

# FEBRUARY NEWSLETTER

The Catholic Church has a natural rhythm of quiet time and celebration, seasons of awaiting and seasons of rejoicing. "It should be our noble right and duty to bring up our children in such a way that they become conscious of high tide and low tide, that they learn that there is 'a time to weep, and a time to laugh, a time to mourn, and a time to dance' (Eccles. 3:4)."<sup>A</sup> Lent is still a month away, but this liturgical time between Epiphany and Ash Wednesday is celebrated around the world with grand festivities -- parties, parades, dancing, and feasting -- and ends with a cleansing of the soul through the Sacrament of Reconciliation. In America, most notably in New Orleans, we call this time Carnival, meaning "to take away the flesh (or meat)," with the final weeks referred to as Shrovetide, which stems from the word "shrive" meaning "to confess." This all culminates with Shrove Tuesday, or Mardi Gras as most of us know it where we have a grand feast and party before the somber, penitential season of Lent begins.

We hope you'll join us this month both in celebration and spiritual renewal. Here are our ministry's events for February:

**YOUNG FAMILIES MINISTRY**

## Carnival Potluck Brunch

**FEBRUARY 23, 10AM-12PM**

**ST BARNABAS CATHOLIC CHURCH - FR. SELHORST HALL  
1400 6TH ST, ALAMEDA**

Families with young children are invited to a morning of music, games, and a feast of all the decadent foods we'll abstain from during Lent. We'll also take some time to prepare ourselves spiritually for Lent. So dress up and bring a favorite dish and your dancing shoes for a morning of merriment!

**CONTACT CLAIRE AT (408) 621-2900 OR  
CLAIRETERESONER@GMAIL.COM**

## Moms Bible Studies

Parish Center - 1119 Lafayette St.

Spend an hour and a half of your week with other moms in a small group setting where we pray together, learn together, and grow closer Christ and our Blessed Mother Mary alongside one another. No need to commit every week; drop-ins are welcome and children are too! Wives and mothers of all ages and generations are invited, so please invite anyone you know who may be interested! All materials are provided and no preparation is required.



## Midway Shelter Cooks

Family home (contact for location)

Help us cook again for the 30 women and children at Alameda's Midway Shelter. If you aren't able to help on Monday but want to contribute, you can prep something ahead of time.

## Warming Shelter Dinners

Christ Episcopal Church - 1700 Santa Clara Avenue

Help us cook dinner and serve the homeless at Alameda's Warming Shelter. Food needs to be prepared ahead of time, so contact if you'd like to help cook during the day, contribute a dish independently, or pack some breakfast to-go bags. We will start serving at 6pm at the shelter, and should be finished serving and cleaning by 8pm. Children are invited to come and help serve, so bring the whole family! The dates are tentative pending weather; the shelter is only open when temperatures drop below 40° or rain is predicted.

## Dads Group

Dads, if you are interested in growing in your faith with a small group of men, contact James at (470) 217-1167 or [james.toner@gmail.com](mailto:james.toner@gmail.com). Moms, please tell your husbands - we don't have everyone's emails yet.

