



Church of Santa Maria

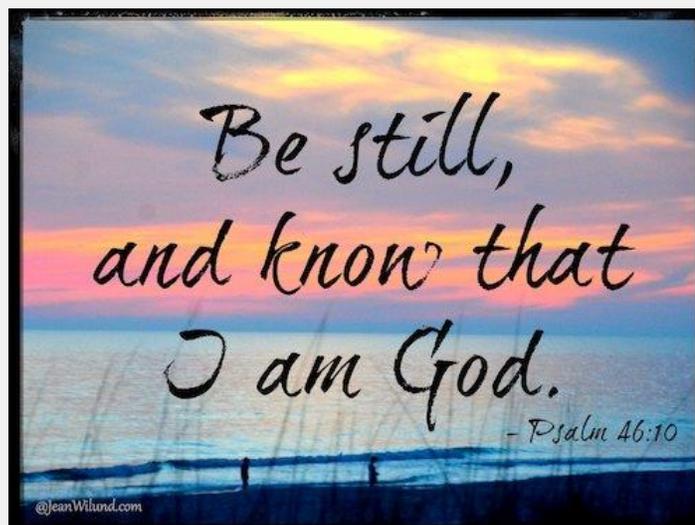
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Do I have to "be still"?

How to spend an hour in Adoration without getting bored

Pictured: The Psalms tell us to "be still" and know that I am God, but is the stillness strictly necessary?



The 25th Sunday in Ordinary Time
September 18, 2022

"Okay, but... what do we *do*?"

This, from one of the teens in my small group while we were on retreat and preparing them for a Holy Hour - an hour spent in prayer for Adoration of the Blessed Sacrament.

"Well..." I paused, thinking of how else to explain Adoration to someone who had never been. I'd already mentioned there would be periods of silence interspersed with some music and Scripture readings, and wasn't sure how to get them to see that that the silence and stillness were actually part of the exercise in and of itself until they'd done it themselves. **"You'll just have to experience it.** The point is that you're present to God and He's present to you, and it's really peaceful. You aren't really required to *do* anything."

I know it can be intimidating to go to Eucharistic Adoration. It's not really that we're afraid of Jesus, but more like we don't know what to do for such a long time of prayer. Since our First Friday Adoration won't be as structured as a Holy Hour on a Youth Ministry retreat, you'll have to go through the journey of finding your own best practices for Adoration. Will you bring a book, read the Bible, journal, or pray a Rosary? Will you sit, staring straight at the monstrance, not moving and barely breathing, or is it okay to move around?

If you're shaking your head in bewilderment at these questions, here are

some things I've tried that have really helped me get the most out of a Holy Hour that I'm happy to pass on to you:

1. **Contemplate:** If you practice meditation already, contemplation is simply that - while you're adoring and contemplating the eternal God present in front of you in the Blessed Sacrament. Enter that quiet space in your heart, breathe in the love of God, breathe out your distractions and challenges, and you'll find you're living that line from the Psalms, "be still and know that I am God."
2. **Meditate on Scripture:** Look up the Sunday Gospel or another passage and read it slowly a few times, while reflecting on it. Ask Jesus what He wants you to hear or learn from it, or what He wants to teach you about Himself through that passage. Read it again and keep an eye out for a particular line, character, or phrase that catches your heart, and reflect on that particular bit of it, asking Jesus the same questions again.
3. **Pour out your heart to Christ:** Give to Jesus what's been weighing on you, what you're grateful for, what has brought you joy. If you like writing, doodling, drawing, or composing poetry or songs, bring a journal to God to Adoration and write down the prayers that come into your heart as a way to share them with the Lord.
4. **Be comfortable:** I often find myself on the floor at Adoration. It's my body's most comfortable way to be present, and is the posture of worship that's most natural to me. Whether you feel like sitting, kneeling, lying down, curling up in a ball, or stretching, God is just happy you're there with Him. Cushions are welcome.
5. **Read:** St. Jerome apparently once said, "When we pray we speak to God, but when we read, God speaks to us." It's not only true of Scriptures - other spiritual reading can be very fruitful during Adoration, like the Saints, prayer books, or the Church Fathers and Mothers. No wonder Jerome is the patron saint of librarians.
6. **Be quiet:** Silence, stillness, and quietude are great spiritual practices - and they're called practices because they take practice to get used to! Teach your body and your heart to rest in the silence, because that is where God holds you in the palm of His hand.
7. **Adore:** It's called "Adoration" for a reason. Pray and meditate on St. Francis' prayer before the Blessed Sacrament: "I adore you, O Christ, present here and in all the churches of the world, for by your holy cross you have redeemed the world."

If this article inspires you to try out this new way of spending time with Our Lord, [sign up to join us on our First Fridays between 9am and noon](#) ! Next week we'll explore how Adoration can engage children, and what we can do to make their experience with the Blessed Sacrament positive and full of joy and love - for both the families and for everyone else at Adoration!

Megan Arteaga
Youth Ministry Coordinator

Editor's Note: I'm still asking for more of you to write your witness down and share it here - a short story or two about where you've seen God in your life, what the Lord has done for you, or how your faith affects your daily life even in the simplest ways. Please use the questions [in this](#)

Weekend Worship Opportunities

The 25th Sunday in Ordinary Time Sunday, September 18, 2022

8:30am | Mass in the Church; also [Livestreamed](#) (available all day)

10:30am | Mass in the Church

5:00pm | Mass in the Church

[Read this Sunday's Readings](#)

No more social distancing is required, so all pews will be available to the congregation. **Masks covering the nose and mouth are required for those who are not fully vaccinated, and are optional for those who are fully vaccinated.**

Parish Life

September Confessions heard at St. Perpetua & St. Monica

For the first three weeks of September, Father George will be away.



While we're blessed to have Sunday Masses so generously covered by Fr. Michael Amabisco, OP and Fr. Joe O'Keeffe, SJ, we're also blessed to have other parishes nearby who have offered to share their Sacramental services with our parishioners!

On September 3, 10, and 17, there will be no Confession at Santa Maria. Please visit St. Monica, Moraga or St. Perpetua, Lafayette to celebrate the Sacrament of Reconciliation:

[St. Monica](#): Saturdays 3:30-4:30pm in the church or by appointment

[St. Perpetua](#): Saturdays 4-4:30pm in the church or by appointment

Thank you for your flexibility while Father George is away on some well-deserved time of renewal!

Sign up for First Friday Adoration, starting October 7!

We are so grateful to be bringing back

Eucharistic Adoration on the First Fridays of the month following the 8:30am Morning Mass.

[Click here to sign up in half-hour time slots](#); sign-ups are currently available for Oct-Dec. **We need a minimum of two people present for each time slot**, although more than two can sign up per slot!



We're looking forward to sharing this beautiful time with Our Lord and you!

Faith Formation

We want YOU, buckaroo!

Have you ever thought, "Where are the young people in church?"

Have you ever lamented how there are so few young, local priests?

Well then it's time for you to saddle up that pony and hit the cattle drive! (FYI: the cattle are a metaphor for our young Catholics, and the drive is a metaphor for our formation programs - in case it wasn't obvious.)



Sister Mary Margaret and Megan need your support, but more than that, the students in Faith Formation, Youth Group, and Confirmation need the leadership of other Catholics - and the more the merrier.

Come as you are, learn from the kids, foster our parish's sense of community - and have yerself a rootin' tootin' time while doing it!

For K-5, [email Sr. Mary Margaret](#)
For MSYG and Confirmation, [email Megan](#)

K-12 program registration ended - but we took pity on you.

You don't want to miss out on a great year of faith-filled fun with friends - **now is the time to sign up** for K-5 Faith Formation (including preparation for First Eucharist and First Reconciliation!), Middle School Youth Group, and High School Confirmation!

Please [click here to register your family](#) for our amazing programs. Our catechists, peer leaders, and catechetical staff have been praying and preparing for you to join us, and we're looking forward to a great year!



**Register
now!**

Food for Thought

Food for Thought is a selection of articles hand-picked to give you bite-sized information on important goings-on in the world of the Catholic Church.

NEW: Meet the newest Cardinal from the United States

*A Vatican News article by
Deborah Castellano Lubov*

On Saturday, Pope Francis places the red hat on the head of a new Cardinal from the United States, Bishop Robert McElroy of San Diego.



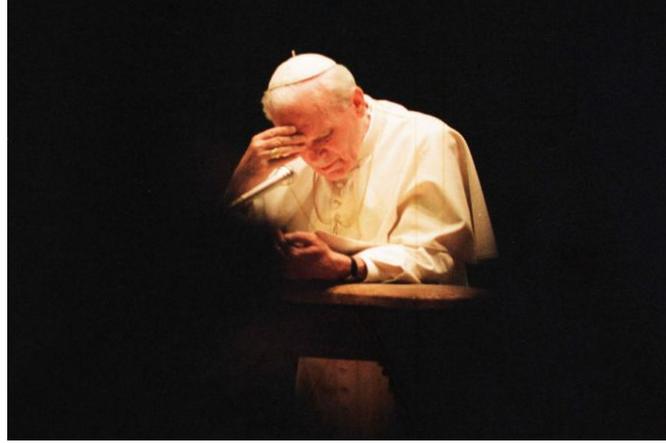
In a wide-ranging interview with Vatican News ahead of Saturday's Consistory, Cardinal-designate McElroy reflects on his appointment to the College of Cardinals, as well as on why Pope Francis' teachings resonate with US Catholics, the current American representation in the College of Cardinals, and the migration phenomenon in his Californian diocese. He also spoke about his expectations for the... [read more](#)

9/11: When John Paul II grieved with America

A CNA article by Mary Farrow

As three airliners smashed into the World Trade Center towers

and the Pentagon, and Flight 93 crashed into a Pennsylvania field on September 11, 2001, Joaquín Navarro-Valls, at the time the director of the Vatican press office, delivered the news to Pope John Paul II.



"I remember that terrible afternoon as if it were yesterday. I called the Pope, who was at Castel Gandolfo, I gave him the news. He was shocked not only by the tragedy itself, but also because he could not explain how man could achieve this abyss of evil..." he recalled in... [read more](#)

Service and Outreach

2022 Santa Maria Knights of Columbus Charity Golf Tournament

Please join us for an afternoon of fun on **Monday October 3rd** at the Knights of Columbus 2022 Charity Golf Tournament! The format is four-person scramble so each player gets a chance to take their best shot for the team. Everyone is welcome, no matter one's golf expertise level as the goal is to raise money for charity while enjoying a day with friends out in nature on a sun-shiny day.



The \$175 price per player includes warm-up range balls, 18 holes of golf, golf cart, box lunch and prizes. Your charitable donation will benefit multiple local charities serving women, the poor, youth and the elderly and will help provide necessities like healthcare, shelter and food to those who need it most.

This year's tournament will be held at Rossmoor Golf Course, 1010 Stanley Dollar Drive in Rossmoor area of Walnut Creek. You can sign up a 4-person team or as an individual player and be assigned to a team. Non-playing sponsorships are also welcome.

[Click here for the official flyer!](#)

To register or sponsor a player or team, please [email Brent Austin](#).

**New month, new food drive on
September 25**

In the spirit of kindness and generosity to those in need at St. Cornelius parish in Richmond, we're asking for food donations as follows (please, no glass containers):

- Canned protein (tuna, chicken, beef, spam, chili, beans)
- Canned tomato sauce/pasta sauce
- Canned fruit/veggies/soup
- Rice or beans
- Pasta/Mac-n-cheese/instant ramen
- 48 oz cooking oil
- Cereal/instant oatmeal
- Applesauce/peanut butter/jelly
- Flour/sugar
- Snacks (protein bars, breakfast bars, microwave popcorn, nuts)



We also need volunteers in one-hour shifts that Sunday, plus some drivers to take the food to St. Cornelius!

Can you help? Got questions? [Email Janet!](#)

NEW: Join the choir!

Our Adult Choir had its first rehearsal this Fall on the 15th. It's never too late to join - we'd love to have you!



Whether you're a shower-singer, a karaoke aficionado, or just the person other people turn around to look at during Mass when you start singing, this is the place for you!

[Email Helena](#) to learn how you can get involved!

Good Stewardship

Fall into a new way of giving!

Each generous gift made to Santa Maria is greatly appreciated - thank you as always for your faithful support!

As we head into fall and the exciting



ministry opportunities ahead (not to mention the great distraction of Pumpkin Spice Lattes and trips to the mountains), we want to propose a safer, simpler solution to giving that allows you to remain consistent in your offerings - which helps us have a more consistent plate as well!

[Please prayerfully consider joining our eGiving program, Faith Direct, and enroll securely today!](#)

If you're already enrolled, what would you like to share with your fellow parishioners about your experience? Let us know!

How can I support Santa Maria?

Thank you so much for thinking about us and supporting our parish! We are greatly appreciative of any help you can provide.

You may drop your collection in the offertory baskets at Masses, mail a check to the Parish Office (40 Santa Maria Way, Orinda CA 94563), or [make a one-time donation using Faith Direct](#), our eGiving service, to make your offering.



If you would like, you can also [sign up for recurring giving through Faith Direct](#) to continue to give to the Sunday plate even if you aren't here. Again, we thank you for your planning and your generosity!

Mass Intentions

Sunday, September 18

8:30am: Parishioners of Santa Maria, Living and Deceased
10:30am: Thanksgiving by the Pagaduan-Aquino Family
5:00pm: Fleta Alejo

Monday, September 19

8:30am: *Intention of the Presider*

Tuesday, September 20

8:30am: James Ryan

Wednesday, September 21

8:30am: Alfred Ferreira

Thursday, September 22

8:30am: Ernestine Ottino

Friday, September 23

8:30am: Fleta Alejo

Bulletin Sponsors

Would you like to become a sponsor for our parish bulletin?

We'll share your advertisement (example below) each week for a year, and feature your business three times a year in a larger column as well!

All advertising proceeds go directly to Santa Maria.

[Contact Megan Arteaga for details on how you can sponsor us.](#)

Mass Intentions are a beautiful way of praying for your intentions or for the souls of our deceased loved ones. To request a Mass Intention, please visit the office during Office Hours.



Pastoral Team

Reverend George Mockel

Pastor

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Deacon Rey Encarnacion

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Deacon James Pearce

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Mirna Wong

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Megan Arteaga

Youth Ministry (Grades 6-12),
Communications, and CYO
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Helena Dietrich

Music Ministry
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Sister Mary Magdalene Nguyen, LHC

Pastoral Care of the Sick
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Prayer Intentions

For the Sick:

Mary Beth Alban, Avery Ann, Joan Artmann, Shoaib Aryan, Kylie Bissell, Kristy Blackey-Taylor, Miguel Briseno, Jeff Calder, Maria Carmen, Fred Chavaria, Lorna Elliott, Anne Emery, Nora Enriquez, Anthony Fisher, Emidio Fonseca, Liam Foley, Patricia Fox, Bridget Gallagher, Gregory Ibabao, Brian Kelly, Mason Kelly, Jim Kennedy, Jerry Kirk, Lawrence Knapp, Carol Koupus, Judy Marquis, Rose Mary McPhee, Jim M., Maria Elsa Moya, Robert Nick, Chase O'Keefe, Arsi Orihuella, Deacon Jim Pearce, Melissa Pearce, Kathleen Pelz, Ann Powell, Mark Ricci, Ben Richey, Carl Robinson, Ustrula Simmons, Scott Treter, Steve Turner, Jean Wells, Faye Young

Would you like to add yourself or someone else to the prayer list? Please ensure you have their permission, then [contact Megan in the Parish Office.](#)

Likewise, thanks be to God for those for whom prayer has been answered! If you would like to be removed from the prayer list with gratitude for answered prayer, please let Megan know that as well.

**Support Santa
Maria**

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Facebook**