

St. Joachim
Catholic Church



Iglesia Católica
de San Joaquín

21250 Hesperian Blvd, Hayward, CA 94541 | 510-783-2766 | www.stjoachim.net

May 8,
2022 |

Fourth Sunday of Easter



MASS SCHEDULES

Sunday Mass in English

Saturday 4:30 PM

Sunday 7:30, 9:00, 10:30 AM & 12:15 PM

Daily Mass in English

8:30 AM Monday—Saturday

Misas en Español

Miércoles 7 PM

Misas Dominicales en Español

Sábado 6 PM, Domingo 2 & 6 PM

Mass Location

All masses inside the Church

Reconciliation

Saturday 3-4 PM, Wednesday 6-7 PM

Reconciliación

Miércoles 6-7 PM

Adoration ~ Benediction/ Adoración ~ Bendición

Friday—9 AM till 1 PM

United in faith and guided by the Holy Spirit

EVERYDAY STEWARDSHIP -
RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

Reluctant Sheep

Sheep get an awfully bad rap, linguistically. Some are quick to label people as “sheep” if we think they haven’t sufficiently questioned authority or if they’re too willing to go along with someone else’s plan. We say someone has “the wool over their eyes” if they aren’t willing to see what we think is very obvious. “A wolf in sheep’s clothing” is what we call someone looking to take advantage of those too gullible to identify a real threat.

Taking all this into account and considering how often we are referred to as sheep in Scripture, you’ve really got to wonder if God trying to tell us something about ourselves.

If you look at the phraseology associated with sheep, it’s no wonder that nobody wants to be one. Sheep are innocent. Sheep can’t protect themselves. They’re vulnerable and easily misled.

We want to see ourselves as the opposite of all that. We like to think we’re shrewd, with plenty of common sense. We want to believe that we don’t have to rely on anybody for anything. We would sooner identify with the wolf than with the sheep — at least the wolf can take care of himself.

We do this because we often resist the need to rest in the greatness of God. Like a child walking to school alone for the first time (forgetting his mom is following watchfully in the car), we want to think we can handle it all by ourselves. The truth is that God is trying to tell us something by comparing us to sheep: You don’t have to do this on your own.

Every time I look at an obstacle and think that there is no way around it, I am forgetting that I have a shepherd who knows the location of the gate.

— Tracy Earl Welliver, MTS ©LPi

LA CORRESPONSABILIDAD DIARIA:
RECONOCE A DIOS EN TUS MOMENTOS ORDINARIOS

Oveja reacia

Las ovejas tienen una mala reputación lingüística. Algunos se apresuran a etiquetar a las personas como "ovejas" si creemos que no han cuestionado lo suficiente la autoridad o si están demasiado dispuestos a aceptar el plan de otra persona. Decimos que alguien tiene "la lana sobre los ojos" si no está dispuesto a ver lo que creemos que es muy obvio. "Un lobo con piel de oveja" es lo que llamamos a alguien que busca aprovecharse de aquellos demasiado crédulos para identificar una amenaza real.

Tomando todo esto en cuenta y considerando la frecuencia con que se nos refiere como ovejas en las Escrituras, realmente debes preguntarte si Dios está tratando de decirnos algo sobre nosotros mismos.

Si observas la fraseología asociada con las ovejas, no es de extrañar que nadie quiera ser una. Las ovejas son inocentes. Las ovejas no pueden protegerse a sí mismas. Son vulnerables y se les puede engañar fácilmente.

Queremos vernos a nosotros mismos como lo opuesto a todo eso. Nos gusta pensar que somos astutos, con mucho sentido común. Queremos creer que no tenemos que depender de nadie para nada. Preferiríamos identificarnos con el lobo que con la oveja; al menos el lobo puede cuidar de sí mismo.

Hacemos esto porque a menudo resistimos la necesidad de descansar en la grandeza de Dios. Como un niño que camina solo a la escuela por primera vez (olvidando que su mamá lo está siguiendo atentamente en el auto), queremos pensar que podemos manejarlo todo por nosotros mismos.

La verdad es que Dios está tratando de decirnos algo comparándonos con ovejas: no tienes que hacer esto tu solo.

Cada vez que miro un obstáculo y pienso que no hay forma de evitarlo, me estoy olvidando de que tengo un pastor que conoce la ubicación de la puerta.

- Tracy Earl Welliver, MTS © LPi

WEEKLY READINGS

Readings for the Week
of May 8, 2022

Sun/Dom:

Acts 13:14, 43-52/Ps 100:1-2, 3, 5 [3c]/
Rv 7:9, 14b-17/Jn 10:27-30

Mon/Lunes:

Acts 11:1-18/Ps 42:2-3; 43:3, 4/Jn 10:1-10

Tues/Martes:

Acts 11:19-26/Ps 87:1b-3, 4-5, 6-7/
Jn 10:22-30

Wed/Mier:

Acts 12:24—13:5a/Ps 67:2-3, 5, 6 and 8/
Jn 12:44-50

Thurs/Juev:

Acts 13:13-25/Ps 89:2-3, 21-22, 25 and 27/
Jn 13:16-20

Fri/Vier:

Acts 13:26-33/Ps 2:6-7, 8-9, 10-11ab/
Jn 14:1-6

Sat/Sab:

Acts 1:15-17, 20-26/Ps 113:1-2, 3-4, 5-6,
7-8/Jn 15:9-17

Next Sun./Dom:

Acts 14:21-27/Ps 145:8-9, 10-11, 12-13/Rv
21:1-5a/Jn 13:31-33a, 34-35

THE WEEK AHEAD

Monday— May 9th

Liturgy Committee Meeting

7:00 PM in the Hall

Thursday May 12th

Pray the Rosary together as a community at
7:00 PM in the Church

OFFICE INFORMATION

Parish Office

510-783-2766

Parish Fax

510-783-2760

Parish Email

office@saintjoachim.net

Parish Office Hours

Monday, Tuesday, Thursday & Friday –
lunes, martes, jueves y viernes
11:00 AM-5:00 PM
Wednesday/ miércoles
—1:00 PM– 7:00 PM

Rev. Henry Noga, SVD

Pastor

Monday, Tuesday, Wednesday, & Friday
10 AM to 12 PM

5 PM to 8 PM (with appointment)

lunes, martes, miércoles, y viernes

10 AM a 12 PM

5 PM a 8 PM (con cita)

Rev. Ricardo Gonzalez, SVD

Parochial Vicar

Monday, Wednesday, Thursday, & Friday
10:00 AM to 12:00 PM

5 PM a 8 PM (with appointment)

lunes, miércoles, jueves y viernes

10:00 AM a 12:00 PM

5 PM a 8 PM (con cita)

Ariel Mayormita

Music Director/Director de Música

Phone Ext. #223

stjoachimmusic1@gmail.com

Flor Herce

Bookkeeper

Pat Ludwig

Administrative Assistant

St. Vincent de Paul

510-783-0344

Office hours

1:00-2:30 PM ONLY

Monday-Friday

San Vicente de Paul

Gary Enos, President

Faith Formation Office

Oficina de Formación de Fe

510-785-1818

Faith Formation Office Hours

Sunday/domingo — 8:30 AM-12:30 PM

Tuesday/martes — 6:00 PM– 8:00 PM

Wednesday/miércoles--5:00 PM-8:00 PM

Friday/Viernes — 5:00 PM-8:00 PM

Bertha Cruz

Administrative Assistant

St. Joachim School

Escuela de San Joaquín

510-783-3177

Armond Seishas

Principal

Sandra Garzon

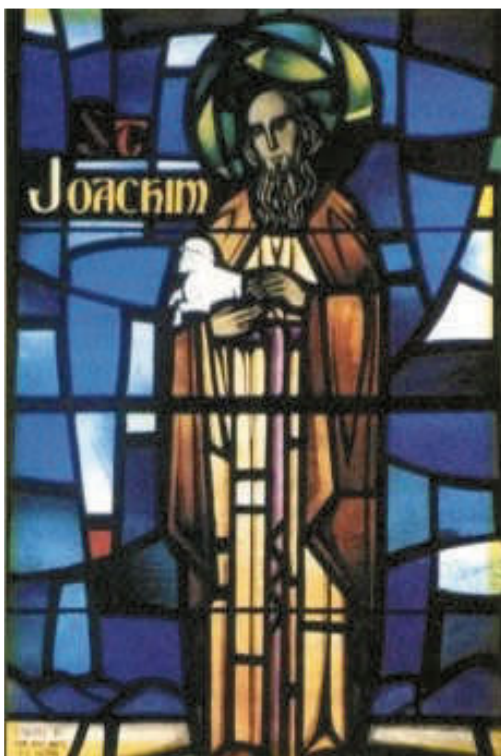
School Secretary

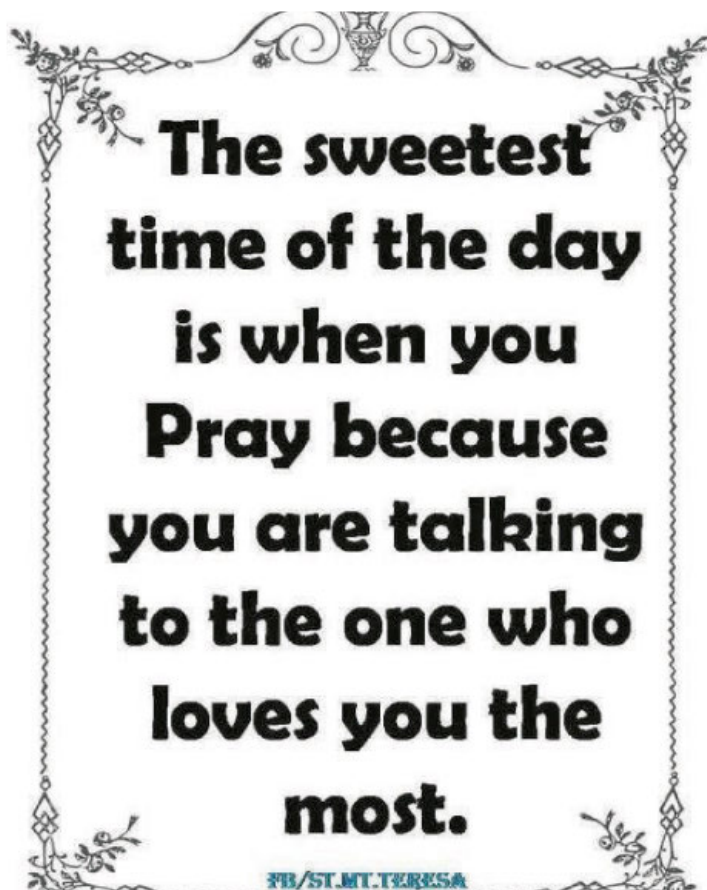
St. Joachim Pre-School

510-783-0604

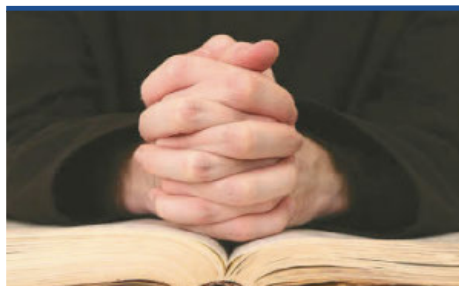
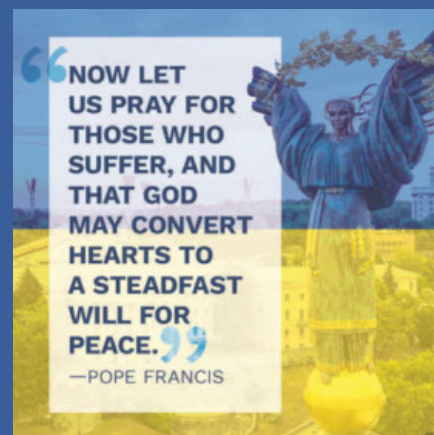
Marisa Melgarejo

Director





We continue to take donations to send to the Church in Poland for them to help the people of Ukraine by putting your donation in the box at the ambo, donating on line or in our Rectory Office.



PRAY FOR

Leila Nocon
Shanae Washington
Josephine Bilan-Gaspar
Wendy Van De Veer
Annalyn Morales
Bianca Pina
Cynthia Thompson
Selena Castellanos
Paul Lojo
Sylvia Sicut
Serena Chin
Hermingilda “Hilda” Manuel
Jack Pollard
Rosalinda Puno
Ivan Benin
Altagracia Perez
Isagani Dizon
Jose Sicut

CONTRIBUTIONS CONTRIBUCIONES

COLLECTION FOR
April 24, 2022

1st Collection \$ 8,417.00

EFT Collection \$ 535.00

On line Giving \$ 908.00

**1st Collection TOTAL
\$ 9,860.00**

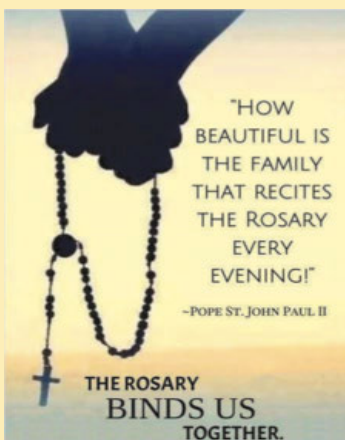
Second Collection— School Support \$ 2,381.00

amounts from May 1 are not available at press time and will be reported in a future bulletin

VATICAN CORNER

Knee pain is common as a person ages, but it doesn't have to be inevitable and there are ways to prevent it or treat it. There are lots of things that can cause knee pain. Osteoarthritis is often a cause, and it is when the protective tissue (cartilage) in your knee wears away. Then bones rub on bone, which can lead to swelling, stiffness and pain. Osteonecrosis is also a common cause of pain in older women when a segment of bone loses its blood supply and begins to die. The exact cause of the disease is not yet known. Other reasons for knee pain could be fractures, torn connecting tissues, a dislocated kneecap or hip, gout or rheumatoid arthritis, trauma from a previous knee injury, repetitive stress injuries, metabolic disorders, poor posture and muscle weakness to mention a few. Things that can be done before knee pain starts are: build muscles, drink enough water, avoid sugar, red meat, and most dairy, stop smoking, and lose weight. Every extra pound of weight adds about 4 pounds more of knee pressure. About 80% of your cartilage is water, and if your body has to take water from your cartilage and from other areas, joints like your knees can be harmed. Also other things to do to prevent knee pain are eating more fruits and veggies, whole grains, yogurt, red wine, some fish and healthy fats like nuts and olive oil. Pope Francis has explained that the limited mobility he is experiencing lately and his obvious limp are due to a torn ligament in his right knee. With a smile he has said: "They say this only comes to old people, and I don't know why it had come to me." On Good Friday, he did not prostrate himself before the cross and he did not celebrate the Easter Vigil Mass, but he did deliver the homily. On Easter Sunday, he had to sit down part way through his message and blessing. Francis has received more help walking and using stairs recently and he has said "his leg hurts and is worse if I remain standing." At a meeting on April 26, 2022 he apologized to those attending for not standing to greet them but staying seated because of his knee ailment. He called it "nun's disease", because when nuns spent so much time praying on their knees, they would suffer from knee pain. He said it will heal, "but in the meantime, we need to do things in the right way." Pope Francis has told Nelson Castro his friend who is a journalist and doctor, that his knee pain would be greatly improved if he lost some weight. and he is trying to do that. It has been reported that doctors have advised Francis to cut back on his pasta intake. Castro joked saying "that's a real problem for him, because he likes eating, and I know that his cook is very good." Castro said based on the information the Pope has told him, there is not a clear medical solution for the knee problem. Surgery would not necessarily be effective for inflammation. The Pope's schedule this summer is a busy one with likely visits to Africa, the Middle East and North America. Castro said if the pain worsens, it will be difficult for Francis to travel. The Pope's doctors have prescribed a period of greater rest for his leg. Pope Francis has told reporters that his health is unpredictable, but he remains optimistic. "At this age, we don't know how the game will end, let's hope it goes well."

Sources: webmd.com, lifebridgehealth.org, ncronline.org, nresgister.com,



Come Pray the Rosary with us !

The Knights of Columbus will be leading a multi-lingual Rosary in the Church every Thursday at 7:00 PM. All are welcome to come and pray together. If you can't join us in person, please join us live streamed on our Facebook page.

Thursday Night—7:00 PM

In the Church and also on our Facebook page.

MASS INTENTIONS

May 7-14, 2022

Saturday 4:30 PM

Din & Mary Mani

(39th wedding anniversary)

Jacqueline Rose Enrique (birthday)

Jurge Enrique (birthday)

Celestine Enrique (healing)

Cristina Dikitanon †

Pete & Mary Quevedo †

Saturday 6:00 PM

Rafael & Yolanda Juarez

(aniversario de boda 46th)

Socrates Arriole (salud)

Giovanna Alarcon (salud)

Feliciana Bernardino (salud)

Mario Estrada †(1st aniversario)

Rafael Nunez Torres †

Inacia Mendoza†

Rojelio Lucatero †

Sunday 7:30 AM

Talaue Family (thanksgiving)

Maria O'Connor †

Conchita O'Connor Steele †

Helen Estrada †

Pedroa Columba Ferrer †

Francisco & Gaudiosa Dizon †

Sunday 9:00 AM

Demi Moore (birthday)

Halcuto Ota (3rd birthday)

Edward & Mary Ann Libunao

(special intention)

Anthony's Ancestors †

David A. Tayco †

Bernidia Dela Cruz †

Beatriz Lounsbury †

Edgar Delos Angeles †

Christopher Cesar Urbano †

Sunday 10:30 AM

Vicente & Jocelyn Alcantara †

Elmer & Mary Ann Kreiwaldt †

Maria Silva †

Danilo, Delia, & Dan Mendoza †

Deleilah O'Connor †

Zeneida O'Connor Aquino †

Pura Doria Viray †

Doria & Mansalay Mothers †

Souls in Purgatory †

Sunday 12:15 PM

Orlando Ebalo Jr. (healing)

Ellen Dela Cruz Cerezo †

Melania Delacruz Montano †

Lilian Galvez Oreta †

Sunday 2:00 PM

Manuel Moreyra (birthday)

Civila Trinidad †

Rosalina Lepe †

Bernardo Hernandez †(aniversario)

Sunday 6:00 PM

Ruben Aguilera Lopez (salud)

Roberto Rodrigues †

Calletano Estrada †

Luiz Gonzalez †

Romano Lopez †

Monday 8:30 AM

Florencia Go Delos Reyes († birthday)

Georgia & Hermes Sampaga

(† birthday)

Clare Joseph † (17th anniversary)

Tuesday 8:30 AM

Ethan & Elijah Salta Chong (6th birthday)

Alfredo Salcedo (birthday)

Joamil Dela Cruz (special intention)

Florencio Go Delos Reyes †

Carmen & Paulita Rodriguez

Vicente Billardo †(anniversary)

Wednesday 8 :30 AM

Rosito Mateo Lazo †

Wednesday 7:00 PM

The Community of St. Joachim

Thursday 8:30 AM

Janessa Garcia Curameng (birthday)

Orlando Ebalo Jr. (healing)

Friday 8:30

& Titus Marquez (thanksgiving)

Erico & Rosemarie Parras (thanksgiving)

John Lee (special intention)

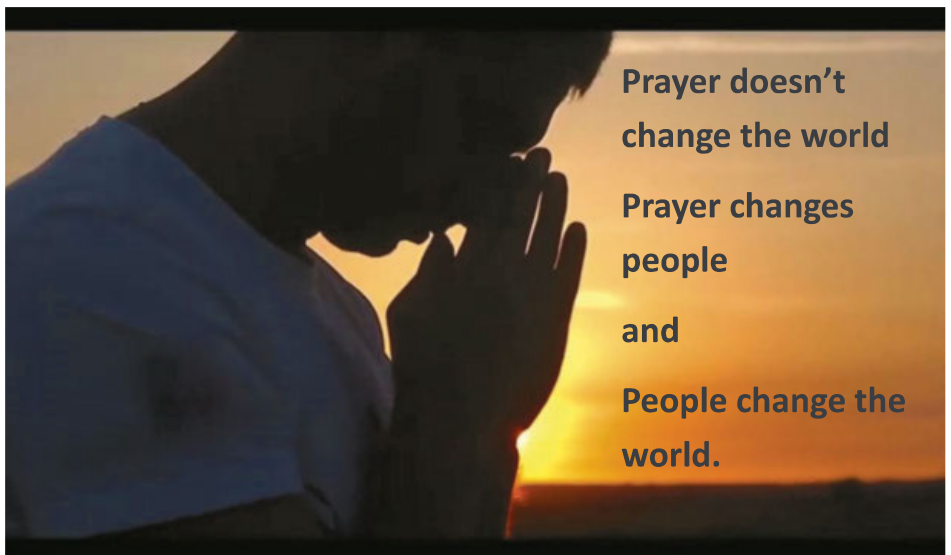
Gliceria Gonzalo († birthday)

Ramon G. Garcia †

Saturday 8:30 AM

Daniel Salta (thanksgiving)

Edna & Ramon Garcia Jr. (thanksgiving)



Happy Mother's Day

Our Mom's Word's of Wisdom:

"Juizo na cabeça", which translates to "use your head" — used before leaving the home



Nothing good happens after midnight

Read a recipe twice before attempting anything

Homework First!!

I love you !! Always

Behave like I am always with you

Always be at least 10 min. early for Mass.

I do not approve of what you did but I will always love you

Stop pestering your sister!

I am ready to die, but I am not ready to leave

If you always tell the truth., you don't have to remember much

After commenting "because everyone is going, or doing it—the answer was "If everyone jumped off a cliff would you go too?"

Clean your plate— because there are starving children in _____ (fill in a poor foreign country)

You can do it!!

When asking where something is—she answered " Use your eyes and not you mouth "

