

A Roman Catholic Community of Disciples



FIRST READING: Deuteronomy 4:32-34, 39-40 SECOND READING: Romans 8:14-17 GOSPEL: Matthew 28:16-20

"Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always,

until the end of the age."

Reflection:

Who should you be making a disciple of? What should you, or do you, teach them about being a disciple? How do you, or can you, teach them about being a disciple? How is the Lord with you in this work?

Alternative:

Who is the best example of discipleship in your life? How are they a good example of discipleship? How can you be a better disciple?

May 31, 2015 The Most Holy Trinity



Go... and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit. — Matthew 28:19

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

Tuesday: 5:00 pm 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



From the Pastor

PARISH PASTORAL COUNCIL

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 <u>Members</u>:

Fr. Ron Cochran Bob Guarnotta Linda Jacobson Anita Leak Sam Lupo Don Mercurio Karen Mellos Dcn. Emeritus: Dennie Nickell **Rick Roberts Dave Sapper** Karen Sapper **Bryan Shull** Dcn. Jerry Stenovec Max Verduzco Jr. Dcn. Allan Williams **Connie Wills**

PARISH FINANCE COUNCIL

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

Parish Finance Council Members:

Fr. Ron Cochran Jim Crockett John Garbaczewski George Heidenreich Jeanne Houghtby John Krueger Cathy March Jim Stepovich Richard Venancio

Dear Parishioners,



Since its inception, I've been intrigued by rap music and hip hop. Oftentimes I don't understand the words and sometimes when I do, they frighten me. Oftentimes it doesn't sound like music to me but both have a certain rhythm, changes in the volume and accompanying sounds that combine to create mood or feeling. The sounds of the words together, sometimes rhyming, seem to contain more meaning than any tune that might be present.

Check out a song called "Where every breath is a prayer". Whether you understand the words or not, it feels like a meditation; maybe we can use it at Mass someday? I found it because I Googled "every breath is a prayer". That's what I wanted to write about this week and I wanted to see what other people are saying. You can find a book by the same title as the song and a couple of discussions as to whether "breath prayer" is biblical or not.

Evidently, when some think of every breath being a prayer they think of meditation, or contemplation if you are from a Western religious tradition. That's not what I had in mind. And I think there are others who think the way I do because when I used the words in a homily recently I was greeted with nods of agreement.

You see, I define prayer as dialoguing with God. Yes I believe you can pray to saints but I believe praying to saints is, in effect, dialoguing with God. God started the dialogue by creating us. And, if he started the dialogue by creating us then the way we live the life He has given us is a response to that opening statement. That opening statement, by the way, is "I love you" and I feel pain for people who don't experience their existence as a message of love from their creator.

If the way we live our lives is, in fact, a response to God's first, and ongoing, message of love to us then even the bad we do is part of our prayer. That is important to realize. It seems that many of us think we can hide our bad acts from God or that the bad is something we do when we are not in God's presence. That's not true; every act, good or bad, is a part of our prayer. And God responds to every act, good or bad. If we open ourselves to His constant presence in our lives, he affirms the good and lovingly calls us away from the bad. If we reflect on the areas of our life wherein we have grown, as human beings, we can see His action.

I think this is the most basic form of spirituality and all other prayer forms should flow from it and support it. We all know people who devote themselves to spiritual practices, are active in the Church and are the experience of God's love to us. Others seem to devote themselves to the same spiritual practices and activities but can't seem to get the most basic practice of living as a Christian right, living and being God's love. I would propose that the first group makes every breath a prayer whether they practice contemplation or not.

My guess is that the second group, in the paragraph above, focuses on spiritual practices and Church activities as a way of avoiding the kind of relationship with God which results in real growth, whether they know it or not and whether that is what they are consciously trying to do or not. This is not a condemnation of them. For centuries we have taught spiritual practices and for centuries only a minority have discovered the connection between those practices and their day-to-day lives, their "every breath" if you will. It's up to us to help people bring the two together.

Fr. Ron

COWARDLY

To know what is right and not to do it is the worst cowardice. —Confucius

TRUE RICHES

They are rich enough who are poor in Christ. -St. Jerome

PLEASE REMEMBER IN YOUR PRAYERS

Joe James Sowards, Jim Carver, Bobby Harris, Vie Liddell, George Serban, Olivia Dunn, Elda Javelli, Jennifer Soares, Dorothea Wall, Tony Gonzales, Martina Chiappara Cahill, Antoinette Daguisto-Guidi, Cathy Walloch, Matthew Chu, Petra Gallegos, Bob Weisham, Frank Asaro, Teri Harrison, Danielle P. Joe Scannicchio, Maria Warcholik, Ruthie Condon, Marin Mejia, Mike Marcon, Theresa & Vito Seragusa, Tracy Weaver, Rick Gores, Corrine Meierbachtol, Sue Sullivan, Geri McCabe, Rose Camacho, Ray Camacho, Maria Oliver, Al Oliver, Tommy Collet Sr., John Lawton, Justin Hughes, Clara Morrison, Nick Maitilasso, Travis Butler, Jordan Garcia, Winston Quitiquit, Gregory S., Joan Hall, Mark Malovic, Lucy Renko, Joni Marco, Vern Hubka, Ricky Latorre, Camryn Mayer, Dolores Morrison, Aimee Gatus, Tommy Collet Jr., Candace Solarzano, Thomas Baca, Chuck Moore, Eugene Cuomo, Gui Mei Guo, Audrianna Lococo, Mario Ingargiola, Karl Viederstein, Carey Moore, John Morrison, Maria Teresa Valquez, Nancy Samayoa, JoAnne Morse, Tyler Parr, Karin Oravetz, Terry McMullin, Pam Oates, Mary Morrison, Laura Allen & Family, Ryan Waters, Sam Attisha, Debra Burke, Angelo Scardina, Andrew Mearm, John Dickerson, Marco Antonio Ballesteros Miranda, Rod Fakhoury, Janice Ayers, Peter Spinali, Karen Mays, Judy Nickell, Norma L'Ecuyer, Andrew Frechette, Brett Harris, Richard Perricone, John Agostini, Clara Morrison, Austin Gatus, Michael Milnick, Rosemary Lowe, Hayden Remington, Bob De Winter, Kim Hankins, Francine Pabant, Joy Reynolds, Jeanne Lane, The Hill Family, Connie Bowen, Wayne Hill, 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. *By the same token please notify Nancy when a name can be removed.* We appreciate the prompt notification and 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.).

LAST WEEK:	Totals for	5/24/2015
Plate:	\$	1,198.00
Envelope:	\$	6,197.00
Total Collection Basket:	\$	7,395.00
Online Giving April: \$	15,943.45	

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: http://thechurchofstluke.org

Click on: Online Giving box on upper right of screen.

For more information please call the parish office at 442-1697

PLEASE PRAY FOR:

THE SOUL OF: Yousif Kasyohannon

BAPTISM: Gianna Perkins,

Emmett Castellanos

WEDDING ANNIVERSARY:

Tony and Reta Aquilera- 25years Steve and Linda Reynolds-42-years John and Colleen Garbaczewski-37years Randy and Maridee Ochmann-23-years Romeo & Silvana Marcon- 55yrs Bob & Penny Guarnotta-47 yrs Will & Judy Seeger-50 yr

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

READINGS FOR THE WEEK

Sunday: Dt 4:32-34, 39-40; Ps 33:4-6, 9, 18-20, 22; Rom 8:14-17; Mt 28:16-20 Monday: Tb 1:3; 2:1b-8; Ps 112:1b-2, 3b-6; Mk 12:1-12 **Tuesday:** Tb 2:9-14; Ps 112:1-2, 7-9; Mk 12:13-17 Wednesday: Tb 3:1-11a, 16-17a; Ps 25:2-5ab, 6-7bc, 8-9; Mk 12:18-27 **Thursday:** Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a; Ps 128:1-5; Mk 12:28-34 Friday: Tb 11:5-17; Ps 146:1b-2, 6c-10; Mk 12:35-37 Saturday: Tb 12:1, 5-15, 20; Tb 13:2, 6efgh-8; Mk 12:38-44 Sunday: Ex 24:3-8: Ps 116:12-13. 15-18: Heb 9:11-15; Mk 14:12-16, 22-26 THIS WEEK'S MASS INTENTIONS Saturday: 5:00pm Dominic Mazzone, RIP Sunday: 9:00am John Banuett, RIP 11:30am Parishioners of Saint Luke Tuesday: 5:00pm Christopher Collins, RIP Wednesday: 7:30am Presiders Intention Thursday: 7:30am Presiders Intention Friday: 7:30am Presiders Intention Saturday: 5:00pm Dominic Mazzone, RIP 9:00am Parishioners of Saint Luke Sunday: 11:30am Yousif Kasyouhannon, RIP SAINTS AND SPECIAL OBSERVANCE TODAY: The Most Holy Trinity Ninth Week in Ordinary Time; Monday: St. lustin Ss. Marcellinus and Peter Tuesday: Wednesday: St. Charles Lwanga and Companions Thursday: Weekday St. Boniface; First Friday Friday: St. Norbert; Blessed Virgin Mary; Saturday: The Most Holy Body & Blood of Christ Sunday: The Most Holy Body & Blood of Christ 3

TODAY'S READINGS

First Reading — The Lord is God in the heavens above and on earth below (Deuteronomy 4:32-34, 39-40). **Psalm** — Blessed the people the Lord has chosen to be his own (Psalm 33). Second Reading — You received a Spirit of adoption, through whom we cry, "Abba, Father!" (Romans 8:14-17) Gospel — Baptize them in the name of the Father, and of the Son, and of the Holy Spirit (Matthew 28:16-20). The English translation of the Psalm Responses from the Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

THE TRINITY IS LOVE

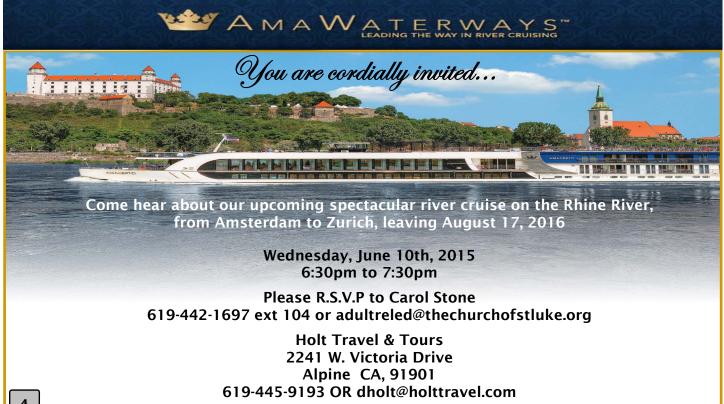
Theologians throughout the Christian centuries have spilled much ink (and, on occasion, some blood) in describing and defining the mystery of the Holy Trinity. One of the earliest, most poetic, and beautiful descriptions comes from St. Augustine in *De Trinitas*, wherein he describes the Trinity as One (the Father) who loves, One (the Son) who is loved, and One (the Spirit) who is love. And these three Ones are also one Three.

It might be wisest for us to leave the technical wranglings to the academic theologians, and focus on the fact that the three Persons of the Trinity are indeed persons; they are best known and understood in their love for each other and for us. We are made in the image of those loving persons, and our best relationships are lived out in the context of love. Truly loving relationships are inexhaustible mysteries to be lived in joy. If this is true of our human relationships, how much more so is it true of our relationship with the Trinity. And how much more does it call upon us to be joyful, loving witnesses of the holy mystery of the One-in-Three. This is the mystery to which we were called when we were chosen to be God's own, baptized with water in the name of the Holy Trinity. Copyright © J. S. Paluch Co.

TREASURES FROM OUR TRADITION

There are plenty of "treasures" in our tradition that if resurrected today would cause anxious moments for bishops! Many concern marriage. There was a time when the church "consecrated" both virgins dedicated to prayer and charity, and brides dedicated to husband and family. Virgins were blessed in the sanctuary of the church, and brides in the sanctuary of the home. The custom of blessing the bride in the marriage chamber was standard in England, Ireland, Spain, and France until the eleventh century.

If the groom (the groom's side planned the wedding) chose from the full menu of liturgy, there would be a blessing of the bridal room, solemn evening prayer on the eve and morning prayer on the day of the wedding, a blessing at the church door of the spouses, and then in the church for the wife alone during Mass, and Communion. After the feast, a priest would represent the bride's father in presiding over the legal process by which the bride transferred from her father's clan to her husband's. Some enduring customs hearken back to these days when marriage was seen as a contract between men (the bride's father and the groom) and was not so much about living out one's baptismal call, and certainly not about the equality of the spouses in Christ. Happily, this baptismal focus has been restored and unhelpful customs set aside by today's marriage rite. —Rev. James Field, Copyright © J. S. Paluch Co.





Saint Luke First Communicants!

Please pray for our disciples who will be receiving First Holy Communion at a parish Mass April - June!

Gino Acosta Michael Borowski Daniel Camp Lucia Camp Anna Chiles Talia Collura Noah Connor Luke D'Alesio Mairin Furlong Justine Garcia Aubrey Hauck Vincent Hillman Alyssa Holguin Sean Keane Brendan Kelley Jack Kelley Ryan Kopy Lily Moscoso Christian Munoz Elise Newbold Braden Pendell Kate Provancha Bianca Rodriguez Danny Simaytis Gavin Sims Maximilian Szpyrka Cambria Torretto Nicolas Vacio Alice Villavicencio



SAVE THE DATE Vacation Bible School is coming! JUNE 22–26, 2015 REGISTRATION AFTER EVERY MASS Application online at

www.thechurchofstluke.org

OFFICE VOLUNTEERS NEEDED at The Church of Saint Luke

Morning and Afternoon Shifts (or occasional substitute) are available. 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



BELIEVE IT OR NOT IT'S BEEN 5 YEARS SINCE OUR LAST DIRECTORY THE 2015 ST LUKE PARISH DIRECTORY WILL COMMEMORATE OUR **30** ANNIVERSARY WE'RE PUTTING TOGETHER A TEAM TO WORK ON THE DIRECTORY AND THERE ARE LOTS OF OPPORTUNITIES FOR VOLUNTEERING! WE NEED HOSTS FOR THE SIGN-UPS AFTER THE WEEKEND MASSES & PHOTO SHOOTS. DO YOU LIKE TO SCRAPBOOK? WE NEED PEOPLE TO DESIGN THE DIRECTORY LAYOUT WOULD YOU LIKE TO CONTACT OUR **ADVERTISERS FOR INCLUSION IN** THE DIRECTORY? PLEASE CALL SUZANNE LEVONIAN IF YOU WOULD LIKE TO HELP





Several Volunteers are needed to help launder the Altar Linens. If you can help please call Carol Claybrook

ය FROM THE BULLETIN EDITOR හ Office Phone: (619) 442-1697 Fax (619) 442-2293 Joanie Maitilasso, Editor OFFICE HOURS: Monday - Friday: 9:00 am to 5:00 pm THE DEADLINE FOR BULLETIN ANNOUNCEMENTS IS MONDAY AT 12 NOON. secretary@thechurchofstluke.org G CALENDAR OF EVENTS 80 Month of May The Most Holy Trinity Sat 3:30pm Reconciliation 30th 5:00pm Mass The Most Holy Trinity Sun 8:15am Pro Life Rosarv **31st** 9:00am Mass w/Children's Liturgy of the Word 11:30am Mass w/Children's Liturgy of the Word 1:00pm Group Baptism: Antonio Crimi Mon **No Meetings** 1 st 9:30am Epic-Church History Tue 5:00 pm Mass 2nd 7:00pm Epic-Church History 7:30am Mass Wed 8:30am Centering Prayer 3rd Thur 7:30am Mass 4th 7:30am Mass Fri 8:00am Adoration of the Blessed Sacrament 5th **5:00pm Closing Benediction** The Most Holy Body & Blood of Christ Sat 3:30pm Reconciliation 6th 5:00pm Mass The Most Holy Body & Blood of Christ Sun 8:15am Pro Life Rosary 7th 9:00am Mass w/High School Grads Honored & Children's Liturgy of the Word 11:30am Mass w/First Communions: Maximilian Szyprka, Aubrey Hauck, Isabelle Hauck, Elise Newbold & Children's Liturgy of the Word 2:00 pm Steele Canyon Baccalaureate

Mon No Meetings

G STARISH DIRECTORY №

Pastor: Rev. Ron Cochran (619) 442-1697 Deacon Emeritus: Dennie Nickell (619) 442-1697 Deacon: Jerry Stenovec **Deacon:** Alan Williams 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 Altar Servers: Dcn. Alan Williams Music: Colin McColl Organist: Susan Paul Lectors: Julie Carlin Eucharistic Ministers: Linda Jacobson Greeters: Maria Oliver Ushers: Kenneth Stempien (619) 442-1697 Welcoming Committee: Suzanne Levonian **RELIGIOUS EDUCATION**

Adult Education: Carol Stone (619) 442-2515 x 104 Adultreled@thechurchofstluke.org RCIA: Dcn. Jerry Stenovec Director of Religious Education K-5: Debbie Stenovec (619) 442-2515 x 105 K-5reled@thechurchofstluke.org Director of Religious Education Middle and High School: Jane Alfano (619) 442-2515 x 106 Youthreled@thechurchofstluke.org Youth Ministry Coordinator: Jane Alfano (619) 442-2515 x 106 Youthreled@thechurchofstluke.org

MINISTRIES & ORGANIZATIONS

Baptism Class: Call the Parish Office (619)442-1697 **Centering Prayer:** Carole Morales Church Cleaning Crew: Peggy Nelson Cub/Boy Scout Religious Emblems: Shannon Vint Disability Facilitator: Laura Clark Eucharistic Adoration: Cindy Christmas & Mike Wasyliw Friends of the Poor: Colleen Garbaczewski Knights of Columbus: Marty Collins, G.K. Las Madrinas: Kay Krueger, Letty Reece & Colleen Venancio Ministry to Sick & Homebound: Dcn. Jerry Stenovec Outreach Ministry: Ken Stempien (619) 442-1697 Prayer Chain: Nancy Adema Respect Life: Don Mercurio Scrip: Kerri Holzer Small Church Communities: Carol Stone (619) 442-2515 St. Luke Business Network: Cathy March Society of St. Vincent de Paul: Pauline Doran

CALLED TO BE Merciful

Our Response as Stewards

Participation in the Annual Catholic Appeal accomplishes something simple but profound: it opens the door of faith for others and for yourself. Because of your gift, someone will meet Jesus Christ, have the opportunity to experience His loving grace, know His Mercy, and rest in His peace. Please make a pledge today.

There are many ways to respond to the Annual Catholic Appeal:

- a monthly or quarterly pledge
- one-time cash gift

• a credit card or electronic funds transfer, which may now be processed by the Diocese, or you may visit www.diocese-sdiego.org

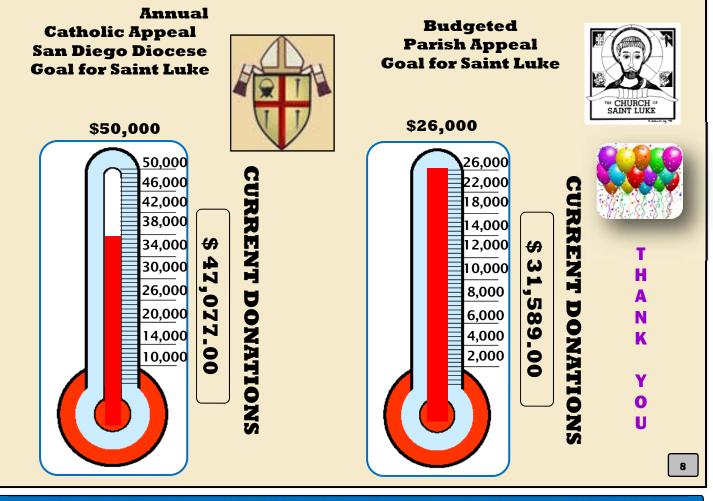
• gift of stocks and bonds

Note that the Annual Catholic Appeal qualifies for many company matching gift programs.

Annual Catholic Appeal Online Giving go to: https://giving.diocese-sdiego.org

Annual Parish Appeal Saint Luke Online Giving go to: http://thechurchofstluke.org Click on The Online Giving Box on the right

We Need Your Help to Meet Our Goal!!!



The Church of Saint Luke * 1980 Hillsdale Road * El Cajon, CA 92019 * (619) 442-1697 *



OUTREACH MINISTRY NEWS for February, 2015

Donations (SENT):

\$200.00	Noah Homes
\$100.00	Holy Trinity Food Pantry
\$50.00	Friends of the Poor
\$50.00	Nativity Prep Academy
\$50.00	East County Pregnancy
Care Clinic	
<u>\$300.00</u>	Society of St. Vincent de Paul
\$750.00	TOTAL

Donations (RECEIVED):

\$143.00Online Giving\$71.25Weekend Mass\$1,329.00Taste of St. Luke\$1,543.25TOTAL(Thank you for your support.)

Thank You Letters/Notes (RECEIVED): None

St. Luke Assistance Programs:

1,221 lbs. of food was delivered to Bostonia Elementary School

Stay with me, remain here with me, watch and pray... Prayer before the Blessed Sacrament Adoration, Praise,

Thanksgiving, Petition

THE REAL PRESENCE: Jesus' Gift to the Church "Whoever eats my flesh and drinks my blood remains in me and I in him" (John 6:56)

Come meet Jesus at a "Happy Hour" of Eucharistic Adoration

The first Friday of each month, beginning at 8 am, is set aside for prayer before the Blessed Sacrament ending, at 5 pm, with a *Closing Benediction and Prayer for Vocations.* Sign up to spend an hour in prayer with Jesus who is present on the altar in the Blessed Sacrament, or just come by. *Everyone is welcome!* The Adoration offers us the opportunity to pray for our families, our parish, our community, our diocese, our priests, our bishops, our universal church, and our world. This month Adoration of the

Blessed Sacrament will be on Friday, June 5th. There will be a sign up sheet available in the baptistery. If you wish to sign up by phone or for additional information call Cindy Christmas.



Congratulations! Class of 2015...



In keeping with our parish tradition, We invite our young disciples ~ 2015 High School Graduates And your Parents or Guardians To attend a special Eucharistic Liturgy And be recognized by the faith community of St. Luke.

> Date: Sunday, June 7th, 2015 Time: 9:00 a.m. Mass Jane Alfano at 619/442-2515, extension 106 Or at <u>youthreled@thechurchofstluke.org</u>

> "I know the plans I have for you, declares the Lord, Plans to prosper you and not to harm you, Plans to give you hope and a future." ~ Jeremiah 29:11 ~

VA is committed to ending homelessness among Veterans. Our focus is threefold:

• Conducting coordinated outreach to proactively seek out Veterans in need of assistance.

• Connecting homeless and at-risk Veterans with <u>housing solutions</u>, <u>health</u> <u>care</u>, <u>community employment services</u> and other required supports.

Collaborating with federal, state and local agencies; employers; housing

