St. Lawrence Martyr Catholic Community

JULY 21, 2024 | SIXTEENTH SUNDAY IN ORDINARY TIME



Rev. Msgr. Paul Dotson, Pastor

Rev. Charles Balamaze, Associate Pastor Rev. Msgr. Peter O'Reilly, In Residence Deacon Don Burt | Deacon Jim Egnatuk | Deacon Dale Sheckler

Saturday	4:00 PM (Sunday Liturgy)	Pastoral Center	310-540-0329
Sunday	7:00 am	Office for Worship	310-316-0090
	9:00 am 11:00 am 5:00 pm	Office of Religious Education	310-316-4460
		RCIA for Adults	310-316-0961
		St. Lawrence Martyr School	310-316-3049
DAILY MASSES		Youth Ministry/Confirmation	310-316-0466

DAILY MASSES

WEEKEND MASSES

Monday - Saturday 8:00 AM Tuesday & Thursday 12:00 PM

SACRAMENT OF RECONCILIATION

TELEPHONE NUMBERS

Saturday 11:00 AM - 12:00 PM

1940 South Prospect Avenue • Redondo Beach • California 90277 • 310-540-0329 • www.stlm.org

PAGE TWO St. Lawrence Martyr

ST. LAWRENCE MARTYR A Place to Belong welcomes you!

To become a member of our community of faith, please stop by or call the Pastoral Center at 310-540-0329 or register online:

https://www.stlm.org/im-new

Pastoral Center Hours July 21 - July 29

Sun	7/21	08:00 AM - 01:00 PM
Mon	7/22	08:30 AM - 12:00 PM 01:00 PM - 04:00 PM
Tue	7/23	08:30 AM - 12:00 PM 01:00 PM - 04:00 PM
Wed	7/24	08:30 AM - 12:00 PM 01:00 PM - 04:00 PM
Thu	7/25	08:30 AM - 12:00 PM 01:00 PM - 04:00 PM
Fri	7/26	08:30 AM - 12:00 PM 01:00 PM - 04:00 PM
Sat	7/27	Closed
Sun	7/28	08:00 am - 01:00 pm
Mon	7/29	08:30 AM - 12:00 PM 01:00 PM - 04:00 PM

Giving to St. Lawrence Martyr is easy with Elexio

Forgot your envelope? Are you visiting us today and want to make a ONE TIME GIFT? Want to give to a special collection? Follow these easy and secure steps to Text-to-Give:

- Text GIVE to 424-414-STLM.
- Follow the text instructions to complete your donation.
- Save the number as a contact in your phone to make future giving faster and easier.

You may also give by scanning this QR Code with the camera app on your cellphone or visit



STLM.ORG/GIVING

We thank you for your generosity and support of our St. Lawrence Martyr Catholic Community.

PRAYER FOR EVERYDAY

My Good Shepherd,

There are so many things I don't understand about the paths where you lead and the pastures where you release me. But I believe that you are a Good Shepherd. I have known your protection and provision in so many ways. Please keep me under your care. Amen. ©LPi

Mission Cooperative Plan Appeal This Weekend

Fr. Dennis Chriszt, C.PP.S., a Missionary of the Precious Blood, will be with us this weekend.

The Missionaries of the Precious Blood are part of a worldwide religious congregation that ministers in 20 countries. We are taking up a special collection at all the Masses. Please use the pink envelopes in the pews.

The Missionaries of the Precious Blood believe that the redeeming power of the Blood of Christ brings healing to the world. Because Christ shed his Blood for all, the Missionaries preach of Christ's allinclusive love, especially for those are most in need



of God's mercy. They are ministers of the Word who have seen the Lord work miracles among the lives of the people to whom they minister - and in themselves.

The Outdoor Columbarium at St. Lawrence Martyr

Yvonne Fisher | yvonne.fisher@stlm.org | 310-540-0329 x289

Thank you for your patience as we work to improve this beautiful and sacred space. While the exterior door to the Adoration Chapel is still accessible, please use caution in the area and do not go beyond the temporary gate. The cost for this project is self-funded from SLM's Columbarium Account. Funds raised for the 2023 Capital Campaign are not being used.



As members of the St. Lawrence Martyr Catholic Community, we are called to participate fully and actively with one another in Prayer and Liturgy, going forth to witness to its spirit in our daily lives.

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PRAYER REQUESTS

We pray for all those suffering illness and in need of healing and comfort.

Janet Stowe
Sandra Meyer
Susanne Rose
Albert Flores
Albert H. Mundy
Margaret Ellis
Gilda Molena
Barb Setmayer

Peggy Anderson
Sampson Tallerino
Crystal Campbell
Virginia O. Ramos
Greg Cassitty
Karen Curreri

Linda Lee
Nick Saba & Family
Robin Bianga-Toward
Wanda Noone
John Sullivan
Ruth Platamone
Bridgett Wright

Normalyn Cabrera

THE FAITHFUL DEPARTED

May all the souls of the recently departed, through the mercy of Christ, rest in peace.

Bernard Hargreaves Brenda Argano
Bishop Daniel Reilly Lawrence Yandall

Eternal Rest Grant Unto Them, O Lord.

SUNDAY'S READINGS

First Reading: I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the LORD. (Jeremiah 23:4)

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

Second Reading: In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace, he who made both one and broke down the dividing wall of enmity. (Ephesians 2:13-14)

Gospel: When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. (Mark 10:34)

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

The English translation of the Psalm Responses from the Lectionary for Mass © 1969, 1981, 1997,

International Commission on English in the Liturgy Corporation. All rights reserved.

WEEKLY READINGS

Sun: 7/21 Jeremiah 23:1-6, Ephesians 2:13-18, Mark 6:30-34

Mon: 7/22 Song of Songs 3:1-4b or 2 Corinthians 5:14-17, John 20:1-2, 11-18

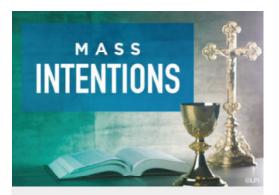
Tue: 7/23 Micah 7:14-15, 18-20, Matthew 12:46-50

Wed: 7/24 Jeremiah 1:1, 4-10, Matthew 13:1-9

Thu: 7/25 2 Corinthians 4:7-15, Matthew 20:20-28 Fri: 7/26 Jeremiah 3:14-17, Matthew 13:18-23

Sat: 7/27 Jeremiah 7:1-11, Matthew 13:24-30

Sun: 7/28 2 Kings 4:42-44, Ephesians 4:1-6, John 6:1-15



SUNDAY, JULY 21

7:00 AM | Miguel Mederos † 9:00 AM | Phyllis Gillespie † 11:00 AM | Anne Hayward †

MONDAY, JULY 22

8:00 AM | Richard Papscoe † Ferenc Haszillo †

TUESDAY, JULY 23

8:00 AM | Vince Gallagher † 12:00 PM | Elayne Hummel †

WEDNESDAY, JULY 24

8:00 AM | Jose Gerardo Luz

THURSDAY, JULY 25

8:00 AM | Ana Maria Betts † 12:00 PM | Brennan Gauthier

FRIDAY, JULY 26

8:00 AM | Irene Olsakowski †

SATURDAY, JULY 27

8:00 AM | Jack Fitzsimons † 4:00 PM | Wynne Stefanelli †

SUNDAY, JULY 28

7:00 AM | Jack & Julie Miles † 9:00 AM | Victor Catabijan † 11:00 AM | Charlie Martine

(† Deceased)

Pray and reflect with the seasons of the Church year. The *Living*Faith booklets contain Catholic daily devotions and are available in the Pastoral Center and Gift Shop. A free-will offering of \$1.00 is most appreciated.

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GOSPEL MEDITATION

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, "Come away by yourselves to a lonely place, and rest a while." For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there's more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. "Can we please get a minute to ourselves? This is not healthy!" And Jesus seems to encourage the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to more work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn't more vacation time. It's experiencing the super abundant generosity of God for us and those whom we serve. — Father John Muir ©LPi

(PRACTICING) CATHOLIC RECOGNIZE GOD IN YOUR ORDINARY MOMENTS A DESERTED PLACE

In one of my favorite shows, "Parks and Recreation," there is a scene where one of the characters, Jerry, is tasked with stuffing hundreds of envelopes with flyers as part of his volunteer work for a local city council campaign.

Jerry's efficient, almost mechanical completion of the job amazes his coworkers, who gather to watch in awe while he folds, inserts, seals, and stamps — over and over again. After several hours, the huge pile of envelopes is finally ready for mailing ... and Jerry realizes that he has stuffed them all with the wrong piece of paper.

"I always say, it ain't government work unless you do it twice," he quips as he restarts the task.

In any work, no matter how worthy or fulfilling it is, there is a point where the task transforms into mere routine. It can happen with anything: ministry, marriage, parenthood, even prayer. There is no shame in this. It doesn't mean that we don't enjoy these pursuits or feel passion for the mission inherent in them.

It only means that we are human, and we get tired.

When the Apostles return from their travels, Jesus recognizes their exhaustion. He encourages them to "come away to a deserted place." He inhabits a human body, so he knows the weariness to which it is subject. He knows what it is to be tired, to be hungry. He knows that it's hard to do the work when your body is failing you.

It's important for us to recognize those times when Jesus is calling us to a deserted place — and it's important for us to follow him there, even if we are pursued by feelings of doubt and guilt, just as the Apostles were followed by crowds hungry for their ministry.

Solitude is not selfishness. Contemplation is not idleness. To withdraw does not mean to run away.

The work we do — whatever it is — deserves our whole strength. If we have lost that, there is only one place we are sure to find it again.

"He said to them, 'Come away by yourselves to a deserted place and rest a while." — Mark 6:31

-Colleen Jurkiewicz Dorman © LPi

QUESTIONS OF THE WEEK

AN INVITATION TO REFLECT AND RESPOND TO SCRIPTURE

First Reading: We hear Jeremiah prophesy that the Lord will bring justice and security to Judah and Israel from the unjust shepherds (false rules) who led them astray. How do you help family or friends who need to make better choices?

Second Reading: Paul taught the Ephesians that in his death and resurrection, Jesus established peace and reconciliation between all believers, Jews, and Gentiles alike. How do you know you are at peace with a friend or loved one? What are some things in your life you are waiting for?

Gospel: Although Jesus wanted the Twelve to rest after their successful mission of preaching and healing, the crowds of people made it challenging to do so. Who could you encourage this week to rest well from their hard work? ©LPi

A Place to Belong Page Five

LIVE THE LITURGY

The crowds continue to follow Jesus, and when he sees them, he cannot help but be filled with love for them. Let us take our cue from these devoted disciples of Mark's Gospel, and never, ever stop seeking our Lord. ©LPi





RCIA Inquiry in Pastoral Center Wednesday, July 24, 7:00 pm



FAITH @ HOME

HEAR: Use your bible to look up Mark 6: 30-34.

PRAY: A shepherd ensures his sheep are cared for, fed, and kept safe. In today's Gospel, Jesus saw that the people were in need and "his heart was moved with pity for them, for they were like sheep without a shepherd" (Mk 6:34).

During your prayer, take some time to sit quietly and rest with Jesus. After some time of simply resting with Him, ask Jesus what need he sees in your life that he wants to fill. What does He want to do for you? Listen for what Jesus says to you. (Jesus might be speaking to you through an internal awareness of something or through a thought or insight that comes to your mind.)

When you are ready, talk with Jesus about what He tells you or shows you. Conclude your prayer by thanking Jesus for this time together.

TALK: Share with your family, in a group setting or with a close friend:

In the Gospel of Mark, Jesus realizes that his disciples needed rest — spiritual rest. They needed time for prayer, worship and reflection to continue this journey of discipleship. Jesus was tending to his flock. In the first reading of Jeremiah, the passage issues harsh judgment to those shepherds who have not upheld their duties to their flock and are self-serving. Jeremiah promises that good leadership is coming, and wise leadership must prevail! In your discussion, name the things that take you away from being close to Christ. Is it too much time on your cell phone or other technology? Stress or anxiety over daily activities? Problems in relationships with others? Naming the distractions is the first step

LACatholics.org/faith-at-home

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ADORATION CHAPEL

Sunday | 7 AM - 6 PM Monday - Friday | 7 AM - 4 PM Saturday | 8 AM - 5 PM

NO DONUTS THIS WEEK

Coffee & Donuts will return on September 8, 2024

BAPTISM MINISTRY

Each baby baptized at SLM receives a free handmade quilt crafted, by a lovely parishioner, or a blanket crocheted by our Knitting Ministry. If you want to support this ministry, you may drop off a check at the Pastoral Center. Please indicate **Baptism Ministry**.

PRAYER SHAWLS

Shawls and blankets available to give to anyone who needs an uplift during the Summer. They are free of charge.

OPEN ARMS MINISTRY

Help us reach sick or lonely persons in our parish to let them know they are loved, wanted, and worthy. Together, we can help them and their loved ones with friendly visits, light chores, or errands, and connect them with community resources. 310-540-0329.



Keep in touch with us via email & text Text **STLM** to **84576**

WOMEN IN TRANSITION

Sun, Jul 21, 10:30 AM | Pastoral Center A group of women supporting each other through life's many transitions. 310-540-0329 ext. 540

RESPECT LIFE ROSARY

Mon, July 22, 07:00 PM | In the Church Dedicated to bringing the message of life to the parish & the world.

310-678-2583 | dalesheckler@gmail.com

NAMI FAMILY SUPPORT

Wed, July 24, 7:00 PM | Parish Hall Family Support Group for those with loved ones suffering from mental illness. 310-792-0244

ONE IN CHRIST MINISTRY

Fri, July 26, 9:00 AM | Pastoral Center A ministry for racial healing and cultural celebration. Come pray with us. 310-540-0329 ext. 276

YOUNG ADULT DAY TRIP

Sat, Jul 27, 10:00 AM | Off-site Young Adult day trip to Mission San Juan Capistrano. 310-540-0329

CAREGIVERS SUPPORT

Sun, Jul 28, 10:30 am | Pastoral Center Gathering of people who are directly or indirectly affected by caregiving of others. 310-540-0329 ext. 540

CATECHISM & COFFEE

Thu, Aug 1, 9:00 AM | Youth Center Discussion of the Catechism of the Catholic church guided by Fr. Charles. 310-540-0329

SPIRITUAL BOOK CLUB

Wed, Aug 7, 10:00 AM | Pastoral Center Small Community of Faith who love reading & discussing books.

GRIEF SUPPORT GROUP

Sun, Aug 11, 10:30 AM | Pastoral Center Private meeting for those mourning the loss of a loved one.

310-540-0329 ext. 540

MICHELANGELO MINISTRY

Mon, Aug 12, 10:00 AM | Parish Hall Explore the artist within you & be part of a community who love the creative process. 310-540-0329 x540

LGBT+ (ONE HEART) MINISTRY

Tue, Aug 13, 7:00 PM | Pastoral Center Ministry open to members of the LGBT+ Community, family, friends, & allies. don.burt@stlm.org

F.A.I.T.H. MINISTRY

Thu, Aug 15, 07:00 PM | Parish Hall Supports the victims of human trafficking in the South Bay and in Los Angeles Co. 310-540-0329 ext. 380

READING ROUNDUP

Mon, Aug 19, 10:00 AM | Parish Hall Silently read your own book and then discuss your book, and why you like it! 310-540-0329 x540

FAMILY PROMISE

Aug 19-25 | Resurrection Lutheran Provide food and food items for families seeking stable housing in the South Bay. 310-428-9123

ST. KATERI CIRCLE

Fri, Sep 22, 7:00 PM | Pastoral Center A Native American prayer group devoted to St. Kateri Tekakwitha . 310-901-2432

ADDITIONAL CONTACTS

Stephen Ministry Message Line (Confidential) 310-540-0329 x375

Christian Family Movement 310-561-6207

Saturday Street Ministry 310-540-0329 x276

VOTIVE CANDLES

Candles are available at the Pastoral Center or in the Gift Shop. Candles are \$5.00 ea. and stay lit for 5 days.

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Women in Transition

Maybe you've wondered about our group and thought, "I'm not in transition. Nothing is changing in my life." Our lives are changing from day to day, from moment to moment, feeling full one day and empty the next, happy one day and sad the next. Sometimes we feel as though we are in the midst of chaos; our lives are spinning out of control, and we are the only ones who experience these emotions. We can find comfort in learning that we are not alone; that others are likely spinning in similar orbits. Together, in this group, let's share our lives.

RESPECT LIFE MINISTRY INVITES YOU TO PARTICIPATE IN A ROSARY FOR LIFE

MONDAY, JULY 22, 7:00 PM, IN THE CHURCH 310-678-2583 | DALESHECKLER@GMAIL.COM



Family Support Group

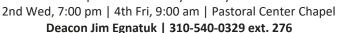
You are NOT alone

Mental illness affects *everyone* directly or indirectly through family, friends or coworkers. Join us in a safe, confidential environment to share your experiences and learn from others. We are a **FAMILY Support Group for those with loved ones suffering from mental illness**. (Please note that this group is for loved ones, not for those with Mental Illness). **Fourth Wednesday of the month @ 7:00 PM**.

Kim Sheckler or Tracy Ayotte | familytofamilystlm@gmail.com | 310-792-0244

A MINISTRY FOR RACIAL HEALING & CULTURAL CELEBRATION

One In Christ offers opportunities for prayer, listening to others' stories, and education. Our mission is to promote racial respect and harmony; help heal racial hurt; invite reconciliation; and promote education toward greater appreciation and understanding of all cultures within our parish community and beyond.







Young Adult Ministry (18-30s)

Day Trip to the Mission

San Juan Capistrano

Saturday, July 27, 2024

Fr. Charles Balamaze | 310-540-0329

SLM GIFT SHOP

Sunday | 8:30 AM - 1:00 PM Tue - Fri | 10:00 AM - 4:00 PM Closed Monday & Saturday 310-540-0329 x 249 giftshop@stlm.org

F.A.I.T.H. MINISTRY

The F.A.I.T.H. (Freedom & Intervention for the Trafficking of Humans) Ministry supports the victims of human trafficking in the South Bay and in Los Angeles County.

faith.ministry@stlm.org 310-540-0329 ext. 380

FOOD PANTRY

Saturday | 8 AM - 10 AM 1st Sunday | 8 AM - 11 AM

We prepare bags of groceries for individual families and we need: 15 oz cans/jars of Canned chili, vegetables, or fruit; 1 lb. box of Spaghetti/Pasta, Pasta Sauce, Peanut Butter, Tuna, Soup (including low sodium), Mac & Cheese, Bags of Rice, Cereal (healthy choices please)

For the **sack lunches** given to the homeless, we need ready to eat tuna or chicken salad with crackers, fruit bars, granola bars, fruit cups, protein bars, cracker packs with cheese or peanut butter, drinks.

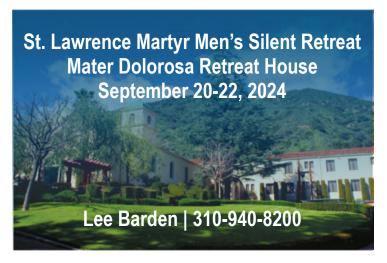
Monetary donations may be online through Faith Direct, mailed or dropped in the Pastoral Center mail slot. Please indicate Food Pantry.

Thank you for your ongoing generosity as we continue to serve those in need.

310-540-0329 ext.276

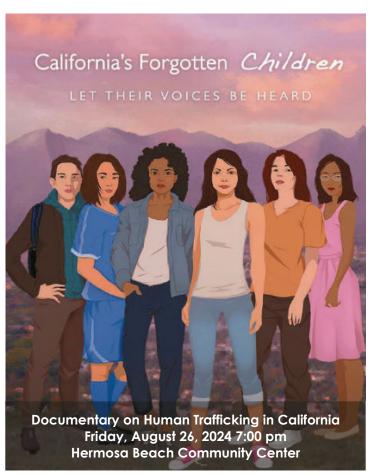
Safeguard the Children: Designate 'Water Watchers' to Care For People Around Water

Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. To prevent drowning, it is best to swim in a lifeguarded area. Always designate a "water watcher" whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over. In the event of an emergency, reach or throw an object to the person in trouble. Don't go in or you could become a victim yourself. For more information, visit redcross.org.









Rachel's Vineyard

Healing the pain of abortion - one weekend at a time

September 13-15, 2024 | San Pedro, CA \$300. per person

Rachel's Vineyard retreat is for men and women struggling with the emotional and spiritual pain of abortion. The retreat is designed to help participants work through repressed grief and anger in a safe, nonjudgmental setting and come to acceptance, healing, and hope for the future. Developed in the Roman Catholic Tradition, it utilizes spiritual exercises and rituals to help grieve the loss of unborn children and to accept God's forgiveness. All inquiries and registrations are confidential.

323-577-5693 | RVLA.christine@gmail.com www.rachelsvineyard.org www.youtube.com/user/rachelsvineyard

Save These Dates in August



August 3

Parish Hall

August 10

Courtyard

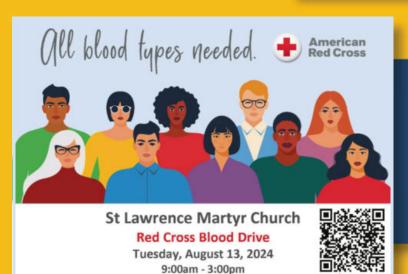


SLM Barbecue

Saturday August 10

After the 4:00 pm Mass

Parish Hall & Courtyard



August 13
Parish Hall

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Alumna of BMHS, Notre Dame, UCLA Call Angela Now! 424.400.6435 info@beachcitiesestatelaw.com



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- Hadnett 310-378-8212 Matthew Hadnett Cal-BRE #1319592 - NMLS #313412



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South Bay Redondo Beach Store 6 Catalina Ave • Redondo Beach, C 310-465-1600 dobeach@tenthousandvillages.com Crafted at the Port of LA 112 E 22nd St • San Pedro, CA Fri-Sun 12-6pm craftedpola@redondobeach.com

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