



Veritas

PARISH NEWSLETTER • WINTER 2022-23

Hope for the Future

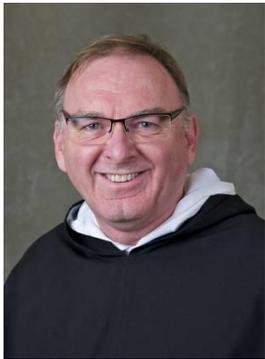


SAINT DOMINIC CHURCH

WWW.SAINTDOMINICS.ORG • (323)254-2519 • INFO@SAINTDOMINICS.ORG

Pastor's Corner

By Fr. Peter Rogers, O.P.



I can hardly believe that I am in my third month back as pastor second time around, having begun my role as pastor on October 1, 2022. The time has gone quickly, as there is much to do and I have high hopes for the future of St. Dominic's Church here in the beautiful area of Eagle Rock.

I am very happy to see St. Dominic's School doing so well under excellent leadership. It is a joy to start my day welcoming the students, teachers, and staff, and to wave to the children's parents as they drop them off in the morning. What a blessing to greet our happy and smiling children every morning.

I am glad to see our ministry groups becoming more active now as we come out of the dangerous times of the COVID-19 pandemic, and move into a more controllable endemic. I hope to see all of our ministry groups come back and return to active ministry in person again.

I am also very pleased to see the completion of the renovation of the Fr. Paul Scanlon Community Center, which I started just one year before I left St. Dominic's in 2015. The building now has wonderful space for large group meetings and gatherings, and small meeting rooms for smaller groups to be able to host several activities at the same time, with central heating and air-conditioning that we did not have when I was here before. I would like to see the Center used to its full potential the way it was used before the pandemic.

Finally, I am pleased to see so many of you returning to in-person participation at Mass, but I dream of having the pews as full as they were when I was here from 2010-2015. Many Masses were standing-room only. It is time to come back to Mass EVERY Sunday, and to put daily Mass into your schedule as often as possible, because we have started a new initiative in our homily preparation.

Fr. Francis, Fr. Isaiah, and I spend time together every week planning our homilies. We pray together in what we call *Lectio Divina*, or divine reading of three or four weeks of Sunday readings, looking for main points and common threads tying readings together and building on the readings from week to week. We want to give to you the best preaching we can provide to inspire us all (I say 'us' because we priests also preach to ourselves when preaching to you) in our faith journey

and to follow the command at the end of every Mass, "Go in peace and glorify the Lord by your lives."

This means to go forth into the world after Mass from the spirituality of the church and glorify Jesus by how you live your lives the rest of the day, the rest of the week, until you can return to Mass again to get another spiritual boost from the scriptural readings and from receiving the body of Jesus in the Holy Eucharist of the Mass. You go forth with Jesus in your heart and your soul, to glorify Him in every act and word in your lives. Live as Jesus teaches us and let the light of Christ shine forth from you in all you do and say.

I never thought that it would be possible for me to return to St. Dominic's as pastor again, and I am very happy to be here with you all. I am excited to work with you to share my hopes and dreams so that they also become your hopes and dreams for the future of us all, the family of St. Dominic's parish. May God bless us all as we bring these hopes and dreams to fruition. AMEN.

Celebrate With Us!
Christmas
Mass at St. Dominic

Christmas Eve
December 24

- 5:00pm Mass
- 7:00pm Prelude Concert
- 7:30pm Mass
- 10:15pm Prelude Concert
- 11:00pm Mass of the Night

Christmas Day
December 25

- 8:00am Mass
- 10:00am Mass
- 12:00pm Mass in Spanish
- 5:00pm Mass

 **ST. DOMINIC CHURCH**
2002 MERTON AVE. EAGLE ROCK, CA 90041

Seasons of Hope

Six-week Bereavement Sessions

By Fr. Francis Goode, O.P.



Jesus Christ is the healer of souls. “Come to me, all who labor and are heavy laden, and I will give you rest... learn from me ... and you will find rest for your souls.” (Saint Matthew chapter 11, verses 28-29)

“How are you? How are you feeling?” There are many reasons why we avoid answering these questions, especially when our life has been unsettled by the recent loss of someone particularly dear to us. Caring friends want to reach out to us. While we appreciate their support, still, we might not feel free to express honestly the ache inside us. Our heart feels torn and bruised. The emotions and feelings are too hard for us to talk about in a casual conversation.

Losing a loved one interrupts our life. Life is never normal again in quite the same way. Coping with the loss of a close family member (our parent, our spouse, or our child) may be the hardest challenge many of us will ever have to face. Loss of a family member or friend changes how we experience other people, places and things. Everyday experiences such as hearing certain songs (“I will always love you” by Whitney Houston, “Fire and Rain” by James Taylor, “Tears in Heaven” by Eric Clapton, “Go Rest High on That Mountain” by Vince Gill, Alison Krause, Ricky Scaggs) bring us unexpectedly to tears. We can’t go to the same places (streets, stores, restaurants, beaches, parks, museums) in quite the same way we used to when our loved one was alive. The days of the calendar year that were important (family birthdays, anniversaries, Christmas, Easter, national holidays) are so different without our dear beloved one.

At Saint Dominic Catholic Church we use a six week program called “Seasons of Hope.” We receive our own short workbook that guides us through shared scriptures and reflections that we use during the six weeks that we meet. We share a (usually) short reading

from Sacred Scripture. We divide into smaller groups of three, four or five, and we reflect together on meditations and questions that help us see our journey in the light of the scripture. M. Donna MacLeod is author of the “Seasons of Hope” program. Donna uses gentle language to take us through the process. Telling our story and hearing others share in our small group assures us that our pain and emotions are valid, because others are experiencing them, too. Connecting our experience with a weekly scripture makes God seem more present and this gives us hope.

Fr. Francis Goode, O.P. Invites You to Join

Seasons of Hope

Bereavement Group

Winter • 2023
Wednesday Nights • 7:30pm - 9:00pm
(Feb. 1 & 8, March 1, 8, 22, & 29))
Meeting at St. Dominic Church
in the St. Mark Room

*Prayerful sharing on our
journey of healing
after the loss of a loved one.*

Please contact Fr. Francis Goode, O.P. at 323-254-2519

Join us when our meetings resume in February 2023



Mission Update

By Fr. Isaiah Mary Molano, O.P.



One of my passion projects is the St. Francis Xavier Lay Missionary Society. We train, support, and send lay Catholics to certain parts of Asia so that they can be Christ's radiance to our brothers and sisters in the human family. Our lead missionary, Tricia Bølle, has

been a missionary in Asia for over 15 years. I met her at my first assignment as a priest. We founded the Society in 2012.

The pandemic was hard on everyone. Especially in Asia, more specifically in Hong Kong—my favorite mission station—the pandemic was world-changing. The new security laws have changed the very culture of the region, frustrating our work, forcing us to close shop early for the health and well being of our team.

Two years later, this past September, Tricia traveled to Asia once more, her soles trodding the same ground as her patron, St. Francis Xavier. In the course of ten weeks, she flew, trained, ferried, bused, walked, and biked around Singapore,

Malaysia, Calcutta, Goa, and Hong Kong. This was an assessment mission, discerning, speaking, and praying to God about which mission stations to invigorate and support. As of this writing, it has largely been a successful trip, where Tricia and our team were invited by many dioceses to invigorate local parishes and communities, with the support of local pastors and bishops.

Yet, not every trip is perfect all around. At our Hong Kong station, we were told that our regular living quarters had been repurposed. Historically, the Diocese of Hong Kong had been a great ally and support, but because of the 'signs of the times' we are heavily reliant on our Christian friends to house our mission team, and all of our equipment.



Our Christmas prayer list includes:

- Short-to-long term housing in California for Tricia when she's back in the United States
- Housing for our Hong Kong Station
- A sustainable, living wage for our lead missionary (she currently earns \$12,000/year)
- The Holy Spirit's guidance in discerning which mission stations to develop further
- Vocations to the missionary way of life
- Financial and spiritual benefaction

If you would like to be part of the mission, email us at info@laymissionary.org. If you would like to remember us in your Christmas giving, please visit: www.laymissionary.org/support. We have a prayer team, and if you would like to be part of that, email me at frisaiah@laymissionary.org. Find us on youtube, facebook and instagram @laymissionary

During Advent, our Mission Society prays that the Prince of Peace may reign in the hearts of those we serve and love, transforming us into the saints we are called to be!



Be Part of the Mission Today!



www.laymissionary.org/support

What is it like to be a brother?

By Br. Xavier Marie, O.P.



What is it like to be a brother?
What do you do all day anyway?
Are you Jesus?!?

People I have encountered often ask me these questions, well, except the last one, unless you are a kid or playing with me. And perhaps some of you who have not had the chance to talk to me have wondered about these. So, today I wish to share

with you the beginning of my life as a Dominican brother—my novice year. How did I get here?

The Beginning: August 29th, 2019, the Day of Vestition

I prostrated myself on the ground in cruciform, rose again to receive the habit (the same one I am wearing right now), and was given a new name. “In the world, you are known as Tinglin Wu; in the order, you will be called Br. Xavier Marie.” The Dominican brother next to me had just received his habit and it was as if he had been transformed into a new man. He was no longer the same. As I was lying on the cold marble floor, the brothers sang the “*Veni Creator Spiritus*.”

Like the Magi, who saw the star from afar and were determined to follow it, I, too, had embarked. The star which represents my life as a friar preacher after the image of St. Dominic has risen in my heart.

Year One: Novitiate

The Novitiate year is a year of intense prayer and discernment. The Lord also chose three other brothers to be my companions. The Magi did not go alone.

The day passed like a blur. Most of our days are spent in prayer, meditation, classes (Scripture, liturgy, Dominican spirituality and history), and various chores and duties. But on Mondays, we all had a ministry. Two of us went to serve at a hospice run by Mother Teresa’s sisters, the Missionaries of Charity. It was one of the most transforming experiences in my life. Death gives life a new perspective. And never had I been so close to death as I was then. One week I saw Jim, laughing and joking; the next week, he was gone. The sisters were a constant source of inspiration. Sometimes I wished every dying person, rich or poor, could be taken care of by the sisters. These people, most of whom had no one to take care of them and perhaps hardly knew what it is like to be loved, encountered love at the end of their lives, and so chose love and made peace with Christ.

Many people have asked me about the most difficult thing I encountered as a religious brother.

The answer is *myself*.

It is to behold myself as who I am before God in his loving gaze. And it was during the Novitiate year when I was seriously faced with myself for the first time. My life



was like a bowl of water full of dirt. The water is stirred up when I run around at school or work. Only once in a while do I catch a glimpse of the debris in my soul. But as soon as I turn my gaze to God and become tranquil in his presence, the water becomes still, and the debris settles. For the first time, I see my flaws and brokenness as they are. And I was more broken than I ever thought I was. This was the greatest gift the Lord bestowed on me that year. He allowed me to behold my wounds and to surrender them all to Him. And like a good physician, He began to heal me.

So, what was it like to be a brother? It is like following the star, seeking Christ every day in everything. In that sense, it is no different from your life. The end is the same. We both seek the source of that starry light, who is lying in the manger of our hearts. Yet, it is different in the manner by which we seek Him. Fulton Sheen puts it this way, *Celibacy is a passionless passion, a wild tranquility; marriage is incompleteness seeking unity and happiness through consuming fire.*

The End of Year One: September 5th, 2020, First Profession

In His Providence, on September 5th, 2020, on the Feast of Mother Teresa, three of us who remained after the Novitiate made our temporary profession of poverty, chastity, and obedience before God and dedicated ourselves to the order, my little return to the great gift He had bestowed on me. They are like the Magi offered to Christ, the gold of chastity, the frankincense of poverty, the myrrh of obedience. The journey continued.

My Questions for You

Since I have now shared my life with you, would you allow me to ask you to share yours with God?

Where is that star in your life that is leading you or will lead you away from what you are most familiar with? Are you still waiting for a sign before you pursue that shining star? Or unmoved as it were like Herod and his scribes when they had heard that Christ was born?

If you, too, are summoned by a star, I beg you by all means to seek it. And in seeking, you shall find the humble and lowly Christ waiting at the manger of your heart.

The saints are the most venturesome people in the world. They seemed to be foolish, but they were wise in the Lord. On the eve of their lives, in whatever manner of death that shall come to them, they are happy because they had spent their lives seeking Christ, risking it all like

the Magi to behold His face. In their poverty, they found the poor and lowly Christ lying in the manger of their heart, so close to them that they could feel his breath and touch his face.

And this is the life for which Christ desires for you.

My Invitation to You:

(1) I welcome any questions you'd like to ask me since not all of you have the opportunity to know me personally. Please write them on a slip and ask the receptionists to put them in my mailbox.

(2) If you are a young adult (aged between 18 and 39), if you are seeking more, and if you are committed, let me know, talk to me, or shoot me an email at twu@op.dspt.edu.

Want to learn more about becoming a Dominican? Visit



www.opwest.org

Personal Testimony and Invitation of Support

By Salome B. Pangilinan

Hello! My name is Salome Pangilinan. I first visited St. Dominic Church for Sunday Mass in October 1970 with my 2 sisters, following our move from the Hollywood area to Eagle Rock. It's the nearest Catholic Church to the house where we lived at that time. I remember, except for the communion rails and kneelers in front of the Sanctuary, the church looked pretty much the same then as it does today. The atmosphere was warm and we felt welcome. My sisters and I became regulars at the Church and eventually got involved in parish activities. A few years later, my husband, Eric and I were married here. We now live in Glendale but stayed as registered parishioners, regularly attending the 7:30 a.m. Mass on Sunday. Our two children both graduated from St. Dominic School and received most of the sacraments here. Our two grandchildren were also baptized here. For the past 52 years, St. Dominic's has been our Church.

After retiring from my job, I joined a couple of ministries, promoting their mission, and helping at other parish events. Like many of our retired parishioners, I try to come to the Church most mornings for Holy Mass, Rosary or Novena, and spend holy hour in Eucharistic Adoration on Fridays. St. "D", as I affectionately call it, is my second home.

In our own homes, it's customary to set aside funds to make improvements to our houses, such as paint inside and out, fix leaky roofs, remodel the kitchen, the bathrooms, and the list goes on. Most importantly, our home is where we nurture our spiritual lives and constantly renew our faith and trust in God. It's where we pray together as a family, where we teach our children and grandchildren about Love of God and love of neighbors. As our second home, St. Dominic Parish in Eagle Rock is no different. It, too, needs adequate resources for structural repairs and for maintaining programs on spiritual growth, faith formation, and ongoing evangelization, especially, of our youth.

It's for these reasons that I invite you to join my family and other families (who've already done



so) in supporting The Called to Renew Campaign. By now, you already heard that the monetary goal for our parish is \$1.13M. That sounds unattainable but not unreachable. In fact, we've met the goal, and at this stage in the campaign, we've surpassed it, based on the latest Church Bulletin. That's with less than 200 families responding to the call. Imagine what this would mean to St. Dominic Parish if all registered parishioners pitch in? I mean all 1700 or so of us? St. Dominic's will receive half of the goal – that's \$565,000, plus 100% of the excess. So let's not stop now just because we've met our goal. On this second Sunday of Advent, let's prepare our hearts and our beloved St. D for the coming of Jesus. If you haven't already made a commitment, please prayerfully consider making a 5-year pledge to this meaningful cause. Your contribution, big or small, will help to structurally and spiritually strengthen, not only our Parish, but also the many parishes in the Archdiocese of LA. For us, the success of this campaign will become evident a few years from now, when we will see and enjoy the fruits of everyone's participation - an achievement that our children and their children will be proud of and grateful that their families answered the Archdiocese's call to renew our churches.

In his homily one morning (November 4, 2022), Fr. Peter said, "We are all members of one body—the Body of the Church—of St. Dominic Church". Today, I say to you, "Come and be a part of that Body". Thank you and may God bless us always.



St. Dominic School News

By Teresa Jordan, Teacher

Students Make Holiday Cards for Marines

Recently, I was asked by one of my friends if I needed a little project for my class. She sent me the details and I thought it would be a great activity for them. This project was to make welcome home and thank you cards or posters for Marines who had been deployed for seven months. Mr. Horlacher's 5th grade class came over to help us complete the cards. TK did a lot of the coloring and 5th grade helped them write the messages. Along with all the other cards made by many people, over 1,000 Marines were given personalized welcome home bags.

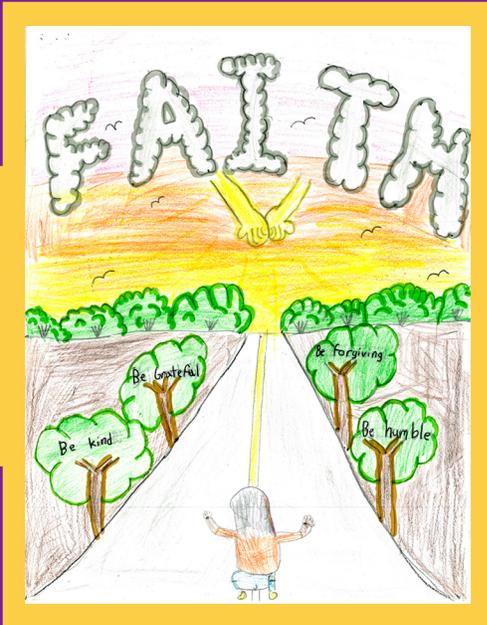
We were then asked if we would like to do another project making Christmas/Holiday cards for the Marines who would be unable to come home for the holidays this year. Both classes were so excited to make the cards again. Mrs. Serafin's Kindergarten class made cards for them as well. The students were so happy that they could bring a

little bit of holiday cheer to so many men and women who are protecting us here at home. The reason my friend reached out to me for these projects was because her son is in the Marines and he will not be coming home for Christmas this year. This was a good opportunity for the classes to complete these projects thinking of others especially during the holiday season.



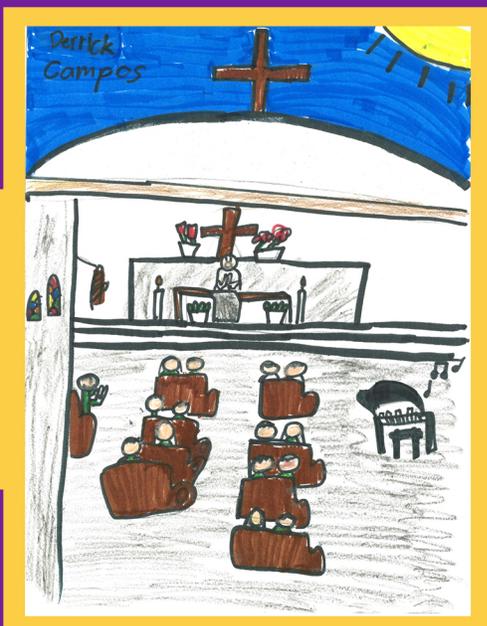
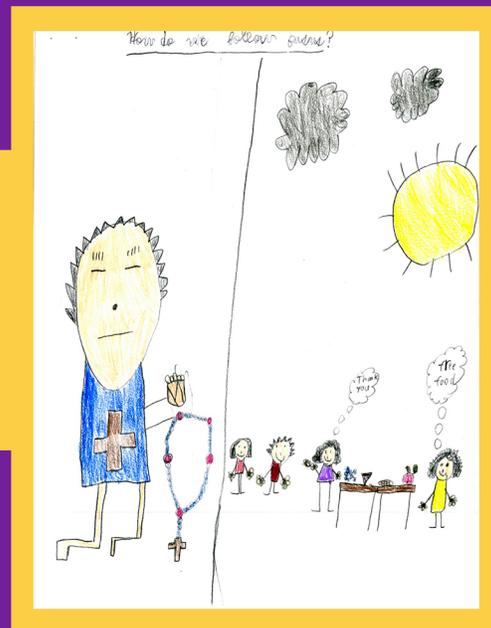
Student Art

How Do We Follow Jesus?



Aaliyah Henriquez
Age 7
2nd Grade

Noboru Honda
Age 8
3rd Grade



Derrick Campos
Age 9
4th Grade



Stella Juloya
Age 6
Kindergarten

Bryson Campos
Age 6
1st Grade



Branson Juloya
Age 7
2nd Grade

Thomas Escalante-Leiva
Age 12
7th Grade



Health Ministry Corner

By Mary Lynne Knighten

Reducing Caregiver Stress During the Holidays

The joyous holiday season just kicked off with Thanksgiving, and we are all looking forward to Christmas and the New Year...or are we? The past 2+ years have been stressful with a challenging economy, lingering pandemic, and social isolation. Caregivers of family members may be experiencing more stress and overwhelm than most.

Caregiver Definition. Caregivers play many roles: adult children caring for aging parents, grandparents becoming primary caregivers for grandchildren, parents caring for adult children moving back home to reduce expenses, and church family supporting homebound parishioners. Caring for loved ones can be challenging for even the strongest people with abundant resources. According to the Mayo Clinic, approximately one third of adults in the U.S. provide care to other adults as informal caregivers, though they don't really self-identify as "caregivers".

A caregiver is defined as a person who provides help to someone in need, such as an ill spouse or partner, disabled child, aging relatives, or homebound neighbors. Caregiving may bring out varying emotions, whether care is provided in the same household or from a long distance. Providing care for someone you love can be rewarding, satisfying, and may align with our core values and Catholic identity. On the other hand, feeling frustrated, exhausted, resentful, or angry—with anyone from the loved one receiving care to healthcare providers and other family members—is not an uncommon experience. These feelings can be a sign that you are overwhelmed, may be trying to do too much, or are not taking care of yourself as well as you provide care for others.

Caregiver Stress: Definition and Risk Factors. "Caregiver stress is the physical and emotional strain that results from providing continuous care for another person". There are risk factors for caregiver stress:

- *Being female*
- *Having fewer years of formal education*
- *Living with the care recipient*
- *Being socially isolated*
- *Experiencing depression*
- *Having financial difficulties*
- *Providing higher numbers of caregiving hours*
- *Possessing inadequate coping skills and having difficulty solving problems*
- *Lacking choice in being a caregiver*

Symptoms of Caregiver Stress. Caregiver stress is real and it can result in changes to your personal health, including physical, mental, and spiritual health. It is important to recognize signs of caregiver stress in yourself (or in people whom you know are caregivers for others). This can manifest in sleep problems, depression and anxiety, lack of a balanced diet and physical exercise, and this may worsen other health problems such as digestive issues, heart disease, diabetes, and immune system conditions. Signs of caregiver stress include:

- *Feeling, sad, tired, exhausted, overwhelmed, or continuously worried*
- *Sleeping too much or not enough*
- *Gaining or losing weight*
- *Becoming easily irritated or angry*
- *Losing interest in or not making time for activities you used to enjoy*
- *Having frequent headaches, bodily pain, or other physical problems*
- *Misusing alcohol or drugs, including prescription medications*

What should you do? First, based on the advice from the Health in Aging organization, be the best caregiver you can be: 1) Build confidence in and empower the person receiving care, by starting with small steps/actions, providing repeated encouragement, and highlighting successes; 2) Demonstrate compassion, take action, and avoid meaningless gestures (such as saying "just call me if you need something"), and 3) ask for help or information if you aren't comfortable doing something. Second, take care of yourself. This is harder than you think, because your focus may be singularly on your loved one's needs, while your needs come second (or last). But please realize if you don't care for yourself, there may be nothing left to give others. CaringBridge™, a support organization whose sole

vision is to ensure “a world where no one goes through a health journey alone” provides tips that can positively impact your life as a caregiver. Here are the top tips:

- *Complete small tasks to regain self-control and reduce being overwhelmed*
- *Eat right*
- *Get enough sleep, aiming for at least 7 hours per night*
- *Be physically active, even if you have to ask for help so you can go outside the house*
- *Meditate or pray; combining this with “breath work” (breathe in for a count of 3, hold it for account of 3, breathe out for a count of 3 several times) helps relieve stress and allows refocus*
- *Try a little coloring (yes, adult coloring is a relaxing thing and not just for children)*
- *Spend time with your social circle—don’t journey alone*
- *Keep a journal to express thoughts, reflections, prayers, gratitude, and affirmations*
- *Sing and/or laugh—rejoice in God’s creation*
- *Get a pet, or spend time with the one you already have*
- *Just say “no”; it is OK and even necessary to set healthy boundaries*
- *Reclaim your identity as more than “just a caregiver”; take time to do things you enjoy*
- *Prioritize your own medical needs*
- *Ask for—and accept - help; be specific about what you need*

It is important not to try all of these tips at once, pick one and try it. If it doesn’t work for you, pick another and try that. The important thing is that each attempt is demonstrating care for self, and eventually it will become a habit. And caring for yourself will ultimately help you to be a better, more fulfilled, and less stressed caregiver.

Resources for Caregivers:

- [AARP \(1-888\) 687-2277](tel:1-888-687-2277)
- [Family Caregiver Alliance \(1-800\) 445-8106](tel:1-800-445-8106)
- [Caregiver.com \(954\) 893-0550](tel:954-893-0550)
- [Caregiver Action Network \(202\) 454-3970](tel:202-454-3970)
- [Rosalynn Carter Institute for Caregiving \(229\) 928-1234](tel:229-928-1234)
- [Well Spouse Association \(1-800\) 838-0879](tel:1-800-838-0879)
- <https://www.caringbridge.org/how-it-works>

As always, the Health Ministry at St Dominic may be able to help you. Please contact us by calling the parish office. You can also visit the QueensCare Parish Nurse on Thursdays between 8am and 12pm in the St. Mark room.



QUEENSCARE

St. Vincent de Paul Testimony

By Nancy Shannon

St Vincent de Paul Ministry has a mission of mercy to help those in need. The former "Hope Dinner" was under the umbrella of SVDP. I assisted with the Hope Dinner since 2011 until it ended, due to the pandemic. From that ministry, I segued into the SVDP Ministry. At each meeting, we discuss people who need help and unite our energy and faith in prayer for them and for solutions. During this Thanksgiving and Christmas season, it is an ideal time to join this very important ministry for extra grace and fulfillment.

To join the St. Vincent de Paul Ministry, please contact:
John de la Fontaine delafontainejohn@gmail.com

Knights of Columbus

By Gregory Nunn

Looking for a Few Good Men

Glendale Council 1920 of the Knights of Columbus is looking for practical Catholic men to serve the Catholic Church and the local Pastor. The Knights of Columbus is a fraternal order of Catholic men whose mission is to serve the Catholic Church. The Order was founded in 1882 by Blessed Fr. Michael J. McGivney to assist widows and orphans of Catholic families. The Order is the world's largest lay Catholic organization, with over 1.9 million members in the Americas, Europe and Asia. Through its numerous publications, the Knights of Columbus also empowers its members to learn more about the Catholic faith and grow in holiness.

Glendale Council 1920 has been serving the local Catholic community since 1918. We currently serve St. Dominic, Holy Trinity, Cristo Rey and Holy Family parishes. Examples of activities undertaken by the Knights include:

- Serve pancake breakfasts at St. Dominic to raise money for St. Dominic school;
- Help paint houses owned by St. Dominic Church;
- Serve food and drink at parish carnivals;
- Serve as honor guard in church processions and masses;
- Donate funds to parishes we serve for various endeavors;
- Help St. Dominic prepare for parish picnic (when picnic was held at Eagle Vista park); and
- Donate funds for the formation of priests and religious.

Members of the Knights of Columbus may also avail themselves to the wide array of outstanding financial products the Order has to offer, including the top-rated life insurance, retirement annuities, disability insurance, and long-term care insurance.

To learn more about the Knights of Columbus, please visit the Order's website at www.kofc.org. To join the Knights of Columbus, please contact Chris Alejo, Grand Knight, at chris.dot.alej0@gmail.com, or Gregory Nunn, Deputy Grand Knight, at gNunn4658@gmail.com.

LGBTQIA+ Group

By Dr. Elizabeth S. Taylor

I'd like to introduce myself. My name is Elizabeth S. Taylor and I facilitate with Michael Ternes our new Ministry at St. Dominic's supporting our LGBTQIA+ Community.

A little bit about my background. I am a licensed Clinical Psychologist and have been practicing in the Los Angeles area for thirty years. Prior to my practice, I was a Foster Parent for twenty-three children over a fifteen year period.

My co-facilitator Michael Ternes is an experienced leader of LGBTQIA+ groups for over twenty-five years. His work includes positions at the Los Angeles Gay and Lesbian Center.

Our group has been in existence for fifteen years. Our original home was at Holy Family Church in South Pasadena. Thanks to St. Dominic parishioner Vincent Corcoran, who has been invaluable to this parish in ways too innumerable to count for so many years, we have made St. Dominic's our new home. Without Vince's fortitude in meeting with parishioners and clergy we would have never found such a wonderful parish.

The Mission Statement for our group is the following:

St. Dominic's Outreach Program provides ongoing support and connection for members of the LGBTQIA+ Community, which includes their parents, siblings, families and supporters, in need of a safe environment in which to express their feelings and needs.

A) We offer parents of the LGBTQIA+ Community coping mechanisms which will enable them to have healthy, engaged relationships with their adult children.

B) We offer the LGBTQIA+ member an ongoing environment where they feel included in the spiritual life of their Church.

We provide this with weekly meetings, guest speakers, films, social events, field trips, as well as our yearly St. Joseph's Table and Auction.

We want to express our gratitude to Father Roberto, Father Donald and all members of St. Dominic's Parish for the warm welcome with which we have been received.

For more information about the LGBTQ+ group at St. Dominic Church, please contact facilitator, Dr. Elizabeth Taylor, Ph.D by telephone: 626-792-1103.

Divine Mercy Ministry

By Gloria de la Cruz, O.P. (Facilitator, Treasurer)

Hi!! My name is Gloria de la Cruz. I am a retired registered nurse, a certified diabetic educator and a full-time charge nurse. Currently I serve as the facilitator and treasurer of the Divine Mercy Ministry here at St. Dominic. I was a former officer of Blessed Sacrament Confraternity and I was also recently professed as a Dominican Laity for life on June 12, 2022.

I believe that doing this work as a facilitator/treasurer makes me feel closer to the Lord. But that is our goal, right? To serve the Lord and our neighbor.

In our Divine Mercy Cenacle meeting, we meet twice a month, the first Thursday and third Thursday of the month. We start at 9 a.m. with fellowship and refreshments followed by the praying of the Divine Mercy Chaplet.

We follow the Cenacle Formation Manual 1-2-3 authored by Dr. Bryan and Susan Thatcher. Next year we are going to have the Induction Ceremony on February 2, 2023 at St. Dominic Church with a Holy Mass celebrated by Fr. Francis Goode, O.P., our Spiritual Director. The intent of this ceremony is to formally recognize Eucharistic Apostles of the Divine Mercy (EADM) members who have persevered and to bind as a cohesive group. We pray that they will continue to deepen their understanding of the mercy of God and work together to build up our local church and spread the Good News.

We have around 25 vibrant members who attend regularly. Most of the members have been in attendance for more than 10 years. Our first spiritual director was Fr. Paul Scanlon, O.P., then Fr. Machael Chaberek, O.P, and currently, Fr. Francis Goode, O.P.

I cannot overemphasize the importance of these words: The message of Divine Mercy is that God is merciful. He is love itself poured out for us, and He wants no one to miss that merciful love.

The message is that God wants us to turn to Him with trust and repentance while it is still a time of mercy, before He comes as a just judge. The turning with trust to Him who is mercy itself is the only source of peace to mankind. Turning to God's mercy is the answer to our troubled world.

Jesus appeared to St. Faustina with rays of red and pale light streaming from the area around His heart. His right hand was raised in blessing, recalling the scene of Easter Sunday night. - John 20:19-23

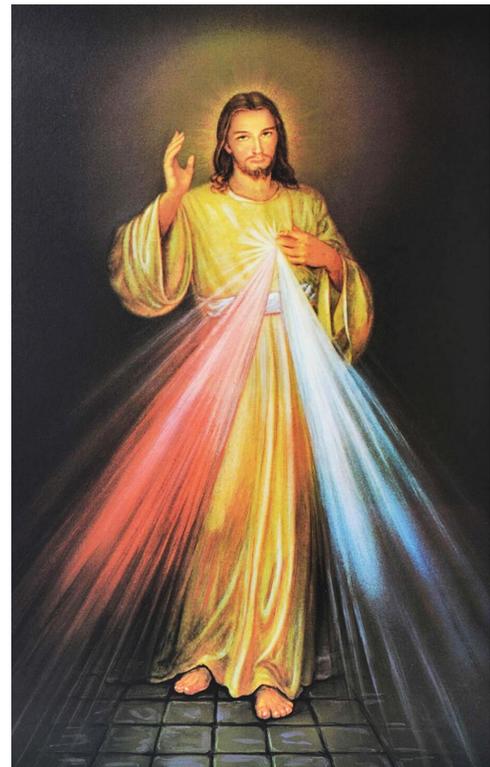
He asked St. Faustina to have this vision painted along with the words, Jesus I trust in You!"

Jesus explained that the rays represented the blood and water which flowed from His pierced side, and He taught St. Faustina this prayer: "O blood and water, which gushed forth from the Heart of Jesus as a fountain of mercy for us, I trust in you. - Diary 84

Our Lord taught St. Faustina a prayer for mercy that she was to pray "unceasingly": The Chaplet of Divine Mercy.

He told her that if she prayed in this way, her prayers would have great power for the conversion of sinners, for peace for the dying, and for controlling nature.

WE, TOO, CAN PRAY THIS CHAPLET.



**To join the Divine Mercy Chaplet, please contact:
Sally Mangahis 323-254-8130
rene.mangahis@gmail.com**

Simbang Gabi in the Philippines

By Flor Esguerra

Christmas is the biggest holiday in the Philippines. As one of the most predominantly Catholic countries in Asia, it celebrates the longest Christmas season. The countdown to Christmas begins as early as September 1st, when Christmas carols fill the air and homes and buildings are adorned with star-shaped lanterns, called “Parol”. The countdown spans from September to December, otherwise known as the “Ber months”, and concludes on January 6. This is also the time where the community comes together to string up beautiful lights in their homes and on the streets. This happens only once a year, so residents combine their efforts to put them up. Decorations can also inspire a competitive spirit in some local villages where they organize contests for the most beautiful Christmas decorations.

One of the highlights of Filipino Christmas is the ***Simbang Gabi***, which literally means “Night Mass”. It is one of the most revered and beloved traditions among Filipino Catholics. This series of Holy Mass that starts at 4:00 a.m. is held for nine consecutive nights, beginning December 16th through the 23rd and culminating at midnight on Christmas Eve. It is a belief among the faithful that after completing the series of Masses, their wish will come true.

Traditionally after Mass, the churchgoers would buy and eat holiday treats sold in the churchyard for breakfast. Popular native delicacies include *Bibingka* topped with salted egg and white cheese (rice cakes cooked in earthenware with hot charcoal above and below); *Puto Bumbong* (steamed purple rice pastries, seasoned with butter, grated coconut, and brown sugar); and *Arroz Caldo*

(rice and chicken porridge). *Tsokolate* (hot chocolate from local cacao) or *Salabat* (ginger tea) soothes one’s throat after enjoying those delicacies.

In addition, at the beginning of *Simbang Gabi*, the townsfolk would form groups and go from house to house singing Christmas carols. Using their creativity, they would make musical instruments, such as drums, and tambourines from aluminum bottle caps (*tansans*) strung on a piece of wire. The homeowners would then give the carolers a few coins as a sign of their appreciation and delight.

Simbang Gabi was eventually brought over to the United States. The times for Mass were adapted to evening services because of work schedules and cold weather at early dawn. In celebrating *Simbang Gabi*, the devotees enter into a spiritual pilgrimage. The nine evenings of novena foster community spirit, as well. A priest once said, “We are a people of hope that gather together with a longing of having a greater experience of God’s love by sending His Savior.”

This same sense of hope is what drove our Filipino Ministry to work tirelessly to bring this celebration to St. Dominic Church. *Simbang Gabi* is more than just a social custom. We carry on the celebration here as a reminder of our cultural roots. More importantly, it is a time to share our religious tradition with our parish community and pass on this timeless tradition to the next generation of Filipino-Americans.

***Maligayang Pasko sa
inyong lahat!***

Merry Christmas to all!

Sacristan Testimony

By Maureen Brown

I first became a Eucharistic Minister in approximately 1990. Jeanette Cerutti was responsible for training us, and we all learned how to set up for Mass, as well as how to purify and clean the vessels.

In 1997, the Sunday 5 p.m. Mass was added as a “Youth Mass”. Simon Rebullida was the Youth Minister, and he asked me to be the sacristan and be in charge of the Eucharistic Ministers and altar servers. Everyone was very enthusiastic, but did not have a lot of experience. Fr. Francis can tell you it was an interesting first year.

Christine Cuenco, who was the lead sacristan, asked me if I would be the sacristan for some of the weeknight Masses. So, in 1998, I became the sacristan for the 6 p.m. Mass on Monday, Wednesday, and Thursday. Christine was still taking care of all the Sunday morning Masses; occasionally I would help her out for a few Masses.

On those three nights a week, I went directly from work to church. I set up for Mass, and then was able to participate in Evening Prayer. I appreciated having time in my day set aside for prayer.

In 2014, my husband was hospitalized with an infection, and needed daily medication. It was hard for me to rush home after Mass, administer the medication, and then worry about dinner. Because of this, I stepped down as a weekday sacristan. I have remained the sacristan for the Sunday 5 p.m. Mass.

What do I like about being a sacristan? Quiet service, in the background. I love working with the altar servers, teaching them new skills, and watching them mature. I try to get to church early, to allow myself extra time to set up, and then some time to pray. Over the

years, I have gotten to know our friars, because of those few moments before and after each Mass.

One of the challenges when I first became a sacristan was to learn how to serve the Mass. When I was young, females were not allowed to be altar servers. Fortunately, I paid attention when our sons learned to serve!

Being a sacristan is not as high profile as being a lector or in the choir. But when Mass runs smoothly, the sacristan can smile.

Our Lady of Guadalupe

This December, parishioners gathered in the Parish Hall for the Rosary Novena in honor of the Celebration of Our Lady of Guadalupe.



Visit by the Master of the Order of Preachers

By Fr. Isaiah Mary Molano, O.P.

Fr. Gerard Timoner III, OP, is the current Master of the Order of Preachers, the Pope of the Dominican Order. In many ways, Fr. Gerard is “Dominic” to our Order in the here and now. He is a son of the Philippines Province, and is the current Grand Chancellor of the University of Santo Tomas in Manila. Part of his chapter – something that his 87 previous predecessors had to fulfill as well – is to visit every community in all of the world, and have a substantial conversation with every friar and every nun of the Order twice in his

9-year reign. In October, Master Gerard visited our Western Dominican Province, and for over two weeks, he zipped from Rome to Oakland, Portland, Los Angeles, Las Vegas, back to Oakland, then back to Rome. With him was his gentle and personable socius (assistant) Fr. Florentino Bolo, OP, of the Philippines Province.

We friars were privileged to have him with us from the evening of October 11 through the evening of October 12. When he was present to us, he wanted to visit St. Dominic’s parish & school as well as the Dominican Monastery of the Angels. In addition, he wanted to hold a plenary listening session with the friars of Los Angeles and Mexicali, then



have individual meetings with each friar present. All in 22 hours.

The next morning, after praying my own rosary, I walked into the Church for morning prayer. There was already a buzz within the Church. The Master and Fr. Florentino had already arrived, praying. Soon after, the brothers of our Mexicali convent arrived – it was wonderful to see Fr. Roberto! - as well as Missionary Priest Fr. Mark Francis Manzano, OP, serving in Puerto Rico, and Fr. Allen White, OP, of the English Province. I am reminded of Psalm 133: ‘How good and pleasant it is when brothers live in unity!’

Master Gerard made one detail clear—he wanted to experience the preaching of the brethren while in our Province. I have to admit some pressure, a little stress, but also some pride in having “Dominic” wanting to hear me preach!

As I said in my homily, “Father Gerard, as the 88th Master of the Order of Preachers, we are called to contemplate our own vocation as preachers. In a unique way, your presence among us preaches to us preachers to contemplate what it means to be members of our beloved Order here in Eagle Rock, as well as in Mexicali, El Centro, and Puerto Rico. How does and how will the Order interact with the Hollywood Giants? How does and how will the Order preach about Christ’s light to a medium that falls into the blasé of post-modernity? How does and how will the Order preach in the borderlands of Mexicali, to bring hope to the poverty of Puerto Rico, to bring charity in

families long divided? These are not easy questions, and they rarely have easy answers. Your very presence brings us renewal, and indeed, challenges us to stare these questions in the face, in order to bring about the salvation of souls. Master Gerard, your very presence, preaches to the preachers, that indeed, there is much work to do.”

It was a 22-hour marathon that I hope to never forget. To anyone who has interacted with him, Master Gerard is easy going, humble, has a wonderful laugh and is obviously holy. He is a man that I happily and joyfully offer my obedience to. In interacting with him—I am grateful to have spoken with him a few times because of my missionary work – his very presence brings me joy; Fr. Gerard is the closest to St. Dominic I will ever be on this side of heaven.



Fr. Gerard Timoner III, O.P. concelebrating at morning Mass during his visit to Eagle Rock.

THE SAINT MONICA MASS at Saint Dominic Church

Let us pray for the fallen away!

8:00am Morning Mass
3rd Saturday of the Month

2023 Schedule:

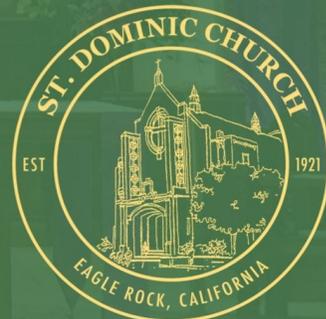
January 21

February 18

March 18

April 15

and ongoing...



Do you have news to share in **Veritas**?
Contact us: communications@saintdominics.org



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