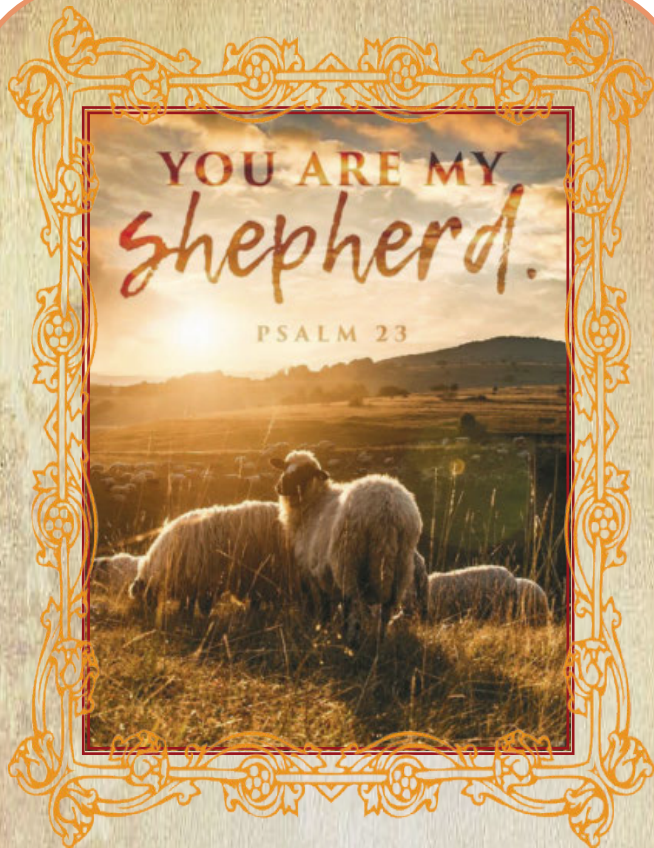


# SAINT AGNES CHURCH

1140 EVERGREEN ST., SAN DIEGO, CA 92106

July 21, 2024

Sixteenth Sunday in Ordinary Time



## RCIA

The Rite of Christian Initiation of Adults (RCIA) is on summer break. It will resume on Thursday, August 8, 2024, at 6:45pm in the Parish Center. This is a program for those who are preparing to receive the sacraments.

For more information please call the Parish Office at (619) 223-2200.

**REV. ROMEO VELOS  
PASTOR**

**REV. JOHN BOSCO MUSINGUZI  
PRIEST IN RESIDENCE**  
*musinguzijbosco@gmail.com/619-542-9604*

**BUSINESS MANAGER/PARISH SECRETARY  
FRANCINE SANFILIPPO**

**PARISH OFFICE: (619) 223-2200  
FAX : (619) 223-7568**

**PARISH OFFICE HOURS**  
Monday Closed.  
Tues-Friday 9:30am-4:00pm  
Closed for Lunch from Noon-1:00pm

**SCHOOL OF RELIGION: (619) 840-4241  
PARISH WEBSITE: [www.saint-agnes.org](http://www.saint-agnes.org)**

## Parish Schedule

### MASS TIMES

**Saturday**  
4:30pm-Live Streamed  
Vigil of Sunday  
FIRST Saturday of the month ONLY-8:00am

**Sunday**  
8:00am, 11:00am, 5:30pm  
5:30pm-Bilingual Mass (Portuguese-English)  
Last Sunday of the Month

**Daily**  
Monday, Wednesday, Friday:  
7:30am

Tuesday, Thursday:  
5:30pm

**ADORATION: Every Friday**  
8:00am-12:00pm  
Every first Saturday,  
8:30am-9:30 am.

**CONFESSIONS: Saturday from**  
3:15pm-4:15pm  
or by appointment only.

**BAPTISM: Make arrangements three**  
months in advance.  
Please call the Parish Office  
at 619-223-2200.

**MARRIAGES: Please contact the Priest**



### 16<sup>TH</sup> SUNDAY IN ORDINARY TIME

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. - Mk 6:34

GOSPEL MEDITATION - ENCOURAGE DEEPER

 UNDERSTANDING OF SCRIPTURE 

July 21, 2024

16<sup>th</sup> Sunday in Ordinary Time

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment? The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, **“Come away by yourselves to a lonely place, and rest a while.”** For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us. But there’s more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. “Can we *please* get a minute to ourselves? This is not healthy!” And Jesus seems to *encourage* the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to *more* work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied. What finally gives our heart rest isn’t more vacation time. It’s experiencing the super abundant generosity of God for us and those whom we serve.



**Safe in our Diocese**

Reporting allegations of sexual misconduct: The diocese of San Diego treats all allegations of sexual misconduct by clergy or Church personnel seriously and deals with them in a prompt, confidential and thorough manner. To report sexual misconduct by clergy or Church personnel, including abuse, please call Mary Acosta, Victim Assistance Coordinator, (858) 490-8353, email [misconduct@sdccatholic.org](mailto:misconduct@sdccatholic.org) or visit [www.safeinourdiocese.org](http://www.safeinourdiocese.org). Situations of recent or ongoing sexual abuse should be reported to local law enforcement.





<b>Monday,</b>	<b>July 22</b>	7:30am †Tony de Silva
<b>Tuesday,</b>	<b>July 23</b>	5:30pm †Maria Braz
<b>Wednesday,</b>	<b>July 24</b>	7:30am †Frankie Brenha
<b>Thursday,</b>	<b>July 25</b>	5:30pm †Mary Alice Goncalves
<b>Friday,</b>	<b>July 26</b>	7:30am †Alredo Mesquita
<b>Saturday,</b>	<b>July 27</b>	4:30pm †Ann & Anthony Fischbeck
<b>Sunday,</b>	<b>July 28</b>	8:00am †Maria N., Agostinho & Jack Machado
		11:00am †Joao Medina
		5:30pm †Joao Rodrigues & Maria Cardoso



*Mass Intentions for the Week*

<u>Weekly Offering</u>	
July 14, 2024	
Sunday Collection Envelope	AMOUNT \$ 4,736.00
Online Giving	\$ 1,242.85
<b>Total</b>	<b>\$ 5,978.85</b>
<b>Parish Development Fund: 7/14/2024</b>	
PDF	\$ 435.00
PDF Online Giving	\$ 30.00
<b>Total</b>	<b>\$ 465.00</b>

Your generous donations to the Parish Development Fund (PDF) help support the upkeep and maintenance of our church and outlying buildings. PDF is also used for basic furniture and equipment needs to run the parish.

WEEKLY CALENDAR OF EVENTS						
Sun 7/22	Mon 7/23	Tues 7/24	Wed 7/25	Thurs 7/26	Fri 7/27	Sat 7/28
<u>Masses</u> 8:00am,11:00am 5:30pm	<u>Mass</u> 7:30am	<u>Mass</u> 5:30pm	<u>Mass</u> 7:30am  <u>Rosary for Vocations</u> 7:00am	<u>Mass</u> 5:30pm  <u>AA Meeting-7pm</u>	<u>Mass</u> 7:30am  <u>Adoration</u> 8:00am-12:00pm <u>NA Meeting-7pm</u>	<u>Mass</u> 4:30pm  <u>Confessions</u> Every Saturday 3:15am-4:15pm

**Saint Agnes**  
**Back to School Backpack and Supplies Drive**

St. Agnes is collecting backpacks for the "Stand Up for Kids" program. We are collecting toiletries and supplies which are not to be included in the backpacks. Please help us with the following:

Travel size shampoo, conditioner, soap, toothpaste, deodorant, small bottles of hand sanitizer, Chap Stick, baby wipes, Q-tips, razors, hairbrushes, travel size flashlight, notepad, pens, first aid kit.

Donations may be dropped off at the Parish Office.



**St. Agnes Religious Ed**

*Our St. Agnes Faith Formation and Children's Liturgy will resume this September. You can register for St. Agnes 2024-25 Faith Formation classes here at <http://saint-agnes.org/ccd/2024 RegistrationPacket.pdf>*

We would like to take this opportunity to appreciate our St. Agnes faith community for their prayers and support. Our students, families and teachers, for keeping the commitment to partner and grow our Catholic faith, to awaken in our children's hearts a love of God and an adherence to the Gospel of Jesus Christ. We never cease to grow and mature in the practice of the faith. Pope Francis offers us practical advice as we strive to share our faith in the world: "You too need to see the entirety of your life as a mission. Try to do so by listening to God in prayer and recognizing the signs that he gives you. Always ask the Spirit what Jesus expects from you at every moment of your life and in every decision, you must make so as to discern its place in the mission you have received. Make it your number one priority to practice the faith above all with your family.

- \* Go to Mass as a family and talk about the readings and the homily afterward. Pray the rosary together.
- \*Celebrate the liturgical seasons together and pray before meals and bedtime with your children.
- \*Live your faith well as an example.



Keep God  
in your lives!  
through humility!



**Catholic Trivia!**

**Question:** How long are holy oils kept for use?



*Answer- Twelve Months*

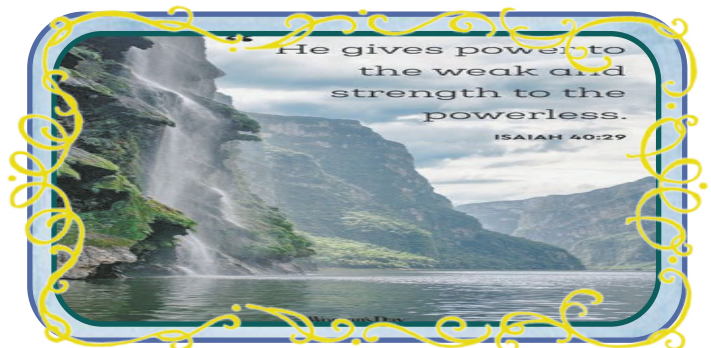


**Protein Sunday at St. Agnes**



First weekend of every month, *Loaves and Fishes* food pantry is asking for your donations of canned tuna, canned chicken, and peanut butter. These hard to find items will benefit our local hungry. Receptacles will be located in the back of the church for collection. We thank you for your ongoing support in achieving our mission of feeding our community.

We ask no expired items or glass jars be placed in the contribution bins. Thank you again and if you have any questions please contact: Morghan Graham (402) 802-2149.



**Baptism News**



The next baptism workshop will be on Tuesday, **September 3rd** at 7:30pm, in the school behind the church. Please call Jeanette Finete at 619-224-7562 a week before the class to confirm your attendance.



**The Hall**  
Office: (619) 223-5880  
Mobile: (619) 895-6348  
UPSES.Manager@gmail.com

*United Portuguese S.E.S.*



Weddings  
Quinceañeras  
Banquets  
Meetings  
www.UPSES.com

**The Portuguese Market**  
T - F 10:00am - 5:00pm  
Sat 10:00am - 4:00pm



**BINGO**  
BINGO  
Thursdays



**FLOWERS OF POINT LOMA**

2170 Chatsworth Blvd.  
San Diego, CA 92107  
(619)223-3161

@Flowers\_of\_PL  
www.FlowersofPointLoma.biz  
Search for us on Yelp & Facebook

*Weddings | Events | Everyday | Funerals | & More*



**catholicmatch<sup>®</sup>**  
California



CatholicMatch.com/CA

**BAYVIEW**  
SENIOR ASSISTED LIVING



**Schedule a tour today! 619-225-5616**  
*When you can no longer stay at home, you can still feel at home.*  
Personalized Assistance • Supportive Services • Compassionate Care  
[www.bayviewpointloma.com](http://www.bayviewpointloma.com)

**HOLY CROSS**  
CATHOLIC CEMETERY & MAUSOLEUM

Pre-Need Arrangement is an act of love.  
No Interest Budget Plan allows up to 5 years to pay.

45th & Hilltop Dr., San Diego, CA 92102  
**Call 264-3127 Se Habla Español**

**Lynn M. Guidi**  
Realtor, Pacific View Real Estate

"I Welcome the Opportunity to Serve You With All of Your Real Estate Needs."  
**619.890.9514**  
Fala-se Portugues • Parishioner for over 50 years  
CalDRE# 1475895



SUPPORT OUR ADVERTISERS!

**POINT LOMA REAL ESTATE**  
Serving the area for over 30 years  
www.PointLoma-RealEstate.com  
David Pitta, Broker/Parishioner  
619-895-1626  
CalBRE# 01105205



**SUPPORT OUR PARISH**



**PIZZA NOVA**

Wood Fired Pizza • Pasta • Salads  
Serving our Parish since 1990!  
**619-226-0268**  
or order online [www.pizzanova.net](http://www.pizzanova.net)  
Solana Beach • San Marcos • Point Loma

**Kelly Madruga**  
(619) 993-1641  
Kmadruga@yahoo.com

BRE: 00886754  
Choice Properties  
MLS. 



**SUPPORT OUR ADVERTISERS!**

**WE'RE HIRING!**  
AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)



**SHORT STAFFED?**  
Place an ad here to find new local talent for your business.



**CALL 800-950-9952**

Newly Remodeled!  
**NAZARETH HOUSE**  
ASSISTED LIVING COMMUNITY

For information and to schedule a tour contact:  
**Amber Zendejas**  
DIRECTOR OF ADMISSIONS  
[Amber@NazarethHouseSD.org](mailto:Amber@NazarethHouseSD.org) | 619-563-0480 | Mission Valley

Scan for a Virtual Tour 

- Daily Mass in our Chapel
- Nurses 24/7
- Quality Care & Activities
- Scenic Patio Views from your Private Room

INDEPENDENT LIVING | ASSISTED LIVING | HOSPICE CARE



**LET'S GROW YOUR BUSINESS**  
Place Your Ad Here and Support Our Parish!

**CONTACT ME Cynthia Duran**

[Cduran@4LPi.com](mailto:Cduran@4LPi.com) • (800) 477-4574 x2119

**FREE AD DESIGN**  
with purchase of this space

**CALL 800-950-9952**



**Tami Fuller & Associates**  
Your OB & Point Loma Realtor  
**619-980-TAMI (8264)**  
[www.tamifuller.com](http://www.tamifuller.com) • DRE #01000767



**ADT-Monitored Home Security**  
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

**833-287-3502**



**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**

Engaging, ad-supported print and digital newsletters to reach your community.

**Visit [lpicommunities.com](http://lpicommunities.com)**

**OUR COMMUNITY NEWSLETTER**  
6TH EDITION



Scan to contact us!

**PARTNER YOURSELF WITH THE BEST**  
**ANDREW SCHMIDT**  
619-321-7090

GUARANTEED TO SELL

**RE/MAX EVERGREEN**

Real Estate Broker DRE#1720312  
Mortgage Broker NMLS#324721  
Licensed in CA, CO, GA, OR, PA, TX, WA

HIRING AGENTS

**Place Your Ad Here and Support our Parish!**  
Instantly create and purchase an ad with

**AD CREATOR STUDIO**



**4lpi.com/adcreator**