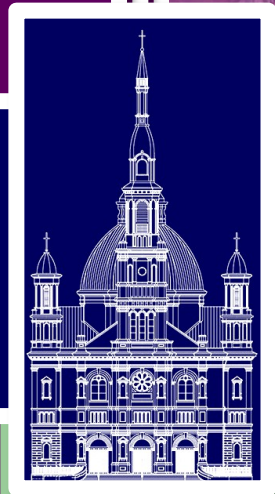


*First Sunday of*  
**ADVENT**

December 1 2019



Volume 19 \* Issue 48

**CATHEDRAL OF THE BLESSED SACRAMENT**  
1019 11th Street, Sacramento, CA 95814 \* 916-444-3071



## Pastor's Corner

As many of you know, in early November my mother passed away. Although I firmly believe in the resurrection and eternal life, it was (and is) a difficult time as I stumbled through emotions of sadness, gratefulness, sorrow, loss, unity and aloneness. At one point, I remember just getting through the day, spending as little time thinking about anything as possible. I hope those days are passed.

Of course, during this time I have tried to keep up with the most important parts of my ministry, celebrating the Sacraments and trying to stay strong for my parish.

Fortunately, God and my parents have made me strong. One of the important ministries on my calendar during all this was my work with the ACTS retreat that began on November 14th. As my mother's health declined, I was beginning to think I wouldn't even be able to attend the retreat. However, my mother passed away the week before which, of course, meant her journey was completely in the hands of God, and all that was left for me to do was to pray. I would as well now be able to help with the ACTS retreat, although I was concerned about my emotional stability. My mind and feelings were still in a daze.

The beautiful thing is, as I showed up to the retreat center and began the celebration of Mass, without my even noticing it, all was clear. My mother was fine, my father was fine, I was fine. Everybody was fine. We were all, we are all, so simply and effortlessly held in the hand of our Creator and Father and Lover and Friend. Let nothing disturb you, God alone is enough.

Emotionally I miss my mother and father, who passed away last year. And even though it may be too soon to say, I don't feel alone or lost. I thank all of you for your great support and care shown to me and my family. You truly are the body of Christ. And to God, gratitude is not enough. My life is His.

Fr. Michael.

*Be sure of this: if the master of the house had known the hour of night when the thief was coming, he would have stayed awake and not let his house be broken into. So too, you also must be prepared, for at an hour you do not expect, the Son of Man will come.* — Mt 24:43-44

## Are you stuck in the past or worried about the future? St. John Paul II shows you the path to freedom

Philip Kosloski | Aleteia.org

**When looking forward to the new millennium, the saintly pontiff gave us a profound meditation that can give us new life.**

Sometimes we might feel like we stuck in the past or constantly afraid of what might happen in the future. We don't know what to do and we are starting to have doubts about God and his plan.

When St. John Paul II closed out the year 2000, he wrote in his apostolic letter *Novo Millennio Ineunte* a challenge that can orient us in the right direction. He began the letter writing, "a new stage of the Church's journey begins, our hearts ring out with the words of Jesus when one day, after speaking to the crowds from Simon's boat, he invited the Apostle to 'put out into the deep' for a catch: 'Duc in altum' (Lk 5:4). Peter and his first companions trusted Christ's words, and cast the nets. 'When they had done this, they caught a great number of fish' (Lk 5:6)."

Then he wrote a profound sentence that is a perfect summary of the Christian life that can be turned into a motto we should strive to incorporate into our daily activities.

*Duc in altum! These words ring out for us today, and they invite us to **remember the past with gratitude, to live the present with enthusiasm and to look forward to the future with confidence.***

With this simple sentence, St. John Paul II provides a key to living a fully integrated Christian life.

Often we forget to remember the past with **gratitude**, especially when there is suffering. When we are thankful for how God has acted in our lives, we are able to see his hand in it all. This allows us to see God's presence even in the suffering, reassuring us that he has a plan for us.

Furthermore, it's tempting to get caught dwelling the past, which can prevent us from fully embracing the **present moment**. This is another key to Christian living, as we can only change the present. The past is already gone and the future is not here. It is only in the present moment that we can change and live with joy our Christian faith. Everything else is out of our control, but we can change what we do in the present moment.

Last of all, the future can often cause fear, but with Christ at our side, nothing should dissuade us. Knowing that Jesus is with us, all the uncertainties of the future can be met with **confidence**, trusting that God is with us through it all.

If you are stuck in the past or worried about the future, meditate on those three moments of time and consider how you approach them. Taking John Paul II's advice, we can reignite the fire of our faith and no longer remain idle, but seize the day with enthusiasm, trusting that God has a plan and is with us no matter what.



### Question:

What's the story behind the Advent wreath?

### Answer:

Each season in the liturgical calendar comes with its own local and regional rituals. During the Advent season, wreaths adorn church sanctuaries and family dining room tables. You may have said Advent wreath prayers in childhood or taken a turn lighting the candles. The Advent wreath is full of symbolism about Christ and his coming at Christmas. The wreath is made of evergreen boughs, reminding us that the life of grace doesn't falter with the changing seasons. It remains always fresh and new. Similarly, a circular wreath reminds us of the eternal, never-ending nature of God's love.

Candles remind us that Christ is the light of the world, the One who "shines in the darkness, and the darkness has not overcome it." We use four candles to represent each week of Advent. Traditionally they come in the liturgical colors of the season. Purple has historically represented penance and sacrifice. We see the same color for the season of Lent. On the third Sunday of Advent, however, we light a rose color. The priest will wear rose vestments at Mass. This is Gaudete Sunday. Gaudete means "rejoice" in Latin. On the third Sunday of Advent, we're roughly halfway through the season. The Church chooses the midpoint to remind us to celebrate in the midst of our anticipation! Whatever the color and whatever the day, the Advent wreath is a beautiful practice to focus our attention on Christ's coming at Christmas.

#### PLEASE REMEMBER IN YOUR PRAYERS:

For the repose of the soul: Philomena O'Reilly, Nestor, Guadalupe, Delia, Ricky, Natividad, Rafael, Martina, Gregorio, Jesusita, Lupe, Elias, Frank, Manuela, Juana, Clemencia, Joe, Seledonio, Ernesto, Abundio, Eusevio and Eve, Wally, David, Martin and Nestor D, Jose, Rene, Nena, Rowena, Ed, Patria, Gavina, Elpidia, Teresa, Caridad, Pepe, Ludy, Williams Family, Ruby Wright, Pete Perez, Carol Bowling, Dorothy Brown, Louise Hoffman, Irma Hoffman, Donna Archer, Dan, Edythe Vanhorn, Anne Mitchell, Emilia, George, Grace, Roger, Francis, Ruding, Pilar, Totoy, Rey, Precy, Julianita, Ricardo, Ricarte, Julianita, Consuelo Agbunag, Betty Mendoza, Kelly Marie



# ADVENT

"Therefore, stay awake! For you do not know on which day your Lord will come." (Mt 24:42)

## IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY

Usually a Holy Day of Obligation but is not in 2019. The USCCB explains, "Since December 8, 2019, is the Second Sunday of Advent, the Solemnity of the Immaculate Conception of the Blessed Virgin Mary is transferred to Monday, December 9, 2019. The obligation to attend Mass, however, does not transfer."



## The Festival of Trees

December 7-8, in Mercy Hall

Come join the fun! Merriment and music fills the air. Crafts, baked goods, food, gift baskets, and decorated trees for sale.

Raffle Tickets on sale now!! Prizes include: A weekend in Tahoe, 2 Kings game tickets, Cash prizes of \$500, \$250, \$150. And more! Tickets are \$5.00 each or 5 for \$20.00. Raffle tickets for the Gift Baskets are \$1.00 each. You can view the baskets in the vestibule of the church.

You can still be a part of making this annual fundraiser a success by donating baked goods, Christmas ornaments, handmade crafts, decorated trees, sewn, crocheted or knitted items, or gift cards. If you have items you would like to donate or you are able to bake cookies, brownies, breads, or sweet treats for the Sweet Shop, please contact Paula at trupaula@gmail.com or Susan at sandurand@gmail.com.

## SCHOLA CANTORUM CHRISTMAS CONCERT

Dr. Donald Kendrick will conduct Schola Cantorum in their annual Christmas Concert "From Heaven On High" on Saturday, December 14 at 8:00pm, and Sunday, December 15 at 2:00pm in Sacred Heart Church, 1040 39th Street, Sacramento. Suggested donation is \$15 General or \$10 Students/Seniors. Tickets are available at scholacantorum.com or call (850) 545-4298. The choir has a variety of CD's that make wonderful gifts. (Please do not call the church office.)

## A CHANTICLEER CHRISTMAS

Monday, December 16 8:00 - 10:00 pm

Known around the world as "an orchestra of voices" for its seamless blend of twelve male voices ranging from soprano to bass celebrate an age-old narrative with fresh eyes and ears, hearts and voices. Tickets at [www.chanticleer.org](http://www.chanticleer.org)

## HANDEL'S MESSIAH

Friday, December 20, 2019 7:30 - 9:00 pm featuring the Capella Antiqua Choir, Baroque Orchestra and the Cathedral Choir. Tickets available at [www.brownpapertickets.com/event/4380736](http://www.brownpapertickets.com/event/4380736)

Help decorate the Cathedral with beautiful flowers for Christmas. We will be taking donations of potted poinsettias on December 22nd, in Mary's Chapel. To make other arrangements, contact [cathedralsacramento@gmail.com](mailto:cathedralsacramento@gmail.com).



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## Christmas Mass Schedule

December 24 5:00 pm Children's Mass  
 9:00 pm Bi-Lingual Mass  
 11:30 pm Music Prelude followed by Midnight Mass

December 25 8:00 am Christmas Mass in English  
 10:00 am Christmas Mass in English  
 12:00 pm Misa de Navidad en Español

**DO YOU HAVE CHILDREN AGES 2 TO 4?** In the Catechesis of the Good Shepherd, the youngest children form deep, lifelong relationships with God. Visit [www.youngsheep.org](http://www.youngsheep.org) to learn more, and call us at 916-834-6765 to schedule a visit.



**CATHOLIC VIEWPOINT, FAITH, HOPE AND LOVE**, hosted by Fr. Michael Kiernan. This week's guest is Fr. John Boll. View on Comcast 20, Consolidated 19 and AT&T 14, Times: Sun. 7:00 AM, Tues. 9:30 AM, Weds. 8:30 PM, and Thurs. 5:00 PM. All shows are also on **YouTube** and website **CatholicviewpointFHL.com!**

## THE BIBLE TIMELINE: THE STORY OF SALVATION BIBLE STUDY BEGINS ON JANUARY 9, 2020

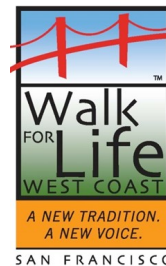
The Bible Timeline is a Catholic Bible study that can help anyone to make sense of the Bible and experience the life-changing power of God's Word. The study takes you on a journey through the entire Bible and brings you deep into each period of salvation history so that you can discover the amazing story woven throughout all of Scripture.

The study will include a series of twenty-three videos presented by Jeff Cavins. Each video will be preceded by a lively group discussion. We will meet every Thursday from 7pm to 8:30 in the lower level of the Cathedral. After 23 sessions you will receive a certificate of completion.

Attendance is free. We will also provide materials. Although there are some helpful online materials that are made to go with this presentation that you may purchase to supplement your learning, it is not required. Please join us for a life-changing journey through the Bible! See you there!

## 16<sup>TH</sup> WALK FOR LIFE WEST COAST • SATURDAY, JANUARY 25, 2020 • CIVIC CENTER PLAZA •

Join thousands of fellow Catholics and Pro-lifers from all over California and beyond as we proclaim to the world the sanctity of life. Let's stand up for the littlest among us at the 16<sup>th</sup> Walk for Life West Coast in San Francisco on January 25, 2020. Reserve your seat or buy your bus ticket today. The Respect Life ministry will be outside the church after masses to give you more information or contact Veronica Avina at (916) 205-0713. For complete information about the walk, visit [www.walkforlifewc.com](http://www.walkforlifewc.com)



OFFERTORY REPORT		
November 9/10	\$8,125	70%
November 16/17	\$10,175	88%

Date	Mass / Intentions / Readings
<b>Saturday November 30</b>	5:00 pm / No intentions in November <b>Rom 10:9-18/Ps 19:8, 9, 10, 11 [10 or Jn 6:63]/Mt 4:18-22</b>
<b>Sunday December 1</b>	<b>1ST WEEK OF ADVENT</b> 7:30 am / People of the Parish 9:00 am / Teresa Chang + 11:00 am / Sandy Morelli S.I. 1:00 pm (Spanish) / Nicolas Mercado Perez S.I. 3:00 pm (Chinese) 5:00 pm / Ignacio Enrique "Nacho" Domingo + 7:00 pm / Jack Dewitt + <b>Is 2:1-5/ Ps 122:1-2, 3-4, 4-5, 6-7, 8-9 [cf. 1]/Rom 13:11-14/ Mt 24:37-44</b>
<b>Monday December 2</b>	12:10 pm / Manuela Bonilla + 5:10 pm / Holy Souls + <b>Is 4:2-6/Ps122:1-2, 3-4b, 4cd-5, 6-7, 8-9/Mt 8:5-11</b>
<b>Tuesday December 3</b>	<b>St. Francis Xavier, Priest</b> 12:10 pm / Ana Nguyen + 5:10 pm / Rafael Chavez + & Cleofas Perez + <b>Is 11:1-10/Ps 72:1-2, 7-8, 12-13, 17 [cf. 7]/Lk 10:21-24</b>
<b>Wednesday December 4</b>	<b>St. John Damascene, Priest &amp; Doctor of the Church</b> 12:10 pm / Joseph Nguyen + 5:10 pm / Maria Galvan Gonzalez + <b>Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6 [6cd]/Mt 15:29-37</b>
<b>Thursday December 5</b>	12:10 pm / All Souls + 5:10 pm / Karen Ann Frink + <b>Is 26:1-6/Ps 118: 1 and 8-9. 19-21, 25-27a [26a]/Mt 7:21, 24-27</b>
<b>Friday December 6</b>	<b>St. Nicholas, Bishop</b> 12:10 pm / Juno & Ino Chang + <b>Is 29:17-24/Ps 27:1, 4, 13-14 [1a]/Mt 9:27-31</b>
<b>Saturday December 7</b>	<b>FESTIVAL OF TREES THIS WEEKEND</b> 5:00 pm / John Bennyhoff S.I. <b>Is 30:19-21, 23-26/Ps 147:1-2, 3-4, 5-6/Mt 9:35-10:1, 5a, 6-8</b>

**Altarservers**

Michael Ognisty, mfgognisty@msn.com.

**Benedictus Youth Group**

Victoria Ramos, benedictusy@gmail.com

**Brown Bag Lunch Ministry**

Jerri Rush, jerrirush@comcast.net

**Catechesis of the Good Shepherd** for ages 3+, visit youngsheep.org, or call 916-910-3435

**Cathedral A.C.T.S.**

ActsCathedralSacto@gmail.com, saccathedralacts.org

**Cathedral Men's Group**

Bob Meyers, cynm1@yahoo.com

**Saint Vincent de Paul** contact the rectory office

**Cathedral Young Adults**

Titi Kila, cathedralya@gmail.com

**Chinese Community**

Oliver Wan sccc.contact@gmail.com

**Choir (English)**

Rex Rallanka, Music Director, rrallanka@cathedralsacramento.org

**Choir (Spanish)**

Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after 7pm Mass.

**Cinema Divina Movies**

Reggie King, Brian Perez, thecatholicstore@gmail.com

**Communion & Liberation**

catechesis meets every Wednesday at 7:15pm

**Docents**

Jill Pease, peasejill@gmail.com

**Email Prayer Chain**

Lynne Amerson, cbs1017pc@yahoo.com.

**Extraordinary Ministers of Holy Communion**

Amy McCormick, ammccormick@att.net

**Festival of Trees and Lights**

Paula Trujillo, trupaula@gmail.com

**Front Door Ministry**

ministries@cathedralsacramento.org

**Greeters and Ushers**

Tom Waddock, 916-444-3071, x 36

**Hospitality**

Celeste Gisla, jfgisla@surewest.net

**Knights of Columbus**

Jaime Elizaldi, jaime.elizaldi@gmail.com

**Lectors**

Fred Heacock, fheacock72@hotmail.com

**RCIA Catechists**

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

**Religious Education Catechists**

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

**Religious Education Catechists/Spanish**

Deyanira Galvez at cathedralfaithformationsac@gmail.com

**Respect Life Ministry**

Liliana Balderrama, michoacan8888@gmail.com

**Rosary Club**

Lolita Urrutia, lolita.urrutia@gmail.com.

**Spanish Parents Group Leaders**

Leticia Hilbert, leticia\_hilbert@hotmail.com

 Read the Gospel and Color



**Cathedral Kids**

**Sharing the Gospel** - Remember that when God told Noah to build an ark, his neighbors laughed at him. Then one day God sent the flood. Only Noah's family was saved because they listened to God, and they were ready. Jesus has already told you that one day he will come back. He wants you to be saved. He wants you to be ready. When you read Bible stories, listen carefully. Love God like Noah did, and learn to do what God asks.

**Prayer** - Dear God, help me to love you and to be ready for Jesus.

**Mission for the Week** - Make sure the movies, games, and music you choose help you grow closer to Jesus.

 **Puzzle**

Find and circle these words from today's Gospel:

NOAH EATING DRINKING	MARRIED FLOOD TOGETHER	TAKEN LEFT READY							
S	T	B	F	L	O	O	D	E	O
N	O	A	H	N	Y	U	R	M	G
U	G	R	D	O	D	T	K	A	N
O	E	A	T	I	N	G	W	R	H
N	T	Y	A	U	R	L	O	R	L
W	H	I	K	L	C	M	H	I	M
O	E	N	E	R	S	E	V	E	L
D	R	I	N	K	I	N	G	D	E
N	O	W	H	N	T	H	I	E	F
I	S	R	E	A	D	Y	C	O	



# Esquina del Pastor

Como muchos de ustedes saben, a principios de noviembre falleció mi madre. Aunque creo firmemente en la resurrección y la vida eterna, fue (y es) un momento difícil cuando tropecé con emociones de tristeza, agradecimiento, tristeza, pérdida, unidad y soledad. En un momento, recuerdo haber pasado el día, pasando el menor tiempo posible pensando en todo lo posible. Espero que pasen esos días.


Por supuesto, durante este tiempo he tratado de mantenerme al día con las partes más importantes de mi ministerio, celebrando los sacramentos y tratando de mantenerme fuerte para mi parroquia.

Afortunadamente, Dios y mis padres me han hecho fuerte. Uno de los ministerios importantes en mi calendario durante todo esto fue mi trabajo con el retiro de ACTS que comenzó el 14 de noviembre. A medida que la salud de mi madre declinó, comencé a pensar que ni siquiera podría asistir al retiro. Sin embargo, mi madre falleció la semana anterior, lo que, por supuesto, significaba que su viaje estaba completamente en manos de Dios, y todo lo que me quedaba por hacer era rezar. Ahora también podría ayudar con el retiro de ACTS, aunque estaba preocupado por mi estabilidad emocional. Mi mente y mis sentimientos aún estaban aturcidos.


Lo bonito es que, cuando me presenté en el centro de retiros y comencé la celebración de la misa, sin siquiera darme cuenta, todo estaba claro. Mi madre estaba bien, mi padre estaba bien, yo estaba bien. Todos estaban bien. Éramos todos, somos todos, tan simple y sin esfuerzo sostenidos en la mano de nuestro Creador, Padre, Amante y Amigo. Que nada te moleste, solo Dios es suficiente.

Emocionalmente extraño a mi madre y a mi padre, que falleció el año pasado. Y aunque sea demasiado pronto para decirlo, no me siento solo o perdido. Les agradezco a todos por su gran apoyo y atención que me han mostrado a mí y a mi familia. Realmente eres el cuerpo de Cristo. Y para Dios, la gratitud no es suficiente. Mi vida es suya.

Pr. Michael.



“Tengan por cierto que si un padre de familia supiera a qué hora va a venir el ladrón, estaría vigilando y no dejaría que se le metiera por un boquete en su casa. También ustedes estén preparados, porque a la hora que menos lo piensen, vendrá el Hijo del hombre”. — Mt 24, 43-44



## Las lecturas de la semana del 1 de diciembre de 2019

Domingo: Is 2, 1-5/ Sal 122, 1-2. 3-4. 4-5. 6-7. 8-9 [cfr. 1]/Rom 13, 11-14/Mt 24, 37-44

Lunes: Is 4, 2-6/Sal 122, 1-2. 3-4. 4-5. 6-7. 8-9/Mt 8, 5-11

Martes: Is 11, 1-10/Sal 72, 1-2. 7-8. 12-13. 17 [cfr. 7]/Lc 10, 21-24

Miércoles: Is 25, 6-10/Sal 23, 1-3. 3-4. 5. 6 [6]/Mt 15, 29-37

Jueves: Is 26, 1-6/Sal 118, 1 y 8-9. 19-21. 25-27 [26]/Mt 7, 21. 24-27

Viernes: Is 29, 17-24/Sal 27, 1. 4. 13-14 [1]/Mt 9, 27-31

Sábado: Is 30, 19-21. 23-26/Sal 147, 1-2. 3-4. 5-6/Mt 9, 35—10, 1. 5. 6-8

## Las conmemoraciones de la semana

Domingo: 1er Domingo de Adviento

Lunes:

Martes: San Francisco Javier, sacerdote

Miércoles: San Juan Damasceno, sacerdote y doctor de la Iglesia

Jueves:

Viernes: San Nicolás, obispo

Sábado: San Ambrosio de Milán, obispo y doctor de la Iglesia

## MEDITACIÓN EVANGÉLICO

El tiempo de Adviento tiene dos características: es a la vez un tiempo de preparación para la solemnidad de la Navidad en que se conmemora la primera venida del Hijo de Dios entre los hombres y un tiempo en el cual, mediante esta celebración, el ánimo se dirige a esperar la segunda venida de Cristo al fin de los tiempos. Por estos dos motivos, el Adviento se presenta como un tiempo de piadosa y alegre esperanza. El tiempo de Adviento comienza con las primeras vísperas del domingo que cae el 30 de noviembre, o lo más próximo a ese día, y concluye antes de las primeras vísperas de Navidad. Los domingos de este tiempo se llaman: primer, segundo, tercer y cuarto domingo de Adviento (Normas Universales sobre el año litúrgico números 39,40,41).

Hoy comenzamos un nuevo tiempo de lecturas y reflexiones, es lo que se llama el ciclo "A". Escucharemos el Evangelio de San Mateo. La principal característica de las lecturas es estar vigilantes, atentos para no perder la ruta que es Jesucristo. Vivir atentos significa darse cuenta de los signos de los tiempos presentes. ¿Qué se vive actualmente? Jesús nos recuerda hoy que el tiempo no es del reloj, sino de la gracia y acción de Dios en la vida del ser humano. Podemos planear todo bajo calendario, pero cuando Dios llama hay que responder. San Pablo exhorta, "Desechemos, pues, las obras de las tinieblas y revistámonos con las armas de la luz." Por lo tanto, Adviento es decir con amor, esperanza y total sinceridad de corazón: ¡Ven, Señor Jesús!

## VIVIR LA LITURGIA

¡Mantente despierto! Con tantas cosas compitiendo por nuestra atención y tantos detalles para atender, es muy fácil caer en un adormecimiento. Podemos encontrarnos simplemente pasando por los movimientos de la vida y perdiendo un sentido de propósito y dirección. Ocupados con muchas cosas, perdemos el contacto con las cosas de Dios, especialmente los movimientos suaves de su presencia. Adviento nos llama al desafío de vivir una vida despierta. Despierta del sueño que las exigencias de la vida nos pueden poner y permite que la palabra de Dios transforme nuestros corazones. Estar preparado para la venida del Señor es la prioridad de la vida para el cristiano. ¡Caminemos a la luz del Señor!

## LA CORRESPONSABILIDAD DIARIA

### Ojos bien abiertos

Cuando nació mi primer hijo, teníamos un cuarto de bebe creado para él que tenía imágenes de "La Biblia del Principiante" pintadas en todas las paredes. (Es posible que hayas visto esta Biblia antes,

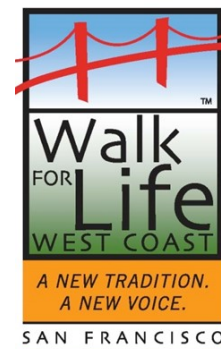
donde las figuras bíblicas en el libro tenían los ojos bien abiertos). Imágenes de Adán y Eva, David y Goliath, y Jesús se exhibían en las cuatro paredes. En la pared más grande había una gran imagen del Arca de Noé con muchos animales. A medida que nuestro hijo crecía, señalábamos imágenes en la pared mientras le leíamos cuentos antes de dormir. Nuestro hijo ahora tiene 20 años y vive a varias horas de nosotros, por lo que esos días están muy atrás en nuestro espejo retrovisor de la vida.

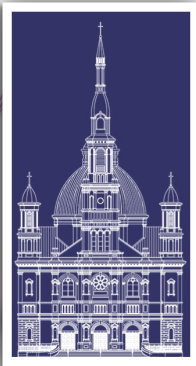
Nos preparamos bastante para su nacimiento. Cuando nacieron nuestros dos hijos siguientes, el tiempo de preparación había disminuido significativamente. La mayoría de los padres saben de lo que estoy hablando. La novedad del primogénito trae tanta emoción que uno se ve obligado a pasar innumerables horas preparándose. Cuando nacen los próximos niños, ciertamente estás emocionado, pero actúas de manera diferente y con un poco más de reserva.

Para la mayoría de los lectores, este no es su primer Adviento. Probablemente no sea su último. Si te acercas a estos días de diciembre simplemente como una forma de prepararte para la Navidad, es posible que te encuentres haciendo lo mismo que el año pasado. Sin embargo, si pasas este tiempo reflexionando sobre el momento en que Jesús regrese o cuando lo veas cara a cara, podrías despertar parte de esa emoción de anticipación dentro de ti. Jesús viene de nuevo. Cuando personas de todas las edades entienden esta realidad, esto puede ser causa para tener los ojos grandes y muy abiertos.

## 16ª Caminata Por la Vida Costa Oeste • Sábado, 25 de Enero, 2020 • Plaza del Centro Cívico •

Únase a miles de católicos y Providas de todo California y más allá para proclamar al mundo la santidad de la vida. Luchemos por los más pequeños entre nosotros en la 16ª Caminata por La Vida de la Costa Oeste el 25 de Enero del 2020. Reserve su asiento o compre ya su boleto de autobús. El ministerio de Respeto a la Vida estará afuera de las misas para darles más información o contacte a Liliana Balderrama al (916) 912-8256. Para obtener más información sobre la caminata, visite [www.walkforlifewc.com](http://www.walkforlifewc.com)





# CATHEDRAL OF THE BLESSED SACRAMENT

1017 11th Street, Sacramento, CA 95814 ~ 916-444-3071, Fax 916-443-2749  
Rectory Office Hours — Monday to Friday, 9:00 am to 12:00 pm, 1:00 pm to 5:00 pm

### 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

**DEVOTIONS:** Divine Mercy Chaplet & Rosary  
Wednesday, Thursday, Friday 12:45 pm

### EUCCHARISTIC ADORATION

Wednesday	12:45 pm to 5:00 pm
Thursday	12:45 pm to 5:00 pm
Friday	12:45 pm to 1:30 pm

### BENEDICTION

Wednesday	5:00 pm
Thursday	5:00 pm
Friday	1:30 pm

(No Devotions, Adoration, or Benediction on feast days and holy days)

**ANOINTING OF THE SICK** - By appointment only.  
Call the rectory at 916-444-3071

**BAPTISMS** - Registration is required. Call Deacon John at the rectory at 916-444-3071  
English - 3rd Saturday of the month, 9:00am  
Español - 4º Sábado del mes, 9:00am

**BAPTISM CLASSES** (No registration required)  
English - 1st Thursday of the month, 7:00pm  
Español - 2do jueves del mes, 7:00pm

### 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 Edgar Hilbert  
 Deacon Omar Bardales  
 Sister Lisa Marie Doty, Director of Education  
 Michael Ognisty, Sacristan  
 Rex Rallanka, Director of Music  
 Tom Waddock, Cathedral Manager  
 Victoria Ramos, Secretary  
 Katie McAllister, Bookkeeper  
 Titi Kila, Wedding Coordinator  
 Lyssa Black, Webmaster / Bulletin Editor

### PARISH PASTORAL COUNCIL

Peggy Oakden, Chairperson  
 Eileen Dunn                      Russell Almaraz  
 Jose Solis                         Paty Davila  
 Jeff Weiss                         Ellis Chan  
 Esteban Arellano                Joey Martinez  
 Aileen Rasmussen                Roland Bordon  
 Richard Zacaroli                 Andrea Martin-Borges

### FINANCE COUNCIL

Robert Ingenito, Chairperson  
 Michael Pease                    Janet Bardales  
 Gerardo Davila                  Steve Harrold  
 Angela Lai                         Lyssa Black



**ROMAN CATHOLIC**  
**DIocese OF SACRAMENTO**  
 DIÓCESIS CATÓLICA ROMANA DE SACRAMENTO  
 The Most Reverend **Jaime Soto**, D.D, M.S.W.  
 Bishop of Sacramento  
 2110 Broadway, Sacramento, CA 95818  
 Phone 916-733-0100, [scd.org](http://scd.org)

Text "app" to 88202



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

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

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

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

Please indicate:  
 New Parishioner/Individual  
 New Parishioners/Family  
 Change of Address  
 Please send Offertory Envelopes

Por favor indique:  
 Nuevo Parroquiano / Individuo  
 Nuevo Parroco / Familia  
 Cambio de Dirección  
 Por favor envíe Sobres de Ofertorio

**Please return by (Regrese por favor):**

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



# Come Visit. Come Worship. Come Home.

## TOURS



We love to share our Cathedral history! Tours are FREE, led by trained Docents, and held after the 9am and 11am Sunday Masses, and at 12:40pm on Wednesday. Tours begin at the Baptismal Font. Contact 916-444-3071 to arrange free private group tours.

Los tours en español se llevan a cabo el 1er y 3er domingo del mes después de la misa de 1pm.

## RELIGIOUS EDUCATION PROGRAMS

The cathedral offers a complete faith formation program, including Catholic Faith Formation, Confirmation, The Rite of Christian Initiation Program, R.C.I.A., for adults, teens and children, Religious Education for Spanish Speaking Adults, and a Catechesis Formation Program.



If you've been coming to Mass for a while, but are not Catholic, or were baptized Catholic but never completed your faith formation classes, we invite you to look deeper into the Catholic faith. Come meet some faithful Catholics who love the Lord and would consider it a privilege to get to know you. We invite you to learn what Catholics believe in an open and welcoming environment. The **Rite of Christian Initiation of Adults (RCIA)** sessions meet every Monday Evening at 7 PM in the lower level of the Cathedral. Feel free to come any Monday evening. For more information on all of our faith formation programs, please call **916-444-5364** or email Sister Lisa Marie Doty, Director of Religious Education, [lmdoty@cathedralsacramento.org](mailto:lmdoty@cathedralsacramento.org).



### Visit our GIFT SHOP downstairs

Sundays 9:00 am to 3:00 pm  
Tuesdays 10:30 am to 12:00 pm

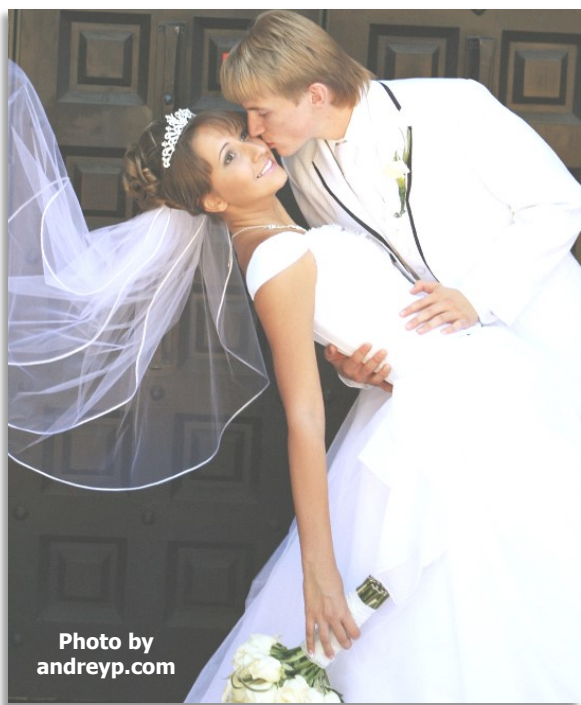


Photo by  
[andrey.com](http://andrey.com)

**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: Deacon Omar & Janet Bardales at [matrimonyprep@att.net](mailto:matrimonyprep@att.net), or 916-427-9160. *You do not have to have your wedding at the Cathedral to take this class.*

**CONVALIDATION** - If you would like to have 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, this can often be done in a small, private ceremony called a Convalidation, without any cost or fee. To explore this possibility, contact Deacon John at 444-3071 Ext. 11 or [jgisla@cathedralsacramento.org](mailto:jgisla@cathedralsacramento.org).

**WEDDINGS** - If you would like to celebrate the Sacrament of Matrimony at the Cathedral, contact Wedding Coordinator, Titi Kila at [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org) at least *six months* before your desired wedding date to arrange a meeting.



我日當責：在日常生活中體會天主  
睜大雙眼

當我的第一個孩子出生時，我們為他建造了一個嬰兒房，其特色是將所有的牆上，都畫著初學者的聖經圖像，(您以前可能已經看過這本聖經，聖經書中的人物全都有著大大的眼睛。)亞當和夏娃，大衛王和巨人哥肋亞以及耶穌的圖像，都畫在四面牆上。在最大面的牆上，是一幅諾亞方舟的全圖，上面有很多各種的動物。隨著孩子的成長，我們會指著牆上的圖像為他讀睡前故事。我們的兒子現在已經20多歲了，住在離我們幾小時路程的地方，我們為他的出生做了很多的準備，但這些事情已經遠遠落在我們的生活回顧之後了。後來在下兩個孩子出生時，我們對新生兒出生的準備時間顯著的減少。大多數父母都應該知道我在說什麼。長子的新生給您們帶來了許多的感動，使得您們花費無數的時間去準備。但當下一個孩子出生時，當然也會很興奮，但是您們的表現就會有所不同和有所保留了。

對大多數讀者而言，這不是您們第一次或許也不是最後一次過將臨期，當十二月的節日接近時，可能您們會發現，仍然用往年般的方式，為聖誕節做著準備，但是如果這次能花些時間，去默想耶穌基督的再度來臨，或默想能與耶穌基督親自面對面，或許這可以在您心中激起多些期待的心情。

當每個年齡層的人們，都能體會到耶穌基督將再度來臨這個事實時，那必定要大大睜開雙眼了！

— Tracy Earl Welliver

~ 華人團體活動 ~

中文兒童班已在11/17開課，下午2:45，楊老師 Teresa任教，歡迎三歲至九歲孩童參加。

Chinese class will start on November 17 at 2:45pm. Teresa Yeung (楊老師) is the teacher. Children 3 to 6 years old are welcome.

聖誕報佳音活動在12/14舉行，邀請大家一同參與。We will do caroling on December 14th. We invite everyone to participate.

聖誕節聚餐將於12/22舉辦，地點在大堂地下室 Mercy Hall，於晚間六點開始，請每位參加人自備一份拿手好菜。

Our Christmas potluck dinner is on December 22nd at Mercy Hall and starts at 6:00 pm. We like to ask everyone to bring their favorite dish.

EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

Wide-Open Eyes

When my first child was born, we had a nursery created for him that featured images from "The Beginner's Bible" painted on all the walls. (You may have seen this Bible before, where the Biblical figures in the book all had large wide-open eyes.) Images of Adam and Eve, David and Goliath, and Jesus were displayed on all four walls. On the largest wall was a big picture of Noah's Ark with lots of animals. As our son got older, we would point to images on the wall as we read bedtime stories to him. Our son is now in his 20's and living several hours from us, so those days are far behind in our rearview mirror of life. We prepared quite a lot for his birth. When our next two children were born, the preparation time had decreased significantly. Most parents know what I am talking about. The newness of your first-born brings with it so much emotion that you are compelled to spend countless hours preparing. When the next children are born, you are certainly excited, but you act differently and with a little more reserve.

For most readers, this is not your first Advent. It probably won't be your last. If you approach these December days simply as a way to prepare for Christmas, you may find yourself just doing the same old thing as last year. However, if you spend this time reflecting on the time when Jesus returns or when you shall see him face-to-face, you might be able to stir up some of that emotion of anticipation within you.

Jesus is coming again. When people of all ages understand that reality, it can be a cause for large, wide-open eyes indeed.

— Tracy Earl Welliver