

March 6, 2022 — First Sunday in Lent



Catholic Community at Stanford

web.stanfordcatholic.org

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Updates from CC@S /
Register with CC@S



<https://db.stanfordcatholic.org/sign-up-for-updates>

Their Stories: You're the Hero

Hopefully you've had a chance to read our email that shares our students', alumni, and community members' stories. If you haven't read the stories yet, you can pick up the link to them on our home page at stanfordcatholic.org

We Are Stanford's Guest

Catholic Community at Stanford is a parish and campus ministry operating as a guest of Stanford University. Stanford graciously offers us the use of several offices as well as access to hold Masses on campus. We are extremely grateful. However, we do not receive financial support from Stanford University. Our expenses are funded from individual gifts to CC@S.

Ways to Give

AT MASS: Offering boxes are at the doors as you leave Mass

BY MAIL: Send your donation to:
Catholic Community at Stanford
PO Box 20301
Stanford, CA 94309

Make your check payable to: "Catholic Community at Stanford" or "CC@S"

GIVE ONLINE:

through our secure, online form via PayPal at web.stanfordcatholic.org or through Venmo ("Stanford Catholic")

If you need any help with your donation, please contact M'Lis Berry at meberry@stanford.edu

FIRST SUNDAY IN LENT — MARCH 6, 2022

Gathering *instrumental*

Kyrie *from "Misa del Pueblo Inmigrante"*

Estribillo/Refrain

1, 3. Ký - ri - e, Ký - ri - e,
2. Chri - ste, Chri - ste,

1, 3. Ký - ri - e, e - lé - i - son.
2. Chri - ste, e - lé - i - son.

Words Jaime Cortez, Ana Victoria Demezas, Bob Hurd. Music: Bob Hurd. Words and music © 1994, 2010, Bob Hurd. Published by OCP. All rights reserved.

First Reading Deuteronomy 26:4-10

Moses told the story of the Israelites: The Lord God led them from bondage to freedom. This story should always be recalled before offering gifts to God. The people of God can rejoice over the many good things the Lord has given them.

Psalm

“This Is My Trust” (Ps. 91)

REFRAIN: All

When I am in trou-ble you are with__ me. __ This is my trust
 when I say your name. On-ly this keeps me se - cure. On -ly
 this keeps me se - cure. cure. On-ly this keeps me se - cure.

Each of us who seeks the shelter and protection of the Lord Most High talks of God as refuge, stronghold and security.

Free from those who hunt us, free from those who threaten to destroy us; covered with those wings, the arm of God a shelter and a shield.

The terror of the night, the dangers of the day will never touch you; diseases in the dark, the devils of the noonday sun.

Watch a thousand fall while ten thousand fall on your right hand. You will never fall. You will never, never, fall, never fall.

I will lift you up because you love me.
 I will make you great for you call my name.
 I will answer you whenever you call.
 I will be with you wherever is your trouble.
 I will rescue you, I will make you free.
 You will live to be full of years
 and drink deep of the cup of my salvation.

Second Reading Romans 10:8–13

God’s word is on your lips and in your heart. If you proclaim with your lips that Jesus is Lord and believe it in your heart, you will be saved. All who call upon the Lord will be saved.

Gospel Acclamation from “Missa Oecumenica”

Praise to you, Lord Je-sus Christ, King of end-less glo - ry!

Russian Orthodox Tone 1. Words © 1969, 1981, ICEL. All rights reserved. Used with permission. Music © 1999, Richard Proulx. Published by TRINITAS. All rights reserved.

Gospel Luke 4:1–13

Jesus was led by the Holy Spirit into the desert for forty days. There he ate nothing and was tempted by the devil. Afterward, the devil left him to await another opportunity.

New announcement

*** The CC@S Synod Journey Continues**

The Synthesis of the 19 CC@S Listening Circles captures our unity and diversity, and most importantly, the wealth of faith, vision and hopes we hold as the CC@S. You can find a link to it on our website

<https://stanfordcatholic.org/synod>



We encourage you to reflect on this Synthesis and as you do ask yourself:

- What insights does it hold for you and for our CC@S?
- What invitations/challenges for growth do you find personally, within our CC@S and in our engagement with the wider community?

Come join other members of our CC@S to share your insights

Wednesday, March 9th, 7–8 PM at Koret Pavilion (564 O’Connor Lane, Stanford)

or:

Saturday, March 12th, 10–11 AM at Arbor House (1231 Arbor Road, Menlo Park)

*** Deacon John’s Homily Notes**

For further information on the concepts of reframing and mindfulness, check out:

- Optimalwork.com
- The Golden Hour podcast
- Feeling Great – book by Dr. David Burns (Stanford psychiatrist)

Johnk3@stanford.edu

First announced February 27

*Dispensation from Sunday Mass Obligation Lifted

The obligation for Catholics to attend Mass on Sundays and Days of Obligation returns again on the **First Sunday of Lent, March 6th**. See: <https://www.dsj.org/lifting-of-the-dispensation-of-the-sunday-obligation/>

Anyone with a “serious reason” or “grave cause” is excused from the obligation. This would include anyone who is sick, symptomatic, or tested positive for or has been recently exposed to COVID; anyone who is confined to their home, a hospital, or nursing facility; anyone caring for someone who is ill or immunocompromised; or being at high-risk for contracting COVID-19 (Canon 1245; CCC 2181).

Offertory

If you have found spiritual encouragement from our Sunday Mass, please consider making an offering. CC@S relies on individual donations from supporters all over the country to fund Sunday Mass, spiritual programs for students, faculty, staff and other permanent community members.

- To make an online donation through Venmo, Venmo @stanford-catholic
- To make a tax-deductible donation through PayPal, Check, or stock transfers, see stanfordcatholic.org/give/ways-to-give

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven,

[bowing:]

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Offertory “The Courage to Say No”

- 1) When Satan speaks in angel tones and sanctifies the road to ruin; *[Refrain]*

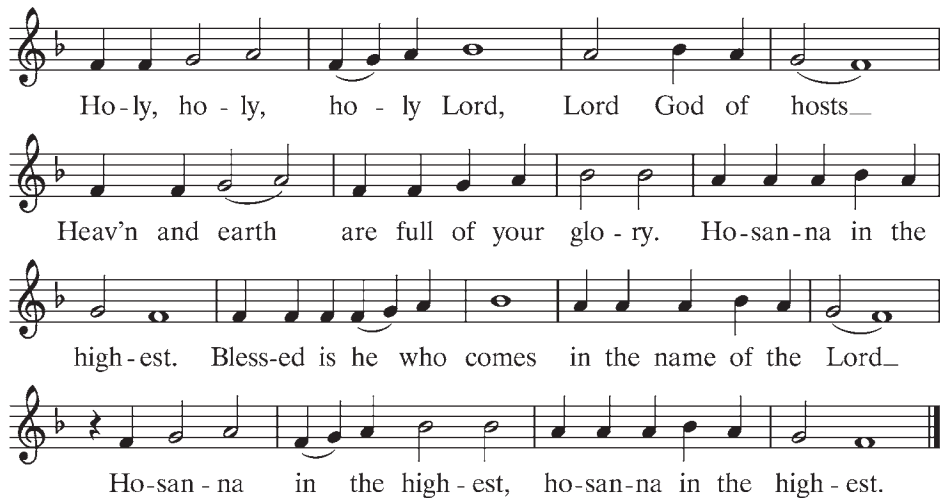
Refrain:

If on that path we're asked to go, Oh Jes - us,
give us then the cour-age to say No.

- 2) When stones to bread means more for us, and more for us seems most alluring; *[Refrain]*
- 3) When climbing high attracts a crowd and cheap acclaim perverts our calling; *[Refrain]*
- 4) When bowing down to serve the worst brings all we want but breaks our conscience; *[Refrain]*
- 5) When Satan speaks in angel tones and sanctifies the road to ruin; *[Refrain]*

Words: John L. Bell; © 1996, GIA/Iona Community/WGRG. Music: John L. Bell.

Sanctus from "Missa Oecumenica"



Ho-ly, ho - ly, ho - ly Lord, Lord God of hosts_

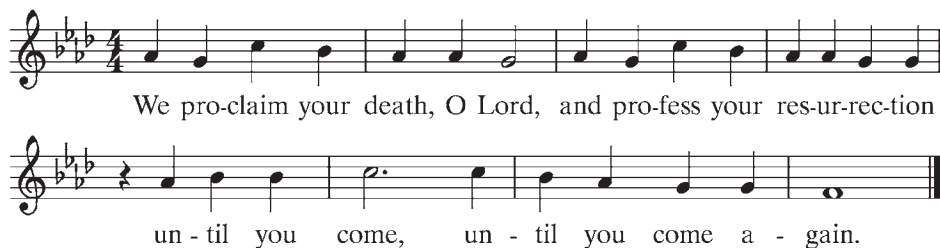
Heav'n and earth are full of your glo - ry. Ho-san-na in the

high - est. Bless-ed is he who comes in the name of the Lord_

Ho-san - na in the high - est, ho-san-na in the high - est.

Russian Orthodox Tone 1. Music © 1999, Richard Proulx. Published by TRINITAS. All rights reserved.

Memorial Acclamation from "Missa Oecumenica"



We pro-claim your death, O Lord, and pro-fess your res-ur-rec-tion

un - til you come, un - til you come a - gain.

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Great Amen from "Missa Oecumenica"



A - - - men, - a - - men.

Adapted from Slavonic Te Deum. Music © 1999, Richard Proulx. Published by TRINITAS. All rights reserved.

First announced February 27

* Community Road Trip (in person or virtual): RECongress

The big annual **Catholic Religious Education Congress is March 18-20**, (<https://recongress.org/>) with a special day for high school students March 17.

This is the largest and best gathering of its kind in the world. There will be a combination of talks by nationally-known speakers, Masses celebrating different cultures, and workshops available. English, Spanish, and Vietnamese are employed.

You can experience it either online (with access for two months) or in person (Anaheim). If you are interested in participating in Catholic Community at Stanford's road trip and/or follow-up gatherings to share our experience, Contact Fr. Dominic (ddelay@stanford.edu)

Don't miss out. Sign up today.

Reminder

* Lenten Fasting and Abstinence

- On Ash Wednesday and Good Friday, we fast and we abstain from meat (obligatory for those in good health ages 18-59). Fasting means that one full meal, as well as two smaller meals that together are not equal to a full meal, may be eaten.
- On all Fridays during Lent, we abstain from meat (obligatory for those in good health 14 and older).

New announcement

* For Lent, For Life! CRS Rice Bowl

Almsgiving is central to how we practice Lent. Almsgiving flows from prayer and fasting. We reflect on the needs of the world and how God is calling us to meet those needs through prayer. We make room for the needs of others—and for the Holy Spirit to work within us—through fasting. Through recognition of the world's needs and a personal commitment to act, we give alms. See **CC@S's CRS Rice Bowl campaign page** (<https://qrco.de/bcp7gw>).



First announced February 20

* Lent/Holy Week Musicians

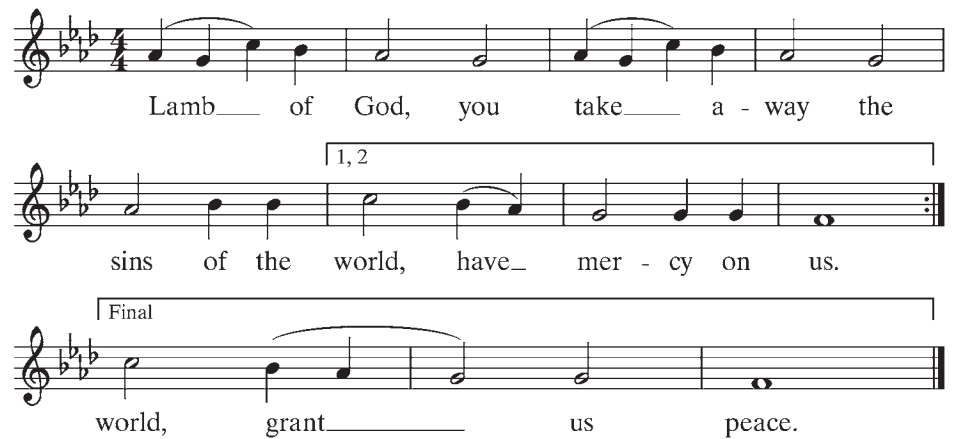
For the past 2 years we have not been able to have a choir or many instruments at Mass, relying on a faithful group of cantors. This year, for Lent and Holy Week, we plan on rebuilding our music ministry:

- Singers
- String or Wind Instruments
- Percussion Players
- Guitarists of all Kinds (jazz, folk, classical)
- Pianists

Rehearsals for singers are typically on Wednesday evenings. Come meet new friends and make music for our liturgies!

For info, contact Teresa, tpleins@stanford.edu

Agnus Dei from "Missa Oecumenica"



Lamb of God, you take a - way the
sins of the world, have mer - cy on us.
world, grant us peace.

Music: After Alexander Archangelsky, 1846-1924; arr. by Richard Proulx, © 1999, Richard Proulx. Published by TRINITAS. All rights reserved.

Communion "In Every Age"

- 1) Long before the mountains came to be
and the land and sea and stars of the night,
through the endless seasons of all time,
you have always been, you will always be.



Refrain
In ev - 'ry age, O God, you have been our ref - uge.
In ev - 'ry age, O God, you have been our hope.
God, you have been our hope,
you have been our ref - uge, you have been our hope.

- 2) Destiny is cast, and at your silent word we return to dust and scatter to the wind.
A thousand years are like a single moment gone,
as the light that fades at the end of day.
- 3) Teach us to make use of the time we have. Teach us to be patient even as we wait.
Teach us to embrace our ev'ry joy and pain.
To sleep peacefully, and to rise up strong.

Words based on Psalm 90:1-4, 12. Words and music © 1998, Janèt Sullivan Whitaker. Published by OCP. All rights reserved.

Communion "Dona Nobis Pacem"

Canon

1.
Do - na no - bis pa - cem, pa - cem.
Do - na no - bis pa - cem.
2.
Do - na no - bis pa - cem.
Do - na no - bis pa - cem.
3.
Do - na no - bis pa - cem.
Do - na no - bis pa - cem.

[Grant us peace.]

Music: traditional melody. Public Domain.

Recessional "Goodness Is Stronger Than Evil"

Good - ness is strong - er than e - vil; love is strong - er than
hate; light is strong - er than dark - ness;
life is strong - er than death. Vic - t'ry is ours, vic - t'ry is
ours through him who loved us. us.

Words: Original text by Desmond Tutu; adapt. by John L. Bell, © Desmond Tutu. Music: John L. Bell; © 1996, Iona Community, GIA Publications, Inc., agent.

Exploring Catholicism / RCIA

Weekly on Thursdays at 7:00pm

online via Zoom

<https://stanford.zoom.us/j/96519367930>

(for passcode, contact Fr. Xavier, xavierop@stanford.edu)

The RCIA (The Rite of the Christian Initiation for Adults) is a weekly class for those:

- Curious about Catholicism,
- Thinking about becoming Catholic,
- Catholics who were not confirmed,
- Anyone who wants an adult perspective on the Catholic Adventure.
- Drop-ins welcomed.

<https://web.stanfordcatholic.org/learn/religious-education-adults#rcia>

Reading Group

Our next meeting, via Zoom, will be on

Monday, March 7th to talk about Louise Erdrich's *The Night Watchman*, which won the Pulitzer Prize for fiction in 2020. Erdrich is our most distinguished Native American fiction writer. A Zoom link will be sent closer to the date to those on the emailing list. Anyone interested who is not on the contact list can get in touch with Albert Gelpi (agelpi@stanford.edu).

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Reporting sexual misconduct:

Contact the Diocese of San Jose Office for the Protection of Children and Vulnerable Adults (OPCVA), by phone at 408-983-0113, or online at <https://opcva.ethicspoint.com>. All reports are confidential. See <https://www.dsj.org/ministries/protecting-gods-children/> for more information

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