



HOLY FAMILY

HOLY ROSARY MISSION

FATHER INNOCENT SUBIZA, PASTOR

Mission Statement

We at Holy Family-Holy Rosary parish with the guidance of the Holy Spirit are committed to nurture the spiritual growth of our members, to welcome strangers, to be good stewards of God-given gifts, to provide a safe environment for our youth, to treat everyone with dignity and respect, to provide for the needy and to foster a Christ-centered community.

Mass Intentions

Saturday, February 17:

4:30 p.m.: Lawrence & Hazel Martini+

7:00 p.m.: Maria Alexandro Flores Gutierrez+

Sunday, February 18:

8:30 a.m.: Chuck Howes+, Maria Alejandro Flores+

10:30 a.m.:

Tuesday, February 20:

NO MASS

Wednesday, February 21:

8:30 a.m.: Elizabeth Murray+

5:30 p.m.:

Thursday, February 22:

8:30 a.m.: Fr. Burns+

Friday, February 23:

8:30 a.m.: Chuck Howes+

First Sunday of Lent



Peter Kreeft, in *The Man Who*

Left His Mark, points out an interesting fact in today's short Gospel: "Jesus was where **God designed man to be: between the animals and the angels** - not where man designs God to be: between ideologies."

"Repent and believe in the Gospel." Religion's most timely product is **repentance**. It is the **door to a mansion** - more, to a kingdom. And the door is **open until time ends**.



Fasting: When fasting we are permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. We fast to practice self-control. **Fasting is obligatory on Ash Wednesday and Good Friday from age 18 to 59.** (See U.S. Conference of Catholic Bishops website for more information)

Abstinence: When abstaining, we do not eat meat. **Abstinence** is obligatory on Fridays during Lent.

Collection

February 11, 2024

Sunday: \$3,554.00

Building Fund: \$1,721.00

Thank you for your generosity!

Community Supper

When: Wednesday

February 28th.

Time: 6:00 p.m.

Where: Father

Burns Hall

Host: Holy Family

Church



*The observance
of Lent
is the very badge
of the
Christian warfare.*

~Pope Benedict XVI

**Catholic Studies
Portola**



Meets every other Thursday from 6:00 - 8:00 PM.
Topics vary. We welcome suggestions or requests for particular topics.

Feb. 22 - Sing Like a Catholic: Sacred Music, a treasure of inestimable value.

"The musical tradition of the universal Church is a treasure of inestimable value, greater even than that of any other art. The reason for this pre-eminence is that, as sacred song united to the words [of the Mass] it forms a necessary of integral part of the solemn liturgy." (Vatican II - Constitution on the Sacred Liturgy)

March 7 - Catholics in a time of crisis: Fr. Innocent's testimony from Rwanda.

March 21 - Pray like a Catholic: How to enrich your spiritual life.

Bring a snack or beverage to share.

James Cavanagh, facilitator
916-701-1543, call or text



**Annual Catholic Appeal
helps us bring Christ's
saving mercy to our
brothers and sisters**

**25% comes back to our
parish!**

On the weekend of February 24-25 we will have the opportunity to offer ourselves as companions to those who suffer emotional, physical and spiritual poverty. Each of our gifts, no matter the amount, makes a difference in someone's life. Catholic Charities can respond to the greatest needs in our communities. Seminarians receive support as they prepare to serve our local parishes. Catholic schools in economically-challenged neighborhoods can provide tuition assistance. Prayerfully consider what you can give this year.

Holy Family Church

108 Taylor Ave.
Portola, CA 96122

Masses: Saturday 4:30 p.m.
Sunday 8:30 a.m.

Tuesday - Friday 8:30 a.m.

Spanish Mass:

3rd. Saturday 7:00 p.m.

Adoration: Friday 7:30 a.m.

Confession: Saturday 4:00 p.m.
or by appointment

Holy Rosary Mission Church

614 4th. St.
Loyalton, CA 96118

Masses: Sunday 10:30 a.m.
Wednesday 5:30 p.m.

Adoration:

Wednesday 4:30 p.m.

Confession: After Mass or by
appointment

Phone: 530-832-5006

Email:

holyfamilyholynosary@gmail.com

Website:

www.holyfamilyportola.org

Bulletin Submissions

Ida Larrieu

ida.larrieu@mail.com

Lisa Smock

granitebaymom@icloud.com

Website

Check the new parish website! It is being updated regularly, and you will find **mass times, bulletins, special feast days**, and all information about Holy Family and Holy Rosary.

www.holyfamilyportola.org

Send submissions to:

granitebaymom@icloud.com

Meditations on the Our Father (A Weekly Series)



“Give us this day our daily bread”

‘Our daily bread’ depends upon the ***prayers we offer each day.*** The fact that we ask only for today's needs implies that we will have ***another encounter*** with our Father God tomorrow. This is the way the Father encourages us to be steadfast in saying his prayer.

We ask for whatever we need in a material sense; then our request is for whatever we need for the health of our soul.

-Catechism of the Council of Trent

When we ask for our daily bread we are acknowledging the fact that ***our entire existence depends on God.*** The Lord wants us to ask the Father ***for whatever we need.*** As a consequence, we are constantly reminding ourselves that we are ***children who depend entirely on our Father God.*** We can do nothing ***by ourselves.*** To pray the Our Father well, with devotion, is to recognize ***our radical poverty*** before the loving eyes of God.

He will make sure that we have what we need each day. God will never let us down.

Eucharistic Revival Prayer

*This Lent, Lord, help me
keep my resolve to turn
away from sin and toward
you.*



MIRACULOUS COMMUNIONS

In this Miraculous Communion, Saint Juliana Falconieri was always most **devoted to the Holy Eucharist**. In the last days of her life, a **stomach ailment** which had afflicted her for a long time, as it became more acute, **prevented her from receiving Communion**.

Before her death in 1341, she asked that a **consecrated Host be placed on her chest**, and as she recited a prayer, the **Host disappeared and left a violet mark, as if the mark had been branded there**. She was beatified in 1678 and canonized in 1737.



The Devil's Promises - God is Always at Our Side

The devil always promises more than he can give.

Happiness is very far from being his gift. ***Any temptation is always a miserable deception.*** In order to test us, the devil ***takes advantage of our ambitions.*** Probably the worst of these is that of desiring one's own excellence at all costs, of systematically seeking ourselves in everything we do or plan.

Our own self can often be the worst of all idols.

God is always beside us.

And we place all our trust in him because we know we would achieve very little by ourselves. But God has given us the means to overcome all temptations. in order to free us from the devil's influence, God has given us an angel to help and protect us.

-Fernandez, Francis. In Conversation with God

If you call upon your Guardian Angel at the moment of trial, he will protect you from the devil and will bring you holy inspirations.

-St. J. Escriva



Lenten Resources

RESTORE
LENTEN RECIPES 

Easy Asparagus Soup

INGREDIENTS

- 1 bunch asparagus, chopped (reserve tips)
- 3 cloves garlic, minced
- 4 cups chicken stock
- 1 can garbanzo beans, drained
- ½ cup parsley, minced
- 2 tbsp. extra virgin olive oil
- 1 tsp. lemon juice
- ½ tsp. lemon zest
- ¼ tsp. freshly ground black pepper

PREPARATION

1. In a bowl, combine parsley, olive oil, lemon juice, lemon zest, pepper, and ⅔ of the garlic.
2. Add salt to taste and set aside.
3. In a medium saucepan, bring chicken stock to a boil.
4. Add the asparagus stalks, remaining garlic, and garbanzo beans. Reduce heat and simmer for about five minutes.
5. Remove from heat and puree with an immersion blender or, working in batches, with a food processor.
6. Return to heat, add asparagus tips, and cook until tender.
7. Drizzle with the parsley-garlic mixture to serve.

Makes 4 servings.

ORIGIN OF THE WORD LENT

The word Lent has no religious significance whatsoever. It comes from the Old English word *Lencten*, which was the Anglo-Saxon name for the *season we call spring*. In all languages other than English, the season of Easter fasting has a name derived from the Latin *Quadragesima*, or “*forty days*.”

In ancient times, when someone died, it was a mourning custom to sit inside and cover one’s head and body *with dust and ashes* as a mortal reminder that we are all “*from ashes to ashes and dust to dust*.”

The Purpose of Lent

Why does Lent exist?

There’s one answer: to prepare us for Easter.

It’s not wrong to seek improvements in our lives and offer them as Lenten sacrifices (any genuine sacrifice is good!), but how much of our focus actually centers on Lent’s main purpose, which is Easter?

Lent does not exist for its own sake, but to prepare us for the Feast of the Resurrection. Everything else we do - whether it be a daily Rosary, self-control in our eating habits, or even spiritual reading - should happen with Easter as the goal.

Why Do We Prepare for Easter?

1. To Enter a Holy Time

We must not only commemorate the Resurrection, but enter into it with our minds, hearts, and bodies.

We must live it out.

2. To Imitate Christ

Our heartfelt participation in this liturgical season helps bring Christ’s presence into our lives and mold us into “little Christs” - ***into true Christians***

3. To Die To Ourselves

Detaching from our sins - from our selfish desires, our disordered actions, our worldly comforts - is not a pleasant experience. It hurts. ***It is a little “death.”***

4. For the Love of Jesus

Lent is our way of meeting Him in His suffering. It is where Christ meets us in ours.

- “A Holy Lent”, goodcatholic.com

Daily Prayer for Lent

O Most loving Redeemer, humbly prostrate at the foot of the Cross,
I implore from the bottom of my heart pardon for all my sins,
which were the cause of Thy bitter Passion
and of the overwhelming sorrow of Thy most afflicted Mother.

O good Jesus, let not Thy Precious Blood be shed for me in vain.

May Thy five Sacred Wounds ever plead before Thy Eternal Father on behalf of my misery;
and through the infinite merits of Thy Sacred Death and the bitter anguish of Thy holy Mother,
grant me, dearest Lord, to atone for the past and to persevere in Thy love for the future.

Merciful Father, may our acts of penance bring us your forgiveness,
open our hearts to your love, and prepare us for the coming feast of the resurrection.

Amen

Coloring Page - Please bring your creations
back to church to hang on our bulletin board!

God is
LOVE

