St. Anthony Mary Claret

Roman Catholic Church 6150 Roft Road • San Antonio, Texas 78253 Office: 210-688-9033 • Fax: 210-688-3575 Visit us at www.samcsa.com.

Send comments or questions to saclaret@saclaret.com.

June 26, 2022

Pastor: Rev. Dr. Jan P. Klak, Ph.L., S.T.L., Ph.D.

> Parochial Vicar Rev. Tu Nguyen

Deacons: Jerome (Jerry) Kozar, M.S. Arnaldo J. Figueroa Gene Festa Tom Elms Tony Valdez Jose Bermea

Parish Administrator: Luis E. Astorga, MBA

Bookkeeper: Rose Ann Villafranca, BBA, MBA

> Secretary: Elaine Wolf-Gentry, BS

Director of Religious Education & Evangelization: Jennifer Rupert, C.Th.

Coordinator of Religious Education: Odilia Piña

Youth Ministry Coordinator: Martie Kokotajlo

Music Director: Paul Rauschhuber, BM, ME, MME

> **Bulletin Editor:** Sandy Salinas, BA

> > Sacristans: Teresa Revilla Rita Valdez

Grounds & Maintenance: Charlie Sievers, Maurice Flores Rafael Olmos, Roger Ruiz

Parish Mission Statement

We, the people of St. Anthony Mary Claret Parish, have as our mission to open our hearts and doors to those from all walks of life so that they too may share in the everlasting presence of God. Together we strive to grow closer to Jesus Christ through the Holy Eucharist. We work to foster the development of the parish, not only to strengthen our own spiritual awareness, but to impact the community as a whole.

GOSPEL MEDITATION: LK 9:51-62

And to another he said, "Follow me." In every moment of every day, in every circumstance and experience. God is calling us. We can easily get distracted and not hear it or simply ignore it, pretending it wasn't even heard. When we do hear it and favorably respond, there are some conditions that must be met. Jesus makes it clear that once we say yes to his invitation, we must stay focused and forge ahead. We cannot keep looking behind or worry about unfinished business. There are some tasks, and discipleship is one, that require our full devotion.

There are many "masters" vying for our attention. We need something or someone to

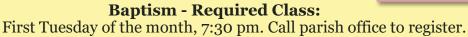
give us direction. Human nature requires it. Our motives and actions reveal what has our allegiance. It is tempting to give ourselves to masters that lure us with intriguing promises. When given the choice between a "master" that promises worldly success, abundant wealth, status, privilege, and security versus a "master" that asks for self-sacrifice, hardship, suffering, ridicule, and death, to whom do we go? While the promise of immediate pleasure is enticing, there is always a catch. For all that secular masters can promise, they always keep us looking behind, checking on ourselves, second guessing choices, calculating options, and being slaves to excessive worry. Our guard can never come down. Only one master really promises life: Jesus Christ. Hearing his call, we either trust him or we don't.

Saying yes to following Christ does come with a risk. But it also comes with the brightness of future hopes and dreams. There is no need to keep looking behind. Sins are forgiven and regrets serve no effective purpose. God is not there. He's moved beyond all that stuff. God (Cont'd on p. 2)

Celebration of the Mass

Monday: 8 am; 7:30 pm; Holy Hour 6:30 pm Tuesday - Friday: 8 am; Saturday Vigil Mass: 5 pm Sunday: 8 & 10 am; 12, 3 (Spanish), & 6 pm Holy Days of Obligation: Check inside bulletin for times.

> **Reconciliation (Confession)** Saturdays: 4 pm; Sundays: 4 pm

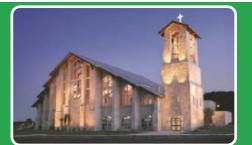


Visitation of the Sick: Call parish office to schedule visit.

Funerals: Call parish office prior to making arrangements.

Marriage Prep: Call parish office at least one year prior to wedding. Attend mandatory orientation third Thurs. of March or September at 7 pm.

Quinceañera Prep: Call parish office at least one year prior to date of celebration. Child must be enrolled in religious education for at least one year. Attend mandatory orientation fourth Thurs. of March or September at 7 pm.



Thirtieth Sunday in Ordinary Time

IN OUR PARISH



Page 2

Welcome! As pastor of St. Anthony Mary Claret Catholic Church, I want to express welcome from all of us to you for choosing to become a member of our parish family. We hope you will always feel at home here and that our worship and other parochial services will fulfill your spiritual needs. Please complete an online registration form at samcsa.com or a printed one which you can find

near the church entrance in the narthex. Return it to the parish office or drop it in the collection basket at your convenience.

I hope you feel welcome here! Sincerely in Christ, Rev. Jan P. Klak

GOSPEL MEDITATION, Cont'd from page 1

is in the today and the tomorrow and what he can continually do with our daily affirmation to follow Him. All we need to do is be obedient. St. Gianna Molla is credited with saying, "The stillness of prayer is the most essential condition for fruitful action. Before all else, the disciple kneels down." Begin with prayer. We will not only hear God's call but find the courage to trust that He will guide us where we need to be. God uses us in the most ordinary of ways through the simple daily expression of our lives. ©LPi



Saturday June 25

WARNING: Some parishioners have received emails requesting help or donations and falsely claiming to be from Fr. Jan. <u>DO NOT RESPOND</u> OR SEND DONATIONS!

June 18/19 attendance & col	lecti	on totals
Attendance		2,398
Regular Collection	\$	25,763.11
RE Bldg. Debt Reduction	\$	5,219.99
SAMC Pantry	\$	1,140.00
Candles	\$	505.18
Gabriel Project	\$	390.00
Peter's Pence	\$	365.00
Capital Campaign	\$	200.00
Rosary Makers	\$	30.00



Hora Santa Bilingüe para Las Vocaciones

Bilingual Holy Hour for Vocations

> el jueves, 7 de julio Thursday, July 7 6:30 PM Misa/Mass: 7:30 PM

St. Anthony Mary Claret First Saturday Mass & Devotions

Saturday, July 2 Mass: 8 AM followed by exposition of the Blessed Sacrament, rosary & consecration prayers



MASS INTENTIONS THIS WEEK

Saturday, June	25
5 PM	BB* for Sandra Rodriguez
	by Rodriguez Family
Sunday, June 2	26
8 AM	Gabriel Fernandes [†] by Jeremias & Clarissa Fernandes
10 AM	Alan J. Ponce [†] ; Margaret [†] & Albert Suarez [†] ; Healing for Anthony Ponce by Alma Ponce
12 PM	Ýolanda Virginia Torres Balboa † by Torres, Balboa & Quiroz Families
3 PM	Walderico & Puring Elvena [†] by Chiapoco Family
6 PM	Armando Gomez† by Espinoza Family
Monday, June	27
8 AM	In Thanksgiving: Ryann Gelon Gestopa; BB* for Elmer Gestopa by Elmer Gestopa
6:30 PM	Holy Hour
7:30 PM	For an End to Abortion
Tuesday, June	28
8 AM	Spec. Int for St. Anthony Claret Bible Study Staff by Sally Anderson
	BB* for Joseph Gregorio by Gregorio Family

Wednesday, Ju 8 AM	ine 29 Spiritual Strength for Fr. Jan, Fr. Tu & All Priests by Louis Martinez & Family	
Thursday, Jun	e 30	
8 AM	For the Parish	
•		
Friday, July 1		
8 AM	Jose Garcia† by Family	
Saturday, July 2		
8 AM	BB* for David Lemus by Mary Macias	
O ANI		
	Spec. Int for Teresa Santellanes	
	by Santellanes Family	
5 PM	Marie H. Nosky† by Nosky Family	
Sunday, July 3		
8 AM	For the Parish	
10 AM	Kayleigh Gellispi by Guerrero Family	
12 PM	Martha Barraza† Family	
3 PM	Spec. Int. for Conversion: Humberto Ortiz	
-	by Emma Ortiz	
6 PM	BB* for Lucas Alvarez by Bea Alvarez	
	Spec. Int. for Vocation: Caleb Clemons	
	by Family	
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PORNOGRAPHY ADDICTION

"Wash Me Thoroughly": Healing from Pornography Use and Addiction - Part 3

by Daniel Spadaro, MA, LPC, a mental health counselor and founder of Imago Dei Counseling in Colorado Springs

Note: This article is part of the USCCB "Clean Heart" series and is a companion resource to the USCCB formal statement Create in Me a Clean Heart: A Pastoral Response to Pornography; Full text of this statement may be found at USCCB.org.

"Wash me thoroughly from my iniquity, and cleanse me from my sin!" (Psalm 51:2, RSVCE)

Where to Start

In order to change any behavior or attitude, you must take full responsibility for doing something about it. Many people have the desire to change but are not entirely willing to do so. It is often more comfortable to allow a problem to continue than to exercise a solution. The first step toward healing is a sincere willingness to take the steps that are needed, even if they are uncomfortable.

Cultivating chastity takes work...It is a lifelong task and a daily choice. Be patient, persevere, and do not be discouraged. – Create in Me a Clean Heart, p. 22

Having a vision for why you want to break free from pornography is also very helpful. For example, seeking freedom could be motivated by the desire to save your marriage, live with integrity, or fulfill your role as a father or mother. Pain is often an initial motivator. The journey toward purity is like climbing a mountain, and we don't want to stop short. We want to reach the summit and receive the abundant joy and peace God has for us.

Healing the Mind

In order to break free from attachment to pornography, it is important to understand the neurological aspects of pornography use and addiction and to counter negative thought patterns.

At a neurological level, our brains become attached to viewing pornography because sexual arousal stimulates dopamine in the brain, a neurochemical that promotes connection with activities that bring us joy or a sense of satisfaction.¹ In the case of viewing pornography, we are training our brains to respond to and enjoy an image or fantasy, not a real person. But since the brain does not differentiate between imaginary and real, it is flooded with the same neuro-chemicals as produced by real sexual intimacy. In fact, the types of images found in pornography cause over-stimulation of the brain, which then wants to repeat the activity and is "triggered" by anything associated with it (being home alone, the computer turning on, etc.). Eventually, repeated over-stimulation caused by viewing pornography decreases our ability to experience normal levels of pleasure and reduces the brain's ability to regulate impulse and mood.²

The good news is that our brains are more changeable, or plastic, than we may have realized. It takes time, effort, and support, but it is possible to heal the neurological damage caused by viewing pornography. A good way forward is to abstain from all behaviors that lead to sexual stimulation for an initial month. (Support and accountability are needed here.) During this time, it can be helpful to reduce caffeine intake and increase non-media-based activities like exercise. It is helpful to journal about emotions and situations that were "triggers" for pornography use and to talk with others for additional insight. Eventually, over the course of thirty to sixty days, our brains begin to heal from the over-stimulation caused by pornography and many of the former triggers are felt less intensely.

It is also important to examine one's beliefs, emotions, and thoughts. The cycle of pornography use and addiction is perpetuated by distorted views of one's self and others and is fueled by shame.³ Distorted thinking includes avoidance of facing negative emotions and using denial tactics such as blaming, rationalizing, and minimizing. Other common attitudes that need to be examined and healed are self-centeredness or narcissism, self-pity, and being manipulative. A good goal is to be aware of your negative or distorted beliefs and counter them with the truth that God made you, loves you, and desires for you to be free from sexual compulsion. Often counseling or a support group is a significant help here.

...to be continued ...

Notes

- ¹ N. D. Volkow, et. al., "Addiction: Decreased Rward Sensitivity and Increased Expectation Sensitivity Conspire to Overwhelm the Brain's Control Circuit," Bioessays 32:9 (2010): 748-55.
- ² William M. Struthers, Wired for Intimacy: How Pornography Hijacks the Male Brain (Downers Grove, IL: Intervarsity Press, 2009).
 ³ J. Brian Bransfield, Overcoming Pornography Addiction: A Spiritual Solution (New York: Paulist Press, 2013).
- Wash Me Thoroughly": Healing from Pornography Use and Addiction was developed as a resource and approved by Bishop Richard J. Malone, Chairman of the Committee on Laity, Marriage, Family Life and Youth of the United States Conference of Catholic Bishops
- (USCCB). It was authorized for publication by the undersigned. Msgr. J. Brian Bransfield, General Secretary, USCCB Quote from the *New Revised Standard Version Bible: Catholic Edition*, copyright 1989, 1993, Division of Christian Education of the
- National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved. Copyright © 2016, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.



RELIGIOUS FREEDOM WEEK: JUNE 22-29



Religious Freedom Week takes place from June 22, the Memorial of Sts. Thomas More & John Fisher, through June 29, the Solemnity of Sts. Peter & Paul. Join Catholics across the country to pray and act for the freedom to serve faithfully and with integrity. Learn more at www.usccb.org/ReligiousFreedomWeek.

St. Thomas More and St. John Fisher

Sts. Thomas More and John Fisher were Renaissance men. Talented and energetic, they contributed to the humanist scholarship of early modern England. More wrote theological and philosophical treatises, while making a career as a lawyer and government official. Bishop John Fisher worked as an administrator at Cambridge. confronted the challenge Martin Luther presented to Christian Europe, and most importantly served as Bishop of Rochester. As a bishop, he is notable for his dedication to preaching at a time when bishops tended to focus on politics. These men were brilliant. They both corresponded with Erasmus, who helped Bishop Fisher learn Greek and Hebrew, and who also famously referred to More as a man for all seasons.

Above all their accomplishments, these men bore witness to a deep faith in Christ and his Church. More considered joining religious life and was assiduous in his devotional practices. As a married man, he committed himself wholly to his vocation as a father. At the time, disciplinary practices with children tended to be severe, but More's children testify to his warmth, patience, and generosity.



St. John Fisher was a model shepherd and demonstrated remarkable humility. He remained in the small Diocese of Rochester his entire episcopal ministry, devoting himself to his local church rather than seeking



promotion to a larger, more powerful diocese.

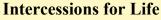
More and Fisher are well-known for opposing King Henry's divorce. Ultimately, it was their refusal to sign an oath of supremacy that led them to be executed. King Henry VIII claimed to be the supreme head of the Church in England, asserting sovereign power over English Christians. Neither Fisher nor More could abide this claim, and their steadfastness to their consciences put them in conflict with the king. They were convicted of treason.

It is good to love one's country, but ultimate loyalty is due only to Christ and his kingdom. Sts. Thomas More and John Fisher show us what faithful citizenship looks like. They loved and served their country. In the moments just before his execution, More is said to have stated, "I die the King's good servant, but God's first." They never rose up to incite rebellion or foment revolution. They were no traitors. But when the law of the king came into conflict with the law of Christ, they submitted to Christ. These men gave their lives for the freedom of the Church and for

freedom of conscience. They bear witness to the truth that no government can make a claim on a person's soul. May their example continue to illuminate the path for us, as we seek to faithfully serve our Church and country. We ask for the intercession of Sts. Thomas More and John Fisher, that we too would be good servants to our country, but God's first!

Source: United States Conference of Catholic Bishops, USCCB.org.

RESPECT LIFE



For the preservation of religious freedom in our country: that the right to freely worship God and live according to His commands may be protected and upheld. We pray to the Lord.

Intercesiones por la Vida

Por la protección de la libertad religiosa en nuestro país: para que el derecho de rendir culto a Dios libremente y de vivir nuestra vida según Sus Mandamientos sea protegido y defendido. Roguemos al Señor.



Thirtieth Sunday in Ordinary Time

PARISH NEWS

DOIN THE 5 PM CHOIR

Do you sing or play an instrument? Will you share your time and talent?

Join the Saturday 5 PM Mass choir!

We are looking for prayerful, creative new members with intermediate to advanced choir and/or



instrumental skills to help lead our assembly's sung prayer. Commitment includes personal preparation, a weekly group rehearsal, and Saturday Mass attendance. Interested? Contact Mark Kokotajlo at alamokoko@sbcglobal.net or see him after 5 PM Mass.

Man of St. Anthony Claret you are

Men of St. Anthony Claret, you are invited to an encounter with our merciful Lord at the

Men's ACTS Retreat

July 7-10 Cordi Marian Retreat Center

For info or to register, contact Brett Godkin at 210-954-2358, Buddy Broerman at 210-325-9167 or Sid Luna at 210-213-0136.

You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself. — Eph 1:18



NEVER MISS ANOTHER BULLETIN! View the bulletin any time on our website: http://samcsa.com/. Better yet, have it emailed directly to your inbox! Go to parishesonline.com, locate our parish with the search tool and click on "subscribe."

COMMUNITY NEWS



Pilgrim Center of Hope, a Catholic evangelization organization founded in 1993, is seeking a full-time Events & Marketing Coordinator (35-38 hrs/week). This is an exciting

opportunity for someone interested in utilizing their gifts in various ways. Our mission of guiding people to Christ & the Church is reaching various States and over 40 countries through their efforts of outreach, conferences, social media productions and in-person events. For more info, visit <u>www.PilgrimCenterofHope.org</u>, call Mary Jane Fox at 210-521-3377 or email her at

dtmjfox@pilgrimcenterofhope.org.

THE SUNDAY FUNNIES

Never leave alphabet soup on the stove and then go out. It could spell disaster.



This Week in Our Parish

Weddings Sydney Onuagu & Lynda Chiobuche 50th Anniversary Luis & Sylvia Astorga

BAPTISM CLASS Tuesday, July 5, 7:30 PM RE Bldg., 1st floor



St. Anthony Claret

Ministry Coortinator Needed! Now hiring for this position. To apply, visit https://www.archsa.org/employment. For info, contact Rose Ann Villafranca at 210-688-9033, x203.

Catholic Women's Conference

Inviting all women to be renewed at a "Spa for the Soul" Friday & Saturday, July 29-30 at St. Elizabeth Ann Seton in San Antonio.



Speakers include Bishop Michael Boulette, Sister Elizabeth Ann Dockery and Patty Breen, plus four TEC (<u>T</u>each, <u>E</u>ncourage, <u>C</u>hallenge) speakers.

For more info or to register, visit CWCSanAntonio.com or call 210-521-3377.

FAITH & PRAYER

PRAY FOR VOCATIONS!

Pray for our local seminarians and for an increase in vocations to religious life. This month we especially pray for newly ordained priest Father Michael Coronado.



Father Michael Coronado

Prayer for Newly Ordained Priests O Jesus, our great High Priest, hear our humble prayers on behalf of Father Michael Coronado and all newly ordained priests. Give them a deep faith, a bright and firm hope, and a burning love which will ever increase in the course of their priestly lives. In their loneliness, comfort them; in their sorrows, strengthen them; in their frustrations, point out to them that it is through suffering that the soul is purified. Show them that they are needed by the Church, by souls and for the work of redemption. O loving Blessed Virgin Mary, Mother of Priests, take to your heart your sons who are close to you because of their priestly ordinations and because of the power which they have received to carry on the work of Christ in a world which needs them so much. Be their comfort, joy and strength, and especially help them to live and to defend the ideals of consecrated celibacy. Amen.

We also commend to your intercession this order committed to the consecrated life: Missionaries of the Holy Spirit

COMMUNITY NEWS



Fatima Today

Heaven's Strategy for Spiritual Warfare

www.fullnessoftruth.org/fatima

August 19-21, 2022

Hyatt Hill Country Resort in San Antonio, TX



Featuring:

Scan to real

Bishop Joseph Strickland Bishop Gary Janak Fr. Kevin Barrett Johnnette Benkovic-Williams Dcn. Harold Burke-Sivers Fr. Wolfgang Seitz Mary-Rose & Ryan Verret Fr. William Wagner

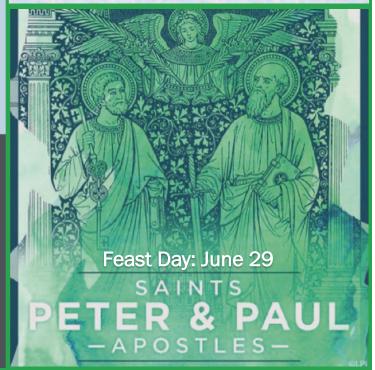


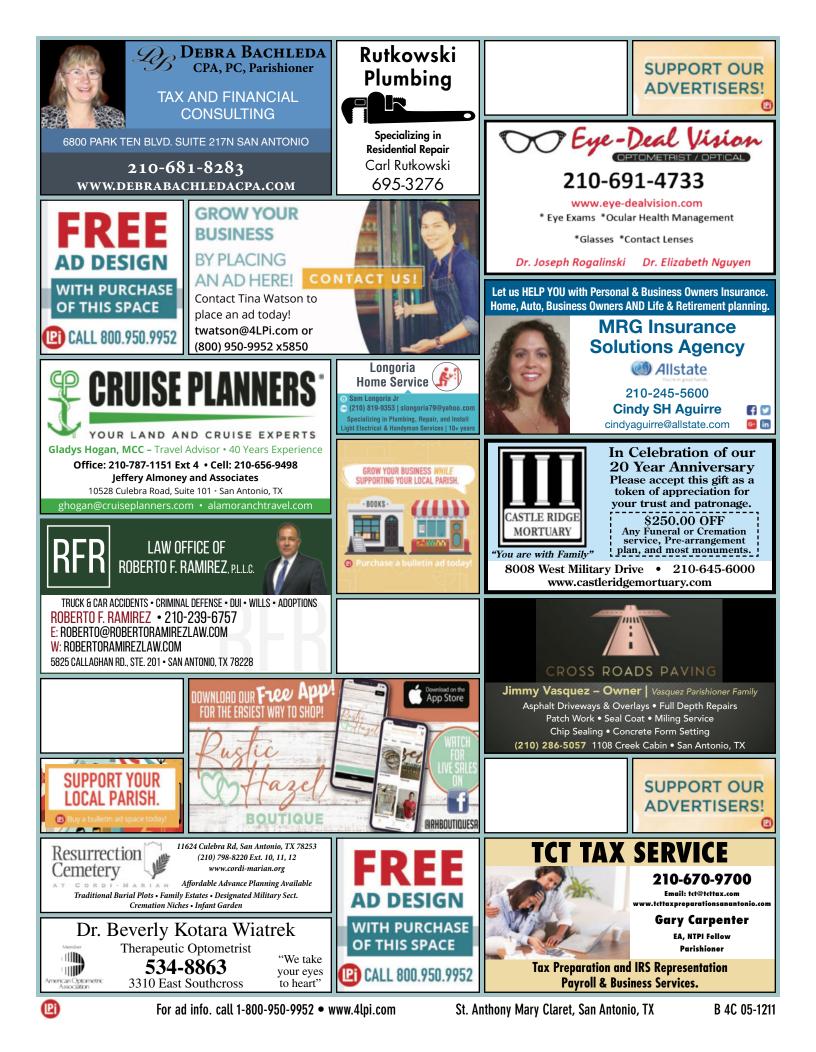
Mary Flora Nellie Coronado Jack White Stoltz Family Maria Nieves Garcia **Bill Phinizy** Catherine Smith Rachel Delgado George Vasquez Maurice Flores Tracev Kollmansberger Yolanda Barron **Tony Salinas** Alejandro De Luna Deacon Jerry Kozar Maggie Reyna Fr. Patrick Martin Karina Hernandez

Kelton Sweet, Jr. Joanna Sweet Javier Calderon George Aldava Mary Helen Peterson Maria Morales Rosa Huerta **Barbara Vanegas** A.C. Garza Manuel & Eloise Salazar Javier & Mary Bautista Olga Faz Bishop Yanta Jim & Nancy Souhrada **Bill Jennings** Dee Hancock Linda Santos Tom Calderon Jr.

List is reserved for *names of parishioners and immediate family only.* You may submit up to FOUR names at a time. Names usually run for four weeks.

THIS WEEK'S READINGS Sunday 26: 1 Kgs 19:16b, 19-21/Gal 5:1, 13-18/ Lk 9:51-62 Monday 27: Am 2:6-10, 13-16/Mt 8:18-22 Tuesday 28: Am 3:1-8; 4:11-12/Mt 8:23-27 Wednesday 29: Acts 12:1-11/2 Tm 4:6-8, 17-18/ Mt 16:13-19 Thursday 30: Am 7:10-17/Mt 9:1-8 Friday 1: Am 8:4-6, 9-12/Mt 9:9-13 Saturday 2: Am 9:11-15/Mt 9:14-17 Sunday 3: Is 66:10-14c/Gal 6:14-18/Lk 10:1-12, 17-20







For ad info. call 1-800-950-9952 • www.4lpi.com

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