

ST. ELIZABETH ANN SETON CATHOLIC CHURCH

www.seasparishlo.org 2050 Palisades Avenue, Los Osos, CA Office Cell (805) 235-8803

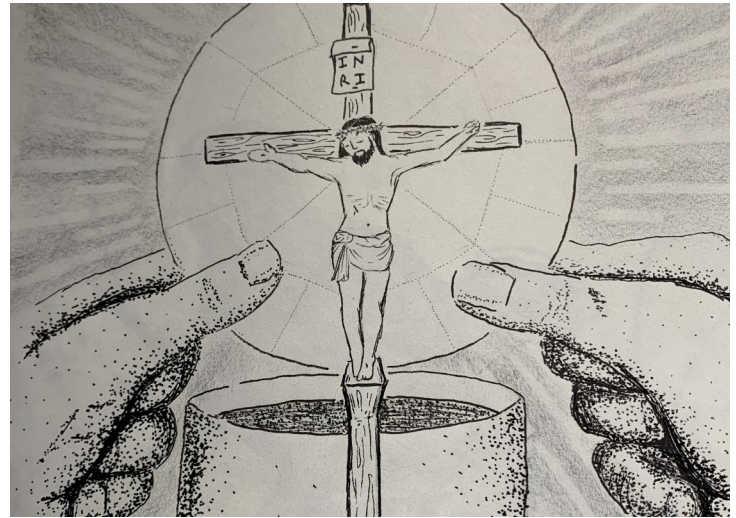
18TH SUNDAY OF ORDINARY TIME 1 AUGUST 2021

AUGUST 2021 POPE'S INTENTION: THE CHURCH
Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in light of the Gospel.

"I am the bread of life;
whoever comes to me
will never hunger,
and whoever believes in me
will never thirst."

"Yo soy el pan de la vida.
El que viene a mí
no tendrá hambre
y el que cree en mí
nunca tendrá sed."

Jn 6: 35



WELCOME! BIENVENIDOS! MABUHAY!

Weekend Masses

Saturday: 4:00 p.m. (ENGLISH)
Sunday: 9:00 a.m. (ENGLISH)
11:30 a.m. (SPANISH)

Weekday Masses / La Misa Enteré Semana

9:00 a.m. Monday through Friday
(ENGLISH)
6:00 p.m. Viernes (ESPAÑOL)
9:00 a.m. 1st Saturday Mass
(ENGLISH)

Adoration / Adoración

9:45 a.m. Wednesday (ENGLISH)
Divine Mercy, Adoration,
Benediction
6:30 p.m. Viernes (ESPAÑOL)
y La Coronilla de la
Divina Misericordia

Sacrament of Reconciliation / Reconciliación

Tuesdays by appointment only/Los Martes
solo con cita previa

Anointing of the Sick /

Unción de los Enfermos

9:00 a.m. (ENGLISH) First Friday
6:30 p.m. (ESPAÑOL) Primer Viernes

Parish Services see page 2

OFFICE INFO:

Tel.: (805) 528-5319
Fax: (805) 528-8893
English Cell: (805) 235-8803
Spanish Cell: (805) 441-5428
Email: seaschurchlo@gmail.com
Open: Physically closed, virtually open
24/7 Anointing of the Sick or Last Rites:
(805) 235-8803
Appointment with Pastor on ZOOM: Tues., Fri.

PARISH STAFF

(During COVID Shutdown)

REV. JOEY R. BUENA

Pastor
Music Coordinator
frjoeyseasparishlo@gmail.com

JAVIER SOTO OSORIO

Office Manager & Coordinator
Spanish Faith Formation, RCIA

HEATHER HURLEY

Receptionist & Coordinator for
English Faith Formation, RCIA

CRISTINA CURZI

Interim Bookkeeper

Our office is
physically
closed,
but virtually
open!

Virtual
Office Hours:
Tues
10:00-1:00
&
Fri
10:00-1:00



PRAYER OF SAINT ELIZABETH ANN SETON

O Father, the first rule of our dear Savior's life
was to do Your Will. Let His Will of the present
moment be the first rule of our daily life & work,
with no other desire but for its most full and
complete accomplishment. Help us to follow it
faithfully, so that doing what You wish we will
be pleasing to You. Amen.

ORACIÓN DE SANTA ELIZABETH ANN SETON

Oh Padre, la primera regla de la vida de nues-
tro querido Salvador fue hacer tu voluntad. De-
jar que tu Voluntad en el momento presente
sea la primera regla de nuestra vida cotidiana y
nuestro trabajo, sin ninguna otra voluntad sino
hacer tu voluntad plena y completa. Ayúdanos
a seguir con fidelidad, para que haciendo lo
que deseamos seamos más agradables a Ti.
Amén.

VISION-MISSION STATEMENT

We are an **all-welcoming Christ-centered**
community celebrating our deeply rooted
Catholic traditions, respectful & appreciative
of our **multicultural diversity**, journeying to-
gether to share **family values** and **commit-**
ment to service.

DECLARACIÓN DE NUESTRA VISIÓN y MISIÓN

Somos una comunidad **totalmente acogedora**
y centrada en Cristo que celebrando nuestras
tradiciones Católicas profundamente arraiga-
das, respetamos y apreciamos **nuestra diver-**
sidad multicultural, caminamos juntos para
compartir los **valores de la familia y el com-**
promiso al servicio.

ST. ELIZABETH ANN SETON PARISH SCHEDULE OF SERVICES

MASSES, ADORATION	See pages 1 & 6
CONFESSION	Available on Tuesdays by appointment only. Please call parish office cell phone or email.
INFANT BAPTISM (newborn to 6 y/o)	ZOOM visit with pastor 3 months before intended date. Emergency baptism (for recipient in danger of death: parent/s call pastor asap [805] 235-8803).
7 y/o & above, ADULT BAPTISM, FIRST HOLY COMMUNION, CONFIRMATION	(Eng.) Email Heather (Sp) Call Javier at Office Cell phone For English & Spanish Adult Catechesis, please contact Heather or Javier at parish cell office.
KIDS' FIRST HOLY COMMUNION	Catechism 2020-2021 TBD (A two-year program, starts Gr. 1.) First Holy Communion on 2nd year, usually on Feast of Corpus Christi.
TEENS' CONFIRMATION	Catechism 2020-2021 TBD (A two-year program, starts Gr. 9.) Confirmation on 2nd year, on or after Solemnity of Pentecost.
QUINCEAÑERA	ZOOM visit with pastor 6 months before intended date; Must be enrolled in Confirmation Program; Attend Quinceañera Class.
PRESENTACIÓN	Contact 1(805) 441-5428.
WEDDING	ZOOM visit with pastor 6 months before intended date.
ANNULMENT	Call parish for ZOOM appointment with pastor.
ANOINTING OF THE SICK	Contact 1(805) 235-8803.
LAST RITES	24/7 Contact asap 1(805) 235-8803.
FUNERAL	Contact 1(805) 235-8803.
BLESSING of NEW VEHICLE, RELIGIOUS ITEMS	Contact 1(805) 235-8803.
BLESSING of NEW HOUSE, NEW SHOP	Contact 1(805) 235-8803.
VISIT CHURCH for PERSONAL PRAYER & ADORATION	Indoor visits are temporarily suspended due to COVID-19; Attend outdoor adoration Wed 9:30 am & 5:30 pm.
SPIRITUAL COUNSELING	Contact 1(805) 235-8803.
MINOR EXORCISM (Deliverance Prayer) NOT solemn exorcism	Contact 1(805) 235-8803.

31 July/1 Aug—2nd COLLECTION BUILDING REPAIR FUND

July 31 & Aug. 1st is our 2nd Collection for the S.E.A.S. Building Repair Fund for basic maintenance and other repairs for our buildings and grounds.

To ensure your donation goes to this 2nd collection, for those using checks, please write '**Building Repair Fund**' on your memo line.

For all others, please make sure your envelope is marked with "**Building Repair Fund**." Thanks!

7 Aug.— 1ST SATURDAY MASS & ROSARY

6 August—9:00am Fri. Mass followed by Anointing of Sick

7 August—9:00am 1st Sat. Mass followed by Rosary

FAITH SHARING GROUP ALL ARE INVITED!

The Thursday morning faith sharing group will resume its weekly meeting this Thursday, August 5th in the parish community room after the 9:00am Mass. Following the practice of Lectio Divina (Divine Reading), we spend an hour in prayerful reading, reflection and discussion of the readings for the upcoming Sunday liturgy. All are welcome!

SUNDAY HOSPITALITY

Thank you for embracing our online sign-up system for Sunday Hospitality food sign-ups! It is available on our parish webpage: www.seasparishlo.org

BOFCA BBQ

The Bay-Osos Filipino Community Association (BOFCA) is having a chicken BBQ at Ralph's on 8th August (next Sunday) from 11:00 am until 2:00pm.

PRAYER OF POPE FRANCIS TO MARY, HEALTH OF THE SICK

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain with steadfast faith.

You, Salvation of all, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin. Amen.

Our parish has a subscription to FORMED.org, simply register under our parish name.

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- Lectures
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- Movies
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PICK OF THE WEEK

August 1, 2021

COMPANIONS IN SHIPWRECK

Good relationships are a vital part of human well-being. In fact, studies show that those with the healthiest relationships live the longest! But where can we see these friendships lived out? Look no further than the life of famed author J.R.R. Tolkien. The relationships he exhibited are a wonderful example for all of us to follow, especially with those we may disagree with. As Tolkien described marriage, it's all about being "companions in shipwreck."



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FORMED children's programs



The Wonderful World of Benjamin Cello



Brother Francis



The Slugs and Bugs Show



The Saints and Heroes Collection

FORMED también está en español.



Signs of Grace



La Búsqueda



Firme en la Brecha



Lectio: San Marcos con Luis Soto



Presencia: El Misterio de la Eucaristía



Symbolon: La explicación de la fe Católica (Español)

PRAYER FOR SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Most Holy Sacrament.

I love you above all things and I desire to receive you in my soul.

Since I cannot at this moment receive you sacramentally, Come at least spiritually into my heart.

I embrace you as if you were already there And unite myself wholly to you.

Never permit me to be separated from you. Amen.

Jesús mío, creo que estás realmente presente en el Santísimo Sacramento,

te amo sobre toda las cosas, y te deseo en el interior de mi alma.

Ya que en este momento no puedo recibirte sacramentalmente, ven al menos espiritualmente a mi corazón; estando dentro de mí, yo te abrazo y me uno todo a Ti.

No permitas nunca que me separe de Ti. Amen.

PRAYER FOR AFTER COMMUNION: ANIMA CHRISTI

Soul of Christ, sanctify me. Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me. Within your wounds hide me.
Separated from you, let me never be.
From the evil one, protect me.
At the hour of my death, call me.
And close to you bid me;
That with your Saints, I may be, praising you
For ever and ever. Amen.

*Alma de Cristo, santifícame.
Cuerpo de Cristo, sálvame.
Sangre de Cristo, embriágame.
Agua del costado de Cristo, lávame.
Pasión de Cristo, confortame.
¡Oh, buen Jesús!, óyeme.
Dentro de tus llagas, escóndeme.
No permitas que me aparte de Ti.
Del maligno enemigo, defiéndeme
En la hora de mi muerte, llámame.
Y mándame ir a Ti. Para que con tus santos te alabe.
Por los siglos de los siglos. Amén.*

LET US PRAY FOR THE FOLLOWING / OREMOS POR

* Timothy Ketcherside	* Sarah & Josh Matthews	* Maggie Quinn	* Pancho Pinedo	* Clare Rankin
* John LeNoue	* Michael Vella	* Donna Nichols	* Ann Harris	* Amelia Osorio
* Peter Hewitt	* Lila Martinez	* Colleen Clark	* Brian Hampton	* Celerina Natividad
* Jere Bresnan	* Darleen Krouse	* Leonora Eublera	* Madeline Bozena	* Jacque Murray
* Fely Platou	* Carolyn Lemos	* Daniel Quintana	* Meekayla Bejarano	* James Patrick Little
* Mary Cavagnaro	* Toshi Meehan	* Mark Woehrl	* Dee Mace	* Peg Mirolla
* Bonifacio Garcia	* Robert Green Sr.	* The Rivers Family	* Freddie Fernandez	* William B. Pedigo, III
* Michael Culbertson	* Susi Reich	* Daniel Nunez	* Albert Calizo	* Janice Helm
* Steven Greenville	* Sidney Dunton	* Nola, Nick, Louis, Dolores, Estrella, Jaelynn Soto	* Ann Farrelly	* Judy Crawford-Murillo
* Rafael & Margarita Garcia	* Elisa Fajardo	* Brian Pedigo & family	* Lori Manfredi	* Norma Landry
* Frances Meehan	* Irene Castaneda	* Shawn Clarke	* Lois Thompson	* Lavinia Trapani
* Emily Sumner	* Mary de Angelo	* Regina Helm	* Diane Wright	* Joyce Martinez
* David Wright	* Jessica Ketcherside	* Guido Palermo	* The Wright Family	* Daniel Duclos
* Aurea Cruz	* Fr. Derek Hughes	* Delores Doyle	* The Kunemoto Family	* Albert Calizo
* Nathan Berry	* Joe O'Brien	* Russell Wells	* Jose Leyva	* Dana Warren
* Robert Ruiz	* Dolores R. Buena	* Jacque Lohmeier	* Daniel Gallardo	* Brian Kautz
* Sylvia Radford	* Rosemarie Greenville	* John Miller	* Jane Jaeger	* Mia Bacarella
* Eleanor Brown	* Aaron Kondziela	* Barbara Pinedo	* Eugen Šimánek	* Ralph Iliff

ETERNAL REST GRANT UNTO THEM O LORD. LET YOUR PERPETUAL LIGHT SHINE UPON THEM. MAY THE SOULS OF THE FAITHFULLY DEPARTED, THROUGH THE MERCY OF GOD, REST IN PEACE. AMEN.

†Helen Penwell	†Melinda Rose	†Michael Brito	†Mike Wright	†Lydia Caloca Green	†Claudette Steenberg
†Charles Penwell	†Julia Ortiz	†Venustiana Rodriguez	†Fr. Lawrence Betrozoff	†Myrna Oliveros	†Frank Wasley
†Harold Platou	†Guillermo dela Cruz	†Selentino Salgado	†Nicky Miller	†Mina Cantorna	†Nenet Suyat
†Larry Mischel	†Serafin Sepúlveda	†Mary Prendergast	†General Mason	†Adela Patague	†Cindy Castillo
†Dwight Mobley	†Hermila Arguello	†Melécia Garcia	†Mary Friedman	†Remy Lejeune	†Helen Maciel
†Gertrude Stimson	†Anatalia Ortiz	†Felicitas Castillo	†Shirley Rustria	†Anthony Sperlazzo	†Elvira Ceballos
†John D. Walsh	†ULolita dela Cruz	†Antonio Medrano	†Gerry Weltman	†Cecilia Deines	†Kenneth Duke Pace
†Elizabeth Martinez	†Mason & Simon Brito	†Tambo	†Evelyn Pellaton	†Doris Stanley	†Jeanette Thomsen
†Ofelia Labra	†Pat Wright	†William (Bill) Kemble	†Chuck Ice	†Aric Clarke	†Loren Ketcherside
†Severino Repollo	†Joseph Cavagnaro	†Diana Nishiura	†Mary Jo Semonsen	†Clifford Newgard	†Ruby Sohler
†Justo Yasay	†Manuel John Reis	†Grace Tevis	†Kevin Lynch	†Regina Newgard	†Gabriel Caliboso
†Joe Greene	†Lawrence Uthe	†Jerica Elaine Harris	†John Greenville	†Gregory Newgard	†Ernestine Beevers
†Cristina Patterson	†Margaret Uthe	†Paul Landry	†Norman Charette	†Marciano Ingan	†Harold Wyatt
†Filippo Mazzulla	†Joe Fraga	†Casamira Asuncion	†John de Angelo	†Candido D. Buena Jr.	†Giovanni G. Santos
†Elena Aurelio	†Msgr Joseph Stieger	†Carol Ann Burns	†Pat Klenc	†Jaime Manuel	†Lita Aguilar
†Homero Paredes	†Fr. Ken Brown	†Andy Boy de la Cruz, Jr.	†Beverly Jean Rocha	†Medallana Patague	†Loren Hamlin
†Fermína Manuel	†Fr. Michael Bell	†Fr. Harry Freiermuth	†Adelaída Gabatin	†Margaret Lucero	†Toshi Meehan
†Deacon Jim Cooper	†Lyn Ketcherside	†Crescenciana Gaila	†Guadalupe Haugh	†Tiburcio Castillo	†Brigida Eublera
†Emma Nieman	†Robert Beevers	†Ismael Ibat Tomboc	†Julia Keefe	†Martin Hernandez	†Roberta Ozanich
†Rodrigo Martinez	†Arcadio Tambo	†Maria Carmen Zaragoza	†Bishop Richard Garcia	†Edwin Quintana	†Mario Rodriguez
†Reyna Gomez	†Cleta Tambo	†Ruth Casper	†William K. Lander	†Alfred Castaneda	†Mildred Quinn
†Lourdes Lepisto	†Donisio Acain	†Fr. Ray Roh	†Kathleen Patricia Crawford	†Jose Guadalupe Toral	†Margherita 'Rita' Davis
†James Emely	†Aurelia Acain	†Joyce O'Brien	†Joseph Carlson	†Liliana Isabell Clark	†Robert Cramer
†Simonne Townsend	†Dick O'Melveny	†Mariano Rustria	†Martin Basti	†Rodney Maciel	†Fr. Larry Schanberger
†Fernando Marcos	†Jim Stewart	†Robert Townsend	†Manuel Ayala Arroyo	†Candido Orlino Aurelio, Sr.	†Susan Tuttle
†Cecilia Marcos	†Jaime Repollo	†Sherman Lemos	†Shirley Matthews	†Hugo Conti	†Dorsey Dunton
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†UMartha Smith	†Gabriel Osorio	†Wenceslao Garcia			
†Eusebio Galo	†Dennis A. O'Brien	†Erich Reich			

ADORATION CHAPEL UPDATE

Interior walls were taped and construction mud placed and sanded. Outside preparations for the ramp and entry cement work were made. General clean-up and covering of water pipes by the construction crew were also done.



MASS REMINDERS

- 1) The dispensation from the obligation to attend Mass on Sundays and holy days of obligation issued on March 12, 2020, is still in effect until further notice. Please expect that that the dispensation may end this summer.
- 2) Parishioners who feel sick in any way, those with a fever or cough, and those who live with a person found to be positive for COVID-19, should be urged to refrain from public gatherings, including liturgical celebrations, until a doctor determines it is safe for them to do so.
- 3) Even with the return to Mass, we know that many of our parishioners will continue to join with us virtually through continued Mass on our parish website, and Facebook, and YouTube channel.
- 5) S.E.A.S. parish bulletin will continue to be emailed to parishioners whose email we have. (To add your name, send an email to the office email.) The Bulletin is also published on our website and MyParishApp.

PLEASE REMEMBER ST. ELIZABETH'S IN YOUR WILL

A great way to **help our parish become financially stable** is to remember your parish church in your **Will** or **Trust**. To make sure the entire amount (100%) will go to St. Elizabeth's, please word the bequest like this:

"I leave a bequest of \$ _____ to ST. ELIZABETH ANN SETON CATHOLIC CHURCH at 2050 Palisades Avenue, Los Osos, CA 93402."

If you wish to privately discuss this matter with Fr. Joey, please call parish cell 805-235-8803 to set-up an appointment, or email him at frjoeyseasparish-lo@gmail.com.

Thank you for considering SEAS for your final distribution.

NEED ASSISTANCE IN YOUR ADVANCE HEALTH CARE DIRECTIVE, FUTURE CATHOLIC FUNERAL & ESTATE PLANNING?

Fr. Joey can help you.

For confidential discussion, please email him at frjoeyseasparishlo@gmail.com or leave message at (805) 235-8803

ADORATION CHAPEL Q & A SERIES #14

Q: At my friend's church they have Adoration in the chapel during regular Mass times. Can you have the Blessed Eucharist exposed at the same time Mass is going on? **How can Jesus be in both places at the same time?**

A: (Q part 2) It is a Mystery. Dcn. Steven D. Greydanus in part of his March 2018 article (see below) in the National Catholic Register writes, *"When the priest elevates the host, Christ's body is not elevated in space. You can move the host around as much as you want, but Christ is not moved in space. Christ's body is not spatially distributed throughout the host ("after the proper manner of dimensive quantity" in Aquinas's language), the way locally present bodies are distributed in space, with part here and part there. Rather, the entire Christ is fully present in every particle of the host and in every drop of the precious "blood." (I use quotation marks to emphasize that the contents of the chalice are the whole Christ, body and blood, as much as the host. When we differentiate between the sacramental "body" and "blood," as if Jesus' body and blood were separated in the sacrament, we are speaking symbolically, not literally.)"*

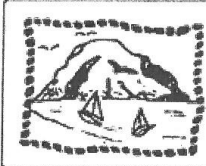
[Tesseracts, Wormholes, Quantum Physics—and the Eucharist! National Catholic Register \(ncregister.com\)](https://www.ncregister.com)

SCHEDULE OF MASSES, READINGS & INTENTIONS

DATE	TIME	INTENTIONS	READINGS YEAR A
VIGIL EIGHTEENTH SUNDAY IN ORDINARY TIME 31 July 2021	4:00 pm INDOOR English Sunday Mass (Saturday 4:00pm Masses are livestreamed and available on our parish website)	4:00pm †Fr. Larry Schanberger (2of2); † Dr. Ireneo & †Mrs. Caridad Tambo; Rochelle Erice Castillo (1of9)	Ex 16:2-4, 12-15 Ps 78: 3-4, 23-25, 54 Eph 4:17, 20-24 Jn 6:24-35
EIGHTEENTH SUNDAY IN ORDINARY TIME 1 August 2021	9:00 am INDOOR English Sunday Mass 11:30 pm INDOOR Spanish Sunday Mass (Sunday 9:00am and 11:30am Masses are livestreamed and available on our parish website)	9:00am 1)†of Tambo, Tagalicud, Asuncion, & Patague Families; 2)†Gertrude Stimson; 3)Regino & Angelita Manuel Family (4of20) 4)Rochelle Erice Castillo (2of9) 11:30am †Ruben Perez (3of3)	Ex 16:2-4, 12-15 Ps 78: 3-4, 23-25, 54 Eph 4:17, 20-24 Jn 6:24-35
Monday 18th Week in Ordinary Time 2 August 2021	9:00 am English Mass	9:00am Rochelle Erice Castillo (3of9)	Nm 11:4b-15 Ps 81: 12-17 Mt 14:13-21
Tuesday 18th Week in Ordinary Time 3 August 2021	9:00 am English Mass	9:00am Rochelle Erice Castillo (4of9)	Nm 12:1-13 Ps 51: 1, 3-7, 12-13 Mt 14:22-36 or Mt 15:1-2, 10-14
Wednesday 18th Week in Ordinary Time 4 August 2021	<i>Saint John Vianney, Priest</i> 9:00 am English Mass 9:45 am Eng. Divine Mercy, Adoration, and Benediction (SEAS 9:00am Wednesday Masses and 'Holy Hour' are livestreamed and available on our Parish Website)	9:00am †Rosalina Ramos ; Rochelle Erice Castillo (5of9)	Nm 13:1-2, 25—14:1, 26- 29a, 34-35 Ps 106: 6-7b, 13-14, 21-23 Mt 15:21-28
Thursday 18th Week in Ordinary Time 5 August 2021	9:00 am English Mass	9:00am Rochelle Erice Castillo (6of9)	Nm 20:1-13 Ps 95: 1-2, 6-9 Mt 16:13-23
Friday 18th Week in Ordinary Time 6 August 2021	<i>The Transfiguration of the Lord</i> 9:00 am English Mass & Anointing of the Sick (SEAS 9:00am Friday Masses are livestreamed and available on our Parish Website) 6:00 pm Spanish Mass & Anointing of the Sick 6:30 pm Sp. Divine Mercy, Adoration, and Benediction	9:00am Regino & Angelita Manuel Family (5 of 20) ; Rochelle Erice Castillo (7of9) 6:00pm † Martín Hernández (3of3)	Dn 7:9-10, 13-14 Ps 97: 1-2, 5-6, 9 2 Pt 1:16-19 Mk 9:2-10
VIGIL NINETEENTH SUNDAY IN ORDINARY TIME 7 August 2021	9:00 am 1st Sat. Eng. Mass & Rosary 10:00am Baptism of Gael Ortega 4:00 pm INDOOR English Sunday Mass	9:00am Regino & Angelita Manuel Family (6 of 20); Rochelle Erice Castillo (8of9) 4:00pm Sean & Heather Hurley	Dt 6:4-13 Ps 18: 2-4, 47, 51 <u>Mt 17:14-20</u> 1 Kgs 19:4-8 Ps 34: 2-9 Eph 4:30—5:2 Jn 6:41-51
NINETEENTH SUNDAY IN ORDINARY TIME 8 August 2021	9:00 am INDOOR English Sunday Mass 11:30 pm INDOOR Spanish Sunday Mass	9:00am Tambo & Tagalicud Families; Rochelle Erice Castillo (9of9) 11:30pm	1 Kgs 19:4-8 Ps 34: 2-9 Eph 4:30—5:2 Jn 6:41-51

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