

# STAR OF THE VALLEY Catholic Church

495 White Oak Drive  
Santa Rosa, CA 95409

We members of Star of the Valley Parish gather around the central act of Catholic worship, the celebration of active participation in the Mass. As a Eucharistic centered people, we reach out to heal, console and listen in the spirit of truth and justice, with a preferential option for the poor, thus advancing as individuals and as a community into the image of Christ.

## Pastoral Staff

Rev. Msgr. James Pulskamp, Pastor  
Rev. Patrick Leslie, Assisting Clergy

## Contact Numbers

Parish Office Phone: 539-6262  
Parish Office Fax: 539-8620  
Answering service when the Office is closed.  
E-mail: sov@sonic.net

Website: [www.starofthevalley.org](http://www.starofthevalley.org)

## Parish Office Hours

Monday–Friday, 8:30 a.m.–2:30 p.m.  
Located in the Msgr. Fahey Parish Center  
495 White Oak Drive, Santa Rosa, CA 95409-5939\*

\*This is the church and parish's mailing address.

Sharon A. Charlton, Office Manager

Anna Jean, Office Secretary

## Welcome New Parishioners

Please sign the book next to the side door  
in the back of the Church.

## Mass Times

Weekday Masses: Tuesday-Friday **Suspended**

Oakmont Gardens: Wednesday **Suspended**

Sunday Masses:

Saturday **Suspended**, Sunday **Suspended**

## Exposition of the Blessed Sacrament

**Suspended**

## Sacrament of Reconciliation

Saturday **Suspended**. For appointment, email or leave a message for Msgr. Pulskamp.

## Anointing of the Sick

For appointment, email or leave a message in the office.

## Ministry to the Sick & Homebound

Suspended during Coronavirus shelter-in-place order.  
Contact the office to arrange a visit or receive Holy Communion after the shelter-in-place is lifted.



## February 7, 2021— Fifth Sunday in Ordinary Time

### Woe Is Out—Hope Is In

Often, we think about the troubles in our lives and cry out, “Woe is me!” Like Job we might look around in despair at the misery in the world. Like Job’s friends we might look backward for something or someone on which to blame our suffering. We may decide that God—or we ourselves—must be to blame. The Gospel today offers a different perspective from which to view earthly suffering. Jesus realized that there was nothing to be gained from looking around in despair or backward in blame. Instead, he looked forward in hope. He did not blame the sick and the possessed for their suffering, as many others did. And he did not give up hope, even though he knew he couldn’t cure all the sickness in the world. Jesus tried neither to eliminate human suffering nor to explain it. He simply did what good he could do in the time that he had.

### The Holy Spirit Energizes

Above all, Jesus kept preaching the good news of the reign of God, a spiritual reality that triumphs over every form of suffering. This was his purpose. When we believe in this good news we may not be healed of physical illness or understand the reason for human suffering, but we do receive something much more valuable. We are healed of the sickness of despair and freed from the demons of guilt and blame. The Spirit energizes us to do what good we can do in the time that we have. With Paul we will want everyone to know about the healing, liberating reign of God. We might even begin to say, “Woe to me if I do not preach” the gospel! Today’s Scriptures encourage us to look forward in hope, to do what we can, and to preach the good news of the reign of God.



**Sunday, February 7, 2021**

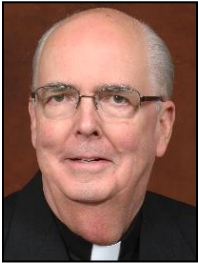
**Reading I:** *Job 7:1-4, 6-7*—I am filled with restlessness until the dawn.

**Responsorial:** *Psalms 147*—Praise the Lord, who heals the brokenhearted.

**Reading II:** *1 Cor. 9:16-19, 22-23*—I have become all things to all,

to save at least some.

**Gospel:** *Mark 1:29-39*—Jesus cured many who were sick with various diseases.



**5th Sunday in Ordinary Time**

Last Sunday’s and today’s Gospel present us with a day in the life of the Lord.

- He taught in the synagogue.
- He cast out an unclean spirit from a man.
- He healed Peter’s mother-in-law.
- When evening came, people

brought more sick and possessed people to the Lord, and he healed them.

- Exhausted after a busy day of helping others, he went to bed.
- Very early the next morning, before dawn, he went off to a deserted place where he prayed.
- Recharged by his time with his Father, he once again preached, cured the sick, and cast out demons throughout the whole of Galilee.

Pattern: Busy, busy, busy ... Busy, busy, busy

You and I as disciples commit ourselves to helping others in many ways as did Jesus. We, too, can become busy, busy, busy. Jesus reminds us, however, that we have to pause once in a while, go to a deserted place and spend time in prayer. Rested and refreshed after time with our God, we are recharged to again reach out and help others.

**A Story—An Out-of-the-Way Place**

One summer Saturday morning when I was twelve, I was waiting for my friend Juanita to come over. We had planned a morning together, and she was quite late. I was fretting and complaining, and generally making a nuisance of myself. In fact, I was becoming rather obnoxious to everyone else in the house.

Finally, my father said to me, “Get a book, a blanket, and an apple, and get into the car!” I wanted to know why, but he only repeated the order. So, I obeyed. My father drove me about eight miles from home to a canyon area and said, “Now get out. We cannot stand you any longer at home! You aren’t fit to live with. Just stay out here by yourself today until you understand better how to act. I’ll come back for you this evening.” I got out, angry, frustrated, and defiant. The nerve of him! I thought immediately of walking home; eight miles was no distance at all for me. Then the thought of meeting my father when I got there took hold, and changed my mind. I cried and threw the book, apple, and blanket over the canyon ledge. I had been dumped and I was furious.

But it is hard to keep up a good, rebellious cry with no audience, so finally there was nothing to do but face up to the day alone. I sat on the rim, kicking the dirt and trying to get control of myself. After a couple of hours, as noon approached, I began to get hungry. I located the apple and climbed down to retrieve it, as well as the book and the blanket. I climbed back up, and as I came over the top, I noticed the Piñon tree. It was lovely and full. I spread the blanket in the shade, put the book under my head, and began to eat the apple.

I was aware of a change of attitude. As I looked through the branches into the sky, a great sense of peace and beauty came to me. “The clouds sat in still puffs, the blue was endless, and I began to take in their spaciousness. I thought about the way I had acted and why Daddy had treated me so harshly. Understanding began to come and I became more objective about my behavior. I found myself getting in touch with my feelings, with the world around me. Nature was my mother, holding me for comfort and healing. I became aware of being part of it all, and I found myself thinking of God.

I wanted harmony. I wanted to hold the feeling of mystery. I wanted to be a better person. It was a prayerful time, a time of deep silence. I felt in communion with much that I could not know, but to which I was drawn. I had a powerful sense of discovering myself as great, of seeing the world as great, of touching the holy. This sense lasted a long time, perhaps a couple of hours. I found I liked being alone, enjoying the rich emptiness, holding the stillness. It was as if I had met another person—me—who was not so bad after all.

By the time my father came to get me, I was restored. Daddy did not press me about the day. He asked no questions, and I gave him no answers. But I was different, and we both knew it. My father had dumped me into solitude and had challenged me to grow. Before I got out of the car, I thanked him. And from then on, especially during the summer, I would take a day to go off alone. I loved those times of solitude, or contemplation, or prayer. I loved the person, the world, the God I had met that day. This habit of seeking solitude has stayed with me all these years.

—Sr. Jose Hobday, OSF (Native American)

**Conclusion**

We will give so much more to others if we seek out a deserted, out-of-the-way place to pray. We all need that deserted place in our lives where we can reconnect with God. That place may be a set time of prayer every day or a walk in the woods, a quiet corner of our home, a book by an insightful spiritual writer, or some quiet activity like gardening or baking—whatever renews within us a sense of the Lord’s goodness and compassion.

Come to me, all you who are weary and burdened, and I will give you rest.  
— Matthew 11:28-30



## Prayer Intentions

Pray for the sick: Gail Barrett, Lola Danielli, Patricia Daniels, Fran Dias, Fran Evans, Frank Gyorgy, Mike Hanlon, Yvonne Hanlon, Mary Jo Henrikson, Bette Johnson, Trula La Calle, Maureen Latimer, Charles Marchese, Liz Mullins, Lea Nelson, Louis Pappin, Peggy Pavone, Richard Peterson, Joel Rivera, Phyllis Rogers, Angela Saul, Bart Taylor, Ed Turpin, Mercedes Vegvary, Claire Vincent, William Wallace, and Dolores Zeni.

Also pray for those who have died: Andy Andrew, Fr. Mathew Ittiyaparra, Marguerite (Maggie) Kelly, and Agnes Polly Richards.

## Sunday's Mass Intention

The intention for this weekend's Mass is for the repose of the soul of **Ed Schudel** (requested by Harriet Draper.) The intention for the Sunday, February 14 Mass is for the repose of the soul of **Daniel Erlach** (requested by Lynette Erlach.)



## Follow Along with Monsignor's YouTube Mass for February 7, 2021

Included with this bulletin you will find Mass Responses & Prayers for the **February 7** Mass. You can print them out by opening the **2021-02-07 Mass Responses.pdf** file.



## Star of the Valley Outdoor Communion

The drive-thru distribution of Holy Communion at Star of the Valley is continuing this **Sunday** at the Msgr. Fahey Parish Center

parking lot from 10:30-11:00 a.m. rain or shine.

Wear a face covering and stay in your vehicle as you proceed in the line through the parking lot. You will stop and roll down your window to get your hands sprayed with sanitizer (remove gloves if you're wearing them), and then stop again to receive Communion in your hands. You may then pull your mask away to consume the Host, then drive away and say your prayer of thanksgiving when you arrive at home.

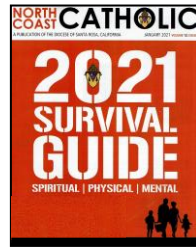
You may hand in offertory envelopes, or receive a 2021 calendar **before you get your hands sprayed with sanitizer.**

The ministers assigned for **this Sunday** are: Mary Kay Riccioni, Don Shelhart, Barbara and Fritz Spotleson. The ministers assigned for **February 14** are: Ted Sullivan, Stacey Hill Thomas, Cristina Wadsworth, and Bob Zeni. Please find your own substitute to fill in for you if needed.

## Ash-less Wednesday

Due to continued pandemic restrictions, there will be no distribution of ashes on Ash Wednesday at Star of the Valley this year. We hope you stay safe and healthy.

Don't give up! Moses was once a basket case!



## The New North Coast Catholic

The January 2021 issue of the Diocesan news magazine, North Coast Catholic, is now available at the Msgr. Fahey Parish Center. If you didn't receive one in your home mailbox, you may come by wearing your face covering, ring the doorbell and we'll give you a copy.



## Annual Ministry Appeal 2021

The Annual Ministry Appeal (AMA), *One Family in Mission*, is COVID-

style this year. You may have received the mailing at home, or the AMA donation envelope that came inside the January North Coast Catholic. If you didn't receive either, please let the parish office know so we can send you an AMA contribution envelope.

Our parish target is **\$28,352** this year, and we will receive 100% of what we raise over this goal to use here at Star of the Valley. If you haven't already contributed, please prayerfully consider a pledge or one-time donation to the 2021 AMA.

In order for our parish to get credited with your donation, it is important to properly and thoroughly print the information on the stub of the letter or envelope, writing "**Star of the Valley**" on the Parish line, and include that stub inside the return envelope with your check. Then simply put a stamp on the envelope to mail. Please *do not* drop them off at the Msgr. Fahey Center.



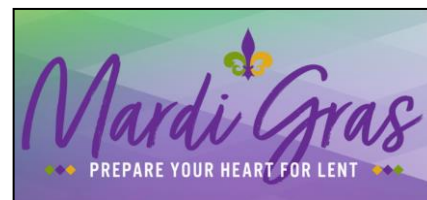
Email: \_\_\_\_\_  
Parish: Star of the Valley

With your help, we can assure the continued support of many important programs that help individuals and parishes throughout our diocese.

## FAITH BUILDING OPPORTUNITIES ONLINE

### Celebrating Marriage

♥ The virtual "Celebrate Marriage" event is next Sunday, **February 14th** at 1:00 p.m. Find details and register by clicking here: [World Marriage Day Celebration](#)



## Virtual Lenten Preparation

Join Dr. Tim Gray and special guests, Curtis Martin, along with Craig Miller, for a

special one-hour episode of The Augustine Institute Show: **Prepare Your Heart for Lent**, on Tuesday, **February 16**—Mardi Gras—at 4:00 p.m.

This special episode will be broadcast live for all to watch on [Formed.org](http://Formed.org) for free! Sign up by clicking on [formed.org/lent](http://formed.org/lent)

**COVID-Style Memorial for “Andy”**

Dr. Milton Henry Andrew, Jr. made his appearance on earth September 21, 1922, and left for his Heavenly home on January 25, 2021.

You are invited to join our family for a “Drive By” visit, on Thursday, **February 18th** from 1:00 p.m.–3:00 p.m. Wearing your mask, we hope you will stop by Mom and Dad’s house at 448 Oak Brook Lane, where you can see some vintage photos, remember Andy by sharing your stories of him, and bid farewell to Joan. She is preparing to move to Whidbey Island, WA, to be near her children, Steve, Sue, and Kelsey.

So happy he is absent from the body, and present with the Lord! Praise the name of Jesus with us!



**What the United States Looks Like**

A father wanted to read a magazine but was being bothered by his little girl. She wanted to know what the United States looked like.

Finally, he tore a sheet out of his new magazine on which was printed the map of the country. Tearing it into small pieces, he gave it to her and said, “Go into the other room and see if you can put this together.”

After a few minutes, she returned and handed him the map, correctly fitted and taped together.

The father was surprised and asked how she had finished so quickly.

“Oh,” she said, “on the other side of the paper is a picture of Jesus. When I got all of Jesus back where He belonged, then our country just came together.”

Let us pray for unity in our country.

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