

St. Anne's Catholic Church

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The Third Sunday of Lent

March 8, 2026



Ferdinand Georg Waldmüller. *Christ and the Samaritan Woman at the Well*. 1818. [https://commons.wikimedia.org/wiki/File:Ferdinand_Georg_Waldm%C3%BCller_-_Christus_und_die_Samariterin_\(1818\).jpg](https://commons.wikimedia.org/wiki/File:Ferdinand_Georg_Waldm%C3%BCller_-_Christus_und_die_Samariterin_(1818).jpg)

Parish Office Hours

Monday: 9:00 am—4:00 pm
Tuesday: 9:00 am—1:00 pm
Wednesday: 9:00 am — 4:00 pm
Thursday: 9:00 am—4:00 pm
Friday—Sunday: CLOSED

Masses in Church

Monday - Friday 8:15 am
Saturday 8:15 am & 5:00 pm (Vigil)
Sunday 9:00 am & 11:00 am

Sacrament of Confession

Tuesday 9:00 am—9:30 am
Saturday 3:30 pm—4:00 pm

Library Hours

Wednesday 9:00 am—12:00 pm

Sunday's Readings/Music:

1. Readings begin on page 79.
2. Hymns on page 338 (after the grey tabbed pages.)
3. Psalms follow the readings or may be noted with a Psalm # that can be looked up in the missal past the hymns.

- Gathering: Miserere chant
- 1st Reading: Exodus 17:3-7
- Responsorial Psalm: #130
R: With the Lord, Praise To You
- 2nd Reading: Romans 5:1-2, 5-8
- Gospel Acclamation
- Gospel: John 4:5-42
- Presentation of the Gifts: #664
Hosea
- Holy: #865
- Communion: #211 Humbly Lord, We
Worship You
- Sending: Miserere Chant

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A WORD FROM THE PASTOR

What is the real definition of fasting? “Fasting, abstinence from food or drink or both for health, ritualistic, religious, or ethical purposes. The abstention may be complete or partial, lengthy, of short duration, or intermittent.”

What is the church’s understanding of fasting? “The Catholic Church historically observes the disciplines of fasting and abstinence at various times each year. For

Catholics, fasting is the reduction of one's intake of food, while abstinence refers to refraining from something that is good, and not inherently sinful, such as meat.”



When I fast during the forty days of Lent, I usually remove certain food like red meats and sweets from my diet. Unfortunately, sometimes the temptation of eating those things is too great, especially when someone is gifting you a box of See’s Candies. But rather than lament my failed attempt in keeping my fast, I view this as a challenge for me to start again; only this time exchanging the thing I crave with something more savory for me to taste. And what might that be? The Word of God for me is tastier than anything you can place on a table. If we are to succeed in Fasting, we must think of God’s Word as food for the soul and heart. As it is written in the book of Psalms: “Fasting is a way to humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humbled my soul with fasting”. Jesus goes on to say: “It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.” Matthew 4:4 and in Proverbs 16:24.

“Gracious words are a honeycomb, sweet to the soul and healing to the bones.” Fasting is our sacrifice during this time of Lenten preparation, and anticipation. We share in Christ’s passion, His Resurrection and Ascension. We share as a people the ills of the world and are united with our brothers and sisters who suffer because of the greed and folly of humans. We try being with them, if not in person, but in spirit.

As a community of Catholic Christians, we sacrifice during this time in order to empathize with others who are in greater need of prayer and understanding. We witness the ugliness of war and famine, specifically in the Ukraine where the people of that nation are suffering under the weight of another. We see that human life is sometimes trivialized and marginalized. What has happened to our society when the unborn are discarded or the elderly are forgotten? How can we better maintain our environment and all that God created? God has given us this time to also maintain ourselves, physically, bodily and spiritually. Let us fast from our material things and partake in things that are beneficial and more substantial to our wellbeing. And let us unite ourselves with Christ and His people.

Fr. Leonard L. Marrujo

UPCOMING EVENTS

Monday, March 9th
Every Monday Through Lent
Lenten Talk / Soup Luncheon: Fr. George
12:30 pm
Parish Hall

Tuesday, March 10th
Movies In The Afternoon: The Mission
1 pm
Parish Hall

Tuesdays, March 10th & 24th
2nd & 4th Tuesdays of the month
10:00 am
Men's Ministry
Parish Hall

Wednesday, March 11th
Every Wednesday
Bible Study
10:30 am—11:30 am
Parish Hall

Thursday, March 12th
Every Thursday except 1st Thursday of the month
9:00 am—12:00 pm
Adoration

Friday, March 13th
Every Friday through Lent
Stations of the Cross
9:00 am

Sunday, March 15th
St. Patrick's Day Dinner
5 pm: Doors Open
5:30 pm: Dinner
Parish Hall



Missing anything? Check our Lost & Found Monday—Thursday during office hours.

MASS INTENTIONS

Saturday 3/7	5:00 PM	Parishioners & Benefactors
Sunday 3/8	9:00 AM	† The Davenport and La Barbara Families
	11:00 AM	† Charles Williams Edwards
Monday 3/9	8:15 AM	Special Intention: Thanksgiving
Tuesday 3/10	8:15 AM	† Gerry Cunha and Bob De Graca
Wednesday 3/11	8:15 AM	† Jan Martin
Thursday 3/12	8:15 AM	† Richard "Dick" McLean
Friday 3/13	8:15 AM	Marina and Oscar Carrasco
Saturday 3/14	8:15 AM	† Marie Helena Paulsen

2nd Collection on 3/15



The Catholic Relief Services (CRS) collection supports the relief and economic development efforts of Catholic Relief Services. CRS is the flagship aid organization of the bishops of the United States, which brings the merciful love of Christ to victims of natural disaster, war, and environmental degradation throughout the world. This collection supports six Catholic agencies that serve the vulnerable and marginalized at home and abroad.

Note From The Librarian:

Save yourself a trip to the closest Catholic bookstore! We have FREE rosaries, cards, medals, bookmarks, crosses and more! Open Wednesdays 9 am—12 pm



Let us pray for all those who have recently passed away...

- | | |
|---------------------|-------------------|
| † Dick McLean | † Jim Stevens |
| † Barbara Schurhoff | † Veronica Devlin |
| † Robert DeGraca | † Gerry Cunha |
| † Constance Lambert | † Joseph Disano |
| † Chuck Cobb | † Arlene Russell |

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Are you new? Moving? Leaving the parish? Drop off an updated parishioner registration card at the office or call to deactivate your registration.

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How to Lent | Trailer

Lent is right around the corner. In *How To Lent*, you will be guided by priests and religious in the disciplines of prayer, fasting, and almsgiving so that you can make this your best Lent yet.

Our parish has a free Formed subscription for you! Simply scan the QR code or visit formed.org/signup to create your account and select our parish to get free access to this content and much more!



An offering from the AUGUSTINE INSTITUTE

PRAY FOR THE SICK

Andrea Puccini	Charles Krystofiak
Sheila Wilkins	Chuck Fontenot
Michael Dunn	Lucy Rose
Kathleen Rose	Linda Dunn

Names are on the list for 4 weeks. If you wish to be included, removed or continued for another 4 weeks, please contact Fran Long at 925-939-5151.



MARCH 9th is the LAST DAY to RSVP!

March 15th is the St. Patrick's Dinner!

Spots are getting filled. Reserve your seats now before they're all filled up!

LENTEN TALKS—TIME CHANGE!



St. Anne's will host weekly Lenten Talks at 12: 30 pm.

Watch the bulletin for a note on upcoming guest speakers!

SOUP VOLUNTEERS NEEDED!

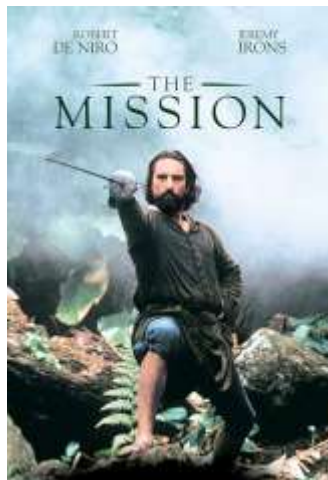
Do you like to cook? Do you have a secret soup recipe that everyone loves?



St. Anne's needs volunteers to make soup (or salad!) for our upcoming weekly Lenten Talks on Mondays.

Sign up in the rectory office with your preferred dates!

Movies in the Afternoon: March 10th, 1 pm



THE MISSION: Jeremy Irons plays a Spanish Jesuit who goes into the South American wilderness to build a mission in the hope of converting the Indians of the region. Robert De Niro plays a slave hunter who is converted and joins the Jesuit in his mission. When Spain sells the colony to Portugal, they are forced to defend all they have built against the Portuguese aggressors.