

Volume 18 \* Issue 27



# Cathedral of the Blessed Sacrament

July 8 2018 \* 14th Sunday in Ordinary Time

# Pastor's Corner

**"What mighty deeds are wrought by his hands!...And they took offense at him...  
He was amazed at their lack of faith"**



Last weekend 27 men were ordained to the diaconate here at our Cathedral. The weekend before, 29 women returned home from our Cathedral ACTS women retreat. Throughout the past few months we have baptized, celebrated Mass, confirmed, and married countless believers. We have witnessed the work of a missionary and responded to his appeal for financial help. We're housing a seminarian for the summer and experienced the ordination of three priests for our diocese. We have prayed for the sick and brought our intentions to the Lord. We have fed hundreds at our door and spent time trying to build the bond of unity that makes us all brothers and sisters. We have fed our children and kissed them good-night. We have called our parents and let them know we're thinking of them. We have tried to stop drinking as much and spend more healthy time with family and friends. We have gone off to work to help provide financial support for the needs of our family and church. We have printed His word in worship and bulletin and preached His word in Church and home. We have been to hospitals to bring hope and to experience the intimate sharing that comes from healing and suffering. We have talked and listened, been to jails and prisons, sang God's praises in church and karaoke, and joyfully embraced one another as a sign of peace.

Because of Jesus Christ, our brother and friend, we have seen all these mighty deeds and countless more.

Jesus still needs to perform many mighty deeds. More people need to see and follow His light. More people need to be comforted and fed and visited and clothed. More people need to hear the Good News and be embraced by His love. More people need to stop taking offense and believe.

~Father Michael~

## Catholic Symbols: A Guide to Liturgical Colors

Philip Kosloski | Jun 18, 2018 | Aleteia.org

Throughout the Church's liturgical year, priests wear several different color vestments. The colors are not arbitrary but reflect a deeper meaning that is meant to point us to a specific spiritual theme.

Since ancient times, whenever a priest celebrated the sacrifice of the Mass he would put on a large poncho-like garment called a *casula* (chasuble) that covered his ordinary clothing. This vestment developed from the ordinary Roman attire of a farmer, who wore the large poncho to protect him from the elements. By the 8th century the chasuble was reserved for clergy members and a few centuries later specific colors were in use.

The colors were developed to highlight different spiritual truths according to the day in the Church's calendar. That way, when someone attended Mass they could immediately recognize the color and associate it with the season or day that was being celebrated. It led the people into a deeper understanding of the faith and reinforced whatever spiritual lesson that needed to be taught.

Below is a visual guide to the colors of the liturgical year, with the symbolism of each color.

**Red** is the color of blood. It symbolizes love, fire, passion, and the blood of sacrifice.

**Green** is a color associated with spring and used to represent new life, regeneration, and hope.

**White** represents holiness, purity, cleanliness, and righteousness.

**Violet** represents penance and sorrow for sin.

**Rose** is a color resplendent with joy, in the midst of seasons dedicated to fasting and penance.

**Black** is a color that traditionally symbolizes death and may be worn at funeral Masses or All Souls Day.

**Gold** vestments are sometimes worn at Masses that denote a special day of celebration, symbolizing a particularly important feast.



*Have the itch to set out on a meaningful journey?*

*Lacy Clark Ellman  
asacredjourney.net*



Sure, we'd all like to travel on pilgrimage to far-off places. After all, there's a reason that some of the pilgrim archetypes include the Nomad, Seeker, and Sojourner. However, because of life's limitations, this can't always be a reality. That doesn't mean, though, that you can't follow the longing of your heart and set out on a "mini-pilgrimage" right at home or even next door.

To create a mini-pilgrimage right at home, you simply need to apply the 3 elements of pilgrimage: a journey (an intention or desire and time set apart), engagement with the True Self (connecting with you), and Sacred Encounter (connecting with God). Retreats are one of many types of pilgrimage and can serve as mini-pilgrimages during which we are invited to leave our everyday lives, if even for a moment, and learn from wise teachers, ask difficult questions, and try new things, all the while being reminded of what it means to take care of ourselves—mind, body, and soul.

Whether you have a week, a weekend, an hour, or simply a stolen moment after breakfast, here are 9 steps to creating a mini-pilgrimage right at home:

- 1. Make the time** - In order to find the time for your mini-pilgrimage or retreat, it must be a priority. Consider the length of retreat you'd like to take and see where it might fit into your schedule. If you don't have the opportunity to get away for a long period of time, make your retreat a weekend, a day, or even an hour. Although a multi-day retreat can often be nourishing, it doesn't necessarily matter how much time you have. What matters most is that you make it happen.
- 2. Find the place** - Now that you've made the time, you'll need to find the place. The only requirements are that the place allows space for silence and solitude and stirs your soul. If you're going on a week-long retreat, look for a retreat center or monastery in your area that welcomes visitors. You could also rent a nearby cabin through Airbnb. If you have a day, find a place nearby like a favorite café or park to help change your daily scene. Only have an hour? Find a corner in your house or backyard and claim it as yours.
- 3. Set your intention** - What is the purpose of your retreat? What are you hoping to receive from this time? Maybe you want to feel rested, connect with nature, or gain clarity about something that's happening in your life. Or perhaps there is a theme you'd like to explore, such as vocational calling. Setting your intention before your retreat helps put your desires first and set the tone for your time ahead.
- 4. Slow down** - Once the time set aside for your retreat arrives it

might be tempting to jump right in. However, if you move too fast, you might end up treating your time as something to be checked off a list rather than time to be savored. This is why it's important to transition from your everyday life by consciously slowing the pace. To do this, begin your retreat with a practice that will help you settle into the present moment, such as taking a long walk or sitting in stillness as you sip a hot cup of tea and let the world pass you by.

- 5. Seek out inspiration** - If this time is meant to be life-giving, then it should be filled with things that inspire you. After all, the word "inspire" comes from the phrase "in spirit," which means that anything that inspires serves as a direct route to the soul. To infuse your retreat with a dose of inspiration bring some favorite poetry to read, listen to music that never fails to move you, or hike a trail leading to a mountaintop view that leaves you standing in awe.
- 6. Spend time in reflection** - Reflection serves as a window to the soul, making it a valuable practice for a retreat. Spending time in reflection can help you process all that has been going on in your external world and allow you to reconnect with your True Self—a desire that is at the root of our yearning for time of retreat. Bring a journal with you on retreat and commit to writing in it each day. Or, if you're not prone to journal, find a cozy spot and stay awhile, allowing your mind to wander. With enough time it will always find its way home.
- 7. Connect with God** - As human beings made in the image of God, connecting with the soul and connecting with the Divine go hand in hand. Invite God into your process through the practice of prayer, allowing your prayers to flow freely throughout your retreat. These prayers don't always have to be in words. A retreat is a great opportunity to experiment with different types of prayer, including traditional practices, such as centering prayer, or more unconventional methods, such as dance. Anything that serves as a vehicle for expressing your desires to God and resting in the Divine's presence is considered prayer in my book!
- 8. Listen to what's stirring** - As your retreat continues, listen to what's stirring within your soul. Pay attention to any insight you might receive that you can integrate into your everyday life, taking the gifts found on retreat with you wherever you go.
- 9. Trust the process** - No spiritual practice is complete without an element of surrender. Trust that whatever happens during your time set apart is nourishing you in just the way you need to be fed, remembering to return often to fill the well.

"I soon realized there is a way that I have been taking personal pilgrimages for quite a while now in the form of walking a labyrinth. A labyrinth is a series of concentric circles used to facilitate prayer, meditation or spiritual transformation. One walks to the center of the labyrinth which may symbolize God, truth or creation itself, and back out again the same way; unlike a maze, there is only one way in and one way out of the labyrinth. The most famous labyrinth is at Chartres Cathedral in France, which dates from the 1200's. Early Christians formed and used them as a way to participate in a pilgrimage to the Holy Land without doing the actual long and costly trip. Over the years, I have found and walked labyrinths in many settings: along the Monongahela River in Pittsburgh as a memorial to those who died in a battle fought between workers and Pinkerton guards during the Homestead Steel Strike of 1892, on the grounds of various churches as well as on portable canvas labyrinths in church halls, on Mackinaw Island in Michigan, in cities and at rural retreats. I even have one in my home...a portable "finger labyrinth" which has helped to quiet a storm within me on several occasions.



"Walking a labyrinth is as personal as anything can be. It is meant to be done slowly, thoughtfully and, ideally, alone. It can be done with a series of formal prayers or just as silent meditation. It can be done as a means of undoing the "knots" that form in our lives or as gratitude for the smoothness of the present road. Think of it as exercise for the spirit, stretching to your Center or to the One who is your center. The beauty of the labyrinth is that you don't have to go far to find one. **labyrinthlocator.com** is a website that will help you."

(From <http://www.thebucketlistboomer.com/author/rmomwiz>)



## CHRISTMAS IS ONLY 184 DAYS AWAY!

The annual Festival of Trees and Lights in December has become a Cathedral tradition. It's the only fundraiser of this size and scope that we do to raise funds for our social service ministries that provide lunches or emergency financial aid. If you have a craft, or can sew, bake, cook, or have a talent for bargain shopping, then come to our Festival Crafters Orientation on July 10<sup>th</sup> in Mercy Hall. Contact Susan at [susandurand@gmail.com](mailto:susandurand@gmail.com) or Paula at [trupaula@gmail.com](mailto:trupaula@gmail.com) for more information and THANKS for your continued support!

The Respect Life Ministry Presents:

## Love, Sex & Gender

FRIDAY July 13<sup>th</sup> in Mercy Hall from 7:00pm to 9:00pm (Doors open at 6:00 pm). Donations are welcome. Key Speaker: Brian Butler, co-author of "Theology of the Body for Teens," both high school and middle school editions.

Everyday our daughters and our sons are exposed to negative and false information about their bodies, their soul, and their faith. We invite you to discover how to replace your children's doubts with the confidence only God's truth can give. For more info or to reserve your seat, please call Veronica Avina (916) 205-0713.



Brian Butler is the Executive Director of Dumb Ox Ministries, a non-profit organization dedicated to chastity and vocation formation for teens, pre-teens and young adults. He and his wife reside in the Archdiocese of New Orleans with their four children.

And then join us for:

## "Freedom to Love" Youth Retreat

With speaker Brian Butler

SATURDAY July 14 at the Newman Center from 9:00am to 5:00pm. Approaching God's plan for love, sex, and relationships through live music, pizza, prayer, Holy Hour, games, and friendship. \$20 All inclusive. For more info, please call Veronica Avina (916) 205-0713



## 33 DAYS TO MORNING GLORY RETREAT

If you have not been **consecrated** and if you desire to grow in holiness with the help of Jesus and Mary, or you want to renew your **consecration**, then sign up for this at-home retreat hosted by the Rosary Club. This retreat will consist of reading, pondering, and meeting every Wednesday at 7:15 pm, from **July 11, 2018 to August 15, 2018, concluding** at the **5:10pm Mass with consecration**. For more information or to sign up, please contact Lolita at [Lolita.Urrutia@gmail.com](mailto:Lolita.Urrutia@gmail.com) or by voice/text message at 916-213-5862 by Tuesday, July 10<sup>th</sup>. God's will be done!



## EVERYDAY STEWARDSHIP

Sometimes we need a dose of healthy skepticism. Do you see some of the claims on the Internet, in social media, or even on the cover of supermarket tabloids? If we are not careful, we can easily be led astray.

However, when we find ourselves skeptical all the time, unable to trust anyone or anything, we have a problem. Trust is essential in a conversion process, and we all are in a continual process of turning toward and moving closer to God. If we find it hard to trust the promises of God, then we will find ourselves lost and bewildered.

Sometimes the biggest obstacle to a stewardship way of life is lack of trust. This is true for individuals as well as parish communities. Do we believe that God will provide for our needs? Do we believe that if we give it all away we will receive even more in abundance? Do we believe that there is true freedom in complete surrender?

Many will say that the principles of a stewardship way of life sound good spirituality and are inspiring. But when really faced with the tough decisions, they will fall back on placing trust in themselves, material goods, or money. Are we true disciples and good stewards as we claim? Where do you place your trust? Have you chosen a path where you are all in or are you still keeping something for yourself because you just aren't sure all this talk of "consider the lilies" is real or just pretty words on a page?

-Tracy Earl Welliver, MTS

## Please remember in your prayers...

Deacon Don DeHaven  
Tony Nebreda  
Charles Bardin  
Teresa  
Nicanor Masadao, Sr. +  
Suzanne Trujillo  
Corazon Velasquez  
Paulina  
Dave McNett  
Maggie Phelps

Amit Kumar  
Steph Skiles  
Maria Nguyen  
Alfie +  
Ernie +  
Hashina +  
Charles Pickering S.I.  
Karla  
Briceida Lopez  
Rick and Anna Carpineta

Jo  
Sonia  
A Gerard  
Tiler  
Faye  
Beverly Rogers  
Linda Dixon  
Joel & Cesar  
Mariana Gonzalez  
Jessie LaRay  
Sophia LaRay

Elizabeth  
Delores Abella S.I.  
Jeremy Smock S.I.  
Flora Bagcal  
Minda Swars  
Jennifer Swars  
Emily West  
Adrian John Bayan



## Cathedral Kids

### Word Unscramble

Unscramble words from today's Gospel reading:

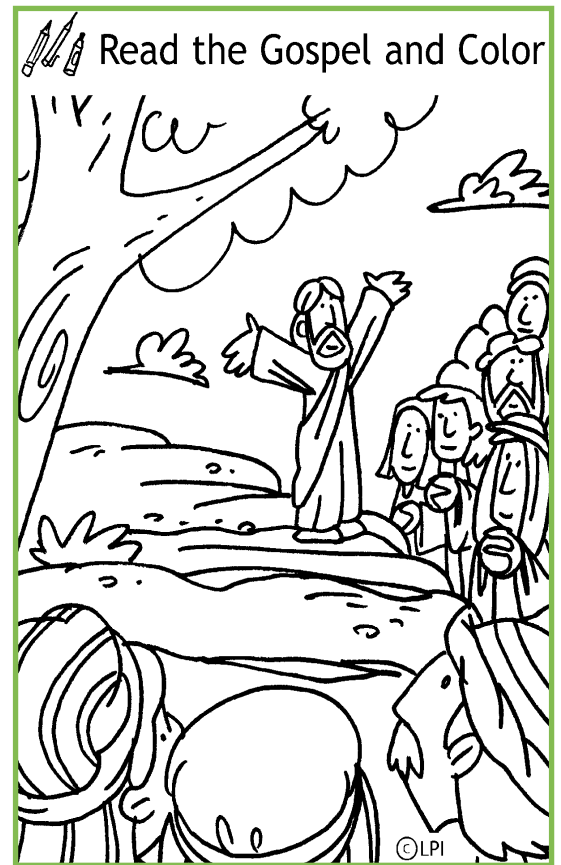
Jesus	power	prophet
taught	miracle	heal
wisdom	town	faith

Jesus	<u>J</u>	<u>e</u>	<u>s</u>	<u>u</u>	<u>s</u>
pwerso	—	—	—	—	—
phetrop	—	—	—	—	—
fathi	—	—	—	—	—
tnow	—	—	—	—	—
wisomd	—	—	—	—	—
taghtu	—	—	—	—	—
mirclea	—	—	—	—	—
hale	—	—	—	—	—

**Sharing the Gospel** - Have you ever felt left out? Jesus did. In today's Gospel, Jesus visited his relatives and old friends. These were the people he grew up with, the people who knew him the best. All of a sudden Jesus was not acting like he used to. They heard that Jesus was healing people, raising people from the dead, and telling evil spirits to leave. Jesus was even teaching about God's kingdom, like he really knew what he was talking about! Well, Jesus' old friends and neighbors did not like it one bit. How sad for them. God's own Son wanted to help them, but they didn't want it.

**Prayer** - Dear God, help me to listen to you and to accept the help that you want to give me. Amen.

**Mission for the Week** - Read today's Gospel with your family. Talk about ways that people sometimes turn Jesus away. Pray together, asking God to keep you close to Jesus.



Date	Mass / Intentions	Observances & Readings	Activities
Saturday July 7	5:00 pm / Souls in Purgatory	Am 9:11-15/Ps 85:9ab and 10, 11-12, 13-14 [cf. 9b]/Mt 9:14-17	
Sunday July 8	7:30 am / Souls in Purgatory 9:00 am* / Susan Fairgood S.I. 11:00 am** / Scott Rush + 1:00 pm Spanish / Carlos Munguia S.I. Maria Elena Meza S.I. 3:00 pm Chinese 5:00 pm / People of the Parish 7:00 pm Spanish / Rosa Figueroa S.I. Rafael Castillo Diaz +	Ez 2:2-5/Ps 123:1-2, 2, 3-4 [2cd]/2 Cor 12:7-10/Mk 6:1-6a	*RCIA - Breaking of the Word at the 9am Mass  **Liturgy of the Word for Children at the 11am Mass  2:30pm Rosary recitation before the Chinese Mass
Monday July 9	12:10 pm / Nellie Tumbaga + 5:10 pm / Souls in Purgatory	<b>St. Augustine Zhao Rong and Companions, Martyrs</b> Hos 2:16, 17b-18, 21-22/Ps 145:2-3, 4-5, 6-7, 8-9 [8a]/Mt 9:18-26	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class
Tuesday July 10	12:10 pm / Souls in Purgatory 5:10 pm / Dominick Esquivel S.I. Elizabeth Munguia S.I.	Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10 [9a]/Mt 9:32-38	6:00 pm Spanish Choir Rehearsal for the 7pm Mass  7:15 pm The Men's Group
Wednesday July 11	12:10 pm / Ottulia Perez S.I. Eva Margarita Munguia S.I. 5:10 pm /Familia Gonzalez S.I.	<b>Saint Benedict, Abbot</b> Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7 [4b]/Mt 10:1-7	7:15 pm Communion & Liberation 7:15pm Spanish 1pm Mass Choir Rehearsal
Thursday July 12	12:10 pm / Carmelita M. Morales S.I. 5:10 pm / Souls in Purgatory	Hos 11:1-4, 8e-9/Ps 80:2ac and 3b, 15-16 [4b]/Mt 10:7-15	7:00 pm Baptism Class - Spanish
Friday July 13	12:10 pm / Anna Guardado S.I. Eusebia Vasquez Rodriguez S.I.	<b>Saint Enrique</b> Hos 14:2-10/Ps 51:3-4, 8-9, 12-13, 14 and 17 [17b]/Mt 10:16-23	7:00 pm "Love, Sex & Gender" lecture with Brian Butler

# Esquina del Pastor

*"¡Qué grandes obras fueron forjadas por sus manos! ... Y se ofendieron con él ...*

*Él estaba asombrado por su falta de fe "*

El fin de semana pasado, 27 hombres fueron ordenados al diaconado aquí en nuestra Catedral. El fin de semana anterior, 29 mujeres regresaron a casa de nuestro retiro de mujeres de Cathedral ACTS. A lo largo de los últimos meses, hemos bautizado, celebrado misas, confirmado y casado a innumerables creyentes. Hemos sido testigos del trabajo de un misionero y respondimos a su llamamiento en busca de ayuda financiera. Estamos alojando a un seminarista para el verano y experimentamos la ordenación de tres sacerdotes para nuestra diócesis. Hemos orado por los enfermos y hemos llevado nuestras intenciones al Señor. Hemos alimentado a cientos de personas en nuestra puerta y hemos dedicado tiempo a construir el vínculo de unidad que nos hace a todos hermanos y hermanas. Hemos alimentado a nuestros hijos y les hemos dado un beso de buenas noches. Hemos llamado a nuestros padres y les haremos saber que estamos pensando en ellos. Hemos tratado de dejar de beber tanto y pasar más tiempo saludable con familiares y amigos. Nos hemos ido a trabajar para ayudar a proporcionar apoyo financiero para las necesidades de nuestra familia y nuestra iglesia. Hemos impreso Su palabra en adoración y en el boletín, y hemos predicado Su palabra en la Iglesia y en el hogar. Hemos estado en hospitales para traer esperanza y experimentar el intercambio íntimo que proviene de la curación y el sufrimiento. Hemos hablado y escuchado, hemos estado en cárceles y prisiones, hemos cantado las alabanzas de Dios en la iglesia y en el karaoke, y nos abrazamos con alegría unos a otros como una señal de paz.

Gracias a Jesucristo, nuestro hermano y amigo, hemos visto todas estas hazañas e incontables cosas más.

Jesús todavía necesita realizar muchas acciones poderosas. Más personas necesitan ver y seguir su luz. Más personas necesitan ser consoladas, alimentadas, visitadas y vestidas. Más personas necesitan escuchar las Buenas Nuevas y ser acogidas por su amor. Más personas deben dejar de ofenderse y creer.

~Padre Michael~



## *Símbolos católicos: una guía para los colores litúrgicos*

Philip Kosloski | 06/18/18 | Aleteia.org

Durante el año litúrgico de la Iglesia, los sacerdotes usan varias vestiduras de diferentes colores. Los colores no son arbitrarios, sino que reflejan un significado más profundo que apunta a un tema espiritual específico.

Desde la antigüedad, cada vez que un sacerdote celebraba el sacrificio de la Misa, se ponía una gran prenda tipo poncho llamada casula (casulla) que cubría su ropa ordinaria. Esta vestimenta se desarrolló a partir de la vestimenta romana ordinaria de un granjero, quien usó el gran poncho para protegerlo de los elementos. En el siglo VIII, la casula estaba reservada para los miembros del clero y unos siglos más tarde se utilizaron colores específicos.

Los colores fueron desarrollados para resaltar diferentes verdades espirituales de acuerdo con el día en el calendario de la Iglesia. De esa forma, cuando alguien asistía a Misa, podían reconocer inmediatamente el color y asociarlo con la estación o el día que se estaba celebrando. Condujo a la gente a una comprensión más profunda de la fe y reforzó cualquier lección espiritual que necesitara ser enseñada.

A continuación se muestra una guía visual de los colores del año litúrgico, con el simbolismo de cada color.

El rojo es el color de la sangre. Simboliza el amor, el fuego, la pasión y la sangre del sacrificio.

El verde es un color asociado con la primavera y se usa para representar una nueva vida, regeneración y esperanza.

Blanco representa santidad, pureza, limpieza y rectitud.

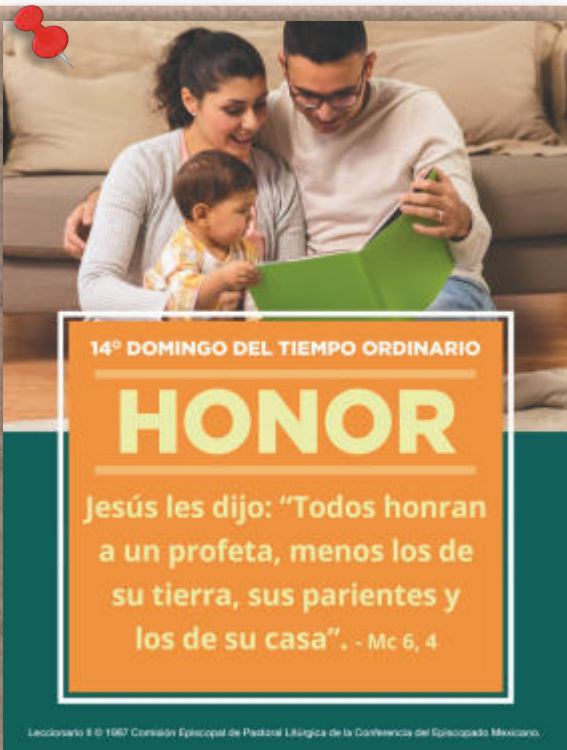
Violeta representa la penitencia y la pena por el pecado.

Rose es un color resplandeciente de alegría, en medio de las estaciones dedicadas al ayuno y la penitencia.

El negro es un color que tradicionalmente simboliza la muerte y puede llevarse en las Misas funerarias o en el Día de las almas.

Las vestiduras de oro a veces se usan en misas que denotan un día especial de celebración, que simboliza una fiesta particularmente importante.





14º DOMINGO DEL TIEMPO ORDINARIO

# HONOR

Jesús les dijo: "Todos honran a un profeta, menos los de su tierra, sus parientes y los de su casa". - Mc 6, 4

Licenciario © 1987 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano.

## LA CORRESPONSABILIDAD DIARIA

A veces, necesitamos una dosis de sano escepticismo. ¿Viste algunas de las afirmaciones que se hacen en Internet, en las redes sociales o incluso en la tapa de las revistas de los supermercados? Si no tenemos cuidado, podemos extraviarnos fácilmente. Sin embargo, cuando somos escépticos todo el tiempo, incapaces de confiar en nadie o en nada, tenemos un problema. La confianza es esencial en el proceso de conversión, y todos estamos en un proceso continuo de conversión y acercamiento a Dios. Si nos resulta difícil confiar en las promesas de Dios, entonces estaremos perdidos y desconcertados.

A veces, el mayor obstáculo para una forma de vida de corresponsabilidad es la falta de confianza. Esto es cierto tanto para las personas como para las comunidades parroquiales. ¿Creemos que Dios suplirá nuestras necesidades? ¿Creemos que si damos todo, recibiremos aún más abundancia? ¿Creemos que hay verdadera libertad en una entrega total?

Muchos dirán que los principios de una forma de vida de corresponsabilidad parecen ser buenos espiritualmente y que son inspiradores. Pero cuando realmente se enfrentan a decisiones difíciles, terminan confiando en sí mismos, en sus bienes materiales o su dinero. ¿Somos verdaderos discípulos y buenos siervos como afirmamos ser? ¿Dónde depositas tu confianza? ¿Has elegido el camino de la entrega total o todavía te reservas algo para ti, porque no estás seguro de que todo este discurso sobre "considerar los lirios" sea real o piensas que son solo palabras bonitas de una página?

-Tracy Earl Welliver, MTS

7

## LAS LECTURAS de la semana del 8 de julio de 2018

Domingo: Ez 2, 2-5/Sal 123, 1-2. 2. 3-4 [2]/2 Cor 12, 7-10/Mc 6, 1-6  
Lunes: Os 2, 16. 17-18. 21-22/Sal 145, 2-3. 4-5. 6-7. 8-9 [8]/Mt 9, 18-26  
Martes: Os 8, 4-7. 11-13/Sal 115, 3-4. 5-6. 7-8. 9-10 [9]/Mt 9, 32-38  
Miércoles: Os 10, 1-3. 7-8. 12/Sal 105, 2-3. 4-5. 6-7 [4]/Mt 10, 1-7  
Jueves: Os 11, 1-4. 8-9/Sal 80, 2 y 3. 15-16 [4]/Mt 10, 7-15  
Viernes: Os 14, 2-10/Sal 51, 3-4. 8-9. 12-13. 14 y 17 [17]/Mt 10, 16-23  
Sábado: Is 6, 1-8/Sal 93, 1. 1-2. 5 [1]/Mt 10, 24-33  
Domingo siguiente: Am 7, 12-15/Sal 85, 9-10. 11-12. 13-14 [8]/ Ef 1, 3-14 o 1, 3-10/Mc 6, 7-13

## LAS CONMEMORACIONES DE LA SEMANA

Domingo: 14º Domingo del Tiempo Ordinario  
Lunes: San Agustín Zhao Rong y compañeros, mártires  
Miércoles: San Benedicto, abad  
Viernes: San Enrique  
Sábado: Santa Kateri Tekakwitha, virgen  
Domingo siguiente: 15º Domingo del Tiempo Ordinario

## VERSO DEL EVANGELIO DE DOMINGO

Cuando llegó el sábado, se puso a enseñar en la sinagoga, y la multitud que lo escuchaba se preguntaba con asombro: "¿Dónde aprendió este hombre tantas cosas? ¿De dónde le viene esa sabiduría y ese poder para hacer milagros?" - Mc 6, 2

## MEDITACIÓN EVANGÉLICO

Con frecuencia nos sorprendemos y hasta nos quedamos boquiabiertos cuando una persona sencilla, sin estudios, sobresale en su familia y su ambiente. No podemos creer sus logros. No aceptamos su liderazgo. Tiene que salir a otros lugares para que la reconozcan. ¿Has experimentado esto en tu vida? ¿Conoces a alguien que haya vivido esa experiencia? Pues, algo parecido le pasó a Jesús en su pueblo, donde las personas se preguntaban: "¿No es éste el carpintero?". Y Jesús afirma: "Si hay un lugar donde un profeta es despreciado, es en su tierra, entre sus parientes y en su propia familia". Las acciones de Jesús iban más allá de lo que un carpintero podía hacer o saber.

Lo triste de esta situación entre las personas del pueblo de Jesús, es que estaban completamente ciegos, bloqueados y, por lo tanto, no pudieron gozar de la cercanía y los beneficios que el "carpintero" les ofrecía. Al sentirse tan ofendidos, limitaron la gracia de Dios y, a la vez, a Jesús en su demostración de la presencia del Reino de Dios entre su pueblo. ¡Qué pena!, diríamos nosotros. Pero la enseñanza del Evangelio es abierta, grande, ancha en la persistencia de Dios de acercarse a los que lo reciben. Ahora, cabe preguntarse: ¿Quién me ha guiado a la sabiduría de Dios en la trayectoria de mi vida? ¿He limitado alguna vez la acción del Señor Jesús por prejuicios? ¿Qué dirá la gente de lo que hago por otros? Recordemos que por el bautismo somos profetas de esperanza en este mundo roto por el pecado. Lo bueno es que la sabiduría de Dios es fiel compañera de quien la acepta para hacer el bien en su tierra y fuera de ella.

## VIVIR LA LITURGIA

Parece que Jesús siempre enfrenta algún tipo de oposición. Hoy Jesús se sorprende por la falta de fe de los de su tierra natal. Nosotros también nos oponemos a Jesús. No es fácil que nos reprendan y darnos cuenta de nuestra gran necesidad de cambiar. Nos sentimos cómodos con nosotros mismos y con nuestro entorno y nos resistimos al cambio. Nos ponemos a la defensiva cuando las palabras sabias de Jesús nos piden que dejemos de pensar en nosotros mismos y en nuestras preocupaciones y que pensemos más en los demás. Nos falta fe en Dios, fe en nosotros mismos y fe los unos en los otros. Se nos pide que mantengamos nuestros ojos fijos en el Señor y que aceptemos su reprensión. Jesús sabe lo que está diciendo. ¿Realmente lo creemos?

¿Cómo practicas la humildad en tu fe?



" The Cathedral is for everyone." ~Bishop Patrick Manogue, 1886~



# Cathedral of the Blessed Sacrament

1017 11th Street, Sacramento, CA 95814  
916-444-3071, Fax 916-443-2749 , [cathedralsacramento.org](http://cathedralsacramento.org)  
Rectory Office Hours — Monday to Friday, 9:00 am to 5:00 pm

## PASTORAL AND ADMINISTRATIVE STAFF

**Father Michael O'Reilly, Rector**  
**Father Kieran McMahon, Priest in Residence**  
**Father Nicholas Ho, Chinese Mass**  
Deacon John Gisla, Office Manager  
Deacon Don DeHaven  
Deacon Edgar Hilbert  
Sister Jenny Aldeghi, Director of Education  
Michael Ognisty, Sacristan  
Rex Rallanka, Director of Music  
Tom Waddock, Cathedral Manager  
Carmen Perez, Secretary  
Katie McAllister, Bookkeeper  
Tit Kila, Wedding Coordinator

## RELIGIOUS EDUCATION PROGRAM

The cathedral offers a complete faith formation program, including Catholic Faith Formation, Confirmation, The Rite of Christian Initiation Program, R.C.I.A for teens and children, Religious Education for Spanish Speaking Adults, and a Catechesis Formation Program. For information on all of these programs, contact Sister Jenny and her staff at [jenny@cathedralsacramento.org](mailto:jenny@cathedralsacramento.org), or 916-444-5364

**Liturgy of the Word for Children**, ages 5 to 10 years old, every Sunday at the 11:00 am Mass. This program provides children with age appropriate explanations of the Sunday readings and gives parents with young children an opportunity to focus on the Scripture readings and the homily without distractions. Children return to their families before the Offertory. For more information, contact the education office or Dorothy Corgiat at [dlcorgiat@yahoo.com](mailto:dlcorgiat@yahoo.com).



ROMAN CATHOLIC  
**DIocese OF SACRAMENTO**  
DIÓCESIS CATÓLICA ROMANA DE SACRAMENTO

The Most Reverend **Jaime Soto**, D.D, M.S.W  
Bishop of Sacramento

View the Sacramento Bishop's Corner, which is sent via the Catholic Legislative Network to all subscribers in the Diocese of Sacramento who sign up at [www.scd.org/joincln](http://www.scd.org/joincln)

2110 Broadway, Sacramento, CA 95818  
Office Hours: 8:30am - 4:30 pm  
Phone 916-733-0100, Fax 916-733-0195 **scd.org**

## MASSES

Monday to Friday	12:10 pm
Monday to Thursday	5:10 pm
Saturday Vigil	5:00 pm
Sunday	7:30 am
	9:00 am
	11:00 am
	1:00 pm en Español
	3:00 pm Chinese
	5:00 pm
	7:00 pm en Español
State Holidays	12:10 pm only

## SACRAMENT OF CONFESSION

Monday to Friday	11:30 am to 12:00 pm
Saturday	4:00 pm to 4:45 pm
Domingo en Español	12:30 pm a 12:45 pm
	6:30 pm a 7:00 pm

## EUCCHARISTIC ADORATION

**When attendants are available:**

Wednesday	12:45 pm to 4:45 pm
Thursday	12:45 pm to 4:45 pm
Friday	12:45 pm to 3:45 pm

**ANOINTING OF THE SICK** - By appointment

**BAPTISMS** (Registration is required)

English - 3rd Saturday of the month, 9:00am  
Español - 4º Sábado del mes, 9:00am

## BAPTISM CLASSES

English - 1st Thursday of the month, 7:00pm  
Español - 2do jueves del mes, 7:00pm

## TOURS

Tours are free and are led by trained Docents after the 9am and 11am Sunday Masses, and at 12:40pm on Wednesday. Tours in Spanish are held the 1st & 3rd Sundays of the month after the 1pm Mass. Tours begin at the Baptismal Font. Contact 916-444-3071 to arrange free private group tours.

## GIFT SHOP on the Lower Level

Sundays 9:00 am to 3:00 pm

## ~Bulletin Ministry~



Editor: Lyssa Black  
Advisor: Father Michael O'Reilly

## Regular Contributors

Admin: Linda Walter  
Photos: Adrian Mata, Elvie McRae, Titi Kila  
Articles: John-David Black, Philip Koslowski,  
Reggie King, Brian Perez, Leticia Hilbert  
Spanish Translations: Leticia Hilbert, Carmen Perez  
Chinese News: Kenneth Ng, Ellis Chan

Send submissions to [cathedralsacramento@gmail.com](mailto:cathedralsacramento@gmail.com)



## JOIN A CATHEDRAL MINISTRY

**Altarservers** contact Michael Ognisty at [mfognisty@msn.com](mailto:mfognisty@msn.com).

**Benedictus Youth Group** contact Victoria Ramos at 916-444-3071, or [benedictusyg@gmail.com](mailto:benedictusyg@gmail.com).

**Brown Bag Lunch Ministry** — If you would like to donate lunches or volunteer your time, please contact Jerri at [jerrirush@comcast.net](mailto:jerrirush@comcast.net). For further information, please visit [cathedralsacramento.org/ministries](http://cathedralsacramento.org/ministries).

**Catechesis of the Good Shepherd** for ages 3+, for information, visit [www.youngsheep.org](http://www.youngsheep.org), or call 916-910-3435.

**Cathedral ACTS Missions** contact Susanna Romo, at (916) 955-8137 for more information. 2018 Retreats are Women's Retreat June 21-24 (Cathedral of the Blessed Sacrament), Women's Retreat August 16-19 (St. Rose of Lima, Roseville), Men's Retreat November 15-18 (Cathedral of the Blessed Sacrament).

**Cathedral Men's Group** meets the 2nd Tuesday of every month at 7:15 pm, Lower Level. Contact Bob Meyers at [cynm1@yahoo.com](mailto:cynm1@yahoo.com).

**Cathedral Young Adults** contact Titi Kila at [cathedralya@gmail.com](mailto:cathedralya@gmail.com).

**Choir (English)** contact Rex Rallanka, Music Director at [rrallanka@cathedralsacramento.org](mailto:rrallanka@cathedralsacramento.org) or 916-444-3071, x 38.

**Choir (Spanish)** contact Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after the 7pm Mass.

**Communion & Liberation** catechesis meets every Wednesday at 7:15pm in the Cathedral Lower Level.

**Email Prayer Chain** submit your email address, and you will be notified when prayers are needed by those who have made a special request. Contact Lynne Amerson at [cbs1017pc@yahoo.com](mailto:cbs1017pc@yahoo.com).

**Extraordinary Ministers of Holy Communion** contact Amy McCormick at [ammccormick@att.net](mailto:ammccormick@att.net), or 916-801-3967.

**Front Door Ministry** contact [ministries@cathedralsacramento.org](mailto:ministries@cathedralsacramento.org) for information about volunteering or donations.

**Greeters and Ushers** contact Tom Waddock at 916-444-3071, x 36.

**Knights of Columbus, Cathedral Chapter** contact the rectory office.

**Lectors** contact Fred Heacock at [fheacock72@hotmail.com](mailto:fheacock72@hotmail.com).

**Respect Life Ministry** contact Linda Walters, English Coordinator at 916-524-5885, or Patricia Davila, Spanish Coordinator at 916-502-4854, or email [Veronicaavina@yahoo.com](mailto:Veronicaavina@yahoo.com) for meeting times and other information.

**Rosary Club** (Rosary Beads and instructions are provided) meets every 1st & 3rd Wednesday of each month at 7:15 pm. You don't need to sign up, just show up. For more information, contact Lolita Urrutia at [lolita.urrutia@gmail.com](mailto:lolita.urrutia@gmail.com).

**Saint Vincent de Paul, Cathedral Chapter** contact the rectory office.

**Spanish Parents Group Leaders** meets every Sunday, contact Leticia Hilbert at [leticia\\_hilbert@hotmail.com](mailto:leticia_hilbert@hotmail.com).

To learn more about the ministries at the Cathedral,  
visit our website:

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



## GET MARRIED AT THE CATHEDRAL

If you would like to celebrate the Sacrament of Matrimony at the Cathedral, download the Cathedral Wedding Guidelines and Reservation Form on the cathedral website. Contact the parish office at least *six months* before your desired wedding date to arrange a meeting with Wedding Coordinator, Titi Kila, at the Cathedral Office, 916-444-3071, x13, [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org).

## MARRIAGE PREPARATION

The Diocese of Sacramento requires an engaged couple to complete a marriage preparation program no later than two months before their wedding date. Contact: Janet & Omar Bardales at [matrimonyprep@att.net](mailto:matrimonyprep@att.net), or 916-427-9160, or Sister Jenny at 916-444-5364. You do not have to have your wedding at the Cathedral in order to take this class.

## QUINCEAÑERA

This is the tradition of celebrating a young girl's coming of age on her 15th birthday with a Mass, and highlights the virtues of family and social responsibility, recognizing her journey from childhood to maturity. For more information on celebrating this beautiful tradition at the Cathedral, call Titi Kila, at the Cathedral Office, 916-444-3071, x13, [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org).

## CATHEDRAL PARISH REGISTRATION & UPDATE Actualización y registro de la parroquia de la Catedral

You can also register online at  
[cathedralsacramento.org](http://cathedralsacramento.org)/ Visit Us / Register as a Parishioner

Name (*Nombre*): \_\_\_\_\_

Street Address (*Domicilio*): \_\_\_\_\_

City (*Ciudad*): \_\_\_\_\_

State (*Estado*): \_\_\_\_\_ Zip (*Código postal*): \_\_\_\_\_

Phone (*teléfono*): (\_\_\_\_\_) \_\_\_\_\_

Cell Phone (*Celular*): (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**For additional family members, please attach a separate sheet.**

Please indicate:	Por favor indique:
New Parishioner/Individual	Nuevo Parroquiano / Individuo
New Parishioners/Family	Nuevo Parroco / Familia
Change of Address	Cambio de Dirección
Please send Offertory Envelopes	Por favor envíe Sobres de Ofertorio

Please return by (*Regrese por favor*):

- Put into collection basket at mass  
(deposite en la canasta de la colecta en misa)
- Scan to pdf file and email to:  
[blessed@cathedralsacramento.org](mailto:blessed@cathedralsacramento.org)  
(escanear a pdf file y envía por correo electrónico)
- Fax to: 916-443-2749
- Mail to (correo): 1017 11th Street, Sacramento, CA 95814



對真理的反思 何光榮神父

我們都不喜歡聽到真相，特別是當它傷害我們時。  
誰喜歡被告知他在誤入歧途？

我們逃避真理，因為它傷害了我們，我們都不喜歡受到傷害。  
因此，很少有人願意告訴我們真相。  
他們不想傷害到我們。

然而真理是唯一能拯救我們的事物，  
唯一能讓我們獲得自由的事物，  
唯一在黑暗中照耀進我們的事物。

告訴我們真相，知道它會受到傷害，和冒着失去與我們的友誼的風險的人，是一個真正的朋友。

Reflection on the Truth by Fr. Nicholas Ho

None of us likes to hear the truth especially when it hurts.  
Who likes to be told that he is on the wrong track?

We shy away from the Truth because it hurts us and none of us likes being hurt.  
Therefore, few people are prepared to tell us the truth.  
They do not want to upset or hurt us.

And yet the Truth is the only thing that will save us,  
the only thing that will set us free,  
the only thing that will let light shine into our darkness.

The person, who out of love for us tells us the truth, knowing that it is going to hurt,  
and the risk of losing our friendship, is a true friend.

## 本週報告 (會長)

我們將於八月四日在上午九點開始在Christ the King Retreat Center進行年度避靜。  
避靜的主題是“為什麼我相信？”每位的費用為四十元，報名的截止日期是七月二十二日。有意參加避靜的教友，請向我 (Ken) 報名。

### Announcement this week (President)

We will have our annual retreat on August 4 at Christ the King Retreat Center starting at 9am. The theme for the retreat is "Why I Believe?" The fee is \$40 each person, and the last day to RSVP is July 22. Anyone interested in the retreat, please RSVP with me (Ken).

# Los Jarritos

455-7911 • Mexican Food

Daily 8am - 9pm • Fri & Sat till 9:30pm

2509 Broadway

LosJarritosSacramento.com



# Lyssa Jane Black

- Notary Public • Loan Signing Agent
- Field Inspector
- Bonded and Insured



lyssajaneblack@gmail.com

916-676-5129

## SPREAD THE WORD

A Thriving, Vibrant Community Matters



### SUPPORT OUR ADVERTISERS

Legal help with a personal touch

- Tax Controversy
- Bankruptcy
- Probate

### Ruth A. Rowlette

A Professional Law Corporation

916-649-3355

333 University Avenue, Ste. 200  
Sacramento, CA 95825

ruth@rowletteinc.com

AVAILABLE  
FOR A LIMITED TIME

## ADVERTISE YOUR BUSINESS HERE

Contact **Jeff Tkachuk** to place an ad today!  
jtkachuk@4LPi.com or (800) 950-9952 x2513

# PARISHESonline

Largest online directory of Catholic Churches

## NEVER MISS A BULLETIN!

Sign up to have our weekly parish bulletin emailed to you at [www.parishesonline.com](http://www.parishesonline.com)

PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM

**\$29.95/MO**

PLUS SPECIAL OFFER

BILLED QUARTERLY

CALL NOW! 1.877.801.7772  
[WWW.24-7MEDALARM.COM](http://WWW.24-7MEDALARM.COM)



1016 10<sup>th</sup> Street  
Sacramento, CA 95814  
(916) 447-2001  
[www.bloemdecor.com](http://www.bloemdecor.com)

See What's in Store!

JEWELRY • ROSARIES • BOOKS  
AND MORE



[www.parishstore.com](http://www.parishstore.com)

## Ask for your Parish Discount

Your family resource for **Advance Planning** and **End-of Life Services** for your **funeral, cremation & cemetery** needs.



John C. Bartel,  
Funeral Director  
FD0902/YM87313

Catholics caring for Catholics  
[cfcsSacramento.org](http://cfcsSacramento.org)

CALVARY CEMETERY & FUNERAL CENTER  
916-726-1232  
180 and Greenback, Citrus Heights

ST. MARY CEMETERY & FUNERAL CENTER  
916-452-4831  
60th and Fruitridge, Sacramento

## LIFETIME FINANCIAL PLANNING

CYNTHIA S. MEYERS, CFP®, MBA  
CERTIFIED FINANCIAL PLANNER™



Building Better Lives

(916) 927-6487

601 University Avenue, Suite 265  
Sacramento, CA 95825  
Fax (916) 922-0827  
[cynthia@cmeyers.com](mailto:cynthia@cmeyers.com)  
[www.cmeyers.com](http://www.cmeyers.com)

## HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-891-6806



HOME SECURITY TEAM

UPGRADE TO A

# VIBRANT ad

Contact us for details • 800-950-9952

DISPONIBLE  
POR TIEMPO LIMITADO

## ANUNCIE SU NEGOCIO AQUÍ

Llame a **Jeff Tkachuk** hoy para su anuncio!  
jtkachuk@4LPi.com or (800) 950-9952 x2513



# ONE STOP FURNITURE

One Stop Shop All

2441 Northgate Blvd, Sacramento, CA 95833 (916) 927-1847

7660 Stockton Blvd, Sacramento, CA 95823 (916) 226-2612

Receive **\$100 OFF**  
with every \$999 purchase

Cannot be combined with any other discounts, store promotions, or clearance products.

No Credit Check-Financing Available • Se Habla Español

**Pucci's PHARMACY**

• SACRAMENTO'S MIDTOWN PRESCRIPTION CENTER •  
2821 J STREET  
SACRAMENTO, CA 95816  
[www.puccis.com](http://www.puccis.com)  
(916) 442-5891 FAX (916) 442-1432

**LEADER?**

Online Shopping  
for Catholic  
Gifts of Faith

[www.parishstore.com](http://www.parishstore.com)



For ad info. call 1-800-950-9952 • [www.4LPi.com](http://www.4LPi.com)

Cathedral of Blessed Sacrament, Sacramento, CA

B 4C 05-1145

SUNDAY BRUNCH 11 AM - 3 PM

# EXPERIENCE MEXICAN CUISINE AT IT'S BEST...



ONE BLOCK FROM THE CATHEDRAL SACRAMENTO CORNER OF 12 & K STREET

## MAYAHUEL

12TH & K STREET

DOWNTOWN | 1200 K STREET | EXPERIENCEMAYAHUEL.COM



## MERCY McMAHON TERRACE

*June's Place*

### Mercy McMahon Terrace

Independent, Assisted Living & Memory Care

A Truly One of a Kind Community  
Founded by the Sisters of Mercy  
24 Hour Nursing  
Mass offered weekly in our Chapel

**(916) 733-6510**

Call for a Tour Today!

3865 J St., Sacramento, CA 95816

RCFE 340312763

## Northgate SMOG

2830 Northgate Blvd. #4  
916-922-6018 northgatesmog.com

### kw SAC METRO

KELLERWILLIAMS, REALTY

**Betty Jean Orozco**  
Realtor  
916.234.3010  
bettyjeanrealtor@gmail.com  
www.BettyOrozco.kw.com

4080 Truxel Rd., Ste. 100  
Sacramento, CA 95834



## catholicmatch California



CatholicMatch.com/CA

### CELLO LESSONS

Music available for Weddings, Parties and any Ceremony

Please call Maria Hoyos at  
**916-346-7634**

www.oasismusicacademy.com



### Thee Upper Crust Pizza

13th & K Street (2 blocks away)  
**OPEN SUNDAYS!**  
**Pizza Buffet \$8.50**  
(Includes pizza, soup, salad, pasta)  
**916-444-0844**

www.theeuppercrustpizza.com

### Family Dentistry



**Jasmine L. Dermawan, DMD**  
2335 American River Dr.  
Ste. 307, Sacramento, CA 95825  
**916-929-0331**  
www.drjasminedmd.com  
\*English • Indonesian

### ALEX ENGARDT ROOFING

Since 1923 LIC. #241602  
**452-7341**  
alexengardtroofing.com



CLINTON POLLEY INSURANCE BROKERS

A Member of the CNA Group

DAN BERRY, COMMERCIAL INSURANCE BROKER  
"SOLUTIONS FOR ALL OF YOUR BUSINESS INSURANCE NEEDS"  
(916) 984-5993 | DAN.BERRY@CLINTONPOLLEY.COM  
LIC #0785824



## A HOME IS MORE THAN A HOUSE



**Phyllis Ehlert, MPA**  
Realtor CalBRE 01935709  
(916) 213-7665  
phyllis@mcmahonphillips.com

CalBRE 01521625  
**McMahon Phillips**  
Real Estate

Get on the right path!

### Compensacion del Trabajador | Workers Comp

Desde 1987

# MEHLHOP & VOGT

WORKERS' COMPENSATION ATTORNEYS

#### Usted Tiene Derecho A Recibir:

- Atencion Medica
- Compensacion Monetaria por su Accidente

BILINGUE | BILINGUAL  
**916-930-9675**

injuredworkerhelp.com



AVAILABLE FOR A LIMITED TIME

## ADVERTISE YOUR BUSINESS HERE

Contact **Jeff Tkachuk** to place an ad today!  
jtkachuk@4LPi.com or (800) 950-9952 x2513

## RiverSmith ENGINEERING

"We Fix Rivers"

Water Resources  
Geotechnical Engineering  
Service Disabled Veteran  
Owned Small Business

www.RiverSmithEngineering.com

**916.835.4456**

tsmith@RiverSmithEngineering.com



For ad info. call 1-800-950-9952 • www.4lp.com

Cathedral of Blessed Sacrament, Sacramento, CA

A 4C 05-1145