Cathedral OF THE BLESSED SACRAMENT SACRAMENTO

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

Sister Jenny Aldeghi, FDCC, Dir. of Education

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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
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

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 - 4° 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
The Keel of Catholic Faith

Growing up as a non-Catholic Christian there was always one thing that troubled me: the lack of stability and durability in the faith of my evangelical confreres. It always seemed that no matter how devout and committed my Christian friends were about their faith, it was nevertheless true that in a relatively short amount of time many of them would give up on their faith altogether and no longer "walk with the Lord". Contrast that to the many Catholic Christians I knew over the years that, even if they were nominal or non-practicing Catholics, nonetheless remained decidedly Catholic. If they were not very devout about their faith, even if they were Catholic in name only in practice, they were steadfast in their confession: "I'm Catholic!" If they failed to live up to Catholic faith and morals, they were more inclined to feel conflicted about it than my Protestant acquaintances who abandoned their Christian faith. It was as if something in their Catholic experience would not let them go even if they wanted that freedom; of course, there were always exceptions among certain individuals, but the contrast I have described was far more common.

The other thing that was troubling to me was that we Protestants never seemed to agree on anything for any length of time: division, church splits, and splinter groups were too common despite constant pleas for unity. Catholics on the other hand typically exhibited an unshakable loyalty to the Catholic Church even if they disagreed with the Church's teaching on various points. I had several conversations with my evangelical friends about these observations, and we could never find a satisfactory explanation for the comparative stability and enduring unity of the Catholic Church, nor could we account for the loyalty of Catholic Christians to their faith. What was more infuriating to me was that many Catholics I knew couldn't account for it either. When I myself became a Catholic eighteen years ago and considered this problem from my new perspective inside the Catholic Church, it finally all made perfect sense to me.

Simply put, the difference between Catholicism and most Protestant denominations is "the sacramental economy", especially the Blessed Sacrament. It is the sacramental economy that dispenses the graces and benefits of Christ's Paschal mystery (CCC no. 1076). While some of our Protestant brethren have retained a very limited sacramental character, it is only the Catholic Church that retains the fullness and entirety of the sacramental economy that Christ instituted in His Church (so too the Eastern Orthodox Church). It's that sacramental economy that dispenses the Grace of Christ, or the "participation in the life of God" (CCC 1997), to the faithful.

The constant flow of sacramental grace into the life of the believer accounts for the stability and enduring quality of their faith, it is the mooring that forever links them to Christ and His Church, which is the "universal sacrament of salvation . . . manifesting and actualizing the mystery of God's love", the "visible plan of God's love for humanity" (CCC 776). Once received, the sacraments of Baptism, Confirmation, and Holy Orders configure the faithful to Christ and confer upon them a sacramental character, or "seal", that is indelible; this seal "remains forever in the Christian as a positive disposition for grace, a promise and guarantee of divine protection, and a vocation to divine worship and to the service of the Church" (CCC 1121).

If one were to see two sailboats on the water, and one of them is being blown sideways by the wind and near capsizing because the wind is blowing the mast over to the surface of the water, and the other boat is sailing normally in the very same conditions, it might seem confusing. An experienced sailor would know right away what the problem is: the floundering boat is trying to sail without a keel, the fin like structure attached to the hull of a sailboat that protrudes deep into the water and provides stability for the boat, thus enabling it to sail on "an even keel".

Even when on the surface the Catholic Christian does not seem to live very well by the teachings of the faith, it nonetheless remains true that the sacramental seal that was affixed to them when they received the Sacraments of Initiation remains intact; the conduit of grace is still operational, even if it has been clogged up from habitual sin, indifference, or worldly living. At any time, the grace of Christ may seep through that conduit and bring about repentance and conversion; this accounts for the many conversion stories of lapsed Catholics who were raised in the Church, but drifted away only to find themselves undergoing a sudden and spontaneous conversion later in life that drew them back into the active practice of their faith.

The inviolable conduit of sacramental grace connects them to the life of the Church, enlightens and anchors their conscience even when they are not practicing the faith as they know intuitively that they should. The light of grace ceaselessly awakens the hound of conscience, exposes the faithful to the scent of virtue and ever draws them to it. Sacramental grace is the keel of Catholic faith; it is the persistent loving call of the Heavenly Father and His Divine Son, it is the work of the Holy Spirit making every effort to compel us to come into the heavenly banquet (Luke 14:23). If a baptized Catholic wishes ultimately and finally to reject the faith of Jesus Christ, they will eventually succeed; but they will have to fight the persistent work of sacramental grace in their lives until they're dead. It is a comforting thought though, to know that none of us can just wander away from our Blessed Lord, we can only escape; nevertheless, His love and mercy will pursue us to the end.

The prophesy of Simeon that a sword would pierce our Blessed Mother's heart was fulfilled in these events. For this reason, Mary is sometimes depicted with her heart exposed and with seven swords piercing it. More importantly, each new suffering was received with the courage, love, and trust that echoed her fiat, let it be done unto me according to Thy word, first uttered at the Annunciation.

For the month of September, we celebrate the feast of Our Lady of Sorrows, the title given to our Blessed Mother focuses on her intense suffering and grief during the passion and death of our Lord. Traditionally, this suffering was not limited to the passion and death event; rather, it comprised the seven dolors or seven sorrows of Mary, which were foretold by the Priest Simeon who proclaimed to Mary, This child [Jesus] is destined to be the downfall and the rise of many in Israel, a sign that will be opposed and you yourself shall be pierced with a sword so that the thoughts of many hearts may be laid bare (Luke 2:34-35). These seven sorrows of our Blessed Mother included the flight of the Holy Family into Egypt; the loss and finding of the child Jesus in the Temple; Mary's meeting of Jesus on His way to Calvary; Mary's standing at the foot of the cross when our Lord was crucified; her holding of Jesus when He was taken down from the cross; and then our Lord's burial. In all, Our Lady of Sorrows

~John-David Black~
Pastor’s Corner

We continue to pray for all those hurting and who have died during the flooding in Texas and Louisiana, and we pray that we all experience the peace that awaits us in our heavenly home at the end of this pilgrimage.

~Where God Meets Me~

My house is full of pores
water
dripping down from above
and below.
I cannot patch them all up
-exhausted by the pressure
adrift on tears.
The distant dam trembles,
the putty dries
and cracks,
and there the droplets collect,
the trickle,
the torrent.
Ready to overflow,
persistent,
pushing,
seeping into my center with
no concern
no comfort
no sympathy.
This baptism is drowning me.

~Father Michael~

Christian Symbols

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Christians adopted the symbol of the peacock to represent immortality. This came from an ancient legend that the flesh of the peacock did not decay. It is also associated with the resurrection of Christ because it sheds its old feathers every year and grows, newer, brighter ones each year. If the peacock is portrayed drinking from a vase it symbolizes a Christian drinking the waters of eternal life. In addition the "multitude of eyes" upon its stunningly beautiful fan tail, suggested the all seeing eye of God.

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~22ND SUNDAY IN ORDINARY TIME~

Following the Lord means nothing less than the cross: offering ourselves with Jesus as a living sacrifice and to conforming ourselves to this world. Following him will entail decision and scorn, yet the Lord is our help.

Jer 20:7-9  Ps 63:2-6, 8-9  Rom 12:1-2  Mt 16:21-27

~MONDAY 4TH~

The dead will share in the reign of the Lord when he comes. A liturgical homily of Jesus reveals the Father’s plan.

1 Thes 4:13-18  Ps 96:1, 3-5, 11-13  Lk 4:16-30

~TUESDAY 5TH~

Live in the light and the Day will not surprise you. Jesus has mercy and frees the man with an unclean spirit.

1 Thes 5:1-6, 9-11  Ps 27:1, 4, 13-14  Lk 4:31-37

~WEDNESDAY 6TH~

Paul gives thanks for what the Lord has done at Colossae. Jesus witnesses gospel joy by healing the sick and diseased.

Col 1:1-8  Ps 52:10-11  Lk 4:38-44

~THURSDAY 7TH~

The Colossians have experience God’s saving grace. The radical nature of discipleship is described.

Col 1:9-14  Ps 98:2-6  Lk 5:1-11

~FRIDAY 8TH~

~The Nativity of the Blessed Virgin Mary~

Let us rejoice in Mary’s birth, the mother of Jesus. She was predestined to give birth “by the strength of the Lord.”

Mt 5:1-4e or Rom 8:28-30  Ps 13:5abc
Mt 1:1-16, 18-23 or 1:18-23

~SATURDAY 9TH~

~Saint Peter Claver, Priest~

God has taken the initiative of saving us in the death of Christ. Jesus is revealed as “lord even of the Sabbath.”

Col 1:21-23  Ps 54:3-4, 6,8  Lk 6:1-5
**Parish News**

**BROWN BAG LUNCH COLLECTION WEEKEND**
Your help and generosity are greatly appreciated by the hundreds of hungry brothers and sisters that depend on us for a meal. We like to include non-perishables, such as:

* Tuna or Chicken lunch packs or Vienna Sausage tins
* Fruit cups or Applesauce
* Granola Bars, Peanut Butter or Cheese Crackers or Chips
* Cookies
* 16 oz. Water
* Fruit cups or Applesauce

Please pack in a paper lunch bag.

You may also donate money online at cathedralsacramento.org on our "Giving" page. 100% of your donation is used in feeding the homeless. All donations are tax deductible. To donate or volunteer, please contact jerrirush@comcast.net.

**Engaged and Married Couples:** Natural Family Planning is a tool which facilitates responsible parenting. Join us for a 3-part class, September 16, October 21, November 18, from 4pm-6pm at the Sacramento Life Center. The cost is $135.00. For more information or to sign up, check online at ccli.org, or contact Meghan Bardin at megbar-din@gmail.com

The **Sacramento Life Center** cordially invites you to join us for our Annual Gala at The Hyatt Regency, in Downtown Sacramento on **November 4, 2017**. Please join us for a no-host reception with our guest speaker, author and Abortion Survivor, Melissa Ohden. Dinner will be served at 6:30 Pm followed by a live auction and raffle.

**PARKING** — 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 $5 weekend parking charge in the City parking lots located on 11th St. between I Street and J Street; and on 10th St. between K St. and L St. After each weekend Mass, if you parked in a City parking lot, you may pick up a coupon as you leave the Cathedral. To offset the cost of the coupons, please consider increasing your weekly donation to the Cathedral.

**Ministry Days 2017** — Join us on September 29 and 30 at St. Francis High School in Sacramento from 8am-4pm for the largest gathering of ministers, catechists and Catholic school teachers in the Diocese of Sacramento! Whether you are looking for new ways to strengthen your skills or looking for some inspiration for your ministry, our workshops cover a wide variety of topics, including Liturgy, Sacrament Preparation, Catechesis, Vocations and Social Justice. To browse through our workshops and register for the conference, please visit http://www.ministrydays.com.

**Retrouvaille** — Marriage Recovery
Is your marriage in trouble — miserable — dead? Would you like it to come alive? Retrouvaille can give you the communication skills you need to relate to one another in a more respectful and emotionally mature way. The next weekend is in Sacramento, October 13-15. For more information call (800) 470-2230 or visit http://www.helpourmarriage.com.

The Dioceses of Northern California have announced the schedule for **ON FIRE NorCal Jam 2017**, to be held on Saturday, Sept. 16 from 9 a.m. to 9 p.m. at Six Flags Discovery Kingdom in Vallejo. Participants will be given early entrance to the park for a morning program from 9 a.m. to 11 a.m., featuring praise and worship with Father Espaillat, Manibusan, Angrisano, Hart, Melendrez and the Holy Fire Choir and Mass with the bishops of the dioceses, including Bishop Jaime Soto. For more information and to purchase tickets, visit http://www.onfirenorcal.com

Fr. Paul Zirimenya, our Deaf Ministry Chaplain, will concelebrate the Vigil Mass at the Cathedral at 5:00 pm on Saturday, September 23, 2017. ASL Confession will be available at 4:00 pm. Deaf Community Food and Fellowship after Mass (location TBA). For more information, contact Jo Kristine Clark at jclark@scd.org.

**JOBS AVAILABLE AT PASTORAL CENTER**
Positions are open until filled. For more information and complete job descriptions, visit the diocesan website www.scd.org and look under employment. To apply for a position, please email a short cover letter, resume, and application to personnel@scd.org.

“*The best way to find yourself is to lose yourself in the service of others.”* ~Mahatma Gandhi~
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.

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<thead>
<tr>
<th>Date</th>
<th>Mass / Intentions</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Saturday</td>
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<td>September 2</td>
<td>5:00 pm</td>
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<td>Sunday</td>
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<tr>
<td>September 3</td>
<td>7:30 am / 9:00 am / 11:00 am / 1:00 pm Spanish / 3:00 pm Chinese / 5:00 pm / 7:00 pm Spanish / 9:30 am RCIA Breaking of the Word / 11:00 am Liturgy of the Word for Children</td>
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<tr>
<td>Monday</td>
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<tr>
<td>September 4</td>
<td>12:10 pm / LABOR DAY HOLIDAY</td>
<td>6:30 pm RCIA Evening Prayer / 7:00 pm RCIA Class</td>
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<tr>
<td>Tuesday</td>
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<td>September 5</td>
<td>12:10 pm / 5:10 pm</td>
<td>6:00 pm Spanish Choir for the 7pm Mass</td>
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<td>Wednesday</td>
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<td>September 6</td>
<td>12:10 pm / 5:10 pm</td>
<td>7:15 pm Spanish Choir for the 1pm Mass / 7:15 pm Communion &amp; Liberation / 7:15 pm The Rosary Club</td>
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<td>Thursday</td>
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<td>September 7</td>
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<td>Friday</td>
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<td>September 8</td>
<td>12:10 pm</td>
<td>7:30 pm Rosary Recitation at St. Junipero’s Statue</td>
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**In trust of God’s infinite goodness, we pray to lift up our sick parishioners, family and friends, and those in need of healing of the body and soul.**

**Almighty Father, hear our prayers for...**

Emma Valdez
Eugenia Roque
Alfredo Rivera
Adolfo Espinoza
Raymundo Guerrero
Natalia Galan
Salomon Galan
Tomasita Rodriguez
Rosa Carrillo
Felix Nunez Claver
Alvin Sul
Anaryni Gonzalez
Erin Nicole Tam
Riley Hana
Nellie Medina
Michael Hunsaker
Juliana M.
Nora Washington
Ariana Garcia & 6 mth old baby
Vicki Rene Elizabeth
Joel and Cesar
The Brown Family
Louis Metzinger
Alfredo Gonzales Family
Claudia Padilla
Debbie and Family
Zamos Family
Julie and Hansel
Ferry Family
Veronica V.
Isabel
Joshua Ray Sheets
Kathy Pardun
Blanca Padilla
Michael Jose Mejia
Eugenio Negrete
Elizabeth Paul
Joseph
Autumn’s Grandfather
Luis Gutierrez
Cynthia Belarma
Taylor Don Bennett
Kate and Family
Shelley and Family
Selenia (7 wks old)
Mark McDougual
Garren Bratcher & Family
Roseline
John Amaro +
Kevin and Family
Stephen and Julie
Cynthia Matulio
Lee McClure
Noah Anthony Hernandez
Amen.”

The most powerful tool the Lord has given us to help one another is prayer. If you, your family, or someone you know are in need of prayer, send your prayer request to cbsprayer3@yahoo.com or fill out the form on cathedral-sacramento.org. Hundreds of parishioners are always prepared and honored to take up your prayer for you.

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**Cathedral Kids**

*September Saints and Feast Days Word Search*

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X F J R D K G R V I N C E N T
J E R O M E M B L T T K C Q W
D K P F N Y D A M I A N R H L
V Z L R C Y P R I A N O M P E N
L P E T E R C L A V E R I S L
T K M L T D H L L R P R O K Y
K A R M Q R O K H I B R S R S
M R E N T G L Q O A A R O U P
W A P G P R Y Z G O M G I H K
H P K L O L C V W S E L R A J
M H Z N T N R S O R E H T S H
N A B R W J O C G N L R N A V
C E R J D B S K R D X K M N G
T L F Y D F S O W R M L G G N
D W M X Y W G Y M I C H A E L
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*Directions: Search only for the parts of the saints names or feast days that are in bold print.*

<table>
<thead>
<tr>
<th>St. Gregory the Great</th>
<th>St. Cornelius</th>
<th>St. Damian</th>
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<tbody>
<tr>
<td>St. Peter Claver</td>
<td>St. Cuprian</td>
<td>St. Vincent de Paul</td>
</tr>
<tr>
<td>Most Holy Name of Mary</td>
<td>St. Andrew Kim Taegon</td>
<td>St. Michael</td>
</tr>
<tr>
<td>Exaltation of the Holy Cross</td>
<td>St. Paul Chong Hasang</td>
<td>St. Gabriel</td>
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<tr>
<td>Our Lady of Sorrows</td>
<td>St. Cosmas</td>
<td>St. Jerome</td>
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Matthew 16:24: **“Take up your cross and follow me!”**

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**“Bear ye one another’s burdens, and so fulfil the law of Christ.” ~Galatians 6:2 ~**

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Seguimos orando por todos aquellos que sufren y que han muerto durante las inundaciones en Texas y Luisiana, y rezamos para que todos experimentemos la paz que nos espera en nuestra casa celestial al final de esta peregrinación.

~Donde Dios Me Conoce~

Mi casa esta llena de poros
agua
Goteando desde arriba
y por debajo.
No puedo remendarlos todos
-agotado por la presión
a la deriva en las lágrimas.
La distante presa tiembla,
la masilla se seca
y grietas,
y allí las gotas recogen,
el hilo,
el torrente
Listo para desbordar,
persistente,
emprendedor,
penetrando en mi centro con
ninguna preocupación
sin comodidad
sin simpatía.
Este bautismo me está ahogando.

~Padre Michael~

Nota: En referencia al versículo del salmo 118:24, la traducción bíblica correcta es: "¡Este es el día que ha hecho el Señor, gocemos y alegrémonos en él!" (Biblia Latinoamericana).

En Hebreo el nombre de Dios es deletreado YHWH. Ya que el Hebreo antiguo no tenía vocales escritas, es incierto como el nombre era pronunciado originalmente, pero hay registros del nombre en Grecio, que sí tenía vocales. Estos registros indican que el nombre ha de pronunciarse "Yahvé". (Catholic.com). Por respeto no acostumbramos llamar a Dios por su nombre, sino nos referimos a Dios por el nombre de "Señor" o "Padre" porque Él es nuestro Señor y nuestro Padre amoroso.
Our community will participate in the parish’s donation for hot dinner on September 28 (Thursday) and will order 100 sets of dinner from a Chinese restaurant for providing to our friends on street or those needy ones, so as to celebrate our traditional festive – Mid-Autumn Festival. We will put out a donation box before and after our mass on three consecutive Sundays in September to collect donations for this activity. Parishioners who are interested to be volunteers to help out distributing the dinner boxes on that day, please contact Ellis Chan (916-272 9093).

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~Save the Date~

The Annual Cathedral Ministry Fair
September 23rd and 24th

A terrific opportunity for parishioners and visitors to become acquainted with the various ministries operating at the cathedral, and the many volunteers who are a vital part of their success. Find a ministry that speaks to your heart and learn how you can follow your calling.

Ministry Leaders— This is your best opportunity to connect with our parishioners and help them to understand and support the vital work that your ministry is doing. Contact the rectory office for more information.

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 Code (Código postal): ________
Home Phone (teléfono de casa): (_____)___________________
Cell Phone: (Celular): (_____)___________________
Email: ________________________________________________

Please indicate:                                            Por favor indique:
New Parishioner/Individual                               Nuevo Parroquiano / Individuo
New Parishioners/Family                                   Nuevo Parroco / Familia
Change of Address                                          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

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