



ST. BARNABAS CATHOLIC CHURCH

3955 ORANGE AVE., LONG BEACH, CA 90807 | 562-424-8595 | STBARNABASLB.ORG

REV. ANTONY GASPAR | PASTOR

Year C: Reading 861



Good News!

January 23, 2022
Third Sunday in Ordinary Time (C)
Neh 8:2-4a, 5-6, 8-10; 1 Cor 12:12-30
or 12:12-14, 27; Lk 1:1-4; 4:14-21

Fulfilled in Your Hearing. When we hear that phrase, we might be inclined to think of prophecy. However, today's readings suggest something a bit different. True, in today's Gospel, Jesus states that he is the fulfillment of the promise made by the prophet Isaiah. However, the way that passage was fulfilled by Jesus was not the way his hearers expected. The passage seems to promise a change in society where there will be no more poor or prisoners. The people expected a political change which would overthrow Roman control. Jesus' application was quite different. The fulfillment of that prophecy included a new and often radical way of understanding society. In other words, Jesus revealed the true meaning of the prophecy.

Such reapplication is even clearer in the first reading. Nehemiah, the Jewish leader of those who had returned from Babylonian exile, gathered all the community together, read the Law, and then reapplied it for them.

Reapplication is often necessary because what might have been a helpful way of understanding something in our faith under some circumstances might be impractical, even inappropriate, in others. For example, to pray for an end to war is important, but to do nothing to work for peace changes how we understand prayer. Circumstances often change as we go through life. Reapplication of our faith acknowledges this and searches for ways that faith can continue to address those changing circumstances. Faithful reapplication always keeps our religious tradition alive and meaningful.

Sr. Dianne Bergant, CSA

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Third Sunday in Ordinary Time

JANUARY 23, 2022

Go, eat rich foods
and drink sweet drinks,
and allot portions to those
who have nothing prepared;
for today is holy to our Lord.

Nehemiah 8:10

2021-2022



250TH JUBILEE YEAR

PARISH OFFICE:

OFFICE #: 562-424-8595

E-MAIL: CHURCH@STBARNABASLB.ORG

OFFICE HOURS:

Monday-Friday: 9:30am-5:00pm

Saturday: 8:30am-4:30pm

Sunday: 7:30am-2:00pm

CONFESSIONS HOURS:

Saturday: 3:30pm-4:30pm (inside the Church)

INFANT BAPTISMS: baptism@stbarnabaslb.org

WEDDINGS: Inquire at least 6 months in advance

ANointing OF THE SICK: Contact Office to arrange visit

PARISH MINISTRIES: Visit our website for contact listings

All other inquiries, please call or E-mail the Parish Office.

IN-PERSON MASS SCHEDULE

Monday - Saturday Saturday Vigil	7:00 am 5:00 pm	Church Church
Wednesday	8:00am	School Mass
SUNDAY	7:00 am 8:00 am 9:00 am 11:00 am	Church Parking Lot Church & Parking Lot Church
1st Friday of the month	8:45am-12:00pm 9:00am-10:00am	Eucharistic Adoration Confessions

LIVE-STREAM MASS/ONLINE ZOOM

Monday - Saturday Tuesday Wednesday	7:00 am 7:30 am 7:30 am	Facebook & YouTube St. Joseph Novena Perpetual Help Novena
SUNDAY	9:00 am	Facebook & YouTube
Thursday	" T B D "	Bible Study Sessions via online Zoom

PARISH MISSION STATEMENT

"We, the Catholic Community of St. Barnabas Parish, are a people formed by Christ, called in Baptism and united in the Eucharist; we continue the mission of the Church in the world through Prayer, Apostolic Works, Evangelization, and Christian Stewardship."

PARISH MINISTRIES

Adoration Coordinators	Charito S/Faye R
Altar Servers (Youth)	Sylvia G
Baseball League (Youth)	Joe F
Boy Scouts Pack 32 / Cub Scouts	Laura L
Bulletin/Website/Social Media/Publications	Olivia B
CANA Marriage Renewal	Bernie M
Couples for Christ	Roy R/Faye R
Divine Mercy Apostolate	Itima E
Extraordinary Ministers of Holy Communion	Samanth C/Helen C
Filipino-American Association	Gene L
Finance Council	Espi G
Girl Scouts Troop #4283	Jessica C
Holy Name Society	Bob F
Infant Baptism	Jay G
I.T. Resource Team	David A
Knights of Columbus #3449	Joe A
Lectors	Marina C
Legion of Mary	Barbara F
Liturgical Music Coordinator	Joseph P
Ministry of Consolation	Terri F
Our Lady of Perpetual Help Novena	Armando P/Gigi L
Our Lady Queen of Peace	Tricia J
Pastoral Council	Darrell S
Planning/Building Team	Sean F
Project Achieve	Michelle S
RCIA/Adult Sacraments	Andrea M/Susana M
Respect Life	Robert K
Rosary Ministry	Paula S/Mabel F
Sacristans	Sahlee B/Armando P
Safeguard the Children	Elizabeth C
Stewardship Committee	David Z
Ushers & Greeters	Darrell S
Wedding/Quinceanera Rehearsal Coordinator	Deb R
Worship Environment	Olivia A

FOR MINISTRY INQUIRIES, or to view our complete listing, please visit our website for contact information or call our Parish Office.

www.stbarnabaslb.org/ministries

PARISH REGISTRATION

We encourage you to register as a Parishioner. To be an "Active" member at our Parish, is to participate in the life of prayer and stewardship. Being a parishioner enables a person to be eligible to sponsor a child for Baptism, to receive financial aid for Catholic Education, to be Married in the Parish, book a Funeral/Memorial Mass and to prepare one's children for the Sacraments. All adults over the age of 21, living with their parents or on their own, are encouraged to register as well. Visit our website to register!

FAKE TEXT MSG/SPAM E-MAILS

If you received a text message or E-Mail claiming it's from Fr. Antony, asking for money, gift cards or asking for your help, **THIS IS A HOAX!** PLEASE IGNORE THIS NEW E-MAIL FROM: blessingsparish@gmail.com (pretending to be from Fr. Antony) Do not reply to them and immediately delete it. Please ALERT the Parish Office if you receive any other fake messages, so we can flag it. Thanks for your cooperation.



FINANCIAL BLESSINGS

01/09/22:
01/16/22:

**Not available
at this time**

Faith-Direct
Bi-Weekly
Contribution:

\$ 6,315.58

Period: 12/16 – 12/31

Thanks for your prayerful giving. Your donation supports the operations of our Parish Community.



Monthly Flower Donors for Tabernacle & Blessed Mother:

**Fred & Letty
Montoya**
Jan. 22—Feb. 5

Altar Flowers Sponsor:

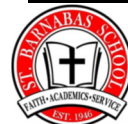
Requested by:

No Sponsors
This week

*Please contact the
Parish Office if you
would like to sponsor
Altar flowers.*



ST. BARNABAS SCHOOL



Office: (562) 424-7476
Fax: (562) 981-3351
3980 Marron Avenue
Long Beach, CA 90807

Principal: Jennifer Kellam
jkellam@stbarnabas.school
www.school.stbarnabaslb.org

PRE-SCHOOL / DAYCARE

Main: (562) 988-8481

RELIGIOUS EDUCATION & CONFIRMATION

Office: (562) 988-6855

1130 Marshall Place
Long Beach, CA 90807
(Office located upstairs of Parish Center)

Rel Ed Coordinator: **Juan Rodriguez Jr.**
562-341-7772 cell/text
religiouseducation@stbarnabaslb.org

Confirmation Coordinator:
Emmanuel Magallanes
213-948-7762 cell/text
confirmation@stbarnabaslb.org

MARK YOUR CALENDAR

1/30-2/5: Catholic School's Week!
 2/3: Feast of St. Blaise (blessing of the throats after Mass)
 2/3: SBS Virtual Talent Show
 2/4: First Friday Adoration
 2/14: Valentine's Day
 2/19: Compelled By Love -A Jubilee Retreat

WEEKLY MASS INTENTIONS

Sat. Jan. 22 5:00p.m.	Death Anniversary: +Rosario Luna
Sun., Jan. 23	
7:00 a.m.	Thanksgiving: Christine & Antonio Boyd Birthday: Marnie Domingo Healing: Fr. Edgaro Solano Repose: +Mary Andes; Flora & Nicanor Campano
8:00 a.m.	Repose: +Cesar Ramos Jr.; +Lamberto Hizon Sr.
9:00 a.m.	All Parishioners;
11:00am	Birthday: Jasee Balajadia Thanksgiving: Metudio Saballo; Healing: Reynaldo Cordero; Sonny James Arceo; Eufracia Mabute; Santiago Arceo Repose: +Rosita & +Gregorio Paderogo; +Restituta Totanes
Mon., Jan. 24	Healing: Fr. Edgaro Solano 23rd Death Anniversary: Vincent Jischke
Tue., Jan. 25	Repose: +Lamberto Hizon Sr. 40th day: +Aurora Go
Wed., Jan. 26	OLPH Devotees; Repose: +Thomas & +Alfreda Skeren; +Jean & +Stanley Gilewski
Thu., Jan. 27	Repose: +Donn H. Trenkle 40th day: +Juanita Magarro
Fri., Jan. 28	Birthday: Rey Nufable; Regina Nufable-Andrion
Sat. Jan. 29 7:00 a.m.	Birthday: Marilyn Eteaki



*Book your Mass Intentions via Website, E-mail or by phone. (+ indicates deceased)
 Send requests at least 2 weeks in advance, to be listed in the Bulletin. Some names may not reflect above, due to early print deadlines or requests were made after printer deadline.*

REMEMBER THOSE WHO HAVE DIED

Jonathan Clementir
 Robert Ellis
 Fortunato Durban
 Lavonne Kruis
 Raymond Castro
 Cely Ledesma
 Colleen Lilian Ogg



John Junk
 Art Quinto
 Fe Dela Cruz
 Lourdes Montuya
 Helen Feser
 Belya A. Trudeau
 Benjamin Selga

TODAY'S READINGS: YR C / 861

First Reading — Ezra read from the book of the law of God to the assembled people. They understood and accepted the law (Nehemiah 8:2-4a, 5-6, 8-10).

Psalm — Your words, Lord, are Spirit and life (Psalm 19).

Second Reading — As the body with its many parts is still one body, so it is with Christ (1 Corinthians 12:12-30 [12-14, 27]).

Gospel — While attending worship in the Nazarean synagogue, Jesus reads from the prophet Isaiah and declares himself to be the fulfillment of the prophecy (Luke 1:1-4; 4:14-21).

The English translation of the Psalm Responses from the *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday: 2 Sm 5:1-7, 10; Ps 89:20-22, 25-26; Mk 3:22-30
 Tuesday: Acts 22:3-16 or 9:1-22; Ps 117:1bc, 2; Mk 16:15-18
 Wednesday: 2 Tm 1:1-18 or Ti 1:1-5; Ps 89:4-5, 27-30; Mk 4:1-20
 Thursday: 2 Sm 7:18-19, 24-29; Ps 132:1-5, 11-14; Mk 4:21-25
 Friday: 2 Sm 11:1-4a, 5-10a, 13-17; Ps 51:3-7, 10-11; Mk 4:26-34
 Saturday: 2 Sm 12:1-7a, 10-17; Ps 51:12-17; Mk 4:35-41
 Sunday: Jer 1:4-5, 17-19; Ps 71:1-6, 15, 17; 1 Cor 12:31 — 13:13 [13:4-13]; Lk 4:21-30

PRAYERS NEEDED FOR HEALING

Elizabeth N. Gabrillo, Florencio "Junn" P. Gabrillo Jr., Lorna E. Declines, Merlo P. Estrada, Nelia N. Estrada, Sue Ann E. Tumakay, Mario & Mely Visperas, Natividad S. Fernandez, Rogy Soriano, Luningning Hobbs, Richard Geronimo, Cesar Giron, Robert Carambelas, Hector Gustilo, Rose de los Reyes, Alvino Jauregui, Gerry Johnston, Tina Quinn, Bridget Vanderwerff, Carmela Chiurazzi, Violet Fimalino, Maria Sanchez, Erwin Castillo, Earl Leiran, Cecilia Van Vooren, Chito Aguinaldo, Steve Ferrer, Scott Polson, Josephine Hong, Chean & Harper Hong, Joseph Delos Reyes, Samuel Chavez, Ildefonso Reyes, William & Gloria Dorsey, Carl Valentini, Mercy Damacion, Ching Dalog, Eddie Reyes, Nena Paraiso, Johnny Rimas, Antonio Montuya, Alexander Sabunas, MaryAnn Salas, Terri Furlow, Victor Perez Jr., Julian Ashley Johnson, Nancy Mendoza, Gio Diaz, Brian Sabunas, Ken Augustine, Connie Edwards, Mary & Steven Pearson, Betty Chrysler, Kathy Wachter, Josh & Pam Batovsky, Sherrie & Heather Wren, Augusto David, Barbara Hendron, Roxann, Donn & Danny Batovsky, Helen Strong, Connie Dobberpuhl

We begin a new, updated list every 4-6 months. If you would like to be added or RE-ADDED to our prayer list, please email church@stbarnabaslb.org with the name to be included. Thank you.

PARISH & MINISTRY NEWS

*** IMPORTANT NOTICE ***

L.A. County Health Dept. protocols will be in effect, so please continue to wear your masks and observe social distancing. Thanks for cooperating!

WE NEED USHERS!!!

Would you like to help usher during the Mass that you attend? If you would like to join our Ushers Ministry, please contact **Ministry Leader: Darrell at 562-243-1378 or e-mail directly to: dstew40@gmail.com** We are refraining from passing the baskets around, rather we will be using a bag with an extended pole for safety.

LOOKING FOR SINGERS & MUSICIANS

Would you like to use your talent by blessing us with your beautiful voice as a Cantor, or do you play Piano or Guitar??? **We are in great need of Singers and Musicians** to join our Music Ministry. Please contact the Parish Office: 562-424-8595 or E-Mail: church@stbarnabaslb.org

MISSALETES FOR SALE!



New missalettes are for sale for the upcoming year! This special edition covers all 3 cycles and is hardbound, therefore, it does not need to be changed out every year. Cost is: **\$25/each**. Stop by the Parish Office to purchase, or after the Sunday Masses outside in the parking lot!

TAX LETTERS / CHURCH CONTRIBUTIONS

If you would like to obtain a copy of your 2021 Church Contributions, **please e-mail us at: church@stbarnabaslb.org (preferred, that way we can e-mail your copy faster).**

You can also call our Parish Office and leave your full name, address & phone number and we can mail them out, when they are ready.

We will not be sending them out automatically.

These records may or may not reflect some fundraising **TAX INCENTIVES** donations. We can certainly modify your totals, just let us know. Or better yet, also refer to your own bank statements to accompany with your Church contributions. Thanks for your patience during this time and your continued support to our Parish.

CONGRATULATIONS

WEDDING ANNIVERSARIES THIS MONTH

William & Elaine Chua 01/04 (40yrs)
Samanth & Sonia Vedamanickam 1/7 (3yrs)
Senen & Justina Gonzales 1/19



Email us Names, year you're celebrating, along with your Wedding Anniversary date to: church@stbarnabaslb.org

PASTOR'S LETTER: JAN. 1, 2022

My Dear Parishioners,

Happy New Year 2022!

We begin the new year with the feast of the Solemnity of Mary, Mother of God. This is no liturgical accident, but the Church has placed this feast on this very first day of the year to help us reflect on the role of Mary in God's plan for our salvation and seek her intercession for our faith life. The Church believes that she who beheld the face of the Savior invites us to hear the words of her Son Jesus, "Behold I make all things new!" (Rev. 21:5). Jesus alone can fulfill the desires, hopes, and dreams we have for this new year. And Mary is ever ready to help us obtaining those graces from her Son Jesus.

As we begin the year, we tend to look back the events which played a major part in our lives and look forward to a year filled with hopes and promises. A right disposition to God would certainly carry us safely through this year. Mother Mary sets the tone for us with her Fiat, "let it be done to me according to your word" (Luke 1:38). Mary was the first disciple, the prototype, the symbol of the whole Church. We who are members of the Church, are invited to emulate her Yes to God's will in our lives. An openness to God's will could spare us from disappointments and discouragements when our dreams may not come true the way we wanted.

Like Mary, let us open our hearts for Jesus and be filled with His abundant grace. May we seek the fullness of His grace by entering into a personal relationship with Him. St. Paul affirms it: "Whoever is in Christ is a new creation: the old things have passed away; behold, new things have come" (2 Cor. 5:17).

Billy Graham's prayer may be worth noting. He prays: O Lord God! We each have our hopes and expectations for the year that is ahead of us, but You alone know what it holds for us, and only You can give us the strength and the wisdom we will need to meet its challenges. So help us to place our hands into Yours, and to trust You and to seek Your will for our lives. In the midst of life's uncertainties in the days ahead, assure us of the certainty of Your unchanging love. In the midst of life's inevitable disappointments and heartaches, help us to turn to You for the stability and comfort. In the midst of life's temptations and our stubborn self-will, help us to have the courage to do what is right in Your sight. And in the midst of our daily preoccupations and pursuits, open our eyes to the sorrows and injustices of our hurting world, and help us to respond with compassion and sacrifice to those who are lonely and in need. May our constant prayer be that of the ancient Psalmist: "Teach me, O Lord, to follow your decrees; then I will keep them to the end" (Psalm 119:33).

On behalf of our parish staff, pastoral and finance council, I wish you a blessed New Year 2022!

With New Year Blessings,

Rev. Dr. Antony J. Gaspar (Pastor)



*** MINISTRY HIGHLIGHTS ***

WEEKLY MINISTRY SPOTLIGHT

We will be highlighting our various Ministries within our Parish every month, who are active and help bring out the spirit in our Church! Opportunity to evangelize, recruit members and to share information about your Ministry! We will conclude with a Ministry Fair—TBD! **MORE DETAILS TO COME...** (subject to change at any time, due to Covid safety)

ATTENTION ALL MINISTRY LEADERS:

Contact our Forward In Mission Committee Leader for information on how your Ministry Group can participate in this upcoming event!!!

E-Mail Brian Sapsky: brian.sapsky@yahoo.com

A JUBILEE RETREAT: FEB. 19TH**COMPELLED BY LOVE: A JUBILEE RETREAT**

Come Renew your discipleship of Jesus and hear his summons to join him in his mission!

Saturday, February 19, 2022, from 9am-12pm: St. Mary of the Assumption, Whittier (San Pedro Pastoral Region)

Here is the link to register or they can go through forwardinmission.com
<http://store.la-archdiocese.org/jubilee-regional-retreats-2>

**PRAYER FOR THE JUBILEE**

Commemorating the 250th Anniversary of the Founding of Mission San Gabriel Arcángel by St. Junípero Serra

Heavenly Father, we thank You for the gift of Your servant, St. Junípero Serra, and for all the missionaries, native peoples, and immigrants who established Mission San Gabriel Arcángel, that Your Kingdom might extend to the ends of the earth.

Help us to walk in their footsteps as missionary disciples. Guided by their example, may we be always faithful and courageous in proclaiming the Gospel of Your Son, Jesus Christ our Lord.

Father, look upon Your family here in Los Angeles with mercy. Taught by the Word of Truth and fed with the Bread of Life, may Your Church here always seek to do Your will, and be the sign of Your love for all peoples, who are sons and daughters of God, all of us loved and desired by You, and born for greater things.

Renew us and strengthen us, and cleanse our hearts. By Your grace, may we follow Jesus with joy and holiness of life, and together with Him build a new world of faith and a city of saints.

Through the intercession of the Blessed Virgin of Guadalupe, Mother of the Americas, may we continue always forward in the mission of St. Junípero Serra, making Jesus Christ known to every heart in every nation.

We ask this, through Jesus Christ our Lord, in the unity of the Holy Spirit. Amen.

Most Reverend José H. Gomez
Archbishop of Los Angeles

A Jubilee Year celebrating 250 years

of Mission San Gabriel Arcángel and
Catholic faith in the Archdiocese of Los Angeles

22 Pilgrimage Churches with Holy Doors |
Missionary Practices 2x2 | Camino Walks | Parish Retreats |
Formation Experiences

Sept. 11, 2021 - Sept. 10, 2022

Learn more at forwardinmission.com
Follow @LACatholics for the latest news

MISSIONARY PRACTICES 2X2

RAISING UP A NEW GENERATION OF MISSIONARY DISCIPLES

PRAYER 2X2

Missionaries Pray with Others

As missionary disciples we are sent to pray with others. When someone asks us to pray for them, this moment can be an opportunity to stop and pray for them right on the spot. Praying together aloud opens hearts to Jesus. You can use this simple prayer pattern when you pray with someone:

- **Call on God.**
(Heavenly Father... Lord Jesus... Holy Spirit... Good and gracious God...)
- **Praise or thank God for what He has done.**
(We praise you for... We thank you for...)
- **Ask God for what you or someone else needs.**
(Bless... Help... Guide... Heal...)
- **Conclude in Christ. Amen.**
(We ask this in the name of Jesus... We ask this through Christ our Lord...)

FOR MORE INFORMATION VISIT FORWARDINMISSION.COM



ST. BARNABAS CATHOLIC CHURCH

3955 ORANGE AVE., LONG BEACH, CA 90807 | 562-424-8595 | STBARNABASLB.ORG

PARISH FAMILY NAME

SCHOOL FAMILY # PARISH FAMILY #

Welcome and thank you for registering at St. Barnabas Parish. Please fill out the following information so that we may include you and your family in our directory. To be an "**Active**" member at our Parish, is to participate in the life of prayer and stewardship. Being a parishioner enables a person to be eligible to sponsor a child for Baptism (w/proof of Sacraments), to receive financial aid for Catholic Education, to be Married in the Parish, book a Funeral/Memorial Mass and to prepare one's children for the Sacraments. All adults over the age of 21, living with their parents or on their own, are encouraged to register in the Parish to be considered members. The use of the offertory envelopes may also help you to qualify for tax incentives. Please print and fill out this form completely and mail it back to the Church, drop it in the collection baskets, or return it to the Parish Office. If you have any changes, please fill out and indicate your change of information.

Date of

Registration: _____ New Registration: ☐ Change of Information: ☐ How long in Parish? _____ yrs

We want **FREE** envelopes mailed to my home: ☐ Yes!

Signing up for Online Faith Direct: ☐ Yes!

FAMILY LAST NAME:				PHONE NUMBER:			
MAILING ADDRESS:				CITY		STATE ZIP CODE	
E-MAIL ADDRESS:							
1) Husband/or Head of Household: (Mr/Mrs/Miss/Ms)	First Name: (add last name if diff. from above)	Marital Status	Religion	Date of Birth	Profession		
Baptized:	Holy Communion:	Confirmed:	Civil Marriage:	Married in Church:			
2) Spouse/or Head of Household: (Mr/Mrs/Miss/Ms)	First Name: (add last name if diff. from above)	Marital Status	Religion	Date of Birth	Profession		
Baptized:	Holy Communion:	Confirmed:	Civil Marriage:	Married in Church:			
3) Child/or Other Adult: (Mr/Mrs/Miss/Ms)	First Name: (add last name if diff. from above)	Marital Status	Religion	Date of Birth	Profession		
Baptized:	Holy Communion:	Confirmed:	Civil Marriage:	Married in Church:			
4) Child/or Other Adult: (Mr/Mrs/Miss/Ms)	First Name: (add last name if diff. from above)	Marital Status	Religion	Date of Birth	Profession		
Baptized:	Holy Communion:	Confirmed:	Civil Marriage:	Married in Church:			
5) Child/or Other Adult: (Mr/Mrs/Miss/Ms)	First Name: (add last name if diff. from above)	Marital Status	Religion	Date of Birth	Profession		
Baptized:	Holy Communion:	Confirmed:	Civil Marriage:	Married in Church:			
6) Child/or Other Adult: (Mr/Mrs/Miss/Ms)	First Name: (add last name if diff. from above)	Marital Status	Religion	Date of Birth	Profession		
Baptized:	Holy Communion:	Confirmed:	Civil Marriage:	Married in Church:			
7) Child/or Other Adult: (Mr/Mrs/Miss/Ms)	First Name: (add last name if diff. from above)	Marital Status	Religion	Date of Birth	Profession		
Baptized:	Holy Communion:	Confirmed:	Civil Marriage:	Married in Church:			

NOTES: _____

===== [Staff Use Only] =====
 Added to PDS: _____ Added to ENV: _____ Staff Initial: _____ SBS Family: _____ Cancel ENV: _____
 Mailed welcome letter & copy of bulletin (new only): _____ Added to 'new parishioners list' in bulletin: _____

If you are interested in joining a Ministry or inquiring about more information, please visit our website at: www.stbarnabaslb.org and click on 'Ministries tab' for complete listing & descriptions.

You Tube PLEASE SUBSCRIBE TO OUR YOUTUBE CHANNEL!

Please visit: www.youtube.com/stbarnabaschurchlongbeach

PRAYER OF THE WEEK**Third Sunday in Ordinary Time**

Almighty ever-living God,
 direct our actions according to your good pleasure,
 that in the name of your beloved Son
 we may abound in good works.
 Through our Lord Jesus Christ, your Son,
 who lives and reigns with you
 in the unity of the Holy Spirit,
 God, for ever and ever.

WEEKLY REFLECTION**GOD'S LAW**

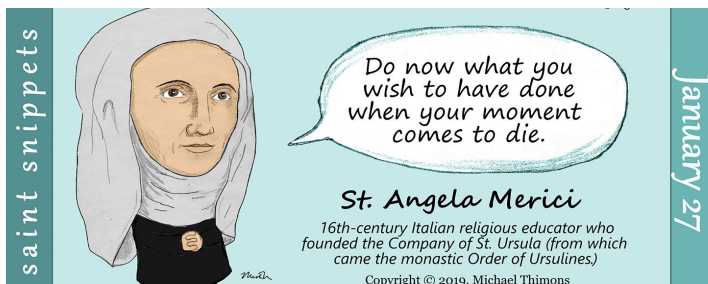
Scripture has always held God's law to be the path to human happiness. In today's first reading, Ezra the priest reads the scroll of the law to the people returned from exile. They weep—then are joyful. Israel's relationship with God had always been defined by how they kept and lived God's law. The author of Psalm 96 likewise praises the law of God as the source of wisdom, joy and enlightenment, purity and justice.

In his advice to the bickering Corinthians, Paul points out that, just as God has made all parts of a human body essential for the health of the whole, living as "Christ's body" requires that each member be recognized as necessary for the good of all. Finally, in Luke's Gospel Jesus claims that the Spirit is sending him to relieve human suffering. Like Ezra, he is reading from a scroll, proclaiming God's "law" of mercy to those in need.

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SAINTS AND SPECIAL OBSERVANCES

Sunday: Third Sunday in Ordinary Time;
 Sunday of the Word of God
 Monday: St. Francis de Sales
 Tuesday: The Conversion of St. Paul the Apostle;
 Week of Prayer for Christian Unity ends
 Wednesday: Ss. Timothy and Titus
 Thursday: St. Angela Merici
 Friday: St. Thomas Aquinas
 Saturday: Blessed Virgin Mary

Archdiocese of Los Angeles: www.LACatholic.org**Dear Padre**

January 23, 2022

In your previous column you wrote that the Mass commemorates Jesus' Last Supper and is a thanksgiving for God's gifts to us. Are there other reasons to get out of bed early and attend Sunday Mass?

The Mass is all about giving thanks for God's forgiveness of sins and his plan for eternal life. In fact, Eucharist is derived from the Greek word meaning "gratitude" or "thanksgiving." But there are many other reasons to participate in the Mass.

The Mass is our opportunity to be present with our Lord in the forms of bread and wine. God doesn't usually make frightening appearances to us accompanied by crashing thunder and lightning. Rather, he makes himself accessible to us in the humble form of food. Jesus said, "Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day" (John 6:54).

As St. Augustine put it, when we receive Christ in these forms, we become what we receive. We are the body of Christ, not as individuals but as his Church. His Church is his physical presence on earth today, the way people come into contact with Christ.

When we participate in the Mass, we become witnesses to all of this: our liberation from sin and death; our Lord's Real Presence to us in the forms of bread and wine; and we, as Church, becoming what we receive—the body of Christ. Can there be better reasons for waking up on a Sunday morning and attending Mass?

Fr. Gary Lauenstein, CSsR

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REL. ED: CHILDREN'S LITURGY

THE RELIGIOUS EDUCATION PROGRAM is now offering **CHILDREN'S LITURGY** on **SUNDAYS** in the Parish Hall. Children in 1st - 5th grade are welcome to attend. Every Sunday at the 9 am indoor Mass, the children will be invited to come to the front after the collect, they will go to the Parish Hall to reflect on the word of God and will return to the Mass at the Prayers of the Faithful. We are following Covid-19 protocols. Any questions, call our Rel. Ed Coordinator, Juan at: 562-341-7772.

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**NEED PART-TIME CAREGIVER PARISHIONER IN NEED**

Long time Parishioner is seeking a caregiver two evenings a week: Tuesdays and Thursdays from 9pm to 6am. Please contact Sam at 562-521-4040 if you are interested or know someone who may be interested. Thanks for your help and consideration.

**ST. BARNABAS SCHOOL NEWS****CATHOLIC SCHOOL'S WEEK**

January 30th through February 5th, 2022

STUDENT NON-DISCRIMINATION POLICY

The school, mindful of its mission to be a witness to the love of Christ for all, admits students regardless of race, color, national origin, and/or ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. The school does not discriminate on the basis of race, color, disability, medical condition, sex, or national and/or ethnic origin in the administration of educational policies and practices, scholarship programs, and athletic and other school-administered programs, although certain athletic leagues and other programs may limit participation and some archdiocesan schools operate as single-sex schools. While the school does not discriminate against students with special needs, a full range of services may not always be available to them. Decisions concerning the admission and continued enrollment of a student in the school are based upon the student's emotional, academic, and physical abilities and the resources available to the school in meeting the student's needs.

SAFEGUARD THE CHILDREN**DID YOU KNOW? January 22-23 || Talk to your Teenagers about Instagram**

Teens and social media have been in the news a lot over the past several months, as research shows how damaging social media sites can be for self-esteem, productivity, and overall well-being. Instagram has been called out, with research citing harm done by filters and by bullying in private messages. How can parents protect their children from the negative impacts such a popular and prevalent site cause? Experts recommend keeping open lines of communication with your teenagers, talking to them often about what they see and how they feel about it. Use age and activity limits or monitoring to keep tabs on how your teens are using Instagram and other social media sites. For more information, read the Associated Press' "Instagram and teens: How to keep your kids safe," at <https://apnews.com/article/technology-social-media-instagram-parents-guide-d5124f7229bbd6a892d9ac487cc04f96>.



"Mrs. Pendicle, even if you were wearing a turtleneck, it doesn't ruin the blessing on the feast of St. Blaise."

The Little Ones

Jim Burrows



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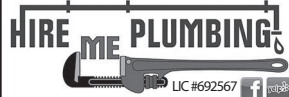
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