



# ST. ANASTASIA CATHOLIC CHURCH

Sixteenth Sunday in Ordinary Time

July 21st, 2024

SIXTEENTH SUNDAY IN ORDINARY TIME

**COME**  
AWAY BY  
YOURSELVES.  
— MARK 6:31 —

**PASTOR**

Rev. Leszek Semik

**ASSOCIATE PASTOR**

Rev. Greg Rozborski

**PRIEST IN RESIDENCE**

Rev. Msgr. Gregory Cox

**DEACON**

Jose "Joe" Viola

**PASTORAL ASSOCIATE**

Dianalee Dupree

**BUSINESS MANAGER**

Fred Balsz

**WEEKEND MASSES**

Saturday: 5PM Vigil

Sunday: 7:30AM, 9AM,  
11AM, 5PM

**DAILY MASSES**

Mon, Wed, Fri: 6:30 AM, 8AM

Tues, Thu, Sat: 8AM

**CONFESSION**

Wednesdays: 5:15 - 5:45PM

Saturdays: 3:30 - 4:45PM

**PARISH OFFICE HOURS**

Mon-Fri: 8:30AM - 4:30PM

*Closed for lunch 12:30-1:30PM*

**(CLOSED WEEKENDS)**

7390 W. Manchester Ave

Los Angeles, Ca 90045

(310) 670-2243

**Contact Us:**

Parish@st-anastasia.org

## GOSPEL MEDITATION- ENCOURAGE A DEEPER UNDERSTANDING OF SCRIPTURE

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, “Come away by yourselves to a lonely place, and rest a while.” For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there’s more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. “Can we please get a minute to ourselves? This is not healthy!” And Jesus seems to encourage the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to more work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn’t more vacation time. It’s experiencing the super abundant generosity of God for us and those whom we serve. — Father John Muir



### DID YOU KNOW

**July 20-21 || Summer safety tips: Designate ‘water watchers’ to care for people around the water**



Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. To prevent drowning, it is best to swim in a lifeguarded area. Always designate a “water watcher” [https://www.redcross.org/content/dam/redcross/get-help/water-safety/American\\_Red\\_Cross\\_Water\\_Watcher\\_Card.pdf](https://www.redcross.org/content/dam/redcross/get-help/water-safety/American_Red_Cross_Water_Watcher_Card.pdf) whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over. In the event of an emergency, reach or throw an object to the person in trouble. Don’t go in or you could become a victim yourself. For more information, visit <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety>.

### BULLETIN ANNOUNCEMENTS

Deadline for any pulpit announcements is **Thursdays by 12N**. If you have any announcements for the bulletin, please email [bulletin@st-anastasia.org](mailto:bulletin@st-anastasia.org). August 4th bulletin content due: **Thursday, July 25th**.

### MINISTRY MEETINGS AND EVENTS

**July 24th: Adult Choir** (Every Wednesday at 6:15PM)

**July 26th: Prayer Group** (Every Friday 6pm-8pm)  
Location: Parish Office Conference Room.

**August 7th: Men’s Morning Hour** (Every 1<sup>st</sup> Wednesday of the month after 6:30AM Mass) Location: Parish Office Conference Room

**August 14th: Baptismal Ministry** (The 2<sup>nd</sup> Wednesday of the month at 7:30pm) Location: Parish Conference Room

**August 15th: Companions on the Journey** (Every 3<sup>rd</sup> Thursday of the month at 10AM-11:30AM) Location: Parish Office Conference Room

**Altar Society:** (Every Thursday after 8AM Mass and Rosary) Location: Diamond Courtyard w/ light refreshments and treats.



### LIVE THE LITURGY

#### INSPIRATION FOR THE WEEK

*Jesus sends his disciples into the world with no money or provisions — just as he sends us. But make no mistake — he has given us everything we need: the strength that comes from faith in Christ, and the will to do what God has asked. Let’s get to work.*

# MASS INTENTIONS, WEEKLY READINGS, & MASS CELEBRANTS

## DAILY PRAYERS

### PERSONAL PRAYER IN THE CHURCH

MONDAYS & FRIDAYS: 6AM - 5PM

TUESDAYS & THURSDAYS: 7AM - 5PM

WEDNESDAYS: 6AM - 6PM

SATURDAYS & SUNDAYS: 7AM - 6PM

**DIVINE MERCY CHAPLET + ADORATION**  
In the Church - Wednesdays at 5PM

### DAILY ROSARY

Monday-Saturday  
following all 8AM  
Masses and after  
6:30AM Masses on  
Monday, Wednesday  
and Fridays



## SACRAMENTAL PREPARATION

### BAPTISM:

Please contact the Parish Office at 310-670-2243 ext.36 for information, as parents and godparents are required to participate in a prepreparation baptism course. You may also email Dianalee Dupree at [DDupree@st-anastasia.org](mailto:DDupree@st-anastasia.org) for information on the completion of all requirements. All requirements are to be completed **4 weeks prior to a scheduled Baptism.**

### FIRST RECONCILIATION, HOLY COMMUNION, AND HS CONFIRMATION:

Please contact Dianalee Dupree  
Call: 310-670-2243 Ext. 51 or Email: [DDupree@st-anastasia.org](mailto:DDupree@st-anastasia.org)

### Adult Baptism, Confirmation and Eucharist (OCIA):

for information on becoming Catholic contact Parish Office at 310-670-2243 or Email: [DDupree@st-anastasia.org](mailto:DDupree@st-anastasia.org)

### MARRIAGE:

Engaged couples must contact the Office 6 months before their proposed wedding date. Call the Parish Office: 310-670-2243.

### ANOINTING OF THE SICK:

Sacrament for the Sick is celebrated upon request of the family. **DON'T WAIT UNTIL THEIR CONDITION BECOMES DIRE.** Call the Parish Office 310-670-2243 or Email: [parish@st-anastasia.org](mailto:parish@st-anastasia.org)

### MASS INTENTIONS & PRAYER REQUESTS:

Arranged by contacting the Parish Office with names of loved ones.  
Call the Parish Office 310-670-2243 or Email: [parish@st-anastasia.org](mailto:parish@st-anastasia.org)

**Note: Due to privacy and confidentiality laws, permission must be given by a family member to publish a loved one's name for mass intentions and prayer requests.**

### FUNERAL PLANNING:

Call the Parish Office 310-670-2243 to arrange funeral or memorial services.

## MASS INTENTIONS & READINGS FOR THE WEEK

Birthday ★ Support ♦ Anniversary ♥ Memorial †

**SUN, July 21st: 16th Sunday in Ordinary Time**

Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 (1)/Eph 2:13-18/Mk 6:30-34

7:30 AM - St. Anastasia Parishioners ♦

9 AM - Bernadeta Semik †

11 AM - Dorothy Riccobono †

5PM - Dorothy Riccobono †

**MON, July 22nd: St. Mary Magdalene**

Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9/Jn 20:1-2, 11-18

6:30 AM - Special Intentions ♦

8 AM - Mary Elizabeth ★

**TUESDAY, July 23rd: St. Bridget, Religious**

Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/Mt 12:46-50

8 AM - Brigid Marshall ♦

**WED, July 24th: St. Sharbel Makhlūf, Priest**

Jer 1:1, 4-10/Ps 71:1-2, 3-4a, 5-6ab, 15 and 17/Mt 13:1-9

6:30 AM - Jan Semik †

8 AM - Sophia, Justin, & Theo Faha ♦

**THUR, July 25th: St. James, Apostle**

2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/Mt 20:20-28

8AM - Christopher Lee †

**FRI July 26th: Sts. Joachim and Anne, Parents of the Blessed Virgin Mary**

Jer 3:14-17/Ps 19:8, 9, 10, 11/Mt 13:18-23

6:30AM - Ben Oakley †

8AM - Bernadeta Semik †

**SATURDAY, July 27th:**

Jer 7:1-11/Ps 84:3, 4, 5-6a, and 8a, 11/Mt 13:24-30

8AM - Vanessa Lovato †

5PM - Marcel Lortie †

## NEXT SUNDAY'S MASS CELEBRANTS & READINGS

SAT: 5PM Fr. Rozborski

SUN: 7:30AM Fr. Rozborski

SUN: 9AM Msgr. Cox

SUN: 11AM Msgr. Cox

SUN: 5PM Fr. Rozborski

**First Reading:** "For thus says the LORD,

'They shall eat and there shall be some left over.'" (2 Kgs 4:43)

**Psalm:** The hand of the Lord feeds us; he answers all our needs. (Ps 145)

**Second Reading:** One body and one Spirit, as you were also called to the one hope of your call; one Lord, one faith, one baptism; one God and Father of all. (Eph 4:4-6)

**Gospel:** Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, and also as much of the fish as they wanted. (Jn 6:11)

# FAITH FORMATION & PARISH LIFE

## FAITH FORMATION TEAM

### JOIN THE TEAM FAITH FORMATION



Preparation for the new faith formation year is underway, and your help is needed across all of our programs. Opportunities include elementary teaching catechist, co-teacher, hall monitoring, teen youth minister and OCIA Adult program accompaniment. All you need is a willingness to work with our youth and a love for sharing our faith with others. Training and support will be provided. As disciples we are called to share the Good News. Remember God doesn't always call the qualified.

*He qualifies the called!*

Please contact Dianalee Dupree  
ddupree@st-anastasia.org  
text 510-915-7965

## STEPHEN MINISTRY

There are times when every one of us experiences difficulties – loss of a loved one, illness, spiritual crisis, loneliness, job loss, divorce, separation, miscarriage, adoption, or discouragement. God never intended for us to go through these experiences alone. That is why we are brought together as a parish. Caring for one another is a vital part of who we are at St. Anastasia. There is a service at our parish called Stephen Ministry.



Stephen Ministry provides one-to-one care to people who need someone to talk to, someone to walk with them during a difficult time in their life. Stephen Ministry is one child of God, walking beside another child of God who is hurting, in a confidential setting for one hour a week. A parishioner who has been trained and has gifts for caregiving and listening provides emotional and spiritual care confidentially and without judgement. Stephen Ministry pairs a person in need to a person who listens, cares, prays, supports, and encourages.

If you could use this service and would like to learn more, contact the Parish Office in regard to Stephen Ministry or email [stascare@gmail.com](mailto:stascare@gmail.com)

## WELCOME TO OUR PARISH

Welcome to the church of St. Anastasia! Whether you are new here, just visiting or have called us home for some time, we are glad that you have chosen us as a place for worship and fellowship. May you feel the love and presence of God as we come together as a community. Thank you for being a part of our Parish family.

## MINISTRY APPRECIATION LUNCHEON



## LOOKING FOR LECTORS



# PARISH LIFE & SCHOOL

## BAZAAR AND LOT SALE!

### ST. ANASTASIA BAZAAR AND LOT SALE

**SATURDAY, JULY 20  
11:00 AM - 2:00 PM**

**7390 W. MANCHESTER AVE**

Featuring local businesses, artists, crafters and more!



*St. Anastasia makes no guarantees of any goods or services sold at the Bazaar. All sales are solely between the buyer and vendor.*

## ST. MARGARET'S CENTER

Don't miss our monthly donation basket after every Mass this Sunday, July 21st, supporting St. Margaret's Center. Since 1987, they have been providing a range of emergency and supportive services, to about 10,000 individuals annually, in the "LAX" area.



## ALICE SAFETY TRAINING

### TRAINING INCLUDES:

**Background:** Statistics and information about active shooter situations and why ALICE Training is effective.

**ALICE Concept:** Detailed overview of ALICE Training and the liability of proactive vs. passive response strategies.

**Physical Drill:** Experience live scenario drills that compare a static vs. active ALICE response.

**Effective Training:** Strategies and materials to become an effective ALICE instructor in your organization.

### ALICE ActiveShooter Response Training

Join us for ALICE Certified Instructor Training hosted by Saint Anastasia School!

This 2-Day Instructor training course is designed to teach participants the skills and strategies to increase survivability during the gap between the time a violent event occurs, and law enforcement arrives. Upon successful completion of this course, you will be a Certified ALICE Instructor and will have the knowledge and resources to train others in your community.

**When:** August 5<sup>th</sup> and 6<sup>th</sup>, 2024  
8am - 5pm

**Where:** Saint Anastasia School - Library  
8631 Starnoor Dr.  
Los Angeles, CA 90045

**Register:** <https://cvent.com/e/2E2147?Relid=social>

[www.alicetraining.com](http://www.alicetraining.com) | 330-661-0106

## ALUMNI MASS

### Alumni Mass

SAVE THE DATE FOR A SPECIAL ALUMNI MASS SUNDAY, JULY 28TH AT 5PM. WE INVITE ALUMNI FAMILIES WITH STUDENTS GOING OFF TO COLLEGE TO COME AND RECIEVE A SPECIAL SEND OFF OF BLESSINGS AND WARM MEMORIES. ALL ARE WELCOME TO COME, SO MAKE SURE TO PUT THE DATE ON YOU CALENDAR!

HONORING THE PAST, SHAPING THE FUTURE



## NURSES MINISTRY

Stop by the Nurses Ministry Table in the Diamond Courtyard this Sunday, July 21st, for your Blood Pressure screening after the 7:30AM, 9AM, and 11AM Masses— thanks to Angie Tolentino and the nurses who give their time to this Ministry.



## BINGO LUNCHEON

St. Anastasia Social Club Presents

### BINGO LUNCHEON

LUNCH | FUN | PRIZES



**Tuesday, August 13th at 12pm**



Hot Dog and Chili will be served in Pastor's Plaza. Baseball picnic theme.

Cost is \$15 Per Person

RSVP to Laurette at 310-670-2488 by August 10.



# BEYOND OUR PARISH

## NATIONAL EUCHARISTIC REVIVAL



The Congress is a moment for the whole Church in the United States to be united in prayer. Tens of thousands of Catholics are gathering in Indianapolis for this historic event (July 17–21, 2024), but we understand that not everyone is able to participate in person.



NATIONAL  
**Eucharistic  
Revival**

That's why we're doing everything we can to make it easy to follow along from home! Sessions in Lucas Oil Stadium will be livestreamed on their website. You can also look forward to live coverage from EWTN and Relevant Radio.

Visit [eucharisticcongress.org](http://eucharisticcongress.org) to learn more about live stream options, July 17-21, 2024.

URL below to access streaming information.

<https://www.eucharisticcongress.org/livestream-sign-up>

## ARCHDIOCESE OF LOS ANGELES



On September 28, 2024 at the Cathedral of Our Lady of the Angels Conference Center, the Archdiocese of Los Angeles will host Rescue Live! with ACTSXXIX. Go to <https://lacatholics.org/rescue-live/> to register for free.

## MARY AND JOSEPH CENTER

*Mary & Joseph*  
RETREAT CENTER

Celebrating 60 Years  
**REFLECT ~ REST ~ RENEW**

6:00pm Sunday, July 28 to  
1:30pm, Sunday, August 4, 2024

**8 Day Silent, Directed Retreat  
God's Tender Touch  
through Prayer**

Sr. Pascazia Kinkuhaire, DMJ;  
Fr. Joseph Miller, SVD;  
Sue Ballotti



*This traditional, silent retreat is based on the Spiritual Exercises of St. Ignatius. It provides time for spiritual reflection, solitude & prayer, inviting retreatants to be attentive to the inner movements of the Holy Spirit. Prayer focuses on scripture and one's personal faith journey. Our schedule includes a Scripture-based conference each morning, individual direction (a daily meeting with a spiritual director), celebration of daily Eucharist, and an optional evening activity: Labyrinth walk, Video Reconciliation service, and Exposition of the Blessed Sacrament. It is suggested that participants bring a journal.*

*Sr. Pascazia Kinkuhaire, DMJ is a Daughter of Mary and Joseph of Ugandan Origin. She specialized in Social Ministry in Mission and is a Spiritual Director. She has served in her Order as a Teacher, Social Worker, Formator, and in Leadership. Sue Ballotti is a spiritual director, retreat facilitator and a docent for labyrinth walks at MJRC. She is a Master Catechist for the Los Angeles Archdiocese & a past director of RCIA at St. Margaret Mary in Lomita. Father Joe Miller, SVD, works in Spiritual Formation, retreat ministry, hospital chaplaincy and Mission Animation.*

**Cost: \$ 1,200 per person; single rooms only ~  
Room, all meals and amenities are included in the total cost**

For general information, to register, to arrange installment payments, or to request a partial scholarship based on demonstrated financial need, call Jose at (310) 377-4867 ext. 250 or email [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org); or you may register online at [www.maryjoseph.org](http://www.maryjoseph.org). Please see website for cancellation policy.

**MARY & JOSEPH RETREAT CENTER**  
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Carol Kashima

DIRECTOR OF COMMUNITY RELATIONS

ckashima@nazarethhouse.org | 310-839-2361

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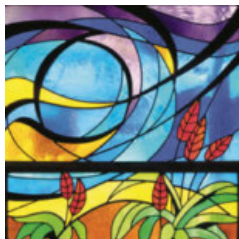
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### PARISH ORGANIZATIONS

Parish Finance Council: David Mora.....670-2243  
Men's Club: Chris Turkmany.....200-8021  
Knights of Columbus.....821-2324  
Arts and Education: Andy Kozlowski.....670-3152  
Safety Committee.....Channing Pourchot...670-2243

### LITURGICAL MINISTRIES

Ministry of the Eucharist: Linda Schmidt.....397-5691  
To the Home Bound..... 670-2243  
Ministry of the Word: Carl Pentis.....594-0869  
Antoinette Luxford.....338-1140  
Ministry of Music: Kate Comstock.....670-2243  
*MusicMinistry@st-anastasia.org*  
Ministry of Ushers: Damon Le Blanc  
*csrleblanc@gmail.com*  
Courtyard Hospitality: Sr. Teresita.....216-2001  
Altar Care: Rose De Leonardis.....567-2707  
Altar Server Committee: Mary Paquin .....502-6653

### INTERESTED IN BECOMING A PRIEST OR IN RELIGIOUS LIFE?

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213-637-7248

[www.la-archdiocese.org/org/vocations](http://www.la-archdiocese.org/org/vocations)

# ST. ANASTASIA CATHOLIC CHURCH

### ST. ANASTASIA CATHOLIC CHURCH

7390 W. Manchester Avenue  
Los Angeles, CA 90045  
310-670-2243 Office  
310-670-5052 Fax

Website: [www.St-Anastasia.org](http://www.St-Anastasia.org)

Email: [parish@st-anastasia.org](mailto:parish@st-anastasia.org)

### ST. ANASTASIA CATHOLIC SCHOOL

8631 S. Stanmoor Drive  
Los Angeles, CA 90045  
310-645-8816 Office



### PASTORAL TEAM

Pastor:	Fr. Leszek J. Semik
Associate Pastor:	Fr. Greg Rozborski
Priest in Residence:	Msgr. Gregory A. Cox
Deacon:	Jose "Joe" Viola
Pastoral Associate:	Dianalee Dupree
Business Manager:	Fred Balsz
Parish Secretary:	Nora Jayne Mallen
Director of Music Ministry:	Kate Comstock
Parish Office Assistant:	Theresa Reilly
Bulletin Editor:	Danielle Gulalo
Maintenance:	Erik Melchor
School Principal:	Angelica Krestin
School Vice Principal:	Amanda Kraivanger
Director of Mission Advancement:	Vickie Farmer
Health and Academic Registrar:	Linda Schmidt
School Bookkeeper:	Pauline Diaz
Director of Admissions:	Clare Thomason
ADESTE (After School Program):	Ofelia Jimenez
PTO-Parent Teacher Organization:	Shannon Matthews

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### PARISH LIFE MINISTRIES

**Companions on the Journey**  
Sue McLaughlin &  
Lidia Vinci.....649-6026

**Prayer Group**  
Lori Mountain.....502-9105

**Rosary Ministry**  
Rose De Leonardis.....567-2707

**Respect Life**  
Teresa Syta.....670-0285

**Safe Guard the Children**  
Parish Office.....670-2243

**Homeless Weekend Program/  
St. Robert's Center**  
Cindy Egan.....670-2243

**St. Margaret's Center**  
Mary Agnes Erlandson....672-2208  
Senobia Nelson.....291-3047

**Catholic Charities**  
Cindy Begazo.....306-9390

**Nurses Ministry**  
Linda S. Absber.....645-6136  
Angie Tolentino.....351-6137

**Men's Reflection Group**  
Vince Mauch ..... 670-2243

**Bible Study**  
Carolyn Godlewski.....670-2243  
Email: [ScriptureStudyStA@gmail.com](mailto:ScriptureStudyStA@gmail.com)

**Social Ministry**  
Laurette Bibeau.....670-2488

**Family Visitation Ministry**  
Sr. Teresita.....216-2001

**Ministry of Consolation**  
Aleida Rodriguez .....670-2243  
Email at: [Ministryofconsolation@St-Anastasia.org](mailto:Ministryofconsolation@St-Anastasia.org)

**Stephen Ministries**  
Robyn Stein.....670-2243

