

Eighteenth Sunday in Ordinary Time — August 2, 2020

Gospel

When it was evening, the disciples approached him and said, "This is a deserted place and it is already late; dismiss the crowds so that they can go to the villages and buy food for themselves." Jesus said to them, "There is no need for them to go away; give them some food yourselves." But they said to him, "Five loaves and two fish are all we have here."

Mt 14:15-17

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

Saturday: 5:00pm
(Livestreamed)

Sunday 9:00am
(Outdoor Mass)

Sacrament of Reconciliation

Available by appointment

Parish Office Hours

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



18TH SUNDAY IN ORDINARY TIME

FIRST READING: **Isaiah 55:1-3**

SECOND READING: **Romans 8:35,-37-39**

GOSPEL: **Matthew 14:13-21**

Reflection: Reflect upon/Share about your experience of being asked to help others? What was their need? Did it seem overwhelming to you? How did you help them, or how did you avoid helping them? How do you help the Church to help the needy?

Alternative Reflection: Think about times when you are asked to share something of yours with someone else. How do you usually feel about it, at first? Is it difficult for you to share your things with others, or easy... Why? How do you usually feel after you've shared your things? What do you think Jesus wants you to do?

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
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
Jim Crockett
George Heidenreich
John Krueger
Cathy March
Dave Sapper
Jim Stepovich

EVERYDAY STEWARDSHIP—RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

The Power of a Simple Action

I remember seeing a story on a morning news program about a little girl who wanted to give an elderly man in a grocery store a hug. She had no way of knowing that this man had just lost his wife of many years and now felt so very alone and depressed. Her reaching out to the man seemed odd to her mom at first, but the girl was so insistent about giving a hug she moved the shopping carts close together so the exchange could take place. No one knew that from that moment on the little girl would ask to visit her new friend at least once a week for the next four years until he passed away. In an interview soon after the initial encounter, the man said, "I haven't been this happy in some time." Imagine the joy that relationship brought to them both over the years!

It was just a moment. It was a simple gesture. Yet, it had a large impact that no one could have predicted. You never know what will result when we give just a little of ourselves. That uncertainty too often leads us to hold back or refrain from the simple actions of love or gestures of generosity that could come so easily for us if we wanted. We should never doubt the power of a simple random act of kindness. Generosity does not need to be grand to make a big difference. The time is now, and the opportunity presents itself often to plant a small seed that God can water and nourish so that something beautiful can grow.

-Tracy Earl Welliver, MTS



WHY DO WE DO THAT?

Catholic Life Explained

Question: Why do Catholics need to go, or should want to go, to Mass every Sunday?

Answer: The heart of the Church's instruction that we are to attend Mass on Sundays goes back to the Third Commandment:

"Take care to keep holy the sabbath day as the LORD, your God, has commanded you" (Deuteronomy 5:12). Although the Jewish People celebrate the Sabbath on Saturday, the first generations of Christians began to observe the sabbath on Sunday, recognizing how important it is for Christians to celebrate the day that Jesus rose from the dead. As the United States Catholic Catechism for Adults observes, "Sunday extends the celebration of Easter throughout the year ... It makes present the new creation brought about by Christ" (364).

The focus of our Sunday should be the celebration of the Eucharist in the Mass. This is our time to be formed by God's Word and nourished at the table of the Lord, becoming prepared to live out and share our faith in the week that follows. In his encyclical, *Dies Domini*, Pope Saint John Paul II reminded us that Christians "cannot live their faith or share fully in the life of the Christian community unless they take part regularly in the Sunday Eucharistic assembly" (no. 81). This is why the Church teaches us that Sunday Mass is a non-negotiable part of being a Christian (see *Catechism of the Catholic Church*, no. 2192).

Beyond being a time of worship, we should also remember that Sunday is intended to be a day of rest, when we make time for recreation, for sharing meals, and enjoying the company of friends and family. Sunday is given to us as a day to take stock of and enjoy the blessings that God has given us (see *Catechism of the Catholic Church*, no. 2187). Pope Francis reminds us, "The day of rest, centered on the Eucharist, sheds its light on the whole week, and motivates us to greater concern for nature and the poor" (*Laudato Si'*, no. 237).

Prayer Requests, Mass Intentions and Weekly Readings

Prayer REQUESTS

Laman Abdulahad, Brian Hill, Connie Bowen, Ken Caley, Marie Silva, 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, Donna & 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, 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, 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 26th:

Mass offering: \$ 3,518.00
Weekly Online Giving: \$ 4,866.00

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 (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

John & Donna Vugrin.....68 years
Richard & Florence Van Der Karr.....60 years
Billy & Mary Jane Papenhausen.....55 years
Ben & Susie Machado.....54 years
Wayne & Mary Kay Sieckman.....47 years
Michael & Norma Soares.....52 years
Richard & Colleen Venancio.....52 years
Tom & Kelcie Haggard.....50 years
Jim & Janis Lindgren.....49 years
Terry & Ann Murray.....48 years
Zen & Bridget Barelka.....44 years
Rick & Jo-Marie Roberts.....40 years
Dan & Jean Goulding.....35 years
Schuyler & Gloria Boyce.....30 years
Frank & Yoli Thompson.....24 years
Greg & Adriana Raspberry.....20 years
Dave & Karen Sapper.....16 years
Brad & Gina Elsass.....15 years
Frank & Alexxa Terrazas..... 7 years

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

Readings for the week of August 2, 2020

Sunday: Is 55:1-3/Ps 145:8-9, 15-16, 17-18
[cf. 16]/Rom 8:35, 37-39/Mt 14:13-21

Monday: Jer 28:1-17/Ps 119:29, 43, 79, 80, 95, 102 [68b]/Mt 14:22-3

Tuesday: Jer 30:1-2, 12-15, 18-22/Ps 102:16-18, 19-21, 29 and 22-23 [17]/Mt 14:22-36 or Mt 15:1-2, 10-14

Wednesday: Jer 31:1-7/Jer 31:10, 11-12ab, 13 [cf. 10d]/Mt 15:21-28

Thursday: Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9 [1a, 9a]/2 Pt 1:16-19/Mt 17:1-9

Friday: Na 2:1, 3; 3:1-3, 6-7/Dt 32:35cd-36ab, 39abcd, 41 [39c]/Mt 16:24-28

Saturday: Hb 1:12—2:4/Ps 9:8-9, 10-11, 12-13 [11b]/Mt 17:14-20

Next Sunday: 1 Kgs 19:9a, 11-13a/Ps 85:9, 10, 11-12, 13-14 [8]/Rom 9:1-5/Mt 14:22-3

Prayer Intentions

Saturday, August 1

William Stevenson, RIP

Sunday, August 2

Christopher Sorenson, RIP

Saturday, August 8

Tracy Sramek, RIP

Sunday, August 9

Parishioners of St. Luke



Gospel Meditation, Live the Liturgy & Catholic Traditions

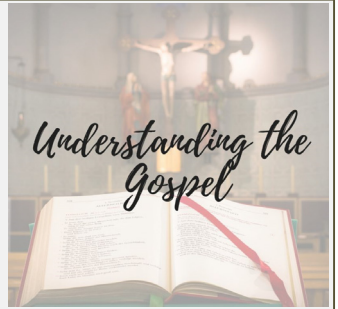
LIVE THE LITURGY: Inspiration for the Week



What do you really hope and hunger for? We are most familiar with our physical hungers and cravings as they are quite obvious. What we don't always realize is that we also have emotional and spiritual hungers. Many are starving for acceptance and love. Many others hunger for a sense of purpose, more focused direction, and deeper connection and meaning. Our hungers can easily get confused. We think we are in need of one thing but are actually being driven by another. We need to recognize and pursue our spiritual hungers. If we do not do so, we will attempt to fill these needs with lesser, and not always healthier, things. God, ultimately through the Eucharist, is the only One who can quench our more profound thirsts. Have we discovered this yet?

EIGHTEENTH SUNDAY IN ORDINARY TIME

August 2, 2020



Many people in our world are hungry and thirsty. This hunger and thirst go well beyond physical needs for food, security, and shelter. Many are emotionally and spiritually parched, too. Behind every act of violence is a soul who hungers. People live with relationships that actually starve them. They are abused, exploited, disrespected, laughed at, and marginalized. There is a lot of confusion and inner pain that needs to be acknowledged and expressed. We all long to be understood and loved, even when our inner demons or who I am make it difficult to be. Do you live with inner confusion and pain? Folks often wander through life without any real direction or purpose and take their cues from what seems satisfying or popular at the moment. The deeper dots of our lives can easily remain unconnected, and we can find ourselves without grounding, purpose, or real happiness. Life becomes shallow and without real purpose as we hunger and thirst for an ultimate love.

It's easier to see the physical hungers and thirsts. We try to respond to these as best we can. Much more needs to be done. With all that God's earth can provide, nobody ought to face sleep at night with a belly that's empty. It's sinful. It's unjust. But isn't all hunger unjust? It doesn't need to be, and it should not be. Just as no one ought to be physically hungry and thirsty, there is really no need to be emotionally or spiritually deficient either. If we have more privileges at our fingertips, it is easier to try to satisfy our emotional and spiritual hungers and thirst by acting on impulse or self-indulgence, carelessly following passions, or by seeking self-destructive ways to dull the ache of emptiness.

Folks need to know where to look for nourishment and need the right friends to help them find it. We may not think that we have enough to respond to and to satisfy all of the needs, but we do. It doesn't take much. Five loaves and two fish provided for a huge crowd. With God, all things are possible. Our faith provides the direction for where God's children must go to find the nourishment they seek. It also tells us how to structure life so that justice and equity can be a reality for all. It also tells us how to respond to pain, sinfulness, and confusion. Come to the water and then help another get there.

Celebration of Mass



The Diocese of San Diego provides weekly Masses, via video stream, in English, Spanish and Vietnamese.

<http://sdcatholic.org/>



Daily Mass is celebrated on the **EWTN** channel, and also on Sundays (9:00am & 9:00pm)



Weekly Mass is celebrated at Saint Luke:
Livestream Mass (Saturdays at 5:00 pm)

www.stluke-ec.org

and **Outdoor Mass** (Sundays at 9:00am).
(No Reservation Needed)

Please visit the St. Luke website
for more information about our
Mass celebrations at www.stluke-ec.org



St. Luke welcomes
Father Jim Rafferty in August!

Weekly Rosary
Sundays
8:15am



Join via Zoom

See our website: www.stluke-ec.org

Gratitude in Action



The 2020 Annual Catholic Appeal supports Catholic Schools, Clergy and Seminarian support, Faith Formation and Catholic Charities. To donate, please go to <https://giving.sdcatholic.org>

ANNUAL CATHOLIC APPEAL
GOAL: 54,000 DONATIONS: 38,565

ANNUAL PARISH APPEAL
GOAL: 36,000 DONATIONS: 47,934

Our Response as Stewards

REFLECT—On the many gifts you have received from God, including your financial blessings.

PRAY—About how God wants you to use the gifts He has given you.

RESPOND—By supporting the mission. You can give at your parish, or online at <https://thechurchofstluke.org> or at <https://giving.sdcatholic.org>



Help Saint Luke Outreach

Fill the lunch box with gift cards for School Supplies

Donate gift cards or checks to fill

Anza Elementary School's Lunch Box.

Anza qualifies as a Low Income school and your support is greatly appreciated.

Due to the pandemic all school children must have their own school supplies. If the child is being home schooled, supplies will be available from the school. The preference is Walmart or Target gift cards, but any retail gift card is acceptable. No need to shop! Simply drop a gift card or check in the basket at Mass. You may also mail your monetary donation to the Parish Office. We will then purchase gift cards on you behalf through our St. Luke Scrip program and place them in the lunch box.

(If you prefer to use a check, please write, "Outreach school supplies" on the memo line of the check).

PLEASE RETURN BEFORE AND NO LATER THAN AUGUST 30TH

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: Madeline Flores
 madeline@stluke-ec.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: 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 Wasyliw
St. Luke Business Network: Cathy March
Ushers: George Heidenreich

JOANIE MAITILASSO, Bulletin Editor

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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 have been
cancelled until further notice.*

OBSERVANCES FOR THE WEEK OF AUGUST 2, 2020

Sunday: 18th Sunday in Ordinary Time
 Tuesday: St. John Vianney, Priest
 Wednesday: The Dedication of the Basilica of St. Mary Major
 Thursday: The Transfiguration of the Lord
 Friday: St. Sixtus II, Pope, and Companions, Martyrs;
 St. Cajetan, Priest
 Saturday: St. Dominic, Priest
 Next Sunday: 19th Sunday in Ordinary Time

GIVE VIA TEXT MESSAGE



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credit cards, checking, or savings accounts.

- 1 Text Keyword "stluke" to 800-950-9952.
- 2 Click the link.
- 3 Complete your gift.



Contact our Customer
Support Team at
weshare@4lpi.com

Parish Information

Questions of the Week

Reflect & Respond to Scripture

First Reading

Near the end of Israel's captivity in Babylon (597-538 BC), the prophet Isaiah spoke of the Lord's desire to be unimaginably generous and life-giving to his people. How has the Lord been generous in gifts to you and your family?

Second Reading

In his letter to the Christians in Rome, Paul speaks of God's inseparable bond of love for us through Jesus Christ. In what ways does this sense of God's love for us help you in times of stress and anxiety?

Gospel Reading

In the immediate aftermath of the news of the death of John the Baptist, Matthew reports that Jesus, "moved with pity," cured those who were sick in the crowds and fed the entire crowd of 5,000. How do you react toward others for whom you feel "pity"?



GROWING 
WITH THE *Gospel*
CYCLE A

18th Sunday in Ordinary Time • Matthew 14:13-21

Imagine being one of Jesus' disciples. One moment you see more than 5,000 hungry people. You don't know what to do. The next moment you see Jesus turn a small lunch into a huge feast. Jesus gives you the food, and he asks you to share it with the hungry people. Jesus asks the same thing today. Share what he gives you with others, too.

Prayer ✝

Jesus, help me to share what you have given me.

Something to Draw ✍

Draw a picture of yourself handing out food to hungry people.

Mission for the Week 🖐

Donate groceries to a food pantry.

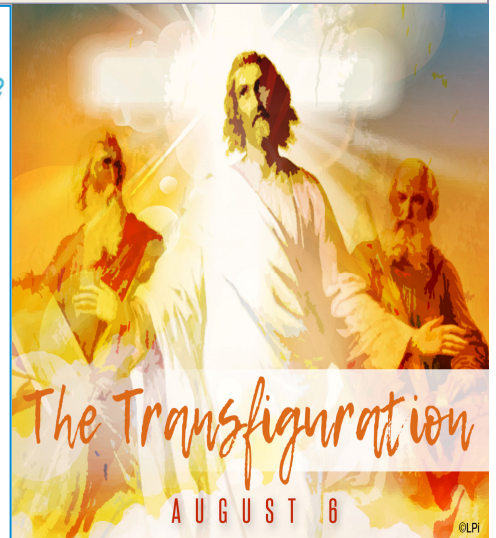
THE ONE WHO HAS HOPE
LIVES DIFFERENTLY; THE
ONE WHO HOPES HAS
BEEN GRANTED THE
GIFT OF A NEW LIFE.

—POPE BENEDICT XVI

**Please remember
St. Luke's RCIA
candidates in your prayers**



For the elect and candidates seeking to join the Catholic community of faith; that trusting in the truth of Christ even in the midst of waiting during this time of pandemic, that they may be strengthened in their freedom of mind and heart, and persevere as they wait for the celebration of Sacraments of Initiation.



😊 Church Chuckles

A pastor and a taxi driver both died and went to heaven. St. Peter was at the pearly gates waiting for them. "Come with me," said St. Peter to the taxi driver. The taxi driver did as he was told and followed St. Peter to a mansion. It had everything you could imagine, from a bowling alley to an Olympic-sized swimming pool. "Wow, thank you," said the taxi driver. Next, St. Peter led the pastor to a rugged old shack with a bunk bed and a little old television set. "Wait, I think you are a little mixed up," said the pastor. "Shouldn't I be the one who gets the mansion? After all, I was a pastor, went to church every day, and preached God's word." "Yes, that's true," said St. Peter. "But during your sermons, people slept. When the taxi driver drove, everyone prayed." 😊