Church of the Visitacion
Since 1907

STEWARDSHIP BY THE BOOK / ADMINISTRACIÓN SEGÚN “EL LIBRO”
“The Lord God has given me a well-trained tongue, that I might know how to speak to the weary a word that will rouse them,” says Isaiah in today’s first reading. The gifts God has given us are likewise given for the good of others. How am I using my gifts? (See Isaiah 50:4)

“El Señor me ha dado una lengua experta, para que pueda confortar al abatido con palabras de aliento,” dice Isaías en la primera lectura de hoy. Los dones que Dios nos ha otorgado son del mismo modo otorgados para el bien de los demás. ¿Cómo estoy yo utilizando mis dones? (Ver Isaías 50:4)

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Sunday Mass/Misa Dominical: 9:30 am
Tues. Rosary/Martes Rosario: 5:30 pm
God greatly exalted [Christ] and bestowed on him the name which is above every name.

— Philippians 2:9

ATTENTION: Due to the citywide Shelter-In-Place Order, all parish activities, including masses, have been canceled until further notice. Archbishop Cordileone has advised the priests of the Archdiocese on how the Holy Week liturgies — Palm Sunday, April 5th through Easter, April 12th — should be celebrated in 2020, when public-health regulations forbid the presence of an assembly and require social distancing among individuals. At Church of the Visitacion, the Holy Week liturgies will be livestreamed through the parish Facebook page.

ATENCIÓN: Debido a la Orden de Refugio en toda la ciudad, todas las actividades parroquiales, incluyendo las misas, han sido canceladas hasta nuevo aviso. El Arzobispo Cordileone ha asesorado a los sacerdotes de la Arquidiócesis sobre cómo las liturgias de la Semana Santa — Domingo de Ramos, 5 de abril a Pascua, 12 de abril — deberían celebrarse en 2020, cuando las regulaciones de salud pública prohíben la presencia de una asamblea y requieren distanciamiento social entre las personas. En la Iglesia de la Visitacion, las liturgias de la Semana Santa se transmitirán en vivo a través de la página de Facebook de la parroquia.

LIVESTREAM SCHEDULE FOR HOLY WEEK:

**MONDAY-WEDNESDAY:**
7:00 a.m. Morning Mass
8:00 p.m. Daily Rosary & Divine Mercy Chaplet

**WEDNESDAY:**
5:30 p.m. Eucharistic Adoration & OLPH Devotion

**HOLY THURSDAY:**
10:00 a.m. Chrism Mass at St. Mary’s Cathedral (YouTube)
8:00 p.m. Holy Mass of the Lord’s Supper

**GOOD FRIDAY:**
1:00 p.m. Stations of the Cross (English)
3:00 p.m. Liturgy of the Lord’s Passion (English)
8:00 p.m. Liturgy of the Lord’s Passion (Vietnamese)

**HOLY SATURDAY:**
8:00 p.m. Easter Vigil Mass

**EASTER SUNDAY:**
THE RESURRECTION OF THE LORD
8:00 a.m. Spanish Mass
9:30 a.m. English Mass
5:00 p.m. Vietnamese Mass
8:00 p.m. Daily Rosary & Divine Mercy Chaplet

Regarding Mass Intentions:
Despite the suspension of public masses, Fr. Thuan will continue to offer mass for the faithful’s intentions. Masses will be livestreamed via Facebook Live at facebook.com/sfvisitacion. If you are not a Facebook user and are prompted to log in or open an account, simply tap on “Not Now” to continue.

A pesar de la suspensión de las misas públicas, el Padre Thuan continuará ofreciendo misa por las intenciones de los fieles. Las misas se transmitirán en vivo a través de Facebook Live en facebook.com/sfvisitacion. Si no es un usuario de Facebook y se le solicita que inicie sesión o abra una cuenta, simplemente toque “No ahora” para continuara.
TODAY’S READINGS

Gospel at the Procession with Palms — Jesus’ entry into Jerusalem (Matthew 21:1-11).

First Reading — In spite of my sufferings I am not disgraced. I am not put to shame (Isaiah 50:4-7).

Psalm — My God, my God, why have you abandoned me? (Psalm 22).

Second Reading — Christ emptied himself, and God graced. I am not put to shame (Isaiah 50:4-7).

Gospel — The account of Christ’s passion according to Matthew (Matthew 26:14 — 27:66 [27:11-54]).


READINGS FOR THE WEEK

Monday: Is 42:1-7; Ps 27; Jn 12:1-11
Tuesday: Is 49:1-6; Ps 71; Jn 13:21-33, 36-38
Wednesday: Is 50:4-9a; Ps 69; Mt 26:14-25
Thursday: Chriasm Mass: Is 61:1-3a, 6a, 8b-9; Ps 89; Rv 1:5-8; Lk 4:16-21
Lord’s Supper: Ex 12:1-8, 11-14; Ps 116; 1 Cor 11:23-26; Jn 13:1-15
Friday: Is 52:13 - 53:12; Ps 31; Heb 4:14-16; 5-7-9; Jn 18:1 — 19:42
Saturday: Gn 1:1 - 2:2 [1:1, 26-31a]; Ps 104 or Ps 33; Gn 22:1-18 [1-2, 9a, 10-13, 15-18]; Ps 16; Ex 14:15 — 15:1; Ex 15; Is 54:5-14; Ps 30; Is 55:1-11; Is 12; Bar 3:9-15, 32 — 4:4; Ps 19; Ez 36:16-17a, 18-28; Ps 42 or Is 12 or Ps 51; Rom 6:3-11; Ps 118; Mt 28:1-10
Sunday: Acts 10:34a, 37-43; Ps 118; Col 3:1-4 or 1 Cor 5:6b-8; Jn 20:1-9 or Mt 28:1-10 or (at an afternoon or evening Mass) Lk 24:13-35

PRAY THE ROSARY DAILY BY PHONE

The Archdiocesan Restorative Justice Ministry is conducting a Daily Rosary & Community Prayer, in which we can join together in prayer for protection from sickness and for the defeat of the coronavirus. The evening prayer session at 7:00 pm is planned through Sunday, April 12th. For a complete scheduled, and instructions on how to join the community in prayer through phone, visit the Rosary Rally webpage at sfarch.org/events/rosary-rally-1.

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and united myself wholly to You. Never permit me to be separated from You. Amen.

CELEBRATE HOLY WEEK AT HOME

Create a simple prayer space in your home, and gather there to pray during the week.

Palm Sunday: At your regular Mass time, read the first Palm Sunday Gospel (Matthew 21:1–11) and meditate on or discuss what Jesus might be thinking as he enters Jerusalem for the last time.

Holy Thursday: Bake bread for sharing at dinner; make a ritual of stripping the dinner table of all cloths and decorations after dinner.

Good Friday: Pray the Stations of the Cross at 3:00 p.m.

Holy Saturday: In the morning, read Psalm 64 and break your Good Friday fast solemnly with a simple meal.

Easter Sunday: Dress up the dinner table again. Include candles and crosses, so that the candy baskets aren’t the only festive items present. Sing Alleluia and read the Easter Gospel (Matthew 28:1-10) with solemnity and joy.

Look online for other suggestions for celebrating Holy Week at home, to deepen and enrich your experience at this time of social isolation.

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FAST AND ABSTINENCE

Everyone 14 years of age and older is bound to abstain from meat on GOOD FRIDAY. Everyone 18 years of age and older but under the age of 60 is also bound to fast on GOOD FRIDAY. On this day, the law of fast allows only one full meal, 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.

EASTER LILIES NEEDED

Although Easter Sunday mass will not be open to the public, we are still planning on decorating the church. Parishioners are invited to bring Lilies for our Easter Altar decorations. Please bring your flower gifts to the Rectory by Good Friday, April 10th. Thank you for your support.

HOLY LAND COLLECTION

In a communiqué of the Congregation for the Eastern Church dated March 27, 2020, the Prefect, Cardinal Leonardo Sandri, announced that the annual Good Friday collection for the Church in the Holy Land will be transferred this year to Sunday, September 13th, so as to place it in proximity to the Feast of the Exaltation of the Holy Cross. Please hold off on making your offerings until then. Also, please remember that there is an urgent need to pray for our suffering brother and sister Christians in the land of our Lord’s birth, public ministry, and saving death and Resurrection, as well as in so many other parts of the world where Christians and other religious believers are being persecuted for their faith.
DONATION SITE TO SUPPORT THE PARISH

There is a new and convenient means to keep the parish community healthy and strong even when the church is locked and the pews are empty. No offertory gifts need be lost because of the suspension of attendance at Masses. The contributions that are critical to parish operation can be made instantly at the Lifeline page on the Archdiocesan website, sfarch.org/lifeline. Using the donation tool is easy: Select the desired parish from the dropdown menu, enter the amount of the gift, complete the form, and submit. Visit the Lifeline page to see Archbishop Cordileone explain this initiative on video.

CATHOLIC SF NEWSPAPER HAS DAILY NEWS

A new daily e-mail update from the editors of Catholic San Francisco newspaper is available. It is a digest of the top local, national, and global news about the Catholic response to the COVID-19 pandemic. Here is need-to-know information, inspiration and prayers, updates from local parishes, and online events, plus messages of hope from Pope Francis. Now more than ever it’s important to stay connected with your Archdiocesan Catholic community. To sign up for the daily update, visit the newspaper’s home page, catholic-sf.org, and click on the large blue button labeled Coronavirus and the Catholic Response.

We also urge you to share with us news from your local Catholic community about the many ways you are responding in faith and solidarity during this time of crisis. Send story ideas to Christina Gray at grayc@sfarch.org.

ARCHDIOCESAN WEBSITE IS YOUR INFORMATION SOURCE & SPIRITUAL RESOURCE

Archbishop Cordileone celebrates nonpublic Mass in St. Mary’s Cathedral daily (M-F) at 7:30 am; on Saturdays at 8:00 am; and on Sundays at 11:00 am. All Masses from the Cathedral are livestreamed. Each Mass can be experienced live online (sfarch.org/livestreams). The video of each Mass will remain available on the Archdiocesan YouTube channel, and audio of the Archbishop’s homilies will be posted on the website (sfarch.org/homilies).

Many parishes are also livestreaming daily and weekend Masses, in which the faithful are invited to participate in their homes. A growing list of those is found on the webpage, sfarch.org/livestreams.

The website also offers Prayers (sfarch.org/prayers) and Devotions (sfarch.org/devotions), a guide for Keeping the Sabbath Holy at Home (sfarch.org/keeping-the-sabbath), and fresh resources and real-time links to important Catholic events, such as the Pope’s global prayer event from Rome that took place on March 27. Visit regularly to learn the latest and to support your life of faith.

CALIFORNIA BISHOPS ONLINE RESOURCES

The California Catholic Conference offers online aid of a spiritual and emotional nature during the coronavirus crisis. Please visit the following webpages:

- “Coping with Anxiety” (cacatholic.org/coping-covid-19-anxiety) — webpage dedicated to helping Catholics in California stay healthy—spiritually, physically, and emotionally—while confined to their homes to stop the transmission of the COVID-19 virus
- “Spiritual Resources” (cacatholic.org/covid-spiritual-resources) — a central clearing-house of links to the many resources provided by all of the dioceses of California, and some national Catholic sites as well

GROCERY MINISTRY IS LAUNCHED

The Archdiocese of San Francisco’s Office of Human Life & Dignity (HLD) has launched a “Love Your Neighbor” initiative to help those who are homebound and in need of groceries during the COVID-19 shelter-in-place. On the Love Your Neighbor webpage, those who need help can submit requests; those who want to help can volunteer. There is also a hotline number able to respond in Spanish and English language callers: (888) 237-7807.

Funding is available to Catholic groups able to dedicate a minimum of 15 hours a week to this project during the crisis. HLD is recruiting Catholics to establish short-term grocery-buying and delivery ministries during the pandemic. These ministries will provide groceries, without charge, for those in financial need. In addition, they will do shopping and delivery for those who have funds to buy groceries but are homebound because of COVID-19 health concerns.

For complete information and instructions on how to participate, visit the webpage at sfarch.org/loveyourneighbor or sfarch.org/amaatuprojimo. If you have questions, contact HLD at (415) 614-5571 or LifeandDignity@sfarch.org.

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