

SAINT ANNE

OF THE SUNSET

Epiphany of the Lord

January 5, 2025

Pastor's Column

7 Spiritual Practices for the New Year – Every New Year is an opportunity for a fresh start. To consider how we lived the past year and to plan, perhaps, how we may want to make changes in the upcoming one. The Rev. Jayne Davis wrote a column, in The Center for Healthy Churches, suggesting a few spiritual practices that can help us anchor to God and bring joy, meaning and rest in the coming year. She offers the following practices:

1. **Practice Gratitude** – It's easy to get caught up in the busyness of life, but beginning or ending the day, reflecting on 3 things for which we are grateful, can help transform how we see our lives and our world.
2. **Cultivate Wonder** – Wonder is not something we can create, but we can pause to reflect and be in awe and see the wonder and beauty around us.
3. **Make Room for Sabbath** – Create space in your life where your body, mind and spirit can rest from worries and interruptions. Let yourself exhale.
4. **Ask Great Questions** – Give yourself permission to ask questions, to be curious and to learn from others.
5. **Be Uniquely You** – God has made us unique, so don't be afraid to be *The Real You*. Trust that you are enough, just the way you are.
6. **Notice God** – “*Where have I seen God today?*” is a good question to ask ourselves each day. We are shaped by what we notice, what we look for – in others and in the world.
7. **Share the Journey** – It's easy to feel isolated and alone amidst the busyness of work and life. That's why having a support system with friends or colleagues over coffee or lunch can be refreshing. Someone else may need your voice as much as you need theirs. Share. Laugh. Breathe.

The list isn't new. And you certainly don't need to adopt all of them every day. But they do remind us how to be connected to God and adopt healthy spiritual practices in the New Year. From the Staff and me here at St. Anne, we pray and wish all of you and your loved ones a Happy New Year filled with an abundance of God's blessings.

- Fr Dan

Upcoming Events

At St. Anne:

- 1/12 - **AAA Champagne Brunch**
(Following the 10am Sunday Mass)
- 1/19 – **Feast of Santo Nino**
(Bring a statue of your baby Jesus for a blessing this day that the Christ child may continue to dwell close to our hearts even after Christmas is over)
- 1/26 - **Catholic Schools Week**
(School Mass at 10am followed with School Open House. All are welcome!)

In the Archdiocese:

- 1/8 - **Divorce Care Support Group** (via Zoom)
Thurs 1/8 – 4/9, 7-8:30pm
Contact: Ed Hopfner | 415-614-5547
hopfnere@sfarch.org
- 1/19 - **Immigration Community Listening Session**
1:30 – 3:30pm @ St. Raphael Church
Contact: Saul Perez, 415-614-5616
perezsa@sfarch.org
- 1/25 - **21st Annual Walk for Life**
9:30am – Mass at Cathedral
11am – Information Fair
12:30pm – Rally: Civic Center Plaza
1:30pm – Walk: Along Market Street
Contact: Saul Perez, 415-614-5616
perezsa@sfarch.org
- 1/26 - **Immigration Information Fair**
1:30 – 6pm @ St. Raphael Church
Contact: Saul Perez, 415-614-5616
perezsa@sfarch.org

Champagne Brunch – Please consider this an invitation to those of you who donated either 1% or Half-a-Percent to the Archdiocesan Annual Appeal (AAA). Invitations have been sent out by Evite or Regular Mail. If you have not received one yet and would like to attend, simply give us a call and we'll be happy to add you and your guest(s) to our list. Call Tessie by Tues, Jan 7 at 415-665-1600 x 22 or email her at TessieVelicaria@StAnne-SF.org. The Brunch will take place on Sun, Jan 12 @ 11am in the Church Hall.

thank you

Previous Week Collection

Sunday Offertory - \$
No Second Collection

No Second Collection this week.

AAA (as of Dec 16, 2024): \$36,736 (71%)
Goal: \$51,889.00

Treasures From Our Tradition

Mass Intentions 
FOR THE WEEK

Week of December 29, 2024

Sunday, December 29

8:00AM Parishioners of St Anne
10:00AM Isabelle Corden (D)
12:00PM Mary B. Deely (D)

Monday, December 30

8:45AM Thanksgiving, Herminia Sanalang

Tuesday, December 31

8:45AM Thanksgiving, Vivienne M. Rull

Wednesday, January 1

9:00AM Lettie Goggin (D)

Thursday, January 2

8:45AM Nancy Angsten (Sick)

Friday, January 3

8:45AM Mary Fernandez (D)

Saturday, January 4

8:45AM Confraternity of St. Anne
5:00PM Parishioners of St Anne

A Catholic Prayer App for only \$1 – Want to enrich your prayer life? **Hallow** is a prayer App that offers such things as guided prayers, meditations, audiobooks and various genres of Christian music. Visit <https://Hallow/parish/> and enter **St Anne Sunset**. Do something to enrich your faith in the coming year and share this with others.

Pastor: Fr. Daniel Nascimento

Email: info@stanne-sf.org

Office: 415-665-1600

Office Hours: Monday - Friday, 10am- 4:30pm;
Office closes on Federal Holidays

Daily Mass: 8:45am

Sunday Mass: 5pm Vigil (Sat.), 8am, 10am
& 12pm in Chinese

Confession: 20 min before Saturday 5pm Vigil
& 8am and 10am Sunday Masses

Baptisms: 2nd Saturday of the month at 12:30pm

Pastoral Emergencies: 415-866-6455