



# St. Francis of Assisi Parish

SUNDAY, FEBRUARY 7, 2021

## 5<sup>TH</sup> SUNDAY IN ORDINARY TIME



When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him. - Mk 1:32-34



## Mass Schedule

*All Masses are currently  
being held in the Memorial  
Garden Patio*

### Daily Mass

Monday-Saturday 8:30 AM

**Our Lady of Perpetual Help: Wednesday: 7:00 PM (Temporarily Suspended)**

### Saturday Vigil and Sunday Masses

Saturday Vigil Mass: 3:00 PM (Vietnamese)

Saturday Vigil Mass: 4:30 PM

Sunday: 8:00 AM

Sunday: 10:00 AM

Sunday: 12:00 PM

Sunday: 4:00 PM (Vietnamese)

Sunday: 6:00 PM Suspended for Winter\*

*\*Due to inclement and unpredictable weather patterns, we have decided to suspend the celebration of our 6:00pm Sunday Mass for the months of December - March. As conditions change, we look forward to re-instating this evening Mass. Please remember, during this time of the COVID-19 pandemic, that Bishop Cantú has dispensed all Catholics from the Sunday obligation to attend Mass.*

### Sign-up for Sunday Mass

If you would like to reserve a place at one of our 6 weekend Masses, you must use either sign up through the link emailed on Mondays to everyone, or through our webpage ([www.sfoasj.com](http://www.sfoasj.com)).

In a spirit of charity, we ask that you reserve a place for only one Mass each month, so that the other 85% of our parishioners have an opportunity to attend Sunday Mass. We will now record the Saturday vigil Mass which will be available by 6:00am on Sunday morning. Thank you for your patience and cooperation.

**A link to register for Masses will be sent out via email at 9:55AM. EVERY MONDAY. Registration will not be visible or opened up until 10AM.**

***Please be aware that we must all wear masks or shields to be in compliance.***

### DAILY MASS & SUNDAY MASS

✠ Daily Mass is live streamed Monday through Friday at 8:30AM.

✠ There is no live streamed or prerecorded Mass On Saturdays.

✠ Sunday Mass will be available for viewing at 8:00AM

### DAILY MASS

**DAILY MASS (8:30AM)** For those who wish to gather **outside** to participate in the Mass and receive Holy Communion, please bring a chair, and maintain all safety protocols.

### SATURDAY VIGIL AND SUNDAY MASSES

We are now able to have up to 50 people per Mass at our Weekend Masses. Every Monday between 9-10AM we will send a link through our constant contact. This link will go live at 10AM and you will be able to reserve up to 3 spaces. We ask that you try

and give everyone a chance to attend and not sign up weekly. What we do suggest is if you would like to attend again, wait until THURSDAY after 3pm and if there are spaces still available, then you are welcome to fill them.

Thank you in advance for your cooperation and participation.

### OUR LADY OF PERPETUAL HELP

This novena and Mass is held every Wednesday beginning at 7:00PM in the Memorial Garden Patio area. All are welcome. ***(Temporarily Suspended)***

### SACRAMENT OF RECONCILIATION (CONFESSIONS)

We are now in the phase where we can resume the Sacrament of Reconciliation. For the time being, we will offer the opportunity for Confessions on Saturdays from 11am - 12pm. They will be in the **Parish Office**. (ring the bell.) Please remember you must wear a face covering at all times while on parish property. Also, please form a line with six-feet of physical distancing.



# WEEKLY PRAYER

## READINGS FOR THE WEEK OF FEBRUARY 7, 2021

<b>SUN 2/7</b>	Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 [cf. 3a]/1 Cor 9:16-19, 22-23/ Mk 1:29-39
<b>MON 2/8</b>	Gn 1:1-19/Ps 104:1-2a, 5-6, 10 and 12, 24 and 35c [31b]/Mk 6:53-56
<b>TUE 2/9</b>	Gn 1:20—2:4a/Ps 8:4-5, 6-7, 8-9 [2ab]/Mk 7:1-13
<b>WED 2/10</b>	Gn 2:4b-9, 15-17/Ps 104:1-2a, 27-28, 29bc-30 [1a]/Mk 7:14-23
<b>THR 2/11</b>	Gn 2:18-25/Ps 128:1-2, 3, 4-5 [cf. 1a]/Mk 7:24-30
<b>FRI 2/12</b>	Gn 3:1-8/Ps 32:1-2, 5, 6, 7 [1a]/Mk 7:31-37
<b>SAT 2/13</b>	Gn 3:9-24/Ps 90:2, 3-4abc, 5-6, 12-13 [1]/Mk 8:1-10
<b>SUN 2/14</b>	Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11 [7]/1 Cor 10:31—11:1/Mk 1:40-45

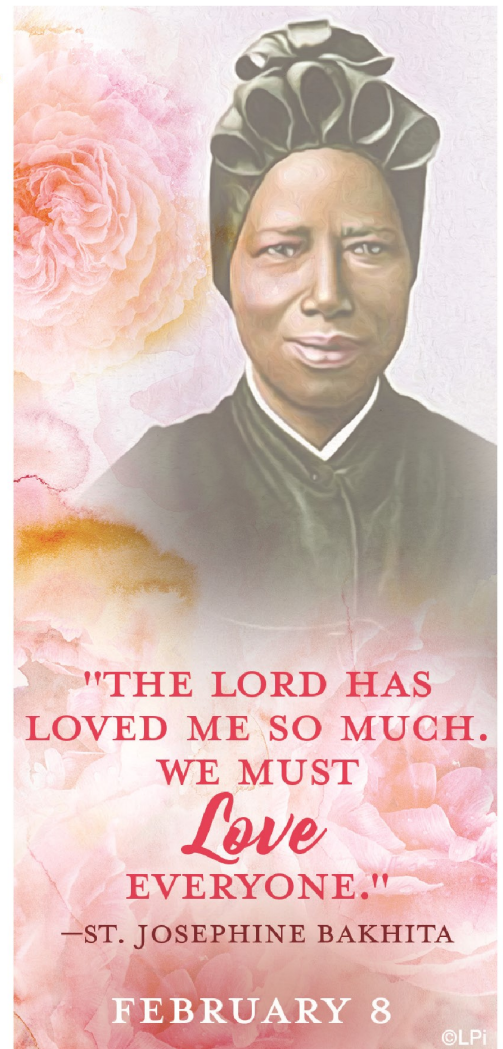
## OBSERVANCES FOR THE WEEK OF FEBRUARY 7, 2021

Sunday:	5th Sunday in Ordinary Time
Monday:	St. Jerome Emiliani; St. Josephine Bakhita, Virgin
Wednesday:	St. Scholastica, Virgin
Thursday:	Our Lady of Lourdes
Saturday:	Blessed Virgin Mary
Next Sunday:	6th Sunday in Ordinary Time; World Marriage Day; Valentine's Day

## LIVE THE LITURGY

### Inspiration for the week

Have you ever wondered what life would be like if you could see the future and know how things turn out? While it's intriguing to ponder what life would be like if we possessed this knowledge, actually knowing could easily rob us of the thrill, adventure, and soul-searching graces of our journey. Like Job, life does not always leave us on a happy note. Life experience can bring us face-to-face with our mortality and leave us with a profound sense of helplessness. We do not see the wholeness and fulfillment that will one day come and cannot grasp the certainty that a resolution to our plight will come our way. We need to learn how to reach for Jesus' hand and let him help us to our feet. Living a life of faith means realizing that we are not here to figure out life on our own. In order to drink deeply of what life presents us, we have to wrestle in the depths of our souls, agonize and search, possibly reach the lowest point of desperation, and cry out for the Divine healing we need to restore our faith, hope, and love. It is no wonder that those who are touched by God's healing power want to then serve others and show them the deeper waters that can be explored. Knowing too much can rob us of joyful surprises.



All you  
need is  
Grace



## A REFLECTION FROM FR. LIEU VU

Suffering is mysterious. As I read the first reading for this weekend ([Job 7:1-4, 6-7](#)), I have to ask: "Why does a just man have to suffer?" Job is a man who believes completely in the Lord and receives enormous blessings from the Lord. The devil tries to undo this faith of Job's. Eventually all the blessings are re-

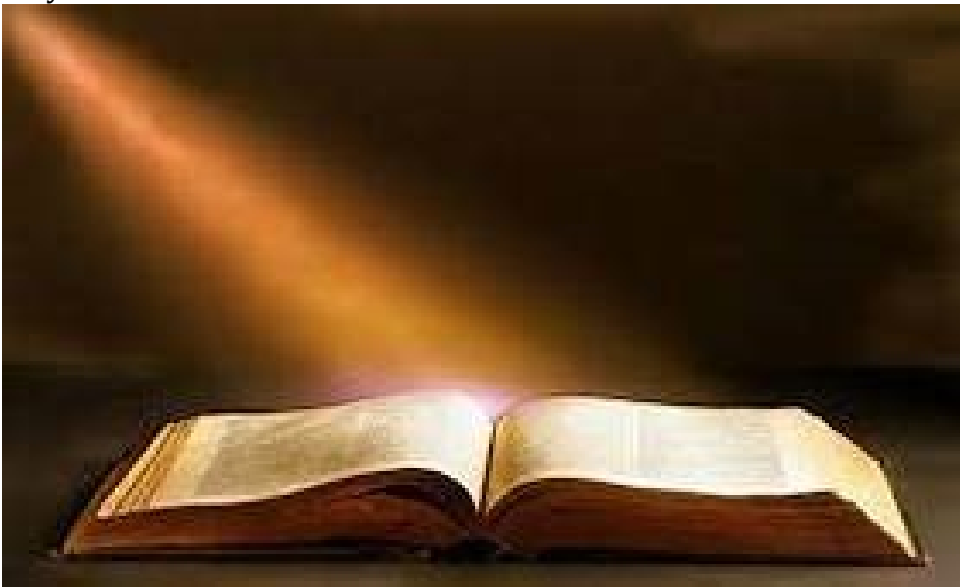
moved and sufferings are heaped on Job. While Job questions what is happening, he never doubts nor loses faith in God because, although Job does not understand the reason why he has to suffer, he firmly believes that God will redeem his sufferings.

As we sing today's responsorial Psalm, God, who created the stars, promised to heal the broken-hearted, and gather those lost in exile from Him ([Isaiah 11:12; 61:1](#)). We see this promise fulfilled in Jesus Christ.

God promised to take His chosen people by the hand ([Isaiah 42:6](#)). Jesus in today's Gospel ([Mk. 1:29-39](#)) takes Simon's mother-in-law by the hand and helps her up, raising her up. What Jesus has done for Simon's mother-in-law, He has done for all humanity---raises all of us who lie dead through our sins ([Ephesians 2:5](#)). Notice the whole town gathers; all the sick are brought to Him. He drives out demons in the whole of Galilee. Everyone is looking for Jesus Christ.

We too have found Him. By our baptism, He healed and raised us to live in His presence ([Hosea 6:1-2](#)). Like Simon's mother-in-law, there is only one way we can thank Him for the new life He has given us that is we must rise to serve Him and His Church.

St. Paul reminds us in the second reading ([1 Cor. 9:16-19, 22-23](#)) that we must tell everyone the Good News we have received from Christ and the purpose for which Jesus Christ has come---that others, too, may have a share in this salvation.



## ☞ OFFICE HOURS

Monday—Friday 9:00—4:00 PM  
Staff Direct Line 408-223-1770 + extension

## ☞ STAFF

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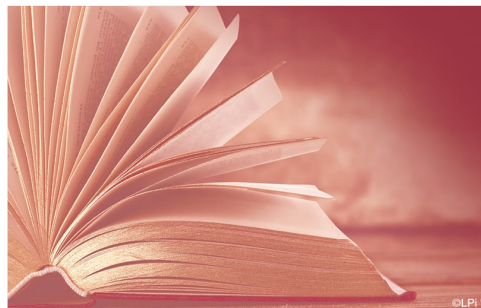
WEBSITE: [www.sfoasj.com](http://www.sfoasj.com)



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# WORSHIP & MEDITATION



## FIRST READING

I am filled with restlessness until the dawn.  
(Jb 7:4)



## PSALM

Praise the Lord, who heals  
the brokenhearted. (Ps 147)  
Or Alleluia.



## SECOND READING

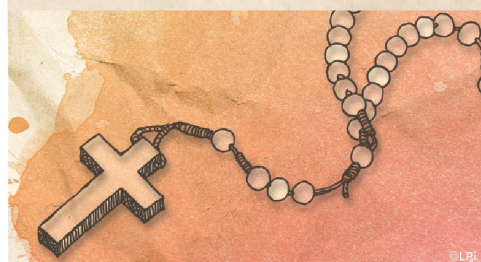
I have become all things to all,  
to save at least some.  
All this I do for the sake of the gospel,  
so that I too may have a share in it.  
(1 Cor 9:22-23)



## GOSPEL

He cured many who were sick  
with various diseases,  
and he drove out many demons,  
not permitting them to speak because they  
knew him. (Mk 1:34)

*Excerpts from the Lectionary for Mass ©2001,  
1998, 1970 CCD. The English translation of Psalm  
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1997, International Commission on English in the  
Liturgy Corporation. All rights reserved.*



## GOSPEL MEDITATION

### Encourage Deeper Understanding of Scripture

If I only knew then what I know now, how different life would be. This sentiment, expressed in myriad ways, is found on every human being's lips at one point or another. Life may have brought us to a vulnerable place where we see some of the poor choices we made and the effects they are having. Perhaps we fell into some destructive and dysfunctional relationships or behaviors and are finding how they held us captive. Our zeal and passion for life may have drifted away and we are waking up to the reasons apathy has taken hold. Life can be hard. In fact, some would describe their lives as a drudgery. They walk through each day with an anxious unsettledness, wondering when their restlessness will cease. There is a temptation to believe that what I see is all I will get. Mortality and hopelessness await the dawn. If I could only have known what would come in the future, I could have made better choices and avoided all of this misery!

Really? While we can certainly give into weakness, sin, impulsiveness, and idiosyncrasies that cause us to stumble over ourselves, life is really a journey. If we don't make the mistake of wallowing in the mire of self-pity and realize the new life God is calling us to, then there are thrills, adventures, surprises, and soul-searching graces we can surely miss. We are not tethered to our past nor are we bound to the ills life can bring upon us. We are never hopeless or helpless. The problem is that our myopic vision only allows us to see the misery and misfortune that is before us, not the potential that can come from choosing healthier and more life-giving options. Jesus came that we might have fullness of life. We need to learn how to reach for Jesus' hand and let him help us to our feet.

We need to allow God into our pain and heal our past. We have to wrestle with our histories, agonize and search and cry out for the Divine healing we need to restore our faith, hope, and love. Job could not see how his story would end or trust the guidance of the God who called him. We live in that same blindness and suffer from the same lack of confidence. Once we allow ourselves to be touched by God's healing power, we begin to see that all of the pieces of our lives are necessary parts of a greater whole. Along the way of our lives, God uses our omissions and failures to create new things and possibilities. When doors close, others open and we can be amazed by the joyful and unexpected surprises we receive. Once we know the power of God's creative, healing, life-giving, forgiving, and dynamic presence, it is no wonder we want to put ourselves at the service of others and show them what life can be.





**SAVE THE DATE**

**WEDNESDAY, FEBRUARY 17**

**ASH  
WEDNESDAY**

©LPi

**Mass Times**

8:30 AM

10:30AM

12:30 PM

3:00 PM

5:00PM (Vietnamese)

7:00 PM



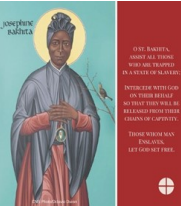
## WORLD DAY FOR CONSECRATED LIFE is



celebrated over the week-end of February 6-7, 2021. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day.

May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

## INTERNATIONAL DAY OF PRAYER AND AWARENESS AGAINST HUMAN TRAFFICKING



February 8th is an annual day of prayer, reflection, and action against human trafficking. On this day, we remember and pray for survivors and victims of modern-day slavery.

## THE OBSERVANCES OF NATIONAL MARRIAGE WEEK



(Feb. 7-14) and World Marriage Day (Sunday, Feb. 14) are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family. Our theme for 2021 is **"To Have, To Hold, To Honor."**



### Diocesan Wedding Anniversary

February 27 @ 9:00 am - 10:30 am

Save the Date for the Diocesan Wedding Anniversary Mass. Mark your calendar for February 27th! This Mass will be available drive-in style and via livestream. Registration and

additional details coming soon.

## POPE FRANCIS PROCLAIMS YEAR OF ST. JOSEPH



Pope Francis announced a Year of St. Joseph Tuesday in honor of the 150th anniversary of the saint's proclamation as patron of the universal Church. The year began Dec. 8, 2020, and concludes on Dec. 8, 2021, according to a decree

authorized by the pope. The decree said that Pope Francis had established a Year of St. Joseph so that "every member of the faithful, following his example, may strengthen their life of faith daily in the complete fulfillment of God's will." It added that the pope had granted special indulgences to mark the year.



## STEWARDSHIP OF TREASURE

### REPORT - DECEMBER 2020 (UPDATED)



Thank you to everyone who continue during this pandemic to support the mission and ministries of our parish. During the month of **December (excluding Christmas)**, our average weekly collection was **\$24,376 (42% increase vs. November 2020)**. You also generously donated to various important causes in our **December** (second collections) at **\$15,241 (\$3,810 a week.)** This brings our **December** weekly average to **\$28,186**. We budgeted our Sunday Offertory income for the current fiscal year (26 weeks x \$16,000) at **\$416,000** and received **\$421,000 (+\$5,000)**. Additional income helps us to pay-down our \$1.8 million debt. As you know, we are dependent upon you, our parishioners, for our living-out our parish mission.

## YOUR STATEMENT IS IN THE MAIL



Your annual contribution statements for 2020 have been sent to you in the mail this week. Please contact Victor Espinoza

([victor.espinoza@dsj.org](mailto:victor.espinoza@dsj.org)), if you did not receive one, or if

there is some inaccuracy. Remember, the best way for us to keep an accurate record of your contributions is by using the Sunday Offertory Envelopes or Online Giving — call us if you need any assistance. Thank you for your support!

## DIOCESAN BLACK HISTORY MONT MASS: Bishop



Oscar Cantú will preside over this Mass held at St. Lucy's Parish on February 20th at 2pm. The Diocese of San Jose and Catholics of African Descent DSJ (CADDJS) are hosting the

Mass Black History Month Mass that will bring together people of African descent and their friends to liturgically celebrate their African heritage. Mass will be live streamed on the DSJ

Facebook. Questions regarding this event can be emailed to [caddsj@gmail.com](mailto:caddsj@gmail.com).

**THIS SUNDAY, FEBRUARY 7** at the 8:00 am Mass we will celebrate the ritual of the "*anointing of the catechumens*." The oil of catechumens is for those preparing for baptism. It wards off what is evil. It brings wisdom and strength. We pray that the catechumens will continue to grow in their love for the Gospel and to accept the challenge of Christian living.



### **BI-ANNUAL MORTGAGE REPORT**

Our loan balance on July 1, 2020

was **\$2,029,798**. During the first six months of this fiscal year (Jul – Dec 2020), we made both principal and interest payments: **\$144,246 (principal) and \$49,924 (interest)**. These payments were funded from both the Sunday Offertory (**\$144,346**) and (**\$49,824**) from our first of the month 2<sup>nd</sup> collection. Our loan balance as of Dec. 31, 2020 was **\$1,885,552**. Our rebate from our 2020 ADA (**\$19,654**) will be applied to our loan balance. Please remember that all 2021 ADA pledges paid over our goal will also be applied to reduce our parish debt. Thank you for your continued generosity.



### **Palms for Ash Wednesday**

Ash Wednesday is just a couple of weeks away (February 17). It is time to return your blessed palms from last year, so that we may prepare the ashes for this year. Please bring them with you to Mass (or the Parish Office) over the few

weekends and place them in the baskets provided. We will burn the old palms at the end of each Mass on the weekend of February 14.

**February 14, 2021**

### **Sixth Sunday in Ordinary Time**

#### **Saturday (Anticipated)**

3:00pm – Fr. Vu (Vietnamese)

4:30pm – Fr. Syjueco

#### **Sunday**

8:00am – Msgr. Mitchell

10:00am - Fr. Stanley

12:00pm – Fr. Weisbeck

4:00pm - Fr. Vu (Vietnamese)

## **St. Francis of Assisi Red Zinfandel is ready with your donation to the 2020 Wine Club.**



*Our Red Zinfandel is a red wine grape, grown extensively in California since the mid -1800s, is grown in few other places in the world. The grapes can produce wines with plenty of character. High in natural alcohol and tannin, grown carefully it can be rich and complex, with dark fruit berry fruit and peppery spice. The most known example of Zinfandel outside of California is Italy's Primitivo, which can be similar in style, but is*

*often a bit lighter and less alcoholic than West Coast examples.*

**Our 2018 Bottle 750ml :**

**Discount \$8.00 donation a bottle . or a case of 12, \$80.00 donation.**

**For a 2017 magnum bottle/ Event Size 1.5 LT. (Perfect for large gatherings where you are pouring) Discount \$16.00 donation a bottle. \$65 donation for a case.**





**Monday, February 8**

Paul Trong and Maria Khan Le +

Anne Ngoc Thi Le +

Maria Binh Thi Le & Joseph Chau Minh Dau+

**Tuesday, February 9**

Paul Chieu Tran & Anne Kiem Thi Tran +  
Peace and Health for Le and Tran families

Paul Tong Doan+

**Wednesday, February 10**

Anthony Michael Do (Birthday)

Luca Thanh Tran+

**Thursday, February 11**

Cruz Hernandez+

Milagros Escalona+ (1st anniversary)

Alex & Josie Gaviola (60th Wedding Anniversary)

**Friday, February 12**

Bill Madden+

Richard Stanko+

Cesar Mendoza+

**Saturday, February 13**

Daminh Nguyen Van Hoa+

**Saturday/Sunday, February 13-14**

**Sunday, February 7 @ 4:30PM**

Maria Bui Thi Tee (Ty)+

Dominador de Jesus Jr. +

**Sunday, 8:00AM**

Cesar Fernando\_

Tony Lu+

**Sunday, 10:00AM**

**Sunday, 12:00PM**

Eliazer Visenio+

Antone Tuyen Vu+

Dong Nguyen+

**Sunday, 4:00PM**

Guisse Vu Ngoc Vinh+

Maria Nguyen Thi Khiem+

Francis Xavier Vu Huu+

# LET US PRAY

## WE ALSO PRAY FOR...

### FEBRUARY 8

- ♦ Flora Paguyo+ (40th Day)

### February 9

- ♦ Catherine Acejas Walls (Health and recovery)

### February 12

- ♦ Angelo Ssnchez (Birthday)

### February 14

- ♦ Maria Vu Thi Hoa+
- ♦ Anna Vu Thi Huong+
- ♦ An ton Vu Kim Trong+
- ♦ Nguyen Huu Van+
- ♦ Le Thi Mai+
- NguyenThu Huong+



**JANUARY 25-31**

## OFFERTORY

Masses \$ 980.00

Drop/Mail \$ 4,150.00

Online \$ 5,594.00

**Total: \$ 10,724.00**

If you are interested in donating on-line, please visit our webpage at [www.sfoasj.com](http://www.sfoasj.com) and click on

Online Giving

Or scan



to get started with this convenient giving option.

**Thank you in advance for your generous giving.**

# CONTRIBUTION STATEMENTS

**2020 Contribution Statements have been mailed out. If you have not received your statements please email Victor Espinoza at [VEspinoza@dsj.org](mailto:VEspinoza@dsj.org)**

## Journeying Together in Hope

### COMMITMENT WEEKEND

### 2021 Annual Diocesan Appeal

**Our Parish Goal is \$220,000.**

**Our Parish Participation Goal is 1,000 families.**

This is Pledge Weekend for the Annual Diocesan Appeal. Our Parish goal as always is 100% participation. Can you imagine the additional good works that can be accomplished with just a 10% increase in donors? In order to achieve this goal, each of us is asked to prayerfully open our hearts to the needs of our Diocese and make a gift as our individual circumstances allow. Please support this important Appeal not only as a member of our immediate parish family, but also as a member of our larger diocesan family of faith. If you would like to donate online, visit [www.dsj.org/ADA](http://www.dsj.org/ADA)



*Pray on it,  
pray over it,  
but most of all,  
pray through it.~*

# FAMILY FAITH CORNER FEBRUARY 7, 2021

Fifth Sunday in Ordinary Time

## Children Liturgy of the Word: Mark 1:29-39

**In the name of the Father, and of the Son  
and of the Holy Spirit Amen.**

On leaving the synagogue Jesus entered the house of Simon and Andrew with James and John. Simon's mother-in-law lay sick with a fever. They immediately told him about her. He approached, grasped her hand, and helped her up. Then the fever left her and she waited on them.

When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him.

Rising very early before dawn, he left and went off to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said, "Let us go on to the nearby villages that I may preach there also. For this purpose have I come." So He went into their synagogues, preaching and driving out demons throughout the whole of Galilee.




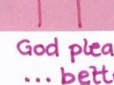
## After watching the Mass:

⇒ How did you focus when you heard God speaking to us in the readings today?

**Reflection:** Jesus sought time in solitude so he could pray and be energized by his Father. Our lives are busy, but we need to seek out peace and quiet, so our hearts and minds may be replenished and refocused to God's purpose in our lives.

## Parents Faith Moment:

Explain to your children that it is important to spend time in prayer each day. Set up a prayer space in your home where family members may experience quiet prayer time. To prepare your children to pray give them a question. A question like "Where did you feel God's love today?" or "How might you follow Jesus more closely?" Start with a small amount of time and increase as you feel appropriate. Afterward, ask your children how they felt during prayer time.

 Sorry God for...	 Thankyou God for...	 God please bless...	 Sorry God for...
 Thankyou God for...	 God Please bless...	 Thankyou God for...	 God please make ... better
 God please make ... better	 Thankyou God for ...	 Sorry God for...	 Thankyou God for...
 God please bless...	 God please make ... better	 Thankyou God for...	 God please bless...





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When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew

him. - Mk 1:32-34

Excerpts from the Lectionary for Mass  
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# LITURGICAL LIFE

## **QUESTIONS OF THE WEEK**

**Invite Parishioners to Reflect and Respond to Scripture**

### **First Reading**

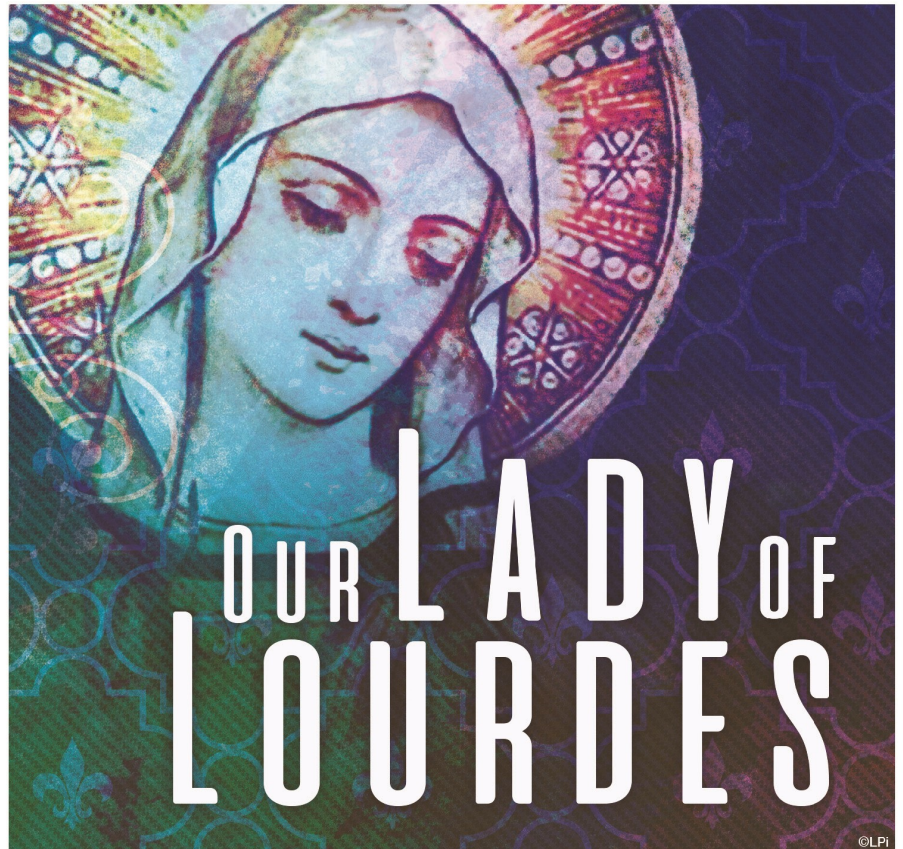
We hear how Job struggled to find meaning and hope in his life. How does your faith help you get through difficult times in your life?

### **Second Reading**

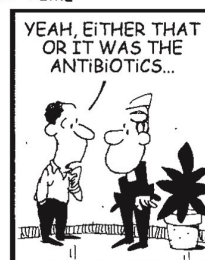
Paul speaks of his singular desire to preach the "gospel" (the Good News of Jesus Christ). When do you share the gospel message with others?

### **Gospel Reading**

We learn that from the beginning of his public ministry Jesus was very purpose-driven: healing the sick and preaching the good news. How intentional is the practice of faith in your daily life?



### **5th SUNDAY IN ORDINARY TIME**





# LITURGICAL LIFE

## RESPONDING *to the Call*

### EVERYDAY STEWARDSHIP

#### Recognize God In Your Ordinary Moments

##### *The Audacity of Holiness*

Do you know a holy person? I'm not talking about piety — that's important, too, in its own way. But right now, I'm speaking of holiness.

St. Therese of Lisieux called holiness “a disposition of the heart that makes us humble and little in the arms of God, aware of our weakness, and confident — in the most audacious way — in His Fatherly goodness.”

The holy person sees a storm on the horizon of life, and rather than give themselves over to fear and despair (natural and understandable reactions), regards the gathering winds as an opportunity to rely more fully on God. The holy person takes a bad situation and sanctifies it with charity and understanding that defies our fallen human nature.

Peter's mother-in-law was still in the throes of a fever when Jesus grasped her hand. It wasn't until she took his hand and allowed him to help her up that “the fever left her and she waited on them.” Before the fever could leave her, she had to commit to holiness — to put her trust in him in a most audacious way. She had to find it within herself to lift her weakened hand to grasp his — and as soon as she did, she was rewarded. Her bodily health restored, she gave thanks, and attended to his needs.

God's hand is always outstretched to us. Will we take it, even if the fever of sin and pride and worldly concerns rages in our souls? Will we muster the strength? Will we be audacious enough to have confidence in His Fatherly goodness?

— Tracy Earl Welliver, MTS

### PLEASE CONSIDER ONLINE GIVING

**Our parish is grateful for your continued support. Thank you!**



### WHY DO WE DO THAT?

#### Catholic Life Explained:

##### Question:

Is it ever Ok to leave Mass before it ends?

##### Answer:

This is an interesting question because beneath the surface there seems to be an assumption that if it's okay, then why do we have to stay after we receive communion? The short answer is “no,” but we definitely want to go a bit deeper as we consider why.

First, when we think about questions like this, we must consider this in adult terms. If there is something gravely important that we need to do, then we must attend to that. However, if it is a matter of convenience or preference, then we really have to stop and think again. First, while we always want to recognize the importance of sacramental communion in the Mass, we also need to understand how important the time of thanksgiving and prayer after communion is. This is summarized in the Prayer After Communion offered by the celebrant and then we are also commissioned to “Go forth” during the Dismissal of the Mass, reminding us that we have been entrusted with a gift — the Word of God and the Presence of Christ in the sacrament — and that we are to share that gift with others.

If we simply leave after we receive communion, we risk two things. First, there is the possibility that we will turn our reception of communion into a purely personal, individual experience that is separated from our common experience of worship — and communion in the fullest sense — and, second, we lose an opportunity for gratitude and serious reflection if we simply leave after communion. This time of thanksgiving, reflection, and, ultimately, missioning, are important and, in the end, an essential part of the celebration of the Mass.



# LITURGICAL LIFE

## 3 EASY STEPS To Keeping Yourself & Others Healthy!

We are cautioned to be especially careful during the Coronavirus outbreak. Here are some simple ways to keep sickness away.



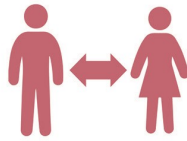
### Wash Your Hands

Wash your hands for at least 20 seconds using soap and water. If you can't wash your hands, use hand sanitizer frequently.



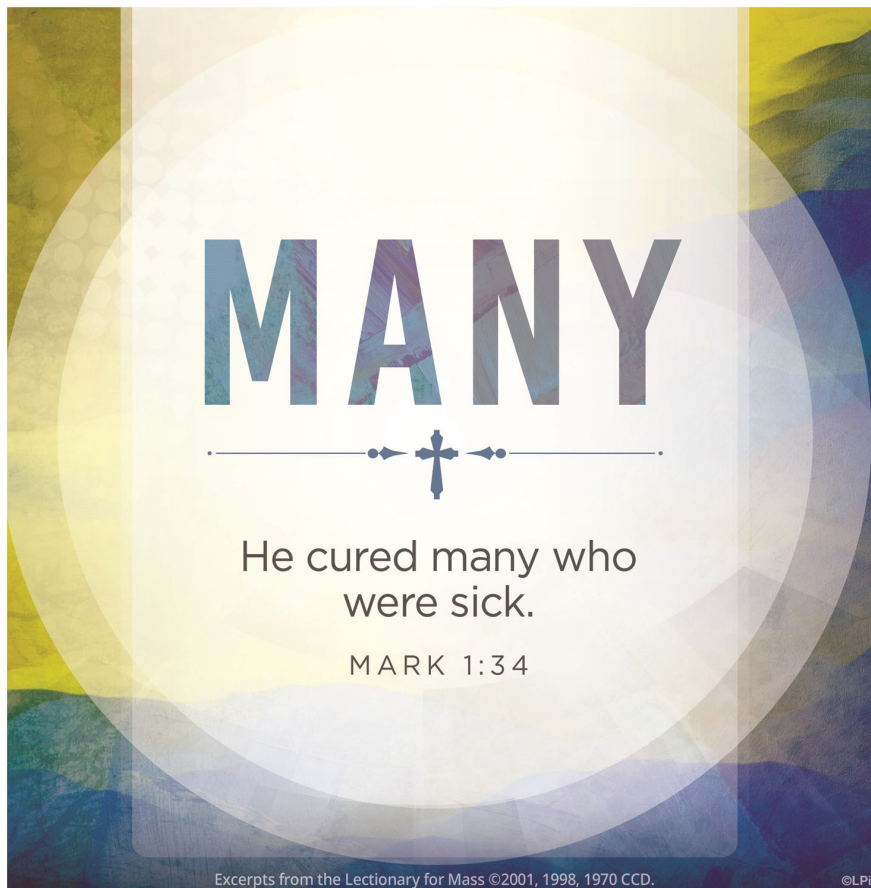
### Don't Touch Your Face

Especially around the eyes, nose and mouth. If you must sneeze, use a tissue or your arm.



### Keep Your Distance

Practice social distancing during this epidemic and stay away from large groups. Instead, call, email or check up on family and friends using social media.



*He told them,  
“Let us go on  
to the nearby  
villages that  
I may preach  
there also. For  
this purpose  
have I come.”  
So he went into  
their synagogues,  
preaching  
and driving  
out demons  
throughout the  
whole of Galilee.*

- Mk 1:38-39

Excerpts from the Lectionary for Mass  
©2001, 1998, 1970 CCD.





# Black History Month

**Feb. 13, 2021 Inspiring Stories from the Black Candidates to Sainthood**

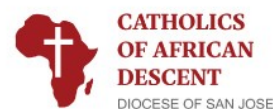
**7:00 PM - 8:30 PM | Via Zoom**

**Link:** [bit.ly/dsjbhm21](https://bit.ly/dsjbhm21) Password: 333225

**Feb. 20, 2021 Black History Mass Celebration**

**2:00 PM | Mass will be Live-streamed**

**Link:** [bit.ly/dsjfbe21](https://bit.ly/dsjfbe21)



## Observing the Lord's Day

1. Set aside a specific time and space for prayer; doing so helps us to mark those moments and spaces as sacred.
2. Set aside times for family conversation, perhaps at a Sunday meal.
3. Make time to call friends and relatives and check in.
4. Connect with your parish, either virtually or in person, at Sunday Mass.
5. Set aside time for quiet meditation;
6. Pray before meals.
7. Make time for the spiritual and corporal works of mercy.
8. Read and reflect over the Scripture readings for Sunday Mass.
9. Reach out to others, parishioners, family, friends, especially the vulnerable.
10. Offer thanks and praise to God for the grace of these divine encounters in prayer.
11. Pray for our brothers and sisters who are oppressed in any way throughout the world, especially victims of racism.
12. Commit ourselves to the mission which God sets before us: in our family, workplace, neighborhood, community.







**Anxiety, Shared Story, & We Belong...ANGST Panel**  
**Register NOW for *ANGST*, Monday Feb 8; 5:30 p.m.**  
**Space Limited. Click this link to register.**

“Meet & Greet “ read subject line of the email from Eugene Doan, Social Justice Chair for St. Lucy Church in Campbell. The email continued: Come **meet the panelists for *ANGST***. I wondered how meet & greet and networking would work over ZOOM. No wine, No cheese. No shaking hands. No meeting eye-to-eye. No shared laughter and exchange of knowing looks.

Then I discovered that Connection of the Heart bubbles over and infuses shared stories. One-by-one, the panelists for ***ANGST*** described their anxieties, fears, and practices that helped them through rocky, uncertain times of self-doubt. **Rex Huang, MD, Chief of Child Psychiatry at Kaiser Permanente San Jose** described a near fatal accident when he was three years old. Pedaling furiously on his red tricycle, he steered past a neighbor’s car baking out of the driveway. Dr. Huang described his memories of the smell of gasoline and sparks igniting from the crushed frame of his tricycle. Rushed to the ER, Dr. Huang forgot the attending doctor’s name or face. However, he recalled vividly the sense of calm and care with which the physician swaddled young Rex and his devastated, frantic parents. From that trauma, Dr. Huang felt the call to be a healer. Originally, he planned to be a pediatrician. However, as he pursued his studies at Harvard and Stanford Universities, Dr. Huang felt called to be a child and adolescent psychiatrist, a developing specialty in mental health.

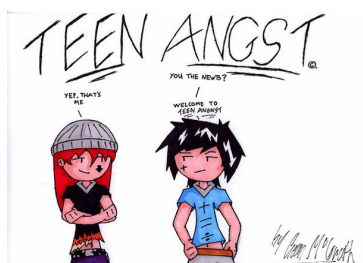
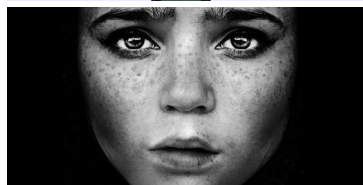
**Kevin Bernaga, Youth and Young Adult Minister** (and videographer and liturgy team member) , here at St. Francis of Assisi Church, shared a story of deep sorrow that helped inspire Kevin into Youth and Young Adult Ministry. While still in school, Kevin participated in an Immersion program to Nicaragua. Kevin traveled with fear and trepidation. He knew no one on the trip. However, he bonded with his assigned roommate Christian Aguilar. Returning home, he and Christian kept in touch. Then one day Kevin heard from Christian’s family that Christian had died by suicide. Kevin felt sick, engulfed with feelings of grief. Kevin twisted himself inside out wondering if he could have done something to deter Christian from dying from “death from despair.” Like Dr. Huang, Kevin also responded from his anxiety-ridden lived experience, to heed God’s call to healing. Kevin heads up our listening ministry with middle schoolers, high school students and young adults.

**Deacon Ruben Solorio**, who grew up on the East Side, experienced slings and arrows as a person of color. Now Ruben now serves as **President of the Nativity Schools** in downtown San Jose. With a clear gaze and steady voice, Ruben described the anxieties he has battled as a youth, teen, and adult. He also shared his growing understanding that rich or poor, kids struggle today due to social media, family instability, and, due to the pandemic, isolation from friends and financial insecurity. Like Dr. Huang and Kevin Bernaga, Deacon Ruben took his experience to be an advocate for Middle School Youth, so they can thrive and see their innate goodness and gifts. Moreover, Ruben seeks donors for Nativity Schools, so Ruben can hire school counselors for the students. He wants his students to know the school community supports them, loves them, and has their back—no matter what.

**Margery Arnold, PhD**, and psychotherapist took another perspective on anxiety. Margery specializes in working with teachers and others on ACES, Adverse Childhood Experiences Score. Margery also teaches Mental Health First Aid. In addition, she facilitates a Grace Alliance Support Group for those affected by mental illness. And Margery coordinates the Mental Health Ministry for the Diocese of Orange County. All of Margery’s work stems from her own experience growing up in a family affected by mental illness. Margery tuned into the Meet & Greet a few minutes after it started. Her face lit up as she beheld a virtual space and sound of people laughing, sharing stories, and affirming one another. Margery said, “In my work, I see the value of what church has to offer.” It is what Margery saw as she entered the Zoom Room. “We need to laugh, to talk, to know we are not alone. We belong.” Margery added that heal-

ing strength and comfort of belonging is her hope in her work and in serving as a panelist after the screening of **ANGST**. One additional note: Ruth Auten, LMFT, who consults with the Diocese of San Jose on Mental Health projects, was unable to join the call. Instead of joining us, Ruth was teaching graduate students in Counseling Psychology. However, Ruth will be present on the panel following **ANGST**, to speak about anxiety among youth and adults and when to be concerned, and what to do.

You can hear the stories and counsel of Rex Huang MD, Margery Arnold, PhD, Ruth Auten, LMFT, Deacon Ruben Solorio, Nativity Schools President, and Kevin Bernaga, Youth and Young Adult Minister, videographer, and podcaster on **MONDAY FEB 8** at 5:30 p.m. Register now for the 56-minute screening of **ANGST** followed by the half-hour panel discussion. Spanish subtitles are provided for **ANGST**, as well as simultaneous interpretation into Spanish during the panel discussion. **Space limited. Register now.**



INDIEFLIX PRESENTS

# Angst

RAISING Awareness AROUND Anxiety

**We needed this film to help us before, now with a pandemic, we need it even more.**

**Hope all ages 10+ join us!**

**Virtual Film Screening with Q&A**

**Mon, Feb. 8 5:30 to 7 pm**

**Sign-ups are free Register here!**

**Learn more at**  
<https://sites.google.com/view/angst-screening-2-8/home>

**IndieFlix**

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**Moderator - Karin Gornick, Angst film producer and Panelists:**

- Margery Arnold, Ph.D., Mental Health Ministry Coordinator for the Diocese of Orange, CA and a Master Trainer at Western Youth Services
- Ruth Auten, MA, LMFT, private practice, Clinical Supervisor at Unity Care and Adjunct Faculty at Palo Alto University
- Kevin Bernaga, Youth Director, St. Francis of Assisi
- Deacon Rubén Solario, President at Sacred Heart Nativity School

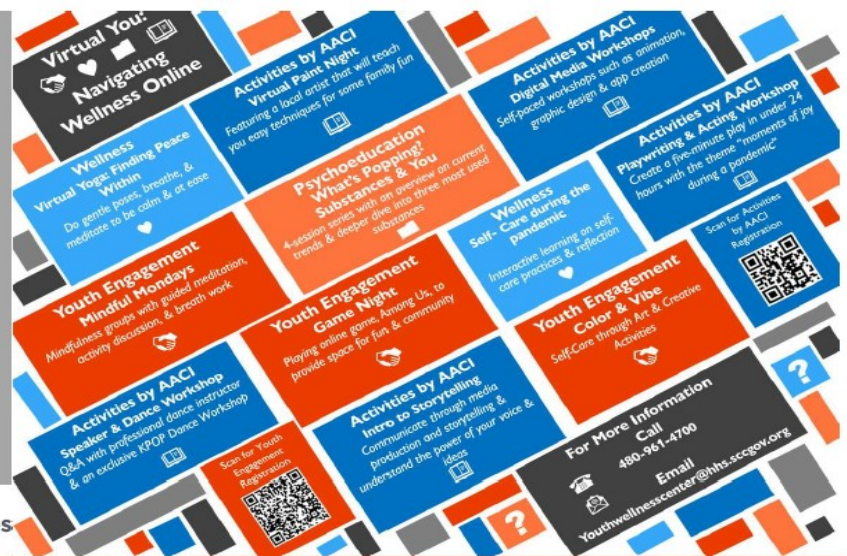


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**Youthwellnesscenter@hhs.sccgov.org**



**Check out the Virtual You Video**  
**[https://youtu.be/zK5ycta\\_T00](https://youtu.be/zK5ycta_T00)**

Day	Time	Describe Your Event	Event Type	Provider	Instructor Name	Platform	Description
19 January 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression
19 January 2021	3:00-5:00	Self-Care for Youth Body, Mind, and Brain: Your Brain Remodeling is Up to YOU	Youth Engagement	BHSD	Sharla Kibel, LMFT	BHSD Zoom	Learn about the sources of passion, connection, courage, and imagination and tools to train our brains using the Healthy Mind Platter and Mindsight Tools.
19 January 2021	3:30-4:30	What's Popping: Substances and You	Psychoeducation	BHSD/SUTS	Michael Shackel & Olga Salazar	BHSD Zoom	Overview of current trends in substance use and a deeper diver into looking at the three most commonly used substances among youth
20 January 2021	4:30-5:30	Among Us Game Night	Youth Engagement	ARCC			playing online game of Among Us to provide a space for fun and community
20 January 2021	4:00-5:00	Virtual Yoga: Finding Peace Within	Wellness	BHSD	Yuki Ascue, LCSW, RYT 500	BHSD Zoom	In Finding peace within Yoga class, you will do gentle poses, breathe, and meditate and find your entire being calm and at ease. You will get in touch with inner peace and find joy and happiness, your true nature. When you get off your mat, you will feel rejuvenated and will be able to sleep better.
25 January 2021	3:15-4:30	Mindfulness Monday	Youth Engagement	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
26 January 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression
26 January 2021	3:00-5:00	Self-Care for Youth Body, Mind, and Brain: Your Brain Remodeling is Up to YOU	Youth Engagement	BHSD	Sharla Kibel, LMFT	BHSD Zoom	Learn about the sources of passion, connection, courage, and imagination and tools to train our brains using the Healthy Mind Platter and Mindsight Tools.
26 January 2021	3:30-4:30	What's Popping: Substances and You	Psychoeducation	BHSD/SUTS	Michael Shackel & Olga Salazar	BHSD Zoom	Overview of current trends in substance use and a deeper diver into looking at the three most commonly used substances among youth.
27 January 2021	4:30-5:30	Among Us Game Night	Youth Engagement	ARCC			playing online game of Among Us to provide a space for fun and community
27 January 2021	5:00-6:30	Youth Incubator: Speaker & Dance Workshop	Youth Engagement	AACI			Q&A with professional dance instructor & an exclusive KPOP Dance Workshop



## FREE COVID-19 TESTING

No cost COVID-19 testing is available at nearby community health centers and pop-up testing sites for individuals with or without symptoms. Testing is important to slow the spread of COVID-19 in our community and is quick & easy to access. To find your nearest COVID-19 testing location:

**Community Health Partnership, Lupe Yepiz, (408) 579-6020, COVID-19 information and support finding a nearby location, Spanish/English**

**Santa Clara County Public Health Department:** <https://www.sccgov.org/sites/covid19/Pages/covid19-testing.aspx>, Locate testing sites throughout Santa Clara County

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- Tener tranquilidad

### RESULTADOS POR

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RÁPIDO Y FÁCIL**

### PRUEBA SIN SITA PREVIA

Para más información:  
408.457.7100  
[info@gfhn.org](mailto:info@gfhn.org)



# 40 Lenten Activities for Catholic Families

Give up television and Internet for one day.	Genuinely compliment someone who isn't expecting it.	Donate a bag of food to a local church or charity.	Go to a weekday Mass.	Pray for good things for someone who has been unkind to you.	Visit an elderly friend or relative who doesn't get a lot of visitors.	Make homemade pretzels, a traditional Lenten food.	Make an almsgiving box and collect change throughout Lent to donate.
Plan a simple meal and talk as a family about how to help the hungry.	Pray for people in your parish's RCIA program preparing to enter the Church.	Do a craft, piece of art, or creative project that glorifies the Lord.	Send a card or note of encouragement to a priest or a member of a religious community.	Pray for an increase in religious vocations.	Ask for forgiveness from someone that you have wronged.	Not just Friday: Have an additional meatless day one week during Lent.	Pray for someone preparing for First Communion or Confirmation.
Light a candle at church and pray for someone in your life.	Volunteer some of your time to help at church, school, or home.	Clean up a mess that somebody else made (without complaining).	Memorize a prayer that you don't already know by heart.	Surprise someone by doing a task or chore that they normally do.	Donate a bag of things that are still nice, but that you just don't use.	Pray the Rosary (or even just a decade) as a family.	Thank someone who has been a good influence in your life.
Read a religious book individually or as a family.	Listen to religious music while doing a task you have been putting off.	Attend (or read at home) the Stations of the Cross.	Pray for world political and religious leaders.	Make hot cross buns.	Learn more about a saint that your family is unfamiliar with.	Do something healthy to take care of the body God gave you.	Clear your mind of other things and sit quietly with God.
Do something to help the Earth.	Go to Adoration, even if it's just for a little while.	Pray for the Pope.	Watch a religious movie together as a family.	Give up sweets and other snacks for a day.	Read one book of the Bible.	Do a foot washing with your family members.	Attend a Holy Week Mass.

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