



# CATHEDRAL OF THE BLESSED SACRAMENT

*Stewards of God's Gifts*

February 25, 2024 | Second Sunday of Lent

## MASS SCHEDULE

SUNDAY | DOMINGO

8:00 am	English
10:00 am	English*
12:00 pm	Español*
2:00 pm	Chinese*
4:00 pm	English
6:00 pm	Español

\* Livestream available.

**Monday—Friday**

**Lunes—Viernes**

12:10 pm

## ADORATION

## ADORACIÓN

**Wednesday & Thursday**

**Miercoles y Jueves**

1:00 pm - 4:00 pm

## RECONCILIATION

## RECONCILIACIÓN

**Monday—Friday**

**Lunes—Viernes**

11:30 am—12:00 pm

**Saturday | Sabado**

4:00 pm—5:00 pm

## CATHEDRAL HOURS

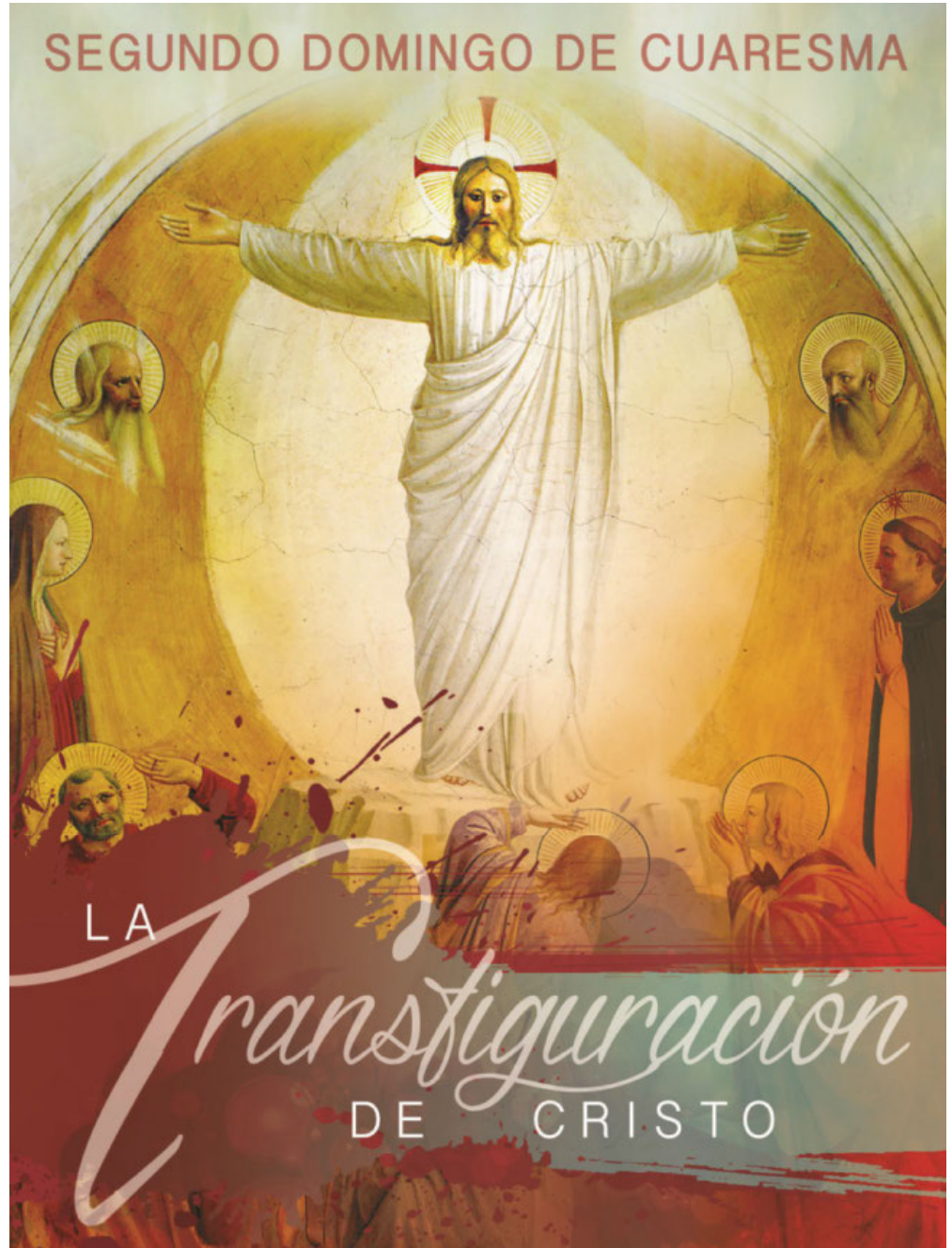
**Monday—Friday**

10:00 am—4:00 pm

## OFFICE HOURS

**Monday—Friday**

9:00 am— noon & 1 pm—4 pm



1019 11th Street, Sacramento, CA 95814

916-444-3071 | [www.CathedralSacramento.org](http://www.CathedralSacramento.org)

Connect with us!



# Events and Information

## ANNUAL CATHOLIC APPEAL FEBRUARY 25

### Together we bring Christ to others

Prayerfully consider a gift in 2024 with an online donation or through your parish. Your gift helps ensure that throughout the year our Catholic Charities can respond to the most pressing needs.

<https://www.scd.org/annual-catholic-appeal>



## LLAMADO CATÓLICO ANUAL 25 DE FEBRERO

### Juntos llevamos a Cristo a los demás

Considere en oración una donación en 2024 con una donación en línea o a través de su parroquia. Su donación ayuda a garantizar que durante todo el año nuestras Caridades Católicas puedan responder a las necesidades más urgentes. <https://www.scd.org/annual-catholic->

## FAMILY FAITH FORMATION EASTER RAFFLE

### \$1 PER TICKET

on sale after Sunday masses

Baskets displayed in the vestibule after Sunday masses

Prizes awarded on Palm Sunday, March 24



## FORMACIÓN FAMILIAR EN LA FE RIFA DE PASCUA

### \$1 POR BOLETO

a la venta después de las misas dominicales

Cestas expuestas en el vestíbulo después de las misas dominicales.

Premios entregados el Domingo de Ramos

## KEEPING THE FLAME ALIVE

### Wednesdays, 7:00 PM via Zoom

Father O'Reilly leads a series on the Eucharist and the Roman Missal. Join us and deepen your understanding of the Mass!

Contact Donna: [flamealive22@gmail.com](mailto:flamealive22@gmail.com)



## MANTENIENDO VIVA LA LLAMA

con Padre O'Reilly

### Miércoles, 7:00 PM vía Zoom

Comienza una serie sobre la Eucaristía y el Misal Romano. ¡Únete a nosotros! ¡Ven a profundizar tu comprensión de la Misa!

Póngase en contacto con Donna:  
[flamealive22@gmail.com](mailto:flamealive22@gmail.com).

## CATHEDRAL TOURS

Sundays following masses

**8 am & 10 am in English & 12 noon in Spanish.**

Docents give tours of the Cathedral interior, explaining the rich meaning of the Christian symbols and art.

## VISITAS A LA CATEDRAL

Domingos siguientes Misas

**8 am y 10 am (inglés) y después de las 12 del**

**mediodía Misa (español)** Los docentes dan recorridos por el interior de la Catedral, explicando el rico significado de los símbolos y el arte cristianos.

## GIVING MADE EASY

WE'RE GRATEFUL FOR  
ALL FINANCIAL  
SUPPORT TO OUR  
PARISH.  
GOD BLESS YOU!



TEXT YOUR CATHEDRAL DONATION/  
ENVÍA UN MENSAJE DE TEXTO CON  
TU DONACIÓN A LA CATEDRAL

*Thank You! Gracias!*



[www.is.gd/text2give](http://www.is.gd/text2give)

MAKE A REOCCURRING GIFT AT / HAGA UN REGALO RECURRENTE EN  
[WWW.CATHEDRALSACRAMENTO.ORG/DONATE](http://WWW.CATHEDRALSACRAMENTO.ORG/DONATE)

# Eventos e información

## 2024 LENTEN PRAYER RETREAT

SATURDAY, MARCH 9 8 A.M. - 4 P.M.



**SIGN UP NOW:**

Registration closes this Thursday, February 29!!



Scan this QR code to register.

*There is no cost to attend. Breakfast and lunch are included.*

**SEE PAGE 9  
LENTEN  
FASTING**

**VER LA PÁGINA  
9 CUARESMA  
AYUNO**

## RETIRO DE ORACIÓN DE CUARESMA 2024

SÁBADO, 9 DE MARZO 8 A.M. - 4 P.M.

**REGÍSTRATE AHORA:**

¡¡La inscripción cierra este jueves 29 de febrero!



Escanee este código QR para registrarse.

*No hay ningún costo para asistir. El desayuno y el almuerzo están incluidos.*

## Mass Intentions & Observances

**SUN 2/25**

**SECOND SUNDAY OF LENT**

8:00 AM: MOISES RAÑA +  
10:00 AM: RODOLFO PADILLA +  
12:00 PM: LA FAMILIA CUEVAS S.I.  
4:00 PM: FELIPA GARZA +  
6:00 PM: PEOPLE OF THE PARISH S.I.

**MON 2/26**

**SECOND MONDAY OF LENT**

12:10 PM: SUSAN RUST S.I.

**TUES 2/27**

**ST. GREGORY OF NAREK, ABBOT,  
MEMORIAL**

12:10 PM: MANUEL PURUGGANAN +

**WED 2/28**

**SECOND WEDNESDAY OF LENT**

12:10 PM: VICTOR GORANOV S.I.

**THU 2/29**

**SECOND THURSDAY OF LENT**

12:10 PM: DAVID J MARTIN +

**FRI 3/1**

**SECOND FRIDAY OF LENT**

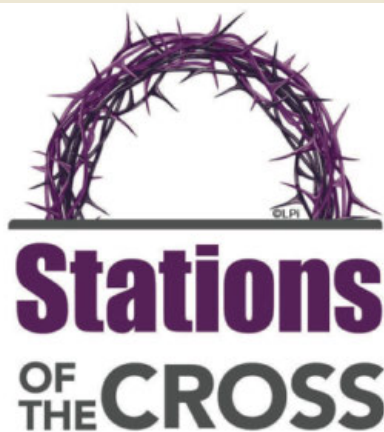
12:10 PM: CLARE MILLER +; JOHN KRAL +



**ESTACIONES DE LA CRUZ**

TODOS LOS VIERNES  
DURANTE LA CUARESMA

DESPUÉS DE LA MISA DE LAS  
12:10 PM EN INGLÉS  
A LAS 7PM EN ESPAÑOL



**STATIONS OF THE CROSS**

EVERY FRIDAY DURING LENT

AFTER 12:10 PM MASS IN  
ENGLISH  
AT 7PM IN SPANISH

# Liturgy of the Word

SECOND SUNDAY OF LENT B

FEBRUARY 25, 2024

**READING 1** GN 22:1-2, 9A, 10-13, 15-18

God put Abraham to the test. He called to him, "Abraham!" "Here I am!" he replied. Then God said: "Take your son Isaac, your only one, whom you love, and go to the land of Moriah. There you shall offer him up as a holocaust on a height that I will point out to you."

When they came to the place of which God had told him, Abraham built an altar there and arranged the wood on it. Then he reached out and took the knife to slaughter his son. But the LORD's messenger called to him from heaven, "Abraham, Abraham!" "Here I am!" he answered. "Do not lay your hand on the boy," said the messenger. "Do not do the least thing to him. I know now how devoted you are to God, since you did not withhold from me your own beloved son." As Abraham looked about, he spied a ram caught by its horns in the thicket. So he went and took the ram and offered it up as a holocaust in place of his son.

Again the LORD's messenger called to Abraham from heaven and said: "I swear by myself, declares the LORD, that because you acted as you did in not withholding from me your beloved son, I will bless you abundantly and make your descendants as countless as the stars of the sky and the sands of the seashore; your descendants shall take possession of the gates of their enemies, and in your descendants all the nations of the earth shall find blessing—all this because you obeyed my command."

**RESPONSORIAL PSALM**

**PS 116:10, 15, 16-17, 18-19**

**R. I will walk before the Lord, in the land of the living.**

I believed, even when I said,

"I am greatly afflicted."

Precious in the eyes of the LORD

is the death of his faithful ones.

**R. I will walk before the Lord, in the land of the living.**

O LORD, I am your servant;

I am your servant, the son of your handmaid;

you have loosed my bonds.

To you will I offer sacrifice of thanksgiving, and I will call upon the name of the LORD.

**R. I will walk before the Lord, in the land of the living.**

My vows to the LORD I will pay

in the presence of all his people,

In the courts of the house of the LORD,

in your midst, O Jerusalem.

**R. I will walk before the Lord, in the land of the living.**

**READING 2**

**ROM 8:31B-34**

Brothers and sisters:

If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him?

Who will bring a charge against God's chosen ones? It is God who acquits us, who will condemn? Christ Jesus it is who died—or, rather, was raised—who also is at the right hand of God, who indeed intercedes for us.

**VERSE BEFORE THE GOSPEL CF. MT 17:5**

From the shining cloud the Father's voice is heard:

This is my beloved Son, listen to him.

**GOSPEL**

**MK 9:2-10**

Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them.

As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what rising from the dead meant.

### PRIMERA LECTURA

**GN 22, 1-2. 9-13. 15-18**

En aquel tiempo, Dios le puso una prueba a Abraham y le dijo: “¡Abraham, Abraham!” Él respondió: “Aquí estoy”. Y Dios le dijo: “Toma a tu hijo único, Isaac, a quien tanto amas; vete a la región de Moria y ofrécemelo en sacrificio, en el monte que yo te indicaré”.

Cuando llegaron al sitio que Dios le había señalado, Abraham levantó un altar y acomodó la leña. Luego ató a su hijo Isaac, lo puso sobre el altar, encima de la leña, y tomó el cuchillo para degollarlo.

Pero el ángel del Señor lo llamó desde el cielo y le dijo: “¡Abraham, Abraham!” Él contestó: “Aquí estoy”. El ángel le dijo: “No descargues la mano contra tu hijo, ni le hagas daño. Ya veo que temes a Dios, porque no le has negado a tu hijo único”.

Abraham levantó los ojos y vio un carnero, enredado por los cuernos en la maleza. Atrapó el carnero y lo ofreció en sacrificio en lugar de su hijo.

El ángel del Señor volvió a llamar a Abraham desde el cielo y le dijo: “Juro por mí mismo, dice el Señor, que por haber hecho esto y no haberme negado a tu hijo único, yo te bendeciré y multiplicaré tu descendencia como las estrellas del cielo y las arenas del mar. Tus descendientes conquistarán las ciudades enemigas. En tu descendencia serán bendecidos todos los pueblos de la tierra, porque obedeciste a mis palabras”.

### SALMO RESPONSORIAL

**SALMO 115, 10 Y 15. 16-17. 18-19**

#### **R. Siempre confiaré en el Señor.**

Aun abrumado de desgracias,  
siempre confié en Dios.

A los ojos del Señor es muy penoso  
que mueran sus amigos.

#### **R. Siempre confiaré en el Señor.**

De la muerte, Señor, me has librado,  
a mí, tu esclavo e hijo de tu esclava;  
te ofreceré con gratitud un sacrificio  
e invocaré tu nombre.

#### **R. Siempre confiaré en el Señor.**

Cumpliré mis promesas al Señor

ante todo su pueblo,  
en medio de su templo santo,  
que está en Jerusalén.

#### **R. Siempre confiaré en el Señor.**

### SEGUNDA LECTURA **RM 8, 31B-34**

Hermanos: Si Dios está a nuestro favor, ¿quién estará en contra nuestra? El que no nos escatimó a su propio Hijo, sino que lo entregó por todos nosotros, ¿cómo no va a estar dispuesto a darnoslo todo, junto con su Hijo? ¿Quién acusará a los elegidos de Dios? Si Dios mismo es quien los perdona, ¿quién será el que los condene? ¿Acaso Jesucristo, que murió, resucitó y está a la derecha de Dios para interceder por nosotros?

### ACLAMACIÓN ANTES DEL EVANGELIO

**CF MC 9,7**

#### **R. Honor y gloria a ti, Señor Jesús.**

En el esplendor de la nube se oyó la voz del Padre, que decía: “Éste es mi Hijo amado; escúchenlo”.

#### **R. Honor y gloria a ti, Señor Jesús.**

### EVANGELIO **MC 9, 2-10**

En aquel tiempo, Jesús tomó aparte a Pedro, a Santiago y a Juan, subió con ellos a un monte alto y se transfiguró en su presencia. Sus vestiduras se pusieron esplendorosamente blancas, con una blancura que nadie puede lograr sobre la tierra. Después se les aparecieron Elías y Moisés, conversando con Jesús.

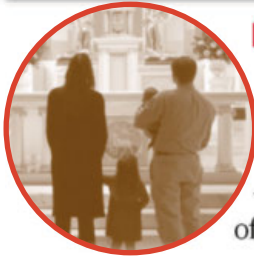
Entonces Pedro le dijo a Jesús: “Maestro, ¡iqué a gusto estamos aquí! Hagamos tres chozas, una para ti, otra para Moisés y otra para Elías”. En realidad no sabía lo que decía, porque estaban asustados.

Se formó entonces una nube, que los cubrió con su sombra, y de esta nube salió una voz que decía: “Éste es mi Hijo amado; escúchenlo”.

En ese momento miraron alrededor y no vieron a nadie sino a Jesús, que estaba solo con ellos.

Cuando bajaban de la montaña, Jesús les mandó que no contaran a nadie lo que habían visto, hasta que el Hijo del hombre resucitara de entre los muertos. Ellos guardaron esto en secreto, pero discutían entre sí qué querría decir eso de ‘resucitar de entre los muertos’.

# Family Faith Formation and OCIA



## Family Faith Corner

This month our families have been walking with Mary, letting her be our teacher as we learn to pray. Below is some of the fruit of our lessons.

*“I am the Handmaid of the Lord.  
Be done to me according to your word.”*  
~ Luke 1:38

Who better to walk with during Lent than Mary, the Mother of Jesus. She spent her whole life meditating in her heart the events of her son Jesus' life. During our community meetings on 1st Saturday/Tuesday, the families followed Mary's example through a activities highlighting prayer as a center feature of her life (and ours) of what it means to be a disciple (good steward).

- 1. Prayer 101**—the families learned a simple prayer process they can use at home when praying alone or as a family.
- 2. Full of Grace**—looking at the unique grace given to Mary through her Immaculate Conception, and how we receive a similar grace—being freed of original sin—through baptism.
- 3. Bible Luke 1:28**—we listen to Angel Gabriel's announcement to Mary that she is “full of grace” and thus the perfect instrument to be the mother of God.
- 4. Mary's Virtue**—we looked at the virtues of Mary and wrote prayers asking to be given the same virtues.
- 5. Vocal Prayer**—we wrote down our intercessions and prayed aloud the Hail Mary, asking her intercession for our needs.
- 6. Meditative Prayer**—each family meditated on a mystery of the Rosary while praying one decade together.
- 7. Contemplative Prayer**—learning how to sit with Jesus as we would a good friend.
- 8. Rosary Wall**—reviewed the Mysteries of the Rosary.
- 9. Remembering God Wall Clock**—looked at our day and found how we could make time for God throughout the day.

## Calendar for this Week

<b>SAT</b> <b>25 FEB</b>	<b>NO Family Faith Formation</b> Practice Prayers & Home Activity
<b>SUN</b> <b>24 FEB</b>	<b>OCIA Breaking Open Word</b> 8:00 AM, Church / St Francis
	<b>Formacion en la Fe Familiar</b> 10:00 AM, Mercy Hall
	<b>OCIA Families—Year 1</b> 11:45 AM, Under Fire Escape
	<b>Faith Formation - Chinese</b> 12:30 PM, Jesus Room
<b>MON</b> <b>26 FEB</b>	<b>Evening Prayer</b> (All Welcome) 6:30 PM, Mercy Hall
	<b>OCIA for Adults</b> 7:00 PM, Mercy Hall/Classrooms
<b>TUE</b> <b>27 FEB</b>	<b>NO Family Faith Formation</b> Practice Prayers & Home Activity
<b>THU</b> <b>29 FEB</b>	<b>Adult Confirmation Class</b> 7:00 PM, St Toribio
	<b>Adult Bible Study</b> 7:00 PM, St Pius X
<b>SAT</b> <b>2 MAR</b>	<b>Family Faith Formation</b> 10:00 AM, Mercy Hall/Classrooms

### COMING UP:

**SUN**  
**10 MAR** **FIRED UP Youth Conference**  
9:00 AM, Christian Brothers HS

Pray for our Confirmation youth as they ready themselves for Conference with Bishop Soto in March. Let us ask the Holy Spirit to open their hearts to the Lord, that they may be the hands and feet of Jesus in our world that is so much in need of His love.

**10 MAR 2024**  
**Come Holy Spirit!**

Tickets on sale after Masses.  
**Help:** Can you help sell tickets?  
Contact Susan at giftshop.  
Thank you!

**Easter Raffle**  
\$1 / ticket



## Preparation for Mass Sunday, 3 MAR 24

**Prepare:**  
**3rd Sunday of Lent**

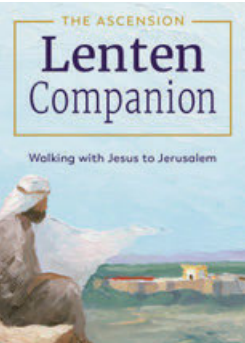
Ex 17:3-7  
95:1-2, 6-7, 8-9  
Rom 5:1-2, 5-8  
Jn 4:5-42

### Gospel Focus:

Next Sunday's gospel takes us with Jesus to a well in the land of Samaria. It is noon day, and Jesus waited there while his disciples went in to town to find food. Jesus stayed waiting, not only for the disciples' return with lunch, more so for a woman who was not welcomed by the community because she was living a life unacceptable to those around her. She had to draw water at the heat of the day because none would be there to scorn her. Jesus waited, thirsting for her soul, that she may turn to Him and find salvation.

### With your Family

- ◆ Read John 4:5-11
- ◆ Imagine sitting near Jesus while He waits ... what do you do? Does Jesus speak to you? What does He say?
- ◆ Imagine the day, the heat, the dry air. What do you hear? Can you taste the dust?
- ◆ Imagine you are the unaccepted woman. How do you feel that Jesus takes time for you?
- ◆ *Pray Psalm 95 together.*



Weekly Lenten Reflection sent to your email:

[www.is.gd/lent2024](http://www.is.gd/lent2024)

Includes reflection videos by Fr. Mark Toups

Delivered in your inbox every Saturday, 4PM



*An easy way to help us!*

<https://is.gd/wishlistfff>

# Formación de fe Familiar y OICA

## Preparación para la Misa Domingo, 3 MAR 24

### Preparar: 3er Domingo de Cuaresma

Ex 17:3-7  
95:1-2, 6-7, 8-9  
Rom 5:1-2, 5-8  
Jn 4:5-42

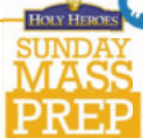
### Enfoque del evangelio:

El evangelio del próximo domingo nos lleva con Jesús a un pozo en la tierra de Samaria. Era mediodía y Jesús esperó allí mientras sus discípulos iban a la ciudad a buscar comida. Jesús se quedó esperando, no sólo el regreso de los discípulos con el almuerzo, sino también el de una mujer que no era acogida por la comunidad porque vivía una vida inaceptable para quienes la rodeaban. Tuvo que sacar agua en el calor del día porque no habría nadie allí para despreciarla. Jesús esperó, sediento de su alma, para que ella se volviera a Él y encontrara la salvación.

### Con tu familia

- ◆ Lea Juan 4:5-11
- ◆ Imagínate sentado cerca de Jesús mientras Él espera... ¿qué haces? ¿Jesús te habla? ¿Que dijo?
- ◆ Imagínate el día, el calor, el aire seco. ¿Qué escuchas? ¿Puedes saborear el polvo?
- ◆ Imagina que eres la mujer no aceptada. ¿Cómo sientes que Jesús se toma tiempo para ti?
- ◆ Recen juntos el Salmo 95.

Preparación  
de la Misa  
para familias



Sign up for Mass preparation with engaging videos and activity sheets for children of all ages.

<https://is.gd/massprep2024>

Regístrese para la preparación de la Misa con videos atractivos para niños de todas las edades.

Let us help your family get ready for Sunday Mass.

OCIA: Journey to Easter  
Purification & Enlightenment

Lent: A Time of Conversion

The Cathedral ministry of Order of Christian Initiation for Adults (OCIA) has the mission of walking with those seeking understanding of faith within the Catholic Church. During Lent, the OCIA participants enter a period of "Purification and Enlightenment" beginning with the Rite of Election and Continuing Conversion of the Baptized, which took place last week. This Sunday, we focus on the Candidates (those already baptized) as they draw closer to Christ, seeking penance for their sins and grace to draw ever closer to Christ and full communion in the Church.

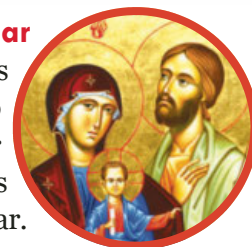
Next week we will have other rites offered for the Elect—those who will be baptized at Easter Vigil this year—asking God to strengthen them in stage of their spiritual life.

Let us continue to pray for our Elect and Candidates for Full Communion as they draw close to God, and be transformed by grace.

*I will walk before the Lord  
In the land of the living.*

## Rincón de la Fe Familiar

Este mes nuestras familias han estado caminando con María, dejándola ser nuestra maestra mientras aprendemos a orar.



*“Yo soy la Esclava del Señor.  
Hágase en mí según tu palabra”.*

~Lucas 1:38

¿Quién mejor para caminar durante la Cuaresma que María, la Madre de Jesús? Pasó toda su vida meditando en su corazón los acontecimientos de la vida de su hijo Jesús. Durante nuestras reuniones comunitarias el primer sábado/martes, las familias siguieron el ejemplo de María a través de actividades que resaltaban la oración como una característica central de su vida (y la nuestra) de lo que significa ser un discípulo (buen mayordomo).

1. **Oración 101:** las familias aprendieron un proceso de oración simple que pueden usar en casa cuando oran solos o en familia.
2. **Llena de Gracia**—mirando la gracia única dada a María a través de su Inmaculada Concepción, y cómo recibimos una gracia similar—siendo libres del pecado original—a través del bautismo.
3. **Biblia Lucas 1:28:** escuchamos el anuncio del ángel Gabriel a María de que ella es “llena de gracia” y, por lo tanto, el instrumento perfecto para ser la madre de Dios.
4. **La virtud de María:** analizamos las virtudes de María y escribimos oraciones pidiendo que se nos dieran las mismas virtudes.
5. **Oración Vocal:** escribimos nuestras intercesiones y rezamos en voz alta el Ave María, pidiendo su intercesión por nuestras necesidades.
6. **Oración meditativa:** cada familia meditó sobre un misterio del Rosario mientras rezaban juntos una década.
7. **Oración contemplativa:** aprender a sentarnos con Jesús como lo haríamos con un buen amigo.
8. **Rosario Wall:** repasó los Misterios del Rosario.
9. **Recordando a Dios Reloj de pared:** analizó nuestro día y descubrió cómo podemos dedicar tiempo a Dios a lo largo del día.

## FAITH FORMATION for FAMILIES AND ADULTS

English, Spanish and Chinese

Weekly encounters for families to grow in faith together. Preparation for Confirmation and Holy Eucharist.

[www.cathedralsacramento.org/faitformation](http://www.cathedralsacramento.org/faitformation)

## ORDER OF CHRISTIAN INITIATION FOR ADULTS/CHILDREN (OCIA)

Sacramental preparation for Adults and Children with no Catholic faith background  
[www.cathedralsacramento.org/ocia](http://www.cathedralsacramento.org/ocia)

For those wanting to explore the Catholic faith and /or complete their Sacraments.

## CATECHIST PREPARATION

Do you desire to help pass on the faith to adults and children? To learn more and to complete your application:  
[is.gd/cathechistapplication](http://is.gd/cathechistapplication)

CATECHISTS—HELPERS—PARENT LEADERS  
Inquire how you can help!

Sister Lisa Marie Doty, FDCC, Director of Faith Formation & OCIA | [slmdoty@cbssac.org](mailto:slmdoty@cbssac.org) | 916-444-5364

# Sacramento Chinese Catholic Community

**RECONCILIATION:** 1<sup>st</sup> Sunday of the month before mass. Please contact Kenneth Ng or Fr. Chiu in advance.

**Tel:** 916-583-8306

**Email:** [sccc.contact@gmail.com](mailto:sccc.contact@gmail.com)

**Facebook:** [@sacchineseatholic](https://www.facebook.com/sacchineseatholic)

**Instagram:** <https://is.gd/SCCCinstagram>

**Website:** [www.sacchineseatholic.org/](http://www.sacchineseatholic.org/)



**Chinese Portal:  
Announcements/  
Sunday Readings**



**Fr. Abraham Chiu**

趙必成神父



各位兄弟姊妹,

本年度農曆新春彌撒以及敬祖典禮定於二零二四年二月二十五日下午二時於聖體主教座堂舉行。我們邀請到蘇途主教親臨主持彌撒。彌撒及敬祖典禮後, 假

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[sccc.contact@gmail.com](mailto:sccc.contact@gmail.com)

天主保佑

**On February 25, 2024 at 2:00 pm,** we will have **Chinese New Year Mass and Veneration Ceremony to Ancestors.** We have invited Bishop Soto to celebrate Chinese New Year Mass with us. After the Mass and the Veneration Ceremony, a Chinese New Year banquet will be served at Tea Cup Cafe Restaurant (1614 21st St, Sacramento, CA 95811). Reception at 5:00 pm and dinner at 5:30 pm. All are welcome to join us!

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For registration: Please email Kenneth Ng [sccc.contact@gmail.com](mailto:sccc.contact@gmail.com)

A Glimpse of Spirituality 靈修一瞥113 (Luke 路 19:11-28)

Fr. Abraham Chiu 趙必成神父

What is this parable important to our spirituality? Absentee land-owners were a common thing in Jesus' time. The owners of large properties often lived elsewhere, leaving servants in charge of caring for and carrying on business as if the owners were still present. This kind of situation would be a test for the servants left in charge. Would they be faithful or would they wait until they heard the master was about to return and then quickly got things in order? That recalls the Christian spirituality, i.e. awakening always.

What is a test? Does God need to test us? If so, is this God omniscient? God does not need to test humans as humans do. Rather, Jesus illustrated the need for alertness and readiness when the owner was out of the country. In the same way, there is no reason for Christians to be fearful, indeed, the coming of the Son of Man is an event to be greeted with joy. Thus, our whole life should be a preparation to meet the Lord. Therefore, alertness is not a test since God does not need to test us; rather, the work of witnessing to Jesus in our daily lives.

Jesus, however, said in the parable, "But as for these enemies of mine, who did not want me to reign over them, bring them here and slay them before me." The slaughter of enemies is shocking but in reality, it always happens in politics. The people became the enemies of the nobleman because they refused his reign over them. The verb "slay" (kataphaxate) implies that all enemies are put to death without any exception. It is not the fact that God will kill all sinners but the rejection to God does make people go to hell by themselves. Jesus did not play any politics with his enemies; to the contrary, he was killed by those who did not want him to be their messiah. That is the merciful love of Jesus to all sinners.

Jesus' parable reminds us of the alertness and preparation needed for the two-fold coming of him into our lives, namely: in his presence in our daily lives and in his final coming in glory at the end of the world.

這比喻對神修有何重要意義?

耶穌時代, 地主不在是常見事, 他們通常住在其他地方, 讓僕人照顧和處理事務。這種情況對僕人來說, 可以是個考驗。他們忠心耿耿, 或等到主人回來之前最後一刻才趕緊把事情處理? 基督徒的神修, 在醒覺。

天主需要考驗人? 如果是, 天主還是全知? 天主不需要像人一樣考驗人類。相反, 耶穌說明, 當主人遠行時, 僕人需要保持警醒和準備。同樣, 只要每天為耶穌的再來做好準備, 基督徒就沒有理由心懷恐懼; 反之, 是件喜事。因此, 一生應為與主永恆共融而做好準備。醒覺不是考驗, 因為天主不需考驗我們, 相反, 醒悟在日常生活中是為耶穌作見證。

然而, 耶穌在比喻中說: "至於那些敵對我, 不願意我作他們君王的人, 你們把他們押到這裡, 在我面前殺掉。" 殺掉敵人令人困惑, 實際上, 在政治手段中時常發生; 人民因為拒絕權貴統治而成為他們敵人之後, 被統治者殺死。動詞"殺掉" (kataphaxate) 意味著所有敵人都被處死, 沒有例外。天主並沒有殺死所有罪人, 但拒絕天主確實會使人自投地獄。耶穌沒有與他的敵人玩弄政治遊戲; 相反, 耶穌被那些抗拒他作為默西亞的罪人所殺, 這就是耶穌對罪人的慈悲大愛。

耶穌的比喻提醒: 他雙重降臨到我們生命中需要醒覺和準備, 即: 在日常生活中的臨在, 以及世界末日第二次光榮來臨。



# Foco de Cuaresma/Lenten Spotlight

## WHY AND HOW DO WE FAST? ¿POR QUÉ Y CÓMO AYUNAMOS?

Along with prayer and almsgiving, fasting is one of the three pillars of Lent. In a message for Lent in 2008, Pope Benedict XVI described these as “specific tasks that accompany the faithful concretely in this process of interior renewal.”

A decade earlier, St. (Pope) John Paul II described Lent as a “commitment to a new life, inspired by Gospel values,” moving away from selfishness and drawing closer to the path Christ., with fasting consisting of moderation in food and lifestyle as “a sincere effort to remove from our hearts all that is the result of sin and inclines us to evil.”

Prayer and almsgiving may be easier to fully grasp than fasting, for which the Church has provided specific rules and guidelines to help shape our 2024 Lenten journey towards renewal.

**What is fasting?** In the Catholic Church, fasting is a practice in self-discipline with a penitential focus. In the context of Lent, it refers to reducing food intake and limiting how many meals we have.

**What are the Lent fasting rules?** On Ash Wednesday and Good Friday, fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal. Additionally, Catholics may not eat meat on these two days—or on any Friday during Lent

**What are the Lent rules on abstinence?** In this context, abstinence refers to “abstaining” from meat on Fridays during Lent. Whereas Catholics fast on Ash Wednesday and Good Friday with just one large meal, Catholics must refrain from eating meat on other Fridays, though they can have three full meals.

**At what age do you start fasting for Lent?** Those ages 18-59, in reasonable health, are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. Canon Law does mention that for children not fasting, parents should communicate the meaning and penance.

**Who is exempt from fasting during Lent?** Children, adults with physical and mental illness, pregnant women and those nursing are all exempt. The USCCB stresses that “common sense should prevail” and no one should jeopardize their health to fast.

**When is fasting over?** Lent ends on Holy Thursday, but Lenten fasting (and personal commitments) usually continues until Easter. Papal document *Paschalis Solemnitatis* recommends this in order that we “with uplifted and welcoming heart be ready to celebrate the joys of the Sunday of the resurrection.”

**Can you eat meat on Good Friday?** On the one hand, Good Friday is part of the Easter Triduum, which marks the end of Lent. However, since Good Friday itself is a day of abstinence, it’s best to abstain from meat, as in the Fridays of Lent.

**Do Sundays count for fasting?** It’s been a custom for Catholics to give something up during Lent, in addition to the fastings and abstinence rules. Some keep their sacrifice continuously, but Sundays during Lent are not “prescribed days of fasting and abstinence.” Ultimately, it’s a personal decision.

**What can you drink on Ash Wednesday? What are the fasting rules around liquids like coffee?** Normal rules around fasting before receiving Communion (abstaining from food an hour before Mass) apply during Lent. Outside of that, there are no specific rules around liquids, so coffee, tea and soda are fine. A smoothie that constitutes a meal would probably count as food.

**What are the fasting rules around alcohol?** The Church does not specifically limit alcohol. A personal discretion is best.

Junto con la oración y la limosna, el ayuno es uno de los tres pilares de la Cuaresma. En un mensaje de Cuaresma de 2008, el Papa Benedicto XVI las describió como “tareas específicas que acompañan concretamente a los fieles en este proceso de renovación interior”.

Una década antes, San (Papa) Juan Pablo II describió la Cuaresma como un “compromiso con una vida nueva, inspirada en los valores del Evangelio”, alejándose del egoísmo y acercándose al camino de Cristo, con un ayuno consistente en moderación en la alimentación y estilo de vida como “un esfuerzo sincero por eliminar de nuestro corazón todo lo que es fruto del pecado y nos inclina al mal”.

La oración y la limosna pueden ser más fáciles de comprender que el ayuno, para lo cual la Iglesia ha proporcionado reglas y pautas específicas para ayudar a dar forma a nuestro viaje de Cuaresma de 2024 hacia la renovación.

**¿Qué es el ayuno?** En la Iglesia Católica el ayuno es una práctica de autodisciplina con enfoque penitencial. En el contexto de la Cuaresma, se refiere a reducir la ingesta de alimentos y limitar la cantidad de comidas que hacemos.

**¿Cuáles son las reglas del ayuno de Cuaresma?** El Miércoles de Ceniza y el Viernes Santo, las reglas de ayuno permiten a los católicos comer solo una comida completa y dos comidas más pequeñas que, combinadas, no equivaldrían a una sola comida normal. Además, los católicos no pueden comer carne en estos dos días, ni en ningún viernes durante la Cuaresma.

**¿Cuáles son las reglas de Cuaresma sobre la abstinencia?** En este contexto, la abstinencia se refiere a “abstenerse” de comer carne los viernes durante la Cuaresma. Mientras que los católicos ayunan el Miércoles de Ceniza y el Viernes Santo con una sola comida abundante, los católicos deben abstenerse de comer carne los demás viernes, aunque pueden comer tres comidas completas.

**¿A qué edad se empieza a ayunar durante la Cuaresma?** Las personas entre 18 y 59 años, que gozan de una salud razonable, deben ayunar el Miércoles de Ceniza y el Viernes Santo. Los mayores de 14 años deben abstenerse de comer carne los viernes durante la Cuaresma. El Derecho Canónico sí menciona que para los niños que no ayunan, los padres deben comunicar el significado y la penitencia.

**¿Quién está exento del ayuno durante la Cuaresma?** Están exentos los niños, los adultos con enfermedades físicas y mentales, las mujeres embarazadas y las personas en período de lactancia. La USCCB subraya que “debe prevalecer el sentido común” y nadie debe poner en peligro su salud para ayunar.

**¿Cuándo termina el ayuno?** La Cuaresma termina el Jueves Santo, pero el ayuno (y los compromisos personales) de Cuaresma generalmente continúa hasta Pascua. El documento papal *Paschalis Solemnitatis* recomienda esto para que “con el corazón elevado y acogedor estemos dispuestos a celebrar las alegrías del domingo de la resurrección”.

**¿Se puede comer carne el Viernes Santo?** Por un lado, el Viernes Santo forma parte del Triduo Pascual, que marca el final de la Cuaresma. Sin embargo, dado que el Viernes Santo es un día de abstinencia, es mejor abstenerse de comer carne, como los viernes de Cuaresma.

**¿Los domingos cuentan para el ayuno?** Ha sido costumbre entre los católicos renunciar a algo durante la Cuaresma, además de las reglas de ayuno y abstinencia. Algunos mantienen su sacrificio continuamente, pero los domingos durante la Cuaresma no son “días prescritos de ayuno y abstinencia”. En última instancia, es una decisión personal.

**¿Qué se puede beber el Miércoles de Ceniza? ¿Cuáles son las reglas de ayuno con líquidos como el café?** Las reglas normales sobre el ayuno antes de recibir la Comunión (abstenerse de comer una hora antes de la Misa) se aplican durante la Cuaresma. Aparte de eso, no existen reglas específicas sobre los líquidos, por lo que el café, el té y los refrescos están bien. Un batido que constituye una comida probablemente contaría como comida.

**¿Cuáles son las reglas de ayuno en torno al alcohol?** La Iglesia no limita específicamente el alcohol. Lo mejor es una discreción personal.

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See cover page.

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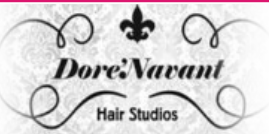
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