



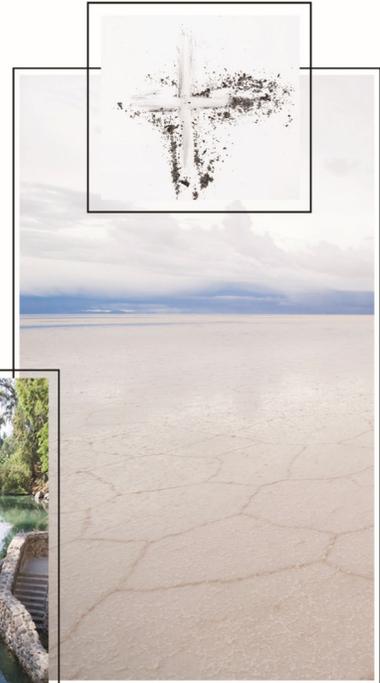
St. Michael Catholic Parish

Where we Celebrate the Sacraments, Grow Disciples,
and Bring Christ to People.

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Jesus was led by the Spirit into
the desert for forty days,
to be tempted by the devil.

~ Luke 4:1-2



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Resisting Temptation

We begin the season of Lent by joining Jesus in the desert where he is tempted by the devil. Satan tempts Jesus in three ways, which represent the same three tactics he commonly employs today to get us to break our relationship with God.

First, Satan tries to undermine Jesus' identity as the Son of God. He does the same thing with us—he tries to undermine our dignity and identity as sons and daughters of God. Second, Satan offers Jesus the kingdoms of the world. Satan tempts us too to seek power and influence in this world in order to further enslave us in an endless quest for control.

Finally, Satan tempts Jesus to fulfill his mission in a way other than the one ordained by the Father. In the same way, we are often tempted to find an easier or more "successful" way to live our lives, instead of trusting the Father's plan.

Jesus answers Satan in all three of these temptations with the Word of God because God's Word has power to resist and overcome evil. That is one reason why it is so important to become steeped and grounded in Scripture: in order to have a ready sword of truth which we can use to defend ourselves against the lies and snares of evil. Let us now join Jesus in the desert in this week's Gospel reading and learn how we can better resist the temptations of the devil in our own lives today.

Unpack the First Reading Deuteronomy 26:4-10

This Lenten season begins with the recounting of the first fruits offering that was commanded of Israel before entry into the Promised Land. We're reminded



that to enter into the promises of Easter, we must offer the best of ourselves in the coming Lent.

The first fruits offering wasn't simply a kind of bribe given to God in return for fertility as was often the case in other cultures. The offering was divided among the priests, the poor, and aliens; it was an act of almsgiving. For Israel, the first fruits offering was a collective act of humility and charity. In this ritual act that led to the feeding of the poor and the alien, Israel said, in effect, "There, but for the grace of God, go I."

We have the same need as Israel to recognize that what we have is a gift. We have been given the

Promised Land that is the Church through no merit of our own. In this Lenten season one of the ways that we express our gratitude to God for his gifts to us is by being generous to the poor and the alien.

Unpack the Second Reading Romans 10:8-13

One can convey a lot of meaning with a few words. Certain words can carry a great weight of meaning. Many terms St. Paul uses in this reading are charged with meaning and weight because they allude to events from the Old Testament. To take just one example, Paul begins by contrasting the righteousness that comes from the Law and the righteousness that comes by faith. The term "righteousness" in Hebrew is "zedek." In ancient times it meant that you were a legitimate heir or descendent. To be "righteous" meant that you had a right to inherit the throne. But "righteousness" can also mean acting justly or doing the right thing. One would be said to be just or righteous if he obeyed the Law of God and lived in accord with the Covenant.

So a proper conception of the term "righteousness" combines the two ideas contained in the one, weighty word. We receive the gift of being righteous (or rightful) heirs by faith in Christ, and we keep our place in the inheritance by righteous acts of faith, working in love under the influence of God's grace.

Unpack the Gospel

Luke 4:1-13

Luke was interested in changing the way the Hellenistic (Greco-Roman) people saw themselves and the world by showing that Jesus is the definitive key to not only the Jewish story but also to the whole human story. So for Luke it's particularly important to show that Jesus is the new David, a new king of which the world ought to take note. One of the parallels between David and Jesus can be seen in our Gospel reading this week.

In 1 Samuel 16:13 we're told that the Holy Spirit rushes upon David after he's anointed by the prophet Samuel, and then later David fights and defeats Goliath. In Luke's Gospel, the Holy Spirit descends upon Jesus in the Jordan after he's baptized, and then he later fights and defeats Satan in the desert.

It's important for us to remember that in Jesus, we too are connect-

ed to the people of Israel. We relive that 4,000 years of their struggle in the 40 days of our Lenten season, just as Jesus relived that struggle in his 40 days in the desert. In him the Jewish story becomes our story. In him we hope for the Easter victory that heralds the salvation story for the whole world.

For Discussion

The Scripture Readings for today focus on the temptations of Jesus, but even more, they speak to us of the power God gives us to overcome evil. Begin your exploration of these passages by watching the short *Opening the Word* video found on FORMED.org.

Based on the video presentation by Mary Healy, what are the three ways Satan tempted Jesus? And how does Satan use the same three tactics to tempt us today?"

As we saw in the Gospel reading and heard in the presentation, Jesus responded to temptation

using the Word of God. How are the Scriptures an important weapon and defense in our battle against temptation?

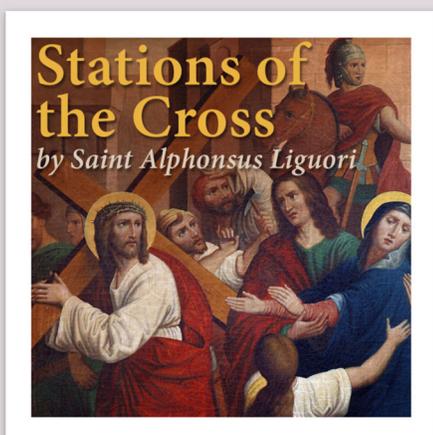
Priest, Prophet, King Lent Study

You should have received your first video in our Lent study via email or text. The video runs about 20 minutes. Please watch it with a friend or within your small group. Discuss Fr Carl's reflection questions included with the video (also listed here on page 5).

Daily Lent Reflections

Get daily videos during Lent from esteemed Scripture expert Dr. Tim Gray, delivered right to your email inbox. Register free at bit.ly/LentDaily

Reflections reprinted here with permission from Augustine Institute.



Listen & Pray Along to the Stations of the Cross

The Augustine Institute presents a beautiful meditation on the Stations of the Cross by Saint Alphonsus Liguori, narrated by Dr. Christopher Blum. This prayerful reflection is accompanied by the Schola Cantorum of Our Lady of Mount Carmel Church, Littleton, CO, chanting the traditional Catholic hymn *Stabat Mater*, in Latin, which depicts the loving presence of Our Sorrowful Mother, sharing in the suffering of Christ at the foot of the cross. Take advantage of this audio on your commute, at home, or anywhere you find the time, to enrich your prayer during Lent or throughout the year, and better unite yourself to the Passion of Christ.

Listen free at FORMED.org
For technical questions, call Tina Gregory at 925-667-4051.

St Michael's has already paid for your FORMED account!
Register: StMichael.FORMED.org

Prayers for the Week

Mass Intentions

Saturday 3/09

8:30am Thomas Heise †
5:00pm Makena Ramos
7:00pm Raul Barragan †

Sunday 3/10

6:45am John Francis Zap
8:00am Rachel Burke
9:30am Pedro Quero, Jr. †
11:00am Mass for Our Parish
12:30pm Jose & Carlos Garcia
6:00pm Marilyn Foscaltina †

Monday 3/11

7:00am Dr. John Sarboraria †
8:30am Charles Frydenal †

Tuesday 3/12

7:00am Jose Luis Garcia †
8:30am Lilian R. Kupski

Wednesday 3/13

7:00am Armando Garcia †
Tony Terry †
8:30am Margaret & Joseph Cambra †

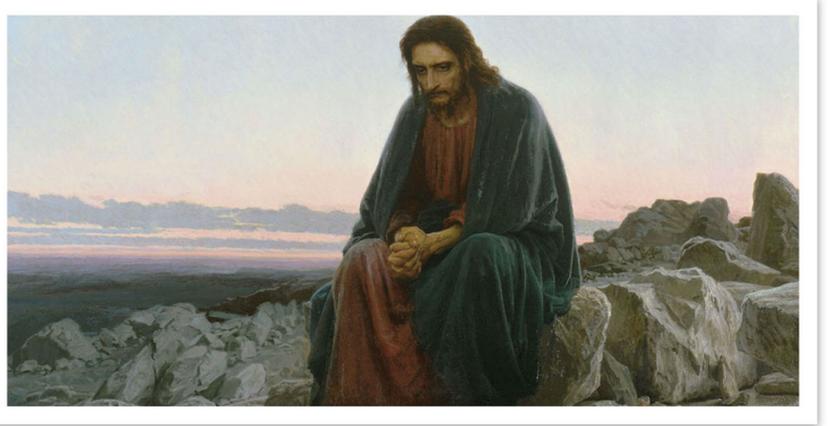
Thursday 3/7

7:00am Sarboraria Family
8:30am Moriarty Family

Friday 3/8

7:00am Sigifredo Magaña †
8:30am Incocencio & Teresa de Rivera

To request a Mass Intention, please visit the church office. The customary donation of \$10 goes to the priest celebrating the Mass.



Prayer

Prayerfully put yourself in today's Gospel reading. Imagine that you are present in the desert; you witness Satan tempting Jesus and Jesus faithfully resisting each of the three temptations. Next imagine that each temptation is presented directly to you. The devil tells you that (1) you are not really a child of God; (2) you can have anything you want in the world by turning away from God, and (3) you don't have to follow God's plan for your life but can choose an easier way instead. How would you respond to each of these temptations?

Resolution

Prayerfully consider which of these temptations is most difficult for you to resist. Why is it? What can you do this week to resist this temptation more in your life?

Need Prayers?

The Parish Prayer Team of over 70 members receives a list of prayer requests to lift up throughout the week. Let them pray for you too: Email Prayers@StMichaelLivermore.com

Drive Through Prayer is open Monday-Friday during Lent from 5:30-6:30 pm. Just pull up to our courtyard and a prayer team will meet you at your car and pray with you and for you.

The Book of Intentions in the Adoration Chapel, just to the right as you enter, is also a place where you can write your prayer requests for the Adorers to lift up.

Scandals in the Church Call for a Time of Purification



Dear St Michael Family, Our Bishop has released the names of diocesan priests and religious who have been credibly accused of sexual abuse against minors (see www.oakdiocese.org/credibly-accused). I am saddened, angry and frustrated by the news, as I am sure you are too. Although many of the abusers are dead or have been defrocked from their clerical state, the pain and horror at the graves committed by religious leaders remains with us. This is a global crisis in the Catholic Church, and new reports of clergy accused of sexual misconduct seem to be surfacing regularly.

How should we respond to this terrible crisis?

Firstly, our Bishop, our diocese and our parish are determined to protect our children. Protocols for clergy, staff and volunteers have been established to ensure the safe environment of children. The Diocesan Victims Assistance Ministry offers a variety of avenues for victims and family members to report their experiences, to be welcomed, to receive pastoral care, and to learn about and access much-

needed services. For more information on our diocese's policies and procedures that all leaders must follow, please visit www.oakdiocese.org

Secondly, at our parish, I commit to the following during the season of Lent:

1. *After the homily at daily and weekend Masses*, the presider will invite the congregation to kneel to pray one Hail Mary for the healing of the victims of clergy abuse and for the purification of the Church.

2. *Listening sessions with me, Fr Carl*, will be offered on March 18 and 25, 9:30-10:30 am and April 1 and 8, 6:30 -7:30 pm in the Convent Chapel followed by a prayer service as an opportunity to voice concerns about this crisis.

This is indeed a challenging time for our Church. It is also a time for holy purification, especially for those in leadership in our Church. God will use this tragic time to transform the Bride of Christ. I believe that despite this crisis, we still have many good and holy priests, deacons and bishops and religious among us. Please support them with your prayers and support their effort to fulfill the mission entrusted to them by Christ.

Priest Prophet King Lent Study

Until the Fall, Adam, the first priest, walked in easy fellowship with God in the Garden of Eden, in *adoratio*. The root of "adoration," *adoratio* means "face to face" and describes the vocation of a priest, living in communion with God and seeking to intercede

for the people through sacrifice. Through our Baptism, we are also called to be priests, not ordained, but living in communion with God and seeking to draw others to him through our sacrifices of love.

You should have received your Lesson One video, via email or text. Please watch it with family members, friends, ministry or small group.

If you have not yet registered, it's not too late! In English, text keyword FrCarl to 84576. In Spanish, text keyword PadreCarl to 202-765-3441 or click the join button in the Friday Flocknote.

Discuss these questions:

What does the title "Messiah" mean?

What does it mean to say that all the baptized are priests?

How has your understanding of Jesus as Messiah changed or deepened?

I hope and pray that this video study helps you grow in your knowledge of Jesus and brings you closer in relationship to Him. Next week, we will look at Jesus as High Priest.

Please keep me in your prayers, as I am keeping you in mine.

May St Michael defend and protect us!

Fr. Carl
Pastor

Reminders for This Week

Weekly Lenten Rhythm

Daily Mass

7:00 am, Mon-Fri
8:30 am, Mon-Sat

Rosary & Chaplet

6:15 am, Mon-Fri (Church)
9:15 am, Mon-Sat (Chapel)
6:30 pm, Sat in Spanish (Chapel)
12:10 pm, Sun in Spanish (Church)

Stations of the Cross

7:00 pm, Wednesdays in Spanish
9:15 am, Fridays in English
7:00 pm, Fridays in Spanish

Confession

7:30 am, Mon and Fri
2:30 pm, Wed in the Convent
9:15 am, 3:45 pm, 6:15 pm, Sat
7:00 pm on March 11, 18, 25

Fish Taco Fridays

March 15 at St Charles
March 22 and 29 at St Michael
April 5 and 12 at St Charles

It's Not Too Late to Join!

Priest, Prophet, King

Fr Carl is encouraging all of us to participate in Bishop Robert Barron's study: Priest, Prophet, King. The first video was delivered Friday, March 8, but you can still catch up!

By signing up for Priest, Prophet, King, you will receive weekly videos via email or text, along with questions to discuss with family and friends. This is a "Do-It-Yourself" study, with the flexibility to watch the videos on your own and reflects on the questions with friends. Registration is free!

In English text keyword **FrCarl** to 84576. In Spanish text keyword **PadreCarl** to 202-765-3441.

For technical questions about how to sign up and participate, please contact Tina Gregory at 925-667-4051.

Happening Next Weekend

Knights Crab Feed and Charity Auction

Sat, March 16 at 4:30 pm
Robert Livermore Center

Enjoy a great night celebrating with our Livermore Knights and supporting their charitable efforts! For tickets, call Dennis Lundbom 775-772-6369 or Mark & Claire Duguid 925-443-5873.

Rite of Election

Sun, March 17 at 4:00 pm
Cathedral of Christ the Light

Having completed their formation in the Catholic faith, the Bishop will formally choose those preparing for Baptism, Confirmation and First Communion at Easter and elect them in the name of the Lord and of the local Church to which they belong. The following members of our parish will then be called members of the "Elect":

Holly Wilkins
Dane Pappas
Mali Muniz
Anthony Pinzon
Orlando Alvarez
Jules Rosa
Edwin Gomez Aguilar
Carolyn Tran
Anna Tran

(*Rite of Sending* at St Michael's for catechumen who are children on March 10 at the 11:00 am Mass, adults on March 17 at the 11:00 am Mass.)



3/3/19 Collection	\$20,241.21
Month-to-Date	\$20,241.21
Month Goal	\$108,823.53
Percentage Reached	19%
Faith Direct	\$0.00
Maintenance (for Month)	\$6,147.79

Upcoming Events

Golden Friends Mass & Lunch

Fri, March 22, 10:30 am
Large Hall

Are you retired or free from work on Fridays or do you have friends and relatives who are? Bring them to our Golden Friends Mass & Luncheon to enjoy fellowship, entertainment and spiritual growth. Mass starts promptly at 10:30 am. Call Mary at 925-784-1812 by noon Tuesday, March 19 to see if space is available.

Steak Dinner & Dance

Sat, March 23
Large Hall

The Portuguese community of Livermore and Pleasanton is happy to invite everyone to our Steak Dinner Dance, featuring music by Gilberto Amaral! Proceeds benefit the scholarship fund. Dinner is 6:00-7:00 pm, with dancing from 7:00-11:00 pm. For tickets, call or text Maria 925-216-3953.

Monthly Grief Support Meeting

Sat, March 23, 10-11:30 am
St Charles

The Monthly Grief support group is an opportunity for anyone who has lost a loved one, to share their experience with others in a safe, supportive environment. Expressing your feelings helps to process what you are going through. Please join us. If you have not attended before, please call Claire La Scola at 925-447-9800 or clairelascola@gmail.com

Holy Week & Easter



PALM SUNDAY OF THE LORD'S PASSION

Saturday Vigil Mass
April 13

Begins in the Courtyard with the Gospel, Blessing of Palms and procession into the Church.

5:00 pm English
7:00 pm Spanish



HOLY THURSDAY

Thursday, April 18

8:30 am Morning Prayer
(no morning Mass)

6:00 pm Mass of the
Lord's Supper (English)

8:00 pm Mass of the
Lord's Supper (Spanish)



GOOD FRIDAY

Friday, April 19

8:30 am Morning Prayer
2:00 pm Good Friday
Service (English)

4:00 pm Passion Play
(English)

5:00 pm Good Friday
Service (English)

6:30 pm Passion Play
(Spanish)

8:00 pm Good Friday
Service (Spanish)



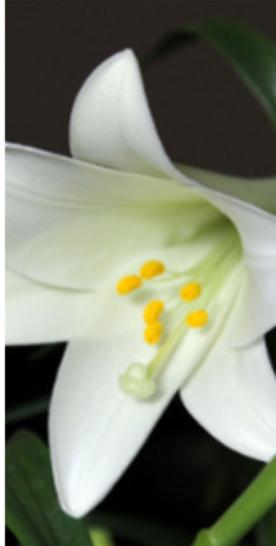
HOLY SATURDAY

Saturday, April 20

8:30 am Morning Prayer
(no morning Mass)

10:30 am Blessing of the
Easter Food in the Chapel

8:00 pm Easter Vigil Mass
in the Holy Night of
Easter (multi-lingual)



EASTER SUNDAY

Sunday, April 21

MASS IN THE CHURCH

5:30 am, 6:45 am, 8:00 am, 9:30 am,
11:00 am and 6:00 pm in English.
12:30 pm in Spanish.

MASS IN THE HALL

8:15 am in Spanish
9:45 am in English
11:15 am in English

Rites of Scrutiny

“The Scrutinies, which are solemnly celebrated on Sundays and are reinforced by an exorcism, are rites for self-searching and repentance and have above all a spiritual purpose. The Scrutinies are meant to uncover, then heal all that is weak, defective, or sinful in the hearts of the Elect [those preparing for Baptism at Easter Vigil]; to bring out, then strengthen all that is upright, strong, and good. For the Scrutinies are celebrated in order to deliver the Elect from the power of sin and Satan, to protect them against temptation, and to give them strength in Christ, who is the way, the truth, and the life. These rites, therefore, should complete the conversion of the elect and deepen their resolve to hold fast to Christ and to carry out their decision to love God above all.” RCIA 141

Invitation to Silent Prayer

One of the most powerful moments of the Scrutinies is how they begin. After the homily, the Elect are invited to come forward with their sponsors and

to kneel down. Then, the whole assembly is invited to pray for them in silence. It is a very solemn moment. This community has cared for these Elect for months to years on their journey. We have sent them to reflect more and more deeply on the Word of God, and expressed to them our longing for the day on which they would join us at the table of the Lord. Now we pray for them in this sacred silence, deeply asking God to protect them and heal them in the weeks ahead.

Intercessions for the Elect

We then pray out loud together for the Elect.

Prayer of Exorcism

Then, we pray that they might be freed from the power of the Evil One and protected on their journey.

The Laying On of Hands

In a silent ritual deliberately reminiscent of the rite used for ordination in the Sacrament of Holy Orders, the priest or deacon lays his hands for a brief moment on the head of each of the Elect. It is a solemn act of calling down the Ho-



ly Spirit to be with them and protect them.

Dismissal of the Elect

The Elect are then sent forth to reflect upon the Word and this powerful gesture of love on the part of this community, that cares for them so deeply, with the love of Christ.

Please keep our Elect in your prayers: Holly Wilkins, Dane Pappas, Mali Muniz, Anthony Pinzon, Orlando Alvarez, Jules Rosa, Edwin Gomez Aguilar, Carolyn Tran, Anna Tran

Rites of Scrutiny will be held on March 24, 31, and April 7 at the 11:00 am Mass for Holly. Children will participate in Scrutinies during their Faith Formation class time.

Source: onlineministries.creighton.edu



Welcome, Fr Bento Tamang!

Fr Ben will be in residence at St Michael's while working on his Licentiate in Sacred Theology degree at Jesuit School of Theology of Santa Clara University in Berkeley.

Born in the mountain province in northern Philippines, he's from a large family of five children. He was ordained a deacon in 2006, and a priest in 2007. He served at St Leo the Great in Oakland from 2017 until arriving at St Michael's this month. Fr Ben is excited to join our vibrant community, and will be helping our parish with celebrating the sacraments while he's working on his studies.

Lighthouse Catholic Media CD Sale

Pick up a few inspirational and thought-provoking audio talks on CD to give to friends and grow in your spiritual life this Lent. Lenten Special is three CDs for just \$10. See the CD “spinner rack” in the foyer to the church office and chapel.

Escándalos en la Iglesia piden un tiempo de purificación

Querida familia de San Miguel,

Nuestro obispo ha revelado los nombres de sacerdotes y religiosos diocesanos que han sido acusados de abuso sexual contra menores (ver www.oakdiocese.org/credibly-accused). Estoy triste, enojado y frustrado por las noticias, como estoy seguro de que usted también. Aunque muchos de los abusadores han muerto o han sido expulsados de su estado clerical, el dolor y el horror por los graves pecados cometidos por los líderes religiosos permanece con nosotros. Esta es una crisis global en la Iglesia católica, y nuevos informes de clérigos acusados de conducta sexual inapropiada parecen estar apareciendo regularmente.

¿Cómo debemos responder a esta terrible crisis?

En primer lugar, nuestro obispo, nuestra diócesis y nuestra parroquia están decididos a proteger a nuestros niños. Se han establecido protocolos para el clero, el personal y los voluntarios para garantizar un entorno seguro para los niños. El Ministerio Diocesano de Asistencia a las Víctimas ofrece distintas maneras para que las víctimas y los miembros de la familia informen sus experiencias, sean bienvenidos, reciban atención pastoral y conozcan y accedan a los servicios que necesitan. Para obtener más información sobre las políticas y procedimientos de nuestra diócesis que todos los líderes deben seguir, visite www.oakdiocese.org

En segundo lugar, en nuestra parroquia, me comprometo a lo siguiente durante la temporada de Cuaresma:

1. Después de la homilía en las misas diarias y de fin de semana, el que preside invitará a la congregación a arrodillarse para rezar un Ave María por la curación de las víctimas del abuso del clero y por la purificación de la Iglesia.

2. Las sesiones para escuchar conmigo, el Padre Carl, se ofrecerán los días 18 y 25 de marzo, de 9:30 a 10:30 y los días 1 y 8 de abril, de 6:30 a 7:30 pm en la Capilla del Convento, seguido de un servicio de oración. como oportunidad para expresar preocupaciones sobre esta crisis.

Este es ciertamente un tiempo desafiante para nuestra Iglesia. También es un momento para la purificación santa, especialmente para los líderes en nuestra Iglesia. Dios usará este tiempo trágico para transformar a la Novia de Cristo. Creo que a pesar de esta crisis, todavía tenemos muchos buenos y santos sacerdotes, diáconos, obispos y religiosos entre nosotros. Por favor apóyelos con sus oraciones y apoye sus esfuerzos para cumplir la misión que Cristo les encomendó.

Sacerdote, Profeta, Rey

Hasta la caída, Adán, el primer sacerdote, caminaba en fácil comunión con Dios en el Jardín del Edén, en adoración. La raíz de la "adoración", adoratio significa "cara a cara" y describe la vocación de un sacerdote, viviendo en comunión con Dios y buscando interceder por el pueblo a través del sacrificio. A través de nuestro Bautismo, también somos llamados a ser sacerdotes, no ordenados, pero vivien-

do en comunión con Dios y buscando atraer a otros a través de nuestros sacrificios de amor.

Debe haber recibido su video de la lección uno, por correo electrónico o texto. Por favor, véalo con miembros de la familia, amigos, ministerio o grupo pequeño.

Si aún no se ha registrado, no es demasiado tarde! En inglés, escriba la palabra clave FrCarl al 84576. En español, envíe la palabra clave PadreCarl al 202-765-3441 o haga clic en el botón unirse en la nota del viernes.

Debata estas preguntas:

¿Qué significa el título "Mesías"?

¿Qué significa decir que todos los bautizados son sacerdotes?

¿Cómo ha cambiado o se ha profundizado su comprensión de Jesús como el Mesías?

Espero y oro para que este estudio de video le ayude a crecer en su conocimiento de Jesús y le acerque más en relación con él. La próxima semana, veremos a Jesús como el Sumo Sacerdote.

Por favor, recuérdeme en sus oraciones, como yo lo haré en las mías.

¡Que San Miguel nos defienda y proteja!

P. Carl
Pastor



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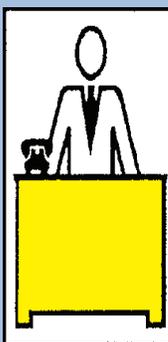
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Pastoral Emergencies | Emergencias Pastorales 925-521-4117



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Mass | Misa

Mon-Sat | Lu-Sa 8:30 am

Wed | Mi 7:00 pm (español)

First Friday | Primer viernes

12:00 pm in the chapel

en la capilla

Sat Vigil | Vigilia del Sábado

5:00 pm (English), 7:00 pm (español)

Sunday | Domingo

6:45 am, 8:00 am, 9:30 am, 11:00 am,

12:30 pm (español), 6:00 pm

Sign Language | Lenguaje por Señas

1st Sun, 11:00 am

Primer domingo a las 11:00 am

Vietnamese | Vietnamita

4th Sun, 3:30 pm

Cuarto domingo a las 3:30 pm

Confession | Confesión

Saturday, in the church |

Sábado en la iglesia

9:00 am & 3:45 pm in English

6:15 pm en español

Monday & Friday in the church |

Lunes y viernes en la iglesia

7:30 am in English & español

1st & 3rd Wednesdays in the

Convent Chapel

2:30 pm in English

Anointing of the Sick |

Unción de los Enfermos

1st Saturday after 8:30 am Mass or

by appointment: 925-447-1585 |

1er sábado después de las 8:30 am

Misa o con cita previa: 925-447-

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Eucharistic Adoration |

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24/7 in the Chapel. For after hours

access code, call 775-772-6369 |

24/7 en la Capilla. Para el código de

acceso después de las horas, llame al

775-772-6369

Office Hours | horas de oficina

M-F 9:00 am—5:00 pm

(Closed 12:00 pm—2:00 pm)

Clergy | Clero

Rev. Carl Arcosa, Pastor

Rev. Alfonso Borgen, Parochial Vicar

Rev. David Staal, Associate

Rev. Stanislaus Poon, Retired

Rev. Bento Tamang, in residence

Rev. Deacon Bill Archer

Rev. Deacon Rob Federle

Rev. Deacon Dave Rezendes

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Pastoral Council Chair:

Mike Pereira

PC@StMichaelLivermore.com

Fr Carl Arcosa, Eric Hom, Fidelis

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Frank Draschner, Jeff Andersen,

Cynthia Garay, Alison Wilke and

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