



HOLY FAMILY CATHOLIC PARISH

FEBRUARY 2024 BULLETIN

CHALLENGE FOR FEBRUARY

The music conductor signaled to the orchestra to play **lento**. I recently **lent** my lawnmower to my neighbor. **Lent** begins this year on February 14th (Ash Wednesday). Lento, lent, Lent? How are these words connected - or are they? Specifically, what is the meaning of the liturgical term "Lent"? Why is it called "Lent," how long does it last, and what is the significance of the Lenten season that we begin in the middle of this month? [See page 7 for the answers to this month's challenge.](#)

HOLY FAMILY PRAYER



May God bless each family present and bless our entire Holy Family Parish. Make it like the family of your Son. May our moments of sorrow give way to the seasons of joy. May the memory of harsh words fade before the warmth of a loving touch. May the tears of sorrow be replaced by the music of laughter. May resentment be banished from our families. And may forgiveness reign in our hearts today and everyday. Amen.

* LENTEN FAST AND ABSTAINING *

As noted on page 7 in explaining Lent, Catholics use Lent as a time to pray and sacrifice in an effort to improve their steadfast faith. As part of this sacrifice, we are called to experience fasting and abstaining according to Church guidelines. **Fast:** On **Ash Wednesday** and **Good Friday**, Catholics age 18 to 59 limit the amount of food they eat to one full meal in order to sacrifice in remembrance of Christ and his fasting while in the desert. Pregnant women and those who need regular meals for medical reasons are exempt from this fasting. **Abstain:** On each **Friday** during Lent (including **Good Friday**) plus **Ash Wednesday**, Catholics 14 and older refrain from eating meat (beef, pork, chicken, turkey, but any fish product is OK). Again, any medical conditions would preclude a person's abstention from meat. Be sure to include your intentional fasting and abstaining as part of your prayer regimen during Lent.

Holy Family Catholic Church

200 Antonina Ave.,
American Canyon, CA
94503

Parish Main: (707)
645-9331

Parish Fax: (707)
731-1637

Parish Cell: (707)
653-4646

Clergy

Father Fred Kutubebi
Ext. #101

[Pastor@holyfamily-
amcan.church](mailto:Pastor@holyfamily-amcan.church)

Deacon Victor Leach
Ext. #104

[Deacon@holyfamily-
amcan.church](mailto:Deacon@holyfamily-
amcan.church)

Deacon Mike Simmons
(Retired) Ext. #104

Mass Schedule

Tuesday - Friday: 8:30 AM

Saturday: 5:15 PM

Sunday: 7:30 AM, 9:30 AM & 11:30 AM

Every 3rd Sunday @ 11:30 AM - Youth Mass

Please call the office and leave a message for
Committee or Ministry Volunteer leaders below:

Pastoral Council Chairs: Leslie Gaffney and
Davet Mohammed

PastoralCouncil@holyfamily-amcan.church

Finance Committee Chair: Zenaida Alejandrino

FinanceCouncil@holyfamily-amcan.church

Liturgy Committee Chair: Father Fred Kutubebi

Spanish Committee Chair: Karina Servente

Donation Counters: Betty Lorenz, Erika Myers,
Eliseo Ira

Ministries

Men's Club – David Pott

Women's Club – Nancy Nabrynski

Art and Environment - Arlene Collins

Altar Linen Society - Mary Narverud

Cleaning Groups - Erika Myers

Recycling Society - Erika Myers

Community Outreach - Deacon Victor Leach

Communication Media Outreach -

Banyuhay Group USA – Amy San Pedro

Fil-Am – Anthony Quicho

Grupo Guadalupano – Anna Castro

Karina Servente

Knights of Columbus – Grand Knight Romeo

Blanquera

Missionary Families of Christ – Frank Lee

Sacraments / Sacramentals

Marriage Prep (6 month notice please) - Fr. Fred
Baptism Prep (3 month notice) - 2nd Wednesdays
of each month at 6:00pm at the church

Reconciliation - See Fr. Fred after Mass

Quinceañera Celebration - Call Office Secretary

Sacrament of Anointing - Contact Fr. Fred

Blessings - Contact Fr. Fred

Office and Administration

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Bookkeeper@holyfamily-amcan.church

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Holy Family Catholic Church

American Canyon, CA

MONTHLY CALENDAR

- Jan. 27/28 - Special collection for the Church in Latin America
Feb. 2 - Presentation of the Lord in the Temple
Feb. 3 - Feast of St. Blaise
Feb. 3 - Confirmation Retreat: 1:00 to 6:30 pm
Feb. 3 - Children's Rosary 2:00 pm in church. Children and parents invited.
Feb. 6 - Men's Club meeting 6:00 pm - pot luck dinner/meeting at the Nabrynski home.
Feb. 10 - Reconciliation: 10:00 am
Feb. 14 - Ash Wednesday: Mass and distribution of ashes at 8:30 am and 7:30 pm.
Feb. 14 - St. Valentine's Day
Feb. 17/18 - Collection to pay off church loan.
Feb. 19 - Presidents' Holiday
Feb. 20 - Women's Club post-holiday party at Manny's Steak House at 1:00 pm.
Feb. 22 - Knights of Columbus monthly meeting 7:00 pm in CCD or Knights Room.
Feb 24 - Finance Committee meets 9:00 am at church.
Feb 27 - Pastoral Council meeting 6:00 pm in the parish office.

FATHER FRED'S CORNER

My Dear Family of God, Fraternal greetings to you all. We thank God for ushering us all into this Year of Grace 2024. It is my prayer and expectation that the year runs smoothly for all of us. Let us continue to pray for more favors from the Almighty God. Families have been mourning the loss of loved ones and my condolences to all who have lost dear ones. May God admit them into eternity.

In this year's liturgical calendar the Ash Wednesday celebration falls on Valentine's Day, which is also a unique day for all of us. It is a time we celebrate our loved ones. I have already given you clues as to how we will celebrate that day without any confusion. Be steady and focused in your spiritual journey into eternal life.

On Ash Wednesday we will have the regular morning Mass at 8:30AM with the distribution of Ashes. From 9:30AM to 2:30PM Individuals who pop in randomly will be given ashes. At 7:30PM in the evening there will also be a Mass with the distribution of ashes. Please, feel free to come at your convenience to celebrate the day. Let us also remember as our Christian duty to fast and pray and prepare our bodies for eternal harvest. Until then, have a happy Lenten celebration. I love you all.

Rev. Fr. Frederick K.A. Kutubebi, Pastor

Let's all thank Fr. Borlang for filling in with Masses and sacraments the last two weeks of January.

Did you know that Fr. Borlang is planning another pilgrimage at the end of the summer? If you've never been to Rome, this is the trip for you. If you've been to Rome but never south of there in Italy, this is the trip for you. Check out the dates and the contact information below. If you call the travel bureau, be sure to identify this trip by using Father's name. If you go to their website, search for Stephen Borlang.

STEWARDSHIP

DECEMBER PARISH FINANCIAL STATUS

Church Income - Mass collections = \$24,900.00
E-giving = \$5,100.00
Christmas/Misc = \$10,700.00

Church Expenses = \$39,900.00
(payroll, utilities, insurance, rectory, etc.)

Pay-off Loan - Mass collections =\$22,900.00
E-giving = \$4,550.00

Save yourself the weekly hassle of looking for parish envelopes and writing checks. Consider E-giving online that can be automatically taken out of a bank account. It's simple. Just go to:

https://giving.parishsoft.com/App/Giving/holy402264



Holy Family Parish is offering Communion for the sick and homebound. If you are interested (for yourself or others) please contact the parish office.

Travel to Rome & Southern Italy with Fr Stephen Borlang
Amalfi Coast of Italy
Aug 31 - Sept 12, 2024
855.842.8001
proximotravel.com

SUNDAY MASS READINGS FOR FEBRUARY

Sunday, January 28th (Fourth Sunday in Ordinary Time)

First Reading from the Book of Deuteronomy 18:15-20 - Moses tells the people that God will raise up a prophet from among them whom they should listen to for God will put His words in the mouth of the prophet. Anyone who does not listen to God's words will have to answer to it. Anyone who speaks in the name of other gods will die.

Responsive Psalm 95:1-2, 6-7, 7-9 - "If today you hear his voice, harden not your hearts."

Epistle Reading from St. Paul's First Letter to the Corinthians 7:32-35 - Paul tells the people of Corinth that they should avoid all anxieties. Married or unmarried men and married or unmarried women all exhibit anxieties. Paul says that, for their own sakes, they all should be restrained and adhere to the Lord without distraction.

Gospel of Mark 1:21-28 - Jesus and his disciples went to Capernaum on the Sabbath and Jesus taught in the synagogue. The people were amazed that Jesus taught with authority, not as the Scribes taught. In the synagogue was a man possessed by an unclean spirit who rebuked Jesus for having come to destroy the people. The spirit within the man called out to Jesus in anger. Jesus told the spirit to come out of the man, which happened immediately. The people were amazed that Jesus commanded the unclean spirit who obeyed Him. And Jesus' fame spread throughout the region of Galilee.

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Sunday, February 4th (Fifth Sunday in Ordinary Time)

First Reading from Job 7:1-4, 6-7 - Job laments about the drudgery of life and the misery that has been allotted to him. To him, life is without hope and he exclaims that he will never see happiness again.

Responsive Psalm 147:1-2, 3-4, 5-6 - "Praise the Lord, who heals the brokenhearted."

Epistle Reading from St. Paul's First Letter to the Corinthians 9:16-19, 22-23 - Paul says that woe will befall him if he does not preach the Gospel. He teaches the Good News freely, becoming weak to help heal the weak. He says he teaches the Gospel so that he may have a share in that same Gospel message.

Gospel of Mark 1:29-39 - Jesus goes to the house of Simon (Peter) and Andrew and heals the mother-in-law of Simon who was ill with a fever. At night, many people came to Him and he healed them of their various diseases, and drove out demons who possessed some of them. The next day Jesus went into nearby villages and preached in their synagogues and drove out more devils throughout Galilee.

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Sunday, February 11th (Sixth Sunday in Ordinary Time)

First Reading from the Book of Leviticus 13:1-2, 44-46 - The Lord spoke to Moses and Aaron and prescribed how those with scabs or blotches or sores of leprosy should be declared unclean and when walking should cry out "Unclean." Those with the disease should live outside their camp as long as they were unclean.

Responsive Psalm 32:1-2, 5, 11 - "I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation."

Epistle Reading from St. Paul's First Letter to the Corinthians 10:31-11:1 - Paul exhorted the people to do everything they did for the glory of God. They should not offend Jew or Greek. They should be imitators of Paul, just as Paul is an imitator of Christ.

Gospel of Mark 1:40-45 - A leper went to Jesus, knelt down and begged Jesus to cure him, which Jesus did by simply touching him. The man was made clean immediately. Jesus warned the man to tell no one anything but to go directly to the high priest, show himself as clean and be freed of the scourge of the disease. The man did that but also spread the word far and wide that Jesus had cured him, which forced Jesus to go into a deserted area because people kept trying to find him to ask for more cures.



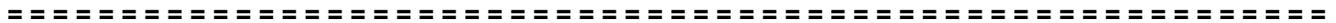
Sunday, February 18th (First Sunday of Lent)

First Reading from the Book of Genesis 9:8-15 - God establishes a covenant with Noah and his sons promising that the world will never again be destroyed by flood waters; and that no humans nor other living creatures will ever be consumed by water. God's promise is accompanied by the sign of a rainbow in the clouds.

Responsive Psalm 25:4-5, 6-7, 8-9 - "Your ways, O Lord, are love and truth to those who keep your covenant."

Epistle Reading from the First Letter of Peter 3:18-22 - Christ suffered for sins that He might lead the unrighteous to God. Though Christ was put to death, He was brought back to life by the Spirit. The readers are reminded about Noah and the other few who were saved on the ark as a prefiguring of baptism in Christ.

Gospel of Mark 1:12-15 - Mark's version of Jesus remaining in the desert for forty days, living among the wild beasts, being tempted by the devil, and being ministered to by the angels. Upon returning to Galilee, Jesus proclaimed the Gospel of God, telling the people that they must repent for the kingdom of God is at hand.



Sunday, February 25th (Second Sunday of Lent)

First Reading from the Book Genesis 22:1-2, 9, 10-13, 15-18 - God puts Abraham to the test by ordering him to take his son Isaac and offer him as a holocaust to God. Abraham is willing to sacrifice his son if that is God's will. Abraham built an altar, put wood on it and was prepared to slaughter his son. But, God stopped Abraham and told him not to harm the boy. God saw how devoted Abraham was and provided a ram instead for the burnt offering. The Lord told Abraham that, because of his devotion to God, Abraham would be made the father of Israel and his descendants would be as numerous as the stars in the sky. All of this because he obeyed God's command.

Responsive Psalm 116:10, 15, 16-17, 18-19 - "I will walk before the Lord, in the land of the living."

Epistle Reading from St. Paul's Letter to the Romans 8:31-34 - If God is for us, who can be against us? If God handed over His Son on our behalf, He will give us everything we need. If God acquits us, who can condemn us? Jesus who was raised and now sits at the right hand of God will intercede for us.

Gospel of Mark 9:2-10 - Mark's version of the Transfiguration of Jesus on the mountain top in the presence of Peter, James and John. Jesus' clothes became dazzling white and Moses and Elijah appeared with them on the mountain. A voice from the clouds above them said that "This is my beloved Son. Listen to Him." The disciples were terrified at what was happening. On the way down the mountain, Jesus told them not to tell anyone what they experienced.



Holy Family Catholic Church

American Canyon, CA

DAILY READINGS FOR FEBRUARY



Monday, January 29th

2 Samuel 15:13-14, 30;
16:5-13
Psalm 3:2-3, 4-5, 6-7
Mark 5:1-20

Tuesday, January 30th

2 Samuel 18:9-10, 14,
24-25, 30-19:3
Psalm 86:1-2, 3-4, 5-6
Mark 5:21-43

Wednesday, January 31st

2 Samuel 24:2, 9-17
Psalm 32:1-2, 5, 6, 7
Mark 6:1-6

Thursday, February 1st

1 Kings 2:1-4, 10-12
1 Chronicles 29:10, 11-12
Mark 6:7-13

Friday, February 2nd

(Feast of the Presentation)

Malachi 3:1-4
Psalm 24:7, 8, 9, 10
Hebrews 2:14-18
Luke 2:22-40

Saturday, February 3rd

1 Kings 3:4-13
Psalm 119:9-14
Mark 6:30-34

Monday, February 5th

1 Kings 8:1-7, 9-13
Psalm 132:6-7, 8-10
Mark 6:53-56

Tuesday, February 6th

1 Kings 8:22-23, 27-30
Psalm 84:3, 4, 5 and 10, 11
Mark 7:1-13

Wednesday, February 7th

1 Kings 10:1-10
Psalm 37:5-6, 30-31, 39-40
Mark 7:14-23

Thursday, February 8th

1 Kings 11:4-13
Psalm 106:3-4, 35-37 and 40
Mark 7:24-30

Friday, February 9th

1 Kings 11:29-32; 12:19
Psalm 81:10-15
Mark 7:31-37

Saturday, February 10th

1 Kgs 12:26-32; 13:33-34
Psalm 106:6-7, 19-20, 21-22
Mark 8:1-10

Monday, February 12th

James 1:1-11
Psalm 119:67, 68, 71, 72,
75, 76
Mark 8:11-13

Tuesday, February 13th

James 1:12-18
Psalm 94:12-15, 18-19
Mark 8:14-21

Wednesday, February 14th

(Ash Wednesday)

Joel 2:12-18
Psalm 51:3-6, 12-14 and 17
2 Corinthians 5:20-6:2
Matthew 6:1-6, 16-18

Thursday, February 15th

Deuteronomy 30:15-20
Psalm 1:1-2, 3, 4 and 6
Luke 9:22-25

Friday, February 16th

Isaiah 58:1-9
Psalm 51:3-4, 5-6, 18-19
Matthew 9:14-15

Saturday, February 17th

Isaiah 58:9-14
Psalm 86:1-2, 3-4, 5-6
Luke 5:27-32

Monday, February 19th

Leviticus 19:1-2, 11-18
Psalm 19:8, 9, 10, 15
Matthew 25:31-46

Tuesday, February 20th

Isaiah 55:10-11
Psalm 34:4-7, 16-19
Matthew 6:7-15

Wednesday, February 21st

Jonah 3:1-10
Psalm 51:3-4, 12-13, 18-19
Luke 11:29-32

Thursday, February 22nd

1 Peter 5:1-4
Psalm 23:1-3, 4, 5, 6
Matthew 16:13-19

Friday, February 23rd

Ezekiel 18:21-28
Psalm 130:1-8
Matthew 5:20-26

Saturday, February 24th

Deuteronomy 26:16-19
Psalm 119:1-2, 4-5, 7-8
Matthew 5:43-48

Monday, February 26th

Daniel 9:4-10
Psalm 79:8, 9, 11 and 13
Luke 6:36-38

Tuesday, February 27th

Isaiah 1:10, 16-20
Psalm 50:8-9, 16-17, 21, 23
Matthew 23:1-12

Wednesday, February 28th

Jeremiah 18:18-20
Psalm 31:5-6, 14, 15-16
Matthew 20:17-28

Thursday, February 29th

Jeremiah 17:5-10
Psalm 1:1-2, 3, 4 and 6
Luke 16:19-31

GRACE

In Father Fred’s *Pastor’s Corner* in the January Bulletin, he mentioned that 2024 would be a “Year of **Grace**” as declared by the Vatican. To introduce this concept, Pope Francis began the new year by urging his fellow Catholics to entrust 2024 to the Mother of God, who “knows our needs” and always intercedes to “make **grace** overflow in our lives.”

Throughout his sermon, the Pope reflected on Mary’s significance as the Mother of God, a title first attributed to the Blessed Mother at the Council of Ephesus in 431 AD in order to underscore the divinity of Christ. Through our devotion to her, we receive from Jesus the **grace** we need during the year of 2024.

But what is “grace?” The website *Bible Study Tools* points out six types of grace ==>

1. God’s Salvation Grace: God is willing to forgive ours sins and welcome us into heaven.
2. God’s Numerous Grace: If we believe in Jesus, those sins are forgiven any number of times by the grace of God.
3. God’s Forgiveness Grace: When our own sins are forgiven, it gives us the insight to forgive the faults and sins of others against us.
4. God’s New Grace: Every new day, hour, and breath is a chance for us to act better and display more of the fruits of the Spirit toward others.
5. God’s Freedom Grace: We are given the freedom by God to be faithful to our Creator who continually loves us.
6. God’s Future Grace: The future is easier to face when you have a hand to hold. That’s grace—the feeling that we’re never alone.

REL. ED. EVENTS ARE UPON US!

Confirmation Retreat for the 2nd Year Confirmation students will be on Saturday, February 3, 2024 from 1:00 pm to 6:30 pm. Reconciliation will be on Saturday, February 10th, 2024 at 10:00 am.

DISTRIBUTION OF ASHES



Wednesday, February 14th at 8:30 am Mass and 7:30 pm Mass. And during the day at church from 9:30 am to 2:30 pm

LENTEN SCRIPTURE READINGS

First Week in Lent (February 18-24)
 Genesis 9:8-17 Psalm 25:1-10
 1 Peter 3:18-22 Mark 1:9-15

Second Week in Lent (February 25-March 2)
 Genesis 17:1-7, 15-16 Psalm 22:23-31
 Romans 4:13-15 Mark 8:31-18



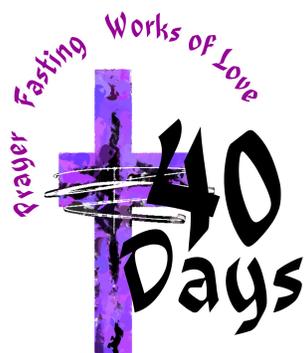
© 2011 Glenn and Gary McCoy/Dist. by Universal Uclick 3/25 Glenn

When a music conductor calls out “Lento!” the meaning is for the orchestra to slow down (taken from the Latin *lentus* meaning slow). When I have lent someone something, I’m using the past participle of to lend. When the Church calendar talks about Lent (taken from the Middle English *lente* meaning “spring”), it refers to the 40 day period from Ash Wednesday to Good Friday and then Holy Saturday. The three different terms have no connection to one another - and we’ll concentrate only on the third: the time period in the “spring” that the Church refers to as **Lent**.

This year, Lent will be from February 14th (Ash Wednesday) through March 30th (Holy Saturday). The 40 days - non including Sundays - of Lent commemorate the 40 days that Jesus spent fasting and praying in the desert, enduring temptations by Satan at the end of that period. All of this is recorded in the Gospels of Matthew, Mark and Luke. Spend some time during Lent and read the bible passages about these 40 days.

During our Lenten time this year, we are asked to fast and abstain from meat according to the proscriptions noted on the cover of this bulletin.

We are also encouraged to sacrifice something during Lent for the purpose of remembering the sacrifices Jesus made for all of humanity during His time on earth. Some people sacrifice by giving up some luxury in the name of Jesus (such as movies, chocolate, beer, soda, pizza, gossip, lattes, etc.). This only has grace-filling value if you are aware of the item you are giving up and include the sacrifice as part of your daily prayer. It’s like a New Year’s Resolution, only a Lenten Church Resolution!



Rather than give something up for Lent, some people choose to add something into their life that provides a grace-filling opportunity. This might include committing to better recycling efforts during Lent, volunteering at church or some community project, spending more quality time with your spouse or children, taking on neglected chores, doing more spiritual reading or more praying, and so on. Again, for any of these to be significant, they should be done intentionally with a spiritual intention about them.

1st reader / 2nd reader

Weekend of January 27/28

5:15: David Mezzera / Melita Negranza
7:30: Davet Mohammed / Roselle Tamoro
9:30: Josie Rubang / Marie Walton
11:30: Nidia Romabiles / Xochtil Rivera (Esp.)

Weekend of February 3/4

5:15: MFC / MFC
7:30: Leslie Gaffen / Roselle Tamoro
9:30: Bill Walton / Marie Walton
11:30: Suzette Yturalde / Marina Maldonado (Esp.)

Weekend of February 10/11

5:15: Debbie Adams / Rolly Negranza
7:30: Davet Mohammed / Rose Borja
9:30: Josie Rubang / Betty Lorenz
11:30: Rose Tamoro / Xochtil Rivera (Esp.)

Weekend of February 17/18

5:15: Romy Blanquera / Catherine Pott
7:30: Leslie Gaffney / Davet Mohammed
9:30: Teri Urrutia / Bill Walton
11:30: Gabriella David / Christiana Mahoney (Youth)

Weekend of February 24/25

5:15: Frank Lee / Melita Negranza
7:30: Hemmy Bacareza / Greg Bacareza
9:30: Rona Yacob / Marie Walton
11:30: Nidia Romabiles / Francisco Jimenez (Esp.)

EM SCHEDULES

Eucharistic Ministers' stations: (1) Knights of Columbus Room (2) Lobby (3) CCD Room

Weekend of January 27/28

5:15: Shirlese Hayes
7:30: Leslie Gaffney
9:30: (1) Bill Walton / (2) Frank Lee / (3) Romy Blanquera
11:30: (1) Danny Barcelon / (2) Francisco J. / (3) Kevin Belton

Weekend of February 3/4

5:15: MFC
7:30: Nina Tolentino
9:30: (1) Betty Lorenz / (2) Erika Myers / (3) Rex Samaniego
11:30: (1) Danny Barcelon / (2) Marnel Yturalde / (3) F. Jimenez

Weekend of February 10/11

5:15: Shirlese Hayes
7:30: Maria Leach
9:30: (1) Dolly Flores / (2) Norma Flores / (3) Marie Walton
11:30: (1) Percy Barcen / (2) Suzette Yturalde / (3) Marina M.

Weekend of February 17/18

5:15: David Pott
7:30: Maria Leach
9:30: (1) Rex Samaniego / (2) Dolly Flores / (3) Norma Flores
11:30: (1) R. Tamoro / (2) Francisco Jimenez / (3) Ana Rosa Aranas

Weekend of February 24/25

5:15: Bannie Lee
7:30: Nina Tolentino
9:30: (1) Erika Myers / (2) Betty Lorenz / (3) Maria Leach
11:30: (1) Numer Tamoro / (2) Rose Tamoro / (3) Kevin Belton