



ST. JOHN THE BAPTIST

Catholic Church

FEBRUARY 21, 2021



1ST SUNDAY OF LENT



After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." - Mk 1:14-15

Sacraments

Masses

Mass is currently celebrated in the church. 6ft social distancing and a mask is required and must be worn at all times. Please sign in for contact tracing purposes.

Weekend Mass Times

Sat: 5:00pm (Sunday Vigil)

Sun: 7:30am, 9:00am,
11:15am & 6:00pm

Daily Mass Times

Mon-Fri: 8:15am

Reconciliation / Confession

Saturday 3 - 4:30 pm
& by appointment

All Other Sacraments

Please call the office for information.

Clergy

Fr. Renier Siva
Pastor

Fr. Cleetus Karakkat
Parochial Vicar

William Goeke
Jim McFadden
Deacons

Fr. Ignatius Haran
Pastor Emeritus

Parish Office

The office is closed until further notice. Please call and leave a message.

307 Montrose Drive, Folsom
Phone: 916-985-2065

Website:

FolsomCatholic.org

Social Media:

@FolsomCatholic

Bulletin

FolsomCatholic.org/bulletin

Bulletin Date	Ads Due by 5pm
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Feb 28	Feb 18
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Mar 7	Feb 25
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Mar 14	Mar 4
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Welcome to

St. John the Baptist Catholic Church

We are a community where we welcome all as members of the Body of Christ.

We are welcoming, faithful, passionate, joyful, authentic,
sacramental, loving and charitable.

Today's Readings

Gn 9:8-15 / Ps 25:4-5, 6-7, 8-9 [cf. 10] / 1 Pt 3:18-22 / Mk 1:12-15

*"Your ways, O Lord, are love and truth to those who keep your covenant."
(Ps 25)*

Gospel Meditation

St. Oscar Romero said, "Aspire not to have more, but to be more." These powerful words provide the perfect framework for a conversion oriented Lenten experience. God is giving us this Lenten sign to stop being concerned about what you have and focus on who you are. This requires that we create a desert space and listen more attentively for God to reveal His presence. It is all so wonderfully simple on the one hand and so incredibly challenging on the other. The message is simple: love God, neighbor, and self. Those simple words make great sense, but we struggle translating them into reality. Our attachments, compulsions, obsessions, addictions, routines, and busyness all anchor us to the "idol of the self," keeping us mired in our compulsive need for self-aggrandizement. It's not about us!

God vowed, long ago, to nurture, sustain and protect the relationship He has with His people. He called us into being, nurtures us in being, and sustains us in being. Without the Loving Divine Presence, all life would cease. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. In short, we will see our myopic short sightedness and figure out how we can better share the Divine Fire within with others. Lent isn't just about giving stuff up for forty days and indulging again at Easter. We need to push things much farther and wrestle with the question of how we can be more. "Being more" means becoming more fully alive and in touch with the holiness of life and the divinity that lives in and empowers all beings and things. It is realizing that the "quality" of our presence is crucial to being an effective witness and herald of God's unconditional love.

The illusion we have bought into causes us to believe that the wrong things and systems matter. We tirelessly fight to keep things the way they are, to return to the former ways of doing things or restore some nostalgic fantasy memory of "life in the good old days." Lent isn't about maintaining what we have or returning to something that is gone. It's about becoming something new. It's about being more focused, centered, convicted, and grounded so that we can be a person who truly loves and treasures being made in the image of God. The secret to Gospel living is not found in accumulating anything for ourselves, even merit points for heaven. Gospel living means learning how to live with less so that others can live with more. The thought of permanently giving something up makes us feel uncomfortable. Truth often does.

Scripture Reflections

First Reading

God promises Noah to use a "bow in the clouds" (a rainbow) as a sign and symbol of His divine pledge to never again allow a world-wide flood to devastate the earth. This is the Bible's first recorded covenant between God and humanity. What do you think of when you see a rainbow?

Second Reading

Peter teaches that Jesus preached to both the living and the dead — those dead dating back to the days of Noah — and connecting us through baptism. What do you find intriguing about this idea?

Gospel

We hear about Jesus' temptation in the desert and his inaugural gospel message to those living in Galilee. Jesus saw repentance as necessary to believe his good news. As we begin the Lenten journey, what aspects of your life require repentance?



Updated Mass Schedule

Mass is currently celebrated in the church. 6ft social distancing and a mask is required and must be worn at all times. Please sign in for contact tracing purposes.

Weekend Mass Times

Sat: 5:00pm (Sunday Vigil)

Sun: 7:30am, 9:00am, 11:15am & 6:00pm

Daily Mass Times

Mon-Fri: 8:15am

folsomcatholic.org

Please check our website for any last minute changes to Mass times and any updates regarding COVID-19 restrictions here in our parish.

Rite of Election 2021

Less than a month ago we celebrate the Rite of Acceptance and the Rite of Welcoming.

At that Rite we had 4 children and 1 adult catechumens and 1 adult baptized candidate who are actually going to Easter this year for their sacraments.

Today we celebrate the Rite of Election for these catechumens. Normally the Rite of Election would be celebrated down at the Cathedral with the Bishop, but, because of the pandemic, we are doing it in the parishes this year. Fr. Renier will call these 5 forward, ask them to sign their names in the Book of the Elect and declare them to be members of the Elect, of the chosen ones of God. This third period of the RCIA they are entering is the solemn one that takes place during Lent to prepare their hearts for their Baptism, Confirmation, and Eucharist. Their names are: Ximena, Mavery, José, Alexa, and Beejahn.

Our two candidates, Jeff and Krista, will be received into the Church by making a Statement of Faith and receiving Confirmation and Eucharist. This Rite is called the Call to Continuing Conversion.

Please join us for praying for these children and adults as they prepare for the Easter sacraments.

Stations of the Cross

Held in the Church during Lent

Tuesdays: following the 8:15am Mass

Fridays: 6pm

The Unlikely Suspects

Have you ever taken a nature walk? Have you leisurely strolled through a forest or field, with no real destination in mind and your only objective being receptivity to and observation of all God's creation?

Sometimes, Scripture readings can feel like a nature walk. All of salvation history plays out against the backdrop of the natural world, with all elements of God's creation — plants and animals and the dust of the earth itself — turning in a supporting performance. How about Jesus in the hot and dusty desert, tempted, living "among the wild beasts?" Noah departed from his ark with the animals he rescued, observing God's sign in the very clouds of the sky. Even God Himself, offering us salvation from original sin through the waters of baptism.

How often do we remember that God speaks to us through all of His creation, even in the unlikely suspects?

Let's go back to the nature walk. It sounds like a lovely way to pass an afternoon, amongst wildflowers and butterflies, but don't forget the beating hot sun, mosquitoes, and threat of rain on the horizon. Remember, we're not in heaven yet. Here on earth, God may be present in His creation, but that doesn't mean it's always easy to endure.

Lent is, essentially, a time to listen for the voice of God in places we may not expect: the mild irritations you experience when you're craving the chocolate you gave up, or the dull pangs of hunger during the Ash Wednesday fast. It's a golden opportunity to see the divine hand in all of creation, even those unlikely suspects.

~ Tracy Earl Welliver, MTS

At St. John the Baptist Parish,
we welcome all
as members of
the Body of Christ.



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At St. John the Baptist Parish,
time in conversation with our
Lord is at the center of
our lives.

Mass Intentions

Sunday, February 21st

People of the Parish
Luis Ribaya†

Monday, February 22nd

Maria De Palma†

Tuesday, February 23rd

Caridad Montemayor†

Wednesday, February 24th

Alfredo Bito (*healing*)

Thursday, February 25th

Jocelyn Patio (*healing*)

Friday, February 26th

Lydia Garino†

Saturday, February 27th

Nannie Lusan†

Observances

We Celebrate This Week

Mon: The Chair of St. Peter the Apostle

Tue: St. Polycarp

**February is Dedicated to:
The Holy Family**

Pope Francis'

**Monthly Intention for February
Violence against women**

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

Intercessory Prayers

Prayers for the Sick

We pray for our sick parishioners, family and friends, and those in need of healing of the body and soul.

- | | |
|---------------------|-----------------|
| Christopher Kovarik | Marites Brooks |
| Dharmo Dhillon | Mark Penman |
| Jesse Diaz | Marilyn Dorr |
| Jocelyn Patio | Norma Aley |
| Jody Park | Sarah Norberg |
| Joe Bierek | Vincent Guilles |
| Kimanh Davis | Zachary Whiten |

Prayers for Our Troops

We pray for our military personnel abroad and at home, and for their families.

Michael Dalupan

Prayers for the Recently Deceased

We pray for the souls of all who have died, our family members, friends, and parishioners. May they rest in peace.



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|------------------------|---------------------|
| Caridad Montemayor | Lorenza Mejia |
| Clifford W. Kinney | Maryann Manzitto |
| Beatrice Iddamalgotda | Ofelia Bagabaldo |
| Diana Dahm | Oliver Nash |
| Doug Jackson | Paul DuPont |
| Fernanda Castelo | Pete Sidhu |
| Francisco Bejarano | Prabasheni |
| Herminia Villacorte | Iddamalgotda |
| Hilarion Aspera | Purificacion Siruno |
| Jean Mellberg | Sonny Lasoya |
| Joan McArdle | Steve Beneto |
| Jose Alfredo Aspera | Sunta de Rivera |
| Joyce Margaret Elliott | |

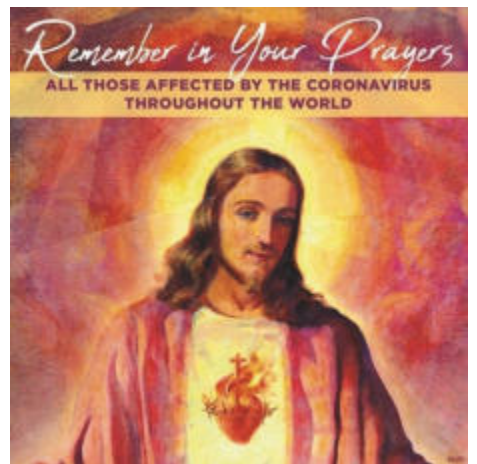
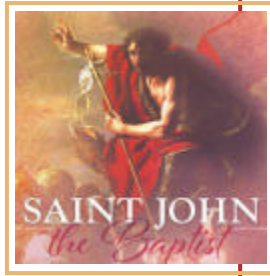
Prayer Requests

Prayer requests for the sick, military or recently deceased may be made by calling our Parish Office. Names will appear for four months.

O God,
You raised up St. John the Baptist
to prepare a perfect people for Christ.

Fill Your people with the joy of possessing
His grace, and direct the minds of all the
faithful in the way of peace and salvation.

Grant that as St. John
was martyred for truth
and justice, so we may
energetically profess
our Faith in You, and
lead others to the Way,
the Truth, and
Eternal Life.
Amen.





The Adoration Chapel

The Adoration Chapel is closed until further notice
Adoration has been moved to the Church

A link to an Adoration Video (50mins) is located on our website.

Scroll down to midpage and click on "Spend Time..."

A YouTube video will pop up to play the video.

Another Adoration Video (30mins) is also posted and pinned on our Facebook page.

A Facebook account is not necessary to view.

Once on our Facebook page click on the Monstrance picture to start the video.

www.facebook.com/FolsomCatholic

Live Stream Mass

scd.org/coronavirus/livestream-mass

Please visit the Diocesan page. It lists Parishes which are currently live streaming Sunday and Daily Masses.

Church Hours

Monday - Friday

The church will remain open for those who would like to pray before the Blessed Sacrament from 8am-4:30pm.

Saturday - Sunday

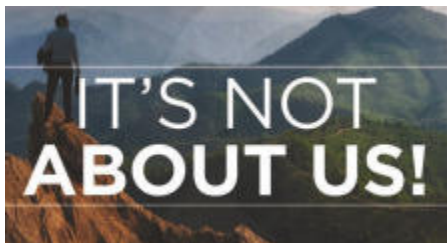
On the weekends, the church will be open from 7am-6pm.

Please wear a mask and keep in mind your minimum 6ft social distancing

Confession

**Saturdays: 3 - 4:30 pm
and by appointment**

Please note confessions at this time will still be offered but not in the confessional. We will be doing a face to face format in a larger setting in order to maintain the social distancing of 6ft.



**Contact: Joanne 916-607-2228 or
Sue 916-337-6237**

www.40daysforlife.com/sacramento

St. John's carpools to go out and pray will be on Thursdays. Leaving the parking lot at 10:30am, returning at 1:30pm including drive time. Bring a folding chair and join us! Up to 75% of moms and dads that see people praying change their minds and keep their babies.

Vigil Hours:

Mon, Tues, Thurs, Fri. 8am-6pm
Wed. 11am-6pm, Sat. 10am-11am
2322 Butano Dr., Sacramento, CA

2021 The Year of St. Joseph

Honor His Seven Sorrows and Seven Joys

- The doubt of St. Joseph (*Matt. 1:19*)
- The poverty of Jesus' birth (*Luke 2:7*)
- The Circumcision (*Luke 2:21*)
- The prophecy of Simeon (*Luke 2:34*)
- The flight into Egypt (*Matt. 2:14*)
- The return from Egypt (*Matt. 2:22*)
- The loss of the Child Jesus (*Luke 2:45*)
- The message of the Angel (*Matt. 1:20*)
- The birth of the Savior (*Luke 2:10-11*)
- The Holy Name of Jesus (*Matt. 1:25*)
- The effects of the Redemption (*Luke 2:38*)
- The overthrow of the idols of Egypt (*Is. 19:1*)
- Life with Jesus and Mary at Nazareth (*Luke 2:39*)
- The finding of the Child Jesus in the Temple (*Luke 2:46*)



At St. John the Baptist Parish,
time in conversation with our
Lord is at the center of
our lives.



At St. John the Baptist Parish, we foster a commitment to lifelong spiritual growth.

LENT 2021 | Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>February 21</p> <p>First Sunday of Lent</p> <p>"This is the time of fulfillment. / The kingdom of God is at hand. / Repent, and believe in the gospel." (Mk 1:15, Lectionary)</p>	<p>February 22</p> <p>Today is the feast of the Chair of St. Peter! This feast reminds us of the significance of the ministry of St. Peter and the succession of popes who followed in his footsteps. Say a prayer for Pope Francis, successor of St. Peter.</p>	<p>February 23</p> <p>"If you forgive men their transgressions, / your heavenly Father will forgive you. / But if you do not forgive men, / neither will your Father forgive your transgressions." (Mt 6: 14-15)</p>	<p>February 24</p> <p>Catechumens who have been preparing for baptism will soon be initiated into the Church. Say a prayer for all the elect, whose journeys of spiritual growth have led them to becoming our brothers and sisters in Christ.</p>
THURSDAY	FRIDAY	SATURDAY	
<p>February 25</p> <p>"Will we bend down to touch and heal the wounds of others? Will we bend down and help another to get up? This is today's challenge and we should not be afraid to face it." (Pope Francis, <i>Fratelli Tutti</i>, no. 70)</p>	<p>February 26</p> <p>Be patient with yourself this Lent. This past year has been difficult in many ways. Take your journey one day at a time.</p>	<p>February 27</p> <p>Lord Jesus Christ, Son of the living God, have mercy on me, a sinner. (USCCA, 536)</p>	

Source: www.usccb.org/resources/lent-2021-calendar-english

Lent is a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.

Together in Holiness

Marriage Enrichment Conference

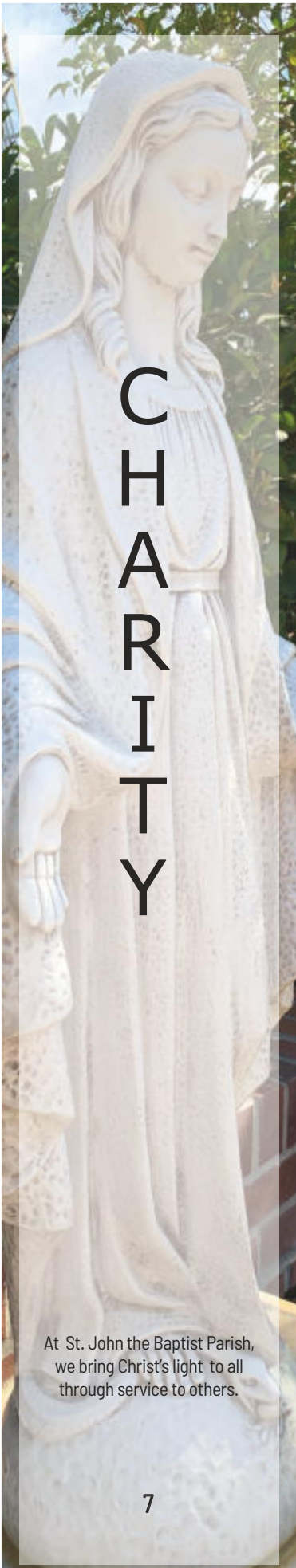
March 20, 2021, Saturday, 8:30am - 3pm
At-Home Conference Experience | \$15

The Office of Family and Faith Formation at the Diocese has partnered with the St. John Paul II Foundation to present this marriage enrichment conference for all married and engaged couples in the diocese who desire to grow together in holiness and learn to form their children in the Catholic Faith. Presented online, it includes Mass celebrated by Bishop Soto, Eucharistic Adoration, and inspiring keynotes around the topic of evangelization featuring Dominick Albano, Rob and Jeanie Uchison, and more!

The conference will be livestreamed on Saturday, March 20, 2021. Participating couples will have access to the conference recordings for one week after that date. To register or learn more, visit togetherinholiness.org and click on the Sacramento location.

Inspiration for the Week

Throughout history God has given His people signs. Our season of Lent offers us God's sign that it is time to stop the ordinary routines of our lives, create some desert space, and listen more attentively for God to reveal His presence. We are asked to unplug from our attachments, compulsions, obsessions, addictions, routines, and busyness to clear the slate and take stock in who we become. We are asked to remember the ancient sign of God's covenant with humanity in which He vowed to nurture, sustain, and protect the relationship He has with His people. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. Even though some good solid self-denial is the order of the day, greater happiness and wholeness will be the fruit of our labors. Pleasant journey through the desert!



At St. John the Baptist Parish,
we bring Christ's light to all
through service to others.

2nd Collection

This weekend our 2nd collection is for our Building & Maintenance Fund. Last weekend our 2nd collection was for the Building & Maintenance Fund. Together we collected \$2230.

Annual Catholic Appeal

Today we join together through the Annual Catholic Appeal

We may not all be social workers, yet through the Annual Catholic Appeal, the whole Catholic community leans in to help our Catholic charities...and our own parish...to sustain programs and ministries that help lift our neighbors and friends out of the hardships of poverty. The Annual Catholic Appeal is dedicated solely to the social mission of the Church here in Northern California. Last year, as our communities pulled together to overcome the paralyzing effects of the COVID-19 pandemic, 362,000 people were helped through Appeal-funded charitable works. Please be as generous as you can. Every gift makes a profound difference in someone's life.

To watch the 2021 video

Hover your smartphone camera



or visit

scd.org/annual-catholic-appeal

To give online

Hover your smartphone camera



or visit

scd.org/acagive

For those who wish to make a donation without using the above links and code, look for the pledge cards at the entrance to the church.

Loaves and Fishes

February 24, Wednesday

Contact: Cathy Kovarik, 916-353-0688 or
Greta Tecson, 916-337-2014

*"Jesus heart is moved with pity for the hungry crowd "
(Mark 8:2)*

We all know the story of the Loaves and Fishes in this reading. The crowd had a change of heart and the miracle of generosity and sharing happened! The Divine Mercy Ministry sees this happening every month with the generosity of our parish. Please consider sharing food this month with the homeless at Friendship Park. Most requested are cup-of-soups, peanut butter and cheese crackers, hot chocolate and oatmeal packets, nutritious bars, fruit cups and raisins. Also requested are warm blankets, gloves and hats. The large designated cart remains in the church vestibule for you to drop off items during open church hours. All will be shared Wednesday, February 24. Thanking you for considering.

Stewardship of Treasure the Lord Has Entrusted to Us

Weekly goal: \$25,529.00

Weekly Offerings:

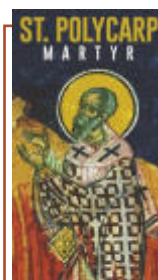
February 13/14 \$14095.50

On line Donations for January

Sunday Collection \$27,757.32

St. Vincent de Paul \$1588

Building & Maintenance \$2296



The pile was prepared by the pagans, and also by the Jews, who were particularly active in offering themselves as executioners. Polycarp put off his garments, and seeing they were about to fasten him to the stake, said: "Leave aside these nails:

He who gives me fortitude to undergo this fire, will enable me to stand still without them."

They therefore contented themselves with tying St. Polycarp's hands behind his back, and placed him upon the pile, whence raising his eyes to heaven, the saint prayed. The pile was set on fire, yet the flames did not touch the body of the saint, but formed, as it were, an arch around him, while his flesh exhaled a most fragrant odor. The pagans, exasperated to see that the fire had no effect, transfixed him with a spear, and such a quantity of blood issued from the wound as extinguished the flames. **Feast Day: February 23**



KID'S CORNER

"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

Sharing the Gospel

In today's Gospel, Jesus spent forty days in the desert. Jesus stayed close to God, and he followed God's directions every day of his life. When Satan came to test Jesus he was ready. Jesus passed every test beautifully. He said "No" to temptation. When you write spelling words over and over, it is easier to remember them. If you are learning a new language, it helps to make flash cards to practice with. Once you memorize all your words, taking the test is pretty easy. The more you read the Bible and do what God asks in his word, the easier it will be for you to pass Satan's tests, too.

Mission for the Week

Memorize Proverbs 1:3, "You will learn what is right and honest and fair." Practice writing it and saying it every day, until you know this verse by heart.

Prayer

God, you have the power to heal. Help me to trust you, even when I'm sick.

Read the Gospel and Color

Mk 1:12-15



Puzzle

Find & circle these words from today's Gospel

SPIRIT	FORTY	ANIMALS
JESUS	SATAN	ANGELS
DESERT	TESTED	BELIEVE

E	S	Y	T	U	O	I	G	U	F	E
R	A	N	I	M	A	L	S	J	O	R
I	T	G	S	Y	N	O	E	A	R	I
S	A	L	O	F	G	D	N	S	T	N
T	N	E	T	A	E	S	J	I	Y	O
E	M	S	B	E	L	I	E	V	E	S
S	U	O	J	T	S	R	S	O	S	U
T	S	P	I	R	I	T	U	P	A	T
E	L	A	D	L	U	N	S	E	D	Y
D	E	S	E	R	T	M	I	R	O	N
O	T	I	M	Y	B	A	L	Y	T	A

Our parish is enriched with many ministries, please consider learning about and engaging in one or more of our ministries. Call the contact listed or see a Minister of Hospitality after Mass.

Welcoming Ministries

Communications Ministry

Loreen McMahon, 916-933-1330

Ministers of Hospitality

Shannon Bleeker, 916-200-8059

New Parishioner Welcoming Ministry

Lori Hopper, 916-337-0139

Ushers

Stanley Posis, 916-705-9192

Prayer Ministries

Companioned Prayer

Bill Stobbe, 916-505-3800

Divine Mercy Devotion/Cenacle

Zoanne Tafolla, 707-333-7359

-*Chaplet/Rosary/Morning Prayer*

-*Divine Mercy Chaplet/Mass*

-*Cenacle* - Zoanne Tafolla, 707-333-7359

-*Cenacle-Spanish* - Ana Haid, 916-956-1177

Eucharistic Adoration

Veronica Thomas, thomas_vera@yahoo.com

Perpetual Adoration—1st Fri 9am - Sat 4pm

Marian Cenacle (Marian Movement of Priests Cenacle)

-*English* – 1st Saturday of the month

Sally Gomez, 916-693-2411

-*Spanish* – 2nd Wednesday of the month

Ana Haid, 916-956-1177

Our Lady of Fatima

Henry Altamirano, 925 - 899-7769

Spiritual Growth Ministries

Adult Scripture Study

Lee & Teresa Weider, 916-983-8065

Couples for Christ

Myrah Empleo, 661-993-4721

Praise & Worship

Sheila Fitzpatrick, 925-437-0798

Religious Education

Shannon Langer, 916-985-7338

Rite of Christian Initiation for Adults (RCIA)

Debbie Duncan, 916-798-0201

Theology on Tap

Aaron Santos, 916-985-2065

WINGS (Women in Growth Spiritually)

Sue Collins, 916-337-6237

Youth/Young Adults Ministries

Aaron Santos, asantos@folsomcatholic.org

Parish Committees/Councils

Finance Council

Elizabeth Beigh, 916-730-1291

Liturgy Committee

Barbara Bowden, 916-984-9476

Pastoral Council

Outreach/Charity Ministries

Bereavement Hospitality/Receptions

Nina Pucci, 916-947-6386

Catholics for Life

Kathy Baxter, 916-337-6824

Gabriel Project

Debbie Sultan, 916-337-5786

Grace Quilters Ministry

Catherine Scott, 831-402-4681

Grupo Pastoral Hispano

Anna Haid, 916-956-1177

Knights of Columbus

Dick Phelan, 916-221-0596

Pastoral Care Ministry

Dan Dunne, 916-817-1675; Sunday

Candice Ralston, 916-806-8090; Tuesday

Prayer Shawl Ministry

Catherine Scott, 831-402-4681

Prison/Restorative Justice Ministry

-Folsom Prison - Fr. H. Gomez, 916-985-2561 x 4206

-CSP Sacramento - Greg Mellor,

Catholic Chaplain, 916-985-8610 x6425

School Ministry (St. John Notre Dame)

Keith Martin, Principal, 916-985-4129

Senior Visitation

Charlene Agles, 916-984-9602

St. Vincent de Paul (Helping Hands)

John Knight, 916-985-4630

Liturgical Ministries

Altar Servers

Hugo Schmidt, 916-817-4541

Children's Liturgy during Mass

Shannon Langer, 916-985-7338

Extraord. Ministers of Holy Communion

Steve & Maryanne Ashley, 916-479-2214

Lectors

Patti Midtlyng, 916-837-8322

Liturgical Environment

Arlette Peterson, 916-220-5968

Music - See choir director after Mass.

Additional Ministries

Children's Babysitting at Mass

Georgia Oatmeyer, 916-201-3193

Family Fellowship

Carol Stephenson, 916-952-6744

Gift Shop

Connie Aley, 916-984-9284

Women's Game Day

Roberta Puzio, 916-933-2561

Please send ministry updates and corrections to
Loreen McMahon, mcmahon510@comcast.net.

MINISTRIES

"Here am I, Lord;
I come to do your will."

Does it matter what leg you kneel on when genuflecting?

Genuflection is an act of devotion that literally means “to bend the knee.” For many Catholics, it’s an almost automatic gesture that we perform before entering our pew or row of seats at Mass. But, like many of the symbols and gestures of our faith tradition, genuflecting can also be an invitation for deeper reflection.

The practice of “bending the knee” is an ancient way of recognizing the presence of someone greater than we are. It has been said that the practice dates back to the time of Alexander the Great, but it became a common part of etiquette in the royal courts of the Middle Ages. From throne rooms and palaces, it was a small step to genuflecting, becoming part of the devotional lives of Christians who used this secular gesture as a way of recognizing the presence of the One who is King of Kings, especially in the Eucharist. In our tradition, although many have been taught or prefer to genuflect by placing their right knee on the ground, there is no prescribed way to genuflect. This is especially important to keep in mind if physical limitations or age make certain movements difficult for us.

Today, Catholics are asked to genuflect in the presence of the Blessed Sacrament (whether in the tabernacle or exposed on the altar during eucharistic adoration). So, while it has become second nature to genuflect before entering your seat in church, we should pay attention to where the Blessed Sacrament is kept in each church or chapel we visit, and genuflect in the direction of the tabernacle where the Blessed Sacrament is kept. In churches or chapels in which the tabernacle is in a separate space, we are invited to simply bow toward the altar.



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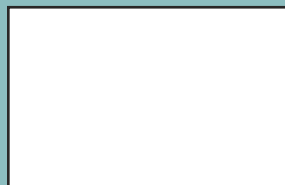
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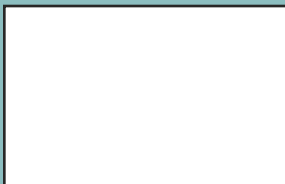


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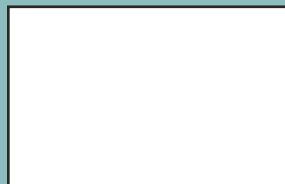
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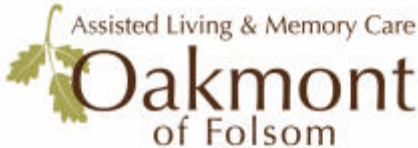
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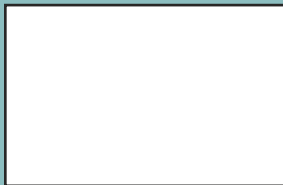
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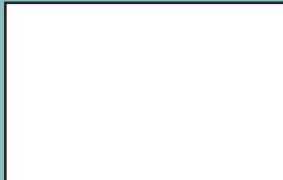
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