



G O S P E L M E D I T A T I O N

Matthew 5:17-37

A few years into my priesthood, I hit a wall. I had taken on too many commitments: Masses, meetings, ministries, projects. I couldn't keep up. I was double-booking, forgetting things, running late, and letting people down. My boss at the time, a wise priest, and our shared secretary, noticed. For my birthday, the two gave me a stack of 100 flash cards, each with one word printed in a different language: "NO." It was funny, but also painfully true. If I couldn't say no, my yes was in danger.

In this Sunday's Gospel, Jesus says, "Let your 'Yes' mean 'Yes', and your 'No' mean 'No'. Anything more is from the Evil One"(Matthew 5:37). He's showing us something about freedom of Christian discipleship. The follower of Christ is called to speak clearly, simply, and honestly. There is a joy in that kind of freedom.

The Church Fathers often linked this kind of straightforward truthfulness with spiritual maturity. The devil is the father of lies, but Jesus is the Word made flesh. When we hedge, flatter, exaggerate, or avoid, we open space for the shadows to creep in. That little stack of flashcards reminded me that God does not want us enslaved to the expectations of others or to the fear of disappointing them. He wants us to enjoy the peace of saying yes and meaning it, and saying no, and meaning it, too.

Lenten Challenge: Practice 1 moment of honest, peaceful speech this week. Maybe it's a sincere "yes" to something important, or a humble "no" to something you cannot do. Let it be a quiet step into the freedom Jesus offers.

— Father John Muir

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READINGS FOR THE WEEK

- Monday—Jas 1:1-11/Mk 8:11-13
- Tuesday—Jas 1:12-18/Mk 8:14-21
- Wednesday—Jl 2:12-18/2 Cor 5:20-6:2/Mt 6:1-6, 16-18
- Thursday—Dt 30:15-20/Lk 9:22-25
- Friday—Is 58:1-9a/Mt 9:14-15
- Saturday—Is 58:9b-14/Lk 5:27-32
- Sunday—Gn 2:7-9,3:1-7/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

Weekend Mass Schedule

Saturday 5pm: Lector: Sally Stephenson
Minister: Robert Groeling, Barbara Hawkins
Julie Young
Server: Mary Perez

Sunday 7:30am: Lector: Dee Ketchum
Minister: Denise Palmer
Server: Dj Williams

Sun 9am: Lector: Donald Wirz
Minister: Patsy Pence, Denise Palmer
Joan Sarringhaus
Server: Leo Wirz

Sun 11:15am:

Lector: Fernanda Godinez
Minister: Josie Hernandez, Lourdes Langford
Mary Macias
Server: Mateus Morgan

Upcoming Events

- February 14— Valentines Day
- February 16— Presidents Day
Office will be closed!
- February 18— Ash Wednesday

AA Meetings are offered in our parish hall each Sunday 7pm and Wednesday 6pm

Catholic Trivia— Just for Fun

Question: What were the names of the three theological virtues of the Catholic Church?

Answer: Faith, Hope, and Love (Charity)

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STEWARDSHIP CORNER

February, \$ 3,735.65

Thank you for your very generous and continued support to the parish!

Prayer Requests

If you or a member of your family would like our faith community of Immaculate Conception Church to join you in prayers for special needs, call the parish office. Names will be removed periodically. If your loved one has been removed and is still in need of prayers please let us know.

Please take some time this week to remember the following in your prayers: Gia Garioto, Jesus Cedillo, Teresa Villareal, Maggie Garcia Ellen Emma. Ofelia Aguirre, Phyllis Cruz, Cindy Pena, Kathleen Connoly, Wes & Betty Brookshire, Patrick Dooling, Kathleen Mitchell, John Mitchell, John Garioto, Michael Mitchell, Steve Markowski, Nicole Wong, Lily Klauer, Eric Gibson Miranda Lee, Isaac Lee, Diane Alves, Nancy Pence, Angelita Aguirre, Nancy Appenzeller, Matt Acconero, Isaias Perez, Sally Stephenson, Oscar Carrillo, Margie LeGrand, Nicholas Matos, Tanner Ullon, Jeff French, Vince Milazzo, Colleen Aguirre, Martin Vallejo, David Shields, Presley Dias, Anita Pedrazzi, Jude Wong, Octaviano Luna, Joe Postigo, Johnny Bernio, Corylan Stranski, Kay Soares, Doris Stubben, Gigi Cutillo, Juliana Barrios, Evelyn Scally, Ramiro Acevedo, Loise Callens, Joey Dias, Phillip Cosentino, Donna Howe, Dian Markowski, Rogerio Moitoso, Frank & Teresa Viera, Sharon Hawkins, Loly Munro, Dee Ketchum, Deana Dyson-Miller, Lisbeth Flores, Emma Herrera, Rohit Sharma, David McGovert Sr., Daniel Lee, Altagracia, Drea Cedillo, Jesus Cedillo, Mary Lou Armbruster, Oralia Alvarez

Please Pray for the Recently Deceased: Bernadette Vacarreja, Mike Oconnell, Adeline Rianda



Parish News!!!

- Our Livestream Sunday 9am Mass can be found on our YouTube page.
- Each Friday morning prior to the 8:30am morning Mass you are welcome at 8:00am for prayer of the Holy Rosary.
- AED's are located at the entrance to the church to the right of the stairs under the choir loft and also in the hall near the front door.
- We are looking for ministers, lectors and servers for our Sunday 7:30am, 9am, 11:15 am and our Saturday 5pm Masses. If you would like to help serve during Mass, please contact the office for more information.
- **Our office will be closed on Monday February 16th in recognition of President's Day. Thank you for your understanding.**

Why Do We Do That? Catholic Life Explained

Ash Wednesday Ashes

Question: Why do we place ashes on our forehead each Ash Wednesday?

Answer: Ashes are rich in spiritual symbolism. We recall in the second chapter of Genesis, when the human person is fashioned “*out of the dust of the ground*” and receives the breath of life (Genesis 2:7). In death, a person returns to the ground from which we came. The ancient Hebrews used ashes as a sign of repentance, reminding themselves that God is God and we are not.

As the minister places ashes on our forehead, we hear either “*remember that you are dust and unto dust you shall return*” or “*turn away from sin and be faithful to the Gospel*”. When we receive ashes, we remember our own mortality. We're reminded that we have limited time on this earth and we ought to make the best use of it that we can! People are in need of love, care, and compassion. We all need to continually rediscover the love of God. The Gospel invites every person in every stage of life to encounter and imitate Jesus here and now. The forty days of Lent are the perfect time to assess our own awareness of these realities.

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Ash Wednesday Services

8:30am ~ 12noon ~ 6pm

Religious Ed ONLY at 4pm



Guidelines for Fast and Abstinence

Abstinence: a penitential practice consisting of refraining from the consumption of meat and is to be observed by all Catholics who are 14yrs of age and older. Ash Wednesday, Good Friday and each Friday during Lent. Parents are encouraged to see that children who are not bound by the obligation to fast are led to appreciate and authentic sense of penance.

Fast and Abstinence: in addition to abstinence, fasting is to be observed by every Catholic between ages of 18-60yrs old. On days of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be eaten but should not equal a full meal. Eating between meals is not permitted but liquids are allowed. Days of Fast and Abstinence are Ash Wednesday and Good Friday. If a person is unable to observe the above regulations due to ill health or other serious conditions they are urged to practice other forms of self-denial that are suitable to their conditions.

Mass Intentions

Saturday, February 14

5:00pm

†Mike O'connell *req. by: Barb Hawkins*

Sunday, February 15

7:30am

Health of Dee Ketchum

req. by: Art & Genevieve

†Felipe Velazquez *req. by: Family*

9:00am

†Leon Sarringhaus *req. by: Joan*

11:15am

†Glenyce Lee Heiner *req.by: Lil Casillas*

Monday, February 16

8:30am

†Lucy Grewohl

req.by: Nick Corini & Phyllis Lanini

Tuesday, February 17

No Services

Wednesday, February 18

No Services

Thursday, February 19

8:30am

†Mark Kirk *req.by: Glenyce Lee Heiner*

†Dee Dee Valadez

req.by: Sally Stephenson

Friday, February 20

8:30am

†Bernadette Vacarreja

req.by: Pat Dooling & Emily Robba

Coffee & Donuts

Join us this weekend after the Sunday 9am Mass for coffee and donuts.

Everyone welcome!



Religious Education Update:

Director : Dee Ketchum

1st Communion: No Class the 18th.

Families should attend the 4pm Ash Wednesday service.

Session: Feb 28th

Confirmation: Feb 18 families should

attend together 4pm or 6pm Ash

Wednesday service.

Feb 22 the 2nd year class serves the

11:15 Mass .

O.C.I.A class for adults (18+) who want to complete their Sacraments of Initiation in the Catholic Faith. Sacraments include Baptism, and /or First Communion and/or Confirmation.