



210 Oak Grove Avenue  
Menlo Park, CA 94025  
tel: (650) 323-7914  
fax: (650) 323-3231  
[www.nativitymenlo.org](http://www.nativitymenlo.org)

# Church of the Nativity

## MASSES

**Sundays** 08:00, 09:30, 11:00 AM, 12:30 PM  
05:00 PM (traditional Latin Mass)  
**Saturdays** 08:00 AM and 05:00 PM (Vigil)  
**Weekdays** 07:30 AM and 05:30 PM

## SACRAMENT OF RECONCILIATION

**Saturdays** 09:00 AM - 10:00 AM  
10:00 AM - 12:00 PM  
03:30 PM - 04:30 PM  
(also by appointment)

**BAPTISMS** 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sundays of the month  
(contact rectory 2 months in advance)

**WEDDINGS** Saturdays 11:00 AM and 02:00 PM  
(contact rectory at least 6 months in advance)

## 24-HOUR EUCHARISTIC ADORATION

Mrs. Mary Ellen Peloso (650) 269-7794

## PASTOR

Very Rev. Mark Doherty

## PAROCHIAL VICAR

## IN RESIDENCE

Rev. Michael Thomas, CSC

## PERMANENT DEACONS

Rev. Mr. Dominick Peloso  
Rev. Mr. Bob Andrews

## SCHOOL OF RELIGIOUS EDUCATION

Mrs. Noreen Browning  
[nbrowning@nativityschool.com](mailto:nbrowning@nativityschool.com)



HEARING LOOP ENABLED

**FIRST READING**

Seek the Lord, all you humble of the land.

*Zephaniah 2: 3; 3: 12-13*

**RESPONSORIAL PSALM**

The Lord lifts up those who are bowed down; the Lord loves the righteous.

*Psalms 146*

**SECOND READING**

God chose what is foolish in the world to shame the wise.

*1 Corinthians 1: 26-31*

**GOSPEL**

Seeing the crowds, He went up on the mountain, and ... taught them.

*Matthew 5: 1-12*



# The Fourth Sunday in Ordinary Time

## 01 February 2026

Rejoice and be glad, for your reward is great in heaven.

*Matthew 5: 12*

## CALENDAR

### SCHEDULE OF MASSES AND INTENTIONS WEEK OF 01-07 FEB

<b>SAT:</b>	<b>05:00 PM</b>	Priest's intentions
<b>SUN:</b>	<b>Masses</b>	Priest's intentions
<b>MON:</b>	<b>07:30 AM</b>	Maria Cenni
	<b>05:30 PM</b>	† Nenita Weaver
<b>TUE:</b>	<b>07:30 AM</b>	† Marie Firenzi
	<b>05:30 PM</b>	† Marie and Adolph Firenzi; † Isadoro Yip; Deeann Hui; Veronica Fiore Smith
<b>WED:</b>	<b>07:30 AM</b>	† Noah Jameson Steele
	<b>05:30 PM</b>	Saint Joseph
<b>THU:</b>	<b>07:30 AM</b>	† Cecilia Louise Tuite
	<b>05:30 PM</b>	ICF #351 living and deceased members
<b>FRI:</b>	<b>07:30 AM</b>	The Deck and Virnoche families, living and deceased
	<b>05:30 PM</b>	Louie Ramos
<b>SAT:</b>	<b>08:00 AM</b>	† Cesar Alesna Sr.; Brian and Cuc Lee and family; † Chong and Lurica Lee; † Jaime and William Lee; Barry and Charlotte LeMay

*Please pray for those in need of physical or spiritual healing*

**NOVENA TO SAINT JOSEPH**

Every **Wednesday** evening after the **05:30 PM** Mass there will be a novena to St. Joseph. This novena takes about 20 minutes. In addition to the novena, once a month the **05:30 PM** Mass will be in honor of St. Joseph. All are welcome to join in this celebration in honor of St. Joseph, husband of the Blessed Virgin Mary.

**PROTECTING GOD'S CHILDREN**

If you believe you are a victim of sexual abuse, please call our hotline at **415/614-5506**.

<b>SUN</b>	<b>07:00 PM</b>	Holy Hour for Priests
<b>MON-FRI</b>	<b>07:10 AM</b>	Morning Prayer
<b>MON-FRI</b>	<b>08:00 AM</b>	Morning Rosary
<b>MON-FRI</b>	<b>05:10 PM</b>	Evening Prayer
<b>MON</b>	<b>07:00 PM</b>	Nativity Family Rosary
<b>TUE</b>	<b>06:00 PM</b>	Cenacles of Life Rosary
<b>WED</b>	<b>06:00 PM</b>	Novena to Saint Joseph
<b>THU</b>	<b>06:00 PM</b>	Perpetual Help Novena
<b>SAT</b>	<b>06:15 AM</b>	Men's Prayer Group
<b>SAT</b>	<b>07:40 AM</b>	Morning Prayer
<b>SAT</b>	<b>09:00 - 10:00 AM</b>	Confessions (parish priest)
<b>SAT</b>	<b>10:00 AM - 12:00 PM</b>	Confessions (Opus Dei priest)
<b>SAT</b>	<b>03:30 - 04:30 PM</b>	Confessions (parish priest)

<b>01 FEB</b>	<b>(Sunday)</b>	<b>09:15 AM</b>	OCIA
<b>02 FEB</b>	<b>(Monday)</b>	<b>08:00 AM</b>	Legion of Mary
		<b>07:00 PM</b>	Medjugorje Prayer Group
		<b>07:00 PM</b>	Nativity Family Rosary
<b>03 FEB</b>	<b>(Tuesday)</b>	<b>09:30 AM</b>	Bible Study
<b>04 FEB</b>	<b>(Wednesday)</b>	<b>08:45 AM</b>	Nativity School Mass
		<b>07:30 PM</b>	Total Consecration to Jesus
<b>05 FEB</b>	<b>(Thursday)</b>	<b>12:00 PM</b>	Senior Thursday Group
		<b>04:00 PM</b>	ICF #351 Meeting
<b>06 FEB</b>	<b>(Friday)</b>	<b>05:00 PM</b>	<b>First Friday</b> <sup>1<sup>st</sup></sup> Our Lady Queen of Peace Novena
<b>07 FEB</b>	<b>(Saturday)</b>		<b>First Saturday</b> <sup>1<sup>st</sup></sup>

**PARISH OFFERINGS**

	WEEK OF 10-11 JAN	WEEK OF 17-18 JAN
<b>TOTAL:</b>	<b>\$10,301</b>	<b>\$10,234</b>
<b>ADA Progress:</b>	<b>GOAL MET!</b>	<b>GOAL MET!</b>
<b>2025 ADA Goal:</b>	<b>\$156,819</b>	<b>\$156,819</b>
<b>2026 ADA Goal:</b>	<b>TBD</b>	<b>TBD</b>

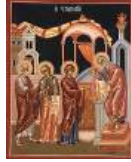
# SAINTS AND OBSERVANCES

SOLEMNITY, FEAST, MEMORIAL • OPTIONAL MEMORIAL • OTHER

**02 FEB (Monday):**

## FEAST OF THE PRESENTATION OF OUR LORD

According to the Law of Moses, Jesus would have been brought to the temple in Jerusalem 40 days after His birth to be presented to God. It was then that **Simeon** and **Anna** made their prophecies concerning the lives of the child and His mother. At the beginning of the 8th century, **Pope Sergius** inaugurated a candlelight procession to commemorate this event, including the blessing and distribution of candles, which gave the feast the name **Candlemas**.



**06 FEB (Friday):**

## SAINTS PAUL MIKI and COMPANIONS, Martyrs (d. 1597)

Paul, the son of a Japanese military leader, joined the Jesuits in 1580, and became known for his eloquent preaching. He was crucified with 25 other Japanese Catholics (the Martyrs of Nagasaki), mostly laymen, during the persecution of Christians under the Taiko, Toyotomi Hideyoshi, ruler of Japan in the name of the emperor. Paul delivered his final sermon from the cross.

**03 FEB (Tuesday):**

## SAINT BLAISE, Bishop and Martyr (d. ~316)

**Blaise** was the bishop of Sebaste in Armenia, who was persecuted under the governor Agricola. While in prison, he saved a child who was choking on a fish bone (leading to the blessing of throats on his feast day). Thrown into a lake to drown, Blaise stood on the surface and invited his persecutors to walk out and join him to prove the power of their gods: they all drowned. He was then martyred by being beaten, his flesh torn with wool combs, and beheaded.

## SAINT ANSGAR, Archbishop (801-865)

Benedictine monk and Archbishop of Hamburg. He established the first Christian school in Denmark and was responsible for many conversions in Scandinavia, including Erik, the King of Jutland.



Livestreaming of the  
Nativity Sunday Mass  
is now at **11:00 AM**

# MINISTRY AND GROUP NEWS

## ROSARY OUTSIDE ABORTION CLINIC

Every **First Saturday** of the month a group of parishioners meets to pray in front of the Planned Parenthood in Redwood City on El Camino Real. We drive down after the **08:00 AM** Mass and pray until about **10:00 AM**. People are also scheduled to pray during the week.

Please contact [nativitymenlorespectlife@yahoo.com](mailto:nativitymenlorespectlife@yahoo.com) or **Jacqueline** at **510/697-9670** for more information.

## OCIA AND FAITH FORMATION

Thinking about becoming Catholic? Have questions about our Catholic faith?

**All are welcome (OCIA students, parishioners and friends)!**

- WHAT:** The Order of Christian Initiation for Adults
- WHERE:** O'Hare Center
- WHEN:** **Sundays (09:15-10:30 AM)**
- MORE DETAILS:** <https://www.nativitymenlo.org/OCIA>  
There are also OCIA brochures in the back of the Church

## FEB'26 THIS MONTH'S CALENDAR (topics subject to change) FEB'26

- Natural Moral Law, Grace, and the Decalogue
- Commandments I, II, III, and IV
- Commandments VII, VIII, and X
- no class on 22 FEB 2026  
Rite of Election at St. Mary's Cathedral

Please contact **Mary Rudolph** ([mem.rudolph@gmail.com](mailto:mem.rudolph@gmail.com)),  
**Joan Desmond** ([jfdesmond@aol.com](mailto:jfdesmond@aol.com)),  
**Hal Fletcher** ([hal.fletcher@gmail.com](mailto:hal.fletcher@gmail.com))  
or the Rectory (**650/323-7914**).

## CATHOLIC HEALTH CARE ETHICS CONFERENCE

Health care professionals are invited to the fifth *Converging Roads* health care ethics conference on **21 FEB 2026** from **09:45 AM-06:15 PM** at **St. Patrick's Seminary** in Menlo Park, CA. This one-day conference will explore the theme of *The Future of Human Flourishing in Medicine* and offers continuing education for health care professionals rooted in the Hippocratic and Catholic ethical tradition. Registration: **\$75-\$159** based on CME/CNE inclusion. This conference is presented by the St. John Paul II Foundation, the Archdiocese of San Francisco, the San Francisco and Santa Clara Guilds of the Catholic Medical Association, and St. Patrick's Seminary. For more info, please visit [convergingroads.com/sanfrancisco](http://convergingroads.com/sanfrancisco) or email [nancy@forlifeandfamily.org](mailto:nancy@forlifeandfamily.org).

## EUCCHARISTIC ADORATION



Nativity Church is open **24x7**. The Blessed Sacrament is exposed for adoration and there is always someone present in prayer. Won't you join us by signing up for a weekly Holy Hour? Jesus told an Irish priest (in our current century) that midnight adoration is as powerful as fasting.

Please consider the following hours as there is no one currently assigned to them (or pick an hour that works for you):

**Sunday: 01:00 AM, 02:00 AM**

**Friday: 02:00 PM**

**Saturday: 01:00-03:00 AM (once per month),  
09:00 AM, 11:00 PM**

Call **Mary Ellen Peloso** (**650/269-7794**) to sign up.

*You have never strayed too far for the Father's forgiveness and grace.*



# ANNOUNCEMENTS

## OUR PARISH FAMILY

Please keep all of our newest members in your prayers, as well as those who have preceded us to the Father.



**BAPTISMS** • Elizabeth Patricia Stromberg,  
daughter of Andrew Quigley Stromberg  
and Jacqueline Elizabeth Summers

### MARRIAGES

**PARISHIONERS** • Theresa Haney  
• Michael and Annmarie Carney  
• Andrea Lizarraga Sikic  
• Perla Berumen Bryant  
• Michael and Lizeth Jimenez (*Elizabeth*)

### DEATHS

## IN THE COMMUNITY

### ST. ANTHONY'S PADUA DINING HALL

On the weekend of **14-15 FEB 2026**, there will be a special second collection in support of St. Anthony's Padua Dining Hall. The Dining Hall, which has been in operation for over 50 years, serves up to 600 individuals, six days a week, providing them with a hot meal as well as grocery bags and clothing assistance to local families. Last year, over 100,000 hot meals were served to our neighbors in need with no questions asked and no one ever turned away.

Despite a heavy reliance on volunteers and donors, rising operational costs and aging equipment, as well as reduced federal food support, are creating significant challenges and continued needs which, with your generosity, will help keep the mission alive. Please be generous. Thank you for your continued support.

### NEED YOUR PRAYERS FOR PREGNANT MOTHERS

When pregnant mothers, scared and worried, come to Planned Parenthood, thinking they have no other option, pro-life volunteers are there with our resources, prayers and care.

Many women with abortion appointments will cancel when they encounter loving, compassionate people on the sidewalk who are praying for them and their unborn. Please consider joining us; God will bless you!

**WHAT:** Pro-life people praying there, led by members of *San Mateo Pro Life*

**WHERE:** Planned Parenthood sidewalk,  
2907 El Camino Real, Redwood City

**WHEN:** Mornings, **Monday-Friday 08:30-11:30 AM**

**WHY:** The more people present and praying, the more graces God grants to save precious babies! Many lives have in this way been spared!

**CONTACT:** For more information, visit  
[www.sanmateoprofite.com](http://www.sanmateoprofite.com) or call Erika at  
**650/283-5353**



**Do you speak Spanish?** Your help could be crucial in saving a life!

## NATIVITY BIBLE STUDY

We are holding a Bible Study on the *Book of Revelation* each **Tuesday** morning from **27 JAN to 31 MAR 2026** in the Parish Center. The classes are from **09:30-11:00 AM**. They feature DVDs by Jeff Cavins, a short lecture, and group discussion. It has been said that the Book of Revelation has been mostly symbolic until the current time. We will see how the Kingdom of Christ and His Church is connected to the Kingdom of Heaven, especially through the Sacrifice of the Mass. We will learn about all the mysterious figures and images in the book, as well as what will happen during the Second Coming of Christ, what has happened, and what is now happening in salvation history. This should be very interesting and challenging to our spiritual life. No sign-ups ahead of time needed. For information, call **Deacon Dominick Peloso: 650/269-6279**.



INSTITUTE OF  
CATHOLIC  
CULTURE

### THE BEAUTY OF FAITH: CHRISTIAN ART HISTORY 101

The Institute of Catholic Culture would like to offer this gift to you at no charge. Perhaps a friend or family member might be interested, or maybe you are part of a group that could take this course together, like a parish guild, Knights of Columbus Council or a Bible study group.

**WHAT:** Free online course  
Taught by Jared Staudt, Ph.D

**WHEN:** **Thursdays, 22 JAN-25 JUN 2026 (8:00 PM EST)**

#### MORE

**DETAILS:** <https://tinyurl.com/BoF-CAH101>



#### Parish Office Hours

**09:00 AM-04:00 PM (M-F)**

**closed 12:00-01:00 PM (lunch)**



Bringing animals inside the Church

**IS NOT ALLOWED  
AT ANY TIME!**

### FOOD AND FELLOWSHIP MINISTRY

Spend some time with your fellow parishioners after the **09:30 AM Mass** on the **1st, 2nd, 4th, and 5th Sundays** of each month!



The *Food and Fellowship Ministry* will be serving coffee and donuts.



If you're interested in helping the *Food and Fellowship Ministry*, please sign up using the QR code or email [liz.palla@gmail.com](mailto:liz.palla@gmail.com).

Pregnant? Need Help? Please contact

• Birth and Beyond • (331/444-5433),

• The Gabriel Project • (800/910-0191),

or • San Juan Diego Centro por la Vida • at St. Francis (650/322-2152).

## FROM THE HOLY SEE

Each month His Holiness asks for prayer intentions.  
For **February 2026**, the Holy Father's intention is:

**Intention:** *For Children With Incurable Diseases*

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

## THE HOLY FATHER'S PRAYER INTENTIONS

### NATIVITY HOLY HOUR FOR PRIESTS

Everyone is invited to attend our weekly holy hour for priests each **Sunday** evening at **07:00 PM**. It includes a rosary, chaplet of Divine Mercy, a meditation, brief talk on the spiritual life, and Benediction. We all need to lift up our priests both here in the parish and throughout the world with our prayers. Please join us.

## DID YOU KNOW? ON-GOING DEVOTIONS

### WEEKDAY MORNING ROSARY

A group meets every morning (**Mon-Fri**) in the church to pray the rosary at **08:00 AM**. They have been practicing this devotion since the 1970s. Perhaps you'd like to join them!

### EVERY MONDAY AT 07:00 PM ...

*Our Lady Queen of Peace Prayer Group* meets for Rosary and the latest message from Medjugorje, now approved by the Vatican. All are welcome (in the **Guadalupe Room**).

### CENACLES OF LIFE PRAYER GROUP

After the **05:30 PM** mass on **Tuesdays**, the *Nativity Cenacles of Life Prayer Group* pray two rosaries for the protection of all life and for the protection of religious liberty in the Church. They pray a decade or two in different languages. They welcome and enjoy this addition to their prayer; please come and join the group.

### FRIDAY EVENING ROSARY

A group meets at **07:30 PM** every **Friday** at Vallombrosa, year-round at the Lourdes shrine, to pray the rosary. They have been practicing this devotion for 5 years. All are invited to join.

### MEN'S PRAYER GROUP

Men have been meeting every week for the last 16 years to pray together and share experiences in spiritual growth. We meet at **06:15 AM** on **Saturdays** in the O'Hare (Parish) Center in back of the church. It has been a time of grace and strength for everyone who attends. You are welcome to join us. For questions, call **Deacon Dominick Peloso: 650/269-6279**

### EVERY FIRST FRIDAY AT 05:30 PM ...

An evening of adoration, prayer and reflection with *Our Lady Queen of Peace* starting at **05:30 PM** Mass followed at **06:00-08:00 PM** rosary, music, meditation and closing with Benediction of the Blessed Sacrament. All are welcome. (in the church).

## CALENDAR OF NOVENAS

<b>01 FEB (SUN)</b>	SIXTH Day: St. Agatha
<b>02 FEB (MON)</b>	SEVENTH Day: St. Agatha FIRST Day: Our Lady of Lourdes
<b>03 FEB (TUE)</b>	EIGHTH Day: St. Agatha SECOND Day: Our Lady of Lourdes
<b>04 FEB (WED)</b>	NINTH Day: St. Agatha THIRD Day: Our Lady of Lourdes
<b>05 FEB (THU)</b>	Feast of Saint Agatha FOURTH Day: Our Lady of Lourdes
<b>06 FEB (FRI)</b>	FIFTH Day: Our Lady of Lourdes
<b>07 FEB (SAT)</b>	SIXTH Day: Our Lady of Lourdes
<b>08 FEB (SUN)</b>	SEVENTH Day: Our Lady of Lourdes
<b>09 FEB (MON)</b>	EIGHTH Day: Our Lady of Lourdes
<b>10 FEB (TUE)</b>	NINTH Day: Our Lady of Lourdes
<b>11 FEB (WED)</b>	Feast of Our Lady of Lourdes
<b>12 FEB (THU)</b>	
<b>13 FEB (FRI)</b>	
<b>14 FEB (SAT)</b>	

### FIND THE NOVENA PRAYERS

Saint Agatha:

<http://preview.tinyurl.com/qcm7zmr>

Our Lady of Lourdes:

<http://www.ewtn.com/Devotionals/novena/lourdes.htm>



### 40 DAYS FOR LIFE 2026

This Lent 2026 please take a stand for life! From **18 FEB-29 MAR 2026** commit to one hour weekly at the **40 Days for Life** peaceful sidewalk prayer vigil, at 2907 El Camino Real, Redwood City.

Meet many other faithful committed Catholics. It's easy.

Schedule your Lenten commitment through Jessica:

phone/text **650/918-9119**, or email [themunns@yahoo.com](mailto:themunns@yahoo.com)

Or schedule yourself online at:

[www.40daysforlife.com/redwoodcity](http://www.40daysforlife.com/redwoodcity)

God will surely bless you for it ~ you will not be at the vigil alone ~ and you may save a life!

*Approved by the Archdiocese of San Francisco*

### DEMAND ETHICAL RESEARCH

Experiments on aborted humans are happening at UCSF, and they must stop. We can - and must - pursue lifesaving medical discoveries without exploiting pregnant women and the preborn. UCSF can choose to continue these practices, or lead the way in humane, ethical science. **Take action.** Email the UC Regents, UC President, and the Human Research Protection Program. Let the people in power hear from you!

<https://ethicalresearchnow.org/>

## DID YOU KNOW?

UCSF leads the US in teaching physicians not only how to kill babies by abortion, but also how to take their organs while they are still alive. There are no words to describe how horrifying this is.

Watch this informational video by *Pro-Life San Francisco*, and prayerfully discern how you can help.

[www.youtube.com/watch?v=j5eij1tM3al](http://www.youtube.com/watch?v=j5eij1tM3al)



## 2026 Catholic Calendar

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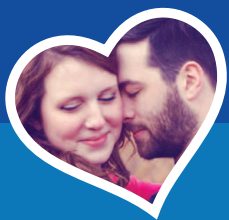


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Nativity Church, Menlo Park, CA

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## The First Friday and First Saturday Devotions

Many Catholics observe special devotions on the First Friday and First Saturday of each month, particularly attendance at Mass and the reception of the Eucharist.

### First Friday:

Our Lord revealed to Saint Margaret Mary Alacoque, as one of the 12 Promises of the Sacred Heart:

*"In the excess of the mercy of My Heart, I promise you that My all-powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in My displeasure, nor without receiving the sacraments; and My Heart will be their secure refuge in that last hour."*

### First Saturday:

Subsequent to the apparitions at Fatima, our Blessed Mother appeared again to Saint Lucia, on 10 DEC 1925, with the Child Jesus by her side. At that time, she revealed her Immaculate Heart to Lucia, and told her:

*"Look, my daughter, at My Heart, surrounded with thorns with which ungrateful men pierce Me at every moment by their blasphemies and ingratitude. You at least try to console Me and say that I promise to assist at the hour of death, with the graces necessary for salvation, all those who, on the first Saturday of five consecutive months, shall confess, receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary, with the intention of making reparation to Me."*

Would you consider making these your own special devotions to the Hearts of Jesus and Mary?

## CANDLEMAS



If you count **40 days** after the celebration of Christmas you reach **February 2nd**. Early on, the Church marked that day with a special feast and it is the final "baby Jesus" day in the liturgical calendar before the celebration of Lent.

The feast has many different names in the Roman Catholic Church. It has been called the **Feast of the Presentation of the Lord**, the **Feast of the Purification of the Blessed Virgin Mary** and, more familiarly, **Candlemas**. Each name highlights a different aspect of the feast that the Church celebrates.

St. Luke narrates how, while at the Temple, the Holy Family encountered an old man named Simeon and what he said next constitutes the basis for why the feast is called **Candlemas**.

*Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel. (Luke 2:29-32)*

Simeon declared that Jesus would be a "light," and the Church developed a custom of lighting and blessing candles on this day. Historically the priest would bless all the candles used during Mass for the entire year. The congregation also received candles and the words of Simeon were repeated in song. The current Roman Missal has the following prayer that summarizes the symbolism:

*O God, source and origin of all light, who on this day showed to the just man Simeon the light for revelation to the Gentiles, we humbly ask that, in answer to your people's prayers, you may be pleased to sanctify with your blessing these candles, which we are eager to carry in praise of your name, so that, treading the path of virtue, we may reach that light which never fails.*

## Find 5 Differences Between These Pictures

