



St. Gabriel

CATHOLIC CHURCH

4th Sunday of Lent
March 14, 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 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. .
Monday, March 15 9am Mass	Susie Warne, dec.
Tuesday, March 16 6pm Mass	Leo Rega, dec.
Wednesday, March 17 9am Mass	Jerry Martin, int.
Thursday, March 18 6pm Mass	Sahara Garcia, dec.
Friday, March 19 12:10pm Mass <i>Solemnity of St. Joseph, husband of the Blessed Virgin Mary</i>	Joseph Borzych, dec.
Saturday, March 20 5pm Mass <i>5th Sunday of Lent</i>	Precioso DeLa Llana, dec.
Sunday, March 21 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5pm Mass <i>5th Sunday of Lent</i>	Linda Tucker, dec. Ben Litonjua, int. Joseph Embury, dec. Laurie Ann Salts, int. .

The Mass intention calendar for July 1, 2021 – December 31, 2021 will open on Saturday, March 20. Mass intentions can be requested beginning March 20 on our website.

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	Angela Snyder
Ann Jaburg	Cristy Tiglao
Don Janiuk	Naty Tiglao
Lynn Kondzela	Eddie Vaquerano
Wendy Kondzela	Nina Wojtalewicz
Marjorie Kramer	

Name(s) will remain on the prayer list for 2 months during which time parishioners 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 Fourth Sunday of Lent

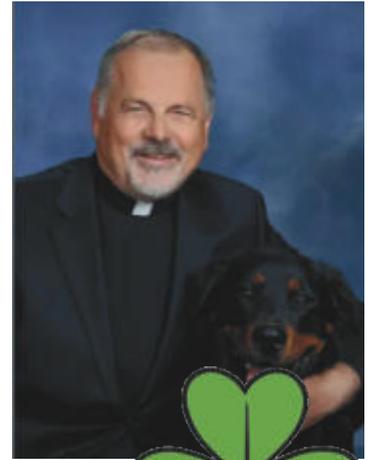
*God of the covenant,
 in the glory of the Cross
 Your Son embraced the power of death
 and broke its hold over Your people.
 In this time of repentance,
 draw all people to Yourself,
 that we who confess Jesus as Lord
 may put aside the deeds of death
 and accept the life of Your Kingdom.
 Amen.*



A note from the Pastor...

Dear St. Gabriel Family,

This week we celebrate the feast of St. Patrick. While this feast has been secularized around the world, the celebration of St. Patrick fits well with the blessed season of Lent. As a young man, St. Patrick was kidnapped by Irish pirates and subjected to years of slavery. After escaping from such a horrific experience, many would think St. Patrick would have gone on to an easier path in life. And yet, St. Patrick chose to go back as a priest to spread the message of Christ's love to his captors. St. Patrick is a great example for us, not only of faith and courage, but of trusting in God's plan for our lives – whether that plan might look easy or not. Lent is much the same: a call to embrace the hardships and difficulties in our path as a means of uncovering more of Christ within ourselves. So this year, as you wear green and decorate your home with clovers, think about the great lessons that can be learned from St. Patrick. Ask God for the grace to embrace the beauty of His plan and the courage to let go of our own.



In His Service,
Very Reverend Michael Froidurot



Palm Sunday of the Lord's Passion

Saturday, March 27: Mass at 5pm

Sunday, March 28: Mass at 8:30am (livestreamed),

10:30am, 12:30pm (bilingual), 5pm

Holy Thursday

Thursday, April 1: Mass of the Lord's Supper at 7:30pm (livestreamed)

Good Friday

Friday, April 2: Celebration of the Lord's Passion at 12pm (livestreamed), 7:30pm

Stations of the Cross at 3pm (livestreamed)

Easter Vigil

Saturday, April 3: Mass at 7:30pm (livestreamed)

Easter Sunday

Sunday, April 4: Sunrise Mass at 7am

Easter Day Mass at 8:30am (livestreamed),

10:30am, 12:30pm (bilingual)



Visit www.stgabrielspoway.org/lent for 40 Days of Lent Daily Reflections, Virtual Stations of the Cross presented by a different ministry each week and the link to this week's episode of "The Search".

This Sunday's Readings

A gentle reminder:

When you come forward to receive Communion, please be sure to consume the Sacred Host before turning away from the minister. If you are not comfortable removing your mask in front of the minister, please step to the side and consume the Host before turning to go back to your seat.

First Reading: 2 Chronicles 36: 14-16, 19-23

In those days, all the princes of Judah, the priests, and the people added infidelity to infidelity, practicing all the abominations of the nations and polluting the LORD's temple which he had consecrated in Jerusalem.

Early and often did the LORD, the God of their fathers, send his messengers to them, for he had compassion on his people and his dwelling place. But they mocked the messengers of God, despised his warnings, and scoffed at his prophets, until the anger of the LORD against his people was so inflamed

that there was no remedy.

Their enemies burnt the house of God, tore down the walls of Jerusalem, set all its palaces afire, and destroyed all its precious objects.

Those who escaped the sword were carried captive to Babylon, where they became servants of the king of the Chaldeans and his sons

until the kingdom of the Persians came to power.

All this was to fulfill the word of the LORD spoken by Jeremiah:

"Until the land has retrieved its lost sabbaths, during all the time it lies waste it shall have rest while seventy years are fulfilled."

In the first year of Cyrus, king of Persia, in order to fulfill the word of the LORD spoken by Jeremiah, the LORD inspired King Cyrus of Persia to issue this proclamation throughout his kingdom, both by word of mouth and in writing:

"Thus says Cyrus, king of Persia:

All the kingdoms of the earth the LORD, the God of heaven, has given to me, and he has also charged me to build him a house in Jerusalem, which is in Judah.

Whoever, therefore, among you belongs to any part of his people, let him go up, and may his God be with him!"

Responsorial Psalm: Psalm 137: 1-2, 3, 4-5, 6

R. Let my tongue be silenced, if I ever forget you!

By the streams of Babylon we sat and wept when we remembered Zion.

On the aspens of that land we hung up our harps.

R. Let my tongue be silenced, if I ever forget you!

For there our captors asked of us the lyrics of our songs, And our despoilers urged us to be joyous:

"Sing for us the songs of Zion!"

R. Let my tongue be silenced, if I ever forget you!

How could we sing a song of the LORD in a foreign land? If I forget you, Jerusalem, may my right hand be forgotten!

R. Let my tongue be silenced, if I ever forget you!

May my tongue cleave to my palate if I remember you not, If I place not Jerusalem ahead of my joy.

R. Let my tongue be silenced, if I ever forget you!

Second Reading: Ephesians 2: 4-10

Brothers and sisters: God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ — by grace you have been saved —, raised us up with him, and seated us with him in the heavens in Christ Jesus, that in the ages to come He might show the immeasurable riches of his grace in his kindness to us in Christ Jesus. For by grace you have been saved through faith, and this is not from you; it is the gift of God; it is not from works, so no one may boast. For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.

Gospel: John 3: 14-21

Jesus said to Nicodemus:

"Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life." For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God. And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed.

But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

Este Domingo Lecturas

Un gentil recordatorio:

Cuando se acerque para recibir la Comuni3n, aseg3rese de consumir la Sagrada Hostia antes de alejarse del ministro. Si no se siente c3modo quit3ndose la m3scara frente al ministro, dé un paso al costado y consuma la Hostia antes de volverse para regresar a su asiento.

Primera Lectura: 2 Chronicles 36: 14-16, 19-23

En aquellos días, todos los sumos sacerdotes y el pueblo multiplicaron sus infidelidades, practicando todas las abominables costumbres de los paganos, y mancharon la casa del Se3or, que él se había consagrado en Jerusalén. El Se3or, Dios de sus padres, los exhortó continuamente por medio de sus mensajeros, porque sentía compasi3n de su pueblo y quería preservar su santuario. Pero ellos se burlaron de los mensajeros de Dios, despreciaron sus advertencias y se mofaron de sus profetas, hasta que la ira del Se3or contra su pueblo llegó a tal grado, que ya no hubo remedio.

Envi3 entonces contra ellos al rey de los caldeos. Incendiaron la casa de Dios y derribaron las murallas de Jerusalén, pegaron fuego a todos los palacios y destruyeron todos sus objetos preciosos. A los que escaparon de la espada, los llevaron cautivos a Babilonia, donde fueron esclavos del rey y de sus hijos, hasta que el reino pas3 al dominio de los persas, para que se cumpliera lo que dijo Dios por boca del profeta Jeremías: Hasta que el pa3s haya pagado sus s3bados perdidos, descansará de la desolaci3n, hasta que se cumplan setenta a3os.

En el a3o primero de Ciro, rey de Persia, en cumplimiento de las palabras que habl3 el Se3or por boca de Jeremías, el Se3or inspir3 a Ciro, rey de los persas, el cual mand3 proclamar de palabra y por escrito en todo su reino, lo siguiente: “Así habla Ciro, rey de Persia: El Se3or, Dios de los cielos, me ha dado todos los reinos de la tierra y me ha mandado que le edifique una casa en Jerusalén de Judá. En consecuencia, todo aquel que pertenezca a este pueblo, que parta hacia all3, y que su Dios lo acompañe”.

Salmo Responsorial 136: 1-2, 3, 4-5, 6

R. Te recuerdo, Se3or, es mi alegría.

Junto a los ríos de Babilonia nos sent3bamos a llorar de nostalgia;
de los sauces que estaban en la orilla
colgamos nuestras arpas. R.

R. Te recuerdo, Se3or, es mi alegría.

Aquello que cautivos nos tenían
pidieron que cant3ramos.

Decían los opresores:

“Alg3n cantar de Sión, alegres, cántennos”. R.

R. Te recuerdo, Se3or, es mi alegría.

Pero, ¿c3mo podríamos cantar
un himno al Se3or en tierra extra3a?

¡Que la mano derecha se me seque,
si de tí, Jerusalén, yo me olvidara! R.

R. Te recuerdo, Se3or, es mi alegría.

¡Que se me pegue al paladar la lengua
Jerusalén, si no te recordara,

o si, fuera de tí,

alguna otra alegría yo buscara! R.

R. Te recuerdo, Se3or, es mi alegría.

Segunda Lectura: Ephesians 2: 4-10

Hermanos: La misericordia y el amor de Dios son muy grandes; porque nosotros est3bamos muertos por nuestros pecados, y él nos dio la vida con Cristo y en Cristo. Por pura generosidad suya, hemos sido salvados. Con Cristo y en Cristo nos ha resucitado y con él nos ha reservado un sitio en el cielo. Así, en todos los tiempos, Dios muestra, por medio de Jes3s, la incomparable riqueza de su gracia y de su bondad para con nosotros.

En efecto, ustedes han sido salvados por la gracia, mediante la fe; y esto no se debe a ustedes mismos, sino que es un don de Dios. Tampoco se debe a las obras, para que nadie pueda presumir, porque somos hechura de Dios, creados por medio de Cristo Jes3s, para hacer el bien que Dios ha dispuesto que hagamos.

Evangelio: John 3: 14-21

En aquel tiempo, Jes3s dijo a Nicodemo: “Así como Mois3s levant3 la serpiente en el desierto, así tiene que ser levantado el Hijo del hombre, para que todo el que crea en él tenga vida eterna.

Porque tanto am3 Dios al mundo, que le entreg3 a su Hijo único, para que todo el que crea en él no perezca, sino que tenga vida eterna. Porque Dios no envi3 a su Hijo para condenar al mundo, sino para que el mundo se salvara por él. El que cree en él no será condenado; pero el que no cree ya est3 condenado, por no haber creído en el Hijo único de Dios.

La causa de la condenaci3n es ésta: habiendo venido la luz al mundo, los hombres prefirieron las tinieblas a la luz, porque sus obras eran malas. Todo aquel que hace el mal, aborrece la luz y no se acerca a ella, para que sus obras no se descubran. En cambio, el que obra el bien conforme a la verdad, se acerca a la luz, para que se vea que sus obras est3n hechas seg3n Dios”.

FREEDOM IN GOD'S COMMANDS

Connect! Sunday Reflection from LPI

Most of us would easily recognize the symbol of the medical profession. It is the symbol created by Moses at the instruction of the Lord (cf [Num 21:5-9](#)): the serpent hoisted on a pole, so that those who had been bitten by the snakes would be healed by looking upon the serpent on the pole. A physical healing was desperately sought after in the days of the Israelite sojourn in the desert. But today, the desperate search for healing continues ... certainly for physical ailments. How many of us are equally desperate for healing for our spiritual ailments?

Lent is a timely season wherein we remind ourselves that we are human beings, made of a body and a soul, each with its own inherent flaws, and each with its own remedy. The Greek word used in John 3:17 is **σῶζω sōzō**, meaning “to save” or “to cure.” From what? Bodily ailments? Physical healings are all over the Gospels.

Nevertheless, we know that the body is destined for decay (cf [1 Jn 2:17](#)), but the soul is meant to live on into eternity, and eventually, the body will be reunited with the soul (cf [CCC 990](#)). So what is the ailment of soul — which is meant to live forever — for which we desperately look for a **σῶζω sōzō**, a cure, or someone who can save, a Savior, who can redeem what seems irreparably damaged?

The life of [St. Francis](#) can give us a helpful insight for us during this Lent.

“In his love of utter humility, Francis dedicated himself to the service of the lepers; by devoting himself to the care of such pitiful outcasts, he would learn to disregard the world and his own self, before attempting to teach such self-contempt to others. He had always had a horror of lepers, above any other class of human beings; but now, grace was infused into him in greater measure and he devoted himself to waiting on their needs with such humility of heart that he washed their feet and bound their sores, drawing out the pus and wiping away the corrupt matter. In the excess of his indescribable fervor, he did not even hesitate to kiss their ulcerous sores, kissing the dust with his mouth (cf [Lam 3:29](#)). He would expose himself to every kind of indignity that he might bring his rebellious lower nature into subjection to the rule of the spirit; so he would gain complete control of himself and be at peace, once he had subdued to the enemy that was part of his own nature.”

Whereas we don't often admit it to ourselves, much less to anyone else, even a priest in confession, we know that we all have a “rebellious lower nature” inside of us, an instinctual impulse towards mediocrity, hedonistic pleasure, self-justification, etc. When we give ourselves the chance, we recognize that our character flaws control us more than we prefer, but since we don't know another way of operating, we feel confined or trapped in our limiting beliefs behind a façade of confidence or success. It is precisely this state for which we look for a cure. We don't normally like to call this ‘sin,’ but we must see it as such for it is only for our sin that Jesus offers the cure.

St. Francis' example shows us that that rebellious lower nature can be subdued, not only by our own effort, but through the “Cross of Christ [that] will part the waters of the sea like Moses' rod, and [you] will traverse the desert to the promised land of the living, where [you] will enter by the miraculous power of the Cross, having crossed the Jordan of our human mortality.”

The Cross without Resurrection is harsh; but the Resurrection without the Cross is flimsy. In Jesus, we have access to both! Right now, in this season, our path towards Calvary Hill culminates in a few weeks with Easter. Lent has been a long journey that might have started well before Ash Wednesday 2021 for so many of us. Nevertheless, in these last few weeks before Easter, and as we continue to learn to prefer the light over our darkness, the promise of salvation — of **σῶζω sōzō** — is closer and closer. Can you taste it yet? Eternal life is closer to us the more we experience the freedom of the light. The invitation is there daily ... will you accept it?

Br. John-Marmion Villa





This 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.

Faith &
SCIENCE

Are you a scientist, doctor, nurse, engineer or in an profession that uses science? We are looking for adults to share their faith/science experience with us. I am working with a team at the Diocese level to develop a middle school age retreat/camp to show our kids that faith and science do not conflict and in fact support each other. One of the best ways to show this is to have people with scientific backgrounds talk about their faith and any experiences they may have witnessed that supports this.

Interested? Contact Melinda Casteloes at reled@saintgabrielschurch.com.

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 3 dinners left! Don't miss out!

All meals \$10 each
Mar 19, Mar 26, April 2
Pick-up between 4:30-7pm

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

St. Patrick's Day with

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FINANCES

Sunday Collection

Collection 3/6 & 3/7	Amount Received	Contributing Households
Plate/Loose Cash	\$1,774.57	Unknown
Envelopes/Checks	\$11,060.00	160
Online Giving	\$12,317.86	191
Weekly Total	\$25,152.43	351

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

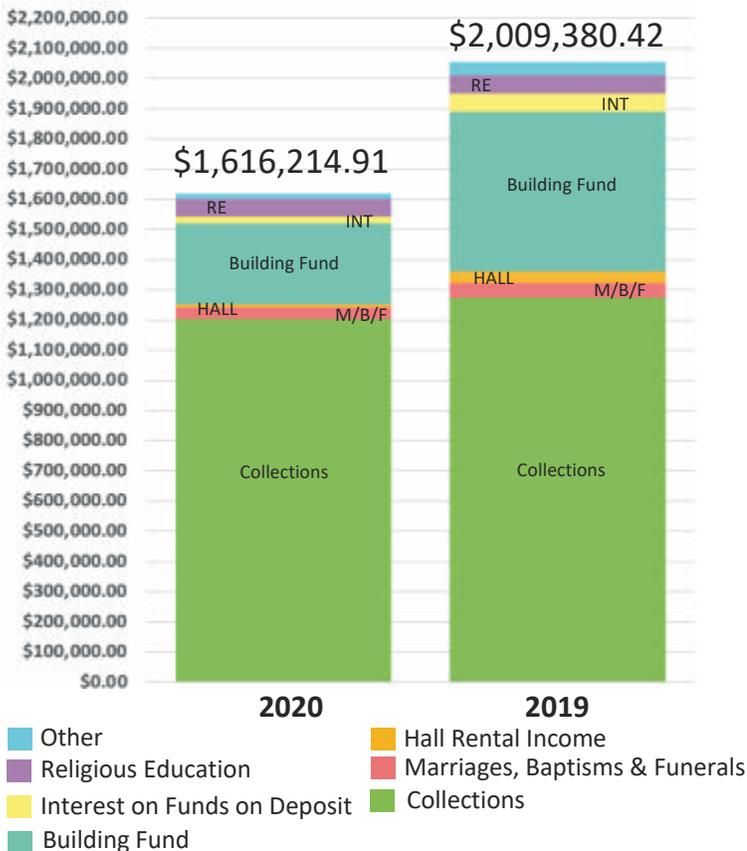


Annual Catholic Appeal 2021
 Parish Assessment: \$71,000
 The ACA supports many wonderful ministries around the diocese including: Catholic schools, Clergy formation and support, Faith formation, and Catholic Charities.
 Be a part of the mission and help us reach our parish goal by visiting www.stgabrielspoway.org/aca.

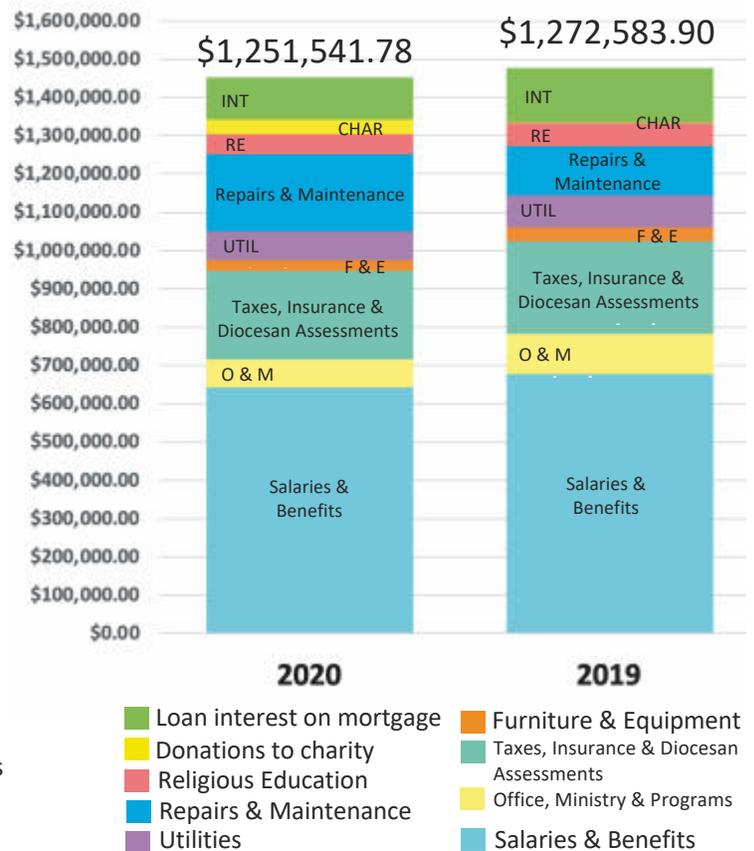
Financial Review: 2020 vs. 2019

See below for the details on how the COVID-19 pandemic has impacted our parish financially. We are so grateful for your continued support during this difficult time.

Income



Expenses



RELIGIOUS EDUCATION K-8

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

Phone: 858-748-7475

Vacation Bible School Planning

We will have a limited Vacation Bible School this summer. We are in the planning stages. If you are interested in making this happen and in helping this summer (June 21-27), please contact Melinda Casteloes at reled@saintgabrielschurch.com.

St. Patrick's Day

This Wednesday is St. Patrick's Day. In the Home School packets, we included a paper clover. Please use this to talk about the Holy Trinity with your child.



Upcoming Dates to Remember

March 27-28: Palm Sunday

Mass on Saturday, March 27 at 5pm & Sunday,
March 28 at 8:30am, 10:30am, 12:30pm, 5pm

April 1: Holy Thursday: Mass at 7:30pm

April 2: Good Friday: Passion of the Lord at 12pm, 7:30pm
Stations of the Cross at 3pm

April 4: Easter Sunday

HIGH SCHOOL YOUTH MINISTRY

Upcoming Life Nights: Sundays 3-4:30pm

March 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.

DIVINE COVENANTS

LIFE NIGHT SERIES THROUGH SALVATION HISTORY

GOD SAID TO NOAH,

"THIS IS THE SIGN OF THE COVENANT WHICH I HAVE ESTABLISHED BETWEEN ME AND ALL FLESH THAT IS UPON THE EARTH."

GENESIS 9:17

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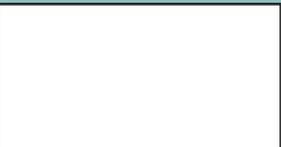
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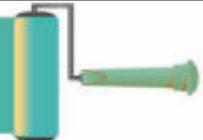
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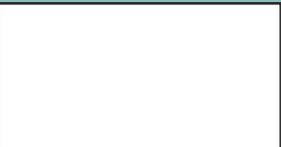
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