

# St. James Catholic Church

1275 B Street Davis, CA 95616-2003

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

[www.stjamesdavis.org](http://www.stjamesdavis.org)

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

## March 24, 2019 | Third Sunday of Lent

### HOLY WEEK SCHEDULE

**Palm Sunday, April 13/14**

Regular Mass Schedule

**Holy Thursday, April 18**

Mass of the Lord's Supper,  
Washing of the Feet  
7pm

**Good Friday, April 19**

Children's Stations of the Cross  
12pm

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

Stations of the Cross  
5:30pm

**Holy Saturday, April 20**

Easter Vigil

8:15pm

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

**Easter Sunday, April 21**

8, 9:30, 11:30am

**\*\*No Sunday Evening Mass\*\***

**Stations of the Cross**

5:30pm-English

7pm-Español

Every Friday during Lent

### LENTEN PENANCE SERVICES IN OUR DEANERY

St. Anthony's Winters,  
Tuesday, March 26th at 7pm

St. Peter Parish, Dixon,  
Monday April 8th at 7pm

Holy Cross Church, West Sacra-  
mento Tuesday April 2nd at 7pm

Holy Rosary, Woodland  
Friday April 5th  
Penance Service from 10am to  
10pm with 24 Hour Adoration

St. James Church, Davis,  
Wednesday, April 10th at 7pm

### MASS SCHEDULE

Saturday Vigil: 5:30pm

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

Domingo: 1:00pm (Spanish)

Newman Mass: 9 pm

#### 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

### THIS WEEK'S MASS INTENTIONS

| <u>Day</u> | <u>Time</u> | <u>Intentions for</u>    |
|------------|-------------|--------------------------|
| 3/25       | 7:00am      | Guillermo Lopez ☩        |
| 3/26       | 7:00am      | Deacon Dean Marshall INT |
| 3/27       | 7:00am      | Carl Schwedler, Sr. ☩    |
| 3/28       | 7:00am      | Deacon Steven Wood INT   |
| 3/29       | 7:00am      | Gertrude Preble ☩        |
| 3/30       | 8:00am      | Tom Robinson ☩           |
|            | 5:30pm      | Virginia Robinson ☩      |
| 3/31       | 8:00am      | Mass for People          |
|            | 9:30am      | Kathleen McNamara ☩      |
|            | 11:30am     | Konda Reddy ☩            |
|            | 1:00pm      | Daniel Rocha ☩           |
|            | 7:00pm      | Michael Groth ☩          |

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

## MARCH 24, 2019 Third Sunday of Lent

### TODAY'S READINGS

**First Reading --** I have witnessed the affliction of my people in Egypt and have come to rescue them (Exodus 3:1-8a, 13-15) or Exodus 17:3-7.

**Psalm --** The Lord is kind and merciful (Psalm 103) or Psalm 95.

**Second Reading --** Those who think they are standing secure should take care not to fall (1 Corinthians 10:1-6, 10-12) or Romans 5:1-2, 5-8.

**Gospel --** I shall cultivate the ground around the fig tree and fertilize it; it may bear fruit in the future (Luke 13:1-9) or John 4:5-42 [5-15, 19b-26, 39a, 40-42].

### READINGS FOR THE WEEK

**Monday:** Is 7:10-14, 8:10; Ps 40:7-11; Heb 10:4-10; Lk 1:26-38

**Tuesday:** Dn 3:25, 34-43; Ps 25:4-5ab, 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:** Jer 7:23-28; Ps 95:1-2, 6-9; Lk 11:14-23

**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:** Jos 5:9a, 10-12; Ps 34:2-7; 2 Cor 5:17-21; Lk 15:1-3, 11-32

### SAINTS & SPECIAL OBSERVANCES

**Sunday:** Third Sunday of Lent; First Scrutiny

**Monday:** Annunciation of the Lord

**Friday:** Abstinence

### Weekly Collection

|         |             |
|---------|-------------|
| 3/3/19  | \$15,190.02 |
| 3/10/19 | \$12,584.37 |
| 3/17/19 | \$13,669.76 |

## Up Coming Events:

### 3/25 Monday:

- New Men's Reading Group 7am
- Eucharistic Adoration 7:30am- 5pm
- Pastoral Council 4:30pm

### 3/26 Tuesday:

- Adult Basketball 7pm

### 3/27 Wednesday:

- Women's Scripture Study 9:45am
- Bereavement Ministry 10:30am
- RCIA Meeting 7pm
- Bible Study Series-Revelation 7pm
- Grupo de Oracion para Adultos 6:30pm

### 3/28 Thursday:

- Eucharistic Adoration 6-9pm
- Adult Basketball 7-9pm

### 3/29 Friday:

- Men's Bible Study 7-8:30am
- Stations of the Cross in Church 5:30pm

### 3/30 Saturday:

- Bible Study Series: Revelation 9:30am
- Reconciliation 4pm
- Mass of Anticipation 5:30pm

### 3/31 Sunday:

- Mass 8 am
- Mass 9:30 am
- Mass 11:30am
- Misa en Español 1pm
- Financial Peace University 1pm
- Courageous Young Women 2:30pm
- Mass 7pm

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### Upcoming Classes:

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Theology of the Eucharist for  
Extraordinary Ministries  
March 24, 2019, St. Ignatius Room  
10:40-11:20am

## STAFF AT ST. JAMES

**Fr. Rey Bersabal, Pastor**

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**Fr. Joshua Sia, Parochial Vicar**

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**Michelle Elfrink, Bookkeeper**

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

**for Adults-Maria Saldana**

[rcia@stjamesdavis.net](mailto:rcia@stjamesdavis.net) ext. 207

### PARISH SCHOOL

Office: (530) 756-3946

**Heather Church, SJS Principal**

[hchurch@sjsdavis.com](mailto:hchurch@sjsdavis.com)

**NEWMAN CENTER** Office:

530-753-7393 [www.davisnewman.org](http://www.davisnewman.org)



514 C STREET - DAVIS

**"Go, therefore, and make disciples of all nations"**

**Matthew 28:19a**

**The Sunday Newman Mass is at 9pm at St. James Church**

**Instagram:** davisnewman

**Facebook:** Newman Catholic Center-Davis

**Flickr:** da.visnewman

[www.davisnewman.org](http://www.davisnewman.org)

## 2019 LENTEN REGULATIONS

Lent is a season in which the faithful are called to reflect on the Paschal Mystery in a particularly focused way. It is a time of spiritual renewal and to carefully examine one's relationship with God and others. 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 the traditional Lenten practices of prayer, fasting, and almsgiving.

### FASTING AND 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 during and other electronic devices Lent is spiritually beneficial.

-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. 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.

### PRAYER

-Catholics are urged to read and pray with sacred Scripture more intently during Lent. 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.

-The Stations of the Cross are to be celebrated in each parish on Fridays during Lent and everyone is encouraged to attend.

### ALMSGIVING

-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.

### "Pardon our Dust"

The new Baptismal Font construction has begun. It will be completed by Our Easter Celebrations!!!

### The Marriage Ministry Corner

Communication involves honest sharing and listening with patience and empathy. Learn to communicate with your Beloved, instead of simply talking. Join our Evenings for the Engaged program. Call Marcia Berry at 530-756-3636 or email [mberry@stjamesdavis.net](mailto:mberry@stjamesdavis.net)

### SPECIAL COLLECTION NEXT WEEKEND

Next week, our parish will take up the Catholic Relief Services Collection.

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 collection please give generously to the collection, and **help Jesus in disguise**. Learn more about the collection at [www.usccb.org/catholic-relief](http://www.usccb.org/catholic-relief).

## SJ Youth Group

### Upcoming Events:

#### March 31- No group- Spring Break!

See you all tonight! We will be meeting in the Asmundson Room at 5:30 like always. See you then!

**For more information on how to provide dinner for youth group or how to volunteer in the core team**, please contact me, Monica Zuchelli, email me at [youthministry@stjamesdavis.net](mailto:youthministry@stjamesdavis.net). You can also email me to be added onto the youth group emailing list. I'd love to hear any questions, comments, or concerns you may have!

## Easter Bulletin Deadlines

### Bulletin Date      Deadline

April 7, 2019      Mon, April 1

April 14, 2019      Wed., April 3

April 21, 2019      Wed., April 10

Please email your bulletin submissions for the above weekends by the deadline dates. Any submissions turned after the deadlines will not be published. Thank you in advance for your help and support.

## The Catholic Herald

The March-April edition of Catholic Herald magazine is a special issue with stories related to "addressing the wounds inflicted by clergy abuse." Our parish has received extra free copies of the magazine for you to pick up if you do not currently receive Catholic Herald in the mail at your home. Among the topics addressed in feature stories are the diocese's Pastoral Care Coordinator, who is available to assist persons who have suffered sexual abuse by members of the Catholic clergy or other church personnel; the role of the diocese's Independent Review Board in accessing allegations of sexual abuse; the application process, formation and evaluation of men pursuing a priestly vocation for the diocese; and a special message to the faithful by Bishop Jaime Soto and frequently-asked questions.

## Liturgical Tidbit

By Fr. Joshua Sia

### The Lenten Practices

The three basic practices that we usually do during Lent take the form of *fasting*, *prayer*, and *almsgiving*. These Lenten Practices derive from Jesus' own denial of the devil during his own forty days in the desert. If we haven't noticed, Lent always commences with the temptations of Jesus in the desert. The devil always has one main mission in the Bible, and that is to move us to another path that leads away from God and to order our desires to something less than God. When the devil confronted Jesus, the evil one gives him three basic temptations: to make stone into bread, to challenge the glory and honor of God, and finally to test God's power. All of which boils down to our own desires of sensual pleasure, thirst for glory, and hunger for power. These things in themselves are good, but once we make these things our central preoccupation and put God aside, then we know the evil one is succeeding in our lives. This is why during Lent, we are given the opportunity to again reexamine our relationship with these three basic desires. We go through *fasting* so that we may realize that "*one does not live on bread alone*", we intensify our *prayer* so that we may give glory to God instead of ourselves, and finally we do *almsgiving* so that we may teach ourselves to let go of the things we have power over.

### 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 20th at 12pm. See next week's bulletin for more information or call the parish Office at 530-756-3636.



From darkness to light is the theme of this week's ARISE group meeting. As we journey through Lent, we are reminded by the scriptures that Christ is the light of the world. The opening prayer of session 4 states, "God of light, you sent your Son among us to lead all humanity from darkness into the light of faith. May your Spirit open our minds and hearts to word today. May your word shed light both on the ways we failed to respect your Covenant of love and on how we ourselves can be lights shining in the darkness." Have a great week everyone and thank you for your continued prayers and support.!

### DONUTS AFTER MASS

Support the Davis Newman Catholic Center by having a donut with us after Mass on Sunday, April 7th! All donations will go directly towards scholarships for our Spring 2019 Retreat! We are excited to announce our Spring Retreat "Living Water" which will be held April 26-28th in Lake Tahoe. All college and graduate students are welcome to join us for a great weekend! Registration info and more details can be found on our website [www.davisnewman.org](http://www.davisnewman.org). We thank the St. James community for your continued support!

### HELP THE CHURCH DECORATING COMMITTEE

The Church decorating committee is in need of the paper rolls on which ribbon is rolled; especially the 1 inch, 2 inch and larger sizes. Please leave any you may have at the Parish office.

## The Vincentian Corner

March 24, 2019-Third Sunday of

**Lent: In today's**

**Gospel Jesus is**

**quite clear**

**in his message:**

**"bear fruit or be**

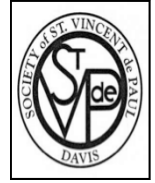
**cut down." This**

**Lent we are**

**called to cultivate and fertilize our spiritual lives through prayer, fasting and almsgiving.**

Through your almsgiving

you are performing a good work – far greater than you can imagine. This Lent, consider how you make almsgiving a part of your daily life. Have you participated in the Catholic Relief Service Operation Rice Bowl program? Have you considered a donation to our St. Vincent de Paul efforts? Our St. James Vincentians have, for years, put together "gift bags: which include items to bring some little comfort to the homeless person on the corner asking for alms. Perhaps you and your family can adopt this project and put together gift bags for those you see asking for a handout. Keep in mind that though Lent is almost over, for many of those in poverty, there is no end in sight. Consider ways in which you can extend your Lenten almsgiving so that it becomes part of your own "preferential option for the poor."



### Environmental Justice

**"We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is social and environmental. Strategies for a solution demand an integrated approach to combating poverty, restoring dignity to the excluded, and at the same time protecting nature." (Laudato Si, #139)**

It's very clear that the poor and marginalized will be hit first and hardest by climate change. They can't afford air conditioning or proper housing, and may not have access to clean water. As the climate changes, their food supply will be threatened first. As we work on national and state policies regarding climate change, it is extremely important that we, as people of faith, lift up the concerns of justice for the poor and be sure their concerns are adequately addressed.

## **FAITH FORMATION NEWS!**

**Please continue to attend mass weekly and say daily prayers.**

There will be no Faith Formation classes 3/24 & 3/31 due to Spring break and Easter. All classes resume on 4/7.  
Have a blessed Easter!

Reminder: First Communion rehearsal scheduled Tuesday, 4/2 at 6p

**First Communion** - Sat, 4/6 at 2:00PM (2nd yr Comm A&B, 2nd yr Comm Hispanic & Sac Prep);

**First Communion** - Sat, 5/4 at 10:00AM; (St James School);

Rehearsal 5/1 @ 145-245PM

**REGISTRATION WILL BEGIN LATE SPRING/SUMMER  
AND CLOSE IN AUGUST FOR 2019/2020.**



***Come Holy Spirit fill the hearts of Your Faithful,  
and enkindle in us the fire of your Divine Love.  
Send forth Your Spirit, and we shall be renewed,  
and You shall renew the face of the earth.***

The Paschal Candle Workshop will be held on Palm Sunday in the Asmundson Room. Families and individuals are invited to drop in between 9 a.m. and 11:30 a.m. to prepare a personal Paschal Candle for their homes to celebrate the Paschal Mystery. Participants should bring a white pillar candle -- no smaller than 3" works well. Any questions, please contact Teresa McNamara at (530) 757-2607 or Susan Holmes at (530) 757-2946.

### **SPEND TIME WITH OUR LORD DURING LENT**

Lent is a special time to draw closer to our Lord by visiting Him in Eucharistic Adoration. There you will find peace, hope and quiet time to escape from the daily distractions of our everyday lives. As in the words of Monsignor William Reyna, "When I visit the Blessed Sacrament, it is I who go to the Savior in order to rest with Him awhile. How good it feels!. How beneficial for the wary mind to go aside a little from society".

Adoration is held on Mondays from 8 am to 5 pm (closes at 5 with a special Eucharistic benediction) and on Thursdays from 6 pm to 9 pm.

### **HURDLING**

Gods grace within me and Gods strength behind me can overcome any hurdle ahead of me.  
--Anonymous

### **CHRISM MASS**

Please join Bishop Soto and the clergy of our diocese at the annual Chrism Mass to be held on Thursday, April 11, 2019 at 6pm at the Cathedral of the Blessed Sacrament. The Chrism Mass is one of our most important Diocesan celebrations where Bishop Soto will bless the Holy Oils that are used in sacramental celebration in all the parishes of the Diocese throughout the coming year.

### **Financial Literacy Course March 24-June 9**

When we have our "financial house" in order it allows us to be in greater peace, and provides a means to share more with others. St. James will offer a 9-week financial literacy course entitled *Financial Peace University*, to be held on Sundays from 1-3 in the St. Ignatius Room. Topics include money and how it affects your relationships; budgeting and setting up a plan for your money; getting out of debt, planning and saving for the future as well as making responsible money decisions. Cost per family is \$130.00 for the workbook materials and access to online presentations. Partial scholarships are available, by speaking to Fr. Rey. For questions, please contact Jeannette Velez at [jcnvelez@gmail.com](mailto:jcnvelez@gmail.com).

## 17 DE MARZO DE 2019 SEGUNDO DOMINGO DE CUARESMA

### LECTURAS DE HOY

**Primera lectura** -- El Señor se aparece a Moisés y le indica que vaya y libere a los israelitas de su opresión en Egipto (Éxodo 3:1-8a, 13-15) o Éxodo 17:3-7.

**Salmo** -- El Señor es compasivo y misericordioso

(Salmo 103 [102]) o Salmo 95(94).

**Segunda lectura** -- No nos quejemos. El que se sienta seguro deberá cuidarse para no caer (1 Corintios 10:1-6, 10-12) o Romanos 5:1-2, 5-8.

**Evangelio** -- Si no se arrepienten, todos perecerán

(Lucas 13:1-9) o Juan 4:5-42 [5-15, 19b-26, 39a, 40-42].

### LECTURAS DE LA SEMANA

Lunes: Is 7:10-14, 8:10; Sal 40 (39):7-11; Heb 10:4-10; Lc 1:26-38

Martes: Dn 3:25, 34-43; Sal 25 (24):4-5ab, 6-7bc, 8-9; Mt. 18:21-35

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

Jueves: Jer 7:23-28; Sal 95 (94):1-2, 6-9; Lc 11:14-23

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

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

Domingo: Jos 5:9a, 10-12; Sal 34 (33):2-7; 2 Cor 5:17-21; Lc 15:1-3, 11-32

### LOS SANTOS Y OTRAS CELEBRACIONES

Domingo: Tercer Domingo de Cuaresma;

Primer Escrutinio

Lunes: La Anunciación del Señor

Viernes: Abstinencia

### VENCIENDO OBSTÁCULOS

La gracia de Dios dentro de mí y la fuerza de Dios detrás de mí pueden vencer cualquier obstáculo que esté por delante.

--Anónimo

## GRUPO DE JOVENES Proximos Eventos

**Marzo 24-** No hay grupo

**Marzo 31-** No hay grupo

Si tiene alguna pregunta, no dude en comunicarse con la Coordinador de la Pastoral Juvenil, Monica Zuchelli. Puede contactarla en [youthministry@stjamesdavis.net](mailto:youthministry@stjamesdavis.net). Si desea ayudar como voluntario, ofrecer una cena para el grupo de jóvenes, o proporcionar cualquier sugerencia, por favor déjele saber! ¡Gracias a todos por sus oraciones y ayuda

## TEMPORADA DE FLU

Precauciones para evitar el contagio.

El Departamento de Salud Publica de California ha reportado que la incidencia del Flu y enfermedades similares ha llegado a un extremo en que se deben aplicar medidas para evitar contagios durante la Misa.

Para proteger la salud y bienestar de todos, el Obispo Soto ha emitido los siguientes mandatos:

- El uso del Cáliz de la Comunión se suspende temporalmente.
- Recibir el Cuerpo de Cristo en la mano. (aunque recibirlo en la lengua esta permitido)
- No darse la mano. Ofrecer el signo de paz con una inclinación de la cabeza diciendo "la paz este contigo."
- No tomarse de la mano durante el Padrenuestro.
- Los ministros de la Eucaristía deben limpiarse las manos con un antiséptico a base de alcohol antes y después de administrar la Sagrada Comunión a los que visitan en sus casas.

La asistencia a Misa los domingos y días festivos no es obligatoria para los enfermos. Si estás enfermo, quédate en casa y cuídate.

Gracia por su paciencia y comprensión durante esta temporada. Rueda por los enfermos. La Sagrada Comunión por los dos medios retornará cuando el Señor Obispo lo juzgue prudente.

## ESPECIAL SEMANA DE LA COLECTA

La próxima semana nuestra parroquia realizará The Catholic Relief Services Collection. (CRSC). Los fondos recaudados en esta colecta proporcionarán comida a los que pasan hambre, apoyo a los refugiados que han sido desplazados y llevarán el amor y la misericordia de Cristo a desplazados y llevarán el amor y la misericordia de Cristo a todos los pueblos aquí y en el exterior. La próxima semana, por favor, contribuye generosamente a la Colecta de CRSC. Es Jesús con otro rostro, ¿le ayudará? Infórmate más acerca de la colecta en [www.usccb.org/catholic-relief](http://www.usccb.org/catholic-relief).

## QUIOSCO DE CD'S CATOLICOS

Tenemos el "Lighthouse CD Kiosk" en la entrada de la iglesia (lado sacristía). Nuestro quiosco ofrecerá presentaciones de audio de CD en español y en inglés.

Los títulos nos ayudarán a cada uno de nosotros a crecer en nuestra fe católica. Una donación sugerida de \$4 por CD o \$10 por 3 CD se puede colocar en la apertura de donación al lado derecho del quiosco.

Si tiene alguna pregunta, contacte a Joan Bibbens en ["sjlighthouse@sbcglobal.net"](mailto:sjlighthouse@sbcglobal.net)

## LAS SIETE PALABRAS DE JESUS EN LA CRUZ

**Dates:** Cada miércoles de Cuaresma 7pm-9pm en el cuarto de San Patricio

- |             |                                                   |
|-------------|---------------------------------------------------|
| 27 de marzo | "Dios mío, Dios mío, ¿por qué me has abandonado?" |
| 3 de abril  | "Tengo sed"                                       |
| 10 de abril | "Todo está consumado"                             |
| 17 de abril | "Padre, en tus manos encomiendo mi espíritu"      |

## REGLAMENTOS CUAESMALES DEL 2019

El 6 de marzo de 2019, 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.

### AYUNO Y ABSTINENCIA

**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.

**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.

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.

### ORACIÓN

Con el fin de profundizar nuestro amor por Cristo, los católicos debemos orar y meditar las Sagradas Escrituras; 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

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. 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.

## HORARIO DE CONFESIONES DURANTE LA CUAESMA DE NUESTRA DIOCESE

St. Anthony's, Winters  
Martes, marzo 26 a las 7:00pm

St. Peter Parish, Dixon  
Lunes, abril 8 a las 7:00 pm

Holy Cross Church, West Sacramento  
Martes, abril 2 a las 7:00pm

Holy Rosary, Woodland  
Viernes, abril 5 de 10:00am a 10:00pm  
Con 24 horas de adoración

St. James Church, Davis  
Miércoles, abril 10 a las 7:00pm

## Horario de Semana Santa

### Viacrucis

5:30pm en inglés  
7:00pm en español

### Domingo de Ramos, abril 13/14

Horario regular de Misas

### Jueves Santo, abril 18

Misa de la última cena  
Lavado de pies  
7:00 pm

### Viernes Santo, abril 19

Viacrucis para los niños  
12pm  
Liturgia de la Pasión del Señor  
Veneración de la Cruz  
3pm  
Viacrucis  
5:30pm

### Sábado Santo, abril 20

Vigilia Pascual  
8:15pm  
\*\*(No habrá Misa a las 5:30\*\*)

### Domingo de Pascua, abril 21

8, 9:30, 11:30 am  
\*\*Non habrá Misa en la tarde\*\*

## LIBROS NEGROS PARA LA CUAESMA

Pequeños libros negros para la Cuaresma y libritos morados para los niños. Puede recoger su libro para que lo guíe durante la Cuaresma. Los libros estarán en una mesa afuera de la iglesia, después de las misas en los fines de semana de marzo 3/4 y marzo 9/10 y también el miércoles de ceniza. Este año el pequeño libro negro con 6 minutos de reflexiones diarias está basado en los evangelios de los domingos de la Cuaresma y están disponibles en inglés y español. "Pase un rato en silencio con el Señor!"

## ***Weekly Bulletin***

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| <p>This bulletin will be transmitted on<br/><b>Wednesday, March 20, 2019</b></p> |
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