



*Sunday, March 17th, 2024*  
*Fifth Week of Lent*

## **Holy Family Church**

13900 Church Place, Seal Beach, CA 90740 - (562) 430-8170  
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**Rev. Joseph Son Nguyen, Pastor**

## **Sunday Mass Schedule**

**Saturday Vigil: 4:00 p.m.**

**Sunday: 8:00 a.m., 10 a.m. & 12 Noon**

## **Weekday Masses**

**Monday –Saturday: 8:30 a.m.**

**Our Lady of Perpetual Help Novena: Wednesdays 8:15a.m**

**Anointing of the Sick Sacrament: Saturdays at 8:30 a.m. Mass**

**Bible Study: 1st and 3rd Monday of the Month 12:30 p.m.**

## **Confessions**

**Saturdays: 9:00am-9:30am / First Fridays 9:00am-9:30am**

## 2024 Pastoral Services Appeal This Weekend!!

This appeal supports the pastoral services of our Diocese of Orange and special projects in our parish, as well.

These ministries and services include Catholic Education, Catholic Charities of Orange County, Seminarian Formation, Vocations, The Permanent Diaconate, Priest Retirement, and so much more. In fact, for every dollar given, 95 cents go directly to fund the vital initiative in our local Church.

Our required contribution to this appeal in 2024 is \$41,000.00. Any contribution above this amount goes back to our parish, where you continue to see significant improvements. You can make a one-time donation or a pledge which could be fulfilled over the course of the year. You might have received the PSA envelope by mail or there are pledge envelopes in our church pews. After you have filled out the PSA envelope, you may drop it in the Sunday collection, mail it to the Collection Center, or enter the information online. There is a video and link in our website **[www.holyfamilysb.com](http://www.holyfamilysb.com)**. Thank you for your participation.

### Your Contributions- Thank you

Sunday, March 10, 2024: \$6,093

Online Giving: \$1389.80

Thank you for your generosity!

## News from Our Parish

- **Stations of the Cross at 11am Fridays**, followed by fish fry lunch. **Friday, March 22, clam chowder. Please sign up. It is our last one of the season.**
- **Diaper drive** for the life centers of Orange County. Please bring your donation to the parish office or leave on the Our Lady of Guadalupe donation table in the vestibule of the church. This year they need diapers sizes 5-6. Monetary donations are accepted.

## News from Our Diocese

- On March 28, the Diocese of Orange will be hosting the 3rd annual Holy Thursday “Visitation of Seven Churches” tradition. Last year, more than 35 parishes/community centers around our Diocese participated and hundreds of faithful drove around Orange County to visit and spend time with the Lord. **Our church will be participating this year!**
- **St. Hedwig Catholic Church** in Los Alamitos is hosting “The Life of David,” a half-day retreat with guest speaker Fr. Tim Peters on April 6, from 8:30 a.m. to 1 p.m.
- **On March 20**, join us for a “Civilize It” virtual event with Gloria Purvis, Kerry Alys Robinson and Fr. Aaron Wessman as they reflect on the challenge of polarization and tools from our Catholic tradition that can help us heal the Church and society. **Watch live at:**  
<https://www.usccb.org/civilize-it-virtual-event>

## Suffering Transformed by Glory (Catholic Reflections)

*"I am troubled now. Yet what should I say? 'Father, save me from this hour'? But it was for this purpose that I came to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it and will glorify it again." John 12:27–28*

Our Lord's human soul was "troubled." Other translations state that His soul was in agony. After expressing His interior suffering, Jesus identified the human temptation caused by this suffering: to flee from His "hour." Of course, Jesus dismisses this temptation as a way of teaching us a lesson from His human experience. As God, Jesus had perfect strength and always remained faithful to the mission He received from the Father. But as a human, Jesus permitted Himself to experience temptation and human suffering for many reasons. One reason was so that He could relate to us in every way. That includes being able to relate to interior human suffering. In doing so, Jesus also made it possible for us to imitate Him and to share in the strength and determination He had as He perfectly fulfilled the will of the Father. Jesus allowed Himself to endure the agony caused by foreseen suffering because we will endure similar temptations through life. What is it that causes you fear and anxiety as you look into the future? If there is something that immediately comes to mind, try to look at that within the light of Jesus' own experience above. The first thing Jesus does is identify the temptation to fear. He does this by identifying the interior suffering He experiences and then by looking at the cause: His coming "hour." The "hour" of Jesus in the Gospel of John is a reference to His crucifixion and death. This was the reason He came to us. He came to suffer the consequences of our sins and to destroy death itself. But this mission of His was the cause of true human suffering and was also a temptation toward fear. But it was a fear that He perfectly overcame.

As you look at anything that tempts you to give into fear and anxiety, first ask yourself whether it is the will of God that you fulfill that action. If we are fearful of something that is not the will of the Father, then we should reject it. But very often the plan God has for our lives will include acting with courage in the face of some pending cross and suffering. Experiencing fear is normal, but fear will not turn into anxiety if we imitate our Lord and choose the will of God no matter the cost. Jesus also embraced His Cross by looking at it through the lens of glory. He understood that His suffering and death would glorify the Father in Heaven. Therefore, He allowed Himself to see the Cross as a glorification of the Father. The same must happen in our lives. No matter what we face in life, no matter the cross we are given, if it is the will of God that we embrace it, then we must see it not only as a suffering we must endure but primarily as an act by which God will be glorified in our lives. This truer perspective will bring with it hope, joy and strength which will free us from anxiety caused by fear. **Reflect**, today, upon the ways in which God is calling you to the cross. As you do, don't allow fear to deter you. Instead, look at every pending suffering as an opportunity to glorify God in your life. See your crosses with gratitude and joy, and allow this new perspective to give you the strength you need to fulfill the mission given to you by the Father in Heaven. **Most glorious Father, Your will is perfect. You called Your Son to the suffering of the Cross. Through that act of perfect love, the suffering Your Son endured gave You perfect glory. Lord Jesus, please give me Your courage as I face my own sufferings in life and help me to imitate Your perfect obedience to the Father's will in all things so that I, too, may give Him glory. Jesus, I trust in You.**



Pray for us  
St. Joseph



Feast Day  
March 19th

## Prayer to Saint Joseph

To you, O blessed Joseph,  
do we come in our tribulation,  
and having implored the help of your most holy  
Spouse,  
we confidently invoke your patronage also.

Through that charity which bound you  
to the Immaculate Virgin Mother of God  
and through the paternal love  
with which you embraced the Child Jesus,  
we humbly beg you graciously to regard the  
inheritance  
which Jesus Christ has purchased by his Blood,  
and with your power and strength to aid us in our  
necessities.

O most watchful guardian of the Holy Family,  
defend the chosen children of Jesus Christ;  
O most loving father, ward off from us  
every contagion of error and corrupting influence;  
O our most mighty protector, be kind to us  
and from heaven assist us in our struggle  
with the power of darkness.  
As once you rescued the Child Jesus from deadly  
peril,  
so now protect God's Holy Church  
from the snares of the enemy and from all adversity;  
shield, too, each one of us by your constant  
protection,  
so that, supported by your example and your aid,  
we may be able to live piously, to die in holiness,  
and to obtain eternal happiness in heaven. Amen

## Prayer Intentions for the Week

### **Monday 8:30 a.m. March 18**

Fr. Daniel Johnson, RIP  
Mary and Rich Ramelot, Sp. Int.  
Mary Theresa Kim-Hai, Sp. Int.  
Josephine Chris, Sp. Int.  
Fr. Paul Koening, Sp. Int.

### **Tuesday 8:30 a.m. March 19**

John Paek, RIP  
Holly and Jianna Kim family, Sp. Int.

### **Wednesday 8:30 a.m. March 20**

Hoang Thi Di, RIP  
Hoang Thi Nah, RIP  
Mary Theresa Kim-Hai, RIP

### **Thursday 8:30 a.m. March 21**

Mary and Joseph Lee, Sp. Int.

### **Friday 8:30 a.m. March 22**

Peter Hoang Nhue, RIP  
Florido Romero, RIP

### **Saturday 8:30 a.m. March 23**

Betty Esparza, Sp. Int.  
Anne Howard, Sp. Int.

### **Saturday 4:00 p.m. March 23**

Rick Graham, Sp. Int.  
Larry Tanguay, Sp. Int.  
Joseph Kent, Sp. Int.

### **Sunday 8:00 a.m. March 24**

Rosemary Remulla, RIP  
Susie Lee, Sp. Int.  
Josephine Chris, Sp. Int.

### **Sunday 10:00 a.m. March 24**

Maria Del Rodriguez, RIP  
Kenneth Raymond, RIP

### **Sunday 12 Noon March 24**

Jose Olivas, Sp. Int  
Jose F. Olivas, Sp. Int.  
Betty Esparza, Sp. Int.