

*Weekend of Feb. 25 @  
26, 2017*

*8th Sunday in Ordinary  
Time*

**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



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.*

**Weekend Masses:**

Sunday, 8:00 AM	Darrell and Roni Romero Doreen Romero-Ford
Sunday, 10:00 AM	Community of Viejas
Sunday, Noon	Community of Sycuan

**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.

**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.

**ASH WEDNESDAY**

**March 1, 2017**

<b>Barona</b>	<b>8:00 AM and 6:00 PM</b>
<b>Sycuan</b>	<b>5:00 PM</b>
<b>Viejas</b>	<b>7:00 PM</b>

**STATIONS OF THE CROSS**

**Barona: Fridays, 6:00 PM**  
**Viejas: Tuesdays 5:00 PM**

The story from the Gospel of this 8<sup>th</sup> Sunday in Ordinary Time teaches us three things: why people worry, the futility of worry, and how to overcome worry.

***Why people worry:*** We worry when in our minds we try to bite off more than we can chew. The clock is bothered about how many ticks it will have to make in one year rather than focusing on the ticking it needs to do today, this very minute. Similarly, Jesus teaches us not to worry about so many things “What will we eat?” or ‘What will we drink?’ or ‘What will we wear?’” (Matthew 6:31). We try to handle too many things on our minds when we worry about the future, about the tomorrows of our life that are so uncertain.

***The futility of worry:*** In both the story of the clock and in the gospel story we see that worry does not solve problems. Rather, it is counterproductive. As Jesus asks in the gospel, “Can any of you by worrying add a single hour to your span of life?” (Matthew 6:27). The answer, of course, is no. Rather, worry can lead to a nervous breakdown, as the clock experiences, and this can diminish the person’s life span.

***How to overcome worry:*** This brings us to the all-important question of how to overcome worry. We overcome worry by living in the present moment, focusing on what we need to do today, knowing that we can figure out how to cross tomorrow’s bridge when we get there. The poor clock regained its sanity only by learning to focus on what needs to be done in the present moment. Jesus, similarly, teaches us to focus on the present and not on the future, “Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil” (Matthew 6:34).

Is Jesus teaching us to live a life without plans or not to make provisions for the rainy day? No. He is rather teaching us the basic truth of faith, “Unless the Lord builds the house, those who build it labor in vain. Unless the Lord guards the city, the guard keeps watch in vain” (Psalm 127:1). Hence our plans for our life, security and welfare in the future must start with our total submission to God. If God cares and provides for lower creatures like the grass of the field and the birds of the air, how much more will He care for us who are made in His own image and likeness, if we let him?

Jesus, therefore, teaches us to replace our many mundane concerns with one over-riding concern: “Seek first the kingdom of God and his righteousness

### ***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. 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 luh@dwci.edu.

### **FROM THE PASTOR’S DESK**

Ralph Phelps in a sermon entitled “How to Worry” tells about the clock that had a nervous breakdown. A new clock placed on the shelf was ticking two ticks to the second as any good clock should tick. Then it began to calculate how many times it was going to have to tick. “Two ticks to the second means 120 ticks per minute. That’s 7200 ticks per hour, 172,800 ticks per day, 1,209,600 per week for 52 weeks, and a total of 62,899,200 per year.” Horrified, the clock had a nervous breakdown.

The clock was taken to a psychiatrist who asked, “Clock, what’s your trouble?” “Oh, doctor,” the clock complained, “I have to tick so much. I have to tick two ticks a second and 120 ticks per minute and 7200 ticks per hour, and ...” “Hold it,” the psychiatrist cut in, “How many ticks do you have to tick at a time?” “Oh, I just have to tick one tick at a time,” was the reply. “Then let me make a suggestion,” replied the doctor. “You go home and try ticking one tick at a time. Don’t even think about the next tick until its time. Just tick one tick at a time. Can you do that?” “Of course, I can” said the clock now happy and revived.

(Matthew 6:33). God who gave us life knows that life needs to be sustained. God who gave us bodies knows that the body needs to be clothed and fed. The best way to assure that the gifts will keep coming is to develop a good relationship with the giver. This is the only sure prescription to overcome worry in our lives.

"Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear."

MATTHEW 6:25, NRSV

