Sunday, August 23

21st Sunday of Ordinary Time

MASS

Monday-Friday | Lunes-Viernes
12:10 pm—Livestream Only

Saturday/Sábado: NO VIGIL MASS

Sunday/Domingo:

English:
7:30 am - Jazz Alley
11:00am - Livestream Only

Spanish | Español:
9:00 am - Jazz Alley
1:00pm - Livestream Only

Chinese:
3:00 pm - Livestream Only

RECONCILIATION

Monday-Friday:
11:30am to 12:00 noon

Saturday:
4:00pm to 5:00pm

“I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bond in heaven; and whatever you loose on earth shall be loosed in heaven.”

Matthew 16:19
SUNDAY, AUGUST 23
Anthony Ray Mejia S.I.; Susanna Romo S.I.; Silvia Ochoa-Mojica & Carlos Vazquez-Ochoa; The Mejia Family S.I.; Tom Fleming +; People of the Parish S.I.

MONDAY, AUGUST 24
Dick Jones S.I.

TUESDAY, AUGUST 25
Joseph Than +; Mayumi Castro +

WEDNESDAY, AUGUST 26
Maria Gion +; Victoria Vina +

THURSDAY, AUGUST 27
Luisa Aguirre S.I.; Holy Souls in Purgatory +

FRIDAY, AUGUST 28
Coleta Nonato +; Daniel Ledda +

Want to become Catholic or know someone who should be? Join the RCIA! RCIA@cathedralsacramento.org
Among the more difficult experiences that Covid-19 has plagued us with, such as death and a failing economy, is the turning up-side-down of our daily routine. The inability to live life-as-usual creates anxiety and a sense of losing one’s anchor. I believe many of us today feel a little adrift. The Church, for us believers, is one of the great foundations that give us the stability to endure the trials of life. The Church also helps in directing us to offer our lives for the needs of those we love. Some today feel that the Church is not responding to the essential needs of the people. This feeling is understandable, because the Church is so important. But, rather than getting upset or frustrated, it is better to examine what our true foundation is. The Church is a good source for strength and guidance, but our foundation is Christ. In fact, the Church could never be our foundation, because we are the Church. We must be founded upon something else: Christ.

Of course, Christ is not made adrift by the commotions of the sea, so we must make the effort to place our lives in His. As we make it through these difficult times, normalcy will begin to take shape. Even though we are still in full social-distancing mode, the Cathedral is beginning to steady itself. The many babies waiting to be baptized have begun their initial stages in their life in the Church. We are baptizing now, one baby at a time, with only parents and god-parents present. It makes for a beautiful, simple sacrament. As well, our Elect who had been waiting for the Easter Sacraments since April have finally celebrated their sacraments of Baptism, Confirmation, and First Eucharist. It was a beautiful ceremony even in the heat of our outdoor worship space. The first Eucharist for our children has also been calendared as well as the dates for our youth getting confirmed. These have been difficult adjustments, getting dates, limiting numbers of the faithful, and setting the rituals and symbols outdoors, but hardly anything impossible.

As we all try to stand on solid ground, we remind ourselves of the One who endured great moments of loss, loneliness, sacrifice and pain. Jesus, in his great desire to heal us and give us life, revealed the Father’s love which both transcends our fears and anxieties while also being intimately in union with them. As we continue to adjust to the rises and falls of life, we must stand on the one foundation of Christ while raising Him up for the world to see.

Father Michael
Entre las experiencias más difíciles con las que nos ha plagado Covid-19, como la muerte y una economía en decadencia, se encuentra el cambio de nuestra rutina diaria. La incapacidad de vivir la vida como de costumbre crea ansiedad y una sensación de perder el ancla. Creo que muchos de nosotros hoy nos sentimos un poco a la deriva. La Iglesia, para nosotros los creyentes, es uno de los grandes cimientos que nos dan la estabilidad para soportar las pruebas de la vida. La Iglesia también ayuda a orientarnos a ofrecer nuestra vida por las necesidades de aquellos a quienes amamos. Algunos sienten hoy que la Iglesia no responde a las necesidades esenciales de la gente. Este sentimiento es comprensible, porque la Iglesia es muy importante. Pero, en lugar de enojarse o frustrarse, es mejor examinar cuál es nuestro verdadero fundamento. La Iglesia es una buena fuente de fortaleza y guía, pero nuestro fundamento es Cristo. De hecho, la Iglesia nunca podría ser nuestro fundamento, porque somos la Iglesia. Debemos basarnos en otra cosa: Cristo.

Por supuesto, Cristo no se queda a la deriva por las conmociones del mar, por lo que debemos hacer el esfuerzo de poner nuestras vidas en la suya. A medida que superemos estos tiempos difíciles, la normalidad comenzará a tomar forma. A pesar de que todavía estamos en plena modalidad de distanciamiento social, la Catedral comienza a estabilizarse. Los muchos bebés que esperan ser bautizados han comenzado sus etapas iniciales en su vida en la Iglesia. Estamos bautizando ahora un bebé a la vez, con solo los padres y padrinos presentes. Es un sacramento hermoso y simple. Además, nuestros elegidos que habían estado esperando los sacramentos de Pascua desde abril finalmente han celebrado sus sacramentos del bautismo, la confirmación y la primera eucaristía. Fue una ceremonia hermosa incluso en el calor de nuestro espacio de adoración al aire libre. También se ha programado la primera Eucaristía para nuestros niños, así como las fechas de Confirmación de nuestros jóvenes. Estos han sido ajustes difíciles, conseguir fechas, limitar el número de fieles y adecuar los rituales y símbolos al aire libre, pero casi nada imposible.

Mientras todos tratamos de mantenernos firmes, recordamos a Aquel que soportó grandes momentos de pérdida, soledad, sacrificio y dolor. Jesús, en su gran deseo de cuidarnos y darnos vida, reveló el amor del Padre que trasciende nuestros miedos y ansiedades y al mismo tiempo está íntimamente en unión con ellos. A medida que continuamos adaptándonos a los ascensos y caídas de la vida, debemos estar firmes en el único fundamento de Cristo mientras lo levantamos para que el mundo lo vea.

Padre Miguel
SUNDAY REFLECTION

Sinking in the Water

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone.

Matthew 14:22-23

How beautiful is that? After feeding the people Jesus went up the mountain to pray by Himself. Being involved in various ministries at the Cathedral such as the Youth Group, Young Adults, the Welcoming Committee and, during the pandemic, a lector, it seems sometimes I forget that I cannot give from an empty cup. I cannot give what I do not have. Jesus gives a great example. Once He was done ministering to His people, He went to pray and refilled himself with God. Spending time with God is the most peaceful and re-energizing way that I am able to continue to do His work. Whether it’s in a moment of prayer, conversation, silence, or worship, it is so refreshing to spend time with the Lord. In my happy, sad, angry, or even tired emotions, I lift it all in prayer. In the little moments during the day or in ministry work when it feels overwhelming I remind myself that in the end it is all for His glory.

Matthew 14:24

I am the boat and the waves are my emotions and thoughts that are being tossed around in my mind when I do not know how to express my feelings. The ministries that I am involved in can be one after the other. Don’t get me wrong, I love being involved in parish life. It gives me purpose and provides me a sense of belonging. Getting to meet and know the people of the Cathedral parish over the years has been a blessing. I would like to take some time to slow down and reflect on the different ministries and events. If I continue to “get up and go,” I might miss the message that is there: to see the beauty that Jesus has created. Life also plays a role in rocking the boat. I personally have not been affected by the pandemic as some have. I pray for those who have lost their homes, jobs, loved ones and are struggling to get by.

When the disciples saw him walking on the sea they were terrified. “It is a ghost,” they said, and they cried out in fear. At once Jesus spoke to them, “Take courage, it is I; do not be afraid.”

Matthew 14:26-27

Jesus can be scary at times. He knows us better than we know ourselves. He knows what we are capable of. I have mentioned that during this pandemic I have become a lector. Although this was not by choice, it is a ministry that I am starting to appreciate and like. Lectoring for Mass is something I never saw myself doing, let alone in Spanish. I am not as confident in my Spanish as I would like to be. Lectoring for the Spanish live-streamed Masses at the Cathedral has helped improve my Spanish and pronunciation. It has also helped me fall more deeply in love with scripture. Jesus is telling me to take courage and not to be afraid. He is pushing me out of my comfort zone to do what He knows I can do.

Matthew 14:28-31

Peter started to sink because he was consumed by his surroundings and lost sight of what was in front of him, Jesus. I too lose sight of Jesus at times. When He calls out to me, I get consumed by the wind that causes the waves to become more visible. The waves of the world and society that fog up my view of the true meaning of life. Jesus is always there to catch me when I fall and get frightened. I shouldn’t doubt the Lord either. He has placed me where I need to be even though at times I question His plans for me. Let us not be like Peter. Let us trust in the Lord for He knows all.

- Victoria Ramos

From the Young Adult Blog cathedralyoungadults.wordpress.com

Find us at:
@cathedral.youngadult/
Dear Cathedral Parishioners,

Greetings to you in Our Lord Jesus Christ! It is a joy to be with you again in the Cathedral, this time as priest in residence and my thanks to Bishop Soto and Fr. O’Reilly for making this possible. I look forward to being of help in any way I can to Fr. Michael and to the parish. I greatly appreciate the good Rector with the wonderful staff, councils and all who make the Cathedral Parish what it is!

I love the sights and sounds of downtown, the Capitol even with the protests and the always changing personnel and issues that inevitably arise in Church and State. Again, I am able to experience those who are poor and lowly as well as the wealthy and powerful in this unique blend of community. I like to walk, and getting a feel more and more for the people and businesses existing in the Cathedral neighborhood is a great experience. And how beautiful it is to be in the Cathedral itself - so beautiful and so spiritually enriching! In many ways it seems like being in the Temple where Simon and Anna prayed night and day! This place is home to me after all my travels about the world and various assignments in the Diocese of Sacramento!

Rejoicing in all of this, I continue my ministry in other areas of church life. At St. Mary’s Catholic Community, Beale AFB, Archbishop Timothy J. Broglio just renewed my service with the Archdiocese of Military Services for another five years. I am also privileged to offer the TV show ‘Catholic Viewpoint: Faith, Hope and Love,’ still serve on a number of Boards in Charity, Ecumenical, Interfaith and participate in a variety of ministries. This June 3rd, marked my 47th year in ministry and God willing, I’ll be able to serve through my 50th anniversary and beyond - as long as He gives me strength – ‘to the very end’ as St. John Paul used to say!

God bless you and the holy Community of the Cathedral. May we all be strong in faith, hope and love as we support Fr. O’Reilly and each other in building up the parish, even in the unique and difficult circumstances of the Coronavirus.

Please feel free to contact me by email at mkiernan9607@yahoo.com or by phone/text at 916-995-0168, any time you wish.

Peace and all Good in Christ!

Fr. Michael F. Kiernan
Ahora aceptamos familias para la formación de la fe para el año 2020/2021 en la Catedral.

La orientación en línea para padres comienza en septiembre y la formación orientada a la familia comienza en octubre. Consulte el sitio web de la Catedral para obtener más detalles.

Now Accepting Families for Faith Formation for the 2020/2021 Year at the Cathedral.

Online Orientation for Parents begins in September with Family-oriented weekly formation beginning in October. See the Cathedral Website for more Details.

Youth Confirmation
If your child(ren) was/were scheduled to receive the Sacrament of Confirmation in Spring 2020, invitations to register for RETREAT were sent out this week. Once your child has completed Retreat, he/she will be scheduled for the Sacrament. Thank you for your patience! May the Holy Spirit help them during this time of preparation.

RCIA for Youth
If you have a child/teen in need of the Sacraments of Initiation, please register through the registration link below and we will assess the best placement for them.

Adult Confirmation
Please pray for those who are preparing to receive the Sacrament of Confirmation this coming Friday, August 28th. They prepared last Spring and have waited since Pentecost. Come Holy Spirit!

RCIA for Adults
Do you want to become a Catholic or know someone who might? Inquire about the RCIA! It is a place for exploration of faith and/or have questions answered about the Catholic Church.

1st Communion
Families of those children who were scheduled to receive the Sacrament of 1st Communion in Spring 2020, You will be notified this week regarding the formation of the Retreat, with the Sacrament being celebrated in September.

Sacramental Preparation
Sacramental preparation for all returning students will be offered according to the readiness of the child. They must complete two full years of faith formation before being prepared for the Sacrament. Please register at Cathedral Faith Formation page (link above).

Registration for 2020-2021
Online Registration for Family Faith Formation began. See the Cathedral website for details. See above link.

Inscripción para 2020-2021
La inscripción en línea para la formación de fe familiar comenzó. Vea el sitio web de la Catedral para más detalles.

En familia, hagan una lista de aquellos por quienes quieren orar esta semana y ofrezcan un Padre Nuestro, Ave María y Gloria por cada intención.

As a family make a list of those you want to pray for this week and offer an Our Father, Hail Mary and Glory Be for each inten-

www.cathedralsacramento.org/faithformation

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A Community that is dedicated to serve the Chinese Catholics in the Greater Sacramento Area
@sacchinesecatholic

EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

The Choice of Stewardship

What does it mean to be a good steward? Does it mean to be an active parishioner, or something more? Are we better stewards because we give more in terms of our money and time to our parish, or are we called to do even more than that?

The truth is that stewardship is a way of life. We are not simply called to be active parishioners, but instead be active disciples all the time. In fact, what we learn to do in our parish should serve as preparation for the mission field of the world. What have we really done if we only act like disciples of Jesus Christ while we are assembled with others who claim to be the same?

The choice before us is to give of ourselves in all aspects of our daily life. The call of Jesus will come in our everyday lives with our co-workers, family, and friends more often than it will within our parish community. First, if we can’t become good stewards when we are among those who proclaim Jesus as Lord, how will we be able to do so when we are with those who are non-believers? Second, when our muscles of gratitude, generosity, and graciousness are strengthened within our parish community, we are more able to meet the challenges of this world. However, we do not become good stewards by accident. We must always choose to live this way. What will you choose?

– Tracy Earl Welliver

常年期第二十一主日
我要將天國的鑰匙交給你：凡你在地上所束縛的，在天上也要被束縛；凡你在地上所釋放的，在天上也要被釋放。 – 瑪16:19

每日當責 - 在日常生活中體會天主 - 選擇聖善的生活

甚麼才是聖善的生活？ 是成為一位活躍的教友嗎？還是有其它更多的？將更多的金錢和時間投入我們的教區，或投入加倍的付出，就會使我們過個更好的聖善生活嗎？

其實聖善生活就是一種生活方式。我們不是那麼輕易地就成為活躍的教友，但始終是要取而代之成為活躍的門徒。實際上，我們在教區所學到的，都是為了做普世宣傳而準備。如果我們處在同樣也稱為耶穌基督的門徒群眾中，我們又真的能做些甚麼呢？

在我們面前所可以選擇的，是在日常生活中的各方面去奉獻自己。耶穌召叫我們，很多時候不是在教會社區裡，而在平日生活中的同事之間，及家人和朋友之間。首先，如果我們在聲稱耶穌是主的教友群體中，都沒有過聖善的生活，那麼當我們與外教的人在一起時，我們又能如何表現呢？第二，當我們的教會社區裡，能將感恩，慷慨和仁慈的肌肉增強時，我們才更有能力應對這個世界的挑戰，無論如何，聖善的生活不是偶然形成的，所以我們要堅持選擇過這種的生活方式，你是否也做此選擇呢？

– Tracy Earl Welliver
The HOLY SACRIFICE OF THE MASS
Until COVID-19 restrictions are lifted, Masses are broadcast daily via livestream on our Facebook and YouTube channels. See bulletin cover for details.

RECONCILIATION/CONFESSION (Covid schedule)
Mon—Wed—Thu: 11:00 am to 12:00 pm
Friday: 11:30 am to 12:00 pm
Saturday: 4:00 to 5:00 pm

ANOINTING OF THE SICK
Make an appointment by calling the parish office.

MATRIMONY
To celebrate the Sacrament of Matrimony at the Cathedral, contact Titi Kila at tkila@cathedralsacramento.org.

CONVALIDATION of MARRIAGE
If you would like 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, contact Deacon John at extension 11, or jgisla@cathedralsacramento.org. No weddings until COVID-19 restrictions are lifted.

MARRIAGE PREPARATION
The Diocese requires all engaged couples to prepare for their union with a marriage preparation program no less than two months before the date of their wedding. Contact Deacon Omar & Janet Bardales at matrimonyprep@att.net or 916-427-9160.

INFANT BAPTISM PREPARATION
No registration is required. Classes are held:
- 1st Thursday of the Month, 7 pm (English)
- 2do Jueves del mes, 7 pm (Espanol)

QUINCEANERA
While not a Sacrament, a Quinceanera celebrates a young lady’s coming of age (approx. 15th birthday) with Mass, stressing the virtues of family and social responsibility. For more information contact Titi Kila at tkila@cathedralsacramento.org.

BAPTISM
Registration is required to schedule a baptism of children (6 years of age or younger). Contact Deacon John at the Parish Office. Baptisms are scheduled:
3rd Saturday of each month, 9 am (English), y 4to Sabado del mes, 9 am (Espanol).
For anyone six years or older, contact Sr. Lisa Marie.

HOLY EUCHARIST
Following at least two years of faith formation, and signs of readiness, Children and Teens prepare for the Sacrament of the Holy Eucharist through a series of workshops for immediate preparation for the Sacrament. Adults prepare for the Sacrament through the RCIA. Contact Sister Lisa Marie for details.

CONFIRMATION
The diocese admits young people in eighth grade or older for the Sacrament of Confirmation. If you are a teen or adult, contact Sister Lisa Marie to register.

HOLY ORDERS
Priests and deacons are ordained to perform ministerial roles in the community. To know more about the priesthood and /or deaconate, contact Fr. Hernandez

FAMILY FAITH FORMATION AND EDUCATION
English and Spanish Online
The Cathedral offers weekly encounters for families to grow in faith together. This year we will study the Creed, taking a tenant each month and learn how to live it through weekly activities.

Rite of Christian Initiation for Adults/Children (RCIA)
Adults: Mondays, 7 pm
Children and Teens: Sundays, 9 am

RCIA is for those wanting to explore the Catholic faith in a community of prayer, scripture and weekly lessons. We also help prepare for their full initiation into the life of the Church through the Sacraments. For more information, Sister Lisa Marie Doty, FdCC at 916-444-5364, or lmdoty@cathedralsacramento.org.
MINISTRIES AND CONTACTS
Father Michael O’Reilly, Pastor / Rector

SACRED LITURGY
Altarservers: Michael Ognisty, mfognisty@msn.com
Choir (English)
Rex Railanka, 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
Extraordinary Ministers of Holy Communion
Amy McCormick, ammccormick@att.net

Greeeters and Ushers
Tom Waddock, 916-444-3071, x 36

Lectors
Fred Heacock, fheacock72@hotmail.com

SOCIAL and COMMUNITY SERVICE
Brown Bag Lunch Ministry
Marilynn Fairgood, Marilynn_Fairgood@att.net

Docents
Jill Pease, peasejill@gmail.com
Festival of Trees and Lights
Paula Trujillo, trupaula@gmail.com
Front Door Ministry
ministries@cathedralsacramento.org
Hospitality
Celeste Gisla, jfgisla@surewest.net

Respect Life Ministry
Liliana Balderrama, michoacan888@gmail.com

Saint Vincent de Paul contact the rectory office

PARISH PASTORAL COUNCIL
Peggy Oakden, Chairperson
Russel Almaraz
Esteban Arellano
Eileen Dunn
Andrea Martin-Borges

FINANCE COUNCIL
Robert Ingenito, Chairperson
Janet Bardales
Steve Harrold

FORMACIÓN Y EDUCACIÓN CATEQUÉSTICA
Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org
Formation y Educacion de Fe Catequistas/Spanish
at catedralfaithformationsac@gmail.com
Rite of Christian Initiation for Adults and Children
Sr Lisa Marie Doty, Rcia@cathedralsacramento.org

PRAYERS and COMMUNITY GROUPS
Benedictus Youth Group: Titi Kila, benedictusyg@gmail.com
Cathedral A.C.T.S.
ActsCathedralSacto@gmail.com, saccathedralacts.org
Cathedral Young Adults
Victor Amador, cathedralalya@gmail.com
Chinese Community
Oliver Wan, sccc.contact@gmail.com
Cinema Divina Movies
Reggie King, thecatholicstore@gmail.com
Email Prayer Chain
Lynne Amerson, cbs1017pc@yahoo.com.
Knights of Columbus
Jaime Elizaldi, jaime.elizaldi@gmail.com
Rosary Club
Lolita Urrutia, lolita.urrutia@gmail.com
Spanish Parents Group Leaders
Leticia Hilbert, leticia_hilbert@hotmail.com

PASTORAL AND ADMINISTRATIVE STAFF
Fr. Michael O’Reilly
Pastor
Fr. Nicholas Ho
Chinese Mass
Deacon John Gisla
Office Manager
Dcn. Edgar Hilbert
Dcn. Omar Bardales
Sr. Lisa Marie Doty
Director of Education
Michael Ognisty
Sacristan
Rex Railanka
Director of Music
Tom Waddock
Cathedral Manager
Victoria Ramos
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Katie McAllister
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Titi Kila
Wedding Coordinator
Chris Houllemand
Bulletin/Webmaster

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