



HOLY FAMILY HOLY ROSARY MISSION

FATHER INNOCENT SUBIZA, PASTOR

First Sunday of Lent



Reflection on today's Readings

Christ's three temptations correspond to the three sources of all our temptations:

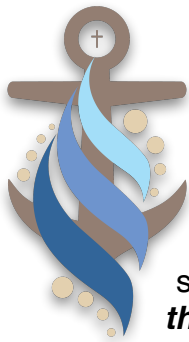
1. **the world:** social approval from our pagan culture
2. **the flesh:** our fallen human nature's weakness
3. **the devil himself:** his desire to get us to worship him as

our lord and to obey his will rather than God's.

When we have temptations, we must stop them at **their very source, at the very first thought.** It's very easy to understand but sometimes it's very, very hard to do. **We are at war, like it or not.**

-Peter Kreeft, Food for the Soul

Jubilee 2025 ~ Pilgrims of Hope



24 hours of Eucharistic Adoration will take place throughout the diocese **March 28-29.**

Holy Family/Holy Rosary parish will take part **Friday March 28 from 4:00 - 9:00 p.m.**

A **sign-up sheet** is available in the **vestibule**, but you don't have to sign up to participate. **(At least one person must be present when the Eucharist is exposed for adoration).**

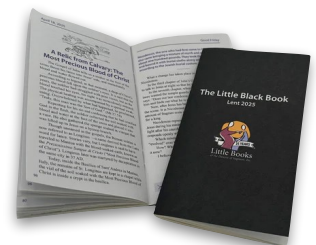
Why We Fast

Fasting has been a **discipline of the Catholic Church** since the very beginning, **Jesus himself set the example** of fasting for forty days and forty nights. (Mt 4:22)

During the first eight centuries, fasting meant **only one meal a day.** Fasting was common every **Wednesday and Friday.**

Throughout the Bible, fasting is demonstrated as a **powerful form of prayer**, helping us to **discern God's will, express sorrow for sins, grow in humility**, and more. Fasting also helps us to become **detached from earthly things** and pleasures and focus more on God the Creator of all that is good.

Like fasting, abstinence from meat goes back to the days of the early Church. In honor of Jesus Christ who sacrificed his body (his flesh) for us, we (Catholics 14 years and older) are required to abstain from red meat on Fridays during Lent.



Excerpt from "The Little Black Book"

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.

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

Stations of the Cross



Wednesdays at Holy Rosary, Loyalton

There will be no Adoration at Holy Rosary during Lent. Mass will be at one hour earlier at **4:30 p.m.** followed by the Stations of the Cross at 5:30 p.m. and soup dinner in the hall.

Fridays at Holy Family, Portola

5:30 p.m. followed by a soup dinner in Father Burns Social Hall.

ON THE LIGHTER SIDE

The mind is like a house. Who would open the front door to let a fierce dragon (temptation) in? It is easier to bar the door and keep him out than to wrestle him and exploit him once he is inside. **Be careful about what you allow to enter your mind.**

~ John Grogan in *Proverbs of Success*



Holy Family Prayer Garden

We're looking for someone or a group of people who would be interested in taking care of the **prayer garden behind the parish hall.** If interested talk to James Cavanagh or Rich Machado.



First Sunday in



Mass Intentions

Saturday, March 8th.:

4:30 p.m.: Tony Evans+,
Juan & Juanita Cervantes+

Sunday, March 9th:

8:30 a.m.: Chuck Howes+,
Elizabeth Murray+
10:30 a.m.: Megan Granlund+

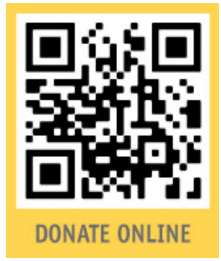
Wednesday, March 12th:

4:30 p.m.: Megan Granlund+

Friday, March 14th:

8:30 a.m.: Maria Guerra+

ANNUAL CATHOLIC APPEAL



Thank you for helping our neighbors in need through the Annual Catholic Appeal

Your gifts will make a difference in the lives of those who suffer physical, material and spiritual poverty. If you have not contributed yet, it's not too late! Donate online at www.scd.org/acagive. Envelopes are also available in the church or parish office. **25% is returned to our parish for our own ministry to people in our community. Your gift matters.**



Spanish Mass: 7:00 p.m. Saturday, March 29th.

Community Dinner: Wednesday, March 26, 2025 at 6:00p.m. Holy Family Social Hall

Parish Pastoral Council meeting: Wednesday May 7, 9:15 am (after Mass). In the Parish Hall conference room. If you have anything you'd like the Council to consider and discuss, please contact James Cavanagh.

LENT 2025



Kids / Teen Fasting Ideas

- Give up a favorite toy or game
- Fast from social media for a day
- Give up a favorite snack
- Go without headphones/air pods for a day

General Ideas for Lenten Sacrifices

- Give up coffee (or only brew it at home)
- Give up alcohol
- Give up certain social media sites, or limited them to certain days/time of day

- From Hallow.com

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.**



WAYS FOR 40 DAYS

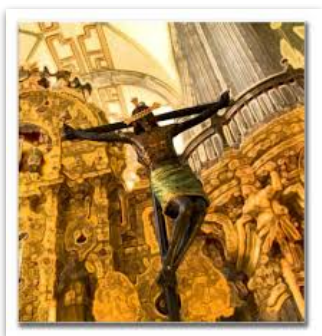


The Lenten Season is an invitation to grow in both love of God and love of neighbor. Can you try these forty acts of love, service, and prayer during Lent? You can complete them in any order and check them off as you go!

- Go to Mass on Ash Wednesday and receive Ashes
- Attend Stations of the Cross at your parish
- Read a story from the Gospel before bed
- Share special intentions as a family, and then pray an Our Father, Hail Mary, and Glory Be
- Give an offering in your parish collection
- Do an extra chore without being asked
- Fast from complaining for a day
- Chose a local organization and go volunteer with them as a family
- Let someone else have their turn first
- Fast from sweets for a day
- Pray the Stations of the Cross at home with your family
- Fast from TV for a day
- Clean out a closet and donate items that could be used by someone else
- Fast from music for a day
- Write a kind note for someone
- Sort through your toys and find some that you can share with someone else or donate to charity
- Invite a guest over for dinner
- Make a donation to a local food pantry
- Make a card for your priest and give it to him after Mass
- Offer to help a grandparent or neighbor with a chore
- Send a card in the mail to someone
- Fast from electronics for a day
- Donate diapers, baby food or formula to a pro-life organization
- Call a friend or family member who lives far away and talk to them on the phone
- Bring a meal to someone who is sick, elderly, or has a new baby
- Try a new meatless recipe for dinner
- Pray the Divine Mercy Chaplet
- Go to a local fish fry
- Let someone borrow a toy/book/game
- Collect spare change and donate it to a charity
- Fast from snacking between meals for a day
- Go through your books and find any that you can donate or share
- Drink only water for a day
- Donate socks and gloves to a homeless shelter
- Draw a picture and drop it off to a neighbor or friend
- Visit a cemetery and pray for those who have died
- Read a story about the life of a Saint and then share it with someone else
- Go to Confession if you are old enough. Apologize when you have done something wrong
- Attend Mass an extra day this week
- Pray a decade of the Rosary as a family

All about Lent & Holy Week: Sharing the Seasons of Repentance & Salvation with Children by Katherine Bogner, illustrated by Shari Van Vranken, is available at StPaulCenter.com

Crucifix of Our Lord of the Poison



An almost life-size figure of the crucified Lord was enshrined above an altar in a church **Porta Coeli** in Mexico. It was customarily visited by a holy priest who always finished his devotions by **reverently kissing the feet of Christ**. One day, an enemy of Christianity prowled the church and saw the priest. When the church was empty, the enemy returned with a bottle of **deadly poison** and using a cloth, rubbed the poison on the **feet of the Crucified**.

The next morning the cleric returned for his daily routine. As he **prepared to kiss the image**, the Crucified, always a **flesh color, turned immediately to jet black**.

When word of the **miracle reached the would-be-assassin**, he returned to the church. He fell to his knees beside the priest, and with tears of repentance told the priest his actions. **He asked forgiveness, received absolution and thereafter led a virtuous and holy life (second miracle)**.

Our Lord of the poison is found in a side chapel in the Cathedral Metropolitana De Mexico in Mexico City.

~Joan Carroll Cruz, in *Miraculous Images of Our Lord*