

# The Way



**SAINT BRIGID**  
— PARISH —

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

TWENTY-SECOND SUNDAY IN ORDINARY TIME • WEEK OF AUGUST 29, 2021

[saintbrigidparish.org](http://saintbrigidparish.org) 4735 Cass Street San Diego, CA 92109 858.483.3030

MASS: SATURDAY 5:30 pm, SUNDAY 7:30 (also Livestreamed), 9 am, 11 am, and 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 Deacon Chris Hulburt



### SOUL FOOD

My wife and I have been enjoying a Netflix documentary series called, "High on the Hog." It explores the history of African American cuisine and its pervasive influence in shaping the way Americans eat. One episode featured Michael Twitty, a culinary historian and author living in Charleston, South Carolina. He is a descendant of enslaved Africans who were among the nearly sixty percent of all slaves who were delivered to America for sale and forced labor through Port Charleston.

"We call our food soul food," Twitty explained. "We are the only people who named our cuisine after something invisible, but something you could feel—like love and God—something completely transcendent. When you eat the traditional meal prepared in the traditional way, you are in the presence of our ancestors. It's about a connection," Twitty continued, "between us and our dead and us and those who are waiting to be born."

No wonder Jesus gave us a meal as a memorial of His never-ending presence with us. It's about a connection—communion between us and God and us and all the People of God for all time. It's completely transcendent, something invisible, but something you can feel, like love and God.

The Body of Christ. It's soul food.

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

Sunday	Mark 7:1-8,14-15,21-23	St. Sabina	MASS INTENTIONS
Monday	Luke 4:16-30	St. Rumon	George D. Fraunces †
Tuesday	Luke 4:31-37	St. Raymond Nonnatus	John D. Nance †
Wednesday	Luke 4:38-44	St. Giles	Reuben Hanshew Jr. †
Thursday	Luke 5:1-11	St. Ingrid of Sweden	G. Lynn Dunn †
Friday	Luke 5:33-39	St. Gregory the Great	Esther E. Dunn †
Saturday	Luke 6:1-5	St. Rosalia	Nick Schoettle

† Indicates Deceased

How can we pray for you?

You are welcome to submit any personal prayer requests at [saintbrigidparish.org/prayer-request](http://saintbrigidparish.org/prayer-request).

# MINISTRY HIGHLIGHT Discover ways to serve St. B's, the community, and the world

## SENIOR SCENE

### Engaging Seniors of All Ages

The senior members of our parish engage in social activities, series that enrich their spiritual lives, and events that keep them physically fit too.

In addition to a wide variety of age-specific activities, our senior members contribute significantly in the life of our parish. They serve as liturgical ministers at Mass, help at our bi-monthly Neighbors in Need dinner, facilitate Connection to Christ small groups, care for our home bound parishioners, and much more!

The seniors also join forces with the San Diego Catholic Adult Community's Active 60+ group which provides activities to connect active seniors from around town.

All are welcome. You can find out about their weekly activities as well as special events by signing up to receive "Senior Scene" email updates at [saintbrigidparish.org/seniors](http://saintbrigidparish.org/seniors) or checking out the "Senior Scene" bulletin board located next to the Bay Room on the north side of the church.

Contact: Nancy Wesseln @ 858.483.3034 or [nancy@saintbrigidparish.org](mailto:nancy@saintbrigidparish.org)





**SAINT BRIGID**  
— PARISH —

Good Food  
Old/New Friends  
Raffle  
More!

*Senior Luncheon*

**Catered luncheon**  
\$5 suggested  
donation

**WEDNESDAY**  
**SEPTEMBER 8**  
NOON  
**PARISH HALL**

**RSVP by Friday, Sept 3**  
Call the Parish Office  
**(858) 483 - 3030**

Contact Nancy Wesseln if you'd like to help setup and/or serve  
at [nancy@saintbrigidparish.org](mailto:nancy@saintbrigidparish.org) or 858.483.3034.

# THE WAY OF A DISCIPLE

## UNWRAPPING YOUR SPIRITUAL GIFTS

Do you know what your spiritual gifts are? Spiritual gifts, or charisms, are special abilities given to us by the Holy Spirit that enable us to be powerful channels of God's love and presence in the world. Over the next several weeks, we are exploring 23 charisms. Stay tuned for more information about our "Called & Gifted" 5-week small group series coming this October.



### GIVING

- Function:** empowers a Christian to be a cheerful channel of God's provision by giving money and material goods with extraordinary generosity to those in need
- What it looks like:** Those with this charism have a remarkable, carefree confidence that God will provide all that they need to live, so they are able to focus on the needs about them. They ask themselves, "How much do I need to keep?" rather than, "How much do I need to give?"

### HEALING

- Function:** empowers one to be an effective channel of God's love through whom God cures illness and restores health when healing is unlikely to occur quickly or to happen at all
- What it looks like:** This charism is fairly rare. Some with this charism heal primarily through prayer, others through various forms of treatment and care (often professional) which may be combined with prayer.

### HELPS

- Function:** empowers a Christian to be a channel of God's goodness by using his or her skills, talents, and charisms to empower other individuals to serve God and people more fruitfully
- What it looks like:** People with helps are supernaturally-empowered enablers who are deeply fulfilled by helping someone else successfully serve others and glorify God. They prefer to work in the background and offer help with confidence.

## WHICH SPIRITUAL GIFTS ARE YOUR SUPERPOWERS?

Administration	Giving	Leadership	Service
Celibacy	Healing	Mercy	Teaching
Craftsmanship	Helps	Missionary	Voluntary Poverty
Encouragement	Hospitality	Music	Wisdom
Evangelism	Intercessory Prayer	Pastoring	Writing
Extraordinary Faith	Knowledge	Prophecy	

## ONGOING WAYS TO ENCOUNTER, LOVE, AND SERVE

### PRAYER

Adoration, nightWATCH, Centering Prayer, Healing Prayer  
[saintbrigidparish.org/pray](http://saintbrigidparish.org/pray)

### CARE AND SUPPORT

Homebound, Bereavement, Mental Health, 12-Step Recovery, Divorce Support  
[saintbrigidparish.org/care-and-support](http://saintbrigidparish.org/care-and-support)

### COMMUNITIES

Youth, Young Adults, Families, Adults, Active 60s+, Seniors, Knights of Columbus  
[saintbrigidparish.org/communities](http://saintbrigidparish.org/communities)

### SERVE

Neighbors in Need, Liturgical Ministry, Music Ministry, Hospitality, Faith Formation, Food Distribution  
[saintbrigidparish.org/serve](http://saintbrigidparish.org/serve)

 Looking for more? Find details about parish groups for all interests and seasons of life at [saintbrigidparish.org](http://saintbrigidparish.org).

# 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](http://saintbrigidparish.org) or click on e-giving. For more information, contact Debbie Hedley at [debbie@saintbrigidparish.org](mailto: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](mailto:nancy@sandiegocac.org) to get connected today!

## SAN DIEGO CATHOLIC ADULT COMMUNITY—All Invited!

10 Year Anniversary Party, Saturday, September 18, 7 - 10 pm

Hilton Garden Inn Del Mar  
Nice Summer Attire | Appetizers | No host bar | DJ Music | Free Parking

Event Fee: \$35 Early Price (\$45 after Thursday, September 16, and at the door)

Purchase tickets at:  
[sandiegocac.org/10-year-anniversary-party/](http://sandiegocac.org/10-year-anniversary-party/)



Solana Beach/Annie's Canyon hike was so much fun! Our next 30 somethings hike will be Saturday, September 11.

An event flyer for the CAC 10 Year Anniversary Party. The flyer features a sunset background on the left with the CAC logo. The central text reads: "Save the Date! SATURDAY SEPTEMBER 18 7 PM 10 Year Anniversary Party! Theme: End of Summer". On the right is a larger CAC logo with the text "SAN DIEGO CATHOLIC ADULT COMMUNITY".

# Then and Now Saint Brigid Parish through the years...



Did you know Saint Brigid Parish used to have a school? Saint Brigid Academy was open from 1948 to 1971. The SBA Class of 1970 recently met up for their 51st Reunion! One former classmate recalled, "You know that silly saying, that everything you needed to know, you learned in kindergarten? Well, in many ways, I could say much of everything that I know now as important and meaningful, I learned at Saint Brigid's."

Thank you Lisa Beckett for sharing these pictures of your 8th Grade Class. For more fun historical Saint Brigid memories, visit [saintbrigidparish.org/then-and-now](http://saintbrigidparish.org/then-and-now).



## SACRAMENTS AND FORMATION

### SACRAMENTS OF INITIATION



#### BAPTISM

Infants: Parents & Godparents attend orientation. Information:

[saintbrigidparish.org/baptism](http://saintbrigidparish.org/baptism).  
Adults: prepare in RCIA  
[lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org)



#### FIRST COMMUNION

Children: 2-year process (starting grade 1)

[gayle@saintbrigidparish.org](mailto:gayle@saintbrigidparish.org)

Adults: prepare in RCIA  
[lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org)



#### CONFIRMATION

Teens: 2-year process (starting grade 9)

[vita@saintbrigidparish.org](mailto:vita@saintbrigidparish.org)

Adults: prepare in RCIA  
[lee@saintbrigidparish.org](mailto: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](mailto:gayle@saintbrigidparish.org)

Adults, prepare in RCIA [lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org)



#### ANOIDNTING OF THE SICK

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

858.483.3030

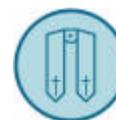
### SACRAMENTS OF VOCATION



#### MATRIMONY

9-month accompaniment process.

[saintbrigidparish.org/marriage](http://saintbrigidparish.org/marriage)  
[weddings@saintbrigidparish.org](mailto:weddings@saintbrigidparish.org)



#### HOLY ORDERS

Schedule a time to chat with one of our clergy, or check out our website.

[saintbrigidparish.org/holy-orders](http://saintbrigidparish.org/holy-orders)

# SAINT BRIGID PARISH CONTACTS

## CLERGY



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**Deacon Chris Hulburt**

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**Tim Foley**  
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**Kayla Johnson**  
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## 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](http://saintbrigidparish.org/membership), or contact Maryanne Russell at [maryanne@saintbrigidparish.org](mailto: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 one who does justice will live in the presence of the Lord.**

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.

## 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 Deuteronomy 4:1-2,6-8

Psalm Psalm 15:2-5

Second Reading James 1:17-18,21-22,27

Gospel Mark 7:1-8,14-15,21-23



For weekly readings, visit [saintbrigidparish.org/weekly-readings](http://saintbrigidparish.org/weekly-readings)

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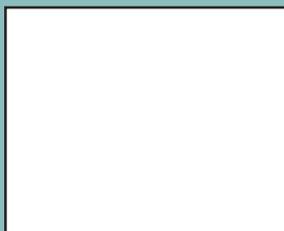
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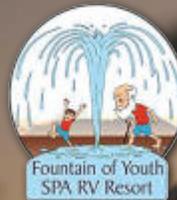
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Saint Brigid Parish, San Diego, CA

A 4C 05-1075

# OPPORTUNITIES FOR FAITH, FELLOWSHIP, AND SERVICE



**Sunday Hospitality**

The coffee cart is back! Please join us in the Plaza Sunday mornings after Mass for refreshments.

If you'd like to be part of the team, contact Noreen at [noreen@saintbrigidparish.org](mailto:noreen@saintbrigidparish.org) or call the parish office to learn more.

**We're Back!**

**SUNDAY**  
**AUGUST 29**  
10 am - 1 pm

**GIFT and Youth Ministry Open House**  
Parish Hall  
Come stop by after the 9 or 11 am Mass for some fun activities, refreshments, a chance to meet other families, learn more about GIFT (our faith formation program) and Youth Ministry/Confirmation. Contact Gayle Heyman, [gayle@saintbrigidparish.org](mailto:gayle@saintbrigidparish.org).

6:30 - 8:30 pm

**Young Adult Dinner after Mass Social**  
Church  
Meet outside in the front of the church or on the steps after Mass. We will gather and pick a place to walk to for dinner. Contact Christine for more info, or simply just show up. All young adults in their 20s and 30s welcome: single, married, and engaged.  
Contact: Christine, 714.928.6328.

**WEDNESDAY**  
**SEPTEMBER 1**  
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](mailto:youngadults@saintbrigidparish.org) for info.

**SUNDAY**  
**SEPTEMBER 5**  
10 - 11 am

**Healing Prayer**  
John Paul II Room  
Healing Prayer time is an opportunity to have two of our prayer team members pray with you for whatever healing you need in your life, whether physical, emotional, mental, or spiritual. All are welcome!

**WEDNESDAY**  
**SEPTEMBER 8**  
6 - 7 pm

**Infant Baptism Orientation**  
Zoom  
Future parents, current parents, or Godparents are welcome to join us for our Infant Baptism Orientation. Register at [saintbrigidparish.org/baptism](http://saintbrigidparish.org/baptism) to sign up and learn more. Contact: Lee Hulburt at [lee@saintbrigidparish.org](mailto:lee@saintbrigidparish.org), or call 858.483.3030 Ext 117 for questions.



## RECURRING EVENTS

### Sunday

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

### Monday

Catholic in Recovery Men's Group  
7 pm Bride's Room  
Neighbors in Need (2nd and 4th)  
4:30-6:15 pm (to-go meals)  
Centering Prayer (coming Sept 13)  
JP II Room, 6-7 pm

### 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-4 pm

### Friday

Friday Morning Walks  
9:30-11 am

### Saturday

Reconciliation  
4-5 pm

Scan here for full parish calendar.



@SaintBrigidSD