Welcome!

Our warmest welcome to all who worship with our faith Community here at St. Luke Parish. Whether you are a long time resident or have newly arrived in the parish, we thank God for you. If you are not registered, please email us.

Mission Statement

The Mission of St. Luke’s Catholic Faith Community is to provide the environment where the community joins together to fulfill the spiritual and social needs of all by living and sharing the message of Christ.

**CHAPEL will be OPEN for PERSONAL PRAYER**
Monday through Sunday, 9:00 a.m. to 6:00 p.m.

**SACRAMENTS**

- Eucharistic Celebrations
- NO Masses until further notice
- Tune in to EWTN TV or watch livestream Mass at https://sfarch.org/livestreams
- Baptism (Infants)
- NO Sacrament of Baptism, unless urgent
- Reconciliation (Confession)
- Please sign up at saintlukefc@gmail.com
- Marriage
- Please call the Parish Office at least 8 - 12 months before the desired wedding date.
- Anointing of the Sick
- For Last Rites please email us.

**PASTORAL STAFF**

- **Pastor**
  - Rev. Jonathan G. Paala
- **Deacon**
  - Deacon Mar Tano
- **Director of Religious Education**
  - Sr. Maria Ruth Linaac, RVM
- **Secretaries**
  - Maria Teresa Alvarez
  - Maryvee Estacio

Saint Luke Catholic Church
1111 Beach Park Boulevard • Foster City • California 94404
(650) 345-6660   Fax (650) 345-8167   www.saintlukefc.org   Email: saintlukefc@gmail.com
MEMO FROM FR. JONATHAN on LITURGICAL CELEBRATIONS DURING HOLY WEEK

Dear Parishioners of St. Luke,

With the shelter-in-place extended until May 3rd, I hope and pray that you remain safe, and that you are led to a deeper encounter with our Lord, as you open yourselves to His will, grace, and love, flourishing within your homes, families and neighborhoods.

Heading towards the most sacred time of the Church year, I understand how painful it is for all of us not to be able to gather together to worship God in our St. Luke Church and celebrate the liturgies that bring to life the ultimate meaning of this solemn week – the passion, death and Resurrection of Christ.

Our Archbishop, Most Rev. Salvatore Cordileone, also shares in the pain “of not being able to be physically present with our people during this most sacred time of the year. The very moving ceremonies of Holy Week have always been for me the highlight of my year.” He included a reflection by Fr. Paul Scalia on this sad situation and gave us an update on liturgical and sacramental celebrations during the COVID-19 pandemic. (Please read the details in our saintlukefc.org website news page).

I trust that in the midst of pain and sorrow, the Holy Spirit is alive more than ever, uniting us in prayers, sacrifices and acts of kindness. Our Eucharistic Lord Jesus continues to offer Himself through the Holy Sacrifice of the Mass which I celebrate, especially on Palm Sunday, Holy Thursday, Easter Vigil and Easter Sunday – all united with your own participation in live broadcast or live stream Masses. Visit the SF Archdiocese website, sfarch.org and the USCCB website, usccb.org for livestreaming liturgies, spiritual resources and other announcements.

Our Chapel remains open for visit to our Eucharistic Lord from 9:00am to 6:00pm, Monday through Sunday. For those who are not able to leave their homes due to health precautions, I continue to pray for your well-being, and suggest that you visit virtualadoration.home.blog for various Perpetual Adoration sites.

To spiritually prepare for Easter, Confessions will be available on Saturday, April 11th, beginning at 4:00pm in our Church. Please sign up via email (saintlukefc@gmail.com).

Blessed Palms will be available in our Chapel, beginning April 5. Please take one for your household and place it in your altar or hang it on your door as a way to honor Christ as the Messiah who came to die for us and save us.

In spite of the difficult situation we are facing, I wish to thank you for your unwavering support of our parish through your prayers and generous donations which you continue to send to us.

With hope in God's promise to us, that, after the passion of this COVID-19 Cross will emerge His glorious Easter, we continue to be united in His Spirit of faith, hope and love, as one St. Luke community and one Catholic Church in Christ our Risen Lord. A grace-filled and safe Holy Week to all of your families.

In Christ, with prayers for all of you,
Rev. Jonathan Paala
Pastor
St. Luke Catholic Church
April 5, 2020
HOSANNA!
“Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest” (Matthew 21:9). With these words the Church enters the holiest of weeks, commemorating the passion, death, and resurrection of Christ. When the people of Jerusalem cried out with their “hosannas,” they were using an ancient Hebrew shout of acclamation that meant “Pray, save us.” The king to whom they were shouting eventually would save them, but in a way that would be far from what they expected. Salvation would come from the wood of the cross as Jesus hung there to bring freedom from sin and life through death, opening the gates of heaven for all who put their faith and trust in him.
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TODAY’S READINGS
Gospel at the Procession with Palms — Jesus’ entry into Jerusalem (Matthew 21:1-11).
First Reading — In spite of my sufferings I am not disgraced. I am not put to shame (Isaiah 50:4-7).
Psalm — My God, My God, why have you abandoned me? (Psalm 22).
Second Reading — Christ emptied himself, and God filled this emptiness with exaltation (Philippians 2:6-11).
Gospel — The account of Christ’s passion according to Matthew (Matthew 26:14 — 27:66 [27:11-54]).


SPECIAL OBSERVANCES
Sunday: Palm Sunday of the Passion of the Lord
Monday: Monday of Holy Week
Tuesday: Tuesday of Holy Week
Wednesday: Wednesday of Holy Week;
Passover begins
Thursday: Holy Thursday;
The Sacred Paschal Triduum
Friday: Friday of the Passion of the Lord
(Good Friday);
Fast and Abstinence
Saturday: The Easter Vigil in the Holy Night;
Holy Saturday

THE CROSS
We should glory in the cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

Entrance Antiphon, Evening Mass of the Lord’s Supper, The Roman Missal

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No daily and Sunday Mass in Church until further notice.
Mass intentions will still be offered during the private Mass celebrated by our Pastor, Fr. Jonathan Paala.

Tune in to EWTN TV or watch livestream Mass at https://sfarch.org/livestreams

<table>
<thead>
<tr>
<th>Holy Mass Intentions for April 6—12, 2020</th>
<th>Date</th>
<th>Intention</th>
<th>Pray for your priests</th>
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<tbody>
<tr>
<td>MON 6</td>
<td>† Mark Guevarra</td>
<td>Fr. Kieran McCormick</td>
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<td>TUE 7</td>
<td>† Jonathan Gonzales</td>
<td>Fr. Anthony Chung</td>
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<td>WED 8</td>
<td>Andy Denoga</td>
<td>Fr. Al Furtado</td>
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<td>THU 9</td>
<td>† Paul Lu</td>
<td>Fr. Francis Njua</td>
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<td>Good Fri 10</td>
<td>No Holy Sacrifice of the Mass</td>
<td>Fr. Joseph Cardoza</td>
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<tr>
<td>Easter Vigil 11</td>
<td>† Robert and † Charles Barry</td>
<td>Fr. Joseph Kengah Mumba</td>
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<tr>
<td>Easter Sunday 12</td>
<td>† Dionisio Lazaro  Delfin Lazaro Sr. Mary Frances Horan</td>
<td>Fr. Jonathan Paala Pastor St. Luke Catholic Church Foster City</td>
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Legend: † - Deceased, SI-Special Intention, BD-Birthday Missa Pro Populo-General Intentions/Mass for the People

Adore our Lord in the Blessed Sacrament
It is there in the Eucharist that Jesus says to us, “I thirst, I thirst for your love, your sacrifices, your sufferings. I thirst for your happiness, for it was to save you that I came into the world, that I suffered and died on the Cross, and in order to console and strengthen you I left the Eucharist. So you have there all My life, all My tenderness.”

“For the bread of God is the bread that comes down from heaven and gives life to the world.” —John 6:33

Although the Exposition of the Blessed Sacrament has been suspended until further notice, the Chapel will remain open, Monday through Sunday, from 9:00 a.m. to 6:00 p.m. to allow moments of personal encounter with our Lord in the Blessed Sacrament.

For Online Perpetual Eucharistic Adoration, visit: virtualadoration.home.blog

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Pray for Pope Francis’ Intention
Freedom From Addiction
We pray that those suffering from addiction may be helped and accompanied.
We ask this through Christ our Lord. Amen.
April 5, 2020

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You! (3x)

Eternal rest grant unto the souls of Your beloved, O Lord.

†Pauline Glenn, †Mary Grace Reyes †Gertrudes Ubaldo and all victims of the coronavirus pandemic

We pray for God’s healing mercies upon the sick:

Feliz Acosta  JoAnn Kozloski  Angelina Paguio
Baby Aleman  Jackie Kuo  Patti Panfile
Juris Arcilla  Badette Ledesma  Rosetta Parisian
Minerva Barnhart  Celia Leones  Tom Pope
Teresa Bautista  Dancy Lim  Frances Presutto
Jim Bortak  Christian Liwag  Angela F. Reyes
Ruben Calderon, Jr.  Arturo Martin  Estrella Reyes
Michael Carmody  Andres Mendez  Kathy Sampson
Gerard dela Cruz  Angela Mihelec  Jennifer Shamway
Elizabeth Fong  Bozidar Mihelec  Manny Torres
Dennis B. Huang  Jon Miller  Priscilla Touchstone
Barbara Keefer  Edgar Navarro  Those suffering from
Tom Keefer  Ed Page  the Coronavirus

“...for by His wounds you were healed.” (1 Peter 2:24)
LIVE STREAM MASSES
The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.
(Catechism of the Catholic Church, Pope John Paul, *Dominicae cenae*)

Masses every day at the Cathedral of St. Mary of the Assumption in San Francisco
https://www.youtube.com/archdioceseofsanfrancisco
Monday through Friday:
7:30 am and 12:10 pm
Saturday 8:00 am and 5:30 pm
Sunday 7:30, 9:00, and 11:00 am;
Spanish Mass at 1:00 pm

Eternal Word Television Network (EWTN)
Comcast 229 Direct TV 370, Dish 261,
AT&T 562, Astound 80, Sirius
Live stream: ewtn.com/tv

Bishop Barron’s Word on Fire
https://www.wordonfire.org/daily-mass

SAN MATEO COUNTY

St. Gregory Parish, San Mateo
http://saintgregorychurch.org and
https://www.facebook.com/saintgregorychurch
Daily including weekends at 12:00 noon

St. Charles, San Carlos/St. Matthias,
Redwood City
https://www.facebook.com/StCharlesParishSC
Monday-Saturday 5:00 pm
Sunday 9:00 am

All Souls Parish, South San Francisco
https://allsoulsparishssf.org/
Daily 6:00 pm

St. Francis of Assisi Parish, East Palo Alto
https://www.facebook.com/Parroquia-de-San-Francisco-de-Asis-103290567983242
Monday-Friday 8:00 am (Bilingual)
Saturday 6:00 pm (Spanish)
Sunday 7:30 am (English) and 9:30 am
(Spanish)

Our Lady of Mercy Parish, Daly City
https://www.facebook.com/olmdalycity
Saturday 4:00 pm
Sunday 9:00 am and 12:00 noon

St. Pius Parish, Redwood City
https://www.pius.org/stream
Evening Prayer Daily, 6:00 pm
Daily Mass 11:00 am (Spanish)
and 12:00 noon (English)
Sunday 9:30 (English) & 11:30 am (Spanish)

St. Raymond Parish, Menlo Park
https://www.facebook.com/fatherjerome.cudden
Daily 9:00 am (including Sunday)

Our Lady of Angels Parish, Burlingame
www.ola.community/parish/live-stream-of-
daily-and-weekend-masses
Monday-Friday 8:00 am
Saturday 5:00 pm
Sunday 10:00 am

Our Lady of the Wayside, Portola Valley
and St. Denis, Menlo Park
https://www.facebook.com/groups/1243580612689197
Monday-Saturday 11:30 am

St. Augustine Parish, South San Francisco
https://www.facebook.com/SACC45thYear
Daily Mass 10:00 am
At St. Mary’s Cathedral, the HOLY WEEK LITURGIES will be livestreamed.
through the Archdiocesan YouTube channel youtube.com/archdioceseofsanfrancisco/live
For a full schedule of liturgies at the Cathedral, see the Livestreams webpage,
sfarch.org/livestreams
Below are listed the Holy Week liturgies that Archbishop Cordileone will celebrate:

Palm Sunday Mass, April 5 — 11:00 am
Chriism Mass, Thursday, April 9 — 10:00 am
Holy Thursday Mass, April 9 — 7:30 pm
Good Friday service, April 10 — 3:00 pm
Easter Vigil, Holy Saturday, April 11 — 9:00 pm
Easter Sunday, April 12 — 11:00 am

HOLY WEEK AND THE PASchal TRIDUUM
Sunday, April 5 - Sunday, April 12, 2020
“The days of Jesus’ life-giving death and glorious resurrection are approaching, the hour
he triumphed over Satan’s pride, the time we celebrate the great event of our redemp-
tion” (Preface of the Lord’s Passion II, Sacramentary). Thus the Church begins the one
week of the year that we formally designate as “Holy.” Simple rituals can link the
domestic church to parish church and Church universal. Enthrone Sunday’s palms
where you pray, behind the family crucifix, even as part of front door decorations:
“Christ reigns here,” they proclaim; “all are welcome!” During the first three days of
Holy Week, ready Easter clothes, prepare festal foods, clean the house, beautify the yard.
Late Holy Thursday afternoon, share Lent’s final meal before the Lord’s Supper Mass.
Pitcher, bowl, and towel make a fitting centerpiece; perhaps conclude the meal by
washing each other’s feet. On Good Friday, observe the paschal fast from food—from
TV and computer, too! Then come to Holy Saturday’s Vigil with mind clear, stomach
empty, and heart full of “holy anticipation” that bursts into living flame when the new
fire is kindled. —Peter Scagnelli, Copyright © J. S. Paluch Co.

FASTING AND ABSTINENCE
Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics (age 18 until age 59). In
addition, Fridays during Lent are obligatory days of abstinence (age 14 onwards). 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. 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. Christ
said, “Man does NOT live by bread alone.” (Mt. 4:4; Lk. 4:4) This liberates us from total dependence on food,
on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual
nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with
losing weight. It is a matter of prayer and the spirit. It is discovering that our Lord through His Holy Spirit is with us
during this “fight” and “effort” against sin and evil, and that God leads us to the victory of His glorious Resurrection.
Christian tradition can name at least seven reasons for fasting:
1. From the beginning, God commanded some fasting, & sin entered into the world because Adam & Eve broke the fast.
2. For the Christian, fasting is ultimately about fasting from sin.
3. Fasting reveals our dependence on God and not the resources of this world.
4. Fasting is an ancient way of preparing for the Eucharist—the truest of foods.
5. Fasting is preparation for baptism (and all the sacraments)—for the reception of grace.
6. Fasting is a means of saving resources to give to the poor.
7. Fasting is a means of self-discipline, chastity, and the restraining of the appetites. (www.usccb.org)
SpirituAl resources
(Prayers, Rosaries, Stations of the Cross, Live Video Resources, Spiritual Music)

1) Archdiocese of San Francisco Website: sfarch.org/prayers
2) United States Conference of Catholic Bishops Website: usccb.org
   http://usccb.org/about/communications/prayerresources-for-the-coronavirus-crisis.cfm
   The following publishers have generously made their resources available to support prayer during these difficult days. We thank them for their generosity and pastoral concern.
   To access the publishers’ webpage, go to...
   http://usccb.org/about/communications/prayerresources-for-the-coronavirus-crisis.cfm
   □ Liturgical Press: Give Us This Day
   □ Magnificat
   □ Bayard: Living with Christ
   □ The Word Among Us
   □ GIA Publications
   □ Augustine Institute: Free Subscriptions of FORMED . . . for 40 days
   □ Catechesis of the Good Shepherd . . (for parents)
   □ RENEW International
   □ Loyola Press
   □ Oregon Catholic Press
   □ Liturgy Training Publications (LTP)
   □ Our Sunday Visitor
   □ Sadlier
   □ My Catholic Faith Delivered
3) Eternal Word Television Network (EWTN): ewtn.com/resources

   Palm Sunday of the Passion of the Lord

   Today’s passage from Isaiah presents us with a common human dilemma: what do we do with our suffering? The speaker describes himself as God’s faithful servant, who suffers beatings and mockery. We can’t be sure who the speaker is, but we can see his extraordinary response. He chooses not to fight back, not to respond to violence with violence. He chooses to endure with hope that God, in God’s own way, will deliver and vindicate him. Christians later saw this passage as a poignant description of Jesus’ suffering in his passion.

   We all have many experiences of tragic or undeserved suffering. We might desire to run from our pain, or to inflict suffering upon others, or to live in despair. In faith, we are invited to share in the suffering of Jesus, sharing also with all who suffer similarly. We can place our wounds in God’s hands. We may live in enduring hope that Christ is indeed present and accompanies us in our pain. In God’s own way, our suffering may be transformed, so to serve God’s purposes.

   EAT new Kingdom

   The Gospel from Matthew, using various symbols from scripture, presents Jesus as the true and victorious king who begins a new kingdom. After his royal entrance into Jerusalem, Jesus ascends his scandalous and paradoxical throne, the cross. The cross reveals the nature of his kingdom, based on God’s forgiveness and sacrificial love. Evil forces thrive when violence stirs even more violence. By accepting his suffering and offering forgiveness, Jesus broke the primary cycle of violence. The Gospels proclaim that the powers of evil, though continuing their effects today, were decisively defeated on the cross.

   The resurrection of Jesus launches the reign of God, which will be fully complete upon Jesus’ return. We are now offered a new path for being human by which, empowered by the Holy Spirit, we may partner with God to create new cycles of life and hope. Copyright © J. S. Paluch Co., Inc.

   God greatly exalted [Christ] and bestowed on him the name which is above every name.
   — Philippians 2:9
Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Month of April
is dedicated to the Holy Eucharist and to the Holy Spirit

Prayer to our Eucharistic Lord, Jesus
Here, O good and gentle Jesus, I kneel before you, and with all the fervor of my soul I pray that you engrave within my heart lively sentiments of faith, hope, and love, true repentance for my sins, and a firm purpose of amendment. While I see and I ponder your five wounds with great affection and sorrow in my soul, I have before my eyes those words of yours that David prophesied about you:
“They have pierced my hands and feet; I can count all my bones” (Psalm 22:17).
Amen.
– Roman Missal, Thanksgiving after Mass

Act of Consecration to the Holy Spirit
O Holy Spirit, Divine Spirit of light and love, I consecrate to Thee my understanding, heart, and will, my whole being for time and eternity. May my understanding be always submissive to Thy heavenly inspirations, and to the teaching of the Catholic Church, of which Thou art the infallible guide; may my heart be ever inflamed with love of God and of my neighbor; may my will be ever conformed to the divine will; and may my whole life be a faithful imitation of the life and virtues of our Lord and Savior Jesus Christ, to whom with the Father and Thee be honor and glory forever. Amen.
PRAYER TO OUR LADY OF GUADALUPE

Holy Virgin of Guadalupe,
Queen of the Angels and Mother of the Americas.
We fly to you today as your beloved children.
We ask you to intercede for us with your Son,
as you did at the wedding in Cana.
Pray for us, loving Mother,
and gain for our nation and world,
and for all our families and loved ones,
the protection of your holy angels,
that we may be spared the worst of this illness.
For those already afflicted,
we ask you to obtain the grace of healing and deliverance.
Hear the cries of those who are vulnerable and fearful,
wipe away their tears and help them to trust.
In this time of trial and testing,
teach all of us in the Church to love one another and to be patient and kind.
Help us to bring the peace of Jesus to our land and to our hearts.
We come to you with confidence,
knowing that you truly are our compassionate mother,
health of the sick and cause of our joy.
Shelter us under the mantle of your protection,
keep us in the embrace of your arms,
help us always to know the love of your Son, Jesus. Amen.

— Archbishop José Gómez of Los Angeles, President United States Conference of Catholic Bishops

Bells call to prayer

Set your alarm to these times, then pray the indicated prayer at that hour.

9:00 a.m. - Prayer for those infected with the virus and all who are ill
Lord, place your healing hand on those who suffer illness. Bring them to full health and ease their anxious hearts. May our prayer and the intercession of the Blessed Virgin Mary encourage them that they are not alone. We ask this in Jesus’ Name. Amen.

12:00 p.m. - Prayer for health care workers and those attending to the sick
Lord, we are ennobled by those who put their lives at risk in caring for the sick. Keep them safe and embolden them when they are weary. We ask this in Jesus’ Name. Amen.

3:00 p.m. - Prayer for first responders and essential workers
Lord, we pray for those who run to danger to keep us safe and those who serve the common good. Embrace them with your mantle of protection and comfort the fears of their families. We ask this in Jesus’ Name. Amen.

6:00 p.m. - Prayer for people of every nation and their leaders
Lord, the pandemic opens our eyes to see each other as brothers and sisters in one human family. We pray for people of every nation and their leaders, asking that they be inspired to seek the good of all and quell the voices of division. We ask this in Jesus’ Name. Amen.

9:00 p.m. - Prayer for those who have died today
Lord, we grieve the passing of our sisters and brothers who have died this day. We commend them to your tender mercy, confident that nothing, not even death, will separate us from your love. We ask this in Jesus’ Name. Amen.

— Cardinal Blase J. Cupich, Archbishop of Chicago