

Weekend of February 20, 2022

Seventh Sunday in Ordinary Time

No, the guardian of Israel
neither sleeps nor slumbers.
-Psalm 121:1-4

UPCOMING EVENTS

Sunday Mass is livestreamed @ 8:00 AM, Barona.
Just go on Facebook under Herman Manuel

FEBRUARY

February 19 & 20 – ACA Collection weekend.
Envelopes are in back of the church. Thank you for
your generosity.

Sunday, February 20 – Children’s Mass on all
reservations, homily will be by Mark Price.

Thursday, February 24 – Barona Clubhouse,
Town Hall Meeting with Bishop Robert McElroy.
6:00 p.m. – Dinner will be served.
7:00-9:00 p.m. – Meet with Bishop
He will be coming to hear from us our concerns
regarding our country and our church as we strive to
live our Catholic faith.

Friday, February 25 – 6:30 p.m. **How can we help
with anxiety and depression in our youth?**
Zoom and in person event
Good Shepherd Parish
8200 Gold Coast Drive, San Diego
Questions? Mental Health Ministry (858) 271-0207
ext: 1275

MARCH

March 2 – Ash Wednesday Schedule
Barona 8:00 a.m. and 6:00 p.m.
Sycuan 5:00 p.m.
Viejas 7:00 p.m.

**Exposition of the Blessed Sacrament followed by
the Anointing of the Sick**
Friday, March 11 - Barona: 8:30 a.m. – 9:30 a.m.
Friday, March 18 – Viejas: 10:00 a.m. – 11:00 a.m.
Friday, March 25 – Sycuan: 10:00 a.m. – 11:00 a.m.

This new Mass schedule will stay in effect until the
Covid-19 crisis is over. Thanks for your patience.

Barona:

Mass: Tuesday through Friday. Rosary at 7:45 AM, Mass
at 8:00 AM. @ Shrine

Sunday: Sunday 8:00 AM. @ Shrine

Confessions: By appointment only

Adoration: 1st Fri. of the month (8:00 AM).

Viejas:

Sunday: Sunday, 10:30 AM. @ Church

Confessions: By appointment only.

Sycuan:

Sunday: Sunday Mass 12:00 noon @ the Church

Confessions: By appointment only



Sue Kierig, Martha Boone, Donna Berardi, Daniel Vicaldo,
Kash Osuna-Sutton, Anthony Pico, Dolly Albano, Mike
Montes, Mae Guerrero, Susanna Gotell, Agnes Ruiz,
Rosario Ravasco, Minerva Mayor, Michele Nikas Beaman,
Richard Nikas, Purita Amparo, Wendy Reyes, Abraham
Pascual, Richard Padua, Irmina Gines, Gimo Manuel, Joyce
Martinez, Elvira Hapin, Dustin Lutze, Deloris Louck, David
Ramos, Felix Chiu, Edna De La Cruz Yusi, Marlon
Amaranto, Sam Halabo

Please check prayer list and add names as desired.

RELIGIOUS EDUCATION CLASSES (K-High School)

Barona: Class meets on Thursday, 3:00 p.m.

I lift my eyes to the mountains;
From where shall come my help?
My help shall come from the Lord,
Who made heaven and earth.

The Lord will keep your foot from stumbling. Your
guard will never slumber.

March 13, 14, 15 – Barona, 6:30 p.m. LENTEN
RETREAT 2022 – Following Jesus on the Journey by
David L. Ungerleider, SJ
March 15 at 7:00 p.m. – Lent Reconciliation Service



Forgiveness Will Make You Free

A reflection on the 7th Sunday in Ordinary Time

Everyone has at one time, or another been wounded by someone or, at least, we believe we have been hurt or offended deeply in our hearts. Yes, my friends, life can be cruel and hurtful at times. Because of this we can accumulate a tremendous burden of resentments, grudges, hatred, and anger. We all know someone who has nursed a grudge for years and who is consumed with their anger, justified or not. Sometimes those wounds are slight and sometimes serious and extreme, especially if it is at the hands of someone we love and trust. These wounds can be real, and our anger justified.

My father had two siblings one, who never married, the other married with his family lived together their entire lives well into their eighties. At some point in their late teens, they had a big disagreement, an event they never forgot and ended up never forgiving each other. They refused to talk to each other for the rest of their lives. They lived and died bitter, spiteful and unhappy siblings. Other people avoided them because they were so unpleasant to be around. Their entire lives were consumed with their hatred and anger. What a terrible loss.

In today's Gospel, Jesus gives us the solution to our anger and wounds. "Be merciful as your Father is merciful." He asks us to love our enemies and to be good to those who harm and hate us. The key is forgiveness, to forgive those who wound us and hurt us no matter how severe those wounds are. I read a beautiful and inspiring story that I cried at the end about a deacon whose belief in the virtue of forgiveness was put to the test when his 18-year-old daughter was murdered by two men in the process of robbing their home. She was murdered in a brutal and unnecessary way. According to him, at first, he was enraged and his anger, although justified, consumed him. Furthermore, it was with him night and day and he thought of nothing else but his wounds and his anger. But eventually he also recalled the words of Christ that His followers must be willing to forgive, no matter what the injury is. That to continue to hate was contrary to everything that Jesus taught. He said that the moment he came to the point where he could truly forgive the two murderers, through much prayer, there was a sense of peace that was tangible as he let go of his anger and hatred. "To be able to forgive brought closure to me," he said. He added, "Forgiveness is at the very core of

Christianity and is the most divine thing anyone can do. Forgiving frees us who are victims of hurt to go on with our lives. Forgiving does not mean that the wound will disappear, but it will allow you to be able to live with that wound." The deacon said that while he was consumed with his anger, he was unable to perform his duties at work or church with any degree of efficiency. But when he freed himself by forgiveness, he regained his sense of humor and became more of himself.

Jesus means for us to struggle through our feelings of righteous anger and resentment until we find the thread of mercy and forgiveness that breaks the cycle of hatred and anger, or resentment and revenge. The virtue of forgiving can be the result of a long process of recalling the hurtful incident and then letting it go. Another's actions may have been wrong and destructive. But that does not make that person an unforgivable person, no matter what the wrong is. We must make the choice to forgive another despite our feelings to the contrary. That choice truly leads us to freedom.

The virtue of forgiveness finds its fullest expression in the challenge of Jesus to love our enemies. His very life is an example to us of forgiveness from the very start of his public ministry to his forgiveness of the thief on the cross. We are all the recipients of that divine forgiveness. No matter how far any of us has strayed from God, He always gives us a chance and leads us back to Him who is ready to forgive us. God touches us in our sinfulness, which is part of our very humanity, and is there to forgive us. God's forgiveness is the love He has for us that reaches into the dark spaces of our failings and brokenness, raises us up, and holds us in the palm of His hand until we are healed. The love of God and His willingness to forgive us gradually leads us from our sinful ways to a life of grace and purpose.

Jesus calls us to be a forgiving people. He calls us to ask for forgiveness from those we have wounded and to forgive those who have wounded us. This is our call today as followers of Christ. "Pardon and you will be pardoned – Forgive and you will be forgiven". Is there someone you need to ask for forgiveness today for some wound you inflicted? Is there someone you need to forgive today for something they did to you? DO IT! In doing so, forgiveness will make you free.