



*Welcome
to our Parish
Community!*

OUR PASTORAL TEAM

- ✧ Fr. Steve Rosera, Pastor;
- ✧ Fr. Robert Bustamante, Parochial Vicar;
- ✧ Fr. Stephen Gaertner, O.Praem., Parochial Vicar;
- ✧ Fr. Evaristus Chukwu, Hospital Chaplain;
- ✧ Deacon Stephen Sais;
- ✧ Deacon George Sandoval, Ph.D., Emeritus;
- ✧ Mrs. Rebecca Maestas-Sanchez, Principal, St. Mary's School;
- ✧ Sr. Teresa Aparicio, OLVM, and Debbie Garcia, Co-ordinators of Faith Formation; and
- ✧ Ms. Michelle Rusk, Social Media Director;
- ✧ Dianne Dragoo, Web Administrator.

THE PARISH OFFICE is open:

Monday—Friday: 10am-3:30pm;

Saturday: 9am -4pm

619 Copper Street NW, Albuquerque, NM 87102

Parish Office: (505) 247-4271

~ Website: ICCABQ.org ~

Office Administrator: Karime Ramirez

MASS SCHEDULE:

- ✧ Monday, Wednesday, & Friday—12:10pm
- ✧ Tuesday, Thursday, & Saturday —7am
- ✧ First Friday of each month—7am and 12:10pm
- ✧ SUNDAY LITURGIES:
 - ❖ Saturday—4pm;
 - ❖ Sunday—8am, 10am, and 12:30pm (SPANISH).

CONFESSIONS:

- ❖ Fridays and Saturdays from 11am to 12noon; and
- ❖ By appointment. Call (505) 247-4271 to make an appointment.

Sacred Triduum Schedule

- ✧ Holy Thursday, April 2nd ~ 7:00pm
- ✧ Good Friday, April 3rd ~ 3:00pm
- ✧ Holy Saturday, April 4th ~ 8:00pm

NEXT SECOND COLLECTIONS:

- ❖ April 7 & 8 ~ Saint Mary's School

THE PARISH OFFICE WILL BE CLOSED ON:

- ❖ Friday April 02, Good Friday
- ❖ Monday April 06, Easter Monday

Holy Week



Go to pages 6 & 7 for more of our schedule for Holy Week: **Immaculate Conception Parish Community's Journey through Lent to Resurrection**

Deanery C High School Youth Ministry

MOVIE Night

Monday, March 30th

5:30 - 9:00pm

St. Ann Catholic Church

1400 Arenal Rd SW

Food provided



Parents are welcome

We are grateful to the
Catholic Foundation
for their support



The Catholic Foundation
ARCHDIOCESE OF SANTA FE

RSVP with
QR Code



The ICC Parish Calendar is now available to all parishioners. This calendar includes all mass times as well as any special and important dates throughout the year. We encourage everyone to take a look and stay informed. Please check it out on our website under the "Parish Life" tab on the top of the page.

Monthly Hotdog Event Returns to ICC

Starting April 11, 2026, immediately following the Saturday 4:00pm vigil Mass in the parish courtyard, ICC will resume it's monthly hotdog event. All mass attendees are welcome to join us for a hotdog meal and a time of fellowship. There is no charge for this meal; however, in-kind donations will be accepted to help cover future supply expenses. This event will take place on the Second Saturday of each month.

If you suspect or have knowledge of abuse by a priest, deacon, religious, employee, or volunteer of the Catholic Church, please report this immediately to local law enforcement and to the Archdiocese of Santa Fe Office of Child and Youth Protection (Annette Klimka, Safe Environment Coordinator aklimka@asfnm.org | 505.831.8144

Next Sunday's Readings from **LOYOLA PRESS.**



Easter Sunday of the Resurrection of the Lord, 2026
[Next Sunday's Readings](#)

First Reading; *Acts of the Apostles 10:34a,37-43*
 Peter preaches about Jesus' life, death, and resurrection.

Responsorial Psalm; *Psalm 118:1-2,16-17,22-23*
 Rejoice in this day of the Lord.

Second Reading; *Colossians 3:1-4* or *1 Corinthians 5:6b-8*
 Colossians: Having been raised by Christ, be concerned with what is above.
 1 Corinthians: Let us celebrate this feast with new yeast.

Gospel Reading; *John 20:1-9*
 Mary of Magdala finds that the stone has been removed from Jesus' tomb.

Background on the Gospel Reading

Today we begin the Easter Season, our 50-day meditation on the mystery of Christ's Resurrection. Our Gospel today tells us about the disciples' discovery of the empty tomb. It concludes by telling us that they did not yet understand that Jesus had risen from the dead. Thus, the details provided are not necessarily meant to offer proof of the Resurrection. The details invite us to reflect upon a most amazing gift, that is faith in Jesus and his Resurrection.

Each of the four Gospels tells us that Jesus' empty tomb was first discovered by women. This is notable because in first-century Jewish society women could not serve as legal witnesses. In the case of John's Gospel, the only woman attending the tomb is Mary of Magdala. Unlike the Synoptic accounts, John's Gospel does not describe an appearance of angels at the tomb. Instead, Mary is simply said to have observed that the stone that had sealed the tomb had been moved, and she runs to alert Simon Peter and the beloved disciple. Her statement to them is telling. She assumes that Jesus' body has been removed, perhaps stolen. She does not consider that Jesus has been raised from the dead.

Simon Peter and the beloved disciple race to the tomb, presumably to verify Mary's report. The beloved disciple arrives first but does not enter the tomb until after Simon Peter. This detail paints a vivid picture, as does the detail provided about the burial cloths. Some scholars believe that the presence of the burial cloths in the tomb offers evidence to the listener that Jesus' body had not been stolen (it is understood that grave robbers would have taken the burial cloths together with the body).

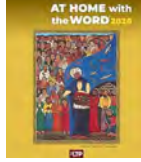
The Gospel passage concludes, however, that even having seen the empty tomb and the burial cloths, the disciples do not yet understand about the Resurrection. In the passage that follows, Mary of Magdala meets Jesus but mistakes him for the gardener. In the weeks ahead, the Gospel readings from our liturgy will show us how the disciples came to believe in Jesus' Resurrection through his appearances to them. Our Easter faith is based on their witness to both the empty tomb and their continuing relationship with Jesus—in his appearances and in his gift of the Holy Spirit.

Mass Intentions	
Saturday, March 28, Vigil of Palm Sunday of the Lord's Passion	
4pm	+ John Fitzpatrick + Isaac Brown ~ Anniversary + Robert Mendoza ~ Birthday
Sunday, March 29, Palm Sunday of the Lord's Passion	
8am	Slade Martinez ~ Birthday
10am	For the People of the Parish
12:30pm Spanish	Por la Salud de Andrea Nájera
Monday, March 30, Monday of Holy Week	
12:10pm	Thanksgiving to St. Anthony + Sr. Mary Grace OP ~ Cloistered Nun
Tues., March 31, Tuesday of Holy Week	
7am	+ Dennis & Jeanette Gauvin
Wed., April 01, Wednesday of Holy Week	
12:10pm	+ Sr. Mary Columba OP ~ Cloistered Nun
Thursday, April 02, Holy Thursday-Evening Mass of the Lord's Supper	
7pm	+ Phillip & Ronnie Sullivan
Friday, April 03, Good Friday of the Lord's Passion	
3:00pm	For the Intention of Helen Vigil
Saturday, April 04, Vigil of Holy Saturday At the Easter Vigil in the Holy Night of Easter	
8pm	+ John Fitzpatrick
Sunday, April 05, The Resurrection of the Lord	
8am	For the People of the Parish
10am	+ Tom P. Jaramillo + Robert P. Jaramillo + David B. Jaramillo
12:30pm Spanish	Por la Gente de Nuestra Parroquia

Ongoing Activities

AT HOME WITH THE WORD ~ BIBLE STUDY

Our weekly bible study group, in which we discuss the upcoming Sunday Readings, meets every Wednesday from 2:30 to 3:30pm in the Rectory. We use LTP's *At Home with the Word*, 2026.



Evening Bible Study

Evening Bible Study to The Wednesday Evening Bible Study Group is taking a break until after Pentecost, May 24. Please refer to the Pentecost bulletin for news about this Bible Study starting up again.

THE ICC PARISH BOOK GROUP



The ICC Parish Book Group meets on Wednesdays at 6pm in the Parish Hall. The group will begin to read *Rain of Gold*, by Victor Villasenor (2015) on Wednesday,

April 8 *Rain of Gold* by Victor Villaseñor is a bestselling, epic family saga that tells the true story of his Mexican-American parents, Juan and Lupe, and their families, chronicling their lives during the Mexican Revolution and their subsequent immigration to California. The book blends history, romance, and mysticism, detailing their struggles with poverty, prejudice, and the pursuit of the American Dream, and is celebrated for its vivid storytelling and cultural richness..

Important Dates for RELIGIOUS EDUCATION:

- ✦ March 29 ~ Regular Classes
- ✦ April 5 ~ NO Classes

For more information call Debbie Garcia at (505) 385-8303 or Sr. Teresa at (505) 366-3878



Children in Ms. Trujillo and Mrs. Garcia's classes received Sacraments of Reconciliation from Father Steve on March 12th



INCOME AND EXPENSES REPORT FOR FEBRUARY 2026	
PARISH SUPPORT ~ INCLUDES ON-LINE DONATIONS	
Weekly Collections	\$ 42,579.75
Rental Income	3,300.00
Candles	3,575.00
Interest on Accounts at NDFCU	7.88
Casa de las Comunidades	101.00
Donations - Miscellaneous	2,773.54
Fees - Sacramental	1,300.00
Francis House	2,250.00
Mass Stipends	519.00
Bread & Blessings	1,387.00
St. Vincent de Paul	987.00
Rejuvenation	11,720.00
St. Mary's School	2,079.00
CRS, Rice Bowl, Good Friday, Good Shepherd Center, Human Development	1,150.00
Coffee Ministry	210.00
ACA	580.50
Total Income	\$ 74,519.67
FEBRUARY 2026 EXPENSES	
Liturgy and Worship	3,449.18
Religious Education	2,122.66
School Support	3,333.34
Clergy Administration	4,924.05
Parish Administration	8,041.43
Mass Stipends paid	0.00
HVAC Loan to the Archdiocese	1,118.37
Organ Repair Payment	11,638.94
Building and Land Operations	8,136.28
Utilities- Gas, Water, Electric, Internet	1,729.27
Ministries-Includes Designated Donations	2,270.00
TOTAL EXPENSES:	\$ 46,763.52



DISCOVER ST. MARY'S! SERVING PRE-K THROUGH 8TH GRADE

Now Hiring at Saint Mary's Catholic School We are growing, and are excited to announce job openings for the 2026-2027 school year: If you or someone you know feels called to serve in a joyful, faith-filled school community, we would love to hear from you! Visit stmarys.me and apply by emailing your resume to: rsanchez@stmarys.me For more information, please contact our School Office, 505-242-6271.



~ by Kristen Dickey ~
ICC parishioner &
SMS Advancement Director



STUDENT SPOTLIGHT: KATHERINE GESSING
Katherine is a wonderful example of what it means to grow in faith, knowledge, and character at St. Mary's. Known by her classmates and teachers as **funny, smart, and kind**, Katherine brings joy and positivity to our school community every day. For Katherine, attending St. Mary's has meant deepening her **Catholic faith**. Her family's faith life has grown stronger, and her Mom was inspired to complete OCIA and become Catholic as well. This journey has made Katherine especially grateful for the opportunity to grow spiritually and celebrate her faith proudly. This year, she is also celebrating an important milestone as she prepares for **Confirmation as an 8th grader**, recognizing how God has guided her along the way. Academically, Katherine takes great pride in the strong education she has received at St. Mary's.

She enjoys challenging electives, competing in math competitions, and developing strong academic skills. One accomplishment she is particularly proud of learning how to write **creative, polished essays** that express her ideas clearly and thoughtfully. Outside the classroom, Katherine enjoys **playing volleyball, creating art, and listening to music**. She encourages younger students to stay organized, never procrastinate on assignments, and always ask questions when they need help. Looking ahead, Katherine is excited to build new friendships and continue growing into the person she hopes to be — **hardworking, intelligent, kind, and God-fearing**.

~ Continued on page 5, second in the left column.

Mass Intention Scheduling & Offering Information

To schedule a Mass intention, please call or email the Parish Office to check availability for your desired date. We ask that you contact us at least one week in advance so the intention can be announced before Mass and published in the bulletin on your selected date.

If you plan to submit your offering online through OSV Hub, you must still call or email the Parish Office to confirm that your requested date is available.

Please note:

- We can accommodate **up to three intentions per Mass**.
- Each Sunday Mass alternates with an intention for the **People of the Parish**. When a Mass is designated for the People of the Parish, no other intentions may be scheduled for that Mass.

When arranging a Mass intention, please indicate whether the person is living or deceased. You may also specify how you would like the intention listed, such as: *First and Last Name – Repose of the Soul, Anniversary, Birthday, Health, Healing, etc.*

The suggested offering is **\$10 per intention**. Offering may be made in person at the Parish Office, by mail, or online. We accept cash, check, card, and money orders.

**Divine Mercy Spiritual Warfare Retreat
St. Anne Catholic Church, Albuquerque**

Join us for a powerful weekend of prayer, formation, and fellowship at our Divine Mercy Spiritual Warfare Retreat.

Dates: April 10-11, 2026

Meals: Included

Featured Speakers:

- Fr. James Sanchez
- Fr. Anthony O. Ezeaputa
- Deacon Tony Rivera
- Deacon Robert Vigil
- And more!

Additional Information:

Sessions available in English and Spanish

Kids tracks available

Focus on Sacraments, Adoration, Fellowship and Worship

Don't miss this opportunity to grow deeper in your faith and strengthen your spiritual life. Register today by scanning the QR code.



Brothers and Sisters in Christ, Our Knights of Columbus Council will be hosting a Church Drive this weekend, and we warmly invite all Catholic men to learn more about who we are and the mission we serve. The Knights are dedicated to charity, unity, fraternity, and supporting our parish family in meaningful, hands-on ways. Members of our council will be available after all Masses to answer questions, share information, and welcome anyone interested in joining our brotherhood of faith and service. Whether you feel called to volunteer, grow spiritually, or simply connect with a strong community of men committed to doing good, we would be honored to meet you.

Thank you for your continued support and prayers. Together, we strengthen our parish and build a community rooted in service and compassion.

Vivat Jesus, Knights of Columbus Council #15788
Stat Life Director New Mexico State Council /
Grand Knight Sir Kenneth Pruitt



~ Continued from page 4, KATHERINE GESSING

When she reflects on the St. Mary's community, she says it feels like a family united by God, where everyone supports and cares for one another. When Katherine graduates, she hopes St. Mary's will remember her as bold, smart, and faithful. We are proud to celebrate Katherine and the many ways she contributes to our school community.

Holy Thursday

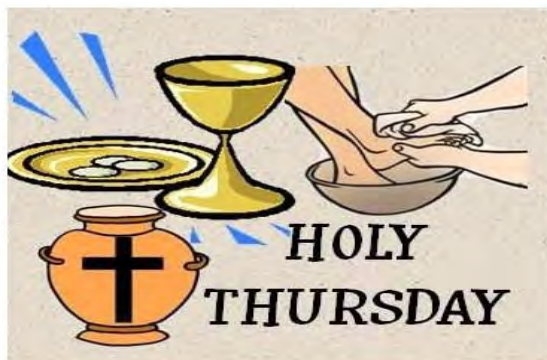
The Mass of the Lord's Supper on Holy Thursday ends the season of Lent and begins the Triduum, the sacred three days when we commemorate the Passion and Resurrection of Christ. The church looks different: The tabernacle is completely empty; its doors may be opened and the sanctuary lamp extinguished. The altar may have moderate floral decoration. At Mass, bells ring during the Glory to God, but then they remain silent until the Easter Vigil. Musical instruments should not play solos. The washing of the feet may follow the homily. Contributions for the poor are included in the

procession of the gifts. The Eucharistic Prayer recalls that this is the night on which Jesus was handed over and on which he handed over his Body and Blood to us. After Communion, the leftover consecrated bread is placed in a vessel on the altar and incensed. The priest picks up the vessel with the humeral veil and processes through the church to a side altar or a separate chapel suitably decorated.

The Blessed Sacrament is incensed again and closed inside a tabernacle. No other Mass is celebrated this day— not even in the morning—without permission of the bishop and only for serious reasons. Holy Communion may be given to the sick, but no one else may share in Communion outside of Mass.

After Mass, the altar is stripped, and the Crosses in the church are removed or veiled. The faithful may begin the paschal fast, which is obligatory on Good Friday, but urged on Holy Saturday as well. They are encouraged to pray before the Blessed Sacrament sometime before midnight, remembering how Jesus asked Peter, "Could you not stay awake with me one hour?" (Matthew 26:40).

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Good Friday

The Church solemnly observes Good Friday with a special liturgy called the Celebration of the Lord's Passion. It should take place at 3 pm, but another time may be chosen. It is not a Mass, but the priest and deacon vest as if it were. The altar should be bare—no Cross, candles, or cloth should adorn it. Musical instruments should be used sparingly, only to accompany singing. No bells are rung. The service begins as ministers enter the sanctuary and lie prostrate, face to the floor. Or they may kneel. The highlight of the Liturgy of the Word is the proclamation of the Passion according to St. John. One or three persons may read or sing it; the assembly may take part. All kneel for a time of silence when the narrative tells of the death of Jesus.

The liturgy continues with solemn prayers for the Church and the world. Then a Cross is unveiled or carried in procession. All may adore the Cross however they wish. The priest may remove his chasuble and his shoes. Music during this time may include the Stabat Mater. Bread consecrated at the Mass of the Lord's Supper is then brought to the altar, and all may share Communion. Whatever remains goes to a tabernacle, preferably outside the church.

As the service ends, the Cross is placed on the altar between two or four candles. When leaving the church, people should genuflect to the Cross. Throughout the day, the faithful should observe the laws of fast and abstinence. They may confess their sins or receive the Anointing of the Sick, but no other sacraments may be celebrated. Only the sick may receive Communion apart from the Celebration of the Lord's Passion.

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—Good Friday—



Faith Formation
LIFELONG AND ONGOING

Fechas importantes para la EDUCACIÓN RELIGIOSA:

✧ 29 de Marzo ~ Clases Regulares

✧ 5 de Abril ~ Clases Regulares

Para más información, llame a Debbie García al (505) 385-8303 o a la Hermana Teresa al (505) 366-3878

40 Latas para la Cuaresma

Nuestra colecta anual de alimentos "40 Latas para la Cuaresma." Bolsas especialmente etiquetadas como "40 Latas para la Cuaresma de los Caballeros de Colón" estarán disponibles en la parte trasera de la iglesia todos los domingos de Cuaresma. Los invitamos a llevarse una bolsa a casa, llenarla con alimentos enlatados y devolverla una vez llena. Las bolsas llenas pueden devolverse a la iglesia o entregarse a cualquier Caballero que lleve el chaleco azul de los Caballeros de Colón durante las misas entre semana o dominicales. Se prefiere entregarlas los domingos. Gracias por ayudarnos a apoyar a los necesitados a través de esta significativa tradición.

Suyo en Cristo, Digno Gran Caballero,
Sir Kenneth Anthony Pruitt- KofC #15788
Director Vitalicio de la ICC Consejo de Estado de Nuevo México



El domingo 12 de April tendremos las lecturas del evangelio para los niños de la misa en Español.

Objetivo: Que los niños comprendan y familiaricen con la sagrada biblia y la Eucaristía. Los padres de familia pongan mas atención a la palabra de Dios.

Lugar: Salón de Guadalupe
Favor de llegar temprano!
Esperamos su colaboración



Nuestra Misión Parroquial

*Unidos por el amor de Cristo,
Comunidad Parroquial de la Inmaculada Concepción, una parroquia fundada por los Jesuitas y enraizada en la Espiritualidad Ignaciana,
se compromete a: vivir los valores del Evangelio;
celebrar la liturgia con alegría;
acoger sin prejuicios; buscar a Dios en todos;
servir a nuestra comunidad
con especial atención a los pobres y marginados;
y ser un lugar de oración y fortaleza espiritual para todos.*

Immaculate Conception Church Evangelización ICA. Presenta.



Vive el Curso

Jesús,
en los cuatro
Evangelios

MATEO, MARCOS, LUCAS Y JUAN

Te invitamos a vivir este por demás hermoso e interesante Curso para conocer a Jesús en lo cual consiste la vida eterna Jn 17,3

Recuperación: \$30.00
incluye materiales.
Se otorgará Certificado de participación.

Fecha	Hora
10 De Abril 2026.	6:00 - 9:00 pm
11 De Abril 2026.	8:00 am - 7:00 pm
12 De Abril 2026.	8:00 am - 5:00 pm

Lugar 5901 St Josephs Dr NW
Albuquerque NM
87120



No olvides traer
Biblia y cuaderno

Información: Gloria Ortiz 505 835 4478. Rosario Perez 505 506 5760.
Juan Araujo 505 908 4018. Ana Araujo 505 524 7236.

Retiro de la Divina Misericordia y la Guerra Espiritual Iglesia Católica Santa Ana, Albuquerque

Únase a nosotros para un poderoso fin de semana de oración, formación y compañerismo en nuestro Retiro de la Divina Misericordia y la Guerra Espiritual.

Fechas: 10 y 11 de abril de 2026

Comidas: Incluidas

Oradores destacados:

Padre Lalo Arteaga
Padre Frank Wright
Diácono Tino Avalos
Diácono Victoriano Ceballos
¡Y más!

Información adicional:

Sesiones disponibles en inglés y español
Programas para niños disponibles Enfoque en los Sacramentos, la Adoración, el Compañerismo y la Adoración
No se pierda esta oportunidad de profundizar en su fe y fortalecer su vida espiritual.
Regístrese hoy escaneando el código QR.



Immaculate Conception Parish Community's Journey through Lent to Resurrection

As we begin our celebration of the Sacred Triduum, please remember that Good Friday is an obligatory day of fasting and abstinence (abstain from eating meat) for Catholics. For members of the Latin Catholic Church, the norms on fasting are obligatory from ages 18-59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to another full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards. Members of the Eastern Catholic Church are to observe the particular law of their own sui iuris Church.

Lent at Immaculate Conception Parish

- Sat., 3/28, 4:00 PM **Vigil Mass of Passion Sunday/Palm Sunday**
- Sun., 3/29, **Passion Sunday/Palm Sunday**. Palms will be distributed at all Masses, 8:00 AM, 10:00 AM, 12:30 PM (Spanish)
- Thu., 4/2, 7:00 PM, **Holy Thursday** Mass; Adoration following after Mass until midnight.
- Fri., 4/3, 3:00 PM, **Good Friday Service**
- Sat., 4/4, 8:00 PM, **Holy Saturday At the Easter Vigil in the Holy Night of Easter**
- Sun., 4/5, **Easter Day!** Masses at: 8:00 AM, 10:00 AM, 12:30 PM.

40 Cans for Lent -

Our annual **40 Cans for Lent** food drive **concludes on Easter Sunday, April 5th**. We ask that you please return the bag with the canned goods. Filled bags may be brought back to the church or handed to any Knight wearing a **Blue Knights of Columbus vest** during weekday or Sunday Masses. **Sunday drop-off is preferred.**

Thank you for helping us support those in need through this meaningful tradition.

Yours In Christ,
Worthy Grand Knight,
Sir Kenneth Anthony Pruitt- KofC #15788 ICC
Life Director NM State Council



Holy Saturday

Holy Saturday is the day before Easter Sunday.

On this day, the Church recalls the period between the burial and the Resurrection of Jesus. In the Eastern traditions, this day recalls "the harrowing of hell"—when Christ descended to the realms of the dead to claim for eternal life the good people who had preceded him in time, starting with Adam and Eve. The Resurrection of Christ on Easter Sunday opened the gates for the resurrection of these ancestors as well.

On Holy Saturday, the Church celebrates none of the sacraments. There is no Mass during the day. Only those who are dying may receive Communion as Viaticum. If a couple needs their civil marriage convalidated in a church service, they should have accomplished it before this day: No Catholic weddings may take place on Holy Saturday. The Church encourages the faithful to observe a fast on this day. On Good Friday, the fast is obligatory for Catholics from their eighteenth through their fifty-ninth birthday. That is, they may eat one full meal and two smaller meals, with no snacking between. Abstinence from meat on Good Friday applies to all Catholics starting at age fourteen. Many eat fish, but it is also acceptable to eat vegetarian.

The same fast and abstinence are *recommended* on Holy Saturday. This continues the observance of the death of Christ until the Church celebrates his Resurrection. The same fast also puts the faithful in communion with the elect, the catechumens who will be baptized at the Easter Vigil. They are encouraged to fast in order to prepare for the solemnity of their Baptism, and the faithful may fast in solidarity with them.

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**Fasting and Feasting - Words to Live By
(Inspired By Pope Francis)**

FAST from judging others
FAST from emphasis on differences
FAST from despair
FAST from thoughts of illness
FAST from words that destroy and pollute
FAST from discontent
FAST from pessimism
FAST from anger
FAST from being negative
FAST from pessimism
FAST from worry
FAST from complaining and groaning
FAST from hostility
FAST from bitterness and grudges
FAST from constant activity
FAST from disrespect
FAST from lethargy and boredom
FAST from being selfish
FAST from words

FEAST on seeing the best in people
FEAST on the unity of life
FEAST on hope
FEAST on the healing power of God
FEAST on words that build and encourage
FEAST on gratitude
FEAST on patience
FEAST on being positive
FEAST on optimism
FEAST on trust
FEAST on appreciation and fill your heart with joy
FEAST on peacemaking and non-violence
FEAST on forgiveness and be reconciled
FEAST on slowing down
FEAST on recognizing the sacred in all life
FEAST on enthusiasm
FEAST on compassion
FEAST on listening

+May your Lent 2026 be BLESSED+

**Ayuno y Gozo - Palabras para Vivir
(Inspirado por el Papa Francisco)**

AYUNA de juzgar a los demás
AYUNAR del énfasis en las diferencias
AYUNA de la desesperación
AYUNA de pensamientos de enfermedad
AYUNA de palabras que destruyen y contaminan
AYUNAR del descontento
AYUNA de la ira
AYUNA de ser negativo
AYUNA de la preocupación
AYUNA de las quejas y gemidos
AYUNA de hostilidad
AYUNA de la amargura y el rencor
AYUNA de pesimismo
AYUNA de la actividad constante
AYUNAR de la falta de respeto
AYUNA del letargo y el aburrimiento
AYUNA del egoísmo
AYUNA de las palabras

GOZA en ver lo mejor de las personas
GOZA en la unidad de la vida
GOZA en la esperanza
GOZA en el poder sanador de Dios
GOZA en palabras que construyen y animan
GOZA de la gratitud
GOZA de paciencia
GOZA de ser positivo
GOZA con la confianza
GOZA con el aprecio y llena tu corazón con alegría
GOZA con la paz y no violencia
GOZA con el perdón y reconcílate
GOZA del optimismo
GOZA con reducir la velocidad
GOZA en reconocer lo sagrado en toda la vida
GOZA del entusiasmo
GOZA de la compasión
GOZA con escuchar

+Que tu Cuaresma 2026 sea BENDECIDA+