

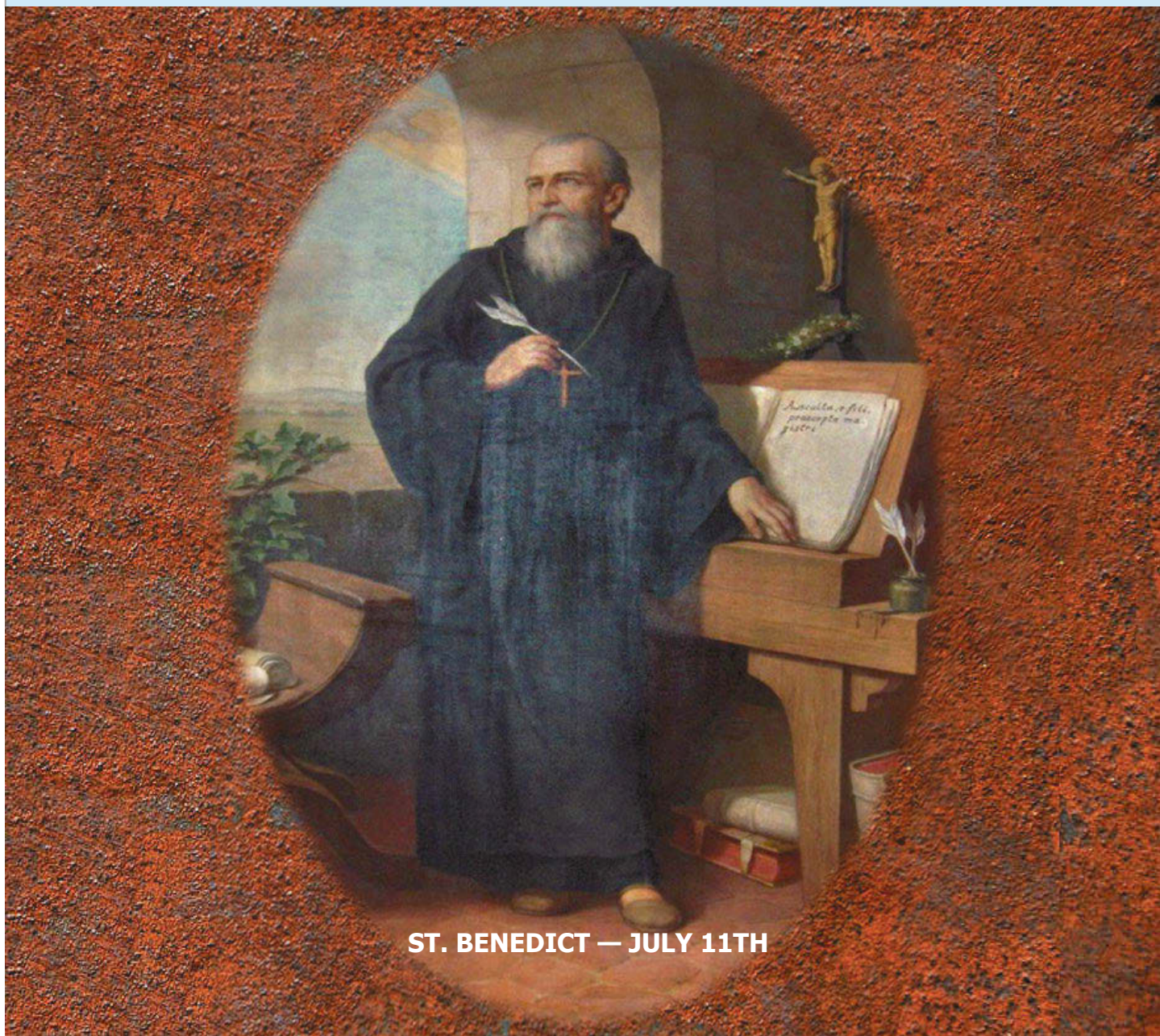


IMMACULATE HEART OF *M*ARY

Parish Mission + Mision Parroquial

*With Mary, we seek to know Christ better and to make him better known through our words and actions.
Con María, deseamos conocer mejor a Cristo y darlo a conocer por medio de nuestras acciones y palabras.*

FOURTEENTH SUNDAY IN ORDINARY TIME — JULY 9, 2023



ST. BENEDICT — JULY 11TH

500 Fairview Avenue • Brentwood, CA 94513 • (925) 634-4154 • FAX (925) 516-9340
Website: www.ihmbrentwood.com — E-Mail: ihmchurch@ihmbrentwood.com
Office Hours: Monday-Friday 9:00 am-4:00 pm

The Pastor's Page/Página del Pastor

Bishop of the Diocese of Oakland
The Most Rev. Michael C. Barber, SJ

+

Parish Office: (925) 634-4154

Mon-Fri Office Hours: **9 AM - 4 PM**

+

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ldefrates@yahoo.com

Deacon **Ron Horan** (Retired)

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x102 - frquang@ihmbrentwood.com

Fr. **Candelario Jimenez**

Parochial Vicar

x103 - frcjimenez@ihmbrentwood.com

+

Pastoral Council Chair

Jey Navat

JNavat.IHM@gmail.com

Dear families of the Immaculate Heart of Mary,

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.

When we think of approaching God in a simple straightforward way the first thought comes to mind is Adoration. A quiet time with Jesus to embrace the Spirit of Christ is in essence our time to invite Him into our hearts and to listen as He talks to us.

Immaculate Heart of Mary, pray for us.

Fr. Quang

+++++

Queridas familias del Inmaculado Corazón d Maria,

Hace muchos años, había un póster cristiano muy popular que no hacía más que enumerar nombres de Dios de las Escrituras. Aunque incluía nombres poderosos como "León de Judá" y "Consejero maravilloso", en su conjunto contrastaba con las sencillas y bellas imágenes presentes en nuestras escrituras de hoy.

El profeta Zacarías prefigura al Cristo que viene manso y suave sobre un asno, la visión que podríamos tener del Domingo de Ramos. En Romanos, san Pablo nos revela nuestro verdadero yo, llamándonos a abrazar el Espíritu de Cristo, a dejar de lado nuestro ser carnal y a vivir más plenamente en Cristo. En el Evangelio de Mateo, Jesús deja de lado a los sabios, y Dios revela las cosas a los niños. Se nos presenta una aproximación sencilla y directa a Dios, y a la búsqueda de Dios.

Cuando pensamos en acercarnos a Dios de una manera sencilla y directa, lo primero que nos viene a la mente es la Adoración. Un tiempo de silencio con Jesús para abrazar el Espíritu de Cristo es, en esencia, nuestro tiempo para invitarle a entrar en nuestros corazones y escuchar cómo nos habla.

Inmaculado Corazón de María, ruega por nosotros.

Padre Quang

**Regular
Mass
Schedule.
Holiday and
Feast Days
may be
different.**

Weekday Masses/Misas Diarias

Monday, Wednesday, Friday: 8:00AM (English) - Tuesday, Thursday, Saturday: 8:00AM (Bilingual)

Saturday Vigil Mass

5:00PM (English)

Sunday Mass/Domingo Misa

7:30AM (English) - 9:00AM (English) - 10:45AM (Español) - 12:30PM (English) - 2:00PM (Español)
5:00PM - Traditional Roman Rite (Latin)

Confessions

Tuesdays 6:00PM - 7:00PM & Saturdays 3:30PM - 4:30PM

Prayers & Weekly Scriptures/Oraciones y Lecturas de la Semana

MASS INTENTIONS FOR THE WEEK **INTENCIONES PARA MISAS DE LA SEMANA**

Saturday July 8th

8:00 am † Nestor Tunac
5:00 pm IHM Parishioners

Sunday July 9th

7:30 am Martha Delia Sanchez - Birthday
9:00 am † Jose Pimentel Amescua
10:45 am † Martha Herrera
12:30 pm † Eduardo Pasion
2:00 pm † Ana Cecilia Martinez
5:00 pm † Nancy Woo

Monday July 10th

8:00 am † San Juana Ramirez

Tuesday July 11th

8:00 am † Catherine Ann Sanocki

Wednesday July 12th

8:00 am † Jessie Vargas

Thursday July 13th

8:00 am † Robert J. Lafranchi

Friday July 14th

8:00 am Noe Quinanola - Birthday

Saturday July 15th

8:00 am † Eusebia Abad de Ramirez

Sick Relatives & Friends **Parientes y Amigos Enfermos**

Lyndsey Burrow, Ryan McLeod, Ramon Antonio Toledo, Giselle Honore, Clarence Cichon, Marion Cichon, Joseph Oliver, Trevor Rogers, Carlos Arias, Dennis and Teresa Saunders, Sergei, Susan and Galina, John Lee and Family, Bohakel Family, Shields Family, Cyrina Salem, Ponticelli Family, Salem Family, Marge and Larry Cragle, Michael Smith, Juan Antonio Sandoval, Tammy Tomasa, John Dykman, Michalina Siedliski. ***
Dona Colucci, The Barreto Family, Shannon Morton, Carol Williams, Solange Patino-Patroni, Nicole Patino-Patroni, Gloria Almeida, Jesus Flores, Alberto Matias, Ismael and Ali Render, Brandon Diaz, Inga Stevie, Jorge Juarez II, Ana Laura Urrutia Prugua, Bertie McGraw, Cody James, Paul Dunavant, Dora Castillo, Dianne Davi, Rosaura Diaz, Chris Moller, Fredie Plake, Dawn Lanphere, Carolyn Daddona, Tina Louise Cruz, Dr. Bruce R. Carlton, Tina Vazquez, Angelica Lowen, Jacqueline Benitez A., Nancy Lizarbe, Sydney Reed, Joe Del Chiaro, Suzanne Mowry, Kathy Childs, Crystal Valladares, Rita Garcia, Elda Rosario Becerra, Al and Sergio Jensen, Gerald and Carmen Rogers, Jessica Shaw, Efren Halol, Jorio Amaral, Nicole King, Ryan, Charneen Heitzmann, Martha Martinez, Javier Bañales, Veronica Bañales, Antonia Martinez, Marlene Tabkey, Marge Perez, Ricardo Oseguera, Kyle and Chelsea Brown, Maria Teresa Farvall, Ricardo Guzman, Diana Mendoza, Carmen Valle, Jordan Wingate, Kathy Jackson, Noreen and Jordan Pitta, Joe Atilano, Adolfo Zuñiga Velasquez, Jorge Sidhu, Jose N. Martinez, Samie Sahin, Larry North, Billie Cole, Jodi Waters, Jill Vance, Andres Donett, Jun Ongkeko, Elizabeth Hernandez, Jim Medrick, MaryAnn Smith, Maggie de Luna, Gloria Clawson, Felipa Sandoval, Emily Solorzano, Donna Heaney, Linda Rogers, Maria Martinez, Anthony Mattos, Carol Chavez, Oscar Alvarez, Carmen Farfan, Leticia Morales, George Sidha, Angel Moreno, Amparo Solis, Valentino Olabaza Rogelio Ochoa, Lucia

READINGS FOR THE WEEK **LECTURAS DE LA SEMANA**

Monday: 383: Gn 28:10-22a Ps 91:1-4, 14-15
Mt 9:18-26

Tuesday: 384 Gn 32:23-33 Ps 17:1-3, 6-8, 15
Mt 9:32-38

Wednesday: 385: Gn 41:55-57; 42:5-7a, 17-24a
Ps 33:2-3, 10-11, 18-19
Mt 10:1-7

Thursday: 386 Gn 44:18-21, 23b-29; 45:1-5
Ps 105:16-21 Mt 10:7-15

Friday: 387: Gn 46:1-7, 28-30 Ps 37:3-4,
18-19, 27-28, 39-40 Mt 10:16-23

Saturday: 388: Gn 49:29-32; 50:15-26a
Ps 105:1-4, 6-7 Mt 10:24-33

Sunday: 103: Is 55:10-11 Ps 65:10-14
Rom 8:18-23 Mt 13:1-23

BAPTISMS MONTH OF JUNE

Francisco Christopher Alvarado
Lucia Eva Avila
Sofia Rosa Avila
Lexie Juliette Pacis Balaiadia
Colby Thomas Lobao
Paige Justa Bersabe Salutin
Symon Calica
Kai Franko Saise
Mila Gabriella Bologna
Bella Natalia Bologna
John Michael Asia
Isla Marie Alves
Mateo Alexander Andrade
Cataleya Elyse Wertman
Matias Urbina Rodriguez
Emiliano Adan Martinez
Vanessa Valentina Sierra Regalado
Jacob Ulises Pena



Entrance Hymn

I Heard the Voice of Jesus Say KINGSFOLD



1. I heard the voice of Je - sus say, "Come un - to me and
2. I heard the voice of Je - sus say, "Be - hold, I free - ly
3. I heard the voice of Je - sus say, "I am this dark world's

1. rest; Lay down, thou wea - ry one, lay down Thy head up -
2. give The liv - ing wa - ter; thirst - y one, Stoop down, and
3. light; Look un - to me, thy morn shall rise, And all thy

1. on my breast." I came to Je - sus as I was, So
2. drink, and live." I came to Je - sus, and I drank Of
3. day be bright." I looked to Je - sus, and I found In

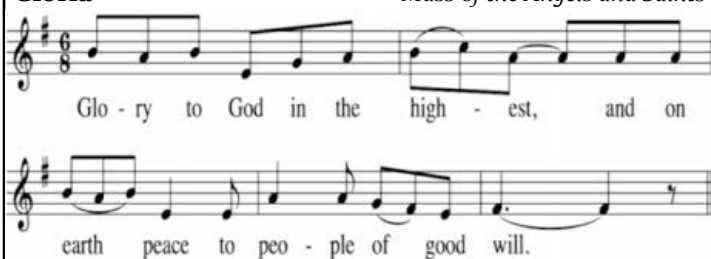
1. wea - ry, worn and sad; I found in him a
2. that life - giv - ing stream; My thirst was quenched, my
3. him my star, my sun; And in that light of

1. rest - ing place, And he has made me glad.
2. soul re - vived, And now I live in him.
3. life I'll walk Till trav - 'ling days are done.

Text: CMD; Horatius Bonar, 1808-1889, alt.
Music: trad. English melody, adapt. by Ralph Vaughan Williams, 1872-1958.

Gloria

Mass of the Angels and Saints



Glo - ry to God in the high - est, and on
earth peace to peo - ple of good will.

1. We praise you, we bless you, we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.
2. Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father, have mercy on us.
3. For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father.

Responsorial Psalm

Psalm 145 • Tony Alonso



I will praise your name for ev - er, my king and my God.
I will praise your name, my king and my God.

I will extol you, my God and king,
and bless your name forever and
ever.
I will bless you day after day,
and praise your name forever and
ever. R.

The LORD is kind and full of compassion,
slow to anger, abounding in mercy.
How good is the LORD to all,
compassionate to all his creatures. R.

All your works shall thank you,
O LORD,
and all your faithful ones bless you.
They shall speak of the glory of your
reign,
and declare your mighty deeds. R.

The LORD is faithful in all his words,
and holy in all his deeds.
The LORD supports all who fall,
and raises up all who are bowed
down. R.

Gospel Acclamation

Mass of the Angels and Saints



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

*Blessed are you, Father, Lord of heaven and earth /
you have revealed to little ones the mysteries of the kingdom* R.

Preparation of the Gifts

Like A Shepherd Bob Dufford, SJ



Like a shep - herd he feeds his flock and gath - ers the
lambs in his arms, hold - ing them care - ful - ly
close to his heart, lead - ing them home.

1. Say to the cities of Judah: Prepare the way of the Lord.
Go to the mountain top, lift your voice;
Jerusalem, here is your God.
2. I myself will shepherd them, for others have led them astray.
The lost I will rescue and heal their wounds
and pasture them, giving them rest.
3. Come unto me if you are heavily burdened,
and take my yoke upon your shoulders, I will give you rest.

Text: Isaiah 40:9ff © 1976, Robert J. Dufford, SJ, and New Dawn Music. Published by OCP Publications.

Holy, Holy, Holy

Mass of the Angels and Saints

Holy, Holy, Holy
Lord, God of Hosts.
Heaven and earth are full of your glory.
Hosanna, hosanna, hosanna in the highest.
Hosanna, hosanna, hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna, hosanna, hosanna in the highest.
Hosanna, hosanna, hosanna in the highest.

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Memorial Acclamation

Mass of the Angels and Saints

We proclaim your death, O Lord,
and profess your resurrection
until you come again.

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Great Amen

Mass of the Angels and Saints

Amen, Amen, Amen.
Amen, Amen, Amen.

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Lamb of God

Mass of the Angels and Saints

Lamb of God, you take away the sins of the world,
have mercy on us. Have mercy on us.

Lamb of God, you take away the sins of the world,
have mercy on us. Have mercy on us.

Lamb of God, you take away the sins of the world,
grant us peace. Grant us peace.

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Communion Hymn

God's Holy Gifts

Dan Schutte

Refrain



God's ho-ly gifts for God's ho-ly peo-ple; come now to share the



ban-quet of Christ. Feed on his love with faith and thanks-giv-ing.



Know in your heart that he died for you.

Verses



1. May the Bod-y of Christ be food for our souls
2. May the Blood of the Lord pro-protect us from harm
3. As the grain of this bread was gath-ered as one,
4. As the cup that we share is emp-tied for all,
5. When we eat of this bread and drink of this cup,

to Refrain



1. and bring us to ev-er-last-ing life.
2. and mark us as God's be-lov-ed ones.
3. may we who be-lieve be bound by love.
4. may we of-fer up our lives in love.
5. we hold in our mem-'ry Christ the Lord.

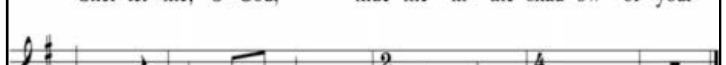
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Shelter Me, O God

Bob Hurd



Shel-ter me, O God; hide me in the shad-ow of your



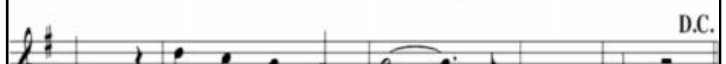
wings. You a-lone are my hope.

Verses



1. When my foes sur-round me, set me high a-bove their
2. As a moth-er gath-ers her young be-neath her
3. Though I walk in dark-ness, through the nee-dle's eye of

D.C.



reach. Hear me when I call your name.
care, gath-er me in-to your arms.
death, you will nev-er leave my side.

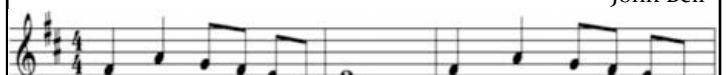
Text: Psalm 16:1, 61:5, Luke 13:34; Bob Hurd, b.1950, © 1984, Bob Hurd

Tune: Bob Hurd, b.1950, © 1984, Bob Hurd; harm. by Craig S. Kingsbury, b.1952, © 1984, OCP Publications
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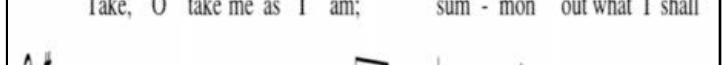
Recessional Hymn

Take O Take Me As I Am

John Bell



Take, O take me as I am; sum-mon out what I shall



be; set your seal up-on my heart and live in me.

Text: John L. Bell, b.1949

Tune: John L. Bell, b.1949

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Entrada

Gracias, Señor
Cesáreo Gabaráin

Estribillo: 1ª vez: unisóno; 2ª vez: con armonía

Hoy, Se-ñor, te da-mos gra-cias por la vi-da, la tie-rra y el sol; hoy, Se-ñor, que-re-mos can-tar las gran-de-zas de tu a-mor.

Estrofas

1. Gra-cias, Pa-dre, mi vi-da es tu vi-da, tus ma-nos a-
2. Gra-cias, Pa-dre, tú gui-as mis pa-sos, tú e-res la
3. Gra-cias, Pa-dre, me hi-cis-te a tu j-ma-gen, y quie-res que

1. ma-san mi ba-rro, mi al-ma es tu a-lien-to di-vi-no,
2. luz y el ca-mi-no, con-du-cés a ti mi des-ti-no
3. si-ga tu e-jem-plo, brin-dan-do mi a-mor al her-ma-no,

al Estribillo

1. tu son-ri-sa en mis o-jos es-tá.
2. co-mo lle-vas los ri-os al mar.
3. cons-tru-yen-do un mun-do de paz.

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Gloria

Misa Sol de Justicia

Glo-ria a Dios en el cie-lo, y en la tie-rra
paz a los hom-bres que a-ma el Se-ñor.

Por tu inmensa gloria te alabamos, te bendecimos,
te adoramos, te glorificamos, te damos gracias,
Señor Dios, Rey Celestial,
Dios Padre todopoderoso.

Señor, Hijo único, Jesucristo;
Señor, Dios, Cordero de Dios, Hijo del Padre;
tú que quitas el pecado del mundo, ten piedad de nosotros;
tú que quitas el pecado del mundo, atiende nuestra súplica;
tú que estás sentado a la derecha del Padre,
ten piedad de nosotros;

Porque sólo tú eres Santo, sólo tú Señor,
solo tú Altísimo, Jesucristo,
con el Espíritu Santo en la gloria de Dios Padre. **R.**

Salmo Responsorial

Salmo 144 • Carlos Rosas

Ben-de-ci-ré tu nom-bre por siem-pre ja-más, Dios mí-o, mi
Rey. más, Dios mí-o, mi Rey. más, Dios mí-o, mi Rey.

2 a las Estrofas Final

1. El Señor es clemente y misericordioso, lento a la cólera y rico en piedad; el Señor es bueno con todos, es cariñoso con todas sus criaturas.
2. Que todas tus criaturas te den gracias, Señor, que te bendigan tus fieles; que proclamen la gloria de tu reinado, que hablen de tus hazañas.
3. Explicando tus hazañas a los hombres, la gloria y majestad de tu reinado. Tu reinado es un reinado perpetuo, tu gobierno va de edad en edad.
4. Te ensalzaré, Dios mío, mi Rey, bendeciré tu nombre por siempre jamás. Día tras día te bendeciré y alabaré tu nombre por siempre jamás.

Aclamación del Evangelio

Misa Sol de Justicia

A-le-lu-ya, a-le-lu-ya, a-le-lu-ya.

Te doy gracias, Padre, Señor del cielo y la tierra /
porque has revelado los misterios del Reino a la gente sencilla. **R.**

Preparación de las Ofrendas

Soy Feliz
Emilio Matéu

Estribillo

Te da-mos gra-cias por-que nos lla-mas, por-que nos tie-nes cer-ca de ti. Mi vi-da en-te-ra es to-da tu-ya. Yo na-da quie-ro. Ya soy fe-liz.

Estrofas

1. Mas yo, Se-ñor, sé com-pren-der que na-da
2. Has si-do Tú quien me bus-có. Vi-nis-te a
3. Quie-ro can-tar, quie-ro de-cir cuán-ta a-le-por-que nos
4. Gra-cias te da mi co-ra-zón

1. pue-do; que na-da soy. Pe-ro tu voz vie-ne has-ta
2. ver-me. Tu voz me ha-bló. Yo só-lo sé se-guir tu
3. gri-a na-ce de mí. Quie-ro ha-bi-tar den-tro de
4. ha-cies u-no en tu a-mor. To-do mi ser es pa-ra

al Estribillo

1. mí: "Na-da te in-quie-te. Con-ti-go es-toy".
2. voz. Tan só-lo a ti bus-co, Se-ñor.
3. ti. Siem-pre a tu la-do quie-ro vi-vir.
4. ti. Yo na-da quie-ro. Ya soy fe-liz.

Santo

Misa Sol de Justicia

Santo, Santo, Santo
es el Señor, Dios del universo.
Llenos están el cielo y la tierra de tu gloria.
Hosanna, hosanna, hosanna en el cielo.
Bendito el que viene en nombre del Señor,
Hosanna, hosanna, hosanna en el cielo.
Hosanna, hosanna, hosanna en el cielo.

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Aclamación Conmemorativa

Misa Sol de Justicia

Anunciamos tu muerte,
proclamamos tu resurrección.
Ven, Señor, oh ven, Señor.
Ven, Señor Jesús.

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Gran Amén

Misa Sol de Justicia

Amén, Amén, Amén.
Amén, Amén, Amén.

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Cordero de Dios

Misa Sol de Justicia

Cordero de Dios, que quitas el pecado del mundo,
ten piedad de nosotros, ten piedad de nosotros.

Cordero de Dios, que quitas el pecado del mundo,
ten piedad de nosotros, ten piedad de nosotros.

Cordero de Dios, que quitas el pecado del mundo,
danos la paz, danos la paz, danos, danos, danos la paz.

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Comunión

Cristo Que Se Da
Tony Rubi

1. Agobiado por el tiempo y la fatiga,
me senté bajo un árbol del camino,
imploré al Señor que me librara
de la carga y el yugo de la vida.
El Señor que sabía mi flaqueza
envió en mi auxilio su Palabra:
“El camino es largo, pero tienes mi alimento,
el que te hará capaz de continuar”.

Estrillo

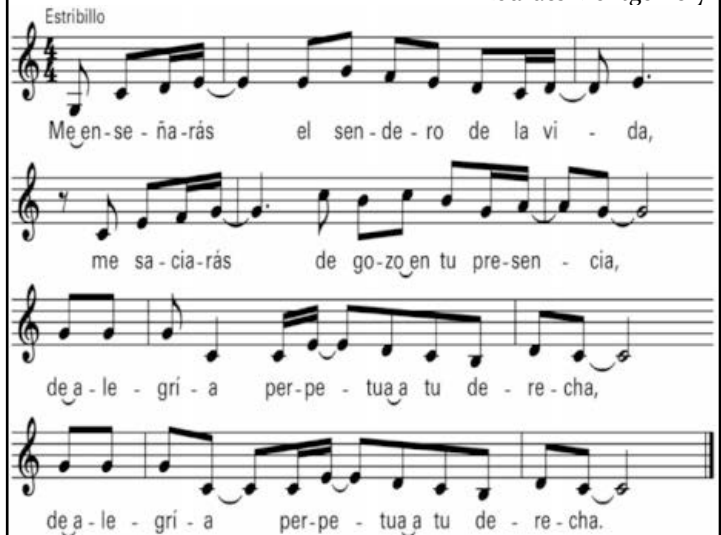
Cuerpo, que es tu Cuerpo,
Sangre, que es tu Sangre,
Vino y Pan de Vida,
Cristo que se da, que viene a caminar conmigo.

2. Abatido por ofensas y desprecios,
me detuve una tarde en el camino
y clamé al Señor que me vengara,
que cumpliera con su brazo mi justicia.
El Señor que perdona mis delitos,
ignoró mi insolencia cuando dijo:
“El camino es largo, pero tienes mi alimento,
el que te hará capaz de perdonar”.

Letra: Basada en 1 Reyes 19, 1-8. Letra y música © 1989, Tony Rubi y la Arquidiócesis de Miami. Derechos reservados. Administradora exclusiva: OCP.

El Sendero de la Vida Lourdes Montgomery

Estrillo



Me en-se-ña-rás el sen-de-ro de la vi-da,
me sa-cia-rás de go-zo en tu pre-sen-cia,
de a-le-grí-a per-pe-tua a tu de-re-cha,
de a-le-grí-a per-pe-tua a tu de-re-cha.

1. Protégeme, Dios mío, protégeme, Dios mío,
que me refugio en Ti.
Protégeme, Dios mío, protégeme, Dios mío,
sin Ti todo es mal.
2. Por eso se me alegra, alegra el corazón,
se gozan mis entrañas.
Yo descansaré, no me entregarás
a la muerte o corrupción.

Letra: Salmo 15 (16), 11. 1 y 2b. 9-10, © 1970, Conferencia Episcopal Española.
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Salida

Danos Un Corazón
Juan Espinosa

Estrillo



Da-nos un co-ra-zón gran-de pa-ra-mar.

1-3 a las Estrofas Final



Da-nos un co-ra-zón fuer-te pa-ra lu-char. char.

Estrofas



1. Pue-blos nue-vos, crea-do-res de la his-to-ria, cons-truc-to-res de
2. Pue-blos nue-vos, lu-chan-do en es-pe-ran-za, ca-mi-nan-tes, se-
3. Pue-blos nue-vos, a-man-dó sin fron-te-ras, por en-ci-ma de
1. nue-va hu-ma-ni-dad. Pue-blos nue-vos, que vi-ven la e-xis-
2. dien-tos de ver-dad. Pue-blos nue-vos, sin fre-nos ni ca-
3. ra-zas y lu-gar. Pue-blos nue-vos, al la-do de los
al Estrillo

1. ten-cia co-mo ries-go de un lar-go ca-mi-nar.
2. de-nas, pue-blos li-bres que e-xi-gen li-ber-tad.
3. po-bres, com-par-tien-do con e-llos te-cho y pan.



July 9, 2023

Written by
THE
FAITHFUL
DISCIPLE

Fourteenth Sunday in Ordinary Time

Zec 9:9-10 | Rom 8:9, 11-13 | Mt 11:25-30

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

What does a restful day look like to you? Maybe it's a lazy day poolside with a good book and a cold drink, or perhaps a dark room, cozy blanket, and a good movie. Lazy days like these are hard to come by; truly restful days in our busy world are even fewer and farther between. Although "taking a break" every once in a while from the cares of the world is certainly good for everyone, in today's Gospel Jesus is referring to true rest that only he can provide. Jesus asks us to take up his yoke and learn from him "and [we] will find rest for ourselves." Our burdens will be lighter because he shares them with us. Jesus says: "I am meek and humble of heart." Imagine the strength to be found in that meekness, that humility! We will know true rest when we surrender ourselves to Jesus and live in the freedom only he can provide.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

In order to find rest in the Lord, we must remember that "[we] are in the spirit, if only the Spirit of God dwells in [us]," as Saint Paul writes to the Romans. Therefore, Jesus is inviting us into union with him, as well as with the Father and the Holy Spirit. How do we yoke ourselves to Christ? By living out our baptismal promises, celebrating the sacraments, and through our lives of faith, we allow Jesus to work through us and lead the way. Let us make an effort this week to hand over our worries and anxieties to Jesus. And let us never forget that the Holy Spirit dwells within us.

PRAISE Share your worries and anxieties with Christ through prayer. Offer a prayer of thanksgiving and praise using today's psalm:

The Lord is faithful in all his words

and holy in all his works.

The Lord lifts up all who are falling

and raises up all who are bowed down.

I will praise your name for ever, my king and my God.

Oracion San Miguel

San Miguel Arcángel,
defiéndenos en la batalla.
Sé nuestro amparo contra la
perversidad y asechanzas del
demonio. Reprímale Dios,
pedimos suplicantes,
y tú Príncipe de la
Milicia Celestial,
con el divino poder de Dios,
arroja al infierno a Satanás
y a todos los espíritus malignos
que andan dispersos
por el mundo
para la perdición de las almas.
Amén.



Prayer to St. Michael

St. Michael the Archangel,
defend us in battle,
be our protection
against the wickedness and
snares of the devil.
May God
rebuke him we humbly pray;
and do thou, O Prince of the
Heavenly host,
by the power of God,
cast into hell Satan
and all the evil spirits
who prowl about the world seeking
the ruin of souls.
Amen

Prayer and Fasting – Part 5

We have looked at fasting practices in the early Church and the Old and New Testaments. Why should we take up the practice? Fr. Dwight Longenecker calls us humans “physical-spiritual hybrids.” As such, we must attend to our physical and spiritual well-being. Ideally, they should be aligned and in harmony. For simplicity, let us consider fasting from food. It is essential, however, to remember that fasting from food requires you to be physically well. Fasting should be done in a balanced, thoughtful way.

When we are physically satiated, our spiritual side can become dull. Fasting can make us more aware of the spiritual realm and sharpen our senses. By fasting, we discipline our physical appetites to concentrate on the spiritual realm. When we gain self-mastery with food, we also become more self-controlled in other areas of our life. It is hard to take fasting seriously and be enslaved to other addictions.

We can easily fall into turning our prayers into an “ATM” visit with God. He wants us to bring our needs and desires to him in prayer, but He wants much more than just that. If we fast, we will think about what we are fasting from. When combined with prayer, each time we think about the food or meal we are fasting from, we will be reminded of the spiritual side of what we are praying to God for. We can then offer our desire for what we are fasting for as a spiritual sacrifice. We also show God our willingness and commitment to forego physical pleasure for God or someone we pray for.

Oración y ayuno - Parte 5

Hemos examinado las prácticas de ayuno en la Iglesia primitiva y en el Antiguo y Nuevo Testamento. ¿Por qué debemos adoptar esta práctica? El P. Dwight Longenecker nos llama a los humanos “híbridos físico-espirituales”. Como tales, debemos atender a nuestro bienestar físico y espiritual. Lo ideal sería que estuvieran alineados y en armonía. Para simplificar, consideremos el ayuno de alimentos. Sin embargo, es esencial recordar que el ayuno de alimentos requiere estar físicamente bien. El ayuno debe realizarse de forma equilibrada y reflexiva.

Cuando estamos saciados físicamente, nuestro lado espiritual puede embotarse. El ayuno puede hacernos más conscientes del reino espiritual y agudizar nuestros sentidos. Al ayunar, disciplinamos nuestros apetitos físicos para concentrarnos en el reino espiritual. Cuando adquirimos autodominio con la comida, también nos volvemos más autocontrolados en otras áreas de nuestra vida. Es difícil tomarse en serio el ayuno y ser esclavo de otras adicciones.

Podemos caer fácilmente en convertir nuestras oraciones en una visita de “cajero automático” con Dios. Él quiere que le llevemos nuestras necesidades y deseos en oración, pero quiere mucho más que eso. Si ayunamos, pensaremos de qué estamos ayunando. Si lo combinamos con la oración, cada vez que pensemos en la comida o el alimento del que estamos ayunando, recordaremos el lado espiritual de aquello por lo que estamos rogando a Dios. Podemos entonces ofrecer nuestro deseo de aquello por lo que estamos ayunando como un sacrificio espiritual. También mostramos a Dios nuestra voluntad y compromiso de renunciar al placer físico por Dios o por alguien por quien rezamos.

Information/Información

St. Vincent de Paul for Friday's Food Pantry

For the weekend of July 16 please, bring dry beans. THANK YOU!

+++

Para el fin de semana del 16 de julio, por favor traigan frijoles secos. GRACIAS!

Did You Know?

IHM has a SPRED group, (ages 11 to 16). What is SPRED?

The SPecial Religious Education Department in the Diocese of Oakland provides ongoing faith formation for children, teens, and adults with intellectual and developmental disabilities.

Through participation in a SPRED community of faith our "friends" are better able to celebrate the sacraments and to enter into the worshipping experiences of the whole Church.

Look for brochures in the church and for more information please contact Linda Kortuem, Director of Faith Formation at 925-634-4154, ext. 117 or email her at Jolin1040@sbcglobal.net.



Registration for Teen Confirmation Registración para Confirmación de Adolescentes

Julie Figueroa, Director of Youth Ministry will be holding two (2) dates for Parent Orientation and registrations for the Confirmation/Teen Program. Both parent and student must attend one of these dates. They are:

Sunday, July 9 — Hall C - 10:30am to 12:00pm
Sunday, July 16 — Hall C - 2:00pm to 4:00pm

Julie Figueroa, Directora del Ministerio de Jovenes llevará a cabo dos (2) fechas para Orientación y registraciones para el program de Confirmación para adolescents. Padres y estudiantas tienen que venir en esas fechas. Esas fechas son:

Domingo, 9 de julio Salon C 10:30am a 12:00pm
Domingo, 16 de julio - Salon C - 2:00pm a 4:00pm

SCHEDULE OF SECOND COLLECTIONS

July 16 - Maintenance Fund

July 23 - Bishop's Appeal

+++

FECHAS DE SEGUNDAS COLECTAS

16 de julio - Fondo del Mantenimiento

23 de julio - Apelacion del Obispo

CONTRA COSTA FOOD BANK



The Contra Costa Food Bank Mobile Produce Distribution Program distributes FREE produce on the 2nd and 4th Tuesdays of each month in the IHM parking lot from 12:00 noon to 1:00pm to families in need.

This program is only for low-income families.

In person registrations for CCD ONLY Grades 1st to 8th students English and Spanish Families In Hall A and B

Sunday, July 23 - 10:00am to 2:00pm

Registraciones en persona solamente para CCD

Grados 1 al 8 — Estudiantes
Ingles y Espanol — familias
En Salones A y B

Domingo, 23 de julio - 10:00am a 2:00pm

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Menores de 11 años x _____ GRATIS
Clero/Religiosos/Seminaristas x _____ GRATIS

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Artículos Promocionales disponibles para registraciones recibidas después del 31 de Agosto 2023, incluyendo el día del evento

Favor de indicar Confirmación de Registración por: _____ Correo _____ Correo Electrónico _____ Llamada telefónica

Immaculate Heart of Mary Hospitality Ministry needs YOU!



We are opening up after a long break and things are happening here at IHM. We need a few good men and women to help in this very rewarding ministry. Help us welcome new members to our Parish and share with and serve all other parishioners at various events, held during the year. Share your time and talents to bring fellowship and community to all those who come to our Father's house.

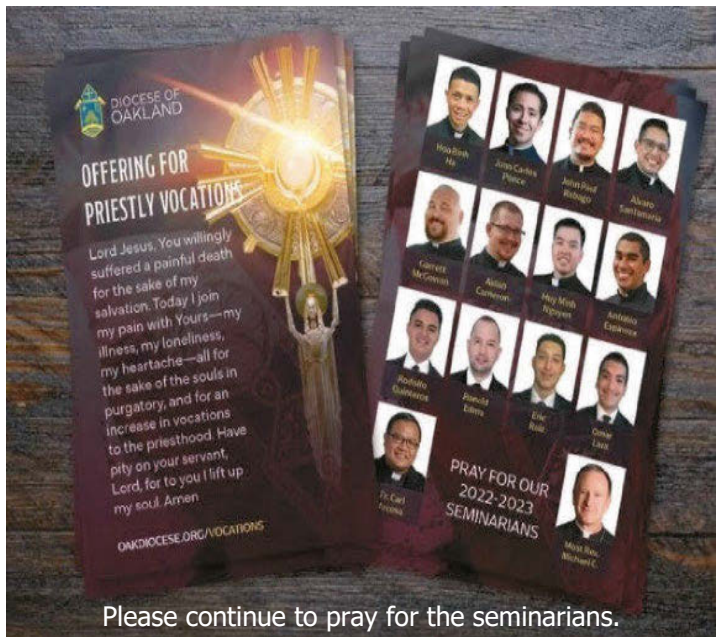
All are welcome. For more information or to join contact **Ann Galassi @ (925) 634-3242** or send her an email to: anngal1218@yahoo.com.

It's St. Vincent de Paul's Bundle Sunday again, July 22nd & July 23rd

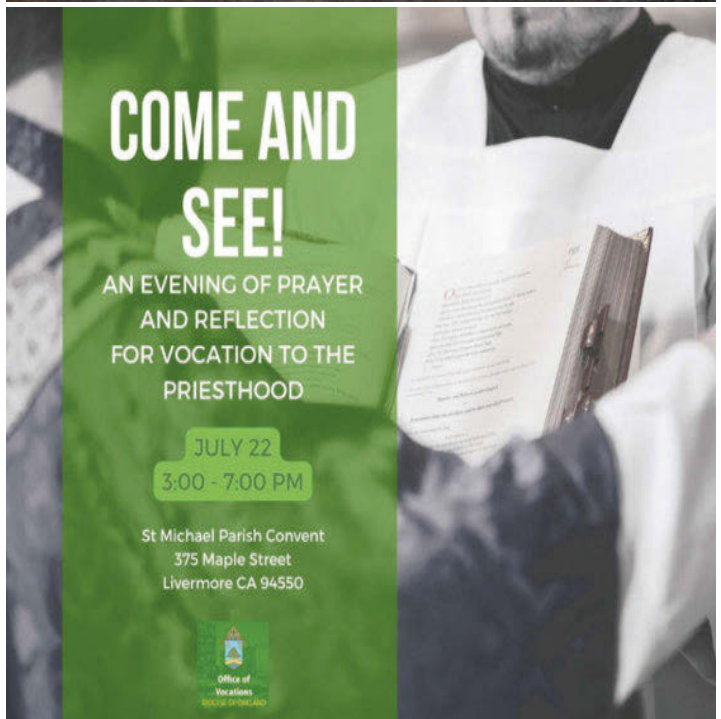
Yes, we really need your help to fill the St. Vincent de Paul truck. We can accept clothing, shoes, belts, housewares, kitchenware, small appliances (must work), dish sets, utensils, pots and pans, bakeware, DVD's, hand tools and bikes. We will be accepting these items on **Saturday and Sunday from 9:00 AM until 5:00 PM.** Help us fill the truck with those items listed above.

Please, we cannot accept electronics, toys, car seats or other child type furniture or pillows.

Many Thanks and Blessings to you all.



Please continue to pray for the seminarians.



Immaculate Heart of Mary
Children's Choir
Brentwood, CA

Come join the IHM Children's Choir for the upcoming season

The Fall 2023-Spring 2024 Season begins this end of August.

For more information:

For **English Children's Choir**, please contact Jerome Cuenco at jcuenco@ihmbrentwood.com or at 925-634-4154 x112

For **Spanish Children's Choir**, please contact Sr. Guadalupe Grande at 925-513-8154

Ministry Meetings/Reuniones de Ministerios

Confessions / Confesiones

Tuesday/Martes: 6:00 - 7:00PM
Saturday/Sabado: 3:30 - 4:30PM

Devotions/Devociones

Monday to Friday/Lunes a Viernes
7:30AM

Holy Rosary/Santo Rosario

+

Wednesday/Miércoles
8:30AM

Mother of Perpetual Help Novena Novena Madre del Perpetuo Socorro

+

Friday/Viernes
8:30AM

Divine Mercy Chaplet Novena Coronilla a la Divina Misericordia

Anointing of the Sick Unción de los Enfermos

Home Communion Comunión a los Enfermos

Contact a priest / llame a un sacerdote

+

Marriage/Matrimonios

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Baptism/Bautismos

634-4154

+

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placement date)

Send pictures to:
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To schedule use of facilities
Please submit request to:
ihmfacilitieschedule@ihmbrentwood.com

Weekly Calendar/Calendario Semanal

Sun. July 9th

10:30am	Confirmation-/Parent Mtg/ Orientation and Registration	Hall C
---------	---	--------

Mon. July 10th

8:00am	Vacation Bible School	Hall A/B/C
8:45am	Men's Fellowship	Library
5:00pm	Legion of Mary/Eng	Library
6:00pm	K of C Installation Mtg.	Hall B/C
6:00pm	Our Lady of Guadalupe Mtg.	Mark
6:00pm	Quinceañera Mtg. w/Fr. Candelario	Luke
7:00pm	Bible Study/Sp	Hall A
7:00pm	Escuela de la Cruz	John
7:00pm	Men of St. Joseph	Library

Tues. July 11th

8:00am	Vacation Bible School	Hall A/B/C
10:00am	IHM Crafters	Library
12:00pm	Food Bank	Parking Lot
6:00pm	Confessions	Church
6:00pm	Legion of Mary/Sp.	Chapel

Wed. July 12th

8:00am	Vacation Bible School	Hall A/B/C
10:00am	Widow/Widowers Mtg.	Veteran's Park
10:30 am	St. Vincent de Paul - Gen. Mtg.	Luke

Thurs. July 13th

8:00am	Vacation Bible School	Hall A/B/C
3:30pm	Ministry of Caring - Counseling	Library
7:00pm	RCIA	Mark
7:00pm	Discovering Christ	Library
7:00pm	Emmaus Men/Sp Mtg.	Luke
7:00pm	Emmaus Men/Eng. Retreat Form.	Matthew
7:00pm	Youth Group	Hall A/B/C

Fri. July 14th

8:30am	St. Vincent de Paul	Hall A/B/C
6:00pm	Emmaus Men/Eng. Monthly Mtg.	Matt
7:00pm	Divine Mercy/Sp. Cenacle	Luke

Sat. July 15th

3:30pm	Confessions	Church
6:00pm	Movimiento Familiar Cristiano - Graduation -	Hall A/B/C

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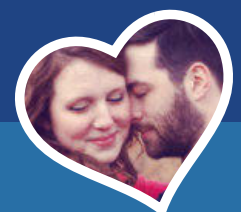
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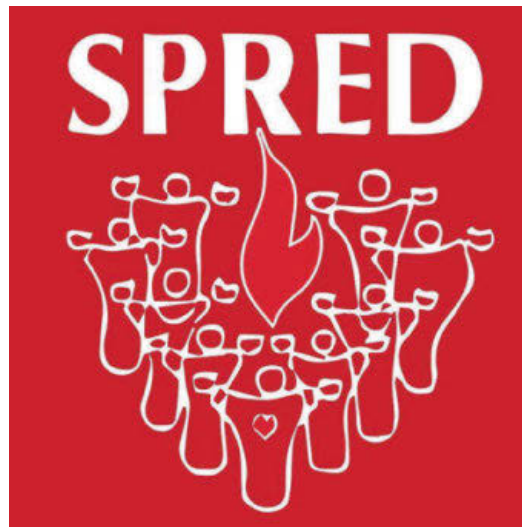
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