He saved us through the bath of rebirth and renewal by the Holy Spirit.
-- Titus 3:5

Mass Schedule: Saturday Vigil 5:00pm, Sunday 8:00am, 10:00am, and 5:00pm
Weekday Mass: Monday through Friday 8:00am (Tuesday is a Communion Service) Tuesday & Thursday 5:30pm
Parish Office Hours: 8:30am-1:00pm, 2:00pm-5:00pm
Holy Day Masses: 8:00am, 12:00pm, 5:30pm
Reconciliation: Saturdays 4:00pm-4:45pm or by appointment
Baptism: Preparation Class required. Call parish office
Sacrament of the Sick: Anytime upon request. Contact Pastor.
Matrimony: Six months notification required prior to desired date. Contact Pastor.
St. Vincent de Paul Help Desk: (415) 454-0366
Helping Hands: (415) 453-2342
Eucharist for Homebound: (415) 453-2342

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
Dear Parishioners,

Baptism was a defining moment in the life of Jesus. He begins his public ministry after the baptism. Luke always presents Jesus as praying before he makes any major decisions. We find Jesus praying during his baptism and in response to his prayer the Holy Spirit descends on him like a dove. The baptism of Jesus reminds us of our own baptism. It is through baptism that we received the dignity as sons and daughters of God!

This is something that I have been wanting to tell you all for a long time. I have noticed that at times some of you have been admitted to the hospital or have been homebound due to a sickness. I would like to let you know that I am extremely happy to visit you, pray with you or bring you communion when you are unable to come to church. (I have the time, and if not, I will make the time) So, please feel free to give a call to the Parish office (415-453-2342) if you need a visit from your priest.

Yours Sincerely,
Fr. Jose Shaji

MASS INTENTIONS

<table>
<thead>
<tr>
<th>Day</th>
<th>Jan. 14</th>
<th>Mon.</th>
<th>8:00am</th>
<th>Claude Wundrow (D)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues.</td>
<td>Jan. 15</td>
<td>8:00am</td>
<td>5:30pm</td>
<td>Communion Service</td>
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<td></td>
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<td>Cornelius Fitzsimmons (D)</td>
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<tr>
<td>Wed.</td>
<td>Jan. 16</td>
<td>8:00am</td>
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<td>Fr. Eugene Nee (INT)</td>
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<tr>
<td>Thurs</td>
<td>Jan. 17</td>
<td>8:00am</td>
<td>5:30pm</td>
<td>Special Intention</td>
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<td></td>
<td>George Hulinsky (D)</td>
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<tr>
<td>Fri.</td>
<td>Jan. 18</td>
<td>8:00am</td>
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<td>All Souls</td>
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<td>Sat.</td>
<td>Jan. 19</td>
<td>5:00pm</td>
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<td>William &amp; Dorothy Innes (D)</td>
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<tr>
<td>Sun.</td>
<td>Jan. 20</td>
<td>8:00am</td>
<td>10:00am</td>
<td>Doris Legnitto (D)</td>
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<td></td>
<td>5:00pm</td>
<td>Marshall Arnold (D)</td>
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<td>Parish People</td>
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</tbody>
</table>

Sick Relatives & Friends

As a community we ask God’s blessing for the ill:

For the Repose of the Soul of: John Komo

For Our Military: Robert Gebhardt, Tyler Lopez, Alex Boatwright, Sean Courtz, Elizabeth Baumsteiger, Christian Miller, Robert Kent, Shane Morgan, John Loughran, William Ghiringhelli

READINGS FOR THE WEEK

Monday: Heb 1:1-6; Ps 97:1, 2b, 6, 7c, 9; Mk 1:14-20
Tuesday: Heb 2:5-12; Ps 8:2ab, 5, 6-9; Mk 1:21-28
Wednesday: Heb 2:14-18; Ps 105:1-4, 6-9; Mk 1:29-39
Thursday: Heb 3:7-14; Ps 95:6-11; Mk 1:40-45
Friday: Heb 4:1-5, 11; Ps 78:3, 4bc, 6c-8; Mk 2:1-12
Saturday: Heb 4:12-16; Ps 19:8-10, 15; Mk 2:13-17
Sunday: Is 62:1-5; Ps 96:1-3, 7-10; 1 Cor 12:4-11; Jn 2:1-11

St. Anselm Church Stewardship

Registered Parishioner Families 2018-1675

1st Collection: $2,728
1/06 TBD

2nd Collection: St. Vincent de Paul-$2,310

Electronic Weekly Donations-$2,625.00

Please visit our church website to sign-up for Electronic Donations

Second Collections: Building & Maintenance: January 20

Extraordinary Ministers of Holy Communion for the Homebound –NEEDED– Bring the Blessed Sacrament to those unable to attend Mass- to homes, assisted living facilities, or hospitals. After signing up, a training session is provided. Please contact the Rectory Office if you are interested in being a part of this very special ministry.

FEAR NOT- In Advent we were preparing for Jesus’ coming at Christmas. Now we are preparing for his coming at any time.
The reading from Isaiah talks about the Lord coming in mercy to the people whose "guilt is expiated". With our sins forgiven we need not fear asking God for help: "Fear not to cry out". The Lord comes in power, not to strike sinners down but to shepherd them and lead them.
In the second reading, St. Paul has a similar theme. Jesus gave his life for us on the cross so that we could be free to give ourselves in love as he did. No matter how bad I was in the past, the Lord loves me enough to forgive it all, and even better, to give the Spirit to help me stay close to God.
How do we prepare for this? Ask the Spirit to help look for ways you can be more loving with your family, then with your friends, and eventually with anyone who needs your help. When we let that Spirit guide us, we become like Jesus in that we can listen for God to say, "You are my beloved child; with you I am well pleased".
“Let us not speak of charity; let us rather do it; let us help the poor.”

The Fairfax and San Anselmo chapters of the St. Vincent’s de Paul Society attempt to answer this call by helping our neighboring senior citizens, families, children who are in need and living on the economic margins of our community.

Mary is 70 plus year old single woman who has been helped by SVdP. She will lose her apartment on Feb.1st. If we cannot find housing she will become homeless. Mary is quiet and responsible and can afford a modest monthly rent for a room, an in-law apartment or whatever housing accommodations can be offered to her.

We are asking parishioners in the Ross Valley area if they have or know of any housing resources that might be available for Mary.

Please call Jack Hayes at 415-454-6420.

6 Green Tips to Help Improve Your Winter Mood

As the season changes and winter lingers on, our daily activities and moods also change. In fact, the shorter cold and gloomy days set that result in the lack of natural sunlight, and can lead to a wintry type mood of sluggishness. But there are things we can do to avoid getting trapped in our winter doldrums and are eco-friendly at the same time. Here are six green techniques that can improve your mood each winter.

Light up Your Life-Why not light up your life in the winter with less energy? One main thing to consider is the amount of light bulbs produce. Consider LEDs which achieve full brightness instantly and work well with dimmers.

Use Indoor Plants-Aside from indoor plants creating a cozy and warm ambience in a house, they are also energy efficient in the way they release moisture from their leaves allowing it to hold in heat. Some houseplants like aloe vera can act as an air purifying plant surviving on less sunlight and water while others such as the Golden Pothos, one of the most popular household plants, need indirect light consistently.

Get Happy Medicine -Who says you have cooped up indefinitely during the winter? Spend some time soaking in enough natural vitamin D, which has been shown to increase serotonin to help offset that yucky wintry feeling. It’s easy to feel down in the dumps when you’re not getting enough sunlight.

Eat Green-Going green in the winter also implies eating a healthy balanced meal of vegetables and fruits. Because certain fruits and vegetables may not be readily available doesn’t mean you need to compromise on some of the more essential vitamins, minerals and nutrients. A good balanced diet includes lots of greens that are high in vitamin B and folate.

Create Eco-Art- Take advantage of the cozy long nights, blow off some steam and get lost in your creativity - all at the same time! Find a unique and meaningful way to re-purpose cast off materials that would otherwise be thrown out. One great tip to create eco-art is to recycle last year’s cards into gift tags or cut shapes to create an entirely new card. Use serrated scissors to create all kinds of appealing shapes and sizes.

Give the Gift of Green- We’re not just talking cash, but consider giving a plant to friends, family and co-workers that will last the entire year and boost their spirits as well. You can choose to give a healthy tree or just a simple houseplant that purifies the indoor air.

So as you can see, life doesn’t need to stop in the winter. And going “green” isn’t just a seasonal thing. In fact, it can be an opportunity to nurture one’s expressions both indoors and out. So what are you waiting for - go green!

SELF-DISCIPLINE

The greatest of all warriors in the siege of Troy had not the preeminence because nature had given him strength and he carried the largest bow, but because self-discipline had taught him how to bend it.

--Daniel Webster
St. Anselm Church Calendar of Events

SAVE THE DATES:
February 9– First Reconciliation– 10:00am
May 4– First Communion– 10:00am
May 12– Confirmation-2:00pm

Events Near St. Anselm Parish

Eleventh ANNUAL
MARIN COUNTY FREE-
THROW CHAMPIONSHIP
January 19, 2019

This fun-filled family event will be held on Saturday morning, January 19, 2019, 8:30 – 12:00 at the Sir Francis Drake High School gymnasium. The event will feature contests for all grades, all age groups from toddlers to seniors, males and females, parents, grandparents and children. The event also features an extraordinary silent auction with a large array of valuable gifts, including apparel, from local supporting merchants. Last year hundreds of participants made it possible for St. Vincent de Paul to assist over 600 individuals and families in our Ross Valley community who are living on the economic margins by helping to supplement basic living requirements like food, clothing, utilities, rental and medical assistance, etc. The help provided can often mean the difference between people in need holding their fragile lives together or finding themselves and their families in a circumstance from which it is difficult to recover. Please consider participating in the event or making a contribution to support your neighbors in need. Contributions can be mailed to St. Vincent de Paul PO Box 564, Fairfax, CA 94978. Any questions call Jack Hayes at 415-453-6790
Thank you so much for your consideration.

Register for Wedding Anniversaries Mass at St. Mary’s Cathedral Saturday, February 9, 2019, 10:00 am St. Mary’s Cathedral, 1111 Gough St., San Francisco Ed Hopfner, Office of Marriage and Family Life 415-614-5547 hopfner@sfarch.org The Archdiocese of San Francisco will offer its annual Wedding Anniversary Mass on February 9 at the Cathedral. All couples who in 2019 will celebrate anniversaries ending in 5 or 0 (5 years, 10, 15, 20, 25, 30, 35, 40) and all couples married more than 40 years, are invited to celebrate with us. Bishop Robert F. Christian, O.P. will be the principal celebrant. Register at anniversarymass.info or call 415-614-5547 for more information.
In 2018, St. Anselm had 51 Baptisms. Those who were baptized ranged in age from 2 months to 72 years old. Quite often we hear that the child being baptized is the third or fourth generation of their family to be Baptized at St. Anselm Church. What a beautiful family tradition.

Baptism of the Lord—As we celebrate the Baptism of the Lord, we also honor our own baptism as our initiation into the Christian life and community. In the Gospel, the baptism of Jesus, with his immersion and then emergence from the water, points to his later submission to God at his death, and his emergence from the grave at his resurrection. This pattern of death and resurrection is our path too, as followers of Jesus. Throughout life, often in small ways, we learn to surrender our limited and self-centered agendas. This surrender often feels like death. The sacrament of Baptism ritually enacts this pattern to remind us of Jesus’ death and resurrection, so that we too might embrace the deaths and resurrections of our own lives. As Jesus emerged from the water, he encountered his Father and the Holy Spirit. Like Jesus, we can know we are God’s beloved, empowered by the Spirit.

BAPTIZED WITH THE SPIRIT -In today’s Gospel according to Luke, when John the Baptist clarified that he was not the expected Messiah, the Christ, he distinguished his baptism with water from the baptism with the Holy Spirit and fire that would be offered by Jesus. John’s baptism with water signified the surrender of one’s own agenda and the opening of one’s heart to God. The baptism with fire and Spirit describes God’s power entering and transforming the human heart. When Jesus was baptized in water, he publicly displayed his own full commitment to following God’s path for him. When the Spirit descended upon Jesus, he was empowered to begin his work. In effect, Jesus received both kinds of baptism described by John. He would go on to baptize those whose hearts were open through his ministry, death, and resurrection. Later, at Pentecost, the new community received a baptism of Spirit with tongues of fire.
Bulletin Number:
513520

Church Name and Address:
St. Anselm
97 Shady Lane
PO Box 1061
Ross, CA 94957-1061

Telephone: 415-453-2342

Contact Person: Sissy Ratto

Email: st.anselmoffice@att.net

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