

January 11, 2026



THE BAPTISM OF THE LORD

A voice came from the heavens, saying, "This is my beloved Son, with whom I am well pleased." - Mt 3:17

EL BAUTISMO DEL SEÑOR

Una voz que decía, desde el cielo: "Este es mi Hijo muy amado, en quien tengo mis complacencias". - Mt 3, 17

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GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

The Baptism of the Lord Matthew 3:13-17

Apple ran a commercial not long ago called "Behind the Mac – Greatness." It shows artists and creators, such as Kendrick Lamar, Billie Eilish, and Lady Gaga, working behind their MacBooks. The narration says, "There's a certain kind of person who doesn't wait for greatness. They make it." It's a compelling message. There's beauty in using our gifts with passion and purpose. But there lies a hidden weight in that idea: If you are what you make, what happens when you can't anymore? When the project fails, the passion fades, or the spotlight moves on, where is greatness then?

Today's Gospel offers a differing vision of greatness. Jesus steps into the Jordan River. He hasn't preached, healed, or performed a single miracle. Then the heavens open, and the Father speaks: "**You are my beloved Son; with you I am well pleased.**" It's not a reward for success. It's not earned. Before he does anything "great," Jesus receives the greatness of his identity from the Father.

And so do you. At your baptism, God said the same thing over you: "You are my beloved." That is your true identity, not constructed or earned but received. When we see ourselves and others this way, everything changes for the better. We discover a greatness that can never be taken away.

This week, reflect on your baptism: look up the date, thank God for it, pray for those baptized with you, or visit the church where it happened. Let your identity be rooted there.

Father John Muir

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Bulletin is on the Parish Website at www.blessedsacrament-sandiego.org

Blessed Sacrament Catholic Church

4540 El Cerrito Drive
San Diego, CA 92115

Website:

www.blessedsacrament-sandiego.org

Parish E-Mail:

info@blessedsacrament-sandiego.org

Phone: 619-582-5722

Clergy:

Pastor: Fr. Danh Pham, SVD

In Residence: Fr. Raymundus Wea, SVD

Retired Deacon: Tony Albers

Retired Deacon: Herb Kelsey



MASS SCHEDULE

Saturday

English 5:00PM (Vigil)

Sunday

English 8:30AM & 10:30AM

Español 4:00PM

Weekdays

Monday - Friday: 8:00AM English

Holy Days & Special Services:

See the parish bulletin

RECONCILIATION:

Saturday 4:00PM - 4:45PM

Devotion to Our Mother of Perpetual Help

Tuesdays directly following
the 8:00am Mass

Adoration of the Blessed Sacrament

1st Friday of the month
following the 8:00am Mass until 9:00am

Parish Information & Resources

Parish ID# for United Way Contributions is 9753



PRAYER GROUP MEETINGS

Encuentros de Conversión Católica

Se reúne los Martes de 6:30pm a 9:00pm

INFO: Roberto Reyes
619-453-3003

PARISH OFFICE HOURS

HORAS DE OFICINA

Monday/Lunes:

12:30pm - 4:30pm

Tuesday thru Friday

Martes a Viernes

8:30am - 4:30pm

PARISH OFFICE

619-582-5722

info@blessedsacrament-sandiego.org

Administrative Staff

Jeanine Yin, ext. 100
Administrative Assistant

Maria Tello, ext. 129
Office Assistant - Se habla español

REGISTRARSE EN LA OFICINA

Si aún no está registrado en la parroquia, comuníquese con la oficina parroquial.

Incluso si viven en el mismo hogar y son familias separadas, deben registrar a su familia por separado.

Si es mayor de 18 años y vive con sus padres, es soltero o tiene su propia familia, también debe registrarse por separado.

BIENVENIDO

Le invitamos a registrarse para ser un miembro y damos la bienvenida a nuevos miembros

¡Comprométase con Blessed Sacrament!
info@blessedsacrament-sandiego.org

SACRAMENTS

Marriage Information:

619-582-5722

Those wishing to be married must contact the priest at least 9 months before the marriage date.

Baptism Information:

Parish Office: 619-582-5722

Baptism Classes are now available on the 1st Monday of the month in English & 3rd Thursday of the month in Spanish.

Please call the Parish Office for additional information.

Faith Formation:

Paul A. Lopez, ext. 124

Faith Formation Coordinator habla Español

Info: faithform@blessedsacrament-sandiego.org

First Communion, Confirmation, & Order of Christian Initiation for Adults (OCIA)

Anointing of the Sick:

Contact Parish Office: 619-582-5722

Funeral Arrangements:

Contact Parish Office: 619-582-5722



Welcome New Members

Make a Commitment to your Church.
Join our faith community!

Registration forms are available at the Parish Office. Call (619) 582-5722 or Email the parish office at info@blessedsacrament-sandiego.org

MINISTRIES

Altar Servers

Contact Parish Office
619-582-5722

Eucharistic Ministers

Ed Snyder 619-865-9398

Lectors

Sheila Kennedy 858-699-2529

Ushers

Parish Office 619-582-5722

Adoration Chapel

Parish Office 619-582-5722

OTHER MINISTRIES

Cares for Kids

Teresa Markey 619-582-2141

Culture of Life

Margie Morrison 619-582-8651

Knights of Columbus

Join the Blessed Sacrament Knights of Columbus

Men of the parish are invited to become members.

*Meetings are now on the **3rd Sunday** of the month in the Parish Hall at 10:00am*

Come to a meeting to learn more or contact Bruce O'Dell 619-280-3226

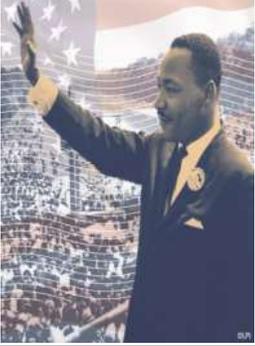
Blessed Sacrament Auxiliary open to all Parishioners 18 years & older

Meetings are on the **2nd Thursday** of the month in the Parish Hall Social Gathering 6:00pm & Meeting 6:30pm - 8pm

President: Cathie Senoff
(619) 952-1036

PARISH COMMUNITY ANNOUNCEMENTS

**Parish Office
CLOSED
Monday,
January 19**
in
observance of
the Martin
Luther King, Jr.
Holiday



LIVE THE LITURGY

John could not believe that Jesus would seek baptism from him, a lowly mortal man. But our God is a humble God. He does not fear our weakness. He extends his hand, saying, "It is fitting." So take his hand. Begin the work he has set out for you. ©LPi



BLESSED SACRAMENT 2025 TAX DONATION LETTERS

Tax donation letters are provided by request.

Please email:
bspbookkeeper@blessedsacrament-sandiego.org
to receive a copy of your 2025 tax letter.

Your tax donation letter will be emailed to you.

You must be a registered parishioner for donations to be tracked.

We Thank You for your Continued Support of your Parish!

BAPTISM OF THE LORD



I SOMETIMES WERE! © 1999 LPi AMDG



MAT 3:13-17

Diocesan African Mass & Gathering
Sunday, January 11 at 1pm
in BSP Church and Hall
2nd Sunday of each month
All are Welcome!

QUESTIONS OF THE WEEK

1st Reading Question
Isaiah speaks of God using a servant to deliver justice to the nations of the world. When have you felt God calling you to do His work?

2nd Reading Question
Peter testifies how God and the Holy Spirit were active in the life and public ministry of Jesus. Do you sense the Holy Spirit present in your life?

Gospel Question
John the Baptist initially hesitates baptizing Jesus. Do you have a friend or co-worker who needs your encouragement? ©LPi



**Join us for
Sunday Morning
Hospitality**

**In the Parish Hall following the
8:30am and 10:30am Masses.**

This Sunday in the Parish Hall following the 8:30am and 10:30am Masses, our Hispanic Community will be our hosts.

They will be selling American Breakfast, Mexican Food, Pastries and Soda. Coffee is provided.

Everyone is Welcome!

Join your faith community for social time and fellowship.

**Our Parish Bulletins are Paid for by
our Advertisers.
Say Thank You by Supporting them
with your business!**



Sunday Hospitality Hosts

1st week: Blessed Sacrament Auxiliary
2nd week: Hispanic Community
3rd week: Knights of Columbus
4th week: Hispanic Community
5th week: Cares for Kids

Thank you to all our hosts!

**Blessed Sacrament Financial
Donations 2025**

To keep our parish functioning we need your help. Please continue to give your donations at Mass, by mail or go to our website and give online.
www.blessedsacrament-sandiego.org

Click the **Giving** tab

Collection Amounts for:

December 24 - 25: \$5,902.00
December 27 - 28: \$3,844.00
January 3 - 4, 2026: \$4,443.00

Online Giving: \$ unavailable

Thank you for your continued support!

PRAYERS & PARISH COMMUNITY ANNOUNCEMENTS

Blessing for Baptismal Graces

Dear God,
 Through Baptism, You called and claimed us as Your own, chosen and loved. Pour Your blessing upon us as we remember our Baptism. Plant Your identity in our hearts. Help us to live as Your beloved. Amen.

©LP

SUNDAY'S READINGS

First Reading: I, the LORD, have called you for the victory of justice, I have grasped you by the hand; I formed you, and set you as a covenant of the people, a light for the nations. (Is 42:6)

Psalms: The Lord will bless his people with peace. (Ps 29)

Second Reading: "In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him." (Acts 10:34-35)

Gospel: And a voice came from the heavens, saying, "This is my beloved Son, with whom I am well pleased." (Mt 3:17)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

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READINGS FOR THE WEEK

Sunday: Is 42:1-4, 6-7/Ps 29:1-2, 3-4, 3, 9-10/Acts 10:34-38/Mt 3:13-17

Monday: 1 Sm 1:1-8/Ps 116:12-13, 14-17, 18-19/Mk 1:14-20

Tuesday: 1 Sm 1:9-20/1 Sam 2:1, 4-5, 6-7, 8abcd/Mk 1:21-28

Wednesday: 1 Sm 3:1-10, 19-20/Ps 40:2 and 5, 7-8a, 8b-9, 10/Mk 1:29-39

Thursday: 1 Sm 4:1-11/Ps 44:10-11, 14-15, 24-25/Mk 1:40-45

Friday: 1 Sm 8:4-7, 10-22a/Ps 89:16-17, 18-19/Mk 2:1-12

Saturday: 1 Sm 9:1-4, 17-19; 10:1a/Ps 21:2-3, 4-5, 6-7/Mk 2:13-17

Next Sunday: Is 49:3, 5-6/Ps 40:2 & 4, 7-8, 8-9, 10/1 Cor 1:1-3/Jn 1:29-34

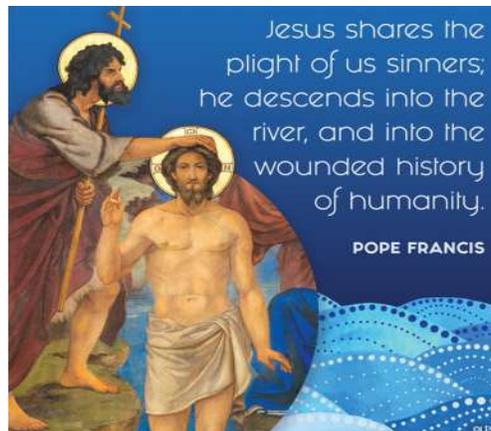
Gospel Meditation

Matthew 3:13-17

Today's readings present us with the one promised by God in the Old Testament. Upon being baptized by John, Jesus assumes his public mission, certainly not an easy one. However, he is not alone. The Holy Spirit will accompany him throughout his life and mission. "At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, 'This is my beloved Son, in whom I am well pleased'"

(Matthew 3:16-17). This Sunday's liturgy invites us to discover the magnitude of our baptism. From that day forward, the Holy Spirit accompanies and guides us in every moment of our lives. We simply need to let him act, and he will work wonders in us. Do you know the date and day of your baptism? Do you know the name of the priest who administered the sacrament?

"Those who are baptized have clothed themselves with Christ" (Galatians 3:27). "By the Holy Spirit, baptism is a cleansing, sanctifying, and justifying bath" (Catechism of the Catholic Church, #1227). Thank you, Lord, for loving us so much, for through our baptism you welcomed us and embraced us in your arms, and you revealed us to the community to become part of the Christian family. We are all sons and daughters of God through baptism. From his baptism onward, Jesus spent his earthly life doing good. Therefore, our commitment as baptized Christians must be the same: to do good!



CATHOLIC TRIVIA – JUST FOR FUN

Question: What is the name for the formal letters in the New Testament sent to people and Christian communities?

Answer: Epistles.

©LPi

UPDATE on Church Roof, Windows and Walls Repairs

Thanks to your generous donations we have finished the 1st Phase of the Church Roof, Windows and Walls Repairs. The expenses so far is **\$140,133.00** of the **\$153,479.21** we have raised so far. We still need your support to continue the repairs.

Thank You!

Church Roof, Windows and Walls Repairs

As of **November 30, 2025** we have received donations of **\$153,479.21** for the Church, Roof, Windows, & Walls Repairs.

Our GOAL is \$500,000

We have a long way to go!

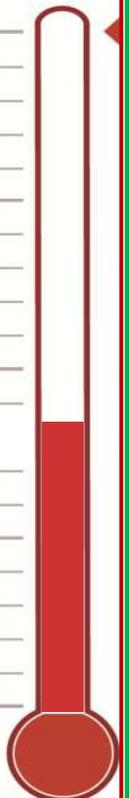
You can give your donation any time, just make sure you designate it for Church Repairs.

Please use the Gold Envelope.

Thank you for your continued support!

\$500,000

\$153,479.21



ANUNCIOS DE LA COMUNIDAD PARROQUIAL

**Oficina
Parroquial
CERRADA**
Lunes,
19 de enero
en observación
del día festivo de
Martin Luther
King, Jr.



MEDITACIÓN DEL EVANGELIO –
ALENTAR UN ENTENDIMIENTO MÁS
PROFUNDO DE LA ESCRITURA
EL Bautismo del Señor
Mateo 3:13-17

Las lecturas de hoy nos presentan al prometido por Dios desde el Antiguo Testamento. Al ser bautizado por Juan, Jesús asume su misión pública, nada fácil, por cierto. Sin embargo, no está solo. El Espíritu Santo lo acompañará a lo largo de su vida y misión. *“En ese momento se abrieron los cielos y vio al Espíritu de Dios que bajaba como una paloma y se posaba sobre él. Al mismo tiempo, se oyó una voz del cielo que decía: ‘Este es mi Hijo, el Amado; en él me complazco’.* (Mateo 3:16-17). La liturgia de este domingo nos invita a descubrir la magnitud de nuestro bautismo. Desde ese día, el Espíritu Santo nos acompaña y guía en cada momento de nuestra vida. Solo basta con dejarlo actuar, y hará maravillas en nosotros. ¿Sabes la fecha y el día de tu bautismo? ¿Conoces el nombre del sacerdote que te dio el sacramento?

“Los bautizados se han revestido de Cristo” (Gálatas 3:27). *“Por el Espíritu Santo, el bautismo es un baño que purifica, santifica y justifica”* (Catecismo de la Iglesia Católica, #1227). Gracias, Señor, por amarnos tanto, porque por nuestro bautismo nos acogiste y abrazaste en tus brazos, y nos manifestaste ante la comunidad para formar parte de la familia cristiana. Todos somos hijos e hijas de Dios por el bautismo. Desde su bautismo, Jesús pasó haciendo el bien durante su vida terrena. Por lo tanto, nuestro compromiso como bautizados debe ser el mismo: ¡hacer el bien! ©LPi

CARTAS DE DONACIÓN DE IMPUESTOS 2025

Las cartas de donación de impuestos no se distribuirán en masa.

Envíe un correo electrónico a

bspbookkeeper@blessedsacrament-sandiego.org

Para recibir una copia de su carta de impuestos. Su carta de donación de impuestos le será enviada por correo electrónico. Debe ser un feligrés registrado para poder realizar un seguimiento de las donaciones.

¡Le agradecemos su continuo apoyo a su Parroquia!

LAS LECTURAS DE LA SEMANA

11 de Enero de 2026

Domingo: Is 42, 1-4. 6-7/Sal 28, 1-2. 3-4. 3. 9-10/Hch 10, 34-38/Mt 3, 13-17

Lunes: 1 Sm 1, 1-8/Sal 115, 12-13. 14-17. 18-19/Mc 1, 14-20

Martes: 1 Sm 1, 9-20/1 Sam 2, 1. 4-5. 6-7. 8/Mc 1, 21-28

Miércoles: 1 Sm 3, 1-10. 19-20/Sal 39, 2 y 5. 7-8. 8-9. 10/Mc 1, 29-39

Jueves: 1 Sm 4, 1-11/Sal 43, 10-11. 14-15. 24-25/Mc 1, 40-45

Viernes: 1 Sm 8, 4-7. 10-22/Sal 88, 16-17. 18-19/Mc 2, 1-12

Sábado: 1 Sm 9, 1-4. 17-19; 10, 1/Sal 20, 2-3. 4-5. 6-7/Mc 2, 13-17

Domingo siguiente: Is 49, 3. 5-6/Sal 39, 2 y 4. 7-8. 8-9. 10/1 Co 1, 1-3/Jn 1, 29-34

PREGUNTAS DE LA SEMANA

Pregunta de la 1ª Lectura

Isaías habla de Dios usando a un siervo para impartir justicia a las naciones del mundo. ¿En qué ocasiones has sentido que Dios te llama a hacer Su obra?

Pregunta de la 2ª Lectura

Pedro da testimonio de cómo Dios y el Espíritu Santo estaban activos en la vida y el ministerio público de Jesús. ¿Sientes al Espíritu Santo presente en tu vida?

Pregunta del Evangelio

Juan el Bautista inicialmente duda en bautizar a Jesús. ¿Tienes un amigo o compañero de trabajo que necesita que le des aliento?

TRIVIA CATÓLICA – SÓLO POR DIVERSIÓN

Pregunta: ¿Cuál es el nombre de las cartas formales en el Nuevo Testamento enviadas a las personas y comunidades cristianas?

Respuesta: Epístolas. ©LPi

BENDICIÓN PARA LAS GRACIAS BAUTISMALES

Dios mío,
A través del Bautismo, nos llamaste y reclamaste como Tuyos, elegidos y amados. Derrama Tu bendición sobre nosotros al recordar nuestro Bautismo. Planta Tu identidad en nuestros corazones. Ayúdanos a vivir como Tus amados. Amén. ©LPi



VIVIR LA LITURGIA

Juan no podía creer que Jesús buscaría el bautismo de él, un humilde hombre mortal. Pero nuestro Dios es un Dios humilde. Él no teme nuestra debilidad. Extiende su mano, diciendo: "Es apropiado". Así que toma su mano. Comienza la obra que él ha establecido para ti. ©LPi

**Consulte el resto del
boletín para obtener más
información parroquial.**

PRAYERS FOR OUR COMMUNITY

DAILY PRAYER FOR PRIESTS	MASS INTENTIONS	Pray for the Sick & the Deceased of our Community
<p>SUNDAY, January 11 Rev. Ricardo Juarez</p> <p>MONDAY, January 12 Rev. Joseph Juracek, OFM</p> <p>TUESDAY, January 13 Rev. Richard Juzix, OFM</p> <p>WEDNESDAY, January 14 Rev. Niranjana Kanmury</p> <p>THURSDAY, January 15 Rev. William Kernan</p> <p>FRIDAY, January 16 Rev. Robert Kibaki, AJ</p> <p>SATURDAY, January 17 Rev. Ignatius Kipchirchir</p> <p>Pray for Priests and Vocations “Now we ask you to respect those who work hard among you...Hold them in the highest regard in love because of their work.” (1 Thess. 5:12, 13, NIV)</p>	<p>SATURDAY, January 10 5:00 pm - For Alex Olvera’s birthday - For Gerard Parker’s birthday - For Blessed Sacrament Auxiliary Members Living and Deceased</p> <p>SUNDAY, January 11 8:30 am - Blessed Sacrament Parishioners 10:30 am - John Sickler - † 4:00 pm - Jose Gabriel Sanchez - †</p> <p>MONDAY, January 12 8:00 am - For the Souls in Purgatory</p> <p>TUESDAY, January 13 8:00 am - Maestas Family Living & Deceased</p> <p>WEDNESDAY, January 14 8:00 am - Michael Ramsey’s birthday</p> <p>THURSDAY, January 15 8:00 am - Eribez Family Living & Deceased</p> <p>FRIDAY, January 16 8:00 am - Tsegu & Teklehaimanot’s 50th wedding anniversary - For caring and support of the homeless</p> <p>SATURDAY, January 17 5:00 pm - For Barbara Parker’s birthday</p>	<p><u>SICK</u></p> <p>Michael Hagan Hugo Rios Águeda Carrasco Reyes Emma Elliott Laurie Aranda Blaine McCafferty Brandi Vitucci Cora Anderson Francisca Santana Yuvathano Yin-Paing Olivia Solomon Billy Quyen Van Pham Patrick Conaty Vern Boyce Marie Fletcher Steve Haines Angelica C. Esparza Bill Condit Deacon Herb Kelsey Tim Parker Joe Newton Kathie Watkins Patricia Brady Patricia Cadava My Thi Kieu Pham</p> <p><u>DECEASED</u></p>

VIRTUES, EXPLAINED! – CONNECT WITH TRADITION AND GROW YOUR FAITH

Joy

Joy, Explained!

Though it is often used as a synonym for happiness, joy has far more to do with the choices we make than the emotions we feel.

Joy is the experience of achieving what we most desire — and what we most desire is love. God made us in love and for love, and so, in the same way that a flower seeks the sunlight, our souls seek the warmth of true, selfless love. The virtue of joy, therefore, is a fruit of the virtue of love, or charity (CCC 1829).

“We are meant to have our human joys: the joy of living, the joy of love and friendship, the joy of work well done,” said Saint Pope John Paul II. “We who are Christians have a further cause for joy: like Jesus, we know that we are loved by God our Father. This love transforms our lives and fills us with joy.”

©LPI

Invitation to Bring Up the Gifts During Mass



We like to invite single people, couples or families the opportunity to bring up the gifts of bread and wine during the weekend masses.

If you would like to present the gifts please write your name (s) on the **Sign-Up Sheets** posted by the church side middle door table. All are welcome to participate in the presentation of the gifts!

Please Notify the Ushers!



Our list of seriously ill parishioners gets long

To continue to keep a person’s name on the sick list you must contact the parish office the first of each month otherwise the name will be removed.

We must also have the sick person or the family’s permission to publish a name on our list. We appreciate your cooperation and understanding.

LA CORRESPONSABILIDAD DIARIA

¿Cuáles son los momentos más significativos en su vida? Probablemente celebre su cumpleaños cada año; ese día debe ser importante. ¿Qué tal su educación primaria, secundaria, universitaria? Espero que sienta importancia en su aniversario. ¿Tiene hijos? Sus nacimientos probablemente son muy importantes. Y también hay momentos tristes: la muerte, romper con un novio/novia y las tragedias. Cuando reflexione en todos esos momentos, puede ver que no sería usted quien es hoy sin haber experimentado esos momentos. Por supuesto, como cristiano, tiene un momento en su vida que es aun más significativo que quizás no ha considerado: su bautizo.

Puede ser que no se recuerde porque era bebé. Quizá no sepa cuándo fue. Quizá no piense ese momento tan significativo como otros. Sin embargo, hace toda la diferencia.

Sienta una diferencia o no, ese día usted se convirtió en una nueva creación en Jesucristo. Fue marcado para Él con una marca que nadie le puede quitar, ni usted. En ese día, usted heredó una tradición de fe que ha cambiado la faz del mundo. Hoy, la gracia del bautismo le llama a una verdadera y sustantiva relación con Dios. También le llama a responder con corresponsabilidad, dando de sus dones para glorificar a Dios. Si hoy es el día que toma en serio esto, tiene que agregar esto a la lista de momentos más significativos de su vida.

—Tracy Earl Welliver, MTS

¡Este es mi Hijo amado!

(PRACTICANDO) CATÓLICA: RECONOCE A DIOS EN TUS MOMENTOS ORDINARIOS
Por Colleen Jurkiewicz Dorman

Cuando Jesús se Mete

Mini reflexión: Cuando la voz de Dios declara: "Este es mi Hijo amado, en quien me complazco", se refiere, por supuesto, a Jesús. Pero creo que diría lo mismo de Juan el Bautista, y de todos aquellos que dan la bienvenida a Jesús en las aguas, listos para hacer lo que él les ordene.

EVERYDAY STEWARDSHIP -
RECOGNIZE GOD IN YOUR ORDINARY
MOMENTS

I Hope I Am Like Him

"Who is this Christ? Is he like you?"

Perhaps you've heard this story, often attributed to the life of St. Teresa of Calcutta. A sick man asked her this question, as he marveled at her tireless service to himself and others in the name of someone named Jesus Christ.

"He is nothing like me," the saint is said to have answered. "But I hope I am like him."

Though the authenticity of this exchange cannot be verified, its message rings perfectly true: all the value of our stewardship lies in its relativity to the one in whose name we perform it.

Consider the figure of John the Baptist — a magnificent, towering character even purely from a literary or historical perspective. A martyr who fed on wild locusts and boldly spoke truth to power — a man so great some mistook him for the Messiah.

But why is he great? Because he prepared the way. All his accomplishments and escapades mean nothing if they are taken out of the context of salvation history. He only makes sense relative to Christ — and this is exactly as he wanted it. "One worthier than I is coming," he insists. And because of that humility and that total embrace of God's will, he is given one of the greatest honors in the New Testament — he baptizes the Son of God.

Let's examine our lives in the light of their relativity to Christ. How do we prepare the way? When Christ comes to us, what do we do? How do we leave ourselves open to be actors in God's plan?

— Tracy Earl Welliver, MTS

©LPi

Marriage Enrichment Workshop:

Married couples are invited to kick off the year strong by learning communication and conflict resolution skills in a fun and interactive way with CoupleTalk. CoupleTalk is the latest release of Relationship Enhancement, which is backed by decades of research to be one of the most effective relationship and marriage education programs available. **Sessions will be held on Tuesday nights starting January 20 through February 24 from 6:30pm-8:30pm** at the Diocesan Pastoral Center (3888 Paducah Dr., San Diego 92117). Sessions are completely free, including workbooks, and childcare. There is a \$100 gift card incentive for qualifying couples who complete the entire program. Couples can register at usrelationship.

ALSO see the flyer on Blessed Sacrament Church bulletin board.

Stock and IRA Charitable Gift Donations

A gift of your securities, including stocks, mutual funds and IRA Charitable Rollover Distributions, are an easy way to make a gift to the Church. By making a gift to your parish, school or ministry of your appreciated securities or retirement account, you can avoid paying capital gains tax that may otherwise be due if you sold these assets. Contributions are deductible for tax purposes.

For more information on making a gift, please visit sdcatholic.org/giving/ or sdcatholic.org/giving/.

For more information, contact either Manny Aguilar at the Diocese (858) 490-8294, maquilar@sdcatholic.org, or Robert Bowles at Merrill Lynch, the Diocese's Client Associate, (858) 673-6761, Robert.S.Bowles@ml.com.

Clothing Donations for the Homeless

Do you have clean, gently used clothing and would like to donate them to the downtown homeless.

Please call Annemarie at (619) 993-4019.

She will arrange to pick up your donations. Thank You!

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