

*Weekend of July 21*  
Sixteenth Sunday in Ordinary Time

**Barona:**

**Mass:** Tuesday through Friday. Rosary at 7:45 AM, Mass at 8:00 AM. @ Shrine

**Saturday:** 5:00 PM mass

**Sunday:** Sunday 8:00 AM. @ church

**Confessions:** By appointment only

**Adoration:** 1st Fri. of the month (8:00 AM).

**Viejas:**

**Sunday:** Sunday, 10:30 AM. @ Church

**Confessions:** By appointment only.

**Sycuan:**

**Sunday:** Sunday Mass 12:30 noon @ the Church

**Confessions:** By appointment only

**PLEASE PRAY FOR....**

Vicaldo Family, Michele Nikas Beaman, Richard Nikas, Irmina Gines, Gimo Manuel, Marcie Cu, Joyce Martinez, Dustin Lutze, Sam Halabo, Lisa Smallwood, Eleanor Davis Wallace, Robert and Margie Cruz, Mike Wise, Neil Quizon, Jim Hughes, Mary Begay, Tonito Arcangel, Juliet Ray, George Arviso, Rose Ramos, Zita Haygood, Lilly Gautreaux, Mark Noriega, Jim Hughes, Laurie Boedicker, Aspen Sergin, Robert Laurel, Janet Vilareal, Romero Family, John Francis, Orlando Nicolas, Paolo Espiritu, John Clark, Kevin Bethsayag, Tyre Nichols, Steve TeSam, Jeanette Garcia, Mike Banegas, Bennett Zerrudo, Mark Noriega, Carol Richardson, Nancy Rourke, Colleen Crowden, Jeff Ashii, Pamela Nolan CSC, Rosario and Paul Estepa, Haley Price, Mark Marquez, Lulu Cabinatan, Michael Martinez, Fr. Earl Henley, MSC, Caroline Mendoza, Connie Devera, Don Speer, Meta Roubedeaux, Eileen Hansotte, Deacon Clarke

*Please check prayer list and add names as desired.*

**RELIGIOUS EDUCATION**

*Wednesday, August 14 – Classes resume with Mark Price at Viejas and Barona.*

**UPCOMING EVENTS**

*Sunday Mass is livestreamed @ 8:00 AM, Barona. Just go on Facebook under Herman Manuel*



**Saturday, July 20 & Sunday, July 21 –**

Fr. Crespo Lape, MJ will be here at all masses for Mission Appeals. Fr. Crespo Lape was born on Ausut 18, 1961 in Balamban, Cebu in the Philippines. He professed his vows in religious life on October 18, 1985 and was ordained priest on December 27, 1989. He was a missionary in Indonesia and Papua New Guinea for many years. Presently he is Pastor of Precious Blood Church<sup>46</sup> and St. Kevin Church. There will be collection envelopes available for the Missionary Cooperation Plan (MCP) available. Please make checks payable **to Diocese of San Diego- Missions Office.**

**August**

**Sunday, August 4 –** Children’s mass at all reservations.

**Sunday, August 18 –** 10:00 AM, 90<sup>th</sup> Anniversary of Barona Mission Church, all reservations are invited to this celebration. Bishop Ramon Bejarano will be leading mass. Mass, lunch, music and childrens activities are scheduled.

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“I will appoint shepherds for my people.”  
The call to priestly and religious life is to e a shepherd after the heart of Christ, to give of yourself so that others may live.

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## **PASTOR'S CORNER**

### **A Time to Rest with God**

### **Are we Slaves to Work or Overworked?**

**A reflection on the 16th Sunday in Ordinary Time**

Willi Hoffsuemmer tells a story about a child talking to her mother in this way: “Mommy, please play with me.” “I can’t,” said the mother. “Why can’t you play with me?” “It is because I don’t have time.” “Why don’t you have time?” “It is because I got to go to work.” “Why do you have to go to work?” “So I can earn some money.” “Why do you want to earn money?” “So I can give you something to eat.” Here there was a short pause. Then the child said, “But mommy I am not hungry.”

The truth is, works, businesses and others are supposed to give us the living and the meaning of our life and self. But how many of our brothers and sisters become slaves to work and workaholic? Instead of being masters of our work, we become now the slaves of it. Work becomes god if it steals the time for our family, friends, God and others. Our work will become the one that we worship instead of the true God. It is becoming difficult to rest on Sundays and find time to pray because we use it for our work. Such thing leaves us no time to seek God’s love. God is love and to deny our love ones of our valuable time is in a way denying our Creator.

I still remember the words from a nun when I was starting my functions as an Associate Pastor of St. Bernard Church in Oakland. She reminded me: “Father, you need to go somewhere and rest on your day off

instead of staying here in the parish.” It is true because spending time with myself and enjoying going for a movie and eating lunch or dinner afterwards give me that strength that I have lost while facing my duties and responsibilities, challenges and difficulties that I encountered for the past week.

When was the last time we went to a deserted place and rest for a while? It has been observed that many of us are afraid to be alone.

Living in this modern time, we want to be with someone or something (i.e. cell phone). Without knowing it, our human brain is now cluttered with so many things and our human heart is clogged with a lot of emotional baggage.

In today’s Gospel, the disciples came back from their mission and were all happy to share their accomplishments with Jesus. Jesus knew the importance of resting that is why he immediately invited them to go to a deserted place.

Neuroscience tells us that the human brain has 85 trillion neurons (a neuron is a specialized nerve cell that transmits nerve impulses) and it functions very well if it is rested. That is why creative and inspiring thoughts literally dawn on us without effort when we are relaxed.

As an extrovert person, I am comfortably inclined to connecting to others and the world around me. That is how I naturally source my energies following the nun’s advice. However, I see to it that I spend silent moments every day. I apply the three spiritual disciplines of solitude (to be alone), silence (free from external noise and inner murmuring) and prayer (connection with God, Jesus and the Holy Spirit).

Do we want to recharge so that we will find new vigor to spread the Good News? Follow Jesus’ advice; “Come away by

yourselves to a deserted place and rest a while.”