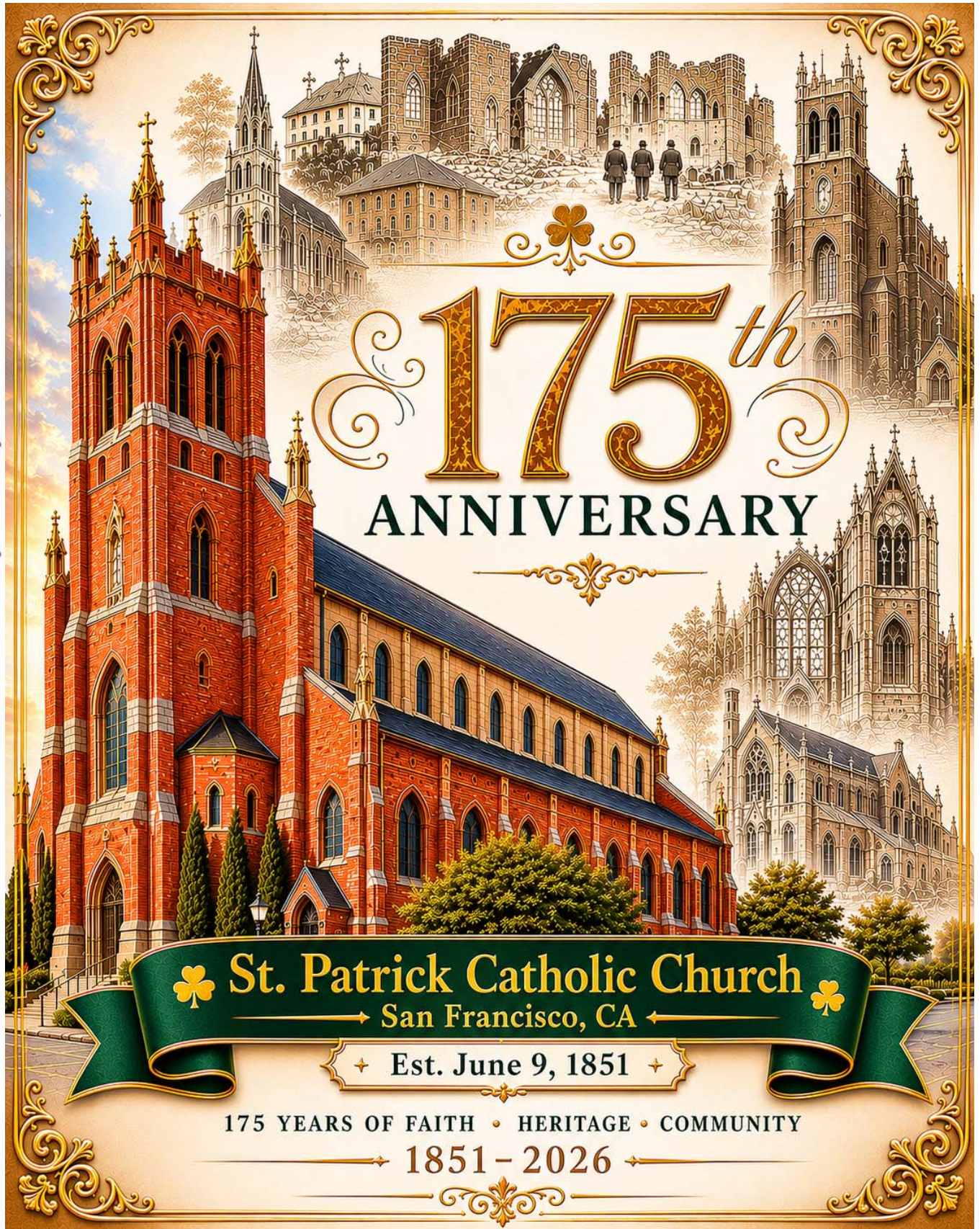


June 07, 2026 • The Most Holy Body and Blood of Christ



# 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. Teodoro “Fr. Ted” P. Magpayo - *Parochial Vicar*  
 Rev. Celestine Tyowua - *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.



## Damaged Blessed Items

If you have any damaged blessed items, including statues and Bibles, as well as sacramentals, such as crucifixes and rosaries, please feel free to drop them off in our gift shop. We'll make sure they are disposed of properly and respectfully.

## *Nourishing Food*

Manna in the desert, water from a rock, bread, wine. God provides food to nourish our bodies and our souls, to bring us into union with the Divine. This is what we celebrate on this Solemnity of the Most Holy Body and Blood of Christ. The Israelites who journeyed through the desert for forty years knew physical hunger, but they were also hungry for more—they needed to know that God was with them as they made their way through the dangerous desert. We too experience hunger. We need to be assured that the Lord is with us as we navigate the circumstances of our lives, some of which feel dangerous, if not to our bodies, certainly to our spirit. Our participation in the Eucharist provides this assurance and more: fed with Christ's Body and Blood, we are drawn into communion with Christ and one another.

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## *Our Fascinating Faith*

### The Most Sacred Heart of Jesus

Every year Solemnity of the Most Sacred Heart of Jesus falls on the first Friday after the Most Holy Body and Blood of Christ. The devotion to the Sacred Heart comes from a French nun, Saint Margaret Mary Alacoque, to whom Jesus showed his heart in June 1675. He told her that his heart burned with love for human beings but Christians only offended him with insults, ingratitude, and indifference. Thus, the Sacred Heart of Jesus is shown with a flame of fire and surrounded by a crown of thorns.

How many times have we, as the Church or as individuals, pierced the heart of the Lord, our Spouse? Even so, the image of the heart of Jesus, pierced with thorns and aflame with love for us, continues to sing and call to us to be completely his. If we return to him, Jesus promises twelve blessings of peace, consolation, fervor, and other graces. The promises are generally for the good of our families, the conversion of sinners, and an increase in the faith. All of these promises focus on the infinite love of Jesus, who has our names engraved on his heart because of the love he has for us. Christ manifests himself as a spouse who desires the best for his bride, the Church. He commits himself to her and seeks to inflame her with love.

*~ Friar Gilberto Cavazos-González, OFM, Copyright © J. S. Paluch Co., Inc.*

## *AAA Update*

*(as of 26 May 2026)*

2026 AAA Goal	\$43,252
Received	\$14,154
Amount Remaining	\$29,098
% of Goal	33%

## *Happy Birthday!!*

Happy Birthday to our Parishioners  
 celebrating a birthday this week.

Mary Rose Arellano	6/7	Ammanuel Joseph Newball	6/11
Marcelina Garcia	6/7	Belinda Rodrigues	6/11
Corazon Cuison	6/8	Ruby Gonzales	6/12
Florentina Delos Santos	6/10	Clara Lucille Jong	6/12
Jaymie Lynn Santiago	6/10	Hilga Africa	6/13
Miguel Louis Guerrero	6/11		

## 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	Vilma 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
Ahvin Gonzalez	Precious & Ryan Tizon
Therese Guintu	Victoriano & Carmen Uchi & Family
Norma Gumawid	Laura Vanmunching
Ina Howard	Boying & Rosie Vasquez
† Ponciano & Marlene Icarar	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

## 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

### Prayer to the Sacred Heart of Jesus

Lord Jesus,  
let my heart never rest until it finds You,  
who are its center, its love, and its happiness.  
By the wound in Your heart  
pardon the sins that I have committed  
whether out of malice or out of evil desires.  
Place my weak heart in Your own divine Heart,  
continually under Your protection and guidance,  
so that I may persevere in doing good  
and in fleeing evil until my last breath. Amen.

~ Saint Margaret Mary Alacoque

## Feast of Faith

### The Corpus Christi Procession

In the thirteenth century, a Belgian nun by the name of Juliana had a vision: she saw the full moon silvery and radiant except for one dark spot. The meaning of the vision was revealed to her: the moon was the Church's liturgical year, the dark spot a missing feast in honor of the Blessed Sacrament. Today's feast of *Corpus Christi*—the Most Holy Body and Blood of Christ—grew from Juliana's vision.

On this feast, many parishes observe the traditional *Corpus Christi* procession, giving honor to the Eucharist by carrying this greatest treasure out of the safety of our churches and into our streets. At the end of every Mass we are not just let out, we are sent forth, strengthened by the Eucharist, to be the Body of Christ in the world. The *Corpus Christi* procession is the dismissal writ large! We take Jesus with us, not only in our hearts, but carried in our midst and exposed in a monstrance. It is a public profession of faith and a blessing of the world. Jesus walks with us on these streets that we walk day after day, among those who know him but yearn to know him better, and among those who do not know him. The Eucharist is a mystery to be believed, to be celebrated—and to be lived.

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

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



**The Most Holy Body and Blood of Christ  
June 07, 2026**

Not by bread alone does one live,  
but by every word that comes forth  
from the mouth of the LORD.

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— Deuteronomy 8:3b

## Mass Intentions for Jun 06 - 12

Date	Time	Intention
<b>Sunday 06</b>	7:30 a.m. 9:30 a.m. 12:00 p.m. 2:00 p.m. 5:15 p.m.	FH Jeremy, Alicia, Jeff Byrson SI All Parishioners of St. Patrick † Juana Sibayan TG Remedios & Angie Bantog † Emiliana Bantog
<b>Monday 07</b>	7:30 a.m. 12:10 p.m. 5:15 p.m.	FH Jeremy, Alicia, Jeff Byrson TG Domingo Ordoveza † Mario Villanueva
<b>Tuesday 08</b>	7:30 a.m. 12:10 p.m. 5:15 p.m.	FH Jeremy, Alicia, Jeff Byrson † Lanie Dumaoal † Anita Amagna
<b>Wednesday 09</b>	7:30 a.m. 12:10 p.m. 5:15 p.m.	FH Jeremy, Alicia, Jeff Byrson TG Rosy Ordoveza † Anita Amagna
<b>Thursday 10</b>	7:30 a.m. 12:10 p.m. 5:15 p.m.	FH Jeremy, Alicia, Jeff Byrson TG Luluday Villanueva † Anita Amagna
<b>Friday 11</b>	7:30 a.m. 12:10 p.m. 5:15 p.m.	† Marilyn & Lorenzo Sumulong † Lanie Dumaoal † Anita Amagna
<b>Saturday 12</b>	7:30 a.m. 12:10 p.m. 5:15 p.m.	FH Jeremy, Alicia, Jeff Byrson BD Mary Zamora † Maria Julia Lopez

### Mission

Christ sent me to preach the gospel and he will look after the results.

~ Mary Slessor



### HELPLINES FOR CLERGY/CHURCH SEXUAL ABUSE VICTIMS

**(415) 614-5506** This number is answered by Rocio Rodriguez, LMFT, Archdiocesan Pastoral Outreach Coordinator. This is a secured line and is answered only by Rocio Rodriguez.

**(415) 614-5503** If you wish to speak to a non-archdiocesan employee please call this number. This is also a secured line and is answered only by a victim survivor.

**(800) 276-1562** Report sexual abuse by a bishop or a bishop's interference in a sexual abuse investigation to a confidential third party. [www.reportbishopabuse.org](http://www.reportbishopabuse.org)

## Upcoming Events in the Archdiocese of San Francisco

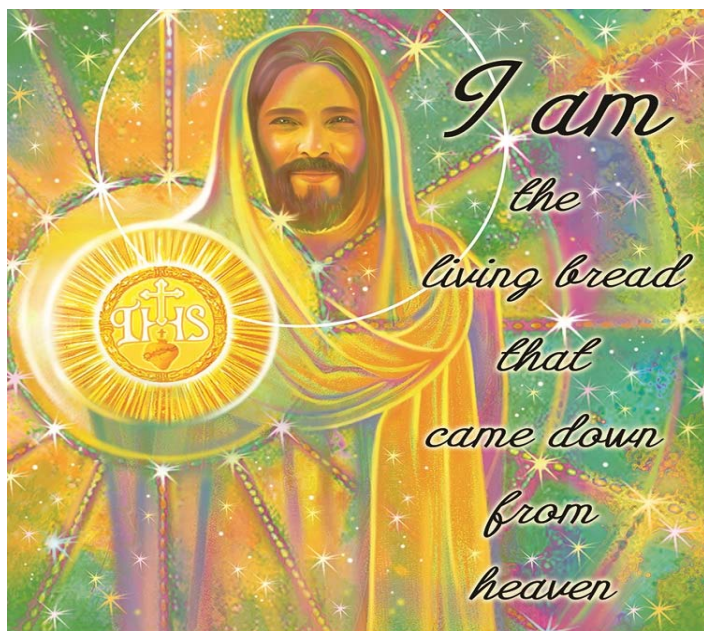
**June 5-7** Struggling in your marriage? Retrouvaille has helped 1000s of "hopeless" marriages heal and become better than ever. The weekend is run by couples who've overcome their own challenges, and are healing their own marriages. Next local weekend will be held in Mountain View. Questions/registration, contact Harvey or Cortne at 415-893-1005 or [HarveyAndCortne@helpourmarriage.org](mailto:HarveyAndCortne@helpourmarriage.org).

**June 23** Learn about the Cristero wars – "The Cristero Counterrevolution," with Father Javier Ravasi. A Religious Freedom Week event. 7 p.m., St. Raymond, Menlo Park. More here.

### The Crucial Difference

A man dreamed that he was having a conversation with God. He felt comfortable enough to ask God a question, "Lord, I'm curious. I wonder if it would be possible for you to show me what heaven and hell are like." The Lord led the man to two doors. He opened one of the doors and the man looked inside. In the middle of the room was a large round table. In the middle of the table was a big pot of stew, which smelled so delicious it made the man's mouth water. But the people sitting around the table were thin and sickly-looking. They seemed to be famished. They were holding spoons with very long handles that were strapped tightly to their arms and each one was dipping desperately into the pot of stew to take a spoonful, but the stew was spilling back into the pot because they could not bend their elbows. No matter how they tried they could not get the spoons back into their mouths. The man shuddered at the sight of all their misery and suffering. The Lord turned to him and said, "You have seen hell." They then went to the next room and opened the door. It was exactly the same as the first one. There was another large round table with the big savory pot of stew in the middle, which made the man's mouth water all over again. The people had exactly the same style of long-handled spoons strapped on their arms, but these people were well nourished and plump, laughing and talking happily together. The man was quite puzzled and said, "I don't understand what's going on. This is heaven?" "Yes indeed," said God with a smile. "In this place the people have learned to feed one another."

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# LEGION OF MARY

– ST. PATRICK CHURCH –

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

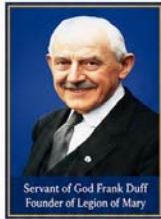


Meeting - Sunday at 1:30 p.m. in Bitanga Hall



## 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.



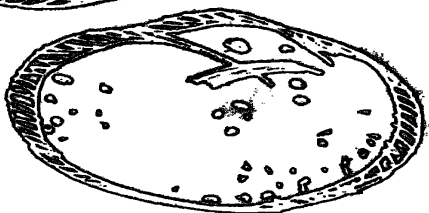
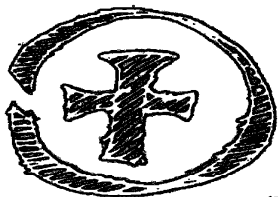
### LEGION OF MARY'S ACTIVE MEMBERSHIP

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 –

# We all partake of the one loaf



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## 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, "Whoever eats my flesh and drinks my blood remains ..."



I \_ \_ \_ \_ \_ .

Answer: *in me and I in him*

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saint snippets

*Rush to the wounds of Jesus and gain strength from them.*

**St. István Sándor**  
Hungarian Salesian who was martyred in 1953 under the communist dictatorship for teaching the faith to young people.

Copyright © 2019, Michael Thimons

June 8

saint snippets

*Anyone who wants to be an example to others, must first examine himself.*

**St. Ephrem of Syria**  
Syriac deacon of the 4th-century known for his theological hymns, poems, and sermons.

Copyright © 2020, Michael Thimons

June 9

saint snippets

*Let your words teach and your actions speak.*

**St. Anthony of Padua**  
Portuguese priest and Franciscan friar renowned for his preaching; patron saint of lost things

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June 13

## The Most Holy Body and Blood of Christ

June 07, 2026

Not by bread alone does one live, but by every word that comes forth from the mouth of the LORD.

~ Deuteronomy 8:3b

# CATHOLIC CORNER

## THE MOST HOLY BODY AND BLOOD OF CHRIST

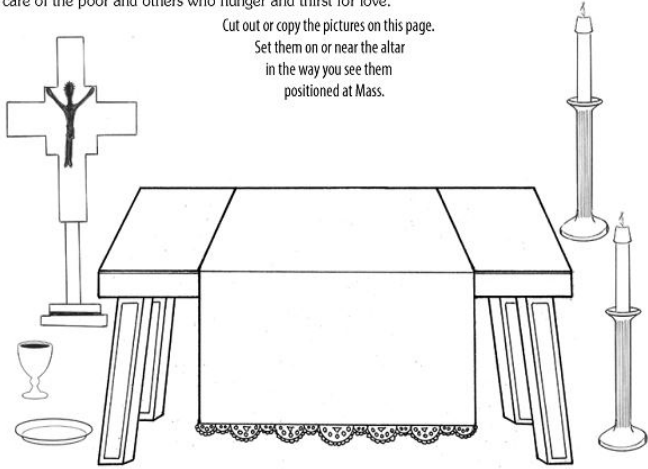
Today we celebrate the solemnity of the Most Holy Body and Blood of Christ. Jesus' love for us is so great that he wants to remain with all people for all time.

At the Last Supper Jesus gave himself to the apostles in the form of bread and wine. "This is my body," he said. "This is my blood." Whenever the apostles gathered with other followers of Jesus to share a meal they told the story of the Last Supper and repeated the words Jesus spoke. From that time until today—more than two thousand years—Jesus has shared himself with us in the celebration of the Eucharist. We gather around a beautifully prepared table—an altar—to share this holy meal. As with every important meal we surround and set our table with the best objects: a white altar cloth to prepare the space, plates (patens) and cups (chalices) made of gold or other precious materials, candles made of beeswax, and a crucifix. These articles remind us that Jesus is the one who invites us to share this meal.

Today and every day, let us thank Jesus for sharing his Body and Blood with us. Let us always prepare ourselves to be worthy to receive him. Let us always remember to share Jesus through our care of the poor and others who hunger and thirst for love.

Cut out or copy the pictures on this page.

Set them on or near the altar in the way you see them positioned at Mass.



The Little Ones

Jim Burrows



## The Most Holy *Body and Blood* of Christ

Jesus said:  
"I am the living bread  
that came down from heaven;  
whoever eats this bread will live forever."

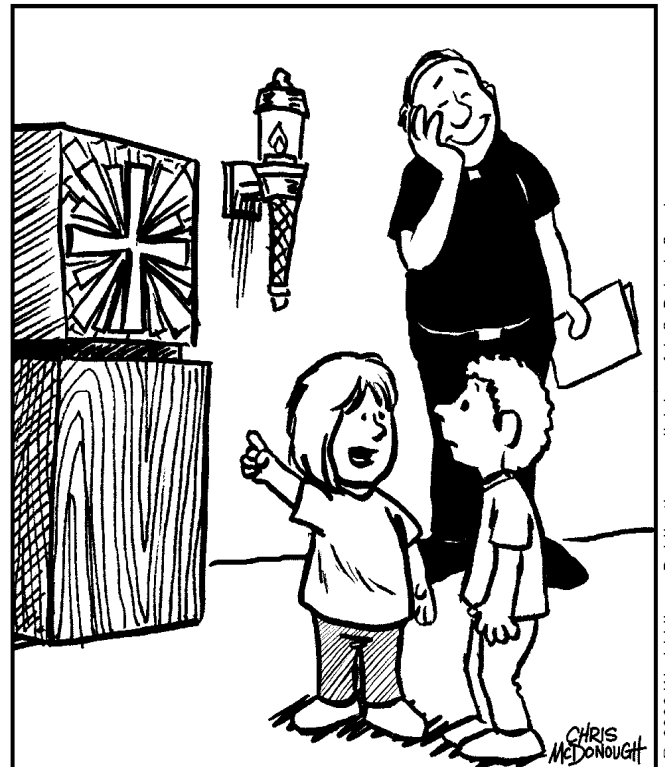
John 6:51



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Excerpts from the Lectionary for Mass © 2001, 1999, 1992, 1982, 1970, CCD.

June 07 2026

## Pastor Al™



"That's the place where they keep the bread of life,  
and that's why it's called the pumpnickel."

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## ***The Most Holy Body and Blood of Christ***

The unifying motif of this year's readings for today is God's gift of living, life-giving Bread. Prefigured in the manna, which not only nourished individuals but defined Israel as a community under God's special care, Jesus, the living bread, bestows on us—individually and as a community—eternal life that, in John's perspective, begins here and is fulfilled hereafter. This "already/not yet" theme is alluded to by the Communion invitation's reference to Revelation's vision of the kingdom-feast: "Happy are those who are called to the supper of the Lamb" (Revelation 19:9) once slain who lives forever. For Saint Paul, the eucharistic bread and cup are both sign of what the community is called to be and source of the community's strength to live that ideal.

### ***Flesh and Blood***

Today's Gospel verses, John 6:51–58 are a "eucharistic version" of the previous verses, 6:35–50, in which Jesus asserts, "Whoever believes has eternal life" (6:47). Now Jesus replaces "believes" with "Whoever *eats my flesh and drinks my blood* has eternal life" (6:54). This parallelism is mirrored in the complementarity of the Liturgy of the Word and the Liturgy of the Eucharist, the intimate relationship between ambo (lectern) and altar, "the table of God's Word and the table of Christ's Body."

But today's Gospel presents a further parallel, the complementarity of flesh and blood. By using "flesh," a word he sometimes uses to denote the whole of human nature rather than "body," John seems to suggest that, in receiving Christ's Body in the Eucharist, we disciples are to assimilate the whole of Jesus' humanity, his own radically self-sacrificing-unto-death lifestyle as our distinctive manner of being human. Moreover, the very reason the law forbade partaking of sacrificial blood is precisely why Jesus says we must drink his blood, "for the blood is life" (Deuteronomy 12:23). By partaking of Christ's Blood in the Eucharist, we "have eternal life" here and now; that is to say, we live by Christ's victory over death in this life, a victory that will be made permanent when Jesus raises us up on the last day (6:54).

### ***We Are One***

As we partake of this gift, we become one with Christ in reality. But there is more. We also become one with each other. As we all partake of the mystery, we are united in flesh and spirit—in the Holy Spirit—with each other as well. As Paul says, "Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf" (1 Corinthians 10:17).

Today we celebrate this wonderful gift. Even though we do not fully understand it, we believe and accept it with joy. We are one with Christ and one with each other. We too become the Body of Christ in the world.

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The bread  
that I will  
give is  
my flesh  
for the life  
of the world

## ***You Are What You Eat***

In John's Gospel, Jesus gives a long discourse on the Bread of Life. The first part talks of bread as a sign of God's loving care for the people. Like the manna in the desert, Jesus represents God caring for the people in a new way. But the part we hear in today's Gospel is more specific. He says the bread he will give is his flesh. The leaders of the Jews don't understand. Hopefully, we can do better.

In the pagan world at the time of Christ and before, a sacrifice was also a meal. An animal was ritually killed and burnt (i.e., cooked) to be shared at a meal with the people. The sacrifice was a gift to the god(s) that joined the people to their deity and also to each other. So Jesus used that understanding of sacrifice to explain his gift of self. He would die on the cross as a sacrifice to the Father and we would share in the meal by consuming bread and wine, which are his Body and Blood. That meal is shared today in the Eucharist.

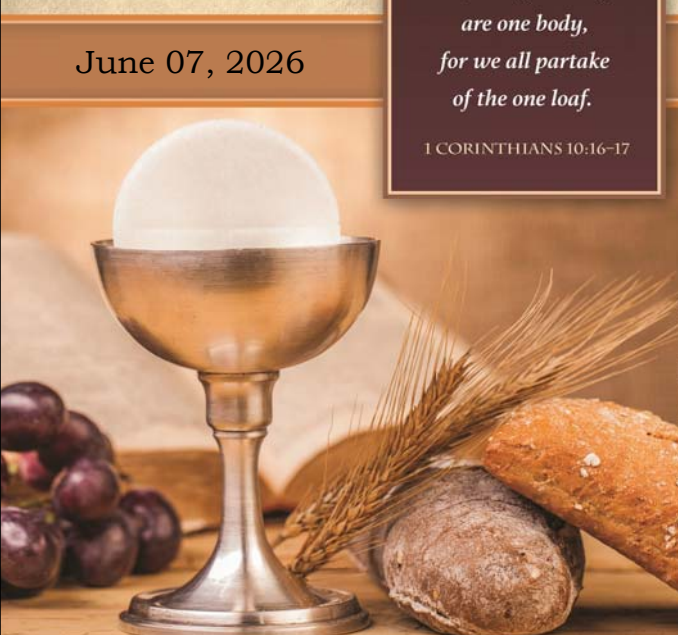
Better than the pagan sacrifice, the Eucharist unites us with God because Jesus is both human and divine. His humanity allowed him to represent us to the Father, as a lawyer represents a client to the court. Jesus' divinity allowed his sacrifice to be worthy of the Father, as no merely human gift could be. So giving his life on the cross was the best and only way that he could offer a true sacrifice to the Father.

The Eucharist also unites us to one another. We share this meal with other Christians as a sign of our common faith. Christ who gave himself to the Father on the cross also gives himself to us in the Eucharist. And because the food we share is the Body and Blood of Christ, we in a sense become what we eat. So we are all members of the Body of Christ. We show this by our love, by sharing our faith, by forgiving each other, and by our service to each other. If we believe that Jesus is divine, we must believe his word that the Eucharist is truly his Body and Blood, given for us.

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

## THE MOST HOLY BODY AND BLOOD OF CHRIST

June 07, 2026



The bread that we break,  
is it not a participation  
in the body of Christ?  
Because the loaf  
of bread is one,  
we, though many,  
are one body,  
for we all partake  
of the one loaf.

1 CORINTHIANS 10:16-17

## ***Flesh and Blood***

The intimate bond that unites families is well described by the phrase “flesh and blood.” “How can you treat your own flesh and blood so harshly?” a father might ask his son. “I can’t give up my baby for adoption; she’s my own flesh and blood,” a daughter may say to her mother. “I love you as though you were my own flesh and blood,” a brother might say to a stepbrother. It is as though our families are an inseparable part of us. Even those who have traumatic or abusive experiences with family members recognize the depth of emotional and spiritual connection we have with our families.

In Jesus’ words to the crowds in today’s Gospel we hear him talk about our participation in the Eucharist as a sharing in his own flesh and blood. Through the Eucharist Christ himself dwells in us. His divine and eternal life courses through our veins. Like a family gathered at table, we become more and more intimately connected with Christ and one another. As Paul tells us, “We, though many, are one body” (1 Corinthians 10:17), united as members of Christ’s own flesh and blood.

### ***For the Love of the World***

Within the Body of Christ today, many are suffering as Jesus once did, and the suffering of one of our “brothers and sisters” should be of deep concern to us. We who partake of the Body and Blood of Christ must be prepared to be broken and poured out as Jesus was “for the life of the world” (John 6:51). We must become willing to suffer ourselves if it will benefit a member of our own “flesh and blood.”

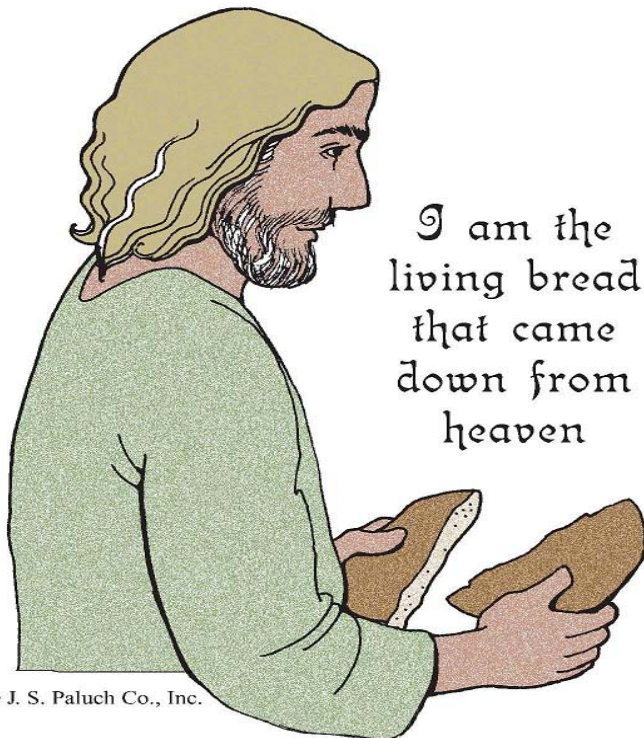
As you receive Holy Communion this week, open your heart to the intimate connections that unite us as family within the Body of Christ. Then reflect on how those bonds will affect the way you treat your own flesh and blood this week.

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## ***Living God’s Word***

Some families always set an extra place at the table as a sign that guests are welcome to share their circle of nourishment. Surely everyone is welcome at our eucharistic liturgies. But do we make that spirit of hospitality a reality in our parishes?

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## ***Trust in Jesus***

Today’s feast celebrates another central mystery of our faith—the mystery of the Eucharist. Like the mystery of the Trinity, the real presence of the Body and Blood of Christ in the Eucharist can never be fully understood, but can only be believed. Just as the Israelites in the desert were invited to put their trust in God’s word to them, we are invited to trust wholly in the word of Jesus. In today’s Gospel Jesus promises to give us a share in his very own flesh and blood, and a share in eternal life besides. We are called to take him at his word and open our hearts to receive true nourishment and life from our participation in the Eucharist.

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## ***Treasures From Our Tradition***

At the heart of today’s solemnity is a eucharistic procession, held in many parishes, that calls to mind the procession of Holy Thursday, yet has a purpose different from the somber adoration in the night watch. In the late Middle Ages, a procession through the city with the Blessed Sacrament was an occasion of heartfelt joy and great emotion. In a time when people seldom approached the altar to receive Holy Communion, the procession through the streets, past homes and workplaces, was a vibrant reminder that Christ was with them as a dear companion and guide.

Every year on this day, a joyful procession winds through the streets of Rome from the Lateran cathedral. A few years ago, Pope John Paul II, deeply moved at the sight of the throng accompanying the sacred host, said that we ought to feel profoundly united with the faithful everywhere in the world at such a moment. “Before our mind’s eye all the Churches of the world, from East to West, from North to South, are present.” Originally this feast was on the Thursday after Trinity Sunday, but after the calendar reform of 1970, its title was expanded from “Corpus Christi” to “The Body and Blood of Christ” and in the United States it was moved to the Sunday after Trinity Sunday. Even though Easter season ended two weeks ago, this beautiful feast is aglow with Easter light.

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

## ***Reflecting on God’s Word***

Since early this morning Dean has been working to prepare dinner for his wife Sheila’s birthday. While the bread dough rose he bought fresh vegetables, cheese, and pasta. As the aroma of baking bread filled the house Carla helped her father cook his special sauce. Later there were vegetables to prepare, pie to bake, presents to wrap, and the table to set with little George’s hand-painted placemats. At last Dean calls out “Dinner’s ready!” The family gathers and the prayer begins: “Bless us, O Lord and these thy gifts, which we are about to receive from thy bounty through Christ our Lord. Amen.”

In shared meals the gift of food is made more nourishing by the gift of community. Today’s Scripture invites us to unwrap some of the “gifts” that we bless and receive in our eucharistic meal. Christ shares the gift of himself in the word, the cup, and the loaf. Like Dean’s family, we in the community also share the gift of ourselves with one another in our sharing of the Body and Blood of Christ. The living, breathing Body of Christ in the community nourishes the life of Christ in each of us when we sit down together at the eucharistic table.

~ Virginia Stillwell

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## ***Shoeless***

I wept because I had no shoes, until I saw someone who had no feet.

~ Ancient Persian saying

## Food From Heaven

God sustained the people of Israel for forty years in the desert with manna sent down from heaven, and Moses doesn't want them to forget it. God brought forth water from stone for them to drink, and Moses doesn't want them to forget this, either. And Moses tells them—twice—that the food that God sent was a food that neither they nor their ancestors before them had ever experienced before.

Jesus too speaks of food come down from heaven, food that the Jewish people had never experienced before. Recalling the manna in the desert, Jesus doesn't want them to forget it either, explaining that he is the food and drink of eternal life. And Paul reiterates to the Corinthians and to all of us that in the bread and in the cup, we share in the body and blood of Christ.

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## Treasures From Our Tradition

Ordinary Time beckons, and so on this Sunday we surrender the last glimmers of paschal joy as we celebrate the renewal of our life around the table of the Eucharist. This feast reminds us that the goal of the catechumen's journey through Lent is not the baptismal font at Easter, but rather the experience of Pentecost. It is all about life lived in the Spirit's embrace in relationship to the Body of Christ, which is found both "on the table" and "at the table."

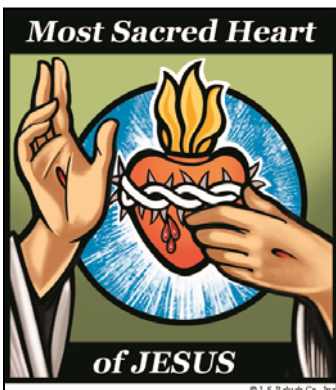
The season of confirmation is also drawing to a close, and this feast serves as a reminder that this sacrament, a solemn sending from font to table, is keyed to renewed vigor. Confirmation has sometimes been sadly misunderstood as a kind of graduation from religious formation, but it is nothing of the sort. It is about being led by the Lord Jesus to the place where the Spirit flourishes, and where the gifts of the Spirit are most easily detectable. After next week we will resume our consideration of the sacrament of confirmation, its rich and somewhat tangled history, its challenging theology, and its changing celebration.

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

## Amen

Take a look around the walls of your church. Even if it's only a year or two old, the word "Amen" has resounded off those walls countless times at the conclusion of the Eucharistic Prayer and as the faithful have come forward to receive the Body and Blood of Christ. Today's feast is about those "Amens" offered in faith, offered in times of trouble or doubt, spoken in joy, spoken mindlessly, but all given to God in a multitude of ways. It is our very lives that lie behind our "Amens" and are touched by the presence of Christ, the presence we celebrate today. More importantly, we celebrate the love of Christ for us shown in the sacrifice on Calvary and that he continues to give to us in every celebration of the Eucharist. What can we do but rejoice in that great love, and then go out into the world and live that love in sacrificing for others?

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## God's Word Today

Today is a day for reminders. Each of the three scripture readings contains reminders of the fact that God nourishes us for our journey through life. Moses tells the people not to forget the Lord, who fed them with manna in the desert. Saint Paul reminds the Corinthians that the bread that is broken and the cup that is blessed constitute participation in the body and blood of Christ. And, at the heart of it all, today we hear the Lord Jesus announce that he is the living bread that came down from heaven. "Whoever eats this bread will live forever." Let us pay close attention to the words and gestures of the Mass, and when it comes time for Communion, let us approach the Lord with humility of heart and offer a prayer of gratitude for this gift beyond measure.

~ From Saint Margaret Sunday Missal, copyright © J. S. Paluch Company

## Living Stewardship Now

Feed others in a ministry of hospitality: sign up to help run a parish coffee hour, fish fry, or supper event. Be a team member at a homeless shelter or soup kitchen. Take meals to homebound neighbors. Leave fresh cookies on a newcomer's doorstep.

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## Staff of Life

Bread is the staff of life.

~ English Saying

## Praying

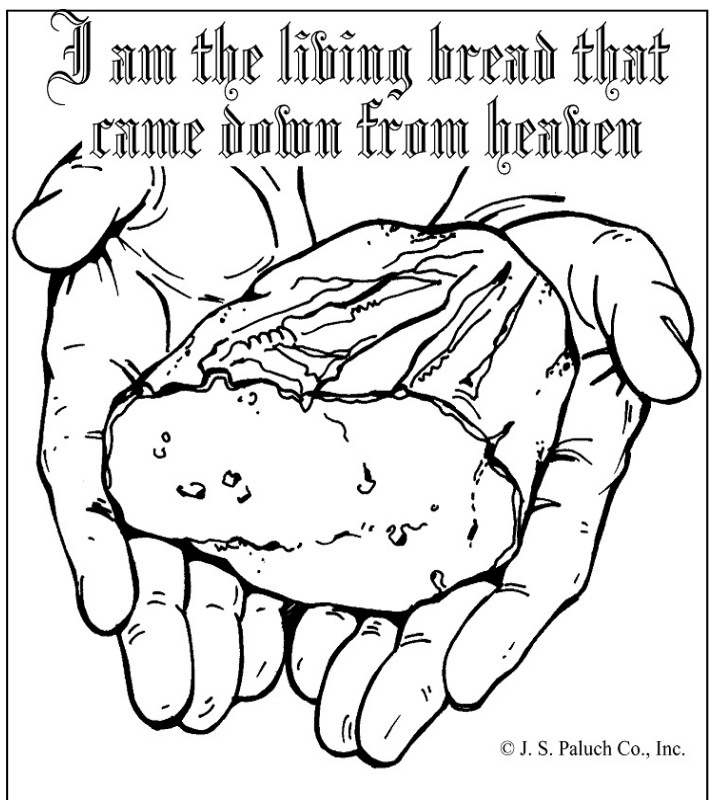
One prays best who does not know that one is praying.

~ St. Anthony of Padua

## Transformation

The effect of our sharing in the Body and Blood of Christ is to change us into what we receive.

~ Pope St. Leo the Great



# 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)



Dominican Sisters  
VISION OF HOPE

# You're Invited!

## VISION OF HOPE

DAY WITH THE



Saturday, June 13, 2026  
Oracle Park, San Francisco

Join us for a fun-filled evening at Oracle Park's Triples Alley as the San Francisco Giants take on the Chicago Cubs!

### TICKETS

Act Fast!  
Early Bird Pricing  
Ends May 8!

EARLY BIRD TICKET **\$225**

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### SPONSORSHIP OPPORTUNITIES

HOME RUN! **\$5,000**

DOUBLE! **\$3,000**

BASE HIT! **\$1,500**

Enjoy a pre-game hosted reception, which includes a  
**GIANT Raffle & Silent Auction,**  
as well as premium lower box seating for the game.

*Only 100 tickets available, purchase yours today!*



To learn more about Vision of Hope,  
and to register for Day with the Giants  
please scan the QR Code or visit  
[www.visionofhope.org](http://www.visionofhope.org).



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**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  
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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



**Deliver Father's Day  
Cards in  
San Francisco County  
Jails  
Thursday, June 18, 2026**



**11:00 AM CJ#2**

**425 7th Street, San Francisco, CA 94102**

**1:00 PM CJ#3**

**1 Moreland Dr, San Bruno, CA 94066**

**Complete volunteer registration and background check form at  
[www.sfarch.org/rjvolunteer](http://www.sfarch.org/rjvolunteer)**

**IF YOU HAVE ANY QUESTIONS, CONTACT JULIO ESCOBAR  
AT [ESCOBARJ@SFARCH.ORG](mailto:ESCOBARJ@SFARCH.ORG) OR CALL (415) 614-5572**



ARCHDIOCESE OF  
SAN FRANCISCO

Filipino Ministry

COME AND JOIN US  
**SUMMER**  
DINNER & DANCE

CELEBRATING THE SPIRIT OF  
**FAITH & FRIENDSHIP**

SATURDAY, JUNE 20 AT 6PM

ST. CATHERINE OF SIENA PARISH CENTER  
1310 Bayswater Avenue, Burlingame, CA 94010

Featuring  
The Levites



Fr. Arnold Zamora | Fr. Ray Reyes | Fr. Mark Reburiano  
Fr. Roland de la Rosa | Fr. Peter Eugenio | Fr. Boie Espeleta

**ADMISSION: \$85**  
Proceeds to benefit Filipino Ministry  
of the Archdiocese of San Francisco  
and NAFP-USA

SEATS ARE LIMITED.

Scan the QR Code to reserve & pay for your ticket  
or call/text: 415.702.5694 | 415.317.5481.



Honoring  
Fr. Francis Garbo

For his "GIFT OF LIFE" to Fr. Ray Reyes



Don't miss out on an  
unforgettable night— enjoy great  
company, live music, dancing,  
and exciting raffle prizes !



# 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*



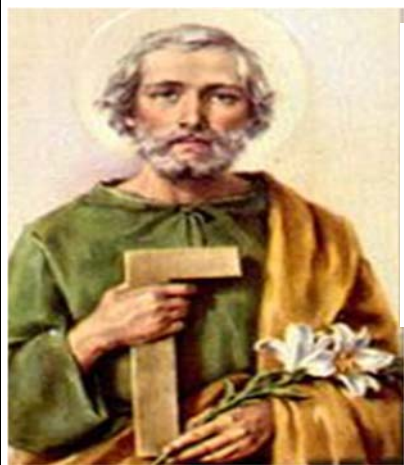
**Our Lady of  
Perpetual Help  
Devotion**  
(every Tuesday  
after the  
12:10 Mass)

*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**

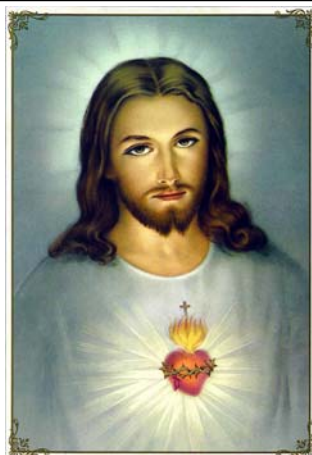
O GOD, You  
bestowed on St.  
Anne such grace  
that she was found  
worthy to become  
the mother of  
MARY, who  
brought forth  
Your only  
begotten SON.  
Grant that we may  
be helped by her  
intercession.  
Amen.

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,

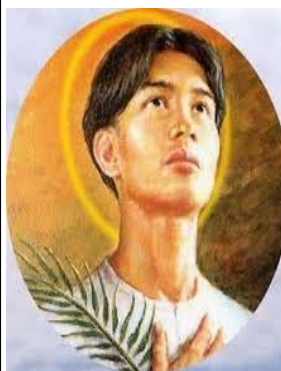
*Matt Dorsey*

## 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