

Sacred Heart Catholic Church

A ROMAN CATHOLIC CHRISTIAN COMMUNITY OF FAITH, WORSHIP AND SERVICE



All Are
Welcome

FIRST WEEK OF LENT

FEBRUARY 26, 2023

344 W. Workman St., Covina 91723 + (626) 332-3570 + www.sacredheart.cc
www.sacredheart.cc + facebook.com/sacredheart.cc + twitter.com/sacredheartcc

PARISH CENTER OFFICE HOURS

MON - THURS 9:00am to 9:00pm
SAT 9:00am to 5:00pm + SUN 8:00am to 4:00pm
(Office closed 12:30pm to 1:30pm everyday for Lunch)

CLOSED ALL DAY FRIDAY

Emergency Sick Calls Anytime

Pastor

Rev. William T. Easterling, V.F.

Pastor Emeritus

Rev. Msgr. Brian Cavanagh

Priest Associates

Rev. James Kelly
Rev. Albert Avenido

Deacons

Dn. Ron Butler
Dn. Jim Allgaier

Read the bulletin online at
www.sacredheart.cc

Ministerios en Español:
Padre Bill y Padre Albert

MASS SCHEDULE

Sunday Liturgy in English:

- 5:30pm - Saturday evening
- 6:30am + 9:30am*
- 11:00am + 12:30pm
- 5:30pm LIFE TEEN MASS

Liturgia Domical en ESPAÑOL:

- 8:00am*

Weekday Masses Monday – Friday in English:

- 8:15am + 5:30pm

Saturday morning Mass: 8:15am

*Mass for the Sick and Homebound

SUNDAY at 9:30am in English and 8:00am in Spanish

Masses are provided on our YouTube & Facebook channels and webpage: www.sacredheart.cc

***Mass for the Sick and Homebound** is provided on Sundays only for those who are very seriously ill or homebound for mayor health issues.

CONFESSION SCHEDULE

Every Friday 7:15pm to last person in the Parish Church





Please pray...

for those who are sick, and their families, that they will feel God's presence and know his love, especially:

Tom Terry
Laura Millies
Maddalena Riboli
Margarita Rios
Victor Nelous
Irene James
Yolanda Olivares



Please pray for those who have **special needs**, and their families, that they will feel God's presence and know his love. **Specially,**

Gjurashaj Family, Gonzalez Family,
Urrea Family, Ruby Rojo Family

Please Pray for the Soul of:

TRUDY MARTINEZ, ROSA MONTOYA

Their funeral Masses were held
at Sacred Heart Church.

May they rests in the peace of the Lord.

Bulletin Announcement Deadline

All announcements for the bulletin *must* be submitted no later than noon on Tuesday. Announcements may be dropped off to the Parish Center or emailed to buletin@sacredheart.cc. All announcements are subject to approval and space permitting for publishing.

STEWARDSHIP

"Bring the Tithes into the treasure...put me to the proof, says the Lord of Hosts, and see if I do not open windows in the sky and pour a blessing on you as long as there is a need."

Earthquake Help:

Turkey and Syria Earthquake How to Help

Pope Francis with the United States Conference of Bishops and Archbishop Jose Gomez of our Los Angeles Archdiocese invite us to assist the many victims of the two large earthquakes that have struck southern Turkey and northern Syria on Feb. 8th (7.8 quake) and again on Feb. 20th (6.3 quake).

Contributions may be made directly through the Archdiocese as follows:

Check payable to: Society for Propagation of the Faith
Check memo: Turkey/Syria natural disaster

Mail to: Society for Propagation of the Faith
Archdiocese of Los Angeles
3424 Wilshire Blvd., 3rd Floor
Los Angeles, CA 90010

Thank you very much for any assistance you can give to the thousands upon thousands of families left homeless. Please remember in your prayers the more than 60,000 who have died, pray to heal the injured, for comfort to families and for the courage of first responders.

Terremoto en Turquía y Siria Como ayudar

El Papa Francisco con la Conferencia de Obispos de los Estados Unidos y el Arzobispo José Gómez de nuestra Arquidiócesis de Los Ángeles nos invitan a ayudar a las numerosas víctimas de los dos grandes terremotos que han azotado el sur de Turquía y el norte de Siria el 8 de febrero (terremoto de 7,8) y nuevamente el 20 de febrero (terremoto de 6,3).

Las contribuciones pueden hacerse directamente a través de la Arquidiócesis de la siguiente manera:

Cheque a: Sociedad para la Propagación de la Fe
Memo: Desastre natural en Turquía/Siria

Enviar a: Sociedad para la Propagación de la Fe
Arquidiócesis de Los Angeles
3424 Wilshire Blvd., 3rd Floor
Los Ángeles, CA 90010

Muchas gracias por cualquier ayuda que pueda brindar a las miles y miles de familias que quedaron sin hogar. Recuerde en sus oraciones a los más de 60,000 que han muerto, ore para sanar a los heridos, por el consuelo de las familias y por el coraje de los socorristas.

PARISH ANNOUNCEMENT

FAST & ABSTINENCE DURING LENT

Ancient tradition has regarded Wednesdays & Fridays as PENITENTIAL DAYS. This comes in part from our observance of Ash Wednesday and Good Friday.

For centuries Church law has supported this ancient tradition by requiring us to:

ABSTAIN from meat on all Fridays of Lent and Ash Wednesday.....

That is meat from any warm-blooded animals, thus no beef, lamb, pork, chicken, turkey, etc. etc. *It is obligatory for healthy persons age 14-60 & strongly encouraged for all healthy people.* You can however enjoy any cold-blooded animals, such as fish, frog, snake or lizard, etc.

FAST, we are required to fast on: **Ash Wednesday & Good Friday**

FAST means to eat less than half what we would normally eat in a day, that is the minimum requirement of the law and of our ancient tradition; thus to eat 49% or less of what you normally eat each day. *It is obligatory for healthy persons age 14-60 & strongly encouraged for all healthy people.*

Optional ABSTINENCE every Friday of the year for WORLD PEACE: While we are expected to abstain from meat on Fridays of Lent, Pope St. John Paul II asked us to voluntarily abstain from meat (or some other culturally significant food) every Friday of the year as a voluntary offering of prayer through abstinence for WORLD PEACE.

The spirit of both our law and tradition is to eat more simple meals every Friday of Lent and Ash Wednesday. It is not the spirit of our faith to enjoy expensive meals of shrimp and lobster on these days.....the idea is to unite us with the poor of the world who have so much less than we do.

Meat was once a symbol of wealth, but today there are many sea foods that are more expensive. The true spirit of the law and tradition is to eat more simple foods, less expensive.....the poor of the world cannot afford a hamburger, so we give it up.....but they cannot afford shrimp either.....so why not give it up too. Eat simply, so others may simply eat.

This helps us to respect, love and treat with dignity the poor of the world, who are our brothers & sisters, our family. In drawing closer to the poor, we draw closer to God, and to His whole family. This is a very holy moment, not a sacrifice, but a joyful union with God and His/our family in need throughout the world.

Father William T. Easterling, Pastor

AYUNO Y ABSTINENCIA EN CUARESMA

La antigua tradición ha considerado los miércoles y viernes como DÍAS DE PENITENCIA. Esto viene en parte por nuestra observancia del Miércoles de Ceniza y el Viernes Santo.

Durante siglos, la ley de la Iglesia ha apoyado esta antigua tradición al exigirnos que:

ABSTENERSE de carne todos los viernes de Cuaresma y Miércoles de Ceniza..... Eso es carne de cualquier animal de sangre caliente, por lo tanto, no se permite carne de res, cordero, cerdo, pollo, pavo, etc. etc. Es obligatorio para personas sanas de 14 a 60 años y se recomienda encarecidamente para todas las personas sanas. Sin embargo, puede disfrutar de cualquier animal de sangre fría, como peces, ranas, serpientes o lagartijas, etc

AYUNAR, estamos obligados a ayunar el: **Miércoles de Ceniza y Viernes Santo**

AYUNAR significa comer menos de la mitad de lo que normalmente comemos en un día, ese es el requisito mínimo de la ley y de nuestra antigua tradición; por lo tanto, comer el 49% o menos de lo que normalmente come en un día. *Es obligatorio para personas sanas de 14 a 60 años y se recomienda encarecidamente para todas las personas sanas.*

ABSTINENCIA opcional todos los viernes del año por la PAZ MUNDIAL: Si bien se espera que nos abstengamos de comer carne los viernes de Cuaresma, el Papa San Juan Pablo II nos pidió que nos abstengamos voluntariamente de comer carne (o algún otro alimento culturalmente significativo) todos los viernes del año. como ofrenda voluntaria de oración a través de la abstinencia por la PAZ MUNDIAL.

El espíritu de nuestra ley y tradición es comer comidas más sencillas todos los viernes de Cuaresma y Miércoles de Ceniza. No es el espíritu de nuestra fe disfrutar comidas costosas como camarones y langostas en estos días... la idea es unirnos con los pobres del mundo que tienen mucho menos que nosotros.

La carne alguna vez fue un símbolo de riqueza, pero hoy en día hay muchos productos del mar que son más caros. El verdadero espíritu de la ley y la tradición es comer alimentos más simples, menos costosos... los pobres del mundo no pueden comprar una hamburguesa, así que renunciamos... pero ellos tampoco pueden comprar camarones... entonces, ¿por qué no? ríndete también. Coma simple, para que otros simplemente coman.

Esto nos ayuda a respetar, amar y tratar con dignidad a los pobres del mundo, que son nuestros hermanos y hermanas, nuestra familia. Al acercarnos a los pobres, nos acercamos a Dios y a toda su familia. Este es un momento muy santo, no un sacrificio, sino una unión gozosa con Dios y Su/nuestra familia necesitada en todo el mundo.

Padre William T. Easterling, párroco

PARISH ANNOUNCEMENT

Make a special gift today! — Visit TIMGIVE.ORG/SHINE or text SHINE30 to 213-397-0682



30 years of faith, service, and love

For 30 years, your tremendous support of **Together in Mission** has directly helped thousands of students, families, and parishioners in underserved communities. Together, as ONE Catholic family, we have helped parishes and schools become thriving communities of faith – vibrant, alive, and rooted in the love of Christ. The extraordinary history and impact of our annual appeal inspire us to march forward toward a common horizon where the light of Christ is present.

In this 30th anniversary year, we prayerfully ask that you make a special gift and **shine His light** in an extraordinary way for all communities to see.

Because of you, we lovingly serve

15,000+
STUDENTS

500,000+
FAMILIES

Give today with the QR code



More than an average annual appeal

Together in Mission exclusively supports the most impoverished parishes and schools in the Archdiocese of Los Angeles. This annual appeal is an opportunity for people to join in action – as one united family. Join us in celebrating the generational support that has been sustaining faith communities for 30 years.



TOGETHER IN MISSION

The Archdiocese of Los Angeles • Office of Annual Appeals • 3424 Wilshire Blvd., 6th Floor • Los Angeles, CA 90010

****ALL MEN ARE WELCOME****

Consecration to St. Joseph! Join the 33-Day Prayer Challenge

Starts
February
15th
2023

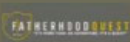
Ends
March
19th
2023



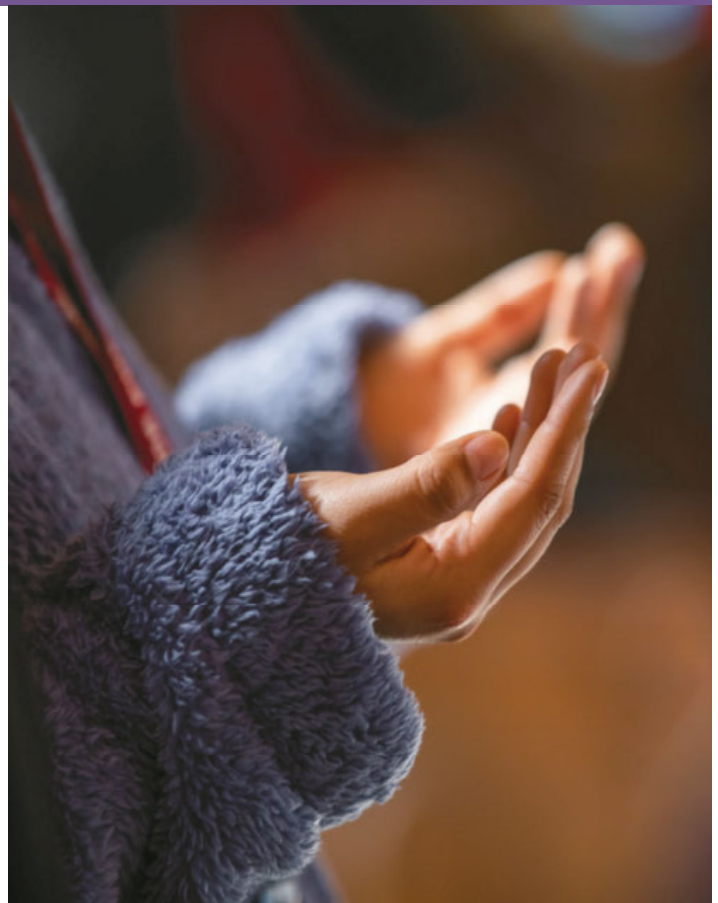
*Prayers
packet sent
upon request
or download
from Parish
website*



Join other Men in your community this LENT season in a Journey of Prayer & Preparation as we journey with St. Joseph. Pray by yourself at home or join other men to pray as a group.



FOR MORE INFORMATION CONTACT US AT:
(626) 470-7579 (CALL/TEXT)
EMAIL: FATHERHOODQUEST@GMAIL
[HTTPS://SACREDHEART.CC/FATHER-QUEST](https://SACREDHEART.CC/FATHER-QUEST)



YOUTH MINISTRY & HIGH SCHOOL CONFIRMATION UPCOMING EVENTS

Spirit Night

**Sacred Heart Youth
Ministry**

February 21st, 2023
8:00am – 8:00 pm

Join us to support your organization all day by placing an order with us at our

West Covina location from 8:00 am to 8:00 pm and 20% of sales will be donated accordingly. Don't forget to mention "Sacred Heart Youth Ministry" upon ordering or including "Spirit Night" in the comment section when placing a pick-up or delivery order from the Chick-fil-A app. We cannot wait to see you!



NEW FIRE

LIFE NIGHT SCHEDULE

OLIVE TEEN

Sacred Heart Youth Events are open to ALL high school students. Students DO NOT need to be in the Sacred Heart Confirmation program in order to attend.

**SUNDAYS AT 7:00PM - 8:30 PM
CAVANAGH HALL**

MARCH 12TH

MARCH 26TH

APRIL 16TH

LIFE TEEN
Leading Teens Closer to Christ

HIGH SCHOOL Ministry

The purpose of High School Ministry is to provide a safe space for all Catholic high school students to gather and form community with one another. The students will be able to deepen their faith by reading scripture, praying the rosary, and engaging in fun activities.

7:00 PM - 8:30 PM

CAVANAGH HALL

SCHEDULE:

FEBRUARY 17TH

MARCH 3RD

MARCH 17TH

SACRED HEART SCHOOL ANNOUNCEMENT



Sunday March 5, 2023

Join us at the 1:30pm

360 W. Workman St. Covina 91723



- Meet our administrators and teachers
- Meet our parents and hear firsthand how SHS has benefited their children
- Learn more about our school including curriculum, activities, philosophy and Schoolwide Learning Expectations
- Learn more about the application and admission process
- Take a campus tour and see our beautiful learning environment
- It's time to secure your child's space in Sacred Heart's Catholic faith-based educational program.



Join **SHS** at our Annual
OPEN HOUSE

SHOWCASING all Grades TK-8

Sunday March 5, 2023

1:30-5:00pm

**NEW STUDENTS ENROLLMENT
FOR THE 2023-24 SCHOOL YEAR OPENS
FEBRUARY 23, 2023**

www.sacredheartcovina.com

(626) 332-7222

PARISH ANNOUNCEMENT

The Living Stations Of The Cross ministry will share a meditative, prayerful, and reflective presentation of our Lord's Passion. We invite everyone to come watch, as the Lord's walk to Calvary is brought to life, through narration, prayer, and music.

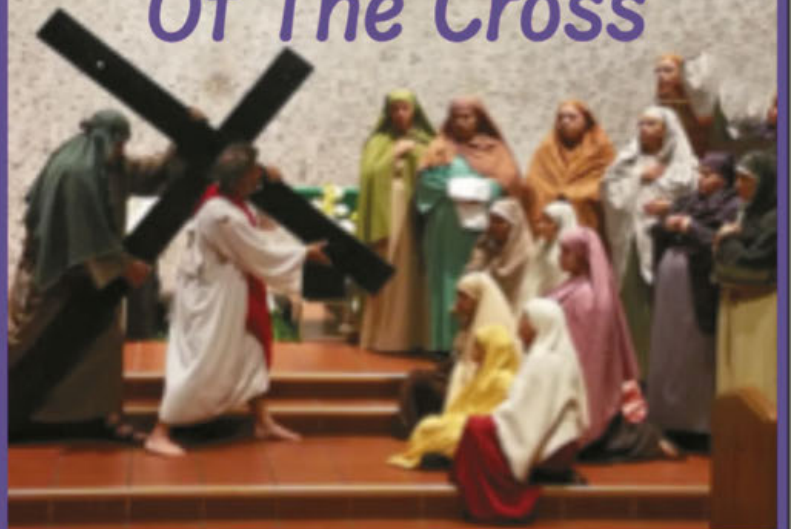
This is a family ministry open to all ages.
No need to sign up,
free admission.

For questions email:
Anitra Gil Director of Evangelize and Formation
anitra@sacredheart.cc

Friday, March, 3rd

7PM Inside Sacred Heart Church
(Followed by Confessions)

Living Stations Of The Cross



Parish Family Lenten Gathering

Soup & Jesus

Fridays at 6:15pm
March 10th, 17th, 24th, 31st
(Followed By Confessions)

We invite everyone to a simple Lenten soup meal
and an encouraging message.
This is a family ministry open to all ages.
No need to sign up, free admission.



If you would like to donate or be part of our Lenten Team email: Anitra Gil Director of Evangelize and Formation
anitra@sacredheart.cc

READINGS FOR THE FIRST SUNDAY OF LENT

Reading 1 [Gn 2:7-9; 3:1-7](#)

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

Then the LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil. Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

Responsorial Psalm [Ps 51:3-4, 5-6, 12-13, 14 and 17](#)

Be merciful, O Lord, for we have sinned.

Have mercy on me, O God, in your goodness; in the greatness of your compassion wipe out my offense. Thoroughly wash me from my guilt and of my sin cleanse me.

Be merciful, O Lord, for we have sinned.

For I acknowledge my offense, and my sin is before me always: "Against you only have I sinned, and done what is evil in your sight."

Be merciful, O Lord, for we have sinned.

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.

Be merciful, O Lord, for we have sinned.

Give me back the joy of your salvation, and a willing spirit sustain in me. O Lord, open my lips, and my mouth shall proclaim your praise.

Be merciful, O Lord, for we have sinned.

Reading 2 [Rom 5:12, 17-19](#)

Brothers and sisters: Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned. For if, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous.

Gospel [Mt 4:1-11](#)

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: *One does not live on bread alone, but on every word that comes forth from the mouth of God.*" Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: *He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone.*" Jesus answered him, "Again it is written, *You shall not put the Lord, your God, to the test.*" Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: *The Lord, your God, shall you worship and him alone shall you serve.*" Then the devil left him and, behold, angels came and ministered to him.



ANOINTING OF THE SICK ON

SATURDAY: MARCH 4, 2023

The faithful who desire to be anointed should attend the 8:15am Mass and immediately after Mass, the sacrament will be administered by one or more of our parish priests. It will follow Mass, with a five minute break, to allow those with other commitments to leave without interrupting the prayer of the sacrament.

WHO CAN BE ANOINTED?

The Sacrament of Anointing of the Sick --- is for those with a serious or chronic illness, physical, mental or emotional. It is for the baptized and normally for those over the age of reason (age 7) but for good reason young baptized children and infants can be anointed. This is not for the ordinary common illnesses we all get once or twice a year. It is for **SERIOUS** or **CHRONIC** illnesses, such as: heart disease, cancer, arthritis, emphysema, diabetes, physical disability or limitation, etc., etc. By "chronic" we mean a disease that may not be serious at the moment but will steadily grow worse (&/or never get better), such as a child or adult with asthma.

Those about to have **SURGERY** should be anointed. And it is encouraged that those who have reached age 65 be anointed once a year, without regard for medical condition.

HOW OFTEN SHOULD ONE BE ANOINTED?

Those with any serious or chronic illness should be anointed anytime their condition changes significantly. And again the Church lovingly encourages those 65 and over to be anointed once a year. For all others, we would recommend at least quarterly, that is every three months.



LECTURAS DEL DOMINGO

Primera lectura:

Dios formó al hombre del barro de la tierra y sopló en su nariz aliento de vida. (Gn 2,7)

Salmo: Ten piedad, oh Señor, porque hemos pecado. (Sal 51)

Segunda lectura:

Porque así como por la desobediencia de un hombre los muchos fueron constituidos pecadores, así también por la obediencia de uno, los muchos serán constituidos justos. (Romanos 5:19)

Evangelio:

En ese momento Jesús fue llevado por el Espíritu al desierto para ser tentado por el diablo. Ayunó durante cuarenta días y cuarenta noches. (Mt 4,1-2)

Lunes: Lv 19, 1-2. 11-18/Sal 18, 8. 9. 10. 15/Mt 25, 31-46

Martes: Is 55, 10-11/Sal 33, 4-5. 6-7. 16-17. 18-19/
Mt 6, 7-15

Miércoles: Jon 3, 1-10/Sal 50, 3-4. 12-13. 18-19/Lc 11, 29-32

Jueves: Est C, 12. 14-16. 23-25/Sal 137, 1-2. 2-3. 7-8/
Mt 7, 7-12

Viernes: Ez 18, 21-28/Sal 129, 1-2. 3-4. 5-7. 7-8/
Mt 5, 20-26

Sábado: Dt 26, 16-19/Sal 118, 1-2. 4-5. 7-8/Mt 5, 43-48

MEDITACIÓN DEL EVANGELIO

Preparados o no, ya estamos en el Primer Domingo de Cuaresma. Después de Navidad, escuchamos durante seis domingos de Tiempo Ordinario. Durante ese tiempo fuimos preparando el corazón para entrar en la Cuaresma, tiempo litúrgico que comienza con el Miércoles de Ceniza. Es un tiempo de preparación a la Pascua y termina el Jueves Santo, después de mediodía. También, es un tiempo intenso de preparación para los catecúmenos, quienes van a ser bautizados en la Vigilia Pascual. Los ya bautizados se preparan para celebrar la pasión, muerte y resurrección de nuestro Salvador.

La liturgia de hoy nos introduce al misterio de Cristo. Ayuno, limosna y oración son los elementos importantes de este tiempo. Es un tiempo de reflexión y conversión profunda para volver a Dios. El color litúrgico de este tiempo es el morado, color que significa penitencia. El Evangelio nos muestra el ayuno y las tentaciones de Jesús en el desierto. Cuarenta días de ayuno y oración y el rechazo de la tentación. La oración da fortaleza para rechazar al enemigo y el ayuno prepara el espíritu para arrepentirnos con hechos de nuestro enorme egoísmo, y de la falta de respeto a los demás. Es también, tiempo para hacer de la justicia un escudo que lleve a creer en el Evangelio de Jesús. Significa, también, esfuerzo para ajustar el cambio adecuado en nuestra vida a los criterios, enseñanzas y ejemplos de Cristo. Acompañar el recorrido hacia Jerusalén con un corazón dispuesto a morir en la cruz para resucitar gloriosos con Jesús.

READINGS FOR THIS WEEK

SUNDAY'S READINGS

First Reading:

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life. (Gn 2:7)

Psalm: Be merciful, O Lord, for we have sinned. (Ps 51)

Second Reading:

For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous. (Rom 5:19)

Gospel:

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights. (Mt 4:1-2)

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

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READINGS FOR THE WEEK

Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/
Mt 6:7-12

Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

Thursday: Est C:12, 14-16, 23-25/Ps 138:1-2ab,
2cde-3, 7c-8/Mt 7:7-12

Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 507a, 7bc-8/
Mt 5:20-26

Saturday: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

GOSPEL MEDITATION

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: **“He fasted for forty days and forty nights, and afterwards he was hungry.”** Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word “fast” means to “hold firmly.” We still use it that way when we say, “I held *fast* to my original decision.” We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. **“Man does not live by bread alone,”** he says, **“But by every word that comes forth from the mouth of God.”** Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

Father John Muir



FORMED AND FALLEN

There is a version of myself that walks into church on Ash Wednesday and a version of myself that walks into church on Good Friday. Aside from having the same face, these women bear very little resemblance to one another.

Ash Wednesday Me is fired up. She's ready to go. She's got a stomach full of *paçzki*, a forehead full of ashes, an oven full of fasting bread and a whole list of Lenten resolutions. She's got a plan for the next 40 days and she's ready to be transformed.

Good Friday Me is tired. She's lumbering into church dragging six weeks of failure and unfulfilled expectations behind her. Nothing went the way it was supposed to (again). She didn't accomplish what she wanted (again) and she doesn't want to dwell on it (again).

If Satan offered both versions of myself the same deal he offered Christ — *submit to me, and you will have the whole world* — I have to wonder: which one of these creatures, formed and fallen, would be strong enough to defy him? Would either?

I can't say that the chipper, optimistic woman on Ash Wednesday has more strength than the tired woman on Good Friday. To each of these women Satan offers an easy way out. But to each, too, Christ offers an abundance of grace and the gift of justification.

This Lent, I know that I will be tested. I know that I will fail in many ways. I know that my intentions and my best efforts will not be enough.

But I bring them to the altar anyway, and I leave them there as an offering. And I know that Easter morning will dawn, and the tomb will be empty.

“The gift is not like the transgression.”
— Romans 5:15

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- c. Do you plan to work after retirement?

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- c. Can you afford basic health coverage?

3. Cost of lifestyle

- a. Add up all your personal & household monthly expenses
- b. Which expenses will be eliminated after retirement?

4. Retirement income

- a. Would you qualify for social security pension?
- b. Would your employer offer a pension?
- c. Would your personal savings be enough to supplement your income?
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PARISH DIRECTORY

Parish Center & Parish Offices

| | | |
|--|-------------------------|-------------------|
| www.sacredheart.cc | (626) 332-3570 | Fax (626)967-4884 |
| Business Manager | Fernando Torres | (626) 332-3570 |
| Pastoral Council | Cindy Boulais | (626) 332-3570 |
| Finance Committee | Fernando Torres | 332-3570 |
| Bulletin Editor | José de la Rosa | 332-3570 |
| Bulletin articles, send to: | bulletin@sacredheart.cc | |

Parish School

| | | |
|-------------------------|--|----------|
| Claudia Tice, Principal | www.shs.cc | 332-7222 |
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Parish Departments & Ministry of:

| | | |
|--|--------------------------|----------------|
| Director of Elementary & Junior High Formation | Christy Murcia-Chavez | 331-7914 |
| | Christy@sacredheart.cc | |
| Director of Youth & Young Adult Formation | Melinda Evangelista | 331-7914 |
| | melinda-E@sacredheart.cc | |
| Worship Coordinator | Father Bill | 332-3570 |
| Adult Formation Coordinator | Tania Romo | (626) 525-1767 |
| Director of Evangelization and Formation | Anitra Gil | (213) 585-9272 |
| Business Admin | Fernando Torres | 332-3570 |

Liturgical Ministries

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|------------------------|---------------------|----------------|
| Altar Care | Marie Puga | (626) 221-4396 |
| Altar Servers | | |
| Music Director | | 374-2410 |
| Music Leader | Maria Siegrist | 485-0773 |
| Lectors | Ron Arcieniega | 332-3570 |
| Liturgical Environment | Ed & Carmen Aniceto | (818) 640-2960 |
| Ministers of the Altar | Helene Maietta | 332-3570 |
| Ministers to the Sick | Leo & Merly Inguito | 332-3570 |
| Usher Coordinator | Frank Reynoso | 332-3570 |

Outreach Ministries

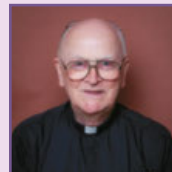
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| Bereavement | Karen McCurdy & Ken Nelson | 332-3570 |
| ESGV Homeless Shelter | Gus Corona | 641-9714 |
| Get On The Bus | Robert Martinez | 374-0794 |
| Our Daily Bread | Susan Cole | (626) 375-3895 |
| St. Vincent de Paul | Priscilla Dimitruk | 339-7580 |
| Safeguard the Children | | 332-3570 |
| Spanish Ministries | Marisela Gutierrez | 255-6046 |
| Thanksgiving Dinners | Ruth Queija | (626) 893-1072 |

Parish Organizations

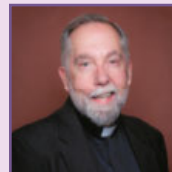
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| FATHERHOODQUEST | Nelson Murcia-Chavez | (626) 470-7579 |
| Cursillo | Fernando Torres | 332-3570 |
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| Scouting, Boys & Girls, all levels: Scouting Coordinator | | |



Rev. William T. Easterling, V.F.
FrBill@sacredheart.cc
(626) 913-1681
Pastor



Rev. Msgr. Brian Cavanagh
Pastor Emeritus



Rev. James Kelly
Associate Pastor



Rev. Albert Avenido
FrAlbert@sacredheart.cc
Associate Pastor

SACRAMENTS/DEVOTIONS

Baptisms: Most Sundays. Mandatory Baptism Preparation Class first Thursday of every month. Deadline to register is two weeks prior to the class. Please contact the Parish Center for further information.

Marriages: Congratulations! Please contact the Parish Center to meet with a priest or deacon at least six months prior to the intended date of marriage.

Priesthood & Religious Life: Young men and women interested in becoming a priest or a religious sister, or deacon, please call Father Bill.

Anointing of the Sick: First Saturday of the month, after the 8:15am Mass. If you or someone you know needs a visit because they have become seriously ill, call the Parish Center at any time.

Sacraments of Adult Initiation: If you are an adult interested in joining the Catholic Church or completing your sacraments, call the RCIA (Rite of Christian Initiation of Adults) Please contact Tania Romo, at (626)525-1767 or go to our website at www.sacredheart.cc.

Sacrament of Reconciliation: Confession are every Friday from 7:15pm to the last person, in the Parish Church.