



FIRST SUNDAY OF LENT

Sat./Sunday February 13-14, 2016

MASS INTENTIONS

- Sat. Feb. 13: 5pm: Bella Agtarap
- Sun. Feb. 14: 7am: +Raymond & +Frances Lejeunesse
8:30am: *Pro Populo*
10:30am: Mya Ellingson
12:30pm: Opaco Family
- Mon. Feb. 15: 8am: +Craig Buenger
6pm: +Sharon Schlageter
- Tues. Feb. 16: 8am: Souls in Purgatory
6pm: Gabriel Fernandez
- Wed. Feb. 17: 8am: +Robert Evans & Family
6pm: +A. Santiago, †F. Alzate †F. & +D. Guinayen
- Thurs. Feb. 18: 8am: Tam Ho Family

12pm: +Normand Gendrom
6pm: Aurora Abulencia

Fri. Feb. 19: 8am: +Marie Rieger
6pm: Rama Evart

Sat. Feb. 20: 8am: +Marie Rieger
10am: +Bruno Grayson
5pm: *Pro Populo*

**There are Masses still open for intentions for February 25-26, 29,
and March 1-3, 7, 8, 10, 12, 14-19.**

Please keep in your prayers.... Fr. Stan Zak, Fr. Bill Marshall; Lianne Claver; Betty Garland; Mary Walker; Alex Porcuna; Lewis Mullen; Carmel Mahoney; Nancy Duenas; Brad O’Leary; Titus Ekanem; Elisa & Giovanni Mancarti; Vic and Nancy Miloslavich; Kathryn Rieger; Judy & Louis Delligatti; Eugenia Hunter; Rose Bloom; Stella Lurton; Sue Weber; Cornelius McCauley; Laura Montgomery; Sara Zendejas; Rosaline White; Josephine Palacios; Annie Bozzardi; Francis Martinez, Mike Rodriguez; Patrick Ventanilla; Paul Ehrfurth; John Ehrfurth; Lily McWilliams; Anaidel Perezarevalo; Janice Siliger; Claudia Bermudez; Robert Martinez, Laverne Seliger; Eddie Martinez; Jim Gilheany, Sr.; Nathan Knight, AJ Garcia; Sylvester Bell, Keith Borchers; Arthur Connick; Paul Oei.

In Memoriam: +Virgil Garcia, +Wanda Krawczyk, +Bill Leitao, +Michael Smith, +Rolando “Ron” Arnaldo, +Taro Yamaguchi. ***Requiescat in pace.***

The Three Short Cuts From The Cross

Immediately after the baptism, Our Blessed Lord withdrew into seclusion. The wilderness would be His school, just as it had been the school

of Moses and Elijah. Retirement is a preparation for action. It would later serve the same purpose for Paul. All human consolation was left behind as “He lodged with the beasts.” And for forty days, He ate nothing.

Since the purpose of His coming was to do battle with the forces of evil, His first encounter was not a debate with a human teacher, but a contest with the prince of evil himself. *Jesus was then led away by the Spirit into the wilderness, to be tempted by the devil* (Matthew 4:1).

Temptation was a negative preparation for His ministry, as baptism had been a positive preparation. In His baptism, He had received the Spirit and a confirmation of his mission; in His temptations, he received the strengthening which comes directly from trial and testing. There is a law written across the universe, that no one shall be crowned unless he has first struggled. No halo of merit rests suspended over those who do not fight. Icebergs that float in the cold streams of the north do not command our respectful attention, just for being icebergs; but if they were to float in the warm waters of the Gulf Stream without dissolving, they would command awe and wonderment. They might, if they did it on purpose, be said to have character.

The only way one can ever prove love is by making an act of choice; mere words are not enough. Hence, the original trial given to man has been given again to all men; even the angels have passed through a trial. Ice deserves no credit for being cold, nor fire for being hot; it is only those who have the possibility of choice that can be praised for their acts. It is through temptation and its strain that the depths of character are revealed. Scripture says: *Happy the man who remains steadfast under trial, for having passed that test he will receive for his prize the gift of life promised to those who love God* (James 1:12).

The defenses of the would are seen at their strongest when the evil which has been resisted is also strong. The presence of temptation does not necessarily imply moral imperfection on the part of the one who is tempted. In that case, Our Divine Lord could not have been tempted at all...What was at stake in the trial of Our Lord was not the perversion of natural appetites to which the rest of men are tempted; rather, it was an appeal to Our Lord to disregard His Divine Mission and Messianic work.

(Taken from *Life Of Christ* by Fulton J. Sheen) ●

MESSAGE FROM FR. GLENN:

This year's Lenten season coincides with the Jubilee Year of Mercy, and this affords us with the special and added opportunity to reflect upon God's mercy as we journey through this holy with its customary penitential practices, prayers, devotions, fasting, abstinence, and almsgiving.

And so we can offer these penances this Lenten season with God's mercy in view, knowing that no matter how many times we keep falling for the same sins that we've confessed many times before and have resolved to abandon—if we sincerely want to do better each time we manage to get up again—Our Merciful Father will never tire of forgiving. This is a great encouragement for us to be merciful to others as well, extending God's mercy to those who have trespassed against us.

To help us reflect on God's bountiful mercy this Lent, we're providing for all of the individuals and families who join us for Masses week in and week out, to all of you who make up our parish community, **CD's of Bishop Robert Barron's sermons on God's mercy.** Los Angeles' new Auxiliary Bishop, Barron speaks about the extreme demands of mercy, about the prodigal son and others.

Along with this CD, we're offering to you a DVD of episode six from Bishop Barron's Catholicism series. This episode is entitled "**A Body Both Suffering & Glorious**", a reflection on the union between Our Lord and His Church.

Be assured of my prayers for all of you as the journey together through this holy season. Blessings.

ANNOUNCEMENTS

February 14 is World Marriage Day. The idea of celebrating marriage began in Baton Rouge, LA, in 1981, when couples encouraged the

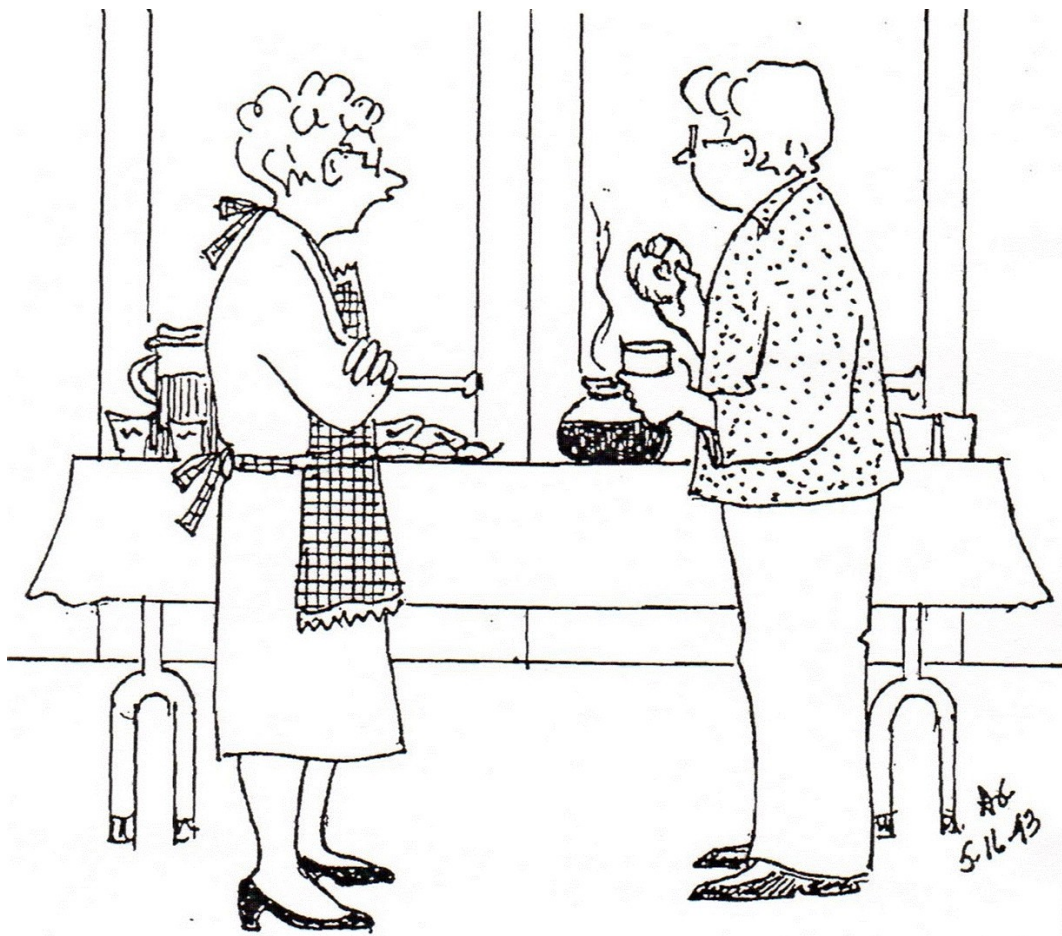
city's mayor, the state's governor, and local bishop to proclaim St. Valentine's Day as "**We Believe in Marriage Day**". The event was so successful the idea was presented to and was adopted by the Worldwide Marriage Encounter's National Leadership.

By 1982, 43 Governors officially proclaimed the day and celebrations spread to U.S. military bases in several foreign countries. In 1983, the name was changed to "**World Marriage Day**", designated to be celebrated each year on the second Sunday in February. In 1993, Pope John Paul II imparted his Apostolic Blessings on World Marriage Day. WMD celebrations continue to grow and spread to more countries every year.

Children benefit from the happy marriage of their mom and dad. But it's not just children who benefit from marriage; spouses benefit too. Women and men who get and stay married tend to be healthier, happier, and better off financially, compared to their peers who never marry, divorce, or divorce and remarry.

Here at St. Margaret Mary, we will include as one of our intentions during the Prayers of the Faithful, the strengthening of the marriages of all couples of the Parish. ●

The Parish's **JP2 Youth Group** is having a **booksale** this weekend. The sale is to help defray some of the costs of the youth retreat to be held on Feb. 19-21 in Occidental, CA. Fr. Brandon Macadaeg is the retreat master. Please pray for our youth for a prayerful retreat. ●



"You know how 'holier-than-thou' she can be, so when I said I wondered what it would be like to be married to a Saint do you know what she said?"
"You'll have to ask my husband!"

from FATHER'S FLOCK, by Arden Glass •

The Parish's annual **40-hour Adoration of the Blessed Sacrament** is scheduled to begin on 2pm on March 11 (Friday) and continues until 7am on March 13 (Sunday). Sign-ups are in the vestibule.

The **40-hour Devotion** or *Quarant'Ore* is a special forty-hour period of continuous prayer made before the Blessed Sacrament in solemn exposition. The Blessed Sacrament remains in a monstrance on the altar during the next forty hours while the faithful gather for personal or public prayer in adoration of our Lord. ●

Please join us for **Stations of the Cross** on Lenten Fridays. The Stations are prayed after the 8am and 6pm Masses. ●

This year the goal set for St. Margaret Mary for **Bishop's Appeal 2016** is \$18,424.95, which is the same goal set for us back in 2014.

For this year's Bishop's Appeal, Bishop Barber has adopted the motto: **"Sharing In God's Mercy"** in conjunction with the Jubilee Year of Mercy proclaimed by the Holy Father, Pope Francis.

Through your donations to the Bishop's Appeal, you enable Bishop Barber to financially assist our Catholic schools, located in some of the poorest and most crime-ridden communities in the state. Also, you enable him to help parishes address emergency needs and to provide for our seminarians and retired clergy.

Your donation enables Bishop Barber to provide funds for marriage and family life ministries, lifelong faith formation, outreach to those who have drifted away from the Church, works of mercy to the imprisoned, and outreach through our ethnic ministries to the many people who make our Church in the East Bay so diverse and a true reflection of God's love and mercy.

Those programs and ministries cannot be provided by a parish but only by a diocese, making the Bishop's Appeal indispensable for the life of the local Church in the East Bay. Thank you for your continued support. ●

Due to the temporary loss of the Parish Hall, the **St. Vincent de Paul** conference will not be collecting new children's clothing this year. Instead, it will make a monetary contribution to the **Women's Center** in downtown

Oakland. This center provides critical support (emergency shelter, showers, household supplies, etc.) for homeless and low-income women and their children.

You may assist them by writing a check to St. Margaret Mary's with a notation "SVdP" and drop ping the check in any collection box. All SVdP money collected during Lent will go to the **Women's Center**. Please consider this almsgiving opportunity. ●

Rice Bowls from Catholic Relief Services (CRS) are available this weekend. They are in the vestibule. Please bring the Bowls back to Church on Palm Sunday, March 20, 2016.

Operation Rice Bowl is a Lenten program of CRS: The official relief & development agency of the Church in the USA. 75% of offerings to Operation Rice Bowl fund CRS' development projects overseas. 25% of contributions support hunger & poverty alleviation efforts in dioceses across the USA. ●

To-day

We must accustom ourselves to intimacy with [God], to falling back on the thought of him at odd moments during the day, if these inspirations of his are going to pierce through to the summit of our consciousness. I dare say you don't want to make many resolutions in retreat; I never do make any resolutions when I am in retreat. Get back into the habit of recollection, and the resolutions will come to you afterwards, in disguise.

But of course that is not the only way in which God makes his voice heard. He does sometimes use exterior calls to throw a side-light on our lives. We may be reading some book, saying some prayer which we have said hundreds of times before, and suddenly there is a phrase which stands out from the page, which rouses an echo in our minds, as if it were meant for us; we feel, in the horrible phrase of the modern advertiser, "this means you". Or we may be struck with some good quality we see in the behavior of a

friend, and want to imitate it; or we may overhear a remark made about ourselves, or have it repeated to us, and suddenly become conscious of a defect in ourselves we never realized before. There are all sorts of way of that kind in which God send us his exterior calls; what we've got to do now is just to tell God that we will look out for them when they come and will not harden our hearts when they do.

Well, now let's think about to-day as one of a series much like the others. Much like the others, and yet unique, it is picked out by the spotlight of the present. If you have read Père de Caussade's writings on spiritual abandonment, you will know what I mean when I talk about the sacrament of the present moment. Père de Caussade's is, I think, the most useful of all these shortcuts to perfection which spiritual authors have recommended to us. His point is that the job you are doing at the present moment, if it is your job, is quite certainly God's will for you; what you have to do is to throw yourself into that, abandoning your will to his over everything that will be and everything that might be, casting all your care on him, because he cares for you. You may be worried about what is going to happen to you and yours. The way for you to serve God is to focus all your attention on the job which is your job here and now, wearing blinkers, as it were, to hide from you the view of what you might be doing now, of what you may be doing later on. For to-day our Lord tells us, to-day's troubles are enough.

(Taken from *A Retreat For Lay People* by Ronald Knox) ●

This week's **second collection** is for the Bishop's Appeal. Last week's second collection for the Building Fund totaled \$1,202. Next week's second collection will be for the Archdiocesan Military Services. Thank you for your support. May God reward your generosity.

Weekly update	February 6 & 7	Year-to-Date
Actual - 1st Plate	\$6,069	\$26,328
Parish Pay 1st Plate	\$1,160	\$8,100
Total 1st Plate	\$7,229	\$34,428
Goal	\$6,400	\$38,400

Shortfall

\$0

(-\$3,972) ●

MUSIC FOR THIS WEEKEND

Organ Prelude (5&10:30): Variation on St. Flavian, H. Willam

Hymns for today: #360 Lord, who throughout these forty Days; #365 Parce, Domine

5pm (Sat.) Mass of Christian Unity, Vermulst. After Communion: Savior Again to Thy Dear Name

10:30am: Mass for Lent by Charlotte Ellis, St. MM Choir

Offertory: Remember O Thou Man. **Communion:** Ave Verum, Elgar

12:30pm: Lenten Gregorian Mass XVII

Organ Postlude (5&10:30) Toccata on St. Flavian, H. Willan ●

Little Catechism Of The Life Of Prayer

Chapter II: The Method of Mental Prayer

What is meant by a method of mental prayer?

A method of mental prayer is a practical guide for walking quickly in the way of prayer. In fact it indicates the various acts that should be made in order to make better progress.

Does the Carmelite Order have a method of mental prayer?

Yes, we find a method of prayer in the Carmelite Order from the beginning of the Teresian Reform...

What is the origin of this method?

This method has its immediate origin in the teachings of St. Teresa of Jesus and of St. John of the Cross. It was given its definitive and concrete form, however, by their disciples. We shall give a general explanation of this method, then take up its various parts in the following lessons.

How many parts does our method of mental prayer distinguish?

We usually distinguish six or seven parts or acts in the exercise of mental prayer, that is: the preparation—reading—meditation (with the loving colloquy)—the thanksgiving—the offering—and the petition.

Don't so many distinctions perhaps make the method too complicated?

This division into parts does not complicate the practice of mental prayer. In fact the first two are not yet prayer, but constitute only a sort of entrance door; the last three parts, then, are purely complementary and optional, that is they may be omitted as soon as we no longer need them. Prayer is therefore substantially reduced to meditation, accompanied by an intimate conversation with our Lord (a loving colloquy).

What is the best way to understand the Carmelite method of prayer?

In order to understand the Carmelite method of prayer one must keep in mind the idea of mental prayer as it is presented by St. Teresa; that is to say, that prayer consists in an intimate conversation with our Lord, in which we speak to Him especially of love, responding to his invitation to love Him. The various parts of prayer have as their purpose to lead us gently to this loving conversation with Him.

(By Fr. Gabriel of St. Mary Magdalen, OCD) ●

[RETURN TO HOMEPAGE](#)