

18th Sunday in Ordinary Time — August 1, 2021

Gospel

"I am the bread of life;
whoever comes to me
will never hunger,
and whoever believes in me
will never thirst."

Jn 6:35

Welcome to

THE CHURCH OF

Saint Luke

A ROMAN CATHOLIC COMMUNITY OF DISCIPLES

1980 Hillsdale Road
El Cajon, California 92019

(619) 442-1697
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

Please check the St. Luke website for additional details.
www.thechurchofstluke.org

**Wednesday, Thursday
& Friday—7:30am
Saturday—5:00pm
Sunday—9:00am
Sunday—11:30am**

Sacrament of Reconciliation

Saturday—3:30pm

Parish Office Hours

Monday-Friday
9:00am—5:00pm
Call: (619) 442-1697
Fax: (619) 442-2293



18TH SUNDAY IN ORDINARY TIME

FIRST READING: EXODUS 16:2-4, 12-15

SECOND READING: EPHESIANS 4:17, 20-24

GOSPEL: JOHN 6:24-35

First Reading: Early in their Exodus journey, the Israelites expressed fear and frustration to Moses. God heard and responded to their "grumbling" by sending bread from heaven. When you have you experienced God answering your plea for help?

Second Reading: Paul told the Ephesians that as believers in Christ you should "put away" the bad parts of "your former way of life." How have you done this in your life as a believer in Christ?

Gospel: We hear today the introduction of Jesus' extended "bread of life" discourse. In referring back to the ancient Israelites who ate "manna" (bread) in the desert, Jesus tells the crowds: "I am the bread of life." How would you explain to someone how Jesus sustains you?

Parish & Finance Councils, Gospel Meditation

PARISH PASTORAL COUNCIL

The Parish Pastoral Council normally meets on the third 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

Jane Cruz Alfano,
Parish Life Director
Fr. Don Coleman,
Parish Priest
Mark Balmert
Tony Camara
Amy Cannon
Julia Caputo,
Chairperson
Theresa Dodd-Butera
Bob Guarnotta
Kay Krueger
Kevin Lawrence
Don Mercurio
Tom Selfani
Dcn. Dennie Nickell,
Deacon Emeritus
Dcn. Jerry Stenovec

PARISH FINANCE COUNCIL

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

PARISH FINANCE COUNCIL MEMBERS

Jane Cruz Alfano,
Parish Life Director
John Krueger,
Chairperson
Amy Cannon
George Heidenreich
Cathy March
Dave Sapper
Jim Stepovich

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

18th Sunday in Ordinary Time

“You cannot see the forest for the trees” is a widely known saying that can bring wisdom to our understanding of our journey. Often, our sight becomes limited to what is immediately before us. We lose touch with lessons and experiences from the past and promises and hope for the future. As human beings, we have the privilege of being able to choose things. What I like and don’t like, want, and don’t want can be major preoccupations of our minds and hearts. Our preferences and desires begin to define us more than the simple fact of our being. Who we are matters more than what we are or what we have. If we don’t move beyond the external and superficial stuff to what really is of essence, we risk becoming very unsettled, disorientated, angry, and unhappy. We fail to see the bigger picture of hope and promise that lies ahead and the Divine Presence that has sustained and carried us before.

We like it when the “now” time of our lives satisfy us. Even the people who witnessed Jesus feed the five thousand got confused and distracted. It felt good when thousands of people were able to eat. They wanted to know what they could do to get this to happen again! But Jesus quickly reminds them that this is not the point of this sign. As much as the now time of our lives is of concern, it is not what is ultimately important. We need to learn the difference between being and doing, drawing more strength from who we are and who God is rather than what is happening around us and the choices we can make. Jesus is the true bread that came down from heaven. Jesus is the very incarnate presence of God who sustains life and assures us that we will not perish. This is not easy to understand and feel. We have to practice being in the presence of ourselves, others, creation, and God. We are brought to a holy place when we encounter the sacredness of being. This is real prayer.

Then, we learn to trust. It is when we cease trusting that we start to become afraid, uncertain, apprehensive, and doubtful, and overly self-concerned. We even start to grumble. God has our back. That is the essential powerful message of the living bread come down from heaven. God, who is alpha is also omega, the beginning and the end, and has everything in between in his care as well. A woman once remarked that her most powerful God moment happened when she and her husband cuddled with their new baby for a time. Without exchanging words and using only the affection communicated through sight and touch, they rested in being with each other. This brought them to the sacred, where they realized that a greater Being was with them. It was real. They knew that they were part of something bigger, intimate, and profound. When we rest in the Living Source of life, we will find that our souls are no longer hungry or thirsty.



**The Church of St. Luke warmly welcomes our new Parish Priest
Rev. Donald Coleman**

Prayer Requests, Weekly Readings and Mass Intentions

PRAYER REQUESTS

Janet Pickard, Gary Reece, David & Annmarie Quezon, Laman Abdulhad, Sophia David, Dcn. Dennie Nickell, Nancy Ursey, Thelma Zinich, Jonathan Zumwalt & Family, Davin Brooks, Pat Maultra, Jerri Ann Carroll, Willy Gatus, Kristen Izotic, Chris Foraker, Brian Hill, Connie Bowen, Cherokee Eddy, Eileen Milnick, Jose Luis, Bobbie Allen, Frank Wilusz, Thomas Dennison, Michael Sanchez, Joanne Silva, Thomas & Charlie Frechette, 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, Citiali Chavez, Rosalie Cline, Sandie Tessier, Logan Bedsole, Jeanette Craig, David Ashbaugh, Chris Martin, Mavi Ghio, Ryan Smith, Matthew Chu, Rose Falls, Richard Frechette, 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, 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 July 25th:

Weekly Mass offering: \$ 5,496.00
Weekly WeShare/Online Giving: \$ 4,889.00

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
August Wedding Anniversaries

Richard & Florence Van Der Karr61 years
Billy & Mary Jane Papenhausen.....56 years
Ben & Susie Machado55 years
Wayne & Mary Kay Sieckman48 years
Michael & Norma Soares.....53 years
Richard & Colleen Venancio.....53 years
Tom & Keltie Haggard.....51 years
Jim & Janis Lindgren50 years
Zen & Bridget Barelka.....45 years
Rick & Jo-Marie Roberts41 years
Dan & Jean Goulding36 years
Schuyler & Gloria Boyce31 years
Frank & Yoli Thompson.....25 years
Brad & Gina Elsass16 years
Frank & Alexxa Terrazas8 years

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

Readings for the week of Aug. 1, 2021

Sunday: Ex 16:2-4, 12-15/Ps 78:3-4, 23-24, 25, 54 [24b]/Eph 4:17, 20-24/Jn 6:24-35

Monday: Nm 11:4b-15/Ps 81:12-13, 14-15, 16-17 [2a]/Mt 14:13-21

Tuesday: Nm 12:1-13/Ps 51:3-4, 5-6ab, 6cd-7, 12-13 [cf. 3a]/Mt 14:22-36 or Mt 15:1-2, 10-14

Wednesday: Nm 13:1-2, 25—14:1, 26-29a, 34-35/Ps 106:6-7ab, 13-14, 21-22, 23 [4a]/Mt 15:21-28

Thursday: Nm 20:1-13/Ps 95:1-2, 6-7, 8-9 [8]/Mt 16:13-23

Friday: Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9 [1a and 9a]/2 Pt 1:16-19/Mk 9:2-10

Saturday: Dt 6:4-13/Ps 18: 28, 3-4. 47 and 51/Mk 17:14-20

Next Sunday: 1 Kgs 19:4-8/Ps 34:2-3, 4-5, 6-7, 8-9 [9a]/Eph 4:30—5:2/Jn 6:41-51

Prayer Intentions

Saturday, July 31

5:00pm—Tommy Collet Jr., RIP,
Gene Collet, RIP

Sunday, August 1

9:00am—Parishioners of St. Luke
11:30am—Presider's Intention

Wednesday, August 4

7:30am—Julie Maier, RIP

Thursday, August 5

7:30am—Presider's Intention

Friday, August 6

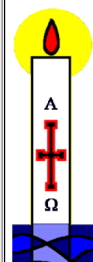
7:30am—Carmelo Maitilasso, RIP,
Robert Toy, RIP

Saturday, August 7

5:00pm—Tracy Sramek, RIP, Carmelo Maitilasso, RIP

Sunday, August 8

9:00am—Robert Toy, RIP, Salma



SPACE IS LIMITED FOR PRE-K - 5TH GRADE SESSIONS! VISIT
WWW.THECHURCHOFSTLUKE.ORG/REGISTRATION

REGISTER FOR *Faith Formation*

Faith Formation programs at
 the Church of St. Luke include:

Catechesis of the Good Shepherd

Contact
 Michelle@stluke-ec.org

First Communion & Reconciliation

Contact
 Jenny@stluke-ec.org

Middle School Ministry

Contact
 Evelyn@stluke-ec.org

High School Confirmation Ministry

Scan Here



FILL OUT THE ONLINE REGISTRATION FORM & PAY ONLINE OR
 BY CHECK. SESSIONS START THE WEEK OF OCTOBER 3, 2021!

EVERYDAY STEWARDSHIP RECOGNIZING GOD IN EVERYDAY MOMENTS

Practicing Graciousness in the Desert

Looking back over my journey of parenthood, I know there were days when I traveled the extra mile for my children. I made their toast the way they like it, let them play in the park an extra ten minutes, or let them go to the movies with their friends and I finished up the chores on my own. And then, it happened: the attitude. The request for the smallest thing from one of them is met with disdain or bewilderment.

Sometimes you can be made breathless with the ingratitude of another person who takes so much and with so little shame, only to scoff at the idea that they, too, give even the smallest amount.

But if we're being honest with ourselves, we will admit that we do the exact same thing to God. Haven't we all been the Israelites in the desert at one point or another? God has parted our Red Sea in some way. He's led us out of some great trial, given us some great blessings. But then we run into a little resistance somewhere along the way and we throw up our hands. How could you do this to us, Lord? How could you ask this of us? No, I can't go any further. No, I won't do any more.

Persisting in the blindness to the many ways God continues to protect us is nothing short of a temper tantrum. It robs our Everyday Stewardship of its graciousness, of our ability to accept with joy the trials of life because we are also constantly aware of its blessings.

— Tracy Earl Welliver, MTS

sorting SUPPLIES



Please come and
 lend a hand!

Tuesday, 8/17
 9:00am
 Church Hall

(See page 5 for
 supply info!)



How many
 books are in the
 New
 Testament?

- a) 34
- b) 27
- c) 56
- d) 18

*The Lord
 gives bread
 from heaven.*

PSALM 78



Pro-Life Rosary

Please join us
**Sundays
 at 8:15am**

(before the 9am Mass)

Join The St. Luke Outreach Committee for the



School Supply Drive July 25–Aug. 15, 2021



***Fill the lunch box with gift cards for School Supplies,
or donate the supplies listed below!***

(Anza qualifies as a low income school, and your support is greatly appreciated.)



Due to the pandemic, all school supplies are in demand due to sharing guidelines. If the child is being home schooled, supplies will be made available from Anza Elementary.

Walmart or Target gift cards are preferred, but cards from any retailer selling school supplies are gratefully accepted. **No need to shop!** Simply drop a gift card or check in the basket at Mass. You may also mail a monetary donation to the Parish Office; we will purchase gift cards for you using the St. Luke Scrip program, then place them in the “lunch box.”

(If you prefer to use a check, please write, “Outreach school supplies” on the Memo line.)

We are equally grateful for donations of the supplies listed below!

Coloring Books
Puzzles for Kindergarten
Play Dough
School Back Packs
Scissors
Rulers
Elmer’s Glue
Glue Sticks
Paintbrushes
Watercolors
Construction Paper Variety



Crayons (standard)
Crayons (thick, for K-1)
Pencils (thick, for K-1)
Retracting Pencils
Color Pencils
Pencil Boxes
Pencil Sharpeners
Big Erasers
BIC-type pens (Blue, Black, Red)
Expo Dry-Erase Markers
Color Markers
Correction Fluid or Pens

Binders
Two-Pocket Paper Folders
Spiral Notebooks
Graph Paper Notebooks
Notebook Paper
Composition Notebooks
Calculators
Masking Tape
Geometry Sets



Please return donations on or before August 15TH

Thank you for your generosity, compassion, and for participating in God’s work!

The Saint Luke Outreach Committee

Parish Directory and Observances

PARISH DIRECTORY

Parish Life Director: Jane Cruz Alfano (619) 442-1697 X103

Parish Priest: Fr. Don Coleman (619) 442-1697

Deacon Emeritus: Dennie Nickell (619) 442-1697

Deacon: Jerry Stenovec (619) 334-1191

Financial Assistant: Tina Miller (619) 442-1697 x110

bkkpr@thechurchofstluke.org

Admin Assistant: Joanie Maitilasso (619) 442-1697 x101

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Facility Manager: Robert Stevenson (619) 442-1697 x109

facman@thechurchofstluke.org

Web Master: Madeline Flores

madeline@stluke-ec.org

Choir Director: Colin McColl

Organist: Susan Paul

FAITH FORMATION

Catechetical Ministry: Jane Cruz Alfano, Parish Life Director
(619) 442-1697 x103 pldir@thechurchofstluke.org

Coordinator of RCIA: Dcn. Jerry Stenovec
gerald.m.stenovec@boeing.com

Coordinators of PreK-5 Faith Formation:

Michelle Hayford; 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

Altar Servers: Jane Fuzak

Baptism Class: Dcn. Jerry Stenovec

Church Cleaning Crew: Peggy Nelson

Cub/Boy Scout Religious Emblems:

Shannon Vint

Eucharistic Adoration: Mike Wasyliv

Eucharistic Ministers: Maria Giddens

Knights of Columbus: Don Mercurio, GK

Lectors: Susan Smothers

Marriage Preparation: Jane Cruz Alfano

(619) 442-1697 ext.103

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

Scrip: 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 with any inquiries.

Thank you!

This week at St. Luke

Calendar events are subject to change. For additional calendar and event information, please visit www.thechurchofstluke.org

SATURDAY, 7/31 St. Ignatius of Loyola; 18th Sunday in Ordinary Time

3:30pm Reconciliation

5:00pm Mass

SUNDAY, 8/1

18th Sunday in Ordinary Time

8:15am Pro-Life Rosary

9:00am Mass

11:30am Mass

MONDAY, 8/2

St. Eusebius of Vercelli; St. Peter Julian Eymard

No Meetings

TUESDAY, 8/3

No Meetings

WEDNESDAY, 8/4

St. John Vianney

7:30am Mass

THURSDAY, 8/5

The Dedication of the Basilica of St. Mary Major

7:30am Mass

6:30pm Rosary: Robert Toy

FRIDAY, 8/6

The Transfiguration of the Lord

7:30am Mass

11:00am Funeral Mass: Robert Toy

SATURDAY, 8/7

St. Sixtus II and Companions, Martyrs; St. Cajetan

3:30pm Reconciliation

5:00pm Mass

SUNDAY, 8/8

19th Sunday in Ordinary Time

8:15am Pro-Life Rosary

9:00am Mass

11:30am Mass

MONDAY, 8/9

St. Teresa Benedicta of the Cross

No Meetings



WHY DO WE DO THAT?

CATHOLIC LIFE EXPLAINED

Question: *What can I do to help our family practice our faith each day?*

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope... But the focus needs to be on who we are—God's people, in relationship with him, loved, forgiven, and redeemed, and called to live and proclaim the Gospel. Our awareness of God's presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian living.

Daily family practices include time for prayer—before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God's people.



Baby Bottle Drive

At Church of St. Luke

Help our pro-life ministry by making a donation on *August 14 and 15* using a virtual donor card or taking home a baby bottle

Your donations will help provide:

- medical, mental, and spiritual help to women in crisis pregnancies
- educational programs
- pro-life events for the community!



COPING WITH LIFE ALONE

Sponsored by:



ONE-DAY WORKSHOP:

August 28, 2021, 9am to 5pm

St. Mary Parish (Escondido)

Mass celebrated following our workshop

This workshop is for men and women coping with the loss of marriage due to divorce, separation, or death.

This day is filled with listening, reflecting, and sharing to guide your own healing journey.

The Holy Spirit will be there too!

Information / Sign-up with Vicki Fach by calling (858) 748-2273 or by email at BeginningExperienceSD@gmail.com

LIVE THE LITURGY

INSPIRATION FOR THE WEEK

When we lose our ability to trust, we become afraid. When we are afraid, we may

begin to grumble and question whether where we are is where we need to be. For us who have faith, we even question whether God is who God says He is. Trust is so important to our success on our journey. Often, the road of our lives can become a bit treacherous. We may find ourselves feeling more unsettled than comfortable and less fulfilled than we would like to be. As much as we try, the pieces of our puzzle don't quite fit together as they ought. We wonder if we will ever experience happiness again. Then, something reminds us that God is very much present in this mess we call life. God is still bringing hope out of despair and life out of death. After all, God is the true bread that comes down from heaven to give life. All that is necessary is for us to trust in this truth, even when we may be lacking in some of life's essentials. The God who gives life is the same God who sustains it. He is also the same God who assures us that we will not perish.

Trivia answer: b

Andy Yono
CA Lic # 0B00801

3855 Avocado Blvd #220
La Mesa



Brian Yono
CA Lic # 1990253

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