Cathedral of the Blessed Sacrament

1019 11th Street, Sacramento, CA 95814 * 916-444-3071
[This Sunday is] the Feast of the Most Holy Trinity. We, of course, believe that there is only One God who is Father, Son, and Holy Spirit. It is a mystery as to how God exists in such a context, but we accept that our minds are truly incapable of understanding the greatness of our Maker. This community of persons (Father, Son, and Spirit) is, however, the paradigm for understanding all communities which strive to function as children of God. We believe that, just as Father, Son, and Spirit are one, so too, we are called to that same unity as members of the Body of Christ. Jesus prays that we will be one just as He and the Father are one (John 17).

As church, we believe that the mystery of the unity of God’s three persons is maintained through mutual love. Love is the unifying presence that binds the persons of God. This is so much the case that Jesus declares that God is Love. This love has been revealed to us throughout the ages, but most especially in the Person of Christ incarnate, Jesus. This incarnation reveals both that God subsists in Love and graces that same love to His creation. It is love that unites God and it is only love that unites His followers.

Jesus insists that there be a community of believers and so says that two or more must gather in His name. One alone is not enough. When two gather in His name, three people are present because Jesus will also be there. This beautiful image reveals something of the mystery of the Trinity and our own connection with God. When we gather in the love of Jesus, we become one with each other and participate with Christ as His body. This all happens through Love.

One might ask if it is possible for us to love one another the way the persons of the Trinity love. Of course, it is not possible on our own. Only through God who is Love is this possible. With God, all things are possible. It is through this great Feast this Sunday, the Solemnity of the Most Holy Body and Blood of Jesus Christ, that we approach an understanding of the great mystery to which we are called. The Body of Christ in the Eucharist, the presence of who we are called to be, fills us with His very essence so that we can be united with our brothers and sisters in His love. In many ways, it all seems so impossible. How can we love so many neighbors, strangers and enemies? Do we really believe that God expects us to love and be united to all our brothers and sisters in Christ? Do we really believe that God reveals His great love for us by giving His life to us? Do we really believe that with God, all things are possible? Do we really believe?

(First published 6-18-17)

~Father Michael~
“I ask you to consider that our Lord Jesus Christ is your true head and that you are a member of his body. He belongs to you as the head belongs to the body. All that is his is yours: breath, heart, body, soul and all his faculties. All of these you must use as if they belonged to you, so that in serving him you may give him praise, love and glory.”

~St. John Eudes~
CATHEDRAL ACTS WOMEN’S RETREAT: JUNE 20-23, 2019
A parish ACTS retreat strives to achieve the directives of Vatican II and the goals of the Revised Code of Canon Law of 1983 which emphasize “community and pastoral care” within a parish. The weekend allows the retreatants to experience God’s love and joy. They return to their parish with a deeper love for each other and a desire to become more involved in their parish faith community. Visit saccathedralacts.org for more information.

Next Week: EUCHARISTIC PROCESION FOR CORPUS CHRISTI
Bishop Soto will conduct a Corpus Christi procession to Capitol Park after the 11:00 am Mass next Sunday, June 23, for the Solemnity of the Body and Blood of Christ. All parishioners are encouraged to join Bishop Soto as we give public testimony and devotion to the Sacrament of the Eucharist, for which the Cathedral is named. Expect hymns and litanies with easy answers. The procession will continue through Cathedral Square, cross L Street, to the entrance of the Capitol, then follow the diagonal walkway to the Statue of Junipero Serra where the Bishop will give the Eucharistic Blessing, and finally return to the Cathedral where the Blessed Sacrament shall rest. The procession should take about half an hour. The Hispanic community is encouraged to join Bishop Soto in the park and return with the procession to the Cathedral for the 1:00 pm Mass.

Cinema Divina presents:
“LILIES OF THE FIELD”
June 28, 2019 ~ 6:00 pm
in Mercy Hall
Cinema Divina opens their summer movie night series with “Lilies of the Field,” starring Sidney Poitier in his Academy Award winning performance as traveling African-American handyman Homer Smith, when he stops by a farm in rural Arizona and is welcomed by a group of Roman Catholic nuns who have emigrated from Germany. Realizing that the farm needs a lot of work, Homer takes on a number of repair projects for the women, who are led by the headstrong Mother Maria (Lilia Skala).

Cathedral Kids
Read the Gospel and Color

Sharing the Gospel - The disciples learned a lot from Jesus, but he knew they still needed to learn more. That’s why Jesus asked God the Father to send the Holy Spirit to his friends. Jesus knew that the Holy Spirit would stay with them, to teach them everything Jesus wanted them to know.

Prayer - Dear God, I want the Holy Spirit to teach me more about Jesus, too.

Mission for the Week - As you read a Bible story tonight before bed, ask the Holy Spirit to teach you what Jesus wants you to learn.

Puzzle
Find and circle these words from today’s Gospel:
I H A V M U C O R M O
A S P E A K H M T E H
Y P T O Y U B R I S G
N I W L D S H O W S E
T R U T H A E M N A B
Y I O C U L F D U G N
G T H S P I A R I E T
U N D E R S T A N D S
I H O W A U H W I L O
D C M E N D E G U D Y
E U R G L O R Y S T A
Readings & Observances

Sunday: The Most Holy Trinity; Father’s Day
Prv 8:22-31/Ps 8:4-5, 6-7, 8-9 [2a]/Rom 5:1-5/Jn 16:12-15
Monday: 2 Cor 6:1-10/Ps 98:1, 2b, 3ab, 3cd-4 [2a]/Mt 5:38-42
Tuesday:2 Cor 8:1-9/Ps 146:2, 5-6ab, 6c-7, 8-9a [1b]/Mt 5:43-48
Wednesday: St. Romuald, Abbot
2 Cor 9:6-11/Ps 112:1bc-2, 3-4, 9 [1b]/Mt 6:1-6, 16-18
Thursday: World Refugee Day
2 Cor 11:1-11/Ps 111:1b-2, 3-4, 7-8 [7a]/Mt 6:7-15
Friday: St. Aloysius Gonzaga, Religious
2 Cor 11:18, 21-30/Ps 34:2-3, 4-5, 6-7 [cf. 18b]/Mt 6:19-23
Saturday: St. Paulinus of Nola, Bishop; Sts. John Fisher, Bishop, and Thomas More, Martyrs
2 Cor 12:1-10/Ps 34:8-9, 10-11, 12-13 [9a]/Mt 6:24-34

"But when he comes, the Spirit of truth, he will guide you to all truth." ~John 16:13a~

Prayer Corner
Please remember in your prayers...


For the Repose of the Soul of: Damien Avoce + Bishop Frances Quinn + Teodoro Tayaba + Gisele Mensah + Jimmy Jaimez + Patricia and Andrew Vargas +

"[God] cannot be found in noise and restlessness. God is the friend of silence."

~St. Teresa of Calcutta~
[Este domingo es] la Fiesta de la Santísima Trinidad. Nosotros, por supuesto, creemos que hay un solo Dios que es Padre, Hijo y Espíritu Santo. Es un misterio en cuanto a cómo Dios existe en tal contexto, pero aceptamos que nuestras mentes son verdaderamente incapaces de entender la grandeza de nuestro Creador. Esta comunidad de personas (Padre, Hijo y Espíritu) es, sin embargo, el paradigma para entender todas las comunidades que se esfuerzan por funcionar como hijos de Dios. Creemos que así como Padre, Hijo y Espíritu son uno, también nosotros somos llamados a esa misma unidad como miembros del Cuerpo de Cristo. Jesús ora para que seamos uno como Él y el Padre son uno (Juan 17).

Como iglesia, creemos que el misterio de la unidad de las tres personas de Dios se mantiene a través del amor mutuo. El amor es la presencia unificadora que une a las personas de Dios. Este es el caso de que Jesús declara que Dios es Amor. Este amor nos ha sido revelado a través de los siglos, pero sobre todo en la persona de Cristo encarnado, Jesús. Esta encarnación revela tanto que Dios subsiste en el Amor como las gracias ese mismo amor a Su creación. Es el amor que une a Dios y es sólo el amor que une a Sus seguidores.

Jesús insiste en que haya una comunidad de creyentes y así dice que dos o más deben reunirse en Su nombre. Uno solo no es suficiente. Cuando dos se reúnen en Su nombre, tres personas están presentes porque Jesús también estará allí. Esta hermosa imagen revela algo del misterio de la Trinidad y nuestra propia conexión con Dios. Cuando nos reunimos en el amor de Jesús, nos hacemos uno con el otro y participamos con Cristo como Su cuerpo. Todo esto sucede a través del Amor.

Uno podría preguntarnos si es posible que nos amemos unos a otros como las personas de la Trinidad nos aman. Por supuesto, no es posible por nuestra cuenta. Sólo esto es posible por medio de Dios, que es Amor. Con Dios todo es posible. Es a través de esta gran Fiesta este domingo, la Solemnidad del Santísimo Cuerpo y Sangre de Jesucristo, que nos acercamos al entendimiento del gran misterio al que estamos llamados. El Cuerpo de Cristo en la Eucaristía, la presencia de quien somos llamados a ser, nos llena de Su misma esencia para poder unirnos con nuestros hermanos y hermanas en Su amor. En muchos aspectos, todo parece tan imposible. ¿Cómo podemos amar a tantos vecinos, extraños y enemigos? ¿Realmente creemos que Dios espera que amemos y nos unamos a todos nuestros hermanos y hermanas en Cristo? ¿Realmente creemos que Dios revela Su gran amor por nosotros al darnos Su vida? ¿Realmente creemos que con Dios, todas las cosas son posibles? ¿Realmente creemos?

(Publicado por primera vez 6-18-17)

~Padre Michael~
LAS LECTURAS DE LA SEMANA DEL 16 DE JUNIO DE 2019

Domingo: La Santísima Trinidad; Día del padre
Prov 8, 22-31/Sal 8, 4-5. 6-7. 8-9 [2]/Rom 5, 1-5/Jn 16, 13
Lunes: 2 Co 6, 1-10/Sal 98, 1. 2. 3. 3-4 [2]/Mt 5, 38-42
Martes: 2 Co 8, 1-9/Sal 146, 2. 5-6. 6-7. 8-9 [1]/Mt 5, 43-48
Miércoles: San Romualdo, abad
2 Co 9, 6-11/Sal 112, 1-2. 3-4. 9 [1]/Mt 6, 1-6. 16-18
Jueves: 2 Co 11, 1-11/Sal 111, 1-2. 3-4. 7-8 [7]/Mt 6, 7-15
Viernes: San Luis Gonzaga, religioso
2 Co 11, 18. 21-30/Sal 34, 2-3. 4-5. 6-7 [cfr. 18]/Mt 6, 19-23
Sábado: San Paulino de Nola, obispo; San Juan Fisher, obispo, y San Tomás Moro, mártires
2 Co 12, 1-10/Sal 34, 8-9. 10-11. 12-13 [9]/Mt 6, 24-34

MEDITACIÓN
Hoy, la Liturgia celebra una fiesta de familia. ¿Has pensado que cada vez que nos santiguamos, damos gloria a Dios y afirmamos que pertenecemos a la gran familia de Dios, que es la familia cristiana? Como Iglesia celebramos a las tres personas; es decir a la Santísima Trinidad. Desde niño se aprende en el catecismo la siguiente pregunta: ¿Quién es Dios? La respuesta es: Dios es la Santísima Trinidad. Agregando algo más a la respuesta se pude afirmar que la Trinidad es comunión que vive en comunidad compuesta por Dios Padre, Dios Hijo y Dios Espíritu Santo. Comunión donde se vive, y expresa el amor de Dios para toda la humanidad por medio de las tres personas.

En el Evangelio de hoy, Jesús, promete a sus discípulos una nueva presencia; El Espíritu que vendrá, "El no viene con un mensaje propio, sino que les dirá lo que escuchó y anunciará lo que ha de venir. El tomará de lo mío para rebelárselo a ustedes, y yo seré glorificado en él." (Juan 16:13-14). El mensaje para vivir es descubrir lo que significa comunión; Es decir, ser personas de acción en la justicia y la verdad. San Cipriano lo expresa de la siguiente forma: "Una muchedumbre reunida por la unidad del Padre y del Hijo y del Espíritu Santo”. Jesús nos revela la sabiduría de la Trinidad. El punto es que se comprenda por medio de la oración y reflexión que al orar a cada Persona de la Trinidad oramos en comunión a las tres personas. El Padre, comparte con nosotros por medio de Jesús, y el Espíritu mismo es vida en la Trinidad. ¡Amén!

VIVIR LA LITURGIA
Nosotros creemos en un Dios que es Padre, Hijo y Espíritu Santo. La realidad de que Dios es tres Personas distintas, sin embargo, no debe que la mente encuentra difícil de comprender. Pero, entender a Dios de esta manera no es imposible para el corazón contemplativo. Solo necesitamos mirar a nuestro alrededor para ver a nuestro Dios trino actuando e interactuando con toda la creación con cada una de sus Personas manifestándose. Dios nuestro Padre abunda en y a través de la creación. Dios Hijo late en cada corazón humano, en el amor, en la ternura de la misericordia y en nuestro prójimo. Dios Espíritu Santo da vida a todas las cosas y guía el curso del tiempo y las estaciones, trayendo salvación y guía a todas las cosas. Respira en la altura y en la profundidad de la presencia trina de Dios y que tu corazón contemple su presencia y gloria.

LA CORRESPONSABILIDAD DIARIA
La Iglesia es una, santa, católica y apostólica. Esa unión se refleja para nosotros en la Santísima Trinidad: un Dios en tres personas. Somos una comunidad diversa con diferentes orígenes, culturas, realidades y dones, pero somos verdaderamente una. Desafortunadamente, a menudo olvidamos esto y funcionamos como un cuerpo fraccionado. Competimos innecesariamente unos contra otros, nos juzgamos unos a otros en lugar de ayudar, y nos quedamos callados cuando nuestros hermanos y hermanas piden ayuda.

Cuando nos tomamos en serio nuestro estilo de vida de corre- sponsabilidad, vemos que nuestras vidas no son pertenecen real- mente a nosotros mismos. Queremos ofrecer nuestra propia exis- tencia a Dios y al Cuerpo de Cristo. Si descubrimos que somos resistentes a esa plenitud de generosidad, o comenzamos a usar nuestros dones de una manera que fractura a la comunidad, en- tonces trabajamos activamente en contraste con esta marca de la Iglesia.

La Iglesia que fue establecida por Jesús y fortificada por la institu- ción de los sacramentos no puede ser destruida y privada de Sus cuatro marcas. El elemento humano puede estar tenso y herido, pero si siquiera las puertas del infierno prevalecerán contra esta institución viva en el Espíritu. Nuestras acciones pueden ser testigos de esa realidad o pueden ofender. Oremos para que suficientes de nosotros escojamos el camino santo para que todo el mundo vea que Dios es real, Jesús está vivo y nosotros somos UNO.

-Médtrac Earl Welliver, MTS

¡Feliz día del padre! ©LPI
Cathedral of the Blessed Sacrament
1017 11th Street, Sacramento, CA 95814
916-444-3071, Fax 916-443-2749, cathedralsacramento.org
Rectory Office Hours — Monday to Friday, 9:00 am to 12:00 pm, 1:00 pm to 5:00 pm

PASTORAL AND ADMINISTRATIVE STAFF
Father Michael O'Reilly, Rector
Father Kieran McMahon, Priest in Residence
Father Nicholas Ho, Chinese Mass
Deacon John Gisla, Office Manager
Deacon Don DeHaven
Deacon Edgar Hilbert
Deacon Omar Bardales
Sister Jenny Aldeghi, Director of Education
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Tom Waddock, Cathedral Manager
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Katie McAllister, Bookkeeper
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Eileen Dunn
Jaime Elizaldi
Jeff Weiss
Ellis Chan
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FINANCE COUNCIL
Robert Ingenito, Chairperson
Janet Bardales
Steve Harrold

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

EUCHARISTICadoration
When attendants are available:
Wednesday 12:45 pm to 4:45 pm
Thursday 12:45 pm to 4:45 pm
Friday 12:45 pm to 3:45 pm

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

BAPTISMS (Registration is required)
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

June 16 2019 * The Most Holy Trinity

CATHEDRAL PARISH STEWARDSHIP
The Cathedral Parish is solely supported by weekly offertories and individual donations. It is a self-sustaining, non-profit organization and does not receive funding from any other sources, including the Sacramento Diocese or any of its parishes.

The Cathedral's weekly expenses exceed $20,000. To maintain fiscal integrity, the offertory every week needs to cover more than half of the expenses. The Finance Council has set a weekly offertory goal of $11,500.

Weekend Total Offering Percent of Goal
May 18/19 $8,763 76%
May 25/26 $7,502 65%

Weekend Total Offering Percent of Goal
June 2/3 $7,969 69%
June 8/9 Not available

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. Thank you for your support!
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 arrange free private group tours.

Los tours en español se llevan a cabo el 1er y 2er domingo del mes después de la misa de 1pm.

Visit our GIFT SHOP downstairs
Sundays - 9:00 am to 3:00 pm, Tuesdays 10:30 am to 12:00 pm

CATHEDRAL PARISH REGISTRATION & UPDATE
Actualización y registro de la parroquia de la Catedral
You can also register online at cathedralsacramento.org/ Visit Us / Register as a Parishioner

Name (Nombre): ____________________________

Street Address (Domicilio): ________________________________

City (Ciudad): __________________________ State (Estado): ________ Zip (Código postal): ________

Phone (teléfono): (____)______ Cell Phone: (Celular): (____)______

Email: __________________________

For additional family members, please attach a separate sheet.

Please indicate: Por favor indique:

New Parishioner/Individual Nuevo Parroquiano / Individuo
New Parishioners/Family Nuevo Parroquio / 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: blessed@cathedralsacramento.org (escanear a pdf file y envíe por correo electrónico)
3) Fax to: 916-444-2749
4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814

RELIGIOUS EDUCATION PROGRAMS
The Cathedral offers a complete faith formation program, including Catholic Faith Formation, 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 Catholic but never completed your faith formation classes, we invite you to look deeper into the Catholic faith. Come meet some faithful Catholics 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 environment. The Rite of Christian Initiation of Adults (RCIA) sessions meet every Monday Evening at 7 PM in the lower level of the Cathedral. Feel free to come any Monday evening.

For more information on all of our faith formation programs, please call 916-444-5364 or email Sister Jenny Aldeghi FDCC, Director of Religious Education, jenny@cathedralsacramento.org

MARRIAGE PREPARATION
The Diocese of Sacramento requires an engaged couple to complete a marriage preparation program no later than two months before their wedding date. Contact: Janet & Omar Bardales at matrimonyprep@att.net, or 916-427-9160, or Sister Jenny at 916-444-5364. You do not have to have your wedding at the Cathedral in order to take this class.

GET MARRIED AT THE CATHEDRAL
If you would like to celebrate the Sacrament of Matrimony at the Cathedral, download the Cathedral Wedding Guidelines and Reservation Form on the cathedral website. Contact the parish office at least six months before your desired wedding date to arrange a meeting with Wedding Coordinator, Titi Kila at tkila@cathedralsacramento.org.

HALE YOUR MARRIAGE BLESSED IN THE CHURCH
If you would like to have your civil marriage blessed in the Catholic Church, please call or email Deacon John at the Cathedral Office to explore this possibility: 444-3071 Ext. 11; jgisla@cathedralsacramento.org. This can often be done in a small, private ceremony called a Convalidation, without any cost or fee. If you have been together for a number of years and would like to be married in the Church, this can also often be done in a small, private ceremony without any cost.

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, recognizing her journey from childhood to maturity. For more information on celebrating this beautiful tradition at the Cathedral, call Titi Kila, at 916-444-3071, or tkila@cathedralsacramento.org.

LITURGY OF THE WORD FOR CHILDREN
For ages 5 to 10 years old, at the 11:00 am Sunday Mass (Check calendar for dates). Children return to their families before the Offertory. For more information, contact the education office or Dorothy Corgiat at dlcorgiat@yahoo.com.
St. Romuald (June 19)

In the midst of a wasted youth, Romuald watched his father kill a relative in a duel over property. In horror he fled to a monastery near Ravenna. After three years, some of the monks found him to be uncomfortably holy and eased him out.

Romuald spent the next 30 years going about Italy, founding monasteries and hermitages. He longed to give his life to Christ in martyrdom, and got the pope’s permission to preach the gospel in Hungary. But he was struck with illness as soon as he arrived, and the illness recurred as often as he tried to proceed.

During another period of his life, Romuald suffered great spiritual dryness. One day as he was praying Psalm 31 (“I will give you understanding and I will instruct you”), he was given an extraordinary light and spirit which never left him.

At the next monastery where he stayed, Romuald was accused of a scandalous crime by a young nobleman he had rebuked for a dissolute life. Amazingly, his fellow monks believed the accusation. He was given a severe penance, forbidden from offering Mass, and excommunicated—an unjust sentence that he endured in silence for six months.

The most famous of the monasteries Romuald founded was that of the Camaldoli in Tuscany. Here began the Order of the Camaldolese Benedictines, uniting the monastic and eremitical lives. In later life Romuald’s own father became a monk, wavered, and was kept faithful by the encouragement of his son.
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