

# ST. PAUL CATHOLIC CHURCH

First Sunday of Lent

February 22, 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](mailto:saintpaulcatholic@comcast.net)      website [www.stpaul-florin.org](http://www.stpaul-florin.org)

## Mass Schedules and other Services

<b>Sundays</b>	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>
<b>Saturday</b>	4 p.m. [vigil] & 8 a.m. First Saturday
<b>Weekdays</b>	[Mon—Fri]— 8 a.m. in the Chapel
<b>Holy Hour</b>	First Friday 7—8 p.m.
<b>Holy Days of Obligation</b>	8 a.m. and 6 p.m.
<b>Perpetual Help Novena</b>	Wednesdays following 8 a.m. Mass
<b>Morning Prayer</b>	Mon. -Fri. 7:40a.m.
<b>Confessions [bilingual]</b>	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: 2/23 DAN & JULIA OSUNA †**  
Requested by Wayne family
- TUES: 2/24 MASS OF SPECIAL INTENTION**  
Requested by Daniel Asistin  
**LEO WANNER †**  
Requested by Dorothy Wanner
- WED: 2/25 FLORENCE TOMATI †**  
Requested by Karen Hurskainen
- THURS: 2/26 LOVIGENE SANTOS †**  
Requested by Santos family
- FRI: 2/27 SOULS IN PURGATORY †**  
Requested by Wayne family

**February 22, 2015**  
**First Sunday of Lent**  
*Your ways, O Lord, make known to me;  
teach me your paths.*  
- Psalm 25:4

**THE MEANING OF OUR BAPTISM**

Lent is the time of year that we devote to scrutinizing our lives in the light of our baptism into the death and resurrection of Jesus. Today's readings are a nice short-hand catechism of what our baptized lives mean. As Noah passed through the waters of the flood to a covenant with God, so did we enter into a covenant, a promised relationship with God through our baptism. The psalm reminds us that if we truly keep the covenant, the way of life God expects us to follow will not be a burden, but a source of love and truth. Peter's letter gives one explanation of what our baptism means: it is an appeal that we make to God for a clear conscience. How do we obtain this clear conscience? The words that Jesus proclaims immediately following his temptation show us the way: "Repent and believe in the gospel." It might be a good spiritual exercise to keep these readings before us throughout the entire season of Lent, a means to help us return to a life lived in our baptismal promises.

**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.

**VOLUNTEERS NEEDED**

**Can you help?**  
We welcome anyone who would like to become involved in this important ministry in our church. After a short training period in the ministry, ministers can choose whether they would like to take communion after the Saturday 4 p.m., Sunday 9 a.m., 11 a.m. Masses, or on Wednesday mornings. If you are interested, please call Karen (688-0332) or the rectory (381-5200) regarding serving after the 4 p.m., 9 a.m. and 11 a.m. Masses or Veronica (381-5200) for serving on Wednesdays.

**Do you know anyone who is ill?**  
If you know of anyone who is ill or homebound, and would like to receive communion, please call the rectory at 381-5200.

**TODAY'S READINGS**

**First Reading** — I will set my bow in the clouds to serve as a sign of the covenant between me and the earth (Genesis 9:8-15).  
**Psalm** — Your ways, O Lord, are love and truth to those who keep your covenant (Psalm 25).  
**Second Reading** — The water of the flood prefigured baptism, which saves you now (1 Peter 3:18-22).  
**Gospel** — Jesus was tempted by Satan, and the angels ministered to him (Mark 1:12-15)

**READINGS FOR THE WEEK**

- Monday: Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46
- Tuesday: Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15
- Wednesday: Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32
- Thursday: Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Mt 7:7-12
- Friday: Ez 18:21-28; Ps 130:1-8; Mt 5:20-26
- Saturday: Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48
- Sunday: Gn 22:1-2, 9a, 10-13, 15-18; Ps 116:10, 15-19; Rom 8:31b-34; Mk 9:2-10

**SAINTS & SPECIAL OBSERVANCES**

- Sunday: First Sunday of Lent; Rite of Election; Rite of Calling the Candidates to Continuing Conversion; Rite of Sending; Washington's Birthday
- Monday: St. Polycarp; Julian Calendar Lent begins
- Friday: Abstinence

## 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 [lelatray@att.net](mailto:lelatray@att.net).

## KNIGHTS OF COLUMBUS



Come by the parish hall and share in fellowship over coffee and donuts on Sunday, February 22nd from 8:30am-11:00am.

The next Parish Breakfast, sponsored by the Knights of Columbus will be on Sunday, March 1st. Mark your calendars now!

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](http://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

Fasting may be a priority in your Lenten spring-cleaning regimen. Almost every religious tradition recognizes that fasting is a key to heightened spiritual awareness. You know this from your own experience. When you are engaged in a hobby, painting a room, keeping vigil near a delivery room, or standing watch at a sickbed, you may simply forget to eat. What you are doing so fills you that the intensity of the action is itself nourishing. In fasting from food, or drink, or habitual behaviors, you make room for what is truly important.

Even though Lenten Sundays stand apart from the Lenten fast, you will notice traces of fasting in our liturgy. We fast from singing the Gloria and Alleluia, we fast from flowers bedecking the altar, and there may be a noticeable drop in the number of infant baptisms as parents elect to wait until Easter. This hints that fasting is a prelude to feasting, and the vigor of our Easter alleluias is rich fare after a long silence. In the same way, even a small fast—no cream in the coffee, no pepper in the soup, no radio in the car—can not only point to deeper hungers, but help us rejoice more fully in the feast when we break our fast together.

## 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

### PASTORAL COUNCIL

Pastoral Council welcomed new members, Ja'net Blea, Theresa Nartey and Phil De Leon. Thank you for accepting Fr. Joyle's invitation to serve on the Pastoral Council.

### HEALTH MINISTRY

#### Vitamin D Deficiency –

Vitamin D deficiency is becoming common in the United States, especially for the elderly. Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency. However, for many people, the symptoms are subtle. Yet, even without symptoms, too little vitamin D can pose health risks. Low blood levels of the vitamin have been associated with increased risk of death from cardiovascular disease and cognitive impairment in older adults. Vitamin D is also essential for bone health. Recent research suggests it may have other benefits, too, such as protecting against colds, certain skin conditions and fighting depression. You may be more susceptible to Vitamin D deficiency if you don't get enough sunlight, if you're on a strict vegan (or other restrictive) diet, or if you have dark skin. Sunlight does spur the body to make vitamin D, but in the midst of winter that's sometimes not possible. Here's some tips on how to increase your Vitamin D levels – Add the following foods to your diet: fatty fish (salmon, trout, tuna, eel), mushrooms grown by ultra-violet light (Dole's Portobello's is one brand), beef liver, egg yolks, fortified foods such as milk, cereal or orange juice; or take supplements or cod liver oil. Talk to your doctor about your personal Vitamin D levels and avoid the health risks

### SECOND COLLECTIONS

#### February 28/March 1

#### 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.

#### 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.

Las 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.

### 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](mailto: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
<b>Jan</b>						
18	\$ 999.00	\$966.00	\$1773.00	\$1105.00	\$661.52	\$5504.52
25	\$1313.00	\$654.00	\$1388.00	\$1177.00	\$739.58	\$5271.58
<b>Feb</b>						
1	\$2306.00	\$1360.00	\$1448.00	\$1525.00	\$765.49	\$7704.49
8	\$ 974.00	\$1033.00	\$1057.00	\$1131.00	\$69.57	\$4864.57
Youth						\$1220.54

**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/>

**RELIGIOUS EDUCATION CENTER**

The St. Paul Health Ministry meets at 6:00pm in Room 3 every month in the Religious Education Center. R.N. and LVN' members provide blood pressure screenings on the first Sunday of the month. Being a medical professional, however, is not required to be a member of the ministry. The ministry provides information workshops, manages a free equipment lending program, and works closely with other caregiving, philanthropic, catechetical and liturgical ministries of the parish. The Ministry is committed to promoting the Church as a healing place. They emphasize the wholeness of the body, mind and spirit. If you are interested in joining the Ministry call Clara at 689-3932.

**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.

**CELEBRATE BLACK HISTORY**

**Black Lawmaker and Civil Rights Leader**

**Julian Bond** was born in Tennessee in 1940. His family was well educated and his father worked in many colleges. Although Julian was not a very good student he always spoke very clearly and correctly.

In 1961, Julian worked for the Student Non-violent Coordinating Committee (SNCC). At that time, many students and other people were working for equal rights. He got an important job on the Atlantic Inquirer newspaper in 1963. Julian was the Managing Editor.

Voters elected Julian Bond to the Georgia Legislature in 1964. A legislature is a group of people who make laws. Julian is still a lawmaker today. He is also a Civil Rights Leader, a writer, and a poet. In 1968, Julian was asked to run for the office of Vice-president of the United States, however, he was too young at the time. He continues to be a Civil Rights Leader today.

**PRAY FOR OUR MILITARY**

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

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

**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.

**MEDITATION PAVER**

**Saint Paul Meditation Paver**

Would you like to have a loved one remembered forever by a memorial paver in the Saint Paul Meditation area? Would you like to help repay our Diocesan Loan and also be remembered or remember a loved one? Only \$300.00 donation.

**REQUEST FOR PIANO TUNER ASSISTANCE**

The parish has been fortunate to receive a donation of a baby grand piano. If you would like to see the piano it is located in the parish hall. Unfortunately moving the piano caused it to go out of tune. If there is anyone in the parish who is able to tune the piano it would be greatly appreciated. Please call the rectory office (916) 381-5200.

## Primer Domingo de Cuaresma 22 de febrero de 2015

### EL SIGNIFICADO DE NUESTRO BAUTISMO

Cuaresma es la época del año que dedicamos a escurriñar nuestras vidas a la luz de nuestro Bautismo en la muerte y resurrección de Jesús. Las lecturas de hoy son como un catecismo abreviado de lo que nuestras vidas de bautizados significan. Tal como Noé pasó por las aguas del diluvio a una alianza con Dios, así también nosotros entramos en una alianza, una relación con Dios prometida por nuestro Bautismo. El salmo nos recuerda que si realmente vivimos la alianza, el modo de vida que Dios quiere que vivamos no va a ser una carga, sino una fuente de amor y verdad. La carta de Pedro ofrece una explicación de lo que significa nuestro bautismo: es una plegaria a Dios pidiendo una buena conciencia. ¿Cómo obtenemos esta buena conciencia? Las palabras que Jesús proclama justo después de su tentación nos señalan el camino: "Arrepiéntanse y crean en el Evangelio". Podría ser un buen ejercicio espiritual mantener estas lecturas a nuestro alcance durante todo el tiempo de Cuaresma, un medio para ayudarnos a volver a una vida vivida según nuestras promesas bautismales.

### LECTURAS DE HOY

**Primera lectura** — Dios estableció una alianza con Noé y sus hijos y les prometió que nunca más habría un diluvio devastador (Génesis 9:8-15).

**Salmo** — Descúbrenos, Señor, tus caminos (Salmo 25 (24)).

**Segunda lectura** — Aquella agua representaba el bautismo que ahora nos salva (1 Pedro 3:18-22).

**Evangelio** — Después de los cuarenta días en el desierto, Jesús viene a Galilea proclamando el Evangelio de Dios (Marcos 1:12-15).

### LECTURAS DE LA SEMANA

Lunes: Lv 19:1-2, 11-18; Sal 19 (18):8-10, 15;  
Mt 25:31-46

Martes: Is 55:10-11; Sal 34 (33):4-7, 16-19; Mt 6:7-15

Miércoles: Jon 3:1-10; Sal 51 (50):3-4, 12-13, 18-19;  
Lc 11:29-32

Jueves: Est C:12, 14-16, 23-25;  
Sal 138 (137):1-3, 7c-8; Mt 7:7-12

Viernes: Ez 18:21-28; Sal 130 (129):1-8; Mt 5:20-26

Sábado: Dt 26:16-19; Sal 119 (118):1-2, 4-5, 7-8;  
Mt 5:43-48

Domingo: Gn 22:1-2, 9a, 10-13, 15-18; Sal 116 (115):  
10, 15-19; Rom 8:31b-34; Mc 9:2-10

### TRADICIONES DE NUESTRA FE

Según un dicho árabe, si quieres conocer bien a una persona, debes convivir durante cuarenta días con ella. Cuarenta no puede tomarse al pie de la letra, ya que en las culturas semitas de siglos pasados cuarenta significaba "un largo periodo de tiempo". Los judíos, cristianos y musulmanes provenimos de esas culturas antiguas y es por eso que para nosotros el número cuarenta es muy importante. Algunos ejemplos bíblicos: El diluvio duró cuarenta días. Moisés habló con Dios durante cuarenta días en el Sinaí. El pueblo de Israel pasó cuarenta años en el desierto purificándose de sus pecados. Jesús ayunó cuarenta días en el desierto antes de iniciar su ministerio público. El profeta Mahoma tenía cuarenta años cuando Dios lo llamó; asimismo, según el Islam, Dios creó a Adán en cuarenta días, y la persona que desea sabiduría necesita ayunar cuarenta días.

No se sabe de dónde viene esta conexión del número cuarenta con la religión. Algunos astrónomos piensan que es debido al planeta Venus. Venus (estrella matutina) viaja por el cielo regresando a su lugar de origen cada cuarenta años menos cuarenta días.

### AL QUE PIDE SE LE DA

La Oración es una arma poderosa. Pero la oración de la que hablo no es mediocre, ni negligente; es una oración ardiente, surge de la aflicción del alma y del esfuerzo de espíritu. Esta es la oración que sube hasta el cielo. Escucha lo que dice el escritor sagrado: *Grité al Señor cuando estaba angustiado* y me libro. El que reza así en su angustia podrá, después de la oración gustar en su alma una gran alegría. Por oración entiendo no solamente la vocal, sino la que brota del fondo del corazón. Así como los árboles cuyas raíces se hunden profundamente no son arrancadas en las profundidades de la tierra, lo mismo las oraciones que salen del fondo del corazón suben al cielo con toda la seguridad. Por eso el salmista dice: *Desde lo hondo a ti grito, Señor*. Si cuando cuentas a los hombres tus desgracias personales, ello aporta alivio a tus penas, con más razón es así cuando das parte a tu Señor de los sufrimientos de tu alma: encontrarás alivio y consuelo en abundancia. En efecto, a menudo los hombres soportan con dificultad a los que se les acercan para quejarse y llorar; los apartan y los rechazan. Pero Dios no actúa así; al contrario, hace que te acerques y te atrae hacia sí; y aunque te pases el día exponiéndole tus desgracias, esta aun mas dispuesto a quererte y a concederte lo que piden tus suplicas.

San Juan Crisóstomo  
Fue Monje y Obispo de Constantinopla; gran predicador y escritor. Murió en el destierro. Es doctor de la Iglesia.



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 ministerios 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 Parroquia de San Pablo. Ingles y Español en diferentes salones.

**Abril 4, Sábado de Vigilia**, reciben los Sacramento nuestros Catecúmenos y Candidatos de RCIA. Esta ceremonia es muy especial porque Jóvenes y Adultos empiezan 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 Bautismos, Matrimonios ni quinceañeras. Es un tiempo de regocijo, 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 teléfono 916- 381-5200.

### PRO VIDA

Pro Life Retreat 2015 (Se dará en Inglés) Un retiro de un día para cualquier persona involucrada en el trabajo a favor de la vida de cualquier clase será ofrecida por el P. Matt Spenser, OSJ, el 28 de Febrero de 2015 en la escuela Virgen de Gracia en West Sacramento. \$10 costo incluye almuerzo. Para obtener más información y para registrarse vaya al [www.ProLifeRetreat.com](http://www.ProLifeRetreat.com) o llame Steve Patton al 916-733-0133.

### MADRE E HIJA PROGRAMA

Madre – Hija Programas 2015 Los Programas de Madre e Hija exploran el regalo especial de Dios sobre la fertilidad humana y la belleza y la maravilla del plan de Dios para crecer y convertirse en una mujer. Los Programas de Adolescencia (13 – 16) y Pre-adolescencia (10 – 12) cubren temas similares aunque difieren en la profundidad y el alcance. Para información de lugar, horario o contenido del programa e inscribirse, visite [www.programademadrehija.com](http://www.programademadrehija.com).

### 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](mailto: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 aprender a vivir y jugar juntos con un consejero en edad universitaria 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](http://www.pendola.org) o llame al (916) 733 hasta 0123

### SEGUNDA COLECTA

Campaña Capital. Los feligreses que se han comprometido a la campaña pueden utilizar sobres rosas para hacer sus pagos pendientes.

**Marzo 7/8** Campaña Católica de Colectas Anuales (Appeal) Esta petición diocesana especial apoya a organizaciones católicas de caridad y ministerios de la parroquia en la diócesis y ayuda de la cuota para que los niños reciban una educación católica. Además el 25% de las donaciones se devuelven a nuestra parroquia para nuestros propios ministerios de servicio social.