

† **MASS INTENTIONS** †
 Week of **July 5, 2010 — July 11, 2010**

- Monday July 5, 2010**
 8:30 A.M. Misa Sati'u †
 Reparation to the Sacred Heart of Jesus (S.I.)
- Tuesday July 6, 2010**
 8:30 A.M. Mabel Sobrero †
- Wednesday July 7, 2010**
 8:30 A.M. Irvin & Mary Bettencourt †
 William Hunt (S.I.) Birthday
- Thursday July 8, 2010**
 8:30 A.M. Manuel & Mary Fernandes †
 Leonardo Custodio †
- Friday July 9, 2010**
 8:30 A.M. Lorraine Pires (S.I.)
 Sr. Anne Lucey †
- Saturday July 10, 2010**
 8:30 A.M. Marian Taylor †
 St. Vincent de Paul- Deceased Members †
 4:30 P.M. Margarete Anselmo †
 Delphine & John Pacheco †
 6:30 P.M. Community of St. John (S.I.)
- Sunday July 11, 2010**
 7:30 A.M. Our Lady of Perpetual Help (S.I.) Thanksgiving
 Frank Binotto
 9:30 A.M. Adam Quinta †
 Richard Figueroa †
 11:30 A.M. Arnel Tan †
 Aurea Salta (S.I.) Birthday
 2:00 P.M. Justo Fuentes †

SAINTS AND SPECIAL OBSERVANCES

- Sunday: Fourteenth Sunday in Ordinary Time;
 Independence Day
- Monday: St. Anthony Mary Zaccaria
- Tuesday: St. Maria Goretti
- Friday: St. Augustine Zhao Rong and
 His Companions
- Saturday: Blessed Virgin Mary



EVERY FRIDAY from 9:30 A.M to 10:00 A.M. is Divine Mercy with Adoration of the Blessed Sacrament.

EVERY FIRST FRIDAY of each month all are welcome to come visit the Blessed Sacrament from 9:30 A.M. to 12:00 P.M. Holy Hour is 6:30 to 7:30 P.M. (Spanish)

June 26TH – June 27TH, 2010

STEWARDSHIP OF OUR TREASURE

GOAL \$10,000.00 PER WEEK

Sunday Collection.....\$ 8,326.16

Maintenance Fund.....\$ 161.00

Bishop's Appeal Goal\$ 23,660.00

Amount Collected for Bishop's Appeal ...\$ 15,168.13

Thank you for your generosity

Gracias por su generosidad.

Your donations make our ministries possible

REMEMBER THE SICK

Denise Hurd, Helen Vigil, Vickie (Vicenta) Piojo, Michael Wharton, Frank Claven, Lora Rapini, Juanita Estrellas, Millie Falasca, A. J. Tammen, Sue Duncan, Barbara Bouchard, Bill Michaels, Jim Daniels, Sumiko E. Behan, Mary Ruybal, John Olsen, Clarice Ryan, Alena Rosenecea, Maureen Marks, Maria & Ana Vieira, Lupe Macias, Peter Cruz, Rose Mitchell, Denise Schade, Rose Deluho, Cheryle Rutherford, Arnold Perry, Zita Goncales, Prestoza Bernarda, Marie Gross, Kim Dunlop, Edie Fagundes, Rita Stich, Ann Almeida, Georgina Ozuma, Dan Arritola, Luci Subica, Kathy (Gerecke) Knutson, Rosario Orantes, Jim Skoonberg, Heather Nellis, Mary Moberg, Gerry Laughery, Barbara Roe

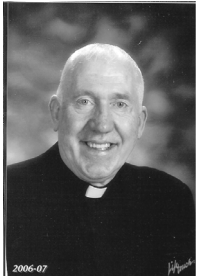
All names on the prayer list will be removed at the end of each month. If you want a name to remain on the list, please notify the office.

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

- Monday/Lunes: Hos 2:16, 17b-18, 21-22; Mt 9:18-26
- Tuesday/Martes: Hos 8:4-7, 11-13; Mt 9:32-38
- Wednesday/Miércoles: Hos 10:1-3, 7-8, 12; Mt 10:1-7
- Thursday/Jueves: Hos 11:1-4, 8c-9; Mt 10:7-15
- Friday/Viernes: Hos 14:2-10; Mt 10:16-23
- Saturday/Sábado: Is 6:1-8; Mt 10:24-33
- Sunday/Domingo: Dt 30:10-14; Ps 69 *or* Ps 19;
 Col 1:15-20; Lk 10:25-37



The parish office will be closed Monday, July 5th, in observance of the July 4th holiday.



From the Desk of the Pastor

Dear Friends,

I'd like to share with you Bishop Cordileone's *instructions on receiving Holy Communion properly*:

All Catholics, before receiving Communion, are to be free from serious sin and fast from all food and drink (except water and necessary medicine) for one hour before receiving (Catechism of the Catholic Church, n. 1385; Code of Canon Law, canons 916 and 919).

The proper posture for receiving Communion is standing. This is to show the respect that is due the Most Blessed Sacrament (in our culture, standing up shows respect to someone of importance who enters the room); the bow before receiving Communion signifies the humility with which we must approach the Sacrament. The deeper meaning of this posture, though, is that the position of standing is symbolic of the Resurrection, and so – as is done in the Eastern Rites of the Church – we assume this position when we receive the Sacrament of our salvation. Receiving Communion kneeling, or genuflecting before receiving, while often motivated by the praiseworthy desire to show greater respect to the Most Blessed Sacrament, is not proper according to the liturgical norms. It can also create practical difficulties, such as people inadvertently tripping over the person in front of them in line. It should also be remembered that the greatest respect we can show is to always ensure that when we receive Communion, we do so worthily.

When Receiving Communion on the Tongue:

Hold your hands in front of you in a gesture of prayer, and when you approach the minister of Communion, bow, and then say “Amen” after the minister says, “The Body of Christ.” After the minister places the Host into your mouth, return to your place in the pew (or approach the Communion station for the Blood of Christ, as the case may be).

When Receiving Communion in the Hand:

When you approach the minister of Communion, hold one hand on top of the other and extend your hands flat, like an altar top. (This follows the counsel of St. Cyril of Jerusalem, who instructed the faithful: “make a throne of your hands in which to receive the King [in Holy Communion].” He also urged them to exercise great care for any fragments which might remain in one's hand.) Bow, and then say “Amen” after the minister says, “The Body of Christ,” and places the host in your hand. Step to the side, reverently place the Host into your mouth with the other hand, taking the Host from the hand that it rests upon. Take care to consume any particles which may remain in your hand and return to your place in the pew (or approach the Communion station for the Blood of Christ, as the case may be). Note: if one of your hands is impeded such that you cannot receive Communion in this way, you should receive on the tongue.

When Receiving Communion from the Cup:

Approach the minister of Communion, bow, and then say “Amen” after the minister says, “The Blood of Christ.” Take the cup with your hands and reverently place it to your lips to take a sip of the Blood of Christ. Hand the cup back to the minister, and return to your place in the pew.

Blessings of Peace,
Fr. Mike

ALOHA!

St. Gerard Women's Club invites all to our annual luau on Saturday, July 17th. Please join us for fun and authentic Hawaiian food and entertainment. Donation is \$25.00 each.

Tickets will be sold after Masses. For tickets/information, please call Helen at 278-6494, Pat at 278-4161, or Cheryl at 278-2906.

**BAPTISM - BAUTISMOS**

St. John the Baptist welcomes:

*Gabriela Jasmin Dueñas
Isabella Anali Raygoza
Michael Joseph Sacramento
Jasmine Rae Moniz
Anabelle Marie Aguilar*

**ST. VINCENT DE PAUL OF
ALAMEDA COUNTY *Guest Chef Series***

You're invited to the St. Vincent de Paul Alameda County Guest Chef Series featuring The Grand Tavern Executive Chef Key Eskind and the 2010 Kitchen of Champions students on Wednesday, July 21st.

Tickets are \$72.00 per person, two people for \$125.00, or eight people (one table) for \$475.00.

Location: Society of St. Vincent de Paul of Alameda County-Free Dining Room, 675-23rd Street, Oakland, CA. 94612.

Please RSVP to (510)636-4261.

All proceeds are directed to the Kitchen of Champions Culinary Program.

LABORERS FOR THE HARVEST -Today's Gospel tells the story of the sending out of the seventy-two, some of the first disciples in the burgeoning church. They must have been full of idealism and excitement as they went from town to town healing the sick and expelling demons. Today, the Fourth of July, we remember those who founded our country and can also imagine their excitement and idealism as they worked in this newly established country. Our Church, now over two thousand years old, is still in need of men filled with idealism and excitement who are willing to answer the call to the ordained priesthood. Today is a day to pray for vocations to the priesthood; as the Lord tells his disciples, "[A]sk the master of the harvest to send out laborers for his harvest" (Luke 10:2).

**OAKLAND SEMINARIAN
USED CAR REQUEST**

Happily, the number of seminarians for the Diocese of Oakland has grown significantly in recent times. We now have 25 seminarians and 6 new applicants to join us this Fall. The Diocese of Oakland Vocations Office is seeking the donation of a used automobile for seminarian use. The automobile should be in good working condition and fairly economical to operate. A receipt for the value of the vehicle will be provided as a tax deduction. Please contact the Vocations Office at 510/267-8356 or email us at rkrausnick@oakdiocese.org. If you have a qualifying used vehicle, please contact us about donating it for this worthy cause.

Thank you

LIFE SUPPORT NEEDED

Birthright of San Lorenzo needs funds to help them to continue serving women in a crisis pregnancy by offering an alternative to abortion. Birthright has served women in crisis since 1996. Hundreds of mothers and babies have been helped. We need volunteers and funds to keep our doors open to continue to guide young women in finding workable solutions, so that they can give birth to their babies and face the future with dignity and hope.

For more information contact:

Rosanne Maki, Director,
Birthright of San Lorenzo
1048 Grant Avenue
San Lorenzo, CA 94580
(510)481-9677 or **HOTLINE (800)550-4900**

**A PRAYER FOR THE GULF OF MEXICO****OCEAN LAMENT**

By Teresa Berger

We hold in prayer and lament this day the terrible suffering of all life-forms in the Gulf of Mexico. We grieve the profound marring of your creation, and the threat to coastal ways of life.

Have mercy, O God, have mercy.

Grant wisdom and perseverance to all who struggle to contain this disaster. Let those who lost their lives rest in peace.

And send out your Holy Spirit, to create anew the face of this earth.

MARYKNOLL MOVIE NIGHT

There will be no movie shown on July 5th as we all celebrate our independence.

August 2nd at 6:30 in the Meeting room Maryknoll will show "Throw Down Your Heart"

Béla Fleck has spent most of his career moving the banjo into the future--i.e., away from what he calls "the white southern stereotype" and, with the help of his band the Flecktones, into genres not normally associated with the instrument--but with *Throw Down Your Heart*, he goes in the opposite direction, traveling to Africa to explore the banjo's ancient roots. Joined by documentary filmmaker Sascha Paladino, Fleck journeys to Uganda, Tanzania, Gambia, and Mali, where he jams with (and records) a variety of musicians (most of whom, ironically, have never so much as seen a banjo before), and the results are consistently lilting and joyous. In the Ugandan village of Nakisenyi, Fleck accompanies several locals playing a gigantic marimba as others sing, clap, and play wood blocks. In a small Tanzanian town, he sits in with some folks playing the kalimba, or thumb piano, while in Dar es Salaam, that country's largest city, he guests with an electric band with a kind of Afro-Cuban sound. In Gambia he jams with a fellow who plays a long-necked, three-stringed instrument called the *akonting*, a distant relative of the banjo, and in Mali he meets singer Oumou Sangare, one of the country's biggest stars. Fleck is appropriately deferential in all instances, and the interaction between the musicians is natural and intuitive; the Africans may be blown away by his virtuoso technique, but they are no slouches themselves, so these are meetings between equals. There are occasional glances at other aspects of African culture and history (such as the Tanzanian slave trade), but the music's the thing, and if the main program doesn't satisfy one's hunger for these wonderfully infectious sounds, an hour of bonus scenes and performances surely will. Fleck and Paladino also contribute an audio commentary track. --*Sam Graham*

"IN THE BEGINNING..."

AN INTRODUCTION TO THE OLD TESTAMENT

Why should we learn about the Old Testament? Because it was Jesus' Bible and he quoted from it regularly. Join us for an introduction to the first five books of the Bible that often seem so remote and confusing to us now, 3,000 years later. It will be taught by Ann Naffziger, the former Director of Religious Education at St. John's on Wednesday mornings from 10:00-11:30 a.m. and Thursday evenings from 7:00-8:30 pm from July 7th-August 5th at St. Joseph's in Alameda. The content will be the same in the morning and evening so you can choose which is most convenient for you. A free will offering will be accepted. For more information or to register, contact Anne Marie Fourre at 995-9409 or afourre@st-joseph-community.org



St. John's Religious Education Philosophy and Goals

Together we seek to help all of Saint John Parish to grow in faith, and understanding of Catholic Tradition and to experience unity in Christ and the gifts of the Holy Spirit.

Our goal is to empower all to live as disciples of Jesus Christ with responsible participation in the life, mission, and work of the Catholic Faith community.

VACATION SUNDAYS

www.masstimes.org

Vacations are times when we can relax and reflect and enter into a new kind of pace that will help us see our lives in a different way. Jesus says: "Come to me, all you who are weary and find life burdensome, and I will refresh you." Vacation time, wherever it is taken, can and should be a time to be RE-CREATED. We certainly see it as a time to be renewed physically ... how about spiritually? Perhaps we could make a special effort to welcome those people who are in our midst as vacationers, visitors, or tourists. And, if you're planning to be away, check with www.masstimes.org to locate the nearest Sunday Mass near your vacation spot. The lazy, hazy days of summer can be a time to experience the touch of the Lord in a unique kind of way.

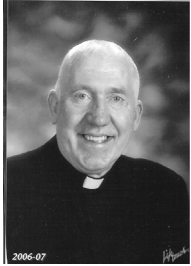
ADULTS BECOMING CATHOLIC

INTERESTED IN OR CURIOUS ABOUT THE CATHOLIC FAITH?

If you know anyone who is interested in or curious about the Catholic Faith, please invite them to come to the Inquiry Class. Any questions, please call Kathleen Kennedy at 351-5050.

THE FACES OF THE BEATITUDES

Our Summer Religious Education opportunity will expand to include an afternoon session as well as the evening session. All the Mondays in July and August (except the first Mondays) will be spent reflecting on the Faces of the Beatitudes. We will meet in the Meeting room from 1:30 – 3 PM or from 7 – 8:30 PM beginning July 12th. Come at whatever time is convenient for you and enjoy some time dedicated to "Embracing Our Blessings". For more information call Kathleen Kennedy at 351-5050



DEL ESCRITORIO DEL PARROCO

Queridos Amigo

Quiero compartir con ustedes, las instrucciones del Obispo Cordileone en la debida forma de recibir la comunión.

Todos los católicos, antes de recibir la comunión, tienen que estar libres de serios pecados y en ayuno de todo alimento y bebidas (excepto agua y medicinas si son necesarias) una hora antes de recibirla. (Catecismo de la Iglesia Católica, n. 1385; Derecho Canónico, reglas 916 y 917)

La postura correcta para recibir la comunión es de pie. Esto es para demostrar el respeto que se merece el Santísimo Sacramento (en nuestra cultura, se demuestra respeto parándose cuando alguien de importancia entra al cuarto); la reverencia antes de recibir la Comunión, significa la humildad en que debemos aproximarnos al Sacramento. El significado profundo de esta postura, si bien, es que la posición de pie es simbólica de la Resurrección y así es como lo acostumbran en el Rito Oriental de la Iglesia- nosotros asumimos esta posición cuando recibimos el Sacramento de nuestra salvación. De acuerdo a las normas litúrgicas, no es correcto recibir la comunión hincados, o haciendo genuflexión antes de recibirla, motivados frecuentemente por el digno deseo de mostrar un respeto mas grande al Santísimo Sacramento, también, puede crear dificultades, como cuando la persona inadvertidamente se tropieza encima de quien esta en frente de ellos en la línea. Se debe recordar que el respeto más grande que podemos demostrar es siempre estar seguros que cuando recibimos la Comunión, lo hacemos dignamente.

Cuando se recibe la comunión en la Lengua:

Mantenga sus manos en frente de ustedes en un gesto de oración, y cuando se acercan al ministro de la Comunión, haga reverencia y luego diga "Amen" después que el ministro haya dicho: "El Cuerpo de Cristo". Después que el ministro haya puesto la Hostia en su boca, regrese a su lugar, (o aproxímese a la estación de la Sangre de Cristo, como sea el caso)

Cuando se recibe la Comunión en la Mano:

Cuando usted se aproxima al ministro de la Comunión, mantenga una mano encima de la otra y extienda sus manos como un altar (Esto, sigue el consejo de San Cirilo de Jerusalén quien dio instrucción a los fieles; "hagan un trono de sus mano, en el cual recibirán al Rey (La Santa Comunión).” También les urgió tener un gran cuidado por cualquier fragmento que pueda permanecer en sus manos) Haga reverencia y luego diga "Amen" después que el ministro haya dicho, "El Cuerpo de Cristo" y coloque la hostia en sus manos. Hágase a un lado, y con reverencia ponga la hostia en su boca con la otra mano, tomando la hostia de la mano en la cual se encuentra. Tenga cuidado de consumir cualquier partícula que haya quedado en sus manos y regrese a su lugar (o aproxímese a la estación de la Sangre de Cristo, como sea el caso) Nota: Si una de sus manos le impide de tal manera que no puede recibir Comunión de esta manera, usted debe recibirla en la lengua:

Cuando se recibe Comunión de la Copa:

Aproxímese al ministro de la comunión, haga reverencia, y diga "Amen" después que el ministro haya dicho: "La Sangre de Cristo." Tome la copa con sus manos y con reverencia llévela a sus labios a tomar un sorbo de la Sangre de Cristo. Regrésele la copa al ministro y luego regrese a su lugar.

Bendiciones de Paz
Padre Mike

ESTE PROXIMO OTOÑO DARA COMIENZO EL CATECISMO DE ADULTOS.

Usted desea recibir sus sacramentos de Iniciación: Bautismo, Primera Comunión o Confirmación? Estaremos formando el grupo de adultos en el otoño para recibir los sacramentos. Este grupo sera formado por personas mayores de 18 años para más información comuníquese con MaLuisa o con el Diácono Arturo en la rectoría

¡ALOHA!

Las Señoras de San Gerardo les invita al Luau anual el día sábado 17 de Julio. Por favor unase a nosotros a una autentica comida y diverción Hawaiana. Donacion es \$25.00.

Los boletos estarán a la venta despues de todas las Misas. Para mas información llame a Helen al 278-6494, Par al 278-4161 o Cheryl al 278-2906

Movimiento pro-Vida

Les invita a una cena Baile con los Buhos un conjunto de Mexicalli y el Ballet Folklórico de Hayward, el día 10 de julio a las 7:00 p.m.

Para mas información llame a Alicia Avelica al 314-0984

TRABAJADORES PARA LA COSECHA

El Evangelio de hoy cuenta sobre el envío de los setenta y dos, algunos de los primeros discípulos de la iglesia naciente. Han debido estar llenos de idealismo y entusiasmo cuando fueron de pueblo en pueblo sanando a los enfermos y expulsando a los demonios. Hoy, el día 4 de julio, recordamos a los que fundaron nuestro país y, de igual manera, apenas podemos imaginar su entusiasmo e idealismo cuando trabajaban en este país recién establecido. Nuestra Iglesia, que cuenta con más de dos mil años, todavía necesita a hombres llenos de idealismo y entusiasmo deseosos de responder al llamado a ser sacerdotes. En este día rezamos por vocaciones al sacerdocio; como el Señor dice a sus discípulos: "Rueguen, por tanto, al dueño de la mies que envíe trabajadores a sus campos" (Lucas 10:2).

CADA VIERNES de las 9:30 A.M a las 10:00 A.M. tenemos la Adoración a la Divina Misericordia con adoración al Sagrado Sacramento. (Inglés)

CADA PRIMER VIERNES DEL MES Todos estan invitados a la Hora Santa con meditación, musica y tiempo de reflexión. Da comienzo a las 6:30 to 7:30 P.M. (Español)

Vengan a Adorar al Señor Jesús Sacramentado!

SEMINARISTAS DE OAKLAND

Dichosamente el numero de seminaristas a crecido en la Diocesis de Oakland, ahora tenemos 25 y 6 nuevas aplicaciones para el Otoño. La oficina de Vocaciones de la Diocesis de Oakland esta buscando la donación de un auto para el uso de los seminaristas. El carro debe estar en buenas condicione y economico para operar. Se les dará un recibo para que los puedan deducir de sus impuestos. Si puede ayudar, pongase en contacto con las oficina de Vocación al 510-267-8356 o use el correo electronico rkrausnick@oakdiocese.org.

LA SOCIEDAD DE SAN VICENTE DE PAUL DEL CONDADO DE ALAMEDA PRESENTA UNA SERIE DE COCINA:

Ustedes estan invitados a la serie de Cocina con el Cocinero Key Eskind y los estudiantes Campiones del año 2010, el día miercoles 21 de julio .

Los boletos cuestan \$72.00 por persona, dos personas \$125.00 u ocho personas (una mesa) por \$475.00.

Lugar: Comedor de la Sociedad de San Vicente de Paul del Condado de Alameda, 675– 23rd calle, Oakland, CA 94612. Por favor responda al (510)636-4261

Todas las ganancias son para el Programa Culinario

SE NESECITA AYUDA

El derecho a nacer de San Lorenzo necesita fondos para continuar sirviendo a mujeres en embarzos criticos ofreciendoles una alternative al aborto. El Derecho a Nacer ha apoyado a mujeres en crisis desde 1996. Cientos de madres y bebes han sido ayudados. Necesitamos voluntarios y fondos para poder mantener nuestras puertas abiertas y seguir guiando a jovencitas encontrar una solucion, asi ellas pondran dar a luz a sus bebes y enfrentar el futuro con dignidad y esperanza.

Para mas informacion pongase en contacto: al teléfono (510)481-9677

Rosanne Maki, Directora
Derecho a Nacer de San Lorenzo (Birthright)
1048 Grant Avenue
San Lorenzo, CA 94580

LIBERTAD

Los que niegan a otros su libertad no merecen la suya.

—Abraham Lincoln
