



*Praying for
all Fathers
throughout
the month of
June!*

ST. BARNABAS CATHOLIC CHURCH

3955 ORANGE AVE., LONG BEACH, CA 90807 | 562-424-8595 | STBARNABASLB.ORG



REV. ANTONY GASPAR |

Pastor

REV. BERNARD SANTIAGO

Associate Pastor

The kingdom of God

is like a mustard seed
that is the smallest
of all the seeds.
But once it is sown,
it springs up
and becomes
the largest of plants.

Mark 4:31-32



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Eleventh Sunday in Ordinary Time • June 13, 2021

2021



YEAR OF ST. JOSEPH

PARISH OFFICE:

OFFICE #: 562-424-8595

E-MAIL: CHURCH@STBARNABASLB.ORG

OFFICE HOURS:

Monday-Saturday: 9:00am-5:00pm

Sunday: 8:00am-2:00pm

CONFESSIONS BY APPOINTMENT ONLY.

CALL OR E-MAIL TO BOOK TIME SLOT. (Walk-ins okay, appointments take priority)

INFANT BAPTISMS: baptism@stbarnabaslb.org

WEDDINGS: Inquire at least 6 months in advance

ANointing OF THE SICK: Contact Office to arrange visit

PARISH MINISTRIES: Visit our website for contact listings

All other inquiries, please call or E-mail the Parish Office.

IN-PERSON MASS SCHEDULE

Monday - Saturday	7:00 am	Church
SUNDAY	7:00 am 8:00 am 9:00 am	Church Parking Lot Church

LIVE-STREAM MASS/ONLINE ZOOM

Monday - Saturday Tuesday Wednesday	7:00 am 7:30 am 7:30 am	Facebook & YouTube St. Joseph Novena Perpetual Help Novena
SUNDAY	9:00 am	Facebook & YouTube
Thursday	7:00pm-8:30pm	Bible Study Sessions via online Zoom
1st Tuesday of the month	7:00pm-8:00pm	Reflection Talks via online Zoom
1st Friday of the month	7:30am-10:00am	Eucharistic Adoration

PARISH MISSION STATEMENT

"We, the Catholic Community of St. Barnabas Parish, are a people formed by Christ, called in Baptism and united in the Eucharist; we continue the mission of the Church in the world through Prayer, Apostolic Works, Evangelization, and Christian Stewardship."

Good News!

June 13, 2021

Eleventh Sunday in Ordinary Time (B)
 Ez 17:22-24; 2 Cor 5:6-10; Mk 4:26-34

To What Shall We Compare the Kingdom of God? Today's readings are rich with answers to this question posed in Mark's Gospel. The prophet Ezekiel selects the metaphor of a cedar tree. Like such a tree, the kingdom of God begins as a tender shoot planted on a high mountain where it can grow unimpeded by other growth. There it will grow tall and firm, boasting many branches, rich with fruit, the home to various species of birds. The Gospel writer chose another metaphor—that of a small seed. This parable characterizes the inconspicuous nature of the kingdom's origin. We may not see it in the beginning because it is so small and surrounded by soil, but it contains within itself the force of life that someday will burst forth into a rich harvest.

The mustard seed is a special kind of seed. Today's Gospel calls it "the smallest of all the seeds on the earth" (Mark 4:31). However, following the pattern of growth that is hidden in the core of its being, it also brings forth one of the marvels of nature, producing "the largest of plants" (Mark 4:32). Metaphors also underscore the fact that these seeds must first transform, lose the appearance of a seed in order to rise, filled with the mysterious character of its growth. All of this happens quietly, unpretentiously, as if under the cover of night.

These are very moving metaphors, quite easy to understand and envision. However, the reality for which the metaphors stand is sometimes very difficult to realize because of human selfishness. Still, it is God's tree, God's seed, God's kingdom, and it is God who declares: "As I, the LORD, have spoken, so will I do!" (Ezekiel 17:24).

Sr. Dianne Bergant, CSA

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FAKE TEXT MSG/SPAM E-MAILS

If you received a text message or E-Mail claiming it's from Fr. Antony or Fr. Bernard, asking for money, gift cards or asking for your help, **THIS IS A HOAX! PLEASE IGNORE THIS NEW E-MAIL FROM: revfaith70@gmail.com (pretending to be from Fr. Antony)** Do not reply to them and immediately delete it. Alert the Parish Office if you receive any other fake messages, so we can flag it. Thanks for your cooperation.

PARISH REGISTRATION

We encourage you to register as a Parishioner. To be an "Active" member at our Parish, is to participate in the life of prayer and stewardship. Being a parishioner enables a person to be eligible to sponsor a child for Baptism, to receive financial aid for Catholic Education, to be Married in the Parish, book a Funeral/Memorial Mass and to prepare one's children for the Sacraments. All adults over the age of 21, living with their parents or on their own, are encouraged to register as well. Visit our website to register!



Text the word "ENROLL"
to 562-330-1646



membership.faithdirect.net/CA794

FINANCIAL BLESSINGS

5/30/21: \$ 4,196.00
 6/6/21: \$ 3,571.00

Faith-Direct
 Bi-Weekly
 Contribution: **\$ 7,034.22**
 Period: 5/1 – 5/15

Thanks for your prayerful giving. Your donation supports the operations of our Parish Community.



**Monthly Flower
 Donors for
 Tabernacle &
 Blessed Mother:**

Lito & Alice Samia
 June 12-26

Altar Flower Sponsor:

No Sponsor this week.

If you would like to sponsor,
 please email:
church@stbarnabaslb.org

ST. BARNABAS SCHOOL

Office: (562) 424-7476

Fax (562) 981-3351

3980 Marron Avenue
 Long Beach, CA 90807

Principal: Jennifer Kellam
jkellam@stbarnabas.school
www.school.stbarnabaslb.org

**RELIGIOUS EDUCATION
& CONFIRMATION**

Office: (562) 988-6855

1130 Marshall Place
 Long Beach, CA 90807

(Office located upstairs of Parish Center)

Rel Ed Coordinator: **Juan Rodriguez Jr.**
 562-341-7772 cell/text
religiouseducation@stbarnabaslb.org

Confirmation Coordinator:
Emmanuel Magallanes
 213-948-7762 cell/text
confirmation@stbarnabaslb.org

MARK YOUR CALENDAR

6/14: Flag Day
 6/19: Juneteenth
 6/20: Happy Father's Day
 6/26: Drive-thru Food Event/10a



Flag
Day

WEEKLY MASS INTENTIONS**Sunday, June 13th**

All names on Father's Day list; Claire Magpantay Adams; Erié O. Mercado Jr.; Bill & Connie Dobberpuhl, Pasamonte & Ponce Family; Marie Melanie Amon; CANA Ministry; Bill & Connie Dobberpuhl; Rogelio Paguirigan; +Antonio Fabon Sr.; +Elisa Sanjongco; +Peter Fernandes; +Amelia Chua; +Horacio Tadique Sr.; +Carlito S. Aquilo; +Jose Hidalgo;

Monday, June 14th

All names on Father's Day list; Priscilla & Ayla Castro; Connie Torres; Cesar Cudal; Reynaldo Magpale; All High School Graduates;

Tuesday, June 15th

All names on Father's Day list; Intentions of Pope Francis; Stacey Jischke; Rasheedah Polk; +Rommel Abrogar;

Wednesday, June 16th

All names on Father's Day list; OLPH Devotees; All College Graduates; +Christina Villarin Sachuk; +Rosenda Aguinaldo;

Thursday, June 17th

All names on Father's Day list; Joe Ahle; Brandon Beck; Marlee Nino Franco; +Pete Torres; +Robert Ahle; +Charlie T. Villegas Sr.

Friday, June 18th

All names on Father's Day list; Bryan McKim; Fr. Steephén Viblan; +Paz Atienza; +Leonor Vergel De Dios;

Saturday, June 19th

All names on Father's Day list; Juneteenth; African American Catholics; Wendy Corona; Robbie Rogan; Gilbert Topete; Everado Canchola; Rowena G. Gabrillo; +Jose Luis Perez-Rodriguez; +Hector Gonzalez;

Sunday, June 20th (Father's Day)

All names on Father's Day list; Nelson & Christopher Gomez; Chris Sarmiento; Christopher & Michael Legaspi; Harry & Ryan Sibayan; Wilson Panickaveetil; +Florentina Caballero; +Bonifacio & +Hermenia Avancena; +Edita Z. De Leon; +Marlene Reyes; +Francis Poblete; +Augusto M. Pasamonte; +Jose Luis Perez-Rodriguez; +Ignacio Binarao; +Menandro Legaspi; +Arnulfo Pacis; +Dante & Beatriz Unas; +Primitivo & +Marcela Cahilig; +Antonina Cabuquas; +Amelia Chua

*Book your Mass Intentions via Website, E-mail or by phone. (+ indicates deceased)
 Mass Intentions will be read at ALL Masses. Send requests at least 2 weeks in advance*

PRAY & REMEMBER WHO HAVE DIED

Angelita C. Horton
 Sacramento Rodriguez
 Rolando C. Javier
 Ellen Wong-Gomez

Paz Atienza

**TODAY'S READINGS**

First Reading — I have lifted high the lowly tree (Ezekiel 17:22-24).

Psalm — Lord, it is good to give thanks to you (Psalm 92).

Second Reading — Whether we are at home or away, we aspire to please the Lord (2 Corinthians 5:6-10).

Gospel — It is the smallest of all seeds, and becomes the largest of plants (Mark 4:26-34)

The English translation of the Psalm Responses from the *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday: 2 Cor 6:1-10; Ps 98:1, 2b, 3-4; Mt 5:38-42

Tuesday: 2 Cor 8:1-9; Ps 146:2, 5-9a; Mt 5:43-48

Wednesday: 2 Cor 9:6-11; Ps 112:1bc-4, 9;

Mt 6:1-6, 16-18

Thursday: 2 Cor 11:1-11; Ps 111:1b-4, 7-8; Mt 6:7-15

Friday: 2 Cor 11:18, 21-30; Ps 34:2-7; Mt 6:19-23

Saturday: 2 Cor 12:1-10; Ps 34:8-13; Mt 6:24-34

Sunday: Jb 38:1, 8-11; Ps 107:23-26, 28-31;

2 Cor 5:14-17; Mk 4:35-41

NEW PRAYERS FOR HEALING...

Ken Augustine, Connie Edwards, Mary Pearson, Betty Chrysler, Dolores Beck, Kathy Wachter, Josh & Pam Batovsky, Sherrie & Heather Wren, Elizabeth N. Gabrillo, Florencio "Junn" P. Gabrillo Jr., Lorna Declines, Mario Visperas, Natividad S. Fernandez, Sue Ann E. Tumakay, Cesar Giron, Robert Carambelas, Augusto David, Ramon Rocha, Ann Bechen, Marge Williams, Jason, Marika & Alex Saliba, Pam Smith, Celia Lim, Maggie Gallo, David, Gloria Tongol, Hector Gustilo, Christina Castro, Marilee Silva, Maria Delgado, Grace, Rose de los Reyes, Tom Chadwell, Richie & Rosemaria Ochotorena, Mary Agnes, Nelia Estrada, Jessica Ramos, Flora Capile, Mateo Leyva, Annie Lou Herron, Ray Martinez, Barbara Hendron, Roxann Batozsky, Alvino Jauregui, Gerry Johnston, Frank M, Jim Smith, Jessie Siegert, Michelle Sibala, Sonia Sibala, Eric McDonald, Helen Strong, Richard Bourque, Shereese Clark, Leda Wong, Miguel Angel Huidor-Figueroa, Yolanda Huidor-Lopez, Emmanuel Huidor-Lopez, Daniel Xavier Huidor, Maricela Huidor-Figueroa, Zayra Ekoki, Rose Rodrigo, Ed, Kaleb, Bonnie, Garrison, Martha Pech, Tina Quinn

PARISH & MINISTRY NEWS

FATHERS DAY PRAYER LIST

Honor your loved one by adding him to our special prayer list, that gets featured at the Altar! We will be honoring them the entire month of June. Please email his name to church@stbarnabaslb.org or call the Parish Office at: (562) 424-8595.

TOGETHER IN MISSION

We will begin collecting this weekend!!!

Due to the circumstances caused by the pandemic in 2021, the Archdiocese of Los Angeles leadership has decided to reduce the Together in Mission 2021 "Forward with Faith" Annual Appeal to a single weekend. **OUR PARISH GOAL: \$60,867.00**

MASS INTENTIONS

If you would like to offer a Mass for a loved one, please e-mail the Parish Office, ATTN: MASS INTENTIONS at: church@stbarnabaslb.org, or fill up the Mass Intention Request Form on our Website. Pay thru Faith Direct online (\$10/a Mass) or you can mail or drop-off in our office mail slot. Please request dates at least 2 weeks in advance, and to be included in the digital bulletin. **Last-minute requests are not guaranteed, due to limited office hours & printing on time for Sacristy.**

Visit this link directly:

<https://stbarnabaslb.org/mass-intentions/>

LOOKING FOR A "SPANISH-SPEAKING" VOLUNTEER TO JOIN OUR WEDDINGS & QUINCEANERAS MINISTRY

We are in need of a "Spanish-speaking" person, to join our Weddings and Quinceañera Coordinating Team. Contact Deb Ryan at: 562-209-2458, or e-mail: dryandesign@yahoo.com for more information.

WANT TO BECOME CATHOLIC?

Interested in the Catholic faith and want to know more? Are you Catholic, but have never been Confirmed? Are you from another denomination and what to explore and embrace the Catholic Faith? Fall classes begin tentatively on AUGUST 23, 2021.

For more information, contact Andrea & Susana at **562-335-4429** or E-mail us directly at: StBarnabasRCIA@gmail.com to sign-up.



TOGETHER IN MISSION 2021



VISIT [TOGETHERINMISSION.ORG](https://togetherinmission.org) OR
TO TEXT 'FORWARD21' TO 213-397-0682
AND MAKE YOUR GIFT TODAY!

FR BERNARD'S BIBLE STUDY

EVERY THURSDAY NIGHT: 7:00PM - 8:30PM

Join Fr. Bernard's Bible Study Sessions every Thursday from 7:00pm-8:30pm. You can join thru your computer or phone by visiting this link:

<https://zoom.us/j/99174147604>

Meeting ID: 991 7414 7604

Password: 3955



BIBLE STUDY

For more info, visit our webpage:

<https://stbarnabaslb.org/bible-study/>

Join our Bible Study Group's Facebook page:

[Facebook.com/groups/biblestudy1b](https://facebook.com/groups/biblestudy1b)

Mobile: +1-669-900-6833, 99174147604#, #, 3955#

KNIGHTS KORNER



We have wheelchairs available for donation for the needy, who may need one. This is sponsored by our Knights of Columbus. If you or anyone you know who may be interested and in need of a wheelchair, please contact Grand Knight: Joe Ahle at 562-708-6542

CONGRATULATIONS

Wedding Anniversaries for the Month:

Jay & Jean Ponce 6/6
 Antonio & Lourdes Montuya 6/7 (73yrs)
 Erie Jr. & Joy Mercado 6/21
 Chris & Aurora Sarmiento 6/27 (45yrs)



Email us Names, year you're celebrating, along with your Wedding Anniversary date to:
church@stbarnabaslb.org

SPIRITUAL COMMUNION PRAYER

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 in my soul.

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart.

I embrace you as if you were already there and unite myself wholly to you.

**Never permit me to be separated from you.
 Amen.**

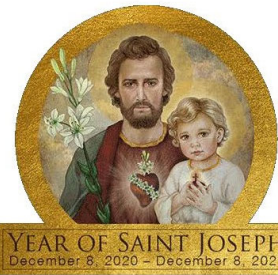
Regina Cœli

Queen of heaven, rejoice,
 alleluia.
 For He, whom thou
 didst merit to bear,
 alleluia.
 Has risen, as He said,
 alleluia.
 Pray for us to God,
 alleluia.
 Rejoice and be glad,
 O virgin Mary,
 alleluia.
 For the Lord has truly risen,
 alleluia.

Let us pray.
 O God, who gave joy to the world
 through the resurrection of Thy son,
 our Lord Jesus Christ,
 grant we beseech Thee,
 that through the intercession
 of the virgin Mary,
 His mother, we may obtain
 the joys of everlasting life.
 Through the same
 Christ our Lord.
 Amen

Anastasia/19

PRAYER TO SAINT JOSEPH



**JOIN US EVERY
 TUESDAY AFTER
 7AM DAILY
 MASS FOR OUR
 NOVENA TO
 ST. JOSEPH**

Prayer to Saint Joseph

To you, O blessed Joseph, / do we come in our afflictions, / and having implored the help of your most holy Spouse, / we confidently invoke your patronage / for our spiritual well-being.

Through that charity / which bound you to the Immaculate Virgin Mother of God / and through the paternal love with which you embraced the Child Jesus, / we humbly beg you to graciously regard / the inheritance which Jesus Christ has purchased by his Blood, / and, with your power and strength / to help us in our necessities.

O most watchful guardian of the Holy Family, / defend and protect our families, / the chosen children of Jesus Christ, / from all evils; / O most loving father, / keep us away from all forms of false teachings / and corrupting influences / that seek to destroy the Sanctity of human family; / O our most mighty protector, / be kind to us, / and from heaven / assist us in our struggle against the power of darkness.

As once you rescued the Child Jesus from deadly peril, / so, now protect God's Holy Church / from the snares of the enemy / and from all adversity; / shield each one of us by your constant protection, / so that, / supported by your example and your assistance, / we may be able to live as pious children of God the Father; / bear witness to your foster Son Jesus faithfully / by living a virtuous life; / and, at last to die in holiness, / and to obtain eternal happiness in heaven. / Amen!

(Adapted from the prayer composed by Pope Leo XIII in his 1889 encyclical, Quamquam pluries).

POPE'S PRAYER FOR PROTECTION



PRAYER TO THE VIRGIN MARY FOR THE PROTECTION FROM CORONAVIRUS

O Mary, you shine continuously on our journey as a sign of salvation and hope. **We entrust ourselves to you**, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. **Help us, Mother of Divine Love**, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and **deliver us from every danger**, O glorious and blessed Virgin.

Prayer by Pope Francis

dosp.org



Congratulations Class of 2021! **(June 6th)**

Thank you to Emmanuel Magallanes for preparing our Confirmation Students!

 Lisette Alvarez
 Isaiah Ameho
 Jaden Balajadia
 Lillian Bautista
 Mandy Adrian Bautista
 Isaac Betancourt
 Spencer Boggs
 Mason Calimquim
 Cristian Castro
 Karinne Catamisan
 Reena Lynne Catanyag
 Emily Chavez
 Emiliana Paz Dar Santos
 Gavin De Leon
 John Ruther Delos Santos
 Sasha Diaz
 Caiden Elorza
 Carlos Elorza
 Aidan Guevara
 Mya Hernandez
 Celeste Ignacio
 Madison Kim
 Roman Lago
 Andres Leon
 Allison Letsinger
 Jeremy Loosmore
 Kriselle Madamba
 Natalie Magaña
 Vanessa Marquez
 Maritza Martinez
 Isaac Mays
 Cameron Medina
 Ashley Montes
 Valerie Moreno
 Sean Nolan-O'Brien
 Mateo Ortega
 Elena Ortiz
 Vanessa Peña
 Solaire Perez
 James Rocha
 Destinee Liana Romualdo
 Isabella Sanchez
 Amber Shanks
 Brandon Talob
 Aaron Tuvilla
 Nathalie Vazquez
 Pierce Watt



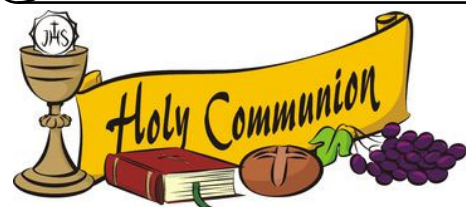
Sheriff Alex Villanueva
 Los Angeles County Sheriff's
 Community Advisory Council presents:

Drive-Thru Food Distribution Event

Saturday, June 26, 2021
10:00 a.m.—12:00 p.m.
St. Barnabas Catholic Church
3955 Orange Ave
Long Beach, CA 90807

Community Sponsors:

Heart of Compassion Food Bank, Kalayaan, CARSON, MABUHAY credit union, LASD Community Advisory Council, @LASDCAC, LASD Community Advisory Council.



**Congratulation to our students
 who received their 1st Holy
 Communion in May!**

**St. Barnabas School received on
 Sat. May 8, 2021**

**Religious Ed Students received on
 Sat. May 22, 2021**

SBS Summer School Entering Grades K-5

St. Barnabas School offers a Summer School program for students entering Kindergarten - 5th grade that will reinforce skills learned in both Language Arts and Math.

St. Barnabas' Summer School will be five weeks long. It will begin on June 14th and will run through July 16th from 8:00 am - noon, with no school on Monday, July 5th.

This year's theme is the Rainforest. We will also have a part of the day devoted to a specific area of focus:

Maker Monday- Students will unleash their creativity and meet challenges by making things, such as a boat, using everyday objects.

Thoughtful Tuesday- Students will be challenged with brainteasers, puzzles, and other challenges. We'll also discuss ways to be a thoughtful person.

Walking Wednesday- There will be a walking field trip each week to neighborhood establishments for fun, food, and refreshments.

Thinking Thursday- Part of Thursday's focus will be science experiments.

Fun Friday- Each week will have an appropriate craft/art project to go along with our Rainforest theme and our themed writing essay.

Please don't wait to register as our class sizes are limited. We will accept the first 30 students that are entering Kdg - 5th grade who register and pay before June 1st.

CALL THE
SCHOOL OFFICE:
562-424-7476

If you have any questions, please contact Mrs. Mueller or Miss Marquez via Schoolspeak email, or you may leave a message with the school office.

STUDENT NON-DISCRIMINATION POLICY

The school, mindful of its mission to be a witness to the love of Christ for all, admits students regardless of race, color, national origin, and/or ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. The school does not discriminate on the basis of race, color, disability, medical condition, sex, or national and/or ethnic origin in the administration of educational policies and practices, scholarship programs, and athletic and other school-administered programs, although certain athletic leagues and other programs may limit participation and some archdiocesan schools operate as single-sex schools. While the school does not discriminate against students with special needs, a full range of services may not always be available to them. Decisions concerning the admission and continued enrollment of a student in the school are based upon the student's emotional, academic, and physical abilities and the resources available to the school in meeting the student's needs.

Eleventh Sunday
in Ordinary Time
June 13, 2021

They that are planted
in the house of the LORD
shall flourish in the courts of our God.

—Psalm 92:14

ARCHDIOCESE NEWS

INTERESTED IN BECOMING A DEACON?

Diaconate Virtual Information Day

Hosted by the Diaconate Formation Office

Sunday, June 27, 2021

2pm—4pm

To register send your name, parish & pastor's name
to

Deacon Melecio Zamora at:

dmz2011@la-archdiocese.org



SAFEGUARD THE CHILDREN

Did you know? June 12-13 || Avoiding sexting and building healthy relationships

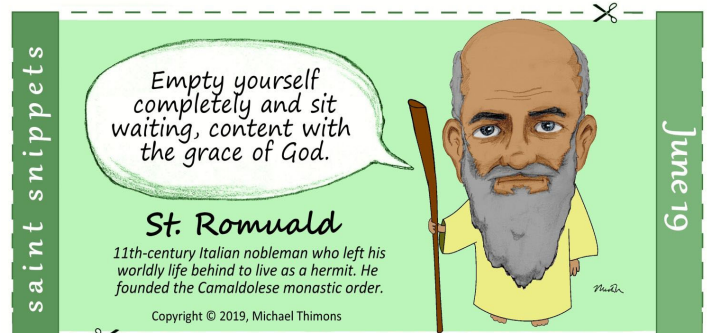
When teens start dating, they often feel pressure to keep up with their peers and to explore new romantic feelings. But these feelings, combined with teenage hormones and decision-making capabilities, can lead to some poor choices, including sexting. Sending nude images is dangerous and puts the sender and the receiver at risk. Photos can be shared instantly on cell phones and social media, and once out there, the images never go away. Talk to your teen about the consequences of sexting and the importance of building healthy relationships where partners respect boundaries and don't ask for explicit images. For more information, visit <https://www.missingkids.org/content/dam/netSMARTZ/downloadable/discussion-guides/your-photo-fate-discussion-guide.pdf>.

SAINTS AND SPECIAL OBSERVANCES

Sunday: Eleventh Sunday in Ordinary Time

Monday: Flag Day

Saturday: St. Romuald; Blessed Virgin Mary



MINISTRY OF THE MONTH

CANA AT ST. BARNABAS

The CANA Marriage Renewal Movement (otherwise known as CANA) was established in 1998 by Fr. Tony Astudillo, then pastor of Holy Innocents Church in Long Beach. CANA was initially known as “Tuklasan sa Panginoon.” Since then, CANA has grown close to seven hundred couples and spawned the establishment of other CANA communities in Walnut and as far away as San Diego.

When Fr. Tony was assigned to St. Lorenzo Church in Walnut, he caused a name change -- from “Tuklasan Marriage Spirituality and Family Ministry” to “CANA Marriage Renewal Movement” -- to emphasize the scriptural basis for his Theology of Relationships that underpins our CANA Marriage Spirituality, as well as to denote the deeper meaning and significance of this Marriage Spirituality Process. For all of CANA, the meaning of the CANA event (see John 2:1-11) is a deep, deep well from which we are invited to draw for the inspired response to the multitude of issues we encounter in the married state (which are, in fact, the necessary ingredients of the marriage relationship) and the labors that we engage in as a parish ministry.

CANA’s principal purpose is to make known, and for the couple to experience, the active presence of God in their relationship as husband and wife. The first CANA Retreat took place in May 1998 in Torrance, California. The retreat was conducted for ten couples by an “Ecclesial Team” from the Philippines. Thereafter, the new encountered couples were formally endorsed to the spiritual directorship of Fr. Tony Astudillo, who was then the Pastor of Holy Innocents Church in Long Beach. It was at Holy Innocents that CANA took its initial name of “Tuklasan sa Panginoon” (Pilipino or Tagalog for “Encounter with and in the Lord”). By God’s grace, Fr. Tony’s remarkable and untiring work with Tuklasan sa Panginoon produced more than 400 couples at Holy Innocents where he installed Tuklasan as the matrix of all parish programs and, as such, main implementor of significant pastoral initiatives.

When Fr. Tony was assigned to St. Lorenzo Church in Walnut, he caused a name change -- from “Tuklasan Marriage Spirituality and Family Ministry” to “CANA Marriage Renewal Movement” to emphasize the scriptural basis for his Theology of Relationships that underpins our CANA Marriage Spirituality, as well as to denote the deeper meaning and significance of this Marriage Spirituality Process.

Through the years, CANA has expanded, advanced, and made more relevant its practice of Marriage Spirituality as it applies to marriage and family relationships and the over-all parish ministry of Evangelization, Sanctification, and Transformation.

Most importantly, CANA believes that these activities must be centered on the Eucharist not only because marriage is truly made perfect in the Eucharist but, above all, that the Eucharist is the clearest and most comprehensible image of God’s own marriage covenant with His people. CANA calls us to the Eucharist, and as we live it, Eucharist becomes the hope and reality of who we are and must be by God’s merciful design and purpose as individuals, as married couples, and as a people: “BECOMING” and “BEING” Eucharist to others is the most basic means of loving and serving God at home, at work, in society, and in our parish community.

In 2018, Fr. Tony endorsed the CANA community of Long Beach and vicinities (still known locally as “Tuklasan sa Panginoon” or “Tuklasan”) to Fr. Antony Gaspar, pastor of St. Barnabas, who warmly welcomed CANA to the parish.

Dear Padre

June 13, 2021

I care for my mother, who has dementia. I was active in my parish, but now I hardly have a minute to spare for prayer, much less helping out at church. I’m getting very depressed. What should I do?

I have several ideas. First, make your prayer life part of your mother’s routine, and you’ll find it easier to fit prayer into your day. People with dementia find it soothing to listen to repetitive prayer, so consider praying the rosary aloud in her presence. Sometimes people with advanced dementia can still remember and recite the Our Father and the Hail Mary, so you could end up praying the rosary together. That would truly be a gift.

Next, try reading aloud Scripture stories from a youth Bible. They’ll be easier for her to understand than passages from an adult Bible, and you’ll get some time with God’s word.

Last, but absolutely not least, it’s important for you to be connected. If your parish has a parish nurse, he or she can help you find respite care, in which someone takes your place with your mom so you can get away for a while, or a caregiver-support group where you can talk with other people in your situation. If your parish doesn’t have a nurse, your diocese can give you the same information.

Remember, attending to your spiritual health doesn’t just help you—it helps your mother, too.

Fr. Patrick Keyes, CSSR

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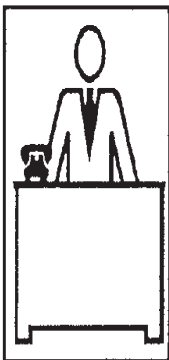
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