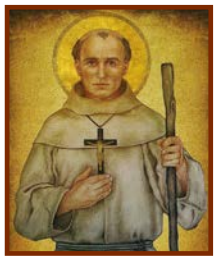
Mission San Diego de Alcalá

10818 San Diego Mission Road, San Diego, CA 92108-2429
Phone: (619) 283-7319 Fax: (619) 283-7762
Website: www.missionsandiego.org

May 24, 2020



Saint Junípero Serra
Founder, 1769

Rev. Peter M. Escalante, Pastor
Rev. Bill Springer and Rev. Billy Zondler, Associate Pastors
Deacon Ernest Grosso

PARISH OFFICE HOURS
Monday-Friday 9 a.m.–4:00 p.m.
(619) 283-7319
Fax: (619) 283-7762

VISITOR CENTER/GIFT SHOP
Rhonda Sosa, Manager
Hours, 9 a.m.—4:30 p.m.
(619) 281-8449

MSGR. HALTER ARCHIVES
Hours - Tuesday and Thursday
10 a.m.—12 p.m.
(619) 283-6338
library@missionsandiego.org

SUNDAY MASS TIMES

5:30 p.m.	Saturday— Congregational Singing
7:00 a.m.	
8:00 a.m.	Congregational Singing
9:00 a.m.	Folk Music in St. Francis Chapel
10:00 a.m.	Congregational Singing
11:00 a.m.	Congregational Singing
11:00 a.m.	Spanish in St. Francis Chapel
12:00 noon	Mission Choir
5.30 p.m.	Congregational Singing

WEEKDAY MASSES: 7:00 a.m. & 5:30 p.m.

CONFESSIONS: Saturdays 4:00 - 5:00 & 6:30 p.m., or by appointment, please call the Parish Office.

ADORATION IN LA CAPILLA
First Friday 3:00-5:00 p.m.
First Saturday 7:30 a.m.-9:30 a.m.
Call the Parish Office to volunteer.

BAPTISMS:
Please call the Parish Office at
(619) 283-7319

MARRIAGES: Preparation with priest/ deacon at least 9 months in advance.

NAZARETH SCHOOL: Principal
Dr. Colleen Mauricio, (619) 641-7987

Mass Readings

Sunday, May 24
The Ascension of the Lord
Acts 1:12-14; Ps 27:1, 4, 7-8; 1 Pt 4:13-16; Jn 17:1-11a; or (for Ascension) Acts 1:1-11; Ps 47:2-3, 6-9; Eph 1:17- 23; Mt 28:16-20

Monday, May 25
St. Bede the Venerable; St. Gregory VII; St. Mary Magalalene de' Pazzi; Memorial Day
Acts 19:1-8; Ps 68:2-3ab, 4-5acd, 6-7ab; Jn 16:29-33

Tuesday, May 26
St. Philip Neri
Acts 20:17-27; Ps 68:10-11, 20-21; Jn 17:1-11a

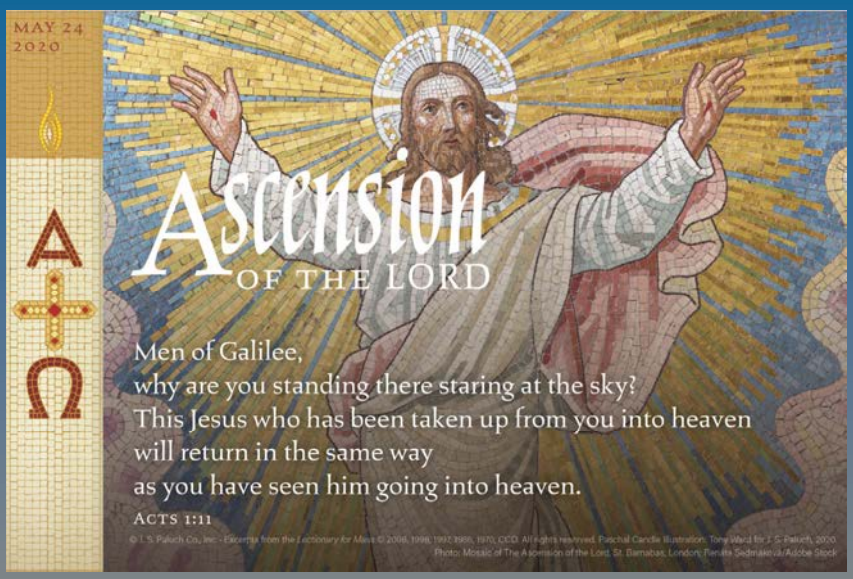
Wednesday, May 27
St. Augustine of Canterbury
Acts 20:28-38; Ps 68:29-30, 33-36ab; Jn 17:11b-19

Thursday, May 28
Acts 22:30; 23:6-11; Ps 16:1-2a, 5, 7-11; Jn 17:20-26

Friday, May 29
St. Paul VI
Acts 25:13b-21; Ps 103:1-2, 11-12, 19-20ab; Jn 21:15-19

Saturday, May 30
Acts 28:16-20, 30-31; Ps 11:4, 5, 7; Jn 21:20-25

Sunday, May 31
Pentacost Sunday
Vigil: Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-14 or Jl 3:1-5; Ps 104:1-2, 24, 35, 27-28, 29-30; Rom 8:22-27; Jn 7:37-39
Day: Acts 2:1-11; Ps 104:1, 24, 29-31, 34; 1 Cor 12:3b-7, 12-13; Jn 20:19-23



"PUSHED" OUT ON MISSION

There is a delightful character in the original Dr. Dolittle Tales called the "Pushmi-Pullyu." It is a beast with two identical halves, with a head at each end. No matter which direction the beast walks, one end is the "push me" and the other is the "pull you."

Today's feast is a bit like that in the life of the church. In the book of the Acts of the Apostles, it is the ascension of Christ that calls for the Holy Spirit, which consequently sends or "pushes" the church out on its mission.

This is the message that we hear from the angels today as they tell the friends of Jesus not to look up into the clouds, but to get busy. It is the message of Jesus himself in Matthew's Gospel, as he sends them out to baptize. He also tells them, "I am with you always, until the end of the age" (Matthew 28:20). And it is this message, confident in faith that Jesus has ascended to shouts of joy, that "pulls" us along to our final destiny.

The life of the faithful disciple, sent into the world on mission, will one day know the same risen, ascended glory.

Copyright© J.S. Paluch Co.

TODAY'S READINGS

First Reading — Jesus tells the disciples that they will be witnesses to the ends of the earth (Acts 1:1-11).

Psalm — God mounts his throne to shouts of joy: a blare of trumpets for the Lord (Psalm 47).

Second Reading — May the Father of glory give you a Spirit of wisdom and revelation (Ephesians 1:17-23).

Gospel — Jesus instructs the Eleven to baptize and teach people of all nations (Matthew 28:16-20).

Activities this week at the Mission . . .

All activities are cancelled or postponed.

Tips to Maintain Mental Wellness

The COVID-19 health crisis has caused unprecedented disruption in the usual structure, social connection, and support vital to our well being. Much of our focus and fear are around physical health, yet attention to our mental health is equally important to well-being.

- **Acknowledge your Feelings. They are Normal.**
- **Allow for Differences:** We all cope differently when experiencing stress. Whether your relationships were strong or problematic prior to COVID-19, differences can be magnified leading to tension. Behaviors that you see may very well be brought on or magnified by stress. **Emotions Run High**- We naturally become more sensitive when under great stress. Small things that usually wouldn't upset us are very upsetting. Try not to take personally comments and behavior from loved ones in distress. Separate the person from the behavior. Remember what you are observing or hearing is quite possibly the stress speaking.
- **Hold a Family Meeting:** Make it fun by posting a notice and requesting input for time and location. The meeting should start and end on a positive note. The goal is to give others a chance to air feelings, frustrations, and make requests to lessen these. Emphasize that you are a team and all in this together.
- **Create Personal Space:** So much time in close quarters can lead to irritation, frustration, and anger. Giving yourself some physical space will help protect your emotional well-being. In our daily lives we usually have built-in separation that allows for space such as school, jobs, exercise, sports, activities, and socializing. Tip: Invite family members to "reserve" a room or area for a specified block of time.
- **Balance Children and Adolescents' Structured Time, Down Time and Social Interaction**
- **Take One Day at a Time-Remember this Situation is Temporary:** This seems simple enough, but is easy to forget. Engage younger children or adolescents in making a calendar that can be posted in a prominent location. Crossing off each day that has passed provides a visual reminder of how far we have already come.
- **Make a Family Book or Journal:** Write a letter or express a feeling. This allows you to step back from the situation, cool down, and be thoughtful about the words you choose. If possible, suggest a solution or make a request you would like considered. Your family member(s) can read and reciprocate thoughtfully.
- **Limit Consumption of Media:** National broadcasts and news found on social media can lead to confusion and anxiety. The CDC website cdc.org and the San Diego County website (sandiegocounty.gov) on the other hand are credible sources. 2-1-1 also provides information and resources.

Remember that the situation is temporary, it will end. You may think: "I can't do this". You already are doing it! Look back at this time and be proud of how you handled it. We are all in this together and can support each other.

If you or someone you know is experiencing a suicidal or mental health emergency, please call the Crisis Line; (888) 724-7240

For additional information, questions, or concerns contact:

Pilar Cárdenas-Gimber, MA-MA LMFT
at (858) 775-8220 or pilarcg1550@gmail.com.

Deacon Raymond Philip Napuli, who interned at the Mission when he was a seminarian a few summers ago, will be ordained a priest Friday, June 5, 2020 at 4:00 p.m. at the Immaculata at USD. Due to the current directives regarding public gatherings, you can attend via live stream. For information and a link, please visit: www.RaymondPhilip-Ordination.com.

MASSES

Effective Monday, March 16, 2020 no public or weekend Masses will be held till further notice.

The Mission Church will remain open for visits and prayer from:

9:00 a.m.—3:00 p.m.

EUCHARISTIC ADORATION

Suspended till further notice

Keep in Touch—We are using our FlockNote program and the Mission Website to send messages from our Pastor, Fr. Peter Escalante and anything Fr. Peter learns from the Diocese. Please sign up for messages by texting alcala to 84576. Follow the steps once you get a response. You can also download the app for your smart phone. It is free.

The Diocese of San Diego is providing Online Sunday Mass. This link will take you to a page that has English, Spanish and Vietnamese Masses.
https://www.sdcatholic.org/find-a-parish/on-line-sunday-mass/

The Mission is recording Sunday Mass and posting to our website at https://www.missionsandiego.org **and** on our *YouTube Channel*. Please go to YouTube.com and join the Mission San Diego de Alcala channel. You will see our postings there.

Providing Daily and Sunday Mass is Auxiliary Bishop Barron of LA. Use this link for those Masses.
https://www.wordonfire.org/daily-mass/

UP-TO-DATE INFORMATION
For information about COVID-19, please visit: www.cdc.gov *or* www.coronavirus-sd.com *or* www.cdph.ca.gov

What's Happening at the Mission and around the Diocese . . .

(What follows is Fr. Peter's message delivered on the video for Mass this past Sunday.)

We are certainly looking forward to that time when we are able to both celebrate and receive the Eucharist which we all long for, together here, at the Lord's table. While we still do not have a definite timeline, we are discussing and planning the protocol that will be in place, confident that it is possible to combine our worship with legitimate health and safety precautions.

We have been consulting with Diocesan leadership as we plan to move forward. However our parishes and places of worship vary greatly in terms of size and layout. Thus forthcoming guidelines will require thoughtful and prayerful implementation at each parish.

More than likely, when Masses here at the Mission are resumed, initially we will gather at Saint Francis Chapel which can accommodate far more people than the Mission Church. We are looking into the possibility of live screening each Mass, simultaneously downstairs in the California Room which will increase our capacity even further.

Of course, use of facial covering or masks, social distancing and other refinements to the Liturgy will be necessary. We ask for your patience and understanding as we develop these plans and make adjustments along the way.

We appreciate the kindness of those who have send us notes and messages and for your ongoing financial support of the parish.

We continue to pray for all of you and we are confident that God is guiding and watching over us. Please let us know if there is any way we can be of help or support to any of you.

Be safe, God bless you and take care of one another. *Fr. Peter*

The Emergency Food Distribution Network (EFDN), a partnership of the Diocese of San Diego and Catholic Charities, is entering its second month. To date, we have delivered more than 200 food packages. Drive thru pick up of non-perishable food items is Tesdays between 10:00 and 11:30 am at the California Room. If you or someone you know would like to receive a food package, plase sign up at **https://www.ccdsd.org/efdn** or call (619) 323-2841, option 2. Home delivery is also available. Anyone in need ma use this program, ou do not need to be a Catholic or a parishioner. Please spread the word to friends and neighbors.

Mission Welcoming Committee—In our effort to be a truly welcoming community and to have new members become registered parishioners, we are forming a "Welcoming Committee" who would develop ways to create a spirit of hospitality and welcome to all. Some of our plans include: **1)** To have a new member registration table after all Masses once a month (volunteers would be needed for one or more Mass); **2)** Provide information about parish life: organizations, groups, ministries, parish events and services and to update parish contact lists at least twice a year; **3)** Develop a social event on a quarterly basis for all newly registered parishioners; **4)** Offer a follow-up call and an invitation to Mass (and other/or events) to newly registered members. If you would be interested in volunteering for this exciting new committee, please contact the parish office.

Taste of the Mission—Friday, Sept. 25, 2020

If you would like to help with this event, please contact the Chair, Rachel Peniche, at (858) 449-8060.

MUSICIANS/SINGERS NEEDED - Interested in being a part of the music ministry? Come join the Mission Folk Group at the 9am Mass in the SFC. There are two groups (we switch every other week), and we would love to have you join either one or both groups. It's a great way to be a part of the Mission's music ministry and share the love of music with the congregation. If you've been sitting in the pews thinking "I'd really like to sing/play with that group!," now is the time – take that first step by contacting the following people: **Jennie Amison: jenniea287@yahoo.com** or **Molly Nocon: mnocon@noahhomes.org.** We look forward to hearing from you!

An Act of Spiritual Communion

My Jesus, I believe that
You are present in the
Most Holy Sacrament.
I love You above all things,
and I desire to receive
You into my soul.
Since I cannot at this
moment receive
You sacramentally, come at least
spiritually into my heart. Lord, I know
that You have always been there.
I embrace You and unite myself wholly to You.
Never permit me to be separated from You. Amen.

Parishioners and Visitors of Mission San Diego de Alcalá - We appreciate your annual patronage and support of the Knights of Columbus Lenten Dinners. Please hold on to your tickets! We have begun planning a future event after the health advisories have lifted, and intend to honor your Lenten Dinner tickets for that event. Thank you for your understanding and support. *St. Junípero Serra, Knights of Columbus and Columbiettes, Council 9498, Mission San Diego de Alcalá.*

SAINT PHILIP NERI (1515-1595)
Feast Day - May 26

In a shop near the Vatican, a group of Americans laughed as the shopkeeper showed off his fluent English and latest souvenir, a key ring whose papal portrait, when pressed, activated a recorded blessing. Through the shop window, two clerics scowled disapproval. The shopkeeper grunted, "They're a very somber order who've left the Church. I recognize them." "By their long robes?" an American asked. "Many in Rome wear robes," replied the shopkeeper. "It's their long faces!" When Philip Neri arrived in sixteenth-century Rome, there was reason to be somber. Swiss Guards had been massacred on Saint Peter's steps defending the pope. Parts of Europe were abandoning the Church. But Philip resolved to be an "apostle of joy," drawing especially the young to Christ—and frequent confession and Communion—by his sincere interest in their problems, prayerful example, and gentle humor. His "Oratory," a movement as well as a place, provided recreation and devotion in a joyful atmosphere of companionship, service, and liturgy. Philip Neri challenges each of us to begin improving Church and world by changing ourselves with unfailing joy.

—Peter Scagnelli, Copyright © J. S. Paluch Co.

Thank you for supporting our advertisers as they make our Sunday Bulletin possible. While we cannot guarantee the work or integrity of each advertiser, we presume that they share our ethics and values. These ads are now included on our web site.

Directory of Ministries and Groups

250th ANNIVERSARY. . . . . 250jubilee@missionsandiego.org
ALTAR LINENS GUILD. . . . . .Peggy Stolberg (619) 203-5871
ALTAR SERVERS. . . . . .Dean Gipson (858) 761-1073
AMERICAN FILIPINO ASSOC. . . . Zeny Dobrawa (619) 504-8925
AMERICAN HISPANIC. MIN. Dulce Maria Serrato (619) 961-9913
BAPTISMS. . . . . Please call the Parish Office at (619) 283-7319
BEREAVEMENT MINISTRY. . . Dr. Roberta Flynn (619) 980-9244
BIRTHLINE. . . . . Barbara Melkerson (858) 292-4848
CANTORS. . . . . .Justine Lee (619) 972-7380
CENTERING PRAYER . . . . . Ardy Woodmansee (858) 279-7278
DOCENTS . . . . . Janet Bartel (858) 560-9312
FESTIVAL OF THE BELLS. . . . . .festivalofbells@hotmail.com
FINANCE COUNCIL. . . . . .Cheryl Doss (619) 279-6138
9 AM FOLK CHOIR . . . . . Molly Nocon (619) 890-7607
GIFT SHOP/VISITOR CENTER . . . . Rhonda Sosa (619) 281-8449
HOSPITAL OUTREACH. . . . . Carmen Falcon (619) 916-8476
KNIGHTS OF COLUMBUS.GK José R. de la Garza (619) 339-0289
COLUMBIETTES (Auxiliary). . . . Lisa Worthington (619) 871-7044
LECTORS . . . . . .Virginia McCarron (818) 519-1769
MARTHA AND MARY GUILD . . . . .Karen Rebelo (858) 277-6243
MISSION-AIRES . . . . . Sylvia Benitez (619) 449-4345
MSGR. HALTER ARCHIVES. . . . . Tony Falcon (619) 283-6338
MUSIC DIRECTOR . . . . . Gene Regard (858) 487-7457
MISSION CHOIR . . . . . .Frank Schuld, President (619) 464-0401
. . . . . .Howard McCullough, Organist (858) 208-9515
OUTREACH TO SICK . . . . .Sr. Margaret Kelly, OP (619) 283-7319
PARISH COUNCIL . . . . . Crystal Carr (619) 916-6598
PARISH OFFICE . . . . . .(619) 283-7319
RACHEL'S WOMEN'S CENTER. . . . .Kathy Estey (619) 723-0584
RELIGIOUS EDUCATION . .*(4 yrs old—8th Grades **and** Children's Sacramental Classes)* . . . . . .Carol Gamara (619) 624-0900
RCIA/ADULT FORMATION . . . . .Fr. Bill Springer (619) 283-7319
SACRED ENVIRONMENT. . . . . Susan Swall (619) 518-3101
SENIOR MEN'S GROUP (MMC) . . . . Pete Corrao (619) 582-9386
SOCIAL ACTION COMMITTEE. Mike Peddecord (619) 929-8955
TASTE OF THE MISSION . . . . . .Rachel Peniche (858) 449-8060
USHERS/HOSPITALITY . . . . . Cecil Boyd (619) 203-4309
WEDDINGS . . . . . .Call the Parish Office to begin the process
YOUNG ADULTS . . . . . .Ximena Olea (619) 750-8417
YOUTH MINISTRY (Sr High) . . . . . .(619) 640-0481

Bulletin Items . . . Please submit one week in advance of bulletin date to LindaHewett@missionsandiego.org.

Volunteers
The HEART Of The COMMUNITY

Volunteering, a good way to stay healthy and active. Mission San Diego has many opportunities. Best ones to start with are the Gift Shop and Docent Program. Call Rhonda (619.281.8449) or Janet (858.560.9312).

Estate Planning • Elder Law
Probate • Wills • Trusts • Medical Planning
LAW OFFICE OF ROSEMARY LEONARD
(619) 295-8705 rosemaryleonard@cox.net
• Parishioner • Central Uptown Location

We register professional caregivers and then place them into the homes of the ill aging disabled and injured.

NEW AGE HomeCare Agency
A REFERRAL AGENCY
833-246-6322
support@newagehca.com
www.newagehca.com
PAUL SEDACH

JP LONGBALL
Baseball & Softball Batting Cages
5232 Riley St., San Diego
(619) 299-4487
• Instruction 7-Days a Week
• Camps & Clinic
• Sport Shop & Baseball Cards

churrascaria Rei do Gado
BRAZILIAN STEAK HOUSE
All You Can Eat Brazilian Steak House
• 20 kinds of premium meats
• Salad bar and Seafood bar
• Private/Banquet Room
• Live entertainment every night
939 Fourth Ave., San Diego CA 92101
619-702-8464
www.reidogado.net

Charter Spectrum
AUTHORIZED RETAILER
TV | INTERNET | VOICE
Call To Establish New Service
844-648-7796
©2016 Charter Communications
Cobalt Communications is an authorized Charter Retailer
Service not available in all areas

LUXURY Auto Body
Body & Paintwork • Insurance Work • Frame Repair
Authorized Insurance Collision Center • 24-Hour Onsite Security
9660 Aero Drive
San Diego, CA 92123
Tel. 858-560-5898
Fax. 858-560-5899

Mission Kitchen & Bath
Specializing in Complete, Ceramic Tile, Bathroom Remodeling
Free Estimates
619-249-9144
BBB
Parishioner
Paul Schultz
lic# 805036

Trusts, Wills, Probate, Trust Administration, Trust and Estate Litigation
Guardianships, Conservatorships
SUZANNE P. NICHOLL, ATTORNEY AT LAW
(619) 793-7569
suzanne@sdprobate.com
www.sdprobate.com
Home and hospital visits available
Parishioner

HOLY CROSS CATHOLIC CEMETERY & MAUSOLEUM
45th & Hilltop Drive • San Diego, CA 92102
Pre-Need Arrangement is an act of love
No Interest Budget Plan allows up to five years to pay.
CALL 264-3127
Se habla Español

✂ Please Cut Out This "Thank You Ad" and Present It The Next Time You
Patronize One of Our Advertisers
Thank You
Thank you for advertising in our church bulletin.
I am patronizing your business because of it!

Nazareth House
A Catholic Assisted Living Community located in Mission Valley. For more information or a tour please call 619.563.0480 or visit nazarethhousesd.org
Lic. #372000400

STRATOS WEALTH PARTNERS

Daniel E. Torreblanca, CFP® Partner, Wealth Advisor CA Insurance Lic. 0H83575 *Parishioner*
Richard A. Gibson, Jr. Partner, Wealth Advisor CA Insurance Lic. 0C85962
CERTIFIED FINANCIAL PLANNER Professional™
• Representatives registered with LPL Financial
• Access to full array of brokerage services
• Investment Management
• Legacy Planning
• Life Insurance Planning
• Charitable Giving
www.sdstratos.com 858-764-3802
Richard A. Gibson, Jr. and Daniel Torreblanca are Registered Representatives with, and securities are offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Stratos Wealth Partners, Ltd., a registered investment advisor and a separate entity from LPL Financial.

Rock's Handyman Services
619.806.2014
Maintenance, Plumbing, Electrician, Etc.

McGREGOR'S GRILL & ALE HOUSE
Dine In • Take Out
Ian Linekin
10475 San Diego Mission Road
(2 blocks from the Mission) (619) 282-9797

Catholic Cruises and Tours and The Apostleship of the Sea of the United States of America
Take your FAITH ON A JOURNEY.
Call us today at 860-399-1785 or email eileen@CatholicCruisesandTours.com
www.CatholicCruisesandTours.com

Better service, built to benefit.
BWOOD
Employee Benefits Experts
619.298.7361
www.bwoodinsurance.com

HANDYMAN
• Electrical
• Plumbing
• Carpentry
Free Estimates
STEVEN SCHMITT
Parishioner & Choir Member
619-977-2084

ONE PARISH
Grow in your faith, find a Mass, and connect with your Catholic Community with OneParish!

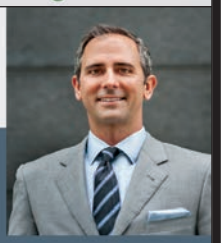
Download Our Free App or Visit
MY.ONEPARISH.COM

ideal PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960
619-583-7963
IdealService.com
5161 Waring Road
San Diego, CA 92120
Lic#348810 MC

Evelyn Ascough DDS
ADVANCED DENTISTRY
CARING HEART
BEAUTIFUL SMILES
619.298.0821
8953 Complex Drive · San Diego · CA 92123
www.EvelynAscoughDDS.com

Get this weekly bulletin delivered by email - for FREE!
Sign up here:
https://www.jspaluch.com/BulletinSubscribe.aspx
Courtesy of J.S. Paluch Company, Inc.

Dennis Seymour
Attorney
2320 Fifth Avenue, #200
San Diego, CA 92101
619-238-8150
Certified Family Law Specialist
Parishioner

WILLIAMS IAGMIN LLP

JAMES S. IAGMIN
Trial Lawyer
SERIOUS PERSONAL INJURY
PROVEN RESULTS
GET IN TOUCH:
(619) 238-0370
jim@williamsiagmin.com
williamsiagmin.com

Need help with PROBATE?
With over 20 years experience Mark Roberts has been helping San Diego families and church members in time of need.
FREE eBook: Avoiding the 7 Biggest Mistakes Made in Probate
Real Estate Absolutely **FREE**... no strings attached!
Just go to:
www.sandiegoprobatehelp.com
markroberts@sandiegoprobatehelp.com
Cell: (858) 245-5222
DRE# 01296443
Cal State Realty Services

FINDaPARISH.com
Check It Out Today!
The Most Complete Online National Directory of Catholic Parishes