

Church of the Epiphany - Iglesia de la Epifanía

827 Vienna Street, San Francisco, CA 94112



Parish Information/Información Parroquial
827 Vienna Street – San Francisco, CA 94112
www.EpiphanySF.com 415-333-7630

OUR MISSION STATEMENT:

We the people of the Church of the Epiphany strive to be a peaceful and welcoming parish. We strive to be mutually supportive of diverse communities. We strive to show compassion without distinction of age, gender, race or culture. Epiphany seeks to be a caring and loving community ever-growing in faith formation.

Telephone Numbers:

Office/Oficina: 1 (415) 333-7630 Fax: 1 (415) 333-1803
School/Escuela: 1 (415) 337-4030 Fax: 1 (415) 337-8583

Parish Office Hours: Monday-Friday 8:30am-7:00pm

Closed for lunch from 12:00pm-1:15pm.

Saturdays & Sundays/ Sábados y Domingos:
8:30am-3:00pm.

Confessions: Mondays 5:30-6:30pm

Saturdays 4:00-5:00pm, & by appointment

Confesiones: Sábados de 4:00pm-5:00pm
Domingos a las 12:30pm o por cita.

July 24, 2016

Seventeenth Sunday in Ordinary Time
Decimoséptimo Domingo del Tiempo Ordinario

Pastor / Párroco

Rev. Eugene Tungol ext:18

Parochial Vicar / Vicario Parroquial

Rev. Cameron Faller ext:16

In Residence

Rev. Rolando Caverte ext: 26

Deacons / Diáconos

Deacon Ven Garcia, Jr.
Deacon Ramon Zamora

Director of Music / Director de Música

Mario Balestrieri

Director of Finance and Plant Management

Terry O'Neill

Office Support Staff / Secretarias

Jenny Lopez ext: 10

Maria Elena Herrera ext: 13

Church Sexton / Sacristán

Mark Ohlander

Elementary School / Escuela 415-337-4030

Principal / Director

Diane Elkins

School of Religion / Faith Formation/ Catecismo

Coordinators / Director

Father Cameron & Oliver Meneses

RCIA

Sister Patricia Anne & Team

Daily Masses/Misas Diarias:

6:30am & 8:00am

Saturday Masses/Misas los Sábados:

8:00am & 5:30pm

Sunday Masses/Misas los Domingos:

6:30am, 8:30am, 10:00am, 11:30am (Spanish/Español),
1:00pm, and 5:30pm.

Exposition of the Blessed Sacrament/Exposición del Santísimo:

First Fridays/Primer viernes: 8:30am-5:00pm.

Our Lady of Perpetual Help Devotions/Oración a la Virgen del Perpetuo Socorro: Wednesdays/Miércoles: 7:45am

Reflections ~ Reflexiones:

GOSPEL: LUKE 11: 1-13

What a wonderful scene Luke paints for us today! The disciples watch Jesus at prayer. They see how much prayer means to him. One of them gets up the nerve to ask, "Lord, will you teach us to pray?" And Jesus responds by sharing the Lord's Prayer with them. (This is a shorter version than the one we pray from Matthew 6:9-13.) Then Jesus completes his lesson prayer by telling two parables. The first urges us to persist in prayer. The second reminds us that we do not always pray for the right things. God knows best how our prayers should be answered.

1.) How can you hallow? make holy? God's name? How can you help God's kingdom to come? How can you appreciate and share daily bread and all the gifts you receive from the Father each day? How can you ask for forgiveness and give forgiveness to others?

EVANGELIO: LUCAS 11: 1-13

¡Qué hermosa escena nos muestra Lucas hoy! Los discípulos ven a Jesús orar. Ellos ven cuanto significa la oración para él. Uno de ellos nervioso le pide: "Señor, enséñanos a orar" Y Jesús responde compartiendo el Padre Nuestro. (Esta es una versión más corta que la encontrada en Mateo 6:9-13) Jesús completa su lección contando dos parábolas. La primera nos urge a persistir en la oración. La segunda nos recuerda que no siempre rezamos por la cosa correcta. Dios sabe como contestar nuestras oraciones.

1.) ¿Cómo puedes santificar el nombre de Dios? ¿Cómo puedes ayudar a que llegue el reino del Padre? ¿Cómo puedes apreciar y compartir el pan diario y todos los dones que has recibido del Padre? ¿Cómo puedes pedir perdón y perdonar.

Pastor's Message ~ Mensaje del Párroco:

WHO'S YOUR DADDY?

The Lord's Prayer. Let's stop and think about it. Jesus' disciples were required by Jewish law to say the prayer "Hear O Israel" (Deuteronomy 6:4-5) every day of their lives, yet they say "Teach us to pray." He responds "When you pray say 'Father' . . ." Shocking! Jesus uses a child's version of "Father" ("Abba" means "Daddy"). No believing Jew says God's name, only "Lord" or "The Blessed One." "Abba" is not above us, but holds us close to his heart. We can trust that Abba will hear us. We honor God, pray for the Kingdom among us, ask for food to nourish body and soul, and the power to forgive as God forgives us. Finally, we pray that God not lead us into temptation, that is, not put us to the test, for we do not want to disappoint our Abba who loves us. This prayer helps us to strip away all the complications of talking to God and know that God always listens.

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Living Stewardship Now

Is your prayer too formal? Do you have difficulty with the idea of God as Father? Try talking to "Abba" as your closest friend. Copyright © 2009, World Library Publications. All rights reserved.




¿QUIÉN ES TU PAPÁ?

El Padrenuestro. Detengámonos a pensar en esta oración. Los discípulos de Jesús estaban obligados por la ley judía a decir la oración "Escucha, Israel" (Deuteronomio 6:4-5) diariamente, y sin embargo le dicen a su Maestro: "Enseñanos a orar". Jesús les responde: "Cuando oren, digan 'Padre' . . ." ¡Asombroso! Jesús usa una versión cariñosa y de niño ("Abba" que quiere decir "Papá"). Ningún creyente judío pronuncia el nombre de Dios, sólo "Señor" o "el Santo y Bendito". "Abba" no está distante de nosotros, sino que nos lleva cerca de su corazón. Podemos confiar en que Abba nos escuchará. Honramos a Dios, oramos por la venida del reino entre nosotros, pedimos el alimento de cada día para el cuerpo y para el alma, la fortaleza para poder perdonar como Dios perdona. Finalmente pedimos poder resistir las tentaciones, pues, como hijos e hijas no queremos desilusionar al Dios que nos ama. La oración del Padrenuestro nos ayuda a despojarnos de todo lo que complice nuestra conversación con Dios y a reconocer que Dios siempre escucha. Copyright © 2009, World Library Publications. All rights reserved.

Living Stewardship Now

¿Es tu oración demasiado formal? ¿Tienes dificultad de ver a Dios como Padre? Trata de hablar con "Abba" como tu amigo más íntimo. Copyright © 2009, World Library Publications. All rights reserved.

Future Events:

- **Salvador del Mundo Celebration:**
Sunday, August 7th at the 11:30am Mass.
- **School of the Epiphany:**
First day of school, **Wednesday**, August 24th at 8:00am.
- **Hawaiian Night:**
Saturday, August 27th after the 5:30pm Mass in the Cafeteria. 
- **Back to School Night:**
Wednesday, August 31st at 7:00pm .
- **Parish BBQ:**
Saturday, September 10th after the 5:30pm Mass. 
- **School of Religion:**
Classes will start on **Saturday**, September 17th at 9:30am
- **Confirmation Classes:**
Classes will start on **Sunday**, September 18th at 8:30am
- **Barn Dance:**
Saturday, September 24th after the 5:30pm Mass. 
- **Blessing of the Animals:**
Epiphany will have two "Blessing of the Animals" on Friday, Oct. 4th at 8:00am in the School yard and at 10:00am on the Church Stairs, which will be followed by a Mass in honor of St. Francis of Assisi at 11:00am.

Please note that as the events get closer more information will be able in the bulletin.

SECOND COLLECTIONS:

Today: Parish Building Fund
Next Week: St. Vincent de Paul

Thank you!!

Last Week's Collection		
DATE:	1st Collection	2nd Collection
07/17/16	\$8,299.89	\$1,883.03
07/10/16	\$8,753.96	\$4,577.40

Meetings/Reuniones

Sunday/Domingo, July 24

11:00am RH YR Faith DVD
3:00pm RH FMCB
2:30pm CH Baptisms
7:00pm OKH English AA

Monday/Lunes, July 25:

2:00pm OKH SVDP
5:30pm CH Confessions
7:00pm OKH SVDP
7:00pm OKH Grupo Progreso

Tuesday/Martes, July 26 :

9:00pm OKH Over 50 Club
6:30pm RH Legion de Maria
7:00pm OKH Social Resp. Com.

Wednesday/Miércoles, July 27:

7:00pm OKH Grupo Progreso

Thursday/Jueves, July 28:

6:30pm OKH Epiphany of the Lord
6:30pm CH Latino Youth Group
7:00pm DR English AA

Friday/Viernes, July 29:

7:00pm OKH Grupo Progreso

Saturday/Sábado, July 30:

8:00am OKH Catechist's Summer Workshop
8:30am RH Legion of Mary
11:15am CH Baptisms
4:00pm CH Confessions
4:00pm OKH Knights of Coloumbus

Sunday/Domingo, July 31:

11:00am RH YR Faith DVD
2:30pm CH Baptisms

Intentions/Intenciones

Sunday/Domingo, July 24:

6:30am: *People of the Parish*
8:30am: Honorato Layug
10:00am: *People of the Parish*
11:30am: Carmen Ramirez
1:00pm: Steve Balestrieri
5:30pm: Satunino Gregorio

Monday/Lunes, July 25:

6:30am: *Intention:* Gabriel Mangroba
8:00am: *Community Mass*
Camilo Umipig, Leonila Garcia & John Morello

Tuesday/Martes, July 26:

6:30am: Primo & Anatoila Vela
8:00am: Erone Farlo Argonza & Gilgardo Delago

Wednesday/Miércoles, July 27:

6:30am: William "Mike" Donlon
8:00am: Juan Gilbuena

Thursday/Jueves, July 28:

6:30am: *Intention:* Patricia Donlon
8:30am: Noel Canaya

Friday/Viernes, July 29:

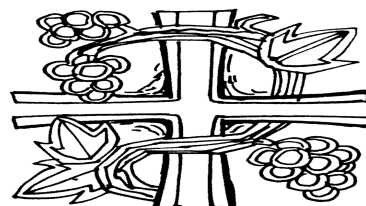
6:30am: *Thanksgiving:*
Maria Socorro U. Javier
8:00am: Susan Cordova

Saturday/Sábado, July 30:

8:00am: Luisa Valles
5:30pm: Josephine Kantala

Sunday/Domingo, July 31:

6:30am: Renato Canto
8:30am: Lucy Mazza
10:00am: *People of the Parish*
11:30am: Maria Luisa Marin
1:00pm: Arthur Joseph Tonna
5:30pm: Flordeliza Rodriguez
Johnson



Epiphany Parish News

Announcements:

Feather Falls Casino:

Grupo Hispano invites you to Feather Falls Casino on Saturday, July 30th. Please plan to be there for 6 hours. The cost is \$20 per person with \$12 cash-back and a \$3 coupon for food. For more information please call Maria Elena Herrera at 415-585-7878. The bus will leave from Italy and Naples at 7am.

Divine Savior of the World:

The Hispano Americano Group invites you to the Solemn Mass in honor of the "Divine Savior of the World," our Lord Jesus, on August 7, 2016 at the 11:30am Mass in our Church. After Mass a reception will follow in the cafeteria. We'll have salvadorean delicacies and the folkloric group MAIZ. For donations please call 415-585-7878 or Mercedes Sánchez at 415-337-0608.

Exposition of the Blessed Sacrament:

There will be Exposition of the Blessed Sacrament on Friday, Aug. 5th from 8:30am-5:00pm. This will take place in the Altar Servers' sacristy to the right of the altar.

Hawaiian Night Dinner/Dance:

Epiphany's Filipino Society invites everyone to their Hawaiian Night Dinner Dance on Saturday, August 27, in the Cafeteria. The dinner will be at 6:30 pm. Tickets are \$25ea. There will also be raffle tickets for sale at \$5 ea. First prize is \$300, 2nd prize is \$200 and 3rd prize is \$100. For information, please call: Jesse Ty (415) 794-0652. Do not forget to wear your Hawaiian attire!

RCIA (Rite of Christian Initiation of Adults):

A new session of the RCIA will begin on September 11th. Any adult interested in preparing to receive the sacraments of Baptism, Confirmation, or First Eucharist or who would like more information about the program are invited to contact Bea Zamora (650-588-0572 or Sister Patricia Anne (415- 823-1455) Please call before September 1st

Day of Reflection:

We are inviting and strongly hoping that all members of the Parish Council, Leaders of different groups and organizations and parish volunteers attend our Day of Reflection on Sunday, Aug. 27th from 9am-4pm in OKH.

KNIGHTS Dinner-Dance

Please join the Knights of Columbus in celebrating the installation of their newly elected officers on Saturday, July 30th, in the School Cafeteria after the 5:30pm mass. Dinner tickets are \$25 (adults), \$10 (15 years & under), and FREE (3 years & under). For tickets and/or information, please contact Willie Lim (415-317-5481), or Pablo Pastor (415-244-8425), or Terry Adion (415-584-5496).

KNIGHTS Casino Fundraiser:

For a fun time at River Rock Casino, join the Knights of Columbus on Saturday, August 6th. Cost per person is \$30 which includes a light breakfast and a snack, and casino coupon return of \$40 for table or \$20 for machine play. The bus leaves for the casino at 7:45am from Amazon in front of O'Keefe for a 5-hour stay at the casino. For reservations and/or information, please contact Terry Adion (415-584-5496) or Jess Ty (415-587-0651).

Keep Praying:

St. Monica, whose feast we celebrate in August, is often known as "the persistent mother." She watched her oldest son, Augustine, turn his back on his Christian faith.

Monica was exasperated. For years she gave up talking directly to her son on the advice of a local bishop, who told her that it was better to talk to God about Augustine then to Augustine about God.

The mother never gave up praying for her son. Eventually Augustine gave up his wild ways, was baptized, and later ordained and named bishop of Hippo. St. Augustine went on to become one of the Church's greatest scholars.

Today's readings address the importance of persistent prayer. Abraham, in spite of trepidation that he is bothering the Lord, continues to ask about the fate of Sodom and Gomorrah. Jesus, in Luke's Gospel, tells his disciples to "ask and you will receive; seek and you will find; knock and the door will be opened to you" (Luke 11:9). This is our charge: keep praying.

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San Francisco

Archdiocese News:

The Nightingales Sing in the Bay Area:

The Nightingales is an impressive and powerful vocal duo featuring two of the youngest, yet most formidable classical singers in the Philippines today. The former members of the Philippine Madrigal Singer, Bianca Camille Lopez and Maria Rhina Paula Palma-Cruz, continue to intensify their artistry as they perform in the San Francisco Bay Area on Saturday, August 6th. Tickets are \$20 per-person. For more information contact Holy Name of Jesus Parish Secretary at 415-664-8590.

St. Cecilia's Centennial Celebration:

St. Cecilia parish will celebrate 100 years in San Francisco in January, 2017. Many celebrations are planned to take place over the upcoming year in honor of this milestone. All former parishioners, alumni, and friends from neighboring parishes are warmly invited. The first event will be Mass on Sunday, August 28, 2016 at 9:30am to officially open the Centennial Year. Please visit the website: www.stcecilia100.com for more information.

Natural Family Planning (NFP) friends and family picnic

Come celebrate the US Bishops' National NFP Awareness week by joining us for a bilingual Mass and picnic on July 30 at St. Raymond's parish in Menlo Park (1100 Santa Cruz Avenue). Mass is at 10am with Fr Francis Goode, and will be followed by a potluck picnic. The Archdiocese, will provide hamburgers, hotdogs, buns, condiments, plates, utensils... please bring drinks and a side dish or dessert to share. Please RSVP to Ed Hopfner at HopfnerE@SFArch.org or (415) 614-5547.

Seventeenth Sunday in Ordinary Time July 24, 2016

You were buried with him in baptism, in which you were also raised with him through faith in the power of God, who raised him from the dead.

— Colossians 2:12

Noticias de Epifanía

Anuncios:

Day of Reflection:

Estamos invitando y esperando que todos los voluntarios de la parroquia y miembros del comité parroquial asistan a nuestro Día de Recolección el Sábado 27 de Agosto de las 9 de la mañana a las 4 de la tarde en el OKH.

Divino Salvador del Mundo:

El Grupo Hispano los invita a celebrar al Divino Salvador del Mundo el domingo 7 de agosto durante la Misa de las 11:30AM. Después de la misa seguirá la celebración en la cafetería. Ahí se estarán vendiendo antojitos salvadoreños y se presentará el Grupo Folklórico "Maíz". Para más información o para hacer donaciones llame a Maria Elena al 415-585-7878 o a Mercedes Sánchez al 415-337-0608. ¡Los esperamos!

Exposición del Santísimo Sacramento:

El viernes 5 de Agosto, en la Sacristía de los Acólitos a la derecha del altar mayor, estará expuesto el Santísimo desde las 8:30am hasta las 5:00pm cuando se impartirá la Bendición.

Noche Hawaiana-Cena/Baile:

La Sociedad Filipina de la Epifanía los invita a todos a su Noche Hawaiana Cena y Baile el sábado 27 de Agosto en la Cafetería. La hora de la Cena es a las 6:30 p.m. El precio de los boletos es de \$25.00 por persona. También habrá boletos para la rifa a \$5.00 c/u. El primer premio es de \$300.00, el segundo premio es de \$200.00 y el tercer premio es de \$100.00. Para más información por favor llame a Jesse Ty al (415) 794-0652. (No se olvide de usar su atuendo hawaiano).

RICA :

El Rito de Iniciación Cristiana para adultos, RICA (o RCIA por sus iniciales en inglés) iniciará una nueva sesión el 11 de septiembre. Se invita a todos los adultos interesados en recibir los sacramentos de Bautizo, Comunión y Confirmación durante la celebración de la Vigilia Pascual del próximo año para que se inscriban. Llame a Mary Silva (415-584-1798) o Bea Zamora (650-588-0572) para más informes.

Matrimonio Comunitario:

Nuestro Matrimonio Comunitario se celebrará el sábado 12 de noviembre al medio día. Si usted está conviviendo con su pareja por tres años o más, está libre para casarse y no puede pagar los gastos de la ceremonia religiosa, los invitamos a participar. Si desea más información llame a la oficina parroquial.

Recausación de Fondos de los Caballos de Colón:

Para un tiempo de diversion en el Casino River Rock, únase a los Caballeros de Colón, el Sábado 6 de Agosto. El costo por persona es de \$30.00 que incluye un desayuno ligero, un aperitivo y el Casino le devuelve \$40.00 por mesa o \$20.00 para jugar en las máquinas. El autobus sale para el Casino a las 7:45 a.m., de la calle Amazon, frente al Salón O'Keefe, estaremos unas 5 horas en el Casino. Para reservación o información, por favor llame a Terry Adion al 415-584-5496, o a Jesse Ty al 415.587-0651.

Cena y Baile De Los Caballeros De Colón

Por favor únase a los Caballeros de Colón en la celebración e instalación de los nuevos oficiales recién elegidos el sábado, 30 de Julio, en la cafetería de la escuela, después de la Misa de las 5:30 p.m. El precio de los boletos para la cena es de \$25.00 para adultos, \$10.00 hasta los 15 años y menores de 3 años, gratis. Para boletos o información, por favor llame a Willie Lim al 415.317-5481, Pablo Pastor al 415-244-8425, o Terry Adion al 415-584-5496.

SIGUE REZANDO

Santa Mónica, cuya fiesta celebramos en agosto, se conoce generalmente como "la madre persistente". Ella vio como su hijo mayor, Agustín, le daba la espalda a su fe cristiana. Monica estaba exasperada. Durante años se dio por vencida de hablar directamente a su hijo siguiendo el consejo de un obispo de la región que le dijo que era mejor hablar con Dios sobre Agustín que con Agustín sobre Dios. La madre nunca dejó de rezar por su hijo. Finalmente, Agustín abandonó su rebeldía, fue bautizado y luego ordenado y nombrado obispo de Hipona. San Agustín se convirtió en uno de los eruditos más importantes de la Iglesia.

Las lecturas de hoy destacan la importancia de la oración persistente. Abraham, a pesar de temer molestar al Señor, continúa preguntándole sobre el destino de Sodoma y Gomorra. Jesús, en el Evangelio según san Lucas, le dice a sus discípulos "pidan y se les dará, busquen y encontrarán, toquen y se les abrirá" (Lucas 11:9). Esta es nuestra tarea:

sigue rezando. Copyright © J. S. Paluch Co

Noticias del Arquidiócesis de San Francisco

Misa y picnic para familias y amigos de la Planificación Familiar Natural (PFN).

Celebren la 'Semana de Reconocimiento Nacional de la PFN por los Obispos de la EEUU. Están invitados a una Misa Bilingüe y picnic el 30 de Julio en la parroquia de San Ramon en Menlo Park (1100 Santa Cruz Avenue). La Misa empieza a las 10 de la mañana con el Padre Goode, con el picnic después. La Oficina de Vida Familiar ofrecerá hamburguesas, hot dogs, platos, condimentos, etc – trae para compartir por favor algo para beber, postres, ensalada, vegetales etc. Avise por favor a Ed Hopfner a HopfnerE@SFArch.org o (415) 614-5547 .

Concierto:

"The Nightingales", el duo constituido por dos de las mejores voces de la música clásica de las Filipinas: Bianca Camille Lopez y Maria Rhina Paula Palma-Cruz, se estará presentando en el área de la Bahía el sábado 6 de agosto. La entrada es de \$20.00 por persona. Llame a la secretaria de la Parroquia del Santo Nombre de Jesús, 415-664-8590 para más información.

Centenario de la Iglesia de Santa Cecilia.

La Parroquia de Santa Cecilia estará celebrando su centenario en enero del 2017. Se invita a todos los antiguos parroquianos, exalumnos, amigos de la parroquia y a todos en general a las múltiples actividades programadas. Las celebraciones del año comenzarán con una misa el domingo 28 de agosto del 2016 a las 9:30 AM. Por favor visite stcecilia100.com para más información.

Decimoséptimo Domingo del Tiempo Ordinario 24 de julio de 2016

Por el bautismo fueron ustedes sepultados con Cristo y también resucitaron con él, mediante la fe en el poder de Dios, que lo resucitó de entre los muertos. — *Colosenses 2:12*

Pray for the Sick

Oremos por los enfermos:

Mary Anduha, Ernie Aragona, Luis Aviles,
 Brian Booth, Joanne Brown, Barbara Bottarini,
 Inez Capizano, Regina Connors, Kenny Devendre,
 Edna Dionisio, Dely T. Domingo,
 Ruben Garcia Sr, Ralph Gin, Filmon Gotaj,
 Baby Nathaniel Pascual-Jimenez, Petra Laguatan,
 Dolores Loomes, Lucy Matser,
 Jen Mc Glynn, Milian & Jaime Masalaysay,
 Manuel & Alice Marquez, Lucy Matsu, Angelina Miclat,
 Lita Miranda, Consuelo Morante, M. Munoz, Michael Murphy,
 Norma Palacios, Jose E. Naval, Marisol Grasseschi Nawahine,
 Louis Neubecker, Elizabeth Oats, Lilian Olivares,
 Marco Olivares, Manny Penalosa, Tere Platero, Chris Ramirez,
 Jeanette Rideau, Dalisay Rimando, Rufino R. Rimando,
 Dora Rivera, Mary Ann Roussel, Virginia Strebel,
 Teresita Sabino, Dee-Dee Shanahan, Connie Silva,
 Victorina Uy, Jay Tikalsky, Judy Vagenas, Gloria Varni,
 Apolonia Villamor,
 Rosi Vedamoni, Joyce Williams & Robert Yerman

*Please help us to keep our prayer list current. We will keep all requests on our prayer list for **FOUR** weeks unless notified to keep them on longer.*



Pray for the Dead

Oremos por los Difuntos

Sixto Dones & Stanley H. Hart

Deceased names are limited to those who passed within the last week. To have a Loved One's name on either Pray for the sick/Pray for the dead list please call the parish office. Thank you!!

Today's Reading:

First Reading – Abraham bargains with God to spare the city (Genesis 18:20-32).
Psalm – Lord, on the day I called for help, you answered me (Psalm 138).
Second Reading – Buried with Christ in baptism, we were also raised with him; all our transgressions are forgiven (Colossians 2:12-14).
Gospel – Jesus speaks of God's sure response to those who pray (Luke 11:1-13). English in the Liturgy Corporation. All rights reserved. English translation of the Psalm Responses from the Lectionary for Mass © 1969, 1981, 1997, International Commission

READINGS FOR THE WEEK

Monday:	2 Cor 4:7-15; Ps 126:1bc-6; Mt 20:20-28
Tuesday:	Jer 14:17-22; Ps 79:8, 9, 11, 13; Mt 13:36-43
Wednesday:	Jer 15:10, 16-21; Ps 59:2-4, 10-11, 17-18; Mt 13:44-46
Thursday:	Jer 18:1-6; Ps 146:1b-6ab; Mt 13:47-53
Friday:	Jer 26:1-9; Ps 69:5, 8-10, 14; Jn 11:19-27 or Lk 10:38-42
Saturday:	Jer 26:11-16, 24; Ps 69:15-16, 30-31, 33-34; Mt 14:1-12
Sunday:	Eccl 1:2; 2:21-23; Ps 90:3-6, 12-14, 17; Col 3:1-5, 9-11; Lk 12:13-21



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WELCOME

-----CUT HERE-----

- Want to become a registered parishioner
- Already a registered parishioner, updating information

NAME(S): _____ PHONE: () _____
Last Name First Name

ADDRESS: _____ EMAIL: _____



Please return to: Church of the Epiphany
 827 Vienna Street
 San Francisco, CA 94112
 _____ would like Sunday Offering envelopes

Natural Family Planning Awareness Sunday

What is NFP? Natural Family Planning (NFP) methods represent authentic family planning. They can be used to both achieve and to postpone a pregnancy. NFP makes use of periodic abstinence from sexual intercourse based upon the observation of the woman's natural signs of fertility, in order to space births or to limit the number of children when there is a serious reason to do so... this practice fosters in couples an attitude of respect and wonder in the face of human life, which is sacred. It also fosters profound respect for one's spouse, which is necessary for... authentic intimacy. (Marriage: Love and Life in the Divine Plan, U.S. Conference of Catholic Bishops, 2009, p. 20)

NFP is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. Couples using NFP to avoid pregnancy abstain from intercourse and genital contact during the fertile phase of the woman's cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy. NFP reflects the dignity of the human person within the context of marriage and family life, promotes openness to life, and recognizes the value of the child. By respecting the love-giving and life-giving natures of marriage, NFP can enrich the bond between husband and wife. (Standards for Diocesan Natural Family Planning Ministry, U.S. Conference of Catholic Bishops, 2010, p. 23)

The natural methods of family planning (NFP) do not depend on a woman having "regular" menstrual cycles. NFP information treats each woman and each cycle as unique. NFP teaches a woman to watch every day for her signs of fertility. NFP therefore works with menstrual

cycles of any length and any degree of irregularity. It can be used during breastfeeding, just before menopause, and in other special circumstances. NFP allows a woman to understand the physical signals her body gives her to tell her when she is most likely to become pregnant. (See: NFP, Myth and Reality, NFP Program, U.S. Conference of Catholic Bishops)

Natural Family Planning (NFP) is a unique form of fertility education. Specifically, NFP is the title for the moral, natural and healthy, modern and scientifically reliable methods of family planning. These methods teach married couples how to identify and understand their combined signs of fertility. This information then helps married couples plan to achieve or postpone a pregnancy. NFP is morally good because it helps married couples respect God's design for married love. (Theresa Notare, PhD, Assistant Director, NFP Program, United States Conference of Catholic Bishops)

Who can use NFP? Any married couple can use NFP! A woman need not have "regular" cycles. NFP education helps couples to fully understand their combined fertility, thereby helping them to either achieve or avoid a pregnancy. The key to the successful use of NFP is cooperation and communication between husband and wife—a shared commitment. NFP is unique among methods of family planning because it enables its users to work with the body rather than against it. Fertility is viewed as a reality to live, not a problem to be solved. (What is NFP? NFP Program, U.S. Conference of Catholic Bishops, see: <http://uscceb.org/nfp/natural-family-planning/what-is-nfp>)

For more information please visit: <http://sfarchdiocese.org/home/ministries/marriage-family-life/family-planning/nfp>