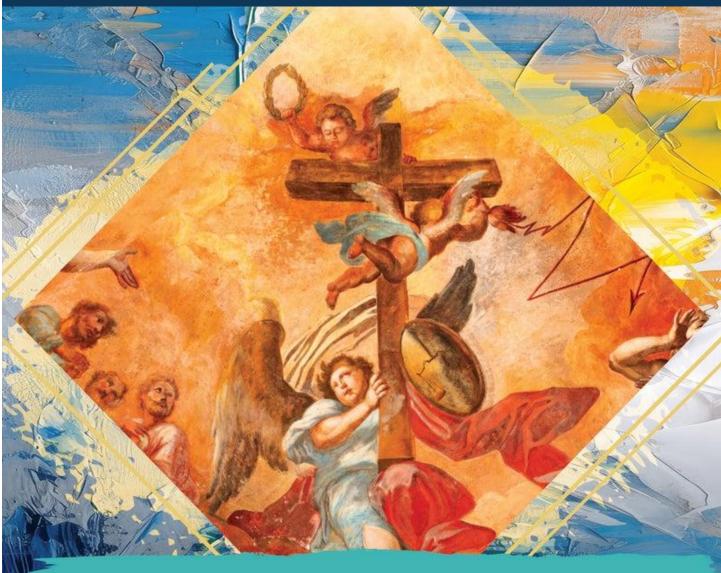
# St. Joseph Parish



# THE EXALTATION OF THE HOLY CROSS

For God did not send his Son into the world to condemn the world, but that the world might be saved through him. - Jn 3:17

Excerpts from the Lectionary for Mass @2001, 1998, 1970 CCD. @LPi

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# Dear Parish Family:

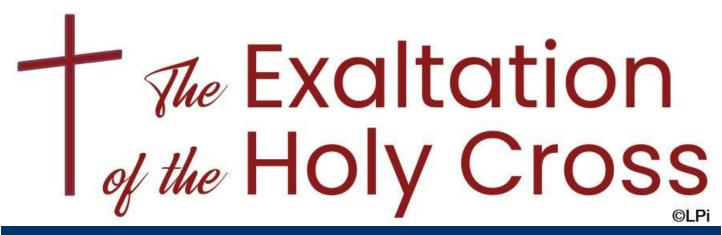
Greetings and I hope your September transitions are going well and are peaceful. September 14<sup>th,</sup> on the Church's liturgical calendar is always the celebration of the Exaltation of the Holy Cross. Because September 14<sup>th</sup> is a Sunday this year, the Exaltation of the Cross has precedence over Ordinary Time. Today I'm thinking about the number of times that I make the Holy Cross a part of my life every time I make the Sign of the Cross. Making the Sign of the Cross on our bodies is not just a gesture, it is a holy action with a plethora of meanings: we have a relationship with the Holy Trinity, we can speak directly to God, the Father, Son and Holy Spirit, we are saved by the cross of Christ, we are made in the image of God, through the cross death is no more, the promise of the cross leads to resurrection and through the cross I will live forever in eternal life. There's a lot to unfold and unpack - every time we make that simple liturgical action of signing our bodies with the Holy Cross!

As I am away this weekend, a special welcome to our San Pedro Regional Bishop, Bishop Marc Trudeau, who will celebrate all three Sunday Masses. Thank you, Bishop Marc, for being here celebrating the Eucharist with the St. Joe's family!

Next weekend is the Women's Welcome retreat #5. Please pray this week for the women preparing to make the retreat and pray for Team #5 offering the retreat. Only a few spots remain for the Men's Welcome Retreat! Men of God -sign up now!!

The Season of Fall starts on Monday, September 22. Enjoy this last week of summer.

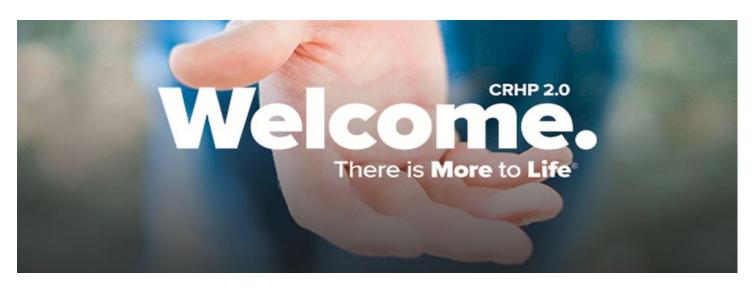
Blessings, Msgr. Kevin



# A Message From Our Pastor

Last Sunday, one of our parishioners who attended a past Men's Welcome Retreat spoke at all the Masses and inspired us with a testimony about how the Welcome Weekend changed his life. Here is another one of the testimonies:

Hi, I'm Jamar Tolentino a husband and father of two young boys that attend St Joseph's. Around Covid I started feeling very uncertain of the world and became restless which led to me losing a lot of sleep. I went to the doctor, and she told me that I was suffering from anxiety. I was able to manage it a couple years for the most part by going back to the gym and surfing. Then it started getting out of control again. I'd be irritated and anxious around people, even amongst family and friends. It wasn't until it got too overwhelming that I had no other choice but to pray to God and our Lord and Savior Jesus Christ. That was the best decision, and it changed my life! Immediately peace started flowing back into my life and I felt like everything was going to be alright. I started going back to church every Sunday and praying every day. One day at church Monsignor Kevin mentioned the Welcome Christ Renews His Parish retreat and told me how great it would be to do it. I asked him what it was, and he told me it was a weekend retreat to strengthen my relationship with God. I was a little hesitant at first because of the time commitment but I was so grateful to God for the changes in my life that I decided to give that up for Him and commit. I didn't realize how powerful the retreat was going to be for me. Even though I went to church every Sunday and prayed every night my relationship with God was still not as strong as it could be. During the retreat, I realized other men were going through seasons in their life too and when we turned to God and the Bible for the answer, it brought us peace. I created a bond with these men and now I'm able to talk about my challenges in life and find the answer through prayer and scripture. I highly recommend this Men's Retreat on September 27 & 28 to connect with God in a deeper and more meaningful way, allowing you to find peace and to become the best version of yourself.



# **Weekly** Prayer

# Sunday's Readings

## First Reading:

"We have sinned in complaining against the LORD and you.

Pray the LORD to take the serpents from us." (Nm 21:7)

#### Psalm:

Do not forget the works of the Lord! (Ps 78)

#### Second Reading:

He humbled himself, becoming obedient to death, even death on a cross. (Phil 2:8)

#### Gospel:

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. (Jn 3:16)

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# Live The Liturgy Inspiration of the Week

God did not send his son into the world to condemn it. The cross is not a symbol of judgment — the cross is what mercy looks like when it is lived out. How will we bring the cross into our lives this week? How will we live the mercy which has saved us?

# Observances for the week of September 14, 2025

**Sunday:** The Exaltation of the Holy Cross

Monday: Our Lady of Sorrows

Tuesday: Sts. Cornelius, Pope, and Cyprian,

Bishop, Martyrs

**Wednesday:** St. Robert Bellarmine, Bishop and

Doctor of the Church; St. Hildegard of

Bingen, Virgin and Doctor

Friday: St. Januarius, Bishop and Martyr
Saturday: Sts. Andrew Kim Tae-gŏn, Priest, and

Paul Chong Ha-sang,

and Companions, Martyrs [M]

Next Sunday: 25th Sunday in Ordinary Time;

Catechetical Sunday



# Devotions, Explained!

A litany is an ancient form of prayer incorporating repetitive refrains (often "hear our prayer" or "pray for us"). Litanies are used in a variety of liturgical settings and in both private and public acts of devotion.

# **Prayer of Love**

Dear God.

Expand my heart in new ways

today,

to understand the love You have

for me,

to take that love deeply into

myself.

and to act from that love.

Amen.

# Worship & Meditation

# Readings for the week of September 14, 2025

#### Sunday:

Nm 21:4b-9/Ps 78:1bc-2, 34-35, 36-37, 38/Phil 2:6-11/Jn 3:13-17

#### Monday:

1 Tm 2:1-8/Ps 28:2, 7, 8-9/Jn 19:25-27 or Lk 2:33-35

#### Tuesday:

1 Tm 3:1-13/Ps 101:1b-2ab, 2cd-3ab, 5, 6/ Lk 7:11-17

#### Wednesday:

1 Tm 3:14-16/Ps 111:1-2, 3-4, 5-6/Lk 7:31-35

#### Thursday:

1 Tm 4:12-16/Ps 111:7-8, 9, 10/Lk 7:36-50

#### Friday:

1 Tm 6:2c-12/Ps 49:6-7, 8-10, 17-18, 19-20/ Lk 8:1-3

#### Saturday:

1 Tm 6:13-16/Ps 100:1b-2, 3, 4, 5/Lk 8:4-15

#### **Next Sunday:**

Am 8:4-7/Ps 113:1-2, 4-6, 7-8 (see 1a, 7b)/ 1 Tm 2:1-8/Lk 16:1-13 or 16:10-13



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# **Gospel Meditation**

## **Encourage Deeper Understanding of Scripture**

One of my favorite movies is the 1991 comedy *What About Bob?* Bill Murray plays a troubled, paranoid hypochondriac named Bob Wiley who innocently but annoyingly hounds Dr. Leo Marvin, played by Richard Dreyfuss. Bob is paralyzed by his fear of, well, everything, and is convinced the psychologist can heal him. But Dr. Marvin's failed attempts to heal Bob end up driving the doctor to attempt to murder Bob. He fails. The surprise is that, having faced death head on, Bob is suddenly healed. He attributes his healing to Dr Marvin for breakthrough "death therapy." In facing the cause of his deepest illness and dysfunction, Bob is healed.

Underneath this light-hearted comedy is a dead-serious resonance with this week's feast: the Exaltation of the Holy Cross. Christ is lifted up on the cross to force us to face the truth of sin and death. In that reckoning we find healing. Like Moses' snake on a pole, the cross says: this is what is causing your sickness – rebellion, disobedience, sin. Look at it! Don't run from it. Now seeing it exposed, we see life. We see our physician mercifully healing us. In this sense, we are all like Bob Wiley. The "death therapy" of the cross is our only hope for healing.

This week I invite you to "exalt the cross." If you don't have one in your house, get one. Use it for prayer. Gaze on it frequently. It teaches us to not be afraid. It heals us.

- Father John Muir

SUNDAY, SEPTEMBER 14, 2025 | THE EXALTATION OF THE HOLY CROSS ©LPI

# Join Our Altar Server Ministry!



We are seeking additional families to serve as altar servers at all Masses.
Catholic liturgy is the Work of the People, and families who attend St. Joseph are encouraged to serve together in this meaningful ministry.

# Interested?

Email Monica Wissuchek, the Altar Server Ministry Coordinator, at <a href="mailto:stjfamilyaltarservers@gmail.com">stjfamilyaltarservers@gmail.com</a> to register for the upcoming training.
Training Session:

• Date: September 20th

Families will meet with Monsignor Kevin prior to serving and will be scheduled for liturgies throughout the year. Monica will work with each family to accommodate their needs.

We hope you will join us in this special service!

# A Note From Deacon Tom

Many of our parishioners are aware of Pat's journey with Parkinson's. Your love, prayers, support, and meals have been both amazing and uplifting, and we thank you for everything you have done for us. We want to inform you that in addition to Parkinson's, Pat has been diagnosed with Alzheimer's Disease. We are making this journey together, and with our family, friends, and the St. Joseph Parish Community. Please keep us in your prayers as we go forward.

Peace,

#### **Deacon Tom & Pat**



Join Us for the 2nd Annual NICU Warrior Walk

Edward and Haley Steinhauser (12:30 PM Mass) invite you to join them for the **2nd Annual NICU Warrior Walk** on **Sunday**, **September 28**, **2025**, **at 8:30 AM** in downtown Long Beach. Organized in honor of their son Cooper, this special event takes place during **NICU Awareness Month** as we come together to honor babies, their families, and the medical teams who care for them.

Tickets can be purchased at <u>nicuwarriorwalk.org</u>. If you are unable to attend, you can still support this mission by making a donation through the website.

Together, let's walk in faith, hope, and love for NICU families.

# NO PARKING! SEPTEMBER 4-22

Construction:

# **ZONE**

The final chapter of the construction project is the fire hydrant tie-in on Willow Street.

This will take place for approximately two weeks from September 4-22. During the hours of Construction (8:30 AM – 3:30 PM) there will be two lane closures on Willow Street from Woodruff past the field, the PLC and the school. One lane will be open going eastbound. Please drive slowly and follow the traffic control signage. Entrances into the Saint Joseph's parking lot will not be affected. Thank you for your patience and care during this time.



HOSTED BY: ST. JOE'S YOUTH GROUP

# **SATURDAY, OCTOBER 25TH**







# TRUNK or TREAT

Hello St. Joseph Family!

Our Youth Group is hosting a community Trunk or Treat on Saturday, October 25th – 6pm -8pm, and we need YOUR help to make it an unforgettable evening of fun, faith, and candy-filled smiles! Whether you're crafting a cool trunk or dropping off some sweet treats, your support helps us share God's love in a fun and safe way!

Here's how you can join in:
Volunteer your trunk! Decorate it, dress up, and hand out candy with joy
(Candy will be provided.)



PLUS:
Best Costume & Best Trunk Prizes
Live DJ & Family Fun
A safe, joy-filled night for our community!

Ready to join the fun?
Sign up or get more info here: https://signup.com/go/JdEVeUc

Contact: Youth Minister, Liz Moreno (562)598-0519 Ext 2



# • A SPECIAL OPPORTUNITY FOR OUR PARISH MEN 🧩

!! Openings are STILL AVAILABLE for the Men's Welcome Christ Renews His Parish Retreat!!

**DATE: September 27-28, 2025** LOCATION: St. Joseph Catholic Church in the PLC

This retreat is a LIFE-CHANGING opportunity to:

- √ Grow in your faith
- **✓** Connect with other men in the parish
- **✓** Experience renewal through Christ
- → SIGN UP TODAY AT: https://stjosephlb.org/welcome-christ-renews/

# A PRAY FOR OUR WOMEN THIS WEEKEND 🕰



A Please pray for our Women's retreat team as they make final preparations for next weekend's retreat. May the retreat planning go smoothly and the team be blessed with energy, wisdom, grace, and joyful spirits as they prepare. Please also pray for all of the women attending next weekend's retreat. May they each experience renewal through Christ and feel a stronger connection with one another and with St. Joseph Parish. 🕰





"If you want peace, work for justice."
- Pope Paul VI

Sept 16 6:30 PM - Committee Meeting: As we begin our 40th year of channeling the generosity of our St. Joseph parish community to the poor and marginalized of Long Beach, help us inspire our upcoming activities.

## Sept 27-28 - Feed-a-Baby Food

<u>Drive</u>: Collecting non-perishable baby food and products for Catholic Charities, Elizabeth Ann Seton Residence, and New Life Beginnings of Long Beach.

Opportunities! Are you inspired to shepherd faith among our supported brethren? Chaplain wanted. Stipends and formation, available. For this and many other opportunities to serve, call Tim Clark, (562) 431-4385.





St. Joseph's Meditation Group currently meets every Tuesday evening at 7:00PM via Zoom. Our weekly session is based on the teachings of Fr. John Main, OSB. Meditation is an age-old Christian practice and open to everyone. No experience is required and beginners are welcome. For more information, contact Frank McKown at (310) 633-1744 or <a href="mailto:frmckown@gmail.com">frmckown@gmail.com</a>



Back to school season is a good time to refresh children on internet safety

Back-to-school season is an ideal time to refresh internet safety rules with the children in your care. For example, it is helpful to establish clear guidelines like what types of sites children can visit, apps they can download, and when they can have access to electronics. Families can also consider "blackout" periods that require disconnection – possibly during dinner and leading up to bedtime. Netsmartz (https://www.missingkids.org/netsmartz) offers resources for keeping children and teens safe online.

# **Senior Group**

# Our next get together will be at the **El Dorado Restaurant on** Monday, October 13th at 9:30 am.

Please 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. For future reference, we meet there on the 2nd Monday of every month, at the same time. Looking forward to seeing you!

> 🌲 St. Joseph Parish High School Confirmation Program

# Help our Youth Grow in Faith

We're looking for teacher assistants to support our Confirmation program. The commitment is simple—just 2 hours once or twice a month (your choice!)-but the impact is eternal.

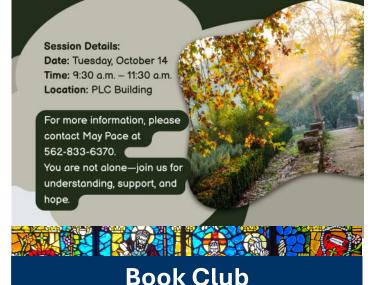
Come share your faith and help guide our young people as they grow closer to God!



(562)598-0519 Ext 2 or Lizestjosephlb.org

## **NEW VIDEO SESSION: LOSS OF A SPOUSE**

Losing a spouse is a unique and life-altering pain. If you are grieving, you don't have to face it alone. Our bereavement group offers a supportive space for focused encouragement and healing.



BRIAN D. MCLAREN

Our next Book Club meeting is

Wednesday, November 19th at 7pm on Zoom

Life After Doom: Wisdom and Courage for a World Falling Apart by Brian D. McLaren

"Blending insights from philosophers, poets, scientists, and theologians, *Life After* Doom explores the complexity of hope, the necessity of grief, and the need for new ways of thinking, becoming, and belonging in turbulent times." Life After Doom: Wisdom and Courage for a World Falling Apart: McLaren, Brian D.: 9781250893277: Amazon.com: Books

> All are welcome. For more info, email agoodlife@msn.com

# HIGH SCHOOL CONFIRMATION PROGRAM







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TIME: 11:00AM - 12:00PM

**BREAK: 12:00PM - 12:20PM** 

MASS AS A CLASS: 12:30PM - 1:30PM





Sunday, September 14th!

(562)598-0519 EXT 2



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Middle School



Director of Faith Formation: Marc Leon









# **Parish Directory**

## PASTOR: MSGR. KEVIN KOSTELNIK

stjoseph@stjosephlb.org

**Deacon Shane Cuda** sfcuda@yahoo.com **Deacon Tom Halliwell** dcntom@stjosephlb.org Sr. Eva (Director of Adult Faith Formation) sreva@stjosephlb.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 mike@stjosephlb.org Website Coordinator Mike Santy

# 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

**Administrative Assistant:** Michelle Johnson (562)596-6115 High School Ministry & Confirmation: Liz Moreno (562) 596-6115 (562) 596-6115 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 Steve Koppenheffer Lectors lectorsstjosephlb@gmail.com **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) 519-0154 **Knights Of Columbus** Marty Vezzetti (702) 401-5247 **Natural Family Planning** Greg & Beth Gath (562) 377-5877 **Boy Scouts** Jeff Baer (562) 537-6722 Sacristans Joe Dang (562) 493-2198 **Homebound Ministry Patty Brunter** pjbstampin@aol.com Bereavement Ministry (562) 833-6370 May Pace Cursillo Tom & Marie Newton tjn8343@gmail.com Parish Fair Pete Wroblicky sjspringfair@gmail.com Environment Jessica Gil bpax.g4@gmail.com Altar Servers Monica Wissuchek stjfamilyaltarservers@gmail.com Welcome CRHP Diane Ohde stilbwelcome@gmail.com

Mary Anne Silvestri

Frank McKown

# **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.

# **Adoration**

**First Fridays** 8:00-9:00 a.m.



**Book Club** 

Meditation

frmckown@gmail.com



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