Fourth Sunday in Ordinary Time — January 31, 2021

From the Desk of Fr. Leo

Men of all stations in life have recognized the value of prayer and need of prayer. Mahatma Gandhi for one. President Chiangkai-Shek in his day, spent an entire night in prayer and begged priests and people to do so also, in order that a devastating typhoon would veer away from his country. Our first president George Washington always turned to God for much-needed strength in guiding our nation. Martin Luther King spent the whole night on his knees before the Montgomery March. What emphasis does Jesus put on prayer?

Christ was the Son of God, yet as true man he expressed a positive need of communing with the Father often. This weekend's Gospel shows us how after working far into the night encouraging, praying over people and curing them of their afflictions, he rose early next morning to pray. The late hours spent in giving himself brought with it the need of rest and sleep. Yet he did not neglect to pray. Though he often prayed with others in the Temple services, at times he preferred seclusion in order to commune more effectively with the Father. From prayer he derived the strength he needed for his gigantic task of effectively opposing the forces of evil and establishing the reign of God in human hearts, so often shallow and fickle. Prayer for him was like multivitamins.

The work given to each one to do is important, but it must be reinforced by prayer like concrete is reinforced, to uphold us in our daily undertakings. From prayer and communion with God we derive strength, courage, and new insights that impel us to go on. In quiet prayer, one becomes more aware of God's presence and the power of his Spirit. Taking out some time daily for silent prayer is by no means time lost. Many professional and business people do this regularly, not to mention the myriads of day-laborers who experience the great benefit of regular prayer.

Why have many lost the art of praying, even those whose call-in life demands that they spend time in prayer? Is it perhaps the great amount of time spent in shallow- reading matter, TV shows, computers, cell phones, movies etc.? Without the practice of communing with God, the habit will never be formed, and life remains very mediocre. Even the pagan monks are well known for their stress on prayer. Should the disciples of Christ not follow the example of their Master? The prayer Jesus taught us is the best guideline for any and all prayer. Take time to pray. It is the way to God's heart.

Fr. Leo Alban Asuncion

Though we are not able to meet together during this week, please keep these intentions in your personal prayers, as Father will continue to include them in his private masses.

Mass Intentions for the Week

Tues.	**February 2**	**N/A**
Special Intentions		
Wed.	**February 3**	**N/A**
Special Intentions		
Thur.	**February 4**	**N/A**
Special Intentions		
Fri.	**February 5**	**N/A**
Special Intentions		
Sat.	**February 6**	**4:30PM**
Ray & Mary Lou Austria †		Olivia
Sun.	**February 7**	**9:00A**
Jim Choquette †		Mike & Elena Gomez
Port Costa		**11:00AM**
People of the Parish		

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