



CHURCH OF THE

Good Shepherd

3200 HARBOR STREET. PITTSBURG, CA 94565

*One Flock, One Family, Living and Sharing
the Love of Christ*

Phone: 925-432-6404

Email: office@goodshepherdpittsburg.org

www.goodshepherdpittsburg.org

www.facebook.com/goodshepherdpittsburg



FEBRUARY 11, 2024

PARISH OFFICE HOURS

Monday—Thursday: 8am—12 pm & 1 pm-4pm

Fridays: 9am– 12:pm & 1pm- 3pm

(covered by volunteers with limited service)

MASS SCHEDULE

Sundays: 8am, 10am (livestreamed)

12 noon & 3pm Spanish

Mon-Fri: 7:30 am (livestreamed)

1st Fridays: 7:00 pm (livestreamed)

Saturdays: 8 am (livestreamed) & 5:30 pm (Vigil)

Holy Days: 7:30am (Ls), 6:30pm (Ls) & 7:30pm (Sp)

Morning Prayer: Liturgy of the Hours/ Rosary 7:00 am

Confessions: Fridays: 8 am-9 am

Saturdays: 4pm-5 pm or by appointment

Adoration: Fridays: 8 am-9 am;

1st Fridays: 8am-7pm

Adoration in the Chapel (door code required ~call parish office).

Devotions: Divine Mercy Monday-Friday after 7:30 am Mass

Our Lady of Fatima/Perpetual Help~1st Saturday

Santo Niño~2nd Saturday

Divine Mercy~3rd Saturday

Saint Padre Pio~4th Saturday

Healing Mass & OL of Manaoag ~5th Saturday

(All devotions take place following 8:00 am Mass)

Baptisms: In order to make baptismal arrangements contact

Carmen goodshepherdpittsburg.org or

Lorena@goodshepherdpittsburg.org

Marriages: In order to make marriage arrangements

contact carmen@goodshepherdpittsburg.org 6 months

prior to marriage date.

Funeral Arrangements: Should be arranged by family,

church and mortuary. Normal Christian burial consists of

Vigil Service, Holy Mass and Burial in a Catholic Ceme-

ttery. Any other arrangements should be discussed with parish

priest.

Ash
WEDNESDAY

©LPI

ANOINTING OF THE SICK HOTLINE: 510-259-8706

GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

February 11, 2024

6th Sunday in Ordinary Time

Recently I had a skin rash, and it was awful. (Please don't tell anyone.) I am embarrassed to admit that I didn't handle it well. Complaining, whining, begging for sympathy, and crying were my responses to the merciless itching and burning. In the aftermath, a silver lining emerged. I feel a new heartfelt sympathy for all those vexed with chronic skin problems. If you've ever had a seemingly unending skin problem, you know how that sympathy flows up from deep inside.

This gut-level compassion is something like what the Gospel describes in Jesus when the sore-covered leper says, **"If you will it, you can make me clean."** At this, just before the healing, Jesus was **"moved with compassion."** The Greek word used here is strong and earthy, closer to "his bowels and guts trembled with the deepest emotions of sadness, pity, and love." In Jesus, God heals our infirmities not from a divine distance but by learning what it *feels like* to be us. He acquires first-hand experience of what it costs us to be afflicted and still be faithful to God. He sympathizes with the burning, itching, and blistering of human existence in the deepest, first-hand way. To discover that is to touch Jesus' heart.

What in your life, right now, is breaking out like diseased skin? What is getting worse the more you try to soothe it? Perhaps only you feel it. Or maybe it's exposed to all. A bad habit, broken relationship, loneliness, fear of failure, self-hatred? Name it, and then find a way to bring it confidently to Jesus who will *feel what we are feeling*, and thereby heal us.

— *Father John Muir* ©LPi

MEDITACIÓN DEL EVANGELIO – ALENTAR UN ENTENDIMIENTO MÁS PROFUNDO DE LA ESCRITURA 11 de febrero de 2024

6º Domingo del Tiempo Ordinario

En la actualidad, a pesar del avance de la medicina, existen enfermedades incurables. ¿Cuáles son las enfermedades incurables ahora? ¿De qué padecemos? ¿Quiénes son los leprosos actuales? ¿Qué personas son las expulsadas de la ciudad y de la sociedad? En tiempo de Jesús, era la lepra; los enfermos, al adquirir esta enfermedad, eran expulsados de la ciudad y no podían acercarse a las personas sanas. Hoy, Jesús sigue haciendo milagros de todo tipo, sigue curando, tocando y aliviando a los necesitados. Acercarse al pobre significa luchar y comprometerse con su persona para que salga de su pobreza y enfermedad. ¿Cómo tocamos y ayudamos a los que sufren en la sociedad actual? La curación del leproso del Evangelio nos dice que Jesús tocó al leproso sin temor a contagiarse. Su compasión se muestra con el diálogo entre ambos: «Se le acercó un leproso, que se arrodilló ante él y le suplicó: "Si quieres, puedes limpiarme". Sintiendo compasión, Jesús extendió la mano y lo tocó diciendo: "Quiero, queda limpio"» (Marcos 1, 40-41). Jesús rompe las reglas al tocar el leproso, lo importante en este caso era la empatía, la compasión, el ser uno con el otro. Lo que hizo Jesús le traerá consecuencias fatales, romper la ley no era aceptable. El acercamiento con respeto a los enfermos significa una muestra de amor grande para ellos. Salgamos de nuestra burbuja, busquemos a los que sufren, que, con seguridad, están en la familia y amigos. ¡No seamos indiferentes a su sufrimiento! ©LPi

Lent Fasting Rules: Frequently Asked Questions

What Is Fasting?

In the Catholic Church, fasting is a practice in self-discipline with a penitential focus. In the context of Lent, it refers to reducing food intake and limiting how many meals we have.

What are the Lent fasting rules?

On Ash Wednesday fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal. Additionally, Catholics may not eat meat on these two days—or on any Friday during Lent.

What are the Lent rules on abstinence?

In this context, abstinence refers to "abstaining" from meat on Fridays during Lent. Whereas Catholics fast on Ash Wednesday and Good Friday with just one large meal, Catholics must refrain from eating meat on other Fridays, though they can have three full meals.

At what age do you start fasting for Lent?

Those ages 18-59, in reasonable health, are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. Canon Law does mention that for young children not fasting, parents should still communicate the meaning and penance. Who is exempt from fasting during Lent? Children, adults with physical and mental illness, pregnant women and those nursing are all exempt. The USCCB stresses that "common sense should prevail" and that no one should jeopardize their health to fast.

Do Sundays count for fasting?

It's been a custom for Catholics to give something up during Lent, in addition to the fastings and abstinence rules. Some keep their sacrifice continuously, but Sundays during Lent are not "prescribed days of fasting and abstinence." Ultimately, it's a personal decision.

Parish Crab Feed Dinner

**Saturday,
February 24
5:30 pm**



\$65/Person

\$15 per child 8 and under

To make reservations call the parish office or stop by the table after mass. TO GO Meals available. When you make your reservation, let them know you want it to go. You can also have steak in place of crab.

P/s: \$60/person if you pay by Feb 11. Or you reserve a table for 10 people.

Good Shepherd Parish Crab Feed **RAFFLE TICKETS AVAILABLE**

From Knights of Columbus Members or
Church Office

GREAT PRIZES!!!!!!

*3 Days & 2 Nights at Peppermill Hotel Casino
2 Spa Gift Cards and other gift Value of \$125 each
2 \$150 Winco Gift Cards Value of \$150 each
Raffle Tickets \$5.00 each or 5 for \$20.00*



Our Lady of Lourdes

The World Day
of the Sick
Healing Mass at
10am,
February 10.
Come and Be Healed!



Would you like to participate more during mass and become closer to the Lord, consider becoming an Extra Ordinary Minister of Holy Communion.



*If you meet the following requirements, baptized, received confirmation if married, you must be married in the catholic church. Those interested in becoming an Extra Ordinary Minister of Holy Communion are invited to attend a procedural training on Wednesday, February 28th from 7:00 – 8:30 pm. in the Church. **If you plan on attending, you must contact Ann & Bill Abitz at 432-3995 or the Rectory (432-6404) before February 26th.***

YOUNG ADULT MINISTRY

All Young Adults 18 - 39 years old are invited to join our Young Adult Ministry! We gather together on the first and third Wednesday of the month at 7:00 pm in the Parish Hall Conference Room. If you have any questions, or would like to be added to the email list, please contact Dulcinea at YAM@goodshepherdpittsburg.org

BACK BY POPULAR DEMAND

Lenten Bible Study Series
Last year we offered a Bible study series led by David de Luna. It was very well received. David has agreed to offer a new series this year. Sessions are Thursdays 7pm in the Parish Hall starting February 15.



Catholic Daughters Valentine's Bake Sale

Sunday, February 11th before and after 8:00am, 10:00am and 12:00 noon Masses. Please see the ladies in front of the Church to buy your goodies.

LENTEN DINNERS & STATIONS OF THE CROSS

Everyone is invited to attend our
Friday Lenten Dinners.

The first dinner is February 16.

Dinner begins at 5:30 pm

In the parish hall. Cost is \$20.00 per person for a
delicious meat free meal.

Dinner reservations are a must!

Deadline is every Monday of Lent by 4:00 pm. Call
the parish office with your name and the names of the people who
will be attending with you. (925)432-6404

Menu

- 2/16 Calamari Steak
- 2/23 Cheese Stuffed Pasta Shells
- 3/1 Eggplant Parmesan
- 3/8 Linguini & Clams
- 3/15 Prawns & Polenta
- 3/22 Sand Dabs

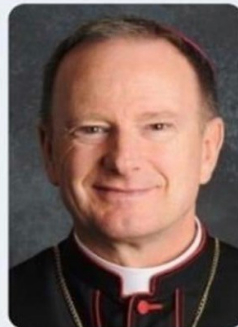
Stations of the Cross follow at 7:00 pm in the Church.

2023 TAX LETTERS

**2023 TAX DONATION
LETTERS ARE NOW
AVAILABLE UPON REQUEST
BY CALLING OR EMAILING
THE PARISH OFFICE
432-6404 AND ASK FOR
CARMEN,
Carmen@goodshepherdpittsburg.org
OR
LORENA,
Lorena@goodshepherdpittsburg.org
PLEASE INDICATE YOUR
PREFERENCE FOR RECEIV-
ING YOUR LETTER,
BY REGULAR MAIL, EMAIL
OR PICK UP.**

NEW OAKLAND DIOCESE POLICY

Kneel after the Holy, Holy until after the Amen



In the Dioceses of the United States of America, they should kneel beginning after the singing or recitation of the Sanctus (Holy, Holy, Holy) until after the Amen of the Eucharistic Prayer, except when prevented on occasion by ill health, or for reasons of lack of space, of the large number of people present, or for another reasonable cause. However, those who do not kneel ought to make a profound bow when the Priest genuflects after the Consecration. The faithful kneel after the Agnus Dei (Lamb of God) unless the Diocesan Bishop determines otherwise. [Sacrosanctum Concilium 40; Varietates legitimæ 41]

Decreed by Michael C Barber, S.J., Bishop of Oakland on January 5, 2024.
Normative and must be observed by Ash Wednesday, February 14, 2024



**We will officially apply this new policy in our church
at the beginning of Lent, Feb 14.**

Mass Intentions Feb 5– Feb 11, 2024

Mass Intentions For The Week



Mon	7:30 am	Elodie Brook Maxadon (<i>Birthday</i>)
Tue	7:30 am	Canon Benjamin Norman
Wed	7:30 am	Sam † and Mildred Seals (<i>Wedding Ann.</i>)
	12:00 noon	Bernadette Fabolon †
	4:30 pm	Rose & Vince Silva †
	6:00 pm	Castro Buzon, Jr †
	7:30 pm	For the people of the parish For the people of the parish
Thu	7:30 am	Philomena O'Connor †
Fri	7:30 am	Fr. Glenn Najuit
	7:00 pm	Daniel Cortez Acuña †
Sat	8:00 am	Eva Riray † (<i>Birthday</i>) Frank & Elizabeth Brajkovich †
	5:30 pm	Fr. Paul Chen
Sun	8:00 am	Christopher Obidi †
	10:00 am	Tony & Gloria Giambalvo †
	12:00pm	Lorraine Rodella †
	3:00 pm	For the people of the parish.

Staff Contact Information

Fr. Thi Van Hoang, Parochial Administrator
925-432-6404 Ext. 11
Frthihoang@goodshepherdpittsburg.org

Fr. Arn Cabrias, Priest in Residence
arnuscab@gmail.com

Deacon Alberto Cruz
925-432-6404 Ext. 23, 415-310-0645
deaconalberto@goodshepherdpittsburg.org

Dina Russell, Bookkeeper
925-432-6404 Ext. 12
Dina@goodshepherdpittsburg.org

Carmen Esquivel, Office Manager
925-432-6404 Ext. 19
Carmen@goodshepherdpittsburg.org

Klarisse Tan, Religious Education Coordinator
925-432-6404 Ext. 21
Klarisse@goodshepherdpittsburg.org

Lorena Reyes, Office & Faith Formation Assistant
925-432-6404 Ext. 20
Lorena@goodshepherdpittsburg.org

Dennis Riray, Music Director
music@goodshepherdpittsburg.org

Gerry Brochu, Maintenance
Gerry@goodshepherdpittsburg.org

**1- Parish Crab Feed, Saturday,
February 24th, 2024 at 5pm.**



**2- Parish Good Shepherd
Feast Day
Sunday, April 21st, 2024 at 11am.**

More details will be announced on these
important dates

Weekend of FEBRUARY 4, 2024

1st Collection (Cash, Checks, EFT) \$7,945.44
2nd Collection (Cash, Checks, EFT) \$3,205.94

Please help contribute for the smooth operation and good services
of our parish. We appreciate your generosity and for making
Good Shepherd a part of your family. Also, please remember
Good Shepherd when planning your last will and Testament.

Thank you!

NEXT SUNDAY'S READINGS

Gensis 9:8-15
1 Peter 3:18-22
Mark 1:12-15

NEXT SUNDAY'S 2nd COLLECTION

BISHOP'S APPEAL

2024 Lenten & Easter Celebrations



WEEKLY ACTIVITIES DURING LENT

ASH WEDNESDAY SCHEDULE: Feb. 14 @ 6:30am (Ash service only); 7:30am Mass; 12pm Mass; 4:30pm Mass (CCD); 6pm Mass; & 7:30pm Mass (Spanish)

Confessions: Fridays 8-9 am; Saturdays 4-5 pm and every Tuesday during Lent from 7-8 pm

Lenten Parish Reconciliation: March 11 @ 7pm (Bilingual)

Adorations: Fridays 8 am– 9 am; First Friday from 8am to 7pm followed by Mass of the Sacred Heart of Jesus.

Lenten Bible Study: Thursdays during Lent starting Feb. 15 @ 7pm in Parish Hall.

Stations of the Cross: All Fridays of Lent @ 7 pm

Lenten Dinners: On Fridays @ 5:30pm, Feb. 16, Feb 23, March 1, 8, 15, & 22

March 10	2pm retiro de cuaresma y 3pm Misa en Español with Fr. Luis Lopez
March 11	7pm Lenten Parish Reconciliation Service
March 17	7pm Opening Passion Play Performance 1
March 18 & 19	7:00pm Lenten Retreat with Fr. Matthias Lambrecht, O.C.D. <i>(This event is livestreamed as well on our Youtube Channel)</i>
March 22	7pm Lenten Taize Prayer

HOLY WEEK

March 23- Palm Sunday Vigil	5:30 pm Mass- 7pm Passion Play Performance 2
March 24- Palm Sunday	8am, 10am, 12pm, 3pm (Spanish); 5:00pm Passion Play Performance 3
March 27- Holy Wednesday	6pm—Passion Play Performance 4
March 28 -Holy Thursday	7:30am Morning Prayer/Liturgy of the Hours 7:00pm Mass of the Lord's Supper and Washing of Feet followed by Adoration of the Blessed Sacrament until Mid-Night. 7:30am Morning Prayer/Liturgy of the Hours 12pm Liturgy with Veneration of the Cross 3:00pm Liturgy with Veneration of the Cross (Spanish) 6:00pm Liturgy with Veneration of the Cross 7:30pm—Passion Play Performance 5
March 29 -Good Friday	

EASTER VIGIL/ EASTER

March 30 -Holy Saturday	8:00am—Morning Prayer/ Liturgy of the Hours 8:00pm Easter Vigil <i>(livestreamed)</i>
March 31 -Easter Sunday	7:00am Mass; 8:30am Mass; 10am Mass <i>(livestreamed)</i> 12:00pm Mass; 3:00pm Mass – Spanish

Celebraciones de la Cuaresma y la Pascua para la Comunidad Hispana

Retiro de Cuaresma: 10 de Marzo a las 2:00pm y 3:00pm la Misa en Español con Padre Luis Lopez

Confesiones Parroquial de Cuaresma: 11 de Marzo a las 7:00pm (sacerdotes en español)

Via Crucis: Todos los Viernes a las 7pm

Cenas de Cuaresma: Los viernes a la 5:30pm, febrero 16, 23, Marzo 1, 8, 15 y 22.

Jueves Santo: 28 de Marzo a las 7:00pm Misa de la Ultima Cena del Señor y Lavatorio de Pies seguido de Adoración del Santísimo Sacramento hasta media noche.

Viernes Santo: 29 de Marzo a las 3:00pm Liturgia y veneracion de la cruz en español.

VIGILIA PASCUAL / PASCUA

Sábado Santo: 30 de Marzo a las 8:00pm

Domingo de Resurrección: 31 de Marzo a las 3:00pm Misa en Español