

SAINT ANNE OF THE SUNSET

The Epiphany of the Lord

January 4, 2026

Pastor's Column

Be Happier in the New Year – Dr. Arthur Brooks teaches a course in Harvard University called *The Science of Happiness*. He has written 3 books on this topic, 2 of which are in the New York Times bestsellers list. Although he has his Doctorate in Social Science and he ties together Behavioral Science, Neuroscience, Psychology, Social Science and Longitudinal Studies, he is also a man of faith, unashamedly identifying himself as a Catholic. In an interview, he said about 50% of Americans make a New Year's resolution but most fail because their goal is too big or too vague. He recommends instead, small and measurable resolutions because our brain needs small, achievable wins to build momentum. He advises, don't pursue perfection or happiness. Pursue instead, *happierness*, a bit at a time building it through habits. In his book *Build the Life You Want*, he lists 4 habits that reinforces joy. They are:

- **Practice Gratitude** – as part of human survival, our brains are hardwired to look for problems and threats. So, we have to train our brains instead to look at the good and give thanks. He encourages listing 3 things daily or weekly, to help us develop this habit.
- **Strengthen Relationships** – Invest in the people you love through small, daily acts of affection and attention. Strong bonds come not from grand gestures, but consistent and intentional behaviors.
- **Find Meaning in your Work** – This doesn't mean you'll have to change jobs, but in what you're already doing, focus it on who you're doing it for and why? This can be earning money to help your kids go to college or making life easier for the co-worker at the office.
- **And Practice Spirituality** – Without something greater than ourselves, humans can fall into a *numb, meaningless spiral of depression and emptiness*. Spirituality provides meaning, perspective, transcendence, emotional regulation and connection to God, to others and our deeper selves, which are essential to happiness. Practice daily prayer, meditation, scripture reading or acts of service.

Although he has listed these 4 habits that reinforces joy, he reminds us the key to a happier New Year is small measurable resolutions. From all of us at St. Anne, we wish you all a ***Very Blessed and Happier New Year!!!***

A Lovely Christmas Pageant – At the 5pm Christmas eve mass, during the gospel reading of the birth of Christ, we had angels, shepherds, wise men and the Holy Family help us visualize this amazing scene. I want to thank our children, their parents, and the Holy Family played by **Tom, Grace and their baby George McKee** for helping us enter into this Holy Season. To our behind the scene coordinators, I also want to thank **Ahline Ching and Fiona Socaoco** for planning and rehearsing it with the kids. Thank you everyone!!!

- Fr. Dan



Mass Intentions for the Week

Week of January 4 – January 10, 2026

Sunday, January 4

8:00AM Parishioners of St. Anne
10:00AM Lorraine, Claire & Ben Gotelli (D)
12 00PM Chun Mui Chu (D)

Monday, January 5

8:45AM Anthony Chan (D)

Tuesday, January 6

8:45AM Jesus Posadas (D)

Wednesday, January 7

8:45AM Sixto Posadas Jr. (D)

Thursday, January 8

8:45AM Marylou Posadas (D)

Friday, January 9

8:45AM Rev. Saimone Moala (D)

Saturday, January 10

8:45AM Confraternity of St. Anne
5:00PM Sr. Bernice Gotelli – *Well Being*

Thank You!

Previous Week's Collection

Sunday Offertory – \$2,880

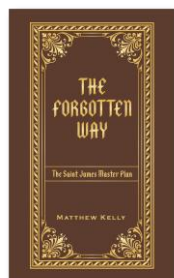
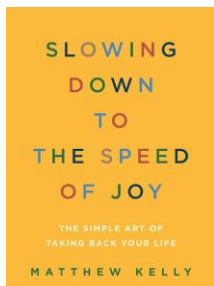
Christmas Collection – \$8,660

This week's second collection: none

A Spiritual Gift for You – Don't forget that we have 2 books at our entrances that you can pick up for Spiritual reading and they are both from Matthew Kelly.

- **Slowing Down to the Speed of Joy** – This is a personal, practical and warmly received book that invites readers to reclaim their lives from busyness and rediscover joy. Its reception has been positive, with readers appreciating both Kelly's vulnerability and the actionable wisdom he offers.
- **And The Forgotten Way** – This is a spiritual guide to holiness through disciplining our speech. Inspired by St. James, this small and easy to read book offers a "master plan" for holiness by being mindful of the way we speak. It has also been well received for its practical wisdom and accessible style.

We pray you will find them enriching for your own spiritual life.



Upcoming Events

At St. Anne Church:

1/18 Feast of Santo Niño (Holy Child)

This Filipino celebration, reminds us not to pack Jesus away after Christmas, but to continue to welcome Him into our lives the rest of the year. **Bring your baby Jesus to the 10am Mass for a blessing and celebration.**

2/15 Fat Sunday Brunch

Save the Date. 1% or Half-a-Percent Club Members are invited to this special brunch following the 10am Mass in the Church Hall. Invitations will follow in gratitude for your support of the Archdiocesan Annual Appeal.

In the Archdiocese:

(Visit www.sfarchdiocese.org/events for more info)

1/18 Purified & Gender & Theology of your Body

Discover the beauty of God's plan for human love at St. Anthony, Novato, from 1:00 - 4:15pm. Info: eventcoach@chastity.com.

Tickets: chastity.com/purified, \$25.

1/24 Walk for Life Events

Walk for Hope, Walk for Love & Walk for Life
9:30am – Mass w/Archbishop at Cathedral
12:30pm – Rally at Civic Center Plaza
1:30pm - Walk

Contact Us!

Pastor: Fr. Daniel Nascimento

Email: info@stanne-sf.org

Office: 415-665-1600

Address: 850 Judah St., San Francisco 94122

Office Hours: Monday – Friday, 9:30am – 4:30pm
Office closed on Federal Holidays

Daily Mass: 8:45am

Sunday Mass: 5pm Vigil (Saturday), 8am, 10am and 12 pm in Chinese

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

Pastoral Emergencies: 415-866-6455

An easy digital payment option for Sunday donations!

Checks, cash, credit cards are still accepted. To donate using Zelle go to stannesunset@gmail.com or use the Venmo QR Code. We are SO grateful for your help!



venmo

zelle

Use Venmo in our Gift Shop too!



ST. ANNE

Saturday February 28th, 2026

Moriarty Hall - Funston St Entrance

Doors Open: 5:30pm (No Host Bar)

Adults
\$60

CRAB BASH

Kids
\$20

ALL-YOU-CAN-EAT

**Corkage
Fee:
\$30 per
bottle**

hot & cold crab, salad,
garlic noodle, bread, &
dessert

**No Outside
Food/Drink
Allowed**

*Childcare Available:
Dinner (no crab) includes movie
12 and under

Please make check payable to: St Anne Athletic Dept
Turn in form to Rectory

Name: _____ #: _____

Email: _____

adult tickets _____ x \$60 =

children tickets _____ x \$20 =



IF YOU HAVE ANY QUESTIONS CONTACT:

BeverlyPerea@gmail.com - cisyhsu@gmail.com - rosendaluk@hotmail.com



ST. ANNE SCHOOL INNER SUNSET

**TOUR THE
SCHOOL**

Meet the principal,
teachers and a parent. Get
your questions answered
on this *parent-only* tour.

PARENT TOURS

DATES & TIMES

Tours run from 9:00 - 10:30 am

- September 5, 2025
- October 10, 2025
- November 7, 2025
- December 12, 2025
- January 9, 2026
- February 6, 2026
- March 6, 2026
- April & May 2026 - By appt. only

RSVP

Call (415) 664-7977
or register online at
www.STANNE.com
to join a tour or
schedule a shadow
date



St. Anne School serves Pre/Pre-K through 8th.
We are a Catholic school & welcome all faiths.

Phone: 415-664-7977 - Address: 1320 14th Avenue - www.stanne.com