

## First Sunday of Lent

February 22, 2026

"The Lord, your God, shall you worship  
and him alone shall you serve."

-- Matthew 4:10



### Daily Mass

Week of February 23<sup>rd</sup> – 27<sup>th</sup>

Monday: 8:00 Our Lady of the Miraculous Medal  
Tuesday: 8:00 Special Intentions: Barbara Elsenius  
Wednesday: 8:00 Special Intentions  
Thursday: 8:00 John Lydecker+  
Friday: 8:00 Jack Robert Nelson+



Please remember the sick in our Parish, especially Linda Peng, Georgia Pontoniere, Dan McDonald, Lisa Wemple, Sarah Wren, Marian Flandick, James Breen, Janet Laurent, Anil Siu, Peggy Delson-Rini, Frank Rini and Cecilia Uyeda.

Weekly Collections	
Plate February 8 <sup>th</sup>	\$11,181.00

### Please Note:

Remember to make **all checks** payable to **Corpus Christi Church**. And, indicate in the Memo line what the check is for. Thank you for your cooperation!

### **Lenten Observances!**

The Lenten season began with Ash Wednesday. Lent in a very special way points out that we are pilgrims. For seven weeks, we walk with Christ in response to his invitation, "Let us go up to Jerusalem." The penances, the fasting and all the other aspects of Lent are the hardships of the journey. The Church gives us the cross of ashes on Ash Wednesday to show that we have pledged ourselves to walk with Christ during Lent. Don't forget, all Fridays of Lent are days of abstinence from meat and meat products. This law obliges everyone who is fourteen (14) years of age and older. Good Friday is a day of fast and abstinence (one full meal, two lesser meals, no meat, no eating between meals). The law on fasting obliges all persons who are between the ages of eighteen (18) and fifty-nine (59).

### **Light and Shadow!**

In faith there is enough light for those who want to believe and enough shadow to blind those who don't.

-- Blaise Pascal



My Brothers and Sisters,

As we enter the holy season of Lent, the Church invites us into a sacred journey of renewal. Forty days set apart for grace, conversion and deeper communion with Christ.

This year our Parish Lenten focus centers on two essential dimensions of Christian discipleship: personal contemplation and communal involvement.

Lent calls us into the desert with Jesus, a place of quiet prayer and transformation. I invite each of you to dedicate time every day of these forty days to spiritual reading and prayer. Even fifteen minutes of intentional silence with the Lord can open our hearts to profound renewal.

To assist you, I encourage you to explore the rich Lenten programs and resources available through Augustine Institute on their platform Formed, to which all parishioners are subscribed. These programs offer daily reflections, Scripture studies, teachings on the saints, and guided meditations that can nourish your Lenten journey. Whether individually, as a family, or in small groups, these resources provide meaningful ways to deepen your faith and understanding. Let this Lent be a time when prayer is not rushed, Scripture is not merely read, but pondered, and Christ's voice is heard anew in your heart.

The second dimension of renewal is involvement. Lent is never meant to be a solitary exercise. Our personal prayer must overflow into love of neighbor.

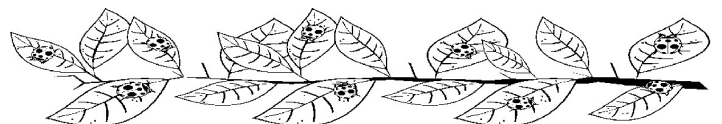
I encourage you to become more deeply involved in one of our Parish ministries or outreach programs. Whether it is serving those in need, participating in liturgical ministries, supporting faith formation, visiting the sick, or assisting in Parish events, your presence and participation strengthen the Body of Christ.

Contemplation draws us closer to God. Involvement draws us closer to one another.

I pray that this Lenten Season of Renewal will be a time of grace for every member of our Parish Family. May these forty days prepare us not only to celebrate Easter with joy, but to live as renewed disciples, committed to prayer and service throughout the year.

Let us walk this journey together with open hearts, willing hands and steadfast love.

Love, Fr. Leo



### ***Grief Support Meeting!***

The Grief Support Ministry invites you to a gathering on Sunday, March 8<sup>th</sup>, from 2:00 to 4:00 p.m. in the Gibson Center to provide support during times of sorrow, whether from a recent loss of any kind, or one that continues to cause heartache. It will be an opportunity to share stories in a safe environment, offer comfort to one another and provide ways to cope. All parishioners and friends are welcome!

### ***Treasures From Our Tradition!***

Today, we know more about the beginnings of Lent than our ancestors did. We know that Lent is first of all about baptism and secondly that it is about the desire of all the baptized to renew the power and potential of that sacrament at Easter. For centuries, this deep truth was largely obscured; but, today documents have come to light to reshape the Church's thinking and practice.

Our source, discovered in the 1880's, is the pilgrim diary of a Spanish nun, Egeria, writing her sisters a detailed travelogue of a fourth-century sojourn in Jerusalem during Holy Week. She describes in vivid detail her participation in liturgies that are close cousins of our own Holy Week prayer, from a festive procession with palms to a procession to the cross. Her greatest delight is in the huge number of elect: men, women and children who experience a time of deep retreat and identification with Christ's cross, guided by the bishop and supported by their godparents' constant nurture. The discovery of Egeria's diary proved to be a moment of grace for the Church. After a long period of "ecclesial amnesia," we know at last that baptism is really the work of a whole community of faith, convened by God.

### ***Operation Rice Bowl!***

#### **RICE BOWL**



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Ash Wednesday, marked the beginning of our Parish's involvement in **Operation Rice Bowl**, sponsored by Catholic Relief Services and the Diocese of Oakland. All families are asked to take home a cardboard Rice Bowl, available at the entrances to the Church and at the Parish Office. At the end of

Lent, families will be asked to bring the filled bowls back to our Parish. Proceeds will be sent to CRS. Thank you for your involvement!



### ***Readings For The Week February 23<sup>rd</sup> -- 28<sup>th</sup>***

Monday: First Reading Leviticus 19:1-2, 11-18;  
Psalm 19;  
Gospel Matthew 25:31-46

Tuesday: First Reading Isaiah 55:10-11;  
Psalm 34;  
Gospel Matthew 6:7-15

Wednesday: First Reading Jonah 3:1-10;  
Psalm 51;  
Gospel Luke 11:29-32

Thursday: First Reading Esther C12, 14-16. 23-25;  
Psalm 138;  
Gospel Matthew 7:7-12

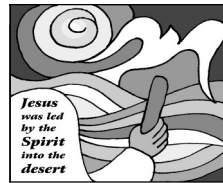
Friday: First Reading Ezekiel 18:21-28;  
Psalm 130;  
Gospel Matthew 5:20-26

Saturday: First Reading Deuteronomy 26:16-19;  
Psalm 119;  
Gospel Matthew 5:43-48

### ***Change!***

Lent is all about change and change is usually not easy. In order to change, we have to leave something behind. Today, we hear about a very old man who decides to answer God's call. Abram experiences a tremendous amount of change when he leaves everything behind, risking it all for God's promise. Jesus changes, is transfigured, right before the eyes of his disciples. The Lenten scriptures issue the call for us to change, to be transfigured, so that we, too, will soon share in the glory of God. What is it that the Lord is asking us to leave behind? Are we willing to take the risk for the promise made by God? These questions are at the heart of the Lenten journey of conversion.

### ***Today's Readings***



**First Reading** -- The man and the woman are the fruit of the one tree that God had told them to avoid, and their shame overtook them (Genesis 2:7-9; 3:1-7).

**Psalm** -- Be merciful, O Lord, for we have sinned (Psalm 51).

**Second Reading** -- Death reigned from Adam to Moses, but now grace and life abound in Christ Jesus (Romans 5:12-19 [12, 17-19]).

**Gospel** -- Jesus was led into the desert by the Spirit and there he fasted for forty days and forty nights (Matthew 4:1-11).