

Mass Intentions

Saturday	July 13, 2019
5:00 PM	Josie and Tony Lugo – RIP
Sunday	July 14, 2019
8:00 PM	Mary Yvette Diaz – RIP, 27 th Anniver.
9:30 AM	Intentions of the Parishioners
11:00 AM	End to Abortion
11:30 AM	Timothy Ravago – Healing
Monday	July 15, 2019
8:00A.M.	Raulene Beltran – RIP
Tuesday	July 16, 2019
8:00A.M.	Jeff Ravago – RIP
Wednesday	July 17, 2019
8:00 A.M.	Teresa Barnett – RIP
Thursday	July 18, 2019
8:00 A.M.	Prayers for the Church
Friday	July 19, 2019
8:00 AM.	Rev. Richard Perozich's Intentions

The Secret to a Successful Day

Archbishop Fulton Sheen was well-known during his life for his practical spiritual advice, giving the ordinary lay person tools for spiritual success.

One of the main pieces of advice that he stressed in his various writings and autobiography was a daily practice that gave him the energy he needed to have a successful day.

When he was ordained a priest he resolved to spend an hour of prayer each day before the Blessed Sacrament. Sheen explains in his autobiography, *A Treasure in Clay*, that the idea came to him while in seminary, and he kept the resolution for the rest of his lifetime.

The Holy Hour. Is it difficult? Sometimes it seemed to be hard; it might mean having to forgo a social engagement, or rise an hour earlier, but on the whole it has never been a burden, only a joy. He explained how on occasion he found himself dozing off during the time of prayer. However, he believed that a consistent commitment to an hour of prayer allowed him time to develop a deep personal relationship with Jesus.

For Sheen, the hour of prayer was an opportunity to listen attentively to God and to quiet the mind from all the various cares and troubles of the world. The time allowed him the ability to prepare himself for the coming day and approach it with a renewed vigor.

He also believed it helped preserve his vocation, keeping him from pursuing "greener pastures."

So the Holy Hour, quite apart from all its positive spiritual benefits, kept my feet from wandering too far. Being tethered to a tabernacle, one's rope for finding other pastures is not so long. That dim tabernacle lamp, however pale and faint, had some mysterious luminosity to darken the brightness of "bright lights." The Holy Hour became like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world. Even when it seemed so unprofitable and lacking in spiritual intimacy, I still had the sensation of being at least like a dog at the master's door, ready in case he called me.

Many lay people have since tried to imitate Sheen's advice and have seen the abundance of spiritual fruits. Some are able to remain in prayer for a full hour, while others are faithful with a half-hour or even 15 minutes.

The main point is to dedicate a substantial amount of time to prayer each day and to stick with it. The more time we are able to spend in silent prayer, the more time we can develop our relationship with Jesus.

Even though it may not seem like anything "happens," the fruits will clearly be evident later on, and your days will be much more "successful" in ways you never imagined.

El secreto para un día exitoso.

El arzobispo Fulton Sheen fue conocido durante su vida por sus consejos espirituales prácticos, y le dio a la persona común laica herramientas para el éxito espiritual.

Uno de los principales consejos que destacó en sus diversos escritos y autobiografías fue una práctica diaria que le dio la energía que necesitaba para tener un día exitoso.

Cuando fue ordenado sacerdote, decidió pasar una hora de oración cada día ante el Santísimo Sacramento. Sheen explica en su autobiografía, *A Treasure in Clay*, que se le ocurrió la idea mientras estaba en el seminario, y mantuvo la resolución durante el resto de su vida.

La hora santa. ¿Es difícil? A veces parecía ser difícil; Puede significar tener que renunciar a un compromiso social, o levantarse una hora antes, pero en general nunca ha sido una carga, solo una alegría. Explicó cómo, en ocasiones, se encontraba dormido durante el tiempo de la oración. Sin embargo, creía que un compromiso constante con una hora de oración le daba tiempo para desarrollar una relación personal profunda con Jesús.

Para Sheen, la hora de la oración fue una oportunidad para escuchar atentamente a Dios y calmar la mente de todas las diversas preocupaciones y problemas del mundo. El tiempo le permitió prepararse para el día siguiente y abordarlo con un vigor renovado.

También creía que ayudaba a preservar su vocación, lo que le impedía buscar "pastos más verdes".

Así que la Hora Santa, aparte de todos sus beneficios espirituales positivos, evitó que mis pies vagaran demasiado lejos. Atado a un tabernáculo, la cuerda de uno para encontrar otros pastos no es tan larga. Esa tenue lámpara de tabernáculo, aunque pálida y débil, tenía cierta luminosidad misteriosa para oscurecer el brillo de las "luces brillantes". La Hora Santa se convirtió en un tanque de oxígeno para revivir el aliento del Espíritu Santo en medio de la atmósfera fétida y fétida el mundo. Incluso cuando parecía tan poco rentable y carente de intimidad espiritual, todavía tenía la sensación de ser al menos como un perro en la puerta del amo, listo en caso de que me llamara.

Muchos laicos han intentado imitar el consejo de Sheen y han visto la abundancia de frutos espirituales. Algunos pueden permanecer en oración durante una hora completa, mientras que otros son fieles con media hora o incluso 15 minutos.

El punto principal es dedicar una cantidad sustancial de tiempo a la oración cada día y a mantenerla. Cuanto más tiempo podamos pasar en oración silenciosa, más tiempo podremos desarrollar nuestra relación con Jesús.

Aunque no parezca que algo "sucede", los frutos se harán evidentes más adelante y sus días serán mucho más "exitosos" de una forma que nunca imaginó.

Fifteenth Sunday in Ordinary Time

Jonathan Spallone, Dot Roback Stephanie Ponce, Isaac Saltz, Dorothy Blacktooth, Andrew Colquaoun, Marie DiGuglielmo, Aurora Gonzalez, Uriel Escobar, Theresa Allen, Gonzalo Garcia, Sandy Garcia, Marcos Villalobos, Melissa Cobian, Emilio Carrillo, Marilyn Yarger, Mitzi Magante, Elana Reed, Jeanne May, Paul Dinto, Barbara Neral, Deacon Gene Neral, Anna Rodriguez, Jason Colquaoun, Rochella Segismar, Jacob, Sul'a Rico, Jesus Ayala, Magie and Carol Reed, Ed Reed, Frank Guinto, Jim Norris, Joe Carey, Cheryl Bryant, Mary Jo Reed, Beverly Lugo, Aswut Toscano, Virgil Yazzie, John David Admire, Emily Mazzetti, Kathleen and John Admire. **Also, please remember those who have died: Copi Magee, Debbie Maza, Jose Arias, Ascension Gomez, Frank King, Blaze Anthony, George Williams, Sandra Belsky, Francisca Duran, Carol Rodriguez, Mark Lofton, Georgiana Viveros, Joe Huesias and King Freeman.**

Do you know anyone who would like to be listed for prayer? Please Call the Office at 760-742-3317

AROUND THE MISSION - JULY

Baptism – Bella Monroe Betancourt, Mariana Dominquez, Flor Delecesa Martinez, Tyler Rexton Carrillo
Memorial Service – Maria de la Luz Montes, 6:00PM, Friday, July 12, 2019, San Juan Diego Center
Funeral – Doris Magante, Rosary, 7:00pm, July 19, 2019, Alhidrt- Comer Escondido Mortuary; Mass 10:00am, July 20, 2019, La Jolla Tribal Admin Building Gym, Portrero Cemetery, La Jolla
Wedding – Jose Martinez and Cecilia Camacho, Quinceañera – Oneida Garcia

What does the Catechism say about...

How does the Church nourish the moral life of a Christian?

The Church is the community in which the Christian receive the Word of God, the teachings of the "Law of Christ" (*Galatians 6:2*), and the grace of the sacraments. Christians are united to the Eucharistic sacrifice of Christ in such a way that their moral life is an act of spiritual worship: and they learn the example of holiness from the Virgin Mary and the lives of the Saints.

Why does the Magisterium of the Church act in the field of morality?

It is the duty of the Magisterium of the Church to preach the faith that is to be believed and put into practice in life. This duty extends even to the specific precepts of the natural law because their observance is necessary for salvation.

What does it mean that the Spirit "has spoken through the prophets"?

The term "*prophets*" mean those who were inspired by the Holy Spirit to speak in the name of God. The Spirit brings the prophecies of the Old Testament to their complete fulfillment in Christ whose mystery he reveals in the New Testament.

Welcome

If you are visiting or are joining us for the first time, we are pleased you have come! If you are ready to join our parish, we encourage you to fill out a Registration Form found in the Gift Store after Mass.

All the darkness in the world cannot extinguish the light of a single candle. — St. Francis of Assisi

Sister Marie Inez Gonzales, OSF

Sister Marie Inez Gonzales, OSF, passed to her eternal reward on June 19, 2019 in Assisi House in Aston, Pennsylvania. She was a beloved member of the Pala Community, serving in Pala from 1993 to 2002. May the souls of the faithfully departed through the mercy of God, rest in peace.

Missionary Visit

On the weekend of July 21/22, 2019, Father Timothy K. Kremen, OSM of the order of Friar Servants of Mary (Servites) USA Province will be here speaking to you about their missionary work in KwaZulu-Natal, Republic of South Africa. THE Servites are one of the mendicant orders and were founded in the 12th century in Florence, Italy. At the present time they serve all over the world in every type of apostolate. The main task of the missionaries today continues to be the proclamation of the Gospel and the establishment of viable Catholic communities. They are also educating young Zulu men who are studying to become Servite Priests; two will be ordained Servite priests this year. These missions are in need of prayers and material help to carry on these ministries. God Bless you for your prayers and financial assistance.

Visita de Misioneros

El fin de semana del 20/21, 2019 Padre Timothy Kremen, OSM de la Orden de los Servos de María (Servitas) de la Provincia de los Estados Unidos de América, nos visitara para hablar sobre la labor misiones de los Siervos de María en ZwaZulu-Natal, Republica de Sudáfrica. La Tarea principal de los misioneros sigue siendo hoy la proclamación del evangelio y la formación de comunidades católicas viables. La idea de que el pueblo es la iglesia está bien arraigada y la participación en la liturgia y en la labor de la Iglesia por el pueblo es muy buena. Los misioneros, ayudan a las víctimas y a los huérfanos de la epidemia del SIDA y también en la construcción de residencias para las víctimas y otros residentes del área. Los misioneros necesitan oraciones y ayuda materia; para llevar acabo estas labores. Que Dios les bendiga por sus oraciones y su ayuda económica.

RCIA

We are reaching out to the parish to let people know about RCIA and Confirmation for 2019-2020. Please pass on this information to anyone who might be interested: **Are you or someone you know interested in becoming Catholic? Are you married to a Catholic and want to learn more about the faith? Are you getting married and need to complete your Sacraments? Are you asked to be a godparent but need to be confirmed (Sacrament of Confirmation)? Are you a Catholic over the age of 17 but never were confirmed or received your First Communion?**

Weekly sessions will begin in September on Sundays after the 8:00am Mass. Please contact the Office for further information.