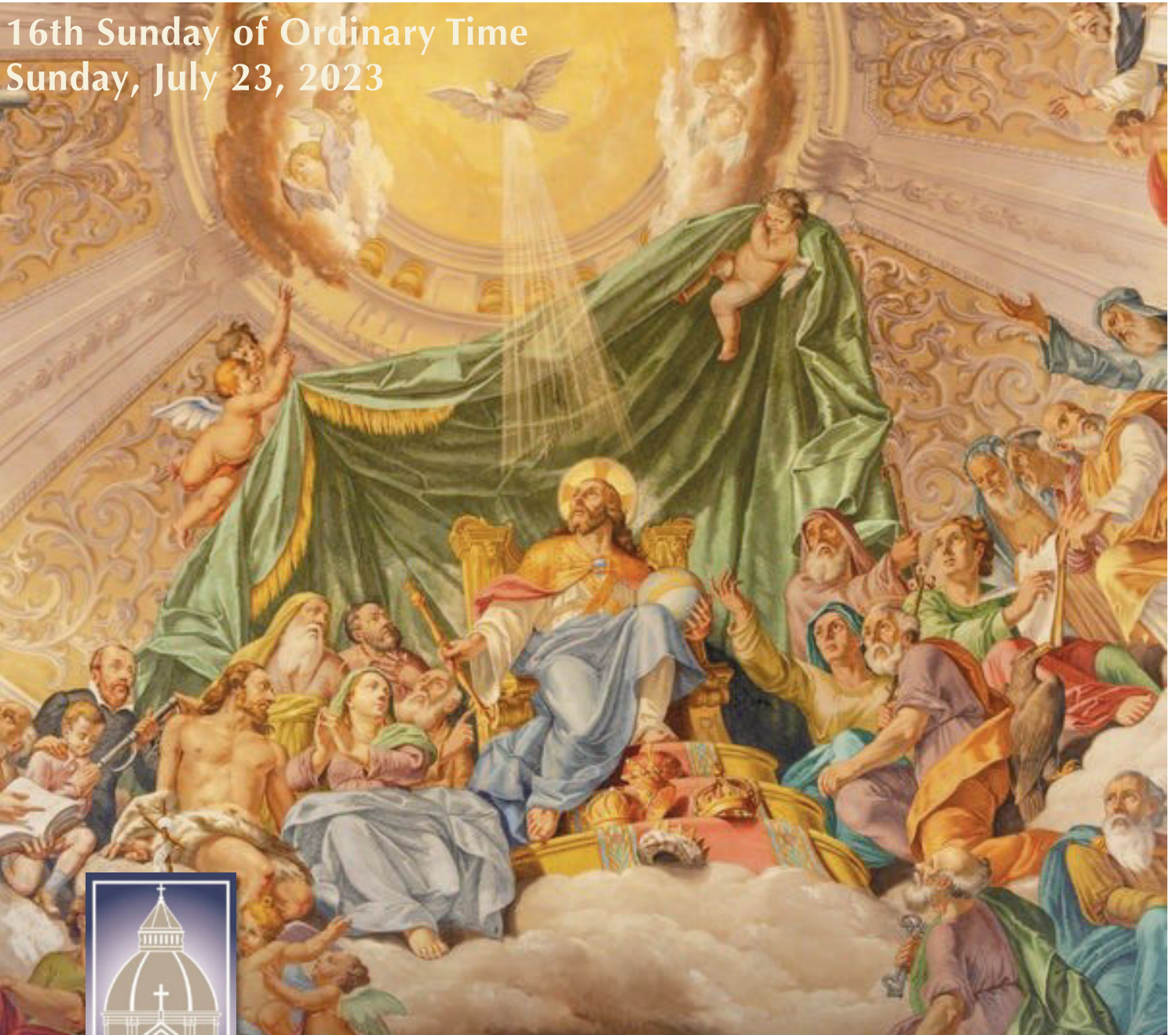


16th Sunday of Ordinary Time  
Sunday, July 23, 2023



1017 11th Street - Sacramento, CA 95814 | 916-444-3071

# CATHEDRAL OF THE BLESSED SACRAMENT

*Stewards of God's Gifts*

## MASS SCHEDULE

\* Livestream NOT available in July

**Sunday | Domingo**  
English 8:00 am  
English 10:00 am\*  
Español 12:00 pm\*  
Chinese 2:00 pm\*  
English 4:00 pm  
Español 6:00 pm

**Cathedral Hours:** Monday - Friday 10-4  
**Office Hours:** Monday-Friday 9-12 & 1-4

**Monday - Friday**  
**Lunes - Viernes**  
12:10 pm

**Saturday | Sábado**  
NO VIGIL MASS

**ADORATION**  
Wednesday & Thursday  
1:00 pm to 4:00 pm

## RECONCILIATION

**Monday - Friday | Lunes - Viernes**  
11:30 am to 12:00 pm

**Saturday | Sábado**  
4:00 pm to 5:00 pm

Connect with us!



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

# Eucharistic Revival: Stewardship

Page 2 | Sunday, July 23, 2023 | 16<sup>th</sup> Sunday of Ordinary Time

*Stewardship Pillars*



*Pilares de Mayordomía*



**Hospitality/  
Hospitalidad**



**Prayer/  
Oración**



**Formation/  
Formación**



**Service/  
Servicio**

## Stewardship Reflection

Today's Gospel passage from Matthew is filled with lessons both cautionary and consoling for the Christian steward as Jesus uses several parables to describe the kingdom of heaven and our role in it.

First, He compares it to a field where both wheat and weeds have been sown. Both weeds and wheat are permitted to grow and only at the harvest time are they separated, or "judged" — the wheat gathered into the sower's barn and the weeds finally destroyed. So it will be for each of us at the end of our time on earth. It is a sobering reminder of the justice of God.

Next, He says the kingdom of heaven is like the small portion of yeast that is mixed in with flour for the making of bread. The yeast makes up an insignificant fraction of the ingredients, yet it is vital to the outcome — without that tiny bit of yeast, the bread simply will not rise. Similarly, He compares the kingdom of heaven to a mustard seed, "the smallest of all the seeds." But when it is full-grown it becomes the largest of all the plants, a sturdy and hardy bush where "birds of the sky come and dwell in its branches."

So often, the prayers that we pray, the service we offer, the gifts we give — in comparison to the immense needs around us — can seem laughably small. But, as Jesus makes clear through the images of yeast and mustard seed, that is not the truth!

God sees and treasures and "grows" our offerings of time, talent, and treasure in ways we cannot begin to imagine.

In justice, in gratitude, in love, let us remain faithful to the mission entrusted to our care for the building of the kingdom of heaven.

## Reflexión sobre la mayordomía

El pasaje del Evangelio de hoy de Mateo está lleno de lecciones tanto de advertencia como de consuelo para el mayordomo cristiano, ya que Jesús usa varias parábolas para describir el reino de los cielos y nuestro papel en él.

Primero, lo compara con un campo donde se han sembrado tanto trigo como maleza. Tanto las malas hierbas como el trigo pueden crecer y solo en el momento de la cosecha se les permite separado, o "juizado": el trigo se acumuló en el granero del sembrador y las malas hierbas finalmente se destruyeron. Así será para cada uno de nosotros al final de nuestro tiempo en la tierra. Es un recordatorio aleccionador de la justicia de Dios.

Luego, Él dice que el reino de los cielos es como la pequeña porción de levadura que se mezcla con harina para hacer pan. La levadura constituye una fracción insignificante de los ingredientes, sin embargo, es vital para el resultado. Sin ese poquito de levadura, el pan simplemente no subirá. Del mismo modo, Él compara el reino de los cielos con un grano de mostaza, "la más pequeña de todas las semillas". Pero cuando está completamente desarrollada, se convierte en la más grande de todas las plantas, un arbusto robusto y resistente donde "las aves del cielo vienen y habitan en sus ramas".

Muy a menudo, las oraciones que oramos, el servicio que ofrecemos, los dones que damos, en comparación con las inmensas necesidades que nos rodean, puede parecer ridículamente pequeño. Pero, como Jesús deja claro a través de las imágenes de levadura y semilla de mostaza, ¡esa no es la verdad!

Dios ve, atesora y "crece" nuestras ofrendas de tiempo, talento y tesoro de maneras que no podemos comenzar a imaginar.

En justicia, en gratitud, en amor, permanezcamos fieles a la misión confiada a nuestro cuidado de la construcción del reino de los cielos.



**Photography Policy:** It is NOT permitted to take photographs or videos for personal or commercial use inside the Cathedral or on the front steps. Flash photography, the use of telescopic "selfie sticks", tripods, stands, drones, and professional equipment are strictly forbidden. For event use, please contact Cathedral staff at 916-444-3071.



## ROSARY PRAYER TIMES/ TIEMPOS DE ORACIÓN DEL ROSARIO



**Fridays, 7:45 AM** Capitol Park  
For the prayer, song and fellowship.  
**Viernes, 7:45 AM** Parque del Capitolio  
Para la oración, el canto y el compañerismo.



**1st & 3rd Wednesdays, 7:10 PM.**  
St Toribio Classroom, lower level.  
1er y 3er miércoles, 7:10 PM.  
Aula St Toribio, nivel inferior.



**ADORATION**  
Wednesdays and Thursdays, 1PM—4PM  
In the Blessed Sacrament Chapel.  
**ADORACIÓN**  
Miércoles y jueves, 1PM—4PM  
En la Capilla del Santísimo Sacramento



### THANK YOU FOR CELEBRATING with FATHER KIERNAN!

Fr. Kiernan thanks you for joining him in celebrating this important milestone in his vocation. He is truly grateful to serve the People of God for 50 years of priesthood.



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

Regístrate para este servicio/  
Register for this service at:  
[www.is.gd/text2give](http://www.is.gd/text2give)

*Thank You! Gracias!*



## KEEPING THE FLAME ALIVE with Fr. O'Reilly

**On break during July. Resuming August 2**  
Reading and reflecting on the Sacred Scriptures.  
Contact Donna: [flamealive22@gmail.com](mailto:flamealive22@gmail.com) for info  
and/or to be added to the Flocknote notification.

**Manteniendo viva la llama con Padre O'Reilly  
En descanso durante julio.**

**Reanudación del 2 de agosto**  
Leer y reflexionar sobre las Sagradas Escrituras.  
Póngase en contacto con Donna:  
[flamealive22@gmail.com](mailto:flamealive22@gmail.com) para obtene información  
y/o para agregarse a la notificación de Flocknote.

**Cathedral Tours: Sundays following Masses: 8AM  
& 10AM (English) and after 12 noon Mass  
(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: 8AM y 10AM (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.

We would like to ask that each family bring a dish to share. Please bring the dish below according to the first letter of your last name.

**A - I: Salad**  
**J - R: Dessert**  
**S - Z: Side Dish**

#### DETAILS:

- \* Please bring your beverage of choice. We will provide bottled water.
- \* Hamburgers, hot dogs, and condiments will be provided.
- \* Join in for some music, entertainment, and games.
- \* Picnic tables and chairs will be available.
- \* You are welcome to bring lawn chairs and picnic blankets.
- \* Please do not bring canopies or tents.
- \* Please keep pets at home.
- \* For questions, you may email Russ Almaraz at [russ.almaraz@gmail.com](mailto:russ.almaraz@gmail.com)

## Cathedral of the Blessed Sacrament Annual Parish Picnic

The Parish Pastoral Council invites all parishioners to an evening of fun, food, and fellowship.

**Friday, August 11, 2023**

**5:00 pm - Welcome**

**5:30 pm - Vespers**

**St. Joseph Catholic Church**

**32890 S. River Rd.**

**Clarksburg, CA 95612**

*Please do not go to the Cathedral*

# Formation: Liturgy of the Word

Page 4 | Sunday, July 23, 2023 | 16<sup>th</sup> Sunday of Ordinary Time

## READING 1

### WISDOM 12:13, 16-19

There is no god besides you who have the care of all, that you need show you have not unjustly condemned. For your might is the source of justice; your mastery over all things makes you lenient to all. For you show your might when the perfection of your power is disbelieved; and in those who know you, you rebuke temerity. But though you are master of might, you judge with clemency, and with much lenience you govern us; for power, whenever you will, attends you. And you taught your people, by these deeds, that those who are just must be kind; and you gave your children good ground for hope that you would permit repentance for their sins.

## RESPONSORIAL PSALM

### PSALM 86:5-6, 9-10, 15-16

*Lord, you are good and forgiving.*

- ◆ You, O LORD, are good and forgiving, abounding in kindness to all who call upon you. Hearken, O LORD, to my prayer and attend to the sound of my pleading.
- ◆ All the nations you have made shall come and worship you, O LORD, and glorify your name. For you are great, and you do wondrous deeds; you alone are God.
- ◆ You, O LORD, are a God merciful and gracious, slow to anger, abounding in kindness and fidelity. Turn toward me, and have pity on me; give your strength to your servant.

## READING 2

### ROMANS 8:26-27

Brothers and sisters:

The Spirit comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes with inexpressible groanings. And the one who searches hearts knows what is the intention of the Spirit, because he intercedes for the holy ones according to God's will.

## GOSPEL ACCLAMATION — ALLELUIA

### MATTHEW MT 11:25

*Blessed are you, Father, Lord of heaven and earth:  
you have revealed to little ones  
the mysteries of the kingdom.*

## GOSPEL

### MATTHEW 13:24-43

Jesus proposed another parable to the crowds, saying: *"The kingdom of heaven may be likened to a man who sowed good seed in his field. While everyone was asleep his enemy came and sowed weeds all through the wheat, and then went off. When the crop grew and bore fruit, the weeds appeared as well. The slaves of the householder came to him and said, 'Master, did you not sow good seed in your field? Where have the weeds come from?' He answered, 'An enemy has done this.' His slaves said to him, 'Do you want us to go and pull them up?' He replied, 'No, if you pull up the weeds you might uproot the wheat along with them. Let them grow together until harvest; then at harvest time I will say to the harvesters, 'First collect the weeds and tie them in bundles for burning; but gather the wheat into my barn.'"*

He proposed another parable to them. *"The kingdom of heaven is like a mustard seed that a person took and sowed in a field. It is the smallest of all the seeds, yet when full-grown it is the largest of plants. It becomes a large bush, and the 'birds of the sky come and dwell in its branches.'"*

He spoke to them another parable. *"The kingdom of heaven is like yeast that a woman took and mixed with three measures of wheat flour until the whole batch was leavened."*

All these things Jesus spoke to the crowds in parables. He spoke to them only in parables, to fulfill what had been said through the prophet: *I will open my mouth in parables, I will announce what has lain hidden from the foundation of the world.*

Then, dismissing the crowds, he went into the house. His disciples approached him and said, "Explain to us the parable of the weeds in the field." He said in reply, *"He who sows good seed is the Son of Man, the field is the world, the good seed the children of the kingdom. The weeds are the children of the evil one, and the enemy who sows them is the devil. The harvest is the end of the age, and the harvesters are angels. Just as weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all who cause others to sin and all evildoers. They will throw them into the fiery furnace, where there will be wailing and grinding of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears ought to hear."*

**SPECIAL COLLECTION TODAY:** Today, Sunday, July 23<sup>rd</sup>, the Cathedral will host a missionary from AMOR EN ACCION, as part of our diocese's participation in the **MISSIONARY COOPERATIVE APPEAL**. The missionary's name is Olga Garcia-Mayoral and she will speak at all Masses (English, Spanish and Chinese).

## PRIMERA LECTURA SABIDURÍA 12:13, 16-19

No hay más Dios que tú, Señor, que cuidas de todas las cosas. No hay nadie a quien tengas que rendirle cuentas de la justicia de tus sentencias. Tu poder es el fundamento de tu justicia, y por ser el Señor de todos, eres misericordioso con todos. Tú muestras tu fuerza a los que dudan de tu poder soberano y castigas a quienes, conociéndolo, te desafían. Siendo tú el dueño de la fuerza, juzgas con misericordia y nos gobiernas con delicadeza, porque tienes el poder y lo usas cuando quieres. Con todo esto has enseñado a tu pueblo que el justo debe ser humano, y has llenado a tus hijos de una dulce esperanza, ya que al pecador le das tiempo para que se arrepienta.

## SALMO RESPONSORIAL SALMO 65:10, 11, 12-13, 14

*Tú, Señor, eres bueno y clemente.*

- ◆ Puesto que eres, Señor, bueno y clemente y todo amor con quien tu nombre invoca, escucha mi oración y a mi súplica da respuesta pronta.
- ◆ Señor, todos los pueblos vendrán para adorarte y darte gloria, pues sólo tú eres Dios, y tus obras, Señor, son portentosas.
- ◆ Dios entrañablemente compasivo, todo amor y lealtad, lenta a la cólera, ten compasión de mí, pues clamo a ti, Señor, a toda hora.

## SEGUNDA LECTURA ROMANOS 8:26-27

Hermanos: El Espíritu nos ayuda en nuestra debilidad, porque nosotros no sabemos pedir lo que nos conviene; pero el Espíritu mismo intercede por nosotros con gemidos que no pueden expresarse con palabras. Y Dios, que conoce profundamente los corazones, sabe lo que el Espíritu quiere decir, porque el Espíritu ruega, conforme a la voluntad de Dios, por los que le pertenecen.

## ACLAMACIÓN ANTES DEL EVANGELIO MATEO 11, 25

*Te doy gracias, Padre, Señor del cielo y de las tierra, porque has revelado los misterios del Reino a la gente sencilla.*

## EVANGELIO MATEO 13, 24-43

En aquel tiempo, Jesús propuso esta parábola a la muchedumbre: *"El Reino de los cielos se parece a un hombre que sembró buena semilla en su campo; pero mientras los trabajadores dormían, llegó un enemigo del dueño, sembró cizaña entre el trigo y se marchó. Cuando crecieron las plantas y se empezaba a formar la espiga, apareció también la cizaña. Entonces los trabajadores fueron a decirle al amo: 'Señor, ¿qué no sembraste buena semilla en tu campo? ¿De dónde, pues, salió esta cizaña?' El amo les respondió: 'De seguro lo hizo un enemigo mío'. Ellos le dijeron: '¿Quieres que vayamos a arrancarla?' Pero él les contestó: 'No. No sea que al arrancar la cizaña, arranquen también el trigo. Dejen que crezcan juntos hasta el tiempo de la cosecha y, cuando llegue la cosecha, diré a los segadores: Arranquen primero la cizaña y átenla en gavillas para quemarla, y luego almacenen el trigo en mi granero' ".*

Luego les propuso esta otra parábola: *"El Reino de los cielos es semejante a la semilla de mostaza que un hombre siembra en un huerto. Ciertamente es la más pequeña de todas las semillas, pero cuando crece, llega a ser más grande que las hortalizas y se convierte en un arbusto, de manera que los pájaros vienen y hacen su nido en las ramas".*

Les dijo también otra parábola: *"El Reino de los cielos se parece a un poco de levadura que tomó una mujer y la mezcló con tres medidas de harina, y toda la masa acabó por fermentar". Jesús decía a la muchedumbre todas estas cosas con parábolas, y sin parábolas nada les decía, para que se cumpliera lo que dijo el profeta: Abriré mi boca y les hablaré con parábolas; anunciaré lo que estaba oculto desde la creación del mundo.*

Luego despidió a la multitud y se fue a su casa. Entonces se le acercaron sus discípulos y le dijeron: *"Explícanos la parábola de la cizaña sembrada en el campo".*

Jesús les contestó: *"El sembrador de la buena semilla es el Hijo del hombre, el campo es el mundo, la buena semilla son los ciudadanos del Reino, la cizaña son los partidarios del maligno, el enemigo que la siembra es el diablo, el tiempo de la cosecha es el fin del mundo, y los segadores son los ángeles. Y así como recogen la cizaña y la quemar en el fuego, así sucederá al fin del mundo: el Hijo del hombre enviará a sus ángeles para que arranquen de su Reino a todos los que inducen a otros al pecado y a todos los malvados, y los arrojen en el horno encendido. Allí será el llanto y la desesperación. Entonces los justos brillarán como el sol en el Reino de su Padre. El que tenga oídos, que oiga".*

**COLECTA ESPECIAL HOY:** Hoy, el domingo 23 de julio, la Catedral recibirá a un misionero de AMOR EN ACCIÓN, como parte de la participación de nuestra diócesis en la **CAMPAÑA COOPERATIVA MISIONERA**. El nombre de la misionera es Olga García-Mayoral y hablará en todas las misas (inglés, español y chino).



## Upcoming Youth Events / Opportunities



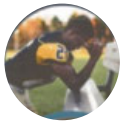
**10 MIN with JESUS**—Daily Prayer and Spiritual food for busy teens and young adults

[En Espanol](#) [In English](#)



**Real + True:** An Introduction to the Catechism via Flocknote video format.

[cathedralsacramento.flocknote.com/](https://cathedralsacramento.flocknote.com/)



**Quo Vadis? Retreat, Boys Ages 13-17 years**

July 28-30, 2023 For Info:

[www.scd.org/vocations/quo-vadis-weekend-retreat-boys-ages-13-17](http://www.scd.org/vocations/quo-vadis-weekend-retreat-boys-ages-13-17)



**On Fire—Six Flags, Vallejo—High School Youth**

Information Meeting for Parents—August 22nd, 6PM

<https://cathedralsacramento.flocknote.com/>

## Want to better prepare for Sunday Mass but don't know how to start?

Sign up for Mass Prep and get an email starting this coming Wednesday morning.

[www.cathedralsacramento.flocknote.com/sundayreadings](http://www.cathedralsacramento.flocknote.com/sundayreadings)



## Prayer: Mass Intentions

Please pray for one another

### Sunday 7/23

16<sup>th</sup> Sunday of Ordinary Time

Esmeralda Nieves S.I.;  
Mary-Catherine O Whalen S.I.;  
Alexa Lizarraga +;  
People of the Parish S.I.;  
Lynn Kennedy S.I.

### Monday 7/24

St. Charbel Makhlouf, Priest

Matthew J. Durand +

### Tuesday 7/25

St. James, Apostle

Heracleo "Cleo" Ordoñez +

### Wednesday 7/26

Sts. Joachim and Anne, parents of Mary

Shin Ho Chang +

### Thursday 7/27

Thursday of week 16 in Ordinary Time

Mary Walker S.I.

### Friday 7/28

Friday of week 16 in Ordinary Time

Myrna Woods +



## Formation:

*Kids' Corner* **Esquina de niños**

## Weeds Among the Wheat

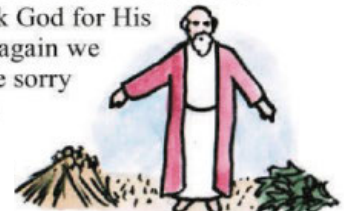


Weeds are plants that shouldn't be there. They use the sun and water that the good plants need. Have you ever helped pick weeds in the garden? In today's parable Jesus tells about a man who lets the weeds grow along with the wheat until harvest time, so that the good plants don't get pulled up along with the weeds.

The weeds represent the bad people, who will go to Hell at the final judgement. God lets them stay alive as long as the good people. He wants to give sinners lots of time to repent so that they can go to Heaven instead.



All the readings today are about God's mercy. God is the most powerful of all, but instead of destroying sinners He wants to give them more chances. When you think about it, you will realize God has already been merciful to all of us- because we have all sinned. We should thank God for His mercy, and if we do sin again we should show Him we are sorry by going to Confession.



## Formation: Families & Adults

**Sundays, 8:00 AM Mass, OCIA Dismissal & BOW**  
*Our OCIA Catechumens / Candidates will be dismissed at the 8AM Mass for Breaking Open the Word.*

**Mondays, 7:00 PM, Mercy Hall (Starting again August 7th)** *Seeking Faith and Sacraments for Adults.* Our on-going Monday Night OCIA for those thinking about becoming Catholic and/or those who need to complete their Sacraments. For Info or to Register:

<https://www.cathedralsacramento.org/ocia>

### Mass Preparation in Your In-Box

*Sunday Mass Prep.* Weekly email to help your family prepare for Sunday Mass. Each week's email prep will have reflections for children, teens and adults. All are welcome to participate.

[www.cathedralsacramento.flocknote.com/](http://www.cathedralsacramento.flocknote.com/)



## Bible Bookmark

Cut out along the dotted lines, fold and keep in Bible for reference when praying with Scripture.

Prayer: *Breaking Open the Word*  
Mass Preparation for **Sunday, 30 JULY**

### PREPARE

- > **Choose** one of the Bible texts for next Sunday's Mass, maybe start with the Gospel.
- > **Find** a quiet place to begin.
- > **Pray** to the Holy Spirit
- > **Follow** the Lectio Divina Steps

### Lectio Divina Steps to Reading God's Word

- ◆ **Reading (lectio)** - listen to God's Word as it is read out loud. Ask: *"What does the Biblical text say?"*
  - ◆ **Meditation (meditatio)** - reflect on the meaning of the text you heard. Ask: *"What is God saying to me in this text?"*
  - ◆ **Prayer (oratio)** - speak with God in praise, thanksgiving, contrition and petition. Ask: *"What is my response to God in His Word?"*
  - ◆ **Contemplation (contemplation)** - listen to God more quietly in the silence of the heart. Ask: *"How does the text make you feel in your relationship with God?"*
  - ◆ **Action (action)** - put what you heard into action in your life. Ask: *"How will I change what I do today in response to hearing this text?"*
- The Kingdom of Heaven is like a hidden Treasure*

### Prepare: 17th Week of OT

1 Kings 3:5, 7-12  
Ps 119:57, 72, 76-77, 127-130  
Romans 8:28-30  
Matthew 13:44-52

### Gospel Focus:

Pages could be written on the emptiness of riches. History is full of individuals who, though very wealthy, have led lives of quiet desperation, without peace or happiness; some even despairing of life. Simultaneously, books could be filled with the stories of financially poor people, who in their poverty found the Kingdom of God, and lived lives of radiant peace, love, and joy. **Who really is the richer of the two?**

Most of us are neither very wealthy nor very poor, so we always have before us the decision, *"What shall we seek?"* The riches of the Kingdom of God are readily available to us, and supremely more importantly is it that God will help us in our search. Yet, complacency will hinder our finding the riches of God's Kingdom, because it will lead us to never begin the search. Similarly, the riches of the Kingdom will be difficult to find if we are preoccupied searching for other things. Jesus rightly admonished us, "Seek first the kingdom (of God) and his righteousness, and all these things will be given you besides."

### With your Family

- Create a treasure hunt around the house and have the children seek the items.
- **Read Matthew 13:44-46**
- Ask them "What is your greatest treasure?"
- Google the story of **Saint Faustina Kowalska (Divine Mercy)**
- What was the "pearl of great price for St. Faustina?"
- How can you make God the "valuable Pearl" in your family?



## Registration is underway La inscripción está en curso 2023-2024

The Cathedral of the Blessed Sacrament is forming whole families in the faith in its "A Family of Faith" series. This program of formation involves the whole family in weekly lessons following the four pillars of the Catechism of the Catholic Church:

- 1) the Creed (what the we believe),
- 2) the Sacraments (what the we celebrate),
- 3) the Commandments and Moral life
- 4) **the Our Father (what we pray - focus in 2023/24)**

We invite your family of faith to be a part of this growing community of believers. Complete an inquiry form at the below link and we will help you to enroll as either returning or new families. Sacramental preparation is integrated into our plan of family formation, so come start today!

**Note:** Those teens and parents needing multiple Sacraments can participate in our Family OCIA Program.

La Catedral del Santísimo Sacramento está formando familias enteras en la fe en su serie "Una familia de fe". Este programa de formación involucra a toda la familia en lecciones semanales siguiendo los cuatro pilares del Catecismo de la Iglesia Católica:

- 1) el Credo (lo que creemos),
- 2) los Sacramentos (lo que celebramos),
- 3) los Mandamientos y la vida Moral (lo que vivimos),
- 4) **el Padre Nuestro (tema en 2023/24)**

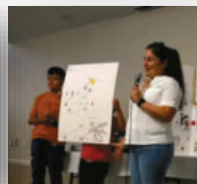
Invitamos a su familia de fe a ser parte de esta creciente comunidad de creyentes. Complete un formulario de consulta en el siguiente enlace y lo ayudaremos a inscribirse como familias que regresan o nuevas. La preparación sacramental está integrada en nuestro plan de formación familiar, ¡así que comience hoy!

**Nota:** Aquellos adolescentes y padres que necesitan múltiples Sacramentos pueden participar en nuestro

## Register for Family Faith Formation Regístrese para la formación en la fe familiar

<https://is.gd/familyformation2024>

OR



# Sacramento Chinese Catholic Community

Page 8 | Sunday, July 23, 2023 | 16<sup>th</sup> Sunday of Ordinary Time

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

**Tel: 916-583-8306**

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

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Fr. Abraham Chiu  
趙必成神父



## A Glimpse of Spirituality 靈修一瞥82 (Matt 瑪9:14-15)

Lent is not for fasting, fasting is for Lent. Fasting is not superficially not eating or drinking, but to experience the life of suffering Jesus and helpless people through a simple life.

Experiencing pain is not the ultimate spiritual practice, but repentance; to put it bluntly, fasting is to cultivate one's heart and mind for repentance and rehabilitation. If repentance has no purpose, it is easy to get lost. As a matter of fact, the purpose of repentance is the kingdom of heaven because humans are created by God not to go to hell, but heaven. Committing sin is to leave the kingdom of heaven and go to hell. Only through the salvation of Jesus can we rise up again and move forward to God's kingdom. Therefore, following Jesus is joy, no matter how the world persecutes the church. Jesus asked, "Can the wedding guests mourn as long as the bridegroom is with them?"

The verb "mourn" (penthein) means one's lamentation or guilt. It is usually used in the face of death. In fact, death is not only human life, but also the death of heart, despair, or the end of a relationship. Jesus emphasized that the guests should not mourn in front of the groom, because the relationship between them is still there. However, once the relationship between Jesus and people is terminated by sin, this requires mourning, and expressing repentance through fasting in order to re-establish relation with Jesus. So Jesus continued: "The days will come, when the bridegroom is taken away from them, and then they will fast."

The passive verb "is taken" (aparthē) is originally meant to be taken away by people, and here it refers to the death of Jesus. The crucifixion of Jesus was the result of humans' sin. People can go to this point that they would rather be the slaves of the devil than following Jesus. At the same time, they are afraid of the presence of Jesus who would ceaselessly knock at their conscience. As a result, they simply kill Jesus in order to anesthetize themselves. This unprecedented sin has brought heaven and people separation, forever. When people end up like this, they really need to mourn their sins and express their repentance by fasting so that they return to God's embrace again. True fasting consists in repentance.

四旬期不是為了禁食，而禁食是為了四旬期

禁食也不是表面的不吃不喝，而是通過簡樸生活，體驗痛苦耶穌以及無助人們的生活。

體驗痛苦不是終極神修，而是悔改；直說，禁食是為了修煉自己心神，悔過自新。

悔改如果沒有目的，容易迷失；悔改目的，是天國，因為人被天主創造，不是為了下地獄，而是升天堂。犯罪，就是離開天國投奔地獄，只有通過耶穌救恩，才能重新起來，邁步向前。

因此，跟隨耶穌是喜樂，無論世界如何迫害教會。耶穌問：“伴郎豈能當新郎與他們在一起的時候悲哀？”

“悲哀”（penthein）這動詞意即人的哀悼、哀嘆或內疚；通常用在面對死亡，其實，死亡不只是人命，還有心死，或絕望，還有一段關係的結束。

耶穌強調伴郎不會在新郎跟前哀悼，因為彼此之間的關係還在，可是，一旦耶穌與人的關係，因為罪惡而中斷，這就需要悲哀，並且通過禁食來表達悔改，重新與耶穌建立關係。因此耶穌繼續：“但日子將要來到；當新郎從他們中被劫去時，那時他們就要禁食了。”

被動語態動詞“劫去”（aparthē）本意是被人帶走，這裡指向耶穌的死亡，耶穌被釘死是人犯罪的結果，人可以到這地步，就是寧願作為魔鬼奴隸，都不要跟隨耶穌，同時又怕耶穌臨在，敲開他們良心，為了麻醉自己，乾脆殺死耶穌，這空前絕後罪過，帶來天人永隔，人到如斯下場，真要哀悼已罪，以禁食表達悔改，才能從投天主懷抱。

真正禁食，在於悔改



## ANOINTING OF THE SICK

Make an appointment by calling the parish office.

## BAPTISM for INFANTS PREPARATION

Classes located in the Cathedral.

*English:* 1st Thursday of the month at 7pm.

*Spanish:* 2nd Thursday of the month at 7pm.

## BAPTISM

Contact Deacon Omar Bardales at the Parish Office [baptism@cbssac.org](mailto:baptism@cbssac.org) or 916-444-3071 Ext. 28

Baptisms are scheduled in English at 9 AM on the first and third Saturday of each month; and in Spanish at 9 AM on the second and fourth Saturday of each month.

## CONFESSION/RECONCILIATION

Monday—Friday: 11:30 am to 12:00 pm

Saturday: 4:00 to 5:00 pm

## CONFIRMATION

The Cathedral offers programs of formation for the Sacrament of Confirmation to youth (7th grade and older) and Adults. Go to:

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

## 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 OCIA. Contact Sister Lisa Marie for details at [slmdoty@cbssac.org](mailto:slmdoty@cbssac.org).

## HOLY ORDERS

Priests and deacons are ordained to perform ministerial roles in the community. To learn more about the priesthood and /or deaconate, contact Fr. Mémo Hernandez at 916-733-0258.

## 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](mailto:matrimonyprep@att.net) or 916-427-9160.

## MATRIMONY

Contact Titi Kila at [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org).



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## CATECHIST PREPARATION

Desire to help us pass on the faith to adults and children? To learn more and to complete your application go to: <https://is.gd/cathechistapplication>.

## FAMILY AND ADULT FAITH FORMATION

**English and Spanish**

The Cathedral offers weekly encounters for families

to grow in faith together. Go to:

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

**ORDER OF CHRISTIAN INITIATION FOR ADULTS/CHILDREN (OCIA) Adults:**

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# Parish Information

Page 10 | Sunday, July 23, 2023 | 16<sup>th</sup> Sunday of Ordinary Time

## SACRED LITURGY

### Altar Servers

Michael Ognisty, mfognisty@msn.com

### Cathedral Choir

Rex Rallanka, Director of Liturgy & Music, rrallanka@cathedralsacramento.org

### Cathedral Children's Choir

Gayle Winney, Children's Choir Director, gwinney@cbssac.org

### Spanish Choir (12:00 pm)

### Spanish Choir (6:00 pm)

Jerry Vanoye

Ricardo Zavala

### Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

### Lectors

Maggie Jones, lector@cathedralsac.org

### Sacristan Ministry

Michael Ognisty, mfognisty@msn.com

### Ushers

Tom Waddock, tomwaddock@yahoo.com or 916-444-3071, x 20

### Welcoming Ministry

Andrea Martin-Borges, andreamartin-borges@hotmail.com

## PRAYER

### Adoration

Titi Kila, cbsadoration@gmail.com

### Evening Rosary Group

Marlene Mejia, 916-628-6775 or Christina Callazo-Kelly,

praytherosarywithus@yahoo.com

### Friday Morning Rosary Group

John Fairbanks, john@capitolmr.com

### Prayer Chain

Regina Fagan, prayer.chain.sacramento@gmail.com

## FAITH FORMATION AND CATECHESIS

### Catechists for Family and Adult Faith Formation

Sr. Lisa Marie Doty, FDCC, slmdoty@cbssac.org

### Catechists for Faith Formation Spanish

Edith Gonzalez, edi\_d2@yahoo.com

### Family and Adult Faith Formation

Deyanira Galvez, Galvez.dgv@gmail.com

### Order of Christian Initiation for Adults (OCIA) Support Ministry

Sr. Lisa Marie Doty, FDCC, slmdoty@cbssac.org

### Catechesis of the Good Shepherd

For ages 3+ David Vincent, admin@youngsheep.org; www.youngsheep.org

## SOCIAL and COMMUNITY SERVICE

### Brown Bag Lunch Ministry

Marilynn Fairgood, Marilyn\_Fairgood@att.net

### Cathedral Docents Tour Ministry

Jill Pease, peasejill@gmail.com

### Festival of Trees

Please contact Fr. O'Reilly at 916-444-3071

### Front Door Ministry

Deacon Edgar Hilbert, hilbertdoheva@aol.com

### Gift Shop Volunteers

Susan Moeller, susandurand@gmail.com

### Hospitality

Celeste Gisla, jfgisla@att.net

### Office Ministry

Victoria Ramos, vramos@cathedralsacramento.org

### Outreach Ministry to the Homebound

Deacon Omar Bardales, omarcpa@att.net

### Media Ministry

Titi Kila, communication@cathedralsac.org

### Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

### Volunteer Corps

Tom Waddock, tomwaddock@yahoo.com or 916-444-3071, x 20

## COMMUNITY GROUPS

### Benedictus Youth Group

Titi Kila, benedictusy@gmail.com; Sister Lisa Marie Doty, FDCC,

slmdoty@cbssac.org

### Cathedral A.C.T.S.

Diane Gonzales-Salais, dmgsalais@yahoo.com

### Cathedral Filipino-American Group of Sacramento

Reynaldo (Rey) Rallanka, rallanka@att.net

### Cathedral Young Adults

Victoria Ramos, cathedralya@gmail.com

### Chinese Community

John Wong, jwong@live.it

### Knights of Columbus

Gabriel Gutierrez, gutierrezgabriel@yahoo.com

### Spanish Parents Group Leaders

Leticia Hilbert, leticia\_hilbert@hotmail.com

## PASTORAL AND ADMINISTRATIVE STAFF

Fr. Michael O'Reilly, *Pastor/Rector*

Fr. Abraham Chiu, *Chinese Mass*

Fr. Mémo Hernandez, *In Residence*

Fr. Michael Kiernan, *In Residence*

Deacon Omar Bardales

Deacon Gary Brys, *Business Manager*

Deacon Edgar Hilbert

Sr. Lisa Marie Doty, FDCC,

*Director of Faith Formation & OCIA*

Rex Rallanka,

*Director of Liturgy & Music*

Michael Ognisty, *Sacristan*

Tom Waddock, *Plant Manager*

Victoria Ramos, *Secretary*

Katie McAllister, *Bookkeeper*

Titi Kila, *Wedding Coordinator*

Chris Houlemard, *Bulletin, Environment,*

*Webmaster*

## PARISH PASTORAL COUNCIL

Joey Martinez, Chair

Russel Almaraz

Aileen Rasmussen

Esteban Arellano

Jose Solis

Maria Balakshin

Jeff Weiss

Andrea Martin-Borges

Richard Zacaroli

Maria Rosario

## FINANCE COUNCIL

Robert Ingenito, Chair

Janet Bardales

Michael Pease

Nancy Fairbanks

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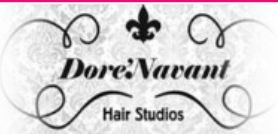
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