

**MASS INTENTIONS FOR THE WEEK/  
 INTENCIONES SEMANALES**

**Sat:** 5:00 PM Mary S. Coelho  
**Sun:** 8:30 AM Sandy Hicks  
 10:30 AM Parishioners of St. Anne  
 12:30 PM David & Imelda García aniversario de 50 años de casados  
**Mon:** 9:00 AM Communion Service  
**Tue:** 9:00 AM Communion Service  
**Wed:** 9:00 AM Communion Service  
**Thurs:** 9:00 AM Communion Service  
**Sat:** 5:00 PM June Ramos & Dorothy Diaz Intention  
**Sun:** 8:30 AM Tom Devlin  
 10:30 AM Don LaPlante  
 12:30 PM Miembros vivos y difuntos de Sta. Ana

**THIS WEEK AT ST ANNE/  
 ESTA SEMANA A ST. ANA 03/13/10- 03/21/10**

**Sat: Vigil – 4<sup>th</sup> Sunday of Lent**  
 9:00 AM Strength Finders Retreat/Fireside  
 6:30 PM Knight's St. Patrick's Dinner/Hall  
*2<sup>nd</sup> Collection – Catholic Relief Services*  
**Sun: 4<sup>th</sup> Sunday of Lent**  
*2<sup>nd</sup> Collection – Catholic Relief Services*  
**Mon:** 9:00 AM Hospital Communion/Sutter Delta Hospital  
 9:45AM Rosary & Prayers for Peace/Chapel or Garden  
 6:30 PM Spanish Prayer Group/Chapel  
**Tues:** 6:30 PM Inquiry/Fireside  
 7:30 PM Finance Committee/Room 2  
**Wed:** 12:00 PM WF Crafting/Fireside  
 7:00 PM Stations of the Cross/Chapel  
 7:00 PM Spanish Bible Study/Room 1A  
**Thurs:** 6:00 PM Boy's Ranch/Offsite  
 7:00 PM Bi-Lingual Choir Practice/Hall  
**Fri:** 5:00 PM Knight's Friday Fish Fry/Hall  
 7:00 PM Via Cruz/Chapel  
**Sat: Vigil – 5<sup>th</sup> Sunday of Lent**  
 10:00 AM Piano Fundraiser Recital/Hall  
**Sun: 5<sup>th</sup> Sunday of Lent**  
 2:00 PM Choir Practice/Hall  
*Hospitality Sunday*

**STEWARDSHIP THOUGHT**

The stewardship message in the parable of the Prodigal Son is that it is never too late to become a good steward. Blessed is the elder brother who had been a good steward all along, but blessed, too, is the prodigal who had to lose all he had in order to understand the value of what he'd been given.

**St. Anne's gets credits through script for Ace Hardware and Safeway. Sign up.**

**PRAY FOR THE REPOSED SOULS OF THE FAITHFUL DEPARTED:** Clara Pereira, Kathryn Thomas & Henry Inglesse (Mary Peck's Brother)

**LAST SUNDAY'S OFFERING/  
 OFRENDAS DE LA SEMANA PASADA**

**"Weekly church collection results will no longer be posted in the bulletin. Instead, summary results for the previous month will be reported to the parish the first Sunday of each month."**

St. Anne is a "Fair Share Parish." As a Fair Share Parish we ask those who are able to give a weekly fair share offering of **\$48.00**. We also ask those who are able to prayerfully consider giving extra share for those who are unable to give. For your convenience, Electronic Funds Transfer (EFT) forms are available. This is an easy way to give your fair share each week. Forms are available in the foyer and office.

*Your generosity is your return to the Lord for his goodness to you. Make an investment in the reign of God today!*

**SCRIPTURE READINGS/  
 LECTURAS DE LA SEMANA 03/13/10 – 03/21/10**

**Mon: Lenten Weekday**  
 Is 65:17-21 Ps 30:2-13b Jn 4:43-54  
**Tue: Lenten Weekday**  
 Ez 47:1-12 Ps 46:2-9 Jn 5:1-16  
**Wed: Lenten Weekday; Patrick, bishop**  
 Is 49:8-15 Ps 145:8-18 Jn 5:17-30  
**Thurs: Lenten Weekday; Cyril of Jerusalem, bishop, doctor of the Church**  
 Ex 32:7-14 Ps 106:19-23 Jn 5:31-47  
**Fri: JOSEPH, HUSBAND OF THE BLESSED VIRGIN MARY**  
 2 Sm 7:4-16 Ps 89:2-29 Rom 4:13-22 Mt 1:16-24a  
**Sat: Lenten Weekday**  
 Jer 11:18-20 Ps 7:2-12 Jn 7:40-53  
**Sun: 5<sup>th</sup> Sunday of Lent**  
 Is 43:16-21 Ps 126:1-6 Phil 3:8-14 Jn 8:1-11

**PLEASE PRAY FOR/POR FAVOR REZAN POR:**

Joan Brzezki, Debbie Lindo, Irene Sanocki, Carolyn, Brad, Vanessa Cross, Lisa Butler, Chris Wagner, Amada Delgado, Bill Sears Sr., Robert W. Thomas, Kathryn Thomas, Rick Tucci, Jo Riley, Tanya, Linda Jardin, Janice Richardson, Nolan Merkel, Dolores Onofra, Michelle Gaspi, Elsje & Kathryn Copley, Bill Sears, Claudia Mac Donald, Tanya, Art & Helen, Rudy Silva, Jonathan Price, Donna Stone, Teresa, Eugene Machado, Christie Gouveia, Lidia Samoian, Jeanne Keyes, June Ramos, Dorothy Diaz, Patrick Buckles, Linda, Norma Macias, Donna Koehler, Luisa Fong, Stan Nelson, Dominic Fruciano, Jeanette Schmid, Rick Peacock, Douglas Carr, Corinne, Maureen, Gary Blackwell, Joan Wisniewski

**Occasionally names are taken off the prayer list. If we have taken off the name of a person still in need of prayer, please call the office and we will gladly put them back on the list.**

**PLEASE KEEP OUR MILITARY FAMILY AND FRIENDS IN YOUR PRAYER**

4<sup>th</sup> Sunday of Lent  
4<sup>th</sup> domingo de Cuaresma

March 14, 2010  
Marzo 14, 2010

## FAITH FORMATION

### How is my family's "St. Anne's Makes Change" jar filling up?

Does my family have a jar with the "St. Anne Makes Change" label on our table so we can drop our coins in each day? Please help take care of those who need food, clothing, etc. Our donations will help the St. Vincent de Paul Society open their new building in our area. We are supporting a great cause! Please bring you jar of money back to church on Palm Sunday, March 28th.

**No Classes week of March 14<sup>th</sup> & 21<sup>st</sup>** due to the school break. If you are staying in town, maybe coming to a morning 9am Mass will fit into your schedule.

**First Communion class resumes Sunday, March 28th.** A First Holy Communion **parent meeting** will take place **March 28th at 9:30am.** It is essential that one parent participate. Thank you.

**April 23rd is the First Communion Retreat day for child and parent. It is from 9:00am -12noon.** Every First Communion child (2nd-8th) is expected to participate in this morning retreat with one parent.

**Pre-K through 6th classes resume** on Monday, March 29th.

**7th-8th class resumes on Wednesday, March 31st.**

**All families are invited to the annual SEDER MEAL.** The bulletin has more details. This is a special teaching moment for the family to realize our deep connection to a Jewish ritual that was special in Jesus' life and that of all faithful Jewish families. This is for the whole family. Consider coming.

Easter Sunday and Easter Monday, April 4th and 5th, NO Faith Formation Classes will be held.

**Adult Faith Formation** Class continues **Monday, March 29<sup>th</sup>** at 6:30PM in the Office.

## Catholic Action Principles *Get Tough*

Tough means that you are willing to stand tall and persevere. Even when your mind and body signal perfectly good reasons for giving up, you go on. This tough is obvious. But tough can be seen every day if we choose to look. Tough may be a patient undergoing cancer treatments or a single mother struggling to raise children. Tough can be an alcoholic ready to face rehab or an athlete living in a wheelchair. Tough can be rejecting false praise and honestly accepting you and your children for who and what you are. Tough can be standing up to cynics, skeptics and comics who mock your faith. Tough is an ability to make the best from what you are given. Tough is making the decision to replace self-pity, complaints and dependence with self-reliance, independence and action.

You've got to be tough to do the big things in life like taking risks, admitting mistakes, and changing bad habits. You've got to be tough to do the little things like biting your tongue, waiting your turn and putting up with fools. Self-reliance and self-confidence will demand your toughness. Then, you must temper toughness with kindness, realizing that many times it will be tough to be kind. Be kind anyway.

-Bill FitzPatrick.

## Inquiry

If you are interested in learning more about the Catholic faith please join us on Tuesday March 16<sup>th</sup> at 6:30 pm in the Fireside room for Inquiry. Inquiry is the first step in the journey of full initiation into the Catholic Christian faith. Inquiry is for adults who are either not baptized or have been baptized in another Christian faith. Also baptized Catholics who need to receive the Sacraments of Eucharist and Confirmation. If you have questions please contact Lisa at lisap@stannechurchbyron.com or 634-6625

## TEEN MINISTRY:

*Teen Ministry mission is to help Teens become closer to Christ through the Eucharist.*

**Last week:** We listened to the Junior High present the Stations of the Cross and we discussed the stations as well.

**This week:** We will be on Break March 17th and 24th. Please pray for the Teens attending Youth Day on March 18th for a safe and memorable experience.

**Next week:** We will be on Break March 17th and 24th.

**BREAK REMINDER:** Classes will resume on March 31<sup>st</sup>

**Next planning meeting:** Sunday, March 28th (Palm Sunday)

**Confirmation:** Retreat April 9-11 (4:00 pm to 4:00 pm). Hand outs given to Teens on Wed. 3-3. If you need additional information, please see Michelle after class on Wednesdays.

**Confirmation is Saturday, May 22<sup>nd</sup> 11:00 am.**

**Special THANKS:** Danette Jolly, Jerry Day, Amy Wisz, Maru Zulueta, Karla Rodriguez, and Jessica Alfaro for helping to plan out this month events. Thank you to the following boys who helped out for the Knights of Columbus Fish Fry and 3<sup>rd</sup> Degree volunteers:

Jorge Romero, German Romero, Luis Herrera, Humberto Magana, and Nacho! GREAT JOB, Boys!

**Volunteers needed:** if you would like to volunteer for Teen Ministry, please Contact Michelle Castinado at 925-240-1832 or 925-437-0015.



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## Lent Days of Fast and Abstinence

**Fridays are days of abstinence. Good Friday is a day of both fast and abstinence.**

**Abstinence** is no meat (chicken, veal, beef or pork) or meat products for everyone over the age of 14 years.

A **Fast** is defined as one meal and two lesser meals and is binding on those between the ages of 18-59.

*"No one should be scrupulous in this regard; failure to observe some penitential day is not considered serious; rather is it failure to observe any penitential days at all or a substantial number of such, which is considered serious."*

- U.S. Bishops Conference

## Nurses Notes

### Fruits that help Constipation – Part 2

It would be impossible to get exact transit times because food doesn't move through the digestive process all together. Foods don't always get processed in the same order as they came in- some of the food from the same meal will be in the colon, while another portion remains in the stomach.

A meal is a mixture of several types of chemicals and materials. It's a miracle the body knows what to do with everything, but it does. Sometimes the choices we make will effect the transit time unpleasantly, and that can mean problems with constipation. One of the best foods to get the journey back on track is fruit. Enjoying at least two fruits a day can keep the transit police happy. (Is that the sound of happy people's toilet's flushing?)

#### Top Ten Fruits

Fruits are made by nature- a perfect food. They are easy to digest and absorb. Fruits are your colon's friends. If you ever suffer from constipation, you'll want to reach for fresh fruit. Here's a look at the top ten fruits that help improve constipation.

- |                 |             |
|-----------------|-------------|
| 1. Raspberries  | 6. Orange   |
| 2. Blackberries | 7. Apple    |
| 3. Strawberries | 8. Pears    |
| 4. Prunes       | 9. Figs     |
| 5. Papaya       | 10. Avocado |

#### Next Week – Fruits offer many health benefits – Part 3

**PLEASE-** Remember to use the phone in the office or at the AV area in the hall and not a cell phone to call 911. Your cell phone will reach Sacramento CHP and precious time will be wasted.

*Your Faith Community Nurses*

## Community Vacation Bible School 2010

June 14 -18, 2010

Join us for a week that will be Out of This World on our Galactic Blast Adventure! Camp meets every morning 8:45 to 12:00 during the week for Art, Games, Music, Science, Snacks, Bible Study, and fun! VBS is open to kids entering Kindergarten thru 6th grade for the 2010-2011 school year. A nursery program is available for younger children of parents who help during the week. Scholarships are available. Mark your calendars now! Registration begins April 3rd, Easter weekend! For more information contact Tammy Douglas-Dodson at 784-1429.

### Easter Triduum Choir

All are invited to participate in the Easter Triduum this year as members of the choir. No previous choir experience is required. There will be two choirs and you can sing in either or both.

- ❖ **Holy Thursday and Good Friday:** this is a bi-lingual choir (you do NOT need to speak both languages!). To participate you will need to attend one or both rehearsals: Thursday, March 18<sup>th</sup> 7:00-9:30PM and/or Thursday, March 25 7:00-9:30PM.
- ❖ **Easter Vigil:** the choir will sing English language music. To participate you will need to attend one or both of the following rehearsals: Sunday, March 21<sup>st</sup> 2-5PM. and/or Saturday, March 27<sup>th</sup> 9-12PM.

All rehearsals are in the CLC Hall. We hope you will take the opportunity to participate more fully in the music of these high holy days. **All ages and experience levels** are invited and welcome!

## LITURGICAL MINISTERS

03/20 & 03/21

### SATURDAY 5:00 PM

**Greeters:** Evo & Darlene Coelho  
**Lector 1:** Bob Van Slambrook  
**Lector 2:** Art Meyers  
**Euch. Min:** **Cup** – Robert Meagher & Jane Marchi  
**Altar Servers:** Team 8

### SUNDAY 8:30 AM

**Greeters:** Russ Mueller, Ron Puccinelli & Ron Samoian  
**Lector 1:** Peggy Ann Valley  
**Lector 2:** Lucy Peterson  
**Euch. Min:** **Bread** – Lynn Tiemeyer, Bob & Cathy Sanocki  
**Cup** – Dick Macdonald, Ernest Zuccato, Jay McLaughlin & Jack Thomas  
**Altar Servers:** Team 7  
**Hospitality:** Linda Humbert & Carla Silva

### SUNDAY 10:30 AM

**Greeters:** Ro Sweet, Don & Carolyn Flohr  
**Lector 1:** Jose Cruz-Zamora  
**Lector 2:** Jean Ann Bauer  
**Euch. Min:** **Bread** – Linda Knapp, Ray & Corinne Neubauer  
**Cup** – Karen Randle, Phil Karls, Ken Landoline & Ron Kappahn

**Altar Servers:** Team 5

**Children's Liturgy of the Word:** On Break

**Hospitality:** Suzanne Gillick & Mirna Cruz

### SUNDAY 12:30 PM

**Recividores:** Andrés & Ana Yerena  
**Lector 1:** Vero Caballero  
**Lector 2:** Lorenzo Macias  
**Ofrendas:** Gilberto & Blanca Yerena  
**Ministros de Eucaristía:** Felipe & Alicia Pena  
**Monogillo:** Team

**PLEASE NOTE:** Ministry Schedules for Jan – Mar are on the website at [www.stannechurchbyron.com](http://www.stannechurchbyron.com)

## Covenant Corner

The **Covenant Corner** is an opportunity for us to recognize those who use their gifts in service for others. We want to give regular thanks to those who do so much for all of us. So we invite you when you see someone doing something worth noting to let us know, by mail or email [office@stannechurchbyron.com](mailto:office@stannechurchbyron.com). Please keep the note 4-5 short sentences (maximum). Then we can get it in the bulletin.

## 2010 Bishop's Appeal

Thank you to all parishioners who have supported this year's Bishop's Appeal. To date we collected \$2,065.26 in cash and pledges toward our parish goal of \$15,134 or 14% of our goal.

## Engagement & Stewardship Corner

A Focus on Talent Themes

### WOO

People who are especially talented in the Woo theme love the challenge of meeting new people and winning them over. They derive satisfaction from breaking the ice and making a connection with another person.

### St. Anne Leaders with this Theme

Jim Mattison, Bernadette Van Slambrook, Bob Van Slambrook, Fran Hodge, Jose Cruz-Zamora, Karen Randle

### Quote

*"Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it."*  
-(Matthew 25:21)

To learn more about your *unique Talents and Strengths* please come by the office and purchase your very own copy of *"Living Your Strengths"* (comes with the StrengthsFinder Assessment) and meet with one of our very own Strengths Performance Coaches.



## Women's Fellowship

Women's Fellowship Happenings:

### Friends & Fellowship Crafting:

❖ Wednesdays at Noon in Rm. 2

Women's Fellowship meets the 2<sup>nd</sup> Tuesday of each month in Room 2.

For membership information contact Anne Doran at [adoran712@comcast.net](mailto:adoran712@comcast.net) or Peggy Ann Valley at [peggy@peggyvalley.com](mailto:peggy@peggyvalley.com)

*Women's Fellowship of St. Anne Catholic Church welcomes and strives to serve the needs of all women, offering opportunities to share gifts and talents and encourage and strengthen faith and friendships within our community.*

## Garden Ministry

St. Anne Garden Ministry is in its 2<sup>nd</sup> year of operation and has produced over 1000 lbs of produce for those in need in our community. We hope to produce double that for this coming year with the added space Fr. Ron has allowed us to use for the Garden. To make this happen, we need your support. We are selling See's Candy and garden items after each Mass. If you are interested in becoming part of our team, there will be a sign-up sheet at the table. Please come by the Garden table and help us serve others!

## Upcoming Events at St. Anne

Wednesday March 17th, 24<sup>th</sup>, 31<sup>st</sup>

Stations of the Cross/Chapel 7:00 PM

Friday March 19th, 26<sup>th</sup>

Via Cruz/Chapel 7:00PM

Friday, March 19<sup>th</sup>

Knight's of Columbus "Fish Fry". Tickets on sale after masses or through the office.

Saturday, March 20, 2010

Piano Fundraiser Recital. Information is in the bulletin

Thursday, March 25<sup>th</sup>

Exposition of the Blessed Sacrament 10 AM – 7PM;  
Benediction/Evening Prayer 7PM

Weekend of March 27-28, 2010

Tamales on Sale after masses

Tuesday, March 30<sup>th</sup>

Seder Dinner – 6:00 PM Sign up after mass

April 1-3, 2010

TRIDUUM

Weekend April 9-11, 2010

Confirmation Retreat/Offsite

Saturday, May 1<sup>st</sup>

Monthly Communal Labyrinth Walk 10AM – Noon

Sunday, May 9th & 16th

1<sup>st</sup>. Communion at the Sunday Masses

Saturday, May 22nd

Confirmation 11:00 AM

If your Ministry has an event coming up that is not listed, please contact the office.

## Lenten Services, Retreats, Seminars & Events

March 17th, 24 <sup>th</sup> , 31 <sup>st</sup>	Stations of the Cross/Chapel 7:00 PM
March 19th, 26 <sup>th</sup>	Via Cruz/Chapel 7:00PM
Friday, March 19 <sup>th</sup>	Knight's of Columbus "Fish Fry"
Tuesday, March 30 <sup>th</sup>	Seder Dinner

### Other Churches Lenten Reconciliation Dates & Times

March 22 <sup>nd</sup>	Holy Rosary	7:30 PM
March 23 <sup>rd</sup>	I.H.M	7:00 PM
March 24 <sup>th</sup>	St. Anthony	7:00 PM
March 25 <sup>th</sup>	St. Ignatius	7:30 PM

## Volunteers for St Anne Summer Art Camp 2010

This year we would like to be able to increase the number of children attending. This year we want to expand the camp to two weeks. The first week for grades 5-8 and the Second week for grades 1-4. This means that we will need more volunteers to help. If you are interested in being part of the team please call the office and leave your name we will contact you with more information. If you have art experience or even if you don't we can use some help.