

SUNDAY | AUGUST 31, 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



22ND SUNDAY IN ORDINARY TIME

610=

"Rather, when you hold a banquet, invite the poor, the crippled, the lame, the blind; blessed indeed will you be because of their inability to repay you. For you will be repaid at the resurrection of the righteous." - Lk 14:13-14

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

OLP

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.



| August 31, 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

BOOKKEEPING

Malou Palmore

Stephanie Decker

FUNERALS

Rev. Christopher Tozzi

Lyn Pflaum

RECEPTION/ COMMUNICATIONS

Vanessa Gramajo

FACILITIES & MAINTENANCE

Elias Damian

José Sanchez

MUSIC

DIRECTOR OF MUSIC

Catherine Marshall

CATECHESIS & PARISH LIFE

ELEM. FAITH FORMATION COORDINATOR

Britin Hanson

COORDINATOR OF YOUTH & YOUNG ADULT MINISTRY

John Navarette

YOUTH & YOUNG ADULT MINISTERS

Marisabel "Mari" Patteson

Priscilla Trastov

Annalua Corwin

OCIA COORDINATOR

Karen Klause

GROWING IN FAITH SCRIPTURE

STUDY

Carlie Ward

WEEKLY INTENTIONS AND READINGS

SATURDAY, 8/30 | SATURDAY VIGIL MASS (SEE SUNDAY READINGS)

4:30 PM + Van Chinh Le & Cay Thi Tran

SUNDAY, 8/31 | TWENTY-SECOND SUNDAY IN ORDINARY TIME SIRACH 3:17-18, 20, 28-29, HEBREWS 12:18-19, 22-24A, LUKE 14:1, 7-14

9:00 AM + Donald Fanelle

11:00 AM SI Missa Pro Populo

5:30 PM SI Missa Pro Populo

MONDAY, 9/1 |

1 THESSALONIANS 4:13-18, LUKE 4:16-30

9:00 AM † Missa Pro Populo

TUESDAY, 9/2 |

1 THESSALONIANS 5:1-6, 9-11, LUKE 4:31-37

7:30 AM + Armand Rubio

WEDNESDAY, 9/3 | MEMORIAL OF SAINT GREGORY THE GREAT, POPE

AND DOCTOR OF THE CHURCH

COLOSSIANS 1:1-8, LUKE 4:38-44

7:30 AM + Samuel & Lydia Jones

THURSDAY, 9/4 |

COLOSSIANS 1:9-14, LUKE 5:1-11

7:30 AM SI Raffaella Pacelli

FRIDAY, 9/5 I

COLOSSIANS 1:15-20, LUKE 5:33-39

8:00 AM SI Clay Johnson

SATURDAY, 9/6 | SATURDAY VIGIL MASS (SEE SUNDAY READINGS)

4:30 PM + Donald Fanelle

NEXT SUNDAY, 9/7 | TWENTY-THIRD SUNDAY IN ORDINARY TIME

WISDOM 9:13-18B, PHILEMON 9-10, 12-17, LUKE 14:25-33

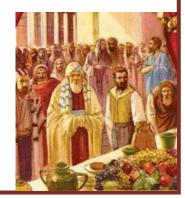
9:00 AM + Donald Fanelle, SR.

11:00 AM SI Missa Pro Populo

5:30 PM SI Missa Pro Populo

Twenty-second Sunday in Ordinary Time August 31st

God of might, giver of every good gift, put into our hearts the love of your name, so that, by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. 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.



RE-IMAGINE **PARISH LIFE:**



Journeying together in communion, participation, and mission

- Unite Ministries: Align around shared mission and goals
- Strengthen Partnerships: Deepen connection with Notre Dame Academy
- Engage Families & Young Adults: Find new ways to invite and involve them
- Deepen Worship: Emphasize sacredness and tradition

- · Parish Renewal Weekend & Ministry Fair Sept 13-14
- Parish Anniversary Weekend Oct 4-5
- Eucharistic Mission of Love Oct 9-14
- Back to the Garden Concert Oct 25

We can't re-imagine without YOU!



Please make your donation or online pledge TODAY! It's easy...

Online: Just visit sdcatholic.org/giving then select "Annual Catholic Appeal."

Brochure: Fill out the attached form and give to your parish.

Note that the Annual Catholic Appeal qualifies for many company matching gift programs.

Your participation in our Annual Catholic Appeal accomplishes something very simple yet very powerful: It touches people's hearts with God's love through your gift and deepens our collective faith. By contributing to the Advancing Our Mission campaign, you are helping our brothers and sisters to truly know and love Jesus Christ, His grace and His mercy.





Super Seniors!

Save the Date

Wednesday, September 17th @ 3pm New English Brewery

11545 Sorrento Valley Rd. #305

San Diego, CA 92121



Join us for 1st Friday & Saturday

9/5 ADORATION FROM: 8:30 - 12PM & 7-8 PM

9/6 7:30AM CONFESSION 9AM MASS & ROSARY AFTER



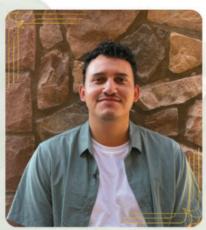
Meet the Staff



Hello everyone,

My name is Elias Damian, and I'm excited to join you as the new Facilities Manager for both the Parish and Notre Dame Academy. I'll be overseeing the maintenance and needs of our buildings—from plumbing to solar energy—and supporting events whenever needed.

A little about me: I'm originally from Mexico and had the opportunity to serve a mission for my church, an experience that deeply shaped my leadership skills and devotion to God. I'm currently pursuing a degree in Industrial/Manufacturing Engineering. Outside of work and school, I'm a car enthusiast, avid reader, gamer, and a fan of exploring new food spots. I'm also working on becoming more of a "nature person."



I look forward to getting to know each of you and working together!

Best, Elias Damian





STOCYAM will resume our Thursday meetings starting Sept 4th in the Youth Room from 7:00 - 9:00 pm!

All Young Adults (18 - 39) are welcome!

Our new book study will be announced soon, so keep an eye out!

We can't wait to grow in faith and fellowship with you this year!







Women's Marian Day Retreat

Theme: The Visitation LOCATION: ST. THÉRÈSE OF CARMEL

ST. ANNE'S CHAPEL Sponsored by the STOC Parish Guild



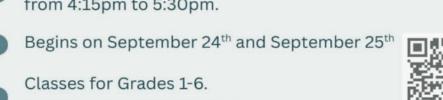
CONTACT

Faith Formation Registration

JOIN US! 2025-26 SCHOOL YEAR REGISTER ON THE STOC WEBSITE

- Class sessions, offered on Wednesdays and Thursdays from 4:15pm to 5:30pm.
- Communion prep for ALL ages!





Prayer

Dear God, help me to be a good friend.

Mission for the Week

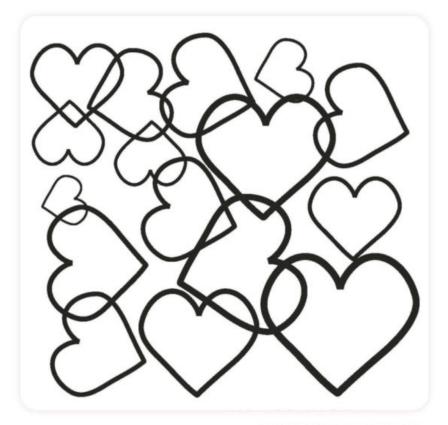
When you sit down with your family for dinner tonight, ask if you can serve the food. You may surprise your parents and get some pretty big smiles from them.

Sharing the Gospel

If you act bossy, you might get your way, but you won't make many friends. Jesus shared a secret about making friends. When you treat other kids with kindness. they will want to be your friends. Instead of telling other kids what to do, ask other kids to choose a game. If you want to play tag with other kids, offer to be "it" first. If it is time to line up to go outside, offer to go to the back of the line and let other kids in front of you.

Now color the picture! —

How many hearts can you count?



The answer is sixteen.



YOUTH ANNOUNCEMENTS

S 4

| August 31, 2025



Upcoming Life Nites

September 14th On Ramp

Kick off this year's Life Nites with racingthemed games and a discussion on Truth!

September 28th

Join us for a talk on getting to know God personally and an opportunity to be present with Him in Adoration with praise & worship!



Dempsey Social Center 6:30 - 8PM (after 5:30pm mass)

Open to all High Schoolers (grades 9 - 12)
Bring your friends to STOCYM!

Attention!



Confirmation Registration is Now Open

How to Register

Visit the church's website under Sacraments - Confirmation or scan the QR code



Classes Begin

September 7, 2025 Year 1 3:45 - 6:30 pm Year 2 5:30 - 8:30 pm These time frames include Youth Mass from 5:30 pm - 6:30 pm. Please arrive on time.

Any Questions? email confirmation@stocsd.org

If your teen is in 9th grade and ready to take this important step in their faith journey, SIGN UP NOW!

CALLED

Catholic And Living with Love Every Day

Hey, High Schoolers!

Do you know everything there is to know about your faith? About life? Probably not! But that's why we're all here!

Join us for our new CALLED nights: evenings where we'll explore ANY QUESTIONS you have about faith and life in general.

Select Wednesdays 7:30 pm - 8:30 pm Dempsey Social Center



Enjoy exploring and searching for truth alongside your friends! All High School teens welcome.



Scan the QR code to see the full schedule & more youth ministry details.

Liturgical Life

CATHOLIC

Mini Reflection: I think, if we're being really honest, we all expect "payment" for being a good person. We want God to give us what we ask. We want people to treat us a certain way. But what if we expected absolutely nothing?

What Did You Expect?

Moms have a lot of jobs, and it's usually the case that none of them pay very well.

My work as a chef? Zero compensation, and my clientele are very rarely pleased with my efforts. My role as a teacher, a maid, a chauffeur, a therapist — same deal. Ironically, these jobs consume so much of my time that I am constricted in my work as a writer — the only sphere where I do actually garner any earnings.

It is so easy to grumble about all of this, and I do it all the time. Because despite the fact that I know better, I expect repayment for my good deeds. Deep in my soul, I expect it.

That's a huge problem.

In my defense, I don't think this is a very uncommon thing. I think, if we're being really honest, we all expect "payment" for being a good person. We want God to give us what we ask. We want people to treat us a certain way. We want our day to go smoothly. We expect these things as a matter of course; we feel entitled to them, and we become grumpy when we are denied them. I worked so hard. I gave so much. What was it all even for?

But what if we expected absolutely nothing?

When you hold a banquet, Jesus said, invite those who cannot return the favor. Give not just without the expectation of repayment, but without the possibility of it.

Think about that for a minute. What does that even *look* like — no possibility of payment?

I know what that looks like in my own life. It's giving more to the literal poor, yes, but it's also giving more — and more happily, more lovingly — when I cook and clean and drive and write and console. It's not lamenting that no one appreciates me — it's actually hoping no one does.

It's learning to love the lowest place at the table. Because in the lowest place, we are closest to God.

- Colleen Jurkiewicz Dorman

Why do we do that? Catholic Life Explained

Question:

Does chewing gum break the fast before Communion?

Answer:

If you look in Canon Law or in the Catechism, there is no mention of chewing gum. I guess it does not rate the attention of the universal church! The Church requires us to fast for one hour before we receive the Eucharist. Basically, we are to refrain from food and drink, not including water or medicine. There are also exceptions for people who are ill. Overall, the fast is intended for us to prepare ourselves to receive the Eucharist and in some small way to literally as well as spiritually hunger for what we are about to receive. Chewing gum, while not really food, does at least break the spirit of the fast. Besides that, it is a distraction and rude. What do you do with the gum when it is time to receive Communion? People have actually come to the altar chewing away, oblivious to what they were doing or Who they were receiving. At best, it is distracting and irreverent. At worst, it adds a barrier to giving our best to receiving God's best.

ANNOUNCEMENTS

| August 31, 2025









SAVE THE DATE!

Knights of Columbus Council 13124

Sunday, September 7, 2025 7:30 AM to 1:00 PM

> St. Thérèse of Carmel Parking Lot 4343 Del Mar Trails Rd. San Diego, CA 92130

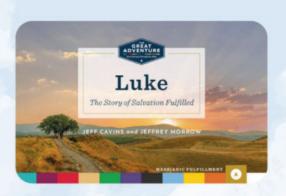
Schedule an appointment today!
Visit

www.sandiegobloodbank.org/donate,

call (619) 400-8251 or Scan QR code







Embark on a transformative exploration of Jesus' life and mission with Luke: The Story of Salvation
Fulfilled. There are many parables found only in Luke, including the Prodigal Son and The Good Samaritan.
The scriptural roots for Mary, the Rosary, and the Mass that are found in Luke will strengthen your relationship with Jesus. Join us. All are welcome!

An 8 week Bible Study Sept 18- Nov 7th
Thursday evening, 7-8:30PM on Zoom or
Friday 9:00- 11:00AM in the Dempsey Social Center
REGISTER BY SEPT 17TH

\$35 Registration fee includes workbook Questions: cward@stocsd.org



成人慕道班

OCIA – in Chinese Language

聖地雅歌天主教華人團體 (SDCCC) 懇切邀請您參加我們的華語成人慕道班!

San Diego Chinese Catholic Community wants to invite anyone who is interested to join us to find the meaning of life thru our OCIA classes in the Chinese language



Date 日期: 9/7/2025 - 4/5/2026, Every Sunday 每星期日

Time 時間: 3:00 - 4:30 pm Location 地點: 聖小德蘭天主堂

> St. Thérèse of Carmel Catholic Church 4355 Del Mar Trails Rd., San Diego, CA 92130

聯絡: Margaret (858) 442-3532, James (650) 678-3317

微信: yingqu68

SDCCC 網址: https://www.sandiegochinesecatholic.org

Let's Fill the Shelves Together!

SUPPORT OUR COMMUNITY: BIRTHLINE DONATION DRIVE



We are in need of clothing, shoes, and toys for Children and Moms.

All must be Gently Used or New

What We're Looking For:

- Kids clothing & shoes (up to size 5)
- Children's Toys
- Diapers sizes 3, 4, and 6
- · Feminine products for Mom's
- New Items for Babies (Baby Shower Bags)

Where to Donate

Drop-off Location Outside the STOC Parish Office

Collection Dates
Month of August

For Additional Information: donations@birthlineofsd.org



Re-Imagining Parish Life Together

This past May, our parish joined 17 others across the Diocese in a mission: **to reimagine parish life journeying together in communion, participation, and mission**.

What We've Done

We re-established the Parish Pastoral Council, meeting six times in prayer and reflection. We gave thanks for the strengths of our parish and asked: Where is God calling us to grow?

- Bringing our many ministries together around a shared mission and goals.
- Strengthening our connection with Notre Dame Academy.
- Finding new ways to engage young adults and families.
- Deepening our sense of **sacredness and tradition** in worship.

We Can't Re-Imagine without **YOU!**

We invite you to walk with us—discover ways to grow in faith, share your gifts, and journey together as we deepen our faith and parish community.

To kick off our Parish Life we have four major events over the next 60 days. Please mark your calendars and join us for our:

- · Parish Renewal Weekend & Ministry Fair Sept 13-14
- · Parish Anniversary Weekend Oct 4-5
- Eucharistic Mission of Love Oct 9–14
- Back to the Garden Fundraiser Concert Oct 25

Guided by the Holy Spirit, and united in the example of St. Thérèse—doing small things with great love—we ask you to walk with us as we re-imagine parish life together.

May the Holy Spirit Guide Our Way,

Fr. Chris Tozzi and the Pastoral Council

ANNOUNCEMENTS

| August 31, 2025





You're Invited to Join the Parish Guild

We warmly welcome all men and women of St. Thérèse of Carmel to be a part of our Parish Guild - a faith-filled, service-oriented ministry dedicated to building a strong, Christ-centered community. The Parish Guild is composed of parishioners committed to growing in spirituality, fellowship, and charitable action. Rooted in the love of Christ and inspired by the Blessed Mother, we strive to support the mission of our parish through:

- Prayer
- Hospitality
- · Outreach
- · Leadership

Whether you're looking to deepen your faith, serve others, or simply connect with a welcoming and purposeful group, there is a place for you here.

Flocknotes will be emailed with more details about upcoming events and how you can get involved.

Come journey with us - all are welcome!

For more information or to get involved, please contact ay Carreon, Elonne Petrin, Cathy St. Marie and Abeer Marji by emailing us at

stthereseparishguild@gmail.com



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



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



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.



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

Women



For more retreat dates, locations and registration

OUR LADY OF FATIMA Devotion

Host Family:

8/24-8/31:

Armand & Mary Olvera

8/31—9/7: Yoli & Maureen McKenzie



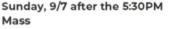
BEREAVEMENT GROUP

Thursdays 10:00-11:00 AM For more information contact the Parish Office at parishoffice@stocsd.org.



HEALING PRAYER MINISTRY

Available after the following Masses:





Saturday, 9/13 after the 4:30PM Mass

OUR LADY OF PERPETUAL HELP **NOVENA**

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



COMMUNITY INFORMATION

| August 31, 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.

Lisa Carney-Carmichael	Jack McGuire
Sabrina Cheung	Carol Nowak
Teresa Cox	Dorothy Nuss
Cathy Daly	Paddy O'Donnell
Dan Daly	Mary Olvera
Allison Demmler	Mauro Pacelli
Charles Dorthàlina	Wendy Papera
Lawrence D'Souza	Roger Parker
Albert Espinola	Leonor Pierce
Stacey Farley	Jeanne Pirolli
Felix Galasan	Fr. Larry Purcell
Jake Garcia Sr	Emily Schiller-Reeder
Jonathan Garvey	Elaine Schlunt
Brian Hawkins	Romaine Sullivan
Mateus Hemmingson	Emilia Teotico
Emilia Javier	Tamatha Thomas
Chuck Kirby	Diana Todaro
MJ Lane	Mytu Tran
Nga Thu Le	Luverne Travis
Tuan Anh Le	Cathleen Yang
Mark Lotz	Edly Villanueva
Cecilia Martin	Alex Yiu
Virgina McDeed	David Yorck
Bill McDonnell	Binh Vu
Gail McDonnell	Thao Vuong

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 for more information.

STEWARDSHIP

8/24/2025

Basket: \$7,314 Envelope: \$5,311 Online: \$12,685 SDCCC: \$384 Total: \$25,694

Weekly Expenses: \$28,372
Thank you for your continued support
and faithful giving!
Many Blessings, Fr. Chris

SACRAMENT & MINISTRY INFORMATION

| August 31, 2025



Baptism is a Community Celebration where we the faith community of St Thèrése 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:

ifanelle@stocsd.org Godparents are strongly encouraged to attend a class either at St. Thèrése or at their own parish.

Check out our website under Sacraments for more information about scheduling a baptism and Godparent Requirements.

Baptism Schedule	
Community Baptism After 11am Mass (approx. 12:15pm)	
Sunday, 28 September 2025	
Sunday, 19 October 2025	
Sunday, 16 November 2025	
Sunday, 21 December 2025	
Sunday, 18 January 2026	
Sunday, 15 February 2026	
Sunday, 15 March 2026	
Sunday, 26 April 2026	
Sunday, 17 May 2026	
Sunday, 21 June 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 to obtain information and to start making your arrangements, at least nine months in advance of your proposed date.



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 Minsters 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.



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For information and to

For information and to schedule a tour contact: Virtual Tour Amber Zendejas

DIRECTOR OF ADMISSIONS Amber@NazarethHouseSD.org

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eanne A. Shannon, C.P.A

ieanne@sdtac.com

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Jon Cunningham, CPA & STOC Parishioner

Cunningham.cpa (858) 771-3845

unningham

Certified Public Accountant



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Wendy Choisser

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