



February 18, 2024 - First Sunday of Lent

*Your ways, O Lord, make known to me;
teach me your paths. ~ Psalm 25:4*

St. Patrick Catholic Church

San Francisco's Historic Landmark #4

Founded in 1851

756 Mission St. (between 3rd and 4th Streets)

San Francisco, CA 94103

Tel (415) 421-3730 ~ Fax (415) 512-9730

www.stpatrickssf.org

Pastoral Staff

Fr. Roberto "Fr. Obet" A. Andrey - *Pastor*

Fr. Ted (Teodoro) Magpayo - *Parochial Vicar*

Deacon Ferdinand Mariano - *RCIA Coordinator*

Rachelle Morales and Nenette Murata -

Religious Education Coordinators

Charles Corpus - *Music Coordinator*

Virginia Dilim - *Wedding Coordinator*

Nora Regaspi - *Office Manager*

Camelle Sudario - *Parish Receptionist*

Emy Pasion - *Bookkeeper*

Mass Times

Monday - Friday: 7:30 a.m., 12:10 p.m., 5:15 p.m.

Saturday: 7:30 a.m., 12:10 p.m. 5:15 p.m. Vigil Mass

Sunday: 7:30 a.m., 9:30 a.m., 12:00 p.m., 5:15 p.m.

Tagalog Mass: 1st Sunday at 2:00 p.m.

Family Mass: 2nd Sunday at 12:00 p.m.

Charismatic & Healing Mass: 3rd Sunday at 2:00 p.m.



February 18, 2024
First Sunday of Lent ~ Year B

Gn 9:8-15; Ps 25:4-9; 1 Pt 3:18-22; Mk 1:12-15

Mindful of his covenant (Ps), the Lord promises never to destroy creation again by flood waters (1). The waters of baptism bring salvation and forgiveness through the death of Christ (2). After fasting forty days and being put to the test, Jesus begins his public ministry (3).

First Sunday of Lent

Today we begin the season of Lent. Like Advent, it is a season of preparation. During Advent, we prepared for a joyous celebration of the birth of Jesus. During Lent we prepare for our celebration of renewal in Holy Week when we recall Jesus' agonizing, lonely death and unexpected (to his disciples) resurrection. The reading from Genesis today reminds us of what it is like to lose almost everything and then to have it restored to us. Peter takes the flood that destroyed the earth and its creatures and transforms it into the baptism by water that saves each one of us. Mark tells us that even Jesus was given forty days to prepare, not in a flood but in a desert, for what was to be asked of him. So we begin this Sunday by being reminded of the importance of preparation and that it takes many forms. Whatever form our preparation takes, we must begin.

Driven by the Flood Into the Desert

The readings today begin with God's promise to Noah after the destruction of everything by rushing, flooding waters. That water is transformed into the life-giving water of our baptism. We expect, as we start this season of Lent, to be reminded of being stripped by the flood of everything; of being in the desert, with nothing, and tempted. What we may not expect is to be reminded of the abundance and extravagance of God's love and kindness, God's compassion and guidance. After the flood, the earth and its creatures are restored. After the desert, Jesus is ministered to and restored to life with a new understanding of what is essential. Jesus preaches that this is the time and the kingdom of God is at hand.

We Are Not Alone

We begin Lent with stark contrasts between life and death, good and evil, water and desert. God's response is equally strong. God's covenant is with everyone and everything. Nothing is outside the reach of God's love. God's covenant is limitless. We set out on our own journey of preparation today but we are not alone. However we choose to use this time to prepare ourselves for the death and resurrection that is to come, we are accompanied by the same Spirit that compelled Noah to build the Ark to preserve life on earth. We are accompanied by the same Spirit that drove Jesus into the desert to face temptation. It is that Spirit that makes our journey through Lent possible. Who could face such floods of temptation alone? No one, not even Jesus, as we will hear during Holy Week, faces death alone.

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Beauty in Forgiveness

Humanity is never so beautiful as when praying for forgiveness, or else forgiving another.

~ Jean P. F. Richter

Patrician Meeting

Join us this Sunday for the monthly Patrician Meeting, a Catholic discussion group sponsored by the Legion of Mary. This month's topic is...

Lent and Holy Week

Speaker ~ Ellen Ramoran

Date ~ Sunday, February 25, 2024 at 1:30 p.m.

McKenna Hall

Join us for a lively discussion and share your thoughts and experiences with other Catholics just like you.

Stations of the Cross

Everyone is encouraged to join the communal praying of the Stations of the Cross every Friday after the 5:15 p.m. Mass during Lent. Stations of the Cross prayer books are available in the gift shop for a small fee. The Santo Niño Novena, normally prayed on Fridays, will not be prayed in lieu of the Stations of the Cross.

Lenten Recollection

Everyone is invited to our Lenten Recollection on Saturday, March 9th from 9:00 a.m. to noon in the church followed by Mass at 12:10 p.m.

Living Stewardship Now

"Here is the fast you must keep for God: do not commit any wicked deed in your life and serve the Lord with a pure heart; keep his commandments by walking according to his directions and do not let any evil desire enter your heart; have faith in God." ~ *The anonymous author of The Shepherd of Hermas, 2nd century A.D.*

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First Sunday of Lent

February 22, 2015

Your ways, O LORD, make known to me;
teach me your paths.

~ Psalm 25:4

Happy Birthday!!

Happy Birthday to our Parishioners born this week.

Katherine Dizon	02/18	Louie Tunque	02/22
Brian Paul Reyes	02/18	Bartolome Valmores	02/23
Edna Abello	02/19	Donna Fe Andico	02/24
Manuel De Jesus Rosales	02/19	Zenaida Flores	02/24
Florencio Abello	02/22	Ma. Shiela Montemayor	02/24
Emily-Hillary Hebron	02/22	Vangie Nocon	02/24

Please Pray for our Holy Father's Intention for February

Pope's Intention: For the terminally ill. We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



St. Patrick parish is honored to welcome the United Irish Societies on Saturday, March 16, 2024 as they make their annual pilgrimage to celebrate the feast of St. Patrick with a Mass at 9:00 a.m..

Éireann go Brách!!



Christ shield me this day

*Christ with me,
Christ before me,
Christ behind me,*

*Christ in me,
Christ beneath me,*

*Christ above me,
Christ on my right,*

*Christ on my left,
Christ when I lie down,*

Christ when I arise,

Christ in the heart of every person who thinks of me,

Christ in every eye that sees me,

Christ in the ear that hears me

(St. Patrick, from his breastplate)



Lent

The annual Lenten season is the fitting time to climb the holy mountain of Easter. The Lenten season has a double character, namely to prepare both catechumens and faithful to celebrate the paschal mystery. The catechumens, both with the rite of election and scrutinizes, and by catechesis, are prepared for the celebration of the sacraments of Christian initiation; the faithful, ever more attentive to the word of God and prayer, prepare themselves by penance for their renewal of their baptismal promises (*Cæremoniale episcoporum*, 249).

- ♦ Lent runs from Ash Wednesday until the Mass of the Lord's Supper exclusive on Holy Thursday.
- ♦ Lenten weekdays are not commemorated on solemnities and feasts. Ash Wednesday and the days of Holy Week take precedence over all solemnities and feasts.
- ♦ All memorials of saints occurring during Lent are observed as optional. Hence, they may be omitted or observed as commemorations.
- ♦ *Alleluia* is not sung or said from the beginning of Lent until the Easter Vigil.
- ♦ During Lent the altar should not be decorated with flowers and musical instruments may be played only to give necessary support to the singing. On the Fourth Sunday of Lent ("*Lætare*") and on solemnities and feasts, musical instruments may be played and the altar decorated with flowers.

Mission Doctors Association 2024 West Coast Retreat/Seminar

Mission Doctors Association will offer the 2024 West Coast Retreat/Seminar on March 8-10, 2024 for Catholic Doctors, Dentists, Nurse Practitioners and Physician Assistants considering short-term mission service. This will be held at Loyola Marymount University, Los Angeles. This weekend is offered free of charge to those considering serving at a Mission Hospital or Clinic in Africa or Latin America.

Visit the website: www.MissionDoctors.org or
Call the office for more information (213) 368-1872.

God's Power

We are not in our power, but in the power of God.

~ St. Perpetua

Saints & Special Observances

Wednesday: optional memorial ~

St. Peter Damian, Bishop, Doctor of the Church

THURSDAY: FEAST ~

THE CHAIR OF SAINT PETER THE APOSTLE

Friday: optional memorial ~ *St. Polycarp, Bishop, Martyr*

SUNDAY: SECOND SUNDAY OF LENT

Readings for the Week

Monday: *Lv 19:1-2,11-18; Mt 25:31-46*

Tuesday: *Is 55:10-11; Mt 6:7-15*

Wednesday: *Jon 3:1-10; Lk 11:29-32*

THURSDAY: *1 Pt 5:1-4; Mt 16:13-19*

Friday: *Ez 18:21-28; Mt 5:20-26*

Saturday: *Dt 26:16-19; Mt 5:43-48*

SUNDAY: SECOND SUNDAY OF LENT

Gn 22:1-2,9a,410-13,15-18; Ps 116:10,15-19; Rom 8:31b-34; Mk 9:2-10

Today's Readings

First Reading — God's covenant with Noah when he was delivered from the flood (Genesis 9:8-15).

Psalm — Your ways, O Lord, are love and truth to those who keep your covenant (Psalm 25).

Second Reading — The water of the flood prefigured baptism, which saves you now (1 Peter 3:18-22).

Gospel — This is the time of fulfillment. The kingdom of God is at hand (Mark 1:12-15).

The English translation of the Psalm Responses from Lectionary for Mass © 1969, 1981, 1997,

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2024 Archdiocesan Annual Appeal Kickoff Sunday

I hope all of you received the letter highlighting this year's Archdiocesan Annual Appeal. On behalf of youth, young adults, seminarians, social ministries, and everyone who you support through the Appeal, I ask you to prayerfully consider giving to the 2024 AAA. Through our generosity, we join others throughout our Archdiocese in answering God's call to discipleship by supporting His work.

This year's theme is from Matthew 22:39, "Love Your Neighbor as Yourself." As Catholics, we use our gifts and talents to serve and demonstrate our love for our neighbors. Indeed, instead of asking who our neighbors are, Catholics ask, "...is there anyone who is not our neighbor?"

One way we support our neighbor through the Annual Appeal is via the Restorative Justice ministry. The Restorative Justice program assists crime victims and their families, former offenders, the incarcerated and their families. The family of one young man killed in San Francisco said there were frequently times that they did not know if they'd be able to go on, and that without the Restorative Justice ministry, they "...would not have been able to meet other families already supported by this ministry, and through this support group they find comfort in the journey of their healing."

Our assessment this year is \$34,508. Thank you in advance for your prayerful consideration of this request. You impact lives.

The Quality of Change

To change and to change for the better are two different things.

~ German proverb

Lent, Remember That You Are Dust

Never, perhaps, does God's word resound so directly for us. Never does He address each in this way, without exceptions: *Remember that you are dust and you shall return to dust.*

And each accepts these words. They are so obvious! Their truth is confirmed with so much accuracy in the story of man! These words speak of death, with which the life of every man and woman on earth ends. At the same time, they call each of us back to "the origin." They were uttered to the first Adam as the fruit of sin:... the tree of knowledge of good and bad. From that tree you shall not eat; the moment you eat from it, you are surely doomed to die" (*Gen 2:17*).

Death as the fruit of the tree of knowledge of good and evil. The fruit of sin. Those words were spoken by God-Yahweh. The Creator God, He who called and constantly calls the world and man out of nothing. And He created man "of the clay of the ground" (*Gen 2:7*); He fashioned him with the same material of which the whole of the visible world is made.

When God says, "For you are dirt, and to dirt you shall return" (*Gen 3:19*), His words sound like a *severe sentence upon man*. God, who pronounced them, reveals himself in them as Creator and Judge.

However, those words are of suffering at the same time. A forewarning of Good Friday is expressed in them. The suffering of the Son of God is expressed in them, for He was to say, "Abba, (O Father)... take this cup away from me" (*Mk 14:36*). Yes, those severe words *conceal God's pain and sorrow in them*. He foretold them to man whom he had created in His own image and likeness. God's image and likeness must return to dust?

"Then the Lord was stirred to concern for his land and took pity on his people," says the prophet Joel (2:18).

From "Prayers and Devotions - 365 Daily Meditations"
~ Pope John Paul II

Baptisms and Marriages During Lent

Baptisms and marriages are not forbidden during Lent, however, the unique character of the season prompts us to make some adjustments to our regular patterns of celebrating these Sacraments.

Baptism: Canon 867 obliges parents "to take care that infants are baptized in the first few weeks." Therefore, it is understandable that infant baptisms might be scheduled during the first few weeks of Lent, but perhaps put off from the later weeks of Lent until the Easter Season. It is not fitting that infant Baptisms be celebrated on the days of Holy Week leading up to the Easter Triduum. However, at all times, an infant in danger of death is to be baptized without delay.

Marriage: Marriages may be celebrated within Mass during Lent, however, the prohibition against floral decorations at the altar during Lent, with the exception of the fourth Sunday, must be observed. Likewise, in accord with the penitential character of the season, lavish wedding decorations of any sort are discouraged during Lent.

Living God's Word

It's time to decide in our own minds who we are and wish to be, to confess it to our God and to ourselves and to the whole world. Do not fear those places of desert; they are where you will recognize your truest self.

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Lent



The annual Lenten season is the fitting time to climb the holy mountain of Easter. The Lenten season has a double character, namely to prepare both catechumens and faithful to celebrate the paschal mystery. The catechumens, both with the rite of election and scrutinizes, and by catechesis, are prepared for the celebration of the sacraments of Christian initiation; the faithful, ever more attentive to the word of God and prayer, prepare themselves by

penance for their renewal of their baptismal promises (*Ceremoniale episcoporum*, 249).

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Lenten Disciplines and the Easter Vigil

Abstinence

Everyone fourteen years of age and older is bound to abstain from meat on Ash Wednesday, the Fridays of Lent and Good Friday.

Fast

Everyone eighteen years of age and older, but under the age of sixty, is also bound to fast on Ash Wednesday and Good Friday.

On these two days, the law of fast allows only one full meal a day, but does not prohibit taking some food during the day, so long as this does not constitute another full meal. Drinking liquids during the day is permitted.

When health or ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, a priest assigned to pastoral ministry or confessor should be consulted. In the spirit of penance, the faithful should not lightly excuse themselves from this obligation.

The Time of the Easter Vigil

The Roman Missal states, "The entire celebration of the Easter Vigil takes place at night. It should not begin before nightfall." Nightfall can be determined by various calculations, and it changes from year to year as the date of Easter changes. Archbishop Niederauer has directed that the Easter Vigil on the night of April 11, 2009 may begin at 8:00 p.m. or anytime thereafter.

Training

Those who wish to hold the fortress of contemplation must first of all train in the camp of action.

~ Pope St. Gregory the Great

CATHOLIC CORNER

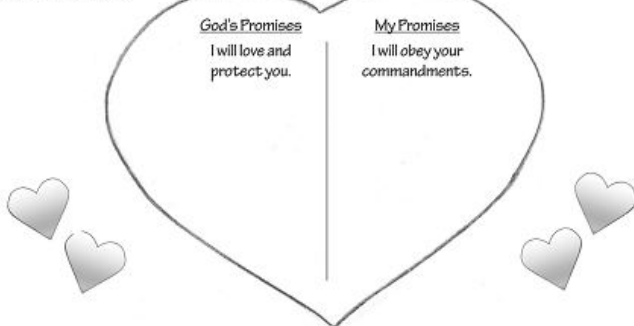
THOSE WHO KEEP YOUR COVENANT

At every Sunday liturgy, throughout the year as well as during Lent, we hear four passages from scripture. We sit and listen to the first reading from the Old Testament and the second reading, usually from one of the Letters. We stand to hear the reading from the Gospel. Between the first and second readings we pray one of the psalms. We usually sing the psalm but sometime we recite it. The beautiful words of the psalms remind us of God's love. This week's psalm response is:

*Your ways, O Lord, are love and truth
to those who keep your covenant.*
(Psalm 25:10)

A covenant is an agreement between two parties. Both parties promise to do certain things in order to keep the agreement. The covenant mentioned in this psalm is between God and God's people. You are one of the people of this covenant. The prophet Jeremiah said that God would write the covenant upon our hearts so that we will never forget it (Jeremiah 31:33).

On one side of this heart, think of what God has promised us. On the other side, think of ways that we can keep our part of the covenant. How can we be God's people? These examples will help you get started.



*If you sing the psalm at Mass today, listen carefully to the melody of the response.
Try to remember it and sing it during the week.*

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The Little Ones

Jim Burrows

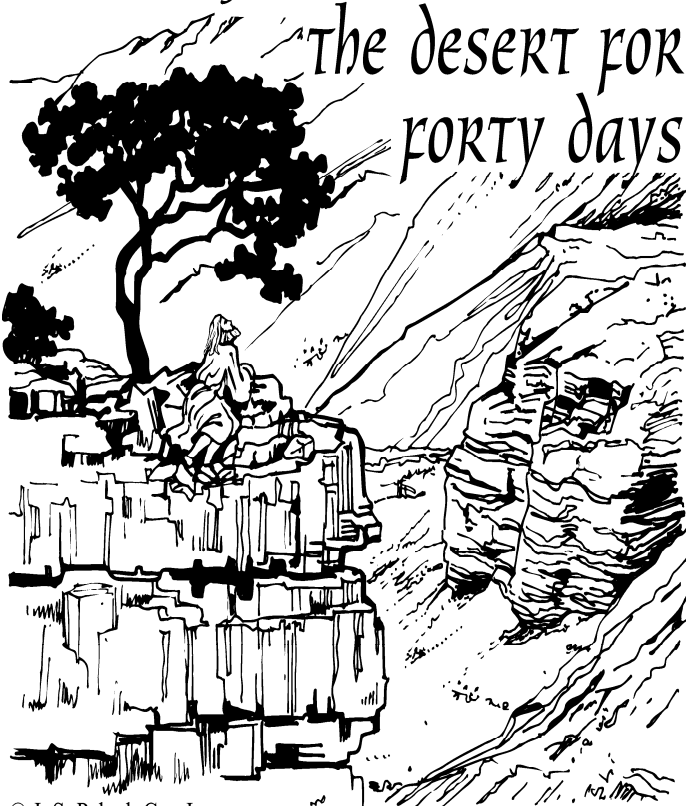


Jesus came to Galilee proclaiming the gospel of God:
"This is the time of fulfillment. The kingdom of God is at hand.
Repent, and believe in the gospel." Mk 1:14-15

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Scripture from the New American Bible, rev. ed. © 2010, 1991, 1986, 1970, CCD. Used with permission.

Jesus remained in
The desert for
forty days



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Pastor Al®



"I don't feel so bad having this steak seeing you eat that burger on a Friday in Lent."

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LEGION OF MARY - ST. PATRICK CHURCH

Contact Person – Cathy Bohol – (415) 760-1966

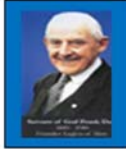
Margarita Galindo – (415) 283-9945, Parish Office – (415) 421-373

JOIN THE LEGION OF MARY, OUR LADY OF MT. CARMEL **PRÆSIDIUM**

Meeting - Sundays at 11:30 am in Bitanga Hall



The Legion Family Worldwide
 On all continents
 In over 170 countries
 4 million active members
 5 million auxiliary members



The Founder Frank Duff
 1889 - 1980

Legion of Mary's History

The Legion of Mary was founded in Dublin, Ireland on the 7th of September in 1921.

It is a lay Catholic organization giving service to the Church on a voluntary basis in almost every country.

Legion of Mary's Aim

The object of the Legion of Mary is the glory of God through the holiness of its members developed by prayer and active co-operation in Mary's and the Church's works.

Legion of Mary's Unit

The unit of a Legion of Mary is called a praesidium, which holds a weekly meeting where prayer is intermingled with reports and discussions. Persons who wish to join the Legion must apply for membership in a praesidium.

Legion of Mary's Active Works

The Legion sees as its priority the spiritual and social welfare of everyone. The members participate in the life of the parish through visitation of families, the sick, both in homes and hospitals and through collaboration in every apostolate and missionary undertakings sponsored by the parish. The works are more of spiritual works of mercy.

Legion of Mary's Active Membership

This membership is open to all faithfully practicing Catholics. Members attend weekly meetings and engage in prayers and active works. Candidates under 18 years of age can be received in a Junior Praesidium.

Letters from Heaven

Start with the letter in the shaded square. Draw a path from letter to letter to complete the Biblical statement. Move one square at a time, up, down, right, left and diagonally until all letters are used once. Ignore any black squares.

After John had been arrested,
Jesus came to Galilee proclaiming ...

	H	E	O
T	G	G	D
P	O	O	F
S	E	L	

T _ _ _ _ _

Answer: *the gospel of God*

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Excerpt from the NAS © 2010, 1991, 1970, CCD

People of the Covenant

If there is one word that stands out in today's readings, it is "covenant." God's faithfulness and goodness serve as examples to us of how to live. Genesis tells the story of Noah and of God's covenant not only with all people, but with all of nature. Never will the cleansing waters of the flood bring their destructive power to all the earth again. The sign, the reminder to both God and nature, is the rainbow in the heavens.

The psalm reminds us of this compassion of God, and begs God to remember us, not because of our goodness, but because of God's goodness and fidelity to the promise. God shows us how to be good, not by decree, but by example.

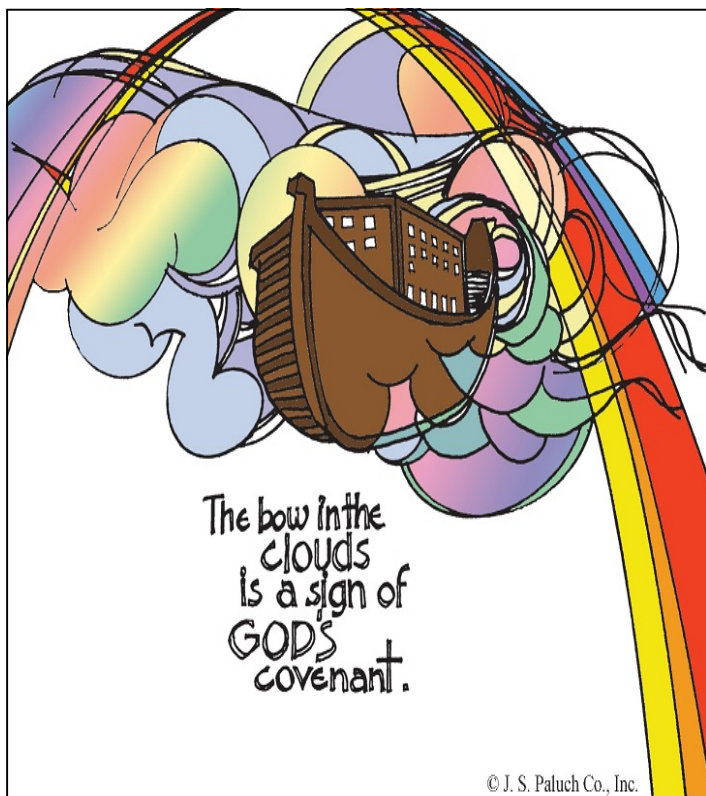
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Treasures From Our Tradition

The Holy Father usually marks the solemn opening of the Lenten fast with a procession and Mass on Ash Wednesday evening. He walks from the Benedictine monastery, San Anselmo, down the Aventine hill to the Dominican monastery of Santa Sabina. This very old tradition was revived by Pope John XXIII in the late 1950s. Have you ever wondered who gives the pope his ashes? It's the cardinal who has been given the "title" of the church of Santa Sabina. The pope's homily at this Mass states his theme for Lent.

Santa Sabina dates from the fifth century, and is one of the most beautiful churches in Rome. One of the panels on its main doors features the Crucifixion, a scene not normally depicted in art until much later. In the year 1219 the pope gave the church to Saint Dominic for his new religious order, the "Order of Preachers," commonly called the Dominicans, and it remains their world headquarters to this day. That pope, Honorius III, was a member of the Savelli family, and this church was their personal family chapel. Sabina was a wealthy Roman lady who became a Christian and was martyred, and whose home became a place of prayer. Later, the church built on that spot was dedicated to her memory.

~ Rev. James Field, Copyright © J. S. Paluch Co.



Prayer,
Fasting,
and Almsgiving

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Fast
and
Abstinence

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For Meaning of Our Baptism

Lent is the time of year that we devote to scrutinizing our lives in the light of our baptism into the death and resurrection of Jesus. Today's readings are a nice shorthand catechism of what our baptized lives mean. As Noah passed through the waters of the flood to a covenant with God, so did we enter into a covenant, a promised relationship with God through our baptism. The psalm reminds us that if we truly keep the covenant, the way of life God expects us to follow will not be a burden, but a source of love and truth. Peter's letter gives one explanation of what our baptism means: it is an appeal that we make to God for a clear conscience. How do we obtain this clear conscience? The words that Jesus proclaims immediately following his temptation show us the way: "Repent and believe in the gospel." It might be a good spiritual exercise to keep these readings before us throughout the entire season of Lent, a means to help us return to a life lived in our baptismal promises.

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Reflecting on God's Word

I suspect that the real reason we avoid the desert is because in all that monotony there are no hiding places, no paths to crawl our way behind some kink of hill, no busyness that allows us to duck beneath the rippling surface of honesty, no phone calls to undo the silence that echoes our real selves. Curious that we should be afraid of the nothing rather than of the something. Yet it is the nothing, in the end, that makes the revelation happen. Such is the unsettling power of any desert, to reveal what we most fear in life, the real self that is perhaps less known and more imposing than anyone else's self. Deserts do that, and so we avoid them like kids dancing about their homework.

Over the years we learn that it's safer to fritter about on the fringe of Lent than to get lost in its vast and desert emptiness. We've grown good at frittering, at tinkering with days stripped of television or meals that have surrendered their dessert. This frittering goes on simply because when it's all over and done we are able to go back to the lives we've come to enjoy and treasure and nothing has been redone, least of all our real selves.

Jesus, however, risked the desert. Never just a tinkerer, he dared to trek about the emptiness for forty days and nights. This week's first scripture is a piece from Noah's tale in the bobbing ark. Thus we might wonder which desert was more daunting, forty days and nights of Noah's deluge or of Jesus' drought. Yet both found themselves in new and different worlds, neither of which had ever before been mapped.

~ Rev. Joseph J. Juknialis

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God's Word Today

The Church teaches us that two spiritual strands weave together to form the fabric of the season of Lent. The first, and most familiar, is the repentant character of Lent. Through the penitential practices of prayer, fasting, and almsgiving we spend these forty days in the desert of repentance, preparing for the celebration of Easter. The second strand is the baptismal character of this holy season. The unbaptized spend Lent in preparation for their baptism and most of us, the already baptized, spend this time preparing to renew the promises—the covenant—established when we were baptized. Today's readings echo this theme of the covenant between God and us—God's holy people. Let us enter the Lenten desert of repentance, mindful of the promises made at our baptism when we rejected Satan and professed faith in God.

From Saint Margaret Sunday Missal, copyright © J. S. Paluch Company

Repent and Believe in the Gospel

Lent is the time of year we devote to scrutinizing our lives in the light of our baptism into the death and resurrection of Jesus. Today's readings are a nice shorthand catechism of what our baptized lives mean. As Noah passed through the waters of the flood to a covenant with God, so did we enter into a covenant, a promised relationship with God through our baptism.

Peter's letter gives an explicit explanation of what our baptism means: it is an appeal we make to God for a clear conscience. How do we obtain this clear conscience? The words proclaimed by Jesus immediately following his temptation show us the way: "Repent, and believe in the gospel" (Mark 1:15). It might be a good spiritual exercise to keep these readings before us throughout the entire season of Lent, a means to help us return to a life lived by our baptismal promises.

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Treasures From Our Tradition

By the First Sunday of Lent, many people have given up on "giving up." Yet experiencing hunger for favorite things is a sign of a desire to face our deepest hungers. We do not embrace fasting as individuals, but rather as the community's way of life in this season. Sometimes it helps to see Sunday as an oasis in the Lenten desert, a place where fasting is not as strictly observed. If we count the days of the Lenten calendar, starting backward from the end of Lent on Holy Thursday, it is difficult to measure the forty days. Many are surprised to learn that the Sundays are counted as part of Lent, but are not counted in tallying the forty days of the Lenten fast. For that, we count the fast backward into last week, beginning on Ash Wednesday. So, until today we have been in the Lenten fast, days that function as a kind of overture to a symphony of conversion.

Today Lent solemnly begins, marked in many places by the sending of catechumens and candidates to the bishop for the call to the Easter sacraments. Tomorrow with them, we embrace the Lenten fast again. Today we are exactly forty days from the opening of the Paschal Triduum on Holy Thursday.

~ Rev. James Field, Copyright © J. S. Paluch Co.

Treasures From Our Tradition

Fasting may be a priority in your Lenten spring-cleaning regimen. Almost every religious tradition recognizes that fasting is a key to heightened spiritual awareness. You know this from your own experience. When you are engaged in a hobby, painting a room, keeping vigil near a delivery room, or standing watch at a sickbed, you may simply forget to eat. What you are doing so fills you that the intensity of the action is itself nourishing. In fasting from food, or drink, or habitual behaviors, you make room for what is truly important.

Even though Lenten Sundays stand apart from the Lenten fast, you will notice traces of fasting in our liturgy. We fast from singing the Gloria and Alleluia, we fast from flowers bedecking the altar, and there may be a noticeable drop in the number of infant baptisms as parents elect to wait until Easter. This hints that fasting is a prelude to feasting, and the vigor of our Easter alleluias is rich fare after a long silence. In the same way, even a small fast—no cream in the coffee, no pepper in the soup, no radio in the car—can not only point to deeper hungers, but help us rejoice more fully in the feast when we break our fast together.

~ Rev. James Field, Copyright © J. S. Paluch Co.

Relevant Radio

Tune your radio to 1260 AM or 101.7 FM for 24-hour broadcasts concerning Catholic teachings and prayers.

First Sunday of Lent

If there is one word that stands out in today's readings, it is "covenant." God's faithfulness and goodness serve as examples to us of how to live. Genesis tells the story of Noah and of God's covenant not only with all people, but with all of nature. Never will the cleansing waters of the flood bring their destructive power to all the earth again. The sign, the reminder to both God and nature, is the rainbow in the heavens.

The psalm reminds us of this compassion of God, and begs God to remember us, not because of our goodness, but because of God's goodness and fidelity to the promise. God shows us how to be good, not by decree, but by example.

A New Covenant

Peter's letter reminds us that the story of Noah illustrates God's patience with sinners, and God's wish to save those who would otherwise be lost. God cleansed the earth of sin through the waters of the Flood, which prefigured baptism—not only John's baptism of repentance, but Jesus' baptism of salvation. For this baptism is not to cleanse our physical bodies of dirt, but our souls of sin.

In the time of Noah, many died because of their own sins, but in the new covenant, Jesus died once for all people and for all of nature to save us from sin and death. In Noah's time, sinners died for their infidelity to the covenant, and the few were saved. In the new covenant, Jesus died not only for the good, but for sinners, and all people as well as all creation are saved.

A New Baptism

John preached and baptized a baptism of repentance. Jesus, after his forty days of fasting and prayer in the desert, takes up John's theme of repentance. He carries it forward, ultimately, to his sacrifice on the cross, fulfilling the old covenant of blood and forging a new covenant of grace.

We are reminded on Ash Wednesday to "repent and believe in the gospel" ("gospel" means "good news"). The reign of God begins with Jesus' gift of himself. The symbol of Noah is the rainbow; the symbol of Jesus is the cross.

In these forty days of Lent, we accept the invitation of Jesus to repent, turn back to God, and allow ourselves to believe that the gospel really is good news for us. We are called, not to fear a vengeful God, but to love a faithful and good God, who gives us the Word, the Son, as an example of goodness and love for everyone, even us sinners.

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Feast of Faith

Seasonal Changes for the Liturgies of Lent

Today is the First Sunday of Lent. During this season of preparation for Easter, our churches look stark and simple—no flowers at the altar, no festive banners or decorations. And our liturgies feel different, too. The organ is quiet except to accompany the singing of the assembly. The Gloria, our Sunday song of rejoicing, is not heard except on solemnities, and we will not sing the Alleluia, our joyful acclamation of praise, until the Easter Vigil. "Alleluia cannot always / Be our song while here below," says an eleventh-century hymn. "Alleluia our transgressions / Make us for a while forego; / For the solemn time is coming / When our tears for sins must flow" (*Alleluia dulce carmen*, J. M. Neale, trans.).

These changes in the liturgy will catch our attention, and make us eager for the festive outpouring of joy that will return with Easter. This year, may the stripped-away liturgies of Lent remind us to strip away what is not essential in our lives to make space for the crucified and risen One, and thus to be ready to sing "Alleluia" once again when Easter returns.

~ Peter Scagnelli, Copyright © J. S. Paluch Co.

Clean Sweep

Lent again, we may say with a sigh. What shall we give up this year? If we think only of depriving ourselves, however, we miss the point. Lent is a time for spiritual spring cleaning in preparation for Easter. The Church recommends three things for this season: fasting, prayer, and almsgiving. The purpose of these practices is to help us simplify our lives, to convert our hearts more closely to God, and to grow and develop as disciples of Jesus. Fasting may not only mean eating less, it could mean eating healthier foods. We can also fast from behaviors that damage others and ourselves, such as gossiping and anger, sexual immorality, misuse of alcohol and drugs, or smoking. Increasing or deepening our prayer during Lent is not just a matter of saying more prayers. If you are in the habit of prayer, try a different style of prayer: pray a psalm, try a new devotion, or silently sit in God's presence. Add morning and evening prayer to your day, pray with your family, be more mindful during Mass. Lent has been a traditional time of helping the poor and doing acts of charity and mercy. While we are supposed to be doing this year-round, Lent is a good time get involved and put ourselves to work. Giving alms can be done in more ways than just giving out money to people on the street. It can be done by helping family, friends, and neighbors out of tight situations or being more generous to employees. If you are able to give money at this time, increase what you give to your parish and to some of the many worthy charities such as the Saint Vincent de Paul Society, Catholic Relief Services, or Catholic Charities.

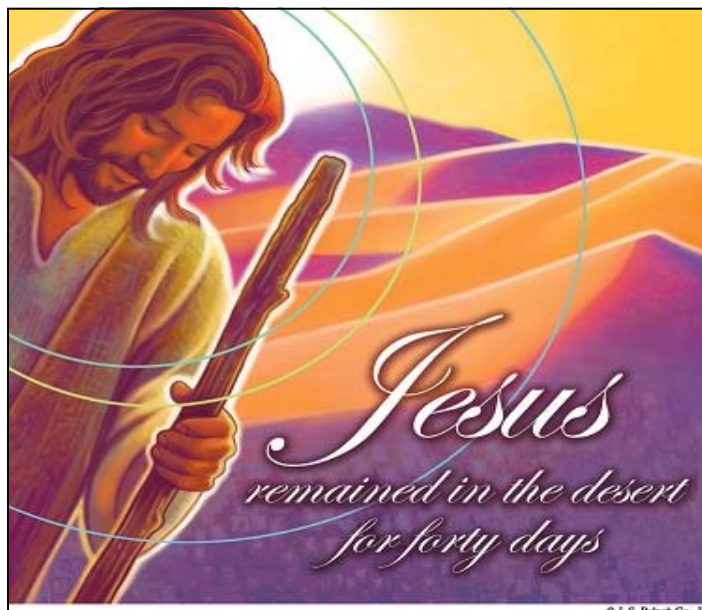
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Repent and Believe in the Gospel

Lent is the time of year we devote to scrutinizing our lives in the light of our baptism into the death and resurrection of Jesus. Today's readings are a nice shorthand catechism of what our baptized lives mean. As Noah passed through the waters of the flood to a covenant with God, so did we enter into a covenant, a promised relationship with God through our baptism.

Peter's letter gives an explicit explanation of what our baptism means: it is an appeal we make to God for a clear conscience. How do we obtain this clear conscience? The words proclaimed by Jesus immediately following his temptation show us the way: "Repent, and believe in the gospel" (Mark 1:15). It might be a good spiritual exercise to keep these readings before us throughout the entire season of Lent, a means to help us return to a life lived by our baptismal promises.

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For a Change

We are reminded today that the trouble has passed. The flood waters have receded and new plants are growing. A rainbow spans the sky and connects heaven and the cleansed and renewed earth. God is present in covenant and promise. This knowledge can hold us fast and set us moving all at once. This is the beginning of Lent. It helps a lot to see the end or purpose of Lent, and this Sunday gives us the boost we need.

Comment

The opening reading from Genesis is surely among the most often told and well-loved. But, for all its charm and easy adaptation for children, the story of Noah carries deep meanings for mature people of faith. This reading tells the story of God's first covenant with the chosen people. The covenant comes as something of a surprise. It is not just a small arrangement between God and Noah's little family. This covenant is explicit, unilateral, and universal. What a great new beginning! This covenant, unbidden and unexpected, is made with Noah after the known world had drowned itself in its own willfulness and sinfulness.

Noah, a just and good man, escaped with his family and a pair of each living creature. Rarely must one begin all over again, but this seems to be the lot of Noah—and of God, too. The reseeded world is the story of a second chance given by a patient God to a faithful man and his family, and alas, his menagerie. The ark floating on the water is a miniature, saved world. Everything that is needed is present.

The first letter of Peter, which is our second reading this Sunday, refers to the story of Noah and uses it to illustrate a new understanding of water in salvation history. Noah's small and sufficient ark escaped "through the water." Peter sees this image of water not as a killing deluge, but as water that supports and sustains. The water to which Peter refers is the water of salvation, not of death.

The Gospel proclamation is so brief we almost miss it. Mark's Gospel assumes a world view that sees Jesus as the Savior, Son of God, and bearer of the Holy Spirit. This Spirit drives Jesus into the waterless desert, where he encounters and no doubt struggles with Satan. This struggle is a cameo of his entire mission of struggling with and finally overcoming the power of evil. For forty days, that is, for a sufficient time, Jesus takes on and subdues the power of evil.

Jesus then emerges, almost explodes, into the unsuspecting and relatively tranquil world of Palestine. He comes among a people going about their daily business and announces a time of fulfillment. A fresh, new day is upon us, he announces. God is here and seeks our repentance and our faith.

Reflection

Jesus tells the people of his homeland that the reign of God is at hand. That is the main issue. He doesn't first remind them of their destructive ways. Jesus is definitely not the hell-and-brimstone preacher the self-righteous seem to think most of us deserve to hear. Jesus does not spend his time bawling us out, as it were. Rather, he first sets before us promise and fullness, and only then does he ask us to take it in and take on the work of conversion.

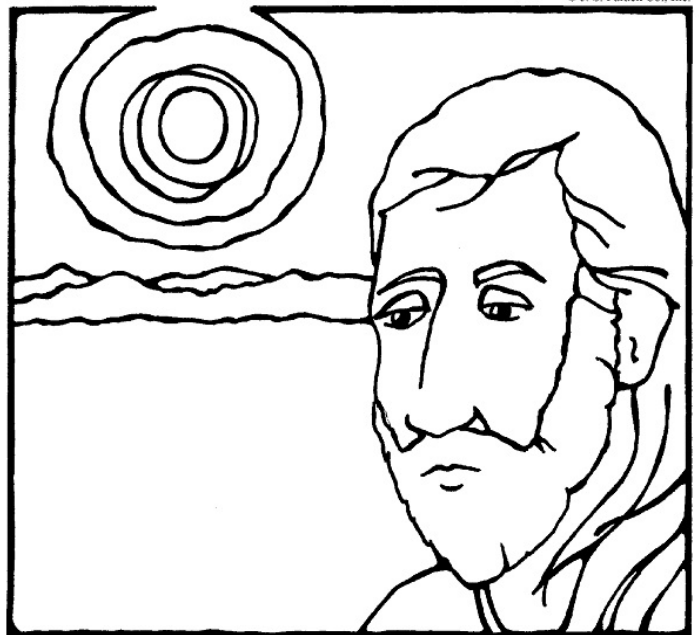
The reign of God is at hand, and we need only to open our hands to seize it. Our hands cannot be shaped to fists, and though a kind of dying must occur, we need not face it with white-knuckle determination, as if everything depended on us. We begin well when we focus on what is to be gained, not on what is to be given up. Only by focusing on the end of the lenten journey—Easter—will we be able to muster the courage and persistence needed for renunciation and repentance. All of the readings insist on this: God's promise to Noah and to the whole earth; Peter's reminder that we are saved through the baptismal waters; and finally, Jesus' announcement of the reign of God among us.

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Are You a Registered Parishioner?

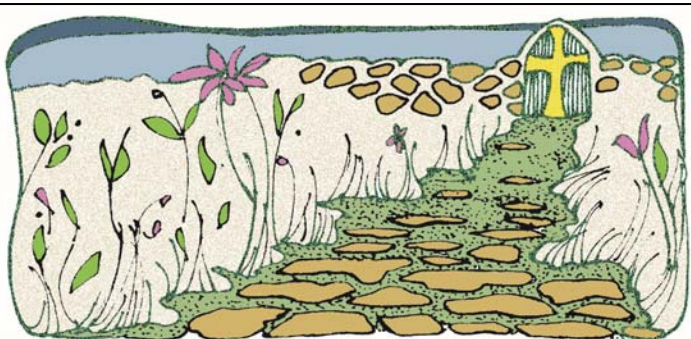


Please do not take for granted that you are registered in the parish just because you attend Mass here. Are you on our mailing list? Do you receive envelopes? If not, it could be quite embarrassing to us, to you and to your family when someone wants to make wedding plans, have a baby baptized, or if you are asked to act as sponsor for Baptism or Confirmation requiring a note of Catholicity from us. If we have no record of your membership, we cannot do this. We will have a registration drive in the coming weeks. Please take the time to register and be a part of the St. Patrick faith community.



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Jesus remained in the desert
for forty days



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The Inner Word: What's in your Heart?

Lent begins with readings about beginnings, each one reminding us about how life's journey starts off with a covenant.

- How is my life like Noah's—begun with a covenant of graciousness that God will preserve me and not destroy me?
- How does baptism save me from my sins?
- When I am tempted by Satan, how do the angels minister to me?

Applying the Word: Salvation by water

In the First Letter of Peter, we discover another example of the elasticity of biblical symbols. The waters of the flood destroyed the surface of the earth and all life forms left on it according to the story of Noah, yet in the epistles we hear that those in the ark “were saved through water”! Do destruction and salvation lie so close together that one can easily be translated into the other? In the case of our happy sacrament of water, yes. God promised that water would never be used as a divine weapon of mass destruction again, and to seal the bargain, baptism becomes the premiere medium of saving lives. Though our flesh, our creatureliness, must die, we are guaranteed life in the spirit by means of this sign of water. We stand today sandwiched between beasts and angels, heaven and earth, the flood that kills and the water of life. We are free to follow God's will or our own. and we alone bear the responsibility for our choices. ~ Alice Camille

Scripture links

Some biblical animal tales: *Gen. 1:20–28; 7:1-5; 22:13; 30:31-43; Exod. 7-10; Num. 22:22-33;*

1 Kings 17:1-6; Tobit 6:2-6; Jonah 2:1-11; Dan. 6:1-25; Matt. 17:24-27

Covenant stories: *Gen. 15:1-21 (Abraham); Exod. 19:1-8 (Moses); 2 Sam. 7:8-16 (David); Jer. 31:31-34 (Jeremiah); Matt. 26:27-28 (Jesus)*

Synoptic parallels to temptation: *Matt. 4:1-11; Luke 4:1-13*

Isaiah's peaceable kingdom: *Isa. 11:6-9*

Catechism links

(Catechism of the Catholic Church paragraph numbers)

Covenants: CCC 56-64; 71; 204; 288; 1961-1974; 2569

Temptation: CCC 333; 538-540

Fall of the angels: CCC 391-395

Baptism: CCC 405; 978; 1212-1222; 1265-1266

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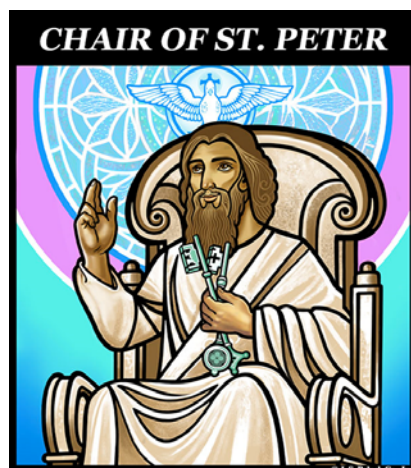


The Noisy Quiet

A friend of mine is a Trappistine nun who spends a good part of each day in silent prayer. She once told me the hardest adjustment she faced when entering the monastery was realizing how much “noise” was going on inside her heart and head—especially at times of silent prayer. That was helpful to hear. I thought it was just me who had such a difficult time quieting down for prayer. When I set aside time for quiet prayer my brain quickly generates thoughts and fears, desires and anxieties, inner turmoil and random troubling emotions.

Maybe that's what Jesus experienced when he went out to the desert. Today's gospel tells how he went out into the desert and encountered wild beasts. Because he was like us in all things but sin, those wild beasts might simply have been the very human array of wild emotions, notions, and passions roiling within him. The good news is that the gospel says he was also ministered to by angels. The same can be true for us. This Lent as you take up new practices of prayer, don't be discouraged if the first thing you find in the silence is a noisy self. Continue patiently, trusting that you will, in due time, encounter the angels of peace, serenity, surrender, and love to comfort you and guide you past the wild beasts and into the presence of God.

~ Tom McGrath



LENTEN LECTURE SERIES 2024

THE CATHOLIC FAITH & SCIENCE

Fr. Gregory Heidenblut, O.S.A., D.Div.

Director of Education for Priests
Archdiocese of San Francisco



In Collaboration and Permission of Fr. Robert Spitzer, S.J., Ph.D.
Author of Academic and Scientific Research developed for the
Magis Center & Sophia Institute for Teachers

7:00-8:30 PM EVERY TUESDAY OF LENT

FEBRUARY 20 - MARCH 26

**FOLLOWING THE 6 PM PARISH SOUP SUPPER
ST. PIUS HOMER CROUSE HALL**

February 20: Scientific and Medical Evidence of Our Transphysical Soul
and Evidence of the Soul from Our Transcendental Desires

February 27 : Scientific Evidence of an Intelligent Creator and
Philosophical Proofs of an Intelligent Creator

March 5: Evidence for Jesus' Divinity and The Historicity of Jesus' Miracles

March 12: Science and the Shroud of Turin and Why Believe in
the Catholic Faith

March 19: The Four Kinds of Desire and Happiness and Moving to
Level Three and Four Happiness

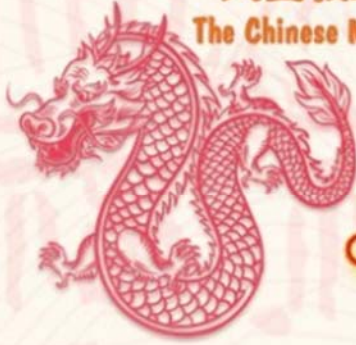
March 26: The Christian Understanding of Suffering and Why Would an
All-Loving God Allow Suffering



JOIN US WEEKLY FOR THIS FREE EVENT AND GROW IN YOUR FAITH
Please signup to receive handouts: <https://bit.ly/SPlentseries2024>
1100 Woodside Road, Redwood City, CA
(650) 361-1411 • pius.org



天主教三藩市總教區華人宗徒事務處誠邀你參加
The Chinese Ministry of the Archdiocese of San Francisco Cordially invites You



二零二四年農曆甲辰龍年
新春感恩祭暨祭祖典禮
Chinese New Year Eucharistic Celebration
& Ancestor Veneration Ceremony

二零二四年二月二十四日(星期六) 下午兩點半

三藩市聖母升天主教座堂
1111 Gough Street, San Francisco, CA 94109

主祭：總主教 The Most Reverend Archbishop Salvatore J. Cordileone
共祭：榮休主教 The Most Reverend Bishop Emeritus William Justice 和神父

並於晚上在聖堂下層禮堂 Patrons' Hall 設宴慶祝農曆新年
五時：自費酒會 五時半：春宴
餐券：每位七十元

February 24, 2024 (Saturday) 2:30pm

The Cathedral of St. Mary of the Assumption
1111 Gough Street, San Francisco, CA 94109

Principal Celebrant: The Most Reverend Archbishop Salvatore J. Cordileone
Concelebrants: The Most Reverend Bishop Emeritus William Justice and priests

With Chinese New Year Dinner at the Cathedral Patrons' Hall
5:00PM No Host Bar 5:30PM Banquet
Banquet Ticket: \$70/person

我們將在彌撒中為去世的親人祈禱。歡迎你將你希望紀念親友們的名字寄給我們。
永懷追思通功代禱篇表格可於網上下載
<https://tinyurl.com/veneration2024>



三藩市天主教總教區華人宗徒事務處
Chinese Ministry of the Archdiocese of San Francisco
1 Peter Yorke Way, San Francisco, CA 94109
(415)614-5575
<https://www.sfchinesecatholic.org>

WALK FOR PEACE & MEMORIAL VIGIL MASS

SATURDAY, MARCH 2, 2024
ST. MARK CATHOLIC CHURCH
325 MARINE VIEW, BELMONT, CA

ARCHDIOCESE OF
SAN FRANCISCO | Office of
Human Life & Dignity
Restorative Justice Ministry



**Remembering 2023 Bay Area victims
of violent crimes, a call to end gun
violence, mass shootings and hate**

3:00 PM MEET TO WALK AND CARRY A CROSS
4:30 PM MASS SERVICE, FOLLOWED
BY FELLOWSHIP AND DINNER

FOR MORE INFORMATION CONTACT:

JULIO ESCOBAR ESCOBARJ@SFARCH.ORG, 415 614-5572

BILL MALLET WILLIAMMALLET@COMCAST.NET, 650-303-7266

REGISTER TO VOLUNTEER AT
SFARCH.ORG/WALKFORPEACE





ARCHDIOCESE OF
SAN FRANCISCO

CALLED TO LEAD

SAN FRANCISCO BAY AREA
CATHOLIC MEN'S CONFERENCE

SATURDAY | **St Pius Church**

March 9, 2023 | 1100 Woodside Rd, Redwood City, CA 94061

Evangelist
JESSE ROMERO

- 3-time World Police Olympics boxing champion
- 2-time U.S.A. kickboxing champion
- Retired veteran of the LA County Sheriff's Dept
- Catholic Evangelist

8:30am – 3:30pm (Registration 7:30am-8:30am)

Admission: \$50

(LUNCH INCLUDED)

Early bird \$40 (Register by Jan 20)
Under 20 years old: \$25



**Mass with Archbishop
Salvatore Cordileone**

**Sacrament
of Confession
will be
available**



Father
SEBASTIAN CARNAZZO

- Seminary Professor
- Father Of Seven
- Ordained Melkite Priest



Doctor
SCOTT FRENCH, MD

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Register at:
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For more info, contact Ed Hopfner
email: hopfnere@sfarch.org
Alice (415) 614-5574



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DAY OF GIVING 2024

Saturday, March 16th, 2024

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ONE YOUTH AT A TIME



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REQUIREMENTS:

- ✓ Screening Interview
- ✓ Must be at least 18 years old
- ✓ 2 Day in-person training (8 AM - 4 PM) Saturday, March 23 and March 30 2024
Training location: 1 Peter Yorke Way, San Francisco, CA 94109
- ✓ Complete City and County of San Francisco Juvenile Probation Department background application, live scan and required online training
- ✓ Volunteers must visit youth twice a month, every other week on Sunday mornings or Wednesday evenings
- ✓ Attend monthly in-person meetings, yearly spiritual empowerment retreats and restorative justice trainings and conferences
- ✓ Be a practicing Catholic
- ✓ Bilingual English/Spanish volunteers are preferable but not required

Get started now

Contact Julio Escobar at 415 244-5594 or via email at escobarj@sfarch.org to schedule a screening interview.



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The National Eucharistic Revival
Pilgrimage from the West
with the St. Junipero Serra Route

MAY 19, 2024

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For 11:00 a.m. Mass at
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10TH NATIONAL
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families to welcome
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- Donate



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PHOTO: DENNIS CALLAHAN

I CANNOT FAIL TO MENTION THE NEED FOR FOSTERING VOCATIONS TO THE PRIESTHOOD,
FOR AS SAINT JOHN PAUL II SAID,

**THERE CAN BE NO EUCHARIST
WITHOUT THE PRIESTHOOD**

~ POPE FRANCIS

ARCHDIOCESE OF SAN FRANCISCO • 2023-24 SEMINARIANS



David Sibrian
Pre-seminary Formation
St. Anthony Parish,
Menlo Park



Elijah Miller
College III
Cathedral of St. Mary



Joseph McIntire
Pre-Theology II
St. Stephen Parish



Kyle Lalucos
Pre-Theology II
Our Lady of Mercy



Abraham Garcia
Theology I
St. Anthony Parish,
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Cameron Sellers
Theology I
Nativity, Menlo Park



Jeff Yano
Theology II
Nativity, Menlo Park



Jerick Rea
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Dereck Delgado
Pastoral Year
St. Matthew Parish



Jimmy Velasco
Pastoral Year
Church of the Epiphany



Br. Mikhael, COSJ
Theology III
Contemplatives of
St. Joseph



Leandro Calingasan
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St. Augustine Parish



Emmanuel Gutierrez
Theology III
St. Mark Parish



Deacon David Mees
Theology IV
Star of the Sea, SF



**Archbishop
Salvatore Cordileone**



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Fr. Andrew Ginter
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Fr. Juan Manuel Lopez
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Mass Intentions for Feb 18 - 24

Date	Time	Intention
Sunday 18	7:30 a.m.	SI Justin Edwards
	9:30 a.m.	SI Familia Galindo Moreno Y Bersiga
	12:00 p.m.	† Jordan Chavez
	2:00 p.m.	Bert Albano
	5:15 p.m.	SI Jeff & Nenette Murata
Monday 19	7:30 a.m.	BD Belina Macatangay
	12:10 p.m.	† Jordan Chavez
	5:15 p.m.	SI Jun & Emy Pasion
Tuesday 20	7:30 a.m.	SI Joseph & Maria Fang
	12:10 p.m.	† Jordan Chavez
	5:15 p.m.	SI Damian Regaspi, Sr. & Family
Wednesday 21	7:30 a.m.	† Marilyn Sumulong
	12:10 p.m.	† Jordan Chavez
	5:15 p.m.	SI Rev. Raymund Reyes
Thursday 22	7:30 a.m.	SI Alvin Gonzalez
	12:10 p.m.	† Jordan Chavez
	5:15 p.m.	SI Joseph, Joshua, Jordan & Liam
Friday 23	7:30 a.m.	SI Manolito & Dulce Jaldon
	12:10 p.m.	† Jordan Chavez
	5:15 p.m.	SI Naomi Quioco
Saturday 24	7:30 a.m.	SI Fe Macatangay
	12:10 p.m.	† Jordan Chavez
	5:15 p.m.	SI Corazon Mariano & Family

Parish Schedule

Parish Office Hours

Monday through Friday

9:00 a.m. - 1:00 p.m. and 2:00 p.m. - 5:00 p.m.

Sacrament of Reconciliation (in the Rectory)

(appointments are preferred)

Monday, Thursday, and Friday

9:00 a.m. - 11:30 a.m. and 2:00 p.m. - 4:00 p.m.

Novena to Our Mother of Perpetual Help

Every Tuesday after the 12:00 p.m. Mass

Sto. Niño Devotion

Every Friday after the 12:00 p.m. Mass

Sacred Heart

First Friday of the month at 11:00 a.m.

Communion in the Home

Extraordinary Ministers of Holy Communion are available to bring Communion to those who are unable to attend Mass. Please call the office at 415-421-3730 for more information.

**An expanded color version
of our printed bulletin
is available on our website:
www.stpatricksf.org**



Black Nazarene

Feast Day
January 9

Rosie Drapiza
Lydia Cagampan
Rene & Elsa Tuazon



San Lorenzo Ruiz 1st Filipino Saint (Sep 28)

Maureen Oakes
Fe Macatangay
Cathy Bohol
Alma Raymundo

Shiela Montemayor
Maribelle Olegario
Gino Percival Ventura
Torno Family
Alejandra Ayala

St. Anne

Feast Day
July 26



PRAYER TO St. Anne

O GOD, You
bestowed on St.
Anne such grace
that she was found
worthy to become
the mother of
MARY, who
brought forth
Your only
begotten SON.
Grant that we may
be helped by her
intercession.
Amen.

Photo: THE HOLY ROSARY Daily
www.rosary.com

Parish Registration

Date: _____

Name: _____

Address: _____

Ph. No. _____

D.O.B. _____

Gender _____

Marital Status _____

Occupation _____

Please drop in the collection basket or return to the parish office

EACH OF YOU SHOULD
GIVE WHAT YOU HAVE
 DECIDED IN
 YOUR HEART
 TO GIVE
 NOT RELUCTANTLY OR
 UNDER COMPULSION
 God **LOVES**
 A CHEERFUL
GIVER

*Krista Mari, Ezra Mari,
 & Juliana Mari*



*Laeti bibamus sobriam
 profusionem Spiritus.*

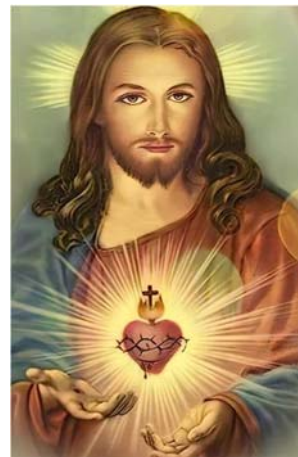
St. Patrick Charismatic Prayer Group

**Matt
 Dorsey**
 SAN FRANCISCO SUPERVISOR



I'm proud to represent you in City Hall and grateful for the faith community we share at St. Patrick's. For help with City matters, call (415) 554-7970 or email me at Matt.Dorsey@sfgov.org.

Matt Dorsey



*Most Sacred Heart
 of Jesus,
 Have Mercy on Us.*

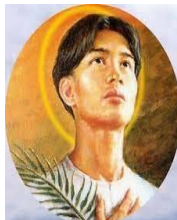
*First Friday
 of the month at
 11:00 a.m.*



**OUR
 LADY
 OF
 FATIMA**
Pray the rosary



*San Pedro
 Calunsod
 2nd Filipino
 Saint
 (April 2)*



**GOD
 PROVIDES**
*Raya/Gamboa
 Families*



*St. Patrick Church
 Gift Shop*



*Marilen
 Ojeda*