

St. Anselm Catholic Church

February 1, 2026
Fourth Sunday in Ordinary Time



Sermon of Jesus Christ on the Mount—Edouard Louis Dubufe, 1844

97 Shady Lane, PO Box 1061, Ross, CA 94957
Parish office phone: (415) 453-2342

Parish office hours: Monday-Friday, 8:00am--4:00pm

Parish email: Info@SaintAnselm.org

Parish website: www.SaintAnselm.org

Parish Facebook: [www.facebook.com/
SaintAnselmChurchRossCalifornia](http://www.facebook.com/SaintAnselmChurchRossCalifornia)

Clergy: Fr. Gabriel Wankar, Pastor
ext. 103; wankar.gabriel@sfrarch.org
Fr. Gabriel Achiaga -In Residence
Deacon Ed Cunningham
Deacon Robert Meave

Admin Assist: Mark Wilson
AdminAssistant@saintanselm.org

Religious Education: Dan Veto D.R.E (415) 874-7465
Dre@saintanselm.org

Sacred Music Director: Rebekah Wu
musicdirector@saintanselm.org

Family Life & Outreach: Jessica Gonzalez
jgonzalez@stanselmschool.com

St. Anselm School: Kim Orendorff, Principal
School Office: (415) 454-8667

School Website: www.StAnselmSchool.com

Weekend Masses:

Saturday Vigil 5:00pm,
Sunday 8:00am, 10:00am, & 5:00pm

Weekday Mass: Monday-Friday 8:30am, Rosary 8:00am

Holy Day Masses: 8:30am, 11:00am, 5:00pm

Adoration: with Rosary, weekdays from 7:25—8:25 am
& First Fridays from 9 am—12 noon

Eucharist for Homebound: (415) 453-2342

Reconciliation: Before 8:30am weekday Mass, Saturday
4:00pm-4:45pm, during Adoration on First Fridays 9:00am-
12:00pm or by Appointment

Baptism: Preparation Class required. Please email
dre@saintanselm.org or call the Parish Office ext.105

Anointing of the Sick: Anytime upon request.
Contact Pastor.

Matrimony: Six months notification required prior to
desired date. Contact Pastor.

St. Vincent de Paul Help Desk: (415) 454-3303 ext. 11

Cursillo Information: Cathy Cunningham
(415) 453-7174

St. Anselm's Parish is a Catholic community formed by families, individuals & clergy that worship together, celebrate the sacramental life of the Church, & seek to live the Gospel of Jesus Christ everyday. We welcome, serve, & educate according to the Catechism of the Catholic Church.

Pastor's Reflection: 4th Sunday in Ordinary Time A

The **Beatitudes** are challenging to understand because many of them are paradoxical in nature. We do not usually refer to the poor as blessed, but rather the well-off; we do not typically call those who mourn blessed, but rather the joyful. The word “beatitude” itself means “supreme blessedness.” The Beatitudes are more of a description than a prescription. Jesus is not saying that we should be poor or meek and then God will bless us. Instead, He is saying that this is what our life is like when His grace and the power of His cross bring about in us a greater meekness and poverty of spirit; that we will experience being blessed.

The Greek word *makarioi* in today's text is rendered as “blessed,” but it also corresponds to the Hebrew word *asher*, which is more of an exclamation. It could easily be translated, “*O, the blessedness of ...*” When translated this way, it emphasizes that something is being described rather than prescribed. *Makarioi*, (blessed) literally means “to make long or large.” We are enlarged or enhanced because of God's blessings. Thus, the term “blessed” as used here describes a kind of stable, serene, confident joy that one receives because of God's blessings.

There is an old saying that happiness is an “inside job.” Many people attempt to find happiness in the world, which is often fickle and unstable. The Lord wants to confer on us an inner beatitude that is deeply rooted, stable, and not easily swept away by worldly conditions. In the Beatitudes, the Lord paints a picture of this state of blessedness. The above helps to explain the paradox of some of the Beatitudes. We are still blessed, even when we are poor, mourning, or persecuted. Furthermore, we are confirmed in blessedness by such realities, as they serve as reminders that we are not at home in this world and that God and His kingdom are our preoccupation and the source of our true happiness. Thus, the poor in spirit are blessed because they are free of the countless fears that flow from the endless quest for illusory control. Now Matthew adds “in spirit” to “the poor” because not all who are materially poor are thereby freed of the obsession with wealth, power, and the need to control. To be poor is not necessarily a measure of what is in my wallet, but what is in my heart.

We live in a world that often prizes revenge and the destruction of one's enemies, but how blessed are those who, by God's grace, have experienced His mercy and share it with others! They can leave most vengeance to God. Though they correct the sinner, they do not feel the need to exact revenge. By showing mercy, they will experience God's mercy. They are blessed indeed. In all these ways, the Lord paints a kind of picture for us of the transformed human person. He says, *This is what begins to happen to you as I live my life in you.*

A special welcome to any visitors or those worshipping with us for the first time or those returning home. Please know that you are warmly welcomed & deeply valued in this faith community. Kindly take a moment to leave your contact information in the back of the Church or register at www.saintanselm.org/register so we can stay in touch.

We're so glad you're here—Welcome home!

MASS INTENTIONS

| | | | |
|-------------|---------------|---------|---|
| Mon | Feb. 2 | 8:30am | Joseph Gill (D) |
| Tues | Feb. 3 | 8:30am | Fr. Achiaga (INT) |
| Wed | Feb. 4 | 8:30am | Donors' Private Intentions |
| Thur | Feb. 5 | 8:00am | Nieves Wilson (D) |
| Fri | Feb. 6 | 8:30am | The Sick Members of our Parish and their Caretakers |
| Sat | Feb. 7 | 5:00pm | Dan Worth (D) |
| Sun | Feb. 8 | 8:00am | Claude Wundrow (D) |
| | | 10:00am | People of the Parish |
| | | 5:00pm | Giancarlo Sotil (D) The Wankar Family (INT) |

Sick Relatives & Friends

Note: please call parish office to update names

As a community we ask God's blessing for the ill: Stan & Donna Pechalonis, Mark Gardner, Terese Marklinger, Karen Poligono, Marilyn Marklinger, Don Orlandi, , Jordan Roggenbuck, Matt Hansen, Jim Sweeney, Bob Hoffman, John Alkazin, Lorraine Matteucci, Deidra Carson, Fr. Bill Brown, Bryan Green, Chris Ryan, Elaine Innes, Arlene Hansen, Rose Michelle D'Haiti, John Peterson, Erin Granucci, Bruce Hubal, Charles Cavagnetto, J.R. Maricich, Isabella O'Brien, Dorothy Laddish, Penny Maioli, Gretchen Libby, Murhal Orendorff, Dennis O'Keefe

For the Repose of the Soul: Pauline O'Brien-DeLury, Susan Catinella, Sal Catinella, Linda Biesheuvel, Pat Daly, Katherine Elizabeth Devcich, Catherine Ward, Theresa Sullivan, Michael Killelea, Gary McPartlin, Fr. Neil Healy

For Our Military: Matthew Kerry O'Brien, Robert Gebhardt, Tyler Lopez, Alex Boatwright, Elizabeth Baumsteiger, Christian Miller, Robert Kent, Shane Morgan, Daniel Lowe, & Rob Manifold

The Pope's Monthly Intentions

February—For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

SAVE THE DATE & COMMUNITY NOTES

- **On Saturday, February 14, 2026, we will hold a Healing Mass for Divorced/Separated Catholics here in our Church at 9:00 a.m.**
- **Wine and Cheese Night** will return after the 5pm Vigil Mass on Saturday, February 14
- **Lent begins on February 18.** Ash Wednesday Masses will be at 8:30am, 11:00am, and 5:00pm.
- Join the **Ninth Annual Retreat for Women on Saturday, February 21 at St. Dominic's Parish, San Francisco.** Learn how to grow closer to Jesus, change the way you think about certain circumstances, and watch miracles happen. Cost is \$60. For more detailed information and to register, visit <https://stdominics.org/retreat-for-women/>
- **On Saturday, February 21 at 10:00am , all sacramentally married couples in the Archdiocese are invited to St. Mary's Cathedral for a Mass** celebrated by Archbishop Cordileone, followed by a reception. Couples celebrating "five-year anniversaries" (5, 10, 15, 20...) will receive special recognition. Donation requested is \$20/couple. Register at <https://sfarch.org/event/2026-wedding-anniversary-celebration/>



One time donation



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Registration

St. Anselm Planned Giving

Consider listing St. Anselm's as beneficiary in your Will (advisable to have one). It preserves the mission & values of the Church in its ministry.

Contact Steve Easley for more information:
415-272-6147
steve@meridiancommerical.com

HELPING THE UNSEEN FEEL SEEN DURING LENT

February 18 marks the beginning of Lent with the celebration of Ash Wednesday. Every year, during this sacred season, something quiet but significant happens in parishes like ours.

- A visitor slips into a pew after being away for many years.
- A young family comes for the first time, unsure where to sit or how their children will be received.
- A parent from our school quietly attends Mass, hoping to reconnect.
- Someone searching online wonders if this parish might finally feel like home.

They come quietly—and often, they leave quietly, without ever being noticed.

Lent is a season of return, renewal, and encounter. It is a time when hearts are more open, when wounds surface, and when many feel a gentle pull back toward the Eucharist—the source of our unity and life. For this reason, Lent may be one of the most critical moments in the year for helping people move from simply showing up to truly belonging.

Often, what makes the difference is not a program, but a person:

- A smile that feels genuine.
- A simple "Good morning, we're glad you're here."
- An invitation to sit together.
- Patience with children.
- A willingness to notice someone standing alone.

These small, tangible gestures quietly communicate something powerful: *You are seen. You belong here.*

As a parish and school community, I invite us to take on a kind of *Lenten warmth*—a realistic obligation of accompaniment:

- At Sunday and daily Mass, notice someone unfamiliar and offer a brief word of welcome.
- During Eucharistic Adoration or the Stations of the Cross, be attentive to those who seem unsure or new.
- Long-time parishioners can make space for conversation outside the Church following Mass rather than leaving immediately.

We all can model a spirit of calm, reverence, and approachability.

My prayer and hope for this Lenten season is that, through these ordinary acts of faithfulness, we foster a culture of welcome that is both deeply Gospel-rooted and realistic for parish life. Genuine hospitality is not about doing more—it is about drawing others into the life of the Body of Christ.

This Lent, I invite and urge every member of our Church and School community to notice who God is placing in our midst, and to walk with them—quietly and faithfully—toward deeper communion, lasting belonging, and life in the Eucharist.

**MERIDIAN**

COMMERCIAL

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