



Cathedral of the Blessed Sacrament

July 15 2018 * 15th Sunday in Ordinary Time

Volume 18 * Issue 28



Pastor's Corner

In chapter two of the Acts of the Apostles, it describes the early church as having all things in common, selling their possessions and distributing the proceeds to all as needed. I always smile to myself when I hear this description of the church. Imagine if everyone who called the Cathedral their parish were to sell their houses and possessions and give the proceeds to me to distribute as needed. What would I do with all that money? And what would I do with all those parishioners who no longer had a house to live in? There are communities of religious who live this way, owning nothing and having everything in common, but for the Church in our modern world, this just doesn't seem possible. Still, maybe if we sold off *some* of our possessions and gave the proceeds to the church, that would be nice.

Our beautiful Cathedral has much to offer as we are inspired by its grace and artistry in our worship experience. To maintain the Cathedral and its activities requires a staff of administrators, educators, liturgical leaders, and custodial care, each receiving a salary to allow them to pay for their own monthly expenses. We have four "staff" members who volunteer all their time without any salary and may God bless them for their generosity. Countless others behind the scenes help administrate, educate, assist in liturgy and clean without any financial gain, as well.

The Cathedral has the most up-to-date features, each of which requires maintenance and upgrades. Besides the usual electric, gas, water, and sewage, we have expensive fire inspections, elevator maintenance, downtown partnership dues and fees, and any number of other expenses. We also continue an active outreach program with our Cathedral Square Homeless Program as we attempt to respond to the needs of the poor while following Jesus' command to care for the least of our brothers and sisters.

I find great joy in giving what I can both with my abilities as a priest as well as my financial support to the continued great works of the Cathedral. I deeply understand that my time and money could not be spent on anything better than the needs of our Cathedral. In the future, the finance council will be providing further information in the bulletin about our finances. In the meantime, I ask you to pray for a greater financial response to the needs of the Cathedral as we try to live out the great example of peace and harmony that was exhibited in the early church. We pray, as well, that our financial treasure will always be used for the glory of God.

Fr. Michael



Installation One of Seven

Summer Series: The At-Home Pilgrim

In last week's bulletin, Lacy introduced us to designing your own mini-pilgrimage. If you are unable to travel, don't let that deter you from making a personal pilgrimage in the comfort of your own city, or your own backyard. We are happy to present Lacy's "Pilgrim Principles" to help you on your journey. Look for a new installment each week. Missed one? Check it out on cathedralsacramento.org/archive.

A PILGRIM LOOKS FOR THE SACRED IN THE QUOTIDIAN

By Lacy Clark Ellman | asacredjourney.net

quo•tid•i•an [kwo-tid-ee-uh n], adjective

1. daily
2. usual or customary; everyday
3. ordinary; commonplace

In essence, *quotidian* refers to the everyday, ordinary moments that we all face - and must attend to - many times each day: cooking meals, commuting to work, buying groceries, taking care of our families, our bodies, our homes.

You know these moments well, right? Some are like second nature; others feel like perpetual to-dos. And yet, these very moments which are necessary in our lives are fertile ground for Sacred Encounter if we approach them with intention. In fact, that's why I use *quotidian* rather than *ordinary* - because it's not basic; such a strange and beautiful word awakens curiosity and calls us toward something more.

The pilgrim knows this and practices awareness in the ordinary moments each day, delighting in the Divine mysteries and manifestations that surround him, whether it is a bulb sprouting in her garden in the cold days of early spring, the laugh of a loved one at the dinner table, or the face of the homeless person whom he passes on her way home from work. The pilgrim believes all that surrounds him holds significance and can tell her something of the Divine.

It is especially important for the pilgrim to cultivate awareness of the Sacred in the everyday because the journey for the pilgrim is always a journey toward the Sacred, whether abroad or in daily life. When finding delight in the Sacred each day, the pilgrim is blessed by and recognizes that which is Sacred, whether in the mind through thanksgiving or with action through engagement.

PRACTICE ~ Turn a daily and mundane task into a ritual. For example, when you wash your face each morning, splash your face three times—in the name of the Father, the Son, and the Holy Spirit. By doing this you are reminded of the cleansing powers of water and invite God's presence into your daily tasks, setting your intention for the day to come. Where else in your daily life can you add meaning and create a ritual of your own?



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)

On Saturday, June 30, Bishop Jaime Soto ordained twenty-seven men to the Permanent Diaconate during a Mass in the Cathedral of the Blessed Sacrament in Sacramento.

In remarks at the conclusion of the Mass, Bishop Soto told the new deacons, "Each of you, my brother deacons, has responded to the personal call of the Lord Jesus. He has called you with a brother's affection. With a shepherd's care, Jesus has brought you to this altar of charity so that your diaconal charity will only have one source, the water and blood that flow from His Sacred Heart. From this altar, taste and see the goodness of the Lord. From this altar take and share this goodness from the Lord. As ministers of the cup always remember from where the sacred chalice has drawn its grace."



Bishop Weigand and Bishop Soto with the newly ordained deacons and their wives on the steps of the cathedral—June 30

Bishop Soto also shared a message for the wives of the newly-ordained deacons, saying, "In consenting to the presentation of your husbands for service to the Church, you have made this acceptable offering to God. May He continue to deepen your marriage bond so that your blessed union always witness to Christ's joyful love for His Church." (From scd.org)



The Catholic Deacon: Called to Serve

At the Cathedral, we are blessed to have four deacons: Deacon John Gisla, Deacon Edgar Hilbert, Deacon Don DeHaven, and the newly ordained Deacon Omar Bardales.

Deacons can baptize, preach during Mass, officiate at a Catholic wedding, and even run a parish (with the permission of the local bishop). They cannot, however, consecrate the Eucharist or hear confessions, nor can they administer the sacraments of Confirmation or Anointing of the Sick.

They are meant to be servants, assisting the pastor (and Church) in whatever way he can. Our deacons perform additional ministerial duties: Deacon John volunteers as our Office Manager, Deacon Edgar leads the Front Door Ministry, Deacon Omar conducts Marriage Preparation classes alongside his wife, Janet, and Deacon Don continues to administer blessings during Adoration.

The diaconate is the first of the three stages of Holy Orders. Men who serve in the permanent diaconate — meaning they will not, as a rule, proceed to priestly ordination — may be married at the time of their ordination, but may not remarry if their spouse passes away.

Through the grace of the Holy Spirit, one is called to the permanent diaconate, a specific vocation in the Church. If you feel you are called and want to learn more, contact the rectory office to set up an appointment with the pastor or one of our deacons.



After the ordination Mass, Deacon Omar gets a congratulatory hug from Father Michael

Am I Called to be a Deacon?

There is no simple answer to the question "Am I called to be a deacon?" However, we believe that the person of faith through personal prayer, competent spiritual direction and recognition that the Church has the obligation to discern if such a vocation is truly present can discover God's will.

Certain personal, social and spiritual qualities are required for ordained ministry. These are generally of two kinds: those that pattern the candidate in the likeness of Christ and those required to meet the special needs of the local Church at a particular time and place.

Anyone contemplating a vocation to the diaconate should be actively involved in ministry in his local community and/or parish. A candidate's desire to be a deacon is never sufficient in itself. He must, in addition, wait on the prayerful, enlightened decision of the Church.

Men seeking application into Diaconate Formation Program come with the understanding that the diaconate is a call to a dedicated life of service, to a specific vocation. The deacon emerges out of the universal diakonia to stand in the midst of the community as one who makes present in his person and deeds the servant character of Christ and Church. Through the sacramental ordination the deacon becomes a public sign to the world that the Church is authentically servant. The deacon is the animator and promoter of the common service of the Church. (scd.org)

Read "Criteria for Entry" on www.scd.org/clergy-formation/am-i-called-be-deacon for the list of requirements.



On the weekend of **July 28 and 29**, join representatives from **Catholic Funeral & Cemetery Services**, a Ministry of the Diocese of Sacramento, in Mercy Hall after each of the Masses. They will be giving a brief presentation where you can get all of your questions answered about the Church's teachings regarding funeral and burial. They are here as your resource through one of life's most difficult times. For more information, please contact Nicole Zamora, Director of Community Outreach, at 916-840-2138 or by email at nzamora@cfcssacramento.org.

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.

JOB OPENING: Bishop Jaime Soto is seeking applicants for a **Chancellor** for the Diocese of Sacramento. The Chancellor serves as a member of the Bishop's Core Management Team and Cabinet; provides supervision to multiple diocesan directors and their related offices; provides oversight and support to the Presbyteral and Diocesan Pastoral Councils; oversees official diocesan reports and the maintenance of archives and records; authenticates / witnesses all official acts of the diocesan bishop. For more information and a complete job description, visit www.scd.org/employment. Deadline to apply is August 1, 2018.

Registration for **Ministry Days 2018** is now open! To browse workshop selections and take advantage of our Early Bird discount on registration fees, please visit www.ministrydays.com or contact Lauralyn Solano at Isolano@scd.org

EVERYDAY STEWARDSHIP

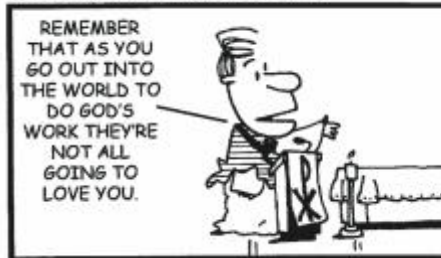
I recently got into an Uber car for a ride to the airport. I like talking with drivers if I sense they are open to it. On this particular day, the driver was very talkative and told me about how he was an inventor. He had several patents and was about to sell one of his inventions for a ton of money. We had a wonderful conversation, and he was such a warm and interesting person. I asked him why, with his good fortune with inventions and all the work he was doing aside from Uber, he was still driving. He smiled and said, "There are still some people I haven't met yet. I never know who is going to get into my car next."

What an amazing answer! Too often we live our lives in semi-solitude, walking around with blinders on so we don't make eye contact. We have our family and friends, but we don't get up each day wondering with excitement who we will meet that day.

God puts people into our path all the time. Maybe we need them or they need us. But we do not walk through this world alone. If we choose to not be mindful of who is in our midst, we miss the chance to receive whatever gifts they may have to give. In the same vein, they miss out on what we have to share with them if we stay closed and quiet. Pay attention to those around you. God may come to you in the words of a friend, the request of a homeless man, or in the wisdom of an Uber driver.

-Tracy Earl Welliver, MTS

15TH SUNDAY IN ORDINARY TIME



OUR LADY OF FATIMA STATUE ANNOUNCEMENT:
We invite you to take home a 29.5" statue of Our Lady of Fatima and pray the Holy Rosary. She was given to the Rosary Club as a gift to promote praying the Most Holy Rosary among friends, neighbors, families, communities, and children. There is a shipping container that will be used for transporting Our Lady but we hope to find a more permanent box for transportation soon. Please contact Lolita via text/voicemail at (916) 213-5862 or by email Lolita.Urrutia@gmail.com if you are interested in this invitation. God bless you and all in your heart!

Please remember in your prayers...

Deacon Don DeHaven
 Eddie - S.I.
 Shelley - S.I.
 Camille Ducay - S.I.
 Cesar and Joel - S.I.
 John - S.I.
 Lynn Paul - S.I.
 Camelia - S.I.
 Fonz - S.I.
 Darlan - S.I.
 Sony Motwani - S.I.
 Justiniano Morales Sr - S.I.
 Charles Bardin - S.I.

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



Hail Mary Word Search 1

B L H S I N N E R S	AMEN	JESUS
F O O E J E S U S F	AMONG	LORD
H K Y R A M C A R J	BLESSED	MARY
B D Y R D O S U F A	DEATH	MOTHER
G E A H V W I U M N	FRUIT	PRAY
R S R A D T L O O P	FULL	SINNERS
A S P I E L N R T N	GOD	THEE
C E D L A G H Z H E	GRACE	WOMEN
E L O V T T H E E M	HAIL	
K B G M H O U R R A	HOUR	

Sharing the Gospel - In today's Gospel reading, Jesus prepared his disciples for a mission trip, where they would help the people in area towns and teach them about God. Before they left, Jesus asked his disciples to travel light-they were to bring no food or clothes or money. They could not survive without God's help. Jesus also asked them to heal people. They could not heal without God's power, either. God provided everything they needed for their mission trip.

Prayer - Dear God, help me always to remember that it is your power that turns people's lives around. Amen.

Mission for the Week - Choose one friend you know who needs to hear about God's love. Ask your parents if you could offer a ride to that friend, and invite him or her to church with you.



Date	Mass / Intentions	Observances & Readings	Activities
Saturday July 14	5:00 pm / Souls in Purgatory Clement J. Boll +	St. Kateri Tekakwitha, Virgin Is 6:1-8/Ps 93:1ab, 1cd-2, 5 [1a]/Mt 10:24-33	
Sunday July 15	7:30 am / Charles & Genevieve Fagan + 9:00 am / Souls in Purgatory Olvida Quibin Evangelista + 11:00 am* / Joseph & Patricia Obi & Family S.I. Leo Thompson + 1:00 pm Spanish / Maria Esperanza Ceja S.I. 3:00 pm Chinese 5:00 pm / George Balakshin + 7:00 pm Spanish/ People of the Parish	15th Sunday in Ordinary Time Am 7:12-15/Ps 85:9-10, 11-12, 13-14 [8]/Eph 1:3-14 or 1:3-10/Mk 6:7-13	BAPTISM SUNDAY *No Liturgy of the Word for Children in July
Monday July 16	12:10 pm / Daniel Walker S.I. Anthony Ruggiero S.I. 5:10 pm / Laura Mosbacher S.I.	Our Lady of Mount Carmel Is 1:10-17/Ps 50:8-9, 16bc-17, 21 and 23 [23b]/Mt 10:34--11:1	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class
Tuesday July 17	12:10 pm / Jill Ross + 5:10 pm / Souls in Purgatory	Is 7:1-9/Ps 48:2-3a, 3b-4, 5-6, 7-8 [cf. 9d]/Mt 11:20-24	6:00pm Spanish Choir Rehearsal for the 7pm Mass
Wednesday July 18	12:10 pm / Andres de la Rosa S.I. 5:10 pm /Souls in Purgatory	St. Camillus de Lellis, Priest Is 10:5-7, 13b-16/Ps 94:5-6, 7-8, 9-10, 14-15 [14a]/Mt 11:25-27	7:00 pm Spanish Choir Rehearsal for the 1pm Mass 7:15 pm The Rosary Club "33 Days to Morning Glory" Retreat 7:15 pm Communion & Liberation
Thursday July 19	12:10 pm / Angelica Flores + 5:10 pm / Souls in Purgatory	Is 26:7-9, 12, 16-19/Ps 102:13-14ab and 15, 16-18, 19-21 [20b]/Mt 11:28-30	
Friday July 20	12:10 pm / Gerald Eugene Bledsoe +	St. Apollinaris, Bishop & Martyr Is 38:1-6, 21-22, 7-8/Is 38:10, 11, 12abcd, 16 [cf. 17b]/Mt 12:1-8	Today is International Chess Day, Moon Day, Nap Day, National Lollipop Day, & National Fortune Cookie Day. Have a Great Day!



Esquina del Pastor

En el capítulo dos de los Hechos de los Apóstoles, describe a la iglesia primitiva como teniendo todo en común, vendiendo sus posesiones y distribuyendo las ganancias a todos según sea necesario. Siempre sonrío para mí cuando escucho esta descripción de la iglesia. Imagínense si todos los que llamaban a la Catedral como su parroquia vendieran sus casas y posesiones y me dieran los beneficios para distribuirlos según fuera necesario. ¿Qué haría con todo ese dinero? ¿Y qué haría con todos esos feligreses que ya no tenían una casa para vivir? Hay comunidades de religiosos que viven de esta manera, no poseen nada y tienen todo en común, pero para la Iglesia en nuestro mundo moderno, esto simplemente no parece posible. Aún así, tal vez si vendiéramos algunas de nuestras posesiones y diésemos lo recaudado a la iglesia, sería bueno.

Nuestra hermosa Catedral tiene mucho que ofrecer, ya que estamos inspirados por su gracia y talento artístico en nuestra experiencia de adoración. Para mantener la Catedral y sus actividades se requiere un personal de administradores, educadores, líderes litúrgicos y cuidado de custodia, cada uno de los cuales recibe un salario que les permite pagar sus propios gastos mensuales. Tenemos cuatro miembros del "personal" que trabajan como voluntarios todo el tiempo sin ningún salario y que Dios los bendiga por su generosidad. Muchos otros detrás de las escenas ayudan a administrar, educar, ayudar en la liturgia y limpiar sin ningún beneficio financiero, también.

La Catedral tiene las características más actualizadas, cada una de las cuales requiere mantenimiento y actualizaciones. Además de la electricidad, el gas, el agua y las aguas residuales usuales, tenemos costosas inspecciones de incendios, mantenimiento de elevadores, tarifas y honorarios de sociedades en el centro de la ciudad y cualquier cantidad de otros gastos. También continuamos un programa de alcance activo con nuestro Programa para personas sin techo de Cathedral Square mientras intentamos responder a las necesidades de los pobres mientras seguimos el mandato de Jesús de cuidar a los más pequeños de nuestros hermanos y hermanas.

Encuentro una gran alegría en dar lo que puedo a ambos con mis habilidades como sacerdote, así como mi apoyo financiero para las grandes obras continuas de la Catedral. Entiendo profundamente que mi tiempo y dinero no podrían gastarse en nada mejor que las necesidades de nuestra Catedral. En el futuro, el consejo financiero proporcionará más información en el boletín sobre nuestras finanzas. Mientras tanto, les pido que oren por una mayor respuesta financiera a las necesidades de la Catedral mientras tratamos de vivir el gran ejemplo de paz y armonía que se exhibió en la iglesia primitiva. Oramos, también, para que nuestro tesoro financiero siempre se use para la gloria de Dios.

Padre Michael

Cuota Uno de los Siete



SERIE DE VERANO: EL PEREGRINO EN CASA

UN PEREGRINO BUSCA A LO SAGRADO EN EL QUÓTIDIS

Por Lacy Clark Ellman | asacredjourney.net

quo • tid • i • an [kwo-tid-ee-uh n], adjetivo

1. diario
2. habitual o habitual; cada día
3. ordinario; vulgar

En esencia, lo cotidiano se refiere a los momentos cotidianos y cotidianos que todos enfrentamos, y debemos atender, muchas veces al día: cocinar, ir al trabajo, comprar alimentos, cuidar de nuestras familias, nuestros cuerpos, nuestros hogares.

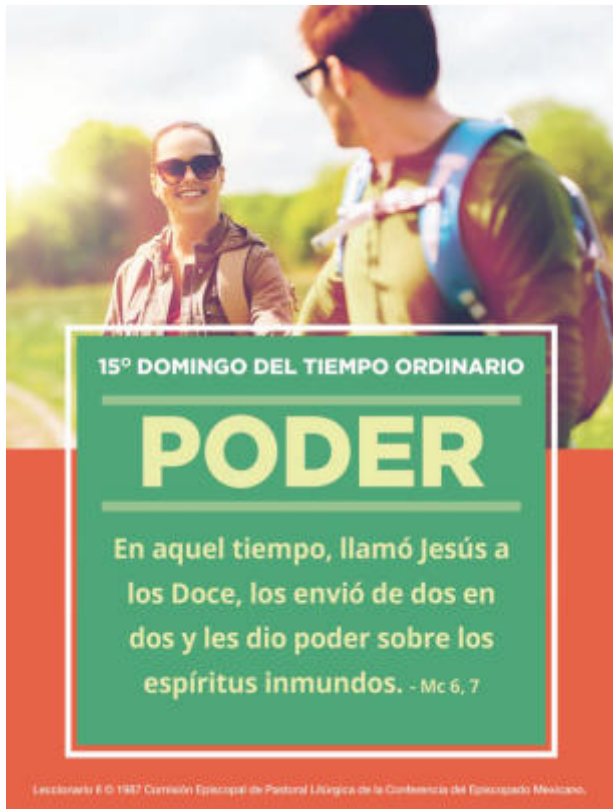
Conoces estos momentos bien, ¿verdad? Algunos son como segunda naturaleza; otros se sienten como perpetua tarea pendiente. Y sin embargo, estos mismos momentos que son necesarios en nuestras vidas son terreno fértil para el Encuentro Sagrado si nos acercamos a ellos con intención. De hecho, es por eso que uso cotidiano en lugar de ordinario, porque no es básico; una palabra tan extraña y hermosa despierta la curiosidad y nos llama a algo más.

El peregrino lo sabe y practica la conciencia en los momentos ordinarios de cada día, deleitándose en los misterios y manifestaciones divinas que lo rodean, ya sea un bulbo que brota en su jardín en los días fríos de principios de la primavera, la risa de un ser querido en el mesa de la cena, o la cara de la persona sin hogar a quien le pasa en su camino a casa desde el trabajo. El peregrino cree que todo lo que lo rodea tiene significado y puede decirle algo de lo Divino.

Es especialmente importante para el peregrino cultivar la conciencia de lo Sagrado en el día a día, porque el viaje para el peregrino es siempre un viaje hacia lo Sagrado, ya sea en el extranjero o en la vida diaria. Al encontrar deleite en lo Sagrado cada día, el peregrino es bendecido y reconoce lo que es Sagrado, ya sea en la mente a través de la acción de gracias o con la acción a través del compromiso.

PRÁCTICA ~ Convierta una tarea diaria y mundana en un ritual. Por ejemplo, cuando te lavas la cara cada mañana, salpica tres veces tu rostro, en el nombre del Padre, del Hijo y del Espíritu Santo. Al hacer esto, se te recuerda los poderes purificadores del agua e invitas a la presencia de Dios a tus tareas diarias, estableciendo tu intención para el día que vendrá. ¿En qué otro lugar de tu vida diaria puedes agregar significado y crear un ritual propio?

Vaya más allá con los Principios de Peregrino y viaje con una comunidad de compañeros de peregrinación en los próximos Principios de Peregrinación en línea curso ofrecido por A Sacred Journey este otoño. Aprenda más sobre el curso y descargue su propia copia de los Principios de Pilgrim en asacredjourney.net cuando te registras para recibir actualizaciones. (Artículo reimpresso con permiso de asacredjourney.net)



El fin de semana del 28 y 29 de julio, únase a los representantes de **Catholic Funeral & Cemetery Services**, un ministerio de la Diócesis de Sacramento, en Mercy Hall después de cada una de las Misas. Darán una breve presentación en la que podrán obtener respuestas a todas sus preguntas sobre las enseñanzas de la Iglesia con respecto a los funerales y el entierro. Ellos están aquí como su recurso a través de uno de los momentos más difíciles de la vida. Para obtener más información, comuníquese con Nicole Zamora, directora de Community Outreach, al (916) 840-2138 o por correo electrónico a nzamora@cfcssacramento.org.

LAS LECTURAS Y CONMEMORACIONES SEMANALES

Las lecturas de la semana del 15 de julio de 2018

Sunday: Am 7:12-15/Ps 85:9-10, 11-12, 13-14 [8]/Eph 1:3-14 or 1:3-10/Mk 6:7-13

Monday: Is 1:10-17/Ps 50:8-9, 16bc-17, 21 and 23 [23b]/Mt 10:34--11:1

Tuesday: Is 7:1-9/Ps 48:2-3a, 3b-4, 5-6, 7-8 [cf. 9d]/Mt 11:20-24

Wednesday: Is 10:5-7, 13b-16/Ps 94:5-6, 7-8, 9-10, 14-15 [14a]/Mt 11:25-27

Thursday: Is 26:7-9, 12, 16-19/Ps 102:13-14ab and 15, 16-18, 19-21 [20b]/Mt 11:28-30

Friday: Is 38:1-6, 21-22, 7-8/Is 38:10, 11, 12abcd, 16 [cf. 17b]/Mt 12:1-8

Saturday: Mi 2:1-5/Ps 10:1-2, 3-4, 7-8, 14 [12b]/Mt 12:14-21

Next Sunday: Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 [1]/Eph 2:13-18/Mk 6:30-34

Las conmemoraciones de la semana del 15 de julio de 2018

Sunday: 15th Sunday in Ordinary Time

Monday: Our Lady of Mount Carmel

Wednesday: St. Camillus de Lellis, Priest

Friday: St. Apollinaris, Bishop & Martyr

Saturday: St. Lawrence of Brindisi, Priest & Doctor of the Church

Next Sunday: 16th Sunday in Ordinary Time

VERSO DEL EVANGELIO DE DOMINGO

En aquel tiempo, llamó Jesús a los Doce, los envió de dos en dos y les dio poder sobre los espíritus inmundos. Expulsaban a los demonios, ungían con aceite a los enfermos y los curaban. - Mc 6, 7. 13

MEDITACIÓN EVANGÉLICO

El llamado es esencial, la misión es urgente. Incluso debemos ir ligeros de carga, lo más livianos posible. El mismo Jesús da una lista de las cosas necesarias. "Les ordenó que no llevaran nada para el camino, fuera de un bastón ni pan, ni morral, ni dinero; que llevaran calzados corrientes y un solo manto". (Mc. 6:8-9). ¡Qué barbaridad, diríamos ahora, por tan pocas cosas! La sociedad de hoy obliga, sobre todo a los jóvenes, a obtener cosas innecesarias para cualquier viaje. Cargan tanto, que hasta se lastiman el cuerpo, llegan al mal humor y, al final, descubren que no necesitaban tanto. Para ser feliz se necesita poco y se requiere abrir el corazón a las necesidades de los demás.

Si cargamos poco podemos admirar lo que existe alrededor, ayudar a los necesitados, descansar y realizar la misión que Jesús nos ha encomendado. Las personas lo experimentan cuando reciben una llamada por teléfono, si es urgente responden de inmediato. Escuchan y actúan. De igual manera, los discípulos que Jesús envió actuaron como si hubieran recibido una llamada urgente. ¿Cómo respondes al llamado urgente de Jesús de ayudar al necesitado? ¿Te haces el que no escucha y sigues sin actuar? El Evangelio es de gran ayuda para dos cosas. Primero, para escuchar que Jesús nos envía a cumplir una misión. Segundo, para que nos demos cuenta de que es urgente. Tan urgente es, que no necesitamos mucho para ir. Basta con tener un buen espíritu, y donde no reciban al enviado, hay que sacudirse el polvo de los zapatos y seguir adelante. ¡Así de sencillo es el Evangelio!

VIVIR LA LITURGIA - INSPIRACIÓN DE LA SEMANA

¿Te describes como una persona santa? Para muchos, ser santo podría no ser un objetivo deseable. Todos estamos llamados a ser santos, pero tal vez no de la manera que a menudo imaginamos. La santidad no es más que hacer cosas sencillas con gran amor y fe. Santa Teresa de Calcuta dice: "La santidad no es un lujo para unos pocos; es un sencillo deber para cada uno de nosotros: aceptar a Dios con una sonrisa, a toda hora y en todo lugar". La santidad tiene que ver con entender que nuestra fe está estrechamente ligada a la forma de ver y vivir la vida. Es así de simple. ¿Estás dispuesto a ocuparte de los asuntos cotidianos de tu vida y ser santo?

LA CORRESPONSABILIDAD DIARIA

Hace poco tomé un auto Uber para ir al aeropuerto. Me gusta hablar con los conductores si veo que están abiertos a conversar. Ese día en particular, el conductor era muy comunicativo y me contó que era un inventor. Tenía varias patentes y estaba a punto de vender una de sus invenciones por muchísimo dinero. Tuvimos una conversación fascinante, y él mostró ser muy cálido e interesante. Le pregunté por qué seguía conduciendo un auto Uber con la fortuna que estaba haciendo con sus inventos. Él sonrió y dijo: "Todavía hay personas que aún no conozco. Nunca sé quién se subirá a mi automóvil".

¡Qué gran respuesta! Con demasiada frecuencia vivimos casi en soledad, como si camináramos con anteojeras para no hacer contacto visual. Tenemos a nuestra familia y amigos, pero no nos levantamos todos los días con entusiasmo por saber a quién nos encontraremos ese día.

Dios pone personas en nuestro camino todo el tiempo. Tal vez necesitemos de las personas o ellas necesiten de nosotros. No caminamos solos en este mundo. Si decidimos no estar atentos a quiénes están a nuestro alrededor, perdemos la oportunidad de recibir cualquier dádiva que quizás puedan ofrecernos. En el mismo sentido, esas personas tampoco podrán recibir lo que nosotros podríamos darles si permanecemos cerrados y en silencio. Presta atención a quienes te rodean. Dios podría hablarte a través de las palabras de un amigo, el pedido de un vagabundo o la sabiduría de un conductor de Uber.

-Tracy Earl Welliver, MTS

Jesús comisionó a los doce Apóstoles a predicar el arrepentimiento, expulsar a los demonios y sanar a los enfermos. ¿Sigue siendo esta la misión fundamental de la Iglesia?

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



Cathedral of the Blessed Sacrament

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916-444-3071, Fax 916-443-2749 , cathedralsacramento.org
Rector 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
Deacon Omar Bardales
Sister Jenny Aldeghe, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
Carmen Perez, Secretary
Katie McAllister, Bookkeeper
Titi 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, 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.



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

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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

Contributors

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

Send submissions to cathedralsacramento@gmail.com



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 matrimoniyprep@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.

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

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- 3) Fax to: 916-443-2749
- 4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814



Chinese Community Column 華人團體專欄

為基督工作 何光榮神父

在今天的福音中，耶穌在他的工作中涉及十二位使徒。因此，他派遣他們以兩人一組作為他的代表。

讓我們反思一下：

做基督的工作並不複雜。這真的很簡單。

它意味著忠於小事，因為忠於小事是件大事。

它意味著做一個人的工作，無論多麼謙虛，不僅徹底而且快樂。

它意味著讓自己可用，但永遠不要尋求風頭。

它意味著讓自己變得有用，而不是試圖推動自己。

它意味著在生活的喧囂中努力保持冷靜。

它意味著承擔自己的負擔，盡可能不會成為其他人的負擔。

德蘭修女說過：「我們不能做任何偉大的事情，只做小事。我們可以用偉大的愛來做一些小事。你可以做我不能做的事，我可以做你不能做的事。我們可以一起為上主做一些美好的事。」



Working For Christ

by Fr. Nicholas Ho

In today's gospel, Jesus involves the 12 apostles in his work. Accordingly, he sends them out in twos as his representatives.

Let us reflect:

To do the work of Christ is not a complicated thing. It is really quite simple.

It means to be faithful in little things, for to be faithful in little things is a big thing.

It means to do one's task, no matter how humble it may be, not only thoroughly but joyfully.

It means to make oneself available, yet never to seek the limelight.

It means to make oneself useful, without seeking to push oneself.

It means to strive to remain calm, amid the hustle and bustle of life.

It means to carry one's own burden, without, as far as possible, becoming a burden on others.

Mother Teresa said, "we can do no great things, only small things. We can do little things with great love. You can do what I cannot do, I can do what you cannot do. Together, we can do something beautiful for God."

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（包括午餐），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 (lunch included), and the last day to RSVP is July 22. Anyone interested in the retreat, please RSVP with me (Ken).

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