

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

**Sat:** 5:00 PM Debbie Ridl Intention  
**Sun:** 8:30 AM Pierre & Glenda DuBois 50<sup>th</sup> Wedding Anniversary Intention  
 10:30 AM Jim Gibbons  
 12:30 PM Jose Macias  
**Mon:** 9:00 AM Deceased Members of St. Anne  
**Tue:** 9:00 AM Deceased Members of St. Anne  
**Wed:** 9:00 AM Herb Jackson  
**Thurs:** 9:00 AM Parishioners of St. Anne  
**Sat:** 5:00 PM June Ramos & Dorothy Diaz  
**Sun:** 8:30 AM Kathy Rojas  
 10:30 AM Steve Sorenson  
 12:30 PM Jesus & Maria de Jesus Rodriguez

**THIS WEEK AT ST ANNE/  
 ESTA SEMANA A ST. ANA 10/30/10– 11/07/10**

**Sat:** **Vigil – 31<sup>st</sup> Sunday in Ordinary Time**  
 5:00 PM Baptism – Brennan Buscho  
 2<sup>nd</sup> Collection – St. Vincent de Paul/St. Anne Council  
 Tamales on Sale  
**Sun:** **31<sup>st</sup> Sunday in Ordinary Time**  
 9:00 AM RCIA Dismissal/Fireside  
 9:15 AM 1<sup>st</sup> Communion Prep/Room 2  
 11:15 AM Spanish 1<sup>st</sup> Communion Prep/Room 2  
**10:30 Mass - CYO Blessing**  
 2<sup>nd</sup> Collection – St. Vincent de Paul/St. Anne Council  
 Tamales on Sale  
**Mon:** 9:00 AM Hospital Communion/Sutter Delta Hospital  
 9:45 AM Rosary & Prayers for Peace/ Chapel  
 4:00 PM Food Pantry Prep/Kitchen  
 4:15PM 1<sup>st</sup> Communion Prep/Room 1B & 2  
 6:30PM Family Faith Formation/CLC  
 6:30 PM Spanish Prayer Group/Chapel  
**Tues:** 10:00 AM Food Pantry Distribution/Methodist Church  
**Wed:** 7:00 PM Spanish Bible Study/Chapel  
 7:00 PM Liturgy Committee/Fireside Rm.  
 7:00 PM Faith Formation (6-8)/Room 1A & 2  
 7:00 PM Teen Ministry/Hall  
 7:00 PM Sm. Christian Communities/Offsite  
**Thurs:** 6:00 PM Boy's Ranch/Offsite  
 6:00 PM Guitar Practice/Room 2  
 7:00 PM Spanish Choir Practice/Fireside Rm.  
 7:00 PM Choir Practice/Hall  
 7:00 PM Health Ministry Team/Room 2  
**Fri:** 7:00 PM Guadalupana Society/Room 2  
**Sat:** **Vigil – 32<sup>nd</sup> Sunday in Ordinary Time**  
**1:00 PM MAGIC MIKE MATINEE**  
**5:30 PM MAGIC MIKE DINNER SHOW**  
 2<sup>nd</sup> Collection – Parish Insurance  
**Sun:** **32<sup>nd</sup> Sunday in Ordinary Time**  
 9:00 AM RCIA Dismissal/Fireside  
 9:15 AM 1<sup>st</sup> Communion Prep/Room 2  
 11:15 AM Spanish 1<sup>st</sup> Communion Prep/Room 2  
 2<sup>nd</sup> Collection – Parish Insurance  
 Hospitality Sunday

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

The weekly offering is extremely important to St. Anne Parish in order to meet our operational responsibilities. We ask that you prayerfully consider a consistent offering that will assist in meeting those responsibilities.

For your consideration:

- ⇒ Sign up for the Weekly Envelope Program by registering with St. Anne.
- ⇒ A convenient method is through Electronic Funds Transfer (EFT). This method is an easy way to provide St. Anne with your Sunday Offering.
- ⇒ Enroll in a Script Program. This is a no cost way of supporting our ministries and programs, in addition to our weekly offerings.

*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 11/01/10 – 11/07/10**

**Mon: ALL SAINTS/TODOS LOS SANTOS**  
 Rv 7:2-14 Ps 24:1bc-6 1 Jn 3:1-3 Mt 5:1-12a  
**Tue: THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED (ALL SOULS)/LA CONMEMORACION DE TODOS LOS FIELES DIDUNTOS**  
 Wis 3:1-9 Ps 23:1-6 Rom 5:5-11  
**Wed: Weekday: Martin de Porres/Dia de la semana: San Martin de Porres**  
 Phil 2:12-18 Ps 27:1-14 Lk 14:25-33  
**Thurs: Charles Borromeo, bishop/ San Carlos Borromeo, obispo**  
 Phil 3:3-8<sup>a</sup> Ps 105:2-7 Lk 15:1-10  
**Fri: Weekday/Dia de la semana**  
 Phil 3:17-4:1 Ps 122:1-5 Lk 16:1-8  
**Sat: Weekday/Dia de la semana**  
 Phil 4:10-19 Ps 112:1b-9 Lk 16:9-15  
**Sun: 32<sup>nd</sup> Sunday in Ordinary Time/32<sup>nd</sup> Domingo Ordinario**  
 2 Mc 7:1-14 Ps 17:1-15 2 Thes 2:16-3:5 Lk 20:27-38

**STEWARDSHIP THOUGHT**

We are called to be good stewards of our personal vocations. St. Paul's prayer for the Thessalonians is therefore ours, too – "that our God may make (us) worthy of his calling and powerfully bring to fulfillment every good purpose and every effort of faith".

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

Sandy Arteaga, Kelly Chicots, Jun Morales, Joanne, Stan Noack, Rudy Silva, Victoria Malabanan, Jonathan Price, Ruth Guieb, Ben LaRocca, Debbie Ridl, June Ramos, Dorothy Diaz, Jimmy, Kathryn Copley, Elsje, Darren Blass, Robert McMillen, David, Lora Chase, Justin, Santos Herrera, Ed Sandoval, Bernadette Russell, Marilyn Potts, Patricia Rykoski, Emily Kogler, Ann Burgess, Tina Gillie, Teresa, Peter Duncan, Bob Weber, Juanita Estellas, Tim Nixon, Kurt Luke, Gary Blackwell, Hollis Cooksey, Mary Mross, Debbie Lindo, Carolyn, Brad, Vanessa Cross, Lisa Butler, Chris Wagner  
**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**

## FAITH FORMATION

**CATECHISTS and HELPERS:** Safe Environment Training Certificate is due in my Office by October 31st. You may take the training ONLINE also. If you need access to a computer, please call the Office and schedule a time for the virtual computer in the parish Office. Thank you one and all. Yes, all of us need to do it again this year. ([www.shieldthevulnerable.org](http://www.shieldthevulnerable.org))

**Thank you parents who attended last Monday's Parent Meeting. We planned the Advent Family Night to be held on Monday, November 15th.** The evening is to be put on by you, the parents, for your children. The catechists will assist by their presence, but it is your night to show your children your commitment to spreading your faith. You plan the teaching; gather the materials, and implement the lesson as the teacher. We had 10 activity centers last year that the families rotated through. Each family enjoyed 3 or 4 advent experiences in the 45 minutes of class. The parents also plan the closing prayer and lead us in prayer. Last year's experience was terrific. Let's make this equally special for all our families. Your date to do this Advent Evening is November 15th. We have four Advent activities **that still need "parent teams" to implement. Please call Sister Barbara to volunteer.** I'm counting on you! 634-6625ex.224. Thank you in advance!

**MASS ATTENDANCE** We expect every faith formation child to be at Mass every weekend. Experiencing the Mass first hand is how the child learns to love it.

**Each Faith Formation child is being asked to be a junior St. Vincent de Paul member** this year. What does he/she do? Every month that has a fifth Sunday (August, Nov, 1st, Jan 31st, March 28th, May 16th) we are asking each child or family to bring one item of food for the Food Pantry. November request is: peanut butter and/or Jelly. If you did not bring it today, Sunday, Oct. 31st, please bring it tomorrow, NOVEMBER 1st, to class at 4:15pm or 6:30pm.

**FALL FESTIVAL SUCCESS! PARENTS and Families THANK YOU for your involvement in our parish FALL FESTIVAL.** The spirit was great and a good time was had by all. See flier in this bulletin for Thank you's and Financial Results.

**ADULT FAITH FORMATION:** Class continues on Monday, November 7th at 6:30 PM in the Fireside Room. Class this semester is on the Bible. This week: Learning to Pray the Psalms-Guided Meditation of Psalm 23.

## Catholic Action Principles *Relax Your Body*

In your personal dealings, remain loose and light. Eliminate stress. There is rarely need to be tense and hardheaded. Much can be accomplished through calm reason and a soft voice.

Most physical movements should be loose, light, fluid, agile and flexible, rather than tense, hard, rigid and stiff. Slow, deep breathings will calm anxieties, lower your heart rate and allow for concentration. massages, steam baths, saunas and whirlpools also help the muscles to rest. Make sure you get your rejuvenating 6-8 hours of sleep per night.

If you feel stressed, count 1001, 1002, 1003 before you speak. At any time, start counting backwards from 100 as you breathe deeply. Let the air fill your belly as you inhale and exhale, more slowly and more fully with each breath. Quiet your muscles and relax.

-Bill FitzPatrick,

## TEEN MINISTRY:

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

**Last week:** We learned about Occults and how to deal with them

**This Week:** Is another Catechetical night about the Disciples

**Next Week:** Reviewing the Book of Revelation

**Special THANKS: To all the Teens who helped at the Fall Festival.** Abby Donnelley, Nick Meneses, Fallyn Howe, Ashley Kimble, Karla Rodriguez, Ashley Restani, German Romero, Jorge Romero, Chad Russick, Alex Wright-Broughton, Lauren Walian, Tyler Walton, Katie Faris, Savannah Day, Nacho Chavez, and Jessica Gray. ALSO... Joseph Evans and Austin (sorry we missed you) **You ALL did a GREAT JOB!**

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

## THE FAMILY CIRCUS



"Dolly's not ACTIN' like an angel!"

from *The Joyful Noiseletter*  
Reprinted with permission of Bill Keane

## The Directories have arrived!!!

If you had your picture taken you can pick up your directory in the office.

## World Wide Marriage Encounter

**Married Couples:** Treat yourself to a bountiful harvest! Give one another - the gift of a Worldwide Marriage Encounter Weekend! This is an incredible opportunity to 'get away from it all' and focus on just the two of you! Become a beacon of light and love to all those around you. Please join us for our upcoming WWME weekend November 19 - 21. For more information call Mike & Jeanne @ 925.672.2016 or Joe & Sue @ 925.680.7767 now or go to <http://www.rekindleyourmarriage.org>.

## Nurses Notes

### October is breast cancer month

Over the next few weeks I will discuss Risk factors of Breast cancer

#### Slightly higher risk

**Distant family history.** Refers to breast cancer in more distant relatives such as aunts, grandmothers or cousins

**Previous abnormal breast biopsy.** Included are fibroadenomas, hyperplasia without atipia, sclerosing adenosis and solitary papilloma

**Age at childbirth.** Having your first child after age 35 or never having children puts you in this category.

**Early menstruation.** Risk increases if you got your period before age 12

**Late menopause.** Risk increases if you started menopause after age 55

**Weight.** Being over weight especially around the waist, increased fat intake, and increased caloric intake all put you in this category

**Excessive radiation.** This is especially true if you were given radiation for postpartum mastitis, or if you received prolonged fluoroscopic X-Rays for tuberculosis or if you were exposed to large amounts of radiation before age 30. ( usually for treatment for cancer such as lymphomas

**Other types of cancers.** Family history of cancer of the ovaries, cervix, uterus or colon increases the risk

**Heritage.** Females of descendants of Eastern and Central European Jews are also at risk

**Alcohol.** Women who drink one alcoholic drink per day have a low risk. those women who consume 2-5 drinks day have a about 1 1/2 times the risk of women who drink no alcohol. Alcohol is also linked to cancer of the throat, mouth, esophagus

**Race.** Caucasian women have a slightly high risk of developing breast cancer than African-American, Asian, Hispanic, and Native Americans. the exception is that African American women are more likely to have breast cancer than caucasians under the age of 40 Hormone Replacement therapy. Long term use of combined estrogen and progesterone increases the risk of breast cancer. this risk seems to return to that of the general population after discontinuing them for 5 yrs or more.

**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*

### Covenant Corner

**Thank you Marie Hall for such an awesome job with the onsite Safe Environment Training!**

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.

**De La Salle High School Open House**  
De La Salle's Open House this year will be on Sunday,  
November 7th from 10:00 AM to Noon.

### Upcoming Events at St. Anne

**Saturday, November 6<sup>th</sup>**

Magic Mike Nite –more information below

**Sunday, November 7th**

Grief Prayer Service 7 PM - CANCELLED

**Weekend of November 20th – 21st**

COVENANT SUNDAY

**Saturday, December 4<sup>th</sup> - SVDP "Warm Coats" Distribution**

**Sunday, January 23rd**

St. Anne Volunteer Appreciation Reception

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

### CPR TRAINING

Learn CPR and you may save a life! Also learn how to use the AED (Automated External Defibrillator). St Anne Faith Community Nurses are offering CPR training on Saturday Nov. 20th from 9:00 AM until 2:00 PM in the CLC Room 1. Cost \$22 (\$15 American Heart Book and \$7 for the CPR Card). To sign up contact the office at 634-6625 or Marlene Layden at 513-7563.

### Adult Confirmation

Our Adult Confirmation class will begin on Thursday November 18<sup>th</sup> at 7:00 PM. The class will meet once a month ending in May with Confirmation. If you are over 18 and are interested in receiving the sacrament of Confirmation please join us on Nov. 18th, 7:00 PM in room 2. If you would like more information or would like to sign up for the class please contact Lisa [lisap@stannechurchbyron.com](mailto:lisap@stannechurchbyron.com) or 634-6625 ex. 225.

### November Remembrance of the Dead

November begins with All Saints Day and the Commemoration of all the Faithful Departed. All through the month we invite you to enter or re-enter your loved ones in the Book of the Names of the Dead which is placed near the fount. The book will be out the entire month. Also you are invited to bring in pictures of your loved ones to place in the chapel and hall. Eternal rest grants unto them, O Lord!

### Magic Mike returning to St. Anne!

**Saturday, November 6<sup>th</sup> - Two Magical shows**

**Magic Mike's Funhouse! Show Matinee 1-2:45 PM**

A show of magic, juggling, and ventriloquism by the creator of the best selling Klutz "Book of Magic". Starring Magic Mike, Magic Genii, Quiggley the Talking Dog, and live music. This show will enthrall the whole family, especially the young ones.

**Tickets: \$12.00/ea Family Four Pack \$40.00**  
**"A Night of Illusion Theater" Dinner show 5:30-9:45 PM**

The longest running monthly theatre show in the Bay Area, join Mjinga the Magician, Genii, and award-winning world music recording artists Fontaine's Muse for an intellectually inspiring journey of magic around the world. Appropriate for the whole family but geared more for adults, see feats of levitation, mind-reading, and exotic magic from the four corners of the globe performed by this amazing troupe now in their 12th year as a touring company. **Tickets: \$25.00.** Tickets for both shows are available online at

[http://www.stannechurchbyron.com/events/magic\\_mike.pdf](http://www.stannechurchbyron.com/events/magic_mike.pdf)

## Engagement & Stewardship Corner

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 [pvalley@envoymtg.com](mailto:pvalley@envoymtg.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.*

### What if this was your mom or dad.....

#### Caring Hands Volunteers

#### A Program of John Muir Health

WE NEED YOUR HELP! In just a couple of hours a week as a volunteer you can provide an occasional ride to the doctor, to the store or just a friendly visit to a senior who is trying to remain in their own homes as long as possible. Caring Hands creates "matches" between caring volunteers and seniors who may be frail, isolated or disabled and need non medical assistance to stay on their own. Currently we have many seniors in East County who are waiting for someone like you! You may be the person who helps them maintain that independence. Each senior's needs are different but what is constant about a Caring Hands volunteer and their senior is the relationship that develops. If you have 2 to 3 hours a week, please consider calling and learning more about becoming a Caring Hands volunteer. Please consider joining us. It will change your life and the life of a senior as well. We are also looking for Spanish speaking volunteers. A Caring Hands Representative will be here next weekend to speak at all the Masses and answer questions. Join us at our training on Friday November 19, 2010 from 8:45 a.m. to 3:00 p.m. at the John Muir Outpatient Center, 2400 Balfour Road, Brentwood.

Call Linda Groobin at 925 952-2999. An orientation/interview is required by November 12, 2010

Imagine the look on the senior's face if they saw you arriving each week and you were there because you wanted to be there.

*What if it were your mom or dad?*

## LITURGICAL MINISTERS

11/06 - 11/07

### SATURDAY 5:00 PM

**Greeters:** Madonna Leeper & Mary Flann  
**Lector 1:** Marie Hall  
**Lector 2:** Bernadette Van Slambrook  
**Euch. Min:** **Cup** - Tami Melo & Bob Van Slambrook  
**Altar Servers:** Team 8

### SUNDAY 8:30 AM

**Greeters:** Darrell Packard, Russ Mueller & Ron Puccinelli  
**Lector 1:** Carol Luke  
**Lector 2:** Kurt Luke  
**Euch. Min:** **Bread** - Mathilda Rizkalla, Fran LaPerle & Bob Sanocki  
**Cup** - Cathy Sanocki, Fran Hodge, Danette & John Jolly

**Altar Servers:** Team 12

**Hospitality:** Linda Humbert & Carla Silva  
**A/V:** Kurt Luke

### SUNDAY 10:30 AM

**Greeters:** Lisa Plasch, Jim & Anne Doran  
**Lector 1:** José Cruz-Zamora  
**Lector 2:** Lori Johnson  
**Euch. Min:** **Bread** - Linda Knapp, Toni Schulte & Ron Kapphahn  
**Cup** - Phil Karls, Margaret Zuccato, Will Schulte & Ken Landoline

**Altar Servers:** Team 4

**Children's Liturgy of the Word:** Elizabeth & Andy Sherman

**Hospitality:** Sherry Kulling & Candice Reed  
**A/V:** Kurt Luke

### SUNDAY 12:30 PM

**Recividores:** Chico & Estela Lopes  
**Lector 1:** Evangelina Magana  
**Lector 2:** Enrique Magana  
**Ministros de Eucaristía:** Gustavo & Faviola Rodriguez  
**Ofrendas:** Rafael & Alicia Caballero  
**Colecta:** Zuliana Caballero, Grecia Perez, Andres & Ana Rodríguez

**Monogillo:** Team A

**PLEASE NOTE:** Ministry Schedules for Oct - Dec are on the website at [www.stannechurchbyron.com](http://www.stannechurchbyron.com)

**Reminder:** It is your responsibility to find your replacement if you cannot serve when scheduled.



### Entertainment® 2011 is Here!

Only \$30.00 - Save \$5 off the regular \$35 Retail Price when you buy from **Delta Christian Community Food Pantry**. Contact Rosa Day at 925-240-1886.