



The apostles gathered together with Jesus and reported all they had done and taught. He said to them, "Come away by yourselves to a deserted place and rest a while." (Mark 6:30).

There is a time for everything. There is a time to be born, there is a time to die. There is a time to work, there is a time to rest. We live in a busy and noisy world. We are always on the go. Many of us have too many events on our calendar. We quickly move from the business deal to the next ball game or a music recital. If we have a few moments for ourselves, we automatically check our email or our Facebook or our Twitter feed. For many people, email is not even fast enough, we have to use text message in order to get an instant answer. Such a busy and pushy world has gotten in our way and we have no time to rest. And we see it in this

16th Sunday's gospel. The Twelve returned to Jesus after a time of hard work to report "all that they had done and taught." Jesus knew that after this tiring activity they needed to withdraw. They needed a break. So Jesus told them to go to a deserted place and rest a little.

It is important to take a break in life, to move away from the busy routine, to pray and rest. The Bible tells us that God took a break from work when he created the world. Jesus took his breaks for prayer and rest during his mission. So it is not surprising that our Lord Jesus encouraged his disciples to take a break; and he is telling us today to find time to rest as well. There is a rhythm that we need to maintain in life. The rhythm of rest and work. We cannot work until we have our rest and we cannot rest until we have our work. There are two dangers in life: first, the danger of too much activity, when we spend all the time in the day working, making money or being entertained. Second, there is a danger of too much withdrawal. Our goal is to make equal time between these two extremes, to balance work and rest. The whole trouble in our lives is that we give God no opportunity to speak to us because we don't know how to be still and to listen. We give God no time to recharge us with spiritual energy and strength.

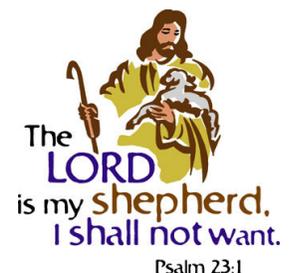
So set aside time for prayer and rest. Because in the end, what goes with you is not what you have but who you are; your joyful and healthy soul. Jesus himself took his breaks for prayers and rest. This gave him a chance to be attuned to the needs of the people and refocus his priorities. That's why he was moved with pity when he saw people like a sheep without a shepherd. We hear our Lord telling us in today's Gospel to maintain balance in life: of work and of rest. Work enough to make ends meet, and also to set aside time for a break, to rest and to pray.

I know of many people who set aside this time off, at least half an hour to pray, to reflect on the day gone by, to get spiritually recharged. The more often you make time for the Lord in your life, the more you will discover that the words of today's responsorial psalm are true – true for you.

"The Lord is my shepherd: I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul."

Blessings,

Fr. Thi Hoang





Los apóstoles se reunieron con Jesús y le informaron de todo lo que habían hecho y enseñado. Les dijo: "Vayan solos a un lugar desierto y descansen un poco" (Marcos 6:30).

Hay tiempo para todo. Hay tiempo de nacer, hay tiempo de morir. Hay tiempo para trabajar, hay tiempo para descansar. Vivimos en un mundo ajetreado y ruidoso. Siempre estamos en movimiento. Muchos de nosotros tenemos demasiados eventos en nuestro calendario. Pasamos rápidamente del trato comercial al próximo juego de pelota o un recital de música. Si tenemos unos momentos para nosotros, automáticamente revisamos nuestro correo electrónico o nuestro Facebook o tweeters. Para muchas personas, el correo electrónico ni siquiera es lo suficientemente rápido, tenemos que usar mensajes de texto para obtener una respuesta instantánea. Un mundo tan ocupado y agresivo se ha interpuesto en nuestro camino y no tenemos tiempo para descansar. Y lo vemos en el evangelio de este domingo 16. Los Doce regresaron a Jesús después de un tiempo de arduo trabajo para informar "todo lo que habían hecho y enseñado". Jesús sabía que después de esta actividad agotadora tenían que retirarse. Necesitaban un descanso. Entonces Jesús les dijo que fueran a un lugar desierto y descansaran un poco.

Es importante tomarse un descanso en la vida, alejarse de la ajetreada rutina para orar y descansar. La Biblia nos dice que Dios se tomó un descanso del trabajo cuando creó el mundo. Jesús tomó sus descansos para orar y descansar durante su misión. Por eso, no es de extrañar que nuestro Señor Jesús animara a sus discípulos a tomar un descanso; y nos está diciendo hoy que también encontremos tiempo para descansar. El ritmo del descanso y el trabajo. No podemos trabajar hasta que tengamos nuestro descanso y no podemos descansar hasta que hayamos trabajado. Hay dos peligros en la vida: Primero, peligro de demasiada actividad, cuando pasamos todo el tiempo del día trabajando, ganando dinero o entreteniéndonos. En segundo lugar, existe el peligro de que se retire demasiado. Nuestro objetivo es igualar estos dos extremos, equilibrar el trabajo y el descanso. Todo el problema en nuestras vidas es que no le damos a Dios la oportunidad de hablarnos porque no sabemos cómo estar quietos y escuchar. No le damos a Dios tiempo para recargarnos con energía y fuerza espiritual.

Por lo tanto, establezca su tiempo para la oración y el descanso. Porque al final, lo que te acompaña no es lo que tienes sino quién eres, tu alma alegre y sana. Jesús mismo tomó sus descansos para orar y descansar. Esto le dio la oportunidad de estar en sintonía con las necesidades de la gente y reenfocar sus prioridades. Por eso se sintió conmovido al ver a la gente como ovejas sin pastor. Escuchamos a nuestro Señor diciéndonos en el Evangelio de hoy que mantengamos el equilibrio en la vida: de trabajo y de descanso. Trabaje lo suficiente para llegar a fin de mes y también para reservar tiempo para el descanso, el descanso y la oración.

Sé de muchas personas que apartan tiempo libre por al menos media hora para rezar y reflexionar sobre el día pasado, para recargarse espiritualmente. Cuanto más a menudo hagas tiempo para el Señor en tu vida, más descubrirás que las palabras del salmo responsorial de hoy son verdaderas - verdaderas para ti.

"El Señor es mi pastor: nada me faltará. En verdes pastos me da reposo; junto a aguas tranquilas me conduce; He refrescado mi alma."

Bendiciones, Padre Thi Hoang

Our flock learning how to make rosaries. It seems they have too much fun!



The 2021 Bishop's Appeal has officially launched! Our goal this year is: \$35,600. We are at 42% of Goal. Please help us reach our goal. Thank You!

CATHOLIC DAUGHTERS NEWS!

Catholic Daughters of St Mary Margaret Court #1450 will have a membership drive and sign up on July 17, 2021 and on July 18, 2021 before and after each Mass for Catholic women who wish to learn more about being a Catholic Daughter. To be a Catholic Daughter is a special blessing and we wish to share information with you!

Please visit us **TODAY!**

PARKING LOT SALE!

The Catholic Daughters from St Mary Margaret Court #1450 will be having a parking lot sale fundraiser in the parish hall of the Church of the Good Shepherd on Saturday, July 24, 2021 from 9am to 1pm. There will be clothing, household goods, raffle basket, and Avon for sale. Please stop by!

COMING SOON!

**SAVE THE DATE: OCTOBER 3, 2021
GOOD SHEPHERD'S
ANNUAL FLOCK PARTY!**

Details to follow but food and fun are included!



Faith Formation Registration for 2021-22 Has begun! Here are the details:**Catechists Needed:**

We are looking for people who want to share their faith with our youth, in a fulfilling ministry making friends and becoming more involved in the church. You will be trained and all curriculum will be provided for you. If you are interested in teaching or just have questions, please contact Dina at 925-432-6404x21 or by email at dina@goodshepherdpittsburg.org

Se Necesita Catequistas

Buscamos personas que quieran compartir su fe con nuestra juventud. En un ministerio satisfactorio, para hacer amigos y participar más en la iglesia. Será entrenado y se le proporcionará todo el plan de estudios. Si está interesado en enseñar o simplemente tiene preguntas, comuníquese con Dina al 925-432-6404x21 o por correo electrónico a dina@goodshepherdpittsburg.org.

Registration 2021 begins June 28th.

A Baptism and Birth Certificate are required before your child will be registered.

Classes

Baptism class is 1 year no matter what grade they start. (Even adults)

First Communion Class is 2 years no matter what grade they start.

Confirmation class is 2 years starting in 9th, 10th, or 11th grades. 12th grade is a case-by-case situation.

To register go to our website at goodshepherdpittsburg.org

Click-religious education

Click-registration information You will find links to forms and payments.

Then fill out your forms you can email them to me at dina@goodshepherdpittsburg.org

When you make your payment, I will automatically receive a copy of it.

Registro 2021 begins 28 de junio

Si aún no lo ha hecho, necesito una copia del certificado de nacimiento y el certificado de bautismo de su hijo.

o La clase de bautismo es de 1 año sin importar en qué grado comiencen. (incluso adultos)

o La clase de Primera Comunión es de 2 años sin importar el grado que comiencen.

o La clase de confirmación es de 2 años comenzando en el noveno, décimo o undécimo grado.

El 12^o grado es una situación de caso por caso.

- Vaya a nuestro sitio web en goodshepherdpittsburg.org
 - o educación religiosa
 - o información de registro Encontrará enlaces para formularios y pagos.
- Después de completar sus formularios, puede enviarme un correo electrónico a dina@goodshepherdpittsburg.org
- Cuando realice su pago, recibiré automáticamente una copia del mismo.

Si es la primera vez que se registra, no se inscribirá si no tengo todos los elementos solicitados.



FILIPPINO FOOD SALES
SUNDAY, JULY 25
20 pieces of Lumpia
Shanghai or pork and
chicken adobe over rice
For just \$10 each!



Do you like our new parish office lobby? Wait! It is not completely finished yet. We would like to extend our BIGGEST THANK YOU to our generous and faithful parishioners, the Jansz family, owner of the CTE Group—Construction Company who helped us remodel the front office. They did it all without any charge. We congratulate them for the wedding of their son, Mark and Shane Jansz on July 9th, 2021. We are also happy for their first grandson’s baptism on the same day. Lots of blessings for the family. God bless their good and generous hearts. If any of you need a house remodeling, feel free to contact them. Supporting our parishioners is supporting the church!



ANNOUNCING THE 1ST WORLD DAY FOR GRANDPARENTS AND THE ELDERLY, JULY 25

The World Day for Grandparents and the Elderly will be celebrated annually on the fourth Sunday of July, beginning this year on July 25. Pope Francis emphasized in his message that the Lord is always with us and always calling us to play a role in spreading the Gospel no matter our age. *“I was called to become the Bishop of Rome when I had reached, so to speak, retirement age and thought I would not be doing anything new. The Lord is always – always – close to us. He is close to us with new possibilities, new ideas, new consolations, but always close to us. You know that the Lord is eternal; he never, ever goes into retirement.”*

We, the Flock of the Good Shepherd, would like to invite all grandparents and the elderly to come to Mass on the weekend of July 25 so we may thank you, pray for you and bless you!

Visit this website for more resources about this event: <http://www.laityfamilylife.va/content/laityfamilylife/en/amoris-laetitia/pastoral-resources-world-day-for-grandparents-and-the-elderly21.html>

**ST. VINCENT DE PAUL IS LOOKING FOR VOLUNTEERS TO HELP SERVE FOOD TO OUR COMMUNITY ON
MONDAYS FROM 10 AM TO 2 PM
AND
SATURDAYS FROM 11 AM TO 2 PM
PLEASE MEET THEM IN THE BACK OF THE RECTORY ON THOSE DATES AND TIMES IF YOU WISH TO HELP. THANK YOU!!**

From The Chapel

The Chapel is now open 7 days a week from 7:00 AM to 8:00 PM.

Please follow these guidelines when entering the chapel: Vaccinated people are not required to wear masks! Non-vaccinated people are strongly encouraged to wear masks for their health and safety! For Questions: Call Bill Abitz at 925-872-585

To Ministries Leaders:

*All ministries may go back to your normal meeting in person now.
Please contact Carmen to book the facility at 925-432-6404, ext 19 or by email.*

**CHURCH OF THE GOOD SHEPHERD
CYO SIGN-UPS**

**Church of the Good Shepherd
CYO is taking signups for the
upcoming season. To signup,
please go online and register at:**



<http://www.goodshepherdcyo.com>

Sign-up deadline is August 19th.

We are looking for Coaches as well. If you are interested in volunteering, please call the parish office at 925-432-6404 and leave your name and number.



◆ Worldwide Marriage Encounter gives you all the tools you need to have the best marriage ever!

◆ Sign up today to attend one of the upcoming Worldwide Marriage Encounter Weekends. Both Virtual and In-Person Experiences are available. Go to www.wwme.org to find the Experience that is just right for you! Early registration is highly recommended.

The Order of Malta Clinic of Northern California at Christ the Light Cathedral, 2121 Harrison Street in Oakland, is holding a free vaccine clinic on July 31.



Here are important details:

JULY 31, 2021

9:00am to 2:00pm

- Pfizer vaccine for ages 12+
- All are welcome
- No appointment or pre registration required
- Identification preferred but not required

Added Gift: Each person receiving their first vaccine will receive one ticket for entry to one of the Six Flags Theme Parks.

For more information, visit:

orderofmaltaclinic.com

Mass Intentions

Jul 19-25

Mass Intentions For The Week

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Mon	7:30 am	Lolita B. Ocampo
Tue	7:30 am	Phillip & Carmella Aiello †
Wed	7:30 am	In Thanksgiving~ Norma Borromeo Retirement
Thu	7:30 am	Brenda Francisco †
Fri	7:30 am	Death Anniversary of Jose De la Moro †
Sat	8:00 am	In Thanksgiving~Jose Family Victor Gutierrez †
Sat	5:30 pm	Dolores Herigstad †
Sun	8:00 am	Filomena Andrade †
	10 am	Frances Ferrante Thomas †
	12 pm	Capupus Family
	3 pm	For the People

Parish Staff

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Parochial Administrator**
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Carmen Esquivel, Parish Secretary
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**Dina Russell, Religious Education
Coordinator**
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Traveling This Summer? Don't Forget to Support Your Parish!

As with any household or business, your parish needs your continued support to meet its ongoing expenses. Please consider dropping off or mailing your envelopes to the Parish Office or making online donations through our website to simplify your weekly offerings. For help, contact our Business Manager, Yvette Ripoli at: yvette@goodshepherdpittsburg.org.

IMPORTANT DATES TO REMEMBER:

- ◆ Healing Masses September 25 & November 20
- ◆ Marian Rosary Processions 13th of August, September and October
- ◆ Faith Formation begins September 15
- ◆ Confirmation begins September 12
- ◆ Flock Party October 3rd

More details to follow soon on all of these events.
MARK YOUR CALENDARS!



COME JOIN OUR BIBLE STUDY RESUMES AUGUST 19TH!

Study Let's get back together on Thursday nights at 7 pm in the Ministry Building and get reacquainted with the Bible.

Just show up or contact Ben Davi at 439-9279

NEXT SUNDAY'S READINGS

**2 Kings 4:42-44, Ephesians 4:1-6,
John 6:1-15**

NEXT SUNDAY'S 2ND COLLECTION

Bishop's Appeal



**ANOTHER BUSY WEEK AT GOOD SHEPHERD!
GOD BLESS EVERYONE!**