

33RD SUNDAY OF ORDINARY TIME
November 15, 2009

MASS INTENTIONS FOR THE WEEK

Mon	7AM	Stephanie & Pietro Pinoni
	9AM	Bell & Tarrant Fam, <i>living/dec.</i>
Tue	7AM	Elizabeth Martin, <i>living</i>
	9AM	Mary King
Wed	7AM	Marina S. de Castañeda
	9AM	William Walsh
Thu	7AM	Emma & Bud Bradley
	9AM	Fran & Stan Conway
Fri	7AM	Claire Gaudiani, <i>living</i>
	9AM	Mary & Joseph Reilly
Sat	7AM	Christina Piatti
	9AM	Steve Wilner & Family, <i>living</i>

PLEASE PRAY FOR THE SICK

Lorenzo Acciai, Ken Anderson, Sally Arango, Marco Balistreri, Charles Bellia, Bertha, Madison Bostow, Joseph Calleja, Patricia Cane, Charles, Yondellan Coleman, Elizabeth Crowley, Bill & Vladia Cutler, Dick Degan, Doris Doty, Doug, Nanette Duffy, Ed, Luke Duval, Gust Gallucci, Faith Gillis, Eileen Harriman, Taro Hart, Rosemarie Hayes, Joseph, Germaine Khohayting, Jeanne Killian, Karla Kincade, Jan Lamphere, Manda Masse, Mary McDonald, Warren McGuire, Richard Mogas, Monte Maroevich, Tony, Valerie Milroy, Marie Palleschi, Mark Piatti, Bertha Ponce de Leon, Joe Popovich, Stephanie, Steve Schlesselmann, Mary Ann Smith, Rose Tannlund, Tim, Elizabeth Ward, Sibeal Whitty, & Camilla Wolfe.

STEWARDSHIP BY THE BOOK

The readings today speak of the end of the world and the coming of the Kingdom. The bishops' pastoral on stewardship says clearly that "that 'life to come' is in continuity with the present life through the human goods, the worthy human purposes, which people foster now." May our good stewardship cause us to be numbered among the chosen on the last day!

STEWARDSHIP – A WAY OF LIFE

Last weekend's collection	\$ 4,194.
Weekly goal	\$ 5,200.
Weekly average	\$ 4,270.

SOME WISE WORDS ON "HEALTH CARE"

"The whole meaning of 'health care' would be subverted by any plan that involves mandatory abortion access or abortion funding. The reason is obvious. Killing or funding the killing of unborn children has nothing to do with promoting human health, and including these things in any 'health care' proposal, no matter how shrewdly hidden, would simply be a form of lying."

—Archbishop Charles J. Chaput of Denver, CO

ST. VINCENT DE PAUL FOOD PANTRY

The St. Vincent de Paul Food Pantry here at St. Sebastian Church needs your assistance in obtaining the following items:

Jam	Cereal (hot & cold)
Tuna	White Rice
Veggies (no corn)	Sugar
Chili	Canned Ravioli
Fruit	Soup
Paper Towels	Macaroni & Cheese
Toilet Paper	Laundry Detergent
Ketchup	Bar Soap
Mustard	Toothpaste

You may leave your donations in the barrels near the entrances of the church.

Your gifts are always appreciated!

A NECESSARY NOTE:

As the weather gets colder, we sometimes request donations of jackets, blankets, and other items.

Please do not bring any other items not specifically requested! We cannot handle them and they actually become "garbage" that we have to dump since we do not have the means of transporting them elsewhere.

If you have items you want to discard, please make arrangements by phone with whatever agency you know is able to accept such items.

We appreciate your help and cooperation.



1260 on your AM dial
immaculate heart radio
sharing the heart of the Christian faith

TEMPORARY LITURGICAL MODIFICATIONS DURING FLU SEASON

To help prevent the spread of illness during flu season, Archbishop George Niederauer has directed that the following temporary changes be made in our liturgical celebrations:

- We are asked to **stop the distribution of Holy Communion in the cup.**
- All are *encouraged* to **receive Holy Communion in the hand** rather than on the tongue, but persons who still wish to receive on the tongue will not be denied Holy Communion.
- The Sign of Peace should be offered **without shaking hands** (for example: a smile or a nod of the head while saying “Peace be with you.”)
- Please **do not hold hands** during the “Our Father.”

Please remember that the obligation to attend Sunday Mass does not apply to those who are ill, rather, it is a sign of consideration for others that those with flu-like symptoms remain at home.

These are temporary changes which are necessary to follow until the danger of flu season is past.

WHAT YOU CAN DO TO STAY HEALTHY

- **Know the facts:** Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands thoroughly and often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose and mouth.** Germs spread that way.
- **Stay home if you get sick.**
- **Get vaccinated.** Vaccination is the best protection we have against flu. Seasonal flu vaccine is available now and 2009 H1N1 flu vaccine is becoming more and more available.

PROPER WAYS OF RECEIVING HOLY COMMUNION

- **Receiving Holy Communion in the hand is a legitimate option within the U.S.A.** While receiving Holy Communion on the tongue is the universal norm in the Roman Catholic Church, the Holy See has granted the option to receive in the hand here and in many other countries throughout the world for more than 30 years.
- There is precedent for receiving Holy Communion in the hand in the Church’s history; it is not a modern novelty. Most famous of all instructions about how to receive our Lord *reverently* in this way is St. Cyril of Jerusalem’s 4th century catechesis saying, “When thou goest to receive communion go not with thy wrists extended, nor with thy fingers separated, **but placing thy left hand as a throne for thy right, which is to receive so great a King, and in the hollow of the palm receive the body of Christ, saying, Amen.**”
- Those who do choose to receive Holy Communion on the tongue are asked to extend their tongue fully so as to allow communion ministers to place the Host on the tongue as cleanly as possible.
- All who receive Holy Communion, whether on the tongue or in the hand, are to respond “Amen” in an audible voice. As St. Augustine teaches us, “You ... are the Body of Christ and His members. If, therefore, you are the Body of Christ and His members, your mystery is presented at the table of the Lord, you receive your mystery. **To that which you are, you answer: ‘Amen’; and by answering, you subscribe to it. For you hear: ‘The Body of Christ!’ and you answer: ‘Amen!’ Be a member of Christ’s Body, so that your ‘Amen’ may be the truth.**”

**THE DOMINICAN WINIFRED BAKER CHORALE
AND ORCHESTRA
FALL CONCERT**

Craig Singleton, Conductor

Friday, November 20, at 8pm

St. Raphael Church

1104 5th Ave. at A Street, San Rafael

Poulenc Gloria

Vaughan Williams Fantasia on Christmas Carols

Lauridsen O Magnum Mysterium

Admission: \$10; \$5/Seniors; Under 12: free

Tickets available at the door

Music Dep't: 482-3579

www.duwbc.org

YOUNG AT HEART

CHRISTMAS LUNCHEON MEETING

Tuesday, December 1, in the Parish Hall

Lunch will be catered by Deer Park Villa

Starting at 11:45am

Spring Mix Salad, Boneless Chicken Breast Sauteed
with Mushrooms, Garlic Mashed Potatoes, Fresh
Vegetables, French Bread, Apple Pie, Coffee & Tea

Plus, a bottle of Red wine

and a bottle of White wine on each table

\$27/member \$30/guest

(Members are those who have paid 2009-10 dues.)

**Marin Catholic Music Department will present
A Christmas Program**

R.S.V.P. Denise Carrade 461-0689

Barbara Wakida 461-2735

RETROUVAILLE

Re-discover your Marriage - Retrouvaille (which means "re-discovery") helps couples through difficult times in their marriages, giving them the opportunity to rediscover each other and examine their lives together in a new and positive way. This program has helped tens of thousands of couples who had experienced marital difficulties at all levels from disillusionment to deep misery.

It's not a spiritual retreat, not a sensitivity group, not a seminar, not a social gathering.

For *confidential* information, or to register for our next program beginning with a weekend on December 4-6, 2009, call 893-1005 or visit the website at www.HelpOurMarriage.com.