

# ST. PAUL CATHOLIC CHURCH

Third Sunday of Lent

March 8, 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: 3/09 DAN & JULIA OSUNA †**  
Requested by Wayne family

**WED: 3/11 AMELIA SAN MIGUEL †**  
Requested by Juan San Miguel

### TODAY'S READINGS

**First Reading** — The law was given through Moses (Exodus 20:1-17 [1-3, 7-8, 12-17]) or *Exodus 17:3-7*.

**Psalms** — Lord, you have the words of everlasting life (Psalm 19) or *Psalms 95*.

**Second Reading** — We proclaim Christ crucified; the foolishness of God is greater than human wisdom (1 Corinthians 1:22-25) or *Romans 5:1-2, 5-8*.

**Gospel** — Destroy this temple, and in three days I will raise it up (John 2:13-25) or *John 4:5-42 [5-15, 19b-26, 39a, 40-42]*.

### READINGS FOR THE WEEK

Monday: 2 Kgs 5:1-15b; Ps 42:2, 3; 43:3, 4; Lk 4:24-30

Tuesday: Dn 3:25, 34-43; Ps 25:4-5ab, 6-7bc, 8-9; Mt. 18:21-35

Wednesday: Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19

Thursday: Jer 7:23-28; Ps 95:1-2, 6-9; Lk 11:14-23

Friday: Hos 14:2-10; Ps 81:6c-11ab, 14, 17; Mk 12:28-34

Saturday: Hos 6:1-6; Ps 51:3-4, 18-21ab; Lk 18:9-14

Sunday: 2 Chr 36:14-16, 19-23; Ps 137:1-6; Eph 2:4-10; Jn 3:14-21

Alternate readings (Year A):  
1 Sm 16:1b, 6-7, 10-13a; Ps 23:1-6;  
Eph 5:8-14; Jn 9:1-41[1, 6-9, 13-17, 34-38]

### SAINTS & SPECIAL OBSERVANCES

Sunday: Third Sunday of Lent; First Scrutiny;  
Daylight Saving Time begins;  
Girl Scout Sunday

Monday: St. Frances of Rome

Friday: Abstinence

#### HEAVEN


Heaven is at present out of sight, but in due time, as snow melts and discovers what it lay upon, so will this visible creation fade away before those greater splendors which are behind it. —John Henry Newman

March 8th 2015  
Third Sunday of Lent  
*I, the Lord, am your God...*  
*You shall not have other gods besides me.*  
= Exodus 20:2a.3

### THE PATH TO FREEDOM

Most of us, if we were asked “Does the phrase ‘the Ten Commandments’ appear in the Bible?” would likely get it wrong, because the answer is “no.” “The Ten Commandments” is a post-biblical, phrase that developed along with an image of God as police officer that is not found in today’s passage from Exodus. The first phrase is the key: God is the one who brings us out of slavery; following God’s law or commands is our path to freedom. The moneychangers whom Jesus drove from the temple were not explicitly breaking any of the commandments, but neither were they helping people to find God’s path to freedom as they came to worship at the temple. This is an important Lenten lesson for us. We need to stop asking ourselves whether or not we are breaking specific rules or regulations and instead examine our lives to see if we are truly following a path to God’s freedom through Christ.

### 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.

### 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,

Joaquina Arrizon, Martina Hernandez, LyPratt & Roger Loteyro. Ottie Allen, Erva Johnston, Jose Garcia, Sonia Reyes, Melchor Mangosing, Juliana Ganal, Marta Gonzalez, Christine Natco ans Dominador Alarcio Caridad Sr.. 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.

## SOCIAL JUSTICE

### 40 Days for Life

Free information is provided in the entryways of the church regarding the "40 Days for Life." This campaign began on February 18 and will end on March 29.

### 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 lelattray@att.net.

### Mother Daughter Program

The Mother-Daughter Program explores God's special gift of fertility and the beauty and wonder of God's plan for growing up and becoming a woman. The Teen (ages 13-16) and Tween (ages 10-12) Programs cover similar subject matter, while differing in depth and scope. All presentations are pure, light-hearted and affirming. They are presented at various parishes in our diocese. Some presentations are in English and some are in Spanish.

For information, contact Steve Patton at the Pastoral Center (916) 733-0133. E-mail spatton@scd.org.

Dates for Tweens (ages 10-12) and Locations

Saturday March 7, Cathedral of the Blessed Sacrament  
(English) 2:00-5:30pm

Saturday, March 21, Presentation School, Sacramento  
(English) 9:00am-12:30pm

Sunday, March 22, St. Clare, Roseville  
(English) 1:00-4:00pm

Sunday, March 22, St. Clare, Roseville  
(Spanish) 1:00-4:00pm

### Dates for Teens (ages 13-16) Locations

Saturday, March 21, Presentation School  
(English) 2:00-6:00pm

Saturday, April 18, Our Lady of Guadalupe Parish  
(Spanish) 2:00-6:30pm

## KNIGHTS OF COLUMBUS



### Easter Egg Hunt

Don't forget the Knights of Columbus Easter Egg Hunt, on Easter Sunday morning, April 5th. Watch the bulletin for more details.

### Free Throw Championship Results

The Knights are proud to announce that we had two entries from St. Paul Parish win their division at the District level. Jazlyn Basquez won 2nd place in the 9 year old girls competition, and Thomas Tabbah won 3rd place in the 11 year old boys competition.

### Adopt a Street Program

Every three months the Knights of Columbus spend a couple of hours on a Saturday morning helping to keep Florin Rd. clean, by picking up trash between Elk Grove-Florin Rd and French Rd. The next scheduled time is Sat. March 14th, beginning at 8:00am. from the parish hall. Anyone who would like to join us would be welcome.

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

## 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	Michael White
Shirley Robinson	Frank Farrell	James Pettigrew
Aurora Nicandro	Rodolfo Reyes	Allbert Rembulat
Lorraine Schaefer	Rita Chicca	Jean Abelia
Jessica Lintag	Merle Eugene Kirk	Rose Malone Grey
Sonio Reyes	Wendy Patnode	Phil Miller
John Rideaux	Benjamin Ferrer	Zulema McCulloch
Sandy Burgoon	Monica Cordero	Brian Steele
Audrey Falls	Rodrigo Reyes	Mary Fong
Dorothy Butler	Virginia Collier	
Bernadette Carrasca	Tommy Zawalick	

## TREASURES FROM OUR TRADITIONS

Participating in Lent, we are engaging in patterns that have endured across the centuries. From very early times, we have the sense of accompanying the elect on their journey to the font. From as long ago as the fourth century, we receive Lent as forty days to shake the dust from our spirituality and reorder our conduct. Then, fasting was not seen as a strict duty, yet it seems it was widely observed. Think of the rules of politeness and courtesy that everyone agrees on. Fasting was also seen as a social duty, since food was in short supply as winter wore on, and the weak and the sick had the first claim on what remained on hand.

As a boost to the fasting of the body, the church developed a richer spiritual fare, including celebration of the Eucharist every day. This practice began in Rome by the sixth century. Weekday Mass was only at designated "stations." The pope would arrive on horseback at the stational church. In those days, although the catechumenate was already in eclipse, there were pre-baptismal activities at the stational Masses: the giving of the Lord's Prayer, prayers for the godparents, and constant references to baptism.

## 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!

## PARISH STEWARDSHIP

### PASTORAL COUNCIL

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

### GOOD SHEPHERD PARISH

Healing Mass Friday, April 10th at 7:30pm

You are invited to attend a Healing Mass at Good Shepherd Parish. It will be presided by Fr. Arnold Parungao from St. Teresa of Avila Parish, and sponsored by the Divine Mercy Charismatic Group. For more details contact Rolly & Susan Gonzales at (916) 203-8765.

### DIOCESAN HELP

#### 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>Feb</b>						
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	5128.00
16						\$3402.00
		18 Ash Wednesday				
22	\$1358.64	\$623.00	\$1345.00	\$1316.00	\$820.00	\$5462.64

## 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/>

### Participants from SPYM—Youth Day L.A. Congress 2015

Hilary Tran	Stephanie McClean	Patricia Brewer
Jacinth Tran	Alycia Yadao	Cyrille Kaiklian
Jesstine Lintag	Nathan Yamamoto	Angel Benson
Carlos Arcega	Daisy Bacatan	

Chaperones:

Angie Lovett, Steve McClean, Edna Clegg,

Sr. Ma, Katrina Quidat, RVM

### Participants from Catechists L A Congress 2015

Carmel Hernandez	Arlyne Desiderio	Gloria McClean
Lilibeth Brewer	Marivic Sinlao	Marissa Nakajima
Rose Ferrer	Nancy Tran	Elena Dy
Toni Bamford	Angie Lovett	Lina Marco
Marisol Juarez	Sr. Ma. Katrina Quidlat, RVM	

## RELIGIOUS EDUCATION CENTER

Parents desiring to have their children baptized are required to register with the Parish Office. They are also required, with the godparents of the child, to attend a Baptismal Preparation Class. The first requirement of a godparent is that they be fully initiated in the Catholic Faith, ( baptized, confirmed and received the Eucharist), and be practicing Catholics.

The Baptism class for our parish is usually held on the third Tuesday of the month in rooms 7 and 8 of the Religious Education Center. The team of Catechists presenting the class are Dale and Kit Yamamoto, Iza Clavecilla and Ja'net Blea. Registration for the April class is currently being taken. There are no baptisms in March, as we are in the Lenten season. Please contact the parish office if you are interested in having a child baptized, (916) 381-5200.

## MEMORIES UNDER A STAR FILLED NIGHT

Do you remember toasting marshmallows under the stars? And then building a sticky chocolate, graham cracker treat? "Memories Under a Star Filled Night" is the theme for More Than S'mores BBQ Dinner & Auction. Join Friends of Pendola on March 14th from 6-10:00pm at St. John the Evangelist Parish for a fun filled evening. Proceeds from the dinner help to support Camp Pendola. Camp provides children, many of whom have had little exposure to nature, with a fun, enriching experience in the mountains in a Christian community. Tickets can be purchased by going to <http://www.friendsofpendola.org> and clicking on the More Than S'mores logo. If you cannot attend, and would like to donate or provide auction items please contact Molly McGuire at (916)505-0535.

### SHARE YOUR EVENT

During Lent there are many Catholic events happening at parishes across Sacramento. What better way to share these events than to posting it on SacCatholic.com.

Sac.Catholic.com is dedicated in connecting you to all Catholic Events happening in the Diocese. Moderated by the Dept. of Evangelization and Catechesis, SacCatholic is a one-stop destination to post, find and share Catholic events of your parish, group or organization. Visit Sac.Catholic.com today!

## PRAY FOR OUR MILITARY

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

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

## Tercer Domingo de Cuaresma 8 de marzo de 2015

### CAMINO A LA LIBERTAD

La mayoría de nosotros, si nos preguntaran “¿Aparece la frase ‘los Diez Mandamientos’ en la Biblia?” daríamos la respuesta errónea, pues la respuesta es “no”. “Los diez mandamientos” es una frase post-bíblica, que se desarrolló junto con una imagen de Dios como ‘policia’ la cual no se encuentra en el pasaje de hoy del libro del Éxodo. La primera frase es clave: Dios es el que nos sacó de la esclavitud; cumplir las leyes o mandamientos de Dios es nuestro camino a la libertad. Los cambistas a quienes Jesús echó del templo no estaban violando ninguno de los mandamientos, pero tampoco estaban ayudando a la gente a encontrar el camino hacia la libertad de Dios cuando llegaban al Templo a rezar. Esta es una lección de la Cuaresma importante para nosotros. Tenemos que dejar de preguntarnos si estamos o no violando alguna regla o reglamento específico, y en cambio examinar nuestra vida para ver si verdaderamente estamos siguiendo un camino

### LECTURAS DE HOY

**Primera lectura** — Dios entrega los mandamientos al pueblo por medio de Moisés (Éxodo 20:1-7 [1-3, 7-8, 12-17]) o *Éxodo 17:3-7*.

**Salmo** — Señor, tú tienes palabras de vida eterna (Salmo 19 [18]) o *Salmo 95 (94)*.

**Segunda lectura** — Pablo proclama a Cristo crucificado; Cristo es el poder y la sabiduría de Dios (1 Corintios 1:22-25) o *Romanos 5:1-2, 5-8*.

**Evangelio** — Jesús echa a los mercaderes del templo y predice su resurrección (Juan 2:13-25) o *Juan 4:5-42 [5-15, 19b-26, 40-42]*.

### LECTURAS DE LA SEMANA

Lunes: 2 Re 5:1-15b; Sal 42 (41):2, 3; 43:3, 4;  
Lc 4:24-30

Martes: Dn 3:25, 34-43; Sal 25 (24):4-5ab, 6-7bc, 8-9;  
Mt 18:21-35

Miércoles: Dt 4:1, 5-9; Sal 147 (146):12-13, 15-16, 19-20;  
Mt 5:17-19

Jueves: Jer 7:23-28; Sal 95 (94):1-2, 6-9; Lc 11:14-23

Viernes: Os 14:2-10; Sal 81 (80):6c-11ab, 14, 17;  
Mc 12:28-34

Sábado: Os 6:1-6; Sal 51 (50):3-4, 18-21ab; Lc 18:9-14

Domingo: 2 Cr 36:14-16, 19-23; Sal 137 (136):1-6;  
Ef 2:4-10; Jn 3:14-21;  
Lecturas alternativas (Año A):  
1 Sm 16:1b, 6-7, 10-13a; Sal 23 (22):1-6;  
Ef 5:8-14; Jn 9:1-41[1, 6-9, 13-17, 34-38]

### TRADICIONES DE NUESTRA FE

El Nuevo Testamento nos asegura que Jesús comprende nuestra naturaleza humana (Hebreos 2:17-18). Él sabe bien lo que es ser humano porque, según la doctrina cristiana, siendo verdaderamente Dios, es humano plena y verdaderamente. Tanto amó Dios al mundo que tomó totalmente nuestra condición humana. Según el Catecismo de la Iglesia Católica esto lo hizo para salvarnos del pecado, sanarnos de la enfermedad/ muerte, mostrarnos su amor, ser nuestro modelo de santidad y hacernos partícipes de su divinidad.

Estamos hechos a imagen y semejanza de Dios, pero el pecado opaca esta imagen. Como una muestra del amor del Padre, el Hijo se encarnó por obra del Espíritu Santo en el seno de María Virgen, para así renovar en nosotros la imagen de Dios y llevarnos nuevamente a la inocencia original. Dios es Trino y Uno, tres personas en un sólo Dios. El ser humano también es trino. Cuerpo, alma y espíritu (1 Tesalonicenses 5:23) forman una sola persona que es corporal, reflexiva y trascendente. Así como el Padre, Hijo y Espíritu Santo trabajan juntos, el cuerpo, alma y espíritu de la persona buscan colaborar para seguir al Hijo de Dios que se hizo uno de nosotros

### CARTA DE PABLO A LOS CORINTIOS

**VER. 1-5:** ESTUVE YO CON VOSOTROS CON FLAQUEZA  
*1 Así que, hermanos, cuando fui á vosotros, no fui con altivez de palabra, ó de sabiduría, á anunciaros el testimonio de Cristo. 2 Porque no me propuse saber algo entre vosotros, sino á Jesucristo, y á éste crucificado. 3 Y estuve yo con vosotros con flaqueza, y mucho temor y temblor; 4 Y ni mi Palabra (griego: logos) ni mi predicación (griego: kerygma) fue con palabras (griego: logos) persuasivas de humana sabiduría (griego: sophia), mas con demostración del Espíritu y de poder; 5 Para que vuestra fe no esté fundada en sabiduría de hombres, mas en poder de Dios.*

**“Así que, hermanos, cuando fui á vosotros, no fui con altivez de palabra, ó de sabiduría, á anunciaros el testimonio de Cristo. Porque no me propuse saber algo entre vosotros, sino á Jesucristo, y á éste crucificado”** (vv. 1-2). En 1:26-31, Pablo habló de los cristianos de Corintio, quienes no eran sabios ni poderosos ni nobles – pero a quienes Dios escogió – Dios cumple sus propósitos a través de ellos. El hecho de que hayan sido escogidos por Dios no es un accidente Dios escoge deliberadamente “lo vil del mundo y lo menospreciado escogió Dios, y lo que no es, para deshacer lo que es” (1:28). Ahora, habiendo usado el ejemplo de los cristianos corintios para demostrar la diferencia entre la sabiduría humana y la de Dios, Pablo vuelve a predicar para seguir haciendo este contraste. Pablo llegó a Corintio anunciando “el testimonio de Cristo.” Es difícil imaginar una obra más difícil y más grandiosa. Aún nuestros mejores científicos se esfuerzan por comprender los misterios del átomo. Quitar capas una tras otra solo para revelar más complejidades dentro de las cosas que Dios ha creado – pero no tratan de quitar las capas que revelarían a Dios mismo. Reconocen que esa tarea va más allá de sus capacidades y aparatos científicos. Sin embargo, Pablo viene a los cristianos corintios proclamando los misterios Cristo.



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"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 pa-  
dres de familia del Catecismo.

**Marzo 20,21 y 22**, Retiro para los de los jóvenes de Confir-  
mación 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 nues-  
tros 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.

### SEGUNDA COLECTA

Marzo 08/07 del 2015 es el año 25 de la Campaña Católica  
Anual. Obispo Soto ha hecho "Gente Ayudando al necesitado",  
el tema de la apelación de este año. El (25%) de los fondos  
recaudados van para la parroquia y son utilizados por nuestro  
Ministerio de Justicia Social para ayudar a nuestros miembros  
de la parroquia que necesitan ayuda.

Marzo14/15

Hace posible la misión global de la Iglesia Católica para com-  
batir la pobreza, proporcionando ayuda y desarrollo, asistencia  
a los refugiados y los inmigrantes, y abogar por la justicia y la  
paz en situaciones de conflicto y el abandono de los derechos  
humanos. Una parte de esta colección se asigna a la Iglesia  
católica en la Europa central y oriental

### 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

### CONSEJOS DEL MINISTERIO DE SALUD

Consiguió un resfrío?

Más de 100 tipos de virus pueden causar resfriados, la en-  
fermedad más común en el mundo, y la mayoría de las per-  
sonas en promedio unos tres resfriados cada año. Una vez  
que entra en el cuerpo el virus del resfriado comienza a  
multiplicarse, causando dolor de garganta, estornudos, se-  
creción nasal, ojos llorosos, dolores y molestias, fiebre leve,  
congestión nasal y tos.

En la farmacia puede obtener medicina de la tos y el res-  
friado pueden aliviar algunos de los síntomas, pero no van  
a prevenir, curar o incluso acortar el curso de la enferme-  
dad.

Para disminuir las posibilidades de venir abajo con un res-  
friado mantener su resistencia natural a través de una bue-  
na nutrición, y dormir lo suficiente y hacer ejercicio. Evite el  
contacto directo con los que tienen resfriados, y lávese las  
manos con frecuencia.

Si obtiene un resfriado sea respetuoso con otros, cubrir la  
boca al toser y estornudar, y, si es posible, limite su contac-  
to con otras personas.