

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

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
Mon: 9:00 AM Youth of St. Anne
Tue: 9:00 AM Msgr. Robert Adams
Wed: 9:00 AM Elders of St. Anne
Thurs: 9:00AM Dominic Arokiaraj
Sat: 5:00 PM Parishioners of St. Anne
Sun: 8:30 AM Youth 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 01/31/10- 02/07/10**

Sat: Vigil – 4th Sunday in Ordinary Time
Second Collection – St. Vincent de Paul

Sun: 4th 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

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 Baptismal Prep/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 Liturgy Committee/Room 2

Thurs: 6:00 PM Boy’s Ranch/Offsite
7:00 PM Choir Practice/Hall
7:30 PM Spanish Choir Practice/Chapel

Fri: 7:00 PM Guadalupana Society/Room 2

Sat: Vigil – 5th Sunday in Ordinary Time
10:00 AM Monthly Labyrinth Walk/Hall
5:00 PM Baptism – Hunter Busse
Second Collection – Diocesan Commitment
“Souper” Bowl of Caring Collection

Sun: 5th Sunday in Ordinary Time
9:30 AM 1st Communion Prep/Rooms 1 & 2
Second Collection – Diocesan Commitment
Hospitality Sunday
“Souper” Bowl of Caring Collection

STEWARDSHIP THOUGHT

Jeremiah declares that the Lord knew him before he was born and dedicated and appointed him to his role as prophet even before he drew breath. We, too, are known and sent by the Lord. What deeds of love and service are mine to perform?

**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 02/01/10 – 02/07/10**

Mon: Weekday
2 Sm 15:13-30;16:5-13 Ps 3:2-7 Mk 5:1-20

Tue: THE PRESENTATION OF THE LORD
Mal 3:1-4 Ps 24:7-10 Heb 2:14-18 Lk 2:22-40

Wed: Weekday; Blaise, bishop, martyr; Ansgar, bishop
2 Sm 24:2-17 Ps 32:1-7 Mk 6:1-6

Thurs: Weekday
1 Kgs 2:1-12 1 Chr 29:10-12

Fri: Agatha, virgin, martyr
Dir 47:2-11 Ps 18:31-51 Mk 6:14-29

Sat: Paul Miki, martyr, and his companions, martyrs
1 Kgs 3:4-13 Ps 119:9-14 Mk 6:30-34

Sun: 5th SUNDAY IN ORDINARY TIME
Is 6:1-8 Ps 138:1-8 1 Cor 15:1-11 Lk 5:1-11

PLEASE PRAY FOR/POR FAVOR

REZAN POR: Jo Riley, Tanya, Linda Jardin, Janice Richardson, Nolan Merkel, Dolores Onofra, Michelle Gaspi, Elsie & 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,
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**

**PRAY FOR THE REPOSED SOULS OF THE
FAITHFUL DEPARTED:** Jack Harrison (Sr. Barbara’s
brother-in-law)

FAITH FORMATION

CONGRATULATIONS to the families of our **49 parish children** who **received their First Reconciliation** on Tuesday, January 12, 2010, at 6:30pm in the Community Life Center. Their parents and catechist prepared them beautifully for this special evening. It was a very prayerful evening for all.

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

DATE for all FFF Families : We will have a very special **Closing Mass for all students/families** in the Faith Formation Programs.

Please save **Monday, May 17th at 6:00pm**
This includes: Sunday: First Holy Communicant students and families
Monday: all Pre-K through 6th students and families
Wednesday: 7th-8th Students and families

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

Catholic Action Principles

Be Frugal

Separate your wants from your needs. You want to work for all you need, not necessarily for all you want. You do not have to sentence yourself to a lifetime of hard labor for the false trappings of status. Living on less can eventually yield much more. The simpler you make your life, the easier it will be to maintain. Think in terms of moderation. It is easier to buy things than to sell them. You can make a comfortable life for yourself by finding contentment in the things you already have and holding reasonable expectations. Look to the saints as examples.

Be pragmatic. To build an investment bankroll, you can work more or you can spend less. Many people who write and stick to a household budget find that the simple act of thinking and organizing before spending can yield savings of between 10% - 15% of their earnings without seriously compromising their lifestyles. Give yourself a raise by being frugal.

-Bill FitzPatrick,

TEEN MINISTRY:

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

Last week: We learned how to put our trust in God.

This week: We will learn how Lent takes us out of the garden and into the desert with Christ for a time of preparation and purification.

Next week: Is the Mardi Gras party!!! WE NEED HELP with food and Decorations if you are interested in helping.

Next planning meeting: Sunday, February, 21st 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.

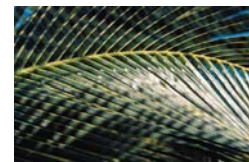
Volunteers needed: if you would like to volunteer for Teen Ministry, please Contact Michelle Castinado at 925-240-1832 or 925-437-0015.



from The Joyful Newletter
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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 2

Finding a Cure for Insomnia: A Review of Common Treatments

Doctors often treat insomnia in the three ways that follow:

1. Sleep hygiene

Sleep hygiene consists of basic habits and tips that help you develop a pattern of healthy sleep. Examples include getting up at the same time every day and avoiding caffeine after lunch. For more information, visit

<http://www.sleepeducation.com/Hygiene.aspx>

2. Cognitive behavioral therapy

This involves relaxation exercises and other methods that help improve your sleep. Some people listen to relaxing tapes. Others learn breathing exercises from a psychologist. Other methods teach you to do things such as limiting the time you spend in bed. For more information, visit

<http://www.sleepeducation.com/Treatment.aspx?id=5>

3. Sleeping pills and sleeping aids Doctors sometimes prescribe sleeping pills to treat insomnia. These are called hypnotics. At times insomnia is related to depression and anxiety. In these cases, medications may be prescribed by doctors to help insomnia

Some people with insomnia try to treat themselves with nonprescription sleep aids that they find on drugstore shelves. Others may try vitamins or herbs. Some people even use alcohol to help them fall asleep. Doing this actually makes their sleep worse. The alcohol causes them to wake up during the night.

Next Week: Insomnia – Part 3

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.

Celebration of the Sacrament of the Sick

“Is there anyone sick among you? Let him send for the presbyters of the church and let them pray over him, anointing him with oil in the name of the Lord. The prayers of faith will save the sick man and the Lord will raise him up. If he has committed any sins, they will be forgiven him.” James 5:14-15

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 20th at 11:00 AM** in the Hall for Mass and anointing of the sick. Hospitality to follow.

LITURGICAL MINISTERS

02/06 & 02/07

SATURDAY 5:00 PM

Greeters: Mary Flann & Mike Burke

Lector 1: Art Meyers

Lector 2: Robert Meagher

Euch. Min: **Cup** – Mary Ann Burke & Tami Melo

Altar Servers: Team 8

SUNDAY 8:30 AM

Greeters: Ron Puccinelli, Tim & Connie McCabe

Lector 1: Jean Ann Bauer

Lector 2: Lucy Peterson

Euch. Min: **Bread** – Mathilda Rizkalla, Lynn Tiemeyer, Bob Sanocki
Cup – Bernadette Van Slambrook, Bob Rasp, Cathy Sanocki & Jay McLaughlin

Altar Servers: Team 11

Hospitality: Linda Humbert & Carla Silva

SUNDAY 10:30 AM

Greeters: Ro Sweet, Lisa Plasch & Linda Jardin

Lector 1: Lori Johnson

Lector 2: Jose Cruz-Zamora

Euch. Min: **Bread** – Suzanne Gillick, Ray & Corinne Neubauer

Cup John Dyer, Ken Landoline, Ron Kappahn & Linda Knapp

Altar Servers: Team 4

Children’s Liturgy of the Word: Buzz Pedrotti

Hospitality: Suzanne Gillick & Candice Reed

SUNDAY 12:30 PM

Recividores: Andrés & Ana Yerena

Lector 1: Isidro Flores

Lector 2: Guadalupe Flores

Ofrendas: Rafael & Alicia Caballero

Ministros de Eucaristía: José Luis & Esher Herrera

Monogillo: Team

PLEASE NOTE: Ministry Schedules for Jan – Mar are on the website at www.stannechurchbyron.com

Covenant Corner

Thank you to **Linda Humbert** and **Judy DePaoli** for their time in helping with an office project. Thank you also for those who offer the assistance when projects arise. We could not do it without you.

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. 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

RESPONSIBILITY

People who are especially talented in the Responsibility theme take psychological ownership of what they say they will do. They are committed to stable values such as honesty and loyalty

St. Anne Leaders with this Theme

Will Schulte, Kirsten Koehler, Michelle Castinado, Debbie Strauss, Barry Anthony, Jim Mattison, Larry Green, Lynn Tiemeyer, Linda Humbert, Ed Konieczny, Linda Thomas, Cheryl McDonald, Linda Knapp

Quote

His master replied, Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!"

(Matthew 25:21)

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

For membership information contact Anne Doran at adoran712@comcast.net or Peggy Ann Valley at 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.

Adult Confirmation Class

We will begin a 7 week Adult Confirmation class on Thursday February 11th at 7:00 PM. This class is for Baptized Catholics (18 and over) who have received their 1st Communion but have never received the sacrament of Confirmation. If you are interested in attending or have questions pertaining to adult confirmation please contact Lisa at 634-6625 ex.225 or lisap@stannechurchbyron.com

Upcoming Events at St. Anne

Saturday, February 6, 2010

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

Wednesday, February 17, 2010

ASH WEDNESDAY: 9AM Mass (Chapel); 4:30PM Family Prayer Service (Hall); 7:00PM Bi-lingual Mass (Hall)

Friday, February 19th

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

Saturday, February 20th

Healing Mass 11:00 AM in the hall

Friday, February 19th, 26th March 5th, 12th, 19th, 26th Via Cruz/Chapel 7:00PM

Wednesday, February 24th March 3rd, 10th, 17th, 24th, 31st

Stations of the Cross/Chapel 7:00 PM

Weekend of February 27th/28th

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 13, 2010

Lenten Retreat 9:00 AM – 3:00 PM See flyer in 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.

St. Peter Martyr School Open House

St. Peter Martyr School is accepting fall 2010 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 2010 – 2011 School year are available at St. Peter Martyr School. The Catholic School, located at 425 West Fourth St. in Pittsburg, is fully accredited and invites families to an Open House Sunday, January 31st from 10:00 AM until noon. Bring the family, meet the teachers, and visit the classrooms. For further information call the school at 925-439-1014 or visit our website at www.stpetermartyrschool.org.

Married Couples: A Valentine's Day treat - When you care enough to 'send the very best,' then why not *send each other* on a Worldwide Marriage Encounter weekend! Experience a WWME weekend *being held in Pleasanton* February 19 - 21 and learn how to bring back the passion and strengthen your relationship. For more information call Mike & Jeanne @ 925.672.2016 or Joe & Sue @ 925.680.7767 now or go to <http://www.rekindleyourmarriage.org>.