May 15, 2016
Pentecost Sunday
Filled with the Holy Spirit, the apostles begin to speak in tongues (Acts 2:1-11).

Mass Schedule:
Saturday: 5:00 pm
Sunday: 8:00 am, 10:00 am & 5:00 pm

Weekday Mass:
Mon.–Fri. 8:00 am
Tues. & Thurs. 5:30 pm

Parish Office Hours:
8:30 am – 1 pm & 2 – 5 pm

Sacrament of Reconciliation/Confessions:
Sat. 4-4:45 PM

Sacrament of Baptism:
Prep. Class required
Call Parish Office

Sacrament of the Sick:
Anytime Upon Request.
Contact the Pastor

Sacrament of Marriage:
Six months notification prior to the desired date.
Contact the Pastor

St. Anselm’s Parish is a Catholic community formed by families, individuals and clergy that worship together, celebrate the sacramental life of the Church, and seek to live the Gospel of Jesus Christ everyday. We welcome, serve, and educate.
Dear Parishioners,

Today the Church celebrates the feast of Pentecost, the day the Holy Spirit came down on the Apostles and the disciples gathered in prayer. Church was born on that day. Without the Holy Spirit the Church will be a dead organism. Ignatius of Laodicea, the Orthodox Metropolitan, speaking at the World Council of Churches at Uppsala in 1968 said, “Without the Holy Spirit God is distant, Christ is merely a historical figure, the Gospel is a dead letter, the Church is just an organization, authority is domination, mission is propaganda, liturgy is nostalgia, and the work of Christians slave labor. But with the Holy Spirit, Christ is risen and present, the Church is a communion in the life of the Trinity, authority is a service that sets people free, mission is Pentecost, the Liturgy is memory and anticipation, and the labor of Christians is divinized.” This is how the Holy Spirit transformed the Church. And, when we are open to the Holy Spirit our own inner lives will be transformed. The presence of the Spirit will give us the energy, the courage and the love to continue the work of Christ in the world.

May 22nd will be altar servers appreciation Sunday. We have a large number of altar servers in our parish. I am very grateful to them for their willingness to serve at the altar and thus helping the congregation to pray. Thank you!

Yours sincerely, Fr. Jose Shaji, Pastor

We Did It!!! Thank you to all who signed cards and especially to those who attended the Accountability Sessions with the Supervisorial Candidates. Over 7,000 signatures were gathered from Marin County (over 900 from San Anselmo, Kentfield and Ross) and presented to the three District 2 Supervisorial Candidates. Please keep the homeless and our dream of a Permanent Home for REST in your prayers.

Stop Human Trafficking- Film Debut

On December 10th, 2013 Special Agent Tim Ballard turned in his Homeland Security badge and resigned from his employment with the US government. He had spent over a decade rescuing children from child sex tourism both domestically and overseas. Though his job was difficult, he was proud that his country was one of very few in the world who was actually doing anything about this problem. However, mired in red tape and bureaucracy, Tim left to begin saving the children that he saw falling out of the purview of the US government.

These children constitute over 90% of the children lost to child sex slavery and he could do nothing to help them while in the government employment. This film is a story about the lost children and the rescue team’s exploits as they investigate and liberate enslaved children from around the world.

The film is rated PG-13 and is not considered suitable for young children. It will be shown in theaters on Monday, May 16, at 7:30. See it at one of these theaters: • Century Regency 6, 280 Smith Ranch Road, San Rafael • Century San Francisco Center 9, 845 Market St., San Francisco.

Health News

The Pollen count is very high! If you are sneezing, have a running nose, red itching eyes, you may need an Antihistamine!!!!

I have talked to so many people who have these symptoms, they do not take an Antihistamine. Here are the reasons people tell me why they don’t take an antihistamine: 1. They don’t think about it. 2. They don’t want to be addicted to them. 3. They don’t want to be drowsy. Let address these reasons. 1. Please think about it, the symptoms for some people can cause their asthma symptoms to start. 2. In all my years of nursing I never heard of anyone being addicted to an antihistamine, I have heard of peoples being addicted to Sudafed which is a decongestion!!!!! 3. There are antihistamines over the counter that do not make you Drowsy. For example Claritin and Allegra.

God Bless, Rose Shadduck
**Parishioner Spotlight**

Have you met Karen? Maybe you have seen her here at weekend Masses, Tuesday or Thursday evening Mass, walking in San Anselmo & San Rafael, waiting for the bus or having a bite to eat at one of her favorite stops along the way. Most people don’t know that Karen grew up in Marin, attended Marin Catholic and Redwood High Schools and lives in San Rafael. Karen is very independent, friendly and an avid recycler. She can usually be seen wearing one of her favorite coats (red, blue or yellow). Karen was volunteering a couple of days a week at a local senior care facility, as the caller for their weekly BINGO game. With her strong voice, she could easily be heard. However, the facility decided to cancel their BINGO program. In Karen’s words, “Oh well, when one door closes another opens.” She looks forward to volunteering again soon. When you see Karen next, be sure to say, “Hello” and mention you saw her in the St. Anselm Church Bulletin. She loves to receive cards in the mail and smiles from people she meets along her walks. She is truly looking forward to summer and warmer weather.

**Save the date:** Wednesday, June 8th 7:00 pm Centennial Hall. Fr. Joe Eagan will arrive at St. Anselm Parish to speak about the joy of Love and what Pope Francis has to say on the subject. All are welcome to attend.

**St. Anselm Church Stewardship**

Registered Parishioner Families 2016= 1546

- Last Sunday Collection (Envelope & Loose): $5,040
- Average Envelope & Loose for Apr., 2015 $6,705.33/ wk
- Average Envelope & Loose for Apr., 2016 $7,162.20/ wk
- Credit Card Giving Parish Pay Apr., 2015: $8,426/ mo
- Credit Card Giving Parish Pay Apr., 2016: $6,229.73/ mo

*Please log on to Parish pay and update your CC expiration date!*

**Second Collections:** Church Building and Maintenance this weekend
- 1st Sunday of the month: School
- 5th Sunday St. Vincent de Paul
- Catholic Charities/CYO $2,820

Tithing, according to the Old Testament, equals a tenth of total property or income.

**Mass Intentions**

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**Sick Relatives & Friends**

As a community we ask God’s blessing for the ill: Mark Gardner, Garth Stanton, Peter Johansing, Eithne Kilty, Kay Sisler, Quonnella Lee, Steve Leland, Dylan Jewell, Danny Denehy, Christopher Goward, Margaret Formichi, Donna Przbylski, Nick Allen, Ray Johnson, Barbara Gilligan, Richard Green, Irene Lorente, Beverly Broyer & Connie Sume.

For the repose of the souls: Camilla Ghiringhelli, Mark Lesley & Allen Larkins, jr.

For those serving in the military: Adam Dear, Robert Ernest Gebhardt, Tyler Lopez, Alex Boatwright, Sean Courtz & Elizabeth Baumsteiger

Next week, St. Anselm parish will take up the Collection for the Catholic Communication Campaign. This collection communicates the Gospel through Catholic social media activities and enriches our faith through podcasts, television, radio, and print media. Half of all proceeds remain in our Archdiocese and support local needs, so please be generous in this collection.

**READINGS FOR THE WEEK**

- Monday: Jas 3:13-18; Ps 19:8-10, 15; Mk 9:14-29
- Tuesday: Jas 4:1-10; Ps 55:7-11a, 23; Mk 9:30-37
- Wednesday: Jas 4:13-17; Ps 49:2-3, 6-11; Mk 9:38-40
- Thursday: Jas 5:1-6; Ps 49:14-20; Mk 9:41-50
- Friday: Jas 5:9-12; Ps 103:1-4, 8-9, 11-12; Mk 10:1-12
- Saturday: Jas 5:13-20; Ps 141:1-3, 8; Mk 10:13-16
- Sunday: Prv 8:22-31; Ps 8:4-9; Rom 5:1-5; Jn 16:12-15

**Cross Roads speakers** will be at all Masses May 21 & 22. Come support these young Pro Life walkers, as they journey across the United States from here to Washington DC. They spread the message of love and support and a true respect for the dignity of ALL life. They provide counseling, grief support and information throughout their journey. **Please pray for them.**
### Events Near St. Anselm Parish

#### Summer Art Camps at Marin Catholic High School
July 11-22, **Mondays-Thursdays**, various times Marin Catholic High School, 675 Sir Francis Drake Blvd., Kentfield Marin Catholic offers three summer art camps during July, for students in grades 4-12 and adults. July 11-22. • Art Camp for Kids, grades 4-8 (exceptions welcome), 9:00 am – 3:00 pm • Advanced Ceramics Studio, grades 9-12 (adults welcome), 1:00 – 4:00 pm • Advanced Drawing/Painting Studio, grades 9-12 (adults welcome), 9:00 am – 12:00 pm. Call 415 464-3800 or visit www.marincatholic.org.

#### 2016 San Francisco Engaged Encounter
**Marriage Preparation Programs for the Engaged**
Register at 415 269-8620 [www.sffamilylife.com](http://www.sffamilylife.com) **or** [www.marriageforlifesf.com](http://www.marriageforlifesf.com) **or** [www.SFCatholic.com](http://www.SFCatholic.com)
email: sfcath@gmail.com 1 day classes are held at the S.F. Archdiocese: cost $200 & lunch is incl. 6/4/16.

#### Two events offered at Santa Sabina Center, 25 Magnolia Avenue, San Rafael, 415-457-7727; info@santasabinacenter.org

~**May 17, 7:00 p.m. - 8:30 p.m.** ~ Sing the Music of Hildegard of Bingen as contemplative practice, through the Ear to the Heart. This gentle, contemplative practice of listening and singing the music of Hildegard together is led by Devi Mathieu and requires no previous experience with the music of Hildegard or with medieval music. Suggested offering, $10-20

~**May 18, 9:30 a.m. - 2:15 p.m.** ~ **Contemplative Day of Prayer** led by Joe Nassal, CPPS, *"Season of the Spirit: Living a New Reality."
In this season of the Spirit, we reflect on how the “wind of God” kindled fire—tongues of fire, flames shooting like lasers into the hearts of the first followers of Jesus. The ignition switch, the spark that eliminated their fear and gave courage to speak the truth with love. How do we sustain our passion and live the new reality that the Spirit ignites in our lives? Presentation, personal reflection, sharing, concluding with Eucharist. No reservations required. Donation $20.

Pray for Vocations
THAT IS NOT WHAT I MEANT WHEN I SAID WHAT I SAID!

With the increasing number of ways people communicate today, it is no wonder that misinterpretations occur quite frequently. Writing a quick text message, answering a question without thinking, responding to an email late at night (on no sleep) or blogging without thought, as to who might read it, are ways in which misunderstandings may happen.

However, it is much more than using the wrong words. Although we seem to be using the same words, we really are not speaking the same language as others. “We use words to represent our thoughts, feelings and ideas in this culture, but the meanings that we attach to these words are always different for each person using them. We have different educations, memories, associations, experiences, traumas, preferences etc., and all of these differences affect the meanings and interpretations we attach to our words.”

The confusion is not so much that we are hearing different things in the same words, but the fact that we believe that what we mean is what someone else will also interpret by those same words. This misunderstanding causes problems in our relationships and every form of human interaction. “The assumption that what I am saying is that which you are understanding is false.” Even the simplest words (“I,” for example) hold radically different meanings for each person. It is fascinating to write bundles of words on some platform and watch how many different versions of those words are actually received and responded to (often vehemently) — many of which (by no fault of the person reading them) hold no similarity to the meaning that was actually intended. This is not unique to writing, but rather the nature of language itself.

What then is to be done if we are all speaking different languages despite using the same words? Shall we stop trying to communicate altogether? We need to communicate and the key lies in recognizing the limitations of language. “We must continually remind ourselves that what we mean with our words is probably not what another is hearing.” When we receive feedback, in whatever form, that we not immediately react to another based on the assumption that what we said is what the other heard or more importantly, understood. Sometimes the response we are receiving is indeed about what we meant, but so often it is not. We can diffuse most conflicts that arises in our relationships just by recognizing and staying mindful of the infinite variations in meaning that exist within the very same words.

Although we have similarities to those we communicate with, we can never assume that we mean the same things when we use the same words. How liberating to realize that there is so much more to be discovered in another’s words than what we know and assume — thank goodness we are not limited to and trapped in just our own understanding and experience. What we know is just that... what we know, and there is so much more to life —But, luckily, we can always inquire, and what a gift it is to actually ask another human being what they mean when they say “X,” to give them the opportunity to be known, and for us to truly know them.

Excepts taken from:
Nancy Colier Psychotherapist, interfaith minister, author and public speaker.
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