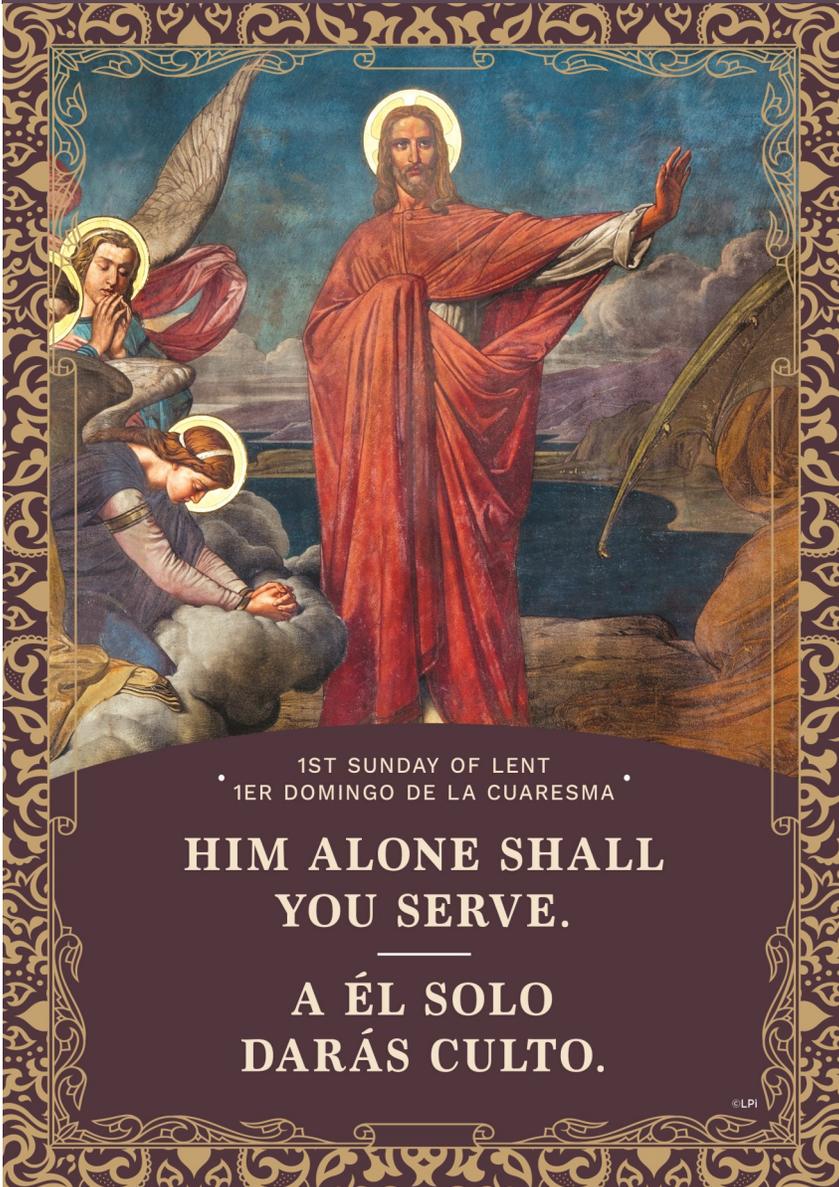


February 22, 2026



1ST SUNDAY OF LENT
1ER DOMINGO DE LA CUARESMA

**HIM ALONE SHALL
YOU SERVE.**

**A ÉL SOLO
DARÁS CULTO.**

©LPI

**GOSPEL MEDITATION - ENCOURAGE DEEPER
UNDERSTANDING OF SCRIPTURE**

Matthew 4:1-11

Ash Wednesday marks the beginning of Lent. The liturgical colors change, signifying a special time of conversion and repentance. Lent is a time to encounter Jesus in the desert, inviting us to conversion and reconciliation with all that separates us from God. It is also a time of profound spiritual renewal, prayer, fasting, and giving to those in need. This is important because it helps us arrive at Easter, the Resurrection of Jesus Christ, with a pure and clean heart.

There will be many temptations that we must reject and overcome. This is achieved through a sincere approach to the Sacrament of Reconciliation. Let us remember that temptations are always seductive and deceptive. The Lord Jesus was tempted by the devil three times in the desert and emerged victorious. In the end, the Gospel tells us: "Then the devil left him, and angels came and ministered to him" (Matthew 4:11). Following in Jesus' footsteps is important during this Lenten season. How can we follow him, you might ask? By trusting in his Word, praying as a family, as Pope Leo XIV asked us to do, and having an altar in our home, where we can see that God is the center of our lives. These small details lead us to Truth and Life, which is God himself. Let us ask the Lord that his Word may penetrate the lukewarmness of our hearts this Lent, so that it may strengthen our weaknesses and not let us fall into temptation, as we say in the Lord's Prayer.

— *Father John Muir*

©LPI

Bulletin is on the Parish Website at www.blessedsacrament-sandiego.org

Blessed Sacrament Catholic Church

4540 El Cerrito Drive
San Diego, CA 92115

Website:

www.blessedsacrament-sandiego.org

Parish E-Mail:

info@blessedsacrament-sandiego.org

Phone: 619-582-5722

Clergy:

Pastor: Fr. Danh Pham, SVD

In Residence: Fr. Raymundus Wea, SVD

Retired Deacon: Tony Albers

Retired Deacon: Herb Kelsey



MASS SCHEDULE

Saturday

English 5:00PM (Vigil)

Sunday

English 8:30AM & 10:30AM

Español 4:00PM

Weekdays

Monday - Friday: 8:00AM English

Holy Days & Special Services:

See the parish bulletin

RECONCILIATION:

Saturday 4:00PM - 4:45PM

**Devotion to Our Mother
of Perpetual Help**

Tuesdays directly following
the 8:00am Mass

**Adoration of the
Blessed Sacrament**

1st Friday of the month
following the 8:00am Mass until 9:00am

Parish Information & Resources

Parish ID# for United Way Contributions is 9753



PRAYER GROUP MEETINGS

Encuentros de Conversión Católica

Se reúne los Martes
de 6:30pm a 9:00pm

INFO: Roberto Reyes
619-453-3003

PARISH OFFICE HOURS

HORAS DE OFICINA

Monday/Lunes:

12:30pm - 4:30pm

Tuesday thru Friday

Martes a Viernes

8:30am - 4:30pm

PARISH OFFICE

619-582-5722

info@blessedsacrament-sandiego.org

Administrative Staff

Jeanine Yin, ext. 100
Administrative Assistant

Maria Tello, ext. 129
Office Assistant - **Se habla español**

REGISTRARSE EN LA OFICINA

Si aún no está registrado en la parroquia, comuníquese con la oficina parroquial.

Incluso si viven en el mismo hogar y son familias separadas, deben registrar a su familia por separado.

Si es mayor de 18 años y vive con sus padres, es soltero o tiene su propia familia, también debe registrarse por separado.

BIENVENIDO

Le invitamos a registrarse para ser un miembro y damos la bienvenida a nuevos miembros

¡Comprométase con Blessed Sacrament!
info@blessedsacrament-sandiego.org

SACRAMENTS

Marriage Information:

619-582-5722

Those wishing to be married must contact the priest at least 9 months before the marriage date.

Baptism Information:

Parish Office: 619-582-5722

Baptism Classes are now available on the 1st Monday of the month in English & 3rd Thursday of the month in Spanish.

Please call the Parish Office for additional information.

Faith Formation:

Paul A. Lopez, ext. 124

Faith Formation Coordinator habla Español

Info: faithform@blessedsacrament-sandiego.org

First Communion, Confirmation, & Order of Christian Initiation for Adults (OCIA)

Anointing of the Sick:

Contact Parish Office: 619-582-5722

Funeral Arrangements:

Contact Parish Office: 619-582-5722



Welcome New Members

Make a Commitment to your Church.
Join our faith community!

Registration forms are available at the Parish Office. Call (619) 582-5722 or Email the parish office at info@blessedsacrament-sandiego.org

MINISTRIES

Altar Servers

Contact Parish Office
619-582-5722

Eucharistic Ministers

Ed Snyder 619-865-9398

Lectors

Sheila Kennedy 858-699-2529

Ushers

Parish Office 619-582-5722

Adoration Chapel

Parish Office 619-582-5722

OTHER MINISTRIES

Cares for Kids

Teresa Markey 619-582-2141

Culture of Life

Margie Morrison 619-582-8651

Knights of Columbus

Join the Blessed Sacrament Knights of Columbus

Men of the parish are invited to become members.

*Meetings are now on the **3rd Sunday** of the month in the Parish Hall at 10:00am*

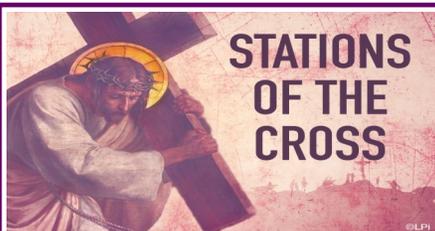
Come to a meeting to learn more or contact Bruce O'Dell 619-280-3226

Blessed Sacrament Auxiliary open to all Parishioners 18 years & older

Meetings are on the **2nd Thursday** of the month in the Parish Hall Social Gathering 6:00pm & Meeting 6:30pm - 8pm

President: Cathie Senoff
(619) 952-1036

PARISH COMMUNITY ANNOUNCEMENTS



STATIONS OF THE CROSS

Join Us for
Stations of the Cross
 Beginning February 20
 Every Friday during Lent
 in the Church

6:00pm in English
 7:00pm in Spanish



IN MISSION, WE ARE ONE EN MISIÓN, SOMOS UNO

Annual Catholic Appeal In-Pew Pledge Weekend: February 21 - 22 "In Mission, We Are One"

This appeal supports Catholic Schools, Faith Formation, Catholic Charities, Clergy Formation and Support.
 Please participate in our "In Pew Pledge Weekend."
 Use the special brochure/envelope provided.

You can make a pledge or donate during this time or take the brochure home and return it later or you can pledge or donate online at: sdcatholic.org/giving then select "Annual Catholic Appeal."

Our parish goal this year is \$21,875.00.
 All donations over our goal will be returned to our parish.
 Please give generously! Thank you for your support!



Blessed Sacrament Lenten Penance Service

Wednesday, March 4
 at 7:00pm

We will have extra priests to assist.



Blessed Sacrament Parish Project Eden Gardening & Cleanup

Saturday, February 28
 8:00am to 11:00am
 Meet in the parish parking lot
We always need volunteers!

One time or any time you can help would be greatly appreciated.

We need volunteers to help spruce up the parish grounds. If you can bring your broom, dust pan, rake, blower, gloves, etc. to help it would be appreciated.

If you have questions contact Annemarie Brennan at 619-993-4019.

Sunday Hospitality Hosts

- 1st week: Blessed Sacrament Auxiliary
 - 2nd week: Hispanic Community
 - 3rd week: Knights of Columbus
 - 4th week: Hispanic Community
 - 5th week: Cares for Kids
- Thank you to all our hosts!**

Prayer Requests on the Cross

At the side door of the Church is a cross. As part of your Lenten journey, you may place a self-stick prayer request on the cross. Let's pray for one another's intention.



Blessed Sacrament Financial Donations 2026

To keep our parish functioning we need your help. Please continue to give your donations at Mass, by mail or go to our website and give online.
www.blessedsacrament-sandiego.org
 Click the **Giving** tab

Collection Amounts for:

February 14 - 15: **\$3,732.50**
 January Online Giving: **\$5,819.30**
 Thank you for your continued support!



Join us for Sunday Morning Hospitality

In the Parish Hall following the
 8:30am and 10:30am Masses.

This Sunday in the Parish Hall following the 8:30am and 10:30am Masses, our Hispanic Community will be our hosts.

They will be selling American Breakfast, Mexican Food, Pastries and Soda. Coffee is provided.

Join your faith community for social time and fellowship.

PRAYERS & PARISH COMMUNITY ANNOUNCEMENTS



Cares for Kids will not meet in February. The meeting has been postponed until Monday, March 2, 2026. THANK YOU FOR YOUR SUPPORT. Teresa Markey

January 31, 2026 UPDATE on Church Roof, Windows & Walls Repairs
Thanks to your generous donations we have finished the 1st Phase of the Church Roof, Windows and Walls Repairs. The expenses so far is **\$140,133.00** of the **\$163,086.21** we have raised so far. We still need your support to continue the repairs.
Thank You!

Church Roof, Windows and Walls Repairs
As of January 31, 2026 we have received donations of **\$163,086.21** for the Church, Roof, Windows, & Walls Repairs.

Our GOAL is \$500,000

We have a long way to go!

You can give your donation any time, just make sure you designate it for Church Repairs.

Please use the Gold Envelope.

Thank you for your continued support!



THANK YOU for your generosity

Thank you to everyone for continuing to give to our Church Roof, Walls, and Windows Repairs Fundraiser.

A Special Thank You this month to the African Catholic Community that celebrates Mass once a month at Blessed Sacrament Parish. Their Community donated \$5,000 for the church repairs.

SAVE THE DATE
Saturday, April 18
Blessed Sacrament Auxiliary BINGO - BUNCO PARTY
Tickets go on Sale beginning March 14 & 15 after the weekend Masses.
Tickets are \$30 per person.
Lunch catered by Cupids Catering.

WHY DO WE DO THAT? - CATHOLIC LIFE EXPLAINED

Take Up Our Cross

Question:
What does Jesus mean when he talks about taking up our cross?

Answer:
Our journey of faith begins in baptism. When we are faithful to it, we find God's plan for us, his way of allowing us to participate in his saving work, which in turn becomes for us our own salvation. Stated simply, we share in the mission of Jesus each day. We live our life with all of its ups, downs, joys, and sorrows in union with the mission of Jesus. Our work then is holy. It is joined to the cross, God's will for Jesus — the way in which he destroys sin and death and makes eternal life possible. His sacrifice accomplishes what we ourselves cannot do.

To take up the cross, then, means that we share in the mission of Jesus and so embrace the sufferings of the cross. It is our daily life made holy, given a redemptive mission. It is our purpose and goal to unite our life to that of Christ. St. Paul says it best, "If we have grown into union with him through a death like his, we shall also be united with him in the resurrection" (Rom 6:5). ©LPi

READINGS FOR THE WEEK

- Sunday:** Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11
- Monday:** Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46
- Tuesday:** Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15
- Wednesday:** Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32
- Thursday:** Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12
- Friday:** Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26
- Saturday:** Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48
- Next Sunday:** Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22/2 Tm 1:8b-10/Mt 17:1-9

SUNDAY'S READINGS

- First Reading:** The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life. (Gn 2:7)
- Psalm:** Be merciful, O Lord, for we have sinned. (Ps 51)
- Second Reading:** For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous. (Rom 5:19)
- Gospel:** At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights. (Mt 4:1-2)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved. ©LPi

ANUNCIOS DE LA COMUNIDAD PARROQUIAL



Viacrusis

A partir del 20 de Febrero

Todos los Viernes de
Cuaresma en la Iglesia

6:00pm en inglés

7:00pm en español

La Reconciliación



**Blessed Sacrament
Servicio de Confesiones
de Cuaresma**

Miércoles, 4 de Marzo
a las 7:00 pm

Habrá varios sacerdotes
para asistir

Gracias

Gracias por su Generosidad!

**Gracias a todos por seguir
contribuyendo a la
recaudación de fondos para
la reparación del techo, las
paredes y las ventanas de
nuestra iglesia.**

**Un agradecimiento especial
este mes a la Comunidad
Católica Africana que
celebra la misa mensualmente
en la parroquia del
Santísimo Sacramento. Su
comunidad donó \$5,000 para
la reparación de la iglesia.**

IN MISSION,
WE ARE ONE

EN MISIÓN,
SOMOS UNO



**Cooperación Anual Católica
Fin de Semana de Compromiso de Donación
en la Iglesia: 21 - 22 de Febrero**

"En Misión, Somos Uno"

Participe en nuestro "Fin de Semana de Donaciones en las Bancas".

Use el folleto/sobre proporcionado para este fin de semana.

Esta campaña apoya a las escuelas católicas, la formación en la fe, Caridades Católicas y la formación y apoyo del clero.

Puede hacer una donación durante este tiempo o llevarse el folleto a casa y devolverlo más tarde or también puede hacer una donación en línea en:

sdccatholic.org/giving y luego seleccionar Annual Catholic Appeal.

Nuestra meta parroquial este año es de \$21,875.00.

Todas las donaciones que superen nuestra meta se devolverán a nuestra parroquia.

Por favor done generosamente! ¡Gracias por su apoyo!



LENT
CUARESMA

LAS LECTURAS DE LA SEMANA

Domingo: Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

Lunes: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

Martes: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15

Miércoles: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

Jueves: Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12

Viernes: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26

Sábado: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

Domingo siguiente: Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22/2 Tm 1:8b-10/Mt 17:1-9

Petición de Oración En la Cruz

A un lado de la Puerta de la Iglesia hay una cruz. Como parte de la jornada de Cuaresma, puede poner una nota de petición de oración en la cruz. Oremos unos por otros y por sus intenciones

ORACIÓN – PARA TODOS LOS DÍAS
Y PARA TODOS

Bendición Cuaresmal

Bendícenos en Tu misericordia, Señor, al entrar en estos 40 Días de Cuaresma. Usa este tiempo para llamarnos, ungirnos, unirnos, fortalecernos e inspirarnos de nuevo. Como un buen pastor, enséñanos Tu voz y danos la fuerza para seguirla. Amén.

©LPi

**Consulte el resto del boletín
para obtener más
información parroquial.**

PRAYERS FOR OUR COMMUNITY

| DAILY PRAYER FOR PRIESTS | MASS INTENTIONS | Pray for the Sick & the Deceased of our Community |
|--------------------------|-----------------|---|
|--------------------------|-----------------|---|

SUNDAY, February 22
Rev. Joaquin (Boom) Martinez, SJ

MONDAY, February 23
Rev. Joseph Masar

TUESDAY, February 24
Very Rev. Devadhasan Masillamony

WEDNESDAY, February 25
Rev. Michael McFadden, OSA

THURSDAY, February 26
Rev. Patrick McGivern

FRIDAY, February 27
Rev. Peter McGuine

SATURDAY, February 28
Rev. Edward McKenzie, OFM

Pray for Priests and Vocations
"Now we ask you to respect those who work hard among you...Hold them in the highest regard in love because of their work."
(1 Thess. 5:12, 13, NIV)

SATURDAY, February 21
5:00 pm - Jorge & Refugio Olvera - †

SUNDAY, February 22
8:30 am - For the birthday of Paulette Fowler - Marie Fletcher - †
10:30 am - Blessed Sacrament Parishioners
4:00 pm - Teresa Alvarez - †
- Emiliano Duran & Leocadia Rojas - †
- Macedonio Lopez & Antonina Garcia - †

MONDAY, February 23
8:00 am -

TUESDAY, February 24
8:00 am -

WEDNESDAY, February 25
8:00 am - For peace and comfort for Marie Fletcher's Family

THURSDAY, February 26
8:00 am - Thereesa Hou - †

FRIDAY, February 27
8:00 am -

SATURDAY, February 28
5:00 pm - Therese Luu Thuong Tuyet - †

SICK

Águeda Carrasco Reyes
Laurie Aranda
Cora Anderson
Francisca Santana
Yuvathano Yin-Paing
Olivia Solomon
Billy Quyen Van Pham
Patrick Conaty
Vern Boyce
Angelica C. Esparza
Bill Condit
Deacon Herb Kelsey
Tim Parker
Joe Newton
Kathie Watkins
Patricia Brady
Patricia Cadava
My Thi Kieu Pham

DECEASED

Kate Cameron
Steve Haine

Invitation to Bring Up the Gifts During Mass

We like to invite single people, couples or families the opportunity to bring up the gifts of bread and wine during the weekend masses. If you would like to present the gifts please write your name (s) on the **Sign-Up Sheets** posted by the church side middle door table. All are welcome to participate in the presentation of the gifts!

Please Notify the Ushers!





Kate Cameron

Blessed Sacrament's long time organist and pianist for over 20 years passed away recently. Kate played beautiful music at our Sunday 8:30am Masses with the choir. We send our prays and condolences to Kate's family.

PRAYER – FOR EVERYDAY AND EVERYBODY

Lenten Blessing

Bless us in Your mercy, Lord, as we enter these 40 Days of Lent. Use this time to call, anoint, bind, strengthen, and inspire us anew. Like a good shepherd, teach us Your voice, and give us the strength to follow. Amen. ©LPi

Our Parish Bulletins are Paid for by our Advertisers. Say Thank You by Supporting them with your business!

Pray for the Sick 

Our list of seriously ill parishioners gets long

To continue to keep a person's name on the sick list you must contact the parish office the first of each month otherwise the name will be removed.

We must also have the sick person or the family's permission to publish a name on our list. We appreciate your cooperation and understanding.



BLESSED SACRAMENT PARISH ONLINE GIVING

You create a profile and can start, modify, set-up recurring or one time donation directly from your checking, savings, credit or debit card accounts at YOUR convenience (24/7).

All information is kept confidential.

Questions call the parish office at 619-582-5722 or email Susan Orelli at

bspbookkeeper@blessedsacrament-sandiego.org.



PARROQUIA DEL SANTÍSIMO SACRAMENTO DONACIONES EN LÍNEA

Puede crear un perfil y comenzar, modificar o programar donaciones recurrentes o únicas directamente desde su cuenta corriente, de ahorros, tarjeta de crédito o débito, cuando le resulte más conveniente (las 24 horas del día, los 7 días de la semana). Toda la información se mantiene confidencial.

Si tiene preguntas, llame a la oficina parroquial al 619-582-5722 o envíe un correo electrónico a Susan Orelli a

bspbookkeeper@blessedsacrament-sandiego.org.

BLESSED SACRAMENT 2025 TAX DONATION LETTERS

Tax donation letters are provided by request.

Please email:

bspbookkeeper@blessedsacrament-sandiego.org

to receive a copy of your 2025 tax letter.

Your tax donation letter will be emailed to you.

You must be a registered parishioner for donations to be tracked.

We Thank You for your Continued Support of your Parish!

CARTAS DE DONACIÓN DE IMPUESTOS 2025

Las cartas de donación de impuestos no se distribuirán en masa.

Envíe un correo electrónico a

bspbookkeeper@blessedsacrament-sandiego.org

Para recibir una copia de su carta de impuestos. Su carta de donación de impuestos le será enviada por correo electrónico. Debe ser un feligrés registrado para poder realizar un seguimiento de las donaciones.

¡Le agradecemos su continuo apoyo a su Parroquia!



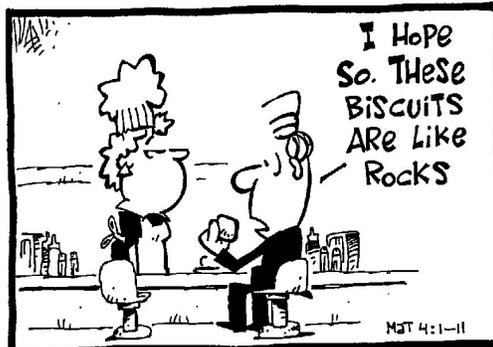
DIocese OF SAN DIEGO

As previously announced by the Diocese in 2022, at the conclusion of a three-year visitation, the Apostolic See (*specifically the then-Congregation for Institutes of Consecrated Life and Societies of Apostolic Life*) by means of a Decree dated 13 May 2022 and approved in forma specifica by Pope Francis, suppressed the religious institute formerly known as the Trinitarians of Mary. With this suppression, the former members of the Trinitarians were automatically dispensed from their vows and are no longer permitted to present themselves as religious. There is no right of appeal, and the Trinitarians have ceased to exist as a religious institute recognized by the Catholic Church.



DIÓCESIS DE SAN DIEGO

Tal como fue anunciado previamente por la Diócesis en 2022, al concluir una visita canónica de tres años, la Sede Apostólica (*específicamente la entonces Congregación para los Institutos de Vida Consagrada y las Sociedades de Vida Apostólica*), mediante un Decreto fechado el 13 de mayo de 2022 y aprobado en forma specifica por el Papa Francisco, suprimió el instituto religioso anteriormente conocido como las Trinitarias de María. Con esta supresión, las antiguas miembros de las Trinitarias quedaron automáticamente dispensadas de sus votos y ya no están autorizadas a presentarse como religiosas. No existe derecho de apelación, y las Trinitarias han dejado de existir como instituto religioso reconocido por la Iglesia Católica.



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Cynthia Duran

cduran@4LPi.com
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