

St. Anne's Catholic Church

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The Fourth Sunday in Ordinary Time

February 1, 2026



Parish Office Hours

Monday: 9:00 am—4:00 pm
Tuesday: 9:00 am—1:00 pm
Wednesday: 9:00 am — 4:00 pm
Thursday: 9:00 am—4:00 pm
Friday—Sunday: CLOSED

Masses in Church

Monday - Friday 8:15 am
Saturday 8:15 am & 5:00 pm (Vigil)
Sunday 9:00 am & 11:00 am

Sacrament of Confession

Tuesday 9:00 am—9:30 am
Saturday 3:30 pm—4:00 pm

Library Hours

Wednesday 9:00 am—12:00 pm

Sunday's Readings/Music:

1. Readings begin on page 65.
 2. Hymns on page 338 (after the grey tabbed pages.)
 3. Psalms follow the readings or may be noted with a Psalm # that can be looked up in the missal past the hymns.
- Gathering: #569 Sing A New Song
 - 1st Reading: Zephaniah 2:3, 3:12-13
 - Responsorial Psalm: #146
R: Blessed are the poor in spirit; the kingdom of heaven is theirs!
 - 2nd Reading: 1 Corinthians 1:26-31
 - Gospel Acclamation
 - Gospel: Matthew 5:1-12a
 - Presentation of the Gifts: #504 Give Me Jesus
 - Sanctus: #839
 - Communion: #355 I Am The Bread Of Life
 - Sending: #569 Sing A New Song

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A WORD FROM THE PASTOR

What are the differences between meditating and contemplating?

While attending Seminary, I, too was a bit confused about the differences and that these two practices or styles, are not the same and should not be used interchangeably.

One way of making sense of the difference is to understand that, according to our Catholic faith, those who enter heaven will spend all of eternity contemplating God. This suggests to us that contemplation represents a fulfillment of all of our efforts to deepen our personal relationship with God. It has the character of a gift that is given to us through the grace of gazing on the very source of our life.

Please let us remember that the goal for all types of prayer is to help us grow in our relationship with God, to deepen our faith and to understand that relationship we so desire. So, we should not be preoccupied with the particular kind or method of prayer that we lose sight for the reason for praying in the first place.

As such, with all relationships, it requires concentrated effort on our part, but we also need to remain open to receive from the other. Amid the many distractions of our daily lives, growing in intimacy with God will not happen without putting aside time each day to focus on the essentials of our lives.

For Catholics, this means to focus on the God who has created us for Himself and who, through his Son, has redeemed us from our sins. By first giving attention to the relationship, you may then be prepared to discover what form of prayer suits you best. It is through these two articles, the first part in today's bulletin, and the second part in next Sunday's bulletin, I will untangle the confusion these two very different types of prayer are and how one can meditate, contemplate or practice both styles.

Let us focus on what Meditation is and the practice one can achieve through it. There are many different kinds of meditation, but they all involve an engaged form of mental activity, a deep concentration of the moment. When we meditate, for example, we do the work in order for us to achieve the desired result of it. We might read the Gospel and ponder its meaning, *Lectio Divina*, in itself and for our own lives. We can meditate on the mysteries of the faith, as we do when reciting the Rosary. This helps us to see that two elements of meditation are some type of "raw material" and a disciplined practice.

As the Catechism of the Catholic Church points out, in meditation the "mind seeks to understand the why and the how of the Christian life, in order to adhere and respond to what God is asking." (CCC 2705)

Let's take an example. I'll use the Gospel passage narrating the miracle of the loaves and fishes in Matthew's Gospel, which I believe best illustrates itself to meditation on a number of levels. We might find ourselves thinking about the hunger many people endure without food and drink. Which in turn could lead us to think of those in the world, perhaps in our own city or neighborhood, who suffer from the lack of nutritious and healthy food. Or sometimes our thoughts may touch us about ourselves with our own hungers, for example and not just a physical hunger but a spiritual hunger. We may focus our attention on the disciples and how helpless they must have felt when Jesus told them to provide food for the people themselves, echoing the helplessness we can often feel in the face of the needs of others. Or we may meditate on the miracle itself.

That is a powerful lesson in trust and humility, recognizing how much good, through the power of God, can be done with the few resources at our disposal. We may also wish to ponder the abundant mercy of Jesus, whose compassionate heart responds to the material and spiritual hungers of the crowd.

Finally, we may do well to meditate on Christ's gift of himself in the Eucharist, so clearly foreshadowed in the blessing and breaking of the loaves. All of this, in turn, will lead us in the direction of contemplating the immensity of God's love for us.

For now, let us meditate on this Sunday's Gospel and how the readings of today can impact on our lives and how best to meditate on those words we hear today. Amen.

Fr. Leonard L. Marrujo

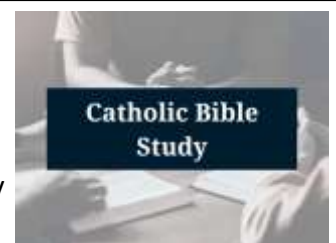
UPCOMING EVENTS

<p>Tuesday, February 3rd 1st Tuesday of every month after 8:15 am mass Anointing of the Sick</p>
<p>Wednesday, February 4th Every Wednesday Bible Study 10:30 am—11:30 am Parish Hall</p>
<p>Thursday, February 5th 1st Thursday of every Month at 9:00 am Holy Hour with Benediction</p>
<p>Monday, February 9th Pizza Bingo 5 pm Parish Hall</p>
<p>Tuesdays, February 10th & 24th 2nd & 4th Tuesdays of the month 10:00 am Men's Ministry Parish Hall</p>
<p>Wednesday, February 11th Every Wednesday Bible Study 10:30 am—11:30 am Parish Hall</p>
<p>Tuesday, February 17th Every 3rd Tuesday of the Month 11:00 am Grieving Ministry Library</p>
<p>Wednesday, February 18th Ash Wednesday Mass 9 am</p>

MASS INTENTIONS

Saturday 1/31	5:00 PM	Parishioners and Benefactors
Sunday 2/1	9:00 AM 11:00 AM	† Msgr. John T. McCracken † Barbara Schurhoff
Monday 2/2	8:15 AM	Special Intention: Living and Deceased Members of the Da Roza and Rodrigues Families
Tuesday 2/3	8:15 AM	Special Intention: Fr. Leonard Marrujo & Fr. George Da Roza
Wednesday 2/4	8:15 AM	Special Intention: Living and Deceased Members of the Tavares, Da Roza & Rodrigues Families
Thursday 2/5	8:15 AM	Special Intention: Grandchildren of Janet Kinney
Friday 2/6	8:15 AM	† Richard Williams
Saturday 2/7	8:15 AM	Special Intention: Living and Deceased Members of the Ouyang and Loong Families

Bible Study runs until 3/25. Late registrants are welcome. Swing by the rectory office during office hours M-Th to sign up. There is a \$25 fee for book/materials.



The subject for this year is the Pentateuch, the first 5 books of the Torah.

UPCOMING BIBLE STUDY DATES:

- Wednesday, February 4th
- Wednesday, February 11th

SAVE THE DATE!

February 9th is Pizza Bingo!

EVERY Pizza Bingo gets sold out days before the event. Spots are already being reserved! Don't miss out this year. Send your reservations & payment to Karen Kelly or drop off at the rectory office!



Let us pray for all those who have recently passed away...

- | | |
|-------------------------|------------------|
| † Josephine Cardaci | † Raymond Gorski |
| † Edward Emil Rinne | † Irene Gorski |
| † Elizabeth Jane Wydner | † Donna Tucker |
| † Bunk Sicotte | † Ida Castillo |
| † Francis Carion | † Dick McLean |
| † Barbara Schurhoff | † Jim Stevens |
| † Veronica Devlin | † Robert DeGraca |
| † Constance Lambert | † Gerry Cunha |

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The Presentation

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.

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An offering from the AUGUSTINE INSTITUTE

PRAY FOR THE SICK

Andrea Puccini	Charles Krystofiak
Sheila Wilkins	Chuck Fontenot
Michael Dunn	Lucy Rose
Kathleen Rose	

Names are on the list for 4 weeks. If you wish to be included, removed or continued for another 4 weeks, please contact Fran Long at 925-939-5151.



JUNE 27, 2026—Sail on the Crystal Serenity!

Alamo World Travel invites you to a Northern European Cruise Sponsored by St. Anne's Society.

10 nights, all-inclusive cruise from Lisbon to Southampton.

For additional information, call Gale Lydecker at (925) 937-7748.

February 9th is Pizza Bingo!

DEADLINE IS FEBRUARY 5th.

EVERY Pizza Bingo gets sold out days before the event. Make sure you have your tickets secured before this event gets sold out!



Are you new? Moving? Leaving the parish? Drop off an updated parishioner registration card at the office or call to deactivate your registration.



The 2026 Mass Intention Book is now open to **ALL REGISTERED PARISHIONERS**. If you are a long-time visitor, but not registered, you may find gold-colored registration cards at each entrance to the church to get yourself registered and submit your mass intentions.