A silhouette of a person standing on a dark horizon, looking up towards a bright sunset sky. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon. A small, bright streak is visible in the upper right portion of the sky. The person's silhouette is dark and stands out against the lighter sky.

**“Make known to me your ways, LORD;  
teach me your paths.  
Guide me by your fidelity and teach me,  
for you are God my savior,  
for you I wait all the day long.”**

*~ Psalm 25:4-5*

## PRIEST'S INTENTIONS FOR MASSES

<b>Sun, Jan 24</b>	<b>THIRD SUNDAY in ORDINARY TIME</b>
3:30 pm	<i>Spec Int</i> Carmen Salendar
8:00 am	† Mark Steckbauer
11:00 am	† Janet Baker
3:30 pm	For the People of the Parish
<b>Mon, Jan 25</b>	<b>THE CONVERSION OF ST. PAUL, THE APOSTLE</b>
8:00 am	† Barbara Neddersen
<b>Tue, Jan 26</b>	<b>Saints Timothy and Titus, Bishops</b>
8:00 am	† Edward J. Maucere
<b>Wed, Jan 27</b>	<b>Weekday</b>
8:00 am	† Marion Broding
<b>Thu, Jan 28</b>	<b>Saint Thomas Aquinas, Priest, Doctor of the Church</b>
8:00 am	<i>Spec Int</i> Elizabeth Hilgeman; † Jan-nae Hilgeman; † Harley Hilgeman, Jr.
<b>Fri, Jan 29</b>	<b>Weekday</b>
	No Mass
<b>Sat, Jan 30</b>	<b>Weekday</b>
8:00 am	† Vince Renteria
<b>Sun, Jan 31</b>	<b>FOURTH SUNDAY in ORDINARY TIME</b>
3:30 pm	† Marion Broding
8:00 am	† Msgr. David Quitugua
11:00 am	† Ed Stevens
3:30 pm	For the People of the Parish

## Welcome to OUR LADY of GRACE!

Welcome to all who are joining us for the celebration of the Eucharist. There are many ways and parish organizations to participate in our life in Christ. See the directory on page 7.

We invite all who attend OLG to become registered members of our parish. Registration forms are available on the table in the main entry of the church or the parish office. Registration allows us to communicate and effectively provide for your needs. It is necessary for baptism, marriage, and godparent or sponsor certification.

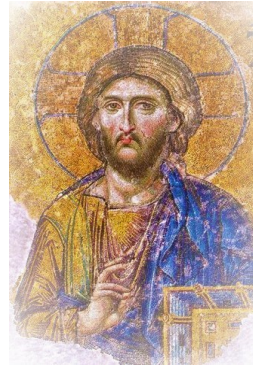
**Mindfulness of Others**—Please silence all devices and refrain from using them during the liturgy. The parish has a Children's Chapel located in the northwest corner of the church. Parents with restless children are welcome to make use of this chapel at any time during Mass should it be necessary. We ask that this chapel, like the church itself, remain free of food and drink.

**Allergies**—The first morning Mass of the Sunday or holy day will always be incense-free. The Sunday 11:00 am Mass will often include the use of incense.

## Invitation to the R.C.I.A.

Our Lady of Grace Parish welcomes all who seek to enrich their faith life and explore the possibility of becoming a Catholic Christian. Our community shares and celebrates this journey with them through a process called "*The Rite of Christian Initiation of Adults*." If you are curious about what Catholics believe and may be interested in learning more about joining the Catholic faith—or perhaps you are an adult Catholic looking to be fully initiated—you are cordially invited to enter the

R.C.I.A. process and experience a new and enriched meaning to your life through renewed faith and love. Please contact Deacon John Sawaya at (858) 869-5079 or use the "Contact us" link on the parish webpage.



We love having you as part of our flock! Get updates about Masses and parish life via email or text!

Sign up! Visit [olg-church.org](http://olg-church.org) and scroll to the blue and white sheep.



## Public Mass Update

**S**an Diego County is in the COVID-19 Purple Tier meaning Masses must be celebrated outside. If Mass is canceled due to inclement weather, a Flock-note email will be sent. Visit [olg-church.org](http://olg-church.org) for current info.

When Mass is celebrated outside in front of the church, bring a blanket or lawn chair to sit on. Face coverings are required, as is physical distancing. Bottled water, hats, hand sanitizer, and sunscreen are recommended. Our Ambassadors will be present to assist you.

The obligation to attend Mass on Sundays and holy days of obligation continues to be dispensed by Bishop McElroy.

## Streamed Online Mass Information Available

Visit [olg-church.org](http://olg-church.org) homepage and click on the gold "Online Mass Info and Other Sustaining Faith Resources in the Time of Pandemic" bar. Scroll to Mass links.

"Nothing is so strong as gentleness; nothing is so gentle as real strength."

~ St. Francis de Sales 1567-1622

## READINGS FOR JAN 24 - 31

**Sun:** Jon 3:1-5,10; 1 Cor 7:29-31; Mk 1:14-20

**Mon:** Acts 22:3-16 or Acts 9:1:22; Mk 16:15-18

**Tue:** 2 Tim 1:1-8 or Ti 1:1-5; Mk 3:31-35

**Wed:** Heb 10:11-18; Mk 4:1-20

**Thu:** Heb 10:19-25; Mk 4:21-25

**Fri:** Heb 10:32-39; Mk 4:26-34

**Sat:** Heb 11:1-2, 8-19; Mk 4:35-41

**Sun:** Dt 18:15-20; 1 Cor 7:32-35; Mk 1:21-28



## Third Sunday in Ordinary Time

### Mass Readings:

**Jon 3:1-5, 10**

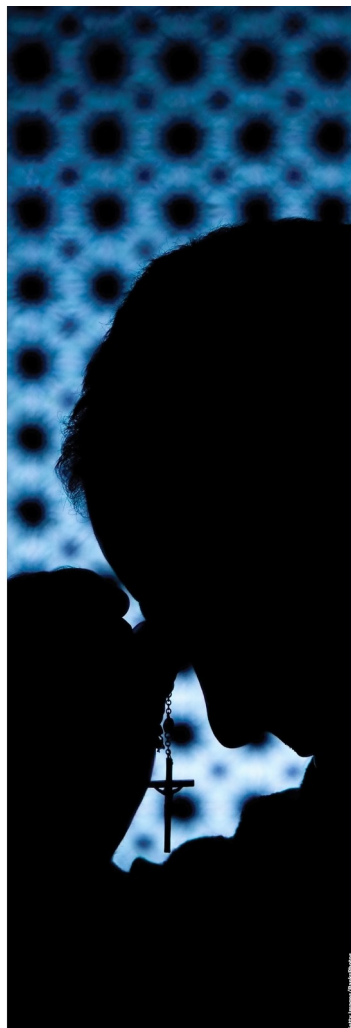
**1 Cor 7:29-31**

**Mk 1:14-20**

**GROW:** On first hearing, Jonah's warning to the city of Nineveh seems a bit extreme for my modern ears: Get your act together in 40 days or your city will be destroyed! Yet, rather than panic or rail against him, the people believed and turned away from evil. We hear a similar theme in Mark's Gospel: "The kingdom of God is at hand. Repent, and believe in the gospel." Listening to the readings today, I hear these words not as a threat but as an invitation to get our lives back on track. We may not don sackcloth like the people of Nineveh, but we may need to fast from the distractions and skewed priorities that prevent us from loving God and one another. With the psalmist, we pray, "Guide me in your truth and teach me, for you are God my savior."

**GO:** I never understood why the middle-school

track coach had my son, the shortest kid on the team, run hurdles. I'd shut



my eyes and cringe a bit when he'd approach each one, occasionally catching his toe but fearlessly pressing forward. Some-

times the Christian life can feel that way – while I've never tried hurdles, I'm known to trip on the slightest crack in a sidewalk. Likewise, I often trip up on the path to becoming a better person – blurting out unkind words, spending more time online shopping than praying ... well, I won't make *you* cringe by oversharing my "sin list." In today's readings, the Lord invites us to repent – to turn away from bad habits and choices. By turning to the Lord, we can overcome the obstacles that hold us back from living our Gospel values and sharing them with others through the witness of our lives.

**INVITE:** Through the sacrament of reconciliation, the Church offers us a standing invitation to experience God's unconditional love and mercy. Whether you go regularly or it's been awhile, consider participating in the sacrament and inviting others to do the same.

*Written by The Faithful Disciple*

## OUR LADY OF GRACE CHURCH

*Founded 1954*

### CLERGY

#### PASTOR

*Very Rev. Peter McGuine*

#### AUXILIARY PRIEST

*Rev. Maxime Villeneuve, OSA*

#### PRIEST IN RESIDENCE

*Rev. Curtiss Dwyer,  
LT, CHC, USN*

#### DEACONS

*Dcn. John Sawaya  
Dcn. Daniel Holgren*

### SCHEDULE of MASSES

#### SUNDAY VIGIL

*(Saturday) 3:30 pm*

•

#### SUNDAY

*8:00 am, 11:00 am, 3:30 pm*

•

#### MONDAY-THURSDAY AND SATURDAY

*8:00 am*

*Holy days and holidays listed separately in bulletin.*

### SACRAMENTS

#### INFANT BAPTISM

Baptisms are celebrated on the second and fourth Sundays of each month at 12:30 pm. Preparation packet is available in the parish office.

#### RITE of CHRISTIAN INITIATION of ADULTS

Contact Deacon Sawaya  
(858) 869-5079.

#### HOLY MATRIMONY

Marriage preparation begins nine months in advance.

Please contact  
Fr. Peter McGuine or  
Deacon Sawaya.

#### PENANCE AND RECONCILIATION

Monday 6:00 pm  
Thursday 8:30 am  
Saturday 2:00 pm

#### ANointing of the Sick

Call the parish office  
(619) 469-0133.



### Experience the Power of Faith and Prayer

Recommended by our pastor and especially poignant for parents, this film will inspire you! **Pray: The Story of Patrick Peyton** is the true story of the man behind the famous phrase, "The Family That Prays Together Stays Together." He became a priest on a mission to promote the Rosary and all family prayer, whether through mass media in Hollywood or with huge Rosary rallies around the world.

Watch online or purchase from Amazon Prime and iTunes.

**Catholic Women's Club "Bread Sunday"**

**B**read Sunday next week! Place your preorder now at [olg-church.org](http://olg-church.org). Just click on the Bread Sunday ad. Pre-orders will be bagged and ready for pick up on Sun, **Jan 31** in front of the school after the 8:00 and 11:00 am Masses. There will also be some extra loaves for sale, too — while supplies last. Choose Irish Soda, Yeast, Cranberry Walnut, and/or Quinoa breads for only \$7.00 per loaf, payable at pick up. Thank you for your continued support!



**Now through Mar 28**  
OLG's Prayer Day is Sunday!

*Can you pray for one hour to end abortion?*

Coverage for one hour prayer shifts between 7:00 am and 7:00 pm are needed for six Sundays. Pray in the public right-of-way outside Planned Parenthood at 1685 E Main St, El Cajon. Visit [40DaysForLife.com/elcajon](http://40DaysForLife.com/elcajon) for more info and to schedule a prayer time online or contact Vicki at (619) 647-5793.

**Confirmation Preparation for Adults**  
**Feb 22 - Mar 29 (Six Monday Evenings)**

**A**ddults 18 years of age and older who have received the Sacraments of Baptism and Eucharist but who have not received the Sacrament of Confirmation are invited to gather 6:30 to 8:00 pm in the Prince of Peace Room. To find out more call (619) 466-5656 or email [lhutcheson@olg-church.org](mailto:lhutcheson@olg-church.org).

"The Sacraments are not mere appearances, they are not rituals; they are the power of Christ; Jesus Christ is present in the Sacraments."

- Pope Francis

**Complimentary 2021 Calendars**

Calendars are available on the information table in the church and in the parish office while supplies last. Courtesy of Holy Cross Catholic Cemetery and Mausoleum, (619) 264-3127.

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- >Select "Sign up as a parishioner"
- >Find Our Lady of Grace parish by name or zip
- >Enter your email and you are in!

**Mass with Anointing of the Sick**

The Sacrament of Anointing of the Sick will be administered during Mass on Sat, **Feb 6**, at 9:30 am (replacing the 8:00 am Mass.) Those over the age of seven and aware of serious illness in their lives may receive this sacrament of healing.

**A Democracy for All of the U.S.**  
**Thu, Jan 28; Fri, Feb 26 & Fri, Mar 26**  
**5:00 - 6:30 pm**

An online event by University of San Diego  
Joan B. Kroc School of Peace Studies

**S**tructured as a three-part virtual event, participants will be part of an insightful and interactive conversation on the future of democracy in the U.S. about what problems we must confront and what solutions must we create to develop a strong, inclusive democracy for all. For more info and to register visit <https://tinyurl.com/y2gea4f7>.

**East County Young Adult Monthly Night of Worship**

**S**t. Therese, 6400 St Therese Way, SD, 92120, will host the February East County Young Adult Monthly Night of Worship on Thu, **Feb 9**. The evening begins with confessions at 6:15 pm followed by Mass at 7:00 pm. Face coverings and physical distancing will be observed. Follow East County Young adults on Instagram @SD.ECYA. Follow the Diocese of San Diego Office of Young Adults @SDCatholic.



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## Do Catholics always need to receive communion in wafer form, or can it be different kinds of bread?

**W**hile In the Roman Rite of the Catholic Church, the most common form for the Eucharistic bread is the small white communion “wafer” that is a ubiquitous part of the Catholic Mass. The instructions of the Church have been very specific regarding the make-up of the bread used in the Mass: “The bread used in the celebration of the Most Holy Eucharistic Sacrifice must be unleavened, purely of wheat, and recently made... it follow therefore that bread made from another substance, even if it is grain, or if it is mixed with another substance

different from wheat to such an extent that it would not commonly be considered wheat bread, does not constitute valid matter for confecting the Sacrifice and the Eucharistic Sacrament” (see *Re-*



*demptionis Sacramentum* by the Congregation for Divine Worship and the Discipline of the Sacraments, no. 48.)

The Church’s tradition of using wheat-based bread is based on the bread that

Jesus would have used at the Last Supper and is considered to be an essential part of the “matter” of the Sacrament of the Eucharist.

As we consider the question of whether a “wafer”—which is properly called a “host”—should be used, we also must keep in mind that in the Eastern Rites of the Catholic Church, leaven (i.e. “raised”) bread is more often used. And so, while the thin, white “wafer” is most commonly used in the Roman Rite of the Church, the full expression of the Catholic tradition does allow for the more substantial form of bread to be used. But the tradition of using a simple wheat bread with no other additions or additives is considered essential.

## Adult Formation

### Paschal Mystery



**Z**oom into the next session of *The Profession of Faith Series* taught by our Director of Catechetical Ministry, Lissa Hutcheson, taking place Wed, **Feb 3**, from 7:00 to 8:30 pm. To register visit [olg-church.org](http://olg-church.org) and click on the “Upcoming Events” ad. There is no fee for this study and all are welcome! Continuing Education Credits are also available.

### Please pray for the repose of the soul of:

**Bobbie Johnson**

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

## YOUTH MINISTRY

**V**isit [olg-church.org](http://olg-church.org) to get Jr. High and/or High School event details. Click “Serve” then “Parish Groups” and under “Youth Groups” choose ESCAPE (Jr. High) or New Life (High School).



## EAST COUNTY YOUNG ADULT COMMUNITY



**F**or a complete list of spiritual development and social opportunities for Catholic adults in their 20s & 30s follow Instagram @sd.ecya or visit

[sdcatholic.org/office-for/young-adult-ministry](http://sdcatholic.org/office-for/young-adult-ministry).

## SAN DIEGO ADULT COMMUNITY

**A**ctivities and a social network for adult Catholics: College Age, Young Adults (20s & 30s), Adult (40s & 50s), Active 60s+. Learn more at [sandiegocac.org](http://sandiegocac.org).

## PRAYER REQUESTS

*Please pray for those who have requested prayer and for the special intentions written in the Book of Intentions in the Baptistry of our church.*

Patricia Adams	Maha Jabra
Griselda Albanez	Rebecca Leyden
Heriberto Albanez	Tim Leyden
Tilly Allison	Jose A. Lopez
Gabriela Alvarenga	Mickey Lyle
Marvin Alvarenga	Donald Marsh
Mari Kay Ames	Richard Pezanoski
Angie Arrayan	Dorothy O’Gara
Patrick Attardo	Ann Renzi
Gary Barker	Anthony Renzi
Angie Biner	George Roehrich
Carol Bessone	Sharisse Rola
Anita Branch	Roberta Salvatore
Pat Burke	Clayton Schenkelberg
Stephanie Butcher	Roy Seibert
David Byram	Joseph Shecora
Pam Carlson	Rose Sheehan
Tim Clasemen	Karen Tabadisto
Mary Michelle Conway	Hibe Thornton
Corral Family	Andy Tong
Pam Curto	Nicholas Topping
Mark Habina	Eve Ulshoeffer
Brenda Hilgeman	Marilyn Winger
Susan Hori	Kyle Wollet

*Names remain listed for four weeks and can be renewed by contacting Marie Pospichal at [mpospichal@olg-church.org](mailto:mpospichal@olg-church.org).*

## Give Until it Hurts

One of the characteristics of Everyday Stewardship is to be committed—to persevere daily in a way of life acknowledging that everything belongs to God.

I know, I know. Easier said than done.

Just ask Zebedee. It's quite an image we get from the Gospel, after all. "So they left their father Zebedee in the boat along with the hired men and followed him." There was Zebedee, about his business, mending nets with his two sons, who were undoubtedly his best workers—they had to have been more dedicated than the hired men, who worked for wages rather than for family. And in an instant off they go, following this strange man.

I don't know about you, but if my kids left me on a hot summer day to finish the lawn by myself, I wouldn't be too happy.

But, Zebedee must have been someone quite special. Perhaps he realized that his sons didn't belong to him—not really. They belonged to God, and from the beginning of time, it had been appointed that they would be among the first disciples of Christ. He passed, he called, they followed, and Zebedee obliged. He simply went back to mending his nets, I imagine.

Zebedee already understood what St. Teresa of Calcutta would say millennia later: "Give until it hurts."

"You're wasting my time." "I've done so much for her; she owes me this." How often do we thing things, and even people and relationships belong to us? The truth is none of them do. We must be ready, as Zebedee was, to surrender them to God when He comes walking past.

—Tracy Earl Welliver, MTS

## Build a Thriving & Divorce-proof Marriage

The Diocese of San Diego Office for Family Life and Spirituality is offering this no fee Zoom event on Wed, **Feb 24** at 7:00 pm. Geared for young adults who fear the prevalence of divorce, this practical talk offers a roadmap based on the Church's wisdom, marriage research and time-tested couples experience.

Register at <https://tinyurl.com/ThrivingMarriage>.



### Saint Paula

**347-404 | Feast Day – Jan 26**

The patron saint of widows, Paula was a wealthy Roman widowed with five children at age 32. Another widow introduced her to St. Jerome, a priest and papal secretary to St. Damasus. Jerome became her spiritual director, urging a life of asceticism and charity. When he learned she was fluent in Greek, he enlisted her help in translating Greek biblical texts for his new Latin version of the Bible. Paula had joined the circle of nobility-born Roman women in Jerome's orbit, and followed him to the Holy Land when he left Rome. She taught herself Hebrew, and exhausted her wealth building a monastery, three convents and a hospital in Bethlehem.

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## 2020 Contribution Statements

Statements for 2020 contributions will be mailed no later than **Jan 31**.

## WEEKLY OFFERING REPORTS

### January 12 – 18, 2021

**\$17,542.87**

Plate	\$ 577.87
Envelopes	\$ 12,693.00
Online Giving	\$ 4,272.00

### Breakdown of Gifts Received

\$0.01 - \$5.00	19
\$5.01 - \$10.00	20
\$10.01 - \$25.00	58
\$25.01 - \$50.00	50
\$50.01 - \$100.00	42
\$100.01 - \$150.00	10
\$150.01 - \$500.00	12
\$500.01 - Over	2

### Total Contributing Households

**213**

### Additional Gifts

Building Fund	\$ 1,033.00
Food Pantry	\$ 2,124.00
School Support	\$ 264.00

## Please Consider Online Giving

**Give a one-time gift or set up recurring gifts**

Visit [olg-church.org](http://olg-church.org) and click on the "Online Giving" image or link (or use the QR code with your smart phone app). Thank you!



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## OUR LADY of GRACE PARISH AND SCHOOL DIRECTORY

2766 NAVAJO ROAD, EL CAJON, CA 92020



## PARISH OFFICE

PHONE: (619) 469-0133  
 FAX: (619) 469-0575  
 WEB: [OLG-CHURCH.ORG](http://OLG-CHURCH.ORG)  
 HOURS: MON-THU 8:30 AM-4:30 PM

Pastor **FR. PETER MCGUINE** | Ext. 17  
 Deacon **DCN. JOHN SAWAYA**  
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**MATTHEW HILGEMAN**

## LITURGICAL MINISTRIES

Liturgy Coordinator **ROSA HILGEMAN** | Ext. 14

Interim Director of Liturgical Music  
**JONATHAN GONZALES** | Ext. 26  
*Cantate Kids and Gaudete Choir (11:00 am Sun)*

Director **ROBERT FILLEY**  
*Laudate Ensemble (3:30 pm Sun)*

## RELIGIOUS EDUCATION

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Director of Catechetical Ministry **LISSA HUTCHESON**  
 Youth Ministry Coord. Jr. High, Sr. High

**DORIS HERTZIG** (619) 466-5451

For answers to almost every question about Our Lady of Grace liturgies, ministries and parish activities please visit our website at [olg-church.org](http://olg-church.org)  
 And Like Us on Facebook!

## Reporting Sexual Abuse

Complaints about sexual abuse by a member of the clergy or by a parish or Catholic school employee or volunteer can be made by calling Mary Acosta at (858) 490-8353 or email [misconduct@sdcatholic.org](mailto:misconduct@sdcatholic.org).

If any of your personal information has changed please call the Parish Office to let us know. We strive to keep our family records up-to-date.



## PARISH SCHOOL

PHONE: (619) 466-0055  
 FAX: (619) 466-8994  
 WEB: [OLG.ORG](http://OLG.ORG)  
 HOURS: WEEKDAYS 7:15 AM-3:30 PM  
 (DURING SCHOOL YEAR)

Principal **ERIN MARES** | Ext. 11  
 emares@olg.org  
 Vice-Principal **RACHEL SATO** | Ext. 27  
 rsato@olg.org  
 Development & Admissions **KELLI BALISTRERI** | Ext. 16  
 kbalistreri@olg.org  
 Secretary **LINDA PETERS** | Ext. 10  
 lpeters@olg.org

## PARISH MINISTRIES AND ORGANIZATIONS

To email members of the parish staff or the ministry leaders listed below please visit our website at: [olg-church.org](http://olg-church.org) - click on the "Contact Us" link in the upper right corner of the browser window.

For a ministry leader phone number please call the Parish Office at (619) 469-0133.

**55 PLUS CLUB**—Mary Cloward**BLOOD DRIVE**—Debbie Ipsen**CATHOLIC WOMEN'S CLUB—CWC**

CWC—Mary Cloward

Book Club—Julie Hazelton

Craft Fair—Kathy Porterfield

**CENTERING PRAYER**—Irma Eichinger or Beatrice Doblado**CUB SCOUTS**—Pack 951—Crystal Carr**CURSILLO**—Dcn. John Sawaya**EVENTS COMMITTEE**—Nettie Aguinaldo**FOOD PANTRY**—Since 1981

Bob Cosgrove

(619) 469-0061

M-F, 9:30-11:00 am

**HOLIDAY ANGELS**—Since 1988—Lesley Bradley**INTERNATIONAL CATHOLIC FAMILIES—ICF**

Carla Pedroncelli

**KNIGHTS OF COLUMBUS**—Frances Cabrini Council 8879

Lou Crow, Grand Knight

**LADIES OF GRACE**—Rosemarie McLain**LEGION OF MARY**—Since 1987—Dee Draper**MEN FOR CHRIST**—Steve Faucher**MINISTRY TO THE SICK & HOMEBOUND**

Rosa Hilgeman

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