I lift up my eyes toward the mountains; whence shall help come to me? My help is from the LORD, who made heaven and earth. -- Psalm 121:1-2
Dear Parishioners,
None can live without prayer. But we have to understand what prayer is and what it does. For some, prayer is a waste of time since they have no faith. For others, prayer is a substitute for action. They pray and then expect God to act. For still others, prayer is not a substitute for action but a spur to action. Prayer offers us courage and hope. It gives us a sense of God’s nearness and assurance that God has not abandoned us. Prayer sustains us. Those who pray never lose heart. Abraham Lincoln said, “Without divine assistance I cannot succeed; with it I cannot fail”.

Yours Sincerely,
Fr. Jose Shaji, Pastor

Be Baptized and Sent—on Mission in the World! Today, World Mission Sunday, in this Extraordinary Missionary Month, we are called to personal encounter with Jesus Christ alive in the Church, and to offer, through this Eucharistic celebration, our prayers and our generous financial support, through the Society for the Propagation of the Faith, to continue the mission of Jesus. Today we are “sent” out to witness to Mission in the world through our prayers and personal sacrifices for our brothers and sisters around the world. As little as… -> $25 helps support a catechist for a month in remote Latin America -> $75 provides for the work of religious Sisters caring for orphaned children in Africa -> $100 assists poor children in boarding schools in Asia. As always, your prayers are your most treasured gift to the Missions. Your prayers and financial help offered today, WORLD MISSION SUNDAY, support mission Priests, religious Sisters and Brothers, and lay catechists who are Christ’s witnesses to a world so in need of His healing, love, and peace.
to work toward making our mental health care system more affordable and accessible? Do you wonder how our county is going to address the rapidly growing aging population? Are you worried about our increasingly divided political discourse? Do you want to make an impact in the local community where you live? Join St. Anselm's MOC Core Team members for the Marin Organizing Committee Convention on Sunday, October 27th from 3 to 5pm at the Marin Civic Center Exhibit Hall. We are celebrating 10 years of building citizen power and announcing a renewed agenda of issues for the coming years. Come be a part of making history. Sign up after Mass next weekend and/or contact Deacon Bernie O’Halloran (bernieohall@yahoo.com) or Pat Langley (117plangley@gmail.com) for more information.

Remembrance Mass- As a part of All Souls’ Day remembrances, a special Memorial Mass will be celebrated on Sunday, November 3rd at 10:00am. The names of parishioners and family members who have died in the past year will be announced during the Mass. There will be a casual reception in Centennial Hall following the Mass. We invite you to submit any names you would like to be included as well as any photographs of them you would like to be displayed during the month of November. Please submit the names and photos to Sissy, at the Church office by October 28th.

Nourished by The Presence
A Contemplative Hunger
Reflections with Fr. Terry Ryan

What is contemplative poverty? It includes a prayer that has the absence of focus on self.

Saturday, October 26, 2019
9:00 AM to Noon
St. Paul Episcopal Church
1123 Court Street, San Rafael, CA 94903

Refreshments and coffee. The event is free, but a free-will offering is appreciated. Twenty-minute meditation will be included.
For more information: Richard Olive, ollipops@comcast.net
St. Anselm Church Calendar of Events
And “Save The Date”

October 24–Centering Prayer– 9:30am– Hall
November 2–Healing Mass 5:000pm
November 3– Remembrance Mass–10:00am
November 19– “Coping With the Holidays”– Grief Support Group– 3:00-4:30– Hall
November 19– Teachings on Tap– 6:30pm– Location TBD

CALLING ALL KNITTERS! Would you knit a scarf for one of our overseas soldiers? BLUE STAR MOMS OF MARIN will be packing Christmas boxes with treats and beautiful warm scarves for our Troops. It’s easy, is received with heartfelt thanks, and makes you feel good. Please contact Penny at: eccoci@sbcglobal.net for more information and “scarf requirements” (size, etc.) All scarves knitted need to be ready for pickup just before Thanksgiving to coordinate with the packing schedule.

40 Days for Life Information
Session: The 40 Days for Life program of peaceful and prayerful presence will be in front of the Planned Parenthood facility (4th & H in San Rafael, Now – Nov. 3, 2019) Further information and participant sign-up calendar are available at https://40daysforlife.com/local-campaigns/san-rafael/), or contact Ruth Ann Cawley (racawley60@gmail.com).

This will be like no other Bible class you have ever attended! The Spiritual Life Committee would like to invite you to a series of Bible classes taught by Sister Barbara Green. Classes will be held at Dominican Convent (1520 Grand Avenue in San Rafael) from 10:00 to 11:30 am on the following Thursdays: October 31; November 14, 21; December 5. Enrollment is open so you need not commit to attending all sessions. Please email Mo Dear at modear3@comcast.net if you have questions or would like to attend any of the sessions. Program materials will be handed out before each class.

“The Carmelite Nuns invite you to their Annual Fall Jam Sale. The Sales have begun and go until February 14th. We hope you will enjoy the fruits of our labor: Apricot, Peach, Strawberry, Plum-Pear & Bumbleberry Jam And Pear-Apple sauce. These delicious jams & sauce make wonderful gifts for Thanksgiving, Christmas & St. Valentine’s Day.” (The proceeds from this sale are used for the purpose of supporting the Sister’s contemplative life of prayer. For more information call 415-847-3381-530 Blackstone Dr. , San Rafael, 94903. Thank you very much and God Bless You!

Marriage Help – Retrouvaille (pronounced retro-vi) has helped thousands of couples at all stages of disillusionment or misery in their marriage. For confidential information, or to register for the program on October 25-27 call (415) 893-1005 or email: SF@Retrouvaille.org or www.HelpOurMarriage.org
Everything I need to know about life, I learned from Noah's Ark.

One: Don't miss the boat.
Two: Remember that we are all in the same boat.
Three: Plan ahead. It wasn't raining when Noah built the Ark.
Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.
Five: Don't listen to critics; just get on with the job that needs to be done.
Six: Build your future on high ground.
Seven: For safety's sake, travel in pairs.
Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.
Nine: When you're stressed, float a while.
Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.
Eleven: No matter the storm, when you are with God, there's always a rainbow waiting.

May your troubles be less,
may your blessings be more,
and may nothing but happiness come through your door!

Do you ever feel upset about the injustice you see in the world? How some people have more rights than others? How some people are listened to, while others are ignored?

SO DO WE
MOC has been exercising citizen power to advocate for all Marin residents; training leaders; listening to the concerns of the community.
Join us next Sunday as we celebrate our accomplishments, set our goals for the future and show the public officials of Marin that there is a constituency that cares for its neighbors.

Carpools will leave the large parking lot at 2:15 and return immediately after the convention.

Join fellow parishioners to fill the Exhibit Hall. Sign-ups after Mass today.

MOC Convention NEXT SUNDAY!!
Marin Center Exhibit Hall, Sunday, October 27th, from 3-5.
Bulletin Number: 513520

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Software  
MS Publisher 2016  
Windows 10  
Adobe Acrobat DC

Transmission Time:  
9:30am Tuesday

Number of Pages sent:  
6 (including information page)