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The Most Holy Body and Blood of Christ

JUNE
23
2019



As often as you
eat this bread
and drink the cup,
you proclaim the
death of the Lord
until he comes.

1 Corinthians 11:26

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Unpack Today's Mass Readings



This week's Gospel reading focuses on one of Christ's most famous miracles—the miracle of multiplying bread and fish to feed five thousand men and as many as fifteen thousand to twenty thousand people in total with just five loaves and two fish.

The miracle of the multiplication of loaves and fish is found in all four Gospels, signifying that it was considered one of the most meaningful miracles for all the Gospel writers. The miracle occurs when the apostles are asked to bring the small amount of the bread and fish they have to Christ and trust that he can satisfy the hunger of the large crowd of people. More than just keeping the crowd's hunger at bay, Christ superabundantly satisfied them as twelve baskets of food were left over.

This miracle also serves as a sign pointing towards Jesus' institution of the Holy Eucharist. His Body and Blood are present after the words of consecration spoken by the priest. In the Eucharist, Jesus is truly present under the appearance of bread and wine. This wonderful truth is honored today by the Church with the feast of Corpus Christi, which is Latin for "Body of Christ."

Unpack the First Reading Genesis 14:18-20

The Church gives us this text from Genesis on this feast on

which we celebrate the gift of the Holy Eucharist. From the New Testament era itself the Church has seen in the mysterious figure of Melchizedek a prophecy of Christ and his gift of the Blessed Sacrament. In the Letter to the Hebrews, the argument is made that Jesus' priesthood is superior to the Levitical priesthood founded at the time of Moses because the priest Melchizedek blessed Abraham (then still called



"Abram") long before the Exodus. Since "the inferior is blessed by the superior" (Hebrews 7:7, RSV), Abraham, as well as his descendants among the Levitical priesthood, must be inferior to Jesus, who, in fulfillment of the verse from Psalm 110 has been made "a priest forever after the order of Melchizedek" (Psalm 110:4 [RSV], cited in Hebrews 5:6 and 7:17).

Psalm 110 was understood as a prophecy of the son of King David, and so also of Jesus as the rightful Davidic heir. The verse 4 reference to Melchizedek was understood by the first Christians as referring to the priest-

hood of Jesus. This Jesus, who had also brought out bread and wine at his Last Supper and said over them, "this is my body" and this "is the new covenant in my blood" (Luke 22:19, 20), had mysteriously re-established the ancient priesthood of Melchizedek (a name which means "righteous or rightful king") and also entirely superseded it by making his sacrifice of bread and wine the very offering of his own body and blood on the cross.

Unpack the Second Reading 1 Corinthians 11:23-26

In this passage we see St. Paul testifying to what we call in Latin "*traditio*" or in Greek "*paradosis*" of the Holy Eucharist. He says that he hands on (*paredoka*) about the Eucharist what he had received from the Lord. In the Church we call this the passing on of the Tradition, that work by which "the Church in her doctrine, life, and worship perpetuates and transmits to every generation all that she herself is, all that she believes" (Catechism of the Catholic Church, 78). As regards this ancient Tradition of the Eucharist, this is particularly the case. The Holy Eucharist that Paul is teaching about here is the Holy Communion that enables the Church to be and to remain the Communion of Saints. The holy bond that unites us to one another in communion (*koinonia* in Greek) is our participation (also *koinonia* in the Greek, see 1

Corinthians 10:16) in the body and blood of Jesus in the Eucharist.

That is, his body and blood, given for us on the cross and in the Last Supper is what makes us his body the Church. That is the ancient Tradition of the Church and what Jesus meant in John 6 when he said, “The bread of God is that which comes down from heaven and gives life to the world;” to which those present replied, “Sir, give us this bread always” (John 6:33, 34).

Unpack the Gospel **Luke 9:11b-17**

In Luke’s Gospel there are two instances of Jesus blessing, breaking, and giving bread: this miraculous feeding of the five thousand in Luke 9, and the story of Jesus’ post-Resurrection appearance to two disciples on the road to Emmaus in Luke 24. The first is a prophecy of, and the second harkens back to, the gift of himself in bread at the Last Supper in Luke 22. In that passage, Jesus breaks and gives bread, but only after he

“gave thanks.” “Giving thanks” (*eucharistein*) is, of course, the root of our word “Eucharist.” Just after this miraculous feeding of the five thousand, Jesus begins to tell his disciples about his coming Passion, that he must be “delivered into the hands of men” (9:44, RSV) and “suffer many things” (9:22, RSV). Then, near the end of chapter 9, Luke tells us that Jesus’ “face was set toward Jerusalem” (9:53, RSV).

In Luke 24, after Jesus was made known to the two disciples “in the breaking of the bread” (24:35), Luke tells us that these two, who had been walking away from Jerusalem in despair after Jesus’ death, now “rose that same hour and returned to Jerusalem” (24:33, RSV). In Luke’s two-part work, Luke – Acts, Jerusalem is the center of the action, the place Jesus goes to gain our salvation in Luke and then the place from which the apostles launch the proclamation of the Gospel of that salvation in Acts. Jerusalem is the center also because it represents for Luke the place of Eucharist, where Jesus, “when he had given thanks (22:19,

RSV), allows himself to be broken and given over into our hands for the life of the world.

Reflect & Discuss

Watch the short Opening the Word video on StMichael.FORMED.org. Then reflect and discuss the following questions:

In the Gospel reading today, the crowds have been listening to Jesus all day and they are now hungry, as the apostles point out to him. What does Jesus ask the disciples to do?

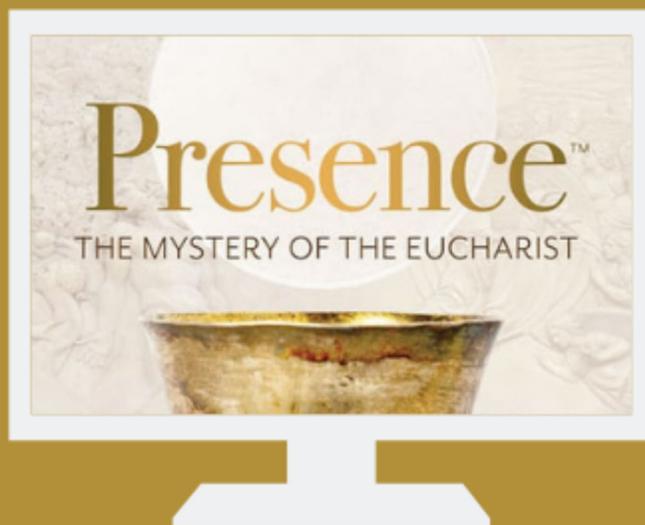
Clearly, the apostles felt overwhelmed when Jesus told them to feed the crowd.

Have you ever been challenged by God to do something that you thought you could never do? How does the gift of the Real Presence of Christ in the Eucharist help us to do the works of God that are even beyond our means?

Reprinted from Opening the Word Leader Guide with permission from Augustine Institute.

PRESENCE SESSIONS 1-3

WATCH FREE ON
StMichael.FORMED.org



Pray Throughout the Week



Mass Intentions

Saturday 6/22

8:30am Donna Hawkins †
5:00pm Kenneth Gels †
7:00pm Kevin Milne

Sunday 6/23

6:45am Herby & Marie Isernhagen
8:00am Jaime Soliva †
9:30am Michael Bodie
11:00am Carlos Alexander Tovar †
12:30pm Mass for Our Parish
6:00pm Francisca Kelsey

Monday 6/24

8:30am John Joseph Sweeney †

Tuesday 6/25

8:30am Benjamin Esteva †

Wednesday 6/26

8:30am John & JoAnne Ellis
7:00pm Mass for Our Parish

Thursday 6/27

8:30am Gerardo Pineda, Sr. †

Friday 6/28

8:30am Brett Velarde †

To request a Mass Intention, please visit the church office.

The customary donation of \$10 goes to the priest celebrating the Mass



Picture yourself standing with the disciples, looking out over a vast sea of people. They are hungry and in need of food. Jesus tells the disciples...and you...to go feed these fifteen to twenty thousand people. What would you be thinking when Jesus gives this command?

Now ask God to show you what the “five loaves and two fish” might represent in your life. What does God want you to bring to him so that he can do his work through you? What needs do you see around you? What gifts can you bring to help address the needs?

Make a resolution that every time this week you might feel overwhelmed with a situation you will make an act of trust in God and give the issue over to him in prayer.

Special Intentions

For those who are struggling with accepting the Real Presence of Jesus in the Eucharist, that they may be given the gift of understanding.

For those who do not have a close and intimate relationship with Jesus, that they may encounter Him and have their lives transformed.

For Ken & Mary Mitchell on their 57th wedding anniversary.

Submit your prayer requests to our growing prayer team at **Prayers@StMichaelLivermore.com**



10 Issues Facing Today's Family—and the Solutions

Dear St Michael Family,

In an interesting survey, LifeWay researchers solicited responses to the "Top 10 Issues Facing Today's Family." More than 2,000 people from around the country were part of this project. Here are the results:

Anti-Christian culture
Divorce
Busyness
Absent father figure
Lack of discipline
Financial pressures
Lack of communication
Negative media influences
Balance of work and family
Materialism

Here are some Christian recommendations to heal your marriage and strengthen your family from these problems:

1. Don't Make Selfish Decisions (Philippians 2:3) "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."

2. Pray and Study the Bible Together to Renew Your Mind (Romans 12:2) "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

3. Surround Yourself with Other Couples Who Will Strengthen and Encourage You (1 Corinthians 15:33) "Do not be deceived: Bad company ruins good morals."

4. Practice Being Vulnerable (Genesis 2:25) "And the man and his wife were both naked and were not ashamed." Accept your faults and be honest about them to your spouse.

5. Be Understanding of One Another (1 Peter 3:7) "Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered."

6. Listen to Each Other (Proverbs 18:13) "If one gives an answer before he hears, it is his folly and shame."

7. Thank God for Your Spouse (Philippians 1:3) "I thank my God in all my remembrance of you." Always acknowledge that both of you are God's gift to one another.

Recommendations for Catholics:

1. Celebrate your marriage every Sunday with your family by going to the Holy Mass as a fami-

ly and rest from servile work. Spend quality time with the Lord and arrive in the church early for a family prayer. The Holy Mass is the center of family life.

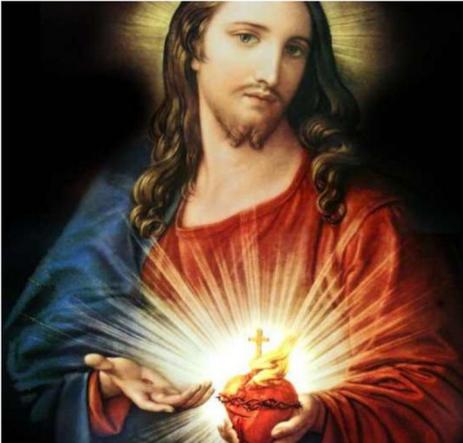
2. Regularly approach the Sacrament of Confession. My heart is always touched to see families going to confession. It is a good and holy spiritual maintenance for the nourishment of our faith. It helps the family grow in humility knowing the forgiveness and mercy give joy and hope. Marriage and the entire family life has its own wounds, trials and challenges and the incorporation of the sacrament as an integral part of the family faith practice is a testimony that in the midst of the imperfection of marriage and family, God continues to heal and mend relationships.

3. Pray at home, especially the Holy Rosary. Due to technological advances and busyness of modern life, family prayer is being less practiced at home. Families watch more TV than reading the Holy Scriptures. They have more time with their gadgets and phones than finding time for a 15-20-minute rosary or a 10-minute Chaplet of Divine Mercy.

May God richly bless you and your families.

Fr Carl

Events Happening This Week



FRIDAY, JUNE 28

FEAST OF THE SACRED HEART OF JESUS

Mass at 8:30 am English,
7:00 pm Spanish.



CONSECRATION TO JESUS THROUGH MARY

THE ST LOUIS DE MONTFORT METHOD

Fr Carl encourages ALL adult parishioners to participate



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STEBENVILLE NORCAL

REGISTER TODAY

July 26-28 in San Ramon
Youth@StMichaelLivermore.com

Attend Mass on Saturday mornings at 8:30 am, followed by a spiritual talk and rosary. Follow the daily prayers on your own.

July 6: Register and pick up materials after the 8:30 am Mass

July 13: Introductory Talk: Consecration to Jesus through Mary

July 20: Spiritual Talk #2, after the 8:30 am Mass (The Spirit of the World)

July 27: Spiritual Talk #3, after the 8:30 am Mass (Knowledge of Self)

August 3: Spiritual Talk #4 after the 8:30 am Mass (Knowledge of Mary)

August 10: Spiritual Talk #5 after the 8:30 am Mass (Knowledge of Jesus)

August 15: We will consecrate ourselves on The Solemnity of the Assumption of Mary at the 6:00 pm Mass in English, 7:30 pm in Spanish.

Watch for Fr Carl's video on the parish website and social media!

Save These Dates!



Drop In Family Choir

July 7, August 4, August 25
at the 9:30 am Mass



Learn to Read Music

July 13 from 9 am - noon
in the Convent



Convent Backyard Renovation

INFORMATION DAY
SATURDAY, JUNE 29
AT 10:00 AM
IN THE CONVENT

Got skills in landscaping,
gardening, construction or
yard clean-up?



Feast of St Michael the Archangel

September 20 - 29, 2019



Novena of Masses

September 20 - 28

M, T, Th, F: 7 pm (English)

W: 7 pm (Spanish)

Sat: 5 pm (English), 7 pm (Spanish)

Sunday: All Masses

Parish Raffle

Great prizes to be
announced soon!

Proceeds go toward
repairing the School
and Parish parking lots

Gala Dinner & Auction

September 28 at 7:00 pm

Outdoor seating at St Michael
School grounds

Ministry Fair

September 29

Food, Music, Ministry
Booths, Entertainment

Welcome to Aimee Gonzalez!

I wanted to take this opportunity to officially announce and welcome Aimee Gonzalez to our ministry team here at St. Michael. Aimee is our new part-time Religious Education Secretary and will be reporting to Priscilla Stutzman our DRE in our Faith Formation Office. Aimee comes to us from St. Ambrose Church in Berkeley where she currently works part-time as their Office Manager and Parish Secretary since 2015. Aimee also has a lot of experience working in the Religious Education Department at St. Ambrose as a Catechist and as their Religious Education Coordinator since 2016. She is a graduate of Berkeley High School and is currently pursuing her degree in Psychology. She is fluent in both English and Spanish and will be able to greatly support our Faith Formation Department and our Hispanic Community who participate in our faith formation programs.



You may have met Aimee already, but if you haven't, please stop by the Faith Formation office to introduce yourself or send her an email at Faith@StMichaelLivermore.com

Welcome to our St. Michael team, Aimee!!

Eric Hom, Business Manager

Farewell Blessings to Lourdes Kay

At the end of May, we bid farewell to Lourdes Kay, who resigned from her position as Faith Formation secretary to spend time at home, enjoying her grandchildren.

Lourdes has called St Michael's her parish home since she was a little girl, and will always have fond memories of this faith community. She has served in many ministries and committees throughout the years, and on staff as a secretary in the

Church Office and in the Faith Formation department.

Although we will miss Lourdes, we are happy and excited for her to enjoy this new "grandma" chapter in her life. Please join with us in keeping Lourdes and her family in our prayers.

Giving Report

Collection Report: June 16

Thank you for your generous offerings. St Michael's does not receive "funding" from anyplace other than from people like you.

If St Michael's is your home parish and you would like to set up regular giving, please visit the parish office.

6/16/19 Collection	\$15,291.25
Month-to-Date	\$57,406.07
Month Goal	\$108,823.53
Percentage Reached	53%
Faith Direct	\$8,202.00
Maintenance (for June)	\$8,457.50

Mass Attire Reminder



Long pants:
jeans, khakis
or slacks



Tops with
sleeves



Modest
neckline



Knee-length
dress/skirt



No hats



10 problemas que enfrentan la familia de hoy - y las soluciones

Querida familia de San Miguel,

En una encuesta interesante, los investigadores de LifeWay solicitaron respuestas a los "10 principales problemas que enfrenta la familia de hoy". Más de 2,000 personas de todo el país formaron parte de este proyecto. Aquí están los resultados:

Cultura anticristiana

Divorcio

Negocios

Figura paterna ausente

Falta de disciplina

Presiones financieras

Falta de comunicación

Influencias negativas de los medios.

Balance de trabajo y familia.

Materialismo

Aquí hay algunas recomendaciones cristianas para mejorar su matrimonio y fortalecer a su familia de estos problemas:

1. No tome decisiones egoístas (Filipenses 2: 3) "No haga nada por ambición egoísta o engreimiento, pero en la humildad cuente a otros más significativos que ustedes".

2. Oren y estudien la Biblia juntos para renovar la mente (Romanos 12: 2) "No te conformes con este mundo, sino que te transformes con la renovación de tu mente, para que al probar puedas discernir cuál es la voluntad de Dios, Lo que es bueno y aceptable y perfecto".

3. Rodéase de otras parejas que lo fortalezcan y lo alienten (1 Corintios 15:33) "No te dejes engañar: la mala compañía arruina la buena moral".

4. Practique ser vulnerable (Génesis 2:25) "Y el hombre y su esposa estaban desnudos y no se avergonzaban". Acepte sus faltas y sea honesto con su cónyuge.

5. Sean comprensivos unos con otros (1 Pedro 3: 7) "De la misma manera, los esposos, conviven con sus esposas de una manera comprensiva, mostrando honor a la mujer como el vaso más débil, ya que son herederos con ustedes de la gracia de la vida, para que tus oraciones no sean obstaculizadas".

6. Escúchense unos a otros (Proverbios 18:13) "Si uno responde antes de escuchar, es su locura y su vergüenza".

7. De gracias a Dios por su cónyuge Filipenses 1: 3 "Agradezco a mi Dios en todo mi recuerdo de ti". Siempre reconozca que ambos son el regalo de Dios el uno para el otro.

Recomendaciones para los católicos:

1. Celebre su matrimonio todos los domingos con su familia asistiendo a la Santa Misa como familia y descanse del trabajo servil. Pase un tiempo de calidad con el Señor y llegue temprano a la iglesia para una oración familiar. La santa misa

como centro de la vida familiar.

2. Acérquese regularmente al sacramento de la confesión. Mi corazón siempre se conmueve al ver a las familias ir a las confesiones. Es un buen y santo mantenimiento espiritual para el alimento de nuestra fe. Ayuda a la familia a crecer en humildad, sabiendo que el perdón y la misericordia dan alegría y esperanza. El matrimonio y toda la vida familiar tienen sus propias heridas, pruebas y desaffos, y la incorporación de la Santa Cena como parte integral de la práctica de la fe familiar es un testimonio de que, en medio de la imperfección del matrimonio y la familia, Dios continúa sanando y reparando relaciones

3. Rece en casa, especialmente el Santo Rosario. Debido a los avances tecnológicos y ajeteo de la vida moderna, la oración familiar se practica menos en casa. Las familias ven más televisión que leer las Sagradas Escrituras. Usan más tiempo con sus aparatos y teléfonos que en rezar un rosario de 15 a 20 minutos o una Coronilla de la Divina Misericordia de 10 minutos.

Que Dios le bendiga ricamente a usted y a su familia.

Padre Carl

ST. MICHAEL

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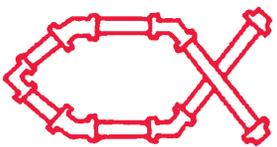
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Mass | Misa

Mon-Sat | Lu-Sa 8:30 am

Wed | Mi 7:00 pm (español)

First Friday | Primer viernes
12:00 pm

Sat Vigil | Vigilia del Sábado

5:00 pm (English), 7:00 pm (español)

Sunday | Domingo

6:45 am, 8:00 am, 9:30 am, 11:00 am,
12:30 pm (español), 6:00 pm

Sign Language | Lenguaje por Señas

1st Sun, 11:00 am

Primer domingo a las 11:00 am

Traditional Latin Mass

2nd Sun, 8:00 am

Tagalog

3rd Sun, 3:30 pm

Vietnamese | Vietnamita

4th Sun, 3:30 pm

Cuarto domingo a las 3:30 pm

Confession | Confesión

Saturday, in the Church |

Sábado en la iglesia

9:00 am & 3:45 pm in English

6:15 pm en español

Monday & Friday in the church |

Lunes y viernes en la iglesia

7:30 am in English & español

Wednesdays in the Convent Chapel

2:30 pm

Anointing of the Sick |

Unción de los Enfermos

1st Saturday after 8:30 am Mass or
by appointment: 925-447-1585 |

1er sábado después de las 8:30 am

Misa o con cita previa: 925-447-
1585

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access code, call 775-772-6369.

Office Hours | horas de oficina

M-F 9:00 am—5:00 pm

(Closed 12:00 pm—2:00 pm)

Clergy | Clero

Rev. Carl Arcosa, Pastor

Rev. Alfonso Borgen, Parochial Vicar

Rev. David Staal, Associate

Rev. Stanislaus Poon, Retired

Rev. Bento Tamang, in residence

Rev. Deacon Bill Archer

Rev. Deacon Rob Federle

Rev. Deacon Dave Rezendes

Pastoral Council |

Consejo Pastoral

Pastoral Council Chair:

Mike Pereira

PC@StMichaelLivermore.com

Fr Carl Arcosa, Eric Hom, Fidelis
Atuegbu, Jo Anne Lindquist, Frank
Draschner, Jeff Andersen, Cynthia
Garay, Alison Wilke and Glenda
Dubsky.

Finance Council |

Consejo Financiero

Finance Council Chair:

Edna McComb

Fr Carl Arcosa, Eric Hom, Edna
McCombe, Analy Palomino, Vanessa
Suarez and Erleene Echon

St. Michael School |

Escuela de San Miguel

925-447-1888 smsliv.org

Faith Formation in

English

925-667-4096

Catecismo en Español

925-667-4096 Niños

925-344-7150 Adultos



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