



# St. James Catholic Church

1275 B Street Davis, CA 95616-2003

Tel: (530) 756-3636 -- Fax: (530)756-5342

www.stjamesdavis.org

Office Hours: Monday - Friday 8am-4:30pm

## February 23, 2020 | Seventh Sunday in Ordinary Time

### MASS SCHEDULE

Saturday Vigil: 5:30pm

Sunday: 8am, 9:30am, 11:30am, 7pm

Domingo: 1:00pm (Spanish)

Newman Mass: 9 pm (during school year)

#### Weekday

Monday through Friday: 7:00am

Saturday: 8:00am

#### Reconciliation

Saturday: 4:00pm,

or by appointment

#### Adoration of the Blessed

#### Sacrament

Monday: 7:00am - 5:00pm

Thursday: 6:00pm - 9:00pm

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For Baptisms, Weddings, and Funerals, please call the office 530-756-3636 to make an appointment with Father Rey.

### Schedule for Ash Wednesday, February 26, 2020

7:00am-Mass

9:00am-Mass

12:00pm Liturgy of the Word with Distribution of Ashes

5:30pm-Mass

7:00pm-Misa en Español

St. Vincent de Paul Society  
Help Line: **530-979-4338**

### Nuestra Misión.-

La iglesia católica de St. James es una comunidad unida por la fe en Dios y nutrida por Jesus por medio de la Palabra y la Eucaristía. Guiados por el Espíritu Santo, compartimos el mensaje de esperanza, misericordia y amor. Buscamos justicia para todos por medio de la oración, formación de la fe, evangelización, compañerismo y justicia social. Invitamos a todos a la alegre celebración de nuestra Fé.

### Our

### Mission Statement--

St. James Catholic Church is a community united by faith in God and nourished by Jesus through both the Word and the Eucharist. Guided by the Holy Spirit, we share the message of hope, mercy, and love. We seek justice and righteousness for all through prayer, faith formation, evangelization, stewardship, fellowship, and social justice. We welcome all to the joyous celebration of our Faith.

### THIS WEEK'S MASS INTENTIONS

| <u>Day</u> | <u>Time</u> | <u>Intentions for</u>       |
|------------|-------------|-----------------------------|
| 2/24       | 7:00am      | AJ Hennerichs †             |
| 2/25       | 7:00am      | Mrs. Bergfeld †             |
| 2/26       | 7:00am      | Ash Wednesday-No Intentions |
| 2/27       | 7:00am      | Bishop Jaime Soto INT       |
| 2/28       | 7:00am      | Caridad Balean †            |
| 2/29       | 8:00am      | Joseena John INT            |
|            | 5:30pm      | Janice Ardans †             |
| 3/1        | 8:00am      | Boniface Yao Savi †         |
|            | 9:30am      | Mass for the People         |
|            | 11:30am     | Tom Lyons, Jr. †            |
|            | 1:00pm      | Enrique Avila †             |
|            | 7:00pm      | Ross Miles †                |

**Seventh Sunday in Ordinary Time  
February 23, 2020**

**TODAY'S READINGS**

**First Reading** — Take no revenge and cherish no grudge; love your neighbor as yourself (Leviticus 19:1-2, 17-18).

**Psalm** — The Lord is kind and merciful (Psalm 103).

**Second Reading** — You are the temple of God, and holy (1 Corinthians 3:16-23).

**Gospel** — Offer no resistance; love your enemies (Matthew 5:38-48).

**READINGS FOR THE WEEK**

**Monday:** Jas 3:13-18; Ps 19:8-10, 15; Mk 9:14-29

**Tuesday:** Jas 4:1-10; Ps 55:7-11a, 23; Mk 9:30-37

**Wednesday:** Jl 2:12-18; Ps 51:3-6ab, 12-14, 17; 2 Cor 5:20 — 6:2; Mt 6:1-6, 16-18

**Thursday:** Dt 30:15-20; Ps 1:1-4, 6; Lk 9:22-25

**Friday:** Is 58:1-9a; Ps 51:3-6ab, 18-19; Mt 9:14-15

**Saturday:** Is 58:9b-14; Ps 86:1-6; Lk 5:27-32

**Sunday:** Gn 2:7-9; 3:1-7; Ps 51:3-6, 12-13, 17; Rom 5:12-19 [12, 17-19]; Mt 4:1-11

**SAINTS & SPECIAL OBSERVANCES**

**Sunday:** Seventh Sunday in Ordinary Time

**Wednesday:** Ash Wednesday; Fast and Abstinence

**Weekly Collection**

| February |             |
|----------|-------------|
| 2/2/20   | \$15,919.39 |
| 2/9/20   | \$14,210.00 |
| 2/16/20  | \$10,888.09 |

**Up Coming Events:**

**2/24 Monday:**

-New Men's Reading Group-7pm  
-Eucharistic Adoration 8am-5pm

**2/25 Tuesday**

-RCIA Team Meeting-7pm

**2/26 Ash Wednesday:**

**7am & 9am Masses**  
**12pm-Liturgy of the Word & Distribution of Ashes**  
**5:30pm Mass**

**7pm Misa en Espanol**

-Women's Scripture Study-9:45am  
-Bereavement Ministry-10:30am  
--Bible Timeline: The Story of Salvation -6:45pm  
-RCIA -7pm  
-Newman Center Basketball-8pm

**2/27 Thursday-**

-Catholic Charities-6:30pm  
-35+ Adult Basketball-7pm

**2/28 Friday**

-Men's Scripture Study-7am  
-Soup Night and Stations of the Cross with St. Vincent de Paul-5pm

**2/22 Saturday:**

-The Bible Timeline: the Story of Salvation-9:30am  
-Reconciliation in Church-4pm  
-Mass-5:30pm

**2/23 Sunday:**

-Regular Mass Schedule

**STAFF AT ST. JAMES**

**Fr. Rey Bersabal, Pastor**

rbersabal@stjamesdavis.net

**Fr. Andres Emmanuelli, Parochial**

*Vicar*

aemmanuelli@stjamesdavis.net

**Deacon Sam Colenzo, ext. 261**

scolenzo@stjamesdavis.net

**Deacon Joe O'Donnell, ext. 209**

jodonnell@stjamesdavis.net

**Pattie Kelleher, Office Manager,**

pkelleher@stjamesdavis.net ext. 200

**Josephine Mislung, CFF,**

jmislung@stjamesdavis.net ext. 208

**Alma Ponce, FF Admin Asst ext.210**

faithformation@stjamesdavis.net

**Marcia Berry, Baptism, Marriage &**

*Facilities Manager* ext. 202

mberry@stjamesdavis.net

**Helen Linz, Music Minister ext. 206**

hlinz@stjamesdavis.net

**Leslie Kuss, Pastoral Care**

leslie.kuss@gmail.com (530) 902-0053

**Kathryn Thorpe, Pastoral Care**

kthorpe@dcn.org (530)792-1069

**Michelle Elfrink, Bookkeeper**

melfrink@stjamesdavis.net ext. 205

**R.C.I.A-Rite of Christian Initiation**

**for Adults-Maria Saldana**

rcia@stjamesdavis.net ext. 207

**PARISH SCHOOL**

Office: (530) 756-3946

**Heather Church, SJS Principal**

hchurch@sjsdavis.com

**NEWMAN CENTER**

**Vince Nims, Director**

www.davisnewman.org

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**For Baptisms, Weddings, and Funerals, please call the office 530-756-3636 to make an appointment with Father Rey.**

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**First Sunday Hospitality after the 8am, 9:30am, 11:30am, and 1pm masses on March 1st.**

**Please join us for refreshments and good conversation in the Asmundson Room.**

## 2020 LENTEN REGULATIONS

Ash Wednesday, February 26, marks the beginning of Lent. Lent is a season in which the faithful are called to reflect on the Paschal Mystery more intently. It is a time of spiritual renewal and to examine one's relationship with God and others more carefully. It is also a time in which catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through prayer, fasting, and almsgiving.

### FASTING AND ABSTINENCE

In order to foster a spirit of repentance and unite ourselves more closely to Christ, Church law requires the observance of Abstinence and Fasting (CIC - Code of Canon Law, 1249-1253) during Lent. 1. Abstinence: All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent. Other forms of abstinence, including abstinence from alcoholic beverages, television, video games, the internet and social media, are also beneficial. 2. Fasting: Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday). It is desirable that they perform some other pious act instead.

### PRAYER

Catholics are urged to read and pray with sacred Scripture more intently during Lent, and to deepen their faith by reading the Catechism of the Catholic Church. The faithful are encouraged to participate in special devotions offered by the parish, especially parish penance services and Eucharistic adoration. Other devotions such as the Rosary, the Divine Mercy Chaplet, visits to the Blessed Sacrament, and praying for vocations to the priesthood and religious life are also encouraged.

### ALMSGIVING

From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church, especially through their local parish and the Annual Catholic Appeal. The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison, remembering the words of our Lord Jesus Christ who said, "As you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40). Fasting and abstinence together with almsgiving and charitable works unites us to the crucified Christ reflected in the image of our brothers and sisters who suffer.

### DONATIONS NEEDED

For Confirmation Reception on 3/2 & 3/3



- bottled water
- juice
- lemonade
- cupcakes
- cookies
- fruit

\*Please drop off items at the office before 2/15/20.

-We can also use some parent helpers to help volunteer before and after the 6:00PM mass. Please email Alma or Josephine if you can help.

***Thank you for your generous donations!***

### Little Black and Purple Books for Lent

Little Black Books are available to help guide you on your Lenten journey. Children's Little Purple Books are for elementary school age children with activities on following Jesus. This year the Little Black Book with 6 minute daily reflections for **Lent 2020** contains reflections based on the Sunday Gospels during Lent and are available in both English and Spanish. Look for the Table outside after Masses on the weekends of Feb 22nd/23rd and Feb 29th/March 1st or after any of the Ash Wednesday services. *'Spend some quiet time with the Lord.'*



Welcome to the first week of our Lenten program, ARISE. If you have signed up for our program you should have received a book from your group's facilitator. If you have not received your Book please call Tom at 530-758-6566.

The first week we will be exploring "Life Choices". Please read from page 11 to 20 prior to this this week's meeting. The focus is:

- Lent is a time to review our life choices, to measure them against scripture.
- Lent as a time to get in touch with who we really are, and who we are called to be.
- And finally, Lent as a time to review our relationship ...with the world, with others and with God.

## ENVIRONMENTAL JUSTICE

*The New Zealand bishops ask what the commandment "Thou shalt not kill" means when "twenty percent of the world's population consumes resources at a rate that robs the poor nations and future generations of what they need to survive." (Laudato Si, #95)*

Lent is an appropriate time to consider seriously how our lifestyles affect others around the world. What is the true cost when young Mexican and Chinese women are working 16 hour shifts in dismal conditions so that we can buy cheap clothing at an "amazing price?"

## WANT TO ADVERTISE YOUR EVENT IN THE BULLETIN?

It's simple! Simply write up an article and submit it to [bulletin@stjamesdavis.net](mailto:bulletin@stjamesdavis.net). Articles must be submitted by the Monday before the actual bulletin date at noon. Don't forget that all information in the bulletin is subject to editing by our Clergy. If you have questions please call Pattie at 530-756-3636.



## EUCCHARISTIC ADORATION

Spend an hour with the Lord.  
**ADORATION HOURS;**  
**Monday:** After 7:00am Mass Until 5:00pm.  
**Thursday:** 6:00 til 9:00pm in St. James Chapel.

### Schedule Change:

There will not be Adoration on Thursday, February 27th and Monday, March 2 due to Confirmation and it's rehearsals.

## NEWMAN NEWS

As we draw near to the end of Winter Quarter and the start of Lent, the Newman Catholic Center is happy to announce an **Ash Wed Mass on Campus on Wednesday, 2/26, at 7 PM, in the ARC-Pavilion.** This is, in fact, the basketball stadium, among other things. We encourage you to join us as we enter the desert time. The three Newman Centers, Davis, Sacramento and Chico are igniting a new opportunity for all collegiate-aged young adults: The College Summit. This is a large scale conference/retreat taking place April 24-26, in Richardson Springs. Registration and details will launch on Ash Wed. For more information, please go to [davisnewman.org](http://davisnewman.org)



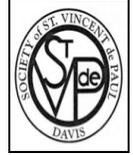
**Love Crab???**  
**Love to Dance???**  
**Come enjoy some Crab, Pasta, Salad and Bread with your St. James Community on Saturday, March 7th!**

It is ALL YOU CAN EAT!!! Don't forget to bring your own melting pots for the butter, or you can purchase a kit at the front door. This fundraiser benefits both the school, and the 8<sup>th</sup> grade class. All tips go to the 8<sup>th</sup> grade "Class Trip" fund. If you are interested in buying tickets, please contact the school office at 530-756-3946. \$50/person until February 21<sup>st</sup> \$60 after. Tickets sell out fast!

Thank you for supporting St. James School. Hope to see you there!

## The Vincentian Corner

February 23, 2020-Seventh Sunday in Ordinary Time  
*In today's Gospel, Jesus challenges us by saying: "So be perfect just as your heavenly Father is perfect.*



The Christian ideal calls for each of us do his or her best to achieve the perfection demanded of us by Jesus each time that we reach out to one of our brothers or sisters in need. We are called to help the poor so that they will be able to help themselves and thus rise out of their poverty in a way that is in harmony with their human dignity. In 2005, the United States Conference of Catholic Bishops issued a document, Seven Themes of Catholic Social Teaching, which included the following statement: "The person is not only sacred but also social. How we organize our society – in economics and politics, in law and policy – directly affects human dignity and the capacity of individuals to grow in community. . . We believe people have a right and a duty to participate in society, seeking together the common good and well-being of all, especially the poor and vulnerable." As Vincen-tians and Christians, we believe that as the Body of Christ, we form a community dedicated to assuring the dignity of every one of our neighbors.

## FORGIVENESS

People who cannot forgive others break the bridge over which they must pass if they are to reach heaven; for everyone has a need to be forgiven.

—George Herbert

## FINANCIAL COURSE TO BE OFFERED AT ST. JAMES, MARCH 3-MAY

Is one of your New Year's resolutions to put your wallet on a diet? Are you hoping to make some positive changes but need cash to reach your goal? Then, please join us for Financial Peace University course at St. James! This 9-week financial literacy course will be held on Tuesday's from 6:30-8:30 pm in the St. Ignatius Room, Starting March 3<sup>rd</sup>. We will discuss how money affects your relationships, budgeting and setting up a plan for your money, getting out of debt, planning and saving for the future and making responsible money decisions. The cost per family is \$109.00 for the workbook materials and access to online course presentations. **Partial scholarships are available**, by speaking to Fr. Rey. Register for the course at: <https://www.fpu.com/1088074>. For questions, please contact Jeannette Velez at 916-947-6527 or Melissa Scheaffer at 530-312-2644.

## Extended Care Aide opening at St. James School

Currently, we are looking for after school Extended Care Aide. The hours are 2:30-5:00pm or 6:00pm with a starting rate of \$13/hour.

Duties include preparing daily snack, homework help and inside/outside supervision. We are looking for people that are available the rest of this school year (now-May 29,2020) as well as next school year. If you are interested, please send your resume and cover letter to:

Mrs. Makin  
Extended Care Director  
St. James School  
[bmakin@sjsdavis.com](mailto:bmakin@sjsdavis.com)



Do you have blessed palms from years gone by around your house? Bring them to Church and put them in the baskets in the Foyer and they will be burned and distributed on Ash Wednesday. Any questions call the parish office at 530-756-3636

## ST. JAMES SCHOOL— PARISH CONNECTION

St. James School students and families live their faith. Although the Daughters of the Holy Spirit, who founded our school in September 1965, are no longer with us, their mission and legacy of service to the poor and dedication to social and environmental justice remains a real presence at St. James School. This school year, our community is actively engaged in the following service projects: Yolo County Food Bank canned food drive; raised money for Catholic Relief Service Bahamas hurricane aid; Liga International backpack and aid donation; Chips for Kids toy drive; donations for the Interfaith Rotating Winter Shelter; supplies collected for Mustard Seed School; Newman Center support; supplies and donations collected for Shriners Hospital; and "A Different Kind of Paper Drive" starting on Ash Wednesday. It is through our participation in these projects that we are demonstrating Christian service and filling a great need for these organization. At St. James School, our students and families seek to help improve the lives of those around them both locally and globally  
~Heather Church, Principal

## A DIFFERENT KIND OF PAPER DRIVE February 29 & March 1



The simplest products we use daily can be out-of-reach financially for many people. Our parish Society of St. Vincent de Paul will collect household paper supplies and will distribute them to needy families. Please help with your contributions of **un-opened packages of toilet paper, paper towels, Kleenex, aluminum foil, plastic wrap, ziplock bags, and cleaning wipes.**

Please bring your donated item(s) to mass with you on **February 29/March 1** and place in donation boxes at the church entrance. Thank you.

## MARCH WEDDING ANNIVERSARIES AND BIRTHDAYS

Do you have a wedding anniversary or birthday in March? Fr. Rey would like to recognize both on the first Sunday of March, during Mass.

**For Wedding Anniversaries**, email your information to Marcia at [mberry@stjamesdavis.net](mailto:mberry@stjamesdavis.net).

**For Birthdays**, you will be asked to stand up for a blessing. If you would like your name published in the bulletin, please also email Marcia at [mberry@stjamesdavis.net](mailto:mberry@stjamesdavis.net)



Assisting people in need

## TODAY WE JOIN TOGETHER THROUGH THE ANNUAL CATHOLIC APPEAL

We may not all be social workers, yet through the Annual Catholic Appeal, the whole Catholic community leans in to help our Catholic charities...and our own parish...providing support to programs and ministries that help lift our neighbors and friends out of poverty.

The Annual Catholic Appeal is dedicated solely to the social mission of the Church here in Northern California. Last year, 261,000 people were helped through Appeal-funded charitable works. Please be as generous as you can. Every gift makes a profound difference in someone's life.

## THE MARRIAGE MINISTRY CORNER

Your religious faith can greatly enhance your married life, but you and your spouse may have different levels of faith commitment. Learn how to reconcile those differences. Join our Evenings for the Engaged program. Call Marcia Berry at 530-756-3636 or email [mberry@stjamesdavis.net](mailto:mberry@stjamesdavis.net).

**23 DE FEBRERO  
DE 2020  
SEPTIMO DOMINGO  
DEL TIEMPO  
ORDINARIO**

**LECTURAS DE HOY**

**Primera lectura** — No te vengues ni guardes rencor, ama a tu prójimo como a ti mismo (Levítico 19:1-2, 17-18).

**Salmo** — El Señor es compasivo y misericordioso (Salmo 103 [102]).

**Segunda lectura** — Tú eres templo de Dios y eres santo (1 Corintios 3:16-23).

**Evangelio** — No ofrezcas resistencia; ama a tus enemigos (Mateo 5:38-48).

**LECTURAS DE LA  
SEMANA**

Lunes: Stgo 3:13-18; Sal 19 (18):8-10, 15; Mc 9:14-29

Martes: Stgo 4:1-10; Sal 55 (54):7-11a, 23; Mc 9:30-37

Miércoles: Jl 2:12-18; Sal 51 (50):3-6ab, 12-14, 17; 2 Cor 5:20 — 6:2; Mt 6:1-6, 16-18

Jueves: Dt 30:15-20; Sal 1:1-4, 6; Lc 9:22-25

Viernes: Is 58:1-9a; Sal 51 (50):3-6ab, 18-19; Mt 9:14-15

Sábado: Is 58:9b-14; Sal 86 (85):1-6; Lc 5:27-32

Domingo: Gn 2:7-9; 3:1-7; Sal 51 (50):3-6, 12-13, 17;

Rom 5:12-19 [12, 17-19]; Mt 4:1-11

**LOS SANTOS Y OTRAS  
CELEBRACIONES**

**Domingo:** Séptimo Domingo del Tiempo Ordinario

**Miércoles:** Miércoles de Ceniza; Ayuno y abstinencia

**Séptimo Domingo del  
Tiempo Ordinario**

**23 de febrero de 2020**

Sean santos, porque yo, el Señor, soy santo.

— Levítico 19:2b



**UNA MANERA DIFERENTE  
DE REPARTIR PAPELES**

**Febrero 29 y Marzo 1**

Los productos más simples que usamos a diario pueden ser difíciles de lograr para muchas personas.

La sociedad de St. Vicente de Paul de nuestra parroquia va a colectar productos de papel de uso doméstico y los va a repartir a familias que los necesiten. Por favor ayude con su contribución de paquetes sellados de papel higiénico, toallas de papel, Kleenex, papel de aluminio, papel plástico, bolsas plásticas con cierre y toallitas limpiadoras.



**Hoy nos unimos a través del  
Llamado Católico Anual**

Puede que no todos seamos trabajadores sociales, pero a través del Llamado Católico Anual, toda la comunidad se une para ayudar a nuestras organizaciones católicas caritativas.... Y a nuestra propia parroquia, brindando apoyo a programas y ministerios que ayudan a sacar a nuestros vecinos y a amigos de la pobreza.

El Llamado Católico Anual está dedicado exclusivamente a la misión social de la Iglesia aquí en el norte de California. El Año pasado, 261.000 personas recibieron ayuda a través de obras de caridad financiadas por el Llamado Católico Anual. Por favor sea lo más generoso como pueda. Cada donativo hace una profunda diferencia en la vida de alguien.

**Para recepción de confirmación el 3/2 y 3/3**



- agua embotellada
- jugo
- limonada
- panecitos
- galletas
- Fruta

\* Por favor, deje los artículos en la oficina antes del 15/02/2020.

-También podemos usar algunos ayudantes para padres para ayudarnos como voluntarios antes y después de la misa de las 6:00 PM. Envíe un correo electrónico a Alma o Josephine si puede ayudar.

¡Gracias por sus generosas donaciones!

## Reglamentos y Admoniciones Cuaresmales del 2020

El 26 de febrero 2020, Miércoles de Ceniza, emprendemos otra vez el recorrido cuaresmal durante el cual procuramos profundizar nuestra conversión. La cuaresma nos prepara para celebrar el Misterio Pascual de la pasión, muerte y resurrección de Cristo. Es tiempo de reflexión y renovación espiritual, tiempo de examinar nuestra relación con Dios y con los demás. También es un momento en el cual los catecúmenos se preparan para recibir el Sacramento de Iniciación en la Vigilia Pascual. La Iglesia también llama a los católicos a adoptar un espíritu de penitencia, especialmente la práctica de los "Actos Religiosos": el ayuno, la oración y la limosna, "que expresan la conversión con relación a si mismo, con Dios y con los demás". (Catecismo de la Iglesia Católica Nos. 1969 y 1434).

### AYUNO Y ABSTINENCIA

Para fomentar el espíritu de penitencia y reparación por el pecado y unirnos más estrechamente con Cristo, la ley de la Iglesia requiere que se observe, durante la Cuaresma, el ayuno y la abstinencia (CIC, nos. 1249-1253).

**1. Abstinencia:** Todas las personas que hayan cumplido los 14 años de edad tienen la obligación de **abstenerse de comer carne el miércoles de Ceniza y todos los viernes de Cuaresma**. Otras formas de abstinencia durante la Cuaresma serían: abstenerse de bebidas alcohólicas, televisión, videojuegos, internet, redes sociales y otros dispositivos electrónicos. La Cuaresma es espiritualmente beneficiosa.

**2. Ayuno:** Todas las personas, de 18 años hasta los 59, tienen la obligación de **ayunar el miércoles de Ceniza y el Viernes Santo**. El ayuno es opcional en otros días de la cuaresma, especialmente los miércoles y viernes, es sumamente recomendable.

Generalmente, el ayuno consiste de una sola comida completa al día. Se pueden ingerir otras dos comidas pequeñas suficientes para mantener las fuerzas, pero juntas no deben ser equivalentes a una comida completa. No está permitido comer entre las comidas, pero si está permitido ingerir líquidos. En casos en que peligre la salud o la capacidad de trabajo, no se aplican las leyes del ayuno y abstinencia. Si se tienen dudas al respecto, se ha de consultar con un sacerdote de la parroquia o con un confesor. Los que trabajan en los aeropuertos, los viajeros y otras personas que se encuentren a bordo de barcos o aviones están exentos de las leyes de ayuno y abstinencia mientras dure su viaje (excepto el Viernes Santo). En su lugar, conviene que practiquen algún otro acto piadoso.

### ORACIÓN

Con el fin de profundizar nuestro amor por Cristo, los católicos debemos orar y meditar las Sagradas Escrituras; estudiar el Catecismo de la Iglesia Católica; participar en los actos piadosos que ofrezca nuestra parroquia; y orar con mayor fervor individualmente, en familia y en comunión con otras personas. A los fieles se les exhorta a que recen el rosario, visiten al Santísimo Sacramento y oren, especialmente por las vocaciones al sacerdocio y a la vida consagrada, y por la paz mundial.

### LIMOSNA

El acto de dar a los pobres, es la más antigua tradición de la Iglesia, es una expresión de penitencia, una forma piadosa, un testimonio de caridad fraterna y una expresión de conversión cuaresmal. Por consiguiente, a todos los católicos se les pide que ayuden generosamente a las obras caritativas de la Iglesia, incluyendo las contribuciones regulares a su parroquia y a la Campaña Católica Anual que responden con generosidad a los pobres y los vulnerables por medio de Caridades Católicas, la educación de los seminaristas y niños en las escuelas Católicas, y programas de servicio social en su parroquia local.

Se les invita también a que ayuden de diferentes maneras a los enfermos, a los necesitados, a los ancianos y encarcelados. El ayuno y la abstinencia junto con las obras de caridad ayudan al católico a vivir en solidaridad con Cristo crucificado reflejado en la imagen de sus hermanos y hermanas que sufren.



## LA REGISTRACION PARA LA FORMACION DE LA FE DEL 2020-2021 COMIENZA EN LA PRIMAVERA

Abril para los estudiantes que continúan.

Mayo – Parroquianos

Julio – No parroquianos, con carta de aprobación del Párroco.

La registración se cierra en agosto. Las clases comienzan el 13 de septiembre. Habrá más información en los próximos meses. Si tiene preguntas puede conectarse con

Josephine al: [jmislant@stjamesdavis.net](mailto:jmislant@stjamesdavis.net) o al 530 756-3636 x 208



## Miércoles de Ceniza

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## ***Weekly Bulletin***

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| <p>This bulletin will be transmitted on<br/><b>February 19</b></p> |
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