



SAN CARLOS CATHEDRAL

Diocese of Monterey

March 22, 2026 - Fifth Sunday of Lent

Quinto Domingo de Cuaresma - 22 de Marzo del 2026

AND WHEN HE HAD SAID THIS,
HE CRIED OUT IN A LOUD VOICE,
“LAZARUS, COME OUT!”

—JOHN 11:43



LUEGO GRITÓ CON VOZ POTENTE:
“¡LÁZARO, SAL DE AHÍ!”

—JUAN 11,43

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

The Fifth Sunday of Lent invites us to reflect on life, resurrection, and faith in God's power. The readings remind us of God's promise to bring new life and His power over death.

- **Resurrection and New Life:** God promises to raise His people from their graves and give them new life. Jesus fulfills this by raising Lazarus, showing His power over death and pointing to His own resurrection.
- **Power of the Spirit:** The Spirit of God brings life and renewal. The second reading reminds us that the same Spirit that raised Jesus will give life to our mortal bodies.
- **Faith and Trust in Jesus:** Martha shows faith in Jesus even in her grief. Jesus calls her and all believers to trust in Him as the resurrection and the life.
- **God's Glory Revealed:** Jesus explains that Lazarus's death will glorify God. The miracle strengthens the faith of those who witness it, showing Jesus' identity as the Son of God.
- **Hope Beyond Death:** The readings remind us that death is not the end. God's promise of resurrection gives hope and calls us to live with faith and courage.
- **Jesus' Compassion and Humanity:** Jesus is deeply moved by the grief of Mary and Martha. His tears show His compassion and His sharing in human suffering.

The Fifth Sunday of Lent challenges us to believe in Jesus as the source of life and hope. It invites us to trust in God's promise of resurrection and live in faith.

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 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

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srsujatha@sancarloscathedral.org / (Ext. 28)

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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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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 March 21st-29th

Saturday, Mar 21

4:00 pm: +Alice Wabby
Int. of Mary Ellen Ryan
Dec. members of the Gallaro & Dubé Families

Sunday, Mar 22 - V LENT

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

9:00 am: +Elvira Fernanda Rosa
+Ateh Asongwe
+Josephine Mercurio

10:30 am: +Joseph, Vitina, & Rosetta Pironi
+Les & Eva Flores
+Joseph, Victoria & Vicki Real

12:00 pm: +Marlene Mary Torrente
+Maria Esther Gutierrez

5:30 pm: +Eleonora Sampognaro
+Cosimo Bruno

Monday, Mar 23

7:45 am: +Connie Rozzi
Int. of Patricia Boyle

12:15 pm: **(NO MASS)**

Tuesday, Mar 24—(Chrism Mass 11AM @ Madonna del Sasso)

7:45 am: +Josefina Ordaz

12:15 pm: **(NO MASS)**

Wednesday, Mar 25 - The Annunciation of the Lord

7:45 am: +Giuseppe, Christina & Leonarda Aliotti

12:15 pm: **(NO MASS)**

Thursday, Mar 26

7:45 am:
12:45 pm: **(NO MASS)**

Friday, Mar 27

7:45 am: +Roger Theisen
Int. of Joey Murray

12:15 pm: +Horace S. & Rose G. Cardinalli
+Manuel Bercovich
+Mina Lee

Saturday, Mar 28

4:00 pm: +Giuseppe V. Spadaro
+Carolyn Carlsen
+Mary Benech

Sunday, Mar 29 - PALM SUNDAY

7:30 am: +Annie Ferrante
+Rosine Culcasi
+Shirlie Ivers

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

10:30 am: +Diego & Francesca Arancio
+Joe & Anna Panetta
Int. of Michael & Jenna Rubio

12:00 pm: +Joseph Peter Rossi
+Kevin Currall
+Amparo Beltran

5:30 pm: +Josephine Mercurio
+Tito Rablo
+William Dinucci



THE FIFTH SUNDAY OF LENT (YEAR A): CHRIST, THE RESURRECTION AND THE LIFE

by Sr. Sharon McMillan, SNDdeN

On the Third, Fourth, and Fifth Sundays of Lent this year we have been listening in on the Church's most intimate and spiritual preparation for those who will be baptized at the Easter Vigil. The Gospel readings for these weeks are the stories of the woman at the well (or the Samaritan woman), the man born blind, and the raising of Lazarus. These Gospel passages from St. John's Gospel are the ancient and traditional choice of the early Christian Church in Rome to put before their catechumens with the questions: what do you thirst for? who are you thirsting for? what are your blindnesses? how might Jesus open your eyes and your heart? are there any patterns which are self-destructive in your behavior? what are your deepest longings for life and resurrection? And we, the baptized, have the joy of listening in on these iconic Gospel stories and asking ourselves these same questions as we prepare to baptize the catechumens and to publicly renew our own baptismal vows before God and one another.

The Gospel John 11:1 – 45

Today's Gospel offers us another set of conversations between Jesus, his disciples, and the sisters of Jesus' friend Lazarus who has died. The sisters, Martha and Mary, come to deeper faith in Jesus who reveals to them, in the face of the grievous loss of their brother, that he is the resurrection and the life. Jesus is not the one who reminds us of the resurrection; he is not the one who provides life. Jesus IS the resurrection and the life. Death has no power over him. And death has no power over anyone whom Jesus calls to "Come out!" of whatever grave or tomb a person might be trapped in. Jesus uses the death of his dear friend Lazarus as an opportunity to reveal the Father's almighty power over the grave and over all death. The catechumens and we the baptized immerse ourselves in this powerful Gospel, asking Jesus, Lord of life, to call us out of any tombs in which we find ourselves, and to fill us with his life-giving Spirit.

The First Reading Ezekiel 37:12 – 14

In today's First Reading, the striking imagery of God opening graves and raising the Israelites out of their graves clearly links to Jesus' actions in today's Gospel. Israel has undergone death as a nation and faced what seemed to be a hopeless situation; only God's own Spirit can truly bring them back to life. Through the Prophet Ezekiel, God announces to captive Israel that freedom will come, as surely and miraculously as the dead shall rise from their graves.

The Second Reading Romans 8:8 - 11

The theme of being enlivened by God's Spirit is also heard in today's Second Reading. In the age to come, this same Spirit who raised Jesus from the dead will raise our mortal bodies also. What a tremendous teaching of our faith this is! Through the Spirit, God, who raised Jesus from the dead, gives life to bodies claimed by death. Throughout this central passage of the letter to the Romans, Paul is building his case about the triumph of spirit over flesh, life over sin and death. Because of the powerful content of today's other readings, this passage helps Christians understand how the powers of Christ over death apply very personally to the lives of each us whose faith is in Christ Jesus.

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 Leonardo, 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, Jason Buhl, Yanet Ramirez, Sandra Gilliam, Eduardo Osorio.

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

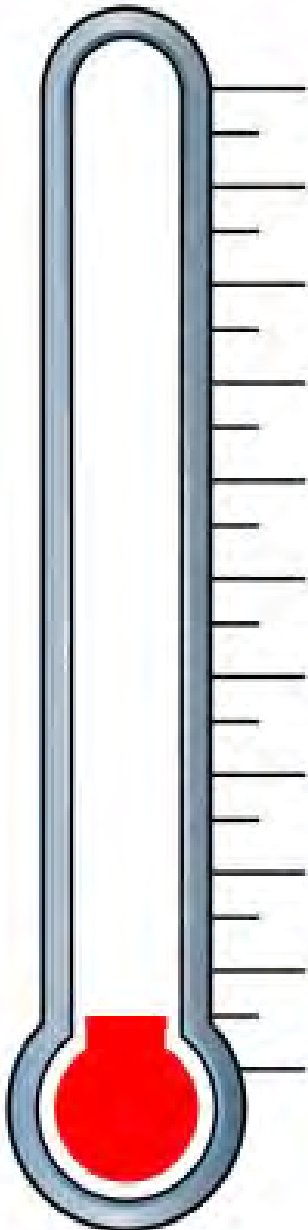
March 14 & 15:

Plate Collection: \$
Online: \$
Total: \$



THANK YOU FOR YOUR GENEROUS SUPPORT!

2026
GOAL: \$157,100.00
SCC Parish Goal



\$37,100.00
Diocesan Goal

Dear Parishioners of San Carlos Cathedral,
Peace and blessings to you all.

As we kickstart our 2026 Annual Ministries Appeal (AMA), I reflect on the incredible spirit of stewardship that defines our community. Thanks to your extraordinary generosity last year, we did more than just meet our \$100,000 goal—we exceeded it! We received from the diocese a Return totaling \$59,615 (\$1,615 more than our own set goal.) With a heart full of gratitude, I thank you for those contributions. Your sacrifice allowed us to successfully complete our *new pews* project, a vital improvement that continues to make our sacred space a welcoming and beautiful place to worship for us today and for future generations. This project had a total cost of \$172,451.13

This year, I invite you to prayerfully consider your gift to the 2026 AMA. Our mission continues, and your support is essential for us to maintain our historic Cathedral through ongoing improvements and to cover the associated operating costs that allow our ministries to flourish. Some of our future projects we hope to develop include new fencing around our Hall parking lot, and extending our church Atrium towards the front our Cathedral Office.

The AMA is not merely a collection; it is a way for us to sustain the "Living Stones" of our parish. This is our only parish fundraiser. Whether you can give a little or a lot, please know that every gift, joined with others, makes a profound impact.

Thank you for your continued love for San Carlos Cathedral. May God bless you and your families abundantly.


Faithfully yours in Christ,

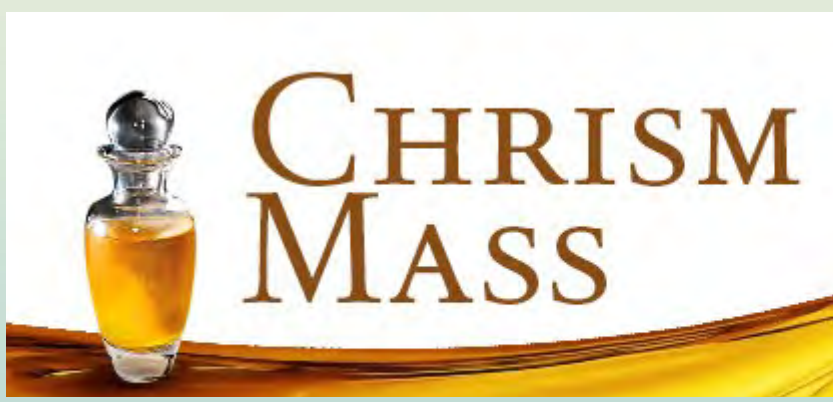
Very Rev. Victor Ommar Solis
Pastor/Rector, San Carlos Cathedral



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—Lenten Talks—Fr. Steven Bell	10 7:45am—Mass 12:15pm—Mass 7:00pm—Lenten Talks—Fr. Steven Bell
	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 Unbound</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>	31 7:45am—Mass 11:00am—Chrism Mass @ Madonna 12:15pm—(NO MASS)



Come and join Bishop Ramon in this beautiful celebration of the Diocese of Monterey.

Madonna del Sasso Parish
 320 E Laurel Dr, Salinas, CA 93906
 Tuesday, March 31st at 11:00 A.M.



Welcome Bishop Ramon Bejarano! ¡Bienvenido Obispo Ramón Bejarano!

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7:45am—Mass 4</p> <p>12:15pm—Mass</p>	<p>7:45am—Mass 5</p> <p>12:15pm—Mass</p>	<p>7:45am—Mass 6</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>7</p> <p>2:30pm—Confessions</p> <p>4:00pm—Mass</p>
<p>7:45am—Mass 11</p> <p>12:15pm—Mass</p> <p>7:00pm—Lenten Talks—Fr. Steven Bell</p>	<p>7:45am—Mass 12</p> <p>12:15pm—Mass</p>	<p>7:45am—Mass 13</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>14</p> <p>11:00am—Mass to St. Joseph</p> <p>2:30pm—Confessions</p> <p>4:00pm—Mass*</p>
<p>7:45am—Mass 18</p> <p>12:15pm—Mass</p>	<p><i>SAINT JOSEPH</i> 19</p> <p>7:45am—Mass</p> <p>12:15pm—Mass</p> <p>6:00pm—Misa (Bilingual)</p>	<p>7:45am—Mass 20</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>21</p> <p>2:30pm—Confessions</p> <p>4:00pm—Mass*</p>
<p><i>THE ANNUNCIATION</i> 25</p> <p>7:45am—Mass</p> <p>12:15pm—(NO MASS)</p>	<p>26</p> <p>7:45am—Mass</p> <p>12:15pm—(NO MASS)</p>	<p>7:45am—Mass 27</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>

ECO-STATIONS OF THE CROSS

Eco Stations of the Cross will be celebrated on
Friday March 27th
Meet at 4PM in front of the cathedral.

Join members of Care for Creation as we walk around
Lake El Estero Park for approximately 1/2 mile,
grateful for the gifts of God's creation, in song and prayer.
In case of rain, we will have the stations
inside the church.





Faith Formation

Early Registration for 2026-27 is OPEN!
¡La inscripción anticipada para el año 2026-27 está ABIERTA!

Sunday, MAR. 22nd **Domingo, 22 MAR.**
REGULAR CLASS **CLASE REGULAR**

OCIC Retreat: Sunday, March 29th

Sunday, MAR. 29th - April 5th
NO CLASS

Domingo, 29 MAR.- 5 ABR.
NO CLASE



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

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 Thursday Evenings

To SIGN UP, CONTACT:
 Elaine Miller 831-238-2075
 (sorry, no texting)
 or elainem33@aol.com
**** for Noon Easter Mass, contact**
 Citlalli Hernandez,
 831-392-7336 or
hernandez.citlalli05@gmail.com



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 & hours:

Public sidewalk at 625 Hilby Ave., Seaside
 7 am to 7 pm daily

Local contact:

David Brownfield (831) 521-6102.
help@montereypeninsula.life

Learn more & get involved; visit our campaign

40daysforlife.com/seaside

Do you love to sing? Join the

SAN CARLOS CATHEDRAL CHILDREN'S CHOIR

for Grades 2-8

Why Join?
 Learn joyful music in English, Latin, and Spanish.
 Lead our parish in worship.
 Make friends, grow in confidence,
 and celebrate faith through song.

Rehearsals
 Wednesdays, 2:15-3:30 PM
 Parish Office

Upcoming Event(s)
 Palm Sunday - March 29th - 10:30am -
 Mass in the Church
 Easter Sunday - April 5th - 10:30am -
 Mass in the Hall

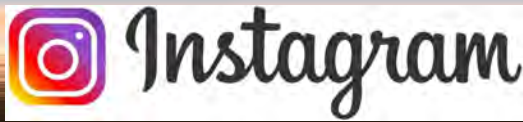
How Parents Can Help

- ✓ Volunteer as a rehearsal chaperone (Diocese requires at least one parent helper per rehearsal).
- ✓ Provide snacks on a rotating schedule.
- ✓ Help your child attend all rehearsals and performances.
- ✓ Let the director know if your child will miss a practice.
- ✓ Share your musical gifts - parents are welcome to join with an instrument!

To register and/or for more info., contact:
Sandra Logsdon
music@sancarloscathedral.org
 (831) 373-2628 | Text "SCC Choir" to: (831) 247-4737



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..?

The story of Jesus raising Lazarus reminds us that God brings life where there seems to be only loss. Jesus meets Mary and Martha in their grief and weeps with them before calling Lazarus out of the tomb. His tears show that He understands human sorrow, and His words show His power to bring hope even in the darkest moments.

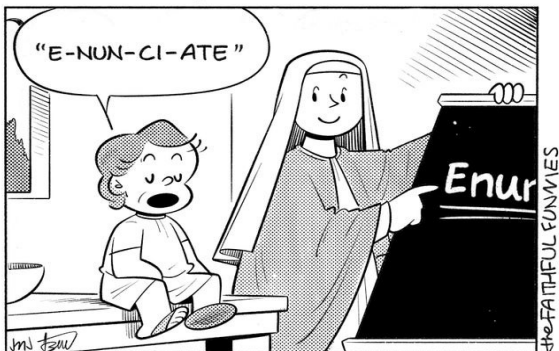
SABIAS QUÉ..?

La historia de Jesús resucitando a Lázaro nos recuerda que Dios trae vida donde parece haber solo pérdida. Jesús se encuentra con María y Marta en su dolor y llora con ellas antes de llamar a Lázaro fuera del sepulcro. Sus lágrimas muestran que Él comprende el dolor humano, y Sus palabras muestran Su poder para traer esperanza incluso en los momentos más oscuros.

5TH SUNDAY OF LENT



"What was it called when young Jesus tried to pronounce a word?"



"The enunciation of the Lord."

FUN FACT! On the feast of the Annunciation, we commemorate the moment the Angel Gabriel visited Mary and announced to her that she was to be the mother of Jesus, by the power of the Holy Spirit.

Church Chuckles

The Little Ones

Jim Burrows

POR SUPUESTO, LA VIDA CONTINÚA. PODEMOS ESCUCHAR LA VOZ DE JESÚS EN ESTA VIDA Y EN LA SIGUIENTE

OF COURSE LIFE LIVES ON. WE CAN HEAR JESUS'S VOICE IN THIS LIFE AND THE NEXT



Jesus cried out in a loud voice, "Lazarus, come out!" The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, "Untie him and let him go." Jn 11:43-44



**SPRING CLEANING
TIME IS AROUND THE CORNER!**

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**

Located 1 block down from San Carlos Cathedral

**THANK FOR HELPING US SUPPORT
SAN CARLOS SCHOOL!**



Young Adult Mass

with

THE MOST REVEREND
RAMÓN BEJARANO
BISHOP OF MONTEREY



Please join us for a
Lenten meal
following Mass in
the church hall.

Date: Friday, March 27
Time: 6:00 PM
Location: Sacred Heart Church
22 Stone St, Salinas, CA 93901
**AGES 18-35 ARE WELCOME
TO JOIN US**

PLEASE RSVP BY MARCH 20



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.



We invite you to make note of the **Holy Week Schedule**, which begins with **Palm Sunday** next weekend, and to fully participate in this most holy time of our Church.

On Holy Thursday, we remember the example of humility and love that Our Lord Jesus gave us as he washed the feet of His disciples. We invite you to take part in this sacred ritual by following the prompts of the ushers during Mass. May Holy Week be a time of renewal and spiritual connection for all of us.

HOLY WEEK

Semana Santa



Palm Sunday

Domingo de Ramos



Holy Thursday

Jueves Santo



Good Friday

Viernes Santo



Holy Saturday

Sabado de Gloria



Easter Sunday

Domingo de Pascua

Saturday

4:30PM Vigil Mass

Sunday

7:30AM Mass

9:00AM Mass

10:30AM Mass

12:00PM Misa

5:30PM Mass

8AM Morning Prayer

Mass of the Lord's Supper
Misa de la Ultima Cena

6:00PM
*Livestreamed
(in Cathedral Hall)

8AM Morning Prayer

11:30AM Stations of the Cross

The Lord's Passion

12:00PM
*Livestreamed
(Cathedral Hall)

6:30PM

Via Crucis &

Adoracion de la Cruz

8AM Morning Prayer

Easter Vigil
Vigilia Pascual

8:00PM
*Livestreamed
(in Cathedral Hall)

7:30AM Mass

9:00AM Mass

10:30AM Mass

12:00PM Misa
*Bilingual

All Masses in Cathedral Hall