

Volume 18 * Issue 32



Cathedral of the Blessed Sacrament

August 12 2018 * 19th Sunday in Ordinary Time



===== Pastor's Corner Father Michael O'Reilly =====

Is it me or does it feel like there are a lot of bad things going on around us these days? The fires are currently still raging throughout California, some five hundred migrant children are still separated from their parents, more pain and scandal in church leadership, life in Central America seems to be spinning out of control, climate change and melting glaciers, poorly expressed tweets and civility near extinction, heat and smoke and temperatures rising. All of these concerns persist amidst the usual global concerns of hunger and civil wars and lack of freedom. Add to this our personal stress of economics, death, addictions and health issues and we can really start feeling like things are pretty heavy right now.

During Jesus' day, much of these kinds of things existed as well. People were in exile and freedoms were limited. Hunger and addictions and fear and mental illness, natural disasters and drought, bad politicians and greediness and tax payments were all a part of his experience. He did not hide from these things. He spoke to the exile, healed the foreigner, fed

the hungry, challenged the leadership and dealt in a real way with the things of this passing world. He also continually reminded his disciples that there was a greater kingdom to pursue, a kingdom in which these evils no longer existed. In that kingdom we would know the peace and joy that come from being united with the Father and one another.

Jesus addressed the concerns of his day and still helped his disciples realize there were greater and better things awaiting them. In fact, it seems that addressing the concerns of this world and this time builds up our true treasure in heaven. There is much we can do to respond to the needs of this world. We can reach out to a stranger, conserve our resources, spend a little less, pray for the world, be present to a family member, turn off the television, move beyond your anxieties and make it clear that there is more to life than what we experience now. We can live as a true disciple of Jesus, with faith, hope and charity.

==== Our Cathedral Courtyard has a new look =====

Supervised by the Arts & Environment ministry lead, Chris Houlemard, the courtyard on the north side of the cathedral just received a much needed facelift. The area landscaping went mostly neglected and after so many years, was looking shabby. The potted trees were mostly dead from improper maintenance. The mature trees that used to be on either side of the stairwell were, in fact, a hazard. Their shallow root system meant they could possibly fall over without warning. The new maple trees have been planted properly, which will help maintain their health, and they will provide beautiful color and blooms during the coming seasons.



JVM Landscape Construction, Inc., a family owned landscape company, volunteered their labor to make the necessary changes to the courtyard. John Martinez is the Superintendent of Construction, and his wife, Martha Martinez, handles Scheduling and Customer Service. His Daughter, Lacie Martinez, is the company's Landscape Designer. His son, Jay, oversees the company overall, and is a Sacramento State Alumnus. John, his wife, and all three of his children are active in the Catholic Diocese of Sacramento, bettering our communities by serving the poor, disenfranchised, and homeless of Sacramento. See jvmlandscapes.com for more information.

The restoration of the cathedral was nearly thirteen years ago. During that time, thousands have passed through the cathedral doors. That kind of traffic takes a toll on any structure, and over time, causes damage that must be corrected, not only for appearance, but for safety and the integrity of the overall building. Over the coming weeks, parishioners will begin to see more maintenance work taking place, inside and out.



The Story of the Solemnity of the Assumption of Mary

franciscanmedia.org



On November 1, 1950, Pope Pius XII defined the Assumption of Mary to be a dogma of faith: “We pronounce, declare and define it to be a divinely revealed dogma that the immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul to heavenly glory.” The pope proclaimed this dogma only after a broad consultation of bishops, theologians and laity. There were few dissenting voices. What the pope solemnly declared was already a common belief in the Catholic Church.

We find homilies on the Assumption going back to the sixth century. In following centuries, the Eastern Churches held steadily to the doctrine, but some authors in the West were hesitant. However by the 13th century there was universal agreement. The feast was celebrated under various names—Commemoration, Dormition, Passing, Assumption—from at least the fifth or sixth century. Today it is celebrated as a solemnity.

Scripture does not give an account of Mary’s Assumption into heaven. Nevertheless, Revelation 12 speaks of a woman who is caught up in the battle between good and evil. Many see this woman as God’s people. Since Mary best embodies the people of both Old and New Testaments, her Assumption can be seen as an exemplification of the woman’s victory.

Furthermore, in 1 Corinthians 15:20, Paul speaks of Christ’s resurrection as the first fruits of those who have fallen asleep.

Since Mary is closely associated with all the mysteries of Jesus’ life, it is not surprising that the Holy Spirit has led the Church to believe in Mary’s share in his glorification. So close was she to Jesus on earth, she must be with him body and soul in heaven.

Reflection - In the light of the Assumption of Mary, it is easy to pray her Magnificat (Luke 1:46–55) with new meaning. In her glory she proclaims the greatness of the Lord and finds joy in God her savior. God has done marvels to her and she leads others to recognize God’s holiness. She is the lowly handmaid who deeply revered her God and has been raised to the heights. From her position of strength she will help the lowly and the poor find justice on earth, and she will challenge the rich and powerful to distrust wealth and power as a source of happiness.

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Cover Photo: “The Assumption of Mary” window in the Cathedral’s “Chapel of Our Lady,” donated by Mrs. Michael Rigney in 1889.

The At-Home Pilgrim

Lacy Clark Ellman | asacredjourney.net

A Pilgrim Creates Daily Rhythms to Ground Himself

A pilgrim is someone who is rooted and centered with a solid foundation of stability, particularly in the midst of chaos and uncertainty. This is not so different from the root system of a tree. Though unseen, the root system is vital to the tree, establishing it and sending it nourishment. Even when the limbs are shaken violently in the wind, the tree remains in place, all because it is grounded by its roots.

Walking the road to Santiago de Compostela or simply walking to the bus stop on our daily commute, we are all pilgrims on a journey. And whether we want to admit it or not, chaos can show itself on each road we travel, always uninvited and often throwing us off course. The pilgrim knows, however, that it is only through facing these trials and laboring through the chaos that transformation can take place and new life can be born. And so, in order to remain rooted through the journey’s challenges, like the roots of the tree, the pilgrim establishes daily rhythms to remain grounded.



One valuable way for the pilgrim to root himself is by establishing a daily rhythm centered on awareness and spiritual practices. The pilgrim who creates a daily rhythm commits time each day for regular and deepening spiritual engagement - a rhythm which, like the nourishment of water for the tree, creates stability and facilitates growth. The pilgrim also knows the importance of cultivating time each day for self-care, searching within himself to determine his present physical, spiritual, and emotional needs and committing to honor them.

When the violent winds in life threaten the pilgrim’s path, the pilgrim has deep roots that he can depend on because of his daily rhythms. In the midst of challenges, these daily rhythms in the pilgrim’s life help to ground the pilgrim, calling him back to awareness and intention.



PRACTICE - Allow your time of spiritual practice to also be a time of self-care. Make yourself a hot cup of coffee to help you wake up, and a quiet place, and consider adding to your practice something you

enjoy doing but don’t often have the time to do, such as writing, painting, or playing a musical instrument. Nourishment of the self is nourishment of the soul, nourishment of the soul is nourishment of the spirit, and God delights in nourishment.

What else do you need to help you thrive when trials arise?

Go further with the Pilgrim Principles and journey with a community of fellow seekers pilgrims in the upcoming Pilgrim Principles online course offered by A Sacred Journey this fall. Learn more about the course and download your own copy of the Pilgrim Principles at asacredjourney.net when you sign up to receive updates. (Article reprinted with permission from asacredjourney.net)

~Installment 5 of 7 in our Summer Series~



REGISTRATION FOR CCD CLASSES BEGINS THIS WEEKEND.

Religious Education for Children, assists parents with the religious formation and education of their children through instruction, prayer experiences, retreats, and community building events. The program also includes preparation for the Sacraments of Penance (Confession), and First Eucharist (First Communion), which occurs in the 3rd grade or after the second year of catechetical instruction.

2018-2019 School Year: CCD Classes for K – 6th Grade will begin on Saturday, September 8, 2018, at 10:00 am. Confirmation Classes for 7th Graders and up will begin on Tuesday, September 11, 2018, at 7:00 pm.

For children over 7 years of age and teens, 7th Grade and higher, who are not baptized, and teens who did not complete their sacraments of Communion and Confirmation, classes will begin on Sunday, September 9, 2018, at 9:00 am. The registration fee for the 1st child is \$60.00 and each additional child is \$40.00. Please note that after August 31, 2018, the registration fee will increase to \$70.00 for the 1st child and \$50.00 for each additional child.

Registration packets are available through the education office, or you can register your child/ren by printing and filling out the CFF Registration and the Indemnity Form on our website, cathedralsacramento.org, and emailing scanned copies to jenny@cathedralsacramento.org, or mail them to the education office at 1017 11th Street, Sacramento, CA 95814. Please include a copy of your child/ren's baptismal certificate(s).

33 DAYS TO MORNING GLORY MARIAN CONSECRATION

On Wednesday, August 15 at the 5:10pm Mass, there will be over 30 parishioners consecrated or renewing their consecration to Jesus through Mary.

Please pray for us! *Sub Tuum Praesidium* (Under Your Patronage) was recorded around 250 AD and is the oldest complete Marian prayer: *"We fly to your patronage, O Holy Mother of God: despise not our petitions in our necessities, but deliver us from all dangers, O Glorious and Blessed Virgin. Amen."*

Gentlemen of our Cathedral Parish: Do you enjoy serving God?

IF SO, HERE'S A GREAT OPPORTUNITY!

He's looking for a few faithful servants – Men to volunteer on Tuesdays, from 7:30 am – 9:00 am, Cathedral Mercy Hall, to help distribute brown bag lunches to God's children and show a caring, compassionate, and loving attitude, as our model Jesus.

Volunteering for this special work will bring you rewards you never expected and open your eyes to things you'll never be able to ignore again. You do not need any special skills, just model the love of Jesus. No experience necessary. Be part of a great team! Apply by emailing: JerriRush@comcast.net or call 916-216-9702.

HAVE YOUR MARRIAGE BLESSED IN THE CHURCH - If you would like to have your civil marriage blessed in the Catholic Church, please call or email Deacon John at the Cathedral Office to explore this possibility: 444-3071 Ext. 11; jgisla@cathedralsacramento.org. This can often be done in a small, private ceremony called a Convalidation, without any cost or fee. If you have been together for a number of years and would like to be married in the Church, this can also often be done in a small, private ceremony without any cost.

EVERYDAY STEWARDSHIP

What else is there to give when one has already given away their body and their life? What more can one say or do to demonstrate love for another when all they have has been given to another? This total giving of self to loved ones cannot be trumped by flowery words or material gifts that are fleeting. This is the ultimate in love. This is the love Jesus had for us on the way to his passion, at the institution of the Holy Eucharist. This is the love he has for us daily in the celebration of the Mass on altars in every church, in every city, in every nation on earth. No one can give more. No one can ask for more. This is the true heart of Christian stewardship.

If you take the time to gaze upon your God in the simplest of forms and begin to reflect on what has actually taken place with bread and wine becoming the presence of the Divine, then you can begin to understand true humility, sacrifice, and love. And when you have the privilege to take that Real Presence into your body at the meal where you are an honored guest, you become one with the One who is the embodiment of stewardship. Then, you must ask the question of yourself, "How can I even begin to reflect the love that I have encountered at this feast?" The answer is you can begin with the simple actions of the day: where will you go, whom will you meet, and in what work will you partake? Jesus Christ has shown that the greatest gift ever given can be disguised in this world in a piece of bread. By joining your body to his, he can now transform human hearts, not by grand acts, but by everyday acts, by everyday people practicing Everyday Stewardship.

--Tracy Earl Welliver, MTS

= Please remember in your prayers =

Deacon Don DeHaven
Frank Vercillo
Stephanie Pill
Mary Margaret Reilly
Asmitha and Abie Joseph
Alroyd and Shaista and children
Julian
Jason and Resmi
Nina Mordas and Mother

Javier Maria Alonso
C.Marcela Bedoya
Eva Hernandez
Diane
Mary Ann
Karla
Marcela P.
Yolanda
Kimberly and Partner

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

Amit Kumar
Steph Skiles
Maria Ngyuen
Alfie +
Ernie +
Hashina +
Charles Pickering S.I.
Karla

Date	Mass / Intentions	Observances & Readings	Activities
Saturday August 11	5:00 pm / Souls in Purgatory St. Padre Pio Thanksgiving Mass	St. Clare, Virgin Hb 1:12-2:4/Ps 9:8-9, 10-11, 12-13 [11b]/Mt 17:14-20	
Sunday August 12	7:30 am / Souls in Purgatory 9:00 am */Joe & Barbara Barajas S.I. Tim & Ellie Goranov S.I. 11:00 am** / Kinss Family S.I. George Balakshin + 1:00 pm Spanish / Maria Teresa Alarcon+ Ricardo & Dora Perez S.I. 3:00 pm Chinese / People of the Parish 5:00 pm / Souls in Purgatory 7:00 pm Spanish / Guadalupe Diaz S.I	19th Sunday in Ordinary Time 1 Kgs 19:4-8/Ps 34:2-3, 4-5, 6-7, 8-9 [9a]/Eph 4:30--5:2/Jn 6:41-51	*RCIA - Breaking of the Word at the 9am Mass **No Liturgy of the Word for Children in August
Monday August 13	12:10 pm / Tim & Ellie Goranov S.I. 5:10 pm / Sotelo Children S.I. Servando Gomez Jr S.I.	Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs Ez 1:2-5, 24-28c/Ps 148:1-2, 11-12, 13, 14/Mt 17:22-27	6:30 pm RCIA: Vespers 7:00 pm RCIA: Class
Tuesday August 14	12:10 pm / Sylvia Morales S.I. Tim & Ellie Goranov S.I. 5:10 pm Assumption Vigil / Souls in Purgatory	St. Maximilian Kolbe, Priest & Martyr Ez 2:8--3:4/Ps 119:14, 24, 72, 103, 111, 131 [103a]/Mt 18:1-5, 10, 12-14 Vigil: 1 Chr 15:3-4, 15-16; 16:1-2/Ps 132:6-7, 9-10, 13-14 [8]/ 1 Cor 15:54b-57/Lk 11:27-28	6:00pm Spanish Choir Rehearsal for the 7pm Mass
Wednesday August 15	12:10 pm / Catherine Chang S.I. Tim & Ellie Goranov S.I. 5:10 pm / Jacinto Tumbaga Sr. S.I. Leticia Roman + 7:00 pm Spanish	Assumption of the Blessed Virgin Mary (Holy Day of Obligation) Rv 11:19a; 12:1-6a, 10ab/Ps 45:10, 11, 12, 16 [10bc]/ 1 Cor 15:20-27/Lk 1:39-56	
Thursday August 16	12:10 pm / Anastasia & John Chang + 5:10 pm /Tim & Ellie Goranov S.I.	St. Stephen of Hungary Ez 12:1-12/Ps 78:56-57, 58-59, 61-62 [cf. 7b]/Mt 18:21-19:1	Today is National Tell A Joke Day, National Roller Coaster Day, National Airborne Day, and National Rum Day. Have a great day!
Friday August 17	12:10 pm / Tim & Ellie Goranov S.I. Souls in Purgatory	Ez 16:1-15, 60, 63 or 16:59-63/Is 12:2-3, 4bcd, 5-6 [1c]/Mt 19:3-12	



Sharing the Gospel - In today's Gospel reading, Jesus compared himself to manna. A long time ago God's people ate manna in the desert, because there was no other food to eat. By sending manna falling from the sky every morning, God taught his people to trust him. Manna tasted good, and it kept them healthy. God took care of them and gave them all they needed. Then, hundreds of years later, God sent Jesus down from heaven, so people could have everlasting life with him.

Prayer - Dear God, thank you for sending Jesus down from heaven so that we can look forward to living with you forever in heaven. Amen.

Mission for the Week - The Hebrews often baked manna into little cakes. Ask your parents if you can make pancakes this weekend, and talk about how Jesus is like manna.

Puzzle

Unscramble words from today's Gospel:

soul	humble	Mighty
spirit	servant	great
Savior	blessed	holy

sulo s o u l

Mythig _____

srevatn _____

hylo _____

stirip _____

belssde _____

Soivar _____

hmuleb _____

gerta _____

Read the Gospel and Color

© LPI

Puzzle

Find and circle eight things that are different.

5

Esquina del Pastor

Padre Michael O'Reilly

¿Soy yo o siento que hay muchas cosas malas sucediendo a nuestro alrededor en estos días? Los incendios continúan actualmente en todo California, unos quinientos niños migrantes aún están separados de sus padres, más dolor y escándalo en el liderazgo de la iglesia, la vida en Centroamérica parece estar fuera de control, el cambio climático y el deshielo de los glaciares, los tweets y civilizaciones poco expresados, el calor y el humo y las temperaturas subiendo. Todas estas preocupaciones persisten en medio de las preocupaciones mundiales habituales sobre el hambre y las guerras civiles y la falta de libertad. Agregue a esto nuestro estrés personal de economía, muerte, adicciones y problemas de salud y realmente podemos empezar a sentir que las cosas son bastante pesadas en este momento.

Durante el día de Jesús, muchas de estas cosas también existían. La gente estaba en el exilio y las libertades eran limitadas. El hambre y las adicciones y el miedo y las enfermedades mentales, los desastres naturales y la sequía, los malos políticos y la avaricia y el pago de impuestos fueron parte de su experiencia. Él no se ocultó de estas cosas. Habló al exilio, curó al extranjero, alimentó a los hambrientos, desafió al liderazgo y trató de manera real las cosas de este mundo que pasa. También recordó continuamente a sus discípulos que había un reino más grande a seguir, un reino en el que estos males ya no existían. En ese reino sabríamos la paz y la alegría que provienen de estar unidos con el Padre y el uno con el otro.

Jesús se dirigió a las preocupaciones de su época y aún así ayudó a sus discípulos a darse cuenta de que había cosas mejores y mejores que les esperaban. De hecho, parece que abordó las preocupaciones de este mundo y esta vez construye nuestro verdadero tesoro en el cielo. Hay mucho que podemos hacer para responder a las necesidades de este mundo. Podemos acercarnos a un extraño, conservar nuestros recursos, gastar un poco menos, orar por el mundo, estar presente con un miembro de la familia, apagar la televisión, superar sus ansiedades y dejar en claro que hay más en la vida de lo que experimentamos ahora. Podemos vivir como un verdadero discípulo de Jesús, con fe, esperanza y caridad.



El peregrino en casa

Lacy Clark Ellman | asacredjourney.net

Un peregrino crea ritmos diarios para aterrizar a sí mismo

Un peregrino es alguien que está enraizado y centrado con una sólida base de estabilidad, particularmente en medio del caos y la incertidumbre. Esto no es tan diferente del sistema raíz de un árbol. Aunque no se ve, el sistema de raíz es vital para el árbol, lo establece y le envía alimento. Incluso cuando las extremidades son sacudidas violentamente por el viento, el árbol permanece en su lugar, todo porque está fundamentado en sus raíces.

Caminando por la carretera a Santiago de Compostela o simplemente caminando hasta la parada de autobús en nuestro viaje diario, todos somos peregrinos en un viaje. Y lo queramos admitir o no, el caos puede mostrarse en cada camino que viajamos, siempre sin invitación y a menudo nos desvía del curso. El peregrino sabe, sin embargo, que es solo al enfrentar estas pruebas y trabajar a través del caos que la transformación puede tener lugar y una nueva vida puede nacer. Y así, para permanecer arraigado a través de los desafíos del viaje, como las raíces del árbol, el peregrino establece ritmos diarios para permanecer enraizado.



Una manera valiosa para que el peregrino se arraigue es estableciendo un ritmo diario centrado en la conciencia y las prácticas espirituales. El peregrino que crea un ritmo diario dedica tiempo todos los días a un compromiso espiritual regular y cada vez más profundo, un ritmo que, al igual que la nutrición del agua para el árbol, crea estabilidad y facilita el crecimiento. El peregrino también sabe la importancia de cultivar el tiempo cada día para el cuidado propio, buscando dentro de sí mismo sus necesidades físicas, espirituales y emocionales presentes y comprometiéndose a honrarlas.

Cuando los vientos violentos en la vida amenazan el camino del peregrino, el peregrino tiene raíces profundas de las que puede depender debido a sus ritmos diarios. En medio de los desafíos, estos ritmos diarios en la vida del peregrino ayudan a afirmar al peregrino, llamándolo a conciencia e intención.



PRÁCTICA: Permita que su tiempo de práctica espiritual sea también un momento de cuidado propio. Prepárese una taza de café caliente para ayudarlo a despertarse, y un lugar tranquilo, y considere agregar a su práctica algo que le gusta hacer, pero que a

menudo no tiene tiempo para hacer, como escribir, pintar o tocar un instrumento musical. La nutrición del yo es alimento del alma, la nutrición del alma es alimento del espíritu y Dios se deleita en la nutrición. ¿Qué más necesita para ayudarlo a prosperar cuando surgen las pruebas?

Vaya más allá con los Principios de Peregrino y viaje con una comunidad de peregrinos buscadores en el próximo curso en línea Principios de Peregrino ofrecido por A Sacred Journey este otoño. Obtenga más información sobre el curso y descargue su propia copia de los Principios de peregrino en asacredjourney.net cuando se registre para recibir actualizaciones. (Artículo reimpresso con permiso de asacredjourney.net)



19º DOMINGO DEL TIEMPO ORDINARIO

LA FUERZA

"Este es el pan que ha bajado del cielo para que, quien lo coma, no muera". - Jn 6, 50

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LA CORRESPONSABILIDAD DIARIA

¿Qué más hay que dar cuando uno ya ha entregado su cuerpo y su vida? ¿Qué más puede hacer o decir uno para demostrar el amor hacia los demás cuando todo lo que tiene ya fue entregado a otro? Este dar completo del ser hacia los demás no se puede comparar. Este es el amor más grande. Este es el amor que Jesús nos tuvo en el camino a su pasión, en la institución de la Santa Eucaristía. Este es el amor que nos tiene diario en la celebración de la misa en el altar en cada iglesia, dentro de cada ciudad, en todas las naciones del mundo. Nadie puede dar más. Nadie puede pedir por más. Este es el verdadero corazón de la corresponsabilidad Cristiana.

Si toma el tiempo de fijar su mirada en Dios de las formas más sencillas, y comienza a reflejar en lo que ha tomado lugar con el pan y el vino convirtiéndose en la presencia Divina, entonces usted puede comenzar a entender la verdadera humildad, sacrificio y amor. Y cuando tenga el privilegio de tomar esa Verdadera Presencia en su cuerpo, en la cena del Señor, usted se convierte en uno con Él que es el más grande ejemplo de la corresponsabilidad. Después, debe preguntarse, ¿Cómo puede comenzar a reflejar el amor que he experimentado en la fiesta del Señor? La respuesta se encuentra en las cosas sencillas de cada día: ¿Dónde irá? ¿A quién conocerá? ¿Qué será su trabajo? Jesucristo ha mostrado que los regalos más grandes están disfrazados de un pedazo de pan. En juntar su cuerpo con el de Él, Dios puede transformar a los corazones humanos, no por acciones grandes, sino en acciones diarias, por personas ordinarias, practicando la corresponsabilidad.

--Tracy Earl Welliver, MTS

VIVIR LA LITURGIA

La vida puede ser confusa. Las demandas y los retos diarios pueden nublar la visión. Uno se puede cansar porque mucha su energía se requiere para manejar nuestras vidas cotidianas, y por lo tanto nuestras vidas espirituales se desatienden. La ira, la apatía, la amargura y la competencia pueden distorsionar nuestras relaciones con los demás y con Dios rápidamente. Dios nos pide que lo imitemos y que pongamos al amor, la compasión, la bondad, el perdón y la gentileza sobre todas otras cosas. Necesitamos desarrollar una vida fuerte en oración para que tengamos un balance en nuestras vidas y para darnos cuenta de quiénes somos verdaderamente.

LAS LECTURAS Y CONMEMORACIONES SEMANALES

Las lecturas de la semana del 12 de agosto de 2018

Domingo: 19o Domingo del Tiempo Ordinario

1 Re 19, 4-8/Sal 34, 2-3. 4-5. 6-7. 8-9 [9]/Ef 4, 30--5, 2/
Jn 6, 41-51

Lunes: San Ponciano, papa, Hipólito, sacerdote, mártires

Ez 1, 2-5. 24-28/Sal 148, 1-2. 11-12. 13. 14/Mt 17, 22-27

Martes: San Maximiliano Kolbe, sacerdote y mártir

Ez 2, 8--3, 4/Sal 119, 14. 24. 72. 103. 111. 131 [103]/
Mt 18, 1-5. 10. 12-14

La Asunción de la Santísima Virgen María Vigilia: 1 Cr 15, 3-4. 15-16; 16, 1-2/Sal 132, 6-7. 9-10. 13-14 [8]/1 Cor 15, 54-57/Lc 11, 27-28

Miércoles: La Asunción de la Santísima Virgen María

Ap 11, 19; 12, 1-6. 10/Sal 45, 10. 11. 12. 16 [10]/1 Cor 15, 20-27/
Lc 1, 39-56

Jueves: San Esteban de Hungría

Ez 12, 1-12/Sal 78, 56-57. 58-59. 61-62 [cfr. 7]/Mt 18, 21--19, 1

Viernes: Ez 16, 1-15. 60. 63 o 16, 59-63/Is 12, 2-3. 4. 5-6 [1]/Mt 19, 3-12

Sábado: Ez 18, 1-10. 13. 30-32/Sal 51, 12-13. 14-15. 18-19 [12]/
Mt 19, 13-15

VERSO DEL EVANGELIO DE DOMINGO

"Yo soy el pan de la vida. Sus padres comieron el maná en el desierto y sin embargo, murieron. Este es el pan que ha bajado del cielo para que, quien lo coma, no muera". - Jn 6, 48-50

MEDITACIÓN EVANGÉLICO

Los judíos murmuraban porque Jesús había dicho: "Yo soy el pan que ha bajado del cielo". Y decían: Conocemos a su padre y a su madre, ¿no es cierto? Él no es sino Jesús, el hijo de José, ¿Cómo puede decir que ha bajado del cielo". (Juan 6:41-42). En este Evangelio, seguimos leyendo el discurso del pan de vida. Jesús mismo nos enseña el misterio de que él es el Pan de vida. Él es el único que se da de sí mismo a nosotros para darnos vida eterna. Sin embargo, ante la falta de fe de los que murmuraban ya que dicen saber el origen de su familia, conocían a sus padres y a sus amigos. Se dejaban llevar por la simple apariencia de la familia, sabían que era hijo de José y de María. Ellos, no veían más allá, no escuchaban que Jesús hablaba de su Padre del cielo. ¡Estaban ciegos y sordos a la gracia de Dios!

En nuestra vida, en nuestro caminar como discípulos de Jesús. ¿En que se basa nuestra fe, cómo la alimentamos? ¿Qué nos atrae de Él, de sus enseñanzas? "En consecuencia, toda la celebración litúrgica, por ser obra de Cristo sacerdote y de su Cuerpo, que es la Iglesia, es acción sagrada por excelencia, cuya eficacia, con el mismo título y en el mismo grado, no la iguala ninguna otra acción de la Iglesia. Jesús es el Pan de vida". (Vaticano II, Sacrosanctum Concilium 7). Sin embargo, el reto es no criticar o murmurar en contra de la Iglesia y su tradición apostólica. Creer y vivir el misterio del pan de vida, es ser como Jesús, darse sin medida a los que lo necesiten.



la asunción de la Santísima Virgen María

Día santo de la obligación - Misa en Español, 15 de agosto, 7:00 pm

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



Cathedral of the Blessed Sacrament

1017 11th Street, Sacramento, CA 95814
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Rectory Office Hours — Monday to Friday, 9:00 am to 5:00 pm



PASTORAL AND ADMINISTRATIVE STAFF

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Father Nicholas Ho, Chinese Mass
Deacon John Gisla, Office Manager
Deacon Don DeHaven
Deacon Edgar Hilbert
Deacon Omar Bardales
Sister Jenny Aldeghi, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
Carmen Perez, Secretary
Katie McAllister, Bookkeeper
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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, or 916-444-5364

LITURGY OF THE WORD FOR CHILDREN, ages 5 to 10 years old, at the 11:00 am Sunday Mass (Check calendar for dates). 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.

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~

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Send submissions to cathedralsacramento@gmail.com
See calendar on our website for submission deadlines



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JOIN A CATHEDRAL MINISTRY

Altarservers contact Michael Ognisty at mfognisty@msn.com.

Benedictus Youth Group contact Victoria Ramos at 916-444-3071, or benedictusy@gmail.com

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

Catechesis of the Good Shepherd for ages 3+, for information, visit 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.

Cathedral Young Adults contact Titi Kila at cathedralya@gmail.com

Choir (English) contact Rex Rallanka, Music Director at 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.

Extraordinary Ministers of Holy Communion contact Amy McCormick at ammccormick@att.net, or 916-801-3967

Front Door Ministry contact ministries@cathedralsacramento.org for information about volunteering or donations

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

Hospitality contact Celeste Gisla at jfgisla@surewest.net

Knights of Columbus, Cathedral Chapter contact the rectory office

Lectors contact Fred Heacock at 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 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.

Saint Vincent de Paul, Cathedral Chapter contact the rectory office

Spanish Parents Group Leaders contact Leticia Hilbert at leticia_hilbert@hotmail.com

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

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.

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, 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.

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- 4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814



聖女加辣

聖女加辣原籍亞西西，出身貴族，生於主曆一一九三年。聖女十八歲的時候，聖五傷方濟各到亞西西講道。加辣聽了，非常感動。她請方濟各指導怎樣遵隨福音的寶訓，度標準的基督徒生活。方濟各勸她一心歸向天主，捨棄一切，跟隨基督。

主曆一二一二年，聖枝主日，加辣在亞西西大堂參加祝聖聖枝典禮。主教分發聖枝，教友都到祭台前領取，加辣怕羞，不敢上前。主教看見了，走過來將聖枝遞給她。當天傍晚時分，加辣離開自己的家庭，走到一哩外的巴丁古拉城的天神聖堂。方濟各和方濟各會會士領她到祭台前，方濟各給她行剪髮禮。那時候，城裏還沒有女修院，加辣寄住在本篤會女修院。加辣秘密棄家修道的消息一傳出，她的親友想強迫她還俗。加辣抱住祭台，死也不肯放。她把自己剪短的頭髮給他們看，表示基督召選了她。她已決定獻身事主，她的主意很堅定，決不變更，三軍可以奪帥，匹夫不可以奪志。親友們知難而退，不再阻撓她修道。



加辣暮年多病，主曆一二五三年起，病勢惡化，教宗英諾桑親來探視她。去世前十七天內，一點東西也不吃。她對自己說：「平安地向前走吧，不要害怕。天主聖化了您，保護了您，像慈母般愛護您。天主呀，您創造了我，願您受到讚美！」說完了這幾句話，瞑目安逝，時維主曆一二五三年八月十一日，加辣享壽六十歲，度修道生活共四十年。加辣的遺體於八月十二日殮葬，聖教會特定該日慶祝她的瞻禮。加辣於主曆一二五五年由教宗亞歷山大四世封聖。

Saint Clare

Saint Clare was born at Assisi in AC1193 from a noble family. When she was eighteen years old, the Stigmata of St. Francis went to Assisi to preach. She was so touched as she heard the preaching. She asked Francis to guide how to follow the teaching in the gospel, the standard Christian life. Francis urged her to return to God, to give up everything including the worldly lives, to follow Christ.

In the year 1212, the Palm Sunday, Clare attended the ceremony of blessing the palms at the Cathedral in Assisi. The bishop distributes the holy branches, and the parishioners receive them before the altar. She was too shy to go forward. The bishop saw that, came over and handed the blessed palm to her. In the evening of the same day, she left her family and went to the church in Badinggula City. Francis and Franciscans led her to the altar and performed the tonsure for her. At that time, there was monastery for women in the city, and she was sent to the Benedictine's monastery for women. As the news of her secretly leaving home to monastery came out, her relatives and friends wanted to force her to return to the worldly lives. She hugged the altar and do not let go. She showed them her short hair and said that Christ had called her. She has decided to dedicate and offer herself to the Lord and not willing to change her mind. Her friends and relatives gave up and stopped obstructing her to go to the monastery.

In AC 1253, Clare's health had been deteriorating over the years, and Pope Innocent came and visited her. In the seventeen days before she passed away, she did not eat anything. She said to herself, "Move forward in peace and don't be afraid. God has sanctified you, protected you, and loved you like a mother. O Lord, you created me and may you be praised!" After saying these words, she passed away. On August 11th, 1253, she had lived for 60 years and spent 40 years in monastic life. Her body was buried on August 12, and the holy church celebrates her on that day. In 1255, Pope Alexander IV canonized her as a saint.

本週報告 (會長)

本月的查經班將會在今個星期六 (八月十八日) 上午十時在Martin Luther King圖書館舉行，詳情請聯絡我 (Ken)或Jenny。

Announcement this week (President)

We will have our Bible Study this Saturday (August) at 10 am in Martin Luther King Library. Please contact me (Ken) or Jenny for more detail.

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