

Corpus Christi



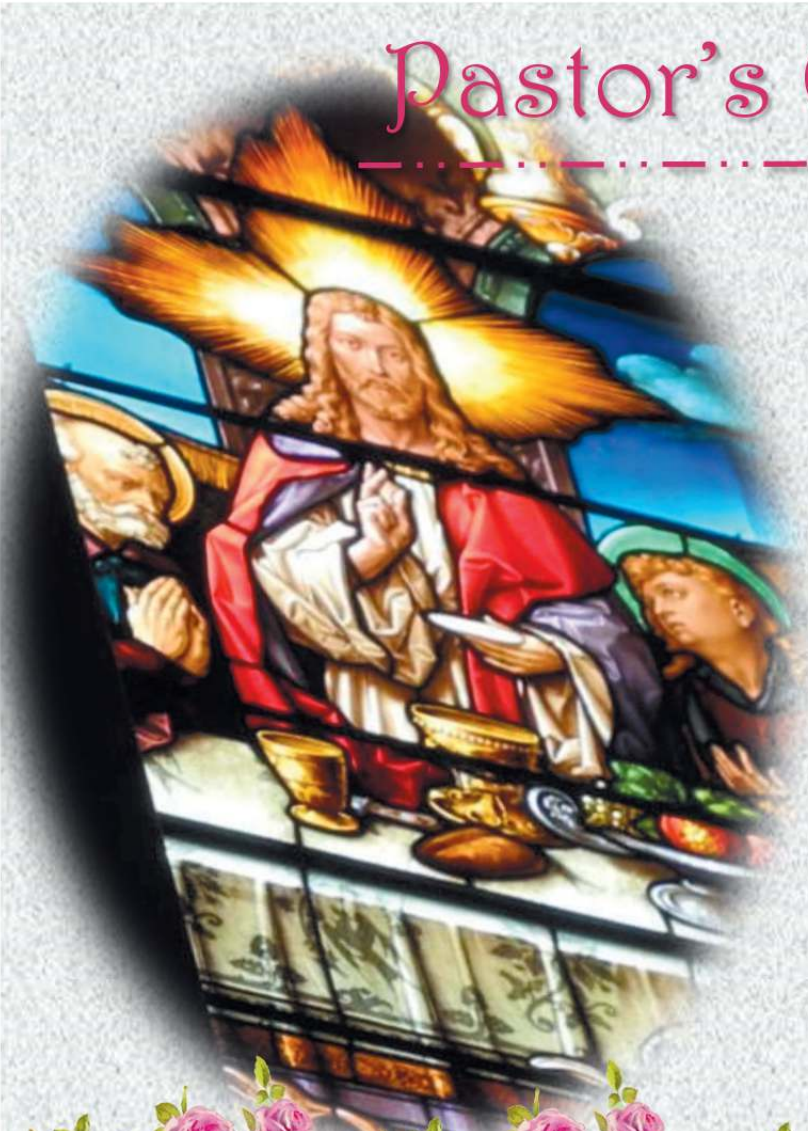
Volume 18 * Issue 22

Cathedral of the Blessed Sacrament

June 3 2018 * The Most Holy Body and Blood of Christ



Pastor's Corner



A piece of bread, a sip of wine
Too selfish to believe, to change.
God so humbled, so attainable.
I don't want you that close.
Become me, stubborn
proud, sweet
distant
dark
dead
What I have done for you.

~Father Michael~



GOSPEL MEDITATION - The Most Holy Body and Blood of Christ

In our modern times, symbol can seem to have lost its value. The most recognizable "signs" are ones we see on the road or the branding in advertisements. The logos for major companies don't do much more than perk our interest or disdain. They surely don't deliver on their promises for our lives to be happier, healthier, and easier.

On this feast of Corpus Christi, we hear the account of the Last Supper. This was Passover, an ancient sign of the covenant of Moses. The Hebrew people celebrated God's providential care for His people. To the listening disciples, Jesus makes a very bold claim. "This is my blood of the covenant." At the time of the first Passover -- the redemption of the Hebrew people from slavery to the Egyptians -- the blood of the sacrificial lamb was spread on the lintels of the doorpost. Tomorrow, some of the disciples would witness the blood of the new covenant spread across the wood of the cross.

Christ's Body and Blood are more than a sign. They are a sacrament. In the sacrament, the sign makes real what it signifies. More than ritual, a sacrament enacts truth of the covenantal love of God and His promise of fidelity. It's a promise God keeps. The same bread and wine of that first Holy Thursday liturgy becomes -- throughout the centuries and until the end of time -- the very Body and Blood of Christ. On this feast, we celebrate the unfailing covenantal love of our God. As you partake in the Eucharist today, and next Sunday, and the Sunday after that, remember that you receive neither a meaningless sign nor an empty offer. You receive God Himself, as He fulfills His promise to remain with us always.



The Sacred Heart of Jesus

June 8 - Devotion to the Sacred Heart of Jesus goes back at least to the 11th century, but through the 16th century, it remained a private devotion, often tied to devotion to the Five Wounds of Christ. The first feast of the Sacred Heart was celebrated on August 31, 1670, in Rennes, France, through the efforts of Fr. Jean Eudes (1602-1680). From Rennes, the devotion spread, but it took the visions of St. Margaret Mary Alacoque (1647-1690) for the devotion to become universal.

In all of these visions, in which Jesus appeared to St. Margaret Mary, the Sacred Heart of Jesus played a central role. The "great apparition," which took place on June 16, 1675, during the octave of the Feast of Corpus Christi, is the source of the modern Feast of the Sacred Heart. In that vision, Christ asked St. Margaret Mary to request that the Feast of the Sacred Heart be celebrated on the Friday after the octave (or eighth day) of the Feast of Corpus Christi, in reparation for the ingratitude of men for the sacrifice that Christ had made for them. The Sacred Heart of Jesus represents not simply His physical heart but His love for all mankind.

The devotion became quite popular after St. Margaret Mary's death in 1690, but, because the Church initially had doubts about the validity of St. Margaret Mary's visions, it wasn't until 1765 that the feast was celebrated officially in France. Almost 100 years later, in 1856, Pope Pius IX, at the request of the French bishops, extended the feast to the universal Church. It is celebrated on the day requested by our Lord—the Friday after the octave of Corpus Christi, or 19 days after Pentecost Sunday. (romancatholicman.com)

June 9 - The Immaculate Heart of Mary is a devotional name used to refer to the interior life of the Blessed Virgin Mary, her joys and sorrows, her virtues and hidden perfections, and, above all, her virginal love for God the Father, her maternal love for her son Jesus, and her compassionate love for all people.

The Eastern Catholic Churches occasionally utilize the image, devotion, and theology associated with the Immaculate Heart of Mary. However, this is a cause of some controversy, some seeing it as a form of liturgical latinisation. The Roman Catholic view is based on Mariology, as exemplified by Pope John Paul II's Apostolic Letter *Rosarium Virginis Mariae*.

Traditionally, the heart is depicted pierced with seven wounds or swords, in homage to the seven dolours of Mary. Also, roses or another type of flower may be wrapped around the heart. (Wikipedia.org)



The Immaculate Heart of the Blessed Virgin Mary

Question: What are the "fruits" of holy Communion?

Answer: The Eucharist, like all sacraments, offers its own unique grace. We receive a special share in God's life that helps us in our faith journey. We are given all we need to sustain and nurture our relationship with God. The Eucharist is the source and summit of the Christian life. Everything we are and everything we hope to become is found in this sacrament. It is essential to the life of the church, to each member of the church. Without it, there is no church. The Eucharist is the center of our spiritual life and has enormous effects on our growth, our holiness, and our way of life.

The fruits of holy Communion are the benefits one receives from the sacrament. These fruits of holy Communion are discussed in the catechism in the article on the Eucharist. The primary benefit is union with Christ. We become one with him sacramentally, just as we hope to become one with him for eternity. The Eucharist also separates us from sin, both past and future. It forgives the venial sins of the past and, by the love we receive, protects us from mortal sin in the future. The church community is also unified and strengthened by the Eucharist. It unites us to the poor and offers the pledge of eternal life.

Cover Photo: Bishop Soto leads the faithful in a procession and celebration of Corpus Christi in Capitol Park. Photo by Marcos Hilbert (2017). See page 4.



THE MOST HOLY BODY AND BLOOD OF CHRIST

COVENANT

He said to them, "This is my blood of the covenant, which will be shed for many." - Mk 14:24

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

On this **Sunday, June 3rd**, The Most Holy Body and Blood of Christ, be sure to join us after the 11am Mass for the **Corpus Christi Procession** from the Cathedral to Capitol Park, led by Father Michael O'Reilly. The procession will return in time for the Spanish Mass at 1:00pm.

The Choir (English) will be taking their summer break after this weekend, except on June 9th, when they will sing as part of the celebration of Msgr. James Murphy's 50th Ordination Anniversary Mass at 5:00pm.

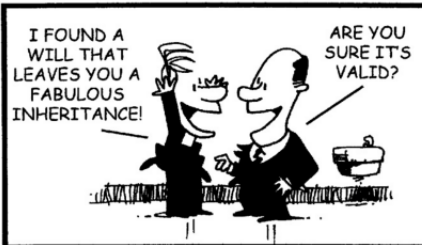
Congratulations and blessings to Hector René Jáuregui Mejía, Germán E. Ramos Plaza, Jesús Hernández González on the occasion of their ordination to the priesthood, in the presence of family, friends, and well-wishers here at the Cathedral on Saturday, June 2.

Ordination symbolizes God's call to ministry, the candidate's commitment of himself to the ministry in the will of God, and the church's approval of the candidate for the ministry. It is an acknowledgement that God has bestowed certain gifts and has called the individual to service. Ordination does not impart any rights or qualifications that God has not already bestowed. May the love of the Lord be with them always.

Retrouvaille—Marriage Recovery Is your marriage in trouble – miserable – dead? Would you like it to come alive? Retrouvaille can give you the communication skills you need to relate to one other in a more respectful and emotionally mature way. The next weekend is in Sacramento, July 13 –15. For more information call (800) 470-2230, email 6013@retrouvaille.org or visit www.helpourmarriage.com.

Tickets for this year's **ON FiRE NorCal Jam 2018** are now on sale! You don't want to miss out on the annual kick-off for Northern California's Youth and Young Adult Ministry on September 15, 2018 at Six Flags Discovery Kingdom in Vallejo. To learn more about the event and to purchase tickets, please visit www.onfirenorcal.com.

BODY AND BLOOD OF CHRIST



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.

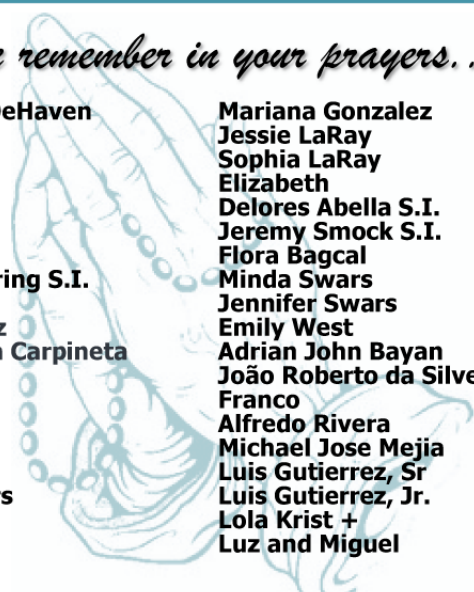
If you take the time to gaze upon your God in the simplest of forms and begin to reflect on what has actually taken place with bread and wine becoming the presence of the Divine, then you can begin to understand true humility, sacrifice, and love. And when you have the privilege to take that Real Presence 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.

4 --Tracy Earl Welliver, MTS

Please remember in your prayers...

- Deacon Don DeHaven**
- 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**

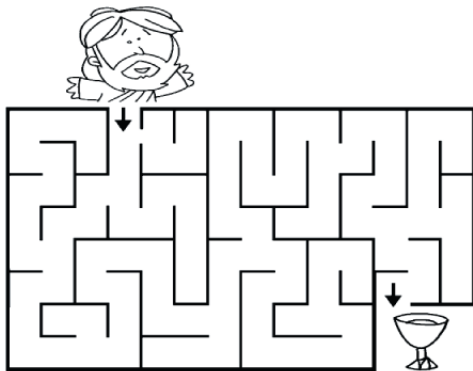
- Mariana Gonzalez**
- Jessie LaRay**
- Sophia LaRay**
- Elizabeth**
- Delores Abella S.I.**
- Jeremy Smock S.I.**
- Flora Bagcal**
- Minda Swars**
- Jennifer Swars**
- Emily West**
- Adrian John Bayan**
- João Roberto da Silveira**
- Franco**
- Alfredo Rivera**
- Michael Jose Mejia**
- Luis Gutierrez, Sr**
- Luis Gutierrez, Jr.**
- Lola Krist +**
- Luz and Miguel**





Puzzle

Find your way from Jesus to the cup.



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Sharing the Gospel - Ever since the night Moses led the Israelites out of slavery in Egypt, God's people remembered that special night with the Passover meal. They ate flat bread, just as the Israelites did the night they left Egypt. They drank wine, remembering the lamb's blood that saved the Israelites from the Angel of Death. Jesus ate the Passover meal with his disciples. As they ate, Jesus taught his disciples that, under God's new agreement, his own body and blood would save them.

Prayer - Dear God, help me to be truly thankful for the way Jesus gave up his own body and blood to save me from my sins. Amen.

Mission for the Week - Using the concordance found at the back of your Bible, look up the word "Passover." As a family, write down the verses, find them in your Bible, and read them out loud. Sometimes Jesus is referred to as the Lamb of God, or the Lamb sacrificed for our sins. Talk about how Jesus took our sins away when he died on the cross.

Read the Gospel and Color



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Date	Mass / Intentions	Observances & Readings	Activities
Saturday June 2	5:00 pm / Amelia Rebello +	Sts. Marcellinus and Peter, Martyrs Jude 17, 20b-25/Ps 63:2, 3-4, 5-6 [2b]/Mk 11:27-33	10:00am ORDINATION OF PRIESTS
Sunday June 3	7:30 am / Mireya Martinez S.I 9:00 am / Valerie & Joseph Chang S.I. 11:00 am* / Virgilio A. Gagalang + 1:00 pm Spanish / Evangelina T. Burruel + 3:00 pm Chinese 5:00 pm / Souls in Purgatory 7:00 pm Spanish/ People of the Parish	The Most Holy Body and Blood of Christ Ex 24:3-8/Ps 116:12-13, 15-16, 17-18 [13]/ Heb 9:11-15/Mk 14:12-16, 22-26	11:00am Spanish Speaking Adult Education in Mercy Hall 2:30pm Rosary recitation before the Chinese Mass *Liturgy of the Word for Children at the 11am Mass
Monday June 4	12:10 pm / Women's ACTS Retreat S.I. 5:10 pm / Linda Diaz S.I.	2 Pt 1:2-7/Ps 91:1-2, 14-15b, 15c-16 [cf. 2b]/ Mk 12:1-12	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class
Tuesday June 5	12:10 pm / Lola Krist + 5:10 pm / Souls in Purgatory	St. Boniface, Bishop & Martyr 2 Pt 3:12-15a, 17-18/Ps 90:2, 3-4, 10, 14 and 16 [1]/Mk 12:13-17	6:00pm Spanish Choir Rehearsal for the 7pm Mass 7:00pm Rite of Sending Forth
Wednesday June 6	12:10 pm / Margret & Elliot Kim S.I. 5:10 pm / Cathedral Staff	St. Norbert, Bishop 2 Tm 1:1-3. 6-12/Ps 123:1b-2ab, 2cdef [1b]/ Mk 12:18-27	7:00pm Spanish Choir Rehearsal for the 1pm Mass 7:15pm The Rosary Club 7:15pm English Choir Rehearsal 7:15pm Communion & Liberation
Thursday June 7	12:10 pm / Newly Ordained Diocesan Priests 5:10 pm /	2 Tm 2:8-15/Ps 25:4-5ab, 8-9, 10 and 14 [4]/ Mk 12:28-34	7:15pm English Baptism Class
Friday June 8	12:10 pm / Souls in Purgatory	The Most Sacred Heart of Jesus Hos 11:1, 3-4, 8c-9/Is 12:2-3, 4, 5-6 [3]/Eph 3:8-12, 14-19/Jn 19:31-37	

Esquina del Pastor



**Un pedazo de pan, una prueba de vino
Muy egoísta para creer, para cambiar.
Dios tan humilde, tan alcanzable.
No te quiero tan cerca.
Conviértete en mí, tenaz
orgullosa, dulce
distante
oscuro
muerto
Lo que he hecho por ti**

~Padre Michael~

MEDITACIÓN EVANGÉLICO - el cuerpo y la sangre de Cristo

La fiesta de este domingo es como repetir o recordar lo que celebramos hace unas semanas el día del Jueves Santo. Jesús hizo por nosotros algo imposible de imaginar en la mente humana. Se dio a sí mismo. Su Cuerpo y su Sangre, comida del cielo para la salvación de todos nosotros. Este es el misterio que celebramos el Jueves Santo y este domingo. Jesús envía a dos de sus discípulos diciéndoles: "Vayan a la ciudad, y les saldrá al encuentro un hombre que lleva un cántaro de agua" (Mc. 14:13). De esa forma encontrarían el lugar para preparar la Cena del Señor.

Notemos que en Marcos no se menciona la pascua judía, el cordero, el paso del Mar ni la muerte de los guerreros egipcios. La cena pascual en Marcos es la cena de Jesús, en ella no se mencionan actos de violencia. Al contrario, el sacrificio del Señor es fuente de vida eterna para toda la humanidad de todos los tiempos. Ahora, la Eucaristía es la presencia viva y constante del Señor Jesús por medio de su Cuerpo y su Sangre. ¿Cómo honras la presencia del Cuerpo y la Sangre del Señor? ¿Al comulgar lo haces con reverencia? Recuerda las palabras hermosas de Jesús: "Esto es mi Cuerpo, esta es mi Sangre" (Mc. 14:22-25). Y reflexiona en la siguiente pregunta. ¿A qué nos compromete recibir el Cuerpo y la Sangre de Cristo cada domingo en misa? Sabiendo que actualmente vivimos en un mundo de violencia y corrupción, no debe existir duda para nosotros. Jesús es amor y nos invita a dar amor a nuestro prójimo. Por lo tanto, la Eucaristía debe animarnos a practicar la justicia siempre.



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LA CORRESPONSABILIDAD DIARIA

¿Qué más hay para dar cuando ya se ha entregado el cuerpo y la vida? ¿Qué más se puede decir o hacer para demostrar amor por otros cuando todo lo que se tiene se ha dado a otros? Esta entrega total de uno mismo a los seres queridos no puede ser superada por palabras cursis o regalos materiales que son efímeros. Esto es lo máximo en amor. Este es el amor que Jesús tuvo por nosotros a lo largo de su Pasión, en la institución de la Sagrada Eucaristía. Este es el amor que Él tiene por nosotros todos los días en la celebración de la misa en los altares de cada iglesia, cada ciudad, cada nación de la tierra. Nadie puede dar más. Nadie puede pedir más. Este es el verdadero sentir de la corresponsabilidad cristiana.

Si te tomas el tiempo de contemplar a Dios de la manera más simple y comienzas a reflexionar sobre lo que realmente ha sucedido con el pan y el vino, que se convierten en la presencia del Divino, entonces puedes empezar a comprender la verdadera humildad, el verdadero sacrificio y el verdadero amor. Y cuando tienes el privilegio de incorporar esa Presencia Real a tu cuerpo en la cena de la cual participas como un invitado de honor, te vuelves uno con Aquel que es la encarnación de la corresponsabilidad. Entonces, debes preguntarte: "¿Cómo puedo comenzar a reflejar el amor que he encontrado en esta celebración?". La respuesta es que puedes comenzar con simples acciones diarias: ¿dónde ir, con quién encontrarte, en qué trabajo participar? Jesucristo ha demostrado que el mejor regalo que se puede dar en este mundo podría estar escondido en un trozo de pan. Al unir tu cuerpo con el suyo, ahora puedes transformar corazones humanos, no mediante grandes actos; sino mediante los actos cotidianos, de personas comunes y corrientes, que practican una corresponsabilidad diaria.

-Tracy Earl Welliver, MTS

EN ESTE DOMINGO, 3 DE JUNIO, El Santísimo Cuerpo y la Sangre de Cristo, asegúrese de unirse a nosotros después de la misa de las 11am para la procesión de Corpus Christi desde la Catedral hasta el Parque Capitol, dirigido por el Padre Michael O'Reilly. La procesión regresará a tiempo para la misa en español a la 1:00 p.m.

LAS LECTURAS Y CONMEMORACIONES SEMANALES

Las lecturas de la semana del 3 de junio de 2018

Domingo: Ex 24, 3-8/Sal 116, 12-13. 15-16. 17-18 [13]/Heb 9, 11-15/Mc 14, 12-16. 22-26

Lunes: 2 Pe 1, 2-7/Sal 91, 1-2. 14-15. 15-16 [cfr. 2]/Mc 12, 1-12

Martes: 2 Pe 3, 12-15. 17-18/Sal 90, 2. 3-4. 10. 14 y 16 [1]/Mc 12, 13-17

Miércoles: 2 Tim 1, 1-3. 6-12/Sal 123, 1-2. 2 [1]/Mc 12, 18-27

Jueves: 2 Tim 2, 8-15/Sal 25, 4-5. 8-9. 10 y 14 [4]/Mc 12, 28-34

Viernes: Os 11, 1. 3-4. 8-9/Is 12, 2-3. 4. 5-6 [3]/Ef 3, 8-12. 14-19/Jn 19, 31-37

Sábado: 2 Tim 4, 1-8/Sal 71, 8-9. 14-15. 16-17. 22 [cfr. 15]/Lc 2, 41-51

Domingo siguiente: Gn 3, 9-15/Sal 130, 1-2. 3-4. 5-6. 7-8 [7]/2 Cor 4, 13--5, 1/Mc 3, 20-35

LAS CONMEMORACIONES

Domingo: El Cuerpo y la Sangre de Cristo

Martes: San Bonifacio, obispo y mártir

Miércoles: San Norberto, obispo

Viernes: El Sagrado Corazón de Jesús

Sábado: El Inmaculado Corazón de María

Domingo siguiente: 10o Domingo del Tiempo Ordinario

MEDITACIÓN EVANGÉLICO - EL CUERPO Y LA SANGRE DE CRISTO

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VIVIR LA LITURGIA - INSPIRACIÓN DE LA SEMANA

Al reunirnos hoy para reafirmar nuestra fe en la presencia real de Cristo, en la Eucaristía, recordamos que nosotros también somos el Cuerpo de Cristo. La misión del evangelio nos llama a ser Cristo para los demás. Hay demasiado quebrantamiento y dolor en nuestro mundo. Hay muchas personas perdidas, que se sienten solas, marginadas, oprimidas, victimizadas y maltratadas. Cada vez que recibimos el Cuerpo (y la Sangre) de Cristo, se nos pide que seamos lo que comemos. ¿Estamos dispuestos a dejar de lado nuestros intereses y nuestras preocupaciones para poder ser Cristo para los demás?

Él les dijo: "Esta es mi sangre del pacto, que será derramada por muchos." (Mc 14:24)

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



Cathedral of the Blessed Sacrament

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



PASTORAL AND ADMINISTRATIVE STAFF

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

RELIGIOUS EDUCATION PROGRAM

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

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



ROMAN CATHOLIC
DIocese OF SACRAMENTO
DIÓCESIS CATÓLICA ROMANA DE SACRAMENTO

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

View the Sacramento Bishop's Corner, which is sent via the Catholic Legislative Network to all subscribers in the Diocese of Sacramento who sign up at www.scd.org/joinin

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

scd.org

SCHEDULE OF MASSES

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

SACRAMENT OF CONFESSION

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

EUCCHARISTIC ADORATION

When attendants are available:

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

ANOINTING OF THE SICK - By appointment

BAPTISMS (Registration is required)

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

BAPTISM CLASSES

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

TOURS

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

GIFT SHOP on the Lower Level

Sundays 9:00 am to 3:00 pm

~Bulletin Ministry~

Editor: Lyssa Black
Advisor: Father Michael O'Reilly



Regular Contributors

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

Send submissions to cathedralsacramento@gmail.com

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.

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 meets every Sunday, 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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For additional family members, please attach a separate sheet.

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





主養育我們

何光榮神父

主給所有的生物提供食物。主以肉和水餵養野生的動物。他們一日復一日地活著，因為主餵養他們。作為神的兒女，他用另一種食物養育我們。他知道沒有什麼能讓我們滿意。他給我們提供最好的食物。他把自己當作食物給我們。我們被賜予主寶貴的血和肉作為食物。

基督聖體聖血節嚴肅地慶祝神賜給我們榮耀的食物。在這一天，我們應該感謝和以愛去讚美，感謝主在聖體聖事中獻上自己作為給我們的恩賜。我們一起說：「主啊，我來找你，因為你的恩典令我為我自己的著想去尋求你，因為你是如此的榮耀和偉大。我非常熱愛你。讓我比現在和未來的任何事物更接近你。我來接受你。除了你，我應該去找哪些人呢？除了你，誰可以救贖我？除了你，誰可以從墳墓裡令我蘇醒？因此，今天，明天，並在每一個特定的機會，我來接受你，天上神聖的食物，我的生命和我的一切。亞孟。」



God Feeds Us

by Fr. Nicholas Ho

God gives food to all living things. The beasts of the wild, God feeds them with meat and water. They live on day by day because God feeds them. For us, God's children, He feeds us with another food. God knows that nothing can satisfy us. He feeds us with the Best. God gives himself to us as food. We are given the precious flesh and blood of God as food.

The Solemnity of the Body and Blood of Jesus Christ celebrates God's glorious food given to us. On this day we should with gratitude and love praise and thank God for the gift of Himself in the Eucharist. Together we say: "I come to you, O Lord, because your grace draws me to seek you for my own sake, because you are so glorious and great. I come in great love. Make me prefer you to anything on earth, now and in the future. I come to receive you. To whom should I go but to you? Who can save me but you? Who can raise my body from the grave but you? Therefore, today, tomorrow, and in every given opportunity, I come to you to receive you, my heavenly food, my life and my everything. Amen."

本週報告 (會長)

我們的年度野餐將於星期六6月9日上午11:30至下午3點在William Land Park 第9區舉行。參加野餐的教友請在今日之前內向我或Gloria報名。

我們正在以售賣粽子去籌款和慶祝端午節。每個粽子的售價為5美元。有興趣訂購粽子去籌款的人請與Kenneth (我), Yuni或Catherine訂購。截止日期是下個主日6月10日。

Announcement this week (President)

Our Annual Picnic is going to be on Saturday, June 9 at William Land Park Area 9. For those who are coming to the picnic, please RSVP with me or Gloria by Today.

We are having a fundraising by selling Zongzis to celebrate the Dragon Boast Festival. Each Zongzi sells for \$5. For those who are interested in ordering Zongzis for the fundraising, please order them with Kenneth (me), Yuni or Catherine. The deadline is next Sunday, June 10.

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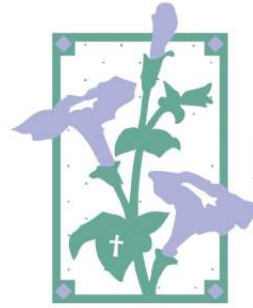
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