



St. Gabriel

18th Sunday in Ordinary Time
August 1, 2021

St. Gabriel Catholic Church
13734 Twin Peaks Road, Poway

Phone: 858-748-5348
Text to Give: 858-771-2284
Website: www.saintgabrielschurch.com
Email: 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

Saturday, July 31 5:00pm Mass <i>18th Sunday in Ordinary Time</i>	Shirley Sorensen, dec.
Sunday, August 1 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5:00pm Mass <i>18th Sunday in Ordinary Time</i>	Dcn. Bob Troy, dec. Jo Ann Caspersen, int. Maria Santos Chamu, dec. Patricia Connell, dec.
Monday, August 2 9am Mass	Tomas Jimenez, dec.
Tuesday, August 3 6pm Mass	Patricia Connell, dec.
Wednesday, August 4 9am Mass <i>Memorial of St. John Vianney, Priest</i>	Derek M. Thomson, int.
Thursday, August 5 6pm Mass	Guy & Shirley Prisco, int.
Friday, August 6 12:10pm Mass <i>Feast of the Transfiguration of the Lord</i>	Joel Doss, dec.
Saturday, August 7 5:00pm Mass <i>19th Sunday in Ordinary Time</i>	Jesus Alva, dec.
Sunday, August 8 8:30am Mass 10:30am Mass 12:30pm (bilingual) Mass 5:00pm Mass <i>19th Sunday in Ordinary Time</i>	Aiden Carandang, int. Laury Sweetnam, int. Wilfredo Pagdilao, dec. Patricia Connell, dec.

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.

Greg Bolinger	Marcy
Joe & Eileen Fagan	Roseann Marrtila
Regis Fallon	Guadalupe Martinez
Sean Michael Fallon	Barbara Nowinski
Suzanne Gordon	Linda Schaefer
Joe Heightman	John Sloan
Christopher Hoslt Jr.	Angela Snyder
Ann Jaburg	Nina Wojtalewicz
Don Janiuk	
Spencer Kerr	

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,

The Mission Cooperation Plan began in the 1930s in the United States as an organized means of providing support, both financial and spiritual to missions throughout the world. The Center for Mission receives applications from organizations, dioceses and religious congregations around the globe. These are chosen and assigned to three or four parishes for a support appeal. Typically, mission representatives visit the parishes assigned to them and give a personal appeal. This year, due to the COVID pandemic and ongoing travel restrictions, the mission appeal will be carried out without a physical representative. However, we look forward to sharing the stories Fr. Stephen Moeller is sending our way from Argentina. Our participation in missionary efforts is such an important part of enacting our faith. Next weekend, please come to Mass prepared to learn more about Fr. Stephen's work and to respond generously to the call for support, both spiritually and monetarily.



In His Service,
Very Reverend Michael Froidurot



Next weekend: August 7-8 is Mission Cooperation Plan weekend. Every year a representative from the mission field comes to the parish to share their mission experience and allow us to participate in their ministry work through our prayers and financial support. This year, due to pandemic protocol, our representative, Fr. Stephen Moeller from the mission in Argentina will not be able to be physically present with us. However, we will still hear about his wonderful missionary work and learn how we can be a part of his mission. We look forward to learning more about the Mission Cooperation Plan and specifically about Fr. Stephen's work.



This Sunday's Readings

First Reading: Exodus 16: 2-4, 12-15

The whole Israelite community grumbled against Moses and Aaron. The Israelites said to them, “Would that we had died at the LORD’s hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!”

Then the LORD said to Moses, “I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.

“I have heard the grumbling of the Israelites. Tell them: In the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the LORD, am your God.”

In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoarfrost on the ground. On seeing it, the Israelites asked one another, “What is this?” for they did not know what it was. But Moses told them, “This is the bread that the LORD has given you to eat.”

Responsorial Psalm: Psalm 78: 3-4, 23-24, 25, 54

R. The Lord gave them bread from heaven.

What we have heard and know,
and what our fathers have declared to us,
we will declare to the generation to come
the glorious deeds of the LORD and his strength
and the wonders that he wrought.

R. The Lord gave them bread from heaven.

He commanded the skies above
and opened the doors of heaven;
he rained manna upon them for food
and gave them heavenly bread.

R. The Lord gave them bread from heaven.

Man ate the bread of angels,
food he sent them in abundance.
And he brought them to his holy land,
to the mountains his right hand had won.
R. The Lord gave them bread from heaven.

Second Reading: Ephesians 4: 17, 20-24

Brothers and sisters:
I declare and testify in the Lord
that you must no longer live as the Gentiles do,
in the futility of their minds;
that is not how you learned Christ,
assuming that you have heard of him and were taught in
him, as truth is in Jesus,
that you should put away the old self of your former
way of life, corrupted through deceitful desires,
and be renewed in the spirit of your minds,
and put on the new self, created in God’s way in
righteousness and holiness of truth.

Gospel: John 6: 24-35

When the crowd saw that neither Jesus nor his disciples
were there, they themselves got into boats
and came to Capernaum looking for Jesus.
And when they found him across the sea they said to
him, “Rabbi, when did you get here?”
Jesus answered them and said,
“Amen, amen, I say to you,
you are looking for me not because you saw signs
but because you ate the loaves and were filled.
Do not work for food that perishes
but for the food that endures for eternal life,
which the Son of Man will give you.
For on him the Father, God, has set his seal.”
So they said to him,
“What can we do to accomplish the works of God?”
Jesus answered and said to them,
“This is the work of God, that you believe in the one he
sent.” So they said to him,
“What sign can you do, that we may see and believe in
you? What can you do?”
Our ancestors ate manna in the desert, as it is written:
He gave them bread from heaven to eat.”
So Jesus said to them,
“Amen, amen, I say to you,
it was not Moses who gave the bread from heaven;
my Father gives you the true bread from heaven.
For the bread of God is that which comes down from
heaven and gives life to the world.”

So they said to him, “Sir, give us this bread always.”
Jesus said to them, “I am the bread of life;
whoever comes to me will never hunger,
and whoever believes in me will never thirst.”

Lecturas de Este Domingo

Primera Lectura: Exodus 16: 2-4, 12-15

En aquellos días, toda la comunidad de los hijos de Israel murmuró contra Moisés y Aarón en el desierto, diciendo: “Ojalá hubiéramos muerto a manos del Señor en Egipto, cuando nos sentábamos junto a las ollas de carne y comíamos pan hasta saciarnos. Ustedes nos han traído a este desierto para matar de hambre a toda esta multitud”.

Entonces dijo el Señor a Moisés: “Voy a hacer que llueva pan del cielo. Que el pueblo salga a recoger cada día lo que necesita, pues quiero probar si guarda mi ley o no. He oído las murmuraciones de los hijos de Israel. Diles de parte mía: ‘Por la tarde comerán carne y por la mañana se hartarán de pan, para que sepan que yo soy el Señor, su Dios’ ”.

Aquella misma tarde, una bandada de codornices cubrió el campamento. A la mañana siguiente había en torno a él una capa de rocío que, al evaporarse, dejó el suelo cubierto con una especie de polvo blanco semejante a la escarcha. Al ver eso, los israelitas se dijeron unos a otros: “¿Qué es esto?”, pues no sabían lo que era. Moisés les dijo: “Éste es el pan que el Señor les da por alimento”.

Salmo Responsorial: Salmo 77

R. El Señor les dio pan del cielo.

Cuanto hemos escuchado y conocemos del poder del Señor y de su gloria, cuanto nos han narrado nuestros padres, nuestros hijos lo oirán de nuestra boca. R.

R. El Señor les dio pan del cielo.

A las nubes mandó desde lo alto que abrieran las compuertas de los cielos; hizo llover maná sobre su pueblo, trigo celeste envió como alimento. R.

R. El Señor les dio pan del cielo.

Así el hombre comió pan de los ángeles; Dios le dio de comer en abundancia y luego los condujo hasta la tierra y el monte que su diestra conquistara. R.

R. El Señor les dio pan del cielo.

Segunda Lectura: Ephesians 4: 17, 20-24

Hermanos: Declaro y doy testimonio en el Señor, de que no deben ustedes vivir como los paganos, que proceden conforme a lo vano de sus criterios. Esto no es lo que ustedes han aprendido de Cristo; han oído hablar de él y en él han sido adoctrinados, conforme a la verdad de Jesús. Él les ha enseñado a abandonar su antiguo modo de vivir, ese viejo yo, corrompido por deseos de placer.

Dejen que el Espíritu renueve su mente y revístanse del nuevo yo, creado a imagen de Dios, en la justicia y en la santidad de la verdad.

Evangelio: John 6: 24-35

En aquel tiempo, cuando la gente vio que en aquella parte del lago no estaban Jesús ni sus discípulos, se embarcaron y fueron a Cafarnaúm para buscar a Jesús.

Al encontrarlo en la otra orilla del lago, le preguntaron: “Maestro, ¿cuándo llegaste acá?” Jesús les contestó: “Yo les aseguro que ustedes no me andan buscando por haber visto señales milagrosas, sino por haber comido de aquellos panes hasta saciarse. No trabajen por ese alimento que se acaba, sino por el alimento que dura para la vida eterna y que les dará el Hijo del hombre; porque a éste, el Padre Dios lo ha marcado con su sello”.

Ellos le dijeron: “¿Qué necesitamos para llevar a cabo las obras de Dios?” Respondió Jesús: “La obra de Dios consiste en que crean en aquel a quien él ha enviado”. Entonces la gente le preguntó a Jesús: “¿Qué signo vas a realizar tú, para que la veamos y podamos creerte? ¿Cuáles son tus obras? Nuestros padres comieron el maná en el desierto, como está escrito: Les dio a comer pan del cielo”.

Jesús les respondió: “Yo les aseguro: No fue Moisés quien les dio pan del cielo; es mi Padre quien les da el verdadero pan del cielo. Porque el pan de Dios es aquél que baja del cielo y da la vida al mundo”.

Entonces le dijeron: “Señor, danos siempre de ese pan”. Jesús les contestó: “Yo soy el pan de la vida. El que viene a mí no tendrá hambre y el que cree en mí nunca tendrá sed”.

A LONGING FOR FULFILLMENT

Connect! Sunday Reflection from LPI

Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." (John 6:35)

How many times do you use or hear the word “want” during the day? What do you want to be when you grow up? What do you want for dinner? I want to watch something else. Where do you want to be in 25 years?

We live in a culture that is governed by *wants*. Sadly, this endless desire for more is only intensified by countless advertising campaigns and the belief that the only things worth having are those that are new and novel.



As we continue our reading of the sixth chapter of John’s gospel this Sunday, we get a sense that this was also the perspective of the crowds who had gathered around Jesus after he fed a great number with only a few loaves and fish. *“Jesus answered them and said, ‘Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled.”* Even though Jesus had satisfied their physical hunger, they still wanted more.

Like so many people in our world today, the crowd that day was really only looking for something perishable, for temporary satisfaction to an immediate want. Whether this was an opportunity to see Jesus perform another miracle — or because they were hoping for more to eat than just bread and fish — they were hoping for something else. They wanted *just one more thing*.

St. John tells us, however, that Jesus recognized their misguided desires and reminded them — and us — that if we are to be truly filled (and fulfilled), we have to recognize and honor those hungers, hopes, and needs that are deep within us. We must recognize, in a special way, that common and very human need to be known and loved. These are the hungers and needs that Jesus addresses in this Gospel passage when he says to the crowds, *“Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you.”*

No amount of money, power, influence, sex, or material goods can ever bring true satisfaction and fulfillment. However much we might have in life, those fundamental desires that are deep within us will never be satisfied without the love of God and the care and support of a community. Pope Francis spoke to this [when he reflected](#):

“[The crowd] had given more meaning to that bread than to its donor. God himself is both the gift and the giver. Thus from that bread, from that gesture, the people can find the One who gives it, who is God. He invites them to open up to a perspective which is not only that of the daily need to eat, dress, achieve success, build a career. Jesus speaks of another food. He speaks of a food which is incorruptible and which is good to seek and gather... That is to say, to seek salvation, the encounter with God.”

In the end, we know that only God can truly provide the nourishment and fulfillment that will bring us lasting peace and joy and that will satisfy these deeply rooted needs and desires. But we also recognize that we have been given the great gifts of the Scriptures and the Eucharist — the Bread of Life — to nourish and strengthen us as we journey through life.

As Pope Benedict XVI reminded [the bishops of Latin America and the Caribbean in 2007](#), *“Every Eucharist is a personal encounter with Christ. Listening to God’s word, our hearts burn because it is he who is explaining and proclaiming it. When we break the bread at the Eucharist, it is he whom we receive personally.”*

To receive the Eucharist is not to get *something* but to encounter *someone*. Because in the Eucharist, we enter into a communion with Jesus himself. It is in this communion that the deepest desires and longings of our hearts find lasting fulfillment. *Br. Silas Henderson, S.D.S.*

A KNIGHT TO REMEMBER

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Saturday, September 11 at 7pm



Join us for Mass at
5pm.

Food will be available
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6-7pm.

Young Adult Adoration
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How can you balance your family relationships and your
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faith and spirituality?

Register at <https://sdccatholic.org/newdads>
For questions or more information, contact Janelle at
jperegoesdcatholic.org or 858-490-8292

FINANCES

Sunday Collection

Collection 7/24 & 7/25	Amount Received	Contributing Households
Plate/Loose Cash	\$1,556.26	Unknown
Envelopes/Checks	\$8,262.00	166
Online Giving	\$11,821.29	168
Weekly Total	\$21,639.55	334

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.saintgabrielschurch.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.



18th Sunday
in Ordinary Time
archstl.org

“Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.” EXODUS 16:4

When the Israelites gathered more than their daily portion of manna, the surplus became wormy and rotten. In the same way today, self-reliance, pride and ego leads to hoarding and excessive surplus of goods and money. Living a stewardship lifestyle helps us discern our “wants” from our “needs”. Living a grateful and generous lifestyle reminds us that God will provide all that we need and that we have plenty to share.

Building Fund Debt

Debt with National Knights Organization Loan Balance:
\$2,582,552.31

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

Baptized in July:

Adrienne Rose Corazon Musni
Kaylany Vega
Alice Stefany Vargas Lopez
Alejandra Cedillo Cedillo
Kerrigan Belle Tangonan Yosuico
Sophia Grace Tangonan Yosuico
Manuel Sandoval Chavez
Gabriel Cedillo
Noah Seth D. Sumirat
Leilani Chavez
Leo Emmanuel Fernandez
Pierre Yves Mandoza

Pray for the repose of the soul of all those whose funerals we celebrated during July:

Gilda Camacho
Jim Nagle
Rita Hatch
Donald Giesing
Meredith Schaefer

Pray for those who received the sacrament of Matrimony this weekend:

*Gabriela Camacho & Joseph Binning
Emily Arnell & Davis Brady*

May Christ dwell in your hearts and in your home this day and always.

RELIGIOUS EDUCATION K-8

Religious Education Office
Phone: 858-748-7475
Email: reled@saintgabrielschurch.com

Registration for 2021-2022

Due to health and safety regulations, in-person Religious Education is limited this year. Register today to guarantee a spot! Visit our website to register. Don't miss out on your chance to give your kids the gift of knowledge of their faith. There is no greater treasure.



HIGH SCHOOL YOUTH MINISTRY

Youth Minister: Kierstin Rowell
youth@saintgabrielschurch.com

Registration for High School Youth Ministry 2021-2022 is now available on our website!
Visit www.stgabrielspoway.org/youth-ministry to register.

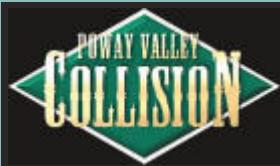
Help us make our Youth room awesome!

We have a wishlist of items to help us make our Youth Ministry room a great gathering place for our youth! A few of the items we still need include:

- Bean bag chairs
- Microwave
- Board games/card games
- Magnetic Dart board
- Spot It! (Card game)



Visit our website: www.stgabrielspoway.org/youth-ministry for our wishlist of items!



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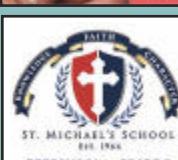
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St. Gabriel Catholic Church, Poway, CA

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St. Gabriel Catholic Church

Office Directory

Parish Office Hours: Monday – Friday, 9:30am – 5pm
858-748-5348 - www.saintgabrielschurch.com
Email: office@saintgabrielschurch.com

Pastor.....Very Reverend Michael Froidurot
Senior Associate.....Reverend Patrick Murphy
Deacon Ricardo Elizondo.....858-335-7262

Office Staff

Dora Stepanian-Torres.....x207
Laury Sweetnam.....x200

Business Manager
Mary Romag.....x203
dre@saintgabrielschurch.com

Facilities Manager

“Pugs” Clarence Walters

Reception Hall Manager

Nelly Vivas-Cruz.....x208
nelly@saintgabrielschurch.com

Director of Religious Education

Melinda Casteloes.....x206
reled@saintgabrielschurch.com

Assistant Director of Religious Education

Ashely Ibarra.....x204
aibarra@saintgabrielschurch.com

Youth Minister

Kierstin Rowell.....858-435-0752
youth@saintgabrielschurch.com

Director of Weddings

Laury Sweetnam.....x200
weddings@saintgabrielschurch.com

Choir Director

Susan Redlinger.....619-631-8360
music@saintgabrielschurch.com

St. Gabriel Gift Shop 858-748-5348x210

Hours: By Appointment Only, call to make an appointment
giftshop@saintgabrielschurch.com

Safe Environment

To report suspected sexual misconduct visit
safeinourdiocese.org.

Parish Ministries

Altar Servers – Melinda Casteloes.....486-4497
Be My Witness – Fr. Pat Murphy.....748-5348
Bereavement Support – Madeline Lorentz.....578-6109
Children’s Liturgy – Joy Salvatori.....748-5348
Coping w/ Cancer – Lorraine Baumann.....486-2841
Finance Council – Jon Handy.....204-7261
Funeral Coordinator – Debbie Mammen.....229-8289
Hispanic Ministry.....748-5348
Knights of Columbus – Alberto Aldrete.....722-5817
Lectors – Rich Shea.....760-504-3244
Ministers of Communion – Dcn. Ricardo.....335-7262
Ministers of the Sick748-5348
Pro-Life Ministry – Jim McBride.....204-9933
RCIA – Fr. Michael Froidurot.....748-5348
Re-Engaged – Anne Skalsky.....858-212-4863
or Amy Woods.....619-933-6459
Rosary Makers – Brian Faraci.....619-847-3717
Scrip Sales – Shaila Schaible.....619-840-4245
or Kathy Saville.....335-2990
Sunday Café – Jan Garon.....748-5348
SVDP.....748-5348
Ushers – Dean Woods.....310-347-6453
Women’s Ministry – Debbie Hibbs.....486-0284
Young Adults – Kierstin Rowell.....748-5348x202

Sacraments

Anointing of the Sick: Contact the Parish Office.

Baptism: Parents should be registered & attending for 6 months, class is required. Contact the Parish Office for more info.

Confirmation: Contact Kiersten Rowell at the High School Youth Ministry Office

First Holy Communion: Contact the Office of Religious Education

Marriage: Advance notice of at least nine months and prep. classes required, contact the Parish Office

Reconciliation: Saturdays 3:45-4:45pm in the RCIA room