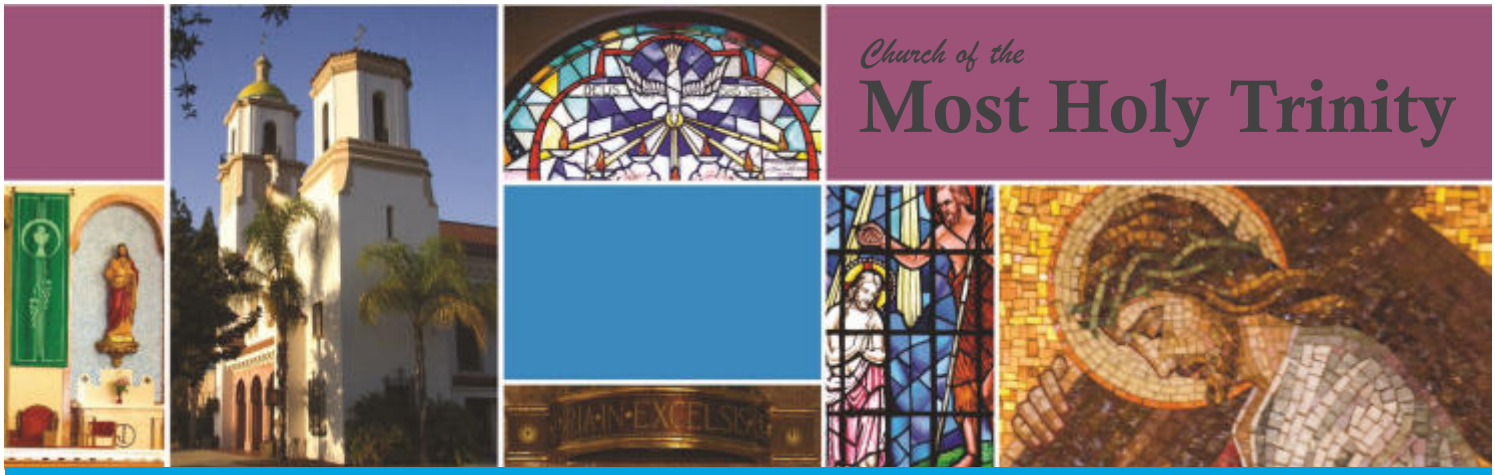

Church of the
Most Holy Trinity

The Most Holy Body and Blood of Christ • June 6, 2021

Center Information

Ministry Center
405 Ballard St • El Cajon, CA 92019
(619) 444-9425 • Fax (619)444-9426
Mon, Tues, Thurs, Fri 8:30am-5:00pm
Sunday 8:30am-12:00pm

School
509 Ballard St • El Cajon, CA 92019
(619) 444-7529/www.holytrinityhawks.com

Preschool: 619-444-1052

Daycare: 619-447-4406

Staff
Pastor..... Fr. Reynaldo Manahan
frmanahan@holytrinityelcajon.org
.....Deacon Tim Treadwell
timothy.treadwell86@gmail.com
Principal..... Julia Marentez
principal@holytrinityhawks.com
Preschool .....Debbie Edelbrock
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Business Manager.....Judy Picone
Admin Assistant..... Monica Anaya
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youth@holytrinityelcajon.org
RICA.....Luis Ortiz & Manuel Jimenez
Music Ministry..... Wendy Andersen
wendyandersen@cox.net
Outreach Program.....Cindy Craig
holytrinityoutreach@gmail.com
Hall Rentals .....Farrah Saldaña
619-760-3698

THE MOST HOLY BODY AND BLOOD OF CHRIST

Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." - Mk 14:23-25

Y tomando en sus manos una copa de vino, pronunció la acción de gracias, se la dio, todos bebieron y les dijo: "Esta es mi sangre, sangre de la alianza, que se derrama por todos. Yo les aseguro que no volveré a beber del fruto de la vid hasta el día en que beba el vino nuevo en el Reino de Dios". - Mc 14, 23-25

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http://www.holytrinityelcajon.org/

Parish Organizations & Groups

Pastoral Council TBA
..... As Announced
Mesa Pastoral TBA
3rd Sunday(bimonthly)... 1:30pm
San Pedro Calungsod TBA
1st Sunday 8:00am
Legion of Mary TBA
Monday 3:30pm
Guadalupana Association TBA
1st Sunday 1:30pm
Spanish Prayer TBA
Thursday.....9:00am
Youth Group TBA
2nd & 4th Sunday..... 7:00pm
English Choir TBA
Wednesday 7:00pm
Spanish Choir TBA
Sunday 7:00pm
Prayers & Squares
1st & 3rd Saturday.....10:00am
K of C TBA
2nd Thursday 7:00pm
Young Adults TBA
.....
French Prayer Group TBA
1st Saturday 6:30pm

Baptisms
Please make arrangements at least three months in advance with the Ministry Staff. Pre-baptismal Seminar is required for parents and sponsors

Confessions
Saturdays 3:30 to 4:30 PM or by appointment

Marriages
A nine-month notice is asked of the couple. Please make an appointment with the Ministry Staff. Active parish participation is encouraged.

Quinceañeras
Contact Ministry Center

Hall Rental
Our parish hall is available for rent to private parties and can seat up to 800 people. Call Farrah Saldaña.

Masses

Monday-Friday 8:00am
Saturday 5:00pm
Sunday 8:00am
.....10:00am
Spanish/ Español
Saturday 7:00pm
Sunday 12:00pm

Welcome! Bienvenidos! أهلاً وسهلاً

Holy Trinity is a parish community in the Roman Catholic Diocese of San Diego. We gather as God's people to worship Him and to be renewed in faith, hope and love. As individuals, we come from a diversity of cultures, ages, state in life, ethnic heritage and backgrounds; yet all are united in One Body, the Church. In the Eucharist we are strengthened in our communion with Jesus Christ and each other. We are to be Who we receive, and bring the Light of Christ whenever and wherever we are.
Holy Trinity is open to all people of good will. Anyone with a sincere heart can have a saving encounter with Jesus Christ because we believe He is present in the Word we proclaim, in the Sacraments we celebrate, in the priest acting in the Person of Christ, and in each one of us gathered in His Name.

Please pray for our recently deceased parishioners:
Art Littlefield, Emilia Aramburo, Joan Heventhal, Henry Orr, Esme Mitchell, Rogelio Estrada, Benjamin Gallo, Yolanda Maruffo, Carmen Upton, Rose Nichols, Maria Olivia Gomez

SUNDAY'S READINGS
First Reading:
"This is the blood of the covenant
that the LORD has made with you
in accordance with all these words of his." (Ex 24:8)
Psalm:
I will take the cup of salvation, and call on the name of the Lord. (Ps 116)
Or Alleluia.
Second Reading:
How much more will the blood of Christ,
who through the eternal Spirit offered himself unblemished to God,
cleanse our consciences from dead works
to worship the living God. (Heb 9:14)
Gospel:
He said to them,
"This is my blood of the covenant,
which will be shed for many." (Mk 14:24)

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Eucharistic Adoration

Remain close to the Lord in adoration and contemplative prayer.

Every Friday at 7:00 am

Spend some time with Jesus and Grow in your faith and spirituality.

LIVE THE LITURGY

As we gather today to reaffirm our faith in the Real Presence of Christ in the Eucharist, we are reminded that we are also the Body of Christ. The mission of the Gospel calls us to be Christ for others. There is so much brokenness and pain in our world. Many people are lost and feeling lonely, marginalized and oppressed, victimized and abused. Every time we receive the Body (and Blood) of Christ, we are asked to become what we eat. Are we willing to step aside from our preoccupations and concerns so that we can be Christ for others? The power and presence of Christ in the Eucharist becomes present in us. In receiving this transforming presence of Christ, we can truly effect change in the lives of those we meet. We can show them God's unconditional, ever-present love and the beauty that can come from loving others. We are given the grace to become temples of justice and peace, carrying God's sacred Presence within us wherever we go. ©LPi

Please pray for our sick:

Robert Gortorez, Leoniza Manahan, Pat Dillinger, Jessica Medina, Moises Aguilar, Laura Sanchez, Peter Unpingco, George Gleason

READINGS OF THE WEEK

Sunday: Ex 24:3-8/Ps 116:12-13, 15-16, 17-18 [13]/Heb 9:11-15/Mk 14:12-16, 22-26
Monday: 2 Cor 1:1-7/Ps 34:2-3, 4-5, 6-7, 8-9 [9]/Mt 5:1-12
Tuesday: 2 Cor 1:18-22/Ps 119:129, 130, 131, 132, 133, 135 [135a]/Mt 5:13-16
Wednesday: 2 Cor 3:4-11/Ps 99:5, 6, 7, 8, 9 [cf. 9c]/Mt 5:17-19
Thursday: 2 Cor 3:15—4:1, 3-6/Ps 85:9ab and 10, 11-12, 13-14 [cf. 10b]/Mt 5:20-26
Friday: Hos 11:1, 3-4, 8c-9/Is 12:2-3, 4, 5-6 [3]/Eph 3:8-12, 14-19/Jn 19:31-37
Saturday: 2 Cor 5:14-21/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Lk 2:41-51
Next Sunday: Ez 17:22-24/Ps 92:2-3, 13-14, 15-16 [cf. 2a]/2 Cor 5:6-10/Mk 4:26-3

MASS INTENTIONS

June 5, Saturday
5:00pm† Andrew Tonlai Moore
..... Novena
7:00pm..... † Florinda Villareal
..... † Arnulfo Arroyo
June 6, Sunday
8:00am.....Int Anne Wojtachs
10:00am ..... † June Garber
12:00pmInt Luzmila & Dario Diez
June 7, Monday
8:00am.....Int Miriam Mena
..... Novena
June 8, Tuesday
8:00am† Eulogio & Purita Cañedo
..... Novena
June 9, Wednesday
.....
June 10, Thursday
8:00am.....† Anita Lee
..... Novena
June 11, Friday
8:00am† Florita & Pablo Monreal

COLLECTION REPORT

May 23, 2021
Loose Cash $2,498.00
Envelopes & Checks $6,285.00
EFT (estimated)..... $650.00
Total Collection.....$9,433.00
Budgeted amount: $16,250.00.
Thank you for your generosity.

Other Collections
Parish Facilities $273.00
Outreach $200.00
Music..... $0.00
School Support..... $0.00
Annual Catholic..... $0.00

ADULT FAITH MINISTRY

Prayers & Squares, Quilts
Meetings are on the 1st and 3rd Saturday of the month. 10am to 1pm in Conference Room. For more information or to request a quilt call Lenore Wade at 619-442-0202.

Bible Study TBA

EVERYDAY STEWARDSHIP

We Can Prepare the Upper Room

We all know that person, don't we? Hey, maybe we've even been that person.

"I have a great relationship with God, but I don't go to church regularly. God and I are on good terms. I can talk to Him just fine on my own."

There isn't anything false in these statements. It's important to have an intimate, even conversational prayer relationship with God. But the problem with this attitude is that it implies that churches don't matter. Community worship doesn't matter. Today, we are reminded exactly why that is so untrue. Why we need our parishes, our priests, and each other.

The Body and Blood of Christ — that's what it's all about. If it's not about that, it's not about anything. If we don't have the Eucharist, we're just like the ancient priests, making sacrifices that don't have the power to redeem anybody.

Where do we receive the Body and Blood of Christ? For most of us, it's in our parishes. The altar of sacrifice is also the table we gather in front of, as a family, to become one with Christ in the truest and realest way possible, recreating the scene in the Upper Room over and over again every time Mass is celebrated.

The disciples were commissioned by Christ to prepare the Upper Room for the Last Supper. How can we take up that work ourselves? How can we strengthen the bonds in our spiritual family? How can we serve our parish, always remembering that the table is not meant to be set only for two?

— Tracy Earl Welliver, MTS
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RCIA
Rite of Christian Initiation for Adults

Every Tuesday
From 7:00pm to 8:30pm
For more information call the Ministry Center at 619-444-9425

Religious Education
1st to 8th grade

Classes have ended.
We will resume in October.
Thank-you to all Catechists and Volunteers
Registrations start in July

WHY DO WE DO THAT?

Question:
Why are some saints honored as "patron saints"?

Answer:
Each person is unique and each of us has different gifts, interests, talents, and, yes, even struggles and areas where we need to grow. This is no less true of those holy women, men, and children who have been canonized or beatified.

Because we believe that the saints and blesseds are both models of faith and intercessors, Christians have looked to certain holy people as role models and heavenly protectors for occupations, spiritual charisms, and even places. Although the Church sometimes names a person as a patron saint (e.g. Saint Philip Neri as the patron of Rome, Saint Clare of Assisi as the patroness of television, or Saint Aloysius Gonzaga as the patron of youth and young adults), more often it is popular devotion that inspires lay Christians to turn to a particular saint or blessed for heavenly help and support. This is how, for example, Saint Cecilia came to be honored as the patroness of musicians, Saint Toribio Romo as patron of migrants coming into the United States, and Saint Gertrude of Nivelles as patroness of cat lovers. Although there are official and unofficial lists of patron saints, we should always feel free to ask any and all the saints to give us their patronage and protection in whatever it is that we need.

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Evangelio según San Marcos 14,12-16.22-26.

El primer día de la fiesta de los panes Acimos, cuando se inmolaba la víctima pascual, los discípulos dijeron a Jesús: "¿Dónde quieres que vayamos a prepararte la comida pascual?".
El envió a dos de sus discípulos, diciéndoles: "Vayan a la ciudad; allí se encontrarán con un hombre que lleva un cántaro de agua. Síganlo, y díganle al dueño de la casa donde entre: El Maestro dice: '¿Dónde está mi sala, en la que voy a comer el cordero pascual con mis discípulos?'.
El les mostrará en el piso alto una pieza grande, arreglada con almohadones y ya dispuesta; prepárennos allí lo necesario".
Los discípulos partieron y, al llegar a la ciudad, encontraron todo como Jesús les había dicho y prepararon la Pascua.
Mientras comían, Jesús tomó el pan, pronunció la bendición, lo partió y lo dio a sus discípulos, diciendo: "Tomen, esto es mi Cuerpo".
Después tomó una copa, dio gracias y se la entregó, y todos bebieron de ella.
Y les dijo: "Esta es mi Sangre, la Sangre de la Alianza, que se derrama por muchos.
Les aseguro que no beberé más del fruto de la vid hasta el día en que beba el vino nuevo en el Reino de Dios".
Después del canto de los Salmos, salieron hacia el monte de los Olivos.
Extraído de la Biblia: Libro del Pueblo de Dios.

Rito de Iniciación Cristiana para Adultos

SI TIENES 18 AÑOS O MAS Y NO HAS RECIBIDO LOS SACRAMENTOS DE INICIACIÓN QUE SON 3: BAUTISMO, PRIMERA COMUNIÓN Y CONFIRMACIÓN. TE INVITAMOS A QUE PARTICIPES EN ESTE PROGRAMA. LAS CLASES DEL **R.I.C.A.** EMPIEZAN EN **SEPTIEMBRE.** PARA MAS INFORMACION LLAMA A LA OFICINA DE MINISTERIOS AL 619-444-9425.

LA CORRESPONSABILIDAD DIARIA

Podemos Preparar el Aposento Alto

Todos conocemos a esa persona, ¿no? Oye, tal vez incluso hemos sido esa persona.

"Tengo una gran relación con Dios, pero no voy a la iglesia con regularidad. Dios y yo estamos en buenos términos. Puedo hablar con Él muy bien por mi cuenta. "

No hay nada falso en estas declaraciones. Es importante tener una relación de oración íntima e incluso conversacional con Dios. Pero el problema con esta actitud es que implica que las iglesias no importan. La adoración comunitaria no importa. El día de hoy, se nos recuerda exactamente por qué eso es tan falso. Por qué necesitamos nuestras parroquias, nuestros sacerdotes y a cada uno de nosotros.

El Cuerpo y la Sangre de Cristo: de eso se trata. Si no se trata de eso, no se trata de nada. Si no tenemos la Eucaristía, somos como los antiguos sacerdotes, haciendo sacrificios que no tienen el poder de redimir a nadie.

¿Dónde recibimos el Cuerpo y la Sangre de Cristo? Para la mayoría de nosotros, es en nuestras parroquias. El altar del sacrificio es también la mesa frente a la que nos reunimos, como familia,
para ser uno con Cristo de la manera más verdadera y real posible, recreando la escena en el Aposento Alto una y otra vez cada vez que se celebra la Misa.

Cristo encargó a los discípulos que prepararan el Aposento Alto para la Última Cena. ¿Cómo podemos asumir ese trabajo nosotros mismos? ¿Cómo podemos fortalecer los lazos en nuestra familia espiritual? ¿Cómo podemos servir a nuestra parroquia, recordando siempre que la mesa no está destinada a ser puesta solo para dos?

— Tracy Earl Welliver, MTS

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LAS LECTURAS DE LA SEMANA

Domingo: Ex 24, 3-8/Sal 115, 12-13. 15-16. 17-18 [13]/Heb 9, 11-15/Mc 14, 12-16. 22-26

Lunes: 2 Cor 1, 1-7/Sal 33, 2-3. 4-5. 6-7. 8-9 [9]/Mt 5, 1-12

Martes: 2 Cor 1, 18-22/Sal 118, 129. 130. 131. 132. 133. 135 [135]/Mt 5, 13-16

Miércoles: 2 Cor 3, 4-11/Sal 98, 5. 6. 7. 8. 9 [cfr. 9]/Mt 5, 17-19

Jueves: 2 Cor 3, 15—4, 1. 3-6/Sal 84, 9 y 10. 11-12. 13-14 [cfr. 10]/Mt 5, 20-26

Viernes: Os 11, 1. 3-4. 8-9/Is 12, 2-3. 4. 5-6 [3]/Ef 3, 8-12. 14-19/Jn 19, 31-37

Sábado: 2 Cor 5, 14-21/Sal 102, 1-2. 3-4. 9-10. 11-12 [8]/Lc 2, 41-51

Domingo siguiente: Ez 17, 22-24/Sal 91, 2-3. 13-14. 15-16 [cfr. 2]/2 Cor 5, 6-10/Mc 4, 26-34

MEDITACIÓN EVANGÉLICO

El Cuerpo y la Sangre de Cristo

Hablar del Cuerpo y la Sangre de Cristo es hablar de la Eucaristía. Al recibir el Cuerpo y la Sangre de Cristo nos unimos al mismo Cristo y a su vida de entrega generosa. La Eucaristía nos une en la unidad de la Iglesia porque, todos recibimos el mismo pan. Dice el Concilio Vaticano II: “La unidad de los fieles que constituyen un solo cuerpo en Cristo, está representada y se realiza por el sacramento del pan eucarístico” (Lumen Gentium 3). Y el Santo Papa San Juan Pablo II dijo: “Una espiritualidad verdaderamente eucarística es siempre una espiritualidad de la comunión” (Novo Milenio Ineunte 43). Toda la comunidad de creyentes reunida en la Asamblea Litúrgica comulga el mismo Pan.

“Durante la comida Jesús tomó pan, y después de pronunciar la bendición, lo partió y se lo dio diciendo. “Tomen, esto es mi cuerpo. Tomó luego una copa, y después de dar gracias, se la entregó; y todos bebieron de ella” (Marcos 14:22-23). Al recibir la Santa Comunión, estamos llamados a convertirnos en pan para los demás. Somos otro Cristo para el que sufre. Por esa razón, la Eucaristía forma a la Iglesia y la hace santa. Cada vez que recibimos la Santa Eucaristía, debemos de abrirnos a servir a los hermanos y hermanas, especialmente los que sufren y los necesitados. Después de comulgar, no podemos seguir siendo iguales. El Beato Carlo Acutis, llamado el ciber apóstol de la Eucaristía, decía convencido: “La Eucaristía es mi autopista hacia el cielo”. Vivir en Jesús, para Jesús. ¡Es decir, ser Eucaristía! ©LPi

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Si le gusta recibir estas actualizaciones y puede pensar en alguien más que podría no estar en nuestra lista, no dude en enviárselo. Pueden suscribirse fácilmente para recibir futuras notas enviando un mensaje de texto a htfamily al 202-765-3441 o ir a la pagina web de holytrinitychurch4.flocknote.com

VIVIR LA LITURGIA

Al reunirnos hoy para reafirmar nuestra fe en la Presencia Real de Cristo en la Eucaristía, se nos recuerda que también somos el Cuerpo de Cristo. La misión del Evangelio nos llama a ser Cristo para los demás. Hay tanto quebrantamiento y dolor en nuestro mundo. Muchas personas están perdidas y se sienten solas, marginadas y oprimidas, victimizadas y abusadas. Cada vez que recibimos el Cuerpo (y la Sangre) de Cristo, se nos pide que seamos lo que comemos. ¿Estamos dispuestos a apartarnos de nuestras inquietudes y preocupaciones para poder ser Cristo para los demás? El poder y la presencia de Cristo en la Eucaristía se hace presente en nosotros. Al recibir esta presencia transformadora de Cristo, realmente podemos efectuar un cambio en las vidas de aquellos que conocemos. Podemos mostrarles el amor incondicional y omnipresente de Dios y la belleza que puede provenir de amar a los demás. Se nos da la gracia de convertirnos en templos de justicia y paz, llevando la sagrada Presencia de Dios dentro de nosotros dondequiera que vayamos. ©LPi

PREGUNTAS DE LA SEMANA

Primera Lectura:

Moisés y los antiguos israelitas ratificaron la alianza que Dios estableció con ellos en el monte Sinaí con la sangre de un animal sacrificado. El animal sacrificado afirmó el compromiso de Israel: "Haremos todo lo que dice el Señor." ¿Por qué crees que Israel ató la sangre sacrificada a su compromiso verbal?

Segunda Lectura:

El autor de la carta a los hebreos nos enseña que la sangre sacrificada de Cristo nos santifica y nos ofrece la redención eterna. ¿Cómo ves esto conectado con la práctica del antiguo Israel de sacrificar animales por su sangre?

Evangelio:

El relato de Marcos sobre la institución de la Eucaristía está vinculado a la Fiesta Judía de los Panes sin Levadura cuando se sacrificaba un cordero pascual. ¿Qué crees que nos está enseñando Marcos al establecer esta conexión? ©LPi

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