Gospel

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light."

Mt 11:28-3

Mission Statement

The Church of St. Luke is a joyful, welcoming, caring, active family of believers striving to grow in knowledge of and love for God and each other. Challenged by the Word, nurtured by the Eucharist, and enlivened by the Spirit, we seek to live the message of Jesus in serving the needs of others both within our Parish and in the larger community.

Masses

Wed., Thurs., Fri.: 7:30 am Saturday: 5:00 pm Sunday: 9:00 am & 11:30 am

Sacrament of Reconciliation

Saturday 3:30 pm (Also by appointment)

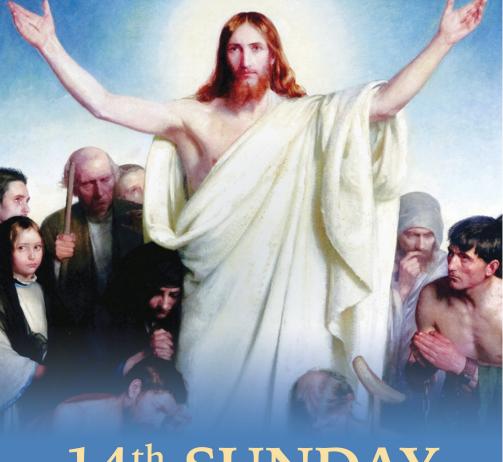
PARISH OFFICE HOURS: Monday-Friday 9:00 am—5:00 pm Fax: (619) 442-2293



Welcome to

Saint Luke A ROMAN CATHOLIC COMMUNITY OF DISCIPLES

1980 Hillsdale Road El Cajon, California 92019 (619) 442-1697 www.thechurchofstluke.org



14th SUNDAY IN ORDINARY TIME

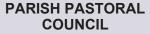
FIRST READING: ZECHARIAH 9:9-10 Second Reading: Romans 8:9,11-13 GOSPEL: Matthew 11:25-30

Reflection: Reflect upon/Share about a "burden" in your life. How does carrying that burden affect you, your family and your friends? How might taking the Lord's yoke help you with your burden? How can you open yourself to learning from the Lord?

Alternate: What kind of struggles do you have in life? How do you ask for help in handling these difficulties? What signs are there that God is helping you through the people He sends your way? What can you do to let God help you more through other people?

Parish Council, Finance Council & From the Pastor

From the Pastor



Parish Pastoral Council normally meets on the 3rd Tuesday of the month. Visitors/observers 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 lane Alfano Mark Balmert Amy Cannon Bob Guarnotta Linda Iacobson Anita Leak Sam Lupo Don Mercurio Dcn. Emeritus: Dennie Nickell Rick Roberts Dave Sapper Karen Sapper Tom Selfani **Bryan Shull** Dcn. Jerry Stenovec Dcn. Allan Williams

PARISH FINANCE COUNCIL

The Parish Finance Council meets every other 3rd Wednesday of the month.

> Parish Finance Council Members: Fr. Ron Cochran

James Chitkowski Jim Crockett George Heidenreich Jeanne Houghtby John Krueger Cathy March Dave Sapper

Jim Stepovich Richard Venancio This is a reprint from 2012. It's timely again because I've been reflecting on marriage. We celebrated a 50 Wedding anniversary on Saturday and I con-celebrated a funeral of a gentleman who had been married to his wife for 67 years. Both marriages are marriages of strong individuals who beautifully share(d) a communion of life and love that is marriage.

Dear Parishioners,

This last Saturday, I thought my homily was too "teachy" and long. I was surprised after Mass to find out that we finished in good time and doubly surprised to hear all the people who told me it was a wonderful homily, one of my best. The Sunday Masses had the same results. I had more positive comments about this homily than, I think, any other. But, not everyone experienced it as so great.

I'm told that they youth, or young adults, or maybe both, thought it was too preachy and didn't feel it addressed their lives. They're right; I was preaching to the older adults. I think it is our responsibility to make marriage desirable to our young people. Even though we have many good marriages in our parish which hold up the value of marriage, the statistics, nationally and among Catholics, don't look that good. Still I would hope that some of the things I said would have touched our young people as meaningful.

Secondly, because I was talking about what I think we should be teaching our young people, some parents began reflection on the fact that their children didn't turn out perfect and their feeling that they were, somehow, at fault. That's a common parental feeling but it implies that we have the power to make everything turn out right; we don't! Life doesn't give us that power. The grace of the Sacrament doesn't give us the power. When other lives are involved, God gives them the freedom to choose and He loves them whatever choice they make. I think, if they open themselves to His love, he will love them into goodness. We don't have the power but maybe we can be instruments of God's love.

I've spoken with several parents about raising children and shared my believe that our job is not to mold our children but to help them discover who they are, who God created them to be. Often times we can see personality traits in our children that we worry about, things that may cause problems for them later in life. I, personally, don't think that we should try to get them to suppress those personality traits; I think we should get them to understand them and find a way to live out of the good side of that trait.

For example, I have two very strong traits connected to the sins of gluttony and lust. Gluttony, of course, is concerned with the quantitative and lust the qualitative. I'm not using lust in the modern sense of sexual sin but in the classical sense of the desire for deeper, more intense, experiences. The traits that are expressed by gluttony and lust are destructive when expressed that way but they have good expressions too. The intensity with which I sometimes preach is connected to the same trait as lust is. I've noticed that people respond to my preaching more when I use that energy. That is a good use of the trait. If I had tried to get rid of the trait, I wouldn't be able to use if for that purpose; actually I don't think we can get rid of the traits anyway.

So... parenting is not the easiest job in the world. And... even if we do it perfectly, it doesn't necessarily result in our children being perfect. Still, we can thank God that we can be a source of His love for that difficult child. He probably made us the parent because nobody else could do it as well, even though we might thing we did a poor job.

In His service,

Fr. Ron

Remember in your Prayers, Weekly Readings, Mass Intentions



PLEASE REMEMBER IN YOUR PRAYERS

Lorraine Flint, Bill Phillips, Isaac Armas, Mary Botte, Lara Pasi, Nancy Usrey, Ryan Cochran, Emmanuel Hallak, Dylan Coughlin, Frank Alfano, Selena Chum, Jimmie Davis, Dr. Barbie Taylor, Rachel Chavez,

Michele Chavez, Joy Darrah, Gray Draper, Linda Rogers, Helen Chu, Al Bowen, Margaret Dennison, Jacob Seilheimer, Joyce Kammer, Theresa Worcholik, Cheryl Berry, Natalie Enriquez, Candace Dayton, Harriet, Ladel, Michael Ward, Nina Murphy, Noel Fisher, Jason Zdunich, Karen Bennett, Connie Elba, Blanche Duncan, Charles Brown, Jim Leachman, Christine Banuelos, Jose Orrantia, Dave Johnson, Mina Scannicchio, Jan Lindgren, Carol Petrich, Carey Moore, Jose Azarza, Parker Landis, Joan Smith, Anthony Potito, Kaylee Mikulsky, Jackie, Jeff Rogers, Michelle Tello, Katherine Boomer, Chase Laird, Vera Navetta, Miriam Kaskorkis, Adelaide Fitzwater, Ed Solorzano, Alice Zizzo, Luis Orrantia, Maggie Matthews, Sophia Christensen, Steven, Cindy Russell, Karen Walker, Mike Murphy, Ann Mussomeli, Jeanine DeSanti, Joe James Sowards, Vie Liddell, Olivia Dunn, Elda Lavelli, Jennifer Soares, Dorothea Wall, Martina Chiappara Cahill, Antoinette Daquisto-Guidi, Matthew Chu, Bob Weisham, Teri Harrison, Danielle P. Joe Scannicchio, Maria Warcholik, Ruthie Condon, Marin Mejia, Mike Marcon, Theresa & Vito Siragusa, Tracy Weaver, Rick Gores, Corrine Meierbachtol, Sue Sullivan, Rose Camacho, Ray Camacho, Tommy Collet Sr., John Lawton, Justin Hughes, Clara Morrison, Travis Butler, Jordan Garcia, Winston Quitiquit, Gregory S., Joan Hall, Joni Marco, Vern Hubka, Ricky Latorre, Camryn Mayer, Dolores Morrison, Aimee Gatus, Tommy Collet Jr., Thomas Baca, Chuck Moore, Gui Mei Guo, Audrianna Lococo, Karl Viederstein, Carey Moore, John Morrison, Maria Teresa Valquez, Nancy Samayoa, Tyler Parr, Karin Oravetz, Terry McMullin, Mary Morrison, Laura Allen & Family, Ryan Waters, Sam Attisha, Debra Burke, Andrew Mearm, Richard Perricone, John Agostini, Clara Morrison, Austin Gatus, Rosemary Lowe, The Hill Family, Russell Morrison, Frances Colombo, Christina Morrison, Megan Kruer Jones, Zaim Attisha, Laura Lee, Teresa Russo, Lillian Peregud; and all our relatives and friends who are sick. A NOTE ABOUT OUR PRAYER LIST: If you would like to add a name to our prayer list please contact Nancy Adema at 619-460-0509 or nanadema@cox.net. Also please notify Nancy when a name can **be removed.** We appreciate the prompt notification & your cooperation.

G PARISH FINANCES №

In order to fulfill our budget, we need to collect an average of \$12,722 in the collection basket each week. Some weeks may be higher and some lower but we need to maintain that average. Additionally, we have budgeted for an average of \$12,802 to be contributed monthly through our Online Giving contribution program.

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

7/02/2017

Plate:	\$	805.00
Envelope:	\$	10,614.00
Total Collection Basket:	\$	11,419.00
Online Giving May 2017 =	\$20,60)4.78 (114 users)

LAST WEEK: Totals for

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, you can 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 which you can personally manage or call the parish office to arrange an online giving plan administered by the parish Business Manger. Online Giving Link: www.thechurchofstluke.org Click on: Online Giving in the center of subject bar. For more information please call the parish office at 442-1697.

PLEASE PRAY FOR IULY WEDDING ANNIVERSARIES:

JOLI WEDDING MINI	
Tommie and Don Lenox	64-years
Joe & Bobbi Payson	63-years
Mike & Charlotte Wolpert	52-years
Don & Kathy Mercurio	52-years
Jim & Mary Ledwith	47-years
Ed & Marilyn Hanson	45-years
Mike & Debra Wasyliw	38-years
Frank & Jane Alfano	35-years
Ed & Beverly Isacco	33-years
Larry & Karin Oravetz	30-years
Mike & Christine Haley	27-years
Alex and Kate Yapjoco	17-years

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

READINGS FOR THE WEEK

Sunday: Zec 9:9-10/Ps 145:1-2, 8-11, 13-14/ Rom 8:9, 11-13/Mt 11:25-30 Monday: Gn 28:10-22a/Ps 91:1-4, 14-15ab/ Mt 9:18-26 Tuesday: Gn 32:23-33/Ps 17:1b, 2-3, 6-7ab, 8b, 15/Mt 9:32-38 Wednesday: Gn 41:55-57; 42:5-7a, 17-24a/Ps 33:2-3, 10-11, 18-19/Mt 10:1-7 Thursday: Gn 44:18-21, 23b-29; 45:1-5/Ps 105:16-21/Mt 10:7-15 Friday: Gn 46:1-7, 28-30/Ps 37:3-4, 18-19, 27 -28, 39-40/Mt 10:16-23 Saturday: Gn 49:29-32; 50:15-26a/Ps 105:1-4, 6-7/Mt 10:24-33 Next Sunday: Is 55:10-11/Ps 65:10-14/Rom 8:18-23/Mt 13:1-23 or 13:1-9

THIS WEEK'S MASS INTENTIONS

Saturday: 5:00pm Dominic Mazzone RIP Sunday: 9:00am Girolamo LaLicata RIP 11:30am Parishioners of St. Luke Wednesday: 7:30am Michaelangelo Casarrubia RIP Thursday: 7:30am Frances Machado RIP Friday: 7:30am Jessie Restine RIP Saturday: 5:00pm Bruno & Margaret Bubis RIP Sunday: 9:00am Parishioners of St. Luke 11:30am Addie Graves RIP

SAINTS AND SPECIAL OBSERVANCE

Sunday: 14th Sunday in Ordinary Time Monday: Weekday Tuesday: St. Benedict, Abbot Wednesday: Weekday Thursday: St. Henry Friday: St. Kateri Tekakwitha, Virgin Saturday: St. Bonaventure, Bishop/Doctor of the Church

Gospel Meditation, Live the Liturgy & Why Do We Do That

OFFICE VOLUNTEERS

NEEDED

at The Church of Saint Luke Morning and Afternoon Shifts (or occasional substitute)

Experience is required

in the following tasks:

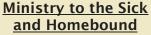
Fundamental computer skills,

Phone skills, Data Entry *Please Call Business Manager: Jim Crockett at* 619-442-1697, ext. 110

Did you know... In addition to your generous donations, the loose coins you place in



the collection basket go to help the Society of St. Vincent de Paul at the Church of St. Luke to provide assistance to those in need? Meetings: 1st Thurs at 11am and the 3rd Wed at 6:30pm in the hall. For more info please contact Mike Wasyliw at (619) 444-9240





If you or a family member cannot come to Sunday Mass, a Minister of the Eucharist is available to bring Eucharist to you in your home, hospital or convalescent home.

Just call the Church Office and your name will be forwarded to the ministry.

One of our Ministers will call to set up a convenient time for a visit. 619-442-1697

Jesus said: "I myself am the living bread come down from heaven. If anyone eats of this bread he shall live forever." Jn 6:51

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE 14th Sunday in Ordinary Time

"Come to me, all you who labor and are burdened, and I will give you rest." Is there anyone to whom this doesn't apply? Don't we all have to labor at something, whether it be work, school, relationships, household affairs, or personal, emotional, or mental battles? Aren't we all burdened in some way at some time?

Jesus offers us powerful words of consolation in today's Gospel. He promises us rest. He calls all of us to himself, along with the baggage and burdens that we carry, and assures us that we will find relief. Thank God! What a gift for our tired, weary souls.

The strange part about the passage, however, is when Jesus suggests that in order to find this wonderful rest, we have to take a "yoke" upon our shoulders. This of course is a reference to the animal harness of old that would join two oxen together to share the weight of the load they carried. He tells us, "Take my yoke upon you and learn from me... For my yoke is easy, and my burden light." Somehow, joining Jesus in his work is supposed to bring us rest! Contrary to the standard belief that NOT working is the source of relief, Jesus urges us to join him in his mission in order to find peace. But what is this mission? To be "meek and humble of heart." Jesus' work is to do whatever God the Father wants him to do. As he says elsewhere, "My food is to do the will of the one who sent me and to finish his work" (Jn 4:34). So, it seems that if we also humbly submit to doing God's work--with lesus right alongside us as our partner in the task--we will "find rest" for ourselves. So as we labor through the trials of the day, may we bear this in mind, and pray that we may handle them according to the will of God.

LIVE THE LITURGY - INSPIRATION FOR THE WEEK

Jesus tells us, "Come to me, all you who labor and are burdened, and I will give you rest." These words may seem a bit contradictory at first given how hard it can often be to be a disciple and live as Jesus taught. While the Gospel can be difficult, it is never a burden. On another occasion Jesus says of his Father, "It is mercy I desire, not sacrifice." God desires our hearts and when we give him our hearts we become free. We become free of ourselves and discover the joy that comes from serving God and others. We can easily get very rigid in terms of our faith, think that we know better, and place expectations on others that can be more of a burden than a source of new life. Are we willing to be open and learn from Jesus?

WHY DO WE DO THAT? - CATHOLIC TRADITIONS EXPLAINED Question: What is unique or different about the way Catholics read and are exposed to the Bible?

Answer: Catholics are exposed to Scripture primarily through the Sunday readings from a book known as the Lectionary. The Lectionary is a book of selected passages from the Bible set in the context of a liturgical season, such as Advent, Lent, or ordinary time. There are four readings assigned to any Sunday: the first reading (usually from the Old Testament), the responsorial psalm, the second reading (usually from a New Testament letter), and the Gospel reading.

These readings together give them a new context. The selected readings relate to one another in a unique manner that is not present in the Bible text itself. In close proximity to each other, these readings now have the opportunity to converse with each other in a way that would have not been possible before. A homilist pays attention to all four readings, preparing a reflection that speaks of this conversation among the readings, enabling us to zero in on what this unique combination of God's word has to say to us this particular Sunday.

Next time you attend Sunday liturgy, try reading the Scripture ahead of time and see how this new relationship among the readings addresses and challenges you to be a better Christian here and now.

Contacts & Calendar Information

G VISIT OUR WEBSITE № For additional calendar and event information. www.thechurchofstluke.org

G GARISH DIRECTORY №

Pastor: Rev. Ron Cochran (619) 442-1697 Deacon Emeritus: Dennie Nickell (619) 442-1697 **Deacon:** Jerry Stenovec **Deacon:** Allan Williams 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 Web Master: Lance Attig webmaster@thechurchofstluke.org. Altar Servers: Dcn. Alan Williams Choir Director: Colin McColl **Organist:** Susan Paul Eucharistic Ministers: Linda Jacobson Greeters: Maria Oliver Lectors: Susan Smothers **Ushers:** George Heidenriech FAITH FORMATION

Catechetical Ministry

Jane Cruz Alfano, Pastoral Associate (619) 442-1697 x103 passoc@thechurchofstluke.org Coordinator of RCIA: Dcn. Jerry Stenovec **Coordinator of PreK-5 Faith Formation:** Debbie Stenovec (619) 442-2515 x 105 K-5reled@thechurchofstluke.org **Coordinator of Middle and High School Faith Formation** &Youth a/Young Adult Ministry: Evelyn Beale (619) 442-2515 x 106 Youthreled@thechurchofstluke.org

MINISTRIES & ORGANIZATIONS

Baptism Class: Joanie Maitilasso (619)442-1697 **Centering Prayer:** Rosemarie Murphy Church Cleaning Crew: Peggy Nelson Cub/Boy Scout Religious Emblems: Shannon Vint Eucharistic Adoration: Cindy Christmas & Mike Wasvliw Friends of the Poor: Martha Evans Knights of Columbus: Clark Sr. G.K. Marriage Preparation: Joanie Maitilasso Ministry to Sick and Homebound: Dcn. Jerry Stenovec Outreach Ministry: Ken Stempien Prayer Chain: Nancy Adema Respect Life: Don Mercurio Scrip: Tom Stone **Small Church Communities:** Jane Cruz Alfano, (619) 442-1697 x 103 Society of St. Vincent de Paul: Mike Wasyliw St. Luke Business Network: Cathy March

ය FROM THE BULLETIN EDITOR හ Office Phone: (619) 442-1697 Fax (619) 442-2293 Joanie Maitilasso and Carole Morales OFFICE HOURS: Monday - Friday: 9:00 am to 5:00 pm THE DEADLINE FOR BULLETIN ANNOUNCEMENTS IS

MONDAY AT 12 NOON.

ය <u>CALENDAR OF EVENTS</u> හ Month of July
(Calendar Events are subject to change)
Sat 8th 14th Sunday of Ordinary Time 3:30pm Reconciliation 5:00pm Mass w/Baptism: Levi Ruoff 6:00pm Young Adult Bonfire - Off Site
Sun 9th 14th Sunday of Ordinary Time 8:00am—1:00pm Blood Drive 8:30am Pro Life Rosary 9:00am Mass w/ Children's Liturgy Word 11:30am Mass w/Children's Liturgy Word
Mon 10th No meetings
Tues 11th 6:30pm Young adult Gathering
Wed 12th 7:30am Mass 7:00pm K of C Meeting
Thu 13th 7:30am Mass
Fri 14th 7:30am Mass
Sat 15th Sunday of Ordinary Time 3:30pm Reconciliation 5:00pm Mass
Sun 16th15th Sunday of Ordinary Time 8:30am Pro Life Rosary 9:00am Mass w/ Children's Liturgy Word 11:30am Mass w/Children's Liturgy Word 1:00pm group Baptism
Mon 17th No meetings

Parish Events

Father Joe's Villages 👯

IN NEED OF VOLUNTEERS

We are scheduled to serve dinner on July 28, from 4-7 **p.m.** at Father Joe's Village and need your help. We need **14 volunteers** every month. If you can help let Dan Goulding know.

We would like to have our volunteers show up at Fr. Joe's Village by 3:45p.m. A carpool will be leaving St. Luke parking lot around 3:15pm for anyone interested.

Your help is truly appreciated. Thank you.

This is a monthly event and occurs on the 4th Friday of each month.

7/28/17, 8/25/17, 9/22/17, 10/27/17, 11/24/17 and 12/22/17.

Saint Luke BLOOD DRIVE



SUNDAY, JULY 9 8:00 AM TO 1:00 PM IN THE PARISH HALL

> To make an appointment online: www.sandiegobloodbank.org Click on "appointments" Enter Sponsor code: LUKE

OPEN TO THE PUBLIC

Please eat a good meal and drink plenty of fluids before donating blood. All donors must show proof of identification.

Please pass this information on to a friend. If you have given blood in the last eight weeks.

SVDP WALK/RUN FOR THE POOR

SVDP Resource & Sign up Table after Masses July-September

Early registration/pledge sheets to sponsor walkers & runners . We are hoping to raise \$5000-\$10000 that will help the poor & needy in our El Cajon & East County Community. All proceeds stay with our local SVDP Church of St. Luke Conference"

ST. VINCENT DE PAUL FRIENDS OF THE POOR WALK



SEPTEMBER 30, 2017 8:00 AM LOCATION: STEELE CANYON HIGH SCHOOL 12440 Campo Road, Spring Valley CA 91878 Music, Food, Fun



FREE REGISTRATION

PLEASE DONATE AND REGISTER: <u>WWW.FOPWALK.ORG</u> REGISTER TO WALK AT AN EVENT NEAR YOU: STATE (CA) Please click on: September 30, 2017 8:00 AM <u>CHURCH OF ST LUKE FOP WALK/RUN</u>



THERE IS AN OPTION TO DONATE AND TO REGISTER. Please contact: Anita Razzouki Or Mike Wasyliw

6 | Church of St Luke * 1980 Hillsdale Road * El Cajon * CA * 92019

Parish Events



The Solar Panels will save the parish on average more that \$38,000 annually.

Your donation will have a multiplying effect generating cash savings for many years to come.





25 year multiplying effect Your Donation of: Generates Cash Savings of:

\$200	\$1,100
\$500	\$2,750
\$1,000	\$5,500
\$5,000	\$27,500

We can't afford to wait any longer. The time to act is now.

Help us join together as a community in this effort. Complete your pledge card and return it today. Thank you for your generosity!



PUBLICATIONS

For ad info. call 1-800-950-9952 • www.4lpi.com

St. Luke Church, El Cajon, CA. A 4

A 4C 05-0676



SAVE THE DATE SATURDAY 09.30.2017

Location: (Steele Canyon High School) 12440 Campo Road Spring Valley CA 91878





FREE REGISTRATION PLEASE DONATE AND REGISTER: DIRECTIONS WWW.FOPWALK.ORG

REGISTER TO WALK AT AN EVENT NEAR YOU: STATE (CA)

PLEASE CLICK ON: SEPTEMBER 30, 2017 8:00 AM CHURCH OF ST LUKE FOP WALK/RUN

> There is an option to donate and to register.

> > Music Food Fun

Please contact:

Anita Razzouki

Or

Mike Wasyliw