

*Weekend of Feb. 18 @
19, 2017*

*7th Sunday in Ordinary
Time*

Weekend Masses:

Sunday, 8:00 AM	Charlie and Gene Curo
Sunday, 10:00 AM	Community of Viejas
Sunday, Noon	Community of Sycuan

Bingo Night!

Hosted by Queen of Angels Ladies Auxiliary
Bring family and friends (over 18 only)

When: Friday, February 24, at 6:00 PM

Where: Parish Hall, 2569 W. Victoria Drive, Alpine

Mass Schedule

Barona:

Daily Rosary and Mass: Wednesday through Friday.
Rosary at 7:45 AM, Mass at 8:00 AM.

Weekends: Saturday, 5:00 PM, Sunday 8:00 AM.

Confessions: Saturday, 3:30 – 4:30 PM

Adoration: 1st Thurs. of the month (6:00 PM) and 1st Fri.
of the month (8:00 AM).

Viejas:

Weekends: Sunday, 10:00 AM.

Confessions: By appointment.

Sycuan:

Weekends: Sunday, Noon.

Confessions: By appointment



Sessions on Prayer: This course will be on the many types of prayer, such as scriptural, meditation, contemplation, centering, and formal. Mindfulness, a style of meditation that has been sweeping the nation, has one of its origins in Catholic spirituality. Come see which style of prayer best suits you. There will be 6 sessions, beginning on Wednesday, February 15. We will not meet on Ash Wednesday. The last session will be on March 29. Place: Ed Nolan's office, 6:30 PM.

Upcoming Events

Evelyn LaBrake's Anniversary services: Friday, March 3, Rosary at 7:00PM-Saturday March 4, 10:00AM Mass and blessing of the gravestone. Reception to follow.

March 5, 2017: Family Mass.

Turn Your Clocks Ahead on Sunday, March 12, daylight savings time begins.



Gilbert Rodriguez, Tom Hyde, Elijah Diaz (Bear), Carol Lane, Father Ron Hebert, Donna Berardi, Anita Curo, Sue Kierig, Bob & Colleen Crowden, Ro Harrison, Martha Boone, A. J. Samot, Angela Samot, Lourdes Adoron, Donna Berardi

Please check prayer list and add names as desired.



March 1, 2017

Barona 8:00 AM and 6:00 PM
Sycuan 5:00 PM
Viejas 7:00 PM

Religious Education

Barona

Classes for Grades K – 8 meet on Thursdays at 2:30 and 3:30 PM.

Classes for High School and Confirmation meet on Wednesdays at 6:30 PM.

Viejas: Classes meet on Wednesdays, at 3:30PM, Kateri Hall

Sycuan: Classes meet on Tuesdays, 4:00 PM.

Call Ed Nolan to register your children.

Lenten Regulations

Abstinence from meat for all Catholics 14 years and older on Ash Wednesday and all Fridays of Lent.

Fasting on Ash Wednesday and Good Friday. This means all are obliged not to eat in between meals and the main meal is not to equal the two smaller meals. For health reasons, this obligation is dispensed. If you are over fifty-nine this obligation is optional.

Mission Experience to Jamaica, May 21 – May 29, 2017: Join a group of volunteers and assist the Divine Word Missionaries in southeast Jamaica in their day-to-day ministries. Activities include building a house, parish maintenance, Bible Study with youth, and other day-to-day activities. The cost is approximately \$1,000. To apply, contact: Mr. Len Uhal, Divine Word College Seminary, PO Box 380, Epworth, IA 52045. Or call 800-553-3321. Or contact luhal@dwci.edu.

FROM THE PASTOR'S DESK

Christians must love their enemies because Jesus Christ, whom we believe to be God, the Second Person of the Blessed Trinity, has commanded us to.

But I say to you, Love your enemies and pray for those who persecute you
so that you may be children of your Father in heaven...

Jesus goes on to say that God sends the sunshine and the rain on the just and unjust alike. He does not hate sinners but loves them and gives them numerous opportunities to repent. If they reject Him and the

help He offers, then they, in effect, choose their own destiny.

Christians, as the people of God, might very well be the means God wants to use to draw these errant souls back to Himself. This can best be accomplished if they are approached with love, rather than with words of hatred and condemnation.

Each Christian must also forgive and love his enemies for his own sake. In the Lord's Prayer, we ask God to forgive us our trespasses or sins, as we forgive those who trespass or sin against us. In other words, we can't expect God to forgive us if we aren't willing to forgive those who sin against us, or in other words, our enemies.

Hatred is a destructive emotion. It poisons our moments of peace and contentment, it causes stress, and negatively affects the nervous system, sleep patterns, the heart and circulatory system. The old saying that "hatred eats away at you..." conveys a great deal of truth. Usually, it doesn't affect the object of our hatred in the slightest. The energy expended in actively hating another person is ultimately turned back on the hater himself.

But, how can we forgive and love our enemies? We're only human after all, and anger, hatred and aversion are difficult emotions to ignore.

First of all, we must realize that forgiveness is an act of the will. You cannot always force yourself to love an enemy with your emotions, at least not right away.

You needn't approach him with feigned goodwill and false affection which you don't truly feel. He would sense your insincerity and it might make matters worse.

The Christian can decide that, because God wills it, he will forgive this enemy. He will refuse to entertain any negative thoughts about him. He will pray for the enemy and mentally place him in the hands of the loving Father who created them both. He will refuse to speak badly about this person, or to do anything that could harm him in any way.

In time, through prayer and with God's help, the hateful emotions will start fade to neutral, then to those approaching brotherly love. This is, after all, a soul for whom Jesus gave His life. Although he may have fallen off track for awhile, who among us hasn't? Eventually he will ask himself, "Is there anything I can do to help this person along the way to his heavenly home?"

At that point, the Christian will know that he has reached the goal with which Jesus challenged His followers: to love one's enemies. His own soul will be at peace. He has forgiven another and is attempting to find a way to show brotherly love.

The Christian can look forward with hope to having his own transgressions forgiven by the Father, on that day when they finally meet in Heaven.

