

Our Mission: At St. Juan Diego Catholic Church, we are a diverse community that strives to welcome everyone with dignity, respect and belonging by living the Good News of Jesus Christ.

Nuestra Misión: En la iglesia Católica de San Juan Diego, somos una comunidad diversa que se esfuerza por dar la bienvenida a todos con dignidad, respeto y pertenencia al vivir la Buen Nueva de Jesucristo.

Greetings,

One of the most simple yet powerful things we can do for another person is to pray for them. Prayer for a person is an act of love, showing that we care for them, and doing something for them. And one of the most powerful ways to show we care for someone is when they ask us to pray for them, to do it right then and there. In my homily this weekend I am talking about the art of praying with people, and I want to share this short "how to" guide which I put together and have found useful.

How to pray with people 101

- Ask "Can I pray with you?"
- Ask "What can I pray for you for?"
- Begin with the Sign of the Cross.
- Ask Jesus/The Father/The Holy Spirit to be present in whatever situation they mention.
- End with "Let us pray as Jesus taught us: Our Father...."
- End with Sign of the Cross

Do's and Don'ts

- Don't: try to fix problems or give advice
- Do: ask for Gifts of the Holy Spirit, e.g. healing, comfort, peace, discernment, wisdom, knowledge, counsel, understanding, fortitude
- Do: be ok with using the exact same words they used
- Don't: Pray for what you think they need
- Do: Leave some silence, either before or after speaking

I encourage you in your regular daily lives to pray for people. It's not complicated. It's simple person-to-person sharing of the Love of Jesus Christ.

In Christ,
Fr. Hans

Saludos,

Una de las cosas más simples pero poderosas que podemos hacer por otra persona es orar por ella. La oración por una persona es un acto de amor, mostrando que nos preocupamos por ellos y haciendo algo por ellos. Y una de las formas más poderosas de demostrar que nos preocupamos por alguien es cuando nos piden que oremos por ellos, que lo hagamos en ese mismo momento. En mi homilía de este fin de semana estoy hablando sobre el arte de orar con la gente, y quiero compartir esta breve guía de "cómo hacerlo" que preparé y me ha resultado útil

Cómo orar con la gente 101

- Pregunte "¿Puedo orar con usted?"
- Pregunte "¿Por qué puedo orar por usted?"
- Comience con la Señal de la Cruz.
- Pídale a Jesús/El Padre/El Espíritu Santo que esté presente en cualquier situación que mencionen.
- Termine con "Oremos como Jesús nos enseñó: Padre nuestro...."
- Terminar con la Señal de la Cruz

Normas

- No: intente solucionar problemas o dar consejos
- Sí: pedir Dones del Espíritu Santo, ej. sanar, consuelo, paz, discernimiento, sabiduría, conocimiento, consejo, entendimiento, fortaleza
- Sí: estar de acuerdo con usar exactamente las mismas palabras que usaron
- No: orar por lo que cree que necesitan
- Sí: Dejar un poco de silencio, ya sea antes o después de hablar

Los animo en su vida diaria regular oren por personas. No es complicado. Es un simple intercambio de persona a persona del Amor de Jesucristo.

En Cristo,
Padre Hans

MASS SCHEDULE

Saturday

5:00 pm English

Sunday

8:30 am English

12:15 pm English

HORARIO DE MISA

Domingo

10:30 am Español

RECONCILIATION

RECONCILIACIÓN

Wednesday/Miércoles

5:00-5:45 pm

Saturday/Sábado

3:30pm - 4:30

Stations of the Cross



Please join us for the Stations of the Cross on Fridays of Lent starting February 24th at 6:00 pm, followed by a simple supper.

Estaciones de la Cruz

Únase a nosotros para las Estaciones de la Cruz los viernes durante la cuaresma a partir del 24 de febrero a las 6:00 pm, seguido de una cena sencilla.

Retiro de Mujeres en Español

Regístrese para el retiro de mujeres en español de un día. El registro se llevará a cabo en el nártex cada fin de semana hasta el 11 y 12 de marzo. ¡Se anima a todas las mujeres de habla hispana a asistir, no se lo pierda!

Retiro en español de 1 Día

18th de Marzo at St Juan Diego Parish
Tema: Transformándonos con oración
Orador: Padre Guillermo Ameche
Costo: Donación sugerida de \$20 y plato para compartir
Contacto: laguirre230@gmail.com

Ministerio Juvenil

Grados 6-12
Domingos 1:15 pm - 2:45pm
Almuerzo de pizza proporcionado
Traer un amigo

Próximos encuentros de grupos de jóvenes:
12 de marzo
19 de marzo
26 de marzo

Youth Ministry

Grades 6-12
Sundays 1:15pm - 2:45pm
Pizza Lunch provided
Bring a friend

Next Youth Group Gatherings:
March 12th
March 19th
March 26th

Weekly Parish Schedule

To have a Mass offered for anyone, please call Jeny in the parish office. Suggested donation \$10
Please make your checks payable to *St. Juan Diego Parish*

Date	Mass Times
Saturday, March 11, 2023	3:30 pm - 4:30 pm Reconciliation
	5:00 pm English Mass
Sunday, March 12, 2023 Domingo 12 de marzo	8:30 am Mass Sally Nofziger by the Eirvins
	10:30 am Misa en Español
	12:15 pm English Mass
Monday, March 13, 2023	6:00 pm Daily Mass
Tuesday, March 14, 2023	6:00 pm Daily Mass All women and their contributions
Wednesday, March 15, 2023	6:00 pm Daily Mass Victor Amador
Thursday, March 16, 2023	12:00 pm Daily Mass
Saturday, March 18, 2023	3:30 pm - 4:30 pm Reconciliation
	5:00 pm English Mass
Sunday, March 19, 2023 Domingo 19 de marzo	8:30 am Mass
	10:30 am Misa en Español
	12:15 pm English Mass

Scripture Readings

March 11/12

First Reading
Exodus 17:3-7

Second Reading
Romans 5:1-2, 5-8

Gospel
John 4:5-42

Lecturas

12 de marzo

Primera Lectura
Éxodo 17,3-7

Segunda Lectura
Romanos 5, 1-2. 5-8

Evangelio
Juan 4, 5-42

Social Justice Mass Intention

You are invited to attend and pray on Tuesday, March 14. The Mass intention is for: **All women and their contributions.**

Today, throughout the world, women hold positions of exacting leadership, as heads of government, judges, research doctors, symphony conductors, and business executives. They serve as presidents at Catholic colleges and universities and as administrators and faculty members at Catholic colleges and seminaries. They are also chief executives of Catholic hospitals and executive directors of Catholic Charities. An increasing number of Catholic theologians are women. Some women serve the diocesan churches as school superintendents and chancellors, as archivists and members of marriage tribunals. More and more women have responsible national positions in the Catholic Church. Locally, we can see in our parishes the scope of women's leadership: in various liturgical ministries, including altar servers and proclaiming the Word before the assembly; in pastoral ministry and administration; in religious education and teaching in schools; in peace and justice activities; in outreach to the homebound and the hospitalized. One recent study shows that 85 percent of nonordained ministerial positions in parishes are now held by women.

<https://www.usccb.org/committees/laity-marriage-family-life-youth/strengthening-bonds-peace-pastoral-reflection-women>

Intención para Misas del Ministerio de Justicia Social

Está invitado a asistir y orar el martes 14 de marzo. La intención de la Misa es por: **Todas las mujeres y sus contribuciones.**

Volunteers Needed



Sunday Hospitality needs volunteers. Contact Jeanne Sabbe if you can help one Sunday a month at either the 8:30 or 12:15 mass. Contact Jeanne Sabbe jeannesabbe@comcast.net or 503-645-6167, if interested.



Thank you for supporting our Parish!

March 4/5 Attendance	1081
Collection Basket	\$ 7,009.20
Electronically/by mail	\$ 7,907.35
Projected weekly need	\$ 11,338.00

Creation Corner

Repair Fair at the Beaverton Library
Saturday, March 18 from 1:00 PM – 4:00 PM – Meeting Rooms A and B



This event offers free repairs by volunteers who are skilled at mending household items. The team of fixers at the Repair Fair has a variety of expertise, from appliances, electronics, and furniture to clothes, jewelry, books, and more. See the website to register.

<https://www.beavertonlibrary.org/Calendar.aspx?EID=19597&month=3&year=2023&day=18&calType=0>

Cuaresma 2023
22 de febrero - 9 de abril

En lugar de renunciar a algo durante la Cuaresma este año, intente dar un nuevo paso en el camino de la justicia todos los días. Cada día de Cuaresma ofreceremos una sugerencia diseñada para alentar la oración, la reflexión, la caridad y la defensa de los problemas de justicia social que enfrentamos hoy.

"¿No es este el tipo de ayuno que he elegido: ¿desatar las cadenas de la injusticia y desatar las cuerdas del yugo, liberar a los oprimidos y romper todo yugo?" Isaías 58: 6

**Los domingos son día de descanso tiempo en familia sin compromiso.

12 de marzo – 18 de marzo

****Domingo**

Día 17) ¿Conoce a alguien en su vecindario que pueda necesitar ayuda? Intente desarrollar una relación con él o ella y ofrézcale su ayuda.

Día 18) Recoga la basura de tu barrio hoy. Considere unirse a Adopt One Block e inscribese para eliminar la basura de su cuadra regularmente. Adopt One Block le proporcionará herramientas para su limpieza. <https://www.adoptoneblock.org/>

Día 19) Vea el video Inmigración y la Iglesia Católica <https://www.usccb.org/resources/immigration-and-catholic-church>

Día 20) Ore por todos los que sufren de las muchas formas de enfermedad mental y tómese el tiempo para comprender mejor la complejidad y la prevalencia de la enfermedad mental. <https://uscatholic.org/articles/201903/catholics-must-do-more-to-accompany-people-with-mental-illness-says-this-deacon/>

Día 21) Deshágase del correo basura. Vaya a <https://www.optoutprescreen.com/> para rechazar ofertas de tarjetas de crédito no solicitadas. Vaya a <https://catalogchoice.org/> para deshacerse de los catálogos no deseados.

Día 22) Aprenda cómo las políticas impactan a las personas en <http://hungerreport.org/profiles/> y luego pregúntese "¿qué puedo hacer?" <https://www.bread.org/get-involved>

Lent 2023
February 22 - April 9

Instead of giving something up for Lent this year, try walking a new step on the justice road every day. Each day of Lent we have a suggestion designed to encourage prayer, reflection, charity, and advocacy on social justice issues facing us today.

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" Isaiah 58:6

**Sundays are a day of rest and family time without an obligation.

March 12th – March 18th

****Sunday**

Day 17) Do you know someone in your neighborhood who might need some help? Try developing a relationship with him or her and offer your help.

Day 18) Pick up the litter in your neighborhood today. Consider joining Adopt One Block and sign up to remove litter from your block on a regular basis. Adopt One Block will provide you with tools for your cleanup. <https://www.adoptoneblock.org/>

Day 19) Watch the video Immigration and the Catholic Church <https://www.usccb.org/resources/immigration-and-catholic-church>

Day 20) Pray for all who suffer from the many forms of mental illness and take time to better understand the complexity and prevalence of mental illness. <https://uscatholic.org/articles/201903/catholics-must-do-more-to-accompany-people-with-mental-illness-says-this-deacon/>

Day 21) Get rid of junk mail. Go to <https://www.optoutprescreen.com/> to decline unsolicited credit card offers. Go to <https://catalogchoice.org/> to get rid of unwanted catalogs.

Day 22) Learn how policies impact people at <http://hungerreport.org/profiles/> and then ask yourself "what can I do?" <https://www.bread.org/get-involved>

Stewardship Moments

Jesus' longest-recorded conversation with anyone is the one he has with the Samaritan woman at the well. She discovers she can be honest with Jesus and goes and tells others about him. She gives witness. She's not the most certain, thorough or even convincing witness. But her witness is enough. It is inviting, humble, non-judgmental and sincere. What is the quality of our witness? How do our words and actions give daily testimony on behalf of Christ? During this season of Lent, how might we do a better job at proclaiming the risen Lord in word and deed?

St. Vincent de Paul Pantry Update

During February our pantry served 69 families, comprised of 293 people, providing almost 6,000 pounds of food. Every month we receive donations of food from parishioners, non-parishioners, Albertsons, Costco, and other businesses such as Godfather's Pizza who recently held a food drive for us. We encourage parishioners to support these businesses that, in turn, enable our ministry to provide this assistance. In addition, we purchased food from the Oregon Food Bank and food and toiletry items from local stores. We also offer aid to families in our parish boundaries with rent and utility assistance. During the school year we provide food backpacks to children at McKinley Elementary School. Currently we provide 25 backpacks each weekend. Please remember that this is St. Vincent de Paul giving weekend. The generosity and kindness of our parishioners is greatly appreciated.



the men of st juan diego

Men's Retreat

Men of St. Juan Diego! **SAVE-THE-DATE, April 14-16**, for the 2023 Men's Retreat. It begins Friday evening with Dinner and ends after Mass on Sunday around noon.

We will again be at the beautiful Mt Angel Abbey Retreat Guest House in Mt. Angel, OR. Cost per Retreatant is \$125 including meals and room. We promise a spirit-filled weekend with enduring connections with fellow Parishioners.

Sign-ups after Mass will occur in a few weeks but you can let us know your interest now by emailing the Leadership Team at sjdmn@gmail.com.

We look forward to praying and learning with you. Please join us.



St. Juan Diego Catholic Church

Office: 5995 NW 178th Ave.,
Portland, OR 97229

Phone: 503.644.1617

Parish Cell Phone: 503.880.3337

Email: office@stjuandiego.org

Office Hours/Horarios de Oficina:

Tues. & Thurs. /Mar: & Jue. 9:00 am - 12:00 pm,
1:00 pm - 2:30 pm

Sun./Dom: 8:00 am - 12:30 pm

www.stjuandiego.org

Parish Staff (503) 644-1617

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Pastor

Rev. Mr. Dennis Desmarais

Deacon

Rev. Mr. Diego Montiel

Deacon

Jeny Velazquez-Samayoa

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St. Vincent de Paul Food Pantry / Despensa de Alimentos

503-985-6046

Mon/Lunes: 4:00 pm - 5:30 pm

Fri/Viernes: 11:00 am - 12:30 pm

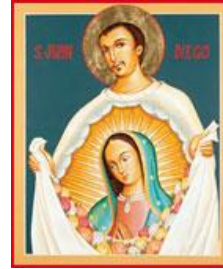
Prayer Chain

Our Prayer chain is immediate, short-term support. To submit a prayer request please send an email to: sjdprayerchain@googlegroups.com.

Cadena de Oración

Nuestra cadena de Oración es apoyo inmediato, a corto plazo.

Para enviar una solicitud, envíe un correo electrónico a: sjdprayerchain@googlegroups.com.



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Hail Mary, full of grace.




Illustration 2001 K. Sullivan.

**Tanasbourne
Pediatrics**


Raquel Apodaca, MD
(parishioner)
Nicole Castonguay, MD
(Hablamos español)
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