

EIGHTEENTH SUNDAY IN ORDINARY TIME

I AM THE BREAD OF LIFE.

— JOHN 6:35 —



ST. JOSEPH PARISH

6180 E WILLOW ST, LONG BEACH, CA 90815 | 562.594.4657 | STJOSEPHLB.ORG

SUNDAY, AUGUST 4, 2024

Our Parish

PASTOR: MSGR. KEVIN KOSTELNIK

stjoseph@stjosephlb.org

Deacon Shane Cuda

sfcuda@yahoo.com

Deacon Tom Halliwell

tom.halliwell@la-archdiocese.org

Office Manager

Brenda Pineda

(562) 594-4657

Office Assistant

Joyce Castaneda

(562) 594-4657

Pastoral Council

Shelley Padilla

(562) 594-4657

Finance Council

George Zuluaga

Zuluaga@aol.com

Safeguard The Children

Parish Office

(562) 594-4657

Parish Bulletin Editor

Brenda Pineda

bulletin@stjosephlb.org

Website Coordinator

Mike Santy

msanty@verizon.net

St. Joseph School: Margaret Alvarez, Principal

(562) 596-6115

sjknights.net

Fax: (562) 596-6725

Assistant Principal:

Madison Alba

Religious Education: Marc Leon, DRE

(562) 598-0519

marc@stjosephlb.org

Children's Formation (1st-8th Grade)

michelle@stjosephlb.org

Administrative Assistant:

Michelle Johnson

High School Ministry & Confirmation:

Liz Moreno

OCIA:

Sr. Eva

sreva@stjosephlb.org

Parish Ministries & Organizations

Baptism Preparation

Brenda Pineda

(562) 594-4657

Director of Music

Vivian Doughty

(562) 594-4657

Eucharistic Ministry

Tonet Risko

riskotonet@yahoo.com

Lectors

Steve Koppenheffer

(714) 299-6644

Meditation

Frank Mckown

(310) 633-1744

Esther Ministry

Virginia Young

estherministry1@gmail.com

Hospitality Ministry

Deborah Rollinger

(562) 594-4657

Movement For A Better World

Tim Clark

(562) 431-4385

Senior Group

Marilyn North

(562) 429-8891

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csanjoselaw@aol.com

Boy Scouts

Jeff Baer

(562) 537-6722

Sacristans

Joe Dang

(562) 493-2198

Homebound Ministry

Patty Brunter

pjbstampin@aol.com

Bereavement Ministry

May Pace

(562) 833-6370

Cursillo

Tom & Marie Newton

tjn8343@gmail.com

Parish Fair

Conny Frost

sjparishfair@gmail.com

Environment

Jessica Gil

bpax.g4@gmail.com

Family Altar Servers

Monica Wissuchek

stjfamilyaltarservers@gmail.com

Welcome Christ Renews His Parish

Diane Ohde

stjlbwelcome@gmail.com

Book Club

Mary Anne Silvestri

agoodlife@msn.com

Mass Schedule

Saturday Vigil

5:00 p.m.

Sunday

Mass on the Grass

Outdoors

8:30 a.m.

Indoor Mass

10:30 a.m.

12:30 p.m.

Daily Mass (M-W)

8:00 a.m.

Reconciliation

Saturdays

3:45-4:30 p.m.

Inside Church

Adoration

First Fridays

8:00-9:00 a.m.





Letter From Our Pastor

Dear Parish Family:

Welcome to the 18th Sunday in Ordinary Time. The Eucharistic theme continues in our liturgy as we listen to St. John the Evangelist's "Bread of Life discourse". In our first reading, the Israelites are grumbling against Moses and God, for they have been taken out into the wilderness, and there is very little to eat or drink. God provides them with manna from heaven in the morning and quail in the evening. The people are satisfied. However, we know that we have many cravings and hungers in our life and many of those hungers never completely fill us. It is only the Eucharist, that sustains us in all we do. This weekend, hunger, for the bread of life that comes down from heaven, for Jesus says, "I am the bread of life, whoever comes to me, will never hunger, and whoever believes in me will never thirst."

Next weekend is our Food from the Heart Drive and we encourage you to bring a non-perishable food item that is not expired. Your donation will support the food drive of Catholic Charities in Long Beach.

Mark your calendars as our Saint Joe's youth group will be hosting a worship concert on Saturday, August 24 from 7 PM to 8:30 PM. The LAT12 music group will be here and please bring your lawn chairs for this free concert on the field. We have

also invited the neighbors - our local Catholic parishes. This will be a worship experience for all ages!

The men's Welcome Retreat returns this October 19 - 20th. Men of Saint Joseph – we have a few available spaces left so offer up your Saturday and half your Sunday to be filled with the gifts of the Holy Spirit to help you become the best Son of God that you can be!

This week's construction photo shows that the new 6-inch water pipe was put in place, connecting the hall to the water apparatus on the street.



Blessings this first weekend in August,
Msgr. Kevin

Weekly Prayer

Sunday's Readings

First Reading:

"I will now rain down bread from heaven for you.
Each day the people are to go out and gather their daily portion."
(Ex 16:4)

Psalm:

The Lord gave them bread from heaven. (Ps 78)

Second Reading:

Be renewed in the spirit of your minds,
and put on the new self,
created in God's way in righteousness and holiness of truth.
(Eph 4:23-24)

Gospel:

"I am the bread of life;
whoever comes to me will never hunger,
and whoever believes in me will never thirst." (Jn 6:35)

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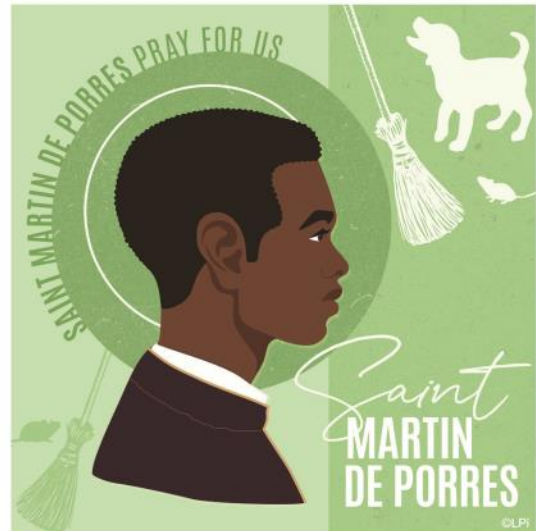
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Live The Liturgy Inspiration of the Week

Jesus reminds his followers: "Do not work for food that perishes, but for the food that endures for eternal life." We are so often distracted by the world before us, by the here and now. Let us not forget what is eternal. We were made for what is eternal.

Observances for the week of August 4, 2024

Sunday:	18th Sunday in Ordinary Time
Monday:	The Dedication of the Basilica of St. Mary Major
Tuesday:	The Transfiguration of the Lord
Wednesday:	St. Sharbel Makhlf, Priest
Thursday:	St. James, Apostle
Friday:	St. Teresa Benedicta of the Cross, Virgin & Martyr
Saturday:	St. Lawrence, Deacon and Martyr
Next Sunday:	19th Sunday in Ordinary Time



Saint of the week

St. Martin de Porres (1579- 1639) is the first Black saint of the Americas. He had a great love of the Eucharist and was known for caring equally for all regardless of race or status. He founded an orphanage and school and even cared for the mice and rats at his monastery.

Prayer of Hunger

Dear Jesus,
You are the one who fed the hungry. But your work doesn't only exist on the pages of an old book. You're working now. Work in us, to bring food to those in need.
Work in us, to satisfy the places we most need you.
Amen.

©LPi

SUNDAY, AUGUST 4, 2024 | 18TH SUNDAY IN ORDINARY TIME

Worship & Meditation

Readings for the week of August 4, 2024

Sunday:

Ex 16:2-4, 12-15/Ps 78:3-4, 23-24, 25, 54 (24b)/Eph 4:17, 20-24/Jn 6:24-35

Monday:

Jer 28:1-17/Ps 119:29, 43, 79, 80, 95, 102/Mt 14:13-21

Tuesday:

Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9/2 Pt 1:16-19/Mk 9:2-10

Wednesday:

Jer 31:1-7/Jer 31:10, 11-12ab, 13/Mt 15:21-28

Thursday:

Jer 31:31-34/Ps 51:12-13, 14-15, 18-19/Mt 16:13-23

Friday:

Na 2:1, 3; 3:1-3, 6-7/Dt 32:35cd-36ab, 39abcd, 41/Mt 16:24-28

Saturday:

2 Cor 9:6-10/Ps 112:1-2, 5-6, 7-8, 9/Jn 12:24-26

Next Sunday:

1 Kgs 19:4-8/Ps 34:2-3, 4-5, 6-7, 8-9(9a)/Eph 4:30—5:2/Jn 6:41-51



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Gospel Meditation

Encourage Deeper Understanding of Scripture

Since my college days I've loved a song called "Dance with You" by the rock band Live. It touches on the deep mystical hunger of our heart: "I've tasted all the wines/ a half a billion times/ came sickened to your shore/ you showed me what this life is for." These lines resonate with anyone who has feasted on the good things of this world only to be left spiritually hungover and unsatisfied.

We see a similar dynamic evoked by Jesus' words after he feeds the crowd with bread and fish. To teach them to hunger for God, he recalls God's gift of manna-bread for the hungry ancient Israelites. Those folks had grown spiritually sick from the idolatrous food of Egypt yet still longed for more worthless pagan food. So, God sent heavenly bread to nourish their bodies, but also to heal their distrustful hearts. His people — like us — must learn to hunger and thirst for God alone. Before we can receive that which will not disappoint, we first must cease expecting that earthly goods will satisfy us.

We will get to the Lord's teaching on the Eucharist in the next two weeks. But first, he asks us: do you trust me to take care of you? Do you trust me to give you what you need for each day, and to not worry about the next day? Do you see that when you hungrily stuff yourself with the things of this world you become sick and lose your taste for the bread of life? So, our hungry hearts cry out: Lord, help us to trust that you'll provide for our every need. Help us to use only what we truly need. Help us hunger for the goodness of your Son, who is the true bread from heaven. That is what this life is for.

— *Father John Muir*

SUNDAY, AUGUST 4, 2024 | 18TH SUNDAY IN ORDINARY TIME

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For information: Liz Moreno- Youth Minister
(562)598-0519 Ext 230



We are HIRING!

St. Joseph Catholic School is hiring!
We are looking for a 1st Grade Teaching Assistant. This is a non-exempt, hourly, full time position, including benefits, that would start this fall. Bachelor's degree preferred. Based on qualifications, salary ranges from \$20-\$27 an hour. If you are interested, please email your resume and cover letter to our school principal, Margaret Alvarez at malvarez@sjknights.net.

www.sjknights.net

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HAS GOD GIVEN YOU TALENTS?

ANSWER THE CALL! ARE YOU FEELING A TUG ON YOUR HEART TO MAKE A DIFFERENCE IN THE LIVES OF OUR YOUTH? JOIN OUR YOUTH MINISTRY TEAM AND BE PART OF SOMETHING TRULY SPECIAL. WE'RE ON THE LOOKOUT FOR FULLY INITIATED CATHOLICS READY TO EMBRACE THIS REWARDING JOURNEY. NO PRIOR EXPERIENCE NECESSARY – JUST A WILLINGNESS TO LEARN AND A PASSION FOR GUIDING OUR YOUTH TOWARDS FAITH AND GROWTH.



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ALL IT TAKES IS A COMMITMENT OF THREE HOURS EVERY TWO WEEKS!

CONTACT: LIZ MORENO - (562) 598-0519 EXT 230
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St. Joseph Parish

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*Testimonials From Parishioners
who have attended
Welcome Christ Renews His
Parish at St. Joseph Church*

"I attended the Welcome Christ Renews His Parish at St. Joseph in Long Beach. The witnesses that I heard on my retreat were so moving. The men really opened up and shared their backgrounds that made them the men they are today. It was truly an amazing experience. I've never been in a retreat like that where the men were so authentic and so open with their experiences. It is definitely a retreat all men of God should attend and be a part of the renewal of the church."
-Michael Mantong

"When I signed up for the first WCRHP at St. Joseph Parish, I had no idea what to expect. It was going to be the first retreat I had ever attended. From the minute I walked through the gate after being greeted by smiling faces and being seated at a table with women I had seen at mass but didn't really know, I felt so comfortable and welcome. The entire two days were a totally spiritual renewal for me, and I had 30 new friends." -Marilyn North

*Men's Weekend
Register Now
October 19th and 20th, 2024*



Did You Know?



The Vital Importance of Being Trauma-Informed

What does it mean to be trauma-informed?

To be a trauma-informed person means that you have cultivated an awareness about trauma and the effects it has in people's lives. Trauma is a far more common experience than we would like to believe, and includes, but is not limited to child sexual abuse, genocide, and domestic violence. Trauma-informed people recognize that trauma has a profound, lasting impact, and can leave victims struggling to cope. To learn more, read the VIRTUS® article "Being Trauma-Informed" at lacatholics.org/did-you-know/.

St. Joseph Grief Support

Grief support



If you think you can't survive grieving, and Your dreams feel shattered, consider joining

Our support groups:

Tuesday 9:30-11:30 a.m. each week beginning **July 30- October 29**. Contact May Pace, Bereavement Minister, maypace@gmail.com Or 562/833-6370

OR

Wednesday 7-8:30 p.m. each week beginning **July 31st**. Register at www.griefshare.org/groups/241498. Contact Liz Ferletic-Frith at elizfrith@gmail.com or 714/488-4524

Women's Silent Retreat



Ladies of the parish! Our annual silent retreat weekend is upon us! Join your sisters in Christ for a refreshing and peaceful weekend at Sacred Heart Retreat House with the Carmelite sisters. The dates are September 13-15, 2024 and spaces fill up quickly. Signing up is easy. Go to www.sacredheartretreathouse.com to register. Please call Marie Newton at 562-209-1298 or Madeline Majick at 562-596-6219 if you have questions or need assistance.

Seniors Group



Our next get together will be at the El Dorado Restaurant on Monday, August 12th at 9:30.

Join us for a nice time catching up with old friends and meeting new friends. When you arrive, tell the server that you are with St. Joseph and he/she will direct you to the area we are gathering in. Everyone will order and pay for his/her own breakfast. We look forward to seeing you there. And for future reference, we will be meeting there the 2nd Monday of every month, at the same time, until the hall is finished.



Movement for a Better World



Love cannot remain by itself - it has no meaning. Love has to be put into action and that action is service.

— Mother Teresa —

AZ QUOTES

“Children, let us love not in word or speech but in deed and truth.” 1 Jn 3:18.

Aug. 10-11th Food from the Heart: Collecting food for families served by Catholic Charities of Long Beach.

Coordinators Needed: *Helpers are available!*

- Christmas Present Drive
- City of Long Beach, Multi-Services Center. Monitor support opportunities. Coordinate monthly, Coffee in the Park at the facility.
- Food Buyer, Holiday Food Distributions

For many fulfilling ways to serve, big and small, call Tim Clark, 562-431-4385.



In Memoriam

Kim Marie San Jose

Funeral Mass at St. Joseph
Tuesday, August 13th at 11:00 am

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

May the souls of all the faithful departed, through the mercy of God, rest in peace.

~Amen~

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Book Club



Our next Book Club meeting is
Wednesday, August 21st at 7pm
on Zoom

The Exvangelicals by
Sarah McCammon

"Sarah McCammon, a National Political Correspondent for NPR, offers readers an intimate window into the world of American evangelicalism. Filled with humor, insight, and hard-earned wisdom, The Exvangelicals is a gift to all who find themselves on a spiritual journey." —Kristin Kobes Du Mez, New York

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