



When Jesus saw the vast crowd,
his heart was moved
with pity for them,
for they were like sheep
without a shepherd.

MARK 6:34

Church of the Epiphany

They were overjoyed at seeing
the star, and on entering the
house they saw the child with
Mary his mother. They
prostrated themselves and did
him homage.

Matthew 2:10-11 (NABRE)

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San Francisco, CA 94112
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Sixteenth Sunday
in Ordinary Time

JULY 18, 2021

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Pastor

Rev. Eugene Tungol ext: 18

Parochial Vicar

Rev. Michael Rocha ext: 16

In Residence

Rev. Rolando Caverte ext: 26

Deacon

Deacon Ven Garcia, Jr. ext: 14

Directors of Music

Leon Palad (English),
Roberto Garcia-Leiva (Spanish)

Director of Finance & Plant Management

Terry O'Neill

Bookkeeper

Willie Lim ext: 12

Parish Office & School of Religion Support Staff

Jesús Pedroza ext: 13

Church Sacristan

Mark Ohlander

Elementary School Principal

Brian Joost

School of Religion/ Faith Formation

Phillip Carrion ext: 15

RCIA : Jesús Pedroza ext: 13

Daily Masses/Misas Diarias:

6:30am & 8:00am

Saturday Masses/Misa los Sábados:

8:00am & 5:30pm

Sunday Masses/Misas los Domingos:

6:30am, 8:30am, 10:00am (livestream),
11:30am (español) & 1:00pm

Adoration/Adoración:

First Fridays/Primer viernes del mes
6:00pm-7:00pm

School of Epiphany:

600 Italy Ave. San Francisco, CA 94112

Office: 415-337-4030

Fax: 415-337-8583

Parish Office Hours:

Monday-Friday 8:30am – 12:00pm

Confessions: Saturday 4:00pm-5:00pm

Confesiones: Sabados 4:00pm-5:00pm

Sick Calls

In case of an emergency, please contact the
parish office at 415-333-7630 any hour of
the day or night.

Reflections ~ Reflexiones

Gospel: Mark 6:30-34

The apostles have just returned from their first missionary journey. They want to tell Jesus all about it. He leads them off to a quiet place where they can tell their stories. But the crowds follow them because they are hungry for Jesus' teaching and his healing touch. Seeing the crowd, Jesus is moved to respond to them. They are like sheep that have been scattered. Out of love, the Good Shepherd calls them together and guides them. The apostles' adventure stories will have to wait.

- 1.) When others make demands on you at times when you need to rest, what is your usual response?
- 2.) What can we learn from the example of Jesus in this Gospel passage? How will you try to follow that example in your daily life?

Evangelio: Marcos 6:30-34

Si has tenido alguna experiencia frustrante de haber sido interrumpido mientras tratabas de contar una maravillosa aventura, entenderás cómo se sintieron los Apóstoles en esta historia bíblica. Justamente habían regresado de su primer viaje misionero. Querían contar a Jesús todo lo sucedido. Él los lleva a un lugar tranquilo donde puedan contar sus historias. Pero la multitud los sigue porque ellos tienen hambre de las enseñanzas de Jesús y de su toque sanador.

Al ver la multitud, Jesús es conmovido a responder. Ellos son como ovejas que han sido acorraladas. Por amor, el Buen Pastor las llama y las guía. Las aventuras de los Apóstoles tendrían que esperar.

- 1.) ¿Qué harías? Cuando otra persona demanda de tu tiempo cuando necesitas descansar, ¿qué respondes?
- 2.) ¿Qué podemos aprender del ejemplo de la historia bíblica de hoy? ¿Cómo tratarás de seguir ese ejemplo en tu vida diaria?

Treasures from our Traditions ~ Tradiciones de nuestra Fe

"Come away by yourselves to a deserted place and rest a while" must have been chosen for this summer season by a committee eager for a vacation. For the apostles, the promise of rest was foiled by the needs of the people who discovered their hideaway and pressed them into ministry. Some people do indeed use their vacation for ministry and mission, giving an intensity of service otherwise not possible. For most of us, vacation is a time when we can grow more aware of God's plan, and can renew the bonds of love with family and friends in times of play and leisure.

The disciples learn today that there is no place so out of the way that the life of worship and ministry is disengaged. Giving yourself to summer worship will enrich you, delight you, and give you a sense of the word of God's progress in your heart. In today's world, summer is the time when we are most acutely aware of the beauty of the world. Gratitude and wonder are fertile soils for God's word to take root and prosper. Welcome the visitor today, and resolve that when you travel, you will be faithful to Sunday worship. —James Field, Copyright © J. S. Paluch Co.

Desde el Concilio Vaticano II la Iglesia, como Pueblo de Dios, ha tomado la imagen de una peregrinación para definir su presencia en este mundo. Para los hispanos la peregrinación más antigua es la de Santiago de Compostela en España cuya fiesta celebramos esta semana. Según la tradición, Santiago Apóstol evangelizó España y después de su muerte su cadáver fue llevado a Galicia por acontecimientos milagrosos. En el siglo VII señales de estrellas llevaron al descubrimiento del lugar de su entierro y se construyó un santuario con el nombre de Campo de Estrellas. Eventualmente, a finales del primer milenio cristiano, empezaron las famosas peregrinaciones a Santiago.

Después de muchos siglos la mejor manera de llegar a Santiago todavía es a pie. Recorrer el camino de Santiago es caminar sobre las huellas de innumerables peregrinos que durante más de mil años han ido trazando el sendero. Peregrinar es caminar despacio por la vida de fe, aguantando lo que el camino ofrezca con la certeza final de gozar la contemplación de Dios.

—Fray Gilberto Cavazos-Glз, OFM,
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A PROMISE OF HOPE & HEALING CAMPAIGN

My deepest gratitude for all of the parishioners who have generously given or pledged towards our "A Promise of Hope & Healing" Summer campaign in order to help our parish recouperate from the shortfall due to the pandemic last year. Your grace filled generosity from your hearts is a truly beautiful act of charity and love. Thank you so much for your support and prayers.

Mi más profundo agradecimiento a todos los feligreses que generosamente han brindado o prometido nuestra campaña de verano "Una promesa de esperanza y sanación" para ayudar a nuestra parroquia a recuperarse del déficit debido a la pandemia del año pasado. Su generosidad llena de gracia de sus corazones es un acto de caridad y amor verdaderamente hermoso. Muchas gracias por su apoyo y sus oraciones.

Rev. Eugene Tungol
Pastor

Mr. & Mrs. Alex J. Lapid
Mr. J. Machado
Mr. & Mrs. Alex Maestre
Mr. & Mrs. Leo Martinez
Mr. & Mrs. Monico Mateo
Ms. Luvisminda Medina
Mr. John P. Mills
Mr. & Mrs. Aramis Mondejar
Mr. & Mrs. Jose Montiel
Mrs. Patricia D. Murphy
Ms. Teresita Nepomuceno
Mrs. Marina Ninneman
Ms. Regina Nnanwubar
Mr. Mark Ohlander
(Continued on next column)



Please be sure to visit:
<https://epiphanysf.com/parish-online-giving>
We greatly appreciate your prayers and support.

Por favor visita:
<https://epiphanysf.com/parish-online-giving>
Apreciamos mucho sus oraciones y apoyo.

Calendar / Calendario

Sunday, July 18, 2021

9:30am: OKH Knights of Columbus
9:30am: RH Sp. Baptism Prep
2:30pm: OKH Ep. Filipino Society
2:30pm: RH Year of Faith
2:30pm: CH English Baptisms
7:00pm: OKH Sunday Silence-AA

Tuesday, July 20, 2021

6:00pm: RH Legion de María
7:00pm: CAF Bible Study

Wednesday, July 21, 2021

8:45am: AS Legion of Mary
6:30pm: RH Social Responsibility

Thursday, July 22, 2021

7:00pm: CAF Grupo de Oración
7:00pm: OKH Epiphany of the Lord

Saturday, July 24, 2021

11:15am: CH English Baptisms
4:00pm: CH Confessions

Sunday, July 25, 2021

12:30pm: CAF Grupo de Oración-
Deacon Ocón Talk
2:30pm: OKH Epiphany Filipino
Consultative Board
2:30pm: CH Spanish Baptisms
7:00pm: OKH Sunday Silence-AA

Thank you (Continued)

Mr. & Mrs. Pastor Ortiz
Mr. & Mrs. Joseph Otayde
Mr. & Mrs. Theodore Pasalo
Ms. Patricia A. Planko
Mr. & Mrs. Tarcisio Plaza
Mr. & Mrs. Benedicto Poblete
Mr. & Mrs. Francisco Prado, Jr.
Mr. & Mrs. Al L. Quijano
Mr. & Mrs. Socrates Salas
Ms. Helen Santos
Ms. Erin Savage
Mr. Salvacion Stabio
(Continued in next bulletin issue)

SAINTS AND SPECIAL OBSERVANCES

Sunday: Sixteenth Sunday in Ordinary Time
Tuesday: St. Apollinaris
Wednesday: St. Lawrence of Brindisi
Thursday: St. Mary Magdalene
Friday: St. Bridget
Saturday: St. Sharbel Makhlof

Intentions/Intenciones

Sunday, July 18, 2021

6:30am: Afra Madali †
8:30am: **Thanksgiving:** Thomas Richmond Alon
10:00am: People of the Parish
11:30am: Audrey Hepburn †
1:00pm: Theresa Huynh †

Monday, July 19, 2021

6:30am: Sergio Fernando Santana †
8:00am: Figido Vito, II †, Jovencia, Salvador, Rogelio & William Amoyen †, Richard D'Souza †

Tuesday, July 20, 2021

6:30am: Regina, Aurea & Rumar †
8:00am: Giovanni & Maria Lombardi †

Wednesday, July 21, 2021

6:30am: Luisa Alon †
8:00am: **Thanksgiving:** Emily Dusablon

Thursday, July 22, 2021

6:30am: **Thanksgiving:** Ethel Donna Bernal
8:00am: Frank & Gabriella Pacello †

Friday, July 23, 2021

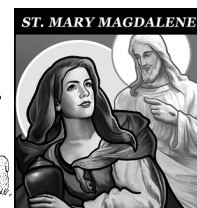
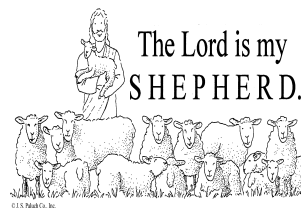
6:30am: Joe Grey †
8:00am: Ludovico Cava †

Saturday, July 24, 2021

8:00pm: Rosario & Josefina Lombardi †
5:30pm: **Intention for:** Maria Bermudez

Sunday, July 25, 2021

6:30am: Donald E. Lee †
8:30am: Ludovico Cava †
10:00am: People of the Parish
11:30am: Lucrecia Murillo †
1:00pm: **Thanksgiving:** Raphael Volz



COLLECTIONS

July 11th 2021 – 15th Sunday in Ordinary Time

1st Collection: **\$8,437.76**
2nd Collection: **\$1,050.00**

Thank you for your generosity!

Second Collections:

Today: Religious Education Program
Next Week: Mission Cooperative

Epiphany Parish News

THE DAYS ARE COMING

Separation, isolation, and hostility are terrible things. We are, sadly, too familiar with all of them in our modern life, whether we look at world events or events in our own neighborhoods and families. All three readings today refer to these same sad human conditions. The prophet Jeremiah describes world conditions as if the people of his time were sheep who had been scattered by poor leadership and corrupt shepherds. But "the days are coming," he assures us (Jeremiah 23:5), when a new shepherd, a just king, will come. We meet that king in the second reading and the Gospel. Paul reminds us in the Letter to the Ephesians that all divisions can now cease in Christ Jesus, who has brought us together through his blood. In Mark's Gospel we see Jesus himself, looking with pity on those searching for him as if they were sheep without a shepherd.

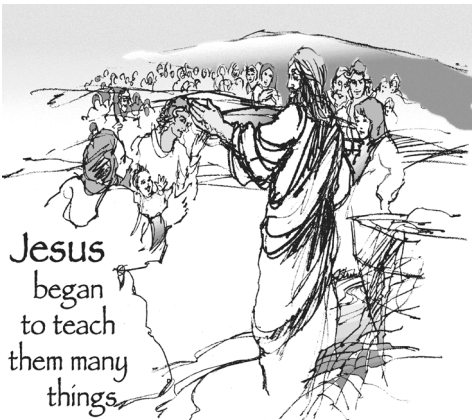
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SCHOOL OF RELIGION

Registrations for the Religious Education program for Faith Formation, First Communion and Confirmation has begun. Please visit the parish office or epiphanysf.com under the "Faith Formation" tab for applications.

CHOIR

Anyone interested in serving as a music minister, Epiphany Choir is accepting members to sing at the 10am Mass, rehearsals and training are once a week. Those interested please contact Leon Palad.



Jesus
began
to teach
them many
things.

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SUNDAY OBLIGATION

In a memo released Monday, June 14th, 2021, Archbishop Salvatore Cordileone declared that the dispensation for the Sunday obligation be rescinded as of Thursday, June 24th, 2021 in the Archdiocese of San Francisco. ***This means, all the faithful are obligated to attend Sunday Mass.*** The exceptions are as before, for those who are sick or homebound are still dispensed. Please inform your family, friends and neighbors. Masks inside the church will be encouraged. We look forward to seeing you all back at Mass!

FEAST OF FAITH

The Prayer Over the Offerings

In the liturgy of the 1570 Missal, this prayer was called the "secret" prayer. It was "secret" not because its content was mysterious, but because it was prayed in silence by the priest, who only recited the conclusion aloud: . . . per omnia saecula saeculorum. With the reforms of the Second Vatican Council, we again hear these rich prayers spoken aloud. They remind us to prepare ourselves for what is to happen in the Eucharistic Prayer, for it is not only the bread and wine that will be transformed.

The Prayer Over the Offerings is a prayer for transformation, an expression, in a few words, of all that we hope that the liturgy will accomplish in our lives. We ask God to accept the gifts we present, and to change us even as God hallows the bread and wine. As we listen carefully to the Prayer Over the Offerings, we are reminded of what it is that we seek in the Eucharist: to be made holy; to be drawn closer to God; to come to eternal joy, unity, peace, and salvation.

—Corinna Laughlin, *Copyright © J. S. Paluch Co.*

GOD WITHIN

God dwells in a secret and hidden way in all souls, in their very substance, for if God did not, they could not exist at all. —St. John of the Cross

MENTAL HEALTH MINISTRY

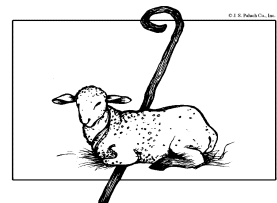
Did you know that Epiphany has a Mental Health Ministry? We are here to support you with your mental health challenges or those of family members. This is a ministry of prayer, listening, accompaniment (not professional treatment!) and assistance with finding resources. Please contact Kathy Fourre at 415-430-8225 for an appointment. You are not alone. Particularly in this difficult time, many people experience anxiety, depression, etc. The Mental Health Ministry is part of the Outreach Commission. Also, if you would like to volunteer for this ministry, please contact Kathy Fourre (training is available).

A PROMISE OF HOPE & HEALING

Due to the pandemic and the suspension of our Masses, we have experienced a significant shortfall on our offertory collections over the last several months. To make up this shortfall, we are embarking on a fundraising effort called, "A Promise of Hope & Healing". Many of you who are registered to the parish have already received envelopes in the mail, if you'd like to help us envelopes will be available at church and in the parish office. Please reflect and pray on how you can make a promise to help our parish community heal and thrive financially. Thank you for all of your support, prayers and presence through these difficult times. As we keep you all in our prayers, keep us also in yours. God Bless!

MISSION

God has created me to do some definite service. God has committed some work to me which has not been committed to another. I have a mission. —John Henry Newman



Noticias de Epifanía

LLEGARÁN LOS DÍAS

Separación, aislamiento y hostilidad son cosas terribles. Estamos, por desgracia, demasiado familiarizados con todos ellos en nuestra vida actual, si nos fijamos en los acontecimientos mundiales o los que ocurren en nuestros propios vecindarios y familias. Las tres lecturas de hoy se refieren a estas mismas y tristes condiciones humanas.

El profeta Jeremías describe las condiciones del mundo, como si la gente de su tiempo fuera la oveja que se había dispersado por falta de guía y pastores corruptos. Sin embargo "viene un tiempo", nos asegura (Jeremías 23:5), cuando surgirá un nuevo pastor, un rey justo. Nos encontramos con ese rey en la segunda lectura y el Evangelio. Pablo nos recuerda en la Carta a los Efesios que todas las divisiones actuales pueden cesar en Cristo Jesús que nos ha reunido mediante su sangre. En el Evangelio de Marcos vemos a Jesús mismo, mirando con lástima quienes lo buscaban como si fueran ovejas sin pastor. *Copyright © J. S. Paluch Co.*

ESCUELA DE RELIGION

Han comenzado las inscripciones para el programa de educación religiosa para la formación de fe, la primera comunión y confirmación. Visite la oficina parroquial o epiphanysf.com en la pestaña "Faith Formation" para obtener solicitudes.

CORO

Aquellos que están interesados en servir como ministro de música, el Coro de Epifanía está aceptando miembros para cantar en la Misa de las 10am en inglés, ensayos y entrenamiento es una vez a la semana. Los que están interesados por favor contacte León Palad.

DIOS DENTRO DE MI

Dios está de una forma secreta y escondida dentro de las paredes de nuestra alma; en su misma substancia, por que si no fuera así, no podría existir del todo.

—San Juan de la Cruz

OBLIGACIÓN DOMINICAL

En un memorando publicado el lunes 14 de junio 2021, el arzobispo Salvatore Cordileone declaró que la dispensa de la obligación dominical se rescindirá a partir del jueves 24 de junio 2021 en la Arquidiócesis de San Francisco. ***Esto significa que todos los fieles están obligados a asistir a la misa dominical.*** Las excepciones son como antes, para aquellos que están enfermos o confinados en casa todavía se dispensan. Informe a su familia, amigos y vecinos. Se alentarán las máscaras dentro de la iglesia. ¡Esperamos verlos a todos de regreso en la Misa!

FIESTA DE LA FE

Plegaria Eucarística

La plegaria es una oración de acción de gracias y santificación. Damos gracias a Dios por todo lo que nos ha dado, pero sobre todo, damos gracias por habernos dado a Jesucristo. Dios se nos ha dado a sí mismo en la persona de Cristo. Por ello, la plegaria comienza reconociendo esa presencia en la asamblea misma: "El Señor esté con ustedes". A partir de ahí, la asamblea, junto con el sacerdote, levanta el corazón a Dios, agradecido. No es una oración privada, sino una oración pública, como la liturgia misma. Es una alabanza que dirigimos a Dios llenos de alegría y gratitud. Es el sacerdote quien, en virtud de su ministerio, dirige esta oración en nombre de toda la comunidad, por "medio de Jesucristo en el Espíritu Santo". Por ello es que la comunidad canta las grandezas de Dios, lo magnífico que ha sido este Dios a lo largo de nuestra historia humana, una y otra vez. Esta oración de plegaria, es la cumbre de la celebración, y por ello la concluimos con el gran Amén, como respuesta a lo que el sacerdote acaba de hacer: "Por Cristo, con él y en él".

—Miguel Arias, *Copyright © J. S. Paluch Co.*



MINISTERIO DE SALUD MENTAL

¿Sabías que Epifanía tiene un Ministerio de Salud Mental? Estamos aquí para ayudarlo con sus desafíos de salud mental o los de sus familiares. Este es un ministerio de oración, escucha, acompañamiento (¡no tratamiento profesional!) Y ayuda para encontrar recursos. Por favor contactar Kathy Fourre a 415-430-8225 para una cita. No estas solo. Particularmente en este momento difícil, muchas personas experimentan ansiedad, depresión, etc. El Ministerio de Salud Mental es parte de la Comisión de Alcance. Además, si desea ser voluntario para este ministerio, comuníquese con Kathy Fourre (entrenamiento está disponible).

UNA PROMESA DE ESPERANZA Y SANACIÓN

Debido a la pandemia y la suspensión de nuestras misas, hemos experimentado un déficit significativo en nuestras recaudaciones de ofertorio durante los últimos meses. Para compensar este déficit, nos estamos embarcando en un esfuerzo de recaudación de fondos llamado "Una promesa de esperanza y sanación". Muchos de ustedes que están registrados en la parroquia ya han recibido sobres por correo, si desean ayudarnos, los sobres estarán disponibles en la iglesia y en la oficina parroquial. Por favor, reflexione y ore sobre cómo puede hacer una promesa de ayudar a nuestra comunidad parroquial a sanar y prosperar financieramente. Gracias por todo su apoyo, oraciones y presencia en estos tiempos difíciles. Mientras los mantenemos a todos en nuestras oraciones, manténganos también a nosotros en las suyas. ¡Que Dios te bendiga!

MISIÓN

Dios me ha creado para rendirle un servicio definitivo. Me ha encomendado una tarea que no ha encomendado a otro. Yo tengo mi misión. —John Henry Newman

Today's Readings:

First Reading — I shall gather the remnant of my flock and bring them back to their meadow (Jeremiah 23:1-6).

Psalms — The Lord is my shepherd; there is nothing I shall want (Psalm 23).

Second Reading — You who were once far off have become near by the blood of Christ (Ephesians 2:13-18).

Gospel — When Jesus saw the vast crowd, his heart was moved with pity for them, and he began to teach them many things (Mark 6:30-34).

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

Readings For The Week:

Monday	Ex 14:5-18; Ex 15:1bc-6; Mt 12:38-42
Tuesday	Ex 14:21 — 15:1; Ex 15:8-10, 12, 17; Mt 12:46-50
Wednesday	Ex 16:1-5, 9-15; Ps 78:18-19, 23-28; Mt 13:1-9
Thursday	Sg 3:1-4b or 2 Cor 5:14-17; Ps 63:2-6, 8-9; Jn 20:1-2, 11-18
Friday	Ex 20:1-17; Ps 19:8-11; Mt 13:18-23
Saturday	Ex 24:3-8; Ps 50:1b-2, 5-6, 14-15; Mt 13:24-30
Sunday	2 Kgs 4:42-44; Ps 145:10-11, 15-18; Eph 4:1-6; Jn 6:1-15

Pray for the Sick: Oremos por los enfermos:

Roderick Abellana, Leticia Agpoon, Richard Anduha, Kay Castle, Jeffrey Castro, Linda Cheng, Regina Connors, Daniel Copenhaver, Shirley DeLong, Daniel Gotha, Mario & Petra Laguatan, Rosario Lapuz, Eleanor Lasola, Jimmy Lim, Margie Lopez, Leticia Medina, Maria Luisa Mora, Ed Nasra, Jose-Edson Naval, Robert Neri, Mark Ohlander, Jose Ortega, Dante Tayag, Armando Uy, Conrado Uy, Jr., Ricardo Uy, Rolando Uy, Javier Vasquez, Kanga Yap, Maria Luisa Zamora

&

Those suffering from COVID-19

*Please help us to keep our prayer list current. We will keep all requests on our prayer list for **ONE MONTH** unless notified to keep them on longer.*

Pray for the Recently Deceased Oremos por los Recientemente Difuntos:

Maria Bermudez

And for those who have died by violence this past week.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



Sacrament of Baptism

Registered parishioners are invited to have their children baptized at Church of the Epiphany. Parents and Godparents must participate in our Baptismal Preparation program.

Sacrament of Matrimony

To be married at Church of the Epiphany either the bride or groom must be **Roman Catholic**.

1. You qualify as an "in parish" couple if you live within the parish boundaries or, have been registered and active for six months; or if you're an alumni of School of the Epiphany.
2. If you do not meet one of the qualifications above, then you are considered an "outside of the parish" couple. Contact the parish office at least six months prior to the date of your proposed wedding to participate in our marriage preparation program.

Anointing of the Sick

This sacrament is for the seriously ill, or those scheduled for surgery. Call the parish office when a family member is admitted to a hospital or nursing facility.



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REGISTERING TO OUR PARISH:

<https://epiphanysf.com/register-as-new-parishioner> or visit the parish office

Our Mission Statement:

We the people of the Church of the Epiphany strive to be a peaceful and welcoming parish. We strive to be mutually supportive of diverse communities. We strive to show compassion without distinction of age, gender, race or culture. Epiphany seeks to be a caring and loving community ever growing in faith formation.

Sixteenth Sunday in Ordinary Time

JULY 18, 2021



THE APOSTLES REPORTED ALL THEY HAD DONE AND TAUGHT. JESUS SAID TO THEM,

**“Come away by yourselves to a
deserted place and rest a while.”**

MARK 6:30, 31

COMPASSION

If we were to use one word to describe the scriptures for today, it would be “compassion.” In Jeremiah, God rails against those who have scattered the sheep, and vows to “gather the remnant” personally. We also hear the prophecy about the coming Messiah. In Ephesians, Christ is breaking down the walls of division between peoples and drawing them to be reconciled with God in peace. In Mark, Jesus calls the tired disciples away to rest and have some “me time,” but even then the crowds persisted. Jesus saw their spiritual hunger and neediness and was “moved with pity.” All three situations involve looking beyond one’s own agenda to see the needs of others and respond. God models how to empathize with others. May we continue to learn to be kinder, gentler, and more caring for each other.

TIME FOR A TEAM MEETING

In last week’s Gospel, Jesus sent the apostles out two by two. Today we see him bringing them back together, reporting “all they had done and taught.” A lot has happened between then and now and in this time the disciples experienced many things. They would have grown in their ministry and their ability to heal and preach, but they probably also ran into frustrating times and encountered their limitations as human beings. If human nature prevailed, their partners were driving them nuts! So now after all this sharing, Jesus called for some balance in their lives. It was time to come away and rest. Between family and friends and social media, many of us have lost this ability to “be by ourselves” as we have become accustomed to filling every day and every moment with distractions. Perhaps one of the gifts and challenges of “sheltering in place” these last months is that we celebrated moments of joy and hope and peace but were also forced to listen to and name those voices of anger, loneliness, and fear.

WELL-LAID PLANS

It is important to have balance in our lives, and Jesus was indeed was trying to teach this to the Apostles, but when they got to their intended place of repose, they encountered so many people Jesus was filled with compassion. No doubt he went about feeding them spiritually and physically; it would have been important for him to be hospitable. But at some point in time, I’m guessing that he still pulled the apostles aside and told them “Okay, people are settled now, so let’s leave all the excitement, delegate the job to somebody else, and find some peace and quiet.” None of us is any good at our prayer, our ministries, our lives, unless we take the time to find the quiet and go back to replenish our own wells. There is no way we can give to others unless we do. That is why we return to church each week, to rest and be nourished and renewed. And none of us is so important that we can’t take time away to take care of ourselves. So be gentle with yourself and with others this week.

TODAY’S READINGS

Jeremiah 23:1–6
Psalm 23:1–3, 3–4, 5, 6
Ephesians 2:13–18
Mark 6:30–34