St. Catherine of Siena Parish follows Jesus by welcoming all, sharing our gifts & giving glory to God.
**PARISH & SCHOOL STAFF**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fr. Anthony Huong Le</td>
<td></td>
</tr>
<tr>
<td>Deacon Albert Dizon</td>
<td><a href="mailto:dcndadizon@yahoo.com">dcndadizon@yahoo.com</a></td>
</tr>
<tr>
<td>Jessica Griswold, Principal</td>
<td><a href="mailto:jgriswold@csdo.org">jgriswold@csdo.org</a></td>
</tr>
<tr>
<td>Andrea Watkins</td>
<td><a href="mailto:scpreschool@comcast.net">scpreschool@comcast.net</a></td>
</tr>
<tr>
<td>RCIA Director</td>
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<tr>
<td>TBA Director</td>
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<tr>
<td>Sylvia Lloren</td>
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<tr>
<td>Bookkeeper</td>
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<tr>
<td>Secretary</td>
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<tr>
<td>Sheila Lloren</td>
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<tr>
<td>Safe Environment Coordinator</td>
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</tbody>
</table>

**CHURCH LOCATION:** 606 Mellus Street, Martinez, CA

**PARISH OFFICE AND MAILING ADDRESS:** 1125 Ferry Street, Martinez, CA 94553-1720

**TELEPHONE / FAX:** 925-228-2230 / 925-228-1318

**PARISH WEBSITE:** www.stcmtz.org

**SUBMISSIONS:** bulletinsubmissions@gmail.com

**SAFE ENVIRONMENT:** www.virtusonline.org

**BAPTISMS:** Registration is mandatory two months prior to Baptism. Parents & Godparents are required to attend a mandatory Baptism preparation class before reception of the Sacrament.

**MARRIAGES:** Arrangements and mandatory preparation need to be arranged at least eight months prior to the wedding.

**FUNERALS:** We recommend using Catholic Funeral and Cemetery Services at 925-932-0900. A representative will contact the parish office to coordinate your arrangements.

**BULLETIN SUBMISSIONS:** To place an announcement in the bulletin, email request to: bulletinsubmissions@gmail.com. The deadline for requests is no later than noon on Fridays one week prior to the date of the bulletin in which the announcement is requested to appear.

**EARLY DEADLINES:** Closely watch early deadlines imposed by the publisher and plan ahead accordingly. Deadline for Aug 26 & Sep 2 has passed. The next deadline for submissions for the weekends of Sep 9 all items must be submitted by FRI August 31 by noon. Please direct your inquiries to the email above. Thanks.

**MINISTRIES/ORGANIZATIONS CONTACTS**

<table>
<thead>
<tr>
<th>Ministry</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Altar Servers</td>
<td>925-957-0437</td>
</tr>
<tr>
<td>Art and Environment</td>
<td>925-200-6300</td>
</tr>
<tr>
<td>Beth Churchill</td>
<td></td>
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<tr>
<td>Bingo</td>
<td>925-858-7330</td>
</tr>
<tr>
<td>Catholic Youth Organization - CYO</td>
<td></td>
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<tr>
<td>Gina Marks</td>
<td>925-817-9429</td>
</tr>
<tr>
<td>Children’s Liturgy of the Word</td>
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<tr>
<td>Debbie Friberg</td>
<td>925-212-7465</td>
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<tr>
<td>Communications</td>
<td>925-370-8143</td>
</tr>
<tr>
<td>Extraordinary Ministers of Holy Communion</td>
<td>925-228-6460</td>
</tr>
<tr>
<td>Viviana &amp; Marty Magee</td>
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<tr>
<td>Faith Formation - Religious Education (PreK-8th Grades)</td>
<td>925-228-2230</td>
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<tr>
<td>Finance</td>
<td></td>
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<tr>
<td>Don Brocca</td>
<td>925-229-4158 &amp; 925-335-9395</td>
</tr>
<tr>
<td>Mary Cook</td>
<td>925-229-2665</td>
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<tr>
<td>Guadalupe Society</td>
<td></td>
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<tr>
<td>Guadalupe Cruz</td>
<td>925-997-2432</td>
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<tr>
<td>Hospital/Sick/Homebound</td>
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<tr>
<td>Tom Greerty/Legion of Mary</td>
<td>925-228-4387</td>
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<tr>
<td>Ignite</td>
<td></td>
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<tr>
<td>Cindy Bucaglia</td>
<td>925-787-8396</td>
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<tr>
<td>Italian Catholic Federation - ICF</td>
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<tr>
<td>Tom Cook</td>
<td>925-229-2665</td>
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<tr>
<td>Knights of Columbus - K of C</td>
<td>925-334-2429</td>
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<tr>
<td>La Comunidad Latina</td>
<td>925-348-2620</td>
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<tr>
<td>Maria Cruz</td>
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<tr>
<td>Maintenance</td>
<td></td>
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<tr>
<td>Parish Office</td>
<td>925-228-2230</td>
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<tr>
<td>Mary Help of Christians - MHC</td>
<td></td>
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<tr>
<td>Margarita Flores</td>
<td>925-812-1279</td>
</tr>
<tr>
<td>Pastoral Advisory Council</td>
<td></td>
</tr>
<tr>
<td>Karen Glen</td>
<td>925-788-7716 &amp; Karen Sandri...925-370-7997</td>
</tr>
<tr>
<td>Respect Life</td>
<td></td>
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<tr>
<td>Linda Easterday</td>
<td>925-372-3845</td>
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<tr>
<td>Rite of Christian Initiation for Adults - RCIA</td>
<td>925-228-2230</td>
</tr>
<tr>
<td>Safe Environment for Children Project - SECP</td>
<td>925-372-2230</td>
</tr>
<tr>
<td>Andrea Watkins</td>
<td>Ext 30 925-228-2230</td>
</tr>
<tr>
<td>SECP: No More Secrets - Survivor Outreach</td>
<td>925-372-6091</td>
</tr>
<tr>
<td>Sherrie Hammon</td>
<td>925-228-2230</td>
</tr>
<tr>
<td>San Lorenzo Ruiz Community - SLRC</td>
<td></td>
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<tr>
<td>Esther Concepcion</td>
<td>925-381-1835</td>
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<tr>
<td>Social Awareness</td>
<td></td>
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<tr>
<td>Anne Crisp</td>
<td>925-356-8822</td>
</tr>
<tr>
<td>Spark (young adult group ages 18 years to 35 years)</td>
<td>925-229-2665</td>
</tr>
<tr>
<td>Rosemary Cook</td>
<td></td>
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<tr>
<td>St. Vincent de Paul Society - SvdP</td>
<td>925-788-7716</td>
</tr>
<tr>
<td>Karen Glen</td>
<td>925-788-7716</td>
</tr>
<tr>
<td>Sociedade Portuguesa Rainha Santa Isabel - SPRSI</td>
<td>925-228-8428</td>
</tr>
<tr>
<td>Annette Liberty</td>
<td></td>
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<tr>
<td>Jim McLaughlin</td>
<td>925-228-1051</td>
</tr>
<tr>
<td>Young Ladies Institute - YLI</td>
<td></td>
</tr>
<tr>
<td>Karen Alexander</td>
<td>925-698-7444</td>
</tr>
<tr>
<td>Youth Group/Confirmation (High School 9 to 12 Grades)</td>
<td>925-372-7015</td>
</tr>
</tbody>
</table>

**LITURGY SCHEDULE**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>SATURDAY</td>
<td>8:00 AM and 4:30 PM</td>
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<tr>
<td>SUNDAY</td>
<td>7:00 AM</td>
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<td></td>
<td>8:30 AM Children’s Liturgy of the Word</td>
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<td></td>
<td>10:30 AM</td>
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<td></td>
<td>12:30 PM Spanish</td>
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<tr>
<td>WEEKDAYS</td>
<td>8:00 AM (Thursday is a Communion Service)</td>
</tr>
<tr>
<td>HOLY DAYS</td>
<td>8:00 AM, 12:10 PM and 7:00 PM</td>
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<tr>
<td>ADORATION</td>
<td>Fridays from 12:00 PM to 5:00 PM</td>
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<tr>
<td>RECONCILIATION</td>
<td>Saturdays from 3:00 PM to 4:00 PM</td>
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</table>
What does Transubstantiation mean?

In the last catechesis we talked about the real presence of Jesus in the Eucharistic species (bread and wine). The change happens after the words of consecration pronounced by a validly ordained priest over the bread and wine through the power of the Holy Spirit. This change is effected by transubstantiation. This big word may have caused some confusion. So, in this issue, I would like to make clearer what the Church understands transubstantiation in the context of the Eucharistic celebration, which we call the Mass.

The Church at the Council of Trent (1545-1563) defines transubstantiation as follows:

Since Christ our Redeemer declared that to be truly His own body which He offered under the form of bread, it has, therefore, always been a firm belief in the Church of God, and this holy council now declares it anew, that by the consecration of the bread and wine a change is brought about of the whole substance of the bread into the substance of the body of Christ our Lord, and of the whole substance of the wine into the substance of His blood. This change the holy Catholic Church properly and appropriately calls transubstantiation (Trent, 13: IV).

To understand this teaching, we must understand what the Council means by the word substance. The Latin word for substance is sub-stare (hold firm) or substantia (nature or thing). Here the Church employs Aristotle’s category of substance to signify “being as existing in and by itself and serving as a subject or basis for accidents and accidental changes.” In other words, a substance contains in itself two parts: 1) thing (nature of thing) in itself, 2) accidents or characteristics of that thing.

According to this understanding, there can be two kinds of changes that might happen to a substance. The first kind of change, according to Catholic Encyclopedia, is “…one affects the radical characteristics of things, and consequently determines the existence or non-existence of these things.” For example, wood when it is burned turns into ashes; the characteristics and the thing (wood) itself changed into a new substance called ashes. This can rightly be called a change of substance.

The other kind of change, on the other hand, while modifies the thing’s accidents or characteristics, does not destroy or change its nature fundamentally. This means that the substance does not change even though its characteristics might be changed significantly. For example, a piece of metal can be heated up or bended and yet it remains essentially metal.

Now, regarding the change happens in the bread and wine after the words of consecration pronounced over them by a priest at Mass. It is the first kind of change, the change of substance. Through the power of the Holy Spirit and the effect of the words of Christ, the whole substances of bread and wine change into the body and blood of Christ while they remain their appearances like bread and wine.

We already said in the last issue that Christ meant what He said and said what He meant at the Last Supper when He instituted the Sacrament of Eucharist. The Scripture itself substantiates this teaching. For example, Matt. 26:28 reports the words of Jesus in the Last Supper: “For this is My blood of the covenant, which is poured out for many for forgiveness of sins.” In John 6:52-53 we read, “The Jews therefore began to argue with one another, saying: ‘How can this man give us His flesh to eat?’ Jesus therefore said to them, ‘Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in yourselves.’” Saint Paul, in 1 Cor. 11:27, warns the Corinthians without hesitation: “Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner shall be guilty of the body and the blood of the Lord.” At this point, we have to ask ourselves: Is it teaching still relevant to our age?

Yes, it is precisely because many has lost faith in the power of God whose word can effect substantial change in things, especially bread and wine in the context of the Mass. Jesus is so powerful that He is capable of being truly present in the Eucharistic species. This is a sign of his great love.

Let us re-profess our faith in the power of God. When we come to receive Christ in the Eucharistic celebration—the Mass, we should consciously prepare ourselves to be changed by Him—not being changed into an angel or other sub-human things, but changed to better love God and others thus becoming fully human as God intends us to be. This change won’t happen unless we first acknowledge that we are first received by Christ, who in his goodness assimilates us into himself as members of his Body, the Church; thus in the Eucharistic celebration, it is not us who receive Christ, but Christ receives us in the Eucharist as his beloved brothers and sisters.

May God change us all inside out.

Yours in Christ,
Fr Anthony Le, Parochial Administrator
**WEEK-AT-A-GLANCE**

Week-at-a-glance dates, times, and locations are taken from the website calendar: [www.stcmrz.org](http://www.stcmrz.org). If further clarification is needed, please contact the parish office at 925-228-2230 extension 0.

To host hospitality, email bulletinsubmissions@gmail.com

**Sunday, 8/19**

- **20th Sunday in Ordinary Time**
  - 8:00 AM PH Hospitality—Seminarian hosts
  - 2:00 PM CH Baptisms

**Monday, 8/20**

- St. Bernard, pray for us
  - 1:00 PM PH CPR Training
  - 6:30 PM PC Scripture Study with Clergy

**Tuesday, 8/21**

- St. Pope Pius X, pray for us.
  - 5:00 PM CH Choir Workshop
  - 6:00 PM CH Choir Rehearsal
  - 7:00 PM PH YLI Meeting

**Wednesday, 8/22**

- St. Andrew the Scot
  - 6:30 PM PCL Legion of Mary Meeting
  - 7:30 PM CH Lectors Meeting

**Thursday, 8/23**

- St. Rose of Lima, pray for us.
  - 5:30 PM PCL Ignite Book Club
  - 7:00 PM CH Lectors Meeting

**Friday, 8/24**

- St. Bartholomew, pray for us.
  - 9:15 AM CH SCS School Mass
  - 12:00 PM CH Adoration
  - 5:00 PM CH Benediction

**Saturday, 8/25**

- St. Louis, pray for us.
  - 9:00 AM CH Altar Servers Training
  - 9:30 AM PCL SVDP Food Distribution
  - 11:00 AM CH Memorial Mass
  - 3:00 PM CH Reconciliation

**Sunday, 8/26**

- 22nd Sunday in Ordinary Time
  - 8:00 AM PH Hospitality—YLI Hosts & Bake Sale
  - 9:00 AM PH Faith Formation Registration

**Parish Stewardship**

**AUGUST 12, 2018**

**CONTRIBUTIONS**

- Sunday Collection $5,401.00
- Maintenance $991.00
- Mission Co-op $100.00
- SCS Education Fund $40.00
- St. Vincent de Paul $25.00

Thank you for your continued generosity!

**Remember St. Catherine Parish in your Will & Living Trust**

**Intentions for the Week**

- SAT 8/18 4:30 Botti Family †
- SUN 8/19 7:00 Immaculate Heart of Mary †
- 8:30 Mitch & Ann Costanza †
- 10:30 Int. St. Catherine of Siena Parish
- 12:30 Jo & Pete Weber †
- MON 8/20 8:00 Vilma Costa †
- TUE 8/21 8:00 Richard Brouette †
- WED 8/22 8:00 Josie Polina Weber † & Int. Tina Hight
- FRI 8/24 8:00 Int. St. Catherine of Siena School
  - 9:15 †
- SAT 8/25 8:00 Rev. James McGee †
  - 4:30 Ernest Fio †
- SUN 8/26 7:00 Jenny Corevelyn †
  - 8:30 Thomas & Eva Hernandez & Family†
  - 10:30 Toby & Edward Trujillo †
  - 12:30 Int. St. Catherine of Siena Parish

For intentions call the Parish Office

**Intentions make special gifts.**

- for birthdays, anniversaries, giving thanks, healing, or thinking of you.

**The Legion of Mary**

Under the banner of the Blessed Mother has a long tradition at Saint Catherine of Siena Parish. Weekly meetings are held on Wednesdays at 6:30 PM in the Parish Center Library. Members perform two hours of service each week visiting the homebound, nursing homes, distributing Catholic literature, or other works of evangelization. If interested in joining this rewarding ministry, please call Anne Crisp @ 925-356-8822 for more information or just come to a meeting to see what’s it’s all about.

**Calling all youth who are currently serving or are interested in joining Saint Catherine Altar Server ministry.**

**Altar Servers Training**

Saturday, August 25 @ 9 am

in the Church

You are required to have received First Holy Communion. If interested, please come to the training.

**The gift of grace increases as the struggles increase. —St. Rose of Lima**

St. Catherine Parish offers deepest sympathy and prayers for the family; and, the repose of the soul of

**Jacob Van Overmeeren**

who entered eternal life.
Faith Sharing

I have been journeying the highway of GRIEF since the death of our beloved and only son Toby Trujillo on January 14, 2017. I want to say at the outset that I feel blessed to have been chosen by our Lord to be born a cradle Catholic. On Sunday, January 15, 2017, I went to Mass as usual at 8:30 AM to pray for my Hito. I cried and felt desolate. After Mass I went to pray to our Blessed Mother and ask her to give me the strength to face the task of handling the funeral for our son. I thanked her for always loving our family and for her presence in my life now that I needed her more than ever. I said, “Mother I know you know my heart as you lost your only son Lord and Savior Jesus Christ.” No sooner were the words out of my mouth than a thought came to me: yes, and blessed am I for not having to watch my son crucified. My son wanted to be buried in New Mexico, so we had a rosary for him here at St. Catherine and, then, we took him home to bury him in New Mexico. Upon my return, I began going to adoration of the Blessed Sacrament on Fridays. Sometimes for five hours, sometimes for less. One day, I was alone in the presence of the Blessed Sacrament. I did not realize the other parishioners had left. I began to shake as I had forgotten to eat breakfast and as a diabetic I should not skip meals. I was taught as a child we do not leave the Blessed Sacrament alone. So, I asked Jesus to please send someone in as I really needed to eat! He sent a gentleman who came to my pew and gave me a bag lunch. He said, “I see you here all the time and I thought today you might need lunch.” If there was any doubt that the Lord was carrying me in my time of deep sorrow, that action took it away. I sat and ate my lunch with Jesus. I kept Him company until He was returned to the tabernacle. I thanked Him for His loving reminder that I am never alone. He is always with me. Ask and you shall receive, I asked and I received.
—Salomae Trujillo

CELEBRATE YOUR CATHOLIC MARRIAGE WITH US 2018
Wedding Anniversary Celebration
SUN, OCT 21 @ 10:00 AM
Cathedral of Christ the Light & Reception
$25/anniversary couple & $10 each guest
www.oakdiocese.org/anniversary

MARK YOUR CALENDARS!
Martinez Home Tour
Sat, Oct. 13 @ 10 AM to 4 PM
Explore eight beautiful homes & gardens plus St. Catherine Church & School.
Info: daddyroubal@gmail.com
and to purchase tickets: www.martinezhometour.com

ST. CATHERINE SCHOOL NEWS

ST. CATHERINE SCHOOL NEWS

SCS PRE & GRAMMAR SCHOOLS
WELCOME BACK STUDENTS ON
Monday, August 20, 8 AM

BACK TO SCHOOL NIGHT
St. Catherine of Siena
Kindergarten through 8th Grades
Monday, August 28
6:30 PM to 8:00 PM
Parish Hall and School

Saint Catherine of Siena
CYO Basketball 2018-19 Registration
is available up until August 31
Open to girls and boys grades 2 to 8
Please visit CYO website for eligibility and pricing info: www.stcmtzcyo.org

NIGHT
St. Catherine of Siena
Kindergarten through 8th Grades
Monday, August 28
6:30 PM to 8:00 PM
Parish Hall and School

YLI BAKE SALE & HOSPITALITY
Sun, Aug 26 after all Masses during hospitality
100% of the proceeds will benefit Seminarian education through the YLI Golden Jubilee Burse.
Come & enjoy the wonderful goodies prepared.
For more information: Jeri Rains 925-372-8862

Hospitality Dates 2018
Fr. Anthony & the Stewardship Committee invite all Saint Catherine groups & organizations & ministries to participate in this hospitable outreach to our parish community. Please review the remaining dates needing hosts in 2018 and dates for 2019 with your memberships and email your selections to bulletinsubmissions@gmail.com. Thank you.

Hospitality Dates 2019

CELEBRATE YOUR CATHOLIC MARRIAGE WITH US 2018
Wedding Anniversary Celebration
SUN, OCT 21 @ 10:00 AM
Cathedral of Christ the Light & Reception
$25/anniversary couple & $10 each guest
www.oakdiocese.org/anniversary

FLICT SHARING

I have been journeying the highway of GRIEF since the death of our beloved and only son Toby Trujillo on January 14, 2017. I want to say at the outset that I feel blessed to have been chosen by our Lord to be born a cradle Catholic. On Sunday, January 15, 2017, I went to Mass as usual at 8:30 AM to pray for my Hito. I cried and felt desolate. After Mass I went to pray to our Blessed Mother and ask her to give me the strength to face the task of handling the funeral for our son. I thanked her for always loving our family and for her presence in my life now that I needed her more than ever. I said, “Mother I know you know my heart as you lost your only son Lord and Savior Jesus Christ.” No sooner were the words out of my mouth than a thought came to me: yes, and blessed am I for not having to watch my son crucified. My son wanted to be buried in New Mexico, so we had a rosary for him here at St. Catherine and, then, we took him home to bury him in New Mexico. Upon my return, I began going to adoration of the Blessed Sacrament on Fridays. Sometimes for five hours, sometimes for less. One day, I was alone in the presence of the Blessed Sacrament. I did not realize the other parishioners had left. I began to shake as I had forgotten to eat breakfast and as a diabetic I should not skip meals. I was taught as a child we do not leave the Blessed Sacrament alone. So, I asked Jesus to please send someone in as I really needed to eat! He sent a gentleman who came to my pew and gave me a bag lunch. He said, “I see you here all the time and I thought today you might need lunch.” If there was any doubt that the Lord was carrying me in my time of deep sorrow, that action took it away. I sat and ate my lunch with Jesus. I kept Him company until He was returned to the tabernacle. I thanked Him for His loving reminder that I am never alone. He is always with me. Ask and you shall receive, I asked and I received.
—Salomae Trujillo
Ignite Parish Book Club

Join the community in engaging with themes and questions of Catholic faith through literature. Hosted guided reading and discussion of fiction and non-fiction books in communal text-based spiritual nourishment. Read along or read on your own time. Participate in guided reading monthly or choose a time when your schedule allows. Whether you read alone, with your family, or attend our discussions, all are welcome to share in our literary journey.

AUGUST
“The Shack” by Wm. Paul Young
Read up to Chapter 13: discuss on Thu, Aug 23
5:30 pm—7 pm Parish Center

SEPTEMBER
“Theology for Beginners” by Frank Sheed

For more information or to be placed on the email list contact the Ignite team at igniteSCS@gmail.com

White Mass—Thanksgiving Mass for Healthcare Providers
SAT. SEP 29 @ 10 AM at the Cathedral
All who provide healthcare services, are encouraged to attend. Reception & mental health resources fair will follow.

Blue Mass—Thanksgiving Mass for Public Servants
SUN. OCT 7 @ 10 AM at the Cathedral
All who provide public services are encouraged to attend especially first responders & law enforcement.

San Lorenzo Ruiz Fiesta
SAT. SEP 29 after 4:30 PM MASS
Details & Tickets Available Soon!
Contact Esther @ 925-381-1835

Celebrating 500 Anniversary of Filipino Catholic Evangelization
SYMPOSIUM SERIES BEGINS
SAT. SEP 29 @ 9 AM—3 PM
St. Isidore, Msgr. Cardelli Activity Center, Danville
Rooting, Uprooting & Replanting: The Filipino Experience of Moving from Home (Philippines) to Home (Oakland Diocese)
ADMISSION & LUNCH FREE ~ oakjourneyto2021@gmail.com

Mass in Honor of San Lorenzo Ruiz
Pre-register at 500thanniversarycelebration.eventbrite.com

You Are What You Eat: The effect of receiving the body and blood of Christ is to change us into what we receive. —Pope Saint Leo the Great

2018 Marian Conference
“With Mary, we say YES to the Lord!”
October 12-13, 2018
Immaculate Heart of Mary Church
500 Fairview Avenue, Brentwood
The Marian Conference is a celebration of the blessed Virgin Mary and is designed with the family in mind, having special focus on the important role of the parents and the youth in building up the church beginning with their own homes, the domestic church. Themes include catechesis, evangelization, Divine Mercy and consecration.
To register call the office at 925-634-4145 or visit ihmbrentwood.com/marianconference

This session is packed with all kinds of great material. We’re going to examine the dogma of the Assumption of Mary, as well as the many facets of the identity of the woman in the Apostle John’s vision in Revelation 12. We’ll also learn how John’s vision in Revelation is the dramatic fulfillment of the promise God made back in the Garden of Eden: the “first gospel.”

This feature can be enjoyed through the SCS ACCESS:
Go to Internet Explorer and click https://formed.org.
Enter Code: XPTJK8 (case sensitive)
Perceptive Reflections on God’s Beauty

Defining Beauty
Danielle Rose
800-566-6150
World Library Publications
The music and liturgy division of J.S. Paluch Co., Inc.
www.wlpmusic.com

Standing on the Rock CD by James Wahl
FUN AND FAITH-FILLED MUSIC
for little ones, with 10 songs based on Bible stories and the teachings of Jesus.
This is a new music collection for preschool children and those who are in early grade school.
$17.00 + S&H
800-566-6150 • www.wlpmusic.com/14028.htm

Catholic Cruises and Tours
Come Sail Away on a 7-night Catholic Exotic Cruise starting as low as $1045 per couple. Daily Mass and Rosary offered. Deposit of only $350 per person will reserve your cabin.
Space is limited. Thanks and God Bless,
Brian or Sally, coordinators 860.399.1785
www.CatholicCruisesAndTours.com

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Full Service Cremation & Burial
“Let’s Keep the Tradition”
925.228.4700
www.connolly-taylorchapel.com
4000 Alhambra Avenue • Martinez, CA

Consider Remembering Your Parish in Your Will.
For further information, please call the Parish Office.

Queen of Heaven
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SUN, AUG 19, 2018: TWENTIETH SUNDAY IN ORDINARY TIME SMART EATING

It doesn’t take our annual physical to remind us that we live in a culture of unhealthy eating. What used to be a matter of consuming enough calories for survival has become a national epidemic of obesity. It is tempting to eat when happy or sad, in gatherings or alone, to fight boredom, lift moods, or assuage anxiety. A lot of what appears in our diets isn’t even useful for nutrition, and some of it’s downright harmful. One thing’s for sure: Eucharist is the one meal we can’t do without. Better than smart food, it’s the table where wisdom is served.

**Today’s readings:**
“[Wisdom] has dressed her meat, mixed her wine, yes, she has spread her table.”

MON, AUG 20, 2018: MEMORIAL OF BERNARD, ABBOT, DOCTOR OF THE CHURCH A consummate teacher

Some people just have a way with words. Bernard of Clairvaux (1090-1153) was one such man. Through his writing and his teachings, he stands out as one of the major spiritual leaders of the Catholic faith. Here’s a quote from Bernard that you might find to the wedding banquet.”

**Today’s readings:**
“[Wisdom] has dressed her meat, mixed her wine, yes, she has spread her table.”

**TUE, AUG 21, 2018: MEMORIAL OF PIUS X, POPE Consume more often**

Because he was the first pope to live in the modern age of technology, we know more about Pope Saint Pius X than many others. His life and ministry make a fascinating story, but today remember him as a leader who stressed simplicity and poverty. “I was born poor, I lived poor, and I shall die poor.” He is like-...