



5th Sunday of Lent

March 21, 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 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. .
Monday, March 22 9am Mass	James Whitten, dec.
Tuesday, March 23 6pm Mass	Dick Lyles, int.
Wednesday, March 24 9am Mass	Olivia Barron Zavala, int.
Thursday, March 25 6pm Mass <i>Solemnity of the Annunciation of the Lord</i>	Gregory Dire, dec.
Friday, March 26 12:10pm Mass	Charles Shotwell, dec.
Saturday, March 27 5pm Mass <i>Palm Sunday of the Lord's Passion</i>	Peter Magro, dec.
Sunday, March 28 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5pm Mass <i>Palm Sunday of the Lord's Passion</i>	Johnny Bertran, dec. Carolyn Hutzler, dec. Juana Hernandez Vivas, dec. Cristina Braaksma, dec. .

The Mass intention calendar for July 1, 2021 – December 31, 2021 is open as of 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 Fifth Sunday of Lent

God we come with hesitant steps and uncertain motives to sweep out the corners where sin has accumulated and uncover the ways we have strayed from Your truth. Expose the empty and barren places where we don't allow You to enter. Reveal our half-hearted struggles where we have been indifferent to the suffering of others. Nurture the faint stirrings of new life where Your Spirit has begun to grow. Let Your healing light transform us into the image of Your Son. For You alone can bring new life and make us whole.

Amen.

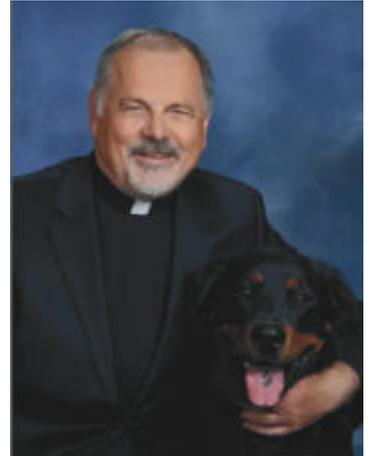
A note from the Pastor...

Dear St. Gabriel Family,

Just as we begin to settle into Lent we approach the most sacred week of the Church year: Holy Week. In seven days we move from Christ being hailed as king to Christ's Passion on the Cross to Christ's glorious Resurrection, His forever triumph over sin and death. This week, I ask that you say a special prayer for our RCIA candidates and catechumens. These men and women have prayed and studied for months now in preparation for full reception into the Catholic Church at the Easter Vigil Mass. Pray for them as they receive the outpouring of grace through the sacraments. Pray for their transition into the family of our Church. Pray for their continued journey of faith.

If you or someone you know is interested in exploring the Catholic faith, RCIA is a journey that begins in the fall and culminates at the Easter Vigil Mass. We look forward to welcoming you into our next group of candidates and catechumens next fall.

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

Check out our new digital worship aids available on our parish website: www.saintgabrielschurch.com! Bring your mobile device and follow along with the readings, Mass parts, etc.

First Reading: Jeremiah 31: 31-34

The days are coming, says the LORD,
when I will make a new covenant with the house of Israel
and the house of Judah.
It will not be like the covenant I made with their fathers
the day I took them by the hand
to lead them forth from the land of Egypt;
for they broke my covenant,
and I had to show myself their master, says the LORD.
But this is the covenant that I will make
with the house of Israel after those days, says the LORD.
I will place my law within them and write it upon their hearts;
I will be their God, and they shall be my people.
No longer will they have need to teach their friends and
relatives
how to know the LORD.
All, from least to greatest, shall know me, says the LORD,
for I will forgive their evildoing and remember their sin no
more.

Responsorial Psalm: Psalm 51: 3-4, 12-13, 14-15

R. Create a clean heart in me, O God.

Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt
and of my sin cleanse me.

R. Create a clean heart in me, O God.

A clean heart create for me, O God,
and a steadfast spirit renew within me.
Cast me not out from your presence,
and your Holy Spirit take not from me.

R. Create a clean heart in me, O God.

Give me back the joy of your salvation,
and a willing spirit sustain in me.
I will teach transgressors your ways,
and sinners shall return to you.

R. Create a clean heart in me, O God.

Second Reading: Hebrews 5: 7-9

In the days when Christ Jesus was in the flesh,
he offered prayers and supplications with loud cries and
tears
to the one who was able to save him from death,
and he was heard because of his reverence.
Son though he was, he learned obedience from what he
suffered;
and when he was made perfect,
he became the source of eternal salvation for all who
obey him.

Gospel: John 12: 20-33

Some Greeks who had come to worship at the Passover
Feast
came to Philip, who was from Bethsaida in Galilee,
and asked him, "Sir, we would like to see Jesus."
Philip went and told Andrew;
then Andrew and Philip went and told Jesus.
Jesus answered them,
"The hour has come for the Son of Man to be glorified.
Amen, amen, I say to you,
unless a grain of wheat falls to the ground and dies,
it remains just a grain of wheat;
but if it dies, it produces much fruit.
Whoever loves his life loses it,
and whoever hates his life in this world
will preserve it for eternal life.
Whoever serves me must follow me,
and where I am, there also will my servant be.
The Father will honor whoever serves me.

"I am troubled now. Yet what should I say?
'Father, save me from this hour'?"
But it was for this purpose that I came to this hour.
Father, glorify your name."
Then a voice came from heaven,
"I have glorified it and will glorify it again."
The crowd there heard it and said it was thunder;
but others said, "An angel has spoken to him."
Jesus answered and said,
"This voice did not come for my sake but for yours.
Now is the time of judgment on this world;
now the ruler of this world will be driven out.
And when I am lifted up from the earth,
I will draw everyone to myself."
He said this indicating the kind of death he would die.

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.

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: Jeremiah 31: 31-34

“Se acerca el tiempo, dice el Se3or,
en que har3 con la casa de Israel
y la casa de Jud3 una alianza nueva.
No ser3 como la alianza que hice con los padres de ustedes,
cuando los tom3 de la mano para sacarlos de Egipto.
Ellos rompieron mi alianza
y yo tuve que hacer un escarmiento con ellos.

3sta ser3 la alianza nueva
que voy a hacer con la casa de Israel:
Voy a poner mi ley en lo m3s profundo de su mente
y voy a grabarla en sus corazones.

Yo ser3 su Dios y ellos ser3n mi pueblo.
Ya nadie tendr3 que instruir a su pr3jimo ni a su hermano,
dici3ndole: ‘Conoce al Se3or’,
porque todos me van a conocer,
desde el m3s peque3o hasta el mayor de todos,
cuando yo les perdone sus culpas
y olvide para siempre sus pecados”.

Salmo Responsorial 50: 3-4, 12-13, 14-15

R. Crea en m3, Se3or, un coraz3n puro.
Por tu inmensa compasi3n y misericordia,
Se3or, api3date de m3 y olvida mis ofensas.
L3vame bien de todos mis delitos,
y purif3came de mis pecados. R.
R. Crea en m3, Se3or, un coraz3n puro.

Crea en m3, Se3or, un coraz3n puro,
un esp3ritu nuevo para cumplir tus mandamientos.
No me arrojes, Se3or, lejos de ti,
ni retires de m3 ti santo esp3ritu. R.
R. Crea en m3, Se3or, un coraz3n puro.

Devu3lveme tu salvaci3n, que regocija
y mant3n en m3 un alma generosa.
Ense3ar3 a los descarriados tus caminos,
y volver3n a ti los pecadores. R.
R. Crea en m3, Se3or, un coraz3n puro.

Segunda Lectura: Hebrews 5: 7-9

Hermanos: Durante su vida mortal, Cristo ofreci3 oraciones y s3plicas, con fuertes voces y l3grimas, a aquel que pod3a librarlo de la muerte, y fue escuchado por su piedad. A pesar de que era el Hijo, aprendi3 a obedecer padeciendo, y llegado a su perfecci3n, se convirti3 en la causa de la salvaci3n eterna para todos los que lo obedecen.

Evangelio: John 12: 20-33

Entre los que hab3an llegado a Jerusal3n para adorar a Dios en la fiesta de Pascua, hab3a algunos griegos, los cuales se acercaron a Felipe, el de Betsaida de Galilea, y le pidieron: “Se3or, quisi3ramos ver a Jes3s”.

Felipe fue a dec3rselo a Andr3s; Andr3s y Felipe se lo dijeron a Jes3s y 3l les respondi3: “Ha llegado la hora de que el Hijo del hombre sea glorificado. Yo les aseguro que si el grano de trigo, sembrado en la tierra, no muere, queda infecundo; pero si muere, producir3 mucho fruto. El que se ama a s3 mismo, se pierde; el que se aborrece a s3 mismo en este mundo, se asegura para la vida eterna.

El que quiera servirme, que me siga, para que donde yo est3, tambi3n est3 mi servidor. El que me sirve ser3 honrado por mi Padre.

Ahora que tengo miedo, ¿le voy a decir a mi Padre: ‘Padre, librame de esta hora’? No, pues precisamente para esta hora he venido. Padre, dale gloria a tu nombre”. Se oy3 entonces una voz que dec3a: “Lo he glorificado y volver3 a glorificarlo”.

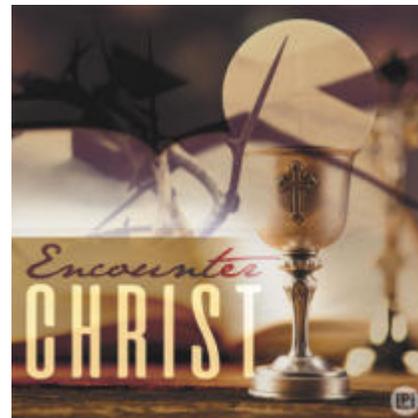
De entre los que estaban ah3 presentes y oyeron aquella voz, unos dec3an que hab3a sido un trueno; otros, que le hab3a hablado un 3ngel. Pero Jes3s les dijo: “Esa voz no ha venido por m3, sino por ustedes. Est3 llegando el juicio de este mundo; ya va a ser arrojado el pr3ncipe de este mundo. Cuando yo sea levantado de la tierra, atraer3 a todos hacia m3”. Dijo esto, indicando de qu3 manera habr3a de morir.

FREEDOM IN GOD'S COMMANDS

Connect! Sunday Reflection from LPI

Many people say they are “spiritual but not religious.” Generally, they mean that they believe in a “higher power” without belonging to a church or adhering to dogmas. They claim to have respect for all religions, picking from each the teachings that suit the “god of their understanding.” For them, religion is not a communal reality, but a personal, interior experience.

There is some truth in what self-described spiritual people believe. Religion is a matter of the heart and spirit. We all carry within us the ability to hear God’s voice speaking to us through our consciences. Our hearts were made to love God above all things. When we look within, we already find a basic understanding of God and His plan for our lives. God created us to be spiritual.



In this Sunday’s first reading, God announces that He is about to establish a new covenant. Unlike the old covenant written on stone, this covenant will be written on the heart. As Jeremiah describes it, no one will need to be taught the ways of the Lord because God will reveal Himself to the heart of each believer. This is what we commonly mean by the word “spiritual” — to have an interior relationship with God.

However, God is talking about something more than a natural desire or ability to know Him. Rather, this personal relationship with Him is a gift. It is not ours through birth, but through baptism. God’s Spirit who writes this new covenant in our heart, who speaks to our spirit about the ways of truth and love, is given to us through baptism and faith. The Holy Spirit is not something we can receive just through personal reflection or meditation. We receive the Holy Spirit when we become members of a community of faith. We receive the Holy Spirit by practicing religion.

Jesus gives us more insight into what it means to be genuinely spiritual in this Sunday’s gospel. The “hour” of Jesus’ death is near, so he takes the opportunity to instruct his disciples about what it means to be his follower. Jesus says, “Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit.” Just so, the spiritual person is willing to follow Jesus when it’s inconvenient, painful, and costly. The truly spiritual person will follow Jesus even to the cross. The person with genuine insight into spiritual matters realizes that Jesus cannot be separated from his cross nor can eternal life be separated from death to self.

The words of Jesus are very different from what we typically hear from people who describe themselves as “spiritual but not religious.” For them, being spiritual is not about dying to self but of enriching oneself. It is not about knowing God as He has revealed Himself in Scripture and in Church teaching so that we can humbly serve others, but about having secret knowledge that gives one a sense of superiority over others. This so-called “New Age” spirituality is really something very old — trying to achieve the glory of heaven without the shame of the cross.

Jesus invites us to be both spiritual *and* religious. He wants us to worship him in a community of believers. He wants us to gain wisdom by drawing on the words of Scripture, the teaching of the Church, and the insights of the believers who have gone before us. Most of all, he wants to encounter us in the Eucharist. This abundance of spiritual riches is ours through baptism and faith. It is a taste of heaven given to those who have decided to pick up their crosses and follow Jesus.

Doug Sousa

YOUNG ADULT MINISTRY

Are you looking to connect with other young adults (ages 18-35) in a faith-filled community?

St. Gabriel's Young Adult Ministry is for you! Interested in receiving Young Adult Ministry reminders?

Visit www.stgabrielspoway.org/ya for more information and to sign-up for reminders.

Questions? Contact Kierstin Rowell at youngadults@saintgabrielschurch.com.

SUN, MARCH 21
12:00-1:30

COFFEE SHOP TALKS

THE KING'S CRAFT
14530 Espola Rd, Poway

Please join 40 Days for Life

Inspirational Talk and Eucharistic Holy Hour

for the unborn and healing from the wounds of abortion



You're invited to join us for an inspirational talk with Valerie Staples and a Holy Hour of Adoration with a life affirming meditation and music.

Thursday, March 25 from 6-7:30pm

Sacred Heart Catholic Church: 4776 Saratoga Ave., San Diego, CA 92107

susanr4life@gmail.com or 619-631-8360

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.

FINANCES

Sunday Collection

Collection 3/13 & 3/14	Amount Received	Contributing Households
Plate/Loose Cash	\$1,122.20	Unknown
Envelopes/Checks	\$16,852.00	152
Online Giving	\$14,167.50	187
Weekly Total	\$32,141.70	339

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.saintgabrielchurch.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 22
6:30-7:30pm in Spanish

Monday, March 29
7-8pm in English

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.

First Holy Communion Banners

First Holy Communion Banners are due March 31. Students who attend in-person, please bring your banners to class. For those who are learning remotely, please show the banner to your catechist in your Zoom meeting.

Registration for 2021-2022

Registration for next year will be in April. Look for more information in upcoming bulletins. We are looking for catechists and aides. If you are interested in helping, please contact Melinda Casteloes at reled@saintgabrielschurch.com.

Upcoming Dates to Remember

March 27-28: Palm Sunday

April 12-16: Spring Break - NO CLASSES

April 1: Holy Thursday

April 2: Good Friday

April 4: Easter Sunday

HIGH SCHOOL YOUTH MINISTRY

Upcoming Life Nights: Sundays 3-4:30pm

March 21, 28

NO Life Night on Sunday, April 4!

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

ALL HIGH SCHOOL TEENS ARE INVITED
SUNDAYS 3-4:30PM



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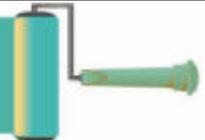
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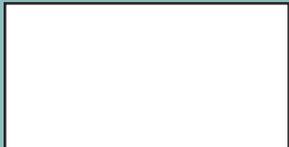
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