



## ST. JOSEPH PARISH

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

**SUNDAY, JULY 21, 2024**

# 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

# 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](http://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

Knights Of Columbus

Marty Vezzetti

(702) 401-5247

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

*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.



# Weekly Prayer

## Sunday's Readings

### First Reading:

I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the LORD. (Jer 23:4)

### Psalm:

The Lord is my shepherd; there is nothing I shall want. (Ps 23)

### Second Reading:

In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace, he who made both one and broke down the dividing wall of enmity. (Eph 2:13-14)

### Gospel:

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 10:34)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

## Live The Liturgy Inspiration of the Week

The crowds continue to follow Jesus, and when he sees them, he cannot help but be filled with love for them. Let us take our cue from these devoted disciples of Mark's Gospel, and never, ever stop seeking our Lord.

## Observances for the week of July 21, 2024

- Sunday:** 16th Sunday in Ordinary Time  
**Monday:** St. Mary Magdalene  
**Tuesday:** St. Bridget, Religious  
**Wednesday:** St. Sharbel Makhlūf, Priest  
**Thursday:** St. James, Apostle  
**Friday:** Sts. Joachim and Anne, Parents of the Blessed Virgin Mary  
**Next Sunday:** 17th Sunday in Ordinary Time



## Saint of the week

St. Angela of Foligno (c. 1248–1309), sometimes called the “Teacher of Theologians,” Angela’s first life as a wife and mother gave her unique insights. Her path to sainthood was not through perfection but through penitence and charity. She experienced periods of certainty and doubt, temptation and steadfastness.

## Prayer to the Shepherd

My Good Shepherd,  
There are so many things I don't understand about the paths where you lead and the pastures where you release me. But I believe that you are a Good Shepherd. I have known your protection and provision in so many ways. Please keep me under your care.  
Amen.

# Worship & Meditation

## Readings for the week of July 21, 2024

### Sunday:

Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 (1)/  
Eph 2:13-18/Mk 6:30-34

### Monday:

Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4,  
5-6, 8-9/Jn 20:1-2, 11-18

### Tuesday:

Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/  
Mt 12:46-50

### Wednesday:

Jer 1:1, 4-10/Ps 71:1-2, 3-4a, 5-6ab, 15 and  
17/Mt 13:1-9

### Thursday:

2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5,  
6/Mt 20:20-28

### Friday:

Jer 3:14-17/Ps 19:8, 9, 10, 11/Mt 13:18-23

### Saturday:

Jer 7:1-11/Ps 84:3, 4, 5-6a, and 8a, 11/  
Mt 13:24-30

### Next Sunday:

2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18  
(see 16)/Eph 4:1-6/Jn 6:1-15



Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.  
The English translation of Psalm Responses from Lectionary for  
Mass © 1969, 1981, 1997, International Commission on English in  
the Liturgy Corporation. All rights reserved.



## Gospel Meditation

### Encourage Deeper Understanding of Scripture

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.

— *Father John Muir*

SUNDAY, JULY 21, 2024 | 16TH SUNDAY IN ORDINARY TIME

©LPi

NEW HOPE  
FOR CAMBODIAN CHILDREN

# Mission Appeal Sunday



Support our cause

## ST. JOSEPH'S ANNUAL MISSION COOPERATIVE SUNDAY IS NEXT WEEKEND JULY 27-28

One Sunday a year we are reminded about our Mission to spread the Gospel around the world. As part of the Mission Cooperative Plan of the Archdiocese of Los Angeles, John and Kathy Tucker, the founders of **New Hope for Cambodian Children** will give a short mission support talk during all the weekend Masses. John and Kathy have been Catholic lay missionaries for 27 years. They are caring for orphans and abandoned children living with HIV/AIDS in Cambodia. A collection will be taken after their talk to support their mission in Cambodia. You can make the check-out to “St. Joseph Church” and the funds will be transferred to the mission. Thank you for your care and support of the missions and John and Kathy Tucker.

# CALLED TO BE A ... FAITH FORMATION TEACHER?

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.



VOLUNTEER OPPORTUNITIES ABOUND, AND FOR THOSE EAGER TO DIVE DEEPER, CATECHIST TRAINING AWAITS. TOGETHER, LET'S MAKE AN IMPACT THAT LASTS A LIFETIME. JOIN US TODAY AND BE THE CHANGE OUR YOUTH NEEDS!  
**ALL IT TAKES IS A COMMITMENT OF THREE HOURS EVERY TWO WEEKS!**

**CONTACT: LIZ MORENO - (562) 598-0519 EXT 230**  
YOUTH MINISTER/ CONFIRMATION COORDINATOR

## St. Joseph Parish MIDDLE SCHOOL FAITH FORMATION NOW ENROLLING

**SUNDAYS - 9:45AM - 10:45AM**

Enroll Today!  
Scan the QR code



- FIRST HOLY COMMUNION
- YOUTH GROUP
- SUNDAY FUNDAYS
- FUN ACTIVITIES



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

Updated 6/18/24

### St. Joseph Youth Group Schedule

<b>JUNE 19</b>	<b>NO MEETUP</b>	<b>NO MEETUP</b>
<b>JUNE 29</b>	<b>1 YEAR ANNIVERSARY</b> <b>DISNEYLAND TRIP</b>	<b>ALL DAY EVENT</b>
<b>JULY 3</b>	<b>MEETUP</b> <b>4TH OF JULY THEME</b>	<b>7:00PM - 9:00PM</b>
<b>JULY 17</b>	<b>Holy Rollers Bowling Night</b>	<b>7:00pm - 8:30pm</b> PLC Bowlero
<b>August 17</b>	<b>Seal Beach Clean Up</b>	<b>9am - 10am -</b> Clean up Beach fun to follow
<b>August 24</b>	<b>Worship Concert</b>	<b>Arrival 5:00pm</b> Bonfire afterwards Ends at 10:00pm



## LOVE BEYOND MEASURE

Natural Family Planning...  
supporting God's gifts of love and life in marriage

**NATURAL FAMILY PLANNING  
AWARENESS WEEK is July 21-27.**

Has anyone ever clearly explained to you WHY the Catholic Church does not approve of unnatural birth control? For most of us, the answer is NO. Learn about your faith and discover a natural method of family planning that goes beyond the physical. For more information contact Greg & Beth Gath at [562-377-5877](tel:562-377-5877) or [bethgath@gmail.com](mailto:bethgath@gmail.com) or visit [www.ccli.org](http://www.ccli.org).

**OCIA**

**Enroll Today!**

Join us for a Journey of Spiritual Growth!!!  
Baptism - First Holy Communion - Confirmation



**St. Joseph Parish**

Contact: Sr. Eva  
Email: SrEva@stjosephlb.org  
(562)598-0519 Ext 214



**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.

The Women's weekend is full and registration is closed, however registration is open for the Men's weekend which is **October 19-20, 2024**.

To learn more and to sign up, visit <https://stjosephlb.org/welcome-christ-renews/> or scan the QR code.



**ST. JOSEPH PARISH**

**CONFIRMATION PROGRAM**

**ENROLLING NOW!**

**SESSIONS START IN SEPTEMBER!!!**

**SCAN TO REGISTER!**

Follow us on Instagram






## Did You Know?



**Summer safety tips: Designate ‘water watchers’ to care for people around the water**

Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. To prevent drowning, it is best to swim in a lifeguarded area. Always designate a “water watcher” whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over. In the event of an emergency, reach or throw an object to the person in trouble. Don’t go in or you could become a victim yourself. For more information, visit [redcross.org](http://redcross.org).



## 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](http://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.



## 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](mailto:maypace@gmail.com) Or 562/833-6370

OR

**Wednesday 7–8:30 p.m.** each week beginning **July 31<sup>st</sup>**. Contact Liz Ferlectic-Frith at [elizfrith@gmail.com](mailto:elizfrith@gmail.com) or 714/488-4524

BOTH CLASSES ARE HELD AT THE PLC BUILDING.



## 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. 3-4 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.

ST. JOSEPH PARISH  
**SAVE THE DATE!**  
 HOSTED BY:  
 ST. JOE'S YOUTH GROUP  
**LAT12 MUSIC GROUP**  
**WORSHIP CONCERT**  
 FREE ENTRY!  
 A WORSHIP EXPERIENCE FOR ALL AGES!  
 BRING YOUR LAWN CHAIRS!  
**SATURDAY**  
**24 AUGUST**  
**7PM TO 8:30PM**  
 FOR INFORMATION CALL:  
 (562)594-4657  
 WWW.STJOSEPHLB.ORG 6180 E WILLOW STREET LONG BEACH, CA 90815

## Eucharistic Revival Prayer

By Most Rev. José H. Gomez  
 Archbishop of Los Angeles  
 June 1, 2022

Heavenly Father, we thank you for the gift of your Son, our Lord Jesus Christ, who promised to stay with us always, until the end of the age.

Reawaken our wonder at His presence in the Most Holy Eucharist. May our hearts burn within us as He opens the Scriptures and breaks the bread.

Give us the eyes of faith to recognize His presence in our brothers and sisters, especially in the face of the poor and the suffering.

Nourished by the Eucharist, send us forth to walk faithfully as missionary disciples, proclaiming the Gospel to every heart and extending Your kingdom to every land.

We ask this through Christ our Lord.

**Amen.**

## 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 Times bestselling author of Jesus and John Wayne"

All are welcome!  
 For more info, email [agoodlife@msn.com](mailto:agoodlife@msn.com)



## LET'S GROW YOUR BUSINESS

Place Your Ad Here  
and Support Our Parish!

**CONTACT ME Dave Hyde**

dhyde@4LPi.com • (800) 950-9952 x5820



Jennifer Lumsdaine

2023 Attorney of the Year,  
Southeast District Bar Association

Parish Members Receive Free Consultations for Wills & Trusts, Probate & Trust Administration, Conservatorships  
(562) 923-0971 | tldlaw.com  
jlumsdaine@tldlaw.com  
Offices in Downey, Long Beach, Irvine



### ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

833-287-3502



## COMPASS

BUY — SELL — INVEST  
Local Parishioners

Serving Your  
Real Estate needs in  
Long Beach and  
Surrounding Areas



**Tyler Luckey**  
562.254.1325  
DRE 01978990

**Pam Luckey**  
562.307.4367  
DRE 00751586

**Tessa Luckey**  
562.254.0696  
DRE 01291580

luckeyteam@compass.com | luckeyteam.com

## catholicmatch<sup>®</sup> California



CatholicMatch.com/CA

### Don Gath Insurance Agency



562-498-6701

AUTO ~ HOME ~ LIFE  
Be more than a number.  
Be part of the family.  
LIC#0447779  
Family owned & operated since 1984.

### SHORT STAFFED?

Place an ad here to find new  
local talent for your business.



CALL 800-950-9952

### TAX PREPARATION

Aragon, Santillan & Associates  
Ophelia Aragon, EA, NTPI Fellow  
Fabian Santillan, EA  
Tax Preparation & Notary Services  
6342 E. Spring St.  
Long Beach, CA 90815  
www.asatax.com  
562-421-3063  
Parishioners



25+ Years Experience  
562-925-4046  
Heating Stoppages  
Wall & Floor Furnace  
Video Inspections  
Sewer & Drains  
Gas Lines  
Slab Leaks  
Remodels  
Copper/Pex Re-Pipes  
Garbage Disposals  
Water Heaters  
Free Estimates

10% Discount With this Ad  
\*\$300 Maximum Discount\*



**ASHLEY HAYES,**  
PHARM.D, BCPS  
CONSULTANT PHARMACIST  
914-439-3653



CLINICAL PRACTITIONER • PATIENT CARE ADVOCATE  
MEDICATION EXPERT • EDUCATOR • DRUG INFO RESOURCE  
**HAVE YOU HAD A  
MEDICATION REVIEW  
LATELY?**

WE APPRECIATE OUR  
ADVERTISERS!



FIRSTTEAM  
REAL ESTATE

JULIE VOCK

**Julie Vock - Realtor**

Born and Raised Neighborhood Specialist

714.501.7798

www.JulieVock.com

bre# 01383367



## CATHOLIC CEMETERIES & MORTUARIES

EVERLASTING FAITH. EVERLASTING LIFE.

*A ministry of the Church  
serving the faithful.*

Learn about our 11 locations in  
Los Angeles, Ventura and  
Santa Barbara counties

CatholicCM.org



Brunch and  
Live Music  
on the  
Weekends  
10-2pm!

562-541-1105

4130 Paramount Blvd., Lakewood, CA 90712

### O'Connor's Irish Pub

Pub & Kitchen Open Daily at 10am

All Ages Welcome! 25 Big Screen TVs, Newly Remodeled,  
Full Kitchen & Bar, Game Room & 14 Ice Cold Beers On Tap!

**Fish & Chips Dinner & Drinks For Two \$30**

Beer-Battered Alaskan Cod,  
Fries, Coleslaw, Pub Salad,  
Domestic Pint/Seltzer

7 Days, 5pm-close. Mention this ad



Outside is fun again!

Service Areas:

- Seal Beach
- Cypress
- Los Alamitos
- Rossmoor
- East Long Beach

Ken Kay & Evelyn Dinnen, Owners

562-270-9808 | www.sealbeach.mosquitojoe.com

# SUPPORT OUR ADVERTISERS!



## LUYBEN FAMILY DILDAY-MOTTELL MORTUARY

GUARANTEED LOWEST FUNERAL COST IN TOWN

John G. Luyben • Rosalie A. Luyben • Thaddeus Luyben • Martin Luyben • James Morgan

CALL US FOR YOUR FREE MEMORIAL GUIDE... "PRE-ARRANGING FOR TIME OF NEED"

5161 Arbor Road, Long Beach, CA

425-6401



For ad info. call 1-800-950-9952 • www.4lpi.com

St. Joseph Church, Long Beach, CA

A 4C 05-4064