Eucharist
Daily Mass
Monday-Thursday, 8:30 am
(Chapel)

Weekend Liturgies
Saturday 5:00 pm
Sunday 8:00, 9:30, 11:30 am
Holy Days
8:30 am, 7:00 pm

Reconciliation
Saturday 4:00-4:30 pm
or by appointment

Baptism
Contact the Parish Office for
Sacramental Preparation and
Baptismal date.

Marriage
Contact the Parish Office
at least six months prior
to anticipated wedding date.

Homebound, ill or Infirm
Contact the Parish Office if you,
need to receive communion
or Anointing of the Sick
at home or in the hospital.

St. Perpetua School
Contact the school office for
enrollment (TK-8) and
After School Program.
Tours by appointment call
284-1640 or skozel@csdo.org.

Assisted listening devices
available
Dear Friends,

    Last week we celebrated a special ceremony with sixty of our young children anticipating their First Eucharist in the Spring – “Preparing Our Hearts for Jesus.” The prayer service was an opportunity for these little ones and their parents to examine their hearts and grow in their love as a family. It was a beautiful evening of peace and reconciliation. In March 85 of our fourth grade children will formalize their experience of the Sacrament of Reconciliation. This Sacrament is helpful for adults even more than it is for our children, yet it’s one of the most neglected Sacraments in the Church.

The Church encourages all Catholics to share in the Sacrament during the Lenten Season which begins on March 6 — the 40-day retreat that prepares us for the renewal of our faith on Easter (April 21). The Sacrament is also available every Saturday from 4:00-4:30 p.m. in the church, or anytime upon request. The website catholicscomehome.org names some of the benefits of the Sacrament of Reconciliation (or “Confession” as we’ve commonly called it) including these:

1. **Confession helps us to better “know thyself.”**
   
   St. Augustine and countless other saints and doctors of the Church talk about the importance of knowing ourselves well. Through coming to know ourselves better, we realized how fallen we are, and how badly we need God’s help and grace to get through life. Confession helps remind us to rely on God to help rid us of our sins.

2. **Confession helps us overcome vice.**
   
   The grace we receive from the Sacrament of Confession helps us combat our faults and failings and break our habits of vice much more easily and expeditiously than we could otherwise do without the sacramental grace.

3. **Confession brings us peace.**
   
   Guilt from the sins we commit can make us feel all mixed up inside and cause us to lose our peace and joy. When we hear God’s forgiving words to us from the voice of the priest in Confession, a burden is lifted off our shoulders and we can again feel the peace of heart and soul that comes from being in a good relationship with God.

4. **Confession draws us closer to Jesus.**
   
   How many gospel stories picture Jesus extending a healing touch and a forgiving hand to people who are burdened down by the cares of life and their personal failings? The prodigal son, the Samaritan woman at the well, the woman caught in adultery, even the soldiers who crucified Christ – all these heard words of forgiveness from Jesus and felt the new life he offered them. The Sacrament of Reconciliation renews our intimate relationship with Our Lord; His words and his healing touch are made real for us.

5. **Confession makes our will stronger.**
   
   Every time we experience the Sacrament of Confession, God strengthens our will and our self-control to be able to resist the temptations that confront us in our lives. We become more resolute to follow God’s will and not our own whims.

Father John Kasper, OSFS

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<table>
<thead>
<tr>
<th>Parish Staff</th>
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| **Reverend John Kasper, OSFS**  
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Ruben Galindo,
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In Youth Ministry at St. Perpetua we look at and examine the many ways that we have the opportunity to influence others by our words and behaviors. This week, teens at St. Perpetua gather once, Sunday, February 10 at 6:30 pm in the Chapel for a meditation evening on prayer.

JustFaith Sample Session
JustFaith is an intensive, small group process for faithful Christians looking to deepen their commitment to care for vulnerable people and our planet. Through prayer, study, dialogue, and immersion, participants form community as they explore critical realities and their implications to their lives and their faith. Join us for a SAMPLE SESSION this Monday, February 11 at 7:00 pm in the Religious Resource Center. Learn more at https://justfaith.org

Walking with Purpose:
Women’s Catholic Bible Study
Are you searching for something more in your life? Do you desire to grow in your Catholic faith? Would you like to connect with other women in our parish? We invite you to join us for the new Walking with Purpose at St. Perpetua.

Weekly group sessions are starting on Monday 3/4 from 7:30—9:00 pm and Friday 3/1 from 9:30—11:00 am. Living in the Father’s Love, a six-week study of God the Father, reveals how deeply relevant the Gospels are to our relationships, both with God and those we love. No previous Bible study experience is necessary; come as you are as we discover God’s love for us. Walking with Purpose transforms the hearts and lives of women by providing Bible studies that enable women to know Christ through Scripture and the teachings of the Roman Catholic Church.

Interested in learning more? Please join us after Mass to find out what Walking with Purpose is all about! For questions, please contact parishioners:

- Chrissa Ventrelle at cventrel@hotmail.com or
- Michelle McGrath at mregaliamcgrath@gmail.com

or visit www.walkingwithpurpose.com.

We hope to see you!

NORTHERN CALIFORNIA WILDFIRE RELIEF COLLECTION
As we are all aware, the community of Paradise and surrounding areas, were devastated by the recent Camp wildfire. The fire moved with such speed and ferocity, people had to leave immediately, leaving possessions behind and flee for their lives. Within the community of Paradise is St. Thomas More Catholic Church with 700 active families. Parishioners and staff lost homes and all belongings, their community, jobs and in some cases friends. The Catholic community lost their hall and rectory, but the church and school still stand. Next weekend, February 16 and 17, there will be a Second Collection to support our faithful neighbors and others in the Paradise community who need help and compassion while on their painful journey of survival and rebuilding. The donations will be made through Catholic Charities. Please be generous and most importantly, keep these people in your prayers.

Have an old car taking up space in your driveway? Donate it to Catholic Charities of the East Bay! We accept all types of vehicles including boats and trucks. Making a donation is EASY too!

Call us at 855.620.4483 OR 855.620.GIVE. Get a tax deductible receipt for your donation.

Catholic Charities of the East Bay helps families in need and who are marginalized. The Catholic Church is the largest provider of social services throughout Alameda and Contra Costa Counties, and Catholic Charities is the visible face of the diocese in that work.

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What does it take to make an adult cry? For me, it’s always the experience of the nearness of God. Take those guys on the shore of the Galilee, for example. They fished that sea all night and came back with nothing. Just a word from Jesus, though, and the fish came racing into the nets, begging to be caught up in the great Mystery.

When Simon Peter saw this, he broke down. Get away from me, Rabbi. You don’t know me, and once you do you won’t want anything to do with me. That’s usually everyone’s response when they have a God-sighting, a moment of such grace that, along with tears, comes the sense that someone else should have received this, someone better, someone worthier, someone who is… well…not us.

Don’t worry, says Jesus. This was just a practice catch. From now on you and I are going to be hauling in people, billions and billions of them. So don’t stress about your insufficiencies. My grace is sufficient.

You see, Jesus knows where all the fish are. He knows where to place the boats, way out in the deep. He knows where your wounds are, your losses, and your doubts. It’s never in the shallows, but in the deep memories, that sadness festers.

Do you feel like you’ve fished all night long for a job, for friends, for love, for healing? Jesus sees you. He knows where you are in the big Sea. He wants to comfort you, to reel you into his net of communion and compassion. It’s never about being worthy. It’s about being welcomed.

Let Jesus catch you in his net. It’s the safest place in the sea.

In what ways have you experienced the nearness of God?
Kathy McGovern ©2019 www.thestoryandyou.com
Rebuild My Church - The phrase is from a command to St. Francis of Assisi while he was praying before the crucifix at San Damiano. This is the theme chosen by Bishop Barber for this year’s 2019 Bishop’s Appeal. The Bishop’s Appeal is an organized effort to give every Catholic family in the Diocese of Oakland the opportunity to make a gift to the best of their financial ability to support the ministries and services that no one parish can provide on its own. It gives each household a chance to help further the mission of the Diocesan Church through sharing our gifts and our faith as responsible stewards as we, together “Rebuild Christ’s Church.” The Bishop’s Appeal funds pastoral ministries and services, religious education and formation, clergy formation and support, Catholic schools and parishes in need, safe environment programs, and many more programs and needs throughout the Diocese of Oakland which encompasses Alameda and Contra Costa Counties. The date of our parish participation in the 2019 Bishop’s Appeal will be the weekend of March 16-17.

Gospel Parables: The Heart of Jesus’ Teaching

Bible study resumes at St Perpetua’s on Wednesday, February 13, with an 8 week series on the Parables of Jesus presented by Sister Laurel O’Neal. The heart of Jesus’s teaching was in parables; these unique stories reflect Jesus’ own experience of the Father and are the way He draws us into a similar powerful and transformative experience. The purpose of the series is to provide a deeper understanding of these stories as living instances of the Gospel. It will combine teaching on the parables, personal reflection, and related faith sharing.

Please note, this series ends just the week before Holy Week and the material will be fruitful for Lent. As attendance allows, if you are interested you may come for either a morning or an evening session -- whichever works better for you.

Time: Wednesdays 9:30 - 11:30 am or 7:00-9:00 pm; Place: Chapel.
Please bring a Bible and notebook.

If you have questions contact Sister Laurel at SRLAUREL@aol.com or 925-283-7252 (1:00pm-7:00pm preferred).