

# St. Elizabeth Ann Seton Catholic Church

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Office Hours: Tues. through Fri. 9am. -1pm.

Church doors are open from 7:30am - 7:30pm.

## March 9, 2025 First Sunday in Lent



**And the Devil departed from Him and  
waits for us.**

### Pastoral Staff and Extensions

Rev. Thomas Diaz, Pastor, #4, Day off-Mondays

Chris Giacometti, Office Manager, #1

**Mass times: Extension, #2**

Jennifer Bedoka, Faith Formation, #3

### Sacraments and Devotions

**Reconciliation:** Sundays 9:45-10:15am., and by app.

**Marriage:** One year notice to the pastor.

**Infant Baptism:** One-month notice. Next Baptismal class  
TBA

**Welcoming Church:** Sundays: 12:15pm/classroom.

**Anointing of the Sick:** Please call Fr. Tom.

**Exposition and Benediction:** Thurs. after Mass for 1hr.

**The Rosary:** ½ hr. before weekday Masses.

**The Divine Chaplet:** Tues. after noon Mass

**Evening Office:** Sundays at 6 pm.

**Daylight Savings Time began this  
morning at 2 am**



### Mass Schedule and Intentions

Sat. Mar. 8, 4 pm. Ints. Theresa Morrow  
Sun. Mar. 9, 8 30 am. + Angelo & Kathy Leonardi  
10:30 am. People of the Parish  
Tue. Mar. 11, 12:15 pm. + Monica Guglielmina  
Wed. Mar. 12, 8:15 am. + Helen Kenavey  
Thu. Mar. 13, 12:15pm. + Msgr. Farrell  
Fri. Mar. 14, 8:15am. For all Priests  
Sat. Mar. 15, 4pm. + Lydia Leano  
Sun. Mar. 16, 8:30am. People of the Parish  
10:30am. + Cesar Datu

### Events of the week

Sun. Mar. 9, 9-12:30 Café SES  
12:15 The Welcoming Church  
6 pm. Evening Prayer/church  
Mon. Mar. 10, 6:30 pm. Lenten Scripture Adult  
Meditation  
Tues. Mar. 11, 6:45 pm. Women's Guild Mtg/Hall  
Fri. Mar. 14, 7:00 pm. Stations of the Cross and  
Soup/Women's Guild

### Readings for this Sunday

**Reading I:** Deuteronomy 26:4-10, **Reading II:**  
Romans 10:8-13, **Gospel:** Luke 4:1-13

### Scriptural Reflection

**Bread and Stones** In the Gospel Reading, Jesus has not eaten for forty days in the desert, and he feels the whole forty days' worth of hunger. That's a lot of hunger! At that point, Satan comes to him in the desert and urges him to turn stones into bread so that Jesus has something to eat.

Jesus' rejection of Satan's urging gives us a pattern for our lives.

Now there's nothing good about hunger, and there's nothing bad about bread. On the contrary, Jesus himself commands us to pray for bread daily.

And there is no question about the fact that Jesus has the power to provide bread for himself. He can turn water into wine, and he can stop being hungry by turning stones into bread. As far as that goes, Jesus himself tells us that if a son asks his father for bread, no good father will give him a stone. (Lk.11:11) So Jesus could get bread from stones just by asking his father, who is God and good, to give him bread.

Why doesn't Jesus do so? And what are we to make of the line with which Jesus refuses Satan's suggestion: people do not live by bread alone? If I suggest that you might like some ham, what sense does it make for you to tell me that people do not live by ham alone?

Notice, though, that that line does make sense if what you are telling me is that you are full. In another Gospel, Jesus says, "Man does not live by bread alone, but by every word that proceeds from

the mouth of God” (Matthew 4:4). Jesus himself is the Word of God, and he came into the desert filled with the Spirit of God (Lk. 4:1). Even though he is hungry after so long a fast, then, there is another sense in which he really is full.

Jesus’ rejection of Satan’s urging gives us a pattern for our lives too. In our suffering, when those things we think we need in order to live are denied to us, we do not have to be desperate. When we are hungry for what we do not have because our Father God has not given it, we still have the Word of God, which comes into us and can fill us. Jesus, who is the stone—the cornerstone—of the Church, is our bread at the same time. And so we can be like him: full, even when, in the stony parts of our lives, we are hungry, too. Eleonore Stump

**Discussion Questions:** When an athlete starts to get flabby or lethargic, he or she exercises to get back in shape. Is there an analogy here for your spiritual life? How would you use exercise to get in shape spiritually? What would a “flabby” or a lethargic spiritual life look like? How does your spiritual life look now?

**Please pray for our infirmed:** Kendall Campers, Veronica Campers, Elizabeth Chang, Gus Chang, Patrick Dempsey, Marlene Dentoni, John Diaz, Tim Diestel, Marcella Dorado, Alan Hennessy, Jan Hoermer, Tony Madia, Patrick Maloney, Frank Manhoso, Bill Mish, Debbie Molakides, Mary Jane Nolan, Sione Palu, Nicholas Patrick, Rivas Family, Raymond Pellinacci, Theresa Rosser, Robert Scarpone, Dominique Tarrant, Cecilia Tarrant, Jim Turegano, Betty Vega, Arthur Walsh, Ellen Walsh, Zachary Walsh.

**Parish Stewardship for February: 3/2 \$5,506.** Thank you for your generosity. **The 2<sup>nd</sup> collection today is for Building Maintenance.** Major plumbing problems in all four bathrooms in the church center and main irrigation line. **Please be generous. Thank you!**

**2025 ANNUAL MINISTRY APPEAL SO FAR**

**Financial Goal: \$2,300, Pledged: \$50,559, Money received: \$28,110, Parish Rebate: so far: \$7,810, Families participating: 127, Percentage of families participating: 22.7%, Participation Goal 51%**  
**Giving of your treasures is part of the Lenten Journey.**

**Event Calendar in March**

- Sun. Mar. 9, 9:30-12** SES Café
- 6 pm.** Evening Prayer
- Fri. Mar. 14, 6 pm.** Lenten Meal/Women’s Guild
- 7 pm.** Stations
- Fri. Mar. 21, 6 pm.** Lenten Meal Filipino American Ministry
- 7 pm.** Stations of the Cross

**Faith Formation Ministry**

*Quote of the Week*

**“Seek a relationship when you pray, not answers. You won’t always find answers, but you always find Jesus.”**

**(Father Mike Schmitz)**

**Sunday, March 9th**

**9:30 am** 1<sup>st</sup> Year Confirmation

**10:30 am** Children’s Liturgy of the Word

**5-6:30 pm** Atrium Level 3

**5-6:30 pm** Confirmation

**Tuesday, March 11th**

**4-5:30 pm** Atrium L1 and L2

**Wednesday, March 12th**

**2-3 pm** 1<sup>st</sup> Year Sacramental Prep

**3:30-4:30 pm** 1<sup>st</sup> Year Sacramental Prep

**Sunday, March 16th**

**9:30 am** 1<sup>st</sup> Year Confirmation

**10:30 am** Children’s Liturgy of the Word

**5-6:30 pm** Atrium Level 3

**5-7 pm** Youth Group,

**SAVE THE DATE**

**Fri., April 4<sup>th</sup> Confirmation at 5:30 pm**

**Sat., May 31<sup>st</sup> 1<sup>st</sup> Communion at 11:30 am**

**Join us raising funds for Faith Formation!**

**FLIERS ARE AVAILABLE IN THE VESTIBULE STARTING TODAY MARCH 9<sup>TH</sup>...FUNDS WILL HELP BRING CATHOLIC SPEAKERS TO OUR PARISH AND YOUTH RETREATS IN 2025-2026...STAY TUNED!**

**Save the Date!**

**Dine and Donate**

**Panda Express**

**April 2<sup>nd</sup>**



**Sees Candy orders for Easter are also coming up!**



**The Lenten Scripture Adult Meditation sponsored by The Catechesis of the Good Shepherd Program is on Monday from 6:30-7:30 pm.** and is for those who have received an invitation and for those interested in the Catechesis of the Good Shepherd Program. There will be more evenings of the Lenten Adult Scripture Meditation during Lent.

## LENT 2025 INFORMATION

**Fridays of Lent** are days of abstinence from meat. Abstinence does not include meat juices and liquid foods made from meat. However, moral theologians have traditionally taught that we should abstain from all animal-derived products.

The law of Abstinence from meat applies to all people who are 14 years old and up. However, it is highly recommended that children from ages 7 to 13 years also follow the law of abstinence.

All Catholics who have received their first Holy Communion are encouraged to receive Holy Eucharist frequently during Lent and to receive the Sacrament of Penance so that all may be prepared to celebrate more fully the paschal mystery. The determination of these days of obligatory penance, as listed above, should not be understood as limiting the occasions for Christian penance. We will have a Reconciliation Service in April.

### THE EASTER MEALS

What to do on the Greatest Day for Christians.

SVDP wants to help our parishioners provide an

Easter Basket with dinner items, which will include a Ham or chicken for needy families.

We are going to collect specific food items during Lent each week for the Easter Basket starting on Wed. March 5th, and ending on Sunday, April 6th.

We will be collecting specific food items each week during Lent, based on the following dates:

| <u>Dates</u> | <u>Size</u> | <u>Item</u>        |
|--------------|-------------|--------------------|
| Mar 5-14     | 4 oz. box   | Scalloped potatoes |
| Mar 15-21    | 15 oz. can  | Peas and Corn      |
| Mar 22-28    | 7.5 oz. box | Mac & Cheese       |
| Mar 29-Apr 4 | 20 oz. can  | Sliced Pineapple   |
| Apr 5-9      | 15 oz. box  | Corn Bread Mix     |

Food donations can be placed in the baskets that are located in the church entrance beginning Mar 5<sup>th</sup>. Monetary donations for the food items, hams, and chickens can be placed in an envelope marked "Easter Meal" and dropped off at the church office or the Sunday collection.

We are going to ask parishioners to help prepare the baskets of food on Thursday, April 10<sup>th</sup>, and deliver them Saturday, April 12<sup>th</sup>. If you are interested in helping with these tasks, you can contact Larry Ruminson at 707-548-7058.

SEAS Women's Guild Scholarship is excited to announce we are now accepting applications for the 2025 scholarship program. The scholarship amount is \$1,000. Applications can be picked up in the parish office.

This will be awarded to a high school senior student who plans to attend a college, university, or trade school. Eligibility: be a practicing Catholic and member of the SEAS parish and in good standing academically with their current school/education program

**Deadline:** turn into the parish office by Wednesday April 30, 2025

### Pastor's Corner Rincón del Pastor

I was overjoyed by the crowds on Ash Wednesday. I am hoping to see more people at our daily Masses during Lent.

**Today, Sunday**, we will have the Evening Office at 6pm., for those who want to pray the official evening prayer of the church.

**Next week** we will have signups for those who want to make floral donations for Easter. I do not have the prices of the lilies and other plants yet.

I would like to remind people that the Crying Room is for parents of small children and their very young children. It is not for people who arrive late for Mass. The Fire Dept will be here this coming week to tell us how many people can be in that room. Also, please remember that those in the room should have a clear view of the altar and ambo. So please do not move the chairs.

The Sacrament of Reconciliation will have added times beginning Tuesdays and Thu at 11:45-12:10 before the Mass.

For those who were in the Gospel of John sharing sessions, and the Welcoming Church there will be a Seder meal, partially reenacting the Lord's Last Supper on Tues. April 1<sup>st</sup> at 6pm. Reservations will be taken after weekend Masses on March 16<sup>th</sup> and 17<sup>th</sup>. and at the office through March 25<sup>th</sup>. After reservations are taken we will have time to organize the potluck before we have the ceremonial meal.

Like last year, The Way of the Cross booklets are available for people to take home and keep. Check the book rack in the vestibule.

I want to thank all those who made the Mardi Gras a great success: those that coordinated everything, those that donated auction items, bid on the auction items, the chefs, the decorators, the band, the janitors afterwards to keep things clean.

I have heard nothing but compliments

### Ministry Schedule Mar. 8<sup>th</sup> & 9<sup>th</sup>

#### 4pm. Mass

**Readers:** Linda Anderson, Tony Madia

**EMS:** Luisa Bustillos, Joanne Bishop, Jovita (Betty) Bishop

**Ushers:** Carmen Crisafulli, Janice Dyer

**Greeters:** Tony & Julie Piazza

### 8:30 am Mass

**Readers:** Phillip Alvarado, Maureen Sheridan Scott  
**EMS:** Larry Biondini, Milambo Gaudence, Patty Ramos  
**Ushers:** Diane Cook, Liz Ritchie  
**Greeters:** Larry & Jo Ruminson

### 10:30 am Mass

**Readers:** Mary Denson, Nora John  
**EMS:** Nora John, Julie La Plante, Mila Morrical  
**Ushers:** Augustin Gonzalez, Sally Shami  
**Greeters:** Julie La Plante, Lorraine Datu

### Ministry Schedule Mar. 15<sup>th</sup> & 16<sup>th</sup>

#### 4:00 pm. Mass

**Readers:** Evelyn Estrella, Tony Sacramento  
**EMS:** Luisa Bustillos, Tony Madia, Beth Turegano  
**Ushers:** Dianne Foppoli, Mark Johnson  
**Greeters:** Ron & Debra Ciarasso

#### 8:30 am. Mass

**Readers:** Liz Ritchie, Maria Van Anne  
**EMS:** John Buhagiar, Dave Grundman, Maureen Sheridan Scott  
**Ushers:** Sally Shami, Mary Thayer  
**Greeters:** Diane Van Anne, Mary Thayer

#### 10:30 am Mass

**Readers:** Scott & Mila Morrical  
**EMS:** Lorraine Datu, Giovanna DeSimone, Evelyn Estrella  
**Ushers:** Mila & Scott Morrical  
**Greeters:** Fred & Janet Adam

## Food Temptations and Fasting

During the season of Lent, Christians honor the 40 days that Jesus fasted in the desert by observing their own fasting. If you are looking for ways to balance your relationship with food this Lenten season, mindful eating can help you curtail cravings and resist the temptation to overindulge during Lent.

**Using mindful eating to change your relationship with food** Mindful eating is an extension of the practice of mindfulness. Practitioners of mindfulness look inward, focusing on their thoughts, emotions and physical feelings rather than simply reacting to the external world.

With mindful eating, you bring these same ideas of mindfulness to your diet and become more engaged with the foods you eat and how you feel about them. When you are getting started, common practices in mindful eating can guide you.

How mindful eating can reduce temptation  
Reacting to temptation is usually instinctual. A person feels a craving and reaches for the food that will satisfy it without taking the time to choose mindfully. Mindful eating might not make temptations go away, but it will give you more control over them. Instead of reacting to a physical feeling, you get to make an informed decision about the food you eat. Often, you will find that the temptation loses its pull after conscious thought on your part.

**Exploring healthy alternatives for Lent** As you stay mindful about the food you and your family eat during Lent, incorporating alternatives to less-healthy favorites can limit temptation.

- Express gratitude around meals: Lent has an innate connection to food as it is traditionally a time of fasting. Use mealtimes to reflect on the meaning of the season, and take time to be thankful for your food and the energy that has gone into getting it onto your plate.
- Eat slowly and without distraction: When you eat, engage with the food and the people around you. Be intentional about food by scheduling time to eat and removing distractions like TV and phones while your family eats. Take the time to savor each bite with all five senses to slow down eating.
- Watch portion sizes: Lent is a time to avoid overindulgence. As you add food to your plate, check in with your body to see how hungry you feel and only take what you need. While you eat, listen to your body and stop when you feel full.
- Enjoy warm, comforting drinks made from your favorite loose-leaf tea and take time to reflect.

### **Mindful eating can benefit your Lenten journey**

While everyone can take a different meaning from Lent each year, practicing mindful eating encourages the pillars of Lent.

*I always look forward to Lent because it's a time to practice mindfulness and reconnect with my Christian values. Beyond spiritual growth, though, Lent helps me adopt healthier eating habits by cutting out indulgences like alcohol, sweets and red meats. Surprisingly, it's not difficult, and I experience a boost of energy. After Lent, I consistently feel in better shape, both physically and mentally.*

— Tamara Tsaturyan, *Thriving In Parenting*

### **Become more mindful about food this Lent**

As you give up luxuries and focus on gratitude this year, you may face temptations and cravings. Mindful eating during Lent can help you stay connected to what matters most. By adding mindful eating practices to your routines around food, you'll have better self-discipline to resist temptation. You will also be able to balance healthy eating with reflection for a fulfilling Lenten season.

*Sharon Rhodes is the creative force behind the food blog The Honor System. With a passion for all things homemade, Sharon is a seasoned recipe curator focused on making healthier cooking and baking accessible to all.*

### **Lenten Prayer**

**"Look with favor, Lord, on your household. Grant that, though our flesh be humbled by fasting from food, our souls, hungering after you, may be resplendent in your sight."**

