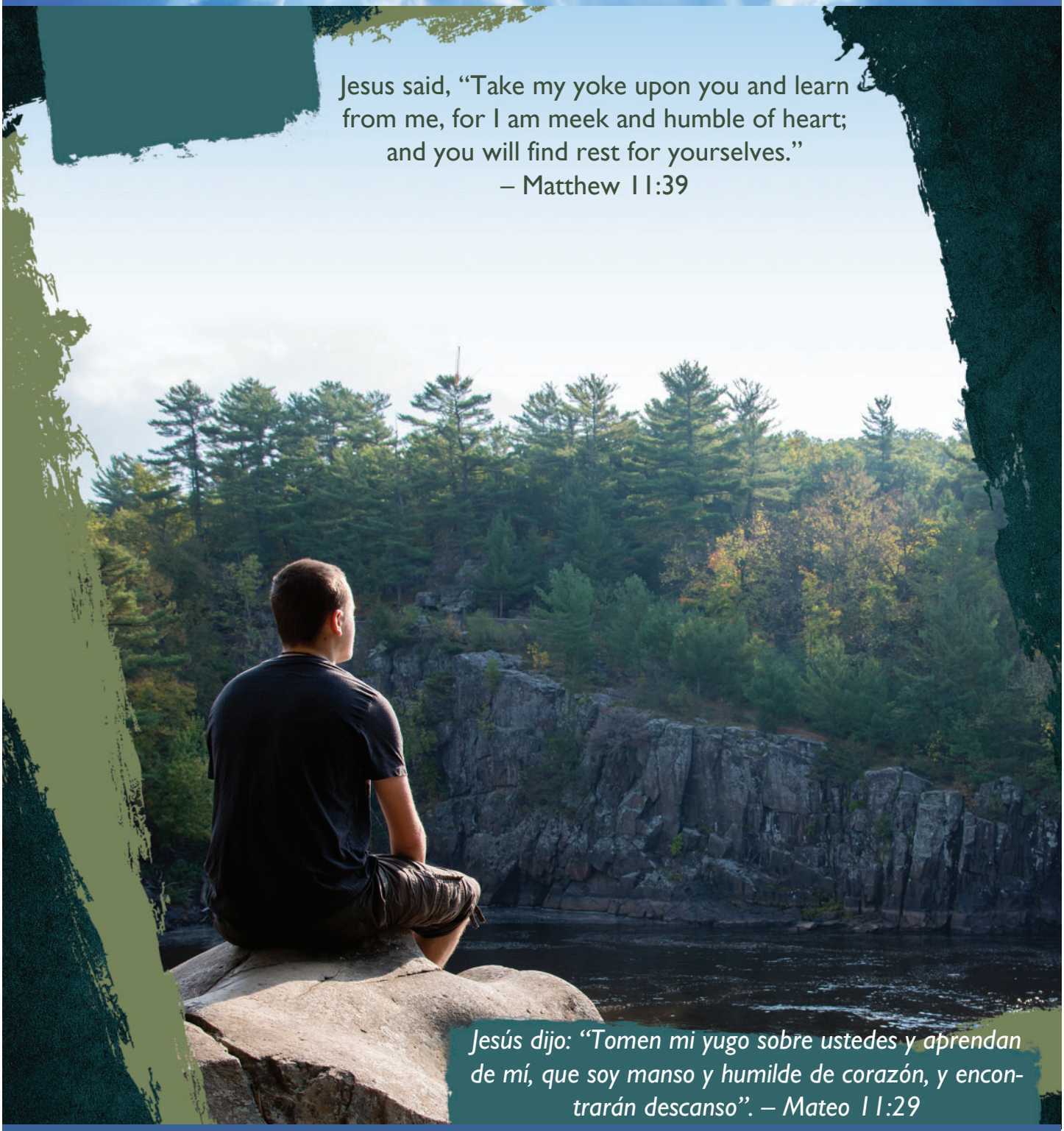
Our Lady of Sorrows Roman Catholic Church

Offering Love in Service — *Ofreciendo Amor en el Servicio*

Fourteenth Sunday in Ordinary Time, July 5, 2020
Decimocuarto Domingo del Tiempo Ordinario, 5 de julio de 2020

Jesus said, "Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves."
– Matthew 11:39



Jesús dijo: "Tomen mi yugo sobre ustedes y aprendan de mí, que soy manso y humilde de corazón, y encontrarán descanso". – Mateo 11:29

21 East Sola Street, Santa Barbara, CA 93101
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Gospel Reflection

"Come to me, all you who labor and are burdened, and I will give you rest" (Matthew 11:28)

These words of our Savior seem to be in stark contrast to the previous chapter from the same Gospel, when we were told that if we do not take up our crosses, we are not worthy of Christ. Connecting these two messages might help us on our faith journeys.

Being a follower of Christ surely means that we must embrace the cross, in its mystery of both suffering and triumph. This is something that we need not do alone, for the burden is often too heavy for us to carry by ourselves.

Who, then, do we turn to? We can turn to the Body of Christ—the community of disciples gathered for worship. When we find the burden too heavy, let us remember that we can share that burden with our Christian sisters and brothers, who can help bring us rest.

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Reflexión evangélica

"Vengan a mí, todos los que están fatigados y agobiados por la carga, y yo los aliviaré" (Mateo 11:28)

Estas palabras de nuestro Salvador son un gran contraste con el previo capítulo del mismo Evangelio, cuando nos dice que si no cargamos nuestra propia cruz, no somos dignos de Cristo. Relacionar estos dos mensajes puede ayudarnos en nuestro camino de fe.

Ser seguidor de Cristo ciertamente significa que debemos abrazar la cruz, en su misterio que es sufrimiento y triunfo a la vez. Es algo que no necesitamos hacer solos, ya que la carga suele ser demasiado pesada para llevarla sin ayuda.

¿A quién acudimos entonces? Podemos acudir al Cuerpo de Cristo, a la comunidad de discípulos reunidos para el culto. Cuando sintamos que la carga es demasiado pesada, recordemos que podemos compartirla con nuestros hermanos y hermanas en Cristo que pueden traernos descanso.

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The parish office will be closed Friday, July 3, in observance of Independence Day

La oficina parroquial estará cerrada el viernes, 3 de julio, en celebración del Día de la Independencia

¡Tengan un 4 de Julio feliz y seguro!

Congratulations To Our 2020 Class of Saints!

¡Felicitaciones a nuestros Santos de la Clase de 2020!

Raising Saints

Our Notre Dame Saints are officially on Summer break! The end of the year always brings celebration - the 7th grade Leadership Mass, the End of Year Awards Ceremony for Preschool-7th, and of course our Graduation Mass and Ceremony. All of these moments celebrate the many ways that students have pursued faithful study, excellence, and Christian character during the year. We wish our students a summer full of rest, time with family, and ample time to read a new book! If you are interested in learning more about what Notre Dame has to offer your children and family, we invite you to visit us at www.notredamesb.org or set up an appointment by calling 805-965-1033.

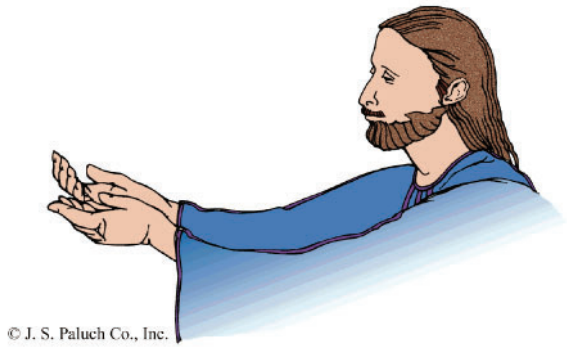
We look forward to your students becoming Saints!

Educando a santos

¡Nuestros Santos de Notre Dame están oficialmente en vacaciones de verano! El fin de año siempre trae celebración: la Misa de liderazgo de séptimo grado, la ceremonia de entrega de premios de fin de año para preescolar-séptimo y, por supuesto, nuestra Misa y ceremonia de graduación. Todos estos momentos celebran las muchas formas en que los estudiantes han seguido fielmente el estudio,la excelencia y el carácter cristiano durante el año. ¡Les deseamos a nuestros estudiantes un verano lleno de descanso, tiempo con la familia y tiempo suficiente para leer un nuevo libro! Si están interesados en saber más sobre lo que Notre Dame ofrece a sus hijos y familiares, los invitamos a visitarnos en www.notredamesb.org o a programar una cita llamando al 805-965-1033. ¡Esperamos que sus alumnos se conviertan en Santos!

Mass Intentions / *Intenciones especiales*

July 5	
7:30am	
10:30am	Josef Schwaiger + Luis Ochoa + Senorina Ochoa +
1:30pm	
4:30pm	Ana Karen Coss (L)
July 6	
7:00am	Byrne Family +
12:10pm	Benjamin Robles + Selena Pereyra + Ernesto Urtado (L)
July 7	
7:00am	The Jimenez Family (L & D)
12:10pm	
July 8	
7:00am	
12:10pm	Cecile Wachsman +
July 9	
7:00am	Luis & Violet Schleis +
12:10pm	
July 10	
7:00am	
12:10pm	
July 11	
7:00am	Jacinto & Perez Families (L & D)
5:30pm	



New Parishioners!

If you are new to our parish, or recently moved, please register with the front office or online at: www.our-lady-of-sorrows-santa-barbara.com/parishioner-registration
You will receive parish updates and holiday Mass schedules.

We Pray For ... / *Oremos por ...*

In memory of our recently deceased, may they rest in peace / En remembranza de nuestros difuntos recientes. *difuntos. Que descansen en paz:*
– Emily Therese Fajardo
– Eduvijes Corral

We pray for those who are ill, homebound or homeless, that they find warm affection and faithful companionship / *Oramos por los enfermos, confinados o desamparados, para que encuentren ternura y compañerismo fiel*

Consuelo Marquez, Baltazar Tierrablanca, Jr., Kayliegh Sullivan, Barbara Vickers, Dennis Morelos, Susan Gomez, Ernestine De Soto, Regina Unzueta, Frances Pepitone, Ralph Rodriguez, Nico Adair, Fran Jennings, Gabriel Salvador, Micah Babcock, Dolores Henson, Raul Morelos, Danielle Burson, Liza Love Munoz, Julie Simonelli, Christina Nelson, Virginia Miller, Alejandro Lopez, Belme Tepeque, Al Palmer, Robert Kauka, Esperanza Villalobos, Jesse Lomeli, Eligio Lomeli, Chita Jimenez, Deirdre Watson, Rafael Lomeli, Cecelia Medina, María López Sánchez

Special note: these names have remained on our prayer list since mid-March. To remove / add a name, please contact the parish office at 805-963-1734. Names of the sick remain on the list for four weeks. Please call again after four weeks to keep the name for another four weeks. Thank you!

Nota especial: Estos nombres han estado en nuestra lista de oración desde mediados de marzo. Para quitar / agregar un nombre, por favor comuníquense con la oficina parroquial al 805-963-1734. Los nombres de los enfermos permanecerán en la lista durante cuatro semanas. Por favor, llamen de nuevo después de cuatro semanas para que el nombre continúe en la lista por otras cuatro semanas. ¡Gracias!

¡Nuevos feligreses!

Si son nuevos en nuestra parroquia o se mudaron recientemente, regístrense en la oficina parroquial o en línea en: www.our-lady-of-sorrows-santa-barbara.com/parishionerregistration
Recibirán actualizaciones parroquiales y horarios de Misa de días festivos.

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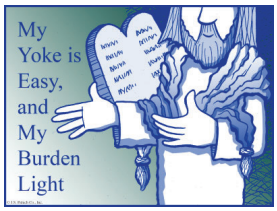
Drive through pick-up at Old Mission Santa Barbara

Tuesdays 10am-12pm

No documentation required.



Pro Life

Please join us in prayer for an end to abortion and for the conversion of those working at Planned Parenthood.

Planned Parenthood
518 Garden Street
Santa Barbara, CA 93101

The Most Holy Rosary & Divine Mercy Chaplet will be recited.

Please contact Gisela Cooper at 805-886-3732 (text/call) for meeting dates and times. Habla español.

Did You Know?

Tips for keeping calm and parenting during stressful times

We are living in unprecedented times, and many parents are stretched to capacity. The added stress of pandemic living can make it hard to parent calmly and effectively when children are acting out, but it's important to remember that children are also going through a huge period of change right now. Instead of reacting in anger, try these ideas to keep your cool. Talk to a friend – many people are suffering from a lack of physical community, so reach out by phone or text. Pray together as a family, asking for patience, cheerfulness, and whatever other virtues you need to get you through the day. Set an example of forgiveness with your children — ask for it when you need it and grant it when they do. For more tips, get a copy of the VIRTUS® article, "Say it on repeat: I am going to keep my calm!" at https://lacatholics.org/did-you-know/

¿Sabía usted?

Consejos para mantenerse en calma durante la crianza de sus hijos en tiempos de estrés

Estamos viviendo tiempos sin precedente, y muchos padres de familia están llenos de responsabilidades. El estrés que se añade al vivir en el tiempo de la pandemia puede hacer más difícil la crianza de los niños en una forma tranquila y efectiva, cuando los niños muestran un mal comportamiento, pero es importante recordar que los niños también están pasando por un gran período de cambio en este momento. En lugar de reaccionar con enojo, pruebe estas ideas para mantener la calma. Hable con un/a amigo/a. Muchas personas están sufriendo por la falta de contacto físico con la comunidad, así que contáctelos por teléfono o por texto. Recen juntos en familia, pidiendo por paciencia, por alegría, y por otras virtudes que usted necesite para poder pasar el día. Sea un ejemplo de perdón con sus hijos, pídales perdón cuando usted lo necesite y cuando ellos lo necesiten. Para obtener más consejos, obtenga una copia del artículo en inglés de VIRTUS® "Say it on repeat: I am going to keep my calm!" (Repítalo: ¡Voy a mantener la calma!) en https://lacatholics.org/did-you-know/

NEW Temporary Mass Schedule / *NUEVO horario provisional de Misas*

Saturday / *Sábado*
4:00pm Confessions in the parish hall / *Confesiones en el salón parroquial*

5:30pm Vigil (English)

Sunday / *Domingo*
7:30am (English)

10:30am (English, live streamed)

1:30pm (español, y transmisión en vivo)

4:30pm (español)

Weekdays / *Entre semana*
Monday–Friday (English) / *Lunes–viernes (inglés)*
7:00am & 12:10pm

Saturday / *Sábado*
7:00am (Englsih)

Private Prayer / *Oración privada*
3:00-4:00pm
Monday–Friday / *Lunes–viernes*

Adoration is Wednesday during Private Prayer / *La Adoración es los miércoles durante la oración privada*

Clergy

Rev. Cesar Magallon, Pastor
Rev. Mario Torrez, Associate Pastor

Deacons

Dn. Art Gonzalez	DeaconArt@olssb.org
Dn. Jose A. Trujillo	DeaconJoseAntonio@olssb.org
Dn. Roberto Gonzalez	DeaconRoberto@olssb.org
Dn. Luis Cabello	DeaconLuis@olssb.org
Dn. Jose Ramirez	DeaconJose@olssb.org
Dn. Paul Rayas	DeaconPaul@olssb.org
Dn. David Munoz	DeaconDavid@olssb.org

Parish & School Contacts

Parish Office – 805-963-1734
M 9:30am-4:30pm; T–F 8:30am-4:30pm
Angie Isais: coordinator@olssb.org
Maria Ortiz: weddings15@olssb.org

Notre Dame School – 805-965-1033 (Since 1906)
M–F 8:00am–3:30pm
Principal: Mrs. Marissa Carroll, mcarroll@notredamesb.org
33 E. Micheltorena St.

Religious Education – 805-966-4941 (Call for appt.)
Director of Religious Ed: Craig Carroll, religioused@olssb.org
33 E. Micheltorena St.

Sacraments & Celebrations

Baptism: English: 4th & 5th Sundays
Call parish office to schedule
***Bautizo**: Español: 1o, 2o y 3o domingo*
Llamar a la oficina parroquial para hacer una cita

Marriage: Mandatory six months preparation
***Boda**: Seis meses de preparación obligatoria*

Reconciliation/*Reconciliación*
Saturdays 4:00–5:00pm
Eves of First Friday 3:00–4:00pm, parish office

Quinceañera
Pick up guidelines and application four months prior to begin preparation
Recoja los requisitos y la aplicación cuatro meses antes de comenzar la preparación y los preparativos

Ministries & Groups

Altar Servers, Dn David Munoz, 805-963-1734
Altar Society, Jessie Berber, 805-687-8292
Annulments, Dn Paul & Keena Mae Rayas, 805-284-0392
Bible Study, Debra Mele, 805-964-8236
Catholic Charities, Counseling: Marital, Personal, Family, 805-965-7045
Confirmation, Craig Carroll, 805-966-4941
Estudio Bíblico, Dn Jose Ramirez, 805-450-7860
Finance Council, Karen Anne Platt, 805-963-1734
Lectors & Extraordinary Ministers Craig Carroll, 310-720-5361
Ministerio de la Palabra y Ministros Extraordinarios 805-963-1734
Monaguillos, Dn Jose Antonio Trujillo, 805-331-3778
Music/*Música*, 805-963-1734
Notre Dame School, Principal, Mrs. Marissa Carroll 805-965-1033
Respect Life Mary Ann Neilsen, 805-687-9739
Religious Education/ *Educación Religiosa* Craig Carroll, 805-966-4941
RCIA, Cara Crosetti, 805-963-1734
***RICA**, Diácono José A. Trujillo* 805-331-3778
Rosary (Daily) Mila Marlow, 805-963-1734
Liturgical Environment Ministry Julia Unzueta, 805-963-1734
Social Club Jessie Berber, 805-963-1734
Sunday Hospitality Bruce Garcia, 964-8321
Ushers, 805-450-4973
Youth Nights, Matt & Judy Najera, 805-679-3090

930AM

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of ADVERTISED coffee
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