

1st Sunday of Lent • Primer Domingo de Cuaresma
February 22, 2015 • 22 de Febrero de 2015

WORSHIP

MASS INTENTIONS FOR THE WEEK/
INTENCIONES SEMANALES

Sat:	5:00 PM	Families of St. Anne
Sun:	8:30 AM	Bill Seamon
	10:30 AM	Daniel, Ronnie & Jenny Delgado
	12:30 PM	Miembros vivos y difuntos de Sta. Ana
Mon:	9:00 AM	Youth of St. Anne
Tue:	9:00 AM	John Bosco Birthday Intention
Wed:	9:00 AM	Vincent Inglese
Thurs:	9:00 AM	Elders of St. Anne
Sat:	5:00 PM	Parishioners of St. Anne
Sun:	8:30 AM	Families of St. Anne
	10:30 AM	Doug Scolari
	12:30 PM	Rigovertto Perez

SCRIPTURE READINGS/
LECTURAS DE LA SEMANA 02/23/15-03/01/15

Mon:	Lenten Weekday; St. Polycarp, Bishop, Martyr/Día de la Semana de Cuaresma; San Policarpo, Obispo, Mártir Lv 19:1-18 Ps 19:8-15 Mt 25:31-46 Lv 19:1-18 Sal 18:8-15 Mt 25:31-46
Tues:	Lenten Weekday/Día de la Semana de Cuaresma Is 55:10-11 Ps 34:4-19 Mt 6:7-15 Is 55:10-11 Sal 33:4-19 Mt 6:7-15
Wed:	Lenten Weekday/Día de la Semana de Cuaresma Jn 3:1-10 Ps 5:3-19 Lk 11:29-32 Jon 3:1-10 Sal 5:3-19 Lc 11:29-32
Thurs:	Lenten Weekday/Día de la Semana de Cuaresma Est. C:12:14-25 Ps 138:1-8 Mt 7:7-12 Est C:12:14-25 Sal 137:1-8 Mt 7:7-12
Fri:	Lenten Weekday/Día de la Semana de Cuaresma Ez 18:21-28 Ps 130:1-8 Mt 5:20-26 Ez 18:21-28 Sal 129:1-8 Mt 5:20-26
Sat:	Lenten Weekday/Día de la Semana de Cuaresma Dt 26:16-19 Ps 119:1-8 Mt 5:43-48 Dt 26:16-19 Sal 118:1-8 Mt 5:43-48
Sun:	2nd Sunday of Lent/II Domingo de Cuaresma Gn 22:1-18 Ps 116:10-19 Rom 8:31b-34 Mk 9:2-10 Gn 22:1-18 Sal 115:10-19 Rom 8:31b-34 Mc 9:2-10

PLEASE PRAY FOR/POR FAVOR REZAN POR:

Kathryn Copley, Elsje, 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 Konkal, Paul Butler, Francesca Capraro, John Marciano
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.

LITURGICAL MINISTERS

02/28-03/01

SATURDAY 5:00 PM

Greeters: Marie Hall & Peter Baylacq
Lector 1: Art Meyers
Lector 2: Gordon McPherson
Euch. Min: Cup – Ed & Judy Konieczny
Altar Servers: Team 8

SUNDAY 8:30 AM

Greeters: Ron Samoian, Dennis & Catherine Kutsuris
Lector 1: Kurt Luke
Lector 2: Carol Luke
Euch. Min: Bread – Andrea DeSimone, Mathilda Rizkalla & Jim Sniadecki
Cup – Fran LaPerle, Liz Mooring, Pete & Glenda DuBois
Altar Servers: Team 14
Hospitality: Mary Ann Hansen & Paul Pudota
A/V: Denise Gavello

SUNDAY 10:30 AM

Greeters: Catrina Mygrant, Jane Perry & Sue Wright-Broughton
Lector 1: Barbara Mora
Lector 2: Jose Cruz-Zamora
Euch. Min: Bread – Raj Arokiaraj, Will Schulte & Bernadette Van Slambrook
Cup – Agnes Arokiaraj, Suzanne Gillick, Sr, Barbara Nixon, Karen Randle, Claudia Ramirez & Toni Schulte
Altar Servers: Team 16
Children's Liturgy of the Word: Andy & Elizabeth Sherman
Hospitality: Sherry Kulling
A/V: Pete Evans

SUNDAY 12:30 PM

Bienvenidas: Porfirio & Alondra Romero
Lector 1: Enrique Magaña
Lector 2: Evangelina Magaña
Ministros de Eucaristía:
Pan – Esther Herrera
Taza – Jose Luis Herrera, Maribel Ochoa, Hilda Romero & Lorenzo Macias
Ofrendas: Sergio & Marian Aguilar
Colecta: Ignacio Chavez, Elizabeth Zenteno, Alfonso Cisneros & Angie Corona
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.

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

Ecumenical Labyrinth Walk

FIVE Thursdays February 26 - March 26 at Noon

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

Lent Days of Fast and Abstinence

Good Friday is a day of both fast and abstinence.

Fridays in Lent are obligatory days of complete abstinence (from meat) for all who have completed their 14th year. **Good Friday** is an obligatory day 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.

"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

Viernes Santo esta día de ayuno y abstinencia.

Los Viernes de Cuaresma obliga a no comer carne desde los 14 años de edad. **Viernes Santo** esta día obligatorio 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. *"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

Cena de Seder Pascual Comunitaria

APARTEN LA FECHA

31 de marzo de 2015 a las 6:00 p.m.

Centro de vida comunitaria

Anoten su nombre en la lista después de todas las misas comenzando el 28 de febrero después de la Misa de 5:00 y el 1ero de marzo después de todas las Misas. Familiares, amigos y vecinos están todos invitados. Tome una receta para compartir. Las iglesias metodistas & Presbiteriana nos acompañaran nuevamente! Para mas información contacte a Karen Randle krandle2003@yahoo.com o Linda Humbert calmhumbert@att.net.

CONNECT



Women's Fellowship

Upcoming Events:

Women's Fellowship meets the 2nd Tuesday of each month in the Room 2.

NEXT MEETING:

March 10, 2015

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

For membership information contact Anne Doran at adoran712@comcast.net or Linda Humbert at 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.

Upcoming Events at St. Anne

Viernes, 20, 27 de febrero y 6, 13, 20 y 27 de marzo

Estaciones de la Cruz/Capillo 7PM

Saturday, February 21st

RCIA Retreat

Wednesday February 25 & March 4, 11, 18 & 25

Stations of the Cross/Hall 7:00 PM

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

Ecumenical Labyrinth Walk - Noon

Byron United Methodist Church

Friday, March 6th, 13th, 20th & 27th

Knight's Friday Nite Fish Fry's

Sunday, March 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.



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.

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CONNECT

THIS WEEK AT ST ANNE/

ESTA SEMANA A ST. ANA 02/21/15- 03/01/15

- Sat: Vigil - 1st Sunday of Lent**
9:00 AM RCIA Retreat/Fireside
11:00 AM Healing Mass/Hall
- Sun: 1st Sunday of Lent**
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
11:30 PM Adult Confirmation Class/Chapel
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 Choir Practice/Hall
- Wed:** 7:00 PM Stations of the Cross/Hall
7:00 PM Grupo de Oración españoles Reunión de Planificación/Capilla
7:00 PM Preparación para la Confirmación de Adultos/Aula 2
7:00 PM St. Vincent de Paul/Room 2
8:00 PM Live Stations Rehearsal/Hall
- Thurs:** 6:00 PM Boy's Ranch/Offsite
7:00 PM Spanish Mass Choir Practice/Fireside
- Fri:** 7:00 PM La Estaciones de la Cruz/Capilla
- Sat: Vigil - 2nd Sunday of Lent**
Second Collection - Parish Insurance
Knights of Columbus Recruitment
Olivewood items on sale
- Sun: 2nd Sunday of Lent**
Second Collection - Parish Insurance
Knights of Columbus Recruitment
Olivewood items on sale
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

Synod on Marriage and the Family Questionnaire

I want to thank those of you who took the time to answer the questionnaire that the bishop put on line for us regarding Marriage and the Family. This was done seeking input for the Pope and the Synod bishop delegates when they gather in Rome this October for the Synod on Marriage and the Family. They have sought input from all levels of the Church's life. Tomorrow, Monday the 23rd is the last day that this survey can be completed. So if you have not done so yet, please take time today to answer the questions on line to the best of your ability. It can be found in both English and Spanish at www.oakdiocese.org/survey. Your input is important for the Synod and for what we do as a diocese to support family life.

Quiero darles las gracias a aquellos de ustedes que se tomaron el tiempo para contestar el cuestionario que el obispos ha puesto en línea para nosotros en relación al matrimonio y la familia. Esto se hizo en búsqueda de sus aportaciones para el Papa y los Padres Sinodales cuando se reúnan en Roma en octubre para el Sínodo sobre el Matrimonio y la Familia. Han buscado las aportaciones de todos los niveles de la vida de la Iglesia. Mañana, lunes 23, es el ultimo día que esta encuesta se puede completar y enviar. Por lo tanto, si usted no lo ha hecho todavía, por favor tómese el tiempo hoy para responder a las preguntas en línea de la mejor manera que usted pueda. Se puede encontrar tanto en ingles como en español en www.oakdiocese.org/survey. Su opinión es importante para el Sínodo y para los esfuerzos de nuestra diócesis de apoyar a la vida familiar.

WANTED EVENT WORKERS

St. Anne Parish can use paid workers for Outside Events
Several times a year we rent our facilities for Events for nonprofit entities and Individuals. With guests up to 350 we need assistance prior to the event, during the event, and after the event.

The duties include:

- Setting Up the facility, in banquet style, with tables and chairs.
- Maintaining the restrooms during the event.
- Providing needed assistance to the event holders,
- Supporting the caterers w/ direction and monitoring.
- End of Event duties, cleaning the tables, replacing the tables in storage racks.
- Stacking the chairs and placing them along the walls to assist the janitorial service.

Typically the times are from 4:00 p.m. to 12:00 midnight. **These are paid positions.** If you are interested, please contact Tony Hicks, Facility Manager in the parish office. Phone # 634-6625-ext. 223

SE NECESITA TRABAJADORES PARA EVENTOS

La parroquia de santa Ana puede utilizar trabajadores pagados para eventos. Varias veces al año alquilamos nuestras instalaciones para eventos para entidades sin fines de lucro e individuos. Con invitados hasta 350 necesitamos asistencia antes del evento, durante el evento y después del evento. **Las tareas incluyen:**

- Setera el local, al estilo de banquete, con mesas y sillas;
- Mantener limpios los baños durante el evento.
- Proporcionar asistencia a los organizadores del evento,
- Apoyo a los proveedores con dirección y supervisión.
- Deberes al final del evento, limpiar las mesas, reemplazar las mesas a su lugar de almacenamiento
- Acomodar las sillas y colocarlas a lo largo de las paredes para facilitar el servicio de limpieza.

Normalmente los horarios son de 4:00 p.m. a 12:00 medianoche **Estas son posiciones pagadas.** Si está interesado favor de comunicarse con Tony Hicks, Manager ,en la oficina de la parroquia. Teléfono # 634-6625-ext. 223

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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 22: Clase de 6:30-8:00 pm acerca de: Tema: Cuaresma... Yo? Discípulo de Jesús

1 de Marzo - Estaciones de la cruz en el cuarto pequeño para HS

8 de Marzo - Cena de sopa -Estaciones de la cruz para las familias

Marzo 15 y 22 - Descanso de primavera - No hay clase

Eventos Próximos:

- 1 de Marzo - Estaciones de la cruz en el cuarto pequeño para HS
- 15 de marzo - 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 Sr. Barbara. a la oficina.

FAITH FORMATION

Pre K through 5th Grade

Classes continue Monday, February 23rd 6:30PM - 7:30PM
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6th-7th-8th Grades = EDGE Program

Classes - Sunday, February 22nd 6:30pm-8:00pm
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9th-12th Grade= Life Teen and Confirmation

Sunday, February 22nd 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 22nd: Class from 6:30-8:00 pm on: Issue: Lent...Me? Jesus' Disciple

March 1st: Stations of the Cross in small room for HS

March 8th: Soup-Supper Stations of the Cross with Families

March 15 & 22nd: Spring Break...no Class

Upcoming Events:

- March 8th: Soup-Supper Stations of the Cross with Families
- March 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 Sr. Barbara at the office.

FORMACION DE FE

Pre Kinder a 5to grado Clases - el lunes 23 de Febrero
6:30pm 7:30pm

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6to 7mo-8vo grados = programa EDGE

Las clases -el Domingo 22 de Febrero 6:30pm-8:00pm
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grados 9-12 = Life Teen y confirmación
el Domingo 22 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 MARCH
SPAGHETTI & SPAGHETTI SAUCE**

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 MARZO:
SALSA DE ESPAGUETI Y ESPAGUETI**



Pope Francis proclaimed 2015 the Year of Consecrated Life. Sisters and Brothers in Christ, living consecrated lives, make great contributions to our society. They minister with people poor and rich, near and far, educated and illiterate, sick and healthy, helpless and powerful, believers and non-believers. During this year, we at St. Anne will highlight the ministry of many sisters and brothers. We welcome you to write a short story of a sister or brother who has influenced you. Email srbarbara@stannechurchbyron.com.

El Papa Francisco proclamó el 2015 como el año de la vida consagrada. Los hermanos y hermanas en Cristo que viven vidas consagradas hacen grandes aportaciones a nuestra sociedad. Ministran con gente pobre y rica, cerca y lejos, educados y analfabetos, enfermos y sanos, indefensos y potentes, creyentes y no creyentes. Durante este año, en Santa Ana sacaremos a relucir el Ministerio de muchos hermanos y hermanas. Le invitamos a escribir una breve historia de una hermana o hermano que los ha influenciado. Correo electrónico srbarbara@stannechurchbyron.com.

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 for more information regarding fees or to schedule an appointment.



February 28/March 1, 2015

Knights of Columbus Recruitment Weekend

St. Anne Council #13899 Byron, California

Men, have you ever thought you might like to join the

Knights of Columbus?

Mark your calendars!

Following each mass on the weekend of February 28/March 1 brother Knights of your local St. Anne Knights of Columbus Chapter will be staffing tables to answer questions and provide informational material to men 18 years and older who may have an interest in becoming a Knight, joining an international fraternal society and giving back to St. Anne Church and the local community. Please stop by to talk and pick up some information. We look forward to meeting you then.

February 28/March 1, 2015

Consejo de Santa Ana #13899 Byron, California

Hombres, ¿han pensado que quizá les gustaría unirse a los caballeros de Colón?

Marquen sus calendarios!

Después de cada Misa el fin de semana del 28 de febrero al 1 de marzo los hermanos de el capítulo local de los Caballeros de Colón de Santa Ana estarán disponibles para responder preguntas y proporcionar material informativo a los hombres de 18 años y mayores que tenga interés en convertirse en un caballero, únase a una sociedad fraterna internacional y ponga su granito de arena hacia la comunidad local. Por favor pase a saludar y a obtener información. Estamos deseando conocerte.



Hungering for a Better Life

Our journey with CRS Rice Bowl begins in Tanzania, where a simple soybean is changing lives! What actions can you take this Lent to change lives - at home and around the world?

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SERVE

STEWARDSHIP THOUGHT

The waters of Baptism make us part of the new covenant in Christ. But the bishops' pastoral letter on stewardship reminds us that "there is a fundamental obligation arising from the sacrament of baptism...that people place their gifts, their resources - their selves - at God's service in and through the Church."

PENSAMIENTO ADMINISTRATIVO

las aguas del bautismo nos hacen parte de la nueva alianza en Cristo. Pero la carta pastoral de los obispos sobre la Mayordomía nos recuerda que "hay una obligación fundamental que origina de el Sacramento del bautismo... que las personas pongan sus regalos, sus recursos - ellos mismos - al servicio de Dios en y a través de la iglesia".

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!

Nurses Notes:

BENEFITS OF DARK CHOCOLATE

Studies show that high cocoa content dark chocolate is nutritious and full of antioxidants. It can improve health and lower the risk of heart disease.

High content cocoa contains 70 - 85 % cocoa

Although effects are mild, there are many trials that prove that dark chocolate lowered the resistance to blood flow and lowers blood pressure.

It lowered LDL (bad cholesterol) and increased HDL (good cholesterol) thus reducing risk factors for heart disease.

Studies show that flavenols from cocoa can improve blood flow to the skin and improve sun damaged skin.

Cocoa may improve blood flow to the brain, thus improving cognitive function in the elderly

Of course I'm not advocating overeating dark chocolate, (it does have calories) but do enjoy a small square or two for dessert.

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.



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.

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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

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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 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

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->

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Kaleidoscope Krockpot Brigade

Perhaps you saw the beautiful article in the February 6 Discovery Bay Press about our Krockpot Brigade. Thanks to Linea Jessup for her attention to this wonderful service that has been going for 11 years. Sharon Bonney, the Hospitality Director, gives us more details about how you can lend a much needed hand.

Cooks Needed

The Krockpot Brigade is in desperate need of additional cooks to serve our families going through chemo and radiation treatments. The Brigade is one of the oldest programs of Kaleidoscope and it has served over 5000 meals in the last 11 years. Over the years it has had an average of 30 to 40 cooks on the cooks list with 20 cooks active at any time. Currently we have 20 cooks with less than half of them actively cooking. We have four families receiving meals each week and we are having a hard time filling all the available dates.

If you have been a cook previously, if you thought you might like to cook but just never acted on that thought, if you know of friends or acquaintances who might want to cook, now is the time to step up and volunteer. You will be welcomed to our team with joyous hearts and your heart will swell with the love and appreciation you will receive from the families.

Every month, Margory Soltani, the Krockpot Brigade Coordinator, sends an email listing the families we serve and the dates we need cooks. You request your preferred family and the dates you want to cook. Margory will assign you those dates if you are the first to ask for that date. If not, she will contact you with other available dates still unfilled and you can select from that list. Cooking at least once a month would be very helpful right now, but you decide how often you want to cook and for which family or families.

You may contact Sharon Bonney (sdbonney3@yahoo.com) or Margory Soltani (margorykarla@hotmail.com) to answer any questions or to sign up to cook.

Bon Appetit!