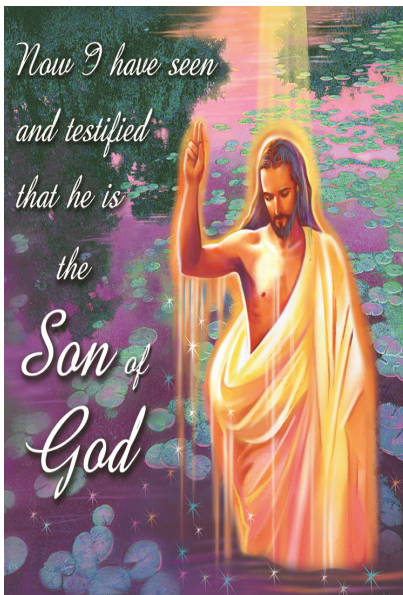


Church of St. Mary Magdalene

SECOND SUNDAY IN ORDINARY TIME

JANUARY 19, 2020



Rev. Stephen P. McCall
Pastor

Rev. John B. Farley
Associate Pastor

Rev. Anthony C. May
Retired, in residence

Rev. William Headley, C.S.Sp.
In residence

Rev. Michael T. White, C.S.Sp.
Weekend supply

Deacon Ralph Skiano

Church of St. Mary Magdalene
1945 Illion Street
San Diego, California 92110
Tel (619) 276-1041
Fax (619) 276-0144
www.stmaryagonline.org

• Mass Schedule •

Monday - Saturday mornings 7:45 a.m.
Saturday Vigil 5:30 p.m., Sunday 7, 9, 11 a.m., 6 p.m.
Holy Day Vigil 5:30 p.m., Holy Day 7:45 a.m., 7 p.m.

• Sacrament of Reconciliation •

Saturday 4 - 5 p.m.
or by appointment

PARISH STAFF**Pastor**

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Rev. John B. Farley
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In residence
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Rev. William Headley, C.S.Sp.
In residence
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Rev. Michael T. White, C.S.Sp.
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Director of Youth Ministry

Jessica Brophy
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youthministry@stmarymagonline.org

St. Mary Magdalene Mission Statement

**We the Eucharistic Community of St. Mary Magdalene
are called to conversion in Jesus Christ.**

**Our community life and worship are based on the Bible,
the Sacraments, and the teachings of the Catholic Church.**

**Living the love of Christ impacts our moral, intellectual, and
religious life, and makes us a caring community that brings hope
to our families, neighborhood, and society.**

- **PARISH OFFICE HOURS**
Monday-Friday: 8 a.m.-4:30 p.m.
(closed from 12 noon-1:00 p.m.)
- **TO BECOME A REGISTERED PARISHIONER**
Stop by the Parish Office during regular business.
- **FUNERAL PRE-PLANNING**
Arrangements for a funeral liturgy may be made in advance. Contact the director of Liturgy, Mary Kay Evanko.
- **RITE OF CHRISTIAN INITIATION FOR ADULTS**
Those who are interested in becoming Catholic, or those baptized Catholics, who wish to become fully initiated in the Church, should call the Parish Office.
- **SACRAMENT OF BAPTISM**
Baptismal preparation classes are required of all parents and godparents. Call the Parish Office for an appointment.
- **SACRAMENT OF MARRIAGE**
Call the Parish Office at least nine months in advance.
- **SACRAMENT OF RECONCILIATION**
Saturday, from 4-5 p.m. in the church or call the Parish Office for an appointment.
- **SACRAMENT OF THE SICK**
In event of serious illness or medical emergency, anointing of the sick and Eucharist may be arranged by contacting the Parish Office.
- **RELIGIOUS EDUCATION**
Classes are held on Sunday mornings at 10:15 a.m. Contact the Religious Education Coordinator, Rachel Freeman, for more information.
- **EUCCHARISTIC ADORATION**
Every Friday from 1-5:00 p.m. in the Blessed Sacrament Chapel.
- **MINISTRIES/ORGANIZATIONS**
To become involved in a parish ministry, call the ministry contact found on page seven of this bulletin.

Welcome!

No matter what your present status in the Catholic Church,
No matter what your current family or marital situation,
No matter what your past or present situation,
No matter what your personal history,
age, background or race,
No matter what your own self image or self-esteem.
You are invited, welcomed, accepted, loved,
and respected at St. Mary Magdalene Church!
We are so happy to have you here!



Mass Intentions

Saturday, January 18

7:45 AM - Intentions of Sanjuana Luera
5:30 PM - Richard Derenthal✠

Sunday, January 19

7:00 AM - Albert Malchiodi✠
9:00 AM - Parishioners of St. Mary Magdalene
11:00 AM - Doug Wagner✠
6:00 PM - Nancy Luccese✠

Monday, January 20

9:00 AM - Michael & Bridget Brady✠

Tuesday, January 21

7:45 AM - Mike & Agnes Flavin✠

Wednesday, January 22

7:45 AM - Jennifer Hurlow-Paonessa

Thursday, January 23

7:45 AM - Intentions of Jesse Almaguer

Friday, January 24

7:45 AM - Aida & Harry Bucon

Saturday, January 25

7:45 AM - Deacon Mark Bucon
5:30 PM - Bob Glenn✠

Sunday, January 26

7:00 AM - Bob & Steve Wise✠
9:00 AM - Mai Evanko✠
11:00 AM - Parishioners of St. Mary Magdalene
6:00 PM - Jan & Dick LeCren✠

Our Liturgical Music

Sunday, 7, 9, & 11:00 a.m. Masses

Processional Hymn: RS 809 - *I Danced in the Morning*
Gloria: *Mass of Remembrance*
Responsorial Psalm: RS 57 - Psalm 27: *The Lord is My Light*
Hymn of Presentation: RS 807 - *You Walked Along Our Shoreline*
Communion Hymn: RS 817 - *Lord When You Came*
Recessional Hymn: RS 799 - *City of God*

Sunday, 6:00 p.m. Mass

Processional Hymn: BB 111 - *When Jesus Came to Be Baptized*
Gloria: *Mass of Creation*
Responsorial Psalm: BB pg. 62 - Psalm 27: *The Lord Is My Light*
Hymn of Presentation: BB 373 - *Here I Am, Lord*
Communion Hymn: BB 337 - *Behold the Lamb*
Recessional Hymn: BB 522 - *Now is the Time*

Second Sunday in Ordinary Time A Scriptural Reflection

Lamb of God

A lamb was a familiar image for Jewish people in Jesus' day. It was part of the Jewish tradition that lambs be slaughtered for sacrifice, as a way for the people to return to God after they had separated themselves through sinfulness. Of course, Jesus reminded his disciples of this sacrifice at the Last Supper. His actions at that meal would forever bind his followers to the sacrifice he made for each of us. Jesus had become the new Passover Lamb.

John the Baptist recognized Jesus as this sacrifice. Upon his approach, John proclaimed Jesus the "Lamb of God." Having already seen the Spirit come down on Jesus, John knew that was the sign by which God had promised to indicate the chosen One. While it would remain unclear exactly what it meant to be the Lamb of God until after the Passion and Resurrection, John knew that this was the most fitting title for the one who approached him on that day at the Jordan River.

In Service of the Lamb

We will grow only in service to one another. We may each be individuals feeling at times that we work alone, but in reality, as Paul explained to the Corinthians, we are united. We are united in God by the power of the Holy Spirit, through Jesus Christ, the Son of God. In our humanity, we may not be able to give as completely as Jesus did, but we strive nevertheless to carry one another in humble service. Through our obedience to God's will, we proclaim to the world Jesus' message of love for even the least by our words and actions as we lift up our brothers and sisters. As we find strength in the Gospel message and in the many exemplary lives of those who have gone before us, the service that we offer to others is truly that of Jesus himself, the Lamb of God.


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Readings for the Week

Monday: 1 Sm 15:16-23; Ps 50:8-9, 16bc-17, 21, 23; Mk 2:18-22
Tuesday: 1 Sm 16:1-13; Ps 89:20-22, 27-28; Mk 2:23-28
Wednesday: 1 Sm 17:32-33, 37, 40-51; Ps 144:1b, 2, 9-10; Mk 3:1-6, *or any of a number of readings for the Day of Prayer*
Thursday: 1 Sm 18:6-9; 19:1-7; Ps 56:2-3, 9-13; Mk 3:7-12
Friday: 1 Sm 24:3-21; Ps 57:2-4, 6, 11; Mk 3:13-19
Saturday: Acts 22:3-16 or Acts 9:1-22; Ps 117:1bc, 2; Mk 16:15-18
Sunday: Is 8:23 — 9:3; Ps 27:1, 4, 13-14; 1 Cor 1:10-13, 17; Mt 4:12-23 [12-17]



Religious Education

 Welcome back! Our classes resume this Sunday, January 19th from 10:15-11:30 a.m.

Martin Luther King Day Observation

In observance of Martin Luther King Day, the Parish Office will be closed on Monday, January 20th. **Morning Mass will be celebrated at 9:00 a.m.**



On behalf of CCSA, thank you to all who brought in this month's 'special' items!

Your Gift of Treasure for the Weekend of January 12, 2020

With gratitude for the gifts we have received, parishioners and visitors made a joyful return to the Lord of the following:

eGiving:	\$16,622.00
Plate:	\$ 1,949.00
Envelopes:	\$ 3,347.00
Total Offertory:	\$21,918.00
Budgeted Income:	\$12,745.88
Difference:	\$ 9,172.12
YTD Budget vs Collection	\$ 7,051.13
Registered Families:	1739
eGiving Families:	183
Envelope Families:	197

Average Budgeted Income is the minimum amount needed each week for ministries & maintenance of our parish (liturgies, sacraments, utilities, repairs, ongoing maintenance, and salaries & benefits for our staff. Does not include major projects.)

2020 Calendars are available in the vestibule of the church.



On the face of it, Jesus' baptism by St. John the Baptist would seem to have been unnecessary. At least, that's how it seemed to John. The baptism he proclaimed, as we heard in Advent, was a baptism of repentance for those who acknowledged their sins. Matthew 3 tells us that John objected that Jesus ought to be baptizing him, rather than the other way around, for he recognized that Jesus had no sins for which to repent.

But Jesus insisted, "Allow it now, for thus it is fitting for us to fulfill all righteousness." In order to achieve God's saving plan for humanity, Jesus needed to identify himself with us sinners.

But there is a difference between the baptism St. John performed at the Jordan River and the sacrament of Baptism established by Jesus after his Resurrection. The baptism of the Baptist was a public admission that one was a sinner and a declaration of repentance but in itself did not provide the hoped-for forgiveness. After Jesus' Crucifixion as the sacrifice for our sins and his Resurrection as a triumph over the powers of death, the baptism he instituted conveys the grace that effects what it symbolizes.

What difference does this make to us? It makes all the difference in the world! Having been reborn as God's adopted children through Baptism, we also share in the power that the Holy Spirit gives. We're not to let anyone, least of all ourselves, confuse us with Jesus Christ himself. But walking in newness of life, we are called to imitate Jesus and go about doing good.

And that is the key to good stewardship. Walking in newness of life means that we view every aspect of our situation – our job, our family, our community – in a different way than those who live with themselves as the centers of their life. And in response to this new life, we use our time, our talent, and our treasure for doing good as the Father's beloved children.

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If you have a loved one who is incapacitated and cannot attend Mass and would like to receive the Holy Eucharist at home, please contact the parish office at (619) 276-1041 or Deacon Ralph at (858) 776-7151.



St. Mary Magdalene
YOUTH MINISTRY

There will be NO HIGH SCHOOL YOUTH GROUP this Monday, January 20th in observance of Dr. Martin Luther King Jr. Day. We will meet again on Monday, January 27th.

CALLING ALL HIGH SCHOOL ARTISTS (and aspiring artists and even non-artists): The University of San Diego's Center for Catholic Thought & Culture is hosting a fun gathering that will give Catholic high school teenagers the chance to share their vision for the future of our church in a unique way. Participants will have the opportunity to provide their input and also create or co-create pieces that symbolize their hopes for the church using visual art, video, music, poetry, and other creative expressions. Refreshments will be served. Youth and leaders are encouraged to attend the 6 p.m. Mass together at Founders Chapel on the University of San Diego campus afterward. This event is part of the Future of Faith Series designed to encourage discussion and input from women and youth who are often not represented and heard from in other church forums. The event will take place on Sunday, January 26th from 2:00 - 6:00 p.m. at USD and Jessica will be facilitating one of the small groups! If you're interested, contact Jessica for more information!

For more information on
St. Mary Magdalene Youth Group events,
contact Jessica Brophy, Director of Youth Ministry
(619) 276-6814; youthministry@stmarymagonline.org

Remember to Support Our Advertisers!

The JS Paluch Company arranges for the bulletin to be supported through the generosity of the businesses that you see advertised on the back cover. Most of these advertisers are members of our local community, and many belong to our parish.

**COFFEE & DONUTS ARE SERVED
EVERY SUNDAY AFTER THE
7 & 9 A.M. MASSES**

*Join your fellow parishioners in
the Conference Room
for coffee & conversation!*



Memorials

Please pray for the repose
of the soul of

Magdalena Penuelas

May her soul, and the souls of
all the faithful departed,
through the mercy of God,
rest in peace. Amen.

**Eucharistic Adoration: Every Friday, 1 - 5 p.m.
In The Blessed Sacrament Chapel**

During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist. By worshipping the Eucharistic Jesus, we become what God wants us to be!



Like a magnet, the Lord draws us to Himself and gently transforms us.

Prayer List for Deployed Military

As a faith community let's pray for all those
who serve our country during these troubled times.
We pray especially for those of our parish who are
deployed or will soon be deployed:

- Dr. Ashley Cirillo
- Lynn Doras
- Philip Ho
- Daniel Mateos
- Joseph Nason
- Nilbert Ng
- Elizabeth P.
- Michael Piano
- Michael Preston
- Sebastian Paloma
- Jorge Ramirez
- Miguel Valverde

*Almighty God, be their constant companion and
strength in every adversity. May they always
experience your presence, love and comfort.*

**If you have a friend or relative who is serving
in our military, please contact the Parish Office.**



Three Techniques To Calm Anxiety

The next time anxiety rears its head, consider the following calming techniques:

1). **Focus on how the feelings will change.** Feelings are fluid and inevitably change. When disturbed by anxious feelings, think about what your feelings will be once you start to feel better again. Expect change. Write those new feelings down. For example, "when my feelings change, I expect to feel calm and level headed again". Give yourself a template. Imagine what the very first little sign of improvement might be. (Maybe noticing my breath is slower and my shoulders are relaxed). Feelings always shift and all good self-help interventions help us to change expectations.

2). Anxiety is a fight/flight/flee/freeze survival response, but is sometimes activated when it is not needed, e.g., when there is not a threat at all. **We can train our anxiety to be selective and behave itself by giving it feedback.** Let it know, "Thanks, but you're not needed right now". Anxiety takes its lead from what we do and if we act in a way that we would not act in a real emergency, we're giving the anxiety the message to back off. During an emergency we wouldn't talk softly, smile, salivate (as in preparing to eat), breathe deeply or assume an open body posture. If we adopt some of these behaviors when we're feeling stressed, then we're altering the feedback loop. We're sending feedback to the sympathetic nervous system...the fear response center...that all is fine. We can tell ourselves, **if there was a real threat I wouldn't be talking normally, salivating, breathing calmly, eating etc.** Doing these activities, or imagining that we're doing them, can shut off the cascade of anxiety.

3). **Catch the underlying assumption and chase down the logical conclusions.** Anxiety is always about the future – what will happen in a moment, a day, or a week. Anxiety = fear about a consequence. So if we ask ourselves what is the consequence of the thing we fear... we can probably blow holes in our fearful conclusion. For example, I may fear attending a party. (I'm afraid of meeting new people) What's the consequence of that? (They may not like me). And then what? (I'll feel upset and unlikeable). How will I deal with that? (I'll remember people who DO like me.) I'll soon forget about my fears.

To conclude:

1). Thoughts shape feelings, but strong feelings also shape thoughts. We can directly help lift and calm feelings so thoughts fall into line with calmer emotionality.

2). Working to reframe thoughts can be useful.

(Continued next column)

Lectors & Extraordinary Ministers of the Eucharist

Schedule: January 25th & January 26th

Saturday, 5:30 p.m.

Lectors:

Richard & Mary Roy

Extraordinary Ministers of the Eucharist:

Michael Lynch, Gerry Shipp, Gerri Dunham, Robert Saffian, Bonnie Segerstrom, Sandy Vargas, (1) volunteer needed

Sunday, 7:00 a.m.

Lectors:

Cyril Flavin, Mary Ellen Dellefield

Extraordinary Ministers of the Eucharist:

Philip Archuleta, Katherine Malchiodi, Ursula Siesel, Mary Lytle, Carrie Layton, (2) volunteers needed

Sunday, 9:00 a.m.

Lectors:

Bevin Melody, Lisa Danaher

Extraordinary Ministers of the Eucharist:

Annette Hallahan, Anita Everson, Diane Crane, Marianne Forsyth, Charlotte & Jerry Chouinard, Patty Flynn, Cheri Turner, (3) volunteers needed

Children's Liturgy:

Alex Wamer

Sunday, 11:00 a.m.

Lectors:

Anne Williams, Ann Gomez

Extraordinary Ministers of the Eucharist:

Carol McCauley, Virginia Butterfield, Tony Antonio, Mary Ekstrom, Maria Trapasso, (2) volunteers needed

Sunday, 6:00 p.m.

Lectors:

Melissa Cohen, Anthony Podegracz

Extraordinary Ministers of the Eucharist:

Patty Chouinard, Jason Garcia, Scott Werner, Kathi Amarillas, Deirdre Bretney, Rachel & Jeremy Freeman

Children's Liturgy:

Cheryl Gustafson

(Behavioral Health Ministry Continued)

3). Feelings always change. Focus on how we expect any current unpleasant feelings to change. This alone can bring about the very expectation we've imagined.

4). We can teach ourselves to alter our behavioral feedback so as to send the message to our sympathetic nervous system: "Nothing to report here, no emergency." Just knowing this is possible can help us feel more secure and confident.

5). We can enable ourselves to catch underlying false assumptions and follow logical conclusions to think about how we would actually survive—even thrive—if the "worst" did happen. (But it won't!)

Alzheimer's Disease Presentation

The Behavioral Health Ministry is sponsoring a presentation entitled, **"Ten Warning Signs of Alzheimer's Disease"** on **Thursday, January 30, 2020** from 6:30 - 7:30 p.m. in the St. Francis Room. Join us.

* Community Announcements *

St. Augustine High School Entrance Exam

What?	St. Augustine High School Entrance Exam
When?	Saturday, January 25, 2020 at 8:30 a.m.
How?	Prior registration at sahs.org , walk-ins welcome on the day of the exam
Questions?	Contact Paul Sipper, Director of Admissions at psipper@sahs.org
Why?	At Saints we accept boys who want to change the world and graduate young men who do!

Tessera in Culture of Life Ministry Certificate Program

The Diocesan Institute is offering **Tessera in Culture of Life Ministry**, a certificate program that includes five courses and 30 hours of practical skills for Culture of Life leaders and interested parties who want to learn the theological background and Catholic Social Teaching principles regarding human life and dignity. The courses are in English and Spanish. The first course **begins on January 29th**. Go to www.sdatholic.org/office-for/life-peace-and-justice for more information.

Parish Ministry Contacts

ALTAR SERVERS Mary Kay Evanko (619) 276-1041	LAYETTE MINISTRY Marianne Forsyth (619) 885-1083	Secretary Karen Lynch (858) 571-5657
ANNUAL CATHOLIC APPEAL Parish Office (619) 276-1041	LECTORS Mary Kay Evanko (619) 276-1041	Social Outreach Position Available (619) 276-1041
BAPTISM PREPARATION Rectory (619) 276-1041	MARRIAGE PREPARATION Rectory (619) 276-1041	Staff Representative Mary Kay Evanko (619) 276-1041
BEHAVIORAL HEALTH MINISTRY Rita McCreary (619) 276-6805	MOM'S CATHOLIC BOOK STUDY Diane Kenney diane.kenney@att.net	PRAYER NETWORK Renee Luna (858) 243-6077
BIBLE STUDY Jo Wise (619) 276-8919	MUSIC MINISTRY: Sunday 9 a.m. Traditional Choir Mary Kay Evanko (619) 276-1041	PRO-LIFE Gerry Barlow (858) 342-9521 Margie Gallego (619) 275-3966
BINGO Patty Chouinard (858) 829-7005	Sunday 6 p.m. Contemporary Choir Carole LeCren (619) 276-1041	R.C.I.A. (Rite of Christian Initiation for Adults) Parish Office (619) 276-1041
CHARISMATIC PRAYER GROUP Parish Office (619) 276-1041	Resurrection Chorale Mary Kay Evanko (619) 276-1041	RELIGIOUS EDUCATION Rachel Freeman (619) 276-1248
CHILDREN'S LITURGY OF THE WORD Rachel Freeman (619) 276-1248	Children's Choir Mary Kay Evanko (619) 276-1041	ROSARY MAKERS MaryAnn Armijo (858) 292-0080 Yvette Tomcek (619) 913-8858
CHURCH CLEANING Parish Office (619) 276-1041	PARISH COUNCIL President Father Stephen McCall (619) 276-1041	SACRISTANS Nancy MacLean (619) 250-0900
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FINANCE COUNCIL Chair Father Stephen McCall (619) 276-1041	Education Denise Mayer (619) 990-2312	YOUTH MINISTRY Jessica Brophy (619) 276-6814
Co-Chair Clair Southgate (619) 276-3927	Liturgy & Spirituality Gerry Thompson (619) 275-2264	
	Marriage & Family Life Peggy Skiano (858) 776-7152	

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	DIVINE MERCY Joe & Carol Pallazola (619) 276-6637	

Bulletin Number
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Special Instructions