



**CHURCH
OF THE
ASSUMPTION**

1100 Fulton Avenue, San Leandro, CA 94577

Phone: 510-352-1537

Fax: 510-352-2094

e-mail: info@assumptionssanleandro.org

Website: assumptionssanleandro.org

*January 17, 2021
2nd Sunday in Ordinary Time*

CELEBRATIONS OF THE EUCHARIST

Daily Mass: 8:30AM

Sunday: 10:30 AM

Drive thru Communion: 11:30 AM

THE SACRAMENT OF RECONCILIATION

Saturdays: 3:30 to 4:00 PM and By Appt

Parish Office Hours:

9:30AM -12:00PM – 12:30PM - 3:00PM

PAROCHIAL STAFF

Fr. Leonard Marujo, Parochial Administrator

lmarrujo@assumptionssanleandro.org

Fr. Chris Berbena , Parochial Vicar

cberbena@assumptionssanleandro.org

Bill Vaughan, Music Director

bvaughn@csdo.org

James Brady, RCIA & Adult Faith Formation

jbrady@assumptionssanleandro.org

Mary Schirmer, Youth Ministry & Formation

mschirmer@assumptionssanleandro.org

Martha Zeyen, Administrative Assistant

mzeyen@assumptionssanleandro.org

ASSUMPTION SCHOOL

Lana Rocheford, School Principal

School Office: 510-357-8772

School Office Hours: 7:30 AM - 3:30 PM



UPCOMING EVENTS

2021 Calendars

Calendars for 2021 are available in the church office and in the back of the church.

Office Closed

The office will be closed on Monday,
January 18, 2021 in observance of
Martin Luther King Day

**Financial
Report**

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**Week of January 10, 2021
\$3621.44**

Assumption Parish Mission Statement

Assumption Parish is a culturally diverse and vibrant Catholic community which strives to grow as followers of Jesus Christ. We do this by accepting the challenge to build a Christ-centered community that draws on the wisdom of our seniors and the energy of our youth. We are committed to Catholic education at various levels. We are nurtured by inspired Liturgy, active and enriching faith formation programs, and inclusive family ministry, all of which enable us to share our gifts of time, talent, treasure and vision with our parish family and surrounding communities.

A Word from the Pastor

The Grief of Losing a Parent Is Complex — I know, I lost my mother, who was 92 at her passing. I can now call myself an “orphan”. The feeling of being lost is the thing I feel most. I have never really felt this emotion, exception when my father died more than thirty years ago. Below is an article I found as I was researching this topic of grieving and what are some of the steps one takes in order to cope with this loss, especially if the loss is someone whom you trusted, loved, and had a great respect. I hope those of us who have recently lost a father or mother, or sibling finds solace in these words.

The finality of death can feel almost unbelievable, particularly when it strikes a parent, someone whose presence in your life may have never wavered. You finished growing up and successfully reached adulthood, but you still needed (and expected to have) your parents for years to come.

The loss of their support, guidance, and love can leave a vast emptiness and pain that might seem impossible to heal, even if their death was expected.

Or maybe you and your parent were estranged or had a complicated relationship, resulting in a roller coaster of conflicting emotions.

Yet the world at large may expect you to recover from your grief fairly quickly — after the prescribed 3 days of bereavement leave, perhaps padded with a few extra days of personal time — and get back to business.

There is no right or wrong way to grieve the loss of a parent, but these strategies can offer a starting place as you begin to acknowledge your loss. Sadness is common after the loss of a parent, but it is also normal for other feelings to take over. You may not feel sad, and that is OK, too. Perhaps you only feel numb or relieved they are no longer in pain. Grief opens the gate to a flood of complicated, often conflicting emotions. Your relationship with your parent might have had plenty of challenges, but it still represented an important key to your identity. They created you, or adopted and chose to raise you, and became your first anchor in the world.

After such a significant loss, it is only natural to struggle or experience difficulties coming to terms with your distress. You might experience:

- anger or frustration
- guilt, perhaps for not contacting them frequently or not being present for their death
- shock and emotional numbness
- confusion, disbelief, or a sense of unreality
- hopelessness or despair
- physical pain
- mental health symptoms, including depression or thoughts of suicide
- relief that they are no longer in pain

No matter how the loss hits you, remember this: Your feelings are valid, even if they do not line up with what others think you “should” feel.

People react to grief in different ways, but it is important to let yourself feel all of your feelings. There is no single right way to

grieve, no set amount of time after which you can automatically expect to feel better, no stages or steps of grief to check off a list. This in itself can be difficult to accept. Remind yourself grief is a difficult process as well as a painful one. Some people work through grief in a short time and move forward with the remnants of their sadness safely tucked away. Others need more time and support, no matter how expected the death was. The unexpected death of a parent still in middle age, on the other hand, may force you to confront your own mortality, a battle that can also complicate grief. Grief often has a significant impact on daily life. Some people find comfort in the distraction of work but try to avoid forcing yourself to return before you feel ready. People often throw themselves into work, taking on more than they can comfortably handle to avoid scaling the ever-present wall of painful emotions. Finding a balance is key. Some distraction can be healthy, provided you still make time to address your feelings. It might seem difficult, even inconsiderate, to dedicate time to self-care, but prioritizing your health becomes even more important as you recover from your loss. Talking to family members and other loved ones about what your parent meant to you and sharing stories can help keep their memory alive. If you have children, you might tell stories about their grandparent or carry-on family traditions that were important in your childhood. It might feel painful at first to reminisce, but you may find that your grief begins to ease as the stories start flowing. Not everyone has positive memories of their parents, of course. And people often avoid sharing negative memories about people who have passed. If they abused, neglected, or hurt you in any way, you may wonder whether there is any point to dredging up that old pain. If you have never discussed or processed what happened, however, you might find it even harder to heal and move forward after their death. Opening up to a therapist or someone else you trust can help lighten the load. Upon hearing the news that an estranged parent has passed away, you might feel lost, numb, angry, or surprised by your grief. You might even feel cheated of the opportunity to address past trauma or unresolved hurt. Life does not always give us the answers we seek or the solutions we crave. Sometimes you just have to accept inadequate conclusions, however unfinished or painful they feel. Instead of clutching tight to any lingering bitterness, try viewing this as an opportunity to let go of the past and move forward — for your sake.

Some things are truly difficult to forgive, but harboring resentment only harms you, since there is no one left to receive it.

As a grieving child and feeling an incredible loss of one that I loved very much, I find the above article helpful and a guide to help me grieve for however long it may take me. The one thing that keeps me going these days are my family and the faith I have knowing that my mother is in good hands and that she is with my father. Knowing these things gives me the strength to move forward and enjoy the happy memories that came from a person who had a great impact in my life. Good bye mom, until we meet again. God bless.



JANUARY 16—JANUARY 23, 2021

****We Remember at the Eucharist****

Saturday 16

8:30a.m. Jim O'Brien+

Sunday 17

10:30 a.m. Ruth & Frances McDonnell+ & Monique Lopez+

Monday 18

8:30a.m. Elsie Dunn+

Tuesday 19

8:30a.m. Marcela G. Piamonte+

Wednesday 20

8:30a.m. Mina Riccio+

Thursday 21

8:30am Angela Marrujo+

Friday 22

8:30am Bernhardt Garon (Living)

Saturday 23

8:30a.m. Richard & Elizabeth Reidy+

TODAY'S READINGS

First Reading — Speak, Lord, for your servant is listening (1 Samuel 3:3b-10, 19).

Psalm — Here am I, Lord; I come to do your will (Psalm 40).

Second Reading — Your bodies are members of Christ; glorify God in your body (1 Corinthians 6:13c-15a, 17-20).

Gospel — The first disciples saw where Jesus was staying and they stayed with him (John 1:35-42).

The English translation of the Psalm Responses from the Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday: Heb 5:1-10; Ps 110:1-4; Mk 2:18-22

Tuesday: Heb 6:10-20; Ps 111:1-2, 4-5, 9, 10c; Mk 2:23-28

Wednesday: Heb 7:1-3, 15-17; Ps 110:1-4; Mk 3:1-6

Thursday: Heb 7:25 — 8:6; Ps 40:7-10, 17; Mk 3:7-12

Friday: Heb 8:6-13; Ps 85:8, 10-14; Mk 3:13-19, or any of a number of readings for the Day of Prayer

Saturday: Heb 9:2-3, 11-14; Ps 47:2-3, 6-9; Mk 3:20-21

Sunday: Jon 3:1-5, 10; Ps 25:4-9; 1 Cor 7:29-31; Mk 1:14-20

LITURGICAL MINISTERS:

Head Lector:

Cathy Ralph..... 510-895-0420

Altar Server Coordinators:

Dennis Burigay..... 510-895-1628

Mike Tedeschi..... 510-357-9447

Head Communion Minister:

Faye Caruso..... 510-882-5002

Head Usher: Ed Hernandez.....510-875-8308

Head Greeter: Hanne Gerardi..... 510-393-9989

Ministry Schedulers:

Giovanna Giuliani..... 510-872-3035

Faith Formation & Teen Confirmation:

Mary Schirmer..... 510-352-1537

St. Vincent de Paul

Denis Ducey..... 510-352-6079

Pastoral Council:

Doug Taylor... 510-638-3050

School Board:

Pierre Davis 415-519-1173

Finance Committee:

George Brandt..... 510-410-5819

Tuesdays with Larry:

Larry Graves..... 510-352-4777

Rosary Makers:

Irene Haines..... 510-483-7975

CYO:

Nathaniel Fripp 510-789-5565

Tom Shaddle 510-357-1342

All Saints Skilled Nursing

Lizette Rocha..... 510-351-1342

Communion to the Homebound:

Joan Tonsberg..... 510-357-1985

Communion to Kindred Hospital:

Susan Sequeira..... 510-352-5614

Prayer Chain:

JoMarie Stavosky..... 510-889-9469

Knit/Crochet Group

Gloria Calegari..... 510-357-0943

Linens:

Anita De Marais..... 510-357-9172

Cursillo

Jennie Gisslow..... 510-875-9170

St. Vincent dePaul

Catholic Charities of the East Bay and Catholic Relief Services recently awarded the Assumption Conference of the Society of St. Vincent dePaul a \$500 CRS Rice Bowl Grant. The CRS Rice Bowl Program raises funds and awareness through prayer, fasting and almsgiving during Lent. This grand will be used to help those on our community struggling with hunger and food insecurity.

If you or someone you know is in need of assistance,
please call our Help-Line 510-352-6079.

513057

Attention: Martha

510-352-1537

info@assumptionsanleandro.org

Message:

Please send 150 bulletins