



# ST. THÉRÈSE OF CARMEL

**SUNDAY | JULY 20, 2025**

## **MASS SCHEDULE**

Saturday Vigil | 4:30 pm  
Sunday | 9:00 am, 11:00 am, 5:30 pm  
Chinese | 2:00 pm  
(Mandarin/Cantonese)  
Monday-Thursday | 7:30 am  
Friday | 8:00 am

## **RECONCILIATION**

Saturday | 3:00-4:00pm

## **ADORATION**

Tuesday | 5:00-8:00 pm  
Wednesday | 8:00-9:00 am

## **GET IN TOUCH**

4355 Del Mar Trails Road  
San Diego, CA 92130  
858-481-3232  
parishoffice@stocsd.org  
www.sttheresecarmel.org

## **OFFICE HOURS**

Monday- Thursday | 8:00am-3:00pm  
Friday | 9:00am - 3:00pm  
(Closed 12:00-1:00pm)

## **DEVOTIONAL HOURS**

Monday-Friday | 7:30am-6:00pm

## **NOTRE DAME ACADEMY**

858-509-2300 or [www.ndasd.org](http://www.ndasd.org)



## **16<sup>TH</sup> SUNDAY IN ORDINARY TIME**

The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her." - Lk 10:41-42

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

GLPI

## **OUR MISSION**

Our mission is to be a welcoming Catholic community by living our faith fully, sharing that faith freely, and transforming our world, discerning the will of God the Father, understood through the love of His Son Jesus Christ, empowered by the Holy Spirit.

The foundation of our parish life is praise, worship, and the sacraments. Strengthened by them, we strive to deepen our relationship with Christ and to meet the needs of others through a variety of ministries that include evangelization, education, spiritual enrichment and service to our growing community. Guided by the example of our patroness, St. Thérèse of Lisieux, "we seek to do small things well for the glory of God."

# PRAYER AND READINGS



| July 20, 2025

## PARISH CLERGY

### PASTOR

Rev. Christopher Tozzi

### DEACON/BAPTISM COORDINATOR

John Fanelle

## ADMINISTRATION

### PASTORAL ASSISTANT/ WEDDING DIRECTOR

Mary Lucena Stevens

### PT BUSINESS MANAGER

Cindy Keane

### BOOKKEEPER

Malou Palmore

### FUNERALS

Rev. Christopher Tozzi

*Please contact the parish office  
to schedule an appointment.*

### RECEPTION/ COMMUNICATIONS

Vanessa Gramajo

### MAINTENANCE

José Sanchez

## MUSIC

### DIRECTOR OF MUSIC

Catherine Marshall

## CATECHESIS & PARISH LIFE

### ELEM. FAITH FORMATION COORD.

Britin Hanson

### COORDINATOR OF YOUTH & YOUNG ADULT MINISTRY

John Navarette

### PT YOUTH COORDINATORS

Priscilla Trastoy

Joey Pye

### OCIA COORDINATOR

Karen Klause

### GROWING IN FAITH SCRIPTURE STUDY

Carlie Ward

## WEEKLY INTENTIONS AND READINGS

### SATURDAY, 7/19 | SATURDAY VIGIL MASS

(SEE SUNDAY READINGS)

4:30 PM † Grandma Haczynski

### SUNDAY, 7/20 | SIXTEENTH SUNDAY IN ORDINARY TIME

GENESIS 18:1-10A, COLOSSIANS 1:24-28, LUKE 10:38-42

9:00 AM **SI** Missa Pro Populo

11:00 AM † Deacon Alvin McDaniel

5:30 PM **SI** Missa Pro Populo

### MONDAY, 7/21 |

EXODUS 14:5-18, MATTHEW 12:38-42

7:30 AM † Raffaella Pacelli

### TUESDAY, 7/22 | FEAST OF SAINT MARY MAGDALENE

SONG OF SONGS 3:1-4B OR 2 CORINTHIANS 5:14-17, JOHN 20:1-2, 11:1-8

7:30 AM † Ann Marie Halkovich

### WEDNESDAY, 7/23 |

EXODUS 16:1-5, 9-15, MATTHEW 13:1-9

7:30 AM † Edgardo De Los Santos

### THURSDAY, 7/24 |

EXODUS 19:1-2, 9-11, 16-20B, MATTHEW 13:10-17

7:30 AM **SI** Steve & Alida Yevchak

### FRIDAY, 7/25 | FEAST OF SAINT JAMES, APOSTLE

2 CORINTHIANS 4:7-15, MATTHEW 20:20-28

8:00 AM † Helena Cha (Kyung Soon Cha)

### SATURDAY, 7/26 | SATURDAY VIGIL MASS

(SEE SUNDAY READINGS)

4:30 PM † Paula Klause

### NEXT SUNDAY, 7/27 | SEVENTEENTH SUNDAY IN ORDINARY TIME

GENESIS 18:20-32, COLOSSIANS 2:12-14, LUKE 11:1-13

9:00 AM **SI** Missa Pro Populo

11:00 AM † Deacon Alvin McDaniel

5:30 PM **SI** Missa Pro Populo

## Sixteenth Sunday in Ordinary Time

July 20th

Show favor, O Lord, to your servants and mercifully increase the gifts of your grace, that, made fervent in hope, faith and charity, they may be ever watchful in keeping your commands. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.





# ADVANCING OUR Mission



DIOCESE OF  
SAN DIEGO

2025 ANNUAL CATHOLIC APPEAL



"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received."  
— 1 Peter 4:10.



## ASSISTANCE FOR SEMINARIANS AND RETIRED PRIESTS

The Annual Catholic Appeal provides essential support for seminarians preparing for the priesthood, helping to fund their formation.

In 2025, three seminarians are to be ordained to the priesthood in our diocese, the culmination of five or six years of preparation.

This year, a total of 12 seminarians are in various stages of priestly formation.

The ACA also offers vital support for retired priests, supplementing their pension when necessary. They have dedicated their lives to serving the People of God at parishes across the diocese and now look to the community to help sustain them after retiring.

The normal retirement age for a priest in our diocese is age 75. However, many continue to participate in the life of the Church as long as they are able to, celebrating Masses and more.

Like the rest of the community, retired priests face escalating costs in housing, food, medical care, and prescription drugs. Through the ACA we help them to meet these needs.

A retired priest described the sense of security he feels after serving in various parishes for 44 years.

"I'm so grateful to discover that, in our retirement years, Cardinal McElroy and the diocese have our back."



## Our Response as Stewards

**REFLECT** — On the many gifts you have received from God, including your financial blessings.

**PRAY** — About how God wants you to use the gifts He has given you.

**RESPOND** — By supporting the mission. You can give at your parish or online at [sdcatholic.org/giving](https://sdcatholic.org/giving).



## Bereavement Group

*"Grief is not just pain, grief is love."*

*-David Kessler*

The loss of a loved one can make the new year harder to navigate. Our STOC Bereavement Group meets weekly to study scripture, share stories, and pray together as we heal from our grief.

All who have experienced a loss are welcome to join the group which meets every Thursday\* at 10AM in the Multi-Purpose Room.

Come join us for Tuesday evening

## Adoration

**5-8pm at St. Anne's Chapel**

Spend some quiet time with our Lord.



## Liturgy of the Hours

Are you interested in praying the Rosary and the Liturgy of the Hours in community?

There are additional opportunities for community prayer to complement the faith-sharing groups, daily Mass, & the Rosary Group.

Come & Join Us for the Rosary @ 6 AM & Morning Prayer, Thursdays @ 6:30 AM @ St. Anne's Chapel



## Want to become Catholic?

Do you know friends or family who are interested in becoming a Catholic Christian? **Registration is now OPEN for the next OCIA (Order of Christian Initiation in Adults) group beginning in September!**

If you would like additional information about the OCIA process and group, please contact Karen Klause, OCIA Coordinator at [parishoffice@stocsd.org](mailto:parishoffice@stocsd.org)

We look forward to you joining the group!



# YOUTH & YOUNG ADULT ANNOUNCEMENTS

| July 20, 2025



## STOC YA SCHEDULE

JULY '25

YOUNG ADULTS (18-39) ARE WELCOME TO JOIN OUR EVENTS! FELLOWSHIP NIGHTS WILL BE IN THE YOUTH ROOM LOCATED IN THE BACK OF THE DEMPSEY SOCIAL CENTER. THESE NIGHTS WILL INCLUDE SPIRITUAL STUDY & DISCUSSION: THE PRACTICE OF THE PRESENCE OF GOD. WE'D LOVE TO HAVE YOU!

3  
THURS

FAITH & FELLOWSHIP NIGHT  
7:30PM-9PM

10  
THURS

FAITH & FELLOWSHIP NIGHT  
7:30PM-9PM

17  
THURS

YCP SUMMER HAPPY HOUR MIXER  
6:30PM-9PM - NOVO BRAZIL BREWING

24  
THURS

FAITH & FELLOWSHIP NIGHT  
7:30PM-9PM

26  
SAT

BEACH DAY  
TIME & LOCATION: TBD

29  
TUE

HOLY HOUR + SKY DECK TRIVIA  
6:00PM-9PM

31  
THURS

FAITH & FELLOWSHIP NIGHT  
7:30PM-9PM

CONTACT:



ST. THÉRÈSE  
OF CARMEL



## STEUBENVILLE SAN DIEGO HIGH SCHOOL YOUTH CONFERENCE



AUGUST 1-3, 2025



Steubenville SD is a lively Faith Conference for teens: incoming freshmen to graduated seniors. **Cost \$295** (includes conference, housing on-site, 5 meals & t-shirt) email [jnavarette@stocsd.org](mailto:jnavarette@stocsd.org) for info to sign up your teen! Limited spots; first come, first serve.

## VBS 2025

PLEASE PRAY  
FOR OUR  
CAMPERS  
AND  
VOLUNTEERS



A safe and fun-filled week of  
Catholic Camp



Looking for Teens!

7-12th graders

To serve our parish this summer

Teens, sign up to serve as Liturgy leaders for our preschool aged kids during the 11am Mass. We are in need of 3 volunteers to make the ministry possible each week. We will be offering a short training before you host your first Little Kids Liturgy.

Sign up here:

<https://www.signupgenius.com/go/10C094AABAF2EA5F5CE9-little#/>



# ANNOUNCEMENTS

| July 20, 2025



## GRANDPARENTS' DAY RETREAT

### The Gifts of Your Spiritual Wisdom

Becoming a grandparent is a special moment in family life. Whether you are a new grandparent or a seasoned veteran, come join us as we explore the grace that this stage brings and the unique role your influence plays in the spiritual life of your family.



**Wednesday, July 23**  
**9:00am-1:00pm**  
 3888 Paducah Drive  
 San Diego, CA 92117  
 Breakfast included.  
 Retreat ends with Mass.



**DIOCESE OF SAN DIEGO**  
 OFFICE FOR FAMILY LIFE & SPIRITUALITY

Contact: Janelle at  
 jperegoy@sdccatholic.org  
 (858) 490-8292



**Catholic in Recovery**

**Wednesdays @ 6:30 p.m.**  
**St. Thomas More Church**

Catholic sacramental recovery and fellowship for those seeking freedom from addictions, compulsions, and unhealthy attachments.



**Faith | Freedom | Fellowship**

**For more information visit:**  
 catholicinrecovery.com or contact  
 Penelope W. at (760) 803 - 1835

**Catholic Answers**  
**2025 National Conference**

## GO MAKE DISCIPLES

**SEPTEMBER 25-28**

Eleventh Annual Conference

**Hyatt Regency La Jolla at Aventine**

Are you a Catholic who has received the gifts of the Holy Spirit at the sacrament of confirmation?

If yes, it may surprise you to learn that according to the Catechism of the Catholic Church you are "strictly obliged to spread and defend the Faith by word and deed."

Don't panic. There's still time. Register today for the Catholic Answers 2025 National Conference: "Go and Make Disciples."



**Chris Stefanick**  
 Keynote Speaker  
 Founder & President  
 of Real Life Catholic



**Fr. Jeffrey Kirby**  
 Author and Pastor  
 of Our Lady of Grace  
 Parish



**Fr. Paul Check**  
 Chaplain



**Steve Dawson**  
 Founder & President  
 of St. Paul Street  
 Evangelization



**Dr. David Anders**  
 Host of Called to  
 Communion

Register at [CatholicAnswersConference.com](https://CatholicAnswersConference.com)

Priests, seminarians and religious sisters receive free admission  
 Call 619-387-7200 or email [conference@catholic.com](mailto:conference@catholic.com)  
 for more information

## NEED FOOD ASSISTANCE?

WE ARE HERE TO HELP!



**FREE EVERY WEDNESDAY | 10 AM - 12 PM**

**THE ZAK MYERS FOOD PANTRY**  
**CATHEDRAL CATHOLIC**  
**HIGH SCHOOL**  
**5555 DEL MAR HEIGHTS ROAD**  
**SAN DIEGO 92130**

SIGN-UP REQUIRED:  
[CCDSO.ORG/EFDN-REQUEST](https://CCDSO.ORG/EFDN-REQUEST)  
 OR CALL (619)-323-2841 (OPT 2)

OR SCAN HERE:



\*LOCATED AT EAST ENTRANCE OFF  
 OLD CARMEL VALLEY ROAD



**CATHEDRAL CATHOLIC**  
**HIGH SCHOOL**

CALL (858)-523-4000 EXT. 1170 IF YOU HAVE QUESTIONS

# ANNOUNCEMENTS

| July 20, 2025



## 2025 Parish Guild



The mission of the Parish Guild is to assist our St. Thérèse of Carmel Parish and its parishioners with events that strengthen the spirit, faith, and love within our community.

We do this through church functions, charity, fundraising, social activities and outreach to all parishioners and the community. We invite you to join the Guild and help us to serve the Parish Community.

*Please see upcoming Flocknotes for more details.*

## Weekend SILENT RETREATS

Spend a peaceful weekend with our Lord in silence, contemplation, and prayer at the Spiritual Exercises of St. Ignatius of Loyola.



**Miles Christi Silent Retreats**  
2025 Oceanside, CA

### Men

September 5-7, 2025  
Mission San Luis Rey

### Women

September 26-28, 2025  
Prince of Peace Abbey, CA



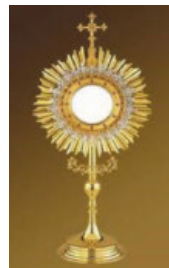
**Miles Christi**  
RELIGIOUS ORDER

For more retreat dates, locations and registration visit [mileschristi.org/spiritual-exercises](https://mileschristi.org/spiritual-exercises) or call 858-768-0872



## ADORATION SCHEDULE

Tuesday Exposition | 5:00 PM - 8:00 PM  
Wednesday Exposition | 8:00 AM - 9:00 AM  
(following daily Mass)  
Adoration on First Friday of every month  
8:30 AM - 12:00 PM



## OUR LADY OF FATIMA Devotion

Host Family:

7/20—7/27: Maiann Phan

7/27—8/3:

Mila De Los Reyes



## ROSARY PRAYER GROUP

Come & Pray the Rosary with us at St. Anne's Chapel  
Monday – Thursday, 8 AM  
Friday – following the 8 AM Mass  
St. Anne's Chapel



## BEREAVEMENT GROUP

Thursdays 10:00-11:00 AM

For more information contact the Parish Office at [parishoffice@stocsd.org](mailto:parishoffice@stocsd.org).



## HEALING PRAYER MINISTRY

Available after the following Masses:

Sunday, 7/20 after the 9:00AM Mass

Saturday, 7/26 after the 4:30PM Mass



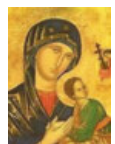
## KNIGHTS OF COLUMBUS

The Knights of Columbus is an international Catholic family fraternal service organization with over 1.8 million members in 15,000 local councils. Last year Knights donated over 70 million volunteer hours and \$170 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, culture of life, families and youth.



## OUR LADY OF PERPETUAL HELP NOVENA

Our Lady of Perpetual Help Novena prayed on Wednesdays following the 7:30 AM Mass!





# COMMUNITY INFORMATION

| July 20, 2025



## Mass Intention Calendar

### October—December 2025 Openings

3 Mass intention requests per person, per calendar period \*

#### Options:

2 weekday intentions & 1 Sunday intention or 3 weekday intentions

\* Subject to change.

Call the parish office to make a request.

## GLUTEN FREE HOSTS

If you prefer a gluten free host, you are welcome to bring your own to Mass. See the sacristan for assistance.

## ONLINE GIVING

Scan the QR code below to sign up for online giving!

You can make a one time donation or you can sign up to give weekly.



THANK YOU FOR YOUR CONTINUED SUPPORT AND FAITHFUL GIVING!  
MANY BLESSINGS, FR. CHRIS



Please include in your prayers those in our parish family that are sick or homebound. Contact the Parish Office (parishoffice@stocsd.org) to add or remove from this list.

<b>Regina Aulisio</b>	<b>Bill McDonnell</b>
<b>Joe Bartel Sr.</b>	<b>Gail McDonnell</b>
<b>Lisa Carney-Carmichael</b>	<b>Jack McGuire</b>
<b>Sabrina Cheung</b>	<b>Carol Nowak</b>
<b>Teresa Cox</b>	<b>Dorothy Nuss</b>
<b>Cathy Daly</b>	<b>Paddy O'Donnell</b>
<b>Dan Daly</b>	<b>Mary Olvera</b>
<b>Allison Demmler</b>	<b>Mauro Pacelli</b>
<b>Charles Dorthalina</b>	<b>Wendy Papera</b>
<b>Lawrence D'Souza</b>	<b>Roger Parker</b>
<b>Albert Espinola</b>	<b>Sr Marie Pascal</b>
<b>Felix Galasan</b>	<b>Leonor Pierce</b>
<b>Jake Garcia Sr</b>	<b>Jeanne Pirolli</b>
<b>Jonathan Garvey</b>	<b>Fr. Larry Purcell</b>
<b>Brian Hawkins</b>	<b>Emily Schiller-Reeder</b>
<b>Mateus Hemmingson</b>	<b>Elaine Schlunt</b>
<b>Wayne Kay</b>	<b>Emilia Teotico</b>
<b>Chuck Kirby</b>	<b>Tamatha Thomas</b>
<b>MJ Lane</b>	<b>Diana Todaro</b>
<b>Nga Thu Le</b>	<b>Mytu Tran</b>
<b>Tuan Anh Le</b>	<b>Luverne Travis</b>
<b>Gerry Leneweaver</b>	<b>Cathleen Yang</b>
<b>Mark Lotz</b>	<b>Edly Villanueva</b>
<b>Sally Macalma</b>	<b>Alex Yiu</b>
<b>Walter Macalma</b>	<b>David Yorck</b>
<b>Cecilia Martin</b>	<b>Binh Vu</b>
<b>Fr. Paddy McCafferty</b>	<b>Thao Vuong</b>
<b>Virgina McDeed</b>	<b>David Wissehr</b>

## SAFE IN OUR DIOCESE

The Diocese is doing everything in its power to prevent the sexual abuse of minors and vulnerable adults by priests and other diocesan staff. Report Sexual Abuse at 858.490.8353 or visit [safeinourdiocese.org](http://safeinourdiocese.org) for more information.

## STEWARDSHIP

7/13/2025

Basket: \$9,488

Envelope: \$5,346

Online: \$14,076

SDCCC: \$212

Total: \$29,122

Weekly Expenses: \$28,372

Thank you for your continued support and faithful giving!

Many Blessings, Fr. Chris



# SACRAMENT & MINISTRY INFORMATION

| July 20, 2025



## BAPTISM

Baptism is a Community Celebration where we the faith community of St Thérèse of Carmel welcome new members.

Below is our schedule for "Community" baptisms.

"Community" baptisms occur after the 11am mass (Approximately 12:15PM). If this is the first child, both parents are required to attend the Baptismal Class. Below is our schedule for baptismal classes. The baptism classes are held via Zoom at 7:30pm.

Email Deacon John to register for the Baptism Class:

**[jfanelle@stocsd.org](mailto:jfanelle@stocsd.org)** Godparents are strongly encouraged to attend a class either at St. Thérèse or at their own parish. Check out our website under Sacraments for more information about scheduling a baptism and Godparent Requirements.

### Baptism Schedule

Baptism Class 7:30pm Via Zoom	Community Baptism After 11am Mass (approx. 12:15pm)
Tuesday, 1 July 2025	Sunday, 20 July 2025
Tuesday, 5 August 2025	Sunday, 17 August 2025
Thursday, 4 September 2025	Sunday, 28 September 2025
Tuesday, 7 October 2025	Sunday, 19 October 2025
Tuesday, 4 November 2025	Sunday, 16 November 2025
Tuesday, 2 December 2025	Sunday, 21 December 2025
Tuesday, 6 January 2026	Sunday, 18 January 2026
Tuesday, 3 February 2026	Sunday, 15 February 2026
Tuesday, 3 March 2026	Sunday, 15 March 2026
Tuesday, 7 April 2026	Sunday, 26 April 2026

## GETTING MARRIED?



If you would like to celebrate your wedding at St. Thérèse of Carmel, please call the parish office at (858) 481-3232 or email [Mary Lucena Stevens](mailto:Mary.Lucena.Stevens) to obtain information and to start making your arrangements, **at least nine months in advance of your proposed date.**

## UPDATED RECORDS

If you have moved, received a new phone number or email, please contact the Parish Office to update your profile!

## CALLED TO SERVE!

Adoration  
AA/Al-Anon  
Altar Servers  
Baptism  
Bereavement  
Chinese Community  
Chinese RCIA  
Culture of Life  
Eucharistic Ministry  
Finance Council  
Growing in Faith  
Healing Prayer Team  
Knights of Columbus  
Ministers of Hospitality  
Ministry to the Sick  
Ministry of the Word  
MOMs Ministry  
Music Ministry  
Outreach Ministry  
Parish Pilgrimage  
Pastoral Council  
Parish Guild  
Pro-Life

Religious Education Programs:

Confirmation  
Edge  
Faith Formation  
Young Adults  
Youth Ministry  
OCIA  
Rosary Group  
Sacristans  
Super Seniors  
Wedding Coordinator  
Welcome Committee

For more info, contact the Parish Office at either 858-481-3232 or [parishoffice@stocsd.org](mailto:parishoffice@stocsd.org).

**TIM VAN DAMM**  
& ASSOCIATES  
DRE#02011614  
(858) 663-0911  
TIMVANDAMM.COM

BEST NORTH COUNTY REALTOR FOR 2022 - MODERN LUXURY  
AMERICA'S BEST REAL ESTATE PROFESSIONALS - WSJ  
TOP REAL ESTATE PRODUCERS - SAN DIEGO BUSINESS JOURNAL  
TOP HALF OF 1% WORLDWIDE - BERKSHIRE HATHAWAY



**Newly Remodeled!**  
**NAZARETH HOUSE**  
ASSISTED LIVING COMMUNITY

"Caring for the mind, body, and soul since 1974"

For information and to schedule a tour contact: Scan for a Virtual Tour

**Amber Zendejas**  
DIRECTOR OF ADMISSIONS  
Amber@NazarethHouseSD.org  
619-563-0480

6333 Rancho Mission Rd, San Diego, CA

- Daily Mass in our Chapel
- Nurses 24/7
- Quality Care & Activities
- Scenic Patio Views from your Private Room

INDEPENDENT LIVING | ASSISTED LIVING | HOSPICE CARE

**McMullen Financial & Insurance Services**

**Greg McMullen, CSA** CA License # 0D13621  
Parishioner

Protecting Your Assets Through:  
Annuities, Medicare, Long Term Care, & Life Insurance

Direct: 858-922-0195  
greg@mcmullenfis.com | www.MFISPro.com

Call, Email Or Text For Additional Information

**GRISWOLD**  
live assured

Compassionate in-home care for those who want support to live where they love.

Our experienced Caregivers provide companionship and support with personal care and homemaking, so you can live worry-free.

GRISWOLD HOME CARE FOR NORTH SAN DIEGO

Contact us today to learn more:  
(858) 240-2074  
griswoldcare.com/north-san-diego

**SHANNON & MARQUARD, APC**

Parishioners  
www.SDTAC.com  
(858) 558-5550  
5230 Carroll Canyon Rd.  
Ste 102  
San Diego, CA

Jeanne A. Shannon, C.P.A.  
jeanne@sdtac.com

Jeremiah S. Marquard, C.P.A.  
jeremy@sdtac.com

**Anne Truitt, M.D. - Parishioner & Nativity School Parent**

Board-certified Dermatologist  
Fellowship-trained Mohs Micrographic Surgeon  
Recognized Expert in Aesthetic Procedures  
Veteran and USAF Academy Graduate

**Skin & Surgery**  
& Aesthetic Dermatology  
Healthy Skin is Beautiful Skin™  
16918 Dove Canyon Road, Suite 102  
San Diego, CA  
(858) 292-5101 • www.healthyskinSD.com

Mention this ad for a 10% discount on our science-driven skin care products.

**BERKSHIRE HATHAWAY HOMESERVICES** CALIFORNIA PROPERTIES

Your Neighborhood Expert and Forever Agent?  
Call Cathy Marie Galvin Today!

Let me help you buy or sell your home. Call me today to book an appointment.

**CATHY MARIE GALVIN**  
REALTOR® DRE 01704301  
619.913.9002  
CathyGS@bhhsocal.com  
CathyMarieGalvin.com  
Parishioner

Scan Here  
For Free Resources and More!

**SUPPORT OUR ADVERTISERS!**

**Jon Cunningham, CPA & STOC Parishioner**

**Cunningham.cpa (858) 771-3845**

**Cunningham**  
Certified Public Accountant

**HOLY CROSS CATHOLIC CEMETERY & MAUSOLEUM**

45th & Hilltop Drive, San Diego, CA 92102  
**Call 264-3127** Se Habla Español

**IF YOU LIVE ALONE**

**MDMedAlert!** As Low As **\$19<sup>95</sup>** /mo.

✓ Ambulance ✓ Police/Fire  
✓ Family/Friends ✓ GPS & Fall Alert

**CALL NOW! 800.808.9294** md-medalert.com

**Moonshine Landscaping**

**RESIDENTIAL & COMMERCIAL YARD MAINTENANCE**

**CLEAN UPS • SPRINKLES MULCH • GRASS • TRIMMING**

**760-688-5665**  
Text/Voicemail

**Luxury Senior Living**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

RCFE#374604692

**Westmont of Carmel Valley**

**858.683.1178**

5720 Old Carmel Valley Rd  
San Diego, CA 92130

westmontofcarmelvalley.com

**PMA LAW**

**Palecek, Morrison & Associates LLP**

Solana Beach - Main Office  
12555 High Bluff Drive, Suite 320  
San Diego, CA

**858-771-0776 • www.pma-legal.com**





SHERRY  
ESTEBAN

"A portion of my sales goes to impactful organizations for  
Children, Veterans, Animals, and Health Charities."

REALTOR®, PARISHIONER  
619.917.7437

SHERRY@SHERRYESTEBAN.COM  
WWW.SHERRYESTEBAN.COM

CALRE# 01428035

COMPASS

Victor Magalhaes • catering • private events room  
Manager • monthly wine dinners  
• pizza • to-go menu

**VITTORIO'S**  
family style trattoria

858.538.5884

victor@vittoriosandiego.com

7875 Highland Village Pl., B105 • San Diego, CA

**Breathe Freely.  
Live Fully.**

Rediscover life without sinus pain.

Book your appointment today with  
**Dr. Schalch Lepe**  
located in Carmel Valley

Parishioner and Cathedral High School parent



**BREATHE FREE**  
SINUS & ALLERGY CENTERS  
Natick • San Diego



858-925-5800  
www.socalbreathefree.com

Book Your  
Appointment Today



**COLDWELL BANKER  
REALTY**

**Ellen Bryson**

Realtor® & Parishioner  
Coldwell Banker Realty, Del Mar  
3790 Via De La Valle, Suite 301, Del Mar, CA 92014  
858.945.2522  
ebryson@san.rr.com

**Wendy Choisser**

Realtor® & Parishioner  
Coldwell Banker Realty, Del Mar  
3790 Via De La Valle, Suite 301, Del Mar, CA 92014  
C: 619.737.7630 | O: 858.755.0075  
wchoisser@outlook.com

Father Nick & the Sisters  
trusted our Mother  
Daughter Real Estate Team  
to help them sell and buy  
homes. Put your trust in  
us to make your selling &  
buying a home a reality!

**"We treat all our  
clients like family"**

EllenWendyRealEstate.com



**Comprehensive Board Certified  
Oral Plastic Surgeons**

Parishioner

**Minimally Invasive Microsurgery  
Natural Esthetic Results**

Esthetic Gum Sculpting • Implant Surgery  
Connective Tissue Grafting • Bone Grafting  
Laser Surgery • Tooth Extraction • IV Sedation  
Periodontal Disease Surgery and Management

\*Actual case: single implant and  
single crown to replace missing tooth,  
no other teeth veneered or treated



**Stephen Hutton, DMD, MS, MPH**  
• Board Certified Periodontics & Implant Surgery  
• Diplomate International Congress of Oral Implantologists  
• Certified LANAP Clinician (Laser Periodontal & Implant Regeneration)



**Peter Nordland, DMD, MS**  
• Board Certified Periodontist  
• Fellow American Academy of Esthetic Dentistry  
• President International Society of Periodontal Plastic Surgeons

850 Prospect Street  
La Jolla, CA 92037  
(858)-459-7374

SCAN FOR WEBSITE  
oralplasticsurgery.com



**SHORT STAFFED?**

Place an ad here to find new  
local talent for your business.



CALL 800-950-9952

**BE A SUB ABOVE®**



Rancho Penasquitos  
13173 Black Mountain Rd.  
San Diego

Del Mar  
2626A Del Mar Heights Rd.  
Del Mar

Pacific Highlands Ranch  
6050 Village Way  
San Diego

Garrett Brown, Owner; son of Parishioners Cathy & Mike Brown

**LET'S GROW YOUR BUSINESS**

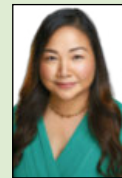
Place Your Ad Here  
and Support Our Parish!

**CONTACT ME  
Bradley Van Patten**

bvanpatten@4lpi.com  
(800) 950-9952 x 3911

**REACH**

Consulting Services:  
Asset Protection Strategies  
Tax Free Retirement  
Tax Preparation/Bookkeeping  
Travel Insurance  
Life, Annuities, LTC, Medicare



**Kay Carreon,**  
CFP®, CFP®, CRTP®, MBA  
STOC Parishioner  
"Certified Financial  
Fiduciary"  
Direct: 858.314.0312  
info@goreachteam.com  
www.goreachteam.com  
License: 0144864



For ad info. call 1-800-950-9952 • www.4lpi.com

St. Therese of Carmel Church, San Diego, CA

A 4C 05-1236



# NOTRE DAME ACADEMY

*Now  
enrolling!*



**2025-2026**

Preschool  
through  
8th Grade

**WWW.NDASD.ORG**

**858-509-2300**

*One Family, Always United.*

License #376105146

