Hearts of stone

Let out the darkness and let in the light, take away the stone
Let out the burdens and let in the cross, take away the stone
Let out the stench and let in the air, take away the stone
Let out the demons and let in the grace, take away the stone
Let out the fear and let in the trust, take away the stone
Let out the anger and let in the peace, take away the stone
Let out the pride and let in the wisdom, take away the stone
Let out the doubt and let in the faith, take away the stone
Let out the lies and let in the truth, take away the stone
Let out the racism and let in the communion, take away the stone
Let out the hoarding and let in the freedom, take away the stone
Let out the media and let in the word, take away the stone
Let out the death and let in the life, take away the stone
Let out yourself and let in Christ, take away the stone

Be untied and let go!

Readings

18 Sunday: (Cycle A) Ez 37:12-14/Ps 130:1-8/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

19 Monday: 2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3, 4-5, 27, 29 [37]/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a

20 Tuesday: Nm 21:4-9/Ps 102:2, 3, 16-18, 19-21 [2]/Jn 8:21-30

21 Wednesday: Dn 3:14-20, 91-92, 95/Dn 3: 52, 53, 54, 55, 56 [52b]/Jn 8:31-42

22 Thursday: Gn 17:3-9/Ps 105:4-5, 6-7, 8-9 [8a]/Jn 8:51-59

23 Friday: Jer 20:10-13/Ps 18:2-3a, 3bc-4, 5-6, 7 [cf. 7]/Jn 10:31-42

24 Saturday: Ez 37:21-28/Jer 31:10, 11-12abcd, 13 [cf. 10d]/Jn 11:45-56


Note from the Pastor: When the RCIA has their scrutinies, we always use the Cycle A readings. So that the rest of the parish walks with them, we at the Cathedral choose to use only those readings at all of the Masses on the 3rd, 4th, and 5th Sundays of Lent. When we get to Palm Sunday, we will go back to Cycle B for this year. Please continue to pray for our brothers and sisters in faith formation.
We have no choice but to suffer ... here’s how to make sure it doesn’t define us

Meg Hunter-Kilmer | Aleteia.org

I’ve prayed before Michelangelo’s Pietà. I’ve gasped at the majesty of the David. I’ve stared in wonder at Bernini’s Daphne and Apollo. I’ve been in the Louvre and the National Gallery and the Met and the Vatican Museums.

I think the most beautiful statue in the world is in a parish church in Anchorage, Alaska.

Four years into my hobo missionary adventure, I’d visited 49 states and 20 countries. I’d seen some of the most beautiful churches in the world and admired the artwork of all the great masters.

Then I visited St. Patrick Catholic Church in Anchorage.

I’d expected to be stunned by the natural beauty of the Land of the Midnight Sun, and I hadn’t been disappointed. I flew over Mount Denali, hiked a glacier, went deep sea fishing, and got too close for comfort when a mama moose and her baby were taking a walk.

And then I stopped by a suburban parish. A man who worked for the church took me into a fairly nondescript sanctuary, then through a courtyard, where we walked past a statue of the Pietà.

I stopped in my tracks. I held out my hand to the man I thought—“I’m sorry. Just—please.” I needed silence.

There before me was the traditional image of the Virgin Mary holding the corpse of her son. I’d seen it a thousand times, in churches and calendars. I even had a little plastic copy on my desk when I was a teacher. This was just like it—a youngish woman holding the nearly-naked body of a crucified man. It was Michelangelo’s image, right down to the abundant folds of fabric.

And it was entirely different.

The overall feeling of Michelangelo’s masterpiece is sorrow. Mary holds her son and mourns, her face downturned and veiled by the shadows cast by the natural light that originally illuminated the piece. Though her hand is held open, implying acceptance of the sword that has pierced her heart, it’s held up only weakly. It’s a true portrait, a beautiful image of Mary’s pain.

But the bronze piece in Alaska, sculpted by American Roberto Santo, isn’t an image of a mother’s sorrow. Not entirely, anyway.

In this piece, Our Lady of Sorrows worships.

Mary’s head is tilted up toward heaven, her lips slightly apart as though breathing in the Holy Spirit. Her right hand clutches her son, but her left hand is raised in praise of the Father. There in her shattering pain, she is praising God.

If Michelangelo’s Pietà is an image of sorrow, Santo’s is an image of surrender. The Virgin Mary, who said yes to the Father’s will at the annunciation, yes in Bethlehem, yes while fleeing into Egypt, yes every day of her life with Christ, is again saying yes. As she watched her son suffocate under the weight of the world’s sin, Mary said yes. She embraced the Father’s will for her only Son, just as she had every day since his conception. And when he was taken down from the Cross and handed to her, she clung to him as any mother would and offered him to the Father as only one full of grace could.

With her face tilted up and her hand held out, Mary seems to be basking in the radiant love of the Father, though even that can’t transform her agony into delight. Still, as her life is seemingly emptied of meaning, she is filled. As she holds her dead Son, she is held.

As I stood there in silence, heedless of how awkward that moment ought to have been, this is what I saw: in the moment of her greatest pain, the Blessed Mother said yes to the Father and found that she could still praise him.

I keep going back to that statue—by flying to Alaska and by scrolling through my pictures. I keep sharing the image on Instagram. I keep pulling it out to meditate on in adoration. We all of us stand in solidarity with Our Lady of Sorrows at one point or another. We watch our children die, we suffer betrayal, we agonize over diagnoses. To be a human being is to suffer.

But when we look at our Mother, we see that suffering doesn’t have to destroy us. It doesn’t have to define us. When we’re living for the Lord, suffering is still ugly and it still hurts. But even in that anguish moment, that pain can be transformed into the joy and peace and surrender of this Alaskan Pietà. With Mary, we can say, “Yes, Father,” we can choose to praise him and find a sense of the peace that comes of knowing how wildly we are loved.

"The pain that you’ve been feeling, can't compare to the joy that's coming." ~Romans 8:18~
CHRISM MASS
Please join Bishop Soto and the clergy of our diocese at the annual Chrism Mass to be held on Thursday, March 22, 2018 at 6:00 pm at the Cathedral. The Chrism Mass is one of our most important Diocesan celebrations where Bishop Soto will bless the Holy Oils that are used in sacramental celebrations in all the parishes of the Diocese throughout the coming year. (Cover Photo: Titi Kila)

7 CHURCHES PILGRIMAGE
You are invited, next Holy Saturday, on March 31, at 7:00 am to walk and pray, starting at St. Elizabeth Parish (located at 12th Street and S Street). We will visit 6 other churches and finish at the Shrine of Guadalupe around 2pm. Bishop Jaime Soto will lead the walk for almost 8 miles of sacrifice and prayer. For more information, please visit radiosatisimosacramento.com, or call 916-442-7389.

ASL INTERPRETED MASSES
March 2018 marks a milestone for our Deaf Community in the Diocese of Sacramento. By God’s grace and the help of St. Joseph, Mary our mother, St. Frances de Sales and others, we have ASL Interpreted Mass available every Sunday of the month:

• 1st* and 3rd Sundays: 9 am Mass at St. Elizabeth, 1817 12th Street, Sacramento, CA 95814
• 2nd Sundays: 11 am Mass at Good Shepherd, 9539 Racquet Ct, Elk Grove, CA 95758
• 4th and 5th Sundays: 10:30 am Mass at Presentation, 4123 Robertson Ave, Sacramento, CA 95821

Exception: Easter Sunday, Interpreted Mass will be at the 11 am Mass at the Cathedral of the Blessed Sacrament, Sacramento. Deaf Ministry asks for your prayers as we expand services to Deaf brothers and sisters. For more information, please contact Jo Clark at jclark@scd.org.

Way of the Cross
GOOD FRIDAY, MARCH 30TH, 2018
DOWNTOWN SACRAMENTO
Join Catholics from all over Sacramento for a public witness of following Jesus Christ on the Way of the Cross on Good Friday, emulating His walk to Calvary. At each station, we will sing hymns, hear reflections and meditations, and Fr. Michael O’Reilly will offer the Scripture readings.

9:00 am Procession begins at Crocker Park—3rd & N Streets
11:15 am Final Station in front of the Cathedral of the Blessed Sacrament

Sponsored by Communion & Liberation • www.dolonline.org
For more information contact Eric Lee at ericiannelee@gmail.com

13th Annual Easter Raffle
Help support the Cathedral’s Faith Formation Program by buying tickets for $1 each. You could win wonderful prizes, like:

• An Apple Watch
• A Weekend Stay in Lake Tahoe
• Girl’s Bicycle (4-5 years of age)
• Boy’s and Girl’s Bicycles
• A Wall Plaque of Jesus
• One of several Gift Baskets

Tickets available in the Faith Formation office or in the vestibule after Masses. Drawing to be held on Divine Mercy Sunday April 8, 2018.

COLLAR CUP – 2018 ESSAY CONTEST!
The Office of Priestly & Religious Vocations invites all students K-12 to participate in the 2018 Vocations Essay Contest (500 word limit). Essay Prompt: “Tell us how your relationship with a priest, sister, seminarian or deacon has enriched your life as a Catholic”. We will have two grand prize winners! All entries are due by Sunday, April 15, 2018. For more information, please contact our office at (916) 733-0258 or by email at msmith@scd.org.

SAVE THE DATE: The next Cathedral Women’s ACTS Retreat is around the corner. This year’s retreat is June 21st - 24th. We hope you will prayerfully consider attending this life changing retreat. For more information, contact actscathedral-sacto@gmail.com.

THE SPRING 2018 40 DAYS FOR LIFE
The prayer vigil began on February 14 in hundreds of cities around the world, including several in our Diocese. Christians will pray and offer assistance on the sidewalk, from 8am to 6pm Monday - Friday, from February 14th to March 25th. The Sacramento vigil will be held at FPA Women’s Health, 2322 Butano Drive, Sacramento. Other 40 Days for Life locations within the Diocese of Sacramento include Redding, Chico, Yuba City, and Fairfield. Fr. Art Wehr, S.J. will celebrate the Sacramento 40 Days Opening Mass at 8:00 am on Monday, February 12, at St. Ignatius Parish in Sacramento. All are welcome to attend, and all priests are invited to concelebrate. Please visit www.40daysforlife.com for more information.

REGISTRATION IS OPEN / CAMP PENDOLA SUMMER 2018
Camp Pendola, the official summer camp of the Diocese of Sacramento, is now accepting registrations for the 2018 summer season. Camp Pendola offers a fun filled experience for children and youth under the supervision of trained college age counselors. For more information and to register, check our web site www.pendola.org or call at 916-733-0123. On April 15th our Early Bird Discount Ends.

THIRD SUNDAY IN LENT

THE OLD YOU IS DEAD – YOU ARE A NEW CREATION IN CHRIST!

SO TELL MY MOM WHATEVER I DID YESTERDAY IT WASN'T ME.
<table>
<thead>
<tr>
<th>Date</th>
<th>Mass &amp; Intentions</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td><strong>SAINT PATRICK’S DAY</strong></td>
<td>8 pm to midnight—Nightfever</td>
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<tr>
<td>March 17</td>
<td>5:00 pm / Marcelino Correa S.I.</td>
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<tr>
<td>Sunday</td>
<td>7:30 am / Souls in Purgatory</td>
<td>9:00am RCIA for Children &amp; Teens</td>
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<tr>
<td>March 18</td>
<td>9:00 am / People of the Parish</td>
<td>9:30am RCIA Breaking of the Word</td>
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<td></td>
<td>11:00 am*/ Cornelio Rosa S.I.</td>
<td>11:00am CCD Spanish Classes</td>
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<td></td>
<td>1:00 pm Spanish / Ernestina Galindo S.I.</td>
<td>Spanish Speaking Adult Education</td>
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<td>3:00 pm Chinese / 5:00 pm / Souls in</td>
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<td>Purgatory 7:00 pm Spanish / Roberto</td>
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<td>Zarate + RCIA: Third Scrutiny at the</td>
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<td>9am Mass *Liturgy of the Word for</td>
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<td>Children</td>
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<tr>
<td>Monday</td>
<td>12:10 pm / Cathedral Youth Group S.I.</td>
<td>6:30pm RCIA Evening Prayer</td>
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<tr>
<td>March 19</td>
<td>5:10pm / Martin Coyle S.I.</td>
<td>7:00pm RCIA Class</td>
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<tr>
<td>Tuesday</td>
<td>12:10 pm / Souls in Purgatory</td>
<td>6:00pm Spanish Choir for the 7pm Mass</td>
</tr>
<tr>
<td>March 20</td>
<td>5:10 pm / Mario Bruschi Sr. S.I.</td>
<td>7:00pm Teen Confirmation Class</td>
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<td>Sarojini Bruschi S.I.</td>
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<tr>
<td>Wednesday</td>
<td>12:10 pm / Peter Rebello + 5:10 pm</td>
<td>7:00pm Spanish Choir for the 1pm Mass</td>
</tr>
<tr>
<td>March 21</td>
<td>Mercado Perez Family S.I.</td>
<td>7:15pm VESPERS (Evening Prayer (n the Eucharistic Chapel)</td>
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<td>7:15pm Communion &amp; Liberation</td>
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<tr>
<td>Thursday</td>
<td>12:10 pm / Franciscan Friars of the</td>
<td>7:00pm Bible Timeline</td>
</tr>
<tr>
<td>March 22</td>
<td>Renewal S.I.</td>
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<td></td>
<td>6:00 pm / CHRISM MASS</td>
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<tr>
<td></td>
<td>Souls in Purgatory</td>
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<tr>
<td>Friday</td>
<td>12:10 pm / People of the Parish</td>
<td>12:40pm English Stations of the Cross after 12:10 Mass</td>
</tr>
<tr>
<td>March 23</td>
<td>5:10 pm</td>
<td>7:00pm Spanish Stations of the Cross (Mercy Hall)</td>
</tr>
<tr>
<td>Saturday</td>
<td>5:00 pm / BLESSING OF PALMS</td>
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<td>March 24</td>
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Offering Mass for a special intention is a long-standing tradition in the Catholic Church. Masses are offered for many reasons: for the souls in purgatory, in remembrance for someone who is deceased, or in honor of a birthday or special anniversary. If you would like to have a Mass said for someone, please contact the rectory office for help with available dates and times. A $10.00 donation per request is appreciated.

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**Cathedral Kids**

Read the Gospel and Color

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**Sharing the Gospel** - Instead of telling people he was the Savior, Jesus showed them. By raising Lazarus from the dead, Jesus sent a message loud and clear. Jesus was the Savior they had all been waiting for. He was filled with God's love and power, and many people believed in him.

**Prayer** - Thank you for showing me that you are my Savior, Jesus.

**Mission for the Week** - Write the words, "God can do anything" on a piece of paper. Read it every morning.

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**Puzzle**

Find and circle these words from today's Gospel:

```
GOD'S SON  
SICKNESS RISE
LAZARUS MARY MARTHA
BELIEVES WEEPING WRAPPED
```

---

**In Our Thoughts & Prayers**

- Haylee Flory & Family
- Deacon Don DeHaven
- Emma Valdez
- Eugenia Roque
- Alfredo Rivera
- Adolfo Espinoza
- Raymundo Guerrero
- Natalia Galan
- Salomon Galan
- Tomsita Rodriguez
- Rosa Carrillo
- Felix Nunez Claver
- Alvin Sul
- Anyran Gonzalez
- Erin Nicole Tam
- Riley Hana
- Noah Anthony
- Hernandez
- Gian Tran
- Michael Jose Mejia
- Luis Gutierrez, Jr.
- Miles J. Flanagan
- Louis Metzinger
- The Brown Family
- Yenecia Gutierrez
- Dennis Studebaker S.I.
- Lawrence Afamasanga
- Valiaouta Lopa
- Anastasia Main & Family
- Lola Krist
- Luz and Miguel
- Ted Brandt & Family

---

“I believe in Christianity as I believe that the sun has risen, not only because I see it, but because by it I see everything else. “

~C.S. Lewis~
Corazones de piedra

Deja salir la oscuridad y deja entrar la luz, quita la piedra
Deja salir las cargas y deja entrar la cruz, quita la piedra
Deja salir el hedor y deja entrar el aire, quita la piedra
Deja salir a los demonios y deja entrar la gracia, quita la piedra
Deja salir el miedo y deja entrar la confianza, quita la piedra
Deja salir la ira y deja entrar la paz, quita la piedra
Deja salir el orgullo y deja entrar la sabiduría, quita la piedra
Deja salir la duda y deja entrar la fe, quita la piedra
Deja salir las mentiras y deja entrar la verdad, quita la piedra
Deja salir el racismo y deja entrar la comunión, quita la piedra
Deja salir el acaparamiento y deja entrar la libertad, quita la piedra
Deja salir a los medios y deja entrar la palabra, quita la piedra
Deja salir la muerte y deja entrar la vida, quita la piedra
Déjate salir y deja entrar a Cristo, quitate la piedra
¡Desate y déjalo ir!

Las Lecturas

18 Domingo siguiente: (Ciclo A) Ez 37, 12-14/Sal 130, 1-8/Rom 8, 8-11/Jn 11, 1-45 o 11, 3-7. 17. 20-27. 33-45
19 Lunes: 2 Sm 7, 4-5. 12-14. 16/Sal 89, 2-3. 4-5. 27. 29 [37]/Rom 4, 13. 16-18. 22/Mt 1, 16. 18-21. 24 o Lc 2, 41-51
20 Martes: Nm 21, 4-9/Sal 102, 2-3. 16-18. 19-21 [2]/Jn 8, 21-30
21 Miércoles: Dn 3, 14-20. 91-92. 95/Dn 3, 52. 53. 54. 55. 56 [52]/Jn 8, 31-42
22 Jueves: Gn 17, 3-9/Sal 105, 4-5. 6-7. 8-9 [8]/Jn 8, 51-59
23 Viernes: Jr 20, 10-13/Sal 18, 2-3. 3-4. 5-6. 7 [cfr. 7]/Jn 10, 31-42
24 Sábado: Ez 37, 21-28/Jr 31, 10. 11-12. 13 [cfr. 10]/Jn 11, 45-56

Nota del Pastor: Cuando la clase de RICA (Rito de Iniciación Cristiana) hace sus escrutiños, siempre usamos las lecturas del Ciclo A. Para que el resto de la parroquia caminemos con ellos, nosotros aquí en la Catedral utilizamos únicamente estas lecturas para todas las Misas en el tercer, cuarto y quinto domingo de Cuaresma. Cuando lleguemos al domingo de Pascua, regresaremos al Ciclo B de este año. Por favor continue orando por nuestros hermanos y hermanas preparándose para recibir los Sacramentos.
13º rifa anual de Pascua
Ayude a apoyar el Programa de Formación de Fe de la Catedral comprando boletos por $ 1 cada uno. Podrías ganar maravillosos premios, como:
- Un reloj de Apple
- Un fin de semana en Lake Tahoe
- Bicicleta para niños (4-5 años de edad)
- Bicicletas para niños y niñas
- Una placa de la pared de Jesús
- Una de las cestas de regalo

Entradas disponibles en la oficina de Formación de Fe o en el vestíbulo después de Misas. El sorteo se realizará el Domingo 8 de abril de 2018 en Divine Mercy.

Este sábado Santo ven a caminar y orar a la Visita de las 7 arroquias. Este 31 de Marzo comenzara nuestra jornada en la Parroquia de Santa Elizabeth (ubicada en la calle 12 y la "S"), Visitaremos otras 6 casas para terminar en el Santuario de Nuestra Señora de Guadalupe alrededor de las 2 de la tarde. Caminaremos con nuestro Obispo Jaime Soto por casi 8 millas de sacrificio y oración. Para mas información visita www.radiosatisimosacramento.com o llama al 916-442-7389.

VIVIR LA LITURGIA - INSPIRACIÓN DE LA SEMANA
Todos somos creados para amar y dar lo mejor de nosotros mismos. Pero, si muere, produce mucho fruto.” Se acaba nuestra pasión y muerte, Jesús abre la posibilidad para nueva vida y comienzos nuevos para todos. "Ciertamente les aseguro que, ni el tramo de trigo no cae en tierra y muere, se quedó solo. Pero, si muere, produce mucho fruto." Se acaba nuestra cuaresma, el misterio de la pasión y muerte de Cristo nos enseña lecciones valiosas para esta vida y la que sigue.

LA CORRESPONSABILIDAD DIARIA
Durante la temporada de cuaresma, uno puede observar ciertas prácticas de sacrificio y abnegación como ofrendas a Dios y como buen entrenamiento espiritual para la vida. Pero esto no debe ser verdad solamente durante la cuar- esma. De hecho, siempre debemos de trabajar para entregaros completamente a la voluntad de Dios. Jesús nos enseñó que a menos de que un grano de trigo muere, no puede dar fruto. Permanecerá igual y no llevará a ningún tipo de crecimiento. Nosotros somos los granos de trigo que necesitan morir para que vivamos de nuevo. Sin embargo, muchos de nosotros somos iguales a cuando comenzó la cuaresma pasada y la ante-pasada. No hemos tomado pasos adelante hacia una fe más madura que hace posible que seamos transformados. La rendición no es fácil, pero necesitamos ver nuestra ob- servación de la cuaresma como manera de seguir adelante. Ningún atleta levanta las mismas pesas para siempre. Debe- mos trabajar siempre para movernos hacia la santidad. Este es el compromiso de un discípulo verdadero. Dios nos llama a orar hoy más que ayer. El nos llama a dar más hoy que ayer. Nos llama a amar más hoy que ayer. No moverse no es opción. Nuestro Dios nos llama a crecer como discípulos para el beneficio de nuestras almas y la salud del Cuerpo de Cristo. Que esta cuaresma sea un tiempo de movernos hacia adelante y que nos acerquemos más a Dios que nos llama a dejar todo y seguirlo.
The Most Reverend Jaime Soto, D.D, M.S.W  
Bishop of Sacramento

View the Sacramento Bishop’s Corner, which is sent via the Catholic Legislative Network to all subscribers in the Diocese of Sacramento who sign up at www.scd.org/joincln

2110 Broadway, Sacramento, CA 95818  
Office Hours: 8:30am - 4:30pm  
Phone 916-733-0100, Fax 916-733-0195

Roman Catholic  
Diocese Of Sacramento  
Diócesis Católica Romana de Sacramento

The Cathedral is for everyone.” ~Bishop Patrick Manogue, 1886~

Cathedral of the Blessed Sacrament  
1017 11th Street, Sacramento, CA 95814  
916-444-3071, Fax 916-443-2749, blessed@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  
Lyssa Black, Webmaster/Bulletin Editor

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 Corgiat at dlcorgiat@yahoo.com.

SCHEDULE OF MASSES

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
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<tbody>
<tr>
<td>Monday to Friday</td>
<td>12:10 pm</td>
</tr>
<tr>
<td>Monday to Thursday</td>
<td>5:10 pm</td>
</tr>
<tr>
<td>Saturday Vigil</td>
<td>5:00 pm</td>
</tr>
</tbody>
</table>
| 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

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
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<tbody>
<tr>
<td>Monday to Friday</td>
<td>11:30 am to 12:00 pm</td>
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<tr>
<td>Saturday</td>
<td>4:00 pm to 4:45 pm</td>
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</table>
| Domingo en Español | 12:30 pm a 12:45 pm  
|         | 6:30 pm a 7:00 pm |

EUCHARISTIC ADORATION

When attendants are available:

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>12:45 pm to 4:45 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>12:45 pm to 4:45 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>12:45 pm to 3:45 pm</td>
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</table>

ANOINTING OF THE SICK - By appointment

BAPTISMS (Registration is required)

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<thead>
<tr>
<th>Language</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>3rd Saturday of the month</td>
<td>9:00am</td>
</tr>
<tr>
<td>Español</td>
<td>4º Sábado del mes</td>
<td>9:00am</td>
</tr>
</tbody>
</table>

BAPTISM CLASSES

<table>
<thead>
<tr>
<th>Language</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>1st Thursday of the month</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Español</td>
<td>2do jueves del mes</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

TOURS

Tours are free and are led by trained Docents after the 9am and 11am Sunday Masses, and at 12:40pm on Wednesday. Tours in Spanish are held the 1st & 3rd Sundays of the month after the 1pm Mass. Tours begin at the Baptismal Font. Contact the rectory office at 916-444-3071 to arrange free private group tours.

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 benedictusyg@gmail.com.

Brown Bag Lunch Program — If you would like to donate lunches, go to cathedralsacramento.org/ministries for information, or to volunteer, please contact Jerri at jerrirush@comcast.com.

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

Cathedral ACTS Missions contact actscathedralsacto@gmail.com 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 House Program - Administered by volunteers of the St. Vincent de Paul Society. Contact the rectory office for more information.

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 Parish Manager, 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 Veronicaavin@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.

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: _____________________________

New Parishioner/Individual (Nuevos Parroquianos / Individuo)

New Parishioners/Family (Nuevos Parrocos / Familia)

Change of Address (Cambio de Dirección)

Please send Offering 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

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 matrimony prep@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.

QUINCEÑERA

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.
為什麼四旬期前後共有四十天？「四十」這個數字，在聖經中出現過多次，也是上主考察、破壞性建造以色列子民的日子。聖經中一些與「四十」相關的事件包括：

- 四十天之久，上主以洪水消滅大地萬物，重新祝福與諾厄和他的兒子們立約。（創八8-17）
- 四十年之久，舊約子民在曠野中流徙，最後得以進入上主的「預許之地」。（戶十～二一）
- 四十天之久，厄里亞先知祈禱、守齋、經過曠野到達曷肋布山，經驗到天主的顯現。（列上十九1-14）
- 四十天之久，耶穌在曠野中守齋，戰勝魔鬼的試探，然後開始宣講天國喜訊。（瑪四1-11）

Why does Lent last forty days? This number has appeared in multiple biblical events with trials for the people of Israel. The biblical events with the number 40 include:

- God sent rain upon the earth forty days for the earth to be washed clean and made anew (Genesis 7:4)
- The people of Israel had to wander in the desert for forty years so that a new generation could inherit the Promised Land (Numbers 10:20)
- The prophet Elijah prayed, fasted, and traveled for forty days to Mount Horeb before he encountered God (1 Kings 19:1-14).
- Jesus fasted forty days and forty nights and was tempted by the devil to prepare himself for proclaiming the Gospel to others (Matthew 4:1-2).

來源
Sources
https://aleteia.org/2018/02/13/why-does-lent-last-40-days/
http://www.ccreadbible.org/Members/Bona/For-Bible/column/Lent/300c56db5341300d5e364f867684970764bc

本週報告（會長）
我們將會繼續在下個主日（三月二十五日）彌撒前二時半拜苦路。

Announcement this week (President)
We will continue to have the Station of the Cross next Sunday (March 25) at 2:30 before mass
For ad info. call 1-800-950-9952 • www.4lp.com

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