

#### **Commission on Education Report**

July 31, 2025 Parish Pastoral Council (PPC) Meeting

Submitted by: Noel Panelo

#### 1. Religious Education (CCD and Confirmation)

• Catechetical School Year 2025-2026: As of this writing, we have 106 students enrolled in our CCD and Confirmation programs. Historically, there is a spike in registration in late August through early September.

#### 2. Small Christian Communities (SCC)

• The various groups continue their weekly meetings using a lectionary-based program.

#### 3. Pre-baptismal Catechesis: We welcomed to the Catholic faith the following:

- June 28th: Cerise Ocampo, Hank Cusi, Phoebe Somera, and Levi Somera
- July 6<sup>th</sup>: Sophia Sahagun and Liliana Ng
- July 12<sup>th</sup>: Colette Losada, Mailani Star Enriquez, Kannon Nathan Enriquez, Cash Miranda, Elijah Alvarez, and Dion Francisco
- July 26<sup>th</sup>: Aadrienne Paul Guevarra

#### 4. Rite of Christian Initiation for Adults (RCIA) and Marriage Preparation

• Please refer to the report provided by Deacon Nestor L. Fernandez, II.

Submitted by Rita Liu

#### 1. Hospitality Sunday

- a. The weekly Hospitality Sunday after the 9AM Mass continues to be well attended by parishioners and visitors. The price of ground coffee has significantly gone up from \$9.99 to \$17.99 for Folgers Coffee and from \$11.99 to \$20.99 for Kirkland Coffee. We use about one can of ground coffee per Donut Sunday. Safeway donut went on sale for \$5 per dozen last June and the Parish Office has paid donut orders up to January 2026.
- b. Hosts: The recently initiated and previously initiated members of the Church hosted Hospitality Sunday again last July 20, and they enjoyed serving coffee and donuts. We will continue to invite them to host to welcome them to parish service life. The LOM will also be hosting next month.

#### 2. Jubilee 2025 Ad Hoc Committee

a. July - Jubilee of Mental Health Awareness & Wellness: The July 27 Hope & Healing Workshop on Raising Mental Health Awareness and Cultivating the Healing Power of Hope was attended by 90+ people from 14 parishes (SAC, OLM, Corpus Christi, Mater Dolorosa, St. Bruno, St. Robert's Church, Church of Epiphany, Holy Name, St. Gabriel, St. Anne, St. Thomas Moore, All Souls, St. Cecilia, St. Veronica). In addition, Christina Gray, Editor of Catholic San Francisco was also in attendance and will be writing an article about the workshop at SAC. Fr. Ray opened the session with his welcome remarks and singing the opening prayer (Pilgrims of Hope Hymn) while playing his guitar. The two expert speakers were recommended by Carina Cu again. Dr. Melanie Akalal (Psychiatrist from The Permanente Medical Group-Antioch) presented about Mental Health Awareness and Techniques for Cultivating Hope in Daily Life. She also presented the mental health conditions- anxiety, depression, and dementia; how to recognize the symptoms and when to seek professional help. Jocelyn dela Torre (RN, Hospice Care Elderly Residential Care Facility Administrator; Geriatric Registered Nurse Case Manager for Complex Chronic Conditions Program, Palliative Care and Dementia Program) presented Dementia Journey: Caring for yourself while you care for your loved ones with Dementia. A speaker from Catholic Charities Aging Program was expected but did not show up. We closed the workshop with a Q&A. We received 55+ workshop evaluations with highest marks and positive feedback, stating interests in attending future SAC workshops. Workshop promotion: included SAC platforms (FB, Flocknote, Website, Pulpit and Bulletin Announcements; City of SSF Mayor's email; The Bridge; Catholic SF (ADSF website); Email to neighboring parishes; Filipino Ministry of ADSF; Individual Text invitation to 90+ attendees of Hope & Healing Workshop 1. For Photos & video recording of presentations (courtesy of Vivian):

https://photos.app.goo.gl/vdo3DncxxVi5bSt9A

#### TIPS FOR

## **Taking Care of Your Mental Health**

#### **Eat Regular, Nutritious Meals**

- Provide a balanced diet with a variety of foods, including vegetables, fruits, whole grains, low-fat dairy products and lean proteins
- Limit foods with high saturated fat and cholesterol, such as butter, fried foods, and fatty cuts of meat
- · Cut down on refined sugars
- Limit foods with high sodium and use less salt, substituting spices or herbs to season food instead
- Stay hydrated throughout the day

#### **Exercise**

- Regular exercise increases energy levels, reduces apathy and improves overall sense of well-being
- · Recommendation is 150 minutes per week

#### **Limit Harmful Substances**

Alcohol; Harmful substances

#### **Get Enough Sleep**

Prioritize quality sleep with a healthy bedtime routine.

#### **Tips to Help You Remember**

- Keep lists
- Follow a routine
- · Make associations in your mind
- Keep a detailed calendar
- Repeat names when you meet new people
- Jog your memory by running through the ABCs in your head

#### **Practice Gratitude**

- Reflect on what you appreciate in your life to help keep things in perspective
- Cultivate a positive mindset by counting your blessings daily.

#### **Increase Positive Social Interaction**

- Can be in person or virtual
- Consider support groups

#### **Stress Management**

- Mindfulness
- Meditation
- Engage in activities you enjoy
- Journaling

#### **Faith**

- Prayer
- · Supportive church community

#### **Stay Mentally Active**

- Engage your brain to maintain function
- Learn new skills
- Examples of mental exercise: card games, word games, Sudoku, board games, reading (note: TV is not considered mental activity)

#### **Links to Improve Cognitive Skills**

- https://www.cognifit.com/
- https://braincurls.com/
- https://www.lumosity.com/en/
- · http://www.brainmetrix.com/
- https://www.gamesforthebrain.com/



Mental Health Matters!

**Seek Support When Needed** 

Reach out to family, friends or mental health professionals when necessary.





Submitted by Rita Liu

#### **COMMUNITY RESOURCES**

#### **BEHAVIORAL HEALTH RESOURCES**

#### **Mental Health Directory**

https://www.mentalhealthclinics.org/

#### **Mental Health Services - San Mateo County**

https://www.smchealth.org/mental-health-services

#### **Behavioral Health Services & Resources**

If you or a loved one is struggling from a mental health problem, you are not alone. We're here to help.

Call our Access Call Center 24/7 for assistance

Toll Free: (800) 686-0101

(TTY for the hearing impaired - call 711)

**STEP 1:** To get help for yourself or a loved one, start by calling Behavioral Health and Recovery Services' Access Call Center.

**STEP 2:** A trained professional will ask you questions to help find the right care for you.

**STEP 3:** You will receive a referral to an appropriate mental health and/or substance use treatment provider.

Serves San Mateo County residents with Medi-Cal and individuals who are uninsured with clinics located in: Daly City, San Mateo, Half Moon Bay. Redwood City, East Palo Alto. You Are Not Alone – 24/7 Support is Available:

- Mental health or substance use crisis, call (650) 579-0350.
- National Suicide and Crisis Lifeline- call or text 988
- If you or they are at risk of harming themselves or others, call 911

San Francisco Archdiocese - Mental Health Ministry https://sfarch.org/mental-health/

#### National Alliance on Mental Illness

The National Alliance on Mental Illness — NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness: <a href="www.nami.org">www.nami.org</a>. NAMI Affiliates in the three counties of the Archdiocese of San Francisco are listed below:

San Francisco County - Helpline: 415-237-0039

Website: www.namisf.org

San Mateo County - Helpline: 650-638-0800

Website: www.namisanmateo.org

Marin County - Helpline: 415-444-0480

Website: www.namimarin.org

#### Family Caregiver Alliance - Bay Area Caregiver Center

Contact: (415) 434-3388 / (800) 445-8106 or

info@caregiver.org

Savvy Caregiver - virtual 6 weekly sessions (12 hours)

#### **Local Alzheimer's Association**

https://www.alz.org/norcal

## UCSF Memory & Aging Center- Dementia Family Caregiving Group San Francisco

- Virtual group (2nd & 4th Tuesdays, 6-7:30 pm)
- Registration via Alzheimer's Association (1-800-272-3900)

#### Institute on Aging - Dementia Caregiver Support

- In-person every 1st Saturday of each month
- Location: 3575 Geary Blvd, SF 94118
- Contact: (415) 750-4111

#### San Mateo County Aging & Adult Services

"Resource Navigator" for older adults and caregivers

- Friendship Line for emotional support
- Contact: Stacy Goldsby at (650) 241-5874 or sgoldsby@smcgov.org

#### Kaiser Permanente Foundation

Call Member Services to find out the nearest Mental Health Clinic. Members can self-refer or talk to their Primary Care Physician regarding counseling referral.

#### **COUNSELING RESOURCES**

#### Dr. Melanie Alkalal, Psychiatrist

The Permanente Medical Group - Antioch Email: <a href="mailto:lihamnimels@hotmail.com">lihamnimels@hotmail.com</a>

#### Fr. Abraham Alonzo - 925-381-4637

Spiritual & Bereavement Coordinator

#### **ANX Home Healthcare and Hospice Care**

with 35 years of extensive pastoral, academic, hospital, and hospice experiences.

#### Grief and Consolation Ministry San Francisco Archdiocese

One Peter Yorke Way, San Francisco, CA 94109

#### **Ed Hopfner, Director**

hopfnere@sfarch.org | 415-614-5547

**Sr. Toni Lynn Gallagher RSM**, Bereavement Coordinator 1555 39th Ave., San Francisco CA 94122 tlgallagher@sistersofmercy.org 415-317-4436

Saint Augustine Church, SSF, CA - Hope & Healing Workshop 2: Mental Health Awareness & Techniques for Cultivating Hope in Daily Life

Submitted by Rita Liu

b. August - Journeying with Saint Augustine Parishioners: August 19 to 28 - Liturgical Celebration and week-long (Aug 23 to 28) festivities in celebration of the 55th Founding Anniversary and Saint Augustine Fiesta Celebration. Preparation is underway and activity details are available in the SAC website: 55 Anniversary Activities.





Submitted by Rita Liu

- c. August 30-31 Jubilee Overnight Pilgrimage (local). This overnight pilgrimage is a great way to close the SAC Fiesta celebration. We have 52 confirmed participants. Nerissa has confirmed pilgrimage sites that will be visited.
- d. September SAC's 55th Anniversary Gala is scheduled on Saturday, September 27 at SSF Conference Center. The SAC Gala Committee is currently focused on selling dinner tickets and soliciting souvenir program Ad placements and sponsorships. All proceeds will go towards defraying costs of DJ, Decorations, Complimentary guests, etc. All remaining proceeds will go towards renovation/maintenance repairs of the Parish Hall.

# SAINT AUGUSTINE CATHOLIC CHURCH Emerald Jubilee Gala 55th Foundation Anniversary Dear Parishioners and Friends,

Saint Augustine Parish will be celebrating its **55th Foundation Anniversary!** For over five decades, the parish has been a spiritual home, nurturing faith, serving the community, and providing a place of worship for families. The parish community is proud of its history and accomplishments through God's grace.

To commemorate this milestone, a series of events are being planned, culminating in the Emerald Jubilee Gala on Saturday, September 27, 2025, 6:30 PM at the South San Francisco Convention Center. The Gala will be a joyful evening of reflection, fellowship, and celebration — a chance to honor our past and invest in our future. To ensure this event is truly memorable and to support our ongoing parish mission, we humbly invite your participation and support.

All funds raised will go directly toward renovating our parish hall, transforming it into a fully functional space that can better serve the growing needs of our parish ministries.

Following are the ways to support our Gala:

- Reserve a table for your family or organization (See enclosed invitation and dinner ticket)
   (Please note that the cost of the dinner ticket is not tax-deductible.)
- Place an advertisement in the souvenir program (See attached Ad Reservation form)
- Become a Sponsor at one of the Sponsorship levels (See attached Sponsorship form)

As we celebrate 55 years of grace, we thank you for your consideration and generosity.

With heartfelt gratitude,

Rev. RaymundM.Reyes Pastor St. AugustineCatholicChurch Malou Cu Chairwoman Emerald Jubilee Gala Submitted by Rita Liu

# SAINT AUGUSTINE CATHOLIC CHURCH



# Souvenir Program Advertising Reservation Form



The Emerald Jubilee Gala will publish a souvenir program with the following specifications: Size: 8.5" x 11"; All pages would be in full color. All full-page advertisers will be given a copy of the souvenir program after the event.

I would like to support the Emerald Jubilee Gala and advertise in the souvenir program.
 Inside Front Cover: \$1,500 - TAKEN
 Inside Back Cover: \$1,500 <b>-TAKEN</b>
 Centerfold: S2,000 - TAKEN
 Whole Page: S100
 Half Page: S75
 Quarter Page: S50
 Business Card Size: S25
Name:
Address:
Mobile Phone Number:
Email Address:
Business Website (if applicable):
Please submit your camera-ready artwork for your ad in the souvenir program by September 21, 2025. Send electronic files, jpeg or pdf format to: nbroas@aol.com. We cannot guarantee the image quality if your files are less than 300 dpi.

You may include the message:
CONGRATULATIONS TO SAINT AUGUSTINE CHURCH ON ITS
55th FOUNDING ANNIVERSARY!

Please submit this form and payment for advertisements by <u>September 21, 2025</u>.

Make checks payable to: Saint Augustine Church; Memo: Anniversary Gala

Mail check and advertising reservation form to:

Saint Augustine Church, 3700 Callan Boulevard

South San Francisco, CA 94080

All proceeds from the Emerald Jubilee Gala will benefit:
SAINT AUGUSTINE CATHOLIC CHURCH

Submitted by Rita Liu

### SAINT AUGUSTINE CATHOLIC CHURCH





## EMERALD

\$5,000 and above

- · 4 dinner tickets (\$600 value)
- · Digital display at the Gala
- · Complimentary full page ad (\$100 value)
- · Complimentary copy of souvenir program
- · Featured on SAC Gala website

#### GOLD

\$2,500 and above

- · 2 dinner tickets (\$300 value)
- · Digital display at the Gala
- · Complimentary full page ad (\$100 value)
- · Complimentary copy of souvenir program
- · Featured on SAC Gala website

#### SILVER \$1,000 and above

- 1 dinner ticket (\$150 value)Digital display at the Gala
- Complimentary full page ad (\$100 value)
- · Complimentary copy of souvenir program
- Featured on SAC Gala website

#### **BRONZE** \$500 and above

- · Digital display at the Gala
- Complimentary full page ad (\$100 value)
- · Complimentary copy of souvenir program
- · Featured on SAC Gala website

Yes, I would like to be a Sponsor.
Name:
Address:
Mobile Phone Number:
Email Address:
Business Website (if applicable):

Please submit your camera-ready artwork for a complimentary full-page ad in the souvenir program by September 21, 2025. Send electronic files, jpeg or pdf format to: nbroas@aol.com. We cannot guarantee the image quality if your files are less than 300 dpi.

Please submit this form and payment for sponsorships by <u>September 21, 2025</u>.

Make checks payable to: Saint Augustine Church; Memo: Anniversary Gala

Mail check and sponsorship form to:

Saint Augustine Church, 3700 Callan Boulevard, South San Francisco, CA 94080

Saint Augustine Church, 3700 Canan Bollevara, South Sain Francisco, CA 94000

Important Note: According to IRS guidelines, sponsorships related to charitable fundraising may be tax-deductible. Please consult your tax advisor or accountant for personalized advice.

All proceeds from the Emerald Jubilee Gala will benefit: SAINT AUGUSTINE CATHOLIC CHURCH

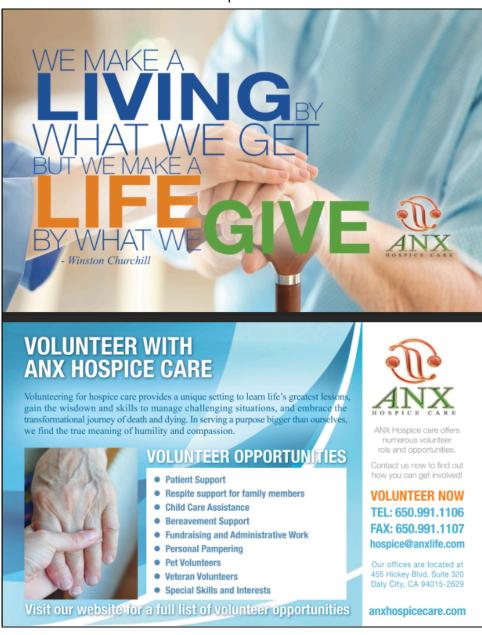
Submitted by Rita Liu

#### 3. SAC Safety Update

a. A minor Fall incident was reported last Saturday, July 26 before the 4:30pm Mass started. We currently have simple First-Aid kits and they needed some gauzes and bandages to treat abrasions and cuts. Two complete First-Aid Kits were purchased from Amazon and awaiting delivery.

#### 4. Volunteer opportunities supporting community

a. There are volunteer opportunities available to support the community. Will schedule a two-hour session to present details.



Submitted by Rita Liu

5. Filipino Ministry of the Archdiocese of San Francisco hosting its 13th Annual Gala Fundraiser on October 5 at 5pm at St. Mary's Cathedral. A letter of appeal for SAC's participation and support was sent to Fr. Ray. The annual gala is the Filipino Ministry's primary fundraiser, which help fund the youth summer workshop program (current five youth participants are from Saint Augustine) and Feasts/devotions celebration (2024 Simbang Gabi Commissioning held at SAC).



July 28, 2025

Rev. Angel Quitalig, JCL Vicar for Filipinos & President Filipino Ministry Consultative

Estelle Oloresisimo Chairman of the Board, FMCB

Dcn. Nestor L. Fernandez II Vice Chairman of the Board, FMCB

Willie Lim

Board (FMCB)

Emmanuel Aquino

Recorder, FMCB

Freda Motak Parliamentarian, FMCB

#### FMCB Members & Committee Chairs:

Marlin Ang Sherry Aquino Dinna Bayangos Estrelle Chan Peter Chan Sr. Olga Cristobal Edgar Estonina Rita Liu Vilma Lorenzo Riz Marsella Leon Palad

#### 13th Annual Gala

Planning Committee:

Elsa Atendido
Allen Capalla
Willie Carandang
Olivia de Jesus
Linda Del Castillo
Lota Torres-Clemente
Edita Cruz
Virginia Dilim
Veronica Enriquez
Norma Guerrero
Joseph Artchie Lazaro
Sylvia Omuro
Beth Ortiz
Edd Palomar
Vicky Palomar

Celina Tablante

Angelica Tubig

All FMCB Members

Rev. Raymund M. Reyes Pastor Saint Augustine Catholic Church 3700 Callan Boulevard South San Francisco, CA 94108

Dear Father Ray,

Greetings of grace and peace. We are pleased to announce that the Filipino Ministry of the Archdiocese of San Francisco will celebrate its 13th Annual Gala on Sunday, October 5, 2025, at the Patrons Hall of the Cathedral of St. Mary of the Assumption. This signature event is our primary fundraiser, supporting our ongoing mission to cultivate a vibrant, multi-generational Filipino-American Catholic community.

Our activities are dedicated to engaging and empowering the next generation through youth workshops, a faith-based essay writing contest, and evangelization efforts that celebrate our faith and culture. These include developing a resource guide on Filipino devotions and launching the annual Pilgrimage to the Philippines.

We invite you to support this year's Gala and help us achieve our fundraising goals. You can participate in one or more of the following ways:

- Reserve one or more tables \$1,000 per table (See flyer)
- Purchase raffle tickets \$20 each, with exciting cash prizes
- · Place an advertisement in our Souvenir Program (see ad reservation form)
- Be a sponsor at one of our sponsorship levels (see Sponsorship Form)

We couldn't do the work for the Filipino Ministry without the generous support of the pastors and the parish community in our Archdiocese. Your donation will go a long way in helping the Filipino Ministry fulfill its mission.

Thank you so much for your time and consideration.

Since rely,

Rev. Angel Quitalig, JCL Vicar for Filipinos & President, FMCB aquitalig@gmail.com 415.216.5603 (mobile phone)

Estelle P. Oloresisimo
Chairman of the Board, FMCB
Chair, 13th Annual Gala Fundraiser
estelle.oloresisimo@gmail.com

415.595.9248 (mobile phone)

www.filipinoministrysf.org | filipinoministrysf1@gmail.com

Submitted by Rita Liu



# 13th Annual Gala

# Advertising Reservation Gala Souvenir Program Publication

The 13th Annual Gala shall have a souvenir program publication. The size of the publication is 5.5" x 8.5" and shall be printed in full color. 300 copies of the publication will be distributed at the Gala. Upon finalization of the selected size of the advertisement, please send the artwork following the file specification guidelines below.

- 1. The size of the advertisement should follow the size provided in the graphic below.
- The file type of the advertisement should be PDF, JPG or PNG with a resolution of 300 PPI.
- Send the final advertisement artwork to filipinoministrysfl@gmail.com no later than Friday, September 5, 2025. For questions, please contact Estelle Oloresisimo at 415.595.9248.

Full Page: 5.5" x 8.5"

- Back Cover: \$1,500
- Inside Front Cover \$1,350
- Inside Back Cover \$1,350
- Inside pages \$1,200

Half Page: 4.25" x 5.5":

\$600

Quarter Page: 4.25" x 2.75": \$300

## Sponsorship Agreement Form

PLATINUM	LEVEL - S	\$1,000
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GOLD LEVEL - \$750

SILVER LEVEL - \$500

○ BRONZE LEVEL - 250

ODNORS - Below \$250

All Platinum, Gold, Silver and Bronze Level Sponsors as well as all Donors will be published and acknowledged in the 13th Annual Gala Souvenir Program and will be posted on the Filipino Ministry website.

All proceeds from the 13th Annual Gala Fundraising to benefit:
FILIPINO MINISTRY OF THE ARCHDIOCESE OF SAN FRANCISCO

Please submit payments for sponsorships and advertisements by September 5, 2025.

Make checks payable to: Church of the Epiphany / FMCB. Mail check and sponsorship form to:

Church of the Epiphany, 827 Vienna Street, San Francisco, CA 94112

Attention: Willie Lim, FMCB Treasurer

Submitted by Rita Liu



# One Faith | One People | One Mission

Sunday | October 5, 2025 | 5:00 PM Patrons Hall, Cathedral of St. Mary of the Assumption 1111 Gough Street, San Francisco, CA 94109

Dinner Ticket: \$100 Raffle Ticket: \$20 lst Prize: \$3,000 | 2<sup>nd</sup> Prize: \$2,000 | 3<sup>rd</sup> Prize: \$1,000

To purchase dinner & raffle tickets, contact:
415.595.9248 (Estelle) | 415.317.5481 (Willie) | 415.336.9193 (Estrelle) | 415.521.6934 (Sherry)
Payment deadline for dinner tickets: September 21, 2025

www.filipinoministrysf.org | filipinoministrysf1@gmail.com

# TEMPORALITIES REPORT PPC Meeting, July 31, 2025

1. As a power saving measure, I suggest light switches at ladies and men's restrooms, both in the church and hall be changed into a motion detector type. Light automatically turns on when motion is detected, then automatically turns off after a preset time. Cost of each switch is less than \$20. Bernard can easily install this.

#### SAYG and YA report July 2025

#### July

- Preparations are underway for various events marking the beginning of the new school year.
  - The new Service and Leadership Team (SALT) will officially begin their term in August.
  - As SAYG seniors transition to college, the recently confirmed
     Confirmation class is invited to consider joining the SALT team.
  - Planning for both the First- and Second-Year Retreat Teams is now in progress.
  - SAYG meetings will resume following the SALT team's first gathering.
- The Monthly Youth and Young Adult Holy Hour will be held on July 16th,
   celebrated by Fr. Ifaeanyichukwu Henry Uwabunkeonye.
- The Youth and Young Adults are preparing dance performances for the
   St. Augustine Fiesta in late August.

#### **Upcoming Events:**

- Onfire NorCal Jubilee Day for Young People on September 13th 2025 at Six Flags Discovery Kingdom 9am-8pm.
- Start of 1st and 2nd Retreat meetings, Service and Leadership team (SALT), St Augustine Youth Group (SAYG) meetings will begin
- Ecology Committee will conduct a "mindful waste disposal" training on Sunday, August 3 at 9am. Support of the Knights will be critical during Fiesta week.