



St. Anne of the Sunset Catholic Church

850 Judah St. San Francisco, CA 94122
www.stanne-sf.org 

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School: 415-664-7977



June 6, 2021 ~ The Most Holy Body and Blood of Christ



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SAINT ANNE MASSES

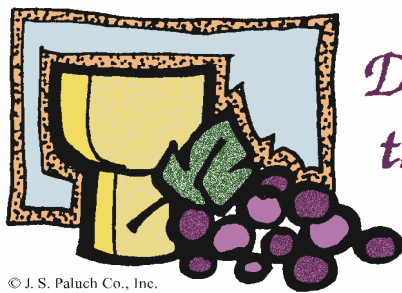
Daily Masses (In Church): 8:45am Mon.—Sat.
Sunday Masses (In Church): Sat. Vigil at 5pm,
Sundays at 8am, 10am, and Noon (Chinese)
Confessions: Sat. @ 4pm
All Masses Livestreamed except Sunday 8am

**Office Hours: Mon. & Tues. 1-4p,
Thurs. & Fri. 9a—12p**

**Baptisms: 2nd Sat. of month, 12:30pm
Baptismal Prep: 3rd Sat. of month, 10:00am**

The Most Holy Body and Blood of Christ

June 6, 2021



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Drink from
the cup of
salvation

Pastor's Column

Christian Meditation – This pandemic has raised awareness about the importance of mental health. With the lockdowns stretching from weeks into months, this long term social isolation raised concerns not just about our physical health but our mental health as well. Yoga, mindfulness, and meditation have been brought up as ways to help us deal with the stresses that this pandemic has caused. Looking into our own tradition, I discovered that our early Christian fathers also practiced meditation or contemplation. These early monks lived in the desert of Egypt around the 3rd century; hence, they're often referred to as the Desert Fathers. Saint Anthony the Great (c. 251-356) is known as the father of monasticism; he greatly influenced St. Benedict (c. 480-547) who is considered the father of Western monasticism. While there are different forms of Christian meditation or contemplation such as Taize, Lectio Divina, and Ignatian meditation, Benedictine Fr. John Main (1926-1982) introduced Christian meditation that uses a prayer-phrase or mantra. This is similar to the Eastern Orthodox Church's contemplative prayer of Hesychasm, derived from the Greek word for stillness, rest, quiet, and silence.

Fr. John Main explains that an old definition of prayer is the raising of our hearts and minds to God. He distinguishes between mental prayers and prayer of the heart. He defines mental prayers as those that engage the mind such as our petitions, praying the rosary, or even praying the mass. In the prayer of the heart, however, we simply unite our hearts to the heart of God. It is being together. Whereas mental prayers have structure, the prayer of the heart does not. It's simply being together like friends enjoying each other's company. Fr. Main teaches that doing Christian meditation is simple:

- First, find a quiet place.
- Sit upright and comfortably.
- Set a time (he recommends between 20-30 minutes, but you can start with a shorter time.)
- And to help our minds not drift or become pre-occupied with other things, use a mantra such as *Maranatha*. This is an Aramaic word, the

language Jesus spoke, that means "Come, Lord." Say it slowly in 4 syllables, and when you find yourself drifting, gently return back to the word. Of course, other words can also be used, like *Veni, Sancte Spiritus*, which means, "Come, Holy Spirit."

Although the process is simple, he said simple doesn't mean easy. It takes discipline. And don't judge yourself and evaluate yourself during or after meditation. Remember that the purpose is simply spending time with our beloved, connecting our hearts to the heart of God. He also recommends doing meditation in the morning and in the evening. Although this seems like a lot of time, our personal experience, he adds, will show us that it's worth the time. St. Paul taught that the fruits of the Spirit that come from "being" with the Lord are "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" (Galatians 5:22-23). So if you're finding yourself impatient, stressed, rude, and aggressive, give Christian meditation a try. You'll find that it's the best thing you can do for yourself, and others will also appreciate it.

Fr. Dan

SACRIFICE

Today the Church focuses on the Eucharist. Today's readings remind us how connected to ancient blood sacrifices we are when offering our unbloody sacrifice. The reading from Exodus describes a solemn ritual designed so the Israelites would never forget their covenant with God.

The reading from the Letter to the Hebrews turns us from those ancient animal sacrifices, the first efforts to worship the living God. Our sacrifice is the body and blood of the Son of God. Because of Christ we have a new covenant.

The Gospel from Mark retells the establishment of that covenant, the familiar story of the Last Supper. Juxtaposed with the story of animal sacrifice as it is here, we are challenged to listen with new attention, to remember the great price paid for our salvation. Jesus gave his body and every drop of his blood for us.

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**SATURDAY,
JUNE 12, 2021**

**in the Saint Anne
Schoolyard
9am—1pm**



FREE Community PAPER-SHREDDING Service

Now is the perfect time to get rid of those boxes of old documents cluttering your cabinets! Save the time it would take you to shred those reams of papers yourselves. Just load them into your car and drive them to the schoolyard.

This helpful event is being sponsored by Pat Lee of Mosaik Real Estate. For more information, she can be reached at 415-810-0665



Saint Anne Parish
MASS INTENTIONS
WEEK of June 6, 2021

Sunday, June 6

8:00 am Parishioners of St. Anne

10:00 am birthday, Vergilio Obcena

Noon Parishioners of St. Anne

Presider

Fr. Zhai, SVD

Fr. Nascimento

Fr. Zhai, SVD

Monday, June 7

8:45 am Rev. Felix Namocatcat (D)

Fr. Zhai, SVD

Tuesday, June 8

8:45 am David Liu (D)

Fr. Nascimento

Wednesday, June 9

8:45 am Eufemia Velicaria Bedania (D)

Anamaria Lomparto Pacheco (D)

Fr. Zhai, SVD

Thursday, June 10

8:45 am Paul McGloin (D)

Fr. Zhai, SVD

Friday, June 11

8:45 am Parishioners of St. Anne

Fr. Celestine

Saturday, June 12

8:45 am Confraternity of Saint Anne

Fr. Nascimento

5pm Mary Petrovich (D)

Fr. Nascimento

2021 Archdiocese Annual Appeal

*'For the needy will never be forgotten,
nor will the hope of the afflicted ever fade' (Ps 9:19)*

Your gift to the Archdiocesan Annual Appeal changes lives, and it is a tangible expression of your commitment to bring Christ to others. Your gifts support retired and active clergy, social justice, seminarians, young adults, our schools, and many Archdiocesan departments that serve our pastors, parishes, and parishioners. You can find the complete list of the Appeal's benefits on the Archdiocesan website at

<https://sfarchdiocese.org/aaa>

There, you can also make a secure online donation on behalf of Saint Anne parish. All gifts, regardless of amount, are greatly appreciated and beneficial.

Thank you for your commitment to the faith and for all you do for our parish.

Last Week's Collections

May 30, 2021 — \$4,396.17

Late Easter Donations — \$1,020.00

This Week's Second Collection

School Earthquake Retrofit Fund

Archdiocesan Annual Appeal 2021 — Goal: \$53,983

Donations Received as of 5/31: \$6,811.00

Thank You All for Your Generosity!

For on-line giving, visit: www.stanne-sf.org

CYO outdoor basketball and volleyball league was successful!

This was the first time for CYO and St. Anne to have an outdoor league, and it was refreshing for all of us. Overall, it was a fun 3 weeks of scrimmage games for coaches, parents, and players. Ken, Scott and Rene Spretzel, Stuart Goldkrant, Min Min and Wai helped to set up, cook BBQ and clean up on the last day of the league.

CYO and all the teams thank Fr. Dan and Mr. White for giving kids this opportunity to play.

— *Mie Mie Kwong, St. Anne Athletic Director*



After being locked down so long, we can finally play!



We don't even care if the weather is gloomy!



And what are sports without food and refreshments?

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