March 19, 2017
3rd Sunday of Lent
Vol. 17 Issue 12

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**
Parochial Administrator Pro Tem

Reverend **Michael Estaris**, Priest in Residence
Reverend **Brent Carlton Nall**, Priest in Residence
Reverend **Nicholas Ho**, Chinese Mass

Deacon John Gisla
Deacon Raul Leon
Deacon Don DeHaven

Sister Jenny Aldeghi, FDCC, Director of Education
Rex Rallanka, Director of Music

1017 11st Street, Sacramento, CA 95814
Office Phone (916) 444-3071
Fax (916) 444-2749
Religious Education (916) 444-5364
blessed@cathedralsacramento.org
www.cathedralsacramento.org

**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
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**
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

**WEDDINGS** — Contact 916-444-3071,
Six (6) months in advance
She certainly would have, and for that reason She rightly praises “God my Savior”. Sin. Her the grace that Eve lost He preserved Her from the misfortune of falling into instant of Her conception God saved Her from that terrible fate, and by bestowing upon grace, the grace the original Eve lost, She too would have been a lost sinner. Therefore, Mary knew very well that if God had not bestowed on Her this superabundant grace that belong originally to the first Eve. This question arises from too narrow a view of Salvation as being merely the forgiveness of sins, a salvation from Hell and damnation, as a redemption from the sins we have already committed. Actually, however, salvation has a much broader application. Our salvation entails being empowered to live free of sin and to walk forever in the freedom of the sons of God, it is the power to walk always and forever in holiness and purity, the power to remain always in communion with God. It is a salvation from sin in the sense of delivering us from the domination of sin. The Salvation Jesus has provided for us not only washes away our past sins, it liberates us to sin no more. In Mary’s case, God Her Savior preserved Her from the stain of original sin and enabled Her to live Her life without sin so that the Holiness of God could descend from the highest Heaven and reside in Her womb. Christ took His flesh from Her, and it had to be a pure flesh, not in any way tainted with the effects of Eve’s sin.

St. Paul says that God has chosen us in Him to be “holy and without fault before him in love . . . To the praise of the glory of his grace, wherein he has made us accepted in the beloved . . .” (Ephesians 1:4-6). The Greek word Paul uses for “made us accepted” means to be “much graced” or “graciously accepted”, and that in an overabundant and excessive way, a superabundant flooding of the soul with His grace. That is the kind of grace that makes us “holy and without fault” before Him. Interestingly, that word is used only one other time in the entire New Testament, and it is at the Annunciation when the angel Gabriel greets Mary with the words, “Hail, full of grace, the Lord is with thee . . .” (Luke 1:28). Mary was full of the superabundant grace that makes one “holy and without fault before Him in love”.

What we are all destined to become in Christ, God accomplished in Mary first so that Jesus could be born of Her. Satan thought He could stop the salvation of the human race by preventing the Incarnation, and the only way he could do that was by tempting Eve to sin, for he knew that God could not become incarnate in “the mother of all living” (Genesis 3:20) if she had become corrupted by sin. But the wicked one did not count on God’s sovereign choice to make Mary the “New Eve” by bestowing on Her the superabundant grace that belong originally to the first Eve.

Therefore, Mary knew very well that if God had not bestowed on Her this superabundant grace, the grace the original Eve lost, She too would have been a lost sinner. From the instant of Her conception God saved Her from that terrible fate, and by bestowing upon Her the grace that Eve lost He preserved Her from the misfortune of falling into sin. Consequently, even though Mary never sinned, without His superabundant grace She certainly would have, and for that reason She rightly praises “God my Savior”.

~John-David Black~

The Annunciation

Originally a feast of our Lord, but now celebrated as a Marian feast, the feast of the Annunciation dates back at least to the fifth century, and the date of the feast, which is determined by the date of Christmas, was set at March 25 by the seventh century.

The Annunciation, as much as or even more so than Christmas, represents Christ’s Incarnation. When Mary signaled to Gabriel her acceptance of God’s Will, Christ was conceived in her womb through the power of the Holy Spirit. While most of the fathers of the Church say that Mary’s fiat was essential to God’s plan of salvation, God foresaw Mary’s acceptance of His Will from all eternity.

The narrative of the Annunciation testifies powerfully to the truth of the Catholic tradition that Mary was indeed a virgin when Christ was conceived, but also that she intended to remain one perpetually. Mary’s response to Gabriel—“How shall this be done, because I know not man?” (Luke 1:34) was universally interpreted by the fathers of the Church as a statement of Mary’s resolution to remain a virgin forever.

The Crown of Thorns

The Crown of Thorns is a symbol of the Passion of Jesus, a chaplet of thorn branches worn by Jesus before his crucifixion. Jonah 2:5 "...weeds were wrapped about my head" takes on a symbolic reference to the Crown of Thorns.
Thousands of school children across the country will spend this Lent preparing for their first Confession. They will memorize the Act of Contrition and learn the practice of examining their conscience. In parishes committed to presenting the fullness of the Church’s moral teaching, they also will learn the difference between mortal and venial sin.

The distinction between mortal and venial sin corresponds to the commonsense notion that some sins are more serious than others. St. John speaks of this distinction in his First Letter (5:17).

Mortal sin refers to a grave sin which ruptures our friendship with God. The loss of sanctifying grace results from this choice against God and His law. Venial or lesser sin weakens charity and impedes growth in the spiritual life. It does not, however, result in the loss of the charity that God gives us, the basis for friendship with God.

Like so many school children before them, this year’s first penitents will learn that mortal sin consists in knowingly and deliberately committing a sin of grave matter. But how do we know if a sin is grave?

A grave sin is defined by its object—what sort of act one has chosen. The kind of act involved in grave sin is one whereby the sinner, by the very nature of the act, turns against God. This turning can be direct, as in the case of idolatry or apostasy, or it can result from some act of disobedience to God’s commands. The refusal to worship God on Sunday, for example, constitutes a grave turning against His commandments.

Pope John Paul II reminded the Church of the real harm that grave sin introduces into life, as an act which not only gravely offends God, but “ends in turning against man himself” (Reconciliatio et paenitentia, no. 17).

This teaching helps us to appreciate the grave nature of certain acts in and of themselves. Even if committed without full knowledge or a full act of the will, a grave sin remains an obstacle to man’s flourishing and a rupture in the human community.

The Code of Canon Law reminds Catholics that one who has committed a grave sin should refrain from receiving Holy Communion (CIC 916). Catholics are obliged to confess all grave sins not yet brought to the confessional (CIC 988 § 1). All that is to say, grave sin is serious business.

People often ask if a list exists of all sins of grave matter. Given the variety of human action, such a list is impossible to draw up. In the absence of such a list, however, the Ten Commandments remain the best available guide. As the commandments themselves reveal, some areas of life admit more easily of there being greater and lesser sins. The first commandment forbidding stealing, for example, admits of both grave and light matter. Pilling a day’s wage ruptures the human community in a way that stealing a candy bar does not. The eighth commandment prohibits both vicious lies—sins of grave matter—and so-called white-lies, sins of light matter but nonetheless contrary to human dignity.

Conjugal love occupies an important place in Catholic teaching. It stands out among the goods that God has made for us to enjoy. Unlike money, which one can have in greater or lesser amounts, conjugal love cannot be divided. It is all or nothing. The choice for sexual pleasure involves either the marital embrace or an act of unchastity. Accordingly, no sin against the sixth commandment can be considered a light affair. The ninth commandment forbidding impure thoughts, on the other hand, may admit of light matter.

Taking the life of an innocent person would indisputably be grave matter. Other sins against the fifth commandment could also be considered grave under certain circumstances. Ruining another’s reputation with slander or gossip could so drastically affect one’s livelihood that this sin should by no means be taken lightly.

Sin does not represent the violation of an arbitrary whim, like the rules of a board game. Instead, sin contradicts the truth about the human person. The moral law is like the law of gravity—it is built into human nature. In just the same way, a sin of grave matter means a serious one, serious in its object. The gravity of sins is not arbitrarily assigned. A sin against human life or human love, a choice against God and His Church constitutes a serious wound to man’s capacity for true happiness.

While some theologians may hesitate to talk about grave sin, school kids at parishes across our country are learning its plain truth just fine. Fr. Ryan Connors/Diocese of Providence
Holy Saturday Pilgrimage

The Diocese of Sacramento, in collaboration with Radio Santísimo Sacramento (RSS), is organizing the fourth annual pilgrimage to seven parishes within the City of Sacramento on Holy Saturday, April 15, 2017 at 7:00 a.m.

The pilgrimage begins at St. Elizabeth Church and continues to the Cathedral of the Blessed Sacrament, St. Francis Church, Sacred Heart, Immaculate Conception, and the Sacramento Food Bank, concluding at the Shrine of our Lady of Guadalupe. There will also be a brief stop at the Capitol.

This beautiful Hispanic tradition was adopted four years ago during the observance of the Year of Faith. It offers the faithful an opportunity to prepare their hearts for the Easter Vigil and Easter Sunday. There were over 1200 participants last year. A Plenary Indulgence will be associated with participation in the pilgrimage along with the requisite Confession, Communion, and prayers for the intentions of the Holy Father.

The pilgrimage is conducted bilingually, but primarily in Spanish. We extend a special invitation to the youth and young adults.

Register as a Parishioner

If you would like to register as a parishioner of the Cathedral parish, please visit cathedralsacramento.org/Visit Us.

Pray the Rosary

As a time of renewal, preparation, and with consideration for this unique opportunity to pray with a larger group; we plan to join the Lenten Vespers (evening prayers) upstairs in the Cathedral of the Blessed Sacrament (front doors should be open) Wednesday, March 15th at 7:15pm. Lenten Vespers with choir members will take about 30-40 minutes in front of the Tabernacle inside the Sanctuary in the back of the church. "He who sings well prays twice, so long as it is from love." ~ Fr. John Zuhlsdorf's oft quoted citation from St. Augustine.

Next week, our parish will take up The Catholic Relief Services Collection (CRSC). Funds from this collection help provide food to the hungry, support to displaced refugees, and Christ’s love and respect to all people here at home and abroad. Next week, please give generously to the CRSC and help Jesus in disguise. Learn more about the collection at www.usccb.org/catholic-relief.

Banns Of Marriage

Michele Radaelli and Yiwen Wang, members of the Cathedral Parish, announce their wedding on June 17, 2017 in the diocese of Milan, Italy. This Banns of Marriage will be published in the Cathedral Bulletin for three consecutive Sundays (3/12, 3/19, 3/26).
<table>
<thead>
<tr>
<th>Mass/Intentions</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 18th</td>
<td>10:00 am CFF Classes</td>
</tr>
</tbody>
</table>
| Sunday 19th  | 9:00 am RCIA class for children and teens  
|  
|  
| 9:30 am RCIA Breaking of the Word  
|  
| 11:00 am Liturgy of the Word for Children  
|  
| 11:15 am Spanish CCD classes |
| Monday 20th | 6:30 pm RCIA Evening Prayer  
|  
| 7:00 pm RCIA Class |
| Tuesday 21st | 6:00 pm Spanish Choir for the 7pm Mass  
|  
| 7:00 pm English Confirmation classes |
| Wednesday 22nd | 7:00 pm Communion & Liberation  
|  
| 7:15 pm Vespers w/choir  
|  
| 7:15 pm Rosary Club |
| Thursday 23rd | 7:00 pm Bible Timeline Class |
| Friday 24th  | Stations of the Cross after 12:10 Mass  
|  
| 7:00 pm Spanish Stations of the Cross  
|  
| 7:30 pm Rosary Recitation at St. Junipero's Statue in Capitol Park |

### Pray For One Another

Arthur Bailey  
Ceciley Snook  
Vickii Rene Elizabeth  
Diana Weilde  
Sunita Phillips  
Cathy Hickman  
Maricela Cortes  
Dorothy Adams  
Joel & Cesar  
Mark McDougal  
Garren Bratcher & Family  
Rosaline  
Robyn Freeman  
Debbie Freitag  
Robertta Freitag  
Jeremy  
Harry Gabo  
Monica Gabo  
Luis Gutierrez  
Scott Hespeler  
Dayna Hurtado  
Kati Jansen  
Carol “CJ” Jenkins  
Timothy Jimenez  
Norma Katindoy  
Cynthia Matulia  
Lee McClure  
Nellie Medina  
Blanca Padilla  
Nilda Medina  
Michael Jose Mejia  
Delia Melsness  
Cloraine Miura  
Maria Elena Monzani  
Eugenio Negrete  
Elizabeth Paul  
Rosemary Plain  
Hilda Plancarte

Let us pray for you or your loved ones. Submit your prayer request on cathedralsacramento.org or email: cbsprayer3@yahoo.com

Names will appear for one month.  
Please contact us at cathedralsacramento@gmail.com to extend the time or remove.

![Lent Crossword Puzzle](image)
llevará a cabo la colecta para Catholic Relief Services Collection (CRSC). Los fondos recaudados en esta colecta ayudarán a proveerles alimentos a los que pasan hambre, apoyo a los refugiados y el amor y el respeto de Cristo a todas las personas, aquí en nuestro país y en el extranjero. La próxima semana, por favor contribuye generosamente a la colecta de CRSC y a Jesús con otro rostro, ¿le ayudarás? Aprende más acerca de la colecta en www.usccb.org/catholic-relief.

¿Por qué la Semana Santa cambia de fecha cada año?
El Año litúrgico se fija a partir del ciclo lunar, es decir, no se ciñe estrictamente al año calendario.

Cuenta la historia, que la noche en la que el pueblo judío salió de Egipto, había luna llena y eso les permitió prescindir de las lámparas para que no les descubrieran los soldados del faraón.

Los judíos celebran este acontecimiento cada año en la pascua judía o “Pesaj”, que siempre concuerda con una noche de luna llena, en recuerdo de los israelitas que huyeron de Egipto pasando por el Mar Rojo.

Podemos estar seguros, por lo tanto, de que el primer Jueves Santo de la historia, cuando Jesús celebraba la Pascua judía con sus discípulos, era una noche de luna llena. Por eso, la Iglesia fija el Jueves Santo en la luna llena que se presenta entre el mes de marzo y abril y tomando esta fecha como centro del Año litúrgico, las demás fechas se mueven en relación a esta y hay algunas fiestas que varían de fecha una o dos semanas.

Las fiestas que cambian año con año, son:
- Miércoles de Ceniza
- Semana Santa
- La Ascensión del Señor
- Pentecostés
- Fiesta de Cristo Rey

40 DÍAS POR LA VIDA
1 de Marzo - 9 de Abril

¡AYUDA A SALVAR VÍVIDAS EN SACRAMENTO!

Protege a madres y bebés uniéndote a la movilización pro-vida más grande de la historia.
40 Días por la Vida ha logrado tener más de 725,000 voluntarios en 40 países.
Con la ayuda de Dios, aquí están los resultados:
- 12.668 bebés salvados del aborto
- 141 conversiones de trabajadores preventivos de abortos
- 75 centros de abortos cerrados

Contribuye a expandir este impacto y forma parte de la campaña de 40 Días por la Vida:
Ubicación: Centro de aborto en 1142 Ethan Way, Sacramento
Hora: 2am - 7pm, Lunes a Viernes
Contacto local: Patti Dayha at 916-502-4854 or email: Patti_d@att.net
Mas Información:
www.40daysforlife.com/sacramento

Catedral del Santísimo Sacramento
12ª Rifa anual de Pascua

Premios:
- Placa de plata de ley de la Sagrada Familia de Italia
- Fitbit
- Bicicletas del muchacho y de la muchacha
- Scooter
- Surtido de Cestas

Ayuda a apoyar a tu parroquia
Programa de Formación de la Fe

Billete: $1.00

Dibujo para ser sostenido encendido
Divina Misericordia Domingo 23 de abril de 2017
Estas Invitado

Todos los jueves a las 7pm Tendremos Reflexiones.
Y todos 1os viernes a las 7 pm Viacrucis

En La Misa de 7pm, se necesitan monaguillos. Si estas interesado comunícate con Pablo, Rosa o Liliana, 916-444-3071, ext. 15

Esta semana nos unimos en Oración y pedimos por el eterno descanso de nuestros hermanos.

Antonio Plancarte
Luis y Margarita Ceja
Sergio Corona
María Cadena
Dales, Señor, el descanso eterno
Y que brille para ellos la luz perpetúa, Amen.

~John-David Black~
One Furniture
2441 Northgate Blvd - Sacramento, CA 95833
(916) 927-1847 Se Habla Espanol
10% off your next purchase with this bulletin AD
NO CREDIT CHECK, FINANCING AVAILABLE

Compensacion del Trabajador
LAW OFFICES OF BART L. MEHLHOP
DESEDE 1987
Usted tiene derecho a recibir:
* Atencion Medica
* Compensacion Monetaria por su Accidente
BILINGUE / BILINGUAL
INJUREDWORKERHELP.COM
916-930-9675

Pioneer Towers - Senior Community 55+
515 P Street, Sacramento, CA 95814
Located in the heart of the cultural and entertainment center of Sacramento near the Capitol building & Crocker Art Museum. Come and visit our lovely community to find out why you should call it "home." Call 916-442-2907 to schedule a tour.

Los Jarritos
455-7911
Mexican food
Daily 8 am to 9 pm; Friday & Saturday till 9:30 pm
2509 Broadway LosJarritosSacramento.com

Paradise Oaks Youth Services
Make a difference - Become a Foster Parent
Foster Parents change lives
Training & Financial Support provided
INFO: 916-967-6253
www.paradiseoaks.com

Nunez Transport
Looking for Solo & Teams Over-the-Road Drivers
12 mn. experience W/Class A TX Endorsement.
For more information call Linda Nunez at (916) 921-8584 or fax work experience W/DMV printout at (916) 921-7550

AD SPACE AVAILABLE!
916 921-8584
¡ESPACIO DISPONIBLE!

Catholic Funeral & Cemetery Services
St. Mary’s Catholic Cemetery
(916) 452-4831
George L. Klumpp Chapel of Flowers
(916) 443-7917
Calvary Catholic Cemetery
(916) 726-1232
Your complete resource for Advanced Planning and end of life services. Advanced Planning Parish Discount Available

A Ministry of the Diocese of Sacramento
Catholic Funeral & Cemetery Services
St. Mary’s Catholic Cemetery
(916) 452-4831
George L. Klumpp Chapel of Flowers
(916) 443-7917
Calvary Catholic Cemetery
(916) 726-1232
Your complete resource for Advanced Planning and end of life services. Advanced Planning Parish Discount Available

A Ministry of the Diocese of Sacramento