



Saint Bernard

A Roman Catholic Community

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www.Saintbernardcc.org

The Epiphany of the Lord January 5, 2020

*They opened their treasures
and offered him gifts of gold,
frankincense, and myrrh.*

— Matthew 2:11b

*Abriendo sus cofres, le ofrecieron
regalos: oro, incienso y mirra.*

— Mateo 2:11b

Mission Statement:

We, the multi-cultural community of St. Bernard are loved and called by God to continue the mission of Jesus, reaching out beyond our boundaries to embrace the Universal Church. We are commissioned by Christ to spread HIS Word through community worship and the use of our God-given talents. With the guidance of the Holy Spirit, we commit ourselves to make Christ visible by: respecting all people, becoming positive examples, and sharing responsibility for the needs of others.

Mass Schedule • Horario de Misas

Saturday Masses • Misas de Sábado

8:00am (English)

5:00pm (English)

Sunday Masses • Misas de Domingo

7:30am (English)

9:00am (English)

11:00am (English)

1:30pm (Español)

6:00pm (English Youth Mass)

Weekday Masses • Misas Entre Semana

8:00am (English)

6:15pm (English)

7:00pm (Español) Misa de Sanación, 16 de Enero

Masses of Obligation • Días de Precepto

8:00am (English)

6:15pm (English Vigil)

Parish Office • Oficina

Monday through Friday • Lunes a Viernes

9:00am—5:30pm Closed 12pm—1pm • Cerrado de 12pm—1pm

Saturday • Sábado

9:00am—12pm

Sunday • Domingo

Closed • Cerrado

Confessions • Confesiones

Saturday • Sábado

3:30pm—4:45pm

You can also call the
Parish office to make an
appointment with a
Priest.

También puede llamar a
la oficina para hacer una
cita con un sacerdote.

English Pre Baptismal Class

*Classes will be held every first Saturday of the month,
at 10:00 am in the Friendship Hall.*

Baptisms in English

Every third Saturday of the month

Clase Prebautismal en Español

*Las clases son el primer Martes del mes en el salón chico
a las 7:00 pm.*

Bautizos en Español

Son el 4 sábado del mes

Bringing Gifts

The magi brought gifts to the baby Jesus. What gifts do you bring to the Lord? You might have the gift of patience or understanding and bring this gift in your interactions with others. You might have a talent for bringing new ideas and creative insights into situations at home, work, parish, or your city. You might have a gift for helping people to work together for a great cause or purpose. All of these gifts have been given to you by God, to be used for God's grace, and like Saint Paul, you are called to be a good steward of them, as a sign of Christ's life within you. You bring your gifts to the Lord by using them well, sharing them generously and responsibly in caring for others and for all of creation.



What is child sex trafficking?

Child sex trafficking occurs when a minor is involved in a commercial sex act where sex is traded for money, food, shelter, drugs or anything else of value. Perpetrators of sex trafficking often target children believing their age makes them easier to manipulate and control. This crime is occurring in all types of communities throughout the U.S. and traffickers are making an alarming profit while victims endure abuse and violence. One of the most important things you can do to protect your child is to create an environment in which he or she feels comfortable talking with you as a trusted adult. For more information please visit, <http://www.missingkids.com/theissues/trafficking>.

¿Qué es el tráfico sexual de niños? El tráfico sexual de niños ocurre cuando un menor está involucrado en un acto sexual comercial, en el cual se intercambia sexo por dinero, comida, albergue o cualquier otra cosa de valor. Los perpetradores de tráfico sexual por lo regular escogen niños, creyendo que su edad les permite ser manipulados y controlados más fácilmente. Este crimen está ocurriendo en todo tipo de comunidades alrededor de Estados Unidos, y los traficantes están obteniendo alarmantes ganancias mientras que las víctimas son objeto de abuso y de violencia. Una de las cosas más importantes que usted puede hacer para proteger a su hijo/hija es crear un ambiente en el que él o ella se sienta cómodo/a viéndolo a usted como un adulto confiable con quien puede platicar. Para obtener más información, por favor visite <http://www.missingkids.com/theissues/trafficking>.

Ministries:

Bereavement	January 20 at 7pm	Rectory (Conference Room)
Clase de Autoestima (con el Padre Toribio)	Martes a las 7pm	Music Room
El Shaddai Prayer Group	Monday's at 7pm	Inside the Church
Estudio de Biblia	Lunes a las 7pm	Salón 4 de la Escuela
Grupo de Oración	Jueves a las 7pm	Salón Chico
Grupo Matrimonial	Miércoles a las 7pm	Salón Chico
Pantry · Dispensa	Tuesday · Martes 10am—1pm	Garages · Cocheras
Respect for Life	January 20	Inside the Church
Two Hearts	January 20 at 7pm	Music Room
That Man is You	Saturday's at 6:30am	Friendship Hall

Financial Report

December 22, 2019

Envelopes · Sobres: \$4,682.00

Plate · Efectivo: \$3,053.50

Novena: \$152.00

Simbang Gabi: \$1,489.00

Flowers: \$1,221.00

Thank you for your donations!

¡Gracias por su donaciones!

Parish Team

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Coffee Hour!



Sundays 8:00am-12pm

In the Friendship Hall

January 5: Spanish Choir

January 12: School

"Limpiar el Dolor"

Me quedé sorprendido de la paz que me dio cuando solté la carta en el buzón.

Jaime lo notó y me dijo: "Sé que estás más tranquilo, pero te voy a pedir un esfuerzo más en este camino de perdón que estás haciendo". "¿Qué será?" pensé, mientras miraba al techo de mi carro. "Quiero que practiques el ejercicio de limpiar el dolor, por lo que Antonio te hizo" me dijo. "No entiendo lo que quieres decir" le dije. "¿Qué quiere decir limpiar el dolor? ¿Qué significa eso?". Con calma Jaime me explicó: "Piénsalo de este modo. Imagínate una esponja que limpia el piso. Nuestro dolor emocional es como la basura regada en el suelo. Esa basura pone en peligro a nuestros hijos, a nuestra esposa, amigos e incluso a la persona misma que nos hizo el mal. Si tú decides ser la esponja para limpiar el dolor que te causó Antonio, entonces vas a impedir que la basura te haga daño a ti y a los demás".

Vi como mi dolor se había regado de tal forma que había afectado a mi esposa, a mis hijos y a mis amigos. Me había convertido en una persona intolerable. "Sí, Jaime. Mi esposa me dejó..." Lo dije sin quererlo creer. Jaime no me respondió. "Mis hijos sufrieron simplemente porque no supe manejar mi dolor". Jaime seguía en silencio. "¿Cómo ser esa esponja que limpia la mugre?" pregunté. "Cuando decides limpiar tu dolor, previenes que el dolor afecte a otras personas. Es incluso un regalo para Antonio, en cuanto no buscarás formas de vengarte con él".

Sabía que Jaime tenía razón. No entendía bien la propuesta de limpiar el dolor pero, mientras más lo practicaba, más sentía que, dentro de mí, la rabia se iba diluyendo.

Pasados los días y los años, recuerdo con aprecio el camino que Jaime me hizo recorrer. Recuerdo que lo empecé con mucho escepticismo y rabia. Terminé mi viaje entendiendo que fue mi salvación. Antes de empezar ese camino podía haber caído en el peligro de sufrir doblemente: primero por mi parálisis y segundo por mi rabia y mi odio.

Todavía hoy en día no funcionan ni mis brazos ni mis piernas. No estoy convencido que Antonio haya recibido mi regalo del perdón. No conociendo el amor posiblemente no lo logre ver como tal. Pero no importa. Quisiera que las circunstancias fueran diferentes, pero por lo menos tengo paz, una paz en el corazón que nunca pensé alcanzar. Sigo practicando el Perdón en muchas circunstancias injustas de la vida. Ya me acostumbré a ello. Para aquellos que no han hecho el esfuerzo de perdonar, mi historia sonará muy rara. Para los que han hecho este camino, las explicaciones sobran.

"Cleaning the Pain"

I was amazed at the peace I felt when I dropped the letter in the mailbox.

Jaime noticed and said, "I know you're calmer, but I'm going to ask you for one more effort in this path of forgiveness that you're doing." "What will it be?" I thought, as I looked at the roof of my car. "I want you to practice cleaning the pain, from what Antonio did to you," he told me. "I don't understand what you mean," I said. "What does it mean to clean the pain? Jaime calmly explained to me: "Think of it this way. Imagine a sponge that cleans the floor. Our emotional pain is like trash watered on the floor. That trash puts our children, our wife, friends, and even the person who did wrong to us. If you decide to be the sponge to cleanse Antonio's pain, then you're going to stop the garbage from hurting you and others."

I saw my pain watered in such a way that it had affected my wife, my children and my friends. I had become an intolerable person. "Yes, Jaime. My wife left me..." I said it without wanting to believe it. Jaime didn't answer me. "My children suffered simply because I couldn't manage my pain." Jaime was still silent. "How can you be a sponge that cleans the trash?" I asked. "When you decide to cleanse your pain, you prevent the pain from affecting other people. It's even a gift for Antonio, as soon as you won't look for ways to get even with him."

I knew Jaime was right. I didn't quite understand the proposal to cleanse the pain, but the more I practiced it, the more I felt that, within me, the rage was diluting.

Over the days and years, I remember with appreciation the path Jaime took me through. I remember I started it with a lot of skepticism and anger. I ended my journey, understanding that it was my salvation. Before I started that road I could have fallen into the danger of suffering twice: first because of my paralysis and second to my anger and my hatred.

Still today, my arms and legs don't work. I'm not convinced that Antonio received my gift of forgiveness. But it doesn't matter. I wish the circumstances were different, but at least I have peace, a peace in my heart that I never thought I'd achieve. I continue to practice Forgiveness in many unjust circumstances of life. I've gotten used to it. For those who have not made the effort to forgive, my story will sound very strange. For those who have made this journey, there are plenty of explanations.

Mass Intentions

Saturday, January 4

5:00pm: Henry Herrera, †

Sunday, January 5

7:30am: Patrick Murphy, †

Jose Senador Sr., †

Christine Nakatergga, †

9:00am: Gabriel Pahati, †

11:00am: Alexa Muratalla, Sp. Int.

Dorothy & Richard Veno, †

Mary Ann Paullin, †

Marilou Zamora, †

Rufino Pamaran, †

Miguel Antonio Tan Gamo, †

1:30pm: Juan Romo, †

6:00pm: Robert Nelsen, †

Monday, January 6

8:00am: Melania Guiua, †

Miguel Antonio Tan Gamo, †

Marjlou Zanora, †

Rufino Pamaran, †

6:15pm: .Our Family and Children, Sp. Int.

Tuesday, January 7

8:00am: Rosemary & Irving Swensen, †

Michael Villacorta, †

Miguel Antonio Tan Gamo, †

Marilou Zamora, †

Rufino Pamaran, †

6:15pm: Regina Funaro, †

Wednesday, January 8

8:00am: Fr. Michael O'Shea, †

Miguel Antonio Tan Gamo, †

6:15pm: Angel Alvarado, †

Thursday, January 9

8:00am: Victor, Rufina, & Moises Bautista, †

Miguel Antonio Tan Gamo, †

6:15pm: The elderly of our parish, Sp. Int.

Friday, January 10

8:00am: Gladys Torres, †

Rolando & Mulou Dulla, Thanksgiving

Miguel Antonio Tan Gamo, †

6:15pm: Our Family and Children, Sp. Int.

Saturday, January 11

8:00am: Giannie Natalia Arellano, Sp. Int./Health

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Navidad en el Barrio

During the month of December our Pantry had the opportunity to participate in Navidad en el Barrio. Where they handed out hefty bags filled with Christmas meals. The pantry volunteers were able to pick up the meals and pack them a day before, to ensure easy packaging. They even found time to organize the toiletries and bag them.

On the day of the event we had students and parents from St. Bernard along with our pantry volunteers, to help hand out the items. They were able to help a total of 65 pantry guest. The remaining bags were distributed on our regular pantry day.

This was the first time our pantry participated in the project and we hope we can participate again next upcoming Christmas. A heartfelt thanks to all the volunteers who helped make this event possible.



Navidad en el Barrio

Durante el mes de diciembre nuestra despensa tuvo la oportunidad de participar en Navidad en el Barrio. Donde repartieron bolsas llenas de comidas navideñas. Los voluntarios de la despensa fueron a recoger las comidas y empacar un día antes, para asegurar un empaque fácil. También encontraron tiempo para organizar los artículos de tocador y embolsarlos.

El día del evento tuvimos estudiantes y padres de San Bernardo y voluntarios de la despensa, todos ayudan a repartir los artículos. Ayudaron a un total de 65 personas. Las bolsas restantes se distribuyeron en nuestro día regular de despensa.

Esta fue la primera vez que nuestra despensa participó en el proyecto y esperamos poder participar de nuevo la próxima Navidad. Un sincero agradecimiento a todos los voluntarios que ayudaron a hacer posible este evento.

Light of the World

Epiphany can be understood as an extension of the Nativity of the Lord that we celebrate on December 25. While at Christmas we celebrate Jesus' coming as the long-awaited king and Messiah of the Jewish people, on Epiphany we celebrate the revelation that Jesus is the Savior and Light of all nations—Jews, Gentiles, and all people.

The star shines so brightly that it attracts magi who come from far distant countries to worship Jesus. They are not Jews, yet they are drawn to the Light of the world. The letter to the Ephesians reveals that the Light of the world was for the Gentiles as well as the Jews—Christ gathers all people into the light of his love. The reading from Isaiah also describes a gathering of diverse peoples, but this time it is to the light that emanates from the people of God.



Luz del Mundo

Se puede entender la Epifanía como una extensión de la Natividad del Señor que celebramos el 25 de diciembre. En la Navidad celebramos la venida de Jesús como el rey y Mesías tan esperado por el pueblo judío, y en la Epifanía celebramos la revelación de Jesús como el Salvador y la Luz de las naciones; es decir, de judíos, gentiles y de todos los pueblos.

La estrella brilla con tanto fulgor que atrae a los magos que vienen de países distantes para adorar a Jesús. No son judíos, y sin embargo se ven atraídos al que es la Luz del Mundo. La carta a los efesios revela que la Luz del Mundo era tanto para gentiles como para judíos, pues Cristo reúne a todos los pueblos en la luz de su amor. La lectura de Isaías también describe a diversos pueblos que vienen, pero esta vez les atrae la luz que emana del pueblo de Dios.

Parishioners

We would like to remind you to please take a moment to visit the Parish office during office hours to update any information (address and phone numbers). Donation envelopes are not automatically provided upon registration. If you would like a record of your donations to St. Bernard's please call or visit the office. Any one who would like to register as a parishioner to St. Bernard can stop by the parish office or visit www.saintbernardcc.org/parishioner-form. Being registered assists in validating any paperwork you may need from us as a parish, school, or religious education.

Feligreses

Nos gustaría recordarte que por favor tomen un momento para visitar la oficina durante el horario de oficina para actualizar cualquier información (dirección y teléfono números). Los sobres de donación no se proporcionan automáticamente al registrarse. Si desea un estado de sus donaciones a San Bernardo por favor llame a la oficina. Quien guste registrarse a la parroquia de San Bernardo puede pasar por la oficina parroquial o visitar www.saintbernardcc.org/parishioner-form. Estar registrado ayuda a validar cualquier papeleo que pueda necesitar de nosotros como parroquia, escuela o educación religiosa.