

# **ST. ELIZABETH CHURCH**

*Established 1912 / Present Church dedicated 1962*

*Mailing Address: 449 Holyoke Street, S.F. CA 94134 Phone: 415-468-0820*

*Website: [www.stelizabetsf.org](http://www.stelizabetsf.org) Email: [stelizabethchurchsf@gmail.com](mailto:stelizabethchurchsf@gmail.com)*

*June 7, 2026 The Most Holy Body and Blood of Christ*



## **Mission Statement of St. Elizabeth Church**

“The joys and hopes, the griefs and anxieties of the people of our time, especially of those who are poor or in any way afflicted, are the joys and hopes, the griefs and anxieties of the followers of Christ as well. Indeed, nothing genuinely human fails to raise an echo in their hearts. For theirs is a community of people united in Christ and guided by the Holy Spirit in their pilgrimage towards the Kingdom of their Father, bearers of a message of salvation for all of humanity. That is why they cherish a conviction of deep solidarity with the human race and its history.”

From the Preface of *The Church in the Modern World*---Gaudium Et Spes---of Vatican II)

## **Rev. Charles Puthota, Ph.D., Pastor**

### **Parish Office**

449 Holyoke Street, San Francisco, CA 94134  
Office: 415-468-0820 Fax: 415-468-1457

### **Parish Office Hours**

Monday through Thursday  
8:30 am to 12:00 pm

**Closed Fridays**

### **Parish Staff**

Suzanne Brachna Admin Assistant  
Sandra Mehrwein Secretary  
Fred Spence Maintenance  
Laurrie Digneo Faith Formation

### **Faith Formation**

**Classes are held every Sunday  
beginning with the 8:30 am Mass  
Classes to immediately follow in Cantwell Hall.**

### **Mass Schedule**

Saturday **4:30 pm**  
Sunday **8:30 am and 10:30 am**

### **Monday through Saturday**

Divine Office 8:00 am  
Mass 8:30 am  
Holy Day 8:30 am & 6:00 pm

### **Confession Schedule**

4:00 pm before the 4:30 pm Saturday Mass  
10:00 am before the 10:30 am Sunday Mass

### **Baptism**

Call the Parish Office for information.

### **Sacrament of Marriage**

Call the Parish Office six months before the desired date.

**Benediction and Our Lady of Perpetual Help Novena:** Wednesdays after the 8:30 Mass.

**Legion of Mary Meeting:** 3:00 pm Tuesday in the Church.

**1000 Hail Mary's:** Third Saturday after the 8:30 am Mass until 3:30 pm.

**Over 50 Group:** Thursdays at 12 pm in Cantwell Hall.



## **From the Pastor's Desktop**

A Message from  
Father Charles Puthota  
June 7, 2026

Dear Parishioners of St. Elizabeth,

**Feast of Corpus Christi:** Just a few weeks ago, we celebrated the First Communion of seven of our Faith Formation children at our parish. If we could recover a measure of their excitement, faith, zeal, eagerness, devotion, desire, and their sense of awe about the Eucharist, it would indeed be a great blessing.

This Sunday is the Feast of the Most Holy Body and Blood of Jesus Christ. For over twenty centuries the Church has been coming together to break the bread and share the cup. This is my body, Jesus had said. This is my blood, Jesus had said. And he added, whenever you do this, remember me. So we commemorate the sacred act of Jesus giving himself as food. The sacrament of the Eucharist is the sacrament of the sacraments. It is the "source and summit of Christian life." It is in this sacrament, the church comes together again and again, drawing upon the new life Jesus gives us as we share his body and blood.

In the Eucharist, Jesus is truly, really, and substantially present. As we partake of the Eucharist, we become closely united with Christ. Jesus remains in us, we remain in Jesus. We together remain in the Father. We don't live any longer, Christ lives in us. That is why we call this sacrament "communion." Because we individually become united with Christ, we are all united with each other and in Christ. We all become the body of Christ because we share the Body of Christ. This is mystical indeed! This is a divine mystery! The vitality of Christian life is centered on the Eucharist. Our identity as Christians is tied up with the Eucharist. Faith is at the heart of our conviction that Jesus gives us his own body and blood in the Eucharist. Even like a mother giving her body and blood to her baby in her womb, Jesus gives us his body and blood in total self-gift and as a sign of his inseparable union with us.

**Eucharist: From the Compendium of the Catechism of the Catholic Church:** What does the Eucharist represent in the life of the Church? It is the source and summit of all Christian life. In the Eucharist, the sanctifying action of God in our regard and our worship of him reach their high point. It contains the whole spiritual good of the Church, Christ himself, our Pasch. Communion with divine life and the unity of the People of God are both expressed and effected by the Eucharist. Through the eucharistic celebration we are united already with the liturgy of heaven and we have a foretaste of eternal life. **What are the names for this sacrament?** The unfathomable richness of this sacrament is expressed in different names which evoke its various aspects. The most common names are: the Eucharist, Holy Mass, the Lord's Supper, the Breaking of the Bread, the Eucharistic Celebration, the Memorial of the passion, death and Resurrection of the Lord, the Holy Sacrifice, the Holy

and Divine Liturgy, the Sacred Mysteries, the Most Holy Sacrament of the Altar, and Holy Communion.

**Countdown: 23 Days to My Retirement:** Upon reaching the age of 70 on June 11 and having served for 6 years as pastor of St. Elizabeth Church and 24 years in the Archdiocese of San Francisco, I'll be retiring from active ministry, effective July 1, 2026. Thank you for all the blessings of God you have brought into my life.

**Archdiocesan Annual Appeal (AAA) 2026 Thank-You Luncheon:** Last Sunday after the 10:30 a.m. Mass, I hosted a thank-you luncheon for those who donated 1.5% (\$500 or more) toward this year's AAA. It was attended by 55 people. This is the last time I have led this campaign for AAA, and I am deeply grateful for all those who have donated generously in support of the ministries of the Archdiocese.

**Pope Leo XIV's First Encyclical: Magnifica Humanitas:** In his first encyclical, *Magnifica Humanitas* ("Magnificent Humanity"), Pope Leo XIV addresses one of the defining challenges of our age: artificial intelligence. Echoing Pope Leo XIII's *Rerum Novarum*, which responded to the Industrial Revolution, Pope Leo seeks to provide a Christian response to the AI revolution. The encyclical affirms that technology is a gift that can improve human life, but warns that it must never replace human dignity, moral responsibility, freedom, or authentic relationships. Pope Leo cautions against the concentration of technological power in the hands of a few corporations, the displacement of workers, the use of AI in warfare, and new forms of "digital slavery." He calls for ethical oversight, international cooperation, and laws that ensure technology serves the common good. At its heart, the encyclical proclaims that human beings are created in the image of God and possess a dignity that no machine can replicate. The Pope urges the world to build a civilization rooted in truth, justice, solidarity, and love, ensuring that AI remains a servant of humanity rather than its master.

**Wisdom Stories:** 1. The Echo: A boy shouted into a valley, "I hate you!" The echo came back, "I hate you!" Frightened, he told his mother. She said, "Go back and say, 'I love you.'" He did, and the valley replied, "I love you." Wisdom: Life often gives back what we send out. 2. The Stone in the Road: A king placed a large stone in the road. Many people complained and walked around it. One farmer stopped, moved the stone, and found a bag of gold underneath. Wisdom: Opportunities are often hidden inside difficulties.

**Humor:** 1. The seven ages of a man are spills, drills, thrills, bills, ills, pills, and wills. 2. A truck driver stopped to help a lady change a tire in a downpour. As he finished the job, soaked to the skin, he banged the hubcap into place. "Shh," said the woman. "You'll wake my husband. He's asleep in the backseat." 3. There are three stages to man---the first 30 years he learns, the next 30 years he earns, and the next 30 years he yearns.

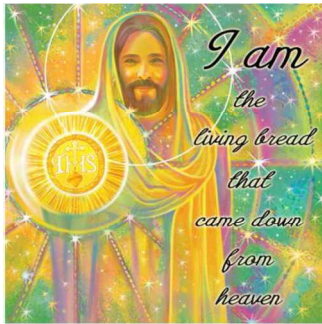
Your Friend and Pastor,

Father Charles Puthota

## The Most Holy Body & Blood of Christ June 7, 2026

Not by bread alone does one live, but by every word that comes forth from the mouth of the LORD.

— Deuteronomy 8:3b



### TRUST IN JESUS

Today's feast celebrates another central mystery of our faith—the mystery of the Eucharist. Like the mystery of the Trinity, the real presence of the Body and Blood of Christ in the Eucharist can never be fully understood, but can only be believed. Just as the Israelites in the desert were invited to put their trust in God's word to them, we are invited to trust wholly in the word of Jesus. In today's Gospel Jesus promises to give us a share in his very own flesh and blood, and a share in eternal life besides. We are called to take him at his word and open our hearts to receive true nourishment and life from our participation in the Eucharist.

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### TODAY'S READINGS

**First Reading** — Never forget the LORD your God, who brought you out of slavery and fed you with manna in the desert (Deuteronomy 8:2-3, 14b-16a).

**Psalm** — Praise the Lord, Jerusalem (Psalm 147).

**Second Reading** — Because the loaf of bread is one, we who partake of it, though we are many, are one body (1 Corinthians 10:16-17).

**Gospel** — Jesus said to the crowds, "I am the living bread; whoever eats this bread will live forever" (John 6:51-58).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

### Sunday Collection May 30 – 31, 2026

<b>Weekly Need:</b>	<b>\$5,000.00</b>
<b>First Collection</b>	<b>\$2,513.00</b>
<b>Parish Maintenance</b>	<b>\$ 624.00</b>
<b>Over/Under</b>	<b>\$1,863.00</b>

## Mass Intentions

† Denotes deceased – (L) Living

### Monday

8:30 am

### Tuesday

8:30 am

### Wednesday

8:30 am

### Thursday

8:30 am

### Friday

8:30 am

### Saturday

8:30 am

4:30 pm

### Sunday

8:30 am

10:30 am

### June 8

† Apolonia Lampa

† Antonio Serafini

### June 9

† Aurora T. Mallari

### June 10

† Paul, † Theresa &

† Joseph Vella

† Filomena &

† Emanuel Scerri

### June 11

Father Charles Puthota (L)

Jessica Gotauco (L)

### June 12

† Marietta B. Nacor &

† Rosita G. Gayaban

### June 13

† Tessie, † Joseph &

† Saviour Schembri

† Miguel & Felipa Lundang

Fr. Josef Radul Rodriguez,

SJ (L)

### June 14

People of the Parish

† Frances & † Anna Cairns

† Fr. Jose Carmelo Garcia

## ON THE HORIZON AT ST. ELIZABETH

- **Retirement Reception for Fr. Charles**  
June 7, 2026 following the 10:30 am Mass  
All are Welcome
- **Father Charles' 70th Birthday**  
June 11, 2026
- **Father's Day**  
Sunday, June 21, 2026
- **Father Charles' Retirement**  
July 1, 2026

### Saints and Special Observances

Sunday, 6/7	The Most Holy Body & Blood of Christ
Tuesday, 6/9	St. Ephrem
Thursday, 6/11	St. Barnabas
Friday, 6/12	The Most Sacred Heart of Jesus
Saturday, 6/13	The Immaculate Heart of the Blessed Virgin Mary, St. Anthony

**FAITH FORMATION REGISTRATION  
IS OPEN FOR 2026-2027**

Registration forms may be requested by calling  
Laurie Digneo at 415-672-4903  
email: [sophielady7@aol.com](mailto:sophielady7@aol.com).  
Forms can also be picked up at the parish office or  
at the Church.  
Registration fees are \$50.00 per child.

**Faith Formation -- Needs Teachers**

If you enjoy working with children and  
have a general knowledge of the  
Catholic Religion, we would love to have  
you be a part of our program. If  
interested, please contact Laurie  
Digneo at 415-672-4903.

**Pray for our dear Departed**



Gina Roja  
And  
Fortunato Gomez Alvarez

*“Eternal Rest Grant unto Them, O Lord...”*

**ALTAR FLOWERS**

If you are interested in donating  
flowers for the high altar in celebration  
of a special occasion, birthday,  
anniversary and more, please see the  
sign-up sheet in the front of church.  
Please see a sacristan before or after  
mass for more information.



We congratulate  
Colton James & Avery Charlotte Murphy,  
who were baptized at  
St. Elizabeth Church on May 30, 2026



**Northern Ireland Pilgrimage 2026**

**Spiritual Director: Fr. Charles Puthota, Ph.D.**

August 21 – September 1, 2026 – 12 Days

St. Patrick succeeded in bringing Catholicism to Ireland,  
and in time, the whole country converted from their  
pagan gods to the one true God. Although a small  
country, Ireland has played a large role in saving and  
bringing Christianity throughout the world. During the  
early Dark Ages, the Irish monasteries preserved  
Western writings while Europe remained in darkness.  
But as the Catholic country remained solidly Catholic,  
the Irish spread the faith to all corners of the world.

Locations: Dublin – Boyne Valley – Monasterboice – Armagh –  
Downpatrick – Belfast – Giants Causeway – Derry – Sligo – Knock  
– Westport – Ballinubber Abbey – Connemara – Galway – Aran  
Islands – Cliffs of Moher

For more information: 800.206.8687  
<https://www.206tours.com/cms/frputhota/ireland/>