

January 3, 2010

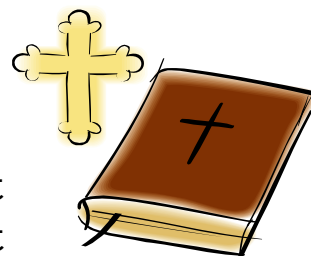
The Epiphany of the Lord

# Saint John Vianney

A Mission Church of St. Thomas Aquinas Parish serving you since August 10, 1997

1000 26th Ave NE, Rio Rancho, NM 87144

[www.stjohnvianneyparish.org](http://www.stjohnvianneyparish.org)



Friends in Christ,

Today is the Feast of Epiphany, which is a feast celebrating the discovery of divine truth. Christ Jesus once said the He is the Truth. The Truth, Jesus, was born in Bethlehem. The Magi traveled to Bethlehem in search of the Child Jesus. Jesus is the Truth. When the Magi found Jesus, they found the Truth. The same Truth, Jesus, once told us that if we seek we shall find. If we, like the Magi, each day seek truth, we will find Him. Failure to seek, however, leads to the acceptance of error. Error leads the soul to unpleasant consequences. Look around you. See how confused and sad and frustrated and angry are those who fail or refuse to seek God in the person of Christ Jesus. Seek the Child Jesus and you will find Him. Find Him and you will discover Truth.

Have a blessed New Year.

Fr. Scott Mansfield

**Holy Rosary**

20 Minutes before each mass

**Holy Masses**

Saturday .....4:00PM

Sunday .....8:00AM

Sunday..... 10:00AM

**Sacrament of Confession**

Saturday ..... 3:00-3:45PM

**Upcoming Events**

Food Collection for St. Felix Pantry ..... 1st Sunday of every month

Parent's Meeting for First Confession ..... January 17th 11:15AM

## Dear Diet Diary

As a Christmas present this year, my daughter, Cresley [what a thoughtful darling] bought for me a week of personal training at the local health club. Although I am still in reasonable shape since being a high school cheerleader 43 years ago, I decided it would be a good idea to go ahead and give it a try.

I called the club and made my reservations with a personal trainer named Juan Antonio [ooh what a name] who identified himself as a 26-year-old aerobics instructor and model for athletic clothing and swim wear. My daughter seemed pleased with my enthusiasm to get started. The club encouraged me to keep a diary to chart my progress.

**Monday** Started my day at 6:00 a.m. Tough to get out of bed, but found it was well worth it when I arrived at the health club to find Juan Antonio waiting for me. He is something of a Greek god: he has curly hair, dancing eyes and a dazzling white smile. Yippee! Juan Antonio gave me a tour and showed me the machines. I enjoyed watching the skilful way in which he conducted his aerobics class after my workout today. Very inspiring! Juan Antonio [call me Tony by now] was encouraging as I did my sit-ups, although my stomach was already aching from holding it in the whole time he was around. This is going to be a FABULOUS week! My New Year resolutions will be easy.

**Tuesday** I drank a whole pot of coffee, but I finally made it out of the door. Tony made me lie on my back and push a heavy iron bar into the air. Later he put weights on it. My legs were a little wobbly on the treadmill, but I made the full mile. Tony's rewarding smile made it all worthwhile. I feel GREAT! It's a whole new life for me.

**Wednesday** The only way I can brush my teeth is by laying the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia in both pectorals. Driving was OK as long as I didn't try to steer or stop. Tony was impatient with me, insisting that my screams bothered other club members. His voice is a little too perky for early in the morning; and when he scolds, he gets this nasally whine that is VERY annoying. My chest hurt when I got on the treadmill, so Tony put me on the stair 'monster'. Why the hell would anyone invent a machine to simulate an activity rendered obsolete by elevators? Tony told me it would help me get in shape and enjoy life. He said some other garbage too.

**Thursday** Tony was waiting for me with his vampire-like teeth exposed as his thin, cruel lips were back in a full snarl. I couldn't help being a half an hour late; it took me that long to tie my shoes. That man then took me to work out with dumbbells. When he was not looking, I ran and hid in the restroom. He sent a skinny woman to find me. Then, as punishment, he put me on the rowing machine - which I sank.

**Friday** I hate that man, Toady or whatever his name is, more than any human being has ever hated any other human being in the history of the world. He is a stupid, skinny, anemic, anorexic little bighead. If there was a part of my body I could move without unbearable pain, I would beat him with it. Toady wanted me to work on my triceps. I don't have any triceps! And if you don't want dents in the floor, don't hand me the flippin' barbells or anything that weighs more than a sandwich. The treadmill flung me off and I landed on the health and nutrition teacher. Why couldn't it have been someone softer, like the drama coach or the choir director?

**Saturday** That person, that Toady, left a message on my answering machine in his grating, shrilly voice wondering why I did not show up today. Just hearing him made me want to smash the machine with my planner. However, I lacked the strength to even use the TV remote and ended up catching eleven straight hours of the Weather Channel.

**Sunday** I'm having the Church bus collect me up so I can go to services today and thank God that this week is over. I will also pray that next year my daughter Cresley [the cruel, whingeing creep] will choose a gift for me that is fun: like root canal treatment or a hysterectomy. I still say if God had wanted me to bend over, he would have sprinkled the floor with diamonds!

Are you interested in encouraging young scientists? St. Thomas Aquinas School is seeking qualified Science Fair judges for the school's Science Fair on January 26, 2010. Please contact Mary Rogel at 948-0277 or email at mlrogel@hotmail.com. Thank you for supporting our school.

**Parent's meeting for First Confession has been changed to Jan 17th at 11:15AM.  
Please bring a copy of your child's Baptism record.**

### **Balancing Tithing, Saving, and Debt Reduction in a Down Economy**

An economic downturn can upend the best of economic plans, but even during tough times, the principles you should use to set priorities for giving, saving, and debt reduction remain the same. What are those principles?

Recognize that all we have ultimately comes from the Lord and belongs to him (Dt. 10:14). Be generous with the Lord as a way of thanking Him for the many gifts He has given you. The world says pay yourself first, but the Scriptural principle is to pay God first (Pr. 3:9). Have a plan and work the plan (Lk. 14:28-30).

In addition to paying the Lord from our first fruits, it's a good idea – even during tough times – to give to a level that makes you stretch a bit. It's called *sacrificial* giving, and the Lord honors such gifts, no matter the amount, because they are given out of love.

Before deciding how much to give, save, and apply toward debt repayment, make sure you place all of these, along with the rest of your expenses into an annual spending plan. Without an effective plan, you'll find yourself playing a shell game with your money, feeling as though you are making progress one moment, only to be caught off-guard by unexpected bills at another moment.

A well designed plan helps you see the big picture, allows you to make appropriate allocations between giving, saving and debt reduction, and provides a realistic understanding of the resources available for other spending categories. God love you!

### **7 STEPS TO FINANCIAL FREEDOM**

**THURSDAY FOR SPRING 2010 IN RELIGIOUS ED. BLDG.**

January 7th, 2010 Orientation Class - For more information, call Parish Office 892-1511 ext. 103

## **I Resolve** by Carl E Beyer

For most of my previous New Years, I have not made any resolutions. I have always felt that resolutions should be made and kept, like promises. It has never made sense to me to make a resolution that you know you are not going to keep. Resolutions are like wishes to some people. For example in 2010 my resolution could be to get more sleep. Since I am extremely fortunate if I can force myself to stay in bed for seven hours, this would not be a realistic resolution. Tomorrow my body is not going to say it is OK to lay your head down at a certain hour and eight hours later to get back up. If I get four straight hours of sleep it's great, so I will not be making that resolution.

I believe that this past year I may have had my mid-life crisis. (This would be pretty good since I am forty-nine and that would mean I have another forty-nine years to look forward to.) I do not know if mid-life crisis is the correct term. Maybe more like a mid-life awakening. I have not been too worried, just aware that I may have to start doing some things better. It is time to start eliminating some of the bad habits which I have either been overlooking or over enjoying. So this year I am going to make some resolutions and share them publicly to strengthen and reinforce them.

My first resolution is the continuation of a "Dare to Imagine" project I re-started last year. I resolve to continue to be tobacco free for another year. It has now been a year and I never imagined that I could break a twenty-seven year habit. One year down, forty-nine more to go. I feel for everyone who is trying to break a nicotine habit because it is like parting with your best friend and it puts such a hole in your life that it is a day by day achievement. I still miss my best friend, but life is cleaner now and I do not have to live in fear of the cancer that tobacco causes.

My second resolution is needed because of the previous resolution. From the beginning of my tobacco fight, which started two years ago, I easily put on an additional twenty-five pounds that I absolutely do not need. This also made me realize that I weighed 200 pounds at age 30, 250 pounds at age 40, so the next logical step would be 300 pounds at age 50. I reached 288 pounds but have avoided coming any closer to that dreadful benchmark. I resolve that I will, on average, weigh less each month. It does not matter to me if it is only one ounce less than the previous month. I have already accomplished this for five of the last seven months. (The death of my sister threw a wrench in the weight-loss cog for those other two months.) I have no high expectation of ushering in 2011 as a skinny person, but lighter is better. Here is to a downward trend.

My third resolution is needed to accomplish my second resolution. I resolve to go out for a walk every week. This resolution may sound a little weak but as I previously mentioned I am not making wishes, I am making firm resolutions. Since starting my workout log, at age 26, I have jogged over 1,000 miles and biked over 1,000 miles now this coming year I resolve to complete my 1,000 miles of walking. I have 800 miles done so far with 300 miles of them from 2009. If I may make a wish, in addition to my resolution, I wish to set a separate goal of doing 1,000 miles during the 2010 calendar year. This would involve doing twenty miles a week and that is a big time commitment. Realistically, with the drive out and back, it takes about one hour to get two miles in, so that would be a ten hour a week commitment. God made walking just

**Continued on next page .....**

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about the perfect exercise. It is low impact on the body and keeps all the parts moving. My aching back is not so achy when I walk on a regular basis. I get vitamin D, my dog gets to be dogs and I get to feel not so old.

My fourth resolution is for my late-sister. I resolve, Joanne, to remember you, to tell my grandchild about you, and to pray for you. You will not be out of sight, out of mind. You are so loved and so loving that the tears yet to be shed from missing you are too numerous to be counted. I pray that you are now in heaven enjoying that painless body.

I have changed a project that I been working on for many years. This simple and yet so difficult project is to read the complete New American Bible. Over the years I have read up to Jeremiah but now I am switching gears on how to accomplish this project. I have found a guideline that when followed will have you read the Bible and Catechism in four years. I am typing the Bible and Catechism into the computer daily and I want to share this with you. You can subscribe to the daily readings at [www.sjvnm.org](http://www.sjvnm.org). Once on the website click on SUBSCRIBE and select the daily bible reading. Thank you for participating in this project. I resolve to do my best to continue typing the readings.

I have never been a morning person but I am getting closer. With the New Year I resolve to head to bed before midnight. With a couple of exceptions for guests and work deadlines I will not stay up late. This may sound easy, but it is not easy for me. I love the quiet of night with no distractions to accomplish such tasks as writing articles for the St. John Vianney Bulletin. These days, though, I am finding myself home alone more and more so there is plenty of quiet time.

I have also decided to become a financially responsible person. This may seem way overdue, at my age, but I have been busy working and raising the family. On top of that, from my religious viewpoint I just figured God would provide and all I had to do was work hard. Now I am finding that it may require a little more responsibility from me. I resolve to not treat money as my money but as a gift from God that I need to manage wisely. My wife and I have been working on a budget which means we are trimming all expenses that are not essentials. Turns out there are a large number of these non-essentials we need to work on. Luckily for me Pepsi is still on the essential list.

I just realized that my resolutions are pretty much the standard resolutions most people make every year. The top resolutions are lose weight, get out of debt, get in shape, and quit smoking. So I started this article complaining about resolutions and fell right in line with everyone else. I did manage to be little different with an early bedtime but is that really a resolution or just part of getting older? I need some wild resolution in order to stand out from the crowd. I resolve to dig more dirt than last year. I will let you think about that one.

May God Bless you all in this year of 2010. May your heart lead your brain in seeking our Lord. May we receive and share so much grace that people ask us what religion we are.

### **Funny New Year Resolutions**

- ◆ I will do less laundry and use more deodorant. - Executive
- ◆ I will not regale the same yarn at every get together. - Incurable bore
- ◆ I will remember that 'Cream Cake Day' is on the 29th of every month. - Foodie



Holy Family Pray for us:  
Come, Pray and Sacrifice  
for The Unborn  
The Helpers of  
God's Precious Infants  
Monthly Mass and Procession  
Father Stephen Imbarrato, celebrant  
Saturday, January 9th  
San Ignacio Church  
1300 Walter St. NE, Albuquerque  
We will begin our spiritual adoption  
program.

Mass Begins: 8:00 A.M. followed by Exposition of the Blessed Sacrament and a procession to a nearby abortion mill. Then, return to church for Benediction. Invite your family and friends to join you at this peaceful and prayerful event. For more information contact Yolanda at [Helpers@Defendinglife.Org](mailto:Helpers@Defendinglife.Org) or 220-8891.

# HAPPY NEW YEAR

## *Prayer Corner*

Let us join as a community in prayer for our fellow parishioners and/or their family members.

- ◆ For healing for Joan Bock, and strength and God's care for her and for her family. (1/3)
- ◆ For Sister Marguerite Bartz soul. God Bless Her.(11/15)
- ◆ For Fr. Whorton on his deployment, and his family, that they all remain under God's loving care. (Till he returns)
- ◆ For the strength and courage of the disabled, sick, elderly, and dying
- ◆ For our country leaders to make the right decision for the well being of our country.
- ◆ For guidance to our leaders for the removal of the stain of abortion.
- ◆ All our brave men and women of the world keeping their country free.
- ◆ For the lonely that they find comfort in the heart of Our Blessed Mother Mary as she too suffered the loneliness of Christ's death.

Prayers are kept on the list for a month then need to be resubmitted.

Thank you for your prayers.

	Sacristans	Ushers	EM of Holy Communion	Rosary Leader	Altar Servers	Lectors
Sat Jan 2nd 4:00PM	Donna Madrid	Bill Deneen Ed Uhrich J.D. Strickland	James Sandoval	Pam McCarty	Scott Harris Josh Storms Robert Harris	Annette Montoya David Crawford
Sun Jan 3rd 8:00AM	Julie Burnside	David Schutten James E Dory Tom Anderson Juan Serna	Jeremy McClellan	Sheila Howard	Sergio Guillen Peter Lucero Charles Lucero	Jose Guillen Geneva Torres
Sun Jan 3rd 10:00AM	Margaret Chavez	Tony Quinones Aaron Quinones Ariana Eck Nick Coca III	Coz Madrid Rosie Root Loretta Tafuro	Rochelle Quinones	Jordan Juarez Kyle Herkenhoff Gary Vigil Amanda Vigil	Lillian Ortiz Michael Tafuro
Sat Jan 9th 4:00PM	David Crawford	Therese Lopez Phillip Griego Juan Serna	David Crawford	Bill McCarty	Jamie VLS Jessica VLS Victoria Perez	Vicky Howell April McClellan
Sun Jan 10th 8:00AM	Julie Burnside	John Christensen Mike Philbin Tom Anderson Bill Deneen	Harlan Harrington	Frances Perko	Shane Herrera Albert Ibarra Vincent Valdez	David Schutten Petrita Lopez
Sun Jan 10th 10:00AM	Donna Madrid	Tony Quinones Aaron Quinones Eddie Crespin Gary Vigil	Janis Crespin John Lombardo Brian Padilla	Rochelle Quinones	Angela Jenkins Ariana Jenkins Rocky Peyton Drew Garcia	Pinky Bjornstad Peggy Riley

### Observations on Growing Older

*~Remember when your mother said "Wear clean underwear in case you GET in an accident"?  
Now you bring clean underwear in case you HAVE an accident!*

### Getting in shape:

A friend of mine had resisted efforts to get him to run with our jogging group until his doctor told him he had to exercise. Soon thereafter, he reluctantly joined us for our 5:30 a.m. jogs on Mondays, Wednesdays, and Fridays.

After a month of running, we decided that my friend might be hooked, especially when he said he had discovered what "runner's euphoria" was. "Runner's euphoria," he explained, "is what I feel at 5:30 on Tuesdays, Thursdays, and Saturdays."

Thank you for reading our bulletin.  
Any suggestions, comments, prayers or articles can be sent to [bulletin@sjvnm.org](mailto:bulletin@sjvnm.org). We also like to hear about births, baptisms, marriages or other news about our church members.

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**Time is fleeting**

<b>Parish Directory</b>	
Vicar .....	Rev. Scott Mansfield
Coordinator.....	Ed Uhrich
Communications.....	Carl E. Beyer
Finance Building Chair.....	James Sandoval
Pastoral Chair .....	Ed Uhrich
Head Sacristan .....	Gerry Hoover
Head Usher.....	Carl E. Beyer
Head Altar Servers .....	Ed Uhrich
Head Lector .....	Peggy Riley
Head EM .....	Pinky Bjornstad
Head CCD .....	Edwinna Herrera
Head Snacker.....	Harlan Harrington
Head Grounds and Interior Cleaning.....	Coz Madrid
Head Welcoming Ministry .....	Loretta Tafuro
Parish Website .....	<a href="http://www.sjvnm.org">www.sjvnm.org</a>
Concerns / Questions .....	892-1511
Baptisms, Marriages, Funerals .....	St Thomas Parish - 892-1511

**IN GOD WE TRUST**