



Church of Santa Maria

40 Santa Maria Way | Orinda CA 94563 | 925-254-2426 | www.SantaMariaOrinda.com

How to be a better human

Lessons offered by the irritating and the inspiring

Pictured: A stock photo (courtesy of Pixabay) of a guy running that kind of matches the image in my head of the guy from my article



18th Sunday in Ordinary Time
August 2, 2020

I used to hate running until a couple years ago when I tried [C25K](#) (short for "Couch to 5K"), a free and highly recommended interval running schedule. It was designed for cheap people like me who decide they needed more exercise but don't want the structure or payments of classes, a gym, a training program, or anything like that. Now I'm usually out on the trail about 3-5 times per week presumably building up those muscles and training my heart, but also getting fresh air and releasing some restless energy.

A couple days ago I was walking out to Lime Ridge on my warmup, and this college-aged guy in a U of H jersey (of course) comes puffing up from behind me and charges up a hill I generally only tackle on my best days. At first I rolled my eyes as I meekly started to jog, but in two seconds my mind had immediately shifted from "Unfair, showoff," to considering what I could add to my runs so that I, too, could do The Hill Charge with strength and grace - that is, without reverting to the lazy shuffle halfway up. I figured some elevation changes, hill reps, and sprinting would probably get me there, and pondered if I was ready to start that very day.

When I got home, I wondered why, when I see something I admire in someone, I try to figure out how I can mirror that behavior myself, but when I see something I don't admire, my first instinct isn't introspection, but complaining about it to my friends. Someone posts to Reddit with awesome embroidery? "Oh, I'm going to do that!" Someone has beautiful tomato plants? "Hey, what'd you do so I can try that too?" Guy charges up a ridiculous hill? "Wonder what his training program is..."

But - if there's some dummy who's changing 15 lanes without their

blinker (a useful invention!), a gratingly overconfident person who's really just wrong at the top of their lungs, or someone blaming someone else for their own willfully ignorant user error, **BOY WILL YOU HEAR ABOUT IT!**

I don't stop to see if I do those things myself, or ponder how I could prevent my own self from being like that - in other words, I don't react the same way as I do when I see something good in someone else. I go straight up [Matthew 7:3-5](#), ragging on about their splinter and ignoring my beam.

What if, instead of whining about the annoying imperfections of others, I analyzed my own and tried to make them better? What if irritating people taught me what NOT to do, the same way good people teach me what TO do? In other words, what if we looked at the whole world as having some sort of lesson to gift us, teaching us how to be human as humans were intended to be? Surely the more opportunities we see and take as human training moments, the sooner we'll be able to more gracefully charge up the hills of life's challenges.

Megan Arteaga
Youth Minister

Weekend Worship Opportunities August 2, 2020

8:30am | Mass in the Parking Lot; also [Livestreamed](#) (available all day)
10:30am | Mass in the Parking Lot

[Download and print the Worship Aid here](#)

Turn on your car's Accessory Mode and tune in at 87.9 KGOD!

Join us this Sunday in the Parking Lot at 8:30am or 10:30am for Mass! We are blessed to be able to celebrate Masses publicly with you again. **If you are unable to physically join us, we will continue to livestream the 8:30am Mass** for you to participate from home.

Click on the image to open or print this Sunday's **new printer-friendly** worship aid for your convenience.

18th Sunday in Ordinary Time
Worship Aid for August 2, 2020
Use your vehicle's Accessory Mode to tune in at 87.9 for supplemental sound.



Gathering Song
Come to the feast of heaven and earth
Come to the table of peace!
God will provide for all that we need,
Here on the table of peace.

Oh, come and sit at my table
Whom saints and sinners have found,
I wait to welcome the low and lonely
At the cup of my love.

Alleluia

Oh, come and sit without money.
Come to drink without price.
We feast of gladness with food your gift
With faith and fullness of life.

Gloria
Glory to God in the highest, and on earth peace
to people of good will. We praise you, we bless
you, we adore you, we glorify you, we give you
thanks for your great gifts. Lord God, King,
O God, almighty Father, Lord Jesus
Christ, Only Begotten Son, Lord God, Lamb of
God, Son of the Father, You take away the sins
of the world: Have mercy on us. You take away
the sins of the world, receive our prayer: You are

worship at the right hand of the Father: have mercy
on us. For you alone are the Holy One, you alone
are the Lord, You alone are the Most High, Jesus
Christ, with the Holy Spirit, be the glory of God
the Father. Amen.

First Reading
Isaiah 55:1-3
All you who are thirsty, come to the water! You
who have no money, come, receive grain and eat;
come, without paying and without cost, drink
wine and milk! Why spend your money for what
is not bread, your wages for what fails to satisfy?
Hearken, and you shall eat well, you shall
delight in rich fare. Come to me, because
you may have life. I will renew with you the
covenant, the benefits assured to David.

Responsorial Psalm
Psalm 146
Praise the Lord, O my soul,
All that in me is, O Lord,
My strength and my fortress,
My God and my savior.
Remember me, O Lord,
For you have been my help.

Do you miss your favorite Pastoral Team?

Our Pastoral Team is planning to reopen the office from **10am-noon Monday through Friday** beginning **Monday, August 3!** Each team member will have a certain assigned day, in case you need to speak with someone specifically:

- Monday: Tony
- Tuesday: Megan
- Wednesday: Deacon Jim



- Thursday: Deacon Rey
- Friday: Sr. Magdalene/Sr. Mary Margaret

We will be strictly following County protocol regarding health regulations. Mirna's husband Ken has installed a **plexiglass screen** between the staff and guest area, **hand sanitizer** is available for your use, **masks are required** for both staff and parishioners, and a **limited number of people** will be allowed in the Parish Office at one time.

Please stop by (wearing your mask!) if you have questions, want to request a Mass Intention, or just to chat!

Note that this plan is subject to change, according to State and County requirements and regulations. We will keep everyone updated.

Updates on K-12 Faith Formation Programming

We've always been committed to providing quality programming for our kids and teens, and just because we're in the midst of a global pandemic doesn't mean we're planning to stop!



Usually at this time of year, registration is opening up for K-5 Faith Formation, First Eucharist, Middle School Youth Group (MSYG), High School Confirmation, and the Faith in Action Team (FIAT) leadership, but we're still figuring out what each of these programs will actually look like come September.

Thank you for your patience and understanding!

Note that any plans in this area are subject to change, according to State and County requirements and regulations. We will keep everyone updated.

Mass for the Assumption of Mary

This year, the August 15 Solemnity of the Assumption of the Blessed Virgin Mary falls on a Saturday!



While this is normally a Holy Day of Obligation, due to both the dispensation from the Sunday Obligation by Bishop Barber and the placement of the feast on a Saturday, it is not an obligation to celebrate Mass this year, but rather a holy day of opportunity!

Take the opportunity to [join us for a Livestreamed Mass at 10am on Saturday, August 15](#) celebrating our patroness, the Blessed Virgin Mary, on the great feast of her Assumption into Heaven.



Tuesday Gardening

Week by week, the church grounds are shedding their weeds and dead bush branches. Thanks go out to **Franco Alejo, Walter Peyton (and three family teens), John Cahill, Tina Locke, Holly Pabst, Mari Kay Breazeale, Colette White, and Judy Shallat.**

Join us each Tuesday, 8am to 11am at the Rectory level parking lot with your gloves and mask and we will give you a task.

Bring your gloves, mask, hat and water bottle, plus any of the suggested tools: clippers, broom, dust pan, hoe, rake, large outdoor garbage bags. We have a huge jug for water bottle refills.

To get involved, contact [Janet Riley](#) or [Gail Gabriel](#).



Remote Tutoring Invitation

Want to help a foster child from the comfort of your home? Become a Remote Tutor! "The Village Tutors" is gearing up for the fall by recruiting and training tutors now to be ready to help once school begins later.

One hour, once a week is all it takes to help a foster child progress in their studies, and is a great way to support foster families.

So put those math, science, grammar, or other subject skills to use and sign up now!

Must be 18 or older to participate. All volunteers must be fingerprinted and complete a one-hour online training course. To get involved, call 925-212-8848 or [email Maggie Reeves](#).

How can I keep supporting Santa Maria?

Thank you so much for thinking about us and continuing to support our parish during these trying times! We are greatly appreciative of any help you can provide.

You may drop your collection in the offertory baskets at Parking Lot Masses, mail a check to the Parish Office (40 Santa Maria Way, Orinda CA 94563), or [make a one-time donation using Faith Direct](#), our eGiving service, to make your offering.

If you would like, you can also [sign up for recurring giving through Faith Direct](#) to continue to give to the Sunday plate even though you can't come to the church to drop it in the basket as usual. Again, we thank you



Pastoral Team

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Sister Mary Magdalene Nguyen, LHC

Pastoral Care of the Sick

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Prayer Intentions

For the Sick:

Liduvina Acosta, Sonny Acosta, Mary Beth Alban, Joan Artmann, Shoab Aryan, Kristy Blackey-Taylor, Kathie Brady, Cara Bradbury, Miguel Briseno, Maria Carmen, Fred Chavaria, Jan Coe, Grace Parent DeBoot, Rich Delany, Mary Dodge, Lorna Elliott, Anne Emery, Nora Enriquez, Emidio Fonseca, Liam Foley, Patricia Fox, Bridget Gallagher, Noreen Gillham, Doris Hale, Florentino Ibabao, Brian Kelly, Mason Kelly, Aileen Kelly, Michael Kelly, Jim Kennedy, Jerry Kirk, Lawrence Knapp, Carol Koupus, Judy Lazarus, Herman Lee, Rose Mary McPhee, Robert Nick, Arsi Orihuella, Deacon Jim Pearce, Kathleen Pelz, Ann Powell, Mark Ricci, Ben Richey, Brian Riley, Patrick Sheehy, Jean Wells, Faye Young

Would you like to add yourself or someone else to the prayer list? Please ensure you have their permission, then contact Megan in the Parish Office at 925-254-2426 or at megan@smparish.org.

Mass Intentions

Most Mass Intentions during Shelter in Place orders are either postponed or celebrated privately. Mirna is contacting all those who requested the currently scheduled intentions.

To request a Mass Intention, please contact Mirna in the Parish Office.

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Maria**

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