

February 18 First Sunday of Lent (Violet)
St. Bernadette, V – St. Simeon, B
Proper of Sunday, “Invocabit me” NO Gloria, 2nd of St. Bernadette, 3rd of St. Simeon, Tract, Credo, Preface of Lent, “Benedicamus Domino”
Ashes will be distributed after both Masses today
High School selling coffee and sweets after the 7:30 Mass

15 Decade Rosary recited weekdays at 8am when no Mass is available

Mon	19	Ferial Day in Lent
Tue	20	Ferial Day in Lent
Wed	21	Ember Wednesday in Lent
Thu	22	Chair of St. Peter at Antioch
Fri	23	Mass 8:15 AM St. Peter Damian, B, C, Doctor of Church Ember Friday in Lent
Sat	24	Mass 8 AM Ember Saturday in Lent – Virgil of St. Matthias Anticipated Confessions 4 PM

Holy Hour of Reparation Every Wednesday at 3 pm in the Chapel. Next Rosary Rally Saturday March 2nd at the Garden Grove Civic Center 12 noon.

Mass Requests for the living, dead or special intentions-\$20 stipend per Mass.

Death Remembrances February

Agnes Selway, Cynthia Bower, Hector Vargas, Judy Kerber, Nestie Joy Escaro, Angeline Paajanen, Ich Tran, Fr. Benedict Ashley, Eugene Reyno, Sr. Mary Amata, Andy Tarby, Francisco Sanchez, Bob Haviken, Bill Ammann, Angela Heiner, Frances Ridino, Arnold De Clarke, Frank Brix Sr., Ina Smith, Adele Thompson, Virginia Chambers, Betty Parker, Maryjane Smith, Tony Gorsich, Joe Lyons, Cyril Crowley, Tom Hewko

Death Remembrances March

Gloria Biehl, John Healy, Betty Dulay, John MacArthur, Bernard Candela, Lawrence O'Neill, Roy Foote, Victoria Lauriello, Joann Green, Fr. Agustin Escobar, Alice Hubbard, Arthur Kerber, James Berthelot, Mrs. Soute, Stan Nelson, Hazel Odash, Yvonne Brown, Tatsuko Mitani, Dorothy Cimino, Chia Tiang, Paul & Margaret Nemecek, Ernest Heinz, Everett Marinet, Fr. Daniel Johnson, Elizabeth Gorsich, Bob O'Connor, Helen Cherry, Tony Candela, Fran O'Mara, James Coco, Msgr. William Barry, Fr. Marcel Nault, Dale Kirn, Herbert Hammond, Joan Burke, Alfred Krebsbach, Irene Walterscheid, Evelyn Voda, Helen Giltzow, Tom Thompson, Barbara Jean Seymour, Virginia Sullivan, Edna Browning, Alice Hubbard, Bob O'Connor, Shirley Charters, +Marcel Lefebvre.

Parish Illness and other Prayer Intentions

Beatrice Acevedo, Patty Martin, Vic Pence, Steve Frye, Sean Klein, Dorothy Neff, Marg MacArthur, Jaime Soto, Camilla and Isabella Codeceira, , Paul Isley, Homer Sweeney, Leroy Cadman, Inez Williams, Ida Ramirez, Julie Ayraud, Dean Paajanen, Linda Whitlock, Comptons, Peggy Perez, All Priests

(renewable monthly OLHCbulletin@yahoo.com)

Our Lady Help of Christians Chapel Padre Pio Academy

9621 Bixby Avenue

Garden Grove, CA 92841

School Office: 714-530-6840

(Please direct all correspondence and church business here)



Masses Sunday 7:30 & 10:00

Always check website for most current schedule

15 Decade Rosary recited weekdays at 8am when no Mass is available

Confession All Masses typically preceded by substantial time for confession, which must end 10 minutes before Mass begins. Out of consideration for others, please don't use the confessional for lengthy counseling. Be brief. Be blunt. Be gone!

Streamed Mass WWW.OurLadyHelpOfChristians.US - Select Mass Stream & Subscribe (Televised Mass in the Hall)

Saint Patrick's Mission - Northridge Mass is temporarily unavailable at this location

Sacramental Planning: (626) 447-1752

Emergency Contact ONLY: (626) 355-0845

To Modern Catholics We are what you once were. We believe what you once believed. We worship as you once worshiped. If we are wrong now, you were wrong then. If you were right then, we are right now.

February 18, 2024

First Sunday of Lent

St. Bernadette, V

St. Simeon, B

Padre Pio Academy News

Celebrating 40 Years of Catholic Tradition in Education

www.padrepio-academy.com email: padrepioacademy@sbcglobal.net

Modesty in Church Out of respect to our Lord, we beg all to appear in church modestly dressed. No shorts allowed. Ladies heads must be covered, no slacks or pants, low cut or sleeveless tops. Your cooperation is evidence of your love for our Lord in the Blessed Sacrament and respect for the House of God.

Communion Fast Holy Communion may be received only by Catholics believing themselves to be in the state of Sanctifying Grace, who are observing at least one hour fast prior to reception of the Sacrament. We are urged, however, to observe the fast from midnight, or, at least for three hours. While always welcome, non-Catholics and those who do not accept the traditional teachings of the Church in matters of faith and morals, are NOT to receive Communion at this Mass. To receive Holy Communion do so in silence- do not say Amen.

Confession Procedure Begin your confession with "BLESS me Father for I have sinned", when you have received your penance, immediately begin your Act of Contrition.

Mass Requests \$20 stipend per Mass, intention box located on the wall in the gift shop.

Chapel Etiquette Food, drink and matches are not allowed. Please use the butane lighters to light the votive candles. When the Blessed Sacrament is exposed, genuflect on both knees and bow. Otherwise, genuflect with the RIGHT knee touching the floor.

OLHC is an independent Traditional Chapel. We maintain no association whatsoever with Kentucky Resistance.

No unapproved literature may be left on the premises. It will be discarded.

Need something blessed? The first Sunday of each month after each Mass. The next blessing will be March 3rd. Please be there to pick up your item, it will not be held.

Lost and Found Please remember to identify your Missals and prayer books for a safe return. If you have lost something, check the lost and found bin in the bookstore and if you find something left in the pews, please return it to the bin to find its rightful owner.

Have you Registered? To register and receive your offering envelopes, see the breezeway sign-up table or the gift shop.

Checks Payable to OLHC or Our Lady Help of Christians. Please DO NOT seal envelopes with scotch tape or stickers. By request, Venmo is also available for donations.



venmo

Useful Links

fsspx.org - Find a Mass Worldwide – scroll down

Traditionalcatholic.co - Spanish & English Traditional Catholic Books (Audio, PDF, Kindle, etc.)

ksmk.org - Catholic Radio Station

thanhlemisa.wordpress.com - Vietnamese/Latin Missal

CatholicFamilyNews.com - search: Archbishop Vigano

Lent is here: and, NO, it's not too late!!! Maybe you've already discovered that a certain penance you've imposed on yourself is just not going to work for you at this time. Or perhaps you want to refine your agenda to include something important that was overlooked earlier. Both reasonable observations: make Lent the best it can be – it may be your very last one! Here are Twelve Pious Lenten Practices to sort through, from long ago. Sorry, the priest/author has been lost.

Abstinence: Giving up something we like to eat, drink, smoke, use, including meat on days not required. Alcoholic beverages, desserts, even coffee (?) – just don't make your penance a penance for others!

Fasting: The Church's traditional method of fasting is one main meal and two collations (together which do not equal the main meal.) Sunday is never a fast day; it is a feast day, and one cannot fast *and* feast at the same time.

T.V. (let's throw computers in the mix too!): How much is pass-time versus what is really necessary? There's a reasonable overlap, so just cut back on the screen time enough to get done what has to be done!

Prayer: Daily Rosary, First Saturdays, an extra weekly Mass or two, a Holy Hour once or twice a week – start with 15 or 20 minutes. Pray for those in purgatory; and those in danger of dying outside the state of Sanctifying Grace; pray for anyone you may have had the misfortune to lead into sin. Pray for an end to abortion and for peace in the world.

Go to confession once a week: a practice recommended by saints. In this way we stay focused on what we are doing wrong.

Nightly examination of conscience: Review the day and what you did and did not do that might have displeased God, then keep these things in mind for your next confession.

Do penance: Our Lord has made it perfectly clear that penance is necessary for salvation.

Perform good works: Visit the sick and home-bound; counsel, picket or pray at abortion clinics; take someone to Mass with you; get someone with a marriage problem to see a priest.

Give alms: -to cloistered monasteries and convents; to good Catholic schools; support crisis pregnancy centers and local soup kitchens; help those who are poor.

Do Apostolic work: Take someone to Mass with you or someone to confession with you. Invite someone to become a Catholic and get them to a priest for instruction. Get a priest to visit a fallen-away Catholic – especially an elderly one.

Engage in spiritual reading: Require yourself to do at least 15 minutes of reading daily – from a good Catholic book, the Bible or the lives of the Saints.

Consecrate your life to God: and renew the consecration each day; or consecrate yourself to God through the Blessed Virgin.

Remember, Lent is a holy season set aside by the Church during which we are recommended to do extra prayer, penance, sacrifice, good works and almsgiving, plus to frequent the Sacraments and attend Mass more often – all for the good of our souls. Many a pious Lenten practice has turned into a lifelong virtuous habit!