

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

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

**THIS WEEK AT ST ANNE/
ESTA SEMANA A ST. ANA 02/06/10– 02/14/10**

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
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: 6:30 PM Women’s Fellowship/Room 2
7:30 PM Knight’s of Columbus/Room 1A
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
Thurs: 6:00 PM Boy’s Ranch/Offsite
7:00 PM Adult Confirmation Class/Fireside
7:30 PM Spanish Choir Practice/Chapel
Sat: Vigil – 6th Sunday in Ordinary Time
9:30 AM RCIA Retreat/Fireside
Burial of the Alleluia
Second Collection – Bishop’s Appeal
Sun: 6th Sunday in Ordinary Time
8:30 AM Rite of Sending
Burial of the Alleluia
Second Collection – Bishop’s Appeal

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

Total Plate Collection
January: \$29,736.86
Fair Share Budget
January: \$54,000

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 02/08/10 – 02/14/10**

Mon: Weekday; Jerome Emiliani, priest; Josephine Bakhita, virgin
1 Kgs 8:1-13 Ps 132:6-10 Mk 6:53-56
Tue: Weekday
1 Kgs 8:22-30 Ps 84:3-11 Mk 7:1-13
Wed: Scholastica, virgin
1 Kgs 10:1-10 Ps 37:5-40 Mk 7:14-23
Thurs: Weekday; Our Lady of Lourdes
1 Kgs 11:4-13 Ps 106:3-40 Mk 7:24-30
Fri: Weekday
1 Kgs 11:29-32; 12:19 Ps 81:10-15 Mk 7:31-37
Sat: Weekday
1 Kgs 12:26-32; 13:33-34 Ps 106:6-22 Mk 8:1-10
Sun: 6th SUNDAY IN ORDINARY TIME
Jer 17:5-8 Ps 1:1-6 1 Cor 15:12-20 Lk 6-26

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

Rick Tucci, Jo Riley, 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,

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**

STEWARDSHIP THOUGHT

In today’s readings, both Isiah and Peter hear the call of God and feel themselves unworthy. But, reassured by the Lord, both answer and follow. Do *I* hear the Lord asking, “Whom shall I send?” Am *I* prepared to answer “Here I am. Send *me!*”?

FAITH FORMATION

No Classes week of February 14th. Classes resume week of February 21st. Have a safe President's Day!

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 8th** at 6:30PM in the Office.

Catholic Action Principles *Make Today Special*

This is the day which the Lord has given; let us rejoice. Many people enjoy using the first few minutes of the day for their reflective time. How did yesterday go? What do you want to accomplish today? What will be most important? This, of course, becomes your prioritized to-do list. How will today vary from your usual routine? Can you think of any small things that you can do? Perhaps there is something that you've been avoiding, that, if you do it, would make you feel especially proud of yourself.

Give each day a specific purpose. For unsuccessful, unhappy people, there is often sameness to their days. Is it Monday or Thursday? Is it March or November? Is it 3 o'clock in the afternoon or 10 o'clock in the morning? They're in a rut and it doesn't matter.

Everybody has the same amount of time each day. How are you going to spend your 24 hours? Plan in advance. Make lists. Lists are your roadmap to personal accomplishment and balanced living. Always carry paper and pen. What are you doing today to ensure a better tomorrow for yourself and your family?

-Bill FitzPatrick,

TEEN MINISTRY:

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

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

This week: It's the Mardi Gras party!!! WE NEED HELP with food and Decorations. If you can help, please call Michelle.

Next week: Is Ash Wednesday

Next planning meeting: Sunday, February, 21st after the 10:30 Mass.

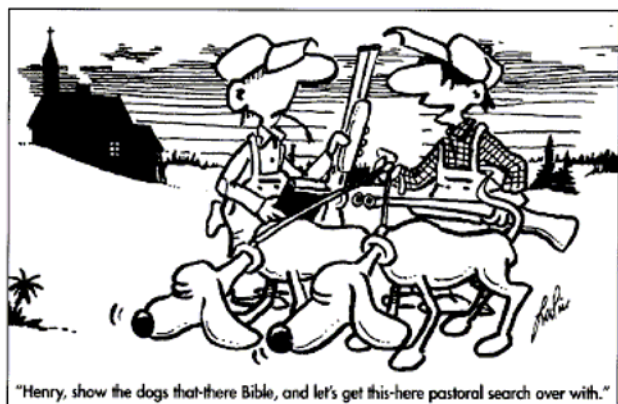
Youth Day: We have 16 TEENS attending this year!!!! Thank you for everyone's support in purchasing Holiday items, the car wash, and fall festival. We raised over \$1,200 to help the teens make it to Youth Day.

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

Thank you to WOMEN'S FELLOWSHIP for encouraging the tips during the Crab Feed!

Also: Special Thanks to the Teens who served and helped clean up: Jessica, Karla, Bianca, Marissa, Abby, Junior, Nacho, Luis, Gorge, Herman, and Brandon.

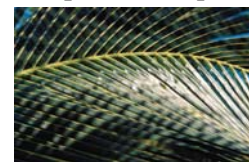
Volunteers needed: if you would like to volunteer for Teen Ministry, please Contact Michelle Castinado at 925-240-1832 or 925-437-0015.



from The Joyful Noisemaker
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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 3

Finding a Cure for Insomnia: A Review of Common Treatments

There are many ways to treat insomnia that are common and effective. You should talk to your primary care doctor to discuss these options. You may also want to visit a sleep center to get more expert advice. You should see a sleep specialist if your insomnia causes you to nod off during the day. There are a number of products sold for the treatment of insomnia. They can be bought off the shelf at a drug store without a prescription. Some of the items do have ingredients that can help improve insomnia.

Most items, however, have very little proof that they really work. The research to support the use of these products is poor. Problems with these studies include the following:

1. Small numbers of patients were studied.
2. There is little information about the types of patients who use the products.
3. The studies do not use a control group who get a placebo drug. A placebo is simply a sugar pill that really has no medicine. It is used to see if patients think they feel better just because they took a pill.
4. Most of the data for the studies is not reliable. It depends too much on the patient to report any changes in how he feels. A good study should have specific data that shows changes in the quality of a patient's sleep.
5. Studies have only looked at short-term treatment. They only cover a few days or weeks. It is not known if using these products over a long period of time is either safe or helpful.
6. These products are not always safe. Some have harmful or dangerous side effects. Some can cause problems when taken with other medicines.
7. Some products are not regulated by the U.S. Food and Drug Administration (FDA). This includes melatonin and herbs. The quality and quantity of substances in these products may not have been checked.

This summary takes a closer look at some of the most popular products used to treat insomnia. They are advertised to be helpful for people who have insomnia.

Next Week: Antihistamines – Part 4

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

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

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

02/13 & 02/14

SATURDAY 5:00 PM

Greeters: Madonna Leeper & Joji Ponco
Lector 1: Tony Hicks
Lector 2: Bob Van Slambrook
Euch. Min: **Cup** – Tami Melo & Jane Marchi

Altar Servers: Team 8

SUNDAY 8:30 AM

Greeters: Barbara Stoiber, John & Danette Jolly
Lector 1: Kurt Luke
Lector 2: Chuck Woods
Euch. Min: **Bread** – Bob Sanocki, Glenda & Pete DuBois
Cup – Kirsten Koehler, Shari Pica, Ernest Zucatto, Cathy Sanocki

Altar Servers: Team 6

Hospitality:

SUNDAY 10:30 AM

Greeters: Wright-Broughton Family
Lector 1: Rebecca Kubik-Boyd
Lector 2: Linda Knapp
Euch. Min: **Bread** – Catrina Mygrant, Al, Castinado & Will Schulte
Cup Michelle, Castinado, Marian Landoline, Margaret Zucatto & Toni Schulte

Altar Servers: Team 5

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

Hospitality:

SUNDAY 12:30 PM

Recividores: Eduardo & Leonor Romero
Lector 1: Nacho Chavez
Lector 2: Elva Chavez
Ofrendas: Jesus & Mariana Perez
Ministros de Eucaristía: Felipe & Alicia Pena
Monogillo: Team B

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

RESTORATIVE

People strong in the Restorative theme are adept at dealing with problems. They are good at figuring out what is wrong and resolving it.

St. Anne Leaders with this Theme

Rosana Navarro, Linda Knapp

Quote

“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.”

(Galatians 6:1)

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

THANK YOU TO ALL VOLUNTEER & ATTENDEES

Women's Fellowship thanks our 80+ volunteers for a very successful crab feed! This was our 39th year, and our biggest crab feed ever with over 370 ladies in attendance. Thank you for your time before, during and after the event, basket donations, food donations, and support.

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.

Upcoming Events at St. Anne

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.

Lenten Services, Retreats, Seminars & Events

February 17 th	ASH WEDNESDAY
February 19 th , 26 th	
March 5 th , 12 th , 19 th , 26 th	Via Cruz/Chapel 7:00PM
February 20 th March 12 th , March 26 th	Knight's of Columbus "Fish Fry"
February 20 th	Healing Mass
February 24 th , March 3 rd , 10 th , 17 th , 24 th , 31 st	Stations of the Cross/Chapel 7:00 PM
March 5 th – 6 th	Lenten Labyrinth Retreat
March 9 th	Lenten Reconciliation 6:30 PM
March 13 th	Strength Finders Retreat
March 30 th	Seder Dinner

Other Churches Lenten Reconciliation Dates & Times

March 22 nd	Holy Rosary	7:30 PM
March 23 rd	I.H.M	7:00 PM
March 24 th	St. Anthony	7:00 PM
March 25 th	St. Ignatius	7:30 PM

Welcome! We extend our hearts and hands in Christian fellowship, as you join with us in worship. If you are new to the parish, registration packets are available in the magazine rack in the foyer. Please fill out and return by mail, or simply drop in the collection plate at mass. You can also register on our website at: www.stannechurchbyron.com