



## Cathedral of Our Lady of Guadalupe

Most Reverend Andrew E. Bellisario, C.M.

Archbishop of Anchorage-Juneau

Website: [aoaj.org](http://aoaj.org)

Staffed by the  
Congregation of the Mission(C.M.)  
"Vincentians"

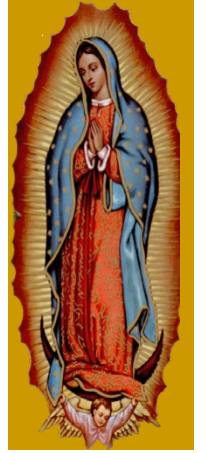
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Website: [olgakcathedral.org](http://olgakcathedral.org)

Facebook: Our Lady of Guadalupe Parish-Anchorage, Alaska



# Sixteenth Sunday in Ordinary Time July 21, 2024

### Pastoral Team Vincentian Priests

Fr. Henry Grodecki C.M.  
Pastor

[hgrodecki@vincentian.org](mailto:hgrodecki@vincentian.org)

Dial direct:

(417) 389-7710 (cell)

### Parish Deacon

Mr. Gabriel Ruiz  
[sejees@hotmail.com](mailto:sejees@hotmail.com)  
(907) 351-4269

### Director of Religious Education

Ms. Carmen Ruiz  
T-Th 9:00am – 3:00pm  
[Carmen@olgak.org](mailto:Carmen@olgak.org)  
248-2000, Ext. 4

### Office Manager

Mrs. Shayda Tavo-  
Cabrera  
[olg@ilgak.org](mailto:olg@ilgak.org)  
248-2000, Ext. 2

### Business/Facilities Manager

Mr. John Fleming  
[johnf@olgak.org](mailto:johnf@olgak.org)  
248-2000, Ext. 3

### Care of Facilities

Ms. Sara Candelas

### Parish Office

Tuesday – Thursday  
10am - 2pm  
Friday 10am – 12pm

**Closed: Saturday,  
Sunday and Monday**

Dear Church,

Today's gospel highlights the importance of Sabbath practice. Jesus tells the apostles: "Come away by yourselves to a deserted place and rest a while." The Son of God recognizes that daily life demands a lot from disciples then and now. To-do lists never stop growing. Our callings may pull us in many directions—a reality that makes the practice of Sabbath even more necessary. To pause from work and worry, if even for an afternoon, can renew energy for the day-to-day grind. To worship, withdraw, wonder, walk, and welcome others draws us closer to God.

Rabbi Abraham Joshua Heschel argued that the practice of Sabbath is not just a nice idea. It is a necessity, a command from God. Heschel wrote, "Unless one learns how to relish the taste of Sabbath...one will be unable to enjoy the taste of eternity in the world to come." Practicing Sabbath enables us to live into the fulness of our callings by restoring our bodies and minds. Whether practiced for a day or for an hour, Sabbath invites us to listen to the song of God's Spirit. We might ask ourselves how we might answer Jesus' invitation to rest a while this week.

With fond affection,  
Father Hank

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Querida Iglesia,

El evangelio de hoy resalta la importancia de la práctica del sábado. Jesús dice a los apóstoles: "Vengan ustedes solos a un lugar desierto y descansen un poco". El Hijo de Dios reconoce que la vida diaria exige mucho de los discípulos entonces y ahora. Las listas de tareas pendientes nunca dejan de crecer. Nuestros llamados pueden llevarnos en muchas direcciones, una realidad que hace que la práctica del sábado sea aún más necesaria. Hacer una pausa en el trabajo y preocuparse, aunque sea por una tarde, puede renovar la energía para la rutina diaria. Adorar, retirarnos, maravillarnos, caminar y dar la bienvenida a los demás nos acerca a Dios.

El rabino Abraham Joshua Heschel argumentó que la práctica del sábado no es sólo una Buena idea. Es una necesidad, un mandato de Dios. Heschel escribió: "A menos que uno aprenda a saborear el sabor del sábado... no podrá disfrutar el sabor de la eternidad en el mundo venidero". Practicar el sábado nos permite vivir en la plenitud de nuestros llamamientos al restaurar nuestros cuerpos y mentes. Ya sea que se practique por un día o por una hora, el sábado nos invita a escuchar el cántico del Espíritu de Dios. Podríamos preguntarnos cómo podríamos responder a la invitación de Jesús de descansar un rato esta semana.

Con cariño,  
Padre Enrique

**Mass schedule:**

5:30p.m. - Saturday evening mass  
 9:00a.m. - Sunday- English - Live-Stream  
 11:30a.m. - Sunday- Spanish - Live- Stream  
 5:30p.m. - Sunday evening mass  
**Weekdays:** Monday-Friday - 9:00a.m.  
 Wednesday - 5:30p.m.  
 Please come and pray the Rosary M-F before Mass at  
 8:30a.m.. Miraculous Medal Novena Mondays after Mass.  
<https://www.facebook.com/OurLadyOfGuadalupe>

**Sacrament of Reconciliation**

Saturday: 4:30p.m. – 5:15p.m.  
 Sunday: 10:30a.m. – 11:15a.m.

Fr. Hank - 417-389-7710 for an appointment  
 Fr. Sunder - 907-306-7161 for an appointment

**Exposition of the Blessed Sacrament**



Wednesday  
 (after 5:30pm Mass)  
 6:00pm – 8pm  
 All are welcome!

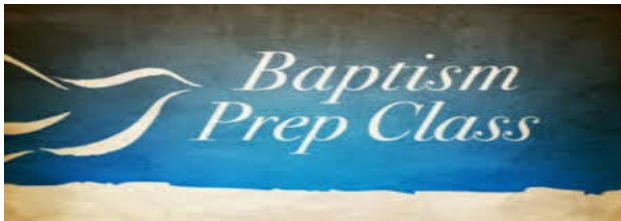
**READINGS FOR THE WEEK**

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**LECTURAS DE LA SEMANA**

Please check the Cathedral of Our Lady of Guadalupe  
 myParish app for the readings of the week.

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Baptism class(English)  
 Second Thursday of each month  
 August 8, 2024

7:00p.m. - North Tower room of the Church

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Baptism class (Spanish)  
 Last Thursday of each month  
 July 25, 2024

6:30p.m. - North Tower room of the Church

Please contact Fr. Hank:

417-389-7710 or email:hgrodecki@vincentian.org  
 to schedule a baptism.

**July 20 – July 26 2024**

Saturday:	5:30p.m.	Priest Intention
Sunday:	9:00a.m.	Bobby Antila (RIP)
	11:30a.m.	People Of The Parish
	5:30p.m.	Priest Intention
Monday:	9:00a.m.	Priest Intention
Tuesday:	9:00a.m.	Pat Peeter ( LIV)
Wednesday:	9:00a.m.	Priest Intention
	5:30p.m.	Priest Intention
Thursday:	9:00a.m.	Priest Intention
Friday:	9:00a.m.	Priest Intention

Please contact the office: [olg@olgak.org](mailto:olg@olgak.org)  
 if you would like a Mass Intention.

**Prayer Chain Ministry**

*Please pray for all the sick and recently deceased of our parish!  
 Por favor oren todas los enfermos de la parroquia!*

Elizabeth Carden	
Frank Javier	Damien Mathys
John Fleming	Joe Samaniego
John Fundeen	Mark Samaniego
Leroy Jones	Mary Ann Swalling



**WE ARE UPDATING OUR PRAYER LIST.** Please email the  
 office: [olg@olgak.org](mailto:olg@olgak.org) if you would like your name or request a  
 name to be added to the prayer list. Thank you.

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**ESTAMOS ACTUALIZANDO NUESTRA LISTA DE ORACIÓN.** Envíe un correo electrónico a la oficina:  
[olg@olgak.org](mailto:olg@olgak.org) si desea su nombre o solicitar que se agregue un  
 nombre a la lista de oración. Gracias.

**Weekly Donation Amounts**

**THANK YOU FOR YOUR DONATION!**

June 17 -	June 23, 2024 --	\$4,318.00
June 24 -	June 30, 2024 --	\$3,509.00
July 1-	July 7,2024 –	\$4,743.00
July 8-	July 14,2024 --	\$3,904.00

**The month of June Online donation - - - \$12,745.00**

**Welcome to SHAYDA TAVO-CABRERA**

our new parish administrative Assistant!!!

Shayda, her husband, Memo, and their 4 Children are members our Parish and attend the Spanish Mass on Sunday. We welcome her to the Parish Staff. At present, she will be working Monday-Friday, Noon-3:00pm.

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**Bienvenidos a SHAYDA TAVO-CABRERA**

!!!nuestra nueva Asistente administrativa parroquial!!!

Shayda, su esposo Memo y sus 4 hijos son miembros de nuestra parroquia y asisten a la misa en español los domingos. Le damos la bienvenida al personal parroquial. Actualmente, trabajará de lunes a viernes, de mediodía a 3:00 p. m.



# STEWARDSHIP

*Managing God's Gifts To Us*

The Letter to the Ephesians reminds us that Christ is creating a new world order: one that brings about relationships based on love, peace, reconciliation, hope and unity. As a Eucharistic community, we are stewards of Christ's new creation. How are we promoting peace and reconciliation? How are we showing love for our neighbors? What are we doing to encourage unity and understanding among those with whom we gather around the Lord's Table each week?

*Everything turns a little upside down for the family in summer. Kids out of school, grandparents visiting, teens with a first job, road trips and those big family reunions: Sometimes it seems summer dashes by in a flurry of wet bathing suits and backyard barbecues. How does the Christian steward make summer a special time for "the domestic church" of family?*

*Relax!... No, really!... Relax! ... Slow down! The world often spins around us and we are caught up in work, social media, activity. Gift yourself and your family with time this summer. Be truly present. On one occasion, when Pope Francis addressed a homily to families, one word he used often was "simplicity."*

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*La Carta a los Efesios nos recuerda que Cristo está creando un nuevo orden mundial: uno que genera relaciones basadas en el amor, la paz, la reconciliación, la esperanza y la unidad. Como comunidad eucarística, somos administradores de la nueva creación de Cristo. ¿Cómo estamos promoviendo la paz y la reconciliación? ¿Cómo mostramos amor por nuestro prójimo? ¿Qué estamos haciendo para fomentar la unidad y la comprensión entre aquellos con quienes nos reunimos alrededor de la Mesa del Señor cada semana?*

*En verano todo se pone un poco patas arriba para la familia. Niños que no van a la escuela, abuelos de visita, adolescentes con su primer trabajo, viajes por carretera y esas grandes reuniones familiares: a veces parece que el verano pasa rápidamente en medio de una ráfaga de trajes de baño mojados y barbacoas en el patio trasero. ¿Cómo hace el mayordomo cristiano que el verano sea un tiempo especial para "la iglesia doméstica" de la familia?*

*¡Relájate!... ¡No, de verdad!... ¡Relájate! ... ¡Desacelerar! El mundo a menudo gira a nuestro alrededor y estamos atrapados en el trabajo, las redes sociales y la actividad. Regálate tiempo a ti y a tu familia este verano. Esté verdaderamente presente. En una ocasión, cuando el Papa Francisco dirigió una homilía a las familias, una palabra que utilizó con frecuencia fue "sencillez".*

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## 2024 Archdiocesan Catholic Appeal United in Mission – Be the Light!

**Our Parish Goal: \$61,446.76**  
**Donated: \$51,872.34**

**Percentage of Goal Pledged: 84.42%**  
**Number of families: 670**                      **Number of Pledges: 66**

Anything over will go towards repairing the water damage on the Cathedral Towers a cost of \$60,000  
**Week Nine**

Todo lo que supere se destinará a reparar los daños causados por el agua en las  
Torres de la Catedral un costo de \$60,000  
**¡HAGAMOS ESTO EN SEIS SEMANAS!**

THANK YOU FOR YOUR GENEROSITY AND SUPPORT TO THE ARCHDIOCESE AND PARISH!  
¡GRACIAS POR SU GENEROSIDAD Y APOYO A LA ARQUIDIOCESIS Y PARROQUIA!



**It is time to register your child/ren /youth for the upcoming year of Faith Formation.**

Carmen Ruiz will be available to take registration after the 9:00a.m. and 11:30-a.m. Masses  
on Sundays, July 21, 28 and  
August 4, 11, 18

You may also come to the office or  
contact her by email: [carmen@olgak.org](mailto:carmen@olgak.org) or by phone 907-248-2000 ex. 4

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**Day of Recollection**

Sponsored by the Secular Discalced Carmelites of Anchorage, Ak  
Holy Spirit Center

July 27, 2024 from 9:00a.m. – 6 :00p.m

bring a dish to share for lunch Sunday Vigil Mass – 4:30p.m.

Free of charge – RSVP or need more information email: [carmel907@gci.net](mailto:carmel907@gci.net)

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**ANNUAL PARISH GALA ON FRIDAY, SEPTEMBER, 20, 2024**

Tickets will soon be available for the Parish Gala in the office or after Masses on Sundays. The price is \$60 per ticket or a table of 8 for \$480. There are only 200 tickets, so don't wait if you plan to attend. There's a tremendous menu again and great Live and Silent auction items. Call the office if you want to have tickets held for you. (907-248-2000 ex.#2) Tickets will only be released when they are purchased. Please provide a guest's name for each ticket sold at the time of purchase, if possible.

**CAN YOU HELP WITH THE GALA?**

The Gala planning committee is seeking items or services for our Auction Items. Perhaps you have some skills that you might be willing to offer as an auction item. (For example: computer, cooking, crafting, handyman, yard work, snow shoveling, etc.) You can limit your donation of time to whatever you choose. Do you work for an employer that might be willing to donate an item for the auction? Do you have an item that is worthy enough that others might want to bid on it? Think about it and if you are interested call John Fleming at 907-248-2000 ex.#3 and leave a message)