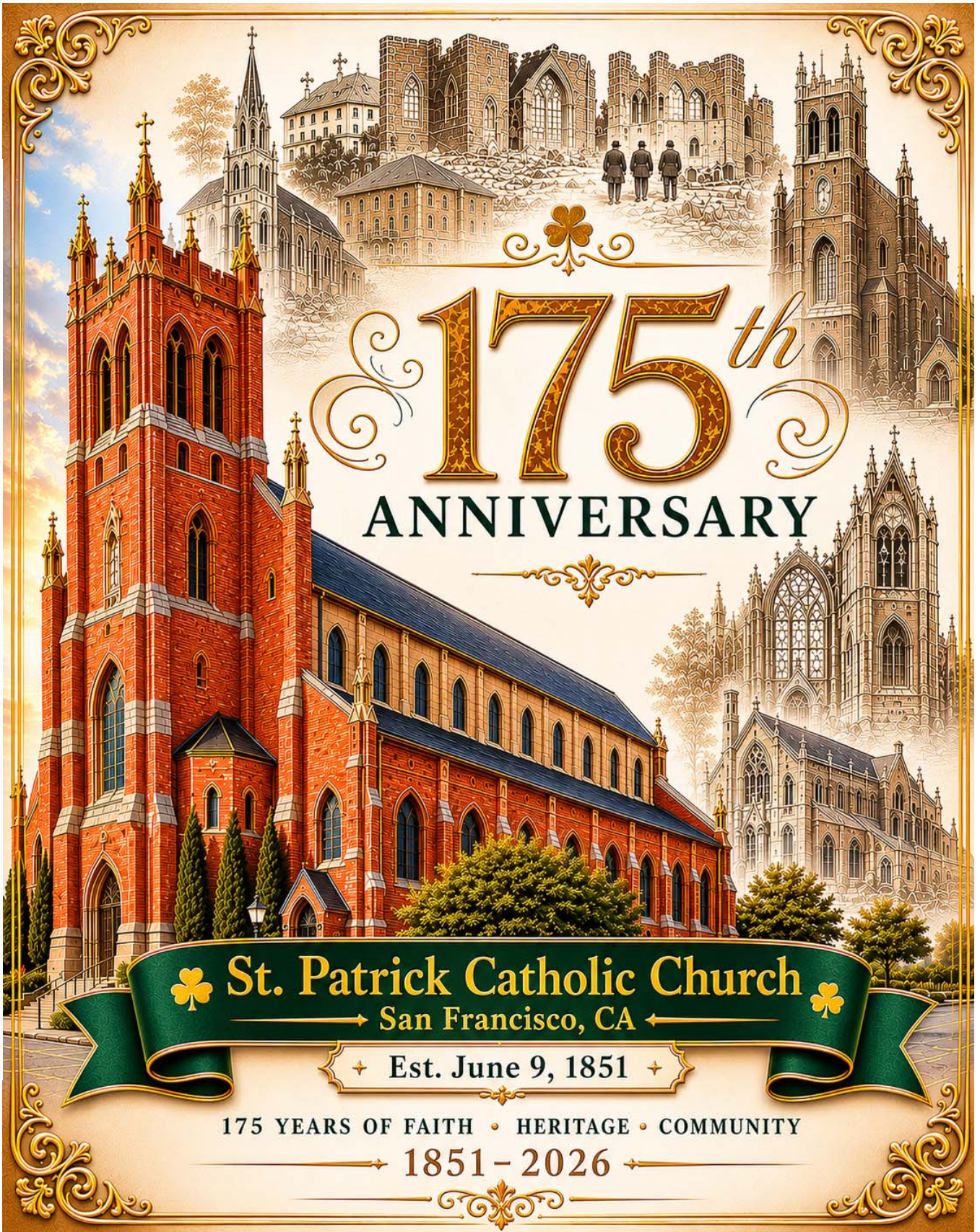


July 05, 2026 • Fourteenth Sunday in Ordinary Time



# 175<sup>th</sup> ANNIVERSARY

**St. Patrick Catholic Church**  
San Francisco, CA  
Est. June 9, 1851

175 YEARS OF FAITH • HERITAGE • COMMUNITY  
1851 - 2026

*San Francisco's* HISTORIC LANDMARK #4

756 Mission St. (between 3rd and 4th Streets) | San Francisco, CA 94103 | (415) 421-3730 | [www.stpatricksf.org](http://www.stpatricksf.org)

## Pastoral Staff

Rev. Andrew Spyrow - *Pastor*  
 Rev. Celestine Tyowua - *Parochial Vicar*  
 Rev. Bonifacio “Boie” Espeleta - *Parochial Vicar*  
 Deacon Ferdinand Mariano - *OCIA Coordinator*

## Parish Staff

Charles Corpus - *Music Coordinator*  
 Nora Regaspi - *Office Manager*  
 Camelle Sudario - *Parish Receptionist*

## Mass Times

Monday - Friday: 7:30 a.m., 12:10 p.m., 5:15 p.m.  
 Saturday: 7:30 a.m., 12:10 p.m. 5:15 p.m. *Vigil Mass*  
 Sunday: 7:30 a.m., 9:30 a.m., 12:00 p.m., 5:15 p.m.  
 Tagalog Mass: 1st Sunday at 2:00 p.m.  
 Family Mass: 2nd Sunday at 12:00 p.m.  
 Charismatic & Healing Mass: 3rd Sunday at 2:00 p.m.

## Parish Schedule

### **Parish Office Hours**

Monday through Friday  
 9:00 a.m. - 1:00 p.m. and 2:00 p.m. - 5:00 p.m.

### **Sacrament of Reconciliation (in the church)**

Monday through Friday  
 11:30 a.m. –12:00 p.m.

### **Novena to Our Mother of Perpetual Help**

Every Tuesday after the 12:00 p.m. Mass

### **Sacred Heart**

First Friday of the month at 4:00 p.m..

### **Sto. Niño Devotion**

Every Friday after the 12:00 p.m. Mass

### **Our Lady of Fatima**

First Saturday of the month at 11:30 a.m.

## *The Right Direction*

If we walk one step toward God, God will run ten steps toward us.

~ Anonymous

## *Finding Peace*

If you want peace, work for justice.

~ Pope Paul VI

## *Happy Birthday!!*

Happy Birthday to our Parishioners celebrating a birthday this week.

Boris Bakovic	7/6	Raleigh Jay Signio	7/9
Jackielyn Igno	7/6	Chad Bello	7/10
Teresita Baricuatro	7/7	Hazel Laga	7/10
Vivien Dizon	7/7	Frederick Nangca	7/10
Emiliana Ignacio-Ramos	7/8	Linda Ibarra	7/11
Felicitas Torre	7/8	Melissa Perlas	7/11
Donnie Irene	7/9		

## *Welcome, Fr. Boie!!*



Dear St. Patrick Parishioners,

As I prepare to join your parish community as your new Parochial Vicar, I come with a mixture of emotions. To be honest, I am still preparing myself for this new assignment and do not yet feel completely ready for all that lies ahead. Yet, I trust that God, who calls us to new journeys, will provide the grace needed for this new chapter of ministry.

There is still a certain sadness in my heart as I leave the parish that I have served and learned to love deeply. Over the years, it became more than a community of faithful believers—it became a family. Saying goodbye is never easy when so many memories, friendships, and shared experiences have become part of one's life.

At the same time, I look forward with hope and excitement to becoming part of your parish family. I am eager to learn about your traditions, your stories, your dreams, and the many ways God is at work in your community. I come not as a stranger, but as a fellow pilgrim in faith, ready to walk with you and grow with you.

My prayer is that together we may continue to build a parish marked by unity, peace, harmony, and a deep love for Christ and His Church. I hope to work alongside all of you—parish staff, ministry leaders, volunteers, families, youth, and seniors—as we strive to make our parish a welcoming home for all.

I have always been inspired by the dedication of parish volunteers who generously offer their time, talents, and treasures for the good of the Church. Many of you make personal sacrifices, even financial ones, to support parish ministries and activities. Your generosity is a beautiful witness of faith and stewardship, and I look forward to experiencing that same spirit of enthusiasm and commitment among you.

Please keep me in your prayers as I prepare for this transition. Be assured of my prayers for all of you as well. May the Lord bless our journey together, and may we continue to grow as one family in faith, hope, and love.

I look forward to meeting each of you soon.

In Christ,  
 Fr. Boie  
 Parochial Vicar

## *Going Home*

Life is a voyage that's homeward bound.

~ Herman Melville

## *Hope*

Never deprive someone of hope—it may be all they have.

~ Anonymous

## *AAA Update* (as of 23 June 2026)

2026 AAA Goal	\$43,252
Received	\$15,604
Amount Remaining	\$27,648
% of Goal	36%

## St. Patrick Church Lifetime Donors

You can still make a donation by going to our parish website: [www.stpatricksf.org](http://www.stpatricksf.org). On our homepage scroll down and click Online Giving. Create an account if you don't have one. Once you have created an account, please choose the Lifetime Donor option. We are asking a Lifetime Donor to donate a minimum of \$20 a week or \$80 a month. Your privacy and financial information are safe with us. And we recommend that you use your credit card for an easier and faster transaction.

Thank you for your generosity and support.

For more information,  
email us at [information@stpatricksf.org](mailto:information@stpatricksf.org)  
or call us at 415-421-3730

**We have 86 Lifetime Donors as of 28 January 2026**

In Memory of Nicomedes & Juanita Abello	Eleanor Lawsin
Cristina Agbayani	Felicitas Locsin
Marilou Alegre	Merly Lorete
Corazon M. Ambata	Fe Macatangay
Roberto Andrey	Beltran C Marces
Joy, Jen & Jackie Bandelaria	Corazon Mariano
Eufemia Barcelona	Loren Masangcay
Evelyn Bird	† Dionisio Mendaras, Si Cora Cuison
Dr. Beverly Lynn Bolinger	Evelyn Mendoza
Maria Bravo	Rachelle Morales
Mercedita Cadiz	Jeff & Nenetie Murata
Mamerto (Mc) Canlas	Wilma Nangca
John & Judith Casper	Glorina Ochangco
Sandra Cea	Florentina Palacio
Max & Josephine Chin	Jesus & Marilu Paningbatan
Felix Chang	Jun & Emy Pasion
Dan & Katya Coming	Joseph, Joshua, Jordan & Liam
In Memory Of William Cotter, Jr.	Estrellita Perez
Thelma Dancel	Naomi Quioco
Evangeline Viray De Leon	Lolita Ramos
† Rosalinda Del Rosario	Alma Raymundo
Brian Dela Pena	Hersie Rosales
Jiasmin Delago	Matthew Rothschild
Justin Edwards	Rosalina San Diego
Joycelyn Espanol	Concesa San Pedro
Conchita Fabros	Jaymie Lynn Santiago
Joseph & Maria Fang	Mario, Nelly, & Tracy Sarmiento
Riz A. Novicio Fernandez	Estela Sullivan
Familia Galindo Moreno Y Berziga	Jennifer Sunga
Lilian Gomez	Veronica Tayo
Josefa Gonzales	† Jo Tjin Thoy
Rodil, Ruby Gonzales & Children	Derek Tillotson
Alvin Gonzalez	Precious & Ryan Tizon
Therese Guintu	Victoriano & Carmen Uchi & Family
Norma Gumawid	Laura Vanmunching
Ina Howard	Boying & Rosie Vasquez
† Ponciano & Marlene Icatar	Alden, Mercy Ventigan & Kids
Georgina Jose	Vida Ventura
Kaiser Permanentesf, 4Center & Oncology	Josephine Villa
Agnes Kumi	Rianty Winarta
Judy Neri Labaria	Edwin, Rosalie, Krista, Ezra & Juliana
Tita Labaria	Cielito Littaua Yoma
Dan And Annie Lacap	† Charlie A. Yparraguirre

**An expanded color version of our printed bulletin, with online-only content, is available on our website: [www.stpatricksf.org](http://www.stpatricksf.org)**

## Upcoming Events in the Archdiocese of San Francisco

**June 29 – July 5** CANA Week is a wonderful 6-day retreat for couples at St. Anthony Retreat near Sequoia National Park in California. Kids are welcome! Take time away to strengthen your marriage and deepen your spiritual life, while your kids have a great time with new friends in their own parallel program. The week includes teachings, prayer, daily mass, and time together as a couple and as a family. There is plenty of fun, relaxation, and celebration, all in an ecumenical context. Register here, or email questions to [info@canausa.org](mailto:info@canausa.org)

**July 31 – Aug 2** Life Giving Wounds Healing Retreat for Adults with Divorced or Separated parents. Life-Giving Wounds is a ministry for adult children of divorced or separated parents. Adult children of divorce or separation often feel alone and lost, and are searching for lasting healing and love. The southern California chapter of LGW is supported by the Dioceses of Orange and San Diego; their next retreat will be in Oceanside, CA. Early-bird registration until June 15. More info/registration at [www.rcbo.org/acod](http://www.rcbo.org/acod)

### The God Squad Catholic TV Mass

FATHER HARRY  
**God Squad** PRODUCTIONS  
The God Squad Catholic TV Mass, aired every Sunday, provides inclusion for those who are homebound, hospitalized, incarcerated and/or unable to attend Sunday Mass. Monsignor Harry Schlitt began broadcasting the TV Mass in the late 1970s and it has been airing ever since. Please watch the TV Mass on Sunday mornings on the following stations:

*In San Francisco*

*KTSF (CH 26) at 6:00 a.m.; KRON (CH 4) at 5:30 a.m.;*

*and in Sacramento*

*KTXL (Fox 40) at 5:30 a.m.*

You may also view the Mass at any time by going to [FatherHarry.org](http://FatherHarry.org). You may also find the program beneficial to you, someone in your family, or a friend.

We need your participation and support to continue this valuable ministry.

### Catholic Prayer Corner Act of Faith

O my God, I firmly believe  
that you are one God  
in three divine persons,  
Father, Son, and Holy Spirit.

I believe that your divine Son  
became man and died for our sins,  
and that he will come  
to judge the living and the dead.

I believe these and all the truths  
which the holy catholic Church teaches,  
because in revealing them  
you can neither deceive nor be deceived.

### Living Stewardship Now

Each time you do something for someone else you are "pulling" with them. Offer each good deed you do this day, however small or great, to Jesus.

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## Mass Intentions for Jul 05 - 11

Date	Time	Intention
<b>Sunday 05</b>	7:30 a.m.	SI All Parishioners Of St. Patrick
	9:30 a.m.	FH Orlando, Jr. Florendo Pelejo
	12:00 p.m.	† Marcus & Milagros Gomez
	2:00 p.m.	FH Alicia
	5:15 p.m.	SI Kenneth Kirby & Grnadkids
<b>Monday 06</b>	7:30 a.m.	† Marilyn & Lorenzo Sumulong
	12:10 p.m.	FH Alicia
	5:15 p.m.	FH Ryan
<b>Tuesday 07</b>	7:30 a.m.	SI Kenneth Kirby & Grnadkids
	12:10 p.m.	FH Alicia
	5:15 p.m.	FH Ryan
<b>Wednesday 08</b>	7:30 a.m.	FH Alicia
	12:10 p.m.	TG Domingo Ordoveza
	5:15 p.m.	† Mario Villanueva
<b>Thursday 09</b>	7:30 a.m.	SI Kenneth Kirby & Grnadkids
	12:10 p.m.	FH Alicia
	5:15 p.m.	FH Ryan
<b>Friday 10</b>	7:30 a.m.	FH Alicia
	12:10 p.m.	TG Rosy Ordoveza
	5:15 p.m.	† Ramon Sureta
<b>Saturday 11</b>	7:30 a.m.	BD Florence K. Murata
	12:10 p.m.	TG Luluday Villanueva
	5:15 p.m.	FH Ryan

## Feast of Faith Little Mysteries

Two small rites—or, as one liturgist has called them, “little mysteries”—accompany the preparation of the gifts. The priest or deacon takes a small cruet of water from the server and adds a drop of water to the wine. Then, after the elevation of the chalice (and the incensation, if incense is used), the priest washes his hands. Both of these actions were at first practical, matter-of-fact realities: in the ancient world the wine was usually quite thick, and was generally mixed with water before it was drunk. And in the early church, when the faithful brought forward a great variety of gifts at this time, there was a definite need for the presider to wash his hands!

But now these rites serve a purely symbolic function. The mingling of the water and wine is accompanied by a prayer that speaks of the wonderful exchange of the Mass, the mingling of Christ’s divinity and our humanity. And as the priest washes his hands, he prays words of supplication from Psalm 51, acknowledging his own sinfulness in the presence of the assembly before he dares to approach the altar for this most sacred action.

Corinna Laughlin, © Copyright, J. S. Paluch Co.

## Fourteenth Sunday in Ordinary Time July 05, 2026

“Come to me, all you who labor  
and are burdened,  
and I will give you rest.”

~ Matthew 11:28

## An Approachable God

Many years ago, there was a very popular Christian poster that did nothing but list names for God from the scriptures. While it included powerful names like “Lion of Judah” and “Wonderful Counselor,” as a whole it was a sharp contrast to the simple and beautiful images present in our scriptures today. The prophet Zechariah prefigures the Christ coming in meekly and mildly on an ass—the vision we might have of Palm Sunday. In Romans Saint Paul reveals to us our truer selves, calling us to embrace the Spirit of Christ, put aside our fleshly beings, and live more fully in Christ. In the Gospel of Matthew, Jesus bypasses the learned, and God reveals things to the childlike. We are presented with a simple, straightforward approach to God, and to finding God.

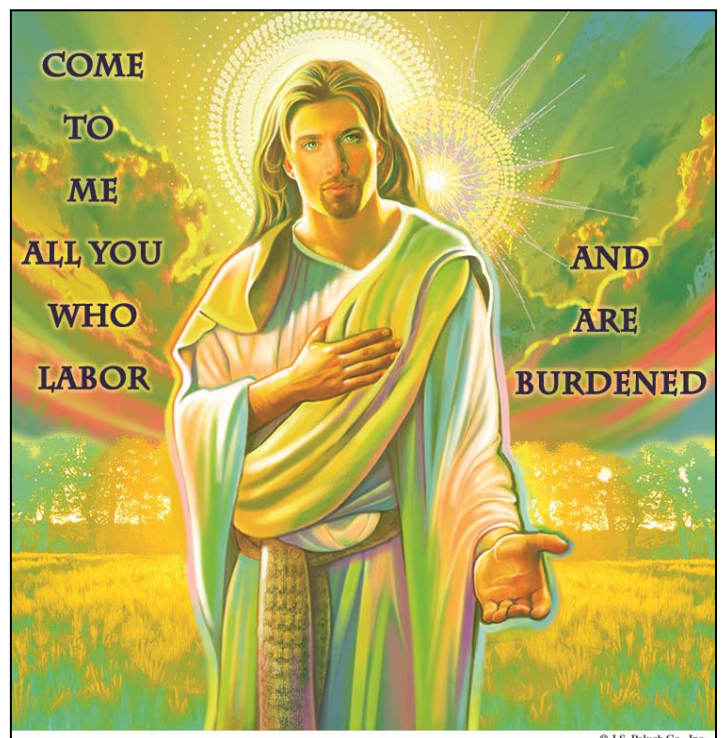
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## Our Fascinating Faith

### The Second Vatican Council—Not “Out of Nowhere”

Prior to the convening of the Second Vatican Council, there had long been trends in the Catholic world that advocated for reform. For example, the liturgical movement had started at the beginning of the twentieth century and had spread from the monasteries across Europe and into the universities and even dioceses and parishes in the United States. The latest of several international liturgical conferences preceding Vatican II had received high praise from Pope Pius XII in 1956. The biblical movement had started even earlier and also garnered worldwide support. The pastoral and scholarly contributions of these global movements to the preparatory commission for the liturgy document led to its acceptance by the Council fathers as the first topic to be addressed by the Council. Two additional twentieth-century movements deserve mention: the ecumenical movement, which influenced several of the later Vatican II documents, and the “new theology” movement, which included the idea of *ressourcement* (going back to the original sources like the Bible and the Church Fathers). Adherents of this latter movement had encountered strong resistance from Church authorities but by 1960 were gaining influence. So while the timing of Vatican II may have been a surprise, it had strong roots in the history and life of the Church.

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# LEGION OF MARY

— ST. PATRICK CHURCH —

JOIN THE LEGION OF MARY, OUR LADY OF MT. CARMEL PRAESIDIUM

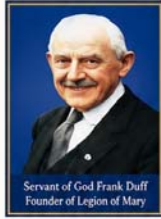


Meeting - Sunday at 1:30 p.m. in Bitanga Hall



## The Legion Family Worldwide

- On all continents
- In over 170 countries
- 4 million active members
- 5 million auxiliary members



The Founder Frank Duff  
1889 - 1980



### LEGION OF MARY'S HISTORY

The Legion of Mary was founded in Dublin, Ireland on the 7th of September in 1921. It is a lay Catholic organization giving service to the Church on a voluntary basis in almost every country.



### LEGION OF MARY'S AIM

The object of the Legion of Mary is the glory of God through the holiness of its members developed by prayer and active co-operation in Mary's and the Church's works.



### LEGION OF MARY'S UNIT

The unit of a Legion of Mary is called a praesidium, which holds a weekly meeting where prayer is intermingled with reports and discussions. Persons who wish to join the Legion must apply for membership in a praesidium.



### LEGION OF MARY'S ACTIVE WORKS

The Legion sees as its priority the spiritual and social welfare of everyone. The members participate in the life of the parish through visitation of families, the sick, both in homes and hospitals and through collaboration in every apostolate and missionary undertakings sponsored by the parish. The works are more of spiritual works of mercy.



### LEGION OF MARY'S ACTIVE MEMBERSHIP

This membership is open to all faithfully practicing Catholics. Members attend weekly meetings and engage in prayers and active works. Candidates under 18 years of age can be received in a Junior Praesidium.

*"Mary, conceived without sin, pray for us who have recourse to thee."*

— ST. CATHERINE LABOURÉ —

He shall proclaim  
peace  
to the nations



© Migdalia Galarza



## Letters from Heaven



Start with the letter in the shaded square. Draw a path from letter to letter to complete the Biblical statement. Move one square at a time, up, down, right, left and diagonally until all letters are used once. Ignore any black squares.

Jesus said, "Come to me, all you who labor and burdened, and ..."

L	G	I	W
T	L	I	I
S	R	U	V
E	O	Y	E

\_\_\_\_\_

Answer: *I will give you rest*


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Excerpt from the NAB © 2010, 1991, 1970, CCD

saint snippets

July 6


Our Lord prefers to wait himself for the sinner for years rather than keep us waiting an instant.



**St. Maria Goretti**  
Young Italian girl who refused to submit to the impure advances of a boy and prayed for him and forgave him even after he stabbed her.  
Copyright © 2019, Michael Thimons

saint snippets

July 8



*"Tell his glory among the nations; among all peoples, his marvelous deeds."*  
—Psalm 96:3  
**St. Kilian**  
7th-century Irish bishop and missionary to modern-day Germany. He is the patron saint of those suffering from rheumatism.  
Copyright © 2020, Michael Thimons

Come to me  
...and I will  
refresh you



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# CATHOLIC CORNER

## BECOMING A SAINT

How does someone become a saint? A person doesn't have to be perfect to become a saint. In fact, saints are people who sometimes fail at doing what God wants, but they keep trying. A person need not be famous or rich or important to become a saint. What all saints have in common is that they love God, try to follow Jesus, and repent for the times when they don't succeed.

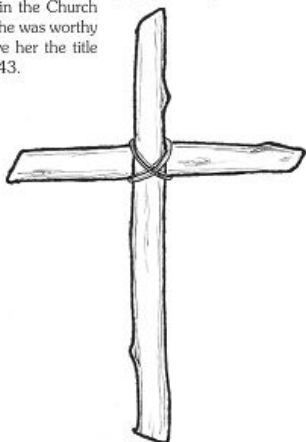
Many people who have died are saints, but some are named saints by the Church so that we might look to them as examples for our own lives. The Church designates a saint in three steps. First the person is named Venerable, then Blessed, and finally canonized as a saint.

Kateri Tekakwitha is one of these saints. Her name means "She who bumps into things," because she was partially blinded by smallpox as a child. Kateri was a Native American woman born in 1656 in a Mohawk village in upstate New York. She became a Catholic at age nineteen and lived a good life devoted to teaching prayers to children and helping the elderly and those who were sick. Sometime after her death officials in the Church researched all the good things she did and thought she was worthy to be a candidate for sainthood. Pope Pius XII gave her the title Venerable, which means "worthy of respect," in 1943.

To be declared Blessed requires that two miracles, attributed to the saint's intercession before God, be credited to her name. Kateri was named Blessed by Pope John Paul II in 1980.

Kateri Tekakwitha was canonized, meaning she has been "raised to the full honors of the altar," by Pope Benedict XVI in 2012. She is the first Native American saint. Her feast day is July 14.

Read about the life of Kateri in the library or online and then take an online tour of her shrine at [www.katerishrine.com](http://www.katerishrine.com). Saint Kateri Tekakwitha is often pictured holding a simple cross made of two sticks tied together. If you do not have a cross in your bedroom you might make one like hers.



## The Little Ones

## Los Más Pequeños

Jim Burrows



At that time Jesus exclaimed:  
 "I give praise to you, Father, Lord of heaven and earth,  
 for although you have hidden these things from the wise and the learned  
 you have revealed them to little ones. Mt 11:25

En aquel tiempo, hablando Jesús, dijo:  
 "Te alabo, Padre, Señor del cielo y de la tierra,  
 porque ocultaste estas cosas a sabios e inteligentes,  
 y las revelaste a los niños". Mt 11:25

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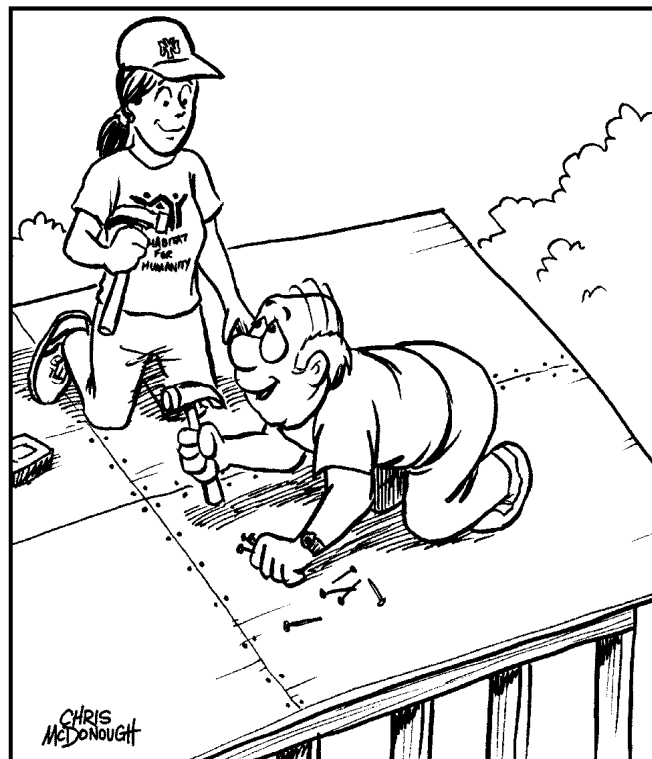
## FOURTEENTH SUNDAY IN ORDINARY TIME

July 05, 2026

"Come to me all you  
who labor and are burdened,  
and I will give you rest."

MATTHEW 11:28

## Pastor Al™



CHRIS  
McDONOUGH

"To me it doesn't feel like I'm building a new home.  
It feels more like I'm renovating my old soul."

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## Fourteenth Sunday in Ordinary Time

Humility is a virtue in short supply in today's world. And yet our reading from the prophet Zechariah describes Israel's coming king, in whom we Christians see Jesus, as humble, riding on a colt, the foal of an ass. No great procession for our Lord and God, for he comes not on a golden chariot with banners and a great procession of soldiers and riches, but on a humble beast of burden. What a contrast to our world of designer clothes and cars; of mega-mansions and architectural embellishments. Humility is not bragging about our worldly goods or our accomplishments. Neither is it the false humility of denying that what we do well is "nothing." It is the acknowledgment of our faults and our successes, with a humble "thank you" to compliment or criticism.

### From the River to the Ends of the Earth

How we long for peace in our world! It seems we are surrounded by constant news of death and destruction, whether in our own country or abroad. We hear and we grieve, we try to give shelter to those fleeing war and crime in their own countries. We pray for them and for ourselves, that fear may not overtake us and make us do foolish things or abuse innocent people. For "[God] shall proclaim peace to the nations" (Zechariah 9:10). We can rely on this promise of peace, if we become peaceful people ourselves and do not give in to revenge or deep anger. "You are not in the flesh . . . you are in the spirit" (Romans 8:9).

### Come to Me

Some of the most comforting words in the Gospels appear in today's reading. "Come to me, all you who labor and are burdened, and I will give you rest . . . For my yoke is easy and my burden light" (Matthew 11: 28, 30). Sometimes we carry what seem to be impossible burdens; we carry our cross. But we might be carrying the wrong cross. Our cross, we are promised, will be easy and our burden light. This might not seem to be true when we suffer the loss of a loved one, a job, our home, or our livelihood. But if we turn to Jesus, we will always find the comfort and loving kindness of the Father, the Son, and the Holy Spirit. The children look to us adults for comfort and support, for "although you have hidden these things from the wise and the learned you have revealed them to little ones" (Matthew 11:25). We can learn from children about our dependence on God.

So Jesus says to us, "Take my yoke upon you and learn from me, for I am meek and humble of heart" (Matthew 11:29). Again, the Lord's humility reveals neither bragging nor false denial of his power, but an acknowledgement of his love for us.

~ Copyright © J. S. Paluch Co., Inc.



## Share the Burden

"Come to me, all you who labor and are burdened, and I will give you rest" (Matthew 11:28). These words of our Savior seem to be in stark contrast to the previous chapter from the same Gospel, when we were told that if we do not take up our crosses, we are not worthy of Christ. Connecting these two messages might help us on our faith journeys. Being a follower of Christ surely means that we must embrace the cross, in its mystery of both suffering and triumph. This is something that we need not do alone, for the burden is often too heavy for us to carry by ourselves. Who, then, do we turn to? We can turn to the Body of Christ—the community of disciples gathered for worship. When we find the burden too heavy, let us remember that we can share that burden with our Christian sisters and brothers, who can help bring us rest.

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### Side by Side

"Come to me, all you who labor" (Matthew 11:28). When we are overburdened, weary, confused, or sick, Jesus' invitation sounds like music to our ears. Other people seem to be so much better at coping than we are, and we wonder what their secret is. The promise of rest in Jesus seems very sweet, except for a small complication. Jesus says, "Take my yoke upon you" (Matthew 11:29). How does this give rest to our souls? In another Gospel narrative, Jesus rebukes the Pharisees for laying burdensome religious regulations on people's backs and not lifting a finger to help them carry the load. Jesus does not weigh his disciples down with teaching that they cannot follow. Jesus invites them to shoulder his yoke and learn from him, for he is gentle and humble of heart. For generations farmers have yoked a young and inexperienced plough animal alongside one that is well trained. The more experienced animal trains the other by example; the novice gradually learns how to work until it can manage alone. An older animal near the end of its working life may likewise be yoked to one in its prime, so that the strain of the hardest work is taken by the stronger partner. So too with us. Jesus invites us to take on his yoke so he can teach us, not by laying burdens upon us, but by walking alongside us and helping us to do things his way. He promised never to leave us to "pull" alone. When it all gets too much or we lose our way, he will be there alongside us again—gentle, humble, but infinitely powerful and wise. At times when we are strong we in turn can yoke ourselves to someone who needs that extra pull to get to firmer ground.

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### Setting Aside the Weapons of War

Why, we might ask the prophet Zechariah today, would God want to banish chariots and horses? The answer follows: because they are used to violate God's reign of peace, along with the warrior's bow. In the days of Zechariah, chariots and horses were high-priced items used only for war-making. They were the aircraft carriers and nuclear missiles of his day. And for his culture, which thought of any king as being a military leader first and foremost, a king riding on a lowly beast of burden to proclaim peace without horses, chariots, and bows would have set his listeners topsy-turvy.

This lowly, beast-riding king of peace, we believe, was fulfilled in Jesus, gentle and humble of heart. In a world torn by military strife often generated by differing religious views, and even in our own lives and homes where we are often at "war" over the tiniest things, we would do well to stop and consider to what degree we are willing to be like that "king" whose way of gentleness and humility is the way for us to find rest for our weary souls.

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## Fourteenth Sunday in Ordinary Time

Many years ago, there was a very popular Christian poster that did nothing but list names for God from the scriptures. While it included powerful names like “Lion of Judah” and “Wonderful Counselor,” as a whole it was a sharp contrast to the simple and beautiful images present in our scriptures today. The prophet Zechariah prefigures the Christ coming in meekly and mildly on an ass—the vision we might have of Palm Sunday. In Romans Saint Paul reveals to us our truer selves, calling us to embrace the Spirit of Christ, put aside our fleshly beings, and live more fully in Christ. In the Gospel of Matthew, Jesus bypasses the learned, and God reveals things to the childlike. We are presented with a simple, straightforward approach to God, and to finding God.

### Our Complicated Lives

We live in an age and a society that has never been more educated or had a higher standard of living, yet never have we carried as much debt. Many are living beyond their means. We have so many resources and time-saving devices at our hands, yet our lives are more complex than ever. While many people may not engage in extreme manual labor we rarely escape our jobs. Many are connected through phones and constantly receive calls, texts, and emails. Others spend hours in traffic on their daily commutes or pack on the frequent flyer miles.

We spend hours binge-watching our favorite shows. Many children are accustomed to being in front of a screen all the time and no longer know how to play creatively. The statistics for those who continue to leave the Church and all forms of organized religion also continue to rise.

While there is no such thing as a “good old days” to return to, there was something to be said for sleeping soundly after putting in a good day’s work, and for a family gathering around the table for a shared meal. For many, this model for eucharist rarely exists. Jesus knows and feels our pains, and calls out, “Come to me, all you who labor and are burdened, and I will give you rest.”

### It’s Not Rocket Science

So how do we declutter? Downsize? Devote ourselves again to Christ and live out our gospel calling? Sign up for a liturgical ministry, or volunteer to help with a religion program. Join a small faith group. Volunteer at a food pantry or Habitat for Humanity. Become involved as an individual, or a family. Meanwhile, back at the house, make a commitment to go through one drawer a day, and take things to your local St. Vinnie’s or secondhand store. Remember meal and bedtime prayers. Find a minute to read the daily scriptures. Take many baby steps. It’s not rocket science. It is a continual commitment to bring ourselves as we are, and to respond to Jesus’ call to “Come.”

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## Meek and Humble God



Jesus tells us in today’s Gospel that he is “meek and humble of heart.” Yet just a few lines before this, he says that he is equal to his Father, the almighty God. So how can the Son of God be both meek and mighty?

For Jesus, being meek does not mean letting people push him around. If he were meek in that sense, he could not have thrown the money-changers out of the temple. Jesus’ meekness meant doing the will of God completely. The challenge for us comes in his words “learn from me.”

We must learn to do God’s will as completely as Jesus did.

First, it means that we do all that God wants of us. We cannot pick and choose what we want to do and what we want to ignore. If some things seem too difficult or painful for us, we may need more faith in Jesus’ ability to make the burden easy. For example, sometimes we may hear Jesus’ command to love one another and reserve the right to love whom we choose. Or we may reserve the right to decide which teachings of the Church we will follow. But doing God’s will completely means doing it without reservation.

Second, we may try to do all that God asks, but give up if something becomes too difficult. We may say we forgive someone, for example, but when they reject that forgiveness, we become even angrier. Or we may tire of being patient with someone and be verbally hurtful. Or maybe we agree to help on a parish project but quit when someone disagrees with us. We can learn from Jesus how to do each part of God’s will to completion, as Jesus did all the way to the cross.

So how is the Son of God humble? True humility means acknowledging who we are and what we can do. Jesus is simply being humble when he says that he is equal to the Father. So too, we are humble when we do not hide the fact that we are children of God and brothers and sisters of Jesus. Instead of a false modesty that claims “I’m not good enough to follow all of God’s commands,” it takes true humility to accept that we can do God’s will because the Spirit is with us to help us.

~ Tom Schmidt, Copyright © J. S. Paluch Co.

## Treasures From Our Tradition

Confirmation is complicated, at least in its history. It arose in response to real problems deeply felt, not the least of which was the desire of the bishop to minister to all who were baptized. But it also has to do with the early crisis of how to deal with persons baptized by congregations that had broken bonds with the greater church: heretics. People reasoned that no matter how wrong-headed the minister might be, Christ would always work in the waters of baptism. No matter what, God would sweep aside all human obstacles to claim the new life in the water. They were not so sure about the ability of someone who had broken with the church to confer the Spirit.

By the fifth century, already-baptized persons coming into the church were anointed with chrism but not rebaptized. This anointing with *myron* or chrism was seen as an act of reconciliation by the church, and a seal upon the commitments vowed by the newcomer. Today, we preserve this ancient practice by never “rebaptizing” Christians who have been baptized in water in the name of the Father, Son, and Holy Spirit. We affirm the candidates’ baptismal dignity, and we celebrate confirmation at their first reception of the Eucharist.

~ Rev. James Field, Copyright © J. S. Paluch Co.

## Reflecting on God's Word

When you think of a king coming before his people, the image of someone riding on a donkey does not come to mind. If the Lone Ranger had Silver and Roy Rogers had Trigger, a similar white stallion would seem most fitting for a king. Not an ass, even a purebred one. But this image from the prophet Zechariah is one that must have planted itself in the imagination of Jesus, for that is how he made his great entrance into Jerusalem and was greeted as the Messiah. It was not the entrance of a powerful warrior, but of a gentle king whose rule would bring peace to the nations.

I have sometimes regretted the loss of St. Christopher from the calendar of saints. That legendary saint, whose name means "Christ-bearer," signaled that the risen Lord had now chosen to be carried by his disciples. We bear him in our bodies, minds, and hearts. We bring him to the world when we work to bring peace and healing and knowledge of the Father.

This necessitates being willing to take on the yoke of Jesus. I remember once hearing that the yokes Jesus made in the carpenter shop under Joseph's guidance rode easily on the shoulders of the animals, distributing evenly the weight they pulled. The yoke Jesus offers us is his teaching about the kingdom of heaven and how to live in it while in the world. This means putting on his attitude and spirit of attentive listening for the will of the Father—home schooling in the best sense.

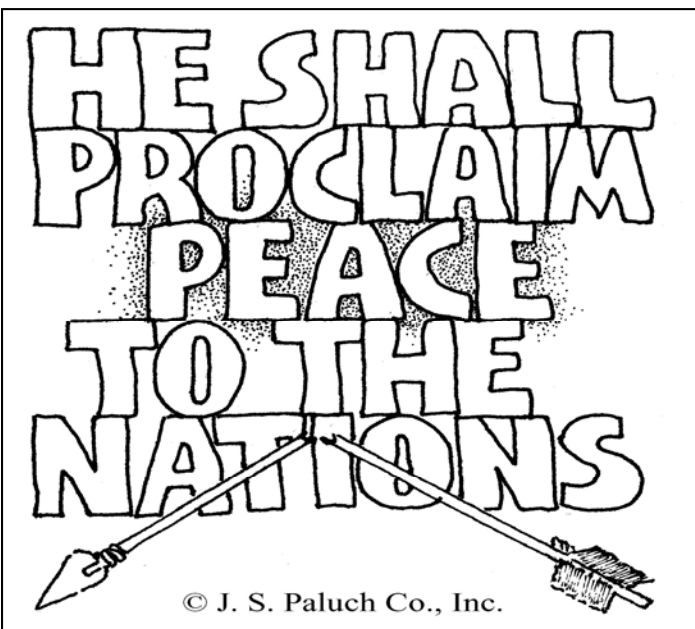
~ James A. Wallace, C.Ss.R.

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## God's Word Today

Each week we gather to celebrate Mass. There is a statistic that says that two out of every three people who attend church services on a regular basis in this country are hurting in some way. This means that if you happen not to be hurting this week, chances are that the two people on either side of you are somehow burdened. One of the reasons that many people attend Mass is to bring their cares and worries to the tables of the word and Eucharist in the hope that the Lord will transform them. Today's Gospel is a font of comfort and strength. Listen carefully as these words are proclaimed at Mass today. Pray that the Lord will give rest to those who are weighted down. Pray that we will all find rest in the Lord, whose yoke is easy and whose burden is light.

From Saint Margaret Sunday Missal  
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## A Humble King

Like a tonal center in music, the note to which we keep returning in today's readings is humility. We wait in joyful expectation for the coming of our Lord as King. But what we are told to expect and rejoice over is a meek and humble king, riding on an ass. Not horses or chariots of the great and mighty, but a humble beast carries the Ruler whose dominion stretches "from the River to the ends of the earth" (Zechariah 9:10). This King comes to banish the tools of the warrior and bring peace. No wonder that a weary world rejoices and gives thanks to God!

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## Treasures From Our Tradition

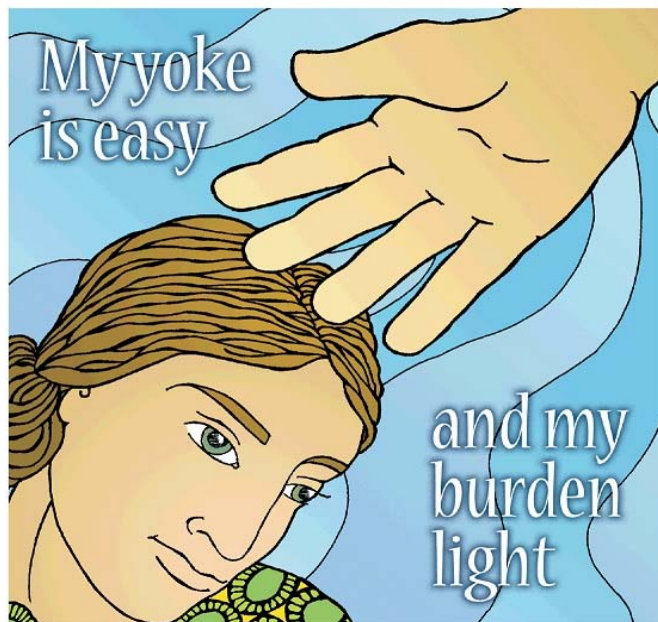
The premier poet of the English language, Geoffrey Chaucer, introduced one of his most beloved characters, the "Wife of Bath," by this telling remark: "Husbands at church door she had five." Four times widowed, she was setting off on a pilgrimage, notably without number five. The church door is a curious detail, pointing to the fourteenth-century wedding custom of marrying on the porch of the parish church. The goal was to give maximum publicity to the consent of the groom and bride, and so consent was moved from the bride's home to a public venue. The priest would stand in the doorway and begin by sprinkling the couple with holy water. He needed to make sure they weren't too closely related and give them some instruction. He would direct the groom to pay the bride's family a dowry, and then announce the monetary amounts to the interested passers-by. Only then would the guests enter the church for the wedding Mass, during which the bride and groom would hold lighted candles. The gradual move from home to church and the shift from the bride's father to the priest's authority helped to protect the freedom of brides who weren't quite as confident as the Wife of Bath.

~ Rev. James Field, Copyright © J. S. Paluch Co.

## Living God's Word

Lord, give us the rest only you can give when we feel burdened by life's labors and sorrows. Open our hearts so that we learn from you to seek and accept the yoke that is easy. Give us the strength to help others with the burdens that weigh them down.

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## Treasures From Our Tradition

With the Reformation, some early Protestants, including the “Anabaptists,” rejected infant baptism in favor of “believer’s baptism.” Against Orthodox and Catholic practice, which favored baptism as soon as possible for a newborn, these movements desired that the candidate for baptism speak for him- or herself at a mature age, not through godparents as an infant. Today, it is clear that they were rejecting a very ancient practice (even as early as the second century) of baptizing children of all ages. Children came first in ancient baptismal ceremonies, and someone would speak for them. Gregory of Nazianzen wanted to delay the baptism of children to three years of age, since at that age they could retain at least some impression of the liturgy. He made an exception for the very ill, who were to be baptized ahead of the annual Easter baptism. That means that infants and children were normally baptized together with adults, and that everyone received confirmation and the Eucharist.

The tone of the early bishops’ writings is generous and compassionate, and seeks to build up the eucharistic assembly by widely celebrating the gift of the Holy Spirit. If a priest celebrated baptism, then the gift of the Spirit was postponed for the bishop, but with no regard for the person’s age. So, until the fifth century, confirmation was for infants, too.

~ Rev. James Field, Copyright © J. S. Paluch Co.

## St. Maria Goretti (1890-1902)

July 06

Does anything match a mother’s pride in her children? First Communion, confirmations, graduations, weddings: how these delight a mother’s heart! Imagine, then, Assunta Goretti, the only mother ever to attend her child’s canonization! In poverty-stricken rural Italy, widowed Assunta tended fields for the Serenelli family, whose eighteen-year-old son, Alessandro, propositioned her barely twelve-year-old Maria; then, when she resisted, crying, “It is a sin! God forbids it!” he stabbed her fourteen times. As she lay dying, Maria assured the attending priest, “Yes, I forgive Alessandro! I want him to be in Paradise with me someday.” Imprisoned, unrepentant, Alessandro changed after dreaming that a radiant Maria had offered him fourteen lilies. “I’ve kept my promise,” she smiled. “You’ll be here with me someday.” Upon release, he rushed to beg Assunta’s forgiveness. “Jesus has forgiven you,” she replied, “my Maria, too. How can I refuse?” Next morning, mother and murderer walked arm in arm to church and knelt side by side for Communion.

~ Peter Scagnelli, Copyright © J. S. Paluch Co.

## Desperation

The kingdom of God is not for the well-meaning but for the desperate.

~ James Denney

## The Cross and Hope

The cross of Christ is the true ground and chief cause of Christian hope.

~ Pope St. Leo I



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Fourteenth Sunday  
in Ordinary Time  
July 05, 2026

“Come to me, all you who labor and are burdened,  
and I will give you rest.”

— Matthew 11:28

## An Approachable God

Many years ago, there was a very popular Christian poster that did nothing but list names for God from the scriptures. While it included powerful names like “Lion of Judah” and “Wonderful Counselor,” as a whole it was a sharp contrast to the simple and beautiful images present in our scriptures today. The prophet Zechariah prefigures the Christ coming in meekly and mildly on an ass—the vision we might have of Palm Sunday. In Romans Saint Paul reveals to us our truer selves, calling us to embrace the Spirit of Christ, put aside our fleshly beings, and live more fully in Christ. In the Gospel of Matthew, Jesus bypasses the learned, and God reveals things to the childlike. We are presented with a simple, straightforward approach to God, and to finding God.

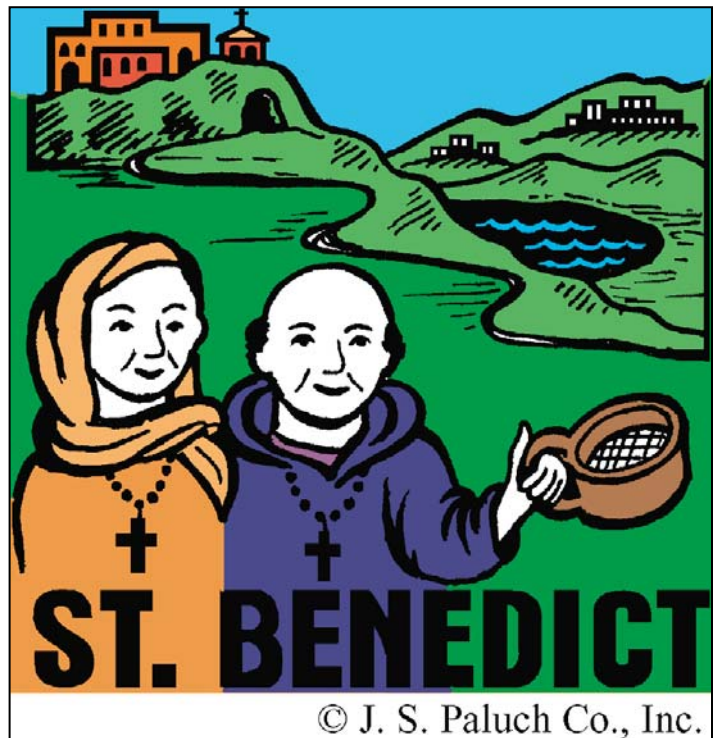
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## Our Fascinating Faith

### The Second Vatican Council—Not “Out of Nowhere”

Prior to the convening of the Second Vatican Council, there had long been trends in the Catholic world that advocated for reform. For example, the liturgical movement had started at the beginning of the twentieth century and had spread from the monasteries across Europe and into the universities and even dioceses and parishes in the United States. The latest of several international liturgical conferences preceding Vatican II had received high praise from Pope Pius XII in 1956. The biblical movement had started even earlier and also garnered worldwide support. The pastoral and scholarly contributions of these global movements to the preparatory commission for the liturgy document led to its acceptance by the Council fathers as the first topic to be addressed by the Council. Two additional twentieth-century movements deserve mention: the ecumenical movement, which influenced several of the later Vatican II documents, and the “new theology” movement, which included the idea of *ressourcement* (going back to the original sources like the Bible and the Church Fathers). Adherents of this latter movement had encountered strong resistance from Church authorities but by 1960 were gaining influence. So while the timing of Vatican II may have been a surprise, it had strong roots in the history and life of the Church.

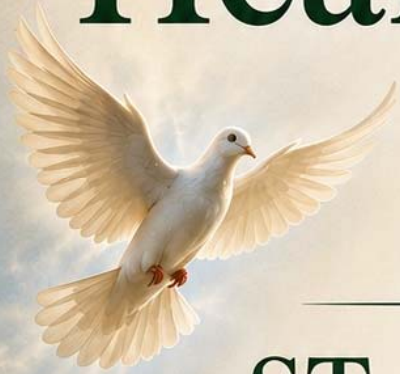
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Everyone is invited  
to join the monthly

*Charismatic*  
— and —  
Healing Mass



ST. PATRICK  
CATHOLIC CHURCH



756 Mission St.  
San Francisco, CA



— Every Third Sunday of the Month —

at 2:00 p.m.



# One City Day: Treasure Island Child Development Center - Garden and Playground Cleanup & Restoration

Community Event



## 📅 Time

**Saturday, July 11**

9:45am – 1:30pm PDT

## 📍 Location

**Treasure Island (Ferry Landing)**

39 Treasure Island Rd

San Francisco, CA 94130

## What to Wear/Bring

Dress in layers and wear closed-toe shoes. Bring sunscreen and a reusable water bottle. Additional supplies (gloves, tools, bags, etc.) will be provided by your project host unless otherwise notified.

## Project Partners

Catholic Charities San Francisco

## Accessibility

Accessibility details vary by project — see below for whether the site is ADA accessible, family-friendly, and/or senior-friendly.

By participating or registering in a cleanup or volunteer event, I acknowledge and agree to the One City Day volunteer waiver:

<https://docs.google.com/document/d/1YLmkplBpwR4prb4kQFcI93iWbTxn1Z6IRTOntBtJf2-Q/edit?usp=sharing>

## Accessibility

- ⊗ This event meets ADA standards
- ⊗ Have accessibility questions? Reply to your registration email to confirm your requirements or request more information.

## About this event

### About One City Day

Join us for One City Day — San Francisco's first-ever citywide day of service! On Saturday, July 11th, San Franciscans across all 11 districts will come together to volunteer, connect, and show up for the city we love. Whether you're gardening, cleaning up a neighborhood, packing supplies, or creating art, there's the perfect project for all ages and abilities.

### About this project

Interact with the children, parents, and staff at Catholic Charities Treasure Island Child Development Center (TICDC) to cleanup their playground and revitalize their garden!

### What to Expect

- 9:45–10:10 a.m. – Breakfast and Volunteer Check-In
- 10:10–10:20 a.m. – Welcome
- 10:30 a.m.–12:30 p.m. – Volunteer Projects
- 12:45–1:30 p.m. – Lunch
- 1:30 p.m. - Visit free [Treasure Island Museum](#)

Join us for One City Day — San Francisco's first-ever citywide day of service! On Saturday, July 11th, San Franciscans across all 11 districts will come together to volunteer, connect, and show up for the city we love. Whether you're gardening, cleaning up a neighborhood, packing supplies, or creating art, there's the perfect project for all ages and abilities. Catholic Charities will be hosting a volunteer project. Please sign up at [One City Day: Treasure Island Child Development Center - Garden and Playground Cleanup & Restoration · One City Day](#) Catholic Charities Treasure Island Child Development Center (TICDC) providing project to cleanup their playground, revitalize their garden, and organize their library and donation room.

# IMMIGRANT KNOW YOUR RIGHTS

IN THIS COUNTRY, EVERY INDIVIDUAL HAS RIGHTS, REGARDLESS OF THEIR COUNTRY OF ORIGIN, RACE, LEGAL STATUS, NATIVE LANGUAGE, RELIGION, SEXUAL ORIENTATION, OR GENDER IDENTITY.

**1. THE RIGHT TO NOT OPEN THE DOOR**

Ask for warrant under the door; verify details first.

**2. THE RIGHT TO REMAIN SILENT**

Give only your name; speak with an attorney present.

**3. THE RIGHT TO MAKE A PHONE CALL**

Call your attorney or family; keep a number ready.

**4. THE RIGHT TO A HEARING BEFORE A JUDGE**

You can ask for a judge to hear your case.

**5. THE RIGHT TO HAVE YOUR PHYSICAL INTEGRITY RESPECTED**

No one can abuse you physically or verbally.

**6. THE RIGHT TO NOT SIGN ANY DOCUMENTS**

Only sign documents with attorney approval.

**7. THE RIGHT TO EVALUATE WHETHER YOU QUALIFY FOR ANY IMMIGRATION PROCESS**

Ask an attorney if you qualify for relief program.

**ADDITIONAL RIGHTS**

There are additional laws and policies in place for Immigrant Tenants and Workers in CA. To learn more, please contact us!



SCAN THE QR CODE TO LEARN MORE ABOUT YOUR RIGHTS AND RESOURCE INFORMATION FOR SUPPORT.



(415) 552-5637 | [www.somcan.org](http://www.somcan.org) | [info@somcan.org](mailto:info@somcan.org)



HOSTED BY  
**BLD SF Bay Area**  
Catholic Charismatic Community

# LIFE IN THE SPIRIT SEMINAR

July 24-26, 2026

## What if your “more” begins here?

The Life in the Spirit Seminar is a powerful encounter designed to help you:

- Experience the transforming love of the Father
- Surrender every area of your life to Jesus as Lord
- Rediscover the presence and power of the Holy Spirit

Reset your heart and step boldly into your purpose.

Let the Holy Spirit breathe new life into your faith. He is moving and He wants to move in YOU!

## What to Expect

There is no fee to attend. All meals for the weekend will be provided. Participants will be paired with a mentor who will journey with you in prayer and preparation before the seminar weekend.

## When & Where

Friday, July 24: Confession 6pm, Invocation Mass 7pm  
Saturday, July 25: Seminar Day 1, 8am - 8pm  
Sunday, July 26: Seminar Day 2, 8am - 5pm

St. Gregory Parish & Gymnasium  
2715 Hacienda St, San Mateo, CA 94403

More information & how to register on our website: [bldsf.org/retreats](https://bldsf.org/retreats)





# SAN FRANCISCO CURSILLO

## Men's & Women's Retreat

July 9 – 12, 2026

(Thursday 4:30pm – Sunday 5:30pm)

Vallombrosa Center

250 Oak Grove Ave, Menlo Park, CA 94025

**“Experience the weekend with God’s  
forgiveness, mercy, grace, and love”**

### Spiritual Advisors:



**FEE: \$250.00**

The registration fee includes double occupancy accommodations, three nights' lodging, nine meals, and a private bathroom. Thanks to the generosity of Cursillo donors and fundraising efforts, the participant fee represents only 45% of the actual cost of \$552.

*(Financial Assistance available if needed.)*

**SAVE THE DATE! July 25, 2026**  
**Fourth Day Reunion**  
**New Cursillistas Celebration**

For Questions, contact: Sabina Gotuaco at 650-245-3647 or [sabina.gotuaco@gmail.com](mailto:sabina.gotuaco@gmail.com); Scott Flint at 510-367-5424 or [Wakingthetiger@yahoo.com](mailto:Wakingthetiger@yahoo.com)

For more information, contact:

[www.sanfranciscocursillo.org](http://www.sanfranciscocursillo.org)

**2026**

# Silent Ignatian Retreats

*God's Mercy*



**Father Ed Broom, OMV,**

Renowned retreat master and expert in Ignatian Spirituality, author of 5 books, guest on EWTN. Discover new ways to discern God's will, experience personal conversion, and find God in all things.

*St. Clare's Retreat*

2381 Laurel Glen Road  
Soquel, CA 95073  
(831) 423-8093

Limited Space  
Reservations required

[www.stclaresretreat.org](http://www.stclaresretreat.org)

St. Clare's Retreat is owned and operated by the  
Franciscan Missionaries of Our Lady of Sorrows

**MAY 29, 30 & 31**

**JULY 10, 11, 12**

Experience a peaceful weekend of silence, reflection, and deep spiritual renewal. Guided by the time-tested wisdom of St. Ignatius of Loyola. This retreat invites you to encounter God personally in the stillness - through Scripture, guided meditations, and the beauty of silence. Whether you're spiritually seasoned or simply seeking rest, you'll return home refreshed, grounded and more aware of God's presence in your daily life.

## **Weekend Retreat Rates:**

Single Occupancy, private or shared bathroom  
(based on availability) \$295.00  
Double Occupancy, private bathroom: \$ 295.00 each  
Saturday Commuter (No lodging) \$85.00

**May 2026**



**July 2026**





# Save the Date

## Cultural Heritage Night

**October 4, 2026**  
5:00 PM

Cathedral of  
St. Mary of the Assumption  
San Francisco

Hosted by::



ARCHDIOCESE OF  
**SAN FRANCISCO**  
**FILIPINO MINISTRY**

Stay tuned for additional information.

[www.filipinoministrsf.org](http://www.filipinoministrsf.org) | [filipinoministrsf1@gmail.com](mailto:filipinoministrsf1@gmail.com)



**Sto. Niño  
Devotion**  
(every Friday  
after the  
12:10 p.m. Mass)

*Judy Labaria  
Alma Raymundo  
Cathy Bohol  
Sheila Montemayor  
Anonymous*



**Black  
Nazarene**

**Feast Day  
January 9**

*Rosie Drapiza  
Lydia Cagampan  
Rene & Elsa Tuazon  
Celia & Paul Gravador*



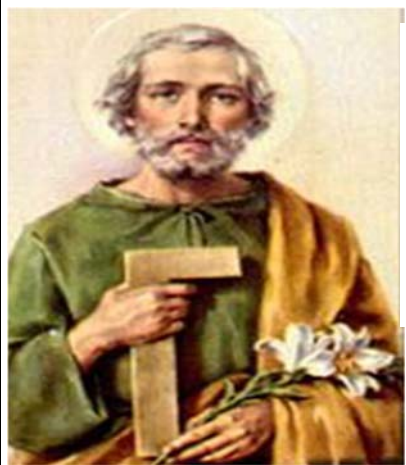
**Our Lady of  
Perpetual Help  
Devotion**  
(every Tuesday  
after the  
12:10 Mass)

*Raya & Gamboa  
Families*



**San Lorenzo Ruiz  
First  
Filipino Saint  
(Sep 28)**

*Fe Macatangay  
Jeanette Chafe  
John & Gemma O'Donnell  
Evelyn Grande  
Mely Saavedra*



**Saint  
Joseph**

**Feast Day  
March 19**

*Xenia Villamejor*

**St. Anne  
Feast Day  
July 26**



PRAYER TO  
**St. Anne**

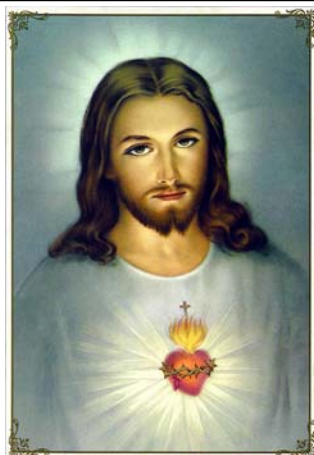
O GOD, You  
bestowed on St.  
Anne such grace  
that she was found  
worthy to become  
the mother of  
MARY, who  
brought forth  
Your only  
begotten SON.  
Grant that we may  
be helped by her  
intercession.  
Amen.

Photo: THE HOLY ROSARY Daily  
www.Rosary.com

**Sacred  
Heart**

**First Friday  
Schedule**

**4pm Holy Hour  
5:15 Mass**



**OUR  
LADY  
OF  
FATIMA**

**Pray the  
rosary**

The Gracious Chapter

# Psalm 23

1 The LORD is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, he leads me beside quiet waters,

3 He refreshes my soul. He guides me along the right paths for his name's sake.

4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

The Gracious Chapter

*Yap Family*



## St. Patrick Charismatic Prayer Group

Charismatic & Healing Mass:  
Every 3<sup>rd</sup> Sunday at 2:00 p.m.

**Matt Dorsey**  
SAN FRANCISCO SUPERVISOR



I'm proud to represent you in City Hall — and grateful for the faith community we share at St. Patrick's. For help with city matters, feel free to call my office at (415) 554-7970 or email [Matt.Dorsey@sfgov.org](mailto:Matt.Dorsey@sfgov.org).

Best,

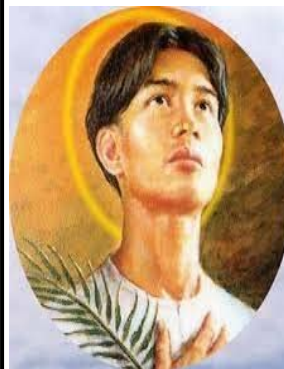
*Matt Dorsey*

## Our Lady of Guadalupe

Feast Day  
December 12



## St. Pedro Calungsod 2<sup>nd</sup> Filipino Saint (October 21)



Elena & Mark Ramoran Gayapa Family,  
Romeo & Antonina Real Family,  
Dan & Annie Lacap Family,  
Jesus, Jr. & Malou Paningbatan,  
Vida Ventura,  
Nenette Murata,  
Cristin Salangang