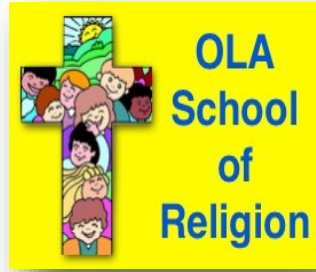




### prayer

Holy Hour  
Sunday, July 28



### fraternity

School of Religion  
Late Registration



### minority

Our Lady of Angels  
Stewardship

## Our Lady of Angels CAPUCHIN Franciscan

### GOSPEL MEDITATION

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.

— Father John Muir



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Angels Church with your  
phone. Scan the image  
with your phone’s camera.





# Our Lady of Angels Church

CAPUCHIN FRANCISCANS

1721 Hillside Drive • Burlingame, CA 94010

Email: [parishoffice@olaparish.org](mailto:parishoffice@olaparish.org)

Website: [www.ola.community](http://www.ola.community)

**Pastor:**

Rev. Michael Mahoney, OFM, Cap.

**Associate Pastors:**

Rev. Peter Eugenio, OFM, Cap.

Chris Mariano, Permanent Deacon

**Principal:**

Mrs. Monica Ruane

**Director of Religious Education:**

Ms. Johna Maychrowitz

**Co-Director of Religious Education/****Children's Choir Director:**

Mrs. Jennie Lyn Malibiran

**Preschool Director:**

Mr. Corey Bianchi

**Youth Ministry:**

Ms. Raychelle Castillo

**Music Director:**

Mr. Matt Mattei

**BAPTISMS:**

By appointment only. Call the Rectory.

**MARRIAGES:**

By appointment. Call the Rectory at least SIX MONTHS in advance.

\*\*\*

**TELEPHONE NUMBERS:**

Rectory 650-347-7768

School 650-343-9200

Religious Ed/OCIA 650-347-3671

Preschool 650-343-3115

Music Director 650-867-5434

Youth Ministry/Confirmation 650-347-3672

Rectory FAX 650-435-4357

**MASS SCHEDULE:**

**Saturday:** 8:00am & 5:00pm

**Sunday:**

7:00am, 8:30am

10:00am, 11:30am,

6:00pm

**Monday-Friday:**

8:00am & 5:30pm

\*\*\*

**SACRAMENT OF RECONCILIATION****FACE TO FACE IN THE CHURCH**

Saturdays: 3:30-4:30 pm

**ADORATION CHAPEL**

8:30 am-5:30 pm (M-F)

8:30 am-Noon (SAT)

## MASS INTENTIONS

Your prayers are requested for the deceased members of the parish and especially for those who have died recently, Sharon McCarthy, Sr. Maureen Hally, and the following for whom Mass will be offered:

**SAT, July 20: 5:00pm** Robert Reynolds / Fr. James Stump, OFM Cap.

**SUN, July 21:**

**7:00am** All Parishioners

**8:30am** Edna & Jim Clark / Mario & Arianna Cassanego

**10:00am** Pat Mayer / Special Intention

**11:30am** Catherine Lacrouts / Theresa Cafferkey

**6:00pm** Steven & Eugenia Zlatunich / Fr. James Stump, OFM Cap.

**8:00am**

**MONDAY:** Mario Chaple / Maria Isabel De La Torre

**TUESDAY:** Junior Llamas / LaVerne Walker

**WEDNESDAY:** Peggy Burke

**THURSDAY:** Fr. James Stump, OFM Cap.

**FRIDAY:** Amorita & Felicisimo Castillo

**SATURDAY:** Elzo Grelli

**11:30am at Marian Oaks**

Sr. Edith Hurley, RSM

Thomas Mallard

Rosetta Fontana

Rosalie O'Mahony

Special Intention

Rosalie O'Mahony

**5:30pm**

Theresa Cawley / Tiger Gutierrez

Michael Golden

Jack Casey

Roberta McElroy

Rosalie O'Mahony

**SAT, July 27: 5:00pm** Rudona Bleichner / Special Intention

**SUN, July 28:**

**7:00am** All Parishioners

**8:30am** Pat Mayer / Clara Basques

**10:00am** Sophia Collins / Elio Piccinini

**11:30am** Dr. Robert Cody / Gary Galindo

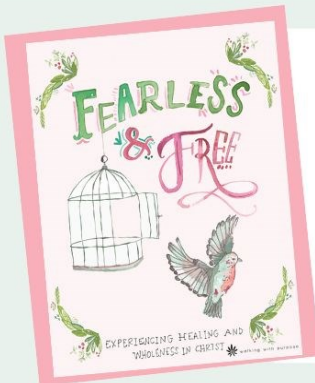
**6:00pm** The Brovelli Family / Paz Rodriguez



# Register for OLA's Women's Faith Sharing Group *"Fearless and Free"*

**Make authentic connections with other women**  
**Refuel and refresh | Learn more about God**

WWP Bible studies combine personal study with small group discussion, linking our everyday challenges to the solutions given to us through the teachings of Christ and the Catholic Church. So many of us are wrestling through the reality that life isn't easy, even when we are doing the right thing. ***Fearless and Free***, a personal and transformative Bible study based on the book of Ephesians, provides a firm foundation to stand on no matter what life throws our way with an emphasis on healing and wholeness.



**DATE:** September 5 - October 10

**LENGTH:** Six Weeks

**TIME/DAY:** Thursdays 6:45pm- 8:15pm

**LOCATION:** Padre Pio Room

**COST:** FREE

## TO REGISTER:

Scan the QR code to the right or fill out the form below and return to the rectory.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_



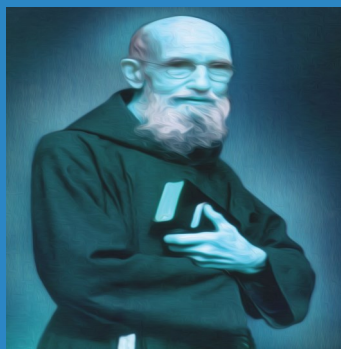
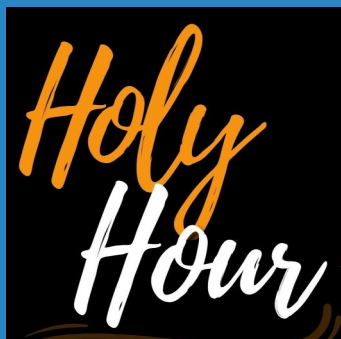
## FOR MORE INFORMATION:

Contact Theresa Webb at  
650-347-7768

[theresawebbola@gmail.com](mailto:theresawebbola@gmail.com)







## PRAYER

### HOLY HOUR

Next Sunday, July 28 at 7pm (following the 6pm Mass)

"Could you not watch with me one hour?" - Matthew 26:10

We will hold a Holy Hour on the last Sunday of every month in 2024 at 7pm following the 6pm Mass. The theme this month is *The Most Precious Blood of Jesus*.

### "FORMED" PICK OF THE WEEK

FORMED is a popular online platform that can be likened to a Catholic Netflix. The subscription is free and provided by OLA to all parishioners. The "Pick of The Week" is *St. Bridget of Sweden*. Join Dr. Carl Vennerstrom and Mary McGeehan as they dive into the life of this medieval saint. A wife, mother, and visionary, St. Bridget was an evangelist both inside and outside the home. St. Bridget's visions of Christ's Nativity have greatly influenced its depiction in Christian art. Watch to find out more! Please visit [formed.org/signup](https://formed.org/signup) to register or scan the QR Code to the left on your phone's camera.

### BLESSED SOLANUS CASEY, OFM Cap.

Blessed Solanus Casey was, in many respects, the ideal friar: holy in spirit, focused on simplicity and compassion, and eager to share the spirituality of St. Francis to anyone who knocked on his door.

Though he died over 65 years ago, his legacy thrives. Sign up for seven days of videos devoted to this beloved Capuchin Franciscan. Each day, from July 25-31 (the feast day of Blessed Solanus), find stories and prayerful meditations in the spirit of this holy man.

Visit [465210.hs-sites.com/en-us/solanus-casey-2022?utm\\_campaign](https://465210.hs-sites.com/en-us/solanus-casey-2022?utm_campaign) to sign up.

### JOIN OLA'S WOMEN'S FAITH SHARING GROUP

So many of us are wrestling through the reality that life isn't easy, even when we are doing the right thing. Walking with Purpose, OLA's Women's Faith Sharing Group, is offering *Fearless and Free*, a personal and transformative Bible study based on the book of Ephesians. With an emphasis on healing and wholeness, this study provides a firm foundation to stand on no matter what life throws our way. Join us for this FREE mini-6-wk video session starting on September 5 from 6:45-8:15pm in the Padre Pio Room (room outside the school office). Register with the QR code here or by emailing your name, phone number, and email to Theresa Webb at [theresawebbola@gmail.com](mailto:theresawebbola@gmail.com).

### DAILY ROSARY

Monday-Friday at 7:40am (before the 8am Mass) in the Church  
Please come and pray together daily before the 8am Mass.

## FRATERNITY

### SCHOOL OF RELIGION LATE REGISTRATION

*\$225 tuition per child (Early registration closed on June 15)*  
A \$50 fee for Second Year (Grade 2) Sacramental Students for First Reconciliation and First Eucharist is required. K-6 classes are Wednesdays from 4pm–5:15pm from October through May. We also offer a homeschool program. Forms can be found online at [ola.community](http://ola.community) under *School of Religion*, then click on *Enrollment*.

### OLA FUN FAIRE

*Friday, October 4 from 6pm–10pm*

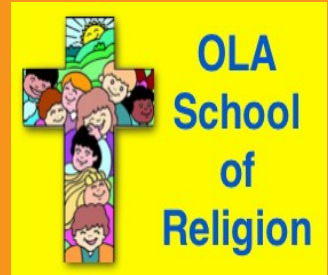
*Saturday, October 5 from 2pm-10pm*

Mark your calendars for this year's OLA Fun Faire, themed *Camp OLA!* More information coming soon!

### OUR LADY OF ANGELS' YOUTUBE CHANNELS

Our Lady of Angels Parish now has two separate YouTube channels!

- 1) @OLofAngels (Our Lady of Angels' YouTube Channel)  
This channel features Live Streams and Friday video updates
- 2) @WelcomeHomewithFr.Michael (Fr. Michael's YouTube Channel)  
This channel features Fr. Michael welcoming practicing Catholics, lapsed Catholics, those considering the Catholic faith, and anyone in between in joining him in a new series called *Welcome Home*. In this video series, Fr. Michael draws on his pastoral experience as a Capuchin Franciscan serving the OLA parish community of Burlingame to invite viewers back into the Church by explaining the meaning and depth of the Holy Mass, Sacraments, Liturgical days of significance, and more.



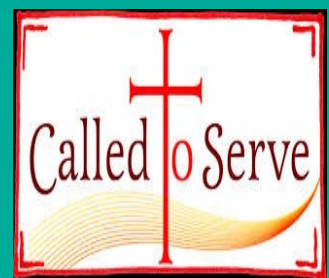
## MINORITY

### MISSIONARIES OF CHARITY SUMMER CAMP

*July 29-August 2 at St. Anthony School (299 Precita Ave, SF)*  
Mother Teresa's nuns run a free camp serving children in need. Volunteers are needed to help lead campers ages 6-12 with Christian activities and meals. For more information or to donate, contact Kathy Holmes at (650) 996-7012.

### OLA STEWARDSHIP

Say "YES" to OLA Stewardship! Thanks to all of you who have signed up for faith, outreach, and club ministries! You are adding a beautiful infusion of energy to our parish community! If you have not had a chance to sign up, please pick up a Stewardship Sign Up Card in the vestibule and consider sharing one of your gifts of the Holy Spirit with our community.





“Could you not watch with me one hour?”  
- Matthew 26:10

# HOLY HOUR

~ JULY ~

## THE MOST PRECIOUS BLOOD OF JESUS

SUN., JULY 28  
7PM-8PM

\*Immediately following the  
6pm Community Mass\*

**Our Lady of Angels Catholic Church**  
1721 Hillside Drive Burlingame, CA 94010

