

FIRST SUNDAY OF LENT

February 21, 2010

MASS INTENTIONS FOR THE WEEK

Mon	7AM	Emma & Bud Bradley
	9AM	Vera Gaudiani, <i>living</i>
Tue	7AM	Bud, Emma, Alice, & Lorri
	9AM	Marie Palleschi
Wed	7AM	Servicemen & Women, <i>living/dec.</i>
	9AM	Ann McCourt
Thu	7AM	John F. Crotty
	9AM	Roland, <i>living</i>
Fri	7AM	Rev. Donald Zunino
	9AM	Stan Lawrence
Sat	7AM	Frank Bonavia
	9AM	Nancy Hoffman

PLEASE PRAY FOR THE SICK

Lorenzo Acciai, Ken Anderson, Sally Arango, Marco Balistreri, Charles Bellia, Bertha, Madison Bostow, Joseph Calleja, Patricia Cane, Caroline, Charles, Cary Chiappone, Yondellan Coleman, Elizabeth Crowley, Vladia Cutler, Dick Degan, Doris Doty, Doug, Nanette Duffy, Ed, Luke Duval, Faith Gillis, Eileen Harriman, Taro Hart, Rosemarie Hayes, Chiara Iulucci, Joseph, Ruedi & Matthias Keller, Germaine Khohayting, Jeanne Killian, Karla Kincade, Manda Masse, Gino Mazzenatto, Warren McGuire, Richard Mogas, Monte Maroevich, Tony, Valerie Milroy, Mark Piatti, Bertha Ponce de Leon, Joe Popovich, Stephanie, Steve Schlesselmann, Mary Ann Smith, Ted Taheny, Rose Tannlund, Tim, Elizabeth Ward, Sibeal Whitty, & Camilla Wolfe.

STEWARDSHIP – A WAY OF LIFE

Last weekend's collection	\$ 3,785.
Weekly goal	\$ 5,200.
Weekly average	\$ 4,291.

APPROPRIATE STEWARDSHIP

Today's first reading describes the offering of first fruits that the people of Israel were to present to the Lord in thanksgiving for their deliverance from Egypt and the gift of the promised land. Is *my* offering at today's Mass an appropriate response to the many blessings that the Lord has given me?

LENTEN REGULATIONS

On the Wednesdays of Lent, we will have a 5:15pm Mass, after which we will have a Soup Supper in the Parish Hall.

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

When health or ability to work would be seriously affected, the law does not oblige. In the spirit of penance, the faithful should not lightly excuse themselves from this obligation.

THINGS TO DO DURING LENT

- Attend Daily Mass.
- Meditate on the Station of the Cross.
- Take time to sit in front of Jesus in the tabernacle.
- Fast from food or snacks.
- Fast from bad habits and sins.
- Fast from luxury.
- Fast from an excess of material possessions.
- Pray for someone you don't like.
- Thank God for even the smallest blessings.
- Decide to go to Confession.
- Avoid automatically turning on the TV or radio.
- Pray for old friends, classmates, people in need.
- Send a donation to a Catholic charity.
- Thank God for each item of food on your plate.
- Think about the end of your life, and tell God what you're hoping for and what you're sorry about.
- Talk to some of the saints, and ask for their help.

WHEN USING SUNDAY ENVELOPES...

Please print your Last Name on the envelope to ensure that your donation is properly credited to your record.

CHOOSE LIFE...

Writer Frederica Mathewes-Green has pointed out that: "No woman wants an abortion as she wants an ice cream cone or a Porsche. She wants an abortion as an animal caught in a trap wants to gnaw of its own leg."

The Archbishop's Annual Appeal 2010

is off to a good start, and we are grateful to those who have already responded. There are some brochures in the pews if you did not get one in the mail.

TODAY: ORGAN CONCERT BY FR. PAUL PERRY

Fr. Paul will offer an organ concert here *today* at 12:20PM. The one-hour program, with commentary, offers works of Bach, Andre Campra, William Boyce, Verdi, Tschaikowsky, Gordon Young, Richard Purvis, Leon Boellmann, Chopin, Karg-Elert, and others.

No admission charge.

You are all welcome to attend!

This "all-memory" concert will be repeated on March 7 at St. Isabella's in Terra Linda.

Q & A: Is it permissible to leave Mass early, after Communion?

Imagine if some of your dinner guests gobbled their food and bolted when they finished. Not only would you think it rude, your other guests would find it distracting. Plus, they would miss out on the rest of the evening.

The same is true for Mass. Jesus is present for the entire Mass, so slipping out before it is over is almost like walking out on him. Can you imagine meeting with an earthly king and leaving before he concluded your time together?

Lastly, participating in Mass is intimately linked to our call to go forth and live the Gospel. The final blessing and dismissal prepares us to share what we have received with our brothers and sisters. If we leave directly after Communion, we miss this important component.

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**PARISH BULLETINS ARE ALWAYS AVAILABLE ON ST. SEBASTIAN'S WEBSITE:
www.sebastian94904.com**

Choose Life: "40 Days for Life" is a peaceful prayer vigil that will take place on Eddy Street (between Franklin and Van Ness streets) in San Francisco, across the street from the Planned Parenthood abortion business. Beginning Ash Wednesday, at least one person will be there in prayer every day of Lent from 7am to 8pm.

Come yourself, or bring a friend.

To learn more, or to sign up for a time slot, go to:

www.40daysforlife.com/sanfrancisco
or email Ron Konopaski at konopaski@yahoo.com

**YOUNG AT HEART'S
ST. PATRICK'S DAY DINNER**

Members and all Parishioners are invited.

Sunday, March 14th

Deer Park Villa, in Fairfax

No-host cocktails at 3pm, Dinner at 4pm

\$25/ member, \$28/guest

Enjoy good food and fellowship,

Irish dancers, and singing

Reservations/cancellations needed by March 11

Choice of Chicken or Corned Beef

*If you would like to attend, but need a ride,
please call and we'll try to arrange it.*

Call Denise at 461-0689 or Barbara at 461-2735

**The Parish of Sacred Heart, Olema
and its mission, St. Mary Magdalene, Bolinas
invite you to:**

**THE 54TH ANNUAL ST. PATRICK'S DAY
BARBECUE AND FUNDRAISER**

Sunday, March 14, Noon – 4pm

**Dance Palace Community Center,
5th & B Streets, Point Reyes Station**

Meals are \$18 for adults and \$7.50 for children.

A **cash bar** will be serving drinks for those who desire a little "Irish" in their coffee, or other libations!

Barbecued oysters from Drakes Bay Oyster Company will be available, and the famous **cake booth** will offer desserts for purchase at the event.

Silent Auction of Local Goods and Services

Live Music

Surprise Package Game for Kids – Just 25 cents!

Six **cash raffle** prizes range from \$100 to **\$1200!** Tickets are \$5 each, \$25 for a book of five, or just \$100 for five books! They can be purchased at the barbeque. Winners need not be present to win.

Make it a West Marin Sunday!

Join us at the Barbecue-Fundraiser!

Rain or shine



**1260 on your AM dial
immaculate heart radio**
sharing the heart of the Christian faith

REFLECTIONS, by Sr. Isabel Bettwy

(excerpt from the book Fasting by the late Fr. Slavko Barbarić, O.F.M.)

The elderly woman, Anna, worshiped night and day, fasting and praying (Lk 2:37). Jesus fasted: “After fasting forty days and nights, he was hungry” (Mt 4:2). Scripture contains many references to fasting, a practice which has been lost in the modern day Church. The scriptural concept of fasting is often misunderstood and therefore, not seen in its proper role in the spiritual life.

The word **fasting** comes from a Hebrew word which literally means “to cover one’s mouth.” The Greek word means “not to eat.” Strictly speaking, fasting is a voluntary abstinence from food, not as an end in itself, but as a means to holiness. Practically speaking, fasting goes beyond the realm of food into our actions and thoughts.

In one of the early messages at Medjugorje, the Virgin Mary reportedly said that we have forgotten the value of fasting. She reminded us that wars and natural catastrophes can be averted by prayer and fasting. The Virgin said that many people have substituted almsgiving for fasting. By excluding fasting from our daily life, we are excluding an important element in growing in holiness which cannot be gained otherwise.

We are all called to fast, even the elderly, the sick, and the young. However, not all are called to fast in the same way. We should seek God, ask His direction and then follow the impulses we sense coming from Him. Some persons may be urged to fast on bread and water (the “best” fast according to Mary), others may be called to give up smoking, alcohol, or television. Others may follow the former Lenten practice of eating two small meals not to exceed the third meal. Fasting is not always “not eating.” Some may do penance by eating what they don’t like, or not speaking the sharp remark to a fellow worker or friend. Whatever we are called upon to do, we ought to fast with the same vigor and enthusiasm as we respond to Mary’s call to deeper prayer. The important dimension is that we **begin to fast** and to allow God to use the fasting to move us forward on our way of holiness. As we go deeper and deeper into the path God has laid out for us, we will also change our way of fasting, ultimately, perhaps, reaching the “best fast,” as explained by the Mother of God.