

# The Way



**SAINT BRIGID**  
— PARISH —

ENCOUNTER • LOVE • SERVE • JESUS • ONE ANOTHER • THE WORLD

**SECOND SUNDAY OF LENT • WEEK OF FEBRUARY 28**

[saintbrigidparish.org](http://saintbrigidparish.org) 4735 Cass Street San Diego, CA 92109 858.483.3030

MASSES: SATURDAY 5:30 pm (indoors and livestreamed), SUNDAY 7:30, 11 am, and 5:30 pm (indoors), 9 am (outdoors)  
DAILY 7:30 am (indoors, Monday–Saturday) EUCHARISTIC ADORATION: Thursdays 8 am–8 pm  
RECONCILIATION: SATURDAYS 4–5 pm and by appointment



@SaintBrigidSD

**WELCOME** We are so glad that you are here with us! At Saint Brigid Parish, we join together in community to encounter and love Jesus and one another, so we can go out and be disciples who serve the world. Come be a part of the mission with us! Whether you're a long-time parishioner, visitor, church shopper, or making your way back to practicing your faith, there is always a place for you here. We hope that by gathering to pray, grow, and love, we all can learn to live like Jesus and become who we are called to be.

## CLERGY CORNER Deacon Mike Daniels



Lent is different this year. This past year, we have been living a life where sacrifice is the new normal. For our good, and the good of our neighbor, we have abstained from social events and strapped on masks for any and every outing. We have skipped vacations. We have endured mental, emotional, and spiritual fatigue that comes with months of uncertainty and anxiety. Emotionally, the pandemic has taken a toll on each one of us in ways we might not even realize.

Lent this year is a time to reflect on how we responded to the challenges we faced throughout the year. Do we need to ask anyone for forgiveness? Is there a change we need to make from what we learned about ourselves?

Maybe this year, Lent should be different. This year during Lent, let us all take time to think about how we should live as a community, protect each other from illness, finding new and better ways of taking care of each other in the years to come. Rather than give something up this year, let's seek out neighbors or fellow parishioners who have genuinely suffered this past year and bring some love and joy to them. This Lent, let us pray and fast, but let's also reach out and love someone. Let's make this Lent a time of healing not only our bodies but also our souls. This Lent, let's find someone who needs our love and love them back to health and hope.

Let's make 2021 the Lent of Love.

## WEEKLY SCRIPTURE AND SAINTS

Grow in union with the whole Catholic Church, the Body of Christ. Be inspired by the Word of God and the lives of the Saints this week.

Sunday	Mark 9:2-10	St. Hilary, Pope
Monday	Luke 6:36-38	St. David
Tuesday	Matthew 23:1-12	St. Angela of the Cross
Wednesday	Matthew 20:17-28	St. Katharine Drexel
Thursday	Luke 16:19-31	St. Casimir
Friday	Matthew 21:33-43, 45-46	St. Theophilus
Saturday	Luke 15:1-3, 11-32	St. Colette

Scan the QR code below to explore all of the daily readings.



All you holy men and women, pray for us!

How can we pray for you?  
You are welcome to submit any personal prayer requests at [saintbrigidparish.org/prayer-request](https://saintbrigidparish.org/prayer-request).

# LENTEN PRACTICES

## Fasting and Abstinence

Why do we fast and abstain?

During Lent we fast in order to practice spiritual self-discipline in preparation for Easter, the greatest holy day of the year. We fast from food on Ash Wednesday and Good Friday by eating one full meal and two smaller meals that together do not equal the full meal. Additionally, we abstain from meat on these two days and all Fridays. Abstaining from meat on Fridays during Lent commemorates Christ's crucifixion on Good Friday. Fasting is expected for Catholic adults age 18–59, while abstinence from meat is expected from age 14 onwards. Pregnant and nursing mothers, as well as those suffering from a chronic illness such as diabetes are exempt from fasting—and abstinence, should they choose.

Caring for creation...consider eating extra meatless meals:

Consider abstaining from meat on additional days during Lent out of care for creation. This choice respects the environment, as animal agriculture is one of the key contributors to climate change. Additionally, eating more plant-based food fights world hunger. Farmers can grow significantly more plant food than meat on a single acre of land, thereby feeding more people with fewer resources. Lastly, eating more plant-based foods allows for more humane treatment of animals and improves our own health. Why not consider cooking or eating out a few extra meatless meals this Lent? The options are abundant in San Diego. By eating more simply, we stand in solidarity with the earth, people facing food insecurity, and all animal life created by God.



## Stations of the Cross

What are Stations of the Cross and why do we pray them? Stations of the Cross are a powerful prayer experience and favorite Lenten practice that allow us to meditate and walk with Jesus as He carried His cross on the day He died (also known as Good Friday). In the Gospels, Jesus says that those who want to be a disciple must take up their cross and follow Him. Stations of the Cross are an opportunity for each of us to reflect, pray, and enter into the reality of the cross of Jesus. Through this devotion, we hope to better understand His immense love for each and every one of us.



Join us every Friday during Lent: We invite you to pray Stations in person every Friday at 5 pm in the church. Or if you are unable to join us in person, watch it via livestream on our website. Check out [saintbrigidparish.org/stations](http://saintbrigidparish.org/stations) for the livestream link and additional resources.

# THE WAY OF A DISCIPLE

## PROVIDING FOOD FOR THE HUNGRY

### FOOD DISTRIBUTION MINISTRY

Tuesdays, 9:30–11:30 am

“When I was hungry, you gave me food” Mt 25:35

Almost a year ago, amidst the coronavirus outbreak and subsequent closures, our Knights of Columbus responded to Jesus’ words in a tangible way. They agreed to take on the coordination of our food distribution partnership with Catholic Charities and San Diego Food Bank. Through their leadership, and with the help of many Saint Brigid parishioners, the ministry has thrived! Each week, between 80 and 100 families come through our contact-free drive-thru line to receive bags of perishable and nonperishable groceries. Groceries are delivered to those who are homebound.

To better serve the growing needs of the ministry, the Knights of Columbus remodeled one of the rooms adjacent to our church and turned it into a food pantry. They painted and added new flooring and baseboards, industrial shelving, a large refrigerator, and a 3-door freezer.

We are grateful to the Knights and all who enable our parish to help bring God’s provision to our neighbors—especially when so many are facing COVID-19 related financial hardships. It takes many hands and smiling faces to serve this ministry! Here are some ways you can help:



- Pack the individual grocery bags.
- Organize the food pantry, fridge, and freezer.
- Deliver groceries to our homebound guests.
- Donate unopened perishable items and/or donate funds to Saint Brigid Parish and designate your gift to “food distribution.” Funds received will go directly to food and supplies.

Contact: Sergio at [pgk358@yahoo.com](mailto:pgk358@yahoo.com) or 619.823.8885

“You see the smile when they get the food...and see how grateful they are, knowing they don’t have to go home and tell their kids there won’t be enough food for dinner tonight.”

## ONGOING WAYS TO ENCOUNTER, LOVE, AND SERVE

### PRAYER

Adoration, nightWATCH, Centering Prayer, Healing Prayer  
[saintbrigidparish.org/pray](http://saintbrigidparish.org/pray)

### CARE AND SUPPORT

Homebound, Bereavement, Mental Health, 12-Step Recovery, Divorce Support,  
[saintbrigidparish.org/care-and-support](http://saintbrigidparish.org/care-and-support)

### COMMUNITIES

Youth, Young Adults, Families, Adults, Active 60s+, Seniors, Knights of Columbus  
[saintbrigidparish.org/communities](http://saintbrigidparish.org/communities)

### SERVE

Neighbors in Need, Liturgical Ministry, Music Ministry, Hospitality, Faith Formation, Food Distribution  
[saintbrigidparish.org/serve](http://saintbrigidparish.org/serve)

 Looking for more? Find details about parish groups for all interests and seasons of life at [saintbrigidparish.org](http://saintbrigidparish.org).

# CELEBRATING OUR COMMUNITY

## CELEBRATING THE SACRAMENT OF FIRST COMMUNION

Saint Brigid Parish has prepared many children to receive the Sacrament of First Communion safely during the COVID-19 pandemic. Let us pray for and welcome fully to the celebration of the Eucharist all of the children initiated June–October 2020:

June 2020  
Jack Haseley

July 2020  
Lena Asaro  
Aleena MacDonald  
Kieran Grasso  
Sebastian Conn  
Madeleine Lanzel  
Myles Lanzel  
Bryn Bundonis

August 2020  
Grace Klein  
Lucy Worm  
Kristina Cunningham  
Lilianna Gutierrez

September 2020  
Vienna Tovar  
Rhianna Manley



September 2020 (cont.)  
Julianna Gallus  
Connor Reck  
Gauge Reck  
Bryn Purvis  
Alexa McCloskey  
Micaela Torres  
Catalina Garcia

October 2020  
Austin Miller  
Cole Miller  
Adam Cox  
Jesse Cox  
Kennedy Cousino  
David Gleason  
Emmet Corridan  
Roman Obrzut  
Weston Brown

### SACRAMENTS AND FORMATION

## SACRAMENTS OF INITIATION



### BAPTISM

Infants: Parents & Godparents attend an orientation dinner.

Information: [saintbrigidparish.org/baptism](http://saintbrigidparish.org/baptism). Adults: prepare in RCIA [lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org)



### FIRST COMMUNION

Children: 2-year process (starting grade 1)

[gayle@saintbrigidparish.org](mailto:gayle@saintbrigidparish.org)

Adults: prepare in RCIA [lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org)



### CONFIRMATION

Teens: 2-year process (starting grade 9)

[vita@saintbrigidparish.org](mailto:vita@saintbrigidparish.org)

Adults: prepare in RCIA [lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org)

## SACRAMENTS OF HEALING



### RECONCILIATION

Saturdays 4–5 pm & by appointment.

Preparation: Children, 2-year process (starting grade 1) [gayle@saintbrigidparish.org](mailto:gayle@saintbrigidparish.org)

Adults, prepare in RCIA [lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org)



### ANOINTING OF THE SICK

To Inquire about or request this sacrament, please call the parish office.

858.483.3030

## SACRAMENTS OF VOCATION



### MATRIMONY

9-month accompaniment process.

[saintbrigidparish.org/marriage](http://saintbrigidparish.org/marriage)  
[weddings@saintbrigidparish.org](mailto:weddings@saintbrigidparish.org)



### HOLY ORDERS

Schedule a time to chat with one of our clergy, or check out our website. [saintbrigidparish.org/holy-orders](http://saintbrigidparish.org/holy-orders)

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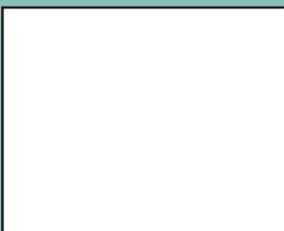
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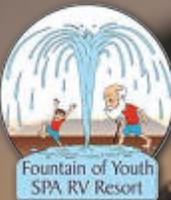
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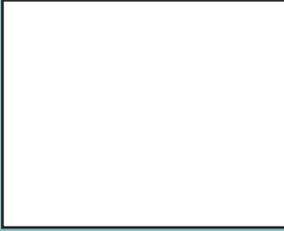
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# OPPORTUNITIES FOR FAITH, FELLOWSHIP, AND SERVICE

*Fish Fridays in Lent*

Each Friday, pick up your meat-free dinner from the Knights of Columbus! Place your order and pay in advance online. Scan the QR code or check out [saintbrigidparish.org/lent](http://saintbrigidparish.org/lent) for more info.






- MAR 2** Catholic Charities Parish Partner Food Distribution  
9:30 am–12:30 pm Parking Lot  
We distribute food packages to qualifying households through either pick-up or home delivery. More info and sign up to receive or serve: [saintbrigidparish.org/food-distribution-covid-19](http://saintbrigidparish.org/food-distribution-covid-19)
- MAR 4** Eucharistic Adoration  
8 am–8 pm Church  
Come pray and be in the presence of Jesus. Join in person or via livestream at 3 pm to pray the Divine Mercy Chaplet.
- MAR 4** Lenten Reconciliation (Confession)  
5–7 pm Church  
In addition to our regularly scheduled weekly time, the Sacrament of Reconciliation will be offered during Eucharistic Adoration on Thursday evenings in March.
- MAR 5** Stations of the Cross and Takeout Fish Dinner  
4–7 pm Online, Church, and Parish Hall  
Pray the Stations of the Cross with us in the church or via livestream, starting at 5 pm. See page 3 for more details on Stations. Check out the top of this page for info on fish dinner; place your order by Wednesday at 7 pm.



## RECURRING EVENTS

### Sunday

Healing Prayer Time (1st)  
10–11 am (by phone/zoom)

### Monday

Catholic in Recovery Men's Group  
7 pm (virtual)

Neighbors in Need (2nd and 4th)  
4:30–6:15 pm (to-go meals)

### Tuesday

Catholic Charities Food Distribution  
9:30 am–12:30 pm

Centering Prayer  
4–5 pm (virtual)

High School Youth Group  
6:15–7:30 pm (virtual)

### Wednesday

Young Adults Bible Study  
7:30–9 pm (virtual)

### Thursday

Eucharistic Adoration  
8 am–8 pm

Divine Mercy Chaplet (sung)  
3–4 pm

### Friday

Morning walk (social distancing with face coverings) 9:30–11 am

### Saturday

Reconciliation  
4–5 pm

Scan here for full parish calendar







Calendar of Events:  
[sandiegocac.org/events](http://sandiegocac.org/events)  
Contact:  
Nancy Wesseln  
[nancy@sandiegocac.org](mailto:nancy@sandiegocac.org)  
858.847.0724

The San Diego Catholic Adult Community (CAC)—a partnership between Saint Brigid Parish and several local parishes—provides activities and a social network for single, married, divorced, and widowed adults.