



St. Brendan Church Bulletin

29 Rockaway Avenue, San Francisco, CA 94127
415-681-4225 www.stbrendanparish.org

Sunday, March 6, 2022

Pastor: Fr. Michael Quinn- frmike@stbrendanparish.org

In Residence: Fr. Gregory Heidenblut, O.S.A. frgreg@stbrendanparish.org Weekend Assistance: Deacon Andrew O'Leary

Principal of School: Dianne Lakatta- 415-731-2665 dlakatta@stbrendansf.com

Pastoral Associate: Sr. Angela Furia, FdCC- ext. 201 srangel@stbrendanparish.org

Musician: Elmer Morales

Parish Administrator: Lorraine Scullion- ext. 202 Lorraine@stbrendanparish.org

Faith Formation Director: Stephanie Stanko-ext. 205 Stephanie@stbrendanparish.org

Mass Intentions

March 6

7:30 am Nora Ryan (D) Margaret & Ron McConnell (D)

9:30 am Adrian Kelly (D) Dorothy Francis Kitt (D)

11:30 am Sean Rohan (D)

Monday, March 7

8:15 am Kathleen Neary (D)

Tuesday, March 8

8:15 am Kathleen Neary (D) Michelle & Elizabeth Grace Throssel (D)

Wednesday, March 9

8:15 am Peter O'Sullivan (D) Donna Feddersonn (D)

Thursday, March 10

8:15 am John & Julliet Wallerstedt (D)

Friday, March 11

8:15 am Theresa Martin (H)

Saturday, March 12

8:15 am Kathleen Neary (D)

5:00 pm Tande Mathew Mdobling (H) Ada Lacayo (D)

Mass Times:

Monday-Saturday 8:15 am

First Friday during the school year 8:15 am

Saturday Vigil 5:00 pm

Sunday 7:30 am, 9:30 am, 11:30 am

All masses are livestreamed on our website except for Sunday 7:30 am and 11:30 am. You may attend any of the masses in person we just ask that you wear your mask at all times and sanitize your hands before and after mass.

Holy Days of Obligation

8:15 am (School Mass), 6:00 pm

Confessions

Saturday 4:00 pm - 4:45 pm or by appointment.

Eucharistic Adoration

Adoration Chapel: Monday-Thursday 9:00 am-4:00 pm

Baptisms - Contact Sr. Angela

Weddings—Contact Fr. Mike at least six months before the desired wedding date

Anointing of the sick

Please contact the office 415-681-4225.



"I am the light of the world."
John (8:12)

Pastor's Column

Around the Parish... [Lent Begins](#)

Lent is a solemn religious observance in the Christian liturgical calendar commemorating the 40 days Jesus spent fasting in the desert, before beginning his public ministry, during which he endured temptation by Satan. The liturgical season of Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. I believe this season can represent our human lives and offer this reflection to put it best—

“Christian fasting is revealed in an interdependence between two events in the Bible: the “breaking of the fast” by Adam and Eve; and the “keeping of the fast” by Christ at the beginning of his ministry.

Humanity's “Fall” away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil (Gen. 2:17), and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. Food perpetuates life in this physical world, which is subject to decay and death. But God “created no death.” (Wis. 1:13) Humanity, in Adam and Eve, rejected a life dependent on God alone for one that was dependent rather on “bread alone.” (Dt. 8:3; Mt. 4:4; Lk. 4:4) The whole world was given to man as a kind of food, to life, but “life” is meant as communion with God, not as food. (“Their god is their belly.” (Phil. 3:19) The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, “apart” from God and to be independent of Him. Believing that food had life in itself and thus he could be “like God.” And he put his faith in food. This kind of existence seems to be built on the principle that man does indeed live “by bread alone.”

Christ, however, is the new Adam. At the beginning of his ministry in the Gospel of Matthew, we read, “When He had fasted 40 days and 40 nights, He became hungry.” Hunger is that state in which we realize our dependence on something else—when we face the ultimate question: “on what does my life depend?” Satan tempted both Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food, that your life is in food. Adam believed and ate. Christ said, “Man does NOT live by bread alone.” (Mt. 4:4; Lk. 4:4) This liberates us from total dependence on food, on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. For fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as “fight” and “effort” is an essential aspect of fasting.”

This article draws in part on the writings of Alexander Schmemmann, “Notes in Liturgical Theology,” St. Vladimir's Seminary Quarterly, Vol. 3, No. 1, Winter 1959, pp. 2-9. Rev. Daniel Merz is a former Associate Director of the USCCB Divine Worship office.

Fr. Mike

First Sunday in Lent

Romans 10:8

IN THE DESERT

Jesus was led by the Spirit into the desert for forty days, and then the devil tested him. Moses and the Israelites had been in the desert for forty years before being led to the land of milk and honey. There were times when they called out to God, sure that, as Saint Paul wrote to the Romans, “everyone who calls on the name of the Lord will be saved.” We sometimes spend time in the desert as well. Not a literal desert most of the time, but a desert in which it seems difficult to perceive God’s presence, times when we face difficulty and are tempted to leave God’s ways behind. On this First Sunday of Lent, Jesus shows us what to do in these moments: stand firm and trust in God.

TODAY’S READINGS

First Reading — The Israelites show their faith by offering the LORD first fruits of the products of their new land (Deuteronomy 26:4-10).

Psalms — Be with me, Lord, when I am in trouble (Psalm 91).

Second Reading — All who express faith in the risen Christ and confess that he is Lord will be saved (Romans 10:8-13).

Gospel — Jesus was led into the desert by the Spirit and was tempted (Luke 4:1-13).

READINGS FOR THE WEEK

Monday: Lv 19:1-2, 11-18; Ps 19:8-10, 15;

Mt 25:31-46

Tuesday: Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15

Wednesday: Jon 3:1-10; Ps 51:3-4, 12-13, 18-19;

Lk 11:29-32

Thursday: Est C:12, 14-16, 23-25; Ps 138:1-3, 7C-8;

Mt 7:7-12

Friday: Ez 18:21-28; Ps 130:1-8; Mt 5:20-26

Saturday: Dt 26:16-19; Ps 119:1-2, 4-5, 7-8;

Mt 5:43-48

Sunday: Gn 15:5-12, 17-18; Ps 27:1, 7-9, 13-14;

Phil 3:17 — 4:1 [3:20 — 4:1]; Lk 9:28b-36

SAINTS AND SPECIAL OBSERVANCES

Sunday: First Sunday of Lent;

Girl Scouting Sunday

Monday: Ss. Perpetua and Felicity;

Julian calendar Lent begins

Tuesday: St. John of God

Wednesday: St. Frances of Rome

Friday: Abstinence

PRAYER OF THE WEEK

First Sunday of Lent

Grant, almighty God,

through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ

and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son,

who lives and reigns with you

in the unity of the Holy Spirit,

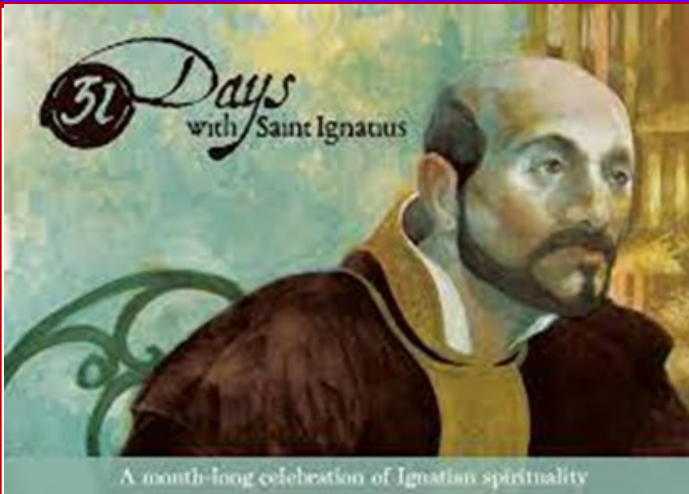
God, for ever and ever.

Saint of the Day

On March 4, the Catholic Church honors Saint Casimir Jagiellon, a prince whose life of service to God has made him a patron saint of Poland, Lithuania, and young people. In 1984, Pope John Paul II addressed Lithuanian pilgrims commemorating the 500th anniversary of the prince's death. He said the Church “proclaimed Casimir a saint and placed him before us not only to be venerated but also that we might imitate his heroic virtues and follow his example of holiness.” Casimir Jagiellon was born in 1458, the third of thirteen children born to Poland's King Casimir IV and his wife Elizabeth of Austria. He and several of his brothers studied with the priest and historian John Dlugosz, whose deep piety and political expertise influenced Casimir in his upbringing. The young prince had a distaste for the luxury of courtly life, and instead chose the way of asceticism and devotion. He wore plain clothes with a hair shirt beneath them, slept frequently on the ground, and would spend much of the night in prayer and meditation on the suffering and death of Christ. Casimir showed his love for God through these exercises of devotion, and also through his material charity to the poor.



Opportunity & Obligation



Lenten Opportunity: Weekly Spiritual Exercises with the Ignatian Spirituality Small Group

You are invited to join the Ignatian Spirituality Small Group for a weekly, Lenten encounter with the Ignatian Spiritual Exercises.

Details: Wednesdays from 7:00 – 8:30 p.m. March 9 through April 6, 2022

Location: In-Person at St. Brendan Parish (meeting room TBD)

Additional Information: Parishioner Beth Powers will facilitate the group using a companion workbook, discussion, and offering opportunities for individual work between meetings. Beth notes, “Each time I do the Ignatian Spiritual Exercises, I am touched in a new and different way. These exercises have a way of meeting you where you need to be met.

Sign-up sheet at the back of the church and/or feel free to call the Parish Office 415-681-4225



FASTING AND ABSTINENCE FOR LENT

1. Everyone 14 years of age or older is bound to abstain from meat on Ash Wednesday and all the Fridays in Lent including GOOD FRIDAY.
2. Everyone under 14 years of age; 60 years of age & older, is bound to fast on Ash Wednesday and Good Friday.
3. On these two days of fast and abstinence only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal one full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices, are allowed. When health or ability to work would be seriously affected, the law does not oblige.
4. To disregard completely the law of fast and abstinence is a serious matter. Going to Mass every Sunday, doing acts of charity, forgiveness, and good deeds are obligations of daily life of Catholics especially during Lent.



Lenten options to consider...

TREASURES FROM OUR TRADITION WHAT COULD WE GIVE UP FOR LENT?

GIVE UP grumbling! Instead, "In everything give thanks." Constructive criticism is OK, but "moaning, groaning, and complaining" are not Christian disciplines.

GIVE UP 10 to 15 minutes in bed! Instead, use that time in prayer, Bible study and personal devotion.

GIVE UP looking at other people's worst points. Instead concentrate on their best points. We all have faults. It is a lot easier to have people overlook our shortcomings when we overlook theirs first.

GIVE UP speaking unkindly. Instead, let your speech be generous and understanding. It costs so little to say something kind and uplifting. Why not check that sharp tongue at the door?

GIVE UP your hatred of anyone or anything! Instead, learn the discipline of love. "Love covers a multitude of sins."

GIVE UP your worries and anxieties! Instead, trust God with them. Anxiety is spending emotional energy on something we can do nothing about: like tomorrow! Live today and let God's grace be sufficient.

GIVE UP TV one evening a week! Instead, visit some lonely or sick person.



VATICAN CITY (CNS) -- Christians must persevere in generously doing good in the world, bolstered by prayer and by fighting evil in their own lives, including an addiction to digital media, Pope Francis said.

"Lent is a propitious time to resist these temptations and to cultivate instead a more integral form of human communication made up of 'authentic encounters'—face-to-face and in person," the pope said in his message for Lent, which begins March 2 for Latin-rite Catholics.

"Let us ask God to give us the patient perseverance of the farmer and to persevere in doing good, one step at a time," and to know that "the soil is prepared by fasting, watered by prayer and enriched by charity," the pope wrote.

Christians must persevere in generously doing good in the world, bolstered by prayer and by fighting evil in their own lives, including an addiction to digital media, Pope Francis said.

Released by the Vatican Feb. 24, the pope's Lenten message was titled, "Let us not grow tired of doing good, for in due time we shall reap our harvest if we do not give up. So then, while we have the opportunity, let us do good to all," which is from St. Paul's Letter to the Galatians.

Christians are called to sow goodness their entire lives, but even more so during Lent, he wrote.

The first fruit "appears in ourselves and our daily lives," radiating the light of Christ to the world, he wrote. And sowing goodness "for the benefit of others frees us from narrow self-interest, infuses our actions with gratuitousness and makes us part of the magnificent horizon of God's benevolent plan."

Christians must not grow tired of praying, he wrote. "We need to pray because we need God. Thinking that we need nothing other than ourselves is a dangerous illusion."

"Let us not grow tired of uprooting evil from our lives," he added, underlining the importance of fasting and asking for forgiveness in the sacrament of penance and reconciliation.

Christians must resist "concupiscence," the tendency to sin, which is a weakness that leads to "selfishness and all evil, and finds in the course of history a variety of ways to lure men and women into sin," he wrote.

One sign of such weakness, he said, is an addiction to "digital media, which impoverishes human relationships." Lent is an opportune time to cultivate healthy communication and face-to-face encounters.

"Let us not grow tired of doing good in active charity toward our neighbors" and of giving joyfully, he wrote.

If You Live Alone You Need MDMedAlert!

- ✓ Ambulance **24 Hour Protection at HOME and AWAY!**
- ✓ Police **FREE Shipping**
- ✓ Fire **Solutions as Low as**
- ✓ Friends/Family **FREE Activation**
- NO Long Term Contracts**

\$19.95 a month



This Button SAVES Lives!
As Shown GPS, Lowest Price Guaranteed!



"I have peace of mind... Mom remains independent."

CALL NOW! 800.809.3352



GPS Tracking w/Fall Detection
Nationwide, No Land Line Needed
EASY Set-up, NO Contract
24/7 365 Monitoring in the USA

Automatic GARAGE DOOR

2285 Revere Ave.
S.F. 94124

- GARAGE DOOR REPAIRS
- DOORS & OPENERS

Mark Griffin
Owner and Graduate
(St. Finn Barr/Riordan)
7 Radio Dispatched Trucks

648-6413

Lic. 671116

Protecting Seniors Nationwide



Medical Alert System

\$29.95/Mo. billed quarterly



- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.8608

ONE PARISH

Grow in your faith,
find a Mass, and
connect with your
Catholic Community
with OneParish!



Download Our Free App or Visit
<https://www.oneparish.com>

FINDaPARISH.com

The Most Complete
Online National
Directory of
Catholic Parishes

Check It Out Today!



FREDRIC WARREN DDS MSD
KARIN CHIMA-SHUSTER
DMD MMSc

Specializing in Orthodontics
for Children & Adults

15 West Portal Ave., S.F.
(415) 681-2418
WarrenOrtho.com

Offering Damon Braces as well as
Invisalign for the entire family

~INVISALIGN PLATINUM PROVIDER~

catholicmatch[®] California



CatholicMatch.com/myCA

415.823.7917

Realtors Specializing in Residential,
Probate & Trust Sales

Michael & Joy Freethy
REALTORS®

St. Brendan's Class of 1970
mfreethy@yahoo.com

Michael: DRE#01076577 Joy: DRE#01335834

Please visit our website at:

www.ForSanFranciscoHomes.com

COMPASS



RIORDAN SYKES McFADDEN, P.C.

ESTATE PLANNING

Kerry Riordan Sykes

Maureen S. McFadden

Certified Specialists in

Estate Planning, Trust & Probate Law

by the State Bar Board of Legal Specialization

381 West Portal Ave., San Francisco

(415) 661-9050

Armstrong
Carpet & Linoleum Co.

Family
Owned
Since 1946

Exceptional Service is our Standard

Carpet • Area Rugs • Hardwood • Laminate • Linoleum
Vinyl • Window Treatments • Professional Installation
BE INSPIRED with a Complimentary In-Home Design Consultation.

Call Liam Caldwell 415-751-2827

www.armstrongcarpet.com • 369 W. Portal Ave., SF

John W. Schulz, D.D.S.

Serving SF for Over 25 Yrs

* General Dentistry

STONESTOWN * Dentistry for Children

* Cosmetic Dentistry

595 Buckingham Wy 731-4058

See
Your Ad
in **COLOR**

Call J.S. Paluch Today!

1.800.231.0805

**Life
Matters**

For more information go to
www.usccb.org/respectlife



Take your
FAITH
ON A
JOURNEY.

Catholic Cruises and Tours (CST 2117990-70)

Catholic Cruises and Tours
and The Apostleship of the Sea
of the United States of America

Catholic Cruises/Tours to Worldwide Destinations

Call us today at 860-399-1785 or email

eileen@CatholicCruisesandTours.com

www.CatholicCruisesandTours.com

BARB CO
REAL ESTATE GROUP

BARBAGELATA

415.566.1112

CalBRE#01259825

Grow Your Business, Advertise Here.

Support Your Church & Bulletin.

Free professional ad design & my help!

email: RushT@jspaluch.com

www.jspaluch.com



Call Traci Rush

925.239.1401

More from the Vatican (con't)

From Page 6 *“Lent is a favorable time to seek out—and not to avoid—those in need; to reach out—and not to ignore—those who need a sympathetic ear and a good word; to visit—and not to abandon—those who are lonely,” he wrote.*

“Let us put into practice our call to do good to all,” he wrote, “and take time to love the poor and needy, those abandoned and rejected, those discriminated against and marginalized.”

And, Pope Francis said, doing good “with love, justice and solidarity are not achieved once and for all; they have to be realized each day” and require patience, prayer and hope.

Salesian Sister Alessandra Smerilli, interim secretary of the Dicastery for Promoting Integral Human Development, was among the speakers presenting the Lenten message at a Vatican news conference.

Around the world, she said, one sees the “winds of war, after decades of reckless rearmament,” a deadly pandemic, increasing inequalities and fundamental problems with economic and social systems.

But, she said, “God believes in the Earth and cares for it in the same way that a farmer does not abandon his land,” so in his message, Pope Francis is inviting people “to be that fertile soil that creates the conditions for the seeds to grow” and create something “different from the present.”

Italian Cardinal Francesco Montenegro, a dicastery member and retired archbishop of Agrigento, said bringing about these changes requires a different way of facing problems.

People must not turn their back and believe someone else will take care of things but must know “each one of us can do something” and must look for where there is a need and see others as brothers and sisters, he said.

Communities break down without this kind of loving concern and action, he said, and if everyone were to contribute, creating a “network of love, acceptance and mutual integration, then we will discover a more human world will be possible.”

“Christians must preserve in generously doing good in the world, bolstered by prayer and by fighting evil in their own lives, including an addiction to digital media.” Pope Francis said.

Life's Journey



Grieving a loss?

*A time of spirituality, reflection on Grieving.
A time of transformation.*

Please join Marlene Enderlein, MA, long time parishioner and Kaiser professional as she guides us through our life's journey. We will explore grief and loss as well as how the Bible addresses suffering and spiritual growth. The topic and discussion will be led by Marlene a specialist in Grief and Bereavement and is currently a bereavement counselor with Hospice

Saturday, March 5, 2022

Place: St. Brendan Parish Hall

Time: 3-4:45 pm followed by 5pm Mass

Sponsored by: Experienced Navigators

Happenings at St. Brendan

*Thursday, March 3 - 7:00 - 8:00 p.m. “Men's Bible Study” - Zoom
3/4/22 - 9:00 a.m. “Walking & Prayers” - Contact Group Leader for Details*

Saturday, March 5 - 3:00 - 5:00 - “Experienced Navigators - Grieving Event” - Parish Hall

Sunday, March 6 - 9:30 a.m. - “Rite of Sending” - RCIA Candidates

Monday, March 7 - 5:00 “Book Club” - Offsite

Tuesday, March 8 - 5:00 p.m. - First Reconciliation for St. Brendan 2nd Grade and Faith Formation

Wednesday, March - 6:00 - 7:00 p.m. - “Led by the Spirit” - Zoom

Coming up March 18-20: Virtual sessions for the L.A. Religious Education Conference --- not just for educators! Virtual sessions on a variety of topics relevant to parents, educators and anyone who works with young people. Sessions are on-demand and full access is available for