

The Beacon

·Newsletter of The Immaculata Church·

12th Sunday in Ordinary Time

June 20, 2021

Keep FAITH Alive!

Give thanks to the Lord, his love is everlasting.
-Psalm 107

Welcome to
The Immaculata

Stand up to Your Anxiety: Constructive Journaling

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



unsplash.org

In a previous article I suggested journaling to improve overall mental wellness.

This article is my “hard sell”, focusing on combating anxiety. Anxiety’s grip can be quite strong and debilitating. It can easily take over and spiral out of control. Self-expression is a highly effective, concrete action you can take to control anxiety.

The Payoff for Journaling

- Helps cope with uncertainty
- Empowers you to understand your complex feelings (and “unpack” them)
- Helps make connections between thoughts, feelings and behaviors, identifying unhealthy patterns

(continued on page 3)

The Immaculata Staff

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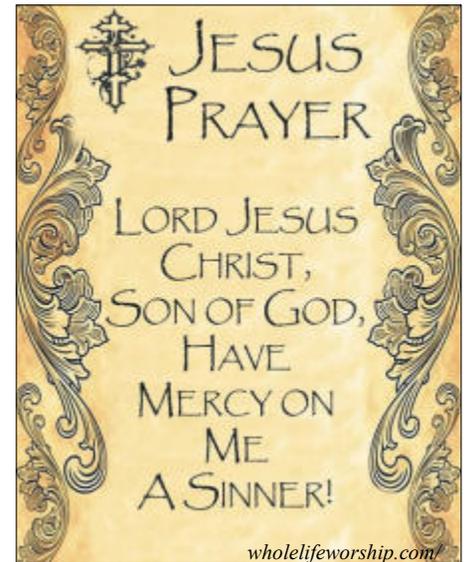
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Catechesis of the Holy Father

by Pope Francis (June 9, 2021)

Dear brothers and sisters, in our continuing catechesis on prayer, we now consider the importance of perseverance in prayer. Reflecting on Saint Paul's encouragement to pray unceasingly (cf. 1 Thess 5:17), the Church's spiritual writers have questioned how it is possible to remain in a constant state of prayer. The Russian ascetic tradition developed the prayer of the heart, based on repeating the words, "Lord Jesus Christ, Son of God, have mercy on me a sinner", until they become like the air we breathe. The Greek monk Evagrius compared prayer to a flame burning perpetually in our hearts even as we carry out our daily tasks. Prayer thus becomes the backdrop against which every action of our lives finds its deepest meaning. If God can find time for each of us, surely we can find time for him! The monastic tradition teaches the spiritual fruitfulness of balancing prayer



and work. By maintaining that balance in our own lives, we too can grow in our union with God and keep the fire of divine love daily burning in our hearts.

To read more visit <https://www.vatican.va/content/francesco/en/audiences/2021>

Saint of the Week

Blessed Jutta of Thuringia d. c. 1260. Feast day June 25



Today's patroness of Prussia began her life amidst luxury and power but died the death of a simple servant of the poor. In truth, virtue and piety were always of prime importance to Jutta and her husband, both of noble rank. The two were set to make a pilgrimage together to the holy places in Jerusalem, but her husband died on the way. The newly widowed Jutta, after taking care to provide for her children, resolved to live in a manner she felt was utterly pleasing to God. She disposed of the costly clothes, jewels, and furniture befitting one of her rank, and became a Secular Franciscan, taking on the simple garment of a religious. From that point her life was utterly devoted to others: caring for the sick, particularly lepers; tending to the poor, whom she visited in their hovels; helping the crippled and blind with whom she shared her own home. Many of the townspeople of Thuringia laughed at how the once-distinguished lady now spent all her time. But Jutta saw the face of God in the poor and felt honored to render whatever services she could. About the year 1260, not long before her death, Jutta lived near the non-Christians in eastern Germany. There she built a small hermitage and prayed unceasingly for their conversion. She has been venerated for centuries as the special patron of Prussia.

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

(“Summer 2021- A Plan for Family Success” continuation from page 1)

- Reduces symptoms of anxiety, including anticipatory anxiety
- Releases pent up emotions and can help get to the root of your anxiety.
- Reduces intrusive thoughts
- Reduces rumination and encourages action
- Facilitates a shift away from a negative to a positive perspective
- Helps you plan and prepare for difficult situations



Tips:

Keep Your Journal Private- Your thoughts and feelings will flow more naturally.

Write Consistently- Aim for once per day. Seeing results can take time. Be patient with yourself and the process.

Use your Journal Constructively- the idea is to increase your self awareness, identify anxiety, make necessary adjustments to thoughts and behaviors, and make progress towards goals. If you use your journal exclusively to vent or even wallow, it can increase your anxiety!

Takeaway/Summary- Summarize your thoughts and progress over time and identify takeaways. This will help you develop action items, and will reinforce behavior changes.

Journal Questions and Considerations

- What are my anxiety triggers?
- What does my anxiety feel like? How can I identify when it is coming on?

- How has my anxiety held me back? How would I like to change this?
- Write a letter to your past self (prior to your thought record) and to your future self
- Develop a list of activities to soothe anxiety
- What is something I need to let go of?
- Think of a recent time when your anxiety spun out of control. What were those thoughts and how might you change them to reduce your anxiety?
- How will I prepare a plan to approach difficult/anxiety provoking situations or conversation?

Mind Over Mood (Greenberger, Podeski) is an excellent workbook to help you “change how you feel by changing the way you think”.

Relieving anxiety is more under your control than you think. Recording your thoughts can reduce stress, ease anxiety and enable you to formulate a plan and goals.

Stand up to your anxiety with constructive journaling. it will yield impressive results!



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



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

Adoration of the Blessed Sacrament

Every Tuesday from 7:00 - 8:00 p.m.
And every Wednesday from 8:30 a.m. - 12 p.m. and 12:45 p.m.- 2:00 p.m.

Mass Readings & Intentions

12th Sunday in Ordinary Time

June 20, 2021

First Reading

The Lord said to Job: Who shut within doors the sea?
And who said: Thus far shall you come but no farther!
Job 38:1, 8-11

Responsorial Psalm

Give thanks to the Lord, his love is everlasting.
Psalm 107

Second Reading

Whoever is in Christ is a new creation.
2 Corinthians 5:14-17

Gospel

Who is this whom even wind and sea obey?
Mark 4:35-41

Intention:

7:30 a.m. For an end to the pandemic & for its victims
9:00 a.m. Father's Day Novena
11:00 a.m. For All Parishioners

Monday, June 21

Genesis 12:1-9; Psalm 33:12-13, 18-20, 22; Matthew 7:1-5
Intention: Father's Day Novena

Tuesday, June 22

Genesis 13:2, 5-18; Psalm 15:2-4, 5; Matthew 7:6, 12-14
Intention: Father's Day Novena

Wednesday, June 23

Genesis 15:1-12, 17-18; Psalm 105:1-4, 6-9;
Matthew 7:15-20
Intention: Father's Day Novena

Thursday, June 24

Vigil: Jeremiah 1:4-10; Psalm 71:1-6, 15, 17;
1 Peter 1:8-12; Luke 1:5-17
Day: Isaiah 49:1-6; Psalm 139:1-3, 13-15;
Acts 13:22-26; Luke 1:57-66, 80
Intention: Father's Day Novena

Friday, June 25

Genesis 17:1, 9-10, 15-22; Psalm 128:1-5; Matthew 8:1-4
Intention: Father's Day Novena

Saturday, June 26

Genesis 18:1-15; Luke 1:46-50, 53-55; Matthew 8:5-17
Intention:
8:00 a.m. Father's Day Novena
4:30 p.m. +Jaye Ann Bosque

Ministries & Programs

Councils

Finance Council

Pastoral Council

Evangelization

New Parishioner Welcome

Faith Formation

Adult

Adult Faith Formation
Becoming Catholic (RCIA)
Book Club
Immaculata Young Adults
Vocations

Youth

High School Youth
Infant Baptism
Middle School Youth
Family-Centered Faith Formation

Family Life & Spirituality

Bereavement Ministry	Mental Health Ministry
Childcare	Parent Faith Sharing
Divorce Support	Parish Rosary
Homebound Ministry	Prayer Support for the Engaged
Knights of Columbus	Sacred Shuttles: Rides to Mass
Ladies of The Immaculata	Witness to Love Marriage Preparation
Marriage Enrichment	Senior Ministry
Men's Chastity	

Liturgy

Adoration of the Blessed Sacrament	Liturgical Environment
Altar Linen Care	Music Ministry
Altar Servers	Ushers/Greeters
Eucharistic Ministers	Youth Music Ministry
Kids Pew Krew	Children's Liturgy of the Word (CLOW)
Lectors	

Parish Fellowship

Divine Diners Donut Ministry Parish Events

Life, Peace & Justice

Creation Care Team	Racial Justice
Food Pantry	Safe Families for Children
Give-Back Sunday Team	St. Vincent de Paul

Stewardship

Other

Mailing Volunteers Safe Environment

For more information on how to get involved in any of our parish ministries & programs contact the parish office (619) 574-5700 or visit theimmaculata.org and click on the Ministries tab.

St. John the Baptist

One day an angel appeared to Zachary and announced that he was to have a son named John, who would prepare Israel for the messiah. Zachary doubted that Elizabeth, his aged wife, could bear a child.

He asked for a sign, and the angel obliged. Zachary was struck dumb until John's birth. When the baby was born, the old man cuddled him and celebrated with this prophetic song:

*Blessed be the Lord, the God of Israel,
for he has visited his people, he has set them free;
and he has established for us a saving power
in the House of his servant David,
just as he proclaimed,
by the mouth of the holy prophets from ancient times,
that he would save us from our enemies
and from the hands of all those who hate us,
and show faithful love to our ancestors,
and so keep in mind his holy covenant.
This was the oath he swore to our father Abraham,
that he would grant us, free from fear,
to be delivered from the hands of our enemies,
to serve him in holiness and uprightness
in his presence, all our days.
And you, little child,
you shall be called Prophet of the Most High,
for you will go before the Lord
to prepare a way for him,
to give his people knowledge of salvation
through the forgiveness of their sins,
because of the faithful love of our God
in which the rising Sun has come from on high to visit us
to give light to those who live in darkness and the shadow dark as death,
and to guide our feet into the way of peace.*

—Luke 1:68–79

St. John began his ministry thirty years later. He called people to repent and baptized them in water as a sign of purification. Jesus himself approached John for baptism “Behold the lamb of God,” John declared to the crowds, “who takes away the sin of the world.” He resisted baptizing Jesus, but acquiesced when Jesus explained that he wanted to set an example of righteous behavior.

Herod, the ruler of Galilee, arrested John because he feared the Baptist might foment a rebellion. John had also embittered Herod by condemning his marriage to Herodias, his half-brother's wife. While in prison, John was bothered with doubt about Jesus. He had expected the messiah to come more forcefully with a “winnowing fan in his hand to clear the threshing floor.” Thus, he sent his disciples to ask Jesus if he was really the messiah.

Jesus responded that he fulfilled all the messianic signs, healing the blind, the deaf, the lame, and lepers, raising the dead, and preaching good news to the poor. Then Jesus praised John to the crowds as “more than a prophet” and as the greatest man who ever lived. One evening Herod threw a party for Galilee's upper crust. Herodias's daughter entertained, dancing so beautifully that Herod offered to reward her with anything she desired. Her mother told her to ask for John the Baptist's head on a platter. Herod kept his promise. Without even a pretense of a trial, he gave the order and a soldier beheaded John at the prison.

Immaculata Announcements



Summer Holy Hour for Children (and Families) begins in July!

Photo taken by Blessed Charles de Foucauld (1858-1916) of the Eucharistic Jesus while it was exposed on the altar. When the film was developed, this picture of the Child Jesus appeared. The picture portrays the innocent Child Jesus looking up lovingly to His Holy Father and praying on our behalf. The surrounding shows the Child Jesus in a poor carpenter's workshop. (<http://www.family-prayer.org/what-does-god-look-like.html>)

Let us unite with our Jesus truly present in the Blessed Sacrament to pray, supplicate, love, thank, and adore His Heavenly Father on behalf of our world, our nation, our Church, our loved ones, and all humanity.

Adoration of the Blessed Sacrament is offered on Tuesdays 7:00-8:00 p.m. and Wednesdays 8:30 a.m.–12:00 p.m. and 12:45–2:00 p.m. Children's Holy Hour coming this July!

Courtesy Announcements

Who Do You Say That I Am?

2021 Catholic Answers 7th Annual Conference. September 23-26, 2021 Hyatt Regency La Jolla Aventine. Includes talks from leading speakers in theology and apologetics, thoughtful discussion, and great Catholic fellowship. Join us for extraordinary talks about who Jesus is and what he wants from us. Enjoy the beautiful San Diego location, great fellowship, and inspiring discussions. If you want to know better the person of Jesus Christ, His divinity and humanity, His teachings and virtues, His ministry and His Passion, and if you want to grasp what all these mean for you, don't miss this conference! For more information on the conference and to register visit <https://www.catholicanswersconference.com>.

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, is working with us now seeking new advertisers for our bulletin. You can reach Kathy at (719) 650-9467 or KDickens@4LPi.com.

Diocese Announcements



Family Life & Spirituality

Reflections on Fatherhood with St. Joseph

Date: Thursdays, June 24 to July 22

Time: 7:00pm - 8:00pm

Location:

Zoom Online

Cost: FREE

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. Contact: John Prust, M.Div. Director at (858) 490-8256 or visit jprustscatholic.org

Stewardship of Treasure

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

-Matthew 6:21

Week of June 13, 2021

Plate: \$2,751.00

Envelope: \$5,793.00

Online: \$7,582.58

Total: \$16,126.58

Thank you for your generosity!



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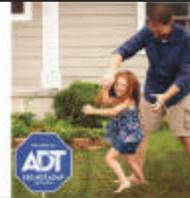
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The Last Word

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
Michael Ebipane
Gina DeLapa

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

Newly Baptized

Milo Joseph Baucher
Stella Elise Ascencio
Camila Rose Sanchez

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.

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Words of Wisdom

FATHERHOOD

**One father is more than
a hundred schoolmasters.**

—George Herbert