

St. Veronica Church

434 Alida Way, South San Francisco, CA 94080

Phone: 650-588-1455

www.stveronicassf.com

Fax: 650-5881481



Ary Scheffer, French, 1854

"YOU SHALL NOT PUT THE LORD, YOUR GOD, TO THE TEST."

Luke 4:1-13

FIRST SUNDAY OF LENT
February 21,, 2010

St. Veronica Parish

Rectory Office Hours

Monday to Friday

8:30 a.m.—4:30 p.m.

Phone: 650-588-1455 Fax: 650-588-1481

Parish Staff

Fr. Charles Puthota, Ph.D., *Pastor*

Linh Nguyen, *Parochial Vicar*

Deacon Roger Beaudry

Deacon Joseph LeBlanc

Sandy Kearney, *Parish Manager*

Michele Evans, *Religious Education & Development Coordinator - 650-871-5607*

Christopher Lindstrom, *Music Director 209-952-0209*

Gail Andrews, *Administrative Assistant*

St. Veronica Parish School

Phone: 650-589-3909

**Teri Pallitto
*Principal***

**Janet Burke
*Vice Principal***

SACRAMENTAL PREPARATION

Sacrament of Baptism

Baptismal Preparation classes are held once a month.
Call the Parish Office 588-1455

Rite of Christian Initiation for Adults (RCIA)

Classes in October and end on Pentecost.
Call the Parish Office to register 588-1455

Religious Education: 871-5607

Catechetical instructions (1st to 8th grades)

2011 Confirmation Classes: 588-1455

Mass Intentions

Week of February 21, 2010

Sun 02/21	6:45 † Monico & Canday Serdinia 8:00 † Steven Dub 9:30 † Peggy Bagnani 11:00 † Ammini Zachriah 12:30 People of St. Veronica
Mon 02/22	6:30 Vincent Sicat 8:30 † Constanica Cuejilo
Tue 02/23	6:30 † Rodolfo Tapang 8:30 † Jesse Callejas
Wed 02/24	6:30 † All Souls in Pergatory 8:30 † Connie Voryer
Thu 02/25	6:30 † Eulalia Rego 8:30 † Mike & Kevin Folan
Fri 02/26	6:30 † Anthony Torres 8:30 † Lee Heise
Sat 02/27	6:30 † Lee Heise 8:30 † Steven Dub

Please remember the sick and the caregivers in our community. Pray that they may find comfort and healing in Christ.

Please contact the rectory office if Homebound Eucharistic services are needed.

Rectory email: churchoffice@stveronicassf.com

Mass Schedule

Saturdays: 8:30AM & 5:00PM
 Sundays: 6:45, 8:00, 9:30, 11:00AM, and 12:30PM
 Eve of Holy Days: 5:30PM
 Holy Days: 6:30, 8:30AM, & 6:30PM
 Monday—Friday: 6:30 & 8:30AM

Confessions

Saturdays: 4:00—5:00PM

Liturgy of the Hours

Monday—Friday: Morning Prayer at 6:00AM

Eucharistic Adoration

Monday—Friday: 9:00AM—9:00PM
 Sunday: 1:30 PM—9:00PM
 Closed on Observed Holidays

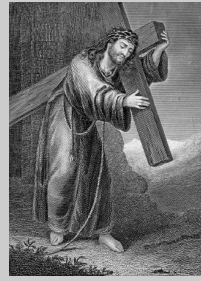
Welcome New Parishioners!

Please complete and return form to the parish rectory, or simply drop it in the collection basket.
 Kindly print all information

Name(s) _____
 Name(s) _____
 Address _____
 City & Zip _____
 Phone _____
 E-mail: _____
 Updating Current Parish Registration
 Moving / Please remove from mailing list.
 Please call me.

Meatless Fridays

Submit your favorite meatless recipe to share with others to churchoffice@stveronicassf.com or drop in rectory mail slot
 Selected recipes will appear in upcoming bulletins.



**Stations of the Cross
 will be recited on
 Fridays at 9:00 a.m. &
 6:30 p.m.
 during Lent**



Parish Lenten Almsgiving

This Lenten Season participate in our parish almsgiving. We are conducting a non-perishable food drive supporting the needy in our St. Vincent de Paul conference. Next time you are grocery shopping, pick up an extra item or two and share with those less fortunate. Food receptacles will be placed in the church, one by our baptismal font and another by our main entrance.

Suggested Items but not limited to:

- | | | |
|-----------------|------------------|--------|
| Peanut butter | Canned food | Rice |
| Beans | Pasta | Tuna |
| Jams/Jellies | Capri Sun Drinks | Soups |
| Bathroom Tissue | Oatmeal | Cereal |

Prayer

Lord Jesus Christ, Your temptation teaches us so much. Give us the grace of the Holy Spirit to know what we must do and the strength to take the next good step. Strengthen us that we may recognize the works of darkness. Give us the grace to avoid participating in evil unknowingly. Give us the truth to know what is good, and do not let us be overcome by evil.
 Amen.

<u>Day</u>	<u>Mass Time</u>	<u>1st. Collection</u>	<u>2nd Collection Maintenance</u>	<u>Totals:</u>
Saturday 02/13	5:00PM	1378.00	173.50	1551.50
Sunday 02/14	6:45AM	903	126.00	1029.00
	8:00AM	874.75	180.00	1054.75
	9:30AM	1438.00	223.00	1661.00
	11:00AM	1424.00	206.00	1630.00
	12:30PM	1104.00	263.00	1367.00
TOTALS:		7121.75	1171.50	8293.25

SPIRITUALITY FOR LIFE

Father Charles Puthota, Ph.D.

GIVING UP IN LENT

Give up complaining— —focus on gratitude.
Give up pessimism— —become an optimist.
Give up harsh judgments— —think kindly thoughts.
Give up worry— —trust Divine Providence.
Give up discouragement— —be full of hope.
Give up bitterness— —turn to forgiveness.
Give up hatred— —return good for evil.
Give up negativism— —be positive.
Give up anger— —be more patient.
Give up pettiness— —become mature.
Give up gloom— —enjoy the beauty all around you.
Give up jealousy— —pray for trust.
Give up gossiping— —control your tongue.
Give up sin— —turn to virtue.
Give up giving up— —hang in there!

Author Unknown

Reflection: A disciple went to the Buddha with flowers in his hand. The Buddha said, "Drop it." The man dropped the flowers from his left hand, thinking that it was inauspicious to offer anything in the left hand, according to the tradition in the East. The Buddha said again, "Drop it." Now he dropped all the flowers. The Buddha smiled and still said, "Drop it." The man was confused and asked, "What am I to drop?" The Buddha replied, "Not the flowers, but the one who brought them."

As we have begun the holy season of Lent, we might want to keep this suggestion in our mind and heart: that we are invited to drop the self; not all the things we usually think we want to drop, but the self that is bloated with selfishness and self-centeredness. Lent is the season when we are offered the precious time and the opportunity to explore ways of denying self, as Jesus suggests: "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me." As we are engaged in this spiritual process this

holy season, everything else would have the possibility of falling in its place.

A man goes to the spiritual Master to become his disciple. He says to the Master, "I have come to offer you my service." The Master replies, "If you drop the 'I', service would certainly follow." Our service to God and people is often tainted because of the need for keeping our identity at the center, with the result that the service may become an excuse for us to feel more important and indispensable. Unless we grow less in our sense of self, we will find it difficult to learn to let God and others into our lives.

Relationships are sometimes ruined not because of some individual words or deeds, but because of the way people place their ego at the center of the universe. When someone is filled with oneself, there is hardly any space for others to enter. We cannot love others when we are filled with self. Jesus says, "Unless you become like a child, you cannot enter the Kingdom of God." A child does not know that self is the center. As we grow up, we develop this false notion that unless we are determined by what we want to have and do, we cannot grow into maturity. The contrary is true. Unless we become like a child, capable of letting others enter freely into our lives, unless we grow in interdependence, we cannot truly become mature. "I love you" always entails "I deny my self." Only then can I let another person dwell in my heart and soul.

Another disciple goes to the enlightened Master and says to him, "I have come to you with nothing in my hands." The Master says, "Drop it at once." The man replies, "How can I drop it? It's nothing." The Master says, "Then carry it around with you!" Even when we succeed in dropping the self, we have to be on our guard because we could cling to the fact that we have let go of self-centeredness. That we are nothing could become really something!

Lent is a special time of not only reevaluation of our life but also the quality of our awareness. Ash Wednesday has the power to bring people in droves into churches. There is something eerie as well as enlightening about the ashes placed on our foreheads with the words, "Thou art dust and to dust thou shalt return." This message calls us to the realization that we are as insignificant as dust now and into dust we will turn one day. How can we miss the message that we must drop our self-centeredness? As we wear the ashes and begin these forty days of reappraisal, it would be helpful for us to see what God really wants us to give up in the deeper sense.

Our fasting and abstinence this season are symbolic reminders that we are in need of giving up in regards to the deeper aspects of our life. As our body is denied meat and full meals on specified days in Lent, we become aware that our self has to be denied and starved of the clamor for pride and prejudice. Our unhappiness perhaps springs from our ego overburdened with the needs our culture and media are constantly dinning into us: that we must be good looking, that we need more wealth, that we need power, that "we are worth it," that we need luxury and comfort, that we have to be praised and applauded by others, that having is better than being. When we let go of such false beliefs, we will become transparent, capable of seeing life, its responsibilities, and challenges clearly. We'll then be able to walk lightly in light, knowing that "whosoever shall seek to gain his life shall lose it: but whosoever shall lose his life shall preserve it" (Luke 17:33).

We cannot, however, merely think about "losing life" and "dropping the ego" in a grand spiritual sense and become confused about what to do here and now. The larger spiritual quest has to be concretized in our attitudes and deeds. Those of us who complain always about everything should become aware that it's a sign that we are not thankful for life and blessings. Those of us who see the glass as always half empty, should become aware that it's half full and that the thorns have roses. Often times, we judge others harshly by standards we ourselves wouldn't like to be subjected to. Are we too anxious and fretful, a symptom of our lack of faith? As St. Paul assures us, "If God is for us, who

can be against us?" Are we too easily discouraged without being hope-filled? Do we keep grudges for long without forgiving and letting go? Do we hate instead of glowing in goodness? In our negativity, anger, pettiness, gloom, jealousy, gossip, and despair, Lent offers us inspiration to choose the opposite of these things. We need to give them up not for the sake of giving them up, but because we are convinced that holding on to these harmful attitudes keeps us in bondage of self. Jesus' call of "losing life" consists in giving up these sad attitudes of life. By loosening their grip on us, we are in effect loosening the grip of ego on us.

"Repent" is the watchword in Lent. Some might think that this is such a gloomy message, but Jesus has the brightest view of our life when he wants us to repent. The time has come. We cannot procrastinate what we have to do today. Lent is that time when the message rings clear that it's high time we did something about our life. Life is the most precious gift. By listening to the message of Jesus we will learn to nourish life and fulfill our mission. The Kingdom of God is among and within us. So we need to grow in awareness of God's presence in Jesus in and all around us.

Repentance is not to do with beating ourselves up with guilt or negativity. It doesn't mean that we are worthless now. On the contrary, what Jesus wants us to do is to grow in awareness of our inner world. Each of us is a separate world because of our uniqueness, background, upbringing, and situations. When we are in touch with our thoughts, feelings, motives, motivations, attitudes, approaches, fears, and anxieties, we are able to live more truly from our inner resources. Moving from oblivion into awareness is repentance. When we grow in awareness of who we are and what's happening inside of us, we will learn to let go of everything that harms us and embrace those that make us fully human, fully alive. We will then know that it is not we who live but Christ who lives in us.

Action: During Lent, explore ways of losing self in order to find it. Reconfigure your life to invite God and others to dwell at the center of your life. You must decrease, Jesus must increase in you. Give up the things that make you deeply unhappy, and walk joyfully with Jesus in love and service.

February 21, 2010

St. Veronica Parish School News

Box Tops - We have another window open for redeeming Box Tops!. Next mailing is set for February 25th.

Thank you for taking the time to cut them out and turning them in to the School Office. This small gesture can turn into big results for school equipment.

Our Women's Guild once again is producing the "Luck of the Irish" Dinner & Raffle. Please check out the back of the bulletin for signing up.

The greatest gift you can give each other is time. Take time with one another this Lent.

Talk and Listen. Not everything has to happen with the TV or Internet running.

Word Search Puzzle

from www.geocities.com/lectionarypuzzles/

words in a straight line left to right or top to bottom

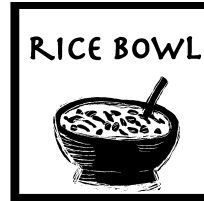
J T B O W H E N F D T
E H Y V I J J T A E E
S E N E L T O F M V M
U Y O R D H R F I I P
S A T E E O D O S L T
S F H T R S A R H F E
P U I U N E N T E R D
I L N R E A D Y D O N
R L G N S L W A S M R
I U F E S L E D A Y S
T K H D D U R I N G V
L E W H E R E H O L Y

Word List (Luke 4:1-2)

WILDERNESS RETURNED FAMISHED
TEMPTED NOTHING SPIRIT JORDAN
DURING WHERE THOSE JESUS FORTY
DEVIL WHEN WERE THEY OVER
LUKE HOLY FULL FROM DAYS WAS
LED ATE AND ALL OF BY

St. Veronica Religious Education

St. Veronica's Religious Education Program current enrollment is 274 plus 60 of the Parish young people who received the Sacrament of Confirmation on January 27, 2010. Archbishop Niederauer presided over that beautiful ceremony of initiation.



© Annika Nelson

Our children are learning about and preparing for Lent. Their alms-giving project this year is Operation Rice Bowl. Operation Rice Bowl is a part of Catholic Relief Services (CRS) that helps those in need throughout the world. CRS is currently in Haiti providing food and shelter to the thousands displaced by the earthquake. The children will be collecting money during Lent for this worthy model of charity.

Sixty-four of our children are preparing for the Sacrament of Reconciliation that takes place March 13. They are busy learning about the Mass and the Paschal Mystery- and practicing the Act of Contrition! On May 1 these same children will receive the sacrament of First Eucharist.

We ask you to keep them in your prayers as they continue their journey of faith.

The 3rd Sunday 9:30 Masses are going so well. Each month children of the Parish Religious Ed Program and the school serve the parish as readers, ushers and gift bearers at this Mass. Children from a grade participate each month and this Sunday it will be the 4th graders. They do a great job!

We are so proud of the hard work and commitment of our volunteer catechists. It is their dedication and sharing of their own faith that helps the children and their families in their walk on the path of faith.

*Michele Evans
Religious Education Coordinator*

Adds Page



Luck of the Irish Dinner Reservation Form

Saturday, March 6, 2010

Social Hour 6:00 pm. /Dinner 7:00 p.m.

No Host Bar

(Beer, Wine, and Irish Coffee)

Assigned Seating - reservations required for all guests

-----cut here✂ and make checks payable to St. Veronica Guild-----

Name(s) of guest(s)

Phone Number

_____ Adults(s) \$12.00 _____ Child(ren) \$ 8.00 (13 & under)

_____ I bought a raffle ticket & will use the complimentary dinner

_____ Total # of guests

_____ Total amount enclosed

Return this portion to the School Office or Parish Rectory c/o Luck of the Irish Dinner. Contact Sharon Oosterman for further information at: 650-871-6140

St. Veronica Catholic School Guild appreciates your support in the...



Luck of the Irish Raffle

\$10,000 Pot of Gold

Saturday, March 6, 2010

You could be one of the lucky winners as only 250 tickets will be sold! Cost per ticket \$100.00 (one complimentary dinner for each \$100 raffle ticket purchased)

1st Prize \$5,000

2nd Prize \$3,000 3rd Prize \$1,000 4th Prize \$500

5th through 9th prize \$100!

Drawing will be held in the Parish Center after the Irish Dinner—(need not be present to win)

-----cut here✂ and make checks payable to St. Veronica Guild-----

Name(s) of Raffle participants(s)

Address

Phone

Student Seller

Grade

Please return this stub with completed information to the School Office or Parish Rectory. A receipt will be sent to you with your ticket # on it.