

ST. PAUL CATHOLIC CHURCH



JANUARY 14, 2018

SECOND SUNDAY IN ORDINARY TIME

Pastor—Rev. Joyle Martinez
Deacon— Antonio Ramirez

Priest in Residence—Rev. Felipe Paraguya
Business Manager —Shirley Brown

8720 Florin Road—Sacramento, CA 95828 Mailing Address: P .O. Box 292280, Sacramento CA 95829
Office hours 8:00am-4:00pm Mon.-Fri.
Phone 916-381-5200 Fax 916-381-0332 saintpaulcatholic@comcast.net website www.stpaul-florin.org

Mass Schedules and other Services

Sundays	7:30 a.m., 9 a.m., 11 a.m. and 1:00 p.m. en español <i>Children's and Youth Choirs</i> <i>sing first Sunday of the month.</i>
Saturday	4 p.m. [vigil] & 8 a.m. First Saturday
Weekdays	[Mon—Fri]— 8 a.m. in the Chapel
Holy Hour	First Friday 7—8 p.m.
Holy Days of Obligation	8 a.m. and 6 p.m.
Perpetual Help Novena	Wednesdays following 8 a.m. Mass
Morning Prayer	Mon. -Fri. 7:40a.m.
Confessions [bilingual]	Saturdays 2:45—3:45 pm

Faith Formation Ministries and Groups

Catholic Faith Formation D.R.E.	Sr. Ma. Elizabeth U. Siguenza RVM	916.381.5200
Catholic Faith Formation	Aracely Narvaez	916.383.6719
Spanish Coordinators	Maria Consuelo Gutierrez	
RCIA for Adults	Angie Lovett	916.803.6463
RCIA for Children	Emilia Caoagas	916.849.5617
RCIA for Teens	Imelda Nanca	916.402-1904
Catholics Returning Home	Dale & Kit Yamamoto	916. 895.1441
Baptism Preparation	Dale & Kit Yamamoto	916. 895.1441
Couples for Christ	Billy/Virgie Monteagudo	916.682.6397
Young Adults Ministry		916.381.5200
Legion of Mary	Norma Bolante	916.688.8769
Vocation Committee	Frances Gomes	916.421.0300
Families in Christ Jesus	Angie Lovett	916.803.6463

Social Ministries and Groups

Christmas Fair	Call the office	916.381.5200
Fall Festival	Call the office	916.381.5200
Cultural Dinner	Guily & Naty Fontillas	916.362.7541
Parish Breakfasts	Knights of Columbus	916.381.5200
Religious Goods Store	Irene Ingham	916.689.2865
Yard Sale	Call the office	916.381.5200
Wedding Coordinator	Le Pham stpaulwedcoordinator@gmail.com	

WELCOME!

You are encouraged to participate in our many functions, events, and activities. We offer opportunities for parishioners to use the time, talent, and treasure that God has given them in praise and glory of His name through our liturgical, care-giving, philanthropic, faith-formation and social ministries.

Councils

Pastoral Council	Dale Yamamoto	916.257.3323
Finance Council	Jerry Fong	916.689-9418

Liturgical Ministries

Sacristan		
Youth Altar Servers Ministry	Alex Plam	916.381.5200
Adult Altar Servers Ministry		
Martha's Daughters	Ja'net Blea	916.284.2008
Art & Environment Ministry		
Eucharistic Ministry		
Hospitality Ministry	Ja'net Blea	916.284.2008
Ministry of the Word	Shirley Brown	916.612.7023
Ministry Sick and Homebound	Dale & Kit Yamamoto	916.895.1441
Music Ministry	Jackie Loret de Mola	916-914-9936

Caregiving Ministries and Groups

Bereavement Ministry	Ja'net Blea	916-284.2008
Health Ministry	Clara Heimericks	916.689.3932
Loaves and Fishes Ministry	Diane Welsh	916.682.7810
Social Justice Ministry	Diane Welsh	916.682.7810
Pro Life 4 Life	Charlene Valine	916.682-0557

Philanthropic Ministries and Groups

Catholic Daughters of the Americas	Nellie Basquez	916.381.1365
Knights of Columbus	Enrique Loret de Mola	916.730.8780

MISSION STATEMENT

We, God's people of St. Paul Catholic Parish In Sacramento, California, a multicultural, inclusive and welcoming community, inspired by the love of Jesus Christ are called: to bring all people of God together in worship, to declare our belief in God's love, based on the teachings of Jesus Christ, and to celebrate and grow in our relationship with God.



MASS INTENTIONS FOR THE WEEK

MON: 1/15 MASS FOR ALL THE FAITHFUL DEPARTED
TUES: 1/16 MASS FOR ALL THE FAITHFUL DEPARTED
WED : 1/17 MASS FOR ALL THE FAITHFUL DEPARTED
THURS: 1/18 MASS FOR ALL THE FAITHFUL DEPARTED
FRI: 1/19 CLARA MEIER †
 Requested by Henry & family

TODAY'S READINGS

First Reading — Speak, for your servant is listening
 (1 Samuel 3:3b-10, 19).
Psalm — Here am I, Lord; I come to do your will
 (Psalm 40).
Second Reading — Do you not know that your body is a
 temple of the Holy Spirit within you?
 (1 Corinthians 6:13c-15a, 17-20).
Gospel — Andrew found his brother Simon and brought
 him to Jesus (John 1:35-42).

READINGS FOR THE WEEK

Monday: 1 Sm 15:16-23; Ps 50:8-9, 16bc-17, 21, 23;
 Mk 2:18-22
 Tuesday: 1 Sm 16:1-13; Ps 89:20-22, 27-28;
 Mk 2:23-28
 Wednesday: 1 Sm 17:32-33, 37, 40-51; Ps 144:1b, 2, 9-
 10; Mk 3:1-6
 Thursday: 1 Sm 18:6-9; 19:1-7; Ps 56:2-3, 9-13;
 Mk 3:7-12
 Friday: 1 Sm 24:3-21; Ps 57:2-4, 6, 11;
 2 Sm 1:1-4, 11-12, 19, 23-27;
 Ps 80:2-3, 5-7; Mk 3:20-21
 Sunday: Jon 3:1-5, 10; Ps 25:4-9; 1 Cor 7:29-31;
 Mk 1:14-20

SAINTS AND SPECIAL OBSERVANCES

Sunday: Second Sunday in Ordinary Time
 Monday: Martin Luther King, Jr., Day
 Wednesday: St. Anthony
 Thursday: Week of Prayer for Christian Unity begins
 Friday: Julian Calendar Theophany (Epiphany)
 Saturday: St. Fabian; St. Sebastian

January 14, 2018

Second Sunday in Ordinary Time

Your body is a temple of the Holy Spirit within you.

— 1 Corinthians 6:19a

THE LAMB OF GOD

“Behold the Lamb of God!” We hear this phrase every Sunday at Mass, but there’s a good chance that many Roman Catholics do not know who in the Bible originally spoke it. The phrase appears only in the Gospel of John, on the lips of John the Baptist, who utters it twice. In today’s Gospel reading, John proclaims Jesus as the Lamb of God, and two of John’s own disciples then follow Christ. A little bit later Andrew, who heard John and then followed Jesus, brings his brother Simon to be re-named Cephas, or Peter.

A careful look at these Bible verses shows us the mission of everyone baptized into the Body of Christ: we must always proclaim our faith in Christ, so that others will follow him. We may not know how the will of God might work through those we bring to Christ; that is not the point. The point is that our ongoing mission as a church is to bring others to Christ, the Lamb of God, who takes away the sin of the world.

TREASURES FROM OUR TRADITIONS

“Ordinary Time” began for us this week. On the old calendar, the feast of the Presentation, still more than two weeks away, was the last day of the Christmas season. Sadly, Bethlehem is hardly a place of peace on earth these days. The ancient Christian community has been largely uprooted by political strife. The Church of the Nativity stands (barely) in remarkable disrepair and disorder in Manger Square. The roof is crumbling, the major doorways are blocked, the wiring is faulty, and the worship life is disrupted by quarrels among Eastern Christians.

The church was founded by the Emperor Constantine in 325, destroyed in a Samaritan revolt in 539, and rebuilt by the Emperor Justinian. When the area came under Muslim control in 638, the holiness of the church was respected, and in return Christians allowed Muslims to pray in the south aisle, a right still upheld. Earlier in that century, invading Persians were ordered to destroy all churches, but when they saw the magi carved over the doorway of the Church of the Nativity, they spared it out of respect for their ancestors who bore gold, frankincense, and myrrh to the same city. The Crusaders restored and redecorated the church by the twelfth century, and it is their plan that survives. Down a few stone steps is a stone grotto with a silver star marking the place of Christ’s birth: when the star was stolen in 1847 it triggered an international crisis that exploded into the Crimean War.

Since 1852, the church has been shared by the Roman Catholic, Greek Orthodox, and Armenian Churches. The Greeks are in charge of the grotto, but don’t enjoy the best of friendships with the Armenians. Catholics have the care of the Chapel of the Manger, and avoid the squabbles by a separate entrance to the Franciscan monastery church of St. Catherine. Pray for peace in Bethlehem!

PARISH STEWARDSHIP

SECOND COLLECTION

NOVEMBER 2017 PROFIT & LOSS

Feb 3/4 St. Paul Building Fund & Capital Campaign

This collection will help provide funds to repay the funds borrowed from the Diocese to build the Religious Education Center.

BEREAVEMENT MINISTRY

Recent Bereavement

Please keep the families and friends in your prayers for St. Paul Parishioners whose funerals, or Memorial Masses were celebrated during the past few weeks,

Florencia Racimo, William Paraoan, Julieta Parmelee Frank Farrell, Nick Holquin, David Santos. David Salas. Medardo Bejarin, Jesse Rubalcava, Edward Martinez. Nemesio Gaviola Jr. Delbert Mesa Frank Loret de Mola Joe Monteagudo Mary Mendoza Rose De Herrera

LECTORS NEEDED

Lectors are needed for our weekend Masses. If you are interested in joining the ministers in this special ministry we ask you to contact the office (916) 381-5200. We are especially short of ministers at our 4:00pm Saturday Mass.

CATHOLIC CHARITIES

Catholic Charities

Catholic Charities invites you to join with them for pilgrimages in Italy along the Via Francigena and in Spain along the Camino de Santiago in 2018. These pilgrimages will promise to be one of the most spiritual experiences of your life. We have limited spaces available. To sign up or for more information contact (916) 706-1539 or Pilgrim@CatholicCharitiesCA.org

COLLECTION

	4:00pm	7:30am	9:00am	11:00am	1:00pm	TOTAL
December						
3	\$1560.00	\$1476.00	\$1794.00	\$2079.00	\$688.20	\$7597.20
10	\$961.00	\$1066.00	\$1357.00	\$809.00	\$915.76	\$504876
17	\$1029.00	\$942.00	\$1437.00	\$1201.00	\$788.73	\$5397.73
24	\$1163.00	\$687.00	\$1288.00	\$1315.00	\$754.18	\$5207.18
CHRISTMAS	7:00PM	10:00PM	9:00AM	11:00AM	1:00PM	
25	\$2334.00	\$730.00	\$1197.00	\$1358.00	\$1661.00	\$713.13
	TOTAL: 7793.13					

Offerory	\$ 28,591	\$ 25,772	\$ (2,819)
Other Income	\$ 7,902	\$ 6,641	\$ (1,261)
Religious Articles & Books	\$ 1,486	\$ 1,084	\$ (402)
Religious Education	\$ 4,750	\$ 285	\$ (4,465)
Total Income	\$ 42,729	\$ 33,782	\$ (8,947)

EXPENSES

Salaries & Benefits	\$ 21,138	\$ 18,410	\$ 2,727
Buildings & Grounds	\$ 9,637	\$ 11,858	\$ (2,222)
Religious Articles & Books	\$ 1,116	\$ 922	\$ 195
Property Tax & Insurance	\$ 2,699	\$ 2,323	\$ 376
Parish Programs	\$ 2,077	\$ 1,707	\$ 370
Religious Education	\$ 0	\$ 1,392	\$ (1,392)
Diocesan Assessment	\$ 5,004	\$ 4,652	\$ 352

Total Ordinary Expenses	\$ 41,678	\$ 41,162	\$ 516
Net Operating Income	\$ 1,051	\$ (2,380)	\$ (8,431)

OTHER INCOME

Interest	\$ 1	\$ 1	\$ 0
Capitol Campaign & Blding Fund	\$ 15,387	\$ 12,749	\$ (2,648)
Diocesan & sp. Coll.	\$ 3,076	\$ 2,106	\$ (970)
Total Other Income	\$ 18,464	\$ 14,855	\$ (3,608)

OTHER EXPENSES

	\$ 0	0	\$)
Diocesan & Special Collections	\$ 3,080	\$ 2,102	\$ 978
Capital Fund Drive One Camp	\$ 12,000	\$ 20,000	\$ (8,000)
Youth Group	\$ -	\$ -	\$ -
Total Other Expenses	\$ 15,080	\$ 22,102	\$ (7,022)

Net Other Income	\$ 3,384	\$ (7,246)	\$ (10,630)
NET INCOME	\$ 4,434	\$ (14,626)	\$ (19,061)

ROE v. WADE

January 22, 2018 marks the 45th anniversary of the 1973 US Supreme Court Decision, Roe v. Wade. In prayerful observance Bishop Soto has designated January 22, 2018 as a Diocesan Day of Reparation.

January 20/21: clergy are asked to pray and preach for a merciful end to abortion and a revived promotion of the gospel of life, and encourage all to observe the January 22 Day of Reparation.

January 22: all are asked to observe this Day of Reparation through fasting, prayer, penance and works of mercy. For those able to fast, it is recommended that they limit themselves to one full meal. Those choosing to abstain may refrain from eating either meat or anything normally consumed as part of their daily routine.

January 22: all are invited to attend the 12:10pm Cathedral Mass and priests are invited to concelebrate.

January 22/23: middle and high school students are invited to attend the Choose Life educational program in either Sacramento or Yuba City. The program is at the Cathedral from 10:00am to noon on the morning of January 22. contact Diocesan School Dept for more information: (916)-733-0110.

Middle and high school youth leaders who are not able to attend the morning Choose Life program are welcomed to attend the evening version at the Cathedral from 6:30 to 8:00pm. Contact Steve Patton for more information. spatton@scd.org or (916) 733-0133.

January 23—Choose Life program is a repeat of 1/22 at St. Isadore in Yuba City.

January 27: all are encouraged to participate in the Walk for Life West Coast in San Francisco. More information at: www.walkforlifewc.com.

January 28: High school and college students are invited to Students for Life of America's West Coast National Conference at St. Mary Cathedral in San Francisco <http://sfalive.org>

HEALTH MINISTRY

Got a Cold?

More than 100 viruses can cause colds, the world's most common illness, and most people average about three colds every year. Once it enters the body the cold virus begins to multiply, causing sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion and coughing.

Over-the-counter cough and cold remedies may relieve some of the symptoms, but they will not prevent, cure or even shorten the course of the illness.

To lessen your chances of coming down with a cold keep up your natural resistance through good nutrition, and getting enough sleep and exercise. Avoid direct contact with those who have colds, and wash your hands frequently. If you get a cold be respectful of others, cover your coughs and sneezes, and, if possible, limit your contact with others.

SICK PARISHIONERS & FRIENDS

Pray for sick family members, friends and parishioners.

Priscilla Wong	Martha Montanez	Elnora Williams
Shirley Robinson	Ricardo Campos	Dorothy Butler
Lorraine Schaefer	James Solari	Barbara Sules
Jessica Lintag	Elizabeth Solari	Bethany Lewis
Sandy Burgoon	Maria Lopez	Richard Onia
Mauricio Vargas	Raymond Gutierrez	Judy Niedzwiedz
Jack Steele	Nilda Medina	Epifania Paez
Rodulfo Reyes	Doreathea Viltz	Ed Anderson
Monica Cordero	Virginia Thomas	Janelle Flores
Rodrigo Reyes	Bernadette Carrasca	Lori Martenia
Virginia Collier	Ashley Brackin	Msgr.
Jean Hesse	Noah de los Reyes	Ronald Broussard
Ed Brooks	Broderick Steele	Eva Rollins
Gregory Judd	Juan San Miguel	Chuck Eickhoff
Michael Delgado	Peggy Meier-Beyers	Robert Cordero
Jackie Martin	Gertie Davis	Richard Miller

GOSPEL MASSES

You are invited to join our Diocese in Gospel Masses at St. Rose Church, 5961 Franklin Blvd

January 27, 2018

February 24- Black History Month

March 24 April 28

May 26 June 23

Mass begins at 5:00pm and fellowship follows after every Mass. Need more information? bcmchair@outlook.com (916)-720-9025

SPYM

Want to join SPYM?

For more information contact:

Charlene Valine

(916) 798-3339

rossandchar2@frontiernet.net

Or visit: <http://st.paul-florin.org/youth-ministry>

<https://www.facebook.com/events1543001669170057>

PRAY FOR OUR MILITARY

Please pray for the following members of our families serving in the Armed Forces

Gary B. Foster II	Ariel Rollins	Conner Sommerfield
Jay Candaso	Don Carlo Geroche	Arianna Brown
Daniel Roy Ryan	John Marc James	Taylor Sommerfield
Gregorio Rodriguez	Ruben N. Libed	Justin Broussard
Roel C.. Dones	Nilo Uy Villaluna Jr.	Emanuel Cepeda
Ricardo Cervantes	Don Jamoles	Maxton Perez
Stephen Rich	Ryan Gandy	Landon Perez
Janae Santos	Cody Machado	Dannon Perez
Brian Vergith	Mark A. Ramos Jr.	Charles Q. Wincey
Martin Sinlao	Cameron Lindsay	Q. Wincey
Sergio Pineda	Armando Asahan	

CATHOLIC DAUGHTERS

ATTENTION LADIES!

We know that everyone of you has a unique talent or ability to share. This is one good reason to join the Catholic Daughters of the Americas at St. Paul Parish.

It is easy, and we meet once a month, 2nd Tuesday at 6:15pm in Classroom of the Religious Education Center. No age limit once you are 18. We are a fellowship of women who enjoy each other's company socially. Our motto is Unity and Charity. Call Nellie Basquez a (916) 381-1365 for more information.

GET ON THE BUS

Volunteer Opportunitu: = Get On the Bus
It is with great joy that Catholic Charities and Social Concerns is gearing up for their 2017-2018 Get On The Bus Season. This mission is to unite children with their mothers and fathers in prison. The objective could only be made possible through the generosity of volunteers who have a heart for this restorative justice ministry. Your time and dedication to this ministry impacts the lives of the participating families in our community.

Please join us for our annual GET ON THE BUS VOLUNTEER TRAINING, Saturday, January 27, hosted at St. John the Evangelist Church (5751 Locust Ave, Carmichael) from 10:00am to 2:30pm. Lunch will be provided. Please RSVP with the Regional Coordinator at: jaguiar@crjw.org.

DIOCESAN JOB OPPORTUNITIES

Pastoral Center

Director of Family & Faith Formation
Coordinator for Pastoral Juvenile
Regional Coordinator for Youth & Young Adult Ministry

Catholic Funeral & Cemetery Services

Automotive & Diesel Mechanic
Catholic Cemetery Services, Sacramento
Family Service Advisor—
St. Mary Cemetery & Funeral Center

To apply for a position please email a short cover letter, resume, and application to personnel@scd.org.

Positions are open until filled - For more information and complete job descriptions, visit the diocesan website www.scd.org and look under employment.

DIOCESAN NEWS

Catholic Herald

Do you know someone who has a great faith story for us? Give us the who, what, where and when.

2018 Editorial schedule

		Deadline
May / June	When natural disaster strikes	3/12/18
July / Aug	The gift of sexuality	5/14/18
Sept / Oct	Permanent diaconate Ministry	7/16/18
Nov Dec	Hopes/dreams of Millennial Catholics	9/12/18

To submit story ideas and news please contact Julie Sly at (916) 733.0175 Jsly@faithcatholic.com
For advertising please contact Cathy Joyce at (916)733.0173 Cjoyce@faithcatholic.com

HEALTH MINISTRY

MEDICAL EQUIPMENT

The Health Ministry manages a free medical equipment loan program for parishioners. Portable equipment available includes wheelchairs, walkers, crutches, canes, bedside commodes and shower seats. If you, or someone in your family is in need of this type of equipment please call Clara Heimericks at (916) 689-3932 or the office and we will do what we can to help you.

KNIGHTS OF COLUMBUS



Coffee & Donuts

The Knights will be serving coffee and donuts on Sundays in, January All the proceeds from the coffee and donuts go to support the youth of our parish.

Join the Knights of Columbus

If you would like to find out more about becoming a Knight please ask any Knight, they should all be wearing their name badges, or call Roger Tafoya at (916) 936-3810.

Free Throw Championship

The Knights are hosting a Free Throw Championship for boys and girls between the ages of 9-14. The event will take place Jan 14, 2018 in the parish hall at 1:30pm. Be sure to complete an application—this can be found in the main vestibule of the church, or go on the church website for an online application. Proof of age is required. Questions?

Contact Brent Baginski at (916)-502-5637.

Segundo Domingo del Tiempo Ordinario

14 de enero 2018

PAGE 6

CORDERO DE DIOS

Este es el Cordero de Dios". Escuchamos esta frase todos los domingos en la Misa pero es muy probable que muchos católicos no sepan quién la pronunció originariamente en la Biblia. La frase aparece en el Evangelio de Juan, en los labios de Juan Bautista a quien dice dos veces. En la lectura del Evangelio de hoy, Juan proclama que Jesús es el Cordero de Dios y entonces dos de los discípulos de Juan siguen a Cristo. Un poco más tarde Andrés, quien escuchó a Juan y siguió a Jesús, lleva a su hermano Simón para que reciba un nuevo nombre: Kefás, es decir Pedro.

Si estudiamos a fondo estos versículos de la Biblia vemos la misión de todos los bautizados en el Cuerpo de Cristo: Siempre debemos proclamar nuestra fe en Cristo, para que otros lo sigan. Quizás no sepamos de qué manera la voluntad de Dios obrará en los que llevamos a Cristo, pero eso no es lo importante. Lo que importa es que nuestra misión constante como Iglesia es llevar a otras personas a Cristo, el Cordero de Dios, que quita el pecado del mundo

LECTURAS DE HOY

Primera lectura — Samuel responde al llamado del Señor: "Habla, Señor, tu siervo te escucha"

(1 Samuel 3:3-10, 19).

Salmo — Aquí estoy, Señor, para hacer tu voluntad (Salmo 40 [39]).

Segunda lectura — Tu cuerpo es un templo del Espíritu Santo; por tanto glorifica a Dios en tu cuerpo (1 Corintios 6:13-15, 17-20).

Evangelio — Los primeros discípulos empiezan a seguir a Jesús y declaran que es el Mesías (Juan 1:35-42).

LECTURAS DE LA SEMANA

Lunes: 1 Sm 15:16-23; Sal 50 (49):8-9, 16bc-17, 21, 23; Mc 2:18-22
Martes: 1 Sm 16:1-13; Sal 89 (88):20-22, 27-28; Mc 2:23-28
Miércoles: 1 Sm 17:32-33, 37, 40-51; Sal 144 (143):1b, 2, 9-10; Mc 3:1-6
Jueves: 1 Sm 18:6-9; 19:1-7; Sal 56 (55):2-3, 9-13; Mc 3:7-12
Viernes: 1 Sm 24:3-21; Sal 57 (56):2-4, 6, 11; Mc 3:13-19
Sábado: 2 Sm 1:1-4, 11-12, 19, 23-27; Sal 80 (79):2-3, 5-7; Mc 3:20-21
Domingo: Jon 3:1-5, 10; Sal 25 (24):4-9; 1 Cor 7:29-31; Mc 1:14-20

Escucha Hoy: La Sabiduría grita por las calles, levanta su voz en las plazas. Presenta su llamado en las encrucijadas, pronuncia su mensaje en las puertas de la ciudad: Oigan pues mis advertencias y derramare sobre ustedes mi Espíritu. Si los llamo, ¿se alejaran? Si les tiendo la mano ¿me racharan? Acaso no tendrán en cuenta mis consejos?

Prov. 1, 20-27

TRADICIONES DE NUESTRA FE

Según una vieja costumbre latina, no se les debe llamar por nombre a los niños mientras todavía están en el vientre de su madre. Mis padres siempre me hablaban por nombre durante el embarazo de mi mamá. Esto por supuesto molestaba a mi abuelita quien decía que si me iban a hablar por nombre sería mejor llamarme Tiburcio. La gran sorpresa de mis padres fue que nació el día de san Tiburcio. Gracias a Dios mis padres no eran tradicionalistas, sino tuvieran que pasar mi vida con ese nombre.

Muchos latinoamericanos todavía siguen la tradición del onomástico; de dar a su hijo o hija el nombre del santo o de la santa en cuyo día nació. Esta costumbre se hace con doble intención: 1) para implorar la protección del santo sobre el recién nacido y 2) para que el niño o la niña tenga un buen ejemplo como modelo para su vida. Esta última razón implica tener que conocer e imitar al santo o a la santa.

Si tu hijo nace el 16 de enero puedes nombrarlo: Fulgencio, Acursio, Adiuto, Frisio y Tolomeo. O si es niña, Priscila o el femenino de los previos.

10 PRÒPOSITOS PARA EL NUEVO AÑO

Para modificar todos aquellos hábitos poco recomendables en los que has incurrido este año y para que la salud te acompañe durante todo el que viene, te proponemos una lista de buenos propósitos para el año que arranca. Seguramente llegarás a la misma conclusión que nosotros: tener buena salud es lo más importante de todo. Por eso, para modificar todos aquellos hábitos poco recomendables en los que has incurrido este año, te proponemos una lista de diez buenos propósitos para el año que comienza:

Hacer más ejercicio: Uno de los pilares de una vida sana y activa es el deporte. Da iguala edad que tengas, los hay para todos los gustos y adaptables a toda condición física. **Dejar de fumar :** El comienzo de un nuevo año es un momento perfecto para plantarse y encontrar la fuerza de voluntad suficiente para abandonar el tabaco.

Controla tu estrés : No dejar que el estrés y la ansiedad nos ganen la partida es vital para llevar una vida plena.

Come mejor: La obesidad y el sobrepeso son una de las grandes epidemias de este siglo. En tus manos y en tus platos está el hacerle frente. **Acudir a revisiones médicas:** La salud es lo primero, pero los problemas no siempre dan la cara con síntomas claros. O si lo hacen, muchas veces pasamos de ir al médico por pereza o por no darle importancia. Loco error.

Cuida del medio ambiente: Tan importante como cuidar de uno mismo es cuidar de lo que te rodea. Algo que repercutirá directamente en tu bienestar y en el de los tuyos.

Presta atención a la higiene: Por ello, no está de más concienciarnos de este aspecto y vigilar más nuestra higiene, tanto la bucal, como la íntima

Dedicale tiempo a ti mismo: Recarga energías escapándote con la bici, nadando plácidamente o recibiendo una sesión de relajamiento. **Empápate de salud:** El conocimiento y el uso de tu mente te ayudarán a evolucionar como persona en todos los aspectos. Estimula tu curiosidad, **lee más, profundiza en aquello que te preocupe**



Sacristanes Miguel Mendez 916-715-5413
Antonio Morales 916-230.9591
Formación en la Fe Católica :

Coordinadoras: María C. Gutiérrez 916.383.6719
Aracely Narváez 916.681.2924

Ministerio de Comunión: Mary Weather 916.718.6387
Ministerio de la Palabra: María C. Gutiérrez 916.395.7219

Ministerios Servidores del Altar: Jóvenes
Rosa M. Delgadillo 916.598.4697
Liliana. Ramírez 916.687-1712

Ministros de Hospitalidad: José Luis Sánchez 916.457.4713
Miguel Méndez 916.715.5413
Antonio Morales 916.230.9591
Magdiel Solís 510.938-6135

Ministerio de Música de Niños:
Covadonga Barrón 916.670.9619

Ministerio de Música de Adultos:
Ramiro Mendoza 916.670.5727

Vocaciones: Guadalupe Salinas 916.955.2150
Virgen de Guadalupe Ramona Cervantes 916.549.8114
Bautismos Diacono Ramírez 916.381.5200

Quiere unirse a nuestros diferentes ministerios, por que "Nuestro bautismo nos llama a compartir la misión de Cristo". Si esta interesado favor de llamar a cualquier persona de los teléfonos de arriba de esta pagina.

MATRIMONIOS Y QUINCEAÑERAS

Para mas información sobre estos eventos por favor comuníquese con el Diacono Antonio Ramírez al 381-5200.

PLATICAS PRE-BAUTISMALES

Las platicas para padres y padrinos se ofrecen el último sábado de cada mes, de **3:45 p.m. en el salón # 8**. Se requiere llegar a tiempo. **NOTA: Para evitar distracciones, por favor no traiga niños.**

Es necesario que pase a la oficina parroquial a registrar el niño/niña que desean bautizar, antes de atender a las platicas pre-bautismales. Horario de oficina: 8: a.m. – 4: p.m. Las personas que venga a clase **Deberá presentar el recibo de la Oficina. IMPORTANTE: Si su hijo/hija es mayor de 6 años, por favor obtenga información con el Diacono Antonio Ramírez**

BAUTISMOS

La celebración del Sacramento del Bautismo, es el primer sábado de cada mes a las **9:45 a.m.**,

Requisitos: Haber atendido los padres y padrinos a las platicas pre-bautismales, Traer comprobante si atendieron en otra parroquia.

Padrinos y Madrinas: Si son pareja, que estén casados en la Iglesia Católica, y haber recibido los Sacramentos de Iniciación Cristiana

SEGUNDA COLECTA

Feb 3/4 , 2018

San Pablo La campaña del edificio y campaña Capital. Esta colecta ayudará a proporcionar fondos para pagar la deuda de la Diócesis de la construir el Centro de Educación Religiosa. Personas que se han comprometido favor dejar su sobre rosado en la canasta de la colecta

MINISTERIO DE SALUD

Tiene un resfriado?

Más de 100 virus pueden causar resfriados, la enfermedad más común del mundo, y la mayoría de las personas promedio alrededor de tres resfriados cada año. Una vez que ingresa al cuerpo, el virus del resfriado comienza a multiplicarse, causando dolor de garganta, estornudos, secreción nasal, ojos llorosos, dolores y achaques, fiebre leve, congestión nasal y tos.

Los remedios sin receta para la tos y el resfriado pueden aliviar algunos de los síntomas, pero no evitarán, curarán o incluso acortarán el curso de la enfermedad.

Para disminuir sus probabilidades de contraer un resfriado, mantenga su resistencia natural a través de una buena nutrición y de dormir lo suficiente y hacer ejercicio. Evite el contacto directo con los resfriados y lávese las manos con frecuencia.

Si tiene un resfriado, sea respetuoso con los demás, cúbrase la boca al toser y estornudar y, si es posible, limite su contacto con los demás.

LA DIVINA MISERICORDIA BECA

La Fundación de Desarrollo Humano de la Divina Misericordia (DMHDF) (por sus siglas en inglés), es una organización sin fines políticos y sin fines de lucro (3) organización caritativa que cree firmemente en la capacidad de los pobres para liberarse de los estragos de la pobreza cuando tenga la oportunidad de proporcionar educación y otras oportunidades a los desfavorecidos para desarrollar plenamente su potencial y así mejorar su calidad de vida, de acuerdo con su dignidad como hijos de Dios. La Fundación ofrece catorce (14) becas de \$ 1,000.00 durante el semestre de otoño de 2018 para una universidad programa educativo, una (1) beca de \$ 1,000.00 para un programa de educación técnica para el año escolar 2018-2019 y cinco (5) becas para la educación secundaria católica. Las becas se otorgarán a más tardar julio de 2018. Para información favor de Enviar un correo electrónico a luzmanrique174@gmail.com para solicitar la aplicación, o Google TranslateCommunityMobileAbout GooglePrivacy & Terms-HelpSend feedback Para información favor de llame a Luz Manrique al 916-525-5593.

Aprovechen esta oportunidad.

TALENTO SHOW

Los niños y jóvenes de la Catequesis de Ingles van ha tener su talento show donde demuestran sus talentos cantando, bailando, actuando. Y están invitando a toda la comunidad a participar y si tiene algún talento puede participar. Llamando a la Hermana Elizabeth al teléfono 916 381-5200

Este evento será el 27 de Enero de 2018, a las 6:30 p.m. . Mas información se dará más adelante.