

2021

# LENT

## ~ 40 DAYS OF RENEWAL ~

Lent is a season in which the faithful are called to reflect on the Paschal Mystery in a particularly focused way. It is a time of spiritual renewal and to carefully examine one's relationship with God and others. It is also a time in which Catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through the traditional Lenten practices of praying, fasting, and almsgiving.



ST. DOMINIC'S  
CATHOLIC CHURCH

### Stations of the Cross (Fridays)

Live-streamed weekly at 6:30 p.m.  
[www.watchstddom.com](http://www.watchstddom.com)

### Confession Hours for Lent

**Monday / Wednesday / Friday:** 10:30 a.m.  
**Tuesday / Thursday:** 6:30 p.m.  
**Saturday:** 3:30 p.m.

### Schedule of Ministry Hosts

February 19

Knights of Columbus

February 26

St. Dominic School

March 5

RCIA

March 12

Dominican Laity

March 19

Guadalupana Association

March 26

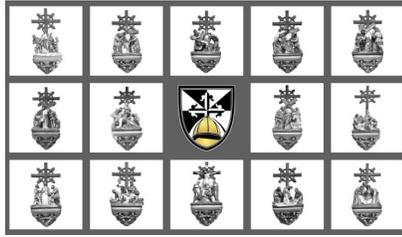
St. Vincent de Paul

### Daily Reflections & Videos



Due to the COVID-19 restrictions and protocols Stations of the Cross each Friday during Lent will be live-streamed only.

We will publish the recipe for the soup of the week along with a video for those who would like to enjoy these yummy recipes. We hope you will gather together in fellowship virtually as you would have in person.



**PRAY**



**FAST**



**GIVE**

**LENT AND EASTER:** Ash Wednesday marks the beginning of Lent, a season in which the faithful are called to reflect on the Paschal Mystery more intentionally. It is a time of spiritual renewal and to examine one's relationship with God and others more carefully. The Church calls everyone, therefore, to a spirit of penance through prayer, fasting and almsgiving.

**PRAY:** The faithful are encouraged to participate in special devotions such as Eucharistic adoration, the Rosary, Stations of the Cross, the Divine Mercy Chaplet, and praying for the vocations of priesthood and religious life are also encouraged. Lent is a privileged time for celebrating the Sacrament of Penance (Confession). The faithful are obliged to confess their grave sins at least once a year. The second Wednesday of March is to be observed as a special day of Penance and prayer. We encourage you to sign up for *Forgiven*, a virtual study for 3 consecutive Wednesdays during Lent.

**FAST:** Fasting and abstinence fosters a spirit of repentance and unites us more closely to Christ. All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent. Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially Wednesdays and Fridays, is highly recommended. Fasting is understood to mean that one full meal may be eaten. Two smaller meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted unless a health or an ability to work would seriously be affected.

**GIVE:** From the earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice. Catholics are urged to give generously to assist the poor and support the charitable works of the Church. The faithful are also urged to give of their time to others. Consider calling the aged, sick, homebound or those in prison. Remember the words of Jesus, "As you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40)

"Fasting and abstinence together with almsgiving and charitable works unite us to the crucified Christ reflected in the image of our brothers and sisters who suffer." (Lenten Regulations 2021)

A full description and detailed Lenten Regulations for 2021 from the Sacramento Diocese can be found at <https://www.stdombenicia.org/lent/>

## Ongoing Prayer Opportunities

*Come Let Us Adore Him!*

Scheduled Adoration  
Hours Available  
[adoration@stdombenicia.org](mailto:adoration@stdombenicia.org)  
Daily private prayer  
in the church 10 a.m. - 7 p.m.  
(excluding Sunday)

*Rosary for the Sick*

Wednesdays  
at 7:30 p.m.

WITH DEACON SHAWN  
OPEN TO THE PUBLIC

[www.WatchStDom.com](http://www.WatchStDom.com)



St. Dominic's presents FORGIVEN, a life-changing Lenten study for the whole parish. These sessions have been carefully designed to help us more richly encounter God's mercy in the Sacrament of Reconciliation.

This Lenten series will be held on Zoom from 6:30 p.m. to 7:30 p.m. on three consecutive Wednesdays, Feb 24, Mar 03, and Mar 10, 2021.

All adults (18) are welcome to join us for these sessions. We ask that you watch the video for the week prior to Wednesday, then join us on Zoom to discuss and share insights.

To register for the sessions, <https://forms.gle/P7gxn89uB1LQpEb99>  
Feel free to share this with friends and family.

Upon registration further information will be sent to you along with a Zoom link and study guide.

Forgiven is accessible through Formed.org - an incredible online digital gateway to the best Catholic content all in one place! Enjoy your free subscription by registering at [stdombenicia.formed.org](http://stdombenicia.formed.org).

# Confessional FAQ's

By: Fr Michael Hurley, OP

## It's been awhile since I've been to confession, where do I begin?

Take a deep breath! The sacrament of reconciliation celebrates a moment of God's forgiveness and healing, so don't be anxious about doing it "wrong." If you are truly sorry for your sins and simply admit them, there is really no wrong way to "do confession." In order to receive the most fruit from the sacrament, here are some tips for preparation:

- ◆ Take the time before God to reflect on what you have done and what you failed to do. What were your real reasons? Don't try to ferret out every small sin – serious attitudes of sin come to mind readily. *Be honest!*
- ◆ Arouse a heartfelt sorrow by reflecting on how your sins push you away from God and hurt others who need you. *Ask for His forgiveness and healing!*
- ◆ What routines or habits rule your life? What positive patterns should you develop? *Be realistic! Ask for guidance!*



## What kinds of things should I confess?

The sacrament of Reconciliation restores the life giving presence of God in our souls which is lost whenever we turn our back on God by serious (or grave) sin. For a sin to be grave it must be (1) a serious matter, (2) which is freely, willing and (3) knowingly done. In other words, a grave sin is doing something seriously wrong, which we know is wrong and still chose to do it anyway. We should always confess these sins. Yet there are many other ways in which we turn our back in less serious ways towards God. In these cases, don't worry about remembering every particular failing.

- ◆ Conversion of heart requires change and growth. It is more than simply stopping some vice; it is about growing in the corresponding virtue. For example, if you are judgmental, then practice looking for and praising the good in others. Our task is to become more like Christ. This begins with prayer, reflection and asking yourself what kind of person does God want me to become. Then commit yourself to taking practical, concrete steps towards that goal.
- ◆ Remember our feelings themselves are not morally good or bad. Morality begins with our deciding what we will do with our feelings. Also being tempted is not sinful; a thousand temptations do not equal one sin. Yet we must avoid putting ourselves in temptation's way, lest we easily fall into sin.
- ◆ Forgiveness is not the cessation of feeling angry or hurt, it begins with the commitment not to take revenge but act for the other's good.

## Doesn't God always forgive us if we are sorry? Why do I have to confess my sins to a priest?

Of course God forgives us if we are sorry for our sins, and yet we can have difficulty both in honestly admitting our failures and in really being confident that God has forgiven us. God knows how difficult it can be for us to experience forgiveness, and so he gives us a sacramental guarantee. The first gift that the Resurrected Christ gives to his apostles is the gift of peace and forgiveness. So although, after the crucifixion, the apostles lock themselves away in the upper room in fear and shame, the Resurrected Jesus breaks through their guilt, walks into the room and says "Peace be with you." He then continues: "Whose sins you shall forgive they are forgiven them." (John 20:23). So Christ gives the power to forgive sins to His Church, not for His sake, but for ours. When we leave the confessional, we can be confident that God has completely forgiven our sins. There is nothing so freeing as the feeling of real forgiveness. *Enjoy it!*

## Now that I'm ready for Reconciliation, what are the steps of the sacrament?

There are four basic steps to the Rite of Reconciliation:

- I. GREETING. The priest greets the penitent, and they begin with the sign of the cross:  
***In the name of the Father, and of the Son, and of the Holy Spirit. Amen.***  
Then the penitent says: ***Bless me Father, for I have sinned.***  
***It has been \_\_\_\_\_ (this is a moment of forgiveness, don't be embarrassed by length of time) \_\_\_\_\_ since my last confession.***
- II. CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION. The penitent confesses his or her sins. If necessary, the priest helps the penitent to make an integral confession and gives suitable counsel. The priest proposes an act of penance which the penitent accepts to make satisfaction for sins and amendment of life.
- III. ACT OF CONTRITION (IN THESE OR SIMILAR WORDS)  
***My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.***
- IV. ABSOLUTION AND DISMISSAL. The priest then prays the prayer of forgiveness and absolution and then concludes: ***The Lord has freed you from your sins. Go in peace.***

## It can be embarrassing to confess my sins; won't the priest think less of me once he knows?

It can be embarrassing to admit when we've sinned, but humility is the foundation of our relationship with Jesus. In the Gospel, Jesus is most compassionate with who humbly recognize their failings. Conversely, he is most challenging to those who nurture a sense of self-righteousness. Let's face it: we all sin and we know it. Yet one of devil's greatest temptations is to paralyze us through feelings of guilt and embarrassment. This keeps us from allowing God to forgive us. So instead of worrying or anguishing about our failings, focus instead on God's unconditional mercy and forgiveness. Also, from the priest's perspective rest assured that:

- ♦ The priest will never reveal anything that is said in the confessional. The "seal" of confession is a sacred bond and among priests, there is universal commitment to preserve this trust.
- ♦ Practically speaking, in the course of a year, a priest hears thousands of confessions. So it's simply impossible to remember the content of every confession. Also, there seems to be only so many ways in which we fail as humans. Within the first six months of my own priesthood, I think I heard everything under the sun. So don't think that your sins are unique enough to truly be embarrassed about. Sin is ordinary. Grace and forgiveness are extraordinary!
- ♦ Moreover, in the moment of confession, the priest is acting in the person of Christ. When he says, *I absolve you of your sins*, he is not speaking in his own person, but in the person of Christ. So just as a doctor is speaking professionally, and not necessarily personally, when he offers a diagnosis to a patient, so too, a priest is not in the confessional to satisfy personal curiosity, but to bring God's healing and forgiveness. From a priest's perspective it is a profound and humbling moment, because he recognizes he is the instrument of a grace and power which transcends his own abilities.

Finally after confession, don't just say your penance; take time to enjoy the feeling of being forgiven. Appreciate God's gift; *Thank him!* Then commit yourself to take one concrete step to grow. *Be practical!*



## Free Lenten Online Resources

- \* [dynamiccatholic.com/best-lent-ever](http://dynamiccatholic.com/best-lent-ever)
- \* [loyolapress.com/our-catholic-faith/liturgical-year/lent](http://loyolapress.com/our-catholic-faith/liturgical-year/lent)
- \* <https://forlifeandfamily.org/events/th21-smca/>
- \* [lent.bustedhalo.com](http://lent.bustedhalo.com)
- \* [usccb.org/lent](http://usccb.org/lent)
- \* [Formed.org/Lent](http://Formed.org/Lent)

## Examination of Conscience

Often we approach the Sacrament of Reconciliation as if it fixes aspects of our lives that we're not willing to fix ourselves. We go, time after time, confessing the same sins, never really rising above them. This happens because we confess only our surface actions, and never get to the underlying motivations within us that lead us to choose sin. An *Examination of Conscience* invites us to go deeper. **To do an Examination:** 1) set aside some time in prayer; 2) if possible, read the Bible passage the *Examination* is based on; 3) read through each question in the *Examination*, pausing to ask them of yourself; 4) stay with the questions that speak to you the most (usually only one or two will really resonate); 5) spend some extra time in prayer with those questions (reflect on your motivation); and 6) bring the results of your *Examination* into Confession or a prayer of resolve. You can create your own *Examination* from many different types of Bible passages.

### Based On The Prodigal Son (Luke 15:11-32)

#### The Prodigal Son

Have I said, "thank you," for all that I have received?  
Have I done or said things that I now regret?  
Have I used others for my pleasure?  
Have I covered my pain with food, alcohol, work, or anything allowing me to forget?  
Have I been too quick to create justification for my actions?  
Have I taken the time to recognize my own shortcomings?  
Have I squandered any gifts that have been given me?  
Have I blamed my misfortunes on others?  
Have I been slow to admit my failings and to ask for forgiveness?  
Have I viewed myself as worthless and undeserving of forgiveness?  
Have I refused to recognize my dependence on others?  
Have I taken the easy way out?  
Have I learned from my mistakes?

#### The Father

Have I been willing to share my many gifts with others?  
Have I been quick to forgive others, and to restore them to my good graces?  
Have I run to meet others who desire to return to God?  
Have I been the face and hands of God for others?  
Have I been willing to trust others?  
Have I celebrated the great moments in life?  
Have I been sensitive to the pain and fear of others?  
Have I fully appreciated those around me?  
Have I been a peacemaker?

#### The Older Son

Have I spoken poorly of others?  
Have I refused to reconcile with others?  
Have I held on to anger and resentment?  
Have I been quick to point out the flaws of others?  
Have I failed to celebrate the good fortune of others?  
Have I been jealous of the recognition others receive?  
Have I approached the world with a sense of entitlement?  
Have I tried to manipulate others into doing what I want?  
Have I valued other's opinions of myself over God's?  
Have I looked to others to affirm me?  
Have I been demanding of the time, energy, or attention of others?  
Have I taken the time to recognize the gifts that have always been mine?



# Dominican Sisters of San Jose ~ Lenten Offerings

## Lenten Faith Sharing

Facilitator: Elizabeth O'Donnell, O.P., Ed.D

In this unusual time of a pandemic, we have become distanced from many of our familiar communities and supports, but the Christian life is not meant to be lived alone or in isolation. True discipleship calls for an ever-growing maturity in faith, a deepening of one's awareness of God's love, and bringing about God's kingdom in the world through an increasing awareness of the needs of the world.



Small Christian Communities are a vital source of energy and life in the Church. Allowing for both personal and communal spiritual growth, they have the capacity to transform not only the lives of participants, but of the world. During this season of Lent, small faith sharing groups will be offered weekly. This is a wonderful opportunity to come together to pray, to reflect on the Sunday readings, and to realize God's generous grace inviting us to reach out to others making a positive change in our world.

Participants are asked to purchase Live Lent, Year B, (\$10) through RENEW International at 908-769-5400. You may receive a 25% discount if you state this is for Sr. Elizabeth O'Donnell's group when you call. Due to shipping time, the first week's materials will be provided.



Sister Elizabeth O'Donnell is a spiritual director and pastoral consultant for RENEW International working with parishes throughout California to provide training and support for small faith sharing groups. These small Christian communities provide deep, supportive connections among the faithful. S. Elizabeth has served as Elementary and High School teacher, Elementary administrator, High School Campus Minister, and Adult Faith Formation Director in a university Newman Center parish.

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Join Us Online!

**Mondays during Lent**  
7:00pm – 8:15pm  
beginning  
**February 22 –**  
**March 29, 2021**  
**\$20**

During these uncertain times, we are offering a sliding scale. When you are registering, please choose the cost that best suits your needs. RSVP by February 19, 2021  
<https://ces-event.myshopify.com/products/1-lenten-faith-sharing>

Link for the series will be sent the day before the first session.

Call us for more information at (510) 933-6360

Donations gratefully accepted. This will help support the ongoing work of the Center for Education and Spirituality.

## Lent: Season of Transformation

A Virtual Lent Retreat



Presented by Father Jim Clarke

Fr. Jim Clarke Ph.D. is presently the Director of New Evangelization for the Archdiocese of Los Angeles and Senior Lecturer at Loyola Marymount University. He is also Associate Spiritual Director at the Cardinal Manning House of Prayer for Priests. With a rich academic background in Theology, Depth Psychology, Counseling, Education, and Mythology, Fr. Clarke is the author of three books and two CD/DVD series. He is a popular Retreat Director and Conference speaker throughout the Southern California area and beyond.

Join Us Online!

**Friday,**  
**February 26,**  
**2021**

**Time: 1-5 PM**  
**\$35**

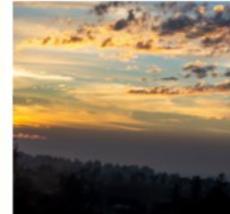
During these uncertain times, we are offering a sliding scale. When you are registering, please choose the cost that best suits your needs. RSVP by Feb 25, 2021

<https://ces-event.myshopify.com/products/1-lent-season-of-transformation>

Link will be sent the day before the retreat.

Call us for more information at (510) 933-6360

Donations gratefully accepted. This will help support the ongoing work of the Center for Education and Spirituality.



We live in exciting and challenging times. How is God inviting us to embrace and learn from the mystery of our lives? This retreat will prepare us for Holy Week and its liturgical significance in our faith. Step by step we will unlock the hidden questions in these holy days so that we may grow in the transforming love of God.

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## The Call to Action: Climate Change, Pandemic and a Vulnerable World

Presented by David Peritz, PhD



David Peritz (PhD, Oxford University) is a leader in the field of lifelong learning. His lectures and webinars cover a wide range of topics in contemporary politics, philosophy, culture, society, and technology. Those who attended or watched his presentations, describe him as "dynamic... engaging... information and educational." Prof. Peritz is the senior member of the Politics faculty at Sarah Lawrence College and has also taught at various universities including UC Berkeley and USF Fromm Institute.

Throughout the world 2020 presented extreme challenges to human communities. The corona virus pandemic spread suffering and misery. Uncontrolled climate change continued to accelerate the growth of extreme weather events: mega-fires and hurricanes, droughts and floods. This presentation will briefly survey the complex but certain science of global climate change and relate it to the pandemic via what is called the "vulnerable world hypothesis". Though as human beings we are equipped with worldviews and cognitive patterns that served us well in the world "up to yesterday," we are perhaps less able to cope with the ways the size, power, and technological sophistication of the human species are now rendering the world vulnerable. One focus of this conversation will be ethics and politics, and specifically how we might develop capacities for collective action to address the new threats we face.

Join Us Online!

**Sunday,**  
**February**  
**28, 2021**  
**Zoom**  
**2-4 PM (PST)**

Cost: Free  
Donations gratefully accepted. This will help support the ongoing work of the Center for Education and Spirituality.

RSVP by 2/27/21  
<https://ces-event.myshopify.com/products/1-climate-change-pandemic-ic-just-a-vulnerable-world>

Link will be sent the morning of the presentation.

Call us for more information at (510) 933-6360

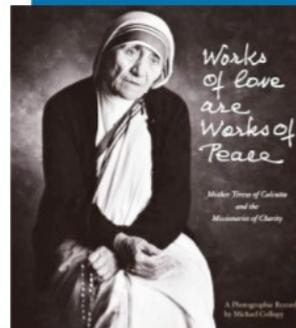
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## COME...BE INSPIRED

Speaker: Michael Collopy *Virtual Presentation*



**St. Teresa of Calcutta: Example Listening to the Call and Tending in Love the Poor**

St. Teresa continues to inspire all who are called to compassionate care of the poor in the footsteps of Jesus. She recognized the face of Christ in the "poorest of the poor," and brought hope to the abandoned and hopeless. We are all called to the margins to the needs of the poor, a call that St. Mother Teresa of Calcutta took courageously and selflessly. Even though she experienced the dark night of the soul for so long, she pursued her vocation to the poorest of the poor. Mother Teresa discerned a vocation within her vocation. She discerned that her call to love Jesus was embodied in people. This is our call to respond to the global needs today.



Photo-journalist Michael Collopy first encountered Mother Teresa in San Francisco and photographed her over several decades in India. He has produced a highly acclaimed photo book that captures much of her deep love of God.

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Join Us Online!

**Sunday**  
**March 14,**  
**2021**  
**2-4pm**  
**\$20**

During these uncertain times, we are offering a sliding scale. When you are registering, please choose the cost that best suits your needs.

RSVP by March 13, 2021  
<https://ces-event.myshopify.com/products/1-come-be-inspired>

Link will be sent the day before the presentation.

Call us for more information at (510) 933-6360

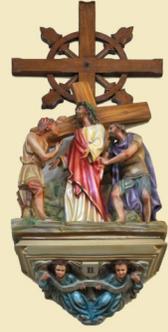
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# STATIONS OF THE CROSS AT ST. DOMINIC'S

I



II



III



IV



V



VI



VII



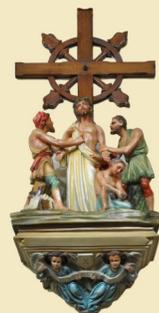
VIII



IX



X



XI



XII



XIII



XIV

