



St. Luke and St. Timothy Cluster

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JANUARY
29
2023

FOURTH SUNDAY
IN ORDINARY TIME

The Gospel Reading for today is what is popularly called the Sermon on the Mount. Many think it is the absolute epitome of Jesus' teachings. To be sure it tells us how we are to live our lives, the attitudes we are to have. We must remember that those who were waiting and hoping for the Messiah expected a military leader, one who would lead them in battle against their oppressors.

In His Sermon on the Mount Jesus gives a more accurate perspective of Who He is. He begins what we call the Beatitudes (the word means "blessings") with "Blessed are the poor in spirit, for theirs is the kingdom of heaven." In a sense we are all "poor in spirit." Without the guidance and strength provided us by the Lord there is no way we

can escape this poverty of spirit, of spirituality, if you will.

That is why we often say that living God-centered lives is at the very core of stewardship. Being a disciple of Christ translates into being a steward of our many gifts and blessings. Some scholars believe that Jesus may have given this sermon often during His ministry. Those who followed Jesus and became the earliest Christians, the first members of the Church, were fond of quoting and referring to what the Lord said on this occasion. As stated, Jesus provides us with the secret of living a good life. If we rely on Him and follow Him, we will be blessed.

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La lectura de hoy es el conocido Sermón de la Montaña. Muchos piensan que es el principal Mensaje de Jesús. Nos dice la manera y la actitud en que debemos de vivir nuestras vidas. Debemos recordar esos que esperaban al Mesias, lo esperaban como un líder militar, que los iba a llevar a una batalla en contra de sus opresores.

En este Sermón de la Montaña, Jesús nos da una perspectiva más precisa de Quien es El. Empieza con darlos las Bienaventuranzas (que quiere decir bendiciones) con "Bienaventurados los pobres de espíritu, porque de ellos es el reino De Dios" Que quiere decir que todos somos "Pobres de Espíritu " Sin la ayuda y la

fuerza venida del Señor no es posible escapar de la pobreza del Espíritu.

Es por eso que seguido decimos que vivir teniendo a Dios en el centro de nuestras vidas es ser buen discípulo. Ser discípulo de Cristo se traduce en ser buen servidor de regalos y bendiciones. Los seguidores de Jesús fueron Los primeros Cristianos que a la vez fueron los primeros miembros De la Iglesia. Hay una pregunta refiriéndose a que el Señor diría en esta ocasión. Como se dijo, Jesús nos dio el Secreto de vivir una mejor vida. Si confiamos en El y lo seguimos, estaremos bendecidos.

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ST. LUKE CHURCH MASS SCHEDULE

Saturday 8:30am and 5:00pm (Vigil)
Sunday 9:00am and 10:30am
Monday-Friday at 8:30am

ST. TIMOTHY/IGLESIA de SAN TIMOTEO MASS SCHEDULE/HORARIO DE MISAS

Saturday/Sábado 8 a.m. & 5:00 p.m. (Vigil)
Sunday/Domingo 9:00, 10:30 a.m. (12:00 p.m. en Español)
Monday-Friday/Lunes a Viernes 8:00 a.m.

— PASTORAL STAFF —

Rev. Fr. Alner Uy Nambatac
Pastor / Administrator
Rev. Fr. Manuel Igrobay
Parochial Vicar

St. Timothy Deacons
Rev. Deacon Faiva Po'oi, Rev. Deacon Fred Totah &
Rev. Deacon Guillermo Quant
St. Luke Deacons

Fourth Sunday in Ordinary Time January 29, 2023

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.”
— Matthew 5:3



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SAINTS AND SPECIAL OBSERVANCES

Sunday: Fourth Sunday in Ordinary Time;
Catholic Schools Week
Tuesday: St. John Bosco
Thursday: The Presentation of the Lord;
World Day for Consecrated Life
Friday: First Friday of the Sacred Heart of Jesus;
St. Blase; St. Ansgar; Blessing of throats
Saturday: First Saturday of the Immaculate Heart

READINGS FOR THE WEEK

Monday: Heb 11:32-40; Ps 31:20-24; Mk 5:1-20
Tuesday: Heb 12:1-4; Ps 22:26b-28, 30-32;
Mk 5:21-43
Wednesday: Heb 12:4-7, 11-15; Ps 103:1-2, 13-14,
17-18a; Mk 6:1-6
Thursday: Mal 3:1-4; Ps 24:7-10; Heb 2:14-18;
Lk 2:22-40 [22-32]
Friday: Heb 13:1-8; Ps 27:1, 3, 5, 8b-9; Mk 6:14-29
Saturday: Heb 13:15-17, 20-21; Ps 23:1-6;
Mk 6:30-34
Sunday: Is 58:7-10; Ps 112:4-9; 1 Cor 2:1-5;
Mt 5:13-16

THE CHRISTIAN IDEAL

The Christian ideal has not been tried and found
wanting. It has been found difficult and left untried.
—Gilbert K. Chesterton

CONSTANT FAITH

If you remain constant in faith in the face of trial,
the Lord will give you peace and rest for a time in
this world, and forever in the next.
—St. Jerome Emiliani

TODAY'S READINGS

First Reading — You humble of the land, seek
justice and humility, and the Lord will be your
protection (Zephaniah 2:3; 3:12-13).

Psalm — The Lord blesses the humble and gives
them the heavenly kingdom (Psalm 146).

Second Reading — God chose the weak of the
world, those who count for nothing, so that
whoever boasts should boast in the Lord
(1 Corinthians 1:26-31).

Gospel — Jesus taught from the mountain: Blessed
are the poor in spirit (Matthew 5:1-12a).

The English translation of the Psalm Responses from the *Lectionary for Mass* © 1969, 1981, 1997,
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CATHOLIC PRAYER CORNER

God Be in My Head

God be in my head,
and in my understanding;
God be in my eyes,
and in my looking;
God be in my mouth,
and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing.

—Attributed to Old Sarum Primer

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THE PEOPLE OF GOD'S KINGDOM

In our Gospel reading from Matthew, we hear the Beatitudes, the stirring opening to the Sermon on the Mount. Jesus is proclaiming the coming of the kingdom of God, and begins by considering what kind of people will enter and participate in this kingdom. They are the poor in spirit, the meek, the clean of heart, the peacemakers. We hear both Zephaniah and Paul echo this, as God specifically chooses the weak and the lowly to be God's agents in ushering in the reign of God. By living with humility and integrity, their hearts are open to being transformed by the grace of God. We too are called to live in this way. Jesus invites us to be people with open hearts, to receive God's blessing. And working through us, God may bless all of creation. Copyright © J. S. Paluch Co., Inc.

Cuarto Domingo del Tiempo Ordinario 29 de enero de 2023

“Dichosos los pobres de espíritu,
porque de ellos es el Reino de los cielos”.
— Mateo 5:3



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LOS SANTOS Y OTRAS CELEBRACIONES

Domingo: Cuarto Domingo del Tiempo Ordinario;
Semana de las Escuelas Católicas

Martes: San Juan Bosco

Jueves: La Presentación del Señor;
Jornada Mundial de la Vida Consagrada

Viernes: Primer viernes; San Blas; San Óscar;
Bendición de las gargantas

Sábado: Santa María Virgen; Primer sábado

LECTURAS DE LA SEMANA

Lunes: Heb 11:32-40; Sal 31 (30):20-24; Mc 5:1-20

Martes: Heb 12:1-4; Sal 22 (21):26b-28, 30-32;
Mc 5:21-43

Miércoles: Heb 12:4-7, 11-15; Sal 103 (102):1-2, 13-14,
17-18a; Mc 6:1-6

Jueves: Mal 3:1-4; Sal 24 (23):7-10; Heb 2:14-18;
Lc 2:22-40 [22-32]

Viernes: Heb 13:1-8; Sal 27 (26):1, 3, 5, 8b-9;
Mc 6:14-29

Sábado: Heb 13:15-17, 20-21; Sal 23 (22):1-6;
Mc 6:30-34

Domingo: Is 58:7-10; Sal 112 (111):4-9; 1 Cor 2:1-5;
Mt 5:13-16

EL IDEAL CRISTIANO

El ideal cristiano no se ha probado y encontrado
deficiente. Se ha encontrado difícil y se ha dejado sin
probar. —Gilbert K. Chesterton

ALEGRÍA, ESTUDIO Y PIEDAD

Para ser bueno basta practicar tres cosas y todo te re-
sultará a pedir de boca. ¿Cuáles son estas tres cosas?
Alegría, estudio y piedad. —San Juan Bosco

LECTURAS DE HOY

Primera lectura — Serán como el rebaño que pasta
y que descansa, y no habrá quién los perturbe
(Sofonías 2:3; 3:12-13).

Salmo — El Señor bendice a los humildes y les da el
reino celestial (Salmo 146)

Segunda lectura — Es por la gracia de Dios que
ustedes moran en Jesucristo. “El que se gloria, que se
gloríe en el Señor” (1 Corintios 1:26-31).

Evangelio — Dichosos los pobres de espíritu
(Mateo 5:1-12a).

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LA ESQUINA DE ORACIÓN CATÓLICA

Dios Esté en Mi Cabeza

Dios esté en mi cabeza,
y en mi entendimiento,
Dios esté en mis ojos y en mi mirada,
Dios esté en mí boca
y en mis palabras,
Dios esté en mi corazón
y en mis afectos,
Dios esté en mi final
y en mi revivir.

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EL PUEBLO DEL REINO DE DIOS

En nuestra lectura del Evangelio de Mateo, escuchamos las Bienaventuranzas, la conmovedora apertura del Sermón de la Montaña. Jesús proclama la llegada del reino de Dios, y comienza considerando qué tipo de personas entrarán y participarán en este reino. Son los pobres de espíritu, los mansos, los limpios de corazón, los pacificadores. Tanto Sofonías como Pablo se hacen eco de esto, ya que Dios elige específicamente a los débiles y a los humildes para que sean los agentes de Dios en la instauración del reino de Dios. Al vivir con humildad e integridad, sus corazones están abiertos a ser transformados por la gracia de Dios. También nosotros estamos llamados a vivir así. Jesús nos invita a ser personas con el corazón abierto, para recibir la bendición de Dios. Y trabajando a través de nosotros, Dios puede bendecir a toda la creación. Copyright © J. S. Paluch Co., Inc.

BAPTISM/BAUTISOS

Please contact the Parish Office to register and sign up for Baptismal Preparation Class.
Los padres deberan de informar a la oficina, con tres meses de anticipación.

MARRIAGE/MATRIMONIOS

Please call the Parish Office at least six months before the desired wedding date.
Por favor avisenos con seis meses de anticipación.

ANOINTING OF THE SICK/UNCIONA LOS ENFERMOS

For anyone experiencing chronic illness or preparing for medical treatment, or long term care, please call the Parish Office to arrange an appointment with a priest.
Toda persona experimentando una enfermedad cronica, tratamiento medico o atencion de largo plazo, por favor llame a la oficina para obtener una cita con el sacerdote.

Prayers for the Sick
Oren por los enfermos

St. Timothy

Brigitte Nager, Thomas Chew, Willi Doeschl, Nick Consola, Michael Leonardini

St. Luke

Mary Abraham	André Boudreaux	Eileen Guerrero	Andres Mendez	Angela & Bozidar Mihelcic
Jean Allard	H. Chaudhary	Judi Hanners	Anica Sol & Mario Mihelcic	Adrian Sanchez
Juris Arcilla	Ryan Collins	JoAnn Kozloski	Lauren Mike	Albert Sandoval
Linda Banister	Bruce Copeland	Alexander Lacdo-o	Susan Milliken	Jennifer Shamway
Cathy Banks	Robin Fife	Catherine Lee	Jon Miller	Yolanda Sheridan
Minerva Barnhart	Elizabeth Fong	Shaun Lenihan	Sonny Pangilinan	Lagrimas Sing
Emma Bolick	Steve Galvan	Christian & Mayel Liwag	Faith Poms	Dr. Leland & Helene Smith
Michael Borgard	Norma Gamboa	Deacon Paul Lucia	Grady Pope	Barbara Thomas
Marina Borja	Romulo Garcia	Julie Mancuso	Frances Presutto	Butch Unson
Boros family	Rammy Gil	Fr. Kieran McCormick	Estrella Reyes	Karen Wickham

St. Timothy

†Lou Branchaud

Pray for the Dead
Ore por los difuntos

St. Luke

†Remedios Flores, †Carlos Gil,
†Merlinda Araneta,
†Robert O'Neal Boudreaux,
†Rich Van Winkle, †Robert Sanchez,
†Maripí Alvarez, †Reynaldo Viray

Weekly Bible Reflections



"Blessed are the poor in spirit, for theirs is the kingdom of heaven." —Matthew 5:3

The phrase "poor in spirit" can be confusing. Think of it in this sense – poor in spirit means depending on God's providence and not depending on our own self-reliance. Being detached from earthy things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy). Denying ourselves from satisfying our desires and helping others obtain their basic needs.

Reflexiones bíblicas semanales



"Bendecidos los pobres de espíritu, porque de ellos es el reino del cielo" —Mateo 5:3

La frase "pobres de espíritu" puede confundirnos. Piense de ella en este sentido - pobres de espíritu significa depender de la providencia de Dios y no de nuestra propia autosuficiencia. Desprendernos de las cosas terrenales (poder, dinero, y comodidad) y apegarnos a las cosas celestiales (caridad, sacrificio y misericordia). Negarnos a nosotros mismos la satisfacción de nuestros deseos y ayudar a otros a cubrir sus necesidades básicas.

ADULT SERVERS TRAINING

We are inviting adults who wish to help and serve at Mass and guide and train young altar servers. There will be a training for Adult Servers on February 5 (3pm-4pm) and February 11 (10am-11am) at Saint Timothy Church. Please contact the office.

CAPACITACIÓN DE LOS SERVIDORES DEL ALTAR ADULTOS

Estamos invitando adultos que deseen ayudar y servir en la Misa, guiar y capacitar a los jóvenes monaguillos. Habrá un entrenamiento para los Servidores del altar adultos. El día 5 de febrero de 3pm a 4pm y el 11 de febrero de 10am a 11am en la iglesia San Timoteo. Favor de comunicarse con la oficina.

WORLD DAY OF THE SICK MASS

February 11 (11:00 am)
St. Timothy Church

SANTA MISA en la JORNADA
MUNDIAL del ENFERMO
11 de febrero (11:00 am)
Iglesia de San Timoteo

LENTEN RECOLLECTION and CERTIFICATION

All current and incoming St. Luke and St. Timothy Lectors and Extraordinary Ministers of Communion are encouraged to participate in the Lenten Recollection and Certification on Saturday, March 11, from 10:00 am to 3:00pm at Saint Luke Church. Please register at the parish office no later than February 28.

CHARLA SOBRE LA CUARESMA y CERTIFICACIÓN

Todos los lectores y ministros extraordinarios de comunión de San Lucas y San Timoteo actuales y entrantes están invitados a participar en el charla sobre la Cuaresma, el día 11 de marzo de 10:00 am a 3:00 pm en la parroquia de San Lucas. Favor de registrarse en la oficina parroquial no más tardar el día 28 de Febrero.

DIACONATE FORMATION INFORMATIONAL EVENINGS February 8, 15 & 21 (7:00pm-8:30pm)

The Office of Formation for the Permanent Diaconate will hold Informational Evenings for men who are considering the possibility of serving the Church as Permanent Deacons. The evening will include discussion of the ministry of the Deacon in the Church, the Formation program and the application process. Please join us.

For details, contact Deacon Fred Totah:
415-614-5615 | totah.fred@sfarch.org

VELADAS INFORMATIVAS SOBRE LA FORMACIÓN DEL DIACONADO 8, 15 y 21 de Febrero (7:00pm a 8:30pm)

La oficina de Formación para el Diaconado permanente realizará veladas informativas para hombres considerando la posibilidad de servir a la Iglesia como Diáconos permanentes. La velada incluirá una discusión sobre el ministerio del diácono en la iglesia, el programa de formación y el proceso de solicitud. Únase a nosotros. Para más detalles favor de comunicarse con el Diácono Fred Totah:
415-614-5615 | totah.fred@sfarch.org

ROSARY & WEBINAR FEAST OF ST. JOSEPHINE BAKHITA February 8 (6:00 pm)

Guest speaker Susan Patterson, Director of Through God's Grace Ministry, will give a summary of what the Church can do to address human trafficking and will join us in prayer.

Elizabeth Vasquez will be sharing her own experiences as a survivor of human trafficking.

Information to register: sfarch.org/event/josephine

ROSARIO y WEBINARIO celebración de Sta. Josefina Bakhita 8 de febrero (6:00 pm)

Invitado especial Susan Patterson, directora del Ministerio de la Gracia De Dios, estará dando un resumen de lo que la iglesia puede hacer acerca a del tráfico humano y estaremos juntos en oracion. Elizabeth Vázquez estará compartiendo sus propias experiencias como sobreviviente del tráfico humano.

Información para registrarse:
sfarch.org/event/josephine

What's happening in St. Timothy...

St. Timothy School is now accepting applications for the 2022-2023 school year. We welcome all parish families with school-age children to apply. For more information please visit our school website. La escuela de San Timoteo está aceptando aplicaciones para el año escolar 2022 a 2023. nen niños de edad escolar para que apliquen a la escuela. Para más información visite el sitio de internet de la escuela.



Happy Solemnity of St. Timothy to all of us.

On this weekend, we honor our parish patron saint St. Timothy. Let us praise and thank the Lord for him. His name actually means honoring God. And that is what he did in his lifetime. St. Timothy has honored God through his missionary zeal and pastoral ministry. As our saint tried to unite the church in Ephesus, may we recommit ourselves to love and serve the Lord as One family here in our parish church. Please join us for after mass for some refreshments.

¡Feliz Solemnidad de San Timoteo para todos nosotros!

En este fin de semana, honramos a nuestro santo patrón parroquial San Timoteo. Alabemos y demos gracias al Señor por el. En actualidad, su nombre significa honrar a Dios. Y eso es lo que hizo durante su vida. Timoteo ha honrado a Dios a través de su celo misionero y ministerio pastoral. Así como nuestro santo trató de unir la iglesia en Efeso, comprometemos a amar y servir al Señor como una familia aquí en nuestra iglesia parroquial.

St. Timothy Sunday Collections / Colecciones del Domingo de San Timoteo Week ending January 15

- Envelope and Basket/Sobre y canasta \$3,247.01
- Online via GivePlus/En línea a través de GivePlus \$1,174.00

What's happening in St. Luke...



FIRST FRIDAY DEVOTION TO THE SACRED HEART OF JESUS

Friday, February 3, 8:30 am

Come let us worship our Lord, Whose Sacred Heart longs to shower us with His love.

All are invited to the Mass in honor of the Most Sacred Heart of Jesus on February 3 at 8:30 am. Eucharistic Adoration follows right after the Mass. Benediction will be at 12 noon.

FIRST SATURDAY DEVOTION TO THE IMMACULATE HEART OF MARY

Saturday, February 4, 8:30 am

Join our First Saturday Devotion in honor of our Blessed Mother on February 4, beginning with the 8:30am Mass, followed by the recitation of the Holy Rosary. This is to fulfill the request of our Blessed Mother, as we consecrate ourselves to her Immaculate Heart.



EXODUS 90

Saturdays, 7:00 am
St. Matthew Room 4

EXODUS

Join Exodus 90, a ninety-day Catholic program for men and grow in faith together with a fraternity of brothers. Contact the parish office or visit the website Exodus90.com for more information.

SAVE THE DATE: CRAB FEED 2023

Saturday, March 4
St. Luke Parish Center



CRAB FEED

GIFTS FOR GOD – ST. LUKE'S OFFERING

Sunday, January 22, 2023 \$3,540.00

"I will offer [God] a sacrifice of thanksgiving, and call upon the name of the LORD." Psalm 116:17

St. Timothy

Mass Intentions For The Week



St. Luke

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Saturday – January 28

5:00pm

St. Timothy Parishioners

Sunday – January 29

9:00 am

Nonito Baris – SI

Beard Family & Agbulos Family – thanksgiving

+ Manuel V. San Jose

+ Gino Sagullo – death anniversary

10:30 am

St. Timothy Priests

Ethan Van Corpus – BD

Ma. Flor Pedregosa – BD

St. Vincent de Paul – thanksgiving

12:00 pm

Felicita Arhuire

Souls in Purgatory

Monday – January 30

Conchita Olimpiada – BD

Nathan Andrew Nabung – SI

Nonito Baris – SI

Thomas Chew – SI

Brigitte Nager – SI

+ Siguion Gino Sagullo – 1st death anniversary

Tuesday – January 31

Marie Suck – BD

Nonito Baris – SI

Kymani Nathan Nabung – SI

Thomas Chew – SI

Brigitte Nager – SI

Wednesday – February 1

Evanca Viktoria Serrano – BD

Thomas Chew – SI

Brigitte Nager – SI

Nonito Baris – SI

Thursday – February 2

Nathan Andrew Nabung – SI

Thomas Chew – SI

Brigitte Nager – SI

Nonito Baris – SI

+ Jimmie Lee – death anniversary

Friday – February 3

Kymani Nathan Nabung – SI

Thomas Chew – SI

Brigitte Nager – SI

Nonito Baris – SI

Saturday – February 4 (8:00am)

Nonito Baris – SI

Brigitte Nager – SI

Thomas Chew – SI

Saturday – January 28

5:00pm

St. Luke Parishioners

+ Meg Lum

Sunday – January 29

9:00 am

+ Francisco Morato, Jr.

+ Matthew Lai

10:30 am

Harrison Yee – BD

+ Rosita del Toro

+ Carlos Corral

Monday – January 30

Alessandra Hafalla – BD

Amelia Gomez – BD

Linda Van Rooy – BD

+ Emmanuel Berena

+ Geraldo Vega

Tuesday – January 31

Dan Lesieutre – BD

Edna Marquez – BD

Mary Carson – SI

Estrella Reyes – SI

Wednesday – February 1

Amelia Celeste Estacio – BD

Thursday – February 2

Lily Quiazon – BD

+ Arturo Almeda

Friday – February 3

Arndt Reder – BD

+ Holy Souls in Purgatory

+ Zosimo Dychioco

+ Sue Schueler

Saturday – February 4 (8:30am)

Elizabeth Fong – BD

**Legend: †-Deceased/muerto , SI-Special Intention/Intención especial, BD-Birthday/Cumpleaños,
A-Anniversary/Aniversario, DA-Death Anniversary/Aniversario de la muerte**