



Sacred Heart Church

OF OCEAN BEACH

August 1, 2021 | THE EIGHTEENTH SUNDAY IN ORDINARY TIME

Welcome

MASS SCHEDULE

Weekday Mass

Monday—Friday | 8:00 am

Weekend Mass

Saturday | 4:30 pm

Sunday | 8:00 am, 10:00 am
5:00 pm

Confession

Saturday | 3:15 pm—4:00 pm

Other | By Appointment

OUR MISSION

EMPOWERED BY JESUS,
THE MISSION OF THE
CHURCH OF SACRED
HEART IS TO:

Strengthen the community
through worship,

Live the Gospel with
Compassion and Joy,

And guided by the Spirit meet
the needs of the people.



18th SUNDAY IN ORDINARY TIME

“For the bread of God is that which comes down from
heaven and gives life to the world.” - Jn 6:33

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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Parish Ministries and Organizations

PARISH OFFICE
 Monday through Friday
 Hours: 8:30 AM—3:30 PM
 Closed 12:00 PM—1:00 PM for lunch
 619-224-2746

BAPTISMS
 Contact Dcn. Mark before scheduling a date with friends and relatives. 619-224-2746

MARRIAGE
 Contact Fr. Tom Kiely 9 Months before planned wedding
 619-224-2746

FUNERALS
 Contact Janice Teixeira
 619-225-8595

APPOINTMENTS
 Fr. Tom is available by appointment.
 619-224-2746.

PARISH STAFF

Rev. Thomas RJ Kiely,
 Parish Administrator
 ☎619-224-2746

Rev. Mr. Mark Wiczorek, Deacon
 ☎619-224-2746
 Email: deaconmark@sacredheartob.org

Rev. Emmanuel Ochigbo,
 in Residence
 ☎619-224-2746

Stephen Williams,
 Religious Education Minister
 ☎619-224-2746 x102
 religiouised@sacredheartob.org

Youth Minister
 ☎619-224-2746 x103
 youthminister@sacredheartob.org

Angela Roberts,
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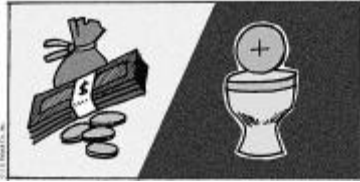
Mrs. Suzie Wydra, Director
 4895 Saratoga Avenue
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shaobpreschool2@gmail.com
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- | | |
|--|--|
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|--|--|

~ ~ ~ Please volunteer to fill the vacancies. (Help Needed) ~ ~ ~

DATE/TIME	MINISTER OF THE WORD	MINISTERS OF HOLY COMMUNION	HOSPITALITY	ALTAR SERVERS
AUG 7~ NINETEENTH SUNDAY IN ORDINARY TIME				
Saturday 4:30 PM	Karen Linarelli Bruce Bauer	Kathy Littlefield	Colleen Morse	<i>Help Needed</i>
AUG 8 ~ NINETEENTH SUNDAY IN ORDINARY TIME				
Sunday 8:00 AM	Mary Kay Cook Carolina Stonehouse	Grace Sousa	Robert Riley Michael Brown	Susan Kaweski
10:00 AM	Mike Flaningam Mary Nauert	Cathleen Hornsby	<i>Help Needed</i> <i>Help Needed</i>	<i>Help Needed</i>
5:00 PM	Teofla Rich John Wilson	Jerry Rich	<i>Help Needed</i> <i>Help Needed</i>	Arianna Donohue



Do not work for food that perishes
but for the food that endures
for eternal life.

— John 6:27a

THE BREAD OF LIFE

Today’s Gospel has the crowd asking Jesus three questions. First, “When did you get here,” to which Jesus responds by rebuking them for their failure to grasp his miracle as a “sign,” an occasion to put faith in him. Their second question about accomplishing the “works of God” has Jesus responding that faith is the “work” that God wishes. Many scholars believe this is John’s answer to the faith-works dichotomy emerging in the early Christian community. Faith is the work of God in the believer, John would have us understand. The third question asked by the crowd is a request for a “sign” that would allow them to put faith in Jesus, as the manna in the desert allowed the Israelites to put faith in the Lord God. Jesus answers by revealing himself as the “bread of life” that “comes down from heaven and gives life to the world.”

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GOSPEL MEDITATION

“You cannot see the forest for the trees” is a widely known saying that can bring wisdom to our understanding of our journey. Often, our sight becomes limited to what is immediately before us. We lose touch with lessons and experiences from the past and promises and hope for the future. As human beings, we have the privilege of being able to choose things. What I like and don’t like, want, and don’t want can be major preoccupations of our minds and hearts. Our preferences and desires begin to define us more than the simple fact of our being. Who we are matters more than what we are or what we have. If we don’t move beyond the external and superficial stuff to what really is of essence, we risk becoming very unsettled, disorientated, angry, and unhappy. We fail to see the bigger picture of hope and promise that lies ahead and the Divine Presence that has sustained and carried us before.

We like it when the “now” times of our lives satisfy us. Even the people who witnessed Jesus feed the five thousand got confused and distracted. It felt good when thousands of people were able to eat. They wanted to know what they could do to get this to happen again! But Jesus quickly reminds them that this is not the point of this sign. As much as the now time of our lives is of concern, it is not what is ultimately important. We need to learn the difference between being and doing, drawing more strength from who we are and who God is rather than what is

happening around us and the choices we can make. Jesus is the true bread that came down from heaven. Jesus is the very incarnate presence of God who sustains life and assures us that we will not perish. This is not easy to understand and feel. We have to practice being in the presence of ourselves, others, creation, and God. We are brought to a holy place when we encounter the sacredness of being. This is real prayer.

Then, we learn to trust. It is when we cease trusting that we start to become afraid, uncertain, apprehensive, and doubtful, and overly self-concerned. We even start to grumble. God has our back. That is the essential powerful message of the living bread come down from heaven. God, who is alpha is also omega, the beginning and the end, and has everything in between in his care as well. A woman once remarked that her most powerful God moment happened when she and her husband cuddled with their new baby for a time. Without exchanging words and using only the affection communicated through sight and touch, they rested in being with each other. This brought them to the sacred, where they realized that a greater Being was with them. It was real. They knew that they were part of something bigger, intimate, and profound. When we rest in the Living Source of life, we will find that our souls are no longer hungry or thirsty.

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REMEMBER
YOUR
CHURCH
THIS
SUMMER

We also have bills to pay.

A SECRET

The secret of happiness is to count your blessings while others are adding up their troubles.

—Anonymous

Today's Readings

First Reading — The people of Israel receive bread from heaven in response to their grumbling (Exodus 16:2-4, 12-15).

Psalm — The Lord gave them bread from heaven (Psalm 78).

Second Reading — Put on the new self that has been created in God’s way (Ephesians 4:17, 20-24).

Gospel — I am the bread of life; whoever comes to me will never hunger (John 6:24-35).

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

- Monday:** Nm 11:4b-15; Ps 81:12-17; Mt 14:13-21
- Tuesday:** Nm 12:1-13; Ps 51:3-7, 12-13; Mt 14:22-36 or Mt 15:1-2, 10-14
- Wednesday:** Nm 13:1-2, 25 — 14:1, 26-29a, 34-35; Ps 106:6-7ab, 13-14, 21-23; Mt 15:21-28
- Thursday:** Nm 20:1-13; Ps 95:1-2, 6-9; Mt 16:13-23
- Friday:** Dn 7:9-10, 13-14; Ps 97:1-2, 5-6, 9; 2 Pt 1:16-19; Mk 9:2-10
- Saturday:** Dt 6:4-13; Ps 18:2-4, 47, 51; Mt 17:14-20
- Sunday:** 1 Kgs 19:4-8; Ps 34:2-9; Eph 4:30 — 5:2; Jn 6:41-51

Mass Intentions for the Week

July 31, Saturday
 4:30 p.m. Rogerio & Olivia Serpa †
August 1, Sunday
 8:00 a.m. Francisco Antonio Sousa Sr. †
 Brenda Lucas †
 10:00 a.m. John Robert Geisler †
 5:00 p.m. Josie Borel †
August 2, Monday
 8:00 a.m. Albertina Tavares †
August 3, Tuesday
 8:00 a.m. Pat Gunning
August 4, Wednesday
 8:00 a.m. Jo Correia
August 5, Thursday
 8:00 a.m. Lisa Ritchie
August 6, Friday
 8:00 a.m. Henrietta Selina Geisler †
August 7, Saturday
 4:30 p.m. Rick Houghtaling
August 8, Sunday
 8:00 a.m. Patty Barrancotto †
 10:00 a.m. Jose & Santana Da Luz †
 5:00 p.m. Jose Lucas †
 Tomais Sousa †



Please Remember in Your Prayers

Barbara Allen	Jerry Hastings
Banting Family	Fr. Ron Hebert
Barreda Family	Desiree Hernandez
Jeanne Barrett	Dolores Illig
Finn Barrett	Inoue Family
Debbie Brady	Gloria Kenny
Carolyn Burmer	Peggy Kittler
Josie Campbell	Bill Klatt
Christian Callahan	Barbara Mellor
Sonia Carrilo	Joannie Nicoletti
Paul Cloutier	Louiz Otero
Sayler Corr	Mark Price
Marco Antonio Cota	Marion E. Riley
Virginia Dela Rosa	Jerry Sanders
Fr. Charles Eis	Carter Santos
Sonny Fendley	Margaret Schweizer
Julie Fish	Patty Schwenn
Daniel Flores	Ruth Sewell
David Flores	Gloria Sosa
Selina Flores	Ana Soto
Irene Gracey	Bryce Stewart
Ann Hansen	Xavier Tan
Sydney Hansen	Jerry Torres
Ione Hastings	Maria Wimer

Stewardship as a Way of Life

SACRED HEART OF OB COMMUNITY DINNER & PANTRY



We are back to our pre-Covid dinner serving schedule: **EVERY OTHER TUESDAY. Our next Dinner services will be in the courtyard on August 10th and 24th.** Volunteers should contact Jack Hamlin for the time to be available beginning at 3:00 p.m.

In addition to our Community dinners, Sacred Heart's outreach to our unsheltered neighbors also includes donated articles of clothing. Currently **we are still in need** of gently used men's pants/shorts and T-shirts, all sizes, for distribution. Please email teixeira@cox.net for porch pick up. Or call Janice Teixeira, to make arrangements: 619-246-4955 .

Thank you all for your continued support of this ministry. We are truly a **Parish Built on Love**, and it has been our privilege to give back to the community of OB.

Please keep us in your prayers. Thank you

Bethlehem Art Works

Beautiful hand-made olive wood religious articles made by Catholic families in Bethlehem and Jerusalem will be on sale next week after all the Masses.

Bethlehem Artworks is a non-profit organization that provides assistance to over 100 plus suffering families each week.

Please stop by our tables and take a look at our beautiful handmade rosaries, statues, crosses and nativities. They will make a wonderful present for family and friends; or an opportunity to add a beautiful hand carved religious item for your home to be cherished through generations. The religious articles are made by the suffering Christian families in the Holy Land, and are their means of spreading the word of Jesus, a goal that began two thousand years ago.

The population in the Holy Land has dropped from over 65% to under 2% just within the last ten years. Crafting the religious articles is the primary means for providing for the livelihood of Christian families in the Holy Land.



Fr. Tom

Q & A Sessions

On Monday August 2nd, Fr. Tom will be hosting his monthly Q & A session on the rectory balcony. The session will start at 7:15 pm. Bring your questions and a positive and loving attitude. Even if you do not have a question come for a delightful and informative night. Email Stephen Williams at religiously@sacredheartob.org for the zoom information. Hope to see you there!

RECOGNIZING OUR MILITARY

AM3 Taylor Abram, Air Force
 Lt. Gregory Becker, Navy
 Lt. Edgard Corea, Navy
 Ensign Daniel Flanagan, Navy
 SGT. William J. Hansen Jr., U.S. Army
 Pvt. III Class Andrew Higgin Botham, U.S. Army
 USS Howard (DDG 83)
 U.S. Navy Ship
 Capt. Silas Huff, U.S. Army
 Tech. SGT. Marcos Portella, Air Force
 Capt. Julia Quinn, USMC
 Major Phil Rodriguez, USMC
 MSG Cory Sullivan, U.S. Army
 Capt. Andrew Sullivan, U.S. Army
 Edwin Torres, Navy

If you have a loved one serving in the military **who is away on special deployment** and would like to add him/her to our list for prayer, please call the parish office at 619-224-2746 and give the military member's name, rank and branch of service. Please remember to call the office when your loved one has returned home.

ROCKY RAILWAY—JESUS' POWER PULLS US THROUGH



ROCKY RAILWAY TICKETS

PARISH INFORMATION & HAPPENINGS



Year of St. Joseph Prayer

Hail, Guardian of the Redeemer,
 Spouse of the Blessed Virgin Mary.
 To you God entrusted his only Son;
 in you Mary placed her trust;
 with you Christ became man.
 Blessed Joseph, to us too,
 show yourself a father and guide us in the path of life.
 Obtain for us grace, mercy and courage,
 and defend us from every evil.

Amen.



2021 is designated the “Year of St. Joseph” and Sacred Heart will pray the above prayer after each Mass.

ANNUAL CATHOLIC APPEAL

Status Report for the year 2021
 As of July 14, 2021

Sacred Heart Parish Assessment Summary:

Assessment: \$40,000.00
 Paid to date: 23,730.00

Owed to Diocese \$ 16,270.00

Registered Families: 440
 % of Goal 59.33%

only 14.09% participation (62 donors)

When donating online for the ACA, **double check** for which Sacred Heart Church you selected. There are two, Coronado and Ocean Beach! We’ve had problems with a few of our donations going to Coronado. Please print out your donation information right away. If you see a problem call the office at 619-224-2746.

Thank you for your generosity.

Sacred Heart Book Club

The next meeting of the SH Book Club will be Tuesday, August 10, at 10:30 AM in the Rectory. The book will be “The Universal Christ” by Richard Rohr.

CHILDREN K—5

Coming Soon

Sacred Heart Church of Ocean Beach Religious Education program will start on October 3rd. Registration will begin on Wednesday, July 28th, will be online this year and the form can be found on the Children’s Religious Education page.

Sunday Schedule will be:

8:30 AM – 8:45 AM

Children gather in the Upstairs Great Room for Prayer, Snacks, Opening Lesson & Song. 8:45 AM – 9:45

Children will breakout into age appropriate faith lessons.

Children’s Liturgy of the Word will resume in the fall.

First reconciliation & First Holy Communion

To receive the sacrament of First Reconciliation and First Communion your child must be in **second grade or 7 years old**. Our program is two years, and they must attend the majority of the sessions and be going to Sunday Mass in person. **More information** will be put on the Children’s Religious Education page as it becomes available.

Stephen Williams, Religious Education Coordinator

4776 Saratoga Avenue, San Diego, Ca 92107

(619) 224-2746 x 102 email: <http://sacredheartob.org/>

YOUTH ACTIVITIES

Summit Youth Group will meet Sunday, August 8th with Jonas Brand for 5:00 PM Mass and meeting after.

Middle School Youth Group meetings are cancelled until further notice.

CRUSH 2021: AN EVENING OF SAVORING FINE WINES



SEPTEMBER 18, 2021

A WELCOME TOAST & HORS D’OEUVRES

5:30 PM in the Hall

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