

Mass Intentions

Saturday	July 28, 2018
5:00 P.M.	Donald and Ronald Moretti – Birthday Blessings
Sunday	July 29, 2018
8:00 A.M.	Stephanie and Joe Valdez - 54 th Wedding Anniversary Blessings
9:30 A.M.	Lisa Caballero – RIP, Birthday Blessings
11:00:A.M.	Jesús Adrian Soto – RIP Krista Gomez – RIP Liz Perez – RIP
11:30A.M.	Rita Cardosa – RIP
Monday	July 30, 2018
8:00 A.M	Jeff Ravago – RIP
Tuesday	July 31, 2018
8:00 A.M.	Don Berti – Special Intention
Wednesday	August 1, 2018
8:00 A.M.	Emily Isgro – RIP
Thursday	August 2, 2018
8:00 AM	Tammy Jimenez
Friday	August 3, 2018
	Emily Isgro – RIP

Pray when you don't know how

Prayer isn't always easy to learn and often converts to the Catholic faith are never taught what prayer is or even the basic mechanics of prayer. This can leave a person confused, searching the internet or the local bookstore for helpful aids on the topic.

The good news is that prayer doesn't have to be this hard. In fact, prayer is surprisingly easy to master for those with an open heart. First of all, the *Catechism of the Catholic Church* defines prayer as "the raising of one's mind and heart to God or the requesting of good things from God" (CCC 2559).

What does this mean?

Simply put, every time we think of God, we are praying. This could be a joyous and thankful thought or even an angry thought. Sometimes we may express these thoughts out loud, but often they remain on the inside.

Prayer is essentially a dialogue with God, though often we don't notice God's responses. We can speak to him using any words, as long as they are honest and sincere. This could be in the form of a memorized prayer or one that we ourselves compose. However we pray, God desires truth and authenticity above all things.

Furthermore, we can pray to God to request "good things." This may include the healing of a friend, the finding of a house, or the end of violence. The only thing we should not pray for is something bad, like seeking revenge or the concealment of a particular sin. God always answers our prayers and grant them, though not always in the manner that we expected. He knows us better than we know ourselves, so he gives to us what we *need*, which isn't always what we *want*.

The essential key to leading a fruitful prayer life is humility.

As the *Catechism* points out, "He who humbles himself will be exalted; humility is the foundation of prayer. Only when we humbly acknowledge that 'we do not know how to pray as we

ought,' are we ready to receive freely the gift of prayer. 'Man is a beggar before God'" (CCC 2559).

In the end, if you don't know how to pray, ask God for help. He will guide in how to pray with your whole heart and mind. Whatever you do, don't wait until tomorrow — or when you "feel" holy — to pray. Pray right now, expressing to God your honest feelings, hopes and anxieties. God wants to be with you in every circumstance, and prayer is the channel that allows him to have a greater presence in your life.

Orar cuando no saben como

El saber orar no es siempre fácil de aprender y a menudo los que se convierten a la Fe Católica nunca se les enseña lo que es orar y ni siquiera la parte básica mecánica de orar. Esto puede dejar a una persona confundida, buscando en la internet o en las librerías locales material que les ayude en este tema.

La buena nueva es que la oración no debe ser trabajosa. De hecho, la oración es sorprendentemente fácil de dominar para aquellos que tienen un corazón abierto.

Primero que nada, el Catecismo de la Iglesia Católica define la oración como "la elevación de la mente y del corazón hacia Dios o la petición de cosas buenas a Dios" (ccc 2559).

¿Qué significa esto?

Puesto de una manera simple, cada vez que pensamos en Dios, estamos orando. Esto puede ser un pensamiento de gozo y de gratitud o tal vez un pensamiento de enojo. Algunas veces expresamos nuestros pensamientos en voz alta, pero a menudo esos pensamientos permaneces dentro.

La oración es esencialmente un dialogo con Dios, aunque a veces no notamos las respuestas de Dios. Podemos hablar con El usar cualquier palabra, siempre y cuando sean honestas y sinceras. Esto puede ser en la forma de una oración memorizada o una oración que nosotros componemos. De cualquier manera que oremos, Dios desea la verdad y autenticidad sobre todas las cosas.

Aún más, nosotros podemos rezarle a Dios para pedir "cosas buenas." Esto puede incluir la sanación de un amigo, el encontrar una casa, o para que se termine la violencia. La única cosa por la cual no debemos orar es por algo malo, como buscar venganza o el callar un pecado en particular. Dios siempre responde a nuestras oraciones y nos las concede, aunque no siempre en la manera que nosotros esperamos. Él nos conoce mejor que nosotros mismos, así es que nos da lo que necesitamos, lo cual no siempre es lo que queremos.

La clave esencial para llevar una vida de oración fructífera es la humildad.

Así como el Catecismo nos señala, "El que se humilla será exaltado, la humildad es la base de la oración. Solo cuando humildemente reconocemos que no sabemos orar como deberíamos," estaremos listos para recibir libremente el don de la oración. "El hombre es un mendigo ante Dios'" (CCC 2559).

Al final de cuentas, si no saben cómo orar, pídasle a Dios que los ayude. El los guíara para saber cómo de cuentas orar con todo el corazón y con toda la mente. Sea lo que hagan, no esperen hasta mañana – o cuando "se sientan" santos – para orar. Oren ahorita mismo, expresándole a Dios sus sentimientos honestos, sus esperanzas y sus ansiedades. Dios desea estar con ustedes en todas las circunstancias, y la oración es el canal que le permite tener una presencia mayor en sus vidas.

Let us thank God for having called us to His holy faith. It is a great gift, and the number of those who thank God for it is small. – Saint Alphonsus Liguori (July 22, 2018)

Seventeenth Sunday in Ordinary Times



Maria Calderon, Jacob, Sul'a Rico, Alice Bonvenuto and Colleen Wilson, Dennis Coggins, Ana Maria Gonzalez, Virginia De Avila, Gail Clins, Xochitl Garcia, Carlos Barcelo, Evlinda Alvillar, Jesus Ayala, Theresa Patino Jennifer Garcia, Jeanne May, Barbara Neral, Dulce Manning, Cellie Arroyo, Dora Lopez, Rosie Arivzu, Johnny Martin, Sean McGinny. Michael Norris, Heidi Pazinske, Jill Anderson, James Ruiz, Judith Withers Paquin, Stella Hnatiuk, Magie and Carol Reed, Ed Reed, Frank Guinto, Jim Norris, Lenet Inglett, Joe Carey, Cheryl Bryant, Mary Jo Reed, Beverly Lugo, Blaze Anthony, Georgiana Viveros, Aswut Toscano, Virgil Yazzie, John David Admire, Emily Mazzetti, Kathleen and John Admire. **Also, please remember those who have died: Daniel Spellman, Colleen Turner, Mario Garcia, Ramona Pelayo, Michael Raney, Michael Pavlovich, Mayela Muñoz, Julia Cruz, Marcellus Lopez, James Brittan and Irma Covarrubios**

Do you know anyone who would like to be listed for prayer? Please Call the Office at 760-742-3317 or Mike Kerrigan at 951-805-3872

Around the Mission - July

Baptism – Gonzalo Bello Diaz, Alexander Pamatz Lozano, Carmen Jacobo Olivares, and Elian Perez Olivares Ezekiel Efrain Oregon

Wedding Anniversary – Linda and Roger Bernard – 50th Wedding Anniversary – Maria and Jesus Bautista Magda and John Flores – 40th Wedding Anniversary Stephanie and Joe Valdez – 54th Wedding Anniversary

What does the Catechism say about...

What are the sacramentals?

These are the sacred signs instituted by the Church to sanctify different circumstances of life. They include a prayer accompanied by the sign of the cross and other signs. Among the sacramentals which occupy an important place are: blessings, which are the praise of God and a prayer to obtain his gifts, the consecration of persons and the dedication of things for the worship of God.

What forms of popular piety accompany the sacramental life of the Church?

The religious sense of the Christian people has always found expression in the various forms of piety which accompany the sacramental life of the Church such as the veneration of relics, visits to sanctuaries, pilgrimages, processions, the stations of the cross and the rosary. The Church sheds the light of faith upon and fosters authentic forms of popular piety.



Fatima First Saturday Devotions

On August 4, the First Saturday Marian Devotions will be celebrated after the 8:00 a.m. Mass. The Marian devotion follows the mass with the Rosary and Fatima First Saturday Devotions. Come and join us to honor Our Blessed Mother as Our Lady of Fatima and fulfill what she has asked of us!

Reminder: The Rosary is recited every morning before the 8:00A.M. Mass.

CCD REGISTRATION MARK YOUR CALENDARS

Registration for 2018-2019 for all classes will be held on Sunday, August 25 after and between all the masses.

ALL CCD TEACHERS

Our Annual CCD “Kick-off” meeting and luncheon will be held in the Mission Conference Room on Sunday, August 5, 2018 1:00PM. All teachers (and assistants if available) are invited and requested to 7

Visiting Missionary

We will be visited by a Vietnam missionary on August 11 and 12. He is a member of the Congregation of the Holy Spirit (a Spiritan). He will preach at all the Masses and share his experiences. Please respond generously.

Feast of the Assumption

Looking ahead: Assumption of Mary Holyday of Obligation on Wednesday, August 15. Mass will celebrated at 8:00 a.m. Please plan accordingly.



Parents be an example to your children as to what it means to be a member of a Church community and volunteer as Minister of the Eucharist, Lector, Usher, CCD teacher/helper, etc. Also, encourage your children, both boys and girls to volunteer as altar servers. Training will be provided and blessings will be abundant.

Marriage Help!

“Mercy is the force that reawakens us to new life and instills in us the courage to look to the future with hope.” Retrouvaille offers hope: hope that it is not too late, hope of a different and better marriage. Retrouvaille helps couples to show each other mercy through the opportunities it provides to listen, to forgive, to be reconciled. For more information about an upcoming Retrouvaille Weekend program for couples, contact the registration couple @ 1-800-470-2230 or 951-259- 9474. visit the website: helpourmarriage.org.

Daily Prayer for Vocations

Jesus, Lord of the harvest, Look with love on this portion of your vineyard. Bless the Diocese of San Diego with more priests to shepherd your people, Priests with hearts like your own. Mary, Mother of the Church, pray for us.

You must not abandon the ship in a storm because you cannot control the winds....What you cannot turn to good, you must at least make as little bad as you can. –Saint Thomas More (June 22)