



First Sunday of Lent | March 1, 2020

Most Holy Redeemer Catholic Church | San Francisco, California

"Temptation of Jesus Christ"
by Ilya Repin

**Most Holy Redeemer Catholic Church
San Francisco, California
First Sunday of Lent
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Worship Hours

Monday - Saturday 8:00AM Mass
Saturday Vigil Mass 5:00PM
Reconciliation 3:45PM - 4:30PM
Sunday Mass 8:00AM, 10:00AM and 6:30PM
Holy Days 8:00AM and 7:00PM

This Week at Our Parish

Monday, March 2

7pm Centering Prayer - Church

Wednesday, March 4

1pm - 7pm Wednesday Night Suppers

7pm Lenten Prayer Service - Church

Thursday, March 5

7pm Choir Rehearsal - Church

Saturday, March 7

11am - 1pm Gardening

Sunday, March 8

Coffee Hour after the 8am & 10am Masses

MHR Library is open after the 8am & 10am Masses

Daily Readings: March 2 - 8

- ◇ Monday: Lv. 19:1-2, 11-18, Mt. 25:31-46
- ◇ Tuesday: Is. 55:10-11, Mt. 6:7-15
- ◇ Wednesday: Jon. 3:1-10, Lk. 11:29-32
- ◇ Thursday: Est. c:12, 14-16, 23-25, Mt. 7:7-12
- ◇ Friday: Ez. 18:21-28, Mt. 5:20-26
- ◇ Saturday: Dt. 26:16-19, Mt. 5:43-48
- ◇ Sunday: Gn. 12:1-4a, 2Tm. 1:8b-10, Mt. 17:1-9

"See with their eyes, hear with their ears, and understand with their hearts" (Matthew 13: 16)

Join us every Wednesday evening during Lent for a series of prayer services that allow us to journey together through self-reflection, examination of the heart, and a time to let God in to mold and shape us to Their likeness.

March 4th 7pm Diana Macalintal will offer a mystagogical reflection and exercise paired with music and quiet reflection on some of the primary symbols of the church as a way to prepare for the Easter celebration.

Fr. Matt's Message

Each year as we start the Lenten season many of us struggle with the question of what to do, what sacrifices to make, what spiritual exercise to undertake. What can I do that will bring more depth into my spiritual life? Often the question boils down to this: What should I give up for Lent? Don't get me wrong, giving something up is a great practice as one part of this season of prayer, almsgiving and fasting. But I wonder if we can become so accustomed to Lent as a time when we are to deprive ourselves of something, that we might miss out on an opportunity for something more?

If we place all of our focus on personal sacrifice, there is a subtle temptation that the most important thing we can do for our spiritual lives is actually something that we can do ourselves. Scripture reminds us that without God we can do nothing. Perhaps that should be our starting point - realizing our complete dependence upon God for everything.

These Lenten days give us an opportunity to allow God to be God in our lives. One Lenten task might be to allow God more space each day so God can do the work in us the way that God knows we need. Now, this might mean that, on our part, we do need to give up something or make sacrifices to create some space that might allow God to enter our lives in a deeper fashion.

So we might very well ask ourselves: What is taking up too much space in my life? What is blocking God from being God for me? What barriers need to be overcome? Where can we find a little more dedicated quiet time and space to be still and find nourishment for our deeper spiritual needs.

In the Scriptures that place is described as a desert or a wilderness. "The Spirit drove Jesus out into the wilderness and he remained there forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him."

The wilderness is not always a pleasant place to be. If we stay there long enough, we very well may come face to face with our own demons. God will be with us and will bring power into the darkest parts of our lives. God will never leave us alone with the wild beasts.

Pope Francis reminds us that "The Church offers us the Lenten practices of prayer, almsgiving, and fasting as a soothing remedy." Maybe our answer to what remedy we are in need of, or what we should give up for Lent, will only come during Lent or even near the end of this 40 day journey.

If we create enough space for God to enter our lives, God will continue to gently reveal Himself to us. Then we will bring more of this newfound life to the Eucharist at Easter. The resurrection of Jesus will have become our resurrection as we rise out of our darkness into the wonderful light of Christ.

Blessings on your Lenten journey.

With love and prayers,

Fr. Matt



MHR HIV/AIDS Support Group

Community Thrift: Please remember to bring your unwanted and usable clothing and household items to Community Thrift at 623 Valencia, between 17th & 18th Streets. Please mention that MHR AIDS Support Group is your charity: Charity # 242. Thank you.

MHR Ministry to the Homebound

This is a ministry of presence which can include sharing the Body of Christ. It is a chance to bring spiritual and emotional comfort to those who may be feeling depressed and isolated. If you feel called to this ministry, please call the rectory.

A Man near Dolores Park – a man in his 80’s, a retired English teacher interested in poetry and art, would like a male friendly visitor.

Another Look at Fasting

Pope Frances wrote that Lent is a prophetic season in that it calls us to create something new within ourselves and around us.

For your consideration, a list written by William Arthur Ward, that suggest going deeper regarding things to give up for Lent. Here are a few suggestions regarding fasting from Ward’s list:

Fasting from judging others, feasting on Christ dwelling in them.

Fasting from words that pollute, feasting on words that purify.

Fasting from pessimism, feasting on optimism.

Fasting from withholding anger, feasting on sharing feelings in love.

Fasting from worry and living in the future, and feasting on trust.

Fasting from complaining, feasting on appreciation.

Fasting from stress, feasting on self-care, and peace.

Fasting from bitterness, feasting on acceptance.

Fasting from selfishness, feasting on compassion.

Fasting from discouragement, feasting on hope.

Fasting from apathy, feasting on enthusiasm.

Fasting from suspicion, feasting on seeing the good and beautiful.

Fasting from idle gossip, feasting on spreading good news.

Fasting from talking, feasting on listening.

Fasting from trying to be in control, feasting on letting go.

As we begin our Lenten journey, may our time of prayer, almsgiving, and fasting lead us to see things anew.

Community Life

- **Tuesday, March 3rd - Young Adults Meeting** - 7:30pm in the church - email yag@mhr.org for info.
- **Wednesday, March 4th 7pm - Diana Macalintal** will offer a mystical reflection and exercise paired with music and quiet reflection on some of the primary symbols of the church as a way to prepare for the Easter celebration.

Visit us:

On the web: www.mhr.org

Facebook: **Most Holy Redeemer Church**

Instagram: **mhr Catholics**

Donate to MHR by text at Give+Text

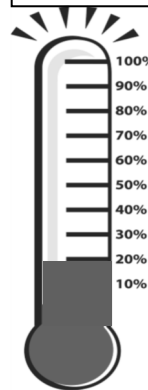
Text donation amount to 650-262-0965 and follow the prompts.

Our Parish Community Birthdays

Amu Cancelmo, Julia Crandon, Grace Tungpalan, Mark Crandon, Mark Andrews, Ern Camisa, Nicky Jackson Colaco, Nanette Miller, Maureen Flaherty, Tomas Hassan, Brian Vouglas, Alley Kane-McDowell and Alberta Montero.

Mass Intentions

Mass Intentions are celebrated for those to remember a loved one, honor someone on an important date or celebrate a special occasion. To schedule a Mass Intention please call the parish office or email secretary@mhr.org.



Thank you to all who have contributed so far to the 2020 Archdiocesan Annual Appeal!

We have collected \$11,510:

19% of our goal of \$57,996!

Thank you for your support!

Stewardship

February 22 & 23

Saturday 5pm -	\$560.00
Sunday 8am -	\$517.00
Sunday 10am -	\$2,343.00
Sunday 6:30pm -	\$393.00
Outside Mass -	\$550.00
Collection Total -	\$4,363.00
Budgeted -	\$4,800.00
AAA -	\$1,600.00

This weekend there is a second collection for the Wednesday Night Suppers. Thank you for your amazing generosity!

Mass Intentions

Our Mass celebrants will remember the following intentions during the celebration of the Eucharist:

Saturday, February 29

8am

5pm Gerald G. Soto †

Sunday, March 1

8am Melecio M. Santos †

10am Joe & Angie Tambone †

6:30pm

Monday, March 2

8am

Tuesday, March 3

8am Dorothy Weiss †

Wednesday, March 4

8am Wednesday Night Suppers

Thursday, March 5

8am William Oakes †

Friday, March 6

8am Pauline Thomas †

Saturday, March 7

8am

5pm Theresa Binkley †

Contact the Parish Office at 415-863-6259 to have Mass celebrated for a special intention or sponsor the weekend altar flowers.

Prayer Requests

Robyn Anderson, Jesusa Ayala, Keri Barrett, Beatrix Bell, Junior Briones, Sally Cahur, Jim Cathcart, Regan Chapman, Daisey Coleman, Fr. Brian Costello, Fr. Harry Cronin, Joshua Daigle, Alice Jane Davenport, Maria Diamond, John DiQuattro, Tom Farmer, Mary Fay, Keith Fitzpatrick, Linda Glover, Susan Griffiths, Les Hribar, Jr., Janna Kennedy, Fr. Joe Klecha, Warren Lubich, Catherine De Lucchi, Bernie Maddox, Sebastian MacLean, Bill Mathews, Fr. Andrew Metcalfe, David Miller, Roy Miller, Bill Osuna, Nancy Otchy, Luis Reyes, Richard Ryan, Tim Ryan, John Schwobeda, Michael Shriver, Christopher Sumner, Randy Tichenal, Christine Lane Tracy, Fr. Kirk Ullery, Nala Vaughn, Kimberly Vigil, Joseph Vouglas, Ryan Zuniga, †Kenneth Najour† and †Ida Hebert†.

MHR Parish Registration

- New parishioner?
- Birthday, Anniversary, sacraments, milestones?
- Notices and announcements?
- Have you moved?
- *Did we miss your birthday? We are sorry if we did. Let us know when your birthday was, by updating your information with the Parish Office*

Most Holy Redeemer Catholic Church

100 Diamond Street

San Francisco, CA 94114



MOST HOLY REDEEMER PASTORAL TEAM

Fr. Matt Link, C.P.P.S., Pastor

frmatt@mhr.org

Eunice Park, Pastoral Associate

eunice@mhr.org

MUSIC MINISTRY

Rhonda Smith, Director of Music

musicministry@mhr.org

PARISH OFFICE

Michael Poma, Parish Manager

mpoma@mhr.org

Will Ives, Secretary

secretary@mhr.org

Brianna Garcia, ICA Student Assistant

brianna@mhr.org

Office Hours: Monday-Friday 9am - 5pm

Closed daily 12:30pm - 1:30pm

Closed Holidays

Phone: 415-863-6259 Fax: 415-552-8786

Visit us on the web: www.mhr.org

FINANCE COUNCIL

finance@mhr.org

Marc Colelli - Chair

Steve Adams

Maureen Flaherty

JD Malchow

Mark Okashima

John Solaegui

Diane Trewin

MHR HIV/AIDS Support Group

100 Diamond Street

San Francisco, CA 94114

Phone: 415-863-6259 x 10

Fax: 415-552-8786

Monday-Friday: 9:30am-2pm

www.mhr-asg.com

Peter Toms, HIV/AIDS Support Group

Program Coordinator

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