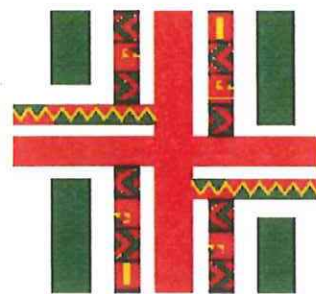


ST. COLUMBA

CATHOLIC CHURCH



6401 San Pablo Avenue - Oakland, CA 94608-1233

Phone: 510-654-7600

Email: parish@stcolumba-oak.com

Website: www.stcolumba-oak.com

Pastor
Fr. Aidan McAleenan

Pastoral Associate
Margaret Roncalli

Clergy Support
Fr. Kwame Assenyoh
Fr. Hilary Martin, OP
Fr. Ken Hamilton, SVD
Fr. Alejandro Baez, SJ

Office Manager
Harriett Dunn

Pastoral Council Chairperson
Nancy Pope-Angulo

Director of Music
Paul Daniels

Bulletin Editor/Office Assistant
Bernardine Joseph

Liturgy
Monday, Friday and Saturday: 8:00 AM
Tuesday & Thursday: 7:00 AM
(Prayer on Zoom)
Mass: Tuesday, Wednesday and Thursday
8:00 AM
Rosary: after Mass on Tuesday and Thursday
Saturday Mass: 4:00 PM
Sunday Masses: 8:00 AM and 10:30 AM

Office Hours
Tuesday-Thursday
10:00 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 or by appt.

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



"democracy, unity
in diversity"

Mission & Vision

Through African American traditions, we are moved
by the Spirit to serve.

*We Know Whose and Who
We Are*

January 25, 2026



African American Families



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

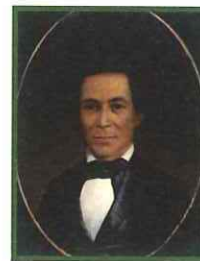
THIRD SUNDAY IN ORDINARY TIME

100 Greatest African Americans (Wikipedia)

John Brown Russwurm was a Jamaican-born American abolitionist, newspaper publisher, and colonist of Liberia, where he moved from the United States. He was born in Jamaica to an English father and enslaved mother. As a child he traveled to the United States with his father and received a formal education, becoming the first black person to graduate from Hebron Academy and Bowdoin College.

As a young man, Russwurm moved from Portland, Maine, to New York City, where he was a founder with Samuel Cornish of the abolitionist newspaper Freedom's Journal, the first paper owned and operated by African Americans.

Russwurm became supportive of the American Colonization Society's efforts to develop a colony for African Americans in Africa, and he moved in 1829 to what became Liberia. In 1836 Russwurm was selected as governor of Maryland in Africa, a small colony set up nearby by the Maryland State Colonization Society. He served there until his death. The colony was annexed to Liberia in 1857.



Oct. 1, 1799-Jun. 9, 1951

Today's Good News — Living with Christ

“...a house...divided against itself...will not be able to stand”

(Mark 3:25). » I have experienced the excitement of building a new house and the creative forces necessary for remodeling and old house to be exhausting. My husband and I frequently needed to recalculate our plans based on the house's foundation...very much like our marriage.

Years ago, Michael and I struggled to even like each other. I wasn't sure that our marriage would survive. The obstacles felt too immense. We were trying to transform and renovate our marriage without examining its foundation. We finally got on our knees and vowed to hold hands and pray to Memorare each night. MARIA RUIZ SCAPERLANDA

PRAYERS OF THE SAINTS

Life of Faith

“God is not satisfied with appearance. God wants the garment of justice. God wants his Christians dressed in love.”

- St. Oscar Romero

Generosity

“When we serve the poor and the sick, we serve Jesus. We must not fail to help our neighbors because in them we serve Jesus.”

- St. Rose of Lima

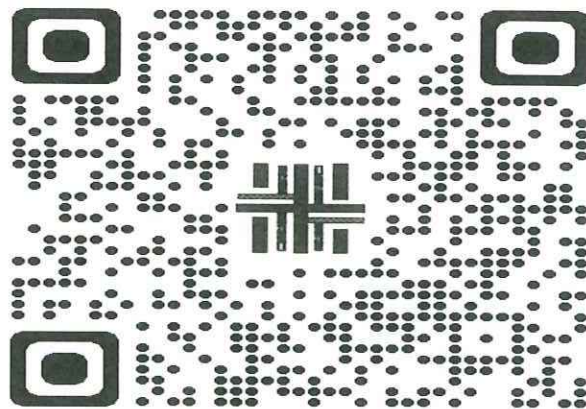
Trusting in God

“I trust in God and wish nothing else, but his will.”

- St. Zygmunt Felinski



Jan. 24, 2026 - Mass (4:00pm)
 Jan. 25, 2026 - Masses (8:00am & 10:30am)
 African American Celebration Series (9am-3pm)
 Jan. 26, 2026 - Morning Prayer (Mon. Fri. & Sat. 8:00am)
 (Tues. Wed. & Thurs. 7:00am) Zoom
 Mass In person and online (8:00am)
 Rosary following Tues & Thurs. Masses
 Reflection on Psalms (9:00am) Zoom
 Movie Night (6:00pm) Zoom
 Jan. 28, 2026 - RCIA (6:30pm)
 Jan. 30, 2026 - Morning Prayer (8:00am-9:00am)
 Prayer of Presence & Deep Meditation (9:00am)
 N/A (6:45pm-8:30pm)
 Jan. 31, 2026 - Remembrance for Virgie Clark (11am-8pm)



ST. COLUMBA DONATIONS

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 _____



Faith Formation

Nea onnim sua a, ohu

"one who does not know can know from learning"

Knowledge / life-long learning

The Catechumenate Process

is the Order of Christian Initiation of Adults

Are you seeking?

Maybe seeking baptism for yourself?

Or becoming Catholic? Have you thought about completing confirmation as an adult? What are your questions about coming to an **adult faith** in the church today? You are welcome to contact Margaret Roncalli at mroncalli@stcolumba-oak.com.

Or you may speak to a catechumenate team member: Karen Permillion, Susan Wiley, Phil and Nadine Maher, Toinette Eugene, Dolores Hill, Tucker Pinochi, Veronica Alexander, Nick Wagner.

Q: Why don't the catechumens stay for the whole Mass?

A: After the homily, those preparing for the baptism, confirmation, eucharist are dismissed to enter the Word of God more deeply. Like for any of us, listening to the Word of God (especially this Word of God Sunday) and the questions it raises for us touches where our "growing edge" is. Often it's through our questions and feelings that the Holy Spirit speaks to us. They are listening to the Word and responding.

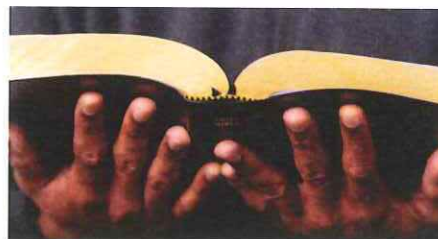
Pray for our catechumens: Sarah Perez; Pam Sanchez Hernandez; Daniella Hanley; Victoria and Julian Elopore; Pierce, Elian, and Yatzil Brown; Cole White — greet them and get to know them.



Upcoming Dates for Faith Formation

- Jan 25 Middle sch Liturgy of the Word (at 10:30)
- " Children's Liturgy of the Word (at 10:30)
- Feb 1 Sacramental Prep (at 9am) *Sr Thea Room*
- " Sac Prep (parents, 9am) *Reconciliation Rm*
- Feb 8 Middle sch Liturgy of the Word (at 10:30)
- " Children's Liturgy of the Word (at 10:30)
- " Church for Tots (at 10:30)
- Feb 15 Sacramental Prep (at 9am) *Sr Thea Room*
- " Sac Prep (parents, 9am) *Reconciliation Rm*

Word of God Sunday



Reflecting on the Word

From today's Isaiah reading: *The people who have walked in darkness have seen a great light, upon those who dwelt in the land of gloom a light has shone.*

Reflection: If we have turned to Jesus, as he invites us today, then we are reflectors of his light – we are light bearers. He calls us again to be part of the fulfillment of Isaiah's promise: to bring light into the darkness, joy for those in gloom and distress.

So we ask ourselves: As I look around my personal landscape what darkness do I perceive? What can I do to bring light into that darkness, relief to those who are in "a land of gloom?"

—Fr Jude Siciliano, OP



**Third Sunday
in Ordinary Time**

PRETTY HANDY THAT
THEY WERE IN THE
FISHING BUSINESS SO
THAT JESUS COULD
MAKE THAT **PLAY ON**
WORDS.



WWW.AGNUSDAY.ORG

I THINK IT TEACHES US
THAT JESUS CALLS US TO
WITNESS IN THE CONTEXT
OF OUR VARIOUS
VOCATIONS.



AND I'D LIKE TO THINK THAT
THE LIVING WORD OF GOD
ALWAYS HAS A FABULOUS
TURN OF PHRASE AT THE
READY.



MATTHEW 4:12-23

January 25: Sunday of the Word of God

The Third Sunday in Ordinary Time is designated as the Word of God Sunday. While we revere and reflect on the Word of God at every Mass, the Church invites us to more intentionally build and strengthen our love of Sacred Scripture.

We encourage families to place a bible in a special location as a sign of the value of the Word of God in Sacred Scripture. You may want to hold a ritual of enthroning the bible in a place of honor in your home.

The beginning of Ordinary Time offers a marvelous opportunity to renew our commitment to Christ as he calls us to discipleship. In 2019, Pope Francis designated the **Third Sunday in Ordinary Time** as **Sunday of the Word of God**, inviting the Church to enter more deeply into sacred Scripture as a living presence in our daily lives. Today's readings beautifully illuminate our call to be both hearers and doers of the Word.

The First Reading from Isaiah echoes the joy of Christmas:

The people who walked in darkness have seen a great light;
upon those who dwelt in the land of gloom, a light has shone.

This familiar passage from Isaiah 9 was proclaimed at the Christmas Mass During the Night. Today, however, the focus is not on the birth of the Child, but on God's light itself – a light powerful enough to dispel darkness and lift heavy burdens. This teaching is reinforced by today's Responsorial Psalm: "The Lord is my light and my salvation." The Word of God is a primary means by which that divine light shines into our lives.

In the Second Reading, Saint Paul addresses the Christian community in Corinth, a city marked by moral confusion and competing loyalties. He urges unity, "that there be no divisions among you, but that you be united in the same mind and purpose." Paul reminds them that Christ alone is the source of their faith. He was crucified for them; he is the one who unites them. As Pope Francis wrote in his decree for Word of God Sunday, **"The Bible is the book of the Lord's people who, in listening to it, move from dispersion and division toward unity."**

The Gospel from Matthew brings this message to life. Jesus begins his ministry by proclaiming repentance and calling ordinary people – fishermen like Peter and Andrew – to follow him. During a time of uncertainty and oppression, his words brought clarity, purpose, and hope. In encountering Jesus, the disciples encountered the Word of God made flesh – and their lives were forever changed. May we, too, recognize that same living Word calling us today.

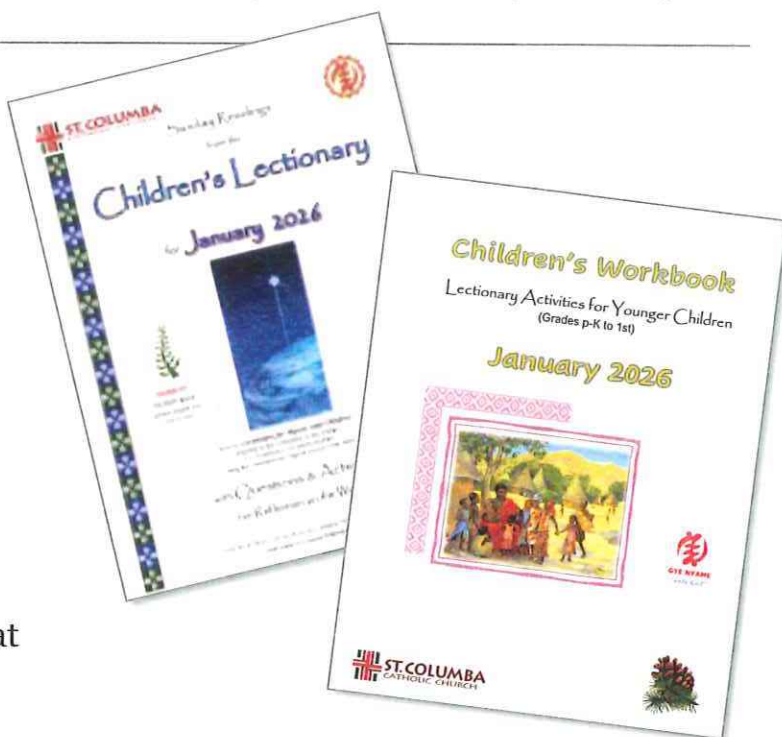
(source: OCP)

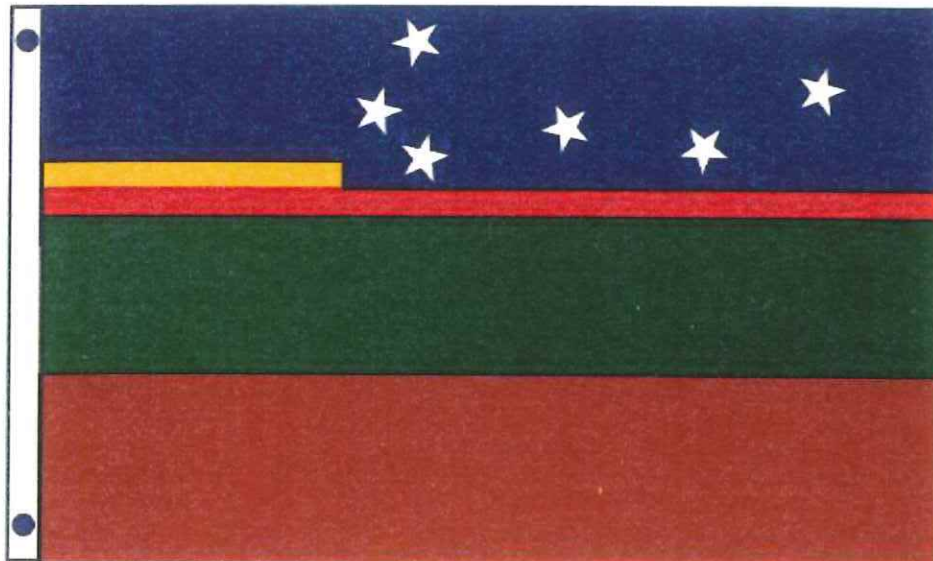
Children's Lectionary

The **January** children's lectionary is here: the monthly booklet of Sunday readings, family discussion questions, activities for children. This includes "parent pages" with articles, prayers, and links of interest to parents and grandparents.

The workbook for the younger ones has coloring pages & simple (grades pK-1) activities.

If you'd like to receive a copy for your family, see the table at the front entry of the church, or email to Margaret Roncalli at mroncalli@stcolumba-oak.com





© 1993

Civil Rights Movement Historical Flag

The Flag

The Civil Rights Movement Historical Flag symbolizes the struggle for freedom by African-Americans in the United States. Mildred Scott McConnell of Oakland, CA, conceived and designed the flag in commemoration of Dr. Martin Luther King, Jr. for the 25th anniversary of his assassination, April 4, 1993. It is to thank with Christian love those involved, committed and dedicated to the struggle. It is a legacy of hope to future generations.

The Stars

The six stars represent the first participants in the Civil Rights Movement: Alabama, Georgia, Mississippi, District of Columbia, Illinois, and Tennessee. The cry for equality was eventually echoed throughout the United States.

The Colors

Rust	Represents the soil of Alabama, Georgia and Mississippi
Green	Represents the hills and valleys of Tennessee
Red	Represents the blood of those who lost their lives
Yellow	Represents the Montgomery, Alabama bus boycott and the busing to integrate schools
Blue	Represents the sky and the loyalty of those who supported the movement

Lectio Divina



Lectio Divina for the Third Week in Ordinary Time

We begin our prayer:

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

Almighty ever-living God,
direct our actions according to your good pleasure,
that in the name of your beloved Son
we may abound in good works.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the

Holy Spirit,
God, for ever and ever.

(Collect, Third Sunday in Ordinary Time)

As he was walking by the Sea of Galilee, he saw two brothers, Simon who is called Peter, and his brother Andrew, casting a net into the sea; they were fishermen. He said to them, “Come after me, and I will make you fishers of men.” At once they left their nets and followed him. He walked along from there and saw two other brothers, James, the son of Zebedee, and his brother John. They were in a boat, with their father Zebedee, mending their nets. He called them, and immediately they left their boat and their father and followed him. He went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people.

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 4:12-23

When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and went to live in Capernaum by the sea, in the region of Zebulun and Naphtali, that what had been said through Isaiah the prophet might be fulfilled:

*Land of Zebulun and land of Naphtali,
the way to the sea, beyond the Jordan,
Galilee of the Gentiles,
the people who sit in darkness have seen a great
light,
on those dwelling in a land overshadowed by death
light has arisen.*

From that time on, Jesus began to preach and say,
“Repent, for the kingdom of heaven is at hand.”

Meditation (*Meditatio*)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.

Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.



United States
Conference of
Catholic Bishops



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

When Jesus heard that John had been arrested, he withdrew to Galilee. When have I withdrawn from God due to struggles and difficulties? How can I use these moments to rely on God more fully?

Come after me, and I will make you fishers of men. How can I participate more fully in the Church's mission? How can I help the people I meet to encounter Christ?

He went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people. How am I called to serve my family, my parish, and my community? What obstacles keep me from serving?

After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:

Closing Prayer

The LORD is my light and my salvation;
whom should I fear?

The LORD is my life's refuge;
of whom should I be afraid?

One thing I ask of the LORD;
this I seek:

To dwell in the house of the LORD
all the days of my life,

That I may gaze on the loveliness of the LORD
and contemplate his temple.

I believe that I shall see the bounty of the LORD
in the land of the living.

Wait for the LORD with courage;
be stouthearted, and wait for the LORD.

(From Psalm 27)

Living the Word This Week

How can I make my life a gift for others in charity?

Fast from social media, streaming, or other forms of entertainment one day this week and use the found time to offer assistance to someone in need.

Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.

St. Columba Gifts of Treasure Update

WHO AND WHOSE WE ARE

Monthly Goal	\$50,050.00
Weekly Goal	\$11,550.50
Collection 12/09/2025	\$12,555.06
Collection 12/16/2025	\$9,292.90
Collection 12/23/2025	\$12,642.50
Collection 12/30/2025	\$13,769.05
Collection 01/06/2026	\$11,482.00
Collection 01/13/2026	\$10,681.26
Collection 01/20/2026	\$7,637.25

January 25, 2026

Mass Intentions



for the week

Saturday: 4:00 am Kevin Arbuckle †
Sunday: 8:00 am †
Sunday: 10:30 am People of St. Columba

RELIGION DEFINED

I do not know how philosophers may ultimately define religion; but from Micah to James it has been defined as service to one's fellow human rendered by following the great rule of justice and mercy, of wisdom and righteousness.

—Theodore Roosevelt

For list of weekly lectionary reading, please visit 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



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.

Adela Andujar, Jacqueline Augustine, Godfrey Augustine, Cornelius Augustine, Barrett Baker, Ruthie Bolden, Shawrokh Boatwright, Jencie Boyce, Mary Ann Braithwaite, Taylor Branche, Brenda Brown, Denise Brown -Chambers, Catherine Ann Brown, Rafael Buettner, Gabriel Buettner, Carl Brush, Sharon Bush, Joan Campbell, MarieJo Carlsen, Sharon Ceasar, Ellen Clewell, Jim Clewell, Cirena Cole, Lucille Cole, Elizabeth Council, Dolores Covington, Ann Crenshaw, Jimmy Cry, Cecelia Lois Danielson, Fred Davis, Albert Dixon, Jerry Donaldson, John Dorr, Roberta Drury, Regina M. Finch, Angelica Folsom, Joyce Fulton, Velma Gaines-Miller, Bill Gallagher, Maureen Gallagher, Johnny B. Gibson, Merian Givens, Lynda Glasser, Benedict Gomez, Bernard Gomez, Carolyn (Tont) Greenridge, Carolyn Hall, Charles Hall, III, Taviyeh Hall, Reuben Hetz, Timothy, Heney, Mary Joyce Hill, LaVerta Marie Jones, Louis Labat, Aaron Laird, Rich Laufenberg, LaeCharles T. Lawrence, Sr., Lawrence

LeBlanc, Ronda Lee, Trudy Lockwood, Maureen Lolonis, Annalina Lowden, Yolanda Martinez-Alley, Merrine McDonald, Roberta McLaughlin, Ashanti McNeil, Charles Millet, James Moore, Joan Morris, Diana Munoz, Bernadine Nelson, Kim Nelson, Janice Payne, Francine Peters, Mary Ann Pinkney, Floyd Renty, Lexington Reyes, Dauntae Roberson, Sonny Robinson, Don Rodrigues, Delores Rougeau, Joanne Sample, Leroy Sanders, Robert Scotlan, Jonel Seon, Alexis Sims, Cloretta Sparks, Lottie Steib, Roscoe Teague, Jr., Lawrence Turner, Jr., Carol Valencia, Cheryl Valencia, Betty Varner, Clarence Varner, Justin Wallace, Danette Wash, Carl Watson, Juanita West, Georgia Weatherspoon, Gary Wheller Justin, Susan Wiley, Woodard, Harold Woodard, Ha'vy Woodward, Roger Yarbrough, Dorothy Young

in person starting Feb 24

Free pre-registration required

BIBLE STUDY

Overview of the Four Gospels

Led by Ann Naffziger, MDiv, MA

St. Columba Catholic Church | 6401 San Pablo Av. Oakland, CA

Whether you've never cracked open your family Bible or you have some background with Scripture study, this class will have something for everyone. From the very basics to more complex questions, we'll explore the Gospels with both an academic and spiritual lens. Come away with greater insights that will help deepen your faith and understanding.

TOPICS INCLUDE:

- Who were Matthew, Mark, Luke, and John anyway?
- Why do some stories contradict each other?
- What is and isn't included in the Bible about Jesus?
- Who was Jesus, and who is he for us today?

Tuesdays 6:30p - 8:00p in person

Feb 24
Mar 10
Mar 24
Mar 31
Apr 14
Apr 28

More info and to register: ann@pastoral.center

RECRUITING PARTICIPANTS! BLACC FOOD IS MEDICINE PILOT STUDY

A community-university partnership between Black Ladies Advocating for Cancer Care (BLACC), and Stanford School of Medicine to develop a Food is Medicine program for breast cancer survivors developed by and for Black women.

DESCRIPTION

You are invited to participate in a breast cancer focus group! This group will include 10-12 other Black women who are currently undergoing treatment or are breast cancer survivors, along with caregivers and peer navigators who support Black women with breast cancer. You will be asked about food ways (the types of foods eaten, how they are grown, bought, and made) of Black women during breast cancer treatment or survivorship. The purpose is to develop a "Food is Medicine" program designed by and for Black women.

PROCEDURES

- Participate in a focus group discussion with other Black women, peer navigators and caregivers.
- Focus group will last 1.5-2 hours
- Participate in-person or on zoom

ELIGIBILITY

- Self-identify as Black/African American Women
- Breast cancer patient or survivor
- 18 years and older
- Willing to meet in-person in the East Bay for focus group session or virtually
- Caregivers and Peer Navigators who have served Black women with Breast Cancer

BENEFITS

- Access to information about nutrition and breast cancer
- \$50 gift card

Principal Investigators:

- Starla Gay, MPA - BLACC
- Lisa G. Rosas, Ph.D., M.P.H. - Stanford

Phone: (510) 603-3284

Email: lgrosas@stanford.edu

Website: www.blacc-stanfordoce.com

*"For complaints, concerns, or participant's right questions, contact
1-866-680-2906."*



African American Celebration Series 2026

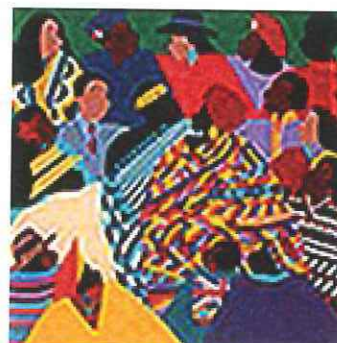
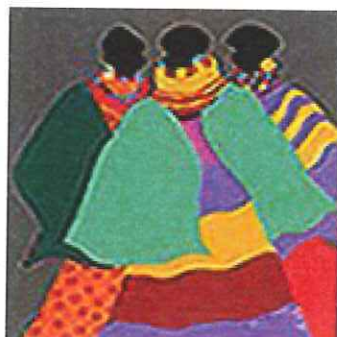
JANUARY 17 - FEBRUARY 15

"We Are Keepers of the Flame"

SATURDAYS 4:00 PM / SUNDAYS 8:00 & 10:30 AM

SUNDAY 10:30 LIVESTREAM: CHURCH WEBSITE, YOUTUBE, FACEBOOK, ZOOM

Art by Synthia St. James



COME CELEBRATE WITH OUR DISTINGUISHED SPEAKERS



January 17 - 18

Ron Bazile

African American Celebrations Committee, St. Columba



January 24 - 25

Dr. Cynthia Bailey Manns, Dir. of Adult Learning

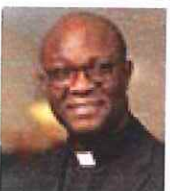
St. Joan of Arc Catholic Community, Minneapolis, MN



January 31 - February 1

Fr. Sidney Speaks, Pastor

St. Joseph the Worker Catholic Church, Marrero, LA



February 7 - 8

Fr. Kwame Assenyoh, Chaplain

St. Mary's College (Moraga, CA)



February 14 - 15

TBD



Gospel Workshop Choir

Directed by **LeRel Ross**, Dir. of Music

Our Lady of Lourdes Catholic Church (Atlanta, GA)

As we get ready for Wellness and Hypertension Screening

Feb 21, Feb 22

Part I: Hypertension: Facts and how to monitor at home

The Facts About High Blood Pressure

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

Check out how to monitor your blood pressure at home:

<https://www.youtube.com/watch?v=rAwliNWe1bl>



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

The five blood pressure ranges as recognized by the American Heart Association are:

Normal Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

Elevated

Elevated blood pressure is when readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.

Hypertension Stage 1

Hypertension Stage 1 is when blood pressure consistently ranges from 130-139 systolic or 80-89 mm Hg diastolic. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.

Hypertension Stage 2

Hypertension Stage 2 is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

Learn How to Monitor Your Blood Pressure at Home

It's important to know how to do it correctly, especially if your doctor has recommended that you regularly monitor your blood pressure.

Left-arm vs. right-arm blood pressure

Several studies have been done to determine what is a normal variation between right and left arm. In general, any difference of 10 mm Hg or less is considered normal and is not a cause for concern.

Why keep a blood pressure journal?

One blood pressure measurement is like a snapshot. It only tells what your blood pressure is at that moment. A record of readings taken over time provides a "time-lapse" picture of your blood pressure that can help you [partner with your physician](#) to ensure that your [treatments](#) to lower [high blood pressure](#) (HBP or hypertension) are working.

Coming next: nutrition and exercise to help keep you in the normal range

Meg Bowerman, RN

St. Columba Health Cabinet Part 2: Hypertension
Free Screening: Feb. 14, 15 Mother Lydia Chapel
after Masses

Nutrition and Exercise tips (following previous column on blood pressure readings and how to measure correctly).

Excellent sites for more information:

www.heart.org/national-hypertension-control-initiative



<https://www.heart.org/en/national-hypertension-control-initiative/community-health-center-hub/healthy-community-tools#hltk>

Quiz and answers:

- Nine out of 10 Americans consume too much sodium.

True

- What is the AHA's recommend limit for sodium consumption per day?

About 2,300 milligrams

- Too much sodium puts you at risk for which of the following?
- *All:* Enlarged Heart Muscle, Headaches, Kidney Failure, Diabetes and many other conditions



Together with Newman Nonviolent Peacemakers

Pax Christi Northern California Presents our Speaker:

Anne Symens-Bucher

Activist Peacemaker & Cofounder of **Canticle Farm**

**& the 2025 Tom Webb Memorial Peacemaker of the Year Awardee
Maurice Harper** Ministry Leader, Social & Racial Justice Activist

Saturday, February 14, 2026 from 9 am - Noon (Registration starts at 8:30 am)

The Journey of Peacemaking: Using the story of Francis meeting the Sultan, and the framework of the Spiral of the Work That Reconnects, Anne will invite us to reflect on what we can learn from St. Francis about the gifts we receive when we open our hearts to our perceived enemies. Francis' journey can inspire our own peacemaking journey in this time of violence and polarization.



ANNE SYMENS-BUCHER was Joanna Macy's executive assistant and also previously served the Santa Barbara Province Franciscan Friars as co-director of their Justice, Peace, and Integrity of Creation Office. She once lived at the New York Catholic Worker with Dorothy Day and then founded the Oakland Catholic Worker. She co-founded the Nevada Desert Experience, organizing events at the Nevada Test Site. Anne and her husband, Terry, are Secular Franciscans and founders of Canticle Farm, an intentional community experimenting at the intersection of faith, social justice, and Earth-based nonviolent activism.

MAURICE HARPER, JR. is a ministry leader, social activist, and renowned educator. He is a member of Faith in Action East Bay and the Diocesan Racial Task Force, an active participant in Oakland Ceasefire Walks in Oakland, and a facilitator of JustFaith programs on racial equity, healing, and justice. A long-time member of St. Columba's Church, Maurice is head of their St. Vincent de Paul Society and assists with many social justice and youth activities. He has been an educator in Bay Area schools, including as principal of the former St. Martin de Porres School in Oakland.



Newman Hall/Holy Spirit Church

2700 Dwight Way, Berkeley, CA (at College Avenue). Disabled accessible building.

Parking Hourly parking at Underhill Parking Garage at 2550 Channing Way (Haste and Channing) and street parking. Disabled parking available in the lot across from Newman.

Suggested donation of \$20-\$25 Payable by check, cash, or credit at the event, or via PayPal or credit card online at paxchristinorcal.org. But all are welcome regardless of ability to pay.

Email info@paxchristinorcal.org for RSVP and questions, or phone Dennise at 510-303-9767.



DIVINE 9 SUNDAY

Celebrating BLACK HISTORY MONTH

In honor of Black History Month and in celebration of our rich history, members of the National Pan-Hellenic Council are invited to join in worship with the St.

POSTPONED

*NEW DATE TO BE
ANNOUNCED SOON*

ALPHA PHI ALPHA FRATERNITY, FOUNDED 1908 @ CORNELL UNIVERSITY
ALPHA KAPPA ALPHA SORORITY, FOUNDED 1908 @ HOWARD UNIVERSITY
KAPPA ALPHA PSI FRATERNITY, FOUNDED 1911 @ INDIANA UNIVERSITY
OMEGA PSI PHI FRATERNITY, FOUNDED 1911 @ HOWARD UNIVERSITY
DELTA SIGMA THETA SORORITY, FOUNDED 1913 @ HOWARD UNIVERSITY
PHI BETA SIGMA FRATERNITY, FOUNDED 1914 @ HOWARD UNIVERSITY
ZETA PHI BETA SORORITY, FOUNDED 1920 @ HOWARD UNIVERSITY
SIGMA GAMMA RHO SORORITY, FOUNDED 1922 @ BUTLER UNIVERSITY
IOTA PHI THETA FRATERNITY, FOUNDED 1963 @ MORGAN STATE UNIVERSITY

There are 9 historically Black Greek letter organizations (BGLOs) that make up the National Pan-Hellenic Council. Collectively, these organizations are referred to as "The Divine Nine." Each of these fraternities and sororities is rich in history - ties to one or more of these organizations may be found in many college-educated Black families in the United States.

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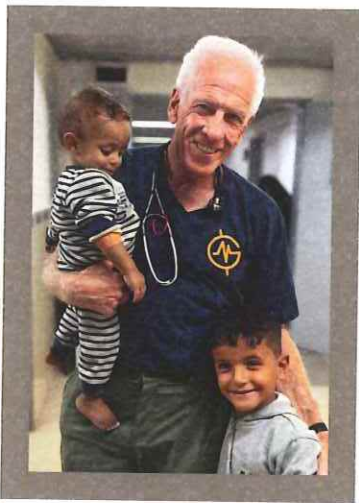
Join us for a thoughtful conversation as peacemaker and healer share their experiences from Gaza and regions impacted by conflict & war.



What is happening in Gaza?

and

What can we, the Church, do to facilitate peace & healing in the Middle East and other areas of great suffering?



Dr. Greg Shay

Global Health Pediatrician
at American Academy of
Pediatrics



Monday, January 26, 2026

7:00-8:30PM

Newman Hall/Holy Spirit Parish
2700 Dwight Way, Berkeley, CA 94704



Reverend Allison Tanner

Pastor, educator and
national organizer of the
Apartheid-Free
Communities

PEACE, JUSTICE, & HEALING IN GAZA

Read a 2025
NCR article
about the work
of Dr. Shay here.



Let us know you're coming!
RSVP here



Read about Rev.
Tanner and her
work here.



St. Columba Directory of Staff

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Giancarlo Calabrese - Web Master

endeavor144@gmail.com

Alpha Outreach Ministry: Joyce Scotlan

African American Committee: Ron Bazile (Interim Chair)

Altar Servers: Herve David

Art/Environment: Francine Peters

Board of St. Columba Development: Fr. Aidan McAleenan, Nancy Pope-Angulo

Book Club: Mona Rodrigues

Cantor/Musicians: Paul Daniels, JoAnn Evans, Nancy Pope-Angulo

Church for Tots: Laurin Porter

Confirmation: Dr. Marianela Carter

Eucharistic Ministers: Dolores Hill,

Events Ministry: Linda Whitmore

Faith Formation: Margaret Roncalli

Faith in Action: Meg Bowerman, Valeria Ochoa

Finance Committee: Kim Ramirez Kelley, Simone Belinga

Gospel Choir/Liturgical Dance: Alice McGaugh

Homebound Out Reach: Dr. Marianela Carter

Hope for Haiti: Judy Luce, Sr. Marilyn Medau

Hospitality: Grace Marie Landrio

Knights of St. Peter Claver: Maurice Harper

Ladies of St. Peter Claver: Joan Morris

Listening Ministry: Gwen Evans, Fred Piazza, Meg Bowerman

Liturgy: Diana Macalintal

Memorial Crosses: Rich Laufenberg

Men's Group: Andrew Peters

Mental Health Ministry: Karen Permilion, Fred Piazza

Pride Ministry: Ignatius Bau

Procession: Linda Whitmore

Proclaimers: Hollis Pierce-Jenkins, Karen Permilion, Barry Stenger, Elizabeth Balbin

Sacristan: Venus O. Manuel

Scholarship Committee: Mona Rodriguez, Denise Turner

Scripture Study: Gillian Small

Ushers: (Open)

Volunteers (Office): Harriett Dunn

THOUGHT FOR THE WEEK

"It does not matter how slowly you go
as long as you do not stop"

- Confucius

Bi N ka



"democracy, unity in diversity"

READING FOR THE WEEK

Sunday: First Reading: Isaiah 8: 23- 9:3; **Psalm** 27: 1, 4, 13-14; **Second Reading:** First Corinthians 1: 10-13, 17; **Alleluia:** Matthew 4: 23; **Gospel:** Matthew 4: 12-23 or Matthew 4: 12-17
Monday: First Reading: First Timothy 1: 1-8 or Titus 1: 1-5; **Psalm** 96: 1-2a, 2b-3, 7-8a, 10; **Alleluia:** Second Timothy 1: 10; **Gospel:** Mark 3: 22-30
Tuesday: First Reading: Second Samuel 6: 12b-15, 17-19; **Psalm** 24: 7, 8, 9, 10; **Alleluia:** Matthew 11: 25; **Gospel:** Mark 3: 31-35
Wednesday: First Reading: Second Samuel 7: 4-17; **Psalm** 89: 4-5, 27-28, 29-30; **Gospel:** Mark 4: 1-20
Thursday: First Reading: Second Samuel 7: 18-19, 24-29; **Psalm** 132: 1-2, 3-5, 11, 12, 13-14; **Alleluia:** Psalm 119: 105; **Gospel:** Mark 4: 21-25
Friday: First Reading: Second Samuel 11: 1-4a, 5-10a, 13-17; **Psalm** 51: 3-4, 5-6a, 6bcd-7, 10-11; **Alleluia:** Matthew 11: 25; **Gospel:** Mark 4: 26-34
Saturday: First Reading: Second Samuel 12: 1-7a, 10-17; **Psalm** 51: 12-13, 14-15, 16-17; **Alleluia:** John 3: 16; **Gospel:** Mark 4: 35-41



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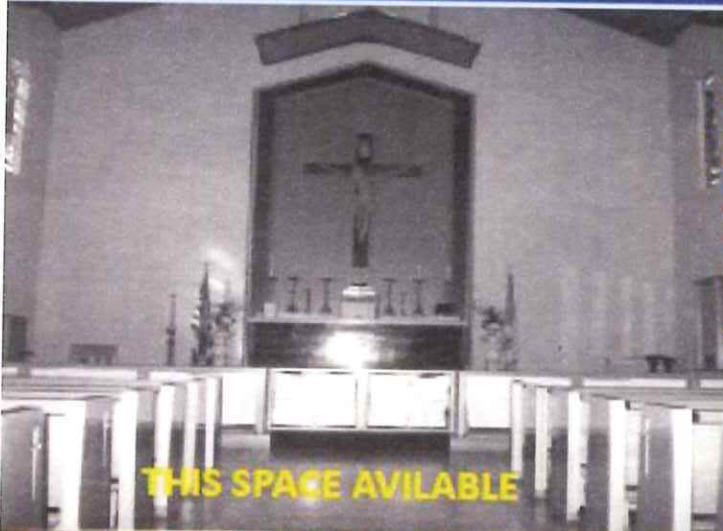


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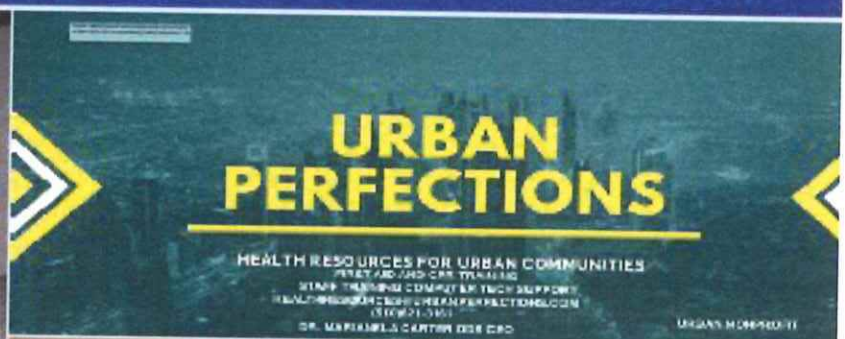
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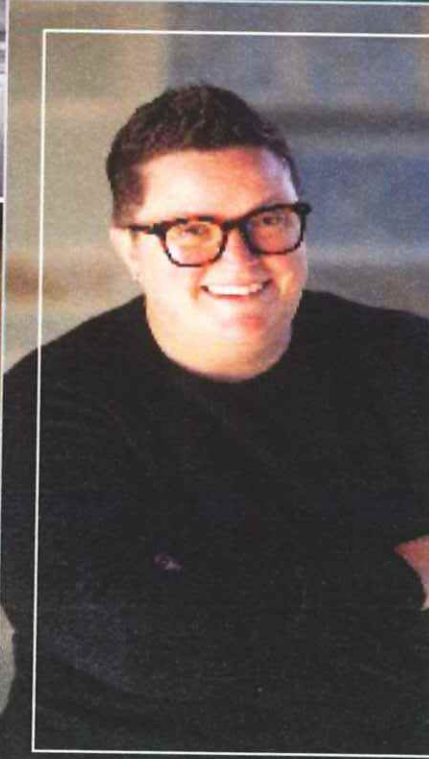


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