



# St. Gabriel

Solemnity of the Most Holy Body and Blood of Christ – June 6

**St. Gabriel Catholic Church**  
13734 Twin Peaks Road, Poway

Phone: 858-748-5348

Text to Give: 858-771-2284

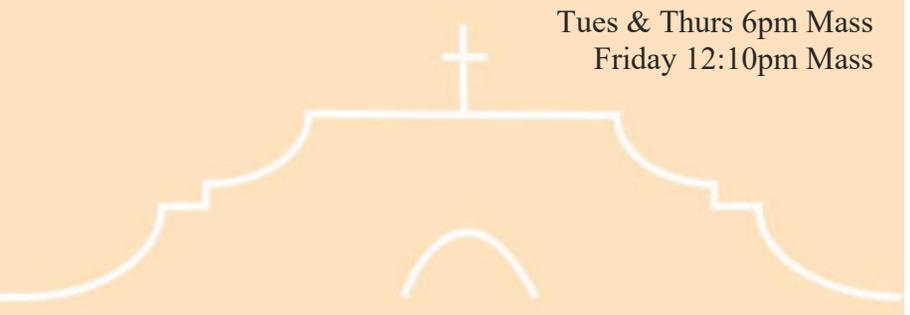
Website: [www.saintgabrielschurch.com](http://www.saintgabrielschurch.com)

Email: [office@saintgabrielschurch.com](mailto:office@saintgabrielschurch.com)

Very Reverend Michael Froidurot, Pastor  
Rev. Patrick Murphy, Senior Associate  
Rev. Chuck Fuld  
Rev. James Rafferty  
Rev. Hal Tindall, Retired  
Deacon Ricardo Elizondo

Saturday 5pm Mass  
Sunday 8:30am Mass (Livestreamed)  
10:30am Mass  
12:30pm Bilingual Mass  
5pm Mass

Mon & Wed 9am Mass  
Tues & Thurs 6pm Mass  
Friday 12:10pm Mass



# Mass Intentions

<b>Saturday, June 5</b> 5:00pm Mass <i>Solemnity of the Most Holy Body and Blood of Christ</i>	Connie Troy, dec.
<b>Sunday, June 6</b> 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5:00pm Mass <i>Solemnity of the Most Holy Body and Blood of Christ</i>	James Speth, dec. Tim Cobb, dec. David Arnulfo Lopez, dec. Dorich Family, int.
<b>Monday, June 7</b> 9am Mass	Tim Cobb, dec.
<b>Tuesday, June 8</b> 6pm Mass	Dolores Leonard, dec.
<b>Wednesday, June 9</b> 9am Mass	Steve & Stephen Pirolli, dec.
<b>Thursday, June 10</b> 6pm Mass	Barbara & Raymond Stewart, dec.
<b>Friday, June 11</b> 12:10pm Mass <i>Solemnity of the Most Sacred Heart of Jesus</i>	Jim & Heidi Francisco, int.
<b>Saturday, June 12</b> 5:00pm Mass <i>11<sup>th</sup> Sunday in Ordinary Time</i>	Victoria Heinen, dec.
<b>Sunday, June 13</b> 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5:00pm Mass <i>11<sup>th</sup> Sunday in Ordinary Time</i>	Ignatius Widjaja, int. Timothy Cobb, dec. Lourdes Herras, dec. Ava Graves, int.

The Mass intention calendar is now open through December 31, 2021. Visit our website to request Mass intentions for a loved one in need of special prayer.

# Prayer List

*Please keep the following members of our faith community in your prayers.*

Agrimis Family	Neagle Family
Greg Bolinger	Irene Ostrowski
Lance Chandler	David Saunders
David Dishman	John Sloan
Rose Marie Dishman	Debbie Smith
Joe & Eileen Fagan	Angela Snyder
Suzanne Gordon	Cristy Tiglao
Hausrath Family	Naty Tiglao
Ben Hausrath	Eddie Vaquerano
Joe Heightman	Nina Wojtalewicz
Ann Jaburg	
Roseann Marrtila	

Name(s) will remain on the prayer list for 2 months during which time parishioners pray for the specific healing need of the individual. **After that time, trust in the Lord as He continues to embrace you.**

*Lord, we lift up all those who are facing illness today. We ask You to bring healing, comfort and peace to their bodies, calm their fears and let them experience the healing power of Your love. Amen.*

## Pray the Rosary with us.

Join us in prayer in the Church:

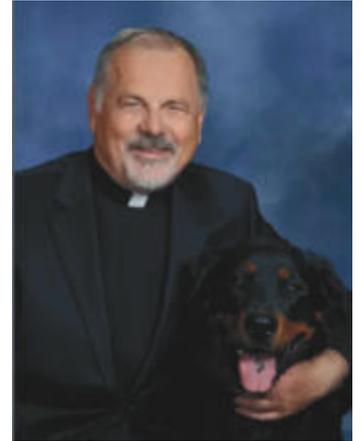
Mondays at 8:30am  
 Tuesdays at 5:15pm for the unborn  
 Wednesdays at 8:30am  
 Thursdays at 9:00am  
 Thursdays at 5:15pm

The sacrament of Reconciliation is being offered every Saturday from 3:45-4:45pm in the RCIA room off the church courtyard.

# A note from the Pastor...

Dear St. Gabriel Family,

Today's feast, the Solemnity of the Most Holy Body and Blood of Christ (also known as Corpus Christi), holds a very special meaning for this parish. It was on this day in 1973 that St. Gabriel parish was founded. St. Michael's parish had previously been serving all of Poway, and the bishop saw a need to establish a second, separate parish as the Catholic community continued to grow and flourish here. Looking around our parish, it seems extraordinary that 48 years ago, Mass was being celebrated at Twin Peaks Middle School and in the homes of Poway parishioners. We are looking forward to celebrating the 50<sup>th</sup> anniversary of the parish in 2023. We have come so far and been so blessed along the way.



This year, July 8 is the 10<sup>th</sup> anniversary of our beautiful Church building. On Saturday, July 10, you are invited to join us for a celebration Mass followed by a special parish barbeque. We gather to cherish and honor the memories of the past and express gratitude to God for the parish family that now surrounds us. Whether you have been a parishioner for decades and were a part of this history or whether you are new to our parish family, this celebration is for you. You are the living, breathing soul of Christ's Church.

In His Service, Very Reverend Michael Froidurot

## 10<sup>th</sup> Anniversary Mass & Parish BBQ

JULY 10, 2021

5PM MASS

PARISH BBQ FOLLOWING MASS

Watch the Parish email blast for RSVP information.

# This Sunday's Readings

## First Reading: Exodus 24: 3-8

When Moses came to the people and related all the words and ordinances of the LORD, they all answered with one voice, "We will do everything that the LORD has told us." Moses then wrote down all the words of the LORD and, rising early the next day, he erected at the foot of the mountain an altar and twelve pillars for the twelve tribes of Israel. Then, having sent certain young men of the Israelites to offer holocausts and sacrifice young bulls as peace offerings to the LORD, Moses took half of the blood and put it in large bowls; the other half he splashed on the altar. Taking the book of the covenant, he read it aloud to the people, who answered, "All that the LORD has said, we will heed and do." Then he took the blood and sprinkled it on the people, saying, "This is the blood of the covenant that the LORD has made with you in accordance with all these words of his."

## Responsorial Psalm: Psalm 116: 12-13, 15-16, 17-18

**R. I will take the cup of salvation, and call on the name of the Lord.**

How shall I make a return to the LORD  
for all the good he has done for me?  
The cup of salvation I will take up,  
and I will call upon the name of the LORD.

**R. I will take the cup of salvation, and call on the name of the Lord.**

Precious in the eyes of the LORD  
is the death of his faithful ones.  
I am your servant, the son of your handmaid;  
you have loosed my bonds.

**R. I will take the cup of salvation, and call on the name of the Lord.**

To you will I offer sacrifice of thanksgiving,  
and I will call upon the name of the LORD.  
My vows to the LORD I will pay  
in the presence of all his people.

**R. I will take the cup of salvation, and call on the name of the Lord.**

## Second Reading: Hebrews 9: 11-15

Brothers and sisters: When Christ came as high priest of the good things that have come to be, passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation, he entered once for all into the sanctuary, not with the blood of goats and calves but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls and the sprinkling of a heifer's ashes can sanctify those who are defiled so that their flesh is cleansed, 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.

For this reason he is mediator of a new covenant: since a death has taken place for deliverance from transgressions under the first covenant, those who are called may receive the promised eternal inheritance.

## Gospel: Matthew 14: 12-16, 22-26

On the first day of the Feast of Unleavened Bread, when they sacrificed the Passover lamb, Jesus' disciples said to him, "Where do you want us to go and prepare for you to eat the Passover?" He sent two of his disciples and said to them, "Go into the city and a man will meet you, carrying a jar of water. Follow him. Wherever he enters, say to the master of the house, 'The Teacher says, "Where is my guest room where I may eat the Passover with my disciples?'" Then he will show you a large upper room furnished and ready. Make the preparations for us there." The disciples then went off, entered the city, and found it just as he had told them; and they prepared the Passover. While they were eating, he took bread, said the blessing, broke it, gave it to them, and said, "Take it; this is my body." 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." Then, after singing a hymn, they went out to the Mount of Olives.

# Este Domingo Lecturas

## First Reading: Exodus 24: 3-8

En aquellos días, Moisés bajó del monte Sinaí y refirió al pueblo todo lo que el Señor le había dicho y los mandamientos que le había dado. Y el pueblo contestó a una voz: “Haremos todo lo que dice el Señor”.

Moisés puso por escrito todas las palabras del Señor. Se levantó temprano, construyó un altar al pie del monte y puso al lado del altar doce piedras conmemorativas, en representación de las doce tribus de Israel.

Después mandó a algunos jóvenes israelitas a ofrecer holocaustos e inmolar novillos, como sacrificios pacíficos en honor del Señor. Tomó la mitad de la sangre, la puso en vasijas y derramó sobre el altar la otra mitad.

Entonces tomó el libro de la alianza y lo leyó al pueblo, y el pueblo respondió: “Obedeceremos. Haremos todo lo que manda el Señor”.

Luego Moisés roció al pueblo con la sangre, diciendo: “Ésta es la sangre de la alianza que el Señor ha hecho con ustedes, conforme a las palabras que han oído”.

## Responsorial Psalm: Psalm 115: 12-13, 15, 16, 17-18

### R. Levantaré el cáliz de la salvación.

¿Cómo pagaré al Señor  
todo el bien que me ha hecho?

Levantaré el cáliz de la salvación,  
e invocaré el nombre del Señor. R.

### R. Levantaré el cáliz de la salvación.

A los ojos del Señor es muy penoso  
que mueran sus amigos.  
De la muerte, Señor, me has librado,  
A mí, tu esclavo e hijo de tu esclava. R.

### R. Levantaré el cáliz de la salvación.

Te ofreceré con gratitud un sacrificio  
e invocaré tu nombre.

Cumpliré mis promesas al Señor  
ante todo su pueblo. R.

### R. Levantaré el cáliz de la salvación.

## Second Reading: Hebrews 9: 11-15

Hermanos: Cuando Cristo se presentó como sumo sacerdote que nos obtiene los bienes definitivos, penetró una sola vez y para siempre en el “lugar santísimo”, a través de una tienda, que no estaba hecha por mano de hombres, ni pertenecía a esta creación. No llevó consigo sangre de animales, sino su propia sangre, con la cual nos obtuvo una redención eterna. Porque si la sangre de los machos cabríos y de los becerros y las cenizas de una ternera, cuando se esparcían sobre los impuros, eran capaces de conferir a los israelitas una pureza legal, meramente exterior, ¿cuánto más la sangre de Cristo purificará nuestra conciencia de todo pecado, a fin de que demos culto al Dios vivo, ya que a impulsos del Espíritu Santo, se ofreció a sí mismo como sacrificio inmaculado a Dios, y así podrá purificar nuestra conciencia de las obras que conducen a la muerte, para servir al Dios vivo! Por eso, Cristo es el mediador de una alianza nueva. Con su muerte hizo que fueran perdonados los delitos cometidos durante la antigua alianza, para que los llamados por Dios pudieran recibir la herencia eterna que él les había prometido.

## Gospel: Matthew 14: 12-16, 22-26

El primer día de la fiesta de los panes Azimos, cuando se sacrificaba el cordero pascual, le preguntaron a Jesús sus discípulos: “¿Dónde quieres que vayamos a prepararte la cena de Pascua?” Él les dijo a dos de ellos: “Vayan a la ciudad. Encontrarán a un hombre que lleva un cántaro de agua; síganlo y díganle al dueño de la casa en donde entre: ‘El Maestro manda preguntar: ¿Dónde está la habitación en que voy a comer la Pascua con mis discípulos?’ Él les enseñará una sala en el segundo piso, arreglada con divanes. Prepárennos allí la cena”. Los discípulos se fueron, llegaron a la ciudad, encontraron lo que Jesús les había dicho y prepararon la cena de Pascua.

Mientras cenaban, Jesús tomó un pan, pronunció la bendición, lo partió y se lo dio a sus discípulos, diciendo: “Tomen: esto es mi cuerpo”. Y tomando en sus manos una copa de vino, pronunció la acción de gracias, se la dio, todos bebieron y les dijo: “Ésta 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”.

Después de cantar el himno, salieron hacia el monte de los Olivos.

# St Gabriel Young Adult Ministry

Young Adult Ministry is open to all young adults ages 18-39, Catholics and non-Catholics alike!

Find us on Instagram @st\_gabriel\_yam and join other young Catholics from your parish and diocese!

● **Young Adult Pilgrim Walk**  
Saturday, June 11  
Mini-retreat style pilgrim walk in San Diego. Register online!

● **Coffee Shop Talks**  
Sundays - June 13 & 27  
The King's Craft  
12:00-1:30pm

● **Ultimate Frisbee**  
June 18 & 25  
St. Michael's S. Campus Field  
6p-dark

Contact: (858) 435-0752  
youngadults@saintgabrielschurch.com

## Courtesy Announcement

Boys and girls from Kindergarten through 5<sup>th</sup> grade are invited to join Cub Scout Pack 654, chartered by St. Michael's Church. Join us for outdoor adventures like camping and hiking, and other fun activities like the Pinewood Derby. Contact Mary Ann (msquinto@gmail.com) or Greg (greg.knipstein@gmail.com) for more information. Our pack has adjusted to comply with state, school and scout regulations.



You are invited! Pack 654 Bridging, Old Poway Park: Sunday, June 6, 12-2pm



## Do you have a broken rosary?

*Did your rosary get worn out during 2020?*

Call the Gift Shop today and we may be able to REPAIR it for you!!!

Call 858-748-5348 x210 and leave a message. We will get back to you ASAP.

## THE SPLENDORS OF EASTERN EUROPE

*Including the Passion Play of Oberammergau*



August 3-13, 2022

Visiting: Prague, Budapest, Vienna & Munich

Hosted by: Fr. Michael & Nawas International Travel

Cost: \$4791 per person from San Diego

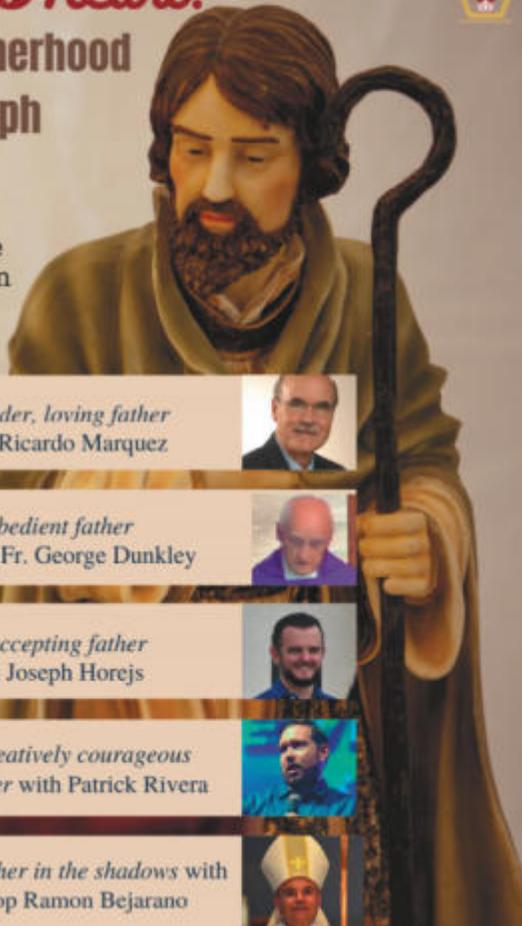
Features: round trip airfare, first class admission tickets to the Passion Play of Oberammergau, accommodations at first class/select hotels, most meals, tour director and much more.

Register by July 15, 2021 to be a part of St. Gabriel's tour group!  
[www.stgabrielspoway.org/pilgrimage](http://www.stgabrielspoway.org/pilgrimage)

# With a Father's Heart: Reflections on Fatherhood with St. Joseph



During this **Year of St. Joseph**, all men are invited to join us for a guided five-part series on the **unique and special call to fatherhood** as seen through the lens of devotion to St. Joseph.



- June 24, 2021** *A tender, loving father*  
with Ricardo Marquez 
- July 1, 2021** *An obedient father*  
with Fr. George Dunkley 
- July 8, 2021** *An accepting father*  
with Joseph Horejs 
- July 15, 2021** *A creatively courageous father*  
with Patrick Rivera 
- July 22, 2021** *A father in the shadows*  
with Bishop Ramon Bejarano 

Using *Patris Corde*, Pope Francis' document announcing the Year of St. Joseph as a guide, join men from all over the diocese of San Diego to reflect on fatherhood with St. Joseph.

This series begins on Thursday, June 24 and takes place every Thursday evening until July 22.

This event is being hosted by the Office for Family Life & Spirituality.

Register at:  
[tinyurl.com/fatherhoodseries](http://tinyurl.com/fatherhoodseries)

The 3<sup>rd</sup> Annual World Day of the Sick Mass is being held at Good Shepherd on Saturday, June 12 at 10am. This Mass is usually celebrated on or near the feast of Our Lady of Lourdes in February, but was delayed until June this year due to COVID-19 restrictions. The World Day of the Sick Mass is open to all who are ill or disabled and who are physically able to attend along with their caregivers.

The Mass will be livestreamed at: <https://goodshepherdparish.net/mass-streaming>

**WORLD DAY of the SICK MASS**

**Bishop Ramón Bejarano**  
Principal Celebrant

**Celebrations in Honor of Our Lady of Lourdes**

Join us for a special Mass including  
Anointing of the Sick  
Blessing of Caregivers  
Blessing with Lourdes Water

Saturday, June 12 - 10:00 a.m.  
Good Shepherd Church  
8200 Gold Coast Drive  
San Diego, CA 92126

Streaming on: <https://www.goodshepherdparish.net/mass-streaming>

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**KNIGHTS OF COLUMBUS**  
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The St. Gabriel Knights Council is accepting applications for 2021 college Scholarships. Applicants must be a son or daughter of a St. Gabriel Parish member and at least a high school senior. Current college students can also apply.

Download the 2021 application from [www.powayknights.com](http://www.powayknights.com) and submit by June 30th for consideration for the next school year.

# FINANCES

## Sunday Collection

Collection 5/29 & 5/30	Amount Received	Contributing Households
Plate/Loose Cash	\$1,455.25	Unknown
Envelopes/Checks	\$8,223.85	144
Online Giving	\$13,637.00	171
<b>Weekly Total</b>	<b>\$23,316.10</b>	<b>315</b>

Thank you so much for your generous support of our parish!

No gift is too small. Your ongoing generosity helps us continue to live out our parish mission. There are many ways to give including:

### Online Giving

Visit [www.saintgabrielchurch.com](http://www.saintgabrielchurch.com) and click on Giving to get started.

### Text to Give

You can donate via text message by texting the donation amount to: 858-771-2284. Text to give is simple and links directly into our Online Giving system, making it incredibly easy to give one-time gifts!

### Envelope Donations

You may still give using your regular Sunday envelope by bringing it to Mass. You can also mail your gift to our Parish Office at 13734 Twin Peaks Road, Poway, CA 92064.



Annual Catholic Appeal 2021

Parish Assessment: \$71,000

Amount Received as of 6/2: \$70,776.09

*The ACA supports many wonderful ministries around the diocese including: Catholic schools, Clergy formation and support, Faith formation, and Catholic Charities.*

Be a part of the mission and help us reach our parish goal by visiting [www.stgabrielspoway.org/aca](http://www.stgabrielspoway.org/aca).

## Building Fund Debt

Debt with National Knights Organization Loan Balance: \$2,567,600.82

*We have completed a loan modification with the Knights of Columbus national organization in New Haven, CT. The new interest rate is 4%, down from 4.9%, and the new monthly payment is \$20,560.47, compared to \$23,559.99 on the previous loan. We have only modified the interest rate. The maturity date remains the same at 3/1/2035.*

# SACRAMENTS

Congratulations to those celebrating the sacrament of Matrimony this weekend:

*Charles Long & Toni Leitshuh*

May the love of Christ be always in your heart and in your home as you begin this new journey together.

Are you an adult ages 18+ in need of any of your sacraments or looking to learn more about the Catholic faith? RCIA is a journey of discernment and discipleship.

Consider joining us this fall to explore your faith:

[www.stgabrielspoway.org/rcia](http://www.stgabrielspoway.org/rcia)

Eucharistic Adoration:

Monday, June 7  
7-8pm in English

Monday, June 14  
6:30-7:30pm in Spanish

# RELIGIOUS EDUCATION K-8

Religious Education Office

Phone: 858-748-7475

Email: [reled@saintgabrielschurch.com](mailto:reled@saintgabrielschurch.com)

## Vacation Bible School Volunteer Meeting

June 21 at 2pm in room C6

## 2021-2022 Religious Education

The 2021-2022 school year is open for registration.

Keeping your children in Religious Education is a way to keep your promise when you baptized

them and agreed to raise them in the Catholic faith. We are here to help! Visit our website:

[www.stgabrielspoway.org/religioused](http://www.stgabrielspoway.org/religioused)



# HIGH SCHOOL YOUTH MINISTRY

Youth Minister: Kierstin Rowell  
[youth@saintgabrielschurch.com](mailto:youth@saintgabrielschurch.com)

## Upcoming Events

June 11: 6pm Confirmation Rehearsal  
(Mandatory for Candidates!)

June 11: 6:30pm XLT

June 19: Confirmation Masses by  
assignment

## CORE Team Applications

We are still accepting Core Team applications, please submit them soon so we can include you in summer activities!

## 2021-2022 Registration

The 2021-2022 school year is open for registration. Visit our website: [www.stgabrielspoway.org/youth-ministry](http://www.stgabrielspoway.org/youth-ministry) for links to register!

## PEACE BE WITH YOU

A Night of Prayer and Adoration  
for our Candidates

JUNE 11, 2021  
6:30-8:00PM

Sponsors, teens, and families are encouraged to  
come pray for our Candidates!





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**A Covid Resource**  
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 DIANA ALDRETE - Parishioner  
 Diana@EmpoweredPurpose.org  
 858-753-5455

If you are suffering from Anxiety, High Stress, ADHD, PTSD or other Brain Trauma - We can help!  
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You can trust in me,  
 because I trust in Him!



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