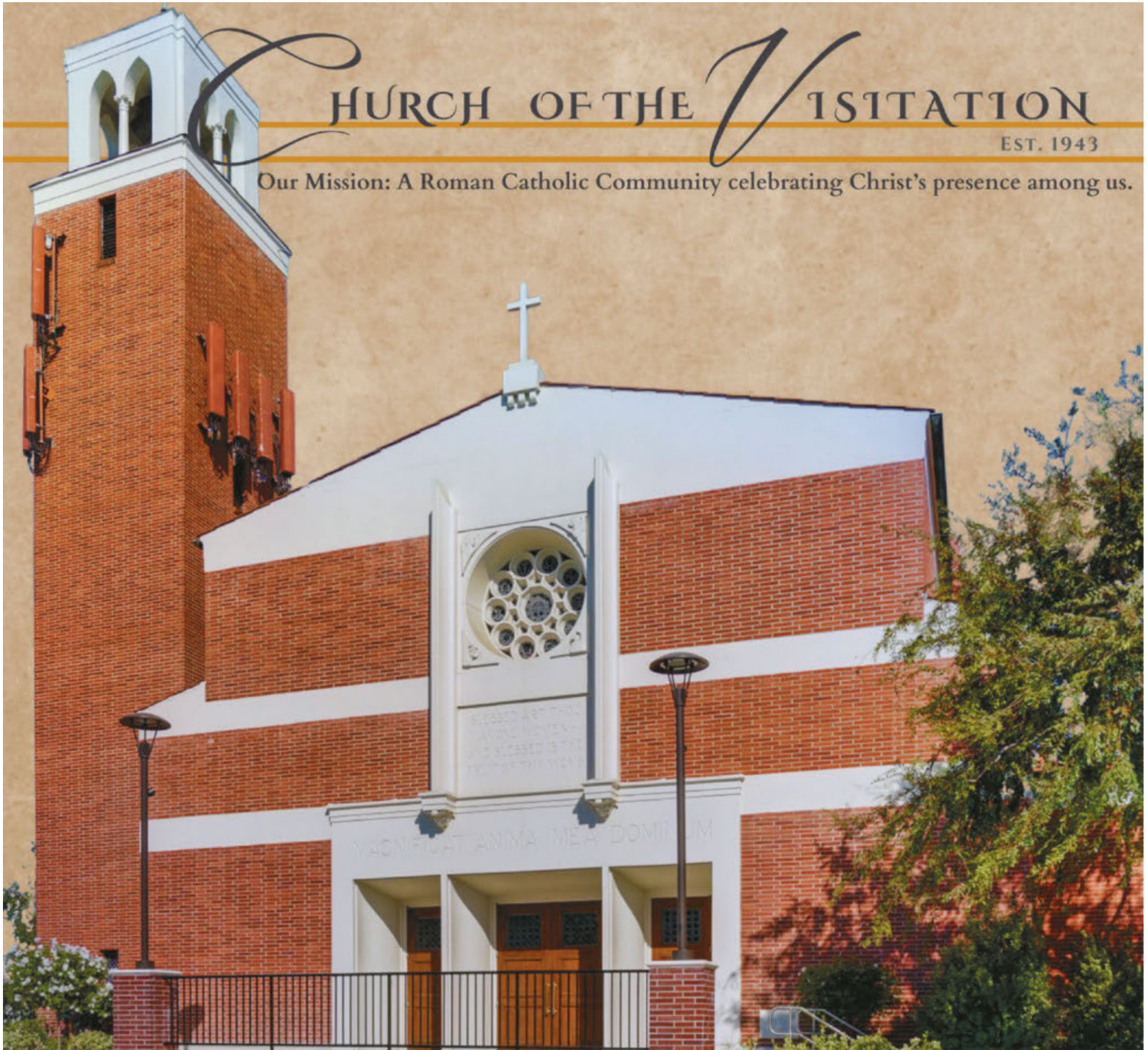


# CHURCH OF THE VISITATION

EST. 1943

Our Mission: A Roman Catholic Community celebrating Christ's presence among us.



THE MOST HOLY BODY AND  
BLOOD OF CHRIST  
JUNE 22, 2025

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Parish Office hours: Monday - Friday 8:00 am - 4:00 pm Closed for lunch 12:00 pm - 1:00pm



## WELCOME TO VISITATION CHURCH!

A special welcome to those who may be visiting us today, we are blessed that you are here to worship with us. If you are traveling, we hope you find this Catholic community welcoming. If you are new to this area, we hope to see you again and that you may consider joining this community.

### ADMINISTRATOR

Fr. Francis Kim

### IN RESIDENCE:

Fr. Jim Anguiano (Vicar General)

Fr. Timothy McGowan

### RETIRED:

Msgr. Charles E. Hill

Msgr. James Forsen (Pastor Emeritus)

## MASS TIMES

### DAILY MASS

Monday - Friday: 8:00a.m.

### SUNDAY MASS

Saturday (Sunday Vigil): 5:00 p.m.

Sunday: 8:00 a.m., 9:30 a.m., and  
11:00 a.m.

### HOLY HOUR (Inside the church)

First Friday of each month: 8:30am-9:30am

### DAILY ROSARY:

Monday thru Friday following the 8 a.m. mass

### CONFESSIONS

Saturday: 3:00 p.m. - 4:00 p.m. and by appointment

## SUNDAY'S READINGS

**FIRST READING:** "Blessed be Abram by God Most High, the creator of heaven and earth; and blessed be God Most High, who delivered your foes into your hand." (Gn 14:19-20)

**PSALM:** You are a priest for ever, in the line of Melchizedek. (Ps 110)

**SECOND READING:** For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. (1 Cor 11:26)

**GOSPEL:** Jesus spoke to the crowds about the kingdom of God, and he healed those who needed to be cured. (Lk 9:11b)

## WE SHARE YOUR GRIEF

Please check the Visitation website under Resources/Bereavement for a list of Grieving, Cancer, Hospice and Palliative Care note titles. These are very helpful and powerful small articles. Please contact **Candy Blankenship at 310-338-9043 or blank8840@gmail.com** and she will mail them to you at no charge." Such titles include Caring for yourself while Grieving, Overcoming Loneliness, What to do after the death of a Spouse, The first 12 months of Grieving, and many, many more.



SAINTS AND SPECIAL OBSERVANCES

### SATURDAY - JUNE 21ST

*St. Aloysius Gonzaga, Religious*

5:00pm Maria Gonzalez †

### SUNDAY- JUNE 22ND

*The Most Holy Body and Blood of Christ*

8:00am Gonzalo Daza †

9:30am For the People of Visitation Parish

11:00am Richard Rocco †

### MONDAY - JUNE 23RD

8:00am Ed and Camille Mucha †

### TUESDAY - JUNE 24TH

*The Nativity of St. John the Baptist*

8:00am Sidney Brewer †

### WEDNESDAY - JUNE 25TH

8:00am James Soto

### THURSDAY - JUNE 26TH

8:00am Kiki Craig †

### FRIDAY - JUNE 27TH

*The Most Sacred Heart of Jesus*

8:00am Bobby Diver †

To request a **Mass intention** please call the Parish Office 310-216-1145

**PRAYER REQUESTS (SICK OR DECEASED):** email them to the following [vizprayerrequests@gmail.com](mailto:vizprayerrequests@gmail.com)  
If you would like to join in praying for the requests received, please send an email to the prayer request email address.

## MESSAGE FROM FR. FRANCIS

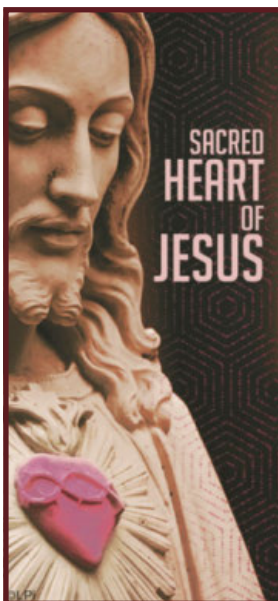
Dear Parish Family,

Today we celebrate the profound mystery of Corpus Christi—the Body and Blood of Christ. At the heart of our Catholic faith is the belief that in the Eucharist, Jesus is truly present: Body, Blood, Soul, and Divinity. Not symbolically, not metaphorically, but really and substantially.

The Eucharist is not just something we receive, it's Someone we receive. And in receiving Him, we are drawn into an intimate communion with God and with one another. As St. Augustine once said, "Behold what you are; become what you receive." We are the Body of Christ, called to live in unity, sacrifice, and love.

This solemnity reminds us that the Eucharist is both gift and mission. In every Mass, Christ gives Himself completely to us, and then sends us out to be His presence in the world. May we never take this gift for granted. May our reverence at the altar be matched by our love in the streets. And may the Body of Christ strengthen us to become the Church our world so desperately needs today.

In Christ,  
Fr. Francis



### 3 Ways to Grow in Devotion to the Most Sacred heart of Jesus

- 1. Morning Offering:** At the beginning of each day, offer your whole day to the Sacred Heart of Jesus in prayer.
- 2. First Friday Devotion:** Attend Mass and receive the Eucharist on the first Friday of every month.
- 3. Pray the Litany of the Sacred Heart:** The Litany contains 33 invocations, one for each year of Jesus' life on Earth.

## SACRAMENTAL PREPARATION

Please scan the QR code to get more information regarding Baptism, First Reconciliation, Holy Communion, Confirmation, Adult Baptism, Confirmation and Eucharist (OCIA), Marriage, Anointing of the Sick and Holy Orders.



## CHRISTIAN MEDITATION

Here is a common question about Christian meditation that Fr. Thomas Keating provides an answer to:

**Question: "I find this practice gets me nowhere. Is it good to try to make the faculties a blank?"**

**Answer: "Please don't try to make your faculties a blank. That is not healthy or even possible. There should always be a gentle activity present, expressed either by thinking the sacred word or by the simple awareness that you are present to God. The experience of interior silence is the presence of your intention in a very subtle way. You cannot maintain the experience of inner resting in God unless your intention is at work. It may seem like no work because it is so simple. At the same time, this method of prayer takes time to learn and you need not worry about experiencing what you may interpret as a blank once in a while. If you notice that you have a blank, that's a thought; merely return to the sacred word." -Fr. Thomas Keating.**

Please join Fr. Francis this Wednesday via Zoom as we listen to a series of talks given by former Archbishop of Canterbury, Rowan Williams. The series is titled 'The Spirit in the Desert,' and it explores the ancient belief that "only in the relations we have with one another can the love and mercy of God appear and become effective." If you're not familiar with Rowan Williams, I find him to be one of the greatest Christian thinkers of our modern time.

Email Fr. Francis at [fkim@la-archdiocese.org](mailto:fkim@la-archdiocese.org) for the Zoom link.

### SIGN BEFORE THE GOSPEL

#### QUESTION:

I have been going to Mass for years and have always wondered: why do we make the three signs of the cross before the Gospel?

#### ANSWER:

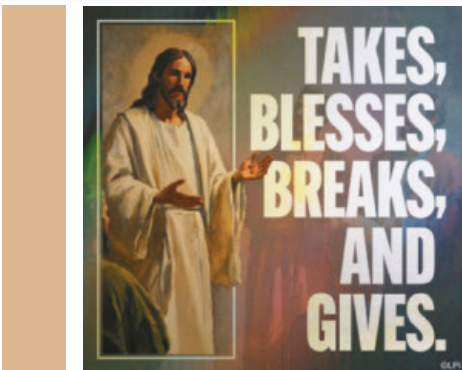
Certainly, many people go to Mass or other devotions, doing and saying things out of habit or reverence and not really understanding the reasons behind some of these things. But everything we do has a meaning or purpose that helps us to worship better, proclaim our beliefs, or focus the attention of the people on something that has a greater importance or significance. A review of the meaning of various gestures and practices can help us have a deeper appreciation for what we do.

There is a little prayer that goes with the three crosses before the Gospel: “May the words of the Holy Gospel be on my mind, on my lips and in my heart.” In standing to hear the Gospel, we acknowledge that Jesus is present, and the words of the Gospel are addressed to us. All of the gestures and special postures we adopt before the Gospel are intended to help us prepare for hearing the Word as well as act on it. The incense, the Alleluia, the deacon or priest, and the special dialogue and announcement that introduces the Gospel help us focus our attention on the Good News we are about to hear. The three signs of the cross show our desire and good intention to hear and live the Gospel.

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### GOSPEL MEDITATION - Encourage Deeper Understanding of Scripture

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A Catholic friend of mine occasionally says, “The Eucharist is not a noun. It’s a verb.” In so saying, he is making the point that the Eucharist isn’t simply Jesus’ bodily presence given to us in holy Communion. It also manifests the dynamic pattern by which Christ actively loves and saves us. He teaches us to cooperate with that pattern. This Eucharist actually embodies four verbs: Jesus takes, blesses, breaks, and gives. Let’s consider each one.

He **takes**: Do we acknowledge that we are totally in God’s hands? Do we receive everything in our lives as a gift, and act responsibly with it?

He **blesses**: Do we actively reflect that Jesus makes us holy in our baptism? Do we embrace our bodies and souls as temples of God, worthy of love, peace, and joy?

He **breaks**: Do we run from failure and disappointment, from getting old or being ignored? Are we too worried about getting hurt or sick? Do we embrace our sufferings with confidence?

He **gives**: Are we willing to make our lives a gift for others? Are we confident that we will always have enough love to give to others, that God will always provide enough for us? Do we rejoice in giving away what we have to others, expecting nothing in return? This is the dynamic life the Eucharist empowers us to live.

— Father John Muir

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## Prayer

Dear God, with your power  
I can really help other  
people.

## Mission for the Week

If God has blessed your  
family with plenty of food  
to eat, make sure you also  
give food to people who are  
hungry.

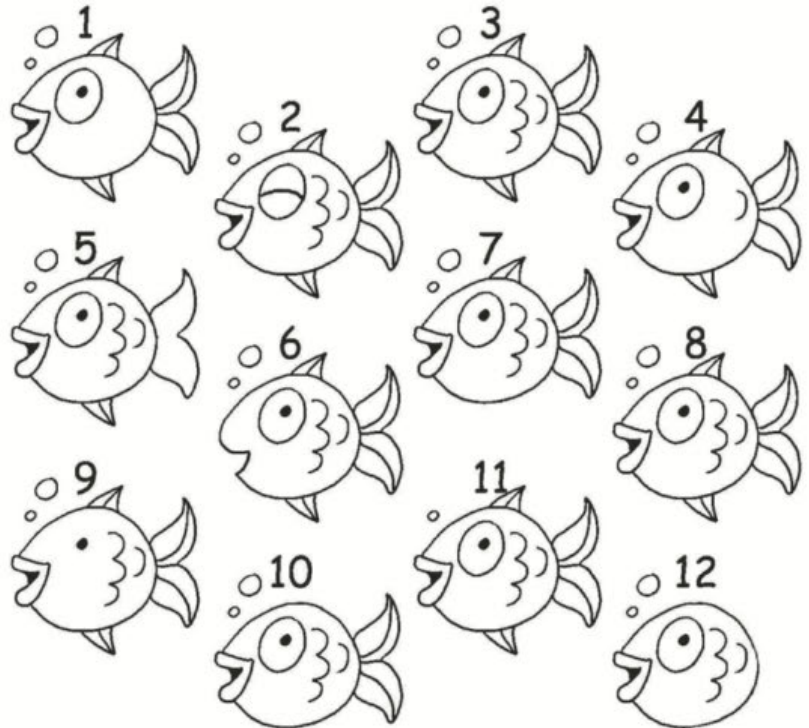
## Sharing the Gospel

Jesus told his friends  
to give a whole  
crowd of people  
something to eat. All  
they had was a little  
fish and bread. How  
could they possibly  
feed all those people  
with so little food?  
God gave them what  
they needed to help  
other people. When  
you want to help  
other people, trust  
God to give you  
what you need.

Now color  
the picture!



Find the identical fish!



ANSWER IS NUMBER THREE AND NUMBER EIGHT





## APOSTLES CREED

I believe in God,  
the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ,  
His only Son, our Lord,  
who was conceived  
by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified,  
died and was buried;  
He descended into hell;  
on the third day He rose again  
from the dead;  
He ascended into heaven,  
and is seated at the right hand  
of God the Father Almighty;  
from there He will come  
to judge the living and the dead.  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen

## READINGS

1ST READING:  
GENESIS 14:18-20

PSALM 110

2ND READING:  
1 CORINTHIANS 11:23-26

GOSPEL:  
LUKE 9:11B-17

## GATHERING

O God Beyond All Praising

1. O God be-yond all prais-ing, We wor-ship you to-day And  
2. Then hear, O gra-cious Sav-ior, Ac-cept the love we bring, That

1. sing the love a-maz-ing That songs can-not re-pay; For we can on-ly  
2. we who know your fa-vor May serve you as our King; And wheth-er our to-

1. won-der At ev-'ry gift you send, At bless-ings with-out num-ber And  
2. mor-rows Be filled with good or ill, We'll tri-umph through our sor-rows And

1. mer-cies with-out end: We lift our hearts be-fore you And wait up-on your  
2. rise to bless you still: To mar-vel at your beau-ty And glo-ry in your

1. word, We hon-or and a-dore you, Our great and might-y Lord.  
2. ways, And make a joy-ful du-ty Our sac-ri-fice of praise.

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**PSALM** You are a priest forever in the line of Melchizedek.

## GOSPEL ACCLAMATION

Angrisano

## PREPARATION OF THE TABLE AND GIFTS

I Am Yours (Consume Me)

Refrain

Bread of Life, Wine of Peace, Bod-y and Blood, Soul and Di-vin-i-ty,

con-sume me com-plete-ly. I am yours. yours.

*To repeat refrain To verses 3*

*Last time*

yours. Con-sume me com-plete-ly. I am yours.

*Cantor:*

1. O Bread of Life, you  
2. O Bread of Life, you, the  
3. O Blood of Christ, source of  
4. O Blood of Christ, our  
5. O Soul of Christ, 7 7



## MASS PARTS

### MASS OF RENEWAL

When we eat this  
bread and drink  
this cup, we  
proclaim your  
death, O Lord.  
Until you come  
again.

an - swer all our needs,  
long - ing of our hearts,  
life, and source of peace,  
deep stream of mer - cy,  
sanc - ti - fy - ing us,

and fill our souls with the  
we wel - come you. Let your  
wa - ter of life  
wash o - ver us.  
Bod - y of Christ,

full - ness of love and grace.  
will be done in us.  
flow - ing from your side.  
Flood our souls com - plete - ly.  
save us.

D.C.

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## COMMUNION

### SATURDAY

#### Bread of Angels

1. Bread of an - gels, we re - ceive you; with us  
2. Cup of Mer - cy o - ver - flow - ing, fill us  
3. Word in - car - nate, dwell with - in us; pierce our  
4. Though un - wor - thy, we re - ceive you, sac - ra -

1. now a - bide. Pre - cious Je - sus, man - na of  
2. with your grace; wine of pas - sion, O Son be -  
3. hard - ened hearts. Ten - der Je - sus, Love so  
4. ment di - vine. Bread of an - gels, ac - cept our

1. a - ges, with us now re - side.  
2. got - ten, we flee to your em - brace.  
3. gen - tle, nev - er let us part.  
4. prais - es, let your glo - ry shine!

1. Pa - nis an - gé - li - cus fit pa - nis hó - mi - num,  
2. O res mi - rá - bi - lis man - dú - cat Dó - mi - num,  
3. Te, tri - na Dé - i - tas ú - na - que, pó - sci - mus,  
4. Per tu - as sé - mi - tas duc nos quo tén - di - mus,

1, 3

1. *Dat pa - nis cáe - li-cus fi - gú - ris tér - mi - num.*  
 3. *Sic nos tu ví - sí - ta, si - cut te có - li - mus.*

2, Final

2. *Pau - per, Pau - per, ser - vus, et hú - mi - lis.*  
 4. *lu - cem, Ad lu - cem quam in - há - bi - tas.*

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## SUNDAY Do This In Memory of Me

Verses

1. I am the bread of life; all who be - lieve  
 2. I am the bread of life; who - ev - er comes

1. in me will have e - ter - nal life. I am the bread  
 2. to me will not hun - ger a - gain. I am the bread

1. of life come down from heav - en so that all  
 2. of life; no one can come to me un - less

1. who eat this bread will nev - er die.  
 2. the Fa - ther draws them 7 near to him.

Refrain

Take the liv - ing bread of life, take the cup of sac -

- ri - fice; do this in mem - o - ry of me.

Take the bod - y and the blood, giv - en free - ly out of love;

do this in mem - o - ry of me;

do this in mem - o - ry of me.

1, 2 1: to Verse 2  
 2: to Bridge

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## Joyful, Joyful We Adore Thee



1. Joy - ful, joy - ful, we a - dore you, God of glo - ry,  
2. All your works with joy sur - round you, Earth and heav'n re -

1. Lord of love; Hearts un - fold like flow'rs be - fore you,  
2. flect your rays, Stars and an - gels sing a - round you,

1. O - p'ning to the sun a - bove. Melt the clouds of  
2. Cen - ter of un - bro - ken praise; Field and for - est,

1. sin and sad - ness; Drive the dark of doubt a - way;  
2. vale and moun - tain, Flow - 'ry mead - ow, flash - ing sea,

1. Giv - er of im - mor - tal glad - ness, Fill us with the light of day!  
2. Chant - ing bird and flow - ing foun - tain, Prais - ing you e - ter - nal - ly!

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## Hallelujah is Our Song



Verses

1. What hope we have, e - ven in the long - est  
3. What joy we have, for the stone is rolled a -

1. night, for the light will o - ver - come.  
3. way and the tomb holds noth - ing now.

1. We will not fear, for we know the  
3. No sting of death, no pow - er o - ver

1st time to Verse 2

1. sun will rise.  
3. sin or grave.

Refrain

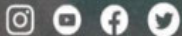
Hal - le - lu - jah! Hal - le - lu - jah! He is ris - en  
o - ver all. Hal - le - lu - jah! Hal - le -  
lu jah! Hal - le - lu - jah is our song.

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HIGH SCHOOL MEN'S GATHERING OF PRAYER, FRATERNITY & FELLOWSHIP

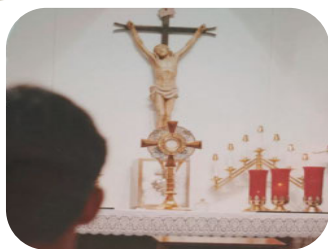
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For more info about discerning the priesthood call (213)637-7248

## WHAT IS FULLY ALIVE?

Fully Alive gives High School men the opportunity to discern where God may be leading them to and bring them into a deeper and intimate relationship with our Lord Jesus Christ. Through various activities and teachings, we aim to provide these young men the tools needed in order to live out a Holy life as sons of God and be Fully Alive. For more info about discerning the priesthood call 213-637-7248



The Men's Priestly Discernment Group is intended to help direct young men toward the possibility of the vocation to the Priesthood. Join them every 2nd Saturday of every month at the Cathedral of Our Lady of the Angels 9 am- 12 pm to help answer questions, give talks on what it means to discern a vocation and give clarity on where God may be calling you to.

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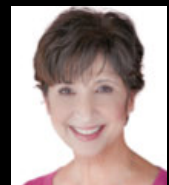
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