

Our Lenten Journey at St. Robert's

We are invited to come closer to the God who loves us and desires a deeper relationship with us. If you're a long-time parishioner who has a family member, neighbor or co-worker who "used to be Catholic," why not extend an invitation to join you at Mass? If you've been away from the Church a while, welcome back! We're happy to have you with us and will help you to re-connect in any way we can. Please call Sr. Sheral at 589-2800 and she'll be glad to assist you.

We are encouraged as a community and as individuals to observe the three traditional practices of prayer, fasting and almsgiving. In terms of prayer, we offer:

- 8:30am Mass Monday – Saturday;
- This year we will again have a 6 p.m. Mass all the Wednesdays during Lent.**
- We will also have Stations of the Cross at 6 pm all the Fridays of Lent (except Good Friday).
- We will celebrate the Anointing of the Sick at the 11:30 am Mass, Sunday March 22.
- Our church is open from 7:30 am until 4 pm everyday for personal prayer.
- Sr. Sheral will give a morning of reflection Saturday, March 28, beginning with 8:30 Mass, continuing in a parishioner's home and ending with lunch at 12:30. Please RSVP at 650-589-2800 or sheralmar@saintroberts.org

Confessions are available every Saturday from 3:30 pm to 4:15 pm in the Reconciliation Room, off the vestibule. You may also call the rectory at 589-2800 to arrange with Fr. Boie or Fr. Greene to celebrate the Sacrament at another time.

The most powerful celebrations of our liturgical year are those of Holy Week.

- **Palm Sunday Masses, Apr. 4 and 5, are celebrated at 4:30 pm Saturday and 7:30, 9:30, and 11:30 am and 5 pm Sunday.**
- **Holy Thursday at 7:30 pm, Apr. 9, the Mass of the Lord's Supper is celebrated, followed by adoration in the hall until 10 pm.**
- **Good Friday at 12 noon, Apr. 10, the celebration of the Lord's Passion takes place, followed by confessions until 3 pm. There will also be an evening service at 7 pm.**
- **Holy Saturday, Apr. 11, there will be confessions from 3 pm to 4:30 pm In the Reconciliation Room off the vestibule. There is no 4:30 pm Mass. At 8:00 pm, the celebration of the Easter Vigil takes place during which those who have been preparing through the RCIA process will receive the Sacraments of Baptism, Confirmation and First Communion.**
- **Easter Sunday Masses are at 7:30 am, 9:30 am, 11:30 am, and 5 pm.**

The regulations for fasting and abstinence during Lent are the following: On Ash Wednesday and Good Friday, Catholics between the ages of 18 and 59 are obliged to fast. Fasting means having one full meal and two smaller meals which do not equal the full one. It also means not eating between meals, though liquids are permitted. Abstinence refers to not eating meat (beef, pork, chicken). Catholics over the age of 14 are obliged to abstain on Ash Wednesday and all the Fridays of Lent. These regulations do not apply to those who for reasons of health or strenuous work cannot observe them.

Opportunities for Service to Others

"The smallest, the weakest, the poorest soften us; they have the "right" to take our heart and soul." Pope Francis

Catholic Worker House of Hospitality, 555 W. San Bruno Ave. could use 1 or 2 volunteers to help with meal service for breakfast M-F 6:30 am to 9:00 am; they especially need help on Mondays and Tuesdays. They also serve dinner 7 days a week, 5-7 pm. Please call Peter at 827-0706 to say you're coming or, if you can't help with serving, to let him know you'll drop off prepared food between 6 and 9 am or after 5 pm.

San Bruno Senior Center, Volunteers would be welcome M-F as desk receptionist, registering guests and serving lunch. Please call Eva Rangel at 616-7152.

St. Anthony Dining Room, 150 Golden Gate Ave. San Francisco, stanthonysf.org. 1 out of 5 San Francisco adults lacks the resources to feed themselves or their families. Must be at least 13 years of age (13 and 14 year olds must volunteer with a parent) and able to complete the 9:15 am to 1:45 pm shift. Joan Monaghan offers a ride to anyone who'd like to volunteer on the 2nd or 4th Thursdays; her email is jmonor@aol.com. Veronica Realuyo at veronica4pbc@aol.com offers a ride to anyone for one Friday a month. You may go online to register yourself or a group of friends or co-workers. They are open 365 days of the year.

The Family Harvest at Belle Air School, 450 Third Ave, San Bruno, needs your help in unloading pallets of vegetables, fruit, canned goods, milk and eggs to distribute to 180 eligible families on the fourth Thursday of each month from 1:15 to 4:45 pm. You must be 16 years of age or accompanied by a parent. Please contact Sr. Sheral at 589-2800 or sheralmar@saintroberts.org

Cafe St. Vincent in South San Francisco, sponsored by St. Vincent de Paul, needs volunteers Monday through Friday from 8 am -12 noon to prepare and serve lunch to our neighbors who are homeless. They especially need help on Fridays; many of our senior parishioners volunteered on Fridays, but are no longer able to do this. Please call 650-343-1272 or email Kelly at klang@svdpsm.org and leave a message for her. She will invite you to an orientation before you volunteer.

Blood Centers of the Pacific at 111 Rollins Rd. Millbrae collects whole blood, platelets and plasma for medical procedures. Go online for information on donating or to make an appointment at www.bloodcenters.org or call 888-393-4483.

National Alliance for the Mentally Ill works to improve the quality of life for persons with mental illness and their families and to bring an end to the stigma associated with mental illness. Volunteers with a variety of skills are needed for the following efforts:

- updating the website;
- obtaining business sponsorships for our annual NAMI walk;
- gathering contacts for wider distribution of San Mateo County information/literature;
- developing a communications plan; and researching funding opportunities for NAMI.

Please contact Helene at nami@namisanmateo.org. or call 638-0800, M-F, 9 am -1 pm.