

# Sacred Heart Catholic Church

A ROMAN CATHOLIC CHRISTIAN COMMUNITY OF FAITH, WORSHIP, AND SERVICE



THE MOST HOLY BODY AND BLOOD OF CHRIST

ALL ARE  
WELCOME



JUNE 11, 2023

**344 W. Workman St., Covina 91723 + (626) 332-3570 + [www.sacredheart.cc](http://www.sacredheart.cc)**  
**+ [facebook.com/sacredheart.cc](https://facebook.com/sacredheart.cc) + [twitter.com/sacredheartcc](https://twitter.com/sacredheartcc)**

## PARISH CENTER OFFICE HOURS

MON - THURS 9:00am to 9:00pm

SAT 9:00am to 5:00pm + SUN 8:00am to 4:00pm  
(Office closed 12:30pm to 1:30pm everyday for Lunch)

CLOSED ALL DAY FRIDAY

**Emergency Sick Calls Anytime**

## Pastor

Rev. William T. Easterling, V.F.

## Priest Associates

Rev. James Kelly  
Rev. Albert Avenido

## Deacons

Dn. Ron Butler  
Dn. Jim Allgaier

**Read the bulletin online at**  
[www.sacredheart.cc/bulletin](http://www.sacredheart.cc/bulletin)

**Ministerios en Español:**  
Padre Bill y Padre Albert

## MASS SCHEDULE

### Sunday Liturgy in English:

- 5:30pm - Saturday evening
- 6:30am + 9:30am\*
- 11:00am + 12:30pm
- 5:30pm LIFE TEEN MASS

### Liturgia Dominical en ESPAÑOL:

- 8:00am\*

### Weekday Masses Monday – Friday in English:

- 8:15am + 5:30pm

### Saturday morning Mass: 8:15am

### \*Mass for the Sick and Homebound

SUNDAY at 9:30am in English and 8:00am in Spanish  
Masses are provided on our YouTube & Facebook channels and webpage: [www.sacredheart.cc](http://www.sacredheart.cc)

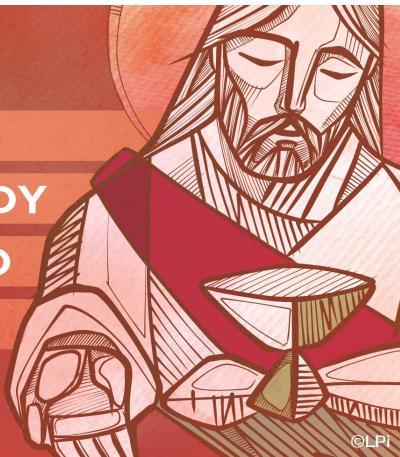
**\*Mass for the Sick and Homebound** is provided on Sundays only for those who are very seriously ill or homebound for major health issues.

## CONFESION SCHEDULE

Every Friday 7:15pm to last person in the Parish Church

**SOLEMNITY  
OF THE BODY  
AND BLOOD  
OF CHRIST**

June 11, 2023



# Please pray...

for those who are sick, and their families,  
that they will feel God's presence and  
know his love, especially:

**Antonio Lua  
Bill Consolo  
Frank Parra  
Alicia Rivera  
Elba Rios  
Porfirio Gonzalez  
Elena Campos-Romero**



## Please Pray for the Soul of: **PAMELA LINARES**

Her funeral Mass was held  
at Sacred Heart Church.  
May she rests in the peace of the Lord.

**Please pray for those who have special needs,**  
and their families, that they will feel God's  
presence and know his love. **Specially,**

**Ethana Abigail Gil, Andres Silva,  
Yendy Duarte Beltran**

## **Bulletin Announcement Deadline**

All announcements for the bulletin **must** be submitted  
no later than noon on Tuesday. Announcements may  
be dropped off to the Parish Center or emailed to bulle-  
tin@sacredheart.cc. All announcements are subject to  
approval and space permitting for publishing.

## **ON THE COVER**

Sacred Heart children received their First  
Communion on May 20, 2023 at 1:30 pm.

## **STEWARDSHIP**

*"Bring the Tithes into the treasure...put me to the proof, says the Lord of Hosts, and see if I do not open windows in the sky and pour a blessing on you as long as there is a need."*

### **Returning to Communion in Both Forms**

#### **Host, the Body of Christ Cup, the Blood of Christ**

### *Feast of the Body and Blood of Christ CORPUS CHRISTI FEAST*

JUNE 11, 2023

**Receiving communion from the cup  
will always be optional.**

On this beautiful feast our parish will return to the custom of offering the cup to all those at Mass. It is optional, but will be provided for those who choose. Our hope is to be able to offer the Blood of Christ at every regularly scheduled Mass, Sundays and weekdays beginning with Sunday, June 11<sup>th</sup> (thus Sat. June 10<sup>th</sup> 5:30pm).

We will re-start this magnificent option with 4 cup stations at Sunday Masses. We return to our pre-Covid communion routes with the hosts stations as follows: 2 in center aisle plus 1 at each short side aisle as we have done for over 20 years. As you return to your seat using the long side aisles, the cup stations will be located at the bend of the communion rail, 2 on each side as we have done for over 20 years.

Pre-Covid we had 6 cup stations, but we are going to re-start slow offering 4 to begin with. As in the past the cup will be wiped with a purificator by the communion minister after each person. The host is **ALWAYS** received first.

The reverent procedure remains the same in receiving the cup. The minister says "The Blood of Christ" and you respond "Amen" – then you take the cup securely in both hands and take a very small sip after which you return the cup in a safe and dignified manner to the lay minister.

We are excited to return to this beautiful and spiritually powerful custom of offering the faithful the Blood of Christ. God bless you!

Father Bill, Pastor

## PARISH ANNOUNCEMENT

### Starting May 28: Communion Changes After Covid

On May 11<sup>th</sup> the US government lifted the public health emergency regarding Covid. The World Health Organization (WHO) had done so the week before. Therefore there will be some changes in the administration of Holy Communion starting Sunday, May 28<sup>th</sup> (starting at the 5:30pm Mass on Sat., May 27<sup>th</sup>).

Expectations are that from now on the effect of Covid on the US population annually will be 70,000 Covid cases a year and 11,000 Covid deaths a year; equal to an exceptionally bad flu attack.

The reason we are delaying the changes till the May 28<sup>th</sup> weekend, is to give you this information a week ahead of the changes so that you will be better informed of the changes and of the personal decisions you wish to make.

#### GENERAL CHANGES

1. The hand sanitizer stands at all the doors will continue to be available, use is optional and encouraged.
2. There is no longer any need to wear masks, but you are free to do so if you wish.

#### COMMUNION CHANGES

3. All communion stations will continue to have sanitizer gel available in case the communion minister (priest, deacon or lay) feels a need to use it. Currently all communion ministers are required to use the gel every time a person receives by mouth. Starting May 28<sup>th</sup> the minister will no longer be so required, but is free to use the gel if they think it is needed after any individual communicant may have invaded their personal space.
4. Communion ministers are currently required to wear a face mask. Starting May 28<sup>th</sup> this will no longer be required, it will be optional only.

#### NO CHANGE

5. All communion ministers including our clergy are now and will continue to be required to use sanitizer gel when they come up to the altar just before communion. For years now we have kept a gel dispenser on each credence table for communion minister to use when they come up and that will continue. Gel is also available at the altar for the clergy. It is a onetime use before we administer communion to the faithful. This practice will continue.

We pray these changes will benefit us all moving forward. We thank you for your kind and loving cooperation through the Covid years and for your understanding of these changes.

Father Bill, Pastor

### A partir del 28 de mayo: Cambios en la Comunión Despues de Covid

El 11 de mayo el gobierno de los Estados Unidos levantó la emergencia de salud pública por el Covid. La Organización Mundial de la Salud (OMS) lo había hecho la semana anterior. Por lo tanto, habrá algunos cambios en la administración de la Sagrada Comunión a partir del domingo 28 de mayo (comenzando con la Misa de las 5:30 pm del sábado 27 de mayo).

La expectativa es que a partir hoy el efecto de Covid en la población de USA será anualmente de 70,000 casos de Covid al año y 11,000 muertes de Covid al año; igual al de un ataque de gripe excepcionalmente grave.

La razón por la que retrasamos los cambios hasta el fin de semana del 28 de mayo es para brindarles esta información una semana antes de los cambios para que estén mejor informados de los cambios y pare que tomen decisiones personales que deseen tomar.

#### CAMBIOS GENERALES

1. Los desinfectantes de manos en todas las puertas seguirán estando disponibles, su uso es opcional pero recomendado.
2. Ya no es necesario usar máscaras, pero pueden hacerlo si lo desean.

#### CAMBIOS DE COMUNIÓN

3. Todos los lugares en donde se da la comunión seguirán teniendo gel desinfectante disponible en caso de que el ministro de la comunión (sacerdote, diácono o laico) sienta la necesidad de usarlo. Actualmente, todos los ministros de comunión son requeridos en usar el gel cada vez que una persona la reciba por vía oral. A partir del 28 de mayo, al ministro no se le require, pero puede usar el gel si cree que es necesario después de que cualquier comulgante haya invadido su espacio personal.
4. Actualmente, los ministros de la Eucaristía deben usar una máscara facial. A partir del 28 de mayo ésto ya no será obligatorio, será solo opcional.

#### NINGÚN CAMBIO

5. Todos los ministros de la Eucaristía, incluyendo a nuestro clero, deben y seguirán usando el gel desinfectante cuando se acercan al altar justo antes de la comunión. Durante años hemos mantenido un dispensador de gel en cada mesita para que el ministro de comunión lo use cuando se presenten y eso continuará. Gel también está disponible en el altar para el clero. Es un uso único antes de administrar la comunión a los fieles. Esta práctica continuará.

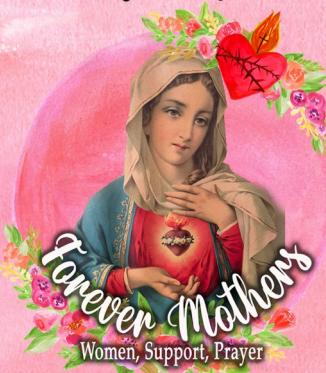
Oramos para que estos cambios nos beneficien a todos en el futuro. Le agradecemos su amable y amorosa cooperación durante los años de Covid y su comprensión de estos cambios.

Padre Bill, Pastor

## PARISH ANNOUNCEMENT

## THE PRIEST AND THE EUCHARIST

Ladies, we care about you and your family.  
Life is tough, you're not alone.  
We all need support, prayer, and Jesus.  
We invite you to gather with us!



Tuesdays 7:00PM

In the Parish Center (Sister Chapel)  
This gathering is free, open to all women  
No need to sign up. Bring a friend.

For info email [anitra@sacredheart.cc](mailto:anitra@sacredheart.cc)

## Sacred Heart Religious Education REGISTRATIONS

JUNE 20th & 21st - 5:00pm - 8:00 pm

July 1st & 8th - 11:00 am - 4:00 pm  
inside CAVANAGH HALL

### Elementary & Jr. High First Communion

for children in grades 2nd - 8th

\*Child MUST be able to read and write

\*Child must be with parent at the time of registration

\*Please bring copy of child's Baptism certificate

If you have any questions regarding First Communion,  
please contact Christy ([Christy@sacredheart.cc](mailto:Christy@sacredheart.cc))



## High School Confirmation

for teens in grades 9th - 12th

\*Must bring a copy of child's Baptism & 1st  
Communion certificates in order to register  
for High School Confirmation process

All registrations will be taking place in Cavanagh Hall.  
If you have any questions regarding High School Confirmation,  
please contact Mindy ([melinda-e@sacredheart.cc](mailto:melinda-e@sacredheart.cc))



### The Priesthood and the Eucharist

"These two Sacraments were born together," wrote St. John Paul II of the priesthood and the Eucharist, "and their destiny is indissolubly linked until the end of the world."

The Eucharist is such a beautiful example of how God, conscious of our limitations, bends to meet us. He once came to us cloaked in the flesh, that we might recognize Him. Now He comes as the very means by which we nourish ourselves: food and drink, the most familiar and comforting thing in the world to us. How easy He makes it to fulfill his command that we become one with Him. How generous He is to make such a sacred thing also accessible.

We can say the same of the priesthood, and of the men He calls to its number. How generous of Him to make such an accessible thing — our sons, our brothers, our uncles, our cousins — sacred. How generous of Him to allow these human creations — who share in our own faults — to be the means through which He comes to us in the Eucharist.

Without the Eucharist, we would have no eternal life. Without priests, we would have no Eucharist. On this, the Solemnity of the Most Holy Body and Blood of Christ, let's give thanks for our priests, and redouble our prayers that God will send us good and holy ones — manna from Heaven in our wandering exile.

*"Whoever eats my flesh and drinks my blood has eternal life,  
and I will raise him on the last day." — John 6:54*

### El Sacerdocio y la Eucaristía

"Estos dos Sacramentos nacieron juntos," escribió San Juan Pablo II sobre el sacerdocio y la Eucaristía, "y su destino está indisolublemente unido hasta el fin del mundo."

La Eucaristía es un ejemplo tan hermoso de cómo Dios, consciente de nuestras limitaciones, se inclina a nuestro encuentro. Una vez vino a nosotros envuelto en la carne, para que podamos reconocerlo. Ahora viene como el medio por el cual nos alimentamos: comida y bebida, lo más familiar y reconfortante del mundo para nosotros. Cuán fácil hace que cumplamos su mandato de que seamos uno con Él. Cuán generoso es Él al hacer accesible también algo tan sagrado.

Lo mismo podemos decir del sacerdocio y de los hombres a los que llama a su número. Qué generoso de su parte hacer algo tan accesible: nuestros hijos, nuestros hermanos, nuestros tíos, nuestros primos, sagrados. Cuán generoso de su parte al permitir que estas creaciones humanas, que comparten nuestras propias faltas, sean el medio a través del cual Él viene a nosotros en la Eucaristía.

Sin la Eucaristía, no tendríamos vida eterna. Sin sacerdotes, no tendríamos Eucaristía. En esta solemnidad del Santísimo Cuerpo y Sangre de Cristo, demos gracias por nuestros sacerdotes y redoblemos nuestras oraciones para que Dios nos envíe buenos y santos, maná del cielo en nuestro exilio errante.

*"El que come mi carne y bebe mi sangre, tiene vida eterna y yo lo resucitaré en el último día." — Juan 6:54*

## ANNOUNCEMENTS

**Regresando a la Comunión en Ambas Formas  
Hostia, el Cuerpo de Cristo  
Copa, la Sangre de Cristo**

*Fiesta del Cuerpo y Sangre de Cristo  
FIESTA DEL CORPUS CRISTI  
11 DE JUNIO DE 2023*

**Recibir la comunión de la copa  
siempre será opcional.**

En esta hermosa fiesta, nuestra parroquia volverá a la costumbre de ofrecer la copa a todos los que estén en Misa. Es opcional, pero se proporcionará a quienes lo deseen. Esperamos poder ofrecer la Sangre de Cristo en cada misa programada regularmente, los domingos y entre semana a partir del domingo 11 de junio (así también, el sábado 10 de junio a las 5:30 p.m.).

Reanudaremos esta magnífica opción con 4 estaciones en las Misas Dominicales. Regresamos a nuestras rutas de comunión pre-Covid con las estaciones de la siguiente manera: 2 en el pasillo central más 1 en cada pasillo lateral corto como lo hemos hecho durante más de 20 años. Cuando regresen a su asiento por los pasillos laterales, las estaciones con las copas estarán ubicadas en la curva del riel de comunión, 2 en cada lado como lo hemos hecho durante más de 20 años.

Antes de Covid teníamos 6 estaciones de tazas, pero vamos a reiniciar lentamente ofreciendo 4 para empezar. Como en el pasado, el ministro de la comunión limpiará la copa con un purificador después de cada persona. El hostia SIEMPRE se recibe primero.

El procedimiento reverente sigue siendo el mismo al recibir la copa. El ministro dice “La Sangre de Cristo” y usted responde “Amén” – luego toma la copa firmemente con ambas manos y toma un sorbo muy pequeño después de lo cual devuelve la copa de manera segura y digna al ministro laico.

Estamos contentos en regresar a esta hermosa y espiritualmente poderosa costumbre de ofrecer la Sangre de Cristo a todos los fieles. ¡Que Dios los bendiga!

Padre Bill, Pastor

## PROTECTING OUR CHILDREN



### **Did you know? June 10-11**

#### **Tips to guarantee children's safety around swimming pools**

Drowning is the leading cause of injury-related death among children ages 1-4, and it is the third leading cause of unintentional injury-related death among children 19 and under. To avoid a tragedy, following are a few tips when watching children in or around the water: keep young children and weak swimmers within arm's reach of an adult; make sure more experienced swimmers are with a partner every time; choose an adult to be in or near the water carefully watching children; **teach children how to swim.** For more information, visit <https://www.safekids.org/poolsafety>.

### **Sabía Usted? 10-11 de junio**

#### **Consejos para garantizar la seguridad de los niños en las piscinas**

El ahogamiento es la principal causa de muerte relacionada con lesiones entre los niños de 1 a 4 años de edad, y es la tercera causa principal de muerte no intencional relacionada con lesiones entre los niños de 19 años y menores. Para evitar una tragedia, los siguientes son algunos consejos cuando observe a los niños en el agua o cerca de ella: mantenga a los niños pequeños y a los nadadores débiles al alcance de la mano de un adulto; asegúrese de que los nadadores más experimentados estén siempre con un compañero; elija a un adulto para que esté en el agua o cerca de ella vigilando atentamente a los niños; **enseñe a los niños a nadar.** Para obtener más información, visite <https://www.safekids.org/poolsafety>.



## ANNOUNCEMENTS

### Informe Sobre la Salud del Padre Bill

Mi salud en general es excelente. Mi corazón, pulmones y análisis de sangre son excelentes. Sin embargo, he tenido varios problemas ortopédicos graves que me han dejado incapacitado temporalmente y con mucho dolor debido a nervios pinzados; incapaz de caminar sin la ayuda de un andador y a veces, con una silla de ruedas.

El 3 de marzo de 2022 me operaron de la columna la cual fue muy exitosa. Tuve estenosis espinal y la recuperación fue buena, excepto que surgió un problema ortopédico nuevo y completamente diferente en julio de 2022.

Después de extensos estudios, los médicos han determinado que mi defecto congénito me persigue ya por muchos años después. La buena noticia es que hay una solución: el reemplazo de la cadera derecha el 3 de julio de este año. Se espera que pase de 1 a 2 noches en el hospital y camine sobre ella el mismo día después de una cirugía de 2 horas realizada por 2 médicos.

El problema actual de los nervios pellizcados es doloroso incluso cuando estoy sentado, pero mucho peor al caminar o estar de pie. Me quita una gran cantidad de energía todos los días, lo que hace que no esté muy disponible. Espero con ansias la curación que proporcionará la cirugía.

Al nacer, les dijeron a mis padres que nunca caminaría. A la edad de 6 meses comencé a usar aparatos ortopédicos en mis piernas y di mi primer paso justo antes de cumplir 5 años. Desde entonces, he tenido que usar algún tipo de calzado o dispositivo correctivo, pero puedo caminar. Y sobre todo doy gracias a Dios!

Desafortunadamente, este defecto de nacimiento también significará que en los años venideros posiblemente necesite reemplazar mi cadera izquierda y ambas rodillas. ¡Afortunadamente, la medicina moderna está lista para mí!

Después de la cirugía del 3 de julio tendré que tener cuidado especial las primeras 8 semanas, después tendré fisioterapia. Afortunadamente, la Arquidiócesis nos brinda un excelente seguro. No estaré disponible durante todo julio y posiblemente más.

Naturalmente, estoy emocionada pero asustado, feliz pero nervioso. Sobre todo confío en el Señor Jesucristo y creo en el poder de la oración.

Gracias por sus oraciones por mi recuperación el año pasado y de antemano les agradezco sus oraciones por mi próxima cirugía. Usted y todas nuestras familias parroquiales están en mis oraciones.

Padre Bill Easterling, Párroco

### Father Bill Health Issues

My overall health is great. Heart, lungs, blood work are all outstanding. However I have had several serious orthopedic issues that have left me temporarily disabled and in a great deal of pain because of pinched nerves; unable to walk without assistance of a walker and at times a wheelchair.

On March 3, 2022 I had spine surgery that was very successful. I have spinal stenosis and the recovery went very well, like clockwork, except that a new and entirely different orthopedic issue arose in July 2022.

After extensive studies the doctors have determined that my birth defect is haunting me these many years later. The good news is that there is a solution: I will have right hip replacement surgery on July 3<sup>rd</sup> of this year. It is expected that I will spend 1 to 2 nights in the hospital and be walking on it the same day following a 2 hour surgery performed by 2 doctors.

The current issue of pinched nerves is painful even when sitting but much worse when walking or standing. It takes a great deal of energy out of me daily resulting in my not being very available to others. I look forward to the healing the surgery will provide.

At birth my parents were told I would never walk. Beginning at the age of 6 months I wore braces on my legs and took my first step just before my 5<sup>th</sup> birthday. Ever since I have had to wear some form of corrective shoes or devices, but I walk. And most of all I thank God!

Unfortunately, however, this birth defect will also mean that in the years to come I will possibly need to also replace my left hip and both knees. Thankfully modern medicine is ready for me!

Following the July 3<sup>rd</sup> surgery I will have to be especially careful the first 8 weeks. During that time and after I will have physical therapy. Thankfully the Archdiocese provides us with excellent insurance. I will be unavailable for all of July and possibly longer.

Naturally I am excited yet afraid, happy yet nervous. Most of all I trust in the Lord Jesus Christ and believe in the power of prayer.

Thank you for your prayers for my recovery the past year and in advance I thank you for your prayers for my next surgery. You and all our parish families are in my prayers.

Father Bill Easterling, Pastor

# Festival of Ministries

All Parish Ministries and our Parish School  
will host information tables.

Come and see what our parish has to offer you.

- Saturday June 10th  
(after the 5:30pm mass)
- Sunday June 11th  
(after every mass  
6:30am, 8:00am, 9:30am,  
11am, 12:30pm, & 5:30pm)

Join us in Cavanagh Hall for

- Music
- Hot dogs & Sodas
- Family Photo Booth
- “Fun Tables”

hosted by our  
Parish Ministries  
and our Parish School.

## Open to All

For more information email: [anitra@sacredheart.cc](mailto:anitra@sacredheart.cc)

## LECTURAS PARA ESTE DOMINGO

### Primera lectura:

“Él te aflijó, haciéndote pasar hambre, y después te alimentó con el maná, que ni tú ni tus padres conocían.” (Dt 8:3)

### Salmo:

Bendito sea el Señor. (Sal 147)

### Segunda lectura:

El pan es uno, y así nosotros, aunque somos muchos, formamos un solo cuerpo, porque todos comemos del mismo pan. (1 Corintios 10:17)

### Evangelio:

“Mi carne es verdadera comida y mi sangre es verdadera bebida. El que come mi carne y bebe mi sangre, permanece en mí y yo en él.” (Juan 6:55-56)

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### LAS LECTURAS DE LA SEMANA

<b>Lunes:</b>	2 Co 1, 1-7/Sal 33, 2-3. 4-5. 6-7. 8-9/ Mt 5, 1-12
<b>Martes:</b>	2 Co 1, 18-22/Sal 118, 129. 130. 131. 132. 133. 135/Mt 5, 13-16
<b>Miércoles:</b>	2 Co 3, 4-11/Sal 98, 5. 6. 7. 8. 9/ Mt 5, 17-19
<b>Jueves:</b>	2 Co 3, 15—4, 1. 3-6/Sal 84, 9 y 10. 11-12. 13-14/Mt 5, 20-26
<b>Viernes:</b>	Dt 7, 6-11/Sal 102, 1-2. 3-4. 6-7. 8. 10 (ver 17)/1 Jn 4, 7-16/Mt 11, 25-30
<b>Sábado:</b>	2 Co 5, 14-21/Sal 102, 1-2. 3-4. 9-10. 11-12//Lc 2, 41-51

### LAS CONMEMORACIONES DE LA SEMANA

<b>Martes:</b>	San Antonio de Padua, presbítero y doctor de la Iglesia
<b>Miércoles:</b>	Día de la Bandera
<b>Viernes:</b>	El Sagrado Corazón de Jesús
<b>Sábado:</b>	Corazón Inmaculado de la Bienaventurada Virgen María

### VIVIR LA LITURGIA

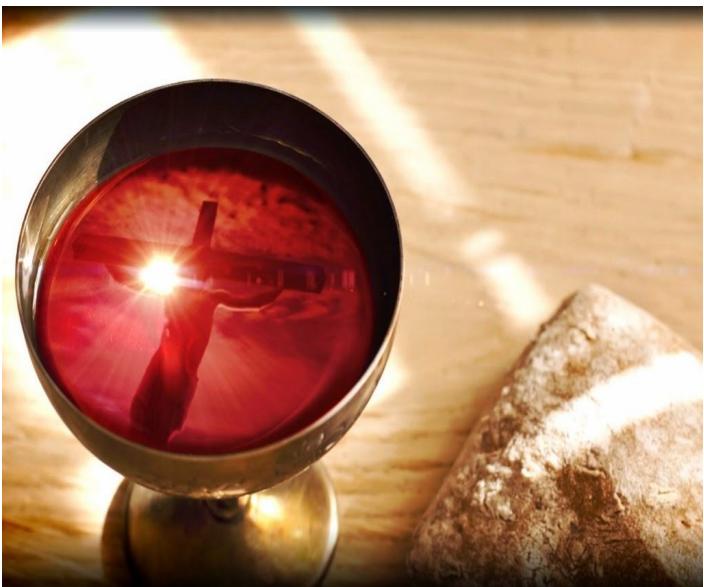
La Eucaristía es la cosa más sagrada del mundo y, sin embargo, en su misericordia, Dios la ha hecho accesible. En la Eucaristía, Dios se inclina a nuestro encuentro. Apareciendo bajo la apariencia de nuestro alimento diario, hace que no solo sea posible sino simple, benditamente simple, cumplir su mandamiento.

### EL CUERPO Y LA SANGRE DE CRISTO

Celebramos hoy la fiesta del Cuerpo y Sangre de Cristo, que viene a ser como una versión del Jueves Santo. Jesús se sienta a la mesa en la Última Cena y da de comer y beber a sus discípulos: *“Yo soy el pan vivo que ha bajado del cielo. El que come de este pan vivirá para siempre. El pan que daré es mi carne, y lo daré para la vida del mundo (Juan 6,51).”* Ahora, nosotros se lo agradecemos, adorándolo en la custodia durante la hora santa y visitándolo en el sagrario. Le pedimos que acompañe y bendiga nuestro caminar en familia, escuela, trabajo y en la sociedad. La Eucaristía es fuente de vida, porque el Señor se hace presente en el pan y el vino, para darnos la fuerza necesaria y poder enfrentar las dificultades que tenemos en el camino.

¿Para qué nos sirve este Sacramento de la Eucaristía? La respuesta es sencilla, para alimentarnos con Cristo, para acrecentar la vida de Dios en nosotros, recibida desde el bautismo, para fortalecernos en las dificultades y para tener unidad en la Trinidad. Al comulgar, se supone que somos renovados e impulsados a hacer el bien. Jesús vive en la Eucaristía: *“Mi carne es verdadera comida y mi sangre es verdadera bebida. El que come mi carne y bebe mi sangre permanece en mí y yo en él”* (Juan 6,55-56). Qué misterio tan grande y hermoso permanecer en Jesús, convertirnos, transformarnos en él, para beneficio de muchos en la sociedad, tan falta de amor y de paz. Lo cierto es que si no comemos de ese pan y no bebemos de esa sangre no tendremos vida. Así de simple.

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## READINGS FOR THIS SUNDAY

### First Reading:

"He therefore let you be afflicted with hunger,  
and then fed you with manna,  
a food unknown to you and your fathers." (Dt 8:3)

### Psalm:

Praise the Lord, Jerusalem. (Ps 147)

Or Alleluia.

### Second Reading:

Because the loaf of bread is one,  
we, though many, are one body,  
for we all partake of the one loaf. (1 Cor 10:17)

### Gospel:

"For my flesh is true food,  
and my blood is true drink.

Whoever eats my flesh and drinks my blood  
remains in me and I in him." (Jn 6:55-56)

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## READINGS FOR THE WEEK

**Sunday:** Dt 8:2-3, 14b-16a/Ps 147:12-13, 14-15,  
19-20 (12)/1 Cor 10:16-17/Jn 6:51-58

**Monday:** 2 Cor 1:1-7/Ps 34:2-3, 4-5, 6-7, 8-9/  
Mt 5:1-12

**Tuesday:** 2 Cor 1:18-22/Ps 119:129, 130, 131, 132,  
133, 135/Mt 5:13-16

**Wednesday:** 2 Cor 3:4-11/Ps 99:5, 6, 7, 8, 9/  
Mt 5:17-19

**Thursday:** 2 Cor 3:15—4:1, 3-6/Ps 85:9ab and 10,  
11-12, 13-14/Mt 5:20-26

**Friday:** Dt 7:6-11/Ps 103:1-2, 3-4, 6-7, 8, 10  
(see 17)/1 Jn 4:7-16/Mt 11:25-30

**Saturday:** 2 Cor 5:14-21/Ps 103:1-2, 3-4, 9-10,  
11-12/Lk 2:41-51

## OBSERVANCES FOR THE WEEK

**Tuesday:** St. Anthony of Padua, Priest and Doctor  
of the Church

**Wednesday:** Flag Day

**Friday:** The Most Sacred Heart of Jesus

**Saturday:** The Immaculate Heart of the Blessed  
Virgin Mary

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## LIVE THE LITURGY

The Eucharist is the most sacred thing in the world, and yet in his mercy, God has made it accessible. In the Eucharist, God bends to meet us. Appearing under the appearance of our daily nourishment, he makes it not just possible but simple — blessedly simple — to fulfill his commandment.

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## THE MOST HOLY BODY AND BLOOD OF CHRIST

Years ago, a woman at daily Mass approached me in the communion procession. She had her arms crossed, indicating she wanted a blessing instead of the Sacred Host. She had tears in her eyes. I gave her a little blessing. She returned the next day. And the next. The same thing repeated. After a few weeks, I asked her why she didn't receive Holy Communion. She said she wasn't Catholic yet and was preparing to become so. I asked her why she wanted to be Catholic. She said, "Because I long to be in a real communion with Christ and with everyone I love." That, I submit, is a darn good reason. A few months later, she became Catholic and received the Body and Blood of Christ with unspeakably great joy and still does to this day.

Saint Paul says of the Eucharistic bread, "**Is it not a participation in the body of Christ?**" For Paul, the answer is obvious. Yes, it is exactly that. Which is why he can say, "**we, though many, are one body.**" Jesus is truly, really, and substantially present in the Holy Eucharist. This is no magic trick, but a mystery of our salvation. He feeds us with the Sacrament of his body so that our communion with him — and with the other members of his body — is built up and becomes mature. That's why the Eucharist quenches our deep thirst for love and communion. The Body and Blood of Christ is the best reason to be Catholic. It's our participation of love in the one we love.

— Father John Muir

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**MISSION STATEMENT:**  
**Becoming Disciples of Jesus Christ by**  
**Loving People + Discovering Hope + Following Jesus + Living Eucharist**

## PARISH DIRECTORY

### Parish Center & Parish Offices

**www.sacredheart.cc** (626) 332-3570 Fax (626)967-4884

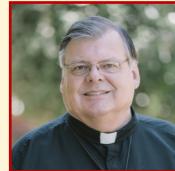
Business Manager **Fernando Torres** (626) 332-3570  
 Pastoral Council **Cindy Boulais** (626) 332-3570  
 Finance Committee **Fernando Torres** 332-3570  
 Bulletin Editor **José de la Rosa** 332-3570  
 Bulletin articles, send to: **bulletin@sacredheart.cc**

### Parish School

**Claudia Tice**, Principal **www.shs.cc** 332-7222

### Parish Departments & Ministry of:

Director of Elementary & Junior High Formation	<b>Christy Murcia-Chavez</b>	331-7914
	Christy@sacredheart.cc	
Director of Youth & Young Adult Formation	<b>Melinda Evangelista</b>	331-7914
	melinda-E@sacredheart.cc	
Worship Coordinator	<b>Father Bill</b>	332-3570
Adult Formation Coordinator	<b>Tania Romo</b>	(626) 525-1767
Director of Evangelization and Formation	<b>Anitra Gil</b>	(213) 585-9272
Baptisms	<b>Livier Medrano</b>	332-3570
Business Admin	<b>Fernando Torres</b>	332-3570



**Rev. William T. Easterling, V.F.**  
 FrBill@sacredheart.cc  
 (626) 913-1681  
**Pastor**



**Rev. James Kelly**  
**Associate Pastor**



**Rev. Albert Avenido**  
 FrAlbert@sacredheart.cc  
**Associate Pastor**

### Liturgical Ministries

Altar Care	<b>Marie Puga</b>	(626) 221-4396
Altar Servers		
Music Director		374-2410
Music Leader	<b>Maria Siegrist</b>	485-0773
Lectors	<b>Ron Arcieniega</b>	332-3570
Liturgical Environment	<b>Ed &amp; Carmen Aniceto</b>	(818) 640-2960
Ministers of the Altar	<b>Helene Maietta</b>	332-3570
Ministers to the Sick	<b>Leo &amp; Merly Inquito</b>	332-3570

### Outreach Ministries

Bereavement	<b>Karen McCurdy &amp; Ken Nelson</b>	332-3570
ESGV Homeless Shelter	<b>Gus Corona</b>	641-9714
Get On The Bus	<b>Robert Martinez</b>	374-0794
Our Daily Bread	<b>Susan Cole</b>	(626) 375-3895
St. Vincent de Paul	<b>Priscilla Dimitruk</b>	339-7580
Safeguard the Children	<b>Frank Reynoso</b>	332-3570
Spanish Ministries	<b>Marisela Gutierrez</b>	255-6046
Thanksgiving Dinners	<b>Ruth Queija</b>	(626) 893-1072

### Parish Organizations

FATHERHOODQUEST	<b>Nelson Murcia-Chavez</b>	(626) 470-7579
Cursillo	<b>Fernando Torres</b>	332-3570
Knights of Columbus	<b>John Petersen</b>	814-9915
Scouting, Boys & Girls, all levels: Scouting Coordinator		



## SACRAMENTS/DEVOTIONS

**Baptisms:** Most Sundays. Mandatory Baptism Preparation Class first Thursday of every month. Deadline to register is two weeks prior to the class. Please contact the Parish Center for further information.

**Marriages:** Congratulations! Please contact the Parish Center to meet with a priest or deacon at least six months prior to the intended date of marriage.

**Priesthood & Religious Life:** Young men and women interested in becoming a priest or a religious sister, or deacon, please call Father Bill.

**Anointing of the Sick:** First Saturday of the month, after the 8:15am Mass. If you or someone you know needs a visit because they have become seriously ill, call the Parish Center at any time.

**Sacraments of Adult Initiation:** If you are an adult interested in joining the Catholic Church or completing your sacraments, call the RCIA (Rite of Christian Initiation of Adults) Please contact Tania Romo, at (626)525-1767 or go to our website at [www.sacredheart.cc](http://www.sacredheart.cc).

**Sacrament of Reconciliation:** Confession are every Friday from 7:15pm to the last person, in the Parish Church.