

ST. ELIZABETH CHURCH

Established 1912 / Present Church dedicated 1962

Mailing Address: 449 Holyoke Street, S.F. CA 94134 **Phone:** 415-468-0820

Website: www.stelizabetsf.org **Email:** stelizabethchurchsf@gmail.com

March 9, 2025 First Sunday of Lent



Mission Statement of St. Elizabeth Church

“The joys and hopes, the griefs and anxieties of the people of our time, especially of those who are poor or in any way afflicted, are the joys and hopes, the griefs and anxieties of the followers of Christ as well. Indeed, nothing genuinely human fails to raise an echo in their hearts. For theirs is a community of people united in Christ and guided by the Holy Spirit in their pilgrimage towards the Kingdom of their Father, bearers of a message of salvation for all of humanity. That is why they cherish a conviction of deep solidarity with the human race and its history.”

(From the Preface of *The Church in the Modern World*---Gaudium Et Spes---of Vatican II)

Rev. Charles Puth

Parish Office

449 Holyoke Street
415-468-0820 Fax 415-468-1457

Parish Office Hours

Monday through Thursday
8:30 am to 12:00 pm

Closed Fridays

Parish Staff

Patti Spiteri	Administrative Assistant / Pastoral Coordinator
Sandy Mehrwein	Secretary
Fred Spence	Maintenance
Laurie Digneo	Faith Formation Coordinator

Mass Schedule

Saturday **4:30 pm**
Sunday **8:30 am and 10:30 am**

Monday through Saturday

Divine office: 8:00 am
Mass: 8:30 am
Holy Day: 8:30 am & 6:00 pm

Confession Schedule

4:00 pm before the 4:30 pm Mass
10:00 am before the 10:30 am Sunday Mass

Baptism Preparation Classes Call the
Parish Office for more information.

Sacrament of Marriage

Call the Parish Office six months

Benediction and Our Lady of Perpetual Help Novena: Wednesdays after the 8:30 Mass.

Legion of Mary Meeting: 5:00 pm Monday in the Church.

1000 Hail Mary's: Third Saturday after the 8:30 am Mass until 3:30 pm.

Over 50 Group: Thursdays at 12 pm in Cantwell Hall.



From the Pastor's Desktop

A Message from Charles Puthota
March 9, 2025

Dear Parishioners of St. Elizabeth,

Continued Prayers for Pope Francis: Let's continue to join the Church all over the world in keeping our Universal Shepherd Pope Francis in our hearts and prayers. May the good Lord be close to him these days and grant him health and strength.

AAA 2025: Goal is \$36,292. This is Week IV of the month-long concerted campaign for reaching the goal of \$36,292. Please donate early and soon so that we can successfully complete this campaign quickly. [See the list of AAA 2025 donors on the last page of the bulletin.](#) So far we have raised \$14,305. During our month-long drive, the names of the donors for \$25 and above will be placed in the bulletin. If you have donated and your name is not on that list, please let the office know. If you are able to give 1.4% (\$500) or more, your names will have an asterisk on the donor list. If more are able to be in the 1.4% circle, it would make it easier for us to reach the goal quickly. I thank David Gemignani and Ron Borg for speaking on AAA 2025 at the last two weekend Masses, as they detailed their decades of connection to our parish and encouraged everyone to participate in this AAA campaign. Thank you, everyone, for all your collaboration and support!

Sacred Season : Three Pillars of Lent: Prayer, Fasting, Almsgiving. How can we practice these three important components of Lent? These three are related to God, ourselves, and others. Shall we make concrete plans this Lent about the practice of these three pillars. Please prayerfully consider the following Lenten traditions and invitations of the Church during Lent. Prayer, Fasting, and Almsgiving are the three pillars of the Lenten practices, which were highlighted in the Gospel reading on Ash Wednesday.

Stations of the Cross on Fridays in Lent: Immediately following the 8:30 a.m. Mass.

Attend Daily Mass in Lent: Would it be possible to join the daily Mass as something you could do as different from the other seasons? Think about it!

Divine Office at 8:00 a.m.: Also, if you can, join the Divine Office, the Morning Prayer, prayed in our Church of St. Elizabeth every day at 8:00 a.m.

Read Prayerfully Luke's Gospel in Lent as a Parish Spiritual Project: Shall each one of us take up the Gospel of Luke and read its 24 chapters during Lent? This we could do as a parish Lenten spiritual project.

Fast and Abstinence: The practice of fasting and abstinence is a form of spiritual discipline meant to promote penance, self-control, unity with Christ's suffering, and empathy with the

sufferings of the poor and hungry. **Fasting** in the Church generally means reducing food intake. On prescribed fasting days, such as Ash Wednesday and Good Friday, Catholics aged 18 to 59 are required to eat only one full meal, with two smaller meals that together do not equal a full meal. Snacking between meals is not allowed, though water and medicine are permitted. **Abstinence** refers to refraining from eating meat as a form of sacrifice. Catholics 14 years and older must abstain from meat on Ash Wednesday, Good Friday, and all Fridays of Lent. **Purpose and Spiritual Meaning:** These practices remind us of Jesus' sacrifice and help cultivate spiritual discipline. By denying physical comforts, we focus more on prayer, repentance, and charity. Fasting and abstinence are not merely rules but acts of devotion that deepen faith and strengthen the will to follow Christ's example. In the recent times, there have been suggestions that these spiritual practices may also help in taking care of the environment and the care for the planet earth.

Saturday March 22 is Lenten Retreat: I'll be preaching a Lenten Retreat on the theme of "Some Christian Spiritual Practices" on Saturday March 22. It will start with the 8:30 a.m. Mass and will end with lunch around 1:00 p.m. If you'd like to join this retreat, please register. Registration forms are available in the church and in the parish office. Registration fee: \$15.

Word of God: Temptations: The gospel from Luke this Sunday gives an account of the three temptations of Jesus. Perhaps we are so dazzled by Jesus' divinity that we don't even want to think that Jesus was tempted. So human was he. Is there anyone among us who has not been tempted? Someone has said: "Opportunity may knock only once, but temptation leans on the doorbell." It's indeed an inspiration for us that, in this temptation story, Jesus combats temptations armed with the Word of God. Lent again is a good time to read, reflect, meditate on the Word of God. I know a friend of mine who reads the Word of God (Mass readings) daily and faithfully. She tells me that she finds in it the strength and light she needs. Maybe, we could all cultivate the habit of reading the Word of God daily, as a Lenten practice.

Coffee Humor: 1. A guy walks into a coffee shop and asks the waitress: "How much is the coffee?" "Coffee is four dollars," the waitress says. "How much is a refill?" the man asks. "Free," says the waitress. "Then I'll take a refill!" the man responds. 2. A man went to his psychiatrist and said, "Every time I drink my coffee, I get a stabbing pain in my right eye." The psychiatrist said, "Well, have you tried taking the spoon out?" 3. Q: Where do birds go for coffee? A: On a NESTcafe.

Your Friend and Pastor,

Father Charles Puthota

First Sunday of Lent

March 9, 2025

*The word is near you,
in your mouth and in your heart.*
— Romans 10:8



ALMSGIVING, PRAYER, FASTING, AND TEMPTATION

As we begin our season of fasting, prayer, and almsgiving, the reading from Deuteronomy reminds us of our duty of almsgiving, that we "set [our offerings] before the Lord, [our] God, [and] shall bow down in [God's] presence" (Deuteronomy 26:10). The reading from Romans refers us to our prayer, reminding us that "The word is near you, in your mouth and in your heart . . . For everyone who calls on the name of the Lord will be saved" (Romans 10:8, 13). These are comforting words, and encourage us to ask God for what we need and to aid us in our prayer. Finally, the Gospel of Luke shows us a fasting Jesus, who was tempted as we are, and who knows what it means to be human. Someone once said that temptation arises when you're tired and weary, and the devil comes along and makes a perfectly reasonable suggestion. Jesus shows us that, with his help, we too can overcome our temptations, reasonable as they may sound.

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TODAY'S READINGS

First Reading — God brought us into this land flowing with milk and honey (Deuteronomy 26:4-10).

Psalm — Be with me, Lord, when I am in trouble (Psalm 91).

Second Reading — The word is near you, in your mouth and in your heart (Romans 10:8-13).

Gospel — Filled with the Holy Spirit, Jesus was led into the desert for forty days (Luke 4:1-13).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

Saturday/Sunday Collection

March 1 - 2

Weekly Need:	\$ 5,000.00
First Collection	\$ 2,754.00
Parish Ministries	\$ 742.00
Over/Under	\$ 1,504.00

Mass Intentions

† Denotes deceased – (L) Living

Monday

8:30 am

Tuesday

8:30 am

Wednesday

8:30 am

Thursday

8:30 am

Friday

8:30 am

Saturday

8:30 am

4:30 pm

Sunday

8:30 am

10:30 am

March 10

† Maria and †Giuseppe Moretto

March 11

† Charley Borg

March 12

Romias Family Living and Deceased

† Augustin Villaro

March 13

† Russell Tanquilut

March 14

† Nelsita Reyes

March 15

† Therice Gall

† George Falzon

† Jessie Borg

March 16

People of the Parish

† Gregorio Macaspac

READINGS FOR THE WEEK

Monday, 3/10

Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46

Tuesday, 3/11

Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15

Wednesday, 3/12

Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

Thursday, 3/13

Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Mt 7:7-12

Friday, 3/14

Ez 18:21-28, Ps 130:1-8, Mt 5:20-26

Saturday 3/15

Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

Sunday 3/16

3:20 — 4:1; Lk 9:28b-36

SAINTS AND SPECIAL OBSERVANCES

Sunday, 3/9

1st Sunday of Lent,
Daylight Saving Time
begins

2025 Archdiocesan Annual Appeal Donors

All Donors \$25.00 and above
Campaign launched on February 15/16

Anonymous
Alviar, Feliciano / Annabelle
Arnold, Sharon *
Barba, Gilberto / Alicia *
Barbieri, M/M Mark *
Benton, Andrew *
Casazza, Anna
Centeno, Mario / Mary
Clement, Edward / Lucille *
De los Reyes, Herminia *
Dunleavy, M/M Brian
Gagliardo, Grace
Gee, Linh
Gemignani, David *
Ghiglieri, Norene
Gughemetti, M/M Al
Holmes, Gregory / Clara *
Imbellino, Robert *
John, Richard *

Mambretti, Diana
McCarthy, Phillip *
Manalo, Gilda / Elsa *
Micallef, Emmanuel / Carmen *
Moretto, Ilea *
Nacor, Eriberto
Padua, Richard / Maria *
Puthota, Fr. Charles *
Reyes, Carmen
Roja, Michael / Carmen
Romias, Editha
Ruiz, Efrain *
Sanchez, Virginia *
Sisters of the Good Shepherd *
Soares, Sharon *
Springer, John *
Trinidad, Gloria *
Vinluan, Tessie *
Walsh, Deborah *

*1.4% Circle donors have an asterisk next to their name (\$500.00 and more)
If contributing by check directly to St. Elizabeth, please make your check payable to the Archdiocesan Annual Appeal.

Amount Assessed:	36,292.00
Amount Collected:	16,625.00
Balance:	19,667.00

On The Horizon at St. Elizabeth

●St. Elizabeth Maltese Champagne Bingo

Sunday, March 16th . For more info contact Jeanette Santos 415-225-5315

●Lenten Retreat

Saturday, March 22nd
Registration forms are available.

LENTEN REMINDERS AND REGULATIONS:

During Lent, every Friday the 8:30 am Mass will be followed by the Stations of the Cross.

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.