

St Bernadette Catholic Church
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Los Angeles , CA 90008
(323) 293-4877
stbernadettela.org

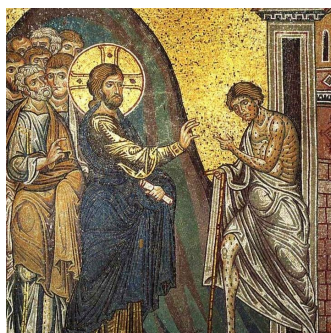


February 10/11, 2024
Volume 04, Issue 06

February 11, 2024: Be Made Clean Mark 1:40-41 “A leper came to him and kneeling down begged him, “If you wish, you can make me clean.” Moved with pity, he stretched out his hand, touched the leper, and said to him, “I do will it. Be made clean.”

If we come to Jesus with faith, kneel down before Him and present our needs to Him, we will receive the same response given the leper: “I do will it. Be made clean.” These words give us hope in the midst of any and every challenge in life. What is it our Lord wills for you? And what is it He desires to make clean in your life? This story of the leper coming to Jesus does not mean our Lord grants any and all requests we bring to Him. Instead, it reveals He wills to make us clean of that which afflicts us the most. Leprosy in this story is a symbol of the spiritual ills which afflict our soul. First and foremost, it should be seen as a symbol of the sin in your life which is “habitual” and slowly damages our soul.

Leprosy not only caused grave physical damage, it also isolated its victims from the community. They lived apart from others who did not have the disease; and if they came near others, they had to show they were lepers by certain external signs so people would not come in contact with them. Thus, leprosy had both personal and communal ramifications. The same is true of our habitual sins.



What is Ash Wednesday?

Ash Wednesday is a holy day of prayer and fasting for Catholics, Eastern Orthodox Christians and others who observe the holiday. It is a reminder of human mortality, the resurrection of Jesus Christ and the possibility of eternal life. This year, Ash Wednesday falls on Feb. 14, coinciding with Valentine's Day. It marks the beginning of Lent, a 40-day period of fasting and prayer in preparation for Easter, which falls on March 31 this year. It serves as a reminder of human mortality, while also referencing the resurrection of Jesus Christ and the possibility of eternal life .

Why, on this day, do we Catholics wear ashes on our foreheads? Ashes are applied to the forehead or the top of the head in the form of a cross by a priest or minister to those who observe Ash Wednesday. This serves to remind us we all die and we need to reorder our lives accordingly. It is intended to encourage us to ask; how are we living our lives and do we need to “reorder” them. When the ashes are applied, the priest quotes a verse from the Book of Genesis - Genesis 3:19: "You are dust, and to dust you shall return" - to remind us of our sinful nature and condition and our subjection to death .



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God Isn't Asking You to Figure it Out?	
He's Asking you to Trust He Already Has.	



Lent: Repent, Reflect and Grow Every year, after the good times roll on Mardi Gras Tuesday, Ash Wednesday officially starts the Lenten season for Catholics and other Christian denominations. This is a time for reflection, repentance and spiritual growth. *"Remember you are dust and to dust you shall return,"* (Genesis 3:19). God created Adam from dust and breathed life into him. Ashes are a sign of repentance. Palm branches blessed on the Palm Sunday of the previous year are burned and the ash is used for this purpose. Lent is the 40 days between Ash Wednesday and Easter. These 40 days are set aside as a time of reflection, repentance and spiritual growth. 40 days are observed to represent the 40 days Jesus

spent in the desert where he fasted and was tempted by the devil. At the end of Jesus' 40 days, he launched his public ministry. Lent is our time to reconnect. To grow closer to the Lord. It is a time when we might focus less upon our customary prayers. The ones we say quickly and without much thought. A time to look for new ways to open our hearts to God. Lent is a time when routine and lives should be interrupted so people can step away from what is comfortable and look towards repentance. Lenten tradition tells us we should "give something up for these 40 days; something that is difficult to give up, but will make us better for having made the sacrifice. Lent is also a time when we separate ourselves from some of the pleasures of the world so we can better focus on Christ and His Sacrifice. Abstaining from the pleasures of eating meat, a fancy meal, or our favorite dessert reminds us to seek a deeper relationship with God and find our true happiness in Him. Catholics must abstain from eating meat except for fish on Ash Wednesday, all Fridays of Lent and on Good Friday. It is mandatory for everyone 14 and older. But? Perhaps our fasting should be from television or the internet or video games. Or maybe our fasting should be from gossip or from criticizing others.

Fasting is required of Catholics on Ash Wednesday and Good Friday. Only one meal a day and two smaller meals, which would not equal a full meal, can be eaten.

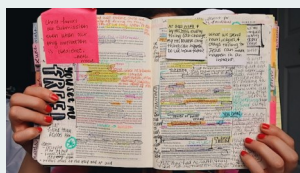
It is required of all Catholics 18-59. Those who are ill are excused from fasting.

**Join us for
Bible Study
1st and 3rd Thursday
1:00 & 7:00 PM
Via ZOOM
1:00 pm Meeting
ID: 87233018319
Passcode: 689472**

**Contact:
Carolyn James
(323) 394-5441**

**7:00 pm Meeting
ID 811 5705 8134
Passcode: 6FuFf7**

**Contact:
Elsie Dixon
(310) 410-2962**



Make Your Lenten Sacrifice Count A "Lenten Sacrifice" is a spiritually motivated, voluntary renunciation of a pleasure or luxury which we voluntarily "abstain from" or give up in observance of Lent. This tradition of Lent has its roots in Jesus Christ praying and fasting for forty days in the desert according to the gospels of Matthew, Mark and Luke. When Lent is over and Easter Sunday arrives, the faithful can then indulge in what they sacrificed during the Lenten season. Christian denominations often set certain requirements for the practice of fasting, such as those found in Pope Paul VI's apostolic constitution ***Paenitemini*** in the Catholic Church and the Book of Common Prayer in the Anglican Church. In addition to observing special restrictions regarding fasting, other forms of penance are also recommended. Practicing prayer more intensively and participating in more services and devotions (e.g. the Way of the Cross). Likewise, we are called to perform more works of mercy and give alms. We often refer to such a penance or good work as a Lenten sacrifice: a tangible, substantive, financial donation given as an offering during Lent. Common Lenten sacrifices include abstaining from chocolate, sugar, sweets, alcohol, or soda. Some Christians choose to refrain throughout the Lenten season. Others, on the first day of Lent, pledge to give up sinful behaviors, such as using profanity, and hope to permanently rid themselves of these habits even after the arrival of Easter. While making a Lenten sacrifice, it is customary for Christians to pray for strength to keep it; many wish others for doing so as well, e.g. "May God bless your Lenten sacrifice." In addition to making their Lenten sacrifice, many Christians choose to add a Lenten spiritual discipline, such as reading a daily devotional or praying through a Lenten calendar, to draw themselves nearer to God.

**GIVING UP SOCIAL
MEDIA FOR LENT**



See you in 40 days!

FASTING? Ash Wednesday, Good Friday, and all Fridays of Lent: Everyone of age 14 and up must abstain from consuming meat. On Ash Wednesday and Good Friday: Everyone of age 18 to 59 must fast, unless exempt for a medical reason.



We need "Coffee and Donut Sponsors"
No Set Up, or Pick Up, Just Pay Up.
We will take care of the rest.
Whether you are a Couple, a Family, a Parish
Ministry, a Local Business
Owner, or a Service

Organization. ALL YOU NEED TO DO IS:
DONATE ALL OR PART OF THE (ONE TIME)
WEEKLY COST TO THE CHURCH, WE TAKE
CARE OF THE REST. FOR DETAILS CALL THE
PARISH OFFICE at (323)293-4877 .



Saint Valentine was a 3rd-century Roman saint, commemorated in Western Christianity on February 14 and in Eastern Orthodoxy on July 6. From the High Middle Ages, his Saints' Day has been associated with a tradition of courtly love. He is also a patron saint of Terni, epilepsy and beekeepers. He was martyred and his body buried on the Via Flaminia on February 14.

Congratulations to Bara King **2024**

Keeper of the Flame Award Recipient

The Keeper of the Flame Award presented by Archbishop Gomez to Parish Honorees who have Kept the Flame of Evangelization burning in their individual Parishes.

Mass Celebrating Black History Month

Saturday, February 10, 2024 5:00 PM

Location:

Cathedral of Our Lady of the Angels

The 22nd Annual Archdiocesan Mass, celebrating Black History Month, will be held at the Cathedral at 5:00 PM on Saturday, February 10, 2024.

This celebration brings together African American Catholics, members of the African Diaspora, and people from a wide variety of cultures to celebrate the contributions of African Americans to the Catholic Church and to American society

Sponsored by:

the African American Catholic Center for Evangelization



February 14: Ash Wednesday
Services: 8:00 a.m. 12:00 Noon 7:00 p.m.
Ashes on the Go? 6:00 a.m. to 7:00 p.m.

A Prayer for **The Thursday After Ash Wednesday**

Moses said to the people:

"Today I have set before you life and prosperity, death and doom. Choose life, then, that you and your descendants may live, by loving the LORD, your God, heeding his voice, and holding fast to him. For that will mean life for you, a long life for you to live



LITURGY SCHEDULE
MONDAY,
FEBRUARY 12, 2024
TO SUNDAY,
FEBRUARY 18, 2024

Monday, Feb. 12, 2024

8:00 Communion Service

Live-Streamed and In-Person

Tuesday, Feb 13, 2024

8:00 Communion Service

Live-Streamed and In-Person

Mardi Gras!

Ash Wed, Feb. 14, 2024

See Schedule this Page

St Valentine's Day

Thursday, Feb. 15, 2024

8:00 am Mass

Live-Streamed and In-Person

Friday, Feb. 16, 2024

8:00 am Mass

Live-Streamed and In-Person

Saturday, Feb. 17, 2024

3:00 pm Reconciliation

4:00 pm Vigil Mass

7 Holy Founders

Servite Order

Sunday, Feb. 18, 2024

10:00 am Mass

Coffee & Donuts

Sponsored by the Parish

(Sacraments

as Scheduled)

Mass Intentions

(323) 293-4877

j.carper.sbcc@gmail.com

***LOTW: Liturgy of the Word**

PARISH STAFF

DCN JIM CARPER, PLD
MSGR LORETO GONZALES
FR MARCELLINUS MBATA
DCN EMILE ADAMS, RIP
DAVID CHRISTENSEN
EMANUEL HOLDER
CLARENCE DIXON
MARGARITA HURST
MARINA AYALA

(OFFICE VOLUNTEERS)
TERESA CARPER

1 Corinthians 15:58

*Oh Lord, help every worker to
work wholeheartedly for the
church. Help them to remember
the work they do in the church is
not in vain as Your Word
declares Your work is never
wasted.*



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Website
stbernadettela.org

Facebook
[https://www.facebook.com/
SaintBernadetteCatholicChurch](https://www.facebook.com/SaintBernadetteCatholicChurch)

Twitter
https://twitter.com/stbernadettecc_



Mass Intentions: February 10 to 16 2024

Saturday, February 10, 2024 at 4:00 pm

Leslie Bacon (RIP)

Bara King Receiving the "Keeper of the Flame Award" today

Sunday, February 11, 2024 at 10:00 am

Brooke McRoberts, RIP

Requesting a Mass Intention?

Contact the Parish Office (323) 293-4877

Did you Know February 10-11 How Does Cryptocurrency Impact Child Sexual Exploitation

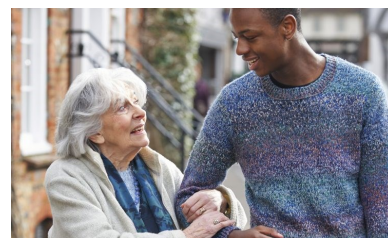
Cryptocurrency is virtual or digital currency which exists as a virtual network. This allows cryptocurrency to exist outside of government controls or authority. This is one main reason why criminal enterprises often use cryptocurrency to run sexual exploitation operations. Certain cryptocurrency allows users to remain anonymous, which further creates challenges in regulating use, especially for criminal activity.

To learn more about cryptocurrency, read the VIRTUS® article "Child Sexual Abuse Materials Online Can Be Fueled by Cryptocurrency" at

lacatholics.org/did-you-know/. Read the VIRTUS® article "Child Sexual Abuse Materials Online Can Be Fueled by Cryptocurrency" [here](#).



The term "Lent" comes from the Old English word "lencten" or "lengthen." It originally meant the season of the lengthening of days. Over the centuries, Lent has come to refer to time set aside (in the spring) for reflection and preparation for the Easter season. It is a time to consider the human condition and the goodness of God and to examine our hearts in light of the amazing love and grace demonstrated on the cross where Jesus laid down His life. 1. For the 40 days of Lent read your Bible daily. 2. Pray throughout the day. I carry my rosary with me and pray a decade or two when I'm walking out on the parish campus. 3. Give money to a cause or local charity to which you have not donated previously. 4. Do random acts of kindness. (there are still a lot of little old ladies out there) 5. Find your place to serve in a parish ministry or for a community organization.



February 17: Seven Holy Founders of the Service Order

The seven founders, jointly canonized in 1888, are: Bonfilius, Bonajuncta, Amadeus, Hugh, Manettus, Sostene, and Alexis. Alexis, who out of modesty refused ordination, served the order in various ways as a lay brother; he outlived the other founders and reportedly died at age 110.