



SAINT LAWRENCE THE MARTYR CATHOLIC CHURCH

4325 Don Julio Boulevard, North Highlands, CA 95660
 Parish Office 916.332.4777 ▪ Fax 916.332.8325
<https://www.facebook.com/StLawrencenh>
www.stlawrencenh.org

Pastor: Fr. Alvaro Pérez, PES
Vicar: Fr. Adam Tokashiki, PES
Mission Director: Sister Greycy Chuman, PES
Deacon: Kevin Staskow

UPCOMING EVENTS AT A GLANCE

After **WIN A TRIP TO HAWAII / GANE UN VIAJE A**
Weekend **HAWÁI \$10/Ticket \$10/Boleto**
Masses Proceeds from tickets will be used to help the poor in our St. Lawrence community. Drawing on April 23, 2023
 Las ganancias de los boletos se utilizarán para ayudar a los pobres en nuestra comunidad de San Lorenzo.
 Sorteo: 23 de abril de 2023

Fridays **STATIONS OF THE CROSS / VIA CRUCIS**
during Journey with our Lord during Lent /
Lent Acompañar a Jesús durante Cuaresma
Fridays - After 8:00 am Mass (English) & 7:00 pm (Español) /
Los viernes - Después de la Misa de 8:00 am (Ingles) y a las 7:00 pm (Español)



EASTER LILIES NEEDED FOR DECORATING THE CHURCH. /
SE NECESITAN LIRIOS DE PASCUA PARA DECORAR LA IGLESIA.
 Consider making a donation to purchase lilies. Envelopes are available at the entrance of the church. / Considere hacer una donación para comprar lirios de Pasqua. Los sobres están disponibles a la entrada de la iglesia.



Mar 20 **SOLEMNITY OF THE FEAST OF ST. JOSEPH /**
SOLEMNIDAD DE LA FIESTA DE SAN JOSE
 Masses/Misas: 8:00 am (English), 7:00 pm (Bilingual)

Mar 23

LENTEN SERIES: "3 ENEMIES OF THE SOUL"
SERIES DE CUARESMA: "3 ENEMIGOS DEL ALMA"
 (see page 3 for details / Vea pagina 3 para detalles)



TRIDUUM & EASTER SCHEDULE HORARIO DE TRIDUO & PASCUA



Holy Thursday (April 6)
MASS OF THE LORD'S SUPPER
 7:00 pm (Bilingual)

Good Friday (April 7)
LITURGY OF THE LORD'S PASSION
 7:00 pm (Bilingual)

Holy Saturday (April 8)
EASTER VIGIL
 8:50 pm (Bilingual)

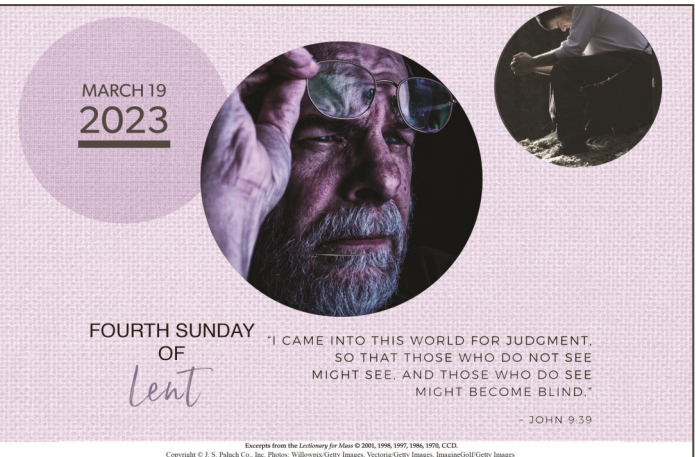
EASTER SUNDAY (April 9)
 8:00 am (English)
 10:00 pm (English)

Jueves Santo (6de abril)
MISA DE LA CENA DEL SEÑOR
 7:00 pm (Bilingüe)

Viernes Santo (7 de abril)
LITURGIA DE LA PASIÓN
 7:00 pm (Bilingüe)

Sábado de Gloria (8 de abril)
VIGILIA DE PASCUA
 8:50 pm (Bilingüe)

DOMINGO DE PASCUA (9 de abril)
 12:00 pm (Español)
 2:00 pm (Español)



JESÚS DIJO: "YO HE VENIDO A ESTE MUNDO PARA QUE SE DEFINAN LOS CAMPOS: PARA QUE LOS CIEGOS VEAN, Y LOS QUE VEN QUEDAN CIEGOS".
 Juan 9:39

SCHEDULE / HORARIO

DAILY MASS: Monday - Friday - 8:00 am

WEEKEND Masses / MISAS DE FIN DE SEMANA

Saturday Vigil (Bilingual) - 5:00 pm - Sábado Vigilia (Bilingüe)
Sunday (English) - 8:00 am & 10:00 am*
Domingo (Español) - 6:30 am* & 12:00 pm

RECONCILIATION/CONFESIONES

Monday - Friday / lunes - viernes 7:30 am
Saturday / sábado 3:00 pm to 5:00 pm
Sunday / domingo 9:30 am, 11:30 am

EUCARISTIC ADORATION / ADORACIÓN EUCARISTICA

Thursdays / Los jueves
 Following 8:00 am Mass until 12:00 noon
 Después de la Misa de 8:00 am hasta 12:00 del mediodía

HOLY HOUR / HORA SANTA

Thursdays / Los jueves
 7:00 pm (Confession available / Confesión disponible)

*Livestreaming Mass / Misa por Internet: fb.com/StLawrencenh

PARISH OFFICE HOURS/HORAS DE OFICINA

Monday through Thursday / lunes a jueves
 9:00 am - 12:30 pm & 1:30 pm - 4:30 pm
Friday / Viernes
 9:00 am - 12:30 pm

CHESTERTON ACADEMY OF SACRAMENTO

Mr. Joseph Moore, Headmaster ♦ 916-287-0761
 Email: admin@sacramentochesterton.org
www.sacramentochesterton.org

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SOCIETY OF ST. VINCENT DE PAUL

St. Lawrence the Martyr Conference

916-332-4779 (Leave a message)



MASS INTENTIONS

WA = Wedding Anniversary/Aniversario
 † = Deceased/Fallecido
 BD = Birthday/Cumpleaños
 H = Healing/Sanación
 SI = Special Intention/Intención Especial

SATURDAY, MARCH 18

Ana Victoria Velicari†, Eusebio Cedillo†,
 Forgotten Souls in Purgatory, Daniel Rios-H,
 Anna & Claire Simon-SI

SUNDAY, MARCH 19

6:30 am Amalia Martinez Anaya†, Christopher Noches†,
 Almas Benditas del Purgatorio
 8:00 am Michael & Darany Taaca-H, Anna & Claire Simon-SI,
 Nicolle Taaca-BD
 10:00 am Priscilla Amistoso†, All souls in Purgatory,
 Julian Valdez-BD
 12:00 am Julia Acosta†, Nohemi Lizbeth Rios-BD, Saul Juarez-BD,
 Vianney & Nohemi Zamora-SI, Reyna Gutierrez-SI,
 Daniel Rios-H

MONDAY, MARCH 20

Souls in Purgatory, Daniel Rios-H, Jeremy Richard-H

TUESDAY, MARCH 21

Francisco Alvarado†, Maria Luisa Arcila†, Daniel Rios-H

WEDNESDAY, MARCH 22

Francisco Alvarado†, Maria Luisa Arcila†, Daniel Rios-H
 Pablo & Catalina Doyon†

THURSDAY, MARCH 23

Daniel Rios-H, Darany Taaca-BD, Uriel Torres-H,
 Angelica Ponce & Fam-SI, Vocations to Religious Life

FRIDAY, MARCH 24

Daniel Rios-H, Cleola Valdivia-BD, Richard Perez-BD,
 Chesterton Academy Donors

PRAYERS FOR THE SICK ORACIONES POR LOS ENFERMOS

Arturo Barajas, Bob Burns, Marilyn Brewer, Josue Cabanas,
 Lucy Cartwright, Margie Cassie, Joy La Day, Connie Edwards,
 Ann Findley, Carol Haskell, Lupita Gonzalez, Danalee Lavelle,
 Clay Lemire, Freddy Martinez, Urbana Maturin, Kobe Pascual,
 Barbara Poole, Elaine Reyes, Daniel Rios, Jeanine Rodriguez,
 Nataniel Toledo, Christine Valenzuela, Alfredo Jr Velicaria,
 Kim Vilches, Ethel Webb, Margaret Wickett, Glen Yuponce

PRAYERS FOR THE RECENTLY DECEASED

Priscila Amistoso, Elizabeth Alvarado, Esperanza Becerra,
 Vernon Dexter, Alvaro Daniel Gonzalez, Norman Lobo,
 Daniel Lored, Ivonne Mora, Donna Navarette, Ruth Pass

COR UNUM CAMPAIGN/CAMPAÑA COR UNUM

Thank you for your generosity in the use of the green
 donation envelopes which are being allocated to our
"Cor Unum Campaign" to "Keep St. Lawrence Going."

Blessings for your continued support. For on-line giving:

<https://www.stlawrencenh.org/donate-1>

Gracias por su generosidad y por usar los sobres verdes que son
 asignados a nuestra **"Campaña Cor Unum"** y **"Manten San
 Lorenzo Avanzando"**. Dios los bendiga por su apoyo
 continuo. Para donaciones en linea:

<https://www.stlawrencenh.org/donate-1>



EUCCHARISTIC ADORATION - ADORACIÓN EUCARÍSTICA

"The Christian life needs to be
 nourished by attentive listening
 to God's word and, above all,
 by the cultivation of a personal
 relationship with the Lord in
 Eucharistic adoration, the
 privileged "place" for our
 encounter with God."

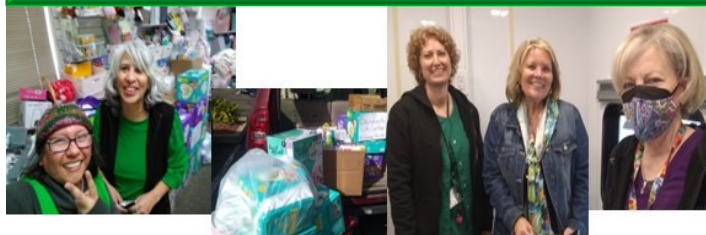
Pope Francis

"La vida cristiana
 necesita nutrirse de
 escuchar atentamente
 la palabra de Dios y, sobre
 todo, del cultivo de la relación
 personal con el Señor en la
 adoración eucarística, "lugar"
 privilegiado de nuestro
 encuentro con Dios".

Papa Francisco



Thank you St. Lawrence parishioners to your continued
 generosity. Another delivery was made to Sacramento Life
 Center. / Gracias feligreses de St. Lawrence por su continua
 generosidad. Hicimos otra entrega al Sacramento Life Center.



OUR FASCINATING FAITH

The Three Lenten Disciplines: FASTING

The season of Lent is characterized by fasting and abstinence.
 I remember that when I was a child, my parents instilled in me
 the practice of give up eating sweets and abstaining from candy
 during Lent so I could share the bitterness of the suffering that
 Jesus endured for my sins. Eventually in our parish, the priest
 encouraged us to put aside the money saved from not buying
 candies in order to send it to poor children. Fasting and
 abstinence were not only ways to accompany Jesus in his
 suffering on the cross, but also means of encouraging and
 consoling him in his suffering children of today's world. The
 pastor taught me that fasting is not simply refraining from
 sweets and candy; fasting teaches me how to deny myself so
 that it is not I who live but Christ who lives in me. To fast
 means to deny myself certain things in order to give life to
 others, and thus, with my small sacrifice, to make the world
 a little better. Friar Gilberto Cavazos-González, OFM, Copyright © J. S. Paluch Co., Inc.

Las Tres Disciplinas Cuaresmales: EL AYUNO

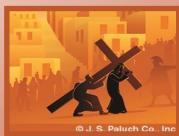
El tiempo de Cuaresma se caracteriza por ayuno y abstinencia.
 Recuerdo que cuando era niño mis padres me inculcaron la
 necesidad de dejar de comer golosinas durante la Cuaresma,
 de abstenerme del dulce para compartir la amargura del
 sufrimiento que Cristo sufrió por mis pecados. Eventualmente
 en la parroquia, el sacerdote nos animaba a guardar el dinerito
 que ahorrábamos, no comprando dulces, para mandarlo a los
 niños y las niñas pobres. El ayuno y la abstinencia no sólo eran
 para acompañar a Jesús en su dolor histórico sino para animarlo y
 consolarlo en sus adoloridos hijos e hijas del mundo de hoy. El
 párroco me enseñó que el ayuno es mucho más que el simple
 hecho de no comer dulce o golosinas, es aprender a negarme
 a mí mismo para que ya no sea yo quien vive, sino Cristo. Es
 negarme a ciertas cosas para dar vida a los demás, y de esa
 manera, con mi pequeño sacrificio, mejorar un poco este mundo.

Fray Gilberto Cavazos-Gl, OFM, Copyright © J. S. Paluch Co., Inc.

STATIONS OF THE CROSS Via Crucis

Fridays of Lent
Los Viernes
durante Cuaresma

After 8:00 am Mass (English)
7:00 pm (Español)



MIDDLE & HIGH SCHOOL STUDENTS



JOIN US FOR FRIDAY NIGHT
YOUTH GROUP!

5:30 pm - Gabrielli Hall



PROGRAMA DE

Madre e Hija

2023



El Programa explora el regalo especial de Dios sobre la fertilidad humana y la belleza y la maravilla del plan de Dios para crecer y convertirse en una mujer. Las presentaciones son puras, alegres y afirmativas!

Adolescentes (13 a 16 Años)

Sábado 1 de abril del 2023

1:30 - 6:30pm

Santuario de Guadalupe

711 T Street, Sacramento, CA 95811

Contacto por texto

Amparo Pérez: (916) 667-2033

Araceli Pérez: (530) 312-2328

Costo: \$30 por familia e incluye aperitivos

Inscribirse en línea: www.scd.org/madrehija

Más Información: Moises De Leon 916.733.0133 o mdeleon@scd.org



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3 Enemies of the Soul

"And take the helmet of salvation, and the sword of the Spirit, which is the word of God."
(Eph 6:17)



ENGLISH
(Church)

Lenten Series

Save the dates:

March 9, 16 & 23

ESPAÑOL
(Salón San Lorenzo)

SCHEDULE / HORARIO

5:30 pm: Talk / Charla

6:30 pm: Sharing / Compartir

7:00 pm: Holy Hour/ Hora Santa



DAY 1 OF LENTEN SERIES PRIMER DÍA DE LA SERIE DE CUARESMA



VOCARE

WHO ARE YOU CALLED TO BE?



Young Adult Discernment Retreat

Saturday, April 1, 2023 • 9am - 5pm

Pastoral Center: 2110 Broadway, Sacramento 95818

Register for \$25 (includes lunch)

www.scd.org/vocare

If you have any questions, please contact the Diocese of Sacramento Office of Vocations at 916-733-0258 or email msmith@scd.org



St Lawrence Vocation Ministry members attend Diocesan Vocation Retreat.
Los miembros del Ministerio Vocacional de San Lorenzo asisten al Retiro Vocacional Diocesano.



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916-726-1232

Michelle Gomez
Family Service Advisor

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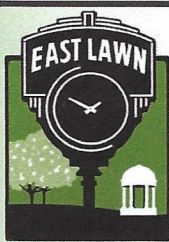
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