Mass Schedule:

Monday - Thursday:
- 12:10 PM and 5:10 PM

Friday:
- 12:10 PM

Saturday:
- 5:00 PM (SUNDAY VIGIL MASS)

Sunday:
- English: 7:30, 9:00, 11:00 AM and 5:00 PM
- Espanol: 1:00 PM & 7:00 PM
- Chinese: 3:00 PM

Confessions

Monday-Friday:
- 11:30 AM to 12:00 NOON

Saturday:
- 4:00 PM to 5:00 PM

“Come to me, all you who labor and are burdened, and I will give you rest … for I am meek and humble of heart; and you will find rest for yourselves.”
Matthew 11:28, 29
Before coming
PREPARE

• Check Your health. Those over 65 or with a vulnerable condition are strongly encouraged to continue to shelter-in-place. If you have any signs of flu or fever, stay home and rest. Keep in mind the dispensation from the obligation to attend Sunday Mass issued by Bishop Soto remains in force.
• Watch the Video prepared by our welcoming committee regarding the procedures for check-in at Mass: www.cathedralsacramento.org
• Read the Readings before you come: English: www.usccb.org/bible/readings Spanish: www.usccb.org/bible/lecturas
• Download ibreviary, Magnificat or imissal apps for the daily readings.

Upon arrival
CHECK-IN

• Come with a Mask. We ask that all wear a mask if above two years old. Please apply your mask before getting to the Church.
• Arrive Early. There will be a check-in point at the main doors of the Cathedral. All that enter must provide their contact information so you can be notified in event of an outbreak of the virus traced to the time of your visit. This information will not be shared or sold.
• Be Flexible. Be Patient. Our volunteers will do their best to be welcoming as they show you to your seat. Let them seat you and use the experience as a prayer for the end of the virus.

Receiving
COMMUNION

• Remain where you are. At the time of Communion, stay in your place. The priest or minister of the sacrament will come to you. Please stand when to receive.
• Receive in the Hand if you can. The Church asks that you receive in the hand to lessen the potential contact.

We look forward to be able to celebrate together! United in prayer!
FIRST READING
See, your king shall come to you;
a just savior is he,
meek, and riding on an ass,
on a colt, the foal of an ass. (Zec 9:9b)

PSALM
I will praise your name for ever, my king
and my God. (Ps 145) or Alleluia

SECOND READING
For if you live according to the flesh, you will die,
but if by the Spirit you put to death
the deeds of the body,
you will live. (Rom 8:13)

GOSPEL
“Come to me, all you who labor and are burdened,
and I will give you rest.”
(Mt 11:28)

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WORSHIP & MEDITATION
LIFE IN THE HOLY SPIRIT

GOSPEL MEDITATION
Encourage Deeper Understanding of Scripture

We are all familiar with the refrain, “You have put on Christ. In him you have been
baptized. Alleluia, alleluia!” In Baptism, we “put on” Christ. In putting on Christ, we put on
all that Christ is and represents: hope, faith, and love. We are no longer bound to the sins
and failures of the flesh, that part of us that resists God and relies exclusively on human
means. It also means that we are not in debt to our past, complete with its sins, failures,
regrets, fears, and unfulfilled dreams. There is always hope. In putting on Christ, we put
on God’s vision for the world, for all of His children and for us. We have been given a road
map to guide our paths and a blueprint to follow for our life’s journey.

There is no need for regret, and we are not tethered to our past. Is there anything in
your past that you regret? Any decision or memory that continues to haunt you? We have
all made mistakes, and we have this uncanny ability to continue beating ourselves up
over things we can no longer do anything about, except learn from them. To put on
Christ means that I can now bring God’s unconditional love to my hurtful memories
and sinful choices. With each new moment and every new choice, I can start clean
and live in freedom.

Imagine adults when the disciples were preaching and baptizing. They came to baptism
not really knowing who they were, with pasts that were broken, seeking to live the joy
of the Gospel they heard spoken to them and wanting the love they saw witnessed in
the lives of those who believed. What tremendous celebrations their baptisms must
have been! They could now have the support of a community, full participation in the
sacraments of the church, focus for their disordered lives, consolation, healing, and an
understanding of what life is really all about.

Our lives are meant to be celebrations of the Spirit we have received in Baptism. How
does that joy get expressed in and through you? When we truly understand that we have
put on Christ, our burdens can become much lighter. It is odd that so many Christians
look like they are carrying the weight of the world on their shoulders. Wouldn’t it be
wonderful if those weights could be lifted and joy experienced!

“I give praise to you, Father the Lord of Heaven and earth...” - MT 11:25
Este fin de semana celebramos el Día de la Independencia y las palabras de Jefferson todavía perforan el alma de cada miembro de los Estados Unidos mientras nos esforzamos por lograr la igualdad para todas las personas en nuestro país.

La solución para las primeras colonias para lograr la igualdad era separarse del poder gobernante, Gran Bretaña. Se sintieron obligados a revelar al mundo que eran iguales a Inglaterra y a vivir vidas libremente en la búsqueda de la felicidad. En muchos sentidos, esta Declaración de Independencia y la posterior guerra lograron el efecto deseado. Hoy nos damos cuenta hoy, sin embargo, de que los firmantes de la Declaración eran ellos mismos el poder rector sobre otros que ellos mismos deseaban la vida, la libertad y la búsqueda de la felicidad.

“El (rey Jorge III de Gran Bretaña) ha excitado las insurrecciones entre nosotros, y se ha esforzado por traer a los habitantes de nuestras fronteras, los despiadados salvajes indios, cuya conocida regla de guerra es una destrucción indistinguible de todas las edades, sexos y condiciones”.

Todas las personas son iguales. Un pensamiento elevado que sostiene una gran verdad. Según los estándares actuales, vemos lo sesgado que es el lenguaje. Aunque el mundo ha aclarado quién es “hombres”, todas las personas independientemente de su raza, género, creencias religiosas, etc... el debate sigue librando la guerra en la oscuridad oculta del corazón humano. Claramente, todavía tenemos que luchar la batalla contra las potencias gobernantes que se comportan superior. La cultura popular dice que todos somos iguales. Mi fe dice que todos somos iguales. Creo que todos somos iguales. Aún más, creo que estamos hechos a imagen del Creador, cada uno de nosotros hermano y hermana; todos nosotros íntimamente Uno. Entonces, ¿cómo puedo vivir, ser libre y buscar la felicidad sabiendo que muchos de mis hermanos y hermanas todavía están luchando por estos derechos inalienables?

Seguimos orando y avanzando por un Día de la Independencia libre de toda tiranía y lleno sólo del amor de nuestro Creador.

Padre Miguel
This weekend we celebrate Independence Day and the words of Jefferson still pierce the soul of each member of the United States as we strive to achieve equality for all people in our country.

The solution for the early colonies in achieving equality was to separate themselves from the governing power, Great Britain. They felt compelled to reveal to the world that they were equal to England and to live lives freely in the pursuit of happiness. In many ways this Declaration of Independence and subsequent war achieved the desired effect. We realize today, however, that the signers of the Declaration were themselves the governing power over others who themselves desired life, freedom, and the pursuit of happiness.

All men are created equal. A lofty thought holding a great truth. By today’s standards, we see how biased the language is. Although the world has clarified who “men” is, all people regardless of race, gender, religious belief, etc...the debate still wages war in the hidden darkness of the human heart. Clearly, we still need to fight the battle against governing powers behaving superior. Popular culture says we are all equal. My faith says we are all equal. I believe we are all equal. Even more, I believe we are made in the image of the Creator, each one of us brother and sister; all of us intimately One. So, how can I ever live, be free and pursue happiness knowing that many of my brothers and sisters are still fighting for these unalienable rights?

We continue to pray and push forward for an Independence Day free of all tyranny and filled only with our Creator’s love.

Fr. Michael
WEEKLY PRAYER

READINGS FOR THE WEEK OF JULY 5, 2020

SUN 7/5  Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14 [cf. 1]/Rom 8:9, 11-13/ Mt 11:25-30

MON 7/6  Hos 2:16, 17b-18, 21-22/Ps 145:2-3, 4-5, 6-7, 8-9 [8a]/Mt 9:18-26

TUE 7/7  Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10 [9a]/Mt 9:32-38

WED 7/8  Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7 [4b]/Mt 10:1-7

THR 7/9  Hos 11:1-4, 8e-9/Ps 80:2ac and 3b, 15-16 [4b]/Mt 10:7-15

FRI 7/10  Hos 14:2-10/Ps 51:3-4, 8-9, 12-13, 14 and 17 [17b]/Mt 10:16-23

SAT 7/11  Is 6:1-8/Ps 93:1ab, 1cd-2, 5 [1a]/Mt 10:24-33

SUN 7/12  Is 55:10-11/Ps 65:10, 11, 12-13, 14 [Lk 8:8]/Rom 8:18-23/Mt 13:1-23 or 13:1-9

OBSERVANCES FOR THE WEEK OF JULY 5, 2020
Sunday:  14th Sunday in Ordinary Time
Monday:  St. Maria Goretti, Virgin and Martyr
Thursday: St. Augustine Zhao Rong, Priest, and Companions, Martyrs
Saturday: St. Benedict, Abbot
Next Sunday:  15th Sunday in Ordinary Time

MASS INTENTIONS
Saturday July 4  Nevaeh Lacy-Correa S.I.
Sunday July 5  Luz Morales +, Ánimas del Purgatorio + & People of the Parish S.I.
Monday July 6  Holy Souls in Purgatory, Terrance G. Kelly+ & Max Mendoza +
Tuesday July 7  Jim & Joyce Walker S.I.
Wednesday July 8  Jaime Benigno +
Thursday July 9  Jaime Benigno + & Merlina Benigno S.I.
Saturday July 11  Carmelita Morales S.I.

UPCOMING ...

Faith: Become a Cathechist

“What can I give back to the Lord for the goodness He has shown me?” - Psalm 116:12

You’ve been given a great gift of faith. Why not share it with others and help the seeds of faith grow at the Cathedral? To know more, register for one of our catechist orientation days:
https://is.gd/newcatechist

Search: What Do I Believe?

You have been attending Mass and wondering if you can finish your Sacraments of Initiation or become Catholic? Join us for an online reflection of why belief is a good thing. All are welcome to attend the exploration of Faith, beginning in August!

1. Sign up for the Search.
cathedralsacramento.flocknote.com/SEARCH
2. You will receive a confirmation email and a calendar of sessions.

Future: Family Formation

Due to the changes in our social climate, it is necessary to adapt our formation and education ministries. Let us know what would work for your family, in regard to safety/health and for growing strong Catholic families. Debidio a los cambios en nuestro clima social, es necesario adaptar nuestros ministerios de formación y educación. Háganos saber lo que funcionaría para su familia, en lo que respecta a la seguridad / salud y el perdón de familias católicas fuertes. ¡Toma nuestra encuesta! Take our Poll!
https://is.gd/PollFamilies
In today’s Gospel, Jesus teaches an important lesson for families: from the youngest and simplest among us we can learn the most profound insights about God. Parents who are attentive to this reality can learn much from their children even as their children are learning from them. Families who create time and space for encounters with God will enrich the faith of all who share in family life. As we walk forward into a new year of learning, let us not be afraid to learn alongside our children. They hold a wisdom too that we can learn from.

**ORDINARY TIME**

14th Sunday
Matthew 11:25-30

**Cathedral Faith Formation & Education**

Dear Families, we are Planning for the future of our Faith Formation and Education Program for the Fall, and with the COVID-19 reality, we need to look at another approach to ensure three things:

1) Keep our environment safe for learning.

2) Our families can grow in confidence in the faith and a deeper love for Jesus.

3) An added burden is not placed on families already experiencing big challenges in the coming school year.

For these reasons, we have developed a Poll to give you as parents the opportunity to let us know what your needs are, and how to best approach this year of Faith Formation and Education. Thank you.

Sister Lisa Marie

Estimadas familias, estamos planeando el programa de educación de fe para el otoño, y con la realidad de COVID-19, tenemos que buscar otro enfoque para asegurar tres cosas:

1) Nuestro entorno sea seguro para el aprendizaje.

2) Nuestras familias pueden crecer en la confianza en la fe y un amor más profundo por Jesús.

3) No se impone una carga adicional a las familias que ya experimentan grandes desafíos en el próximo año escolar.

Por estas razones, hemos desarrollado una Encuesta para brindarles a ustedes como padres la oportunidad de informarnos cuáles son sus necesidades y cómo abordar mejor este año de Formación y Educación de Fe. Gracias.— Hermana Lisa Marie

**RCIA for Youth**

Parent Info Session (2 options)
Sun JUN 28 2:00 PM
Tue JUN 30 6:00 PM

Lessons: Student/Sponsor/Parents
JUL 19, JUL 26, AUG 2 - 9:00 AM

Retreat: Youth Elect/Sponsors
Sat AUG 8 9:00 AM to 1:30 PM

Sacraments of Initiation
Fri AUG 14 7:00 PM Mass

**RCIA for Adults**

Mon Online Class - 7PM
Sun Online BOW - 9:30AM

Rite of Acceptance
Sun JUL 5 9:00 AM Mass

Retreat: Adult Elect/Sponsors
Sat AUG 1 9:00 AM to 1:30 PM

Sacraments of Initiation
Thu AUG 6 7:00 PM Mass

**1st Communion**

Info on 1st Communion coming soon!

The Retreat for 2nd Year Confirmation Students is online in August. This is postponed to have it closer to the time of the final prep for Confirmation!

“Learn from me, for I am meek and humble of heart...” Matthew 11:29
EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

Faith Like a Child

If you Google Search recommendations on how to raise generous children, almost every list of ideas begins with (or at least contains) the directive for adults to be good models of generosity themselves. Our children learn from our actions much more than from our words. Of course, when I think back over the years while my children were growing up, I think I may have learned as much from them as they learned from me. There is a time between early childhood and middle school where a child seems to be freer to give and share than at any other time in life. It is around the age of First Communion when the cries of “mine” turn to laughter and smiles, and the urge to be a part of something bigger than oneself leads to sharing. Before you know it, the child hits the pre-teen years, and once again, he or she becomes the center of the universe.

I believe that the previous paragraph is all true, however, the stages described seem to repeat themselves throughout adulthood. Don’t you agree? Sometimes we fall into seeing ourselves as the center of the universe, or we become consumed by our state in life or with what we have acquired. Also, we at times are generous and loving people. It is sin that draws us back into ourselves and away from any meaningful life of stewardship and generosity. In order to be freed for love, we need role models to help us see what really matters. We need to reflect on the example of many of our brothers and sisters in Christ. And, yes, we need to look to children who sharing is fun, and love is

- Tracy Earl Welliver, MTS

WEEK OF JULY 5, 2020  |  14TH SUNDAY

常年期第十四主日

「父啊！天地的主宰！我稱謝你，因為你將這些事瞞住了智慧和明達的人，而啟示給小孩子」。

瑪11:25

14th Sunday In Ordinary Time

“I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little

- Tracy Earl Welliver, MTS
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), and 4to Sabado del mes, 9 am (Espanol)
For anyone six years or older, contact Sr. Lisa Marie.

HOLY EUCHARIST
Children prepare for the Sacrament of the Holy Eucharist over a two year period. Teens and 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 at 916-733-0258.

FAITH FORMATION AND EDUCATION
English Classes—Saturdays, 10 am
Spanish Classes—Sundays, 11 am
The Cathedral offers weekly religious education classes for pre-K through Eighth grade, sacramental preparation for children, teens and adults, in both English and Spanish groups.

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 lessons. For more information, Sister Lisa Marie at 916-444-5364, or lmdoty@cathedralsacramento.org.

“...my yoke is easy, and my burden light.” - Matthew 11:30
MINISTRIES and CONTACTS
Father Michael O’Reilly, Pastor / Rector

SACRED LITURGY
Altarservers: Michael Ognisty, mfognisty@msn.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
Extraordinary Ministers of Holy Communion
Amy McCormick, ammccormick@att.net
Greeters 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, Marilyn_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, michoacan8888@gmail.com
Saint Vincent de Paul contact the rectory office

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

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Ellis Chan
Paty Davila
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Joey Martinez
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Jose Solis
Jeff Weiss
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Janet Bardales
Michael Pease
Steve Harrold

CATHEDRAL PARISH REGISTRATION & UPDATE / Actualización y registro de la parroquia de la Catedral
Become a member of our dynamic Cathedral family! Register online: https://www.cathedralsacramento.org/parishioner-registration-1 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

NAME/NOMBRE

CELL PHONE

ADDRESS/DOMICILIO
Street
City
Zip

Please indicate/Por favor indique:
☐ New Parishioner/Individual
☐ New Parishioner/Family
☐ Please send Offertory Envelopes
☐ Nuevo Parroquiano/Individuo
☐ Nuevo Parroquiano/Familia
☐ Please send Sobres de Ofertorio
☐ Change of Address/Cambio de Direccion

WEEK OF JULY 5, 2020 | 14TH SUNDAY