

## Third Sunday in Ordinary Time - January 26, 2020

### GOSPEL

*From that time on,  
Jesus began to  
preach and say,  
“Repent, for the  
kingdom of heaven  
is at hand.”*

*Mt 4:17*

### 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

Wed., Thurs., Fri.: 7:30am

Saturday: 5:00pm

Sunday: 9:00am & 11:30am

### Sacrament of Reconciliation

Saturday: 3:30pm

(also by appointment)

### Parish Office Hours

Monday-Friday

9:00am—5:00pm

Fax: (619) 442-2293

*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](http://www.thechurchofstluke.org)



## 3<sup>RD</sup> SUNDAY IN ORDINARY TIME

FIRST READING: Isaiah 8:23—9:3

SECOND READING: 1 Corinthians 1:10-13, 17

GOSPEL: Matthew 4:12-23 or 4:12-17

**Reflection:** Reflect upon/Share about when, in your life, you have felt closeness to the Kingdom of Heaven or of God's reign? Alternatively, when have you felt furthest from God's reign? What was going on during that time period? What should you probably change in your life to help you enter more completely into God's reign?

**Alternative:** Who, or what, reigns supreme in your life; who has the last word? How is that close to, or far away from, letting God reign in your life? What can you change to allow God to reign more fully in your life?

## Parish Council, Finance Council and From the Pastor

### 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  
Linda Jacobson  
Kay Krueger  
Kevin Lawrence  
Don Mercurio  
Tom Selfani  
Jim Sheehan  
Dcn. Dennie Nickell  
(Deacon Emeritus)  
Dcn. Jerry Stenovac  
Dcn. Allan Williams  
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  
James Chitkowski  
Jim Crockett  
George Heidenreich  
John Krueger  
Cathy March  
Dave Sapper  
Jim Stepovich

### WEEKLY CONTENT GUIDE

3rd Sunday in Ordinary Time/January 26, 2020

3er Domingo del Tiempo Ordinario/19 de enero de 2020

### SUNDAY'S READINGS - EXCERPTS TO PLACE IN YOUR COMMUNICATIONS

#### First Reading:

The people who walked in darkness  
have seen a great light;  
upon those who dwelt in the land of gloom  
a light has shone. (Is 9:1)

#### Psalm:

The Lord is my light and my salvation. (Ps 27)

#### Second Reading:

I urge you, brothers and sisters, in the name of our Lord Jesus Christ,  
that all of you agree in what you say,  
and that there be no divisions among you,  
but that you be united in the same mind and in the same purpose. (1 Cor 1:10)

#### Gospel:

From that time on, Jesus began to preach and say,  
"Repent, for the kingdom of heaven is at hand." (Mt 4:17)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved. ©LPI

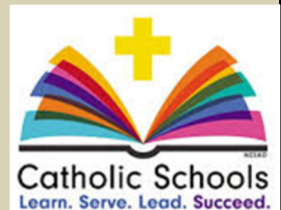
### LIVE THE LITURGY - INSPIRATION FOR THE WEEK

Do you feel overly oppressed or burdened by life's demands or feel unsettled and anxious about where you find yourself? Many walk through life carrying very heavy sacks on their shoulders and are weighed down by them. Moments of joy and light are far and few between, with darkness and disappointment being more the norm. God desires that we live in light and experience joy. Christ has revealed this to us. Often, we give the world and things we have created too much power over us. We lose our sense of playfulness and freedom and allow other people and things to define and influence us. We are asked to reclaim ourselves today and realize that we are being asked to spread the Gospel of joy. Are we able and willing to do this?



*Preparing students to become engaged  
citizens of the world*

**See the difference at  
ST. MARTIN OF TOURS ACADEMY**  
**Join us for our OPEN HOUSE**  
**Thursday, January 30, 2020**  
**6:00 to 7:00pm**



Choosing your child's school will be one of the most important decisions you'll make for them. A well-rounded Catholic education can open their future. St. Martin Academy has been providing an outstanding Catholic education to preschool through 8<sup>th</sup> Grade students in La Mesa since 1951. Our mission to prepare students to become lifelong learners through curriculum with a strong academic, moral and spiritual foundation is accomplished through our unique system of education, Pilon's Workshop Way®. In celebration of National Catholic Schools Week, we would like to invite you to our Academy Open House where you can discover what sets us apart and experience Workshop Way® in action. Enrollment begins now! Call or email us if you would like more information or want to arrange a personal tour.

(619) 466-3241; [info51@stmartinacademy.org](mailto:info51@stmartinacademy.org).



# Remember in Your Prayers, Weekly Readings, Mass Intentions



Laman Abdulahad, Ben Floridi, Cherokee Eddy, Eileen Milnick, Jose Luis, Bobbie Allen, Frank Wilusz, Thomas Dennison, Charli David, Michael C. Johnson, Robyn Hima,

Michael Sanchez, Joanne Silva, Thomas & Charlie Frechette, Irene Sowada, Janice Jones, Pat Roehrich, Meg & Jacob Seilheimer, Michele Peterson, Donna & John Vugrin, Marckis Lee, Carlos Zarate, Gail Balga, Bill Washkevich, David Sanderlin, Juan Jiménez, Donna McWalter, Cindy McLaughlin, Christian Colon, Sofia Healy, Citiali 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, Sally Williams, 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, Lorraine Flint, 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, Jason Zdunich, Karen Bennett, Connie Elba, Charles Brown, Jim Leachman, Christine Banuelos, Jose Orrantia, Mina Scannicchio, Carol Petrich, Carey Moore, Jose Azarza, Parker Landis, Joan Smith, Jackie, Jeff Rogers, Michelle Tello, Chase Laird, Vera Navetta, Miriam Kaskorkis, Adelaide Fitzwater, Alice Zizzo, Luis Orrantia, 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. Some weeks may be higher and some lower, but we need to maintain that average. Additionally, we have budgeted for an average of \$12,802 to be contributed monthly through our Online Giving contribution program.

The total amount budgeted through these sources is \$660,095 this year. Our budget includes another \$106,384 expected income from other sources; (Annual Catholic Appeal rebates, Christmas & Easter collections, Sacramental donations, interest, one-time gifts and bequests, etc.).

### Week of January 19th:

Plate:	\$	829.00
Envelope:	\$	7,540.00

**Total Collection Basket: \$ 8,369.00**

**Weekly Online Giving: \$ 3,164.00**

**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: [www.thechurchofstluke.org](http://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

<b>Ben &amp; Susie Machado</b> .....	53 years
<b>Ed &amp; Alice Broadhurst</b> .....	48 years
<b>Joe &amp; Patty Herrington</b> .....	44 years
<b>Robert &amp; Shannon Vint</b> .....	33 years
<b>Sean &amp; Maxine O'Leary</b> .....	32 years
<b>Steve &amp; Monique Zasueta</b> .....	29 years
<b>Bryan &amp; Megan Shull</b> .....	19 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 26, 2020

**Sunday:** Is 8:23—9:3/Ps 27:1, 4, 13-14 [1a]/1  
Cor 1:10-13, 17/Mt 4:12-23 or 4:12-17

**Monday:** 2 Sm 5:1-7, 10/Ps 89:20, 21-22, 25-26  
[25a]/Mk 3:22-3

**Tuesday:** 2 Sm 6:12b-15, 17-19/Ps 24:7, 8, 9, 10  
[8]/Mk 3:31-35

**Wednesday** 2 Sm 7:4-17/Ps 89: 4-5, 27-28, 29-30  
[29a]/Mk 4:1-20

**Thursday:** 2 Sm 7:18-19, 24-29/Ps 132:1-2, 3-5,  
11, 12, 13-14 [Lk 1:32b]/Mk 4:21-2

**Friday:** 2 Sm 11:1-4a, 5-10a, 13-17/Ps 51:3-4, 5-6a,  
6bcd-7, 10-11 [cf. 3a]/Mk 4:26-3

**Saturday:** 2 Sm 12:1-7a, 10-17/Ps 51:12-13, 14-15,  
16-17 [12a]/Mk 4:35-41

**Next Sunday:** Mal 3:1-4/Ps 24:7, 8, 9, 10 [10b]/  
Heb 2:14-18/Lk 2:22-40 or 2:22-3

## This Week's Mass Intentions

### Saturday, January 25

5:00pm ...**Frank Alfano**, RIP

### Sunday, January 26

9:00am....**Frank Alfano**, RIP

11:30am...**Parishioners of St. Luke**

### Wednesday, January 29

7:30am....**Ginnie Myers**, RIP

### Thursday, January 30

7:30am....**Victor Novotny**, Spec. Int.

### Friday, January 31

7:30am....**Marilyn Cunningham**, RIP

### Saturday, February 1

5:00pm ...**Frank Alfano**, RIP

### Sunday, February 2

9:00am....**Parishioners of St. Luke**

11:30am...**Frank Alfano**, RIP



Our next **EMMAUS** journey will be held

Wednesday, February 5

5:00PM - 7:30PM

## "Lenten Practices"



We begin with a shared meal featuring  
Spaghetti with Meat Sauce, Green Salad, Garlic Bread, Beverage, and Dessert.

Opening Prayer, Song and a Large Group Activity.  
Then we separate into smaller age-appropriate learning groups:  
Pre-k-kindergarten \* Grades 1-5 \* Middle/High School \* Adults  
Finally, we reconvene as a large group; then close with Prayer and Song.  
In this session, we will learn...

**What:** An understanding of Lenten Practices

**Why:** Deepen our spirituality and our relationship  
with God through Lenten Practices

**How:** Prayer ~ formalize our dialogue with God  
Fasting ~ let go of our worldly needs and focus on our spiritual needs  
Almsgiving ~ show God's love for others and  
Be good stewards of what God has given us

\*\*\*\*\*

Be sure to also mark your calendar to join us again...

## St. Patrick's Day Dinner & Bingo is back!

Saturday, March 14th

6:00pm-8:30pm

Dinner 6:00-7:30

M&M Bingo 7:30 - 8:30

Dinner \$5 adults  
Kids 5 & under eat free

Ticket sales after Masses beginning Feb 23rd

*We are gladly accepting scrip donations to help with the purchase of food for this event!*





## Parish Information

### Coming Soon!

**Taste of Saint Luke  
International Cuisine Dinner**  
Saturday, February 8, 2020 • 6:00PM

We will have tables featuring **Polish, Italian, Chaldean, French, Mexican, and American BBQ!**

(If you're not hosting a table, you also can help by donating gift cards for raffle prizes or assisting with general help for the event!)

If you'd like to be a part of this exciting annual tradition, please contact **Linda Kilki**



**TICKETS ON SALE NOW!**

'Tickets are going fast, so get yours soon!'



Come join us!

### Church Cleaning

Monday, January 27  
9:00am - 12:00pm



For more information, please contact:  
**Peggy Nelson**

### Eucharistic Adoration

**Friday, February 7  
8:00am—5:00pm**

(5:00-5:30 Closing Benediction)



Spend a "Holy Hour" with our Lord in silence or in prayer. No experience necessary! For more information or to sign up, contact **Mike Wasylw** or **Angie Huez**

*God Bless You.*

St. Luke will have scrip sales after all Masses on the last full weekend/first full weekend of each month, and following the 9:00am Mass each Sunday!



Complete details on the scrip program, **Smile.Amazon.com**, and the Community Benefits programs from **Ralph's** and **Food4Less** grocery stores can be found on the parish website at

**<https://www.thechurchofstluke.org/ministries>**

(scroll down to the **Scrip** section). Our pre-order form and lists of reloadable cards are also available on the website.

Please contact **Ed Broadhurst** for assistance.

**Remember, Scrip gift card sales benefit St. Luke's Outreach Program!**



Come and join other families in the Parish Hall for play time together with your babies and toddlers!

This group is for all parish families with children from newborn to preschool. Please join us for snacks, playtime and fellowship.

**January 30<sup>th</sup>**

**9:30am-11:00am**

Bring items that make your little treasures smile.

Contact **Linda Nance** or

**Debbie Stenovec** at 619-442-1697 or email at

**[cgs@thechurchofstluke.org](mailto:cgs@thechurchofstluke.org)**



# Parish Directory and Calendar Information

## PARISH DIRECTORY

**Pastor:** Rev. Ron Cochran (619) 442-1697  
**Deacon Emeritus:** Dennie Nickell (619) 442-1697  
**Deacon:** Jerry Stenovec (619) 442-1697  
**Deacon:** Allan Williams (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:** Lance Attig  
 webmaster@thechurchofstluke.org  
**Altar Servers:** Dcn. Alan Williams (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 Wasyliw  
**Eucharistic Ministers:** Linda Jacobson  
**Friends of the Poor:** Martha Evans  
**Greeters:** Maria Oliver  
**Knights of Columbus:** Eddie Vandiver, 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  
**Scrp:** Ed Broadhurst  
**Small Church Communities:**  
 Jane Cruz Alfano (619) 442-1697 x103  
**Society of St. Vincent de Paul:**  
 Mike Wasyliw  
**St. Luke Business Network:** Cathy March  
**Ushers:** George Heidenreich

## 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**

## ❖ This Week at St. Luke ❖

Calendar events are subject to change. For additional calendar and event information, please visit [www.thechurchofstluke.org](http://www.thechurchofstluke.org)

### SATURDAY, 1/25 *The Conversion of St. Paul the Apostle*

*Distribution of Bishop Barron's book*

**10:00am** Cub Scout Pack 391

**3:30pm** Reconciliation

**5:00pm** Mass w/ Baptism: Luca Dowgaluk

### SUNDAY, 1/26 *Third Sunday in Ordinary Time; Catholic Schools Week*

**8:15am** Pro-Life Rosary

**9:00am** Mass w/ Children's Liturgy of the Word

**10:15am** Catechesis of the Good Shepherd I & II

**10:15am** Confirmation Parent Small Group

**10:15am** High School Confirmation Session

**11:30am** Mass w/Children's Liturgy of the Word

**12:30pm** Core Team Meeting

### MONDAY, 1/27 *St. Angela Mirici*

**9:00am** Church Cleaning

**2:30pm** Catechesis of the Good Shepherd I & II

**4:15pm** Catechesis of the Good Shepherd III

**4:15pm** Middle School Faith Formation Session

**6:00pm** Middle School Guys & Girls Session

### TUESDAY, 1/28 *St. Thomas Aquinas*

**9:30am** Women's Scripture Study

**4:00pm** Catechesis of the Good Shepherd III

**6:00pm** Outreach Committee Meeting

### WEDNESDAY, 1/29 *Weekday*

**7:30am** Mass

**4:00pm** Catechesis of the Good Shepherd II

**6:00pm** Young Adult Ministry Gathering

### THURSDAY, 1/30 *Weekday*

**7:30am** Mass

**9:30am** Little Treasures

**4:00pm** Catechesis of the Good Shepherd II

**6:00pm** Catholic in Recovery

### FRIDAY, 1/31 *St. John Bosco*

**7:30am** Mass

### SATURDAY, 2/1 *Presentation of the Lord*

**12:00pm** Middle School Youth Day—offsite

**3:30pm** Reconciliation

**5:00pm** Mass

### SUNDAY, 2/2 *Presentation of the Lord; World Day for Consecrated Life*

**8:15am** Pro-Life Rosary

**9:00am** Mass w/ Children's Liturgy of the Word

**10:00am** Young Married Adults and Families Listening Session

**11:30am** Mass w/Children's Liturgy of the Word

### MONDAY, 2/3 *St. Blaise & St. Ansgar*

*No Meetings*





## Parish Information



**Weekly meetings are held every Thursday evening, 6:00pm, at St. Luke.**

We combine the spiritual principles of 12-step recovery and the traditions of the Catholic Church. Join us as we overlap scripture from Sunday's Mass readings, liturgical themes, and recovery topics with honest discussion and prayer. **Confidentiality is protected.**

**We welcome anyone seeking recovery from:**

**Alcoholism • Drug addiction • Compulsive overeating  
Pornography / Sex addiction • Gambling addiction  
Control, fear, resentment • A loved one's addiction  
or attachment • Other unhealthy attachments**

Questions? You may directly contact Jean Goulding,  
STL Parish Catholic in Recovery Coordinator

## OFFICE VOLUNTEERS NEEDED AT SAINT LUKE!

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

**Experience is required for the following:**

- Fundamental computer skills
- Phone skills
- Data Entry

Please call Business Manager Jim Crockett for  
additional information: **619-442-1697, ext. 110**



# *Save The Date* Married Couples Listening Session

*Married? Have Kids? No Kids? Engaged?  
This is for YOU.*

*Please help us brainstorm your needs and interests in  
order to start a new marriage and family ministry!*

**Sunday, February 2, 2020  
In the Parish Hall  
From 10:00am - 11:15am**

**QUESTIONS OR COMMENTS?  
CONTACT EVELYN AT  
EVELYN@STLUKE-EC.ORG**

Assistive  
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-Please Ask-



### ST. LUKE USES A CHURCH ASSISTIVE HEARING FM SYSTEM!

All church amplified audio is simultaneously transmitted over a FM system. Individual FM "receivers" are available for our use. The Church FM receivers have a single-ear earpiece that plugs into the FM receiver on one end, and into one ear on the other. Better reception is possible by using your personal ear buds (allowing audio to both ears). The best reception will be obtained by t-coil equipped hearing aid users when they use an induction loop.

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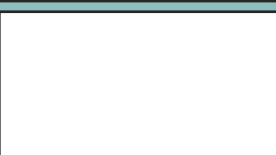
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