

# SAINT THERESE CATHOLIC CHURCH

1100 East Alhambra Road, Alhambra CA 91801 | (626) 282-2744 | [www.StThereseChurchAlhambra.org](http://www.StThereseChurchAlhambra.org)

August 11, 2019 MINISTERED BY THE DISCALCED CARMELITE FRIARS Estab. 1924

**Pastor:** Fr. Philip Sullivan, OCD X222

**Associate Pastor:** Fr. David Guzman, OCD X232

**Carmelite Vocation Director:**

Fr. Matthias Lambrecht, OCD X224  
[frmatthias@sainttheresecarmeliteschool.com](mailto:frmatthias@sainttheresecarmeliteschool.com)

**In Residence:** Fr. Albert Bunsic, OCD X335;  
Fr. Donald Kinney, OCD (Chaplain for the Carmelite Sisters  
of the Most Sacred Heart of Los Angeles);  
Bro. Jason Parrott, OCD (7th Grade Teacher)

**Deacons:** Deacon Joseph Mizerski X333;  
Deacon Gilbert Vargas X333

**Annulments:** Lorraine Mizerski X333

**Parish Secretary:**

Denise McMaster-Holguin X223 [denisekay@hotmail.com](mailto:denisekay@hotmail.com)

**Finance:** Noralyn Cailan X228 / [cailannocds@gmail.com](mailto:cailannocds@gmail.com)

**Music Director:**

Charlotte Lansberg / [cjlansberg@choochoorecords.com](mailto:cjlansberg@choochoorecords.com)

**Respect Life Ministry / Vox Vitae:**

Catherine Contreras X112; [cathycforlife@gmail.com](mailto:cathycforlife@gmail.com)

**Cor Jesu Youth Ministry:**

Fr. Matthias Lambrecht, OCD X224

**Religious Education** (Grade School, Confirmation for Youth  
& Adults, R C I A, and Liturgical Ministries):  
Rhonda Storey, (626) 284-0020 X1, [rhondalstorey@gmail.com](mailto:rhondalstorey@gmail.com)

## NEW PARISHIONERS!

The office is at 510 N. El Molino St., Alhambra. Office  
Hours: Monday through Friday, 9:00 am to 1:00 pm;  
2:00 to 5:00 pm; and 6:00 to 8:00 pm—closed from 1:00  
to 2:00 pm & 5:00 to 6:00 pm. Eucharistic Adoration  
Chapel is open 24/7. An electronic key is needed from  
5:00 pm to 6:00 am (available in the office for \$20).

## MASSES AND SERVICES

Monday-Saturday: 6:00 & 8:00 a.m.

Carmelite Cloister: 7:30 a.m.

Saturday Vigil: 5:00 p.m.

Sunday: 7:30, 9:00, 11:00 a.m., & 5:00 p.m.

Latin High Mass: 1:00 p.m.

Confessions: Wed: 7:00-8:30 p.m.; Sat: 3:30-5:00 p.m.

Daily Rosary: Mon-Sat after 8:00 a.m. Mass  
Exposition/Benediction: Thursdays, 7:00-8:00 p.m.

## SACRAMENTS:

**Baptisms:** Once a month on a Saturday

**Weddings:** Fill out an application (website or office)  
at least six months+ in advance

**Holy Communion to the Sick:**

Fred & Margaret Padilla, (626) 282-0943

**Anointing of the Sick:** Call the office  
to schedule an appointment.

## SAINT THERESE CARMELITE SCHOOL (626) 289-3364



[www.SaintThereseCarmeliteSchool.com](http://www.SaintThereseCarmeliteSchool.com)

**Principal:** Alma Cornejo X661  
[principal@sainttheresecarmeliteschool.com](mailto:principal@sainttheresecarmeliteschool.com)

**Chaplain:** Fr. Matthias Lambrecht, OCD X224

See our **VIDEOS** on the School's Facebook page or on  
the Church's website > Our School > Videos

*My heart is my  
treasure chest.*

*Stored within it are love,  
kindness, compassion,  
mercy, humility,  
generosity, and  
consideration  
for others.*

"Do not be afraid any longer, little  
flock, for your Father is pleased to  
give you the Kingdom. Sell your  
belongings and give alms. Provide  
money bags for yourselves that  
do not wear out, an inexhaustible  
treasure in Heaven that no thief  
can reach nor moth destroy.

"For where your treasure is,  
there also will your heart be."

-Luke 12:32-34

# Why Is It So Hard to Say, "I'm Sorry"?

By Fr. Philip  
Sullivan, Pastor



What is one of the hardest words in our vocabulary to say to another person? From my own experience, one that I find hard to utter is "SORRY". I'm sure you've heard the 19th century children's rhyme: "*Sticks and stones may break my bones, but words will never hurt me*"? That's a big fat lie, isn't it? Words CAN hurt us--but words can heal us, too. You may be surprised by the etymology of the word "sorry" and the synonyms associated with it: "distressed, grieved, full of sorrow, painful, sore, full of sores, sad, sick, ill, wretched, worthless, poor". Notice the similarity of the word sorry to the word sorrow. It is not uncommon to feel a variety of these words when dealing with forgiveness--either on the receiving side or the administering side. One word associated with the word "sorry," which I was surprised to discover, is the word "sore".

The word "sore" helped me to reflect on all the times we pick at a sore until it bleeds or gets infected. Then we wonder why the sore will not heal. In the same way, we can pick at our hurt feelings and resentments, our grudges and past injuries or insults, until they bleed us to death emotionally. As we hold on to these hurt feelings, we find ourselves getting infected and even sick at heart. We can even infect others by talking too much about our sores to the point of gossiping about our hurt feelings and who caused them. The remedy is simple and yet may be the hardest thing we can do: **Forgive!**

The Book of Sirach challenges us with these words: "*The words that come out of us make known the hidden thoughts within us*". Our speech and our actions reveal the secrets of our hearts. Have you ever seen the credit card commercial with the slogan, "*What's in your wallet?*" I think the question it's asking us is, "Which bank will you trust with your purchases?" Just as our wallets are filled with maxed-out credit cards, we walk around with an internal bank in which we are constantly making deposits and withdrawals: the heart. We sometimes store up in our hearts clutter like old resentments, festering hatred, disgusting images, scary movies, violent video games, pornographic music, misguided politics, judgments of others, gossiping, and so much more. To counteract these types of clutter we need to make deposits in our hearts that will produce good fruit. But how can we remove the refuse and the distractions that "max out" our lives and exhaust us to the point of depression? According to our Lord, these dangerous deposits can only be removed by fasting, prayer, and almsgiving. Then we can have hearts that are open and ready to receive forgiveness and deposit into our hearts the Word of God, just as the Blessed Virgin Mary pondered in her heart everything she experienced about Jesus. What do we ponder in our fickle hearts?

Try depositing in your heart beautiful images of the life of Christ, so that when you pray, your thoughts will recall those images. Deposit good music that will push out all the noise and senseless chatter. Try staying away from social media for awhile and instead engage in wholesome conversations. Can you resist the temptation to carry your phone wherever you go? Stop your tweets and your compulsive texting! What you are saying is most likely not all that important anyway. Stop watching so much news! Why get so worked up about what these fools are saying? Can you really change their minds? Rather, pray for them! Pray the Rosary. Make holy hours in front of the Blessed Sacrament. Sit in silence. Start a journal of prayers and novenas. These are just a few suggestions from your Pastor who loves you and who wants you to really grow in holiness.

Jesus insists that a person speaks "out of the abundance of the heart". He, too, compares our speech, whether good or bad, to what grows on a tree: "For no good tree bears bad fruit, nor again does a bad tree bear good fruit". So, to all of you gossiping fools, STOP GOSSIPING! Your rotten fruit is making everyone

around you sick! Our Lord urges us to make wholesome speech a habit. Let us all think before we speak and do away with that terrible habit! Even Our Lord warns us about gossiping fools: *"And I say unto you, that every idle word that men (and women) shall speak, they shall give account thereof on the day of judgment"* (Matthew 12:36). Or to quote my cousin, Mary: *"ZIP IT!"*

The Scriptures also compare the testing of our words to clay fired in a kiln. If properly prepared, a useful vessel emerges or a beautiful work of art is made; but if the clay is not fully dried, it will break apart in the extreme heat. When I was a student learning to be a perpetually-broke and out-of-work artist, I studied the art of making pottery. The instructor was most concerned about the preparation of the clay before it is molded, formed, and baked. If pockets of air are left in the clay before it is put into the kiln, the air pockets will explode and break the form. So, how do you keep that from happening? A diligent student will patiently knead out the pockets of air; this kind of work is strenuous but necessary. The clay must be tested and examined carefully before being formed and placed into the kiln. Likewise, impatience is a reckless characteristic in the spiritual life. One of my favorite quotes is from St. Teresa of Avila: *"Patience obtains all things."* Just like the clay that is kneaded to produce a work of art, so we must go through the necessary discipline of prayer, fasting, and almsgiving. These are expected of all of us. Like kneading clay, our preparation is critical for the final product to emerge. While the frustrating air pockets can be likened to our everyday imperfections, the kiln can be likened to the everyday frustrations in life. For example: marriage, siblings, your boss, traffic, the playground, a death of a loved one, school, a sick child, cancer, overcoming an addiction . . . your pastor's really long homilies! Life is the kiln and the struggle is real!



Although I do not always trust the history of the so-called "History Channel," it does provide a useful image of reliving the past over and over and over. And like the History Channel, we may not be accurately remembering the past that we are brooding over and reliving in our thoughts over and over and over. Forgiveness is strength! Saying to someone, *"I am sorry,"* is a sign of maturity and strength. It is liberation from being enslaved to another person. Unless, of course, you prefer to be a slave to someone you do not like. That's right, you don't have to like the person you forgive and you certainly don't have to become "besties" when it is all said and done. However, I am saying that the moment we start hating a person and brooding over their hurtful words and actions is the moment we become that person's slave. You are the one allowing that person to take over your thoughts, words, and actions. In effect, that person takes you away from following Christ, because we fail to forgive and love our enemies as our Lord demands of all His disciples. Just forgive or say "sorry" and move on with your life! Stop wasting your time and energy watching over and over and over the "history channel" of your own grudges and hurt feelings. If you are like most of us and are still having trouble with the concept of forgiveness, then ponder the wisdom of this humorous quote by Oscar Wilde, *"Always forgive your enemies--nothing annoys them so much."*

Someone once said to me, *"Father, I don't really like your homilies because they are not very practical."* I said, *"Thank you."* I mean, really! How do you respond to a statement like that? Anyway, let me tell you about a helpful and very "practical" approach to forgiving someone who has hurt you, as well as a way for you to ask for forgiveness. Repeat this prayer of deliverance: *"Father, in the HOLY NAME of Jesus, deliver me from the evil spirit of unforgiveness. Father, in the HOLY NAME of Jesus, deliver me from the evil spirit of resentment. Father, in the HOLY NAME of Jesus, deliver me from the evil spirit of hatred. Father, in the HOLY NAME of Jesus, deliver me from the evil spirit of pride. Father, in the HOLY NAME of Jesus, deliver me from the evil spirit of blame. Father, in the HOLY NAME of Jesus, deliver me from the evil spirit of gossip. Father, in the HOLY NAME of Jesus, deliver me from the evil spirit of (insert an evil spirit that plagues you). Father, in the HOLY NAME of Jesus, give me the grace to forgive (name someone you need to forgive) as you have forgiven me."*

# FINANCIAL OFFERINGS

*"...for God loves a cheerful giver"  
(2 Corinthians 9:7)*

May God reward you! Below you will find the total collections for the previous four weekends.

**NOTE:** The second collection on the 2ND WEEKEND each month is for our School (next is August 10 / 11).

**The totals for the collection of August 3 / 4, 2019, will be available in next week's bulletin.**

July 6 / 7.....	\$13,150.00
July 13 / 14.....	\$34,347.00
July 20 / 21.....	\$14,041.00
July 27 / 28, 2019 .....	\$16,018.00

**Check Users:**  
Please use a donation envelope in order to more easily credit your account.

## 50's/60's DINNER / DANCE

**VOX VITAE** invites all **TEENS AND ADULTS** to join us for a "Dance Down Memory Lane" at a 50's / 60's **DINNER AND DANCE PARTY!** It will be held on **Saturday, September 28**, in the Parish Hall:

- 6:00 p.m.: Check-ins begin
- 6:30 p.m.: Italian Dinner
- 7:15 p.m.: Professional Dance Exhibition
- 7:30 p.m.: Dance Lessons
- 8:00 p.m.: Dancing until 11:00 p.m.!



We will also be entertained by an **Elvis impersonator!** We encourage everyone to come dressed in 50's-60's outfits. Your \$25 ticket will help to underwrite our annual bus trip to the Walk for Life in San Francisco and our annual Teen and Adult Catholic ProLife Camps next Summer (the cost per teen is approximately \$300).

Come have fun with us AND support Vox Vitae in their mission to Educate, Empower, and Spiritually Nurture People to Actively Be A Voice For Life!

## KNIGHTS OF COLUMBUS FAMILY DAYS

The Alhambra Knights of Columbus invite everyone to join them for these upcoming family activities:

- **Plane Pull at Long Beach Airport** on Saturday, August 17. Join a team and see which can pull a 123,000 pound jet the fastest. Contact Luke at 562-502-1038.
- **Family Night at Shakey's Pizza** (2234 W. Valley Blvd, Alhambra) on Wednesday, August 21, anytime between 6:00 and 9:00 p.m. (more details next week).
- **Frisbee Golf at Whittier Narrows** on Saturday, August 24, from 10:00 am to 3:00 p.m. (more details next week)

We don't need our restrooms to be lush..  
No, we've no need to brag and gush..  
But let's update 'em so our kids can flush!

We are seeking donations to upgrade both our School restrooms and the Parish Hall restrooms. **These restrooms are almost 60 years old, and are in dire need of renovation...**



No donation is too small!

Please make it clear on your check that you are donating towards the restrooms.

# COME AND SEE... For Young Women from 18 to 35



Mother Brenda, OCD,  
and Fr. Philip, OCD

**"Trust in the Lord...And He Will Grant Your Heart's Desire!"**

The Cloistered Discalced Carmelite Nuns invite all single women from 18 to 35 to join them for a day of discernment. It will held on **Saturday, September 7**, from 10:00 a.m. to 3:30 p.m., at the Carmel of Teresa Monastery, 215 East Alhambra Road, Alhambra.

Please RSVP by August 31 by either calling 588-7048 or E-mailing [vocations@carmelteresa.org](mailto:vocations@carmelteresa.org).

## RELIGIOUS EDUCATION

**ORIENTATION AND REGISTRATION FOR THE RELIGIOUS ED PROGRAMS** for BOTH Elementary and High School Grades will take place in the Parish Meeting Room on **SUNDAY, AUGUST 25**, as follows:



- \* **STRE** (Transitional Kindergarten through 8th Grade, including Eucharist Preparation): At 10:00 a.m. in the Parish Meeting Room of the Parish Center. The first classes will begin on September 8 at 9:00 a.m.

- **CONFIRMATION** (High School): At Noon, in the Parish Meeting Room. The first class for C1 will be on September 8 at 9:00 a.m.; the first class for C2 will be on September 15 at 9:00 a.m.

Each student must bring a copy of his or her **Baptism certificate** to the orientation. Registration forms will be available at that time.

**A L S O . . .**

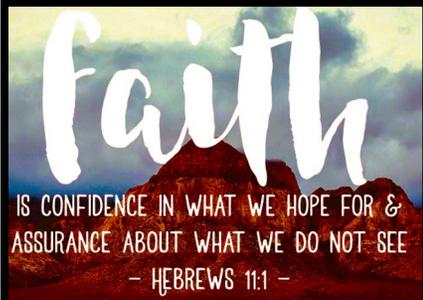
**RCIA:** Anyone wishing to become Catholic or to complete their Sacraments (First Communion/Confirmation) is welcome to join us! Orientation will be held on **Thursday, August 29**, at 7:00 p.m. Classes are held on Thursday evenings at 7:00 p.m., from September to June.

## FEAST OF THE ASSUMPTION



This **Thursday, August 15th**, is the Feast of the Assumption of Mary into Heaven and is a holy day of obligation (an obligation, yes!—but more of a *privilege!*). Mass times for this solemnity will be as follows: In the morning at 6:00, 8:00, and 10:00, and in the evening at 7:30. Please note that because this feast falls on Thursday, there will be **NO HOLY HOUR AND BENEDICTION** on August 15.

# Quotable Quotes



"All things are possible for one who believes, more to one who hopes, even more to one who loves." -St. Lawrence

"Faith makes all things possible. That doesn't mean it makes them easy." -Anonymous

## Ongoing Events / Meetings

**BIBLE STUDY:** Classes meet at 7:00 p.m. on **Wednesdays** in the Parish Meeting Room **between September and June**. Next session begins **September 4** (Contact Debbie Robles at [debrobles@me.com](mailto:debrobles@me.com) or at 679-6370).

**CATHOLIC KARATE** is for boys, girls, and men from 7 to 60. Learn self-defense, increased self-control, and confidence. For more info, contact John at [SenseiJohnWrot@gmail.com](mailto:SenseiJohnWrot@gmail.com).

**CHOIR REHEARSAL** for the 11:00 a.m. Mass is every Wednesday from September to June (from 7:30-9:00 p.m.).

**CONSECRATION TO MARY:** Follow-up group for those already consecrated to Jesus through His mother, the Mother of God. Meets at 6:30 p.m. on the first Sunday of each month. For more info, call Angela at (310) 701-8386.

**DETENTION MINISTRY:** If you're 21 or older, join us in visiting the youth (ages 8 to 18) in the Juvenile Detention Center in L.A. To sign up or for more info, call Sonia at (323) 724-6443.

**EnCOURAGE:** Standing fully by the teachings of the Church, we are a group of faithful Catholic parents who support one another and our loved ones with same sex attraction, through discussion, prayer, fellowship and sacrifice. Meet monthly in the LA Archdiocese with our chaplain in a safe confidential setting. For more info, contact your local chapter (EnCourage for **parents**: [EnCourage.LosAngeles@gmail.com](mailto:EnCourage.LosAngeles@gmail.com); OR Courage LA for **persons struggling with same sex attraction**: [CourageCA.LosAngeles@gmail.com](mailto:CourageCA.LosAngeles@gmail.com)).

**FIRST FRIDAY MASS:** Held every First Friday of each month at 7:30 p.m.

**"FORMED" CATHOLIC MEDIA** is available for **FREE** to ALL our parishioners! Discover all the best Catholic content in one place: movies, talks, audio dramas, and a great selection of popular e-books. To register, go to [FORMED.ORG](http://FORMED.ORG) on our website, click on the icon, enter your name, email address, a password, and your zip code--and get started!

**GRIEF SUPPORT GROUP:** This group (originally formed in honor of Patricia Bordonaro) is for those grieving a loved one—no matter how long or for whom. We meet in the Parish Offices from **2:30 to 4:00 p.m. on the 2nd & 4th Wednesdays** of each month. The next meetings will be **August 14 and 28**.

**INTERCESSORS FOR PRIESTS PRAYER GROUP:** Join us in the Avila Room in the Parish Offices to pray for priests every **Thursday at 8:00 p.m.** (following Benediction in the church). For more info, call Blanca at 281-7070.

**KNIGHTS OF COLUMBUS:** For Catholic men (18 or over) looking to strengthen their faith through serving the Church & community. Call the Alhambra Grand Knight, Frank Bodeman, at (888) 869-3124.

**LEGION OF MARY:** The object of the Legion is the glory of God through the holiness of its members developed by prayer and active cooperation. Meetings are Tuesdays at 7:00 p.m., in the Parish Offices (Lisieux Room).

**NATURAL FAMILY PLANNING:** For info on Church teaches about openness to life, contact Jack & Katrina Crow at 292-1906 or [katrina.fcp@gmail.com](mailto:katrina.fcp@gmail.com) for **English** OR Martha Lacayo for **Spanish** at 372-0808 or [Martha.fcp@gmail.com](mailto:Martha.fcp@gmail.com). Introductory sessions to the Creighton Model FertilityCare System/NaproTechnology are normally on the 3rd Saturday of the month. Please contact one of them to register for the classes.

**RISE MEN'S MINISTRY:** All men who have made the challenge at [www.MenRiseUp.org](http://www.MenRiseUp.org) are encouraged to join us on **Saturday mornings for the Rosary at 6:45 a.m., followed by a video and discussion from 7:00 to 7:30 a.m.** in the Parish Meeting Room. For questions, contact Greg Keller at [greglks@yahoo.com](mailto:greglks@yahoo.com).

**ROSARY MAKERS:** Help make rosaries to be sent to Catholics in third-world countries. Sessions are held on Mondays at 6:00 p.m. in the Avila Room of the Parish Offices. For more info, call Magda at (213) 300-7776.

**ST. JOSEPH PRAYER GROUP:** Come to the church every **Wednesday at 6:15 p.m.** to pray for peace and justice issues in our community and around the world. For more info, call Lucy at 281-3706.

# Mass Intentions

# Floral Dedications

## Week of August 10 through August 17, 2019

### Saturday:

5:00 p.m.: Robert Lessard & Daughters, INT

### Sunday

\*7:30 a.m.: Sr. Charis Kwon, INT

7:30 a.m.: Parishioners

9:00 a.m.: Luis Figueroa, RIP

11:00 a.m.: Matthew Martinez, RIP

1:00 p.m.: (Latin): Ursula V. Aquino, RIP

5:00 p.m.: Bridie McDermott, INT

### Monday:

6:00 a.m.: Gabriel Anyanwu & Family, INT

\*7:30 a.m.: Lew Horne & Family, INT

8:00 a.m.: Ana Maria Piedra, RIP

### Tuesday:

6:00 a.m.: Gabriel Anyanwu & Family, INT

\*7:30 a.m.: Dianne Wilson, INT

8:00 a.m.: Blake, Kathy & Ofelia Dy, INT

### Wednesday:

6:00 a.m.: Fred Kessler, INT

\*7:30 a.m.: Max Daniel Valovinos & Family, INT

8:00 a.m.: Charlie Tittmann, 12th birthday intention

### Thursday—Feast of the Assumption:

6:00 a.m.: Angelle Francisse & Karina Therese, INT

\*7:30 a.m.: Disalced Carmelite Friars of Alhambra, INT

8:00 am: Therese Hong, RIP

10:00 a.m.: Mary DeSantis, RIP

7:30 p.m.: Engracia P. Vales, INT

### Friday:

6:00 a.m.: President Donald Trump, INT

\*7:30 a.m.: Rhony & Ruth Laigo, INT

8:00 a.m.: Marjore Cheney Pings, RIP

### Saturday:

6:00 a.m.: Mauricio Torres, INT

\*7:30 a.m.: Carmelite Community

8:00 a.m.: Elvia Hernandez, INT

\*Held at the Carmelite Chapel, 215 East Alhambra Road. Open to the public except Sundays/holidays.

This week's Dedications are:

† In Loving Memory of  
Benedicto C. Legaspi, Jr.

- and -

♥ In Honor of the  
Mancao, Go, and Ybanzez  
Families



# Outside the Parish

Fr. Stephen Watson, OCD, a former pastor of ours, will lead a 6-day SPIRITUAL PILGRIMAGE to Our Lady of Guadalupe Shrine in Mexico City (December 8 to 13). \$1,599 per person, double occupancy. For more info, contact Beth Maddatu at (408) 903-6305 or maddatubeth@gmail.com.

Beautiful Marian Pilgrimage to FATIMA, PORTUGAL with Fr. Matthew Wheeler from October 7-15. All inclusive cost from LAX: \$2995 'til July 15. For sign-ups after July 15, add \$200. For more info, go to [www.syversentouring.com/fatima.html](http://www.syversentouring.com/fatima.html) or call Louisa Day at (323) 360-5186.

**ARE YOU HOMEBOUND?** You can view the Mass on TV on Channel 56 (KDOC) every Sunday at 9:00 a.m. For a free copy of the Mass prayer book, call 1-800-430-0930.

# Personal Ads

**FOR RENT TO FEMALE STUDENTS:** Two furnished rooms in my Temple City home. \$700 and \$600 per month, including utilities. Rooms include shared access to kitchen, bath, and patio. 15-minute drive to PCC and CalTech. Parking/bike space. Call 215-3159 between 6:00 and 8:00 p.m.

**SEEKING CARETAKER** for my elderly mother (several different shifts open). Call 500-7612 if you would like an interview.

Retired woman **SEEKING TO RENT A ROOM** with a separate entrance, non-sharing bathroom, and kitchen privileges. Can pay \$685/mo + \$500 security. Pays on time, doesn't smoke/drink, has no pets. If you have availability, please call 627-1899.

# Lectors

## Saturday

5:00 p.m. Alice Cheung / Marta Timar

## Sunday

7:30 a.m. Lily Edusma / Thu Nguyen

9:00 a.m. Ron Sandoval / Lucas Setiady

11:00 a.m. Jeff Storey / Sarah Halpin

5:00 p.m. Heinrich Ranches / Ian Ranches