

DECEMBER 25 2019

O Come, All Ye Faithful...



Volume 19 * Special Issue

CATHEDRAL OF THE BLESSED SACRAMENT

1019 11th Street, Sacramento, CA 95814 * 916-444-3071

CHRISTMAS



Every Sunday, the Lord Jesus now draws us to His table as he once brought the shepherds to His manger. Do not let complacency, conformity, or comfort distract us from the deep hungers of the heart. Our worship should not be a momentary diversion. St. Paul reminds us that Jesus came to nourish us and revive a just and devout spirit within us. With his own life, Jesus feeds us with his mercy so that we may be eager about doing good until he returns in glory. In this Christmastime, taste and see the goodness of God in the Savior who is sustenance, in the Redeemer who is bread from heaven. We are those upon whom God's favor rest so that we might always be restless to be His bread for others. A merry and blessed Christmas to all.



Todos los domingos, el Señor Jesús ahora nos lleva a Su mesa, ya que una vez llevó a los pastores a Su pesebre. No dejes que la complacencia, la conformidad o la comodidad nos distraigan de los profundos hambre del corazón. Nuestra adoración no debe ser una diversión momentánea. San Pablo nos recuerda que Jesús vino a alimentarnos y revivir un espíritu justo y devoto dentro de nosotros. Con su propia vida, Jesús nos alimenta con su misericordia para que podamos estar ansiosos por hacer el bien hasta que regrese en gloria. En estas Navidades, pruebe y vea la bondad de Dios en el Salvador que es sustento, en el Redentor que es pan del cielo. Somos aquellos sobre quienes descansa el favor de Dios para que siempre podamos estar inquietos para ser Su pan para los demás. Una feliz y bendita Navidad para todos.

+Jaime Soto
Bishop of Sacramento



Welcome to everyone this beautiful Christmas season!

Our prayer here at the Cathedral is that somehow we reflect the purity, sanctity, innocence, radiance, and peace revealed in the birth of the Christ child. Although something of these qualities is present here, we often fall short as a pilgrim church struggling to live out a divine call. Nevertheless, the image of Jesus, God and man, Divine and human, lifts us beyond our daily endeavors and raises us to heights beyond our imagining. The birth of Jesus that we celebrate at Christmas reveals God's love and humility as He lowers Himself into our struggles and gathers us into His loving embrace and lifts us up on Easter morning. Nothing can stop Him from doing this, and nothing should prevent us from being caught up in this embrace.

The baby Jesus, approachable and needy, raises His arms up for you to hold Him and to be embraced by Him. May he find peace in the comfort of your arms.

Merry Christmas!

Fr. Michael O'Reilly, rector of the Cathedral



¡Bienvenidos a todos en esta hermosa temporada navideña!

Nuestra oración aquí en la Catedral es que de alguna manera reflejemos la pureza, la santidad, la inocencia, el resplendor y la paz revelados en el nacimiento del niño Cristo. Aunque algo de estas cualidades está presente aquí, a menudo nos quedamos cortos como una iglesia peregrina que lucha por vivir un llamado divino. Sin embargo, la imagen de Jesús, Dios y el hombre, Divino y humano, nos eleva más allá de nuestros esfuerzos diarios y nos eleva a alturas más allá de nuestra imaginación. El nacimiento de Jesús que celebramos en Navidad revela el amor y la humildad de Dios cuando se sumerge en nuestras luchas y nos reúne en su abrazo amoroso y nos levanta en la mañana de Pascua. Nada puede impedirle que haga esto, y nada debe evitar que seamos atrapados en este abrazo.

El niño Jesús, accesible y necesitado, levanta los brazos para que lo sostengas y lo abracés. Que encuentre paz en la comodidad de tus brazos.

¡Feliz Navidad!

~ Come and behold Him ~ Born the King of Angels!

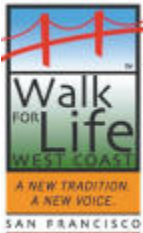
Merry Christmas

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

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

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

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



16TH WALK FOR LIFE WEST COAST • SATURDAY, JANUARY 25, 2020 • CIVIC CENTER PLAZA •

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

CATHOLIC VIEWPOINT, FAITH, HOPE AND LOVE, hosted by Fr. Michael Kiernan. View on Comcast 20, Consolidated 19 and AT&T 14, Times: Sun. 7:00 AM, Tues. 9:30 AM, Weds. 8:30 PM, and Thurs. 5:00 PM. All shows are also on **YouTube** and website [CatholicviewpointFHL.com!](http://CatholicviewpointFHL.com)

The **FLU SEASON** has come early this year. The California Department of Public Health (CDPH) reports that the incidence of flu and flu-like illnesses is "widespread" and has reached a level requiring that we enact preventive measures to mitigate the possibility of infection at Mass. In order to protect the health and well-being of everyone, Bishop Soto has issued the following directives:

- ◆ The use of the Communion cup is suspended temporarily.
- ◆ Receive the Body of Christ in the hand (although receiving on the tongue is permitted)
- ◆ Do not shake hands. Offer the sign of Peace to those around you with a simple nod, saying "peace be with you."
- ◆ Do not hold hands during the Our Father.

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

To the Parents of our young children attending Mass today, may we suggest...

- Relax! God put the wiggle in children. Don't feel you have to suppress it in God's house. All are welcome!
- Feel free to sit toward the front where it is easier for your little ones to see and hear.
- Quietly explain the parts of the Mass and actions of the priest, altar servers, choir, etc.
- Sing the hymns, pray and voice the responses. Children learn liturgical behavior by copying you.
- If you have to leave Mass with your child, feel free to do so but please come back. As Jesus said, "Let the children come to me."
- Remember that the way we welcome children in church directly affects the way they respond to the Church, to God, and to one another. Let them know that they are at home in this house of worship.

And, to our other Parishioners and Guests:

The presence of children is a gift to the Church! They are members of our community, and a reminder that our parish is growing. Please welcome our children and give a smile of encouragement to the parents. (Borrowed from the St. Juan Diego parish in Portland, Oregon)



PLEASE REMEMBER IN YOUR PRAYERS:

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

4 *Oh Come Let Us Adore Him ~ O Come Let Us Adore*

How do we know that Jesus was born on December 25th?

~ John-David Black ~



There was an ancient tradition among Jews that Abraham offered up Isaac on March 25th, and there were also those who believed that they had found scriptural evidence that the creation of the world could be fixed on the same date. For a short time, the birth of Christ was celebrated on March 25th, and it was believed in the early Church that the resurrection also occurred on this date. For some time, Easter was celebrated on March 25th every year. To link these events of salvation history with the celebration of the conception of Christ, in time Gabriel's annunciation to Mary of the Incarnation was, and is to this day, also celebrated on March 25th

In the early centuries of the Church, the Romans observed the festivals of Saturnalia and *sol invicta*, pagan feasts that celebrated the winter solstice, the birth of the new sun, when the days begin to get longer again. It was a time for feasting and exchanging of gifts, of sharing one's goods with the poor and exhibiting a general good will. It is truly remarkable how many of the customs associated with these pagan feasts were eventually incorporated into our Christmas traditions. Even after the Emperor Constantine made Christianity the state religion, Saturnalia continued to be celebrated every 25th of December. Since December 25th was exactly nine months after the celebration of the Annunciation on March 25th, it was perhaps inevitable that many of the customs of these pagan feasts would find new expression and meaning in Christian worship.

Of course, none of these ancient traditions and dates of the Judeo-Christian heritage can be proven by any scientific or historical means (of course, they cannot be disproven either), but they are nonetheless the seedbed out of which our Christmas traditions grew, including —with a little borrowing from pagan customs— the date of December 25th.

The venerable and centuries old Christian tradition of celebrating Christmas on December 25th is therefore linked with the ancient traditions associated with March 25th, namely, the creation of the world, the offering of Isaac by Abraham, which foreshadows the offering of the Son of God upon the Cross and the Resurrection that would follow; but more importantly, December 25th recalls "the birth of Christ as the dawning of the new light, the true sun, of history" (Pope Benedict).

“Be still, and know that I am God” (Psalm 46:10)

~ Philip Kosloski ~

Are you tired of your busy life? Does anxiety weigh heavily on your soul? One path to achieving a peace that will endure is to practice “stillness.” [...]

Stillness has been the key to achieving peace and finding God for centuries, but lately we have forgotten this central spiritual principle. It is too easy to get carried away by the busyness of life to carve out time in our day to simply **be still**.

Think about it: how many times during the day are you simply “still,” not looking at your phone or computer and simply doing **nothing**?

Clearly one of the greatest temptations of our day is filling empty time by checking our smartphones every few seconds. Instead of being still and letting God enter into our lives, we endlessly distract ourselves. This is something we need to evaluate in our own lives and try to be more intentional about stopping everything to listen.

Challenge yourself to spend 10 or 15 minutes each day in silence. Put down your cell-phone, laptop, tablet, smartwatch and TV remote, and listen. Sometimes its easier to do this while sitting outside, or while in a church. Wherever you decide to practice stillness, do so intentionally and set a timer.



Sharing the Gospel - Long ago, God promised to send a Savior into the world. So when Jesus was finally born in Bethlehem, the angels praised God. The angels shared God's great news with the shepherds, so they could find Jesus and praise God, too.

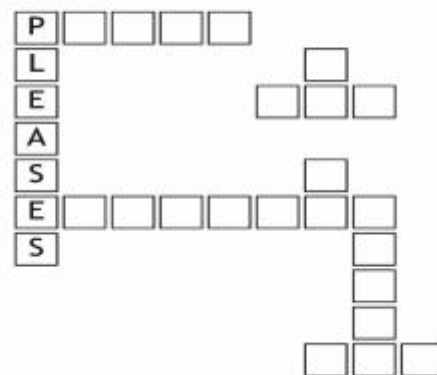
Prayer - Dear God, thank you for sending Jesus into the world. I want to praise you like the angels did.

Mission for the Week - You can praise God like the angels did. Go Christmas caroling together as a family. Sing all of your favorite songs together.

Puzzle

Fit this Gospel message into the empty squares:

Peace on earth to everyone who pleases God.





cathedralsacramento.org

CATHEDRAL OF THE BLESSED SACRAMENT

1017 11th Street, Sacramento, CA 95814

916-444-3071, Fax 916-443-2749



CELEBRATING 130 YEARS OF SERVICE TO THE COMMUNITY

PASTORAL AND ADMINISTRATIVE STAFF

Father Michael O'Reilly, Rector
Father Kieran McMahon, Priest in Residence
Father Nicholas Ho, Chinese Mass
Deacon John Gisla, Office Manager
Deacon Edgar Hilbert
Deacon Omar Bardales
Sister Lisa Marie Doty, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
Victoria Ramos, Secretary
Katie McAllister, Bookkeeper
Titi Kila, Wedding Coordinator
Lyssa Black, Webmaster / Bulletin Editor

PARISH PASTORAL COUNCIL

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

FINANCE COUNCIL

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

MASSES

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

SACRAMENT OF CONFESSION

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

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

EUCCHARISTIC ADORATION

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

BENEDICTION

Wednesday 5:00 pm
Thursday 5:00 pm
Friday 1:30 pm
(No Devotions, Adoration, or Benediction
on feast days and holy days)

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

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

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



ROMAN CATHOLIC
DIOCESE OF SACRAMENTO
DIÓCESIS CATÓLICA ROMANA DE SACRAMENTO

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

2110 Broadway, Sacramento, CA 95818
Phone 916-733-0100, scd.org

Rectory Office Hours
Monday to Friday,
9:00 am to 12:00 pm, 1:00 pm to 5:00 pm

Text "app" to 88202



Come Visit. Come Worship. Come Home.



TOURS

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

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

Visit our GIFT SHOP downstairs

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

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

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



MARRIAGE PREPARATION - The Diocese of Sacramento requires an engaged couple to complete a marriage preparation program no later than two months before their wedding date. Contact: Deacon Omar & Janet Bardales at matrimonyprep@att.net, or 916-427-9160. *You do not have to have your wedding at the Cathedral to take this class.*

CONVALIDATION - If you would like to have your civil marriage blessed in the Catholic Church, or if you have been together for a number of years and would like to be married in the Church, this can often be done in a small, private ceremony called a Convalidation, without any cost or fee. To explore this possibility, contact Deacon John at 444-3071 Ext. 11 or jgisla@cathedralsacramento.org.

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

Altarservers

Michael Ognisty, mfognisty@msn.com.

Benedictus Youth Group

Victoria Ramos, benedictusy@gmail.com

Brown Bag Lunch Ministry

Jerri Rush, jerrirush@comcast.net

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

Cathedral A.C.T.S.

ActsCathedralSacto@gmail.com, saccathedralacts.org

Cathedral Men's Group

Bob Meyers, cym1@yahoo.com

Saint Vincent de Paul contact the rectory office

Cathedral Young Adults

Titi Kila, cathedralya@gmail.com

Chinese Community

Oliver Wan sccc.contact@gmail.com

Choir (English)

Rex Rallanka, Music Director, rrallanka@cathedralsacramento.org

Choir (Spanish)

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

Cinema Divina Movies

Reggie King, Brian Perez, thecatholicstore@gmail.com

Communion & Liberation

catechesis meets every Wednesday at 7:15pm

Docents

Jill Pease, peasejill@gmail.com

Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

ministries@cathedralsacramento.org

Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

Hospitality

Celeste Gisla, jfgisla@surewest.net

Knights of Columbus

Jaime Elizaldi, jaimelizaldi@gmail.com

Lectors

Fred Heacock, fheacock72@hotmail.com

RCIA Catechists

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

Religious Education Catechists

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Religious Education Catechists/Spanish

Deyanira Galvez at cathedralfaithformationsac@gmail.com

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com.

Spanish Parents Group Leaders

Leticia Hilbert, leticia_hilbert@hotmail.com

CATHEDRAL PARISH REGISTRATION & UPDATE

Actualización y registro de la parroquia de la Catedral

You can also register online at cathedralsacramento.org/ Visit Us / Register as a Parishioner

Name (Nombre): _____ Cell Phone: (Celular): (____) _____

Street Address (Domicilio): _____ City (Ciudad): _____

State (Estado): _____ Zip (Código postal): _____ Email: _____





Chinese Community Column
華人團體消息

行走在黑暗中的人們看到了光明。

生活在黑暗之地的人們身上，有了光明照耀。

耶穌基督是真光，照耀著所有人。

因著祂的到來照亮了這個世界，

黑暗無法打敗祂的光明。

聖誕節是慶祝耶穌基督誕生的日子，

讓我們在這個燦爛明亮的日子裡歡欣鼓舞。

願耶穌的光加深我們對祂的愛，

幫助我們彼此了解，並伸出援手，

彼此相愛。

我們知道自己是誰，要往哪個方向。

我們是在耶穌基督內的兄弟姐妹，

我們確定要前往天父的國度去。

祝 大家聖誕節快樂！

何光榮 神父

The people who walked in darkness have seen a great light.

On those who lived in a land of darkness a light has shone.

Jesus Christ is the true Light and He shines for all people.

Since his coming, a light has been shining on our earth,

A light that darkness cannot overpower.

Christmas is the celebration of the birth of Jesus Christ,

Let us rejoice and be happy on this bright day.

May the light of Jesus deepen our love for Him,

And help us to become more aware of one another and reach out in love for one another.

We know who we are and where we are going,

We are brothers and sisters of Jesus Christ,

And we are bound for our Father's Kingdom.

Merry Christmas everyone!

Father Nicholas Ho