

March 2022

MONTHLY NEWSLETTER FOR PARISH CATECHETICAL LEADERS
IN THE ARCHDIOCESE OF SAN FRANCISCO



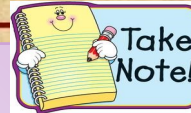
Mary,
Star of Evangelization
Help us Be
Missionary Disciples



Kate Wolf
Liturgical Artist
katiewolfdesign.com

Echo/Éco

Archdiocese of San Francisco
Office of Faith Formation
One Peter Yorke Way, San Francisco, CA 94109
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Every war leaves our world worse than it was before. War is a failure of politics and of humanity, a shameful capitulation, a stinging defeat before the forces of evil.

Fratelli tutti (261)

Franciscus

#PrayTogether #Ukraine

“Jesus taught us that the diabolical senselessness of violence is answered with God’s weapons, with prayer and fasting,” the pope said region and safety for all.

ASH WEDNESDAY—FASTING AND PRAYER FOR THE UKRAINE



Please join the Office of Faith Formation in praying for these people who have been invited to the banquet of the Lord Jesus. All will be missed for their ministry in catechesis.

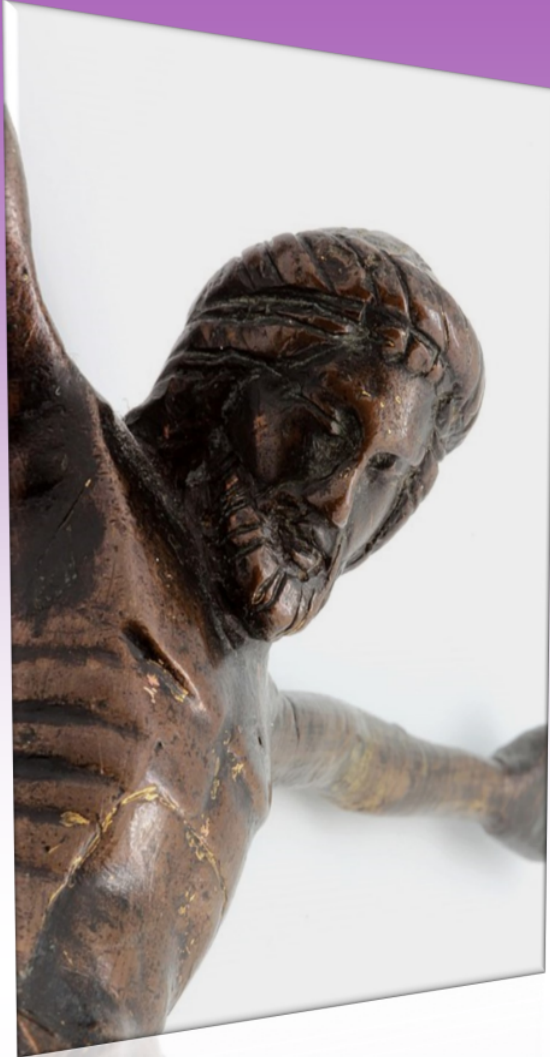
Bonnie Lang—Mother in law of Robyn Lang at Immaculate Heart of Mary

Lionel Lacanlale—Brother of Lily Codd from St. Elizabeth

Father Tom Madden, died Feb. 13 at his residence in Scotts Valley at the age of 94 years. Father Madden served in the Archdiocese from 1953 until his retirement in 2003. Father Madden served in many capacities throughout the Archdiocese: Saint Stephen Parish, on the faculty at Junipero Serra High School and Saint Patrick Seminary and University, and Director of Clergy Education.

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 Let today be the day you give up who you've been for you who can become.
Blended Ash Wednesday



Lent Retreat

Pie Jesu

March 9

10:00-11:30 or 6:30—8:00

Virtual Gathering

Presenter

Sr. Celeste Arbuckle, SSS

Open to

All Parish Catechetical Leaders

and

Catechists


Join the Office of Faith Formation for a break in your day to reflect on our “Faithful Jesus” through song, prayer, images and quiet.

To Register: email to arbucklec@sfarch.org

Submit:

Name, Parish, email address and time attending

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	DID YOU KNOW?	REFLECTION	ACT	MEATLESS FRIDAY	CATHOLIC TEACHING
LORD JESUS, <i>You call us to a conversion of heart during Lent, and you give us the tools to do this through prayer, fasting and almsgiving. When we pray, help us remember the needs of our sisters and brothers. When we fast, help us offer our sacrifice in union with you. When we give, help us recognize our gifts are from you so that we are generous with others.</i>	AMEN	Track your Lenten Journey. Check the box each day as you complete your reflection! When you see a bowl, share your pictures and reflections on your social media using #CRSRiceBowl.	BEGIN YOUR JOURNEY MARCH 2 This Lent, we reflect on God's call to care for others as one human family. How can we help our family in Christ these 40 days? Write your Lenten promise on your CRS Rice Bowl. Ash Wednesday	Lent is a time of sacrifice. Spend today completely device-free. Take a walk in nature or read a book. GIVE 50 cents for each device you went without today.	Each Friday of Lent we abstain from eating meat as a way to experience a little of the hunger that many experience daily. GIVE 50 cents if you said a prayer before a meal today.	Rights and Responsibilities Each person deserves to be safe, healthy and protected. What makes you feel safe or protected?
WEEK 1	6	7	8	9	10	11
Families in Guatemala, Bangladesh and Rwanda are pursuing their dreams, building a brighter future for their children and communities. Read this week's story at crricebowl.org.	7 For our sisters and brothers experiencing poverty, hunger and malnutrition, that they may access the resources they need to stay healthy and thrive. Amen	Since 1975, people of all ages have participated in CRS Rice Bowl. GIVE 25 cents for each year that you have participated in CRS Rice Bowl.	"Families are the first place where the values of love and fraternity, togetherness and sharing, concern and care for others are lived out and handed on." —Pope Francis, Fratelli Tutti, 114	Call friends and family members to let them know how much you care about them. GIVE 25 cents for each call you make.	Today, make a sacrifice and give up sugary snacks and drinks such as soda, juice, cookies or candy. GIVE the money you save by eating simply to CRS Rice Bowl!	Call to Family, Community and Participation God gave us the gift of family and community so we can help each other. What's one way you can help your family or community?
WEEK 2	13	14	15	16	17	18
In Guatemala, Raúl and Lilian Chanchavac are building their farming business, growing nutritious vegetables for their children and their community. Read this week's story at crricebowl.org.	14 For Raúl and Lilian, and all who are working to support their families, that they have opportunities and resources to create positive change for their communities. Amen GIVE \$1 in thanksgiving for all farmers.	Guatemala is filled with colors, including vibrant festivals and multicolored fruits and vegetables at the market. GIVE 25 cents for a fruit or veggie you ate today from each color of the rainbow.	As their business expanded, Raúl and Lilian began providing jobs for neighbors in their community. Why should we help others have work and an income?	Visit your local farmers market with your family this week and learn what types of fruits and vegetables are grown in your community.	Abstaining from meat helps us reflect on how we can be of service to others. Try Tostadas, a meatless recipe from Guatemala. GIVE the money you save by eating simply to CRS Rice Bowl!	Dignity of Work and Rights of Workers Work is important and part of God's plan for adults and families. Therefore, jobs and pay should be fair. GIVE 25 cents for each chore you're responsible for.
WEEK 3	20	21	22	23	24	25
In Bangladesh, people like Noornobi are learning how to prevent their farmland from flooding so they can grow healthy crops year-round. Read this week's story at crricebowl.org.	21 For Noornobi and his family, and all who experience severe weather, that they can protect their homes and livelihoods and become more resilient to a changing climate. Amen	Bangladesh is home to over 6,000 plant species, including many aquatic plants. GIVE 25 cents for each plant you have in your home.	"During this season of conversion, let us renew our faith, draw from the 'living water' of hope, and receive with open hearts the love of God." —Pope Francis, Message for Lent, 2021	Today, make a sacrifice and give up candy and junk food. GIVE 50 cents for each healthy food you ate today.	Abstaining from meat helps us deepen our personal and communal prayer. Try Dahi, a meatless recipe from Bangladesh. GIVE the money you save by eating simply to CRS Rice Bowl!	Care for God's Creation God created our world, and it is our responsibility to take care of it. Go outside today and reflect on the beauty God has made.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	DID YOU KNOW?	REFLECTION	ACT	MEATLESS FRIDAY	CATHOLIC TEACHING
WEEK 4 <input type="checkbox"/> 27 In Rwanda, Glorioso Uwamahoro learned how to provide a balanced diet for her children. Read this week's story at crsricebowl.org . <input type="checkbox"/> GIVE \$1 if you planted vegetables this year.	<input type="checkbox"/> 28 <i>For Glorioso and her family, and all who struggle with malnutrition, that they can overcome the obstacles that prevent them from accessing healthy and nutritious food.</i> Amen	<input type="checkbox"/> 29 Rwanda is known as "Land of a Thousand Hills" and has a varied landscape containing many mountains, hills, lakes and tropical plains called savannas.	<input type="checkbox"/> 30 "Miss no single opportunity ... always doing the smallest right and doing it all for love." —Saint Thérèse of Lisieux <input type="checkbox"/> GIVE 25 cents for each act of kindness you do today.	<input type="checkbox"/> 31 Make and send cards to family members or friends to brighten their day. <input type="checkbox"/> GIVE 25 cents for each card you send.	<input type="checkbox"/> APRIL 1 Abstaining from meat helps us be more aware of the needs of others. Try Agatogo, a recipe from Rwanda. <input type="checkbox"/> GIVE the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/> 2 Life and Dignity of the Human Person Each person is made by God and therefore each life is sacred and valuable. <i>What is one thing you can do today to treat others with respect?</i>
WEEK 5 <input type="checkbox"/> 3 People in Guatemala, Bangladesh and Rwanda are increasing their income and raising children who are healthy and thriving. Read this week's story at crsricebowl.org .	<input type="checkbox"/> 4 <i>For those we encountered through CRS Rice Bowl and for our entire global family. May they have opportunities to pursue a brighter future.</i> Amen <input type="checkbox"/> GIVE \$1 to help families around the world achieve their dreams.	<input type="checkbox"/> 5 Bangladesh is home to the magnificent Bengal tiger, which lives in lush forests. This endangered animal can weigh up to 700 pounds! <input type="checkbox"/> GIVE 25 cents for each animal in your home.	<input type="checkbox"/> 6 "Love is a gift that gives meaning to our lives. It enables us to view those in need as members of our own family, as friends, brothers or sisters." —Pope Francis, Message for Lent 2021	<input type="checkbox"/> 7 "Prayer will give us a clean heart, and a clean heart will allow us to see God in each other." —Saint Teresa of Calcutta, <i>One Strong Resolution: I Will Love</i> Spend 10 minutes in prayer today.	<input type="checkbox"/> 8 Abstaining from meat allows us to open our hearts and see the face of Christ in others. <input type="checkbox"/> GIVE the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/> 9 Solidarity As part of God's family, we are all sisters and brothers, no matter where we live. <i>How can we show love and care for our sisters and brothers around the world?</i>
HOLY WEEK <input type="checkbox"/> 10 As we enter Holy Week, reflect on your Lenten journey so far. How will you welcome Jesus into your life this week? Reflect on this sacred week at crsricebowl.org/holy-week . <input type="checkbox"/> Palm Sunday	<input type="checkbox"/> 11 <i>For our community, that we recognize how we are connected to our global family and take steps to support the well-being of all our sisters and brothers.</i> Amen	<input type="checkbox"/> 12 Guatemala is famed for its Semana Santa. The Holy Week celebrations include colorful festivals and religious processions to remember the Passion of Christ.	<input type="checkbox"/> 13 "The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us ... to revive the faith that comes from the living Christ." —Pope Francis, Message for Lent 2021	<input type="checkbox"/> 14 In today's Gospel reading, Jesus washes the feet of his disciples as a model of humility and service. <i>How can you show humility and service toward others, especially people in need?</i> <input type="checkbox"/> Holy Thursday	<input type="checkbox"/> 15 Today, Catholics from the ages of 18 to 59 are asked to fast and abstain from eating meat. In addition, what is one thing you can give up today to share in Christ's suffering on the cross? <input type="checkbox"/> Good Friday	<input type="checkbox"/> 16 Option for the Poor and Vulnerable God wants us to pay special attention to assisting people who are poor or vulnerable. <input type="checkbox"/> Holy Saturday
<input type="checkbox"/> 17 Alleluia, alleluia, Christ is risen! May the Easter season be filled with hope as we work together to build a more just and peaceful world for all. <input type="checkbox"/> Easter Sunday	Remember to turn in your CRS Rice Bowl to your parish or school, or give online at crsricebowl.org/donate . Thank you for changing lives this Lent!	 <p><i>This Easter Season, let us not forget our Lenten journey through the desert. Let us continue to bring the hope of the Resurrection to all those we encounter, showing God's love to all our sisters and brothers in Christ.</i></p>				

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 Calendar photos by (front, in order) Amit Dubro for CRS; Erick Jose Hernandez for CRS; Lauren Carroll/CRS; (back, in order) Erick Jose Hernandez for CRS; Amit Dubro for CRS; Lauren Carroll/CRS; Mussa Uwitonze for CRS; Lauren Carroll/CRS; Mussa Uwitonze for CRS.

Here is your Rice Bowl Label



CRS RICE BOWL
CATHOLIC RELIEF SERVICES

FOR LENT FOR LIFE

Lenten Prayer

Lord Jesus,

You call us to a conversion of heart during Lent, and you give us the tools to do this through prayer, fasting and almsgiving.

When we pray, help us remember the needs of our sisters and brothers. When we fast, help us offer our sacrifice in union with you.

When we give, help us recognize our gifts are from you so that we are generous with others.

AMEN

Photo by Amit Ruano for CRS

MAKE YOUR OWN RICE BOWL BY GLUING OR TAPING THE WRAPPER, ABOVE, TO A CONTAINER. THEN DISPLAY THE FORM, BELOW, ON YOUR FRIDGE.

WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

My Lenten Pledge

Name _____

For Lent, I will _____

And donate \$ _____

Turn in your gifts at the end of Lent,
or donate online at:
crsricebowl.org/donate

Make a Lenten Plan

PRAY

Set aside a time each week to pray and reflect.

FAST

Consider what you will give up for Lent to change the lives of others.

GIVE

Set a goal for your CRS Rice Bowl offering.

LEARN

Meet your global family. Discover stories, reflections and more at crsricebowl.org.

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Christianity and Islam

taught by Prof. Gabriel Said Reynolds (Notre Dame), Prof. Mun'im Sirry (Notre Dame), and Dr. Rita George-Tvrtković, PhD.

When?: Tuesdays at 7PM PT on March 1st, 8th, 15th, 22nd, 29th, and April 4th.

Cost: Donation (no one will be turned down due to inability to pay!)

Contact: Deacon Fred Totah totah.fred@sfarch.org

About the Course

In his first encyclical *Evangelii Gaudium*, Pope Francis draws our attention to the faith and devotion of Muslims: "*It is admirable to see how Muslims both young and old, men and women, make time for daily prayer and faithfully take part in religious services. Many of them also have a deep conviction that their life, in its entirety, is from God and for God*" (252).

As Islam grows in the West, Catholics have an opportunity to learn from their example. At the same time dialogue with Islam involves honest conversation about theological differences: the Qur'an and many Muslim scholars have criticized Christian teaching, especially on the Trinity, Christ's divinity, and the Bible.

How can Christians make an account for the hope that is in them (1 Peter 3:15) in response to Islamic challenges?

In this team course, taught by one Muslim and two Catholic professors, we will explore the origins of Islam, its principal doctrines, and the history of Muslim-Christian relations. Together we will contemplate the challenges and lessons of Muslim-Christian dialogue.

REGISTER NOW

March 1, 2022, 07:00 PM **Professor Gabriel Said Reynolds:** *The Qur'an and the Bible*

Mar 8, 2022, 07:00 PM **Professor Mun'im Sirry:** *Muhammad and early Islam*

Mar 15, 2022, 07:00 PM **Professor Mun'im Sirry:** *Islamic law and theology*

Mar 22, 2022, 07:00 PM **Professor Rita:** *Muslim and Christian views of each other*

Mar 29, 2022, 07:00 PM **Professor Rita George-Tvrtković:** *Mary and Islam*

April 04, 2022 07:00PM **Professor Gabriel Said Reynolds:** *God in Islam and Christianity*



JOHN IN HOLY WEEK AND EASTER

Mar 16 - Apr 5 (\$30)

The Gospel of John is used prominently throughout Holy Week and the Easter season in the liturgy. Explore with us what makes John's Gospel unique, the challenge of accepting Salvation, and the story of the final "hour" of Jesus's life. Fathers Harrington and Stegman artfully present on the Passion Narrative in John, through the Resurrection to a discussion on what it means for Christian disciples to carry out the mission of Jesus according to John's farewell discourses.



**THE CHURCH:
PEOPLE OF
GOD ON A
MISSION**

**Mar 16 - Apr
26 (\$60)**

Through this course, explore the nature of the Church including discussion of ministries, the Church's foundation in word and sacrament, and the call to be an

evangelizing people about the work of transforming the world in light of the Gospel.

RETIRING GRACEFULLY

Mar 9 - Apr 12, 2022

\$60 Enroll

For many moving closer to an actual or imagined retirement date, the reality of the event and life afterward may begin to seem puzzling, uncertain, or daunting. In this course, participants will be able to examine the most common issues that perplex or cause concern. The goal of the course is not to answer every question, but to explore how God is present in our lives and working in the process from anticipation to realization of life after full-time employment.

Topics:

Introductory Week

Week 1: Taking Inventory: Money, Place, and Possessions

Week 2: Meaning, Purpose, and Structuring Time

Week 3: The Challenge of Change

Week 4: Realization

PSALMS: PRAYERS FOR ALL TIMES

Apr 13 - May 17, 2022

\$60 Enroll 5-WEEK COURSE

featuring video with the late Rev. Daniel J. Harrington, S.J., and Rev. Msgr. James A. Mongelluzzo

This course provides an overview of the Psalms guided by Margaret Nutting Ralph's book *The Spirituality of the Psalms*. Participants will have the opportunity to explore lament psalms, hymns of praise, and wisdom psalms. Special attention is given to Psalms in a worship setting. To help us engage with the Scriptural texts, there will be a guest commentator each week who will provide a video reflection.

Margaret Nutting Ralph. *The Spirituality of the Psalms: Prayers for All Times, Twenty-Third Publications*

(2016). ISBN-10: 1627851267, ISBN-13: 978-1627851268.

(Currently out of print, digital text available in course with authors' permission)



For the most current information, visit our website at recongress.org. Follow us on all social media platforms

Adult Days - March 18 - 20

“Living Waters of Hope”, the theme for RECongress 2022, spurs us to not only “strike the rock so that water will flow from it” (Cf Exodus 17:6) but also, to not let our hope run dry.

Acknowledging that we are still recovering from challenging situations from the pandemic that have affected us interiorly and exteriorly, we are probably left with deep questions and uncertainties. We may be asking what the Samaritan woman asked Jesus: “where then can you get this living water?” (John 4:11). We have the certainty that we can approach Jesus with our thirst and find fresh, clean, always running water that will quench the need of our hearts, our faith communities, and societies.

We invite and welcome you to participate in person or virtually in RECongress 2022 and drink living waters of hope.

Sr. ROSALIA MEZA, VDMF

Sr. Rosalia Meza, VDMF
Senior Director



Registration for the 2022 Los Angeles Religious Education Congress is now open! For the first time in RECongress history, we are pleased to offer TWO ways to participate. Join us in-person at the Anaheim Convention Center or virtually from anywhere!

Youth Day
March 17

Each year, Youth Day has a theme specific for the youth. The theme for 2022 is Let God Take the Wheel! In religion or confirmation classes, the bible, and in mass, we hear time and time again that we should be trusting in God. The readings of the day call us to trust in God rather than human beings. Those who trust the Lord will stay on the path to prosperity while those who stray from God’s direction will find themselves lost. Of course, trust can be hard with strangers, our friends, or our family, but what does it mean to trust God? What does it mean to trust our flawless creator? You may have heard the phrase, Let God Take the Wheel, or a variation before, but are you willing to surrender your control? This theme displays our trust in God as giving up the wheel.



**National Gathering
on Christian Initiation**
A Conference for Catechumenal Ministers
and Pastoral Leaders
Evaluating and Revitalizing
the RCIA in Your Parish

Meet the 2022 NGCI Team

July 13–14, 2022
Chicago, IL

We are proud to introduce you to the 2022 NGCI team members. With vast experience in parish and diocesan ministry, our team members possess a passion for the vision of Christian Initiation ministry. Their next meeting is scheduled for January 25 and you are invited to email them your hopes for the conference at ngci@ltp.org



ROSE HERNANDEZ is the director for the Office of Formation and Evangelization in the Diocese of Fresno.



MONIQUE JACOBS is the director of faith formation in the Diocese of Reno.



VICTOR KLIMOSKI works as an organizational development consultant and facilitates writing retreats and workshops.



MICHAEL RUZICKI is the training and events manager at Liturgy Training Publications and the director of sacred music and liturgy for St. Mary of the Lake Church in Chicago.



WENDY BARTON SILHAVY is the senior coordinator for liturgy and music in the Office for Divine Worship in the Archdiocese of Chicago.

Register by March 2, 2022 to take advantage of the \$50 discount for Early Bird registrations.

VISIT NGCI.org for additional details.

800-933-1800



“the single most critical factor in an effective parish catechetical program is the leadership of a professionally trained parish catechetical leader.” (NDC, Chapter 8 No. 5)

2021-2022 Foundational Training Course for Parish Catechetical Leaders



The courses will be conducted **virtually via Zoom**

Daytime: 1:30 to 4 pm
Evening: 6:00 to 8:30 pm



Call **Anelita Reyes(415) 614-5651** or email reyesa@sfarchdiocese.org.

You are invited to attend any session for updating or information.

Topics & Schedule of Sessions

2022

March 7— Program Administration

- ⇒ Recruitment, Supervision and Support of Volunteers in Ministry
- ⇒ Catechist Training and Formation

April 4— Program Administration

- ⇒ Planning and Conducting Meetings with Parents and Catechetical Staff/ Volunteer Team
- ⇒ Communication Skills and Conflict Management

May 2 — Program Assessment & Evaluation

- ⇒ Creating Assessment and Evaluation Tools for Faith Formation Program
- ⇒ Self-Assessment Process for Parish Catechetical Leaders based on the National Certification Standards for Lay Ecclesial Ministers

Mental Health Conference at Our Lady of Angels – April 9, 2022

Questions: Contact Dick Collyer at 415-614-5593 or collyerr@sfarch.org.

The Archdiocese will be sponsoring a one-day Mental Health Conference on April 9 at Our Lady of Angels parish in Burlingame. Preregistration is required – Space is limited. Registration deadline: April 5, 2022. You can register at: https://sfarchdiocese.org/event/mhc_2022

Theme: Hope & Healing
Date: April 9, 2022
Location: Our Lady of Angels Parish
1721 Hillside Drive, Burlingame, CA 94010
Check in: 8:15 am to 8:45 am
Time: 9:00 am to 4:00 pm
Cost: \$35 (includes lunch) – *Scholarships available*



If you would like to learn more about Mental Health challenges and how to support those struggling with Mental Health issues, this conference is for you

CONFIRMATION RETREATS

ARCHDIOCESE OF SAN FRANCISCO

OFFICE OF YOUTH MINISTRY & YOUNG ADULT MINISTRY

TIMES WILL BE DETERMINED BASED ON PARISH SCHEDULE FOR MASS

\$35 PER PARTICIPANT

MARIANOC@SFARCH.ORG

CONFIRMATION 1

MARCH 26, '22 - ST. DUNSTAN PARISH, MILLBRAE

CONFIRMATION 2

FEBRUARY 26, '22 - ST. DUNSTAN PARISH, MILLBRAE

APRIL 9, '22 - CORPUS CHRISTI, SAN FRANCISCO

We all

HAVE THE

duty to

DO GOOD

POPE FRANCIS

PLAN

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
HISTORIA DE ESPERANZA	INTENCIÓN SEMANAL	¿SABÍAS QUE...?	REFLEXIÓN	ACTÚA	VIERNES DE ABSTINENCIA	DOCTRINA SOCIAL DE LA IGLESIA
<p>SEÑOR JESÚS, Nos llamas a una conversión de corazón durante la Cuaresma, y nos das las herramientas para hacerlo a través de la oración, el ayuno y la limosna. Cuando oremos, ayúdanos a recordar las necesidades de nuestros hermanos. Cuando ayunemos, ayúdanos a ofrecer nuestro sacrificio en unión contigo. Cuando demos, ayúdanos a reconocer que nuestros dones provienen de ti para que seamos generosos con los demás.</p> <p>AMÉN</p>	<p>Marca el cuadrado que aparece en el calendario cada día al terminar tu reflexión.</p> <p>Cuando veas este símbolo, comparte tus fotos y reflexiones en las redes sociales usando #CRSPlatodeArroz.</p>	<p>COMIENZA TU JORNADA</p> <p>2 DE MARZO</p> <p>Esta Cuaresma, reflexionamos sobre el llamado de Dios a cuidar de los demás. ¿Cómo podemos ayudar a nuestra familia en Cristo estos 40 días? Escribe tu compromiso de Cuaresma en tu Plato de Arroz de CRS.</p> <p>MIÉRCOLES DE CENIZA</p>	<p>La Cuaresma es un tiempo de sacrificio. Pasa este día sin dispositivos electrónicos. Da un paseo por la naturaleza o lee un libro.</p> <p>DONA 50 centavos por cada dispositivo que no hayas usado hoy.</p>	<p>Cada viernes de Cuaresma nos abstenemos de comer carne como una forma de experimentar un poco del hambre que muchos experimentan a diario.</p> <p>DONA 50 centavos si hoy hiciste una oración antes de comer.</p>	<p>Derechos y responsabilidades</p> <p>Cada persona merece estar segura, saludable y protegida.</p> <p>¿Qué te hace sentir seguro o protegido?</p>	<p>5</p>
<p>SEMANA 1</p> <p>6 Las familias en Guatemala, Bangladesh y Ruanda luchan por sus sueños, cultivan alimentos nutritivos y construyen un futuro mejor para sus hijos y comunidades.</p> <p>Lee su historia en crsplatodearroz.org.</p>	<p>7 Oremos por nuestros hermanos que viven en pobreza y sufren hambre y desnutrición, para que puedan acceder a los recursos que necesitan para mantenerse saludables y prosperar.</p> <p>Amén.</p>	<p>8 Desde 1975, millones de personas de todas las edades han participado en Plato de Arroz de CRS.</p> <p>DONA 25 centavos por cada año que hayas participado en Plato de Arroz de CRS.</p>	<p>9 "Las familias son el primer lugar donde se viven y transmiten los valores del amor y fraternidad, de la convivencia y del compartir, de la atención y del cuidado del otro".</p> <p>—Papa Francisco, Fratelli Tutti, 114</p>	<p>10 Llama a tus amigos y familiares y hazles saber cuánto los aprecias.</p> <p>DONA 25 centavos por cada llamada que hagas.</p>	<p>11 Hoy, haz un sacrificio y no tomes sodas o jugos ni comas galletas o dulces.</p> <p>DONA a Plato de Arroz el dinero que ahorras comiendo de manera sencilla.</p>	<p>12</p> <p>Llamado a la familia, a la comunidad y a la participación</p> <p>Dios nos dio el don de la familia y comunidad para ayudarnos unos a otros.</p> <p>¿Cómo puedes ayudar a tu familia o comunidad?</p>
<p>SEMANA 2</p> <p>13 En Guatemala, Rauli y Lillian comenzaron su negocio sembrando verduras nutritivas para sus hijos y su comunidad.</p> <p>Lee su historia en crsplatodearroz.org.</p>	<p>14 Oremos por Rauli y Lillian, y todos los que se esfuerzan para mantener a sus familias, para que tengan oportunidades y recursos para transformar sus comunidades. Amén.</p> <p>DONA \$1 en agradecimiento por todos los agricultores.</p>	<p>15 Guatemala está llena de colores con alegres festivales y mercados con frutas y verduras multicolores.</p> <p>DONA 25 centavos por cada fruta o verdura que comas hoy de algún color del arcoíris.</p>	<p>16 Cuando el negocio de Rauli y Lillian creció, ellos decidieron contratar a sus vecinos para que más familias tuvieran un ingreso.</p> <p>¿Por qué debemos ayudar a otros a conseguir trabajo y tener ingresos?</p>	<p>17 Visita tu mercado local de agricultores ("farmers market") con tu familia esta semana y conoce qué tipos de frutas y verduras se cultivan en tu comunidad.</p>	<p>18 No comer carne nos ayuda a reflexionar sobre cómo podemos servir a los demás. Prueba las Tostadas, una receta sin carne de Guatemala.</p> <p>DONA a Plato de Arroz el dinero que ahorras comiendo de manera sencilla.</p>	<p>19</p> <p>Dignidad del trabajo y derechos de los trabajadores</p> <p>Trabajar es importante y parte del plan de Dios, por lo que los trabajos y salarios deben ser justos.</p> <p>DONA 25 centavos por cada tarea de la que eres responsable.</p>
<p>SEMANA 3</p> <p>20 En Bangladesh, personas como Noormobi aprenden cómo hacer que sus tierras no se inunden y poder así tener buenas cosechas todo el año.</p> <p>Lee su historia en crsplatodearroz.org.</p>	<p>21 Oremos por Noormobi, su familia, y todos los que experimentan climas extremos, para que puedan proteger sus hogares y medios de vida y lleguen a ser más resistentes al cambio climático. Amén.</p>	<p>22 En Bangladesh hay más de 6.000 tipos de plantas.</p> <p>DONA 25 centavos por cada planta que tengas en tu hogar.</p>	<p>23 "En este tiempo de conversión renovemos nuestra fe, saciemos nuestra sed con el 'agua viva' de la esperanza y recibamos con el corazón abierto el amor de Dios".</p> <p>—Papa Francisco, Mensaje para la Cuaresma, 2021</p>	<p>24 Hoy, haz un sacrificio y no comas dulces ni comida chatarra.</p> <p>DONA 50 centavos por cada alimento saludable que hayas comido hoy.</p>	<p>25 Abstenernos de comer carne nos ayuda a profundizar en nuestra oración. Prueba Dahl, una receta sin carne de Bangladesh.</p> <p>DONA a Plato de Arroz el dinero que ahorras comiendo de manera sencilla.</p>	<p>26</p> <p>Cuidado de la Creación de Dios</p> <p>Dios creó nuestro mundo y es nuestra responsabilidad cuidarlo. Hoy, sal y admira la belleza de todo lo que Dios ha creado.</p>

CUARESMA

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
HISTORIA DE ESPERANZA	INTENCIÓN SEMANAL	¿SABÍAS QUE...?	REFLEXIÓN	ACTÚA	VIERNES DE ABSTINENCIA	DOCTRINA SOCIAL DE LA IGLESIA
<p>27</p> <p>En Ruanda, Glorioso aprendió a alimentar sanamente a sus hijos. Lee su historia en crsplatodearroz.org.</p> <p>DONA \$1 si plantaste verduras este año.</p>	<p>28</p> <p>Oremos por Glorioso, su familia, y todos los que luchan contra la desnutrición, para que, con nuestra ayuda, puedan superar los obstáculos que les impiden tener alimentos saludables y nutritivos. Amén.</p>	<p>29</p> <p>Ruanda es conocida como "la tierra de las mil colinas" y su paisaje es muy variado pues tiene muchas montañas, colinas, lagos y llanuras tropicales llamadas sabanas.</p>	<p>30</p> <p>"No pierdas ni una sola oportunidad de hacer un pequeño sacrificio... siempre haciendo el más pequeño bien; todo por amor". —Santa Teresa de Lisieux</p> <p>DONA 25 centavos por cada acto de bondad que hagas hoy.</p>	<p>31</p> <p>Haz y envía tarjetas a familiares o amigos para alegrar su día.</p> <p>DONA 25 centavos por cada tarjeta que envíes.</p>	<p>1 DE ABRIL</p> <p>No comer carne nos ayuda a reconocer las necesidades de los demás. Prueba Agatogo, una receta sin carne de Ruanda.</p> <p>DONA a Plato de Arroz el dinero que ahorras comiendo de manera sencilla.</p>	<p>2</p> <p>Vida y dignidad de la persona</p> <p>Cada persona fue creada por Dios; por lo tanto, cada vida es sagrada y valiosa. ¿Qué puedes hacer hoy para tratar a los demás con respeto?</p>
<p>3</p> <p>Las comunidades en Guatemala, Bangladesh y Ruanda están creando un cambio duradero al aumentar sus ingresos y crear a niños sanos y felices. Lee la historia en crsplatodearroz.org.</p>	<p>4</p> <p>Oremos por quienes hemos conocido esta Cuaresma y por nuestra familia global, para que puedan construirse un futuro mejor con nuestra ayuda. Amén.</p> <p>DONA \$1 para ayudar a todas las familias del mundo a alcanzar sus sueños.</p>	<p>5</p> <p>Bangladesh es el hogar del magnífico tigre de Bengala, que vive en bosques frondosos.</p> <p>DONA 25 centavos por cada animal que tengas en casa.</p>	<p>6</p> <p>"La caridad es don que da sentido a nuestra vida y gracias a este consideramos a quien se ve privado de lo necesario como un miembro de nuestra familia". —Papa Francisco, Mensaje para la Cuaresma 2021</p>	<p>7</p> <p>"La oración nos dará un corazón limpio, y un corazón limpio nos permitirá ver a Dios en los demás". —Santa Teresa de Calcuta, One Strong Resolution: I Will Love</p> <p>Dedicar 10 minutos a la oración hoy.</p>	<p>8</p> <p>Abstenernos de carne nos permite abrir nuestros corazones y ver el rostro de Cristo en los demás.</p> <p>DONA a Plato de Arroz el dinero que ahorras comiendo de manera sencilla.</p>	<p>9</p> <p>Solidaridad</p> <p>Como parte de la familia de Dios, todos somos hermanos, sin importar dónde vivamos. ¿Cómo podemos cuidar de nuestros hermanos en todo el mundo y demostrarles nuestro amor?</p>
<p>10</p> <p>Al iniciar Semana Santa, reflexiona sobre tu jornada cuaresmal. ¿Cómo acogerás la a Jesús en tu vida esta semana?</p> <p>Reflexiona en crsplatodearroz.org/semana-santa.</p> <p>DOMINGO DE RAMOS</p>	<p>11</p> <p>Oremos por nuestra comunidad, para que en la oración y con nuestras obras descubramos cómo estamos conectados con nuestra familia global y actuemos a favor del bienestar de todos nuestros hermanos. Amén.</p>	<p>12</p> <p>Guatemala es famosa por su Semana Santa. Las celebraciones de Semana Santa incluyen coloridas celebraciones y procesiones religiosas para recordar la Pasión de Cristo.</p>	<p>13</p> <p>"Este llamado a vivir la Cuaresma como camino de conversión y oración, y para compartir nuestros bienes, nos ayuda a reconsiderar la fe que viene de Cristo vivo". —Papa Francisco, Mensaje para la Cuaresma 2021</p>	<p>14</p> <p>En Evangelio de hoy, Jesús lava los pies a sus discípulos como un modelo de humildad y servicio. ¿Cómo puedes servir a los demás, especialmente a las personas más necesitadas?</p>	<p>15</p> <p>Este día, a los católicos entre los 18 y 59 años se les pide ayunar y abstenerse de comer carne. ¿Qué podrías ofrecer a Dios hoy para compartir en el sufrimiento de Cristo en la cruz?</p>	<p>16</p> <p>Opción por los pobres y vulnerables</p> <p>Dios quiere que ayudemos especialmente a aquellos que son pobres o se encuentran vulnerables.</p>
<p>17</p> <p>¡Aleluya, aleluya! ¡Cristo ha resucitado! Que la Pascua nos llene de esperanza y que siempre trabajemos juntos por un mundo más justo y fraterno para nuestra gran familia humana.</p> <p>DOMINGO DE RESURRECCIÓN</p>	<p>Recuerda entregar tu Plato de Arroz de CRS a tu parroquia o escuela, o hacer tu donación por internet a crsplatodearroz.org/dar.</p> <p>¡Gracias por cambiar vidas esta Cuaresma!</p> <p><small>©2021 Catholic Relief Services. Todos los derechos reservados. 70US 305514. Fotos del calendario (al frente, en orden): Amit Rudro para CRS; Amit Rudro para CRS; Erick José Hernández para CRS; Lauren Carroll/CRS; (arriba en orden) Erick José Hernández para CRS; Amit Rudro para CRS; Lauren Carroll/CRS; Mueisa Uiltwoire para CRS; Lauren Carroll/CRS; Mueisa Uiltwoire para CRS.</small></p>	<p><i>En este tiempo Pascual, no olvidemos nuestro caminar de Cuaresma a través del desierto. Sigamos llevando la esperanza de la Resurrección a todos aquellos con quienes nos encontramos, compartiendo el amor de Dios con todos nuestros hermanos en Cristo.</i></p>				<p>SÁBADO SANTO</p>



PARA LA
CUARESMA
POR LA VIDA



Foto de Amit Rueda para CRS

Oración de Cuaresma

Señor Jesús,

Nos llamas a una conversión de corazón durante la Cuaresma, y nos das las herramientas para hacerlo a través de la oración, el ayuno y la limosna.

Cuando oremos, ayúdanos a recordar las necesidades de nuestros hermanos.

Cuando ayunemos, ayúdanos a ofrecer nuestro sacrificio en unión contigo.

Cuando demos, ayúdanos a reconocer que nuestros dones provienen de ti para que seamos generosos con los demás.

AMÉN

HAZ TU PROPIO PLATO DE ARROZ DE CRS PEGANDO LA PARTE SUPERIOR DE ESTA ETIQUETA A UN RECIPIENTE. PON LA PARTE INFERIOR EN TU REFRIGERADOR.

¡TUS SACRIFICIOS DE CUARESMA CAMBIAN VIDAS!

Mi Compromiso de Cuaresma

Nombre _____

Esta Cuaresma voy a _____

y donar \$ _____

Al terminar la Cuaresma devuelve tu cajita o envía tu donación en línea en: crsplatodearroz.org/dar

Haz un plan de Cuaresma

REZA

Dedica un momento cada semana para la oración y la reflexión.

AYUNA

Piensa de qué te abstendrás esta Cuaresma para ayudar a cambiar las vidas de otras personas.

DONA

Establece una meta para tu offrenda a Plato de Arroz de CRS.

APRENDE

Conoce a tu familia global. Descubre historias, reflexiones y más en crsplatodearroz.org.

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ESPAÑOL

¡EL ANUNCIO QUE ESPERABAN
FINALMENTE ESTÁ AQUÍ!

Ya está abierta la inscripción para el Congreso de Educación Religiosa de Los Ángeles 2022! Por primera vez en la historia del Congreso, nos complace ofrecer DOS formas de participar. ¡Únase a nosotros en persona en el Centro de Convenciones de Anaheim o virtualmente desde cualquier lugar!

RECONGRESS

RENEW • EXPERIENCE • CELEBRATE

congress@la-archdiocese.org (213) 637 - 7348



Detail of icon
"Flight into Epypt" by
Lyuba Yatsiv, Lviv, Ukraine
iconart.com.ua
Saint Joseph keeps the Family safe...

“Jesus nos enseñó que la diabólica insensatez de la violencia se responde con las armas de Dios, con la oración y el ayuno”, **el papa dijo región y seguridad para todos**



MIERCOLES DE
CENIZA
—
AYUNO Y
ORACIÓN
POR UCRA-
NIA



ESPAÑOL



Mantente Conectado

Teléfono: 213.637.7348

congress@la-archdiocese.org

**Actualización de registro en línea:
proximamente**

Gracias por su paciencia.

En Persona

18-20 de marzo del 2022

Ceremonia de Apertura, Talleres, Presentación Magistrales,
Liturgias, Entretenimiento, Espacio Sagrado, Expositores

Día de la Juventud

\$40 con un precio de
descuento especial de \$35
disponible hasta el 4 de
febrero del 2022

Días de Adultos

\$85 con un precio de
descuento especial de \$75
disponible hasta el 4 de
febrero del 2022

Virtual (\$35)

(Incluye el Día de la Juventud y los Días de los Adultos)
35 talleres en inglés, español y vietnamita.

El contenido estará disponible del 17 de marzo al 17 de mayo

Día de la Juventud

Participación liderada por
jóvenes. Solo transmitido
en inglés.

Días de Adultos


Transmisión en vivo: evento de
apertura, presentación magistral,
entretenimiento, liturgias.


31 talleres, Espacio Sagrado,
Clic. Conectar. Conversar.



<https://recongress.flocknote.com/RECongressEmail>

March

		Pope's intention for the month: Sacrament of Reconciliation	Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God	
1	Women's History Month Begins			
1	Christianity and Islam	Explores the origins of Islam, its principal doctrines and the history of Muslim Christian relationship 7:00 –8:00 PM	School of Pastoral Leadership virtual	https://sfarch.org/islam/
1	Synodal Listening Sessions for archdiocese	200 PM & 7:00 PM 7:00 PM	English Language Session Español Sesión	Check parish for link
2	Ash Wednesday Prayer & Fasting for Ukraine	Lent Begins	Do you have your Rice Bowls ready to give out?	
3	Synodal Listening Sessions for Archdiocese	7:00 PM	Young Adults/Young Professional Session	Check parish for link
3	Synodal Listening Sessions for archdiocese	7:00 PM	English Language Session	Check parish for link
6	Rite of Election	4:00 PM St. Mary Cathedral		Office of Worship Laura Bertone bertonel@sfarch.org
7	Foundational Training Session 6	1:30 to 4 pm 6 to 8:30 pm	virtual	Anelita Reyes reyesa@sfarch.org
8	Christianity and Islam	Explores the origins of Islam, its principal doctrines and the history of Muslim Christian relationship 7:00 –8:00 PM	School of Pastoral Leadership virtual	https://sfarch.org/islam/
9	Lenten Retreat for catechists and PCLs with the Office of Faith Formation	10:00-11:30 Or 6:30-8:00	Virtual More Information soon with flier	Sr. Celeste Arbuckle arbucklec@sfarch.org
15	Christianity and Islam	Explores the origins of Islam, its principal doctrines and the history of Muslim Christian relationship 7:00 –8:00 PM	School of Pastoral Leadership virtual	https://sfarch.org/islam/

17	LA Congress Youth Day		"Let God take the Wheel"	congress@la-archdiocese.org
17	Feast of St. Patrick Patron of the Archdiocese			
18-19	LA Religious Education Congress		In person & virtual "Living Waters of Hope"	congress@la-archdiocese.org
19	Feast of St. Joseph Patron of the Archdiocese			
22	Deanery 11 PCL Meeting	3:30-4:45	Virtual All are invited	Sr. Celeste Arbuckle arbucklec@sfarch.org
22	Christianity and Islam	Explores the origins of Islam, its principal doctrines and the history of Muslim Christian relationship 7:00 –8:00 PM	School of Pastoral Leadership virtual	https://sfarch.org/islam/
25	Annunciation of the Lord			
25	SF DRE meeting (Friday group)	10 am to 11:30 am	virtual	Anelita Reyes reyesa@sfarch.org
28	Deaneries 8 & 9 DRE Meeting	10 am to 12 noon	virtual	Anelita Reyes reyesa@sfarch.org
29	Christianity and Islam	Explores the origins of Islam, its principal doctrines and the history of Muslim Christian relationship 7:00 –8:00 PM	School of Pastoral Leadership virtual	https://sfarch.org/islam/
April				
3	Deanery 10 First Communion Parents Meeting	2:30-3:30	IHM Parish Center	
4	Foundational Training Session 8	1:30 to 4 pm 6 to 8:30 pm	Virtual	Anelita Reyes reyesa@sfarch.org
10	Palm Sunday			

April

Health Care Workers We pray for health care workers who serve the sick and the elderly, especially in the poorest countries; may they be adequately supported by governments and local communities.

16

Holy Thursday



15

Good Friday

Pastoral Offices are closed

16

Passover Begins

Easter Triduum

17

Easter Sunday



18

Easter Monday Holiday

Pastoral offices are closed

21

Deanery 10 PCL Meeting

10:00-11:30

TBA

Sr. Celeste Arbuckle
arbucklec@sfarch.org

22

Earth Day

Do something with Laudato Si

24

Respect Life Essay Contest Mass

11:00 AM

St. Mary Cathedral

25

Deanery 8 & 9 PCL Meeting

10 am to 12 noon

virtual

Anelita Reyes
reyesa@sfarch.org

26

Deanery 11 PCL Meeting

3:30-4:45

Virtual

Sr. Celeste Arbuckle
arbucklec@sfarch.org

28

Deaneries 8 & 9 DRE Meeting

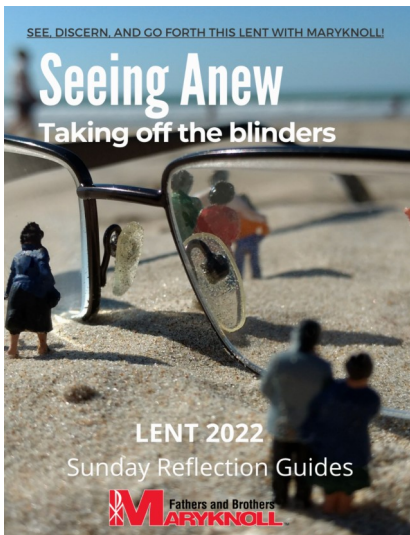
10 am to 12 noon

Virtual

Anelita Reyes
reyesa@sfarch.org

May				
6-7	Adult Confirmation Classes	Friday 6:00-8:30 PM & Saturday 10:00-4:00	All adults 17 years of age and older are invited with permission of their pastor	Sr. Celeste Arbuckle arbucklec@sfarch.org
7	Youth Confirmation at St. Mary Cathedral			
8	Mother's Day			
12	Pius X Dinner and Recognition	6:30 PM	St. Mary Cathedral with Archbishop Cordileone	Sr. Celeste Arbuckle arbucklec@sfarch.org
24	Deanery 11 PCL Meeting	3:30-4:45	Place: TBA	Sr. Celeste Arbuckle arbucklec@sfarch.org
24	World Day of Prayer for the Church in China			
29	Ascension of the Lord			
30	Memorial Day	Pastoral offices are closed		
June		Pope's intention for the month: The Beauty of Marriage	Let us pray for young people who are preparing for marriage with the support of a	Christian community: may they grow in love, with generosity, faithfulness and patience.
5	Pentecost Sunday			
5	Adult Confirmations	11:00 AM St. Mary Cathedral		Office of Worship Laura Bertone bertonel@sfarch.org
12	Feast of the Most Holy Trinity			
16	Deanery 10 PCL Meeting	10:00-11:30	TBA	Sr. Celeste Arbuckle arbucklec@sfarch.org
19	Feast of the Most Holy Body and Blood of Christ			
20	Juneteenth	Pastoral Offices closed		
28	Deanery 11 PCL Meeting	3:30-4:45	Place: TBA	Sr. Celeste Arbuckle arbucklec@sfarch.org
12-14	National Gathering in Christian Initiation	"Evaluating and Revitalizing the RCIA in Your Parish"	Chicago, Ill	LTP.org
22	Earth Day	Do something with Laudato Si		
24	Respect Life Essay Contest Mass	11:00 AM	St. Mary Cathedral	

June				
26	Deanery 11 PCL Meeting	3:30-4:45	Virtual	Sr. Celeste Arbuckle arbucklec@sfarch.org
July				
13-14	National Gathering on Christian Initiation		Chicago, Ill	Ngci.org



We can get stuck seeing only the same old thing. Hurt, disappointment, and frustration can dim our vision. Anger and grief can blind us. When this happens it becomes easy to focus inward, become jaded, or even lose hope.

Throughout the Gospels stories, Jesus challenged those around him to see differently. He encouraged them to embrace creation as God intended it. Lent a little more than a month away. It is our time as missionary disciples for an annual spiritual eye exam. It is the opportunity to open our eyes, broaden our horizons, and dare to envision a world transformed by God's love. It is a time to take off our blinders and see anew.

To accompany you on the Lenten Journey, we invite you to save the dates for these events in March:

[March 17th Webinar with Br. Loren Beaudry](#) sharing about the joys of challenges of living and working in Tanzania.

[Orbis Book Club](#) featuring Fr. Brian Massengale's book, Racial Justice and the Catholic Church, beginning March 7th for 4 weeks.

And, we have new and revised Lenten Resources:

[Reflection Guides for use with the Sunday Readings](#) for individuals, faith groups and families. [Sign up to get a weekly reminder email](#) when the latest Reflection Guide is posted.

[Visit Discover Your Neighbor](#) to get lessons for globally-minded catechists and educators who want to guide their students toward making a difference in their world. The Lent edition will be available mid-February.

Also ahead of Lent, please join us:

[Webinar with Fr. Charlie Dittmeier](#) talking about working with deaf communities in Cambodia on February 15th.

www.maryknoll.us

Join St. Veronica's Parish for this Lenten Series

"The Family of God as Covenant"

Credit hours for Basic Catechist Certification given

Saint Veronica Parish, South San Francisco, California

Lenten Lecture Series 2022

Wednesdays at 6:30 PM – Saint Veronica Parish Church

Beginning March 9, 2022

The Family of God as Covenant



Presenter: Rev. Gregory Heidenblut, O.S.A., DD

Director of Ongoing Formation and Continuing Education for Priests

Chaplain, Archbishop Riordan High School

Sacred Scripture reveals six covenants that God made with His people. These talks will provide scriptural insights, Catholic tradition in opening the history of salvation, and God's plan for his people.

Schedule:

Wednesday, March 9 - Adamic (Edenic) Covenant

Wednesday, March 16 - Noahic Covenant

Wednesday, March 23 - Abrahamic Covenant

Wednesday, March 30 - Mosaic (Sinaitic) Covenant

Wednesday, April 6 - Davidic Covenant

Wednesday, April 13 - Eternal Covenant of Jesus Christ, Lord and Savior

All talks occur in the parish Church

Come and experience God's word and love in action as we discover together how God's plan and promise began with a family of two and grew to include the family of all humanity.

Church of Saint Veronica
434 Alida Way, South San Francisco, CA
www.stveronicassf.com email: churchoffice@stveronicassf.com
650-588-1455