

4th Sunday in Ordinary Time • IV Domingo Ordinario  
February 1, 2015 • 1 de Febrero de 2015

WORSHIP

MASS INTENTIONS FOR THE WEEK/  
INTENCIONES SEMANALES

<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
<b>Mon:</b>	9:00 AM	Elders of St. Anne
<b>Tue:</b>	9:00 AM	Moises Manego
<b>Wed:</b>	9:00 AM	Parishioners of St. Anne
<b>Thurs:</b>	9:00 AM	Families of St. Anne
<b>Sat:</b>	5:00 PM	Sr. John Marie Samaha, SHF
<b>Sun:</b>	8:30 AM	Youth of St. Anne
	10:30 AM	Elders of St. Anne
	12:30 PM	Miembros vivos y difuntos de Sta. Ana

SCRIPTURE READINGS/  
LECTURAS DE LA SEMANA 02/02/15-02/08/15

<b>Mon:</b>	<b>THE PRESENTATION OF THE LORD/LA PRESENTACIÓN DEL SEÑOR</b> Mal 3:1-4 Ps 24:7-10 Heb 2:14-18 Lk 2:22-40 Mal 3:1-4 Sal 23:7-10 Heb 2:14-18 Lc 2:22-40
<b>Tues:</b>	<b>Weekday; St. Blaise, Bishop, Martyr; St. Ansgar, bishop</b> <b>Día de la Semana; San Blas, Obispo, Mártir; San Oscar, Obispo</b> Heb 12:1-4 Ps 22:26b-32 Mk 5:21-43 Heb 12:1-4 Sal 21:26b-32 Mc 5:21-43
<b>Wed:</b>	<b>Weekday/Día de la Semana</b> Heb 12:4-15 Ps 103:1-18a Mk 6:1-6 Heb 12:4-15 Sal 102:1-18a Mc 6:1-6
<b>Thurs:</b>	<b>St. Agatha, Virgin, Martyr/Santa Águeda, Virgen, Mártir</b> Heb 12:18-24 Ps 48:2-11 Mk 6:7-13 Heb 12:18-24 Sal 47:2-11 Mc 6:7-13
<b>Fri:</b>	<b>St. Paul Miki, Martyr, and Companions, Martyrs/San Pablo Miki, y Compañeros, Mártires</b> Heb 13:1-8 Ps 27:1-9c Mk 6:14-29 Heb 13:1-8 Sal 26:1-9c Mt 6:14-29
<b>Sat:</b>	<b>Weekday/Día de la Semana</b> Heb 13:15-21 Ps 23:1-6 Mk 6:30-34 Heb 13:15-21 Sal 22:1-6 Mc 6:30-34
<b>Sun:</b>	<b>5th Sunday in Ordinary Time/V Domingo Ordinario</b> Jb 7:1-7 Ps 147:1-6 1 Cor 9:16-23 Mk 1:29-39 Job 7:1-7 Sal 146:1-6 1 Cor 9:16-23 Mc 1:29-39

PLEASE PRAY FOR/POR FAVOR REZAN POR:

Tracy Nye, Matt Catutido, 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, Elsjé

Occasionally names are taken off the prayer list. If we have taken off the name

LITURGICAL MINISTERS

02/07 - 02/08

SATURDAY 5:00 PM

**Greeters:** Madonna Leeper & Joji Ponco

**Lector 1:** Tony Hicks

**Lector 2:** Art Meyers

**Euch. Min: Cup** – Lauren De Vito-Magbitang & Mary Flann

**Altar Servers:** Team 12

SUNDAY 8:30 AM

**Greeters:** Barbara Stoiber, Tim & Connie McCabe

**Lector 1:** Stephanie Moore

**Lector 2:** Pat Weber

**Euch. Min: Bread** – Pete DuBois, Fran LaPerle & Liz Mooring

**Cup** – Andrea DeSimone, Don LaPerle, Mathilda

Rizkalla & Jim Sniadecki

**Altar Servers:** Team 7

**Hospitality:**

A/V: Don LaPerle

SUNDAY 10:30 AM

**Greeters:** Edith Nelson, Jane Perry & Sue Wright-Broughton

**Lector 1:** Lori Johnson

**Lector 2:** Buzz Pedrotti

**Euch. Min: Bread** – John Dyer, Jennifer Evans & Dick

Macdonald

**Cup** – Suzanne Gillick, Ron Kapphahn, Amy

Muse, Karen Randle, Ken & Marian Landoline

**Altar Servers:** Team 2

**Children's Liturgy of the Word:** Rosa Day

**Hospitality:**

A/V: Alexis Geoffrey

SUNDAY 12:30 PM

**Bienvenidas:** Gustavo & Catalina Pena

**Lector 1:** Araceli Campos

**Lector 2:** Karla Rodriguez

**Ministros de Eucaristía:**

**Pan** – Maria de Jesús Chávez

**Taza** – Romualdo Chávez, Delfino Perez, Eduardo & Leonor Romero

**Ofrendas:** Juan & Rocio Cuevas

**Colecta:** Ignacio Chávez, Elizabeth Zenteno, Alfonso

Cisneros & Angie Corona

**Acólitos:** Equipo B

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.

Ecumenical Labyrinth Walk

FIVE Thursdays February 26 - March 26 at Noon

Byron United Methodist Church

Experience the spiritual discipline of contemplative prayer by walking the Labyrinth in our sacred garden

PLEASE KEEP OUR MILITARY FAMILY  
AND FRIENDS IN YOUR PRAYERS

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WORSHIP

**Caminata de Laberinto Ecumenical**

CINCO jueves de 26 de febrero a 26 de marzo al mediodía

Iglesia modificada de Byron

Viva de experiencia de la disciplina espiritual de oración contemplativa recorriendo el laberinto en nuestro jardín sagrado

**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 e 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 cuaresma.

**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.

**Lent Days of Fast and Abstinence**

Ash Wednesday & Good Friday are days of both fast and abstinence.

Ash Wednesday & Good Friday are obligatory days of fast and abstinence. Fasting is obligatory for all who have completed their 18th year and have not yet reached their 60th year. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence (from meat) is obligatory for all who have reached their 14th year. **Fridays in Lent** are obligatory days of complete abstinence (from meat) for all who have completed their 14th year.

*“No one should be scrupulous in this regard; failure to observe some penitential day is not considered serious; rather it is failure to observe any penitential days at all or a substantial number of such, which is considered serious.”* -U.S. Bishops Conference

**Días de Ayuno y Abstinencia durante la Cuaresma**

Miércoles de ceniza & Viernes Santo son días de ayuno y abstinencia.

Miércoles de ceniza & Viernes Santo son días obligatorios de ayuno y abstinencia. Ayuno es obligatorio para todos los mayores de 18 años hasta los 6°. Ayuno permite a la persona solo comer una comida completa al día. Con dos porciones menores que equivalen a una comida completa. Abstinencia de comer carne es obligación desde los 14 años de edad. **Los Viernes de Cuaresma** obliga a no comer carne desde los 14 años de edad.

*“Nadie debe ser escrupuloso si no puede cumplir con algo en día de penitencia, no es considerado serio; mejor dicho si no puede cumplir con ninguna penitencia entonces si es considerado serio”* -U.S. Bishops Conference

CONNECT

**Upcoming Events at St. Anne**

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

Thursday, February 26th, March 5h, 12th 19th & 26th

Ecumenical Labyrinth Walk - Noon

Byron United Methodist Church

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.

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CONNECT

THIS WEEK AT ST ANNE/  
ESTA SEMANA A ST. ANA 01/31/15 - 02/08/15

- 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 Comunión Preparación/Aula 2  
11:15 AM Reunion de padres/Fireside  
6:30 PM Junior High & Teen Ministry
- Mon:** 9:00 AM Hospital Communion/Offsite  
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  
7:00 PM Baptismal Prep/Room 2  
7:00 PM Choir Practice/Hall
- Wed:** 7:00 PM Grupo de Oración españoles Reunión  
de Planificación/Capilla  
7:00 PM Liturgy Planning/Room 2
- Thurs:** 6:00 PM Boy's Ranch/Offsite  
7:00 PM Spanish Mass Choir Practice/Fireside  
7:00 PM Bible Study/Chapel
- Fri:** 7:00 PM Sociedad Guadalupana/Aula 2
- Sat:** Vigil - 5th Sunday in Ordinary Time
- Sun:** 5th Sunday in Ordinary Time  
8:00 AM 8:30 AM Mass Choir Practice/Room 1B  
8:30 AM RCIA Dismissal  
9:30 AM 10:30 AM Mass Choir Practice/Room 1B  
10:30 AM Baptism -Joshuah Ponce  
11:15 AM Reunion de padres/Fireside



Covenant Corner

Thank you **Madonna Leeper, Carol Ruiz and Paula Wherity** for volunteering in the office.

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, 28 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).



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

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.



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.

**STA NOCHE: Febrero 1:** Clase de 6:30-8:00 pm on: Tema: Pam Stenzel: Platica acerca de sexualidad

**8 de Febrero:** NO CLASE - Cumpleaños de Lincoln

**Febrero 15:** NO HAY CLASE Cumpleaños Presidencial

#### Eventos Próximos:

- 15 de Febrero - Jóvenes- Familias en Misa 10:30 AM

**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. a la oficina.

### FAITH FORMATION

#### Pre K through 5th Grade

Classes continue Monday, February 2nd 6:30PM - 7:30PM  
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#### 6th-7th-8th Grades = EDGE Program

Classes - Sunday, February 1st 6:30pm-8:00pm  
Parents and students both attend first evening.  
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#### 9th-12th Grade= Life Teen and Confirmation

Sunday, February 1st 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: February 1st:** Class from 6:30-8:00 pm on: Issue: Pam Stenzel: Talk on Sexuality

**February 8<sup>th</sup>:** NO CLASS - Lincoln's Birthday

**February 15th:** NO CLASS - President's Day

#### Upcoming Events:

- February 15th - Teen-Families at Mass 10:30 AM

**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 2 de Febrero  
6:30pm 7:30pm

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

Las clases -el Domingo 1 de Febrero 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 1 de Febrero 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. Anne Blood Drive**

Thank you to all who came to the blood drive. It was our second most successful drive. 67 people came to donate. We collected 55 pints of blood which could possibly affect the lives of 165 people.

A special thank you to Lorenzo Macias, Dick Macdonald, Kurt Luke, Tony Hicks, Keith Lamport, Linda Jensen, Jack Thomas, Judy Konieczny, Linda Rushmere and Cathy Sanocki for assisting with making this blood drive an enjoyable experience for our donors. Without the gift of your time our drive would not be possible.

Please mark your calendars with the dates of our future drives, April 22nd, July 29th and September 30th.

**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.

**Sta. Ana Donación de Sangre**

Gracias a todos los que vinieron a la donación de sangre. Fue la segunda mas exitosa campaña. 67 personas acudieron a donar. Hemos recogido 55 pintas de sangre que posiblemente podría afectar las vidas de 165 personas.

Un agradecimiento especial a Lorenzo Macías, Dick Macdonald, Kurt Luke, Tony Hicks, Keith Lamport, Linda Jensen, Jack Thomas, Judy Konieczny, Linda Rushmere y Cathy Sanocki por ayudar a hacer esta campaña una experiencia agradable para nuestros donantes. Sin el don de su tiempo nuestra campaña no sería posible.

Por favor marque su calendario con las fechas de nuestras futuras campañas de donación, El 22 de abril, 29 de julio y 30 de septiembre.

 **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

Moses told the people, "A prophet like me will the Lord, your God, raise up for you from among your own kinsmen." God still provides among His people the gifts and talents necessary to continue the work of His church. What gifts are yours to share?

### PENSAMIENTO ADMINISTRATIVO

Moisés dijo a su gente, "Un profeta semejante a mí, Tu Dios, levantarás para ti entre sus propios parientes. " Dios todavía provee entre su pueblo los dones y talentos necesarios para continuar la obra de su iglesia. ¿Cuáles son los regalos que tu compartirás?

### 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:*

### **HEART HEALTH**

Heart disease is the number one killer of both men and women in the United States.

You can make heart healthy changes to lower your risk of heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk you can:

- Watch your weight
- Quit smoking and stay away from second hand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Get active and eat healthy

Heart health gets a major boost from even a small amount of weight loss. See what slimming down can do for your ticker.

*losing 5 to 10 percent of your body weight, you can reduce the risk of heart attack and stroke*

Starting small might be a more effective way to approach weight loss. Cutting back about 500 calories a day and getting at least 90 minutes of [physical activity](#) a week will get the ball rolling

Losing weight reduces your heart's workload. If you lose weight, you may be able to reduce your blood pressure medications or even eliminate them. "Weight loss can make your [triglycerides](#) go down, your LDL cholesterol go down, and your HDL cholesterol go up." Sometimes blood slows down and can form clots. Healthy weight and lower blood pressure generally mean fewer blood clots. Fat around the belly and the heart are especially detrimental to heart health.

*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 Nuevo Feligrés, le damos la Bienvenida, extendiéndole nuestras manos y nuestro Corazón como hermanos en Cristo. Escanear el código QR con tu teléfono inteligente para acceder a nuestro sitio web. O hay formas Phone-Registro inteligentes también están disponibles en el vestíbulo y en nuestra página 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.

### **Host Families Needed**

July 1-July 27, for Exchange Students from Italy and Spain. Help a student ages 14-18 experience the American Dream! Create global friendships, share faith, traditions and culture. Experience Italy and Spain in your home. For more details, please call Kelly Gross @ 951-501-9500 or email [kelly.ehonestay@hotmail.com](mailto:kelly.ehonestay@hotmail.com)

### **Primary Teacher Vacancy for 2015-2016** **St. Bernard's Catholic School**

The position begins on August 1. Salary is determined by experience and units completed beyond a B.A. Teaching credential completed or in progress is required. All interested applicants contact the school for further information. Applications can be found at [www.st-bernardschool.org](http://www.st-bernardschool.org) and must be submitted by February 27. Please include application, resume, letter of interest, and three letters of reference.

165 W. Eaton Ave.  
Tracy, CA 95376

[pparedes@st-bernardschool.org](mailto:pparedes@st-bernardschool.org)



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### **Worldwide Marriage Encounter**

In today's second reading St Paul talks about the fact that married couples have to deal with the anxieties of the world. Sometimes those stresses can really have a negative impact on our marriages. Get away from all those worldly anxieties and take time to just focus on God and each other by making a Worldwide Marriage Encounter Weekend. 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

### **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**

- **Merton at 100** – Clare Ronzani February 6-7
- **Day of Dialogue for Gay, Lesbian, Bi-Sexual, & Transgendered People** – Br. Mike Minton, OFM February 8

### **Men's Retreat: Register Today!**

Join us for the 2015 St. Bonaventure Men's Retreat--"Mature Discipleship - Finding Joy and Fulfillment in the spiritual Struggles of the 2nd Half of Life"--the weekend of March 6-8 at the San Damiano Retreat Center in Danville, CA. Our retreat master will be Fr. Richard Mangini, pastor of St. Bonaventure parish in Concord. For more info call Peter Nixon at 925-363-5884 or matt Remington at 925-672-4006. register online at <http://www.stbonaventure.net/parish-ministries/adult-faith/mens-spiritual-network>