First Sunday of Advent — November 29, 2020

Gospel

"It is like a man traveling abroad. He leaves home and places his servants in charge, each with his work…"

Mk 13:34a

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 5:00 pm
Outdoor Mass
No reservation needed

Sundays 9:00am
Livestreamed
Outdoor Mass
No reservation needed

Sundays 11:30am
Outdoor Mass
No reservation needed

Sacrament of Reconciliation

Available by appointment

Parish Office Hours

Monday-Friday
9:00am—5:00pm

Call: (619) 442-1697
Fax: (619) 442-2293

1ST SUNDAY OF ADVENT

FIRST READING: **Isaiah 63:16b-17, 19b; 64:2-7**
SECOND READING: **1 Corinthians 1:3-9**
GOSPEL: **Mark 13:33-37**

Reflection: *Reflect upon/Share about a time when you were put in charge of something important. How did it make you feel? How did the person who put you in charge feel about your accomplishment? What can you do to make sure Jesus is happy about what he has given you to accomplish?*

Alternative: *What work has God given you to do (what is your purpose), at this stage in your life? How does that fit into the overall purpose of your life? If the Lord returned today, would he be happy with how you are doing the work he put you in charge of?*

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 Stenovec
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

Gospel Meditation

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

First Sunday of Advent
November 29, 2020

You are at the eye doctor and it's time for the peripheral vision test. You know the one. It's where you put your head up to a contraption and have to click a switch every time you see a squiggly line. If you don't concentrate and maintain optimal focus, you will miss them and skew the outcome of the test. You can easily find yourself with a diagnosis that really isn't accurate! Concentration and focus are key to succeeding with this evaluation. They are also key to developing a healthy, vibrant spiritual life. If we do not bring our full consciousness to the task, concentrate with all our might, be watchful and vigilant, we are not going to see God's loving presence flashing before our eyes!

That's why we need Advent. Let's face it. We can easily get distracted, focus on nonessential and superficial things and lose touch with what really matters. Our attentions wander. We daydream and even become a bit overwhelmed and tired. All of the stresses and demands of life consume us and we find ourselves constantly trying to play catch up rather than relishing the moment of the now. "Now" moments are so fleeting. They flash before us like those squiggly lines on a screen. Present moments go as quickly as they come but it is important to discover them and rest in them as often as we can. Though gone in a flash, these now moments of encounter with God teach powerful lessons and offer a grounding in truth that can be found nowhere else. It's the grace of Advent to become watchful and attentive because we are never sure when God will surprise us.

God loves surprises and love thrives on them! God's now moments of surprises come as tender instants of intimate connection where I find profound peace, experience joy, and rest in love. These are Advent times reflective of the now moments when Christ first was born, when God surprises us during every time we care to watch and when the great surprise of Christ's second coming dawns upon us all. But, to discover the grandeur and experience the awe of these now times, we have to be ready. We have to want to be there. We have to believe. And, we have to have the desire to soak in as much as we can in the time we have before us.

Everyday Stewardship

RECOGNIZING GOD IN YOUR ORDINARY MOMENTS

In the Unexpected

"What could happen next?" How many times have you asked yourself that question in the past year? Though we most often use that expression when things don't seem to be going our way, this year it has been an expression of the constant changes to our world which the COVID-19 pandemic has wrought. But we might use the same expression to explain our feelings of being overwhelmed by blessings and good things, when the stars seem to align just right.

No matter what, we can say with certainty that tomorrow will not go exactly as we envisioned. Our lives are influenced by so many factors and the world around us is increasingly complex. Rather than be surprised by the unexpected, maybe we should expect the unexpected.

Living in this manner causes us to cherish more deeply the gifts we have been given. It helps us to live in the present and become mindful of those around us. Our relationships deepen. Our sense of responsibility builds. Our stewardship way of life finds new meaning and purpose.

This Advent will not be the same experience as last Advent. It remains to be seen what the coming days and weeks have in store for each of us. However, no matter what happens, Jesus Christ is there to welcome us to the unexpected. He will celebrate with us in joy and he will even feel our pain. You can count on the unexpected, but you can also count on Him to be there with you. He is now and forever, Emmanuel, "God with us." He is the expected in all things unexpected.

— *Tracy Earl Welliver, MTS*

Prayer Requests, Mass Intentions and Weekly Readings

Our Love & Prayers Go Out To...

Laman Abdulahad, Reef Wasyliw, 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, 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, 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

Please pray for November Wedding Anniversaries

Tom & Nia Olinger ..... 40 years
Greg & Margaret Baxter..... 34 years
Dave & Edean Condit..... 34 years
Greg & Sallie Saltzman ..... 30 years
Francia & Mynor Pinillos..... 11 years
Eddie & Natalie Vandiver ..... 10 years
Mike & Marie Hickey ..... 9 years

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

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 November 22nd:

Weekly Mass offering:	**$**	**3,762.00**
Weekly WeShare/Online Giving:	**$**	**5,499.00**

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.

Readings for the week of November 29, 2020

Sunday: Is 63:16b-17, 19b; 64:2-7/Ps 80:2-3, 15-16, 18-19 [4]/1 Cor 1:3-9/Mk 13:33-37

Monday: Rom 10:9-18/Ps 19:8, 9, 10, 11 [10]/Mt 4:18-22

Tuesday: Is 11:1-10/ Ps 72:1-2, 7-8, 12-13, 17 [cf. 7]/Lk 10:21-24

Wednesday: Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6 [6cd]/Mt 15:29-37

Thursday: Is 26:1-6/Ps 118:1 and 8-9, 19-21, 25-27a [26a]/Mt 7:21, 24-27

Friday: Is 29:17-24/Ps 27:1, 4, 13-14 [1a]/ Mt 9:27-31

Saturday: Is 30:19-21, 23-26/Ps 147:1-2, 3 -4, 5-6 [cf. Is 30:18d]/Mt 9:35—10:1, 5a, 6-8

Next Sunday: Is 40:1-5, 9-11/Ps 85:9-10, 11-12, 13-14 [8]/2 Pt 3:8-14/Mk 1:1-8

Prayer Intentions

Sunday, November 29
9:00am… .**Parishioners of St Luke**
11:30am ...**Miriam Barbat**, RIP

Sunday, December 6
9:00am .....**Anne Marie Cabell**, RIP
11:30am ...**Parishioners of St Luke**

1990 mama's kitchen 2020

SAINT LUKE ANNUAL THANKSGIVING FOOD DRIVE

(Due to Covid, we will collect donations for this important Food Drive program.)

Mama's Kitchen is committed to fighting critical illnesses through the power of nutrition. Our home-delivered Meal Service is the only service in San Diego County delivering breakfast, lunch & dinner to people affected by HIV, cancer, heart disease, type 2 diabetes and chronic kidney disease, who are mentally or physically unable to prepare meals as a result of their diagnosis. Meals are provided every day of the year, on a county-wide basis, free of charge.

As a result of the COVID-19 pandemic, we made the decision to temporarily close Mama's Pantry for the safety of our clients. We allowed our clients instead to enroll in our Home-Delivered Meal Service program. As a result, Mama's Kitchen has experienced a significant increase in demand for our Home-Delivered Meal Service.

We know even more critically ill San Diegans are fearful of leaving their homes, and worry about how they will get their next meal – Mama's Kitchen is dedicated to being here for them! We continue to accept new referrals for critically ill individuals and their dependent children, to ensure that our most vulnerable neighbors receive the nutrition they need while remaining safe at home.

With increased demand comes increased costs to care for our community members. Mama's Kitchen is asking for your help. Please consider making a donation to help us continue providing home-delivered meals to our critically ill neighbors. ***Make checks out to Saint Luke with a notation that this is for Mama's Kitchen. Place in the collection basket or mail to the parish office, 1980 Hillsdale Rd, El Cajon, CA 92019.***

If you prefer to make an online, one time donation, please visit our website:
https://stlukeelcajon.weshareonline.org/
Click on *Mama's Kitchen Collection* to make your donation.

Questions? Please call Joanie at 619-442-1697, ext. 101.

Thank you for your

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:** 38,665

Your help is still needed!

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*

Why Do We Do That?
CATHOLIC LIFE EXPLAINED

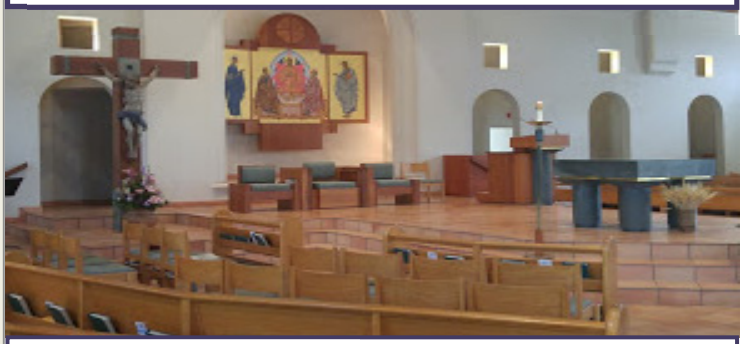
Question: *When we say the Penitential Act at Mass, why do we strike our chest three times?*

Answer: Our rituals and liturgical celebrations are filled with a variety of symbols, some of which also relate to our gestures and physical postures (e.g. kneeling, sitting, processing, making the Sign of the Cross). The custom of striking our breast three times during the "I Confess" of the Penitential Act of the Mass is one of those gestures that is loaded with symbolism.

The tradition of Christian's striking the breast (above the heart) is rooted in the image of Sacred Scripture, especially texts like Psalm 51 which speak of a "humbled contrite heart" or how God heals broken hearts, binding up our wounds (see Psalm 147:3). Early Christian writers like Saint Augustine of Hippo and Saint Jerome also refer to this custom in their writings.

Ultimately, this practice is an expression of our sorrow for those times when we have been guilty of faults and a sign that we are willing to take responsibility for our sins and failings. That we all perform this gesture together is also an act of solidarity, recognizing that none of us, regardless of where we are on our journey of faith, is without fault and the need for grace and forgiveness.

Celebrate the Mass!



- **Diocese of San Diego**
  Online Sunday Mass (English, Spanish, Vietnamese): https://sdcatholic.org
- **EWTN Channel**
  Daily and Sunday (9:00am & 9:00pm) Masses are celebrated
- **Church of St. Luke**
  Due to new Covid guidelines, the 5:00pm Saturday Mass is cancelled until further notice.

  5:00pm Saturday (Outdoor Mass; no reservation required)
  9:00am Sundays (Livestreamed-Outdoor Mass; no reservation required)
  11:30am Sundays (Outdoor Mass; no reservation required)

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

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
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secretary@thechurchofstluke.org
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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 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
Scrip: 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: 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

Calendar events have been cancelled until further notice.
Please call the church office for any inquiries.
Thank you!

OBSERVANCES FOR THE WEEK OF NOVEMBER 29, 2020

Sunday:	1st Sunday of Advent
Monday:	St. Andrew, Apostle
Thursday:	St. Francis Xavier, Priest
Saturday:	St. Januarius, Bishop and Martyr
Next Sunday:	2nd Sunday of Advent

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

Las Madrinas Christmas Bake & Craft Sale

December 6th

(after the 9:00am Mass)

Please bake your favorite Christmas treats
(Cookies-Pies-Cakes)
and/or **make your favorite Craft items for this *Fund* Raiser!**

REMEMBER TO SOCIAL DISTANCE AND WEAR YOUR FACE MASK

For more information, please call
Kay Krueger

Poinsettia Memoriams and Christmas Decoration Expenses

Poinsettias beautifully decorate our church on Christmas and are a special way to remember loved ones, both living and deceased.
Your donation also helps with our Christmas Decoration expenses.
Thank You!

Donation for small poinsettias are $25.00, medium $50.00 and large $150.00.
Envelopes will be handed out by ushers.
To donate online go to:
https://stlukeelcajon.weshareonline.org/
and click on Christmas Flowers. List your loved ones names in the comments section.
For more info call the parish office at 442-1697.

Congratulations to our First Communicants

Hanna Ames
Gianni Anayi
Mina Anayi
Olivia Compagnone
Isabella D'Acquisto
Carter Fuzak
Joelle Homan
Xavier Leon
Skylar Lloyd
Xavier Madrid
Alayna Ottersbach
John Paul Perez
Courtney Perkins
Kaiya Stenovec
Sienna Taddeo

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

Weekly Rosary,
Sundays at 8:00am

• Join via Zoom •

Details at:

Andy Yono
CA Lic # 0B00801
3855 Avocado Blvd #220
La Mesa

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Brian Yono
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