

MASS INTENTIONS

Table with columns for Day, Date, and Time. Includes entries for Saturday (March 7, 8), Sunday (March 8, 9), Monday (March 9, 10), Tuesday (March 10, 11), Wednesday (March 11, 12), Thursday (March 12, 13), Friday (March 13, 14), and Saturday (March 14, 15).

INTENTIONS FOR THE SICK

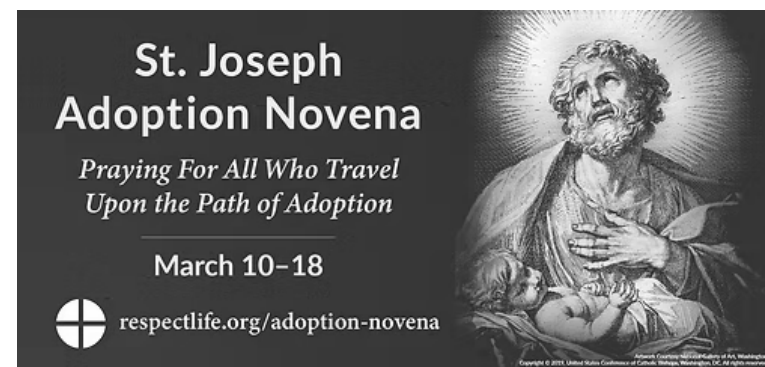
Maria Hale, Frank & Yvonne Batista, Marilou Topacio, Sylvia Todd, Mary Quinn, Phyllis Schabow, Ruben Pimental, Judy Nevarez, Victor Briceno, Fr. John Gunningham, Hector Snyder, Gilbert Montana, Charles Richardunn, Anastasia Zendejas, Norman Arredondo, John Estavez, April Rodriguez, John Ryan, Arturo Gonzalez, Fred Minook, Gordon P. Curtiss, Alfonso Martinez, Baby Peter Rodriguez, Norbert Aripez, Joe Gurrero, Connie Smith, Luis Demetrio Figueroa

INTENTIONS FOR THE DECEASED

Fr. Louis Marx, Pope Francis, Jennifer Rivera, Saul Ortiz, CJ Hixson, Lisa Von Sydow, Dwight Gelford, Fernando Montenez, Art Foltz, Manuela Cabrera, Roseanna Ruiz, Perfecta Flores, Gustavo Marquez, Frenky Casas, Samuel Avila, Lourdes Villamil, Sarah Von Sydow, Karen Pimentel, Nada Soraya, Anita Gonzalez, Jose Maria Zendejas, Alex Galvan, Rita Moore, Ernesto Estrada, Vincent Gonzalez

CHOOSE LIFE – Pregnancy Hot Line (909) 398-4838

“We are facing an enormous and dramatic clash between good and evil, death and life, the ‘culture of death’ and the ‘culture of life’. We find ourselves not only ‘faced with’ but necessarily ‘in the midst of’ this conflict: we are all involved and we all share in it, with the inescapable responsibility of choosing to be unconditionally pro-life” (The Gospel of Life 28).



Leading up to the Solemnity of St. Joseph on March 19, join us in praying the St. Joseph Adoption Novena. Invoking the intercession of St. Joseph, foster father of Jesus, we will pray the Lord blesses all who travel upon the path of adoption. Visit respectlife.org/adoption-novena for the novena, which begins March 10.

40 DAYS FOR LIFE CAMPAIGN – Feb. 18th – March 29th

40 Days for Life is an internationally coordinated 40-day campaign that aims to end abortion locally through prayer and fasting, community outreach, and a peaceful all-day vigil in front of abortion businesses. This Lenten season come pray at the Vigil Site (918 W. Foothill Blvd. Upland, 91786) from 7:00 AM – 7:00 PM. Special Prayer Vigils at 11:00 AM: March 14th – Midway Rally and March 28th Victory Celebration Rally. Sign up for a vigil hour at 40daysforlife.com/upland.

PARISHIONERS IN THE ARMED FORCES DISPLAY

If any of our parishioners or their immediate family members are actively serving in our armed forces we would love to add their portrait to our display. Please bring your photo with their branch of military and rank to the Parish Office during office hours. The deadline to submit the photos is Saturday, March 28th. Thank you.

The Parish Office will be closed on Monday, March 30th in observance of the Cesar Chavez holiday.

J.M.J. 3rd SUNDAY IN LENT March 8, 2026

Living the Faith: 10 Things to Remember for Lent

- 1. Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting, and Almsgiving—as the three things we need to work on during the season.
2. It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hot dogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends, and coworkers."
5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control—it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.
7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.
8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.
10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.

--- Bishop David L. Ricken

ATTENTION PARISHIONERS

We recently have had requests from mass attendees who wish to deliver a consecrated host to a sick or homebound loved one themselves. The consecrated host may only be handled by a Priest, Deacon or an officially ordained Eucharistic Minister.

Also, as a reminder, after receiving a consecrated host, you must consume it immediately. It must not leave the church.

STATIONS OF THE CROSS

We will have Stations of the Cross inside of the church at 6:00 PM every Friday of Lent followed by Mass at 7:00 PM.

LENTEN MEATLESS FRIDAY DINNER

Every Friday in Lent our Knights of Columbus and Mary's Handmaids will be hosting a meatless dinner in the Parish Hall. Dinner will be served at 5:00 PM and after the 7:00 PM Mass. Plate price will be determined by market price. All proceeds will go towards our Knights of Columbus and our 100th Anniversary Guasti Fall Festival fund!

Every Friday in Lent is a day of ABSTINENCE

Abstinence from meat is observed on Ash Wednesday, Good Friday and all the Friday's in Lent by all Catholics 14 years or older.

Fasting is observed on Ash Wednesday and Good Friday by all Catholics who are 18 years of age but not yet 60. Those bound by this rule may take only one full meal. Two smaller meals are permitted as necessary to maintain strength according to one's own needs, but eating solid foods before meals is not permitted.

2026 DDF CAMPAIGN

Our next DDF appeal will be NEXT WEEKEND!

Thank you to everyone who has contributed to our 2026 DDF! Your gift supports the Seminarian Education Fund, Hospital Chaplains, Catholic Charities, and ministries that support those in need and strengthen the spiritual foundation of our community. Each and every person's gift is important, regardless of size. Simply fill out a pledge card and place it in the offertory basket or drop it in the mail. Thank you and God Bless for your continued support!

Goal: \$48,200.00 Gifts Received: \$5,664.67

Readings: Cycle 1, Weekday Readings; (Year A for Sundays)

- 3/7/26 Micah 7:14-15, 18-20, Luke 15:1-3, 11-32 (227)
- 3/8/26 Exodus 17:3-7, Romans 5:1-2, 5-8, John 4:5-42 (28)
- 3/9/26 2 Kings 5:1-15ab, Luke 4:24-30 (237)
- 3/10/26 Daniel 3:25, 34-43, Matthew 18:21-35 (238)
- 3/11/26 Deuteronomy 4:1, 5-9, Matthew 5:17-19 (239)
- 3/12/26 Jeremiah 7:23-28, Luke 11:14-23 (240)
- 3/13/26 Hosea 14:2-10, Mark 12:28-34 (241)
- 3/14/26 Hosea 6:1-6, 18-20, Luke 18:9-14 (242)

Intercessions for Life: For those nearing the end of life: May they be given the grace to persevere in faith and place their trust in God as they prepare in hope for eternity with Christ, We pray to the Lord. Papal Intention for March: Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

To Report the Sexual Abuse of a Child by Clergy, Deacon, Employee or Volunteer, call the toll-free Sexual Misconduct Hotline at 1-888-206-9090.