

St. Francis of Assisi Parish



SUNDAY, FEBRUARY 14, 2021

6TH SUNDAY IN ORDINARY TIME



He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them." The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. - Mk 1:44-45b



We continue our efforts on a new outside worship space. However, if there is no rain, we will continue to provide Sunday Mass in the Memorial Garden. We will have two INDOOR

Masses at 9:00 am & 11:00 am. Please make your online reservation. Daily Mass will continue to be live-streamed each morning at 8:30 am. Limited seating will be available in the Gathering Hall.

Saturday Vigil Masses will be

3:00 pm (Vietnamese)-Memorial Garden

4:30 pm (English)-Memorial Garden

Masses for Sunday will be:

8:00 am-Memorial Garden

9:00 am- Indoor (Gathering Hall)

10:00 am-Memorial Garden

11:00 am –Indoor (Gathering Hall)

12:00 pm-Memorial Garden

4pm (Vietnamese)-Memorial Garden

Daily Mass will continue to be live streamed each morning, Monday through Friday, at 8:30am.

We will follow directives with which we are quite familiar: physical distancing; face coverings; hand sanitizer. It is essential that in-person worship not be the cause of further outbreaks of infection, and so we must insist on strict adherence to these safety measures.

Please remember that the general dispensation from the obligation to attend Sunday Mass remains in effect for all Catholics in the Diocese of San Jose until further notice. We will continue to upload a recording of Sunday Mass.

This is *one-step* in a long process of moving toward the day when we will celebrate Sunday Mass, the Sacraments, and other parish ministries and activities in the way we were accustomed in the pre-pandemic times.

Let us pray for each other. Let us practice charity and patience. Let us exercise prudence and right judgment, until the day of the Lord's return.

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. **(Resumes February 24)**

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.

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).

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.

WORSHIP & MEDITATION



FIRST READING

He shall dwell apart, making his abode
outside the camp. (Lv 13:46)



PSALM

I turn to you, Lord, in time of trouble,
and you fill me with the joy of salvation. (Ps 32)



SECOND READING

Whether you eat or drink, or whatever you do,
do everything for the glory of God. (1 Cor 10:31)



GOSPEL

The leprosy left him immediately,
and he was made clean. (Mk 1:42)

*Excerpts from the Lectionary for Mass ©2001,
1998, 1970 CCD. The English translation of Psalm
Responses from Lectionary for Mass © 1969, 1981,
1997, International Commission on English in the
Liturgy Corporation. All rights reserved.*



GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

The Church, as a voice of the Gospel, proclaims the sacredness of all human life. Everyone created by God is fashioned in God's image and has Divine DNA at the center of their soul. God never leaves what God creates but always remains intimately bound to what he has given form. Everyone has a place and because they have received the gift of Divine Blessing, nobody deserves to feel inferior, unworthy, unwanted, unclean or marginalized. Even the most broken of souls has a place. We, the Body of Christ, have the privilege and responsibility to give voice to the voiceless. The cries of the little one in his or her mother's womb are just as sacred as the cries of one who is homeless and hungry. The migrant deserves our attention as much as the forgotten elderly and even the prisoner, with a heart hardened by anger and resentment, deserves respect and dignity.

The Gospel of Life is often hard to swallow, and we would rather keep those we consider unclean, different or unfixable in a place by themselves. It is hard to see them with us, but they deserve to be. There is far too much violence in this world and the result of that violence is the assault on human life. Many are forced to leave the place they call home in search of safer ground, finding few if any along the way who will help them. How different today's Gospel story would be if Jesus gave in to what was politically correct at that time. The leper would have been turned away and a soul, already beaten down by disease and fear, would have experienced an even deeper wound. Jesus wouldn't have captured much attention from anyone, nor would he have mirrored the Father's compassion and love.

Where do we stand with all of this? Do we at least understand that God's vision is often in conflict with the vision put forth in our world and even the one we advance ourselves? There is no doubt that it is incredibly challenging to find a place for everyone at the table. This challenge is compounded when the systems of operation and structure that are so ingrained in us affirm power and privilege rather than inclusivity and justice. Everything really goes askew when the powerful begin to control who is entitled to wholeness and inclusion, and greed becomes a driving force. Prejudice and entitlement raise their ugly heads and we find ourselves with quite a mess. It's time to admit that things have been a mess for a very long time. The mess needs to be healed, not by erasing it but by allowing God to touch it and make it whole. We need to bring God back to the center of life where God belongs. There are no easy solutions to the world's dilemmas. But, knowing that wholeness, healing, and dignity are worthy pursuits, we can more confidently labor to achieve God's vision.



A REFLECTION FROM LESLIE LEGACION "THE LOVE SONG OF GOD"

I'm sure many of us can admit, we're suckers for Valentine's Day. As commercialized as this romantic day may seem; in the grocery stores, on television, at the Mall, sometimes we can't help but to go out of our way for gestures of love. There are many songs of every genre that describe beautifully what love is -- how it makes us feel, what it makes us do, how we can say it, show it, and live it. We can name countless songs about love or songs that contains that word. But, let's draw our attention to how love is perceived in liturgical music. When we gather at the Eucharistic table, we are united with God, and the hymns we hear and sing during mass is another way God is speaking directly to our hearts. *'I have loved you with an everlasting love. I have called you and you are mine.'* God pursues us every day. He knows our hearts better than we do and I believe that if a song moves you, that is the voice of God who loves you unconditionally. *'You know my heart. You know my mind. You know my words long before I speak them...Endless is your love for us.'* We understand that love makes us do things out of the ordinary. But loving God and living out God's love makes us better Christians. It opens our eyes to our community and the needs of our brothers and sisters. *"Christians, let us love one another as we share the true living bread."* Gods love songs call us to action; to be patient with each other, to be understanding and forgiving, to be faithful. The next time you hear God speak to you through his music, take that pursuit into action. Today, we celebrate the love God has for us, the love we have for Him, and the love we show to those around us. Amen.



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WEEKLY PRAYER

READINGS FOR THE WEEK OF FEBRUARY 14, 2021

SUN 2/14	Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11 [7]/1 Cor 10:31—11:1/Mk 1:40-45
MON 2/15	Gn 4:1-15, 25/Ps 50:1 and 8, 16bc-17, 20-21 [14a]/Mk 8:11-13
TUE 2/16	Gn 6:5-8; 7:1-5, 10/Ps 29:1a and 2, 3ac-4, 3b and 9c-10 [11b]/Mk 8:14-21
WED 2/17	Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17 [cf. 3a]/2 Cor 5:20—6:2/Mt 6:1-6, 16-18
THR 2/18	Dt 30:15-20/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/Lk 9:22-25
FRI 2/19	Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19 [19b]/Mt 9:14-15
SAT 2/20	Is 58:9b-14/Ps 86:1-2, 3-4, 5-6 [11ab]/Lk 5:27-32
SUN 2/21	Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/1 Pt 3:18-22/Mk 1:12-15

OBSERVANCES FOR THE WEEK OF FEBRUARY 14, 2021

Sunday:	6th Sunday in Ordinary Time; World Marriage Day; Valentine's Day
Monday:	Presidents' Day
Wednesday:	Ash Wednesday
Next Sunday:	1st Sunday of Lent

LIVE THE LITURGY

Inspiration for the week

Everybody has a place at the table, and nobody deserves to feel inferior, unworthy, unwanted, or marginalized. It is not part of God's vision. Jesus came to heal, make things whole, set things right, and restore relationships. No one is to feel unwelcome or alienated from the community. Whether we like it or not, this message is at the core of the Gospel. It makes a lot of sense when you think about it. Perhaps this is why people kept coming from everywhere to listen to Jesus speak and to be in his presence. He made perfect sense. Most of us have no issue buying into this vision. We run into trouble, however, when we fall into the trap of privilege and power. We diverge from God's vision when the powerful begin to control who is entitled to wholeness and inclusion, and greed becomes a driving force. Prejudice and entitlement have no place in the kingdom of God, and even the most needy and hurting among us are worthy of the compassion Jesus desires to offer. There are no easy solutions to the world's dilemmas. But one thing is for certain, no one can be singled out, excluded or mistreated. Everyone matters.



*"God is
waiting
for you."*

—POPE FRANCIS



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

THE ANNUAL OBSERVANCE OF LENT that



begins on Ash Wednesday is a special time for us to recall our human condition and the great gift of God through Jesus Christ

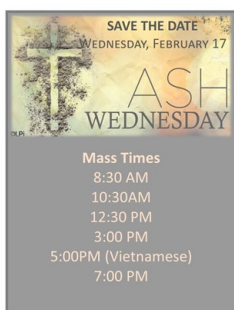
who came to save us. On this day, we are imposed with ashes to remind us that we are dust and to dust we shall return.



Our current circumstances give us a chance to observe the ancient practice of the church in sprinkling the ashes on our head. As early as the 3rd century, those who were required to do public penance, the priest sprinkled ashes on the head of the person leaving confession. The imposition on the forehead came later as a visible sign for others to be reminded of this important day in the life of the Church.

As we administer today, this ancient sprinkling of ashes on our heads it reduces the physical contact between the minister and the recipient thus observing the current restrictions due to the pandemic and at the same time continuously enriching ourselves by our prayer ritual, which brings us, closer to God.

THE LAWS OF FAST & ABSTINENCE Ash Wednesday



and all Fridays during Lent are days of abstinence from all meat (beast or fowl). Except for a serious reason, all persons fourteen years old and above are bound by this law. The Solemnity of St. Joseph, Husband of Mary, falls on a Friday during Lent (March 19). Bishop Cantú, in accord with the tradition of the Church, has dispensed Catholics from the law

of abstinence on this special feast day.

Ash Wednesday (February 17) & Good Friday (April 2) are also days of fast. This law binds all persons between the ages of eighteen, until the beginning of their sixtieth year. On these two days, one full meatless meal may be eaten. Two other meatless meals may also be taken sufficient to maintain strength; however, together they should not equal a full meal. Liquids, including milk and fruit juices may be taken between meals.

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. **We will bestow a special blessing on all married couples at Mass this Sunday.**

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.



STEWARDSHIP OF TREASURE REPORT JANUARY 2021

Thank you to everyone who continue during this pandemic to support the mission and ministries of our parish.

During the month of **January**, our average weekly collection was **\$13,600 (45% decrease vs. December 2020)**. You also generously donated to various important causes in our **January** (second collections) at **\$8,277 (\$1,656 a week.)** This brings our **January** weekly average to **\$15,256**. We budgeted our Sunday Offertory income for the current fiscal year (31 weeks x \$16,000) at **\$496,000** and received **\$491,000 (-\$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 living-out our parish mission.

Next week we will take up the Collection for the Church in Central and Eastern Europe. This Collection supports the Church in more than 25 countries that still struggle to recover from former communist rule. Funds from this Collection support pastoral care, catechesis, building renovations, and seminary formation. Your support restores the Church and builds the future in this region. Please prayerfully consider how you can support the Collection next week. More information can be found at www.usccb.org/ccee.



rites in preparation for the EASTER SACRAMENTS

In anticipation of our catechumen's celebration of the **Rite of Election** with Bishop Cantú, we will celebrate the **Rite of Sending to Election** at the 8:00am & 12:00pm Masses, next Sunday, February 21.

NO BAPTISMS DURING LENT



In keeping with our parish tradition, the Sacrament of Baptism is not celebrated through the 40 days of Lent. Baptismal catechesis continues for parents and

godparents of those children who will be baptized in the Spring and Summer. Contact the Parish Office to begin this preparation.



FRIDAY LENTEN SOUP SUPPERS & STATIONS OF THE CROSS We begin each evening with prayer and conversation at **6:00pm** (via Zoom), accompanied by a simple meal of meatless soup and bread that you prepare for yourself or your family. At **6:30pm**, a speaker will introduce one of the **3 Pillars of Lent-Fasting, Prayer, Almsgiving** followed by your questions or reflection. Finally, at **7:00 pm** we will live stream the Stations of the Cross (**February 19 & 26, March 5 & 12**). We will have an outdoor procession of the Stations on **March 19 & 26**.

TUESDAY EVENING DEVOTIONS Join us for our weekly live stream Tuesday Devotions at **7:00pm** (also recorded for later viewing.) February 23 (**Lectio Divina**); March 2 (**The Sorrowful Mysteries of the Holy Rosary**); March 9 (**Taizé Prayer**); March 16 (**Evening Prayer & Exposition**); March 23 (**Chrism Mass**); March 30 (**Film: Lamb of God**). You may also view a recorded version of each devotion at any time.



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), 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 MONTH 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 (CADD SJ) 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.

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.

February 21, 2021

First Sunday of Lent

Saturday (Anticipated)

3:00pm – Fr. Vu (Vietnamese)

4:30pm – Msgr. Mitchell

Sunday

8:00am – Fr. Stanley

9:00am – Fr. Syjuco

10:00am - Fr. Weisbeck

11:00am – Fr. Stanley

12:00pm – Fr. Syjuco

4:00pm - Fr. Vu (Vietnamese)



Monday, February 15

Celso Davila Sr.+

Luis Flores+

Fernando Saraya+

Tuesday, February 16

Kenneth Wayne Allen+

Tony Lu+

Bibiana and Teodora Mendoza+

Wednesday, February 17

Thursday, February 18

Christina DeMayo (Birthday)

Eileen Kelly+

Friday, February 19

Heavenly Dato-Tan (Birthday)

Rahul Dorairaj (Birthday)

de Quinto Family (Thanksgiving)

Saturday, February 20

Emma Esguerra (Birthday)

Ken Pedneault+

Saturday/Sunday, February 20-21

Sunday, 3:00PM (Vietnamese)

Sunday, 4:30PM

May G. Cabigon (Recovery & Healing)

Sunday, 8:00AM

Teresa Saldares Visaya+

Jeannie Villanueva+

Emelita Camerino+

Sunday, 10:00AM

Zosimo Jaminial+

Thanksgiving Irene Camerino

Nenita Villanueva+

Sunday, 12:00PM

Eliazer Visenio+

Antone Tuyen Vu+

Zenida Bolocon+

Sunday, 4:00PM

'Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.'



LET US PRAY

WE ALSO PRAY FOR...

HENRIETTA ALVAREZ+

ROSEL JARVIS (BIRTHDAY)



FEBRUARY 1-7

OFFERTORY

Masses \$ 3,229.00

Drop/Mail \$ 6,960.00

Online \$ 7,981.00

Total: \$ 18,170.00

If you are interested in donating on-line, please visit our webpage at 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

**Journeying Together in Hope
FIRST FOLLOW-UP WEEKEND -
2021 Annual Diocesan Appeal**



Our Parish Goal is \$220,000.

Our Parish Participation Goal is 1,000 families.

Your gifts to the Annual Diocesan Appeal invest in the mission of our Church by supporting clergy formation and training, seminarian education, pastoral care at our 11 hospitals, promoting vocations and developing lay leaders.

We are thankful for the 161 pledges for \$74,710 dollars turned in thus far. We have reached 34 percent of our diocesan goal.

Any gift or pledge, regardless of size, helps our Diocese reveal the presence of Christ in our community. Please return your pledge envelope in the mail or bring it with your to Mass. You may also donate electronically by visiting our parish website.



FAMILY FAITH CORNER FEBRUARY 14, 2021

Fifth Sunday in Ordinary Time

Children Liturgy of the Word: Mark 1:40-45

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

A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning him sternly, he dismissed him at once.

Then he said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for you cleansing what Moses prescribed; that will be proof for them."

The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere.

After watching the Mass:

If you were the leper, would you have listened to what Jesus said and not said anything, or would you have done as he did and told everyone you met? Why?

Reflection:

Even though Jesus told the leper to tell no one, the leper cannot keep his healing a secret. Although the leper disobeyed Jesus, Jesus does not appear to be upset. Perhaps Jesus was aware of the man's humanity-it is easy to forgive sharing the good news out of pure joy and excitement!

Parents Faith Moment:

The leper trusted and had such faith that Jesus could heal him. Fill a resealable plastic bag with water. Holding it by the top. Stick sharpened pencils all the way through the bag so that it pops through the other side. Add more pencils. Water should not leak from the bag. It takes a leap of faith to push a pencil through a bag of water and expect it not to spill everywhere. How can we trust Jesus as completely?



READ THE GOSPEL AND COMPLETE A PUZZLE!

SHARING THE GOSPEL

It is not fun to be sick. You miss your friends at school. You can't go outside to play. On top of being bored and lonely, you don't feel well at all. The man with leprosy in today's Gospel was sick a long, long time. He was really bored, lonely, and feeling awful. There was no medicine for leprosy. Jesus was the only one who could help him.

PRAYER

God, you have the power to heal. Help me to trust you, even when I'm sick.

MISSION FOR THE WEEK

Visit the sick. Make a card.
Take a treat to share.
Give them something to read.
Pray for them before you leave.
You will brighten their day.

KIDS CORNER

Find and circle these words from today's Gospel:

LEPROSY
JESUS
POWER

WELL
WARNED
SHOW

GIFT
HEALED
WALKED

M O S Y T E D A G U R
A L E P R O S Y E W A
N I U O A L I U D O M
S H O W F O E G I F T
E Y I E I J A O U H I
I W A R N E D I V E K
T E O D Y S E B Y A O
O L P A K U N A T L M
H L U N I S O Y A E U
U R E M W A L K E D W
P A C I E N U H P I Y



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A leper came to
Jesus and kneeling down
begged him and said, "If
you wish, you can make
me clean." Moved with
pity, he stretched out his
hand, touched him, and
said to him, "I do will it.

Be made clean."

- Mk 1:40-41

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:

Ancient Israel isolated those with leprosy fearing the disease would spread to others. In what way can this be seen as a form of compassion?

Second Reading:

Paul places a high value on avoiding unnecessary conflict. Why do you think this is an important virtue for a Christian?

Gospel:

The man healed of leprosy disobeyed Jesus' command not to share with others what had happened. Why do you think the man did so?

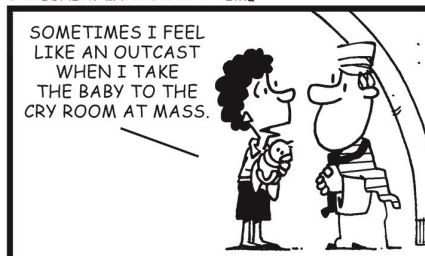
**GOD NEVER
TIRES OF
FORGIVING.**

— POPE FRANCIS



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6TH SUNDAY IN ORDINARY TIME



LITURGICAL LIFE

RESPONDING *to the Call*

EVERYDAY STEWARDSHIP

Recognize God In Your Ordinary Moments

The Unfailing Goodness of God

I have always wondered why Jesus told the cleansed leper not to publicize how he had been healed by the Son of God. It's not that I can't understand why Jesus would want to keep the matter quiet — after all, he knew that as soon as people heard, he would be mobbed with requests for healings, and his movements restricted.

What gets me is the fact that Jesus simply must have realized the leper would not listen to him. Why give someone a command you know they will ignore? It's a complicated question, and when I reflect on it, I can't help but connect it to another equally complicated question: why does God, all-good and all-knowing, allow bad things to happen?

Yes, God is all-good and all-knowing. So when He gives us free will, He knows what we will do with it. However, He is also all-powerful. He can and will bring good from any situation, any tragedy, or even any instance where someone ignores Him.

Was it a sin for this leper to do other than what Jesus had said? That's a heavy question for a Sunday morning! But it's plain to see that, even though this man ignored Jesus' command, God still used his actions. How many were brought to Christ because of the news spread by this leper!

As someone trying to live out a stewardship way of life, what is God requesting of you right now?

— 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:

In today's digital world, do we really need to be face-to-face with a priest to confess our sins? Would Facetime or Zoom ever be allowed?

Answer:

The question of whether or not Catholics can celebrate the Sacrament of Reconciliation virtually (via social media, by phone, or in some other way) is a question that has actually been around for several years. The recent COVID-19 pandemic brought the question back in a new way, especially as many parishes were forced to introduce a sort of "social distanced" confession, with the sacrament being celebrated outdoors.

In reflecting on this question, however, there are a couple points that we want to keep in mind. First, as the Code of Canon Law observes in different places, the faithful have a right to the sacraments of the Church and the Church's ministers have a responsibility to make them accessible. At the same time, however, we always have to be sure that we respect the nature of the sacraments themselves.

Although modern forms of technology and communication can help us in our work of evangelization catechesis, the Pontifical Council for Social Communication has reminded us that, "Virtual reality is no substitute for the Real Presence of Christ in the Eucharist, the sacramental reality of the other sacraments, and shared worship in a flesh and blood human community. There are no sacraments on the internet" (The Church and the Internet, no. 9).

Although our encounters with others on the internet and via social media can be considered "real" in one sense, in the sacraments we encounter Christ in a personal and ecclesial way. It is never just a private experience but is always grounded in the life of the Church and this means that it must truly be personal, including the contact between the confessor and the penitent. While the convenience or ease of online celebrations might be appealing for many reasons, at heart, we always want to keep in mind the fullness of the Church's tradition and the meaning of the sacraments.



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 Password: 333225

Feb. 20, 2021 Black History Mass Celebration

2:00 PM | Mass will be Live-streamed

Link: 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.





LOVE HEALS. IN THE END, LOVE IS THE ONLY THING THAT HEALS.—KARL MENNINGER, MD

Astoundingly, 821 viewers (44 from SFA) registered for the virtual screening of **Angst** last week. Following the screening, five panelists shared their experiences of moving through anxiety. They also shared what gives them courage, trust, and hope. In addition, Katja Schatte, a Spanish interpreter, provided an energetic and tender image with hands, shoulder shrugs, and facial expressions, as she simultaneously translated the panelist's words from English into Spanish. The five panelists represented various cultures including an African-American, Caucasian, Chinese, Filipino, and Hispanic. Their lived experience with the continuum of mental health varied. Several grew up with a sense of shame about their origins and family. Yet, on the day of the screening of **Angst**, each shimmered with the grace of God's Love manifesting itself.

Here are some words of wisdom from the panelists:

Rex Huang M.D. Asked about the pressure students experience, Dr. Huang, Chief, Child and Adolescent Services, at Kaiser San Jose, quoted his long-ago English teacher: **You are not your grades.** Through the years when he experienced setbacks and struggles, Dr. Huang, a psychiatrist returned to this mantram. He is much more than grades. He is more than a temporary challenge. This perspective enabled Dr. Huang to persevere through Harvard and Stanford and to quell that anxious inner voice, that he was not good enough, not of value. "Dr Huang repeated to himself, I am not my grades." And he repeats it now to students who look at their future with fear. "You are not your grades." Setbacks and changed plans do not define you. In fact, in my experience, they often lead me to better place than I ever expected. As the Portuguese say, "God writes straight with crooked lines."

Ruth Auten LMFT: Pointing to her heart, Ruth said in a soft voice that when she is crushed with anxiety, she **returns to her core goodness, that is a gift from the Divine. You are enough.** You are good. **Your soul is infused with God's Love. No matter what you are a beloved child of God.** When one is tripping over the future or ruminating over the past, stop. Place your hand over your heart. Breathe. If you are comfortable, close your eyes. Or if that is scary, simply half close your eyes. Then, place your hand over your heart. Say to yourself: "I am good.... I am enough... I am God's beloved child." Or "God loves me—always has. . Always will." Breathe in Love. Breathe out fear. Long. Slow. Steady. Breathe through your nose. Breathe in love. Breathe out fear.

Margery Arnold, PhD, Director of Mental Health Ministry Diocese of Orange County: Drawing upon Scripture, Margery said that when she is anxious, she prays, "Love casts out **fear.**" (1 John 4:18). Margery grew up in an environment of deep fear and anxiety. Once reflecting on her childhood, Margery sighed with sadness and shook her head, "It's unbelievable." Yet, Margery finds solace and fortitude to move through anxiety and fear by relying on her faith in Jesus, her Steadfast Companion on the Journey. Margery also practices Centering Prayer, popularized by Fr. Thomas Keating, a Trappist Monk. A psychologist and spiritual teacher, Fr. Keating identified three instinctive human drives that undergird our fears:

Safety-Security
Esteem-Affection
Control-Power

In the film **Angst**, it was suggested that when one experiences anxiety to identify the fear beneath the emotion. After one identifies the fear, name it, claim it, and then give it to God. In my own experience, I say a prayer like this. "OK. I long to be loved and to love. Right now, I feel unloved, unaffirmed, and not held in esteem from the ones whom I long to love me and support me. So it is. I accept this feeling. I do not like it. However, I accept it as what I am feeling right now. And I give this feeling to You. I ask You to

heal me. I thank You for the healing that is already taking place. Amen.” Then continue doing what you need to do in that moment. Or take a break. Walk outside. Breathe. Notice your surroundings. Trusting God Who is Love loves you and cares for you right now. **Allow God’s Infinite and Always-Present Love to cast out your passing fear.**

Deacon Ruben Solorio, President of Nativity Schools in Downtown San Jose spoke of his fear of public speaking. With a wry laugh, Ruben remembered Anna Cruz, Youth Director at St. Francis of Assisi Church. Anna insisted Ruben move through his fear and give a presentation to the Youth group and others. Ruben added with a laugh, “I still sweat when I speak. As a deacon I wear an alb. You can’t see the sweat. And it is still there! It is just how my body works.” In **Angst**, a psychologist invites a teenager to name the anxious parent from whom the child observed anxiety as a response to challenges. Responding to that invitation, Ruben spoke of the anxiety he observed in his Dad and that he has passed onto his daughter. Then Ruben **invited parents to “take themselves off the hook.”** Stop blaming. Accept the reality. Also accept the truth that as parents we do the best we can with what we know at the time. **Later, we may know more or act differently. For now, be compassionate with ourselves. We did the best we could for what we had at the time.**

Kevin Bernaga, Youth and Young Adult Director, St. Francis of Assisi Church answered a troubling question from a viewer: How do I tell my parents about my anxieties? They don’t want to listen. And the flip-side of that question: “How do I get my child to talk to me? They just clam up.” Nodding in affirmation of this familiar situation, Kevin said, “I am not a parent, yet. **However, I recommend just begin to talk.**” Kevin affirmed the conversation may be awkward, stumbling, and uncomfortable. Parents may be afraid to hear what their children have to say. And teens may feel like their parents lack compassion for the lives they are experiencing. **Yet, just begin—stumbling, bumbling, trusting God’s Love will infuse the conversation with mercy and understanding. Love casts out all fear. You are not your grades. Instead, you are God’s Beloved Child.** You are created in Love for Love and you are good and loveable. **Accept you will sweat, cry, tremble, and feel out of control and anxious.** No matter your fear: **Begin the conversation.** As Karl Menninger, father of American psychiatry wrote: **Love heals. In the end it is the only thing that heals.**

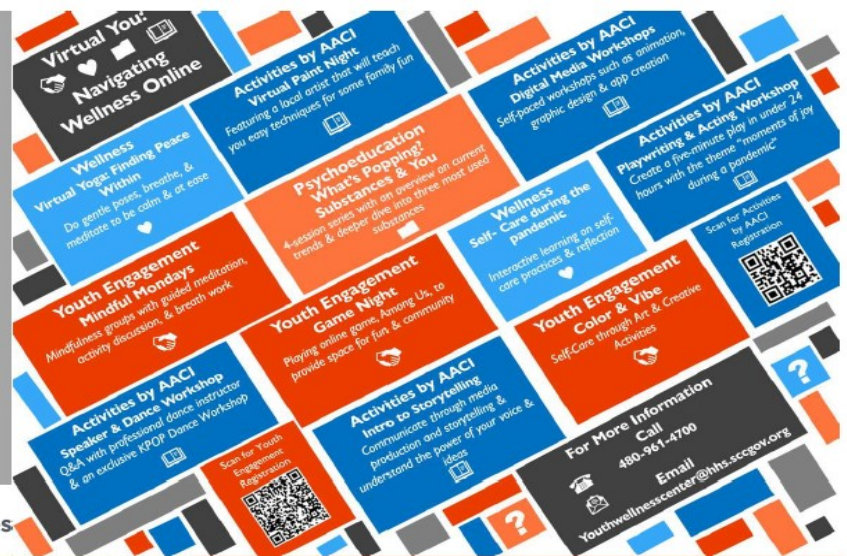
--Barbara F. Zahner, BCC; 3Gen+ Mental Health Ministry, St. Francis of Assisi Church; barbarazahner1@mac.com

15 Things To Give Up

- | | |
|--|------------------------|
| 1. Doubting yourself | 8. Comfort eating |
| 2. Negative thinking | 9. Laziness |
| 3. Fear of failure | 10. Negative self talk |
| 4. Destructive relationships | 11. Procrastination |
| 5. Gossiping | 12. Fear of success |
| 6. Criticising yourself & others | 13. Anything excessive |
| 7. Anger | 14. People pleasing |
| 15. Putting others needs before your own | |

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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

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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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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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