

Dear Parishioners, Alumni, Friends and Religious Education Families,

Jesus is a very busy man. One minute he is teaching, the next minute he is facing an unclean spirit and healing the man whom the demon had possessed. He seems able to balance a life of word and action, and, in the Gospel for the following Sunday (Feb. 4), we see how he does it. He takes time out for himself, time for God, time for praying in a quiet deserted place. Our own lives are full of anxieties. Rising costs for everything, family problems, issues at work, in our community life, in our city, in politics, in world affairs, in the day to day things that need to be done. Anxiety makes some people sick, others nervous, so much so that they cannot sleep at night. St. Paul says that he wants us to be free of anxieties. Of course that is easier said than done.

Sometimes anxiety can be lessened in the simplest ways, such as a walk in the park, a quiet moment of meditation, or just a simple act of kindness that someone does for you or that you do for someone else. Often it is another person who is able to reach inside to touch the most vulnerable part of us, so that we can listen to God speaking. That is what the prophet in Deuteronomy does. And that is what Jesus did all the time. Like Paul, Jesus does not want us to be full of anxiety. He does not want us to be consumed by feelings of inadequacy. He says, I want you to be happy. I want you to be free. I want you to be the best possible you that you can be. I want you to grow in wisdom and age and grace, like I did. I want you to be the loving person God made you to be, and I want you to feel the love of God every day of your lives.

On Thursday, January 25, we celebrate the Feast of the Conversion of St. Paul the Apostle, with Mass at 6 PM. We will also celebrate this Feast of the Paulist Fathers on Saturday morning, January 27, at 11 AM in the Basilica of St. Paul Outside the Walls. Meet us in one of the Chapels near the Apse. Look for me waving! At this Mass, to which all of you are invited, our Paulist Associates will renew their yearly commitment. So please join us!!!!

This weekend Deacon Peter Lee is the homilist for the Saturday 6 PM and Sunday morning 9 AM Masses, with Fr. Ken Thesing and Fr. Russel Murray as presiders respectively. Fr. Bill Nordenbrock is the celebrant for the Sunday 10:30 AM Mass and I will preside and preach at the St. Patrick's Parish Mass in the Marymount Chapel at 11 AM with the Buda and Miller Families providing hospitality. Liturgical ministers training will take place after the 11 AM Mass on Jan. 28 and Feb. 4.

St. Patrick's English-language Library will have its annual ongoing Winter Book Sale beginning Wednesday, February 7, 3-6 PM. This will be a great time to visit our library, buy some books, become a member and/or become a volunteer. It is also sadly the time to say Farewell and Thank You to our Librarian Tonia White who will be moving to England very soon. And I am happy to announce that Sally Richards will be our new Librarian. For the continuation of our Coffee and Cornetti reception after the 10:30 AM Mass, we need to have more volunteers involved. If you are interested in signing up to make the coffee, serve the cornetti and clean up once a month, please let me know. My spiritual walking tours begin again of Thursday, February 1st with the Churches in and around the Piazza del Popolo. If you want a schedule, let me know. Our full day March 8 trip will be to Spoleto. Have a good week and I hope to see you soon. Ciao for now, Fr. Greg