



OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH AND SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802



14TH SUNDAY IN ORDINARY TIME

"Come to me, all you who labor and are burdened, and I will give you rest." - Mt 11:28

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

Preparing Our Hearts for Our Patronal Feast

As we approach the Feast of Our Lady of Mount Carmel on July 16, we invite our parish family to begin preparing spiritually for this beautiful celebration.



JUNE 5, 2026

JUBILEE YEAR OF

**St. Francis
of Assisi**

JAN 10, 2026 – JAN 10, 2027



Archdiocesan Annual Appeal 2026

Goal: \$72,794

Collected donations:

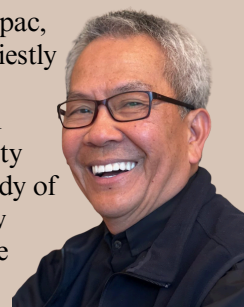
(As of 06/22/2026)

\$16,585

WELCOME TO OUR PARISH, FR. LU!

Our new pastor, Fr. Luello Palacpac, comes to us in his 40th year of priestly ministry!

May Fr. Lu experience the warm welcome of our parish community and the maternal love of Our Lady of Mount Carmel. Please take a few moments after Mass to introduce yourself to Fr. Lu.



A Prayer to the Blessed Virgin, Our Lady of Mt. Carmel

O most beautiful Flower of Mount Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God,

Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to succor me in this necessity; there are none that can withstand your power.

O Mary, conceived without sin, pray for us who have recourse to thee. (3 times)

Sweet Mother, I place this cause in your hands. (3 times)
Amen.

Greetings and Prayers

Birthday & Wedding Anniversary celebrants this week.

PARISH MASSES & LITURGIES

DAILY MASS: SATURDAY	Monday - Saturday, 8:15 AM
VIGILMASS:	5:00 PM - English
SUNDAY MASSES:	8:00 AM, 10:00 AM - English; 12:00 PM - Español
1st FRIDAY Devotion:	Eucharistic Adoration follows the 8:15 AM Mass
CONFESSIONS:	Saturdays, 3:30 PM - 4:30 PM (2 nd & 4 th Saturdays are in English only)
ANointING OF THE SICK, FUNERAL SERVICES or HOUSEBLESSING:	Please call the Parish Center to set an appointment.
BAPTISM - Monthly:	Second Saturday: 10:00 AM - English El cuarto sábado: 10:00 AM - Español Please call at least 2 months prior to the approved date of baptism.
QUINCEAÑERA MASS:	Saturdays at 12 noon. Subject to availability. Please call at least 5 months prior to the approved date of the Mass.
MARRIAGE:	Saturdays at 12 noon. Subject to availability. Please call at least 6 months prior to the approved date of the wedding.

PARISH CENTER HOURS - Monday-Friday

8:30AM - 4:00PM

break from 12PM-1PM

CLERGY

Pastor: <i>Rev. Fr. Luello Palacpac</i>	palacpac.luello@sfarch.org
Parochial Vicar: <i>Rev. Fr. Patrick Okoye</i>	okoye.patrick@sfarch.org
Hospital Chaplain: <i>Rev. Fr. Ernie Jandonero</i>	frerniej@sfhealingandprayer.org
Deacon: <i>Rev. Mr. Raymond Smith</i>	rsmith@mountcarmel.org
Deacon: <i>Rev. Mr. Ricardo Escobar</i>	rescobar@mountcarmel.org

STAFF

Admin. Assistant: <i>Luke Mulhall</i>	lmulhall@mountcarmel.org	(650) 366-3802
Director, Liturgy: <i>Maria Cornell</i>	mcornell@mountcarmel.org	(650) 446-5802
Director, Religious Ed: <i>Magdalena Hernandez</i>	mhernandez@mountcarmel.org	(650) 368-8237
OCIA: <i>Rev. Mr. Raymond Smith w/ Bill Haack</i>	rsmith@mountcarmel.org	(650) 366-3802
Confirmation: <i>Johanna Rasmussen</i>	jasmussen@mountcarmel.org	(650) 366-3802
Music Cantors: <i>Kristen Lapinig & Leodan Guerra</i>		
School Principal: <i>Jennifer Bruzzzone</i>	jbruzzzone@mountcarmel.org	(650) 366-6127



Pray for our departed parishioners
May they rest in peace
AMEN.



Adoration Chapel
Open Sundays through Saturdays
from 9am to 9pm

*For if you live according to the flesh, you will die,
but if by the Spirit you put to death the deeds of the body,
you will live.*

(Rom 8:13)

GOSPEL MESSAGE: 14th Sunday in Ordinary Time – Cycle A

Today the Gospel contains a very beautiful prayer of Jesus, who addresses the Father, saying, “I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes” (Mt 11:25). But what things is Jesus talking about? And then, who are these “babes” to whom such things are revealed? Let us reflect on this: on the things for which Jesus praises his Father and on the “babes” who know how to welcome them.

The things for which Jesus praises the Father. Just before this, the Lord had recalled some of his works — “the blind receive their sight [...], lepers are cleansed [...], the poor have good news preached to them” (Mt 11:5) — and revealed their meaning, saying that these are the signs that God is at work in the world. The message, then, is clear: God reveals himself by liberating and healing the human person. Let us not forget this: God reveals himself by liberating and healing the human person, and he does this with a gratuitous love, a love that saves. This is why Jesus praises his father, because his greatness consists in love and he never works outside of love. But this greatness in love is not understood by those who presume to be great and who fabricate a god in their own image — powerful, inflexible, vindictive. In other words, those who are presumptuous are not able to accept God as Father; those who are full of themselves, proud, concerned only about their own interests — these are the presumptuous ones — convinced they do not need anyone. In this regard, Jesus names the inhabitants of three rich cities of his time: Chorazin, Bethsaida, Capernaum, where he had accomplished many healings, but whose inhabitants remained indifferent to his preaching. For them, his miracles were only spectacular events, useful for making news and feeding gossip. Once passing interest in them was over, they archived them, maybe in order to occupy themselves with other novelties of the moment. They did not know how to welcome the great things of God.

The little children, instead, know how to welcome them, and Jesus praises the Father for them: “I bless you,” he says, because you have revealed the Kingdom of Heaven to the little ones. Jesus praises him for the simple people whose hearts are free from presumption and self-love. The little ones are those who, like children, feel their need and are not self-sufficient. They are open to God and allow themselves to be amazed at his works. They know how to read his signs, to marvel at the miracles of his love! I ask all of you, and even myself, do we know how to marvel at the things of God or do we take them for passing things?

Brothers and sisters, if we think about it, our lives are filled with miracles. They are filled with deeds of love, signs of God’s goodness. Before these, however, even our hearts can remain indifferent and become habitual, curious but not capable of being amazed, of allowing themselves to be “impressed”. A closed heart, an armoured heart, is incapable of being amazed. To impress is a beautiful verb that brings to mind photographic film. This is the correct behaviour to have before God’s works: to take a photograph of his works in our minds so that they may be impressed in our hearts, and then developed in our lives through many good deeds, so that this “photograph” of God, who is love, becomes ever brighter in us and through us.

And now, let us all ask ourselves: In the deluge of news that overwhelms us, do I, as Jesus shows us today, know how to stop before the great things of God, those that God accomplishes? Do I allow myself to marvel like a child at the good that silently changes the world? Or have I lost the ability to be amazed? And do I bless the Father each day for his works? May Mary, who exulted in the Lord, make us capable of being amazed by his love and of praising him with simplicity.

POPE FRANCIS
(9 July 2023).

Hoy, el Evangelio contiene una oración muy hermosa de Jesús, que se dirige al Padre diciendo: «Te alabo, Padre, Señor del cielo y de la tierra, por haber ocultado estas cosas a los sabios y a los prudentes y haberlas revelado a los pequeños» (Mt 11,25). ¿A qué cosas se refiere Jesús? ¿Y quiénes son estos pequeños a los que tales cosas han sido reveladas? Detengámonos en esto: en las cosas por las que Jesús alaba al Padre y en los pequeños que saben acogerlas.

Las cosas por las que Jesús alaba al Padre. Poco antes, el Señor ha recordado algunas de sus obras: «Los ciegos ven [...] los leprosos son purificados [...] y la Buena Noticia es anunciada a los pobres» (Mt 11,5); y ha revelado su significado diciendo que son los signos del obrar de Dios en el mundo. El mensaje, entonces, está claro: Dios se revela liberando y sanando al hombre -no olvidemos esto: Dios se revela liberando y sanando al hombre- y lo hace con un amor gratuito, un amor que salva. Por esto Jesús alaba al Padre, porque su grandeza consiste en el amor y no actúa nunca fuera del amor. Pero esta grandeza en el amor no es comprendida por quien presume de ser grande y se fabrica un dios a su propia imagen: un dios potente, inflexible, vengativo. En otras palabras, estos presuntuosos no consiguen acoger a Dios como Padre; quien es orgulloso y está lleno de sí mismo, preocupado solo por sus propios intereses -estos son los presuntuosos-, está convencido de que no necesita a nadie. Jesús nombra, a este respecto, a los habitantes de tres ciudades ricas de aquel tiempo: Corozain, Betsaida y Cafarnaúm, donde ha realizado numerosas curaciones, pero cuyos habitantes han permanecido indiferentes a su predicación. Para ellos, los milagros han sido tan solo eventos espectaculares, útiles para ser noticia y alimentar las charlas; una vez agotado este interés pasajero, los han dejado de lado, quizá para ocuparse de otra novedad del momento. No han sabido acoger las grandes cosas de Dios.

Los pequeños, en cambio, saben acogerlas, y Jesús alaba al Padre por ellos: “Te alabo” -dice- porque has revelado el Reino de los Cielos a los pequeños. Lo alaba por los simples, que tienen el corazón libre de la presunción y del amor propio. Los pequeños son aquellos que, como los niños, se sienten necesitados y no autosuficientes, están abiertos a Dios y dejan que sus obras los asombren. ¡Ellos saben leer sus signos y maravillarse por los milagros de su amor! Yo os pregunto a cada uno de vosotros, y también a mí mismo: ¿nosotros sabemos maravillarnos de las cosas de Dios, o las tomamos como cosas pasajeras?

Hermanos y hermanas, nuestra vida, si lo pensamos bien, está llena de milagros: llena de gestos de amor, signos de la bondad de Dios. Sin embargo, ante ellos, también nuestro corazón puede acostumbrarse y permanecer indiferente, curioso pero incapaz de asombrarse, de dejarse “impresionar”. Un corazón cerrado, un corazón blindado, no tiene capacidad para sorprenderse. ‘Impresionar’ es un bonito verbo que hace pensar en la película de un fotógrafo. Esta es la actitud correcta ante las obras de Dios: fotografiar en la mente sus obras para que se impriman en el corazón, a fin de revelarlas en la vida mediante muchos gestos de bien, de modo que la “fotografía” de Dios-amor se haga cada vez más luminosa en nosotros y a través de nosotros.

Y ahora preguntémonos, todos nosotros: en la marea de noticias que nos sumerge, ¿sé detenerme en las grandes cosas de Dios, las que Dios hace, como nos muestra Jesús hoy? ¿He perdido la capacidad de asombrarme? ¿Me dejo maravillar como un niño por el bien que cambia el mundo silenciosamente, o he perdido la capacidad de asombrarme? ¿Y bendigo al Padre cada día por sus obras? Que María, que exultó en el Señor, nos haga capaces de asombrarnos de su amor y de alabarlo con simplicidad.

LAY ORGANIZATIONS

- Mental Health Ministry
- Good Grief Ministry
- Legion of Mary (Eng & Sp)
- Rosary Group
- The Prayer Warriors
- Society of St. Vincent de Paul
- Pro Life 40 days for Life Group
- The Sto. Niño Group
- El Grupo Guadalupano
- Lazos de Amor Mariano
- El Grupo Aliento de Oración
- OCIA – Catechists
- Bible Study Group
- Men's Club
- Women's Club
- Mount Carmel Youth Ministry (**new**)
- Social Media (**new**)

LITURGICAL MINISTRIES

- Altar servers
- Lectors & Holy Communion ministers
- Hospitality: Ushers and Greeters
- Music Ministry
- Liturgical Environment

MASS INTENTIONS FOR THE WEEK

Sat., Jul 4

5:00 PM

† Rafael Quinones

† Rafael E. Quinones Jr.

Sun., Jul 5

8:00 AM

† Vicente Ang

10:00 AM

† Mary Louise Liberati

12:00 PM

† Juan Arias

Weekdays at 8:15 AM

Mon., Jul 6

† Niel Boidnott

Tues., Jul 7

† Charleen White

Wed., Jul 8

† Giovanna Andreini

Thurs., Jul 9

† Parishioners of Mt. Carmel

Fri., Jul 10

† Ray Torres

Sat., Jul 11

† Cipriano Pablo Gonzalez

Registration: If you are new in our community, welcome!

Register at: mountcarmelrc.org/registration

Registered parishioners may also update their information on the website.

THANK YOU TO OUR JUNE ALTAR FLOWER DONORS:



- June 20 Elvia Arias
- June 27 Rosie Resendez, *in memory of* Amalia Perez and the Resendez & Morales Families



2nd Collection: July 5 – Facility Repair & Improvement

July 12 – Religious Education

July 19 – Liturgy Fund

July 26 – The Mary Queen of Heaven Missionaries



The Mary Queen of Heaven Missionaries (MQHM) collection Our mission is to peacefully fight the scourge of human trafficking and sexual exploitation through rescuing survivors and rehabilitating them holistically: mind, body, and soul. We are also active in preventing human trafficking and exploitation through our educational assistance in vulnerable communities prone to trafficking, particularly in the rural areas of the Philippines. Through our collective efforts, our community of religious sisters, have been able to grow our two distinct ways of serving God and His people through the curative and preventive measures as mentioned above. We have two rehabilitation centers. The Home of Love, a shelter for rehabilitation of human trafficking women and their children survivors, and the Regina Coeli Home of Love in California, a Women's Shelter for survivors of sex trafficking. Please visit our website for more information: WWW.MQHM.ORG

Mental Health Ministry

Call: Maria Koenigsberg @

(650) 366-3802

Or email us at:

olmcmmentalhealthministry@gmail.com



Good Grief Ministry

Call: Maryann Gonzales @

(650) 366-3802

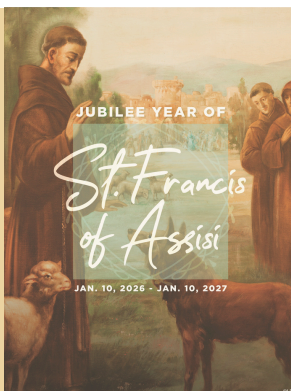
The ministry meets every 2nd & 4th Thurs of the month 6pm at the Parish Center.

**The number to call
for mental health
crisis support in San
Mateo County**

(650) 579-0350

**For help from local mental
health counselors 24/7 during
mental health crisis, substance
use issue, or thoughts of suicide.**

Pope Leo XIV has decreed that **from Jan. 10, 2026, to Jan. 10, 2027**, “a special Year of Saint Francis” shall be proclaimed. In honor of this special year of the occasion of the 800th anniversary of the Transitus (death) of Saint Francis, **Archbishop Cordileone has designated several locations where the faithful may make a pilgrimage and pray devoutly to fulfill the conditions for receiving a plenary indulgence***:



Designated locations to participate in this special year of St. Francis:

- *National Shrine of Saint Francis of Assisi*
- *Mission Dolores Church*
- *Saint Francis of Assisi Catholic Church in East Palo Alto*
- *Mission San Rafael*
- *Cathedral of St. Mary of the Assumption*

* To gain a plenary indulgence, in addition to excluding all attachment to sin, even venial sin, it is necessary to perform a prescribed work designated by the Church (such as praying the stations of the cross in a church or visiting one of the designated pilgrimage sites) and fulfill the following three conditions: sacramental confession, Eucharistic Communion, and prayer for the intentions of the Pope.



A New Journey Begins for Mount Carmel Youth Ministry

On Saturday, June 20, thirteen young people between the ages of 13 and 17 gathered for the very first meeting of the new **Mount Carmel Youth Ministry**. While it was only the beginning, there was already a sense that God is planting something beautiful in the hearts of our youth.

The evening began with prayer, laughter, and icebreakers, but one simple question framed the entire gathering: “**Why are we here?**” It was asked at the beginning and revisited at the end, inviting everyone to reflect on the deeper purpose of this new community.

Together, the group also chose the ministry's motto: “**In God We Live,**” inspired by the words of Acts 17:28: “For in Him we live and move and have our being.” More than a slogan, it expresses the desire to place God at the center of every decision, every friendship, and every stage of life.

Led by Fr. Patrick and coordinated by the Legion of Mary, the gathering introduced the core values that will guide the ministry: unity, prayer, friendship, spiritual growth, and building a personal relationship with Jesus Christ. Throughout the evening, many of the teens expressed genuine curiosity about how to grow closer to God and strengthen their faith in everyday life.

Of course, no youth gathering would be complete without sharing a meal! Over pizza and conversation, new friendships began to form, laying the foundation for a community where young people can grow together in faith while encouraging one another.

The **next Youth Ministry gathering** will take place on **Saturday, July 11**, at approximately **6:00 p.m.**, following the **5:00 p.m. Mass**. As the ministry continues to grow throughout the summer, we look forward to officially launching regular activities by the end of the season.

We invite all young people ages **13–17** to come and discover what it means to truly live these words: **In God We Live.**

By Lismeth Pesce



NEW

MOUNT CARMEL YOUTH MINISTRY

“For in GOD we live and move and have our being”

Acts 17:28

Pursuing your personal dreams, careers, and living the Christian life are not isolated paths of life, but different dimensions of one life.



This program integrates faith formation, talent development, career discernment, and leisure activities into one unified path.



scan code to learn more

Come grow in Faith. Discover and share your gifts. Pursue your dreams.

BECOME WHO GOD CREATED YOU TO BE.



mountcarmelyouthministry.org

OBSERVANCES FOR THE WEEK

(July 6th) St. Maria Goretti, Virgin and Martyr

(June 9th) St. Augustine Zhao Rong, Priest and Companions Martyrs

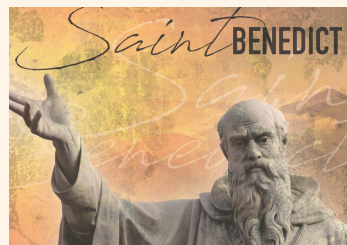
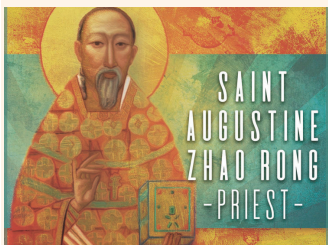
(July 11th) St. Benedict Abbot



ITALIAN MARTYR

“LET US LOVE THE CROSS VERY MUCH, FOR IT IS THERE THAT WE DISCOVER OUR LIFE, OUR TRUE LOVE, AND OUR STRENGTH IN OUR GREATEST DIFFICULTIES.”

- ST. MARIA GORETTI



INVITACIÓN ESPECIAL

SERIE DE LITURGIA DE VERANO

Profundiza tu fe. Vive la liturgia. Transforma tu vida.

DURANTE EL MES DE JULIO



P. JAVIER OLIVERA RAVASI, S.E.
La Sagrada Liturgia: La Transcendencia del Santo Sacrificio de la Misa
MARTES, 7 DE JULIO DE 2026
7:00pm - 8:30pm



P. GERARDO VÁZQUEZ
• Arte y Arquitectura Sagrada
• Signos y Símbolos de la Misa
MARTES, 14 Y 21 DE JULIO DE 2026
7:00pm - 9:00pm



P. MIGUEL SANDOVAL
Música Sagrada
JUEVES Y VIERNES, 23 Y 24 DE JULIO DE 2026
7:00pm - 9:00pm
SÁBADO, 25 DE JULIO DE 2026
9:00am - 1:00pm

COSTO: \$30
(CURSO COMPLETO)
Se aceptarán donaciones adicionales para nuestros ponentes invitados.

¡INSCRÍBETE HOY!
ESCANEA EL CÓDIGO QR PARA REGISTRARTE:



¡TODOS SON BIENVENIDOS!
Ven y fortalece tu fe este verano.

St. Francis of Assisi Church
1425 Bay Rd, East Palo Alto, CA, 94303
<https://www.sfofassisiepa.org/>
(650) 322 - 2152

REST

“Come to me, all you who labor and are burdened.”

MATTHEW 11:28

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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Catechism of the Catholic Church

Learning from the Heart of Jesus

2559 “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” But when we pray, do we speak from the height of our pride and will, or “out of the depths” of a humble and contrite heart? 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.”

1508 The Holy Spirit gives to some a special charism of healing so as to make manifest the power of the grace of the risen Lord. But even the most intense prayers do not always obtain the healing of all illnesses. Thus St. Paul must learn from the Lord that “my grace is sufficient for you, for my power is made perfect in weakness,” and that the sufferings to be endured can mean that “in my flesh I complete what is lacking in Christ’s afflictions for the sake of his Body, that is, the Church.”

520 In all of his life Jesus presents himself as our model. He is “the perfect man,” who invites us to become his disciples and follow him. In humbling himself, he has given us an example to imitate, through his prayer he draws us to pray, and by his poverty he calls us to accept freely the privation and persecutions that may come our way.

521 Christ enables us to live in him all that he himself lived, and he lives it in us. “By his Incarnation, he, the Son of God, has in a certain way united himself with each man.” We are called only to become one with him, for he enables us as the members of his Body to share in what he lived for us in his flesh as our model.



HUMILITY
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the 2026-2027 School Year.

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info@mountcarmel.org
www.school.mountcarmel.org
Offering Preschool, TK, and K-8 Programs.



SOCIETY OF ST. VINCENT DE PAUL

In the spirit of love and justice, the Society of St. Vincent de Paul of San Mateo County provides person-to-person services of time, talent and resources to help our neighbors in need. SVdP respects the dignity of every person. We provide Safety-Net services for families and individuals in our community who are often suffering, forgotten and deprived — **the working poor, the homeless, the incarcerated, and all people living on the margins.**

Check out their website for more details: <https://svdpsm.org/>

Society of St. Vincent de Paul of San Mateo County 50 North B Street
San Mateo, CA 94401 **Help Line: 650-343-4403**

Catholic Charities San Francisco (CCSF)

create lasting solutions to the most pressing challenges in our community — homelessness, inequality, aging in isolation, generational poverty, HIV/AIDS, and immigration to name a few. CCSF does not charge fees over the phone or through online ads. Please call our office directly at **(415) 972-1200** for more information or to request a consultation.

Archdiocese of San Francisco Restorative Justice Ministry Support people in PRISON

We offer services to enhance the reintegration prospects of former inmates into society. Provide resources, such as bibles and reading materials. We train volunteers and support clergy in addressing the spiritual needs of those in jails and prisons. *For more information on how to volunteer, please call or send email to:*

Julio Escobar
(415) 6145572 escobarj@sfarch.org

MORE ANNOUNCEMENTS

*Please read the advertisements on the
bulletin board at the vestibule.*



Get updates through email and text messages as they happen within our parish and school community. The Sunday bulletins are available too ahead of each Sunday.

To sign up, text “RWC” to **84576**, or click on the Flocknote sheep on the Parish website.

TREASURES OF ITALY PILGRIMAGE

11 DAYS: JANUARY 25—FEBRUARY 4, 2027

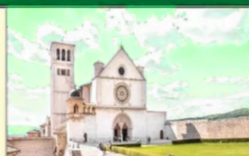


SPIRITUAL DIRECTOR – FR. ERNIE JANDONERO, BCC
www.sfhealingandprayer.org



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SAN FRANCISCO**

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\$530 gov't taxes/airline surcharges)
(double occupancy)



*Florence, Assisi, Lancia, San Giovanni Rotondo,
Mont Sant'Angelo, Sorrento, Pompeii, Monte Cassino
& Rome with a Papal Audience*

For More Information, Please Contact:

Maria Cornell

Tel: (650) 678-3545

Email: italypilgrimage2027@gmail.com

DON'T MISS OUT! SIGN UP TODAY!



HELP BEAUTIFY OUR CHURCH

Flowers have long been a beautiful expression of love, gratitude, and prayer. Consider sponsoring the altar flowers for a weekend during Ordinary Time in honor or memory of a loved one, or as a special offering of thanksgiving to God.

A donation of approximately four dozen flowers fills the two altar arrangements for the weekend.



Scan the QR code to reserve your
preferred date, or contact Maria Cornell
for more information.

*Thank you for helping beautify our
church for the glory of God.*



For Retreats please call:

Vallombrosa Retreat Center (650) 325-5614

The Jesuit Retreat Center (650) 917-4024

St. Clare's (831) 423-8093