



ST. BARNABAS CATHOLIC CHURCH

3955 ORANGE AVE., LONG BEACH, CA 90807 | 562-424-8595 | STBARNABASLB.ORG



Church@StBarnabasLB.org

Year A: Reading 811



SUNDAY, MARCH 5, 2023

2ND SUNDAY OF LENT

"This is my beloved Son, with whom I am well pleased;
listen to him." - Mt 17:5b

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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SAVE THE DATE: Parish Lenten Retreat
Saturday: March 18th from 10am-4:30pm
Led by: Rev. Joseph Miller, SVD

PARISH OFFICE HOURS:

Mon-Fri: 9:30am-5:00pm
Saturday: 8:30am-4:30pm
Sunday: 7:30am-2:00pm

PASTOR:

Rev. Dr. Antony Gaspar

ASSOC. PASTOR:

Rev. Bernard Santiago

Business Manager: Sam Christi

Office Secretary: Dona Trenkle

Weekend Secretary: Andrea Marquez

Multimedia Coordinator: Olivia Baylen

*** NEW MASS TIMES ***

Mon-Sat: 7:00am*

Sat Vigil: 5:00pm

Wed: 8:00am (School Mass)

Sun: 7:00am | 9:00am*

11:00am | 12:30pm

1ST FRIDAY OF THE MONTH:

Fri: 8:00am-9:00am Confessions

Adoration: 8:45am-12:00pm

1ST SATURDAY OF THE MONTH:

7:30am Novena to Our Lady of Fatima

**denotes live-stream via YouTube*

CONFESSION HOURS:

Sat: 3:30pm-4:30pm

For Infant Baptisms, Weddings,
Funerals, & Anointing of the Sick,
call the Parish Office: 562-424-8595

NOVENAS / DEVOTIONS:

Tues: 7:30am* (Saint Joseph)

**Wed: 7:30am* (Our Lady of
Perpetual Help)**

PARISH MISSION STATEMENT

"We, the Catholic Community of Saint Barnabas Parish, are a people formed by Christ, called in Baptism and united in the Eucharist; we continue the mission of the Church in the world through Prayer, Apostolic Works, Evangelization, and Christian Stewardship."

OUR PATRON, SAINT BARNABAS

Barnabas sacrificed himself to be instrumental in God's cultivation of His Church. Paul makes specific mention of the fact that Barnabas, who willingly impoverished himself in the interests of the Church, labored with his own hands to support himself on his missionary journeys. In Acts 4:36, Luke translates Barnabas to mean "son of encouragement" or "son of consolation." The original Greek word rendered "encouragement," *paraklesis*, means encouragement, consolation, comfort, exhortation and entreaty. It may be that the Apostles who gave Joseph the name Barnabas, saw all of these qualities in his character.

PARISH MINISTRIES

Adoration Coordinator	Faye R
Altar Servers (Youth)	Erika M
Baptism (Infants)	Jay G
Boy Scouts Pack 32 Cub Scouts Pack 32	Laura L/Chris C
Bulletin/Website/Social Media/Publications	Olivia B
CANA Marriage Renewal Movement	Bernie M
Coffee & Holy Donuts	Bill M
Cornerstone Crew	Dave A
Couples for Christ	Roy R/Faye R
Divine Mercy Apostolate	Itima E
Extraordinary Ministers of Holy Communion	Sam C/Helen C
Filipino-American Association	Gene L
Finance Council	Espi G
Girl Scouts Troop #4283	Jessica C
Holy Name Society	Bob F
I.T. Resource Team	David A
Knights of Columbus #3449	Greg C
Lectors	Marina C
Legion of Mary	Barbara F
Liturgical Music Coordinator	Call Parish Office
Marian Cenacle M.M.P.	Mary C S/Mary S
Ministry of Consolation	Susan C
Mother Theresa Choir	Benildo T
Our Lady of Perpetual Help Novena	Armando P/Gigi L
Our Lady Queen of Peace	Tricia J
Pastoral Council	Darrell S
Planning/Building Team	Sean F
Project Achieve	Michelle S
RCIA/Adult Sacraments	Andrea M/Susana M
Respect Life	Robert K
Sacristans	Sahlee B/Armando P
Safeguard the Children	Elizabeth C
Ushers & Greeters	Darrell S
Wedding/Quinceañera Rehearsal Coordinator	Deb R
Worship Environment	Olivia A

FOR MINISTRY INQUIRIES, or to view our complete listing, please visit www.stbarnabaslb.org/ministries or call our Parish Office.

PARISH REGISTRATION

We encourage you to register as a Parishioner. To be an "Active" member at our Parish, is to participate in the life of prayer and stewardship. Being a parishioner enables a person to be eligible to sponsor a child for Baptism, to receive financial aid for Catholic Education, to be Married in the Parish, book a Funeral/Memorial Mass and to prepare one's children for the Sacraments. All adults over the age of 21, living with their parents or on their own, are encouraged to register as well. Visit our website to register!

FAKE TEXT MSG/SPAM E-MAILS

If you received a text message or E-Mail claiming it's from Fr. Antony and/or Staff, asking for money, gift cards or asking for your help, **THIS IS A HOAX! PLEASE IGNORE SUCH MESSAGES (pretending to be our Priest or Staff)** Don't reply to them and immediately delete it. Please ALERT the Parish Office. Thanks for your cooperation.



CALLED TO RENEW

Called to Renew is a historic, five-year campaign to strengthen parishes, families, and communities through unity and action; together we commit to renewing what is important so we can pass it on to those who we love.

Called to Renew is a bold plan to strengthen every parish and Catholic center in the Archdiocese of Los Angeles, vital ministries that serve thousands each year, education and formation for our children, and the support of Priests and those discerning the call.

More information, visit:
CalledToRenew.org



FINANCIAL BLESSINGS

02/19/23: \$ 5,629.00

Faith-Direct
Bi-Weekly
Contribution: \$ 7,309.30
Period: 2/1 – 2/15

Thanks for your prayerful giving. Your donation supports the operations of our Parish Community.



Monthly Flower Donors for Tabernacle & our Blessed Mother:

Deli Marrujo
February 21-April 1



ALTAR FLOWERS SPONSORS:

Thanksgiving Mass for Holy Family Choir

March 6-12



SPIRITUAL COMMUNION: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

ST. BARNABAS SCHOOL



Office: (562) 424-7476
Fax: (562) 981-3351
3980 Marron Avenue
Long Beach, CA 90807

Principal: *Jennifer Kellam*
jkellam@stbarnabas.school
www.school.stbarnabaslb.org

PRE-SCHOOL / DAYCARE

Main: (562) 988-8481

RELIGIOUS EDUCATION & CONFIRMATION

Office: (562) 988-6855

1130 Marshall Place
Long Beach, CA 90807

(Office located upstairs of Parish Center)

Interim R.E. Coordinator: *Sandra Solis*
562-988-6855 Office
religiouseducation@stbarnabaslb.org

Confirmation/Youth Ministry Coordinator:
Emmanuel Magallanes
213-948-7762 cell/text
confirmation@stbarnabaslb.org
youthministry@stbarnabaslb.org

●MARK YOUR CALENDAR

03/12: Daylight Savings Time! Spring 1-hour ahead!
 03/16: Fr. Antony's Birthday!
 03/17: St. Patrick's Day!
 03/18: Parish Lenten Retreat/10am-4:30pm/Mass 5pm
 03/24-25: SBS Spring Event-Moana Jr./St. Joseph HS
 03/27: No School! (Teacher-in-Service)

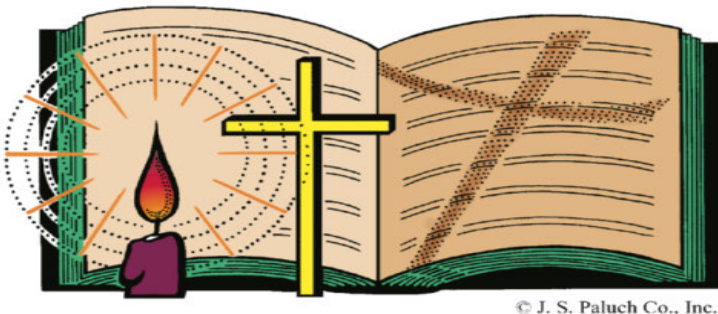
All Fridays during Lent:

Stations of the Cross: 5:30pm / Lenten Mass: 6pm
 Fish Fry: 6:15pm-8pm/Hall

●WEEKLY MASS INTENTIONS

Book Mass Intentions via Website, E-mail or by Phone. (+ indicates deceased) Send requests at least 2 weeks in advance, to be listed. Some names may not reflect above, due to early print deadlines or last-minute requests.

Sat. Mar 4 5:00p.m.	Birthday: Alyssa Dumo Repose: +Emmanuel Memije
Sun. Mar 5 7:00 a.m.	All Parishioners
9:00 a.m.	Birthday: Junie Peregrino Repose: +Francisco Noronha; +John Carlo Macatula Death Anniversary: +Susana Tiong
11:00 a.m.	All Parish Ministries
12:30 p.m.	All Parish Office Staff & Volunteers
Mon. Mar 6	Repose: +Carmen Alvarado; +Amelia & +Jose Magpayo; +Rommel Abrogar
Tues. Mar 7	Birthday: Ari Dakak; Baldomero Monteverde
Wed. Mar 8	OLPH Devotees
Thur. Mar 9	Healing: Melba Espirito Repose: +Julia Bolano
Fri. Mar 10	Death Anniversary: +Mediadora Contreras (1st)
Sat. Mar 11 7:00 a.m.	Birthday: Elizabeth Patummas (1st) Repose: +Francisco Guiritan



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●IN MEMORY OF

Beda P. Abatay	Carmelita A Orsoe
Antonio Edles Sr.	Alan Clark
Pope Emeritus Benedict XVI	Mary Novotny
Susan & Estrella Sarte	Bishop David O'Connell
Mel Franklin	
Jose I Valenzuela	

●TODAY'S READINGS: YR. A / 811

First Reading — The LORD said to Abram: All the families of the earth shall find blessing in you (Genesis 12:1-4a)

Psalm — We rely on you, O God; show us mercy (Psalm 33).

Second Reading — God has called us to a holy life, not because of our works but according to grace (2 Timothy 1:8b-10).

Gospel — Atop a high mountain, Jesus was transfigured before Peter, James, and John. (Matthew 17:1-9).

●READINGS FOR THE WEEK

Monday: Dn 9:4b-10; Ps 79:8, 9, 11, 13; Lk 6:36-38
 Tuesday: Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21, 23; Mt 23:1-12
 Wednesday: Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28
 Thursday: Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31
 Friday: Gn 37:3-4, 12-13a; 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46
 Saturday: Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32
 Sunday: Ex 17:3-7; Ps 95:1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]

●PRAYERS FOR HEALING

Ken Augustine, Connie Edwards, Mary Pearson, Betty Chrysler, Kathy Wachter, Sherrie & Heather Wren, Augusto David, Barbara Hendren, Roxanne, Don, Danny & Mike Batovsky, Josh & Pam Batovsky, Cesar Giron, Robert Carambelas, Hector Gustilo, Rose de los Reyes, Alvino Jauregui, Tina Quinn*, Bridget Vanderwerff, Carmela Chiurazzi, Eva Talastas, Bill & Gloria Dorsey, MaryAnn Salas*, Lydia Clark, Ted & Terri Furlow, Maxym Velazquez, Bill & Connie Dobberpuhl, Phillip Reher, Lucy Galletes*, Elizabeth N. Gabrillo*, Florencio "Junn" Gabrillo Jr.*, Lorna E Declines*, Lydia "Julie" Estrada*, Leo Ascuncion*, Sue Ann Estrada-Tumakay*, Arsenia "Paz" Estrada, Nelia N Estrada, Mario & Mely Visperas, Natividad S Fernandez, Maribella V.*, Joan Ingram*, Bridget Panek, Zoraida Ramos, Dixie Moran, Alberto Toledo, Michele Bartels, Andrea Noir, Rita Valle Moreno, Sr. Deonilda, Victor Adolfo Bracamonte, Jillian Adriano, Maria Linda Evans, Arlene G. Monaco*, Keith Wieland, Pat Madden, Arsenia "Paz" Estrada, T. McQuire, Nathaniel Espinoza, Emmanuel Sarte, Soji VS, Maria Hainey, Edwin de Lara*, Danilo Masangkay, George S*, Liza & Michael Cabrea, Katrina Sabate, Theresa Sabate, Luciano Sabate, Rose Sabate, Mary & Chris Divinaflor S., Avery Morgia, Adam Koffler, John Cuico Sr.*, Mia*, Veda, Louie Reyes, Samuel Chavez, Juan Carlos Vincent, Rhyann & Camille, Gretchen Hetzler, Emma Martinez

List updates every 4-6 months. If you would like to be added or RE-ADDED to our prayer list, please email church@stbarnabaslb.org. Names w/asterisks denotes inclusion to St. Peregrine (patron Saint of cancer) prayer list as well.

●COFFEE & DONUTS: 8am-11am

Coffee and Holy Donuts will be served this Sunday: **March 5th** at the Parish Center.



Hosted by:
Infant Baptism Team

●TAX CONTRIBUTION REQUESTS TAX LETTERS / CHURCH CONTRIBUTIONS

If you would like to obtain a copy of your 2022 Church Contributions, please e-mail us at: church@stbarnabaslb.org (preferred, that way we can E-mail your copy faster).



You can also call our Parish Office and leave your full name, address & phone number and we can mail them out. **We will not be sending them out automatically.** These records may or may not reflect some fundraising donations. We can certainly modify your totals, just let us know. Or better yet, also refer to your own bank statements to accompany with your Church contributions. Thanks for your patience and your continued support to our Parish. **Faith Direct Subscribers: It will be mailed to you directly!**

●MISSALETES FOR SALE

We still have Missalettes available for purchase for \$25/each. This is a complete Missal book with all three cycles, so no need to purchase every year! Please visit our Parish Office or call: 562-424-8595 or E-mail: church@stbarnabaslb.org

●PENNIES FOR THE POOR

"Pennies for the Poor" has returned!

This popular program has returned and is in full swing! The purpose of this program is to teach the children the joy of giving back to God out of gratitude for all that God has given to them. We invite all our children to prayerfully consider collecting any loose changes (ie. coins, bills), and at each Sunday mass, during the Offertory, they will be invited to come to the Altar to place their gifts in a special basket placed in front of the Altar. This collection will be towards supporting the poor and orphan children for their various needs. For info, contact the Parish Office.



●LENTEN REFLECTION BOOKS

This 6-minute daily reflection guide is available for purchase for \$2/each. This will also be sold after all the Sunday Masses, or stop by the Parish Office.

●PASTOR'S MESSAGE CALLED TO RENEW CAMPAIGN

Blessings to you! We are in exciting times as a faith community in Southern California! Our Archbishop Jose Gomez has called us all to a period of renewal — a renewal of our spiritual life and our resources. In response to this invitation, I am pleased to announce the launch of our Parish's Called to Renew campaign. This historic effort will provide much-needed funding for parishes throughout the Archdiocese of Los Angeles, including ours, and strengthen essential ministries and programs that affect us.



Through God's grace, we have grown from the initial small faith community into a large welcoming parish of vibrant, active, and dynamic parishioners of all ages. We are passionate about our faith, excel in service, and are dedicated to sharing the Good News as they connect us with Christ, one another, and those in need.

We are now launching the Called to Renew campaign alongside every Parish in the Archdiocese of Los Angeles and ask God to bless this ambitious effort. Our campaign will allow us to address the needs of our Parish, ensuring future generations of parishioners may continue to gather, worship, and create lasting friendships.

The goal for our 5-year campaign is \$1,500,000 of which \$1,000,000 will remain with us at our Parish to address our needs. We will also retain 100 percent of the funds we collect over our goal.



I am asking you, and every member of our Parish, to make a gift from the heart. As your pastor and fellow parishioner, I will also make a sacrificial pledge. Before you determine your pledge, please prayerfully consider the generosity God has shown you, and the importance of the mission we have been given at St. Barnabas Church.

I realize this request is significant but trust your commitment to our Parish, and our Catholic faith will guide you to make a sacrificial gift. Called to Renew is essential to ensuring our church is vibrant and healthy, and our Parish remains a presence in the lives of parishioners and the community for years to come. I hope you will join me in supporting this historic campaign.

Thank you in advance for your faithful support.
Sincerely, —Fr. Antony



A direct Fund has also been set-up via Faith Direct, so you can also donate via online for convenience.

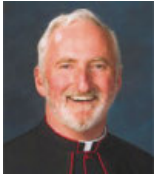
●LOS ANGELES ARCHDIOCESE

Most Reverend José H. Gomez
Archbishop of Los Angeles

Hall of Justice
Los Angeles, California
February 20, 2023

I want to thank you all for being here, and especially for your concern for Bishop David O'Connell.

Bishop Dave was a good friend to Los Angeles.



Out of his love for God, he served this city for more than forty years, as an immigrant from Ireland. And I would say that among the many things that I admired in him in his life and ministry was that he was fluent in Spanish with an Irish accent.

Every day he worked to show compassion to the poor, to the homeless, to the immigrant, and to all those living on society's margins.

He was a good priest and a good bishop, and a man of peace.
And we are very sad to lose him.

I am very grateful to Sheriff Luna and to his investigative team for their hard work in bringing a suspect into custody.

So on behalf of the entire Catholic community, we want to express our gratitude for the Sheriff's Office, for their professionalism and sensitivity in what is a sad and painful moment for all of us.

Thank you again for your concern and for your coverage.

And please, let us keep praying for Bishop Dave and his family. And let's keep praying for our law enforcement officials as they continue their investigation. And let's pray for our great city.

Thank you.

//

Statement on Los Angeles Sheriff's Determination that the Death of Auxiliary Bishop David O'Connell was a Homicide

Most Reverend José H. Gomez
Archbishop of Los Angeles

February 19, 2023

We learned early this morning from the Los Angeles County Sheriff's office that they have determined that the death of Auxiliary Bishop David O'Connell yesterday was a homicide. We are deeply disturbed and saddened by this news.

Let us continue to pray for Bishop Dave and his family. And let us pray for law enforcement officials as they continue their investigation into this terrible crime.

We ask Our Blessed Mother Mary to intercede and be a mother for all of us in this moment of sadness and pain.

2ND SUNDAY OF LENT



2ND SUNDAY OF LENT



●CONGRATULATIONS! MONTHLY WEDDING ANNIVERSARIES:

Feb 19: Franco & Julie Atienza (45yrs)

NEW PARISHIONERS:

Dorothy Malloy, Evelyn Harvey and Brian Choice, Donald Dove

Email us Names, year you're celebrating, along with your Wedding Anniversary date to: church@stbarnabaslb.org





Knights of Columbus®

**ALL
FRIDAY
EVENINGS
DURING
LENT!**



50/50 Raffles!

**\$14 Adults
\$13 Seniors
\$8 Children**

**6:15pm-8:00pm
Parish Hall**

**"To-Go" Orders
Available!**

MARK YOUR CALENDAR FOR THESE UPCOMING EVENTS:

April 29: Annual Rummage Sale

June 17: Annual Car Wash

**more info to come...*

Handmade Blanket end-event raffle!



St. Barnabas Church Presents...

PARISH LENTEN RETREAT

SATURDAY: MARCH 18, 2023 | 10:00AM to 4:30PM

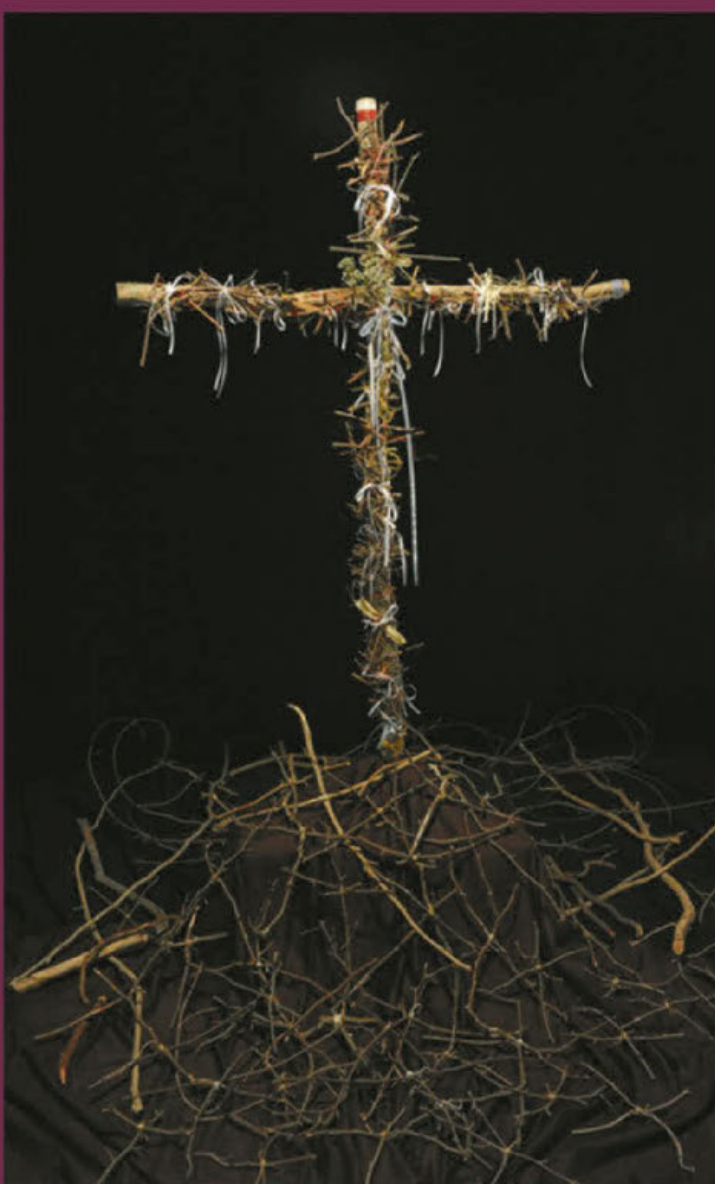
with

Fr. Joseph Miller, SVD**3955 Orange Avenue, Long Beach, CA 90807
562-424-8595**

Join us for a quiet and reflective experience to enhance your Lenten Journey.

Our reflection draws us to the Sacred Events remembered in the life of Jesus from His Agony in the Garden through His scourging, condemnation, journey to the cross, persecution, death, burial and His Resurrection.

You will find the presentations simple, profound and prayerful. They help us focus on the Sacred Events remembered in the Sorrowful Mysteries of the Rosary. We will point out some of the Characteristics in the Spirituality of Jesus and Mary which enabled them to embrace their pain. In doing so, we are reminded how our spirituality sustains us.

**Lunch is provided | Adoration & Confessions: 3:30pm - 4:30pm | Mass: 5:00pm****www.stbarnabaslb.org**

●CATHOLIC PRAYER CORNER

ACT OF CONTRITION

My God, I am heartily sorry for having offended you.
 I detest all my sins, because of your just punishment,
 but most of all because they offend you, my God,
 who are all-good and deserving of all my love.
 I firmly resolve, with the help of your grace,
 to sin no more and to avoid the near occasions of sin.
 Amen.

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●WEEKLY REFLECTION

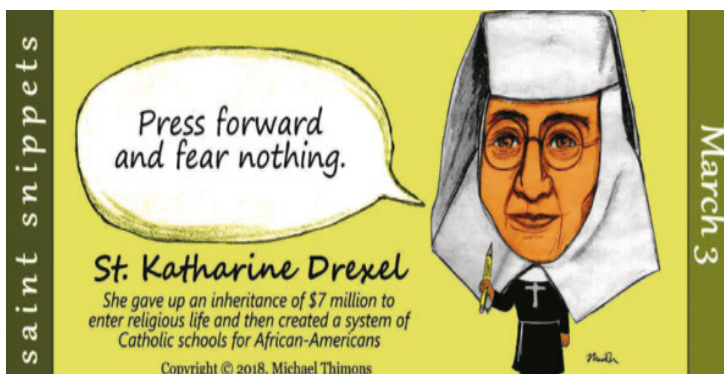
TURNING POINTS

Our readings today describe turning points for those whom God has chosen. In Genesis, God calls Abram to leave his homeland, with the promise of forming a people in a new land. In the Gospel, the disciples see Jesus literally in a new light, the bright light of Jesus' transfiguration. They begin to see Jesus, and themselves, in a new way. These are times when God presents a new way forward, providing new purpose and energy. Our lives too have their own turning points, where God is working (usually in less spectacular fashion) to lead us into fuller maturity, and into deeper unity with God and others. The road ahead, as with Abram, Jesus, and the disciples, may be long and difficult. Lent can be a time when we reflect upon these turning points in our past, and consider how God may be stirring something new in us today.

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●SAINTS & SPECIAL OBSERVANCES

Sunday:	Second Sunday of Lent
Monday:	Purim (Jewish festival of the story of Esther) begins at sunset
Tuesday:	Ss. Perpetua and Felicity
Wednesday:	St. John of God
Thursday:	St. Frances of Rome
Friday:	Abstinence



●OUR FASCINATING FAITH

THE SCRUTINIES

Next Sunday, if your parish is blessed with catechumens (now called “elect” during Lent) who are preparing for baptism at the Easter Vigil, you will likely celebrate with them the first of three scrutinies. These are rites integral to final Lenten preparations made by the elect, and they are celebrated on three successive Sundays, starting with the Third Sunday of Lent. The Church tells us that the scrutinies are meant to uncover and heal all that is weak and sinful in the lives of the elect. During the week leading up to each celebration, the elect engage in prayerful preparation involving deep reflection on their own lives and the new life to which they are called. The rites themselves use a special form of intercessions specifically directed to the lives of the elect, and include a prayer of exorcism.

It is essential that these rites be celebrated in the midst of the community, so that the elect experience the support of the parish members on this profound journey of faith. But it is equally important that the parish members witness the growing faith of the elect so they may be inspired by it for their Lenten journey of reflection on their own baptism in preparation for Easter.

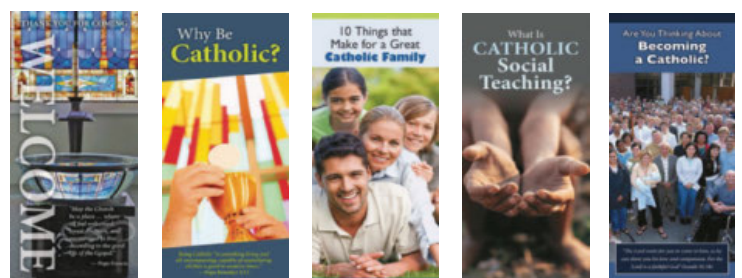
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●FREE CATHOLIC RESOURCES

We have several FREE pamphlets at the entrances of the church that you can use to deepen your faith and also share with others. Read them and pass them along to share about our Catholic Faith.

- * Welcome: Thank You for Coming
- * Why Be Catholic?
- * 10 Things That Make For a Great Catholic Family
- * What is Catholic Social Teaching?
- * Are You Thinking About Becoming Catholic?



Join us for Coffee & Holy Donuts on (some) Sundays at the Parish Center from 8am-11am. Listen for announcements!

(PRACTICING) CATHOLIC

The Long Walk

The walk down from Mount Tabor after the Transfiguration must have been a long one for Peter, James, and John. How differently they must have viewed the world with the eyes that had seen what they had just seen. How uncertain they must have been.

I think it's important to remember that, on the mountain, they were amazed, yes — but first, they were afraid. We are given the image of these three grown men — these saints, these giants of salvation history — cowering in fear at the voice of God. It was not until Jesus touched them that they could even bear to look up.

Christ was transfigured on Tabor, but in a way, the disciples were transfigured as well. We are all changed by what we see and what we hear. That change can be hard because knowledge is hard. Truth is hard. Sometimes cowering is easier.

Go forth, God told Abram. I will make of you a great nation.

Rise, Christ told his disciples. And do not be afraid.

I spend too much time cowering in fear at the voice of God. I cower even when the voice whispers into my heart instead of booming from the clouds. When it's the start of a hard day or a tough conversation. When it's the middle of a half-finished battle, big or small. When I know where Christ is and what he is asking, but I'm afraid because the walk down the mountain is so long, and the world that awaits me is so uncertain.

"Lord, let your mercy be on us, as we place our trust in you." — Psalm 33

Colleen Jurkiewicz Dorman

Why do we do that? Catholic Life Explained

Question:

Lent always seems to help me renew my relationship with God and strengthen my religious practice. Do you have any suggestions as to what I could do to achieve that the rest of the year?

Answer:

The obvious answer may seem to be to do whatever you do during Lent all year round. But part of the power of Lent is that we focus as a community on renewing our faith and preparing for Easter. Our Lenten practices have a purpose and a goal. Therein lies the secret. When we focus our efforts on one virtue, or try to change one bad habit, or seek to deepen our understanding of one aspect of faith, we focus our efforts and give our full attention to what we are trying to accomplish. We tend to be more successful achieving our goals. More importantly, it has a ripple effect in our lives: one thing changes or is added to the spiritual mix of our lives and many aspects are changed.

All too often we leave our spiritual growth to chance and the practice of faith to habit, and then wonder why we have no sense of growth or progress. Think of it in terms of exercise. We walk, lift weights, bend and stretch to attain the maximum benefit from what we do. In addition, to keep those benefits, we eat healthful food and get enough vitamins and rest. Spirituality requires the same kind of attention: we pray, fast, read the Bible, receive sacraments, and do charitable work to maximize the benefits of practicing faith. Keeping Lent year round keeps us in spiritual shape!

●FR. BERNARD'S BIBLE STUDY

Greetings to everyone. I am happy to inform you that we are resuming our bible study! We will be dedicating this year to study the books of the Old Testament and we began the book of Genesis in February for 8 weeks until the Holy Week and after Easter break, we will study the book of Exodus. You are very welcome to join the Bible study. After going through the technical challenges of both in person and online session at the same time, I, after discussing with Fr. Antony, would like to dedicate two days (Wednesday and Thursday) for our bible study in a week.

Therefore online zoom sessions will be on Wednesdays at 7 PM and in-person sessions will be on Thursdays at 7 PM at the PARISH CENTER. The course is absolutely free. St. Barnabas is truly honored to offer this course for anyone who wants to enrich themselves in the Word of God during the holy season of Lent and Easter.

-Fr. Bernard

Contact the Parish Office at 562-424-8595 for more info or E-mail directly to: biblestudy@stbarnabaslb.org to be added to distribution list.

●LENTEN FRIDAY ACTIVITIES

Join us every Friday during Lent! The following are sponsored by some of our active Ministries at our Parish. Thanks to all the groups who are participating.

5:30pm: Stations of the Cross
6:00pm: Lenten Mass



The Knights of Columbus will be having their Fish Fry at the Parish Hall from 6:15pm-8:00pm too!

Friday 2/24

Hosted by: Divine Mercy Apostolate & Consolation Ministry

Friday 3/3

Hosted by: Marian Cenacle MMP & Legion of Mary

Friday 3/10

Hosted by: St. Barnabas School

Friday 3/17

Knights of Columbus #3449

Friday 3/24

Hosted by: Holy Name Society & Filipino-American Association

Friday 3/31

Hosted by: Confirmation/Youth

ST. BARNABAS SCHOOL - ANNUAL SPRING EVENT

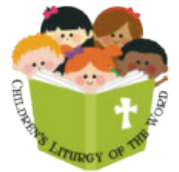


Visit this link for complete details on tickets, silent auction and more!

<https://www.betterunite.com/StBarnabasSchool-2023springevent-moanajr>

●CHILDREN'S LITURGY

THE RELIGIOUS EDUCATION PROGRAM is now offering CHILDREN'S LITURGY on SUNDAYS in the Parish Hall. Children in 1st - 5th grade are welcome to attend.



Every Sunday at the 9:00am Mass, the children will be invited to go to the Parish Hall to reflect on the word of God and will return to the Mass at the Prayers of the Faithful. Any questions, call our Rel. Ed Office at: 562-988-6855.

Dear Padre

March 5, 2023

What is the value of lighting a candle in church?

Lighting candles is one of many customs that can be found in most of the world's religions. Lit candles, in church or at home, in front of a picture or statue of a favorite saint, serve a symbolic function. The light of the candle represents our desire that our prayer may be constant, as St. Paul urged (1 Thessalonians 5:17). The candle burns while we go about our daily tasks, symbolizing our desire to be at prayer with God. Similarly, Tibetan Buddhists spin prayer wheels and believe that as long as the wheels spin, a prayer is offered. Candles give light and banish the darkness. For Catholics they symbolize the light of Christ, by whose death and resurrection we are saved.

Lighting a candle isn't a required act. You can pray without lighting candles, without statues, without anything but your faith in God. However, we Catholics love our symbols. We like to engage all of our senses in our prayer experience: beautiful churches, colored light, incense, great music and, yes, candles.

One extreme position to avoid is lighting a candle hoping it will cause something else to happen, like the sudden cure of a loved one or relief from financial ruin. We are to avoid all appearance of using candles as if they have an untapped, magical power. Nevertheless, lighting a candle as a part of our prayer is a comforting custom and most things (and people?) look lovelier by candlelight. ●

— Fr. Rick Potts, CSsR / DearPadre.org

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