



OUR LADY OF PERPETUAL HELP

13208 LAKESHORE DRIVE LAKESIDE, CA 92040 | 619.413.1412 | RECTORY@OLPHCHURCH.ORG

SUNDAY, JUNE 6, 2021

THE MOST HOLY BODY AND BLOOD OF CHRIST

Mass / Misa

Sunday: 7:00am, 9:00am, 11:00am,
1:00pm Spanish, 3:00pm

Monday - Saturday: 8:00am

Saturday: Vigil 5:00pm

*Reminder: 7:30am Sunday Mass is now
held at 7:00am.*

Confession / Confesión

Saturday: 8:30am - 9:30am

Sunday: 12 - 12:30pm or by appointment

Adoration / Santísimo

First Friday of the month after Daily
Mass

Saturdays 8:30 - 9:30 am

MASS READINGS & INTENTIONS

Week of June 6, 2021

SUN 6/6 The Most Holy Body and Blood of Christ
Exod 24: 3-8 / Ps 116: 12-13, 15-18 / Heb 9:11-15 / Mark 14:12-16, 22-26
 +Harry Foskett, 5pm (Vigil); +James Caulfield Jr., 7:00am; +Al Massey, 9am; Parish Intentions, 11am; +Maria Lozano & Christino Torres, 1pm; Toni Darling, Happy Birthday!, 3pm

MON 6/7 2 Cor 1:1-7 / Ps 34:2-9 / Matt 5:1-12
 +Zachary Hamel, 8am

TUE 6/8 2 Cor 1:18-22 / Ps 119:129-133, 135 / Matt 5:13-16
 +James Follmer, 8am

WED 6/9 2 Cor 3:4-11 / Ps 99:5-9 / Matt 5:17-19
 Intentions of the Altar and Rosary Society, 8am

THU 6/10 2 Cor 3:15; 4:1, 3-6 / Ps 85:9-14 / Matt 5:20-26
 +Gene Larsen, 8am

FRI 6/11 Solemnity of the Sacred Heart of Jesus
Hos 11:1, 3-4, 8c-9 / Isa 12:2-6 / Eph 3: 8-12, 14-19 / Jn 19: 31-37
 +Msgr. Creighton, 8am

SAT 6/12 Immaculate Heart of the Blessed Virgin Mary Memorial
 2 Cor 5:14-21 / Ps 103:1-4, 9-12 / Luke 2:41-51
 +Jack O'Meara, 8am

SUN 6/13 Eleventh Sunday in Ordinary Time
Ezek 17:22-24 / Ps 92: 2-3, 13-16 / 2 Cor 5:6-10 / Mk 4:26-34
 +Mary Ann Francese, Happy Birthday!, 5pm (Vigil); Alejandro Hueso, 7:00am; Parish Intentions, 9am; +Judy Albarella, 11am; +Dante Lorenzo Olea, 1pm; Isabel Arnold, 3pm



Sign up & receive parish updates on Flocknote! Go to catholiclakeside.flocknote.com or text **IGLESIAOLPH** to 84576 to receive our newsletter.

Lost and Found

Lost something at church? We have rosaries, missals, keys, jewelry, glasses, jackets, & more. Stop by the office or the back of the church.

Annual Catholic Appeal

To those who have already given to the Annual Catholic Appeal, many thanks! To those who have not contributed to ACA, we need your response to reach our assessment. So please give as generously as you can. Our loving response will help continue the Mission of Jesus. God's blessings! - Fr. Derek

Meet the OLPH Staff!

Rev. Derek Twilliger
 Pastor
fatherderek@olphchurch.org

Rev. Joe Khuyen Van Lai
 Associate Pastor

Deacons
 Dennis O'Neil
deacondennis@olphchurch.org
 Patrick Root
deaconpatrick@olphchurch.org
 Mark Silvia
deaconmark@olphchurch.org
 Daniel Ramos
deacondaniel@olphchurch.org

Faith Formation Ministry:
 Patrick & Margot Rivera
 Directors of Religious Education
 619-443-5110

Nathan Poe
 Director of Jr. High School (6-8)
nathan.poe@olphchurch.org
 619-443-1477

Alfredo Fuentes
 Director of High School
alfredo.fuentes@olphchurch.org
 619-443-1477

Nora Mendez
 Director of Young Adult Ministry
 & Communications
nora.mendez@olphchurch.org

Deacon Mark Silvia
 Director of RCIA
 619-443-7180

Katie Belcher
 Director of Music, Liturgy, & Art
 and Environment
katie.belcher@olphchurch.org

Parish Office
 Gary Grohman - Business
 Manager
 Karen Woollard - Office Manager
karen.woollard@olphchurch.org

Maintenance
 Nick Nevandro

A Gospel Reflection from Fr. Joe

REMEMBER - DO NOT FORGET

Dear friends in Christ,

The feast of the Most Holy Body and Blood of Christ brings to my mind of one of the most beautiful Psalms that give comfort and confidence to all Christians of all times, Psalm 23: "The Lord Is My Shepherd." He knows me, he loves me, and he takes good care of me. He guides me, he supports me, and he protects me. He feeds me body and soul, and he leads me home to heaven.

In John's chapter 6, when Jesus fed the hungry crowd in the wilderness with five loaves and two fish, we are told that people were so excited and ready to "carry him off to make him king." But Jesus fled back to the mountain alone. When people found him again they said to him, "Rabbi, when did you come here?" Taking the chance, Jesus told the people that their expectation for the bread that satisfies their bodies should be changed to another kind of bread that satisfies their souls. He said to them, "I myself am the living bread come down from heaven. Whoever eats this bread will live forever."

In his commentary on today's celebration, Fr. John Foley, SJ wrote that the word that explains the meaning of the Eucharist is "sacrifice." This sacrifice is not something you like but that you give up for something else like your health, your children or even for Lent... It is a sacrifice that involves body and blood.

In Old Testament time, sacrifice meant offering the best fruit from the people's field or the best animal from their herd. People killed what was being offered like the lamb, bull or dove as they represented the best things of earth, and now being freed from the earth by death and sent as the best gifts to heaven hoping that the best gifts of heaven could be sent to earth. Often, the people ate the flesh and drank the blood of their offerings to make themselves part of the sacrifice.

The setting of today's First Reading is near the end of the exodus of the Jews from Egypt. Moses spoke to the new generation of Israelites as they stood on the eastern banks of the Jordan River ready to cross over into the Promised Land, because the first generation all died in the desert. In that occasion, Moses gave instruction as what they must do to be protected from their wandering into foreign or pagan cultural ways, but to remain God's holy people.

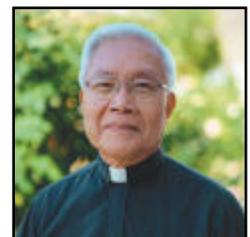
Then Moses sacrificed the young bulls and took some of the blood to pour on the altar and sprinkled some on the people to ratify the agreement between God and them. Thus the blood became the sign of their new life as chosen people of God in a new land.

In the Eucharist, the new and eternal Covenant, Jesus is the lamb sacrificed and offered as the best gift from earth to heaven. But there is a great difference here. The Father "sends the best of heaven - his Son - to earth in order that the best of earth can go up to heaven."

Fr. Joe Robinson wrote, "The real crisis in the Catholic Church at the present time I think has its origin right here in the mystery we celebrate today. There are many who no longer believe that the Eucharist is really and truly the body and blood of Jesus Christ. I think this lack of belief is connected with the vocation crisis. I think it's the reason Mass attendance has dropped off. And then, like a domino effect, when people get away from church and Mass attendance, they are getting away from their spiritual roots."

Today Jesus tells us, "I am the living bread that came down from heaven. Whoever eats this bread will live forever." The Eucharist is a celebration of life. It brings us into a sacred life, our salvation. All we have to do is to take part in it.

~Fr. Joe





Seasons of Hope

Bereavement Support Group

We are resuming this week!

If you have lost someone you love, you are welcome to join us for Seasons of Hope. It does not matter how long ago it has been. We are a Catholic support group facilitated by people who have lost loved ones.

This Christ-centered support group is for you if any of these are true:

- You are looking for friends in Christ to share your journey of sorrow.
- You've been trying to figure out the meaning of your grief.
- You want to get on with life but haven't been able to.
- You find comfort in the teaching of Christ.
- You are open to new ways of coping with your grief.
- You don't want to feel alone anymore.

Please join us for support, healing, and prayer Wednesday nights at 7pm beginning June 9, 2021.

Register with Deacon Mark

Silvia: 619-729-6207 /

mark.silvia@cox.net

Eucharistic Home Visits

Have you ever considered taking **Jesus** to parishioners who, due to circumstances beyond their control, can no longer attend Mass? The homebound need you! You would be well trained and shadow a minister until you feel comfortable to be on your own.

Contact: **Mike and Michelle Gandy 619-449-9359.**

Small Church Communities (SCC)

Small Church Communities helps us stay spiritually connected to our Faith, the Church & the Community by meeting once a week to discuss the upcoming Sunday's readings & how to apply the Gospel in our daily lives. Contact: **Michelle Gandy 619-449-9359.**

Homeless Ministry (Faithful Friends)

The parish homeless ministry is in need of socks, large, x-large shirts, jeans, jackets, sweatshirts and sleeping bags.

Contact: **Michelle Gandy 619-449-9359.**



We are having our first ever Our Lady of Perpetual Help Feast Day and Reopening Celebration on Saturday, June 26, from 12-4pm.

The entire parish community is invited to attend this special event! Tickets will go on sale after all Masses on June 5 and 6. The cost is \$10 for adults and \$5 for children. Lunch, water, and punch will be served. Other beverages will be available for an additional fee.

As Catholics, we are called to serve.

You did this to me...

In our lifetime there has been no greater example of this than St. Mother Teresa of Calcutta. Soon after hearing God's voice, she resigned her role as Headmaster of a girls' Catholic school and all of its comforts to work in the city slums with the poorest of the poor. When asked *why?*, she simply responded five words... ***You did it to me.***

Want to be Catholic?

If you have been thinking about becoming a Catholic, please contact Deacon Mark for information.

The Rite of Christian Initiation for Adults (RCIA) will begin in September. He is happy to answer any questions you may have about what it means to belong to the Catholic Church and what we believe.

Baptized adults who would like to receive the Sacraments of Eucharist and/or Confirmation are welcome too!

Deacon Mark: 619-729-6207 or mark.silvia@cox.net

What is God calling you to today?

So, if you have a burning in your heart to serve your parish community, whether it be smoldering embers or bright ribbons of fire, if you have some extra time on your hands and would like to volunteer in something meaningful, or have wanted to help in some way during this crisis but don't know how, I invite you to stop by the tables outside after Mass this month displaying the various ministries OLPH has to offer.

Ministry of St. Joseph the Worker

We provide help to the sick, the old, and the disabled. We provide rides to church, local stores, doctor appointments, help with minor house repairs, and a list of fair contract workers for larger house repairs. Interested in volunteering or being part of the ministry?

Contact: **Yoly Sandoval 619-339-4753.**

ART & ENVIRONMENT

Many thanks to our Art & Environment team who take the time to decorate the Sanctuary. We ask that you not remove and/or rearrange the set-up. Thank you for keeping our parish beautiful!

The 24hr Knight As an OLPH Knight of Columbus recruiter, I often hear, "I don't have much time, so why should I join?". It's a common concern among many prospects. Today's young man faces many commitments. From his duty to his family and to his obligation to his work place, there are constant calls on his time. Understanding that we all have commitments and responsibilities, would you be able to give 24 hours a year to the Knights of Columbus? There are 8,760 hours in a year. By giving the Knights of Columbus 24 of those hours (less than .3%), you can make a positive impact in your community and Church, be a better Catholic, a better father, a better husband and a better person.

Here is an example of a 24 hour annual commitment:

- * 2 hours volunteering at the Intellectual Disabilities Drive (Tootsie Roll Drive).
- * 2 hours attending, with your family, two council corporate Communion or prayer services at the parish.
- * 12 hours on a council-sponsored Church community, council, family, or youth project of your choosing (i.e. Youth Annual Free Throw Contest, Lenten Fish Fry's or the Blood Drive and Pancake Breakfast.)
- * 2 hours attending one council meeting.
- * 4 hours assisting with St. Patrick's dinner & B-B-Q.
- * 2 hours working on projects our pastor, Fr. Derek, has asked for Knights of Columbus' assistance.

Contact OLPH K of C Membership Director Ben Byrne 619-277-8514. for information.



Vivat Jesus, Grand Knight Bob Aguirre

BULLETIN ANNOUNCEMENTS

Please send your bulletin announcement to nora.mendez@olphchurch.org by *Monday* for inclusion in the next week's edition.



All young adults are invited to play Season #3 volleyball on Saturdays from July 10 to August 28 at South Mission Beach. Register online at catholicsports.net/sandiego-sports.

YOUNG ADULTS

Small Group Summer Series

Tuesdays from June 1 - July 29

Men meet from 7 to 9 p.m. at 9945 Pino Dr.
Contact: Daniel at dyao@catholicsports.net

Women meet through Zoom from 6:45 to 8pm.
Meeting ID: 831 2743 3537 Password: 060121
Contact: Nora at nora.mendez@olphchurch.org.

Hosted by Catholic Sports & OLPH Young Adults

Worldwide Marriage Encounter

WWME is sponsoring virtual marriage experiences to support married couples. Couples will explore their individual personality styles, improve listening & communication skills, understand God's plan for their marriage, & learn how to keep their relationship a priority. Questions? Visit <https://wwmema.org/>.

Get involved in your faith outside of church!

Look up these helpful resources you can use throughout the week.

- ◆ Fr.Mike Schmitz's The Bible in a Year Podcast
- ◆ Hallow Catholic Prayer & Meditation App
- ◆ Word on Fire through Flocknote
- ◆ Laudate Catholic Resource App

Basic Catechist Formation Course at Our Lady of Perpetual Help

Master Catechists

Tammy Mansir & Dr. Susan Ferraris

When

June 22 - August 31, 2021

Tuesdays: 6 to 9pm
and Saturdays: 8:30am to 12pm

This program:

- Helps participants become familiar with the general principles of theology and contemporary teaching techniques in the area of religion.
- Incorporates the elements of personal spiritual growth.
- Increases one's practical knowledge necessary to communicate the Good News.
- Offers fellowship through small group discussions.
- Develops an appreciation for the integral relationship between life experience, doctrine, and the response to faith.

Course fee of \$75 can be paid by check (through mail) or credit card (by phone).

Please register with:

Diocese of San Diego

Attn: OECM

PO Box 85728 San Diego, CA 92186-5728

Contact: lperez@sdatholic.org or 858-490-8232

Website: www.sdatholicdisciples.net



Retrouvaille is online!

Retrouvaille is a marriage program that helps couples in struggling marriages restore and rebuild a healthy and loving relationship. Visit us at www.helpourmarriagesandiego.org.

Corpus Christi

Los Apóstoles Más Amados

El Ministerio del Pastoral Juvenil invita a los jóvenes de 13 a 17 años de edad a una noche social y de aprendizaje.

Jenny: Instagram
@losapostolesmasamados.

Llamado Católico Anual

Considere donar al *Annual Catholic Appeal* para alcanzar nuestra meta parroquial del 2021. ¡Nuestra Señora del Perpetuo Socorro te necesita! Estamos agradecidos por su apoyo. Si todavía no lo ha hecho, llene un pamfleto y puede dejarlo en la canasta o en la oficina parroquial.

Apostolado del Señor de la Divina

Misericordia

Nos reunimos los domingos de 11am a 12:30pm en el salón 5 para rezar la coronilla y aprender acerca de la Divina Misericordia. Rocío Fortino: 619-517-9598

Ministerio de Matrimonios OLPH

Los matrimonios se juntan para el crecimiento del Espíritu Santo todos los martes de 7 - 9pm. Los primeros lunes del mes, de 7 - 9pm, hay alabanzas y temas bíblicos en el salón al lado de la iglesia. ¡Todos los matrimonios son bienvenidos! No habrá cuidado de niños. Coordinadores: Néstor y Magdalena Morán: (619) 654-4649 o (619) 654-4776.

Anuncios para el boletín

Si tiene algún anuncio en *español*, comuníquese con Nora:
nora.mendez@olphchurch.org a lo más tardar el domingo anterior.

Encuentro Matrimonial Mundial

WWME está patrocinando experiencias de matrimonio virtuales para apoyar a las parejas casadas durante este tiempo. Las parejas explorarán sus estilos de personalidad individuales, mejorarán sus habilidades de escuchar y de comunicar, comprenderán el plan de Dios para su matrimonio y aprenderán cómo mantener su relación una prioridad. Regístrese al <https://wwmema.org/> llame al 203-979-6109.

Ministerios Litúrgicos

Si está interesado en participar como lector, ministro de hospitalidad o ministro de la eucaristía, comuníquese con la oficina de la iglesia.

El Apostolado de María en la Iglesia

Doméstica

Están invitadas a todos para rezar en familia. Más información con Maria Elena al 619-357-5305.

Encuentros de Conversión Católica OLPH

Te invitamos a alabanzas y pláticas todos los miércoles en el salón grande de 7 - 9pm. El tercer miércoles del mes alabamos al Santísimo desde las 7 - 9pm en la iglesia.



CELEBRACIÓN DE NUESTRA SEÑORA DEL PERPETUO SOCORRO

Tendremos nuestra primera celebración para conmemorar la fiesta de Nuestra Señora del Perpetuo Socorro y la gran reapertura de la iglesia el sábado 26 de junio de 12 a 4pm.

¡TODA la comunidad parroquial está invitada a asistir a este gran evento! Boletos estarán a la venta después de todas las misas del 5 y 6 de junio. El costo es \$10 por adulto y \$5 por niño/a. Se servirá comida, agua y ponche. Otras bebidas estarán en venta por un costo adicional.





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