



ST MICHAEL CATHOLIC CHURCH

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CELEBRATE THE SACRAMENTS, GROW DISCIPLES, BRING CHRIST TO PEOPLE



14TH SUNDAY IN ORDINARY TIME



“Come to me, all you
who labor and are
burdened, and I will
give you rest.”
- Mt 11:28

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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MONDAY – SATURDAY

6:15 am – 6:45 am: Rosary and
Chaplet

6:45 am – 7:30 am: Mass in English,
with Livestream

8:30 am – 9:15 am: Mass in English

6:00 pm – 6:45 pm: Mass in English,
except on Fridays

7:30 pm – 8:15 pm: Mass in Spanish,
with Livestream

SUNDAY

6:45 am – 7:30 am: Mass in English

8:00 am – 8:45 am: Traditional Latin
Mass, with Livestream

9:30 am – 10:15 am: Mass in
English, with Livestream

11:00 am – 11:45 pm: Mass in
English

12:30 pm – 1:15 pm: Mass in
Spanish, with Livestream

6:00 pm – 6:45 pm: Mass in English

CONFESSION

(In the Adoration Chapel)

Monday – Friday: 7:15 am, 3:00 pm
(Bilingual)

Saturdays: 9:15 am, 3:00 pm
(Bilingual)

ADORATION

Reservation required

7:00 am – 7:00 pm

FROM FR CARL

EUCCHARISTIC ADORATION CHAPEL REOPENING

MONDAY, JULY 6, 2020

7:00 am—7:00 pm, Limited to Six Adorers Per Hour

Dear Parishioners,

St. John Marie Vianney said, "When we are before the Blessed Sacrament, instead of looking about us, let us close our eyes and open our hearts. The good God will open His. We will go to Him. He will come to us, the one to give, the other to receive." I am happy to announce to you and welcome you back to our Adoration Chapel, reopening on July 6! Below is a letter from Dennis Lundbom, our Adoration Ministry Coordinator:

"On July 6, we will reopen our Adoration Chapel. Exposition starts before the 6:45 am daily Mass and closes with Benediction at 7:00 pm. In accordance with the Alameda County Health Department recommendations, we are limited to only six Adorers in the Chapel at one time. Face coverings are required at all times, and we ask that adorers wipe down their chair with a provided disinfectant wipe before leaving.

To ensure that we do not exceed the capacity limit, a Chapel Reservation will be required. At this time, we cannot allow drop in chapel visits. We will have an Adoration sign up table at all Saturday & Sunday Masses, for new adorers to sign up for available time slots."

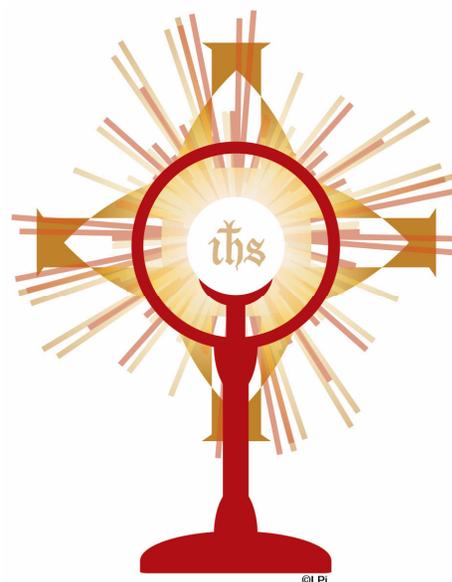
Let me also emphasize that those who are sick or are in a high risk category for COVID 19 to please stay home for your safety and the safety of others. Please do a self temperature check at home before coming to the Chapel. You might also want to bring your own prayer book or spiritual reading, since all hymnals and prayer books have been removed from the chapel. The holy water font has been emptied as well.

Please offer your holy hours for the intention for an increase of vocations to the priesthood and religious life, for the end of the pandemic and for justice and peace in our country and the whole world.

O sacrament most holy, O sacrament divine. All praise and all Thanksgiving, be every moment Thine!

God bless you all!

Fr. Carl
Pastor



ADORATION MINISTRY

For more information, about Eucharistic Adoration in our chapel, please contact Dennis Lundbom via email at dlundbom@gmail.com or call/text 775-772-6369.

CONFESSION RETURNS TO THE CHURCH

Also on Monday, July 6, the Sacrament of Reconciliation will resume inside the church in our newly configured confessionals. While waiting in line, please maintain 6 feet away from others and wear your face covering. Kindly wipe the kneeler and chair with the provided disinfectant wipe before you leave. Confession times are 7:15 am and 3:00 pm Monday through Saturday.

ANNOUNCEMENTS

MAKE A MASS RESERVATION

stmichaellivermore.com/MassReservations

1. Choose a Mass and click "Sign Up"
2. Enter your name and phone and click "Sign Up"
3. Enter the number of people in your group and their names
4. Click "Submit" and watch the confetti fall!

If you see the confetti fall, then you're in!
Need help? Message us or call 925-667-4051



[YouTube.com/StMichaelLivermore](https://www.youtube.com/StMichaelLivermore)



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I will praise
your name
for ever, my
king and my
God.

Psalm 145



PROCEDURE FOR CELEBRATING MASS

at St Michael Catholic Church
458 Maple Street, Livermore



MAKE A MASS RESERVATION 24 HOURS IN ADVANCE

- StMichaelLivermore.com/MassReservations or
- Call 925-667-4055 on Monday or Tuesday from 10:00 am to 12:00 pm
- Please limit to one Mass per week per family to allow more people the opportunity to celebrate in person



FACE COVERINGS ARE REQUIRED

- For those over age 12
- Children under 2 should not wear a face covering
- Those with conditions that cause difficulty breathing are exempt



ARRIVE 15 MINUTES EARLY TO PARK AND CHECK IN

- Park in the church parking lot or side streets
- Enter by the main doors that face Maple Street
- Volunteers will check your reservation and escort you to your seat



AVOID PHYSICAL CONTACT AND REMAIN 6-FEET APART

- Refrain from holding hands during the Our Father
- Offer a contactless Sign of Peace
- There will be no Presentation of the Gifts
- Practice social distancing of at least 6 feet
- Collection boxes are located at the doors



EXIT THROUGH SIDE DOORS IMMEDIATELY AFTER MASS

- We cannot gather outside
- Do wave and offer verbal greetings as you leave!
- Comment on Facebook or Instagram



LIVESTREAM & WALK IN COMMUNION

- Dispensation from the obligation to celebrate Mass remains in effect. Watch Mass live or recorded at
- Facebook.com/StMichaelParishLivermore or
- YouTube.com/StMichaelLivermore
- Park in the Courtyard for walk-in Communion after any in-person Mass, following attendant's instructions

WORSHIP & MEDITATION



FIRST READING

See, your king shall come to you;
a just savior is he,
meek, and riding on an ass,
on a colt, the foal of an ass. (Zec 9:9b)



PSALM

I will praise your name for ever, my king
and my God. (Ps 145) or Alleluia



SECOND READING

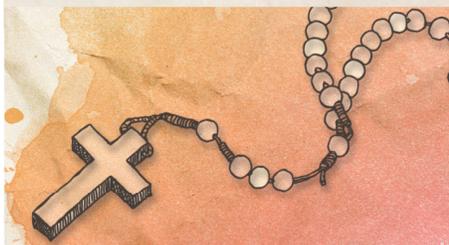
For if you live according to the flesh, you will die,
but if by the Spirit you put to death
the deeds of the body,
you will live. (Rom 8:13)



GOSPEL

“Come to me, all you who labor and are burdened,
and I will give you rest.”
(Mt 11:28)

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LIFE IN THE HOLY SPIRIT



GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

We are all familiar with the refrain, “You have put on Christ. In him you have been baptized. Alleluia, alleluia!” In Baptism, we “put on” Christ. In putting on Christ, we put on all that Christ is and represents: hope, faith, and love. We are no longer bound to the sins and failures of the flesh, that part of us that resists God and relies exclusively on human means. It also means that we are not in debt to our past, complete with its sins, failures, regrets, fears, and unfulfilled dreams. There is always hope. In putting on Christ, we put on God’s vision for the world, for all of His children and for us. We have been given a road map to guide our paths and a blueprint to follow for our life’s journey.

There is no need for regret, and we are not tethered to our past. Is there anything in your past that you regret? Any decision or memory that continues to haunt you? We have all made mistakes, and we have this uncanny ability to continue beating ourselves up over things we can no longer do anything about, except learn from them. To put on Christ means that I can now bring God’s unconditional love to my hurtful memories and sinful choices. With each new moment and every new choice, I can start clean and live in freedom.

Imagine adults when the disciples were preaching and baptizing. They came to baptism not really knowing who they were, with pasts that were broken, seeking to live the joy of the Gospel they heard spoken to them and wanting the love they saw witnessed in the lives of those who believed. What tremendous celebrations their baptisms must have been! They could now have the support of a community, full participation in the sacraments of the church, focus for their disordered lives, consolation, healing, and an understanding of what life is really all about.

Our lives are meant to be celebrations of the Spirit we have received in Baptism. How does that joy get expressed in and through you? When we truly understand that we have put on Christ, our burdens can become much lighter. It is odd that so many Christians look like they are carrying the weight of the world on their shoulders. Wouldn’t it be wonderful if those weights could be lifted and joy experienced!

WEEKLY PRAYER

READINGS FOR THE WEEK OF JULY 5, 2020

SUN 7/5	Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14 [cf. 1]/Rom 8:9, 11-13/ Mt 11:25-30
MON 7/6	Hos 2:16, 17b-18, 21-22/Ps 145:2-3, 4-5, 6-7, 8-9 [8a]/Mt 9:18-26
TUE 7/7	Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10 [9a]/Mt 9:32-38
WED 7/8	Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7 [4b]/Mt 10:1-7
THR 7/9	Hos 11:1-4, 8e-9/Ps 80:2ac and 3b, 15-16 [4b]/Mt 10:7-15
FRI 7/10	Hos 14:2-10/Ps 51:3-4, 8-9, 12-13, 14 and 17 [17b]/Mt 10:16-23
SAT 7/11	Is 6:1-8/Ps 93:1ab, 1cd-2, 5 [1a]/Mt 10:24-33
SUN 7/12	Is 55:10-11/Ps 65:10, 11, 12-13, 14 [Lk 8:8]/Rom 8:18-23/Mt 13:1-23 or 13:1-9

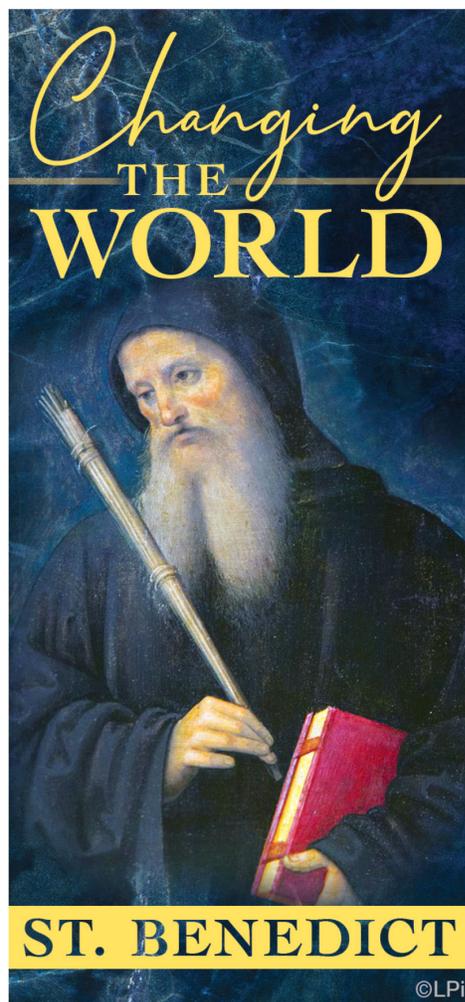
OBSERVANCES FOR THE WEEK OF JULY 5, 2020

Sunday:	14 th Sunday in Ordinary Time
Monday:	St. Maria Goretti, Virgin and Martyr
Thursday:	St. Augustine Zhao Rong, Priest, and Companions, Martyrs
Saturday:	St. Benedict, Abbot
Next Sunday:	15 th Sunday in Ordinary Time

LIVE THE LITURGY

Inspiration for the week

The flesh is our old self of yesterday and the one we left behind in baptism. It is the self of doubts and fears, sin and error, reluctance, untamed passion, and errors in judgment. It is also the self of missed opportunities and roads untraveled. Although we were baptized many years ago, every day is another day to live, not according to the flesh of yesterday with its regrets and misgivings, but rather to live the life of the spirit of today and tomorrow. The burdens of our personal baggage and of life itself can weigh us down. The love of Jesus Christ and the life of the spirit can pick us up, refresh us, and provide us with the hope for new opportunities and discoveries. Because we have been baptized in Christ, we need not be anxious about what we did or did not do yesterday or anxious about what will come tomorrow. We need only to seek out the love that is before us, around us, and in us and learn.



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“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

– Mt 11:28-30

Excerpts from the Lectionary for Mass
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LITURGICAL LIFE

QUESTIONS OF THE WEEK

Invite Parishioners to Reflect and Respond to Scripture

First Reading

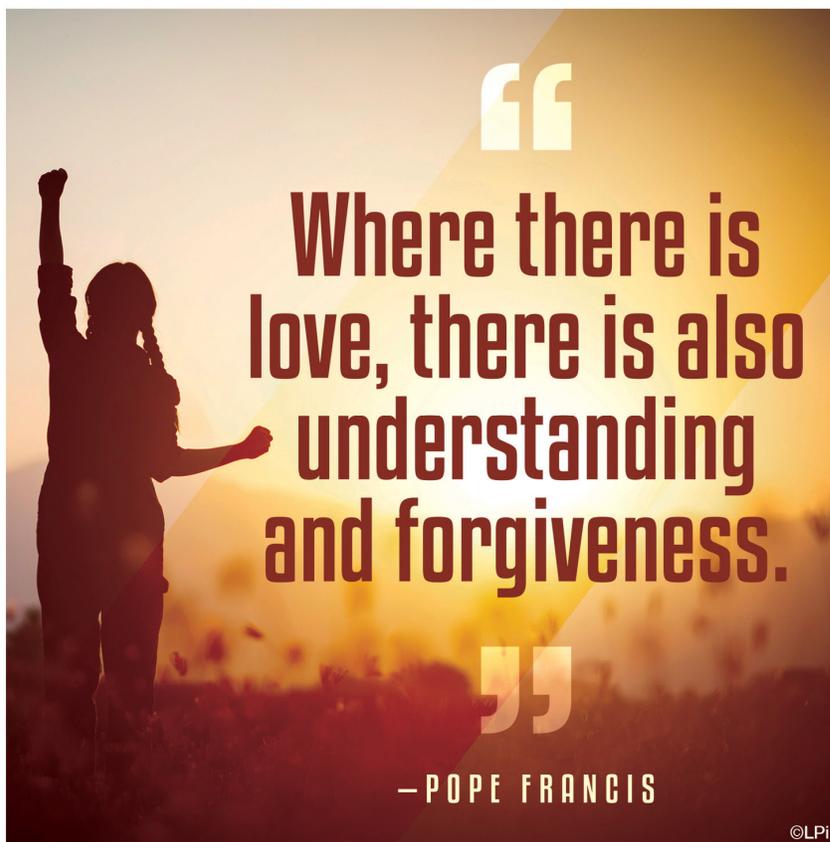
The prophet Zechariah envisioned a future king for the people of Israel who would rule the nations with justice and humility. How do you see these virtues as a strength in leadership?

Second Reading

Paul speaks of the promise of the resurrection from the dead for believers who reject the flesh and live according to the Spirit. What spiritual exercises do you practice that help reject the flesh?

Gospel Reading

Jesus praises his Father for the irony of the wise and learned who are unable to see what is revealed to the childlike. What does this tell us about the kingdom of heaven?



14TH SUNDAY IN ORDINARY TIME



LITURGICAL LIFE

RESPONDING *to the Call*

EVERYDAY STEWARDSHIP

Recognize God In Your Ordinary Moments

Faith Like a Child

If you Google Search recommendations on how to raise generous children, almost every list of ideas begins with — or at least contains — the directive for adults to be good models of generosity themselves. Our children learn from our actions much more than from our words. Of course, when I think back over the years while my children were growing up, I think I may have learned as much from them as they learned from me. There is a time between early childhood and middle school where a child seems to be freer to give and share than at any other time in life. It is around the age of First Communion when the cries of “mine” turn to laughter and smiles, and the urge to be a part of something bigger than oneself leads to sharing. Before you know it, the child hits the pre-teen years, and once again, he or she becomes the center of the universe.

I believe that the previous paragraph is all true, however, the stages described seem to repeat themselves throughout adulthood. Don't you agree? Sometimes we fall into seeing ourselves as the center of the universe, or we become consumed by our state in life or with what we have acquired. Also, we at times are generous and loving people. It is sin that draws us back into ourselves and away from any meaningful life of stewardship and generosity. In order to be freed for love, we need role models to help us see what really matters. We need to reflect on the example of many of our brothers and sisters in Christ. And, yes, we need to look to children who may be at the point in their lives where sharing is fun, and love is something in abundance.

— Tracy Earl Welliver, MTS

PLEASE CONSIDER ONLINE GIVING

Our parish is grateful for your continued support. Thank you!



WHY DO WE DO THAT?

Catholic Life Explained:

Kissing the Altar at Mass

Question:

Why do priests kiss the altar at the start of Mass?

Answer:

Our churches and chapels are filled with symbols. We might think of the more common symbols (like the crucifix, statues, stained-glass windows, vestment color and altar cloths) as well as major symbols (such as the paschal candle and the baptismal font). But there are some things that we can take for granted in our sacred spaces, because unfortunately, they seem to just be part of the building, including three of the main symbols of our liturgy: the ambo (lectern), the chair for the priest celebrant, and the altar.

These three objects are placed in a specially designated area called the sanctuary. They are the places where the Word of God is proclaimed, where the priest prays and presides at the celebration, and where the bread and wine are offered by the priest during the Eucharistic Prayer. Although each of these objects is sacred because of the role they play in our worship, the altar holds a special place. In a document containing the rules and instructions for the Mass — the “General Instruction of the Roman Missal” — we read: “The altar on which the Sacrifice of the Cross is made present under sacramental signs is also the table of the Lord to which the People of God is called together to participate in the Mass, as well as the center of the thanksgiving that is accomplished throughout the Eucharist” (no. 296).

One of the ways that we recognize the importance of the altar is when the priest and deacon kiss the altar at the beginning of Mass. Kissing is an ancient act of devotion. Remember, we also kiss the cross on Good Friday, and the deacon or priest kisses the “Book of the Gospels” after the Gospel is proclaimed. This act of devotion reminds us that the altar is a symbol of Jesus, the “living stone” (see 1 Peter 2:4), the foundation stone of our faith. It is a symbol gesture, but it is a powerful reminder of the One on whom our faith is built and in whose name we gather as the “household of faith” (see Galatians 6:10).

To learn more, see the “Catechism of the Catholic Church” (no. 1382-1383).

SUNDAY, JULY 5, 2020 | 14TH SUNDAY IN ORDINARY TIME

KIDS CORNER

READ THE GOSPEL AND COMPLETE A PUZZLE!

SHARING THE GOSPEL

Jesus knows that you can get tired. Doing your best in school is hard work. You also may feel tired, sad, or left out on the playground. Whenever you start to feel tired, remember that Jesus is with you. Learn from Jesus. Follow his example. Be honest. Be kind. Help others do the right thing. Jesus will help you.

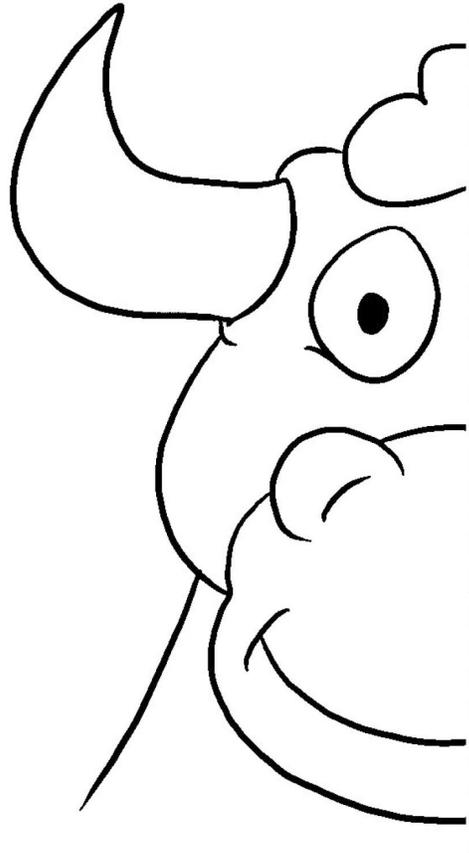
PRAYER

Jesus, I thank you for helping me when I'm tired.

MISSION FOR THE WEEK

Look for someone who is alone on the playground, and ask her to play.

Complete the picture of this ox.



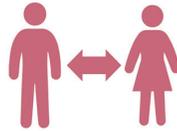
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HEALTH AND WELLNESS

3 EASY STEPS

To Keeping Yourself & Others Healthy!

We are cautioned to be especially careful during the Coronavirus outbreak. Here are some simple ways to keep sickness away.



Wash Your Hands

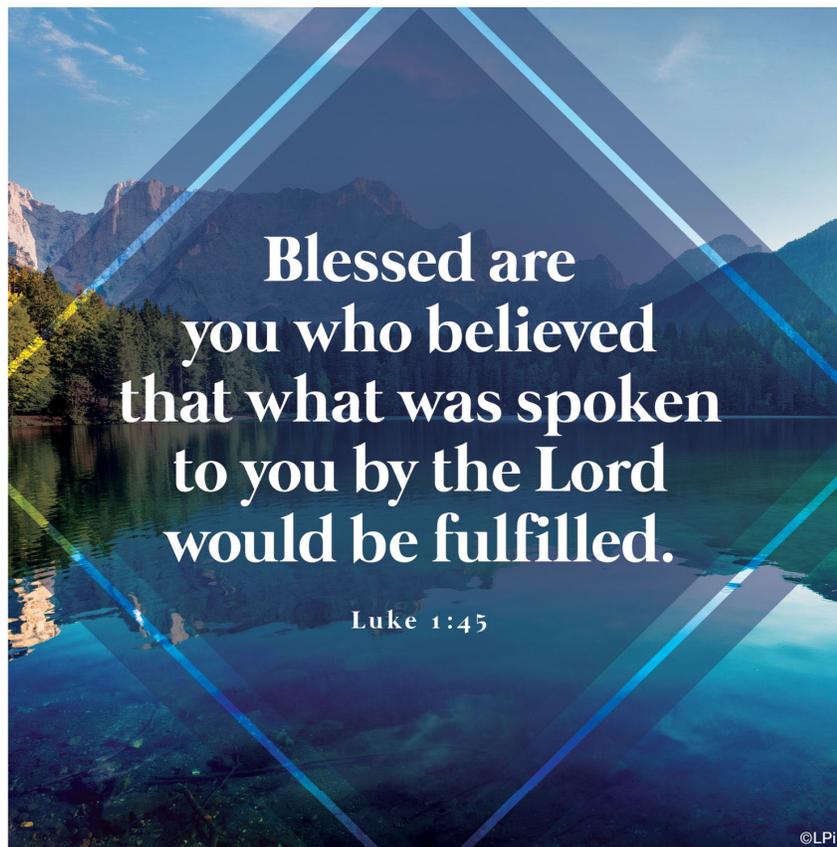
Wash your hands for at least 20 seconds using soap and water. If you can't wash your hands, use hand sanitizer frequently.

Don't Touch Your Face

Especially around the eyes, nose and mouth. If you must sneeze, use a tissue or your arm.

Keep Your Distance

Practice social distancing during this epidemic and stay away from large groups. Instead, call, email or check up on family and friends using social media.



*“Our Lord
prefers to
wait Himself
for the sinner
for years
rather than
keep us
waiting for
an instant.”*

- St. Maria Goretti

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*"Yet I am always with you; you hold me
 by my right hand." Psalm 73:23*

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