

March 1 2020 - The First Sunday of Lent



Volume 20 * Issue 9

CATHEDRAL OF THE BLESSED SACRAMENT

1019 11th Street, Sacramento, CA 95814 * 916-444-3071



Pastor's Corner



This is the first Sunday of Lent, and this year I am going to make a firm effort to avoid technology for these 40 days. I know technology is clearly the direction of our modern world, but for Lent I need to simplify. No TV. No internet searching. No shopping online. I don't do the following, and will not start: no Facebook, no twitter, no Instagram, or other common forms of communication. I would like not to text or email and maybe throw away my cell phone, but hey, I'm not a hermit.

Lent is a time of Spring cleaning. Some days I feel so weighted down with modern living that I just want to put everything in a box and store it in the attic for a while. But the world communicates through all this and I certainly need to be in contact with the world. I cannot simply let my office phone be the only modern device in my life, even if it is very tempting. Still, for Lent, I believe we all could do better about lessening our time on social media and refrain from sending too much information and unnecessary comments and concerns.

Pick up the Bible, turn the pages and read. Get out of your space and look people in the eyes and communicate. Put your feet on the desert floor and walk. Turn off the sounds, the flashing, the notifications and listen to the Father. Pray for the world, for the future, for life in these forty days, and yes, be a hermit for a while.

Blessed Lent.
Fr. Michael.

EVERYDAY STEWARDSHIP

The 6 Characteristics of an Everyday Stewardship for Lent – Mindful

What is it that tempts you the most? Is it an action, a person, or a place? It is something that seems innocent enough, like a food, a drink, or an event? When you really start reflecting, you find that there are many temptations all around. Even if you are strong and never succumb to a certain temptation, it is still there waiting for a weak moment in your life.

One difficulty in the life of a disciple trying to live a stewardship way of life lies in the temptations we never actually see. We are too busy thinking about past failures or successes, or we are fixated on what possibilities the future holds that we miss the important things going on in the present. Jesus could be standing directly in front of us, but we miss him because we are looking everywhere except straight ahead.

Being mindful means that we are looking out for how and when God will call us this very day. Our decisions this day will have a huge impact on the future. If we only look to the future, we will miss those important calls to action. We may even find ourselves in a desert of sorts, looking for any way out we can find. However, God may need us to give of ourselves for a reason we cannot yet discern while in that desert. We need to stay awake, be aware, and look for His hand in all things. If we don't, we may even miss the pathway out of that desert when it presents itself.

— Tracy Earl Welliver, MTS

Have your best Lent yet with this genius plan for fasting and prayer



Theresa Civantos Barber | Aleteia.org

“Eat, Fast, Feast” offers a blueprint for reaping the spiritual and physical rewards of regular fasting.

It’s a historical reality that not many people realize today, but long periods of intense fasting, interspersed with jubilant days of high feasting, were the norm for many centuries of Christian religious practice.

Today most Catholics fast just two days a year, on Ash Wednesday and Good Friday. But New York Times–bestselling author and Catholic University of America professor Jay W. Richards encourages Christians to rediscover the ancient fasting tradition in his new book, *Eat, Fast, Feast: Heal Your Body While Feeding Your Soul*.

In the book, **Richards lays out a detailed six-week plan to follow intermittent fasting and a ketogenic diet during Lent while increasing time spent with God in prayer**—and he’s got the science to support him, with extensive footnotes detailing the latest research on the health benefits of fasting.

In some ways, Richards is an unlikely spokesperson for intermittent fasting, which is a trend quickly gaining popularity in the fitness world. For many years of his life, he thought fasting was unhealthy and detrimental. He writes, “I used to avoid fasting for longer than a night’s sleep ... I thought real fasting—freely going without food for many hours or days—undid what I was trying to do with exercise and a healthy diet. Fasting would kick me into ‘starvation mode,’ I thought. That is, my metabolism would drop into low gear, and my body would shed muscle and store fat. As a strength trainer in college, I taught this to fellow students trying to lose weight and get in shape. As a father, I taught this to my daughters. And for decades, I practiced what I preached.”

Richards stumbled into fasting in 2013, after learning about “the toll a grain-heavy diet has taken on health around the world,” he writes. Soon after, he switched to a high-fat, low-carb lifestyle for health reasons. But his understanding of intermittent fasting became much deeper when he realized that it offers an extraordinary opportunity for spiritual growth:

“All the major Church Fathers—including Justin Martyr, Polycarp, Clement of Alexandria, and Augustine—recommended fasting, and saw it as a rule for the whole human race ... Augustine—who was not an extreme ascetic—said, ‘Fasting cleanses the soul, raises the mind, subjects one’s flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity.’”

Can all those benefits really come from the old-fashioned practice of regular fasting? Sure enough, Richards presents a plethora of resources to support his position. **The archives of Christian history and religious writings make clear the spiritual power of fasting.**

These words of St. Leo the Great describe the benefits particularly well: “Fasting gives strength against sin, represses evil desires, repels temptation, humbles pride, cools anger, and fosters all the inclinations of a good will even unto the practice of every virtue.” Bringing together the health benefits of intermittent fasting with its enormous spiritual impact is frankly brilliant, and is a task Richards takes seriously. The book has many sections dedicated to fasting as a spiritual discipline, and Richards encourages readers to take up prayer, Scripture reading, and other devotions as a key part of intermittent fasting.

An important point that is often overlooked in discussions of fasting is that it can be itself a form of prayer, when appropriately offered up to God—and an extremely potent prayer at that. Christ Himself once said of demons possessing a young man, “This kind never comes out except by prayer and fasting.”

Richards points out, “To this day, Canon Law requires priests to pray and fast ahead of time before performing an exorcism, and to admonish the victim of possession to do the same ... So, when you fast, do everything you can to pair it with prayer.” **If there is a major prayer intention in your life, the power of fasting and praying for it cannot be overstated.**

Perhaps the most hopeful message of the book is that the practice of fasting is intended for most Christians, with the exception of pregnant and nursing mothers, the elderly, and other people with health conditions. **Fasting can be good for the body as well as the soul, and it’s more accessible than you may realize.**

Richards writes, “God did not intend for fasting to be consigned to the rare monk or hermit. He intended it for everyone. He intends it for you.”

Eat, Fast, Feast offers clear guidance to traditional fasting during Lent or any other six-week period, including a shopping list and detailed week-by-week instructions. Most of us can reap the spiritual and physical rewards of this time-honored practice, and Richards’ book is the ideal blueprint for success, helping followers of his plan have their best Lent yet.



THE FIRST SUNDAY OF LENT



At that time Jesus was led by the Spirit into the desert to be tempted by the devil. (Mt 4:1)

WHY DO CATHOLICS EAT FISH ON FRIDAYS?

By Mike Hayes | bustedhalo.com

Catholics are required to abstain from eating meat on Ash Wednesday and each Friday in Lent (including Good Friday). Fish is often used as a substitute for meat-based meals. But of course, with the popularity of vegetarian and vegan diets, there are many other solutions besides fish.



Historically, since about the second century of Christianity, Christians abstained from eating meat on Fridays as a kind of sacrifice and reminder that acknowledged Jesus' sacrifice on the Cross, which we commemorate on Good Friday. It's also why we proclaim the sorrowful mysteries of the rosary on Friday. About a century or two later, Lent came into being, as a season of intense preparation for Easter, so the fasting and abstinence was extended to much of Lent.

The Second Vatican Council simplified many Catholic customs and laws. There was too much of an emphasis on sin and sacrifice and some of the practices were rather involved. Many people believed that breaking Friday abstinence was a sin so serious it could land you in hell. They knew the whole thing had gotten out of hand.

So the bishops preserved fasting on Ash Wednesday and Good Friday (meaning to eat only one full meal for the day and then to merely sustain yourself for the rest of the day — two smaller meals that do not equal the one large meal) and abstaining from meat on Fridays during the more penitential time of Lent.

GOT TWO HANDS AND A GIVING HEART?

Join Habitat for Humanity volunteers for the next build. No experience necessary — instructions and safety equipment will be provided. Help to combat California's affordable housing crisis and provide two hardworking families with a chance to enjoy the American dream of owning your own home. On Saturday, March 7th, from 7:30 am to 1:30 pm, at 5125 Stoner Drive in Sacramento (near St. Mary's Cemetery). For more information, contact Russ Almaraz at russ.almaraz@gmail.com.

SAVE THE DATE: BUNCO FOR EVERYONE!

Saturday, March 28 from 2pm-5pm in Mercy Hall

Snacks and prizes and fun! No experience necessary. \$15 per person. Co-ed and open to all ages who can count and roll dice!

CATHOLIC VIEWPOINT, FAITH, HOPE AND LOVE,

hosted by Fr. Michael Kiernan. View on Comcast 20, Consolidated 19 and AT&T 14, Times: Sun. 7:00 AM, Tues. 9:30 AM, Weds. 8:30 PM, and Thurs. 5:00 PM. All shows are also on **YouTube** and website **CatholicviewpointFHL.com**.



From February 26 through April 5, 2020, you're invited to join other Christians for 40 Days for Life — 40 days of prayer, vigil and fasting for an end to abortion. **You are invited to stand and peacefully pray with us during a 40-day vigil** in front

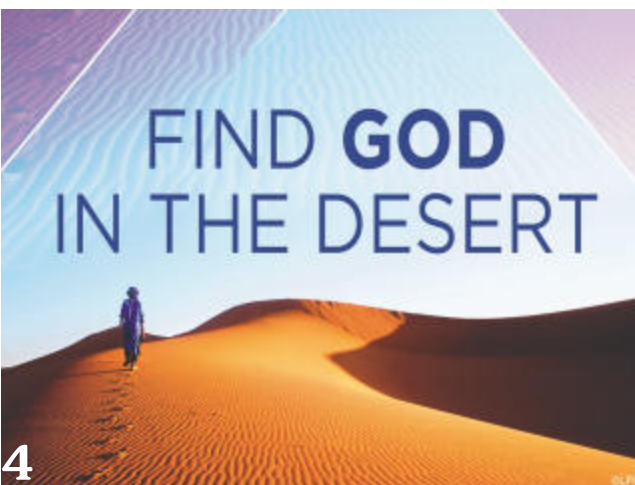
of FPA Abortion Clinic at 2322 Butano Dr., Sacramento, and to help spread the word about this important community outreach. We will be a presence Monday through Friday, from 8:00am to 6p.m. For more information — and especially if you'd like to volunteer to help, please contact: Liliana Calderama (916) 912-8256 or Veronica Avina (916) 205-0713 or go to 40daysforlife.com/sacramento.

CHRISM MASS

Thursday, April 2, 2020 at 6:00 pm - The Chrism Mass is one of the most beautiful liturgies of the Church. At this Mass the Bishop blesses the oils that will be used throughout the diocese for the coming year. Also as a vivid expression of our unity the priests of the diocese come together to renew their commitment to priestly service. The Chrism Mass is a reminder that we are priestly people, called to proclaim the gospel, inspired by the sacraments we have received. You are cordially invited to join Bishop Soto, the priests of the diocese and your Catholic brothers and sisters to celebrate the Chrism Mass, and to pray for God's continued blessings on the Church of Sacramento

COVER PHOTO:

A stained glass window of Saint Mark on the north wall of the cathedral's sanctuary. The photo dates to before 2005, and shows damage to the window that was repaired during the restoration.



THIS WEEK AT OUR PARISH



CATHEDRAL KIDS

Date	Mass / Intentions / Readings	Observances & Cathedral Events
Saturday February 29	5:00 pm / ACTS Commissioning Mass / David J. Martin + 7:30 pm / Rite of Election Is 58:9b-14/Ps 86:1-2, 3-4, 5-6 [11ab]/Lk 5:27-32	1:00 pm RCIA Retreat
Sunday March 1	7:30 am / Joshua Enabnit S.I. 9:00 am / People of the Parish S.I. 11:00 am / Amanda Yochun S.I. & Areillo Valenzulea + 1:00 pm (Spanish)/ Leticia S.I. 3:00 pm (Chinese) 5:00 pm / Jose & Luisa S.I. 7:00 pm (Spanish)/ Cristobal Villegas S.I. Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17 [cf. 3a]/ Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11	
Monday March 2	12:10 pm / Gabriella LeBrett + 5:10 pm / Domingo & Salome Ouano + Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15 [Jn 6:63b]/ Mt 25:31-46	
Tuesday March 3	12:10 pm / Jeff McKlop & Family S.I. 5:10 pm / Demetrio Rodriguez Jr. + Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/ Mt 6:7-15	
Wednesday March 4	12:10 pm / Fernando & Salud Sario + 5:10 pm / Alfred Granzella + Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/ Lk 11:29-32	St. Casimir
Thursday March 5	12:10 pm / Patty & Sierra Edwards S.I. 5:10 pm / Joel Rivera S.I. Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8 [3a]/Mt 7:7-12	
Friday March 6	12:10 pm / Leonard, Jeff, & Darian Gonzales + 12:45 pm / Station of the Cross in English 7:00 pm / Estaciones de la Cruz Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/ Mt 5:20-26	
Saturday March 7	5:00 pm / Colleen Hazen Jotter + Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48	Sts. Perpetua and Felicity, Martyrs Turn your clocks ahead 1 hour tonight



Read the Gospel and Color



©LPI

Sharing the Gospel - After Jesus' baptism, Jesus went 40 days without eating. Imagine how weak, hungry, tired and cranky you could be if you went that long without eating. That was the moment the devil chose to try to trick Jesus into using God's power selfishly. But Jesus was still strong. Jesus had been praying those 40 days, getting ready to save you and the whole world from the devil's tricks. Jesus would never give in to his enemy.

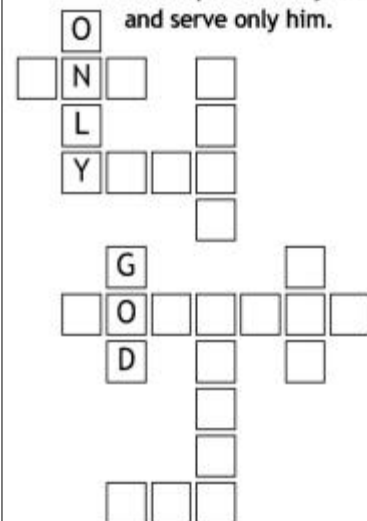
Prayer - Dear God, thank you for sending Jesus to save me from the devil's tricks.

Mission for the Week - One really good way to fight the devil's tricks is to pray often. Pray in the morning, at noon, and at night.

Puzzle

Fit this Gospel message into the empty squares:

Worship the Lord your God
and serve only him.



CATHEDRAL PARISH STEWARDSHIP

The Cathedral's weekly expenses exceed **\$20,000**. The Finance Council has set a weekly offertory goal of **\$11,500** to maintain fiscal integrity.

February 01/02	\$7,876	-\$3,624	68%
February 07/08	\$8,432	-\$3,068	73%
February 15/16	\$7,933	-\$3,567	68%
February 22/23	\$9,209	-\$2,291	80%

Thank you for your generosity and continued support of the Cathedral!

Esquina del Pastor



Este es el primer domingo de Cuaresma, y este año haré un esfuerzo firme para evitar la tecnología durante estos 40 días. Sé que la tecnología es claramente la dirección de nuestro mundo moderno, pero para la Cuaresma necesito simplificar. No v. Sin búsquedas en internet. No hay compras en línea. No hago lo siguiente, y no comenzaré: sin Facebook, sin twitter, sin Instagram u otras formas comunes de comunicación. Me gustaría no enviar mensajes de texto o correos electrónicos y tal vez tirar mi teléfono celular, pero bueno, no soy un ermitaño.

La Cuaresma es un tiempo de limpieza de primavera. Algunos días me siento tan abrumado con la vida moderna que solo quiero poner todo en una caja y guardarlo en el ático por un tiempo. Pero el mundo se comunica a través de todo esto y ciertamente necesito estar en contacto con el mundo. No puedo dejar que mi teléfono de oficina sea el único dispositivo moderno en mi vida, incluso si es muy tentador. Aún así, para la Cuaresma, creo que todos podríamos mejorar en reducir nuestro tiempo en las redes sociales y abstenernos de enviar demasiada información y comentarios e inquietudes innecesarios.

Levante la Biblia, pase las páginas y lea. Sal de tu espacio y mira a las personas a los ojos y comunícate. Pon los pies en el suelo del desierto y camina. Apague los sonidos, el parpadeo, las notificaciones y escuche al Padre. Ore por el mundo, por el futuro, por la vida en estos cuarenta días y sí, sea un ermitaño por un tiempo.

Bendita Cuaresma.

Padre Michael

LA CORRESPONSABILIDAD DIARIA

Las 6 Características de una Corresponsabilidad Diaria para la Cuaresma – Ser Consientes

¿Qué es lo que más te tienta? ¿Es una acción, una persona o un lugar? ¿Es algo que parece lo suficientemente inocente, como una comida, una bebida o un evento? Cuando realmente empiezas a reflexionar, descubres que hay muchas tentaciones por todas partes. Incluso si eres fuerte y nunca sucumbes a una cierta tentación, todavía está ahí esperando un momento débil en tu vida.

Una dificultad en la vida de un discípulo que intenta vivir una forma de vida de corresponsabilidad reside en las tentaciones que en realidad nunca vemos. Estamos demasiado ocupados pensando en los fracasos o éxitos pasados, o estamos obsesionados con las posibilidades que ofrece el futuro que perdemos las cosas importantes que suceden en el presente. Jesús podría estar parado directamente frente a nosotros, pero no lo veríamos porque estamos mirando a todas partes, excepto al frente.

Estar consiente significa que estamos atentos a cómo y cuándo Dios nos llamará el día de hoy. Nuestras decisiones de este día tendrán un gran impacto en el futuro. Si solo miramos hacia el futuro, perderemos esos importantes llamados a la acción. Incluso podemos encontrarnos en un tipo de desierto, buscando cualquier salida que podamos encontrar. Sin embargo, Dios puede necesitar que demos de nosotros mismos por una razón que aún no podemos discernir mientras estamos en ese desierto. Necesitamos permanecer despiertos, estar atentos y buscar Su mano en todas las cosas. Si no lo hacemos, incluso podemos perder el camino hacia la salida de ese desierto cuando se presente.

— Tracy Earl Welliver, MTS

Luego lo llevó el diablo a un monte muy alto y desde ahí le hizo ver la grandeza de todos los reinos del mundo y le dijo: “Te daré todo esto, si te postras y me adoras”. Pero Jesús le replicó: “Retírate, Satanás”.

— Mt 4, 8-10

LAS LECTURAS Y LAS CONMEMORACIONES DE LA SEMANA

Domingo: 1^{er} Domingo de Cuaresma

Gn 2, 7-9; 3, 1-7/Sal 51, 3-4. 5-6. 12-13. 17 [cfr. 3]/

Rom 5, 12-19 o 5, 12. 17-19/Mt 4, 1-11

Lunes: Lv 19, 1-2. 11-18/Sal 19, 8. 9. 10. 15 [Jn 6, 63]/Mt 25, 31-46

Martes: Santa Catalina María Drexel, virgen

Is 55, 10-11/Sal 34, 4-5. 6-7. 16-17. 18-19 [18]/Mt 6, 7-15

Miércoles: San Casimiro

Jon 3, 1-10/Sal 51, 3-4. 12-13. 18-19 [19]/Lc 11, 29-32

Jueves: Est 4, 17n. p-r. aa-bb. gg-hh/Sal 138, 1-2. 2-3. 7-8 [3]/Mt 7, 7-12

Viernes: Ez 18, 21-28/Sal 130, 1-2. 3-4. 5-7. 7-8 [3]/Mt 5, 20-26

Sábado: Santa Perpetua y Santa Felicitas, mártires

Dt 26, 16-19/Sal 119, 1-2. 4-5. 7-8 [1]/Mt 5, 43-48



Inicio del horario de verano a las 2:00 am



Usted está invitado a unirse a otros cristianos desde el 26 de Febrero al 5 de Abril del 2020 para participar en los 40 Días por la Vida - 40 días de oración, vigilia y ayuno por el fin del

aborto. **Está invitado a pararse enfrente de la clínica de aborto FPA y orar pacíficamente con nosotros durante la vigilia de 40 días** en el 2322 Butano Dr., Sacramento, y ayudar a pasar la voz sobre esta importante campaña por la vida. Estaremos presentes de lunes a viernes de 8:00am a 6:00pm. Para más información - y especialmente si le gustaría ayudar, por favor contacte a: Liliانا Balderrama (916) 912-8256 o Veronica Avina (916) 205-0713 o también en 40daysforlife.com/sacramento.



MEDITACIÓN EVANGÉLICO

Hoy es el Primer Domingo de Cuaresma. Cuaresma significa cuarenta días y es el tiempo donde se prepara la fiesta más importante del año, “La Pascua”. La Cuaresma nos recuerda el periodo de preparación para un verdadero encuentro con Dios. La Cuaresma nos invita al arrepentimiento y a la conversión. Es un tiempo sagrado para orar, dar limosna y ayunar. La Cuaresma dio inicio el 26 de febrero y termina hasta el Jueves Santo, antes de la Misa de la Cena del Señor. La Oración colectiva nos ayuda a ver con claridad el propósito de la Cuaresma: *“Concedenos, Dios todopoderoso, que, por las prácticas anuales del sacramento cuaresmal, progreseemos en el conocimiento del misterio de Cristo y traduzcamos su efecto en una conducta irreprochable.”*

Santos y perfectos, nos recomendaba el Señor Jesús el domingo pasado. ¿Lo recuerdan? Pues, ahora es el tiempo de practicar constantemente el vencer a las tentaciones que se presentan en el vivir cotidiano. La tentación es una gran oportunidad para vencer el mal y persistir siempre en hacer el bien. El desierto es el lugar preferido de Jesús para fortalecerse en el Espíritu del Padre. ¿A qué desierto entraremos? ¿Qué descubriremos en él? ¿A quién encontraremos? Ahora es la oportunidad de retirar el mal que hay en nuestra vida con las mismas palabras con que Jesús al final de este Evangelio rechaza al demonio, *“Aléjate, Satanás, porque dice la escritura: Adorarás al Señor tu Dios, y a Él sólo servirás.”* (Mateo 4:10). Con Jesús, vayamos al desierto y preparémonos para las pruebas. ¡Señor que tu misericordia nos acompañe en esta Cuaresma que comienza!

VIVIR LA LITURGIA

Necesitamos desesperadamente la temporada de Cuaresma. ¿Alguna vez te has encontrado corriendo en todas las direcciones, cansado, frustrado, agotado y ansioso por el momento en que puedes detenerte, encontrar algo de tiempo para reflexionar y orar, y poner tu cabeza en orden? La vida nos arrastra en todas las direcciones. Además de eso, la presencia del pecado en nuestras vidas nos da una visión borrosa y nos hace olvidar quiénes somos realmente. Podemos perder fácilmente el contacto con Dios. La Cuaresma nos da la oportunidad de volver a tiempos más simples y despejar parte del desorden de la vida. Podemos cambiar un poco nuestras rutinas y darnos cuenta de que Jesús es quien puede arreglarnos con Dios y restaurar lo que originalmente estaba destinado a ser. Nuestra tarea es evitar las tentaciones que pueden tirarnos, distraernos y distorsionar nuestra visión. ¿Eres consciente de qué cosas en tu vida te hacen esto? En las próximas semanas, tienes la oportunidad de evitarlas.



CATHEDRAL OF THE BLESSED SACRAMENT

1017 11th Street, Sacramento, CA 95814 ~ 916-444-3071, Fax 916-443-2749

March 1, 2020 ~ Lent, Year A, Cycle II, Liturgical Color: Violet

MASSES

Monday to Friday	12:10 pm
Monday to Thursday	5:10 pm
Saturday Vigil	5:00 pm
Sunday	7:30 am
	9:00 am
	11:00 am
	1:00 pm en Español
	3:00 pm Chinese
	5:00 pm
	7:00 pm en Español
State Holidays	12:10 pm only

SACRAMENT OF CONFESSION

Monday to Friday	11:30 am to 12:00 pm
Saturday	4:00 pm to 4:45 pm
Domingo en Español	12:30 pm a 12:45 pm
	6:30 pm a 7:00 pm

DEVOTIONS: Divine Mercy Chaplet & Rosary
Wednesday, Thursday, Friday 12:45 pm

EUCCHARISTIC ADORATION

Wednesday	12:45 pm to 5:00 pm
Thursday	12:45 pm to 5:00 pm
Friday	12:45 pm to 1:30 pm

BENEDICTION

Wednesday	5:00 pm
Thursday	5:00 pm
Friday	1:30 pm

(No Devotions, Adoration, or Benediction on feast days and holy days)

ANOINTING OF THE SICK - By appointment only. Call the rectory at 916-444-3071

BAPTISMS - Registration is required. Call Deacon John at the rectory at 916-444-3071
English - 3rd Saturday of the month, 9:00am
Español - 4º Sábado del mes, 9:00am

BAPTISM CLASSES (No registration required)
English - 1st Thursday of the month, 7:00pm
Español - 2do jueves del mes, 7:00pm

RECTORY OFFICE HOURS: Monday to Friday, 9:00 am to 12:00 pm, 1:00 pm to 5:00 pm

VISIT OUR GIFT SHOP DOWNSTAIRS
Sundays 9:00 am to 3:00 pm,
Tuesdays 10:30 am to 12:00 pm

cathedralsacramento.org

    Text "app" to 88202

TOURS

We love to share our Cathedral history! Tours are FREE, led by trained Docents, and held after the 9am and 11am Sunday Masses, and at 12:40pm on Wednesday. Tours begin at the Baptismal Font. Contact 916-444-3071 to arrange free private group tours.



Los tours en español se llevan a cabo el 1er y 3er domingo del mes después de la misa de 1pm.

RELIGIOUS EDUCATION PROGRAMS - The cathedral offers a complete faith formation program, including Catholic Faith Formation, Confirmation, The Rite of Christian Initiation Program, R.C.I.A., for adults, teens and children, Religious Education for Spanish Speaking Adults, and a Catechesis Formation Program.



If you've been coming to Mass for a while, but are not Catholic, or were baptized Catholic but never completed your faith formation classes, we invite you to look deeper into the Catholic faith. Come meet some faithful Catholics who love the Lord and would consider it a privilege to get to know you. We invite you

to learn what Catholics believe in an open and welcoming environment. The **Rite of Christian Initiation of Adults (RCIA)** sessions meet every Monday Evening at 7 PM in the lower level of the Cathedral. Feel free to come any Monday evening. For more information on all of our faith formation programs, please call **916-444-5364** or email Sister Lisa Marie Doty, Director of Religious Education, lmdoty@cathedralsacramento.org.

QUINCEAÑERA - This is the tradition of celebrating a young girl's coming of age on her 15th birthday with a Mass, and highlights the virtues of family and social responsibility. For more information on celebrating this beautiful tradition at the Cathedral, call Titi Kila, at the Cathedral Office, 916-444-3071, x13, tkila@cathedralsacramento.org.

MARRIAGE PREPARATION - The Diocese of Sacramento requires an engaged couple to complete a marriage preparation program no later than two months before their wedding date. Contact: Deacon Omar & Janet Bardales at matrimonyprep@att.net, or 916-427-9160. *You do not have to have your wedding at the Cathedral to take this class.*

CONVALIDATION - If you would like to have your civil marriage blessed in the Catholic Church, or if you have been together for a number of years and would like to be married in the Church, this can often be done in a small, private ceremony called a Convalidation, without any cost or fee. To explore this possibility, contact Deacon John at 444-3071 Ext. 11 or jgisla@cathedralsacramento.org.

WEDDINGS - If you would like to celebrate the Sacrament of Matrimony at the Cathedral, contact Wedding Coordinator, Titi Kila at tkila@cathedralsacramento.org at least *six months* before your desired wedding date to arrange a meeting.



SERVING THE SACRAMENTO DIOCESE SINCE 1889

PASTORAL AND ADMINISTRATIVE STAFF

Father Michael O'Reilly, Pastor / Rector
Father Kieran McMahon, Priest in Residence
Father Nicholas Ho, Chinese Mass
Deacon John Gisla, Office Manager
Deacon Edgar Hilbert
Deacon Omar Bardales
Sister Lisa Marie Doty, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
Victoria Ramos, Secretary
Katie McAllister, Bookkeeper
Titi Kila, Wedding Coordinator
Lyssa Black, Webmaster / Bulletin Editor

PARISH PASTORAL COUNCIL

Peggy Oakden, Chairperson
Eileen Dunn Russell Almaraz
Jose Solis Paty Davila
Jeff Weiss Ellis Chan
Esteban Arellano Joey Martinez
Aileen Rasmussen Roland Bordon
Richard Zacaroli Andrea Martin-Borges

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Robert Ingenito, Chairperson
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Altarservers

Michael Ognisty, mfofnisty@msn.com.

Benedictus Youth Group

Victoria Ramos, benedictusy@gmail.com

Brown Bag Lunch Ministry

Jerri Rush, jerrirush@comcast.net

Catechesis of the Good Shepherd for ages 3+,

visit youngsheep.org, or call 916-910-3435

Cathedral A.C.T.S.

ActsCathedralSacto@gmail.com, saccathedralacts.org

Saint Vincent de Paul contact the rectory office

Cathedral Young Adults

Titi Kila, cathedralya@gmail.com

Chinese Community

Oliver Wan sccc.contact@gmail.com

Choir (English)

Rex Rallanka, Music Director,
rrallanka@cathedralsacramento.org

Choir (Spanish)

Jerry Vanoye in the choir annex after the 1pm Mass,

or Ricardo Savala in the choir annex after 7pm Mass.

Cinema Divina Movies

Reggie King, thecatholicstore@gmail.com

Communion & Liberation

catechesis meets every Wednesday at 7:15pm

Docents

Jill Pease, peasejill@gmail.com

Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

ministries@cathedralsacramento.org

Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

Hospitality

Celeste Gisla, jfgisla@surewest.net

Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.com

Lectors

Fred Heacock, fheacock72@hotmail.com

RCIA Catechists

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

Religious Education Catechists

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Religious Education Catechists/Spanish

Deyanira Galvez at cathedralfaithformationsac@gmail.com

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com.

Spanish Parents Group Leaders

Leticia Hilbert, leticia_hilbert@hotmail.com

The Most Reverend **Jaime Soto**, D.D., M.S.W.

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門徒嘗試著過忠信生活的困難之一，在於我們從未真正看見的誘惑。我們太忙於思考過去的得失，或是我們被未來的可能性所吸引，而錯失了現在正在發生的重要事情。耶穌可能就站在我們面前，但我們卻因為到處尋找，就是沒直直向前看，而錯過了祂。

「經心」的意思是，我們要尋求天主今天是如何及何時召叫了我們。我們今天的決定將對未來產生巨大的影響。如果我們只看著未來，將會錯失現在那些重要的行動召叫。我們甚至可能發現自己置身在各種雜事構成的沙漠中，尋找著任何可能的出路。然而，天主也許需要我們，為了我們在那樣的沙漠中甚至無法辨別的理由，交出我們自己。我們需要保持警醒，全心在萬事上尋求祂的援手。如果我們不這麼做，就算祂出現了，我們甚至還是可能錯失離開沙漠的道路。

- Tracy Earl Welliver, MTS



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