

3rd Sunday in Ordinary Time • III Domingo Ordinario  
January 25, 2015 • 25 de Enero de 2015

WORSHIP

MASS INTENTIONS FOR THE WEEK/  
INTENCIONES SEMANALES

<b>Sat:</b>	5:00 PM	Youth of St. Anne
<b>Sun:</b>	8:30 AM	Parishioners of St. Anne
	10:30 AM	Elders of St. Anne
	12:30 PM	Érica Patricia Macías Cumpleaños Intención
<b>Mon:</b>	9:00 AM	Families of St. Anne
<b>Tue:</b>	9:00 AM	Youth of St. Anne
<b>Wed:</b>	9:00 AM	Parishioners of St. Anne
<b>Thurs:</b>	9:00 AM	Elders of St. Anne
<b>Sat:</b>	5:00 PM	Families of St. Anne
<b>Sun:</b>	8:30 AM	Youth of St. Anne
	10:30 AM	Rev. Albano Oliveira
	12:30 PM	Todos los miembros difuntos de la Familia Roldán

SCRIPTURE READINGS/  
LECTURAS DE LA SEMANA 01/26/15-02/01/15

<b>Mon:</b>	<b>Sts. Timothy &amp; Titus, bishops/Santos Timoteo y Tito, Obispos</b> 2 Tm 1:1-8 Ps 96:1-10 Mk 3:22-30 2 Tm 1:1-8 Sal 95:1-10 Mc 3:22-30
<b>Tues:</b>	<b>Weekday; St. Angela Merici, virgin Día de la Semana; Santa Ángela de Mérici, Virgen</b> Heb 10:1-10 Ps 40:2-11 Mk 3:31-35 Heb 10:1-10 Sal 39:2-11 Mc 3:31-35
<b>Wed:</b>	<b>St. Thomas Aquinas, Priest, Doctor of the Church/Santo Tomas de Aquino, Presbítero, Doctor de la Iglesia</b> Heb 10:11-18 Sal 109:1-4 Mc 4:1-20 Heb 7:1-17 Sal 109:1-4 Mc 3:1-6
<b>Thurs:</b>	<b>Weekday/Día de la Semana</b> Heb 10:19-25 Ps 24:1-6 Mk 4:21-25 Heb 10:19-25 Sal 23:1-6 Mc 4:21-25
<b>Fri:</b>	<b>Weekday/Día de la Semana</b> Heb 10:32-39 Ps 37:3-40 Mk 4:26-34 Heb 10:32-39 Sal 36:3-40 Mc 4:26-34
<b>Sat:</b>	<b>St. John Bosco, Priest/San Juan Bosco, Presbítero</b> Heb 11:1-19 (Ps) Lk 1:69-75 Mk 4:35-41 Heb 11:1-19 (Sal) Lc 1:69-75 Mc 4:35-41
<b>Sun:</b>	<b>4th Sunday in Ordinary Time/IV Domingo Ordinario</b> Dt 18:15-20 Ps 95:1-9 1 Cor 7:32-35 Mk 1:21-28 Dt 18:15-20 Sal 94:1-9 1 Cor 7:32-35 Mc 1:21-28

PLEASE PRAY FOR/POR FAVOR REZAN POR:

Enzo, Rudy Silva, Juanita Estrellas, Nate Rice, Pam Russell, Georgia Minshall, Jim Doran, Carol Colvin, Bob Nixon, Dorothy, Ralph Randle, Norman Randle, Alex Sherman, Baby Marina, Kristine Jones, Henry Sukovaty, Frankie, Suzy, Kim Sharp, Gary Stone, Nick Donnelly, Amie Summerville, Patricia Stacker, Dennis Murray, Stan Noack, Tori Kinamon, Pam Russell, Frank Jardin, Nancy Lingo, Natalie Quezada, Kelly Leighton, Madison Mooney, Jerry Konkak, Paul Butler, Francesca Capraro, John Marciano, Bruce Reeves, Doris Brumfield, Kathryn Copley, Elsie  
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 PRAYERS

LITURGICAL MINISTERS

01/31 - 02/01

SATURDAY 5:00 PM

**Greeters:** Evo & Darlene Coelho  
**Lector 1:** Marlene Layden  
**Lector 2:** Gordon McPherson  
**Euch. Min: Cup** – Larry & Kathy Green  
**Altar Servers:** Team 8

SUNDAY 8:30 AM

**Greeters:** Judy Baker, Catherine & Dennis Kutsuris  
**Lector 1:** Dennis Desmond  
**Lector 2:** Ken Luke  
**Euch. Min: Bread** – Danette Jolly, Carol Luke & Ernie Zuccato  
**Cup** – John Jolly, Linda Thomas, Pat Weber & Sue Wright-Broughton

**Altar Servers:** Team 9

**Hospitality:** Madonna Leeper & Sherry Kulling

**A/V:** Denise Gavello

SUNDAY 10:30 AM

**Greeters:** Ro Sweet, Carolyn & Don Flohr  
**Lector 1:** Jose Cruz-Zamora  
**Lector 2:** Matthew Evans  
**Euch. Min: Bread** – Sr. Barbara, Ken & Marian Landoline  
**Cup** – Raj & Agnes Arokiaraj, Cathy & Bob Sanocki, Will & Toni Schulte

**Altar Servers:** Team 5

**Children's Liturgy of the Word:** Elizabeth & Andy Sherman

**Hospitality:** Paul Pudota

**A/V:** Pete Evans & Carlos Contreras

SUNDAY 12:30 PM

**Bienvenidas:** Jose & Alicia Silva

**Lector 1:** Maribel Ochoa

**Lector 2:** Mauricio Regalado

**Ministros de Eucaristía:**

**Pan** – Nancy Saro

**Taza** – Elizabeth Zenteno, Armando Delgadillo, Gustavo & Fabiola Rodriguez

**Ofrendas:** Jesus & Marina Perez

**Colecta:** Anabel Rodriguez, Noema Pena, Jorge & German Romero

**Acólitos:** Equipo A

**A/V:**

**PLEASE NOTE:** Ministry Schedules for Jan - Mar are on the website. It is your responsibility to find your replacement if you cannot serve when scheduled.

**FAVOR DE NOTAR:** Horarios Ministerio de Enero - Marzo está en el sitio. Es su responsabilidad buscar su reemplazo si usted no puede servir cuando está programado.

PRAY FOR THE REPOSED SOULS OF THE FAITHFUL DEPARTED: Donal Kubik (Mary Lynn Kubik-Boyd's father).

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**WORSHIP**

**CONNECT**

**Celebration of the Sacrament of the Sick**

The Sacrament of the Sick is for all who are suffering from physical or mental illness, for those who will be undergoing surgery or elderly people who have become notably weakened even though no serious illness is present. Please join us on **Saturday, February 21st at 11:00 AM** in the CLC for Mass and anointing of the sick.

**Celebración del Sacramento de los Enfermos**

"El Sacramento de los Enfermos es para todos los que sufren de enfermedades físicas o la enfermedad mental, para aquellos que van a tener cirugía o para personas mayores que se han debilitado aun sin estar seriamente enfermos. Favor de acompañarnos el **Sábado 21 de Febrero a las 11:00 am** en el CLC Misa y unción de los enfermos.

**Please remember to  
BRING YOUR BLESSED PALMS TO  
CHURCH**

**and place in the basket at the Baptismal Fount so they can  
be made into the ashes we use to mark the beginning of  
our Lenten practice**



**Favor de recordar trae  
SUS PALMAS BENDITAS A LA IGLESIA  
y ponerlas en la canasta de la Pila Bautismal para que  
puedan hacerlas cenizas que usaremos para esta**

**Ash Wednesday**

Ash Wednesday is February 18th. Distribution of ashes will be at 9:00 AM Morning Mass, 4:30 PM Family Service and 7:00 PM bilingual Mass all in the Hall. Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

**Miércoles de ceniza**

El 18 de Febrero es Miércoles de ceniza. La ceniza se distribuirá a la misa de 9:00 AM, el servicio familiar de 4:30 y misa de 7:00 PM en el salón principal. El Miércoles de ceniza marca el principio de la cuaresma. Es una temporada de penitencia, reflexión y ayuno que nos prepara para la Resurrección de Cristo el Domingo de Pascua, por medio del cual obtenemos la redención.

**Upcoming Events at St. Anne**

- January 24th to 28th**  
Parish Retreat
- Friday, January 30th**  
Women's Fellowship "Crab Feed"
- Wednesday, February 18th**  
ASH WEDNESDAY-LENT BEGINS
- Friday, February 20th, March 6th, 13th, 20th & 27th**  
Knight's Friday Nite Fish Fry's
- Saturday, February 21st**  
RCIA Retreat
- Sunday, February 8th**  
Lenten Soup/Supper w/ Silhouette Stations of the Cross
- Wednesday, March 18th**  
Lenten Communal Reconciliation 7PM
- Tuesday, March, 31st**  
Passover Seder Celebration
- Thursday, April 2nd - 4th**  
TRIDUUM
- Saturday, April 11th**  
Confirmation Mass

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



**Women's Fellowship  
Upcoming Events:**

Women's Fellowship meets the 2<sup>nd</sup> Tuesday of each month in the Room 2.

**NEXT MEETING:**

February 10, 2015

6:30 PM - Social; 7:00PM - Meeting starts

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For membership information contact Anne Doran at [adoran712@comcast.net](mailto:adoran712@comcast.net) or Linda Humbert at [calmhumbert@comcast.net](mailto:calmhumbert@comcast.net).

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.  
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**Parishioner is in need of ride to Church on Sundays. Please contact church office or Karen Randle at 925-642-1527 if you can assist.**

**Save the Date  
July 18, 2015**

**St. Anne 2nd Annual Fashion Show &  
Luncheon**

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CONNECT

THIS WEEK AT ST ANNE/  
ESTA SEMANA A ST. ANA 01/24/15 - 02/01/15

- Sat:** Vigil - 3rd Sunday in Ordinary Time  
**Sun:** 3rd Sunday in Ordinary Time  
8:00 AM 8:30 AM Mass Choir Practice/Room 1B  
8:30 AM RCIA Dismissal  
9:15 AM 1st Communion Prep/Room 2  
9:30 AM 10:30 AM Mass Choir Practice/Room 1B  
11:15 AM Primero Comunion Preparación/Aula 2  
11:15 AM Reunion de padres/Fireside  
6:30 PM Junior High & Teen Ministry  
7:00 PM Parish Retreat/CLC
- Mon:** 9:00 AM Hospital Communion/Offsite  
**Parish Retreat -**  
\* 9:00 AM Morning Mass/Chapel  
\* 10:00 AM Scripture Reflection  
\* 7:00 PM Evening Prayer Service  
4:00 PM Food Pantry Prep/Kitchen  
4:00 PM 1st Communion Prep/Room 2  
5:15 PM Altar Server Training/Hall  
6:30 PM Faith Formation/CLC  
6:30 PM La Sagrada Familia/Capilla
- Tues:** 9:00 AM Food Pantry Distribution/Methodist Church  
**Parish Retreat -**  
\* 9:00 AM Morning Mass/Chapel  
\* 10:00 AM Scripture Reflection  
\* 7:00 PM Evening Prayer Service
- Wed:** 7:00 PM Grupo de Oración españoles Reunión de Planificación/Capilla  
**Parish Retreat -**  
\* 9:00 AM Morning Mass/Chapel  
\* 10:00 AM Scripture Reflection  
\* 7:00 PM Evening Prayer Service
- Thurs:** 6:00 PM Boy's Ranch/Offsite  
7:00 PM Spanish Mass Choir Practice/Fireside  
7:00 PM Confirmación para Adultos/Room 2
- Fri:** 6:00 PM Women's Fellowship Crab Feed/CLC
- Sat:** Vigil - 4th Sunday in Ordinary Time  
5:00 PM -Baptism -Raulin Roman  
2nd Collection - Parish Insurance
- Sun:** 4th Sunday in Ordinary Time  
2nd Collection - Parish Insurance  
8:00 AM 8:30 AM Mass Choir Practice/Room 1B  
8:30 AM RCIA Dismissal  
9:15 AM 1st Communion Prep/Room 2  
9:30 AM 10:30 AM Mass Choir Practice/Room 1B  
11:15 AM Primero Comunion Preparación/Aula 2  
11:15 AM Reunion de padres/Fireside  
6:30 PM Junior High & Teen Ministry



Covenant Corner

Thank you Paula Wherity & Mayra Guillen for volunteering in the office while staff was away on retreat.

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.

GROW

Confirmación para Adultos

Nuestra clase de confirmación continua en miércoles, 14 de enero de 2015. La clase se reunirá dos veces al mes terminando en Abril con la confirmación. Si usted es mayor de 18 años y no ha recibido el Sacramento de la confirmación y esta interesado en recibir este Sacramento por favor acompañenos el 14 de enero a 19:00 en la sala 1A. Para inscribirse o para mas información póngase en contacto con Vicente Vázquez al 925-202-1518 o el [elpatron205@yahoo.com](mailto:elpatron205@yahoo.com).



Like us on Facebook!

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## GROW

### GRUPO DE JOVENES

*La misión de los jóvenes es ayudarlos a que se acerquen más a Cristo por medio de la Eucaristía.*

**AVISO:** RE-registro es necesario para el retorno de los estudiantes; Nuevo Registro necesaria para todo nuevo para el programa St. Anne. Santa Ana Web tiene formularios e información adicional.

**Esta noche: Enero 25:** Clase de 6:30 a 8:00pm acerca de: Iglesia (El final de 4 pilares)

**1 de Febrero** - clase de las 6:30 a 8:00 pm acerca de: Asunto: Dia de San Valentín

**8 de Febrero y 15 de Febrero** NO CLASE...vacaciones de primavera

Se necesitan padres voluntarios para coordinar eventos :

- 15 de Febrero - Jóvenes- Familias en Misa

**AGRADECIMIENTO ESPECIAL:** a los adultos que ayudaron con el ministerio de Jóvenes en el año 2014. no podríamos haberlo hecho sin ustedes!

Necesitamos voluntarios: si desea ayudar en este ministerio favor de llamar a Michelle Castinado al celular al 925-437-0015 o Sr. Barbara.

### FAITH FORMATION

**Pre K through 5th Grade**

Classes continue Monday, January 26th 6:30PM - 7:30PM

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**6th-7th-8th Grades = EDGE Program**

Classes - Sunday, January 25th 6:30pm-8:00pm

Parents and students both attend first evening.

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**9th-12th Grade= Life Teen and Confirmation**

Sunday, January 25th 6:30pm-8:00pm

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**ALL STUDENTS MUST REGISTER**

Pre K through 12th Graders

**New student registration:**

- online: St Anne website or
- In Parish Office
- Completed registration includes
  - Registration form completed
  - Medical Form completed for each child
  - Copy of Baptismal Certificate
  - Registration Fee

**Returning students:**

- Complete Re-Registration form in Office
- Pay Registration Fee

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*Feel free to call Sister Barbara, Director of Faith Formation, if you need assistance. 925-634-6625*

### TEEN MINISTRY

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

**NOTICE:** RE-Registration necessary for returning students; New Registration needed for all new to St. Anne program. St. Anne Website has forms and additional information.

**TONIGHT: January 25:** Class from 6:30-8:00 pm on: Church (Final of 4 Pillars)

**February 1st:** Class from 6:30-8:00 pm on: Issue: Valentine's Day

**February 8<sup>th</sup> and 15th:** NO CLASS....due to Spring Break

Need parent volunteer to coordinate events:

- February 15th - Teen-Families at Mass

**Special THANKS:** To the Core Adults and Teens for all of their help!

**Volunteers needed:** if you would like to volunteer for Teen Ministry, please Contact Michelle Castinado at (cell) 925-437-0015 or Sr. Barbara at the office.

### FORMACION DE FE

**Pre Kinder a 5to grado** Clases - el lunes 26 de Enero  
6:30pm 7:30pm

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**6to 7mo-8vo grados = programa EDGE**

Las clases -el Domingo 25 de enero 6:30pm-8:00pm

Los padres y los estudiantes debe asistir la primera noche.

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**grados 9-12 = Life Teen y confirmación**

el Domingo 25 de enero 6:30pm-8:00pm

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**TODOS LOS ESTUDIANTES DEBEN REGISTRARSE**

Pre Kinder a grado 12

**Registración para alumnos nuevos**

- en internet: Página Web de St Anne o
- En la oficina parroquial
- Inscripción incluye
  - Formulario de registro completado
  - Formulario médico para cada niño
  - Copia del certificado de bautismo
  - Cuota de inscripción

**Alumnos ya inscritos en años anteriores:**

- Formulario de registro completo en la oficina
- Pagar cuota de inscripción

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*No dude en llamar a hermana Bárbara, Director de formación de fe, si necesitas ayuda. 925-634-6625*

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**SERVE**

**Delta Christian Community Food Pantry**

(St. Anne-Methodist-Presbyterian Churches)

**Food Packing:**

Mondays at 4:00 PM at St. Anne

**Distribution of Food Bags:**

Tuesdays 9:00 AM - 10:00 AM

At Byron United Methodist Church on Byron Highway.

10:30 AM - 12:00 PM

At the Knightsen Garden Center

Serving 120-130 Families Weekly

Providing: Food - Clothing - Household goods - Self Help Resources

Volunteers are welcome. Donations of Food and Money are appreciated.

**Donation request for FEBRUARY**

**PEANUT BUTTER AND JELLY**

We are grateful for the generous donation from: Byron Delta Lions - \$1686; Discovery Bay Lions - \$1000; Republican Women - \$687; Queen & Pages Book Club -\$285; Operation Rice Bowl - \$600; Gail Fritschle - \$2000; St. Vincent de Paul - \$1000 and many other donors of \$500, \$100, \$50 & \$25 and to al parishioner for the donation of 52 turkeys. God bless you all for your generous hearts. Thank you.

**Despensa de la Comunidad Cristiana Delta**

(Iglesias Sta. Ana-Methodista-Presbiteriana)

**Empacan comida:**

Lunes a las 4:00 PM en Sta. Ana

**Distribución de bolsas de Comida:**

Martes 9:00 a 10:00 AM

En la Iglesia Metodista de Byron

10:30 AM - 12:00 PM

En la Knightsen centro de jardinería

Sirviendo 120-130 familias semanalmente

Proveyendo: Comida – Ropa – Cosas para la casa -Ayuda personal (lugares)

Los voluntarios son bienvenidos. Apreciamos donaciones de dinero y comida.

**Solicitamos para el mes de FEBRERO:**

**MANTEQUILLA DE MANÍ Y MERMELADA**

Estamos agradecidos por las donaciones generosas de: Byron Delta Lions - \$1686; Discovery Bay Lions - \$1000; Republican Women - \$687; Queen & Pages Book Club -\$285; Operation Rice Bowl - \$600; Gail Fritschle - \$2000; St. Vincent de Paul - \$1000 y muchos otros donantes de \$500, \$100, \$50 y \$25 y a todos los feligreses por las donaciones de 52 pavos. Dios los bendiga por sus corazones generosos. Gracias

**St. Vincent de Paul**

- ◆ The St. Anne Conference of St. Vincent de Paul wishes to acknowledge and thank Catholic Charities of the East Bay and Catholic Relief Services Rice Bowl for their generous grant of \$500.00. The money will be used for helping those needing help with utilities, rent, food and other services we provide. At this time of year, the need is great and this grant comes at a most opportune time.
- ◆ Thanks to the council of St. Vincent de Paul for 100 bags of coats (Pantry DCC)
- ◆ We have been given a scholarship of \$600 from Catholic Relief Services (Catholic relief services) - Operation Rice Bowl

**Counseling Services**

St. Anne's is providing individual, couples and family counseling. The provider is Marie Hall, MSW, who is a licensed clinical social worker. Please contact her at 925-634-6625 ext. 228 or at [marieghalllcsww@comcast.net](mailto:marieghalllcsww@comcast.net) for more information regarding fees or to schedule an appointment.

**San Vicente de Paul**

- ◆ La Conferencia de San Vincent de Paul de Santa Ana desea reconocer y agradecer a Caridades Católicas de East Bay y Catholic Relief Services Rice Bowl por su generosa donación de
- ◆ \$500.00. El dinero se utilizará para ayudar a aquellos que necesitan ayuda con servicios públicos, alquiler, comida y otros servicios que ofrecemos. En esta época del año, la necesidad es grande y esta subvención llega en un momento más oportuno.
- ◆ Gracias al concilio de San Vicente de Paul por 100 bolsas de abrigos - (Despensa de DCC) Se nos ha otorgado un a Beca de \$600 dólares de Catholic Relief

 **Meals on Wheels and Senior Outreach Services**  
**Urgently Needs You!**

Help us deliver hot, nutritious meals to seniors living in Pittsburg, Antioch or Bay Point

**Become a Volunteer Driver**

- ◆ Choose to drive 1 day each week Monday – Friday, based on your availability
- ◆ Only 2-3 hours each week for a minimum of six months
- ◆ An orientation and background screen are required

For more information, please contact  
Carol Louisell, Director of Community Engagement  
[clouisell@mowsos.org](mailto:clouisell@mowsos.org)  
925-954-8736

Or go to [www.mowsos.org/volunteers/volunteer-form](http://www.mowsos.org/volunteers/volunteer-form) to fill out an application now



## SERVE

### STEWARDSHIP THOUGHT

There is a certain urgency in today's Gospel as Jesus calls His first disciples - Andrew and Simon, James and John. Each one follows Jesus *immediately*, unhesitatingly abandoning nets and boats and father and follow-workers. To what is Jesus calling me - at *this* moment, in *these* circumstances? What will I need to abandon in order to follow Him?

### PENSAMIENTO ADMINISTRATIVO

Hay una cierta urgencia en el evangelio de hoy cuando Jesús llama a sus primeros discípulos - Andres y Simon, Jaime y Juan. Cada uno sigue a Jesús *inmediatamente* - sin titubear abandonando las redes y barcas, padres y compañeros. A que me esta llamando Jesús - en este momento, en *estas* circunstancias? que necesitare abandonar para poder seguirle?

### OFRENDAS DE LA SEMANA

En el pasado la parroquia iba a publicar las ofertas semanales y compararlos con un monto presupuestado, basado en "Ofrendas parte justa."

La publicación de esta información fue suspendido por recomendación de la diócesis debido a una serie de robos que se han producido en algunos las parroquias de la Diócesis.

Sus ofrendas semanales son muy importantes a la parroquia con el fin de cumplir con nuestras responsabilidades operativas. Pedimos que cada feligrés continuar en oración consideren una oferta consistente que ayude en el cumplimiento de esas responsabilidades. Su generosidad es su retorno al Señor todo el bien para ti.

### WEEKLY OFFERING

In the past the parish would publish the weekly offerings and compare them to a budgeted amount, based on "Fair Share Offerings."

The publishing of this information was discontinued at the recommendation of the Diocese due to a number of burglaries that have occurred at some parishes in the Diocese.

Your weekly offerings are very important to the parish in order to meet our operational responsibilities. We ask that each parishioner continue to prayerfully consider a consistent offering that will assist in meeting those responsibilities

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

Welcome! We extend our hearts and hands in Christian fellowship, as you join with us in worship. If you are new to the parish, Scan the QR code with your smart phone to access our website. No Smart Phone -Registration forms are also available in the foyer and on our website.



### *Nurses Notes:*

## Thyroid Disease in Women: Know the Symptoms

### Overactive Thyroid- Hyperthyroid

Is a disorder in which your thyroid gland makes and releases more thyroid hormone than your body needs.

Your thyroid gland is located in the front of your neck. Hormones released by the thyroid affect nearly every part of your body from your brain to your skin and muscles. They play a crucial role in controlling how your body uses energy (your metabolism). This includes how your heart beats and how you burn calories.

The causes of hyperthyroidism include:

- Graves' disease- an autoimmune condition where the body's immune system creates an antibody that causes the gland to make an excessive amount of thyroid hormone-this disease runs in families.
- Thyroiditis-an inflammation of the thyroid in which a virus or problem with the immune system causes the gland to swell, leaking thyroid hormone into the bloodstream
  - ⇒ Subacute-sudden, painful,thyroid usually heals on its own
  - ⇒ Postpartum-affects women after pregnancy. One to two women out of 10 develop after having a baby. Lasts a month or two. Silent: Similar to postpartum but not related to pregnancy.
  - ⇒ Thyroid produces too much hormone but patients do not develop a painful thyroid gland. May develop hypothyroidism afterwards
- Thyroid nodule. One or more lumps, or nodules, can grow in the thyroid gland, gradually increasing the gland's activity and amount of thyroid hormone in your blood.

*Faith Community Nursing*  
*Serving the community is our passion.*

### IN CASE OF AN EMERGENCY

**PLEASE use the phone at the AV booth or in the office to call 911. Do not use your cell phone it will reach Sacramento CHP and precious time will be lost.**

Si es usted un Nueve Feligrés, le damos la Bienvenida, extendiéndole nuestras manos y nuestro Corazón como hermanos en Cristo. Escanear el código QR con tu teléfono inteligente para accede a nuestro sitio web. O hay formas Phone-Registro inteligentes también están disponibles en el vestíbulo y en nuestra pagina web.

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## OPPORTUNITIES

### Movimiento Familiar Cristiano Católico: Por una Familia Más Feliz

Muchos son los retos y desafíos que enfrentamos los matrimonios hoy en día. El Movimiento Familiar Cristiano Católico es una organización especialmente diseñada para ayudar a las familias hispanas en Los Estados Unidos a:

- Enfrentar las dificultades dentro del núcleo familiar a la luz de la palabra de Dios
- Desarrollarse plenamente a través de la promoción de valores humanos y cristianos
- Fortalecer la unidad familiar a través de la comunicación y el dialogo entre los esposos e hijos

Para mayor información sobre como beneficiarse de este ministerio llamar a:

Refugio y Adriana Rodríguez 925 513-9416  
Enrique y Evangelina Magaña 925 516-8682

### From The Catholic Voice

If you're a parishioner in the Oakland Diocese and are not receiving your free copy of The Catholic Voice through the mail, let us know and we'll start your subscription. For 48 years, The Catholic Voice has been the East Bay's trusted source of news, commentary and information about the Church and its people from your neighborhood and throughout the world. It's easy to stay informed. Start your free subscription\* to 21 issues a year with a phone call or an e-mail to Sandi Gearhart, (510) 893-5339 or [sgearhart@oakdiocese.org](mailto:sgearhart@oakdiocese.org)

\*Your information is not shared or sold to any entity outside your parish and The Catholic Voice.

### St. Peter Martyr School Open House & Enrollment

St. Peter Martyr School is accepting fall 2015 applications for Preschool, PreKindergarten, Kindergarten, and grades 1-8. The school offers extended care, extra curricular programs, and a strong academic program. Applications for the 2015-2016 school year are available at St. Peter Martyr School and [www.stpetermartyrschool.org](http://www.stpetermartyrschool.org). The Catholic school, located at 425 West Fourth St. in Pittsburg, is fully accredited and invites families to an Open House Sunday, January 25, from 10:00 A.M. until noon. Bring the family, meet the teachers, and visit the classrooms. For further information about our affordable rates call the school at [925-439-1014](tel:925-439-1014) or visit

### Holy Rosary School Enrolling For the 2015-2016 School Year!



Holy Rosary School is accepting applications for grades Pre-K through 8<sup>th</sup> for the 2015-2016 school year beginning January 6, 2015.

Visit us at our OPEN HOUSE on Sunday, January 25, 2015 from 10:00 until Noon. Come see all the wonderful things happening at Holy Rosary. If you would like additional information, call the school office at (925) 757-1270 or visit us at our website:

**KELLY-MOORE PAINTS**

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### Worldwide Marriage Encounter

Married Couples: "If you are called, reply, Speak, LORD, for your servant is listening." What is God calling you to in your Sacrament of Marriage? The next Worldwide Marriage Encounter Weekends are February 20-22 or August 7-9. Early registration, 4 to 6 weeks out is highly recommended. For more information contact Mike & Jeanne @ 925.672.2016 or Joe & Sue @ 925.680.7767 now or go to [oaklandwwme.org](http://oaklandwwme.org)

**St. Bernard's Catholic School**  
163 W. Eaton Ave. Tracy, CA 95376  
(209) 835-8018

[www.st-bernardschool.org](http://www.st-bernardschool.org)

#### Open House

**Sunday, January 25, 2015 11:00 a.m. – 1:00 p.m.**

Visit our Preschool and K through 8<sup>th</sup> classrooms.

Teachers and students will be available to answer any questions you may have about our school.

### Part-Time Cashier – Cathedral of Christ the Light Gift Shop

Energetic, attentive, reliable individual needed to staff The Cathedral Gift Shop. Must be able to operate a cash register system with ease, render top-notch customer service, field telephone inquiries, restock, assist in inventory-related tasks, and perform other related duties as assigned. Must be available to work flexible hours, including holidays. Bilingual skills a plus. Please submit cover letter and resume to [giftshop@ctlcathedral.org](mailto:giftshop@ctlcathedral.org).

### San Damiano Retreat Center

710 Highland Dr., Danville  
925-837-9141, ext. 315  
[katerik@sandamiano.org](mailto:katerik@sandamiano.org) [sandamiano.org](http://sandamiano.org)

### Upcoming Retreats

- **Aging Creatively** – Rena Grant, MA and Elizabeth Bell January 24-25
- **Contemplative Prayer** – Cherry Haisten January 30-February 1
- **Merton at 100** – Clare Ronzani February 6-7
- **Day of Dialogue for Gay, Lesbian, Bi-Sexual, & Transgendered People** – Br. Mike Minton, OFM February 8