

The Beacon

·Newsletter of The Immaculata Church·

16th Sunday in Ordinary Time

July 18, 2021

Keep FAITH Alive!

The Lord is my shepherd;
there is nothing I shall want.
-Psalm 23

Welcome to
The Immaculata

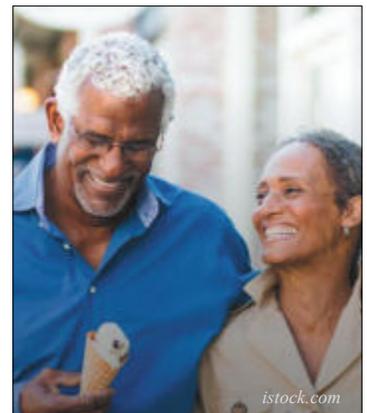


Making The Most of Your Empty Nest by Lisa Klewicki, Ph.D. Catholic Digest

Carolyn had sent her daughter, Sally, to college over a month ago. Carolyn used to be busy designing sets for Sally's school musicals and coordinating her daughter's teen youth group. But now that Sally was no longer home, Carolyn felt detached from her community and worthless. She no longer chatted with other mothers while waiting to pick up her daughter from after-school activities or called other parents to coordinate volunteers for a bake sale after Mass. Carolyn felt lost and sad, but she did not know how to "restart" her life without children.

If you find yourself pondering what to do with your free time and battling the sadness that results from not having any more children at home, you could be suffering from "Empty Nest Syndrome."

"Empty Nest Syndrome" is the time of transition following the departure of your last child from the family home, whether for college, marriage, or a job in a different town. For many parents, this time of transition can be distressing. The difficulty of adjusting to your changing



(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



Rory Elisabeth Martinez
Family 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

Transitions by Fr. Matt

An important transition has taken place in our Faith Formation Program for Children and Youth. We bid farewell to Bea Halk who has stewarded our program for the last two years. Bea has been a long time parishioner at The Immaculata. She is a retired executive with the YMCA. In fact, after a distinguished career, Bea was inducted into the YMCA Hall of Fame in Springfield, Illinois. Having been a long time volunteer in our program, Bea stepped in to become coordinator when our previous coordinator had to step down suddenly for health reasons. Bea brought her fine administrative skills to the position and was beloved by catechists, children and parents alike. Shortly after she started she had the additional challenge of adapting our program to the conditions of the pandemic. She was a steady hand in guiding our families through this challenging time and introducing our new Family Centered Faith Formation approach to catechesis. She has also been a valuable and beloved member of our parish staff. Having steered us through the storm Bea is now returning to a well deserved retirement, though she plans to continue to be involved in our program as a volunteer. Thank you, Bea, for your marvelous ministry to our children, youth and their families.

At the same time we welcome Ms. Rory Elisabeth Martinez as our new Coordinator of Family Faith Formation. Rory graduated with honors from The Catholic University of America in Washington DC with a B.A. in Theology and Religious Studies. While studying abroad in Rome, Italy, she was chosen as a Student Ambassador to the Holy See for the Vatican Dicastery for Promoting Human Development's "Perspectives for a World Free from Nuclear Weapons and for Integral Disarmament" Conference. She was selected as the first student to address the conference, reflecting on the theological and moral consequences of nuclear powers and their impact on family life. Rory met Pope Francis a few days before her birthday in Rome, which ignited her to devote her life to serving the Church. Previously, Rory worked at The Basilica of the National Shrine of the Immaculate Conception in Washington DC.

In her new role, Rory will be responsible for the faith formation of children and youth from Pre-K through Confirmation along with their families. We look forward to drawing on Rory's expertise as she becomes a member of our staff and serves our families.

Prayerful best wishes to Bea as she concludes her tenure on our staff and to Rory as she begins her ministry.



Rory Elisabeth Martinez **New Family Faith Formation Coordinator**

Hello everyone, my name is Rory Elisabeth Martinez and I am the new Family Faith Formation Coordinator. Upon graduating from The Catholic University of America in Washington DC, I moved here to reside with my family in San Diego. After an encounter with Pope Francis at the Vatican, I felt called to wholeheartedly devote my life to serving the Church and her people. I have a passion for theology, specifically systematic and moral theology, and I have come to love the theological and moral beauty of marriage and family life. I have a devotion to the Sacred Heart of Jesus, having been baptized on this feast day as an infant. My favorite saint friend is Saint Therese of Lisieux; I enjoy finding her roses in my life. It is with great enthusiasm that God has led me here to the Immaculata; I find it to be an answer to many prayers and I am excited to serve you in this new ministry that God has called me to. Please do not hesitate to send me an email or introduce yourself. I look forward to meeting many of you soon!

(“Making The Most of Your Empty Nest” continuation from page 1)

role as a parent can lead to feelings of sadness, loneliness, and diminished purpose in life.

If you are struggling with Empty Nest Syndrome, know that this stage of life does not need to be a time of suffering. Your children have begun their own adult lives. Don't miss out on this valuable time of your life. Make it something to look forward to with enthusiasm and excitement.

In order to combat the sadness and loneliness, you need to be healthy physically, emotionally, and spiritually. Health in these areas will strengthen your ability to transition successfully to the next stage of life.

Physical health: First, spend some time reflecting on all that you have accomplished and enjoy reminiscing on the past. You deserve to sit back and relax a bit before jumping into the next set of activities.

Next, talk to your doctor about ways to increase your physical health through regular exercise and examining your diet. Focus on activities that get you moving. This not only helps to build bone strength, but it will also invigorate your body through the release of endorphins, which is a natural way to combat sadness.

Emotional health: Don't forget to set aside time for your emotional well-being with your spouse and friends. Take this opportunity to renew your marriage and focus on each other's need to be emotionally close.

Spouses often use this time of couple's solitude to rekindle their love and romance. You can travel the world without worrying about your child's entertainment, and you can discuss things that do not involve how to raise teenagers. You will also have more time to focus on friendships that may have suffered while you focused on raising your children. These friendships may be with fellow parents, siblings, or your own parents.

You can also expand your mind through book clubs, cooking classes, art classes, or learning a new language or a new instrument. Do not forget that reinstating a long-past career, starting a new career, or taking your



current career to the next level is one way to combat the sadness, loneliness, and lack of direction in your life.

Spiritual health: Your physical and emotional good health should be pursued in conjunction with focusing on and renewing your relationship with God. Spiritually this time can be a refresher for you. Imagine being able to pray an entire Rosary while in deep contemplation, not just a decade while driving to a sports practice. Imagine a holy hour—the whole hour just Christ and yourself. Use this new, uninterrupted time to draw closer to Christ and experiment with different types of prayer. Think about spending quiet time with Christ in the Scriptures (i.e., Ignatian meditation) or praying the Liturgy of the Hours with the Church. Consider learning more about your Faith by attending a Bible study or hosting one in your own home.

Community service is another way to lift your spirits and help you to see the purpose in your life more clearly. Take Carolyn, for example. She has a couple of date nights planned with her husband and is looking forward to their new daily Mass and lunch date on the first Friday of the month. She thinks about how excited she will be to have her daughter home for the Thanksgiving holiday. Carolyn then calls her neighbor, saying, “Hello, Mary—are you ready to go on our walk?” She hangs up the phone, puts on her tennis shoes, and heads out the door with a smile.

For those whose nests are still full, preparing ahead of time can help you to manage your emotions and make sure this is one of the best times of your life.



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 inside the church)

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

16th Sunday in Ordinary Time July 18, 2021

First Reading

I shall gather the remnant of my flock and bring them back to their meadow.
Jeremiah 23:1-6

Responsorial Psalm

The Lord is my shepherd; there is nothing I shall want.
Psalms 23

Second Reading

You who were once far off have become near by the blood of Christ.
Ephesians 2:13-18

Gospel

When Jesus saw the vast crowd, his heart was moved with pity for them, and he began to teach them many things.
Mark 6:30-34

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, July 19

Exodus 14:5-18; Exodus 15:1-6; Matthew 12:38-42
Intention: +Kevin Kelly & +Marinette Tan

Tuesday, July 20

Exodus 14:21 — 15:1; Exodus 15:8-10, 12, 17; Matthew 12:46-50
Intention: +Sharon Jenkins

Wednesday, July 21

Exodus 16:1-5, 9-15; Psalm 78:18-19, 23-28; Matthew 13:1-9
Intention: +Jean & Pat Manly

Thursday, July 22

Song of Songs 3:1-4 ; Psalm 63:2-6, 8-9; John 20:1-2, 11-18
Intention: +Emilia Arcos

Friday, July 23

Exodus 20:1-17; Psalm 19:8-11; Matthew 13:18-23
Intention: +Alejandro Arcos

Saturday, July 24

Exodus 24:3-8; Psalm 50:1-2, 5-6, 14-15; Matthew 13:24-30
Intention:
8:00 a.m. +Dolores Olavarria
4:30 p.m. +Luisa Arcos

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 themmaculata.org and click on the Ministries tab.



In Memory of Fr. Joe.

5K Walk Fundraiser in Balboa Park for Fr. Joe Village for homeless, Immaculata group organized by Cathy & Steve Gilmore

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 or (619) 574-5703 or lmartinspencer@sandiego.edu.



Jesus said to them,
"Come away by yourselves to a deserted place and rest a while."

~ Mark 6:31

Adoration of the Blessed Sacrament

at the Immaculata Church

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.

Immaculata Announcements

Altar Servers, Eucharistic Ministers, Lectors and Ushers Needed

If you would like to serve as an altar server, eucharistic minister, lector or usher please call the parish office at (619) 574-5700 for more information.

Summer Challenge

The Immaculata Racial Justice Ministry invites all parishioners to join in a summer challenge to learn more about issues facing Native Americans, Latinx, and Asian Americans & Pacific Islanders. In depth exploration of issues facing Black Americans will follow in the fall. Each month beginning in July 2021, you will be able to self-select from readings, videos, and podcasts of various lengths to learn at your own pace and as your summer schedule permits. The group will then meet on Zoom to share and discuss what we learned and make connections to our Catholic faith. Discussion meetings to share our reflections will be held via Zoom at 9:30 a.m. on July 24 (Native Americans), August 28 (Latinx), and September 25 (Asian Americans & Pacific Islanders). If you would like to join in all or part of this summer learning opportunity or have questions, please contact Stacy Dooley at dooley.stacy@gmail.com.

Courtesy Announcements

Relevant Radio

Is offering a free book right now on the rosary and reflections on the mysteries, can we spread the word in the bulletin on this amazing Marian Devotion. I agree with the line they use No matter what your connection is to the Rosary, you'll gain a deeper understanding and devotion to Mary through these treasures. And what better way to feel closer to Christ than through His mother? Link to the book: <https://relevantradio.com/listen/our-shows/family-rosary-across-america/about-fraa/#post-58048>

Knights of Columbus

We are offering free membership to men 18 years of age or older who are "practical" (that is, practicing) Catholics. We are Catholic men who lead, serve, protect and defend. We share a desire to be better husbands, fathers, sons, neighbors, and role models and to put charity and community first. Now through December 31, enter Promo Code MCGIVNEY2020 for 12 months of free online membership. <https://www.kofc.org/secure/en/join/join-the-knights.html>

Catholic Night—Astros vs Padres

September 3 at 7:10 p.m. Come together with the San Diego Catholic community and the Padres for Catholic Night at Petco Park. For more information, please contact Derek Pharis at (619) 795-5328 or dpharis@padres.com. Look for the sign up tables out on the plaza at the end of every Mass (July 31/ August 1 August 7/ August 8).

Summer Holy Hour



Summer Holy Hour for Children & Families

All children are invited to 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! **Dates: Every Wednesday, beginning July 7th Time: 11:00 a.m.-12 Noon, with guided prayers and songs from 11:15-11:45 a.m. Place: Inside the Immaculata** "Let the children come to Me and do not prevent them; for the kingdom of heaven belongs to such as these." - Matthew 19:14

Stewardship of Treasure

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

-Matthew 6:21

Week of July 11, 2021

Envelope: \$4,652.00

Plate: \$3,038.00

Online: \$6,397.58

Total: \$14,087.58

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

Kirby West
PRINTING EQUIPMENT

TIM KIRBY ~ PARISHIONER
480.492.3119
WWW.KIRBYW.COM

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Kathryn Dickens**
to place an ad today!

**kdickens@4LPi.com
or (800) 950-9952 x5809**



**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



Italian Fine Dining Since 1979
619-275-2094

**1955 West Morena Blvd.
info@SanDiegoBaci.com
SanDiegoBaci.com**

San Diego Law Firm

Business & Real Estate Litigation
Trusts & Estates Consumer Finance



Patrick R. Tira, Esq.
1094 Cudahy Pl., 112
San Diego, CA 92110
**Patrick@TiraLaw.com
www.TiraLaw.com
(619) 861-2182**

Tira Law
A Professional Corporation

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Paid Training
- Full-Time with Benefits
- Some Travel
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

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.**

We've Missed You!
Welcome Back to Mass



Stay connected to our faith community no matter where you are
by signing up to get our bulletin delivered straight to your email!

www.ParishesOnline.com

**SUPPORT OUR
ADVERTISERS!**



Affordable, Biblical Healthcare

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



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

The Immaculata Parish, San Diego, CA

A 4C 05-1815

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	Mariel Tojino
Lucia Yandell	Dawn Pathman
Sandy Perretti	Marion Griffin
Bruce Perretti	Michael Ebipane
Riley Manahan	Gina DeLapa
Leonard Hayden	Nettie Warnick

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

Newly Baptized

Taylor Jacob Sylvester Verzosa
 Abigail Rose Heyser
 Abigail Marie Waskey
 Alessandra Renee Anthony
 Cormac Mounir Mekhail
 Madelyn Liliana Frederick
 Wade Ethan Elliot



The Mass will continue to be video-streamed for the parishioners that continue to shelter-at-home. Look for the live-stream button on the top menu at theimmaculata.org

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? 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

FOLLOW US @TheImmaculata



Words of Wisdom

MISSION

God has created me to do some definite service. God has committed some work to me which has not been committed to another. I have a mission.

—John Henry Newman