ST. JOSEPH'S CATHOLIC CHURCH

360 Park Ave., Cayucos, CA, 93430 | Office: 10 a.m. to 3 p.m. Mon.-Fri.

Mass Times | Sundays at 10 a.m. | Saturdays at 5 p.m. | Weekdays at 9 a.m.
Spanish Mass at 6:30 p.m. on Thursdays | Rosary at 8:30 a.m. on weekdays
Adoration on Fridays after 9 a.m. Mass | Reconciliation on First Saturdays at 4 p.m.

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OfficeAdmin@SaintJosephCayucos.org **805-995-3243** **www.saintjosephcayucos.org**

February 22, 2026

First Sunday of Lent

MASS INTENTIONS

Sun.	**22**	+Mary Fatooh
Mon.	**23**	St. Joseph's Parishioners
Tue.	**24**	For All People
Wed.	**25**	+Barbara Sharp
Thu.	**26**	+Paul Planansky
Thu. Sp.	**26**	Las Benditas Almas del Purgatorio
Fri.	**27**	+John Willhoit
Sat.	**28**	+Aileen Bernard
Sun.	**3/1**	For All People

MASS READINGS

February 22, 2026

Genesis 2: 7-9; 3: 1-7
Psalm 51: 3-4, 5-6, 12-13, 17 (3a)
Romans 5: 12-19
Matthew 4: 1-11

Message from a Priest

Dear Parishioners,

As we begin the First Sunday of Lent, the Church offers us a clear and practical season. Lent is not meant to overwhelm us. It is meant to help us return to the Lord with a sincere heart.

In the Gospel this Sunday, Jesus is led into the desert. He prays. He fasts. He faces temptation. And the temptations He faces are familiar to all of us: to put comfort first, to look for shortcuts, to seek control, to seek attention, to trust ourselves more than the Father. Jesus does not answer temptation with a display of power. He remains faithful and steady, **standing firm in the Scriptures that He Himself fulfills**.

That is why the Church places before us three simple practices: **prayer, fasting, and abstinence**.

Prayer deepens our relationship with God. It is not about saying more words, but about making space for Him. Perhaps this Lent you can come to daily Mass once a week, spend ten quiet minutes each day with the Scriptures, or sit in silence before the Lord. Prayer helps us remember who we are and who God is.

Fasting teaches us discipline. When we fast, we are not punishing ourselves. We are learning again that we do not live by bread alone. Fasting makes room in our hearts so that God may fill them, and it can also open our eyes to those who go without.

Abstinence, especially from meat on Fridays, is a simple way we share in the spirit of Christ's sacrifice. It is one small, steady reminder that love costs something, and that we follow a crucified Lord.

Lent is not about doing something spectacular. It is about being faithful in small ways. Choose one concrete way to grow in prayer, one real act of fasting, and one consistent practice of self-denial that you can keep through these forty days.

Let us walk this Lent together as a parish community. May the Lord purify our hearts, strengthen our faith, and lead us to Easter with renewed gratitude and joy.

Fr. Martel

Pray for Father Pedro

Please keep praying for Father Pedro. Send get-well cards to 360 Park Ave., Cayucos, CA, 93430, to be given to him.

May She Rest in Peace

Please pray for the repose of the soul of longtime parishioner **Linda Pearson.** Her memorial Mass will be at 11 a.m. Feb. 23. Please RSVP on the sheet in the hall.

Upcoming Schedule

- **Stations of the Cross:** Every Friday of Lent at 4:30 p.m., with Soup Supper after. Please sign up on the sheet in the hall to volunteer.
- **Lenten Penitential Service:** March 11 at 6 p.m. Several priests will be available to hear individual confessions.

St. Patrick's Dinner

The Knights of Columbus will host a **St. Patrick's Dinner** with corned beef and traditional vegetables at 5 p.m. March 15.

Tickets are $20 per person; kids 16 and younger are free. Bring drinks, soda bread, and dessert to share. Sign up after weekend Mass; the dinner is limited to 80 guests.

Retreat in Morro Bay

St. Timothy's Church in Morro Bay will host a **Lenten retreat** on **Feb. 28.** To sign up, please email wgpres@yahoo.com. Scholarships are available.

Reconciliation: March 7

The Sacrament of Reconciliation is offered on the first Saturday of every month. The next Confession is set for **March 7 at 4 p.m.**

PLEASE PRAY FOR THE SICK AND INJURED

Robin Matthews
Narisorn Bognuda
Joanne Tobias
Anne & Glen Bennett
Eleanor Murphy
Vera Palmer
Frank Hlavaty
Bonnie Bowman
Donna Pett
Paul Georghiou
Mallory Hisler
Darlene Kelly
Terry Mulhall
Bill Planansky
Stan Piwowarski
Shanda Bogue
Enid Palk
Joe & Maria Pascoal
Gary & Bonnie Nelson
David Boggs
George Bellinno
Rita Marie Ayoob
Alba and Allen Beltrametti
Innette Starkenburg
L. Iacobellis Schantz
Ernie Gambellin
Cassey Schoening
Butch Rambaud
Elvira Camacho
Linton von Beroldingen
John and Mickey Bruno
Tom and Finn Israel
Father Pedro Espinoza
John Fabiano
Joanne Gregg
Bill Wetherford
Bill Thomas
Saichai Smith
Jerri Fife
Judy Preuss
Justin White
Plato Sterios
Olivia Chance
Gary Chance
Heidi MacRae
Gertrude Cannon
Marilyn McCurdy
Eric Solum
Keith Hart
Glen Hodges
Father Charles Fatooh