

# LENT - 40 WAYS TO CARE AND SHARE

**AS CATHOLICS, WE ARE BLESSED WITH 40 DAYS AND 40 NIGHTS TO REFLECT ON OUR LIVES AND ACTIVELY MAKE CHANGES TO IMPROVE OUR LIVES AND STRENGTHEN OUR FAITH.**

**LISTED BELOW ARE 40 WAYS TO CARE AND SHARE DURING THE SEASON OF LENT:**

1. Have special time to walk outdoors' with your spouse and/or children and let them know how special they are.
2. Encourage your children to talk about a topic of their choice, and really listen to what they are saying.
3. Set time set aside for reading to children.
4. Make an effort to have family meals more regularly, even a fun meal like pizza.
5. Make a quick stop at a relative's house for an overdue visit.
6. Remember to say grace at mealtime.
7. Pray in the evening alone, as a couple and/or as a family.
8. Pray the rosary together.
9. Go to the library to find artwork by the masters that relates to the Lenten season.
10. Volunteer at a food shelf to help prepare a meal.
11. Sort through closets and give away outgrown clothes to a charity.
12. Offer some time to help out at the parish.
13. Read from a meditation book.
14. Make a visit to a nursing home.
15. Offer to have children's friend, especially one experiencing trouble in their life, over for a meal.
16. Call a friend that you haven't talked to in some time.
17. Find and explore three good Catholic websites to become more educated in our faith.
18. Share some of your favorite music with the family and ask that they do the same, encouraging dialogue about music and creating a new way to spend time together.
19. Begin to plan for planting and caring for a garden.
20. Prepare new recipes that are related to the season of Lent.
21. Plan for an extra special Easter celebration.
22. Go to Mass on days other than on Saturday and Sunday.
23. Find time for play as a family, experiencing how positive it is share joy together.
24. Take time to listen and look at the natural wonders that God has created.
25. Go to confession.
26. Keep some fresh flowers or a flowering plant as a reminder of spring and the coming of Easter.
27. Sit and meditate in a prayerful way.
28. Do some arts and crafts projects connected to Lent with young children.
29. Participate in the Annual Catholic Appeal.
30. Write an overdue thank you note to someone who has done a kindness.
31. Call a friend or relative that has recently experienced a loss.
32. Have a regular family reading hour.
33. Create a Lenten gratitude list as a family, adding one or more items each day.
34. Begin spring housecleaning or indoor projects in a present state of prayer and a joyful spirit.
35. Take time to review negative behaviors.
36. Consider ways to create more positive behaviors.
37. Give away smiles.
38. Try to avoid complaining and criticizing.
39. Offer to help with someone else's project.
40. Offer prayers of thanks in the morning and at the end of the day.

**IF WE FALTER IN OUR EFFORTS TO MAKE CHANGES, WE CAN REMIND OURSELVES THAT WE ARE NOT PERFECT. WE CAN ALSO REMEMBER THAT GOD HAS GIVEN US GIFTS, AND WE CAN START THE PROCESS OVER, TAKING ANOTHER OPPORTUNITY TO CONSCIOUSLY MAKE CHOICES THAT ARE IN LINE WITH THE LIFE WE HAVE BEEN TAUGHT TO LIVE AS CATHOLICS.**

# LENT — 40 MANERAS DE CUIDAR Y COMPARTIR

**COMO CATOLICOS, SOMOS BENDECIDOS CON 40 DIAS Y 40 NOCHES PARA REFLEXIONAR EN NUESTRAS VIDAS Y ACTIVAMENTE HACER CAMBIOS PARA MEJORAS NUESTRAS VIDAS Y FORTALECER NUESTRA FE.**

## **AQUÍ ESTAN LAS 40 MANERAS DE CUIDAR Y COMPARTIR DURANTE EL TIEMPO DE CUARESMA:**

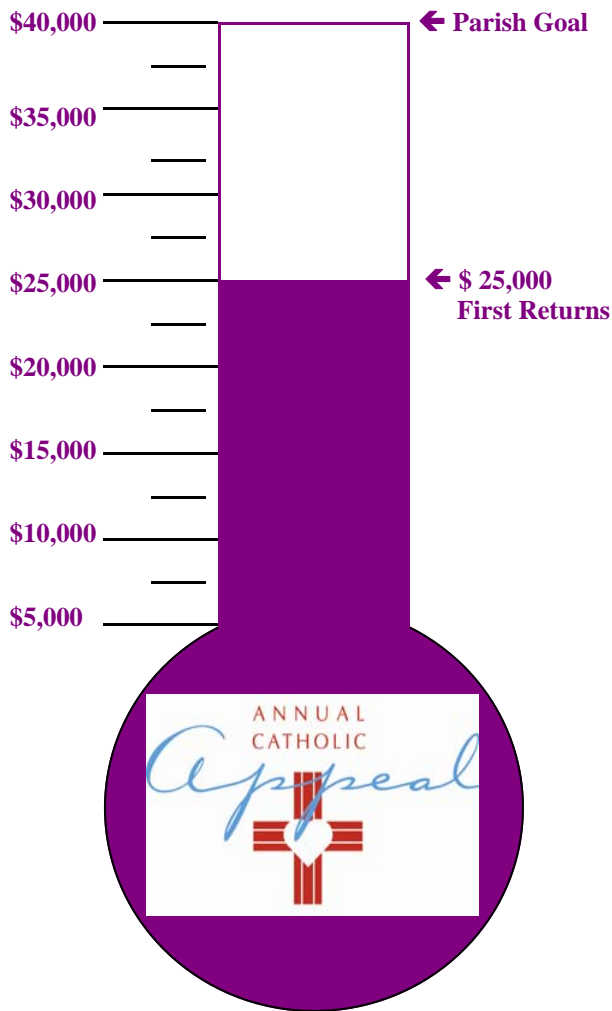
1. Haga tiempo especial para caminar afuera con su pareja o niños y dígalos cual especial son para usted.
2. Anime a sus hijos hablar sobre algun temas que ellos escojan, y realmente escuche lo que dicen.
3. Haga tiempo para leer a los niños.
4. Haga un esfuerzo de comer juntos como familia regularmente, aun una comida divertida como pizza.
5. Haga una corta visita en la casa de un familiar que no ha visitado en mucho tiempo.
6. Acuerdense de rezar antes de comer.
7. Reze en la noche individualmente, con su pareja, o en familia.
8. Rezen el rosario juntos.
9. Vaya a la librería a encontrar obre de arte de los maestros que se relacione con el tiempo de Cuaresma.
10. Hagase voluntario en una comedor y ayude a preparar una comida.
11. Busque en su armario y regale la ropa que ya no le queda.
12. Ofresca su tiempo para ayudar en la parroquia.
13. Lea de un libro de meditacion.
14. Visite una casa de ancianos.
15. Ofresca invitar a algun hijo de su amiga, a cenar, especialmente uno que experimentando alguna dificultad en su vida.
16. Llame algun amigo al cual no ha llamado en algun tiempo.
17. Busca y explora en las tres buenas Páginas Católicas del Sitios de la Red (website), para obtener una mayor formación en nuestra fe.
18. Comparta su musica favorita con la familia y pídale que ellos hagan lo mismo, animandolos al dialogo sobre musica y creando una nueva manera de compartir tiempo juntos.
19. Empiece a planear para plantar y cuidar de un jardin.
20. Prepara recetas nuevas que sean relacionadas con el tiempo de Cuaresma.
21. Plane para un celebracion de Pascual extra especial.
22. Valla a misa en otros dias aparte de sabado o domingo.
23. Busque tiempo para jugar como familia, experimentando lo positivo que es compartir alegria juntos.
24. Tome tiempo para escuchar y mirar las maravillas de la naturaleza que Dios ha creado.
25. Valla a confesion.
26. Tenga algunas flores frescas or plantar que florie como recordatorio de la primavera y la venida de Pascua.
27. Sientece y medite de una forma de oracion.
28. Haga algo de arte o manualidades con sus hijos sobre Cuaresma.
29. Participe en la Campaña de Annual Catholic Appeal.
30. Escriba una notita de agradecimiento a alguien que hizo un acto de generosidad.
31. Llame a algun amigo o pariente que recientemente haiga experimentado alguna perdida.
32. Tenga una hora regular para leer como familia.
33. Mantenga una lista de agradecimiento como familia, agregando 1 o 2 cosas por dia.
34. Empiece una limpieza profunda de primavera o proyecto de afuera en el presente estado de juvilo y oracion .
35. Tome tiempo de revisar comportamiento negativo.
36. Considere manera de crear comportamiento positivo.
37. Regale sonrisas
38. Trate de evitar quejarse o criticar.
39. Ofresca ayudar con un proyecto de alguien mas.
40. Ofresca oraciones de agradecimiento en la mañana y al fin del dia.

**SI NUESTROS ESFUERZOS DE CAMBIAR FALLAN, NOS PODEMOS RECORDAR A NOSOTROS MISMOS QUE NO SOMOS PERFECTOS. TAMBIEN PODEMOS RECORDAR QUE DIOS NOS HA DADO DONES Y NOSOTROS PODEMOS EMPEZAR EL PROCESO DE NUEVO, CONCIENTEMENTE DANDONOS OTRA OPORTUNIDAD PARA TOMAR DECISIONES QUE ESTEN DE ACUERDO CON LA VIDA QUE SE NOS HA ENSEÑADO A VIVIR COMO CATOLICOS.**

## ~ ANNUAL CATHOLIC APPEAL ~ THERE IS STILL TIME TO CONTRIBUTE

The Annual Catholic Appeal is a wonderful way to help others. Last week was wonderful and we have collected \$25,000 at this time. If for any reason you have been unable to contribute, there's still time to help. Please consider offering a 9-month pledge this year, if you can. Pledge envelopes are still available here at the parish in the pews or at the Parish Office. Envelopes can be dropped in the Sunday collection or mailed to the parish.

Our parish goal for the Appeal is to raise \$40,000 in donations and pledges and we will keep the Appeal open for a limited time to work toward reaching this goal. Remember, 25% of the funds contributed from our parish are returned to us for our own ministries to people in need right here. Thank you for your continued generosity.



**CATHEDRAL PARISH GENEROUSLY SUPPORTS  
THE 2010 ANNUAL CATHOLIC APPEAL**

## ~ CATHOLIC LEGISLATIVE NETWORK ~ DID YOU GET YOUR WELCOME EMAIL?

We are pleased to report that more than 18,000 people from the Diocese of Sacramento registered to be a voice for life and dignity in California by joining the Catholic Legislative Network this past December. All those who signed up should have received a welcome email by now from Bishop Soto.

If you did not receive the welcome message, you either did not provide an email address, it was recorded incorrectly, or the welcome email was accidentally caught in your spam filter. We encourage you to correct any errors or re-enter your information by visiting [www.catholic.org](http://www.catholic.org). Please remember: you must have an email address to participate at this time. If you do not have one, you could ask a friend or relative who does to team up with you to participate in the Network.

Thanks to all of you who have registered your desire to join the network!!!



“I have no other spouse, but Jesus Christ. I have considered myself content to live in poverty and misery for His love.”  
*Kateri (Catherine) Tekakwitha*

“We help people put their lives back together in their most desperate moments.”  
*Catholic Social Service of Solano motto*

“With popular sentiment everything is possible, without it nothing can succeed.”  
*Abraham Lincoln*

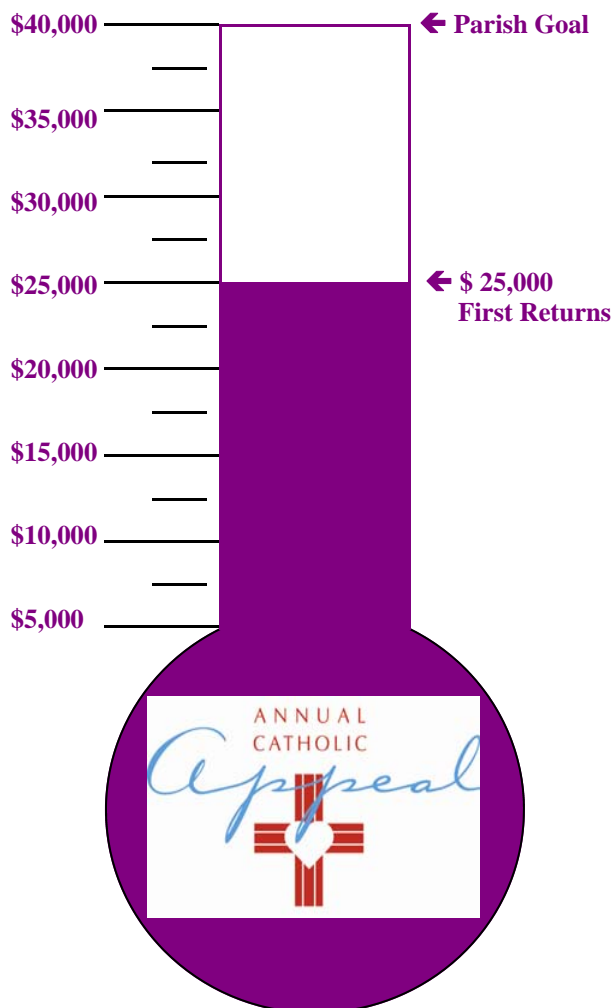
“Put sugar in what you say and salt in what you hear.”  
*Anonymous*

“He is no fool who gives what he cannot keep to gain what he cannot lose. Trust in the Lord with all your heart and trust not in your own understanding. In all your ways acknowledge God who will direct your plans.”  
*Psalms 113*

## ~ APELACIÓN ANUAL CATÓLICA ~ HAY TODAVÍA TIEMPO DE CONTRIBUIR

El llamamiento anual de católicos es una manera maravillosa para ayudar a otros. La semana pasada fue maravillosa y hemos recaudado \$ 25,000 dólares. Si por cualquier razón no ha podido contribuir, aún hay tiempo para ayudar. Por favor considere ofrecer una promesa de 9 meses este año, si es posible. Los sobres para las promesas todavía están disponibles aquí en la parroquia en las bancas o en la oficina de la parroquia. Los sobres se pueden poner en la colecta del domingo o enviarlos por correo a la parroquia.

El objetivo de nuestra parroquia para esta apelación es de contribuir \$40,000 dólares en donaciones y promesas mantendremos la apelación abierta por un tiempo limitado para alcanzar este objetivo. Recuerde, el 25% de los fondos recaudados se devuelven a nuestra parroquia para nuestros propios ministerios y personas en necesidad. Gracias por su continua generosidad



## ~ LA RED LEGISLATIVA CATÓLICA ~ HIZO LOGRAR SU CORREO ELECTRÓNICO DE BIENVENIDA?

Nos complace el informarle que más de 18,000 personas de la Diócesis de Sacramento están registradas para ser una voz para la vida y la dignidad en California por unirse a la Red Legislativa Católica este diciembre pasado. Todos aquellos que se suscribieron deberían haber recibido un correo electrónico de bienvenida del Obispo Soto.

Si no a recibido el mensaje de bienvenida, quizás no proporcione una dirección de correo electrónico, o fue escrito incorrectamente o el correo electrónico de bienvenida fue atrapado accidentalmente en el filtro de spam. Lo animamos a corregir cualquier error o volver a introducir su información visitando [www.catholic.org](http://www.catholic.org). Por favor recuerde: debe tener una dirección de correo electrónico para participar en este momento. Si no tienes una, usted podría pedir a un amigo o familiar que se haga un equipo con usted para participar en la red.

Gracias a todos aquellos que han registrado su deseo de unirse a la red!!!



"No tengo ningún otro cónyuge, solo Jesucristo. Me considero satisfecha de vivir en la pobreza y la miseria por Su Amor."  
*(Catalina) de Kateri Tekakwitha*

"Ayudamos a personas a poner sus vidas en orden en sus momentos más desesperados."  
*Lema del Servicio Social Católico de Solano*

"Con el sentimiento popular todo es posible, sin el nada puede tener éxito".  
*Abraham Lincoln*

"Pon azúcar en lo que dices y sal en lo que oyes".  
*Anónimo*

"No es tonto el que da lo que él no puede mantener para obtener lo que él no puede perder. Confía en el Señor con todo tu corazón y confianza no en tu propia comprensión. En todas sus formas reconoce a Dios que dirige tus planes."  
*Salmo 113*



~ **CATHEDRAL INVITATION TO MINISTRY  
FORMATION SESSION** ~

All volunteers interested in serving as a Eucharistic Minister or Lector for the Cathedral of the Blessed Sacrament are invited to participate in an upcoming Ministry Formation Session scheduled for **March 27, Saturday, from 2:00-5:00 P.M.** in Mercy Hall, Lower Level of the Cathedral. During this event, Sandra Holland, Director of the Office of Worship of the Diocese of Sacramento, will make a presentation about the significance of the roles in these liturgical ministries. Pat Kivela, Coordinator of the Lectors, and Valerie Chun, Coordinator for the Eucharistic Ministers, will also help facilitate a discussion regarding the respective responsibilities and how we serve as ministers to our faith communities. If you are interested in serving, but have not yet contacted Sister Jenny, there is still time. She is available to speak with you and answer any questions you may have. Sister Jenny at 444-5364.

~ **ADULT CONFIRMATION CLASSES** ~

The Cathedral Parish will begin Adult Confirmation Classes on **Tuesday March 9** at 7:00 pm in the Lower Level for those who, for whatever reason, have never been confirmed. Bishop Jaime Soto extends this invitation each year providing that candidates have prior instruction. The Adult Confirmation Mass will be celebrated by Bishop Soto on May 22, 2010, at the 5:00 pm Mass. Please call Sister Jenny at 444-5364 to join this class.

~ **CATHEDRAL LENTEN CONCERT SERIES** ~  
**THURSDAY, MARCH 11 AT 7:30 PM**

University of Redlands Chapel Singers. Jean-Sébastien Vallée, Director.

**SATURDAY, MARCH 20 AT 7:00 PM**

Diego Cannizzaro, organist. Organist and Choirmaster of the Cathedral-Basilica of Cefalù in Sicily.

**ALL CONCERTS ARE FREE AND OPEN TO THE PUBLIC.  
DONATIONS WILL BE ACCEPTED AT THE DOOR.**

**Please note that parking in the garage by the alley may not be available. If closed, try street parking or the garage at 10th & L or on 11th St. between I & J St.**

~ **WELCOME BACK FOR EASTER PROGRAM**~

This program is designed to facilitate an open ongoing dialogue for nonpracticing Catholics or for those Catholics who have recently returned to the Faith. The program is to help pave the way for returning to the Sacraments. The program will be held on six consecutive Tuesdays from April 6 through May 11, 2010 from 7:00 pm to 9:00 pm in the lower level of the Cathedral of the Blessed Sacrament 1017 11th St., Sacramento, CA. Free parking is available in the parking facility adjacent to the lower level Cathedral entrance. For more information and/or to register, please contact Tim Longdon at 916-359-5540 or Sister Jenny Aldeghi at 916-444-5364.

~ **SECOND COLLECTION NEXT WEEK (MAR 14) FOR CATHOLIC RELIEF SERVICES** ~

Next week, our parish will take up The Catholic Relief Services Collection. This Collection helps to fund six Catholic organizations that improve the quality of life and protect human dignity. Your gift will support agricultural development to strengthen economies and create food sustainability, provide outreach services to survivors of human trafficking, and supply pastoral care and advocacy for immigrants and refugees. By helping the marginalized and impoverished, you give hope to Jesus in disguise. Please be charitable in next week's Catholic Relief Services Collection. Please make your check payable to "Cathedral of

the Blessed Sacrament."

**2010 EASTER RAFFLE  
FOR RELIGIOUS EDUCATION**

Sister Jenny announces the 5th Annual Easter Raffle to benefit all the Religious Education Programs here at the Cathedral. Tickets on sale now for only \$1. Purchase tickets in the vestibule every Sunday after Mass or ask any of the many religious education students. Some of the prizes include for adults Paolo Schiraldi 3d Relief Art, Tiffany & Co. Necklace, Apparition Basket and for children an IPOD, bicycle, and Easter Baskets. Many more prizes to be awarded. Support our local Religious Education programs and buy some tickets. We have over 500 children in religious education classes throughout the week!

~ **CHRISM MASS THURSDAY MARCH 25** ~



The Chrism Mass is one of the most important Diocesan celebrations of the year in which the Bishop blesses the Holy Oils to be used in sacramental celebrations in all parishes of our Diocese. It is truly a celebration of the entire Diocese of Sacramento and all the faithful of the diocese are cordially invited to attend. Sung Vespers to close the Solemnity of the Annunciation will begin at 5:15pm and the Chrism Mass will begin at 6:00 pm.

**CATHEDRAL MASS SCHEDULE**

- MON 3/8/2010 ST. JOHN OF GOD, RELIGIOUS**  
2 Kgs 5: 1-15b; 24-30  
12:10 pm: Gine Pineau, S.I.  
5:10 pm: Katie DeGirolama, S.I.
- TUES 3/9/2010 ST. FRANCES OF ROME, RELIGIOUS**  
Dn 3: 25, 34-43; Mt 18: 21-35  
12:10 pm: Norman Anderson, S.I.  
5:10 pm: Maureen Master, S.I.
- WED 3/10/2010 LENTEN WEEKDAY**  
Dt 4: 1, 5-9; Mt 5: 17-19  
12:10 pm: Cristoforo Vera & Amalia Cataldo +  
5:10 pm: Arturo Jacobo, S.I.
- THUR 3/11/2010 LENTEN WEEKDAY**  
Jer 7: 23-28; Lk 1: 14-23  
12:10 pm: Fannie Novit +  
5:10 pm: Rosemary D. Culhane +
- FRI 3/12/2010 LENTEN WEEKDAY**  
Hos 14: 2-10; Mk 12: 29-34  
12:10 pm: Mary Elizabeth Supple +

**NO EVENING MASS ON FRIDAYS**

**ADORATION OF THE BLESSED SACRAMENT**

**WED & THUR 12:40PM-4:45PM FRI 12:40PM-3:45PM**

**TO SIGN UP CALL ISABELLA CAZARES 391-1760 OR 833-1948,**

**OR E-MAIL [BECAZ96@SBCGLOBAL.NET](mailto:BECAZ96@SBCGLOBAL.NET)**

**CATHEDRAL TOURS EVERY SUNDAY**

**AFTER 9:00 AM AND 11 AM MASSES**