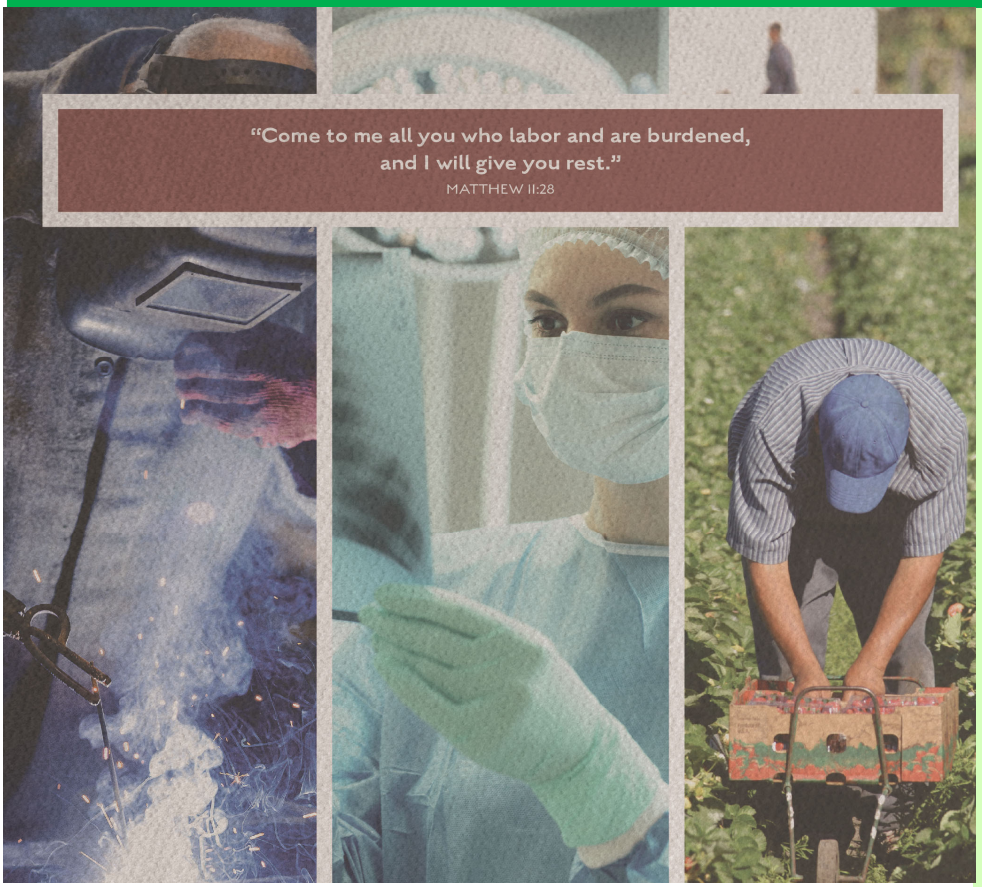
Saint Michael Catholic Church

Serving the Community of Paradise Hills, San Diego since 1957

2643 Homedale Street, San Diego, CA 92139
Phone: (619) 470-1977 · Fax: (619) 267-9397 · www.stmichaelsandiego.org

FOURTEENTH SUNDAY IN ORDINARY TIME — JULY 05, 2020



MASS

SUNDAY:	**7:00** AM	**1:00** PM *(Academy/Children's Choir)*
	8:30 AM *(Español)*	**4:30** PM *(Youth and Young Adult Mass)*
	10:00 AM	**6:00** PM *(Filipino Mass on 1st Sunday)*
	11:30 AM	**7:30** PM *(Jazz Choir on 3rd Sunday)*
Saturday:	**5:00 PM** (for Sunday obligation)	
Monday to Saturday:	**8:00 AM** and **7:00 PM** (on ***Tuesday & Friday***)	
Holy Days:	**8:00 AM** **12:00 PM** **5:00 PM** and **7:00 PM**	

CONFESSIONS

3:30 PM - 4:30 PM (Saturday); Fridays at 6:30 PM to 7:00 PM

DEVOTIONS

Tuesday, 7:00 PM - **Mother of Perpetual Help** Mass with Novena (preceded by Rosary at 6:30pm)
Friday, 7:00 PM - **Santo Niño** (Holy Infant Jesus) Novena with Mass (*except First Friday*)
First Thursday & **Third Thursday**, 6:00 PM - **Divine Mercy** Chaplet / Novena
First Friday, 7:00 PM - **Sacred Heart of Jesus** Mass and Novena (Holy Hour)
and All Night **Adoration of the Blessed Sacrament**
First Saturday - **Benediction** of the **Most Blessed Sacrament** (before the 8:00 AM Mass)
Third Saturday - Our Lady of Peñafrancia Perpetual Novena *(immediately following 8:00 a.m. Mass)*

Pastor
Rev. Fr. Manuel Ediza
Associate Pastor
Rev. Fr. Roland Gabutera

Deacons
Carl Shelton and Gustavo Magaña

St. Michael Academy & Preschool
Fr. Roland Gabutera,
Director of Students & Teachers Affairs
Ms. Veronica Dayag, *Principal & Director*
Mrs. Rowena Lewis, *Office Secretary*
(619) 470-4880 / (619) 472-5437

School of Religion
Mae Salamat, (619) 470-2292

Confirmation / Youth and Young Adults
Ms. Arla Sigarlaki, Coordinator
(619) 470-2298

Funerals and Bereavement
Ministry Team: Resfina Torrevillas, Evelyn Buangan, Anita Almuina, Anita OngVaño, Luis Morales, Erlinda Soriano
(619) 470-1977 or 619-261-2544

Weddings
Mrs. Barbara Patton, Coordinator
smweddings.church@gmail.com
619-470-7492

Liturgy/Music
Kim Conda San Pedro, Coordinator

Bulletin
Resfina Macoy-Torrevillas

Parish Office
Ms. Mae Salamat, Parish Secretary
Mr. Nathan Montemayor, Receptionist
619-470-1977

PARISH OFFICE HOURS:
Mon.-Thurs. 8:30 a.m. - 7:00 p.m.
Friday 8:30 a.m. - 6:00 p.m.

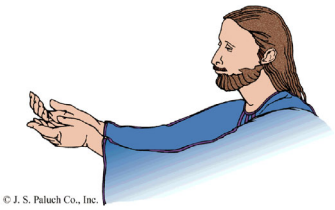
BAPTISM
Please make arrangements at least three months in advance with the Ministry Staff. Pre-baptismal Seminar is required for parents and sponsors.

In case of an emergency, or if you need to speak to a priest after office hours, please call (619) 472-2655 and leave a message. A priest will contact you as soon as possible.

Today's Gospel Reflection

1st Reading: Zec 9:9-10 * Psalm: Ps 145:1-2, 8-11, 13-14 *
2nd Reading: Rom 8:9, 11-13 * Gospel: Mt 11:25-30

SHARE THE BURDEN



"Come to me, all you who labor and are burdened, and I will give you rest" (Matthew 11:28). These words of our Savior seem to be in stark contrast to the previous chapter from the same Gospel, when we were told that if we do not take up our crosses, we are not worthy of Christ. Connecting these two messages might help us on our faith journeys. Being a follower of Christ surely means that we must embrace the cross, in its mystery of both suffering and triumph. This is something that we need not do alone, for the burden is often too heavy for us to carry by ourselves. Who, then, do we turn to? We can turn to the Body of Christ—the community of disciples gathered for worship. When we find the burden too heavy, let us remember that we can share that burden with our Christian sisters and brothers, who can help bring us rest.

Copyright © J. S. Paluch Co.

"Come to me, all you who labor and are burdened, and I will give you rest." — Matthew 11:28

READINGS FOR THE WEEK

Monday:	Hos 2:16, 17b-18, 21-22; Ps 145:2-9; Mt 9:18-26
Tuesday:	Hos 8:4-7, 11-13; Ps 115:3-10; Mt 9:32-38
Wednesday:	Hos 10:1-3, 7-8, 12; Ps 105:2-7; Mt 10:1-7
Thursday:	Hos 11:1-4, 8e-9; Ps 80:2ac, 3b, 15-16; Mt 10:7-15
Friday:	Hos 14:2-10; Ps 51:3-4, 8-9, 12-14, 17; Mt 10:16-23
Saturday:	Is 6:1-8; Ps 93:1-2, 5; Mt 10:24-33
Sunday:	Is 55:10-11; Ps 65:10-14; Rom 8:18-23; Mt 13:1-23 [1-9]

SAINTS AND SPECIAL OBSERVANCES

Sunday:	Fourteenth Sunday in Ordinary Time
Monday:	St. Maria Goretti
Thursday:	St. Augustine Zhao Rong and Companions
Saturday:	St. Benedict

THE RIGHT DIRECTION

If we walk one step toward God, God will run ten steps toward us.
—Anonymous

FINDING PEACE

If you want peace, work for justice.
—Pope Paul VI

GOING HOME

Life is a voyage that's homeward bound.
—Herman Melville

FOURTEENTH SUNDAY IN ORDINARY TIME

Many years ago, there was a very popular Christian poster that did nothing but list names for God from the scriptures. While it included powerful names like "Lion of Judah" and "Wonderful Counselor," as a whole it was a sharp contrast to the simple and beautiful images present in our scriptures today. The prophet Zechariah prefigures the Christ coming in meekly and mildly on an ass—the vision we might have of Palm Sunday. In Romans Saint Paul reveals to us our truer selves, calling us to embrace the Spirit of Christ, put aside our fleshly beings, and live more fully in Christ. In the Gospel of Matthew, Jesus bypasses the learned, and God reveals things to the childlike. We are presented with a simple, straightforward approach to God, and to finding God.

OUR COMPLICATED LIVES

We live in an age and a society that has never been more educated or had a higher standard of living, yet never have we carried as much debt. Many are living beyond their means. We have so many resources and time-saving devices at our hands, yet our lives are more complex than ever. While many people may not engage in extreme manual labor we rarely escape our jobs. Many are connected through phones and constantly receive calls, texts, and emails. Others spend hours in traffic on their daily commutes or pack on the frequent flyer miles.

We spend hours binge-watching our favorite shows. Many children are accustomed to being in front of a screen all the time and no longer know how to play creatively. The statistics for those who continue to leave the Church and all forms of organized religion also continue to rise.

While there is no such thing as a "good old days" to return to, there was something to be said for sleeping soundly after putting in a good day's work, and for a family gathering around the table for a shared meal. For many, this model for eucharist rarely exists. Jesus knows and feels our pains, and calls out, "Come to me, all you who labor and are burdened, and I will give you rest."

IT'S NOT ROCKET SCIENCE

So how do we declutter? Downsize? Devote ourselves again to Christ and live out our gospel calling? Sign up for a liturgical ministry, or volunteer to help with a religion program. Join a small faith group. Volunteer at a food pantry or Habitat for Humanity. Become involved as an individual, or a family. Meanwhile, back at the house, make a commitment to go through one drawer a day, and take things to your local St. Vinnie's or secondhand store. Remember meal and bedtime prayers. Find a minute to read the daily scriptures. Take many baby steps. It's not rocket science. It is a continual commitment to bring ourselves as we are, and to respond to Jesus' call to "Come."

Copyright © J. S. Paluch Co., Inc.
—William Shakespeare

PASTOR'S MESSAGE

Dear Parishioners and friends,

I am pleased to introduce to you **REV. MSGR. FRANCISCO HONRADE CINCO III**, the new Associate Pastor of St. Michael Church, as of July 1, 2020.

Msgr. Cinco was ordained on April 8, 1992 in the Cathedral of Saints Peter and Paul in Calbayog City, Samar (Philippines) by Most Rev. Maximiano T. Cruz, D.D.

He completed a degree of "Doctor of Optometry" in 1984. Inspired by the Holy Spirit, he decided to become a priest and went to the St. Vincent De Paul College Seminary (Calbayog City, Samar, Philippines). He completed Theology from St. John the Evangelist School of Theology (Palo, Leyte, Philippines), and went to the University of Navarre in Pamplona, Spain where he obtained Licentiate in Canon Law.

Msgr. Cinco or Msgr. Jun is not a stranger to the St. Michael Parish Community. He stayed with us for a while as a visiting priest and had celebrated Mass in English and Spanish.

WELCOME TO ST. MICHAEL CATHOLIC CHURCH SAN DIEGO, MSGR. JUN!

Rev. Fr. Manny Ediza, Pastor

P.S.: Pass by the Courtyard after all Masses this weekend to **MEET and GREET our new Associate Pastor, Msgr. Jun Cinco.**

* *

- We have been **sanitizing the church** by spraying disinfectant chemicals on every pews and surroundings inside the church, everyday (in the evening), and on Sundays after the 1:00 p.m. and 7:30 p.m.. Mass.
- We are happy to see you **come to church for Mass**. We have put up canopies in the Courtyard to accommodate those who may not be able to sit inside the church due to the capacity restrictions. We installed two (2) TV monitors so they may be able to participate in our celebration. The Courtyard may accommodate 50 to 75 people. Additionally, there is also a TV monitor inside the Collier Center which can accommodate 20 to 30 people observing social distancing. Extraordinary Ministers of Holy Communion will be distributing communion in these areas as well.
- Thank you for your continued support to St. Michael Church, and for your financial assistance. Your LOVE OFFERING or donation sustain the cost of the normal operation of the church, especially the salaries of our personnel, utilities, and upkeep of the church and its environment.
- Please consider ONLINE GIVING. Visit our new parish website at ***www.stmichaelsandiego.org or*** at ***https://giving.parishsoft.com/app/giving/stm2643177*** and follow the prompts.

ST. MICHAEL ACADEMY AND PRESCHOOL
When You Are Here You Are Home

The mission of* ST. MICHAEL ACADEMY *is to form young disciples to be spiritually, intellectually, and socially prepared to integrate gospel values for living a Catholic, Christian life in a secular world.

St. Michael Academy is a unique K-8th Grade program which offers a three-part curriculum of National Common Core standards, STEM learning, and religion where students strengthen their Catholic faith.

At St. Michael Academy we want to develop our students to be next generation leaders with faith, compassion and STEM. Our goal is for students to connect with societal advances with our ever-changing world and offer a STEM and faith filled pathway which will prepare students for the future.

St. Michael Academy is currently accepting applications for school year 2020-2021. Please email *admissions@stmichaelsandiego.org* or call the school office during our summer hours of Tuesday—Thursday, 10:00 a.m.—2:00 pm at 619-470-4880.

The Preschool continues to remain closed due to Covid-19. Our goal is to open by early fall. We will keep you posted on the reopening of the program.

In Christ and Education,

Veronica K. Dayag
Principal and Director
St. Michael Academy and Preschool

Catholic Schools offer an education that combines Catholic faith and teachings with academic excellence."

"The mission of the Catholic school is the integral formation of students, so that they may be true to their condition as Christ's disciples…." - Pope St. John Paul II

"Catholic schools in our Nation's education have been paramount in teaching the values that we as parents seek to instill in our children." *- Joe Baca, American Politician*

"Educating the mind without educating the heart is no education at all." - Aristotle

RELIGIOUS EDUCATION

SAINT MARIA GORETTI (1890-1902)
July 6

Does anything match a mother's pride in her children? First Communions, confirmations, graduations, weddings: how these delight a mother's heart! Imagine, then, Assunta Goretti, the only mother ever to attend her child's canonization! In poverty-stricken rural Italy, widowed Assunta tended fields for the Serenelli family, whose eighteen-year-old son, Alessandro, propositioned her barely twelve-year-old Maria; then, when she resisted, crying, "It is a sin! God forbids it!" he stabbed her fourteen times. As she lay dying, Maria assured the attending priest, "Yes, I forgive Alessandro! I want him to be in Paradise with me someday." Imprisoned, unrepentant, Alessandro changed after dreaming that a radiant Maria had offered him fourteen lilies. "I've kept my promise," she smiled. "You'll be here with me someday." Upon release, he rushed to beg Assunta's forgiveness. "Jesus has forgiven you," she replied, "my Maria, too. How can I refuse?" Next morning, mother and murderer walked arm in arm to church and knelt side by side for Communion.

—Peter Scagnelli, Copyright © J. S. Paluch Co.

FOURTEENTH SUNDAY IN ORDINARY TIME
MEEK AND HUMBLE GOD

Jesus tells us in today's Gospel that he is "meek and humble of heart." Yet just a few lines before this, he says that he is equal to his Father, the almighty God. So how can the Son of God be both meek and mighty?

For Jesus, being meek does not mean letting people push him around. If he were meek in that sense, he could not have thrown the moneychangers out of the temple. Jesus' meekness meant doing the will of God completely. The challenge for us comes in his words "learn from me." We must learn to do God's will as completely as Jesus did.

First, it means that we do all that God wants of us. We cannot pick and choose what we want to do and what we want to ignore. If some things seem too difficult or painful for us, we may need more faith in Jesus' ability to make the burden easy. For example, sometimes we may hear Jesus' command to love one another and reserve the right to love whom we choose. Or we may reserve the right to decide which teachings of the Church we will follow. But doing God's will completely means doing it without reservation.

Second, we may try to do all that God asks, but give up if something becomes too difficult. We may say we forgive someone, for example, but when they reject that forgiveness, we become even angrier. Or we may tire of being patient with someone and be verbally hurtful. Or maybe we agree to help on a parish project but quit when someone disagrees with us. We can learn from Jesus how to do each part of God's will to completion, as Jesus did all the way to the cross.

So how is the Son of God humble? True humility means acknowledging who we are and what we can do. Jesus is simply being humble when he says that he is equal to the Father. So too, we are humble when we do not hide the fact that we are children of God and brothers and sisters of Jesus. Instead of a false modesty that claims "I'm not good enough to follow all of God's commands," it takes true humility to accept that we can do God's will because the Spirit is with us to help us.

Tom Schmidt, Copyright © J. S. Paluch Co.

Refleciones del Evangelio

COMPARTE LA CARGA

"Vengan a mí, todos los que están fatigados y agobiados por la carga, y yo los aliviaré" (Mateo 11:28). Esta palabras de nuestro Salvador son un gran contraste con el previo capítulo del mismo Evangelio, cuando nos dice que si no cargamos nuestra propia cruz, no somos dignos de Cristo. Relacionar estos dos mensajes puede ayudarnos en nuestro camino de fe. Ser seguidor de Cristo ciertamente significa que debemos abrazar la cruz, en su misterio que es sufrimiento y triunfo a la vez. Es algo que no necesitamos hacer solos, ya que la carga suele ser demasiado pesada para llevarla sin ayuda. ¿A quién volcarnos entonces? Podemos volcarnos al Cuerpo de Cristo, a la comunidad de discípulos reunidos para el culto. Cuando sintamos que la carga es demasiado pesada, recordemos que podemos compartirla con nuestros hermanos y hermanas en Cristo que pueden traernos descanso.

Copyright © J. S. Paluch Co.

"Vengan a mí, todos los que están fatigados y agobiados por la carga, y yo los aliviaré". — Mateo 11:28

LECTURAS DE HOY

Primera lectura — Nuestro Salvador es un pacificador que reina hasta los confines de la tierra (Zacarías 9:9-10).
Salmo — Siempre bendeciré tu nombre, mi rey y mi Dios (Salmo 145 [144]).
Segunda lectura — Si por el Espíritu matan las obras de la carne, vivirán en el Espíritu de Dios (Romanos 8: 9, 11-13).
Evangelio — Vengan a mí los que se sientan cargados y agobiados, porque yo los aliviaré (Mateo 11:25-30).

Salmo responsorial: *Leccionario Hispanoamericano Dominical* © 1970, Comisión Episcopal Española. Usado con permiso. Todos los derechos reservados.

EN DIRECCION CORRECTA

Si damos un paso hacia Dios, Dios correrá diez pasos hacia nosotros. —Anónimo

ENCONTRANDO PAZ

Si quieres la paz, lucha por la justicia. —Papa Pablo VI

LLENDO A CASA

La vida es un viaje que nos lleva de regreso a casa. —Herman Melville

Christians in their turn "realize that their responsibility within creation, and their duty towards nature and the Creator, are an **essential part of their faith**" . Quotations from "Laudato Si" (64)

Los siguientes protocolos serán observados e implementados cuando reanudemos la misa pública el domingo, 14 de junio de 2020:

- **Máscaras:** Serán requeridas para todos, mayores de dos años
- **Distancia Social**: seis pies entre individuos o grupos de familias.
- **Detección de Temperaturas**: todos los que ingresen a la iglesia tendrán que pasar el "Control de temperatura" en la puerta principal o por la entrada del estacionamiento. Las personas con temperaturas superiores a 100 ° F se les pedirá que regresen a casa y llamen a su proveedor de atención médica.
- Habrá **dos (2) entradas a la iglesia**: puerta principal y puerta lateral (centro) desde el patio.
- **Los asientos** en la iglesia será cada otro banco, que están marcados permitiendo una distancia de seis pies entre personas de diferentes hogares, **por orden de llegada**. El desbordamiento puede permanecer en el patio, permitiendo una distancia social de 6 pies. Se instalarán monitores de televisión. A aquellos que no pueden ser acomodados se les pedirá que regresen a casa o que esperen en sus autos para la próxima misa. Mantendremos el horario regular de misas.
- No habrá procesión de ofertorio.
  Por favor, deje sus donaciones en cualquiera de las cajas de "Ofrenda de amor" en la iglesia.
- **La distribución de la Sagrada Comunión <u>EN LA MANO</u>** se realizará al finalizar la Misa, luego se procederá a la Salida.

SIGA las instrucciones de los Ministros de Hospitalidad para saber dónde sentarse y durante la comunión.

El Obispo continuará dispensando a todos los católicos en la Diócesis de San Diego de la obligación de asistir a Misa. Instamos a aquellos que están enfermos, a personas embarazadas y especialmente a los miembros vulnerables de nuestra comunidad a que se abstengan de asistir a Misa.

"Be a Part of the Dream— Together We Build Campaign Projects"

"Ser Parte Del Sueño: Juntos Construmos!" Gracias a quienes han participado. Usted puede encontrar tarjeta de compromise en las bancas o en el vestibule. Por favor deje su compromise en la canasta de ofrendas. Llame a la oficina para pregunta.

"No todos pueden hacer grandes cosas. Pero podemos hacer pequeñas cosas con gran amor. Se trata de cuánto damos sino Cuánto amor ponemos en el dar. "
-Santa Madre Teresa de Calcuta

STEWARDSHIP

STEWARDSHIP OF LEISURE TIME: RESFRESHING OUR SPIRITS

This time of uncertainty really has our personal "worlds" turned upside down. Schedules are no longer the same. Planning has gone awry. Calendars look like a mess. And the rhythm of our days has met a new "abnormal." Many of us have neither the time nor the resources for a vacation, but all of us can resonate with the need to really "get away" from the stress of our daily grind. Good stewardship of our bodies, minds and souls obliges us to get away on a regular basis (see Luke 5:16).

As Christian stewards, we aren't just encouraged but obligated to consider how we approach our stewardship of leisure time. Stewards are aware of their need to be busy doing God's work, but often forget that down time is equally important to spiritual growth. Leisure time, whether it's our evenings, our weekends, or our vacation, provides spiritual, physical, mental and emotional recharging. Leisure is necessary for human wholeness. Leisure reconnects us to the wider mysteries of our world and our God. It helps us daydream, imagine, pray. It refreshes our spirit.

Today, connectivity has become almost an obsession. People check their emails, their messages and calls with alarming repetitiveness. Accidents, both pedestrian and automobile, happen because people can't put down their phones. Employers expect their workers to be available for evening emails. The lines between work and free time increasingly blur, as do the lines between solitude and always being present "online." We can't imagine putting aside screens for a two-week vacation. But we must give ourselves time to renew and recharge, not just two weeks of the year, but each day and each week.

July offers an opportunity to reconnect with the rhythms of God and nature. We need to take time off from screens and phones, and practice giving undivided attention to the things before us. When we pray, we commit time and silence. When we enjoy time with our friends and family, we practice being totally present. When we sit on the patio or at the beach, we give ourselves wholly to the wind or the waves. Be a good steward of your body, mind and soul. Don't overschedule your time off. Listen to the quiet whisper of God encouraging you to relax.

ICSC-Parish-Bulletin, June 2020

Behold, I am with you always,
even until the end of the age.

A STEWARDSHIP PRAYER
for July

Dearest Lord, As we continue to confront the pains and
Struggles in our lives and in the life of our country,
whose birth we celebrate this month, the tensions,
anxieties and fears that pervade us cry out to you for healing,
courage, faith and hope. Be with your people now.
Show us a sign of your presence.
Do not leave us in fear and despair.
Let us know that you are ever faithful and will not abandon us.
We pray that all who suffer may find comfort in you
who have carried all the sufferings of the world
and have died to bring new life. May all those
who are in agony and pain see in your cross a sign of hope.
Give us the wisdom to be good stewards of your Gospel.
And show us how we may more readily reveal
your presence to all those most in need
of a sign of your boundless love and mercy.
You who live and reign with the Father,
in the unity of the Holy Spirit, one God, forever and ever.
Amen.

A STEWARDSHIP MOMENT

Fourteenth Sunday in Ordinary Time
Weekend of July 4/5, 2020

One of the most well known and beloved passages in scripture is the gentle invitation of our Lord in today's Gospel reading: "Come to me, all you who labor and are burdened, and I will give you rest." When we need physical rest, we sleep or take a nap. When we need emotional rest, we take a break, go for a walk, or when the opportunity presents itself, take a few days off. But how do we find spiritual rest? How do we discover Christ's peace as we grapple with this time of uncertainty and its complex issues deep in our hearts? Good stewards find their rest in the Lord. Reflect this week on what you do to welcome the peace of Christ into your heart.

Let us be
"protectors" of creation,
protectors of God's plan
inscribed in nature,
protectors of one another
and of the environment.
- Pope Francis

Mass Intentions For The Week

JULY 2020

04	Sat	5:00pm	† Laling Castro
05	Sun	7:00am	† Erasmo Dacayo—death anniversary
		8:30am	The Latino Community of St. Michael
		10:00am	† Robert W. Maguire, Sr.
		11:30am	† D'Jay Dalusong
		1:00pm	† Felizardo M. Rodolfo
		4:30pm	† Divina Fe Estacio Delos Santos
		6:00pm	† Randy Urbano
		7:30pm	**PARISHIONERS OF ST. MICHAEL (Living and Deceased)**
06	Mon	8:00am	† Lagrimas Munoz—birthday remembrance
07	Tues	8:00am	† Saturner Distor
		7:00pm	† Nora Luz V. Pecson
08	Wed	8:00am	Alicia Nadal—birthday thanksgiving
09	Thus	8:00am	Don A. Patton—birthday thanksgiving
10	Fri	8:00am	† Conchita Cagabuing
		7:00pm	† Hilton A. Torrevillas, Jr.
11	Sat	8:00am	Ermelina Villanueva—thanksgiving

If you are unable to get Mass intentions on the day you desire, **have a CANDLE lit** at the shrines of the **"Divine Mercy"** or **"Our Lady of Guadalupe"** inside the church. You may have a candle lit for 7 days, or 42 days. **Your candle intentions, posted on the wall, will be included in the Mass**. You may also write your intentions in the **"Book of Intentions".** Call the parish office for details.

CANDLE INTENTIONS (also offered at Mass)

(July 1st to July 7th)

DIVINE MERCY SHRINE:

For Protection of: Fr. Manny Ediza & Msgr. Jun Cinco
For Healing & Comfort of: Ryan Martinez
For the thanksgiving of: Marilyn Mendoza
For the Protection of: *Michael Viñas*
For the souls of: +Lagrimas Munoz, +Corazon Manalo

OUR LADY OF GUADALUPE SHRINE:

For Protection of: Fr. Manny Ediza & Msgr. Jun Cinco
For the intentions of: Francis, Paul , John Torrevillas, and Reshil Torrevillas-Dukes
In thanksgiving & Continued Success of: Infinity Team
For Good Health of: The Rodriguez Family & **for Success of:** Transamerica Agency Network
For Healing of: Lucita Piñon, Athena Rose Baker, & Johnny Sicat
For the soul of: +Corazon Manalo

To light a candle for someone indicates one's intention to say a prayer for another person, and the candle symbolizes that "prayer."

Let us keep in our prayers our parishioners, relatives and friends who are ill or homebound: Fr. Julian Hernando, SJ * Charles Moore * Cecilia Paligutan * Joseph Lipa * John Avery * Severo Santos Sr. * Cesar Cortez * Martha Mexia * Josefina Camarena * Amor Castro * Maria Castro * Edmundo Gobaton * Vic Bianes, Sr. * Bea Bianes * David Richter * Brandon Davis * Linda Ramirez * Rosemarie Corbet * Jose Macoy * Crystal Cervantes * Sydney Polish * Cel Besana * Malaya Baniel * Lucy Moya * Norma Tabinga* Harold Pasiderio * Mila Marcial * Melinda Grepo * Nora Paligutan * Msgr. Fernando Gutierrez * Danilo Silvestre * Marcelita Doria * Msgr. Rudy Villanueva * Estrella Macoy * Jane Calloway * Modesta Bayongan * Ryan Martinez * Lena Alpuerto * Julius Umali * Fr. Nelson Vencilao * Michelle Villarosa * Ariana Gobaton-Caramat * Maria Corbett * Robert Aiken * Avila Gachalian * Liz Faye * Teresita Castillo * Frank Thompson * Michael Thompson * Maria Sharmaine Clare Reyes * Richard Razo * Josie Alaysa * Jay Mamuyac * Frances Brown * Christina Prado * Abraham Castillo * Deacon Jim Aquino * Laurie Martell * Rose Gines * Raymundo Catalan Jr. * Rosalinda Gaffud * Anthony Jay Tomera * Erlinda Sandel * Diana Estrada * Apolinia Briz * Rizalina Cruz * Eufrocina Marquez * Fr. Jim Boyd * Kristine De Leon * Harvey Lewis * Jazmine Tolentino * Zoe Sanclimenti * Cora Tayco * Lourdes Libed * Marilyn Mendoza * Rafael Ebue * Mila Corpuz * Fe Endaya * Maverick Muñoz * Divina Cabahug * Annie Cabagnot * Michele Reioux * Conrado Bautista * * Jennifer Pineda * Giget Saldana * Felipe Pacleb, Sr. * Jesus Pacleb * Jeng Realiza * Addison Su * Lita Marcelino * Lydia Demesa * Amy McCormick * Gigi Abelardo * Dave White * Carmen Camaya * Neth Timbol * all who are sick of coronavirus

This list is updated on a weekly basis. Please call the office to add a name. NAMES ON SICK LIST MAY BE DELETED AFTER 60 DAYS.

"Heal me, Lord, that I may be healed; save me that I may be saved, for You are my praise." - Jeremiah 17:14

"Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him with oil in the name of the Lord." - James 5:14

Funeral and Bereavement

Resfina Torrevillas (Coordinator)
Ministry Team: ***Anita Almuina, Evelyn Buangan, Luis Morales, Anita OngVaño, & Erlinda Soriano*** **Phone: 619-470-1977 or 619-261-2544** ***(after office hours)***

We pray for and remember:

Those who recently died, especially:
+Elena Frijas Del Pilar, +Lilia Ravalo, +Jessie Garcia, +Corazon Manalo

On the 40th Day of Death:
July 01—May Sunga
July 04—Ramon Soriano and Jose Umangay Gonzales
July 07—Demencio Aragon
July 09—Bernardita Nara Gonzales

On the 1st Year of Death:
July 05—Leandro E. Ebalo

May they rest in peace!

Parish News and Announcements

THE "NEW NORMAL" AFTER THE PANDEMIC: GENERAL GUIDELINES and PROCEDURES

The Bishop will continue to dispense all Catholics in the Diocese of San Diego from the obligation to attend Mass. If you are **sick, having symptoms of flu or cold, pregnant, or especially vulnerable** members of our community please **refrain from coming to Mass**.

As of July,5th, we will no longer be streaming our Sunday Mass. You may participate in the celebration .of the Eucharist through: ***sdcatholic.org*** (videos will be uploaded every Sunday at 6:00 a.m.); ***ewtn.com*** online or the **EWTN Channel** on TV; ***catholictv.org*** or ***thedivinemercy.org***.

The following will be observed and implemented when you come for Mass:

- **FACEMASKS** will be required for all, age two and above.
- **SOCIAL DISTANCING**—six feet between individuals or household units.
- **SCREENING TEMPERATURES—**Everyone entering the church will have to pass **"Temperature Check"** at the main door of the church or gate from the parking lot (near the gift shop). People with temperature over **100°F** will be asked to go home and call their health care provider.
- There will be **TWO (2) ENTRANCES to the church building**: main door, and side door (center) from the courtyard.
- **SEATING** in the church will be **every other pews**, which are marked allowing six-feet distance in between people of different households, on a **first come, first served basis**. We may only **accommodate up to 100 people inside the church**. Overflow may stay in the courtyard where TV monitors will be installed. Floors are also marked to indicate 6-feet distance. Those who will not be accommodated into the church and in the courtyard will be asked to leave or wait in their cars for the next Mass. There will be no chairs in the courtyard. There are a few benches that may be reserved only for couples or family (also first come, first served basis).
- We will maintain the **REGULAR SCHEDULE** of daily and Sunday Masses.
- There will be **NO Offertory Procession**. **Offertory baskets WILL NOT be passed around.** We ask you to **please drop your envelopes / donation in the "LOVE OFFERING" boxes** which may be found near the Exit Doors.. Please consider **ONLINE GIVING**.
- **REFRAIN from HOLDING HANDS** when praying the Lord's Prayer or the OUR FATHER**.**
- **Exchange of the SIGN OF PEACE is SUSPENDED.**
- **DISTRIBUTION OF HOLY COMMUNION IN THE HAND** will be done at the completion of Mass, then **proceed to the Exit**. Eucharistic Ministers may not give Holy Communion to those who refuse to receive the Eucharist in the hand.
- There should be **NO GATHERING before and after Mass.**
- **Pews are cleared of Hymnals, Envelopes, and Worship aid or Prayer Cards. Envelopes may be found near the Love Offering boxes.**
- **REFRAIN from TOUCHING objects, such the TABERNACLES, CRUCIFIX, STATUES, and IMAGES.**
- **HOLY WATER FONT or STOUP are emptied.** If you need Holy Water, contact the Parish Office.
- We will maintain the **REGULAR SCHEDULE** of daily and Sunday Masses.
- **CONFESSIONS** will be by appointment until further notice. Call the parish office at 619-470-1977.
- **HAND SANITIZERS** may be found in several locations in the church, especially by the doors.
- **ALWAYS WASH YOUR HANDS.**

In order to help you have a better understanding about what to expect when you return to Mass, please watch the video (English or Spanish) prepared by the Diocese at https://www.sdcatholic.org/coronavirus/latest-covid-19-news/.

PLEASE FOLLOW THE DIRECTIONS OF THE HOSPITALITY MINISTERS or USHERS **for smooth entrance, communion, and exit**.

Please, **follow the directions of the Parking Lot Ministers. STAY SAFE!**

THE 2020 ANNUAL CATHOLIC APPEAL (ACA)

The theme for 2020 ACA is **"GRATITUDE IN ACTION".** This theme is one of compassion, hope and love. As disciples we are called to trust in Jesus' mercy, to trust in his patience, to seek refuge always in his love. Jesus invites us to recognize Him in the poor, in those who suffer, and those in need. We encounter God's love when we express mercy and compassion through stewardship, service, and sacrifice.

ACA Update as of 06-28-2020

Week	$ Pledged	Paid *	$ Goal	# Pledges
10	$ 19,370	$ 13,720	$ 70,000	127
%	27.67 %	19.60 %	100 %	4.93 %

Registered (active) parishioners: 2,578

Pledges received on 06-28-2020:
Anita Arnaldo * John / Catalina Avery * Aida Blessing * Carmelita Cruz * Florencio Luna

THANK YOU! GRACIAS! MARAMING SALAMAT PO!

Nenita (Neth) Timbol & Regina (Nena) Rin, ACA Co-Coordinators

"Don't forget that God gave you everything you have!"
—Deuteronomy 6:10-13

"As soon as the word spread, the people of Israel gave in abundance the first fruits of grain, wine, oil, honey, and of all the produce of the field; and they brought in abundantly the tithe of everything." *2 Chronicles 31:5*

There are many ways to respond to the Annual Catholic Appeal: a monthly or quarterly pledge; a one-time cash gift; a credit card or electronic funds transfer; visit ***giving.sdcatholic.org***; a gift of stocks or bonds or IRA Charitable Rollover Distribution. Any amount will help. **DON'T DELAY, MAKE A PLEDGE TODAY!**

Be a Part of the Dream—Together We Build

IT'S NEVER LATE TO RESPOND AND BE PART OF THE DREAM!

Please pray and consider being a part of the dream: a new multi-purpose parish center. We need everyone's participation to make this dream a reality! Call the Parish Office for more information at 619-470-1977.

For those who have already pledged to participate, please fulfill your commitment. **Different ways of fulfilling your commitment** are as follow:

- Use the white **envelopes with the logo** which may be found in the pews or in the vestibule. Feel free to take envelopes you need. **Drop your contributions in the offertory basket during Mass, or mail it, or take it to the parish office**. Call the parish office if you want envelopes be mailed to you. Make check payable to ***St. Michael Church Capital Campaign***.
- Set up **AUTO PAYMENT** with your **Bank** or **Credit Card**, or **ONLINE** at ***www.stmichaelsandiego.org***. Follow the prompt

Please consider making a PLEDGE TODAY and help BUILD THE DREAM for the future generations! Complete the Form below and place in the Offertory Basket, or bring it to the Parish Office.

YOUR CHANGE MAKES A DIFFERENCE. Bring those coins in and drop them in the coin box or jars that you may find inside the church.
Small amounts that we put together will help build our new Parish Center!

St. Michael Parish Capital Campaign

My/Our Commitment to the Capital Campaign is:

- ☐ $250 monthly for 40 months for a total pledge of $10,000
- ☐ $125 monthly for 40 months for a total pledge of $5,000
- ☐ $100 monthly for 40 months for a total pledge of $4,000
- ☐ $75 monthly for 40 months for a total pledge of $3,000
- ☐ $50 monthly for 40 months for a total pledge of $2,000
- ☐ $25 monthly for 40 months for a total pledge of $1,000
- ☐ Other $____ monthly for ____ mos. Total pledge $_____
- ☐ ONE-TIME GIFT of $_____

Donor Signature: _____ Date: _____

If enclosing a check, please make payable to:
St. Michael Capital Campaign

For Official Use Only	Cash	Check
Date	Payment	Auditor

Honor yourself or give Tribute to a loved one (living or deceased). *In appreciation, St. Michael Church will remember you and your loved ones in Holy Mass every First Friday of the month at 7:00 p.m. "Perpetual Memorial Intentions".* ***Your Gift is tax deductible.***

NAME: _____

ADDRESS: _____

CITY / STATE / ZIP: _____

PHONE: _____

E-MAIL: _____

ENVELOPE #: _____

☐ I / We have used our Debit/Credit Card to make this Gift online. For Gifts via Debit or Credit Card, **visit** ***stmichaelsandiego.org*** select **Online Giving** ***ConnectNow.***

Please contact me with information on the following:

- ☐ Gift of Stock
- ☐ Gift of IRA Transfer
- ☐ Gift of Life Insurance
- ☐ Including the parish in my will
- ☐ Other: _____

REGULAR SCHEDULE OF MASSES RESUMES:

Weekday (Mon.– Fri.) at 8:00 a.m. and
7:00 p.m. on Tuesday & Friday
Saturday at 5:00 p..m. (anticipated)
Sunday at 7:00am, 8:30am, 10:00am, 11:30am; 1:00 pm, 4:30 pm, 6:00 pm, and 7:30 pm.

Rosary for the Culture of Life and Novenas will resume in July.

Culture of Life

Jim Bundalian (619) 917-1699

The weekly prayer of the Rosary for the Culture of Life will resume beginning July 7th, Tuesday, at 6:30 p.m. This will be led by the coordinator, Mr. Jim Bundalian.

The greatest destroyer of love and peace is abortion which is war against the child. **- Mother Teresa**

"It is God who gives life. Let us respect and love human life, especially vulnerable life in a mother's womb."
- Pope Francis

"Human Life is sacred—all men must recognize that fact. From its very inception it reveals the creating hand of God." - St. Pope John XXIII

FIRST FRIDAY HOLY HOUR WITH ALL-NIGHT ADORATION

Are still suspended until further notice.

Novena to Santo Niño with Mass every Friday at 7:00 p.m., starting July 3rd.

SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and
I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You.
Amen.

PRAYER TO CARE FOR OUR COMMON HOME

Father of all, Creator and ruler of the universe, You entrusted your world to us as a gift. Help us to care for it and all people, that we may live in right relationship-- with You, with ourselves, with one another, and with creation.

Christ our Lord, both divine and human, You lived among us and died for our sins. Help us to imitate your love for the human family by recognizing that we are all connected— to our brothers and sisters around the world, to those in poverty impacted by environmental devastation, and to future generations.

Holy Spirit, giver of wisdom and love, You breathe life in us and guide us. Help us to live according to your vision, stirring to action the hearts of all—individuals and families, communities of faith, and civil and political leaders.

Triune God, help us to hear the cry of those in poverty, and the cry of the earth, so that we may together care for our common home. Amen.

This prayer from the United States Conference of Catholic Bishops is based on Pope Francis' Laudato Si': On Care for Our Common Home. .

PARISH REGISTRATION REQUEST.

Welcome to St. Michael Catholic Church San Diego!

If you enjoy worshipping at St. Michael Catholic Church, become a member of the St. Michael Parish Family. It is easy to register:: complete the form below and drop it in the offertory basket, or take it to the Parish Office.. Membership is FREE and has its privileges.

NAME: _____

ADDRESS:_____

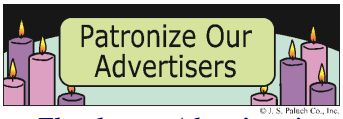
_____

E-MAIL: _____

PHONE NUMBER: (_____)_____

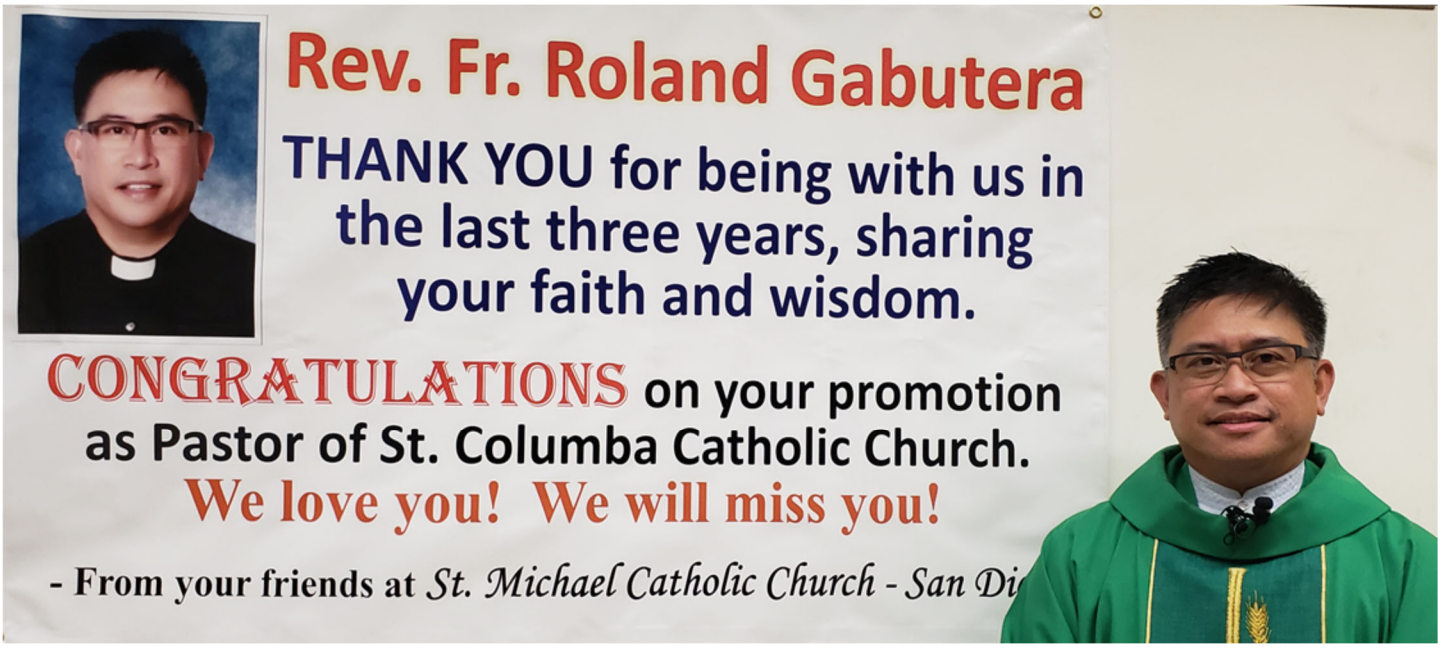
☐ ***New Registration*** ☐ ***Change of Address***

"Have no anxiety at all, but in everything by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."
– Philippians 4:6-7



Thank you, Advertisers!

Advertisers sponsor our bulletin.
Support them with your busness.
Bring a copy of our Bulletin.



"Be a Part of the Dream — Together We Build" CAMPAIGN PRAYER

Heavenly Father, we ask for Your divine guidance as we prayerfully move toward the realization of our new parish center. Show us the way to meet the needs of our growing parish community. Lead us to committing ourselves with a spirit of true sacrifice. For it is always by sacrifice that we show our love of You and our neighbor.

Lead us to wisely use our time, talents and treasures as we move forward with Your holy vision. Inspire us all out of Your generous love, to be equally generous for strengthening Your Church and our parish.

Spirit of God, we praise You and adore You. We pray that Your Spirit will empower us to work strongly for the realization of our dream so that future generations will harvest the fruits of our commitments and sacrifice.

This we ask through Christ our Lord. Amen.

Mary Mother of God, pray for us.
St. Joseph the Builder, pray for us.

PRAYER TO VIRGIN MARY FOR PROTECTION

(Composed by Pope Francis to Our Lady, Health of the Sick, to implore her protection during the Covid-19 coronavirus pandemic)

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 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. Amen.

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and the snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host - by the Divine Power of God - cast into hell, Satan and all the evil spirits, who roam throughout the world seeking the ruin of souls. Amen.

ONLINE GIVING. We invite you to take the opportunity to benefit from secured Online Giving. To register, please visit *www.stmichaelsandiego.org* and click on Online Giving link, or go directly to: https://giving.parishsoft.com/app/giving/stm2643177.

THANK YOU ADVERTISERS FOR SPONSORING OUR BULLETIN.

HOLY CROSS CATHOLIC CEMETERY & MAUSOLEUM

45th & Hilltop Drive, San Diego, CA 92102

Pre-Need Arrangement is an act of love

No Interest Budget Plan allows up to five years to pay.

Call 264-3127 Se habla Español

PROUDLY SERVING OUR COMMUNITY SINCE 1998

BANKRUPTCY

WE HELP PEOPLE FILE FOR BANKRUPTCY RELIEF UNDER THE BANKRUPTCY CODE

WE ARE A DEBT RELIEF AGENCY.
STOP FORECLOSURE IMMEDIATELY!

DISCOUNTS AVAILABLE WITH MENTION OF THIS AD

- CHAPTER 7: Fresh Start
- CHAPTER 13: Debt Consolidation
- FREE Consultation
- Low Flat Fees
- Stop Creditor Harassment
- Save Car
- End Lawsuits/License Susp
- Eliminate Repossession
- Debts
- Rebuild Credit

Se Habla Español

A Service Provided by the Law Office of
RICK G. MELENDEZ
(619) 420-5900
470 3rd Avenue St. #4
Chula Vista, CA 91910
RGM.LEGALHELPERS@GMAIL.COM

DAVE'S WHOLESALE
All General Merchandise
Open To The Public

David Camara
591 C Street • Chula Vista, CA 91910
619-409-9069 • fax: 619-409-9569
Monday-Friday 9am-5pm
Saturday 9am-4pm • Sunday 10am-4 pm

relevant radio

1000AM

America's Catholic Talk Radio Network

ONE PARISH
Grow in your faith, find a Mass, and connect with your Catholic Community with OneParish!

Download Our Free App or Visit
MY.ONEPARISH.COM

No one has more ways to help protect the people and things you love than ADT

ADT has Medical Alert systems to fit your lifestyle

Medical Alert Plus System
- Home temperature monitoring
- 24/7 professional monitoring
- Fall detection pendant*
- No landline required
- No long-term contracts

On-The-Go System
- GPS location capabilities
- 24/7 professional monitoring
- Fall detection pendant*
- No landline required
- No long-term contracts

Call 833-238-3585 today Get a $50 credit* + a FREE* gift with new Medical Alert System purchase

ADT Medical Alert

If You Live Alone You Need MDMedAlert!

24 Hour Protection at HOME and AWAY!
✓Ambulance
✓Police ✓Fire
✓Friends/Family

Solutions as Low as $19.95 a month
FREE Shipping
FREE Activation
NO Long Term Contracts

"I have peace of mind Mom is safe and independent."

CALL NOW! 800.809.3352

MDMedAlert

GPS Tracking w/Fall Detection
Nationwide, No Land Line Needed
EASY Set-up, NO Contract
24/7 365 Monitoring in the USA

RCP BLOCK & BRICK®

6 CONVENIENT LOCATIONS!
CHULA VISTA • ENCINITAS • ESCONDIDO
LEMON GROVE • MURRIETA • SANTEE
(800) 794-4727 | www.rcpblock.com

Discover how you can *Make a Difference*

You can make a difference for an adult with special needs and help them live life to the fullest.
(858) 694-0120 ext. 13
Share your home with an adult with special needs as a Mentor.

Your ad could be in this space!

NEW IMAGE DENTISTRY
family & cosmetic dentistry

Rossana T. Alfonso, DDS
& Associates

- we accept most insurance
- zero interest payment plans
- military dependents welcome
- senior citizens discount
- affordable payment plans available

Gentle and Quality Dentistry for Children and Adults

preventive & restorative dentistry, porcelain crowns & bridges, digital x-rays, cosmetic bondings & veneers, tooth colored fillings, partial & complete dentures, tooth extractions, root canal treatment, gum treatment, teeth whitening — in office or take home kit

Now Offering Laser Dentistry for Teeth Whitening and TMJ Pain Therapy

(619) 470-2558
www.miramesabestdentist.com
819 D Avenue, STE #101 • National City, CA 91950
Parishioner

Get this weekly bulletin delivered by email - for FREE!

Sign up here:
https://www.jspaluch.com/BulletinSubscribe.aspx

Courtesy of J.S. Paluch Company, Inc.

catholicmatch® California

CatholicMatch.com/myCA

Please Cut Out This "Thank You Ad" and Present It The Next Time You *Patronize One of Our Advertisers*

Thank You

Thank you for advertising in our church bulletin. I am patronizing your business because of it!

Protecting **Seniors** *Nationwide*

24SEVEN

Medical Alert System

$29.95/Mo. billed quarterly
- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.8608

FINDaPARISH.com

Check It Out Today!

The Most Complete Online National Directory of Catholic Parishes