



July 21, 2024

Sixteenth Sunday in Ordinary Time

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. (Mk 10:34)

July 21, 2024 Sixteenth Sunday Ordinary Time

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.

~ Fr John Muir

Prayers of Protection for Our Men and Woman in the Service In continued prayerful support of our men and women in the military, please call the rectory with name, rank, and branch of service and location (if allowed) of your loved ones who are serving our country.

Christopher Bruzzone, SPC, Army Combat Medic
1LT Daniel Realini, US Army
Tom Harold Purple, US Army
Adam J Helmers, US Navy
Gregory M Grogan, PO1, USCG-R
Michael Obregon, CPL, USMC
Luigi Lorenzo, 2nd Lieutenant US Airforce
Enrico Enriquez US Army
Jacob Arnold, Sergeant, US Army
Ben Soto, US Airforce
Ken Soto, US Air National Guard
James Raphael R. Cepriano, US Navy
John Lorenzo R. Cepriano, US Navy
Dominic Galarza, US Army
Michael Laemmlein, US Navy
Matthew A. Martinez, 1st Lieutenant US Army
Katie Kramer, Staff Sergeant, Nebraska National Guard
Timothy Joseph Summit, US Air Force



St. Dunstan Parish Prayer

God, our Father, we are all your children. Jesus, our Brother, you taught us to love. Holy Spirit, by Your Light, may our parish family grow. St. Dunstan, pray for us. Amen.

ARCHDIOCESAN ANNUAL APPEAL

Thank you to all who have donated to this year's annual appeal. Our assessment this year is \$108,872. To date we have received \$70,200; which is 65% of our goal. Once again, we thank you! If you have not yet contributed to this year's appeal, please consider doing so. There are envelopes in the church pews or you can donate directly online at www.sfarch.org/aaa/

"Our mission as a Church and as people of the Catholic faith continues, and the needs are ongoing, so I ask you to participate in this year's Annual Appeal. Your contribution is a tangible expression of your commitment to bring Christ to others." -Archbishop Salvatore Cordileone

St. Dunstan Liturgy Committee would like to ask each parishioner to consider volunteering to be a Lector and/or Eucharistic Minister. We are happy and able to work around your schedule to find the Mass that is most convenient for you to aid with. We publish the schedule every other month so you know your dates of service in advance and can plan accordingly. For all new volunteers, a training session(s) will be scheduled, to prepare you for your ministry.

Ministers of the Word or Lectors, Otherwise known as the reader, the lector reads the lesson from Sacred Scripture, except the Gospel, in mass and for other sacred celebrations. Lectors need a good, strong voice to proclaim before the congregation. If you are interested in donating your time, please call Deacon Ric Cepriano at 650-826-4314 or email Ann at the Parish office at secretary@saintdunstanchurch.org

The Order of Christian Initiation of Adults (OCIA) helps adults explore the Catholic faith, with the goal of becoming full members of the Roman Catholic Church.

OCIA introduces you to a relationship with Jesus Christ. The OCIA is about growth and change so that we can live more fully in relationship with God and each other. Participation in OCIA leads to receiving the sacraments of Baptism, Confirmation and first Communion at the Easter Vigil.

OCIA classes are held weekly, and begin in September. If you are interested or know somebody who has not received the Sacrament of Baptism or Confirmation please contact the parish office # (650) 697 4730.

Weekly Mass Intentions - July 21 - 27, 2024

- Sunday** 7:00 am For Parish
 10:00 am Terry Jackson
 11:30 am Cadona & Ghiazza Family
- Monday** 6:30 am Eugene Cukar
 8:00 am Frank Cannizzaro
 5:10 pm Bill Strambi
- Tuesday** 6:30 am Gladys Todaro (dec) & Todaro Family
 8:00 am Dennis Polito (dec) & Polito Family
 5:10 pm Albert & Jeanne Dan
- Wednesday** 6:30 am Leonora Abad
 8:00 am Olivia Zuckerman (living)
 5:10 pm Gilbert Isais
- Thursday** 6:30 am Janice Marcus (living) & Marcus Family
 8:00 am Edwin & Rita Spiteri
 5:10 pm Milagros Gerona -Santos (living)
- Friday** 6:30 am Eugene Cukar
 8:00 am Arleo Evangelista Magtibay
 5:10 pm The Aubright Family
- Saturday** 8:00 am Kathleen & Michael Basquel
 5:00 pm Juan & Maria Iturburua

We Pray for the Deceased Members of our Parish Family

Thank you to our Lectors and Eucharistic Ministers For Serving at this Weekend's Masses.

- 7/20 Saturday**
 5:00 PM **I Tam**, L Pascual, F Gutierrez, E Danli, P Sundberg
- 7/21 Sunday**
 7:00 AM **I Chan**, S Bosso, V Rapues
 10:00 AM **J Cardon**, G Maldonado, R DiRicco
 11:30 AM **M Haven**, J Lazaro, K Tsih, G Simpao, L Simpao

Many thanks to our ushers and greeters at this weekend's mass. If you're interested in helping, please contact Ann at the rectory.

ST VINCENT DE PAUL NEWS

The members of the St. Dunstan Conference of the St. Vincent de Paul Society would like to thank all of you who donated to the recent 5th Sunday Collection on June 29-30. We received at total of \$2,237.00! Your generosity means everything to us and the community we serve. Thank you all and may God bless you for your kind and giving spirit.



Regular Collection:

July 13-14: \$6,308.00

Online Collection July 13-14: \$1,339.00

Thank you for ALL your support !

July 2024 Second Collections
July 21: Parish Maintenance & Development Fund

SAINTS AND SPECIAL OBSERVANCES

- Sunday: 16th Sunday in Ordinary Time
 Monday: St. Mary Magdalene
 Tuesday: St. Bridget, Religious
 Wednesday: St. Sharbel Makhluf, Priest
 Thursday: St. James, Apostle
 Friday: Sts. Joachim and Anne, Parents of the Blessed Virgin Mary
 Next Sunday: 17th Sunday in Ordinary Time

On the weekend of July 27 & 28 we welcome Rev. Father Benedict Mwangi from the Diocese of Murang'a. Murang'a is a town in Murang'a County of central Kenya, East Africa. Fr Benedict is here for a Missionary Appeal on behalf of the Diocese of Murang'a through The Society for the Propagation of the Faith's Missionary Cooperation Plan. The donations from the Mission Appeal will be used as follows:

- * To feed, educate, and support financially 60 orphans.
 - * To help in the formation and education of 86 major seminarians
 - * To buy medicine for 100 children and 20 adults who are HIV positive in two diocesan hospitals.
- Fr. Benedict will be speaking at all masses and we welcome him with open arms and generous hearts.**

We pray for the sick members of our parish family and for those who care for them:

Susan Silvera-Dunn, Nafal Jweinat, Emily Marshall, Mary Spiteri, Annie O'Sullivan, Wilma & Heather Aragon, Vonnie Spencer, Maria Teresa Rosario, Kathy Montiel, Ida Marinaro, Letty Santa Cruz, Mike Phipps, Karen Neal, Joel Rivera, Diane Vanoncini, Eric B. Garcia, Peggy Winkenbach, Jr, Barbara Cappel, Irene Aubright, Christine Monahan, Paul Leung, Arthur Starrh, Margaret Armstrong, Valentino Regal, Christine Regal, Matilda An, Carolina Cedia Orantes, Lori Coustier, Carole Weldon, Rosa Mallare, Doug Wright, Joan Walsh, Conchita Chao, Lucrecia Merida, Joshua Liu, Andrew de los Reyes, Marchita Obregon, Carmel Richard, Frank Richard, Fiona Selig, Geronimo De Los Reyes, Fernando S. De Los Reyes, Cruz David Lagomarsino, Dave Marquez, Denise Fricano, Terry Marquez, Dominic Cannuli, Rosemarie Regal, Yolanda Viteri, Flordeliz Sanchez Ledesma, Luke Skall, Willie Manalang, Consuelo Robel, Gary Wilson, Baby Leon Regal, Michael Regal, Sharon Alejo, Rolando Lopez, Olivia and Grace Hallermann, Meaghan Douglas, Cynthia Aclaro, Antonio Borlat, Dawn Rossi, Kathy Wilson, Rolando Lopez, Fr. Brendan Hally, Claro Zulueta, Marcelina Gatchalian, Harry Aubright, Barbara Vas, Charlie Silva, Imelda Arceo, Samuel Williams, Baby Winston Regal, Carlos Yegros Ocanipos, Dorice Mallia, Gladys Tordaro, Sylan Joanne Newsom, Alicia Abell, Ralph Sternick, Virginia Victoria Rivera, Nancy Christensen