed themselves to lives of incredible hardship and indescribable joy. After that day on the mountain, they never again wavered in their chosen vocation.

Though our tests may not be as severe as Abraham’s and our peak experiences not as dramatic as the Transfiguration, we all face the daily challenges of walking “before the Lord in the land of the living.” As we follow our varied calls to love and serve, let’s be comforted by Paul’s reminder to the Romans: “If God is for us, who can be against us?”

LENT

Abstinence: Everyone over 14 years of age is bound to abstain from meat on Ash Wednesday and all Fridays during Lent. 

Fast: Everyone over 18 and under 59 years of age is bound to fast on Ash Wednesday and Good Friday, and continuing the fast on Holy Saturday is encouraged.

Stations of the Cross:

Beginning February 20th and every Friday during Lent there will be Stations of the Cross.

English: 6:00pm

Spanish: 7:00pm

English Stations will be followed by a simple meal of soup and bread in the parish hall.

SAINTS & SPECIAL OBSERVANCES

- Sunday: Second Sunday of Lent; Penitential Rite for Candidates for Full Communion
- Tuesday: St. Katharine Drexel
- Wednesday: St. Casimir;
Purim (Jewish observance) begins at sunset
- Friday: First Friday; World Day of Prayer; Abstinence
- Saturday: Ss. Perpetua and Felicity; First Saturday

SOCIAL JUSTICE

End the Injustice

The Spring's 40 Days for Life Campaign began on February 18th, and will end on March 29th. The 40 Days for Life is the largest internationally coordinated pro-life mobilization in history. This campaign helps people in local communities end the injustice of abortion by:

- Prayer and Fasting (With God all things are possible)
- Community Outreach (Taking the pro-life message to the local and wider community.)
- Peaceful Vigil. (Praying outside an abortion facility, or public place in a city.)

Meeting: March 9

The next meeting of the Social Justice Ministry will be on Monday, March 9th, at 1:00pm in Room #1 of the Religious Education Center. If you are interested in joining this ministry contact Lorraine at (916) 363-0365 or lelstray@att.net.

KNIGHTS OF COLUMBUS



Join us this Sunday for the next Parish Break fast, sponsored by the Knights of Columbus.

Come by the parish hall and share in fellowship over coffee and donuts on the Sundays in March 5, 15, 22 & 29th from 8:30am-11:00am.

If you would like to find out more about becoming a Knight please ask any Knight, they should all be wearing their name badges, or call Phil De Leon at (916) 607-1645.

DAY OF RECOLLECTION

Attention St. Paul Ministers

Have You Signed Your Name?

There will be a Day of Recollection for St. Paul Ministers on Saturday, March 21st, from 8:30am to 3:30pm. All who serve and minister at St. Paul's parish are encouraged to attend this special day set aside for them. There is no cost to you for this day, which includes morning hospitality and lunch.

Thank you so much for sharing your time, service and ministry with us!

CAMP PENDOLA

Registration is now open for Camp Pendola. Catholic identity through small group Christian living is a part of the mission of Camp Pendola. Each cabin group has the opportunity to learn to live and play together with a college age counselor leading the way in a fun environment that experiences the wonders of God's gift of creation. For more information check www.pendola.org or call (916) 733-0123.

SICK PARISHIONERS & FRIENDS

Pray for sick family members, friends and parishioners.

Priscilla Wong	Iris Sims	Jean Hesse
Helen Gallagher	Gertie Davis	Daniel Labrado
Victoria Vasilescu	Teresa Ziegler	Ellen Yee
Frances Hurskainen	Michael Judd	Kay Green-Sutton
Daryl Stallworth	Terry Sanchez	Elio Chicca
Laura Guilford	Luc Kimia	Gregory Judd
Nora Ignacio	Mauricio Vargas	Dorene Schlim...
Doreatha Viltz	Maria Elizabeth Soriano	Sam Butler
John Jastraub	Jack Steele	Debra Adams
Shirley Robinson	Frank Farrell	Michael White
Aurora Nicandro	Rodulfo Reyes	James Pettigrew
Lorraine Schaefer	Rita Chicca	Allbert Rembulat
Jessica Lintag	Merle Eugene Kirk	Jean Abelia
Sonio Reyes	Wendy Patnode	Rose Malone Grey
John Rideaux	Benjamin Ferrer	Phil Miller
Sandy Burgoon	Monica Cordero	Zulema McCulloch
Audrey Falls	Rodrigo Reyes	Brian Steele
Dorothy Butler	Virginia Collier	
Bernadette Carrasca	Tommy Zawalick	

TREASURES FROM OUR TRADITIONS

Within the tradition of the Christian church, there are differing ways of observing a Lenten fast. For Eastern Catholics and Orthodox, the discipline is close to our understanding of "abstinence." Certain foods are eliminated from the diet entirely. The rules are basically monastic rules, and the customs of a monastery table are embraced in the home. This year, "Meatfare Sunday" is February 26, and it is the last time that meat is admitted to the diet until Easter. The following Sunday, known as "Cheesefare Sunday," takes cheese and all dairy products from the table. It is also known as "forgiveness Sunday" because a true fast is about crowning life with love, holding back harsh words, and cutting off anger.

The Eastern churches fast even from celebrating the Eucharist from Monday through Friday. We don't count Sundays as fast days, but Eastern Christians fast through the weekends. People are expected to come as close to the ideal as possible, and the Lenten services keep reminding them not to take pride in their fasting, since the devil himself never eats! What's left on the menu? Grains, vegetables, eggs (maybe), and fish. Imagine the joys of the Easter table after such a fast!

DIOCESAN NEWS

The Diocese of Sacramento in collaboration with the University of Notre Dame, offers you the opportunity to obtain your basic certification for those who do not have it, or wish to receive it. In addition we also offer continued faith formation courses to renew your certificate. For courses in English visit <https://step.nd.edu> and for the calendar of different courses visit: <https://step.nd.edu/assets/67627/calendar.pdf>.

PARISH STEWARDSHIP

HEALTH MINISTRY

The Pastoral Council met with Fr. Joyle on Jan. 19th. The meeting opened with a prayer led by Ja'net Blea.

The Advent Penance And Simbang Gabi events were well attended.

The Youth Ministry is preparing for the visit to the Los Angeles Congress in March. They will be holding fund-raising events.

The Children's Choir will sing on the first and third Sundays of the month at the 9:00am Mass.

The subject of people seeking help from parishioners after Mass on Sundays was addressed. Fr. Suggested they be told to come to the office during office hours for possible assistance.

There was an accident in the choir area over the holidays and additional railings will be installed to prevent further mishap.

Lorraine Latreille will coordinate the Day of Recollection for Ministers on March 21st. The P.C. will co-sponsor this event with the Liturgy Ministry.

The next meeting will be March 16th.

The meeting concluded with a prayer by Fr. Joyle.

SECOND COLLECTIONS

March 7/8

2015 is the 25th year of The Annual Catholic Appeal. Bishop Soto has made "Assisting People In Need" the theme for this year's appeal.

Last year an estimated 100,000 people in the Diocese were helped by the appeal. Twenty five per cent (25%) of the funds raised by the parish are returned to the parish. The funds received by the parish are used by our Social Justice Ministry to aid our parish members who need help.

March 14/15

This collection makes possible the Catholic Church's global mission to fight poverty, provide relief and development, assist refugees and immigrants, and advocate for justice and peace in situations of conflict and neglect of human rights. A portion of this collection is allocated to the Catholic Church in Central and Eastern Europe,

April 4/5

St. Paul Building Fund & Capital Campaign

This collection will help provide funds to repay the funds borrowed from the Diocese to build the Religious Education Center. Parishioners who have pledged to the Capital Campaign may use the pink envelopes to make their pledge payments.

JANUARY 2015 PROFIT & LOSS STATEMENT

INCOME

Offertory	\$ 26,621.97
Other Income	11,568.59
Religious Articles & Books	746.54
Religious Education	620.00

TOTAL INCOME \$ 39,557.10

EXPENSES

Salaries & benefits	\$ 19,119.89
Buildings & Grounds	13,631.61
Religious Articles & Books	443.27
Property Tax & Insurance	2,400.00
Parish Programs	5,947.27
Religious Education	622.13
Diocesan Assessment	4,229.00

TOTAL ORDINARY EXPENSES \$ 46,393.17

Net Operating income \$ (6,836.07)

- ◆ Offertory donations were 4% below budget
- ◆ Expenses were reduced about the same amount
- ◆ Operating income was budgeted to be a loss of \$6,968.83
- ◆

DIOCESE OF SACRAMENTO

Looking for a way to apply your office skills?

The Diocese is looking for ideal individuals with strong organizational, interpersonal and verbal communication skills to volunteer as the Receptionist at the Pastoral Center. To apply please send your resume and cover letter to

iramirez@scd.org and become a diocesan volunteer and discover how you can help.

COLLECTION

	4:00pm	7:30am	9:00am	11:00am	1:00pm	TOTAL
Jan						
25	\$1313.00	\$654.00	\$1388.00	\$1177.00	\$739.58	\$5271.58
Feb						
1	\$2306.00	\$1360.00	\$1448.00	\$1525.00	\$765.49	\$7704.49
8	\$ 974.00	\$1033.00	\$1057.00	\$1131.00	\$ 669.57	
	\$4864.57					
Youth						\$1220.54
15	\$ 1210.00	\$737.00	\$1360.00	\$1166.00	\$655.03	\$5128.03

HEALTH MINISTRY

Free Blood Pressure Screening Clinic

Sunday, March 1st, 8:30am to 12:30pm. In the parish hall. High blood pressure is known as the “silent killer,” because it usually has no symptoms, and if left untreated can be fatal. Let the nurses of St. Paul parish help you monitor your blood pressure. This is a free service provided by St. Paul Health Ministry.

Got a Cold?

More than 100 viruses can cause colds, the world’s most common illness, and most people average about three colds every year. Once it enters the body the cold virus begins to multiply, causing sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion and coughing.

Over-the-counter cough and cold remedies may relieve some of the symptoms, but they will not prevent, cure or even shorten the course of the illness.

To lessen your chances of coming down with a cold keep up your natural resistance through good nutrition, and getting enough sleep and exercise. Avoid direct contact with those who have colds, and wash your hands frequently.

If you get a cold be respectful others, cover your coughs and sneezes, and, if possible, limit your contact with others.

YOUTH MISSIONARY NEWS

Qualifications for Admission to SPYM:

12-18 years old, registered parishioner of St. Paul Church. Have a personal relationship with God, motivated to serve others, especially the poor, and be willing to share his/her gifts, talents and time for the ministry.

For more information contact:

Cyrille Kaiklian 916.753.2302 email Cyrille89@gmail.com

Angie Lovett 916.803.6463 email angielovett@gmail.com

Sr. Ma.Katrina Quidlat, RVM

916.381.5200 email saintpauldre@comcast.net

Or visit: <http://st.paul-florin.org/youth-ministry>

<https://www.facebook.com/events1543001669170057/>

PRAY FOR OUR MILITARY

Please pray for the following members of our families serving in the Armed Forces

- | | | |
|--------------------|-------------------|-----------------------|
| Gary B. Foster II | Ricardo G. | John Marc James |
| Jay Candaso | Cervantes | Ruben N. Libed |
| Norbert Mendiola. | Stephen Rich | Nilo Uy Villaluna Jr. |
| Jeffrey Yazel | Janae Santos | Don Jamoles |
| Daniel Roy Ryan | Brian Vergith | Ryan Gandy |
| Robert Brich II | Martin Sinlao | Cody Machado |
| Isaiah Mohr | Sergio Pineda | Mark A. Ramos Jr. |
| Gregorio Rodriguez | Ariel Rollins | Cameron Lindsay |
| Roel C.. Dones | Don Carlo Geroche | Armando Asahan |

RELIGIOUS EDUCATION CENTER

Sister Kathy and her adult leaders have energized our St. Paul Youth Ministry (SPYM). Their very successful talent show demonstrated not only how talented our young people are, but also their ability to work together and produce great results. Their objective of the talent show was to raise funds so that members would be able to attend the March 11-12 Religious Education Congress in Los Angeles.

You, the parishioners, supported their efforts by not only attending the show, but also by contributing to the St. Paul Youth Group Second Collection on February 7th & 8th. SPYM is proud to inform you, that through your generosity, 12 young people and 3 chaperons will be able to attend the Congress.

BEREAVEMENT MINISTRY

Our parish has an active Ministry that works with the families of deceased Parish members to make their loss of a loved one less stressful as possible. The loss of a family member is traumatic, and is surrounded with the confusion of planning for the disposition of the loved one.

The Bereavement Ministry serves the family by attending Vigils, and Celebration of Life Masses. In addition the Parish provides the parish hall for receptions following burials. The use of the hall provides a place and time for family members and friends to remember, and celebrate the life of their loved one. Parish member volunteers provide food for the reception. The food donated is usually a salad, or desert.

Having a time for family members to come together and remember their loved one helps to overcome the grief associated with the loss. The providing of food by Parish members usually occurs once or twice a month. The donations are truly appreciated by the families.

If you would like to join the Bereavement Ministry and donate food for receptions please call Clara Heimericks at (916) 689-3932.

BEREAVEMENT MINISTRY

Recent Bereavement

Please keep the families and friends in your prayers for St. Paul Parishioners whose funerals, or Memorial Masses were celebrated during the past few weeks, Teresa Olivia, Joaquina Arrizon, Martina Hernandez, Ly-Pratt & Roger Loteyro. Ottie Allen, Erva Johnston, Jose Garcia, Sonia Reyes, Melchor Mangosing, Juliana Ganal, Marta Gonzalez and Christine Natco. May they rest in peace and let perpetual light shine upon them. For more information please call Clara at 689-3932, or the rectory 381 -5200.

Segundo Domingo de Cuaresma 1 de marzo de 2015

ESCUCHA Y SIGUE

“Este es mi Hijo amado; escúchenlo”. Y sí que lo escucharon. Desde ese momento, Pedro, Santiago y Juan fueron sus ardientes seguidores, desechándolo todo para seguir las huellas del Maestro. Tal como proclamaba el salmista, “Señor, he aquí tu servidor”, los tres discípulos se comprometieron a vidas de increíbles penurias e indescriptible gozo. Después de ese día en la montaña, nunca más dudaron de la vocación escogida.

Aunque nuestras pruebas no sean tan severas como la de Abraham, ni nuestros momentos sublimes tan dramáticos como la Transfiguración, todos confrontamos los retos cotidianos de caminar “en presencia del Señor en el país de la vida”. Mientras seguimos nuestros diversos llamados a amar y servir, seamos confortados por lo que Pablo les recuerda a los romanos: “Si Dios está a nuestro favor, ¿quién estará en contra nuestra?”

LECTURAS DE HOY

Primera lectura — Dios puso a prueba la devoción de Abraham al pedirle que sacrificara a su hijo Isaac (Génesis 22:1-2, 9a, 10-13, 15-18).

Salmo — Siempre confiaré en el Señor (Salmo 116 [115]).

Segunda lectura — Dios entregó a su único Hijo para que ahora interceda por nosotros (Romanos 8:31b-34).

Evangelio — Jesús, acompañado por Elías y Moisés, se transforma de manera luminosa ante Pedro, Santiago y Juan y los llevo a ellos solos a un monte alto. A la vista de ellos su aspecto cambio completamente. Incluso sus ropas se volvieron resplandecientes. (Marcos 9:2-10).

Antífona de la Comunión — Este es mi Hijo Amado, en quien me complazco, escuchadlo. (Mateo 17, 5)

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: Mi 7:14-15, 18-20; Sal 103 (102):1-4, 9-12; Lc 15:1-3, 11-32

Domingo: Ex 20:1-17 [1-3, 7-8, 12-17]; Sal 19 (18):8-11; 1 Cor 1:22-25; Jn 2:13-25
Lecturas alternativas (Año A): 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]

TRADICIONES DE NUESTRA FE

Cuando Jesús se transfiguró sobre la cima de un monte, Pedro, reconociendo que algo sagrado ocurría en ese lugar quiso construir tres chozas. Como si buscara hacer un santuario, un lugar santo, donde Dios se manifestara de manera particular. El santuario puede ser el lugar entero o sólo parte de un edificio. En nuestras iglesias, el santuario es el presbiterio donde se encuentra el altar mayor, donde son consagrados el pan y el vino. iglesias antiguas como las Basílicas romanas tienen un segundo santuario que es la capilla donde se reserva el Santísimo Sacramento en el tabernáculo o sagrario.

Los santuarios más importantes de la cristiandad se encuentran en Palestina. Europa tiene varios santuarios como la tumba de Santiago en Compostela, España. Algunos santuarios famosos de América son los de Guadalupe (México), Teresa de los Andes (Chile), Señor de los Milagros (Perú), Cristo Negro de Esquipulas (Guatemala), Montserrat (Colombia) y el de la Divina Misericordia (Chicago). Todo santuario es un lugar donde se une el recuerdo y la vivencia contemporánea de la fe, son lugares donde la Iglesia institucional y la religión popular conviven y se enriquecen mutuamente

ARMAS DE CREVENTES

En este tiempo cuaresmal la Iglesia nos hace presente en todo momento la necesidad que tenemos de acogernos a las llamadas *armas del creyente*, aquellas con las cuales estamos llamados a mantener nuestra unión con Dios; estas armas: la *oración*, la *limosna* y el *ayuno* nos ayudan en este tiempo a tener en el corazón a Dios, y nos llevan a aceptar que nuestra vida depende de Él. Por ello, la primera lectura de esta tercera semana de cuaresma nos dice: «...no te harás ídolos...»; lo cual está significando que el hombre, por su debilidad y propia naturaleza afectiva, siempre tiende a la búsqueda de apoyar su vida en falsas seguridades sobre las cuales quiere hallar un fundamento sólido que le dé consistencia y sentido a su diario vivir. Al respecto San Gregorio de Nisa describía esta actitud humana gráficamente con estas palabras: «...El espíritu del hombre con el pecado es como un espejo al revés, el cual, en vez de reflejar a Dios, refleja en sí la imagen de la materia informe...». Pero en este tiempo y con ayuda de la liturgia la Iglesia nos quiere conducir a ver que el único apoyo para el creyente está en Dios; así la cuaresma nos irá conduciendo a la Pascua de Cristo, a un encuentro con el Padre que es el Único que purificará profunda mente nuestro corazón, nuestra alma y todo nuestro ser.



Sacristanes Miguel Mendez 916-715-5413
Antonio Morales 916-230.9591

Formación en la Fe Católica :

Coordinadoras: María C. Gutiérrez 916.383.6719
Aracely Narváez 916.681.2924

Ministerio de Comunión: Mary Weather 916.383.6743

Ministerio de la Palabra: María C. Gutiérrez 916.395.7219

Ministerios Servidores del Altar: Jovenes
Kelly E. Mendez 916.715.5413
Rosa M. Delgadillo 916.689.5204

Ministros de Hospitalidad: José Luis Sánchez 916.457.4713
Miguel Méndez 916.715.5413

Antonio Morales 916.230.9591
Francisco Rodríguez 916.717.0492

Ministerio de Música de Niños y Adultos:
Covadonga Barrón 916.670.9619

Vocaciones: Guadalupe Salinas 916.955.2150

Virgen de Guadalupe Ramona Cervantes 916.549.8114

Bautismos Diacono Ramírez 916.381.5200

"Nuestro bautismo nos llama a compartir la misión de Cristo".
Interesados en ayudar en cualquier ministerio, favor de llamar
a cualquier persona de los teléfonos de arriba de esta pagina

MATRIMONIOS Y QUINCEAÑERAS

Para mas información sobre estos eventos por favor
comuníquese con el Diacono Antonio Ramirez al 381-
5200.

EVENTOS DE CUARESMA

Febrero 21 a Marzo 27 : Vía Crucis todos los Viernes
de Cuaresma. En Ingles a las 6:00 p.m., y Español a
las 7:00 p.m., participación de todos los diferentes minis-
terios y padres de familia del Catecismo.

Marzo 20,21 y 22, Retiro para los de los jóvenes de
Confirmación y Rica (segundo año).

Marzo 21, Retiro para todos los Ministros de la Parro-
quia de San Pablo. Ingles y Español en diferentes salo-
nes.

Abril 4, Sábado de Vigilia, reciben los Sacramento
nuestros Catecúmenos y Candidatos de RCIA. Esta ce-
remonia es muy especial porque Jóvenes y Adultos em-
pezan una vida dedicada al servicio del Evangelio, son
los nuevos Bautizados y empiezan su misión de seguir
los pasos de Jesucristo.

BAUTISMO Y PLATICAS

Empezando la cuaresma no habrá celebraciones de Bau-
tismos, Matrimonios ni quinceañeras. Es un tiempo de re-
gojio, penitencia y conversión.

La próxima clase de platicas pre-bautismales serán el 25 de
Abril a las 4:00 p.m. en el salón # 8. favor registrar a su
niño o niña en la oficina de la parroquia. Tambien llegar
unos 15 minutos antes para poder empezar pronto.

Bautismos el Sábado Mayo 2, a las 10:00 a.m., para asistir
a este compromiso deben haber asistido a la platicas. Para
otros eventos también comunicarse con la oficina al teléfo-
no 916- 381-5200.

MINISTERIO DE SALUD

La deficiencia de vitamina D se está convirtiendo en
común en los Estados Unidos, especialmente para los
ancianos. Los síntomas de dolor de huesos y debilidad
muscular puede significar que usted tiene una deficien-
cia de vitamina D. Sin embargo, para muchas personas,
los síntomas son sutiles. Para otros aun sin síntomas,
muy poca vitamina D puede plantear riesgos para la sa-
lud. Los niveles bajos de esta vitamina se han asociado
con un mayor riesgo de muerte por enfermedad cardio-
vascular y el deterioro cognitivo en adultos mayores. La
vitamina D también es esencial para la salud ósea. La
investigación reciente sugiere que puede tener otros be-
neficios, también, como la protección contra los resfria-
dos, ciertas condiciones de la piel y la lucha contra la
depresión. Usted puede ser más susceptibles a la defi-
ciencia de vitamina D, si usted no recibe suficiente luz
solar, si estás en un vegetariano estricto (u otro restricti-
va dieta), o si tiene la piel oscura. La luz del sol hace
estimular el cuerpo para producir vitamina D, pero en
medio del invierno que a veces no es posible. He aquí
algunos consejos sobre la manera de aumentar sus ni-
veles de vitamina D - Añadir los siguientes alimentos a
su dieta: los pescados grasosos (salmón, trucha, atún,
anguila), setas cultivadas por la luz ultravioleta (Dole
Portobello de es una marca), hígado de res, yemas de
huevo, alimentos fortificados como la leche, cereal o ju-
go de naranja; o tomar suplementos o aceite de hígado
de bacalao. Mucha verdura y fruta. Acostúmbrese a co-
mer porciones pequeñas pero con alimentos de muchas
vitaminas naturales, al menos cuatro veces al día. Hable
con su médico acerca de sus niveles de vitamina D per-
sonal y evitar los riesgos para la salud. Cuide su familia
para que pueda tener buenas resistencia de vita

CURSO EN LINEA

CURSOS EN LINEA La Diócesis de Sacramento afiliada
con la Universidad de Notre Dame, ofrece la posibilidad de
obtener la certificación básica para los que aún no la tienen
y están invitados a recibirla. Lo mismo que pueden recibir
otros cursos que les pueden ayudar para la renovación de
su certificado y para la constante formación en nuestra fe.
Para inscripciones comunicarse con la hermana Virginia
Alcalá al tel (916) 733-0132 o al correo valcala@scd.org

CAMPAMENTO DE PENDOLA

Están abiertas las inscripciones para el Campamento
Péndola. Identidad católica a través de grupos pequeños la
vida cristiana es una parte de la misión del Campamento
Péndola. Cada grupo cabina tiene la oportunidad de apre-
nder a vivir y jugar juntos con un consejero en edad universi-
taria a la cabeza en un ambiente divertido que experimenta
las maravillas del don de la creación de Dios. Para más
información visite www.pendola.org o llame al (916) 733
hasta 0123