

The Body and Blood of Christ

Sunday, June 14, 2020

Gospel Reflection

The Most Cherished Gift

We celebrate the body and blood of Christ not as isolated objects of adoration but as food and drink, like the manna in the desert and the water brought forth from a rock.

Jesus makes it very clear how we are to approach his body and blood: “if you do not eat the flesh of the Son of Man and drink his blood you have no life in you. He who feeds on my flesh and drinks my blood has life eternal.”

The food that we eat every day, and the liquids we drink, become part of our bodies, sustaining them and allowing them to grow, function, and heal.

The food that is the body and blood of Christ does something far greater; it makes us one with God. “The man who feeds on my flesh and drinks my blood remains in me, and I in him.”

This is why the body and blood of Christ signify unity and peace: there is one Christ, and all who eat and drink the body and blood of Christ become one in the one Christ.

“We, though many, are one body, for we all partake of the one loaf.” There is no room for disunity among those who eat and drink the body and blood of Christ.

- Gerald Darring

MASS SCHEDULE UPDATE

On Monday morning, June 15th, the Church will be open for approximately 1 hour, as we celebrate our first daily public Mass in nearly 3 months.

- That week - Monday, June 15th thru Saturday, June 20th - we will celebrate one 9:00 AM each day, open to the public.
- On Sunday, June 21st there will be two publicly celebrated Masses one at 9:30 AM and one at 11:30 AM.
- Church seating will be strictly limited to no more than 100 individuals and you must practice social distancing by sitting only in the designated seating areas. Also, you MUST bring your own face mask as they are required to be worn in Church, throughout the Mass.
- As we transition toward the return of public Masses, more specific details will be posted on the website and through these emails.
- If you are ill, elderly, have an underlying health condition or are simply anxious about returning to Church for any reason, Archbishop Cordileone reminds you that, even once public Masses resume all Catholics are dispensed from the obligation to attend Sunday Mass indefinitely during this current health crisis. Remember that all Masses are livestreamed via the parish website, seven days a week at stcecilia.com.

If you have any questions please call our parish staff at 415-664-8481 from 9:00 AM to 5:00 PM Monday thru Friday.

OUR FATHER'S DAY NOVENA

Saturday, June 13 - Sunday, June 21

Please join us during our daily livestream Mass which will include our

Father's Day Novena Prayers

Day 1 (Saturday, June 13)

A man shares in the partnership of creation with his wife and God. Throughout the pregnancy, the expectant father prepares for the child's arrival, following the steps of the unborn baby's development, gathering material things that will be needed, learning how to care for his newborn child. He also prepares mentally for the task ahead in guiding this new life entrusted to his care, perhaps drawing on the example set by his own father.

We pray today, God, for all the expectant fathers in the world. May they rejoice in their role in creation and may they turn to You for guidance as they prepare for the births of their children. May they welcome their newborn infants with joy, and willingly share in caring for and nurturing their offspring. Amen.

Day 2 (Sunday, June 14)

One of the most visible roles of a father is that of provider. Many fathers work long hours to provide for their children. Some hold two jobs. When a father loses his job or, despite his best efforts, is unable to earn enough to provide for his family, he needs the support not only of his

spouse but also of other family members, friends and his church community. He needs to experience God's love through others.

God, look kindly on fathers as they labor to provide for the material needs of their families. Guide them in making wise decisions regarding financial matters and the allotment of their time. Come to their aid when they grow weary or discouraged. Give hope to fathers who lose their jobs by strengthening their faith and trust in You. Let Your love flow freely to all fathers everywhere. Amen.

Day 3 (Monday, June 15)

A father often assumes the role of protector of his family. He wants to keep his children from harm. Yet this is not always possible. Illness strikes. Accidents happen. As his children grow and form relationships with others, emotional hurts occur. When a father comes face to face with his limitations as a protector, he knows he can turn to God for help and guidance. It is God who protects us all.

I pray, God, that all fathers will develop a strong relationship with You and turn to You freely for help in protecting their children. I pray also for fathers who are facing the limitations of their ability to protect their children from pain, hurts, and fears. May they recognize Your presence in their time of need and take Your helping hand. Amen.

Day 4 (Tuesday, June 16)

Fathers share with mothers in the role of caregiving for their children. They handle chores like changing diapers, giving baths, fixing meals and chauffeuring. They get up in the middle of night with sick children, read bedtime stories and help with homework. Fathers also care for their children's souls by praying for them and by introducing them to God.

Today, God, I pray for all fathers busily caring for their children. May they find joy in their tasks and not grow weary from the burdens they shoulder. May their patience run deep and their stress level low. May they find You, God, in the midst of their caregiving chores, and know peace at the end of each day. Amen.

Day 5 (Wednesday, June 17)

One of the most important responsibilities of a father is to provide unconditional love. A father's love for each of his children is a constant throughout the good and bad times of life. It is a love that accepts each child as he or she is. It is a love that recognizes a child's strengths and forgives his or her weaknesses. It is a love that forms the foundation of a relationship that will last forever.

God, may Your love flow freely between fathers and their children. May they take delight in one another and know the peace that blossoms from the love they share. May children soar with hope and trust under the loving gaze of their fathers. And may fathers feel secure in having the love of their children throughout their lives. Amen.

Day 6 (Thursday, June 18)

A father is a role model for his sons and daughters. These children observe how he conducts himself in the community and in the home. They hear his stories of how he makes decisions and interacts with others. This is why it is important for a father to be guided by a code of

conduct based on Jesus' command to love God and neighbor. A father who does this leaves his children a wonderful legacy.

I ask You, God, to shower Your love on fathers as they strive to be good role models for their children. Help them to base their decisions and choices in life on what is fair, honest, wise and loving. Help them to recognize and treasure the trust their children have in them. Amen.

Day 7 (Friday, June 19)

One of the most visible roles of a father is that of teacher. We see fathers coaching sports teams or running alongside a bicycle, their hand gripping the back of the seat to provide balance for a novice rider. We see fathers in a car's passenger seat, teaching a new driver. Or in a swimming pool, patiently working with a young swimmer. We also see fathers teaching their children how to love and serve others, forgive and build relationships with others. And we see fathers teaching their children about God and helping them learn how to communicate with God.

Today, God, I thank You for my earthly father and for all the things he taught me. And I ask You to guide all fathers as they teach their children about the ways of the world and more importantly, about Your way of living. May they teach their children how to be loving, caring, compassionate people, and may they plant and nurture in their children's hearts the seeds of faith hope, and trust in You. Amen.

Day 8 (Saturday, June 20)

Today, many fathers are separated from their children for long periods of time. Some fathers have jobs that keep them away from their families for weeks or months at a time. When a father is divorced, he may see his children only on visitation days. It can be difficult for these fathers to carry out their fatherly roles. Yet it is essential that they strive to do the best they can, for children need their fathers in their lives.

I pray today, God, for all fathers who are separated from their children. Give them the wisdom to take advantage of every opportunity they have to be with their children. Help them to realize how important they are in their children's lives. And let them know Your love, as it comes to them through their sons and daughters. Amen.

Day 9 (Sunday, June 21)

When their children become adults, the role of a father changes. No longer responsible for caregiving or providing financial support, fathers remain available to their adult children, helping out or giving advice when asked and sharing in hobbies or other pursuits. Sometimes the transition is a rocky one, requiring work on both sides. Still, it is worth the effort, because the resulting relationship benefits all and reaches into the next generation.

I pray, God, for fathers who are having difficulty in their relationships with their adult children. Help them to tuck the past away and to rejoice in the loving adults that they have helped their children to become. May they come to know the joy of friendship with their children. Amen.

Mass Schedule

We will eventually go back to our original Mass schedule. We will keep you informed as to when this will happen.



To request a Mass Intention, please call the Parish Office at 415-664-8481 or email Jessica Montgomery at jessica_montgomery@stcecilia.com and provide the following information:

1. Name of the person the Mass Intention is for
2. If the person living or deceased
3. Name of the person offering the Mass Intention
4. Your phone number
5. \$10 per Mass Intention or \$5 to be said at the Priest convenience. Checks are to be made out to St. Cecilia Parish.

If you would like a Mass card please indicate if you want it mailed to you, by providing your address or if you will be picking it up at the Parish Office. We will contact you when the Mass card is available for you to pick up.

Please send or drop off your donation to:

Jessica Montgomery
St. Cecilia Church
2555 17th Avenue
San Francisco, CA 94116

Thank You and God Bless!



A FAITH RESPONSE TO THE CORONA VIRUS

*** Enough for Everyone ***

Of course, we see these same dynamics play out in Scripture, where fear leads to hoarding. The most famous story is when the Israelites are in the desert without food (Exodus 16). God rains down manna from heaven but also cautions them to take only what they need for now. They disobey but find that the food they attempt to store away goes bad immediately.

The consistent message we hear in the Bible is that we need to trust in God, who will provide enough for everyone. The problems come when people begin to take more than they need.

Fear of the coronavirus has caused some to stockpile and hoard unreasonable amounts of hand sanitizer, face masks, and other supplies against the recommendations of leaders. The problem is that this wipes out supplies for those who truly need them the most—health care workers and those most vulnerable to the disease—without really making the buyers safer.

*** What You Can Do ***

- Stop the spread. Even if you are not particularly concerned about the risk to yourself or your own family, these tactics will protect others who may be more vulnerable. Many of us will carry the virus before having any symptoms (and may never develop any).
 - Wash your hands well for at least 20 seconds with soap and water. Sing the refrain to Michael Joncas' song "On Eagle's Wings" ("And he will raise you up...") while you wash.
 - Avoid touching your face.
 - Cough or sneeze into your elbow or a tissue.
 - Follow the guidance of local officials.
 - Stay home if you become ill.
- Don't take what you don't need. Hoarding worsens the situation and can lead to more infections and more impacts for the most vulnerable.
 - Leave the masks to others. Masks only make sense for health care workers and those who are infected. They are not guaranteed to prevent transmission anyway.
 - Do not overbuy supplies. Retailers are being wiped out of disinfectants and other supplies, leaving some who most need them without. Be prepared, but be thoughtful and reasonable.
- Advocate for the vulnerable and targeted.
 - Have compassion for those most at risk. Stand up for those who need the most help and make sure they are being cared for, without judgment.
 - Fight racism. Discrimination against those with Asian background only hurts the situation.
- Proactively love your neighbor!

- Check in on isolated or vulnerable neighbors and offer to help with specific tasks such as shopping, child or pet care, cleaning, etc.
- If you are in a position of power, use that power for the good of all. Allow workers to work from home or take time off, limit large gatherings, follow government guidance, etc.
- Thank those on the front lines who are protecting us, such as health care workers, police, firefighters. Be gentle and kind with them.
- Pray for all those affected by the crisis

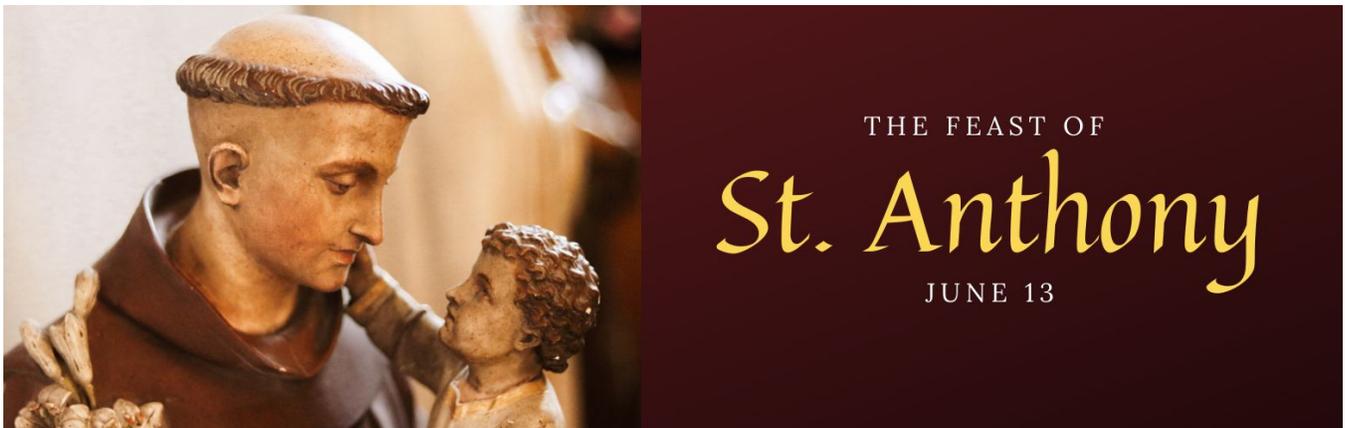
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TRUST IN GOD

During a time of crisis or uncertainty, we may find ourselves struggling with fear and anxiety. This is a natural reaction. But St. Paul reminds us in his Letter to the Philippians to “have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God” (4:6). Then, he assures us, “the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus” (v. 7). With steadfast prayer and thanksgiving, then, we do our best to put our trust in the Lord.

Let our actions reflect the trust and peace that can only be found in him. Stay close to Jesus and the Blessed Mother in prayer, asking that those who are suffering from the disease or from any related anxiety may find healing and peace.

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Rosary and Novena for Sanctification of Priests

The World Day for Prayer for the Sanctification of Priests is on the Solemnity of the Sacred Heart of Jesus, June 20. In a way of observing this day, the Office of Vocations is organizing a rosary and novena to the Sacred Heart of Jesus beginning on June 11, the traditional Corpus Christi feast day, and going until the Solemnity of the Sacred Heart on June 20. All are invited to participate. The novena is available [here](#). Livestreams will be provided from St. Pius and Star of the Sea parishes:

- St. Pius, 3 pm daily June 11-20: facebook.com/piusrwc
- Star of the Sea, 5 pm daily, June 11-20: facebook.com/starparishsf

During this rosary and novena, prayers will be offered in particular for the sanctification, or holiness, of bishops, priests, and seminarians. It is no secret that the lack of holiness among

priests and bishops has caused great wounds in the past to the Church; the Office of Vocations is offering this as a positive way to combat this reality, inspired by the words of Archbishop Fulton Sheen, "Every worldly priest hinders the growth of the Church: every saintly priest promotes it. If only all priests realized how their holiness makes the Church holy and how the Church begins to decline when the level of holiness among priests falls below that of the people!"

Resources Available for Religious Freedom Week June 22-29

Religious Freedom Week 2020 is June 22 - June 29. Join in praying, reflecting, and taking action on religious liberty, both here in this country and abroad. Resources are available at the USCCB website

[usccb.org/issues-and-action/religious-liberty/religious-freedom-week/index.cfm](https://www.usccb.org/issues-and-action/religious-liberty/religious-freedom-week/index.cfm). The theme of this year's initiative is "For the Good of All."

