

**FOURTH SUNDAY IN ORDINARY TIME  
JANUARY 29, 2012**

**FREE FROM ANXIETY?**

Stress and anxiety are fueling a multi-million dollar business in our overextended society. From Prozac to Aroma therapy from psychologists to work out routines we are trying in one hundred different ways to handle the stress in our work lives, in our personal lives and in our relationships – even in our faith. The reading from first Corinthians begins with words that really grab our attention: “want your life to be free from anxieties.” Is that not appealing? Stress is one of the most common and uncomfortable experiences; it drains our energy, keeps our nerves on edge, makes us irritable, prevents us from getting a good night’s sleep and takes all the fun out of our lives. When St. Paul offers a suggestion to free us from our anxieties, we do well to sit up and listen.

Some however may feel like laughing at St. Paul’s words, and we may find it easy to dismiss his advice because it gets lost in his distinction between those who are married and those who are single. We all know that every state of life has its distractions and anxieties. What we may not know is that we do not have to be slaves to those anxieties. And let us be sure that we understand what St. Paul is saying. These verses from his seventh chapter of his first letter to the Corinthians are taken out of context. The whole chapter deals with his advice on married life and virginity. In the opening lines of that chapter Paul is advising the appropriate conduct for married people. He tells us that every man should have his own wife and every woman should have her own husband and “the husband should fulfill his duty toward his wife and likewise the wife toward her husband.” He goes on to say to the man and wife. “Do not deprive each other except by mutual consent for a time, to be free for prayer, but then return to one another so that Satan may not tempt you through your lack of self control.”

The formula that St. Paul proposes for stress relief is revealed in his denunciation of spiritual schizophrenia. For St. Paul there is a certain division within ourselves. The half-heartedness and the halfway measures we take in handling our lives make for a lot of anxiety. Divisiveness always take a toll. Living by double standards, compromising our principles, walking both sides of the fence, burning the candle at both ends, we literally tear ourselves apart. Stress means that we are at odds with ourselves sometimes; pulling on both sides of the seam regarding a major or minor issue of life. St. Paul’s prescription for anxiety is single-heartedness, “undivided devotion to the Lord.”

To secure a sense of stability we need something to tie our lives together with direction and focus. This means consciously setting up our priorities with a central theme for our lives. St. Paul speaks on undivided devotion to the Lord, and he is not advocating that we give up our everyday responsibilities and dedicate all our time and attention to religious works. What St. Paul is promoting is that we have one principal to govern the way we live, one moral imperative by which we handle all our affairs. That principal is Jesus Christ and His teachings. In other words to stop living at cross purposes with ourselves and find a bedrock of stability. We need to think and act with the mind and the heart of Jesus Christ.

Week after week we hear the word of the Lord in the Gospels not only for inspiration but also for example. Over the weeks and years we get a feel for what Jesus is like: how He thinks, how He evaluates people and situations, how He conducts Himself in difficult circumstances, how He views the purpose of life. We get a feel for Christ’s vision and we get in touch with His mind and heart if we truly listen to the words of Holy Scripture. Christ is the way the truth and the life. The mind and heart of Jesus are what we need to make our own. Let us pay strict attention to the words we hear in the Gospel and take time on our own to finger through the Gospel, considering how Jesus would handle a person, a situation, a project, a problem. Let us in the words of St. Paul’s, “put on Christ.”

**ST. ANN’S PRAYER LINE** – to place a name or a special request on the prayer line, call Joe/Shirley Ackerman at 384-7513 or Sue/Bob Hotchkiss at 235-8311.

**The Chapel of Divine Mercy** open 24/7 with the Blessed Sacrament exposed. *Would you like to offer an hour or ½ hour on a regular basis call Pat at 655-9959 or Catherine at 489-3141.*

**Religious Vocation** –Through Moses, the Lord promised to raise up additional prophets from among the people. Today, the Lord calls religious sisters and brothers as well as priests and deacons from among the people. Could He be calling you to serve in one of these exciting vocations? If you think so, please speak with your pastor or call or write Father Joe Cocucci, Diocesan Director of Priestly and Religious vocations (302-573-3113 or [jcocucci@cdow.org](mailto:jcocucci@cdow.org)). Be sure to visit our website: [www.CalledByTheLord.com](http://www.CalledByTheLord.com)!

**Today's Readings** – In today's Old Testament passage, Moses speaks of another prophet God will raise from among the Israelites. In St. Mark's Gospel, that prophecy is fulfilled in Christ Jesus, Who speaks, heals, and casts out evil spirits with authority in the synagogue at Capernaum. As faithful stewards, we acknowledge Christ as the Great Prophet and also the popes and others of our time who continue to speak out against moral relativism and injustices present in our day.

**Alliance of the Two Hearts** – "Communion of Reparation All Night Vigil" held the first Friday and Saturday of each month, will be February 3 at St. Hedwig Chapel, 408 S. Harrison St., Wilmington from 8:15pm to 2:30am. Includes first Friday and first Saturday Masses, Confession, Rosary and Exposition of the Blessed Sacrament. For more info, call Irene Harach at 738-1285.

**Malvern Retreat House Art Show** – Wednesday February 1 thru Saturday February 4, 11am to 8pm and Sunday February 5, 11am to 4pm held in the McShain-Horstmann Family Life Center. Free admission. Works by more than 80 professional artists. For more info, please call 610-644-0400. Proceeds benefit Malvern Retreat House.

**Catholic Advance Health Care Directives** - Every person has the right to make his or her own medical decisions. But what happens if you become so seriously ill or injured that you can no longer make your own medical decisions or communicate them to those around you? That is when an advance health care directive can be of great help. An advance health care directive, sometimes called a "living will", is a legal document that allows you to give direction about your future medical care in the event you become unable to make your wishes known. An advance directive lets others know how you wish to be treated if you become seriously ill or injured and are unable to make decisions for yourself. For more information, go to the United States Catholic Bishops website (NSCCB.org).

**CATHOLIC SCHOOLS WEEK** – Beginning today is Catholic Schools week. This is a time set aside every year for us to focus on the great gift Catholic schools are to the church and indeed to our country. There are many ways to pass on our faith and the values of Jesus Christ. The best way is for parents to exemplify in their own lives and in the instruction of their children Christ's way of life. However, as the Bishops of the United States stated in 1990 and repeated last June: "Catholic schools afford the fullest and best opportunity to realize the four fold purpose of Christian education, namely to provide an atmosphere in which the Gospel message is proclaimed; community in Christ is experienced, service to sisters and brothers is the norm and thanksgiving and worship of our God is cultivated."

Take time, if you can, to visit the school and see the wonderful things occurring there. Meet the teachers and the students who are eager to welcome you and show off their school! If you are a parent considering which school your youngsters should attend, ask for an appointment to speak to the St. Ann School Principal, Sr. Virginia. Sister will give you a tour and respond to any questions as well as point out the unique opportunities St. Ann School provides.

If you are thinking about a full day Pre-K (4 year olds) for your child, look into the great Pre-K St. Ann's offers. You will be delighted.

Our parish school was founded in 1899 and has served the parish and the wider community for nearly 113 years. The facilities were expanded in the mid 1990's providing the school with additional classroom and other instructional space to enhance an already excellent educational program. Today St. Ann School is one of the best elementary schools in the area with a rich curriculum offered in a Catholic community setting with the Lord Jesus at its heart.

**St. Mary's Young Professional Project (SMYPP)**- Welcomes young adults (ages 21 and older) to a network created and run by young adults to meet the social, spiritual, and intellectual needs of young adults, recent college graduates and anyone open to the values of the Catholic Church. SMYPP offers a variety of activities the next one being Sunday, February 12, 2012 from 4-7pm, held at St. Mary of the Assumption Church. The speaker is Martha Jordan, a missionary for Generation Life, an organization committed to spreading the messages of pro-life and chastity. Meetings are free and are open to people ages 21 or older. For more info, email Tom Bounds at [tbounds1@gmail.com](mailto:tbounds1@gmail.com)

## MASS INTENTIONS

Saturday January 28  
8:00 A.M. Virginia Moore  
5:00 P.M. Nancy Horning  
Sunday January 29  
7:30 A.M. William J. Boeck  
9:30 A.M. Parishioners  
11:30 A.M. Henry Stenta, Sr.  
Monday January 30  
6:30 A.M. Katherine Sullivan Seitz  
8:00 A.M. Joanne Rowan  
Tuesday January 31  
6:30 A.M. Jean Marie Auwaerter  
8:00 A.M. Martina & Al Feeley  
Wednesday February 1  
6:30 A.M. Margaret J. Seitz  
8:00 A.M. Francis & Stella Smith  
Thursday February 2  
6:30 A.M. Patrick Costello  
8:00 A.M. Georgina Sheing & Henry Salacki  
Friday February 3  
6:30 A.M. Olga Zinni Browne  
8:00 A.M. Candida Speakman  
Saturday February 4  
8:00 A.M. deceased members of the Braun & Mooney families  
5:00 P.M. Thomas A. Smith  
Sunday February 5  
7:30 A.M. Parishioners  
9:30 A.M. John J. Stack  
11:30 A.M. Mark McDermott, Sr.  
Pray for the sick, shut-ins and elderly of our Parish.

**Lenten Soup** – Just a few weeks from now, we will begin the season of Lent. Ash Wednesday is February 22. Once again we intend to have **Lenten Soup Nights** on several Tuesday evenings (February 28, March 6, 13, 20). The “format” for the evening will be soup and bread with a 20 minute reflection of some type following the meal. This offers an opportunity to live the Spirit of Lent by eating less (but really good soup!) and taking a short time to focus on God, our faith and our lives. **Father Hurley** has already volunteered to repeat his preparations on several nights along with Msgr. Cini. We need volunteers (some of you have volunteered already) to help with preparation (usually Sunday afternoon) and preparing deserts. If you'd like to help, please call the rectory at (302)654-5519 or send an email at [stannschurch1@verizon.net](mailto:stannschurch1@verizon.net)

**KNIGHTS OF COLUMBUS 9<sup>th</sup> ANNUAL CATHOLIC YOUTH CHESS TOURNAMENT** – on Saturday, March 24, 2012 at Saint Pius X Columbian Home, Lancaster Ave & Scott Streets. Open to students in grades K-8 who attend Delaware Catholic Elementary Schools or Parish CCD Programs. Each participant will play 5 games. For registrations forms, call the St. Ann PREP Office at 654-8504 or the school office at 652-6567.

### **You the Seeker, God the Seeker –**

From the time you learned to talk, you asked questions – which reveals something absolutely basic about you: the fact that you have a questioning intellect. Throughout your life, you have always wanted things, and you find yourself making constant decisions – saying yes to this, no to that. These experiences reveal something else very basic about you: the fact that you have a free will, the power to want and to choose.

As time passes you are changing in bodily appearance, and your way of viewing life is shifting and deepening. But the basic you – the “I” behind your eyes – remains the same person. At your core you are constantly reaching out, seeking that for which you were created. This questing, spiritual core of your being has been called by many names. Common names for it are *soul, spirit, or heart*.

The Ultimate Reality you seek has also been called by many names. The most common name is God. You are so bound to God that without him you would not live or move or have your being. You are so bound to God that if you did not sense his presence in some way, you would view life as pointless and cease to seek.

Meanwhile, as you seek God, God seeks you. The Vatican Council expresses it this way: “The invisible God, from the fullness of his love, addresses men as his friends, and moves among them, in order to invite and receive them into his own company”.

As a Catholic you are called to seek and find Christ. But you did not begin this quest on your own initiative. The initiative was all God's. God first made you visibly his in baptism. What he seeks now is that you seek him. In a mysterious way your whole life with God is an ongoing quest for each other by two lovers – God and you – who already possess each other.

**Respect Life** – Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning to its end; no one can under any circumstance claim for himself the right to directly destroy an innocent human being.

-----Pope John Paul II