



From the Desk of Fr. Leo

Doctors and nutritionists have been telling us for years that what we feed our bodies is going to affect our health. Likewise many wise and intelligent people have also been telling us that what we feed our minds is going to affect us in many ways, physically, emotionally and socially. There are those, however, who do not agree. For example, a number of groups are upset that the new telecommunication bill that was passed years ago outlaws the transmission of sexually explicit and other indecent materials to minors over computer networks. Apparently, they think kids (and adults too) can feed their minds with all kinds of garbage, without any ill effects. These people must not be aware of the fact that our society is seriously being weakened and harmed by promiscuity, divorces, sex crimes, abortions and illegitimate births. But despite the efforts of civil libertarians to protect our freedom to feed our minds on whatever unhealthy and toxic diet we choose to, scientific research continues to demonstrate what is obvious to most common sense people, that there is a connection between what shapes our thinking and how we behave. In the past there was a study that has come out proving that viewing violence on TV or in movies definitely encourages aggressive and violent behavior in the viewer. This is especially true when violence is shown in such a way that criminal violence goes unpunished or is even rewarded, or is shown without also showing the human suffering that results from such violence.

I believe what I stated connects with what Jesus tells us in this weekend's Gospel. Our emotional, moral and social health begins with what's in our mind. And so He tells us not only is murder wrong, but so is the mental attitude of hatred and unforgiveness that we may choose to carry around within us. Even if we never act it out by killing someone, an attitude of hatred and revenge will affect not only the person who holds on to such feelings but also his or her relationships with others. Our First Reading says that before us is life and death, which ever we choose we will have. Choosing to hold on to negative, destructive, sinful, or evil thoughts will only bring negative results.

I would like to conclude by offering an example. Thoughts are like seeds we put in the ground. The kind of seeds we put will determine the kind of plant that grows. The kind of thoughts we plant in our minds, or

that we let others plant there, will affect our attitude, our mood and our behavior. This is why it is so important to read good literature, to support good and worthwhile programs, to pray and reflect on God's word and to meditate. Our Lord is telling us we have to control over our thoughts, we have to make good choices about what we feed our minds,



because, for better or for worse, our thoughts are going to control us.

Fr. Leo Alban Asuncion

Mass Intentions for the Week

Table with 3 columns: Day, Date, Time. Rows include Tues. February 17 11:00AM, Wed. February 18 11AM, 6:00PM, Thur. February 19 11:00AM, Fri. February 20 11:00AM, Sat. February 21 4:30PM, Sun. February 22 9:00AM, and Port Costa 11:00AM.

Stations of the Cross

Stations of the Cross will begin next week, Fridays after the 11:00AM mass.



Sunday Collection - February 8th

Table with 2 columns: Location, Amount. Rows include St. Rose, Crockett \$2116, CCD \$348, St. Patrick Mission \$561, CCD \$57.

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. **

Ash Wednesday

Ash Wednesday is Wednesday, February 18th. We will have mass here at St. Rose at 11:00AM and 6:00PM. Also, this is an obligatory day of fasting (15- 58 years) and abstinence (15 and over). As always, anyone for whom fasting or abstinence would pose a health risk is excused.



Tax Time

If you need a copy of your contributions for 2024, please call the office (510-787-2052). Leave your name, phone number and address (if it has changed) and we will be happy to help out.



St. Joseph Cemetery

St. Joseph Cemetery will be present after each Mass next weekend. They will be available to gently guide families in conversations about end-of-life planning and to answer any questions or concerns you may have. We invite you to stop by the table after Mass to learn more. Planning ahead is a loving gift to your family.

Scan to Support Our Church!

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



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!



1.C.F. Crockett Branch #14 Corned Beef Dinner

March 14, 2026 6:00pm \$30

Kids 12 and under \$10 St. Rose of Lima Hall 555 Star St. Crockett, CA 94525

Dinner Includes: Corned Beef, Cabbage, Carrot, Potato, Bread, & Dessert Wine included at Dinner

GREAT RAFFLE PRIZES TOO!

TAKE OUTS ARE AVAILABLE PICK UP 4:30-5PM

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