

The Way



SAINT BRIGID
— PARISH —

ENCOUNTER • LOVE • SERVE • JESUS • ONE ANOTHER • THE WORLD

SIXTEENTH SUNDAY IN ORDINARY TIME • WEEK OF JULY 18

saintbrigidparish.org

4735 Cass Street San Diego, CA 92109

858.483.3030

MASSSES: SATURDAY 5:30 pm (also Livestreamed), SUNDAY 7:30, 9, and 11 am, 5:30 pm
DAILY 7:30 am (Monday-Saturday) EUCHARISTIC ADORATION: Thursdays 8 am-8 pm
RECONCILIATION: SATURDAYS 4-5 pm and by appointment



@SaintBrigidSD

WELCOME! We are so glad that you are here with us! At Saint Brigid Parish, we join together in community to encounter and love Jesus and one another, so we can go out and be disciples who serve the world. Come be a part of the mission with us! Whether you're a long-time parishioner, visitor, church shopper, or making your way back to practicing your faith, there is always a place for you here. We hope that by gathering to pray, grow, and love, we all can learn to live like Jesus and become who we are called to be. Follow along with the Mass on pages 8 and 9.



CLERGY CORNER Father Sebastian Bukenya

THE EUCHARIST: A PATH TO A NEW WE

At the beginning of the pandemic, Pope Francis expressed his concerns about attending Mass online. He was concerned that while it was a great way to stay connected as a faith community, it might for some people become the default way of engaging in Mass. With things coming back to normal, we are resuming our routine of gathering as a family to break bread. This is all exciting, not just because we are able to see each other face-to-face, but that we are able to actively engage in the memorial and the reliving of the Lord's supper. When we are at Mass, we are present at Calvary. That presence, like that of Mary and John at the foot of the cross, can only be physical, not remote. Mass is the central act of worship of the Catholic Church, which culminates in the celebration of the Eucharist. On the radio or television, we cannot receive holy communion and we are also left isolated. In other words, the goal of sinners and saints growing into union as the body of Christ the head is absent.

The Eucharist forms us. We assume a new identity—the BODY OF CHRIST. We, though many, are but one body because of the one bread and the one cup. We are "A NEW WE." Regardless of the particular details of our biography, God is committed to stretch, expand, in fact confuse our sense of who "my people" are. We start off as democrat, republican, black, white, Hispanic, American, African, and by the end we are this community with a confused identity. For it is these hyphenated identities bound together by the Eucharist, that allows us to catch a glimpse of and live into the new future, into a new we—which God is determined to create in our midst, through unlikely friendships.

Our story is built around food and eating. Here I am reminded of the Rwandan proverb: "Unless you hear the mouth eating, you cannot hear the mouth crying." Eating matters, and who we eat with matters a lot. For it is in learning to eat with strangers and those who are different from us that we become part of that God's new we. This is the lesson that Peter had to learn, first in a dream, and in reality, when he entered the house of Cornelius, a Roman centurion. It is only through Peter (an Israelite) and Cornelius (a Roman centurion) eating together that Peter came to discover that "In truth, God has no favorites," (Acts 10:34).

The Eucharist forms us into God's new creation—A NEW WE. Welcome back to the table!

WEEKLY REFLECTION CARRY GOD'S WORD AND THESE INTENTIONS WITH YOU THIS WEEK

Sunday	Mark 6:30-34	St. Frederick	MASS INTENTIONS
Monday	Matthew 12:38-42	St. Arsenius the Great	Sylvia De Merchant †
Tuesday	Matthew 12:46-50	St. Margaret of Antioch	Bernadette Jean Schaaf
Wednesday	Matthew 13:1-9	St. Lawrence of Brindisi	Karl Matthew Schaaf
Thursday	John 20:1-2,11-18	St. Mary Magdalene	George D. Fraunces †
Friday	Matthew 13:18-23	St. Bridget of Sweden	Marilyn Hendrix †
Saturday	Matthew 13:24-30	St. John Boste	Seth Joseph Dillenbeck

† Indicates Deceased

How can we pray for you?

You are welcome to submit any personal prayer requests at saintbrigidparish.org/prayer-request.

CELEBRATING OUR COMMUNITY

IN GRATITUDE TO THE KNIGHTS OF COLUMBUS

“When I was hungry, you gave me food” Mt 25:35

It has been one year since the Knights of Columbus took over the coordination of our Food Distribution and Food Pantry. Our Food Distribution, in partnership with Catholic Charities of San Diego, began as a monthly event in January 2020. With the onset of the pandemic, it became a weekly event—and still is. In spite of the risks and challenges of COVID, the Knights recognized the needs of the community and generously agreed to coordinate. Since then, they have worked tirelessly to establish a Food Pantry, too.

The Knights have accomplished so much during the last year! They have helped over 2600 families and served over 8,000 individuals by providing over 25,000 meals. Catholic Charities provided us with a 3-door refrigerator and a 3-door freezer. They also gave us an \$8,000 grant to remodel the old "Red Room" next to the Knight's Room and supplied heavy duty shelving and other equipment.

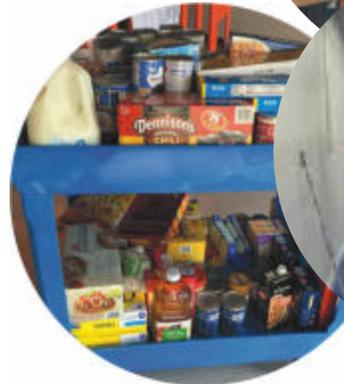
“You see the smile when they get the food, and see how grateful they are!”

Harry Anderson of SD Refrigeration donated an AC unit for our Media Room and an exhaust fan for the Food Pantry, saving us thousands of dollars. Both items have already made a big difference. Paul Fraga and son, from New West Electric, provided electrical work, a thermostat for the exhaust fan, and other additional electrical work—another big expense savings. Thank you!

We are so grateful to the Knights for all they have done to help our parish reach our brothers and sisters in need of food. We would especially like to thank:

- EFDN Coordinators—Sergio Lisboa and John Schellinger
- Drivers, food packers, and distributors—Rich Garcia, Mel Anthony, Dennis Creamer, Dennis O'Connell, John J. Owens, Greg Espinoza, Downie Beckett, Juan Cabrera, Rick Santos, Ed Tackaberry, Megan Haber, Bonnie Jean Fountain, and so many more.

As the Knights begin their second year they could use some additional help. If you have time to donate on Tuesday mornings, 8:30–10:30 am, please contact John Schellinger at 602.909.5732 or john5440lj@gmail.com.



ONGOING WAYS TO ENCOUNTER, LOVE, AND SERVE

PRAYER

Adoration, nightWATCH, Centering Prayer, Healing Prayer

saintbrigidparish.org/pray

CARE AND SUPPORT

Homebound, Bereavement, Mental Health, 12-Step Recovery, Divorce Support

saintbrigidparish.org/care-and-support

COMMUNITIES

Youth, Young Adults, Families, Adults, Active 60s+, Seniors, Knights of Columbus

saintbrigidparish.org/communities

SERVE

Neighbors in Need, Liturgical Ministry, Music Ministry, Hospitality, Faith Formation, Food Distribution

saintbrigidparish.org/serve

 Looking for more? Find details about parish groups for all interests and seasons of life at saintbrigidparish.org.

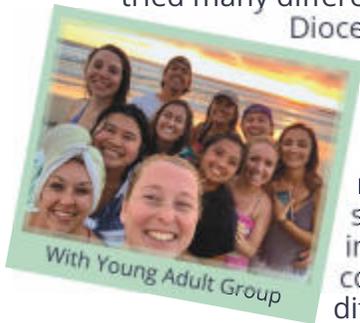
Noreen Domingo

- Parishioner at St. B's for 3 years
- Hobbies include: skateboarding around PB, cooking, furniture flipping and reading about sustainability
- St B's Receptionist and Parishioner Engagement
- Former Naval Officer



What brought you to St. B's; why do you stay?

I met a guy on my flight from San Diego back to Annapolis and noticed he was reading a book by a Catholic author I enjoyed at the time. I was hoping to go back to San Diego at some point, so I asked him if he knew any Young Adult groups. He told me to write down, "Saint Brigid's PB". The rest is history. I tried many different parishes in the Diocese, and I chose St. B's because a specific handful of people would call me by my name and remember me when I returned the next week. A simple hello and investment in the conversation truly made a difference in my life. I would



look forward to seeing my friends of all ages, whether they are from the Young Adults, Confirmation group, Seniors, or everyone in between.

Who has influenced your faith journey? My relationship with Mary kickstarted my deeper relationship with God post-undergrad. Until I consecrated to Mary in 2018, I did not know she would take my prayers to her and share them with those most in need, even if I did not specifically pray for them or know them. At first, this was discomfoting and felt as if my prayer life was completely out of control. Until I read this line in the "Memorare", "...never was it known that anyone

who fled to thy protection, implored thy help, or sought thy intercession, was left unaided." It is through her taking our prayers and bringing them to those most in need, we are all ultimately aided, and subsequently, interconnected as a Body of Christ.

Recently, how have you been growing in your faith? Recognizing when I am weak, I am strong. I had a course set for my life from 2013 to what I thought was going to be 2023 because of the Navy. Those plans derailed and I found myself forced to find out who I am outside of the uniform. Sure, I had hobbies, but now what would I do with the working hours? I needed to learn the meaning of vocation and passing on my gifts to build a community for God, and as I shed what I thought was my identity, I laid in a dark, vulnerable place. To get out of it, I discovered the power of God tempering me through the trials. My faith developed stronger and resulted in a situation where I had to lose everything I had in the world to gain everything I needed spiritually.



What are your Charisms and Strengths; how do you use them to show God's love? WOO—win others over. It sounds silly and a little egotistical, but I had no idea I could actually have a job where I get to talk to people all day. I enjoy getting deep with people and having focused and dedicated conversations. I learned WOO is not about getting people to

like you. It is about people feeling welcomed, known, and accepted. It is so good to do this because then we could highlight what God has given this specific person to build and inspire the world around them, and that is exactly what we are called to do in our Earthly world in order to build Heaven on Earth!

How do you show God's love through service?

Hosting events. In the Filipino and Hawaiian culture, food is the centerpiece for gathering. I love having people over at my house for dinner or going out for a meal. Every meal is an event, and every meal is intentional and cooked with love. Food brings people together and gives people a chance to relax and open up about what is going on in their lives. It is a place where I get to know people and vice versa. The walls come down around a good meal.



TOGETHER WE CAN MAKE AN IMPACT!

Our mission to make disciples who encounter, love, and serve Jesus, one another, and the world is carried out through your stewardship! In addition to sharing your time and talent, your consistent and generous contributions to the Sunday offering increase our financial resources so together we can make an even greater impact for God's Kingdom! There is no better investment in the world than the local parish. It is where people meet Jesus and lives are changed!

If you haven't already, we encourage you to sign up for online giving. Visit saintbrigidparish.org and click on e-giving or text LoveOneAnother to 555888. For more information, contact Debbie Hedley at debbie@saintbrigidparish.org.



SAN DIEGO CATHOLIC ADULT COMMUNITY The San Diego Catholic Adult Community (CAC) is a partnership between Saint Brigid Parish and several local parishes which provides activities and a social network for single, married, divorced, and widowed adults. Contact Nancy Wesseln at 858.847.0724 or nancy@sandiegocac.org to get connected today!



30 SOMETHINGS

- **30 Somethings Summer Party, Saturday, August 14, 6 pm.** Join us for a great evening of food and fellowship! Cost: \$10. Bring a beverage to share. Contact: Callie and Adam at adam@sandiegocac.org for more info and location (private home in Escondido)

ADULT 35+ COMMUNITY EVENTS

- **Saint Brigid Parish Event—Celebrating Summer and Saint Brigid with a BBQ, Saturday, August 7**
Cost: \$20. Please RSVP by August 5. Event Details: saintbrigidparish.org/adults-at-StBs. Contact: nancy@saintbrigidparish.org

ACTIVE 60s+ EVENTS

- **Friday Morning Walk, 9:30 am**
Join us every Friday for a walk at the beach. Meet in our parking lot. Contact: Carol 619.227.7500
- **Coronado Walk, Saturday, July 24 at 9 am (Starbucks, 960 Orange Ave, Coronado, CA 92118)**
There is plenty of parking in the residential areas. We will depart Starbucks and walk to the Hotel Del Coronado along the beach path to the Coronado Shores Condos (the tallest buildings in Coronado). We will reverse back to the Hotel Del Coronado and grab a refreshment with outside seating and a view of Pacific Ocean. Afterwards, we can grab a lite bite to eat in the Coronado village at Miguel's Mexican Restaurant with outside seating. Contact Jerry at 760-277-3718 or jerry@sandiegocac.org for more information.

TAKE US OUT TO THE BALLGAME

CATHOLIC NIGHT AT THE PADRES

Friday, September 3
 First Pitch: 7:10 pm
 \$33 per ticket

Put on your St. B's swag or favorite Padres gear and head on out to the ballpark! Join us, and a whole bunch of "Friar Faithful," as we gather with Catholics throughout San Diego for Catholic Night at Petco Park. We've purchased a block of tickets in Section 233 and it won't be the same without you there! A free limited edition Catholic-themed Padres hat is included with your ticket. To purchase tickets, visit saintbrigidparish.weshareonline.org, or email Debbie Hedley at debbie@saintbrigidparish.org for more information.



SACRAMENTS AND FORMATION

SACRAMENTS OF INITIATION



BAPTISM

Infants: Parents & Godparents attend orientation. Information: saintbrigidparish.org/baptism. Adults: prepare in RCIA lee@saintbrigidparish.org



FIRST COMMUNION

Children: 2-year process (starting grade 1) gayle@saintbrigidparish.org
 Adults: prepare in RCIA lee@saintbrigidparish.org



CONFIRMATION

Teens: 2-year process (starting grade 9) vita@saintbrigidparish.org
 Adults: prepare in RCIA lee@saintbrigidparish.org

SACRAMENTS OF HEALING



RECONCILIATION

Saturdays 4-5 pm or by appointment. Preparation: Children, 2-year process (starting grade 1) gayle@saintbrigidparish.org
 Adults, prepare in RCIA lee@saintbrigidparish.org



ANOINTING OF THE SICK

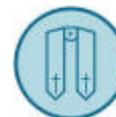
To Inquire about or request this sacrament, please call the parish office. 858.483.3030

SACRAMENTS OF VOCATION



MATRIMONY

9-month accompaniment process. saintbrigidparish.org/marriage weddings@saintbrigidparish.org



HOLY ORDERS

Schedule a time to chat with one of our clergy, or check out our website. saintbrigidparish.org/holy-orders

SAINT BRIGID PARISH CONTACTS

CLERGY



Father Steve Callahan
Pastor

frsteve@saintbrigidparish.org



Father Sebastian Bukenya
Associate Pastor

frsebastian@saintbrigidparish.org



Deacon Mike Daniels

deaconmike@saintbrigidparish.org



Deacon Chris Hulburt

deaconchris@saintbrigidparish.org



Deacon Patrick McCay

deaconpatrick@saintbrigidparish.org

PARISH STAFF



Julie Colman
Connection to Christ and Evangelization

julie@saintbrigidparish.org



Mary Lucena
Weddings

weddings@saintbrigidparish.org



Katie Cavallo
Sunday
7:30 am

kcavallomusic@gmail.com



Noreen Domingo
Receptionist and Parishioner Engagement

noreen@saintbrigidparish.org



John Jay Owens
Grounds

johnjay@saintbrigidparish.org



Tim Foley
Saturday Vigil
5:30 pm

858.344.3164



Greg Espinoza
Maintenance

greg@saintbrigidparish.org



Maryanne Russell
Evangelization and Stewardship

maryanne@saintbrigidparish.org



Julie Misleh
Parish Coordinator of Liturgical Music

858.366.2060



Debbie Hedley
Business Manager

debbie@saintbrigidparish.org



Jacqueline and Scott Weeman
Young Adult Ministry

youngadults@saintbrigidparish.org



Lauren Swain
Sunday Evening Mass

858.483.3030



Gayle Heyman
Children's Faith Formation

gayle@saintbrigidparish.org



Nancy Wesseln
Adult and Senior Ministries

nancy@saintbrigidparish.org



Patrick Villa
Sunday Evening Mass

858.483.3030



Lee Hulburt
Baptism, Becoming Catholic, Funerals

lee@saintbrigidparish.org



Kayla Johnson
Youth Coordinator and Communications Assistant

kayla@saintbrigidparish.org

WE'D LOVE TO GET TO KNOW YOU!

Consider joining our parish family! We would love to help you get connected and support you on your journey. If you would like to become a member, scan the QR Code, visit saintbrigidparish.org/membership, or contact Maryanne Russell at maryanne@saintbrigidparish.org.



THE MASS We gather together to pray and celebrate Jesus' sacrifice and love for us. We invite you to join us in prayer. These pages will take you through the Mass, whether you are new to our community, our Faith, or want to participate more fully. The italicized sections explain posture, plain text is the priest's or leader's part, and bold text denotes our response as the gathered Body of Christ.

THE LITURGY OF THE WORD

During this part of the Mass, we hear God's Word proclaimed. We listen to preaching, which makes Scripture come alive again today, and we express our Catholic faith.

INTRODUCTORY RITE

Please stand for the entrance and opening hymn.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The grace of our Lord...be with you all.

And with your spirit.

PENITENTIAL RITE

Brothers and sisters...celebrate the sacred mysteries I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask the blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Repeat after the priest:

Lord Have Mercy. Christ have mercy. Lord Have Mercy.

OR Kyrie, eleison. Christe, eleison. Kyrie, eleison.

GLORIA

Glory to God in the highest, and on earth peace to people of good will. We praise You, we bless You, we adore You, we glorify You, we give You thanks for Your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, You take away the sins of the world, have mercy on us; You take away the sins of the world, receive our prayer; You are seated at the right hand of the Father, have mercy on us. For You alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

READINGS FROM SCRIPTURE (see page 9)

Please sit to receive the Word of God.

First Reading...The word of the Lord.

Thanks be to God.

Responsorial Psalm: * **The Lord is my shepherd; there is nothing I shall want.**

Second Reading...The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Please stand to receive the Gospel.

Alleluia!

GOSPEL

A reading from the holy Gospel according to ...

Glory to You, O Lord.

...The word of the Lord.

Praise to you, Lord Jesus Christ.

HOMILY

Please sit as we listen to a reflection from the clergy.

PROFESSION OF FAITH

Please stand as we proclaim the creed together.

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, *and by the Holy Spirit was incarnate of the Virgin Mary, and became man. *(*please bow during this profession*) For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

UNIVERSAL PRAYER

Please stand as we pray for our community, united with the entire Body of Christ.

After each intention, repeat the response said by the reader.

Cover Photo: Based on Psalm 23 from this week's readings—"The Lord is my shepherd; I shall not want."

THE LITURGY OF THE EUCHARIST

In this part of the Mass, we re-experience Jesus' sacrifice. We acknowledge that He is present in the consecrated Bread and Wine—Communion. We pray together and take what we have received in Mass home and into the world.

THE OFFERTORY

As we bring up the bread and wine, we also offer our prayers, gifts, and even ourselves to be placed before God and be transformed.

PREPARATION OF THE GIFTS

Blessed are You, Lord... the bread of life.

Blessed be God forever.

Blessed are You, Lord... become our spiritual drink.

Blessed be God forever.

Pray...to God, the almighty Father.

Please stand and reply:

May the Lord accept the sacrifice at your hands for the praise and glory of His name, for our good and the good of all His holy Church.

EUCCHARISTIC PRAYER

The Lord be with you. **And with your spirit.**

Lift up your hearts. We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

HOLY, HOLY, HOLY

Holy, Holy, Holy, Lord, God of hosts. Heaven and earth are full of Your glory. Hosanna in the highest.

Blessed is He who comes in the name of the Lord.

Hosanna in the highest.

Please kneel in reverence for Christ coming in His Eucharist.

...The mystery of faith.

We proclaim Your Death, O Lord, and profess Your Resurrection until You come again.

OR When we eat this Bread and drink this Cup, we proclaim Your Death, O Lord, until You come again.

OR Save us, Savior of the world, for by Your Cross and Resurrection, You have set us free.

THE GREAT AMEN

Amen.

COMMUNION RITE

Please stand as we pray together.

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Deliver us, Lord ... Jesus Christ.

For the kingdom, the power and the glory are Yours now and forever.

THE SIGN OF PEACE

The peace of the Lord be with you always.

And with your spirit.

Let us offer each other the sign of peace.

At this time we usually exchange a sign of sharing God's peace by offering a handshake, hug, or similar gesture with those around us. However during these days of COVID protocols, please offer a wave or a nod of the head or other socially-distant expression of peace.

LAMB OF GOD

Lamb of God, You take away the sins of the world, have mercy on us. 2x

Lamb of God, You take away the sins of the world, grant us peace.

Please kneel as we prepare to receive the Body of Christ.

Behold the Lamb of God...the supper of the Lamb.

Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.

COMMUNION

Christ's Body and Blood are truly, fully present as He offers Himself to us in Communion. Catholics prepared to receive the Eucharist approach the minister as the ushers guide you. Non-Catholics or those choosing to abstain from Communion are welcome to come forward for a blessing (please indicate this by crossing your arms over your chest) or may remain in the pews to pray.

CONCLUDING BLESSING

The Lord be with you. **And with your spirit.**

May almighty God bless you, the Father, and the Son, and the Holy Spirit. **Amen.**

Go in peace. **Thanks be to God.**

*The Responsorial Psalm may vary.

THIS SUNDAY'S READINGS

First Reading Jeremiah 23:1-6

Psalm Psalm 23:1-6

Second Reading Ephesians 2:13-18

Gospel Mark 6:30-34



For weekly readings, visit saintbrigidparish.org/weekly-readings

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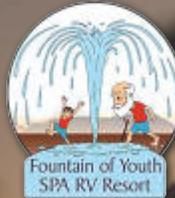
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OPPORTUNITIES FOR FAITH, FELLOWSHIP, AND SERVICE

- SUNDAY**
JULY 18
 6:30–8:30 pm
Young Adult (20s and 30s) Dinner Social
 Please join us in front of church after 5:30 pm Mass. We'll walk to Dirty Birds for some wings, drinks, and fun! Contact Grant at 619.417.5012 with questions.
- TUESDAY**
JULY 20
 4– 5 pm
Centering Prayer (offered every Tuesday and Wednesday at 4 pm)
 Zoom
 Do you long for a closer relationship with God? Centering Prayer might be for you. For Zoom link or more information, contact Karen Downs at kdowns@san.rr.com.
- WEDNESDAY**
JULY 21
 7-9 pm
Young Adult Bible Study
 Ministry Center
 Join us (single, engaged, or married in their 20s and 30s) for young adult bible study! Announcements and prayer begin at 7:30 pm. Join us as we read the upcoming Sunday readings. Contact Scott & Jacqueline Weeman at youngadults@saintbrigidparish.org for info.
- THURSDAY**
JULY 22
 8 am –8 pm
Eucharistic Adoration
 Church
 Come pray and be renewed! The Divine Mercy Chaplet is prayed at 3 pm.



RECURRING EVENTS

Sunday

Healing Prayer Time (1st)
 10–11 am John Paul II Room

Monday

Catholic in Recovery Men's Group
 7 pm (virtual)
 Neighbors in Need (2nd and 4th)
 4:30–6:15 pm (to-go meals)

Tuesday

Catholic Charities Food Distribution
 9:30 am–12:30 pm
 Centering Prayer
 4–5 pm (virtual)

Wednesday

Centering Prayer
 4–5 pm (virtual)
 Senior Wednesdays
 11:30 -4 pm Bay Room
 Young Adults Bible Study
 7-9 pm Ministry Center

Thursday

Eucharistic Adoration
 8 am–8 pm
 Divine Mercy Chaplet (sung)
 3–4 pm

Friday

Friday Morning Walks
 9:30–11 am

Saturday

Reconciliation
 4–5 pm

Scan here for full parish calendar.



GIVE BACK SUNDAY
 Back-to-School Supplies for CCSA
July 31 and August 1

All Masses—Place your donations in the red bins by church exits.
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