



St. Michael Catholic Parish

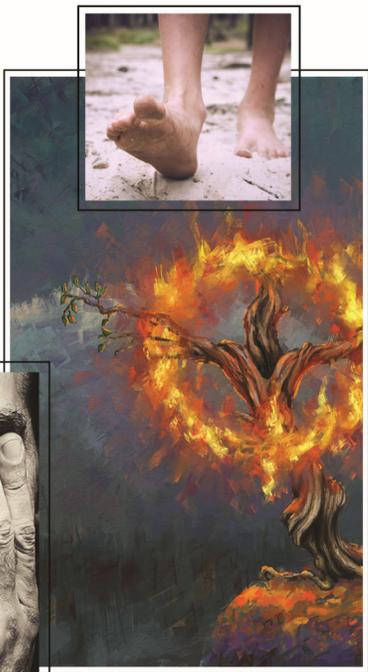
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God called out to Moses from the burning bush and said, "Remove the sandals from your feet, for the place where you stand is holy ground."

~ Exodus 3:4, 5



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Unpack Today's Mass Readings



Today's readings are the midway point in our Lenten journey, and today's readings are all about the great journey of the Jewish people out of Egypt—the Exodus. For many of us, the story of the Exodus is embedded in our psyche from stories we heard as children or movies we might have seen. When we think of the Exodus, we may imagine Moses parting the Red Sea, the burning bush, or the famous cry, "Let my people go!"

Particularly in this week's second reading, St. Paul gives us a crash course on what the Exodus story has to do with Christians. He says that all of the generation that was released from slavery in Egypt saw the amazing works of God. Unfortunately, most of them fell away from their faith. Perhaps we've heard the saying "to whom much is given, much is required." The Exodus generation was given many gifts, which made the consequences all the more dire when they fell into great sin.

Like that generation, we, as Christians, have been given a lot: the Church, the Sacraments, and the Holy Scriptures. Paul is warning us that we must not presume that because we have these gifts

we're home free. We must be on guard against desiring evil things lest we fall like the Israelites in the desert did.

Unpack the First Reading Exodus 3:1-8a, 13-15

Lent is a time for recalling salvation history. Last week's first reading from the Old Testament recalled God's promise to Abraham that he would give a land to his descendants. God tells Abraham that his descendants will go into Egypt for four hundred years before being brought out by God in the fourth generation to enter the Promised Land (Genesis 15:13-16). That time has been fulfilled in our present reading from Exodus, and Moses is Abraham's descendent who's entrusted with the task of leading his people out of bondage.

Egypt becomes a biblical symbol of evil and the oppression of sin and will continue to be a problem for Israel well after the scene we witness today on Mount Horeb. Even though God has freed us from the bondage of sin by Baptism, like Egypt we continue to fall back into old habits of behavior. Lent is a time for us to struggle to leave Egypt again. We recommit ourselves to our God, the God of our Fathers, the God of Abraham, Isaac, and Jacob. As sure as he is the righteous God of our sinful fathers, we are the sinful sons and daughters of our fathers. As such, we need his help to leave Egypt behind this Lenten season.

Unpack the Second Reading

1 Corinthians 10:1-6, 10-12

This section from Paul's first letter to the Corinthians gives us a clear sense of how the earliest Christians viewed the sacred history of the Jews and their own sacramental worship. Paul cautions the Corinthians not to assume that because God has given them a Baptism in Christ and supernatural food and drink in the Holy Eucharist, he will not judge their actions if they stray. The missing verses (7-9) specifically condemn idolatry, immorality, and putting the Lord to the test; then our reading picks up again with a warning against grumbling of the kind that Israel exhibited against God in the desert exodus.

We ought to be watchful this Lent in making our reception of the sacraments as fruitful as possible and not presume that because we have the sacraments we're home free. It may well have been that the Gentile Corinthians thought themselves superior to the Israelites who failed to arrive at the Promised Land. St. Paul reminds them that the experience of the Jews isn't a remote history divorced from our experience but rather, a universal story with timeless significance. From those to whom much has been given, much will be expected.

Unpack the Gospel Luke 13:1-9

We all have a tendency toward displacement. We see the faults of others and sometimes secretly



relish their misfortunes. However, reform is the first imperative of the Gospel. Without the daily consideration of our failings, we can easily lose our compassion for others.

In our second reading, Paul was speaking to Greeks about the failures of the Jews, and in our Gospel reading, Jesus is speaking to the Jews who believed that the sufferings of the Galileans was somehow deserved. Jesus warns the Jews to beware of judging others. The fig tree was a symbol for Israel, and so Jesus tells a story of the owner of a fig tree who found no fruit on it for three years. It's likely no accident that Jesus' ministry lasted for three years and that he found little fruit among his own Jewish people. His warning to Israel is that it must reform in the coming season or be cut down.

The Church always hears the warnings Jesus delivered to the Jews as being delivered to herself. As the new Israel, we're always in need of reform.

Discussion Questions

In this week's *Opening the Word* video (viewable at FORMED.org), the presenter, Dr. Scott Powell, points out that in the second reading, St. Paul tells his readers that all of the Exodus generation saw the mighty works of God but that most of the Exodus generation fell away.

What was the reason for this?

What lesson might we take away from this?

According to Dr. Powell, why did some of the Exodus generation want to go back to Egypt even after they had been set free?

Have you ever wanted to return to an old way of life that you have left behind?

Digging Deeper: The Virtue of Fortitude

All of us are sometimes tempted to go back and give up on a difficult task or mission, but God always calls us to courageously persevere. Even when the path is dif-

ficult, he will give us what we need to get through it. The virtue of fortitude allows us to be firm and strong even in the face of temptation and fear:

“Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. ‘The Lord is my strength and my song.’ (Ps 118:14) ‘In the world you have tribulation; but be of good cheer, I have overcome the world.’” —**CCC 1808**

The Catechism of the Catholic Church is available online at www.usccb.org under “Beliefs and Teachings”.

Reprinted from this week's Opening the Word leader materials with permission from Augustine Institute.

FORMED PICK OF THE WEEK

Stations of the Cross

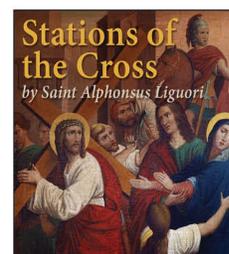
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—Marcia R, St Teresa's Church



Pray Throughout the Week



Mass Intentions

Saturday 3/23

8:30am Janice Alvarez †
5:00pm Eduardo de Rivera
7:00pm Areli & Jesus Hernandez

Sunday 3/24

6:45am Virginia Tynan †
8:00am Berarda Sharkey †
9:30am Kenneth Raymundo †
11:00am Mariano Ragasa &
Maria Riveria †
12:30pm Maria de la Paz Flores &
Daniel Pacheco
6:00pm Mass for Our Parish

Monday 3/25

7:00am Patricia Werner †
8:30am Valentina Romanozski †

Tuesday 3/26

7:00am James P. Sweeney, Jr †
8:30am Anna Rander & family

Wednesday 3/27

7:00am Tuan & Tuan Nguyen
8:30am Shirley Valentine

Thursday 3/28

7:00am Elizabeth Ezekwem
8:30am Dave Waterman †

Friday 3/29

7:00am Simon Arguello
8:30am George T. O'Brien, Jr †

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

Lectio Divina Prayer & Resolution

In this Gospel reading, Jesus gives us a powerful image of how God treats us even when we fail to use the gifts he has given us.

Prayer

Put yourself in today's Gospel reading and imagine that you hear Jesus talking about the fig tree that didn't bear fruit but was allowed to live another year. Imagine that he is saying those words to you. If you were given one more year to bear fruit, what sorts of things would you do?

Resolution

In what areas of your spiritual or moral life have you found yourself tempted to be like Israel and want to "turn back"? What can you do to persevere so that you can bear more fruit in your life? Ask Jesus to show you where you need to make changes in your life in order to become a fruitful fig tree.

Special Intentions

For the members of our Elect, who are in the final preparation for the Sacraments of Baptism, Confirmation and First Communion that they will receive at Easter Vigil:

Holly Wilkins
Mali Muniz
Anthony Pinzon
Orlando Alvarez

Jules Rosa
Edwin Gomez Aguilar
Carolyn Tran
Anna Tran

For all those who have come to Drive Through Prayer, especially those without faith, who are far from God, who are hurting and in despair.

For the repose of the souls of those who have died, and for the comfort of their friends and family. For funeral information, please see StMichaelLivermore.com/Funerals

Submit your prayer requests to our growing prayer team at Prayers@StMichaelLivermore.com

Father Carl's Message of the Week



Fasting: A Spiritual Practice

Both the Old Testament and New Testament teach the value of fasting: willfully abstaining from food or drink in order to focus on prayer and seeking God's will. Through the many examples of people in the Bible who fasted, we can know that God grants supernatural revelation and wisdom through this practice. Scripture tells us that fasting will help us grow an intimate relationship with Christ. It will open our eyes to what He wants to teach us.

What is abstinence and fasting?

Abstinence in the Catholic context means we refrain from eating meat, but dairy and seafood are permitted. Fasting means we limit the amount of food we eat during the day. For Catholics, this is defined as one simple meal with up to two "collations", light snacks sufficient to maintain strength but not adding up to the equivalent of a full meal.

When do we abstain and fast?

Catholics age 14 and older must abstain from eating meat on Ash Wednesday and on every Friday of the year that is not a solemnity (a liturgical feast day of the highest rank); but in each country the episcopal conference can determine the form it is to take, perhaps replacing abstinence with other forms of penance. Every person between the age of 18 and 59 (beginning of 60th year) must fast on Ash Wednesday and Good Friday. Dispensation is given to those who for medical reasons cannot fast.

Other ways to fast

However, aside from fasting and abstinence from food or meals, it is also a good practice to fast and abstain from things that delights us such as drinking alcohol, smoking, favorite hobby, shopping for fancy dress and clothes and other things, vacations, watching our favorite shows on television or listening to our favorite music and many others.

What's the Point?

The point of fasting and abstinence is to discipline our will and mind to focus only on the Lord, who provides for all the things that we need. We purposefully deny the things that we like most so that the Lord will be the center of all and eventually fulfill our call to

“
**It is strength training
for our will, much like
strength training for
the body.**
”

love God with all our heart, soul, strength and entire being. It is strength training for our will, much like strength training for the body. We need to strengthen our will “muscle”, for we cannot follow our own will, how can we follow God's will?

Priest, Prophet King Lesson 3 - Challenging False Worship

A prophet speaks the word of God, dispelling falsehood and encourag-

ing all who hear to worship and obey the one, true God. False worship is at the root of all sin. The prophets of the Old Testament proclaimed God's word and sought to rid the Hebrews of false worship and bring them into obedience to the established covenants. Bishop Barron sees Elijah as the archetype of a prophet, especially in his challenging encounter with and triumph over the priests of Baal, a false, but greatly feared, god.

If you have registered for this Lent study, check your email or texts for your Lesson three video today. Please watch it and discuss it with friends. If you like, write down your thoughts in a journal. Reflect and ponder these questions:

What are some distinguishing qualities of the Old Testament prophets?

What was the relationship between the prophets, the law and the Covenant?

Prior to this study, how did you think of the Old Testament prophets, and how has your understanding changed?

Thank you for participating in our parish video study. As we grow closer to Christ, we are strengthening our parish and our community! Next week, we will look at Jesus as the Word made flesh.

God bless you and your families.

Fr Carl

Reminders & Announcements



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 English

Confession

7:30 am, Mon and Fri

2:30 pm, Wed in the Convent

9:15 am, 3:45 pm, 6:15 pm, Sat

Almsgiving Focus

Collections at the 7:00 am and

8:30 am Masses are for Livermore Homeless Refuge and CityServe of the Tri Valley.

Collection Report

Thank you for generous offerings! We could not accomplish our ministry goals without your support.

3/17/19 Collec-	\$18,830.18
Month-to-Date	\$65,496.02
Month Goal	\$108,823.53
Percentage Reached	60%
Faith Direct	\$7,912.00
Maintenance (for March)	\$8,752.79

Special Events

Mon, March 25

Abuse Scandal Listening Session & Prayer Service at 9:30 am in the Convent Chapel.

Lent Reconciliation Service at 7:00 pm in the Church.

Wed, March 27

Pre-release movie screening of "Unplanned" the true story of Abby Hooper's transformation from running a Planned Parenthood clinic to embracing life, at 7 pm at Hacienda Crossings in Dublin. This is a fundraising event for our Knights of Columbus to purchase ultrasound equipment for a pregnancy center in Oakland.

Fri, March 29

Knights of Columbus Fish Tacos available from 5:00-7:30 pm in the Large Hall.

Sat, March 30

Dress-a-Girl Sew Fest from 9:00 am—3:00 pm in the Large Hall. Contact Suzanne Beck at 925-352-8447 or suzbeck@yahoo.com

Monday-Friday in Lent

Drive Through Prayer is open from 5:30—6:30 pm in our Courtyard. Anyone—Catholic or not, Christian or not—can drive up to receive prayers from our trained team. All are welcome. No questions or requirements.

Announcing the 2019 Bishop's Appeal

"Rebuild My Church" was the message Our Lord and Savior Jesus Christ once spoke to St. Francis. At first, Francis took the assignment literally, physically restoring the abandoned chapel at San Damiano. Later, he came to understand his mission in a more spiritual sense: to return the church to the radical simplicity of the gospel, the spirit of poverty, and the image of Christ in the poor.



Bishop Michael Barber has spoken of his three pillars: the Sunday Mass experience; practicing spiritual and corporal works of mercy; and forming ourselves into missionary disciples. He calls on us today to assist him in strengthening these pillars as we work together to Rebuild Christ's Church!

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
in to 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

Save These Dates!



April 4: *Family Adoration Hour*, 4:00-5:00 pm in the Chapel. Bring your little ones to worship Jesus with songs, to practice prayers and to explore the chapel.

April 5 and 12: *Fish Taco Fridays* at St Charles from 5:00-7:30 pm

May 1- 31: *Rosary for Family, Peace and Life* at 7pm in the Parish Courtyard.

May 1: *Feast of St. Joseph*, with a Rosary in 10 languages at 6:15 pm, followed by Mass and candle-light procession.

May 11: *Ribs, Chili, Cars, Brews & Blues* event sponsored by our Livermore Knights is newly expanded this year. Three live bands, tons of food and drink vendors and activities for kids.

May 16-July 18: *Wisdom—God's Vision for Life* Bible Study will meet on Thursdays in the Convent at 6:30 pm. Learn how to gather, gain, and grow in wisdom!

June 24-June 28: *Vacation Bible Camp* from 9:15 am - 12:45 pm for TK-6th grades at St Michael Church & School.

Around the Parish



Drive Through Prayer is going strong, with 9-10 cars coming to our prayer team each hour. One person who came for prayers in December had recently been diagnosed with cancer. She returned in March to joyously give thanks, because the cancer is now gone! Another was not raised with faith of any kind, and after having a powerful prayer experience is visiting the Adoration Chapel weekly. Nearly all are not religious and do not know how to approach God. Drive Through Prayer is an easy access point for them to feel a touch of Christ.

St Michael School celebrates Mass together monthly at the 9:30 am Mass. It is our mission to provide all students with an academically challenging education in a Christ-centered environment and to empower students to become a positive influence on the world by building the Kingdom of God. Find out more at SMSLiv.org



Ponder the Scripture Quote of the Day on St Michael's social media. Every morning on Facebook, Instagram, Twitter and Snapchat, view a beautiful image with a quote drawn from the day's Mass readings. Meditate upon it and reflect on the suggested question of the day.



Our Young Ladies Institute members enjoyed a "crafting session" at their March meeting. They worked on centerpieces for the upcoming convention in Bellevue, Washington.

Catholic ladies of all ages are invited to join us. Meetings are held the 2nd Monday of each month at 12:30 pm in the Convent.



El ayuno: una práctica espiritual

Tanto el Antiguo Testamento como el Nuevo Testamento enseñan el valor del ayuno: abstenerse voluntariamente de comer o beber para enfocarse en la oración y buscar la voluntad de Dios. A través de los muchos ejemplos de personas en la Biblia que ayunaron, podemos saber que Dios otorga revelación sobrenatural y sabiduría a través de esta práctica. Las Escrituras nos dicen que el ayuno nos ayudará a desarrollar una relación íntima con Cristo. Abrirá nuestros ojos a lo que Él quiere enseñarnos.

¿Qué es la abstinencia y el ayuno?

La abstinencia en el contexto católico significa que nos abstenemos de comer carne, pero los productos lácteos y los mariscos están permitidos. El ayuno significa que limitamos la cantidad de alimentos que comemos durante el día. Para los católicos, esto se define como una comida simple con hasta dos "colaciones", bocadillos ligeros suficientes para mantener la fuerza pero sin agregar el equivalente a una comida completa.

¿Cuándo nos abstenemos y ayunamos?

Los católicos de 14 años o más deben abstenerse de comer carne el Miércoles de Ceniza y todos los viernes del año que no sea una solemnidad (una fiesta litúrgica del más alto rango); pero en cada país, la conferencia episcopal puede determinar la forma que debe tomar, tal vez reemplazando la abstinencia con otras formas de penitencia. Cada persona entre los 18 y los 59 años (a partir del año 60) debe ayunar el Miércoles de Ceniza y el Viernes

Santo. La dispensación se da a aquellos que por razones médicas no pueden ayunar.

Otras formas de ayunar

Sin embargo, aparte del ayuno y la abstinencia de alimentos o comidas, también es una buena práctica ayunar y abstenerse de las cosas que nos deleitan, como beber alcohol, fumar, pasatiempo favorito, comprar ropa elegante y otras cosas, vacaciones, mirar nuestros programas favoritos en la televisión o escuchar nuestra música favorita y muchas otras cosas.

¿Cuál es el objetivo?

El objetivo del ayuno y la abstinencia es disciplinar nuestra voluntad y mente para centrarnos solo en el Señor, que provee todas las cosas que necesitamos. Nos negamos intencionalmente las cosas que más nos gustan para que el Señor sea el centro de todo y eventualmente cumplamos con nuestro llamado a amar a Dios con todo nuestro corazón, alma, fuerza y nuestro ser. Es un entrenamiento para fortalecer nuestra voluntad, al igual que el entrenamiento para fortalecer nuestro cuerpo. Necesitamos fortalecer el "músculo" de nuestra voluntad, porque si no podemos seguir nuestra propia voluntad, ¿cómo podemos seguir la voluntad de Dios?

Sacerdote, rey profeta Lección 3 - Desafiar la adoración falsa

Un profeta habla la palabra de Dios, disipando la falsedad y animando a todos los que escuchan a adorar y obedecer al único Dios verdadero. La adoración falsa está en la raíz de todo pecado. Los profetas del Antiguo

Testamento proclamaron la palabra de Dios y trataron de librar a los hebreos de la adoración falsa y llevarlos a la obediencia a los convenios establecidos. El obispo Barron ve a Elías como el arquetipo de un profeta, especialmente en su desafiante encuentro y triunfo sobre los sacerdotes de Baal, un dios falso pero muy temido.

Si se ha inscrito en este estudio de Cuaresma, revise su correo electrónico o los textos de su video de la Lección tres hoy. Por favor léalo y discútalos con amigos. Si lo desea, escriba sus pensamientos en un diario. Reflexione sobre estas preguntas:

¿Cuáles son algunas cualidades distintivas de los profetas del Antiguo Testamento?

¿Cuál fue la relación entre los profetas, la ley y el Pacto?

Antes de este estudio, ¿que pensaba de los profetas del Antiguo Testamento y cómo ha cambiado su pensamiento?

Gracias por participar en nuestro estudio de video parroquial. A medida que nos acercamos a Cristo, ¡estamos fortaleciendo nuestra parroquia y nuestra comunidad! La próxima semana, veremos a Jesús como la Palabra hecha carne.

Dios lo bendiga a usted y a su familia.

Padre Carl

ST. MICHAEL

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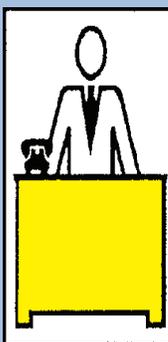
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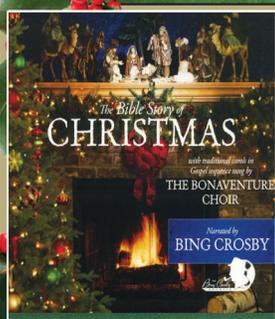
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Pastoral Emergencies | Emergencias Pastorales 925-521-4117



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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-

1585

Eucharistic Adoration |

Adoración Eucarística

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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Consejo Pastoral

Pastoral Council Chair:

Mike Pereira

PC@StMichaelLivermore.com

Fr Carl Arcosa, Eric Hom, Fidelis

Atuegbu, Jo Anne Lindquist,

Frank Draschner, Jeff Andersen,

Cynthia Garay, Alison Wilke and

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