

The Annunciation of the Lord



THIRD SUNDAY OF LENT
SUNDAY, MARCH 20, 2022

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

CATHEDRAL OF THE BLESSED SACRAMENT
Stewards of God's Gifts

MASS SCHEDULE

* Livestream available on Sundays & Holy Days of Obligation

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

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

MASKS ENCOURAGED INDOORS

READINGS/MASS INTENTIONS

Page 2 | Sunday, March 20, 2022 | 3rd Sunday of Lent

STEWARDSHIP REFLECTION

Stewardship: A Disciple's Response

The US Bishops' pastoral letter was published in 1992 as a challenge to embrace a way of life with the "power to change how we understand and live out our lives."

It contains 3 Primary Convictions

1 CHALLENGE - Mature discipleship requires a decision to follow Jesus Christ no matter the cost.
2 CHOICE - This commitment leads to a way of life, not just a series of actions.

3 VISION - Then, with the first two being true, stewardship is transformational.

The letter is organized in 5 sections that reflect on the reality and source of the above convictions:

1 The Call: a) the call to stewardship is personal and with a purpose in mind for each individual; b) the call is never made in isolation, with the community assisting in the discernment process. We are asked to respond to the call, knowing the cost may not be small.

2 Jesus' Way: Jesus himself is the primary teacher of stewardship. His parables especially show us a true image of a good steward. This way of life is not followed because of reward, although it is a source of great joy. Our activity as stewards is valuable because it is bringing about a Kingdom of God that exists here and now as well in the hereafter.

3 Living as a Steward: We are called to collaborate with God in the work of creation, redemption, and sanctification. This is a stewardship in a profound way. In this manner, human productivity on any scale is seen as God's work.

4 Stewards of the Church: Each member of the Body of Christ has an obligation due to baptism to build up that Body. A stewardship way of life leads the member to evangelization, human solidarity, social justice, ecumenism, and the Eucharist. The members are called to bring these fruits into all spheres that they work in: the diocese, the parish, the domestic church, and the world.

5 The Christian Steward: Good stewards see the evidence of God in all things, small and large. This leads to fruits of love, trust, accountability, and generosity. Jesus and the Blessed Virgin Mary serve as their examples. They give without measure.

READINGS AND OBSERVANCES

Sunday 3/20

3rd Sunday of Lent

Ex 3:1-8a, 13-15/Ps 103:1-2, 3-4, 6-7, 8, 11 [8a]/1 Cor 10:1-6, 10-12/Lk 13:1-9

Monday 3/21

Lenten Weekday

2 Kgs 5:1-15ab/Ps 42:2, 3; 43:3, 4/
Lk 4:24-30

Tuesday 3/22

Lenten Weekday

Dn 3:25, 34-43/Ps 25: 4-5ab, 6 and 7bc, 8-9/Mt 18:21-35

Wednesday 3/23

St. Turibius of Mongrovejo, Bishop

Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20/
Mt 5:17-19

Thursday 3/24

Lenten Weekday

Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/
Lk 11:14-23

Friday 3/25

The Annunciation of the Lord

Is 7:10-14; 8:10/Ps 40:7-8a, 8b-9, 10, 11/
Heb 10:4-10/Lk 1:26-38

Saturday 3/26

Lenten Weekend

Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab/
Lk 18:9-14

Sunday 3/27

4th Sunday of Lent Laetare Sunday

Jos 5:9a, 10-12/Ps 34:2-3, 4-5, 6-7 [9a]/
2 Cor 5:17-21/Lk 15:1-3, 11-3

MASS INTENTIONS

Sunday, 3/20

Catherine Chang + ; Kenneth M. Walker + ;
Rafael Chavez + ; Cleofas Perez + ;
Jorge Castillo Alva + ;
People of the Parish S.I.

Monday, 3/21

Maria Balakshin S.I.

Tuesday, 3/22

Holy Souls in Purgatory +

Wednesday, 3/23

Raul Rojas +

Thursday, 3/24

Vincente +

Friday, 3/25

Fr. James Kolling +

Let's Talk Parish

Call Us: 916-545-5376

This Cathedral podcast seeks to create a greater sense of community among our parishioners. Each episode features Cathedral staff member or parishioner in a casual discussion with host Christian Jensen. A new episode will come out every other Saturday.

Let's Talk Parish!

CATHEDRAL OF THE
BLESSED
SACRAMENT

<https://is.gd/talkparish>



CATHEDRAL TOURS

Docents are available to give tours on Sundays after the 8:00 am and 10:00 am English masses. Spanish language tours will be given following the noon Spanish mass. Our Docents will share with you how the Cathedral is such an important part of early California history. Learn about our beautiful and important art works and how symbolism in these art works is so integral to our Catholic Faith. Learn more at: <https://is.gd/cathedraltourresources>



Lenten Resources

Easter Basket Raffle Tickets

In the vestibule, check out the various Easter Baskets to be raffled Palm Sunday. Tickets are \$1 each, and you can put your tickets toward the prize of your liking. Proceeds support Faith Formation and Catechetical Ministries. Thank you for your support!

Contact Susan Moeller for details at susandurand@gmail.com



LENTEN CHALLENGE—Daily in your in-box.
Focus to what is important this Lenten season with a short, daily challenge.
cathedralsacramento.flocknote.com/LentenChallenge



LENTEN REFLECTIONS—Saturdays, 5:30PM
Journey with Jesus in His passion each Saturday with these brief reflections and hands-on experiences. For Families, but all welcome.
Sign up for notifications: <https://is.gd/Lent2022>



Catechism in a Year—Daily in your in-box.
Read the Catechism in a year in 5 minutes a day. Why not start this Lent?
<https://flocknote.com/catechism/>



STATIONS OF THE CROSS—Fridays
Prayers and scripture reflections
English: 12:30 PM
Spanish: 7:00 PM



CROSSING THE DESERT: Lent and Conversion
Weekly in your in-box, Reflection by Deacon James Keating. Sign-up at:
cathedralsacramento.flocknote.com/CrossingDesert



PRAY THE ROSARY DURING LENT:
Join us for this beautiful prayer of faith, hope and love. Deepen your faith this Lent.
Fridays 7:30 am and Sundays 11:15 am Bilingual.

SATURDAY—MAR 26
Lenten Reflection #4
5:30pm
Lower Level
Staying with Jesus in Gethsemane his Agony



Daily Devotional for teens & young hearts
#GiveHim5
In your inbox or phone
<https://is.gd/givehim5>



March 2-April 10, 2022
You can protect mothers and children by joining this worldwide mobilization to pray and fast for an end to abortion!
Through prayer and fasting, peaceful vigils and community outreach, 40 Days for Life has inspired 1,000,000+ volunteers!
With God's help, here are the proven results in 26 coordinated campaigns:
Prayer location: public sidewalk in front of Planned Parenthood 201 29th Street, Sacramento
Vigil hours: Monday through Saturday, 8am to 6pm
Local contacts:
Wynette: 916-955-1577
OR Susan: 530-320-1614
40daysforlife.com/Sacramento

Protege a madres y bebés uniéndote a la movilización pro-vida más grande de la historia. 40 Días por la Vida ha logrado tener mas de 1,000,000+ voluntarios en 63 países.
Contribuye a expandir este impacto y forma parte de la campaña de 40 Días por la Vida:
Ubicación de la vigilia: Planned Parenthood 201 29th Street, Sacramento 95816
Horas de la vigilia: Lunes a Sabado: 8am a 6pm.
Contacto local: Paty Davila: 916-502-4854



PASTOR'S CORNER/ESQUINA DEL PASTOR

Page 4 | Sunday, March 20, 2022 | 3rd Sunday of Lent

Today is the Third Sunday of Lent and although this year we are in cycle C readings, today and the following two Sundays we will be proclaiming the Cycle A readings. Every year on these Sundays, we at the Cathedral return to the cycle A readings because these particular readings address the scrutinies that the Catechumens are experiencing in their conversion from slavery to freedom. The “scrutinies” are a way for those preparing for baptism and the Easter sacraments to examine their call to know and serve Christ more carefully. As well, the scrutinies provide the Church an opportunity to examine the Catechumens’ preparedness in celebrating these sacraments. Getting baptized, confirmed, and partaking fully in the Holy Eucharist are life-changing events which, although glorious and joyous, should never be entered into lightly.

As the Catechumens get closer to being Baptized, we the Church become a little more involved in the process of their initiation. They are now called the “Elect” because they have been chosen by Christ and recognized by Christ’s church. We walk with them at this time to offer our support. Our own enthusiasm and love for being a Catholic Christian should shine out, giving the Elect strength to continue in these final steps before being fully initiated. For many cradle Catholics, we might not grasp fully the importance of their conversion experience. Nevertheless, all of us are challenged to welcome and encourage each new member into the Body of Christ

In addition to walking with the Elect, we are also invited to see our own continual conversion in the lives of the people preparing for the sacraments. None of us have completed our journey to Christ. We see in the elect; our own story of faith and we are challenged to continue to grow deeper in our walk with Christ. Through the scrutinies, the Elect find in us an example of how to be authentic disciples and we find in the Elect an example to always seek to know God more deeply.

Of course, for those of you reading this, Elect and already baptized Catholics, there is no distinction between us and them, we are all one in Christ.

Fr. Michael

Hoy es el Tercer Domingo de Cuaresma y aunque este año estamos en las lecturas del ciclo C, hoy y los dos domingos siguientes estaremos proclamando las lecturas del Ciclo A. Todos los años, en estos domingos, en la Catedral volvemos al ciclo de lecturas A porque estas lecturas particulares abordan los escrutinios que los catecúmenos están experimentando en su conversión de la esclavitud a la libertad. Los “escrutinios” son una forma para que aquellos que se preparan para el bautismo y los sacramentos de Pascua examinen su llamado a conocer y servir a Cristo más cuidadosamente. Además, los escrutinios brindan a la Iglesia la oportunidad de examinar la preparación de los catecúmenos para celebrar estos sacramentos. Ser bautizado, confirmado y participar plenamente de la Sagrada Eucaristía son eventos que cambian la vida y que, aunque son gloriosos y gozosos, nunca deben tomarse a la ligera.

A medida que los catecúmenos se acercan a ser bautizados, nosotros, la Iglesia, nos involucramos un poco más en el proceso de su iniciación. Ahora son llamados los “Elegidos” porque han sido escogidos por Cristo y reconocidos por la iglesia de Cristo. Caminamos con ellos en este momento para ofrecerles nuestro apoyo. Nuestro propio entusiasmo y amor por ser cristianos católicos debe resplandecer, dando a los elegidos la fuerza para continuar en estos pasos finales antes de ser iniciados completamente. Para muchos católicos que nacen en un hogar católico, es posible que no comprendamos completamente la importancia de su experiencia de conversión. Sin embargo, todos nosotros tenemos el desafío de dar la bienvenida y animar a cada nuevo miembro al Cuerpo de Cristo.

Además de caminar con los elegidos, también estamos invitados a ver nuestra propia conversión continua en la vida de las personas que se preparan para los sacramentos. Ninguno de nosotros ha completado nuestro trayecto hacia Cristo. Vemos en los elegidos nuestra propia historia de fe y somos desafiados a seguir profundizando en nuestro caminar con Cristo, a través de los escrutinios. Los elegidos encuentran en nosotros un ejemplo de cómo ser auténticos discípulos, y nosotros encontramos en los elegidos un ejemplo para buscar siempre a Dios y conocerle más profundamente.

Por supuesto, para los que leen esto, católicos elegidos y ya bautizados, no hay distinción entre nosotros y ellos, todos somos uno en Cristo.

Padre Miguel



The Annunciation of the Lord

The Annunciation of the Lord is the celebration of the announcement by the Angel Gabriel to Mary that she would conceive and bear a son through a virgin birth and become the mother of Jesus Christ, the Messiah, and Son of God, marking the Incarnation. Gabriel told Mary to name her son Jesus, meaning "YHWH is salvation".

Prayer: Heavenly Father, you sent Jesus Christ, truly God and truly man, into the world that through his death we might have life. Grant us the grace to have that same attitude, emptying ourselves of everything that hinders us from giving our lives to you, and to say yes to your call for commitment. We ask this through Jesus Christ our Lord, who with the Holy Spirit, is glorified now and unto ages of ages. Amen.

Register
today on
the plaza

2022 Lenten Stewardship PARISH RETREAT

Today is
last day to
register

THE FOUR PILLARS

SATURDAY, MARCH 26 8:00 AM - 4:00 PM

Starting with Mass in the Cathedral, continuing in Mercy Hall

The season of Lent offers a unique opportunity to dive deeper into our faith and learn more about our relationship with God and others. We are called to pray, fast, and give alms during this sacred season. The Cathedral of the Blessed Sacrament will be offering parishioners the opportunity to learn more about stewardship during this Lenten season.

Fr. David Zimmer will join us for this retreat, offering Mass and inspiring talks on each Stewardship Pillar — Hospitality, Prayer, Formation and Service. There is no cost to attend and breakfast and lunch will be provided.

La temporada de Cuaresma ofrece una oportunidad única para profundizar en nuestra fe y aprender más sobre nuestra relación con Dios y los demás. Estamos llamados a orar, ayunar y dar limosnas durante esta temporada sagrada. La Catedral del Santísimo Sacramento ofrecerá a los feligreses la oportunidad de aprender más sobre la corresponsabilidad durante esta temporada de Cuaresma.

Padre David Zimmer se unirá a nosotros en este retiro, ofreciendo Misa y charlas inspiradoras sobre cada Pilares de la Corresponsabilidad: Hospitalidad, Oración, Formación y Servicio. No hay que pagar para asistir y se proporcionará el desayuno y almuerzo.

四旬期提供了一個罕有的機會，可以更深入了解我們的信仰，並更多地了解我們與天主和他人的關係。在這個神聖的四旬期，我們被要求祈禱、禁食和施捨。聖體主教座堂將在這個四旬期為教友提供更多了解天主家的機會。達未齊默神父將在這次避靜帶領我們，就每個天主家的四大支柱——款待，祈禱，培育，和服務提供彌撒和鼓舞人心的演講。參加不收取任何費用，同時我們將提供早餐和午餐。目前，我們打算實體進行避靜。



SCAN ME!
To Register
Online in **ENGLISH**

is.gd/lentenretreat2022



¡ESCANÉAME!
Para Registrarse
En Línea en **ESPAÑOL**

is.gd/retirodecuaresma2022

四旬期天主家的避靜

For questions / information email Dorothy Corgiat at dlcorgiat@gmail.com.

Para preguntas/información, envíe un correo electrónico a Dorothy Corgiat a dlcorgiat@gmail.com.

請在二零二二年三月十七日前報名 報名表將於二零二二年二月二十七日開始在每個主日彌撒後的前廳提供
或聯絡 Dorothy Corgiat 電郵: dlcorgiat@gmail.com

APPRECIATION RECEPTION TODAY SUNDAY, MARCH 20, AFTER THE 10:00 A.M. MASS IN THE PATIO AREA ALONG THE ALLEY

Charlie and Jerri Rush, devoted stewards who gratefully used their gifts of time, talent, and treasure to serve their community of faith, our Cathedral parish, for close to 20 years, are moving to Tennessee at the end of March. You are invited to an Appreciation Reception to thank them for sharing their gifts so willingly with our parish family on Sunday, March 20, following the 10:00 a.m. Mass in the patio area along the alley. Come and wish them well as they embark on this new journey. Refreshments will be served.



Charlie and Jerri

Third LENT Week

<p>Sunday <i>Jesus told the woman at the well that He would give us living water.</i></p> <ul style="list-style-type: none"> • When you are at Mass thank Jesus for giving Himself as food and drink. <p>20</p>	
<p>Monday <i>Pilate condemned Jesus to be scourged at the pillar.</i></p> <p>• Pray: <i>O My Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, especially those who are in most need of Thy mercy.</i></p> <p>21</p>	<p>Tuesday <i>The soldiers took off Jesus' clothes and tied Him to a pillar.</i></p> <ul style="list-style-type: none"> • Sit on a hard chair for one minute and think of Jesus being scourged. <p>22</p>
<p>Wednesday <i>The soldiers whipped Jesus many times.</i></p> <ul style="list-style-type: none"> • Kneel and say a 'Glory Be.' <p>23</p>	 <p>Thursday <i>Jesus bled so much that He became weak.</i></p> <ul style="list-style-type: none"> • Drink water instead of juice or pop today. <p>24</p>
<p>Friday <i>The soldiers roughly put the clothes back on Jesus.</i></p> <ul style="list-style-type: none"> • Be gentle to your friends or brothers and sisters, especially if they are sad. <p>25</p>	<p>Saturday Pray to Our Lady: <i>The angel of the Lord declared unto Mary, and she conceived by the Holy Spirit. (say a Hail Mary)</i> <i>"Behold the handmaid of the Lord. May it be done unto me according to thy word." (say a Hail Mary)</i> <i>And the Word became Flesh and dwelt among us. (say a Hail Mary.)</i></p> <p>26</p>

Tercera Semana de CUARESMA

Domingo Jesús le dijo a la mujer junto al pozo que nos daría agua viva.

Cuando estés en Misa agradece a Jesús por darse a sí mismo como comida y bebida.

Lunes Pilato condenó a Jesús a Muerte. Oració: Oh Jesús mío, perdónanos nuestros pecados. Libranos del fuego del infierno. Lleva a todas las almas al cielo, especialmente a los que más necesitan de tu misericordia.

Martes. Los soldados quitaron la ropa de Jesús y lo ataron a un pilar. Siéntate en una silla dura durante 1 minuto y piensa en Jesús siendo azotado.

Miércoles. Los soldados azotan a Jesús muchas veces. Arrodillarse y decir un Gloria.

Jueves. Jesús sangró tanto que se debilitó. Beba agua en lugar de soda o jugo hoy.

Viernes. Los soldados volvieron a ponerse la ropa bruscamente a Jesús. Sea amable con sus amigos o hermanos y hermanas, especialmente si están tristes.

Sábado. María, llena de dolor, se puso al pie de la Cruz de Jesús. Ora a nuestra señora:

El Ángel del Señor anunció a María. Y concibió del Espíritu Santo. (Decir un Ave María)
He aquí la esclava del Señor. Hágase en mi según tu palabra. (Decir un Ave María)
El Verbo se hizo carne. Y habitó entre nosotros. (Decir un Ave María)



Seeking to become Catholic?
¿Buscando convertirte en católico?
Contact RCIA@cathedralsacramento.org

LENTEN READINGS

Keep in mind we are an RCIA parish and we use CYCLE A for the 3rd, 4th and 5th Sundays of Lent. The proper Gospel for us this week is the *Woman at the Well* from John 4.

The Gift Shop is open on Sundays after Mass by appointment

We have Lenten and Holy Communion gifts, bibles, holy cards, religious items, and prayer books in both English and Spanish.

Please contact Susan Moeller for an appointment: 510-734-4158.



Upcoming Faith Formation Próxima formación en la fe

Kids corner! Esquina de niños

SATURDAY ☺ Breakfast w/God, 8AM Zoom
MAR 19 ■ Fulton Sheen Group, 10:00AM
● Fernanda Riva Group, 10:00AM
* Lenten Reflection #3— 5:30PM

SUNDAY ∞ RCIA Breaking Open the Word
MAR 20 ✨ Bakhita Group, 9:15AM
◆ Grupo Toribio, 10:00AM
♥ Chinese Family Group

MONDAY ∞ RCIA Mondays,
MAR 21 6:30 Vespers/7:00PM lessons

TUESDAY ✦ Carlo Acutis Group, 7:00PM
MAR 22

WEDNES 📖 Bible Study: Revelation, 7:00PM
MAR 23 - St. Toribio Room, Lower Level
and online

THURSDAY ✝ Adult Confirmation, 7:00PM
MAR 24 St. Toribio Room, Lower Level

SATURDAY ☺ Breakfast w/God, 8AM Zoom
MAR 26 ■ Fulton Sheen Group, 10:00AM
● Fernanda Riva Group, 10:00AM
* Lenten Reflection #4— 5:30PM

SUNDAY ∞ RCIA Breaking Open the Word
MAR 27 ✨ Augustine Group, 9:15AM
◆ Grupo Guadalupe, 10:00AM
♥ Chinese Family Group

“If you knew the gift of God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you living water.” John 4:10

Listen to the Gospel this Sunday and fill in the words that are missing to complete the Story from John 4:5-11.

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob’s _____ was there. _____, tired from his journey, sat down there at the well. It was about noon.

A _____ of Samaria came to draw _____. Jesus said to her, “Give me a _____.” His disciples had gone into the town to buy _____.

The Samaritan woman said to him, “How can you, a Jew, ask me, a _____

woman, for a drink?” (For the _____ use nothing in common with Samaritans). Jesus answered and said to her, “If you knew the _____ of

God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you _____ water.”



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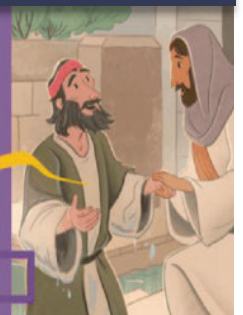
Choose the Cathedral of the Blessed Sacrament as your non-profit of choice. For every purchase, the Cathedral receives a donation.

Breakfast with God Every Saturday, 8AM

Prepare for Sunday Mass with Music, Prayer and Sunday’s Gospel.
Prepárese para la misa dominical con música, oración y evangelio dominical.
<https://is.gd/breakfastwithGod>

Breakfast
with God

4th Sunday of Lent
John 9:1-41



Tel: 916-583-8306

Email: sccc.contact@gmail.com

Instagram: <https://is.gd/SCCCintagram>

Website: www.sacchinesecatholic.org/

 [@sacchinesecatholic](https://www.facebook.com/sacchinesecatholic)



Chinese Portal



Glimpse of Spirituality (靈修一瞥) 15

Fr. Abraham Chiu 趙必成神父

When encountering true love, people always expect this love to be eternal. Likewise, when life reaches the most beautiful moment, people want to turn this present moment into eternity.

The human heart has a desire for eternity, because eternal beauty makes people live in happiness. However, human heart can change. When human heart changes, love also changes at the same time.

Only God never changes because God is eternal. Therefore, when people fall in love with God, and this God has already loved people before the creation of the world, since God is eternal, loving others in God thus is also eternal. In short, entrusting lives in the hands of God, because God loves people eternally, life will enter eternity as a result.

“In him was life, and the life was the light of humans,” writes the evangelist.

“Life” (zōē) is one of the central themes of John’s gospel. The theology of John emphasizes the presence of true life, and only eternal life is true life; what can be passing away is only the earthly.

From the aspect of eternity, before the beginning of time, the Word is already life. This life cannot be destroyed by all means even if Jesus is crucified. The devil’s power cannot destroy his eternal life as Jesus says: “For this reason the Father loves me, because I lay down my life, that I may take it again.” (John 10:17)

Here, the “life” that Jesus lay down in Greek is “psyche” that points to earthly life. It then can be given up for the beloved people as a good shepherd (tithēmi; see if 10:10, 11, 15, 17-18). What is taken back is not the earthly “psyche” but true life, that is eternal life (zōē). Therefore, the resurrection of Jesus is not the restoration of the life before death, but the transformation of the entire life, from the earthly to the eternal. Human life is only satisfied by the eternal God.

In front of eternal life, everything can be let go.

當遇到真愛，人總想愛是永恆。當人生到達最美時光時，人，想這一刻化作永恆。人心，都有對永恆渴望，因為，永恆的美好，讓人活在幸福中。可是，人心會變，當人心改變，本來愛的變成不愛。

只有天主不變，因為天主永恆

因此，當愛上天主，而這位天主在創世之前已經愛了人，既然天主永恆，在天主內愛他人，就永恆不變。

簡言之，將生命放在天主手中，因天主永恆愛著人，人生也因此進入永恆。

“在他內有生命，這生命是人的光。”

“生命” (zōē) 是若望福音中心思想之一，《若》強調真正生命的臨在，只有永恆生命才是真正生命；逝去的，只是暫時生命。

從永遠，即時間開始以前，聖言已擁有生命；這生命絕對不能被摧毀，就算耶穌被釘死在十字架上，魔鬼勢力也不能毀滅他永恆生命：“父愛我，因為我捨掉我的性命，為再取回它來” (若10:17)

這裡的“性命” (psychēn) 指向塵世生命，因此，可以本著善牧身份為愛人而捨掉 (tithēmi；參若 10:10,11,15,17-18)；取回來的，就不是塵世生命，是真正生命，即永生 (zōē)。因此，耶穌復活不是恢復死亡之前的生命，是整個生命的蛻變，從塵世到永恆。人的生命，只有在永恆天主那裡才能夠完全滿足

在永生面前，一切都可以放下

SACRAMENTS AND PREPARATION

Sunday, March 20, 2022 | 3rd Sunday of Lent | Page 9

MASSES

The Cathedral is open for all services with Sunday and Holy Day of Obligation Masses broadcast via livestream on our Facebook and YouTube channels.

RECONCILIATION/CONFESSION

Monday—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

No new bookings for 2021 until June 2022.
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 Titi Kila at tkila@cathedralsacramento.org.

INFANT BAPTISM PREPARATION

Classes located in the Cathedral. *English*: 1st Thursday of the month at 7pm. *Spanish*: 2nd Thursday of the month at 7pm.



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.

CATHOLIC VIEWPOINT — With Fr. Kiernan & Guests

Shalom World TV –N.America: Tuesday at 12:30 pm
SacFaith TV: Sunday 7:00 am

Or view us on YouTube or our website:

www.catholicviewpointfhl.com

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BAPTISM

Contact Deacon John at the Parish Office
igisla@cathedralsacramento.org; 916-444-3071 Ext.11

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.

HOLY EUCHARIST

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

CONFIRMATION

The Cathedral offers programs of formation for the Sacrament of Confirmation to youth 7th grade and older and Adults. Please see the faith formation page of the website for information and/or 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. Mémo Hernandez at 916-733-0258.

FAMILY FAITH FORMATION AND EDUCATION

English and Spanish Online

The Cathedral offers weekly encounters for families to grow in faith together. This year we will study the Creed, taking a tenant each month and learn how to live it through weekly activities. Go to:

www.cathedralsacramento.org/faithformation

RITE OF CHRISTIAN INITIATION FOR ADULTS/CHILDREN

(RCIA) Adults: Mondays, 7 pm

Children and Teens: Follow Family Program Online

For more information see page 6 of bulletin.

CATECHIST PREPARATION

Desire to help us pass on the faith to adults and children? Complete your application today at:

<https://is.gd/cathedralvolunteer>

For more information contact Sr. Lisa Marie

PARISH INFORMATION

Page 10 | Sunday, March 20, 2022 | 3rd Sunday of Lent

MINISTRIES AND CONTACTS

SACRED LITURGY

Altar Servers

Michael Ognisty, mfognisty@msn.com

Cathedral Choir

Rex Rallanka, Director of Music, rrallanka@cathedralsacramento.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

Greeters

Ruben Arocan, rubano_italiano@yahoo.com

Lectors

Maggie Jones, lector@cathedralsac.org

Ushers

Tom Waddock, tomwaddock@yahoo.com or 916-444-3071, x 36

PRAYER

Adoration

Titi Kila, cbsadoration@gmail.com

Friday Morning Rosary Group

John Fairbanks, john@capitolmr.com

Prayer Chain

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

Sunday Mass Rosary Group

Charlie Rush, chasjerrush@yahoo.com

FAITH FORMATION AND CATECHESIS

Catechists for Religious Education Ministry

Sr. Lisa Marie Doty, FDCC, cathedralfaithformationsac@gmail.com

Catechists for Religious Education Ministry/Spanish

Deyanira Galvez, Galvez.dgv@gmail.com

Rite of Christian Initiation for Adults (RCIA) Support Ministry

Sr. Lisa Marie Doty, FDCC, RCIA@cathedralsacramento.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

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

Deacon Hilbert, hilbertdoheva@aol.com

Gift Shop Volunteers

Susan Moeller, susandurand@ymail.com

Hospitality

Celeste Gisla, jfgisla@att.net

Office Ministry

Deacon John Gisla, jgisla@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 36

COMMUNITY GROUPS

Benedictus Youth Group

Titi Kila, benedictusyng@gmail.com

Cathedral A.C.T.S.

John Fairbanks, actscathedralsacto@gmail.com

Cathedral Young Adults

Victoria Ramos, cathedralrya@gmail.com

Chinese Community

John Wong, jwong@live.it

Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.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 John Gisla, *Office Manager*

Deacon Edgar Hilbert

Deacon Omar Bardales

Sr. Lisa Marie Doty, FDCC

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Rex Rallanka, *Director of Music*

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