18th Sunday of Ordinary Time
August 2, 2020

Mass Schedule
Horario de Misas

Monday-Friday | Lunes-Viernes
12:10 PM—LIVESTREAM ONLY

Saturday | Sábado:
NO VIGIL MASS

Sunday | Domingo:

English:
7:30 AM - JAZZ ALLEY
11:00 AM - LIVESTREAM ONLY

Spanish | Español:
9:00 AM - JAZZ ALLEY
1:00 PM - LIVESTREAM ONLY

Chinese:
3:00 PM - LIVESTREAM ONLY

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

Saturday:
4:00 PM to 5:00 PM

“He said the blessing, broke the loaves, gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied.”
Matthew 14:19c-20
Han pasado aproximadamente cuatro meses y medio desde el encierro inicial en California debido a COVID-19 y tengo que admitir que todavía estoy tratando de encontrar mi equilibrio. Por supuesto, la mayoría de nosotros hemos estado inquietos y buscando formas innovadoras de vivir nuestra vocación. Siento que me he tardado bastante en responder a las necesidades de la parroquia, mientras mi personal y mis voluntarios continúan guiándome para mantener una presencia "eclesiástica" en la vida de nuestra iglesia doméstica, sus hogares.

No estoy seguro por cuánto tiempo más viviremos esta vida de distanciamiento social, pero nos damos cuenta de que los elementos de donde estamos hoy serán parte de nuestra futura normalidad. Sé que el Espíritu gime para que la Iglesia responda y vea oportunidades para fortalecer el mensaje del Evangelio. El Espíritu gime para que la Iglesia mejore las estructuras que hacen que la vida parroquial sea mucho más vital que la vida de nuestra Iglesia antes de COVID-19. Escuché el mensaje del Espíritu Santo en mi oración y me hacen eco en las palabras del Papa Francisco. Por mucho que ame la forma en que solía ser la vida parroquial, no quiero volver a los viejos días antes del Covid. Hoy es el día de abrazar una fe viva que cante más allá de los muros de los edificios de la iglesia e inspire a las nuevas generaciones a caminar con Cristo.

Ahora, ¿cómo lograr esto?

No se tratará de las redes sociales, aunque eso será un elemento. No se tratará de Zoom o Lifesize o Tik Tok o podcasts o Facetime o el Evangelio según la aplicación, pero incluirá elementos de estas tendencias innovadoras. Creo que nuestro mensaje de evangelización se verá diferente, y rezo para que el mensaje sea diferente; un mensaje que establece claramente que la Iglesia somos todos y cada uno de nosotros y no solo los ordenados y sus ayudantes. Oro para que todos estemos fortalecidos para aceptar esta verdad obvia, tan difícil como lo será para todos.

Creo que los próximos pasos que yo elija, que tú elijas, que la Catedral elija, que toda la Iglesia elija, requerirán una oración profunda y un gran coraje. Ya no se tratará sólo de enseñar el catecismo, sino de vivir la fe. Ya no se tratará solo de la misa del domingo, sino de unirnos al sacramento de la vida y vivirlo como Iglesia. Ya no se tratará solo de rezar, sino de orar. Ya no se tratará de ministerios individuales, sino de que cada católico abrace una vida que ministre a todas las personas. Ya no se tratará de buscar lo que necesito, sino de cómo puedo ser Cristo en el mundo. Ya no se trata de preocuparse por cómo sucederán las cosas, sino de confiar en la fuente de todo lo que es bueno, Cristo.

Estas son muchas palabras grandes que requieren mucha oración y trabajo. Los próximos pasos requerirán que tu y yo oremos y trabajemos juntos para que nuestro camino nos lleve a la gloria de Dios.

El P. Miguel.
It’s been approximately four and a half months since the initial lock-down in California due to Covid-19 and I have to admit that I’m still trying to find my balance. Of course, most of us have been unsettled and searching for innovative ways to live out our vocations. I feel I have been rather slow to respond to the needs of the parish as my staff and volunteers continue to guide me in maintaining a “churchly” presence in the lives of our domestic church, your homes.

I am not sure how much longer we will be living this life of social distancing but realize that elements of where we are today will be part of our future normal. I know the Spirit groans for the Church to respond and see opportunities to strengthen the Gospel message. The Spirit groans for the Church to improve structures that make parish life far more vital than our Church life prior to Covid-19. I hear the Holy Spirit’s message in my prayer and echoed in the words of Pope Francis. As much as I love the way parish life used to be, I don’t want to return to the old, pre-covid days. Today is the day to embrace a living faith that sings beyond the walls of church buildings and inspires new generations to walk with Christ.

Now, how to get there?

It isn’t going to be all about social media, although that will be an element. It isn’t going to be all about Zoom and Lifesize and TicTok and podcasts and Facetime and the Gospel according to App, but it will include elements of these trending innovations. I believe that our message of evangelization will look different, and I pray that the message will be different; a message that clearly states that the Church is each and every one of us and not just the ordained and their helpers. I pray we are all strengthened to embrace this one, obvious truth as difficult as it will be for everyone.

I believe the next steps that I choose, that you choose, that the Cathedral chooses, that the whole Church chooses, will require deep prayer and great courage. It will no longer be only about teaching catechism, but living the faith. It will no longer be only about Mass on Sunday but joining the sacrament of Life and living it out as Church, together. It will no longer be only about saying prayers but being prayerful. It will no longer be about individual ministries but each Catholic embracing a life that ministers to all people. It will no longer be about seeking what I need but how I can be Christ in the world. It will no longer be about worrying how things will happen but about trusting in the source of all that is good, Christ.

These are a lot of big words requiring a lot of prayer and work. The next steps will require you and me to pray and work together so that our path may lead us to the glory of God.

Fr. Michael.
This coming Thursday the Catholic Church celebrates the **Transfiguration of the Lord**, when Jesus’ divinity was revealed to Peter, James and John. He does this also in this Sunday’s Gospel, with the feeding of the multitudes. Jesus came to show the way to the Father through signs and wonders that we might open our hearts to follow him and profess with our lives that He is Lord, the Son of God who Saves!

Most of us do not have not received a special grace to have God reveal himself in such a powerful way, but have come to faith through the witnesses of others. As baptized followers of Jesus, we must tell our stories of God’s love that others may enjoy knowing and loving him with us. In the Pastor’s corner this week, Fr. Michael speaks of needing to look ahead with **PRAYER** and **COURAGE**. Go read his message on page 3, and then ask the Lord who multiplies fish and shows his heavenly glory to transform our lives so that others will indeed come to faith through us.

Please pray for our Elect and Candidates who were scheduled for Sacraments at Easter Vigil, that they may receive them this month of August.

### CATECHUMEN

**Book of Elect**

*(Youth)*
- Hailey Cuevas
- Alexis Glick
- Alivia Glick
- Jayce Lee
- Jasella Lopez
- Jameson Ney
- Antonio Oseguera

*(Adults)*
- DeAngelo Alvarez
- Fernando Alvarez
- Danielle Moreno
- Nathaniel James Moreno
- Yaneli Itzel Noriega

### CANDIDATES

**For Recognition**

*(Youth)*
- Gabriel Aguilar
- Xavier Luis Aguilar
- David Alvarez
- Elias Trujillo Barragan
- Omar Gomez-Torres
- Angel Mendoza-Ramirez
- Gabriel Trevizo
- Mariah Trevizo
- Angelina Valenzuela

*(Adults)*
- Mary Beall
- Madelyn Garcia Lopez
- Marco Guevara
- Samantha Herrera
- Wendy Noriega
- Frank Pressley

We are working for opportunities for our other youth (Confirmation and First Communion) to also receive theirs soon. Thank you for your patience!

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**Registration for 2020-2021**

Online Registration for Family Faith Formation begins July 20th. See the Cathedral website for details.

**Inscripción para 2020-2021**

La inscripción en línea para la formación de fe familiar comienza el 20 de julio. Vea el sitio web de la Catedral para más detalles.
WEEKLY PRAYER

READINGS FOR THE WEEK OF AUGUST 2, 2020


MON 8/3  Jer 28:1-17/Ps 119:29, 43, 79, 80, 95, 102 [68b]/Mt 14:22-36

TUE 8/4  Jer 30:1-2, 12-15, 18-22/Ps 102:16-18, 19-21, 29 and 22-23 [17]/ Mt 14:22-36 or Mt 15:1-2, 10-14

WED 8/5  Jer 31:1-7/Jer 31:10, 11-12ab, 13 [cf. 10d]/Mt 15:21-28

THR 8/6  Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9 [1a, 9a]/2 Pt 1:16-19/Mt 17:1-9

FRI 8/7  Na 2:1, 3; 3:1-3, 6-7/ Dt 32:35cd-36ab, 39abcd, 41 [39c]/ Mt 16:24-28

SAT 8/8  Hb 1:12—2:4/Ps 9:8-9, 10-11, 12-13 [11b]/Mt 17:14-20

SUN 7/26  1 Kgs 19:9a, 11-13a/Ps 85:9, 10, 11-12, 13-14 [8]/Rom 9:1-5/ Mt 14:22-33

OBSERVANCES FOR THE WEEK OF AUGUST 2, 2020

Sunday:  18th Sunday in Ordinary Time

Tuesday:  St. John Vianney, Priest

Wednesday:  The Dedication of the Basilica of St. Mary Major

Thursday:  The Transfiguration of the Lord

Friday:  St. Sixtus II, Pope, and Companions, Martyrs; St. Cajetan, Priest

Saturday:  St. Dominic, Priest

Next Sunday:  19th Sunday in Ordinary Time

MASS INTENTIONS

Sunday  August 2  People of the Parish S.I., Alicia Walker S.I., Marlene Mejia S.I., Danny Sr. Mejia S.I., Leann Burnside +

Monday  August 3  Alice Walker S.I.

Tuesday  August 4  Terrance G. Kelly + & Max Mendoza +, Holy Souls in Purgatory +

Wednesday  August 5  Alice Walker S.I.

Thursday  August 6  Wanda Wiggins +

Friday  August 7  Danelle Saldana +

...to a man who sowed good seed in his field.” - MT 13:24
Hello!

I am Victor Goranov and I have been a parishioner of the Cathedral parish for over 11 years. I have served at the altar at the Cathedral for about 7 of those 11 years. I am an active member of the Cathedral Young Adults group and I am also a seminarian for the Diocese of Sacramento. I have four years of seminary formation under my belt and I am currently assigned to live at the rectory of our beautiful Cathedral. I just wanted to share a bit to you, my brothers and sisters in Christ, about how my life has evolved since the Covid lockdown began circa March of this very...eventful...year.

How Covid-19 Affected My Seminary Preparation

Whispers, rumors, and news stories floated throughout St. Patrick’s seminary in the first few months of 2020. A new virus was on the loose. “What, we wondered, would happen to the seminary?” We seminarians got our answer at a rector’s conference, a sort of official seminarian community gathering, in March: “The choice was either to risk the safety of seminarians or send everyone home. Everyone is going home. St. Pat’s is closing on-site formation. Classes will continue online.” I remember that evening after the conference. Everything felt so surreal. I knew that this was an unprecedented and historic moment. It was time to dig in, quarantine and fight out the virus. I dutifully returned to Sacramento from Menlo Park and spent a couple months at home with my family while continuing classes online. Seeing my fellow seminarians online helped me not to miss them as much. I discovered that I could wear pajama pants to class and nobody would be the wiser. I quickly adjusted to the new situation. It was extra weird to take all my seminary spring semester finals online, but my grades turned out ok so I didn’t complain. Doing seminary remotely meant that I lost quite a bit of the essential personal interaction without which seminary formation is impossible, but I did recognize that this is an emergency and temporary situation. Hopefully temporary. Didn’t the 1918 flu epidemic last a couple of years?

How Covid-19 Affected My Ministry

If one were to be sitting outside the Cathedral rectory the morning of May 31st, one would have observed a seminarian solemnly dragging a couple of big suitcases into the rectory hall. That was me, and my mom helped me with my luggage as well. The Cathedral rector Fr. O’Reilly had graciously opened his doors for my visit. Thus, I began my current stint at the Cathedral rectory. Initially, my stay was to be only a month so that I could attend an online retreat (Thanks, corona. I could have been in Tallahassee doing the retreat in person!) However, because I caught a slight cold towards the end of June, I had to quarantine in my room until I got a ‘negative’ result from a corona-virus test. It was a lonely week and a half of quarantine, but video conferencing and phone calls helped keep me from being too isolated (aka. kept me sane). I got my negative test result July 5th and promptly went for frequent walks and visited my family. At this point one might ask, what am I up to at the Cathedral parish? Well, I help with feeding the homeless in the mornings with the dedicated folks of the Brown Bag Lunch ministry.

Together, armed with masks, food, and prayer, we feed hundreds of homeless brothers and sisters out of a stairwell leading to our underground Mercy Hall. In addition to this excellent ministry, I help with answering the rectory office front door. In times past, seminarians used to be entrusted with the minor order of Porter (doorkeeper), and so I see myself as a modern-day porter in preparation for the ministerial priesthood. I always put on a mask before answering the door. It is also my privilege and pleasure to be a lector for the livestreamed English-language Masses throughout the week. This is my favorite ministry because I love proclaiming the written Word during the liturgy and it gives me a chance to show off the fruits of two homiletics seminary classes. Speaking of liturgy, one could see how corona has impacted the celebration of the Mass to the point that Masses are now outside, non-public accessible or livestreamed.

This is obviously not ideal in the sense that most people cannot be present in-person, but on the other hand I am proud of the precautions the Cathedral parish takes to ensure the health and safety of its parishioners during this time of global pandemic that has killed so many people. I had a frontline view of these precautions because...
Because of COVID-19, everyone has to stay home since Mid-March. How can I cope with COVID-19? Besides subbing with my friend's class online teaching 1st graders, I was attending the morning mass on YouTube with Pope Francis in Rome for the period of Lent and Easter and the mass with Father Francis Ching from Canada everyday. Also, I attended Father Ho's Chinese mass on Facebook every Sunday at 3 pm. Everyday, I say a prayer ‘Our Father’ and 'Hail Mary' for COVID-19, may God send a miracle to the world that this virus will disappeared by itself as soon as possible. The church was reopening for everyone last few weeks, I was able to attend the morning mass at Sacred Heart Church everyday until the church closed again. It was a blessing for me to have Eucharist everyday for last few weeks. I always believe that as long as you have God in your heart, you will be able to face COVID-19 with positive attitude in your daily life. - Teresa Yeung

(Victor—continued) I often participate in gathering information for potential contact tracing for the parish, which is a full-scale ministry on its own. I should mention that I also help with sanitizing the kneeler used for confessions, which are no longer held indoors.

How Covid-19 Affected My Family Life

I have to say that despite all the ill effects, stress and even deaths the pandemic causes, it gives us all a newfound appreciation for fresh air (masks are great for helping stop infections but lousy for breathing in). Before the pandemic, I never saw so many people taking walks outside or spending so much time reconnecting with family. Now, it’s common. It was because of the pandemic that I returned to my parent’s home two months earlier than planned. This meant that I got to see a lot more of them. I am close to my family and visit them when I can. The big challenge is to avoid big family gatherings such as birthdays, for the sake of the well-being of my relatives and myself.

Final Thoughts

I can’t help thinking that if it weren’t for the pandemic, I probably wouldn’t have stayed as long as I have at the Cathedral: I enjoy living and working here. God bless and have a great week! - Victor Goranov

温馨提示：
每星期三晚上八時我們可以在網上與灣區的教友們一起唸玫瑰經

A friendly reminder: We can join the Bay Area parishioners to do Rosary every Wednesday evening at 8:00 P.M. via Zoom
https://zoom.us/j/507444795
密碼是（PW）532308

https://www.cathedralsacramento.org/
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“The kingdom of heaven is like a mustard seed…” Matthew 13:31
The Power of a Simple Action

I remember seeing a story on a morning news program about a little girl who wanted to give an elderly man in a grocery store a hug. She had no way of knowing that this man had just lost his wife of many years and now felt so very alone and depressed. Her reaching out to the man seemed odd to her mom at first, but the girl was so insistent about giving a hug, she moved the shopping carts close together so the exchange could take place. No one knew that from that moment on the little girl would ask to visit her new friend at least once a week for the next four years until he passed away. In an interview soon after the initial encounter, the man said, “I haven’t been this happy in some time.” Imagine the joy that the relationship brought to them both over the years!

It was just a moment. It was a simple gesture. Yet, it had a large impact that no one could have predicted. You never know what will result when we give just a little of ourselves. That uncertainty too often leads us to hold back or refrain from the simple actions of love or gestures of generosity that could come so easily for us if we wanted. We should never doubt the power of a simple random act of kindness. Generosity does not need to be grand to make a big difference. The time is now, and the opportunity presents itself often to plant a small seed that God can water and nourish so that something beautiful can grow.

— Tracy Earl Welliver

Due to the new covid-19 restrictions, we are offering Masses via livestream as well as outside to accommodate the needs of our parishioners. Watch the weather and plan appropriately. See bulletin cover for times.

LIVESTREAM WORSHIP

本星期日，日開始中
文彌撒會在網上,
Facebook 及
YouTube 頻道讓大
家一起望主日彌
撤，時間仍然在每
星期日下午三時，
請大家踊躍參與。

溫馨提示：大家可
以在網上為我們的
教堂捐款，請到
Cathedral of the
Blessed Sacrament
的網站

凡你們給我這些最小
兄弟中的一個所做
的，就是給我做了
（瑪25:31-46）
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.

...that a person took and sowed in a field” - Matthew 13:31
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, ammcormick@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
Rex Rallanka
Director of Music
Tom Waddock
Cathedral Manager
Victoria Ramos
Secretary
Katie McAllister
Bookkeeper
Titi Kila
Wedding Coordinator
Chris Houlemand
Bulletin/Webmaster

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Michael Pease

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

ADDRESS/DOMICILIO

CELL PHONE

Please indicate/Por favor indique:

☑ Please send Offertory Envelopes
Por favor envíe Sobres de Ofertorio

☐ New Parishioner/Individual
Nuevo Parroquiano/Individual

☐ Change of Address/Cambio de Dirección

☐ New Parishioner/Family
Nuevo Parroquiano/Familia

WEEK OF AUGUST 2, 2020 | 18TH SUNDAY
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