



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.*

FIFTEENTH SUNDAY IN ORDINARY TIME — JULY 16, 2023



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

+
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Jey Navat
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The Pastor's Page/Página del Pastor

Dear families of the Immaculate Heart of Mary,

Here in the middle of summer, many people grow vegetable and flower gardens, or appreciate the work of others by buying produce from roadside stands and farmer's markets. All our readings today embrace one of God's smallest but most common miracles as a metaphor: the seed and its cycle, and all that it stands for. Isaiah reminds us that just as God waters the earth and cares for it so that seeds may grow, so the Word of God will come and not return to God until it has borne fruit.

Psalm 65 describes the cycle of growth and personifies fields that "shout for joy." Romans has "creation groaning in labor pains" as it waits for its seed to come to fruition, redemption of the body. Similarly, Jesus teaches the crowds by using the parable of the sower and the seed.

Summer has been speeding by and in another couple of weeks school will start again. It seems that time goes by so quickly. Here at IHM we hope everyone is having a good summer and we look forward to another school year. Both Faith Formation for children and Confirmation for Teens have been accepting registrations. The registration for Confirmation/Teen must be attended by parent and student on July 16 from 2pm to 4pm and for children's Faith Formation you can register on our website until August 15 or in person on July 23 from 10am to 3pm and August 13 from 10am to 3pm.

Immaculate Heart of Mary, pray for us.
Fr. Quang

+++++

Queridas familias del Inmaculado Corazón de Maria,

Aquí, en pleno verano, mucha gente cultiva huertos y flores, o aprecia el trabajo de otros comprando productos en puestos de carretera y mercados de agricultores. Todas nuestras lecturas de hoy adoptan como metáfora uno de los milagros más pequeños, pero más comunes de Dios: la semilla y su ciclo, y todo lo que representa. Isaías nos recuerda que, al igual que Dios riega la tierra y la cuida para que las semillas crezcan, la Palabra de Dios vendrá y no volverá a Dios hasta que haya dado sus frutos.

El Salmo 65 describe el ciclo de crecimiento y personifica campos que "gritan de alegría". En Romanos, la "creación gime con dolores de parto" mientras espera que fructifique su semilla, la redención del cuerpo. Del mismo modo, Jesús enseña a las multitudes utilizando la parábola del sembrador y la semilla.

El verano ha pasado con mucha rapidez y dentro de unas semanas empezarán de nuevo las clases. Parece que el tiempo pasa muy rápido. Aquí en ICM esperamos que todos hayan tenido un buen verano y esperamos otro año escolar. Tanto la Formación de Fe para niños como la Confirmación para Adolescentes han estado aceptando inscripciones. La registración para la Confirmación/adolescentes debe ser atendida por los padres y estudiantes y para la Formación de fe, la registración de los niños se puede hacer por medio de nuestra pagina hasta el 15 de Agosto.

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 15th

8:00 am † Eusebia Abad de Ramirez
5:00 pm † Therese Gisele Mercier Brantome

Sunday July 16th

7:30 am IHM Parishioners
9:00 am Connie Simon - Birthday
10:45 am † Deysi Margarita Terriquez
12:30 pm † John Yuhas
2:00 pm † Ana Cecilia Martinez
5:00 pm † James Lobo

Monday July 17th

8:00 am Lucia Becerra - Health

Tuesday July 18th

8:00 am † Steven Witt

Wednesday July 19th

8:00 am † Marcelino Rosado, Jr.

Thursday July 20th

8:00 am † Beverly M. Casey

Friday July 21st

8:00 am † Maria Concepcion Alcantar Sanchez

Saturday July 22nd

8:00 am † Nadia Kohut

Hours of Adoration are on Thursdays from 8:30AM to 6:00PM. On Fridays, Adoration begins at 8:30am and continues until 7:30am on Saturday. Please pray for increased vocations.



Horas de Adoración son los jueves de 8:30AM a 6:00PM. Adoración los viernes empieza a las 8:30AM y continúa hasta el sábado a las 7:30AM. Por favor recen para que aumenten las vocaciones.

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, Brandon Diaz, Inga Stevie, Jorge Juarez II, Ana Laura Urrutia Prugua, Bertie McGraw, Cody James, Paul Dunavant, Dora Castillo, Dianne Davi, Rosauro Diaz, Chris Moller, Freddie 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 Becerra, Eduardo Camacho, Vern Rabbach, Frank Vargas..

READINGS FOR THE WEEK LECTURAS DE LA SEMANA

Monday:	389: Ex 1:8-14, 22 Mt 10:34—11:1	Ps 124:1-8
Tuesday:	390: Ex 2:1-15a 33-34	Ps 69:3, 14, 30-31, Mt 11:20-24
Wednesday:	391: Ex 3:1-6, 9-12 Mt 11:25-27	Ps 103:1-4, 6-7
Thursday:	392: Ex 3:13-20 24-27	Ps 105:1, 5, 8-9, Mt 11:28-30
Friday:	393: Ex 11:10—12:14 15-18	Ps 116:12-13, Mt 12:1-8
Saturday:	603: Sg 3:1-4a Jn 20:1-2, 11-18	Ps 63:2-6, 8-9
Sunday:	106: Wis 12:13, 16-19 15-16 Mt 13:24-30	Ps 86:5-6, 9-10, Rom 8:26-27

Entrance Hymn**Praise to You, O Christ, Our Savior**

Bernadette Farrell



Praise to you, O Christ, our Sav-ior, Word of the Fa-ther, call-ing us to life;



Son of God who leads us to free-dom: glo-ry to you, Lord Je-sus Christ!

Verses



1. You are the Word who calls us out of dark - ness;
2. You are the one whom proph-ets hoped and longed for;
3. You are the Word who calls us to be ser - vants;
4. You are the Word who binds us and u - nites us;



you are the Word who leads us in - to light;
 you are the one who speaks to us to - day;
 you are the Word whose on - ly law is love;
 you are the Word who calls us to be one;



you are the Word who brings us through the des - ert:
 you are the one who leads us to our fu - ture:
 you are the Word - made - flesh who lives a - mong us;
 you are the Word who teach - es us for - give - ness:



D.C.

glo - ry to you, Lord Je - sus Christ!

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 65 • Tony Alonso



The seed that falls on good ground will



yield a fruit - ful har - vest, will



yield a fruit - ful har - vest.

1. You visited the earth, gave it water; you fill it with riches.
God's ever-flowing river brims over to prepare the grain.
2. And thus you provide for the earth: you drench its furrows;
you level it, soften it with showers; you bless its growth.
3. You crown the year with your bounty, abundance flows;
in pastures of the desert it flows. The hills are girded with joy.
4. The meadows clothed with flocks, the valleys are with wheat.
They shout for joy; yes, they sing, yes, they sing!

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.

*The seed is the Word of God, Christ is the sower /
 all who come to him will have life forever R.*

Preparation of the Gifts**Seed, Scattered and Sown**

Dan Feiten

Seed, scattered and sown,
 wheat, gathered and grown.
 Bread, broken and shared as one, the Living Bread of God.
 Vine, fruit of the land,
 wine, work of our hands,
 One cup that is shared by all;
 the Living Cup, the Living Bread of God.

1. Is not the bread we break a sharing in our Lord?
Is not the cup we bless the blood of Christ outpoured?
2. The seed which falls on rock will wither and will die.
The seed within good ground will flower and have life.
3. As wheat upon the hills was gathered and was grown,
So may the church of God be gathered into one.

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

Many and Great
Ricky Manalo, CSP



1. Man-y and great are bear-ers of the Word: the Christ
2. Man-y and great are seeds up-on the field: the hand
3. Man-y and great are voic-es of de-spair: the rain
4. Man-y and great are peb-bles in the sand: the sun



1. speaks; the heart seeks. Gath-ered as one, we
2. sows; the seeds grow. Take now and eat the
3. falls; the voice calls. Take now and drink the
4. glows; the wind blows. Take now and spread the



1. lis-ten to the Word and share the meal of new birth.
2. cov-e-nant ful-filled, the bread of prom-ise and life.
3. wine of hope and care; our cup of bless-ing we share.
4. Word to ev-'ry land, the Word of good-ness and hope.



The wheat grows from spring-time to fall; the wine flows; in



Christ we re-call the shar-ing of our lives with one and all.

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Open My Eyes
Jesse Manibusan



1. O-pen my eyes, Lord. Help me to see your face.
2. O-pen my ears, Lord. Help me to hear your voice.
3. O-pen my heart, Lord. Help me to love like you.
4. I live with - in you. Deep in your heart, O Love.



1. O-pen my eyes, Lord. Help me to see.
2. O-pen my ears, Lord. Help me to hear.
3. O-pen my heart, Lord. Help me to love.
4. I live with - in you. Rest now in me.

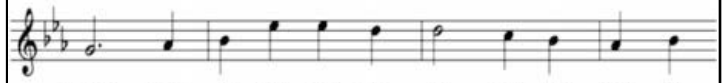
Text: Mark 8:22-25. Text and music © 1988, 1999, Jesse Manibusan.
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Recessional Hymn

The Church's One Foundation
AURELIA



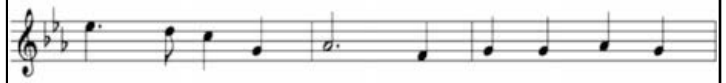
1. The Chur-ch's one foun-da-tion Is Je-sus Christ, her
2. E-lect from ev-'ry na-tion, Yet one o'er all the
3. Through toil and trib-u-la-tion And tu-mult of her
4. Yet she on earth has u-nion With God, the Three in



Lord; She is his new cre-a-tion By wa-ter
earth; Her char-ter of sal-va-tion: One Lord, one
war She waits the con-sum-ma-tion Of peace for -
One, And mys-tic sweet com-mun-ion With those whose



and the Word. From heav'n he came and sought her To
faith, one birth. One ho-ly name she bless-es, Par-
ev-er-more Till with the vi-sion glo-rious Her
rest is won. O bless-ed heav'n-ly cho-rus! Lord,



be his ho-ly bride; With his own blood he
takes one ho-ly food, And to one hope she
long-ing eyes are blessed, And the great Church vic-
save us by your grace That we, like saints be -



bought her, And for her life he died.
press-es With ev-'ry grace en-dued.
to-ri-ous Shall be the Church at rest.
fore us, May see you face to face.

Entrada

Por la Cruz a la Luz
Cesáreo Gabaráin

Estrofas



Estribillo



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Gloria

Misa Sol de Justicia



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 65 • Tony Alonso



Tú cuidas de la tierra, la riegas
y la enriqueces sin medida;
la acequia de Dios va llena de agua,
preparas los trigales. **R.**

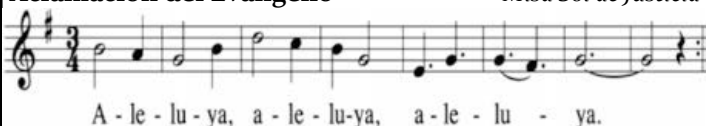
Coronas el año con tus bienes,
tus carriles rezuman abundancia;
rezuman los pastos del paramo,
y las colinas se orlan de alegría. **R.**

Riegas los surcos,
igualas los terrenos,
tu llovizna los deja mullidos,
bendices sus brotes. **R.**

Las praderas se cubren de rebaños,
y los valles se visten de mieses,
que aclaman y cantan. **R.**

Aclamación del Evangelio

Misa Sol de Justicia

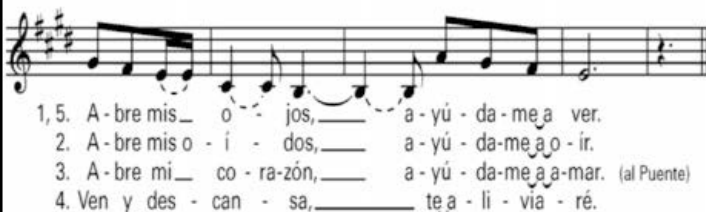


*Te doy gracias, Padre, Señor del cielo y de la tierra /
porque has revelado los misterios del Reino a la gente sencilla. **R.***



Preparación de las Ofrendas

Abre Mis Ojos
Jesse Manibusan



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

Una Espiga
Cesáreo Gabaráin



1. U - na es - pi - ga do - ra - da por el sol,
2. Co - mul - ga - mos la mis - ma co - mu - ni - ón.
3. Co - mo gra - nos que han he - cho el mis - mo pan,
4. En la me - sa de Dios sé sen - ta - rán.



1. el ra - ci - mo que cor - ta el vi - ña - dor, se con -
2. So - mos tri - go del mis - mo sem - bra - dor. Un mo -
3. co - mo no - tas que te - jen un can - tar, co - mo
4. Co - mo hi - jos su pan co - mul - ga - rán. U - na



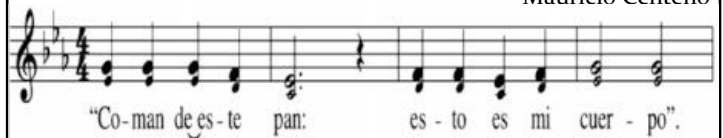
1. vier - ten a - ho - ra en pan y vi - no de a - mor en el
2. li - no, la vi - da, nos tri - tu - ra con dó - lor. Dios nos
3. go - tas de a - gua que se fun - den en el mar, los cris -
4. mis - ma es - pe - ran - za ca - mi - nan - do can - ta - rán. En la



1. cuer - po y la san - gre del Se - ñor.
2. ha - ce Eu - ca - ris - tí - a en el a - mor.
3. tia - nos un cuer - po for - ma - rán.
4. vi - da co - mo her - ma - nos se a - ma - rán.

La Cena del Señor

Mauricio Centeno



"Co - man de es - te pan: es - to es mi cuer - po".



"Be - ban de es - te vi - no: es - to es mi san - gre".

1. Y dando gracias a Dios,
compartió con sus discípulos:
"Coman de este pan;
beban de este vino".
2. En la Cena del Señor,
se confirma la alianza nueva,
derramada en favor de muchos,
para el perdón de los pecados.
3. Jesús les dijo a todos:
"No volveré a beber de este vino,
hasta el día en que beba con ustedes
el vino nuevo, en el Reino de mi Padre".

Letra: Basada en Mateo 26, 26-29 y Marcos 14, 23-24.
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Salida

Felicidad

Eduardo de Zayas, SJ



Fe - li - ci - dad de vi - vir en tu ca - sa y de a - la -



bar - te por to - da la vi - da. da.

1. Qué bueno es estar en tu casa, Aleluya
Padre mío y Dios mío. Aleluya
Cuánto anhela mi alma, Aleluya
y qué ardiente desea, Aleluya
habitar en tu templo. Aleluya
Todo me alegra en ti, Señor.
2. Su nido hallan todas las aves, Aleluya
donde poner polluelos, Aleluya
también las golondrinas, Aleluya
yo encontré en tus altares, Aleluya
el lugar de mi dicha. Aleluya
Yo te he encontrado a ti, mi Dios.
3. Dichoso el hombre que en ti pone, Aleluya
toda su fortaleza, Aleluya
y que con pasión quiere, Aleluya
caminar por sendas, Aleluya
yendo por los desiertos, Aleluya
lluvias y fresco siempre hallará.

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July 16, 2023

Fifteenth Sunday in Ordinary Time

Is 55:10-11 | Rom 8:18-23 | Mt 13:1-23

Written by
THE
FAITHFUL
DISCIPLE

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

At Mass with my family recently, my five-year-old daughter caught the last four words of the mystery of faith as if she was hearing them for the first time. She was bursting with excitement as we finished saying, "We proclaim your death, O Lord, and profess your resurrection, until you come again." She turned to me and said, "Mom! We said, 'until you come again.' Does that mean Jesus is coming back? He's coming HERE?" What a lovely, emotion-filled response to learning that truth. She has heard those words countless times, but this time she heard the truth behind them. Her soul has been made for relationship with God from her time in the womb. The Holy Spirit has been preparing her to receive those words when she was ready to hear them in their fullness, and as the responsorial psalm proclaimed: "The seed that falls on good ground will yield a fruitful harvest." For those in the young, challenging years when it may seem easier to leave the little ones at home rather than take them to Mass, let's remember what we are told in the first reading from Isaiah. "Thus says the Lord: ... my word shall not return to me void, but shall do my will, achieving the end for which I sent it."

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

How often do you find yourself listening to a friend or family member not to really hear what they are saying, but to plan your response? Do we do that while we pray as well? Sometimes I catch myself praying with an inner monologue behind it, deciding how I want that prayer to be answered. Now all of this may not be exactly what Jesus meant when he said, "This is why I speak to them in parables, because *they look but do not see and hear but do not listen or understand*," but it is worth exploring. When we are so anxious to get our words in – either to another person, or to God, we're not really being the rich soil that the other's words deserve. We're not even the rocky ground or the thorny path of which the Lord speaks; we're more like a giant rubber wall off of which the words bounce! Let's take some time to consider how our practice of listening and receiving others, including the Lord, is preparing us (or not) for the return of Jesus. And if there is room to improve, now is a good time to do it.

PRAY *Lord, Jesus Christ, prepare my heart and my soul so that your words and your desires for my life will not fall on rocky soil. Give me the strength to be a Godly sower to all I encounter, especially my family, so your glory will be revealed. Amen.*

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 – Conclusion

So far, we have been looking closely at the fasting part of this series on prayer and fasting. It is important to remember that fasting without prayer is dieting. While dieting may benefit physical health and well-being, it does not help us spiritually. Prayer needs to be a companion to fasting.

Fasting can be from food. You can choose to fast from a specific food or type, desserts for example, or from meals, lunch, perhaps. There are many directions you can go. If you dislike vegetables, then fasting from them is not very beneficial!

You can fast from television, entertainment, and social media. You can spend that freed-up time reading or studying Scripture, saints, or other faith-related topics. There is an abundance of resources available online to help.

You can pray and fast for any number of reasons. For a loved one who is sick and suffering, for the homeless, for the conversion of sinners. You can pray and fast for vocations to the priesthood and religious life. You can pray and fast for the youth of our parish in faith formation, especially the teens in Confirmation.

Oración y Ayuno - Conclusión

Hasta ahora, hemos examinado detenidamente la parte del ayuno de esta serie sobre la oración y el ayuno. Es importante recordar que ayunar sin orar es como hacer dieta. Aunque hacer dieta puede beneficiar la salud física y el bienestar, no nos ayuda espiritualmente. La oración debe acompañar al ayuno.

El ayuno puede ser de alimentos. Puede elegir ayunar de un alimento o tipo de alimento específico, postres por ejemplo, o de comidas, el almuerzo, tal vez. Hay muchas posibilidades. Si no le gustan las verduras, ayunar de ellas no es muy beneficioso.

Puedes ayunar de la televisión, el entretenimiento y las redes sociales. Puede dedicar ese tiempo libre a leer o estudiar las Escrituras, los santos u otros temas relacionados con la fe. Hay una gran cantidad de recursos disponibles en el Internet para ayudarte.

Puedes rezar y ayunar por muchas razones. Por un ser querido que está enfermo y sufre, por los sin techo, por la conversión de los pecadores. Puedes rezar y ayunar por las vocaciones al sacerdocio y a la vida religiosa. Puedes rezar y ayunar por los jóvenes de nuestra parroquia en la Formación de Fe, especialmente los adolescentes en la Confirmación.



Dear Immaculate Heart of Mary Parish Community,

I can't believe two years have already passed since I was ordained to the priesthood at the end of my diaconate year here at IHM in May 2021, where I had the blessing of celebrating my first Masses.

After my priestly ordination I was assigned to the beautiful St. Isidore Parish in Danville, CA! And now, I have been reassigned to the parish community of the Immaculate Heart of Mary in Brentwood, CA, effective as of July 1, 2023. I feel that I just came back home!

I would like to share with you about my vocation journey to the priesthood. I was born and raised in Jalisco, Mexico in 1982. Growing up, I attended Sunday Masses with my family in my small hometown, and at the age of 7 I started serving as an altar boy.

Since then, I wanted to become a priest. In 2009, I began my priestly formation at "Seminario de Señor San Jose", in the Archdioceses of Guadalajara, Jalisco. The love and support of my family has always been a great motivation for me. Most of my family had immigrated to the US before 2000. And after nine years of priestly formation there in Guadalajara, and before my diaconate ordination I was invited to join the diocese of Oakland.

In 2018 I transferred and concluded my priestly formation at St Patrick's Seminary & University in Menlo Park, CA., where I graduated in 2020.

The love for my priestly vocation in these two first years have helped me persevere in God's service which is founded in my devotion to the Most Holy Eucharist and the Liturgy that manifest my love for the authentic Teaching of our Catholic Faith.

With great humility, I have been praying this prayer since my seminary years, and I prayed now for you as I begin with you my new assignment: "Lord I will go where You go, and I will go where You send me. I will serve with all my heart the community that You assign me, because You ask it of me; and if anything, good comes from me, it is only possible Lord, because You are with me. You, Divine Master, know how to work with imperfect instruments, and it is only because of You that any good work is possible. Thank You, Lord, for being with me. Amen."

I look forward to getting to know you all as I begin my new assignment here at IHM. Please, continue to pray for me, as I now entrust you all and my new assignment to the Immaculate Heart of the Mother of our Redeemer.

Fr. Candelario Jiménez

Querida Comunidad Parroquial del Inmaculado Corazón de María,

No puedo creer que ya hayan pasado dos años desde que fui ordenado sacerdote al final de mi año de diaconal aquí en IHM en mayo de 2021, donde tuve la bendición de celebrar mis primeras misas con ustedes.

¡Después de mi ordenación sacerdotal, como ustedes saben, fui asignado a la hermosa Parroquia de San Isidro en Danville, CA! Y ahora, he sido reasignado a la comunidad parroquial del Inmaculado Corazón de María en Brentwood, CA, a partir del 1 de julio de 2023. ¡Siento que he regresado a casa!

Me gustaría compartir con ustedes mi camino vocacional al sacerdocio. Nací y crecí en Jalisco, México en 1982. Mientras crecía, asistía a las misas dominicales con mi familia en mi pequeño pueblo natal, y a la edad de 7 años comencé a servir como monaguillo.

Desde entonces, quise ser sacerdote. En 2009, inicié mi formación sacerdotal en el "Seminario de Señor San José", en la Arquidiócesis de Guadalajara, Jalisco. El amor y apoyo de mi familia siempre ha sido una gran motivación para mí. La mayor parte de mi familia había emigrado a los Estados Unidos antes del año 2000. Y después de nueve años de formación sacerdotal allá en Guadalajara, y antes de mi ordenación diaconal fui invitado a unirme a la diócesis de Oakland.

En 2018 me trasladé y concluí mi formación sacerdotal en el Seminario y Universidad de San Patricio, en Menlo Park, CA., donde me gradué en 2020.

El amor por mi vocación sacerdotal en estos dos primeros años me ha ayudado a perseverar en el servicio de Dios, fundado en mi devoción a la Santísima Eucaristía y a la Liturgia, manifestación del celo por la auténtica Enseñanza de nuestra Fe Católica.

Con gran humildad, he rezado esta oración desde mis años de seminarista, y la rezo ahora por ustedes al comenzar mi nueva misión: "Señor, iré adonde Tú vayas, e iré adonde Tú me envíes. Serviré con todo mi corazón a la comunidad que Tú me asignes, porque Tú me lo pides; y si algo, bueno sale de mí, sólo es posible Señor, porque Tú estás conmigo. Tú, Divino Maestro, sabes trabajar con instrumentos imperfectos, y sólo por Ti es posible cualquier obra buena. Gracias, Señor, por estar conmigo. Amén".

Espero conocerlos a todos al comenzar mi nueva encomienda aquí en IHM. Por favor, continúen orando por mí, que yo ahora los estaré encomiendo a todos ustedes, y mi nueva misión al Inmaculado Corazón de la Madre de nuestro Redentor.

P. Candelario Jiménez



Vatican grants plenary indulgence for World Grandparents Day

In a move to foster devotion among the faithful, the Apostolic Penitentiary has granted a request from Cardinal Kevin Joseph Farrell, Prefect of the Dicastery for the Laity, Family, and Life.

The Cardinal requested that a Plenary Indulgence be granted to Catholics taking part in the upcoming Third World Day for Grandparents and the Elderly, which was instituted by Pope Francis.

The World Day will be celebrated on 23 July 2023 under the theme “His mercy is from age to age” (Lk 1:50).

Conditions for plenary indulgence:

In a decree issued by the Apostolic Penitentiary and approved by Pope Francis, the plenary indulgence will be granted to grandparents, the elderly, and all faithful who participate in the solemn celebration presided over by the Pope in St. Peter’s Basilica, as well as to all those who attend Mass in various parts of the world.

The indulgence is subject to the usual conditions of sacramental Confession, reception of the Eucharist, and prayer for the intentions of the Holy Father.

A plenary indulgence offers remission of the temporal punishment due to sins already forgiven, which can be applied to oneself or to the souls in Purgatory.

The Apostolic Penitentiary extends the same Plenary Indulgence to those who dedicate significant time to visit—either in-person or by virtual means of communication—their elderly brothers and sisters who are in need or facing difficulties, such as the sick, abandoned, and those with disabilities.

For people who are unable to leave their homes due to serious reasons, spiritual participation in Mass celebrated for the World Day through prayer, offering their sufferings, and joining in the broadcasts of the Pope’s various celebrations will also grant them the opportunity to obtain a plenary indulgence.

However, the indulgence requires that the faithful maintain detachment from sin and intend to fulfill the three usual conditions as soon as possible.

Source of wisdom and experience:

In the decree, the Apostolic Penitentiary urges priests authorized to hear confessions to make themselves available with a generous spirit for the celebration of the Sacrament of Penance.

The decree grants the indulgence only for the Third World Day for Grandparents and the Elderly.

The Apostolic Penitentiary's announcement offers the faithful an opportunity to deepen their spiritual lives, express charity towards the elderly, and seek God's mercy in a special way.

The Third World Day for Grandparents and the Elderly serves as a reminder of the invaluable wisdom, experience, and love that older generations offer to society and the Church.

Information/Información

St. Vincent de Paul for Friday's Food Pantry

For the weekend of July 23, please bring peanut butter and jelly. THANK YOU!
+++

Para el fin de semana del 23 de julio, por favor traigan crema de mani con mermelada.
GRACIAS!



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
Sunday, August 13 10:00am to 3:00pm

Registraciones en persona solamente para CCD Grados 1 al 8 — Estudiantes Ingles y Espanol familias en Salones A y B

Domingo, 23 de julio de 10:00am a 2:00pm
Domingo, 13 de Agosto de 10:00am a 3:00pm

Confirmation Teen and Parent Both need to attend for Registration

Sunday, July 16 2:00pm to 4:00pm
Domingo, 16 de julio de 2:00pm a 4:00pm

SCHEDULE OF SECOND COLLECTIONS

July 23 - Bishop's Appeal
July 30 - St. Vincent de Paul

+++

FECHAS DE SEGUNDAS COLECTAS

23 de julio - Apelación del Obispo
30 de julio - San Vicente de Paul

Please Note:

The second collection for August 6, will be for the Mission Co-op and the collection for the Facility Improvement has been moved to August 13. This change is due to the visiting Mission Co-Op priest.

Favor de Notar el cambio:

La segunda colecciona del 6 de Agosto sera para la Cooperativa de la Mision y la colecta para el Fondo del Mejoramiento de las Instalaciones ha sido movida para el 13 de Agosto. Estos cambios fueron hechos porque un sacerdote de la Cooperativa de la Mision visitara a ICM en esa fecha.



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.

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+ 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

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Weekly Calendar/Calendario Semanal

Sun. July 16th

2:00pm	Confirmation/Teen parent meeting and Registration	Hall C
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Mon. July 17th

8:45am	Men's Fellowship	Library
5:00pm	Legion of Mary/Eng	Library
7:00pm	Spanish - Pre-baptismal Class	Hall C
7:00pm	Escuela de la Cruz	
John		
7:00pm	Men of St. Joseph	Library
7:00pm	ICF Officers' meeting	Mark

Tues. July 18th

10:00am	IHM Crafters	Library
6:00pm	Confessions	Church
6:00pm	Legion of Mary/Sp.	Chapel

Wed. July 19th

10:00am	Widow/Widowers Mtg	Veteran's Park
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Thurs. July 20th

3:30pm	Ministry of Caring - Counseling	Library
7:00pm	RCIA	Mark
7:00pm	Discovering Christ	Library
7:00pm	Emmaus Men/Eng Retreat Formation	Hall A

Fri. July 21st

8:30am	St. Vincent de Paul	Hall A/B/C
5:30pm	CDA Meeting	Mark
7:00pm	Emmaus Women/Eng. Retreat Formation	Mark
7:00pm	Divine Mercy/Sp Cenacle	Luke

Sat. July 22nd

8:00am	Catechist Retreat	Hall A/B/C
3:30pm	Confessions	Church

Bundle Weekend - SVDP

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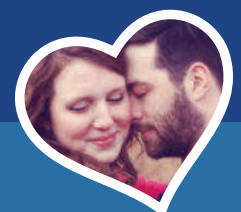
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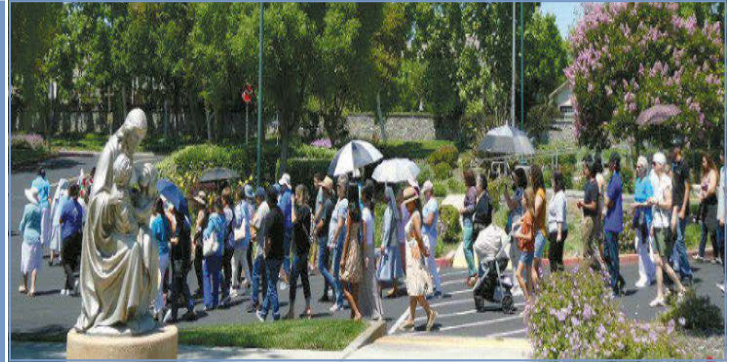


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