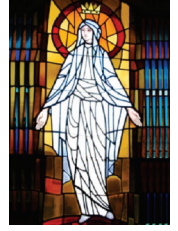


# Our Lady of the Assumption Catholic Church

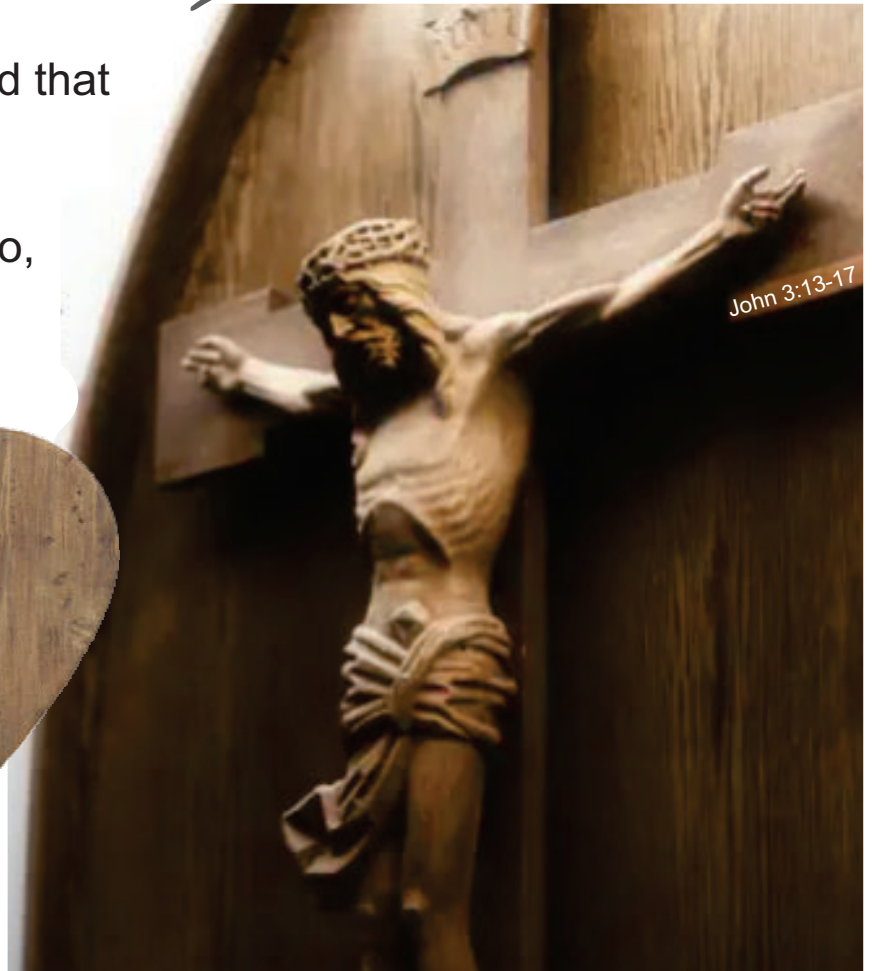


## The Exaltation of the Holy Cross



...God so loved the world that he gave his only Son.

...tanto amó Dios al mundo, que le entregó a su Hijo único.



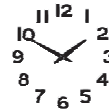
### MASS SCHEDULE - HORARIO DE MISA



Tuesday	5:00 pm	English
Wednesday	5:00 pm	Español
Thursday	5:00 pm	English
Friday	5:00 pm	English
Saturday	4:30 pm	English
Sunday	8:00 am	Español
Also on YouTube	10:00 am	English
	12:00 pm	Español
	4:30 pm	English

*Puedes enviar tus ofrendas en forma electrónica y segura*

### OFFICE HOURS



Mondays & Tuesdays  
9am to 12pm and 12:30pm to 3:30pm

Wednesdays  
1pm to 3:30pm

Thursdays & Fridays  
9am to 12pm and 12:30pm to 3:30pm

### ON-LINE OFFERINGS

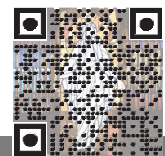
SCAN HERE



Confession:  
Saturdays

2:30 - 3:45 pm

Exposition of  
the Blessed  
Sacrament



Year "C"



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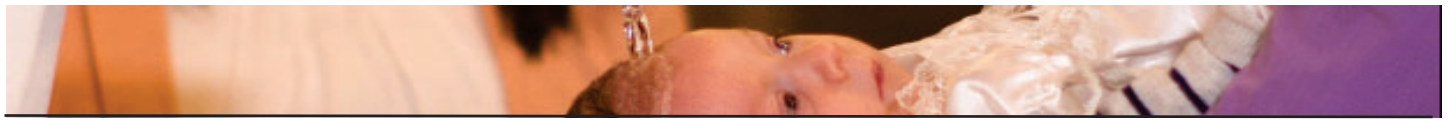
/OLA.San.Bernardino/

Ph (909) 882-2931 Fax (909) 883-4851

Date		Time	Event	Location
The Exaltation of the Holy Cross	9/14/2025	8:00 AM	Misa en Español	Iglesia
		10:00 AM	English Mass (70th Anniversary closure)	Hall
		12:00 PM	Misa en Español (Cierre 70 Aniversario)	Iglesia
		4:30 PM	English Mass	Church
		5:30 PM - 9:30 PM	Luau	Hall
Monday	9/15/2025	7:00 PM	Jóvenes y Adultos para Cristo	Church
Tuesday	9/16/2025	5:00 PM	Religious Education	Hall
		5:00 PM	English Mass	Church
Wednesday	9/17/2025	8:00 AM	School Mass	Church
		5:00 PM	Misa en Español	Iglesia
		7:00 PM - 9:00 PM	OCIA/OICA Sessions - English and Spanish	Hall - Salón Parroquial
Thursday	9/18/2025	8:30 AM	Fraternidad de Mujeres Católicas	Salón Parroquial
		5:00 PM	English Mass	Church
Friday	9/19/2025	4:00 PM	Retiro de Jóvenes Y Adultos Para Cristo	Salón Parroquial
		5:00 PM	English Mass	Church
		7:00 PM	Jóvenes y Adultos para Cristo	Iglesia
		7:00 PM	Práctica / Coro de Niños	Centro Ministerial
Saturday	9/20/2025	6:00 AM - 10:00 PM	Retiro de Jóvenes Y Adultos Para Cristo	Salón Parroquial
		2:30 PM	Confessions and Exposition of the Holy Sacrament	Church
		4:30 PM	English Mass / Catechetical Sunday	Church
25th Sunday in Ordinary Time (Catechetical Sunday)	9/21/2025	6:00 AM - 4:00 PM	Retiro de Jóvenes Y Adultos Para Cristo	Salón Parroquial
		8:00 AM	Misa en Español	Iglesia
		10:00 AM	English Mass (70th Anniversary closure)	Hall
		12:00 PM	Misa en Español (Cierre 70 Aniversario)	Iglesia
		2:30 PM	AFLAME	Church
		4:30 PM	English Mass	Church



# This Week's Activities



## BAPTISM CLASSES & BAPTISMS • CLASES DE BAUTISMO Y BAUTIZOS

SUBMIT DOCUMENTS NO LATER THAN <i>Entrega de documentos a más tardar el</i>	BAPTISM CLASS DATE <i>Fecha de la Clase de Bautismo</i>	BAPTISM DATE <i>Fecha de Bautizo</i>	TIME <i>Hora</i>	FAQ 
10/01/2025	Saturday/Sábado 10/11/2025	Saturday/Sábado <b>11/15/2025</b>	9 AM English 11 AM Español	PREGUNTAS MÁS FRECUENTES 
11/26/2025	Saturday/Sábado 12/06/2025	Sunday/Domingo <b>01/11/2026</b>	10 AM Mass Misa de 12 PM	

## MASS INTENTIONS

Date		Mass Time	Intention	Requested By
Saturday	9/13/25	4:30 PM	Aiza & Pat Schwartzkopf - SI	Cathy Regaliza
Sunday	9/14/25	8:00 AM	For the People of God	Our Lady of the Assumption
		10:00 AM	Frank Martinez - RIP	Martinez Family
		12:00 PM	Jose Raul Angulo - RIP	Vidaurrazaga Family
		4:30 PM		
Tuesday	9/16/25	5:00 PM		
Wednesday	9/17/25	8:00 AM	The Students of OLA School - SI	Our Lady of the Assumption
		5:00 PM	Maria Guadalupe Lopez Fernandez - RIP	Flores Family
Thursday	9/18/25	5:00 PM		
Friday	9/19/25	5:00 PM	Sebastian Candor - BD	Candor Family
Saturday	9/20/25	4:30 PM	Dcn. Nelson Glass - Ordination Anniversary	Glass Family
Sunday	9/21/25	8:00 AM	Maria Guadalupe Lopez Fernandez - RIP	Flores Family
		10:00 AM	For the People of God	Our Lady of the Assumption
		12:00 PM	Modesto Alcaraz - RIP	Guzman Family
		4:30 PM		

## 5 Catholic Mindfulness Techniques To Bring Calm When You're Anxious

In nearly 15 years of clinical psychology, it's hard to imagine just how many people have expressed a deep longing to tangibly feel loved by God – to be able to truly rest in His presence. One of the main obstacles to experiencing the kind of peace that emerges from a secure base of being loved by God is our thoughts. I'm sure you can relate to the following scenario: You go to prayer or attend Mass... after a little while though, you start thinking about the conversation you had with someone that didn't go so well. Next thing you know, you're trying to solve the problem in your mind by thinking of all the things you could've said with a mind full of worry that the relationship is in trouble. Before you know it, Mass is over, and you're more anxious than you were before it began! In his incredible book *He Leadeth Me*, Servant of God Fr. Walter Ciszek accurately describes this phenomena when he writes "The human mind is restless and it cannot be confined. It will go on, every waking hour, thinking of something, or dreading some future happening with present fear and anxiety. You can control this restlessness, you can channel it, but you cannot stop it." If we want to experience the love of God and the peace that comes with it, then we need a practical means of getting control of our ruminating mind. And Catholic Mindfulness is a tool that we can use for this. Mindfulness is simply "paying attention to the present moment without judgment or criticism." In other words, it's a brain exercise that trains our "focus muscle" – a psychological skill we can learn to help us gain autonomy over what's between our ears.



# REFLECTING ON GOD'S WORD

## AND LIVING OUR FAITH EACH DAY



September 14, 2025  
24<sup>th</sup> SUNDAY IN ORDINARY TIME:  
**EXALTATION OF THE HOLY  
CROSS**

© Clare Colella

This special solemnity celebrates the Holy Cross of Jesus Christ, celebrated each year on this date to com-

memorate the event when St. Helena discovered the true Cross in Jerusalem in 326 AD, its initial public veneration established in 335 by Constantine, the son of St. Helena, as well as the recovery of the Cross from the Persians in 628 AD who had taken it when they invaded Jerusalem 15 years earlier. The feast also commemorates the churches built at the site of the Holy Sepulchre over the centuries.

The heart of the feast, though, is more about the mystery of Redemption, brought about by the passion and death of Jesus on the Cross and the love of God for us that is so deep that he gave his only Son to live and die for us. In our time, it is not the cruelty of the Cross that is recalled but we celebrate the glory of Jesus who accepted death on the Cross and rose to new life. It is the infinite love of God that resonates in the prayers today, focusing on the boundless mercy of God and our redemption by Jesus Christ.

With the admonition of Jesus to his disciples to take up their cross and follow him echoing in our hearts, we realize that while suffering and self-denial are not our favorite experiences, they do offer us the grace to become more truly disciples of Jesus. The Cross of Christ can help transform each of us, as we open ourselves to the mercy of God, seeing in our sufferings and hardships, the grace to share in the redemptive power of Jesus Christ. That, for us, is usually a point of prayer and conversion – to look to the Cross as a blessing in our lives, seeing in our difficulties, challenges and sufferings, the path of discipleship.

As we celebrate the triumph of the Cross of Christ, and **close our parish's year-long 70<sup>th</sup> Anniversary on this special day**, may we pray over and cherish the many opportunities we have in this Jubilee year to deepen our relationship with God, grateful for the growth through crosses and challenges, the strength and wisdom gained through graces and the great everlasting mercy and love of God in our lives.

### SAINTS OF TODAY



This past Sunday, September 7, the Catholic Church celebrated the canonization of two new saints, **St. Pier Giorgio Frassati** and **St. Carlo**

**Acutis**. Pope Leo also announced the canonization of seven other "blessed" who will be canonized on October 19. Those include martyred **Armenian Archbishop Ignatius Malo-**

**yan**, a victim of the 1915 Armenian genocide, and **Peter To Rot**, a lay catechist in Papua New Guinea, martyred in 1945 for continuing his mission despite the ban imposed by the Japanese at the time.

Three women religious will be canonized on October 19 as well. **Vincenza Maria Poloni** (d. 1855) who served among the poor and vulnerable women in Italy in the 19<sup>th</sup> century, **Maria Troncatti** (d. 1969) who worked among the poor in the rainforest in Ecuador, and **Maria del Monte Carmelo** (d. 1977) who served among the poor in Venezuela. In addition, there will be two laymen, **Bartolo Longo** (d. 1926) who founded the Marian Shrine at Pompeii, and **Jose Gregorio Hernandez Cisneros** (d. 1919) who as a doctor served the very poor, sometimes even purchasing their needed medication with his own money. The witness and dedication of these serving among the poor and marginalized sends a message to us today about the great –and sometimes hidden – needs of so many.

In the US three persons who have given their lives as martyrs for their faith as they served others in distant lands are on the path to canonization. **Father Emil Kapaun**, a priest of the Diocese of Wichita, Kansas, served as Army chaplain during World War I and World War II. While serving as chaplain in the Korean War, he was captured while serving his people, tortured and died in May, 1951 while a prisoner of war.

**Blessed Father Stanley Rother**, (above) a priest of the Archdiocese of Oklahoma City, who was martyred at his mission in Santiago Atitlan, Guatemala, in July, 1981. **Blessed Brother James Miller**, a member of the De LaSalle Christian Brothers, born in Stevens Point Wisconsin, first served in Nicaragua then in Guatemala where he was killed in February, 1982, while repairing the school run by the Brothers. Their commitment to missionary work is truly a gift to the Church in its mission.





# La Exaltación de la Santa Cruz

Esta solemnidad especial celebra la Santa Cruz de Jesucristo, conmemorada cada año en esta fecha para recordar el momento en que Santa Elena descubrió la

verdadera Cruz en Jerusalén en el año 326 d.C. Su veneración pública inicial fue establecida en el año 335 por Constantino, hijo de Santa Elena, así como la recuperación de la Cruz de manos de los persas en el año 628 d.C., quienes la habían tomado al invadir Jerusalén quince años antes. La fiesta también conmemora las iglesias construidas a lo largo de los siglos en el sitio del Santo Sepulcro.

Sin embargo, el corazón de esta celebración gira en torno al misterio de la Redención, realizado por la pasión y muerte de Jesús en la Cruz, y el amor de Dios por nosotros, tan profundo que entregó a su único Hijo para vivir y morir por nuestra salvación. En nuestro tiempo, no recordamos la crueldad de la Cruz, sino que celebramos la gloria de Jesús, quien aceptó la muerte en la Cruz y resucitó a una vida nueva. Es el amor infinito de Dios lo que resuena en las oraciones de hoy, centradas en su misericordia sin límites y nuestra redención por medio de Jesucristo.

Con la exhortación de Jesús a sus discípulos de tomar su cruz y seguirlo resonando en nuestros corazones, comprendemos que, aunque el sufrimiento y la renuncia no son experiencias que buscamos, sí nos ofrecen la gracia de convertirnos en verdaderos discípulos de Jesús. La Cruz de Cristo puede transformar a cada uno de nosotros, al abrirnos a la misericordia de Dios, viendo en nuestros sufrimientos y dificultades la gracia de compartir en el poder redentor de Jesucristo. Para nosotros, esto suele ser un punto de oración y conversión: mirar la Cruz como una bendición en nuestras vidas, reconociendo en nuestras pruebas, desafíos y sufrimientos el camino del discipulado.

Al celebrar el triunfo de la Cruz de Cristo y cerrar en este día especial el 70º aniversario de nuestra parroquia, que hemos vivido durante todo el año, oremos y valoremos las muchas oportunidades que hemos tenido en este Año Jubilar para profundizar nuestra relación con Dios. Agradecidos por el crecimiento que ha venido a través de cruces y desafíos, por la fortaleza y sabiduría recibidas por gracia, y por la gran misericordia y amor eterno de Dios en nuestras vidas.---¿Te gustaría que lo formatee para un folleto bilingüe o que lo incorpore en una imagen conmemorativa? Puedo ayudarte con eso también.

- Clare Colella / Tradu: Bruce Vouziers



## LOS SANTOS DE HOY



Este pasado domingo, 7 de septiembre, la Iglesia Católica celebró la canonización de dos nuevos santos: San Pier Giorgio Frassati y San Carlo Acutis. El Papa León también anunció la canonización de otros siete "beatos", que serán canonizados el 19 de octubre. Entre ellos se encuentran el arzobispo armenio

mártir Ignacio Maloyan, víctima del genocidio armenio de 1915, y Pedro To Rot, catequista laico en Papúa Nueva Guinea, martirizado en 1945 por continuar su misión a pesar de la prohibición impuesta por los japoneses en ese tiempo.

También serán canonizadas tres religiosas el 19 de octubre: Vincenza María Poloni (†1855), quien sirvió entre mujeres pobres y vulnerables en Italia en el siglo XIX; María Troncatti (†1969), quien trabajó entre los pobres en la selva ecuatoriana; y María del Monte Carmelo (†1977), quien sirvió entre los necesitados en Venezuela. Además, serán canonizados dos laicos: Bartolo Longo (†1926), fundador del Santuario Mariano en Pompeya, y José Gregorio Hernández Cisneros (†1919), médico que atendió a los más pobres, incluso comprando medicamentos con su propio dinero. El testimonio y la entrega de quienes sirvieron entre los marginados nos recuerdan hoy las grandes —y a veces ocultas— necesidades de tantos.

En Estados Unidos, tres personas que entregaron sus vidas como mártires por su fe mientras servían en tierras lejanas están en camino a la canonización. El Padre Emil Kapaun, sacerdote de la Diócesis de Wichita, Kansas, sirvió como capellán del ejército durante la Primera y Segunda Guerra Mundial. Durante la Guerra de Corea, fue capturado mientras atendía a su gente, torturado y falleció en mayo de 1951 como prisionero de guerra. El Beato Padre Stanley Rother, sacerdote de la Arquidiócesis de Oklahoma City, fue martirizado en su misión en Santiago Atitlán, Guatemala, en julio de 1981. El Beato Hermano James Miller, miembro de los Hermanos Cristianos De La Salle, nacido en Stevens Point, Wisconsin, sirvió primero en Nicaragua y luego en Guatemala, donde fue asesinado en febrero de 1982 mientras reparaba la escuela dirigida por los Hermanos. Su compromiso con la misión es verdaderamente un regalo para la Iglesia y su labor evangelizadora.

- Clare Colella / Tradu: Bruce Vouziers



"If angels could be  
jealous of men,  
they would be so  
for one reason:

## **HOLY COMMUNION**

- St. Maximilian Kolbe

# RECONCILIATION



True reconciliation is emotional, dramatic, and cleansing. When two people meet heart to heart and work through old hurts, misunderstandings, and careless words, cleansing tears often flow and the encounter ends with an embrace that fills both with the warmth of a love too strong to fade.

- Arch 18 JSP

## ONE FLESH

The desire to love and be loved is the deepest need of our being. We long to be known, accepted, and cherished by another. Yet, the ability to fully give or receive this love is unattainable on our own. As Catholics we believe Jesus Christ has entered our broken world to conquer sin and restore us to new life. Throughout every age he continues to invite all women and men to follow him through his Church, to whom he has entrusted his teaching authority, so that all can know and follow him.

Only God can give us the unconditional love and acceptance that we desire. Yet, he has created marriage, a holy union, to mirror this supreme love on earth. At the heart of their married love is the total gift of self that husband and wife freely offer to each other. Because of their sexual difference, husband and wife can truly become "one flesh." Through the language of their bodies, their sexual union recalls their vows: giving themselves to one another in love that is total, faithful, and life-giving.

This call to love is to follow Christ himself, who handed himself totally over for his bride, the Church. Spouses imitate him by giving the entirety of themselves to one another, including the gift of their fertility and their openness to new life. Contraception and sterilization, which deliberately suppress fertility, reduce the sexual act so that

husband and wife withhold the completeness of their total gift to each other. This changes the meaning of their sexual union so that it no longer expresses the fullness of their love.

God our Father loves us and wants our lives to be full and rich! He has given his Church the task of bringing women and men to the fullness of truth which leads to our happiness in this life and in the life to come. Jesus gives us the power and strength of the Holy Spirit—the Spirit of Love—so that we, particularly husbands and wives, can truly love one another.

The teaching on the use of contraception and sterilization may seem challenging, but it is to preserve the true, complete self-gift between husband and wife, the kind of love that brings real, lasting joy and peace. If we have failed to live this in the past, we need not be discouraged. Our loving Father is always calling us back through the Sacrament of Reconciliation and wanting to strengthen us in the Sacrament of the Eucharist.

When we embrace the Church's teaching on human sexuality and marriage and follow Jesus, we invite the Holy Spirit into our lives in a powerful way. When we trust in the Lord's desire for our happiness, he can transform our love in a way that can transform the world.





## SEASONS OF HOPE

St. Adelaide Catholic Church presents  
"SEASONS OF HOPE"

If you're in need of consolation after losing a loved one, this Christ-centered faith-sharing group is for you.

It meets for six Thursdays, beginning  
**September 17, from 6:30 to 8:30 P.M.**  
in the Ryan Room, at the Parish Center

The evening will include faith-sharing, scripture, fellowship and prayer.

For more details, please call St. Adelaide's office at **909-862-8669**.

St. Adelaide's is located at  
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2025

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**9/11 REMEMBERED**

Twenty four years ago, the continuing TV coverage of the imploding twin towers of the World Trade Center in New York was unbearable for me, as were accounts of the crashes and destruction in Washington and the hills of Pennsylvania. The immense devastation of human life was incomprehensible. Visiting the site in New York some five years later reopened searing wounds, and overwhelmed me with immense sadness. An incursion on our soil, carefully planned and executed by foreign elements, had shattered my cherished sense of security, and provoked a frightening sense of God's absence. How could my Catholic faith tradition enable me to endure this tragedy? I knew that neither vengeance nor sweeping animosity was an option for me.

You have left us crushed . . . covered us with darkness.

We are bowed down to the ground (Psalm 44:20, 26).

O LORD of hosts, restore us;

Let your face shine upon us (Psalm 80:4).

The Psalmist cries a lament, expressing the mourning of the Israelite people, the chosen of God, who had regarded themselves as untouchable and above reproach, now hurled into misery. The lament expresses a nation's agony, dares to complain against their divine protector, may even own some complicity in the misery, and finally pleads with God for deliverance. In the midst of lamenting, the faith of Israel endured, as must ours. We are as vulnerable as they were to the violence and hatred that seem to encircle us. Our demand for a divine explanation goes unheeded. Yet we have learned of the self-sacrificing heroism of many, witnessing to the finest character of our nation and of our Christian heritage. Dying for one's friends is a sacred theme in our story, epitomized in Jesus, our Savior, and extended through centuries in the grandest and noblest acts of men and women in all circumstances. In 2001 we came together as one nation under God, sharing the grief, the disillusionment, and the promise to rebuild. As today we lament our honored dead and wounded, shall we translate such agonizing emotion into a persistent pursuit of worldwide reconciliation and peace?

—Rev. Andrew Nelson



## PARISH OFFICE STAFF



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Office  
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### PASTOR

Very Rev. Rogelio González, V.F.  
[Rev.Rogelio.Gonzalez@Gmail.com](mailto:Rev.Rogelio.Gonzalez@Gmail.com)  
(909) 882-2931 x129

### DEACONS

Juan A. Rodriguez [jrodriguez@sbdiocese.org](mailto:jrodriguez@sbdiocese.org)  
Nelson Glass [nglass@sbdiocese.org](mailto:nglass@sbdiocese.org)  
(909) 882-2931 x110

### OCIA - ADULT FAITH FORMATION

Bruce Vouziers, L.E.M. 882-2931 x134  
[bvouziers@sbdiocese.org](mailto:bvouziers@sbdiocese.org)

### YOUNG CATHOLICS & MUSIC

Kathleen Estrella, L.E.M. 882-2931 x118  
[kestrella@sbdiocese.org](mailto:kestrella@sbdiocese.org)

### RELIGIOUS EDUCATION

Elizabeth Sanchez - (909) 882-2931 x132  
[esanchez@sbdiocese.org](mailto:esanchez@sbdiocese.org)

### OFFICE COORDINATOR

Cecilia Nuñez (909) 882-2931 x128  
[ce.nunez@sbdiocese.org](mailto:ce.nunez@sbdiocese.org)

### PARISH SECRETARY

Elizabeth Sanchez - (909) 882-2931 x132  
[esanchez@sbdiocese.org](mailto:esanchez@sbdiocese.org)

### OFFICE RECEPTIONIST

Madison Godsy (909) 882-2931 x110  
[mgodsy@sbdiocese.org](mailto:mgodsy@sbdiocese.org)

### PASTORAL COUNCIL

[pastoralcouncil@olasb.org](mailto:pastoralcouncil@olasb.org)

### OLA - OUTREACH TO THE NEEDY

Bruce Humpert (909) 831-8929

## Ministry Center Office Hours

Sunday - closed  
Monday - Tuesday - Thursday - Friday  
9am to 12pm and 12:30pm to 3:30pm  
Wednesday - 1pm to 3:30pm  
Saturday - closed

### OLA School

#### Principal

Tish Godsy (909) 881-2416

[olassumption@sbdiocese.org](mailto:olassumption@sbdiocese.org)

#### School Secretary

Jackie Gaeta (909) 881-2416

After School Day Care (909) 881-2417

#### OLA School Email & Website

[olassumption@sbdiocese.org](mailto:olassumption@sbdiocese.org)  
[www.olabruins.com](http://www.olabruins.com)

### Baptisms / Bautizos

Baptisms and Baptism Preparation  
Bautizos y Preparación 909-882-2931

### Marriages / Bodas

Arrangements require a six month period of  
preparation. Please call the Ministry Center Office.  
/ Reservaciones seis meses de anticipación

### Quinceañeras

The scheduling for Quinceañeras should be made at  
least one year in advance. / Reservación - por lo  
menos un año de anticipación

### Funerals / Funerales

Please call the Parish Ministry Center Office. / Favor  
de llamar a la Oficina Ministerial

### Wills/Bequests - Testamentos/Legados

Please call the Diocese. / Por favor llamar a la  
diócesis (909) 475-5300

**In case of Emergency ONLY**  
**SOLO en casos de emergencia**

Fr. Rogelio: (909) 280-2044

Leave message or text - Deje mensaje o texto

## PRAYER REQUEST

The People



## Our Mission

We, the faith community of Our Lady of the Assumption Parish, humbly proclaim with our beloved Virgin Mary, that we are the servants of the Lord. Rooted in the Gospel of Jesus Christ, we value and celebrate the diversity of our cultures and strive to be of loving support to one another. We are committed to the sacramental life and Traditions of the Church through worship, prayer, study, and service. We seek to become true evangelists by continuing to nourish and strengthen our Roman Catholic Faith.



## TODAY'S READINGS

### THE EXALTATION OF THE CROSS READINGS



Num 21:4b-9

Ps 78:1-2, 34-35, 36-37, 38

Phil 2:6-11

John 3:13-17

## READINGS FOR THE WEEK

### Week 24 - Mon

1 Tim 2:1-8 Ps 28:2, 7, 8-9 Luke 7:1-10

### Week 24 - Tues

1 Tim 3:1-13 Ps 101:1b-2ab, 2cd-3ab, 5, 6 Luke 7:11-17

### Week 24 - Wed

1 Tim 3:14-16 Ps 111:1-2, 3-4, 5-6 Luke 7:31-35

### Week 24 - Thurs

1 Tim 4:12-16 Ps 111:7-8, 9, 10 Luke 7:36-50

### Week 24 - Fri

1 Tim 6:2c-12 Ps 49:6-7, 8-10, 17-18, 19-20 Luke 8:1-3

### Week 24 - Sat

1 Tim 6:13-16 Ps 100:1b-2, 3, 4, 5 Luke 8:4-15

## PERPETUAL LIGHT OF CHRIST

Maria Dolores - Manuel Perez

B.D.

Req: Lupita Vouziers



## FROM THE BULLETIN'S EDITOR

If you want to publish an event, please send your article and personal information to [bulletin@olasb.org](mailto:bulletin@olasb.org) two weeks in advance. Please include the date you want it published. If you have a graphic or logo, please send as a "ready-to-print" item. Always be sure to give your contact information so that we can contact you if necessary. Articles are subject to approval. Thank you.



"Then the word of the Lord came to me saying 'Before you were born I knew you'"  
Jeremiah 1:4-5  
*please don't kill me!*  
I am somebody and have done nothing wrong  
bvz-2021

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