Our prayers are requested for Bonnie Zwart, Mark & Mary Anne Bews in their recovery from infection. While the flu vaccine is still one of the best preventative measures, catechesis, good health habits, and staying home when sick can help prevent the spread of illness.

The flu is a viral infection that usually spreads from person to person through respiratory droplets caused by coughing and sneezing. It can infect the nose, throat, lungs, or other parts of the body. The flu can cause fever, cough, sore throat, runny nose, muscle aches, or unusual fatigue. In some cases, the flu can lead to serious complications.

According to the CDC, the flu season is from October to April. To reduce the risk of contracting the flu, the CDC recommends the following preventative health habits:
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Clean your hands regularly with water and soap or an alcohol based anti-bacterial wash.
- Avoid touching your eyes, nose or mouth.
- Refrain from receiving Holy Communion if you are feeling sick or at risk for infection.

If the above mentioned preventative health habits are followed, religiously, the chances of infection are greatly diminished. If you sneeze during Mass, God bless you.

CONCERNS ABOUT HOLY COMMUNION AND THE FLU EPIDEMIC

According to the Center for Disease Control, “The flu spreads in respiratory droplets caused by coughing and sneezing. It usually spreads from person to person, though occasionally a person may become infected by touching something with virus on it and then touching their mouth or nose.” As with past concerns about the flu, the CDC has not indicated a need for any changes in the practice of receiving Holy Communion from the chalice. Common sense is most important for the prevention of the flu. While a flu vaccination is helpful, the CDC recommends the follow health habits in all areas of life, which would include participating at Mass:
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Clean your hands regularly with water and soap or an alcohol based anti-bacterial wash.
- Avoid touching your eyes, nose or mouth.
- Refrain from receiving Holy Communion if you are feeling sick or at risk for infection.

Concerns about Holy Communion during the flu season:
- Pay close attention to handwashing, respiratory hygiene, and common sense.
- Be cautious about opening a chalice to receive Holy Communion.
- If you do not feel well, consider staying home and receiving Communion at home.
- If you do not feel well, consider using a break communion, which is a piece of the bread given to you directly by the clergy without being dipped in wine.

SCRIPTURE READINGS FOR THE FIRST WEEK IN ORDINARY TIME

Our commitment to daily prayer using the weekday Mass readings as our guide.

MONDAY 1/14
Hebrews 1:1-6
Mark 1:14-20

TUESDAY 1/15
Hebrews 2:5-12
Mark 1:21-28

WEDNESDAY 1/16
Hebrews 2:14-18
Mark 1:29-39

THURSDAY 1/17
Hebrews 3:7-14
Mark 1:40-45

FRIDAY 1/18
Hebrews 4:1-5, 11
Mark 2:1-12

SATURDAY 1/19
Hebrews 4:12-16
Mark 2:13-17

CONFESSIONS

The Sacrament of Reconciliation is celebrated at St. Joseph Church in Mammoth Lakes from 5:30 to 5:45 on Saturday afternoons, 7:30 to 7:45 on Sunday mornings, and on request before mass at Our Savior of the Mountains mission in Lee Vining and Infant of Prague mission in Bridgeport. The “Act of Contrition” is available in the confession room.

FIRST FRIDAY DEVOTIONS

As is our custom on every First Friday of the month, we celebrate First Friday devotions, Holy Mass followed by Exposition, Adoration and Benediction of the Blessed Sacrament in St. Joseph Church, Mammoth, beginning at 7 o’clock PM.

SAINT JOSEPH PARISH

OF MONO COUNTY

P.O. Box 372,
Mammoth Lakes, CA 93546
760-934-6276
www.mammothcatholicchurch.org
email: info@mammothcatholicchurch.org
Rev. Paul Boudreau, pastor

SUNDAY MASS SCHEDULE

Mammoth Lakes: St. Joseph Church – Saturday Vigil: 6:00 PM
Sunday Mass: 8:00 AM
La Misa en Español: 5:30 PM
Lee Vining:
Our Savior of the Mountains Mission - Sunday Mass 10:00 AM
Bridgeport: Infant of Prague Mission - Sunday Mass 12:00 Noon

THE MONO COUNTY CATHOLIC

You must open the interior eyes of your soul on this light, on this heaven within you, a vast horizon stretching far beyond the realm of human activity, an unexplored country to the majority of human beings.

-Saint Vincent Ferrer

January 13, 2013

Baptism of the Lord

After all the people had been baptized and Jesus also had been baptized and was praying, heaven was opened and the holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, “You are my beloved Son; with you I am well pleased.”


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El Bautismo del Señor

La fiesta del Bautismo del Señor concluye el tiempo de Navidad. En esta fiesta celebramos la manifestación de la vida pública de Jesús. La liturgia de hoy nos señala a Jesús claramente como el Mesías ungido por Dios para servir al pueblo con la fuerza del Espíritu Santo. Hoy la Iglesia concluye el ciclo de la Navidad-Epifanía para darle paso al Tiempo Ordinario.

La Sagrada Escritura nos presenta a Juan Bautista y a Jesús, ya no a través del encuentro de sus madres en la Visitación, sino como adultos comprometidos a vivir y a proclamar la fe del Dios que los ha llamado a una misión especial que cada uno asume libremente.

"Tú eres mi Hijo, el predilecto; en ti me complazco".

FIRST READING:
Isaiah 42:1–4, 6–7 or 40:1–5, 9–11

A bruised reed he shall not break, and a smoldering wick he shall not quench, until he establishes justice on the earth. (Optional) Comfort, give comfort to my people, says your God. Speak tenderly to Jerusalem, and proclaim to her that . . . her guilt is expiated.

SECOND READING:

In the gospel story of Mark 12:28–34, a scribe found common ground with Jesus regarding the greatest commandments of the law. Jesus told him he was "not far" from the kingdom. The rich young man of Mark 10:17–22 and its parallel in Matthew 19:16–22, who asked Jesus about gaining eternal life, was told by the Lord to keep the commandments. When he answered that he had observed them all since he was a child, Jesus reacted "with love" and told him that he lacked only one thing more, and once that was accomplished, he could follow the way. In both instances, they end up a little short. In the first, Jesus implies that loving God with everything you've got, and your neighbor as yourself, will wind you up a tad short of the kingdom. The rich young man lacked only one thing more, and once that was accomplished, he could follow the way.

In the second, a life of devout observance of God's law does not necessarily prepare a person to part with his possessions for the sake of the kingdom. The reward of following the law was so "that you may live and prosper, and may have long life in the land which you are to occupy." (Deuteronomy 5:33) So why give it up? It is only by rebirth in the Holy Spirit that one enters the kingdom. This transformation compels us to reject worldly desires and godless ways.


The people were asking in their hearts whether John might be the Christ. He answered them all, saying, "I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the Holy Spirit and fire." There was no way John could be the Christ. He was a law guy, a prophet of the Old Covenant. He demanded that people get straight with God. To "reform your life" in John's view meant getting back to the commandments and following them scrupulously, just like he did. Baptism was a fresh start, a cleansing from sin in order to return to the way of righteousness. But "a person is not justified by works of the law," Saint Paul wrote in Galatians 2:16, "but through faith in Jesus Christ." What John offered was a return to law. What Jesus would offer is a new life in the kingdom of God, free from sin and free from the death that ended the Old Covenant.

Jesus came with forgiveness for sinners and healing for those who were bowed down by the weight of moral oppression. It is the total experience of forgiveness and rescue from death that is the transforming fire of the Holy Spirit. It is this power, not the threat of punishment and condemnation, which renews life and imparts a whole new spirit of obedience and joy. The power of the law, which John held, was attractive and tantalizing. But it was the awesome power of forgiveness that would renew the face of the earth.

FP