



© J. S. Paluch Co., Inc.

Fifth Sunday of Easter

May 10, 2009

Let us love not in word or speech but in deed and truth.

— 1 John 3:18



In the news recently was a popular brand of dietary supplements taken by millions of people to lose weight and build muscle. The U.S. Food and Drug Administration has ordered a recall of these products. Apparently the products have been found to be a health hazard and compromised the health of people. Some say they had little effective in losing weight. Others would say that staying well back from the table was more effective if you wanted to lose weight.

Staying in good health is a challenge and it is very important to utilize everything that's available to stay healthy. The manufacturers of beauty products and diet pills capitalize on this truth and are making a fortune while they tell us how we should look and feel.

Staying healthy is important; our life is a gift from God and we should treat our bodies with care and respect. Doctors tell us to exercise and eat the right food, to get in shape and trim the fat. The health and beauty industry has not yet come up with a pill to keep us healthy and in good physical condition. However, while we are waiting for this 'wonder' pill, we all have to make the personal effort to get in shape.

We also need to do some spiritual exercises. Even the best of lives can do with a little pruning. We have to get in shape and trim the fat of laziness, cut back on gossip, lift up the wary, train to be patient and exercise peace and forgiveness. There is a whole program we are called to implement, to love God and our neighbor as ourselves. This diet demands that we be fed at the table of the Lord Jesus Christ. Without this diet we will not only lose weight but we will wither and die.

ST. DUNSTAN MEN'S CLUB MAY MEETING

Don't miss our last meeting before the summer break. We will be serving up a magnificent barbeque steak dinner with all the fixings. **RESERVATIONS ARE REQUIRED.** Monday, May 18 @ 6:30 pm in the Parish Center
Dinner: \$15 per person
Please make reservations by contacting Paul Lacampagne @ 589-4009 or lacampagne@aol.com

St. Dunstan's Branch 403 of the Italian Catholic Federation invites parishioners, their families and friends to join them on Sunday, May 17, for a delicious Spaghetti and Meatball Dinner in the Parish Center. No host cocktails at 4 pm, dinner of salad, spaghetti, meatballs, bread, butter, dessert, coffee or tea and wine at 5 pm. Cost is \$18. For reservations please call Kay Lucio at 697-7460. Deadline for reservations is May 10th.



WHAT'S HAPPENING THIS WEEK AT ST. DUNSTAN PARISH....

- Tuesday, May 12** **Novena** in honor of Our Lady of Perpetual Help, Benediction of the Blessed Sacrament after the 8 am Mass
CCD today at 3:45 pm
- Thursday, May 14** **Bible Study** at 10 am in the Convent
Prayer group meets at Mary mount Green Hills at 7:30 pm
- Saturday, May 16** **Retrouvaille** meets in the convent
- Monday thru Saturday** Morning Prayer in the church at 7:15 am
- Monday thru Friday** Rosary recited in the church at 7:40 am

Happy Mother's Day to all mothers of the parish. May God lead, guide, and affirm you in your calling of motherhood.



CATHOLIC LOBBY DAY

Members of St. Dunstan's Social Awareness Committee (Fr. Paddy Donovan, George & Jeanne Ledbetter and Patrick McLaughlin) represented the parish at the 11th Annual Catholic Lobby Day in Sacramento on April 28, 2009. They joined approximately 650 Catholics, from all 12 dioceses in California to meet with state legislators to discuss pending bills of concern to Catholics. The bills targeted were CalWORKS and Food Stamps: reducing food stamp restrictions so that more than 50% of eligible recipients may actually get them; "Sentencing": allowing juvenile prisoners with life sentences to be eligible for parole; and "Child protection: safe surrender": extending the protection of unwanted newborns to 30 days (from 3 days). Preventing further cuts in social services in the new state budget was also promoted. The Catholic Lobby had appointments with the offices of all assemblymen and senators. St Dunstan's group met for 30 minutes with staff member Kirsten Wallerstedt, of Senator Leland Yee's office. She advised those interested to write or email Governor Schwarzenegger about the budget and infant safe surrender bill. Previous Catholic lobbies have helped prevent deep cuts in social service programs. The group felt it was a worthwhile, informative experience. For further informed about California politics from a Catholic perspective, visit: www.cacatholic.org/
More about the SF Archdiocese Office of Public Policy & Social Concerns may be seen at www.sflifeandjustice.org.

We welcome to the Eucharist table the following students who received the Sacrament of First Holy Communion on Saturday, May 9th:



Nicholas Agustin, Sophia Alaraj, Jhiro Ancheta, Kyle Ansaldo, Luke Arceneaux, Abdallah Batshon, Sophia Bertolino, Alyssa Borlat, Benjamin Bosso, Mia Calsada, Vincent Campana, Jax Canonizado-Aquino, Julien Cardenas, Jaicob Garson Chan, Nathan Cooper, William Cooper, Cassie Cuellar, Bailey Doyle, Eleege Eidson, Gabriel Escobar, Kobe Fowler, Dominic Galarza, Alec Guiulfo, Madeline Hain, Falyh Hidalgo, Paulina House, Joshua Ishimoto, Jad Jajeh, Joshua Jiao, Christian Loza-Murray, Francesca Martin del Campo, Nicolas Massimi, Patrick McAuliffe, Angelique McDermott, Justin McGee, Bernard Ocon, Eduardo Ortiz, Makana Pember, Jada Ramos, Jonathan Reggiardo, Vincent Sanchez, Antonio Santana, Jessica Shapona, Josephine Sheridan, Gabriel Sherr, Sophia Spagnoli, Brandon Tam, Bryan Tam, Kalika Tantuico, Seth Tantuico, Defel Terciano, Elijah Vargas, Nicole Villegas, Dominico Zucchiatti

May the Lord feed them with bread from heaven, fill them with his Spirit, and make them one in peace in love.

SAN MATEO PRO LIFE

Our next meeting will be Thursday, May 14 at 7:30 pm at St. Gregory’s Worner Center, 138 28th Avenue, San Mateo.

- Topics: NFP presentation by an OB/GYN nurse (NFP: Natural Family Planning) this is the best and approved way to achieve or avoid pregnancy. It needs to be known by all.
 - Plan for our rummage sale fundraiser
- Your help is needed. For more information call Jessica at 650-572-1468.

TELECASTS OF POPE’S MIDEAST VISIT

EWTN telecasts of Pope Benedict’s May 8-15 Mideast visit include the following:

- Meeting in Amman, Jordan, with Muslim religious leaders, May 9
- Mass at Amman International Stadium, May 10
- Visit to Jerusalem’s Yad Vashem Memorial, May 11
- Mass in the Valley of Josaphat in Jerusalem, May 12
- Mass on Manger’s Square in Bethlehem, May 13
- Visit to Bethlehem’s Al Aida Refugee Camp, May 13
- Mass on Mt. Precipice in Nazareth, May 14

For times and telecasts & additional EWTN coverage go to www.ewtn.com and click on “Program Schedules” & “May Grids” or phone (205) 271-2900. EWTN is carried on Comcast Ch 229, Astound Ch 80, San Bruno Cable Ch 143, Dish Satellite Ch 261 & DirecTV Ch 370.



Last weekend’s
Regular Collection: \$9,712.00

This Weekend’s Second Collection is for the Parish Maintenance & Development Fund

Next weekend’s Second Collection is for the Catholic Communication Campaign

Thank you for all your support!

SAINTS AND SPECIAL OBSERVANCES

- Sunday: Fifth Sunday of Easter; Mother’s Day
- Tuesday: St. Nereus and St. Achilleus; St. Pancras
- Wednesday: Our Lady of Fatima
- Thursday: St. Matthias
- Friday: St. Isidore the Farmer
- Saturday: Armed Forces Day

Many thanks to those who served as Lectors, Eucharistic Ministers and Altar Servers this weekend:

Sat. May 9

5:00 PM Lector: *J. Ryan*
Eucharistic Ministers: L&J Clothakis, E Danli, C Orfino, R&C Fry
Altar Servers: DeGuzman, Puzon, Salem, Salameh

Sun. May 10

7:00 AM Lector: *P. Livingston*
Eucharistic Ministers: B Penner, M Wyman, S Nussbaum
Altar Servers: Peralta, Peralta, Sheker, Sheker

8:30 AM Lector: *D. Capodanno*
Eucharistic Ministers: S Capodanno, J Lilles, M Leland, L Bates, D Magsaysay, M Ocafrain
Altar Servers: Panopio, Rossi, Ghanaim, Capitolo

10:00 AM Lector: *J. Sigona*
Eucharistic Ministers: F Sigona, M&L Kelly, K Whitfield, R Garrison, N Reyes, T Herbeck
Altar Servers: Padlaoan, Garrison, Whitfield, Whitfield

11:30 AM Lector: *L. Opalenik*
Eucharistic Ministers: R Barrera, T Restrivera, C acnizzaro, B&C Martin, T Dizon
Altar Servers: Pramono, Reyes, Barrera, Restrivera

5:00 PM Lector: *G. Ledbetter*
Eucharistic Ministers: J Ledbetter, P&M McLaughlin, S Pallari, F Gutierrez, K Phelps
Altar Servers: Doyle, Gracia, Jones, Jones

Special thanks to all of our ushers for their dedicated service at our weekend Masses.

Mass Intentions for the Week***May 10– May 16, 2009***

<u>Sunday</u>	7:00 am	For Parish
	8:30 am	Rosina & Gaetano Bernardo
	10:00 am	Rafaela Estrada
	11:30 am	Lelita Brillantes
	5:00 pm	Dylan Cappel
<u>Monday</u>	6:30 am	Fred Dehlinger
	8:00 am	Tomaso & Antonia Caputo
	5:10 pm	Fannie & John Landi
<u>Tuesday</u>	6:30 am	Olga Petryniak (living)
	8:00 am	Doris Spiteri
	5:10 pm	Thomas Carolan
<u>Wednesday</u>	6:30 am	John Metzcus
	8:00 am	Lois Parsell Linak
	5:10 pm	Sam Zammit
<u>Thursday</u>	6:30 am	John Metzcus
	8:00 am	Tom Malanca
	5:10pm	Peter Palombi
<u>Friday</u>	6:30 am	Antonia Caputo
	8:00 am	Lorna Dankwerth
	5:10 pm	Mrs Otilia Scoles
<u>Saturday</u>	8:00 am	Maria Marte Chuaquico
	5:00 pm	The John & Lena Mezzetta Fam.

We pray for the sick members of our parish family and for those who care for them: Madison Kitz, Lisa Kitz, William Dill, Ted & Eileen Damian, Pat Saracini, Bill Barca, Helen & Vicky Noceti, Irene Thommen, Kyong Cruz, Ciera Whipple, Dorothy Rives, Elsie Noceti, Steve Bacho, Mary Farr, Barbara Modica, Karen Shirley, Jose Conrado Vasquez, Lucy Garcia, Frances Snyder, Jack & Rene Sagrafena, Mrs. Larry Duggins, Antoinette Ramos, Joe Hamilton, Pauline & Joseph Burgio, Noralee Gelhaar, Geraldine Feehan, Martin Hidalgo, Norman Roos, Lyle Dibbs, Gloria Giannini, Maxine Coutts, Anna Mae Stewart, Jonathan Cerezo, Nick Cannuli, Kathy Montiel, The Yakaitis Family, Susan Silvera-Dunn, George Rodriguez Jr, Nafal Jweinat, Michael Coffaro, Diedra Bradshaw, Irma Sweeny, Charlene Spediacci, Esther Litton, Jan Diamond, Viola Burdick, Ronald Reyes, Josephine Muscat, Patricia O'Neill, Virginia Ryan Rogers, Michael Wisherop, Helen Maternia, Elsie Clark, Bernice Malloy, Wayne Devora, Beverly Buhs, Rita Gilmore, Marisa Hosea, Judy Marks, Rita Bartolo, Gerda Altherr, Stephen Petinak, Richard Castro, Donald Clancy, Dan Bray, Rene Tiamson, Dondon Pasco, Dotty Mardiloff, Robert Weldon, Joseph Conrad Rodriguez, Raymond Reudy, Mona Pasco, Rick Trecartin, Mike Casella, Fr Bruce Dreier, John Costa, Gene, Rita & Roberta Berry, Sr. Theresa Antoinette, Rachel Sanchez, Sue Furrer, Emily Marshall, Mrs Nancy Starrh, Kathy Perl, Susan Negueloua, Kevin Maloney & Domenica Rossi

We pray for the deceased members of our parish family: George Repetto