



SAN CARLOS CATHEDRAL

Diocese of Monterey

March 1, 2026 - Second Sunday of Lent

Segundo Domingo de Cuaresma - 1 de Marzo del 2026

“JESUS TOOK PETER, JAMES AND JOHN HIS BROTHER, AND LED THEM UP A HIGH MOUNTAIN BY THEMSELVES. AND HE WAS TRANSFIGURED BEFORE THEM; HIS FACE SHONE LIKE THE SUN AND HIS CLOTHES BECAME WHITE AS LIGHT.”

—MATTHEW 17: 1-2



“JESÚS TOMÓ A PEDRO, A SANTIAGO Y A JUAN, EL HERMANO DE SANTIAGO, Y SE FUE CON ELLOS A UN CERRO MUY ALTO. Y SE TRANSIGURÓ DELANTE DE ELLOS. SU CARA BRILLABA COMO EL SOL, Y SU ROPA SE VOLVIÓ BLANCA COMO LA LUZ”.

—MATEO 17, 1-2

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

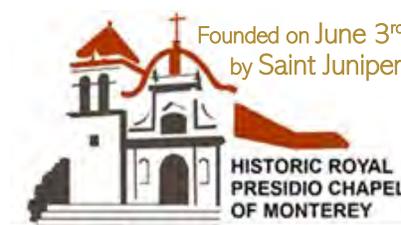
PARISH OFFICE

MONDAY – FRIDAY

9:00 AM – 2:00 PM

SATURDAY & SUNDAY

CLOSED



The Second Sunday of Lent (Year A) *by young-catholics.com*

The Second Sunday of Lent focuses on trust in God and the call to follow Him. The readings show how God leads His people and gives them strength for the journey.

- **God's Call to Trust:** God calls Abram to leave his home and go to a new land. This shows that faith means trusting God even when the future is unclear.
- **Jesus Reveals His Glory:** Jesus takes Peter, James, and John up the mountain and is transfigured before them. This moment shows that Jesus is more than a teacher—He is the Son of God.
- **Strength in Suffering:** Paul reminds Timothy to be strong in suffering for the Gospel. Following Jesus is not always easy, but God gives strength and grace.
- **God's Promise of Life:** Paul speaks of God's plan to bring life through Jesus. This reminds us that God's call leads to true life, not just for now but forever.
- **Listen to Jesus:** At the Transfiguration, God tells the disciples to listen to His Son. This reminds us to follow Jesus and trust what He teaches.
- **Faith Leads to Blessings:** Abram obeys God and is blessed. Faith in God always leads to something greater, even when we do not see it right away.

Today's Readings remind us that God leads, strengthens, and blesses those who follow Him.

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

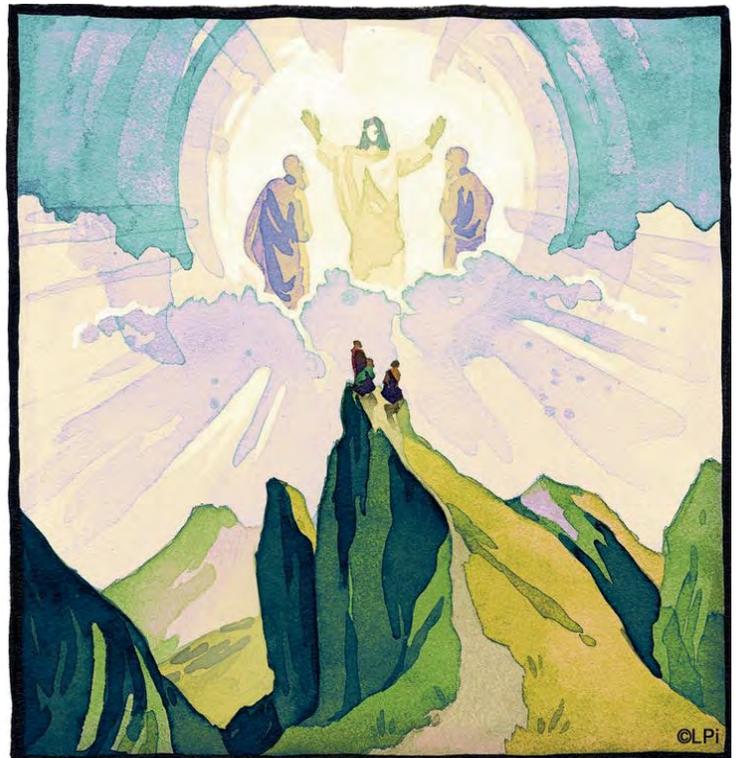
Saturdays at 2:30PM

At the RECTORY

(By the Carport next to restrooms)

EVENING PRAYER

Mondays at 7:00PM



Parish Staff

Most Rev. Ramón Bejarano, Bishop
Bishop 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)

Ruth Pineda, Baptisms/First Communion Coordinator
rpineda@sancarloscathedral.org / (Ext. 17)

Sr. Sharon McMillan, Mcmillan@sndden.org

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music@sancarloscathedral.org

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

Teri Dawn, Wedding Coordinator
tdawn@sancarloscathedral.org

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

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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 28– March 8th

Saturday, Feb 28

4:00 pm: +Carolyn Carlsen
Int. of Mary & Henry Benech
Int. of Michael & Jenna Rubio

Sunday, Mar 1 - II LENT

7:30 am: +Nicholas Silveira
Deceased members of the Acquaviva Family

9:00 am: **For All SCC Parishioners**

10:30 am: +Ann Knight
+Peter & Ursula Arancio
+Diego & Francesca Arancio

12:00 pm: +Joseph Peter Rossi
Int. of Esther Gutierrez

5:30 pm: +Elvira Fernanda Rosa
+Karen Baker

Monday, Mar 2

7:45 am: +Ann Mercurio

12:15 pm: +Carmelo & Francine Tringali
+Steve Petracca
Int. of Bud Johnson

Tuesday, Mar 3

7:45 am: Int. of Ken Goin

12:15 pm: Int. of Jose Ordaz
Int. of Jane Burke
Int. of Jerry & Peggy Johnson

Wednesday, Mar 4

7:45 am: +Dominic Mineo

12:15 pm: +Mary Ann Torrente
+Elaine Haase
Int. of Jerry Burke

Thursday, Mar 5

7:45 am: +Anna Marie Stanton

12:15 pm: +Enrico & Mary Imbriani
Int. of Steven Mullins
Int. of Adriane Mullins

Friday, Mar 6

7:45 am: +Pauline Cantin

12:15 pm: +Horace S. & Rose G. Cardinalli
+Anthony S. Compagno
+Marlene & Neno Aiello

Saturday, Mar 7

4:00 pm: +Hugh Walsh
+Alice Wabby
+Carolyn Carlsen

Sunday, Mar 8 - III LENT

7:30 am: **For All SCC Parishioners**

9:00 am: +Josephine Mercurio
+Annie Ferrante
Int. of Elias Valenzuela

10:30 am: +Jose Santos-Silva
+Kay Russo
+Josephine Mercurio & Annie Ferrante

12:00 pm: Int. of Lindsey & Leah Cummings

5:30 pm: For all Religious Sisters



THE SECOND SUNDAY OF LENT (YEAR A): Listen to Him

by Sr. Sharon McMillan, SNDdeN

The Holy Season of Lent begins with the Gospels of Jesus tempted in the desert, followed by an account of Jesus transfigured in glory before his disciples. Whether we are following the readings of Year A (this year), Year B, or Year C, these are the Gospels presented to us at the beginning of our Lenten reflection. The pattern of the readings shifts during a liturgical season also. During Ordinary Time, we knew that the Second Reading really was not related at all to the Gospel or First Reading. During Lent, however, all three readings are chosen with one particular focus. We see that this Sunday. After these first two weeks with the Gospel from St. Matthew, the Church turns to its most ancient choice of Lenten Gospels which come from St. John. The next three Sundays we follow the powerful and moving dialogues of Jesus with the Samaritan Woman, then with the man born blind, and then, at the raising of Lazarus, the conversations with his sisters Mary and Martha. It is such a blessing to know that we are united with Catholics in every land, journeying together through the life of Jesus as he transformed lives then and transforms us now.

The Gospel Matthew 17:1 - 9

The voice of God the Father identifies Jesus as his beloved Son, and then urges the disciples Peter, James and John to “listen to him.” As the catechumens among us prepare to die and rise with Jesus in Baptism at the Easter Vigil, and as we prepared to publically renew our baptismal vows before God and one another, the Father is speaking to us too: “Listen to him.” This account of the Transfiguration follows Jesus’ first prediction of his Passion and his explanation that discipleship entails taking up one’s own cross. We follow Jesus who appears on this mountain as the Light of the world, with a face like the sun and clothes white as light. He is in conversation with the great figures of the Old Testament, Moses and Elijah, representing the Law and the Prophets. Although this transfiguration is temporary, we know that Jesus reaches this state permanently by passing through suffering and death. Through his cross, Jesus enters into his glory and thus shows us the way to the fullness of life as his disciples who die and rise with him.

The First Reading Genesis 12:1 – 4a

In this reading, we see how God begins to form a people for himself, beginning with the call of Abram, a model of faith, hope, and obedience. He listened to God and believed that the impossible could happen. Accepting the incredible plan of God, he left everything behind. By his great faith, he was “transfigured” and became the father of many nations and the source of blessing – Abraham. The heart of the reading, for both catechumens and baptized is God’s love: God loves, chooses, and calls. The appropriate response from us is unconditional faith, and the reward for such faith is the inheritance of the promise of Christ.

The Second Reading 2 Timothy 1:8b - 10

Throughout Paul’s second letter to Timothy, we encounter a very human Paul writing to his protégé, Timothy, as one would write to a beloved son. He counsels Timothy about how to be a good minister of Gospel – a call from God that will entail suffering but also the experience of God’s strength to bear it...much like Abraham’s call. Paul invites us to consider our own call to a holy life and how the grace and appearance of Christ Jesus enlightens and “transfigures” our life. This week may we too “bear our share of hardship for the sake of the Gospel with the strength that comes from God.”

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, 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, Jason Buhl, Yanet Ramirez., Sandra Gillian.

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



GOT LENT?

Give your time and talent to **SAN CARLOS CATHEDRAL'S HOLY WEEK & EASTER CHOIR!**

Help inspire these *bilingual liturgies* with Bishop Ramon:

Holy Thursday, April 2, 6 PM

Easter Vigil, April 4, 8 PM

Easter Sunday, April 5, 9 AM (English Only)

Easter Sunday, April 5, Noon (*Spanish*)**

Rehearsals on Thursday evenings starting February 26th

TO SIGN UP, CONTACT:

Elaine Miller 831-238-2075 or elainem33@aol.com

(sorry, no texting)

**** for Noon Easter Mass, contact Citlalli Hernandez,
831-392-7336 or hernandez.citlalli05@gmail.com**

42nd ANNUAL SAINT JOSEPH CELEBRATION

**Come and
join in the joy
and celebrate St. Joseph's Day!**

The St. Joseph Society donates to Loaves & Fishes, St. Vincent de Paul, Salvation Army, and San Carlos Cathedral.

Saturday, March 14^h, 2026

Mass at 11:00 a.m. at San Carlos Cathedral
Light luncheon served afterwards at the Hall

For more information, please contact:
Mary at 831-375-2009
or Bea at 831-649-3216

Come and Join our



San Carlos Cathedral

YOUTH GROUP

Next Meeting March 4th

For Youth **Ages 12-17**

WEDNESDAYS
(1st & 3rd of the Month)

MEETINGS HELD:
in the **UPPER ROOM** in
the
Cathedral Office



March 2026



	SUNDAY	MONDAY	TUESDAY
MARCH 19TH SOLEMNITY OF SAINT JOSEPH	II LENT 1 7:30am—Mass 9:00am—Mass 10:30am—Mass 12:00pm— <i>Misa</i> (Español) 5:30pm—Mass	2 7:45am—Mass 12:15pm—Mass 7:00pm— <i>Evening Prayer</i>	3 7:45am—Mass 12:15pm—Mass
	III LENT 8 7:30am—Mass 9:00am—Mass 10:30am—Mass 12:00pm— <i>Misa</i> (Bilingual) 5:30pm—Mass	9 7:45am—Mass 12:15pm—Mass 7:00pm—<i>Lenten Talks—Fr. Steven Bell</i>	10 7:45am—Mass 12:15pm—Mass 7:00pm—<i>Lenten Talks—Fr. Steven Bell</i>
	IV LENT 15 7:30am—Mass 9:00am—Mass 10:30am—Mass 12:00pm— <i>Misa</i> (Español) 5:30pm—Mass	16 7:45am—Mass 12:15pm—Mass 7:00pm— <i>Evening Prayer</i>	17 7:45am—Mass 12:15pm—Mass
	V LENT 22 7:30am—Mass* 9:00am—Mass* 10:30am—Children's Mass* 12:00pm— <i>Misa</i> * (Español) 5:30pm—Mass* <small>* = Guest Priest from <i>Unbound</i></small>	23 7:45am—Mass 12:15pm— (NO MASS) 7:00pm— <i>Evening Prayer</i>	24 7:45am—Mass 12:15pm— (NO MASS)
19 MARZO SOLEMNIDAD DE SAN JOSÉ	PALM SUNDAY 29 7:30am—Mass 9:00am—Mass 10:30am—Children's Mass 12:00pm— <i>Misa</i> (Español) 5:30pm—Mass	30 7:45am—Mass 12:15pm— (NO MASS) 7:00pm— <i>Evening Prayer</i>	3 7:45am—Mass 12:15pm— (NO MASS)



**SPRING CLEANING TIME IS AROUND THE CONRER!
WE NEED YOUR DONATIONS!**

Please remember Branches Resale Shop for any items you no longer need. Donations accepted: Tuesday-Saturday; 10-4 pm or call us at 831-375-4780

Thank you for your support!

*Located 1 block down from
San Carlos Cathedral*



Welcome Bishop Ramon Bejarano!

¡Bienvenido Obispo Ramón Bejarano!

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 7:45am—Mass 12:15pm—Mass	5 7:45am—Mass 12:15pm—Mass	6 7:45am—Mass 8:30am—Exposition 11:30am—Stations of the Cross 12:15pm—Mass ICF LENTEN DINNERS @ HALL 7:00pm—Via Crucis (Divine Mercy)	7 2:30pm—Confessions 4:00pm—Mass
11 7:45am—Mass 12:15pm—Mass 7:00pm—Lenten Talks—Fr. Steven Bell	12 7:45am—Mass 12:15pm—Mass	13 7:45am—Mass 8:30am—Exposition 11:30am—Stations of the Cross 12:15pm—Mass ICF LENTEN DINNERS @ HALL 7:00pm—Via Crucis (Divine Mercy)	14 11:00am—Mass to St. Joseph 2:30pm—Confessions 4:00pm—Mass*
18 7:45am—Mass 12:15pm—Mass	19 <i>SAINT JOSEPH</i> 7:45am—Mass 12:15pm—Mass 7:00pm—Misa (Bilingual)	20 7:45am—Mass 8:30am—Exposition 11:30am—Stations of the Cross 12:15pm—Mass ICF LENTEN DINNERS @ HALL 7:00pm—Via Crucis (Divine Mercy)	21 2:30pm—Confessions 4:00pm—Mass*
<i>THE ANNUNCIATION</i> 25 7:45am—Mass 12:15pm—(NO MASS)	26 7:45am—Mass 12:15pm—(NO MASS)	27 7:45am—Mass 8:30am—Exposition 11:30am—Stations of the Cross 12:15pm—Mass ICF LENTEN DINNERS @ HALL 7:00pm—Via Crucis (Divine Mercy)	28 2:30pm—Confessions 4:00pm—Mass

The loaves & fishes food pantry is in need of the following items from either Costco or Dollar Tree... or anywhere you may shop! As we continue our Lenten promises to give alms, please consider donating to the food pantry.

COSTCO

- SPAM
- Canned Chicken
- Canned stock or broth in box or cans
- Chewy protein bars from Costco
- Ritz crackers
- Saltine Crackers
- Packets: dry Spaghetti spice mix.
- Ziplock bags: portion, snack, quart, sandwich
- Protein bars (10g of protein)

DOLLAR TREE

- 1 case of mayonnaise
- 1 case mustard
- 1 case strawberry or grape jelly
- 1 case oil
- Can openers
- Ziplock bags: portion, snack, sandwich, quart
- Shelf stable milk
- Instant Coffee
- Hot Chocolate



With your help we can keep our pantry shelves stocked with items that assist our brothers and sisters most in need. God bless you!



Sunday, MAR. 1st
REGULAR CLASSES

Domingo, 1 de MAR.
CLASE NORMAL

NEXT
Sunday, MAR. 8th
MEETING WITH PARENTS

PROXIMAMENTE
Domingo, 8 de MAR.
JUNTA CON PADRES

The Diocese of Monterey Invites You



KIMBERLY
KRAMAR



FR. LOUIE
BELLEN



ELIAS
LOPEZ



NANCY
MELENDEZ

LENTEN RETREAT

YOUNG ADULTS - AGES 18 TO 35
SATURDAY MARCH 14TH 2026
9:00 AM TO 5:00 PM

LOCATION:

Madonna Del Sasso Parish Hall
320 E Laurel Dr, Salinas, CA 93906

TOPIC:

Lenten Spirituality

REGISTER HERE:



Register by February 28th!
Fee: \$20 (Lunch will be provided)

YOUNG ADULTS FRATERNITY NIGHT

*(Meeting, Music, Snacks, Reflections,
Games, Community, & Sprinkles!)*

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!



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..?

WHEN JESUS TOOK THREE OF HIS APOSTLES UP THE MOUNTAIN AND GAVE THEM A VISION OF HIS TRUE GLORY, SHINING BRIGHT AS THE SUN, HE DID SO AS A LITTLE TASTE OF HEAVEN. HE GAVE THEM A PRE-VIEW OF THE GLORY HE WOULD RETURN TO AFTER HIS DEATH AND RESURRECTION. HE GAVE THEM A REASON TO HOPE!

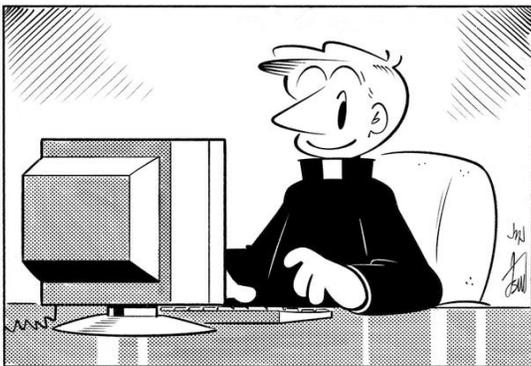
SABIAS QUÉ..?

CUANDO JESÚS LLEVÓ A TRES DE SUS APÓSTOLES AL MONTE Y LES DIO UNA VISIÓN DE SU VERDADERA GLORIA, BRILLANDO COMO EL SOL, LO HIZO COMO UN PEQUEÑO ANTICIPO DEL CIELO. LES DIO UN VISTAZO DE LA GLORIA A LA QUE VOLVERÍA DESPUÉS DE SU MUERTE Y RESURRECCIÓN. ¡LES DIO UNA RAZÓN PARA TENER ESPERANZA!

2ND SUNDAY OF LENT



"Why did the priest use email?"



"To send **Mass messages.**"



During the season of Lent, it's a good idea to attend weekly Mass. Lent is a time to realign our hearts back to Christ, and there's no better way to accomplish this than participating in the Holy Mass!

Church Chuckles

The Little Ones

Jim Burrows

HI, JESUS? SORRY I MISSED YOUR CALL. I THOUGHT YOU WERE SPAM



HOLA, JESÚS. DISCULPA, NO TE LLAMÉ. PENSE QUE ERAS SPAM

©Burrows 2020

Beloved:

Jesus saved us and called us to a holy life, not according to our works but according to his own design 2 Tim 1:9

February 21 & 22:

Plate Collection: \$10,150.00
Online: \$2,245.00
Total: \$12,395.00

Ash Wednesday: \$8,142.00



THANK YOU FOR YOUR GENEROUS SUPPORT!

**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 CUARESMAL 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**.