



HOLY SPIRIT CATHOLIC CHURCH

FEBRUARY 13TH & 14TH, 2021

1244 St. Francis Rd. Santa Rosa, CA 95409

Parish Office & Rectory: (707) 539-4495 FAX (707) 539-3343

E-mail: holy-spirit@sbcglobal.net, Website: www.holyspirit-sr.org

Office Hours: Mon-Thurs 9:30 a.m. to 2:30 p.m.*

The office will be closed for President's Day on 2/15

<u>MASS & SERVICE SCHEDULE:</u>	
<i>Masses will be held indoors Mon, Wed, Thurs & Fri at 9am and Tuesdays which will have a communion service at 9am.</i>	
<i>Sunday Masses will also be held indoors at 8am & 10:30am.</i>	
<i>We will still hold an outdoor Mass in the plaza on Saturday at 2pm.</i>	
<i>Some chairs will be provided, but please bring your own chair if possible.</i>	
<i>Lent: Stations of the Cross will be held on Fridays at 3pm & 7pm.</i>	

PASTORAL STAFF:

Pastor, Fr. Ron Serban, Ext. 12
 Deacon, John Storm, 479-5424, Ext. 11,
jstorm@srdiocese.org
 Office Administrator, Carlea Warren-Rossi, Ext. 10
 Director of Faith Formation, Megan O' Neill, Ext. 13
m.oneill-hsc@outlook.com
 Director of Parish Music, Brenda Roberts, 321-9057
 St. Vincent de Paul Society, 537-7835 *Mondays 2-3:30 pm
 Men's Club, Kirt Schlander, 539-4066
 Women's Club, Jane Hoffman, 540-2997
 Holy Communion Visitation, Fred Walsh, 291-4848
 Prayer Chain, Diane Bowman, 539-9035
 Parish Finance Council Chair, Steve Imboden, 537-9166
 Parish Advisory Council Chair, Mike Cusack,
michaelcusack@aol.com

GOOD NEWS!

Sunday Masses are recorded each week and uploaded to our YouTube channel, **Holy Spirit – Santa Rosa**, links to which will also be included on the Facebook page and website. **Please copy and paste into search bar:**



<https://www.youtube.com/channel/UCquuuI6w8ZUE14rZZUed6QQ/videos>

Thanks to all volunteers and those who have offered help during the quarantine. It is much appreciated!

ONLINE DONATIONS NOW AVAILABLE!

Parishioners now have the option to donate online to Holy Spirit Church. Click the link below to donate:

https://giving.parishsoft.com/App/Form/6d655f38-19e5-4d51-a0e9-cb4ec137e60b?fbclid=IwAR0B6gxbOw559gro12HDtiVcYqk2WWVUj-pSLzAYWPthpE_nDxfuf4tWiyY

(The link is also available on the website and Facebook page)

SACRAMENT OF RECONCILIATION:

Please call the office 539-4495 to schedule an appointment

FOR OTHER SACRAMENTS:

Please call the Parish Office
 6 months in advance for Marriage
 3 months in advance for Baptism

6TH SUNDAY OF ORDINARY TIME

FEBRUARY 13TH & 14TH, 2021

.....from your *Pastor's Desk*

Wow, how fast this year is going! This Wednesday is Ash Wednesday – the beginning of Lent 2,021. Speaking of which, we will have 2 masses that day; 9am and 6:30pm [inside Church]. A tiny bit of dry ashes will be ‘sprinkled’, not smudged on your head, if you so choose. I included the following in a previous ‘Pre-Lent’ bulletin and have been asked to do so again. So, here Ya’ Go!

“10 Things to Remember for Lent”

1. **Remember the formula.** The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season.
2. **It’s a time of prayer.** Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
3. **It’s a time to fast.** With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that’s why it gets all the attention. “What are you giving up for Lent? Pizza? Wine? Chocolate?” It’s almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. **It’s a time to work on discipline.** The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. “I’m going to exercise more. I’m going to pray more. I’m going to be nicer to my family, friends and coworkers.”
5. **It’s about dying to self.** The more serious side of Lenten discipline is that it’s about more than self-control – it’s about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. **Don’t do too much.** It’s tempting to make Lent some ambitious period of personal reinvention, but it’s best to keep it simple and focused. There’s a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don’t try to cram it all in one Lent. That’s a recipe for failure.
7. **Lent reminds us of our weakness.** Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we’re all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God’s help with renewed urgency and sincerity.
8. **Be patient with yourself.** When we’re confronted with our own weakness during Lent, the temptation is to get angry and frustrated. “What a bad person I am!” But that’s the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. **Reach out in charity.** As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It’s about more than throwing a few extra dollars in the collection plate; it’s about reaching out to others and helping them without question as a way of sharing the experience of God’s unconditional love.
10. **Learn to love like Christ.** Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.

Happy Lent ! *Father Ron*

The New Normal?

One of the things about getting back to 'Normal' is deciding how much of the 'Old Normal' we are going to retain and how much we will change or add. This is our current plan, subject to adaptation as needed.

Ash Wednesday: 2 Masses. 9am and 6:30pm.

Stations of The Cross: All Fridays during Lent. 2 Services. 3pm and 7pm.

Weekend Masses: **Saturday** at 2pm, outdoors for the time being, weather permitting. In the case of heavy rain or high winds – for safety reasons - it will be indoors.

Sunday – 2 masses [both indoors] 8am and 1030am.

Daily Mass: 9am. Mon, Wed, Thu and Fri.

On Tuesdays there will be a 'Communion Service.'

Confessions: Still working on a 'set' weekly time and day but call the office for an individual meeting if you wish.

First Saturdays and Holy Hour: Still gathering information regarding attendance.

Okay? So, hope this works.

And – masks and social distancing will be observed for ALL the above.

Father Ron

MASS INFORMATION

Mass Schedule February 13th-21st

02/13 Sat	2:00pm	† Kathleen Ann Krepely
02/14 Sun	8:00am	For the People
02/14 Sun	10:30am	† Gary Knivila
02/15 Mon	9:00am	† Richard Marson
02/16 Tues	9:00am	Maria Alvarez
02/17 Wed	9:00am	† Cyril & Madeline Darling
02/17 Wed	6:30pm	Available
02/18 Thurs	9:00am	Available
02/19 Fri	9:00am	Available
02/20 Sat	2:00pm	† Patricia Ferrand
02/21 Sun	8:00am	For the People
02/21 Sun	10:30am	† Warren Bowers

February 20th & 21st – 1st Sunday of Lent

Mass	Readers
Sat, February 20th 2 pm	#1– B. Connolly #2– P. Anderson
Sun, February 21st 10:30 am	#1– K. Leroy #2– K. Shanahan

PLEASE PRAY FOR OUR SICK AND THOSE WHO

NEED OUR PRAYERS: The intentions of the Holy Spirit Prayer Chain, Steve Straessler, Tristan Humble, Karen D'Ambrogi, Nina Cantacessi, Pat La-Russa, Ken Hicks, Jane Young, Becky Crozier Stephens, Kathy Castro, Helen Hubbard, Leslie Lindberg, Joanne Maniscalco, Phyllis Smith, Lorri Pimentel, May Pierce-Betsill, Jeanne Anderson, Marlene Knivila, Jenny Lemp, Christine Bobrowski, Liz Mullins, Carol Ricci, Jennifer Shanahan, Mike Murray, Nora Ward, Doug Harman, Lorena Perez, Victoria Rodriguez, Jean Sharp, Karin Lee, Mary Mendez, Margaret Duffy, Elly Manfredi, Arlene Pearson, Bob Charbonnier, Sherry Johnson, Maria Alvarez and all those affected by the coronavirus outbreak.

FOR THE SOULS OF: Martin Bowman, Carole Posehn, Carole Dunlap, John Pavelka, George Trenz, Jane Grey Dowgewicz, Leo Capocchi, David Capocchi, Maria Prentiss, Helen Craig, Gary Knivila, Geraldine Musille, Fr. James McSweeney, Warren Schneider, Fr. David Shaw, Msgr. Gerald Brady, Roy Purugganan, Yvette Fallandy and Lupe Barreto.

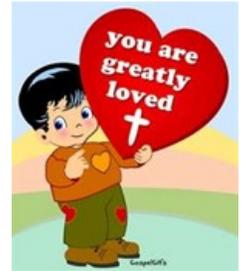
FAITH FORMATION INFORMATION FOR ALL AGES

Family Faith Formation and 1st Reconciliation/Communion Candidates (2nd year)



No Zoom Classes this Sunday,
Presidents' Day weekend

Happy Valentine's Day!



2nd Year Confirmation



No Zoom Gathering this Monday in honor of Presidents' Day!

Don't forget Lent starts on Wednesday, February 17th. Ash Wednesday Masses will be at 9AM or 6:30PM and start using those "Lent-stagram" booklets that were dropped on your doorstep. This is a time for increased prayer, almsgiving and fasting, especially as you prepare for the Sacrament of Confirmation. Our prayers are with you!



Youth Ministry is available for all 8th to 12th graders



THIS WEDNESDAY (2/17) NO ZOOM GATHERING

Instead of Gathering on Zoom this week, *I urge you to take time on Ash Wednesday* to attend Mass (in person- 9AM or 6:30PM or online) and walk through your Lenten plan to grow in your relationship with God through prayer, almsgiving and fasting.

Adult Faith Formation...together on the journey

We are looking forward to a Lenten Series on Zoom!

Begins Wednesday, Feb. 17th at 1PM Zoom Gathering



Fr. Ron will lead us on Wednesday afternoons as we preview and reflect on the Lenten Sunday readings together. **If you would like to join us, please email Megan O'Neill at m.oneill-hsc@outlook.com or call the parish office.**

Megan will email you the Zoom link the Monday before each week.

Unfortunately due to a company error, the books will not be available as part of the gathering.

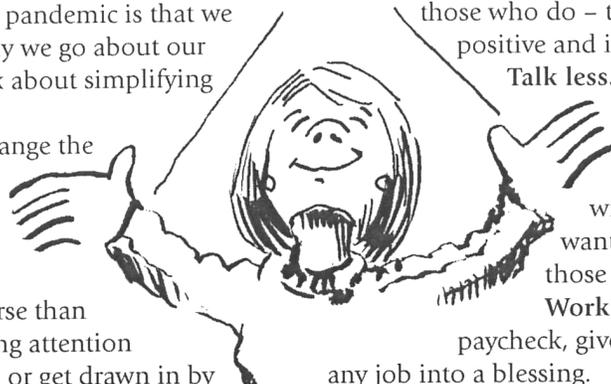
Growing in Faith™

Simple ways to live a better life

One consequence of a protracted pandemic is that we are almost forced to rethink the way we go about our daily lives. It's a good time to think about simplifying the way we live:

Live in the moment. We can't change the past and dwelling on the future is unproductive. The choices we make right now are all that count.

Avoid drama. There will always be someone whose situation is worse than our own. If you find yourself seeking attention and sympathy from other people – or get drawn in by



those who do – try substituting activities you find positive and interesting instead. Prayer helps.

Talk less. Weigh your words before you say them. Spend more time listening.

Spend time with happy people.

Connect in safe and healthy ways with people who are positive and want to improve their lives. Let go of those who drain your energy.

Work happy. No matter how you earn a paycheck, give it your very best effort. That turns any job into a blessing.



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2021 Lenten Regulations for the Diocese of Santa Rosa

“The Lenten Season has a double character, namely to prepare both catechumens and faithful to celebrate the paschal mystery. The **catechumens**, both with the Rite of Election and Scrutinies, and by catechesis, are prepared for the celebration of the sacraments of Christian initiation; the **faithful**, ever more attentive to the Word of God and prayer, prepare themselves by penance for the renewal of their baptismal promises. (*From: The Order of Prayer in the Liturgy of the Hours and the Celebration of the Eucharist*)

The current discipline is as follows:

- Ash Wednesday and Good Friday are days of **fast** and **abstinence**, that is, limited to a single, full meal and abstinence from meat.
- The other Fridays of Lent are days of **abstinence** from meat.
- The law of **fasting** permits only one full meal a day, but it does allow the taking of some food in the morning and a second light meal at noon or in the evening, as you prefer. Persons who have completed their eighteenth year to the beginning of their sixtieth (60) year are obligated to fast.
- The law of **abstinence** from meat applies to all persons who have completed their *fourteenth* year of age.

However, it is highly recommended that children from ages *seven* to *fourteen* years also follow the law of **abstinence**.

- All Catholics are encouraged to receive Holy Eucharist frequently during Lent and to receive the Sacrament of Penance so that all may be prepared to celebrate more fully the paschal mystery. Those who have received their first Holy Communion are to receive Holy Communion during the Easter season.
- The determination of these days of obligatory penance, as listed above, should not be understood as limiting the occasions for Christian penance. This penance is to help us see and shorten the distance between our present lives and the life God wants for each of us. “Penance should not be only internal and individual but external and social.” (Constitution on the Sacred Liturgy #110)
- **Marriages** may be celebrated with Mass and the nuptial blessing should always be given. It is, however, contrary to the spirit of penance during Lent to plan an elaborate wedding with lavish decorations.

Confirmation at the Easter Vigil: (1) Canon Law grants to pastors and parochial vicars the faculty to administer the Sacrament of Confirmation, within their proper parish, to any adult or child over the age of seven years on the occasion of his/her baptism or received into full communion with the Church. (2) Additionally, due to the Covid-19 pandemic the bishop has temporarily granted the faculty to confirm to the pastors and vicars of the Diocese. They can confirm members of their parishes. This applies to adults and to children.



2021 Lent Calendar

Holy Spirit Church
Fr. Ron Serban, Pastor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February						
Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert fasting and praying (Catechism of the Catholic Church).						
21 After Mass, decide what you need to move aside in your life in order to truly experience Jesus during Lent.	22 Raise the level of your prayer and really think about the meaning of the words you are saying.	23  Put a cross, crucifix, or other image of Jesus in each room of your home to help keep you focused.	24 As an extra Lenten offering, give up something you enjoy — just for today.	25 Resolve to say only positive things about yourself today.	26 Pray for the people in the world who can't afford to have meat as a regular part of their diets.	27 Make a list of the ways you can support the poor and resolve to do one activity each week.
28 Choose someone who has passed away or needs extra help as your Mass intention today.	1 March Pray an extra Rosary today and every day this week.	2 Forgive someone who has hurt you.	3 Ask Jesus to heal whatever separates you from feeling God's bountiful love.	4  Read the Ten Commandments (Exodus 20:1-17) and renew your commitment to keep them.	5 Eat a meatless meal and remember why you are abstaining.	6 Adopt a local nursing home. Make cards for the residents, and offer prayers for each of them.
7 Take one idea from today's Gospel reading or homily to implement during the coming week.	8 At the end of the day, make an examination of conscience. Resolve to amend your life.	9 Look for evidence of God at work in your life today.	10 Deal with anyone in your life who may be interfering with your relationship with God.	11 Try to find the time to read an entire Gospel at one sitting.	12 Make a fresh start on your Lenten journey today. Renew your Lenten observances.	13 Attend a parish Reconciliation Service, if you feel safe, or go to Confession on your own.
14 <i>Laetare Sunday</i> Celebrate the halfway point of Lent. Do something fun after Mass today.	15  Go to a private room, close the door, and pray to your Father in secret.	16 Ask God for a new grace today that will bring you closer to him.	17 Resolve to go the entire day without judging or criticizing anyone.	18 Pick one way you can simplify your lifestyle to make more room for God.	19 Figure out how much money you saved by not eating meat today and give it to the poor.	20 Trim down your possessions and give what you don't need to the poor.
21 Look around your neighborhood today for signs of new life.	22 Get up an extra 15 minutes each day for the next two weeks and spend that time in prayer.	23 Call Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help.	24 Make a conscious effort to see everyone with loving eyes today.	25 Today, pray for someone you don't like.	26 Eat pretzels today as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.	27 Perform some act of service for your parish. Ask at the rectory for suggestions.
28 Place Palm fronds around each of the images of Jesus in your home. Welcome the Messiah into your heart.	29 Recite the Profession of Faith or the Apostles' Creed each day this week.	30 Notice someone who may be hungry for love or attention and satisfy that hunger.	31 Try to find a reasonable explanation for some offense you may have suffered and let God be the final judge.	1 April Look for someone who is poor or homeless and share your food.	2 Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one.	3 Think about a way in which you might have betrayed Jesus today. Ask his pardon.