

St. Paul Parish est. M 1876 + St. James Parish est. 1888 + St. Philip Parish est. 1910

## The Noe Valley Parishes

### Rev. Mario P. Farana, Pastor

#### St. Paul's Catholic Church

##### **Mass Schedule:**

Saturdays: 4:30 p.m. Vigil Mass  
Sundays: 8:00 and 9:15 a.m.  
Holy Days: 8:30 a.m. and 6:00 p.m.  
Weekdays: 8:30 a.m. in the Chapel  
Confession/Reconciliation:  
Saturdays 3:30 - 4:15 p.m.  
or by appointment.

##### **Sacramental Programs:**

**Religious Education:** Grades K- 8  
Saturdays: 9:30 - 11:00 a.m.

**Confirmation Preparation:** Grades 9-12, classes twice per month

**Baptism Preparation:** for Parents  
First **Tuesday** of the month

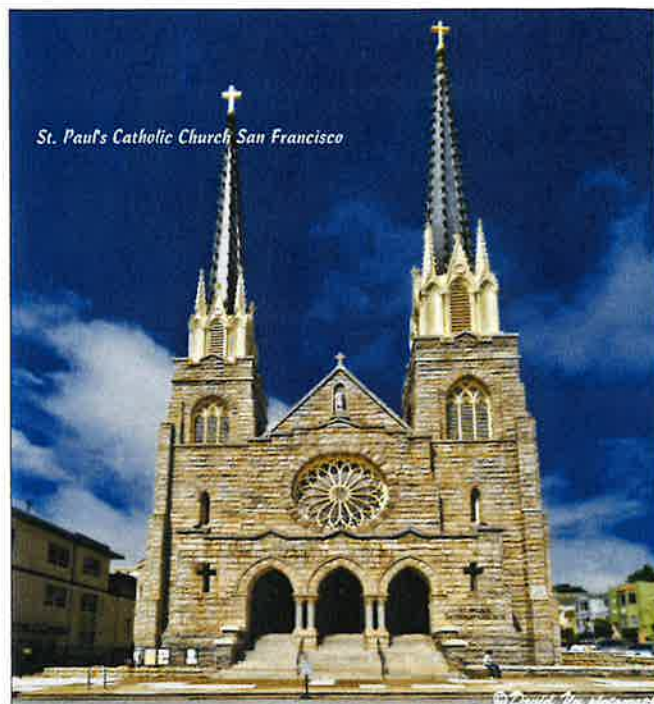
**Marriage Preparation:** contact rectory  
6 months prior to wedding date

**RCIA Program:** *Rite of Christian Initiation:* Terri Brady and Deacon Bill McLoughlin

Email: [stpaulssf@gmail.com](mailto:stpaulssf@gmail.com) to register for Religious Education, Confirmation, Baptism and/or Marriage Prep and RCIA

For further information please call:  
St. Paul's Parish Office and Rectory  
221 Valley Street, San Francisco, CA  
94131 415 648 7538  
Secretary: Laurie Miller

Rev. 1/11/2024



##### **Parish Staff**

Rev. Mario P. Farana, Pastor  
Rev. James Liebner, SVD, Associate  
In Residence St. Philip's  
Rev. Brendan McBride  
In Residence St. Philip's  
Rev. Ulysses D'Aquila  
In Residence St. James  
Deacon Bill McLoughlin  
Joan Strachan: Liturgical Scheduler,  
Bulletin Editor  
Joseph Duggan, Diane Costa: Music  
Ministry

Jacqueline Curran, Principal, St. Paul's  
Elementary School, K-8, 415 648 2055  
[www.stpaulsschoolsf.org](http://www.stpaulsschoolsf.org)

Tina Baluyut, Director, Littlest Angels  
Preparatory Preschool, 415 824 5437  
[www.littlestangelpreschool.com](http://www.littlestangelpreschool.com)

# February 4<sup>th</sup> Fifth Sunday in Ordinary Time

## Mass Readings for the 5th Sunday in Ordinary Time Year B

- **First Reading** – Job 7:1-4, 6-7: Job laments life's hardships, comparing his suffering to a laborer's toil and a slave's longing for relief. His nights are restless, his days joyless, feeling his life fleeting like the wind.
- **Responsorial Psalm** – Psalms 147: Praise the Lord for His kindness and mercy. He restores and unites, heals the brokenhearted, and knows all creation intimately. He uplifts the humble, humbling the wicked.
- **Second Reading** – 1 Corinthians 9:16-19, 22-23: Preaching the gospel is my entrusted duty, not a ground for pride. My reward lies in sharing it freely, adapting to serve all, with the hope of sharing in its blessings.
- **Gospel** – Mark 1:29-39: Jesus healed Simon's mother-in-law at her home. That evening, many sick and demon-possessed were brought to him; he healed them, not allowing demons to speak. Seeking solitude, Jesus prayed in the early morning. Urged by his followers, he continued his mission, preaching and exorcising demons throughout Galilee.

## READINGS FOR THE WEEK

**MONDAY:** 1 Kgs 8:1-7, 9-13 PS 132:6-7, 8-10 MK 6:53-56

**TUESDAY:** 1 Kgs 8:22-23, 27-30 PS 84:3, 4, 5 and 10, 11 MK 7:1-13

**WEDNESDAY:** 1 Kgs 10:1-10 PS 37:5-6, 30-31, 39-40 MK 7:14-23

**THURSDAY:** 1 Kgs 11:4-13 PS 106:3-4, 35-36, 37 and 40 MK 7:24-30

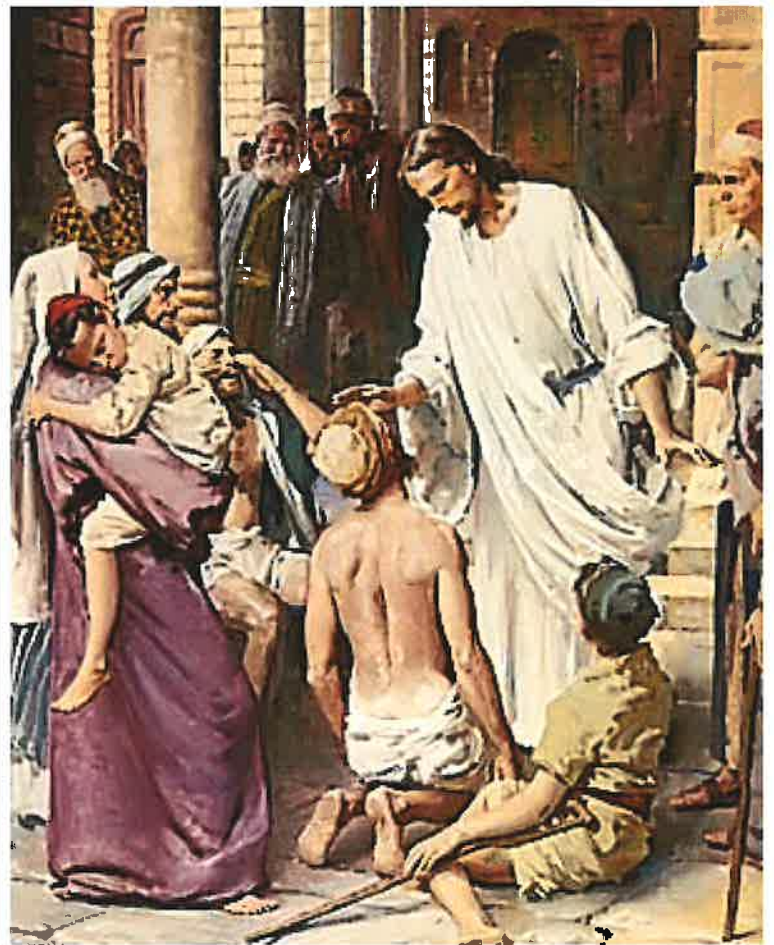
**FRIDAY:** 1 Kgs 11:29-32; 12:19 PS 81:10-11ab, 12-13, 14-15 MK 7:31-37

**SATURDAY:** 1 Kgs 12:26-32; 13:33-34 PS 106:6-7ab, 19-20, 21-22 MK 8:1-10

**SUNDAY:** Lv 13:1-2, 44-46 Ps 32:1-2, 5, 11 1 Cor 10:31-11:1 MK 1:40-45

## February 4<sup>th</sup> Fifth Sunday in Ordinary Time

For the sick, especially those nearing life's end:  
May they be cared for with tenderness and compassion  
as they prepare to enter eternal life;  
*We pray to the Lord:*





### CALENDAR OF THE WEEK

Monday	February 5 <sup>th</sup> .	Men of St. Paul's 8pm
Tuesday	February 6 <sup>th</sup> .	Spiritual Journey 9:30am in the Rectory Baptism Class 7pm
Wednesday	February 7 <sup>th</sup> .	Altar Society 9:30am in the Rectory
Thursday	February 8 <sup>th</sup> .	First Communion Parent Meeting 6pm
Friday	February 9 <sup>th</sup> .	
Saturday	February 10 <sup>th</sup> .	CCD- 9:30am to 11am in the school Crab Feed
Sunday	February 11 <sup>th</sup> .	Coffee and Donuts following 9:15am Mass

### ST. PAUL'S THANKSGIVING RESPONSE TO GOD THIS PAST WEEK

Weekly Collection: Jan 28, 2024	\$ 3,789.97
E Collection –January 2024	\$ 10,892.00
2023 Annual Appeal	\$ 78,534.00
Collected as of January 1, 2024	\$ 67,865.00
Balance Still Remaining for the 2023 Appeal	\$ 10,669.00

### Blood Drive 2024

The first Parish Blood Drive of 2024 will be 3/24 from 8:30-1:00- Palm Sunday. For those who chose to observe Lent by 'giving up' something- have you ever considered Giving Blood? It is Life to whomever receives it. Our Lord on the cross gave us all of His.

Sign up on line at [www.bloodheroes.com](http://www.bloodheroes.com) or call Jill Alcantar @415-586-8911 to schedule an appointment

### SECOND COLLECTION – ALTAR SOCIETY

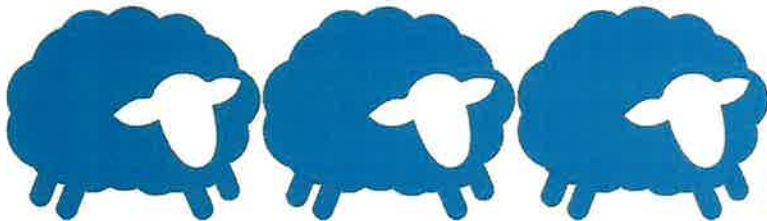
Next Sunday February 10<sup>th</sup> and 11<sup>th</sup> there will be a second collection for Altar Society.

### BRING YOUR CELL PHONE TO CHURCH

Yes, you read that correctly. ..

We are asking all parishioners to bring their phones to Church the weekend of February 10<sup>th</sup>/11<sup>th</sup>. We will be launching our parishes Flocknote sight.

Flocknote is a real time communication system that helps our parish get information out to you quickly through texting or email.



Please pray for those in our book of the sick and especially for the following:  
Dianna Strachan

For those who have died: Carolyn Johnson



### Saturday Mass 4:30pm

Marie Doherty (D)

### Sunday Mass 8:00am

Frances Strachan (D)

Jackie Johnson (D)

### Sunday Mass 9:15am

Edie Epps (D)

Rita Hannan (D)

Dave Frediani (D)

### Monday 8:30am

People of St. Paul's (L&D)

### Tuesday 8:30am

People of St. Paul's (L&D)

### Wednesday 8:30am

People of St. Paul's (L&D)

### Thursday 8:30am

People of St. Paul's (L&D)

### Friday 8:30am

Fermina Morales (D)

### Saturday Mass 4:30pm

Josephine & Jack Shea (D)

### Sunday Mass 8:00am

Bautista "Buddy" Tufo (D)

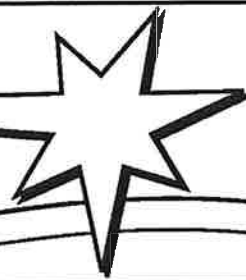
### Sunday Mass 9:15am

Thomas Nusni (D)

Marfia Vela (D)



# Partners in FAITH™



Helping our children grow in their Catholic faith.

February 2024

St. Paul's Church

Dorothy Vigna, Director of Religious Education



## Thoughtful Moments

### St. Josephine Bakhita

St. Josephine Bakhita was a young girl in Darfur, Sudan when she was captured and sold into slavery. Despite serving under cruel masters for many years, she remained sweet and kind. Eventually, the Michielis, who treated her very kindly, bought her. While in Italy, they introduced her to the Canossian Sisters of Charity. She joined in 1893. She spent the rest of her time there as a cook and sacristan. She also helped to prepare young sisters.



### Unconditional love

Children learn about God's love by experiencing love from their parents. Children who feel unconditionally loved by their parents are less likely to fear failure or judgment and more likely to look at their parents as advocates rather than adversaries. They are also more likely to be open to a relationship with a loving God as Father.

*"A wise son hears his father's instruction, but a scoffer does not listen to rebuke"* (Proverbs 13:1).



## Forgiveness leads to holiness

In family life, conflict may be commonplace as children learn to navigate relationships but learning how to forgive is essential to healthy development.

Forgiveness is also essential for holiness. *"If you forgive others their transgressions, your heavenly Father will forgive you"* (Matthew 6:14). Teach children how:

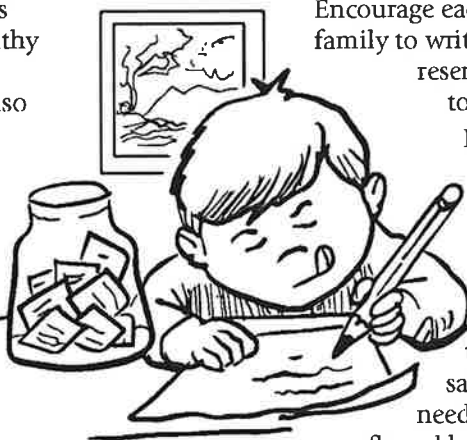
**Say the words.** Encourage children to say, "I'm sorry," "I was wrong," when they have hurt someone. Asking for forgiveness starts the process of recognizing when they have transgressed and understanding that amends must be made. When someone says the words, immediately offer forgiveness by saying, "I forgive you."

**Release grudges.** Old resentments keep us from fully experiencing God's love and forgiveness.

Encourage each member of the family to write at least one grudge or resentment they are ready to let go of on a piece of paper and put it into a "grudge jar." Then, take out all the grudges, rip them up, and move on.

**Practice humility.** Humility reminds us that we're saints-in-progress who need God's mercy. We are flawed beings who make mistakes that require God's forgiveness. Offering mercy to others in recognition of this need is an act of both humility and hope.

**Pray for each other.** Praying together as a family opens us up to much-needed graces. Plus, it's hard to stay mad at someone for whom you pray!



## Why Do Catholics Do That?

### Why do Catholics serve pancakes on Fat Tuesday (Mardi Gras)?

In the early Church, it was customary to give up rich foods and meat during the penitential season of Lent. This included milk, eggs, butter, cheese, and fat. On the Tuesday before Lent began, families would rush to empty the pantry of the



forbidden foods by enjoying a dinner of pancakes (or in some places, fried doughnuts). In several countries, it is even called "Pancake Tuesday." It was meant to be one final celebration of feasting before the Lenten fast.

## The positive power of penance

Children of all ages know that if we make a mess, we must clean it up and try not to do it again. Penance is a lot like that – it helps us clean up our sin and avoid repeats. Help children appreciate penance.

**Self-denial.** Suggest small sacrifices that are age appropriate - skipping a favorite TV show, foregoing an hour of video games, or passing on dessert. Then suggest that the discomfort can be offered to God as an apology for past wrongs.

**Acts of kindness.** Our sin affects others,

so helping others also helps us make up for our sins.

Assisting a neighbor, volunteering at church, or showing kindness to a friend, can be offered to God as penance.

"Do I have to?" When you ask your child to do something he doesn't have to do and may not enjoy, remind him that it can be offered as penance. Visiting elderly relatives, playing patiently with younger siblings, doing homework without reminders are sacrifices that can be offered as penance.



### Scripture LESSON

#### Mark 9:2-10, Transformation, not restoration

Ancient Jews imagined that the Messiah would free Israel to be the kind of people it already was with the religion and structure it already had. After all, God had set Moses aside as the lawgiver and liberator, and Elijah was the first great prophet to foretell the coming of Christ. The Messiah was predicted to be a kind of repairman to restore it all.

So, when Jesus was transfigured with Moses and Elijah, the apostles figured God was revealing Him as the expected Messiah. Peter thought he was complimenting Jesus by offering to build tents for each of them, putting Jesus on

the same level as Moses and Elijah.

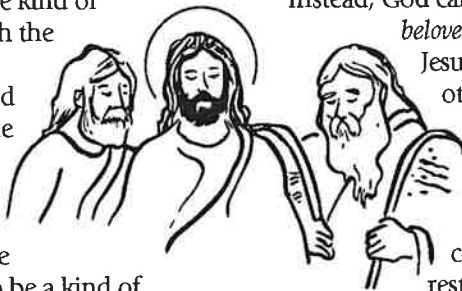
Instead, God called Jesus, "my beloved Son," exalting

Jesus above every other human hero.

What can a parent do?

Jesus' apostles thought He had come simply to restore Israel, but

Jesus came to transform us and give us new life. The Transfiguration was to prepare Jesus' followers for a surprising truth: He would accomplish this victory by dying on the Cross and rising from the dead, thus conquering death itself.



### Feasts & Celebrations

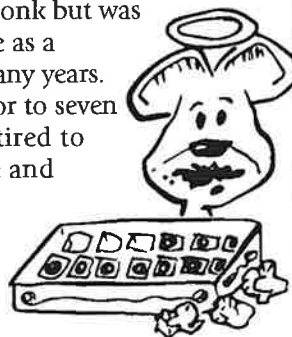
**February 2 – The Presentation of the Lord.** In accordance with the Law of Moses, Mary and Joseph brought Jesus to the Temple forty days after His birth, and Simeon praised God for revealing the long-awaited Savior.

**February 2 – St. Catherine of Ricci (1590).** Against her father's wishes, St. Catherine gave up her wealthy life and joined the Dominicans when she was twelve. She received visions of the Lord's Passion, which she experienced every Friday.

**February 14 – Ash Wednesday.** The

first day of Lent. Ashes of old palms are placed on the forehead, as a sign of penance. It's also a day of abstinence from meat and fasting – one regular meal and two small meals that together don't equal a full meal.

**February 21 – St. Peter Damian (1072).** St. Peter Damian became a disciplined monk but was called to serve as a bishop for many years. He was advisor to seven popes. He retired to monastic life and died in the care of his brother monks.



### Parent TALK

I had stopped praying. My father had a heart attack last summer and I was helping Mom care for him while working and caring for my own family. Then my father-in-law was diagnosed with lung cancer and needed care. Finally, Ken lost his job for the second time in three years and we had used up our savings the first time. Obviously God wasn't listening.

A few nights later I overheard our ten-year old saying her prayers asking God for help. She ended with, "Thanks for listening. Amen." Then she went to sleep. Standing outside her room, I realized Kara didn't tell God what to do. She asked for help, trusted that it would come, and left it to God.

I prayed for the first time in weeks and ended with, "Thanks for listening. Amen." I realized God is always listening. I was the one who had stopped talking.



### Our Mission

To help parents raise faithful Catholic children  
Success Publishing & Media, LLC  
Publishers of Growing in Faith™ and Partners in Faith™  
(540)662-7844 (540)662-7847 fax  
<http://www.partnersinfaith.com>  
(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)

# Family Lent Calendar 2024

 = a day of fasting and abstinence from meat  
 = a day of abstinence from meat.

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>		<b>19</b>	<b>20</b>	<b>21</b>	<b>15</b>	<b>16</b>	<b>17</b>
"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert fasting and praying" (Catechism of the Catholic Church).		February	Ash Wednesday	Help children choose Lenten offerings that are meaningful and do-able.	Have meatless meals today. Pray for those who can't have meat as a regular part of their diets.	Pick a patron saint for Lent to pray for your family until Easter.	
<b>25</b>		<b>26</b>	<b>27</b>	<b>28</b>	<b>22</b>	<b>23</b>	<b>24</b>
"Bury the Alleluiah." Write the word, "alleluia", on a piece of paper. Put it in a bag and bury it in the ground until Easter.		Practice patience -- a much-needed form of almsgiving.	Put out an empty "Donations" box. Fill it with unused clothes or toys in good condition throughout Lent.	Enjoy pretzels -- a traditional Lenten snack because they were originally shaped into crossed 'prayer' arms.	Attend a Stations of the Cross service or pray through the Stations together at home. Find them here: <a href="http://www.usccb.org">www.usccb.org</a> .	Set out a "Lenten good deed jar" and add a jelly bean every time someone does a good deed. Enjoy at Easter.	
<b>3</b>		<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
After Mass, go over the homily with children. Discuss practical ways to "clean the temple" of your hearts.		Check out Catholic Relief Services and see if you can help support any of their projects at: <a href="https://www.crs.org">https://www.crs.org</a> .	Tonight, have everyone think of someone they don't get along with and share three good things about them.	Pray the Chaplet of Divine Mercy together for souls in need. See details here: <a href="http://www.thedivinemercy.org">www.thedivinemercy.org</a> .	Attend daily Mass together or make time later today to visit Jesus in the Blessed Sacrament.	Play a family Rosary together in honor of Mary's Immaculate Heart.	
<b>10</b>		<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<i>Laetare Sunday</i> Go out for a small treat to celebrate the midpoint of Lent.		Look for signs of God's love and presence today. Have everyone share two of them at dinner.	Prepare souls for Easter! Do an examination of conscience, using the Ten Commandments or Eight Beatitudes as a guide.	Encourage everyone to do an extra chore and offer it for the souls in Purgatory.	Take the phone off the hook and turn off the TV. Play board games and spend time together.	Go to Confession as a family and experience God's mercy.	
<b>17</b>		<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Offer special prayers for catechists and anyone else who teaches the Faith.		Today is a solemnity! See if your parish has a "St. Joseph's table" or enjoy pastries at home to celebrate.	Holy Week and Easter are busy times for parishes. Offer prayers for the priests and parish staff.	Bring your donations box to its destination.	Have a screen fast (from recreational use) from noon to 3, honoring the time Jesus hung on the Cross.	The King is coming! Tidy up the house to prepare for the holiest week of the year.	
<b>24</b>		<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<i>Palm Sunday</i> Display palm branches -- signs of victory -- around the images of Jesus in your home to mark the start of Holy Week.		Go on a water fast today. Drink only water and pray for those for whom accessible drinking water is difficult.	Get up 15 minutes early to pray as a family.	Attend a Holy Thursday liturgy or read John 13:1-11. What would you say if Jesus offered to wash your feet?	Play the Stations of the Cross together, recalling Jesus' greatest act of love for us.	Light a candle and renew your baptismal vows together as a family.	