

Saint Sabina Catholic Church

700 Trevis Ave. Belton, MO • www.stsabina-parish.org •
www.facebook.com/stsabina-parish • 816-331-4713



Office Hours: 9:00am-5:00pm, Monday - Thursday and 9:00am-1:00pm, Friday



Pictured are parish family members: Frank Hansel, Quin Henry, Elaine Christopher, Doug Moorman, Kris Larkey, and Fr. Jeff with Cardinal Rosa Chavez in El Salvador earlier this month.

Family Pancake Breakfast— February 4

The Knights of Columbus will be hosting a family pancake breakfast next Sunday from 9am-noon. The menu will include pancakes, sausage, eggs, juice and coffee. **Breakfast for adults will be \$5 each and for children will be \$4 each.**



Mass Times

Saturday: 4:00pm in English

Sunday: 8:00am and 10:30am in English,
12:30pm in Spanish

Confessions: Saturdays, 3:00-3:30pm

**Visit our website for Holy Day and special
Mass times.**

Fourth Sunday in Ordinary Time

January 28, 2018

Parish Staff/Mass Intentions

Fr. Jeff Stephan , Pastor	816-979-3157 X57	frjeff@stsabinaparish.org
Deacon Mike Gates		mikeg@stsabinaparish.org
Bridget Hernandez , Stewardship and Communications/Corresponsabilidad y Comunicaciones	816-979-3159 X59	bridget@stsabinaparish.org
Kris Larkey , Business Manager/Gerente de Operaciones	816-979-3151 X51	kris@stsabinaparish.org
Biagio Mazza , Pastoral Associate/Asociado Pastoral	816-979-3153 X53	biagio@stsabinaparish.org
Susan Ratigan , Liturgist/Liturgista	816-979-3158 X58	susan@stsabinaparish.org
Kirstie Roberts , Dir. of Religious Ed. & Youth Ministry/Dir. de Educación Religiosa y Ministro de Jóvenes	816-979-3155 X55	kirstie@stsabinaparish.org
Marta Roper , Pastoral Care Coordinator/Coordinadora Pastoral	816-979-3154 X54	marta@stsabinaparish.org
Jeff Shields , Finance Coordinator/Coordinador de Finanzas	816-979-3152 X52	jeffshields@stsabinaparish.org
Tracy Wheeler , Maintenance/Mantenimiento		tracy@stsabinaparish.org
Berenice Zayas , Family Life & Hispanic Ministry/Vida de la Familia Parroquial y Ministerio Hispano	816-979-3150 X50	berenice@stsabinaparish.org
Kathleen Chastain , Diocesan Victim Advocate	816-392-0011	chastain@diocesekcsj.org
Jenifer Valenti , Diocesan Ombudsman	816-812-2500	jeniferValenti@att.net
Wellness Center/Centro de Bienestar		
Wendy Mora Cedillo	816-979-3090	
Jeannine Midgett	816-979-3093	
Patricia Moreno	816-979-3092	



Mass Intentions for the Week

Intentions for January 29—February 2, 2018

Mon.	8am	COMMUNION SERVICE
Tues.	6pm	†Fr. Chuck Jones
Wed.	8am	†Esther Robertson
Thurs.	8am	†Felix Suwito
Fri.	8am	†Laverne Bremer

Saturday, February 3, 2018

4:00pm Intentions of the Parish Family

Sunday, February 4, 2018

8:00am	†Esther Robertson
10:30am	†Bill and †Audrey Reichert
12:30pm Spanish	†Pedro Cedillo
	†Joel Perez Lopez

From Death to New Life De la Muerte a la Nueva Vida

†Shirley Aube, Beautiful Savior

†Karla Waters, Beautiful Savior

†Esther Robertson, Redwood of Raymore

†Veronika Fred, dear friend of Sarah Meakins

†Bob Duffey, husband of Rosalie Duffey, father of Susan Lewis



Calendar/Parish Happenings

Sunday, January 28 - Domingo, 28 de Enero

- 9:00am PSR/Parents Lounge
- 10:30am Bible Study
- 11:00am Ensayo del Coro Hispano
- 11:00am Escuela de Religión
- 2:00pm Search Team Meeting

Monday, January 29 - Lunes, 29 de Enero

- 4:00pm Uplift
- 6:00pm New Zealand Trip Meeting
- 7:00pm Boy Scouts

Tuesday, January 30 - Martes, 30 de Enero

- 7:00pm ESL/Inglés Como Segunda Lengua
- 7:00pm Living Stones

Wednesday, January 31 - Miércoles, 31 de Enero

- 9:00am Legion of Mary
- 7:00pm Choir Practice (4:00 & 10:30 groups)
- 7:00pm Faith Formation: Mark's Gospel

Thursday, February 1 - Jueves, 1 de Febrero

- 6:55am High School Youth Prayer Breakfast
- 9:30am Quilters
- 10:00am Faith Formation: Mark's Gospel
- 7:00pm RCIA/RICA
- 8:00pm Choir Practice (8:00 group)

Friday, February 2 - Viernes, 2 de Febrero

- 8:30am Adoration

Saturday, February 3 - Sábado, 3 de Febrero

- Altar Society Sale
- 3:00pm Confessions

Sunday, February 4 - Domingo, 4 de Febrero

- Altar Society Sale
- 9:00am PSR/Parents Lounge
- 9:00am Pancake Breakfast
- 11:00am Ensayo del Coro Hispano
- 11:00am Escuela de Religión
- 2:00pm Search Team Meeting

New Tax Benefit for Catholic School Parents

Catholic school parents may benefit from the recent changes to the federal tax code. The recently passed federal tax law allows parents to make contributions to a child's Missouri 529 MOST account for K-12 tuition, in addition to expenses for higher education that are already permitted. The Missouri 529 MOST account is an investment program sponsored by the Missouri State Treasurer's office. **Anyone can open a MOST account, including parents, grandparents, or friends of K-12 or college-aged students.** In this way, if parents lack financial resources, others can contribute to the family's MOST account. Interest earnings on contributions made by parents to MOST accounts are not subject to state or federal taxes. Furthermore, qualified distributions from the account (those for higher education expenses, and now K-12 tuition) are also not taxed. Parents can withdraw up to \$10,000 annually for private K-12 tuition per student as an eligible distribution from a MOST account. Parents can elect to make contributions to the MOST account according to their own timetable, such as monthly. Parents may want to consult with their local bank or financial advisor regarding the advisability of setting up a 529 MOST account. To calculate a Missouri school family's tax benefit, visit: <https://vanguard.wealthmsi.com/stdc.php> To set up a Missouri 529 MOST account, visit the Missouri MOST website: <https://www.missourimost.org/home/open-a-most-529-account.html>.

Parents Lounge

The Parents Lounge would like to welcome you and hope you can join us on Sundays at 9am, during the PSR hour in the education wing. It is a great opportunity to meet other parents and families of the parish. This ministry is just a couple years old but is slowly growing with new members, and we look forward to seeing where God leads us as a group this year.

Parents Lounge at St. Sabina is where we just gather together and talk. In past years we have had planned topics for discussion on occasion, but typically it is just informal discussion on anything from parenting subjects, kids' school events, vacation destinations, family events, local activities, etc. There is no long term commitment. Parents Lounge is a come as you want type meeting. Different events we have been involved in are: Trunk or Treat, Stuff the Turkey, family oriented Stations of the Cross during Lent, and summer activities such as bowling. Don't have any kids in PSR yet?? That's okay! Younger children are welcome to come. We have some toys and coloring books for the children to play together. Feel free to contact Anita Frey with questions. 816-804-3127 or afreyhome@sbcglobal.net



Parish Happenings

Valentine Dance—February 10

The Ladies Auxiliary will be hosting their annual Valentine Dance on Saturday, February 10. Happy hour will be from 6:30-7pm. We will have a catered dinner at 7pm and dancing to follow. Tickets are \$60 per couple. Buy your tickets by February 1, and save \$10! For more information contact Nancy Meiron at 816-820-6109 or Jan Stella at 816-786-0754.

Green Team Tip of the Week

Learn ways to save money and energy at home or work <http://greenabilitymagazine.com/blog/2017/10/cut-165-energy-vampire-costs-home/>

Over 55

New Theatre Restaurant

The next show we will be seeing at the New Theatre Restaurant is *Barefoot in the Park*, starring Cindy Williams and Eddie Mekka on Thursday, April 19th at 6:00pm. Tickets are \$49 each. If you would like to go, please contact Bridget Hernandez at 816-979-3159 with the number of tickets you will need by Tuesday, March 13th

Benefit Dinner and BINGO for the El Salvador Scholarship Fund

A special thank you to the Knights of Columbus and Charles Mercier for organizing the event and cooking the meal!



Pastoral Care

Nursing Home Mass Schedule

Jan 31	8:00am	St. Sabina (5th Wed.)
Feb 7	10:30am	Beautiful Savior
Feb 14	10:00am	Redwood of Raymore

Ministers to the Sick and Homebound

Ash Wednesday is February 14th; please plan on visiting your homebound with ashes.



Bulletin Prayer Request List

Parishioners who are ill, or who have a loved one who is ill, may request to have the person remembered on the Prayer Request list published in our bulletin. Names will remain on the list for two months but may be resubmitted upon request. Please remember permission must be given by the individual before the name can be published. To add or remove a name from the list contact Marta Roper in the parish office 816-979-3154 or marta@stsabinaparish.org.

Mental Health Resource Numbers

NAMI - National Alliance on Mental Illness

816-931-0030 - Support, Education, Advocacy

National Suicide Prevention Lifeline

1-800-273-TALK (8255) Available 24/7

ACI Mental Health Crisis Hotline

1-888-279-8188 Available 24/7, Multilingual

Prayer Requests/Peticiones de Oración

Bill Aldridge	Bob Heffernan	Doris Shields
Dick Armstrong	Beth Heide	Jo Ann Shrout
Marilyn Avalos	Baby Hendrix	Lois Simpson
Nikki Barrett	Chelsea Hendrix	Ashley Smith
Mary Ann Bays	Bart Henke	Shelline Smoot
Pauline Bellm	Rhonda Henke	Charles Stinger II
Beverly Bell	John Hirt	Marie Stinger
John Bidondo	Pam Kelleher	Juanita Stockton
Maxine Bremer	Jenny Kinslow	Jim Storm
Ryann Burrows	Leeland Kinslow	Leo Storm
Ramon Caratachea	Donna Kozar	Marge Storm
Anna Clark	John Lally	Mary Jane Storm
Helen Cook	Albert Leal	Jean Tate
Joseph Coots	Beverly Little	Ruth Tayler
Cathy Davis	Bill Locke	Angel Thomas
Paul DeMar	Debbie Locke	Bruce Thompson
Nolan Dickerson	Jo Locke	Priscilla Tristani
Steven DiGeorge	Israel Luna	Rhonda VanDyne
Frances DiGeorge	Bonita Mackedanz	William VanDyne
Argentina Meza Dubon	Leonard Meiron	Harvey Vice
Brian Effertz	Harry Muench	Sunny Vigil
Terry Eppert	Joan Muench	Donna West
Joan Feedback	Bella Nouryeh	Mary Westfall
Emily Frezza	Jane Nouryeh	Marie Wilburn
Dick Garnier	Thelma Palmer	Jeannette Woolworth
June Glunt	Dee Raya	Merle Woolworth
Karen Grantham	Patricia Rellihan	Carmitia Yust
Laverne Harlow	Clarence Reynolds	Pablo Zayas
Bonnie Haskins	Helen Rush	
Cherie Hatfield	Yvonne Salmon	

Wellness Center

The St. Sabina Wellness Center proactively addresses the health needs of our parish population by offering free, confidential, convenient wellness screenings to adults and children alike. Screenings include: Height and Weight, Vital signs, Vision and Hearing, Head-to-toe assessment, Biometric labs (adults only), Blood Sugar, Triglycerides, Blood Pressure, and Heart Rate. Health screenings are the important first step, but active follow up and support are what make Health Communities effective.

We offer a holistic approach to care for the whole person – mind, body, and spirit. We focus on empowering participants to create a condition of optimal health and balance, beyond the absence of disease. Health Communities offers healthy eating cooking classes and workshops, exercise classes from beginner to advanced levels and mindfulness practices to reduce stress, assist with pain management and lower blood pressure.

Wellness Center Class Schedule

Monday:	Intermediate Yoga 1-2pm Gentle Yoga 2-3pm Yoga 6-7pm
Tuesday:	Stretch & Strength 1-2pm Gentle Stretch & Strength 2-3pm Circuit Training 6-7pm
Wednesday:	Intermediate Yoga 1-2pm Gentle Yoga 2-3pm Restorative Yoga 6-7pm
Thursday:	Stretch & Strength 1-2pm Gentle Stretch & Strength 2-3pm Yoga 6-7pm
Friday:	Intermediate Yoga 1-2pm Gentle Yoga 2-3pm ReFit® 6-7pm

Schedule your free wellness screening today! 816-979-3090



Stewardship

"Then they came to Capernaum, and on the Sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes."

Mark 1: 21-22

Up until this time we have seen the Lord as the Son of Man Who submitted to His Father. He submitted to God in His Baptism, and to the Holy Spirit in the wilderness. To have authority also requires submission. We, too, are called to submit to God, but for us that is sometimes challenging because it requires humility, something that is not easy for many of us. Later in the Gospel of John there is another account of the Lord teaching at the Temple. He is challenged, and His response is quite simply, "My teaching is not from myself; it comes from the one who sent me." We are not divine, but we, too, are sent. — See more at www.catholicsteward.com/blog/

Contributions for January 14

Envelopes/Sobres:	\$10,650.00
Plate/Canasta:	\$ 705.55
Maintenance-Upkeep:	\$ 852.00

Contributions for January 21

Envelopes/Sobres:	\$12,638.00
Plate/Canasta:	\$ 676.34
Maintenance-Upkeep:	\$ 457.50
Catholic Home Missions:	\$ 1,757.05

Online Giving

St. Sabina offers an online giving option for parishioners and visitors. This is an easy, safe and secure way to make contributions online. To set up a one-time or recurring contribution: go to our parish website at www.stsabina-parish.org, click the "Online Giving" button in the top right section and fill out the online contribution form.

ST. SABINA SECOND ANNUAL BENEFIT AUCTION APRIL 27, 2018



Save The Date! Please join us for a night of great food, fun, and competitive bidding to support St. Sabina's youth and much needed upkeep/maintenance of our facilities. The program will start with a Silent Auction, Dinner, and then a LIVE Auction. Ticket prices are \$30 each or \$50 for a couple. Look for registration information in upcoming bulletins. It's sure to be a ball!

We need your help! We are asking all parishioners to assist in procuring donations of new merchandise, sporting events, services, collectibles, time shares, entertainment, gift baskets, gift cards, or in-kind cash donations. Donations valued over \$75 will receive free advertising blocks in the Auction Catalog, up to a full-page ad depending on item or service value. Please bring your donations to the parish office, or contact David Pierce at 816-392-1110 to arrange a pick-up. For a sponsorship, contact Laura Pierce at piercelauram@gmail.com, or call 816-797-9371.

Vacation Time Shares — Sports Memorabilia — Gift Cards — Customized Gift Baskets — Unique Services and Goods — Entertainment Packages

Information

Diocesan Events

- Candlemas of the Innocents, Friday, Feb 2, 2018. 6pm Confessions, 6:30pm Rosary, 7pm Mass, St. Mary Catholic Parish, 600 N Liberty St, Independence, MO
- Journey of Hope Divorce Ministry, Wednesday, March 21, 7-9pm, Our Lady of the Presentation, 130 NW Murray Rd, Lee's Summit

For more information on the above events, please call the Family Life Office at 816-714-2373.

World Marriage Day Mass

On Sunday, February 11, 2018 there will be a Mass celebrating World Marriage Day at 2pm at the Church of the Ascension, 9510 W 127th St, Overland Park. Archbishop Joseph Naumann will celebrate the Mass, with Bishop James Johnston concelebrating and giving the homily. All are invited to attend.

St. Regis School New Family Open House

St. Regis School, 8941 James A. Reed Rd, KCMO, will be hosting a New Family Open House/Kindergarten Round Up on Thursday, February 1, 2018 from 6:00-7:00pm. The Open House is for any family that is interested in learning more about St. Regis School. We will have tours of the school, and enrollment information for the 2018/2019 school year will be available. Please come visit our school and discover our mission to "educate the whole person through a God-centered curriculum; creating a community in which students may grow in love of God, life, others and education". Would you like more information about St. Regis School? Please visit www.regisschool.org or call St. Regis School at 816-763-5837. We look forward to meeting you!



Good Neighbors, Strong Community



Saturday, February 10, 2018
9am - 3pm
Ray-Pec High School

Topics include:
 Connecting to Resources
 Healthy Relationships
 Building Resilience in Children & Families
 Increasing Emotional Intelligence
 Community Mindset
 Community Safety

Guest Speakers:
 Carey Casey, Author
 Championship Fathering
 AJ Crabill, Texas Education Agency
 Deputy Commissioner
 Dayton Moore, Kansas City Royals
 General Manager
 Dr. Chris Habben, Professor
 Marriage & Family Therapy

Mark your calendars now, & sign up today:
<https://tinyurl.com/Goodneighbors2018>

Registration is open now -- be sure to sign up in advance for free lunch & childcare!

Sponsored by Raymore-Peculiar School District, Belton School District, Raymore-Peculiar Public School Foundation, Ray-Pec Cares, and other community resources.

happy birthday

Diana Albor	Guerrero Hinojos	Milagros Rios
Don Bannerman	Zulema Hinojos	Juana Rivas
Lupe Barrera	Josh Hurtado	Rocio Rodelo
Heyden Bautista	Jesse Jakobe	Manuel Rodriguez
Serena Bays	Janet Jones	Edgardo Rodriguez
Beatriz Bravo	Maria Juarez	Sandra Ruiz
Jesus Bretado	Melissa Kelch	Carlos Ruiz
Dixie Brewer	Lillian Kopek	Luz San German
Dave Campbell	Terri Krueger	Rebecca Schaefer
Marco Cano	Maureen Kuti	Kristi Schumacher
Constantino Cantú	Olivia Lancaster	Charles Sellmeyer
Ana Cedillo	Joseph Lewis	Chariotte Simms
Bayron Cedillo	Hugo Lopez	Candelaria Soto Zubia
Maricela Chavez	Julio Madrid	Jayden Sowers
Barbara Clary	Odalys Madrid	Kayleigh Stoddard
Ariadne Coronado	Tammy Madril	Juana Talamantes
Monte Crosby	Brayan Mancia	Anthoni Torres
Annika Darby	Oscar Mina	Miguel Torres
Margo Dellaguardia	Jerry Morgan	Glenna Trevino
Rebecca Fletcher	Courtney Morgan	Elena Valles
Savannah Fuss	Juana Negrete	Angeles Velazquez
Luis Gomez	Jane Nouryeh	Dalilah Venzor
Matthew Gomez	Hermes Osorio	Michael Vides
Kevin Gray	Mayra Peraza	Brad Votava
Israel Gress	Berenice Perez	Grace Walt
Sean Halloran	Jakeline Pocasangre	Kaitlin Wathor
Frank Hansel	Ricardo Quinones	Zachary Werkowitch
Isabel Harshner	Michelle Ragsdale	Jose Zavala
Tanner Hassler	Thomas Renfro	

Happy Anniversary

Bill and Bonnie Becker	52 Years!	1/8/1966
Marvin and Janice Glendening	47 Years!	1/31/1971
Mauro and Teresa Hernandez	34 Years!	1/29/1984
Myron and Diane Daldrup	26 Years!	2/1/1992
Sergio Ramos and Laura Hinojos	21 Years!	2/1/1997
Fabian and Yessenia Lopez	12 Years!	2/4/2006
Kurt and Bridget Lowther	11 Years!	2/3/2007
Felipe Cedillo and Doris Rodriguez	7 Years!	1/29/2011
Mark and Cheryl Wipperman	6 Years!	2/4/2012



School of Religion/Youth Ministry

Volunteer Opportunities

Uplift Org. If you would like to bring meals to the homeless on the 4th or 5th Monday of any month, contact Kirstie Roberts! This ministry is open to all parishioners age 14 and older. Volunteers must report to the Uplift Warehouse by 5pm and will be finished around 9:30pm.

Uplift Cooks! Anyone who would like to help prepare a meal for the homeless is welcome to join our team on the 4th Monday of each month at 10am in the gym. We recommend that you bring a good cutting knife, vegetable peeler and can opener. **Our next cooking date is Monday, February 26th.**

Harvesters! This local food bank provides food to needy families around the KC area. Volunteers are needed to help sort food donations and pack weekend food bags for kids in our community. We will be taking a group of 5 people on the third Thursday of each month. **Our next date is February 15, 6-8pm.** If you would like to volunteer, call or email Kirstie in the Youth Office.

Community Meals Lord of Love Lutheran Church offers a free meal to the community each Wednesday. Every third Wednesday of the month St. Sabina volunteers help prepare, serve and clean up in an effort to work together with other Christians to carry out Christ's work. **Our next volunteer date is Feb. 21.** Contact Berenice Zayas for more information or to sign up at 816-979-3150 or berenice@stsabinaparish.org.

Child Safety

The Diocese of Kansas City-St. Joseph is committed to combatting sexual abuse in the Church. If you are a victim of sexual abuse, or if you observe or suspect sexual abuse:

1. **Call the Missouri Child Abuse Hotline at 1.800.392.3738 (if the victim is currently under the age of 18), and**
2. **Contact your local law enforcement agency or call 911, and**
3. **After reporting to these civil and law enforcement authorities, report suspected sexual abuse of a minor or vulnerable adult to the Diocesan Ombudsman, Jenifer Valenti, at 816.812.2500 or JeniferValenti@att.net, if the abuse involves a priest, deacon, employee or volunteer of the Diocese of Kansas City-St. Joseph.**

The Diocese has a sincere commitment to providing care and healing resources to victims of sexual abuse and their families. Please contact Victim Advocate, Kathleen Chastain, at 816.392.0011 or chastain@diocesekcsj.org for more information.

All volunteers with youth and children must attend one Protecting God's Children workshop, submit to a background check and sign the policy on Ethics and Integrity in Ministry, (EIM). More info at <https://kcsj catholic.org/the-office-of-child-and-youth-protection/>

Youth News

Thursday Morning Donuts! Every Thursday that Belton High School is in session, Kirstie will have donuts and a little prayer for High School youth heading to school. The Youth Office doors will open at 6:55am for kids to stop in on their way to school.

The Next Confirmation Sponsor Night will be on February 21st, 7-8:30pm in the Parish Hall. All Confirmation Candidates (youth) and their adult Sponsor are expected to attend these meetings. If the Sponsor is unable to attend a meeting with the youth, the youth should still attend. If you are having difficulty finding a Sponsor, please contact Kirstie Roberts in the Youth Office and she will be happy to find someone for you.

PSR News

Donut Sunday! The PSR Third Grade class will be hosting Donuts in the gathering space after the 8am & 10:30am Masses on Feb 11. Please stop by their table to say hello!



Reflection on the Readings

Lectionary Year B immerses us into the gospel according to Mark. *Today we hear Jesus going about his ministry of overcoming evil by driving out demons.* Jesus speaks with such authority, passion and conviction that all who are attuned to his words and deeds are amazed and overwhelmed. *While the people marvel at who this Jesus could be, the demons are very much aware and cognizant of who Jesus is, "the Holy One of God."*

Could Mark be saying that the forces of evil are much more attuned to the power and authority of the forces of good than most of us are? It may be that the forces of evil are so attuned because of their need to survive by protecting themselves from the forces of good. But should not our own very survival also depend on attuning ourselves to the forces of good so that we too, like Jesus, can overcome evil with good?

Maybe this attunement to the forces of good along with the power, authority and passion of God is what Responsorial Psalm 95 calls us to this Sunday. This psalm is recited every day around the world by all those who pray the Liturgy of the Hours, since it is the standard opening for Morning Prayer. At the beginning of each day, it invites all to attune their minds and hearts to God's voice and direction as they go through life's daily activities.

The refrain from Psalm 95 calls out to us "If today you hear his voice, harden not your hearts." We are challenged to listen attentively to what God may be saying to us in the people, events, encounters and details of daily life. Much more importantly, we are encouraged to open our hearts to what God may be saying and not to harden them or shut God out. We do this because we acknowledge God as the "rock of our salvation," "the one who made us," and because God is our shepherd and guide through all of life.

The first reading from Deuteronomy has Moses speak out of the realization that attuning ourselves to God's voice may be too much for people. That is why God's voice is always mediated through people like the prophets. Prophets are people like ourselves who have disciplined themselves to be attuned to God's voice, thus enabling them to speak from God's perspective and mind

set. We often find prophets challenging and difficult to listen to because they often speak a language that is foreign to our way of thinking and behaving. *Because we have not disciplined ourselves to listen to God's voice and open our hearts to it, we are amazed at the power, passion and authority out of which a prophet speaks.*

Paul's first letter to the Corinthians also addresses the necessity of allowing nothing to get in the way of our lifetime task of attuning ourselves to God's voice, presence and love. While Paul appears to be biased towards virginity and not marriage, the principle that he states rises above both states of life. Paul stresses that no matter what lifestyle God has called us to, our primary focus should be our relationship to God, our "adherence to the Lord without distraction."

Neither virginity nor marriage guarantees that we will attune ourselves to God's voice without distraction. Rather, no matter what state of life we are called to, we have to deliberately, intentionally and consciously cultivate an attentive ear and an open heart to God's voice and presence. It does not happen automatically. *Both for Paul and for Mark, Jesus is the ultimate and total expression of God's voice in our midst.*

This week, no matter what your lifestyle, reflect on how you are cultivating a conscious and intentional discipline of attuning yourself to the voice and presence of God in your life. Make a list of all those things that help you attune yourself to God's voice. Pay attention to those things that distract you from attuning yourself to God's voice. Ask Jesus for the help and strength to be as attuned to God as he was. You will be surprised at the graciousness of God's response.

Biagio Mazza
Pastoral Associate

Readings



Bible Study

Sunday, January 28

1st Reading: Deuteronomy 18:15-20

Psalm: Psalm 95:1-2, 6-7, 7-9 (8)

2nd Reading: 1 Corinthians 7:32-35

Gospel: Mark 1:21-28

Sunday, February 4

1st Reading: Job 7:1-4, 6-7

Psalm: Psalm 147:1-2, 3-4, 5-6 (3a)

2nd Reading: 1 Corinthians 9:16-19, 22-23

Gospel: Mark 1:29-39

Catholics are mostly exposed to the Bible through the Sunday Lectionary Readings. In order to help us all enter into the Bible through the Sunday readings, we offer study sessions that provide an opportunity to read, to study background to the readings, and to reflect on how to apply the readings to our lives. **Our next Bible Study date is Jan. 28 at 10:30am in the conference room.** All are welcome; bring a bible. To register, call Biagio at 816-979-3153.



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Reflexión Sobre las Lecturas

El Año Leccionario "B" nos sumerge en el evangelio según San Marcos. *Hoy oímos sobre Jesús haciendo su ministerio para vencer el mal al expulsar a los demonios.* Jesús habla con tanta autoridad, pasión y convicción que todos los que están en sintonía con sus palabras y hechos están asombrados y abrumados. *Mientras la gente se maravilla de quién podría ser este Jesús, los demonios están muy conscientes de quién es Jesús, "el Santo de Dios".*

¿Podría estar diciendo Marcos que las fuerzas del mal están mucho más en sintonía con el poder y la autoridad de las fuerzas del bien que la mayoría de nosotros? Puede ser que las fuerzas del mal estén tan sintonizadas debido a su necesidad de sobrevivir protegiéndose de las fuerzas del bien. Pero, ¿no debería nuestra propia supervivencia depender también de sintonizarnos con las fuerzas del bien para que nosotros también, como Jesús, podamos vencer el mal con el bien?

Quizás esta sintonía con las fuerzas del bien junto con el poder, la autoridad y la pasión de Dios es lo que el Salmo Responsorial 94 nos llama a lograr este domingo. Este salmo se recita todos los días alrededor del mundo por todos aquellos que rezan la Liturgia de las Horas, ya que es la apertura estándar para la Oración de la Mañana. Al comienzo de cada día, invita a todos a sintonizar sus mentes y corazones con la voz y la dirección de Dios mientras realizan las actividades diarias de la vida.

El estribillo del Salmo 94 nos llama a gritos: "¡Ojalá escuchen hoy la voz del Señor: 'No endurezcan el corazón'". Estamos desafiados a escuchar atentamente lo que Dios puede estar diciéndonos en las personas, eventos, encuentros y detalles de la vida cotidiana. Mucho más importante, nos alienta a abrir nuestros corazones a lo que Dios puede estar diciendo y no a endurecerlos ni ignorar a Dios. Hacemos esto porque reconocemos a Dios como la "roca de nuestra salvación". "El que nos hizo", y porque Dios es nuestro pastor y guía a través de toda la vida.

La primera lectura de Deuteronomio hace que Moisés hable de la comprensión de que sintonizarnos con la voz de Dios puede ser demasiado para las personas. Es por eso que la voz de Dios siempre es intercedora a través de personas como los profetas. Los profetas son personas como nosotros que se han disciplinado para estar en sintonía con la voz de Dios, lo que les permite hablar desde la perspectiva y la mentalidad de Dios. A menudo encontramos profetas desafiantes y difíciles de escuchar porque muchas veces hablan un idioma que

es extraño a nuestra manera de pensar y de comportar. *Debido a que no nos hemos disciplinado para escuchar la voz de Dios y abrir nuestros corazones a ella, nos sorprende el poder, la pasión y la autoridad de la que habla un profeta.*

La primera carta de Pablo a los Corintios también aborda la necesidad de no permitir que nada se interponga en nuestra tarea de toda la vida de sintonizarnos con la voz, la presencia y el amor de Dios. Mientras que Pablo parece estar predispuesto a la virginidad y no al matrimonio, el principio que él declara se eleva por encima de ambos estados de vida. Pablo enfatiza que no importa a qué estilo de vida nos haya llamado Dios, nuestro enfoque principal debería ser nuestra relación con Dios, para vivir "sin distracciones en presencia del Señor".

Ni la virginidad ni el matrimonio garantizan que nos sintonicemos con la voz de Dios sin distracción. Más bien, no importa en qué estado de vida seamos llamados, tenemos que cultivar deliberadamente, intencionalmente y conscientemente un oído atento y un corazón abierto a la voz y presencia de Dios. No sucede automáticamente. *Tanto para Pablo como para Marcos, Jesús es la expresión máxima y total de la voz de Dios en medio de nosotros.*

Esta semana, sin importar cuál sea su estilo de vida, reflexione sobre cómo está cultivando una disciplina consciente e intencional de sintonizarse con la voz y la presencia de Dios en su vida. Haga una lista de todas las cosas que le ayudan a sintonizarse con la voz de Dios. Preste atención a aquellas cosas que le distraen de sintonizarse con la voz de Dios. Pídale a Jesús la ayuda y la fortaleza para estar tan sintonizado con Dios como él lo era. Le sorprenderá la gracia de la respuesta de Dios.

Biagio Mazza

Lecturas



Lecturas del Domingo, 28 de Enero

Primera Lectura: Deuteronomio 18:15-20

Salmo: Salmo 94:1-2, 6-7, 8-9

Segunda Lectura: 1 Corintios 7:32-35

Evangelio: Marcos 1:21-28

Lecturas del Domingo, 4 de Febrero

Primera Lectura: Job 7:1-4, 6-7

Salmo: Salmo 146:1-2, 3-4, 5-6

Segunda Lectura: 1 Corintios 9:16-19, 22-23

Evangelio: Marcos 1:29-39

Ministerio Juvenil

Oportunidades para Voluntarios

Uplift Org. Si le gustaría traer comidas a las personas sin hogar en el 4° o 5° Lunes de cada mes, por favor, póngase en contacto con Kirstie Roberts! Este ministerio está abierto a todos los feligreses mayores de 14 años. Los voluntarios deben reportarse a la bodega de Uplift a las 5pm y se terminan a las 9:30pm.

Cocineros de Uplift! Cualquier persona que le gustaría ayudar a preparar una comida para las personas sin hogar está bienvenido a unirse a nuestro equipo en el 4° Lunes de cada mes a las 10am en el gimnasio. Le recomendamos que traiga un cuchillo y pelador de verduras buenos. El próximo día de cocinar es el 26 de febrero.

Harvesters! Este banco de alimentos local proporciona alimentos a las familias necesitadas de todo el área de KC. Se necesitan voluntarios para ayudar a organizar las donaciones de alimentos y para preparar bolsas de comida para fines de semana para niños en nuestra comunidad. Vamos a llevar un grupo de 5 personas en el tercer Jueves de cada mes. Nuestra próxima fecha es el 15 de febrero de 6-8 pm. Si desea ser voluntario, llame ó mande un correo electrónico a Kirstie en la Oficina de los jóvenes.

Comidas Comunitarias La Iglesia Luterana Lord of Love ofrece una comida gratis a la comunidad cada miércoles a la cual usted está invitado. Cada tercer miércoles del mes voluntarios de Sta. Sabina ayudan a preparar, servir y limpiar en un esfuerzo de trabajar junto con otros cristianos para llevar a cabo la obra de Cristo. Nuestra próxima fecha como voluntarios es el 21 de febrero. Contacte a Berenice Zayas en la oficina parroquial para más información. 816-979-3150.

Noticias Juveniles

Donas los Jueves por la Mañana! Cada jueves que Belton High School tiene clases, Kirstie tendrá donas y hará oraciones con los jóvenes de High School antes de ir a la escuela. Las puertas de la Oficina de la Juventud se abrirán a las 6:55am para que los jóvenes pasen antes de la escuela.

La Próxima Noche de Padrinos para la Confirmación es el 21 de febrero, 7-8:30pm en el Salón Parroquial. Se espera que todos los candidatos a la confirmación (jóvenes) y sus padrinos adultos asistan a estas reuniones. Si el padrino no puede asistir a una reunión con el joven, el joven todavía debe asistir. Si tienes dificultades para encontrar un padrino, póngase en contacto con Kirstie Roberts en la Oficina de la Juventud y ella estará encantada de encontrar a alguien para ti.

Seguridad Infantil

La Diócesis de Kansas City-St. Joseph esta comprometida a luchar contra el abuso sexual en la Iglesia. Si usted es victima de abuso sexual, ó si usted observa o sospecha de abuso sexual, por favor:

- 1) Llame a línea directa de Abuso Infantil en Missouri al 1.800.392.3738 (si la victima tiene menos de 18 años de edad), y
- 2) Póngase en contacto con su departamento de policía local o llame al 911, y
- 3) Después de informarle a las autoridades de la orden civil y de leyes, reporte el abuso sexual del menor o del adulto vulnerable al Defensor del Pueblo Diocesano, Jenifer Valenti, al 816.812.2500 o a su correo electrónico, jennifervalenti@att.net, si el abuso implica a un sacerdote, diacono, empleado o voluntario de la Diócesis de Kansas City-St. Joseph

La Diócesis tiene un sincero compromiso con los recursos del cuidado y la curación para las victimas de abuso sexual y a sus familias. Por favor póngase en contacto con la Defensora de Victimas, Kathleen Chastain al 816.392.0011 o chastain@diocesekcsj.org para mas información.

Todas las personas que son voluntarios con los jóvenes ó niños de nuestra parroquia deben atender a un taller llamado Protegiendo a los Niños de Dios, también necesitaran someterse a una verificación de antecedentes y deberán firmar la póliza sobre Éticas e Integridad en el Ministerio (EIM). Más información en <https://kcsj catholic.org/the-office-of-child-and-youth-protection/>

Platicas Pre-Bautismales - 10 de Febrero



Normalmente cada segundo Sábado del mes de las 10 am a la 1 pm (Sólo para niños de 0-6 años.) En el salón doble del área de la escuela. Para niños mayores de 7 años requerirán una formación especial.

PRÓXIMOS BAUTISMOS: llamar a Kris al 816-979-3151. Favor de llenar su aplicación para asistir a las platicas con anterioridad.

No se ofrece cuidado de niños.



Corresponsabilidad

Donaciones por Internet

Sta. Sabina ofrece una opción de donar en línea para los feligreses y visitantes. Esta es una manera fácil, y segura de contribuir por internet. Para establecer una contribución única ó recurrente: visite nuestro sitio web de la parroquia en www.stsabina-parish.org, haga clic en el botón "Online Giving" en la parte superior derecha y llene el formulario de contribución en línea.



Centro de Bienestar

El Centro de Bienestar de Sta. Sabina aborda de manera proactiva las necesidades de salud de nuestra población parroquial ofreciendo exámenes de bienestar gratuitos, confidenciales y convenientes para adultos y niños. Los exámenes incluyen: altura y peso, signos vitales, visión y audición, evaluación de pies a cabeza, laboratorios biométricos (solo para adultos), azúcar en la sangre, triglicéridos, presión arterial y frecuencia cardíaca. Los exámenes de salud son el primer paso importante, pero el seguimiento activo y el apoyo son los que hacen que Health Communities sea efectiva.

Ofrecemos un enfoque integral para cuidar a la persona en su totalidad: mente, cuerpo y espíritu. Nos enfocamos en empoderar a los participantes para crear una condición de salud y equilibrio óptimos, más allá de la ausencia de enfermedad. Health Communities ofrece clases y talleres de cocina de alimentación saludable, clases de ejercicios desde niveles principiantes hasta niveles avanzados y prácticas de atención plena para reducir el estrés, ayudar con el control del dolor y disminuir la presión arterial.

¡Haga su cita para un examen de bienestar gratuito hoy!



816-979-3090



Horario de Clases del Centro de Bienestar

Lunes:	Yoga Intermedio 1-2pm Yoga Suave 2-3pm Yoga 6-7pm
Martes:	Estiramiento y Fuerza 1-2pm Estiramiento Suave 2-3pm Entrenamiento de Circuito 6-7pm
Miércoles:	Yoga Intermedio 1-2pm Yoga Suave 2-3pm Yoga Restaurativa 6-7pm
Jueves:	Estiramiento y Fuerza 1-2pm Estiramiento Suave 2-3pm Yoga 6-7pm
Viernes:	Yoga Intermedio 1-2pm Yoga Suave 2-3pm ReFit® 6-7pm

Parroquia Católica de Santa Sabina

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Horarios de la Oficina: 9:00am-5:00pm, Lunes - Jueves y 9:00am-1:00pm, Viernes



En esta foto aparecen los integrantes de nuestro programa de RICA el domingo pasado.

Horarios de Misa

Sábado: 4:00pm en Ingles

Domingo: 8:00am y 10:30am en Ingles,
12:30pm en Español

Confesiones: Sábados, 3:00-3:30pm

**Visite nuestra página web para el
horario de Misas especiales y Días
Santos.**

Desayuno Familiar de Hot Cakes—4 de Febrero

Los Caballeros de Colón estarán organizando un desayuno familiar de hot cakes el próximo domingo a partir de las 9 de la mañana hasta las 12 de la tarde. El menú incluirá hot cakes, salchichas, huevos, jugo y café. El desayuno para adultos será de \$5 cada uno y para los niños será de \$4 cada uno.