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IF YOU CAN'T RUN  
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IF YOU CAN'T CRAWL  
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WHATEVER YOU DO

YOU HAVE TO KEEP

MOVING

FORWARD.

M. KING, JR.

*one&all*

St. Columba Catholic Church • March 4, 2018

## KEEP HOLY THE SABBATH

There's no better way to deepen our Lenten practice than to review the Ten Commandments. The first three, having to do with our right relationship to God, get the most ink. The one we busy people probably have the most problem with is keeping holy the Sabbath.

If we take this commandment literally, babies will go undiapered and dishes will stay on the table, or perhaps meals will not be served. The sick will go unattended and nothing that has anything to do with physical labor will be done. Is mental labor really work? How about changing that dirty diaper (poor baby!)?

We need to depend on God to discern how to observe real Sabbath time in our lives. The point of this commandment is that God has given us a great gift: one whole day per week when we are free to rest, worship God, sing, feast, love, and rejoice. As Psalm 19 proclaims: "The law of the LORD is perfect, / refreshing the soul" (19:8). Our Sabbath rest is a great gift, to be received from God with joy, not with nitpicking. Copyright (c) J. S. Paluch Co., Inc.

### *Today's Good News ~Living with Christ*

**"But I say to you, whoever is angry with his brother will be liable to judgment..." (Matthew 5:22).** I have been deeply affected by a few individuals I have known who have surprised me with their openness to criticism, their capacity for receiving and responding to the needs of others. Their vulnerability has moved me because I often feel angry when I am criticized, feel unable to meet the needs of others, or am disconnected with my own heart and the hearts of those with whom I live and work. They've shown me a deeply true and humble way of being with others—and the word "with" is the important word here. It is easy to encounter other people as objects, little more than a part of the general landscape. It is more challenging—and more deeply rewarding—to connect with others. When the space between us is one of listening and compassion, our desire to truly hear and understand the other helps us live beyond anger and blame. *Jesus, humble and gentle Shepherd, teach me to care for others as you care for them.* SR. KATHRYN JAMES HERMES, FSP

### SAINTS AND SPECIAL OBSERVANCES

**Sunday:** Third Sunday of Lent; First Scrutiny  
**Wednesday:** Ss. Perpetua and Felicity  
**Thursday:** St. John of God  
**Friday:** St. Frances of Rome; Abstinence



**March 25, 2018** - Confirmation  
**March 29, 2018** - Holy Thursday  
**March 30, 2018** - Good Friday  
**March 31, 2018** - Easter Vigil  
**April 1, 2018** - EASTER  
**April 13-15, 2018** - Fish Fry (Hope for Haiti)  
**April 22, 2018** - All Family Faith Day

### Bulletins / Announcements

Please remember to submit all information for the Bulletin and/or Sunday Announcements **no later than Tuesday before 10:00 am/inserts before 4:00 p.m.**

Thank you.

### Scripture Study

Come and join Scripture Study every Thursday evening with Sr. Amora at 7:00 pm in Mother Lydia's Chapel. For more information call Gillian Small at (510) 501-9726 or [ggms@att.net](mailto:ggms@att.net)

We welcome all who come to celebrate with us. If you would like to register or if you need to update your information, please complete this registration form and place it in the collection basket, return to office or send us an email. Be Blessed!

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Day \_\_\_\_\_ Eve \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

- New Parishioner
- Change of Information
- Moving: Remove from list
- Please Call me - best time \_\_\_\_\_
- I would like to serve as \_\_\_\_\_