**ST. LOUISE DE MARILLAC CHURCH**

**2005 Crest Dr. El Cajon, Ca. 92021—(619)-749-7908**

**\*OCTOBER 20, 2024 \*TWENTY-NINTH SUNDAY IN ORDINARY TIME\***

***MASS INTENTION***

 **Saturday, 10/19 5:30pm Peggy Perez, SI**

 **Sunday, 10/20 8:00am Judi Sample, RIP**

 **10:30am People of the Parish**

 **Monday, 10/21 8:00am Maria Kenteria, RIP**

 **Tuesday, 10/22 8:00am Caroline Hendrickson, RIP**

 **Wednesday, 10/23 8:00am Anne Slagill, SI**

 **Thursday, 10/24 8:00am Earl McLaughin, RIP**

 **Friday, 10/25 8:00am Theresa Pyle, RIP**

 **Saturday, 10/26 8:00am Pat Bunsold, SI**

***Scripture readings for the week of October 20, 2024***

**Sunday…………......Issaiah 53:10-11 / Hebrews 4:14-16 / Mark 10:35-45**

**Monday………….....Ephesians 2:1-10 / Luke 12:13-21**

**Tuesday ……………Ephesians 2:12-22 / Luke 12:35-38**

**Wednesday……....Ephesians 3:2-12 / Luke 12:39-48**

**Thursday……...…..Ephesians 3:14-21 / Luke 12:49-53**

**Friday…………..…..Ephesians 4:1-6 / Luke 12:54-59**

**Saturday……..……Ephesians 4:7-16 / Luke 13:1-9**

 ***PRAYER LIST***

**Please pray for all the ill members of our parish, our families and friends. We want to especially remember: Sr. Mary Clark, SSJ, Danica Mummert, Anne Slagill, Pat Bunsold, Judy Platt, Arely Howlett, Don McLellan, Steve & Lorraine Kevane, Lynn McKinley, Eileen Cahalan, Andy Biondo, Pat Sheridan, Norma Snyder, Lola Thomas, Holly Goulart, Lynne Burnia, Peggy Perez, and Marilyn Moore. (If you have friends or family in need of prayers and you would like them added to this list, please contact Fr. Scott or call the parish office**

# **Caring for Our Soul**

#  **Philosophers have tended to define the soul as a double principle inside every living being: For them, the soul is both *the principle of life and energy* inside us as well as *the principle of integration*. In essence, the soul is two things: It’s the fire inside us giving us life and energy and it’s the glue that holds us together.  If you have ever been at the bedside of a dying person, you know exactly when the soul leaves the body. You know the precise moment, not because you see something float away from the body, but because one minute you see a person, whatever her struggle and agony, with energy, fire, tension in her body and a minute later that body is completely inert, devoid of all energy and life. Once the soul is gone, so too are gone all life and integration. The body no longer contains any energy, and it’s no longer glued together.  Since the soul is a double principle doing two things for us, there are two corresponding ways of losing our souls. We can have our vitality and energy go dead or we can become unglued and fall apart, petrification or dissipation. In either case we lose our souls.  If that is true, then this very much nuances the question of how we should care for our souls.  What’s healthy for my soul on a given night depends a lot upon what I’m struggling with more on that night: Am I losing my soul because I’m losing vitality, energy, hope, and graciousness in my life?  Am I growing bitter, rigid, sterile, becoming a person who’s painful to be around?  Or, conversely, am I full of life and energy but so full of it that I am falling apart, dissipating, losing my sense of self?  Am I petrifying or dissipating? Both are a loss of soul. In the former situation, the soul needs more fire, something to rekindle its energy. In the latter case, the soul already has too much fire; it needs some cooling down and some glue.  Already here in this life, we can weaken or destroy the God-given life inside us by either petrification or dissipation. We can lose our souls by not having enough fire or we can lose them by not having enough glue.**

 **Ron Rolheiser, OMI**

**CCD Classes**

**Religious classes begin Sunday, September 8th, at 9:30am in the Slagill Hall. Registration fee is $50 per family. Forms are on the table at the back of the church. Any questions please contact Diane Adkins at 619-889-1205.**

**Oktober Fest**

**Come celebrate Oktober Fest on Sunday, October 20th after the 10:30 Mass in the church hall. Bratwurst, hot dogs, drinks, and dessert will be provided. Please bring a side dish to share. Volunteers are needed. See Salim 619-733-9971 or Fr. Scott.**

 **Week Ending October 6, 2024**

**Total Contributions $3,472**

 **(Please note: Our monthly expenses average about $12,000 per month)**

**Welcome to New Parishioners**

***For anyone considering joining our Parish, please call the church office @ 619-749-7908. The office is not staffed full-time, please be prepared to leave a message, including your* contact number.**

**Daily Mass Request**

**If you wish to have a Daily Mass said for someone, please see Father Scott. Weekday Mass is $5.00 and**

**weekend Masses are $10.00 each.**

**\*\*Donut Hut Volunteers Needed\*\***

**We need volunteers for coffee and donuts for both Sunday Masses. For information, call Lynn McKinley at 619-840-9832.**

 **Lectors, Sacristans, & Eucharistic Ministers**

**St. Louise is in need of more volunteers to serve at weekend Masses as Lectors, Sacristans, & Eucharistic Ministers. If you are interested, please contact Barbara Franzese 619-508-7546, or bluecrestfarm@cox.net. Thank you!!!**

**Upcoming Events**

**October 13th: Parish Breakfast after 8:00am Mass**

**October 20th: Oktober Fest after 10:30 Mass**

**November 2nd: All Souls Day**

**November 2nd: Bingo**

**November: Thanksgiving Food Drive**

**December 1st: Christmas Toy Drive begins**

**December 7th: Bingo**

**December 14th: Parish Christmas Party 11:00am – 3pm**

**April 28th - May 5th: Walk to Mary**

**All Saints Day Masses Friday, November 1st**

**Holy Day of Obligation, Masses at 8:00am and 7:00pm**

**All Souls Day**

**All Souls Novena starts Saturday, November 2nd and will be said for nine Masses. Envelopes are on the table at the back of the church.**

**Earl McLaughlin**

**We are sorry to announce the passing of our beloved Parishioner Earl McLaughin. He will be missed. Please pray for Earl and his family at this difficult time. Memorial Mass will be held at St. Louise de Marillac on Monday, October 21, 2024 at 11:00am.**

**Need your help**

**We have several upcoming events that we need your help. If you can volunteer please see Fr. Scott or Salim.**