ST. COLUMBA CATHOLIC CHURCH

6401 San Pablo Avenue - Oakland, CA 94608-1233
Phone: 510-654-7600 / Fax: 510-654-7615
Email: stcolumba1898@gmail.com / Website: www.stcolumba-oak.com

Pastor
Fr. Aidan McAleenan

Clergy Support
Fr. Hilary Martin, OP

Director of Music
Sidney Ragland

Director of Faith Formation
Margaret Roncalli

Pastoral Council Co-Chairpersons
Kas Neteler / Vernon Whitmore

Office Manager
Janell Hampton

Parish Financial Officer
Mary Ellen Morgan

Liturgy
Monday: 8:00 AM (Prayer Service)
Tuesday - Thursday : 8:00 AM (Mass)
Friday: 8:00 AM (Communion Service)
Rosary: Monday - Friday: 7:30 AM
Saturday Mass - 4:00 PM
Sunday Masses - 8:00 AM and 10:30 AM

Office Hours
Monday -Thursday
9:00 AM - 4:00 PM
(closed 12:00 PM - 1 :00 PM)

Sacraments
Baptism - Contact Margaret Roncalli
Marriage - Contact pastor 6 months in advance
Reconciliation
3:30 PM - 4:00 PM Saturday

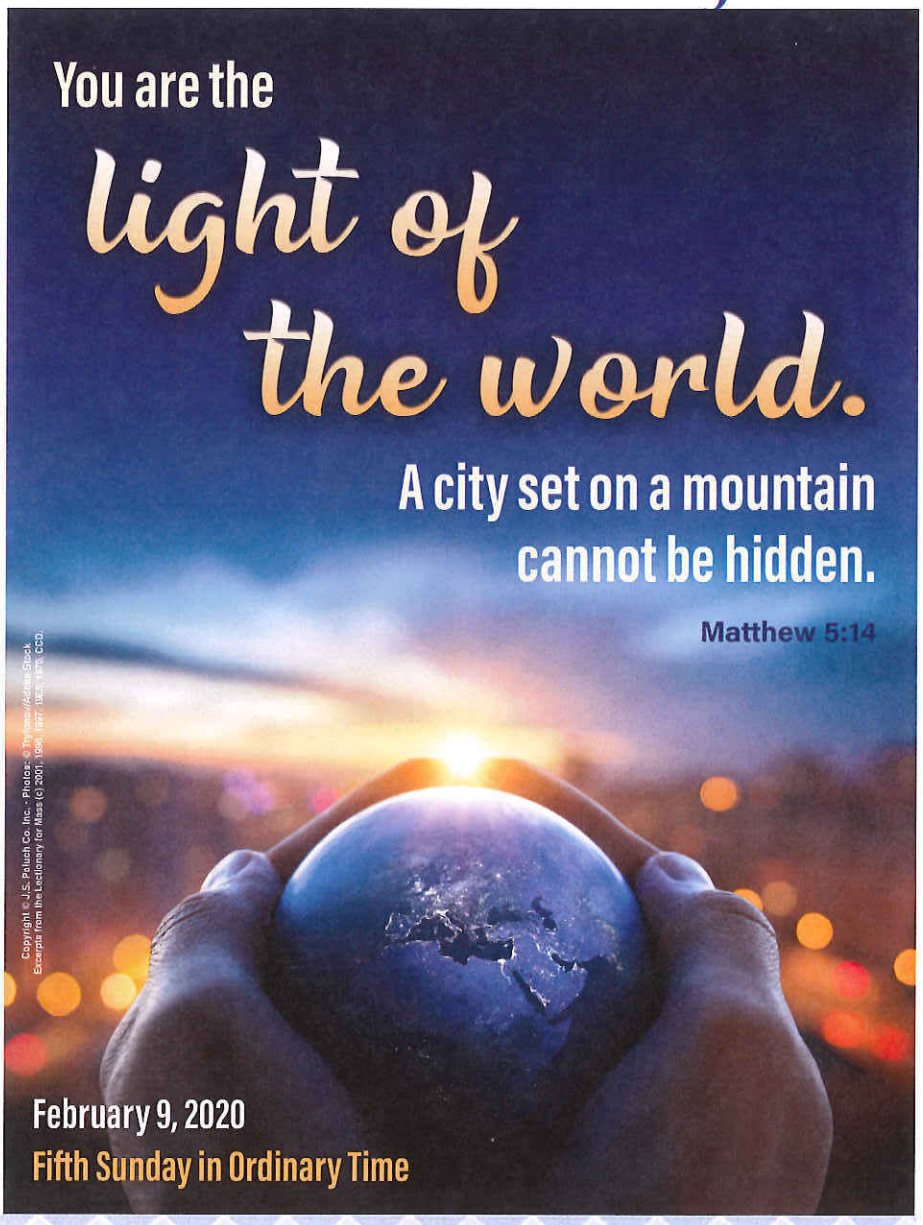
PLEASE CALL THE PARISH OFFICE
For communion/visits to the sick & homebound; mass intentions, prayer request & funerals

"Learn from the Past"

Mission & Vision

Through African American traditions, we are moved by the Spirit to serve.
WE KNOW WHO & WHOSE WE ARE!

"Servant Leadership"



Please turn off Cell Phone before entering Church. Thank you!

GOD'S CALL

The person who has been "saved," who has "heard the good news of salvation," still lives in an unsaved world, a world sadly oblivious to the presence of God. Today's readings outline how the disciple is present in the world.

The outline begins with Isaiah: "Share your bread . . . shelter the oppressed . . . clothe the naked" (Isaiah 58:7). Those who hear the word of salvation are not insensitive to the urgent needs of others. Then Paul reminds his flock that he brought Christ to them not in eloquence or wisdom, but by being with them in the "weakness and fear" of their daily lives (1 Corinthians 2:3). Finally, Jesus tells his disciples to go out into the gloom and darkness of the streets of the world and let God's light shine through their good deeds.

We disciples don't save the world. To the extent, however, that we have heard the word of God and been awakened to God's presence, we may spread that word and bring that presence to others.

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Today's Good News ~Living with Christ

Jesus sent his disciples out to proclaim the gospel. If people reject the word, he said, move on. Keep at it. Don't give up. Unfortunately, I have heard this passage misused too often. I have done it myself, I'm sorry to say. I have co-opted it for my own purposes, quoting it silently to myself because I did not feel accepted or appreciated, imbuing my indignation with the glow of righteousness. That's missing the point though, isn't it? When I feel affronted, that is often when I am most in need of hearing the message of the gospel. And if I do have something to shake off, it is probably my own arrogance–my own eagerness to take offense. Hearing the gospel means, among other things, remembering that I, too, am in need of the grace and forgiveness of God. Lord Jesus Christ, open my heart to your word. KARLA MANTERNACH

SAINTS AND SPECIAL OBSERVANCES

Sunday: Fifth Sunday in Ordinary Time;
World Marriage Day
Monday: St. Scholastica
Tuesday: Our Lady of Lourdes;
World Day of the Sick
Wednesday: Lincoln's Birthday
Friday: Ss. Cyril and Methodius;
Valentine's Day
Saturday: Blessed Virgin Mary

Feb. 12-15, 2020 - Gospel Workshop
Feb. 22, 2020 - Hypertension Weekend – (Health Cabinet)
All Family Faith Day
Mar. 1, 2020 - Beginning of Lent
Mar. 14, 2020 - Proclaimer's Spring Retreat
Mar. 22, 2020 - All Family Faith Day
Mar. 28-29, 2020 - Holy Land Olive Wood Carvings
Pancake Breakfast

Bulletins / Announcements

Please remember to submit all information for the Bulletin and/or Sunday Announcements **no later than Tuesday before 10:00 am/inserts before 4:00 p.m.** Thank you.

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Scripture Study

Come and join Scripture Study every Thursday evening with Sr. Amora at 7:00 pm in Mother Lydia's Chapel. For more information call Gillian Small at (510) 501-9726 or ggms@att.net

We welcome all who come to celebrate with us. If you would like to register or if you need to update your information, please complete this registration form and place it in the collection basket, return to office or send us an email. Be Blessed!

Name_____

Address_____

Phone Day _____ **Eve** _____

City _____ **Zip** _____

E-mail Address_____

☐ **New Parishioner**

☐ **Change of Information**

☐ **Moving: Remove from list**

☐ **Please Call me - best time** _____

☐ **I would like to serve as** _____

_____
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Faith Formation

Nea on-nin no sua a, ohu

"one who does not know can know from learning"

Knowledge / life-long learning

RCIA is the Rite of Christian Initiation of Adults

Are you seeking baptism? Were you baptized in another Christian denomination and interested in becoming Catholic? Are you an adult who has not been confirmed? You are most welcome to contact Margaret Roncalli at stcolumbafaithformation@gmail.com with your inquiries.

Whenever you are ready we want to welcome you – with your questions or your quest.

KEEPING OUR CHILDREN SAFE

Victims Assistance

Our Victims Assistance Ministry offers a variety of avenues for victims and family members to report their experiences to our Office of Victim Assistance and to be welcomed, to receive pastoral care, and to learn about and access much-needed services. Anyone wishing to report any allegation of sexual misconduct by any Clergy or Diocesan employee should contact the local authority (Police or Sheriff department) and also the Chancellor of the diocese: Steve Wilcox at (510) 267-8306.

Diocese Survivor Advocacy | 510-267-8373 | survivorsoakdiocese.org

Faith Formation for Families and Students

Upcoming Dates

Feb 9 Children's Liturgy of the Word at 10:30
Feb 16 Sac prep–Rel Ed Rm (children) at 9am
" Sac prep– Recon Rm (parents) at 9am
" Children's Liturgy of the Word at 10:30

Faith Formation at St. Columba has three parts: (1) Children's Liturgy of the Word (2) All-Family Faith Days and (3) Sacramental Preparation classes.

For students, grades 1-8, the **Children's Liturgy of the Word** at the 10:30 Mass, gives them the opportunity to get to know Jesus through the gospel of the day, but in simplified language. You can further use the Gospel Weeklies booklet with your children: get the Supplement to Gospel Weeklies of Family Guide Register at www.pflaumweeklies.com/the-gospel-at-home/ to receive an e-mail alert when each new Family Guide is available.

No Children's Liturgy of the Word next week.

The next All-Family Faith day is March 22.

"It always seems impossible until it's done."

— Nelson Mandela

Feb 11—30years since Mr Mandela's release from prison

Reflecting on the Word

From today's Gospel reading: *Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything."*

Reflection: Jesus Christ is not only calling us the "salt of the earth," he is telling us to be that salt. It's an awesome responsibility for we are to be witnesses who point the way to Jesus. We may feel as small and insignificant as salt, such a tiny ingredient, but like salt we are to mix in, not avoid, life in the world. People will recognize the flavor we bring into the world – it is the quiet, but effective presence of Christ – the one with whom we have a lasting covenant of salt.

So we ask ourselves: How and where am I a "salty" witness to the living Christ? What daily practices do I follow to sustain myself as "salt of the earth?"

ST. COLUMBA
CATHOLIC CHURCH

Lenten Justice Forum Series

JustFaith MINISTRIES

Faith & Racial Equity: Exploring Power & Privilege

Faith & Racial Equity: Exploring Power & Privilege is an 8-week course of gatherings that awakens groups to the economic systems, public policies, cultural norms, and hidden biases that empower some and oppress others.

The first half of the module introduces a framework for understanding and recognizing racial disparities by looking at power and privilege and how they contribute to racial injustice. Sessions 5-8 take a deeper dive into specific issues related to power and privilege, including affirmative action, lack of equal access to educational opportunities, disparities within the criminal justice system, and powerful biases in media representation. As with all JustFaith programs, participants will explore how their faith should inform their response to their learning, as well as discern action steps for working toward racial equity in their own communities.

beginning Thursday, February 27, 6:30pm dinner and program 7pm-9pm.
We won't meet Thursday, April 9 (Holy Thursday) Last session: April 30.

If you would like more information or would like to register to join this small group, contact Meg Bowerman megbowerman@gmail.com

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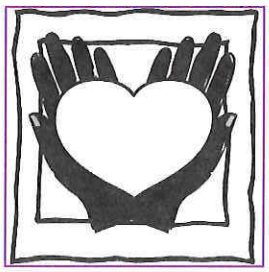
HOLY LISTENING Sat, March 7 | 10am-2pm

As a way to take a breather-moment at the beginning of Lent – come for the day of *Holy Listening*. This is a time for conversation with a spiritual guide (lay or ordained) for up to 30 minutes on any topic about your spiritual life. What a great way to begin Lent: aligning your life with the rhythms of the Divine, listening for the messages of Jesus.



A priest will be available for the Sacrament of Reconciliation for those who want to celebrate the sacramental grace.

St. Columba Gifts of Treasure Update

WHO AND WHOSE WE ARE!

Monthly Goal	**$30,000.00**
Weekly Goal	**$7,500.00**

St. Vincent de Paul 12/29/2019	$380.00
01/05/2020	$14,836.92
01/12/2020	$9,349.78
Bishop's Appeal 01/12/2020	$1,205.97
01/19/2020	$9,862.75
01/26/2020	$7,187.06
02/02/2020	10,282.04

February 09, 2020

Mass Intentions for the week

Saturday	**4:00 PM**	Patricia Maher †
Sunday	**8:00 AM**	Missa Pro Populo †
Sunday	**10:30 AM**	Mildred & Elmer McConnell †

Light shines through the darkness for the upright.
— Psalm 112:4

For list of weekly lectionary reading, please review www.usccb.org

If you have a request for the prayer list below, need to update a request or remove a request, please contact: Parish Office: 510-654-7600 stcolumba1898@gmail.com

God lay Your healing hands on all who are sick, and have compassion on all who are suffering, so they may be delivered from all painful situations in their lives

Vincent Alley, Jacqueline Augustine, Godfrey Augustine, Cornelius Augustine, Barrett Baker, Mary Ann Braithwaite, Catherine Ann Brown, Anita Commer, Cordell Brown, Keith Brown, Mark Brown, Sharon Bush, Joan Campbell, Margarita Carter, Cirena Cole, Ann Crenshaw, Cecelia Lois Danielson, Fred Davis, Angelica Duenas, Gwen Evans, Velma Fowler, Joyce Fulton, Bill Gallagher, Lynda Glasser, Benedict Gomez, Bernard Gomez, Maud Green, Carolyn (Tont) Greenidge, Andy Hetz, Reuben Hetz, Helen Koci, LaeCharles T. Lawrence, Sr., Ronda Lee, Gloria Lopez, Annalina Lowden, Elizabeth Mack, Yolanda Martinez-Alley, Ashanti McNeil, Valerian Millett, Eileen Murphy, Janice Payne, Lexington Reyes, Gary Rohweder, Lorraine Rollins, Laura Scotlan, Ellen Searson, Alexis Sims, Patricia Small, Patricia Ann Smith, Cloretta Sparks, Carol Valencia, Sr. Cheryl Valencia, Yvette Valencia, Suzette Warren, Zizi Williams, Ha'vy Woodward, Roger Yarbrough, Dorothy Young

Office will be closed Feb. 17, 2020 on Presidents Day!

SAINT JOSEPHINE BAKHITA (c. 1869-1947)
February 8
"Save Darfur!" That cry echoes around the world and in the heart of the Church, where a child of Darfur is one of our newest saints: Josephine (her baptismal name) Bakhita ("Lucky One," the slave-traders' nickname). Kidnapped at nine, sold in Sudan's slave-markets, flogged daily till covered with scars, Bakhita was finally bought by Italians and taken to Italy. There Bakhita discovered a "Master" who had himself been flogged to redeem her from slavery! "I am truly loved," she thought, "and awaited by this Love." Baptized, she often kissed the baptismal font, exclaiming, "Here I became a daughter of God!" For fifty years as a Daughter of Charity, Bakhita provided cheerful hospitality to all who knocked at the convent door. In her final illness, she relived slavery's horror: "Please, loosen these chains," she begged the nurse. "They are so heavy!" Her last words were: "Our Lady! Our Lady!" John Paul II canonized her in the Jubilee Year 2000, praising God for leading her "from abject slavery to the dignity of being your daughter and the Bride of Christ."
—Peter Scagnelli, Copyright © J. S. Paluch Co.

St Columba Catholic Church

presents its 39th Annual

AFRICAN AMERICAN

Celebration Series

January 18, 2020 through February 23, 2020

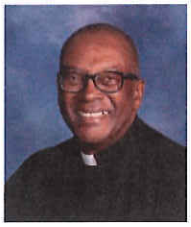
"Servant Leadership: Preserving the Legacy of Christ"

Come and Celebrate at one of our Liturgies: Saturday 4PM or Sunday 8AM or 10:30AM

January 18-19, 2020
Fr. Anthony Bozeman, S.S.J.
St. Raymond and St. Leo the Great Catholic Church

January 25-26, 2020
Dr. Kimberly Lymore
Faith Community of St. Sabina

February 01-02, 2020
Fr. Kenneth Westray
St. Vincent de Paul Church



February 08-09, 2020
Deacon Larry Chatmon
St. Paul of the Shipwreck

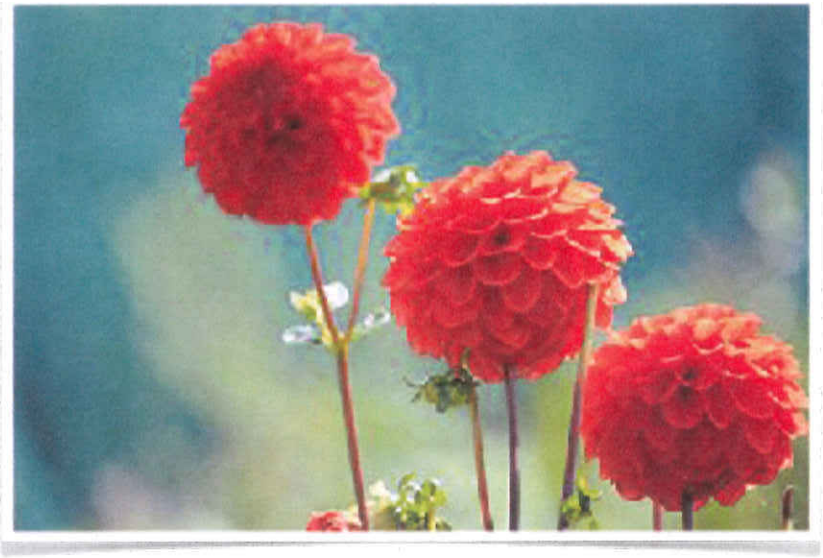
February 15-16, 2020
Fr. Steven Bell, C.S.P.
Newman Hall Holy Spirit Parish
M. Roger Holland II Gospel Choir Experience*

February 12-16, 2020
M. Roger Holland II Gospel
Choir Experience Workshop

February 22-23, 2020
Deacon Douglass Johnson
Holy Name of Jesus Church
Sr. Thea Bowman & Ujima Awards*

Stress and Oral Health

Managing stress and oral health related disorders



Some life situations can become overwhelming making it difficult to maneuvering through busy lives. Manifestations may occur locally and systemically as a result of stress on our bodies. Researchers have linked certain chemicals released within the body can cause disorders as a result of stress.[1] The Center of Disease Control has reported in 2017 over 2.5 million adults were treated for physical signs of overexertion in Hospital Emergency rooms.[2]

February 2020

There are few factors which can show orally as a result of stress overload. Canker sores, tooth grinding, Temporomandibular Joint Disorder, fungal infections, and dry mouth to name a few.[3]

Temporomandibular Joint Disorder (TMJ)

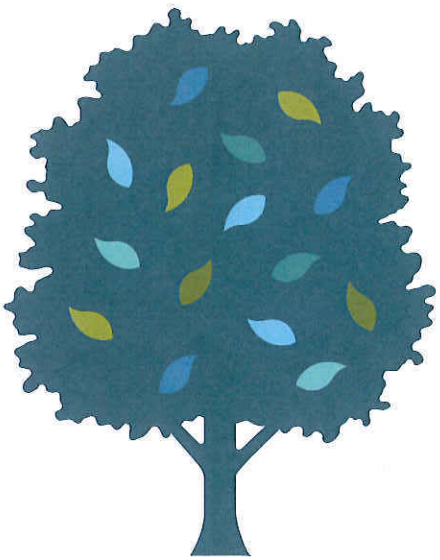
Temporomandibular Joint is normal joint located behind the lower jaw. Most common symptom of TMJ disorder is pain which radiates to lower jaw, neck, and ear. An overload of pressure (stress) from tooth grinding or additional insults to the jaw can create dysfunctions to the TMJ.

Canker Sores/ ulcers

Canker sores and ulcers can appear as a result of chemical or hormonal changes within the body. Common areas for sores are on lips , gums and roof of mouth. Canker sore presence range from slightly painful to no symptoms.

Tooth Grinding

Tooth grinding occurs in many people (adults and children) without personal awareness. Tooth wear, and tooth cracking can be damaging as a result in excessive pressure to the teeth. Possible additional symptoms may also include tooth sensitivity and pain.



St Columba Health Cabinet

Managing stress related oral health disorders

A few helpful tips in managing stress related oral health disorders:

Schedule a visit with your healthcare provider to discuss your daily lifestyle. Are you aware of stress in your life?

Maintain a balanced diet and stay hydrated. Practice mindfulness strategies with food choices.

Practice good oral hygiene through daily brushing and flossing

Get adequate sleep daily. Are you allow yourself enough hours during the day for sleep ? (including naps)

Find time during the day for quiet moments.

Submitted by St Columba Health Cabinet

1. www.UCSF.EDU "Stress and Health" by Jeffery Norris

"Comfort Food May Be Self Medication for Stress."

2. www.cdc.gov "10 leading causes of Nonfatal Emergencies

Department visits in United States Report 2017

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- SPORTING GOODS

17th Annual National Black Catholic Men's Conference – October 22-25, 2020

"Still Rising"

"Rise up take courage and do it" Ezra 10:4

HOTEL ACCOMMODTIONS

Marriott Louisville Downtown
280 West Jefferson Street
Louisville, KY 40202
Reservations Toll Free: 1-800-266-9432 or at
https://book.passkey.com/e/50047744 or
https://book.passkey.com/go/NBCMC (ask for
National Black Catholic Men's Conference Rate)

Room RateS

Room Rate: $159.00 (Single & Double)
Plus Taxes
Make your reservations early. Cut off date for conference rate is 9/21/2020 or until the contracted block of rooms are booked. Reservations received after the cut-off date is subject to space and rate availability.

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College Students $75.00
Youth Ages 10-17 $65.00

Mail Registration Payment to:
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Rev. Chester P. Smith, SVD
8681 Jaffa Court East Drive
Apt 31
Indianapolis, Indiana 46260-5327

ST. COLUMBA
CATHOLIC CHURCH

6401 San Pablo Avenue
Oakland, CA 94608

July 10, 2019

Priest/Deacon

Dear Father,

It is an honor to extend to you, an invitation to participate in the St. Columba Catholic Church, **39th annual African American Celebration series** on February xx/xx, 2020. We know that your presence will enhance the experience of all who attend. This letter is to provide some basic information about this celebration and our expectations of you.

We are in the process of discerning a theme for the celebration in the light of the readings of the day. We ask that your reflections and homily reflect the liturgical theme of these readings. Additionally, we have been using the overarching theme in the Year of Grace 2019 + **"Radical Incarnation"**, which incorporates the Social Justice teachings of our church. (We will inform you of the theme as soon as its discerned.)

Liturgy Expectations

Saturday, 4 PM Mass - Those participating in the procession meet in the sacristy at approximately 3:45 PM for prayer. Just before Mass begins, you will be introduced to the assembly. Our senior parishioners are the largest demographic and Mass usually ends by 5 PM, so that they can participate in the Eucharist before their scheduled transportation arrives to take them home.

Sunday, 8 AM Mass - Those participating in the procession meet at the main church doors for prayer at approximately 7:50 AM. The demographic is mostly adults ranging from ages 35-75 and Mass usually ends by 9:15 AM. This allows time for the parking lot to empty for those arriving for 10:30 AM Mass.

Sunday, 10:30 Mass - Those participating in the procession meet at the main church doors for prayer at approximately 10:20 AM. The demographic is varied with a higher number of children, and Mass usually ends by 12:30 PM. The gospel choir will lead the music.

Also, there will be a dinner hosted in your honor on Saturday that begins at 6 PM. So, if you have any food restrictions, please let Karen Permillion know what they are.

We offer a $750.00 stipend, along with accommodation in the parish rectory. Please provide a letter of suitability from your competent ecclesial authority addressed to Bishop Michael Barber S.J. Diocese of Oakland, 2121 Harrison Street, Oakland, CA 94122 and copied to me. The letter should be received at least two weeks before our celebration. If you have any questions please do not hesitate to contact me on my cell at (650) 248-8355 or by e-mail ajmcaleenan@gmail.com.

Blessings in Christs peace and love,

Father Aidan McAleenan
Pastor

Karen Permillion
African American Celebrations Committee

2/4/2020

To: The parish family of St. Columba

From: Fr. Aidan McAleenan, Pastor

Re: Invitations to Priests, Deacons and others to preach in Diocese of Oakland

Date: 2/4/2020

Holy People of God I want to clarify how the above referenced folk are invited to St. Columba. The process, and the content to each. Ultimately all invitations to ministry in our Diocese have to have a letter of Good Standing from a competent ecclesial authority in the church of domicile to the Bishop of Oakland.

See the text of that policy which is published weekly in a bulletin that comes to all priests and staff of the Diocese of Oakland. On the next page see a copy of the letter sent to all invitees to preach!

If you have any questions please feel free to call me at 510-654-7600

clergy suitability for ministry

Article 13 of the Charter for the Protection of Children and Young People states that "When a priest or deacon, not incardinated in the diocese/eparchy, is to engage in ministry in the diocese/eparchy, regardless of the length of time, the evaluation of his background may be satisfied through a written attestation of suitability for ministry supplied by his proper ordinary/major superior to the diocese/eparchy."

The letter is specific to the event happening in the receiving diocese – the celebration of sacraments, a retreat, a presentation, etc. These letters must come directly from the major superior or bishop. They cannot be carried by the visiting clergy, nor can we accept "celebret" cards sent or carried by the visiting clergy. The letter of suitability for ministry should be sent to Chancellor Steve Wilcox, 2121 Harrison St., Oakland 94612. If schedules do not allow the letter to be sent via postal mail, please email to swilcox@oakdiocese.org or call 510-267-8334.

St. Columba Directory of Staff & Ministries - Who and Whose We Are!

Fr. Aidan McAleenan – Pastor
ajmcaleenan@gmail.com
510-550-4026

Janell Hampton – Office Manager
officemanagerjanell@gmail.com
510-550-4060

Mary Ellen Morgan – Parish Financial Officer
pfomorgan@gmail.com
510-550-4062

Margaret Roncalli – Faith Formation Director
stcolumbafaithformation@gmail.com
510-550-4058

Sidney Ragland - Director of Music
sidkid91@gmail.com
323-708-9440

JoAnn Evans – St. Vincent de Paul
svdp@stcolumba-oak.com
510-550-4059

Kas Neteler – Pastoral Council Co-Chairperson
kneteler@stcolumba-oak.com

Vernon Whitmore - Pastoral Council Co-Chairperson
Vernon@whitmore4.com
510-459-4728

Dr. Marianela Carter – Health Cabinet
healthcabinet@stcolumba-oak.com
510-625-0660

Dr. Andria Johnson - Health Cabinet
healthcabinet@stcolumba-oak.com

Bonnie Lovette, RN MS PNP - Emergency Response Team
NICU18@aol.com

Maurice Harper – Youth Ministry
mhj663673@gmail.com
415-385-8307

Bernardine Joseph - Church Bulletin
berniecjoseph1943@gmail.com
(510) 587-9544

Giancarlo Calabrese - Web Master
endeavor144@gmail.com

Chris Reyes - Parish Website
www.stcolumba-oak.com

Alpha Outreach Ministry: Joyce Scotlan
African American Committee: Karen Permillion
Altar Servers: Herve David
Art/Environment: Francine Peters
Board of St. Columba Development: Fr. Aidan McAleenan
Bread Bakers: Sr. Marian Castelluccio, Laurenteen Brazil
Cantor/Musicians: JoAnne Evans, Nancy Pope-Angulo, Jerry Donaldson
Detention/Jail: Buzz Sherwood
Eucharistic Ministers: Laurenteen Brazil
Gospel Choir/Liturgical Dance: Alice McGaugh
Health Cabinet & HIV/AIDS Ministry: Dr. Marianela Carter & Dr. Andria Johnson
Homebound Out Reach: Marianela Carter
Hope for Haiti: Elena Gaudet, Judy Luce
Hospitality: Grace Marie Landrio
Knights of St. Peter Claver: Andrew Peters
Ladies of St. Peter Claver: Dolores Hill
Liturgy: Margaret Roncalli
Memorial Crosses: Rich Laufenberg
Men's Group: Andrew Peters
Faith in Action (formally OCO): Andrew Peters
Procession: Linda Whitmore
Proclaimers: Karen Permillion
Sacristan: Venus O. Manuel
Scholarship Committee: Thomas Shaver
Scripture Study: Gillian Small
St. Francis Pledge: Laurenteen Brazil
Ushers: Russell Lopes
Volunteers (Office): Janell Hampton
Women's Group: Lucy Castro

THOUGHT FOR THE WEEK

Life is short, so live it. Love is rare, so grab it. Fear controls you, so face it. Memories are precious, so cherish them. We only get one life, so live it!

Osram Ne Nsoromma

courage, valor

READINGS FOR THE WEEK

Monday: 1 Kgs 8:1-7, 9-13; Ps 132:6-7, 8-10; Mk 6:53-56
Tuesday: 1 Kgs 8:22-23, 27-30; Ps 84:3-5, 10-11; Mk 7:1-13
Wednesday: 1 Kgs 10:1-10; Ps 37:5-6, 30-31, 39-40; Mk 7:14-23
Thursday: 1 Kgs 11:4-13; Ps 106:3-4, 35-37, 40; Mk 7:24-30
Friday: 1 Kgs 11:29-32; 12:19; Ps 81:10-11ab, 12-15; Mk 7:31-37
Saturday: 1 Kgs 12:26-32; 13:33-34; Ps 106:6-7ab, 19-22; Mk 8:1-10
Sunday: Sir 15:15-20; Ps 119:1-2, 4-5, 17-18, 33-34; 1 Cor 2:6-10; Mt 5:17-37 [20-22a, 27-28, 33-34a, 37]

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