

STAR OF THE VALLEY Catholic Church

**495 White Oak Drive
Santa Rosa, CA 95409**

We members of Star of the Valley Parish gather around the central act of Catholic worship, the celebration of active participation in the Mass. As a Eucharistic centered people, we reach out to heal, console and listen in the spirit of truth and justice, with a preferential option for the poor, thus advancing as individuals and as a community into the image of Christ.

Pastoral Staff

Rev. Msgr. James Pulskamp, Pastor
Rev. Patrick Leslie, Assisting Clergy

Contact Numbers

Parish Office Phone: 539-6262
Parish Office Fax: 539-8620
Answering service when the Office is closed.
E-mail: sov@sonic.net

Website: www.starofthevalley.org

Parish Office Hours

Monday–Friday, 8:30 a.m.–2:30 p.m.
Located in the Msgr. Fahey Parish Center
495 White Oak Drive, Santa Rosa, CA 95409-5939*

*This is the church and parish's mailing address.

Sharon A. Charlton, Office Manager
Anna Jean, Office Secretary

Welcome New Parishioners

Please sign the book next to the side door
in the back of the Church.

Mass Times

Weekday Masses: Tuesday-Friday **Suspended**
Oakmont Gardens: Wednesday **Suspended**
Sunday Masses:
Saturday **Suspended**, Sunday **Suspended**

Exposition of the Blessed Sacrament Suspended

Sacrament of Reconciliation

Saturday **Suspended**. For appointment, email or leave a message for Msgr. Pulskamp.

Anointing of the Sick

For appointment, email or leave a message in the office.

Ministry to the Sick & Homebound

Suspended during Coronavirus shelter-in-place order.
Contact the office to arrange a visit or receive Holy Communion after the shelter-in-place is lifted.



February 21, 2021—First Sunday of Lent



The Meaning of Our Baptism

Lent is the time of year that we devote to scrutinizing our lives in the light of our baptism in to 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.

Fasting

Fasting may be a priority on your Lenten spring-cleaning regime. Almost every religious tradition recognizes that
(*Fasting continued inside*)



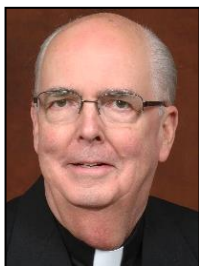
Sunday, February 21, 2021

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

Responsorial: *Psalms 25*—Your ways, O Lord, are love and truth to those who keep your covenant.

Reading II: *1 Peter 3:18-22*—The water of the flood prefigured Baptism, which saves you now.

Gospel: *Mark 1:12-15*—Jesus was tempted by Satan, and the angels ministered to him.



First Sunday of Lent

We find Jesus driven into the desert by the Spirit for forty days where he was tempted by Satan. The good news is that Jesus was victorious in his struggle against the temptations.

You and I can identify with Jesus' struggle against temptations in the desert. We've been there, done that.

The devil constantly puts temptations in front of us. He cleverly tries to keep us focused on ourselves rather than on God and each another. We are not always as successful as Jesus in our struggles against temptation.

A Story

A woman went shopping for a dress and found the most stunning creation she had ever seen. It was outrageously expensive. \$500! But she just had to have it. She thought that if she did not snap it up right away, it would be gone within the hour. Despite the mortgage and many overdue household bills, she bought it.

That evening she modeled it for her husband. "How much did it cost?" he asked. When she told him, he leaped out of his chair and yelled "How could you? You know we are scrimping to pay the mortgage. What were you thinking?" She explained that she was tempted beyond her ability to resist.

The husband said to her, "When you are tempted, tell the devil to get behind you." I did, she answered and when he did, he bent close to my ear and said "It looks great from the back too."

There are ways to fend off temptations and let Christ more into our lives.

Do what Jesus did:

- He fasted and prayed.
- He listened to his Father.
- He obeyed his Father.
- He immediately reached out to others as he started his public ministry.

Use our common sense:

- We are most vulnerable to temptation when famished, weary, and ill or stressed. Check our stress level and find ways to lower it. Find the peaceful presence of Jesus.
- Take steps to deflect the temptation right away. Don't be like St. Augustine in his early years and say, "God, give me chastity and continence, but not just now." —St. Augustine

- After you say, "Away with you, Satan" say, "Here I am Lord; I come to do your will."
- Do just the opposite of what you were tempted to do. It had only you in mind. Lovingly turn to help another.

Conclusion

The devil is persistent. He keeps trying. Hang in there. God is at hand. With his help we can weather whatever temptations come our way and be drawn closer to him and one another.

Prayer Intentions

Pray for the sick: Gail Barrett, Lola Danielli, Patricia Daniels, Fran Dias, Fran Evans, Frank Gyorgy, Mike Hanlon, Yvonne Hanlon, Mary Jo Henrikson, Bette Johnson, Trula La Calle, Maureen Latimer, Charles Marchese, Liz Mullins, Lea Nelson, Louis Pappin, Peggy Pavone, Richard Peterson, Joel Rivera, Phyllis Rogers, Angela Saul, Bart Taylor, Ed Turpin, Mercedes Vegvary, Claire Vincent, William Wallace, and Dolores Zeni.

Also pray for those who have died.

Sunday's Mass Intention

The intention for this weekend's Mass is for the repose of the soul of **Sarah Firpo** (requested by Isabel Frimmersdorf.) The intention for the Sunday, February 28 Mass is for the repose of the soul of **Jim Ernst** (requested by Nora Ernst.)



Follow Along with Monsignor's YouTube Mass for February 21, 2021

Included with this bulletin you will find Mass Responses & Prayers for the **February 21** Mass. You can print them out by opening the **2021-02-21 Mass Responses.pdf** file.



Star of the Valley Outdoor Communion

The drive-thru distribution of Holy Communion at Star of the Valley is continuing this **Sunday** at the Msgr. Fahey Parish Center

parking lot from 10:30-11:00 a.m. rain or shine.

Wear a face covering and stay in your vehicle as you proceed in the line through the parking lot. You will stop and roll down your window to get your hands sprayed with sanitizer (remove gloves if you're wearing them), and then stop again to receive Communion in your hands. You may then pull your mask away to consume the Host, then drive away and say your prayer of thanksgiving when you arrive at home. You may hand in offertory envelopes **before you get your hands sprayed with sanitizer.**

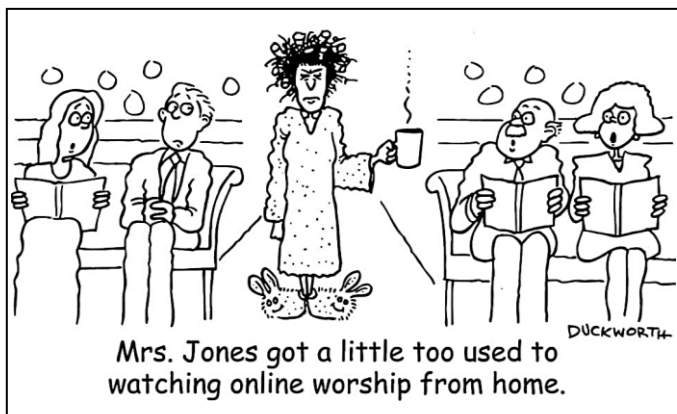
The ministers assigned for **this Sunday** are: Sr. Joanne Abrams, Bianca Bailie, Marcy Fox, and Jennifer Willwerth. The ministers assigned for **February 28** are: Kar Hofmann, Blanche Kaiser, Martin Kilgariff, and Marge Lamb.

Please find your own substitute to fill in for you if needed.

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 signing 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.

Msgr. Pulskamp, pastor of Star of the Valley Church, will be in touch with our Pastoral Council in order to reassess the opening of the church for indoor Masses, and discuss our next steps for moving in that direction. However, he, himself, thinks that we will probably not get together for Mass in our church much before June 2021.



This virtual one-day Lenten retreat, presented by Fr. Jim Clarke, Ph.D., will be this coming Friday, **February 26**, from 1:00-5:00 p.m. For more information or to register, contact the Dominican Sisters'

The suggested donation for this retreat is \$35 but, during these uncertain times, a sliding scale is offered. The online link will be sent to you the day before the retreat.



Join us on Zoom every week during Lent on **Wednesdays** at **11:30 a.m.** to discuss Lenten reflections by Sr. Joan Chittister based on the Sunday Scripture readings. This week's session will focus on the scripture readings for February 28, the Second

Sunday of Lent: Genesis 22:1-2, 9-13, 15-18; Romans 8:31-34; and Mark 9:2-10.

The **Reflection Questions** for this **Wednesday, February 24**, are:

1. "Clearly, God wants a questioning obedience," Sister Joan writes. This does not conform with patriarchal teaching on obedience in most of the world's religions. Whether religious or not, what were you taught obedience required? Were there life experiences that brought you to recognize the need to question what you were taught?
2. Sister Joan gives examples of how "we go along with human sacrifice." Where do you see evidence of this in the US today? In the larger world? What can people do, individually and/or collectively to end such sacrifice?

We look forward to your companionship as we journey through Lent together. It's not too late to join us. Send your request for the Zoom meeting link to Marcy Fox at marcyfox@gmail.com.

AMA The Annual Ministry Appeal (AMA), *One Family in Mission*, is COVID-style this year. You may have received the mailing at home, or the AMA donation envelope that came inside the January *North Coast Catholic*. If you didn't receive either, please let the parish office know so we can send you an AMA contribution envelope.

Our parish target is **\$28,352** this year, and we will receive 100% of what we raise over this goal to use here at Star of the Valley. If you haven't already contributed, please prayerfully consider a pledge or one-time donation to the 2021 AMA.

In order for our parish to get credited with your donation, it is important to properly and thoroughly print the information on the stub of the letter or envelope, writing “**Star of the Valley**” on the Parish line, and include that stub inside the return envelope with your check. Then simply put a stamp on the envelope to mail. Please *do not* drop them off at the Msgr. Fahey Center.

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With your help, we can assure the continued support of many important programs that help individuals and parishes throughout our diocese.



2021 Lenten Regulations for the Diocese of Santa Rosa

The Lenten Season is to prepare the faithful to

celebrate the paschal mystery. We are encouraged to be ever more attentive to the Word of God and prayer, and to prepare ourselves by penance for the renewal of our baptismal promises.

Ash Wednesday and Good Friday are days of **fast** and **abstinence**, that is, limited to a single, full meal and abstinence from meat.

The other Fridays of Lent are days of **abstinence** from meat.

The law of **fasting** permits only one full meal a day,

but it does allow the taking of some food in the morning and a second light meal at noon or in the evening, as you prefer. Persons who have completed their eighteenth year to the beginning of their sixtieth (60) year are obligated to fast.

The law of **abstinence** from meat applies to all persons who have completed their fourteenth year of age. However, it is highly recommended that children from ages seven to fourteen years also follow the law of abstinence.

All Catholics are encouraged to receive Holy Eucharist frequently during Lent.

Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.

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