

St. Anthony Parish
Lent, 2022
"Change our Hearts"



Dear St. Anthony's Family and friends,

This booklet has been bathed in prayer and love in the hope that it will bring you closer to Jesus this Lent.

The theme for our 2022 Lenten booklet is:

"Change Our Hearts"

Repent is one of Jesus' first recorded words in at least two Gospels. The word **repent** comes from **metanoia**, which literally means **change**, or more clearly, "**Change your minds.**" (Mark 1:15; Matthew 4:17).

I am fascinated by butterflies because they are one the most striking examples of deep change.

What happens to a caterpillar during the time in the chrysalis is a total, radical transformation! For while tucked inside, digestive enzymes break down the structure of the caterpillar into a kind of insect soup. The caterpillar literally becomes goo and over a period of days or weeks its cells are completely reassembled resulting in the formation of a butterfly. The caterpillar has been born-again and reshaped into a new creation!

This is similar to the complete change from within that Jesus brings to us as we present our lives to him.

Lent is a time to "go within" and examine what's really important and to ask; who I am I? What is my purpose? What needs to change in me and what do I need to let go of in order to be transformed in Christ?

May this little Booklet aide us as we surrender to the process of death, burial, and resurrection, and may the Holy Spirit, "change our hearts".

Shelley Volm

Lenten Hopes and Promises

Do I have any particular hopes and plans for how I would like to observe Lent this year?

What commitments am I considering, especially in the areas of prayer, fasting, and almsgiving?

Ash Wednesday



Change our hearts, Jesus, so that we may
resist anything which pull us away from
wholeness & fullness of life.

Amen.

WEDNESDAY, MARCH, 2

Maria Ramírez

Even now, says the LORD, return to me with your whole heart, with fasting, and weeping, and mourning; Rend your hearts, not your garments, and return to the LORD, your God. *Joel 2:12-18*

Lent for me is a very special time, ever since my childhood. I grew up in a very religious family on the side of my grandma Manuelita, as we would call her in affection. She was well liked by many people, and was the person that God put in my life to plant the seed that would produce fruit later.

I remember with much happiness how we fasted, and how I waited with happiness to enjoy the foods that were prepared, especially one sweet that is called capirotada. It was like the reward for fasting. Then, what I enjoyed the most was the dinner. We had to wait for the first star that we could see. That was a signal that God was there.

To remember my childhood fills me with peace and joy. Lent reminds me that the Lord encourages us to open our hearts to others and to give without limits.

These two years of pandemic have been difficult for all of us, the covid-19 quarantine has allowed me to see the pain of the world and made me turn to my Lord and recognize His goodness and his power. Each day that he allows me to stay alive I will love and serve him as if it was the last day of my life.

I turn toward you O, lord-coming out of my comfort
With fasting-so I can hunger for you Lord.
With weeping-so I can ask for your forgiveness.
Rending my heart-so I can love like you love

THURSDAY , MARCH 3

Mike Meyerhoffer

“If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.” *Luke 9:22-25*

For me, this passage speaks to personal sacrifice.

But I see this in a different way.

I do not view myself as carrying a burden or my cross.

I have tried to act with a “generous spirit” toward others.

Sometimes I am good at that,

sometimes not so good,

ever mindful of my own shortcomings.

Jesus showed us compassion, forgiveness and kindness.

Those qualities are what I view as a “generous spirit.”

I suppose if I can name a cross I bear,

it would be the weight of my own failures

to be compassionate, forgiving and kind.

Reflection

*In what ways am I being called
to take up my cross and follow?*

FRIDAY, MARCH 4

Jenny Dannelley

This is the fasting that I wish...setting free the oppressed, breaking every yoke; Sharing your bread with the hungry sheltering the oppressed and the homeless; Clothing the naked when you see them, and not turning your back on your own.

Isaiah 58:1-9

Every morning since my husband passed I ask God to help me keep an open mind and heart to be able to figure out His plan for this new chapter in my life. With His guidance, I am finding ways to serve Him and others through volunteer opportunities, helping health-challenged friends and family and supporting ministries and programs intended to help those in need. And, I'm quite sure our Father "pushed" me a little to agree to be the lead usher at 11:00 Mass!

In his prayer, St. Francis reminds us that "it is in giving that we receive." This is most certainly the case for me. I have received many gifts through the small kindnesses and offers of help I have given over the last year. Knowing that something I did may have made another's day a little easier is a treasured gift; it truly makes me happy! My efforts to be of service to others have given me the opportunity to make new friends; made me more aware of my own strengths and abilities; reminded me of my many blessings and helped me deal with the loss of my precious Andy.

Reflection

How can I "live simply so that others may simply live?"

SATURDAY, MARCH 5

Donna DuCharme

“Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners.” Luke 5:27-32

This parable speaks to me in a very personal way. As I write this reflection I am with my sister to be by her side and be of assistance as she suffers the ravages of pancreatic cancer.

In this parable, Jesus compares sinners to sick people, but Jesus said that it was sinners that needed him most. Just like healthy people don't need a doctor, perfect people don't need a savior to forgive their sins. But there are no perfect people. Jesus was the only one who didn't sin. He died on the cross to pay the price of sin.

And as I pray fervently for my sister and my heart breaks for her to be cured, I know He didn't promise to cure everyone who is sick...but He did promise us a reward which cannot be surpassed...everlasting life in Paradise with Him.

Our thoughts and prayers go out to Donna DuCharme, at the passing of her sister, Bernadette Seick, who passed from this life since this reflection was written.

Reflection

In my weakness how do I need the healing of Jesus?

1st Sunday of Lent



Jesus, grant us the willingness
to always be guided by you.
Give us the strength to continue the journey,
even when we can't see where it is leading.

Amen.

SUNDAY, MARCH 6

Judith Belanger

“The devil said to him, “If you are the Son of God, command this stone to become bread.” Jesus answered him, “It is written, One does not live on bread alone.”

Lk 4:1-13

When I think of bread, the Abbey of the Genesee comes to mind. Needing to provide a source of financial support for the Monastery, the brothers began a bakery in 1953. Today, their artisan loaves of “Monk’s Bread” are nationally distributed. (And only a couple clicks away from my front door! Lucky me!)

The monk’s real avocation is praying Divine Office. Gathering for Vigils at 3:30AM, (the baking staff starts at 2:00!!) they return to chapel seven times throughout the day for Mass and to assist in the Liturgy of the Hours. Consecrated to the life of the Cistercian Rule, their day is rigorous: a schedule of private prayer, sacred reading, study, manual labor, service to the brethren, and hospitality – all offered in their search to find God through following Jesus Christ. Obviously baking is not their primary mission!

Catholic priests, brothers and sisters challenge us with their commitment to the Lord. Distilled by their daily, they live out what is truly real in the midst of the milieu of this crazy modern world. Their quiet lives and gentle souls are testament to Truth and beauty. How blessed are we to have them to teach us the better way!

MONDAY, MARCH 7

John Ferron

“And the king will say to them in reply, ‘Amen, I say to you, whatever you did or one of these least brothers of mine, you did for me.’ Mt 25:31-46

This reading makes me think of how many of us have been impacted by Covid and how many need help. Growing up I attended Catholic school until I started college. In grammar school the Sisters, and in high school the Priests and Brothers always told us to give up something for Lent. I remember giving up things like sweets or not watching a certain TV program. As I got older, I began thinking that I should do something positive.

During Lent and as I prepare for Easter and celebrate our Risen Christ, I believe that I need to do something positive to help my brothers and sisters in Christ. During Lent I will try to attend daily Mass and pray for all who are in need spiritually and physically, that our Lord will grant them healing. I will also say the Rosary daily asking our Blessed Mother to intercede and help all who are in need.

Reflection

Express gratitude to God for who he is to you.

TUESDAY, MARCH 8

America Preciado

“Our Father who art in heaven hallowed be thy name, thy Kingdom come, thy will be done, on earth as it is in heaven.” *Matthew 6:7-15*

Jesus gave his disciples the Our Father as the perfect prayer to spring from the hearts of God's children.

I thank God for choosing me for this biblical quote. Matthew 6:7-15 one of the most beautiful in the Bible, it is one of my favorites. It is easy to pray it, but living it and believing it is very different. In my walk with God, it has not been easy to realize that God is my father in all the situations of my life, he is always with me when I think and speak, in my joys and sorrows. He always raises my spirit to him. I Give my testimony of life in my family and how God is transforming me every day as I do his divine will and not mine. This means to die to my own flesh and to glorify the Lord with my testimony of life.

Thank you, my beloved Jesus, for all the good and bad you give me. I always ask Jesus to forgive me of all my sins, thoughts, deeds, and omissions. I ask you to fill my heart with nothing but your love so that I can always forgive all those who offend me. May you always free me from all temptation that can separate me from you, my Lord. May your grace be with me always as I follow you.

WEDNESDAY, MARCH 9

Amiee Gomez

A clean heart create for me, O God, and a steadfast spirit renew within me. Cast me not out from your presence, and your Holy Spirit take not from me. Psalm 51

When I was assigned this scripture my initial thought was this may not be the right passage for me, then the more I sat with it, I realized it is exactly the scripture for me.

I am comfortable praising God, thanking God, and asking God for favor, but asking for forgiveness, not so much. Personality wise I have mastered the art of avoiding the uncomfortable, and am pretty good at making things more difficult than need be.

Life can be challenging on its own, why am I making THIS difficult too? How lucky are we to have such a loving and merciful God! Forgiveness is ours to have, simply by acknowledging our sins and with a remorseful heart asking for forgiveness. A clean heart and steadfast spirit can only come from God's grace and mercy. The reward of this surpasses any feelings of uneasiness...something I must remind myself not only during lent, but every single day.

Reflection

*Plan to attend our penance service on March 14
to ask for God's grace and forgiveness in
the Sacrament of Reconciliation.*

THURSDAY, MARCH 10

Pamela Tedjo

**“Ask and it will be given to you; seek and you will find;
knock and the door will be opened to you. *Matthew 7:7-12***

It can be easy to forget the presence of God in our daily lives,
and I often find myself losing sight of Him
as I go about my everyday routine
and when I am going through a difficult time.
Why is this happening to me?
Where is God?
Has He forgotten me?
But when I look through the lens of my faith,
I am able to see the good in every moment,
especially the difficult ones.
When I search for God, He is always there,
waiting for me to find Him and take comfort in Him.
Every action we take and every decision we make
should always have God in the center.

Reflection

*what does God want from me today,
and how can I open my heart and mind
to hear His voice?*

FRIDAY, MARCH 11

Verónica Villatoro

Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. *Matthew 5:20-26*

I am a person who has had to work hard not to hold a grudge against those who have offended me. I have had to ask God, with all the strength of my heart, to forgive me for not wanting to forgive. Being, thinking and feeling this way I sent him to the cross and I helped with my sins and bad actions to nail him to that cross every day.

I have had to learn to reconcile with myself to understand and accept that God does not want a heart full of hate, bitterness, and resentment, he wants me to come to his table with a heart full and pure in his love, to fill my soul with his blessings and just as his only Son paid for all my sins, I have to come to his table every day, to meet him with constant gratitude, putting everything in his hands, learning to let go of everything that takes me away from his unconditional love and forgiveness.

Go to your "brother", relative, friend or enemy and fix things as soon as possible. There is no reason to wait. We must reconcile, either asking for forgiveness or forgiving. Only then we can return to his table.

The general principle of these verses is that our hearts are not in harmony and peace with God if we are not right with each other. We can worship God and offer our offering only through a sincere spirit and this is achieved when we truly repent of the offenses we have caused to other people.

SATURDAY, MARCH 12

Pat Plant

But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust. *Matthew 5:43-48*

We have probably all been through this particular trial and test as we grow to love one another as brethren.
I know I have.

The church is like a big family.
It can be difficult to "love," "bless," "do good,"
and "pray" for a person who has hurt us.
Putting this principle into practice is a high hurdle for any
Christian to clear. Yet, as Christians, we know that forgiveness
is one of the keys that Jesus taught for healing.
Not only is it a teaching-
it is also a command.

"Forgive us our debts as we forgive our debtors. Alternatively,
it could be said, "Forgive us our sins, as we forgive those who
have sinned against us" (see Luke 11:4).

Reflection

Today, how will I extend my love to others?

2nd Sunday of Lent



God of light , Illuminate our hearts and minds .

We pray for the grace to focus on you
even when the future is unclear.

With confidence we place our trust
in the radiant life that is your plan for us.

Amen.

SUNDAY, MARCH 13

Mary Sites

“The LORD is my light and my salvation; whom should I fear? The LORD is my life’s refuge; of whom should I be afraid?” *Psalm 27*

I look to the Lord in all aspects of my life. When things are good I always thank him. Every morning and night I give thanks to God for the triumphs and the lessons. I find myself seeking him more during difficult times. I pray and ask him for guidance.

We have a 22 year old daughter and unfortunately she has not made the best life decisions. I pray for her daily and ask the Lord to guide her and bring her back to the Church.

I feel that our struggles in life, whatever they may be are a lesson the Lord is trying to teach us, and he always guides us and never leaves our side.

I always look for the signs he sends me, whether it’s someone he puts in my path going through the same struggle, a song playing on the radio that all of a sudden speaks to me or the times I come to church and Father is speaking directly to me!

The Lord truly is my refuge, of whom should I be afraid!!

Reflection

*Think of the ways that God has been
faithful and been there for you.*

MONDAY, MARCH 14

Robert Volm

Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you." *Luke 6:36-38*

One of the greatest gifts I have received
comes from the people of St. Anthony's Church.
It is such a gift to be able to serve
at multiple masses every weekend.
In giving of myself I receive so much.
I have meet and made friends
with some of the most wonderful people.
"It is in giving that we receive."
These people I talk of
are the "Gift" that is given to me!

Reflection

Where do I need to be open to receiving from others?

TUESDAY, MARCH 15

Francesca Onuigbo

Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.” *Matthew 23:1-12*

God of mercy and compassion, I thank You, Lord, for Your love and blessings in my life. As I enter this season and all through my life, Father, give me the grace to suppress any desire to sin or to break Your commandments.

Father Your word said “humble yourself before the Lord and He will exalt you.” (*James 4:10*). Please give me the wisdom, Almighty God, to be humble so that I will be exalted by You.

You created everything, and Your deeds are wonderful, teach me to boast of Your love, rather than my accomplishments.

By the examples of our blessed Virgin Mary, give me the grace to be grateful in my life and not boastful.

Holy Father, guide, direct and teach me Your ways, so that I will use the gifts You give me wisely according to Your Word.

Thank You for answering my prayers, my LORD.

In Jesus name I have prayed. AMEN.

Reflection

Where do I lack humility in my life?

WEDNESDAY, MARCH 16

Carolyn Lee

Whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave. Just so, the Son of Man did not come to be served but to serve and to give his life as a ransom for many.” *Matthew 20:17-28*

The first thought that came to me when I read these verses is humble.

Someone should be a servant of others to gain "heaven."

My own experience is taking care of my mom,
who has dementia.

When I think the burden is too much,

I remember I have been blessed in so many ways.

I have a stable income, shelter, food, friends, music,
and a wonderful family, including healthy children.

I also know when there are obstacles,
you, God, will give me the courage
to see them through.

Reflection

I identify and offer my personal crosses to God.

THURSDAY, MARCH 17

Hector Silva

Blessed is the man who trusts in the LORD, whose hope is the LORD. He is like a tree planted beside the waters that stretches out its roots to the stream: It fears not the heat when it comes, its leaves stay green; In the year of drought it shows no distress, but still bears fruit. *Jeremiah 17:5-10*

I don't know how these verses from Jeremiah 17:5-10 chose me but reflecting on them makes me feel full of spiritual abundance and gratitude.

The Lord is for me like the best food for my soul and peace for my heart and senses.

Reflection

Reflect on the ways in which you have been blest in your life and give God thanks!

FRIDAY, MARCH 18

Pat Bozek

The stone that the builders rejected has become the cornerstone; by the Lord has this been done, and it is wonderful in our eyes. *Matthew 21:33-43, 45-46*

Jesus was a Jew,

yet he was rejected by his own people.

If Jesus appeared today would I recognize him?

Jesus said,

“What so ever you do to the least of my people,

that you do unto me.”

Looking around us,

do we reject Jesus?

Reflection

Today, pray for God's guidance and direction.

SATURDAY, MARCH 19

ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

Guillermo Preciado

“Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins.” *Mt 1:16, 18-21, 24a*

In this quote God invites me not to be afraid or doubt the power that the Lord has. Because for God nothing is impossible. If I have Faith, I will see the Glory of God manifested in my life. I ask Jesus to always help me listen to his call, not to doubt where he wants me to serve and follow him.

When I was only a few years on God's path, one day I got sick at work and ended up in the hospital. I had to be on disability and was unable to work for a whole year. I had often asked God to help me get ahead. Just as Joseph was afraid to take Mary, my heart was also filled with a lot of fear because I thought I was going to be left without my family and that we would lose our house.

During that time, I clung very much to the Holy Spirit, to God, and to the Virgin Mary. My faith became stronger because God never abandons me. He is with me every day of my life. I thank God for seeing us and sending his only Son and giving him the name of Jesus. He stayed with us to save us from our sins.

Jesus if you gave your life for me, teach me not to crucify you with my bad actions, my sins, and thoughts. Help me to walk hand in hand with you and to imitate you and make a reflection of you. Lord Jesus, please, if you see that I am drifting, talk to me, yell at me, if necessary, do whatever it takes, but don't let me get lost, don't let me spend an eternity without you, my Lord.

3rd Sunday of Lent



Life -giving Presence,
pour your love into our hearts,
that, refreshed and renewed,
we may be steadfast in keeping our eyes
fixed on your love . Amen.

SUNDAY, MARCH 20

Becky Cannone

“Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.” Jn. 4:5-42

What a beautiful image! “A spring of water welling up to eternal life!” WOW, just saying it brings on a feeling of joy and fulfillment.

Our faith is full of imagery, symbols and rituals and water is used in many of them. I connect with water. It is visually soothing, the sound is calming and the touch invigorating. This is what I think Living Water does. It calms the anxious soul, it soothes the aching heart, and it invigorates our whole being. The world is full of wells that contain “this water”, but the one well that fills me with Living Water is the Mass. It started for me at baptism. When I immerse myself in the beauty of the Mass and receive the Eucharist, I am filled with God’s LOVE, GRACE and MERCY. Refreshed in spirit, filled with hope and reminded of all God’s promises, I come away transformed, ready to reach out to the thirsty and lead them to the well.

Reflection

A song to inspire “The Well” by Casting Crowns

MONDAY, MARCH 21

Linda Bryant

At thirst is my soul for God, the living God.

When shall I go and behold the face of God? *Psalm 42*

When thinking about this passage, the first thing that comes to mind is what is a thirst for God? From all the reflections and books I have read, we need to develop a true intimate relationship with God. A true friendship. If you have a true friendship you want to be with that person. Spend time with them. I think this is the same for God.

I did not have this until I went on a Cursillo Weekend. Here I learned how to develop that friendship. I learned how to seek him and thirst for him. They say that only 3% of Catholics read Catholic book or magazines. Well, I learned how to do that. I spend time with God every morning reading the scriptures and meditating on passages. I find if I do not do this my day does not go as well if I had done it. I guess this means that every day I thirst for God. Being in his presence is something that gets me through the day.

The other day I listened to the daily reflection on the UCCSB site. The message was there are many ways to find time to be with God. I encourage you to find just 10 minutes a day to set aside to be with God. As you develop this practice you too will thirst for God.

Reflection

*Take 5 minutes to just be with Jesus,
no words, no expectations.*

TUESDAY, MARCH 22

Mike Folia

Peter approached Jesus and asked him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" Jesus answered, "I say to you, not seven times but seventy-seven times.

Matthew 18:21-35

Love is the reflection of forgiveness.
Until we have come to the realization that we must forgive,
we can not truly love.

Forgiveness is not easy for the human condition
because I was wronged, hurt, or wounded.
But Jesus tells us that no matter what,
we must continue to forgive,
over and over again.

In my own life, I spent years resenting someone
who was prominent in my life,
until one day it came crashing down on me.
I needed to realize that this problem
was beyond his control,
and the damage done was not truly his fault.
I forgave him after so many years,
even though he was long gone,
and I came to peace.
Then I realized the ultimate truth,
forgiveness is truly meant for the forgiver.

Reflection

Who do I need to forgive today?

WEDNESDAY, MARCH 23

Pat Kersbergen

“Take care and be earnestly on your guard not to forget the things which your own eyes have seen, nor let them slip from your memory as long as you live, but teach them to your children and to your children’s children.” *Deuteronomy 4:1, 5-9*

Thinking about this passage, I was taken back to my much younger years. I recall my parents made me attend Mass, catechism classes, etc. but I don’t feel I ever developed a relationship with God. In fact, I feared God. Prayer was something we were expected to do, but it had no meaning for me—I just did it.

I believe it was through Vatican II that I realized that God loved me. I opened my eyes and heart to God’s love for me. I began to attend mass with a whole new outlook. My husband and I made Marriage Encounter and Marriage Enrichment weekends, participated in small faith groups and various ministries. All these experiences helped me to understand who God was. I was no longer afraid of God, but I knew I loved and trusted him. It also became important to me that our daughter and her son (now 12), knew that God loved them.

Reflection

*Reflect on a time in your life when God
was especially present.*

THURSDAY, MARCH 24

Raymond Nolte

**Thus says the LORD: Listen to my voice; then I will
be your God and you shall be my people.**

Jeremiah 7:23-28

Easier said than done Lord!

I find myself bombarded all day long by voices

(both from the outside and from within)

telling me to take care of myself first

or to cancel this person or that organization

for when they say or do something that I don't agree with.

I find my walk being slowed down

by unnecessary detours placed by others

(placed by myself),

that keeps me from getting to that place in life

I'm called to be.

I hear your voice Lord but in truth, I don't always listen.

If I did listen more attentively, I would love, care for,

and forgive, those around me

who are in need of Your healing words and touch.

Teach me Lord to recognize your voice

and to listen with my heart

for your gentle invitation

to follow you in all your ways.

Not easy, but worth the effort!

FRIDAY, MARCH 25

THE ANNUNCIATION OF THE LORD

María Urena

Mary said, “Behold, I am the handmaid of the Lord.

May it be done to me according to your word.”

Then the angel departed from her. *Lk 1:26-38*

When this reading was assigned to me, I felt joy, because I love Mother Mary more and more as I get older; and I ask her to make me more like her, especially humble and obedient to God's will. However, as I reflect on this passage and ponder, I am saddened as I realize how selfish I really am, since when I pray, I ask God for His blessings upon my family, my husband, my friends and for myself, which is good, but there are many more times that I ask Him for solutions to my troubles than the times I surrender to my Lord's will. When I surrender myself entirely to His will, it leaves me with a heart full of love and peace because I trust Him and I know He loves me and wants what is best for me.

Very often I remember what my mom used to tell Him. “I want what You want, because You want me to want it.” It reminds me of our Lady's fiat. When I wholeheartedly give my worries to Him and surrender to His will is when I feel true peace. As I reflect on this passage, I realize that it's when I trust Him and confidently release my worries by placing my loved ones on the altar as the priest consecrates the bread and wine that I feel the weight of my troubles much lighter, and I feel more secure.

SATURDAY, MARCH 26

Tracy Tanidjaja

He will come to us like the rain, like spring rain that waters the earth.” Hos 6:1-6

Life can be tough from time to time,
especially when you experience a family crisis, lose a job,
or have to say goodbye to your loved ones
(the toughest one for me)
and in our mind it is easy to say that GOD is not fair.

But ... if you believe,
your faith will save you.
Let it be done according to His own time.
He will come “like the rain and spring rain
that waters the earth”.

You will be stunned and amazed
and you will see the work of GOD in your life
if you BELIEVE and HAVE FAITH.

Reflection

*Where in my life do I long for Jesus to come to me
like spring rain and fill my thirsty soul?*

4th Sunday of Lent



Keeper of hearts,
remove from us any darkness
that keeps us from truth.
May we see others through your eyes
and with the compassion of Jesus Christ
who sets us free . Amen.

SUNDAY, MARCH 27

Lindsey Cabrera

**“One thing I do know is that I was blind
and now I see.” *John 9:1-41***

I always thought
that when horrible things happened in my life
and it felt like my world was falling apart,
God had abandoned me.
It took me going through some
of the lowest points in my life,
for me to see that God never left my side.
I now see that He was always with me
and carried me through those hard times.
God's love for us is never ending.
Even when we reject him,
even when we disobey him,
He is always there for us,
waiting with open arms
for us to return home.

Reflection

Lord, open my eyes to see as you see.

MONDAY, MARCH 28

Viad Lícera

They told him, “The fever left him yesterday, about one in the afternoon.” The father realized that just at that time Jesus had said to him, “Your son will live,” and he and his whole household came to believe. *Jn 4:43-54*

How important and essential it is for us to believe! In all the miracles that I remember Jesus performing, those who came to Him (or touched Him) believed in Him. Even in His first miracle in the Wedding at Cana, our Blessed Mother Mary believed in His extraordinary power. Whether we seek healing physically or spiritually, faith plays a major role if we are to receive a miracle.

In our own lives, I am in awe of the healing miracle that my husband was blessed with. It strengthened my faith and made me appreciate His presence more in my everyday life. I realized that miracles didn't just happen in the old days. They still happen in the present time.

Sometimes, we barely notice them; some things that can't be explained. They may not happen in a profound way, but if we have faith and our hearts are open, we will experience them in more ways than we can imagine.

Reflection

*May you receive the grace to recognize the miracles in your life,
to believe and be closer to Jesus.*

TUESDAY, MARCH 29

Dennis Ayde

God is our refuge and our strength, an ever-present help in distress. Therefore we fear not, though the earth be shaken and mountains plunge into the depths of the sea. *Psalm 46*

In the dark days and stressful periods of our lives,
God is there to comfort,
Care for, and protect us.

Do not be afraid to ask for his help.
God is all-seeing.

His response as our protector,
and our joy for such help,
nullifies all darkness.

God is the true protector of the world.

Reflection

Place your darkest moments in God's hands and have faith.

WEDNESDAY, MARCH 30

Debbie Lantz

Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you. *Is 49:8-15*

Dearest Lord,
you loved me the day I was conceived.
I am your child.
You're always welcoming me to grow closer to you,
and I'm saying Yes!

You know my needs and your people's needs.
I ask for your guidance
to be the Woman you want me to be.
My heart is open.

Love you, Debbie

Reflection

*Allow the tender love of God to hold you
and to assure you of his never-ending love.*

THURSDAY, MARCH 31

Lisa Day

**Remember your servants Abraham, Isaac and Israel,
and how you swore to them by your own self, saying,
'I will make your descendants as numerous as the
stars in the sky; and all this land that I promised,
I will give your descendants as their perpetual herit-
age.'***Exodus 32:7-14*

"With this passage, I often ask WHY.

I will not get the answer, but I would like and feel more
prepared if I could visualize what is on the road ahead.

I would like to see a map,
showing me all the twists and turns of my journey.

I know I will not see the road ahead;
my LORD will not give up on me.

I am thoroughly equipped for my journey.

All I have to do is keep my faith and trust in the LORD.

This Lent and all the days of my life, I hope for peace,
and love, and humility with humankind.

The LORD is the best road map I have available.

GOD wanted me to never give up,

because he is always there

just whisper HIS name at all times by praying".



FRIDAY, APRIL 1

Josie Deckard

The Lord is close to the brokenhearted. Ps. 34

Lord, I doubted you once
because my prayers were not answered as I expected.
I thought luck was so elusive at that time I questioned you,
“Why me?” Why was I suffering from a broken heart
that I didn’t deserve?
Oh please Lord, answer me.
As I continued questioning you, tears rolled down my face.
I regretted what I said and I asked for forgiveness.
I prayed and prayed,
and asked for prayers and support from my family and friends.
After a long period of time Lord, you answered my prayers.
During this time, I realized that I experienced your love
through the support I was provided -
even through adversity I was close to you.
I thank you and I will never question you again.
You suffered for us; I love you my Lord.

In times of broken heartedness and suffering, one can
experience an especially profound closeness with the Lord.

Reflection

Lord, heal my brokenness. My life is in Your hands.



SATURDAY, APRIL 2

Estuardo Gonzalez

O Lord, my God, in you I take refuge, save me from all my pursuers and rescue me, Lest I become like the lion's prey, to be torn to pieces, with no one to rescue me. *Psalm 7*

As I read this powerful verse from psalm 7, I think about the current situation we are living as humankind is being threaten by Covid19. Since the beginning of the pandemic I have been focused on doing everything I can do to protect me and my family, but initially I was still feeling anxious. I finally reached the conclusion that only our Loving Father God will keep me and my loved ones away from that threat and anything else, as long as I trust Him with all my heart. Now, I can go on with my life, because I know my Lord is my refuge and everything will be fine during these uncertain times and always.

Reflection

Please your deepest fears in the arms of Jesus.

5th Sunday of Lent



God of all comfort and compassion,
only you bring life
to dry bones and weary souls.
Pour out your Spirit upon us,
that we may face anything, even death,
with hope and faith in the One
who called Lazarus forth from the grave.
Amen.

SUNDAY, APRIL 3

Erín Hernandez

“I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?” She said to him, “Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world.” *John 11:1-45*

Do you believe this?

Yes, I do.

I live my life knowing this and believing this.

For each one of us who have lost a dear loved one
who believes in Christ,
we know and take comfort knowing
that they will have eternal life.

As we live each day,
take this within our hearts
knowing that life does not end here.
Rather, it begins.

Jesus loves us so much.

Like Lazarus, we will rise again

Reflection

*begin your journal entry today saying,
“Yes Lord, I believe that you are with me...”*

MONDAY, APRIL 4

Kathy Rentmeester

**Even though I walk in the dark valley I fear no evil;
for you are at my side. *Psalm 23***

The “dark valley” represents all the gloom, doom,
sadness, troubles and trials of my life.
All of these have caused me such loneliness and heartache.
A couple of particularly dark valleys was 21 years ago
when I lost my youngest son after a very short illness
and last year when my sister
who was my best friend passed away.
Grief is such a lonely and debilitating emotion.
However, when I look at that last phrase of this quote,
“You are at my side”,
this is the promise of God to be with me
when I walk over that rough ground.
This is the path of safety;
away from the path of gloom and sadness;
troubles and sorrows.
Even though I feel alone God is with me at these darkest and
most trying of times.
This provides me peace and protection.

Reflection

Thank you, Jesus, for walking this journey with me...

TUESDAY, APRIL 5

Analisa Castro

**O Lord, hear my prayer, and let my cry come to you.
Hide not your face from me in the day of my distress.
Incline your ear to me; in the day when I call, answer
me speedily. *Psalms 102***

Lord, the challenges and distress I face daily are nothing compared to what you endured, and my realization is that without you, I would crumble. The last few years have worn me down with fear, worry, anxiety, anger, disappointment and at times, disgust. I have cried at the disappointments and yet have seen the beauty and opportunity of what has bloomed from what looked to be hopeless. I see the struggle of those I love as they try to move forward in a world we were not prepared to live in. My heart breaks and refuses to believe that THIS is the "new normal". But in you...there is HOPE! I thank you Lord, that I have learned, at times the hard way, to empty myself before you, to rely solely on you and to trust your will and timing. That does not mean that I am not impatient at times or scared and worried, it does not mean harsh words don't escape my lips. I am not proud of my human reaction to the events going on around me both directly and indirectly. That is why, Lord, I need you close, your Spirit residing in me so that when I cry to you, which is often, you are always near providing quick responses with peace, with love, with people who care about me and in your time with the answer I need. Thank you, Lord, for being the loving Father you are. Amen

WEDNESDAY, APRIL 6

Diane Hoffman

So if the Son frees you, then you will truly be free.

John 8:31-42

When I read these words, I understand it to be God's invitation to allow the Holy Spirit into my heart. It means that regardless of the chaos in this world today, if I believe what Jesus said, the same God that protected and guided me yesterday will do it again today. The growth is peace and less worry, not attempting to control my circumstances, and not being sucked into worldly success (big house, new car, lots of stuff, attention getting experiences to share on social media with people who don't care). The change that can happen in us is: Reading the Bible every day instead of watching endless Tic-Tok videos.

Coming to church a few minutes early for quality quiet time with God instead of running in at the last minute, and thinking during mass of what I have to do today.

Reworking spending habits to buy a few canned good for the Food Bank to accommodate struggling families instead of buying \$40 worth of Starbucks a week.

Offering to take the sick neighbor's trash out or making them dinner rather than going to the mall to shop for more clothes we don't need.

Teaching our kids respect by not littering, holding doors open for others, and doing chores instead of handing them a gaming tool.

Using discretion in tv viewing and radio listening choices, leaning toward healthy, educational, and value rather than sensationalized garbage.

Taking care of our bodies with regular exercise and home cooked meals rather than rolling through fast food and gaining weight.

Finally, it is the development of self-discipline to act like Jesus would in every situation, rather than emulating some celebrity that wants attention.

Every rule for life is in the book...but we have to read it.

THURSDAY, APRIL 7

Steve Gunther

I will maintain my covenant with you and your descendants after you throughout the ages as an everlasting pact, to be your God and the God of your descendants after you. *Gn 17:3-9*

This powerful verse reminds us that no matter what is happening in our world, our lives, our relationships, God's promise is constant.

We can rely on and trust in Him to be our anchor.

He is steady and trustworthy.

These past couple of years have been challenging and unsettling,

yet at the same time we have learned to turn to God more readily and frequently.

We have experienced His presence in difficult times and we have seen His hand at work in some powerful ways.

Reflection

*Lord, help us to continue to grow in our love for and trust in you.
Help us to have a child-like faith that depends on you for everything!*

FRIDAY, APRIL 8

Yvette Bracone Walker

In my distress I called upon the Lord, and he heard my voice. I love you, O LORD, my strength, O LORD, my rock, my fortress, my deliverer. *Psalm 18*

Time and again, throughout the new and old testament, are recollections, instances and transformations that occur as a result of calling His name. I say "occur" for the simple fact that the Bible is His living word. He is with us, He answers us, without waiver, without barrier, without condition, without limit.... all within His perfect timing, to bring glory and praise to His promise. In this passage we call on the Lord to hear us, have mercy on us, strengthen us and lift us, as on eagle's wings. True glory lies in knowing we have been called to know His voice and seek His name. It is for this reason we know our Father and have the desire to approach Him as a child, with an open heart. I frequently remind my children time and again, of my great love for them, of the lengths I would go to protect them and the fierce heart with which I would do so, in my imperfect and flawed human form. Imagine what our perfect Father has, and will do for those that come to call His name? He is indeed our rock, our fortress and our deliverer from anything that seeks to separate us from Him. All we have to do is ask. I am blessed to give witness to His hand in my life and all I can say is God is so good!

SATURDAY, APRIL 9

Michelle Clark

I will make with them a covenant of peace; it shall be an everlasting covenant with them, and I will multiply them, and put my sanctuary among them forever. My dwelling shall be with them; I will be their God, and they shall be my people. *Ezekiel 37:21-28*

Everlasting covenant of peace, Help me let go.
Give me the fortitude to trust you.
Help me silence the noise around me
so that I may hear your voice,
Feel your gentle guidance.
Through each moment of life's journey you are with me.
Do I hear you? Do I listen?
Am I willing to accept all you give to me?
Why wouldn't I?... If I would only let go!
Everlasting covenant of peace,
You are so committed to me, to my happiness,
to being my God & Savior.
Give me the wisdom to realize peace in pain.
Strengthen me with your grace.
Everlasting covenant of peace, You are all I need.
Your love conquers all.
You are my God and I am your people.

Palm Sunday of the Passion of the Lord



Merciful God,
Awaken in us the humility to serve
wherever creation is broken and in need,
that we may follow in the way of Jesus,
and die as he did to all that separates us from you,
and with him be raised to new life. Amen.

SUNDAY, APRIL 10

Palm Sunday of the Lord's Passion

Teresa Cardenas

Christ Jesus, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself...he humbled himself, becoming obedient to the point of death, even death on a cross. *Philippians 2:6-11*

When GOD sent his only son to the world to save us from our sins HE was also setting an example for us on how to be humble human beings. When we humble ourselves, that leaves no room for pride, envy, or ego. When humbled, the heart is at its most vulnerable state, filled with love, forgives and empathy.

I know when I go through trials, I have a couple people I turn to all the time. They come to mind because they provide encouraging words, they have a peaceful way about them and I feel safe from judgement. They are the first ones to say it's going to be ok... this too shall pass, and the conversation ends with a feeling of hope and a hug.

As humans we get caught up in worldly things. We need to always keep a humble heart and not let worldly things change us in any way. At the end of the day, the goal is to be that person to someone in need. That is the example that Jesus lived by.

We are all GOD's children, and HE loves us all the same. Jesus healed the sick, brought people back from the dead and fed 5000 people with 2 fish and 5 loaves of bread and did this all with a humble heart.

MONDAY, APRIL 11

Al and Julia Parra

The LORD is my light and my salvation; whom should I fear? The LORD is my life's refuge; of whom should I be afraid? *Psalm 27*

In 2015 we were approached by Deacon Steve Serembe's wife, Cathy, and asked to join the marriage prep ministry. Since then we have ministered to 11 couples, sharing with them the joys of married life and what goes in to maintaining a fruitful relationship. We have remained in contact with several of the couples, and one of them asked us to be the Godparents of their son, Austin. At the baptism ceremony we lit a candle, from the Paschal Candle and presented it to Austin's parents, David and Sandie. They were instructed to always keep the light of Christ burning in Austin's life. As Godparents we feel the responsibility to set an example for Austin by the way we live our lives, and by helping him to learn his prayers, and the Bible stories, at an age- appropriate level. We want him to know the goodness and joy that comes into a person's life from following the Lord. We will tell him stories about love, healing, forgiveness, celebration and prayer.

Just as we presented the lit candle to David and Sandie, we are called to bring the light of Christ to all of those we come in contact with on a daily basis. The light of Christ is not meant to be kept under a bushel basket! Lighting the baptismal candle from the Paschal Candle reminded us that the Lord suffered and died for us, and that sometimes, light comes from darkness.

TUESDAY, APRIL 12

Marge Meyerhoffer

**I will sing of your salvation. For you are my hope,
O LORD; my trust, O God, from my youth. *Psalm 71***

My God, I sing your praises.

My heart is full of gratitude for your presence
through my entire life.

As I sit in stillness and reflect,
you have been there through all the times I've struggled
and lost my trust in you by trying to control
the uncontrollable.

I thank you Lord for teaching me
how to listen to your divine wisdom
that you have implanted within my soul
and reinforcing that I am worthy
of continuing to serve you
in ways you lead me.

Reflection

Reflect on these words, one at a time and then as a phrase.

Be- Still- My- Soul.

WEDNESDAY, APRIL 13

Angela Rodríguez

The Lord GOD is my help, therefore I am not disgraced; *Isaiah 50:4-9a*

In the most difficult moments of my life
I did not always believe that what happens
has a good reason for being.
However, with time God has shown me
that everything that happens has a good reason.
Well, from the most difficult situations I have learned
to trust in the love and infinite Mercy of God.
I have discovered that with God nothing is impossible
as long as I accept things as God wants them to be.
This gives me peace and tranquility
to continue, despite whatever situation arises.

Dear brothers & sisters,
put your trust in God
and you will never be disappointed.

Reflection

*Think of a time in your life when you especially
placed your trust in God.*

TRIDUUM

The Three Days



God, you loved the world so much
that you sent your only Son to give us life. .

As we approach Holy Week,
hearing again the story of Christ's passion,
may we truly understand the sacrifice
Jesus made for us. Amen.

HOLY THURSDAY, APRIL 14

Evening Mass of the Lord's Supper

Deacon Lupe Ramirez

If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do." *John 13:1-15*

When I was just a teenager, I remember clearly that one day my father came home a little drunk he grabbed me by my shoulders, and he said to me, "don't you ever let anybody humiliate you," maybe something had happen to him that day or maybe it was simply the memory from all the contempt he suffer as a child being for being rejected by his family of origin. What I do know is that, his words would have a great impact in my life. Some, for good, but I would say it was more for the bad. Because my pride and some haughtiness brought me many problems in my personal life and in my work and public live.

Years later, as I had answered God's calling to serve him, I was in a ceremony in preparation for serving a retreat. We were in a dark room, with only a flashlight lighting a person who was washing our feet one by one without being able to see his face. Once he had finish the lights were tuned on, and I could see that it was none other then our Pastor Monsignor Lopez. Ever since then every time I read or hear this scripture is a constant reminder that I must be humble and follow the example of my Teacher and Master our Lord Jesus Christ.

GOOD FRIDAY, APRIL 15

David Mecozzi

**When Jesus had taken the wine, he said, “It is finished.”
And bowing his head, he handed over the spirit. *John*
*18:1-19:42***

Taking the bitter wine was Jesus’s final act in his death. He had cried out “I thirst” before the wine was brought to his mouth. It was supposed to be yet another way to humiliate our Lord. “You thirst?” they jeered, ‘have some of this bitter wine.’ But our Lord was not talking about that type of thirst. He was talking about the water of eternal life with His Father, the water he had promised the Samaritan woman at the well. After tasting the wine, He gave up His Spirit. His tormentors, instead of humiliating him, helped him fulfill the prophecy and return to His Father.

As followers of Christ, we all should thirst for the same water Jesus did. The water that secular life throws at us might seem sweet, but is in fact bitter because it take us away from our goal – to spend eternity with God, to enter His Kingdom.

So, as we eagerly await our Lord’s resurrection, let’s ‘thirst’ for that same water as He did on the cross. Let us extend that ‘thirst’ past these three days. Make it a part of us. For if we do, when we proclaim ‘it is finished’ at the end of our lives, we will do so with a smile and expectation. Because we will know that we are going to be with God.

May the Lord bless each and every one of you this Lenten season.
May your thirst be quenched in your time. Rejoice in our Lord – for He is coming!

HOLY SATURDAY, APRIL 16

Ruby Simpson

He said to them, "Do not be amazed! You seek Jesus of Nazareth, the crucified. He has been raised; he is not here. *Mark 16:1-7*

It is so easy for me to place myself at this scene,
reacting as I believe Mary Magdalen would have reacted:

"How can this be?

I watched him suffer:
mocked, beaten and naked.
Nailed to a cross.

Humiliated.

I cried for him, my friend, my messiah.

I saw him dead, hanging lifeless,
the sword piercing his side.

We went to the tomb and found the stone rolled away
and the tomb empty.

I was sure the soldiers had stolen his body from us,
but there was a young man there waiting for us.

I'm sure he was an angel.

He said Jesus had risen and that we must go tell the others.

I am so afraid!

I trust in my Lord, and now in the young man as well.

He promised that I would see Jesus in Galilee.

I rush off with the other women,
knowing the men won't believe us.

But it's true!

He is risen!"

Lord, that I may love you as she did!

EASTER SUNDAY, APRIL 17

The Resurrection of the Lord

Shelley Volm

**If then you were raised with Christ...Think of what is above,
not of what is on earth. For you have died, and your life is
hidden with Christ in God. Col 3:1-4**

Open these eyes...
the eyes of my soul.
Give me vision to experience
Your eternal kingdom
already begun.

I am hidden with You,
carried by You,
loved always.

Placing my life in Yours
my heart begins to understand
all I have valued is dust.

I am transformed....
and awoken to your kingdom.

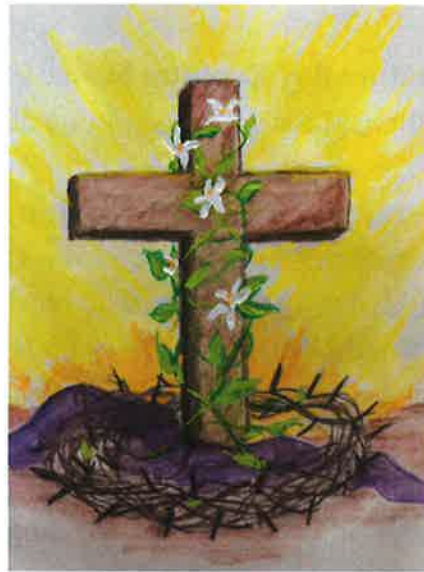
My life is hidden in Christ
never to perish.

And now peace undreamed.

No fear.

Only love.

Only love.



Lenten Opportunities

Ash Wednesday

Wednesday, March 2 – Masses at 8:30 am, 5:00 pm, 7:00 pm

Prayer Service with Ashes at 12:00 pm

Adoration

Friday, March 4 from after the 8:30am Mass – until 8:00 pm

Friday, April 1 from after the 8:30am Mass – until 8:00 pm

Wednesday Evening Masses

6:30pm Mass each Wednesday during Lent (excluding Holy Week)

Sacrament of Reconciliation/Confession

Every Saturday afternoon from 4:00 pm – 4:45 pm

March 4 & April 1 from 6:00 pm - 8:00 pm

Communal Penance Service on Monday, March 14 at 7:00 pm, or any time by appointment (Call the parish office to make an appointment.)

Stations of the Cross

Each Friday during Lent at 6:30 pm (presented by different parish ministries) Special Stations of the Cross on Good Friday at 12:00 pm & 3:00 pm

Holy Week Schedule

April 10 Palm Sunday – Regular Mass schedule

April 14 Holy Thursday Mass - 7:00 pm; with Prayer at the Altar of Repose until 10:00 pm

April 15 Good Friday Liturgy - 7:00 pm

April 16 Holy Saturday Vigil Mass – 8:00 pm

April 17 Easter Sunday – 8:00 am, 9:30am, 11:00 am, 12:30 pm (Spanish Mass)