



Sixth Sunday of Easter May 10, 2015

Today: "We engage in a spiritual battle every day. On the one side, there is "the world"—everything around us that is opposed to Jesus. There is "the flesh"—everything within us that is opposed to Jesus. And there is "Satan"—who is completely opposed to Jesus. These three will anything to keep us from enjoying God's love and sharing it with other people."

Taken from THE WORD AMONG US, Easter, pg 56

Upcoming Dates:

May 13, 4:00PM Finance Committee Meeting
May 26, 12:00 PM St. Colman's Guild Meeting, Mike Nichols home, 415-297-5500

Please pray for our brothers and sisters

Who Are Ill or in Pain: Maureen Shaw, John Hoffman, Margie Heil, Mary Tamargo, George Shorb, Art McNulty, Lotte Cabral, Don Covello, Louis Baros, Dale Guinn, Bill & Joanne Rodgers, Gary Wood, Mary Helen Carpenter, Helen Murphy, John Beamon, Phil Mohardt, Larry Gomme, Sara Bardoni, Ila Donovan, Abbey Moreno, Alicia Bicoy, Maureen O'Rourke, Valerie Jones, Mel Jones, Andy Jones, Mike Wilson, Erling Ribbing, Janice Miller, Victoria Donnellan, Kevin O'Shea, Chuck Lee, Rosa Maria, Don LaPlante, Tom, Maggie Nelson, Jennifer McGlynn, Fr. Luis, Sylvia, Deacon Ruben Sanchez; Bill & Sandy requested by George.

Who Have Been Called to Eternal Life: Frank Danzart II, son of Frank Danzart, brother of Denise Britten; Holly Stefens, Tom Joyce, Jeanie Torr.

Mass Intentions:

5/9 4 PM Jeanie Torr†, requested by St. Elizabeth's Guild
5/10 9 AM Bern Gerig†, requested by Eleanor Gerigk
5/16 4 PM Jeanie Torr†, requested by Eleanor Gerigk
5/16 5 PM Frank Danzart and Denise Britten
5/17 9 AM Elaine Thomast†, requested by Kearch Thomas
5/23 4 PM Enes Greco†, requested by Barbara Greco Stephens
5/23 5 PM Frank Danzart, Jr.†, requested by Fran Korn
5/24 9 AM Fran Korn
5/30 4 PM Jeanie Torr†, requested by Fran Korn

READINGS FOR THE WEEK OF MAY 10

2015 May 10 SUN: SIXTH SUNDAY OF EASTER

Acts 10: 25-26. 34-35. 44-48/ Ps 98: 1. 2-3. 3-4 (see 2b)/1 Jn 4: 7-10/ Jn 15: 9-17

2015 May 11 Mon: Easter Weekday

Acts 16: 11-15/ Ps 149: 1b-2. 3-4. 5-6a and 9b/ Jn 15: 26 -- 16: 4a

2015 May 12 Tue: Easter Weekday/ Nereus and Achilleus, mts/ Pancras, mt

Acts 16: 22-34/ Ps 138: 1-2ab. 2cde-3. 7c-8/ Jn 16: 5-11

2015 May 13 Wed: Easter Weekday/ Our Lady of Fatima

Acts 17: 15. 22 -- 18: 1/ Ps 148: 1-2. 11-12. 13. 14/ Jn 16: 12-15

2015 May 14 Thu: Matthias, ap F

Acts 1: 15-17. 20-26/ Ps 113: 1-2. 3-4. 5-6. 7-8/ Jn 15: 9-17

2015 May 15 Fri: Easter Weekday/ Isidore the Farmer, mm

Acts 18: 9-18/ Ps 47: 2-3. 4-5. 6-7/ Jn 16: 20-23

2015 May 16 Sat: Easter Weekday

Acts 18: 23-28/ Ps 47: 2-3. 8-9. 10/ Jn 16: 23b-28

2015 May 17 SUN: ASCENSION OF THE LORD S (Seventh Sunday of Easter)

Acts 1: 1-11/ Ps 47: 2-3. 6-7. 8-9 (6)/ Eph 4: 1-13/ Mk 16: 15-20

RUMMAGE SALE JUNE 6 & 7

Drop off at St.. Hubert's Hall Tues Noon thru Fri, June 2 thru 5

Further Information call Jan Brown 604-7386

The Rummage Sale is a major source of fund which support the parish. Please donate generously.

VARIETY SHOW

The 104th "Monte Rio Variety Show" begins at 7 p.m. Thursday, July 23, at the Monte Rio Amphitheater. Tickets are \$25 (free admission for children accompanied by paying adult.) For tickets call Call 707-486-1739 Email tickets@monterioshow.org Brown Paper Tickets www.brownpapertickets.com All proceeds from the show and barbeque go to benefit St. Catherine's Church, the Monte Rio School Foundation, and the Monte Rio Fire Services Foundation.

Offerings: May 2 & 3, 2015

St. Elizabeth: \$	1,159
St. Catherine:	1,074
St. Colman: \$	193
Total:	\$ 2,426

Thank You for your Generosity!

Deadline for Bulletin news items is Wednesday, 5PM. Email 3churchsecc@gmail.com or phone Irene Deem (707) 486-9683
 "Today" taken from THE WORD AMONG US, Easter; **St. Colman's Guild** Meeting Fourth Tues of each month at noon; rotating hosts

St. Elizabeth's Guild Meeting: First Wed 1:00 PM; **Finance Committee Meeting:** Second Wed 4:00 PM St. Hubert's Hall;

St. Vincent de Paul Society : Donate to the second collection on fifth Sundays

Parish Website: <http://www.RRchurches.com>

PASTOR'S DESK

If you're 50 and over, you may remember the hit song "Get Happy" which was recorded by a host of popular artists including Frank Sinatra, Judy Garland and others. The catchy little tune begins this way:

*Forget your troubles and just get happy
You better chase all your cares away
Shout Hallelujah, come on, get happy
Get ready for the Judgment Day*

Those a bit younger are no doubt familiar with a much more recent song simply titled, "Happy." Composer and vocalist *Pharrell Williams'* widely acclaimed hit has been described by critics as "a happy affair with a cheerful beat and exuberant vocal." (*Sounds like a song we can get happy about, doesn't it?*). Mr. Williams recorded the song for a blockbuster animated film, and since its release, his number one song has sold nearly 7 million copies -- a number which no doubt has made Mr. Williams very happy!

Shout Hallelujah, come on, get happy? That's just a silly lyric we may say. That's much easier sung, than done, we may say. But have you noticed how an exuberant, "happy" song can shake you out of a dark mood faster than seeing a three-year-old wearing a plate of spaghetti on his head? Indeed, the positive effect of music is one of those wonderful gifts that can touch us at the deepest levels of our being. And we are reminded on almost a daily basis how important a positive attitude can contribute to a healthy and happy life, and in the same way, how a negative attitude can have the opposite effect.

Just recently for example, a Time Magazine headline warned us that "*Anger Can Raise the Risk of Heart Attack Eightfold.*" And only a few weeks earlier another publication presented the results of a new study which focused on the other end of the spectrum -- what makes us happy. *For us, it should come as no surprise the study reported loving relationships at the top of the list of factors contributing to more healthy and happy lives.* The research was presented along with the release of a new short film called "Happiest Moments" -- featuring older couples passing on advice to a much younger generation. According to a spokesperson for the study and subsequent film, "*the overwhelming message from those with the most life experience is that the key to happiness is to worry less, and live in the moment with the people you care about most.*" He could have just as easily concluded, "Forget your troubles and just get happy!" Or "Don't Worry be Happy!" one of a Reggae style of song that came out during the late 90's.

The late Eric Hoffer, San Francisco's famous longshoreman/philosopher once wrote, "***It is easier to love humanity as a whole than to love one's neighbor.***" And many of us will no doubt agree. In response to Jesus' command in today's Gospel, we find it easier to love in the abstract -- "out there" somewhere -- than to connect with our ***true source of happiness which is simply being with and loving the people we care most about.***

In today's Gospel Lesson, on the eve of His Crucifixion, Jesus is in the midst of preparing the Apostles for what lies ahead: a Divine pep-talk, so to speak. He is shoring up their courage. He is fortifying their faith. He is promising the Holy Spirit will be coming into their lives: the "Spirit of Truth." And He is giving them some final instructions on how to be His witnesses in the world. "I chose you," He reminds them, "and I commissioned you to go out and bear fruit, fruit that will last; and then the Father will give you anything you ask Him in My Name. What I command you is
"TO LOVE ONE ANOTHER" (Jn. 15:16,17).

Jesus' design for living -- Love one another! -- has resounded through the Ages and will continue to resound in all the Ages to come. By God's design, the building of His Kingdom is an affair of the heart.

By God's design, the building of the Kingdom is a family affair.

By God's design, His Kingdom will come to the extent that it is nurtured and developed in the hearts of His children and h

In today's Gospel Lesson, on the eve of His Crucifixion, Jesus is in the midst of preparing theirs.

By God's design, His Kingdom will come, Jesus assures us when we have learned to exuberantly "love one another," as He has loved us. By God's design, these are the keys to Genuine Happiness!

Peace and Blessings!

Fr. Luis

STUMPTOWN DAZE PARADE, MAY 16TH

Our entry in the 2015 Stumptown Daze Parade was unfortunately withdrawn due to the scheduling conflicts of the planners. Future participation in parades will be discussed by the students, parents and teachers who will report their decision to the Finance Committee along with a budget and request for volunteer support. The RR Chamber is calling for volunteers; if you would like to help out go to the Chamber of Commerce office and sign up to support the event.

Liturgical Music Corner by our Music Director, Rebecca Brown

May 10, Sixth Sunday of Easter

Entrance Antiphon: "Proclaim a joyful sound and let it be heard; proclaim to the ends of the earth: the Lord has freed his people, alleluia!"

More reflections on the Easter season, "rising from the dead", and our own mortality,

Last week I wrote a bit about our family's recent scare with my husband's cardiac episode in which his defibrillator kicked on and basically saved his life. What can you do in a situation like that? You feel very helpless; you call 911, you follow their instructions, and you pray. *You pray like you've never prayed before*, and you ask everyone else to pray. "Where two or three are gathered..." Our lives are in God's hands, after all, He created us, and if we really believe what our faith tells us we know that He has promised to be with us and never forsake us. Jesus taught his disciples to pray; He prayed in the Garden of Gethsemane, and He prayed from the cross: "Father, forgive them". Let us take our example from Jesus, praying with all our hearts, and trusting in his promises.

This is why Jesus died and rose for us, to give us hope in Him and in His promises, especially in His promise of eternal life.

Songs for the 9 am Mass:

Gathering Song: Hail Holy Queen # 205

Gloria in excelsis Deo, Gloria, gloria!

Gloria in excelsis Deo, et in terra, terra pax.

Psalm 98: The Lord has revealed to the nations his saving power.

Preparation of Gifts: Alleluia, Love is Alive # 164 Angrisano

Communion: Ubi Caritas (Ubi caritas et amor, ubi caritas Deus ibi est.)

Hail Mary, Gentle Woman # 703

Recessional: Lord I Lift Your Name on High (ss)

SAVE THE DATE: July 28, St Colman's Annual Salad Luncheon at the Cazadero Firehouse. This is a fun event with delicious salads and desserts and opportunity to see old friends.