July 9, 2017
14th Week in Ordinary Time
Vol. 17 Issue 28

The Most Reverend Jaime Soto,
D.D., M.S.W., Bishop of Sacramento

The Most Reverend Myron Cotta
Auxiliary Bishop of Sacramento

The Very Reverend Michael O’Reilly, Rector

Reverend Kieran M. McMahon,
Priest in Residence

Reverend Nicholas Ho, Chinese Mass

Deacon John Gisla               Deacon Raul Leon
Deacon Don DeHaven              Deacon Edgar Hilbert

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SCHEDULE OF 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
En español     1:00 pm
Chinese          3:00 pm
En español     5:00 pm
En español     7:00 pm

State Holidays      12:10 pm

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

EUCHARISTIC ADORATION
Wednesday       12:45 pm to 4:45 pm
Thursday       12:45 pm to 4:45 pm
Friday         12:45 pm to 3:45 pm

BAPTISMS — Registration is required
English — 3rd Saturday of the month, 9:00 am
Español - 4º Sábado del mes, 9:00 am

BAPTISM CLASSES
English — 1st Thursday of the month, 7:00 pm
Español — 2do jueves del mes, 7:00 pm

WEDDINGS — Contact 916-444-3071,
Six (6) months in advance

GIFT SHOP — Sundays 9:00 am to 3:00 pm
Mondays 10:30 am to 12:00 pm
When the worship of the idol Baal had become entrenched in the ancient kingdom of Israel, God raised up the prophet Elijah to bring the Israelites back to the worship of the true God. The prophet assembled the worshipers of Baal and challenged them, saying, "How long will you halt between two opinions; if Baal is god then follow him, if the Lord is God then follow him" (1st Kings 18:21). When the people gave him no answer, he proposed that they make two altars and put a sacrifice on each one without a fire underneath. The prophets of Baal should call upon their god and he would call upon the Lord God of Israel, and the God who answers by fire should then be worshiped as the true God in Israel. The people agreed, and for a whole day the prophets of Baal called upon their god without answer.

When evening approached, Elijah called the people to him. When he had drenched his altar with water, he called upon the God of their fathers to answer, and fire fell from above and consumed the altar and its sacrifice: "And when all the people saw it, they fell on their faces and said, 'The Lord he is God; the Lord he is God'" (18:39). And then, to add an additional witness to the days' events, Elijah told the king to return home quickly, for the three year drought was about to end: "For there is the sound of an abundance of rain" (vs. 41). Elijah then set himself to fervent prayer in a spot overlooking the ocean until his servant reported to him that far away on the horizon he could discern "a little cloud out of the sea, like a man's hand". Soon the sky was dark and a ferocious storm swept over the nation and brought an end to the drought.

There is an ancient tradition, difficult to prove historically, but not without some evidence, and perhaps some divine witness as well, that Elijah gathered a company of prophets on Mount Carmel and taught them to live for the God of Israel as hermits on the mountain. It is alleged that the descendants of these hermits continued on Mount Carmel until the time of Christ, living an austere and eremitic life devoted to the strictest observance of the ancient Israelite religion (the spiritual roots of Judaism). It is also alleged that they practiced a devotion to the sanctity of the mother of the coming Messiah, which may seem fantastical, but is quite plausible, since in ancient Israel when a king was first mentioned in Scripture, his mother was also identified (cf. 1st Kings 11:26 and every legitimate king thereafter). Therefore, it is not unreasonable that the hermits of Carmel, while praying for and anticipating the coming of the Messiah, would also anticipate the holiness of his mother, and for that reason cultivate an anticipatory reverence for her as well.

While the matter has been much disputed, the Carmelite Order has always considered Elijah as its founder and spiritual father, from its eremitic and cloistered approach to the contemplative way of prayer and labor to its devotion to the Mother of Christ. In an apparent show of support for this understanding, Pope Benedict XIII granted the Carmelite Order permission to erect in St. Peter's a statue of Elijah inscribed with the Pope's own inscription that the Carmelites had placed the statue in honor of their founder St. Elijah the Prophet.

On July 16th, we will celebrate the Feast of Our Lady of Carmel. Many Catholics have discovered that recourse to the Blessed Lady of Carmel by means of a novena, especially one offered at this time of year, produces amazing responses from Our Lady. Last year at this time, my wife and I were renting a house that was in dire need of upgrade and repair. We were required to move by August 1st, but could not find an affordable rental in our neighborhood; we entrusted the matter to Our Lady of Carmel by means of a novena. On the evening of July 13th, six days into the novena, no answer had come. On that night, my wife and I decided we would finish the novena and make a decision on the 16th about what to do, as we only had two weeks left by that time.

The next morning my wife's parents called and said they wanted to help us get into a house and that they had found one that they wanted us to look at. It was the nicest house in the neighborhood, and we were frankly overwhelmed by how perfect it was for our family. By that afternoon the offer was made and accepted; escrow closed quickly and on August 2nd we moved in. We consecrated the house to Mary and on August 5th, the Feast of Saint Mary Major, the oldest shrine to our Lady in the world; we placed a statue of the Blessed Mother by the front door as a testimony to our enduring gratitude for all Her help and assistance over the years. This is also why we practice and promote a perpetual devotion to Our Lady of Carmel, and we warmly encourage all who are in need to have recourse to Her.

5 Simple tips on how to make every day holy

Life is busy. We are constantly tugged and pulled by various obligations — family, work, and community. We forget to pray and life never stops to let us catch up. Holiness is much easier to attain if we stop putting so much pressure on ourselves and simply open up our heart in little ways each day. Here are five simple tips that can help:

1. Pray immediately after waking up - Saint Josemaria Escriva called this the "heroic minute" and wrote in The Way, "Many good Christians develop the habit of giving their first thought of the day to God. The ‘heroic minute’ follows: it facilitates the Morning Offering and getting the day off to a good start..."

2. Schedule five minutes to pray during the day - Again, nothing earth shattering, but something that we too often forget. The important part about this is to schedule time for prayer. It can be five minutes, 15 minutes or even 30 minutes. Whatever it is, the key is to block off that time in your daily schedule and not let anything touch it. This can be done at work or at home (or on the road). Schedule it and make it a recurring event every day.

3. Pray the "Jesus Prayer" - The Catechism describes this ancient prayer like this: "This simple invocation of faith developed in the tradition of prayer under many forms in East and West. The most usual formulation, transmitted by the spiritual writers of the Sinai, Syria, and Mt. Athos, is the invocation, ‘Lord Jesus Christ, Son of God, have mercy on us sinners.’ It combines the Christological hymn of Philippians 2:6-11 with the cry of the publican and the blind men begging for light. By it the heart is opened to human wretchedness and the Savior’s mercy” (CCC 2667). Saying this prayer over and over again is a great way to meditate on the beauty and mercy of God.

4. Carry a rosary with you wherever you go - This might seem odd, but it can be a source of inspiration or consolation throughout the day. It is a simple reminder of God and may serve as a reminder to pray at a moment you need God the most.

5. Pray before going to bed - If you started off the day with God, the only way to end it is with God. Prayers at bedtime don’t have to be complex, but should generally revolve around thanksgiving. Be thankful for what God has given you this day and make a resolution to do better tomorrow. Many of the saints practiced different variations of this bedtime ritual and all greatly benefited from it.

~Philip Kosloski~

~John-David Black~
Pastor’s Corner

This 4th of July, I had the opportunity to go out and do some blackberry picking. It’s not an easy job but always well worth the effort, as my mother’s blackberry pie was a great hit. This is my homage to blackberries.

During Blackberry-Picking
There is no after –
There is no before.
There is no time to prepare or to sleep.
Don’t bother to put on jeans or gloves
This is not a production.
No incense,
ladders
or scaffolding
Just reach in
and pick.
This disordered grace,
tart, sweet
smell of summer heat.
Steam and sugar and essence of sun.
The sum, not the one, reveal.
This liturgy where all are Priests.
Extend hands
Consecrate
Consume flesh and blood
The trembling spears daunt and deter,
but don’t hesitate.
Get on your knees and communicate!

~Father Michael~

Christian Symbols

The “staurogram” combines the Greek letters ταυ-ρό to stand in for parts of the Greek words for “cross” (σταυρος) and “crucify” (σταυροδ). Staurograms serve as the earliest images of Jesus on the cross, predating other Christian crucifixion imagery by 200 years.

~The Fourteenth Sunday in Ordinary Time~

Jesus, gentle and humble of heart, came to bring peace to all people. We are called to live in his Spirit, to be gracious, merciful, and compassionate to all.

Zec 9:9-10  Ps 145:1-2, 8-11, 13-14  
Rom 8:9, 11-13  Mt 11:25-30

~Saint Henry~

Reconciliation between Joseph and his brothers takes place. Share God’s love as gift.

Gn 44:18-21  Ps 91:1-4, 14-15  Mt 9:18-26

~Saint Benedict, Abbot~

Having encountered the presence of the divine, Jacob earns the right to enter Canaan.
Jesus prays for laborers for the harvest.

Gn 32:23-3  Ps 17:1-3, 6-8, 15  Mt 19:27-29

~Saint Kateri Tekakwitha, Virgin~

The migration of Jacob and his descendants to Egypt, a land of security, is described. In preaching the gospel, one may encounter opposition and persecution.


~St. Bonaventure, Bishop, Dr. of the Church~

Joseph and his brothers are reconciled and place their trust in God. Fear the one who can destroy the soul.

Gn 49:29-32; 50:15-26a  Ps 105:1-4, 6-7  Mt 10:24-33
Parking on the Weekends
Cathedral parishioners are no longer able to park for free in the private parking structure next to the Cathedral Office. The Cathedral is therefore purchasing from the City of Sacramento, coupons to pay for the first $5 of parking charges in the City Hall parking lot located on 11th St. between I Street and J Street. Beginning next weekend, July 15-16th, you should park in the City Hall parking lot on 11th Street. You can then pick up a coupon in the Vestibule as you leave Mass. To offset the cost of the coupons, please consider increasing your weekly donation to the Cathedral.

Cathedral Men’s ACTS Retreat
Thursday, August 17 – Sunday, August 20, 2017

Applications are available on a first-come first served basis to the first 34 men

An ACTS retreat is designed to provide an opportunity for retreatants to enter a new and deeper relationship with OUR LORD and fellow parishioners.

- The Cathedral ACTS retreat will be held at the beautiful Applegate Jesuit Retreat Center located 10 miles to the northeast of Auburn, off of Interstate 80.
- Please do not let financial difficulties discourage you from attending. Financial assistance may be available.
- Any Man age 19 years or older is welcome. Do not miss out; space is limited.

Let the Holy Spirit move you. We hope you will prayerfully consider attending this life changing retreat. More information can be found in the application flyers located in the Church. After the July 15-16, 2017 Masses, Cathedral ACTS parishioners will be available to answer any questions you may have about the ACTS movement within our parish.

God, Family, and Everything Else!

email: cathedralsacramento@gmail.com  www.actsroseville.org

Monaco Boys Choir in Concert
Wednesday, July 12 at 7:30 pm

Founded in 1904, the Monaco Boy Choir is the liturgical choir for the Cathedral of the Immaculate Conception in Monaco, and is under the patronage of H.S.H. the Prince of Monaco and is sponsored by the Prince's Government.

Under the direction of Pierre Debat, the choir has toured over thirty-five countries. They have performed with the Monte-Carlo Opera and the Monte-Carlo Philharmonic. This concert is part of a tour of the West Coast, starting in Vancouver and ending in Los Angeles.

Works by Charpentier, Couperin, Bach, Mendelssohn, Casals and others will be performed.

Doors open at 7 pm. A suggested donation of $15 will be accepted at the door.

Synod Questionnaire for Young Adults
Dear Young Adults, we are living in a very exciting moment for the young people of the Church. In October 2018, a Synod of Bishops will take place to treat the topic: “Young People, the Faith and Vocational Discernment”. A questionnaire has been put together and we want to hear from all young adults! Your input is very important in order to prepare a final executive summary for our Bishop to present to the General Secretariat of the Synod of Bishops in the Vatican. The deadline for responses is July 15, 2017, and the questionnaire can be filled out here: https://catholic.formstack.com/forms/synod_questionnaire_for_young_adults.

The Sacramento Life Center cordially invites you to join us for our Ribbon Cutting and Open House at our new home at 2316 Bell Executive Lane, in Sacramento on July 13th, 2017 at 4:30 PM-7:00 PM. Please join us for our Ribbon Cutting at 4:30 PM followed by guided tours of our new facility. Come meet our Board of Directors, and enjoy some music, appetizers, wine and of course...Leatherby's ice cream.

Educators of private and public school systems are invited to attend the “Teaching: A Sacred Vocation” presented by Ellen Gemma, M.A. and Dr. Hal Tran, DMin. The conference will be on Thursday, July 20th, from 8:30 am to 3:15 pm, at Christ the King Passionist Retreat Center. For more information, visit SacCatholic.com, or call 916-505-6288.

“The proud demons flee before the lofty virtues of the humble.” ~Saint Bonaventure~
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<tr>
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<th>Mass / Intentions</th>
<th>Activities</th>
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<tbody>
<tr>
<td><strong>Saturday</strong> 8th</td>
<td>5:00 pm / William J. Shorey +</td>
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<tr>
<td><strong>Sunday</strong> 9th</td>
<td>7:30 am / Nestor Purugganan + 9:00 am / Parish Intentions 11:00 am / Donald Purseglove + 1:00 pm Spanish / Cathedral Youth Grp 3:00 pm Chinese 5:00 pm / Manuel Purugganan + 7:00 pm Spanish / Souls in Purgatory</td>
<td>9:30 am RCIA Breaking of the Word 11:00 am Liturgy of the Word for Children</td>
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<td><strong>Monday</strong> 10th</td>
<td>12:10 pm / James J. Goulo S.I. 5:10 pm / Ivan Franco Martin S.I.</td>
<td>6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class</td>
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<td><strong>Tuesday</strong> 11th</td>
<td>12:10 pm / Jennifer Navarette + 5:10 pm / Lope Soberon +</td>
<td>6:00 pm Spanish Choir for the 7pm Mass 7:15 pm The Men's Group</td>
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<td><strong>Wednesday</strong> 12th</td>
<td>12:10 pm / Carmelita M. Morales S.I. 5:10 pm / Emery Taylor Anub +</td>
<td>7:15 pm Spanish Choir for the 1pm Mass 7:15 pm Communion &amp; Liberation</td>
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<td><strong>Thursday</strong> 13th</td>
<td>12:10 pm / End of Abortion 5:10 pm / Souls in Purgatory</td>
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<td><strong>Friday</strong> 14th</td>
<td>12:10 pm / Malaika Gunawansa S.I.</td>
<td>7:30 pm Rosary Recitation at St. Junipero’s Statue in Capitol Park</td>
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Offering Mass for a special intention is a long-standing tradition in the Catholic Church. It is usually considered that special graces are obtained for whom the Mass is said. 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. Intentions are $10.00 donation per Mass request and are due the Tuesday before the publication weekend.

**Prayer Requests:** cathedralsacramento.org or email: cbsprayer3@yahoo.com

**Cathedral Kids Corner**

Go to Pinterest or catholicmom.com for fun lessons and crafts for Catholic kids!

~Let Us Pray For One Another~
~Oremos los unos por los otros~


Prayer Requests: cathedralsacramento.org or email: cbsprayer3@yahoo.com

Go to cathedralsacramento.org for news and calendar events, register as a parishioner, or schedule your tithe.
Este 4 de julio, tuve la oportunidad de salir y hacer una cosecha de zarzamora. No es un trabajo fácil, pero siempre vale la pena el esfuerzo, como el pastel de zarzamora de mi madre fue un gran éxito. Este es mi homenaje a las zarzamoras.

Durante la cosecha de zarzamora

No hay después -
No hay ningún antes.
No hay tiempo para prepararse o para dormir.
No se moleste en ponerse vaqueros o guantes
Esto no es una producción.
No hay incienso,
Escaleras
O andamios
Solo alcanza
Y recoger.
Esta desordenada la gracia,
Tarta dulce
Olor del calor del verano.
Vapor y azúcar y esencia de sol.
La suma, no la una, revela.
Esta liturgia donde todos son sacerdotes.

Extender las manos
Consagrar
Consumir carne y sangre
Las lanzas temblorosas intimidan y disuaden,
Pero no lo dudan.
Ponte de rodillas y comunícate!

~Padre Michael~

Aparcamiento en los fines de semana

Los feligreses de la Catedral ya no pueden aparcar gratis en la estructura de estacionamiento privado junto a la Oficina de la Catedral. La Catedral compra por lo tanto de la ciudad de Sacramento, cupones para pagar los primeros $5 de gastos de estacionamiento en el estacionamiento del Ayuntamiento ubicado en la calle 11 entre I Street y J Street. A partir del próximo fin de semana, del 15 al 16 de julio, debe aparecer en el estacionamiento del Ayuntamiento en la calle 11. A continuación, puede recoger un cupón en el vestíbulo al salir de la Misa. Para compensar el costo de los cupones, considere aumentar su donación semanal a la Catedral.

9 de julio, 2017 – Viviendo en el Espíritu

La Primera Lectura nos recuerda que el Mesías, nuestro Rey y Salvador, no es un héroe conquistador que cabalga hacia el pueblo en un gran corcel, como los Judíos lo creían, sino uno que es sumiso y gentil, montado en un burro. Sin embargo este Rey es victorioso, estableciendo las mismas fronteras para la tierra prometida como lo había hecho el Rey David. El verdadero amor, verdaderamente conquista. · El Responsorial es un himno de alabanza a este Rey, nuestro Dios, que aunque potente y poderoso, también es indulgente y misericordioso. Le alabamos porque Él no nos abandona en nuestro pesar, sino que se estreecha a nosotros con una profunda compasión, comprendiendo nuestro suplicio, dispuesto a sanarnos por medio de Sus propias heridas sagradas. Él no es el Dios enfurecido que nos destruirá a nosotros y a toda la creación con la infracción más pequeña, ya que Él está enojado con el pecado, no con Sus hijos. Cuando murió por nosotros en la cruz, Jesús portó nuestro dolor y mostró el más profundo nivel de compasión, Él se estrechó a nosotros cuando nos inclinábamos en lo más bajo. · En la Segunda Lectura, San Pablo nos recuerda que Dios creo al mundo para ser bueno, pero que cuando pecamos nos lastimamos no sólo a nosotros mismos, sino a la creación, ya que ahora somos capaces de maltratar al mundo. El Espíritu nos llama a la libertad de los hijos de Dios y a la verdad. Al escoger vivir por y en el Espíritu, morimos al pecado y ayudamos a derrotar la batalla interior. · En el Evangelio de hoy, Jesús habla de los que están invitados al juicio de Dios, los simples que son lo suficientemente humildes para escuchar a Dios. Los orgullosos y auto-suficientes, por el otro lado, no escuchan, sino que le dicen a Dios lo que quieren que Él haga. Por esto es que Jesús invita a los sumisos y humildes de corazón a Él, ofreciendo consuelo y sanación. Cuando entregamos nuestros problemas al Señor en humildad, entonces encontramos la paz increíble. Esto no es resignación, sino rendimiento a su voluntad.
Starting on Sunday, July 16th, Cathedral parishioners are no longer able to park for free in the private parking structure next to the Cathedral Office. The Cathedral is therefore purchasing from the City of Sacramento, coupons to pay for the first $5 of parking charges in the City Hall parking lot located on 11th St. between I Street and J Street.

Our community retreat will be held on Saturday, August 5, 2017 from 9:00 am to 6:00 pm at Christ The King Passionist Retreat Center at 6520 Van Maren Lane, Citrus Heights, CA 95621. The cost for each participant is $40, which includes lunch. We have invited Father Ho as our spiritual director. If you are interested in attending the retreat, please contact Ellis Chan (916-272-9093).