

St Bernadette Catholic Church  
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[stbernadettela.org](http://stbernadettela.org)



February 17/18, 2024  
Volume 04, Issue 07



### February 18, 2024: The First Sunday of Lent

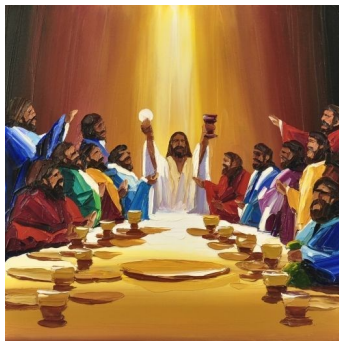
*“At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. After John*

*was put in prison, Jesus went into Galilee, proclaiming the good news of God. “The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!” Mark 1:12-15*

Temptation is necessary for spiritual growth, but Mark describes this temptation of Christ in just two verses. It seems merely perfunctory, a necessary step (absent the extended details from other Gospels) before Jesus can move on to more important things: His ministry in Galilee. We speak much of “the struggle” (ie. temptation) at Mount Carmel. It is a necessary part of the journey; a struggle which requires time, work and effort. It is a struggle which should motivate us to improve to become a better person. This Gospel passage, however, offers us a somewhat different message to ponder: While the struggle will happen, and is in fact necessary, it is only a fleeting component of our lives. **It is what comes after the struggle which is far more important** to who we are as people and what we will accomplish as followers of Christ. Just as Christ endured a variety of temptations we to must face temptation, so we can arrive at our own “time of fulfillment” and play our role in realizing the Kingdom of God.

### Does Lent Have a Purpose???

Early Christians started to observe Lent, because Christians believed it was important **to honor the crucial day of Easter through special spiritual preparation**. The earliest dated mention of a 40-day period of observing Lent can be found in the Canons of Nicaea, dated around 325 B.C. Many Christian Scholars believe the “Custom” of Lent was modeled after the Christian Tradition of requiring Baptismal Candidates to fast for the 40 days leading up to their baptism; the “day of Baptism” usually being Easter. Lent is 40 days long as **a reminder of Christ’s 40 days in the wilderness, and His defeat of temptation** (Matthew 4). It is intended to remind us Jesus was also tempted and yet He stood firm against Satan’s temptations. Lent is intended to help us understand Lent, not only intellectually, but physically as well. One of the beauties of the Catholic Faith is, it is not only something which can be intellectually understood, but it can be sensually experienced. In other words our faith not only engages our brains, it involves our whole being...our whole selves.



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*God Isn’t Asking You to Figure  
it Out?*

*He’s Asking you to Trust He  
Already Has.*

## The 3 Pillars of Lent: fasting, almsgiving, and prayer

Lent is a time to change our lives and grow in holiness. **Through the three pillars of Lent – fasting, almsgiving, and prayer, we endeavor to develop a closer relationship to God.** **1.) Fasting** *“Fasting cleanses the soul, raises the mind, subjects one’s flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity.” -St. Augustine.* The practice of fasting is a form of penance which predates Christianity. Fasting is the



restriction of consumption, deprivation of evil, and privation of good for the glory of God. During Lent, we fast on Ash Wednesday and Good Friday (1 regular meal and 2 small ones). On all other Fridays in Lent, the Church encourages Abstinence (no meat, only fish/shellfish). **2.) Almsgiving** *“Frequently apply yourself to almsgiving, by which souls are freed from death.” -St. Cyprian.* Almsgiving is the act of donating money or goods to the poor or performing other acts of charity. The roots of the word “alms” can be found in ancient Latin and Greek words meaning mercy and pity. Similarly, the root of the word “charity” comes from the Latin “caritas,” meaning love. Giving alms is essential to fostering a deep spiritual life because it allows us to step outside of ourselves and focus on the needs of others. **3.) Prayer:** *“Prayer is a surge of the heart, it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” -St. Therese of Lisieux.* Prayer is our communication with God—the Father, Son, and Holy Spirit. It is a relationship of both listening and speaking. Ideally, our prayer life would be rooted in the Sacraments. Going to Confession and Mass to receive the Eucharist gives us the grace to grow closer to God and fall deeper in love with Him. CCC 2558: We are not called to do only one, but all three pillars to prepare our hearts for Christ on Easter. Lent is the time in the liturgical calendar to remind the faithful of humility and sin. This is a special time to reflect on God’s grace and change ourselves to become as God calls us. Only through God’s grace and mercy will we make it to our ultimate goal of Heaven.

**Join us for  
Bible Study**

**1st and 3rd Thursday  
1:00 & 7:00 PM  
Via ZOOM**

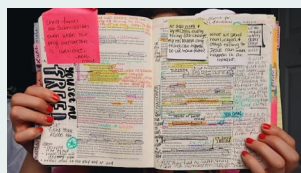
**1:00 pm Meeting  
ID: 87233018319  
Passcode: 689472**

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

\*\*\*

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

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



## 10 (Catholic) Reasons to Celebrate Presidents Day

- 1: In America, our rulers are no better than anybody else.
- 2: We are the president’s Boss, not the other way around.
- 3: Our president is just one of a triad of power, and **that’s huge.**
- 4: A good president is like a good father. “Both philosophy and the Gospel concur.”
- 5: The father of our country is a perfect example of this — and there’s a Catholic reason why. The people of America loved George Washington. He was respected above all for his good character. What he didn’t realize was the Rules he followed were first published by French Jesuits to train Catholic children.
- 6: Benedict XVI celebrated where these rules took George Washington. That’s why, when he visited the United States, Benedict praised “the conviction of President Washington, expressed in his Farewell Address, that religion and morality represent ‘indispensable supports’ of political prosperity.”
- 7: John Paul celebrated another Mount Rushmore president: Abraham Lincoln. When he visited Baltimore in 1995, Pope John Paul II said, “150 years ago, President Abraham Lincoln asked whether a nation ‘conceived in liberty and dedicated to the proposition that all men are created equal’ could ‘long endure.’”
- 8: Lincoln, for his part, helped fundraise for a black Church in Washington, D.C..
- 9: A great way to celebrate Presidents Day is to do what Pope Francis suggested: Imitate Lincoln.
- 10: The best way to celebrate Presidents Day is to pray for the president.





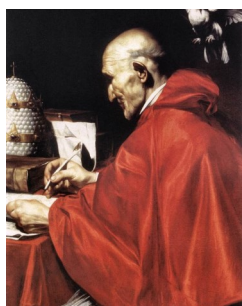


**We need “Coffee and Donut Sponsors”**  
**No Set Up, or Pick Up, Just Pay Up.**  
**We will take care of the rest.**  
**Whether you are a Couple, a Family, a Parish**  
**Ministry, a Local Business**  
**Owner, or a Service**

**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 .**



**Tell us about your Organization or Ministry. We are always looking**  
**for fresh material and information to publish in our Parish Bulletin.**  
**Need more volunteers? Want to boost your organization’s profile?**  
**Starting a new program or ministry? Send us a brief description or “a**  
**blurb” about your group and we will post it (space permitting)**



### **What does it mean to be a “Doctor of the Church?”**

Doctor of the Church, also referred to as Doctor of the Universal Church is a title given by the Catholic Church to saints recognized as having made a significant contribution to theology or doctrine through their research, study, or writing. As of 2024, the Catholic Church has named 37 Doctors of the Church. Of these, the 18 who died before the Great Schism of 1054 are also held in high esteem by the Eastern Orthodox Church, although it does not use the

formal title "Doctor of the Church". Among the 37 recognized Doctors, 28 are from the West and nine from the East; four are women and thirty-three are men; one is an abbess, three are nuns, and one is a tertiary associated with a religious order; two are popes, 19 are bishops, twelve are priests, and one is a deacon; and 27 are from Europe, three are from Africa, and seven are from Asia. More Doctors (twelve) lived in the fourth century than any other; eminent Christian writers of the first, second, and third centuries are usually referred to as the Ante-Nicene Fathers. The shortest period between death and nomination was that of Alphonsus Liguori, who died in 1787 and was named a Doctor in 1871 – a period of 84 years; the longest was that of Irenaeus, which took more than eighteen centuries.

**Monday, February 19: Presidents’ Day**  
**Parish Office and Christian Service Closed**  
**No Liturgies or Religious Services**

### **The Chair of St Peter—February 22**

At the end of John’s Gospel, Jesus says to Peter, “Amen, amen, I say to you, when you were younger, you used to dress yourself and go where you wanted; but when you grow old, you will stretch out your hands, and someone else will dress you and lead you where you do not want to go” (John 21:18). What Jesus said indicated the sort of death by which Peter was to glorify God. On Vatican Hill, in Rome, during the reign of Nero, Peter did glorify his Lord with a martyr’s death, probably in the company of many Christians.



**LITURGY SCHEDULE**  
**MONDAY,**  
**FEBRUARY 19, 2024**  
**TO SUNDAY,**  
**FEBRUARY 25, 2024**

**Monday, Feb. 19, 2024**

***Presidents’ Day***

**Office & Christian Service**  
**Closed**

**No Masses or Services**

**Tuesday, Feb 20, 2024**

**8:00 Communion Service**  
**Live-Streamed and In-Person**

**Wednesday, Feb. 21, 2024**

***St. Peter Damian***

**Bishop & Doctor**

**8:00 am Mass**

**Live-Streamed and In-Person**

**Thursday, Feb. 22, 2024**

***The Chair of St Peter***

**8:00 am Mass**

**Live-Streamed and In-Person**

**Friday, Feb. 23, 2024**

***St Polycarp,***

**Bishop & Martyr**

**8:00 am Mass**

**Live-Streamed and In-Person**

**Saturday, Feb. 24, 2024**

**3:00 pm Reconciliation**

**4:00 pm Vigil Mass**

**Sunday, Feb. 25, 2024**

**Second Sunday of Lent**

**10:00 am Mass**

**Coffee & Donuts**

**Sponsored by the Parish**  
**(Sacraments as Scheduled)**

**Mass Intentions**

**(323) 293-4877**

**[j.carper.sbccc@gmail.com](mailto:j.carper.sbccc@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](http://stbernadettela.org)

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

Twitter  
[https://twitter.com/stbernadettecc\\_](https://twitter.com/stbernadettecc_)



#### Mass Intentions: February 17 to 18 2024

Saturday, February 17, 2024 at 4:00 pm

James E. Bernard, RIP

Sunday, February 18, 2024 at 10:00 am

For the Young Adults of Our Parish  
And, the Intentions of All Parishioners

*Requesting a Mass Intention?*

Contact the Parish Office (323) 293-4877

#### Did you Know February 17/18, 2024

##### Why Does it Help To Communicate Your Concerns???

If you have concerns about someone's behavior, sharing those concerns is critical to protecting the children in that person's life. If you see or hear about inappropriate behavior, you can take your concerns to a supervisor or program director for further action. This helps those in charge launch an investigation, ask questions, and start to look for signs on their own — all of which can help keep children safe from potential abuse. Communicating your concerns, and having them investigated, can also discourage a potential offender, pushing them to leave the program or stop their behaviors. For more information, read the VIR-

TUS® article  
"Communicating Your Concerns Mat-

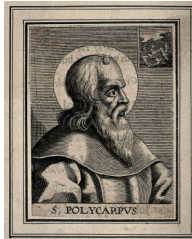
ters" at:  
[lacatholics.org/did-you-know/](http://lacatholics.org/did-you-know/). [Read the VIRTUS® article Communicating Your Concerns Matters](#)



#### St Polycarp: The Amazing Saint with the Odd Name

**St Polycarp (AD 69 – 155)** was a Christian bishop of Smyrna. According to the Martyrdom of Polycarp, he died a martyr, bound and burned at the stake, then stabbed when the fire failed to consume his body. Polycarp is regarded as a saint and Church Father in the Catholic, Eastern Orthodox, Oriental Orthodox, Anglican, and Lutheran churches.

Both Irenaeus and Tertullian say Polycarp had been a disciple of John the Apostle; one of Jesus' disciples. In [On Illustrious Men](#), Jerome writes Polycarp was a disciple of John the Apostle and John ordained him as a bishop of Smyrna. Polycarp is regarded as one of three chief Apostolic Fathers, along with Clement of Rome and Ignatius of Antioch. The sole surviving work attributed to him is the *Epistle of Polycarp to the Philippians*.



#### What is Lent???

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.