

3rd Sunday of Lent

March 7, 2021

St. Gabriel Catholic Church
13734 Twin Peaks Road, Poway

Phone: 858-748-5348

Text to Give: 858-771-2284

Website: www.saintgabrielschurch.com

Email: office@saintgabrielschurch.com

Very Reverend Michael Froidurot, Pastor
Rev. Patrick Murphy, Senior Associate
Rev. Chuck Fuld
Rev. James Rafferty
Rev. Hal Tindall, Retired
Deacon Ricardo Elizondo

Mass Schedule

Saturday 5pm Mass

Sunday 8:30am Mass (Livestreamed)

10:30am Mass

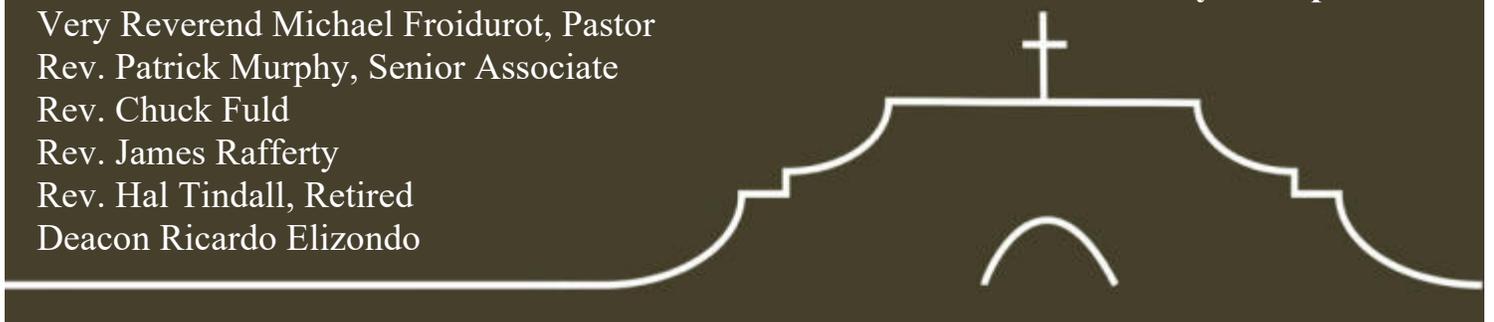
12:30pm Bilingual Mass

5pm Mass

Monday & Wednesday 9am Mass

Tuesday & Thursday 6pm Mass

Friday 12:10pm Mass



Mass Intentions

Saturday, March 6 5pm Mass <i>3rd Sunday of Lent</i>	Marcella Hintze, dec.
Sunday, March 7 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5pm Mass <i>3rd Sunday of Lent</i>	John Nuovo, dec. Robin McBride, dec. Francisco Rangel, dec. Martha & Dick Lyles, int. .
Monday, March 8 9am Mass	Bill Warne, dec.
Tuesday, March 9 6pm Mass	Joanne McMahon, dec.
Wednesday, March 10 9am Mass	Santiago C. Lim, dec.
Thursday, March 11 6pm Mass	Patrick Szoka, dec.
Friday, March 12 12:10pm Mass	Fr. Bill Leininger, dec. .
Saturday, March 13 5pm Mass <i>4th Sunday of Lent</i>	Ginny Sutherin, dec.
Sunday, March 14 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5pm Mass <i>4th Sunday of Lent</i>	James Speth, int. Tomas Jimenez, Jr., dec. Hermelinda Hernandez, dec. George Agrimis, dec. .

Prayer List

Please keep the following members of our faith community in your prayers.

Agrimis Family	Len Lingat
Diane Borzych	Jeric Macatuno
Raudel Cortez Castañeda	Liza Macatuno
A & K Dela Cruz	Phyllis Merino
Rose Marie Dishman	Neagle Family
Chelsea & Colin Gragnano	David Saunders
Paulo Ruiz Ibarra	Cristy Tiglao
Ann Jaburg	Naty Tiglao
Don Janiuk	Eddie Vaquerano
Lynn Kondzela	Nina Wojtalewicz
Wendy Kondzela	
Marjorie Kramer	

Name(s) will remain on the prayer list for 2 months during which time parishioners and priests pray for the specific healing need of the individual. **After that time, trust in the Lord as He continues to embrace you.**

Lord, we lift up all those who are facing illness today. We ask You to bring healing, comfort and peace to their bodies, calm their fears and let them experience the healing power of Your love. Amen.

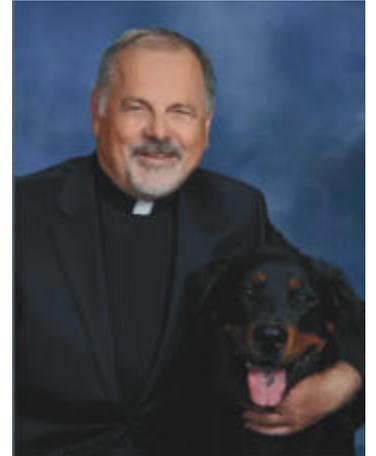
Prayer for the Third Sunday of Lent

*Jesus, Messiah,
 help us to see You at work in our lives
 especially in moments
 where we feel alone and discouraged.
 Help us to cry out Your coming,
 and to hear the prophets
 of the Good News
 whom You send to encourage and
 remind us
 You are already here.
 Amen.*

A note from the Pastor...

Dear St. Gabriel Family,

In today's Gospel, we hear about Jesus in Jerusalem celebrating the Passover. He enters the temple and finds people quite busy – busy about their own business with their own greed and intentions as the focus of their hearts. What some might view as a display of Jesus' temper is actually a wake-up call that echoes all these years later. Jesus wants the people in the temple that day and everyone else forever after to hear Him as he declares love and the intentions of our hearts to be God's true measure. God calls us to a love and trust in Him that forsakes all else. With this type of grace, we cannot help but act and live, both in the temple and in every moment of our lives, as followers of Christ.

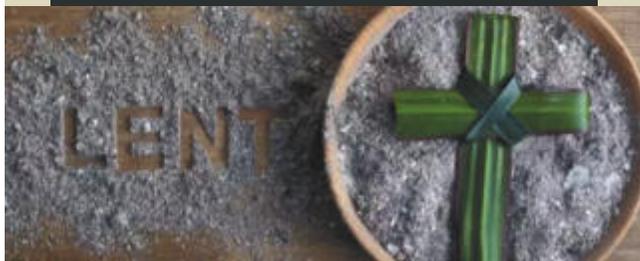


In this season of Lent, almsgiving is one of the pillars of our Christian life. Jesus' actions at the temple are not a condemnation of almsgiving, but rather a condemnation of everything that stands in the way of true Christian giving: greed, selfishness, and a lack of trust in the Almighty. There are so many opportunities for giving this Lent. If you have not already participated in the Annual Catholic Appeal, please visit www.stgabrielspoway.org/aca and consider doing so. You can be assured that the ministries and causes supported by this Appeal directly support the work of Christ's love in our communities. Next week is also the Annual Lenten Collection, which supports Catholic Relief Services, especially in their work in the poorest countries. Open your hearts this Lent. Trust in God and consider putting the control into His hands. Give generously and without hesitation because this is exactly where Christ is calling our hearts to be.

In His Service,

Very Reverend Michael Froidurot

THIS WEEK



Let's join together as a community of faith this Lenten season.

www.stgabrielspoway.org/lent

Join us on the journey.

40 Days of Lent: St. Gabriel Daily Reflections

Join anytime! Videos are available at www.stgabrielspoway.org/lent. Spend a few minutes in prayer with us each day!

Virtual Stations of the Cross

*This week: St. Gabriel St. Vincent de Paul
Thank you to St. Gabriel St. Vincent de Paul for this beautiful representation of Christ's Passion.*

The Search: Episode 3

Visit www.stgabrielspoway.org/lent for a link to the second episode of The Search! Take a deeper look at what you seek. What is that deep longing in our hearts all about?

This Sunday's Readings

First Reading: Exodus 20: 1-17

In those days, God delivered all these commandments:

“I, the LORD, am your God,
who brought you out of the land of Egypt, that place of slavery.

You shall not have other gods besides me.

You shall not carve idols for yourselves
in the shape of anything in the sky above
or on the earth below or in the waters beneath the earth;
you shall not bow down before them or worship them.

For I, the LORD, your God, am a jealous God,
inflicting punishment for their fathers' wickedness
on the children of those who hate me,
down to the third and fourth generation;
but bestowing mercy down to the thousandth generation
on the children of those who love me and keep my
commandments.

“You shall not take the name of the LORD, your God, in vain.

For the LORD will not leave unpunished
the one who takes his name in vain.

“Remember to keep holy the sabbath day.

Six days you may labor and do all your work,
but the seventh day is the sabbath of the LORD, your God.

No work may be done then either by you, or your son or daughter,
or your male or female slave, or your beast,
or by the alien who lives with you.

In six days the LORD made the heavens and the earth,
the sea and all that is in them;
but on the seventh day he rested.

That is why the LORD has blessed the sabbath day and made it
holy.

“Honor your father and your mother,
that you may have a long life in the land
which the LORD, your God, is giving you.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house.

You shall not covet your neighbor's wife,
nor his male or female slave, nor his ox or ass,
nor anything else that belongs to him.”

Responsorial Psalm: Psalm 19: 8, 9, 10, 11

R. Lord, you have the words of everlasting life.

The law of the LORD is perfect, refreshing the soul;
The decree of the LORD is trustworthy,
giving wisdom to the simple.

R. Lord, you have the words of everlasting life.

The precepts of the LORD are right, rejoicing the heart;
the command of the LORD is clear,
enlightening the eye.

R. Lord, you have the words of everlasting life.

The fear of the LORD is pure, enduring forever;
the ordinances of the LORD are true, all of them just.

R. Lord, you have the words of everlasting life.

They are more precious than gold, than a heap of purest gold;
sweeter also than syrup or honey from the comb.

R. Lord, you have the words of everlasting life.

Second Reading: 1 Corinthians 1: 22-25

Brothers and sisters:

Jews demand signs and Greeks look for wisdom,
but we proclaim Christ crucified,

a stumbling block to Jews and foolishness to Gentiles,
but to those who are called, Jews and Greeks alike,
Christ the power of God and the wisdom of God.

For the foolishness of God is wiser than human wisdom,
and the weakness of God is stronger than human strength.

Gospel: John 2: 13-25

Since the Passover of the Jews was near,
Jesus went up to Jerusalem. He found in the temple area
those who sold oxen, sheep, and doves, as well as the money
changers seated there.

He made a whip out of cords and drove them all out of the
temple area, with the sheep and oxen, and spilled the coins of
the money changers and overturned their tables,
and to those who sold doves he said,

“Take these out of here, and stop making my Father's house
a marketplace.” His disciples recalled the words of Scripture,
Zeal for your house will consume me. At this the Jews
answered and said to him,

“What sign can you show us for doing this?”

Jesus answered and said to them,

“Destroy this temple and in three days I will raise it up.”

The Jews said, “This temple has been under construction for
forty-six years, and you will raise it up in three days?”

But he was speaking about the temple of his body.

Therefore, when he was raised from the dead,
his disciples remembered that he had said this,
and they came to believe the Scripture
and the word Jesus had spoken.

While he was in Jerusalem for the feast of Passover,
many began to believe in his name
when they saw the signs he was doing.

But Jesus would not trust himself to them because he knew
them all, and did not need anyone to testify about human
nature. He himself understood it well.

he charged them not to relate what they had seen to
anyone, except when the Son of Man had risen from the
dead. So they kept the matter to themselves,
questioning what rising from the dead meant.

Este Domingo Lecturas

Primera Lectura: Exodus 20: 1-17

En aquellos días, el Señor promulgó estos preceptos para su pueblo en el monte Sinaí, diciendo: “Yo soy el Señor, tu Dios, que te sacó de la tierra de Egipto y de la esclavitud. No tendrás otros dioses fuera de mí; no te fabricarás ídolos ni imagen alguna de lo que hay arriba, en el cielo, o abajo, en la tierra, o en el agua, y debajo de la tierra. No adorarás nada de eso ni le rendirás culto, porque yo, el Señor, tu Dios, soy un Dios celoso, que castiga la maldad de los padres en los hijos hasta la tercera y cuarta generación de aquellos que me odian; pero soy misericordioso hasta la milésima generación de aquellos que me aman y cumplen mis mandamientos.

No harás mal uso del nombre del Señor, tu Dios, porque no dejará el Señor sin castigo a quien haga mal uso de su nombre.

Acuérdate de santificar el sábado. Seis días trabajarás y en ellos harás todos tus quehaceres; pero el día séptimo es día de descanso, dedicado al Señor, tu Dios. No harás en él trabajo alguno, ni tú, ni tu hijo, ni tu hija, ni tu esclavo, ni tu esclava, ni tus animales, ni el forastero que viva contigo. Porque en seis días hizo el Señor el cielo, la tierra, el mar y cuanto hay en ellos, pero el séptimo, descansó. Por eso bendijo el Señor el sábado y lo santificó.

Honra a tu padre y a tu madre para que vivas largos años en la tierra que el Señor, tu Dios, te va a dar. No matarás. No cometerás adulterio. No robarás. No darás falso testimonio contra tu prójimo. No codiciarás la casa de tu prójimo, ni a su mujer, ni a su esclavo, ni a su esclava, ni su buey, ni su burro, ni cosa alguna que le pertenezca”.

Salmo Responsorial 18: 8, 9, 10, 11

R. Tú tienes, Señor, palabras de vida eterna.

La ley del Señor es perfecta del todo
y reconforto el alma;
inmutables son las palabras del Señor
y hacen sabio al sencillo. R.

R. Tú tienes, Señor, palabras de vida eterna.

En los mandamientos del Señor hay rectitud
y alegría para el corazón;
son luz los preceptos del Señor
para alumbrar el camino. R.

R. Tú tienes, Señor, palabras de vida eterna.

La voluntad del Señor es santa
y para siempre estable;
los mandamientos del Señor son verdaderos
y enteramente justos. R.

R. Tú tienes, Señor, palabras de vida eterna.

Que te sean gratas las palabras de mi boca
y los anhelos de mi corazón.

Haz, Señor, que siempre te busque,
pues eres mi refugio y salvación. R.

R. Tú tienes, Señor, palabras de vida eterna.

Segunda Lectura: 1 Corinthians 1: 22-25

Hermanos: Los judíos exigen señales milagrosas y los paganos piden sabiduría. Pero nosotros predicamos a Cristo crucificado, que es escándalo para los judíos y locura para los paganos; en cambio, para los llamados, sean judíos o paganos, Cristo es la fuerza y la sabiduría de Dios. Porque la locura de Dios es más sabia que la sabiduría de los hombres, y la debilidad de Dios es más fuerte que la fuerza de los hombres.

Evangelio: John 2: 13-25

Cuando se acercaba la Pascua de los judíos, Jesús llegó a Jerusalén y encontró en el templo a los vendedores de bueyes, ovejas y palomas, y a los cambistas con sus mesas. Entonces hizo un látigo de cordeles y los echó del templo, con todo y sus ovejas y bueyes; a los cambistas les volcó las mesas y les tiró al suelo las monedas; y a los que vendían palomas les dijo: “Quiten todo de aquí y no conviertan en un mercado la casa de mi Padre”.

En ese momento, sus discípulos se acordaron de lo que estaba escrito: El celo de tu casa me devora.

Después intervinieron los judíos para preguntarle: “¿Qué señal nos das de que tienes autoridad para actuar así?” Jesús les respondió: “Destruyan este templo y en tres días lo reconstruiré”. Replicaron los judíos: “Cuarenta y seis años se ha llevado la construcción del templo, ¿y tú lo vas a levantar en tres días?”

Pero él hablaba del templo de su cuerpo. Por eso, cuando resucitó Jesús de entre los muertos, se acordaron sus discípulos de que había dicho aquello y creyeron en la Escritura y en las palabras que Jesús había dicho.

Mientras estuvo en Jerusalén para las fiestas de Pascua, muchos creyeron en él, al ver los prodigios que hacía. Pero Jesús no se fiaba de ellos, porque los conocía a todos y no necesitaba que nadie le descubriera lo que es el hombre, porque él sabía lo que hay en el hombre.

FREEDOM IN GOD'S COMMANDS

Connect! Sunday Reflection from LPI

I was recently talking with my kids about why we choose as a family to eat mostly health foods and avoid more unhealthy junk foods when possible. It was a basic talk on cause and effect. When we eat junk food, we start to feel bad because our bodies need veggies and protein to grow big and strong. Something that came up was the concept of free will and human beings' ability to choose freely for themselves which path they will take. This led the conversation to the reality that while everyone is free to choose, one cannot choose the consequences of those choices. I am free to choose to run on ice, but the nature of ice and the laws of gravity will eventually catch up to me. I am free to touch a fire, but I am not free to choose whether it burns or not.



This concept seems fairly straightforward, yet in today's culture there is a skewed sense of freedom. We forget we are a redeemed people, rescued from the grips of death by a God who has literally chased us down to bring us back to him. This skewed sense of freedom leads to so many misunderstandings about the Ten Commandments. Are they just arbitrary rules from ancient times meant to make us feel bad? Are they still applicable today? Couldn't we bend them to speak to modern man? But in the readings today, if we read closely, we see a different message. A message of a Father who is madly in love with his children. By following God's commands, we experience the true freedom of children being cared for by their Father.

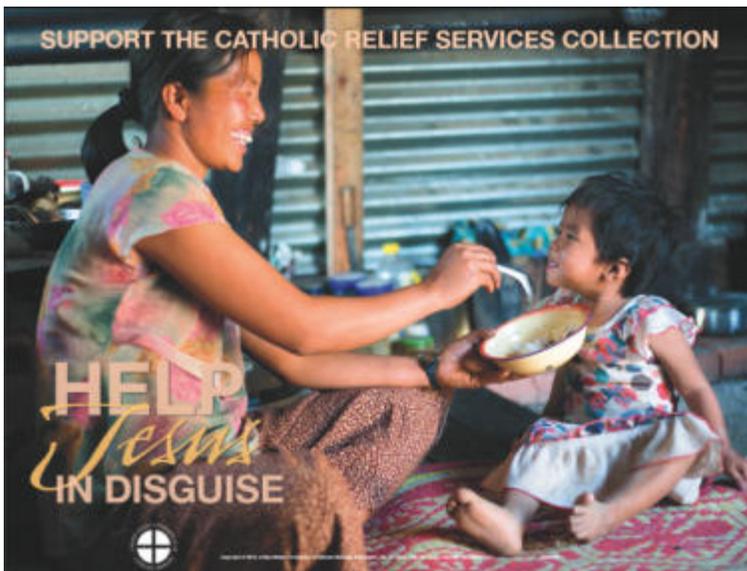
The first reading begins not with an admonition, but with a reminder of love: "I, the LORD, am your God, who brought you out of the land of Egypt, that place of slavery." Before the Commandments are given, God reminds His people that He is a God that is on their side. They were once living in oppression as slaves, but it was God who brought them freedom. It's important to read the following verses in this context. God doesn't set out a long list of rules to control or harm His people, rather after bringing them freedom He shows them the way to stay within the boundaries of that freedom. The Ten Commandments are a love story of a God who wants to do everything possible to bring His people back to Him. He knows the weakness of humanity, and He guides us as a loving Father to the ways that will make us more human, the ways to live a morally upright life.

St. Paul describes this in the second reading when he says that "the foolishness of God is wiser than human wisdom." It doesn't make sense to our minds to accept boundaries as the road to freedom. Modern man seeks to fill the expanses of his heart by exposing himself to as much in this world as possible without realizing the things that lead him to sin shrink and narrow the heart. But even using a car to reach a far-off destination requires boundaries like the proper fuel and taking paved roads. Our hearts are made to image God. Freedom is only free if it makes us more like Christ.

In the Gospel Jesus teaches us the path to this freedom: through authentic worship at the new temple, his Body. As [Fr. Jacques Philippe](#) says in his book *Fire and Light*, "the Eucharist makes clear the degree of intimacy which God wants to draw us. In the Eucharist, the mad dream of all lovers is realized." Jesus stops the money changers not because he is losing control, but because the boundaries of his love free our hearts. Authentic worship and prayer are what will free us, not using our churches as places for commerce.

In this culture of faux freedoms, God is calling us back to Himself. We are free to choose to follow Him or not, but we are not free to choose the consequence of that choice. Only in choosing to follow Christ do our hearts find the answer to our deepest longings. As [St. Augustine](#) so famously said in his *Confessions*, "our hearts are restless until they rest in You."

Angie Windnagle



Next weekend, March 13-14, has been designated for the 2021 Annual Lenten Collection. Special envelopes will be available for the collection, which supports the works of Catholic Relief Services, the Church in Africa and the Church in Latin America. Collection envelopes will be available in the back of the Church.

Special collections provide an opportunity for us as individuals and as a parish faith community to reach out in solidarity and assist those in need elsewhere in the world. Monies raised by this collection go to help the Church in areas beyond our national borders.

St. Gabriel's Day of Prayer to End Abortion March 13, 2021

**Will you pray for ONE HOUR between
9am - 5pm?**

*Directions: I-15 to Mira Mesa Blvd, go west to
Camino Ruiz, turn right*

Call Jim McBride at 858-204-9933 to volunteer!



LENTEN FISH DINNERS

*Drive-thru pickup at Church Hall cul-de-sac
(Knights will direct traffic)*

4 assigned pick-up times to ensure hot meal service

Only 4 dinners left! Don't miss out!

All meals \$10 each

Mar 12, Mar 19, Mar 26, April 2

Pick-up between 4:30-7pm

PREPAID PURCHASES ONLY

(website - PowayKnights.com, Church office or at Café after masses)



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FINANCES

Sunday Collection

Collection 2/27 & 2/28	Amount Received	Contributing Households
Plate/Loose Cash	\$1,175.13	Unknown
Envelopes/Checks	\$12,311	115
Online Giving	\$15,187.50	184
Weekly Total	\$28,673.63	299

Thank you for your generous contributions to our parish! Your gifts help us continue our mission!

There are many ways to give:

Online Giving

Visit www.saintgabrielschurch.com and click on Giving to get started.

Text to Give

You can donate via text message by texting the donation amount to: 858-771-2284. Text to give is simple and links directly into our Online Giving system, making it incredibly easy to give one-time gifts!

Envelope Donations

You may still give using your regular Sunday envelope by bringing it to Mass. You can also mail your gift to our Parish Office at 13734 Twin Peaks Road, Poway, CA 92064.



Annual Catholic Appeal 2021

Parish Assessment: \$71,000

The ACA supports many wonderful ministries around the diocese including: Catholic schools, Clergy formation and support, Faith formation, and Catholic Charities.

Be a part of the mission and help us reach our parish goal by visiting www.stgabrielspoway.org/aca.

Building Fund Debt

Debt with National Knights Organization Loan Balance: \$2,612,306.44

We have completed a loan modification with the Knights of Columbus national organization in New Haven, CT. The new interest rate is 4%, down from 4.9%, and the new monthly payment is \$20,560.47, compared to \$23,559.99 on the previous loan. We have only modified the interest rate. The maturity date remains the same at 3/1/2035.

SACRAMENTS

While Reconciliation is not available at this time, general absolution is being given at all of our Masses. General absolution offers the opportunity for us to bring our sins along with a feeling of sincere contrition to God for absolution. Our souls are wiped clean. Any very serious sins must be confessed in individual confession at the next available opportunity.

Pray for our RCIA candidates and catechumens as they prepare to receive their sacraments at the Easter Vigil Mass.

Monday night Eucharistic Adoration:

Monday, March 8
6:30-7:30pm in Spanish

Monday, March 15
7-8pm in English

RELIGIOUS EDUCATION K-8

Office Hours: Tuesday & Wednesday, 1pm-6pm

Phone: 858-748-7475

Lent Almsgiving for Life Choices

For Lent Almsgiving, Religious Education is supporting Life Choices based here in Poway. The money will go towards helping new moms with supplies. During Lent, kids should donate money in the bottle and learn the idea of giving to others. Please return the bottles to Religious Education (with or without money) by April 7.



Home School Pick UP
March 7
12 noon to 1pm
Drive circle by Hall



First Grade Home School

Please submit your flipgrid assignment as soon as possible. This includes recording your child saying their prayers. If you did not receive the email with the information, contact Melinda Casteloes at 858-748-7475.

Upcoming Dates to Remember

March 7: Home School Pick-up 12pm – 1pm

March 28: Palm Sunday

April 1: Holy Thursday

April 2: Good Friday

April 4: Easter Sunday

HIGH SCHOOL YOUTH MINISTRY

Upcoming Life Nights: Sundays 3-4:30pm

March 7, 14, 21, 28

Theology of the Body

Every Tuesday from 5-6pm in C8 or online!

Pray for all of our students preparing to receive the sacrament of Confirmation this June! May Christ be with them as they open their hearts to receive His Spirit. May they be filled with grace in abundance. May the Holy Spirit transform them through His love.





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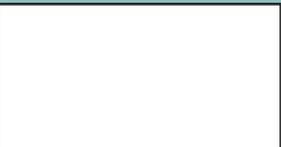
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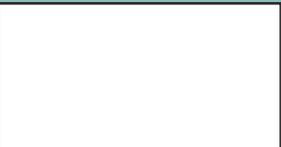
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