

The Beacon

· Newsletter of The Immaculata Church ·

Solemnity of
The Most Holy Body and Blood of Christ
June 6, 2021

Keep FAITH Alive!

I will take the cup of salvation, and call on
the name of the Lord.
-Psalm 116

Welcome to
The Immaculata

Tackling Post-Pandemic Re-entry Anxiety by Pilar Cárdenas-Gimber, M.A., M.A., LMFT

As our world and region continue to implement more opportunities to step outside our homes into the community, there can be a level of fear and anxiety that comes with it. For some, getting back to in-person education, social and work environments is stressful.

1. It's OK to Feel Anxious

Know that your feelings are natural, normal, and shared by many. A recent WebMD poll found that in the past month 66% of those polled felt a sense of trauma from COVID-19, felt afraid

to go to the store, or to leave their homes at all. These effects are being felt across the age spectrum, including children and young adults. Normal life is beginning to resume, yet the path forward can seem shaky and unclear.

2. Tolerate Uncertainty

The reopening of society comes with some amount of risk. You may want to consider your tolerance for risk, and to remember that we have always lived with risk. Our current anxiety stems from the very real and longstanding



pixabay.org

(continued on page 3)



The Immaculata
Staff

Most Reverend Robert W. McElroy
Bishop of San Diego

Most Reverend John Dolan
Auxiliary Bishop of San Diego

Most Reverend Ramon Bejarano
Auxiliary Bishop of San Diego



**Reverend
Matthew D. Spahr**
Pastor
(619) 574-5700



Laura Martin-Spencer
Pastoral Associate
(619) 574-5703
lmartinspencer@sandiego.edu



Janice Corbett
Office Manager
(619) 574-5706
janice@sandiego.edu



Arianna Calio
Youth Coordinator &
Wedding Coordinator
(619) 574-5704
ariannaallen@sandiego.edu



Matt Dolan
Choir Coordinator
(619) 758-3550
mdolan@sandiego.edu



Bea Halk
Youth Faith Formation
Coordinator
(619) 574-5702
bhalk@sandiego.edu



Don McAndrew
Sacristan
(619) 574-5700
djmcandrew@sandiego.edu



Flavia Soria
Parish Secretary
(619) 574-5700
fsoria@sandiego.edu



Dr. Steven Van Wye
Music Director
svanwye@sandiego.edu

Baptism for Infants: Angela Burchak
(619) 574-5708, immbaptisms@gmail.com

Catechesis of the Holy Father

by Pope Francis (May 26, 2021)

Dear brothers and sisters, in our continuing catechesis on prayer, we now consider those times when our prayers appear to go unanswered. We think, for example, of the heartfelt prayers we offer for our sick children, or for our friends who experience great pain. In our disappointment, we may feel that God is deaf to our pleas; we may even be tempted to stop praying. Jesus, our great teacher of prayer, taught us in the Our Father to ask for many things, but above all that God's will be done. A mature faith trusts in the Lord's providence, his greater plan for our lives and our world, yet we naturally feel deep disappointment when our petitions seem to go unheard. Jesus shows us by his own example that God understands our sufferings, yet does not always immediately grant our wishes.



In Gethsemane, Jesus offered a prayer that seemed to go unanswered; yet his complete trust in the Father's will led to our salvation and the glory of the resurrection. Evil never has the last word. If there are times when we walk in the dark, guided only by the light of faith, may we never abandon our trust in the Father's will to make all things work together for our ultimate good.

To read more visit <https://www.catholicnewsagency.com/news/pope-francis>

Saint of the Week

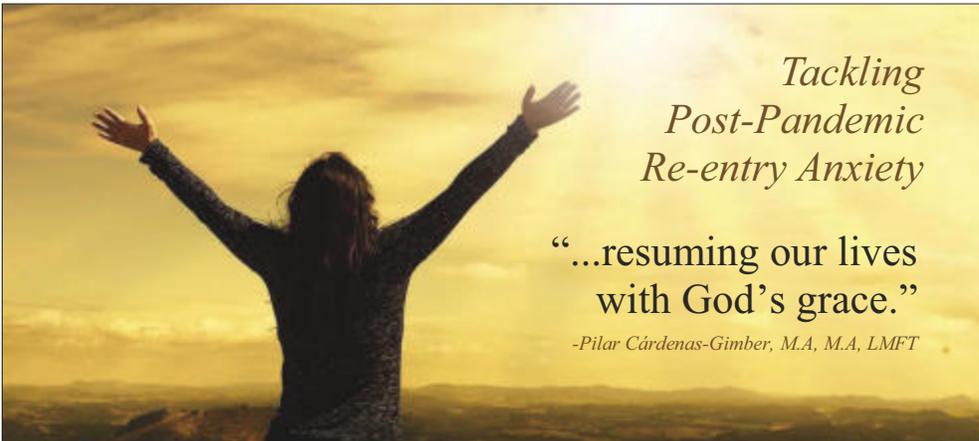
Blessed Franz Jägerstätter 1907 – 1943. Feast day June 7



Called to fight for his country as a Nazi soldier, Franz eventually refused, and this husband and father of three daughters—Rosalie, Marie and Aloisia—was executed because of it. As a young man, he loved to ride his motorcycle and was the natural leader of a gang whose members were arrested in 1934 for brawling. For three years he worked in the mines in another city and then returned to St. Radegund, where he became a farmer, married Franziska and lived his faith with quiet but intense conviction. In 1938, he publicly opposed the German Anschluss--annexation--of Austria. The next year, he was drafted into the Austrian army, trained for seven months and then received a deferment. In 1940, Franz was called up again but allowed to return home at the request of the town's mayor. He was in active service between October 1940 and April 1941, but was again deferred. His pastor, other priests, and the bishop of Linz urged him not to refuse to serve if drafted. In February 1943, Franz was called up again and reported to army officials in Enns, Austria. When he refused to take the oath of loyalty to Hitler, he was imprisoned in Linz. Later he volunteered to serve in the medical corps but was not assigned there.

To read more www.franciscanmedia.org/saint-of-the-day

(“Tackling Post-Pandemic Re-entry Anxiety” continuation from page 1)



Tackling Post-Pandemic Re-entry Anxiety

“...resuming our lives with God’s grace.”

-Pilar Cárdenas-Gimber, M.A, M.A, LMFT

disruption, devastation and uncertainty we have endured. Gradually, we will come to grips with the fact that just because we feel anxious, doesn't necessarily mean that something dangerous will happen.

3. Journal or Discuss Your Thoughts and Feelings

The mere act of expressing your thoughts on paper or to someone else helps unburden you, and can help broaden your perspective and reduce stress. Identify as specifically as possible what activities or situations you are most fearful of, and why.

4. Our Thoughts Control Our Feelings and Behavior- Challenge Your Fear or Belief-

For example, if you fear contracting the virus, it might be helpful to focus on the facts: San Diego is now averaging only 2.2 new cases per 100,000 people. That equates to 73 cases in a population of 3.4 million. In addition, vaccinations are proving more effective against contracting and spreading the virus (and variants), as well as reducing symptoms and serious complications.

5. Gradually Expose Yourself to Activities or Situations.

Small steps can help reduce some stress and also build confidence. If you're nervous about leaving your home, you could start with a short walk in your neighborhood. Then gradually build your exposure to people, places or activities that you are concerned about.

Remember that you are easing yourself **back in** to activities that you probably had little or no trouble with prior to the pandemic. Consider that you most certainly have gotten through other crises and dangerous time periods. “This too shall pass”.

By keeping in mind that we have individually, and as a society overcome severe crises in the past, including pandemics, slowly we will recalibrate, and restore balance and perspective, resuming our lives with God’s grace.



**THIS IS MY BODY.
THIS IS MY BLOOD.**
~ Jesus

Adoration of the Blessed Sacrament
Every Tuesday from 7:00 - 8:00 p.m. &
Every Wednesday from 8:30 a.m. - 12 p.m. and
12:45 p.m.- 2:00 p.m.



Mission Statement of The Immaculata

Inspired and strengthened by the Sacraments, Scripture, and Liturgy, we are a vibrant, diverse Roman Catholic community called to serve as faithful disciples of Christ in our lives and ministries. With our Blessed Mother to guide us, we strive to be a beacon of faith and a spiritual home to all who seek God.

MASSES

Monday-Saturday 8:00 a.m.
(Mass inside the church & livestreamed)

Saturday Vigil 4:30 p.m.
(Mass inside the church)

Sunday 7:30 a.m.
(Mass inside the church & livestreamed)

Sunday 9:00 a.m.
(Mass inside the church)

Sunday 11:00 a.m.
(Mass on the East lawn)

EUCCHARISTIC ADORATION

Tuesdays: 7:00-8:00 p.m.
Wednesdays: 8:30 a.m.-12:00 p.m.
& 12:45-2:00 p.m.

SACRAMENT OF RECONCILIATION

Saturdays
3:30 p.m.- 4:15 p.m.
(Inside the church)

OFFICE HOURS

Monday-Friday 8:30 a.m.-4:30 p.m.
Closed on Saturdays & Sundays
(619) 574-5700
theimmaculata@sandiego.edu

Mass Readings & Intentions

Solemnity of The Most Holy Body and Blood of Christ

June 6, 2021

First Reading

This is the blood of the covenant that the Lord has made with you.
Exodus 24:3-8

Responsorial Psalm

I will take the cup of salvation, and call on the name of the Lord.
Psalms 116

Second Reading

Christ is the mediator of a new covenant.
Hebrews 9:11-15

Gospel

This is my body. This is my blood.
Mark 14:12-16, 22-26

Intention:

7:30 a.m. For an end to the pandemic & for its victims
9:00 a.m. For the sick of the parish
11:00 a.m. For All Parishioners

Monday, June 7

2 Corinthians 1:1-7; Psalm 34:2-9; Matthew 5:1-12
Intention: +Eduardo Genato

Tuesday, June 8

2 Corinthians 1:18-22; Psalm 119:129-133, 135;
Matthew 5:13-16
Intention: +Lee Perillo

Wednesday, June 9

2 Corinthians 3:4-11; Psalm 99:5-9; Matthew 5:17-19
Intention: +Carmen Della Corna

Thursday, June 10

2 Corinthians 3:15 — 4:1, 3-6; Psalm 85:9, 10-14;
Matthew 5:20-26
Intention: Mary, Howard & Family

Friday, June 11

Hosea 11:1, 3-4, 8-9; Isaiah 12:2-6;
Ephesians 3:8-12, 14-19; John 19:31-37
Intention: +Yvonne Eyer

Saturday, June 12

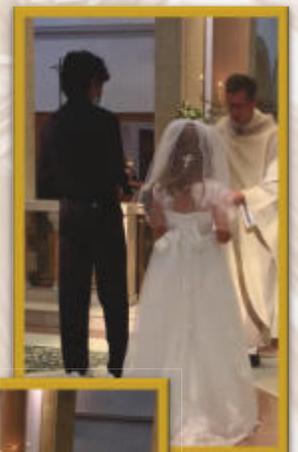
2 Corinthians 5:14-21; Psalm 103:1-4, 9-12; Luke 2:41-51
Intention:
8:00 a.m. +Sally Boyce
4:30 p.m. +Bernard Briggman

THE IMMACULATA

First Communions

by Bea Halk, Youth Faith Formation Coordinator

Congratulations to eleven of our Immaculata children who received the Eucharist for the first time on May 29th & 30th.





Immaculata Confirmations 2021



Immaculata Announcements

Senior Discussion Group - “Aging Ears ~ Hearing Loss”

All are welcome to join our monthly Senior Discussion Group that covers a wide variety of older adult-related issues. For the next meeting in June we will discuss "Aging Ears ~ Hearing Loss." Please join us as we learn and share information about this important topic affecting a majority of seniors. This meeting will be via Zoom only on Wednesdays, June 9 from 4:00-5:00 p.m. Laura will stay on to answer any senior-related questions. Starting in July, we will meet in person at Immaculata and Zoom the meeting as well. Please let us know if you would prefer 2nd Wednesdays, 9:00 a.m. or 4:00p.m. Respond or register by contacting Laura Runkle at lrunkle@gmail.com or calling (619) 920-6449.

Courtesy Announcements

Attention New Bulletin Coming-Advertisers and Sponsors Needed

Do you own a business? Would you like to remember a loved one with a weekly memorial? Are you looking to reach out to your fellow parishioners every week? Would you like to help The Immaculata in a unique way? If so, why not advertise in our weekly bulletin? Our bulletin needs ads! The ads and sponsorships on the bulletin will allow for us to receive our weekly bulletin at no cost to the church. Kathy Dickens from our new bulletin and parish communication partner, LPI, will working with us beginning the week of June 3rd seeking new advertisers for our bulletin. You can reach Kathy at (719) 650-9467 or KDickens@4LPi.com.

Responses to Environmental Issues of Our Times

The Office for Life, Peace and Justice and the Creation Care Ministry of the Diocese of San Diego recently hosted “Responses to Environmental Issues of Our Times”, a five part educational series. The series focused on different ways we can care for our common home as individuals and as part of our community. Follow us on Facebook [@theimmaculata](https://www.facebook.com/theimmaculata) to watch the video recordings.

World Day of the Sick Mass

Saturday, June 12 at 10:00 a.m. at Good Shepherd Church, 8200 Gold Coast Drive, San Diego, CA 92126. Auxiliary Bishop Ramón Bejarano will be the celebrant and homilist for the Diocese of San Diego’s third annual World Day of the Sick Mass. Hosted by the Order of Malta, the special liturgy will be celebrated at 10 a.m., Saturday, June 12, at Good Shepherd Church in Mira Mesa. It will include the sacrament of the anointing of the sick and a blessing of caregivers. Usually celebrated on or near the feast of Our Lady of Lourdes in February, the World Day of the Sick Mass was delayed until June this year because of COVID-19 restrictions. It is open to all who are ill or disabled and who are physically able to attend along with their caregivers. The Mass will also be livestreamed at <https://www.goodshepherdparish.net/mass-streaming>.

Diocese Announcements



Young Adult Pilgrim Walk

The Young Adult Pilgrim Walk

Date: June 12

Time: 9:00 a.m. - 2:00 p.m.

Location: The Immaculata (USD)

5998 Alcalá Park, San Diego CA, 92110

Cost: \$20.00

Walk Route between The Immaculata and St. Brigid Parish to Pacific Beach (check in at The Immaculata) Join us for a one-day coastal pilgrimage walk between The Immaculata and St. Brigid Parish to Pacific Beach, including time for prayer, community and spiritual talks. Open to young adults ages 18-39. Contact: Erika Quevedo at equevedo@sd catholic.org or (858) 490-8260,

Stewardship of Treasure

*For where your treasure is,
There also will your heart be.*

-Matthew 6:21

Week of May 30, 2021

Plate: \$2,640.00

Envelope: \$9,369.00

Online: \$7,222.50

Total: \$19,231.50

Thank you for your generosity!



Foreign & Domestic
Auto Repair

1125 Morena Blvd.
619-276-3263

Renzulli's JEWELRY WORLD

14K • 18K • Platinum
Diamond & Colored Stone Jewelry
Custom Design
Quality Watch & Jewelry Repair



3077 Clairemont Dr. • San Diego, CA 92117
www.renzullisjewelryworld.com • 619.275.1782

Bull's Smokin' BBQ



Huge Outdoor Projector Screen
Dog Friendly

1127 W. Morena Blvd.
San Diego

619.276.2855
bullsmokingbbq.com



**HOLY CROSS CATHOLIC
CEMETERY & MAUSOLEUM**

45th & Hilltop Drive
San Diego, CA 92102

*No Interest Budget Plan
Up to 5 years to pay*

Call 264-3127 Se Habla Español



**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**

\$29.95/MO
BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM

SPREAD THE WORD

A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS



Synergy
Training and Wellness

**Personal Training
for a Healthy Life**

Reinventing the Way YOU Feel!

Private Fitness Studio - In-Home - Virtual Programs

Nate Wehner 425.223.1654

Certified Personal Trainer & Parishioner
Synergytrainingandwellness.com • Clairemont

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider SafeStreets

1-855-225-4251

**AVAILABLE
FOR A LIMITED TIME**

**ADVERTISE YOUR
BUSINESS HERE**

Contact **Kathryn Dickens** • kdickens@4LPI.com or (800) 950-9952 x5809

**Call today to see if you qualify
to change Medicare plans through 2/28
with no underwriting!**



Karen M. Hsu

CA Lic. 0B63037

Call: 619.275.2884

Text: 619.840.0186

karen@mybenefitscoachintl.com

www.mybenefitscoachintl.com

**Turning 65? Want extra benefits?
Call me for a custom game plan today.
I help seniors and people with disabilities
make informed plan choices.**

Too Sick for Mass?

SUPPORT OUR PARISH NO MATTER WHERE YOU ARE!

*Sign-up to get your bulletin delivered
right to your inbox!*

www.parishesonline.com



Karen M. Hsu
CA Lic. 0B63037

Check out the affordable health
plan Christians can believe in.
Call for information today.
Absolutely no obligation.

- Large national PPO network (PHCS)
- May lower your health premium by 50%
- Participation meets CA health plan mandate requirement
- Enroll online with ease
- God-honoring customer service professionals

Call or text 619.840.0186 today.
Email karen@mybenefitscoachintl.com



The Last Word

Keep in Your Prayers

*Amen, I say to you, if two of you agree on earth
about anything for which they are to pray,
it shall be granted to them by my heavenly father.*

Matthew 18:19

Healing

Alma Church
Lucia Yandell
Sandy Perretti
Bruce Perretti
Riley Manahan
Leonard Hayden
Mariel Tojino
Dawn Pathman
Marion Griffin

The sick list is updated on a monthly basis. Please call the parish office to add a parishioner to the list.

Becoming Catholic

RCIA - Rite of Christian Initiation of Adults

The RCIA program is especially designed for the following people:

- Not baptized but interested in learning about baptism.
- Baptized in another faith, but interested in the Catholic Church.
- Baptized Catholic but missed out on religious instruction and the sacraments of First Communion and Confirmation.
- Or, if simply, you or anyone you know is interested in examining your faith life, baptism, prayer or the Catholic Church, then this is for you.

For more information, please contact Laura Martin-Spencer at lmartinspencer@sandiego.edu or call (619) 574-5703.

FOLLOW US @TheImmaculata



New Parishioners

Shepherd-Buenafe Family
Ferrari Family
Nasrine Damaso

Words of Wisdom

STARTING

It's the start that stops most people.

—Anonymous