

ST. FRANCIS DE SALES CHURCH

13360 VALLEYHEART DRIVE, SHERMAN OAKS, CA 91423

Lent

A time to reflect,
repent and renew



THIRD SUNDAY IN LENT

MARCH 08, 2026

ST. FRANCIS DE SALES CHURCH

13360 Valleyheart Drive South, Sherman Oaks, CA 91423

Telephone #: (818) 784-0105 • FAX #: (818) 784-4807

Website: www.sfdsparish.com • E-mail: church@sfdsparish.com

SERVED BY:

Rev. Michael Wakefield, Pastor
Fr. Stanley Azamety, In Residence
Ms. Lisa Sanders, Office
Ms. Tess Lumague, Office

Religious Education

Mr. Jack Lathuras - JLathuras@sfdsparish.com
Little Church/Sunday Pre-School
Ms. Rachel Munyaradzi - RMunyaradzi@sfdsparish.com

St. Francis de Sales School & Licensed Pre-School

13368 Valleyheart Drive South, Sherman Oaks, CA 91423
Telephone: (818) 784-9573 - FAX: (818) 784-9649
Ms. Myra Goethals, School Principal
Ms. Jerri Ford, Pre-School Director



St. Francis de Sales ~ Pray for Us

MASS Times:

Monday thru Saturday: 8:15 a.m.
Saturday → Anticipated Mass: 5:00 p.m.
Sunday: 8:00 a.m., 10:00 a.m. and 12-Noon

Confessions: 4:00 p.m. on Saturdays

Baptisms and Weddings:

Please make arrangements by calling the Parish Office.

Third Sunday of Lent

March 08, 2026
Exodus 17:3-7
Psalm 95:1-2, 6-7, 8-9
Romans 5:1-2, 5-8
John 4:5-15, 19b-26, 39a, 40-42

SFDS PARISH REGISTRATION FORM

FAMILY NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** CA **ZIP:** _____

PHONE: (____) _____ **E-MAIL:** _____

PARISHIONER INFORMATION

ADULT NAME: _____ BAPTIZED CATHOLIC: YES _____ NO _____

ADULT NAME: _____ BAPTIZED CATHOLIC: YES _____ NO _____

CHILD NAME: _____ BAPTIZED CATHOLIC: YES _____ NO _____

CHILD NAME: _____ BAPTIZED CATHOLIC: YES _____ NO _____

CHILD NAME: _____ BAPTIZED CATHOLIC: YES _____ NO _____

MASS INTENTIONS FOR THE WEEK

SATURDAY	March 07 8:15 AM 5:00 PM	<i>For the Intentions of Carlos Miranda In Memory of Michael Dunn</i>
SUNDAY	March 08 8:00 AM 10:00 AM 12:00 PM	<i>In Memory of Alina Lopo In Memory of Pat Finn In Memory of Robert Simon</i>
MONDAY	March 09 8:15 AM	<i>In Memory of Alina Lopo</i>
TUESDAY	March 10 8:15 AM	<i>For the Intentions of Veronica Singh</i>
WEDNESDAY	March 11 8:15 AM	<i>For the Intentions of Veronica Singh</i>
THURSDAY	March 12 8:15 AM	<i>For the Intentions of the New Superintendent at HLPUSD</i>
FRIDAY	March 13 8:15 AM	<i>In Memory of Diane Balfour</i>
SATURDAY	March 14 8:15 AM 5:00 PM	<i>In Memory of Mary Cronin In Memory of Ron Lydick</i>

THIS WEEK IN OUR PARISH

Sunday, 03/08	Third Sunday of Lent; <i>Daylight Saving time begins</i>
Monday, 03/09	<i>St. Frances of Rome, Religious</i>
Friday, 03/13	<i>Friday of Lent;</i> <i>Stations of the Cross at 7:00 pm</i>



Friendly reminder...

**This Saturday night
before going to bed,
adjust your clock(s) one-hour ahead.**

It might also be a good time to check
and/or change batteries on your smoke
and carbon monoxide detectors, etc.



**Pray For
The Dead**



ERIC DANE

CONTRIBUTIONS to the CHURCH

Weekend: 02/27 - 03/01/2026

Collections: \$8,176.00

Thank you for your generous contributions.

PLEASE PRAY FOR THE SICK, especially:

Gisele Hayek, Susan Ho, Ellery Wilson, Angela Samona, Denise Loren, Marilyn Bencar, Leticia Romero, Alex Challof, Carmel Rattigan, Kathy Molloy, Glenn J. Lawlor, Jr., Olga Oshiro, Maria Berreondo, Tanya Valazquez, Catherine Crews, Deana Domsten, Mary Ann Blee, Kerry Wyse, Louise Brancale, Charlie Ho, Jackie Ward-Smith, Ann Murcia, Rosemary Schreiber, Deb Marsdale, Linda Lucas, Vickie Council, Joan Gore, William Moulprie, Rose Bann, James Armstrong, Sr., Catherine Mwamba, Kathy Polk, Pat Yahnke, Linda Mauleon, Sandra Mitchell, Sharon Crigler, Samiee Nejad, Mary Bailey, Eric Duran, Tina McConnell, Patrick McDougall, Tish Mc Daniel, Nina Barnes, Jana Rattigan, Jezebel Todd, Lauren Britton, Jen Welch, Bob Dixon, Tony Guadagno, John Proscetto, Dexter Gray, Annie Salazar, Jim Earnhart, Joseph Stockert, Rose Ang, Sheila van der Veen, Leonila Siga-an, Jonathan Jacobs, Sammi Petri, Brett Good, Georgina Nicoletti, Lindsay Dean, Saverio Barbieri, Davis Weld, Kevin Hogan, Catherine Sweeney, Jeffrey Paynton, Tommy Fitzpatrick, Doris McNary, Marilyn Sidley, Karin Quinn Forward, Susan Maria, Kevin Patrick, Sean Kevin, Bruce Johnson, Virginia Johnson, Fran Hurton, Arnaud Gregori, Mary Henriksen, Dominic Mantei, Edith Reeves, Stefanie Gabler, Jake Patterson, Rose Rios, Anita & Austen Canzano, David Bell, Marie Schewe, Tom & Judy King, Jonathan Masse, Steve Dee, Darya Williams, Gus Calderon, Robert Willing, Josue Meza, Thomas Oliver, Philip Graber, and Blake Cline

St. Francis de Sales Catholic Church

Start eGiving Today!

Your Giving Options

Text Give to
747 207 4487

or

Scan the QR Code



Convenient. Secure. Consistent.

ParishSOFT
by Ministry Brands

Download the Church by MinistryOne app now in the Apple Store or Google Play.

For more information about ParishSOFT, please contact:
(866) 930-4774 | donorsupport@parishsoft.com
parishsoft.com

Lenten Devotions

Sunday Mass. Sunday Mass is the foundation of our Catholic lives. Our presence at Sunday Mass is essential for our relationship with the living LORD and one another. Sunday Mass is God gathering us as God's holy people. Jesus' death on the cross was sufficient to atone for the sins of humanity. The Mass does not add to or replicate this event. Instead, the Mass connects the faithful to that one moment in history. This connection is not a physical re-enactment, but a spiritual and sacramental participation. The LORD invites us to unite ourselves to JESUS as JESUS offers Himself in perfect obedience to His Abba. It is our weekly supper as God's family at which the Lord speaks to us in the scriptures and then nourishes us with the Bread of Heaven.

- Daily Mass is the daily devotion *par excellence*. Our daily Mass is at 8:15 a.m.
- The Stations of the Cross is a meditation on the Passion and Death of the LORD JESUS. We pray the Stations of the Cross at 7:00 the Friday evenings of Lent.
- The Rosary, the Liturgy of the Hours, reading the Bible are also excellent Lenten practices.
- Practice the Corporal Works of Mercy: To feed the hungry; To give drink to the thirsty; To clothe the naked; To shelter the homeless; To visit the sick; To visit the prisoner; To bury the dead. (Matthew 25)
- Practice the Spiritual Works of Mercy: To instruct the ignorant; To counsel the doubtful; To admonish sinners; To bear wrongs patiently; To forgive offences willingly; To comfort the afflicted; To pray for the living and the dead. (Isaiah 58, Hebrew 13)

As GOD's people, together we enter into the time-honored Biblical disciplines of prayer, fasting, and works of charity. While each of us will practice these three ancient disciplines in our own way, the desire is the same: To help us recapture the awareness that we depend upon GOD for everything; To remind us to share some of what we have with those less fortunate; To share in the daily hunger for food that so many in the world feel every day and to grow in the awareness that we are not alone, that we are members of GOD's family.

Here are some suggested on-line resources to assist us during Lent.

- **Immaculate Heart Radio — Relevant Radio**—930 AM on your radio dial
Immaculate Heart Radio airs Roman Catholic religious programming.
The network provides 24-hour a day schedule consisting of call-in talk shows, interviews and broadcasts of the Mass.
- **IgnatiusSpiratuality.com**—online retreats, prayers, articles
- **Textweek.com**—lectionary, scripture study
- **Catholic.org**—saints, prayers, background for Ash Wednesday and Lent
- **USCCB.org/lent**—many Lenten resources
- **Formed.org**—entry to Catholic books, videos, sacramental preparation and much more
- Follow these easy steps to access **Formed.org**:
 - a. Register at **Formed.org** to access free content as a parishioner,
 - b. To Register, go to the link: <https://formed.org/signup>
 - c. In the "find your parish" search box, type in our parish Zip Code: **91423**
 - d. A drop-down list may show several parishes. Click on **Sherman Oaks, CA** listing.
 - e. Proceed to enter account information and you should be ready to go.

<u>Parish</u>	<u>Lent Penance Service</u>	<u>Time</u>	<u>City</u>
Our Lady of Grace	No Penance Service		
St. Euphrasia at St. John Baptist De La Salle	Monday, March 16	7:00 PM	Granada Hills
St. Francis De Sales at St. Cyril of Jerusalem	Wednesday, March 18	7:00 PM	Encino
St. John Eudes	Wednesday, March 18	7:00 PM	Chatsworth
Our Lady of the Valley	Monday, March 23	7:00 PM	Canoga Park
Our Lady of Lourdes	Tuesday, March 24	7:00 PM	Northridge
St. Joseph the Worker	Wednesday, March 25	7:00 PM	Winnetka
St. Bernardine of Siena	Thursday, March 26	7:00 PM	Woodland Hills

Lent

The attention of Lent is upon two groups. First—For the baptized, to deepen their identity as God’s children, growing in love for God and in love for their brothers and sisters in Christ the Savior; and Second—Those preparing to enter into the life of God through the saving water of Baptism, born again of water and the Spirit.

As we enter into Lent with our foreheads marked with *ashes*, we are embarking upon a spiritual adventure. Here is a primer of *Lent* and why it is observed.

What Is Ash Wednesday?

On this first day of Lent, Christians receive ashes on our foreheads in the form of a cross, signaling the sign of our faith as followers of the crucified and risen Lord, and as a reminder of remorse for our sins. We are told *“Remember, that dust thou art, and to dust thou shall return”* or *“Repent and believe in the Gospel”* when we receive the ashes.

What Is Lent?

With ashes on our foreheads we begin Lent, a period of forty-six days (forty when Sundays are excluded) when we travel into the desert/wilderness with the Lord Jesus. As described in Matthew, Mark and Luke, after Jesus was Baptized in the Jordan River by his cousin St. John the Baptist, Jesus was led by the Spirit into the desert, where He fasted for forty days and was subject to temptation by Satan.

What Do We Do During Lent?

To deepen our love for God and for our brothers and sister, we employ the Biblical practices of prayer, fasting and almsgiving. These are not ends in themselves, but are a means to the end of intensifying our relationship with God and our neighbor.

Prayer

Our listening and communicating with God is the foundation of our lives. As Saul was on his way to Damascus to hunt down followers of Jesus, Saul was intercepted by a blinding light from which came a voice: “Saul, Saul. Why are you persecuting me?” In a state of wonderment and awe, Saul responds, “Who art thou Lord?” That is the beginning of our prayer, we abide in the presence of the all holy who deigns to communicate with a fallen humanity.

Here are the four classic forms of prayer:

- **Petition:** Asking for what we need, including forgiveness.
- **Thanksgiving:** Thanking God for what God has given and done.
- **Contrition:** Begging God for forgiveness for our sins.
- **Adoration:** Pausing to express our love for God; not for anything in particular but to whisper to *God*, “I love you”.

Fasting

As Jesus fasted in the desert for forty days, we, too, are called to forgo something for the same period when observing Lent. It is during this time that we can deepen our awareness of His sacrifice on the Cross, as well as Jesus’ daily forgiveness of our sins and unconditional love for us. It should be noted, however, this personal sacrifice should be difficult but healthy, while respecting responsibilities. For instance, giving up coffee for Lent takes little to no effort if one rarely or never drinks it. Along the same lines, going without something you enjoy regularly—like Netflix, if you watch it often, may seem like an impossible task, but is a small price to pay for a step closer to eternal salvation. A student electing not to do any homework for the Lenten weeks ignores, his or her academic obligations, and can suffer harmful ramifications. The decision not to use any illicit drugs only during Lent, and then resume the practice afterwards, contradicts our moral duty to obey Civil Laws and not participate in criminal activities. Despite the challenge of fasting, we can take solace in knowing Jesus protects us during our struggle, as St. John Henry Newman reminds us: *“Even in our penitential exercises, Christ has gone before us to sanctify them to us.*

He has blessed fasting as a means of grace; in that He fasted.” (Sermon 10, Tears of Christ at the grave of Lazarus)

Almsgiving

While on our earth, Jesus unceasingly recognized and responded to the needs of others. Lent offers us an opportunity to further concentrate on displaying acts of charity within our communities. Whether it be through the giving of time, money, clothing, or food, volunteer service provides us a perfect occasion to improve the lives of others as Jesus commands us.

Looking Ahead

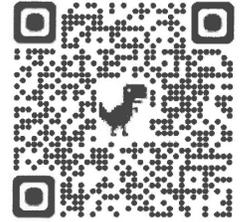
Lent may seem demanding and perhaps uncomfortable. So it is. Recall the life and example of our saints in general, and Dorothy Day (1897 - 1980) in particular, “She comforted the afflicted and afflicted the comfortable.” While Lent may seem demanding and perhaps uncomfortable, its purpose is definitely not to cause us pain. Our Lenten devotions point toward Easter. At Mass at the Easter Vigil and on Easter Sunday, as we progress through the Mass to the high point of receiving Holy Communion, our union with the Lord Jesus and as God’s holy people, we pause to renew our Baptismal promises. We sum up our Lenten practices by renouncing Satan and all his evil works, and embrace the glorious love of the Most Holy Trinity and of love for our brothers and sisters.

Saint Francis de Sales **Blood Drive**

GIVE HOPE THIS SPRING.

Give blood.

Sunday, March 8th, 8:00 a.m. - 2:00 p.m. | Location: Auditorium | 13368 Valleyheart Drive, Sherman Oaks, CA 91423



To schedule your life-saving appointment, scan the **QR Code** or visit www.redcrossblood.org and enter Sponsor Code: **stfrancisds** or call 1-800-RED CROSS | **1-800-733-2767**
RedCrossBlood.org | Download the Blood Donor APP The American National RedCross | 408001-01-RW

Collection for Aid to the Church in Central and Eastern Europe

March 14 - 15, 2026

Next week we will take up the Collection for the Church in Central and Eastern Europe. This collection supports the Church in more than 25 countries that are still struggling to recover from former communist rule. It also aids communities throughout the region that are affected by the war in Ukraine. Funds support pastoral care, catechesis, renovations of church properties, and seminary formation. Your contribution restores the Church and builds the future in this region. Please prayerfully consider how you can support the collection next week. You can find more information at www.usccb.org/ccee. If you prefer to give on-line, iGiveCatholic also accepts funds for this collection.

Did You Know?

What To Do When A Child Discloses Abuse

Receiving a disclosure of abuse is a huge responsibility — and one that must be handled properly to ensure the child's safety. First and foremost, it is important to remain calm, and to let the child know that you are listening and taking them seriously. Assure them that you believe their words, and that you want to help. As soon as possible, although not while the child is talking to you, take notes and record details, and then report what was disclosed to you to the proper authorities. For more tips, visit lacatholics.org/reporting-child-abuse and read the VIRTUS article "When a Child Discloses" at: lacatholics.org/did-you-know

HELP SAVE LIVES IN THE SAN FERNANDO VALLEY!

You can protect mothers and children by joining this worldwide mobilization to pray and fast for an end to abortion! Through prayer and fasting, peaceful vigils and community outreach, **40 Days For Life** has inspired 1,000,000+ volunteers in 63 countries!

With God's help, here are the proven results in 36 coordinated campaigns:

- Over 26,000 babies saved from abortion |
- More than 180 closed facilities |
- More than 275 converted workers

Here is how to take part in **40 Days For Life** in our community:

Vigil location: Family Planning Associates ("FPA") 10200 Sepulveda Blvd., Mission Hills, CA

Vigil Hours: 7:00 a.m. to 7:00 p.m. daily

Local contact: Patti Flores | (818) 307-4332 | PFlores4Life@aol.com

Learn more...get involved...and sign-up for prayer times by visiting our campaign at the following web address:

40daysforlife.com/FernandoValley



The Difference is YOU!

Are you looking for a meaningful way to serve your community?

The **Pregnancy Counseling Center** is looking for compassionate individuals to join our team.

Ready to help? Please contact us to receive your **Volunteer Intro Kit** or with any questions you have!

Norma Cano, Client Service Director

E-mail: norma@pregnancyhelp4u.org | Telephone #: (818) 895-2500



Part-Time Administrative Assistant Position Available

The **Pregnancy Counseling Center** is seeking a ministry-minded team member for a paid, part-time position.

Some of the qualifications required: Bilingual (Spanish);

Proficient Computer Skills; Social Media Knowledge

To Apply: Please E-mail your resume and cover letter to

edy@pregnancyhelp4u.org or call (818) 895-2500



Where LA Catholics Go to Stay Connected.

ANGELUS

Subscribe today for just \$30.00 **\$19.95**

Two easy ways to order: AngelusNews.com/Bulletin | 844-245-6630



SoCal Surgical Arts

Cosmetic Plastic Surgery - Oral & Maxillofacial Surgery - Dental Implant center
Husam Elias MD DMD FACS

**SUPPORT OUR
ADVERTISERS!**

IF YOU LIVE ALONE

MDMedAlert!™ STARTING AT **\$19.95** /mo.

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

CALL NOW! 800.809.3570 *md-medalert.com



4910 Van Nuys Blvd. Suite 102
Sherman Oaks
(818) 789-6622

LET'S GROW YOUR BUSINESS
Place Your Ad Here
and Support Our Parish!

**CONTACT ME
Tara Holley**

tholley@4LPi.com
(800) 950-9952 x2134

**DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?**

Engaging, ad-supported
print and digital
newsletters to reach
your community.

**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Scan to
contact us!

Visit lpicomunities.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502

**NEVER MISS
OUR BULLETIN!**

SUBSCRIBE

Have our bulletin emailed
to you every week.



VISIT WWW.PARISHESONLINE.COM



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

St. Francis De Sales Church, Sherman Oaks, CA

B 4C 05-4075

SHORT STAFFED?

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



CALL 800-950-9952



EMERALD GREEN PLUMBING

(818) 703-9799

FREE ESTIMATES

- CHURCH DISCOUNT
- FULL PLUMBING SERVICE
- COPPER RE-PIPES
- SEWER DRAIN CLEANING
- 24 HR. EMERGENCY SERVICE

Catholic Irish Owned and Operated - Local Parishioner - Brian Walsh

Betsy Sweet

Truyoo

Lifelong Parishioner & Career REALTOR®



CASH to SFdS for Referrals

818.445.9453

DRE#00665282

Advertising Since 1987

bsweet@rodeore.com



Joseph Furnish Broker



"For All Your Real Estate Needs"

"GO WITH JOE!"

Cell (818) 427-8008 • Off. (818) 241-2621

jfurnish@lakestreetassoc.com

Parishioner

2026 Catholic Calendar

Fill every month with faith!

Order Yours Today! >



LIC #22416

DONNA ORCUTT RATTIGAN, LCSW

Individual & Family Counseling
Licensed Clinical Social Worker
tel: 805.496.6762

5655 Lindero Canyon Rd., Suite 722
Westlake Village, CA 91362
4375 Tujunga Avenue, Studio City, CA 91604



SUPPORT OUR PARISH

LET'S GROW YOUR BUSINESS
Place Your Ad Here and Support Our Parish!

CONTACT ME Mike McAleer

MMcAleer@4LPi.com • (800) 477-4574 x0000

Sylvan
Inspiring SUCCESS

Whether your child is trying to catch up or get ahead, Sylvan's personalized programs can help. Work with us and see GUARANTEED results.

Sylvan Learning of Sherman Oaks

Book an assessment

818-906-1505

13553 Ventura Blvd., Sherman Oaks, CA 91423

- ✓ SAT/ACT Prep
- ✓ K-12 MATH
- ✓ READING
- ✓ WRITING
- ✓ SCIENCE
- ✓ ROBOTICS
- ✓ HOMEWORK HELP
- ✓ COLLEGE PLANNING

Explore our programs



CATHOLIC CEMETERIES & MORTUARIES

EVERLASTING FAITH. EVERLASTING LIFE.

A ministry of the Church serving the faithful.

Learn about our 11 locations in Los Angeles, Ventura and Santa Barbara counties

(213) 637-7801 CatholicCM.org



ESTATE PLANNING

JAMES G. MORRIS
ATTORNEY AT LAW

Conservatorship, Trust,
Wills & Probate

Free Consultation

www.TheBurbankFirm.com
2312 W. Victory Blvd.
Burbank 91506

818-524-2336

NEED AN ELECTRICIAN?



The Old House
Wiring Specialist!

818.533.1975

\$25 OFF

Local Parishioner

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

Authorized Provider SafeStreets

833-287-3502

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers



Established in "1939"



Plumbing

License #383946
(818) 789-8149

FREE AD DESIGN

with purchase of this space

CALL 800-950-9952



SUPPORT OUR ADVERTISERS!



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

St. Francis De Sales Church, Sherman Oaks, CA

B 4C 05-4075