



# Holy Family

## CATHOLIC CHURCH

Seventh Sunday in Ordinary Time— February 19, 2023



## 7<sup>TH</sup> SUNDAY IN ORDINARY TIME

"I say to you, love  
your enemies and pray  
for those who  
persecute you."  
- Mt 5:44

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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### PARISH CALENDAR

<b>Tue 02/21</b>	9:30am Rosary Phyllis Ferschweiler 10am Funeral Phyllis Ferschweiler, Reception Following 7pm RCIA 7pm Building Our Future Meeting
<b>Wed 02/22</b>	<b>ASH WEDNESDAY</b> 9:15am HFCS Mass hosted by HFCS 11am Parish Staff Meeting 7pm Mass
<b>Thur 02/23</b>	10am Lenten Small Groups 6:30pm Lenten Small Groups 7pm Admin Council Meeting 9pm Men's Basketball
<b>Fri 02/24</b>	9am—3pm Adoration, Parish Office Chapel 10am Bible Discussion 2:30pm Stations of the Cross HFCS 8th grade 4:30-7pm KC Fish Fry 7pm Stations of the Cross

<b>Sat 02/25</b>	10am—12 noon Estate & Funeral Planning Workshop
<b>Sun 02/26</b>	3pm Adult Volleyball 7pm Adult Pickleball

### LITURGY SCHEDULE

<b>Wed 02/22</b>	9:15am Mass: Mike Robison + 7:00pm Mass: Int. Chris Sparks
<b>Thur 02/23</b>	12pm Mass: Ester Vila +
<b>Fri 02/24</b>	12pm Mass: Int. Beverly Lovell
<b>Sat 02/25</b>	5:30pm Mass: Int. Joseph Pienovi
<b>Sun 02/26</b>	8:30am Mass: Alexis Daly + 10:30am Mass: Bruce Waelbrock +

**Pastor:** Fr. Rodel de Mesa **Deacon:** Tim Dooley

**Church:** 7525 SE Cesar Chavez Blvd., Portland, OR 97202

**Parish Office:** 3732 SE Knapp St. **Phone:** 503-774-1428

Find us online at:

[WWW.HOLYFAMILYPORTLAND.ORG](http://WWW.HOLYFAMILYPORTLAND.ORG)

**PARISH OFFICE HOURS**

**TUESDAY—FRIDAY, 8:30AM—3:30PM**

## Lenten Small Groups are Back!

### *Around the Lenten Circle*

Small Group Sessions  
on the Sunday Readings

AM and PM groups available:

- Pray and lift your heart no matter what your situation
- Draw strength and support from others
  - Receive individual renewal and refreshment
  - Put your faith into action

Small groups provide a way to journey with others through Lent. Small groups will meet once a week during Lent to explore the Sunday scripture readings and topics relevant to living faith in today's world.

#### MORNING SESSION:

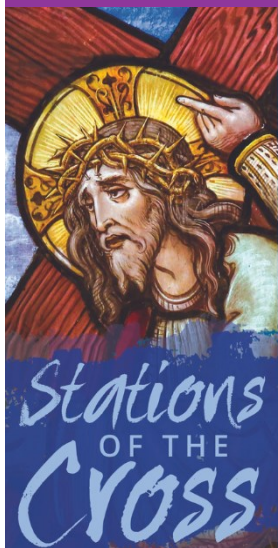
Thursday's from 10am-11:30am Parish Office  
February 23rd  
March 2nd, 9th, 16th, 23rd

#### EVENING SESSION:

Thursday's from 6:30pm-8pm Parish Office  
February 23rd  
March 2nd, 9th, 16th, 23rd

IN HOME: if you are interested in leading a small group in your home, please contact Krisi for materials.

For questions or to sign up, contact Krisi at [pastoralministry@holyfamilyportland.com](mailto:pastoralministry@holyfamilyportland.com)



## Join Us Fridays During Lent

6:15pm Soup Supper  
7pm Stations of the Cross

Fish Fry Fridays hosted by  
the Knights of Columbus  
February 24th  
March 17th

Stations this Friday hosted by  
Knights of Columbus

# ASH WEDNESDAY

## MASS TIMES



**Wednesday, February 22nd**  
**9:15 am with HFCS**  
**7 pm with Parish**

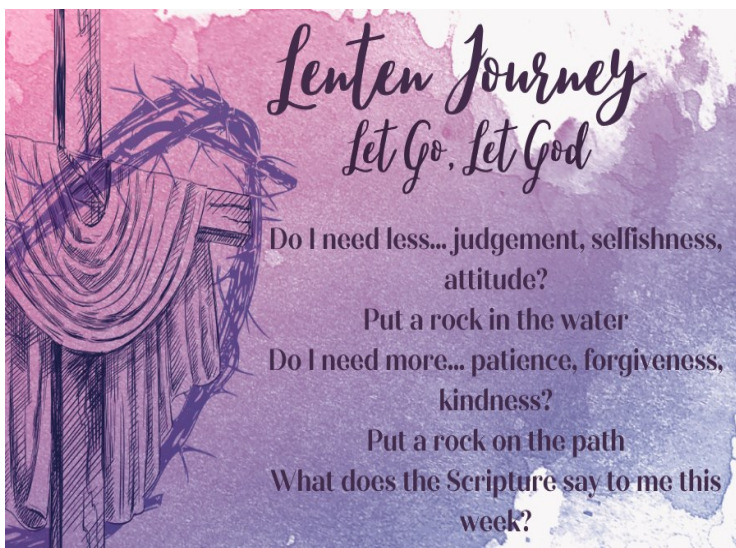
### Lenten Disciplines of Fasting and Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics.

In addition, Fridays during Lent are obligatory days of abstinence. The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Church beginning at age 14.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

For those who desire it, Archbishop Sample has granted a dispensation from the obligation of abstinence on Friday 17th March 2023, the optional memorial of St. Patrick.



Do I need less... judgement, selfishness, attitude?

Put a rock in the water

Do I need more... patience, forgiveness, kindness?

Put a rock on the path

What does the Scripture say to me this week?

## WEEKLY SCRIPTURE READINGS

### Readings for the week of February 19, 2023

**Sunday:** Lv 19:1-2, 17-18/Ps 103:1-2, 3-4, 8, 10, 12-13 (8a)/1 Cor 3:16-23/Mt 5:38-48

**Monday:** Sir 1:1-10/Ps 93:1ab, 1cd-2, 5/Mk 9:14-29

**Tuesday:** Sir 2:1-11/Ps 37:3-4, 18-19, 27-28, 39-40/Mk 9:30-37

**Wednesday:** Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17/2 Cor 5:20—6:2/Mt 6:1-6, 16-18

**Thursday:** Dt 30:15-20/Ps 1:1-2, 3, 4 and 6/Lk 9:22-25

**Friday:** Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19/Mt 9:14-15

**Saturday:** Is 58:9b-14/Ps 86:1-2, 3-4, 5-6/Lk 5:27-32

**Next Sunday:** Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17 (see 3a)/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

### Observances for the week of February 19, 2023

**Sunday:** 7th Sunday in Ordinary Time

**Monday:** Presidents' Day

**Tuesday:** St. Peter Damian, Bishop and Doctor of the Church

**Wednesday:** Ash Wednesday

**Thursday:** St. Polycarp, Bishop and Martyr

**Friday:**

**Saturday:**

**Next Sunday:** 1st Sunday of Lent



## STEWARDSHIP

### Holy Family Parish Offertory

02/14/2023

	Actual	Budget	% of Goal
February	\$ 26,030	\$ 44,012	59%
YTD	\$ 330,443	\$ 377,327	88%
Annual	\$ 330,443	\$ 564,000	59%

**Please consider online giving...** Our parish is grateful for your continued support. Thank you!



## MINISTRY ASSIGNMENTS

**Coffee & Donuts** ~ hosted this weekend by the Bergmans after 8:30 Mass—thank you!



Next weekend, Coffee & Donuts will be hosted by the HFCS PTO

**LENT IS COMING!** Join our faith community—and nearly 13,000 Catholic communities across the United States—in a transformative Lenten journey with CRS Rice Bowl. Pick up your family's CRS Rice Bowl from the bulletin this weekend. During the 40 days of Lent, we will reflect on the impact of global hunger and climate change on vulnerable communities around the world, and we will pray, fast and give alms to help our sisters and brothers in need. Visit [crsricebowl.org](http://crsricebowl.org) to learn more.

## MINISTRY SCHEDULE ~ Feb. 25-26, 2023

	Altar Server	Greeter/Usher	Eucharistic Minister	Reader	Sacristan
Saturday 5:30pm	Charley Chipps Lila Chipps	Amanda Owings	Tim Dooley Michelle Hart Patricia Markesino	Chuck Sparks - Lector Luna Owings - Commentator	Joyce Holohan-Bell
Sunday 8:30am	Oliver Greenlee Olivia Russell	Philip Glander Christine Hanemann	Brian Cass Tim Dooley Miki Greenlee	Sofia Burgher - Lector Kristin Burgher - Commentator	Tim Dooley
Sunday 10:30am	Cailyn Clark Aengus Fedeli	Margo Sharp Bob Steffen	Claire Bauman Tim Dooley Lisa Fideli	Marivic Tupaz - Lector Krisi Christensen - Commentator	

## From the desk of Principal Joe Galati

Ah.. Valentine's Day.. the day we remember (hopefully) to bring those flowers and chocolates home and tell those we love how much they mean to us.

But, then again.. is that really all there is to this day? After all, it is ST. Valentine's Day. St. Valentine was an early bishop of the Church. So.. is love for those closest to us really what the holiday should be about? As a Christian, I wonder if I am showing love to all God's people? What about those who make me most uncomfortable? Those who don't look, act, or speak in the way I do? Those who are suffering in ways I can't begin to understand? Those who actively dislike me and the type of person I am? God asks me to love ALL of them. I think this day is perhaps best used as an opportunity to rededicate myself to being Christ's hands, heart, and voice for His children here on Earth. I may not be able to solve another's problems or understand their journey, but I can walk with them and hold their hand for just a little while as they walk their life's path.

Happy St. Valentine's Day to all of you!



You are cordially invited to join parish leadership and council members in a Feasibility and Stakeholder's Meeting about the Master Plan for Holy Family Parish on Tuesday, February 21st at 7pm in Celebration Hall



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## Gospel Meditation

### Encourage Deeper Understanding of Scripture

Of all the things Jesus says which seem totally bat-crazy, this one might take the cake: **“But I say to you, love your enemies, and pray for those who persecute you.”** An enemy is someone who desires the destruction of you, your projects, or those you care about. To love and pray for them is to want their health, strength, and flourishing. But if they thrive, they are more likely to hurt you and others. So, aren't you indirectly willing your own destruction, or that of your friends? If you doubt that this problem is embedded in this teaching, when was the last time you actually prayed honestly for the people you really hate?

How can we solve this riddle so we might actually live this command? Recall that enemy-love is the surest sign that you love someone with God's love, and not with indirect egotism. After all, if my love for my enemy ends up hurting me or my loved ones, it can't be for me. Enemy-love costs more because there are no tit-for-tats. No reciprocity — just loved poured out, and often pain in return. That's why it is so precious and rare. “What is unusual about that?” asks the Lord about love for our friends. Jesus wants us to experience the unusual love which only comes from him.

When Jesus was being killed on the cross, he was loving his executioners. In fact, he was holding them in being as they nailed him to the cross. He loved those who were spiritually piercing his Mother's heart, while they were doing it. And when he rose from the dead, he showed us that this kind of love is always worth it. It's stronger than death. Real love is unusual.

— Father John Muir

## PARISH & COMMUNITY HAPPENINGS

**JOY** Just Older Youth  
a group for  
parishioners  
50 years +

JOY's Next Event is  
**"An Armchair Tour of the  
Eastmoreland Neighborhood"**

-a PowerPoint presentation by representatives  
of the Eastmoreland Neighborhood Association  
highlighting the history, architecture and facts  
about our neighborhood.

*Saturday, March 11th  
at 2 pm in Celebration Hall*

**If you are interested in attending, please send  
an email to [Joy@holyfamilyporland.com](mailto:Joy@holyfamilyporland.com)**

Questions? Contact Vic or Terri Cozzoli at 503-788-2073

### February Women's Morning of Reflection

**~NEW DATE due to funeral~**

Tuesday, February 28th  
10am - 12 Noon

Holy Family Parish Office  
3732 SE Knapp Street

Facilitated by Patricia Hutchinson

### The Desert Experience

Including themes of solitude, testing, self-  
emptying, encounter, and transfiguration or  
transformation

Please join us  
for a time of presentation/contemplation,  
reflection and sharing  
Suggested Donation \$20

We will also ZOOM the presentation for those  
requesting the link

RSVP to Vicki Ford [vicki451@comcast.net](mailto:vicki451@comcast.net)  
or 503-789-5746

*With Loving Thanks*



We are abundantly grateful to Millie Hunt and Nancy Fazzolari who left gifts in their estates for Holy Family Parish. Their love, thoughtfulness and generosity will bless our entire Holy Family community and we are most thankful to them and their families. May their souls, and all the souls of the faithful departed rest in peace. Amen.

Please consider including Holy Family Parish  
in your estate plans. For more information, you can  
contact the parish office or attend the workshop on  
Saturday, February 25th



### Estate & Funeral Planning Workshop

Join us for information about estate  
and funeral planning on Saturday,  
February 25th 10am to 12noon in  
Celebration Hall.

We'll have professionals in the areas  
of music, funeral homes, and estate  
planning on site to help you plan and  
answer your questions.

## (PRACTICING) CATHOLIC

### The Hardness of Holiness

Want to know the words I find hardest to say?  
“Lord, give me the strength.”

The world tells us to push ourselves outside of our comfort zone if we’re training for a marathon or applying for a job — but if we’re talking about God, everything is supposed to be easy. If it comes “naturally” or without struggle it’s supposed to be right.

*Only God is perfect, the world tells us. What’s the use of trying so hard?*

I’m really good at finding excuses for myself, especially when it comes to holiness. Holiness, often (not always, but often), is about choosing the hard, but right, thing. The invitation to holiness is whispered in the hardest moments of my day when I am the most hopelessly human. After the kids’ bedtime, when I really just want to watch Dateline and eat too much ice cream instead of saying the Rosary. When I’ve committed to helping someone, but it suddenly becomes incredibly inconvenient. When I see a social media post that’s just begging for a snarky reply. When the conversation becomes gossip and I’m dying to make myself feel superior to someone.

The reason it’s so difficult for me to mutter these five simple words is because I know that if I say them and I mean them, they form a prayer that God will always answer in the affirmative. He will give me the strength I ask for, and then I will have no excuse.

It’s not unlike my kids claiming they’re too tired to clean up the playroom. If they would just ask me for help, it would all be so doable. But where would that leave them?

With a job to do, that’s where.

*“Be holy, for I, the LORD, your God, am holy.”*

— *Leviticus 19:2*

Colleen Jurkiewicz Dorman

## Why do we do that? Catholic Life Explained

### Question:

Is gossip a mortal sin?

### Answer:

To really ask this question, we must consider the Eighth Commandment: “You shall not bear false witness.”

In its reflections on this commandment, The Catechism of the Catholic Church invites us to not only think about what bearing “false witness” means, but to also consider how we understand the truth and how we communicate more broadly. This is why so much of this section of the Catechism has to do with the gift of language. With this in mind, we will notice that the word “gossip” isn’t used by the Catechism. Instead, we find the words “detraction” and “calumny,” which are actually two forms that gossip can take, and both can be quite serious.

First, detraction is the of revealing “another’s faults and failings to persons who did not know them,” without morally valid reasons. Calumny, by extension, is saying something about another person that is untrue, and it is sinful because it “harms the reputation of others and gives occasion for false judgements” (see no. 2477).

In all of our communication, we have to always recognize that we have a moral obligation to the truth and to always work to protect the reputation and honor of our neighbors (see no. 2479).

Gossip can, in fact, prove to be a very serious sin. After all, the Catechism reminds us: “No one is bound to reveal the truth to someone who does not have the right to know it” (no. 2489). When we have gossiped, especially if we are aware we have damaged another person’s good name or reputation, we want to make every effort to undo the damage we have done, including seeking the grace and forgiveness offered in the Sacrament of Reconciliation.

## PARISH CONTACTS

### PARISH OFFICE STAFF

Parish Center Office Phone: 503-774-1428

<b>Pastor</b>	<b>Fr. Rodel de Mesa</b> x106 FatherRodel@holymfamilyportland.com <i>*Please contact for Weddings, Anointing &amp; Confession</i>
<b>Deacon</b>	<b>Tim Dooley</b> Tim_dooley@hotmail.com <i>*Please contact for Homebound/Communion Visits</i>
<b>Business Manager</b>	<b>Marivic Tupaz</b> x140 BusinessMgr@holymfamilyportland.com
<b>Director of Pastoral Ministry</b>	<b>Krisi Christensen</b> x123 PastoralMinistry@holymfamilyportland.com <i>*Please contact for Baptisms, Confirmation, RCIA, CASE Training, and Funerals</i>
<b>Administrative Assistant</b>	<b>Sherry Brost</b> churchlady@holymfamilyportland.com <i>*Please contact for Bulletin Info, Sacrament Records, &amp; Mass Intention Requests</i>
<b>Faith Formation</b>	<b>Desi Dominguez</b> faithyouth@holymfamilyportland.com <i>*Please contact for First Communion &amp; Children's RE</i>
<b>Bookkeeper</b>	<b>Lorenz Mallari</b> x108 bookkeeper@holymfamilyportland.com
<b>Maintenance</b>	<b>Sean Lynch</b> x126 Maintenance@holymfamilyportland.com
<b>Parish Office Volunteer</b>	<b>Joyce Holohan-Bell</b> x102
<b>School Principal</b>	<b>Joe Galati</b> 503-774-8871 jgalati@holymfamilypdx.net
<b>Music Director</b>	<b>Chris Brunelle</b> MusicMinistry@holymfamilyportland.com
<b>Traditional Choir Director</b>	<b>Tina Paradiso-Herlein</b> tp4amte@gmail.com

### PARISH ORGANIZATIONS AND CONTACTS

All phone numbers begin with area code 503 unless indicated

<b>Administrative Council</b>	Mike Fisher	705-2000
<b>Altar Society</b>	Joyce Holohan-Bell	775-5767
<b>Bible Discussion</b>	Dave Bergman	784-3272
<b>CYO</b>	Andy Owings	793-1446
	cyoholymfamily@gmail.com	
<b>Christian Service</b>	Joyce Holohan-Bell	775-5767
<b>Eucharistic Adoration</b>	Parish Office	774-1428
<b>Hospitality</b>	<b>VACANT</b>	
<b>JOY Ministry</b>	Vic & Terri Cozzoli	788-2073
(Just Older Youth 50+)	JOY@holymfamilyportland.com	
<b>Knights of Columbus</b>	Michael Dominguez	548-8971
	HolyFamilyKnights@protonmail.com	
<b>Marriage &amp; Family Life</b>	TBD	
<b>Needleworks</b>	Glorianne Menely	422-3011
<b>PTO</b>	Katie Steipp	
	pto@holymfamilypdx.net	
<b>Pastoral Care /Homebound</b>	Deacon Tim Dooley	
<b>Pastoral Council</b>	Jennifer Pienovi	
<b>Prayer Circle</b>	Kathy McMahon	
	holymfamilypdxprayercircle@gmail.com	
<b>Rosary Makers</b>	Dorothy Danna	698-3578
<b>School Advisory Council</b>	Todd Cahill	
<b>School Principal</b>	Joe Galati	774-8871
<b>St. Vincent de Paul</b>	Roberta Gamache	714-931-4590
	Dan Hoffa	771-4650
	Don Wolkerstorfer	946-8341
<b>Trail Life</b>	Andrew Havens	780-6294
<b>Young Ladies Institute</b>	Lynda Taylor	

### PRAYER REQUESTS

#### Please Pray For...

Doree D'Angelo	Katie Lawrence	All special intentions
Mary DeSousa	Mariloris Oliverio	All grieving loss of loved ones
Tim Evens	Sabas Quiray	Mental Health of all HF Parishioners
Phyllis Ferschweiler	Matt Rast	Ukraine
Jean Goerl	Anne Templeton	Barb Regan for healing
Per-Olof Jarnberg	Marilyn Walstrom	Mary deSousa for healing
Sam Johnson	Leasa Wiebke	Doug Sinclair for healing
Kathy Kaopuiki	Patricia McEvoy	
Bonnie Kilwein	Julie Reiersgaard	

#### Prayer Circle

For prayer support contact one of the following:

**Kathy McMahon at**  
holymfamilypdxprayercircle@gmail.com  
or **Dolores Wesselman: (503) 771-5505**

### Funeral Mass

for **Phyllis Ferschweiler**  
**Tuesday, February 21st**  
**at Holy Family Catholic Church**  
**Funeral Mass at 10am**  
**Rosary at 9:30am**  
**Reception following Mass**

*I shall dwell in the House of the Lord forever...*  
*Psalm 23:6*

**THANK YOU**

Gene Dieringer and Bruce Wright for your assistance changing the light over the Tabernacle!

# COMMUNITY BULLETIN BOARD



Take Mater Dei Radio with you on the free Hail Mary Media App!

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Holy Family will be live streaming the 10:30AM Sunday Masses every weekend moving forward. If you are interested in being trained in helping to run our livestreaming service, please contact the parish office @ 503-774-1428

## Gifts of the Spirit

Offering porch pick-up and browsing from a new SE location and operating online. Please call or email with any questions, to place your order, and to arrange a pickup.  
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Owner & Holy Family Parishioner  
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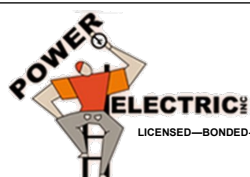
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