

FIRST SUNDAY OF LENT

March 1, 2009

MASS INTENTIONS FOR MARCH 2-7

- MON 7 AM Unbelievers**
9 AM R. Martin
- TUE 7 AM Lorenzo Allesandria**
9 AM Nancy Hoffman
- WED 7 AM Kevin Hutchinson**
9 AM Norma Geissberger
4 PM Robert Gordillo - *living*
- THU 7 AM Ricardo Jose**
9 AM Fr. Patrick Keane
- FRI 7 AM Emma Bradley**
9 AM Ed Tarrant Family - *living*
- SAT 7 AM Souls in Purgatory**
9 AM Julie Ann Poppito

ANNUAL APPEAL UPDATE

Assessed Goal: \$65,200
Received: \$29,939.

Donors this week

Anna Allesandria, M/M Henry Abraham, Anna Arena, Barbara Cancilla, Angela Cincotta, Stephanie Cincotta, Maurine Cronan, Margaret DelGrande, Jeff Duke, M/M Daniel Eggen, M/M John Geissberger, M/M Louis Geissberger, Rose Glascock, , M/M John Heilmann, Dr/M John Jansheski, M/M James Lazor, Joseph Lawlor, M/M Martin Lion, M/M Thomas McCarty, John McDonough, Tom Ring, Anne Marie Schlesselmann, M/M Norman Schoenstein, M/M Patrick Sitzmann, Virginia Snider, Rosellen Staats, M/M Richard Sweeny, Thomas Trimble, Miriam Velcich, M/M Tom Wakida, M/M Dick Ward, Jane Watts, M/M Ken Wilson

**Thanks to all who have contributed.
Together, we can reach our goal.**

PLEASE PRAY FOR OUR SICK

Lorenzo Acciai, Marco Balistreri, MaryAnn Bellia, Beverly, Joseph Calleja, Patricia Cane, Charles, Elizabeth Crowley, Bill & Vladia Cutler, Dick Degan, Doris Doty, Doug, Fr. Bruce Dreier, Ed, Luke Duval, Faith Gillis, Taro Hart, Rosemarie Hayes, Michelle Hufford, Eleanor Jean, Joseph, Germaine Khohayting, Karla Kincade, Jan Lamphere, Grace Lawrence, Frank Lucas, Manda Masse, Warren McGuire, Richard Mogas, Monte Maroevich, Tony, Valerie Milroy, Marie Palleschi, Bertha, Joe Popovich, Stephanie, Steve Schlesselmann, Paul Smith, Rose Tannlund, Tim, Elizabeth Ward, Sibeal Whitty, Camilla Wolfe.

THIS WEEK IN OUR PARISH

- MON** Life in Christ Series today – 9:30am Hall
CYG Class – Hall – 7-8:30pm
- TUE** Scripture Class – Hall – 9:30am
- WED** PSR Classes
Grades K-1 Parish Hall
Grades 2-6 – Marin Catholic
3:30pm – 4:45pm
- THU** Adult Choir Rehearsal – Church – 7:30PM
- FRI** Catholic Marin Breakfast meeting following the 7am Mass in the Parish Hall. Guest Speaker Judge Kathleen Kelly, Superior Court Judge in San Francisco.

During the Fridays of Lent (except Good Friday)
Stations of the Cross will be held in Church
following the 7am & 9am Masses.

FASTING & ABSTAINING DURING LENT

Everyone eighteen years of age and older, but under the age of sixty, is bound to FAST on GOOD FRIDAY (Fasting allows only 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.)

Everyone fourteen years of age and older is also bound to ABSTAIN FROM MEAT on ALL FRIDAYS OF LENT and on GOOD FRIDAY.

MARIAN CENACLE

All are invited to a new Marian Cenacle on the First Sunday of each month here at St. Sebastian's Parish at 3:00PM with the Rosary, a talk about our Lady, Meditations, Adoration, and closing Benediction.

STEWARDSHIP –A WAY OF LIFE

Last week's collection: \$
Weekly Goal: \$ 5,200.
Weekly Average: \$

Sunday Contribution Envelopes can still be picked up in the rectory. If you have not yet picked them up, please do so as soon as you can.

VOCATION RETREAT DAY FOR YOUNG WOMEN

March 29, from 9am – 4pm. At Nazareth House, 245 Nova Albion Way, Terra Linda. If you are interested, call Sister Margaret Clare at 479-8282.

LENTEN MASS SCHEDULE AND SOUP SUPPERS

Daily Masses during Lent are 7am and 9am, and on all *Wednesdays* of Lent there's an additional Mass at 5:15pm, followed by a Soup Supper in the Parish Hall. Volunteers are needed to help make soup. If you are interested in helping make soup please call Beverly at 924-1771.

YOUNG AT HEART DINNER

Members and all Parishioners are invited. St. Patrick's Day Dinner will be held on Sunday, March 15th at Deer Park Villa, in Fairfax. No-host cocktails at 3pm, dinner at 4pm. \$25/ member, \$27.50/guest. Enjoy good food and fellowship, Irish dancers, and singing. The last day for reservations/cancellations is March 12. Your choices are Chicken or Corned Beef. Call Rosellen at 461-9003 or Barbara at 461-2735.

TREASURES FROM OUR TRADITION

The Holy Father usually marks the solemn opening of the Lenten fast with a procession and Mass on Ash Wednesday evening. He walks from the Benedictine monastery, San Anselmo, down the Aventine hill to the Dominican monastery of Santa Sabina. This very old tradition was revived by Pope John XXIII in the late 1950s. Have you ever wondered who gives the pope his ashes? It's a cardinal who has been given the "title" of the church of Santa Sabina. The pope's homily at this Mass states his theme for Lent.

Santa Sabina dates from the fifth century, and is one of the most beautiful churches in Rome. One of the panels on its main doors features the Crucifixion, a scene not normally depicted in art until much later. In the year 1219 the pope gave the church to Saint Dominic for his new religious order, the "Order of Preachers," known as the Dominicans, and it remains their world headquarters to this day. That pope, Honorius III, was a member of the Savaelli family, and this church was their personal family chapel. Sabina was a wealthy Roman lady who became a Christian and was martyred, and whose home became a place of prayer. Later, the church built on that spot was dedicated to her memory.

FOLLOWING THE FOOTSTEPS OF ST. PAUL

Saint Rita Church in Fairfax invites you to an exploration of the Life, Ministry, and Teachings of Saint Paul. This consists of six Tuesdays, ending March 31. The March 3 lecture is on the Foundations of St. Paul: Scott Sinclair, PhD, from the Dominican University of California Religion Department will speak. The evening begins with Soup Supper at 6:15pm in the Hall followed by the lecture at 7:00pm. For more info call Noele at 456-4815

LENTEN ADORATION

During this season of Lent, our Adoration Chapel will be open and available for adoration and prayer as usual from 7:30am to 7:30pm. What better way to honor Christ and his sacrifice for us than to sacrifice a little time each week before the real Presence of Jesus? Can you make or renew a commitment to spend an hour on one or two days a week with Our Lord in the Blessed Sacrament? Our precious Lord is always available to us. This Lent, let us become more aware of His Presence by being with Him in adoration and prayer.

ADORATION CHAPEL PRAYER SCHEDULE

Each day, group prayer is scheduled in our Adoration Chapel. A schedule is posted on the cover of our parish bulletin. We need more people to participate in the group prayers, and everyone is welcome. Morning Prayer (part of the Liturgy of the Hours) follows the 7am daily Mass. Evening Prayer is from 6:30pm to 7:30pm, except on Tuesdays, when it is from 5:30 to 6:30pm so that more people may attend.

During the Wednesdays of Lent, Evening Prayer is at 6:30pm, following the Mass and Soup Supper. We provide the prayer books, and no previous experience is required. Join us.

HOUR OF DIVINE MERCY

The hours between 2 & 4pm are dedicated to the Divine Mercy of Jesus. The "Chaplet of Divine Mercy" is prayed at 3pm, and the Praises of Divine Mercy follow at 3:30pm. To keep these devotional prayers alive, we are looking for volunteers to lead the prayers each day of the week, and others to join in. The prayers are quite simple, and we provide the pamphlets. Please call Andra at 925-0487.

HOLY HOUR:

AN OPPORTUNITY OF GRACE

The Holy Hour is given us by the Church not as a law or a set of rules to keep, but as an opportunity for an open encounter with the living God. The suggestions given for making a Holy Hour are just that: suggestions. There are many ways to celebrate a Holy Hour: saying a Rosary, praying a Litany of the Divine Praises, devoting specific periods of prayer to particular needs or particular people, taking time for "holy study" and simply finding a good spiritual writer to read, using the time before celebrating the Sacrament of Penance to do an examination of conscience, or singing hymns. There are, of course, countless other ways to meet with God. What matters is that your encounter with Him be sincere and prayerful, with a genuine openness to let God just look at you (all of you) as you look at Him, allowing the distance between you to diminish.

from IgnatiusInsight.com Excerpts from:
“Lent: Why the Christian Must Deny Himself” by
Brother Austin G. Murphy, O.S.B.

“Why must the Christian fast?” We should first note that fasting, in itself, is neither good nor bad, but is morally neutral. But fasting is good insofar as it achieves a good end. Its value lies in it being an effective means for attaining greater virtue. And because it is a means for gaining virtue— and every Christian ought to be striving to grow in virtue— there is good reason to fast.

Some people point out that fasting is not the most important thing and, therefore, they do not need to worry about it. Such reasoning displays a misunderstanding of our situation. But, since the excuse is common enough, some comments to refute it are worthwhile.

Doing Small Things Well

First, while it is true that fasting is not the most important thing in the world, this does not make fasting irrelevant or unimportant. There are, certainly, more urgent things to abstain from than food or drink, such as maliciousness, backbiting, grumbling, etc. But a person is mistaken to conclude that he therefore does not need to fast. He should not believe that he can ignore fasting and instead abstain in more important matters. Rather, fasting and avoiding those other vices go hand-in-hand. Fasting must accompany efforts to abstain in greater matters. For one thing, fasting teaches a person how to abstain in the first place.

Moreover, it is presumptuous for a person to try to practice the greater virtues without first paying attention to the smaller ones. As Our Lord says, “He who is faithful in a very little is faithful also in much” and so can be trusted with greater things. Therefore, if a person wants to be able to abstain in greater matters he must not neglect to abstain in smaller matters, such as through fasting.

Finally, there is a subtle form of pride present in the person who says that because something is not very important, he does not need to do it. Whoever makes such a claim implies that he does only important things. But the average person is rarely called to do very important things. Accordingly, each person is more likely to be judged on how he did the little, everyday things. Even when, rarely, a person is called to do a great work, how often does he fall short? All the more reason, then, for a person to make sure that he at least does the small things well. Furthermore, if he truly loves the Lord, he will gladly do anything—big or small—for Him. So, in the end, saying that fasting is not the most important thing is not a good excuse for avoiding it.