

**MASS INTENTIONS FOR THE WEEK/  
 INTENCIONES SEMANALES**

**Sat:** 5:00 PM Youth of St. Anne  
**Sun:** 8:30 AM Elders of St. Anne  
 10:30 AM Cezar Dalipe  
 12:30 PM Miembros vivos y difuntos de Sta. Ana  
**Mon:** 9:00 AM Families of St. Anne  
**Tue:** 9:00 AM Parishioners of St. Anne  
**Wed:** 9:00 AM Youth of St. Anne  
**Thurs:** 9:00AM Elders of St. Anne  
**Sat:** 5:00 PM Families of St. Anne  
**Sun:** 8:30 AM Parishioners of St. Anne  
 10:30 AM Cezar Dalipe  
 12:30 PM Miembros vivos y difuntos de Sta. Ana

**THIS WEEK AT ST ANNE/  
 ESTA SEMANA A ST. ANA 01/23/10– 01/31/10**

**Sat: Vigil – 3<sup>rd</sup> Sunday in Ordinary Time**  
 2nd Collection – Seminary  
 Tamales Sale  
**Sun: 3<sup>rd</sup> Sunday in Ordinary Time**  
 9:30 AM 1st Communion Prep/Rooms 1 & 2  
 2nd Collection – Seminary  
 Tamales Sale  
**Mon:** 9:00 AM Hospital Communion/Sutter Delta Hospital  
 9:45AM Rosary & Prayers for Peace/Chapel or Garden  
 5:00 PM Children’s Choir Practice/Hall  
 5:30 PM Children’s Guitar Class/Fireside Rm.  
 6:30 PM Faith Formation/CLC  
 6:30 PM Spanish Prayer Group/Chapel  
**Tues:** 7:00 PM Garden Ministry/Room 2  
**Wed:** 12:00 PM Craft Club/Room 2  
 7:00 PM Teen Ministry/Hall  
 7:00 PM Jr. High Faith Formation/Fireside  
 7:00 PM Spanish Bible Study/Chapel  
 7:00 PM St. Vincent de Paul/Room 2  
**Thurs:** 10:00 AM Exposition of the Blessed Sacrament/Chapel  
 6:00 PM Boy’s Ranch/Offsite  
 7:00 PM Choir Practice/Hall  
 7:00 PM Benediction/Evening Prayer/Chapel  
 7:30 PM Spanish Choir Practice/Chapel  
**Fri:** 8:30 AM King Tut Bus Trip Leaves/Parking Lot  
 6:00 PM Women’s Fellowship Crab Feed/Hall  
**Sat: Vigil – 4<sup>th</sup> Sunday in Ordinary Time**  
 Second Collection – St. Vincent de Paul  
**Sun: 4<sup>th</sup> Sunday in Ordinary Time**  
 9:30 AM 1st Communion Prep/Rooms 1 & 2  
 11:45 AM Teen Planning Mtg./Fireside Rm.  
 Second Collection – St. Vincent de Paul

**STEWARDSHIP THOUGHT**

The US Bishop’s pastoral on stewardship reinforces today’s reading from I Corinthians: “Because its individual members do collectively make up the Body of Christ, that body’s health and well-being are the responsibility of the members – the personal responsibility of each one of us. We all are stewards of the Church.”

**LAST SUNDAY’S OFFERING/  
 OFRENDAS DE LA SEMANA PASADA**

**"Weekly church collection results will no longer be posted in the bulletin. Instead, summary results for the previous month will be reported to the parish the first Sunday of each month."**

St. Anne is a “Fair Share Parish.” As a Fair Share Parish we ask those who are able to give a weekly fair share offering of **\$48.00**. We also ask those who are able to prayerfully consider giving extra share for those who are unable to give. For your convenience, Electronic Funds Transfer (EFT) forms are available. This is an easy way to give your fair share each week. Forms are available in the foyer and office.

*Your generosity is your return to the Lord for his goodness to you. Make an investment in the reign of God today!*

**SCRIPTURE READINGS/  
 LECTURAS DE LA SEMANA 01/25/10 – 01/31/10**

**Mon: THE CONVERSION OF PAUL, APOSTLE**  
 Acts 22:3-16 Ps 117:1bc-2 Mk 16:15-18  
**Tue: Timothy & Titus, bishops**  
 2 Tm 1:1-8 Ps 96:1-10 Mk 3:31-35  
**Wed: Weekday:** Angela Merici, virgin  
 2 Sm 7:4-17 Ps 89:4-30 Mk 4:1-20  
**Thurs: Weekday;** Thomas Aquinas, priest, doctor of the Church  
 2 Sm 7:18-29 Ps 132:1-14 Mk 4:21-25  
**Fri: Weekday**  
 2 Sm 11:1-17 Ps 51:3-11 Mk 4:26-34  
**Sat: Weekday**  
 2 Sm 12:10-17 Ps 51:12-17 Mk 4:35-41  
**Sun: 4<sup>th</sup> SUNDAY IN ORDINARY TIME**  
 Jer 1:4-19 Ps 71:1-17 1 Cor 12:31-13:13 Lk 4:2-30

**PLEASE PRAY FOR/POR FAVOR  
 REZAN POR:**

Tanya, Linda Jardin, Janice Richardson, Nolan Merkel, Dolores Onofra, Michelle Gaspi, Elsje & Kathryn Copley, Bill Sears, Claudia Mac Donald, Tanya, Art & Helen, Rudy Silva, Jonathan Price, Donna Stone, Teresa, Eugene Machado, Christie Gouveia, Lidia Samoian, Jeanne Keyes, June Ramos, Dorothy Diaz, Patrick Buckles, Linda, Norma Macias, Donna Koehler, Luisa Fong, Stan Nelson, Dominic Fruciano, Jeanette Schmid, Rick Peacock, Douglas Carr, Corinne, Maureen, Gary Blackwell, Joan Wisniewski, Craig Standridge, Cynthia Morga, Narcisa Estrelles, Quincy Hernandez, Steve, Amada Delgado, Susan Cooper, Markie Chadwich, Mamie Lusk, Katrina, Tamara Kuehl, Sandra Lizette Arteaga, Randy Fair, Mary Kirch, Bertha Cruz, Kathryn Thomas, Dana Wilson, Carmen Galbraith,

**Occasionally names are taken off the prayer list. If we have taken off the name of a person still in need of prayer, please call the office and we will gladly put them back on the list.**

**PLEASE KEEP OUR MILITARY FAMILY AND  
 FRIENDS IN YOUR PRAYER**

## FAITH FORMATION

**Parent Meeting for parents of Pre-K through 6th** graders who attend class on Monday night. Topics will include: Celebrating Lent as a Family, input for 2010-2011 FFF calendar, Sr. Barbara sharing her desire for a FFF leadership group, and more. We will meet in the Fireside Room at 6:30pm. I look forward to your company there.

**First Communion Families will receive the confirmation** of the date for their child's First Holy Communion on Sunday, February 7th at the regular 9:30am class. Thank you for submitting your requests. If you have not turned in a request form, please come to the Office to fill out a form as soon as possible to receive your date and Mass time.

**Parents of First Communion children who missed receiving** the sacrament of First Reconciliation on January 12th, please make an appointment with Sister Barbara by February 7th. Maureen, our parish secretary, will be scheduling the appointments. The office number is 634-6625. Thank you.

**First Communion Parents, please add these dates to your calendars:**

**Parent Meeting on Sunday, Feb 21st at 9:30am**

**On Sunday, March 28th at 9:30am**

**New Date: Saturday, April 24th 9:00am-12:00pm -**

**Parent-Child First Communion Retreat Day**

**Cancel date: Sunday, April 25th Parent Meeting**

**All FFF Families** (Sunday, Monday, Wednesday participants) **please save the date**

**Monday, May 17th at 6:30pm – Final Closing Mass and celebration**

**Adult Faith Formation** Class continues **Monday, February 1<sup>st</sup>** at 6:30PM in the Fireside Room

## Catholic Action Principles

### *Commit to Never Ending Improvement*

Constantly seek ways to do things better in all areas of your life. The Japanese have a word for the concept of never ending improvement, "kaizen." Progress and ultimate success come to those who train and keep training. If you choose to stop and become aware, you can become a better spouse, son, daughter, friend, employer, employee, athlete, citizen and servant of God.

Commitment comes from the inside out and is tested often. Measure yourself against the best. Most others will choose to be average. This is what average means. You won't know your limits if you don't keep trying. Reject the idea of good enough. Commit to excellence. Take each of your goals and think of how you can improve one percent each month. Success is a journey. It is not a quick fix. The joy is in the doing. Think of success not as a peak to be climbed but a high plateau to be walked.

Always encourage children or employees to do their best and to keep going. Set the bar high for yourself and them. You will all be the better for it.

-Bill FitzPatrick.

## TEEN MINISTRY:

*Teen Ministry mission is to help Teens become closer to Christ through the Eucharist.*

**Last week:** We watched a movie called "Pay it Forward", which illustrates giving to others

**This week:** We will have a Catechetical night

**Next week:** We will be preparing for the Mardi Gras party

**Next planning meeting:** Sunday, February, 21<sup>st</sup> after the 10:30 Mass.

**Youth Day:** We have 16 TEENS attending this year!!!!

Thank you for everyone's support in purchasing Holiday items, the car wash, and fall festival. We raised over \$1,200 to help the teens make it to Youth Day.

**Special THANKS:** Danette Jolly, Jerry Day, Karen Randle, Karla Rodriguez, and Jessica Alfaro for helping to plan out the next months events.

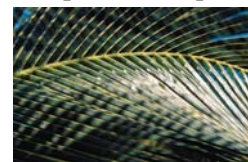
**Volunteers needed:** if you would like to volunteer for Teen Ministry, please Contact Michelle Castinado at 925-240-1832 or 925-437-0015.



from The Joyful Nunsletter  
©Ed Sullivan  
Reprinted with permission

## We need your Blessed Palms

Please remember to bring your blessed palms and place in the basket by the Baptismal Font. The palms are burned and the ashes are used on Ash Wednesday to mark the beginning of the Lenten Practice.



**St. Anne's gets credits through script for Ace Hardware and Safeway. Sign up.**

## Nurses Notes

### Insomnia Cures – Part 1

#### Finding a Cure for Insomnia: A Review of Common Treatments

Many different products are sold in stores and online for the treatment of insomnia. Not all of them deliver on their promise to help you get a good night's sleep. Take a closer look at what works and what doesn't.

#### INTRODUCTION

Insomnia is the most common sleep complaint in the U.S. It affects from 10% to 35% of people at least some of the time. The true rate depends upon how you define this disorder. Insomnia keeps people from sleeping well and feeling refreshed. This happens in the four different ways that follow:

1. Difficulty falling asleep
2. Difficulty staying asleep
3. Waking up too early
4. Poor quality of sleep

People with insomnia often feel tired and grumpy. They can have a hard time remembering things. It is also hard for them to focus on what they are doing. A lack of sleep can also affect how they function at work and while driving. Overall, it makes people frustrated when it comes to their sleep. Insomnia can be the only source of these problems. It can also be the result of another sleep disorder or medical problem.

Insomnia may be caused by some types of medications. Even medicines that you find on drugstore shelves can disrupt sleep. Insomnia can be made worse by the use of caffeine or alcohol. It can even be a result of well-intentioned behaviors such as napping. It can also be related to depression, worry and stress. Before treating insomnia, a doctor must first do a medical exam. He or she may also need to perform some tests.

**PLEASE-** Remember to use the phone in the office or at the AV area in the hall and not a cell phone to call 911. Your cell phone will reach Sacramento CHP and precious time will be wasted.

*Your Faith Community Nurses*

### Rosary for Peace

Please join our Prayer Ministry in saying the Rosary and prays for peace. They meet Monday Mornings after the morning mass in the garden weather permitting otherwise in the Chapel. For more information, please contact Fran Hodge at 925-513-8606.

### St. Anne Knights of Columbus Free Throw Championship

Friday January 29<sup>th</sup>, 2010 at the Discovery Bay Elementary Gym, 1700 Willow Lake Dr. This event is open to all boys and girls ages 10-14.

10 and 11 yrs. old from 6:45-7:45;

12, 13 and 14 yrs. old from 7:45-8:00

No charge – free to all

Copy of Birth Certificate required

Call Bob Pfeffer at (925) 784-9798 for more info

## LITURGICAL MINISTERS

01/30 & 01/31

### SATURDAY 5:00 PM

**Greeters:** Larry & Kathy Green

**Lector 1:** Marie Hall

**Lector 2:** Tony Hicks

**Euch. Min:** **Cup** – Henry & Connie Sukovaty

**Altar Servers:** Team 8

### SUNDAY 8:30 AM

**Greeters:** Russ Mueller, Judy Baker & Ron Samoian

**Lector 1:** Kurt Luke

**Lector 2:** Peggy Ann Valley

**Euch. Min:** **Bread** – Ernest Zuccato, Shari Pica, Linda Thomas

**Cup** – Dick Macdonald, Jack Thomas, Pete & Glenda DuBois

**Altar Servers:** Team 12

**Hospitality:**

### SUNDAY 10:30 AM

**Greeters:** Rosana Navarro, Greg & Elizabeth Fulton

**Lector 1:** Bernadette Van Slambrook

**Lector 2:** Stephanie Moore

**Euch. Min:** **Bread** – Fran LaPerle, Jerry & Rosa Day  
**Cup** Don LaPerle, Karen Randle, Ernesto Navarro & Phil Karls

**Altar Servers:** Team 1

**Children's Liturgy of the Word:** Stephanie Hardman

**Hospitality:**

### SUNDAY 12:30 PM

**Recividores:** Chico & Estela Lopez

**Lector 1:** German Romero

**Lector 2:** Ruth Romero

**Ofrendas:** Martin & Imelda Cisneros

**Ministros de Eucaristía:** Chris Delgado & Lorenzo Macias

**Monogillo:** Team

**PLEASE NOTE:** Ministry Schedules for Jan – Mar are on the website at [www.stannechurchbyron.com](http://www.stannechurchbyron.com)

## Covenant Corner

The **Covenant Corner** is an opportunity for us to recognize those who use their gifts in service for others. We want to give regular thanks to those who do so much for all of us. So we invite you when you see someone doing something worth noting to let us know, by mail or email [office@stannechurchbyron.com](mailto:office@stannechurchbyron.com). Please keep the note 4-5 short sentences (maximum). Then we can get it in the bulletin.

## Engagement & Stewardship Corner

### A Focus on Talent Themes

#### RELATOR

People who are especially talented in the Relator theme enjoy close relationships with others. They find deep satisfaction in working hard with friends to achieve a goal.

#### St. Anne Leaders with this Theme

Ken Landoline, Ed Konieczny, Stephanie Moore, Barry Anthony, Will Schulte, Marlene Layden, Mathilda Rizkalla, Ray Neubauer, Linda Humbert, Karen Randle, Linda Thomas, Fran Hodge.

#### Quote

*"A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.."* (Proverbs 18:23)  
To learn more about your *unique Talents and Strengths* please come by the office and purchase your very own copy of *"Living Your Strengths"* (comes with the StrengthsFinder Assessment) and meet with one of our very own Strengths Performance Coaches.



### Women's Fellowship

Women's Fellowship Happenings:

#### Friends & Fellowship Crafting:

- ❖ Wednesdays at Noon in Rm. 2

#### "Women Only" Crab Feed

- ❖ Friday, January, 29<sup>th</sup>

Doors open at 6 PM; Dinner starts at 7PM

**Waitresses are needed for this event. If interested please contact Lucy Peterson at 437-9675 or email her at [lucyp@sbcglobal.net](mailto:lucyp@sbcglobal.net)**

Women's Fellowship meets the 2<sup>nd</sup> Tuesday of each month in Room 2. The next meeting will be Tuesday, February 9<sup>th</sup> starting with fellowship at 6:30pm.

**For membership information contact Anne Doran at [adoran712@comcast.net](mailto:adoran712@comcast.net) or Peggy Ann Valley at [peggy@peggyvalley.com](mailto:peggy@peggyvalley.com)**

*Women's Fellowship of St. Anne Catholic Church welcomes and strives to serve the needs of all women, offering opportunities to share gifts and talents and encourage and strengthen faith and friendships within our community.*

### St. Vincent de Paul – St. Anne Council Second Collection

Next weekend's second collection is for our St. Vincent de Paul – St. Anne Council. This collection allows our Council to continue to help those in need right here in our community. Please help them continue this important work with your generous donation.

### Upcoming Events at St. Anne

Friday, January 29, 2010

King Tut Bus Trip

Friday, January 29, 2010

Women's Fellowship Crab Feed/Hall. See below for more info.

Saturday, February 6, 2010

Monthly Labyrinth Walk 10:00AM – Noon in the Life Center Hall

Wednesday, February 17, 2010

**ASH WEDNESDAY:** Mass Times: 9AM (Chapel); 4:30PM (Hall); 7:00PM Bi-lingual (Hall)

Friday, February 19<sup>th</sup>

Knight's of Columbus "Fish Fry". Watch bulletin for info

Friday, February 19<sup>th</sup>, 26<sup>th</sup> March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

Via Cruz/Chapel 7:00PM

Wednesday, February 24<sup>th</sup> March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

Stations of the Cross/Chapel 7:00 PM

Weekend of February 27<sup>th</sup>/28<sup>th</sup>

Tamales on sale after masses

Weekend of March, 5-6, 2010

Lenten Labyrinth Days Retreat – Watch bulletin for more information

Saturday, March 13, 2010

Knight's of Columbus "St. Patrick Day Dinner/Dance". Watch bulletin for more information

Saturday, March 20, 2010

Piano Fundraiser Recital. Watch bulletin for more information.

**If your Ministry has an event coming up that is not listed, please contact the office.**

Women's  
Ladies Only



Fellowship  
Crab Feed

**Friday, January 29, 2010**

St. Anne Community Life Center Hall, Tickets: \$40.00

Cocktails: 6:00 PM; Dinner: 7:00 PM

Door Prizes, Raffles and lot's of fun

Tickets on sale after masses, in the church office or call Karen Barsanti at 858-9303



### King Tut Bus Trip

There are still seats available for the King Tut Bus Trip on January, 29, 2010. Tickets are \$55.00 person which includes round trip bus, museum ticket and lunch. Bus leaves St. Anne parking lot at 8:45AM and scheduled to return at 3:30PM. Please call the office at 925-634-6625 to reserve your seat.