

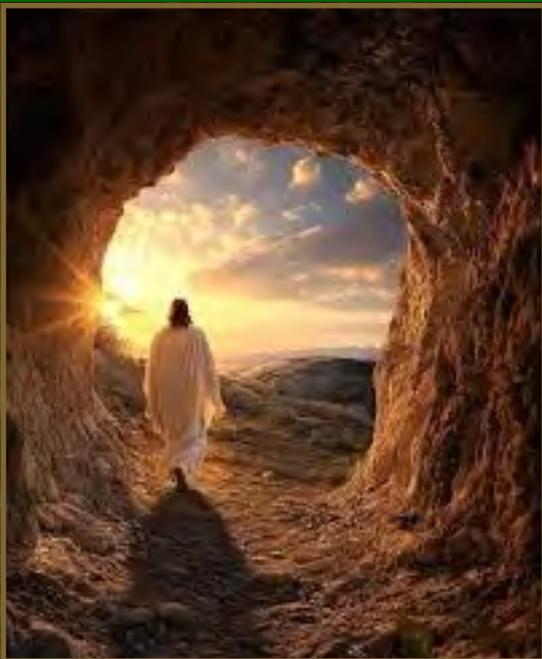


SAN CARLOS CATHEDRAL

Diocese of Monterey

February 8, 2026 - Fifth Sunday in Ordinary Time
Quinto Domingo del Tiempo Ordinario - 8 de Febrero del 2026

“YOU ARE
THE LIGHT
OF THE WORLD.”
—MT 5:14



“USTEDES SON
LA LUZ
DEL MUNDO”.
—MT 5, 14

CATHEDRAL HOURS

MONDAY – FRIDAY

7:00 AM – 3:00 PM

SATURDAY & SUNDAY

7:00 AM – 7:00 PM

MASS SCHEDULE

WEEKEND SCHEDULE

SATURDAYS

4:00 PM Vigil

SUNDAYS

7:30 AM

9:00 AM

10:30 AM (*)

12:00 PM *en Español* (**)

5:30 PM

WEEKDAY SCHEDULE

MONDAY – FRIDAY

7:45 AM & 12:15 PM

***Children’s Mass** on the Fourth Sunday of the Month

****Bilingual Mass** on the Second Sunday of the Month

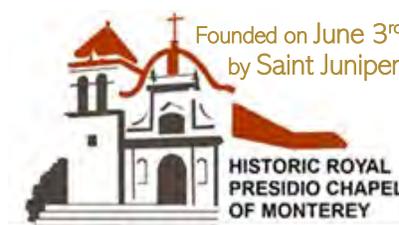
PARISH OFFICE

MONDAY – FRIDAY

9:00 AM – 2:00 PM

SATURDAY & SUNDAY

CLOSED



Founded on June 3rd, 1770
by Saint Junipero Serra

HISTORIC ROYAL
PRESIDIO CHAPEL
OF MONTEREY



The Fifth Sunday in Ordinary Time (Year A) *by young-catholics.com*

The Fifth Sunday in Ordinary Time Year A highlights the call to care for others and shine in the world. The readings show how kindness, faith, and good actions bring light and hope.

- **Helping those in need:** Giving food, shelter, and clothing to others brings healing and joy. When people help those who suffer, they find peace and feel closer to God.
- **Living by faith:** Faith should rest on God's power, not on human knowledge. Trusting in Him gives strength, even when feeling weak.
- **Being a light:** Jesus calls people to shine by doing good. When others see kindness and love, they are drawn closer to God.
- **Making a difference:** Just as salt changes food, people can change the world. Small acts of goodness bring hope and encouragement.
- **Showing God's love:** Faith is not just words but actions. Loving others reflects God's goodness in everyday life.
- **Overcoming fear with trust:** Weakness and fear should not stop people from sharing their faith. Trusting in God's help brings courage.
- **Glorifying God:** Good works should not be done for attention. They should point others to God and His goodness.

The Fifth Sunday in Ordinary Time Year A reminds people to share, trust, and shine. When they live with kindness and faith, they bring hope to the world.

EXPOSITION & ADORATION OF THE BLESSED SACRAMENT

Every Friday of LENT

8:30AM - 11:30AM & 7:00PM - 8:00PM

STATIONS OF THE CROSS

Every Friday of LENT

11:30PM - 12:15PM

&

7:00PM - 8:00PM

CONFESSIONS

Saturdays at 2:30PM

At the RECTORY

(By the Carport next to restrooms)

EVENING PRAYER

Mondays at 7:00PM



Parish Staff

Most Rev. Slawomir Szkredka, Bishop
Apostolic Administrator of the Diocese of Monterey

Most Rev. Sylvester Ryan, Bishop Emeritus

Very Rev. Victor Ommar Solis, Rector/Pastor
pastor@sancarloscathedral.org

Rev. Louie Bellen, Parochial Vicar/Vocations Director
frlouie@sancarloscathedral.org

Rev. Patrick Dooling, In Residence

Sr. Sujatha D'Souza, Director of Faith Formation
rsujatha@sancarloscathedral.org / (Ext. 28)

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Kathleen Ryan, Christian Initiation—Adults
OCIA@sancarloscathedral.org

Teri Dawn, Wedding Coordinator
tdawn@sancarloscathedral.org

Alfredo Zepeda, Business Administrator
azepeda@sancarloscathedral.org / (Ext. 16)

Rosie Murray, Assistant to Pastor & Vocations Office
rmurray@sancarloscathedral.org

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rlittle@sancarloscathedral.org / (Ext. 10)

Esperanza Cabrera, Admin. Assistant
ecabrera@sancarloscathedral.org / (Ext. 10)

Peter Watson-Graff, Maintenance

Raymundo Cruz, Maintenance

San Carlos School: Karen McKenzie, Principal
principal@sancarlosschool.org / 831 375-1324

Branches Resale Shoppe: Kristine Millar, Manager
resaleshoppe@sancarlosschool.org / 831-375-4780

San Carlos Cemetery: Staff
831-372-0327

Parish Office: (831) 373-2628 - Ext.10

Parish EMERGENCY Number: (831) 646-5517

Mass Intentions Feb 7th –15th

Saturday, Feb 7 -

4:00 pm: +Alice Wabby
Int. of Asuncion Masias & Family
Int. of Cristina Mercado & Family

Sunday, Feb 8 - V ORDINARY TIME

7:30 am: +Candelaria Muñoz Martinez
Int. of Sandra Cardinalli
Int. of the men & women of Iran

9:00 am: Int. of Martha Garcia & family
Int. of Tere Perez & family
Int. of Maria Galvez & family

10:30 am: +Anthony S. Compagno
+Tito Revero
+Frank Bruno

12:00 pm: **For All SCC Parishioners**

5:30 pm: +Gary Williams
+Henry Matias & Lidia Bayonito

Monday, Feb 9 -

7:45 am: +Sonny Bennett

12:15 pm: +Victor Leiker
+Angelo Tringali & family
Int. of Christian Mullins & family

Tuesday, Feb 10 - Saint Scholastica

7:45 am: Int. of Rachel Renterio

12:15 pm: +AnnMarie Della Sala Stanton
+Steve Petracca
+Marcella Kindred-Dolhun

Wednesday, Feb 11 - Our Lady of Lourdes

7:45 am: +Annie Ferrante

12:15 pm: +Mary Smith
+Manuel Lopes & deceased family members
+Steve Petracca

Thursday, Feb 12 -

7:45 am: +Dan & Diana Ryan
Int. of Sonia Nelson

12:15 pm: +Marlene & Neno Aiello
Int. of Eddie Castro
Int. of the Coleman family

Friday, Feb 13 -

7:45 am: +Vicenta Gonzales
Int. of Jacob Murray
Int. of Charles & Juanita Bunting

12:15 pm: +Fred & Sara Smith
+Alfred Bernadicou
+Frank Bruno

Saturday, Feb 14 - Saint Cyril & Saint Methodius

4:00 pm: +Alice Wabby
+Rawls Frazier
+Millie Rose & Joe Anastasia

Sunday, Feb 15 - VI ORDINARY TIME (Burning of Palms)

7:30 am: +Ban Salvador & Vicenta Gonzalez
+Giuseppa Maiorana
+Candelaria Muñoz Martinez

9:00 am: +Fredrick Sandman
+Frank Martin
+Ateh Asongwe

10:30 am: **For All SCC Parishioners**

12:00 pm: +Frank Hernandez
5:30 pm: +Annie Ferrante



THE FIFTH SUNDAY IN ORDINARY TIME (YEAR A)

by Sr. Sharon McMillan, SNDdeN

These brief weeks of Ordinary Time take us from the end of the Christmas Season to Ash Wednesday which this year is February 18th. If Christmas always occurs on the same date, why does Easter (and thus Ash Wednesday) wander through the calendar? Why is "Easter early (or late) this year?" It took an entire ecumenical Council of the Church to finally determine the date of Easter! In 325 the Council of Nicea decided the date of Easter would be the first Sunday after the first full moon after the Spring Equinox (in the Northern Hemisphere) or the Autumnal Equinox (in the Southern Hemisphere). That date can be as early as March 25 or as late as April 22. This year Easter is April 5th (Fr. Patrick's birthday). Enjoy these next 10 days of Ordinary Time, bring your old palms to church, and watch them being burned next weekend to prepare the ashes for Ash Wednesday. The sacred season of Lent is right around the corner!

The Gospel Matthew 5:13 - 16

Today's Gospel follows immediately upon the Beatitudes. We Christians know how we must live in this world with its culture of power, status, and death. Using two strong images, Matthew wants to make us more fully aware of what we really are: the salt of the earth and the light of the world. As salt of the earth, Jesus urges us to understand that we are a force that makes the world bloom. By our Baptism, we possess an inner power that should be active in the world. If we were to lose our "taste," we would lose our meaning and be "thrown out." Jesus also insists that it is we who are the light of the world, to shine with his power and grace upon all who live in despair and darkness. This function of ours which once was possessed by the Jews (as the First Reading tells us) has now passed, through the Death and Resurrection of Jesus, to his disciples and to us, his new people. Every corner of the world longs for the light of Christ to be healed and lifted up. Happy are we who are invited to be partners with Jesus in being salt and light for all in need (which sometimes includes ourselves).

The First Reading Isaiah 58:7 - 10

The Prophet Isaiah reminds us that being a light-bearer is connected to charity to others. Being people of light belongs to those who shelter the homeless, clothe the naked, serve the hungry. People of light active in the works of charity and justice find that their own wounds will be healed, their own darkensses will be banished. Their own "gloom will become like noonday." The challenges of our faith, then, do not lie so much in acquiring knowledge and information, but in deeds of action from hearts made strong by faith in Jesus, knowing that any light we share has its source in his divine power and unflinching love.

The Second Reading 1 Corinthians 2:1 - 5

During Ordinary Time, the Second Reading is a choice independent of the Gospel and First Reading. In today's Reading, we hear again that the Corinthians seem always ready to divide themselves into opposing groups according to the preacher they favor at the moment. Paul here reminds them (and us) that the effective preacher is not one who masters human wisdom. In God's eyes, effective preachers are those who proclaim Christ crucified and who rely on the power of the Holy Spirit.

PRAY FOR ALL THOSE WHO ARE IN NEED OF HEALING ESPECIALLY FOR:

Eloise Sierra, Rosa Caruso, Harold Jackson, Madeline Gourel, Christa Erlat, Christina Mora, George Terrell, Laura Hastings, Lisa Guidone, Diane Davies, Linda Gnipp, Cathy Shelton, Kevin Ferguson, Maureen Ferguson, Lynn Hammond, Sharron & Peter Erickson, Kelemete Fanene, Amelia Battistella, Debra G. Bomactao, R.C., Charlotte Lombardi, Shirley Stagar, Meredith Tibbey, Natalie Hinojosa, Bill Martinez, Margaret Pittelkow, Terry Nance, Anna & Joe Smith, Katrina Lund Madison, John Wallingford, Reyna Castellanos, Ana Flores Hernandez, Carol Clayton, Marisa Martinez, Michael Leonard, Nick Venturino, Sophia Isabella Carlson, Ryan Braff, Roger Thorsnbury, Bill Martinez, Marlyn Padilla, Lenice Bleckbee, LuLuBelle Johnson, Jacob Jenkins, Marita Esteban, Ellen Barrett, Lieland Axel Hensley, Oscar Brown, Desmond Fischer, James Yoshida, Jeff Devens, Mary & Jackson, Mary Ann Cutino, Janice Rayman, GiGi Andrada, Angelina Diaz, Dolores Billa, Benny Benedictos, Edward Hanratty, Vicky Juarez, Estrellita Quindara, Arthel Cake, Maryellen Aisenberg, Kian Anabo, Gabriel Hernandez, Sandra Ontiveros, Angie & Rosario Favolora, Delgado Family, Danny Aliotti, Anna Fierro, Marlyn Padilla, Gary Giboney, Jeremiah Mekhael, Matthew Ferguson, Jim Kern, Jesus Villa, Dee Powell, Nguyen Family, Alan Dougherty, Chris Wallingford, Juanita Escovido, Lesley Anne Stephens, Mary Spry, Mia Gatagna, Diane Wallingford, Eduardo Perez, Ernie Damasco, Susan Barron, Alex Ponce, Dolores Howard, Amelia Davila, Tuney Panggat, Eugene Merkel, Alice Alado, Ryan Cahallan, Colleen Kahn, Matt Ferguson, Jayme Layman, Ninfa Mineo, Phil Maestas, Kaitlyn Williams, John Mulchaey, Paul Naewman Lee, Anthony Campo, Lia Nevoloso, Baldo Amato, Hailey Mann, Jenna Roscelli, Tony Davi, Susan Luke, Joanne Reyes, Kontrena McPherson, Doug Wachter, Gary Kuennen, Allegra Scarano, Sherry Tyler, Susan Dodds, Demetrio Santiago, Sebastian Saldana, Jasmin Reate, Martha Rodriguez, Maria Valtierra, Tom Ghigliotto, Loretta Manjor, Most Rev. Sylvester Ryan, Richard & Penny Cruickshank, Denis Marie Martin, Gary Kress, Nina Andrada, Sandra Logsdon, Philippos Savvas Christoforou, Irving Argüello, Sonia Sharp, Erik Elken, Nora Dial, Judy Fisher, Louise Demateo, Anne Roberts, Randy Riddle, Romulo Uy, Julie Jordan, Leigh Franklin, Lynette Puccinelli, Sheila Bowman, Bonnie O'Brian, Jose Ordaz, Jerry Simonich, Arturo Bazaldua, Margie Pruitt, Eilene Troncatty, Gary Barlettani, Gill Berger, Ellen Ladd, Teresa Del Tiero.

Please call the office to Add, Remove OR Update names in our prayer list. Thank you! 831-373-2628 x10

FEBRUARY 11TH

Feast of Our Lady of Lourdes

Our Lady of Lourdes is a Roman Catholic title for the Virgin Mary, based on a series of 18 apparitions witnessed by a 14-year-old peasant girl, **Saint Bernadette Soubirous, in Lourdes, France, in 1858**. Between February 11 and July 16, 1858, Mary appeared to Bernadette in the **Grotto of Massabielle**. She described her figure as a young girl in a white dress with a blue sash and a yellow rose on each foot. During the 16th apparition on March 25, Our Lady revealed her name as "*I am the Immaculate Conception*," confirming a Catholic dogma proclaimed just four years earlier. During another encounter, Mary told Bernadette to dig in the dirt, leading to the discovery of a spring. The water from this spring is now famous for its reported healing properties, and the Church has officially recognized over 70 miraculous cures associated with it. The Sanctuary of Our Lady of Lourdes is now one of the world's most visited pilgrimage sites, attracting millions of visitors annually; especially the sick seeking physical and spiritual healing.



January 31 & February 1:

Plate Collection: \$ 12,940

Online: \$ 1,405

Total: \$ 14,345

Preservation & Maintenance: \$ 2,863

Second Collection: \$ 2,668

Online: \$ 195

THANK YOU FOR YOUR GENEROUS SUPPORT!

ANOTHER
PROJECT
COMPLETED!

RESTORING BEAUTY TO OUR SACRED SPACES

We extend our deepest gratitude to *Conlon Keator* of Decorative Arts for his talented work in restoring the image at the Grotto of Our Lady of Lourdes and Saint Bernadette. His artistry has breathed new life into this beloved site of prayer and reflection.

We also wish to recognize and thank the Knights of Columbus and the Knights of San Carlos for their generous sponsorship of this restoration in memory of Fran Aliotti. We invite all to visit the Grotto to see the beautiful results of this collaborative effort.

BRING YOUR PALMS!

As we prepare for the upcoming Lent 2026, we invite you to bring your blessed palms from last year so that they may be burnt and transformed into ashes, which will be used this year during our Ash Wednesday services. Place your palms in the basket placed by the Ambo. (Palms will be burnt on Feb. 14th & 15th)





February 2026



	SUNDAY	MONDAY	TUESDAY
FEBRUARY 2ND FEAST OF THE PRESENTATION OF THE LORD	IV ORDINARY TIME 1 7:30am—Mass 9:00am—Mass 10:30am—Mass 12:00pm— <i>Misa</i> (Español) 5:30pm—Mass	Presentation of the Lord 2 7:45am—Mass 12:15pm—Mass 7:00pm— <i>Evening Prayer</i>	Saint Blaise (Blessing of Throats) 3 7:45am—Mass 12:15pm—Mass
	V ORDINARY TIME 8 7:30am—Mass 9:00am—Mass 10:30am—Mass 12:00pm— <i>Misa</i> (Bilingual) 5:30pm—Mass	Presentation of the Lord 9 7:45am—Mass 12:15pm—Mass 7:00pm— <i>Evening Prayer</i>	Saint Scholastica 10 7:45am—Mass 12:15pm—Mass
	VI ORDINARY TIME 15 7:30am—Mass* 9:00am—Mass* 10:30am—Mass* 12:00pm— <i>Misa</i> * (Español) 5:30pm—Mass* * = Burning of Palms	[PRESIDENTS' DAY (USA)] 16 OFFICE CLOSED 7:45am—Mass 12:15pm— (NO MASS) 7:00pm— <i>Evening Prayer</i>	Saint Scholastica 17 7:45am—Mass 12:15pm— (NO MASS)
	I LENT 22 7:30am—Mass 9:00am—Mass 10:30am—Children's Mass 12:00pm— <i>Misa</i> (Español) 5:30pm—Mass	I LENT 23 7:45am—Mass 12:15pm—Mass 7:00pm— <i>Evening Prayer</i>	I LENT 24 7:45am—Mass 12:15pm—Mass
2 FEBRERO FIESTA DE LA PRESENTACIÓN DEL SEÑOR (CANDELARIA)			

Pews News!

Our new pews have been installed and they are not only beautiful, safe, and comfortable, but with your care and attention, we hope they will last for many years to come!

The kneelers have a hydraulic mechanism so please be gentle when lifting or lowering them. Take care in ensuring that your pew is tidy and free of anything that may damage or scratch the surface when in use. Thank you for your patience this week during installation!



Welcome Bishop Ramon Bejarano!

¡Bienvenido Obispo Ramón Bejarano!

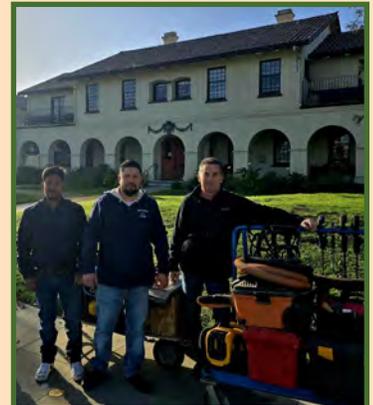
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p>	<p><i>Saint Agatha</i> 5</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p>	<p><i>Saint Paul & Martyrs</i> 6</p> <p>7:45am—Mass</p> <p>8:30am—Exposition</p> <p>12:15pm—Mass</p> <p>7:00pm—Adoration "Divine Mercy"</p>	<p>7</p> <p>2:30pm—Confessions</p> <p>4:00pm—Mass</p>
<p><i>Our Lady of Lourdes</i> 11</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p>	<p>12</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p>	<p>13</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p> <p>7:00pm—Adoration "Divine Mercy"</p>	<p><i>St. Cyril & St. Methodius</i> 14</p> <p>2:30pm—Confessions</p> <p>4:00pm—Mass*</p>
<p>ASH WEDNESDAY (Lent Begins) 18</p> <p>7:30am—Mass</p> <p>12:00pm—Mass</p> <p>5:30pm—Mass</p> <p>7:00pm—Misa (Español)</p>	<p>19</p> <p>7:45am—Mass</p> <p>12:15pm—(NO MASS)</p>	<p>20</p> <p>7:45am—Mass</p> <p>8:30am—Exposition</p> <p>11:30am—Stations of the Cross</p> <p>1:00pm—Mass with Bishop</p> <p>ICF LENTEN DINNERS @ HALL</p> <p>7:00pm—Via Crucis (Divine Mercy)</p>	<p>21</p> <p>2:30pm—Confessions</p> <p>4:00pm—Mass</p>
<p>25</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p>	<p>26</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p>	<p>27</p> <p>7:45am—Mass</p> <p>8:30am—Exposition</p> <p>11:30am—Stations of the Cross</p> <p>12:15pm—Mass</p> <p>ICF LENTEN DINNERS @ HALL</p> <p>7:00pm—Via Crucis (Divine Mercy)</p>	<p>28</p> <p>2:30pm—Confessions</p> <p>4:00pm—Mass</p>



THANK YOU



GRACIAS





Sunday, FEB. 8th
MEETING WITH PARENTS

Domingo, 8 de FEB.
JUNTA CON PADRES

NEXT
Sunday, FEB. 15th
NO CLASSES

PROXIMAMENTE
Domingo, 15 de FEB.
NO CLASSES

Come and Join our



San Carlos Cathedral
YOUTH GROUP



For Youth Ages 12-17
WEDNESDAYS
(1st & 3rd of the Month)

MEETINGS HELD:
in the UPPER ROOM in
the Cathedral Office

WE'RE BACK!!!

YOUNG ADULTS FRATERNITY NIGHT
Monterey Bay



SAN CARLOS CATHEDRAL FEBRUARY 11

500 Church St. Monterey, CA 93940

7:00 PM

FEBRUARY 25

MARCH 11

MARCH 25



AGES: 18-35

JOIN OUR WHATSAPP GROUP!



Order of Christian Initiation of Adults: News!

If you are feeling called to explore the Catholic Church, classes are beginning soon. In the sessions, all questions about Catholicism and living life in Christ will be explored. Unbaptized persons, baptized Catholics who have not yet received the Sacraments of Confirmation and Holy Communion, and baptized Protestants interested in Catholicism are all welcome.

For further information, please call 831-373-2628, Ext. 10, and leave a message for Kathleen Ryan who will return your call. Thank you!

Celebrating Sunday, February 8th
WORLD MARRIAGE DAY

Domingo, 8 de Febrero *Celebrando el*
DÍA MUNDIAL DEL MATRIMONIO



SCAN THE QR CODE & FOLLOW US ON



Pickup our weekly *MagnifiKid!* issue at the SCC Kiosk every Sunday!

iRecoje tu edición Semanal de MagnifiKid! en el Kiosco de SCC cada Domingo!



San Carlos Children's Liturgy of the Word

"Let the children come to Me!" (Mt 19:14)
Bring your child to Christ!



Children are invited to come forward and participate in the reading and sharing of Sacred Scripture, every Sunday during the 10:30 a.m. Mass.

DID YOU KNOW THAT..?

Chapter 58 of Isaiah connects being a "light" to practical actions like feeding the hungry and sheltering the homeless, which the Catechism of the Catholic Church refers to as the Corporal Works of Mercy.



¿SABÍAS QUE...?
El capítulo 58 de Isaías relaciona ser una "luz" con acciones prácticas como alimentar a los hambrientos y dar refugio a los sin techo, a las que el Catecismo de la Iglesia Católica se refiere como las Obras de Misericordia Corporales.

5TH SUNDAY IN ORDINARY TIME



The Little Ones

Jim Burrows



Jesus said to his disciples: "You are the light of the world." Mt 5:14

"What kind of deposit does Jesus make when He goes to the bank?"



"A Deposit of Faith."



The Deposit of Faith is the entirety of Divine Revelation, given once and for all by Christ and the Apostles, which is entrusted to the Catholic Church to be preserved and passed on.

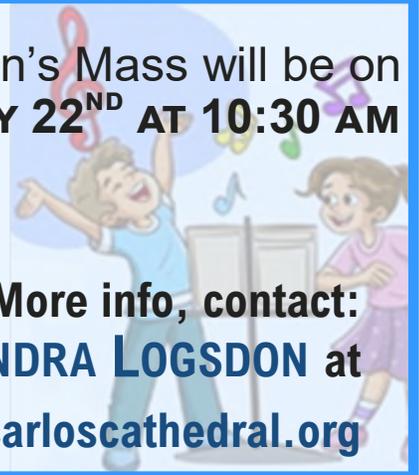
Church Chuckles



The next Children's Mass will be on
SUNDAY, FEBRUARY 22ND AT 10:30 AM

Please encourage your child(ren) join our
San Carlos Cathedral Children's Choir!
We will meet in the parish office
regularly on Wednesdays at 2:15 p.m.

More info, contact:
SANDRA LOGSDON at
[music @sancarloscathedral.org](mailto:music@sancarloscathedral.org)



**40 DAYS
FOR LIFE**
February 18-
March 29



**HELP SAVE
LIVES IN
SEASIDE!**

You can protect mothers and children by joining this worldwide mobilization! Through prayer, fasting and peaceful vigils, 40 Days Life has inspired 1,000,000+ volunteers

Here's how to take part:

Vigil location:

Public sidewalk at 625 Hilby Ave., Seaside

Vigil hours:

7 am to 7 pm daily

Local contact:

David Brownfield (831) 521-6102.

Email:

help@montereypeninsula.life

Learn more and get involved by visiting our

40DAYSFORLIFE.COM

2026 LENTEN FAST & ABSTINENCE

ASH WEDNESDAY and **GOOD FRIDAY** are obligatory days of FASTING and ABSTINENCE for Catholics. In addition, **FRIDAYS DURING LENT** are obligatory days of ABSTINENCE.

For members of the Latin Catholic Church, the norms on **FASTING** are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

The norms concerning **ABSTINENCE** from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

AYUNO Y ABSTINENCIA CUARESMA 2026

El **MIÉRCOLES DE CENIZA** y el **VIERNES SANTO** son días obligatorios de AYUNO y ABSTINENCIA para los católicos. Además, los **VIERNES DE CUARESMA** son días obligatorios de ABSTINENCIA.

Para los miembros de la Iglesia de rito latino, las normas de **AYUNO** son obligatorias desde la edad de 18 años hasta los 59. Cuando se ayuna, es permitido comer una comida completa, así como dos comidas más pequeñas que juntas no equivalgan a una comida completa.

Las normas sobre la **ABSTINENCIA** de carne aplican a los miembros de la iglesia católica de rito latino desde los 14 años en adelante.

Si es posible, el ayuno del Viernes Santo se continúa hasta la Vigilia Pascual (la noche del Sábado Santo) como el "ayuno pascual" para honrar el sufrimiento y la muerte del Señor Jesús y prepararnos para compartir más plenamente y celebrar más apropiadamente su Resurrección.

LENTEN OPPORTUNITIES

ADORATION OF THE BLESSED SACRAMENT

inside the Cathedral
Fridays during LENT
from **8:30AM -11:30AM**
followed by . . .



STATIONS OF THE CROSS



Led by the
Knights of Columbus

inside the Cathedral
Fridays at 11:30AM
followed by Mass at 12:15PM

2026 I.C.F. 43RD LENTEN DINNERS

FRIDAYS: Feb. 20th - Mar. 27th
San Carlos Cathedral Hall
500 Church Street in Monterey

HOURS: Doors Open at 4:30 PM
Takeouts: 5:00 p.m.-7:00 p.m.
Dining: 5:30 p.m.—7:00 p.m.

For more info, contact Elaine Valentine at
831-521-8026 / INFO.ICF36@gmail.com

www.MontereyICF.org



ITALIAN CATHOLIC FEDERATION
Santa Rosalia Branch 36/Monterey

EVENING PRAYER

Every Monday
7:00 – 7:30pm
in the Cathedral



LENTEN TALKS 2026

Presented by

Father Steven Bell, C.S.P.

Open to ALL SCC PARISHIONERS

Paulist Fr. Steven Bell leads parish missions, retreats, and workshops, all of which consider the importance of reconciliation and healing.

Fr. Steve previously was the associate director of Newman Hall / Holy Spirit Parish at the University of California at Berkeley and associate director of St. Thomas More Newman Center at The Ohio State University in Columbus, OH. He also previously served as associate pastor of St. Austin Church in Austin, TX, and as associate director of the media ministry *Busted Halo*. Fr. Steve serves on the board of directors of Fellowships at Auschwitz for the Study of Professional Ethics (FASPE). He is a faculty member for FASPE's seminary program, engaging with seminary and medical graduate students and Ethics professionals. A native of Washington, D.C., he was ordained a priest on June 22, 2008, by then-Archbishop Edwin O'Brien of the Archdiocese of Baltimore.

3 Evening Talks

MARCH 9TH—11TH

SAVE THE DATES!

LENTEN RECONCILIATION SERVICE

AT
SAN CARLOS CATHEDRAL

**TUESDAY, MARCH 17TH —
7:00PM**

**SEVERAL PRIESTS WILL BE AVAILABLE
TO HEAR CONFESSIONS.**

FRIDAYS OF ADORATION

Spend a HOLY HOUR before the Blessed Sacrament with the bilingual prayer of the **DIVINE MERCY "Via Crucis"** Fridays of Lent at 7:00 p.m., with EXPOSITION and BENEDICTION.

Pasa una HORA SANTA ante el Santísimo con la oración bilingüe de la **Via Crucis** a la **DIVINA MISERICORDIA** viernes de Cuaresma a las 7:00 p.m., con EXPOSICIÓN y BENDICIÓN.