



From the Desk of Fr. Leo

Imagine a drug that causes you to live eight or nine years longer, make \$15,000 more a year and be less likely to get divorced. "Happiness seems to be that drug," according to Martin Seligman, a PHD psychologist who researches and writes about happiness. If we are miserable, can we make up our mind just to be happy easily as if we were to take a pill? To some extent we can. Studies on twins say that about 50% of our happy or unhappy moods is genetic. About 10% depends on depressing life circumstances such as being extremely poor, gravely ill, or losing a loved one. The other 40% we can control and is influenced by what we do to make ourselves happy. We just have to be careful not to pin our hopes for happiness on things like perfect health, lots of money, and good looks, which bring only a tad greater happiness than those less blessed. True happiness flows from deeper values such as engagement with family, work or a passionate pursuit, and finding meaning from some higher purpose. Does that sound like getting out of ourselves? Sitting around feeling sorry for ourselves just won't do it.

Four ideas that I think are very helpful for increasing happiness are (1) Being active (such as exercise) or (2) putting on a happy face. I think when we smile or laugh, it tricks our mind into thinking we are happy and we feel happier. (3) Gratitude is the key to happiness. Psychologists are suggesting that people keep a gratitude journal, writing down at the end of the day things that happened that cheered them up. Experts say counting your blessings may be the single most helpful thing you can do for your happiness. (4) Doing good things for others can help too.

Then there's our faith that gives us hope. Jesus gives us the Beatitudes, which form the introduction to his sermon on the mount. His sermon is three chapters long. Jesus is talking to the common people of His day, people who were living close to the edge, people under the rule of Rome, people surviving day to day. He is letting them know life's troubles and difficulties will some day be reversed for those who open their hearts to the Kingdom He came to announce. The Greek word (and Greek is the language in which we find the original form of the Gospel we have) the Greek word that begins each beatitude. The word means "happy" in an ordinary sense, but it also means one who is

especially happy or favored or fortunate. That is why it is translated "Blessed."

St. Pope John Paul in his encyclical: On Christian Hope says: "Our great hope -faith in Jesus - can sustain people during the roughest of times." He goes on: we need God otherwise we remain without hope. That's what brings us to Mass every week. We celebrate Jesus' death and resurrection, His body given for us and to us, and His resurrection that gives us hope that even death cannot defeat us if we stay in union with Him.

Fr. Leo Alban Asuncion

Mass Intentions for the Week

Table with 3 columns: Day, Date, Time. Rows include Tues. February 3 11:00AM, Wed. February 4 11:00AM, Thur. February 5 11:00AM, Fri. February 6 11:00AM, Sat. February 7 4:30PM, Sun. February 8 9:00AM, and Port Costa 11:00AM.

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Sunday Collection - January 25th

Table with 2 columns: Location, Amount. Rows: St. Rose, Crockett \$1938; St. Patrick Mission \$285

Thank you again to all who support our Parish! We know how generous you have been in the changing times!

***In able to meet our 2026 budgets, we would like to remind parishioners that we will need a minimum of \$2,100 for Sunday plate collections at St. Rose every weekend, and \$250 every Sunday at St. Patrick Mission. **

Pancake Breakfast



The Crockett Scouts' annual pancake breakfast is Sunday, February 8th from 8-11AM. Come enjoy a hot breakfast to start off your Super Bowl Sunday. No tickets needed; whatever donation you are able to give is the price of your meal. Proceeds will go towards summer camp and other group activities. Come out and support our Crockett Scouts, Troop 171 and 173!

Food Bank

You may have noticed the food barrel in the vestibule from Contra Costa Food Bank is still in place. The food collection is an ongoing project throughout the year. Although the holidays have past, the need for support is still there, especially this time of the year. There is a list of suggested foods on the barrel, as well as you can check out the Contra Costa Food Bank website for more suggestions:

www.foodbankccs.org/fooddrive



Prayers for the Deceased



In your prayers, please remember in a special way Joseph (Joe) Aioldi. A memorial mass will be held here, at St. Rose, on Friday, February 13th, at 2:00PM.



St. Rose Fish Fry!

We know it may seem early, but it is time to start planning our annual Fish Fry! Please mark the date on your calendars, Friday, March 27th!

Our first meeting will be Thursday, February 12th at 7:00PM in the parish hall. All are welcome to give input and make this event a success.

Scan to Support Our Church!

St Rose Of Lima s***t@comcast.net



Your generous gift to St. Rose of Lima enables us to provide beneficial programs that lift up our congregation and serve our community. We are deeply grateful for your support and invite you to contribute online by scanning the QR code.



St. Patrick's Day FUNDRAISER SATURDAY, FEBRUARY 21, 2026 5:00PM UNTIL 7:00PM SAINT ROSE OF LIMA CATHOLIC CHURCH HALL 565 THIRD AVE. CROCKETT CA. 94525 TICKETS \$25 PER ADULT AND \$12 PER CHILD