Fifth Sunday in Ordinary Time — February 4, 2024

From the Desk of Fr. Leo

People of all stations in life have recognized the value and need of prayer. Mahatma Gandhi for one. President Chiang Kai 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. Martin Luther King was on his knees the whole night before the Montgomery march. At the Eucharistic Congress of 1956, the late president Ramon Magsaysay consecrated publicly before an immense throng the entire Filipino nation to the Sacred Heart.

Christ was the Son of God, yet as true man he expressed a positive need of often communing with the Father. In the Gospel this weekend, it shows us how after working far into the night encouraging, praying over people and curing them, Jesus 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 vitamins.

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, 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 on shallow reading matters, TV shows and movies, computer chat groups and games? Without the practice of communing with God, the habit will never be formed, and life becomes mediocre. Did not the Savior inculcate prayer again and again. 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

Mass Intentions for the Week

Tues.	**February 6**	**11:00AM**
Karen Mary & Ruth Colleen Cartwright †		
Wed.	**February 7**	**11:00AM**
Lilia Buensuceso Lee †		Ed & Mae
Thur.	**February 8**	**11:00AM**
Thanksgiving		Ed & Mae
Fri.	**February 9**	**11:00AM**
Carmen McFarling †		The Hoffmans
Sat.	**February 10**	**4:30PM**
Barbara & Manuel Braz†		The Gallo Family
Sun.	**February 11**	**9AM**
Thanksgiving		Ed & Mae
Port Costa		**11:00AM**
People of the Parish		

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