



Third Sunday of Lent Sunday, March 8, 2015

TODAY—Waldemar Janzen, in *Old Testament Ethics*, speaks of the Ten Commandments and the other collections of laws found in the Old Testament as examples of God’s ways, saying, “The positive laws in their smaller or larger collections offer samples pointing to an integrated value system, an ethos, that lies behind them and that generated them” (p. 88). The Ten Words are not the end of moral obligations but the beginning of a life in response to the complete call to love God and to love our neighbor.

John W. Martins, *God’s Word for Us*, [http:// www.Americamagazine.org](http://www.Americamagazine.org)

Upcoming Dates:

During Lent, Stations of the Cross: Fridays 4PM St. Elizabeth
Mar 21, 5 PM Baptism of Victoria Isaacs Ortega
Mar 29 Palm Sunday
April 2 Holy Thursday – Seder Dinner RSVP Sharilyn Parmeter at (707) 481-7596, Fran Korn (707) 869-8341 or use sign up sheet at back of church

Please pray for our brothers and sisters

Who Are Ill or in Pain: Maureen Shaw, John Hoffman, Margie Heil, Mary Tamargo, George Shorb, Art McNulty, Lotte Cabral, Don Covello, Louis Baros, Dale Guinn, Bill & Joanne Rodgers, Gary Wood, Mary Helen Carpenter, Helen Murphy, John Beamon, Phil Mohardt, Jeanie Torr, Larry Gomme, Sara Bardoni, Ila Donovan, Abbey Moreno, Alicia Bicoy, Maureen O’Rourke, Valerie Jones, Mel Jones, Andy Jones, Frank Danzart II, Mike Wilson, Erling Ribbing, Janice Miller, Ed Copeland, Victoria Donnellan, Kevin O’Shea, Chuck Lee, Rosa Maria, Don LaPlante, Tom Joyce, Maggie Nelson, Jennifer McGlynn, Fr. Luis, Cecilia Lindenbusch.

Who Have Been Called to Eternal Life: Shirley Segart†, mother of St. Elizabeth’s Guild Secretary, Sherilyn Parmeter. Holly Stefenst†, Bill and Josephine Powerst†,

Mass Intentions:

3/1 9AM Shirley Segart†, requested by Francine Korn
3/8 9AM Bill and Josephine Powerst†, requested by Steve and Janine Powers
3/14 5PM Catherine Sbagia†, requested by Eleanor Gerigk
3/21 5PM Claire Gogast†, requested by Eleanor Gerigk
4/5 9AM Ray Foley†, requested by Steve & Jeanne Power

READINGS FOR THE WEEK OF JANUARY 18, 2015

2015 Mar 8 SUN: THIRD SUNDAY OF LENT. First Scrutiny of the Elect. *Scrutiny:* Ex 17: 3-7/ Ps 95: 1-2. 6-7. 8-9/ Rom 5: 1-2. 5-8/ Jn 4: 5-42. *Otherwise:* Ex 20: 1-17/ Ps 19: 8. 9. 10. 11/ 1 Cor 1: 22-25/ Jn 2: 13-25

2015 Mar 9 Mon: Lenten Weekday/ Frances of Rome, mw, rf
2 Kgs 5: 1-15b/ Ps 42: 2. 3; 43: 3. 4/ Lk 4: 24-30. Optional for any day this week: Ex 17: 1-7/ Ps 95: 1-2. 6-7ab. 7c-9/ Jn 4: 5-42

2015 Mar 10 Tue: Lenten Weekday
Dn 3: 25. 34-43/ Ps 25: 4-5ab. 6 and 7bc. 8 and 9/ Mt 18: 21-35

2015 Mar 11 Wed: Lenten Weekday
Dt 4:1. 5-9/ Ps 147: 12-13. 15-16. 19-20/ Mt 5: 17-19

2015 Mar 12 Thu: Lenten Weekday
Jer 7: 23-28/ Ps 95: 1-2. 6-7. 8-9/ Lk 11: 14-23

2015 Mar 13 Fri: Lenten Weekday. Day of abstinence from meat (age 14 and up).
Hos 14: 2-10/ Ps 81: 6c-8a. 8bc-9. 10-11ab. 14 and 17/ Mk 12: 28-34

2015 Mar 14 Sat: Lenten Weekday
Hos 6: 1-6/ Ps 51: 3-4. 18-19. 20-21ab/ Lk 18: 9-14

2015 Mar 15 SUN: FOURTH SUNDAY OF LENT. Second Scrutiny of the Elect.
Scrutiny: 1 Sm 16: 1b. 6-7. 10-13a/ Ps 23: 1-3a. 3b-4. 5. 6 (1)/ Eph 5: 8-14/ Jn 9: 1-41. Otherwise: 2 Chr 36: 14-16. 19-23/ Ps 137: 1-2. 3. 4-5. 6 (6ab)/ Eph 2: 4-10/ Jn 3: 14-21

Humor:

From This is from the Stella awards - awards for the most outlandish lawsuits and verdicts in the U.S.

Carl Truman, 19, of Los Angeles, California won \$74,000 plus medical expenses when his neighbor ran over his hand with a Honda Accord. Truman apparently didn't notice there was someone at the wheel of the car when he was trying to steal his neighbor's hubcaps.

Offerings: March 1, 2015

St. Elizabeth: \$ 1227
St. Catherine: \$ 352
St. Colman: 228
Total: \$ 1,807

Thank You for your Generosity!

Deadline for Bulletin news items is Wednesday, 5PM. Email 3churchesecc@gmail.com or phone Irene Deem (707) 486-9683

*Input for **TODAY** comes from: <http://americamagazine.org/content/the-word/gods-word-us> Parish Website:

<http://www.RRchurches.com>

Pastor's Desk:

The Season of Lent is a time for conversion of life; this also includes conversion of the way we speak. The three traditional ways to attain to true conversion of heart and life are: 1) prayer, 2) almsgiving, 3) Fasting.

I found this article in one of the Catholic website and I hope everyone will find it helpful in their seriously making this Lent a time of conversion and not just another Lenten practice. The article was written by Father Ed Broom.

True, one can and should fast from food, especially on Ash Wednesday and Good Friday. Fasting can be done in many other ways. For example, **fasting of the eyes from harmful TV programs, fasting from laziness at work, fasting from being overly critical and judgmental in our hearts.**

Still there is another form of fasting: **fasting of the tongue, fasting in speech, fasting from offending others with our words.** Why not undertake this on your Lenten journey as you head to the Cross on Good Friday, with your hearts joyfully awaiting the Risen Lord Jesus the day of the Resurrection?

Indeed this practice could result in promoting harmony in your home with your family members, peace in your relations at work, and charity towards all people you meet!

The following are two short but powerful supports to help us carry out successfully a Program of fasting in our speech.

1. Pentecost Experience and Speech. The Apostles during the Public life of Jesus made many mistakes in word and deed. However, they experienced one transforming event—it was Pentecost. The twelve Apostles spent nine days and nine nights in prayer with the Blessed Virgin Mary and boom!!! There was an explosion of grace.

The Holy Spirit descended upon them in tongues of fire. Emphasize the word tongues! Then they were endowed with the ability—with their own tongues—to preach the Word of God powerfully and convert countless souls. The message and its meaning? Simple! If our speech is to be edifying and sanctifying, then we must be purified, converted and sanctified by the fire of the Holy Spirit. All of us must have and experience a daily Pentecost experience; we all must invoke the Holy Spirit on a daily basis so that He will guide our minds, our hearts and the words that usher forth from our mouths! “Come Holy Spirit, come, through the Immaculate Heart of Mary.”

2. The Golden Rule and Speech Every person on earth can understand the Golden Rule given to us by our Lord and Savior Jesus Christ: “Do to others what you would like them to do to you.” Everybody responds positively towards a kind word, friendly smile, and charitable gesture. Why not apply the Golden Rule of Jesus to how we will speak to others. A bitter or sarcastic word can leave irreparable wounds in the soul. On the contrary, a kind word motivated by a pure and loving heart can lift somebody out of the pits of desolation.

Saint Bernard, in one of his edifying homilies, reminds us of three rules to apply to our speech:

- 1) Speak to accuse ourselves of our own failures (great way to do this is a good confession)
- 2) Speak to praise God. Saint Ignatius of Loyola in the Spiritual Exercises in the meditation Principle and Foundation reminds us as to why we are here on earth: “To praise God, reverence God, serve God and then to save our souls...” (Spiritual Exercises text # 23)
- 3) Finally, St. Bernard asserts that we should speak so as to edify our neighbor.

The word “edify” technically means “To build up”. Our words should serve to build up our neighbor. Today the world has been inundated by a Tsunami of gossip, criticism, negativism, sarcasm and irony—not to mention lies and slander. We must counteract negative and poisonous speech by using our tongue to lift others closer to God who is in heaven. We should never forget that God’s ear is keenly attentive to every word, letter, syllable that issues forth from our mouth.

The Word of God reminds us that he who does not control his speech is not on the highway to holiness. However, the man who controls his tongue is being led by the Holy Spirit and is following the pathway to heaven—the narrow path that Jesus taught us.

In conclusion, let us turn to the Blessed Virgin Mary, who spoke only seven times in the Gospels that we would learn the art of fasting in many ways. However, especially in the Holy Season of Lent, let us fast from all words that could offend others and God who is offended when we offend others with our speech. Let us learn to praise God, with Mary, with our words and with our lives: “My soul proclaims the greatness of the Lord and my spirit rejoices in God my Savior.” Let us praise God, with Our Lady, in time and forever in heaven!

Peace and Blessings!

Fr. Luis

CRITICAL HELP NEEDED!

The St. Vincent de Paul Free Dining Room is in desperate need of volunteer drivers to help with food donation pick up. Drivers are needed from 7AM to 10AM, need only a regular class C auto driver’s license and we provide the vehicle. There are open shifts almost any day of the week, and route training will be provided. Please contact Dana Luce, Executive Director for more information, at 707-584-1579.

A rewarding and needed way to help feed the poor of Sonoma County!!

St Elizabeth’s Guild News:

St. Elizabeth’s Guild was pleased to be asked to purchase new altar cloths for St. Elizabeth and St. Catherine churches. Thanks to the generous support from our parishioners and community of our fund raises, the Guild is able to provide these amenities.

The date for the 2015 Seder dinner is April 2, following the Holy Thursday mass at 5:30 PM. Traditional lamb is served with chicken as an alternative. RSVP: sign up sheet in the back of the church or phone Sharilyn Parmeter at (707) 865-2438.

Liturgical Music Corner by our Music Director, Rebecca Brown

March 8, Third Sunday of Lent

Entrance antiphon; “I will pour clean water upon you and cleanse you from all your impurities, and I will give you a new spirit, says the Lord.”

In today’s Gospel reading, Jesus goes up to Jerusalem and drives the moneychangers out of the temple. The Temple in Jerusalem was intended to be the seat and sign of the divine presence of God with his people. The Temple, however, had departed from all this and had become worldly, resembling a public market. Jesus promised a *new temple*, his own risen body (“*destroy this temple, and in three days I will raise it up*”), calling us, all believers in Him, to a life of holiness, adherence to His commandments, and faith in the resurrection.

Songs for the 9 am Mass:

Processional Hymn: Return to God (SS)

Psalm 19: *Lord, you have the words of everlasting life.*

Gospel Acclamation: *Praise to you, Lord Jesus Christ, King of endless glory.*

Preparation of Gifts: More Than Gold

Lord, I love your commands, more than gold is your word, so precious to me.

Communion Song: Fly Like a Bird (BB # 467)

Recessional Song: Save Your People (BB # 131)

The Gloria is omitted during the Lenten season, as is the “Alleluia”, both of which will be brought back in all their glory during the Holy Thursday and Easter liturgies.