Cathedral of the Blessed Sacrament

July 8 2018 * 14th Sunday in Ordinary Time
Pastor’s Corner

“What mighty deeds are wrought by his hands!...And they took offense at him... He was amazed at their lack of faith”

Last weekend 27 men were ordained to the deaconate here at our Cathedral. The weekend before, 29 women returned home from our Cathedral ACTS women retreat. Throughout the past few months we have baptized, celebrated Mass, confirmed, and married countless believers. We have witnessed the work of a missionary and responded to his appeal for financial help. We’re housing a seminarian for the summer and experienced the ordination of three priests for our diocese. We have prayed for the sick and brought our intentions to the Lord. We have fed hundreds at our door and spent time trying to build the bond of unity that makes us all brothers and sisters. We have fed our children and kissed them goodnight. We have called our parents and let them know we’re thinking of them. We have tried to stop drinking as much and spend more healthy time with family and friends. We have gone off to work to help provide financial support for the needs of our family and church.

Because of Jesus Christ, our brother and friend, we have seen all these mighty deeds and countless more.

Jesus still needs to perform many mighty deeds. More people need to see and follow His light. More people need to be comforted and fed and visited and clothed. More people need to hear the Good News and be embraced by His love. More people need to stop taking offense and believe.

~Father Michael~

Catholic Symbols: A Guide to Liturgical Colors

Throughout the Church’s liturgical year, priests wear several different color vestments. The colors are not arbitrary but reflect a deeper meaning that is meant to point us to a specific spiritual theme.

Since ancient times, whenever a priest celebrated the sacrifice of the Mass he would put on a large poncho-like garment called a casula (chasuble) that covered his ordinary clothing. This vestment developed from the ordinary Roman attire of a farmer, who wore the large poncho to protect him from the elements. By the 8th century the chasuble was reserved for clergy members and a few centuries later specific colors were in use.

The colors were developed to highlight different spiritual truths according to the day in the Church’s calendar. That way, when someone attended Mass they could immediately recognize the color and associate it with the season or day that was being celebrated. It led the people into a deeper understanding of the faith and reinforced whatever spiritual lesson that needed to be taught.

Below is a visual guide to the colors of the liturgical year, with the symbolism of each color.

**Red** is the color of blood. It symbolizes love, fire, passion, and the blood of sacrifice.

**Green** is a color associated with spring and used to represent new life, regeneration, and hope.

**White** represents holiness, purity, cleanliness, and righteousness.

**Violet** represents penance and sorrow for sin.

**Rose** is a color resplendent with joy, in the midst of seasons dedicated to fasting and penance.

**Black** is a color that traditionally symbolizes death and may be worn at funeral Masses or All Souls Day.

**Gold** vestments are sometimes worn at Masses that denote a special day of celebration, symbolizing a particularly important feast.

Cover Photo: https://www.instagram.com/4k_world
Sure, we’d all like to travel on pilgrimage to far-off places. After all, there’s a reason that some of the pilgrim archetypes include the Nomad, Seeker, and Sojourner. However, because of life’s limitations, this can’t always be a reality. That doesn’t mean, though, that you can’t follow the longing of your heart and set out on a “mini-pilgrimage” right at home or even next door.

To create a mini-pilgrimage right at home, you simply need to apply the 3 elements of pilgrimage: a journey (an intention or desire and time set apart), engagement with the True Self (connecting with you), and Sacred Encounter (connecting with God). Retreats are one of many types of pilgrimage and can serve as mini-pilgrimages during which we are invited to leave our everyday lives, if even for a moment, and learn from wise teachers, ask difficult questions, and try new things, all the while being reminded of what it means to take care of ourselves—mind, body, and soul.

Whether you have a week, an weekend, an hour, or simply a stolen moment after breakfast, here are 9 steps to creating a mini-pilgrimage right at home:

1. **Make the time** - In order to find the time for your mini-pilgrimage or retreat, it must be a priority. Consider the length of retreat you’d like to take and see where it might fit into your schedule. If you don’t have the opportunity to get away for a long period of time, make your retreat a weekend, a day, or even an hour. Although a multi-day retreat can often be nourishing, it doesn’t necessarily matter how much time you have. What matters most is that you make it happen.

2. **Find the place** - Now that you’ve made the time, you’ll need to find the place. The only requirements are that the place allows space for silence and solitude and stirs your soul. If you’re going on a week-long retreat, look for a retreat center or monastery in your area that welcomes visitors. You could also rent a nearby cabin through Airbnb. If you have a day, find a place nearby like a favorite café or park to help change your daily scene. Only have an hour? Find a corner in your house or backyard and claim it as yours.

3. **Set your intention** - What is the purpose of your retreat? What are you hoping to receive from this time? Maybe you want to feel rested, connect with nature, or gain clarity about something that’s happening in your life. Or perhaps there is a theme or like to explore, such as nature. Setting your intention before your retreat helps put your desires first and set the tone for your time ahead.

4. **Slow down** - Once the time set aside for your retreat arrives it might be tempting to jump right in. However, if you move too fast, you might end up treating your time as something to be checked off a list rather than time to be savored. This is why it’s important to transition from your everyday life by consciously slowing the pace. To do this, begin your retreat with a practice that will help you settle into the present moment, such as taking a long walk or sitting in stillness as you sip a hot cup of tea and let the world pass you by.

5. **Seek out inspiration** - If this time is meant to be life-giving, then it should be filled with things that inspire you. After all, the word “inspire” comes from the phrase “in spirit,” which means that anything that inspires serves as a direct route to the soul. To infuse your retreat with a dose of inspiration bring some favorite poetry to read, listen to music that never fails to move you, or hike a trail leading to a mountaintop view that leaves you standing in awe.

6. **Spend time in reflection** - Reflection serves as a window to the soul, making it a valuable practice for a retreat. Spending time in reflection can help you process all that has been going on in your external world and allow you to reconnect with your True Self—a desire that is at the root of our yearning for time of retreat. Bring a journal with you on retreat and commit to writing in it each day. Or, if you’re not prone to journal, find a cozy spot and stay awhile, allowing your mind to wander. With enough time it will always find its way home.

7. **Connect with God** - As human beings made in the image of God, connecting with the soul and connecting with the Divine go hand in hand. Invite God into your process through the practice of prayer, allowing your prayers to flow freely throughout your retreat. These prayers don’t always have to be in words. A retreat is a great opportunity to experiment with different types of prayer, including traditional practices, such as centering prayer, or more unconventional methods, such as dance. Anything that serves as a vehicle for expressing your desires to God and resting in the Divine’s presence is considered prayer in my book!

8. **Listen to what’s stirring** - As your retreat continues, listen to what’s stirring within your soul. Pay attention to any insight you might receive that you can integrate into your everyday life, taking the gifts found on retreat with you wherever you go.

9. **Trust the process** - No spiritual practice is complete without an element of surrender. Trust that whatever happens during your time apart is nourishing you in just the way you need to be fed, remembering to return often to fill the well.

"I soon realized there is a way that I have been taking personal pilgrimages for quite a while now in the form of walking a labyrinth. A labyrinth is a series of concentric circles used to facilitate prayer, meditation or spiritual transformation. One walks to the center of the labyrinth which may symbolize God, truth or creation itself, and back out again the same way; unlike a maze, there is only one way in and one way out of the labyrinth. The most famous labyrinth is at Chartres Cathedral in France, which dates from the 1200’s. Early Christians formed and used them as a way to participate in a pilgrimage to the Holy Land without doing the actual long and costly trip. Over the years, I have found and walked labyrinths in many settings: along the Monongahela River in Pittsburgh as a memorial to those who died in a battle fought between workers and Pinkerton guards during the Homestead Steel Strike of 1892, on the grounds of various churches as well as on portable canvas labyrinths in church halls, on Mackinaw Island in Michigan, in cities and at rural retreats. I even have one in my own home...a portable “finger labyrinth” which has helped to quiet a storm within me on several occasions.

"Walking a labyrinth is as personal as anything can be. It is meant to be done slowly, thoughtfully and, ideally, alone. It can be done with a series of formal prayers or just as silent meditation. It can be done as a means of undoing the “knots” that form in our lives or as gratitude for the smoothness of the present road. Think of it as exercise for the spirit, stretching to your Center or to the One who is your Center. The beauty of the labyrinth is that you don’t have to go far to find one. labyrinthlocator.com is a website that will help you." (From http://www.thebucketlistboomer.com/author/momwiz)
EVERYDAY STEWARDSHIP

Sometimes we need a dose of healthy skepticism. Do you see some of the claims on the Internet, in social media, or even on the cover of supermarket tabloids? If we are not careful, we can easily be led astray.

However, when we find ourselves skeptical all the time, unable to trust anyone or anything, we have a problem. Trust is essential in a conversion process, and we all are in a continual process of turning toward and moving closer to God. If we find it hard to trust the promises of God, then we will find ourselves lost and bewildered.

Sometimes the biggest obstacle to a stewardship way of life is lack of trust. This is true for individuals as well as parish communities. Do we believe that God will provide for our needs? Do we believe that if we give it all away we will receive even more in abundance? Do we believe that there is true freedom in complete surrender?

Many will say that the principles of a stewardship way of life sound good spiritually and are inspiring. But when really faced with the tough decisions, they will fall back on placing trust in themselves, material goods, or money. Are we true disciples and good stewards as we claim? Where do you place your trust? Have you chosen a path where you are all in or are you still keeping something for yourself because you just aren’t sure all this talk of “consider the lilies” is real or just pretty words on a page?

- Tracy Earl Welliver, MTS

CHRISTMAS IS ONLY 184 DAYS AWAY!
The annual Festival of Trees and Lights in December has become a Cathedral tradition. It’s the only fundraiser of this size and scope that we do to raise funds for our social service ministries that provide lunches or emergency financial aid. If you have a craft, or can sew, bake, cook, or have a talent for bargain shopping, then come to our Festival Crafters Orientation on July 10th in Mercy Hall. Contact Susan at susandurand@ymail.com or Paula at trupaula@gmail.com for more information and THANKS for your continued support!

The Respect Life Ministry Presents:

Love, Sex & Gender
FRIDAY July 13th in Mercy Hall from 7:00pm to 9:00pm (Doors open at 6:00 pm). Donations are welcome. Key Speaker: Brian Butler, co-author of “Theology of the Body for Teens,” both high school and middle school editions.

Everyday our daughters and our sons are exposed to negative and false information about their bodies, their soul, and their faith. We invite you to discover how to replace your children’s doubts with the confidence only God’s truth can give. For more info or to reserve your seat, please call Veronica Avina (916) 205-0713.

Brian Butler is the Executive Director of Dumb Ox Ministries, a non-profit organization dedicated to chastity and vocation formation for teens, pre-teens and young adults. He and his wife reside in the Archdiocese of New Orleans with their four children.

And then join us for:

“Freedom to Love” Youth Retreat
With speaker Brian Butler
SATURDAY July 14 at the Newman Center from 9:00am to 5:00pm. Approaching God’s plan for love, sex, and relationships through live music, pizza, prayer, Holy Hour, games, and friendship. $20 All inclusive. For more info, please call Veronica Avina (916) 205-0713

33 DAYS TO MORNING GLORY RETREAT
If you have not been consecrated and If you desire to grow in holiness with the help of Jesus and Mary, or you want to renew your consecration, then sign up for this at-home retreat hosted by the Rosary Club. This retreat will consist of reading, pondering, and meeting every Wednesday at 7:15 pm, from July 11, 2018 to August 15, 2018, concluding at the 5:10pm Mass with consecration. For more information or to sign up, please contact Lolita at Lolita.Urrutia@gmail.com or by voice/text message at 916-213-5862 by Tuesday, July 10th. God’s will be done!

Please remember in your prayers...

Deacon Don DeHaven
Tony Nebreda
Charles Bardin
Teresa
Nicanor Masadao, Sr.+
Suzanne Trujillo
Corazon Velasquez
Paulina
Dave McNett
Maggie Phelps
Amit Kumar
Steph Skiles
Maria Nguyen
Alfie +
Ernie +
Hashina +
Charles Pickering S.I.
Karla
Bricelda Lopez
Rick and Anna Carpineta
Jo
Sonia
A Gerard
Tiler
Faye
Beverly Rogers
Linda Dixon
Joel & Cesar
Marina Gonzalez
Jessie LaRay
Sophia LaRay
Elizabeth
Delores Abella S.I.
Jeremy Smock S.I.
Flora Bagcal
Minda Swars
Jennifer Swars
Emily West
Adrian John Bayan
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<thead>
<tr>
<th>Date</th>
<th>Mass / Intentions</th>
<th>Observances &amp; Readings</th>
<th>Activities</th>
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<tr>
<td><strong>Saturday</strong>&lt;br&gt;July 7</td>
<td>5:00 pm / Souls in Purgatory</td>
<td>Am 9:11-15/Ps 85:9ab and 10, 11-12, 13-14 [cf. 9b]/Mt 9:14-17</td>
<td>*RCIA - Breaking of the Word at the 9am Mass</td>
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<td><strong>Sunday</strong>&lt;br&gt;July 8</td>
<td>7:30 am / Souls in Purgatory 9:00 am* / Susan Fairgood S.I. 11:00 am** / Scott Rush + 1:00 pm Spanish / Carlos Munguia S.I. Maria Elena Meza S.I. 3:00 pm Chinese 5:00 pm / People of the Parish 7:00 pm Spanish / Rosa Figueroa S.I. Rafael Castillo Diaz +</td>
<td>Ez 2:2-5/Ps 123:1-2, 2, 3-4 [2cd]/2 Cor 12:7-10/Mk 6:1-6a</td>
<td>**Liturgy of the Word for Children at the 11am Mass</td>
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<td><strong>Mission for the Week</strong>&lt;br&gt;Read today’s Gospel with your family. Talk about ways that people sometimes turn Jesus away. Pray together, asking God to keep you close to Jesus.</td>
<td>2:30pm Rosary recitation before the Chinese Mass</td>
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<td><strong>Monday</strong>&lt;br&gt;July 9</td>
<td>12:10 pm / Nellie Tumbaga + 5:10 pm / Souls in Purgatory</td>
<td>St. Augustine Zhao Rong and Companions, Martyrs&lt;br&gt;Hos 2:16, 17b-18, 21-22/Ps 145:2-3, 4-5, 6-7, 8-9 [8a]/Mt 9:18-26</td>
<td>6:30 pm *RCIA Evening Prayer 7:00 pm *RCIA Class</td>
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<td><strong>Tuesday</strong>&lt;br&gt;July 10</td>
<td>12:10 pm / Souls in Purgatory 5:10 pm / Dominick Esquivel S.I. Elizabeth Munguia S.I.</td>
<td>Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10 [9a]/Mt 9:32-38</td>
<td>6:00 pm Spanish Choir Rehearsal for the 7pm Mass</td>
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<td>7:15 pm The Men’s Group</td>
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<td><strong>Wednesday</strong>&lt;br&gt;July 11</td>
<td>12:10 pm / Ottulia Perez S.I. Eva Margarita Munguia S.I. 5:10 pm /Familia Gonzalez S.I.</td>
<td>Saint Benedict, Abbot&lt;br&gt;Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7 [4b]/Mt 10:1-7</td>
<td>7:15 pm Communion &amp; Liberation</td>
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<td>7:15pm Spanish 1pm Mass Choir Rehearsal</td>
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<td><strong>Thursday</strong>&lt;br&gt;July 12</td>
<td>12:10 pm / Carmelita M. Morales S.I. 5:10 pm / Souls in Purgatory</td>
<td>Hos 11:1-4, 8e-9/Ps 80:2ac and 3b, 15-16 [4b]/Mt 10:7-15</td>
<td>7:00 pm Baptism Class - Spanish</td>
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<tr>
<td><strong>Friday</strong>&lt;br&gt;July 13</td>
<td>12:10 pm / Anna Guardado S.I. Eusebia Vasquez Rodriguez S.I.</td>
<td>Saint Enrique&lt;br&gt;Hos 14:2-10/Ps 51:3-4, 8-9, 12-13, 14 and 17 [17b]/Mt 10:16-23</td>
<td>7:00 pm “Love, Sex &amp; Gender” lecture with Brian Butler</td>
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**Sharing the Gospel**<br>Have you ever felt left out? Jesus did. In today’s Gospel, Jesus visited his relatives and old friends. These were the people he grew up with, the people who knew him the best. All of a sudden Jesus was not acting like he used to. They heard that Jesus was healing people, raising people from the dead, and telling evil spirits to leave. Jesus was even teaching about God’s kingdom, like he really knew what he was talking about! Well, Jesus’ old friends and neighbors did not like it one bit. How sad for them. God’s own Son wanted to help them, but they didn’t want it.

**Prayer**<br>Dear God, help me to listen to you and to accept the help that you want to give me. Amen.

**Mission for the Week**<br>Read today’s Gospel with your family. Talk about ways that people sometimes turn Jesus away. Pray together, asking God to keep you close to Jesus.
Esquina del Pastor

"¡Qué grandes obras fueron forjadas por sus manos! ... Y se ofendieron con él ...
Él estaba asombrado por su falta de fe"

El fin de semana pasado, 27 hombres fueron ordenados al diaconado aquí en nuestra Catedral. El fin de semana anterior, 29 mujeres regresaron a casa de nuestro retiro de mujeres de Cathedral ACTS. A lo largo de los últimos meses, hemos bautizado, celebrado misas, confirmado y casado a innumerables creyentes. Hemos sido testigos del trabajo de un misionero y respondimos a su llamamiento en busca de ayuda financiera. Estamos alojando a un seminarista para el verano y experimentamos la ordenación de tres sacerdotes para nuestra diócesis. Hemos orado por los enfermos y hemos llevado nuestras intenciones al Señor. Hemos alimentado a cientos de personas en nuestra puerta y hemos dedicado tiempo a construir el vínculo de unidad que nos hace a todos hermanos y hermanas. Hemos alimentado a nuestros hijos y les hemos dado un beso de buenas noches. Hemos llamado a nuestros padres y les haremos saber que estamos pensando en ellos. Hemos tratado de dejar de beber tanto y pasar más tiempo saludable con familiares y amigos. Nos hemos ido a trabajar para ayudar a proporcionar apoyo financiero para las necesidades de nuestra familia y nuestra iglesia. Hemos impreso Su palabra en adoración y en el boletín, y hemos predicado Su palabra en la Iglesia y en el hogar. Hemos estado en hospitales para traer esperanza y experimentar el intercambio íntimo que proviene de la curación y el sufrimiento. Hemos hablado y escuchado, hemos estado en cárceles y prisiones, hemos cantado las alabanzas de Dios en la iglesia y en el karaoke, y nos abrazamos con alegría unos a otros como una señal de paz.


~Padre Michael~

Simbolos católicos: una guía para los colores litúrgicos

Philip Kosloski | 06/18/18 | Aleteia.org

Durante el año litúrgico de la Iglesia, los sacerdotes usan varias vestiduras de diferentes colores. Los colores no son arbitrarios, sino que reflejan un significado más profundo que apunta a un tema espiritual específico.

Desde la antigüedad, cada vez que un sacerdote celebraba el sacrificio de la Misa, se ponía una gran prenda tipo poncho llamada casula (casulla) que cubría su ropa ordinaria. Esta vestimenta se desarrolló a partir de la vestimenta romana ordinaria de un granjero, quien usó el gran poncho para protegerlo de los elementos. En el siglo VIII, la casulla estaba reservada para los miembros del clero y unos siglos más tarde se utilizaron colores específicos.

Los colores fueron desarrollados para resaltar diferentes verdades espirituales de acuerdo con el día en el calendario de la Iglesia. De esa forma, cuando alguien asistía a Misa, podían reconocer inmediatamente el color y asociarlo con la estación o el día que se estaba celebrando. Condujo a la gente a una comprensión más profunda de la fe y reforzó cualquier lección espiritual que necesitara ser enseñada.

A continuación se muestra una guía visual de los colores del año litúrgico, con el simbolismo de cada color.

- El rojo es el color de la sangre. Simboliza el amor, el fuego, la pasión y la sangre del sacrificio.
- El verde es un color asociado con la primavera y se usa para representar una nueva vida, regeneración y esperanza.
- Blanco representa santidad, pureza, limpieza y rectitud.
- Violeta representa la penitencia y la pena por el pecado.
- Rose es un color resplandeciente de alegría, en medio de las estaciones dedicadas al ayuno y la penitencia.
- El negro es un color que tradicionalmente simboliza la muerte y puede llevarse en las Misas funerarias o en el Día de las almas.

Las vestiduras de oro a veces se usan en misas que denotan un día especial de celebración, que simboliza una fiesta particularmente importante.
LA CORRESPONSABILIDAD DIARIA

A veces, necesitamos una dosis de sano escépti-
cismo. ¿Viste algunas de las afirmaciones que se hacen en Internet, en las redes sociales o incluso en la tapa de las revistas de los supermercados? Si no tenemos cuidado, podemos extraviarnos fácilmente. Sin embargo, cuando somos escépticos todo el tiempo, incapaces de confiar en nadie o en nada, tenemos un problema. La confianza es esencial en el proceso de conversión, y todos estamos en un proceso continuo de conversión y acercamiento a Dios. Si nos resulta difícil confiar en las promesas de Dios, entonces estaremos perdidos y desconcertados.

A veces, el mayor obstáculo para una forma de vida de corresponsabilidad es la falta de confianza. Esto es cierto tanto para las personas como para las comunidades parroquiales. ¿Creemos que Dios suplirá nuestras necesidades? ¿Creemos que si damos todo, recibiremos aún más abundancia? ¿Creemos que hay verdadera libertad en una entrega total?

Muchos dirán que los principios de una forma de vida de corresponsabilidad parecen ser buenos espiritualmente y que son inspiradores. Pero cuando realmente se enfrentan a decisiones difíciles, terminan confiando en sí mismos, en sus bienes materiales o su dinero. ¿Somos verdaderos discípulos y buenos siervos como afirmamos ser? ¿Dónde depositas tu confianza? ¿Has elegido el camino de la entrega total o todavía te reservas algo para ti, porque no estás seguro de que todo este discurso sobre “considerar los lirios” sea real o piensas que son solo palabras bonitas de una página?

- Tracy Earl Welliver, MTS

LAS LECTURAS de la semana del 8 de julio de 2018

Domingo: Ez 2, 2-5/Sal 123, 1-2. 2. 3-4 [2]/2 Cor 12, 7-10/Mc 6, 1-6
Lunes: Os 2, 16. 17-18. 21-22/Sal 145, 2-3. 4-5. 6-7. 8-9 [8]/Mt 9, 18-26
Martes: Os 8, 4-7. 11-13/Sal 115, 3-4. 5-6. 7-8. 9-10 [9]/Mt 9, 32-38
Miércoles: Os 10, 1-3. 7-8. 12/Sal 105, 2-3. 4-5. 6-7 [4]/Mt 10, 1-7
Jueves: Os 11, 1-4. 8-9/Sal 80, 2 y 3. 15-16 [4]/Mt 10, 7-15
Viernes: Os 14, 2-10/Sal 51, 3-4. 8-9. 12-13. 14 y 17 [17]/Mt 10, 16-23
Sábado: Is 6, 1-8/Sal 93, 1. 1-2. 5 [1]/Mt 10, 24-33
Domingo siguiente: Am 7, 12-15/Sal 85, 9-10. 11-12. 13-14 [8]/ Ef 1, 3-14 o 1, 3-10/Mc 6, 7-13

LAS CONMEMORACIONES DE LA SEMANA

Domingo: 14o Domingo del Tiempo Ordinario
Lunes: San Agustín Zhao Rong y compañeros, mártires
Miércoles: San Benedicto, abad
Viernes: San Enrique
Sábado: Santa Kateri Tekakwitha, virgen
Domingo siguiente: 15o Domingo del Tiempo Ordinario

VERSO DEL EVANGELIO DE DOMINGO

Cuando llegó el sábado, se puso a enseñar en la sinagoga, y la multitud que lo escuchaba se preguntaba con asombro; “¿Dónde aprendió este hombre tantas cosas? ¿De dónde le viene esa sabiduría y ese poder para hacer milagros?” - Mc 6, 2

MEDITACIÓN EVANGÉLICO

Con frecuencia nos sorprendemos y hasta nos quedamos boquiabiertos cuando una persona sencilla, sin estudios, sobresale en su familia y su ambiente. No podemos creer sus logros. No aceptamos su liderazgo. Tiene que salir a otros lugares para que la reconozcan. ¿Has experimentado esto en tu vida? ¿Conoces a alguien que haya vivido esa experiencia? Pues, algo parecido le pasó a Jesús en su pueblo, donde las personas se preguntaban: “¿No es éste el carpintero?” Y Jesús afirma: “Si hay un lugar donde un profeta es despreciado, es en su tierra, entre sus parientes y en su propia familia”. Las acciones de Jesús iban más allá de lo que un carpintero podía hacer o saber,

Lo triste de esta situación entre las personas del pueblo de Jesús, es que estaban completamente ciegos, bloqueados y, por lo tanto, no pudieron gozar de la cercanía y los beneficios que el “carpintero” les ofrecía. Al sentirse tan ofendidos, limitaron la gracia de Dios y, a la vez, a Jesús en su demostración de la presencia del Reino de Dios entre su pueblo. ¡Qué pena!, diríamos nosotros. Pero la enseñanza del Evangelio es abierta, grande, ancha, en la persistencia de Dios de acercarse a los que lo reciben. Ahora, cabe preguntarse: ¿Quién me ha guiado a la sabiduría de Dios en la trayectoria de mi vida? ¿He limitado alguna vez la acción del Señor Jesús por prejuicios? ¿Qué dirá la gente de lo que hago por otros? Recordemos que por el bautismo somos profetas de espiritualidad parroquiales. ¿Creemos que Dios suplirá nuestras necesidades? ¿Creemos que si damos todo, recibiremos aún más abundancia? ¿Creemos que hay verdadera libertad en una entrega total?

MEDITACIÓN EVANGÉLICO

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VIVIR LA LITURGIA

Parece que Jesús siempre enfrenta algún tipo de oposición. Hoy Jesús se sorprende por la falta de fe de los de su tierra natal. Nosotros también nos oponemos a Jesús. No es fácil que nos reprendan y darnos cuenta de nuestra gran necesidad de cambiar. Nos sentimos cómodos con nosotros mismos y con nuestro entorno y nos resistimos al cambio. Nos ponemos a la defensiva cuando pensamos que hago por otros? Recordemos que por el bautismo somos profetas de esperanza en este mundo roto por el pecado. Lo bueno es que la sabiduría de Dios es fiel compañera de quien la acepta para hacer el bien en su tierra y fuera de ella.

- Tracy Earl Welliver, MTS
Cathedral of the Blessed Sacrament
1017 11th Street, Sacramento, CA 95814
916-444-3071, Fax 916-443-2749, cathedralsacramento.org
Rectory Office Hours — Monday to Friday, 9:00 am to 5:00 pm

PASTORAL AND ADMINISTRATIVE STAFF

Father Michael O’Reilly, Rector
Father Kieran McMahon, Priest in Residence
Father Nicholas Ho, Chinese Mass
Deacon John Gisla, Office Manager
Deacon Don DeHaven
Deacon Edgar Hilbert
Sister Jenny Aldeghi, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
Carmen Perez, Secretary
Katie McAllister, Bookkeeper
Tit Kila, Wedding Coordinator

RELIGIOUS EDUCATION PROGRAM

The cathedral offers a complete faith formation program, including Catholic Faith Formation, Confirmation, The Rite of Christian Initiation Program, R.C.I.A for teens and children, Religious Education for Spanish Speaking Adults, and a Catechesis Formation Program. For information on all of these programs, contact Sister Jenny and her staff at jenny@cathedralsacramento.org, or 916-444-5364

Liturgy of the Word for Children, ages 5 to 10 years old, every Sunday at the 11:00 am Mass. This program provides children with age appropriate explanations of the Sunday readings and gives parents with young children an opportunity to focus on the Scripture readings and the homily without distractions. Children return to their families before the Offertory. For more information, contact the education office or Dorothy Crgiat at dlcrgiat@yahoo.com.

GIFT SHOP on the Lower Level
Sundays 9:00 am to 3:00 pm
JOIN A CATHEDRAL MINISTRY

Altarservers contact Michael Ognisty at mfognisty@msn.com.

Benedictus Youth Group contact Victoria Ramos at 916-444-3071, or benedictusyvg@gmail.com.

Brown Bag Lunch Ministry — If you would like to donate lunches or volunteer your time, please contact Jerri at jerrirush@comcast.net. For further information, please visit cathedralsacramento.org/ministries.

Catechesis of the Good Shepherd for ages 3+, for information, visit www.youngsheep.org, or call 916-910-3435.

Cathedral ACTS Missions contact Susanna Romo, at (916) 955-8137 for more information. 2018 Retreats are Women’s Retreat June 21-24 (Cathedral of the Blessed Sacrament), Women’s Retreat August 16-19 (St. Rose of Lima, Roseville), Men’s Retreat November 15-18 (Cathedral of the Blessed Sacrament).

Cathedral Men’s Group meets the 2nd Tuesday of every month at 7:15 pm, Lower Level. Contact Bob Meyers at cynm1@yahoo.com.

Cathedral Young Adults contact Titi Kila at cathedralya@gmail.com.

Choir (English) contact Rex Rallanka, Music Director at rrallanka@cathedralsacramento.org or 916-444-3071, x 38.

Choir (Spanish) contact Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after the 7pm Mass.

Communion & Liberation catechesis meets every Wednesday at 7:15pm in the Cathedral Lower Level.

Email Prayer Chain submit your email address, and you will be notified when prayers are needed by those who have made a special request. Contact Lynne Amerson at cbs1017pc@yahoo.com.

Extraordinary Ministers of Holy Communion contact Amy McCormick at ammccormick@att.net, or 916-801-3967.

Front Door Ministry contact ministries@cathedralsacramento.org for information about volunteering or donations.

Greeters and Ushers contact Tom Waddock at 916-444-3071, x 36.

Knights of Columbus, Cathedral Chapter contact the rectory office.

Lectors contact Fred Heacock at fheacock72@hotmail.com.

Respect Life Ministry contact Linda Walters, English Coordinator at 916-524-5885, or Patricia Davila, Spanish Coordinator at 916-502-4854, or email Veronicaavina@yahoo.com for meeting times and other information.

Rosary Club (Rosary Beads and instructions are provided) meets every 1st & 3rd Wednesday of each month at 7:15 pm. You don’t need to sign up, just show up. For more information, contact Lolita Urrutia at lolita.urrutia@gmail.com.

Saint Vincent de Paul, Cathedral Chapter contact the rectory office.

Spanish Parents Group Leaders meets every Sunday, contact Leticia Hilbert at leticia_hilbert@hotmail.com.

To learn more about the ministries at the Cathedral, visit our website:

cathedralsacramento.org

GET MARRIED AT THE CATHEDRAL

If you would like to celebrate the Sacrament of Matrimony at the Cathedral, download the Cathedral Wedding Guidelines and Reservation Form on the cathedral website. Contact the parish office at least six months before your desired wedding date to arrange a meeting with Wedding Coordinator, 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: Janet & Omar Bardales at matrimonyprep@att.net, or 916-427-9160, or Sister Jenny at 916-444-5364. You do not have to have your wedding at the Cathedral in order to take this class.

QUINCEÁNERA

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, recognizing her journey from childhood to maturity. 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.

CATHEDRAL PARISH REGISTRATION & UPDATE

Actualización y registro de la parroquia de la Catedral

You can also register online at cathedralsacramento.org/ Visit Us / Register as a Parishioner

Name (Nombre): ________________________________

Street Address (Domicilio): ________________________________

City (Ciudad): ________________________________

State (Estado): ____________________ Zip (Código postal): ______________

Phone (teléfono): (_________)___________________

Cell Phone: (Celular): (_________)___________________

Email: ________________________________

For additional family members, please attach a separate sheet.

Please indicate: Nuevo Parroquiano / Individuo Nuevo Parroquio / Familia Cambio de Dirección

Please send Offertory Envelopes Por favor envíe Sobres de Ofertorio

Please return by (Regrese por favor):

1) Put into collection basket at mass (deposite en la canasta de la colecta en misa)

2) Scan to pdf file and email to: blessed@cathedralsacramento.org (escanear a pdf file y envía por correo electrónico)

3) Fax to: 916-443-2749

4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814
None of us likes to hear the truth especially when it hurts. Who likes to be told that he is on the wrong track? We shy away from the Truth because it hurts us and none of us likes being hurt. Therefore, few people are prepared to tell us the truth. They do not want to upset or hurt us. And yet the Truth is the only thing that will save us, the only thing that will set us free, the only thing that will let light shine into our darkness. The person, who out of love for us tells us the truth, knowing that it is going to hurt, and the risk of losing our friendship, is a true friend.

Announcement this week (President)
We will have our annual retreat on August 4 at Christ the King Retreat Center starting at 9am. The theme for the retreat is “Why I Believe?” The fee is $40 each person, and the last day to RSVP is July 22. Anyone interested in the retreat, please RSVP with me (Ken).