

The **Lenten season** is a special time in the Church when Catholics are invited to examine their lives, turn away from sin, and return to God with sincere hearts. One of the most important ways we do this is through the Sacrament of Confession (Reconciliation).

1. A Time for Repentance and Conversion

Lent calls us to repent and believe in the Gospel. Confession allows us to honestly look at our lives, recognize our sins, and ask God for forgiveness. It is a moment of true conversion, where we decide to change and begin again.

2. Experience God's Mercy

Through confession, we experience the great mercy of God. No matter how many times we fall, God is always ready to forgive us when we come to Him with a humble heart. The priest, acting in the person of Christ, gives us absolution and peace.

3. Spiritual Renewal Before Easter

Lent prepares us for the great celebration of Easter, the Resurrection of Christ. Confession cleanses our hearts so that we can celebrate Easter with joy, grace, and a renewed spirit.

4. Healing of the Soul

Sin wounds our relationship with God, the Church, and others. Confession brings healing and reconciliation, restoring our friendship with God and helping us grow stronger in faith.

5. A Lenten Tradition of the Church

The Church encourages Catholics to go to confession during Lent because it is a time of spiritual renewal. Many parishes offer penance services during this season to help the faithful prepare their hearts for Easter.

Simple Reflection

Confession during Lent reminds us that God never tires of forgiving us. When we humbly approach the sacrament, we receive not only forgiveness but also peace, grace, and the strength to live a better Christian life.

¿Por qué la Confesión es muy importante durante la Cuaresma?

La Cuaresma es un tiempo especial en la Iglesia en el que los católicos somos invitados a examinar nuestra vida, arrepentirnos de nuestros pecados y volver a Dios con un corazón sincero. Una de las maneras más importantes de hacerlo es por medio del Sacramento de la Confesión o Reconciliación.

1. Tiempo de arrepentimiento y conversión

La Cuaresma nos llama a arrepentirnos y creer en el Evangelio. En la confesión reconocemos nuestros pecados delante de Dios y pedimos perdón con humildad. Es un momento de conversión verdadera, donde decidimos cambiar y comenzar de nuevo.

2. Experimentamos la misericordia de Dios

En la confesión encontramos la gran misericordia de Dios. No importa cuántas veces caigamos; Dios siempre está dispuesto a perdonarnos cuando regresamos a Él con un corazón arrepentido. El sacerdote, actuando en nombre de Cristo, nos da la absolución y la paz.

3. Preparación espiritual para la Pascua

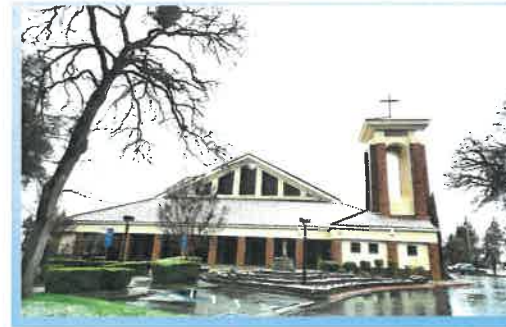
La Cuaresma nos prepara para celebrar la Resurrección de Cristo en la Pascua. Al confesarnos, nuestro corazón se limpia del pecado y podemos celebrar la Pascua con alegría, paz y una fe renovada.

4. Sanación del alma

El pecado daña nuestra relación con Dios, con la Iglesia y con los demás. La confesión trae sanación y reconciliación, restaurando nuestra amistad con Dios y ayudándonos a crecer en la vida cristiana.

Breve reflexión

Confesarnos durante la Cuaresma nos recuerda que Dios nunca se cansa de perdonarnos. Cuando nos acercamos al sacramento con humildad, recibimos perdón, paz y la gracia para vivir una vida nueva.



Saint Teresa of Avila Catholic Church

11600 Atwood Rd, Auburn, California 95603

March 8, 2026 Third Sunday of Lent

Exodus 17:3-7

Psalm 95:1-2, 6-7, 8-9

Romans 5:1-2, 5-8

John 4:5-42

One warm afternoon, Jesus was traveling with His disciples through a town called Samaria. They had been walking for a long time, and Jesus was tired. He sat down beside a well called Jacob's Well to rest. A little while later, a woman came to the well carrying a jar. She came to get water for her home. Jesus looked at her kindly and said, "Please give me a drink." The woman was surprised. She said, "Why are you asking me for water?" In those days, Jews and Samaritans usually did not talk to each other. But Jesus spoke to her with kindness and love. Jesus smiled and said, "If you knew the gift of God, you would ask me for water, and I would give you living water."

The woman looked around and said, "But you do not even have a bucket. How can you give me water?"

Jesus explained gently, "Anyone who drinks this water will become thirsty again. But the water I give will become a spring of water inside them that gives eternal life." The woman was curious and said, "Sir, give me this water so I will not be thirsty again!" Then the woman began to understand that Jesus was not talking about ordinary water. Jesus was talking about God's love, which fills our hearts and never runs out.

The woman realized something amazing. Jesus knew her life and still spoke to her with kindness and mercy.

She began to believe that Jesus was the Messiah, the Savior God had

promised. She was so excited that she left her water jar behind and ran back to the town. "Come and see!" she told everyone. "Come and meet a man who told me everything about my life! Could He be the Messiah?"

Many people from the town came to meet Jesus. They listened to Him and believed in Him.

And the woman who came quietly to the well became one of the first people to tell others about Jesus. The Lesson of the Story Jesus gives us living water—His love, His grace, and His friendship. When Jesus fills our hearts, we feel joy, peace, and hope. And just like the woman at the well, we can tell others: "Come and see Jesus!"



St. Teresa of Avila Catholic Church
 11600 Atwood Road,
 Auburn, CA 95603
 www.stteresaauburn.com

Rev. Fr. Arbel S. Cabasagan, Pastor
Rev. Fr. Michael Estaris
Deacons: John Sheehan & Adam Crawford

Mission Statement

"As the Father has loved me, so have I loved you; abide in My Love." In Christ's Love, the Eucharistic community of St. Teresa of Avila, Auburn, embraces and welcomes all as part of God's family. We value every parishioner and strive to reflect the mercy,

Parish Office: 11600 Atwood Rd., Auburn, CA 95603
 (530) 889-2254, fax (530) 889-2643
 info@stteresaauburn.com

Office Hours: Monday—Friday, 8:00am—4:00pm
 Closed for lunch 11:30am—12:30pm

Pastor: Fr. Arbel S. Cabasagan
 (530) 889-2254 ext. 100
 E-mail: fr_arbel@yahoo.com

Parish Secretary: Barbara Freuler
 (530) 889-2254, ext. 101,
 E-mail: barbara_freuler@stteresaauburn.com

Religious Education Coordinator:
 E-mail:

Music Ministry: Jean Sawyer
 (707) 567-2541, E-Mail, jeansawyer8@aol.com

St. Joseph School: Kristen Mendonsa, Principal
 (530) 885-4490 E-mail: info@saintjosephauburn.org

OFFERTORY FOR THE FOLLOWING:

March 1, 2026

Offertory \$ 10,432.00

Online 5679.33

Total \$ 16,111.33

Thank you for your generous donation.

Sunday Mass:
 Saturday Vigil 5:00pm
 Sunday 8:30am, 10:30am,
 4:00pm Spanish

Daily Masses:
 Tuesday—Friday 8:30am

Sacrament of Reconciliation:
 Friday 9:00am—10:00am
 Saturday 3:30pm – 4:30pm

Eucharistic Adoration:
 Friday's 9:00am—6:00pm

Baptisms:
 Every 3rd Saturday of the month @ 2:30pm
 Classes, every 3rd Friday of the month @ 6:30pm. Call the parish office to register..

Marriage:
 If you are a member of our parish, please contact a priest or deacon of your choice at least six months in advance of your desired wedding in order to participate in a process of marriage preparation.

Confirmation:
 For teens, the Sacrament of Confirmation is a two-year preparation process; please contact our coordinator of religious education; for adults not yet confirmed, please call the parish office.

Order of Christian Initiation of Adults (OCIA, English):

If you are interested in learning more about the Catholic Church or becoming Catholic, contact Karen Sheehan @ 916-812-3737
OCIA, (Spanish): Leticia Aceves @ 530-613-4302

Prayer Chain Requests:
 For those in need of prayers please e-mail Liz Rhodes: esrhodes32@gmail.com

St. Vincent de Paul: (530) 305-1904

MASS INTENTIONS

Saturday, 3/7 5:00pm + Joan Wells
 Greg & Maria Rhodes
 Sunday, 3/8 8:30am + Ella Mae & Owen Bonner
 + Bob Sypnieski
 10:30am + Katie Imsdale
 + Teresa Bernal
 Tuesday, 3/10 8:30am Roger Wick & Libby Mavy
 Wednesday 3/11 8:30am Judy Paine
 Thursday, 3/12 8:30am Christian Pringle
 Friday, 3/13 8:30am + John Leonard, Jr

LITURGICAL MINISTER SCHEDULE

March 14 & 15, 2026

Cross Bearers

Saturday, 5:00pm The Douglas's
 Sunday, 8:30am Gianni D'Amico
 10:30am The Durant's

Eucharistic Ministers

Saturday, 5:00pm Jennifer & Mary Jo Buettner
 Val Koeberlein, Lucianna Curtis
 Suzanne Palacios
 8:30am John Broumas, Anne Jones
 Howard Schmitz, Bill Knapp
 Laura Tattershall. Linda burns
 10:30am Greg & Lori Belanger
 Deana Eshpeter, Steve Meis
 Mary Aguilar, Bill Aycock

Lectors

Saturday, 5:00pm Michael & Monica Durant
 8:30am Julie Malmberg, S. McDonald
 10:30am Cathy Reuter, Aidian Villamor

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The Samaritans were often avoided by the Jews during the time of Jesus because of a long history of religious, cultural, and political conflict. The tension between them had existed for many centuries.

Here are the main reasons:

1. Different Religious Beliefs

The Samaritans believed in the God of Israel and followed the Torah (the first five books of the Bible), but they rejected the rest of the Jewish Scriptures.

They also believed that the proper place to worship God was Mount Gerizim, not the Temple in Jerusalem.

The Jews believed that Jerusalem and its Temple were the only rightful place of worship. Because of this difference, Jews considered Samaritan worship incorrect or false.

2. Mixed Ancestry

Around 722 BC, the Assyrian Empire conquered the northern kingdom of Israel. Many Israelites were taken away, and foreign people were brought in to live in the land. These groups intermarried.

Because of this, many Jews believed the Samaritans were not purely Jewish, but a mixed people who had lost the true faith. This created prejudice and distrust.

3. Historical Conflicts

Over the centuries, tensions grew stronger:

Samaritans built a temple on Mount Gerizim.

Later, Jewish forces destroyed that temple (around 128 BC).

Both groups sometimes opposed and insulted each other.

Because of this painful history, many Jews refused to associate with Samaritans.

4. Social Avoidance

By the time of Jesus: Jews often avoided traveling through Samaria of people.

They would take a longer route around it.

Jews generally did not speak, eat, or share things with Samaritans.

This is why the Gospel says in John 4:9: "Jews do not associate with Samaritans."

Why This Matters in the Gospel

In the story of Jesus and the Samaritan woman at the well, Jesus breaks these barriers:

He speaks to a Samaritan. He speaks to a woman in public. He asks her for water.

Through this encounter, Jesus teaches that God's love and salvation are for everyone, not just one group of people.

Lenten Season: Do's and Don'ts

As we journey through the holy season of Lent, the Church invites us to renew our relationship with God through prayer, fasting, and almsgiving. Here are some simple reminders to help us live this sacred time faithfully.

Do's:

- Pray more – Spend time with God through daily prayer, Scripture reading, and attending Mass.
- Fast and abstain – Observe fasting on Ash Wednesday and Good Friday, and abstain from meat on Fridays during Lent.
- Practice charity – Help those in need through acts of kindness, service, and generosity.
- Go to Confession – Take time for reflection and receive the Sacrament of Reconciliation.

Don'ts:

- Do not neglect prayer and spiritual reflection.
- Do not overindulge in food, entertainment, or distractions.
- Do not hold on to anger, resentment, or unforgiveness.
- Do not forget the needs of the poor and those who are suffering.

Reflection: Helping the Needy as Catholics

Thank you to all the Saint Joseph School students who continue every Wednesday to bring food for the Auburn Food Closet. This beautiful act of charity, which we started not long ago, has already become a wonderful sign of love and generosity in our parish community.

As Catholics, we believe that caring for the poor and those in need is not only a good action but also a living expression of our faith. Jesus reminds us in the Gospel that when we help the hungry, the poor, and the suffering, we are serving Him. Every small act of kindness—sharing food, offering help, or showing compassion—reflects the love of Christ present in our hearts.

Through this simple act of bringing food each week, our students are learning an important lesson: faith is not only something we pray about; it is something we live out by loving and helping others. By sharing what we have, we become instruments of God's care for those who are struggling.

May this ministry continue to inspire our students and our whole parish to grow in compassion, generosity, and love for our neighbor.



Last Saturday, both the Placer Varsity Boys and Girls teams won Section Championships. Three of our parishioners are on those teams and we congratulate **Max, Lucie, and Joe Manley** on their accomplishments.

Thank You to Our First Graders

A special thank you to our First Grade students for serving as the sponsors of this week's School Mass. Your participation helped make our celebration joyful and prayerful for our whole school community.

We are especially grateful for the gifts you brought to the altar—canned goods and non-perishable foods—which will be shared with the Auburn Food Closet. These offerings are a beautiful reminder that the gifts we bring to God can also become blessings for those who are in need.

Through your generosity, you are learning that the Mass is not only about prayer, but also about sharing, caring, and loving our neighbors, especially the poor. Thank you for your kind hearts and for helping make a difference in the lives of others.

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ANNOUNCEMENTS

March 8, 2026

1. In recognition of the 800th anniversary of the death of St Francis of Assisi, the Well Read Catholic Reading Group will be reading GK Chesterton's biography of St. Francis. The group will be meeting on Thursday evening, March 12th in the Beatitude Room at 7:00pm to discuss the introduction of the book and the first five chapters.

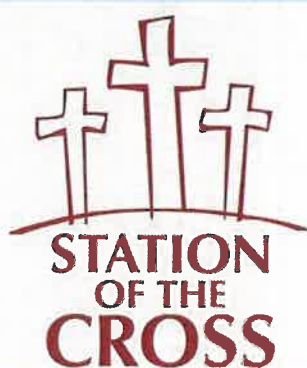
2. Thank you to Tom & Theresa Townsend who prepared and cooked the Friday night Soup & Bread Meal and the volunteers from the Confirmation class. Meal service begins at 5:00pm and ends at 6:30pm. Everyone is invited to share this free of charge meal with fellow parishioners during Lent.

3. The Senior Groups will be having their annual St Patrick's Day Luncheon on Friday, March 13th at 11:00am in the parish hall. Irish Vegetarian Stew will be provided---please bring a side dish to share. All are welcome---invite your friends and neighbors.

4. On Thursday evening, March 12th there will be altar server practice at 6:00pm in the church. There are two training sessions required to become a candle or cross bearer so plan to attend this meeting to complete training.

5. Stations of the Cross and spending time in Adoration is a way we can all devote time in prayer during the Lenten Season. Stations of the Cross are every Friday night at 6:00pm in Spanish and 7:00pm in English.

Adoration begins after the 8:30am morning Mass on Fridays ending with Benediction at 5:00pm. Also, Father hears confessions on Friday mornings after Mass.



Welcome to Our Newly Baptized Children

With great joy and gratitude to God, our parish family warmly welcomes the newly baptized children at St. Teresa of Avila Catholic Church. Through the Sacrament of Baptism, these little ones have been reborn in Christ and have become members of the Body of Christ, the Church.

Baptism is the first and most important step in the life of faith. Through the pouring of water and the words of the Church, these children are cleansed of original sin, filled with God's grace, and welcomed into a loving community of believers who will help guide them in their journey of faith.

As a parish community, we rejoice with their parents and godparents who have accepted the beautiful responsibility of raising them in the Catholic faith—teaching them to pray, to love God, and to live according to the Gospel.

Let us continue to pray for these newly baptized children, that they may grow in wisdom, faith, and love, and that their lives may always reflect the light of Christ they received on the day of their Baptism. Welcome to our parish family!



Baptism of Benjamin Flores Orellana on February 21, 2026



Hudson Golden baptism on February 21, 2026

Why We Fast During the Lenten Season

Fasting during the Lenten season is a spiritual practice that helps us grow closer to God. By giving up certain foods or comforts, we learn self-discipline and remember the sacrifice of our Lord Jesus Christ, who fasted for forty days in the desert.

Fasting also reminds us that we depend on God for everything. It opens our hearts to prayer and helps us become more aware of the needs of others, especially the poor. What we give up can inspire us to share more generously with those in need.

Through fasting, prayer, and acts of charity, we prepare our hearts to celebrate the great joy of Easter.

Why We Practice Acts of Charity During Lent

Acts of charity are an important part of the Lenten season because they help us live out the commandment of love taught by Jesus Christ. Charity means showing kindness, compassion, and generosity to others, especially to those who are poor, hungry, or in need.

During Lent, the Church encourages us to practice prayer, fasting, and almsgiving. Charity, or almsgiving, reminds us that our faith is not only about prayer but also about caring for our neighbors. When we help others—by sharing food, offering our time, or giving to those in need—we become instruments of God's love.

Online Giving

Our church is now offering Online Giving.

For additional information, or to sign up, visit our website at www.stteresaauburn.com.



Stewards of God's Creation

From the very beginning, the Bible teaches that the Earth is not truly ours—it belongs to God. In Genesis, God created the world and everything in it, calling His creation “good.” He then entrusted humanity with the responsibility to care for it. This idea is often described as stewardship: the understanding that we are caretakers of something that ultimately belongs to someone else. As followers of God, we are stewards of His creation here on Earth.

Being a steward means more than simply enjoying the beauty of nature. It means recognizing that every mountain, river, forest, and living creature is part of God's design. The air we breathe, the water we drink, and the land that sustains us are gifts from Him. When we understand this, we begin to see the Earth not as a resource to exploit, but as a sacred trust to protect and nurture.

Stewardship also reflects our relationship with God. When we care for the world around us—by protecting the environment, treating animals with kindness, and using resources responsibly—we are honoring the Creator. Our actions demonstrate gratitude for the blessings God has given us. Just as a caretaker faithfully manages a home for its owner, we are called to manage the Earth in a way that reflects God's love, wisdom, and care.

Santa Teresa of Avila Church Online Giving

Giving to your church through online giving is a convenient, secure, and impactful way to support God's work and strengthen your faith community.

1. Convenience and Consistency

Online giving allows you to give anytime and from anywhere. Whether you're traveling, unable to attend service, or watching online, you can still faithfully support your church. It also helps you stay consistent in your tithes and offerings through scheduled recurring giving.

2. Faithful Stewardship

Setting up recurring gifts helps you prioritize giving as a regular spiritual discipline. Just as we budget for other important responsibilities, online giving helps ensure that honoring God remains a priority.

3. Supports the Church's Mission

Churches like The United Methodist Church and The Catholic Church use online platforms to help fund ministries, outreach programs, missions, and community support. Online giving provides steady and reliable funding so the church can plan effectively and expand its impact.

4. Security and Transparency

Most churches use secure, encrypted platforms that protect your financial information. Online systems also provide instant receipts and giving records, making it easier to track your donations for budgeting and tax purposes.

5. Encourages Generosity

When giving is simple and accessible, it removes barriers that might prevent someone from giving. Online options make it easier for members—especially younger generations—to participate faithfully.



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John 4:5–42

Today's Gospel presents one of the most beautiful and powerful encounters in the life of Jesus—the meeting with the Samaritan woman at the well.

This is not just a story about water. It is a story about thirst, grace, and transformation.

1. Jesus Meets Us Where We Are

Jesus is tired. He sits by the well. And there, in an ordinary place, He meets a woman with a complicated past. This is very important for us to understand: Jesus meets us in the ordinary moments of life.

He meets us: in our daily routines, in our struggles, even in our sinfulness.

The Samaritan woman did not go to the well expecting to meet Jesus. Yet Jesus was already there, waiting for her.

This teaches us: God always takes the first step.

2. The Meaning of “Living Water”

Jesus tells her, “Whoever drinks the water I shall give will never thirst.” What is this “living water”?

In our Catholic faith, this points to: Grace, the very life of God within us

The Holy Spirit, who refreshes and renews us

And in a special way, it reminds us of Baptism, where we first receive this living water

Water from the well satisfies only for a moment.

But the “living water” of Christ satisfies the deepest thirst of the human heart: the thirst for love, the thirst for forgiveness, the thirst for meaning

No material thing can fully satisfy us—only God can.

3. True Worship: Spirit and Truth

Jesus tells her, “The hour is coming when true worshipers will worship the Father in Spirit and truth.”

This is a beautiful catechesis on worship.

As Catholics, we worship God:

not only with external actions
but with our hearts, minds, and souls

The highest form of this worship is the Holy Eucharist, where we encounter Jesus truly present.

Every Mass is an invitation to drink from this “living water.”

That is why, as you often remind the children and families in our parish, the Eucharist is not just an obligation—it is an encounter with Jesus Himself.

4. Jesus Knows Us and Still Loves Us

Jesus tells the woman everything about her life. Yet He does not condemn her. Instead, He leads her gently to conversion.

This is the heart of the Gospel: Jesus knows us completely, and He loves us completely. Sometimes we are afraid to come to God because of our sins.

But this Gospel reminds us: God does not reject us, He calls us to healing, This is why the Sacrament of Confession is so important, especially during Lent. It is where we encounter the same merciful Jesus.

5. From Encounter to Mission

After meeting Jesus, the woman leaves her jar behind.

Why is this important? Because she found something greater than water— she found Christ.

She runs back to her town and says, “Come and see!”

She becomes a missionary. This is the pattern of Christian life: Encounter Jesus, Be transformed

Go and share

My dear friends, evangelization does not begin with big programs. It begins with a simple invitation:

“Come and see.” Invite someone: to Mass, to prayer, to know Jesus

Juan 4, 5–42

El Evangelio de hoy nos presenta uno de los encuentros más hermosos en la vida de Jesús: el encuentro con la mujer samaritana en el pozo.

No es solo una historia sobre agua.

Es una historia sobre la sed del corazón, la gracia de Dios y la transformación de la vida.

1. Jesús nos encuentra donde estamos

Jesús está cansado y se sienta junto al pozo.

Allí, en un lugar ordinario, se encuentra con una mujer con una vida complicada.

Esto nos enseña algo muy importante:

Jesús nos encuentra en lo cotidiano de nuestra vida.

Nos encuentra: en nuestras rutinas diarias, en nuestras luchas, incluso en nuestros pecados, La mujer no esperaba encontrar a Jesús, pero Jesús ya la estaba esperando.

Esto nos recuerda: Dios siempre da el primer paso.

2. El significado del “agua viva”

Jesús le dice: “El que beba del agua que yo le daré, no tendrá sed jamás.” ¿Qué es esta “agua viva”?

En nuestra fe católica, representa: la gracia, la vida misma de Dios en nosotros, el Espíritu Santo, que nos renueva, y también nos recuerda el Bautismo, donde recibimos esta vida nueva

El agua del pozo calma la sed por un momento, pero el agua viva de Cristo calma la sed más profunda del corazón: la sed de amor, la sed de perdón, la sed de sentido, Solo Dios puede saciar plenamente nuestra vida.

3. Adorar en espíritu y en verdad

Jesús dice: “Los verdaderos adoradores adorarán al Padre en espíritu y en verdad.” Esto es una enseñanza profunda sobre la adoración. Como católicos, adoramos a Dios: no solo con gestos externos

sino con todo nuestro corazón, mente y alma

La forma más alta de esta adoración es la Eucaristía, donde encontramos a Jesús verdaderamente presente.

Cada Misa es una invitación a beber de esta “agua viva”.

4. Jesús nos conoce y nos ama

Jesús le revela a la mujer toda su vida, pero no la condena. Al contrario, la guía con amor hacia la conversión.

Este es el corazón del Evangelio: Jesús nos conoce completamente y nos ama completamente.

A veces tenemos miedo de acercarnos a Dios por nuestros pecados, pero este Evangelio nos recuerda: Dios no nos rechaza, Él quiere sanarnos.

Por eso es tan importante el Sacramento de la Confesión, especialmente en este tiempo de Cuaresma.

5. Del encuentro a la misión

Después de encontrarse con Jesús, la mujer deja su cántaro.

Porque ha encontrado algo más grande: ha encontrado a Cristo. Corre a su pueblo y dice: “Vengan a ver...” Se convierte en misionera. Este es el camino del cristiano: Encontrarse con Jesús, Ser transformado, Ir y compartir, La evangelización muchas veces comienza con algo sencillo:

“Ven y verás.”

Invitar a alguien: a la Misa, a la oración, a conocer a Jesús.

En este Evangelio, nosotros somos la mujer samaritana. Llegamos con nuestras propias sedes, luchas y preguntas, y Jesús nos ofrece el agua viva. Hoy, Él nos dice: “Si conocieras el don de Dios...” Abramos nuestro corazón, recibamos su gracia, y como la mujer samaritana, vayamos a decir a otros:

“Vengan y vean al Señor que ha cambiado mi vida.”