

Saint Augustine Catholic Church

Oakland, California

• Sixth Sunday in Ordinary Time •

February 11th, 2024

[Dear Friends of St. Augustine Parish.](#)

Wednesday, February 14, is **Ash Wednesday**. The schedule for Masses is below. Since Ash Wednesday falls on Valentine's Day you are encouraged to celebrate Valentine's Day a day or two early. Ash Wednesday is only one of two days in the whole year (Good Friday is the other) that Catholics are asked to fast. Also below, are the guidelines for Lenten fasting and abstinence.

Also, there will be **Stations of the Cross** each Friday at 12:15pm starting on February 16.

As I wrote last week, Bishop Michael Barber has published a number of instructions regarding liturgy and sacraments. I wrote last week about the requirement to kneel following the Agnus Dei (Lamb of God) if one is able to do so. Today, I am addressing his instruction on the **Manner of Reception of Holy Communion**. Here is what Bishop Barber wrote:

The communicant may choose to receive standing or kneeling, on the hand, or on the tongue. It is the communicant's choice, not the priest's or minister's choice. We should respect the manner chosen by the communicant.

Sunday, February 11, is **World Marriage Day**. Please keep all those in marriages, and those preparing for marriage, in your prayers.

In the peace of Christ,
Fr. John Prochaska

ASH WEDNESDAY SCHEDULE

Masses at 8:30 a.m., 12:15 p.m., and 7:00 p.m.

There will be a 6:30 a.m. simple service at St. Joseph the Worker for anyone who needs an early service.

MARDI GRAS POTLUCK PARTY

Save the date! On Saturday, February 10, the three parishes that make up our cluster – St. Ambrose, St. Joseph the Worker, and St. Augustine – will hold a **Mardi Gras Potluck Party** to bring our communities together. It will be from 11:00 am – 3:00 pm at St. Augustine Church, 400 Alcatraz Ave., Oakland. Flyers with more information are available in the church.

Lenten Fasting and Abstinence

Ash Wednesday and Good Friday are obligatory days of universal fast and abstinence. Fasting is obligatory for all who have completed their 18th year until the beginning of their 60th year. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence (from meat) is obligatory for all who have completed their 14th year of age. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare to share more fully and celebrate more readily his Resurrection. Fridays in Lent are obligatory days of abstinence (from meat) for all who have completed their 14th year. As always, anyone for whom fasting or abstinence would pose a health risk is excused.

BIBLE STUDY (at St. Joseph the Worker)

Jesuit seminarian, Victor Ndogo, will hold a Bible Study for all interested. It will be held at St. Joseph the Worker Parish in the chapel, Saturdays at 10:00 a.m., starting February 3.

400 Alcatraz Ave Oakland, CA 94609 • www.staugustineoakland.com

Weekend Mass schedule

Saturday: 5:00 pm Vigil Mass
Mass: Sunday, 10:00 am & 6:00pm

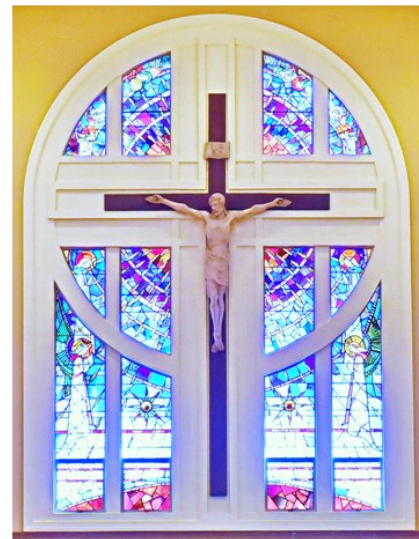
• Weekday Eucharist •

Monday, Tuesday, Thursday, Friday, 8:30 a.m.
Communion Service: Wednesday, 8:30 a.m.

• Sacrament of Reconciliation •

Saturday at 4 p.m.
Also upon Request

" We are called by Christ to love Him, to follow Him and to bring Him to the world."



St. Augustine Catholic Church

400 Alcatraz Ave
Oakland, CA 94609
(510) 653-8631 ext 110
www.staugustineoakland.com

Parish staff

Pastor

Fr. John Prochaska
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Music Director

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Linda Prara-Jenkins
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Douglas Castro/Maintenance

PARISH NEWS

National Human Trafficking Awareness and Prevention Month.

To help combat this tragedy, here are some of the signs to look for:

Signs of being controlled

No identification documents

Unable to leave job or residence

Not in control of their own finances

Is under 18 and provides commercial sex acts

At any age unwillingly provides commercial sex acts

Is afraid of law enforcement or receiving help

In a relationship with someone who is dominating

Never is alone and/or always has someone translating or answering questions on their behalf

Signs of trauma

Inconsistent details when telling their story

Seems anxious, fearful or paranoid; avoids eye contact

Tearfulness or signs of depression

Unexplained bruises or cuts or other signs of physical abuse

Is evasive or unable to answer questions about where they live

For more information, go to <https://humantraffickinghotline.org/en> If you or someone you know needs help call the National Human Trafficking Hotline 1-888-373-7888 or text the hotline's BeFree textline: Text "BeFree" (233733).

Peaceful, Prayerful 40 Days for Life Vigil

Bishop Barber invites us to join the 40 Days for Live Vigils. He writes: "Let us be beacons of hope for the mothers and fathers struggling with a difficult pregnancy, to know they have support and an alternative to abortion."

February 14 – March 24

El Cerrito Planned Parenthood, 8000 El Cerrito Plaza, El Cerrito

7am-7pm Daily

Lovebabies21670@gmail.com

www.40daysforlife.com/ElCerrito

Question of the Week

For Adults: When have you felt the sadness of Job? When have you felt the joy of those who witnessed the healing works of Jesus?

For Children: What could you do this week to comfort someone who is sad?

Jesus Heals a Leper

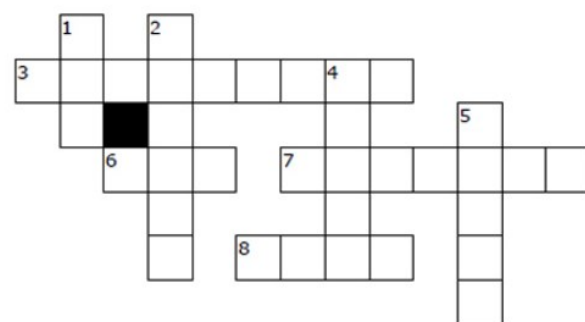
A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean." Filled with compassion, Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Mark 1:40-41

Based on Mark 1:40-45



N F I G T X F X A R J H F X N
 J V C L E A N S S L U A D F Y
 U B T R T W E P S B E N T H N
 P Y B N Y E S H G E D D O G U
 S N S U N L D N U G E Q W O M
 L C P K E M I Y B G Q S N V J
 C C P N G L A Y I E G T H U O
 D U O E L E A N L D E O E K M
 A R C I O F H Q E W N S I B A
 O E W I W P P K P L S R U V K
 H D D B F V L P R T A L K N E
 M I M B V S I E O W J F Q S S
 V P R I E S T F S P Z P E W H
 P Z R B O R D D Y D R H E Q F
 C T O U C H E D F M W N P P C

PEOPLE	LEPROSY	NEWS	CURED	KNEES
CLEAN	TOUCHED	HAND	PRIEST	MAKE
TALK	MAN	BEGGED	TOWN	WILLING



ACROSS

- 3. To offer an animal or other material possession to God
- 6. To plead for something; or to ask again and again
- 7. A skin disease
- 8. The part of the body at the end of the arm that includes the fingers

DOWN

- 1. An adult male
- 2. A person who has been trained to perform religious duties in some churches
- 4. To be free from dirt or impurities
- 5. To come in contact with something, especially with the hands

CLEAN	MAN	LEPROSY	HAND
TOUCH	BEG	SACRIFICE	PRIEST

WEEKLY CALENDAR

- 8:30 am Holy Mass
Thursdays
- 4 pm Reconciliation
Saturdays
- 5:00 pm Vigil Mass
Saturdays
- 10:00 am Sunday Holy Mass
- 6:00 pm Sunday Holy Mass
- 7:00 pm Weekday Rosary on Zoom

February 4th Collection: \$1,300. Thank you for your generosity.

IN OUR PRAYERS

Please remember in your prayers those who are ill:
 Sam Wolfe, Laura Patterson, Laura Ferreira, Anabelle Espe, Pat Redis and Kate Dole

And those who have died:
 Fr. Alex Snyder, Craig Zimmerman, all the victims of the Coronavirus, and all the souls in Purgatory who have no one to pray for them.

Mass Intentions

10 am Sunday Mass
Kate Dole (-)

6 pm Sunday Mass
Parishioners & Benefactors

WHAT IS LENT?

Lent, the solemn 40-day period before Easter, holds profound significance in the Catholic Church and other Christian traditions. Starting on Ash Wednesday and concluding on Holy Thursday, it is a season of penitence and preparation. Throughout Lent Catholics engage in the spiritual disciplines of prayer, fasting, and almsgiving. These practices serve to deepen our connection with God, our awareness of Jesus' sacrificial love, and to prepare our hearts and minds for the Paschal Mystery—the journey of Jesus' passion, death, and resurrection. Lent is an invitation to reflect, repent, and renew one's commitment to living a life of faith, ultimately leading to the joyful celebration of Easter.

WHEN DOES LENT START?

Lent this year begins on Ash Wednesday, February 14, 2024.

TRADITIONAL LENTEN PRACTICES

There are many ways to live our Catholic faith during the Lenten season! Many people make personal sacrifices and give something up for the entire forty-day period, symbolizing self-discipline and reliance on God's grace. Some engage in acts of service to emulate Jesus' love and compassion towards others.

And there are many practices and traditions that take place at the local church! The Stations of the Cross is a revered tradition where Catholics pray and reflect on the journey of Jesus' Passion and death. Attending a Passion Play performance offers powerful visual depictions of Jesus' sacrifice. And some churches host a Fish Fry, a social tradition that brings the community together while observing the Church's practice of abstaining from meat on Fridays during Lent. These practices encourage spiritual growth, deepen faith, and prepare hearts for the celebration of Easter.

THE SIGNIFICANCE OF LENTEN COLORS

The color purple holds significant symbolism throughout the Lenten season. It recalls the robe that Pontius Pilate placed on Jesus before His crucifixion, serving as a reminder of Christ's suffering and sacrifice. Purple is also traditionally associated with royalty, signifying Jesus as our eternal King.

On Palm Sunday, the color red is prominently featured in the vestments worn by priests. This foreshadows Jesus' death on the cross, emphasizing the solemnity and sacrifice of his journey. Red is also the color worn on Good Friday, further emphasizing the profound significance of the crucifixion.

In contrast, the color white takes center stage on Holy Thursday and Easter Sunday. White represents joy and purity, symbolizing the triumph of Jesus' resurrection and the new life found in him. It serves as a visual reminder of the hope and rejoicing that accompany these significant days.

The colors used during Lent enhance the spiritual experience, evoking emotions and providing visual reminders of the central themes of Jesus' suffering, sacrifice, and ultimate triumph over death.

<https://www.dynamiccatholic.com/lent/about-lent.html>