

Saint Augustine Catholic Church

Oakland, California

• Twentieth Sunday in Ordinary Time •

August 20th, 2023

Parish News

Maintenance Works

Our buildings are close to a hundred years old; we are challenged by the need for continuous maintenance. This week we will be repairing a portion of the roof of the school building. Also, the floor of the cafeteria needs to be refinished.

Further, we have some issues with heating in the Church and the Cafeteria. We hope to fix them before the end of summer.

Feast of Saint Augustine

This year the parish feast will be held on Sunday, August 27th during the 10:00 AM Holy Mass. It is a great opportunity for the parish community to come together in gratitude to God and one another and have a joyful celebration.

Drs. Ivan and Janice are sponsoring the lunch following the Holy Mass. Food will be an Indian gourmet selection by Dr. Janice. All are invited to enjoy prayer and fun time together.

There will be no 6:00 Pm Holy Mass on August 27th.

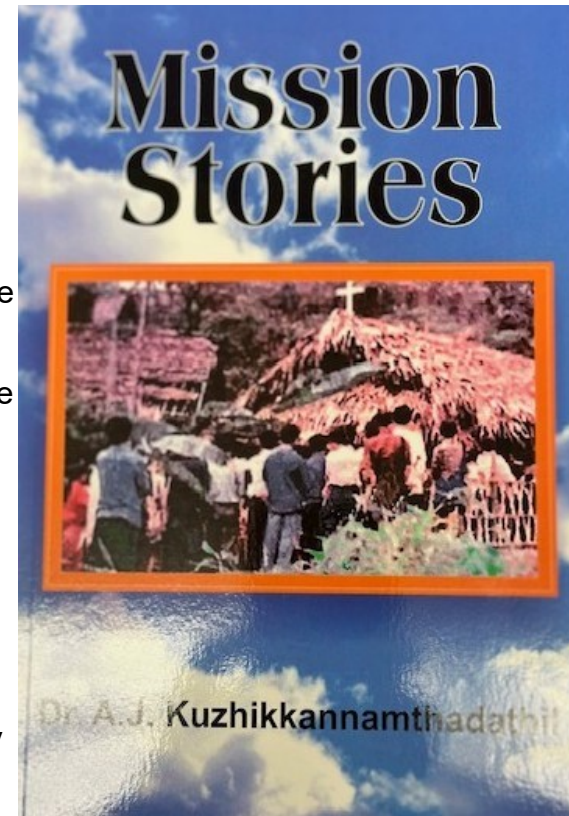
Mission Stories.

The book, Mission Stories, has practically sold out. There are only about fifty-three books left besides the twenty I am holding for personal use. I want to thank the many people who helped with the book. I have already thanked those who proof read the book. Their names are mentioned in the book.

I want to thank Linda Prara-Jenkins, Alena Cowan and Doug Castro for helping with the sale of the book. A big thank you to Bishop Michael Barber SJ for promoting the book in the diocese. I also want to thank the priests of our diocese who invited me and promoted the book in their parishes. Thanks to all the members of our parish for support, encouragement and kind words.

I thank God and our Blessed Mother Mary for all the blessings and graces. The whole process of writing, publishing and selling the book was spirit filled and very rewarding.

Fr. Augustine Joseph



400 Alcatraz Ave Oakland, CA 94609 • www.staugustineoakland.com

Weekend Mass schedule

Saturday: 5:00 pm Vigil Mass
Mass: Sunday, 10:00 am & 6:00pm

• Weekday Eucharist •

Monday, Tuesday, Thursday, Friday, 8:30 a.m.
Communion Service: Wednesday, 8:30 a.m.

• Sacrament of Reconciliation •

Saturday at 4 p.m.
Also upon Request

“ We are called by Christ to love Him, to follow Him and to bring Him to the world.”

5 Back-to-School Things Parents Can Do for Themselves

Placing the school year in God's hands will ensure grace, inspiration and protection for your whole family.

[Marge Fenelon Blogs](#) August 18, 2022

When it's back-to-school time, the focus tends to be on what parents need to do for their children. But what about what parents can do for themselves?

Getting kids set for the new school year requires a lot of time and energy, not to mention the cost of clothes, books, fees and supplies. This is all well and good, but it can leave parents feeling drained and discouraged. Parents can become so consumed by their kids' needs that they forget that they have needs that should be met as well. Whether your children are going to a conventional school or home school, there are things parents can do for themselves that will help them to grow mentally and spiritually.

Here are five things parents can do for themselves both before and during the school year to help things run more smoothly and nourish their minds and souls at the same time.

1. Secure some time for yourself. Whether it's just 15 minutes or 30 minutes a day, take some time to recharge your own battery amid all the extra activities surrounding your children. Spend that time in conversation with our Blessed Mother and St. Joseph, who also were educators and understand all that entails. I've made it my habit to get up earlier than the kids, sit quietly in our dining room and have a cup of coffee (or two) and conversation with Mary.

2. Get to know your children's teachers. It is not enough just to know their names. Make the time to chat with them in person about their philosophy of education and expectations for your child. Share about your own philosophy of education, your expectations for the school year and a bit of your family background. This will help you understand your kids' teachers and your kids' teachers to understand your kids and you.

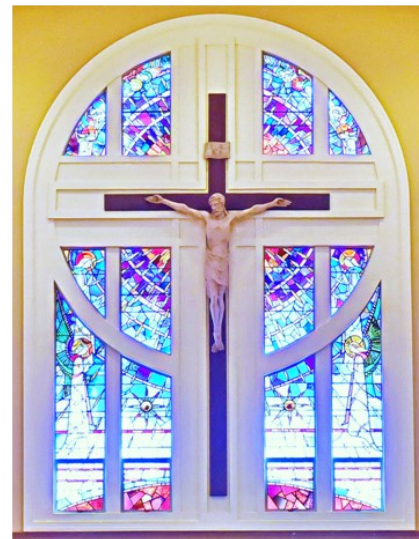
3. Do something to broaden your own horizon. Choose an enriching book to read on a topic you've always wanted to know more about. A physical book is far better than a digital one or even educational videos. It's important to model behavior for your kids. If you want them interested in books, then you need to demonstrate that you are interested in them, too. Share your choice with your children and tell them (at their own level of understanding) some of the things you've learned. This will foster school-time camaraderie between you and your kids.

4. Develop a workable schedule and routine. For most families, back-to-school means a huge change in daily routines and schedules which can throw everyone off course. Expect this and be prepared. While trying to stick to a too-rigid schedule can do more harm than good, it's helpful to have a solid reference point for your days. Think ahead how the school year will be and, along with your kids, work out a schedule that can be flexible and helpful for everyone. In our family, we started the school year bedtime and rising time routines two weeks before school began so our minds and bodies could get used to the change.

5. Cut yourself some slack. Know that there will be crazy days when you are fatigued, overwhelmed and scrambling to get things done. Have a backup plan for those days by keeping some nutritious quick-fix foods in the pantry or freezer that you can fall back on when the going gets rough. This can take tremendous pressure off a chaotic and stressful day. You might even want to keep some paper plates and disposable utensils around to minimize cleanup on those days. In our house, we had a "picnic supper" on such days by making things as laid back as possible. Sometimes we would even spread a blanket on the middle of the living room floor and eat our meal there.

The key ingredient to all the points above is attitude. If parents approach the school year with negative expectations, then it will tend to go negatively. If parents approach the school year with positive expectations and optimism, then it will go positively. Pray together as a family for a fruitful school year and then pray together daily for a fruitful school day. Placing the school year in God's hands will ensure graces, inspiration, and protection for your whole family.

<https://www.ncregister.com/blog/five-back-to-school-tips>



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Douglas Castro/Maintenance

PARISH NEWS

Welcome

If you recently moved into the neighborhood and have been attending our parish, we would love to invite you to pick up a registration form located on the table in the back of the church next to the hospitality table. You may drop it off in the collection basket at your convenience.

Important Websites and TV Channels

EWTN—Masses televised daily.

AT&T UVerse—Channel 562—No HD.

Comcast: 33 (SD), 291 (SD), 1668 (HD)

Vatican website: Vatican.va

United States Conference of Catholic Bishops: usccb.org

Bishop Barron: wordonfire.org

Donations

For anyone who would like to donate to our parish via PayPal, please go to the website and click the Donate link.

If you would like to mail a check, you may send it to 400 Alcatraz Ave. Oakland, CA 94609 —

If you would like to drop it off at the rectory, you may put it in the slot by the rectory front door. It is located on the bottom left side wall. Please do not leave an envelope in the mailbox.

August 13th plate Collection—\$4,467.71. Thank you for your generosity.

Question of the Week

For Adults: The Canaanite woman was persistent in prayer. For what do you pray insistently?

For Children: For what do you ask God to give you most often?

Never Give Up

Then Jesus answered, "Woman, you have great faith! Your request is granted." Matthew 15:28 (NIV)

Based on Matthew 15:21-28 (NIV)



O D N F V L Q K R N G E O L A
 Z S T F E K M E R C Y R A Z U
 V Q F A I P J D P Y D N E T Q
 U C R H E L P O Z O P T N A S
 G S U D O G S Q C R Y I N G T
 I B H Q T Q S W H E A L E D Y
 C I Q G A O Z H L F A L L R S
 D W L Q B C Q M E O L F J F U
 C K J I L J R E D E S D M A F
 C Y N W E E J U E E P T P I F
 T B Z E O E H E M Y M K C T E
 J N H N L M Z H S B M O W H R
 J S M J Q T A A R U S R N F I
 A P B Z K O L N N W S H F K N
 X I T D A U G H T E R Z T D G

HEALED	DAUGHTER	SHEEP	FALL	MERCY
GREAT	CRYING	DOGS	LOST	JESUS
DEMON	HELP	TABLE	ISRAEL	WOMAN
EAT	FAITH	CRUMBS	SUFFERING	KNELT

Adult Catechesis & Formation News

RCIA (Rite of Christian Initiation of Adults) catechesis has just begun. If you are seeking initiation into the Catholic Church, or if you are just curious about the basic tenets of Catholic Christian doctrines and practices you can join RCIA Inquiry sessions after Sunday 10 AM Holy Mass in the Rectory (no strings attached). If you have questions about the RCIA process, you can email the RCIA team or leave a voice message at: rciastaugustineinfo@gmail.com or 510.653.8631.

WEEKLY CALENDAR

8:30 am Holy Mass
 Monday through Friday

4 pm Reconciliation
 Saturdays

5:00 pm Vigil Mass
 Saturdays

10:00 am Sunday Holy Mass

6:00 pm Sunday Holy Mass

7:00 pm Weekday Rosary on
 Zoom

IN OUR PRAYERS

Please remember in your prayers those who are ill:

Sam Wolfe, Sharon Smetzler-Dow, Barbara Frumentti, Peter Frumentti, Courteney Overfield, Danica Truchlikova Laura Patterson, Daniel Coats, Bob Shobar and Karen Meadows.

And those who have died:

Megan Franzen, Khalid Haddad, Anthony Fasanella, Richard Conness, Tony Custodio, all the victims of the Coronavirus, and all the souls in Purgatory who have no one to pray for them.

Mass Intentions

10 am Sunday Holy Mass
David Carlos Villanueva (+)

6 pm Holy Mass
Parishioners & Benefactors

FAITH FORMATION NEWS

Dear Parents of St. Augustine:

I hope you all have been enjoying your summer and free time. I am contacting you in regards to the upcoming Faith Formation year. We will resume Faith Formation and CLW September 10th at 9 am in our cafeteria as always.

Please review the dates and subjects we will be learning this year in class. We have 3-4 candidates needing to receive the Sacraments of Reconciliation and Communion this year. Please let me know if you would like to join Faith Formation but do not need to receive the sacraments this year. All children must be the age of 7 years old and have completed sacrament preparation and attend 80% of classes in order to receive the sacraments in 2024.

Please respond to the Faith Formation email address (katefaithformationstaugustine@gmail.com) to confirm your children's participation in the next class registration and fill out the attached form. Please respond by July 30th so I can ensure I have a total headcount to order supplies and materials accordingly.

If you have any questions do not hesitate to contact me.

I am also requesting additional parent volunteers for both Faith Formation and Children's Liturgy of the Word (CLW) for proper adult/child ration. This can be a rotating commitment and flexible per your schedule. Kristina Lopez has been kind enough to offer up availability along with our previous catechism teachers Ms. Natasha and Ms. Trang from time to time but we could use more volunteers to help our children.

I have missed you all and look forward to resuming class.

Ms. Kate Dole
St. Augustine Parish Faith Formation Coordinator