



# San Rafael Parish

## Sunday, January 17, 2021



### 2<sup>ND</sup> SUNDAY IN ORDINARY TIME

Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi"—which translated means Teacher— "where are you staying?" He said to them, "Come, and you will see." - Jn 1:38-39a

#### PASTOR

Msgr. Dennis L. Mikulanis, S.T.D.  
[frdennis@sanrafaelparish.org](mailto:frdennis@sanrafaelparish.org)

#### ASSOCIATE PASTOR

Fr. Niranjan "Niru" Kanmury, Ph.D.  
[frniru@sanrafaelparish.org](mailto:frniru@sanrafaelparish.org)

#### PASTORAL ASSISTANT

Deacon Bob Holgren  
[deaconbob@sanrafaelparish.org](mailto:deaconbob@sanrafaelparish.org)

#### DEACON

Deacon Mike Fish  
[deaconmike@sanrafaelparish.org](mailto:deaconmike@sanrafaelparish.org)

#### PARISH INFORMATION

17252 Bernardo Center Drive  
San Diego, CA 92128  
Phone | 858.487.4314  
Fax | 858.487.1498  
Website | [www.sanrafaelparish.org](http://www.sanrafaelparish.org)

#### MASS SCHEDULE

**Monday through Saturday** | Morning Prayer from the Divine Office 7:45 a.m., Daily Mass 8:00 a.m.  
Rosary and Divine Mercy Devotion immediately following the Mass  
**Saturday** | Vigil Mass at 5:00 p.m.  
**Sunday** | 7:30 a.m., 9:00 a.m. (live streamed), 10:30 a.m. and 12:00 noon  
Misa en Español 7:00 p.m., 2o y 4o Sábados  
**First Friday** | Exposition and Adoration of the Blessed Sacrament after the 8:00 a.m. Mass until 9:45 a.m. Benediction  
**First Saturday** | Devotions after 8:00 a.m. Mass  
**Sacrament of Reconciliation** | Every Saturday at 3:30 p.m.  
Also by appointment, call (858)487-4314.  
**Baptism** | For information call (858)487-4314.  
**Marriage** | Engaged couple must contact the parish office. Please give nine months notice.



## 2<sup>ND</sup> SUNDAY IN ORDINARY TIME

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Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCC. S.L.R.

## FROM THE PASTOR



It was with curiosity, then growing alarm and finally stomach churning horror that freedom loving people in our country witnessed the events at the U.S. Capitol last January 6<sup>th</sup>. Congress had been called to session to ratify the true, valid, honest election of a new President of the United States

when they suddenly had to abandon their constitutional duty in the face of an unimaginable and shocking invasion of the Capitol by people claiming to be patriotic Americans intent on doing one thing: destroy the very foundations of the democratic republic that has been a beacon of hope and liberty for more than two hundred years. Egged on by fallacious reports of a fraudulent election that "stole" the will of the people, these seditious hooligans not only broke into the Capitol but violated both chambers of congress, did considerable physical damage to the building and its contents and even broke into lawmakers' offices, posing as conquering heroes. Every true American who considers himself/herself a patriot ought to be saddened and infuriated by what took place. How can anyone who loves this country watch that and not cry. However, this is nothing less than the culmination of the downward slide that this nation has endured for several years.

People on one side were quick to condemn the attack on the Capitol but are equally quick to support and encourage events like we witnessed this past summer and the ongoing riots in places like Portland, Oregon. People on the other side condemn the riots of the past summer, labeling the rioters lawless thugs, but support the ideology of those whose "right to protest" evolved into bloody chaos at the Capitol. Support by anyone for the actions that bring destruction and death to the streets of America simply cannot be accepted as the American way of settling differences. What is wrong with us? How have we gotten here? Both sides of violence do little more than tear up the Constitution of the United States and trample the *rights* of a free people.

How did we get here? Perhaps it started with the destruction of the family where the basic unit of civilized society has been undermined by the current self-centered thought process that "there's nothing wrong with what I'm doing because that's the way I feel." Consequently, healthy marriage is cast aside, abortion becomes acceptable (even for too many "good" Catholics), children are a financial burden rather than a blessing. Prayer in public is outlawed, unless it becomes so generic that

it's meaningless; sexual identity becomes a matter of choice and even children are allowed to pick what they want to be; discipline can't be enforced so as not to make a person feel bad. Congressional language now has been "neutered" on the floor to the point where prayer now ends with "Amen and A-Women." (!) Is it any wonder that the fundamental belief in human dignity has become so degraded that events like Portland and the assault on the Capitol – and thus on America itself- can happen?

What do we do? Love your family members. Mend a quarrel. Realize other people have valid opinions and, if there's disagreement, let it be civil. RETURN TO PRAYER! Give weekly worship and praise to God at Mass and don't treat it as something less important than a soccer game or golf day.

Our nation is in deep trouble, but it's not too late to stop the slide. We can do it but we have to remember: Let our faith guide our politics, not our politics guide our faith.

## WITH SINCERE GRATITUDE |



Even though we could not use the church for Christmas services due to the pandemic lockdown (and it doesn't look like we will for quite some time) the church was still decorated for Christmas to help have a sense of normalcy and celebration for the Feast of

the Nativity of Christ. All these decorations didn't just magically appear. It took time, hard work and whole lot of love for Jesus and the parish to decorate the church and take everything down by volunteers. The main volunteer we have to thank for this is JACKIE KRAMER (who corralled her husband Don to help). Thank you Jackie for leading the efforts to help us celebrate Christmas with a wonderful flair!

## ROSARY INTENTIONS |

The Rosary is recited every weekday after the 8:00 a.m. Mass. The intentions of the communal rosary recited here at San Rafael are two and *only* two: Pro-Life and Vocations to the priesthood and the religious life. If people have other intentions (family matters, other people, political hopes, etc.) they can be offered when the rosary is privately said. However, *the only two acceptable intentions for the communal recitation of the rosary after Mass here at San Rafael are for Pro-Life causes and Vocations to the priesthood and the religious life.*

## MARTIN LUTHER KING, JR. HOLIDAY |

Monday, January 18<sup>th</sup>, is Martin Luther King, Jr. Day, a national holiday. The parish offices will be closed on Monday and open again as usual on Tuesday.

## WEEK OF PRAYER FOR CHRISTIAN UNITY |



The Week of Prayer for Christian Unity is January 18-25. In normal times ecumenical gatherings take place to pray for the unity of Christians, special dialogues occur to enlighten us. This year, however, as with everything else no public events are taking place. However, please offer up your prayers for Christian Unity. If ever there was a time when a united voice for Christ was needed it is now! Christian faith and practice is under assault throughout the whole world. Please take time this week and offer a daily prayer for Christian Unity.



# Mass Intentions

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# Saints & Observances

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## Sunday, January 17

- 7:30 a.m. San Rafael Parish Staff | INTENTIONS ✨
- 9:00 a.m. Pro Populo
- 10:30 a.m. Eugene & Michael Capuozzo | RIP †
- 12:00 p.m. Cyril Svec | RIP †

## Monday, January 18

- 8:00 a.m. Kramer Family | RIP †
- Antonio Abulencia | RIP †

## Tuesday, January 19

- 8:00 a.m. Maria Staulo | RIP †
- Peggy Hebert | RIP †

## Wednesday, January 20

- 8:00 a.m. Martin Beyer | RIP †
- Mike Craig | RIP †

## Thursday, January 21

- 8:00 a.m. Mary Reinhardt | INTENTIONS ✨
- Pilar Barredo | RIP †

## Friday, January 22

- 8:00 a.m. Eva Bourgeois | RIP †
- Raffaella Vitulano | RIP †

## Saturday, January 23

- 8:00 a.m. Bill Werner | RIP †
- 5:00 p.m. Luis Figuracion, Sr. | RIP †

## Sunday, January 24

- 7:30 a.m. Richard Less Hess | RIP †
- 9:00 a.m. Pro Populo
- 10:30 a.m. Ariel Hilario | RIP †
- 12:00 p.m. Margaret Hebert | RIP †

## Saints & Special Observances

- Sunday |** 2nd Sunday in Ordinary Time
- Monday |** Week of Prayer for Christian Unity; Martin Luther King Day
- Wednesday |** St. Fabian, Pope and Martyr; St. Sebastian, Martyr
- Thursday |** St. Agnes, Virgin and Martyr
- Friday |** Day of Prayer for the Legal Protection of Unborn Children
- Saturday |** St. Vincent, Deacon and Martyr; St. Marianne Cope, Virgin; BVM
- Sunday |** 3rd Sunday in Ordinary Time



# Readings for the Week

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- Today |** 1 Sm 3:3b-10, 19; Ps 40:2, 4, 7-8, 8-9, 10 [8a, 9a]; 1 Cor 6:13c-15a, 17-20; Jn 1:35-42
- Monday |** Heb 5:1-10; Ps 110:1, 2, 3, 4 [4b]; Mk 2:18-22
- Tuesday |** Heb 6:10-20; Ps 111:1-2, 4-5, 9 and 10c [5]; Mk 2:23-28
- Wednesday |** Heb 7:1-3, 15-17; Ps 110:1, 2, 3, 4 [4b]; Mk 3:1-6
- Thursday |** Heb 7:25-8:6; Ps 40:7-8a, 8b-9, 10, 17 [8a and 9a]; Mk 3:7-12
- Friday |** Heb 8:6-13; Ps 85:8 and 10, 11-12, 13-14 [11a]; Mk 3:13-19
- Saturday |** Heb 9:2-3, 11-14; Ps 47:2-3, 6-7, 8-9 [6]; Mk 3:20-21
- Sunday |** Jon 3:1-5, 10; Ps 25:4-5, 6-7, 8-9 [4a]; 1 Cor 7:29-31; Mk 1:14-20

## REMEMBER IN YOUR PRAYERS

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Bill Birkhoff, Val Bochenek, Joan Boland, Mike Brown, Devin Caliri, Madeline Calo, Anabel and Pedro Cedillo, Chuck, Maggie Cole, Rita Correa, Bud & Judy Cripe, Peter Dahlberg, Sonia Elmore, Julie Forsys, Whitney & Bob Frost, Avila Gachalian and Family, Cheryl Garcia, Katherine Gibson, Dan Hughes, Carol Isham, Astrid Ivie, Frank Leamy, Michael Leis, Eric Lewis, Hermie Lopez, James Lydon, Jeni Lyn, Connie Maas, Josie Murguia, Geri Napier, Oanh Nonaka, Kim Peterson, Rick Sandzimier, Cecilia Seid, Mike Stelman, Bruce and Mary Swift, Diana Takamori, Eduardo Tiambeng, Jack & Joanne Zickgraf, Janet Zink and John Zoldi.

**A NOTE ABOUT OUR PRAYER LIST:** At the beginning of each month the prayer list will be updated. If we have not received notice to continue a name on the list for the coming month it will be removed. If you would like to add a name to our prayer list, please contact the parish office at (858)487-4314. By the same token, if your name is on the list and you are doing better, or you have placed someone else's name on the list and they are now better, please notify the office when the name can be removed. We appreciate the prompt notification and your cooperation. Thank you!

## Question of the Week



### First Reading: 1 Samuel 3:3b-10, 19

Eli was the priest of the temple in Shiloh. He raised Samuel and helped Samuel to hear God's voice in his life. Who have you taught to hear God's voice?

### Second Reading: 1 Corinthians 6:13c-15a, 17-20

Paul taught the Corinthians that believers should "glorify God in your body" by avoiding immorality. What do you think is needed to live a good, moral life?

### Gospel Reading: John 1:35-42

In John's account of the call of the first disciples, Jesus poses the question, "What are you looking for?" In your own spiritual journey, how do you know you have found Jesus?

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## From the Parish Office

### Parish Office Hours

Monday through Friday, from 8:30 a.m. until 4:00 p.m.  
Closed Saturdays

### Bulletin Announcements Deadline |



We will still continue to print a limited quantity of bulletins each week in addition to publishing a digital bulletin during this period. Please submit all announcements by Thursdays by 9:00 a.m. (10 days prior to publication).

### Submit announcements to |

Online: <http://sanrafaelparish.org/home/bulletin-archive/>  
E-mail: [bulletin@sanrafaelparish.org](mailto:bulletin@sanrafaelparish.org)

### Subscribe to Our Digital Bulletin List |



**We no longer post copies of current and past bulletins on our parish website.** If you would like to receive a digital copy of our parish bulletin you may do so by subscribing. Our bulletin publisher, Lpi, has a special website - [www.parishesonline.com](http://www.parishesonline.com) - where our latest bulletin (including our advertising pages) is published each week, along with those of other parishes from all over. In addition to viewing the bulletin, you may also subscribe to have our weekly bulletin emailed directly to you by Lpi.

### Do You Watch Our Live Stream Masses? |

Please subscribe to our “San Rafael Parish” YouTube channel! Our goal is to reach 1,000 subscribers so that we may have additional live streaming options available to us.

### Are You New to Our Parish? |

If so, please take the time to register and let us know you’re here. Parish registration forms can be found online at [www.sanrafaelparish.org/registration](http://www.sanrafaelparish.org/registration). By the way – THANKS for joining us! We’re awfully glad you’re here!

### Safeinourdiocese.org |



This website presents all the information about how the diocese addresses the issue of abuse at the diocese, which includes a list of all credibly accused priests. The site summarizes the Safe Environment Program, links to key resources, and details new initiatives the diocese is undertaking to expand support for victim-survivors and strengthen prevention efforts. To report abuse email [misconduct@sdccatholic.org](mailto:misconduct@sdccatholic.org) or call (858)490-8353.



Follow us on Facebook

<https://www.facebook.com/SanRafaelCatholicChurch>  
Please be sure to follow our Facebook page to catch important parish notices and resources to help us all get through this Covid-19 crisis together as the parish family that we are!

## Parish Finances

Amy Martinez, Business Manager / e-mail: [amy@sanrafaelparish.org](mailto:amy@sanrafaelparish.org)



The net amount needed each week for the maintenance and ministry of the parish (salaries and benefits for our workers, liturgies, sacraments, utilities, religious education subsidy, repairs and ongoing maintenance):

\$ 29,704

Amount received in our Christmas offering: \$ 123,236

Amount received in January 10th offering: \$ TBA

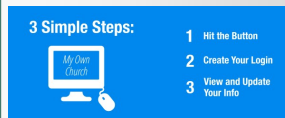
### DO YOU GIVE ONLINE? |

If you are enrolled in online giving AND are also still receiving offertory envelopes from the parish in the mail, please contact the parish office and let us know if you no longer wish to receive the offertory envelopes so that we may notify the printing company to discontinue mailing them to you. Thank you!

### 2020 CONTRIBUTION STATEMENTS |

Our year-end tax statements will be mailed out very soon. If you do not receive yours by the middle of February, please contact the parish office to obtain a duplicate statement and to update your address information if needed. In addition, if you have signed up for “My Own Church” (see below) you will be able to sign-in and download your e-statement there. (For “how to” instructions visit <https://help.parishsoft.com/eoy/electronic-statements/video-retrieving.htm>)

### WHAT IS “MY OWN CHURCH?” |



Have you signed-up for “My Own Church” yet? If you are already a registered member of San Rafael Parish, this online tool lets you update **your** family’s parish registration records and ministry service preferences on the web! It’s convenient. It’s secure. It’s as easy as 1, 2, 3! With your updated information, we’ll be able contact you when we need to so you don’t miss anything important. Get your account today on “My Own Church” by going to our parish website - <http://sanrafaelparish.org/home/my-own-church/>. If you have questions, please email [office@sanrafaelparish.org](mailto:office@sanrafaelparish.org) or call the church office at (858)487-4314, ext. 1226.

### MASS CARDS |

Remember that there is no better gift to give than the gift of God’s love and compassion as celebrated in the Sacrifice of the Mass. Stop by the parish office where we keep a variety of Deceased and Living Mass Cards on hand. Our parish office is open Monday through Friday from 8:30 a.m. to 4:00 p.m. (closed for lunch from 12:00-12:45 p.m.). For information call the parish office at (858)487-4314.

Say **Thanks**  
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## Religious Education

e-mail: Quyen Skiano, qskiano@sanrafaelparish.org  
(858)487-4314, ext. 1216

e-mail: Gail Jilka, religioused@sanrafaelparish.org  
(858)487-4314, ext. 1202

Religious Education Temporary Office Hours |  
The Religious Education Office is closed until further notice.  
Please visit the parish office for any Religious Ed needs.

## MISSING MASS? WANT TO GET YOUR CHILD TO ENGAGE IN THE READINGS EACH WEEK?

Check out our Virtual Children's Liturgy, brought to you by our very own San Rafael children!  
<https://www.youtube.com/playlist?list=PLtYjk5h1s2qmTKuJ0C637M9d7sZsZVh3F>

### NO CLASSES:

January 18-21 in observance of Martin Luther King, Jr. Day  
February 15-18 in observance of President's Day  
April 5-8 in observance of Easter  
April 12-15 Spring Break

Please continue with your lessons either on Google Classroom or on St. Mary's Press forum.

## Middle School & High School Ministries

e-mail: Lailani Gachalian, youthministry@sanrafaelparish.org  
Joe Tesoro, jtesoro@sanrafaelparish.org  
(858)487-4314, ext. 1217

Youth Ministry Website: [www.sanrafaelyouth.org](http://www.sanrafaelyouth.org)

## BELONGING |



This is the #1 reason why young people join and leave churches. We all have a desire to be known, to belong, to be safe, and to be loved. This is exactly what Discipleship Groups aim to fulfill as the foundation for a life-long journey growing and learning about what it means to be a Catholic Christian in today's crazy world.

*Do you want a solid group of friends to grow in your faith with?*

The cornerstone of our youth ministry is in relational ministry through Discipleship Groups. D-Groups are offered in both **Middle School and High School Ministries**. These groups consist of 1-2 adult leaders and 6-9 guys or girls of the same age who meet weekly (on Zoom) to discuss life, grow in their faith and seek support for the trials and joy of life together. Get ready to encounter Christ and make new friends in a fun and exciting way!

Register TODAY, visit [www.sanrafaelyouth.org](http://www.sanrafaelyouth.org)

## STAY TUNED - IN PERSON GATHERINGS |

While we are still waiting on the "green light" to gather in person, our leadership team is working hard in planning and preparing various opportunities for future in-person gatherings. In the meantime, follow us on Instagram and interact through our posts & stories! @srymyouth.

## MENTAL HEALTH MINISTRY



## QUARANTINE BLUES: 5 WAYS TO HELP YOUR FAMILY COPE WHILE YOU'RE ALL COOPED UP (PART 1) |

Beyond the obvious challenges we all face in dealing with the pandemic, many households are experiencing real shock as the activities that used to fill our days suddenly come to a grinding halt. Schools are closed. People are working from home. Life as we know it has been upended.

On the relational front, "sheltering in place" is guaranteed to ramp up your family dynamic at least tenfold. When you're around each other 24/7, you can't avoid little irritations and personality conflicts as easily as you can when you're running in a million different directions. That can be intimidating, but you can make it work to your advantage if you keep a few tips in mind.

### 1. Make a routine and stick to it.

When our schedules get thrown out of whack, we're tempted to let our routines go out the door. All of a sudden we start getting up and going to bed at different times. Mealtimes become a free-for-all. Chores may or may not get done. That can be fine for vacations, but for times like this, maintaining routines are critical for managing expectations and cultivating a sense of normalcy. You don't have to maintain the exact same schedule you did when the kids were in school and you were going to the office, but it would be a good idea to create a schedule and stick to it. Get up at the same time every day. Get dressed. Eat meals together at regular times. Pick specific days for laundry, cleaning and other chores. Go to bed at the same time every evening. Sticking to a routine can feel a little arbitrary when the school bus isn't coming and your boss doesn't see you coming in late, but do it anyway. The fact is, kids and adults need routines to feel safe, cared for and connected. When we're going through chaotic times, stable family routines help your household become a little island of sanity in a world gone mad.

### 2. Manage your relationships.

When we're following our normal schedule, we're used to finding ways to connect (and stay out of each other's way) as we move from thing to thing. But when the normal schedules are kaput, everyone's expectations for the day - and each other - inevitably begin to clash. Now is the time to become more intentional about managing your relationships. If you want to function as a real team, you're going to have to start planning for it. Break up the day into chunks. At breakfast, have a short conversation about what you all need/want to do with your time until lunch. At the same time, discuss little things each family member can do to take care of each other over the next few hours. Are there times when you will especially need quiet for a conference call? What can everyone do during that time? Are there certain chores that really need to get done? How can you work together (or divide and conquer) to make them happen? Have the same conversation about the time between lunch and dinner, and dinner and bedtime. Instead of letting your family devolve into an every-person-for-themselves dynamic, manage your time and expectations. Become the team you're meant to be.  
(to be continued next week)

*Dr. Greg Popcak is director of [CatholicCounselors.com](http://CatholicCounselors.com), a Catholic tele-counseling practice.*

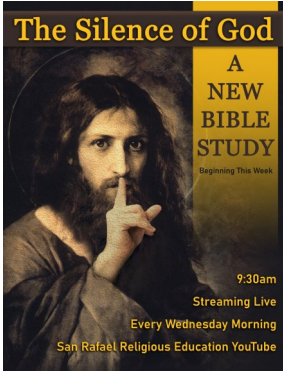


## Adult Education

e-mail: Chris O'Donnell, [codonnell@sanrafaelparish.org](mailto:codonnell@sanrafaelparish.org)  
(858)487-4314, ext. 1224

### BIBLE STUDY

#### “THE SILENCE OF GOD” |



Each Wednesday we will live stream the weekly class/session at the normal class time from 9:30-11:30 a.m. During this time you will be able to ask questions that will be answered during that session or next week. After it is recorded live, the video will be stored for you to be able to watch it at any time. You can see it live, see it recorded or do both!

Please join us and pass this along to anyone you may think will be interested!

Don't forget to subscribe (and like!) so you can get notifications for the next session.

Want to keep up to date and receive notifications for the study? Follow the playlist on youtube: [https://www.youtube.com/playlist?list=PLtYjk5h1s2qlQrOu5A1vTUbt1EHE9xU\\_v](https://www.youtube.com/playlist?list=PLtYjk5h1s2qlQrOu5A1vTUbt1EHE9xU_v)

#### ADULT CONFIRMATION



Are you an adult who is baptized, but never Confirmed? Please join Deacon Mike for 5 classes, each about 90 minutes. Classes will start February 2021 and will culminate in your receiving the sacrament of Confirmation in Spring 2021.

For more information please contact Deacon Mike at [deaconmike@sanrafaelparish.org](mailto:deaconmike@sanrafaelparish.org).

#### Parish App Feature-of-the-Week



Inspiration Daily

- Thoughts on Catholic life
- Informative and inspirational
- Simple insight for living a deeper faith everyday

Learn more or download our parish app at [myparishapp.com](http://myparishapp.com)

\*Available on Apple and Android Phones.

Search for **myParish** on the App Store or Google Play to download our app today!



## PARISH MINISTRIES

### INTERFAITH SHELTER |

For the first time in 11 years, due to Covid, we will not be able to host our two-week winter homeless shelter in the Pastoral Center.

But Interfaith Shelter Network (ISN), the organization that manages this program that rotates among congregations across the county, is committed to continue to serve our less fortunate brothers and sisters. ISN has contracted with hotels to house our situationally homeless neighbors, and with professional kitchens to prepare meals to be delivered.

As a result, this winter ISN is not asking for contributions of volunteer hours, generously provided by San Rafael parishioners over the years. It is asking for financial contributions instead.

Volunteers were outside all Masses last weekend accepting donations. Contributions can still be dropped off or mailed to the parish office. Checks should be made out to “Interfaith Shelter Network.”

### THE SOCIETY OF SAINT VINCENT DE PAUL

#### Our Mission Statement

*A network of friends, inspired by Gospel values, growing in holiness, and building a more just world through personal relationships with and service to people in need.*

The Society of Saint Vincent de Paul will resume our monthly meetings starting this Monday, January 18, via Zoom at **\*4:00 p.m.** \*Please note the change in time. An invitation will be sent out to all conference members, however if you are not a member but would like to join us, please send an email with your request to [sanrafael.svdvp@gmail.com](mailto:sanrafael.svdvp@gmail.com). Thank all of you who are continuing to donate regularly and please know that your donations contribute to housing, food and needed support for many of our friends and neighbors.

### LIVE THE LITURGY-INSPIRATION FOR THE WEEK

We have often heard it said that God is always calling but we are not always listening. It is not only that we are not listening, but that we are not familiar enough with God to even recognize that it is God who is calling! We can easily mistake God's voice for someone or something else and miss some profound opportunities for connection. We have to train our minds, hearts, and souls to specifically listen for the voice of God. It is a voice that draws us to deeper places, leading us to moments of grace and more profound God awareness. To look at Jesus and be able to say, “Behold, the Lamb of God,” means that I know something special about this person whom others know as simply a man. I will become more attentive and receptive when he says, “Come, and you will see.” I may even be more willing to set aside what I am doing and actually go.

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2<sup>ND</sup> SUNDAY IN ORDINARY TIME



1 San 3: 3-10, 19

SCHWAB WERB!  
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**DIOCESE OF  
SAN DIEGO** | OFFICE FOR  
FAMILY LIFE &  
SPIRITUALITY

# Divorced Support Ministry via Zoom

A free program open to  
divorced/separated Catholics  
throughout the Diocese of San Diego

 **WHEN?**

Thursdays

January 28 to April 15, 2021

7-8:30pm

The *Recovering from Divorce Program* is specifically designed to accompany divorced/separated Catholics. This 11-week program is designed to confidentially help its participants recover through the light of living their faith.



**SAINT BRIGID  
PARISH**

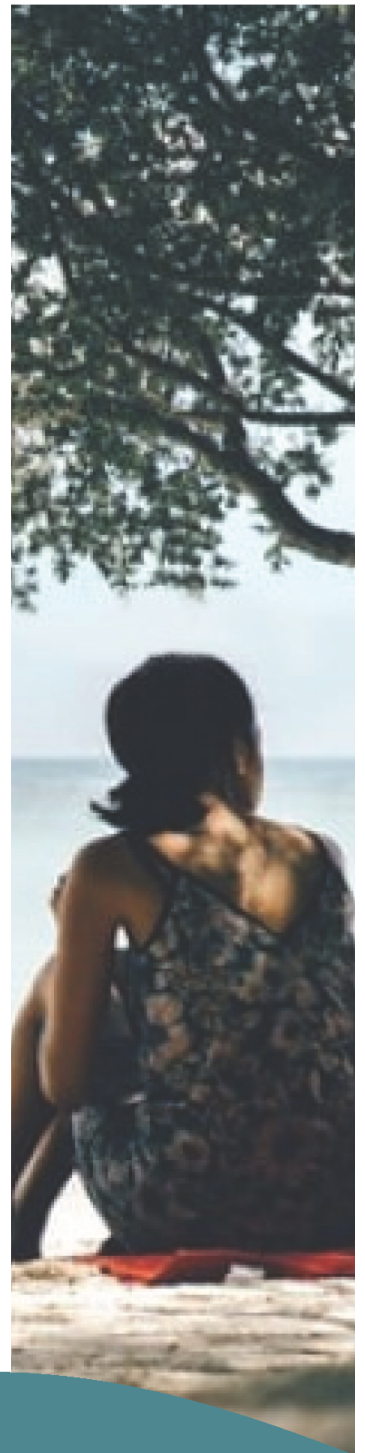


**DIVORCED  
CATHOLIC**

**RSVP TO JANELLE**

[jperegoy@sdatholic.org](mailto:jperegoy@sdatholic.org)

858-490-8292



MASS SCHEDULE

Saturday Vigil Mass: 5:00 p.m.
Sunday: 7:30, 9:00, 10:30 a.m. & 12:00 noon

All Masses to be held in our outdoor location (the parking garage in our Pastoral Center Building). Please enter from the West side of the building.

- Please wear a mask at all times on church property.
Please maintain social distancing (6 feet apart).

We appreciate your patience as we do our best to keep everyone safe and reverently celebrate Mass.

The obligation to attend Sunday Mass continues to be suspended for the time being. If you do not wish to come to Mass for health or safety reasons, that's okay. If you are not feeling well, or are ill, have underlying medical conditions, are awaiting Covid test results for yourself or someone in your immediate household or have a known or suspected exposure to someone with Covid, please remain at home.

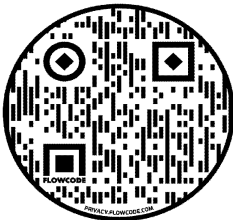
We will continue to live stream Mass on our "San Rafael Parish" YouTube channel at 9:00 a.m. on Sunday until further notice for the benefit of those who cannot safely come to church.

Would you like to help us save paper?

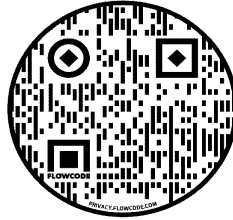
Use your smart phone's camera app to scan the link below and get this weekend's worship aid including the hymns, Gloria, Nicene Creed, and readings directly to your phone!

Open your camera app and hold it over the code below but don't take a picture! Instead, wait for a link to pop up near the top or bottom of your screen. Press that link to download the worship aid!

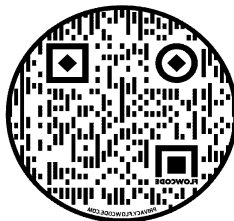
5 pm and 9 am Hymns and Readings



10:30 am Hymns and Readings



Readings Only



GROWING WITH THE Gospel CYCLE B

COLOR

Read the Gospel of the week and color the image.

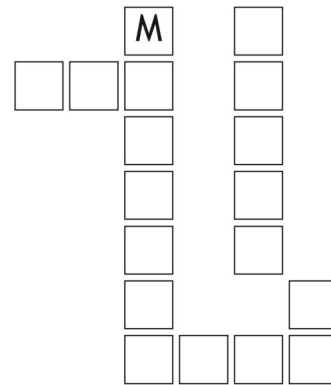


2nd Sunday in Ordinary Time • John 1:35-42

PUZZLE

Fit this Gospel message into the empty squares.

We have found the Messiah.



MISSION

Ask your family if you could include Kings' Cake in your holiday celebrations next year.





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## Parish Staff

<b>Pastor:</b>	
Msgr. Dennis L. Mikulanis	(858)487-4314, ext. 1214
<b>Associate Pastor:</b>	
Fr. Niranjan "Niru" Kanmury	(858)487-4314, ext. 1213
<b>Pastoral Assistant:</b>	
Deacon Bob Holgren	(858)487-4314, ext. 1211
<b>Deacon:</b>	
Deacon Mike Fish	(858)487-4314, ext. 1230
<b>Business Manager:</b>	
Amy Martinez	(858)487-4314, ext. 1212
<b>Office Manager/Bulletin Editor:</b>	
Cheryl Danzl	(858)487-4314, ext. 1226
<b>Parish Secretary:</b>	
Gail Jilka	(858)487-4314, ext. 1201
<b>Receptionist:</b>	
Georgia Lyon	(858)487-4314, ext. 1201
<b>Altar Server Training:</b>	
Deacon Mike Fish	(858)487-4314, ext. 1227
<b>Director of Music Ministry:</b>	
Haley Pettersen	(858)487-4314, ext. 1225
<b>Director of Catechetical Ministries:</b>	
Chris O'Donnell	(858)487-4314, ext. 1224
<b>Catechetical Program Coordinator:</b>	
Quyên Skiano	(858)487-4314, ext. 1216
<b>Religious Education Secretary:</b>	
Gail Jilka	(858)487-0491
<b>Youth Ministry Coordinator:</b>	
Lailani Gachalian	(858)487-4314, ext. 1217
<b>Youth Ministry Assistant:</b>	
Joe Tesoro	(858)487-4314, ext. 1217

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## Parish Ministries & Organizations

<b>Bereavement:</b>	
Deacon Bob Holgren	(858)487-4314, ext. 1211
<b>Catholic Mass Times:</b>	<a href="https://catholicmasstime.org">https://catholicmasstime.org</a>
<b>Catholic Widows and Widowers of North County:</b>	
Agnes Kopacz	(858)592-6734
Mary J. Charls	(858)333-2546
<b>Contemplative Prayer Group:</b>	
Audrey A. Spindler	(858)208-8609
<b>Ecumenical/Interreligious:</b>	
Jarvis Nolan	(858)504-1072
<b>Eucharistic Ministers (on the Altar at Mass)</b>	
Mary Van Hee	(858)674-1242
<b>Eucharistic Ministers to the Homebound:</b>	
Mary Ann Scott	(858)382-8830
<b>Compassion Ministry:</b>	
Please contact the parish office	(858)487-4314
<b>Family For Life Ministry:</b>	
Richard & Aida Estrada	(858)888-5162
<b>Greeter Ministry:</b>	
Therese Jewett	(858)945-5807

<b>Handbell Choir:</b>	
Kathleen Sand	(858)487-3814
Nicholas Heye	(760)745-9672
<b>Holy Cross Catholic Cemetery:</b>	(619)264-3127
<b>Holy Innocents Children's Hospital, Mbarara, Uganda</b>	
Lee Haney	(858)487-2149
<b>Interfaith Shelter Network:</b>	
Don and Betty Carson	(760)745-0201
<b>Knights of Columbus Valley of the Angels Council #9710:</b>	
G. K. Dan Lunardi	(858)487-7335
<b>Knights of Columbus Fr. Joseph T O'Callahan Assembly:</b>	
F.N. Roark Galloway	(760)803-4931 frgalloway120@gmail.com
<b>Lector Ministry:</b>	
Deacon Bob Holgren	(858)487-4314, ext. 1211
<b>Legion of Mary:</b>	
Maya Gabriel	(858)688-0877
<b>Marriage Encounter:</b>	
John & Barbara Bertrand	(858)354-4123
<b>Men's Club:</b>	
Tony Heinrichs	(858)521-8347
<b>Mental Health Ministry:</b>	
Val Benya	(858)613-9202 or call the parish office
<b>Migrant Ministry:</b>	
Andrea Avila	(760)580-8315
<b>Ministry Council:</b>	
Beverly Rossio	(858)487-3070
<b>Mother's Spirituality Group:</b>	
Beverly Rossio	(858)487-3070
<b>Newcomers Ministry:</b>	
Lea Gomez	(858)487-2834
<b>North Country Parkinson's Group:</b>	
Brigit King	(858)354-2498
Carol Maher	(760)749-8234
<b>Parish Festival Committee:</b>	
Eileen D'Souza	eileenmary54@gmail.com
<b>Parish Health Ministry:</b>	
Contact Parish Office	(858)487-4314
<b>Preschool Coordinator:</b>	
Julia Diebolt	(858)722-0333
<b>RCIA Coordinator:</b>	
Chris O'Donnell	(858)487-4314
<b>Retrouvaille:</b>	
Charlie & Charlene Victory	(951)259-9474 or victoryretro@gmail.com
<b>Society of St. Vincent de Paul:</b>	
Georgia Nally	sanrafael.svdp@gmail.com or call the parish office
<b>Usher Ministry:</b>	
Frank Aloisi	(858)649-6336 or frank.aloisi@abbott.com
<b>"Walking with Purpose" Women's Bible Study</b>	
Beth Siesel	(760)215-3198 or bethsiesel@gmail.com
<b>Women's Fellowship:</b>	
Mary Ann Scott	(858)382-8830
<b>Yarn Ministry Coordinators:</b>	
Joan Roberts	(858)504-0139 jrob211@gmail.com



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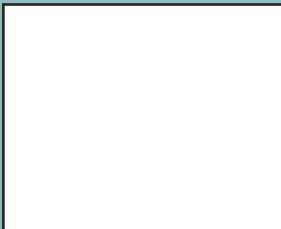
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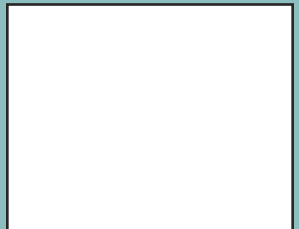
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