May 19, 2019
Fifth Sunday of Easter

Behold, God’s dwelling is with the human race.
-- Revelation 21:3

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,

The Gospel scene is the Last Supper. Judas has left the group. Jesus is alone with the rest of his disciples. Jesus is already speaking about what is going to happen to him: the betrayal, the Cross and death. In the meantime, Jesus gives a new commandment of love to his disciples. It is new because this commandment sets a new standard, “Love one another as I have loved you.” We are called to love one another, not as we love ourselves, but as Christ has loved us. Christ loved us with unconditional love. And it is through living this commandment in our lives that the world will know that we are followers of Christ!

Yours Sincerely,
Fr. Jose Shaji, Pastor
Join us on Thursday, May 23, 7:00 – 8:30 pm to hear from a panel of local interfaith leaders, responding to the question "What Do Our Faith Traditions Teach Us About Right Relationship to the Earth?"
-Rev. Douglas Olds, First Presbyterian Church, San Anselmo
-Rabbi Paul Steinberg, Congregation Kol Shofar, Tiburon
-Fr. Ken Weare, Saint Rita Catholic Church, Fairfax
-Mirza Khan, San Domenico School, San Anselmo
Moderated by Susan Stephenson, Executive Director Interfaith Power and Light
All are welcome! We provide light refreshments and time for your questions.
The Gathering Space - Dominican Sisters Center
1520 Grand Avenue, San Rafael between Acacia and Locust Streets
Be sure to RSVP: CommunityRelations@sanrafaelop.org or 415-453-8303

PRAYER FOR OUR EARTH
As I walk with Beauty
As I walk, as I walk,
The universe is walking with me,
In beauty it walks before me,
In beauty it walks behind me,
In beauty it walks below me,
In beauty it walks above me,
Beauty is on every side.
—Traditional Navajo Prayer

Over the years I have known of people or heard about someone who had to go to the emergency room at the hospital because their Sodium was too low. When the doctor tells the patient to decrease their salt intake because the patient’s blood pressure is higher than he likes it to be, he may also tell them their tongue is too dry, they may need to drink more fluids. This is what sometimes happens; the patient wanting to be a good patient, stops using salt and increases their water intake. Low blood sodium (hyponatremia) occurs when you have an abnormally low amount of sodium in your blood or when you have too much water in your blood. Low blood sodium is common in older adults, especially those who are hospitalized or living in long-term care facilities.

Signs and symptoms of hyponatremia can include altered personality, lethargy and confusion. Severe hyponatremia can cause seizures, coma and even death.

Hyponatremia treatments may include changing a medication that affects your sodium level, treating an underlying disease, changing the amount of water you drink or changing the amount of salt in your diet.

God Bless, Rose
St. Anselm Church Calendar of Events
And “Save The Date”

May 20– Men’s Group-7:00am-Hall
May 23– Centering Prayer-9:30am-10:30am-Hall
May 27– Office is closed– Memorial Day
June 7– Baccalaureate Mass– 11:00am
June 7– 8th Grade Graduation– 5:00pm-Church
June 18– Parish Luncheon– 12:00pm-Courtyard

Events Near St. Anselm Parish

Memorial Day Masses at Four Catholic Cemeteries: holycrosscemeteries.com.
Memorial Day, May 27, is a day set aside to honor those who have given their lives in service to our nation and to pray for all our beloved dead. All are welcome to attend Mass at one of our local Catholic Cemeteries. Mass locations and times are: 9:30 am Our Lady of the Pillar Cemetery, 980 Miramontes St., Half Moon Bay; 11:00 am Holy Cross Cemetery, 1500 Mission Rd., Colma; 11:00 am Holy Cross Cemetery, Santa Cruz Ave. at Avy, Menlo Park; 11:00 am Mt. Olivet Cemetery, 270 Los Ranchitos, Rd. San Rafael.

MARRIED COUPLES: Pope John Paul II said “I place much of my hope for the future in marriage encounter”. Aren’t you anxious to know why? The next Marriage Encounter Weekend is Aug 9-11, 2019 in San Francisco, CA. For more information and/or to register for the Weekend, visit our website at: sanjosewwme.org or contact Ken & Claranne at applications@sanjosewwme.org or 408-782-1413.

Catholic Adult Singles Association of Marin is a group of 50+ single or single again Catholics who are interested in making new friends, taking part in social activities, sharing opportunities for spiritual growth and becoming involved in volunteer projects that will benefit our parishes, our community, and one another. We welcome those who are interested. For Membership & Event information, please call Bob at 415 897-0639.

St. Vincent de Paul Society Vehicle Program
St. Vincent de Paul of Marin has launched a new vehicle donation program in collaboration with SVDP National’s vehicle vendor, CARS. If you have a car that you would like to donate for a tax deduction, you can call 800-322-8284 or go online and fill out the donation form at http://vinnies.careasy.org/HOME.html. Your gift supports the SVDP Free Dining Room in San Rafael which serves over 500 meals daily.
Confirmed in Christ

45 of St. Anselm’s young men and women received the Sacrament of Confirmation on Sunday May 12th. The Confirmandi had prepared for this Sacrament over a period of 1 year. During this time they participated in a retreat and had individually expressed their desire to be active members of the Church. Their parents, their sponsors and their teachers, together with the whole parish community, attested to their readiness and were happy to present them to Most Reverend Bishop William J. Justice.

Prayer for Confirmands

Heavenly Father,

We raise our confirmands to you, Blessed Lord, for your care. We rejoice in their faith journey and ask you to be their guide, guardian, and help. Let them feel the love of their church family as they begin a new chapter in their lives. Reveal to them your plan – your good, perfect, and pleasing will – for their lives. Surround them with your Holy Spirit, instilling in each the confidence only you can provide.

Gracious God, help us to live as your role models for our youth. Give us the wisdom, strength, and courage to walk uprightly, to do your will, to reflect the love of Jesus in all circumstances. Help us make good choices. Let us continue to grow in faith, to commit to the study of your word, and to share the good news of the Gospel with these young men and women.

You have richly blessed our church family and we are grateful for all you have done. We give you honor, glory, and praise. Let our worship be pleasing and our works be fruitful so we can expand your kingdom here on earth.

In Jesus’ name we pray, Amen.
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

Software
   MS Publisher 2016
   Windows 10
   Adobe Acrobat DC

Transmission Time:
   9:30am Tuesday

Number of Pages sent:
   6 (including information page)