

Third Sunday of Lent

March 4, 2018

I, the LORD, am your God . . .

You shall not have other gods besides me.

— Exodus 20:2a, 3



KEEP HOLY THE SABBATH

There's no better way to deepen our Lenten practice than to review the Ten Commandments. The first three, having to do with our right relationship to God, get the most ink. The one we busy people probably have the most problem with is keeping holy the Sabbath.

If we take this commandment literally, babies will go undiapered and dishes will stay on the table, or perhaps meals will not be served. The sick will go unattended and nothing that has anything to do with physical labor will be done. Is mental labor really work? How about changing that dirty diaper (poor baby!)?

We need to depend on God to discern how to observe real Sabbath time in our lives. The point of this commandment is that God has given us a great gift: one whole day per week when we are free to rest, worship God, sing, feast, love, and rejoice. As Psalm 19 proclaims: "The law of the LORD is perfect, / refreshing the soul" (19:8). Our Sabbath rest is a great gift, to be received from God with joy, not with nitpicking.

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TODAY'S READINGS

First Reading — God gives the law through Moses (Exodus 20:1-17 [1-3, 7-8, 12-17]) or Exodus 17:3-7.

Psalm — Lord, you have the words of everlasting life (Psalm 19) or Psalm 95.

Second Reading — We proclaim Christ crucified (1 Corinthians 1:22-25) or Romans 5:1-2, 5-8.

Gospel — Many began to believe in Jesus' name when they saw the signs he was doing (John 2:13-25) or John 4:5-42 [5-15, 19b-26, 39a, 40-42].

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MASS INTENTIONS

Monday

8:00 am

Tuesday

8:00 am

Wednesday

8:00 am

7:00 pm

Thursday

8:00 am

Friday

8:00 am

Saturday

8:00 am

4:30 pm

Sunday

7:30 am

9:30 am

11:30 am

March 5

† Maria and † Giuseppe Moretto

March 6

† Renato Francisco

March 7

Communal Service

† Paul Galea

† Tony Martinez

March 8

† Gloria Ashbrook

March 9

† Paul and † Theresa Vella

March 10

† Nicart Ogao-Ogao

† Castro Family

March 11

† Charles Borg

† Josephine Borg

† Richard Walsh

People of the Parish

† George Falzon

† Denotes deceased – (L) Living



As in the past, the following regulations are in place for abstaining and fasting during Lent:

Abstinence: Everyone fourteen years of age and older is bound to abstain from meat on Ash Wednesday, the Fridays of Lent and Good Friday.

Fast: Everyone eighteen years of age and older but under the age of sixty is bound to fast on Ash Wednesday and Good Friday.

On these two days, the law of fast allows one full meal a day, but does not prohibit taking some food during the day, so long as this does not constitute another full meal. Drinking liquids during the day is permitted. When health or the ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, a priest assigned to pastoral ministry or confessor should be consulted. In the spirit of penance, the faithful should not lightly excuse themselves from this obligation.

ICF CHAMPAGNE BINGO

All parishioners are invited to attend the ICF Champagne Bingo on Sunday, March 11th in Cantwell Hall. Doors open at 12 noon. Lunch will consist of Salad, Half Chicken, Mashed Potatoes, Vegetables, Roll & Butter, Dessert, Coffee/Tea. The cost is \$25.00 and includes one bingo packet. Please call Mary Perata 415-239-5936 or Florence Mangion 415-468-1764 for reservations. Deadline for reservations is March 8th.

Thank you to the St. Elizabeth Maltese Society for their donation of \$500.00 from their recent St. Paul of the Shipwreck Festa.



*Birthday Blessings
to Leah Solis on your 85th Birthday*

*May you be surrounded by the abundant
love of our Heavenly Father.*

LITURGY AND ILLNESS

Please be aware that the obligation to attend Sunday Mass does not apply to those who are ill, especially those who suffer from contagious disease. It is a sign of consideration for others that those with flu like symptoms remain at home. For the convenience of those who are homebound, or unable to attend Mass because of illness or infirmity, Mass is broadcast each Sunday morning at 6:00 am on Channels 8,20 (Comcast), KTSF 26.



*Pray for our Beloved Deceased
In your prayers this week, please remember
the repose of the souls of our deceased
parishioners, especially:*

*Carmelita Bloise
Howard Dancel
Alexander Herrera
Jessy Spiteri Lencioni*

"Eternal Rest Grant unto them O Lord..."