



OUR LADY of GRACE CATHOLIC CHURCH



PRIEST'S INTENTIONS FOR MASSES

Sun, Jan 31	FOURTH SUNDAY in ORDINARY TIME
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
Mon, Feb 1	Weekday
8:00 am	† Dorothy Washington
Tue, Feb 2	THE PRESENTATION OF THE LORD
8:00 am	† Alice Slater
Wed, Feb 3	Saint Blaise, Bishop, Martyr
	<i>Mass with blessing of the throats</i>
8:00 am	† Dora King
Thu, Feb 4	Weekday
8:00 am	† Fred & † Barbara Cosgrove
Fri, Feb 5	Saint Agatha, Virgin, Martyr
	No Mass
Sat, Feb 6	Saint Paul Miki and Companions, Martyrs
	<i>Mass with Anointing of the Sick</i>
9:30 am	† Rita Holland
Sun, Feb 7	FIFTH SUNDAY in ORDINARY TIME
3:30 pm	For the People of the Parish
8:00 am	† Dorothy Washington
11:00 am	† Janet Baker
3:30 pm	<i>Mass cancelled due to Super Bowl</i>

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.



READINGS FOR JAN 31 - FEB 7

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

Mon: Heb 11:32-40; Mk 5:1-20

Tue: Mal 3:1-4; Heb 2:14-18; Lk 2:22-40

Wed: Heb 12:4-7, 11-15; Mk 6:1-6

Thu: Heb 12:18-19, 21-24; Mk 6:7-13

Fri: Heb 13:1-8; Mk 6:14-29

Sat: Heb 13:15-17, 20-21; Mk 6:30-34

Sun: Jb 7:1-4, 6-7; 1 Cor 9:16-19, 22-23; Mk 1:29-39



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 and scroll to the blue and white sheep.

Public Mass Update

San 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 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 homepage and click on the gold "Online Mass Info and Other Sustaining Faith Resources in the Time of Pandemic" bar. Scroll to Mass links.

Q. What is the difference between a guitar and a fish?

A. You can't tuna fish!



Fourth Sunday in Ordinary Time

Mass Readings:

Dt 18:15-20

1 Cor 7:32-35

Mk 1:21-28

GROW: When was the last time you were “astonished” and “amazed”? Parents might point to the birth of their child. Space enthusiasts might recall Neil Armstrong’s walk on the moon. Perhaps we felt that sense of amazement the first time we saw the Grand Canyon or another natural wonder. For the people of Capernaum, Jesus had that effect. He taught with authority. He commanded an unclean spirit. In our modern society with the constant bombardment of news and social media, it can be easy to become numb to the wonder that surrounds us. Perhaps we think we’ve seen it all. Even Jesus and the words that turned ordinary people into extraordinary disciples of the early Church can be something we take for granted or only think about for 20 minutes on Sunday. Our Gospel challenges us to quiet the noise, and Paul encourages us to seek “adherence to the Lord without distraction.” Let us pray that the Lord rekindles our faith, so that we may hear

his words again as if for the first time and engage ourselves anew in living according to his teachings.



GO: It is very hard to keep exciting news to ourselves. We have an innate desire to share important information and extraordinary events with those whom we love. It could be the call to parents to announce an engagement. Or perhaps telling a friend that you have landed a job or been accepted to college. While

these milestones are significant, they pale in comparison to what Jesus has done for us. Through him, we have experienced God’s love, mercy, and redemption, not to mention the direction and means to attain a good life: on earth and with him forever in heaven. Why not share that Good News as well? We don’t have to stand on a street corner to be effective. We can simply let our faith lives enter our conversations, just as our work and other interests do. It could be as simple as, “our priest said something Sunday that really stuck with me,” or “I just finished a remarkable book about Dorothy Day.” As we begin to talk about our faith and listen to others share their insights, we not only grow closer to one another, but can grow in faith together.

WITNESS: Today’s psalm struck a chord: “If today you hear his voice, harden not your hearts.” Next Sunday, make a conscious effort to listen to the readings and music with an open heart (and ears). If something strikes you, consider sharing that with others – be it around the dinner table, on a walk with friends, or during a video call.

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

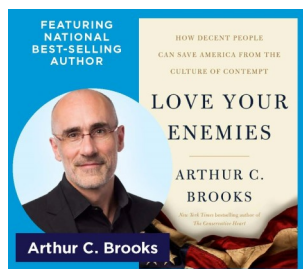
Marriage preparation begins nine months in advance. Please contact Fr. Peter McGuine or Deacon Sawaya.

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.



Healing the Political Divide: A Path Forward

Arthur C. Brooks, national best-selling author of *Love Your Enemies: How Decent People can Save America from the Culture of Contempt*, leads this virtual event hosted by the National Conflict Resolution Center. Attendance is free. Get more info and register at [NCRCEvents.com](https://www.ncrc-events.com).

Catholic Women's Club "Bread Sunday"

Jan 31, is Bread Sunday. Pick up your pre-order in front of the school after the 8:00 and 11:00 am Masses — only \$7.00 per loaf. There will also be some extra loaves for sale while supplies last. A check or exact cash is appreciated. Thank you for your continued support!

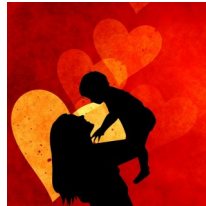


Paschal Mystery Adult Study—Last Call

Zoom 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 and click on the "Upcoming Events" ad. There is no fee for this study and all are welcome!

Baby Essentials Collection

The New Life teens are hosting a Baby Essentials Collection to show love and support to mothers and babies served by our local Culture of Life Family Services.



After Masses on the weekends of **Feb 6-7** and **13-14** all are invited to share in this work of mercy by bringing an item (or few) for the collection box. Teens will gratefully accept your donation of NEW blankets, clothing, formula, diapers, wipes, shampoo and bath wash. *Please note:* this collection is for items only — no cash or checks can be accepted.

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

Addults 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 from 7:00 to 8:30 pm in the Prince of Peace Room. To find out more call (619) 466-5656 or email 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

End of Year Donor Statements

Donor statements were mailed on **Jan 29** to parishioners who contributed \$200.00 or more to Our Lady of Grace parish in 2020. If you do not receive your statement and would like one, please contact the parish office.



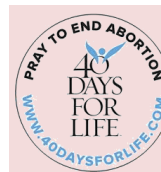
Complimentary 2021 Calendars

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.



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.



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 for more info and to schedule a prayer time online or contact Vicki at (619) 647-5793.

ESPECIALLY FOR YOUNG ADULTS

East County Young Adult Monthly Night of Worship

St. 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.

Build a Thriving & Divorce-proof Marriage

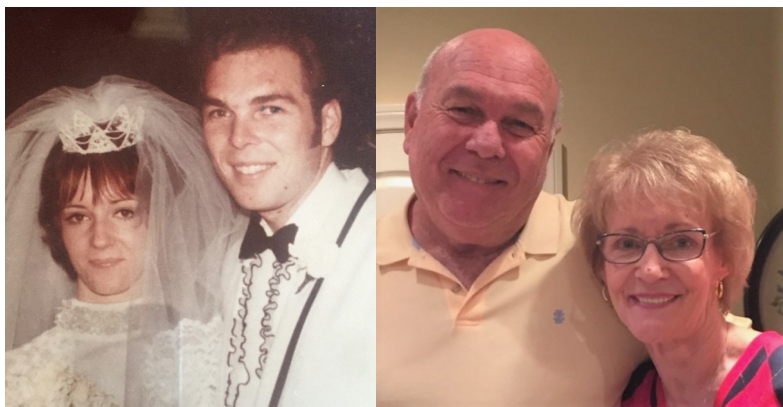
The Diocese of San Diego Office for Family Life and Spirituality is offering this no fee Zoom event on Wed, **Feb 24** at 7:00 pm.

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>.

For 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.





Congratulations to Nick & Peggy Botte who celebrated their 50th wedding anniversary on **Jan 30**. May the Lord continue to bless you both with his life and love!

I get annoyed with myself when I am distracted while I pray. It is a sin? How can I be more attentive?

The mind is a marvelous and complex thing, producing amazing thoughts, images, wisdom and inspiration. Yet at times it is like a two-year-old: it does not follow directions, does what it wants and loves to tell us "no!" This is probably the oldest and most common problem in the spiritual life-dealing with distraction. It comes in all forms: good intentions forgotten, wandering thought at Mass, day-dreaming, etc. A little poem says it all: When the soul begins to pray, the brain always wants to play!

There are many ways to handle distractions. If we are distracted by thoughts about our families or friends, we should pray for them. If we lose our focus, we just "re-collect" ourselves. If some worry or concern just won't leave our minds, then we deal with it and come back to prayer or make it part of our prayer. And when words just won't come, the only prayer we might offer is close to the Lord. Most importantly, we need to be patient with ourselves. These things are not sinful, but reminders of our human frailty. Our weaknesses and good efforts are all acceptable to God, who reads the love in our hearts and the good intentions of our minds.



SAN DIEGO ADULT COMMUNITY

Activities and a social network for adult Catholics: College Age, Young Adults (20s & 30s), Adult (40s & 50s), Active 60s+.

Learn more at sandiegocac.org.

YOUTH MINISTRY

Visit 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).

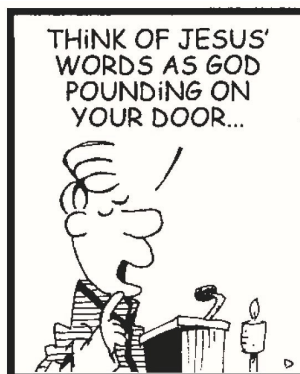
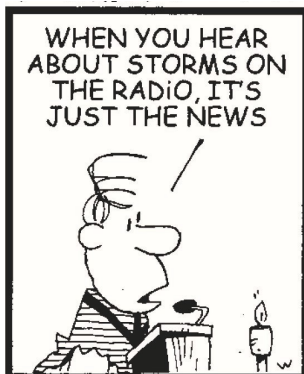


PRAYER REQUESTS

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

Names remain listed for four weeks and can be renewed by contacting Marie Pospichal at mpospichal@olg-church.org.





Catholic Schools Week Starts Jan 31

As communities of faith, Catholic schools instill in students their destiny to become saints. Academic excellence is the hallmark of Catholic education intentionally directed to the growth of the whole person – mind, body and spirit. Finally, service is fundamental to Catholic education and the core of Catholic discipline-

ship. Service is intended to help form people who are not only witnesses to Catholic social teaching, but also active participants through social learning. The CSW logo emphasizes that the Catholic school, like the Catholic Church, is not a building or an institution, but it is the people. As the people of God, we work together to

bring the Kingdom of God to Earth and raise up the next generation to do the same. The image of teachers and students forming the foundation of the school shows that they are active people of faith who serve others and God. May we all strive to live in active service of Jesus and his mission as we nationally join together during Catholic Schools Week and always.



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A History of the Apron — It served as a potholder to remove hot pans from the oven. It was wonderful for drying children's tears. When company came it was ideal to hide shy kids. From the garden, it carried all sorts of vegetables. After peas had been shelled, it

carried out the hulls. From the chicken coop the apron was used for carrying eggs and fussy chicks. Today mothers worry about how many germs are on surfaces. But the only thing I ever caught from an apron was love.



WEEKLY OFFERING REPORT

January 19 – 25, 2021

\$9,648.00

Plate	\$ 294.00
Envelopes	\$ 4,896.00
Online Giving	\$ 4,458.00

Breakdown of Gifts Received

\$0.01 - \$5.00	9
\$5.01 - \$10.00	19
\$10.01 - \$25.00	35
\$25.01 - \$50.00	52
\$50.01 - \$100.00	21
\$100.01 - \$150.00	9
\$150.01 - \$500.00	11
\$500.01 - Over	2

Total Contributing Households

158

Additional Gifts

Building Fund	\$ 432.00
Food Pantry	\$ 530.00
School Support	\$ 367.00

Please Consider Online Giving

Give a one-time gift or set up recurring gifts

Visit 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
 HOURS: MON-THU 8:30 AM-4:30 PM

Pastor **FR. PETER MCGUINE** | Ext. 17
 Deacon **DCN. JOHN SAWAYA**
 Business Manager **PATRICIA KANE** | Ext. 12
 Special Projects Coordinator **KEN DISCENZA** | Ext. 24
 Bookkeeper **SIONI BAUTISTA** | Ext. 16
 Office Manager **MARIE POSPICHAL** | Ext. 10
 Publicity & Comms **GEORGENE KRUZEL** | Ext. 33

Housekeeping **MARIA ARIAS**
 Maintenance & Facilities **DAN BRESLIN & VINCE OLIVER**

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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PHONE: (619) 466-5656

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
 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.

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
 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 - 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 (619) 469-0061
 Bob Cosgrove 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

PRAYER QUILT MINISTRY—Since 2006

Nettie Aguinaldo

PRO-LIFE

Mary Dixon
 Vicki Whitmire (40 Days for Life)

WALKING WITH PURPOSE—Women's Bible Study

Danica Hertzog



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