

# 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

## **Contact Numbers**

Parish Office Phone: 707-539-6262

Answering service when the Office is closed.

E-mail: [sov@sonic.net](mailto:sov@sonic.net)

**Website:** [www.starofthevalley.org](http://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, Administrative Assistant

## **Welcome New Parishioners**

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

## **Mass Times**

Weekday Masses: Tuesday-Friday **8:00 a.m.**

Oakmont Gardens: Wednesday **10:30 a.m.**

Sunday Masses:

Saturday **4:00 p.m. Vigil**, Sunday **10:00 a.m.**

## **Sacrament of Reconciliation**

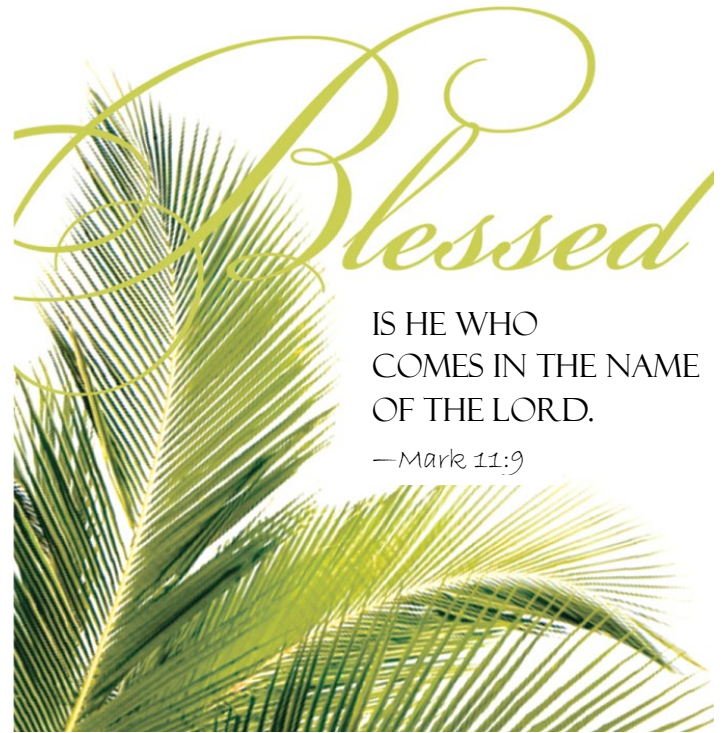
Saturday **from 3:00-3:30 p.m.** and by appointment.

## **Anointing of the Sick**

For appointment, email or leave a message in the office for Anointing of the Sick by a Priest when someone is hospitalized or homebound.

## **Ministry to the Sick & Homebound**

Call the office to arrange visits by a Eucharistic Minister for Holy Communion when someone is homebound.



**March 23/24, 2024**

**Palm Sunday of the Passion of the Lord**

## **Becoming Obedient...**

The words of the prophet Isaiah ring out with great clarity about the suffering of God's anointed One: "Morning after morning he opens my ear that I may hear; and I have not rebelled." To "obey" means to listen and to heed. Jesus, the Suffering Servant of Isaiah, sets his face "like flint, knowing that [he] shall not be put to shame." Relying on God, attentive and obedient to what he has heard, he submits to the worst that human beings can endure.

## **To the Point of Death**

Jesus' obedience, his listening to God's voice in his life, led to prophetic deeds and finally to his death. His humility consisted not in grasping at equality with God, but embracing human life in all its fullness, including death. There is nothing human that Jesus did not share with us except sin. Pain, suffering, joy, laughter, humiliation, and sorrow: he willingly accepted all of these in order to be one with us and to make us one with God, as he was one with God. He listened to the voice of God and followed its lead, no matter what.

In his total abandonment of his life to God, he became for us Savior and Redeemer. He showed us how to live and how to die, one with the God who loves us. This is not "blind faith," but it's not always clear, either, in its particulars. We don't always see clearly the way in which we are to walk, but nevertheless trust God's fidelity to lead us forward. We are invited to follow, and to acknowledge "that Jesus Christ is Lord, to the glory of God the Father."



**Sunday, March 24, 2024**

**Palm Sunday**

**Reading I:** *Isaiah 50:4-7*—My face I did not shield from buffets and spitting knowing that I shall not be put to shame.

**Responsorial:** *Psalm 22*—My God,

my God, why have you abandoned me?

**Reading II:** *Philippians 2:6-11*—Jesus emptied himself, and accepted death on a cross.

**Gospel:** *Mark 14:1-15:47*—The Passion of our Lord Jesus Christ.

**Prayer List**

Call the office at 707-539-6262 if you wish to have someone remain on the prayer list, or to add someone to the list. Each name will remain for four weeks from the time we receive a request unless we hear otherwise.

**MASS INTENTIONS—MARCH 23-31**

Sat	23	4:00	†Isabel Frimmersdorf (Joey Cuneo)
Sun	24	10:00	†Paul Maselli (Richard Muzio)
Mon	25		No Mass—Pray a Rosary
Tue	26	8:00	††Maria & Phil Dengler
Wed	27	8:00	†Diane Bradley (Blanche & Dick Kaiser)
		10:30	O.G. <b>For the People of the Parish</b>
Thurs	28	4:00	†Pat Marabella (Len Marabella)
Fri	29	1:30	<b>Liturgy, Veneration, Communion</b>
Sat	30	7:30	†Velma Rodgers (Judy Rodgers)
Sun	31	10:00	†Msgr. Fahey (Bill & Terry Cutler)

Please keep the sick and those in need in your prayers: Gail Barrett, Lisa Bragg, David Charlton II, Lola Danielli, Marcy Fox, Roberta McElroy, Agnes Orser, Lauri Paolinetti, Pricilla Peralejo, Magda Shelton, Bob & Barbara Spaulding, Marilyn Warman, and Dolores Zeni. Also pray for those who have died.

**May your Holy Week be blessed with peace.**

**This Weekend — March 23–24 — Palm Sunday**

	<b>4:00 p.m.</b>	<b>10:00 a.m.</b>
<b>EMs:</b>	Sr. Joanne Abrams	Liz Garcia
<b>Lector 1:</b>	Connie Pearson	Mike Hanlon
<b>Lector 2:</b>	Len Marabella	Don Forst
<b>Lector 3:</b>	Bob Zeni	Martin Kilgariff
<b>Server 1:</b>	Connie Montague	John Dolan
<b>Greeters:</b>	Bob Chapman Pat Chapman	Dick D’Oliva Vi D’Oliva
<b>Ushers:</b>	Kathleen Beirne	Rick Ragan

**Next Weekend — March 30–31 — Easter**

	<b>7:30 p.m.</b>	<b>10:00 a.m.</b>
<b>EMs:</b>	Eva McGinn Micki Sabourin	Barbara Spotleson
<b>Lector 1:</b>	Len Marabella	John Knight
<b>Lector 2:</b>	Judy Rodgers	
<b>Lector 3:</b>	Karen Schraga	
<b>Server 1:</b>	Bev Shelhart	Fritz Spotleson
<b>Server 2:</b>	Dennis Sabourin	
<b>Server 3:</b>	Connie Montague	
<b>Greeters:</b>	Gloria Bowers Livie Brant	Donna Forst & Cricket Paula Scull
<b>Ushers:</b>	TBD	Clarence Younger

**March 28  
Holy Thursday  
4:00 p.m.**

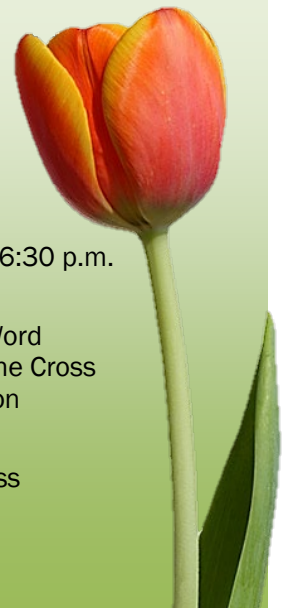
<b>EMs:</b>	Jan Rosshirt
<b>Lector 1:</b>	Connie Pearson
<b>Lector 2:</b>	Ted Rosshirt
<b>Lector 3:</b>	
<b>Servers 1:</b>	Judy Rodgers
<b>Servers 2:</b>	Micki Sabourin
<b>Thurifer:</b>	Dennis Sabourin
<b>Candle Bearers:</b>	Ted Rosshirt Judy Rodgers
<b>Cross Bearer:</b>	Micki Sabourin
<b>Procession With Oils:</b>	Judy Rodgers Micki Sabourin Jan Rosshirt
<b>Ushers:</b>	

**March 29  
Good Friday  
1:30 p.m.**

	Judy Rodgers
	Len Marabella
	Bob Zeni
	Mike Hanlon
	Drew Hofmann
	Judy Rodgers
	Jim Warman
<b>Greeters:</b>	Tim Burkhard Paula Scull
	Tim Burkhard John Knight

**Our Holy Week & Easter Schedule**

<b>March 26</b>	<b>Tuesday</b>
8:00 a.m.	Mass
<b>March 27</b>	<b>Wednesday</b>
8:00 a.m.	Mass
2:30-4 p.m.	Confessions
<b>March 28</b>	<b>Holy Thursday</b>
4:00 p.m.	Evening Mass
	Adoration until 6:30 p.m.
<b>March 29</b>	<b>Good Friday</b>
1:30 p.m.	Liturgy of the Word
	Veneration of the Cross
	Holy Communion
<b>March 30</b>	<b>Holy Saturday</b>
7:30 p.m.	Easter Vigil Mass
<b>March 31</b>	<b>Easter Sunday</b>
10:00 a.m.	Mass



## PARISH EVENTS—MARCH 23–30

**Tuesday, March 26**, 9:30 Finance Council Mtg.—Zoom  
**Wednesday, March 27**, 2:30-4:00 Confessions—Church  
**Holy Thursday, March 28**, No 8:00 Mass  
**Holy Thursday, March 28**, 4:00 Mass—Church  
**Good Friday, March 29, Office Closed**  
**Good Friday, March 29**, No 8:00 Mass  
**Good Friday, March 29**, 1:30 Liturgy—Church  
**Saturday, March 30**, No 4:00 Mass  
**Saturday, March 30**, 7:00 Easter Vigil Mass—Church

## Weekly Collection Report

March 3	March 10	March 17	Weekly Goal
\$5,850	\$5,130	\$3,439	\$5,365*

**Note:** The amounts consist of First collections, Parish Repair & Maintenance, and Holy Day collections received during the weekend and preceding week.

\*Needed to help meet monthly expenses.

## Good Friday Collection

The collection on Good Friday will be for the **Holy Land**.

**2023 EOY  
STATEMENTS  
NOW AVAILABLE**

## 2023 Contribution Statements

If you would like a Contribution Statement of your donations to Star of the Valley Church in 2023, please contact the office by phone at 707-539-6262, or email [sov@sonic.net](mailto:sov@sonic.net).



## Divine Mercy—Jesus I Trust in You

Divine Mercy Sunday is celebrated on Sunday, **April 7**, this year. The Divine Mercy Novena starts on Good Friday, **March 29**. To help you participate in the Novena, please use the two inserts: Divine Mercy Novena, and How to Pray the Chaplet of the Divine Mercy (with the

Divine Mercy image on the back.) Help yourself to a Divine Mercy holy card on the back counter.



## Why Do Catholics Fast During Lent?

Fasting, along with prayer and helping the poor, is one of the three spiritual disciplines of Lent. These work as a three-fold conversion

practice as we prepare for the joys of the Easter season. Fasting adds a serious edge to your prayer life. It is a prayer practice that involves denying yourself something in order to increase your spiritual awareness, strengthen a commitment, or petition God for something you or another person really needs.

Fasting is also about detachment—separating yourself from something that you have become overly attached to. It's a way of reclaiming your spiritual strength and regaining some balance in your life. Practicing some denial of our wants and needs in small ways can help us grow in self-discipline and the ability to put off momentary comfort for a larger, more important goal.

Fasting should not be misused to gain praise or sympathy, to manipulate, or to harmfully affect the body.

Done correctly, it can be a spiritual practice that can take your prayer to a new and different level!



## Fasting Rules for Good Friday

Catholics age 14 and older do not eat meat on Ash Wednesday and all Fridays during Lent, including Good Friday. Instead of meat many Catholics choose to eat fish.

On Good Friday, Catholics age 18 to 59 also limit the amount of food they eat. Only one full meal, and two smaller meals that together do not equal a full meal, are eaten. The best rule of thumb is to make sure your meals are smaller than what you would eat on a normal day, and to avoid snacks. Exemption is allowed for pregnant women and those who need regular meals for medical reasons.

You have heard the words “fasting” and “abstinence” used when talking about Lent. “Fasting” is the word used when the amount of food eaten is limited.

“Abstinence” is when you completely give something up, like meat, for a set period of time. Both “fasting” and “abstinence” play a role during Lent.



## What About Vegetarians?

The purpose of Lenten fasting is to make a sacrifice. So, it is recommended that vegetarians or vegans find some alternative sacrifice on these days of fasting. Some recommendations can

include only drinking water or abstaining from sweets or spices and seasonings.



## Make It Personal

The Church has some very clear guidelines for how we should incorporate fasting as a Lenten observance. The how is simple, but what about the why? Fasting without the why is pointless.

The purpose of fasting is to turn back to God. Missing that primary purpose makes fasting fruitless. Sure, fasting has become a popular secular practice for everything from medical treatments to weight loss, but these uses are secondary.

Fasting is a sharp reminder that there are more important things in life than food. Lenten fasting helps to release us from our attachments to the things of this world. It is often these worldly attachments that prevent us from becoming the-best-version-of-ourselves. Fasting also serves as a reminder that everything in this world is passing. Go without food for several hours and you quickly realize how truly weak, fragile, and dependent we humans are. This knowledge strips away arrogance and fosters a loving acknowledgement of our utter dependence on God.

It is important to remember that fasting is primarily a spiritual exercise. We do not fast to impress other people. We fast to build our self-mastery. Fasting is a means, but never an end. The benefits of fasting are innumerable, but all these benefits are secondary to the desire to embrace God more fully in our lives.



Meg Easter-Dawson

### Valley of the Moon Children's Center Presentation

Are you aware of the changes and challenges facing one of our neighbors? That neighbor is the Valley of the Moon Children's Center, the county's only emergency shelter for children removed from their homes because of abuse or neglect.



Katie Condie

Come to the Star of the Valley Women's Circle presentation featuring Meg Easter-Dawson, Program Development Manager of Valley of the Moon Children's Center, and Katie Condie, Executive Director of

Programs for Valley of the Moon Children's Foundation, on Tuesday, **April 16** from **2:00-4:00 p.m.**, and find out what challenges and changes our neighbor is facing.

Since 2017, the Valley of the Moon Children's Center has been evolving to respond to the State of California's overhaul of the Foster Care System, known as the Continuum of Care Reform, or CCR. Instead of holding children for up to 30 days, all group homes must place endangered children in a foster home within 10 days. The approach acknowledges a child's traumatic experiences, basically changing the way you look at a youth. "It's not what's wrong with you, it's what's happened to you...we're building a relationship quickly in a different way," according to Nick Honey, Retired Director of the County's Family, Youth and Children's Services.

Learn about the vital role the Valley of the Moon Children's Foundation plays in supporting the work of the Valley of the Moon Children's Center by awarding

\$150,000 in scholarships to 42 foster youth, serving 104 foster youth through the Valley of the Moon Children's Center Dental Program and providing \$41,476 to 40 scholars facing challenging situations that threatened to end their schooling. The foundation has created joy and happiness for 140 current foster youth by providing outings, birthday celebrations, entertainment and holiday events.

Please invite your family, friends and neighbors—all free of charge. No RSVP needed. Refreshment provided. Donations to the Women's Circle greatly appreciated.

### NEWS OUTSIDE THE PARISH



#### "A Feminine Heart" Women's Circle

Pastoral Musian Denise Youssef facilitates a time for women to gather together for sharing, singing, journaling, listening, drumming and music making (sometimes,) and quiet

reflection in the choir room at Resurrection Church, 303 Stony Point Road, from 9:30-10:45 a.m. The first Circle will be Saturday, **March 23**, and will continue monthly. Space is limited to 15 participants. Suggested donation is \$10 per person. To reserve a seat, contact Denise at 707-478-4246 or email [bellacantilena@hotmail.com](mailto:bellacantilena@hotmail.com).



#### Requiem for the Living

You're invited to a Good Friday Concert with Carol Menke conducting Cantiamo Sonoma and the Church of the Roses Chancel Choir with orchestra at Church of the Roses, 2500 Patio Court in Santa Rosa on Friday, March 29, at 7:30 p.m.

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