

From the Rector's Desk...

The "Three Rs of Lent"...



"Reflection", "Repentance", and "Reconciliation" are the "Three Rs of Lent". They guide us to self-examine, seek forgiveness, and turn back to God, in preparation for Easter. During our journey to the Cross and Good Friday...we focus on the three pillars of Lent...prayer, fasting, and almsgiving.

Reflection is a time for deep self-examination and soul-searching and is an essential ingredient in prayer. Have our words and actions damaged our relationship with God and others? Have we taken God for granted? Now is the time for us to be honest with God and others. Now is the time for us to ask God in the words of Psalm 51: *"Create in us a clean heart, O God, and renew a right spirit within me."*

Repentance means acknowledging our sins and shortcomings and seeking forgiveness from God. If we have hurt someone in word or action, we need to do everything we can to make amends. God is always ready to forgive us...we must always be ready to ask someone we have hurt to forgive us...and we must be willing to forgive them if they have hurt us.

Reconciliation is the goal of turning back (returning) to God. Consider the words of Hymn 536 (H1940)...*"Turn back, O man, forswear thy foolish ways."* We join the Prodigal Son to embrace God's compassion, mercy, and love, and leave sinful and disordered lives behind...and experience God's perfect peace. We make a commitment to be more like Christ.

Now that we have reflected, repented and been reconciled to God...how do we put the three "Rs" of Lent into practice.

Prayer is conversation with God. We do this formally and corporately in the Mass and the Daily Offices. We must also learn to cultivate personal and spontaneous prayer, which deepens our connection with God.

Fasting is often associated with the Penitential Seasons of Advent and Lent. We want to experience in some way what Jesus went through when he prayed in the desert. We give up meat and chocolate cake or limit the time we watch TV. Those are all good things, but we should

think about taking on a spiritual discipline during Lent. Attend the midweek Mass and Healing Service. Come to the Sunday Discussion Group to learn more about God's covenant relationship we have with him. Spend some time in quiet meditation.

Almsgiving is our response to Jesus' call to care for the poor and marginalized. We do this as a parish in our annual Thanksgiving-Christmas cash contribution to CALL Primrose. There are many opportunities for us to give to others in time, talent and money. Almsgiving is the dynamic application of Christian Love...we experience Christ in the "suffering" acts of generosity that bring joy and happiness to others.

If we approach Lent as a time of honest reflection, sincere repentance and happy reconciliation to God and others, we will be ready to celebrate Easter with joy.

Father Craig Looney+



February 18, 2026

**12:15 PM Blessing and Imposition
of Ashes, Low Mass and Homily**

**6:00 PM Penitential Office, Imposition
of Ashes, Low Mass and Homily**

The Lenten Collect

ALMIGHTY and everlasting God, who hatest nothing that thou has made, and dost forgive the sins of all those who are penitent; Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Sunday Discussion Group



The Sunday Discussion Group meets in the Library following Coffee Hour. Father Herb will be leading us in study and discussion of the Book of Hosea. This

will be a six-week course commencing on February 15, Quinquagesima, and continuing through March 22, Passion Sunday.



**12:15 PM Low Mass & Homily
Meditation and Healing Service**

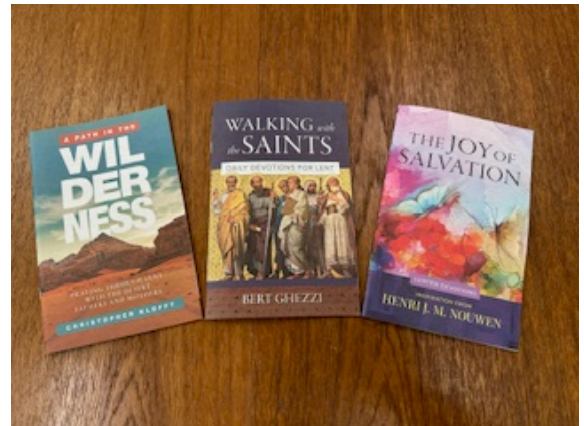
March Holy Days

March 17...Saint Patrick, Bishop and Confessor...was born in Britain in the mid or late 5th Century AD. His father was a *decurio* (member of the town council), who was also a deacon. Patrick was raised a Christian, but showed little interest in the faith. At the age of 16, he was captured by Irish pirates and taken to Ireland. He spent the next 6 years herding sheep. Patrick went through a conversion during his captivity, earnestly turning to God for guidance. He escaped from captivity and returned to his native Britain. He studied for Holy Orders. He eventually returned to Ireland, where he spent the rest of his life. He is called the "Apostle of the Irish". Hymn #268 in the Hymnal 1940, "I bind unto myself today" is based on "Breastplate of Saint Patrick". It is a powerful hymn invoking the Name of the Trinity.

March 19...Saint Joseph, Spouse of the BVM...figures prominently in the infancy narratives in Matthew 1-2 and Luke 1-2. Both narratives tell us he was "betrothed" to the Blessed Virgin Mary, and emphasize her virginity. He is described as a pious Jew and a descendant of David. The Scriptures do not record anything Joseph might have said. He is depicted as a man who received messages from God in dreams and then took action. Luke 2:41-51 records Mary and Joseph frantically searching for Jesus when he was 12 years old and found him in the Temple. Although he is not mentioned by name, this is the last appearance Joseph makes in the New Testament. Joseph is the Patron Saint of our Parish.

March 25...The Annunciation of the Blessed Virgin Mary, is a Prayer Book Holy Day, and always falls during Pre-Lent or Lent. The Annunciation, though popularly observed as a Feast of Our Lady...is essentially a festival of Our Lord, and belongs to the cycle of holy days celebrating His Incarnation. Since the Annunciation falls on a Wednesday this year, it will be observed at the 12:15 PM Lenten Mass and Healing Service. This is one of the few occasions during Lent the Gloria is said or sung.

Lenten Devotional Booklets



We have three Lenten Devotional Booklets this year. They will be available on Ash Wednesday and throughout Lent while they last.

A Path in the Wilderness, by Christopher Klofft, Associate Professor of Theology at Assumption University in Worcester MA, guides us through our Lenten journey with "words" from the Fathers and Mothers of the 4th Century Middle Eastern monastic communities.

Walking with the Saints, by Bert Ghezzi, offers a short Scriptural passage and prayer and an encounter with a saint-a-day, some known and some not so well known.

The Joy of Salvation, by Father Henri Nouwen, one of the most influential spiritual writers of the 20th Century, takes us through Lent with Scripture, prayer, and compelling passages from his published works.

We also have a few one-off booklets suitable for kids and families: **Dying His Death and Living His Life**, Daily Devotions for Lent by Michael Hoy; **Marcy, Passion and Joy**, Daily Devotions for Lent by Joel Heck; **Lift Up Your Hearts**, Lent Daily Devotions for Families by Kate Wicker; **Lord, I'm Listening**, Lent Daily Devotions for Kids, by Arden Mead.



March 29, 2026

Palm Sunday

9:00 AM Blessing of Palms

Procession, Parish Mass & Sermon

Coffee Hour, Vestry Meeting

April 1, 2026

Wednesday before Easter

12:15 PM Low Mass & Healing

April 2, 2026

Maundy Thursday

6:00 PM Mass & Sermon

Procession to Altar of Repose

Stripping of High Altar

April 3, 2026

Good Friday

12:00 PM Liturgy for Good Friday

Church open at 10:00 AM for

Prayer and Meditation at Altar of Repose

April 4, 2026

Easter Even

5:00 PM Blessing & Lighting
of Paschal Candle, Ante-Communion

April 4, 2026

Easter Day

9:00 AM – Parish Mass & Sermon

Coffee Hour, No Discussion Group



The Fifth Sunday in Lent commences the two-week period preceding Easter called "Passiontide". The terms "Passion Week" and "Passiontide" originated in Anglicanism and became current only in the 19th Century. The *1928 Book of Common Prayer* first introduced these designations.

(Oxford American Prayer Book Commentary, Page 132)

We are struck upon entering the church on Passion Sunday by the crosses, icons and statues covered in violet veils. The practice of covering crosses and images is associated with the Passion Sunday Gospel (John 8.46-59)"...but, Jesus hid himself, and went out of the temple." The veiling remains in place until after the Liturgy for Good Friday.

The Collect for Passion Sunday (*Book of Common Prayer, Page 132*) is ancient...dating to the 10th Century.

Librarian's Corner by Rebekah Shapiro



Thank you for your library donations! Your donations allow us to acquire new books for the parish library, as well as library supplies such as magnifiers, book ends, and book plates. Recent book acquisitions include:

- *Ten Thousand Miles with a Dog Sled: A Narrative of Winter Travel in Interior Alaska*, by Hudson Stuck
- *Liberty in the Things of God: The Christian Origins of Religious Freedom*, by Robert Louis Wilken
- *The Collects of Thomas Cranmer*, edited by C. Frederick Barbee and Paul F. M. Zahl
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Our parish has a long tradition of adding devotions as part of our Lenten preparations for Easter, instead of or in addition to "giving something up" for Lent, which we perhaps hear about more often. We have several books in the library's "Prayer at Home" section which are especially suitable for Lenten devotions. If you are looking for a book for your Lenten devotions at home, I recommend:

- *What the Cross Means to Me: A Collection of Devotional Essays*, by various authors
- *Jesus, Keep Me Near the Cross: Experiencing the Passion and Power of Easter*, by Nancy Guthrie
- *Death on a Friday Afternoon*, by Richard John Neuhaus
- *The Imitation of Christ*, by Thomas a Kempis
- *Daily Lenten Meditations: Prayerful Reflections from John Paul II*, edited by Max Polak
- *Lenten Gospel Reflections*, by Robert Barron

Got Mug?

Got mug? We have a few of the red coffee mugs left. They feature the beautiful photo of the High Altar on one side and the church address and contact information on the other side. Get yours while they last.

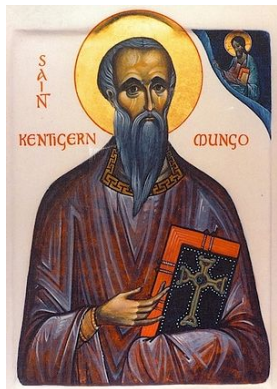


We also have mouse pads, tote bags, coasters, notebooks, and other items. These are great conversation pieces and present ways to share the faith. There is no charge for any of these items. Contributions to the "Library Fund" are welcome.

Profiles in Sainthood Saint Kentigern

Saint Kentigern was born in Culross, Scotland in 518 AD. He became the Missionary Bishop in the Brittonic Kingdom of Strathclyde (Cumbria) in the late 6th Century. Strathclyde included parts of southern Scotland and northwest England.

He is known in Scotland as *Saint Mungo*...a pet name possibly derived from the Cumbrian equivalent of the Welsh meaning "my dear (one)". When a strong anti-Christian sentiment developed in Strathclyde, Mungo left the district and stayed for a while with Saint David. He was also visited by Saint Columba.



Here is an interesting historical fact for railroad enthusiasts. In 1948-49, the London Northeastern Railway (LNER) built 49 steam locomotives for use on the East Coast High Speed Mainline between London King's Cross and Edinburgh Waverley stations. One locomotive, No. 60145, was named *Saint Mungo* (see photo next column). Sadly, none of these locomotives survive.



LNER No. 60145 Saint Mungo circa 1964

Saint Kentigern was the founder and is the Patron Saint of Glasgow, Scotland. He died in 614 (Aged 95/96?). His tomb and shrine are located in Glasgow Cathedral. He is venerated in the Roman Catholic, Anglican, Eastern Orthodox and Presbyterian churches. His feast day is February 13.

APM Report (*)

The Annual Parish Meeting (APM) took place on Sunday, January 25, 2026, the Feast of the Conversion of Saint Paul, immediately after the 9:00 AM Parish Mass.

Father Looney called the meeting to order at 10:15 AM and opened with a prayer.

Clerk of the Vestry, Lawrence Ghosh, determined a quorum of voting members were present. There are nineteen voting members in the Parish. Ten voting members were present at the meeting and proxy voting cards were submitted by nine voting members, representing 100% of the Parish's voting membership.

The Minutes of the January 25, 2025 APM were presented. There was no discussion and the Minutes were approved as presented.

The 2025 Financial Report was presented by Candyce Francis, Parish Treasurer. Candyce thanked the parishioners for their generous support of the Parish. Pledge and Plate Income were higher than budget amounts. This was an exceptional year for Gifts and Memorials because of Sally Bernstein's significant bequest.

Father Craig gave his Annual Rector's Pastoral Report. He focused on what it means to be a parish. It's more than the church building. A parish is the people. He thanked the Vestry for their support. He especially thanked Junior Warden, Dawn Cutler, who is retiring from Vestry service. He thanked Father Herb for his assistance and mentioned his invaluable service at the Altar. Finally, Father Craig talked about the Sunday Discussion Group...participation is the key ingredient to its appeal and success.

Phil Mancini reported on a draft of s “Workplace Violence Prevention Plan”. The plan is required under California Law and addresses the growing problem of attacks on churches and other religious institutions.

Candyce presented the 2026 Proposed Budget. This will be an exceptional year for expenses. The building will be tented in August at a cost of over \$20,000, to address termite control. The Parish has the funds to cover the cost of tenting the building.

Marcia Rayher, was nominated to serve on the Vestry for a three-year term. The nomination was seconded and nominations were closed. She was elected to Vestry by unanimous voice vote.

Father Craig said he was happy the building is being used during the week. Dr. Angela Kraft-Cross gives organ lessons and played for the Bishop’s visit on February 8. She will also be playing the organ during Holy Week and Easter. He also note Julia Nielsen teaches piano and singing lessons to Friday per month.

The meeting was adjourned at 10:50 AM. Father Craig gave a blessing.

(*) Note: The above APM Report is an unofficial report and is presented here for informational purposes only. The Rector’s Report was sent to the entire parish via e-mail or USPS. Please contact the Rector if you want a copy.



The Wednesday, Friday and Saturday following Ash Wednesday (February 25, 27 and 28 this year) are the Ember Days in Lent. The word *ember* may derive from the Latin *quatuor tempora*...“four times”...or the Old English *ymbren*...“recurring”.

The Ember Days are four sets of three days each occurring roughly at the Four Seasons on which we fast and pray for increase in vocations to the ordained ministry.

The Ember Day Collect

O ALMIGHTY God, who hast committed to the hands of men the ministry of reconciliation; We humbly beseech thee, by he inspiration of thy Holy Spirit, to put it into the hearts of many to offer themselves for this ministry; that thereby mankind may be drawn to thy blessed kingdom; through Jesus Christ our Lord. Amen.

Requiescat in Pace

Richard Roach
(July 25, 1935-January 12, 2026)

Long-time parishioner, Richard Roach, died on Monday, January 12, at Burlingame Skilled Nursing, where he had resided for the last two years. He was 90 years old.

Richard was born in San Mateo. He was United States Army Veteran and worked for the American Red Cross in Oakland. He faithfully attended Mass and served as an acolyte for may years.

After his retirement from the Red Cross, Richard took a part-time job at a parking garage in San Francisco. He was the victim of a hit-run accident that left him permanently disabled. In spite of his physical challenges, he continued to attend Mass, preferring to take the bus from San Francisco to San Mateo.

Richard has no surviving family members...Saint Joseph Parish was his family. A Requiem Mass for Richard will be held at a date and time to be announced.

May the souls of the Faithful Departed through the mercy of God rest in peace. And may light perpetual shine upon them. Amen.

Schedule

Sundays – 9:00 AM Parish Mass & Sermon
Coffee Hour and Discussion Group
Weekdays/Holy Days as announced
Sacrament of Penance by Appointment

The Reverend Father Craig Looney, Rector
The Reverend Father Herbert Plimpton, MD, Assisting

THE CONTINUATION OF ANGLICANISM: We affirm that the Church of our fathers, sustained by the most Holy Trinity, lives yet...are determined to continue in the Catholic Faith, Apostolic Order, Orthodox Worship and Evangelical Witness of the traditional Anglican Church

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