

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

March 15, 2020 | Third Sunday of Lent

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

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

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>
3/16	7:00am	Naoko Contreras ✠
3/17	7:00am	Alexandra Gormley INT
3/18	7:00am	Geraldine Scherder ✠
3/19	7:00am	Msgr. James Torantino ✠
3/20	7:00am	Pope Francis INT
3/21	8:00am	Ana Rosa Ruelas ✠
	5:30pm	Giulio Rinaldo Bartolini ✠
3/22	8:00am	Mass for the People
	9:30am	Marjorie Hernandez ✠
	11:30am	Tom Lyons, Jr. ✠
	1:00pm	Ruben Rodriguez ✠
	7:00pm	James Campbell ✠



Stations of the Cross
in English will be
held every Friday at
5:30pm during Lent.

Spanish Stations of the Cross will be
held every Friday at 6:30pm.

Two Exceptions are on April 3rd.
English Stations of the Cross will be
at 4:30pm. April 3rd in Spanish has
been cancelled.

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

Third Sunday of Lent March 15, 2020

TODAY'S READINGS

First Reading — When the people grumbled to Moses for water in the desert, the Lord heard and brought forth water from the rock for all to drink (Exodus 17:3-7).

Psalm — If today you hear his voice, harden not your hearts (Psalm 95).

Second Reading — God's love has been poured into our hearts through the Holy Spirit (Romans 5:1-2, 5-8).

Gospel — Ask, and you will be given living water so that you will never thirst again (John 4:5-42 [5-15, 19b-26, 39a, 40-42]).

READINGS FOR THE WEEK

Monday: 2 Kgs 5:1-15b; Ps 42:2, 3; 43:3, 4; Lk 4:24-30

Tuesday: Dn 3:25, 34-43; Ps 25:4-51b, 6, 7bc, 8-9; Mt 18:21-35

Wednesday: Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19

Thursday: 2 Sm 7:4-5a, 12-14a, 16; Ps 89:2-5, 27, 29; Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24a or Lk 2:41-51a

Friday: Hos 14:2-10; Ps 81:6c-11ab, 14, 17; Mk 12:28-34

Saturday: Hos 6:1-6; Ps 51:3-4, 18-21ab; Lk 18:9-14

Sunday: 1 Sm 16:1b, 6-7, 10-13a; Ps 23:1-6; Eph 5:8-14; Jn 9:1-41[1, 6-9, 13-17, 34-38]

SAINTS & SPECIAL OBSERVANCES

Sunday: Third Sunday of Lent

Tuesday: St. Patrick

Wednesday: St. Cyril of Jerusalem

Thursday: St. Joseph; Spring begins

Friday: Abstinence

Blessing of Easter Baskets

Fill a basket with foods to be shared and eaten on Easter Sunday. Bring it to the Church to be blessed on Holy Saturday, April 11th at 12pm. Contact Pat Colenzo at 530-756-7388 for more information.

Up Coming Events:

3/16 Monday:

- Eucharistic Adoration-8am-5pm
- Newman Center Finals Hospitality-4pm

3/17 Tuesday

- Newman Center Finals Hospitality-4pm
- Adult Basketball-7pm
- Financial Peace University Class-7pm
- Adult Basketball-7pm

3/18 Wednesday

- Women's Scripture Study-9:45am
- Bereavement Ministry-10:30am
- Newman Center Finals Hospitality-4pm
- Bible Timeline: The Story of Salvation-6:45pm
- RCIA -7pm
- Newman Center Basketball-7pm

3/19 Thursday

- Newman Center Finals Hospitality-4pm
- 35+ Adult Basketball-7pm
- Lenten Penance Service-7pm**

3/20 Friday

- Men's Scripture Study-7am
- English Stations of the Cross-5:30pm
- Hispanic Stations of the Cross-6:30pm

3/21 Saturday:

- Reconciliation in Church-4pm
- Mass-5:30pm

3/22 Sunday:

- Newman Hispanic Meeting-2pm
- 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,

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Alma Ponce, FF Admin Asst ext.210

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Marcia Berry, Baptism, Marriage &

Facilities Manager **ext. 202**

mberry@stjamesdavis.net

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Leslie Kuss, Pastoral Care

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

Kathryn Thorpe, Pastoral Care

kthorpe@dcn.org **(530)792-1069**

Michelle Elfink, Bookkeeper

melfink@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

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

Weekly Collection

3/1/2020	\$16,827.05
3/8/2020	\$11,228.42

Third Sunday of Lent March 15, 2020

While we were still sinners Christ died for us.

— Romans 5:8

St. James Lenten and Easter Schedule 2020

Fridays during Lent

Stations of the Cross

5:30pm—English

6:30pm—Español

Thursday, March 19, 2020

Communal Penance Service

7pm (Sacrament of Reconciliation)

Friday, April 3, 5:30pm

4:30pm Stations of the Cross,

1st Friday Mass & Evening Retreat

with Fr. Brian Atienza, J.C.L.

Hispanic Stations of the Cross—Cancelled

Sat/Sun April 4/5

Passion-Palm Sunday

Regular Mass Schedule

Holy Thursday, April 9

Mass of the Lord's Supper, Washing of the Feet

7pm--Misa bilingüe/Bilingual Mass

Keep watch with Jesus until Midnight

Good Friday, April 10

12pm—Children's Stations of the Cross

3pm—Solemn Good Friday Liturgy of the Lord's
Passion/

Veneration of the Cross

5:30pm--Stations of the Cross

Holy Saturday, April 11

8:15pm Easter Vigil

Bilingual Prayers of the Faithful

****No 5:30pm Mass****

Easter Sunday, April 12

8, 9:30, 11:30am

1:00pm--Misa en Español

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.



Welcome to the 4th Week of our Lenten program, ARISE. The focus of this weeks chapter "Children of Light" is....

Lent is a time to contemplate:

- By baptism we are children of light.
- What does it mean to live as "children of light?"
- The church as the home for all God's family! What does this mean for us and what does this mean for others?

Have a safe and blessed week as we continue our Lenten Journey. Thank you for your continued prayers of support for the ARISE program here at St. James, in the Diocese and throughout the world.

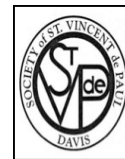
ENVIRONMENTAL JUSTICE

"The alliance between the economy and technology ends up sidelining anything unrelated to its immediate interests. Consequently the most one can expect is a superficial rhetoric, sporadic acts of philanthropy and perfunctory expressions of concern for the environment, whereas any genuine attempt...to introduce change is viewed as a nuisance based in romantic illusions or an obstacle to be circumvented." (Laudato Si, #54)

Can we cultivate the ability to consider economic ideas brought to the table by those with different philosophies? Indigenous people have much real-life experience in caring for and enhancing the land. People living in poverty generally know the needs of their communities better than outsiders, however well-intentioned. Practicing listening and seeing from others' points of view can be instructive and lead to breakthroughs in understanding.

The Vincentian Corner

March 15, 2020-Third Sunday in Lent



In today's Gospel, Jesus says "My food is to do the will of the one who sent me and to finish his work." During Lent, the church tells us to surrender his money in alms, our bodies in fasting, and our spirits in prayers. May Jesus gift us with his presence this Lent as we fast from self-concern to feast on compassion for others.

The late Bishop Ken Untener of Saginaw, Michigan requested that every meeting in his diocese should begin with the question, "How shall what we are doing here affect or involve the poor?" He also said: "This must be addressed to the **poor** poor. They are the ones who get left out because they're not part of what we did yesterday or today. The other kinds of poor people are part of our lives, and we need to be concerned about them. But I want us to connect with the **poor** poor. If we deal with them, all the rest will follow." In what ways do you "affect and involve" the poor? Our St. James Conference of the Society of St. Vincent de Paul meets this Thursday (7:00 pm, St. Patrick Room) and every third Thursday of each month to discuss and plan for our parish outreach to the needy in our community. Consider joining us in our mission of charity.

St. James Extended Care Help Needed

St. James School is a TK-8th grade Catholic Elementary School in Davis. 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



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.

Church Photo Directory



THE NEW PICTORIAL DIRECTORIES ARE HERE!

The new parish directories have arrived! If you had your pictures taken you receive a free Pictorial Directory. Please stop by the Pastoral Offices Monday—Friday, 8am to 4:30pm.

WISDOM

A wise old owl lived in an oak.
The more he saw the less he spoke.
The less he spoke the more he heard.
Why can't we all be like that wise old bird?
—English nursery rhyme

THE MARRIAGE MINISTRY CORNER

Sometimes we're not even aware how important our faith is to us! Discussing your faith with each other can be an enriching experience. We can help get that conversation started.

Join our Evenings for the Engaged program. Call Marcia Berry at 530-756-3636 or email mberry@stjamesdavis.net.

CANCELED

3/21/2020

FIRST COMMUNION **RETREAT CANCELED**

Due to the California Department of Public Health, all events where large numbers of people gather are to be canceled this month.

We will put together a packet of information for the children to do at home with their families.

Thank you for your understanding.



HAPPY LENT!

**No Faith Formation classes on
4/5 and 4/12!!
Classes resume on 4/19.**

Check out these site for children's resources:

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/len/activities-and-resources/lenen-activities-for-children>

<https://catechistsjourney.loyolapress.com/resources/40-ideas-for-40-days/>

Healing Mass & Anointing of the Sick

**St James Church, Davis
10 AM, Saturday, March 28**

***"I sought the Lord, who answered me,
delivered me from all my fears." (Psalm 34:5)***

**Please join us this Lent in offering up to our Lord our requests
and prayers for family, friends, and ourselves!**

Include this special service as a part of your Lenten journey and experience the benefit from this healing sacrament. The opportunity to receive the Sacrament of the Anointing of the Sick will be available for Catholics as well as a blessing of healing for non-Catholics. If you have any questions about the Mass or know of a home-bound person who might benefit from this sacrament, please email Rita: rmi-guel50@att.net

ST. JAMES SCHOOL— PARISH CONNECTION

St. James School enriches our students' education with a strong dedication to the visual and performing arts. Our Kindergarten through 5th grade students attended a *ZunZun* assembly, which celebrated the environment and culture through music. This assembly was about environmental protection. *ZunZun*'s humor, movement, and songs made their show vibrant and lively. Their performance utilized a wide range of folkloric instruments (they play over 30 instruments) that highlighted the rich spectrum of cultures and environments they share in North, Central, and South America.

Our students also have scheduled field trips to the Crocker Art Museum, B Street Theatre, Davis Musical Theatre Company, Davis High School Theatre, Woodland Opera House, and many more.

All of these experiences broaden and enhance the education at our school. These could not happen without the support of the parent community. Our children's education is also strengthened by the tremendous number of hours parents volunteer for class art lessons as well as special projects and events. Thank you for your dedication to your children's education!

AVAILABILITY

God does not ask for our ability or our inability, but our availability.
—Anonymous

SPECIAL COLLECTION NEXT WEEKEND (MARCH 21 & 22)

Next week, our parish will take up The Catholic Relief Services Collection (CRSC). Funds from this collection provide food to the hungry, support displaced refugees, and bring Christ's love and mercy to all people here and abroad. Next week, please give generously to the CRSC and **help Jesus in disguise**. Learn more about the collection at www.usccb.org/catholic-relief.

THANK YOU FOR YOUR GENEROSITY!!!

The St. Vincent de Paul Society would like to thank all our parishioners and the St. James school children who made our "Different Kind of Paper Drive," co-chaired by Kathy Greenhalgh and Kathy Rose, such a success! Donations were up again this year! We collected over 1701 rolls of toilet paper, 590 rolls of paper towels, 283 boxes of facial tissue, 18 rolls of aluminum foil, 71 rolls of plastic wrap, 102 boxes of zippered plastic bags, 104 containers of cleaning wipes, 126 bars of soap, 11 packages of napkins, and some miscellaneous items. The donations went to STEAC, Davis Community Meals and Housing, Grace-in-Action, Progress Ranch, Empower Yolo (Wallace-Vannucci Shelter), Yolo Crisis Nursery, Yolo Community Care Continuum (Co-ops), and Spero (formerly known as Pregnancy Support Group). These organizations help disperse the paper goods to needy people in our community. In addition, 30 bags of donated goods were collected for the clients of the St. Vincent de Paul Society. A very special thanks to Teresa and Mark Simi who organized the paper drive for St. James School.

**15 DE MARZO
DE 2020
TERCER DOMINGO DE
CUARESMA**

LECTURAS DE HOY

Primera lectura — Agua salió de la roca para apagar la sed del pueblo (Éxodo 17:3-7).

Salmo — Si hoy oyen su voz, no endurezcan su corazón (Salmo 95 [94]).

Segunda lectura — El amor de Dios se ha derramado en nuestro corazón por el don del Espíritu Santo (Romanos 5:1-2, 5-8).

Evangelio — El agua que yo les daré se convierte en el manantial de vida eterna (Juan 4:5-42 [5-15, 19b-26, 39, 40-42]).

**LECTURAS DE LA
SEMANA**

Lunes: 2 Re 5:1-15b; Sal 42 (41):2, 3; 43:3, 4; Lc 4:24-30

Martes: Dn 3:25, 34-43; Sal 25 (24):4-51b, 6, 7bc, 8-9; Mt 18:21-35

Miércoles: Dt 4:1, 5-9; Sal 147 (146):12-13, 15-16, 19-20; Mt 5:17-19

Jueves: 2 Sm 7:4-5a, 12-14a, 16; Sal 89 (88):2-5, 27, 29; Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24a o Lc 2:41-51a

Viernes: Os 14:2-10; Sal 81 (80):6c-11ab, 14, 17; Mc 12:28-34

Sábado: Os 6:1-6; Sal 51 (50):3-4, 18-21ab; Lc 18:9-14

Domingo: 1 Sm 16:1b, 6-7, 10-13a; Sal 23 (22):1-6; Ef 5:8-14; Jn 9:1-41[1, 6-9, 13-17, 34-38]

**LOS SANTOS Y OTRAS
CELEBRACIONES**

Domingo: Tercer Domingo de Cuaresma

Martes: San Patricio

Miércoles: San Cirilo de Jerusalén

Jueves: San José, Esposo de la Bienaventurada Virgen María; Comienza la primavera

Viernes: Abstinencia

LEVÁNTATE (ARISE EN ESPAÑOL)

Únete a este movimiento de renovación espiritual, en el que motivados por el amor a Cristo formemos comunidad en el amor, el compromiso social y cultivemos una relación personal con Jesús a la luz de las Escrituras que relacionaremos con nuestra vida cotidiana en un grupo en donde lo más importante es la comprensión y la confianza.

Nos reuniremos cada jueves **de 7 a 8:30 pm en el Salón St. Ignatius** en el Memorial Center en St. James. Son 6 sesiones con duración de 1 hora y media. Esta temporada hace especial énfasis en el poder de la reconciliación personal y con los que nos rodean. Llevar Biblia en español. El material no tiene costo pero se pide una cooperación de 10 dólares que sirven para seguir apoyando al movimiento, por lo que se agradece mucho dicha cooperación.

6 sesiones (Feb. 27 a Abril 2)

Marguerite Montgomery Elementary School está buscando voluntarios para leer cuentos a los pequeños los lunes o jueves de 9:30 a 10:30. Es preferible que los lectores puedan leer tanto en inglés como en español. Ayúdanos a promover el amor por la lectura a temprana edad. Informes con Nancy Bramberg por medio de email a nancyb@dcn.org texto al 530 902 6240 o llame al 530 753 7417

RADIO SANTISIMO SACRAMENTO

Estación de radio 1240 AM

Te invita a hacer un reto:

Un reto que la ha cambiado a la vida a miles de personas.

En qué consiste?

Tú escuchas la radio 1 hora diaria durante la cuaresma e invitas a 3 personas más a hacer el reto también.

Confía en Dios. Es El quién garantiza la conversión.

COLECTA ESPECIAL EL PROXIMO

FIN DE SEMANA

La próxima semana nuestra parroquia realizará The Catholic Relief Services Collection (CRSC). Los fondos de esta colecta proporcionan comida al hambriento, apoyo a los refugiados desplazados y traen el amor y la misericordia de Cristo a todos los pueblos aquí y en el extranjero. La próxima semana, por favor, contribuyan generosamente a la CRSC. **Es Jesús con otro rostro, ¿le ayudarás?** Más información sobre la colecta en www.usccb.org/catholic-relief.

SAN PATRICIO (c. 389-461)

17 de marzo

Patricio nació en la actual Escocia en la familia de un soldado romano. A los 16 años fue capturado por piratas irlandeses y sometido a seis años de pastoreo y sufrimiento. Luego de varios intentos pudo escapar, regresó a su tierra y se ordenó sacerdote. A los 46 años volvió a Irlanda del Norte como obispo y misionero. Gracias al conocimiento del idioma y la cultura se dedicó a evangelizar a los líderes de las tribus, comenzando por la más influyente y poderosa: los taras. Pese a las amenazas contra su vida, continuó predicando el Evangelio, fundando conventos, monasterios, parroquias, además de cristianizar los ritos paganos, como el de la ceremonia del fuego, que fue conquistado con la celebración del fuego nuevo en la Vigilia Pascual, desafiando abiertamente la costumbre impuesta por los sacerdotes de la religión celta. Esto por poco le cuesta la vida, pero fue su victoria y con ella, la del cristianismo. El patrono de Irlanda es conocido también por el uso que hizo de la hoja de un trébol para explicar la Santísima Trinidad.

—Miguel Arias, Copyright © J. S. Paluch Co.

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 sí 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 sí 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: jmislang@stjamesdavis.net o al 530 756-3636 x 208



Habrán estaciones de la cruz durante los viernes de Cuaresma en Inglés a las 5:30pm y en español a las 6:30pm.

3 de Abril las estaciones de la Cruz en Inglés comenzarán a las 5pm. El día 3 de abril no habrá estaciones de la cruz en español.

Weekly Bulletin

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This bulletin will be transmitted on March 11
