

PARISH OFFICE HOURS:
Mon-Fri: 9:30am-5:00pm
Saturday: 8:30am-4:30pm
Sunday: 7:30am-2:00pm

PASTOR:
Rev. Dr. Antony Gaspar

ASSOC. PASTOR:
Rev. Bernard Santiago

ST. BARNABAS CATHOLIC CHURCH

3955 ORANGE AVE., LONG BEACH, CA 90807 | 562-424-8595 | STBARNABASLB.ORG



Church@StBarnabasLB.org

Year A: Reading 865

Good News!

February 5, 2023

Fifth Sunday in Ordinary Time (A)

Isaiah 58:7-10 / 1 Corinthians 2:1-5

Matthew 5:13-16

FR. JOSEPH JUKNIALIS

"You are the salt of the earth." Prior to industrialization, salt was a highly valued commodity. In the Middle Ages, a ton of salt sold for thirty-three gold ducats. Much earlier, Roman soldiers were often paid in salt. Hence our word *salary*. "You are the light of the world." Like salt, light also is a valuable and necessary part of life. Without light, living plants die and human beings grow depressed.

Curiously, we only become aware of salt and light when they are absent. Food tends to be less tasty and bland without salt. And without light in the room we stumble and trip. Yet too much salt ruins food, while too much light blinds us, like when we drive facing headlights at night or stare at the sun. As valuable as salt and light are, both are at their best when unnoticed.

I offer these realities as images for persons of faith. Too much of "us" in the mix and we become the center of life, our egos blinding others to the workings of God. Yet absent, a world without persons of faith grows flat for lack of values and wisdom.

Likewise, the Church. Whenever the Church draws attention to itself, whenever it is clothed with pomp and majesty, God recedes to the background. Without the Church's wisdom, however, a world hungry for meaning grows lost; charity is forgotten. We are called to be salt and light, no more than enough. ●

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FIFTH SUNDAY IN ORDINARY TIME

Your
**light
must
shine**

FEBRUARY 5

before others, that they may
see your good deeds and
glorify your heavenly Father.

Matthew 5:16

*** NEW MASS TIMES ***

Mon-Sat: 7:00am*

Sat Vigil: 5:00pm

Wed: 8:00am (School Mass)

**Sun: 7:00am | 9:00am*
11:00am | 12:30pm**

1ST FRIDAY OF THE MONTH:

**Fri: 8:00am-9:00am Confessions
Adoration: 8:45am-12:00pm**

1ST SATURDAY OF THE MONTH:

7:30am Novena to Our Lady of Fatima

*denotes live-stream

CONFESSION HOURS:

Sat: 3:30pm-4:30pm

For Infant Baptisms, Weddings,
Funerals, & Anointing of the Sick,
call the Parish Office: 562-424-8595

NOVENAS / DEVOTIONS:

Tues: 7:30am* (Saint Joseph)

**Wed: 7:30am* (Our Lady of
Perpetual Help)**

PARISH MISSION STATEMENT

"We, the Catholic Community of Saint Barnabas Parish, are a people formed by Christ, called in Baptism and united in the Eucharist; we continue the mission of the Church in the world through Prayer, Apostolic Works, Evangelization, and Christian Stewardship."



OUR PATRON, SAINT BARNABAS

Barnabas sacrificed himself to be instrumental in God's cultivation of His Church. Paul makes specific mention of the fact that Barnabas, who willingly impoverished himself in the interests of the Church, labored with his own hands to support himself on his missionary journeys. In Acts 4:36, Luke translates Barnabas to mean "son of encouragement" or "son of consolation." The original Greek word rendered "encouragement," *paraklesis*, means encouragement, consolation, comfort, exhortation and entreaty. It may be that the Apostles who gave Joseph the name Barnabas, saw all of these qualities in his character.

PARISH MINISTRIES

Adoration Coordinator	Faye R
Altar Servers (Youth)	Erika M
Baptism (Infants)	Jay G
Boy Scouts Pack 32 Cub Scouts Pack 32	Laura L/Chris C
Bulletin/Website/Social Media/Publications	Olivia B
CANA Marriage Renewal Movement	Bernie M
Coffee & Holy Donuts	Bill M
Cornerstone Crew	Dave A
Couples for Christ	Roy R/Faye R
Divine Mercy Apostolate	Itima E
Extraordinary Ministers of Holy Communion	Sam C/Helen C
Filipino-American Association	Gene L
Finance Council	Espi G
Girl Scouts Troop #4283	Jessica C
Holy Name Society	Bob F
I.T. Resource Team	David A
Knights of Columbus #3449	Greg C
Lectors	Marina C
Legion of Mary	Barbara F
Liturgical Music Coordinator	Call Parish Office
Marian Cenacle M.M.P.	Mary C S/Mary S
Ministry of Consolation	Susan C
Mother Theresa Choir	Benildo T
Our Lady of Perpetual Help Novena	Armando P/Gigi L
Our Lady Queen of Peace	Tricia J
Pastoral Council	Darrell S
Planning/Building Team	Sean F
Project Achieve	Michelle S
RCIA/Adult Sacraments	Andrea M/Susana M
Respect Life	Robert K
Sacristans	Sahlee B/Armando P
Safeguard the Children	Elizabeth C
Ushers & Greeters	Darrell S
Wedding/Quinceañera Rehearsal Coordinator	Deb R
Worship Environment	Olivia A

PARISH REGISTRATION

We encourage you to register as a Parishioner. To be an "Active" member at our Parish, is to participate in the life of prayer and stewardship. Being a parishioner enables a person to be eligible to sponsor a child for Baptism, to receive financial aid for Catholic Education, to be Married in the Parish, book a Funeral/Memorial Mass and to prepare one's children for the Sacraments. All adults over the age of 21, living with their parents or on their own, are encouraged to register as well. Visit our website to register!

FAKE TEXT MSG/SPAM E-MAILS

If you received a text message or E-Mail claiming it's from Fr. Antony and/or Staff, asking for money, gift cards or asking for your help, **THIS IS A HOAX! PLEASE IGNORE SUCH MESSAGES (pretending to be our Priest or Staff)** Don't reply to them and immediately delete it. Please ALERT the Parish Office. Thanks for your cooperation.



CALLED TO RENEW

Called to Renew is a historic, five-year campaign to strengthen parishes, families, and communities through unity and action; together we commit to renewing what is important so we can pass it on to those who we love.

Called to Renew is a bold plan to strengthen every parish and Catholic center in the Archdiocese of Los Angeles, vital ministries that serve thousands each year, education and formation for our children, and the support of Priests and those discerning the call.

More information, visit:
CalledToRenew.org

FINANCIAL BLESSINGS

01/15/23: **\$ 7,509.96**
01/22/23: **\$ 8,427.00**

Faith-Direct
Bi-Weekly
Contribution: **\$ 8,180.45**
Period: 1/1 – 1/15

Thanks for your prayerful giving. Your donation supports the operations of our Parish Community.



Monthly Flower Donors for Tabernacle & our Blessed Mother:

**Fred & Letty
Montoya**



Jan 28-Feb 11

ALTAR FLOWERS SPONSORS:

No Sponsor this week.

*Contact the Parish Office
If you would like to
Sponsor Altar Flowers!*



SPIRITUAL COMMUNION: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

ST. BARNABAS SCHOOL



Office: (562) 424-7476

Fax: (562) 981-3351

3980 Marron Avenue
Long Beach, CA 90807

Principal: Jennifer Kellam

jkellam@stbarnabas.school

www.school.stbarnabaslb.org

PRE-SCHOOL / DAYCARE

Main: (562) 988-8481

RELIGIOUS EDUCATION & CONFIRMATION

Office: (562) 988-6855

1130 Marshall Place

Long Beach, CA 90807

(Office located upstairs of Parish Center)

Interim R.E. Coordinator: **Sandra Solis**

562-988-6855 Office

religiouseducation@stbarnabaslb.org

Confirmation/Youth Ministry Coordinator:

Emmanuel Magallanes

213-948-7762 cell/text

confirmation@stbarnabaslb.org

FOR MINISTRY INQUIRIES, or to view our complete listing, please visit www.stbarnabaslb.org/ministries or call our Parish Office.

"Like" us! facebook.com/stbarnabaslb/

Now on Instagram! [@stbarnabaslb](https://www.instagram.com/stbarnabaslb)

Follow us on Twitter: [@stbarnabaslb](https://twitter.com/stbarnabaslb)

MARK YOUR CALENDAR

02/09: Virtus Training (must register w/Parish Office)
 02/11: Valentine's Dinner & Dance/6pm/Hall
 02/20: President's Day Holiday (SBS & Parish Office closed)
 02/22: Ash Wednesday: 7a/8a/12p/5p/7p

All Fridays during Lent: KofC Fish Fry 6:15pm-8pm/Hall

WEEKLY MASS INTENTIONS

Book Mass Intentions via Website, E-mail or by Phone. (+ indicates deceased) Send requests at least 2 weeks in advance, to be listed. Some names may not reflect above, due to early print deadlines or last-minute requests.

Sat. Feb 4 5:00p.m.	Birthday: Chris Sarmiento Repose: +Emmanuel Memije; +Robert McJilton; +Maria Refugio-Manzo; +Jose Capitulo Death Anniversary: +Josefina Soltero (10th)
Sun. Feb 5 7:00 a.m.	All Parishioners
9:00 a.m.	Birthday: Leity Castillo (85th) Healing: Jonathan; Rosario Ablang, Helen McBride Repose: +Edgardo Joya; +Robert McJilton
11:00 a.m.	Special Intentions: Beaf Family Living and Deceased Healing: Martha Pech Repose: +Bonifacio, +Hermenia & +Francis Avancena 40th Day: +Cristina Marcelino del Rosario
12:30 p.m.	Death Anniversary: +Juanita Fernandez; +Lolita Ildefonso
Mon. Feb 6	Repose: +Carmen Alvarado; +Msgr. Lealofi Etuale
Tues. Feb 7	Repose: +Rey Carreon San Jose
Wed. Feb 8	OLPH Devotees Repose: +Lois Watson 40th Day: +Rey Carreon San Jose
Thur. Feb 9	Repose: +Florian J. Kaminski Death Anniversary: +Carmelita Romero
Fri. Feb 10	Birthday: Dominic Crisostomo, Valentina Marrujo Repose: +Lourdes Pagente Death Anniversary: +Antonio Basilio
Sat. Feb 11 7:00 a.m.	Repose: +Stanley & +Jean Gilewski; +Thomas & Alfreda Skeren



Fifth Sunday
in Ordinary Time
February 5, 2023

Light shines through the darkness
for the upright.

— Psalm 112:4

REMEMBER THOSE WHO HAVE DIED

Violeta Belen Firmalino
 Alice Marcella McNevin
 Nora French
 Agripina Mancilla
 Antonio Edles Sr.
 Javier Lopez
 Carmen Alvarado

Beda P. Abatay
 Pope Emeritus Benedict XVI
 Susan & Estrella Sarte
 Mel Franklin
 Jose I Valenzuela
 Carmelita A Orsoe



TODAY'S READINGS: YR A / 865

First Reading — If you share your food with the hungry, provide housing for the homeless, then light shall break forth upon you (Isaiah 58:7-10).

Psalm — One who is just is a model for the righteous (Psalm 112).

Second Reading — My message to you, says Paul, was not clever words of wisdom but the proclamation of Christ crucified (1 Corinthians 2:1-5).

Gospel — You are the salt of the earth, the light of the world (Matthew 5:13-16).

READINGS FOR THE WEEK

Monday: Gn 1:1-19; Ps 104:1-2a, 5-6, 10, 12, 24, 35c; Mk 6:53-56
 Tuesday: Gn 1:20 — 2:4a; Ps 8:4-9; Mk 7:1-13
 Wednesday: Gn 2:4b-9, 15-17; Ps 104:1-2a, 27-28, 29bc-30; Mk 7:14-23
 Thursday: Gn 2:18-25; Ps 128:1-5; Mk 7:24-30
 Friday: Gn 3:1-8; Ps 32:1-2, 5-7; Mk 7:31-37
 Saturday: Gn 3:9-24; Ps 90:2-6, 12-13; Mk 8:1-10
 Sunday: Sir 15:15-20; Ps 119:1-2, 4-5, 17-18, 33-34; 1 Cor 2:6-10; Mt 5:17-37 [20-22a, 27-28, 33-34a, 37]

PRAYERS NEEDED FOR HEALING

Ken Augustine, Connie Edwards, Mary Pearson, Betty Chrysler, Kathy Wachter, Sherrie & Heather Wren, Augusto David, Barbara Hendren, Roxanne, Don, Danny & Mike Batovsky, Josh & Pam Batovsky, Cesar Giron, Robert Carambelas, Hector Gustilo, Rose de los Reyes, Alvino Jauregui, Tina Quinn*, Bridget Vanderwerff, Carmela Chiurazzi, Eva Talastas, Bill & Gloria Dorsey, MaryAnn Salas*, Alan & Lydia Clark, Ted & Terri Furlow, Maxym Velazquez, Bill & Connie Dobberpuhl, Phillip Reher, Lucy Galletes*, Elizabeth N. Gabrillo*, Florencio "Junn" Gabrillo Jr.*, Lorna E Declines*, Lydia "Julie" Estrada*, Leo Ascuncion*, Sue Ann Estrada-Tumakay*, Arsenia "Paz" Estrada, Nelia N Estrada, Mario & Mely Visperas, Natividad S Fernandez, Michelle G. S., Maribella V.*, Joan Ingram*, Bridget Panek, Zoraida Ramos, Dixie Moran, Alberto Toledo, Michele Bartels, Andrea Noir, Rita Valle Moreno, Sr. Deonilda, Victor Adolfo Bracamonte, Jillian Adriano, Maria Linda Evans*, Arlene G. Monaco*, Keith Wieland, Pat Madden, Arsenia "Paz" Estrada, T. McQuire, Nathaniel Espinoza, Emmanuel Sarte, Soji VS, Maria Hainey, Edwin de Lara*, Danilo Masangkay, George S*, Liza & Michael Cabrea, Katrina Sabate, Theresa Sabate, Luciano Sabate, Rose Sabate, Mary & Chris Divinaflor S., Avery Morgia, Adam Koffler, John Cuico Sr.*, Mia*

List updates every 4-6 months. If you would like to be added or RE-ADDED to our prayer list, please email church@stbarnabaslb.org. Names w/asterisks denotes inclusion to St. Peregrine (patron Saint of cancer) prayer list as well.

PARISH LENTEN RETREAT

SAVE THE DATE! Parish Lenten Retreat

Saturday: March 18th / 10am-4:30pm
(3:30pm-4:30pm Confessions & Adoration)

5:00pm: Mass

Fr. Joseph Miller, SVD will be leading this retreat!
You are highly encouraged to attend!!!

PANCAKE BREAKFAST

Please join the Mother Teresa Foundation for a Pancake Breakfast!

Saturday, March 4th at
Applebee's Spring St/Atlantic
Service Time : 8am - 10am only

\$12 /plate

Pancake, eggs, bacon or sausage, oj or coffee



HARDBOUND MISSALETTES

MISSALETTES FOR SALE!

The new Cycle started with the beginning of Advent. we have Missalettes available for purchase for \$25/ each. This is a complete Missal with all three cycles, so no need to purchase every year! Please visit our Parish Office or call: 562-424-8595 or Email: church@stbarnabaslb.org

PENNIES FOR THE POOR

"Pennies for the Poor" has returned!

This popular program has returned and is in full swing! The purpose of this program is to teach the children the joy of giving back to God out of gratitude for all that God has given to them. We invite all our children to prayerfully consider collecting any loose changes (ie. coins, bills), and at each Sunday mass, during the Offertory, they will be invited to come to the Altar to place their gifts in a special basket placed in front of the Altar. This collection will be towards supporting the poor and orphan children for their various needs. For more information, contact the Parish Office.



*** PASTOR'S MESSAGE ***

CALLED TO RENEW CAMPAIGN

Blessings to you! We are in exciting times as a faith community in Southern California! Our Archbishop Jose Gomez has called us all to a period of renewal — a renewal of our spiritual life and our resources. In response to this invitation, I am pleased to announce the launch of our Parish's Called to Renew campaign. This historic effort will provide much-needed funding for parishes throughout the Archdiocese of Los Angeles, including ours, and strengthen essential ministries and programs that affect us.



Through God's grace, we have grown from the initial small faith community into a large welcoming parish of vibrant, active, and dynamic parishioners of all ages. We are passionate about our faith, excel in service, and are dedicated to sharing the Good News as they connect us with Christ, one another, and those in need.

We are now launching the Called to Renew campaign alongside every Parish in the Archdiocese of Los Angeles and ask God to bless this ambitious effort. Our campaign will allow us to address the needs of our Parish, ensuring future generations of parishioners may continue to gather, worship, and create lasting friendships.

The goal for our 5-year campaign is \$1,500,000 of which \$1,000,000 will remain with us at our Parish to address our needs. We will also retain 100 percent of the funds we collect over our goal.



I am asking you, and every member of our Parish, to make a gift from the heart. As your pastor and fellow parishioner, I will also make a sacrificial pledge. Before you determine your pledge, please prayerfully consider the generosity God has shown you, and the importance of the mission we have been given at St. Barnabas Church.

I realize this request is significant but trust your commitment to our Parish, and our Catholic faith will guide you to make a sacrificial gift. Called to Renew is essential to ensuring our church is vibrant and healthy, and our Parish remains a presence in the lives of parishioners and the community for years to come. I hope you will join me in supporting this historic campaign.

Thank you in advance for your faithful support.
Sincerely, —Fr. Antony

A direct Fund has also been set-up via Faith Direct, so you can also donate via online for convenience.



COLLECTING OLD BLESSED PALMS

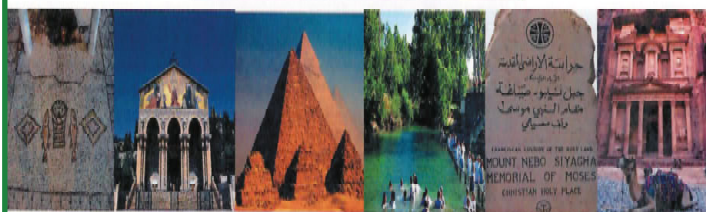
DONATE YOUR
Old Palms

We are collecting your old, blessed palms.
Please place them in the designated baskets inside
and outside of the Church.

The ashes used on Ash Wednesday are made from the burning of palms blessed in the previous year's Palm Sunday celebration, when Christians carry palms to recognize the Gospels' reference to Jesus's path being covered in palm fronds on the day he entered Jerusalem.

ASH WEDNESDAY SCHEDULE**ASH WEDNESDAY IS FEBRUARY 22ND****Mass Times are as follows:****7:00am (& live-streamed) 5:00pm****8:00am (SBS) 7:00pm****12:00pm**

**OLPH
Novena will be
cancelled on
this day only.*

HOLY LAND, JORDAN & EGYPT**Experience walking through the pages of the Bible****Spiritual Director: Fr. Bernard Santiago****April 16 - 27 (12 days), Tour Cost: \$3,990.00 inclusive of airfare and taxes**

Price Includes: Roundtrip Airfare, First class hotel accommodations, Daily breakfast, lunch & dinners, Professional local guides & tour conductor, Baggage handling & hotel taxes, Entrance fees within the itinerary, Land transportation by deluxe motor coach, Daily Mass Arrangements.

Excluded: Tips, travel insurance and personal expenses

FOR MORE INFORMATION & RESERVATIONS PLEASE CONTACT:

FR. BERNARD SANTIAGO (818) 967- 4132; sanbernashs@hotmail.com or
call St. Barnabas Church, Long Beach (562)424-8595

VIRTUS TRAINING**VIRTUS TRAINING**

VIRTUS® “Protecting God’s Children” is a three hour training for adults which teaches the five basic steps of child sexual abuse prevention. This program is mandated for all adults who work with or around children or youth on a regular basis. Nearly 200,000 clergy, staff, volunteers and parents have attended the program.

St. Barnabas is hosting a training ONLY to those who pre-register. **February 9th from 6pm-9pm in the Parish Hall.**

You must pre-register by either calling the Parish Office at 562-424-8595 or by emailing us directly to: church@stbarnabaslb.org.

Valentine Dinner - Dance
Hosted by CANA Marriage Ministry

**ALL WE
NEED IS
Love**

February 11, 2023**Saturday 6:00PM****Attire: SEMI-FORMAL****DONATION: \$40****(Proceeds go to St. Barnabas)****St. Barnabas Church****3955 Orange Ave., Long Beach, CA 90807**



**Knights of
Columbus®**

**ALL
FRIDAY
EVENINGS
DURING
LENT!**

50/50 Raffles!

**\$14 Adults
\$13 Seniors
\$8 Children**

**6:15pm-8:00pm
Parish Hall**

**"To-Go" Orders
Available!**

MARK YOUR CALENDAR FOR THESE UPCOMING EVENTS:

April 29: Annual Rummage Sale

June 17: Annual Car Wash

**more info to come...*

Handmade Blanket end-event raffle!



SAVE THE DATE **FEBRUARY 23-26**
IN PERSON | ANAHEIM, CA

YOUTH DAY
STRIVE 4 LIFE

LA RECONGRESS

ADULT DAYS
EMBRACE GRACE
ABRAZA LA GRACIA | ẤP Ủ HỒNG AN

FIND OUT MORE AT [RECONGRESS.ORG](https://recongress.org)

About RECongress

The Los Angeles Religious Education Congress is the largest annual gathering of its kind in the world. This four-day event is held at the Anaheim Convention Center and is sponsored by the Office of Religious Education for the Archdiocese of Los Angeles. RECongress began in 1956 as an institute for religious education teachers. Since then, RECongress has grown to include people of all ministries, vocations, and faiths.

Our event opens on Thursday with Youth Day - a day-long gathering of high school aged young people. Youth Day features keynote speakers, workshops, and a Liturgy planned by young people, for young people. The excitement continues Friday - Sunday when we welcome adult participants from around the globe. Our Adult Days offer workshops in English, Spanish, and Vietnamese. Participants also receive access to arena keynotes, the opening ceremony, entertainment, and evening events. Choose from a variety of Liturgies that embrace and celebrate the diversity of our faith. Participants also receive access to our Exhibit Hall, showcasing religious art, music, publishing houses, academic institutions, Catholic apostolate groups, diocesan ministries, and national organizations.

We look forward to welcoming you!

Flyer for Youth Day

YOUTH DAY
FEBRUARY 23, 2023

Register before January 23rd for just \$35 and enjoy access to workshops, a keynote, arena general session, liturgy, exhibits, and more! Must be of high school age to register. Find out more at recongress.org

Strive 4 Life
LOS ANGELES YOUTH DAY

Youth Day Workshop Speakers

 DOUG BRUMMEL DAVE WILSON	 FR. CASEY COLE, OFM	 STEVEN ELLAIR	 MATT HARPER	 YOUNG HOANG, PHD
 KATIE PREJEAN MCGRADY	 CRYSTAL MARCHAND	 MICHAEL MARCHAND	 FR. AGOSTINO TORRES, CFR	
 MAGGIE CRAIG YOUTH DAY KEYNOTE		 CHRIS ESTRELLA FEATURED MUSICIAN WORKSHOP PRESENTER		

RECONGRESS
Los Angeles Religious Education Congress

Flyer for Parents and Guardians

LOS ANGELES RELIGIOUS EDUCATION CONGRESS

REGISTER TODAY

\$35 - YOUTH DAY
\$75 - ADULT DAYS

Price increases to \$40 for Youth Day and \$85 for the Adult Days after January 23rd.

FEBRUARY 23-26, 2023
ANAHEIM CONVENTION CENTER

You are invited to renew your mind, body, and spirit with engaging workshops on relevant topics facing Catholic parents today. Experience a Community that will support and accompany you as you build the domestic Church. Celebrate the gift of faith and the beauty of our Catholic traditions. We highlight the following workshop selections for parents. Topics include marriage, ministering to young people, sharing faith, ministering to children with disabilities, and forming a Eucharistic lifestyle.

Please Join Us!

Friday, February 24, 2023

1-01 | 1-02 | 1-03 | 1-04 | 1-05 | 1-07
2-01 | 2-02 | 2-04 | 2-07 | 2-09
3-01 | 3-08 | 3-09

Saturday, February 25, 2023

4-01
5-03 | 5-07 | 5-08
6-03 | 6-08 | 6-09

Sunday, February 26, 2023

7-02 | 7-03 | 7-08 | 7-09

recongress.org

CATHOLIC PRAYER CORNER

PRAYER IN TIME OF ILLNESS

Lord Jesus, I believe that having passed through the gate of life in baptism, I will always have your protection and comfort.

Yet today the pains of my illness threaten to overcome me and cause me to forget all the good things you have given me in this life.

I pray in confidence that you would send forth your Spirit to refresh and revive me as you have always done in the past.

May I continue to witness to your goodness in this life so that I may be with you at the heavenly banquet table in eternity.

Amen. Alleluia.

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WEEKLY REFLECTION

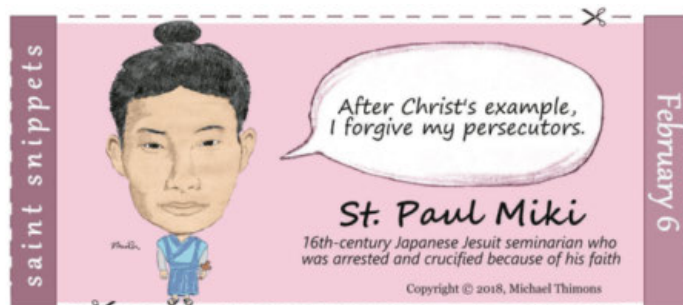
THE LIGHT OF SERVICE

The prophet Isaiah inspires us with these words: "Light shall rise for you in the darkness, and the gloom shall become for you like midday." All of us celebrating the liturgy today praise God for these words of encouragement. Surely each of us knows the gloomy side of life, but today's readings propose a brilliant antidote to misery: the light of service. Isaiah focuses on physical suffering, telling us to provide food, clothing, housing, and equal opportunity to those with limited resources. Moving beyond material needs, Saint Paul demonstrates how to proceed humbly when attending to people's spiritual needs. Saint Matthew's Gospel stirs us to bold action: whatever gifts we have, we must put them at the service of our communities. As Christians, we must engage with one another without holding back, letting our light shine before all.

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SAINTS AND SPECIAL OBSERVANCES

- Sunday: Fifth Sunday in Ordinary Time;
Tu B'Shvat (the Jewish new year of trees)
begins at sunset
- Monday: St. Paul Miki and Companions
- Wednesday: St. Jerome Emiliani; St. Josephine Bakhita;
International Day of Prayer and Awareness
against Human Trafficking
- Friday: St. Scholastica
- Saturday: Our Lady of Lourdes; Blessed Virgin Mary;
World Day of the Sick

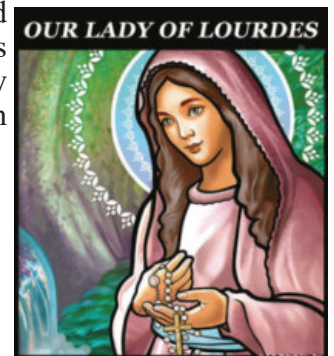


OUR FASCINATING FAITH

OUR LADY OF LOURDES (February 11)

On February 11, 1858, fourteen-year-old Bernadette Soubirous, the oldest of nine children in a poor family from Lourdes, France, saw Our Lady in the first of eighteen apparitions. At the grotto of Massabielle, Bernadette saw "a small lady in white" who invited her to return each day. During the visions the Lady communicated a message of penance, instructed Bernadette to dig so that a spring of water began to flow, requested that a chapel be built there at the grotto, and eventually identified herself by saying "I am the Immaculate Conception." Throughout these apparitions, Our Lady addressed Bernadette in a formal way, treating the humble girl with dignity. In 1862 the authenticity of the apparitions was confirmed by Church authorities. The Feast of Our Lady of Lourdes was recognized worldwide in 1907. Lourdes became a place of pilgrimage for thousands of the faithful; their faith and the faith of many others was revitalized through the story of a simple young girl from rural France.

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FREE CATHOLIC RESOURCES

We have several FREE pamphlets at the entrances of the church that you can use to deepen your faith and also share with others. Read them and pass them along to share about our Catholic Faith.

- * Welcome: Thank You for Coming
- * Why Be Catholic?
- * 10 Things That Make For a Great Catholic Family
- * What is Catholic Social Teaching?
- * Are You Thinking About Becoming Catholic?



Dear Padre

February 5, 2023

Sometimes I become pretty disgusted with my life and myself. I wonder if anyone really loves me. Is there any way I can know that God loves me?

Every human person is made in the image of God. This means that your life is infinitely precious in God's eyes. God values and loves you beyond anything you could ever imagine.

God has also placed into our hearts a yearning for love and happiness that cannot be satisfied by anything less than God. True love will not be found in riches or well-being, in fame or power. True happiness will be found in God alone, the source of all life and all love.

In New Testament times, many people believed that wealth and success were signs of favor and love from God. If disaster struck, you would assume that God was angry with you, or that you had done something wrong. Ill-fortune was a "sign" that God's love had been withdrawn from you.

Jesus turned this sort of thinking on its head. Jesus taught that God truly loves all people, including those who are down on their luck. God's love is not based on wealth, fortune, or success. Rather, God loves you because you are God's own creation, God's child, and heir to God's own kingdom.

You might find it helpful to talk over those feelings of self-disgust with a spiritual director or a confessor. Meanwhile, take comfort in the words of Isaiah: Do not fear, for I have redeemed you; I have called you by name: you are mine (Isaiah 43:1). ●

— *The Redemptorists / DearPadre.org*

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The Little Ones

Jim Burrows



Please pray in the morning, at 12 noon & 6 pm with our church community when our bells ring.

THE ANGELUS

V. The angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, full of grace; the Lord is with Thee: blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word.

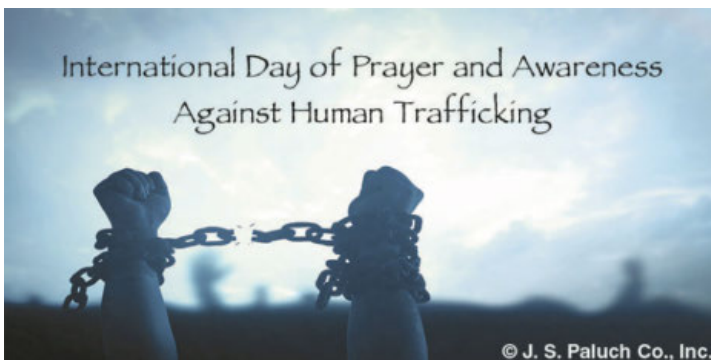
Hail Mary...

V. And the Word was made flesh.
R. And dwelt among us.

Hail Mary...

V. Pray for us, O Holy Mother of God.
R. That we might be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech Thee, Lord, Thy grace into our hearts; that, we, to whom the Incarnation of Christ, Thy Son, was known by the message of an angel, so by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord.
R. Amen.



FR. BERNARD'S BIBLE STUDY

Greetings to everyone. Happy New Year. Hope and pray that you are doing well. I trust you had a great Christmas break. I am happy to inform you that we are resuming our bible study in the second week of February 2023. We will be dedicating this year to study the books of the Old Testament and we begin the book of Genesis in February for 8 weeks until the Holy Week and after Easter break, we will study the book of Exodus. You are very welcome to join the Bible study. After going through the technical challenges of both in person and online session at the same time, I, after discussing with Fr. Antony, would like to dedicate two days (Wednesday and Thursday) for our bible study in a week.

Therefore online zoom sessions will be on Wednesdays at 7 PM and in-person sessions will be on Thursdays at 7 PM in the parish hall. The first online session will be on 8th and in-person session will be on the 9th February. The course is absolutely free. St. Barnabas is truly honored to offer this course for anyone who wants to enrich themselves in the Word of God during the holy season of Lent and Easter.

-Fr. Bernard

Contact the Parish Office at 562-424-8595 for more info or E-mail directly to: biblestudy@stbarnabaslb.org



SAFEGUARD THE CHILDREN

DID YOU KNOW? February 4-5 || Archdiocese of Los Angeles celebrates 18-year partnership with VIRTUS®

The Archdiocese of Los Angeles and Joan Vienna, director of Safeguard the Children, were recently recognized for 18-year partnership with the VIRTUS® program, working to keep children and young people safe from child sexual abuse in our parishes, schools, homes and community. "So many have experienced hope and healing through ongoing awareness and education, and we appreciate [the Archdiocese's] vision of where and how the programs would and do best serve our Church and communities," said Pat Neal, director of VIRTUS® Programs and Services. For more information visit, <https://angelusnews.com/local/california/virtus-partnering-for-safety/> and <https://lacatholics.org/protect/>.

ST. BARNABAS SCHOOL

STUDENT NON-DISCRIMINATION POLICY

The school, mindful of its mission to be a witness to the love of Christ for all, admits students regardless of race, color, national origin, and/or ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school.

The school does not discriminate on the basis of race, color, disability, medical condition, sex, or national and/or ethnic origin in the administration of educational policies and practices, scholarship programs, and athletic and other school-administered programs, although certain athletic leagues and other programs may limit participation and some archdiocesan schools operate as single-sex schools.

While the school does not discriminate against students with special needs, a full range of services may not always be available to them. Decisions concerning the admission and continued enrollment of a student in the school are based upon the student's emotional, academic, and physical abilities and the resources available to the school in meeting the student's needs.

[Note that this School Student Non-Discrimination Policy does not provide nor imply that the archdiocese waives any legal exceptions or exemptions that may apply to it as a religious nonprofit organization.]

This Catholic Elementary School publishes the above policy in the staff and parent/student handbooks, public relations/recruitment brochures and in other publications such as the parish bulletin and school newspaper. The school also publishes applicable grievance procedures in the staff and parent/student handbooks.

REL. ED: CHILDREN'S LITURGY

THE RELIGIOUS EDUCATION PROGRAM is now offering **CHILDREN'S LITURGY** on **SUNDAYS** in the Parish Hall.

Children in 1st - 5th grade are welcome to attend. **Every Sunday at the 9:00am Mass**, the children will be invited go to the Parish Hall to reflect on the word of God and will return to the Mass at the Prayers of the Faithful. Any questions, call our Rel. Ed Office at: 562-988-6855.



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