

Third Sunday in Ordinary Time — January 24, 2021

Gospel

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

Mk 1:14-15

Welcome to

THE CHURCH OF

Saint Luke

A ROMAN CATHOLIC COMMUNITY OF DISCIPLES

1980 Hillsdale Road
El Cajon, California 92019

(619) 442-1697
www.thechurchofstluke.org

✠ Mission Statement ✠

The Church of St. Luke is joyful, welcoming, caring, active family of believers striving to grow in knowledge of and love for God and each other. Challenged by the Word, nurtured by the Eucharist, and enlivened by the Spirit, we seek to live the message of Jesus in serving the needs of others both within our Parish and in the larger community.

Masses

All Mass celebrations are held outdoors. Please bring a chair and wear your face mask.

- **Saturday 5:00 pm**

Outdoor

- **Sunday 9:00am**

Outdoor (Livestreamed)

- **Sunday 11:30am**

Outdoor

Sacrament of Reconciliation

Available by appointment

Parish Office Hours

Monday-Friday

9:00am—5:00pm

Call: (619) 442-1697



3RD SUNDAY IN ORDINARY TIME

FIRST READING: Jonah 3:1-5, 10

SECOND READING: 1 Corinthians 7:29-31

GOSPEL: Mark 1:14-20

Reflection: Reflect upon/Share about what the "Good News" is to you. How is that reflected in the way you live your life? What do people see in you that is evidence that you believe in this "Good News". What could you change in your life to make it more evident?

Alternative: Who do you trust, or who have you trusted, in life? What is good about having someone to trust? What is the hardest thing about trusting Jesus? How can you open yourself to trusting him more?

PARISH PASTORAL COUNCIL

Parish Pastoral Council normally meets on the 3rd Tuesday of the month. Visitors/observers are welcome. If you wish to have an item placed on the agenda, contact a Council Member to present it for you, or contact the Parish Office.

PARISH COUNCIL MEMBERS

Fr. Ron Cochran, Pastor
Mark Balmert
Chairperson
Amy Cannon
Tony Camara
Julia Caputo
Theresa Dodd-Butera
Chuck Duncan
Kay Krueger
Kevin Lawrence
Don Mercurio
Tom Selfani
Dcn. Dennie Nickell
(Deacon Emeritus)
Dcn. Jerry Stenovce
Jane Cruz Alfano (Staff)

PARISH FINANCE COUNCIL

The Parish Finance Council meets every other 4th Wednesday of the month.

PARISH FINANCE COUNCIL MEMBERS

Fr. Ron Cochran, Pastor
Jim Crockett
George Heidenreich
John Krueger
Cathy March
Dave Sapper
Jim Stepovich



Third Sunday in Ordinary Time January 24, 2021

It was a normal day by all accounts, but John just wasn't feeling himself. He was a little lightheaded and out of sorts. Later in the afternoon, he experienced a sharp pain in his chest and arm. Quick thinking and action brought John to the emergency department with a diagnosis of a significant heart attack. Surviving this ordeal, he found himself face to face with his cardiologist, having an honest conversation about things that needed to change. "I came close to death," John found himself thinking. Then came the remorse. He was a young man with a loving wife and children who were very close to facing life without him. John found himself with intense sorrow for living an unchecked and self-indulgent life that almost brought him to his demise. He wanted to change.

We all have our wake-up calls. We have experiences and encounters that force us to really think twice about choices we have made and directions we have taken. Often, we find ourselves looking at those we have hurt square in the eye and wallowing in our foolishness. We regrettably realize that we have allowed our needs to lure us into making some cruel mistakes. We impulsively say things and flippantly do things that reveal our unredeemed and unhealed self. It is a self we stumble over and try to tame but can't quite seem to master and control. Help!

We spin our wheels, naively thinking that we will somehow, perhaps through persistence, get ourselves unstuck. But, we don't. We just get out of the car, feeling very helpless, and ignorantly look at the mess we got ourselves into. Did we ever think to ask someone for help? Or, taken the advice of One who is wiser and avoid this route altogether? "Come after me," are words that Jesus says to all of us. In order to heed his invitation, we must leave our ego-self behind and follow.

When we really see and understand the freedom, peace, justice, and love he offers, we find ourselves with such sorrow in our hearts for how foolish and silly we have been. All the misguided choices and sinful actions come full view and we see how risky our random impassioned behaviors



really have been. Repentance is beautiful. When done with a sincere and contrite heart, it directs us to the glory that can be ours, ignites us with the challenge of living a life in service of others and reminds us that all is well.



Give Until it Hurts

One of the characteristics of Everyday Stewardship is to be committed — to persevere daily in a way of life acknowledging that everything belongs to God.

I know, I know. Easier said than done.

Just ask Zebedee. It's quite an image we get from the Gospel, after all. "So they left their father Zebedee in the boat along with the hired men and followed him."

There was Zebedee, about his business, mending nets with his two sons, who were undoubtedly his best workers — they had to have been more dedicated than the hired men, who worked for wages rather than for family. And in an instant off they go, following this strange man.

I don't know about you, but if my kids left me on a hot summer day to finish the lawn, I wouldn't be happy.

But Zebedee must have been someone quite special. Perhaps he realized that his sons didn't belong to him — not really. They belonged to God, and from the beginning of time, it had been appointed that they would be among the first disciples of Christ. He passed, he called, they followed, and Zebedee obliged. He simply went back to mending his nets, I imagine.

Zebedee already understood what St. Teresa of Calcutta would say millennia later: "Give until it hurts."

"You're wasting my time." "I've done so much for her; she owes me this." How often do we think things, and even people and relationships, belong to us? The truth is none of them do. We must be ready, as Zebedee was, to surrender them to God when He comes walking past.

— Tracy Earl Welliver, MTS

Prayer Requests, Weekly Readings and Mass Intentions



Laman Abdulahad, Willy Gatus, John and Gail Finkenberg, Kristen Izotic, Chris Foraker, Mary Jean Avalos, Brian Hill, Connie Bowen, Ken Caley, Bob Irons, Ben Floridi, Cherokee Eddy, Eileen Milnick, Jose Luis, Bobbie Allen, Frank

Wilusz, Thomas Dennison, Charli David, Michael Sanchez, Joanne Silva, Thomas & Charlie Frechette, Irene Sowada, Janice Jones, Meg and Jacob Seilheimer, Michele Peterson, John Vugrin, Marckis Lee, Carlos Zarate, Gail Balga, Bill Washkevich, Juan Jiménez, Donna McWalter, Cindy McLaughlin, Christian Colon, Sofia Healy, Citali Chavez, Rosalie Cline, Sandie Tessier, Logan Bedsole, Jeanette Craig, David Ashbaugh, Chris Martin, Mavi Ghio, Ryan Smith, Matthew Chu, Rose Falls, Richard Frechette, Ann Hansell, Reilly Phipps, Mike McFaul, Richard Spurling, Dean Mellos, Eric Matus, Gabe Eddy, Harriet B, Nora Toscano, Eugenio Cesena, Jeanne Brunner, Patty Hayes and Family, Glen Stewart, Corrine Warcholik, Colleen London, Laurie Lindow, Joey Enderwood, Bob Cole, Paul Folsom, John Stevenson, Zoey Thomas, La Mice Denton, Brian Hill, Gary Corwin, Bill Phillips, Isaac Armas, Mary Botte, Lara Pasi, Nancy Usrey, Ryan Cochran, Emmanuel Hallak, Dylan Coughlin, Selena Chum, Jimmie Davis, Rachel Chavez, Michele Chavez, Helen Chu, Al Bowen, Joyce Kammer, Theresa Warcholik, Cheryl Berry, Natalie Enriquez, Candace Dayton, Ladel, Michael Ward, Nina Murphy, Noel Fisher, Karen Bennett, Connie Elba, Charles Brown, Jim Leachman, Christine Banuelos, Jose Orrantia, Mina Scannicchio, Carol Petrich, Carey Moore, Jose Azarza, Parker Landis, Joan Smith, Chase Laird, Alice Zizzo, Sophia Christensen, Cindy Russell, Karen Walker, Mike Murphy, Ann Mussomeli, Jeanine DeSanti, Joe James Sowards, Vie Liddell, Jennifer Soares, Dorothea Wall, Antoinette Daquisto-Guidi, Bob Weisham, Teri Harrison, Danielle P., Maria Warcholik, Ruthie Condon, Marin Mejia, Mike Marcon, Theresa & Vito Siragusa, Tracy Weaver, Rick Gores, Sue Sullivan, Tommy Collet Sr., Richard Perricone, John Agostini, Austin Gatus, The Hill Family, The Morrison Family, Frances Colombo, Zaim Attisha, Teresa Russo; **and all our relatives and friends who are sick or need prayers.**

To add or remove a name, please contact
Nancy Adema

PARISH FINANCES

In order to fulfill our budget, we need to receive an average of \$12,722 in the collection basket each week. Additionally, we have budgeted for an average of \$12,802 to be contributed monthly through our Online Giving contribution program.

Week of January 17th:

Weekly Mass offering: \$ 5,494.00
Weekly WeShare/Online Giving: \$ 3,139.00

SUPPORTING THE MISSION OF THE CHURCH: *Once you've made a decision on how much you should be giving, decide how to give.*

WAYS TO GIVE: You can use envelopes as many people do, or set up automatic donations through your bank (forms available in the parish office); you can go to *Online Giving* on the St. Luke website and set up an online giving plan. You may personally manage online giving or call the parish office to arrange a plan administered by the parish Business Manager. Online Giving Link: <https://www.thechurchofstluke.org> (click on **Online Giving**, on the right side of the menu bar). For additional information, please call the parish office at 619-442-1697.



Please pray for January
Wedding Anniversaries

Ben & Susie Machado54 years
Ed & Alice Broadhurst49 years
Joe & Patty Herrington.....45 years
Robert & Shannon Vint34 years
Steve & Monique Zasqueta30 years
Bryan & Megan Shull20 years

*If you would like to have your
Wedding Anniversary placed in the bulletin,
please call 619-442-1697.*

Readings for the week of January 24, 2020

Sunday: Jon 3:1-5, 10/Ps 25:4-5, 6-7, 8-9
[4a]/1 Cor 7:29-31/Mk 1:14-20

Monday: Acts 22:3-16 or Acts 9:1-22/Ps
117:1bc, 2 [Mk 16:15]/Mk 16:15-18

Tuesday: 2 Tm 1:1-8 or Ti 1:1-5/Ps 96:1-2a,
2b-3, 7-8a, 10 [3]/Mk 3:31-35

Wednesday: Heb 10:11-18/Ps 110:1, 2, 3, 4
[4b]/Mk 4:1-20

Thursday: Heb 10:19-25/Ps 24:1-2, 3-
4ab, 5-6 [cf. 6]/Mk 4:21-25

Friday: Heb 10:32-39/Ps 37:3-4, 5-6,
23-24, 39-40 [39a]/Mk 4:26-34

Saturday: Heb 11:1-2, 8-19/Lk 1:69-70, 71-
72, 73-75 [cf. 68]/Mk 4:35-41

Next Sunday: Dt 18:15-20/Ps 95:1-2, 6-7, 7-9
[8]/1 Cor 7:32-35/Mk 1:21-28



Prayer Intentions

Saturday, January 23

5:00pm..... **Salvador Casarez, RIP &
Bruno & Margaret Bubis, RIP**

Sunday, January 24

9:00am **Harvey Marshall, RIP**
11:30am **Parishioners of St. Luke**

Saturday, January 30

5:00pm..... **Carmelo Maitilasso, RIP &
Jean Danforth, RIP**

Sunday, January 31

9:00am **Amir, Mansour, Nouria, &
Miriam Barbat, RIP**
11:30am **Parishioners of St. Luke**

Live the Liturgy, Parish Information

The Church of St. Luke welcomes all who seek to enrich their faith life and explore the possibility of becoming a Catholic Christian.

Our community joyfully shares and celebrates this journey with them through **"The Rite of Christian Initiation of Adults" - RCIA.**

This journey includes both a discernment process where we spend prayerful time contemplating the movement of the Holy Spirit in our lives and our response to that calling, as well as learning about the Catholic faith.

If you or someone you know is interested in learning more about what the Catholic faith – or perhaps you are an adult already baptized in the Catholic Church and are now wanting to become fully initiated – you are cordially invited to enter the RCIA process.



For more information,
please contact
Deacon Jerry Stenovec

Live the Liturgy

INSPIRATION FOR THE WEEK

"Repent, and believe in the gospel." Some type of honest and sincere repentance is necessary for any type of authentic growth and maturity. We have to come to the realization, unless we are happy wallowing in immaturity and superficiality, that the way we have been doing things is not the best or the healthiest. There isn't a human being alive who hasn't acted foolishly or erratically at the cost of almost losing a treasured relationship. "Why did I act that way?" is a question we often ponder after some reflection and enlightenment. Faith works the same way. Stumbling through life and bumping up against meaninglessness, a person can begin to see that something significant is missing. They see that there is merit to a relationship with God and an embrace of faith. Before these can take root, sincere sorrow for past wrong doing, missed opportunities, errors in judgment, and short sightedness is necessary. Repentance is necessary. Then having realized that we were walking in darkness, we can rejoice that by God's grace we now see the light.

St. Paul the Apostle was the greatest of the early Christian missionaries. He first appears in the Acts of the Apostles under the name of Saul. Saul was raised in the Jewish faith as a Pharisee trained in the strict observance of God's Law. He believed the Law should be obeyed by himself and all Jews. Saul was upset by the early Christian Church, believing that the early Christians had broken away from their Jewish traditions. He actively persecuted the Church in Jerusalem. As the first Christian martyr Stephen was being stoned to death, Saul watched over the cloaks of the persecutors (Acts 7:58).

Paul then traveled to Damascus to further persecute early Christians. On the road to Damascus Saul had an encounter with the Risen Jesus Christ (Acts of the Apostles 9:1–19, Galatians 1: 13–14). Jesus asked, "Saul, Saul, why are you persecuting me?" Paul replied, "Who are you, sir?" Jesus responded, "I am Jesus whom you are persecuting" (Acts 9: 4 – 5). Jesus then sent Saul into Damascus to wait for further instructions. Saul was shaken and blinded by the experience. When a Christian named Ananias came and baptized Saul, his blindness went away. As a result of this encounter Saul became a follower of Christ. He was now convinced that fellowship with the risen Jesus Christ, not the observance of the Law, was all that was needed to receive God's promise of salvation. (Galatians 1:11–12; 3:1–5)

Saul, whose name now became Paul, went to Jerusalem to consult with Peter (Galatians 1: 18). After his first missionary journeys, Paul was called by Jesus to proclaim the Gospel to the Gentiles. He spent the rest of his life journeying on his missions, establishing local churches, and writing to them when he heard of their accomplishments and failures. Paul's letters are the earliest records of the life and history of the early Church. As inspired by the Holy Spirit Paul's letters are part of the Canon of the New Testament. As a record of the happenings in the early Church they are in invaluable record of the expansion of the Christianity.



THE CONVERSION OF
ST. PAUL
THE APOSTLE

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Celebrate the Mass!

•Diocese of San Diego

Online Sunday Mass (English, Spanish, Vietnamese): <https://www.sdcatholic.org/find-a-parish/on-line-sunday-mass/>

•EWTN Channel

Daily and Sunday Masses are celebrated at 9:00am and 9:00pm; check your broadcast provider's schedule for channel

•Heart of the Nation

Sunday Mass is celebrated at 8:30am on channel 6 (for most broadcast providers). Also available online: <https://www.heartofthenation.org/online-mass/sunday-mass>

•Church of St. Luke

All Mass celebrations are outdoors; no reservation required. Please bring a chair & wear your face mask.

- ❖ 5:00pm Saturday Outdoor
- ❖ 9:00am Sunday Outdoor (Livestreamed)
- ❖ 11:30am Sunday Outdoor

Please visit the St. Luke website for more information:
www.thechurchofstluke.org

*O Immaculate
Heart of Mary,
WE ENTRUST
OURSELVES
TO YOU
Health of the
Sick.*

so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection,
O Holy Mother of God.

Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

- Pope Francis

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide,



Pray the Rosary
with us!

Sundays at 8:00am, via Zoom

Details at: www.thechurchofstluke.org
(scroll down to Sunday Community Rosary)

OUR ENTIRE GOOD
CONSISTS NOT ONLY
IN ACCEPTING THE
TRUTH OF GOD'S
WORD, BUT IN
PERSEVERING IN IT.

- ST. FRANCIS DE SALES

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Parish Directory, Observances and Giving

PARISH DIRECTORY

Pastor: Rev. Ron Cochran (619) 442-1697
Deacon Emeritus: Dennie Nickell (619) 442-1697
Deacon: Jerry Stenovec (619) 442-1697
Pastoral Associate: Jane Cruz Alfano (619) 442-1697 x103
Business Manager: Jim Crockett (619) 442-1697 x110
busmgr@thechurchofstluke.org
Secretary: Joanie Maitilasso (619) 442-1697 x101
secretary@thechurchofstluke.org
Bulletin Editor: Joanie Maitilasso (619) 442-1697 x101
secretary@thechurchofstluke.org
Facility Manager: Robert Stevenson (619) 442-1697 x109
facman@thechurchofstluke.org
Web Master: Madeline Flores
madeline@stluke-ec.org
Altar Servers: Jane Fuzak (619) 442-1697
Choir Director: Colin McColl
Organist: Susan Paul

FAITH FORMATION

Catechetical Ministry: Jane Cruz Alfano, Pastoral Associate
(619) 442-1697 x103 passoc@thechurchofstluke.org
Coordinator of RCIA: Dcn. Jerry Stenovec
(619) 442-1697
Coordinators of PreK-5 Faith Formation:
Debbie Stenovec; Catechesis of the Good Shepherd
(619) 442-1697 x 105 • CGS@thechurchofstluke.org
Jennifer Kroeger; Sacramental Preparation
(619) 442-1697 x 104 • K-5reled@thechurchofstluke.org
**Coordinator of Middle & High School Faith Formation,
Youth & Young Adult Ministry:** Evelyn Beale
(619) 442-2515 x106 • youthreled@thechurchofstluke.org

MINISTRIES & ORGANIZATIONS

Baptism Class: Joanie Maitilasso (619) 442-1697
Church Cleaning Crew: Peggy Nelson
Catholics in Recovery: Jean Goulding
Cub/Boy Scout Religious Emblems:
Shannon Vint
Eucharistic Adoration: Mike Wasyliv
Eucharistic Ministers: Maria Giddens
Friends of the Poor: Martha Evans
Greeters: Maria Oliver
Knights of Columbus: Lance Attiq, GK
Lectors: Susan Smothers
Marriage Preparation: Joanie Maitilasso (619) 442-1697
Ministry to the Sick and Homebound:
Dcn. Jerry Stenovec
Outreach Ministry: Ken Stempien (619) 442-1697
Prayer Chain: Nancy Adema
Culture of Life: Pat Riggs
Script: Ed Broadhurst
Small Church Communities:
Jane Cruz Alfano (619) 442-1697 x103
Society of St. Vincent de Paul:
Mike Wasyliv
St. Luke Business Network: Cathy March
Ushers: Susan Smothers

JOANIE MAITILASSO, Bulletin Editor

Office Phone: (619) 442-1697 • Fax (619) 442-2293

Office hours: Monday - Friday, 9:00am - 5:00pm

secretary@thechurchofstluke.org

DEADLINE FOR BULLETIN ANNOUNCEMENTS: MONDAY AT NOON

Please call the church office for any inquiries.

Thank you!

OBSERVANCES FOR THE WEEK OF JANUARY 24, 2021

Sunday: 3rd Sunday in Ordinary Time
Monday: The Conversion of St. Paul the Apostle
Tuesday: Sts. Timothy and Titus, Bishops
Wednesday: St. Angela Merici, Virgin
Thursday: St. Thomas Aquinas, Priest and Doctor of the Church
Saturday: BVM
Sunday: 4th Sunday in Ordinary Time; Catholic Schools Week

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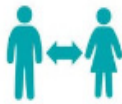
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**WASH YOUR
HANDS**



**DON'T TOUCH
YOUR FACE**



**KEEP YOUR
DISTANCE**

WEEK OF PRAYER FOR CHRISTIAN UNITY 2021

JANUARY 18-25

**ABIDE IN MY
LOVE...YOU
SHALL BEAR
MUCH FRUIT.**

JOHN 15:1-17

FOR MORE INFORMATION, PLEASE VISIT
<https://www.usccb.org/committees/ecumenical-interreligious-affairs/week-prayer-christian-unity-2021>

Gracious Lord, we pray for all the members of your holy Church, that all may abide in you and you in them, that they may be one in your love and bear much fruit. We also pray for the world, that all may come to believe in your love for them by the fruit of our witness. We know that our divisions are a source of scandal to your world, and we know that in love we are called to unite as one in the vine and branches. The vine is our Lord Jesus Christ, your Son. We are meant to be his branches. Help us we pray, to love, to forgive, to seek justice and to be your prophetic voice in the world. May your grace effect growth of good fruit among us, that our world may realize peace. We ask all this in the name of Jesus, your Son and in the power of the Holy Spirit, One God, for ever and ever. Amen.

Why Do We Do That?

CATHOLIC LIFE EXPLAINED

Question:

Do Catholics always need to receive communion in wafer form, or can it be different kinds of bread?

Answer: In the Roman Rite of the Catholic Church, the most common form for the eucharistic bread is the small white communion “wafer” that is a ubiquitous part of the Catholic Mass. The instructions of the Church have been very specific regarding the make-up of the bread used in the Mass: “The bread used in the celebration of the Most Holy Eucharistic Sacrifice must be unleavened, purely of wheat, and recently made ... it follows therefore that bread made from another substance, even if it is grain, or if it is mixed with another substance different from wheat to such an extent that it would not commonly be considered wheat bread, does not constitute valid matter for confecting the Sacrifice and the Eucharistic Sacrament” (see *Redemptionis Sacramentum* by the Congregation for Divine Worship and the Discipline of the Sacraments, no. 48).

The Church’s tradition of using a wheat-based bread is based on the bread that Jesus would have used at the Last Supper and is considered to be an essential part of the “matter” of the Sacrament of the Eucharist.

As we consider the question of whether a “wafer” — which is properly called a “host” — should be used, we also must keep in mind that in the Eastern Rites of the Catholic Church, leavened (i.e. “raised”) bread is more often used. And so, while the thin, white “wafer” is most commonly used in the Roman Rite of the Church, the full expression of the Catholic tradition does allow for a more substantial form of bread to be used, but the tradition of using a simple wheat bread with no other additions or additives is considered essential.

ST. LUKE NEEDS YOU!

Office Volunteers Needed

Morning and Afternoon Shifts (or occasional substitute) are available.

Experience is required in the following work:

- Fundamental computer skills
- Phone skills
- Data Entry

Please call Business Manager:

Jim Crockett @ 619-442-1697, ext. 110

Andy Yono
CA Lic # 0B00801

3855 Avocado Blvd #220
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Brian Yono
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