

**5<sup>TH</sup> SUNDAY OF LENT**  
**March 29, 2009**

**MASS INTENTIONS FOR MARCH 30 - April 4**

**Mon 7AM Jamie Calderon, *living***  
**9AM Kevin Hutchinson**

**Tue 7AM Sr. Veronica Gannon**  
**9AM Tarrant Family, *living***

**Wed 7AM Lawrence Alessandria**  
**9AM R. Martin**  
**5:15PM Special Intention, *living***

**Thu 7AM Unbelievers**  
**9AM Kevin Hutchinson**

**Fri 7AM Bruce Purdy**  
**9AM William Walsh**

**Sat 7AM Souls in Purgatory**  
**9AM Norma Geissberger**

**PLEASE PRAY FOR OUR SICK**

Lorenzo Acciai, Marco Balistreri, MaryAnn Bellia, Bertha, Beverly, Joseph Calleja, Patricia Cane, Charles, Elizabeth Crowley, Bill & Vladia Cutler, Dick Degan, Doris Doty, Doug, Msgr. Bruce Dreier, Nanette Duffy, 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, Mark Piatti, Joe Popovich, Stephanie, Steve Schlesselmann, Paul Smith, Rose Tannlund, Tim, Elizabeth Ward, Sibeal Whitty, Camilla Wolfe.

**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, please call Beverly at 924-1771.

**ABSTAINING FROM MEAT**  
**ON FRIDAYS OF LENT**

Everyone fourteen years of age and older is bound to abstain from meat on the Fridays of Lent and on Good Friday.

**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** Parish School of Religion (PSR) Classes  
Grades K-1 Parish Hall  
Grades 2-6 – at Marin Catholic H.S.  
3:30pm – 4:45pm  
Children's Choir Rehearsal - 5pm - Church

**THU** Adult Choir Rehearsal – Church – 7:30pm

During the Fridays of Lent, Stations of the Cross will be held in Church after Mass.

**FRI** Catholic Marin Breakfast Club, in the Parish Hall, following the 7am Mass, with Sr. Judy Donovan speaking.

**STEWARDSHIP – A WAY OF LIFE**

Last Week's Collection: \$ 5,786  
Weekly Goal: \$ 5,200  
Weekly Average: \$ 4,625

"If anyone would serve me," says Jesus in today's Gospel, "let him follow me; where I am, there will my servant be." In what way is Jesus inviting me to follow Him? What service is He asking of me? (*John 12:26*)

**ANNUAL APPEAL UPDATE**

Assessed Goal: \$65,200.  
Received: \$45,859.

***Donors this week:***

Mary Bonnar, M/M Anthony Novacic, M/M Paul Smith.

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

**YOUNG AT HEART NEWS**

**Next meeting: Tuesday, April 7, at 11:30am**  
**"Serve Yourself" Buffet of sandwiches, salad, and cookies for a nominal fee of \$5/person.**  
**Non-members, guests \$7.50 per person.**  
**Entertainment by Marin Catholic Music Dept.**  
**Info / Reservations: 461-9003 or 461-2735**

**TAIZÉ PRAYER SERVICE AT ST. PATRICK'S**

Taizé Prayer Service is a reflective, meditative form of prayer with music and simple chants in both English and Latin.

Come and be refreshed in the Holy Spirit.  
St. Patrick's Church, Larkspur, Friday, April 3, 7:30-8:30pm.

**Please pray for our young people**  
who are preparing to receive  
the **Sacrament of Confirmation** here  
from Archbishop Niederauer on the 18<sup>th</sup> of April.

<b>Jeffrey Arnold</b>	<b>Spenser Harris</b>
<b>Andrew Cresalia</b>	<b>Kayla Kaufman</b>
<b>Nicholas Elsbree</b>	<b>Annie Maguire</b>
<b>Grace Filipski</b>	<b>Kelley Nekota</b>
<b>Jackie Gallegioni</b>	<b>Lucian Traverso</b>

**MEDJUGORJE VIDEOS ON LOCAL CHANNEL 26**  
Comcast channel 26 in Marin has begun broadcast-  
ing a series of 56 half-hour videos which were  
filmed in Medjugorje; a new video about the reports  
of Marian Apparitions each Monday at 7pm.

#### **TRANSFORMING GRIEF**

A spiritual day of retreat for all Marin parishioners  
who are grieving the loss of a loved one will be held  
on Sat. April 18 from 9:30am-2:30pm at St.  
Anselm's McDonald Conference Center located in  
the school's parking lot on Richmond Ave.

Eucharistic Liturgy will be a part of the day.  
Donation \$10. Please bring a brown-bag lunch.  
More info call Barbara at 415-614-5506.

#### **AN OPPORTUNITY FOR 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 sug-  
gestions given here for making a Holy Hour are just  
that – suggestions. There are many other ways to  
celebrate a Holy Hour: praying a Rosary, praying a  
Litany of the Divine Praises, devoting specific peri-  
ods of prayer to particularly needs or particular peo-  
ple, 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 ex-  
amination 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.

**Our New Parish Website**  
**[www.sebastian94904.com](http://www.sebastian94904.com)**

"The early Christians commonly offered ... grave-  
side Masses on the third day after a Christian's bur-  
ial—the third day, as a sign of Easter hope. ... In St.  
Augustine's autobiography, the *Confessions* (written  
in the fourth century), he recalled how his mother's  
dying request was that he should remember her when  
he offered the Mass.

Catholics know how much God's mercy radiates  
through this doctrine. Our Masses for the dead give  
healing, not only to the dead, but also to the living  
who must go on in grief. When we bid good-bye to  
a loved one, we often wish we could have done more  
for them. The Good News—the Gospel truth—is  
that we can. We can give them all we have to give,  
which (thank God) is all that Jesus has to give. We  
can give them the once-for-all sacrifice of the Mass."

—*from Reasons to Believe: How to Understand,  
Explain, and Defend the Catholic Faith*  
by Scott Hahn

#### **HANDICAPABLES,**

an organization which gives handicapped people an  
opportunity to meet, have lunch, and socialize, will  
meet on Sat., March 28th, in the St. Anselm School  
Gym "Molinari Room" (enter the school gate near  
the corner of Richmond and Mariposa Sts., San  
Anselmo).

Mass begins at noon and lunch follows.

#### **MARRIAGE FOR LIFE**

Engaged couples are invited to view marriage as a Sacrament  
of our Church. The program is available to all couples, and  
space is guaranteed. This program satisfies the San Francisco  
Archdiocese, requirement for marriage preparation. The loca-  
tion is St. Mary's Cathedral in San Francisco near Japantown,  
For information, call Joe or Connie D'Aura at 664-8108 or  
email: [daura@ccwear.com](mailto:daura@ccwear.com).

#### **RETRouvaille**

Retrouvaille is a lifeline for marriage. It helps couples through  
difficult time in their marriage, giving them the opportunity to  
rediscover each other and examine their lives together in a new  
and positive way. This program has helped tens of thousands  
of couples experiencing marital difficulty at all levels including  
disillusionment and deep misery. For confidential information  
about or to register for a weekend, call 893-1005, or see  
[www.HelpOurMarriage.com](http://www.HelpOurMarriage.com).

#### **CATHOLIC LOBBY DAY**

in Sacramento on Tuesday, April 28, 2009.  
March with hundreds of California Catholics to visit  
our legislators in our State Capitol.

## **DIVINE MERCY SUNDAY AT ST. SEBASTIAN'S**

— APRIL 19 —

Pope John Paul II declared that the Sunday after Easter would henceforth be known as “Divine Mercy Sunday” when he canonized St. Faustina Kowalska in the year 2000.

The Divine Mercy Novena begins here at St. Sebastian's on Good Friday between noon and 1:30pm. We will provide pamphlets with the prayers for all who attend. On each of the following days (except Easter Sunday) the Novena will be prayed at the 3 o'clock hour, along with the Chaplet of Divine Mercy.

**On April 19 (Divine Mercy Sunday), here at St. Sebastian's from 3 – 4 pm** we will have Exposition of the Blessed Sacrament, pray the Chaplet, and have other devotions, along with a talk and veneration of the image of Jesus, the Divine Mercy. There will also be an opportunity for Confessions, but people may avail themselves of this Sacrament any time within a week before or after in order to obtain the indulgence.

Jesus Himself promised complete forgiveness of sins and punishment on that day, even to the most terrible sinner imaginable. God in His great mercy is giving mankind a last chance for salvation. To get this great promise one must go to Confession and then receive Holy Communion on the Feast on Divine Mercy, or within a week. A Plenary Indulgence for Divine Mercy Sunday was decreed on Aug. 3, 2002.

### **A WORD ABOUT INDULGENCES**

An indulgence is defined as “the remission before God of the temporal punishment due for sins already forgiven as far as their guilt is concerned.” The first thing to note is that forgiveness of a sin is *separate* from punishment for the sin. Through sacramental confession we obtain forgiveness, but we aren't let off the hook as far as punishment goes.

Indulgences are of two kinds: partial and plenary. A partial indulgence removes part of the temporal punishment due for sins. A plenary indulgence removes all of it. This punishment may come either in this life, in the form of various sufferings, or in the next life, in purgatory. What we don't get rid of here we suffer there. ... there has never been any way for us to measure how much “good time” [a partial indulgence] represents. All the Church could say, and all it every did say, was that your temporal punishment would be reduced—as God saw fit.

The requirements for a plenary indulgence are tougher than for a partial. ... “it is necessary to perform the work for which the indulgence is attached and to fulfill the following three conditions: sacramental confession, Eucharistic Communion, and prayer for the intention of the Sovereign Pontiff. It is further required that all attachment to sin, even venial sin, be absent.”

The greatest hurdle is the last. Making a good confession is not particularly difficult, and going to Communion and praying for the pope's intention are easier still. It's being free from all attachment to sin that's hard.

—from *What Catholics Really Believe*, by Karl Keating