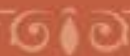




1ST SUNDAY OF LENT



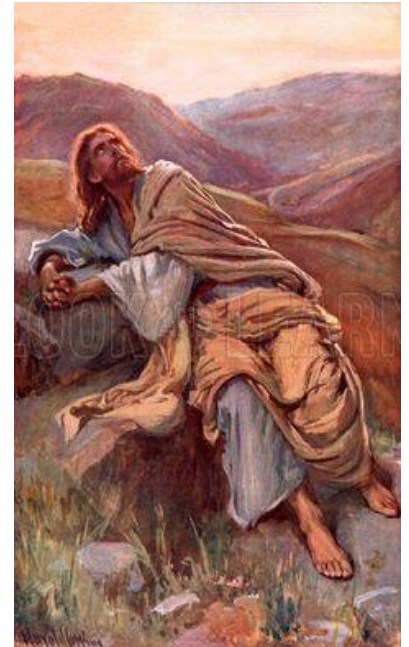
The devil said to him, "All this will be yours, if you worship me."
Jesus said to him in reply, "It is written:
You shall worship the Lord, your God,
and him alone shall you serve."

- Lk 4:6a, 7-8

REFLECTION

Discover True Greatness

One of the most fascinating moments in American history is when George Washington could have become the king of the newly liberated United States and didn't. As the height of his power and fame, on December 23, 1783, he resigned his commission as Commanders-in-Chief and went home. The astonished King of England remarked that in doing so, Washington was "the greatest man in the world." Greatness is often defined by what we could do but don't. Greatness is measured by the temptations we overcome. Jesus' greatness is revealed in his victory over temptations, too. The three offered him by the devil contain, we might say, all potential possible temptations food, power and fame. They correspond to the triple human needs of body, soul and spirit. In overcoming these three, he says "no" in essence to every and even the greatest temptation. We see that every desire of his humanity – body, soul and spirit – is perfectly united to God, to love. This is a power available to each member of his body. It is the path to true greatness. How can we, who so easily fall into even small temptations, find the power to overcome large ones? By entering into the great dynamics of Jesus' temptations. **Lenten challenge:** The first week of Lent, list some concrete ways you can overcome temptations that correspond with your desires. For example, you may give up snacks between meals, choose not to participate in an activity of which you are an expert, and decide to reduce social media posting by 50%. It may not seem like much, but by saying "no" to the tyranny of food, power, and fame (in this example), you'll discover true greatness. – Fr. John Muir



LENTEN SCHEDULE

Fridays – March 14, March 21, March 28, April 4, April 11 – Stations of the Cross at 7:00 p.m.
Fridays – March 14, March 21, March 28, April 4, April 11 – Stations of the Cross at 2:00 p.m.
Led by the school children.



Daily Scripture Readings (Read prayerfully, reflect on it, pray about it, listen to the Spirit.)

Monday: Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46 – **Tuesday:** Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15 – **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 130:1-8; Mt 5:20-26 – **Saturday:** Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48 - **Sunday:** Gn 15:5-12, 17-18; PS 27:1,7-9, 13-14; Phil 3:17-4:1; Lk 9:28b-36

NEWS UPDATES

EXPOSITION OF THE BLESSED SACRAMENT - Your faith will help you realize that it is Jesus Himself Who is present in the Blessed Sacrament, waiting for you and calling you to spend one special specific hour with Him each week. – St. John Paul II – Monday, Tuesday, Thursday, Friday – 9:00 a.m. – 6:00 p.m. and Wednesday – 2:00 p.m. – 8:00 p.m. in the church. Confession available from 6:00 p.m. – 7:00 p.m.

VOCATIONS – All the baptized have a vocation – A call from God. Your vocation has two aspects: First, you have a call to holiness; to become a saint; to engage the Holy Spirit in a lifelong journey of conversion to Jesus Christ. Second, your call is to a particular 'way of life' in the Church: as a married person, as an unmarried (single) person, as a priest, or a deacon or a member of a religious congregation. If you feel that God is calling you to the priesthood or religious life, go to: carcosa@oakdiocese.org to fill out the Vocation Inquiry Form.

First Sunday of Lent



INSPIRATION OF THE WEEK

Jesus is desperately hungry when the devil tells him to turn stone into bread. But his divine will is stronger than the weakness of his human body, and he resists the devil. In this season of fasting and self-denial, let's remember Jesus' strength.



PLEASE PRAY FOR THE SICK, especially, Pope Francis, Fr. Felix Quintero, Deacon Danny Wong, Antonia Gonzalez, Carole Alejandrino, Lino Bazan Jr. and those commended to our prayers.

PLEASE PRAY FOR THOSE WHO HAVE DIED RECENTLY especially, Fr. Kevin Joyce, Fr. John Coleman S.J., Dr. Merlin Venzon, Juan Escobar, and those commended to our prayers.

PLATE – March 1/2 - Sunday - \$14,034.78 – Thank you and God bless you.



MORE NEWS UPDATES

SCHOOL NEWS - Hornet Spotlight - Congratulations to our first ever Academic Decathlon Team! A team of 10 seventh graders (Zoe, Maddox, Kataleya, Moises, Liliana, Madalyn, Oscar, Ethan, Amalia, and Celyn) competed against 22 teams from the Oakland Diocese at Moreau Catholic High School. St. Bede took first place in the Logic Test! We are so proud of you! St. Bede completed a very successful WCEA Accreditation from February 26-28. We were joined by 6 educators from the Diocese of Sacramento and Diocese of Oakland to evaluate the effectiveness of our school and offer suggestions regarding our goals. The team was so impressed with our students, staff, and parent community! Great job St. Bede! **Journey with Us during Lent** - Beginning Friday, March 14, our students will be leading the school in the Stations of the Cross at 2 pm in the church. You are more than welcome to join our students in prayer. **Accepting Applications for 2025-2026** - Interested in joining our Hornet family? Apply online at stbedecatholicschool.org today. Schedule a personalized tour by calling 510-782-3444. Limited spots available in TK/Kindergarten and 6th grade.

SAN DAMIANO RETREAT – Online Lenten Journey this spring – An invitation for a Franciscan Contemplative Festival of Calm – Venue: Zoom Online Tuesday, March 11; March 18; March 25; April 1; April 8 – Cost: \$65.00 per person (includes recordings of each session). These presentations invites you on a journey of deep reflection and spiritual renewal, exploring the contemplative dimensions of Lent within the Franciscan tradition. We will delve into six key themes, drawing inspiration from the lives and writings of Franciscan mystics and illuminating the path to a more profound understanding of faith and transformation. For more information, please contact Shannon Ricco at 925-837-9141 x 307 or go to: <https://sandamiano.org/>

DOMINICAN SISTERS' CENTER OF EDUCATION & SPIRITUALITY – would like to invite you to share some wonderful upcoming events. Pray, learn, grow and have fun - a little something for everyone. Sunday, March 9, 2025 at 2:00 p.m. at the Dominican Center - Spring Faculty Concert – Our very talented School of Music Faculty will entertain you – Saturday, March 15, 2025 from 10:30 a.m. – 3:30 p.m. at the Dominican Sisters Wellness Center - Lenten Retreat Day - Sister Cecelia Canales OP, will guide you through a 'Pilgrimage of Hope' – Saturday, March 29, 2025 from 9:30 a.m. – 4:00 p.m. at the Dominican Center - Retirement and Purposeful Aging – Jim Briggs will shine some light on your future. Go to: www.msjdominicans.org to register.
