



# SAINT GABRIEL'S CATHOLIC CHURCH

March 7, 2010  
Third Sunday of Lent

**St. Gabriel's Catholic Church**  
13734 Twin Peaks Road  
Poway, CA 92064

Telephone: (858) 748-5348  
Fax: (858) 748-5764

Rev. Michael Froidurot,  
Pastor

Rev. Hal Tindall  
(In Residence)

Deacon Bob Troy

## MASS SCHEDULE

Monday - Thursday  
Masses: 9:00 am

Friday Mass: 12:10 pm

Sunday Vigil Mass:  
(Saturday) 5:00 pm

Sunday Masses: 8:00 am,  
9:30 am, and 11:00 am  
Sunday Bilingual Mass:  
2:00 pm

Masses for Holy Days of  
Obligation: As announced

[www.saintgabrielschurch.com](http://www.saintgabrielschurch.com)

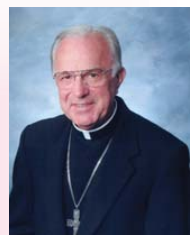
Donate online at:



## CORNERSTONE CEREMONY



Come celebrate with Bishop Brom, Father Michael, and Father Hal next Saturday, March 13, 2010 at noon! It will be a big day for all St. Gabriel's parishioners! We have worked and prayed as a faith family for this happy day and all are welcome and encouraged to participate in this blessed event.



As the building of our new church begins, we want to celebrate a rite to ask God's blessing for the success of the work. The ceremony will also remind us that the structure built of stone will be a visible sign of the living Church, God's building that is formed of the people themselves.

The rite consists of the blessing of the site of the new church and the blessing and laying of the foundation stone. It will begin with a procession from the patio of the existing church building. Please gather at the patio at 11:45am.

The Knights of Columbus will host a reception immediately following the ceremony. Please join us for this blessed event!

*Photo courtesy of Terese Ghio*

## St. Gabriel's Catholic Church

**Third Sunday of Lent [C]  
March 7, 2010**



### *Mass Intentions*

### Readings This Week

**Monday:** 2 Kgs 5:1-15b; Lk 4:24-30  
**Tuesday:** Dn 3:25, 34-43; Mt 18:21-35  
**Wednesday:** Dt 4:1, 5-9; Mt 5:17-19  
**Thursday:** Jer 7:23-28; Lk 11:14-23  
**Friday:** Hos 14:2-10; Mk 12:28-34  
**Saturday:** Hos 6:1-6; Lk 18:9-14  
**Sunday:** Jos 5:9a, 10-12; Ps 34; 2 Cor 5:17-21;  
 Lk 15:1-3, 11-32 Alternate readings  
 (Year A): 1 Sm 16:1b, 6-7, 10-13a; Ps  
 23; Eph 5:8-14; Jn 9:1-41 [1, 6-9, 13-17,  
 34-38]

**Saturday, March 6, 2010**  
*Blessed Virgin Mary*

**5:00PM** Annika Reyes, int.

**Sunday, March 7, 2010**  
*Third Sunday of Lent*

**8:00AM** Thomas Claus, int.  
 St. Gabriel's Parish

**9:30AM** Donna Perez, dec.

**11:00AM** Bill Halbert, dec.

**2:00PM** Assunta Whitehead, dec.

**Weekly Mass at 9:00AM M-TH. Mar. 8-11, 2010**

**Monday**  
*St. John of God* Margaret Ann Hyde, dec.

**Tuesday**  
*St. Frances of Rome* Anne Annoreno, dec.

**Wednesday** Antonio Gutierrez, dec.

**Thursday** Patrick Szoka, dec.

**Friday, Mar. 12, 2010**  
 12:10PM Margaret Pizzella, dec.

Next Saturday, March 13, 2010

**5:00PM** Donna Perez, dec.

Next Sunday, March 14, 2010  
*Fourth Sunday of Lent*

**8:00AM** Souls of Purgatory  
 St. Gabriel's Parish

**9:30AM** Regina Renehan, dec.

**11:00AM** Maria Phong, dec.

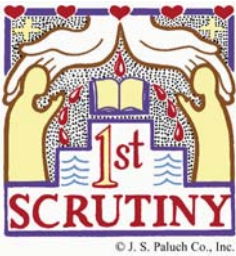
**2:00PM** Marge Chouinard, dec.

### *CONTEMPLATION AND ACTION*

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

—Pope St. Gregory the Great

### RCIA SCRUTINIES



This Sunday the Elect will have their first of three scrutinies which are celebrated on Sundays at the 11am Mass. These are rites for self-searching and repentance and have above all a spiritual purpose.

The scrutinies are meant to uncover then heal all that is weak or sinful in the hearts of the elect and also in our own hearts; to bring out, then strengthen all that is upright, strong and good.

### *GOD IS LOVE!*

Adoration is tomorrow, March 8th, from 6:30-7:30pm. Come spend time with the Lord!

### *LENTEN PENANCE SERVICES*

A penitential celebration is one way of helping us to be ready for the Easter celebration. **For your convenience we are posting a list below of all the Penance Services from the neighboring parishes to help you prepare for the coming of the Lord.**

#### LENTEN 2009 RECONCILIATION SERVICES: All services begin at 7:00pm

Tues.	Mar. 9th	Immaculate Heart of Mary
Tues.	Mar. 9th	St. Timothy, Escondido
Weds.	Mar. 10th	St. Gregory, Scripps Ranch
<b>Mon.</b>	<b>Mar. 15th</b>	<b>ST. GABRIEL</b>
Tues.	Mar. 23rd	San Rafael, Rancho Bernardo
Weds.	Mar. 24th	Good Shepherd, Mira Mesa
Mon.	Mar. 29th	St. Michael, Poway
Mon.	Mar. 29th	St. Mary, Escondido

**NEXT WEEK'S READINGS**

First Reading — God's people enter the promised land, observe the Passover, and eat of the produce of the land (Joshua 5:9a, 10-12) or 1 Samuel 16:1b, 6-7, 10-13a.

Psalm — Taste and see the goodness of the Lord (Psalm 34) or Psalm 23.

Second Reading — We are now ambassadors for Christ (2 Corinthians 5:17-21) or Ephesians 5:8-14.

Gospel — We must rejoice when our brother who was dead in sin repents and comes back to life (Luke 15:1-3, 11-32) or John 9:1-41 [1, 6-9, 13-17, 34-38].

**PARISH DIRECTORY**

- Adult Education*—John & Jan Wakelin.....679-9019
- Altar Servers*—Marie Cavanaugh.....748-6256
- Bereavement Support*—Sylvia Webb.....748-2054
- Childcare*—Sonia Gulati-Brown.....220-1163
- Children's Liturgy*—Elaine Wealch.....486-0036
- CFM*—Martin & Helena Hussey.....748-0880
- Council of Ministries*—John Heinen.....748-4847
- Environment*—Sarah Worthington.....679-3331
- Finance Council*—Bill Racicot.....748-6300
- Funeral Coordinator*—Marilyn Houser.....748-4976
- Healing Prayer Support*—Janet Troy.....679-1174
- Hispanic Ministry*—Nelly Vivas-Cruz.....705-3921
- Knights of Columbus*—Joe Healy.....748-7908
- Lectors*—Mike Szoka.....748-8399
- Ministers of the Eucharist*—Deacon Troy..679-1174
- Ministers of the Sick*—Deacon Bob Troy...679-1174
- Pro-Life Coordinator*—Donna Nagel.....748-5348
- R.C.I.A.*—Diane Sprigg.....748-1792
- St. Gabe's St. Vincent de Paul* .Bob Rast..679-8007
- Website*—Dale Bastow.....748-0969
- Wedding Coordinator*—Janet Lee.....748-9426
- Women's Ministry*—Joyce Russell.....679-8485

**Please Remember in Your Prayers:**

- \*Kaiko Garcia \*Sylvia & Ernie Webb \*Gordon Kerr
- \*Evie & Jerry Phylis Johnson \*Ken Griffin
- \*Sylvia DiBella Fernandez \*Lee Cassella \*Leo Ofelia Oliva
- \*June Baker \*Dennis McGinn
- \*Debbie Morrill \*Shirley Sanchez
- \*Scott Sorensen \*Bob Tinley \*Norma Miller \*Luis Gonzales \*Mike West \*Kirsten Sandstrom \*Mark Lynch \*Debi Groves \*Wesley Jones \*Kristina Ghio
- \*Rita McIntyre \*Capt. Justin Woodruff \*Jean Woodruff \*Tim Fagan \*Adriana Ibarra \*Luis Ibarra
- \*Jeanette Nagel \*Jim-Tom Cavanaugh \*Richard Moreno



St. Gabe's Healing Prayer Group meets twice a month on Monday nights following silent adoration at 7:30pm to pray for everyone listed above. Please join us.

*Please take note: If you call and request prayers for someone, the name(s) will remain on the list for two months. If at that time you wish to continue having prayers said for that person (s), please phone the office and request additional time.*  
Thank you & God bless.

**LENTEN FISH DINNERS**

The K of C will serve their famous baked fish, French fries (and more) dinner from 5-7pm! . The family price is \$22, adult price is \$8 and children under 13 and seniors are \$5.



Please come and support the Knights of Columbus and enjoy a great fish dinner!

**SVDP**

St. Vincent de Paul is collecting food for people in need in Poway every weekend. Please place your nonperishable food donations in the green carts outside. Thanks for caring!

**EWTN**

EWTN is accessible through the internet at [www.ewtn.com](http://www.ewtn.com). Visit the website for their latest features!

**ST. GABRIEL'S DIRECTORY**

**SACRAMENTS**



Parish Office: Bldg D  
 Monday-Friday 8:30 to 4:30 pm  
 Cathy Glenn.....748-5348 x200  
 Cynthia Elizondo.....748-5348 x204

Religious Ed Office: Bldg C  
 Monday-Wednesday 10:00 to 5:00 pm  
 Director: Mary Romag.....748-7475 x203  
 Assistant: Melinda Casteloos..748-7475x206

High School Youth Ministry: Bldg D  
 Monday-Thursday 2-9pm  
 Sunday 10:am-3pm  
 Director: Eddie Nunn...Cell.....858 774-7744  
 Assistant: Christina Hatch.....748-7475x202

Maintenance Manager  
 "Pugs" Clarence Walters.....748-5348 x213

Music Ministry  
 Ruthie Culver.....Cell.....(760) 877-2216

Eucharistic Adoration: First  
 Friday 1:00 - 3:00 pm  
 Anointing of the Sick: Last Friday  
 of the month after 12:10 pm Mass  
 Confession: Saturday 4:00 - 4:45 pm  
 Advent and Lenten Penitential Services as  
 announced.  
 Baptism: Parents should be registered and  
 attending for 6 months. Class is required.  
 Contact the Parish Office for more informa-  
 tion.  
 First Holy Communion: Contact the School of  
 Religious Education  
 Confirmation: Contact the High School Youth  
 Ministry.  
 Marriage: Advance notice of at least nine  
 months and Diocesan preparation classes  
 required. Contact the Pastor through the  
 Parish Office.

**Church Calendar of Events Weeks of March 7th-20th**

<i>Sunday 7</i>	<i>Monday 8</i>	<i>Tuesday 9</i>	<i>Wednesday 10</i>	<i>Thursday 11</i>	<i>Friday 12</i>	<i>Saturday 13</i>
Altar Server Class 3:30  <b>Confirmation Class 1- 2:30pm (H)</b>  1st Scrutiny	CCD Intercessory Prayer 9:30am <b>Adoration 6:30pm (CH)</b> <b>Healing Prayer 7:30pm (CH)</b> SVDP Mtg. 7- 8:30pm (RM2)	CCD <b>Youth Group</b> Intercessory Prayer Group 6:30pm (RM 2) <b>RCIA 7pm (LIB)</b>	CCD  Intercessory Prayer 9:30am  <b>Choirs 6:45- 9pm (CH)</b>	<b>Ladies Bible Study 9:30am (YO)</b> Hisp. Young Adults 6-9pm (RM 2) Women's Min- istry Mtg. 7pm (RM 3)	<b>Men's Bible Study/Lee 6am (YO)</b> Centering Prayer 9:30am Fish Dinner 5- 7pm (H) Stations of the Cross 7pm (CH)	<b>CORNER- STONE CEREMONY 12 NOON!!!</b>  Wedding 2pm (CH)
<i>Sunday 14</i>	<i>Monday 15</i>	<i>Tuesday 16</i>	<i>Wednesday 17</i>	<i>Thursday 18</i>	<i>Friday 19</i>	<i>Saturday 20</i>
Altar Server Class 3:30  <b>2nd Scrutiny</b>	CCD Intercessory Prayer 9:30am  <b>LENTEN PENANCE SERVICE 7PM (CH)</b>	CCD <b>Youth Group</b> Intercessory Prayer Group 6:30pm (RM 2)  <b>RCIA 7pm (LIB)</b>	CCD Intercessory Prayer 9:30am  <b>Choirs 6:45- 9pm (CH)</b>  <b>K of C Mtg. 7:30-9pm</b>	<b>Ladies Bible Study 9:30am (YO)</b> Hisp. Young Adults 6-9pm (RM 2)	<b>Men's Bible Study/Lee 6am (YO)</b> Centering Prayer 9:30am Fish Dinner 5- 7pm (H) Stations of the Cross 7pm (CH)	

LEGEND: CH=CHURCH P=PATIO H=HALL LIB=LIBRARY RM=ROOM YO=YOUTH ROOM CONF=CONFERENCE ROOM



Mary and Melinda

**Lent Activity Week**

This week the children will enjoy games, songs, crafts having to do with Lent. All students should report to the hall at their normal class time.



**St. Gabriel's Vacation Bible School**

Volunteers needed to make this year's VBS a great success. We need middle school, high school, college age and parent volunteers.

Dates for this year's VBS is June 28– July 2. Contact Mary or Melinda to help us plan this exciting week at 748-7475.

**Baby Bottle Drive**

Religious Educations has chosen "Life Choices" for our Lenten almsgiving. Baby bottles with donations should be returned to class by March 29, 2010. We have some extra bottles if anyone in the parish wishes to participate as well.



**8th Graders need one hour of Community Service**

Students can help at the Fish dinners. Contact Melinda or Mary 748-7475 x206 for more information.

**Important Dates**

- March 8-12 Lent Activities during class
- March 28 Palm Sunday

**RELIGIOUS EDUCATION OFFICE HOURS**

Mon & Wed 10am to 6:45pm, Tues. 10am to 5pm.  
Email: reled@saintgabrielschurch.com

**ST. GABE'S KNIGHTS OF COLUMBUS MEN'S RETREAT**

Please join in fellowship and prayer as we draw closer to Christ and his Church on our journey of faith. Registration is \$170. Scholarship funds are available.

**When:** Friday evening through Sunday afternoon, April 9-11, 2010

**Location:** Prince of Peace Benedictine Abbey, Oceanside CA.

The retreat will be facilitated by Miles Christi Priests ~ Sign up after all Masses or call John Wakelin 858-776-9019, Bill Racicot, 858-487-2456, or Jim-Tom Cavanaugh-858-748-6256.



Youth Ministry  
Eddie and Christina

**Tuesday night Meetings**

The schedule for March is: first year–16th and 30th; everyone–Mar. 9th, and 23rd.

**Worship Nights**

There will be a praise and worship night on Monday April 5th from 7:30-8:30pm. Come praise the Lord!

**Confirmation Class**

The March classes are on the 21st & 28th from 1-2:30pm. Confirmation will be May 2nd at the 11:00am Mass.

If you have any questions contact Eddie at 858 748-7475 x202 or 858-774-7744  
Youth Web Site: [www.gabesbabes.org](http://www.gabesbabes.org)  
Email: [stgabrielsyouth@gmail.com](mailto:stgabrielsyouth@gmail.com)  
Facebook: Edward Nunn III  
Twitter: [www.twitter.com/stgabrielsyouth](http://www.twitter.com/stgabrielsyouth)

**DAYLIGHT**



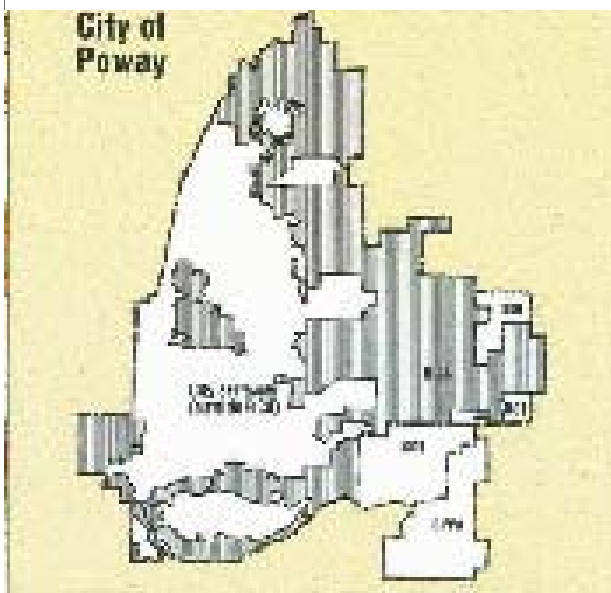
**SPRING AHEAD**

Don't forget to turn your clocks ahead one hour next Sunday, March 14th at 2am.

**WOMEN'S MINISTRY EVENTS**

Women's Ministry Planning Committee meets on the 2<sup>nd</sup> Thursday of each month at 7:00 PM in Room 3. Please come and help us plan future activities and events! Contact: Joyce Russell (858) 679-8485 or [jfrussell50@hotmail.com](mailto:jfrussell50@hotmail.com)

- Sunday, March 7 Meal Service at St. Vincent De Paul Village
- Friday, March 12 Stations of the Cross...Through Mary's Eyes
- Thursday, March 18 Meal Service at St. Vincent De Paul Village
- Thursday, April 29 Bunco Night – Back by Popular Demand!
- Saturday, May 22 Living Rosary & Baby Shower
- October 8-10 Women's Retreat (with San Rafael Women's Ministry)



### *MITIGATION LAND*

This is a map of the Conservation Plan that can be found on the Poway City website and from which the St. Gabriel's parish has to purchase eight (8) acres of land in replacement of the disturbed area created by the construction of the new church and the new parking lot. If you are the fortunate owner of land designated on this map as CSS (coastal sage scrub) shown in the red color and contained within the mitigation area boundary outlined in black around the Twin Peaks region, hope is on the horizon in the form of a tax deduction option. Instead of the church paying \$17,000 an acre to the city (in lieu of actual land) St. Gabriel's can provide you with a tax deduction in the same amount. Please contact Fr. Michael or Gary Ghio at the parish office if you have any land that may qualify for this

opportunity.

St. Gabriel's is required to pay a \$700 mapping fee and a biologist's fee for each separate lot of land submitted for the offsite mitigation requirement. Therefore, the larger the acreage of your donation, the greater the benefit to St. Gabriel's.

### *LA PARROQUIA DE SAN GABRIEL*

**Comuni3n a los Enfermos o unci3n a Los Enfermos:** Por favor de hablar a la oficina. La administraci3n del sacramento de unci3n es para la persona que principia una enfermedad grave o antes de una operaci3n. Hay una misa el ultimo viernes del mes por los enfermos a las 12:10pm en la iglesia. Todos son bienvenidos!

**Sacramento de Recondiliaci3n(Confesi3n):** 4:15pm a 4:45pm todos sabados.

**Sacrament de Bautismo:** Necesita ir a la oficina de 9:00 a 4:00 p.m. para registrarse para el bautizo y la clase pre-bautismal. Necesita estar registrado en la Parroquia por lo menos seis meses antes de pedir el bautismo. Y asistir regularmente a misa para mas informaci3n llamar al 858 486-2254 con Elizabeth V.

**Primera Comuni3n o Confirmaci3n:** Si necesita registrarse para las clases de educaci3n religiosa (primera comuni3n o confirmaci3n), primero tiene que registrarse con la parroquia. Si no est3 registrado, tiene que llenar un formulario. Si ya es miembro de la parroquia, tiene que hacer una cita con el Padre Michael. Tienen que hacer esto antes de poder registrarse en cualquiera de los dos programas. Si su hijo/a particip3 en el Programa en a3o pasado y necesita registrarse para su segundo a3o, pueden ir directamente a la oficina de Educaci3n Religiosa para apuntarlos.

**Sacramento de Matrimonio:** Es necesario comunicarse con la oficina de 9:00am a 4:00pm no menos de nueve meses de anticipaci3n a la fecha.

#### **EL GRUPO DE JOVENES HISPANOS**

##### **Renuni3n de Jovenes**

El grupo de jovenes hispanos las invita que los acompa3en todas Jueves de 6:00 pm a 9:00 pm en el sal3n #6. Para mas informaci3n llamar al 760 877-0695 con Eli C.

##### **ANTOJITOS MEXICANOS**

La comunidad Hispana estara vendiendo antojitos despu3s de la Misa de 2:00pm. Todos los fondos recaudados ser3n para la construction de la nueva iglesia. Todos estan invitados.

##### **INTENCIONES LOS DOMINGOS**

Si dese3n que el sacerdote celebre misa por sus intenci3nes, favor de ir a la oficina de 9 a 4 lunes-viernes. Ofrenda: \$10 misas diaras, \$25 domingo.

**ALL CHURCH MAIL!**

St. Gabriel's is phasing out our PO Box address. Please use the church address at 13734 Twin Peaks Road, Poway, 92064 for all correspondence to the church. If you have an automatic donation that is sent to the PO Box, please update the address.

**THE PARISH ROSARY**

Come and pray the Rosary at 4:00pm on the first Saturday of each month and Mon.-Thurs. mornings at 8:30am. We meet in the church. Please join us. Saturday dates for 2010 are: Mar. 6th, Apr. 3rd, May 1st, Jun. 5th, Jul. 3rd, Aug. 7th, Sept. 4th, Oct. 2nd, Nov. 6th, and Dec. 4th.



**St. Patrick's Day  
Dinner at  
Kaminski's Sports  
Lounge**



The Knights of Columbus are excited to announce that they are collaborating with Kaminski's Sports Lounge and Bar-B-Que to co-host a corned beef dinner on St. Patrick's Day, Wednesday, March 17th. Proceeds will benefit the St. Gabriel's Building Fund. Please join us for good food and a great time. We will be serving from 11:00 am until 9:00 pm and there will be live entertainment in the evening. Only \$12.00 will get you a great meal and soft drink! Bring your friends and neighbors and celebrate the Irish in you! Watch for advance ticket sales. We'll see you at Kaminski's Sports Lounge and Bar-B-Que at 12735 Poway Road.

**HOLY WATER FROM LOURDES**

Come to the Gift shop or the parish office and take home your bottle today! The water is free. The bottles are \$6 each or two for \$10. This price is for shipping, handling, taxes, and customs fees.

Bernadette, who unearthed this water with her own hands, gives this advice:

**Take only a few drops of water and give it to the sick. It is by your prayer and your faith that a miracle will be performed.**

**COPING WITH CANCER**

Please join St. Peregrines's prayer group for people coping with cancer on the first Thursday of each month at 6:30pm for prayer and support. For details please contact Lorraine Baumann at (858) 486-2841.

**STATIONS OF THE CROSS**

Stations of the cross will be held all Fridays during Lent until Good Friday. The stations will be begin at 7:00pm inside and outside the church depending on the group presenting that week. The dates are as follows:

Friday, March 12th Women's Ministry  
Friday, March 19th Youth Group  
Friday, March 26th Outside -Hispanic Young Adults

**A PRAYER FOR SHEPHERDS**

"I will appoint over you shepherds, after my own heart, who will shepherd you wisely and prudently." (Jer. 3:15)

Father, in your plan for our salvation you provide shepherds for Your People. Father, we come to you now, in the name of Jesus, our High Priest and Intercessor, to ask that our shepherds, especially Fr. Michael and Fr. Hal, may receive:

- S** a **SERVANT'S HEART**, committed to consecrated service of leadership.
- H** a **HUMBLE HEART**, meek and gentle as the Lamb, to heal the brokenhearted.
- E** a **EUCCHARISTIC HEART**, full of love to worship you in spirit and in truth.
- P** a **PRAYING HEART**, interceding in the power of the Holy Spirit without ceasing.
- H** a **HEARING HEART**, obedient to your Word, no matter what the cost.
- E** an **EVANGELISTIC HEART**, on fire with zeal for the salvation of souls.
- R** a **RENEWED HEART**, to give You greater honor and glory in Christ Jesus.
- D** a **DISCIPLE'S HEART**, following the Lamb wheresoever He goes, even to death on a Cross.

Father, we thank you for hearing our prayer and ask that Your priest sons may continue to guard the rich deposit of faith with the help of the Holy Spirit who dwells within them and to bear with courage their share of the hardships which the gospel entails. Father, protect them from the evil one and keep them in Your love always. Amen

**STATER BROS.**

Don't forget to stop at the tables outside to pickup your Stater Bros. gift cards for your weekly grocery shopping.