



SUNDAY, SEPTEMBER 3, 2023

22ND SUNDAY IN ORDINARY TIME



"Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it." - Mt 16:24b-25

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

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Parish Clergy

Pastor: Rev. Michael Syjueco
(michael.syjueco@dsj.org)

Parochial Vicar: Rev. Gabriel Lee
(gabriel.lee@dsj.org)

Parochial Vicar: Rev. Anthony Nguyen
(anthonytuongduy.nguyen@dsj.org)

Office hours: Tuesday: 8am - 11am
Thursday & Friday : 1:00pm-4:00pm

Regular Mass Schedules:

Saturday: 8:30a.m. & 5:00p.m. (anticipated)
Sunday: 9:30a.m, 11:00a.m. & 5:00pm
Mon.-Fri.: 8:30a.m.

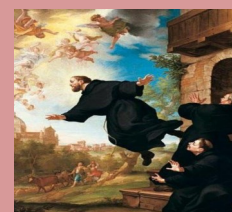
Exposition of the Blessed Sacrament

Tuesday: 7:00 pm - 8:00 pm
Wednesday: 9:00 a.m. - 12:15pm

Reconciliation:

Tuesday 7:00 pm - 8:00 pm (*cry room*)
Saturday: 3:30pm to 5:00p.m. (*Reconciliation Room*)

(Please be sure to check the parish website for changes during the week.)



Please see the bulletin on pages 3-5 for information about the parish staff, sacraments, and other services we offer.



There is this story about a girl who asked her daddy what he is going to get her for her 15th birthday. Her father replied that there is still much time left. When the girl was 14 years old, she fainted and was rushed to the hospital. The doctor told her dad that she had a bad heart and that she was not going to live. When the girl was lying in the hospital bed, she asked her daddy if she was going to die. The father replied, “No you’re going to live.” The girl asked her father how he could be so sure. The father replied, “Because I know.” A short time later the girl turned 15. After she was released from the hospital and recovering, she came home to find a letter on her bed which read, “My dearest daughter, if you are reading this letter, it means that everything went well, just as I told you it would. You asked me once what I was going to give you for your 15th birthday. I didn’t know then, but my present to you was my heart.” Her father had donated his heart. A cross is heavy to bear. It is a great stumbling block for many when it comes to the Christian faith. But, a cross becomes easier to bear if we do it with love. We may have some crosses that we carry right now. As we approach the Eucharist this Sunday, may we ask for the grace to embrace our crosses with love, love for Jesus.

Our **Bible Study** is back! **Rev. Sebastian Carnazzo, Ph.D.**, an animated lecturer, was kind enough to accept our invitation to lead the bible study. Rev. Carnazzo received his PhD in Biblical Studies from the Catholic University of America, Washington, DC. He is also the author of many articles and the contributor to a number of multi-author works, most recently the **Great Adventure Bible of Ascension Press**. He is also an adjunct lecturer in Biblical Studies and Catechetics for a number of institutions, including St. Patrick Seminary of the Archdiocese of San Francisco and the Institute of Catholic Culture. Join us for free every **2nd Saturday of the month beginning Saturday, September 9th**, at **Fr. Greg Ng Kimm Community Center** from **10am through 11am**. To know more about Fr. Sebastian Carnazzo, check out the website at St. Paul Center for Biblical Theology (<https://stpaulcenter.com/rev-sebastian-a-carnazzo-ph>).

We have a lot of community building activities this September. **Parish Feast Day, Sunday, September 17, after the 11 am Sunday Mass. Various ethnic foods will be showcased, plus young adults will lead us in line dancing! Join the fun! Spaghetti Dinner, Friday, September 22, from 6pm—8pm in the Parish Hall. \$15.00 per person** See posters for details.

For the **Parish Adult Enrichment Program**, we have the **PARENTING WELL IN A DIGITAL WORLD**. Gain knowledge on ways to keep your children safe, healthy and connected in today’s constantly developing digital world. This is a **free event**. Register at <https://bit.ly/parentedusjc>



Mass Intentions for the Week

Deceased (†) Living (L)

September 02	5:00 PM	Earl Christian Miguel; Enrique Teresita Torres (+); Natasean Kumarappa (+)
September 03	9:30 AM	Jewels Bailon
	11:00 AM	Eutacio Beltrano (+); Thinh Nguyen and Family
	5:00 PM	Arthur Jarvis Sr (+); Parishioners of St. Joseph of Cupertino
September 04	8:30 AM	Anna Margaret Solleza
September 05	8:30 AM	Adrian Elich (+)
September 06	8:30 AM	Scott Austin (+)
September 07	8:30AM	Rogelio Solleza III
September 08	8:30 AM	Lino Raymond Bailon
September 09	8:30 AM	Cathy Y. Wang; William D. Wang; John S. Wang



GROWING IN FAITH



(If you are interested in any of the offerings below, please contact Fr. Michael Syjueco in the parish office (408 252-7653 ext. 123 or 128)

BIBLE STUDY with FR. CARNAZZO SEBASTIAN, Ph.D

Good news! The Bible Study will resume on **Saturday, September 9th**, from **10:00 am—11:00 am** at **Fr. Greg Ng Kimm Community Center**. Fr. Sebastian is currently a full time lecturer of Sacred Scriptures and Biblical Language at St. Patricks Seminary & University. He will lead the bible study every 2nd Saturday of the month.

PARENTING WELL IN A DIGITAL WORLD. Know how to keep your children safe, healthy and connected in today's constantly developing digital world. **Friday, September 22, 6:30pm-8:30pm. Register at <http://BIT.LY/PARENTEDUCSJC>**

FATIMA PILGRIMAGE. Join us on **Wednesday, September 13** for a **Eucharistic Celebration at 6:30 p.m.** followed by a **Rosary procession. Exposition of the Blessed Sacrament and the blessing of the sick** will take place in the church after the Rosary procession.

MARRIAGE ENRICHMENT PROGRAM. Draws married couples together as they get transformed into family missionary disciples. **DATE NIGHTS on Friday, October 13 and December 1 at 6-8pm** to get started. **Watch out for details!**

ACCESS TO "AMEN" APP---Opportunity for prayer
Sign up via Formed or download the app free.
(for questions or more information contact Fr. Michael Syjueco at michael.syjueco@dsj.org; or call 408 252-7653 ext. 123)

KIDS:Formed.Org. Lukas Club: St. Anthony of Padua. ADULTS: Formed.Org. The Early Christian Ep 4: Threat of the Heresy (Look for it at the "Movies / Men and Women of Faith")



SJC SCHOOL NEWS

St. Joseph of Cupertino Preschool
**Inspires Leadership, Faith, Service,
 and Academic Excellence**

Enroll today in our TK or K-8 parish school:

sjcschool.org/applications

Call to schedule a tour: **408-252-6441**

St. Joseph of Cupertino School is the educational gateway to your child's future. In the heart of Silicon Valley, our TK, K-8th grade Catholic school are focused on the care of the whole person. We go beyond caring for the educational growth of our students and strive to foster their moral, emotional, and spiritual growth. We take our responsibility for our community's well-being and safety very seriously. Earning the top academic schools in the Diocese of San Jose is one example of reaching our academic goals, and our religious studies, the classes in the Fine Arts, and robust club offerings round out your child's education. As a Catholic school, we are committed to faith, love, service, justice, learning, and growth. Check out our website sjcschool.org.

BALLROOM DANCING

Ballroom dancing is a great way to build community and manage stress. The Parish has an opportunity to offer ballroom dancing lessons. We'd like to know the extent of interest Parishioners have in this. If you're interested, please take a quick survey at <https://stjosephofcupertino2.flocknote.com/signup/134649>

PARISH FEAST DAY!

Sunday, September 17, after the 11:00 am Mass, in the **Parish Hall**. A variety of ethnic dishes will be showcased. For entertainment and community building, young adults will lead the line dancing. **Come and join the fun!**

**CATHOLIC FAITH IS OUR GREATEST GIFT-----ARE YOU OR SOMEONE YOU KNOW
INTERESTED IN BECOMING CATHOLIC, OR COMPLETING INITIATION? WHAT DO YOU SEEK?**

If you are an adult or have an older child (age 7 and up) who has not been baptized,
or an adult or child baptized in another faith and interested in the Catholic Church,
or a Catholic who has not celebrated the sacraments of Confirmation and Eucharist,
then the Order of Christian Initiation process is for you! Questions? The OCIA process will begin soon. Please
contact Fr. Gabriel Lee at gabriel.lee@dsj.org if you or someone you know is interested.

SJC Catechetical Ministry

SJC Catechetical Ministry Registrations for our Sunday School, PreK- 6th grade, and our Junior High Edge Ministry, 7th-8th grade, are now open! You may register your child(ren) through our parish website or through the QR code displayed at the back of the church or office. There will also be a booth outside at the end of mass with paper registrations. In addition, Catechetical Ministry is asking for your help. To make this ministry year a success we need more young adults, parents, & grandparents to offer a couple of hours a week towards our elementary or Junior High youth. Please consider sharing your gifts and talents as a Catechist. For more information, please contact Primo Martinez, Director of Catechetical Ministry. Email: primo.martinez@dsj.org Office Phone: 408-252-7653 x141 or meet with him after mass outside. Classes begin October 1st.

MEANT4MORE: Youth Ministry is open to all students in high school. We meet every Sunday from 6-8pm at the Youth Ministry room at the school except during school break. Come join us and make new friends, learn your faith, play games, sing, go on trips and watch movies. For more information email

primo.martinez@dsj.org

Love to Sing?

Do you enjoy listening to music? Singing at home? Or singing at Mass? Please consider joining our dynamic Music Ministry. We have 3 Sunday choirs: 9:30am Folk Choir, 11:30am Parish Choir and the 5pm Adult Choir. Please contact our Music Director Yvonne Casillas for more information.

Do you want to find out what is happening in the parish?

Register for Flocknote at
stjosephofcupertino2.flocknote.com
or Text SJ Cup to 84576



Stewardship at St. Joseph of Cupertino

Sunday Collection for the Week of 08-27-2023

Sunday Collection: \$ 2,857.00
Online Giving: \$ 2,235.00
Total Collection: \$ 5,092.00
Weekly Collection Goal: 10,922.00
Difference: (\$ 5,830.00); 53% short of the goal

Thank you to all who have been turning in their contributions. Let's continue to help the Parish. Contribution can be done either online, mail it to the Parish Office, or by dropping off in the drop box outside the rectory door.

Stewardship Prayer

Rev. Gregory Kimm, 2009

God rich in kindness and generous in love,
You call us to be your people, a church, a
community of faith. You have entrusted St. Joseph of
Cupertino Parish to our care. Help us to be good
stewards, always worthy of your trust. As you are
attentive to the needs of each of us, enable us to be
attentive to the needs of our parish, using the gifts
you have given us not just for our own good, but for
the good of all. We ask this in the name of Jesus, our
Brother, and in the Spirit, who makes us one. Amen.

'Young Ladies' Grand Institute

A Catholic Women's Organization

St. Joseph's of Cupertino Young Ladies' Institute ("YLI")
meets on the 3rd Thursday of
every month at 6:30 p.m. in the Fr. Gregory Ng Kimm Com-
munity Center. Come join us for a pre-social and recitation
of the rosary beginning at 6:00 p.m. If you would like infor-
mation on how to become a member, please contact
maureeninstitute136@gmail.com.

Automated Giving is here—Have you signed up yet?

All parishioners are encouraged to give a set monthly amount. There are a number of ways this can be accomplished. You can sign up for online giving by clicking on “Give” tab on the St. Joseph website home page (www.stjosephcupertino.org). You can use your bank’s online bill pay service to set up a recurring monthly payment to St. Joseph, or you can write one check each month and either drop it in the collection basket or send it to the parish office. If you have questions, please contact the parish office.

Bingo:

Bingo is open! We run Bingo game every Saturday night. Bingo is a source of significant funds for our school, along with other donations to Outreach, scholarships and other needed charities. Bingo takes place in the Parish Hall. Warm-up games start at 6:30pm with the regular games at 7:15pm. Come join the fun and spread the news! More information is also on our parish website at stjosephcupertino.org. Go to the “Events” Tab. We also need volunteers to help. Please contact Tom Lewis at tlewisjr61@gmail.com



ONLINE RESOURCES

- **Parish website:** www.stjosephcupertino.org
You will find the bulletin, a calendar of events including funerals, and links to other resources as well as Sunday homilies.
- **Diocesan Website:** www.dsj.org
- **AmericanCatholic.org** —you’ll find information about the Catholic Faith, Saint of the Day, as well as a place for prayer requests!
- **Vatican**—www.vatican.va in English, Italian, French, German, and Spanish

WAYS TO REPORT MISCONDUCT

Safe Environment If you suspect abuse in your parish, school or in the Diocese of San Jose, please contact:

- Child Protective Services 408.299.2071 / Police 911
- Office for the Protection of Children and Vulnerable Adults—Anthony Gonzalez 408.983.0141

Financial Mismanagement If you suspect financial mismanagement or misconduct in your parish, school or in the Diocese of San Jose, please contact:

- Ethics Point: dsj.ethicspoint.com or the hotline telephone number 1-888-325-7863
- The Finance Office—Director of Compliance & Parish Financial Services, 408.983.0241 or email at julio.bermude@dsj.org

St. Joseph of Cupertino—Staff Information

Parish Office: (408) 252-7653

Pastor—x124
Business Administrator— x123

Parish Administrative Assistant - x121

Catechetical Ministry – x141

Catechetical Ministry Administrative Assistant - x141

Order of Christian Initiation for Adults (OCIA)/ Order of Christian Initiation for Children (OCIC) – x128

School Principal – (408) 252-6441

Youth Ministry/ Young Adult Ministry - x138

Music- x161

Outreach

Altar Server Coordinator-x 128

Infant Baptism- x128

Hospital Ministry x 126
(only for patients at Kaiser Hospital, Santa Clara from 7:00am to 6:00pm. Patients at other locations please call 408-639 5422) / Funeral x 126

Ministry to the Sick— x124

Finance Council

Communications Ministry

Bingo Information

Email- info@stjosephcupertino.org

Rev. Michael Syjueco
(michael.syjueco@dsj.org)

Ana Gawrosch (Volunteer)
(ana.gawrosch@dsj.org)
Maria Arroyo (Volunteer)

Primo Martinez
(primo.martinez@dsj.org)

Mary Agnes Xavier
(mary.xavier@dsj.org)

Fr. Gabriel Lee
(gabriel.lee@dsj.org)

Dr. Cheryl Palladino
(cheryl.palladino@dsj.org)

Primo Martinez
(primo.martinez@dsj.org)

Yvonne Casillas
yvonne.casillas@dsj.org

Dick Sherman
(dick.sherman@sbcglobal.net)

Fr. Gabriel Lee
(gabriel.lee@dsj.org)

Fr. Gabriel Lee
(gabriel.lee@dsj.org)

Fr. Anthony Nguyen
(anthonytuongduy.nguyen@dsj.org)

Rev. Michael Syjueco
(michael.syjueco@dsj.org)

Angeles Duffy
angeles.duffy02@gmail.com

Ed Johnson
wb6cfw@comcast.net

Tom Lewis
tlewisjr61@gmail.com

Weekly Prayer

Sunday's Readings

First Reading:

Whenever I speak, I must cry out,
violence and outrage is my message;
the word of the LORD has brought me
derision and reproach all the day. (Jer 20:8)

Psalm:

My soul is thirsting for you, O Lord my God. (Ps 63)

Second Reading:

I urge you, brothers and sisters, by the mercies of God,
to offer your bodies as a living sacrifice,
holy and pleasing to God, your spiritual worship.
(Rom 12:1)

Gospel:

"Whoever wishes to come after me must deny himself,
take up his cross, and follow me.
For whoever wishes to save his life will lose it,
but whoever loses his life for my sake will find it."
(Mt 16:24-25)

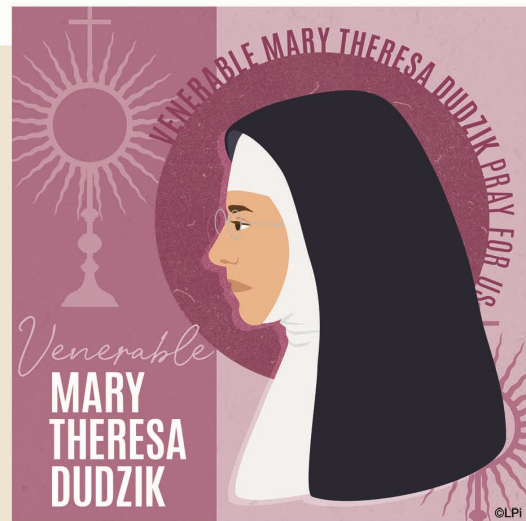
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Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on
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Live The Liturgy Inspiration of the Week

A love of suffering does not come naturally to us as humans. We have no instinct to throw our arms around a rough and heavy cross — no, we shy away from it. But as adopted children of God, crafted lovingly in His image, our inheritance is the grace to do what feels so impossible.

Observances for the week of September 3, 2023

- Sunday:** 22nd Sunday in Ordinary Time
Monday: Labor Day
Friday: The Nativity of the Blessed Virgin Mary
Saturday: St. Peter Claver, Priest
Next Sunday: 23rd Sunday in Ordinary Time;
Grandparents' Day



Saint of the week

Venerable Mother Mary Theresa Dudzik became known as Chicago's Apostle of Mercy due to her work in the late 1800's and the early 1900's serving the poor and abandoned. She founded the Franciscan Sisters of Chicago — the first women's religious congregation in Chicago.

Prayer

Heavenly Father, you inflamed the compassionate heart of Mother Mary Theresa with the heroic virtues of charity and mercy. If it is your will, may she be declared Blessed for your honor and glory and may she inspire others to imitate her love for the needy, poor, and suffering of our world. This we ask through Christ our Lord. Amen.

(Prayer Source: <https://mothertheresadudzik.com/prayers.html>)

Worship & Meditation

Readings for the week of September 3, 2023

Sunday:

Jer 20:7-9/Ps 63:2, 3-4, 5-6, 8-9 (2b)/
Rom 12:1-2/Mt 16:21-27

Monday:

1 Thes 4:13-18/Ps 96:1 and 3, 4-5, 11-12,
13/Lk 4:16-30

Tuesday:

1 Thes 5:1-6, 9-11/Ps 27:1, 4, 13-14/Lk
4:31-37

Wednesday:

Col 1:1-8/Ps 52:10, 11/Lk 4:38-44

Thursday:

Col 1:9-14/Ps 98:2-3ab, 3cd-4, 5-6/Lk
5:1-11

Friday:

Mi 5:1-4a or Rom 8:28-30/Ps 13:6ab, 6c/
Mt 1:1-16, 18-23 or 1:18-23

Saturday:

Col 1:21-23/Ps 54:3-4, 6 and 8/Lk 6:1-5

Next Sunday:

Ez 33:7-9/Ps 95:1-2, 6-7, 8-9 (8)/Rom
13:8-10/Mt 18:15-20



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The English translation of Psalm Responses from Lectionary for
Mass © 1969, 1981, 1997, International Commission on English in
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Gospel Meditation

Encourage Deeper Understanding of Scripture

Isn't it easy to relate to Peter? One moment Jesus announces Peter's deep communion with God the Father. The very next, when he rejects the logic of Jesus' suffering and death, Jesus calls Peter Satan. We Christians shouldn't be too shocked when we experience both spiritual highs and lows, when we perceive breathtaking contradictions in our hearts.

Like the great apostle, you and I are recipients of unfathomable graces. God dwells in us, calls his beloved children, and takes care of our every need. And we also continually fail to embrace our sufferings with trust in Jesus. We know the truth of the creed, but we easily scorn the weight of the cross.

The good news is that, like Peter, we are never abandoned by the Lord even at our worst moments. Peter will eventually learn the beauty of the cross when he is willingly crucified. But it took time for him to get there. And it takes time for us, too. This week let's not be too shocked at these divisions in our hearts but accept them and patiently seek to be more obedient to Jesus' cross-shaped plan for us.

— Father John Muir

SUNDAY, SEPTEMBER 3, 2023 | 22ND SUNDAY IN ORDINARY TIME

©LPi

(PRACTICING) CATHOLIC

Choosing the Cross

I've been called a lot of things in my life, but I've never been called "Satan," at least not to my face. It seems to me the worst name you could call a person, and today we hear it straight from the lips of Jesus. It's just one of the many small reminders strewn throughout Scripture that Jesus preaches meekness, but he is not mild — not when mildness serves no purpose, anyway.

And here, when Peter is trying to deter Jesus from making the right choice, mildness serves no purpose at all.

Can we blame Peter? I certainly can't. I'm sure I would have said the same thing to my own dear friend. He is, in today's Gospel, wholly unwilling to embrace the cross — he's afraid of it, even — but aren't we all, in the end, afraid of our cross? I am. It's no sin, it's only human. Fear is natural. Self-preservation is a reflex.

What Christ speaks of today is a choice, one we are all faced with, again and again, just as Peter is. We will not always respond perfectly; Peter does not respond well today. He does not respond well on Holy Thursday.

But on his last day, on the day of the ultimate choice? On that day, he chooses the cross.

We marvel at first responders who put themselves in harm's way for the sake of others, because to do so is not human, it is divine. I have to believe that if even a firefighter's loved one threw themselves in his way, he would still charge toward the flames, crying, "Get behind me."

Christ runs into the burning building for us, shaking off not only his own fear (and he had it, I promise you — he was human, too) but the fear of everyone who loved him.

"Offer your bodies as a living sacrifice, holy and pleasing to God..." — Romans 12:1

Colleen Jurkiewicz Dorman

Why do we do that? Catholic Life Explained

Question:

What does the Church say about suicide?

Answer:

Unfortunately, despite the Church's clear teachings in resources like the Catechism of the Catholic Church and the United States Catholic Catechism for Adults, there are still many people who are confused about what the Church teaches regarding the tragic reality of suicide.

While we hold that all life is sacred, we are also all-too aware that psychological, emotional, and even physical illness — as well as extreme anxiety, fear, and abuse — can lead individuals to take their own lives. Speaking to this, the United States Catholic Catechism for Adults reflects, "Although suicide is always objectively sinful, one should not despair of the eternal salvation of persons who have taken their own lives. By ways known to him alone, God can provide the opportunity for salutary repentance. The Church prays for persons who have taken their own lives" (pg. 294). The text also states the reality of illness or other extreme influences can "diminish the responsibility of one committing suicide" (pg. 293).

Parishes and grief support groups should show special care and concern for those families that have lost a loved one to suicide. And communities should always try to be mindful of those who might be at risk of suicide or self-harm.

If someone is contemplating suicide, please know that help is available, including the National Suicide Prevention Lifeline (988).

A Women's Weekend Retreat SEPTEMBER 8-10, 2023

Sacred Story

**"Behold, I am making all things new."
Revelation 21:5**

Your retreat directors are:



FR. BRIAN SHININGER, LC
RETREAT DIRECTOR



EILEEN WIECK
RETREAT DIRECTOR

**SCAN
ME!**



OPTIONS:
Overnight | Commuter | Online

Sacred Story Retreat is a retreat for women who want to experience healing and renewal in Christ.

Using materials from "Forty weeks: An Ignatian path to Christ through Sacred Story Prayer" (by Father Bill Watson SJ), we guide you through a process of reconciling your past to Christ. You will be given helpful resources that teach you a daily 15-minute prayer practice called Examen Prayer.

For this retreat, please pre-purchase the book found on Amazon: [Forty Weeks Boo](#).

TRACK 1

New to Sacred Story Prayer (no exposure to it or weeks 1-20). You will walk through a condensed version of the first part of the book.

TRACK 2

You are already using Sacred Story Prayer (weeks 20 and beyond). We will help you deepen your Examen Prayer experience.

**This retreat is sponsored by
All Things Women www.allthingswomen.org**



**OUR LADY OF SANTA CLARA
RETREAT CENTER**

REGISTER NOW!



WWW.OLSCRETREAT.ORG



22840 MERCEDES
ROAD, CUPERTINO, CA



(408) 314-9057

Bible Study

Every 2nd Saturday of the Month

**WITH
FR. SEBASTIAN A.
CARNAZZO, PH.D**



**ST. JOSEPH
OF
CUPERTINO**



**ADJUNCT LECTURER
SACRED SCRIPTURES
ST. PATRICKS SEMINARY**

**CONTRIBUTOR TO
GREAT ADVENTURE BIBLE
ASCENSION PRESS**

FR. GREG NG KIMM COMMUNITY CENTER

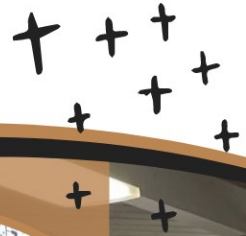
10.00 am | Saturday, September 9

PARISH FEAST DAY

Let's have fun!



ST. JOSEPH
OF
CUPERTINO



PARISH HALL

SEPT.

17th

2023

After the 11:00 am Sunday Mass



A photograph of a group of people, mostly young adults, participating in a line dance at night. They are wearing white shirts and cowboy hats. The background is dark with some colorful lights, suggesting an outdoor event. The text is overlaid on the image.

PARISH FEAST DAY

LINE DANCING WITH YOUNG ADULTS

17 SEPTEMBER 2023
AFTER THE 11:00 AM MASS
PARISH HALL

ST. JOSEPH CUPERTINO
INVITES YOU TO A
**SPAGHETTI
DINNER**

\$15 PER PERSON

&

1 BOX PASTA DONATION

\$5 RAFFLE

TO REGISTER: [BIT.LY/SJCSPAGHETTI](https://bit.ly/SJCSPAGHETTI)



**SEPTEMBER 22, 2023
6PM-8PM**

FREE Parent Education Class!

Parenting Well

IN A DIGITAL WORLD

**MONDAY, SEPTEMBER 25, 2023
6:30PM-8:30PM
ST. JOSPEH CUPERTINO**



SIGN UP HERE!
[HTTPS://BIT.LY/PARENTEDUSJC](https://bit.ly/parentedusjc)



In today's constantly developing digital world, parents need to be aware of ways to help children be safe, healthy and connected. This workshop will discuss the latest research on the benefits and challenges that parents and students face in this 24/7 technology driven culture. Parents will leave this workshop with:

- An understanding of the importance of parental engagement and relationship
- Tips and tools to teach safety, time management, and how to become ethical producers and consumers of digital media
- Ideas for balancing family life, school work and technology
- Strategies for avoiding power struggles and teaching students how to navigate the dangers and benefits of social media and build a healthy digital reputation
- Guidelines on when to block and when to monitor - balancing protection with privacy
- A list of excellent support resources and further reading

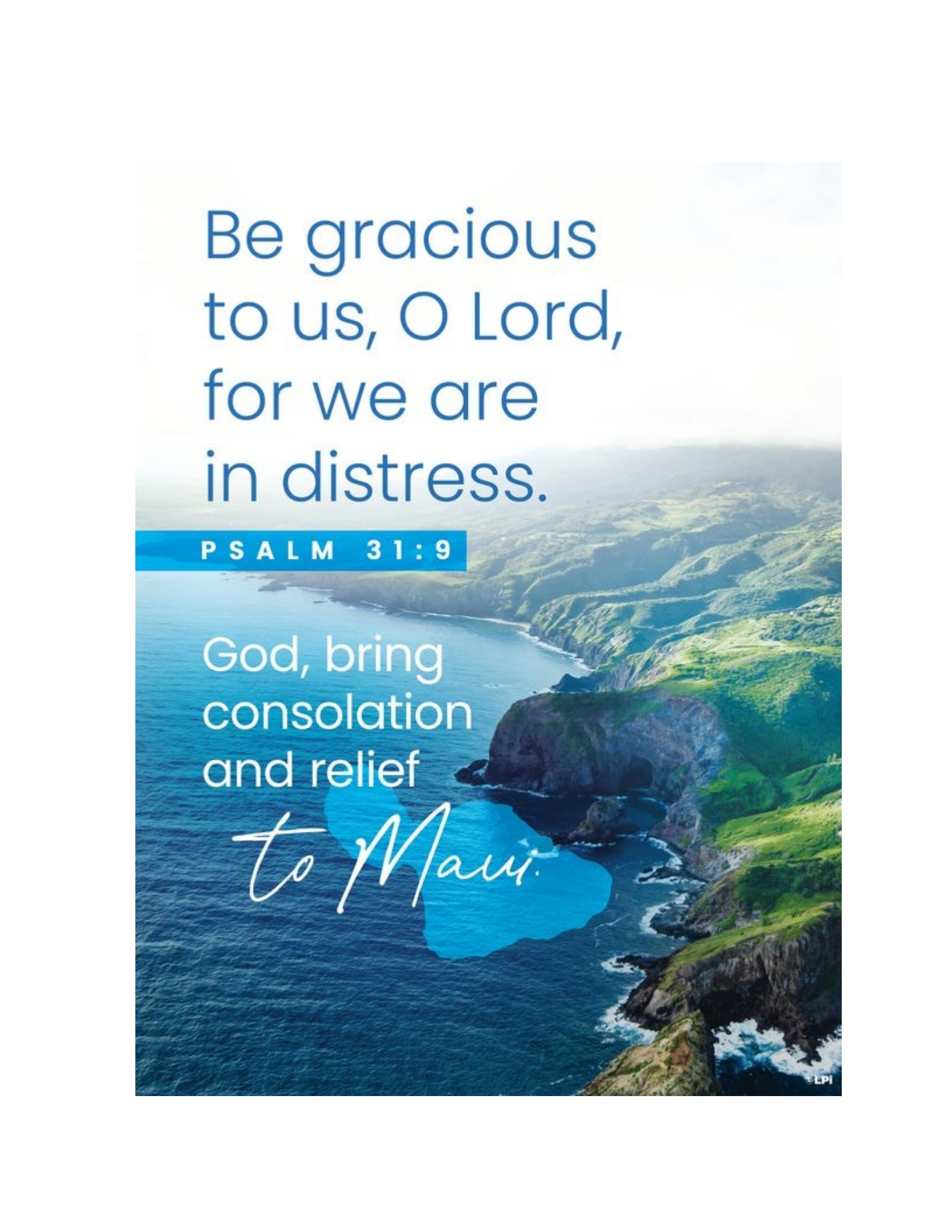


Valerie Plummer uses her experience as a parent, individual and family life coach, and Love and Logic® facilitator to empower individuals and families to build healthy relationships. She incorporates a combination of effective life skills, self-awareness through assessments, and knowledge of how emotions affect thinking and actions. She is passionate about helping both adults and children discover and develop their full potential and find success and contentment in all areas of life. After earning a BA in Psychology from San Jose State University with a minor in Child Development, Valerie earned a Master's degree in Education from Stanford University and a Certificate in Transformational Coaching from Western Seminary. She is also certified as a Professional Certified Coach through the International Coach Federation. .

BALLROOM DANCING



**ARE YOU INTERESTED? TAKE A QUICK SURVEY BY
SCANNING THE QR CODE, OR VISIT
[HTTPS://STJOSEPHOFCUPERTINO2.FLOCKNOTE.COM
/SIGNUP/134649](https://stjosephofcupertino2.flocknote.com/signup/134649)**

A scenic view of a coastline with green hills and a blue ocean. The hills are covered in lush green vegetation and are situated on the right side of the image. The ocean is a deep blue and occupies the left side. The sky is a pale, hazy blue. The overall mood is serene and majestic.

Be gracious
to us, O Lord,
for we are
in distress.

PSALM 31:9

God, bring
consolation
and relief

to Maui.