

February 2 2020 - The Presentation of the Lord



Volume 20 * Issue 5

CATHEDRAL OF THE BLESSED SACRAMENT

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

Pastor's Corner



I have recently come to the end of several weeks of vacation. During this time, I have enjoyed being with family and friends while trying to process the significant moments that impact my life. It's important to get away every now and then to gain a better perspective and to sift through the many events that either need to be embraced or need to be released. However, to get away from the ordinary parts of our lives requires that we leave behind important everyday realities that still need our attention. For me, that important, everyday reality is being the pastor of the Cathedral.

My last day of vacation was the celebration for the memorial for St. Francis de Sales, Bishop and Doctor of the church. The prayers the church recites for his memorial come from the common of pastors. One of the prayers (antiphons) for a pastor is: "Let your light shine before men that they may see your good works and give glory to your Father." I meditated on that beautiful thought in relationship to me being a pastor. The simple fact of letting my light, the light of Christ, shine before the Cathedral community is all that is needed to glorify the Father. Sometimes life can appear overwhelming and we think there is no way we will be able to fix everything. People arguing, financial worries, illness, death, homelessness, politicians, bad news, and empty churches can cause us to halt, retreat, and lose sleep. Yet, Jesus tells us to simply let our light shine and focus on the Father. That same light will transform the negatives into signs of God's presence and problems will be resolved through Christ alone.

As a pastor, my role is to simply reveal the light of Christ so that others give glory to God. Often this requires that I don't allow myself to get in the way. To be a light is to simply remain positive, faithful and trust in the power and love of Christ. Many of us are pastors, guiding our little flocks. We pray for the grace to simply allow the light of Christ to shine and so glorify our heavenly Father.

Father Michael

THE PRESENTATION OF THE LORD

At the end of the fourth century, a woman named Etheria made a pilgrimage to Jerusalem. Her journal, discovered in 1887, gives an unprecedented glimpse of liturgical life there. Among the celebrations she describes is the Epiphany, the observance of Christ's birth, and the gala procession in honor of his Presentation in the Temple 40 days later. Under the Mosaic Law, a woman was ritually "unclean" for 40 days after childbirth, when she was to present herself to the priests and offer sacrifice—her "purification." Contact with anyone who had brushed against mystery—birth or death—excluded a person from Jewish worship. This feast emphasizes Jesus' first appearance in the Temple more than Mary's purification.

The observance spread throughout the Western Church in the fifth and sixth centuries. Because the Church in the West celebrated Jesus' birth on December 25, the Presentation was moved to February 2, 40 days after Christmas.

At the beginning of the eighth century, Pope Sergius inaugurated a candlelight procession; at the end of the same century the blessing and distribution of candles which continues to this day became part of the celebration, giving the feast its popular name: Candlemas.

Reflection

In Luke's account, Jesus was welcomed in the temple by two elderly people, Simeon and the widow Anna. They embody Israel in their patient expectation; they acknowledge the infant Jesus as the long-awaited Messiah. Early references to the Roman feast dub it the feast of Saint Simeon, the old man who burst into a song of joy which the Church still sings at day's end. (franciscanmedia.org)



WHY IS THE GOSPEL LED BY CANDLES AND INCENSE AT MASS?

Philip Kosloski | Jan 26, 2020 | Aletheia.org

The solemn Gospel procession has rich symbolism rooted in a reverence for the Word of God.

In the Roman Rite of the Catholic Church, there is a procession of the Gospel that occurs on more solemn celebrations. If enough servers are present, the Gospel is accompanied by two lighted candles and a thurible holding incense.

This tradition has a long history, dating possibly to the 3rd or 4th centuries. Nikolaus Gehr, in his book *The Holy Sacrifice of the Mass*, explains the symbolism of the **candles**.

*St. Jerome already defended the higher meaning of this very ancient custom of lighting candles at the Gospel, inasmuch as he insists that thereby we should give expression to the **joy and jubilation of our hearts** at the good tidings of salvation. — Above all, the light by its brightness and its glow symbolizes **Jesus Christ, the Sun that knows no setting and the Light of the City of God as well on earth as in heaven. By means of the Gospel Christ is the light of the world; by the Gospel God has called us to the wonderful light of Christian truth and grace. In this dark vale of the earth "Thy word is a lamp to my feet, and a light to my paths" (Ps. 118, 105)...***

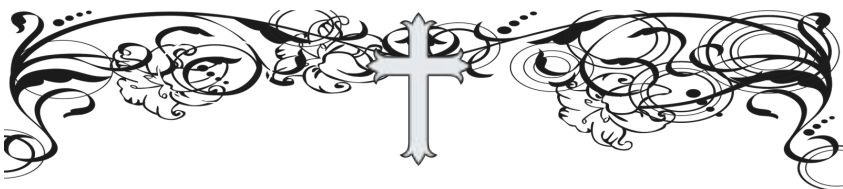
*From the **word of God beams a secure light to guide us** amid the various directions and helps, as well as amid the various wants, obstacles and dangers we meet on this path so stern and so difficult to be determined.*

The presence of candles at the Gospel also **heightens our awareness** at Mass, alerting us to something important that is happening in the sanctuary. The Gospel contains the words of Jesus himself and so we are exhorted to pay special attention to his message.

With regard to **incense**, the symbolism is also rich and points to a deeper spiritual reality.

*In the first place, the incensing of the Book of the Gospels is to be regarded as an act of **holy reverence**, a religious mark of honor paid to "the words of eternal life," which the Lord here speaks to us. —*

*The **fragrant clouds** that envelop the book call to mind how by the announcement of the Gospel is spread abroad and around the good odor of the pre-eminent knowledge of Jesus Christ...The incense furthermore admonishes us, with what heavenly ardor of devotion the words of the Gospel should be announced by the deacon and also by the priest, and be listened to by the faithful and laid up in their hearts. — **As the bright flame of the lighted taper is an image of a pure life, so the sweet fragrance of incense also symbolizes, finally, a virtuous, God-fearing life...Virtue, indeed, exhales a sweet and a refreshing perfume; to prove this, the Lord has often wonderfully effected that the bodies of the saints in their life-time or after their death exhaled a sweet scent, altogether supernatural and heavenly.***



EVERYDAY STEWARDSHIP

Healing Our Blindness

The value of stewardship living is difficult to see unless we are experiencing that way of life for ourselves. You can read 100 Everyday Stewardship reflections and go to church every Sunday, but unless you are actively growing in faith and trying to live a life of generous stewardship, you cannot see the power of such a lifestyle. Like most things, we need direct, purposeful experiences to really understand.

I worked in a stewardship parish for over 20 years, but it was only after I started treating all I have as God's and began to actively offer all I am to Him for His glory, that I really got the message. That doesn't mean I am a perfect steward. Far from it! However, the stress and anxiety that comes with life has greatly diminished because all is in God's hands. I choose to act more generously than before, which provides me with a sense of fulfillment and joy. How I act towards my family, friends, and even people I meet daily has changed. Now I am more mindful of their presence, and I seek to give them a part of me that just might change their day and bring them a little closer to Christ. I am transforming into a disciple who seeks to use all I have been given to transform all that is around me.

It would be a shame to be blind to the important things for an entire life. Today, consider taking a path of life-changing stewardship. Give it all to God. In the midst of all you have been given, you just might find God in a profound way. You may even find the real person God created you to be.

• Tracy Earl Welliver, MTS

Question:

Why do priests wear vestments? Do they have a special meaning?

Answer:

Vestments are clothes worn for a specific purpose. Priests will joke that they cover a thousand flaws. But our own manner of dress often corresponds to what we do. We dress up for special occasions, and for special guests. We wear certain clothes for golf, for outdoor activities, and years ago, we even had our "Sunday best" clothes we wore just for Church. Vestments are much the same, and each one has a meaning. The alb is a reminder of the baptismal garment. The stole is a symbol of ordained ministry and authority within the Church. The chasuble reminds us that we are on a pilgrimage of faith, passing through this life towards heaven.

Priests wear vestments for two basic reasons. First, they draw attention to the importance and solemnity of the act of worship. The color of the vestments indicates the season of the year or the feast being celebrated. Secondly, vestments draw attention to what the priest does, rather than who he is. In the celebration of the Mass, the focus is on what we do together, on our common unity, and on the mystery and person of Christ.

The Presentation of the Lord



**"Now, Master, you may let your servant go in peace,
according to your word, for my eyes have seen your salvation." (Lk 2:29-30)**

THE WORLD DAY OF THE SICK is an awareness *day*, or observance, in the Catholic Church which was instituted on May 13, 1992 by Pope John Paul II. Beginning in 1993, it is celebrated every year on February 11, the memorial of Our Lady of Lourdes. The Mass for the World Day of the Sick will be celebrated at the Cathedral on Saturday, February 8 at 5:00 pm.

WORLD MARRIAGE DAY MASS 2020 SATURDAY, FEBRUARY 15

Join us as we honor marriage and salute the beauty of faithfulness, sacrifice and joy in married life. During this Mass, there will be a special blessing for sacramentally married couples and an opportunity for them to renew their marital commitment. An informal reception will follow for couples and their families. Special certificates will be distributed at the reception honoring couples celebrating milestone anniversaries (10, 25, 30, 35, 40, 45, 50, 50+). If you have questions, call the Office of Family and Faith Formation at (916) 733-0133. If you plan to attend, please register at: / <https://catholic.formstack.com/forms/wmd>

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

A PILGRIMAGE IN THE FOOTSTEPS OF ST. JOHN PAUL II

Join Mary Beth Bonacci, Catholic Author and Speaker, and Fr. Blaise Berg, Pastor of St. Mary's Parish in Vacaville, California for a ten day pilgrimage to Poland, May 12 -22, 2020, on the occasion of the hundredth anniversary of the birth of St. John Paul II. Pilgrims will visit a number of locations where Pope John Paul II lived and worked during his youth and adulthood in Poland. For more information, go to: <https://rtijourneys.com/in-the-footsteps-of-st-john-paul-ii>

CAMP PENDOLA IS HIRING! We are looking for Catholic young adults to be Summer Camp Counselors. Counselors live with campers in a small group outdoor setting. They also mentor campers, provide a positive role model, assist in teaching special programs (archery, nature, arts & crafts), leading activities with campers and promoting a positive Catholic atmosphere. Training week begins on June 7, 2020 and our summer season ends August 16, 2020. Summer staff may take weeks off during the summer as needed and the pay rate begins at \$442 per week. Apply today at www.pendola.org/employment.

Dear Parishioners,

UNBOUND would like to take this opportunity to thank you for your kindness in welcoming us to speak on behalf of deserving children, youth, and elders living in poverty in one of our Unbound Catholic Communities. 37 of them now have new friends in your parish. Your generous and strong Faith and your continuing fidelity to the values of the Gospel of Jesus Christ are indeed a blessing. I am personally grateful for all the thoughtful attention you provided to me. – If you have not yet done so and would like to form an alliance of friendship with a child, a teenager, a seminarian, an elder, or a child with special needs, or if you would like to visit your sponsored friend, contact us about Mission Awareness Trips: call 1-800-875-6565, or www.unbound.org.

Fr Cyrus Gallagher



BE THERE FOR OTHERS THROUGH THE ANNUAL CATHOLIC APPEAL

On the weekend of February 22, we will once again have the opportunity to walk with others as Jesus asks us to do. Together as Catholics, the Appeal is a way we can all help in a powerful way. Many of our sisters and brothers in the North State have endured catastrophic natural disasters. Others still struggle on the margins of communities. Let us remember them and that each of our gifts, no matter the amount, really do make a difference in someone's life.

Please prayerfully consider what you can give this year.



THIS WEEK AT OUR PARISH

Date	Mass / Intentions / Readings	Observances & Cathedral Events
Saturday February 1	5:00 pm / Philomena O'Reilly + 2 Sm 12:1-7a, 10-17/Ps 51:12-13, 14-15, 16-17 [12a]/Mk 4:35-41	
Sunday February 2	7:30 am / Linda Valencia S.I. 9:00 am / Philomena O'Reilly + 11:00 am / People of the Parish S.I. 1:00 pm (Spanish) / Maria Diaz & Family S.I. 3:00 pm (Chinese) 5:00 pm / Joseph Chang + 7:00 pm / Maria De La Luz Ventura + Mal 3:1-4/Ps 24:7, 8, 9, 10 [10b]/Heb 2:14-18/Lk 2:22-40 or 2:22-32	The Presentation of the Lord; World Day for Consecrated Life
Monday February 3	12:10 pm / Lauro & Maria Dorantes + 5:10 pm / Victoria Ramos S.I. 2 Sm 15:13-14, 30; 16:5-13/Ps 3:2-3, 4-5, 6-7 [8a]/Mk 5:1-20	Blessing of Throats at all Masses St. Blaise, Bishop & Martyr; St. Ansgar, Bishop
Tuesday February 4	12:10 pm / Paul Rust S.I. 5:00 pm / Ernesto Bianchi Sutter + 2 Sm 18:9-10, 14b, 24-25a, 30—19:3/Ps 86:1-2, 3-4, 5-6 [1a]/Mk 5:21-43	
Wednesday February 5	12:10 pm / Stephen Kim S.I. 5:00 pm / Liwliwa Sebastian +, Maira Gaon + & Lorena Sebastian + 2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7 [cf. 5c]/Mk 6:1-6	St. Agatha, Virgin & Martyr
Thursday February 6	12:10 pm / Jay Don Gensler + 5:10 pm / Loreto O. Gaon +, Segundina F. Gaon + & Junar "Jake" Tenorio + 1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd [12b]/Mk 6:7-13	St. Paul Miki & Companions, Martyrs
Friday February 7	12:10 pm / Benilda Madronio + Sir 47:2-11/Ps 18:31, 47 and 50, 51 [cf. 47b]/Mk 6:14-29	
Saturday February 8	5:00 pm / Mass for the World Day of the Sick Mary Goranov S.I. 1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14 [12b]/Mk 6:30-34	St. Jerome Emiliani; St. Josephine Bakhita, Virgin World Day for the Sick

CATHEDRAL PARISH STEWARDSHIP

The Cathedral and its Parish is solely supported by weekly offertories and individual donations. It does not receive funding from any other sources, including the Sacramento Diocese or any of its parishes. Your support is greatly appreciated and vital to maintaining the Parish and its ministries to the poor and hungry, as well as maintaining this spiritual center and historically significant landmark. The Cathedral's weekly expenses exceed **\$20,000**. The Finance Council has set a weekly offertory goal of **\$11,500** to maintain fiscal integrity.

December 28/29	\$9,415	-\$2,085	81%
January 4/5	\$10,606	-\$ 894	92%
January 11/12	\$9,070	-\$2,430	84%

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



Cathedral Kids

Read the Gospel and Color



Sharing the Gospel - When Joseph and Mary brought baby Jesus to the temple, they dedicated Jesus to God. An old man named Simeon was also in the temple that day. As soon as Simeon saw and held baby Jesus, he praised God. He knew that Jesus was going to bring God's love to all people, including you.

Prayer - God, I thank you for sending Jesus to save all people from sin.

Mission for the Week - Ask the Holy Spirit to show you how special Jesus is.

Puzzle

Unscramble words from today's Gospel:

present	doves	Spirit
peace	light	glory
parents	child	Simeon

persnet p r e s e n t

clihd _____

lgith _____

Smione _____

devos _____

pernat _____

goryl _____

Siprit _____

pecea _____

Esquina del Pastor

Recientemente he llegado al final de varias semanas de vacaciones. Durante este tiempo, disfruté estar con mi familia y amigos mientras trataba de procesar los momentos importantes que impactan mi vida. Es importante alejarse de vez en cuando para obtener una mejor perspectiva y examinar los muchos eventos que necesitan ser acogidos o deben ser liberados. Sin embargo, alejarse de las partes ordinarias de nuestras vidas requiere que dejemos atrás realidades cotidianas importantes que aún necesitan nuestra atención. Para mí, esa realidad importante y cotidiana es ser el pastor de la Catedral.

Mi último día de vacaciones fue la celebración del monumento a San Francisco de Sales, obispo y doctor de la iglesia. Las oraciones que la iglesia recita para su memorial provienen del común de los pastores. Una de las oraciones (antífonas) para un pastor es: "Deja que tu luz brille ante los hombres para que puedan ver tus buenas obras y glorificar a tu Padre". Medité en ese hermoso pensamiento en relación a mí como pastor. El simple hecho de dejar que mi luz, la luz de Cristo, brille ante la comunidad de la Catedral es todo lo que se necesita para glorificar al Padre. A veces la vida puede parecer abrumadora y creemos que no hay manera de que podamos arreglarlo todo. Las personas que discuten, las preocupaciones financieras, la enfermedad, la muerte, la falta de vivienda, los políticos, las malas noticias y las iglesias vacías pueden hacernos detener, retirarnos y perder el sueño. Sin embargo, Jesús nos dice que simplemente dejemos que nuestra luz brille y nos enfoquemos en el Padre. Esa misma luz transformará los negativos en signos de la presencia de Dios y los problemas se resolverán solo a través de Cristo.

Como pastor, mi papel es simplemente revelar la luz de Cristo para que otros le den gloria a Dios. A menudo esto requiere que no me permita interponerme en el camino. Ser una luz es simplemente permanecer positivo, fiel y confiar en el poder y el amor de Cristo. Muchos de nosotros somos pastores, guiando a nuestros pequeños rebaños. Oramos por la gracia de simplemente permitir que la luz de Cristo brille y así glorifique a nuestro Padre celestial.

Padre Michael

LA PRESENTACIÓN DEL SEÑOR

A finales del siglo IV, una mujer llamada Etheria hizo una peregrinación a Jerusalén. Su diario, descubierto en 1887, ofrece una visión sin precedentes de la vida litúrgica allí. Entre las celebraciones que describe está la Epifanía, la observancia del nacimiento de Cristo y la procesión de gala en honor a su Presentación en el Templo 40 días después. Según la Ley Mosaica, una mujer era ritualmente "inmunda" durante 40 días después del parto, cuando debía presentarse a los sacerdotes y ofrecer sacrificios, su "purificación". El contacto con cualquier persona que había rozado el misterio —nacer o morir— estaba excluido. Una persona de culto judío. Esta fiesta enfatiza la primera aparición de Jesús en el Templo más que la purificación de María.

La observancia se extendió por toda la Iglesia occidental en los siglos quinto y sexto. Debido a que la Iglesia en Occidente celebró el nacimiento de Jesús el 25 de diciembre, la Presentación se trasladó al 2 de febrero, 40 días después de Navidad.

A principios del siglo VIII, el papa Sergio inauguró una procesión a la luz de las velas; A finales del mismo siglo, la bendición y distribución de velas que continúa hasta hoy se convirtió en parte de la celebración, dando a la fiesta su nombre popular: Candlemas.

Reflexión

En el relato de Lucas, Jesús fue recibido en el templo por dos personas mayores, Simeón y la viuda Anna. Encarnan a Israel en su paciente expectativa; ellos reconocen al niño Jesús como el Mesías tan esperado. Las primeras referencias a la fiesta romana lo llaman la fiesta de San Simeón, el anciano que estalló en una canción de alegría que la Iglesia todavía canta al final del día. (franciscanmedia.org)

Estimados feligreses,

UNBOUND quisiera tomar esta oportunidad para agradecerle por su amabilidad en darnos la bienvenida para hablar a nombre de niños, jóvenes y ancianos que merecen vivir en la pobreza en una de nuestras comunidades católicas independientes. 37 de ellos ahora tienen nuevos amigos en su parroquia. Su generosa y fuerte Fe y su continua fidelidad a los valores del Evangelio de Jesucristo son de hecho una bendición. Estoy personalmente agradecido por toda la atenta atención que me brindaron. - Si aún no lo ha hecho y le gustaría formar una alianza de amistad con un niño, un adolescente, un seminarista, un anciano o un niño con necesidades especiales, o si desea visitar a su amigo apadrinado, contáctenos sobre viajes de concientización de la misión: llame al 1-800-875-6565 o www.unbound.org.

Pr Cyrus Gallagher

ESTÉ ALLÍ PARA OTROS A TRAVÉS DEL LLAMADO CATÓLICO ANUAL

El fin de semana del 22 de febrero, una vez más tendremos la oportunidad de caminar con otros como Jesús nos pide que hagamos. Unidos como católicos, el Llamado Católico Anual es una forma en que todos podemos ayudar de una manera poderosa. Muchos de nuestros hermanos y hermanas en el norte del estado han sufrido desastres naturales catastróficos. Otros todavía luchan al margen de las comunidades. Recordemos que cada uno de nuestros regalos, sin importar la cantidad, realmente hacen una gran diferencia en la vida de alguien. Por favor, considere en oración lo que pueda donar este año.

LAS LECTURAS DE LA SEMANA DEL 2 DE FEBRERO

Domingo: La Presentación de Jesús en el Templo;
Día Mundial de la Vida Consagrada
Mal 3, 1-4/Sal 24, 7. 8. 9. 10 [10]/Heb 2, 14-18/Lc 2, 22-40 o 2, 22-32

Lunes: San Blas, obispo & mártir; San Óscar, obispo
2 Sm 15, 13-14. 30; 16, 5-13/Sal 3, 2-3. 4-5. 6-7 [8]/Mc 5, 1-20

Martes: 2 Sm 18, 9-10. 14. 24-25. 30—19, 3/Sal 86, 1-2. 3-4. 5-6 [1]/Mc 5, 21-43

Miércoles: Santa Águeda, virgen y mártir
2 Sm 24, 2. 9-17/Sal 32, 1-2. 5. 6. 7 [cfr. 5]/Mc 6, 1-6

Jueves: San Pablo Miki y compañeros, mártires
1 Re 2, 1-4. 10-12/1 Cr 29, 10. 11. 11-12. 12 [12]/Mc 6, 7-13

Viernes: Eclo 47, 2-13/Sal 18, 31. 47 y 50. 51 [cfr. 47]/Mc 6, 14-29

Sábado: Santa Josefina Bakhita, virgen; San Jerónimo Emiliani
1 Re 3, 4-13/Sal 119, 9. 10. 11. 12. 13. 14 [12]/Mc 6, 30-34

MEDITACIÓN EVANGÉLICO

Cuarenta días después de la Navidad celebramos la Fiesta de la Presentación del Señor que narra la siguiente descripción según el Evangelio de San Lucas: "Asimismo, cuando llegó el día en que, de acuerdo a la Ley de Moisés, debían cumplir el rito de la purificación, llevaron al niño a Jerusalén para presentarlo al Señor, tal como está escrito en la Ley del Señor: *Todo varón primogénito será consagrado al Señor*. También ofrecieron el sacrificio que ordena la Ley

del Señor: *una pareja de tórtolas o dos pichones*." (Lucas 2:22-24). Presentarse al templo para cumplir con la ley era un requisito muy importante para la familia de Nazaret. Allí, ellos encontraron al anciano Simeón, un hombre justo y temeroso de Dios, y Ana, sabia profetisa. Ambos reconocieron en Jesús la esperanza y la luz para el pueblo de Israel.

En este día se bendicen las velas que significan que Jesús es la luz del mundo. "La liturgia de hoy nos muestra a Jesús que va al encuentro de su pueblo. Es la fiesta del encuentro: la novedad del Niño se encuentra con la tradición del templo; la promesa halla su cumplimiento; María y José, jóvenes, encuentran a Simeón y Ana, ancianos. Todo se encuentra, en definitiva, cuando llega Jesús. ¿Qué nos enseña esto? En primer lugar, que también nosotros estamos llamados a recibir a Jesús que viene a nuestro encuentro. Encontrarlo: al Dios de la vida hay que encontrarlo cada día de nuestra existencia; no de vez en cuando, sino todos los días. Seguir a Jesús no es una decisión que se toma de una vez por todas, es una elección cotidiana." (Papa Francisco) ¿Dónde se encuentra Jesús ahora?

LA CORRESPONSABILIDAD DIARIA Sanando Nuestra Ceguera

El valor de la vida de corresponsabilidad es difícil de ver, a menos que estemos experimentando esa forma de vida por nosotros mismos. Puedes leer 100 reflexiones de corresponsabilidad diaria e ir a la iglesia todos los domingos, pero a menos que estés creciendo activamente en la fe y tratando de vivir una vida de corresponsabilidad generosa, no puedes ver el poder de ese estilo de vida. Como la mayoría de las cosas, necesitamos experiencias directas y con propósito para comprender realmente.

Yo trabajé en una parroquia de corresponsabilidad durante más de 20 años, pero fue solo después de que comencé a tratar todo lo que tengo como perteneciente a Dios, y comencé a ofrecerle activamente todo lo que soy a Él para Su gloria, que realmente recibí el mensaje. Eso no significa que soy un corresponsable perfecto. ¡Lejos de eso! Sin embargo, el estrés y la ansiedad que viene con la vida ha disminuido enormemente porque todo está en las manos de Dios. Elijo actuar más generosamente que antes, lo que me proporciona una sensación de satisfacción y alegría. La forma en que actúo con mi familia, amigos e incluso con las personas que conozco a diario ha cambiado. Ahora soy más consciente de su presencia y busco darles una parte de mí que podría cambiar su día y acercarlos un poco más a Cristo. Me estoy transformando en un discípulo que busca usar todo lo que se me ha dado para transformar todo lo que me rodea.

Sería una pena estar ciego a las cosas importantes por toda una vida. Hoy, considera tomar un camino de corresponsabilidad que cambie tu vida. Dáselo todo a Dios. En medio de todo lo que se te ha dado, puedes encontrar a Dios de una manera profunda. Incluso, puedes encontrar la verdadera persona que Dios te creó para ser.

• Tracy Earl Welliver, MTS





CATHEDRAL OF THE BLESSED SACRAMENT

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

February 2, 2020 ~ Ordinary Time, Year A, Cycle II, Liturgical Color: Green

MASSES

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

SACRAMENT OF CONFESSION

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

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

EUCCHARISTIC ADORATION

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

BENEDICTION

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

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

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

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

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

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

VISIT OUR GIFT SHOP DOWNSTAIRS

Sundays 9:00 am to 3:00 pm,
Tuesdays 10:30 am to 12:00 pm

TOURS

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



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

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



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

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

QUINCEAÑERA - This is the tradition of celebrating a young girl's
coming of age on her 15th birthday with a Mass, and highlights the
virtues of family and social responsibility. For more information on
celebrating this beautiful tradition at the Cathedral, call Titi Kila, at
the Cathedral Office, 916-444-3071, x13, tki-
la@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. Con-
tact: Deacon Omar & Janet Bardales at matrimonyprep@att.net, or
916-427-9160. *You do not have to have your wedding at the Ca-
thedral to take this class.*

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

WEDDINGS - If you would like to cel-
ebrate the Sacrament of Matrimony at
the Cathedral, contact Wedding Coordi-
nator, Titi Kila at tki-
la@cathedralsacramento.org at least *six*
months before your desired wedding
date to arrange a meeting.



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CATHEDRAL PARISH REGISTRATION & UPDATE Actualización y registro de la parroquia de la Catedral

Become a member of the Cathedral family. Register online at **cathedralsacramento.org / Parishioner Registration**, or fill out the form below and put in the offertory basket or mail to the rectory office at 1017 11th Street, Sacramento, CA 95814

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Michael Ognisty, mfognisty@msn.com.

Benedictus Youth Group

Victoria Ramos, benedictusyg@gmail.com

Brown Bag Lunch Ministry

Jerri Rush, jerrirush@comcast.net

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

Cathedral A.C.T.S.

ActsCathedralSacto@gmail.com, saccathedralacts.org

Saint Vincent de Paul contact the rectory office

Cathedral Young Adults

Titi Kila, cathedralya@gmail.com

Chinese Community

Oliver Wan sccc.contact@gmail.com

Choir (English)

Rex Rallanka, Music Director,
rrallanka@cathedralsacramento.org

Choir (Spanish)

Jerry Vanoye in the choir annex after the 1pm Mass,
or Ricardo Savala in the choir annex after 7pm Mass.

Cinema Divina Movies

Reggie King, thecatholicstore@gmail.com

Communion & Liberation

catechesis meets every Wednesday at 7:15pm

Docents

Jill Pease, peasejill@gmail.com

Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

ministries@cathedralsacramento.org

Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

Hospitality

Celeste Gisla, jfgisla@surewest.net

Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.com

Lectors

Fred Heacock, fheacock72@hotmail.com

RCIA Catechists

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

Religious Education Catechists

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Religious Education Catechists/Spanish

Deyanira Galvez at cathedralfaithformationsac@gmail.com

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com.

Spanish Parents Group Leaders

Leticia Hilbert, leticia_hilbert@hotmail.com



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每日當責 - 在日常生活中體會天主

療癒我們的盲點

除非我們親自體驗過這種生活方式，否則很難看到忠誠生活的價值。你可以去閱讀一百個忠誠生活的反思，和每個星期日都上教堂，但除非你在信德中積極的成長，並試著過一個慷慨的忠誠生活，你就看不到這種生活方式帶來的力量。如同大部分的事情，我們都需要直接和有目的的去經驗它，才能得到真正的了解。

我在一個教堂工作超過二十年，但是直到我開始看待我所擁有的一切是來自上主的，並開始將我的一切奉獻給祂，為光榮我的上主，我才真正了解祂的訊息。這並不意味著我是個完美的忠誠者，還差地遠呢！然而生活上的壓力和焦慮已經大大的減輕，因為一切都在上主手中。我選擇比以前更加慷慨的行動，這給了我一種滿足和喜悅感。我面對我的家人，朋友，和每天遇見的人的行為方式也改變了。現在，我更關心他們的存在，我尋求能給他們一些我的部分，使他們可能也可以改變他們的一天，好使他們更接近基督。我正在改變自己成為一位門徒，能為祂所用而改變圍繞我周遭的一切。

對一生很重要的事情視而不見是可恥的。今天，考慮改變走一條過忠誠人生的道路，全心交給天主。在所有你的付出當中，你可能會深刻的發現天主的道路，你甚至可能會發現天主真正要創造的你。

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