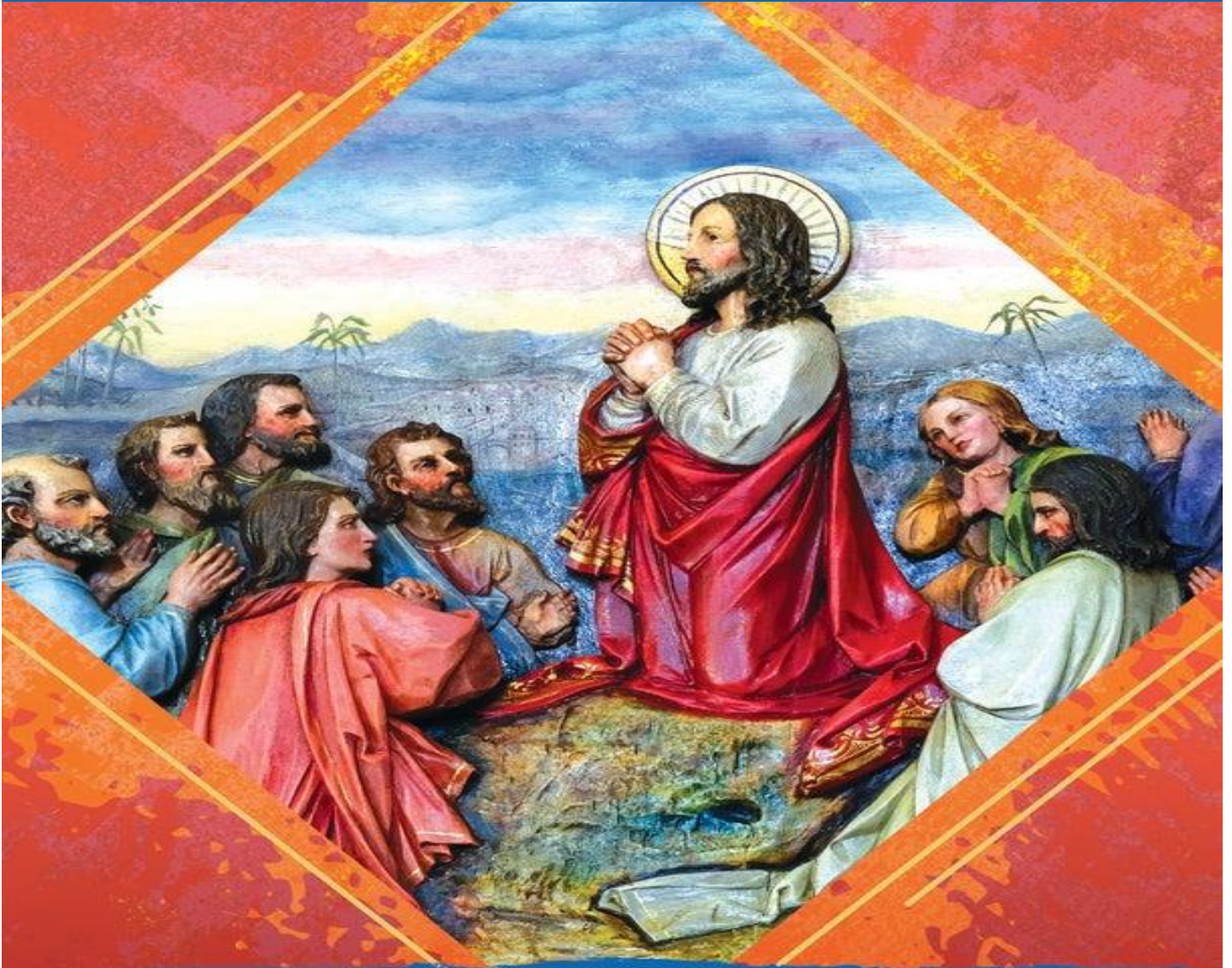


St. Joseph Parish



14TH SUNDAY IN ORDINARY TIME

“Come to me, all you who labor and are burdened,
and I will give you rest.” - Mt 11:28-30

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

6180 E. Willow Street Long Beach, CA 90815

T: (562) 594-4657 F: (562) 431-7424

Office Hours: Monday-Friday 9:00 a.m. to 4:00 p.m. (Closed Noon - 1:00 for lunch)

stjosephlb.org

Our Parish

PASTOR: MSGR. KEVIN KOSTELNIK

stjoseph@stjosephlb.org

Deacon Shane Cuda
Deacon Tom Halliwell

sfcuda@yahoo.com

tom.halliwell@la-archdiocese.org

Office Manager	Brenda Pineda	(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

Faith Formation Director: Joe Voigt

(562) 598-0519

religioused@stjosephlb.org

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

Joe Voigt

Administrative Assistant:

Michelle Johnson

High School Ministry & Confirmation:

Liz Moreno

RCIA:

Fred & Susan Whitcraft

fredandsusan2001@yahoo.com

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	Jan Minter	tchrjan@gmail.com
Knights Of Columbus	Marty Vezzetti	(562) 425-0621
Engaged Encounter	Paciano & Molly Diaz	Ktmr@Sbcglobal.Net
Natural Family Planning	Greg & Beth Gath	(562) 377-5877
Precious Life Shelter	Cynthia San Jose	csanjoselaw@aol.com
Boy Scouts	Jeff Baer	(562) 537-6722
Sacristans	Joe Dang	(562) 493-2198
Homebound Ministry	Patty Brunter	pjbstamping@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	tapatia10nov@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.



Worship & Meditation

Readings for the week of July 9, 2023

Sunday:

Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14
(see 1)/Rom 8:9, 11-13/Mt 11:25-30

Monday:

Gn 28:10-22a/Ps 91:1-2, 3-4, 14-15ab/Mt
9:18-26

Tuesday:

Gn 32:23-33/ Ps 17:1b, 2-3, 6-7ab, and 15/
Mt 9:32-38

Wednesday:

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

Thursday:

Gn 44:18-21, 23b-29; 45:1-5/Ps 105:16-17,
18-19, 20-21/Mt 10:7-15

Friday:

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

Saturday:

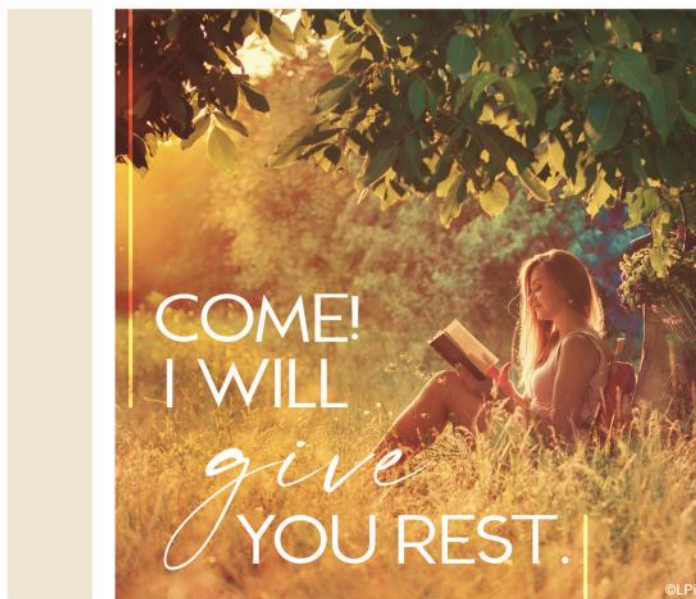
Gn 49:29-32; 50:15-26a/Ps 105:1-2, 3-4,
6-7/Mt 10:24-33

Next Sunday:

Is 55:10-11/Ps 65:1, 11, 12-13, 14 (Luke 8:8)/
Rom 8:18-23/Mt 13:1-23 or 13:1-9



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The English translation of Psalm Responses from Lectionary for
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Gospel Meditation

Encourage Deeper Understanding of Scripture

Do you ever feel restless? I certainly do. Daily tasks and challenges, but also the more basic demand of simply existing — sooner or later, this can all feel crushing and tire us out.

Which is why Jesus' words are such stunningly good news: "Come to me all you who labor and are burdened and I will give you rest" (Matthew 11:28). How vastly weird that this man speaks as though he is capable of giving us the deep repose we desire. Is his claim the height of absurd grandiosity? No, because next he immediately proclaims that he is "meek and humble of heart." We here touch a mystery: Jesus is capable of giving us rest because he is the one who forever reposes in the heart of God the Father. He is "yoked" to the Father in his divinity. But he is humbly "yoked" to us, sharing in our humanity.

The good news, my fellow tired-out friends: we don't have to despair in our burdens and exhaustion, no matter how heavy they feel. This week, join me in opening our hearts to hear him say to us, "Come! I will give you rest." We come to him in the Church, Eucharist, the Scriptures, prayer, in the poor. There he will give us rest.

— *Father John Muir*



Letter From Our Pastor

Dear Parish Family:

Welcome to the 14th Sunday of Ordinary Time! As we continue to journey through Matthew's Gospel, this Sunday, Jesus says to us: "Come to me, all you who labor and are burdened, and I will give you rest!" Summertime should allow a new schedule in your life, a new routine, some leisure, time away, rest and vacation. Jesus knew that He alone could be the source of rest and peace in our lives when we turn to Him! Back in the seminary days, as the seminarians departed each summer for vacation, the Rector told us that while we were going on vacation, we don't ever vacation from Jesus! A reminder to always be faithful to saying our prayers!

This week, the Archdiocese sent me the monthly report on our Parish Called to Renew stats:

PARISH GOAL - \$935,000.00
TOTAL PLEDGED - \$2,932,037.81
TOTAL PAID - \$2,644,951.03

We have five months left to complete our pledges and thank you to all who have completed their pledges and blessings upon those of you who have only one pledge left to fulfill!

Speaking of summertime and rest – the Archdiocesan clergy guidelines allow a priest to take four weeks of vacation. This Monday I will be taking off for two weeks. Please give hugs to Father Paolo Garcia, who will be here for the Monday, Tuesday and Wednesday 8 AM Masses for the next two weeks and he'll be here to meet your spiritual needs at the Masses next weekend. Welcome home Father Paolo, and thanks for all your help.

Summer Blessings,
Msgr. Kevin

James

Pearls for Wise Living



James is one of the most practical books of the Bible. Its teachings speak loudly to those who feel torn between the competing demands of this world and their faith.

This study offers “pearls for wise living” by applying the wisdom of James to our current day. For anyone who has struggled to live a truly Christian life, James offers a wealth of practical solutions for handling and even sanctifying everyday circumstances.

St. Joseph Long Beach will begin an eleven-week Bible study James: Pearls for Wise Living on **Thursday, September 7th at 7:00pm** in the PLC and on Zoom. Participants will meet every week to view an engaging video presentation followed by a time of lively group discussion and fellowship. For more information or to register contact Mike at 562-370-0769 or mike@stjosephlb.org.

Upcoming VIRTUS Trainings

- **VIRTUS Training with Ms. Perez**
(sign up: jperez@sjknights.net)
October 25th 3-6 PM– PLC
- **VIRTUS Training with Joe Voigt**
September 7th 6-9 pm
September 14th 7-8:30 pm
(recertification only) To sign up scan QR code:



Women's Retreat



Ladies of the parish!

Our annual retreat weekend is coming! Join your sisters in Christ for a refreshing and peaceful weekend at Sacred Heart Retreat House. Save the dates for **September 8-10**. Registration will open soon. If you have any questions or need help with online registration please contact Marie Newton 562-209-1298 or Madeline Majick 562-714-3607



Celebrate the Sacrament of the Present Moment

6:00pm Friday, July 21 to
1:30pm Sunday, July 23, 2023

The Gift of Spiritual Hydration

Rev. Terry Hershey



Join Terry Hershey as you explore ways to rehydrate when you are worn thin, tired or sad. Learn to celebrate the sacrament of the present moment and rehydrate when you are dispirited by the business or messiness of everyday life. Find a place for a sanctuary in your life, making room for passion, grace, play, laughter and wholeheartedness that positively can spill into our relationships and work or ministry. Practice self-care with attention and mindfulness. Terry shows us how to refuel the heart and spirit and stay hydrated emotionally and spiritually.

Terry is a renowned author, humorist, inspirational speaker, dad, ordained Episcopal minister, golf addict, and smitten by French wine. He divides his time between designing sanctuary gardens and sharing his practice of *pausing* and *sanctuary*, to help others rest, renew, and live wholehearted. He returns here for what has become a welcome and well-attended annual

visit. Terry's book, *This is the Life*, offers the invitation and permission to savor this life, to taste the present moment. The title of his latest book, *Stand Still - Finding Balance When the World Turns Upside Down*, is self-explanatory. Most days, you can find Terry out in his garden in Port Ludlow on the Puget Sound, because he believes there is something fundamentally spiritual about dirt under your fingernails.

Cost: per person/shared \$250; single \$350; commuter \$160

To register call José at (310) 377-4867 ext 250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see website for Cancellation Policy.

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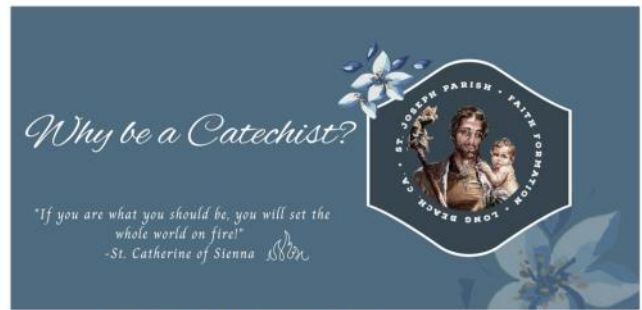
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A Special Opportunity for our Parish Women and Men

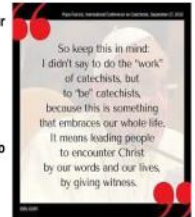
Do you sense that something's missing in your life? Do you feel that if you weren't so busy you would be happier, healthier, more effective, more fulfilled, and maybe even a better person?

Come to the Welcome Christ Renews His Parish retreat weekend! It's an incredible experience that will help you discover what's missing in your life and what to do about it. Whether you want to connect with other people in the parish, improve your prayer life, or just take a break from the craziness of your everyday to have fun, you will find what you are looking for – and more. Women's Weekend – September 23-24, 2023 (The women's weekend is now full. Please join the waitlist for the Spring Retreat) Men's Weekend – October 28-29, 2023 To learn more and to sign up, visit <https://stjosephlb.org/welcome-christ-renews/> or scan the QR code.



Catechists Needed....Why You?

- You will grow in your own faith, learn the teachings of the Church, and deepen your relationship with Jesus.
- Your Baptism calls you to share in Jesus' ministry.
- Children and teens in today's world, more than ever, need to hear the Good News of Jesus.
- You have so much to share with those you'll teach, and you'll have opportunities to share your faith with other catechists.
- You'll be helping our young Church deepen their relationship with Jesus.
- It's our job: Jesus sent us to "go and teach all nations."



WHAT IS A CATECHIST?

The role of a Catholic Catechist is to catechize the Faith of the Catholic Church, both by word and example. A Catechist is someone who lets the word of God echo through their life. Catechists do more than simply teach the faith. A Catechist shares their faith and guides their students to learn how to apply and live their faith, as well.

WHAT DOES A CATECHIST DO?

The primary goal of a catechist is to model God's love to others. The primary prerequisite of a catechist is a love for God and a love for young people. Our Catechists are provided lesson plans and materials to use in their classroom. The catechist passes on to students a set of shared meanings and values that our Catholic Faith teaches in preparation for the Sacrament of Confirmation.

WHO IS ELIGIBLE TO VOLUNTEER IN THIS ROLE?

We welcome any person over 18 years old who is actively practicing their Catholic Faith. Someone who wishes to lead others to grow in faith and understanding of the Catechism of the Catholic Church. Someone who lives out their faith and participates in the Sacraments. Someone who is willing to share their faith and heart with others. Someone who enjoys working with youth.

If you are feeling called to give your time and talent but want to know more about what is involved please contact

Liz Moreno at 562-594-4657 or liz@stjosephlb.com

We have openings in 1st and 2nd year Confirmation



Music Ministry



The 10:30 choir is seeking new members! We meet on Wednesday evenings at 7pm In the church and at 9:45am on Sunday mornings and would love to have you join us in this life-giving, spirit-nurturing activity. The only requirement is that you are able to sing on pitch. Please reach out to Vivian Doughty, Music Director with any questions.



Movement for a Better World



“Charity is the form, mover, mother and root of all the virtues.” St. Thomas Aquinas

Homeless Kit Drive: *Many thanks* to contributors of last weekend’s Homeless Kit Drive! We collected kits and bulk supplies to assemble 150 kits plus \$276 from which additional supplies will be purchased. These will provide daily necessities to our most vulnerable neighbors. Can you help assemble food or distribute these to homeless encampments July 30?

Aug. 5-6 Food from the Heart Drive: Collecting family food for those served by Catholic Charities of Long Beach.

LB Multi-Services Center Coordinator: Monitor support opportunities for the LB Multi-Services Center. Coordinate monthly, Coffee in the Park hospitality at the facility. Please call Tim Clark to learn about many opportunities to serve, (562) 431-4385.



St. Joseph Grief Support



St. Joseph Grief Support Seminars help and offer Encouragement after the death of a loved one.

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on-going classes for your support:

Tuesday 9:30 a.m.

Call May 562-833-6370

classes are held in the PLC building.



Book Club

Do I Stay Christian?



A GUIDE FOR THE DOUBTERS,
THE DISAPPOINTED,
AND THE DISILLUSIONED

BRIAN D. McLAREN
Author of Faith After Doubt

Our next Zoom meeting is Wednesday, September 6th at 7pm. We will discuss:

Do I Stay Christian? A Guide for the Doubters, the Disappointed, and the Disillusioned
by Brian McLaren

"Brian's new book on remaining Christian knocks it out of the ballpark in terms of framing and naming the questions. I cannot stop reading it."

-Fr. Richard Rohr, OFM, founder of the Center for Action and Contemplation

All are welcome!

For more info, email agoodlife@msn.com



Seniors Group



The next meeting of the St. Joseph

Senior Group will be on

Monday, July 10th in the hall.

The activities will begin at 11:00 am.

The activities will include Bingo, many kinds of card games,

Mexican train, and lots of socializing.

Bring your brown bag lunch, and coffee,

tea, water, snacks and dessert will be

provided. We look forward to seeing all

our members and any new friends who would

like to join us.



Cursillo



Men and Women of St. Joseph Parish
 Is your heart on fire for Christ? Is it filled with the Holy Spirit or like a candle in the wind, flickering and barely alive? If you want to experience what the disciples felt on the day of Pentecost, then give yourself the gift of a Cursillo and light your heart on fire! A Cursillo weekend is unlike anything you've ever experienced. Cursillos run from Thursday evening thru Sunday, and they are ongoing.

The next Cursillo weekends are:
 July 20 – 23 for the Men's weekend
 Aug. 3 -6 for the Women's weekend

If interested contact Tom & Marie Newton
 562 519 3189

High School Youth Hangout!

Next:
 07/12/23
 07/26/23

BIWEEKLY
WEDNESDAYS MEET UPS
@7PM - 8:30PM

For information call:
 Youth Minister
 Liz Moreno
 (562)598-0519 E XT 230

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SCHOLARSHIPS DUE:	Contact Liz		

TO REGISTER OR FOR MORE EVENT INFORMATION, PLEASE CONTACT:

CONTACT PERSON: Liz Moreno- Youth Minister
CONTACT INFO: (562) 598-0519 Ext 230

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JULY 4



Registration for the 2023-24 Faith Formation Classes is now open for new students. Current Students that need to re-register, please email Joe Voigt @ joe@stjosephlb.org.

Sunday Elementary Faith Formation Classes (1-5th Grades)

Parent Information Session: Sunday, September 10, 2023, at 2pm in the Church

Classes Start: Sunday, September 17, 2023, from 10 –11:15am

Middle School Faith Formation Classes (6th-8th Grades)

Parent Information Session: Tuesday, September 26, 2023, at 7 pm in the PLC/St. Joseph Room

Start: Tuesday, October 3, 2023, from 6:30-7:30 pm

Current and new students need to register. Remember, it is an Archdiocesan requirement to have two consecutive years of religious education to receive sacraments. A copy of the Baptismal Certificate must accompany all NEW candidates registering for St. Joseph Faith Formation for the first time.



Confirmation meets on selected Sundays from 11 a.m. - 1:30 p.m. (includes 12:30 Mass), September through May. Open to all high school students Grades (9 – 12). New high school confirmation candidates need to provide an 1st Holy Communion certificate in addition to their baptism certificate.

For more information and to register for our programs, please scan the code to the right with your cell phone camera).





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