



IMMACULATE HEART OF *M*ARY

— Parish Mission + Mision Parroquial —

*With Mary, we seek to know Christ better and to make him better known through our words and actions.
Con María, deseamos conocer mejor a Cristo y darlo a conocer por medio de nuestras acciones y palabras.*

SEVENTH SUNDAY IN ORDINARY TIME — FEBRUARY 23, 2025



500 Fairview Avenue • Brentwood, CA 94513 • (925) 634-4154 • FAX (925) 516-9340
Website: www.ihmbrentwood.com — E-Mail: ihmchurch@ihmbrentwood.com
Office Hours: Monday-Friday 9:00 am-4:00 pm

The Pastor's Page/Página del Pastor

+
Bishop of the Diocese of Oakland
The Most Rev. Michael C. Barber, SJ

+
Parish Office: (925) 634-4154
Mon-Fri Office Hours: 9 AM - 4 PM

+
Office Staff

Office Manager
x106 - **Carol Ilch-Rojo**
crojo@ihmbrentwood.com
Secretary
x105 - **Lucy Pedroza**
lpedroza@ihmbrentwood.com
Administrative Assistants
x109 - **Ana Ellenberger**
aellenberger@ihmbrentwood.com
x120 - **Connie Simon**
csimon@ihmbrentwood.com
Bookkeeper
x104 - **Lori King**
lking@ihmbrentwood.com

+
Pastoral Staff

Director of Faith Formation
x117 - **Linda Kortuem**
lkortuem@ihmbrentwood.com
Director of Youth Ministry
x107 - **Julie Figueroa**
ihmyouthbrentwood@gmail.com
Director of Music
x112 - **Jerome Cuenco**
jcuenco@ihmbrentwood.com

Missionary Sisters - (925) 513-8154
Sr. **Januaría Beleño**, MSS
Sr. **Guadalupe Grande**, MSS
Sr. **Maria Teresa Rodriguez**, MSS

Permanent Deacons

Deacon **John Kortuem**
(925) 698-6362
dcnjohn@ihmbrentwood.com
Deacon **Paul Abenoja**
dcnpaulabenoja@ihmbrentwood.com
Deacon **Leland DeFrates**
dcnleland@ihmbrentwood.com
Deacon **Ron Horan** (Retired)

+
Priests

Fr. **Quang Dong**, Pastor
x102 - frquang@ihmbrentwood.com
Fr. **Candelario Jimenez**, Parochial Vicar
x103 - frcjimenez@ihmbrentwood.com
Fr. **Huong Dinh**, Parochial Vicar
X160—frhdinh@ihmbrentwood.com

Pastoral Council Chair

Jey Navat
JNavat.IHM@gmail.com

Dear families of the Immaculate Heart of Mary,

We listen quite a while before we get to the "punch line" of the first reading today: even though it would be an easy thing to do, David will not harm the anointed one of the Lord. We, of course, know that Jesus is the Messiah, the anointed one of God, but the Bible uses this term for many different people. It is scripture's way of indicating who has been chosen by God for a special place and mission in salvation history.

In today's Gospel, Jesus presents a greatly enlarged list of those who, as children of God, we should not harm, but love instead: our enemies, those who curse us or do us harm, those who owe us money, the ungrateful, the wicked. The point of Jesus' teaching is not to encourage these kinds of behaviors in others, but rather to form us in the image of our heavenly Father by increasing our opportunities to love unconditionally, expecting no return; to be merciful and forgiving, even when it would be easier not to.

Immaculate Heart of Mary, pray for us.

Fr. Quang

+++++

Queridas familias del Inmaculado Corazón de Maria,

Escuchamos por un buen rato antes de llegar a la "culminación ingeniosa" de la primera lectura de hoy: si bien hubiera sido fácil hacerlo, David no causará daño al ungido del Señor. Nosotros, por supuesto, sabemos que Jesús es el Mesías, el ungido de Dios, más la Biblia usa ese término para distintas personas. Es la manera bíblica de indicar quién ha sido elegido por Dios para un lugar y misión especial dentro de la historia de la salvación.

En el Evangelio de hoy, Jesús presenta una abultada lista de aquellos a quienes, por ser hijos de Dios, no debemos dañar, sino más bien amar: nuestros enemigos, los que nos maldicen o nos hacen daño, los que nos deben dinero, los ingratos, los malvados. El punto de la enseñanza de Jesús no es alentar esos tipos de comportamiento en otros, sino más bien formarnos a imagen de nuestro Padre celestial cuando incrementamos las oportunidades para amar incondicionalmente, sin esperar nada a cambio; ser misericordiosos y compasivo, aun cuando sería más fácil no serlo.

Inmaculado Corazón de Maria, ruega por nosotros.

Padre Quang

**Regular
Mass
Schedule.
Holiday and
Feast Days
may be
different.**

Weekday Masses/Misas Diarias

Monday, Wednesday, Friday: 8:00AM (English) - Tuesday, Thursday, Saturday: 8:00AM (Bilingual)

Saturday Vigil Mass

5:00PM (English)

Sunday Mass/Domingo Misa

7:30AM (English) - 9:00AM (English) - 10:45AM (Español) - 12:30PM (English) - 2:00PM (Español)
5:00PM - Traditional Roman Rite (Latin)

Confessions

Tuesdays 6:00PM - 7:00PM & Saturdays 3:30PM - 4:30PM

Prayers & Weekly Scriptures/Oraciones y Lecturas de la Semana

MASS INTENTIONS FOR THE WEEK INTENCIONES PARA MISAS DE LA SEMANA

Saturday, February 22nd

8:00 am † Frankie Heinisch
5:00 pm Antonio Barajas - Birthday

Sunday, February 23rd

7:30 am † Frederick G. Ellenberger
9:00 am IHM Parishioners
10:45 am † Vitalina Oseguera
12:30 pm † Rigo Del Real
2:00 pm † Delfina Cruz Hernandez
5:00 pm † Mama Rita

Monday, February 24th

8:00 am Kristina Timmons - Birthday

Tuesday, February 25th

8:00 am † Pierre Souriac

Wednesday, February 26th

8:00 am † Maria Alba de Sanchez

Thursday, February 27th

8:00 am † Jesusita y Roman Sandoval

Friday, February 28th

8:00 am † Carmen Serna

Saturday, March 1st

8:00am Legion of Maria - Special Intention

Please join us the first Saturday of each month at Holy Cross cemetery for a Mass at 11:00am.



Vengan el primer sabado del mes al Cementerio de Holy Cross a la Misa de las 11:00am.

Sick Relatives & Friends Parientes y Amigos Enfermos

Jim and Lee Huckstein, Ramon Antonio Toledo, Lyndsey Burrow Ryan McCleod, Robert Wallpe, Chris Heuer, Tom Kane, Dawn Lanphere, Adrian Rojo *** Tom Smith, Marica Jacobo, Anika Cacik, Georgia Thompson, Emiliano Martinez, Tarrel Waters, Nancy Anicama, Mike Harris, Joseph Patrick Mahoney, Robert Koftinow.



READINGS FOR THE WEEK LECTURAS DE LA SEMANA

Monday:	341: Sir 1:1-10 Mk 9:4-29	Ps 93: 1-2, 5
Tuesday:	342: Sir:2:1-11 27-28, 39-40	Ps 37-3-4, 18-19, Mk 9:30-37
Wednesday:	343: Sir 4:11-19 171-172, 174-175	Ps 119: 165, 168, Mk 9:38-40
Thursday:	344: Sir 5:1-8 Mk 9:4-50	Ps 1:1-4, 6
Friday:	345: Sir 6:5-17 27, 34-35	Ps 119:12, 16, 18, Mk 10:1-12
Saturday:	346: Sir 17:1-15 Mk 10:13-16	Ps 103:13-18
Sunday:	84: Sir 27:4-7 1 Cor 15:54-58	Ps 92:2-3, 13-16 Lk 6:39-45

Entrance Hymn**Love Divine, All Loves Excelling**
HYFRYDOL

1. Love di-vine, all loves ex-cel-ling, Joy of heav'n, to
 2. Come, al-might-y to de-liv-er; Let us all your
 3. Fin-ish then your new cre-a-tion, Pure and spot-less,



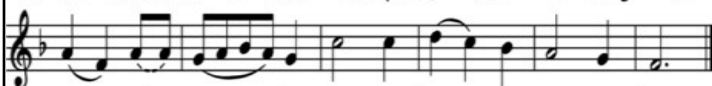
1. earth come down! Fix in us your hum-ble dwell-ing; All your
 2. life re-ceive; Sud-den-ly re-turn and nev-er, Nev-er-
 3. gra-cious Lord; Let us see your great sal-va-tion Per-fect-



1. faith-ful mer-cies crown. Je-sus, source of all com-pas-sion,
 2. more your tem-ples leave. Lord, we would be al-ways bless-ing,
 3. ly in you re-stored. Changed from glo-ry in-to glo-ry,



1. Love un-bound-ed, love all pure; Vis-it us with
 2. Serve you as your hosts a-bove, Pray, and praise you
 3. Till in heav'n we take our place, Till we sing be-



1. your sal-va-tion, Let your love in us en-dure.
 2. with-out ceas-ing, Glo-ry in your pre-cious love.
 3. fore the al-might-y, Lost in won-der, love and praise.

Text: 87 87 D; Charles Wesley, 1707-1788, alt. Music: Rowland H. Prichard, 1811-1887.

Gloria*Mass of Redemption*

Glo-ry to God in the high-est, and on



earth— peace to peo-ple of— good will.

We praise you, we bless you, we adore you, we glorify you,
 we give you thanks for your great glory;
 Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, only begotten son,
 Lord God, Lamb of God, son of the Father;
 you take away the sins of the world, have mercy on us,
 you take away the sins of the world, receive our prayer.
 You are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One,
 you alone are the Lord,
 you alone are the most high, Jesus Christ with the Holy Spirit
 in the glory of God the Father.
 Amen, Amen.

Responsorial Psalm

Psalm 103 • Jeanne Cotter



The Lord is kind and mer-ci-ful; the Lord is kind and



mer-ci-ful. Slow to an-ger, rich in



kind-ness, the Lord is kind and mer-ci-ful.

1. Bless the Lord, O my soul; all my being bless God's name.
Bless the Lord, O my soul; forget not all God's blessings.
2. The Lord is gracious and merciful, slow to anger, full of kindness.
God is good to all creation, full of compassion.
3. The goodness of God is from age to age,
blessing those who choose to love.
And justice toward God's children; on all who keep the covenant.

Gospel Acclamation*Mass of Redemption*

Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.

*I give you a new commandment, says the Lord /
 love one another as I have loved you R.*

Preparation of the Gifts**A New Commandment**

Steven Janco



I give you a new com-mand-ment:



Love one an-oth-er as I have loved



you, as I have loved you.

1. This is my will, my one command,
that love should dwell among you all.
This is my will, that you should love
as I have shown that I love you.
2. No greater love that one can have,
than that one die to save one's friends.
You are my friends if you obey
what I command that you should do.
3. I call you now, no longer slaves;
no slave knows all the master does.
I call you friends, for all I hear
my Father say you hear from me.
4. You chose not me, but I chose you
that you should go and bear much fruit.
I chose you out that you in me
should bear much fruit that will abide.

Holy, Holy, Holy

Mass of Redemption

Holy, Holy,
Holy Lord, God of Hosts.
Heaven and earth are full of your glory.
Hosanna, hosanna, hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna, hosanna, hosanna in the highest.

Mass of Redemption © 2010. Steven R. Janco. WLP Publications, Inc.

Memorial Acclamation

Mass of Redemption

We proclaim your death, O Lord, and profess your resurrection
until you come again.

Mass of Redemption © 2010. Steven R. Janco. WLP Publications, Inc.

Great Amen

Mass of Redemption

Amen, Amen, Amen.
Amen, Amen, Amen.

Mass of Redemption © 2010. Steven R. Janco. WLP Publications, Inc.

Lamb of God

Mass of Redemption

Lamb of God, you take away the sins of the world,
have mercy on us, have mercy on us.

Lamb of God, you take away the sins of the world,
have mercy on us, have mercy on us.

Lamb of God, you take away the sins of the world,
grant us peace, grant us peace, grant us peace, grant us peace.

Mass of Redemption © 2010. Steven R. Janco. WLP Publications, Inc.

Communion Hymn

Take and Eat
Michael Joncas

Take and eat; take and eat: this is my bod - y
giv-en up for you. Take and drink; take and drink:
this is my blood giv-en up for you.

1. I am the Word that spoke and light was made;
I am the seed that died to be reborn;
I am the bread that comes from heaven above;
I am the vine that fills your cup with joy.
2. I am the way that leads the exile home;
I am the truth that sets the captive free;
I am the life that raises up the dead;
I am your peace, true peace my gift to you.
3. I am the Lamb that takes away your sin;
I am the gate that guards you night and day;
You are my flock: you know the shepherd's voice;
You are my own: your ransom is my blood.
4. I am the cornerstone that God has laid;
A chosen stone and precious in his eyes;
You are God's dwelling place, on me you rest;
Like living stones, a temple for God's praise.

Set Your Heart on the Higher Gifts

Steven Warner

Set your heart on the high-er gifts, on the things that come from your
Mak - er in heav - en. These three gifts are all that re-main:
faith, hope and love, and the great-est is love.

1. If I speak with the tongues of the living,
and of angels, but speak without love,
I am only brass without song,
an empty noise on the wind.
2. And if I understand every mystery,
having wisdom, but think without love,
had I faith to scatter the hills,
I am nothing at all.
3. And if I should renounce all my riches,
feed the hungry, give over my life;
without love my profit is loss,
my caring finds no reward.

Text: I Corinthians 12: 31-13: 13; Steven C. Warner, b. 1954
Tune: Steven C. Warner, b. 1954 © 1992, 1994, World Library Publications

Recessional Hymn

They'll Know We Are Christians

Peter Scholtes

Verses

1. We are one in the Spir-it, we are one in the Lord,
2. We will walk with each oth-er, we will walk hand in hand,
3. We will work with each oth-er, we will work side by side,
4. All ___ praise to the Fa-ther, from ___ whom all things come,

1. And we pray that all u - ni - ty may one day be re - stored.
2. And to - geth - er we'll spread the news that God is in our land.
3. And we'll guard each one's dig - ni - ty and save _ each one's pride.
4. And all praise to the Spir - it, who ___ makes_ us ___ one.

Refrain

And they'll know we are Chris-tians by our love, by our
love, Yes they'll know we are Chris-tians by our love.

Entrada

Ama a Tu Señor
Al Valverde

1. A-ma a tu Se-ñor con to-do el co-ra-zón. — A-ma a tu Se-
 2. A-ma a tu Se-ñor con to - da tu al - ma. A-ma a tu Se-
 3. A-ma a tu Se-ñor con to - das tus fuer - zas. A-ma a tu Se-
 4. A-ma a tu Se-ñor con to - da tu men - te. A-ma a tu Se-

1. ñor con to-do el co-ra-zón, — to-do el co-ra-zón, — da
 2. ñor con to - da tu al - ma, to - da tu al - ma, da
 3. ñor con to - das tus fuer - zas, to - das tus fuer - zas, da
 4. ñor con to - da tu men - te, to - da tu men - te, da

1-4. glo - ria a tu Dios.



Gloria

Misa Sol de Justicia

Glo - ria a Dios en el cie - lo, y en la tie - rra

paz a los hom - bres que a - ma el Se - ñor. (Final: Amén)

Por tu inmensa gloria te alabamos, te bendecimos,
 te adoramos, te glorificamos, te damos gracias,
 Señor Dios, Rey Celestial,
 Dios Padre todopoderoso.

Señor, Hijo único, Jesucristo;
 Señor, Dios, Cordero de Dios, Hijo del Padre;
 tú que quitas el pecado del mundo, ten piedad de nosotros;
 tú que quitas el pecado del mundo, atiende nuestra súplica;
 tú que estás sentado a la derecha del Padre,
 ten piedad de nosotros;

Porque sólo tú eres Santo, sólo tú Señor,
 solo tú Altísimo, Jesucristo,
 con el Espíritu Santo en la gloria de Dios Padre. **R.**

Salmo Responsorial

Salmo 102 • Eleazar Cortes

El Se-ñor es com - pa - si - vo y mi - se - ri - cor - dio - so.

1. Bendice, alma mía, al Señor,
de todo corazón, su santo nombre.
Bendice, alma mía, al Señor,
y no olvides jamás sus bendiciones.
2. Responde a mi pecado con perdón
y el alivio da a mis dolencias;
me salva de la tumba con bondad,
él me colma de bienes en la vida.
3. Es compasivo, lento en enojarse
y para perdonar es generoso;
cual padre compadece a sus hijos,
él se apiada de los que aún le temen.

Aclamación del Evangelio

Misa Sol de Justicia

A - le - lu - ya, a - le - lu - ya, a - le - lu - ya.

*Les doy un mandamiento nuevo, dice el Señor /
 que se amen los unos a los otros, como yo los he amado R.*



Preparación de las Ofrendas

Si Yo No Tengo Amor
Tradicional de México

Estribillo

Si yo no ten-go a-mor, yo na - da soy, Se-ñor. Si
 yo no ten-go a-mor, yo na - da soy, Se-ñor.

Estrofas

1. El a - mor es com-pren-si-vo. El a - mor es ser-vi-cial.
2. El a - mor nun-ca se j - rri - ta. El a - mor no es des-cor-tés.
3. El a - mor dis - cul - pá to-do. El a - mor es ca - ri - dad.
4. El a - mor so - por - ta to-do. El a - mor to - do lo cree.
5. Nues-tra fe, nues-tra es-pe-ran-za, fren-te a Dios ter - mi - na - rá.

al Estribillo

1. El a - mor no tie-ne en-vi-dia. El a - mor no bus-ca el mal.
2. El a - mor no es e - go - is - ta. El a - mor nun-ca es do - blez.
3. No se a - le - gra de lo j - n - jus - to. Só - lo go - za en la ver - dad.
4. El a - mor to - do lo es - pe - ra. El a - mor es siem - pre fiel.
5. El a - mor es al - gó - e - ter - no. Nun - ca, nun - ca pa - sa - rá.

Santo

Misa Sol de Justicia

Santo, Santo, Santo
 es el Señor, Dios del universo.
 Llenos están el cielo y la tierra de tu gloria.
 Hosanna, hosanna, hosanna en el cielo.
 Bendito el que viene en nombre del Señor,
 Hosanna, hosanna, hosanna en el cielo.
 Hosanna, hosanna, hosanna en el cielo.

Música: Misa Sol de Justicia, Peter Kolar © 2021. GIA Publications, Inc.

Aclamación Conmemorativa

Misa Sol de Justicia

Anunciamos tu muerte, proclamamos tu resurrección.
 Ven, Señor, oh ven, Señor.
 Ven, Señor Jesús.

Música: Misa Sol de Justicia, Peter Kolar © 2021. GIA Publications, Inc.

Gran Amén

Misa Sol de Justicia

Amén, Amén, Amén.
 Amén, Amén, Amén.

Música: Misa Sol de Justicia, Peter Kolar © 2021. GIA Publications, Inc.

Cordero de Dios

Misa Sol de Justicia

Cordero de Dios, que quitas el pecado del mundo,
 ten piedad de nosotros, ten piedad de nosotros.

Cordero de Dios, que quitas el pecado del mundo,
 ten piedad de nosotros, ten piedad de nosotros.

Cordero de Dios, que quitas el pecado del mundo,
 danos la paz, danos la paz, danos, danos, danos la paz.

Música: Misa Sol de Justicia, Peter Kolar © 2021. GIA Publications, Inc.

Comunión

Comiendo del Mismo Pan
 Joaquin Madurga

Co - mien - do del mis - mo pan, be -
 bien - do del mis - mo vi - no, que - rien - do en el
 mis - mo a - mor, se - lla - mos tu a - lian - za,
 Cris - to. Cris - to.

1. La noche de su Pasión: cogió el pan entre sus manos y dijo: "Tomad, comed, esto es mi cuerpo entregado".
2. La noche de su Pasión: tomó el cáliz en sus manos y dijo: "Tomad, bebed, es la Sangre que derramo".
3. La noche de su Pasión: nos dio el Señor su mandato: "Amaos unos a otros lo mismo que yo os amo".

Perdón, Señor

Cesáreo Gabaráin

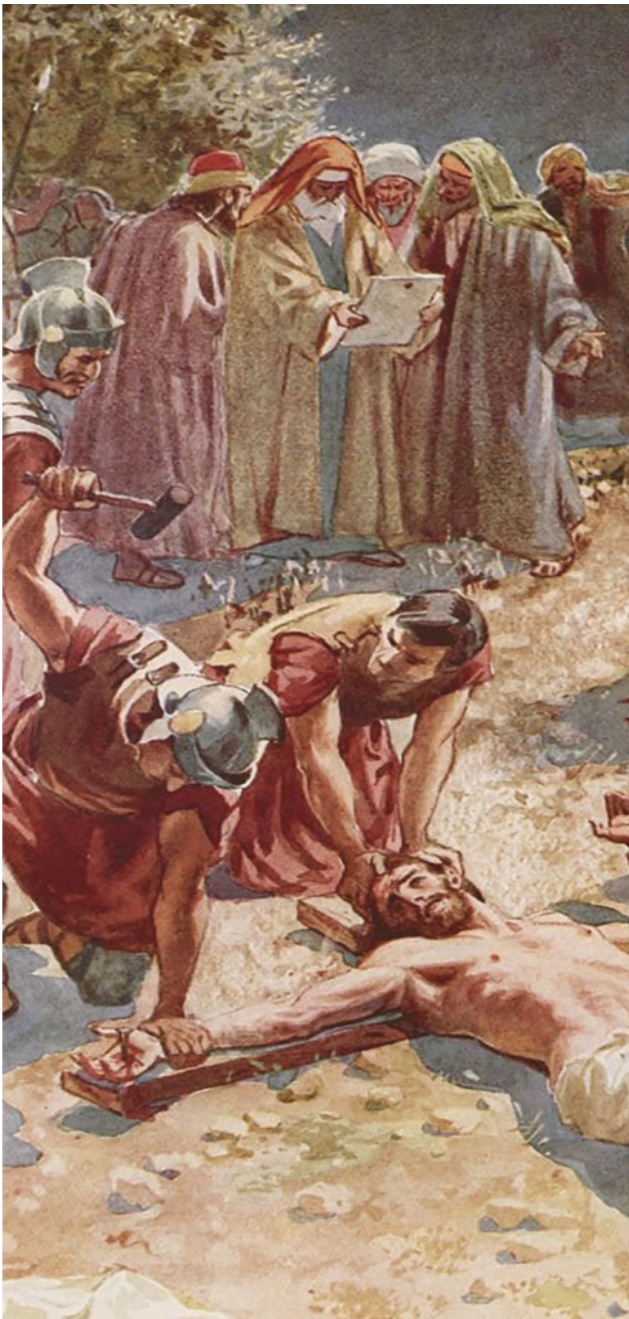
Per - dón, Se - ñor, mi - se - ri - cor - dia, Pa - dre bue - no que nos
 a - mas. 1. No quie - res de - jar ca - í - do al pe - ca -
 2. Es tris - te vi - vir sin paz y sin a -
 3. Tan gran - de es tu a - mor, que mue - res en la
 1. dor. Bus - cán - do - nos vas, A - mi - go, Buen Pas - tor. Vi -
 2. mor. Vol - ve - mos a Ti; per - dó - na - nos, Se - ñor. Tu jn -
 3. cruz. Con san - gre y do - lor, ja - sí nos a - mas Tú! Mu -
 al Estribillo
 1. nis - te a sal - var al en - fer - mo y po - bre.
 2. men - sa bon - dad siem - pre nos a - co - ge.
 3. rien - do, Je - sús, ha - ces que vi - va - mos.

Salida

Un Mandamiento Nuevo
 Tradicional de México

Un man - da - mien - to nue - vo nos da el Se - ñor, Que nos a - me - mos
 to - dos co - mo nos a - ma Dios. 1. La se - ñal de los Cris -
 2. Per - do - ne - mos al her -
 3. Quien no a - ma a sus her -
 4. Don - de hay ca - ri - dad y a -
 5. El que no a - ma a sus her -
 6. Qui - ten ó - dios y ren -
 7. Si gal en - fer - mo vi - si -
 8. Cris - to, luz, ver - dad y
 9. Dios per - do - na nues - tras
 10. So - mos de Cris - to, her -
 11. En la vi - da y en la
 12. En tra - ba - jos y fa -
 13. Co - mul - gue - mos con fre -
 14. Glo - ria al Pa - dre, glo - ria al

al Estribillo
 1. tia - nos Es a - mar - nos co - mo her - ma - nos.
 2. ma - no Co - mo Cris - to nos per - do - na.
 3. ma - nos Mien - te si a Dios di - ce que a - ma.
 4. mor Cris - to es - tá y es - tá su | glé - sia.
 5. ma - nos No se a - cer - que a es - te con - vi - te.
 6. co - res De to - dos los co - ra - zo - nes.
 7. ta - mos A Dios mis - mo con - so - la - mos.
 8. vi - da Al per - dón ya - mor in - vi - ta.
 9. cul - pas Ya su me - sa nos con - vi - da.
 10. ma - nos, Si de ve - ras per - do - na - mos.
 11. muer - te Dios nos a - ma pa - ra siem - pre.
 12. ti - gas Cris - to a to - dos nos a - ni - ma.
 13. cuen - cia Pa - ra a - mar - nos a con - cien - cia.
 14. Hi - jo Ya! Es - pí - ri - tu Di - vi - no.



February 23, 2025

Seventh Sunday in Ordinary Time

Written by
THE
FAITHFUL
DISCIPLE

1 Sam 26:2, 7-9, 12-13, 22-23 | 1 Cor 15:45-49 | Lk 6:27-38

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

“Love your enemies” may be one of the most oft-quoted verses of Scripture. We tend to think of it as a moral principle to guide us in our dealings with people who rub us the wrong way. But do we ever consider what it tells us about God? After all, Jesus, who is God himself, speaks it. God tells us to love our enemies because *God loves his “enemies”* – that is, those who freely choose to oppose his plan of life and love. On the cross, Jesus forgave and prayed for the people who sought to kill him *while they were crucifying him*. But his mercy was not confined to that time and place alone; he died for each of us who, whenever we sin, refuse to love him. If we get this into our heads and our hearts – “God loves and forgives *me*” – we can begin to rest in his embrace like children confident in the unconditional love of their father’s heart.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

If, as a child, you learned a musical instrument for which regular recitals were the norm, you know how many hours of practice are required for a few short minutes of performance. You know, too, that if you are well prepared, a musical composition which appeared impossible months before comes easily and naturally on the day of the recital. For most of us, loving our enemies as Jesus commands us to do appears far beyond our reach – impossible, in fact. But this kind of heroic love is nevertheless God’s call for us, and he will never deny us the grace we need to respond to his call. What’s required on our part is a willingness to practice. If we practice loving in small things even when it’s difficult – listening patiently to someone whose conversation bores us, for example, or taking on an extra chore without seeking recognition or thanks – we will be prepared for the day when God asks us to make an even greater act of love for his sake.

PRACTICE

This week, go out of your way to find opportunities to love even when it’s difficult. Do your best to be conscious of your intentions, even in the moment, by asking God for the grace to love generously and by offering your act of love to him.

Oracion San Miguel

San Miguel Arcángel,
defiéndenos en la batalla.
Sé nuestro amparo contra la
perversidad y asechanzas del
demonio.
Reprímale Dios,
pedimos suplicantes,
y tú Príncipe de la Milicia Celestial,
con el divino poder de Dios,
arroja al infierno a Satanás
y a todos los espíritus malignos
que andan dispersos
por el mundo
para la perdición de las almas.
Amén.



Prayer to St. Michael

St. Michael the Archangel,
defend us in battle,
be our protection
against the wickedness and
snares of the devil.
May God rebuke him we humbly
pray;
and do thou,
O Prince of the Heavenly host,
by the power of God,
cast into hell Satan
and all the evil spirits
who prowl about the world seeking
the ruin of souls.
Amen.

Emergency Preparedness

The recent fires in Los Angeles and the fire at the refinery in Martinez remind us that we should do all we can to prepare for emergency situations. The Palisades and Eaton fires may have started in the brush but quickly became urban conflagrations. Houses became the primary fuel for spreading the fires. Evacuations there were chaotic and, in many cases, not thought about ahead of time. We can all learn from this.

Half of the counties in California, including all of the Bay Area counties, utilize the Genasys Protect System (previously called Zone Haven). Local authorities use this system to alert residents of incidents and evacuations. Each county is divided into zones; if evacuations are necessary, they evacuate by zone. Therefore, it is critical to know your zone. Immaculate Heart of Mary, for instance, is in zone **BRN-E012**. To find your zone, you can download the Genasys Protect app in the Apple App Store or Google Play on Android phones. You can also go to the website **protect.genasys.com** and enter your address. Having the app on your phone is helpful to get alerts specific to your location or the location of your family and friends.

Genasys utilizes different status levels. An **Advisory** lets you know there is a potential situation in your area. An **Evacuation Warning** indicates that you should be prepared to evacuate if the emergency escalates. This is the time to gather all you will need to take with you if you need to evacuate. An **Evacuation Order** is issued when the authorities have determined there is an immediate threat to life in your zone and you need to evacuate. The app also shows the locations of evacuation centers, animal shelters, and other resources in the event of an evacuation order. An **Evacuation Order Lifted** means it is safe for you to return.

Another resource is the Contra Costa County **Community Warning System**, run by the Office of the Sheriff. This is an 'opt-in' system, which means you must register to get alerts. When you register, enter your phone number and indicate if you wish to receive a text or a call. Go to **cwsaletrs.com** and click on "Register to Receive Emergency Alerts." This website also has a language tab, which can be utilized in multiple languages. Emergency alerts are issued for missing persons, refinery incidents, fires, red-flag warnings, and other emergencies.

Utilizing these resources and having a plan will make a difference when the situation arises.

Immaculate Heart of Mary, pray for us!

Preparación para emergencias

Los recientes incendios de Los Ángeles y de la refinería de Martínez nos recuerdan que debemos hacer todo lo posible por prepararnos para situaciones de emergencia. Los incendios de Palisades y Eaton empezaron en la maleza, pero pronto se convirtieron en conflagraciones urbanas. Las casas se convirtieron en el principal combustible para la propagación de los incendios. Las evacuaciones fueron caóticas y, en muchos casos, no se planearon con antelación. Todos podemos aprender de ello.

La mitad de los condados de California, incluidos todos los del Área de la Bahía, utilizan el sistema Genasys Protect (antes llamado Zone Haven). Las autoridades locales utilizan este sistema para alertar a los residentes de incidentes y evacuaciones. Cada condado está dividido en zonas; si es necesario evacuar, lo hacen por zonas. Por lo tanto, es fundamental conocer su zona. El Inmaculado Corazón de María, por ejemplo, se encuentra en la zona **BRN-E012**. Para conocer su zona, puede descargar la aplicación Genasys Protect en la App Store de Apple o en Google Play para teléfonos Android. También puede ir al sitio web **protect.genasys.com** e introducir su dirección. Tener la aplicación en el teléfono es útil para recibir alertas específicas de su ubicación o de la ubicación de sus familiares y amigos.

Genasys utiliza diferentes niveles de estado. Un **Aviso** le permite saber que existe una situación potencial en su zona. Un **Aviso de Evacuación** indica que debe estar preparado para evacuar la zona si la emergencia se agrava. Este es el momento de reunir todo lo que necesitará llevar consigo si tiene que evacuar. Un **Orden de Evacuación** se emite cuando las autoridades han determinado que existe una amenaza inmediata para la vida en su zona y debe evacuar. La aplicación también muestra la ubicación de los centros de evacuación, refugios de animales y otros recursos en caso de orden de evacuación. Un **Orden de Evacuación Levantada** significa que puede regresar sin peligro.

Otro recurso es el **Sistema de Alerta Comunitaria** del Condado de Contra Costa, gestionado por la Oficina del Sheriff. Se trata de un sistema «opt-in», lo que significa que debe registrarse para recibir alertas. Cuando se registre, introduzca su número de teléfono e indique si desea recibir un mensaje de texto o una llamada. Vaya a **cwsaletrs.com** y haga clic en «Registrarse para recibir alertas de emergencia». Este sitio web también tiene una ficha de idiomas, que puede utilizarse en varios idiomas. Las alertas de emergencia se emiten para personas desaparecidas, incidentes en refinerías, incendios, alertas de bandera roja y otras emergencias.

Utilizar estos recursos y tener un plan marcará la diferencia cuando surja la situación.

MICHAEL C. BARBER, S.J.
BISHOP OF OAKLAND



2121 HARRISON STREET
OAKLAND, CALIFORNIA 94612
510.267.8316

February 10, 2025

Dear Friends,

Welcome to the 2025 Holy Year Jubilee of Hope. As I mentioned in my previous Letter to the Diocese on January 10, 2025 ([Letter link here](#)), the Presbyteral Council and I met and have arranged the following churches in our diocese as designated pilgrimage sites on specific days where one may obtain the Holy Year Plenary Indulgence.

1. The Cathedral of Christ the Light, Oakland and Mission San Jose in Fremont are permanently designated sites for each and every day of the Holy Year. Pilgrims may come as individuals, or arrange group pilgrimages with their parish, school, or clubs: Catholic Daughters of the Americas, Knights of Columbus, Confirmation Classes, Divine Mercy, Youth Groups, Legion of Mary, Cursillo & Charismatic Prayer groups, etc.

If you are making a pilgrimage as a group, please contact the Cathedral or Mission San Jose parish offices to make prior arrangements.

2. In order to make the Holy Year pilgrimage indulgence available to as many people as possible, the following churches and chapels in the various regions of the diocese are "Designated Pilgrimage Sites" for one day only:

<i>January 19 (Sun)</i>	<i>Holy Year Opening Mass</i> <i>Cathedral of Christ the Light*</i> www.ctlcathedral.org	<i>Oakland</i>
February 7 (Fri)	St. Bonaventure www.stbonaventure.net	Concord
March 7 (Fri)	Corpus Christi - Region 1 Central www.corpuschristipiedmont.org	Piedmont
<i>April 11 (Fri)</i>	<i>Mission San Jose*</i> www.saintjosephmsj.org	<i>Fremont</i>
May 13 (Tue)	Saint Perpetua - Region 2 Northwest www.stperpetua.org	Lafayette
June 22 (Sun)	Monastery of Discalced Carmelite Nuns www.carmelofkensington.org	Kensington
July 3 (Thu)	Saint Anthony - Region 3 Northeast www.stanthonyoakley.com	Oakley
August 1 (Fri)	Saint Joseph Basilica www.sjbalameda.org	Alameda
September 12 (Fri)	Saint Isidore - Region 4 Southeast www.sichurch.com	Danville
<i>October 7 (Tue)</i>	<i>Cathedral of Christ the Light*</i> www.ctlcathedral.org	<i>Oakland</i>
November 7 (Fri)	Saint Felicitas - Region 5 Southwest www.stfelicitassl.org	San Leandro
<i>December 28 (Sun)</i>	<i>Cathedral of Christ the Light*</i> <i>Holy Year Closing Mass</i> www.ctlcathedral.org	<i>Oakland</i>

On these designated days, these churches will celebrate a morning Mass, followed by exposition of the Blessed Sacrament all day, and offer extended hours for confessions. In the evening, the bishop will come and close the day by celebrating Holy Hour, Vespers and Benediction.

Please check the parish websites and bulletins closer to the dates for the exact times of Mass, Confession, and Holy Hour.

In order to gain the Jubilee Plenary Indulgence, pilgrims need to:

1. Make a pious pilgrimage by visiting a designated site
2. Receive Holy Communion
3. Go to confession
4. And pray for the intentions of the Holy Father.

(You may receive Holy Communion and make your confession during a 'grace period' of 20 days before or after your visit to a pilgrimage church.)

The Holy Father has many other suggestions for prayer and service to the Church connected to the Jubilee theme of "Hope" which you may enjoy reading about here: [Decree on Granting Indulgence Jubilee Year 2025](#)

Please visit our website for more information: www.oakdiocese.org/jubilee-2025.

Please note: This year, these Jubilee Holy Year activities will replace the annual "24 Hours for the Lord" we have been celebrating in Lent in the diocese since 2016.

All the priests of the diocese and I welcome you to our Cathedral, to Old Mission San Jose, and all the regional designated churches for a rich and blessed Jubilee Holy Year of Hope 2025.

With the assurance of my prayers and blessing, I remain

Yours sincerely in Christ,



The Most Reverend Michael C. Barber, S.J.
Bishop of Oakland

Information/Información

St. Vincent de Paul for Friday's Food Pantry

For the weekend of March 2, please bring canned fruits. THANK YOU!

+++

Para el fin de semana del 2 de marzo, por favor traigan frutas enlatadas. GRACIAS!

Hours of Adoration are on Thursdays from 8:30AM to 6:00PM. On Fridays, Adoration begins at 8:30am and continues until 7:30am on Saturday. Please pray for increased vocations.



Horas de Adoración son los jueves de 8:30AM a 6:00PM. Adoración los viernes empieza a las 8:30AM y continúa hasta el sábado a las 7:30AM. Por favor recen para que aumenten las vocaciones.

Knights of Columbus and the Italian Catholic Federation

PANCAKE BREAKFAST

Come visit with your fellow parishioners and welcome our new parishioners at the pancake breakfast on the **first Sunday of each month**. Next Sunday will be co-sponsored with the Ministry of Circulo de Oracion y Vida (COV). Hours are 8:15am to 12:00pm.



Caballeros de Colón y la Federación Católica Italiana

DESAYUNO DE PANQUECAS

Vengán a visitar con sus amigos parroquianos y darles la bienvenida a los nuevos parroquianos al desayuno de pancakes **el primer Domingo de cada mes**. El próximo domingo el desayuno será patrocinado por el Ministerio del Circulo de Oracion y Vida (COV). El Horario del desayuno es de 8:15am a 12:00pm.

SCHEDULE OF SECOND COLLECTIONS

March 2 - Facility Improvement

March 16 - Catholic Relief Services

+++

FECHAS DE SEGUNDAS COLECTAS

2 de marzo - Fondo del Mejoramiento de las Instalaciones

16 de marzo - Servicios Católicos de Ayuda

CONTRA COSTA FOOD BANK



The Contra Costa Food Bank Mobile Produce Distribution Program distributes FREE produce on the 2nd and 4th Tuesdays of each month in the IHM parking lot from 12:00 noon to 1:00pm to families in need. This program is only for low-income families.

IHM CYO BASKETBALL

CRAB FEED

FRIDAY FEB 28th 2025

Doors Open At 6:00 Dinner At 7:00

Brentwood Veterans Memorial Hall
757 FIRST STREET, BRENTWOOD

Great Food | No Host Bar | Raffle Prizes & Door Prize

Music | And More **Tickets \$65 each**

Call Shana Ortega at (510) 559-0655

or Jasmine Pacheco at (925) 212-9222

ALL PROCEEDS GO TO OUR LOCAL
CYO TEAM

Ministry Meetings/Reuniones de Ministerios

+ Confessions / Confesiones

Tuesday/Martes: 6:00 - 7:00PM
Saturday/Sabado: 3:30 - 4:30PM

Devotions/Devociones

Monday to Friday/Lunes a Viernes
7:30AM

Holy Rosary/Santo Rosario

+

Wednesday/Miércoles
8:00AM Mass then 8:30AM

Mother of Perpetual Help Novena Novena Madre del Perpetuo Socorro

+

Thursday/Jueves and Friday/Viernes
8:00AM Mass then 8:30AM

Divine Mercy Chaplet Novena Coronilla a la Divina Misericordia

Anointing of the Sick Unción de los Enfermos

Home Communion Comunión a los Enfermos

Contact a priest / llame a un sacerdote

+

Marriage/Matrimonios

Requires at least six month preparation
Requiere por lo menos 6 meses de preparación

Baptism/Bautismos

(925) 634-4154

+

Funerals/Funerales

Holy Cross Catholic Funeral Services
Servicios de Funerales Católicos
(925) 757-0658

To publish in the IHM Bulletin
Please submit your request
in **Word** or **JPEG** format to:
bulletin@ihmbrentwood.com
(20 days prior to requested
placement date)

Send pictures to:
bulletin@ihmbrentwood.com

To schedule use of facilities
Please submit request online to:
Facility request Form on IHM Website

Weekly Calendar / Calendario Semanal

Mon. Feb. 24th

8:45am	Men's Fellowship Group	Library
5:00pm	Legion of Mary/Eng	Library
6:00pm	ICF Meeting	Hall B/C
7:00pm	Bible Study/Sp	Hall A
7:00pm	Pre-baptismal Class/Sp	Library
7:00pm	Emmaus Women Sp. Retreat Form.	Matt
7:00pm	Men of St. Joseph	Library
7:00pm	Escuela de la Cruz Mtg	John
7:00pm	Daughters of Mary	Luke
7:00pm	Youth Bible Study	Mark

Tues. Feb. 25th

10:00am	IHM Crafters	Library
12:00pm	Food Bank	Pkg Lot
3:00pm	CCD/Eng	Hall A/B/C/All Classrooms
4:00pm	RCIC	Library
4:15pm	Edge/Middle School	Hall A/B/C/ All Classrooms
6:00pm	Legion de Maria/Sp	Chapel
6:00pm	Confessions	Church
7:00pm	CCD/Sp	Hall A/B/C/Mk/Lk/Jn
7:00pm	SPRED	Library/Matt
7:00pm	CCD Parents Class/Sp	Church

Wed. Feb. 26th

3:30pm	IHM Good Shepherd	Church/Hall C
6:00pm	Confirmation/Teen	Church
		Hall A/B/C/Library/All Classrooms

Thurs. Feb. 27th

10:00am	Women's Faith Sharing	Library
1:00pm	IHM Good Shepherd/Sp	Hall B/C/Jn
3:30pm	IHM Good Shepherd	Hall A/B/C/Jn
5:00pm	Widow/Widower	Library
6:30pm	Youth Group	Hall A/B/C
7:00pm	RCIA	Mark
7:00pm	Discovering Christ	Library
7:00pm	Adult Confirmation	Luke
7:00pm	C.O.V. Coordinator's Mtg	John

Fri. Feb. 28th

8:00am	SVDP	Hall A/B/C
3:30pm	Bible Study/Eng	Library
7:00pm	RICA/Adult Confirmation	John
7:00pm	C.O.V. Youth	Luke
7:00pm	Divine Mercy/Sp. Cenacle	Library

Sat. Mar. 1st

9:00am	CCD/Eng	All classrooms/Library
10:30am	Marian Movement of Priests Cenacle	Library
3:30pm	Confessions	Church

IF YOU LIVE ALONE

MDMedAlert!™

- ✓ Ambulance ✓ Police/Fire
- ✓ Family/Friends ✓ GPS & Fall Alert

STARTING AT
\$19.95
/mo.

CALL NOW! **800.809.3570** • md-medalert.com



SHORT STAFFED?

Place an ad here to find new local talent for your business.



CALL 800-950-9952



TED CURRAN
It's A Matter of Trust!
Hablamos Español



- 8130 Brentwood Blvd.
- Oil Changes • Tune Ups
- Engine Repair & Replacement
- Computer Diagnostics • Brake Repair
- Preventative Maintenance Inspections
- Factory Scheduled Maintenance 30K, 60K, 90K
- & Many More Services



www.MonkeyAuto.com
925.634.4145

LET'S GROW YOUR BUSINESS

Place Your Ad Here and Support Our Parish!

CONTACT ME
Stephanie Church

Schurch@4LPi.com
(800) 950-9952 x7880



LIC #7920196
150 CORTONA WAY, BRENTWOOD, CA 94513

cogir BRENTWOOD SENIOR LIVING

OFFERING INDEPENDENT LIVING & ASSISTED LIVING

CALL US TO SCHEDULE A TOUR!
(925) 940-1634

COGIROFBRENTWOOD.COM

Edward Jones

> edwardjones.com | Member SIPC

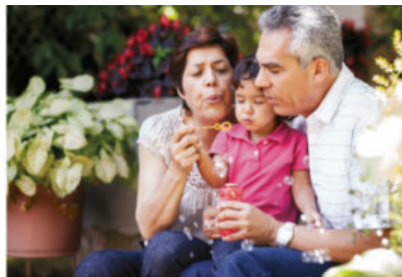
Dreaming up the ideal retirement is your job. Helping you get there is ours.

We're excited to hear from you.



Jennifer C Hamilton
Financial Advisor

201 Sand Creek Road Unit D
Brentwood, CA 94513
925-516-1821



RT-1848-J-A AECSPAD 2/26/2018

Delta
Ranches & Homes

Naomi Longoria, Realtor
Hablo Español • Parishioner
(925) 207-3906 • DRE01522997

Emil Geddes, Realtor
(925) 207-3061 • DRE01464494



Laura's House Cleaning
Residential & Commercial

Call for **FREE ESTIMATE!**
925-756-7466

Lic#1000366

Catholic Cruises and Tours and The Apostleship of the Sea of the United States of America
Take your **FAITH ON A JOURNEY.**
Call us today at 860-399-1785 or email eileen@CatholicCruisesandTours.com
www.CatholicCruisesandTours.com

SUPPORT OUR ADVERTISERS!

Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO



4lpi.com/adcreator

NEVER MISS OUR BULLETIN!

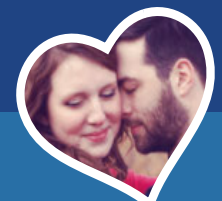
SUBSCRIBE

Have our bulletin emailed to you every week.

Visit www.parishesonline.com



catholicmatch
California



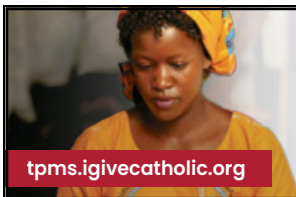
CatholicMatch.com/CA



For ad info. call 1-800-950-9952 • www.4lpi.com

Immaculate Heart of Mary, Brentwood, CA

B 4C 05-4156



#GiveToTheMissions
ON GIVING TUESDAY
December 3rd
2024

tpms.igivecatholic.org

Reagan Management Services
Income Tax Services
925-240-1242
60 Eagle Rock Wy. - Brentwood

HOLY ROSARY SCHOOL
NOW ENROLLING



Golden State Concrete
Call us for a Free estimate:
(925) 775-9245
Concrete and General Contractor
CLB#1039415

Support Community Journalism
THE PRESS SUBSCRIBE FOR HOME DELIVERY!
FREE UNLIMITED ONLINE ACCESS. PROMO CODE: IHM
www.thepress.net/subscribe/ 925-634-1441

2025-2026 School Year
Preschool to 8th Grade



Call today to schedule a tour
(925) 757-1270



Build a bundle. Save a bundle.
Bundle auto, home and life for big State Farm® discounts.
So let us show you how State Farm can help protect all the things that matter most-for a lot less than you think
GET TO A BETTER STATE.® CONTACT AN AGENT TODAY.
Jose Martinez, Agent Insurance Lic# 0705354
2200 Sand Creek Road, Ste. D Brentwood, CA 94513
925-634-2333
www.josemartinez.us
Hablamos Español
Julio J. Martinez, Agent Insurance Lic# 0668125
2200 Sand Creek Road, Ste D Brentwood, CA 94513
925-432-2129
www.agentjulio.com
Hablamos Español
State Farm

Elder Law & Estate Planning
Trust. Compassion. Integrity. Kindness.
Anne Hydorn
925.391.8680
www.hydornlaw.com
anne.hydorn@hydornlaw.com
LAW OFFICE OF ANNE HYDORN

NEVER MISS OUR BULLETIN!
SUBSCRIBE
Have our bulletin emailed to you every week.
Visit www.parishesonline.com

MARY KAY®
Mary Jo DiMercurio
Independent Beauty Consultant
925-584-2888
www.marykay.com/mdimercurio
Parishioner

Delta Pure Water, Inc.
41 A Sand Creek Rd.
Brentwood, CA 94513
634-6658
35¢ a gallon in your container

Bright Financial Horizons
Jose A. Gamarra
1210 Central Avenue, Suite 118
Brentwood, CA 94513
Free Quote | Hablo Español
714-829-5531 (cell) | 661-670-5230 (fax)
mybfh1307@outlook.com
Payroll • Income Tax • Bookkeeping
Financial Advice • Audit Assistance

ALMIGHTY PLUMBING
- PLUMBING - DRAIN CLEANING
- WATER CONSERVATION - DIAGNOSTICS
- WATER HEATING - FIXTURES
925-318-4448
"PLUMBING CAN BE DONE WITHOUT US"
LIC. #1055136

STEFFEN TRAVEL
925.890.0119
wsteftravel@gmail.com
tap5.myagentgenie.com/waynesteffen
"The world is a book and those who do not travel read only one page"
- St. Augustine
Contact Wayne to add a few chapters to your book of life.

BRENTWOOD REGENERATIVE AND IV HYDRATION CLINIC
DO YOU OFTEN FEEL WEAK AND TIRED? DO YOU CATCH VIRUS EASILY? DO YOU SUFFER FROM INSOMNIA, POOR CONCENTRATION, AND MEMORY? DO YOU HAVE INADEQUATE CIRCULATION, SWOLLEN LEGS, OR FEET? DO YOU HAVE CHRONIC JOINT PAINS? WE MAY BE ABLE TO HELP!
Brentwoodregenerative.com
Make your appointment! CALL: 925-322-2758
2380 FAIRVIEW AVE. STE A • BRENTWOOD (Corner of Lone Tree Way)
Provider: Benilda Oliquino, MSN, FNP-BC (Parishioner)
MD: Dr. Alan Cherkasky
*Might also be able to offer home services for bedbound clients

David S. Roche
Financial Advisor Lic #0A67683
Stocks
Municipal Bonds
Mutual Funds
Annuities • IRA's
401 (k) Options
Income Strategies
(925) 516-2731
www.apexsecurities.net
Taking care of investors since 1989.
APEX SECURITIES & ASSET MANAGEMENT LLC
8660 Brentwood Blvd., Ste G
Investment products and services are offered through Wells Fargo Advisors Financial Network, LLC (WFAFN), Member SIPC. Apex Securities is a separate entity from WFAFN.
CAR 0312-00045

WE APPRECIATE OUR ADVERTISERS!
They allow us to print this bulletin. Thank you!



The Jubilee Year 2025

How to obtain Plenary Indulgence

The Vatican has granted ways to receive Plenary Indulgences (removing temporal punishment of sins through Christ's merits) during the 2025 Jubilee Year

An indulgence is received if the faithful:

- 1) Participates in one of the *Ways to Receive Indulgence* below
- 2) Receives the Sacrament of Confession & Communion within 20 days
- 3) Offers a prayer for the Pope's Intentions and prays an "Our Father" and "Hail Mary"

Ways to Receive Indulgence

- **Pilgrimage Visit** to either:
 - Oakland Diocese Mother Church - *Cathedral of Christ the Light, Oakland*
 - USA National Mother Church - *Basilica of the Immaculate Conception, Washington D.C.*
 - Roman Catholic Mother Church - *St. Peter's Basilica, Vatican City*
- **Pilgrimage "in spirit"** - for those with serious health conditions, an indulgence may be received by uniting spiritually with other pilgrims through online media (e.g. EWTN) and offers up their health sufferings of hardships to the Lord
- **Pastoral Visit** to the sick, prisoners, the disabled, and the elderly
- **Fasting and Abstinence** for at least a day
- **Volunteering for the Protection of Life** from Conception to Natural Death

Cómo obtener la Indulgencia Plenaria

El Vaticano ha concedido formas de recibir Indulgencias Plenarias (quitar el castigo temporal de los pecados a través de los méritos de Cristo) durante el Año Jubilar 2025

La indulgencia se recibe si el fiel:

- 1) Participa en uno de los *Modos de Recibir la Indulgencia* que se indican a continuación
- 2) Recibe el Sacramento de la Confesión y la Comunión en un plazo de 20 días
- 3) Ofrece una oración por las Intenciones del Papa y reza un "Padre Nuestro" y un "Dios te Salve, María"

Modos de Recibir la Indulgencia

- **Peregrinación Visita** a:
 - Iglesia Madre de la Diócesis de Oakland - *Cathedral of Christ the Light, Oakland*
 - Iglesia Matriz Nacional de EE.UU. - *Basilica of the Immaculate Conception, Washington D.C.*
 - Iglesia Matriz Católica Romana - *St. Peter's Basilica, Vatican City*
- **Peregrinación "en espíritu"** - para aquellos con serios problemas de salud, se puede recibir una indulgencia uniéndose espiritualmente con otros peregrinos a través de medios en línea (p.ej. EWTN) y ofreciendo sus sufrimientos de salud
- **Visita Pastoral** a enfermos, presos, discapacitados y ancianos
- **Ayuno y Abstinencia** por lo menos de un día
- **Voluntariado para la Protección de la Vida** desde la Concepción hasta la Muerte Natural

