

FIFTH SUNDAY OF EASTER

***"YOU ARE A PEOPLE CALLED
OUT OF DARKNESS
INTO WONDERFUL LIGHT."***

(1 Peter 2:9)



ST. JOSEPH COMMUNITY

MAY 22, 2011

FIFTH SUNDAY OF EASTER



Welcome to Our Parish

"We affirm that the people of St. Joseph are God's people, the new humanity in Christ, called into being, sustained and empowered by the Holy Spirit..." (Pentecost Proclamation)

Dear Friends,

We continue to celebrate the goodness of our God in raising Jesus Christ from the dead. This is also our celebration as we hear God's call to be "chosen people, a royal priesthood," set apart from others to lead holy and sacred lives. We cannot do this on our own. We need the Lord ever-present within us and among us to guide us to His heavenly Kingdom. We do this through the power of the Holy Spirit, whom we will celebrate in a few weeks on the Feast of Pentecost.

With graduations starting to take place, with plans for vacations and summer activities going into full-planning, and with the busyness of each passing day, it is good for us to spend time in quiet prayer and reflection on the good gifts which our God gives to us. Perhaps taking a walk in the early morning before we head off to work, or sitting quietly in the back yard admiring God's creation in the beautiful trees and flowers, or watching the passing clouds against the blue sky – all of this to inspire us and help us offer thanks for the gifts we have received from God's goodness and love.

May this coming week be a time for us to rejoice ever-more in the love of our God for each of us, calling us from darkness into God's wonderful light, filling us with joy and peace, knowing that the Spirit of God is with us at all times of our lives, but especially when we need God's help the most.

Let us praise our God for all that we have received!

F. Fred

Married Couples: In Colossians 3:12-14, we learn that we have been chosen - "And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. And, beyond all these things put on love, which is the perfect bond of unity." Join us for our next WWME weekend June 3-5 and be comforted by each others- heart of compassion, kindness, humility, gentleness, patience and love. For more information call Ray & Roberta @ 916.806.4601 or Joe & Sue @ 925.680.7767 now or go to <http://www.rekindleyourmarriage.org>

MAGNIFICAT PRAYER BREAKFAST

Calling All Women of the Oakland Diocese

You are cordially invited to the Third Magnificat Prayer Breakfast
We are please to feature EWTN's Barbara McGuigan as our speaker!

Join us on

Saturday, June 18th 9:30 ~ 12:30

Concord Hilton, 1970 Diamond Blvd., Concord, CA

Visit our website for more info or to download a
registration form: www.magnificatsoti.org

Or call Erin@ (925) 899-8087

Price \$25 or \$35 after June 5th



LIVING STEWARDSHIP NOW

In the Gospel today, we hear Jesus tell his disciples, "I am the way and the truth and the life." Through his teaching and example, Jesus gave his followers a new way to see themselves, one that brought change to how they lived. Jesus showed them the true meaning of the scriptures and reminded the religious leaders that justice shows no favoritism under the law. And he gave his disciples and new way to live, one that invited them to share the gifts God has given them and put the needs of others first. Like his disciples, we too, hear Jesus' words and are invited to respond to his teaching in how we live every day. Monsignor Thomas McGread in his stewardship reflection Way of Life explains that:

"The stewardship way of life is the total life response of the Christian who has been touched by God's love. We can decide whether or not to accept or reject Christ, but once we accept him, stewardship is no longer optional.

We have become stewards of God's gifts which he has given us freely.

Stewardship is sharing.

Stewardship is all of us doing our share to fulfill God's mission.

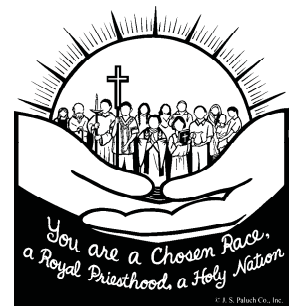
The stewardship way of life teaches us that we must be thankful people and return to God a proportionate amount of the time, talent, and treasure that he has so generously given us.

Stewardship is a 'faith journey' along the path of life."

So how shall we live the stewardship way of life? First, by being committed to our community and listening to its needs with our hearts. And second, take what we hear today and make it a part of how you live. In doing so, the very way we live our lives is how we give life to the words of Jesus. I invite you to take some time this week to listen, with your heart, to the needs of your family, especially your children, to our community, and to the needs of the world.

May the good works that continue to dwell within each of us, be brought to fulfillment one day, as our community continues to learn to live as Jesus taught.

~Eric Bertelsen



O Christ, you are united to every human being without exception.

Still more, risen from the dead,
you come to heal the secret
wound of our soul.

And for each of us there opens
the gates of an infinite
goodness of heart.

Through such love, little by little
our hearts are changed.

~Brother Roger of Taizé, France

| Week of May 14/15, 2011 | | |
|--------------------------------|--------------------|---------------------|
| | Weekly | YTD |
| Parish Collection | \$8,975.75 | \$208,552.61 |
| 2nd Collection | \$1,545.00 | \$8,988.50 |
| Building Fund | \$80.00 | \$3,461.50 |
| EFT transfers | \$0.00 | \$14,860.00 |
| Other | \$220.14 | \$10,412.58 |
| Total Collection | \$10,820.89 | \$246,275.19 |

Poor Diet

A Recipe for Disaster



Seniors whose diets are lacking nutritionally are at an increased risk for a variety of health problems. In today's busy world, many seniors have limited access to healthy foods, which can be a recipe for disaster. Eating a healthy diet takes knowledge and planning, and much of this often falls on the family caregiver's plate.

That's why the Home Instead Senior Care® network partnered with the University of Maryland and Duke Diet and Fitness Center (a part of Duke University Medical Center) to launch its *Cooking Under Pressure*™ campaign.

Part of the campaign includes a handbook designed to help you plan nourishing and healthful menus that are easy to cook and pleasing to your senior's palate. In this handbook, you'll learn:

1. **Senior shopping tips**
2. **Foods your senior shouldn't live without**
3. **Nutritious and delicious recipes**

The *Cooking Under Pressure* campaign also features a Web site with resources, recipes and other tools.

For more information, or to obtain a copy of the *Cooking Under Pressure* handbook, visit www.foodsforseniors.com or contact your local Home Instead Senior Care franchise office.

70 Washington St. Ste. 305
Oakland, CA 94607
510-663-3652
jane.malmgren@homeinstead.com

The 10 Warning Signs That Older Adults Are Not Eating Properly

So how do you know if your senior's diet fits the bill? These 10 warning signs are red flags that may signal a potential problem:

1. **Loss of appetite** - If your senior has always been a hearty eater but no longer eats as he or she used to, it's time to find out why. Underlying illness could be the root cause.
2. **Little to no interest in eating out** - If your loved one has always loved eating out at a preferred restaurant but no longer shows interest, dig deeper to determine the problem.
3. **Depression** - Change in appetite is a classic sign of depression. Be sure to follow up with a physician if you suspect depression may be a problem.
4. **Sudden weight fluctuation** - A weight change – losing or gaining 10 pounds in six months – is another sign that something could be amiss.
5. **Expired or spoiled food** - Check the refrigerator for expired or spoiled food. Seniors could be "saving" food until it's no longer safe. Make sure that all food is labeled, with the date, in large letters and numbers.
6. **Skin tone** - Observe your senior's skin tone. If she is eating properly, her skin should look healthy and well-hydrated.
7. **Lethargy** - If your loved one has regularly been active and enjoyed taking walks but suddenly becomes lethargic, encourage him to see a doctor. Poor nutrition could be to blame.
8. **Cognitive problems** - Seniors who live alone might forget to eat. Dementia and cognitive problems can lead to nutritional deficiencies. Quick intervention is vital.
9. **More than three medications** - Medication can influence both appetite and weight. Check with your senior's doctor to find out if his medications could be the culprit.
10. **A recent illness** - Illness or a hospital stay could make a senior stop eating. Keep tabs on your loved one's recovery, making sure she has reliable help at home.

Home Instead
SENIOR CARE

homeinstead.com

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ST. JOSEPH COMMUNITY UPCOMING EVENTS

FAITH FORMATION CORNER

This Sunday is the last class for **Children's Faith Formation** until September. Highlights from the year will follow in future bulletins. In the meantime, we're pleased to announce that even though CFF classes are over for the summer, the **Children's Liturgy of the Word** will continue at least through July. Youngsters who attend the 9:30 Mass will be able to listen to the gospel at their level and rejoin their parents in time for Communion. Many thanks to the volunteers who make this possible. More help is always welcome.

Adults who are interested in becoming Catholic or who were baptized but never received any other sacraments are welcome to join the "Inquiry" sessions on Wednesday nights 7:30 pm in the Parish Center, the first stage of the **Rite of Christian Initiation of Adults**.

For more information please contact Anne Marie at 995-9409 or afourre@sjbalameda.org or see our website.

CARE AND CLEANING MINISTRY

Please help us keep our Church looking beautiful. Volunteers are needed to assist in preparing the church for the celebration of the Eucharist on Sunday. Each Saturday volunteers dust the altars, grotto, sacristy and pews, and also straighten the books. The volunteers work for about an hour one Saturday each month. Please call Maryann Montandon at 865-1760 or mmontand@comcast.net if you wish to be part of this satisfying ministry. Thank you.



SJES UPDATE

Need a cure for the summer blahs? Come to St. Joseph Elementary School's Summer School. There will be **FUN, ACADEMICS, FIELD TRIPS, and FRIENDS!** Summer school will be here at the elementary school from June 27-July 22. We go from 8:00 A.M. to 12:00 P.M. Call us at (510) 522-4456. For more information or for an application-- www.stjosephalameda.org. **COME JOIN the FUN!**

AIDS Walk SF July 17th

Registration is now open for the 25th Annual AIDS Walk San Francisco. Join the St. Joseph team for a fund-raising 10K walk in San Francisco the morning of Sunday, **July 17th**. The walk is dog and child friendly. We car pool from St. Joseph (7:30 AM departure) and are back by 3PM. We have a gathering space for snacks before the Walk and a picnic lunch after. Funds raised benefit the San Francisco AIDS Foundation and more than 40 other AIDS services organizations in the Bay Area. Register at www.Aidswalk.net. Click on San Francisco and then click on "Register to Walk." Select "Join a Team" and select "St. Joseph Basilica #4104" from the drop down list and fill out the information. Bill Dow will be available after all masses on May 21-22 and June 5-6 to answer questions, register walkers manually, and take donations. If you have any questions in the meantime, call or email Bill at 510-865-1942 or willydow@comcast.net.



CONGRATULATIONS TO OUR NEWLYWEDS!

Juan Orellana and Christine Paulino
(married on March 12)
Gino Napuri and Alena Sirotko
(married on April 30)

*"Love bears all things, believes all things, hopes all things, endures all things.
Love never ends." (Corinthians 13:7-8)*



*"We recognize and celebrate the contributions of each of you
and the many ways in which you bring life to our Community..."*

(Pentecost Proclamation)

*Join us Mon-Sat. at 7:30am,
before Mass, to pray the Rosary.*

MASS INTENTIONS

Saturday, May 21

8am Souls in Purgatory

5pm Beth Chambers



Sunday, May 22

7:30am † Felipe Sacay

9:30am Harnett family

11:30am People of the parish, living and deceased

7:00pm † Frances Herrera, death anniversary

Monday, May 23

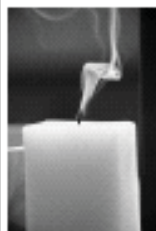
8am † Msgr. Nicholas Connolly

Tuesday, May 24

8am † Liliano Lupetti

Wednesday, May 25

8am Communion Service



Thursday, May 26

8am † Jan Schlarb

Friday, May 27

8am Maria Blancot

Saturday, May 28

8am † Bill Drummond Margan

5pm † Roy Kinzel

Sunday, May 29

7:30am † Frances Basica

9:30am † Melissa Powers

11:30am † Antonio B. Zulueta Sr. & Jr., Maria Mercedes, Aurelio & Pedra Zulueta

7:00pm † People of the parish, living and deceased

PRAYERS FOR OUR DECEASED: Our prayers and condolences to the family and friends of Jeanette Ayers.

LOOKING FORWARD TO VACATION?

Around this time of year, our thoughts turn to vacation. Making plans, reservations and a whole lot of dreaming of just "getting away" and relaxing are all part of the process. You're busy thinking about who's going to feed and walk the dog or cat, water your garden and how to take care of all the little things that still need your attention while you're away enjoying yourself. One item is easy to take care of while you're gone. If you sign up for Electronic Funds Transfer (EFT) your contribution to St. Joseph comes out of your checking account either once or twice a month automatically so you never even have to give it another thought.

If you want to sign up for EFT go to <http://www.st-joseph-community.org/> where you can download and fill out the form. You can either put the form in an envelope (accompanied with a voided check) or put it in the collection basket on Sunday or, you may mail it to the rectory.

Even if you decide not to use EFT please don't forget us while you're gone. Our donations have taken a drop in the past year and traditionally they go down even more during the summer so please put us on your list of "things to do" when planning your vacation.

Dominican School of Philosophy & Theology
Alemany Award Dinner - **June 4, 6:30 pm** at St. Mary's College in Moraga. Enjoy cocktails, gourmet food, music and dancing with a community of committed Roman Catholics from the Bay Area. Please join us in honoring Msgr. Fred Bitanga of San Francisco and Mrs. Carol Atacador from the Oakland Diocese. \$150 per person, \$1,100 table of eight. www.dspt.edu or (888) 450-3778. RSVP by May 27 please.

Please Pray For All Who Are Sick in Our Parish

Chris Kenny-Davis, Jennifer Reed, Susie Bierd, Sandi Daust, Eleanor Gordon Rahsaan, George Neil, Sylvia Villafior, Amelius Rodrigues, Charles Gulseth, David Hendren, Nita Munoz, Julia Murphy, Maria Silva, Carol Keene, Toni Griego, Carmen Hall, Oma Jurgens, Diego Guerrero, Martin Vadan, Sandy Bertero, Charles H. Thomas, Maria Lance, Gloria Garcia, Richard Tuneski, Paul Thong, Bernardo B. Hutton, Camen Rodriguez, Paul Velazquez, Charlotte Hamilton, Kenny Penalver, Mateo Delgado, Robin Ortega, Eden Perdiguerra, Lucita Adanacio, Gregory Pagel, Karl Kleiner, Dolores Berry, Carolyn Walsh, Amy Estrada, Thomas White.

ST. JOSEPH COMMUNITY

1109 CHESTNUT STREET, ALAMEDA, CA 94501

PHONE: 510-522-0181 — FAX: 510-522-2864

E-Mail: parish@sjbalameda.org NEW WEBSITE: www.sjbalameda.org

OUR MISSION: LEARNING TO LIVE AS JESUS TEACHES

MASS SCHEDULE

Sunday: 7:30, 9:30, 11:30, and 7:00pm

Saturday: 8:00am, 5:00pm (Vigil)

Weekdays: 8:00am

(Wednesday Communion Service)

PARISH OFFICE HOURS ARE AS FOLLOWS:

Monday through Thursday, 9:00am to 7:30pm

Friday, 9:00am to 4:30pm,

Saturday, 9:00am to 1:00pm

SACRAMENT OF RECONCILIATION

Saturday from 3:30—4:30pm or by appointment

SACRAMENT OF MARRIAGE

Preparation for registered, active parishioners should begin at least six months in advance of the proposed wedding date. Please contact Fr. Fred Riccio, 995-9421, in the Parish office

SACRAMENT OF BAPTISM

Please stop by the Parish office or check our website under "sacraments" for information, schedule and registration form for infant baptism (6 or younger) or contact Eric Bertelsen at 995-9404.

For adults or children over age 6 contact Anne Marie, 995-9409.

ARE YOU NEW?

St. Joseph Community is an active and diverse parish. If you are new please fill out the form below and drop it in the collection basket. Please call or drop by the Parish office so we can properly introduce ourselves to you. WELCOME!

Parish Staff

General Delivery Email:

parish@sjbalameda.org

Main Parish Phone Number: 510-522-0181

Rev. Fred A. Riccio, Pastor

995-9421.....friccio@sjbalameda.org

Deacon Dave Young

522-0181.....davidy@snet.net

Mary Kovalitsky, Office Manager

995-9420.....mkovalitsky@sjbalameda.org

Anne Marie Fourre, Director of Faith Formation

995-9409.....afourre@sjbalameda.org

Sarelle McCoard, Youth Ministry Coordinator

326-2390.....youthministry2009@gmail.com

Eric Bertelsen, Liturgy Coordinator

995-9404.....ebertelsen@sjbalameda.org

David Howitt, Music Director

995-9403.....dhowitt@sjbalameda.org

Michael Chinnavaso, 7 PM Music Coordinator

522-0181.....mchinnavaso@gmail.com

Mary Turowski, Wedding Coordinator

521-2994.....mcturow@prodigy.net

Community Staff

Alan DeVera, Director of Finance

995-9417.....adevera@sjbalameda.org

Annette Mullner, Director of Buildings & Grounds

995-9411.....amullner@sjbalameda.org

Simon Chiu, Principal of SJND High School

523-1526.....schiu@sjnd.org

Monica O'Callaghan, Principal of SJES

522-4456.....mocalaghan@csdo.org

WE ARE FAMILY

Many people attend mass faithfully at St. Joseph Basilica and consider themselves family members, yet have not taken the time to register. Please take a moment now to fill out the form below and deposit it in the collection basket or drop it off at the rectory office and introduce yourself.

NAME: _____

NAME: _____

ADDRESS: _____

CHILDREN: _____

TELEPHONE NO. (DAY) _____ (EVE) _____

E-MAIL: _____