Weekend Mass Times

Saturday Vigil 5:00 pm Sunday 7:30 am, 9:00 am 11:30 am, 6:00 pm

1st Sunday Spanish 1:30 pm

Daily Mass Times

Mon. - Fri. 6:30 am, 8:15 am

Holy Day Mass Times

6:30 am, 8:15 am, Noon 7:00 pm

Sacraments

Reconciliation / Confession

Saturday 3-4:45 pm

All Other Sacraments

Please call the office for information. Please note for marriages please call the office at least 12 months in advance.

Clergy

Fr. Giovanni Gamas

Pastor

Fr. Julius Kaburu

Parochial Vicar

Fr. Ignatius Haran

Pastor Emeritus

Dennis Gorsuch Jim McFadden William Goeke

Deacons

Parish Office

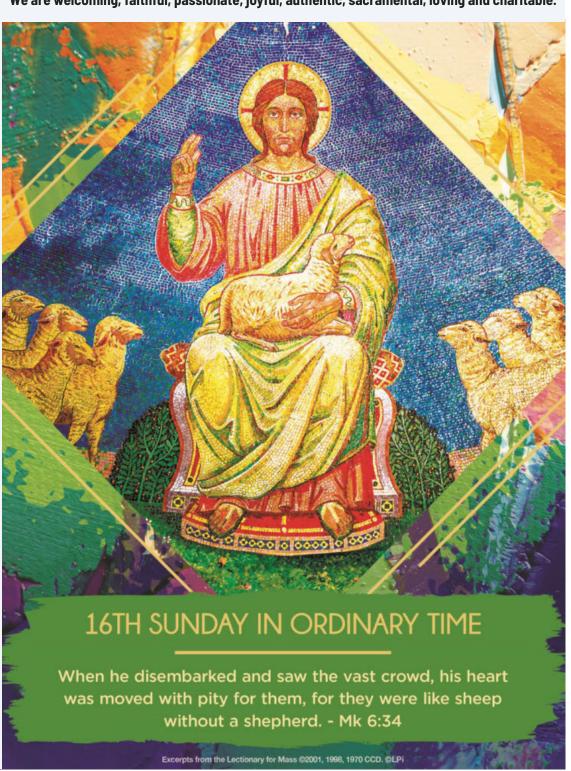
Mon.- Fri. 8:30 am- 4:30 pm 307 Montrose Drive, Folsom Phone: 916-985-2065

Website: FolsomCatholic.org

Welcome to St. John the Baptist Catholic Church

We are a community where we welcome all as members of the Body of Christ.

We are welcoming, faithful, passionate, joyful, authentic, sacramental, loving and charitable.



Gospel Meditation

By Father John Muir

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, "Come away by yourselves to a lonely place, and rest a while." For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not.

Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith.

And that trust in God begins to revive us.

But there's more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. "Can we please get a minute to ourselves? This is not healthy!" And Jesus seems to encourage the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to more work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied. What finally gives our heart rest isn't more vacation time. It's experiencing the super abundant generosity of God for us and those whom we serve.

Scripture Reflections

First Reading

We hear Jeremiah prophesy that the Lord will bring justice and security to Judah and Israel from the unjust shepherds (false rules) who led them astray. How do you help family or friends who need to make better choices?

Second Reading

Paul taught the Ephesians that in his death and resurrection, Jesus established peace and reconciliation between all believers, Jews, and Gentiles alike. How do you know you are at peace with a friend or loved one?

Gospel

Although Jesus wanted the Twelve to rest after their successful mission of preaching and healing, the crowds of people made it challenging to do so. Who could you encourage this week to rest well from their hard work?

July is Dedicated to: The Precious Blood of Our Lord

Readings & Observances for the week of July 21, 2024

Sunday: 16th Sunday in Ordinary Time

Jer 23:1-6 / Ps 23:1-3, 3-4, 5, 6 (1) / Eph 2:13-18 / Mk 6:30-34

Monday: St. Mary Magdalene

Sg 3:1-4b or 2 Cor 5:14-17 / Ps 63:2, 3-4, 5-6, 8-9 /

Jn 20:1-2, 11-18 **Tuesday: St. Bridget**

Mi 7:14-15, 18-20 / Ps 85:2-4, 5-6, 7-8 / Mt 12:46-50

Wednesday: St. Sharbel Makhlūf

Jer 1:1, 4-10 / Ps 71:1-2, 3-4a, 5-6ab, 15 and 17 / Mt 13:1-9

Thursday: St. James

2 Cor 4:7-15 / Ps 126:1bc-2ab, 2cd-3, 4-5, 6 / Mt 20:20-28

Friday: Sts. Joachim and Anne

Jer 3:14-17 / Ps 19:8, 9, 10, 11 / Mt 13:18-23

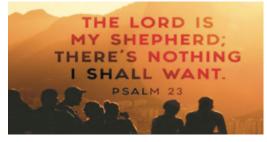
Saturday:

Jer 7:1-11 / Ps 84:3, 4, 5-6a, and 8a, 11 / Mt 13:24-30

Next Sunday: 17th Sunday in Ordinary Time

2 Kgs 4:42-44 / Ps 145:10-11, 15-16, 17-18 (see 16) /

Eph 4:1-6 / Jn 6:1-15



Pope Francis' Monthly Intention for July For The Pastoral Care of The Sick

Let us pray that the Sacrament of the Anointing of the Sick, bestows the Lord's strength to those who receive it and to their loved ones, and that it may become for everyone an ever more visible sign of compassion and hope.

Live the Liturgy

Inspiration For the Week

The crowds continue to follow Jesus, and when he sees them, he cannot help but be filled with love for them. Let us take our cue from these devoted disciples of Mark's Gospel, and never, ever stop seeking our Lord.





At St. John the Baptist Parish, we welcome all as members of the Body of Christ.

Mass Cancellation

The 6:30am weekday Mass has been cancelled this week, July 22 - 26. Please join us at 8:15am.

Scam Emails & Text Messages

Parishioners and parish staff have been receiving scam emails and text supposedly from our parish priests requesting the recipients to contact them in regard to donations or monetary matters. Please do NOT send money or respond to these people. If there is any doubt call the parish office to verify. The Diocese will never ask you to send gift cards or money by email.

Grace Quilter's Ministry

Hospice Lap Quilts Needed - Kits available Contact: Catherine Scott, 831-402-4681

Grace Quilters has been suppling the Folsom Mercy Hospital with lap-quilts for the Hospice patients for over 8-years. We need your help. All sewers - We have Lap-Quilt Kits available that need to be assembled. All quilts that are offered will be blessed by our parish priest. Required: made with loving hands.... For details call or text Catherine.

Benefit Concert

August 9, Friday, 7pm St. John the Baptist Catholic Church Contact: Lourdes Lorenzo, 916-220-8018

> SPOT Singing Priests of Tagbilaran

Benefit Concert to rebuild St. Joseph Cathedral in the Diocese of Tagbilaran, Bohol, Philippines. Tickets: \$30 per person. Tickets on sale after the weekend Masses or scan the QR code to purchase.



Just a Reminder

Keep Our Church Clean & Silence Your Phone

Please help us keep our church clean. Food and drinks are not allowed in the church. As a courtesy to everyone at Mass, please remember to silence your cell phone.



Respect Life Ministry

Planned Parenthood Abortion Clinic 201 29th Street, Sacramento Parish Contact: Joanne Dudgeon 916-607-2228

St John's has a carpool on Thursdays leaving the church at 9:30am for two hours. We are dedicated to reaching out to women with unplanned pregnancies, offering them resources and information, with the compassion and love of Christ. If you're able to pray with us, contact Joanne.

ON FIRE 2024

September 14, Saturday, 9am – 9pm Six Flags Discovery Kingdom, Vallejo Contact: Aaron Santos, asantos@folsomcatholic.org

ON FiRE is turning 15 this year. ON FiRE NorCal is for Catholic High School Youth and Young Adults in their 20's and 30's and will be held at Six Flags Discovery Kingdom Theme Park in Vallejo, CA. Please contact Aaron if you are interested in going. Event information can be found at www.onfirenorcal.com

PRAYER



At St. John the Baptist Parish, time in conversation with our Lord is at the center of our lives.

Gretchen

Mass Intentions

Sunday, July 21st

7:30am People of the Parish Monica Vaughn+

9:00am Seguritan Family+

Esther Green

11:30am Natividad Salido+

Kathy Desmond+

6:00pm

Monday, July 22nd

8:15am Louis Silva+

Madeline Marie Ortiz McIntyre+

Tuesday, July 23rd

8:15am Joy Bryla+

Claire Hermione Castro (birthday)

Wednesday, July 24th

8:15am Joshua Anderson (birthday) Eloisa Villanueva

Thursday, 25th

8:15am Ver Torres (birthday) Nelson Villegas+

Friday, July 26th

8:15am Ranilo Salido+

Saturday, July 27th

5:00pm People of the Parish Fe Ahanot

Prayer Requests

Prayer requests for the sick, military or recently deceased may be made by calling our Parish Office. Names will appear for two months. Please visit the parish office for Mass Intentions.

Intercessory Prayers

Prayers for the Sick

We pray for our sick parishioners, family and friends, and those in need of healing of the body and soul.

Adaline Dalupan Gordon Ferriss Marmo Lil Ocampo Agnieshka Ossowska John Leonard Matthew Awbrey Baby Gianna Brooks Iohn Said Paul Halloran Benedict Doan Paulita Narciso Johnny Johnson Beth Kassis Lilia Tanjoc Vien Tran Eberardo Madueno Luisa Penman Gini, Margie & Karen Spiess

Macy Knadle

Prayers for the Recently Deceased

We pray for the souls of all who have recently died, our family members, friends, and parishioners. May they rest in peace.

Allan MacDonnell Gene Fowler Bill Platz Gloria Marquez Rebecca de Bonifacio Fajardo Iim Reed Guzman Cristobal Bruce Hamman Joana Marie Daysor Roger Lopez Cirilo Garcia, Jr. Jonamel Elemino Sarah Maya Danny Cornel Jose Antonio Theresa Thomas **Elaine Dougherty** De la Cruz Timothy J. Andrade Eric Prevost Mario Palma

Eric Prevost Mario Palma
Esther Green Mary Steiner McInnis
Fe Abano Maureen Bradshaw
Fr. Art Wehr Mimi McCall
Gabriel Morales Pat Bagley

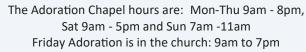
Prayers for Our Troops

We pray for our military personnel abroad and at home, and for their families.

Andrew Pecha Dylan Flynn Michael Dalupan Brandon Heffel John Lopez Samuel R. Rodriguez Carl Crossman Joshua Penman

Marc Jules Ocampo

Adoration



The Adoration Ministry has immediate need for dedicated adorers for these hours listed.

To sign up please contact Veronica Thomas at thomas_vera@yahoo.com



Monday: 10-11 am 11-12 pm 4 - 5 pm 5 - 6 pm 6 - 7 pm 7 - 8 pm Tuesday: 9-10 am 12-1 pm 2 - 3 pm 4 - 5 pm

David Tressler

Wednesday: 12-1 pm 5-6 pm 6-7 pm 7-8 pm

Thursday: 9 - 10 am 11 - 12 pm 12 - 1 pm 6 - 7 pm 7 - 8 pm

Friday: 6 - 7 pm

Saturday: 9-10 am 10-11 am 11-12 pm 12-1 pm 1-2 pm 2-3 pm 3-4 pm

Sunday: 8 - 9 am 9 - 10 am 10 - 11 am

SPIRITUAL GROWTH



At St. John the Baptist Parish, we foster a commitment to lifelong spiritual growth.

Companioned Prayer Ministry

St. John's Prayer Circles
Immaculate Heart of Mary:
Mondays, 9:45 am, Church Chapel
Sacred Heart of Jesus:
Wednesdays, 9:45 am, Church Nave
Contact: Michelle Hendricks
mhendricks@CompanionedPrayer.org

Have you noticed how Companioned Prayer circles are scheduled to meet in the silence of our church, in the presence of Jesus in the tabernacle for the purpose of entering the sacred silence of God found within each one of us? This sacred space is reserved and planned to be free from exterior distractions such as computers, cellphones, non-essential talking, and other exterior noises so that there is an opportunity for each person to focus on and listen to God in prayer. If you would like to experience the love and compassion of Jesus as your companion within a quiet way of listening to God in prayer, accompanied by a faith companion, come pray with us.

Why Do We Do That—Catholic Life Explained What can I do to help our family practice our faith each day?

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope... But the focus needs to be on who we are—God's people, in relationship with him, loved, forgiven, and redeemed, and called to live and proclaim the Gospel. Our awareness of God's presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian living.

Daily family practices include time for prayer—before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God's people.



To anticipate meeting him in the mystery of the Eucharist is to anticipate in love.

(Lectio Eucharist Bible Study)

WINGS

Feminine Genius

Garden Room, 9am Contact: Trista Gooderham 612-382-7655 mrsgooderham@gmail.com

WINGS (Women IN Growth Spiritually) is the gathering of women who are in different places in their spiritual journey. Our purpose is to help women grow in their relationship with God and the knowledge of our faith through sharing, nurturing, education, friendship and prayer within our Catholic community.

Join us in as we begin a new 4 part series on the Feminine Genius:

August 15: Kick off and Part 1 Receptivity

September 5: Part 2 Sensitivity October 3: Part 3 Generosity October 15: Part 4 Maternity

For meeting materials. please refer to the WINGS website: folsomcatholic.org/wings



Prayer to the Shepherd

My Good Shepherd, There are so many things I don't

understand about the paths where you lead and the pastures where you release me. But I believe that you are a Good Shepherd. I have known your protection and provision in so many ways.

Please keep me under your care.

Amen.



CHARITY

At St. John the Baptist Parish, we bring Christ's light to all through service to others.

2nd Collection

Next week we will take up the Peter's Pence Collection to support the Universal Church and the work of the Holy See, including helping Pope Francis to carry out his charitable works. These works benefit our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. Please be generous. For more information, visit https://www.obolodisanpietro.va/en.html

2024 Knights of Columbus

Pacific Islander Aloha Festival and Scholarship Fundraiser

August 10, 2024, Saturday, 5pm—10pm, Gallagher Hall

Lot's of good Fun, Food, Entertainment, Raffles, Silent Auction, Photo Booth. Scan this QR code to order your 2024 Aloha Festival tickets, before Saturday, August 10.



NO TICKETS WILL BE SOLD ON THE DAY OF THE FESTIVAL.

Divine Mercy Ministry

July 24, Wednesday

Contact: Greta Tecson, 916-337-2014

The collection cart remains in the church vestibule for dropping off your donations. Fresh fruits are welcome and should be dropped off the day before, on Tuesday during church open hours. Most requested items: cup-of-soups, raisins, nuts, peanut butter and cheese crackers, hot chocolate packets, oatmeal packets, bottled water, fruit juices, nutritious granola bars, fruit cups, jelly/jam ceramic cups. Bibles, holy cards, rosaries and religious reading materials are also appreciated. Are you interested in driving or helping serve call Greta.



KID'S CORNER

"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

Ma Read the Gospel and Color



Mk 6:7-13

Have you ever just wanted to be alone for a while? Jesus and his disciples knew what that felt like. They wanted to be alone to talk and rest, but crowds of people were surrounding them. Even when Jesus and his disciples tried to slip away unnoticed, people followed them anyway. They arrived only to find more crowds of people. This was certainly not the quiet time they had planned on. Being patient and kind, Jesus gave up what he wanted, and he began to teach the crowds.



Spend some alone time with Jesus tonight. If you get interrupted because someone else needs help, that's okay. Go help, and then come back to your alone time with Jesus again.



Find and circle these words from today's Gospel

GOING

SHEPHERD

APOSTLES ALONE			BOAT CROWD				PEOPLE TEACHING			
F	Т	G	Ε	R	Т	Н	Α	0	S	Р
E	Α	L	0	Ν	Ε	L	R	Т	U	Ε
R	P	Ν	D	1	Т	0	J	S	Н	0
В	0	Α	Т	0	N	L	D	1	М	P
Ε	S	٧	R	Т	1	G	Т	Н	Υ	L
P	T	Н	Α	D	0	N	G	Α	C	Ε
N	L	U	G	Т	В	U	Т	S	R	M
Т	E	A	C	Н	1	N	G	Y	0	A
Р	S	9	c	T	W	C	0	1	W	Ν
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PARISH MINISTRIES



Our parish is enriched with many ministries, please consider learning about and engaging in one or more of our ministries. Call the contact listed.

Welcoming Ministries

New Parishioner Welcoming Ministry

Joyce Starosciak, 916-740-4628

Greeter Ministry

Lori Hopper, 916-337-0139

Ushers

Stanley Posis, 916-705-9192

Prayer Ministries

Companioned Prayer

Michelle Hendricks,

mhendricks@companionedprayer.org Mondays, Immaculate Heart of Mary Prayer

Circle

Wednesdays, Sacred Heart of Jesus Prayer Circle 9:45 am, Church Chapel

Divine Mercy Devotion/Cenacle

Leilani Badley, 703-855-6241

- -Chaplet/Rosary/Morning Prayer
- -Cenacle Leilani Badley, 703-855-6241
- -Cenacle-Spanish Nury Pun, 916-212-7201

Eucharistic Adoration

Veronica Thomas, thomas_vera@yahoo.com
Sign Up for adorers is in the vestibule

Marian Cenacle (Marian Movement of Priests)

-English – 1st Wednesday of the month, 10am Sally Gomez, 916-693-2411

-Spanish – Every Saturday Carmen Gaytan, 916-757-3893

Our Lady of Fatima

Henry Altamirano, 925-899-7769

Parish Committees/Councils

Finance Council

Patty Robertson , 916-220-3600

Liturgy Committee

Barbara Bowden, 916-984-9476

Pastoral Council

Shannon Frazier, 916-761-2912

Outreach/Charity Ministries

Bereavement Hospitality/Receptions

Parish Office, 916-985-2065

Filipino Apostolate

Lili Rehwald, 916-220-2483

Gabriel Project

Debbie Sultan, 916-337-5786

Grace Quilters Ministry

Catherine Scott, 831-402-4681

Knights of Columbus

Tom Ireland, 310-347-7180

Ministerio Pastoral Hispano

Beatriz LeCam, 916-765-3569

Pastoral Care Ministry

Dan Dunne, 916-817-1675; Sunday Candice Ralston, 916-806-8090; Tuesday

Prayer Shawl Ministry

Catherine Scott, 831-402-4681

Prison/Restorative Justice Ministry

-Folsom Prison - Fr. H. Gomez, 916-985-2561

x 4206

-CSP Sacramento - Greg Mellor, Catholic Chaplain, 916-985-8610 x6425

Respect Life Ministry

Joanne Dudgeon, 916-607-2228

School Ministry (St. John Notre Dame)

Keith Martin, Principal, 916-985-4129

Senior Visitation

Charlene Agles, 916-984-9602

St. Vincent de Paul (311 Montrose Dr.)

Mercy Knight, 916-985-4630

Liturgical Ministries

Altar Servers

Hugo Schmidt, 916-817-4541

Children's Liturgy during Mass

Rachel Boyd, 916-296-3712

Extraord. Ministers of Holy Communion

Steve & Mary Anne Ashley, 916-479-2214

Lectors

Patti Midtlyng, 916-837-8322

Liturgical Environment

Arlette Peterson, 916-220-5968

Music - *See choir director after Mass.*

Spiritual Growth Ministries

Adult Scripture Study

Parish Office, 916-985-2065

Couples for Christ

Myrah Empleo, 661-993-4721

Faith Untapped

Rachel Marsh, 916-945-6992

Lay Mission Project

Laura Wicklman, 916-933-8471

Praise & Worship

David Brauer, dabrauer@hotmail.com

Religious Education

Shannon Langer, 916-985-7338

Rite of Christian Initiation for Adults (RCIA)

Shannon Langer, 916-985-7338

WINGS (Women in Growth Spiritually)

Trista Gooderham, 612-382-7655

Youth/Young Adults Ministries

Aaron Santos, asantos@folsomcatholic.org

Additional Ministries

Children's Babysitting at Mass

Parish Office, 916-985-2065

Family Fellowship

Rachel Marsh, 916-945-6992

Gift Shop

Connie Aley, 916-337-3607

Security Ministry

Jim Miller, 916-220-4311

Women's Game Day

Every Wednesday, Garden Room, 11am - 4:30pm.

Roberta Puzio, 916-933-2561

Bulletin Deadlines

Bulletin Date	Ads Due by 5pm
Jul 28	Jul 18
Aug 4	Jul 25
Aug 11	Aug 1
Aug 18	Aug 7





Treehouse Dental Maria Gloria Estipona, DDS, Inc 1725 Iron Point Rd. Ste 150, Folsom

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