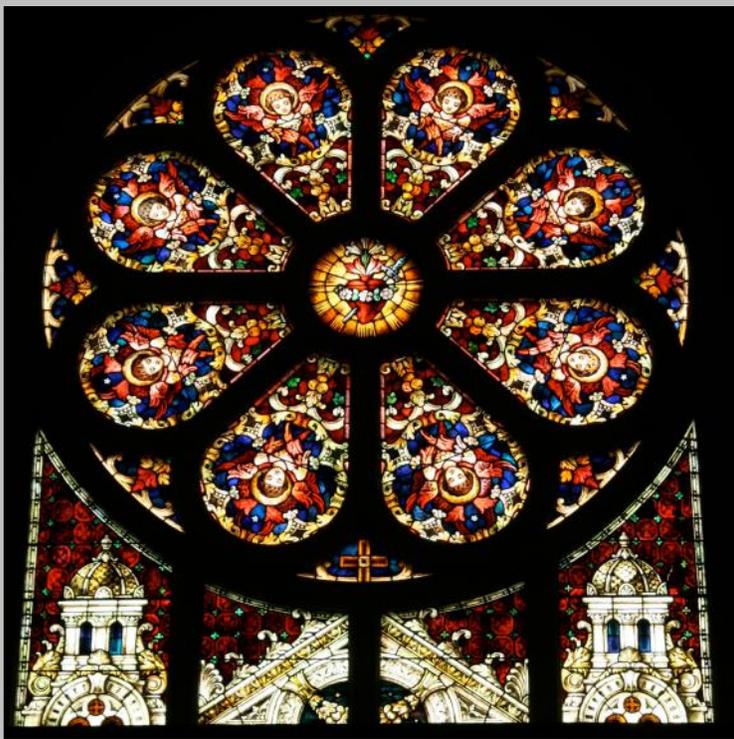




St. Joseph the Worker

Beautiful Liturgy - Reconciliation – Healing

“Second Sunday—Ordinary Time” - January 20, 2019



1640 Addison Street, Berkeley, CA 94703
Phone (510) 843-2244 Fax (510) 843-2730
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www.StJosephTheWorkerChurch.org

STAFF

Rev. Kenneth Nobrega

Deacon José Manuel Pérez, Permanent Deacon

Gloria Maldonado,
Parish Secretary, Safe Environment Coordinator

Elizabeth Oishi Comly, Parish Events Coordinator

MINISTRIES

Baptism/Bautismos

Deacon José Manuel Pérez
Platicas: Los domingos.
Para otro día llamar a la oficina.

Lectors/Lectores

Chris Notti (English)
Erika Guerrero (Español)

Extraordinary Ministers of Holy Communion

Tita Brodt (English)
Ruben Araujo (Español)

PARISH OFFICE HOURS

Monday thru Friday 9:00 am—5:00 pm
(Closed 12 Noon—1:00 pm for lunch)

MONDAY-SATURDAY

Mass: 9:00 am

SUNDAY

Mass: 8:00 am

Confessions: 9:45 am

Mass: 10:00 am

Mass: (Spanish) 11:30 am

WEDNESDAY EVENING

Adoration of the Blessed Sacrament:

6:00 pm—7:00 pm

Confessions: 6:00 pm—6:45 pm

+ +

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THIS WEEK AT ST. JOSEPH THE WORKER

ON WEDNESDAY EVENINGS

Holy Hour, Confessions and Rosary Prayer Group

Every Wednesday evening we have Adoration of the Blessed Sacrament from **6:00 – 7:00 pm** with Confessions available from **6:00 – 6:45 pm**.

The Rosary & Devotion Prayer Group

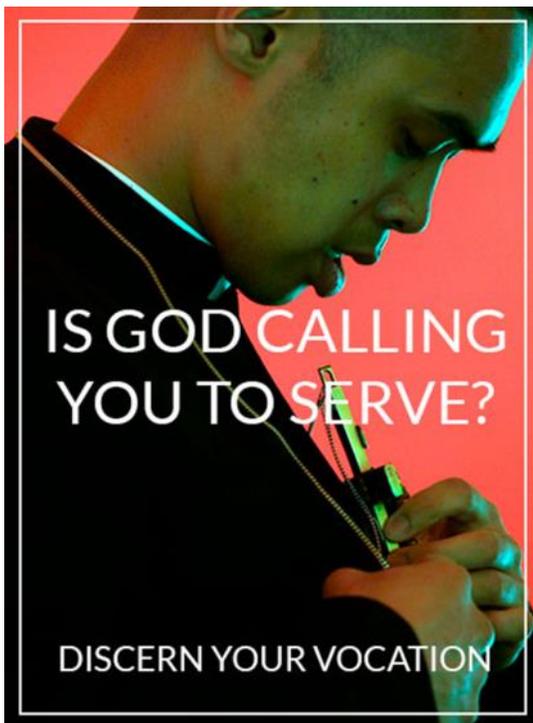
meets at

7:00 pm, following the Holy Hour.

All are welcome.

Sant' Egidio Community

The Community of Sant' Egidio meets **every Thursday** at 7:00 pm for prayer in our church chapel. All are invited to join for prayer and for some Christian fellowship.



SUNDAY MASSES - January 20, 2019

8:00 am – Fr. Laurent Okitakatshi

10:00 am – Fr. John Gribowich

11:30 am (Spanish) – Fr. Francisco Figueroa - Esquer

MASS INTENTIONS

Sunday	January 20th
8:00 am	Greta Rosenberger
10:00 am	Betty Dale +
11:30 am	Familia Muñoz González
Monday	January 21st
9:00 am	Marci Dugan +
Tuesday	January 22nd
9:00 am	Rachel's Vineyard Ministry
Wednesday	January 23rd
9:00 am	Royce Trotter, Sr. +
Thursday	January 24th
9:00 am	Marci Dugan +
Friday	January 25th
9:00 am	Maria Silva
Saturday	January 26th
9:00 am	Rachel's Vineyard Ministry

Would you like to have a Mass offered in honor or memory of someone?



It is easy, stop by our parish office or email Gloria Maldonado, our parish secretary at: gloria@stjosephtheworkerchurch.org

If you have a particular date in mind, let us know and we will try and accommodate you. The suggested donation is \$10.00.

Dear Visitors and Guests:



If you have been blessed by your visit to St. Joseph, please consider blessing our parish with a gift.

Through generous donations by faithful people like yourself, we intend on restoring this historic church back to its former glory, little by little.

You can make a safe, fast and easy one (1) time donation or a recurring donation with the ease of your smart phone through PUSHPAY. Follow these steps below:

Step 1) Enter the number: 77977

Step 2) Enter the letters "SJW" in the message section.

OUR CHOIR NEEDS MORE SINGERS!



**Do you enjoy and sing well?
Did you sing in a church, school
or university choir?**

Call Sam Dorlaque at
(510) 709-9036 or e-mail him at
spdorlaque@sbcglobal.net
for more information.

A Sacred time for Holy Preparation



From personal experience, I find it crucial to arrive at least 10 minutes before the start of Mass in order to decompress from the busyness of life and to quiet down the mind from worldly cares in order to properly focus on God and the Sacred Mysteries we are about to enter.

Please do not arrive late to Mass.

Thank you.

- Fr. Kenneth Nobrega

**Illuminate our church with
devotion and prayers.**



**Your votive candle is a silent but visible
sign of prayer and devotion.**

The surprisingly deep spiritual meaning behind “Ordinary Time”

- Philip Kosloski



The term appears to be generic, but actually highlights its spiritual focus.

After Pentecost the Church resumes what is now called the season of “Ordinary Time.” But what does that really mean? Is it some sort of generic season in the Church that has no focus?

On the contrary, Ordinary Time has a specific focus even though the English name for it can be confusing. In Latin this period of time is called “Tempus Per Annum,” more literally translated as “time during the year.” The English translators chose to present it as “Ordinary Time,” which has at its root the Latin word “ordo,” or in English “order.” In one sense this season takes its name from the ordinal numbers by which the Sundays are known (Second, Third, Fourth, etc. Sunday in Ordinary Time).

In a deeper sense, though, Ordinary Time can be seen as a “time of order” in the Church’s year. What “order” does it have?

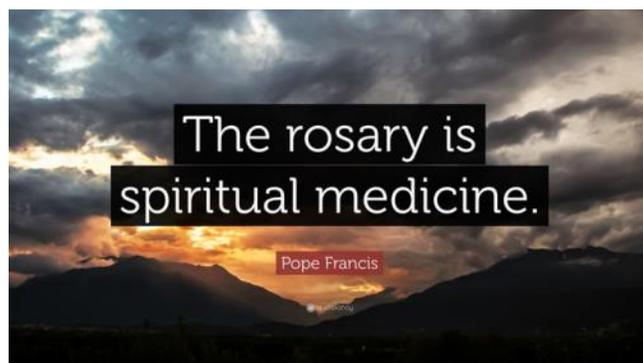
The USCCB explains:

Christmas Time and Easter Time highlight the central mysteries of the Paschal Mystery, namely, the incarnation, death on the cross, resurrection, and ascension of Jesus Christ, and the descent of the Holy Spirit at Pentecost. The Sundays and weeks of Ordinary Time, on the other hand, take us through the life of Christ. This is the time of conversion. This is living the life of Christ. Ordinary Time is a time for growth and maturation, a time in which the mystery of Christ is called to penetrate ever more deeply into history until all things are finally caught up in Christ. The goal, toward which all of history is directed, is represented by the final Sunday in Ordinary Time, the Solemnity of Our Lord Jesus Christ, King of the Universe.

Ordinary Time is a specific season in the Church that focuses on the life of Christ during his three years of public ministry. That is why the start of Ordinary Time begins with the Baptism of the Lord, as that is the beginning of Jesus’ public ministry. The Second Sunday of Ordinary Time follows suit, focusing on the Wedding Feast at Cana, also known as Jesus’ first public miracle.

The color for this liturgical season is green, which is most associated with growth. Ordinary Time is then viewed as a time of growing in our knowledge and love of Jesus. It is a time “ordered” to spiritual growth, walking in the footsteps of Jesus’s public life.

So while the season’s name may appear to be an afterthought, it is not without meaning.



Pray this St. Michael prayer for personal protection.

- Philip Kosloski



A powerful alternative to the traditional St. Michael prayer many are familiar with.

St. Michael the Archangel is an angel who is clearly associated in the Bible with protection and spiritual warfare. He is one who leads the heavenly army to defeat Satan in the book of Revelation, and he is traditionally believed to be the angel who guided the Hebrew people out of Egypt, through the Red Sea and into the Promised Land.

Throughout the centuries the Church has confirmed this special role appointed to St. Michael by God, most clearly in the St. Michael Prayer that was composed by Pope Leo XIII.

There are also many other prayers in the spiritual treasury of the Church that invoke St. Michael's protection, including the following prayer that invokes his spiritual aid. It is a powerful prayer, one that can also be prayed in addition to the traditional prayer of Leo XIII.

Saint Michael, the Archangel, Glorious Prince, chief and champion of the heavenly hosts; guardian of the souls of men; conqueror of the rebel angels!

*How beautiful art thou, in thy heaven-made armor.
We love thee, dear Prince of Heaven!*

We, thy happy clients, yearn to enjoy thy special protection. Obtain for us from God a share of thy sturdy courage; pray that we may have a strong and tender love for our Redeemer and, in every danger or temptation, be invincible against the enemy of our souls.

O standard-bearer of our salvation! Be with us in our last moments and when our souls quit this earthly exile, carry them safely to the judgment seat of Christ, and may Our Lord and Master bid thee bear us speedily to the kingdom of eternal bliss.

Teach us ever to repeat the sublime cry: "Who is like unto God?"

Why Light a Votive Candle?



A Votive Light is a "silent sentinel" and can burn for your special intentions or for someone who is in need of prayers. This is a thoughtful expression of your sentiments and best wishes for any occasion. Your Votive Light can be an act of faith and charity - the light is a symbol of the sacrifice you have made in behalf of someone else - and it is a silent reminder of your prayers for them.

Unlike a regular purchase, a votive candle donation is an "offering" made to God through the intercession of the Saints which also helps support our St. Joseph the Worker Church's mission of beautiful liturgies, reconciliation and healing.



THIRD COMMANDMENT

REMEMBER TO KEEP HOLY THE LORD'S DAY

Remember to keep Holy the Lord's Day.

In Genesis, God rests on the seventh day after his work of creating the world. God builds into human nature a balanced rhythm of work and rest, whereby we are refreshed from our work and return our hearts and minds to worship God.

Ways to keep Holy the Lord's Day by loving God, Family & Neighbor

Before Sunday & In Preparation for Sunday:

- Houseclean, straighten up, refuel the car, and prepare clothing, do laundry, shop, etc.
- Buy or cut fresh flowers on Saturday to adorn the house through the week
- Prepare Sunday meals in advance to the extent possible.
- Avoid going to bed too late Saturday evening so as to be tired on Sunday.



Sunday Things You Can Do:

- Engage in activities that contribute to greater spirituality.
- Attend Mass; especially as a family. Dress up. Do arrive 10 minutes early and stay a few minutes after to share personal time of thanksgiving with God.
- Dedicate an hour on Sunday, outside of Mass, to prayer.
- Spends some time before the Blessed Sacrament.
- Pray the Rosary (as a family).
- Devote time to the Scriptures.
- Pope Benedict XVI suggests reading "Story of a Soul", the autobiography of St. Theresa of Lisieux. He suggests we re-discover this "little-great treasure", calling it a luminous commentary on the Gospel fully lived". Maybe read a chapter each Sunday.
- Offer expressions of praise and thanksgiving to God.
- Make Sunday a special day for the family, something to which your children will look forward to. Create some Sunday traditions the kids will remember when they get older and have their own children.
- Share a special Sunday meal. Dress the table nicely.
- Pray before and after eating.
- Wash the dishes together.
- Have a cookout.
- Have a picnic.
- Read a wholesome book.
- Enjoy a coffee or tea Sunday afternoon with snacks.
- Invite other Catholics over and socialize a bit.
- Do things you find relaxing, **for the sake of relaxing...** like gardening, etc.
- Spend time with family & friends
- Get a good night's rest and rest, physically, during the day.
- Hang around with family members sharing in conversation.
- Converse via phone with distant family members and friends
- Visit the sick and aged shut-ins.
- Take an enjoyable walk somewhere inspiring such as a park or shoreline.
- Write thank you notes
- Play cards or board games together, especially those that invite conversation.
- Take a leisurely Sunday drive, enjoy the landscape.
- Sing together
- Engage in crafts together.

- If you have a fireplace, build a fire and read.
- Host an Ice Cream Social
- Laugh and be grateful.
- Praise and thank God.



Things to Avoid:

- Catholics should refrain from working and putting others in the position of performing servile work on Sundays, too. Shopping, eating in restaurants, going to movies, etc., require that others perform servile work. Note that some professions understandably necessitate work on Sundays, such as some aspects of medicine, law enforcement, firefighting, etc. But, try not to work unless it is emergency services related or is truly financially necessary for you and your family. Don't encourage others to break God's commandments. Prayerfully consider avoiding unnecessary shopping and not eating out on Sundays.
- Make Sunday a minimal sports watching day.
- Shut off the TV. If you can't do that "cold turkey" you might choose to watch EWTN. Another alternative is to watch a wholesome Christian movie or contemporary movie on DVD. But significantly limit your time on watching or listening to television and the radio.
- Take Sunday off from the internet, social media, emails!
- Make Sunday a disciplined NO reaching for the cell phone "out of habit day" day.
- Students, take Sunday off from school work. Discipline yourself to study during the week and on Saturdays.
- Don't shop. Try not to spend money. You force others to work.
- Don't read books or materials that are not spiritually uplifting.

Parish Office Hours

Gloria Maldonado, our office secretary is ready to welcome and assist our parishioners and visitors. St. Joseph the Worker Parish Office Hours are from Monday thru Friday 9:00am to 6:00pm (closed noon to 1:00pm for lunch).

The Parish Office will be closed on Monday, January 21, 2019 in observance of the Martin Luther King, Jr. holiday.

Donate to St. Joseph the Worker

TEXT: 77977



Safe, Fast, Easy. Thank you!

Need A New Baptism, First Communion, Confirmation or Marriage Certificate?

Sacramental certificates from St. Joseph the Worker can be obtained from our parish office usually within one or two business days.

We kindly ask for a \$25 donation for each requested certificate which will go towards the support of St. Joseph the Worker Church.

Please contact Gloria Maldonado our parish secretary at (510) 843-2244 or email gloria@stjosephtheworkerchurch.org



joinfortify.com

**Want to sleep peacefully?
Pray this prayer of the night.**

- Elizabeth Scalia



The best way for a good night's sleep is to reclaim your inner peace and rest with a heart united to God.

God in heaven, O Creator, O One who loved me into being...

Now that the voices are silenced and the crowded world of projects and overwhelming noise is hushed, here, at my bed, I seek your consolation.

My spirit roots for you, as an infant seeks out the breast, seeks you as a child seeks the succor and embrace of a father — the parent who will whisper, “Shh, I am with you,” and bring solace to the soul with an unconditional love.

I believe in your love, and I hope in you, and I pray you will grace me with the gift of faith, unflinching, the gift of wisdom, beyond my instincts, the gift of trust, which is so hard.

I give glory and thanks to you for this day as it ends, and beg that you will give me eyes to see that in all things, you have been with me: in what was difficult, and what was easy, in what was anxious and what was peaceful.

In those times I sought you out, or forgot to, You were with me, still, and I thank you.

Today, I failed in love; you know this. I beg you to forgive me.

Today, I lost my temper; you know this. I beg you to forgive me.

Today, I was selfish; you know this. I beg you to forgive me.

Today, I felt desolate, unsure, and afraid; I beg you to reach me, and to teach me again that you love me, and are near. That you are, O God, the safest of safe places, the wayside resting place, where I may catch my breath, and seek you out, before going on.

Before I rest tonight, I must thank you for your love, beg your pardon for my failings, and your shelter from my interior storms.

O my Lord, at this moment, all is calm, and sleep beckons me. It is your world!

I place all of my concerns into your hands, and all of my fears into your Sacred Heart, the Self-immolating gift that is never consumed.

I believe in you.

Although I cannot understand all that is before me, I know all things work toward the purposes of your mysterious plans for my own good. And I trust in this.

And I beg for the gift and grace to trust you even further, day by day.

I ask this in the name of Christ Jesus, seeking the prayers of Mary, his Mother, and of my guardian angel and patron saint (Name).

I will lie down in peace and sleep comes at once for you alone, Lord, make me dwell in safety.

(Psalm 4:9)

Amen.