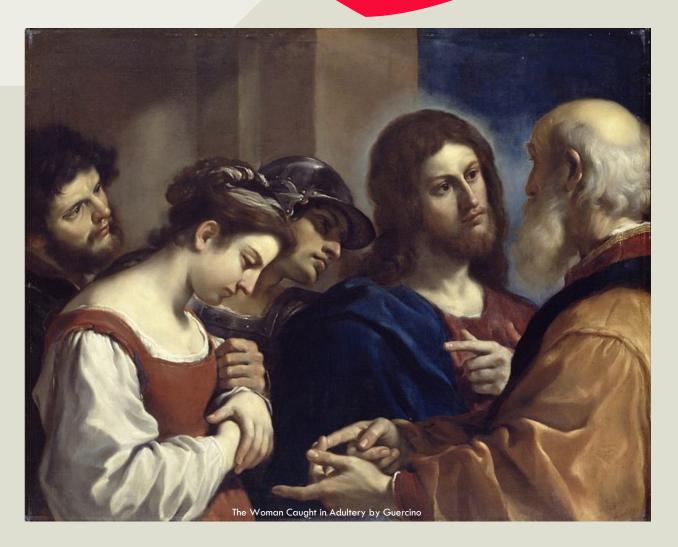
SEAL BEACH



Msgr. Mike Heher, Pastor | pastor@stannesealbeach.org | 562-431-0721 Ext. 14

Fr. Ben Tran, Parochial Vicar | pv@stannesealbeach.org | 562-431-0721 Ext. 11

Fr. Robert Vidal, Pastor Emeritus | Fr.bob@stannesealbeach.org

Deacon Peter Nguyen | dcnpeter@stannesealbeach.org

Amy Papageorges, Faith Formation | dre@stannesealbeach.org | 562-431-0721 Ext. 16

Jyllian Rhodes, Youth Ministry/Confirmation | ym@stannesealbeach.org | 562-431-0721 Ext. 15

Jan Cooper, Front Office | Mon.—Fri. 8:00am to 4:00 pm | office@stannesealbeach.org

Tim Kimminau, Cleaning & Maintenance | tim@stannesealbeach.org | 562-431-0721 Ext. 17

MASSES: SAT: 5:00 PM; SUN: 8:00, 10:00 AM, 12:00, 4:00 PM; DAILY: 9:00 AM

CONFESSIONS: Mon. - Sat. 8:30AM; Sat. 4:00-4:45 PM

340 10TH ST. | SEAL BEACH CA 90740 | 562-431-0721 | WWW.STANNESEALBEACH.ORG

THE PRESENT MOMENT

This morning everyone I ran into was talking to themselves. A homeless man was sorting out the contents of his shopping cart and telling himself what items went into what paper bag. As I crossed the street to purchase a newspaper, another man was jabbering away; he must have been telling himself a joke because he had a big smile across his face. I thought the next person was talking to me, but I was wrong; she was talking to herself but so quietly I couldn't figure out what she was saying. This isn't so unusual. While I was reading that newspaper I purchased, I caught myself reacting out loud to some of what I was reading. "Oh my. Another shooting. Where did it take place this time?"

Except perhaps when we are asleep, an inner dialogue is going on in our brains that occasionally gets out. What am I supposed to do today? ... Where are my socks? ... Don't forget to buy soap at the market. ... Do I have any eggs left? ... What was that lady's name? Was it Shirley? No, not Shirley. Sacha. That's it. At its worst it's like the guy at the table next to me in the Blackboard

Bistro: whatever he was thinking in his brain immediately came spewing out of his mouth. I don't know how he chewed, he was so busy talking.

When we pray, that kind of iabber can be a real distraction. We set aside time to be with God and all we do for the half hour is jump from this topic to the next and spare not a moment to shut

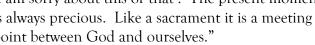
up and listen. In one of my assignments there was an old man who came for Mass in the morning and spent nearly the whole day in church praying. Whenever I would go into the church, there he would be. For a young man with lots to do, this was disconcerting. So I asked him one afternoon, "What do you do here all day?" He smiled at me benevolently and pointed to the tabernacle, "He just looks at me and I just look at him."

We live lives of such distraction, we find it unusual when somebody pays attention to what we are saying. Most of us have had the great blessing of having a friend or spouse who really listens to us when we talk. Months later he or she can quote what you said exactly. We look forward to the conversations that give us a chance to unburden ourselves of what concerns us, knowing that the listener is paying attention. I bet we would pray better if we went into it with the confidence that God is very attentive to what we have to say. A rabbi was once asked why God made human beings; he answered, "Because he wanted somebody to talk to."

Zen monks attend to their breathing when they meditate; it concentrates their focus and helps eliminate distraction. It brings their whole being into the present moment. It wouldn't be a bad for us to imitate

> them a bit. When you pray, remember you can only do it in the present tense, as the late Cardinal Basil Hume made clear: "Some people spend a lot of time looking back on their lives, others spend time daydreaming about the future, but the important moment is 'now'. In any present moment we can meet God. At any moment we can just think about God and send a quick message up to Him. It may be a fleeting thought or a word spoken. For instance, I can just say 'I am trying to love you,' or 'please help me', or

'I am sorry about this or that'. The present moment is always precious. Like a sacrament it is a meeting point between God and ourselves."



Fifth Sunday of Lent Page 3

Around our Parish

KNIGHTS OF COLUMBUS

MONTHLY MEETING / MEMBERSHIP

All interested Catholic men are invited to attend our Council meetings. The next meeting is scheduled for Monday, May 6th. For more information, contact Paul Pudenz at 657-245-3722.

"Help Us Help Those In Need"

CRS RICE BOWL

Our sacrifice for Catholic Relief Services this Lent draws to a close on Easter. Prior to returning your Rice Bowl, please make sure check



donations are made payable to Catholic Relief Services. Your Rice Bowl may be turned in to the Parish Office or placed in the CRS box in the vestibule of the church beginning the weekend of April 14.

PALMS

Unsure of what to do with your blessed palms from Palm Sunday, knowing that you cannot just throw them away because they are now blessed articles? We will gladly take them and recycle them into ashes. Please return your blessed palms to the basket in the vestibule of the church or bring them to the Parish Office during the year.

HOLY WEEK & EASTER

April 18th - Holy Thursday

No morning Mass 7:00 PM Mass of the Lord's Supper Adoration until 10:00 PM



April 19th - Good Friday



No morning Mass 12:00 noon Stations of the Cross 12:30 PM Liturgy of Good Friday 7:00 PM Via Matris

April 20th - Holy Saturday

No morning or 5:00 PM Mass 7:00 PM Solemn Easter Vigil



April 21st - Easter Sunday



6:00 AM Sunrise Mass
8:00 AM Mass-church and hall
10:00 AM Mass-church and hall
12:00 PM Mass
No Mass at 4:00 PM



OUR MISSION:

Saint Anne Church exists to help us become disciples of Jesus Christ who connect with God, grow in faith, and serve in love.

CATHOLIC WOMEN OF THE YEAR

The Catholic Charities Auxiliary, who assist Catholic Charities of Orange County, are holding their Annual Benefit Luncheon honoring outstanding women volunteers who best exemplify the loving spirit of serving others in their church and community. The luncheon will be held on Monday, May 20th at the Delta Hotel in Anaheim. This year the St. Anne Women's Guild and our parish nominated Kathleen Fox for her generous donation of her time and talents to St. Anne and our community. If you are interested in joining us in honoring Kathleen by attending the luncheon please drop off a check for \$65 made payable to Catholic Charities Auxiliary at the parish office. A limited number of seats remain at our tables.

FAITH FORMATION FOR 19/20

Registration for PreK through 8th grade Faith Formation for 2019/2020 is now open with early bird pricing available until April 19th! Registration packets were sent home in student folders and in an email for those currently enrolled. New families may call the Faith Formation office at 562-431-0721 x 16 to receive a packet. First Communion formation takes two years beginning in 1st grade. Please call the Faith Formation office to arrange for Sacrament preparation for First Communion for children in grades 3–8. Our students participate in the life of the Church by growing to know not only who Jesus is, but growing in love with God and embracing his amazing plan.

WOMEN'S GUILD

MONTHLY MEETING/MEMBERSHIP

General meetings are usually the 4th Monday of each month in the Parish Hall. Our next meeting will be Monday, April 22nd. To support our ministries and speakers as a member, please contact Kathy Stoddard at 707-477-0104.

Around the Diocese

LENTEN PENANCE SERVICES

Monday, April 8–7:00 PM

St. Mary by the Sea, Huntington Beach Thursday, April 11–7:00 PM

Sts. Simon & Jude, Huntington Beach

PRIESTHOOD DISCERNMENT

Men interested in Diocesan Priesthood are invited to attend the next Priesthood Discernment evening on Wednesday, April 10th at 6:00 p.m. at the Diocese Pastoral Center on the Christ Cathedral campus. The purpose is to familiarize interested men with the life, prayer, and possible call to Priesthood. Questions? Please call Rev. John Moneypenny at 714-282-3036.

LENTEN SPEAKER

Fr. Greg Boyle, SJ, Founder of Homeboy Industries, will speak at Sts. Simon & Jude Church on Friday, April 12th at 7:00 p.m. Just back from a sabbatical where he has been writing his third book, Fr. Greg will call us to action with new stories and new challenges to address the needs of the marginalized. Two homeboys will accompany him and will recount the hope they received from Homeboy Industries.

DIVINE MERCY CONFERENCE

The Divine Mercy Conference will take place on Saturday, April 13th from 9:30 a.m. to 4:30 p.m. at Santiago de Compostela Parish Hall in Lake Forest. Speakers will explore the many ways God provides for us with his mercy and prepare our hearts for Easter. The cost to attend is \$25 in advance, \$35 at the door. For more information, contact Katie@spiritfilledhearts.org or 949-514-5028.

WHAT THE CHURCH SAYS ABOUT

All are invited to attend a series of speakers addressing current/moral issues. On Friday, April 12th, Alzheimer's of Orange County will provide dinner at 6:30 p.m., a movie screening of the film End Game at 7:00, followed by questions about Suffering and End of Life Ethics. Please RSVP to Norah at ndopudja@christcathedralca.org.

9:00 AM MASS INTENTIONS

4/8 **‡**Fran Clark

4/9 **†**David Zavala

4/10 **Burke & Keating Families**

4/11 **†**Marty Colla

4/12 **₽**David Ma 4/13 **₽**Michael Juhasz

(Prest in God's love and peace)



PLEASE PRAY FOR



Fr. Bob Vidal, Katia Bergstrom, Juanita Kho, Brenda Malloy, Ken Hammond, Kathy Purcell, Aurora Lavadia, Mike Pendleton, Julia Poirier, Jerome Gendron, Jim Ferguson, Mary Maskell,

Steven Lang, Linda Bolt, Bob Wagner, Bob Rattray, Julie Rivera, Jean Barbazette, Pat Giacomi, Ernie Ramirez, Mike Harvey, Mary Kiely, John Barnes, Katherine Irwin, Dcn. Gary Mucho, L. Tanguay, Madeline Watkins

*If you would like to have your name added or removed from this list, please call the parish office.

"Give something, however small, to the one in need. For it is not small to one who has nothing. Neither is it small to God, if we have given what we could."

- St. Gregory Nazianzen

SACRAMENTS

Baptism: Contact the Parish Office to arrange for baptism. Baptisms are usually celebrated the first Saturday of the month at 11:00 a.m. Baptism preparation classes for parents and Godparents are held once a month on a Tuesday night at 7:00 p.m.

PreK-8 Faith Formation: For information and/or enrollment in faith formation programs, please contact faithformation@stannesealbeach.org.

Confirmation: Students typically begin the Confirmation process as a freshman in high school and complete the process at the end of their sophomore year.

Marriage: An appointment with one of our priests to begin marriage preparation must be made at least 6 months before the wedding celebration.

Funeral: Contact the parish office to arrange funerals. Pastoral Care: If you, or someone you know, wishes to have their name placed on our prayer net, or a visit and/or Holy Communion, please contact the Parish Office. Sacrament of the Sick: In case of serious illness, contact the parish office.

If you want information about any of our many active ministries, please pick up a brochure from the vestibule.