SIXTH SUNDAY OF
Easter

Peace I leave with you; my peace I give to you.

John 14:27

May the peoples praise you, O God; may all the peoples praise you! -- Psalm 67:6

May 26, 2019
Sixth Sunday of Easter

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.

Mass Schedule:
- Saturday Vigil 5:00pm,
- Sunday 8:00am, 10:00am, and 5:00pm

Weekday Mass:
- Monday through Friday 8:00am
  - (Tuesday 8:00am is a Communion Service)

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 Catholic Church

97 Shady Lane, PO Box 1061, Ross, CA 94957
Parish Office: (415) 453-2342
Fax (415)-453-8713

Clergy:
- Fr. Jose Shaji, Pastor  ext. 15
  - Email: Fr.Shaji@saintanselm.org
- Fr. Francis Okorafor, In Residence
- Deacon Bernie O’Halloran
- Deacon Ed Cunningham
- Deacon Robert Meave

Parish Secretary:
- Sissy Ratto  ext. 10
  - St.anselmoffice@att.net

Religious Education:
- Natalie Larraga D.R.E.  ext. 20
  - Dre@saintanselm.org

Health-Senior Ministry:
- Rose Shadduck (415) 453-6533

Music Director:
- Michael Mello (415) 453-2342

St. Anselm School:
- Kim Orendorff, Principal
  - School Office: (415) 454-8667
  - School Fax: (415) 454-4730

Parish Email:
- info@SaintAnselm.org

Parish Website:
- www.SaintAnselm.org

School Website:
- www.StAnselmSchool.com

CYO Website:
- www.stanselmceyo.org

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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,

In the Gospel reading of this Sunday, Jesus, before his ascension to his Father, tells his disciples, “I have told you this while I am with you. The advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all that I told you.” In other translations, we find the word comforter being used for the Holy Spirit. So, does the Holy Spirit offer comfort? Comforter comes from the Latin root ‘comfortare’, meaning to strengthen. ‘Fortis’ means strong. The Holy Spirit, the Comforter makes us strong!

Yours Sincerely,
Fr. Jose Shaji, Pastor

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**Mass Intentions**

<table>
<thead>
<tr>
<th>Mon.</th>
<th>May 27</th>
<th>8:00am</th>
<th>Fr. Jose Shaji (INT) Ordination Anniversary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues.</td>
<td>May 28</td>
<td>8:00am</td>
<td>Communion Service</td>
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<tr>
<td>Wed.</td>
<td>May 29</td>
<td>8:00am</td>
<td>Ann Jaron (D)</td>
</tr>
<tr>
<td>Thurs</td>
<td>May 30</td>
<td>8:00am</td>
<td>Patricia Reilly Burke (D)</td>
</tr>
<tr>
<td>Fri.</td>
<td>May 31</td>
<td>8:00am</td>
<td>John &amp; Jean Rowe (D)</td>
</tr>
<tr>
<td>Sat.</td>
<td>June 1</td>
<td>5:00pm</td>
<td>Norma &amp; Charles Cavagnotto (INT)</td>
</tr>
<tr>
<td>Sun.</td>
<td>June 2</td>
<td>8:00am</td>
<td>Linda Gill (D) Parish People</td>
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<td></td>
<td>10:00am</td>
<td>Adrienne Stroub (D)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5:00pm</td>
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</tbody>
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**St. Anselm Church Stewardship**

Registered Parishioner Families 2019-1675

1st Collection: $3,229

2nd Collection-Building Maintenance: $1,181

Electronic Weekly Donations: $2,625

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

**Second Collections:**

May 26– Catholic Communications
June 2– St. Anselm School
June 16– Building & Maintenance
June 23– Peter’s Pence
June 30– St. Vincent de Paul

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**READINGS FOR THE WEEK**

Monday: Acts 16:11-15; Ps 149:1b-6a, 9b;
Jn 15:26 -- 16:4a

Tuesday: Acts 16:22-34; Ps 138:1-3, 7c-8; Jn 16:5-11

Wednesday: Acts 17:15, 22 -- 18:1; Ps 148:1-2, 11-14;
Jn 16:12-15

Thursday: Acts 1:1-11; Ps 47:2-3, 6-9; Eph 1:17-23 or
Heb 9:24-28; 10:19-23; Lk 24:46-53 (for Ascension);
otherwise Acts 18:1-8;
Ps 98:1-4; Jn 16:16-20

Friday: Zep 3:14-18a or Rom 12:9-16;
Is 12:2-3, 4bcd-6; Lk 1:39-56

Saturday: Acts 18:23-28; Ps 47:2-3, 8-10; Jn 16:23b-28

Sunday: Acts 7:55-60; Ps 97:1-2, 6-7, 9; Rv 22:12-14,
16-17, 20; Jn 17:20-26; or, for Ascension,
Acts 1:1-11; Ps 47:2-3, 6-9; Eph 1:17-23 or
Heb 9:24-28; 10:19-23; Lk 24:46-53
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 27– No Men’s Group
May 27– Office is closed– Memorial Day
May 30– Centering Prayer-9:30am-10:30am-Hall
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.

The 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.
enjoy a few more laughs during our joyous Easter season.

Bible Stories by Kids - A book titled Little Wonders, by Mary Hollingsworth

In case you're a little foggy on your biblical history, let young church students help you with this overview of the Bible, compiled from their essays. A couple of weeks ago we shared the Old Testaments essays. Here is one more Old Testament interpretation along with New Testament essays.

-After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me. After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore. There were also some minor league prophets, but I guess we don't have to worry about them.

-After the Old Testament came the New Testament. Jesus is the star of the New Testament. He was born in Bethlehem in a barn. (I wish I had been born in a barn, too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.")

-During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

-Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Republicans and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

-Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revelations.