

# Fifth Sunday of Ordinary Time

Sunday, February 5, 2023



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

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

# Readings/Mass Intentions

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## Stewardship Reflection

Today's readings are part pep talk and part marching orders for us Christian stewards. They offer wonderfully clear guidance on what matters most to God in the way we prioritize our lives and the way He intends for us to use the gifts He has given us.

The first reading, from the prophet Isaiah, gives us very straightforward instructions: "Thus says the Lord: Share your bread with the hungry, shelter the oppressed and the homeless; clothe the naked when you see them, and do not turn your back on your own." The Lord gives no wiggle room here — care for our brothers and sisters in need is a "must do" for the Christian steward.

But note how generous our God is to us when we do these things. "Then your light shall break forth like the dawn and your wound shall quickly be healed." The more we give ourselves away the more we will find ourselves, and "light shall rise" for us in the form of more of God's grace in our lives and more joy and peace in our hearts.

Our Gospel passage, from Matthew sends us out on our stewardship way with a bang as Jesus declares to us, His disciples, that we are the "salt of the earth" and the "light of the world." But, He adds, salt no longer gives flavor if allowed to go stale — light cannot bring its blessed brightness if left hidden. Therefore, we must act! We must live our lives so that others will see the things that we do — the ways that we serve others, care for the vulnerable, prioritize our family relationships and above all, our love for God — and then give Him glory.

This is the stewardship way of life. Let's give it our all!

## Readings and Observances

- Sunday 2/5**  
5<sup>th</sup> Sunday in Ordinary Time  
Is 58:7-10/Ps 112:4-5, 6-7, 8-9 (4a)/1 Cor 2:1-5/  
Mt 5:13-16
- Monday 2/6**  
St. Paul Miki and Companions, Martyrs  
Gn 1:1-19/Ps 104:1-2a, 5-6, 10 and 12, 24 and 35c/  
Mk 6:53-56
- Tuesday 2/7**  
Tuesday of the Fourth Week in Ordinary Time  
Gn 1:20—2:4a/  
Ps 8:4-5, 6-7, 8-9/  
Mk 7:1-1
- Wednesday 2/8**  
St. Jerome Emiliani; St. Josephine Bakhita, Virgin  
Gn 2:4b-9, 15-17/  
Ps 104:1-2a, 27-28, 29bc-30/Mk 7:14-23
- Thursday 2/9**  
Thursday of the Fourth Week in Ordinary Time  
Gn 2:18-25/  
Ps 128:1-2, 3, 4-5/  
Mk 7:24-30
- Friday 2/10**  
St. Scholastica, Virgin  
Gn 3:1-8/  
Ps 32:1-2, 5, 6, 7/  
Mk 7:31-37
- Saturday 2/11**  
Our Lady of Lourdes  
Gn 3:9-24/  
Ps 90:2, 3-4abc, 5-6, 12-13/  
Mk 8:1-10
- Sunday 2/12**  
6<sup>th</sup> Sunday in Ordinary Time, World Marriage Day  
Sir 15:15-20/Ps 119:1-2, 4-5, 17-18, 33-34 (1b)/  
1 Cor 2:6-10/  
Mt 5:17-37



### Yvonne Patricia King (Mrs. King)

September 29, 1932-January 12, 2023

Yvonne passed away on January 12 2023 in her sleep at her home in the early hours of the morning. Yvonne was a lifelong and devoted Catholic. She attended mass and served as a parishioner at the Cathedral of the Blessed Sacrament for the final decades of her life. She is survived by her seven sons and proceeded in death by her loving husband Ernest E. King and only daughter Mary Eva King. She was the loved and cherished grandmother of several parishioners here at the Cathedral of the Blessed Sacrament. She will be greatly missed. To read more about her life, please see the Cathedral website:

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

#### Viewing and Rosary

Wednesday, February 8, 2023

5:00 pm-8:00 pm

Saint Mary's Cemetery Funeral Center  
6509 Fruitridge Rd, Sacramento, CA 95820

#### Funeral Mass

Thursday, February 9, 2023

10:00 am

Cathedral of the Blessed Sacrament  
Reception to follow in Mercy Hall

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



Thank You!  
Gracias!



**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.



## “Do This in Memory of Me”

### Stewardship Lenten Retreat

Saturday, February 25, 2023

8:00 a.m. to 4:00 p.m.

Starting with Mass in the Cathedral and continuing in Mercy Hall. Continental breakfast and lunch will be provided.



#### Bringing Stewardship and Eucharist into Focus

We are in the midst of a three-year Eucharistic Revival. In this world with so much hurt and pain, we need the Eucharist more than ever. If we unite around the Eucharist, the source and summit of our faith, the Church will be renewed. This year’s Lenten Retreat will focus on the Eucharist, particularly how it connects to Stewardship.

Visit [eucharisticrevival.org](http://eucharisticrevival.org) for more info on the Eucharistic Revival.

*“To be in the right relationship with God, all of us should hunger and thirst for the Eucharist. We should be in the right relationship so that we can receive worthily of His body.” —Fr. Greg*



“Fr. Greg” Paffel

*“Blessed are they who hunger and thirst for righteousness, for they will be satisfied.” Mt 5:6*


Our inspirational speaker, Fr. Greg, is Pastor of Parishes on the Prairie Area Catholic Community in the Diocese of St. Cloud in Minnesota. A graduate of Franciscan University of Steubenville, Fr. Greg attended the St. Paul Seminary in St. Paul, Minn. for his priestly studies.

Fr. Greg invites each of us to hear the message of Stewardship and the Eucharist. He points out that we were called to stewardship before we were called to discipleship.

### Please register no later than February 17, 2023

Registration will be available after each Mass on Sunday, February 5, 12, and 19.

Registration is also available online by going to <https://is.gd/lentenregistration>

or by scanning the QR code on the right. 



### CATHEDRAL TOURS

For those of you who may be interested in the history, art, and restoration of the Cathedral, please join one of our docents for a tour beginning at the baptismal font following the closing hymn after the 8:00am and 10:00 am English Masses and after the 12 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>

## Knights of Columbus



We are Catholic men who share a desire to be better husbands, fathers, sons, neighbors, and role models, and to put charity and community first. Our goal is to help men, their families and their parishes grow closer to Christ. Through our programs and resources, we provide opportunities to live and spread the Catholic faith. Service and charity are at the heart of the Knights. Founded to meet the needs of immigrants, refugees, and families suffering from the death of a breadwinner, the Knights began as a small service organization and has grown into a worldwide financial and charitable organization. **Contact: Gabriel Gutierrez at [gutierrezgabriel@yahoo.com](mailto:gutierrezgabriel@yahoo.com).**

Somos hombres católicos que compartimos el deseo de ser mejores esposos, padres, hijos, vecinos y modelos a seguir, y de poner la caridad y la comunidad en primer lugar. Nuestro objetivo es ayudar a los hombres, sus familias y sus parroquias a acercarse más a Cristo. Fundada para satisfacer las necesidades de inmigrantes, refugiados y familias que sufren por la muerte de un sostén de la familia, los Caballeros comenzaron como una pequeña organización de servicio y se ha convertido en una organización financiera y caritativa mundial. **Contacto: Gabriel Gutierrez en [gutierrezgabriel@yahoo.com](mailto:gutierrezgabriel@yahoo.com).**

## Gospel Meditation — Father John Muir

I recently decided to learn to cook. As I sit at the feet of various YouTube cooking masters, I notice how much of cooking is adding ingredients that don't provide any more nourishment, like herbs and other seasonings. But man! They make all the difference because they make the meal delightful to eat and share.

Jesus calls his disciples “salt of the world.” No one eats just salt. So, Christians are not meant to replace or do away with the world. They are meant to be agents of preservation and glorification. Notice how often these days the Church seeks to preserve what is threatened: the goodness of marital and family love, the desires of young people for greatness, the value of honest work, healthy economics, and altruistic political engagement, the dignity of the poor and vulnerable. Over and over, we say to a world who wants to throw things out, “It’s worth saving! We’ll preserve it! We’ll show you it’s wonderful.” If we can’t engage the world like that, Jesus says we are the ones who get thrown out, because salt alone is worthless.

Jesus only asks us to do for others what he does for us. He is the “salt” of everything in our lives. Is there something in your life starting to rot a bit? Something tasting bland and boring? Let Jesus salt it and see if you like it better.

## Liturgy & Music Corner



“I confess to Almighty God.”  
#FindingUno

### Reflection on *Desiderio Desideravi* #14

The Liturgical Movement was a 19th and 20th Century movement of scholarship for the reform of the liturgy. For Roman Catholics it culminated in Vatican II with the document “Sacrosanctum Concilium”. Pope Francis writes, “...it is important now to spread this knowledge beyond the academic environment, in an accessible way...helping each and all to acquire the capacity to comprehend the eucharistical texts, the ritual dynamics, and their anthropological significance.” #36 of *Desiderio Desideravi*

Pope Francis gives us a beautiful image when he writes, “Ordained ministers carry out a pastoral action of the first importance when they take the baptized faithful by the hand to lead them into the repeated experience of the Paschal Mystery.” But, then he modifies this image by reminding us that it is the “Church, the Body of Christ, that is the celebrating subject and not just the priest.” And that, “(t)he kind of knowledge that comes from study is just the first step to be able to enter into the mystery celebrated.”

The next few paragraphs, concern the formation of priests in seminaries. Beginning with #40, Pope Francis begins to address “liturgical formation”, meaning how we are being formed by participation in the liturgy.

Liturgy, in this sense, is not a mental exercise but a “real existential engagement” of the Person of Christ. It is not about knowledge, but “about praise, about rendering thanks for the Person of the Son whose power reaches our lives.” The celebration of the liturgy is about our being “docile to the action of the Holy Spirit” who acts in the liturgy to help conform us to Christ. Quoting Leo the Great, “Our participation in the Body and Blood of Christ has no other end than to make us become that which we eat.”

## Let's Talk Parish



This Cathedral podcast seeks to create a greater sense of community among parishioners. Each episode features Cathedral staff member or parishioner in casual discussion with host Christian Jensen. If you would like to participate as a guest, please contact us at: 916-545-5376 or <https://is.gd/talkparish>

What is a PODCAST? A digital audio file made available on the internet for downloading to a computer or mobile device, typically available as a series, new installments of which can be received by subscribers automatically.

## Mass Intentions

	Stephen and Dayana Kim S.I.; Pedro Paez Cruz Jr. S.I.; Jonathan Amatong S.I.; Melania Esparza +; John Uy +; People of the Parish S.I.
<b>Sunday 2/5</b>	
<b>Monday 2/6</b>	Titi Kila, S.I.
<b>Tuesday 2/7</b>	Adriana Gonzalez S.I.
<b>Wednesday 2/8</b>	Charles "Charlie" Weekley +
<b>Thursday 2/9</b>	Yvonne Patricia King
<b>Friday 2/10</b>	Ron Pineda +

*It's not too late to begin to GROW in Your Catholic Faith in the New Year!*

### COMPLETE SACRAMENTS

*It's not too late to begin!*

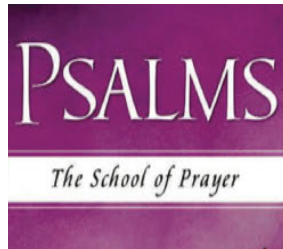
### STUDY the BIBLE



For Catholics who need to receive the Sacrament of Confirmation (already Baptized and received Eucharist)

**Began Thursday, February 2nd—7pm**, concluding in May with the Sacrament of Confirmation to be conferred on Saturday, May 27th. Request Registration Form: [cathedralfaithformationsac@gmail.com](mailto:cathedralfaithformationsac@gmail.com)

### Study the Psalms this Year #BibleTimeline Series



The School of Prayer reminds us why the Psalms are at the heart of the Bible. They are prayers from God that help us learn to pray. The Holy Spirit inspired them. Israel sang them. Christ himself and our Blessed Mother prayed them.

**Thursdays, 7PM @ Cathedral**  
**Began on January 5th**

You can still REGISTER: <https://is.gd/psalms2023>



*Have you thought about becoming Catholic?*

RITE OF CHRISTIAN INITIATION OF ADULTS

Coming to the Cathedral and thinking about becoming Catholic?  
Are you Baptized Catholic and want to complete your Sacraments of Confirmation and Eucharist?

**RCIA Classes on Mondays, 7PM in Mercy Hall**  
**Request Information and/or Register:**  
[cathedralfaithformationsac@gmail.com](mailto:cathedralfaithformationsac@gmail.com)

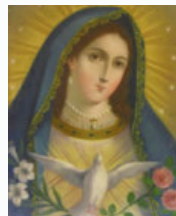
### KEEP THE FLAME ALIVE

Join us with Fr. O'Reilly as we seek to encounter Christ in the Gospels

**Wednesday Zoom gatherings**  
**7:00 PM - 8:30 PM**

To receive the Zoom link/info, please send an email to Donna at [Flamealive22@Gmail.com](mailto:Flamealive22@Gmail.com)

**Thank you for participating in AmazonSmile**  
The program is ending in February. Your participation has been beneficial to our parish. As of February 20, your AmazonSmile extension will automatically end on your Amazon Account. Thank you!

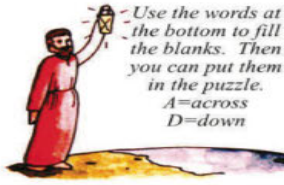


Come Pray the Holy Rosary with Us!  
Friday Mornings 7:30 am  
Sunday Mornings 11:15 am Bilingual

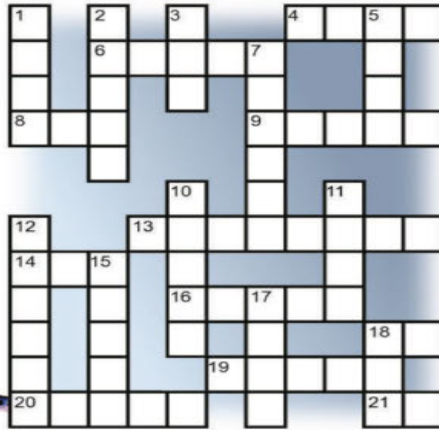


## Kids' Corner **Esquina de niños**

### Salt and Light Crossword Puzzle



Use the words at the bottom to fill the blanks. Then you can put them in the puzzle.  
A=across  
D=down



\_\_\_\_\_ 2D \_\_\_\_\_ 5D to his disciples: "You are the \_\_\_\_\_ 11D of the \_\_\_\_\_ 6A But if salt \_\_\_\_\_ 15D its \_\_\_\_\_ 20A with what can it be seasoned? It is no longer \_\_\_\_\_ 17D for anything but \_\_\_\_\_ 21A be thrown out and trampled underfoot. \_\_\_\_\_ 8A \_\_\_\_\_ 3D the light of the \_\_\_\_\_ 10D A \_\_\_\_\_ 1D set on a \_\_\_\_\_ 13A cannot be \_\_\_\_\_ 7D Nor do they light a lamp and then put it under a bushel \_\_\_\_\_ 12D; it is \_\_\_\_\_ 18D on a lampstand, where it gives \_\_\_\_\_ 16A to \_\_\_\_\_ 14A in the \_\_\_\_\_ 19A Just \_\_\_\_\_ 18A your light \_\_\_\_\_ 4A shine before others, that they may see your good \_\_\_\_\_ 9A and glorify your heavenly Father."

**MUST JESUS MOUNTAIN CITY LIGHT  
SAID DEEDS BASKET EARTH WORLD  
GOOD HOUSE HIDDEN YOU SET ALL  
SALT TASTE LOSES ARE SO TO**



Every Mass has an opportunity to bring our sins to God. What are the first five words of the "Confiteor" Prayer?

## Family Bible Moment

Last Sunday we reflected on this week's Gospel from Matthew 5:13-16, Jesus continues his famous sermon on the Mount on Salt and Light—two images of a follower (disciple) of Jesus. (see Kid's Corner for the Gospel of today). Looking ahead to next week—6th Sunday of Ordinary Time—we continue the Jesus' sermon on the mount: Jesus gives a counter-cultural approach to the common sayings of His day and makes clear He is Supreme Authority.

### Read next Sunday's Gospel, **Matthew 5:17 - 37**

- Jesus said, "I have not come to abolish the Law but to fulfill it." The supreme law of God is to do His divine will. The Ten Commandments are the foundation of all law. If we respect God's law, we then find it reasonable to respect (or Love) our parents, neighbor, friend and even our enemies.
- Jesus teaches with authority unseen before. He quotes the Law five times and then seemingly contradicts the Law. Only one who was above the Law—God—would do this. So in this teaching, Jesus tells us he is not just a teacher, but THE Teacher.
- Jesus teaches us the importance of reconciling with neighbor before asking God to forgive. When we approach reconciliation, are we truly sorry for the things we've done and seek to make it right?



We ask prayers for the 33 children who will make their 1st Confession on Wednesday, Feb. 8th. May the Lord grant them an openness of heart in approaching this beautiful Sacrament of God's love and forgiveness.

## 1st Reconciliation 1era Riconciliacion

- |                              |                         |                            |
|------------------------------|-------------------------|----------------------------|
| Armando Aguirre              | Scarlett Huerta-Reyes   | Yareli Paz                 |
| Noel Balderas                | Raymond Leyba III       | Evelett Pulido             |
| Mason Baltazar               | Allison Lopez Gutierrez | Oliver Ramirez Segura      |
| Alfred Bureson               | Aaron Manerchia Jr.     | Kevin Ramirez Segura       |
| Yuritzi Castro Tejeda        | Camila Martinez         | Jacqueline Ramirez Segura  |
| Jacqueline Garcia            | Adalina Medrano         | Kaitlen Rangel             |
| Valerie Godinez              | Josephine Mills         | Daniel Rivera              |
| Axel Godinez                 | Louis Mlakar            | Adrian Sanchez Jr          |
| Matteo D Gonzalez            | Cristo Moreno           | Mateo Solorio              |
| Daira Gutiérrez Romo         | Marcelo Moreno          | Zuleyka Zamora Carrera     |
| Génesis Arantxa Huerta-Reyes | Benjamin Palomino       | Maximiliano Zamora Carrera |

## A Family of Faith

Jesus, Mary and Joseph  
Most Holy Family, Pray for Us!



## Circle of Grace | Circulo de Gracia

The month of February our Family Faith Formation will have its annual lessons, Circle of Grace, a faith-based safe environment curriculum that helps to form and educate children and youth (and parents) about the value of positive relationships with God and others. It teaches children/youth how to identify and maintain appropriate physical, emotional, spiritual, and sexual boundaries, and how to take action by involving parents and/or trusted adults.

## Upcoming Faith Formation Dates

### Próxima formación en la fe

SATURDAY, FEBRUARY 4, 10 am  
TUESDAY, FEBRUARY 7, 6 pm

DOMINGO, 12 DE FEBRUARO, 10 am  
DOMINGO, 19 DE FEBRUARO, 10 am

**SAT** Family Faith Formation—Sat. Group  
**FEB 4** 10:00 AM—Mercy Hall

**SUN** RCIA Breaking Open of the Word—8AM  
**FEB 5** Formacion en la Fe Familiar—10AM  
RCIA Fam. —11:30am, Room TBA  
Faith Formation—Chinese 12:30  
Confirmation 1—Chinese 3:30

**MON** 6:30 pm—Vespers, Open to All  
**FEB 6** 7:00 pm—RCIA Adults—Mercy Hall

**TUE** Family Faith Formation—Tues. Group  
**FEB 7** 6:00 PM—Mercy Hall

**WED** 1st Reconciliation—2nd Year Groups  
**FEB 8** 5:00 PM—In Church

**THUR** 7PM—Adult Bible Study—the Psalms  
**FEB 9** 7PM—Adult Confirmation Preparation

**SAT** Family Faith Formation—Sac Prep Group  
**FEB 11** 10:00 AM—Mercy Hall

**SUN** RCIA Breaking Open of the Word—8AM  
**FEB 12** Formacion en la Fe Familiar—10AM  
RCIA Fam. —11:30am, St Toribio  
Faith Formation—Chinese 12:30  
Confirmation 1—Chinese 3:30

**SAT** 2:00—6:30 PM Youth Confirmation 2  
**FEB 25** Fired Up Conference w/ Bishop Soto

For more information about content: [Cathedral: Keeping Families Safe](#)

El mes de febrero, nuestra Formación Familiar en la Fe tendrá sus lecciones anuales, Círculo de Gracia, un currículo de ambiente seguro basado en la fe que ayuda a formar y educar a niños y jóvenes (y padres) sobre el valor de las relaciones positivas con Dios y los demás. Enseña a los niños/jóvenes cómo identificar y mantener límites físicos, emocionales, espirituales y sexuales apropiados, y cómo actuar involucrando a los padres y/o adultos de confianza.

**2023**


# THEOLOGY OF THE BODY

# TEOLOGIA DEL CUERPO

**FRIDAY, FEBRUARY 17 6:00—8:30 pm**

**St. John Vianney Catholic Church**


**EVAN LEMOINE**



FOR **YOUTH**

⇒ WHO AM I AND WHAT DO I WANT?  
⇒ GOD'S PLAN FOR LOVE AND SEXUALITY

**FERNANDA GOMEZ**




FOR **PARENTS**

**Espanol**

⇒ TEOLOGIA DEL CUERPO Y LA EDUCACION DE LOS HIJOS  
⇒ DISCIPLINA POSITIVA Y TEOLOGIA DEL CUREPO


**KLARISSA CHICHICO**



FOR **PARENTS**

**English**

⇒ HUMAN LOVE IN THE DIVINE PLAN  
⇒ PERSONAL TESTIMONY AND TIPS ON SHARING TOB MESSAGE



**For more info / register**  
[scd.org/TOB2023](http://scd.org/TOB2023) \$20/family



# Sacramento Chinese Catholic Community

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Tel: 916-583-8306

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

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

Website: [www.sacchinesecatholic.org/](http://www.sacchinesecatholic.org/)



Chinese Portal



Sacramento  
Chinese  
Catholic  
Community

沙加緬度華人  
天主教團體

 @sacchinesecatholic

感謝您在彌  
撒和祖先儀  
式上與我們  
一起慶祝！  
新年快樂！



Thank you for celebrating with us at  
Mass and during the Ceremony to  
Ancestors! Happy New Year!



## A Glimpse of Spirituality (靈修一瞥) 59

## Fr. Abraham Chiu 趙必成神父

Jesus indicated us how to be a real humble person. Real humble people are able to share what God gives but not to boast themselves for what they possess. Jesus said, "But when you give a feast, invite the poor, the maimed, the lame, the blind, and you will be blessed, because they cannot repay you. You will be repaid at the resurrection of the just."

To the contrast, the Pharisees were preoccupied with "earning" a high place in heaven by their own efforts. Jesus counseled them to practice what they preached about God's concern for the poor and thereby to enter God's kingdom. The deeper message of this parable is that if we exalt ourselves, and try to earn the eternal life by our own efforts, we are going to face embarrassment before the seat of God.

Humility and openness to all are twins. This parable reminds us of not to overestimate our worth, nor to underestimate it either. The humility that Jesus exhorted us has nothing to do with self-deprecation because we are created in the image of God. Moreover, we are called to help build God's kingdom with God-given gifts. We are of value, not because of those gifts but we are loved by God as God's children.

By being humble, Jesus further invited us to associate with the grass root class of society since no more boundaries of rank exist since Jesus incarnated as a human. Thus, Christians are encouraged by the incarnated Jesus as to connect with the homeless, the handicapped, and the poor; physically and spiritually. St. Augustine said: "Humility makes people angels, and pride makes angels devils."

耶穌展示如何成為真正謙卑的人。真正謙卑的人，能夠與他人分享天主恩寵，但不會自誇。耶穌說：“你幾時設宴，要請貧窮的、殘廢的、癱腿的、瞎眼的人。如此，你有福了，因為他們沒有可報答你的；但在義人復活的時候，你必能得到賞報。”

相比之下，法利塞人全神貫注於單靠自己努力“贏得”天上高位。耶穌勸勉他們，要進入天國，就是關心有需要者。這個比喻更深層的信息是，如果自我高舉，並試圖單靠自己努力獲得永生，最終在天主與世界面前蒙羞。

謙遜和開放自己是雙胞胎。比喻提醒我們不要高估自己價值，可是也不要低估它。耶穌勸告我們的謙卑與自卑無關，因為人是天主肖像。此外，基督徒被召叫，就是善用天主恩寵來建立天國。人的高貴價值，不是因為本身才華，或名利錢權，而是被天父深愛的孩子。

通過謙卑，耶穌進一步邀請信徒與社會的草根階層交往，因為自從耶穌降生成人以來，因耶穌的死亡復活，世界不再存在等級，因為眾人都得救，無分高低。因此，謙卑的外展，就是接觸身體和精神上的露宿者、殘疾人和窮人。

聖奧思定說：“謙卑使人成為天使，驕傲使天使變成魔鬼。”



## 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.22

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 RCIA. Contact Sister Lisa Marie for details at [cathedrafaithformationsac@gmail.com](mailto:cathedrafaithformationsac@gmail.com)

## 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).



## CATHOLIC VIEWPOINT FAITH, HOPE & LOVE

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Thursday 5:00 pm

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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 FAITH FORMATION AND EDUCATION

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)

## RITE OF CHRISTIAN INITIATION FOR ADULTS/ CHILDREN (RCIA) Adults:

Go to: <https://is.gd/CathedralSacramentoRCIA>.

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# Parish Information

Page 10 | Sunday, February 5, 2023 | Fifth Sunday of Ordinary Time

## SACRED LITURGY

### Altar Servers

Michael Ognisty, mfognisty@msn.com

### Cathedral Choir

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

### Spanish Choir (12:00 pm)

Jerry Vanoye

### Spanish Choir (6:00 pm)

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 36

### Welcoming Ministry

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

## PRAYER

### Sunday Mass Rosary Group

John Fairbanks, john@capitolmr.com

### Adoration

Titi Kila, cbsadoration@gmail.com

### Evening Rosary Group

Marlene Mejia, mejia1@frontiernet.net

### 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, cathedralfaithformationsac@gmail.com

### Catechists for Faith Formation Spanish

Edith Gonzalez, edi\_d2@yahoo.com

### Family and Adult Faith Formation

Deyanira Galvez, Galvez.dgv@gmail.com

### Rite of Christian Initiation for Adults (RCIA) Support Ministry

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

### 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 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 36

## COMMUNITY GROUPS

### Benedictus Youth Group

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

### 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 & RCIA*

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

Esteban Arellano

Maria Balakshin

Andrea Martin-Borges

Maria Rosario

Aileen Rasmussen

Jose Solis

Jeff Weiss

Richard Zacaroli

## FINANCE COUNCIL

Robert Ingenito, Chair

Janet Bardales

Nancy Fairbanks

Michael Pease

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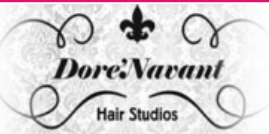
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