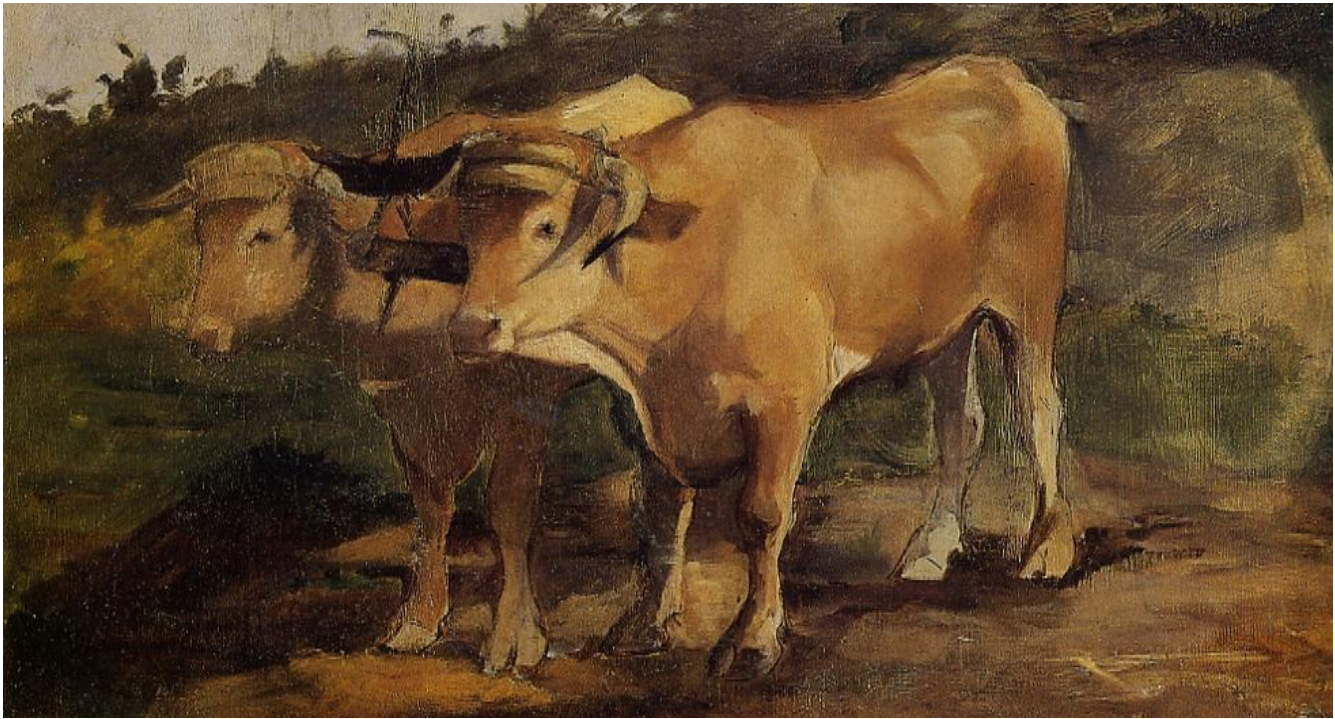


St. Anselm Catholic Church

July 5, 2026

Fourteenth Sunday in Ordinary Time



Two Bulls Wearing a Yoke—Henri de Toulouse-Lautrec, 1881

97 Shady Lane, PO Box 1061, Ross, CA 94957

Parish office phone: (415) 453-2342

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

Lunch: 12:00pm-1:00pm

Parish email: Info@SaintAnselm.org

Parish website: www.SaintAnselm.org

Parish Facebook: www.facebook.com/
SaintAnselmChurchRossCalifornia

Clergy: Fr. Gabriel Wankar, Pastor
ext. 103; wankar.gabriel@sfarch.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 7:00—8:25am &
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: 14th Sunday Ordinary Time A

While almost every burden of manual labor appears to have been eliminated, and creature comforts abound in our Western world, from air conditioning to instant coffee machines, we still keenly experience life's burdens, as demonstrated by the widespread recourse to psychotherapy and psychotropic drugs. Increasingly, it is clear that serenity is "*an inside job*." Today, Jesus shows us how to be freed from our burdens: through filiation, imitation, and simplification.

I. Filiation – "*I give praise to you, ... for although you have hidden these things from the wise and the learned, you have revealed them to little ones.*" By contrasting the "wise and learned" with the "little ones," Jesus commends to us a childlike simplicity, the experience of divine filiation, of being one of God's "little ones." Children are always asking, seeking, and knocking. They trust their parents completely. The first step to lessening our burdens is to have a childlike simplicity with the Father, wherein we are humble before him, acknowledging our need for Him and complete dependence upon Him.

II. Imitation – "*Learn from me ... for I am meek and humble of heart; and you will find rest for yourselves.*" The Greek word for "meek" is *πραῦς* (*praus*), but there is some debate about how it is best interpreted. Aristotle defined "*praotes*" (meekness) as the middle ground between too much anger and not enough. Hence, the meek are those who have authority over their anger. However, many biblical scholars contend that Jesus often used this word as a synonym for being "poor in spirit." To be poor in spirit means to be humble and dependent upon God, less obsessed with success, power, and possessions. It opens the door to serenity for us, and many of our anxieties go away. Jesus also says that He is humble of heart. The Greek word used is *ταπεινός* (*tapeinos*), meaning "lowly" or "humble," and referring to one who depends on the Lord rather than himself. The serenity that comes from embracing these two attitudes grows with each day, when we learn from Jesus.

III. Simplification – "*Take my yoke upon you ... For my yoke is easy, and my burden light.*" Essentially, "yoke," used here as a symbol for the cross, is a wooden truss that makes it easier to carry a heavy load by distributing the weight along a wider part of the body, or by allowing the weight to be shared by two or more people or animals. There is a cross that Jesus allows, for a reason and for a season. Easy? The Greek word *χρηστός* (*chrestos*) is better translated as "well-fitting," "suitable," or even "useful." The cross or yoke Jesus has for us is well-suited and useful. The problem comes when we start adding weight upon our shoulders that God did not intend for us. Jesus' final advice to us is to "take my yoke," but only that. In the week ahead, let us forsake all else, and focus on Jesus, Amen.

Make a joyful noise! The Saint Anselm choir wants YOU! Be a part of a caring and supportive group of parishioners who love to lift their voices to the LORD. Two Sunday choirs to choose from: 10:00AM or 5:00PM. Those who sing pray twice!

Contact Rebekah Wu, Sacred Music Director, for more details. Email: musicdirector@saintanselm.org

MASS INTENTIONS

Mon	Jul. 6	8:30am	David Eichorn (INT)
Tues	Jul. 7	8:30am	Lerma Dalit (D)
Wed	Jul. 8	8:30am	Mimi, Trist, David, & Georgia Russo (INT)
Thur	Jul. 9	8:30am	Archbishop Salvatore Cordileone (INT)
Fri	Jul. 10	8:30am	The Success of our Bell Tower Restoration
Sat	Jul. 11	5:00pm	Richard Parrant (INT)
Sun	Jul. 12	8:00am	Claude Wundrow (D)
		10:00am	Dick & Pat Hultin (D)
		5:00pm	Those Suffering in Silence

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, Matt Hansen, Jim Sweeney, Bob Hoffman, John Alkazin, Deidra Carson, Fr. Bill Brown, Bryan Green, Chris Ryan, Elaine Innes, Rose Michelle D'Haiti, John Peterson, Erin Granucci, Bruce Hubal, Charles Cavagetto, J.R. Maricich, Isabella O'Brien, Dorothy Laddish, Penny Maioli, Gretchen Libby, Murhal Orendorff, Martha Yasar, Claire Muller, Ellie Boldrick, Maria Tan, Renee Reyes, Pam King, Lois Markovich, Maria Bail

For the Repose of the Soul: Pauline O'Brien-DeLury, Susan Catinella, Sal Catinella, Linda Biesheuvel, Pat Daly, Katherine Elizabeth Devcich, Catherine Ward, Michael Killelea, Gary McPartlin, Emile Hedouin, Georges Haudiquet, Patricia Ann Sahl, Fr. Neil Healy, Jim Davenport, Michael Mello, Klaus Binz, Ian Dillon, Isabella Welch, Jim Wagner, Jerd Formichi, Georgia Addington, Craig Caracozza, Dennis O'Keefe, Lorraine Matteucci

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

The Pope's Monthly Intentions

July—For respect for human life

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

SAVE THE DATE & COMMUNITY NOTES

- Our monthly Wine and Cheese will follow the 5pm Vigil Mass on Saturday, July 11.
- Every weekday, Eucharistic Adoration takes place from 7:00 - 8:25am. A priest is available to hear confessions from 7:00 - 8am. The rosary will be said at 8am during Adoration. Weekday Mass begins at 8:30am.
- If you have a family member, friend, or neighbor who is unable to attend Mass due to age, illness, hospitalization, or being homebound, please let the parish office know. Our Pastor is happy to bring Holy Communion to those who cannot be with us at Mass. Likewise, if someone is seriously ill or would benefit from receiving the Sacrament of the Anointing of the Sick, please contact the parish office to arrange it. Thank you for helping us care for our brothers and sisters who are unable to join us in person.

Saint Anselm Summer Date Night Challenge



www.saintanselm.org/date-night

Our Family Life and Outreach Ministry has started a **Date Night Challenge** for married couples or couples intending to marry running into August. Marriage grows through small, intentional moments. This summer, commit to **one date per month for three months** and watch how simple connection can renew your marriage. Each date you submit = **one entry towards winning a prize!** See the website or scan the QR code to learn more and sign up.

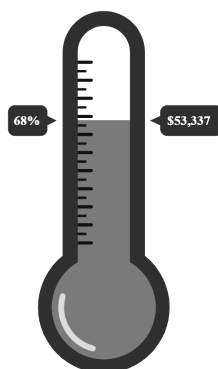


One time donation Recurring donation

Registration

2026 AAA

GOAL: \$78,673



St. Anselm Planned Giving

Consider listing St. Anselm's as beneficiary in your Will (advisable to have one).
Contact Steve Easley for more info:
415-272-6147
steve@meridiancommerical.com

UPCOMING SECOND COLLECTION

July 19 | Building and Maintenance

A Journey Through the Catechism 8: The Eucharist (CCC, 3122-1419)

What is the prominence of the Sacrament of the Eucharist in the Church?

Reception of the Sacrament of the Eucharist completes Christian initiation for baptized Catholics. The Body of Christ in the Eucharist is the very body of Christ that hung upon the Cross. The precious Blood of Christ in the Eucharist is the very blood that flowed from his side. "The Holy Eucharist flows from our Lord's perfect sacrifice upon the Cross, from his very heart. The Holy Eucharist is the very heart of the Church, her source and her summit.

What is the meant by the Real Presence of Christ in the Eucharist?

Catholics not only believe in the Real Presence of Jesus in the Holy Eucharist, but we believe in His *substantial* presence – that is, He is really present in the substance of the consecrated bread and wine. (cf. Mt 25-31-46, CCC 1373). The priest, in the role of Christ, pronounces these words, but their power and grace are God's. This is my body, he says. This word transforms the things offered" (CCC 204n. Cf Mt 26:27). Our Lord does not equivocate in His words: For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him (Jn 6:53-56).

What is meant by the term *transubstantiation*?

The term *transubstantiation* refers to the change of the essential nature of the bread and wine into the Body and Blood of Christ during consecration at Mass. The prefix *trans* mean "to go across" or "to change," as in the words *transform* and *transport*. *Substance* refers to the very essence of a thing or a person, as opposed to the accidental features such as shape and color. In the Holy Eucharist, the accidents of the bread and the wine remain, but by the power of the Holy Spirit and the power of the Word of God spoken over the gifts of bread and wine ("This is my body" and "This is the chalice of my blood"), the substance of the bread and wine is changed. (CCC 1373-1377). Always remember that the *whole Christ* is substantially and wholly present in both the Blessed Sacrament and the Precious Blood, whether we receive only a fraction of the sacred host or a single drop of the Precious Blood from the chalice. **What is the proper way to show respect for the Blessed Sacrament when entering or leaving a Church?**

When entering or leaving a Church in which the Blessed Sacrament is reserved in a tabernacle, or when passing in front of a tabernacle marked with a veil or burning votive candle, it is fitting to genuflect with your right knee or to bow deeply as a sign of adoration. In her Eucharistic piety, which includes the reservation of the Blessed Sacrament in the tabernacle and the popular devotions of exposition and Benediction, the Church affirms her belief in the Real Presence (CCC 1379).