

Welcome! ¡Bienvenidos!

Saint Joachim Catholic Church Iglesia Católica de San Joaquín

April 12, 2020 • 12 de Abril de 2020

*Easter Sunday of the Resurrection of the Lord
Domingo de Pascua: La Resurrección del Señor*

OUR VALUES: *Discipleship † Spiritual Gifts † Service † Sacraments*
NUESTROS VALORES: *Discipulado † Dones Espirituales † Servicio † Sacramentos*

OUR MISSION:

Saint Joachim Church, as a Roman Catholic community, exists to make missionary disciples and to share our God-given gifts in service to the Gospel of Jesus Christ.

OUR VISION:

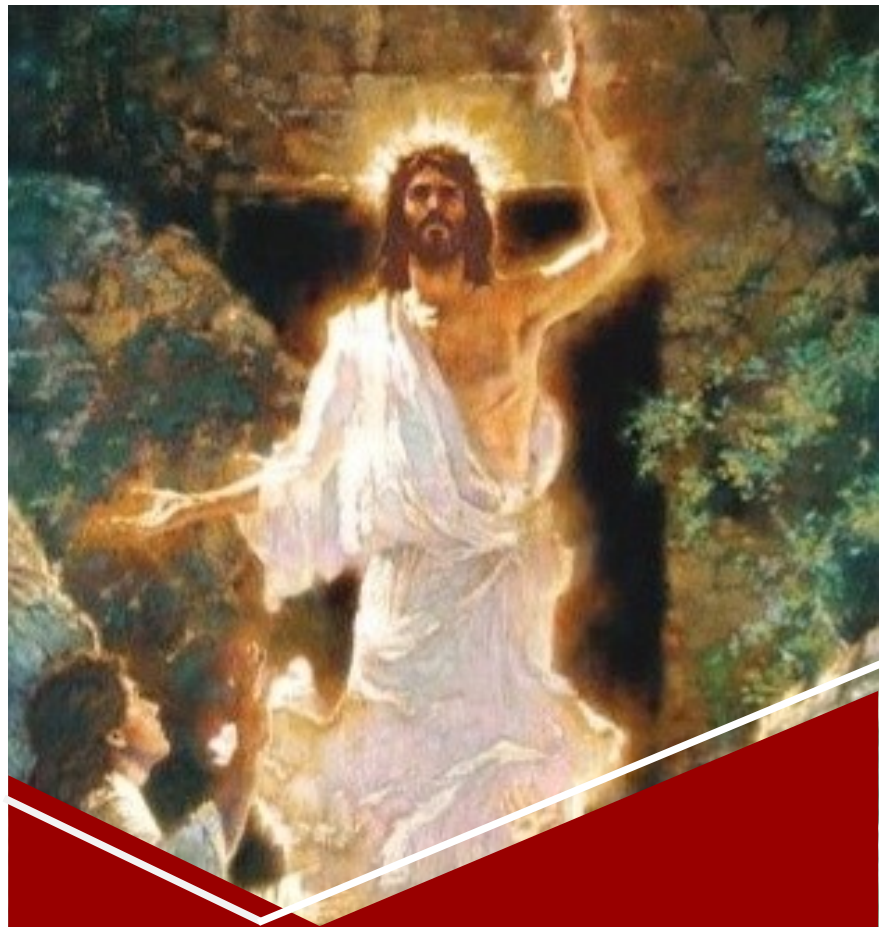
Saint Joachim parish is a faith-filled, diverse community that journeys with others on the path to salvation, with a desire to know, love and serve Jesus Christ and His Church. Guided by the Holy Spirit, we share this precious gift by inviting all to join us in our mission to form disciples and to proclaim the Gospel.

NUESTRA MISIÓN:

La Iglesia de San Joaquín, como comunidad Católica Romana, existe para hacer discípulos misioneros y compartir nuestros dones dados por Dios en servicio al Evangelio de Jesucristo.

NUESTRA VISIÓN:

La parroquia de San Joaquín es una comunidad diversa, llena de fe que viaja con otros en el camino de la salvación, con el deseo de conocer, amar y servir a Jesucristo y su Iglesia. Guiados por el Espíritu Santo, compartimos este precioso don al invitar a todos a unirse a nuestra misión de formar discípulos y proclamar el Evangelio.



When Christ your life appears,
then you too will appear with him in glory.
~ Colossians 3:4

Cuando se manifieste Cristo, que es nuestra vida, entonces
ustedes también aparecerán con él, llenos de gloria.
~ Carta a los Colosenses 3:4



Fr. Michael P. Hanifin
Pastor



Fr. Douglas A. Zavala
Parochial Vicar



Fr. Timothy Peters
Weekend Assistant



Deacon Fred Canlas



Deacon Martin Ruiz



Deacon Francisco
Javier Martin

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Andrew Everson, Music Director
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LITURGICAL SCHEDULE HORARIO LITÚRGICO

WE CELEBRATE THE EUCHARIST

Weekday | English:

Monday through Saturday at 8:30 a.m.

Weekend | English:

Saturday Vigil at 4:30 p.m.

Sunday Mass at 6:30 a.m., 10:00 a.m., 5:00 p.m.

CELEBRAMOS LA EUCARISTÍA

Misas Durante la Semana | Español:

Lunes a Viernes a las 7:00 p.m.

Fin de Semana | Español:

Vigilia de Sábado a las 6:00 p.m.

Domingo a las 8:00 a.m., 12:00 p.m., 7:00 p.m.

WE CELEBRATE SACRAMENTS

Reconciliation (Confession):

Wednesday evenings after the 7:00 p.m. Mass;

Saturday mornings after the 8:30 a.m. Mass

Sacraments of Baptism, Communion, Confirmation,
Marriage, Anointing of the Sick & Quinceañeras:
Contact the Parish Office

**For emergency medical requests call
949-682-2023.**

CELEBRAMOS SACRAMENTOS

Reconciliación (Confesión):

Miércoles después de la Misa de 7:00 p.m.

Sábado después de la Misa de 8:30 a.m.

Sacramentos de Bautismo, Comunión, Confirmación,
Matrimonio, Unción De Los Enfermos y Quinceañeras:
Llamar a la Oficina Parroquial

**Si requieren atención medica de emergencia
llamar al 949-682-2023.**

EUCCHARISTIC ADORATION:

First Friday of every month

ADORACIÓN AL SANTÍSIMO:

El Primer Viernes de cada mes

A Message from FR. MIKE



Dear Parishioners and Friends of Saint Joachim,

"Christ is Risen; He is risen indeed!" Christ is Risen etc. ... is known the Paschal Greeting, or the Easter Acclamation. It is an Easter custom among the Orthodox, Eastern Catholic, and Anglican Christians. It has found its way into our Roman Catholic sensibilities.

This Easter Greeting has also been adopted among some liturgically minded Protestant denominations, such as Lutherans.

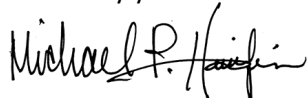
The Easter Greeting is used in place of "hello" or its equivalent, one is to greet another person with "Christ is Risen!" or "The Lord is Risen!". "Truly, He is Risen," "Indeed, He is Risen," or "He is Risen Indeed."

With ourselves and many of our family and neighbors unable to work because of the novel coronavirus pandemic, we may feel like we have been in the tomb longer than three days. We may look forward to rising out of isolation and a return to the life we are accustomed to. But I am not sure that life will be the same. We do not know what will be the new normal after we have been liberated from sheltering in place.

Easter is the assurance that "Christ is Risen" and is now alive in a resurrected way. In Jesus we have the hope of resurrection and that we will rise to new life with him.

Please remember that Saint Joachim's priests are here for you! If you need to talk with a priest, please call the parish at 949-574-7400 and leave a message on the priests' voice mail. Father Douglas' extension is 306 and my extension is 303. Our priestly ministry continues, and we are grateful for your generous donation that is needed more than ever before to fund our parish ministry. If you are able to donate please go online to the parish website www.stjccm.org/online-giving or mail your donation to the parish office or drop it off through the parish office mail slot. Know that we pray for and with you at our digital daily 8:30 a.m. Masses. Christ is risen; He is risen indeed!

Gratefully yours in Christ the Good Steward,



Father Michael P. Hanifin, Pastor

Harmony * Empathy * Development * Connectedness * Input

The Basic Elements of an Act of Spiritual Communion

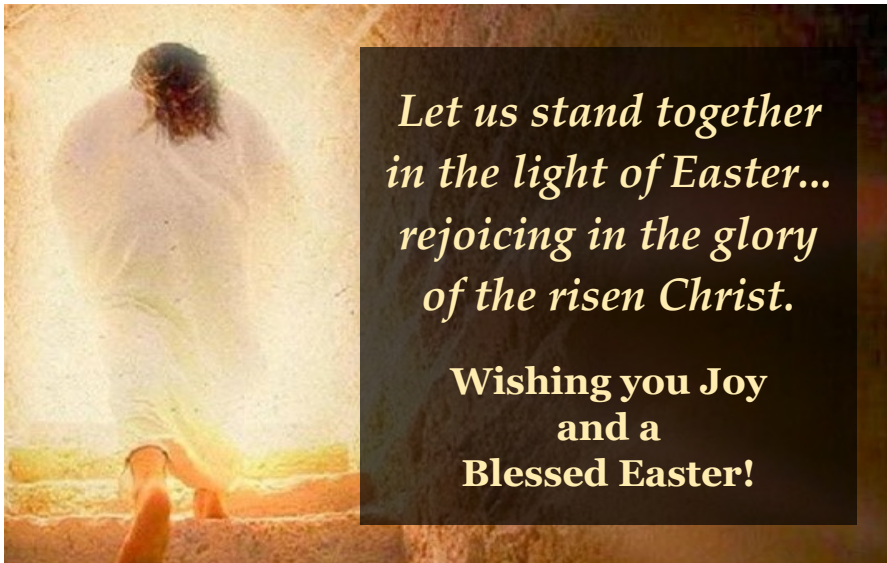
1. Make an act of faith. The key here is to express to the Lord your faith in his merciful love and his real presence in the Eucharist.
2. Make an act of love. O Lord God, I love you above all things.
3. Express your desire to receive him.
4. Invite Jesus to come into your heart spiritually.



No particular prayer or formulary is required, though there are acts of spiritual communion in Catholic prayer books to help focus a proper intention. Below is a traditional prayer of spiritual communion attributed to St. Alphonsus Liguori:

*My Jesus, I believe that you are present in the Blessed Sacrament.
I love you above all things and I desire you with all my heart. Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart. I embrace you as if you were already in my heart
and unite myself to you completely. Please do not let me ever be separated from you. Amen.*

PARISH & MINISTRY NEWS



EASTER SUNDAY OF THE RESURRECTION OF THE LORD

When we awoke this morning, we found ourselves blessed with another day. It is Easter Sunday. As that thought crossed our minds, did we find ourselves saying “so what” or “alleluia”? For many, today is truly a day of alleluia. For others, it is just another day of “so what.” Faith makes a huge difference. It not only makes a difference in how we understand today and the significance of what we celebrate, it also makes a huge difference in terms of how we understand ourselves.

Succeed, live well, be productive, find your niche, follow your dreams, make money, protect your social status, be politically correct, and keep your preferences to yourself are pretty good examples of the messages our secular life wants us to hear. In and of themselves, they don't sound all that harmful. But when really examined, they are. The life of resurrection embodied in the Gospel tells us a much different story.

Life keeps us busy. We are always connected, distracted, occupied, and working. For many of us, an agenda awaits us before we even start our day, and unfinished stuff is brought with us when we retire at night. Make the best of life and “find your own road to happiness” are messages we all too easily believe. The “so what” response to the new life of resurrection is often the result of believing that life is only what I make it. What God has to say isn't important to me securing my next raise.

Sadly, we live as if the grave is the end. While we may give the wonder of heaven a blink now and then, its glory really doesn't impress us or matter all that much. It's all about the here and now and what I need to do today to get where I want to be tomorrow. We tend to put off considering the one significant “tomorrow” that will come the millisecond after we take our last breath. When that happens, will we want to be thinking “so what?” or “alleluia”?

There is only one Jesus, one mission, and one resurrection. There is also only one of us. Have you ever pondered what one solitary, humble human life can do? Faith, not our world, tells us how special we are. We are not robots. We are not replaceable. We have one shot. There are no do-overs. Love is at our core and unites us together as one with the God of love who so desperately wants us to be with Him forever. This may not match our secular agenda, but it ought to make our true inner agenda leap for joy. There doesn't need to be an end. I can live forever. Alleluia!

©LPi

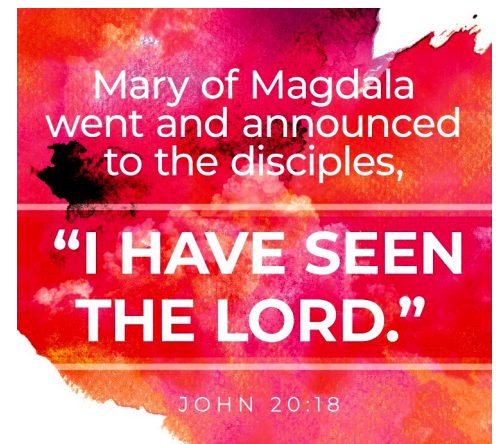


The only thing missing from our video Masses is YOU!

If we can't bring the sacrament to our parishioners, why not bring the people to the sacrament? We want to fill our church pews with pictures of our parishioners so that Fr. Mike and Fr. Douglas can see the faces of our wonderful parish community!

We've had a great response—lets keep it up! If you haven't yet sent us your picture, be sure to do so. E-mail your photo to parish@stjccm.org and we will print it. You may also mail it or drop it by the parish office – in the mail box or through the office doors and we will put them on our pews.

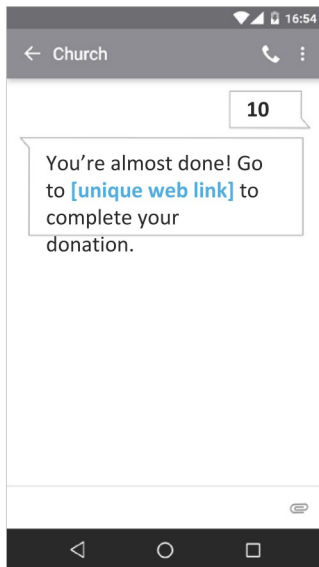
Please only provide photos that can be disposed of at a later date – we cannot return the photos.





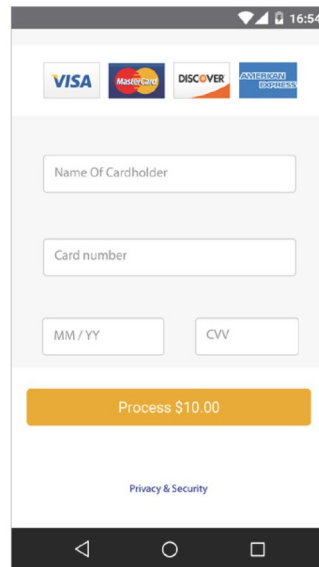
1) Get Started

Enter **833-959-1424** and the amount you wish to donate, then press send.



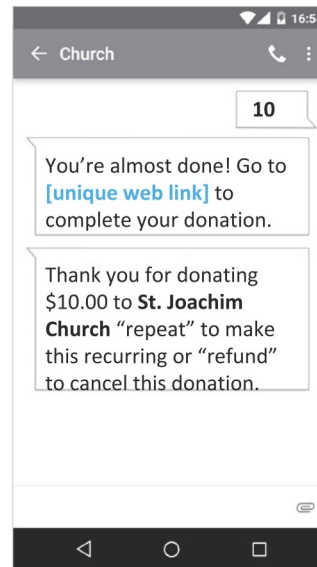
2) Register

You will receive a registration link. Click the link and enter your contact and payment information. Tap "Process."



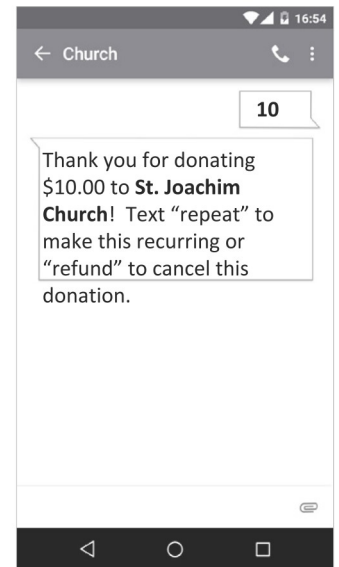
3) Give

After registration is complete, you will receive a verification text as well as a receipt via email.



4) Repeat

For future giving, simply send a text with the amount you wish to give, and it will process automatically.



Thank you for your generosity and support. If you have any questions, please contact the parish office at 949-574-7400 | parish@stjccm.org

Confessing Sins

Question:

If I go to the Sacrament of Penance and end up repeating the same sins, does that mean I do not have a strong enough intention to amend my life?

Answer:

There is a popular expression that says, "Be patient. God isn't finished with me yet!" Growing in faith and holiness is an ongoing, life-long project, and our struggle with sin is at the heart of it. As St. Paul says, the good he intends to do, he does not do. The evil he does not intend, he does! It is not always a lack of intention, but more often the allure of evil that makes it difficult to change.

When we confess our sins, we are to come with a fully contrite heart. You need to reflect on your true feelings toward your actions before approaching the sacrament. After confession, there are strategies you can make to avoid falling into the same traps of sin. First, pray for and seek out strength and perseverance through multiple sacraments, charitable work, and personal sacrifice. Second, avoid occasions of sin when you might fail or be sorely tempted. In doing these things, remind yourself daily that it is a spiritual war we wage, and with God's grace, we will succeed.

Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.



Exercise

Eat Healthy



The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.

Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.



Sleep

Learn and Explore



Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.

Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.



Structure and Routines

Practice Mindfulness



Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.

Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.



Talk with a Friend

For mental health resources visit **EachMindMatters.org**

National Suicide Prevention Lifeline: **1.800.273.8255**

The Peer-Run Warm Line: **1.855.845.7415** for peer-run non-emergency emotional support.



Funded by counties through the Mental Health Services Act (Prop 63).

Pasos para el cuidado de sí mismo (el autocuidado) durante el COVID-19

Durante tiempos de cambio e incertidumbre, ahora más que nunca es importante incorporar habitualmente el autocuidado y la rutina. Y aunque la rutina de autocuidado quizás ya no este disponible, hay maneras para mantenerte saludable y conectado. Cada día, tome un momento (o más) para cuidarte.

El ejercicio aumenta el nivel de energía y la felicidad y no es necesario ir al gimnasio. De casa, puedes participar en un grupo de ejercicio en línea o puedes pasar tiempo afuera caminando o andando en bicicleta.



Ejercicio

Lo que elegimos para nutrir nuestros cuerpos y la manera en que lo disfrutamos puede tener un impacto tremendo en nuestra salud mental y física. Cuando vas de compras elige alimentos que aumentan tu estado de ánimo como avena, nueces y hasta chocolate negro.

Alimentarse Sanamente



Dormir bien es una parte integral de nuestra salud ya que el dormir mejora nuestra habilidad de control emociones y manejar la ansiedad.

Duerme entre 7 a 9 horas al día, especialmente durante tiempos de estrés. Dos horas antes de dormir, limita el tiempo con las noticias y redes sociales.



Dormir

Los estudios demuestran que las personas que están comprometidos en el aprendizaje sienten más confianza, esperanza y propósito. Podemos mantener nuestra mente activa a través de visitas virtuales a museos, leyendo, cocinando recetas nuevas o actualizando rompecabezas.

Aprender y Explorar



El tener horarios fijos para comer, dormir, despertar, ser ejercicio, trabajar o estudiar puede ayudar a mantener una sensación de normalidad.



Estructura y Rutinas

Practica el mindfulness (la meditación)



Descansar durante el día nos ayuda relajar del ahogo del día. La práctica de pausar, respirar y estar presente es fundamental para nuestro bienestar y salud mental porque nos ayuda a reducir el estrés, a preocuparnos menos y a mejorar los sentimientos de fortaleza. Puedes tomar un momento a primera hora o antes de dormir para meditar.

Nuestras conexiones con los demás nos ayudan a enfrentar los altibajos de la vida. Mantén contacto con amigos, familiares y compañeros de trabajo a través de llamadas telefónicas y videollamadas.



Hablar con un Amigo

1.888.628.9454

La Red Nacional de Prevención del Suicidio

www.sanamente.org

SanaMente: El Movimiento de Salud Mental

Llame al **1.885.845.7415** para recibir apoyo emocional de consejeros que no sea de emergencia.



SanaMente
Movimiento de Salud Mental de California

Financiado por condados a través de la Ley de Servicios de Salud Mental (Propuesta 63), aprobada por votantes.

Mass Intentions Intenciones de Misa

A message from Bishop Vann regarding Mass Intentions:

In line with the norms of the Universal Church, Bishop Vann earnestly recommends that each priest in our Diocese celebrate Holy Mass daily, "since, even if the faithful cannot be present, it is the act of Christ and the Church in which priests fulfill their principal function" (canon 904).

Parish Mass Intentions are to be offered by the priests so as to keep continuity.

Un mensaje del Obispo Vann acerca de las Intenciones de Misa:

En línea con las normas de la Iglesia Universal, el Obispo Vann recomienda fervientemente que cada sacerdote en nuestra Diócesis celebre la Santa Misa todos los días, "ya que, incluso si los fieles no pueden estar presentes, es el acto de Cristo y la Iglesia en la que los sacerdotes cumplen su misión principal" (canon 904).

Los sacerdotes deben ofrecer las Intenciones de Misas aceptadas en la parroquia, para mantener continuidad.

For those suffering from illness... We pray. Por los afligidos con enfermedades... Oremos.

Altman Jr., Richard
Arko, David
Bonahora, Ricardo
Bowers, Dennis
Brinke, Deann
Bruno, Janet
Carballo, Andrea
Carter, Jerry
Casillas, Mary Lou
Cass, Bob
Castillo, Francisco
Corcoran, Jim, David
& Mark
Cook, Rita
Galindo, Art
Gallardo, Maria

Gonzalez, Dora
Hanifin, Marjorie
Harnish, Carmen
Haxel, Mary Lou
Hayes, Finola
Hayden, Sharon
Herrera, Maria Eugenia
Johnsen, Tom
Lewis, Kristina
Lewis, Nancy
Macias, Maria
Morrison, Marge
Murphy, Leo
Navarro Urquilla, Elva
Newland, Aaron
Norton, Sharon
O'Donnell Gomez, Angela

Pino, Juanita
Reyes, Sydney
Richardson, Steffanie
Ryan, Kevin
Salgado, Alfonso
Sanchez, Ma. Luz
Sayhes, Hannah
Snow Sr., Daniel R.
Studdert, Jimmy
Swanson, Gabriel
Sweiss, Montaser
Vasquez, Chris
Vaziri, Jean & Tanya
Walker, Dan
Walsh, Alan
Wilkins, Jane Marie

NOTE: Due to the large number of prayer requests, each month we will begin a new list of prayer requests.

NOTA: Debido a la gran cantidad de peticiones de oración, cada mes empezaremos una nueva lista.

†We pray for the deceased...

†Oremos por los difuntos...

†Zeferino Garcia Galindo
†Julio Gomez
†Richard Grabow
†Macario Jaramillo

†Aurelia Lavaris
†Kenneth Leczkowski
†Eva Perez
†Luis Perez Lopez

†Infra Picaso
†Isidro Sanchez Vega
†John Stoneman
†Yolanda Torres

Readings for the Week • Lecturas de la Semana

Mon.: Acts 2:14, 22-33; Ps 16:1-2a, 5, 7-11; Mt 28:8-15
Tue.: Acts 2:36-41; Ps 33:4-5, 18-20, 22; Jn 20:11-18
Wed.: Acts 3:1-10; Ps 105:1-4, 6-9; Lk 24:13-35
Thu.: Acts 3:11-26; Ps 8:2ab, 5-9; Lk 24:35-48
Fri.: Acts 4:1-12; Ps 118:1-2, 4, 22-27a; Jn 21:1-14
Sat.: Acts 4:13-21; Ps 118:1, 14-21; Mk 16:9-15
Sun.: Acts 2:42-47; Ps 118:2-4, 13-15, 22-24; 1 Pt 1:3-9; Jn 20:19-31

Lun.: Hch 2:14, 22-33; Sal 16 (15):1-2a, 5, 7-11; Mt 28:8-15
Mar.: Hch 2:36-41; Sal 33 (32):4-5, 18-20, 22; Jn 20:11-18
Mié.: Hch 3:1-10; Sal 105 (104):1-4, 6-9; Lc 24:13-35
Jue.: Hch 3:11-26; Sal 8:2ab, 5-9; Lc 24:35-48
Vie.: Hch 4:1-12; Sal 118 (117):1-2, 4, 22-27a; Jn 21:1-14
Sáb.: Hch 4:13-21; Sal 118 (117):1, 14-21; Mc 16:9-15
Dom.: Hch 2:42-47; Sal 118 (117):2-4, 13-15, 22-24; 1 Pe 1:3-9; Jn 20:19-31

parish@stjccm.org
www.stjccm.org



Un Mensaje del PADRE MIKE



Queridos parroquianos y amigos de San Joaquín,

"Cristo ha Resucitado; ¡Él ha resucitado!" Cristo ha resucitado, etc. ... se conoce el saludo pascual o la aclamación de Pascua. Es una costumbre de Pascua entre los Cristianos Ortodoxos, Católicos Orientales y Anglicanos. Ha encontrado su camino en nuestras sensibilidades Católicas Romanas.

Este saludo de Pascua también se ha adoptado entre algunas denominaciones Protestantes de mentalidad litúrgica, como los Luteranos.

El saludo de Pascua se usa en lugar de "hola" o su equivalente, uno es saludar a otra persona con "¡Cristo ha resucitado!" o "¡El Señor ha resucitado!", y la respuesta es "En verdad, ha resucitado", "De hecho, ha resucitado" o "Ha resucitado de verdad".

Con nosotros y muchos de nuestros familiares y vecinos incapaces de trabajar debido a la nueva pandemia del coronavirus, podemos sentir que hemos estado en la tumba más de tres días. Podemos esperar salir del aislamiento y volver a la vida a la que estamos acostumbrados. Pero no estoy seguro de que la vida será la misma. No sabemos cuál será la nueva normalidad después de haber sido liberados de refugiarnos en el lugar.

La Pascua es la garantía de que "Cristo ha Resucitado" y ahora está vivo de una manera resucitada. En Jesús tenemos la esperanza de la resurrección y de que nos levantaremos a una nueva vida con él.

¡Recuerden que los sacerdotes de San Joaquín están aquí para ustedes! Si necesitan hablar con un sacerdote, llamen a la oficina parroquia al 949-574-7400 y dejen un mensaje en el correo de voz de los sacerdotes. La extensión del Padre Douglas es 306 y mi extensión es 303. Nuestro ministerio sacerdotal continúa, y estamos agradecidos por sus generosas donaciones que se necesitan más que nunca para financiar nuestro ministerio parroquial. Si pueden donar, visiten página web de la parroquia www.stjccm.org/online-giving, envíen sus donaciones por correo o dejen sus donaciones en el buzón de correo de la oficina parroquial. Sepan que oramos por y con ustedes en nuestras Misas digitales diarias a las 8:30 a.m. Cristo ha resucitado; ¡él ha resucitado!

Con agradecimiento en Cristo, el Buen Pastor,

Padre Michael P. Hanifin, Párroco

Armonía * Empatía * Desarrollo * Comunicación *

Los Elementos Básicos de un Acto de Comunión Espiritual



1. Hagan un acto de fe. La clave aquí es expresarle al Señor su fe en su amor misericordioso y su presencia real en la Eucaristía.
2. Hagan un acto de amor. Oh Señor Dios, lo amo por encima de todas las cosas.
3. Expresen su deseo de recibirlo.
4. Inviten a Jesús a entrar en sus corazones espiritualmente.

No se requiere ninguna oración o formulario en particular, aunque hay actos de comunión espiritual en los libros de oración Católicos para ayudar a enfocar una intención adecuada. A continuación se muestra una oración tradicional de comunión espiritual atribuida a San Alfonso Liguori:

Creo, Jesús mío, que estás real y verdaderamente en el cielo y en el Santísimo Sacramento del Altar. Os amo sobre todas las cosas y deseo vivamente recibirte dentro de mi alma, pero no pudiendo hacerlo ahora sacramentalmente, venid al menos espiritualmente a mi corazón. Y como si ya os hubiese recibido, os abrazo y me uno del todo a Ti. Señor, no permitas que jamás me aparte de Ti. Amén



DOMINGO DE PASCUA

Hoy no se necesitan muchas palabras para entender lo sucedido. El contenido que se desea comunicar ya lo sabemos todos; “Jesús ha resucitado como lo había prometido.” “El Ángel dijo a las mujeres: ‘Ustedes no tienen por qué temer, yo sé que buscan a Jesús, que fue crucificado. No está aquí, pues ha resucitado, tal como lo había anunciado.’” (Mateo 28:5-6). Más adelante, se narra lo siguiente: “*Ellas se fueron al instante del sepulcro, con temor, pero con una alegría inmensa a la vez, y corrieron a llevar la noticia a los discípulos.*” (Mateo 28:8). Cada año la Liturgia de este día nos invita a gozar de esa inmensa alegría, de ese gozo eterno que se anida en el corazón del ser humano que conoce al Señor y no lo deja, sino que por el contrario lo anuncia corriendo a sus hermanos.

Dios se revela de diferentes maneras, y en esta ocasión de la resurrección les da una misión a las mujeres; que vayan a Galilea a anunciar a los demás que lo habían visto. Ahora, en este tiempo, todos los bautizados tenemos la misma misión de ir a donde el nos espera: en la familia, comunidad y sociedad. La promesa de Jesús en sus palabras de “*Allí me verán*” (Mateo 28:10) tiene un sentido de responsabilidad de cumplir el plan de Dios que sigue resonando aun en este 2020. La Pascua que iniciamos hoy, es fuerza que empuja a ir a seguir luchando por el bien común y por la paz. ¿Qué tipo de gozo te deja este Domingo de Resurrección?

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