

February 23 2020 - The Seventh Sunday in Ordinary Time



Volume 20 * Issue 8

CATHEDRAL OF THE BLESSED SACRAMENT

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

Pastor's Corner

Some of you might have noticed recently that the statues placed in the Cathedral plaza by the city have been removed. They were only supposed to be on display until November of last year, so it was time. I was never too sure as to what those statues represented, something like fallen angels, but apparently others didn't care for them, since they were removed only because somebody knocked them over. They were extremely heavy and only one man pushed them over. Maybe he had some help from above.



Fallen angels and demons and sorcery are as popular today as ever. I know some people can get really carried away in following these fads, others can fail to see any good in them, while others still can be deeply lost in the darkness of the occult. I seldom give this "dark side" much thought, preferring to keep my attention on Christ the Light, but admit that I am glad the statues are no longer out front. There are enough signs of fallen and lost people around me without needing statues to remind me.

This Wednesday is Ash Wednesday, and Jesus will encounter the great darkness of the Devil in his temptations. I've always felt Jesus' desert experience to be beautiful, because the Devil in no way seems to have any power over Jesus. When it comes to Jesus and the Dark One, it is clear who is always in control. Often, the devil's presence is used to reveal the great glory of God.

Evil does exist, however, residing in the human heart. Here, amongst his persecutors and traitors and weak disciples, his "own people", evil grows and consumes the Light. But "the darkness has not overcome it." (John, chapter 1). These forty days of Lent provide us an opportunity to examine our own hearts and see where we diminish the Light of Christ. Our sins, the evil that hides in our selfish pursuits and hardened attitudes can be exorcized through prayer, fasting and almsgiving. Living holy lives and loving God and one another is the great plan of our Savior to dispel the darkness and to lead us into the kingdom of his light.

Father Michael

EVERYDAY STEWARDSHIP

Going the Extra Mile

So often in life, people are concerned about the minimum requirements. What is the minimum I must do to get a certain grade? What is the minimum I need to do to receive the Sacrament of Confirmation? What exactly do I have to do to make my boss happy?

This concern does not stop with everyday life but continues into our relationship with God. What exactly is required of me for salvation? How much time, talent, and treasure are enough? Jesus does not call us to this way of life, but instead to a life of unbounding generosity and surrender.

Jesus said, "If anyone forces you to go one mile, go with him two miles." The minimum requirement is one mile; however, we are not to be disciples of minimum requirements and checking off boxes. We are to go the extra mile because that is how we bear witness to the transforming power of Jesus Christ. That is how we change lives and share the grace and love we have received in abundance. Nothing ever changes by doing the minimum. There is no real glory given to God by responding to His call with the minimum.

Imagine a world where all of us good stewards give without ceasing and go far beyond the minimum requirements. Our world would be a very different place. So, what is stopping us?

— Tracy Earl Welliver, MTS

Mardi Gras [mahr-dee grah] **noun** French: literally "fat Tuesday"

1. the day before Lent, celebrated in some cities, as New Orleans and Paris, as a day of carnival and merry making.
2. a pre-Lenten carnival period climaxing on this day.

WHY DOES MASS BEGIN WITH A PROCESSION?

Philip Kosloski | Aleteia.org

The entrance procession is highly symbolic, reminding us that our life is a pilgrimage to the heights of Heaven.

In the Roman Rite of the Catholic Church, Mass typically starts with a procession, whether it starts from the entrance of the church or the sacristy. While it may appear to be a practical consideration, the procession does have a spiritual aspect to it.

During the first few centuries after Christianity was legalized in Rome, the pope would frequently gather with his little flock at various points in the city and then process to a different "stational" church. The *Catholic Encyclopedia* offers a brief description of this early version of the procession.



The pontiff, the clergy, and the people assembled in the appointed church, where the clergy vested and the office was begun...As the procession moved along to the stational church where the Mass was to be offered the Kyrie Eleison and the litanies were sung, from which the procession itself was often called litania.

It was often called a "**penitential procession**,"

and was used as a way to prepare the hearts of those who were to participate in Mass. The physical act of moving from one place to another gave the faithful a chance to get away from the world and enter into something very solemn and moving.

While this action was shortened over the centuries, Mass was always preceded by a smaller procession within the church building. It still retained many of the same features and also became a symbolic gesture that reminded the faithful of their procession or "**pilgrimage**" to Heaven.

The Catechism of the Catholic Church explains the spiritual symbolism of a pilgrimage.

Pilgrimages evoke our earthly journey toward heaven and are traditionally very special occasions for renewal in prayer. (CCC 2691)

The sanctuary of the church is naturally a place that symbolize heaven, with the presence of Jesus in the Eucharist.

Furthermore, often the sanctuary is elevated by a number of steps. This too has symbolism, lifting up our eyes (and hearts) to God, but also **reminding us of Jesus' ascent to Mount Calvary**. The priest assumes this role and ascends to a "mystical" Mount Calvary to offer the sacrifice of the Mass, participating in the one sacrifice of Jesus on the cross.

The next time you attend Mass, try to internalize the entrance procession and use it as an opportunity to prepare your heart for what is about to happen, transporting yourself from this world into the mystical "Supper of the Lamb," where we hope to be fully united with God for all eternity.

Lent

 this year begins on

ASH WEDNESDAY, FEBRUARY 26.

Lent is a season in which the faithful are called to reflect on the Paschal Mystery in a particularly focused way. It is a time of spiritual renewal and to carefully examine one's relationship with God and others. It is also a time in which catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through the traditional Lenten practices of prayer, fasting, and almsgiving.

FASTING AND ABSTINENCE

In order foster a spirit of repentance and unite ourselves more closely to Christ, Church law requires the observance of Abstinence and Fasting (CIC - Code of Canon Law, 1249-1253).

Abstinence: All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent.

Fasting: Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is generally understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted, but liquids are allowed. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Other forms of fasting, including abstinence from alcoholic beverages, television, video games, the internet and social media, is spiritually beneficial and strongly encouraged.

PRAYER

Catholics are urged to read and pray with sacred Scripture more intently during Lent, and to strengthen their knowledge of the faith by reading the Catechism of the Catholic Church. The faithful are encouraged to participate in special devotions offered by the parish, especially parish penance services and Eucharistic adoration. Other devotions such as the Rosary, the Divine Mercy Chaplet, visits to the Blessed Sacrament, and praying for vocations to the priesthood and religious life are strongly encouraged.

For the schedule of Masses and special devotions at the Cathedral, see page 8 of this weekly bulletin.

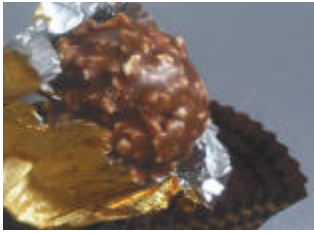
ALMSGIVING

From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church, especially through their local parish and the Annual Catholic Appeal.

The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison, remembering the words of our Lord Jesus Christ who said, "As you did it to one of the least of these my brethren, you did it to e." (Matthew 25:40). Fasting and abstinence together with almsgiving and charitable works unites us to the crucified Christ reflected in the image of our brothers and sisters who suffer.

THE SEVENTH WEEK OF ORDINARY TIME

**"I say to you, love your enemies,
and pray for those who persecute you." (Mt 5:44)**



How Ferrero Rocher chocolates were inspired by the Virgin Mary
by Zelda Caldwell

Within the gold foil wrapping of a Ferrero Rocher candy is multi-layered confection that seems like some kind of magic straight out of Willy Wonka's chocolate factory: a single roasted hazelnut, encased in a wafer shell filled with hazelnut chocolate, which is itself topped with chocolate studded with chopped hazelnuts.

These magical chocolates, however, were inspired, not by Roald Dahl's children's book, but by the Virgin Mary herself.

When the Italian chocolatier Michele Ferrero introduced the treats in 1982, it is believed that he named them "Rocher" after the craggy rock grotto, called the Rocher de Massabielle, that marks the place where the Blessed Mother appeared to St. Bernadette in Lourdes, France.

The chocolates' hazelnut-pocked surface bears more than a passing resemblance to the rock formation at Lourdes, a place that had a special meaning for Ferrero, who died on Valentine's Day in 2015 at the age of 89.

A devout Catholic, Ferrero was known for his strong devotion to Our Lady. At the celebration of the 50th anniversary of the founding of his company, he said: "The success of Ferrero we owe to Our Lady of Lourdes; without her we can do little."

As the third largest chocolate producer in the world, Ferrero had a lot to be thankful for. The Ferrero Rocher candies, along with Nutella, Kinder treats and Tic Tacs, brought in over \$10 billion Euros in 2016.

Ferrero was said to have made an annual pilgrimage to Lourdes, taking his top manager. He also organized a visit to the shrine for his employees and had a statue of the Virgin Mary placed in each of his company's 14 production facilities around the world.

ANNUAL CATHOLIC APPEAL

This weekend, we will once again have the opportunity to walk with others as Jesus asks us to do. Together as Catholics, the Appeal is a way we can all help in a powerful way. Many of our sisters and brothers in the North State have endured catastrophic natural disasters. Others still struggle on the margins of communities. Let us remember them and that each of our gifts, no matter the amount, really do make a difference in someone's life. Please prayerfully consider what you can give this year.

SAVE THE DATE: BUNCO FOR EVERYONE!

Saturday, March 28 from 2pm-5pm in Mercy Hall

Snacks and prizes and fun! No experience necessary. \$15 per person. Co-ed and open to all ages who can count and roll dice!

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**.



From February 26 through April 5, 2020, you're invited to join other Christians for 40 Days for Life – 40 days of prayer, vigil and fasting for an end to abortion. **You are invited to stand and peacefully pray with us during a 40-day vigil** in front of FPA Abortion Clinic at 2322 Butano Dr., Sacramento, and to help spread the word about this important community outreach. We will be a presence Monday through Friday, from 8:00am to 6p.m. For more information – and especially if you'd like to volunteer to help, please contact: Liliana Balderrama (916) 912-8256 or Veronica Avina (916) 205-0713 or go to 40daysforlife.com/sacramento.

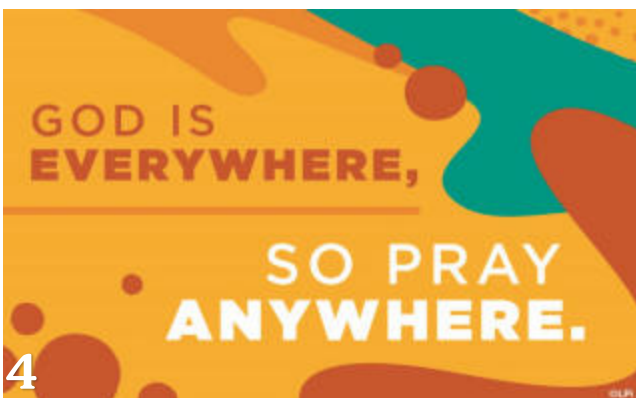
The opening mass for the spring campaign will be Monday February 24th, 2020. We will join in the daily mass at 8:00 am with the recitation of the rosary immediately following the mass at Presentation Parish located at 4123 Robertson Ave., Sacramento, CA 95821

VICTIM-SURVIVORS OF CHILD SEXUAL ABUSE BY PRIESTS HAVE AN ADDITIONAL MONTH TO REGISTER FOR INDEPENDENT COMPENSATION PROGRAM

Registration Deadline has been extended to February 29, 2020. Registration is a required first step for those who wish to participate in the program. Participants may then decide whether they wish to file a claim and have until March 31 to do so. The extension applies to registration deadline –the claim-filing deadline has not changed. The program is open to any victim of child sexual abuse by a diocesan priest, regardless of when the abuse occurred or the citizenship status of the participant. The program is confidential and is not administered by the diocese – evaluation of claims and compensation awards are handled by independent experts who have overseen similar programs for abuse victims in other states, as well as funds for victims of the 9/11 attacks.

For more information on the Independent Compensation Program for Victim-Survivors of Sexual Abuse of Minors by Priests, including how to register and submit a claim, please visit www.californiadiocesescp.com.

Cover Photo: One of the four Gospel writers, Saint Matthew, an original stained-glass window in the cathedral's north side of the sanctuary.



THIS WEEK AT OUR PARISH



CATHEDRAL KIDS

Date	Mass / Intentions / Readings	Observances & Cathedral Events
Saturday February 22	5:00 pm / Paul Aiello + 1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6 [1]/Mt 16:13-19	The Chair of Saint Peter the Apostle Feast ACA Weekend
Sunday February 23	7:30 am / People of the Parish S.I. 9:00 am / Connor Conrad + 11:00 am / BURNING OF PALMS AFTER MASS Catalina Rojas +, Carmen Leon Guerrero + 1:00 pm (Spanish)/ BURNING OF PALMS AFTER MASS Maria Salud Castillo + 3:00 pm (Chinese) 5:00 pm / Cuevas & Garces S.I. 7:00 pm (Spanish)/ Concepcion Salgado + Lv 19:1-2, 17-18/Ps 103:1-2, 3-4, 8, 10, 12-13 [8a]/1 Cor 3:16-23/Mt 5:38-48	7th Sunday in Ordinary Time ACA Weekend
Monday February 24	12:10 pm / Luis Fernando Montanez S.I. 5:10 pm / Matthew Walker S.I. Jas 3:13-18/Ps 19:8, 9, 10, 15 [9a]//Mk 9:14-29	
Tuesday February 25	12:10 pm / Felipa Garza + 5:10 pm / Jose & Luisa S.I. Jas 4:1-10/Ps 55:7-8, 9-10a, 10b-11a, 23 [23a]/ Mk 9:30-37	
Wednesday February 26	10:00 am / Distribution of Ash 12:10 pm Mass / Matthew Walker S.I. 3:00 pm / Distribution of Ash 5:10 pm Mass / Hirtzel Family + 7:00 pm Mass in Spanish Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17 [cf. 3a]/2 Cor 5:20-6:2/Mt 6:1-6, 16-18	ASH WEDNESDAY LENT BEGINS
Thursday February 27	12:10 pm / Susan Rust S.I. 5:10 pm / Matthew Walker S.I., Elisa Gutierrez + Dt 30:15-20/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/ Lk 9:22-25	
Friday February 28	12:10 pm / Aaron & Debi Vincent S.I. 12:45 pm / Station of the Cross in English 7:00 pm / Estaciones de la Cruz Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19 [19b]/ Mt 9:14-15	
Saturday February 29	5:00 pm / ACTS Commissioning Mass / David J. Martin + 7:30 pm / Rite of Election Is 58:9b-14/Ps 86:1-2, 3-4, 5-6 [11ab]/Lk 5:27-32	1:00 pm RCIA Retreat

Read the Gospel and Color



Sharing the Gospel - God wants you to love your family and friends. But God wants you to love him even more. Be kind to your mom and listen to her. Help your dad with chores and have fun with him. But also remember to help people who are not in your family. God gets excited when you share his love with others.

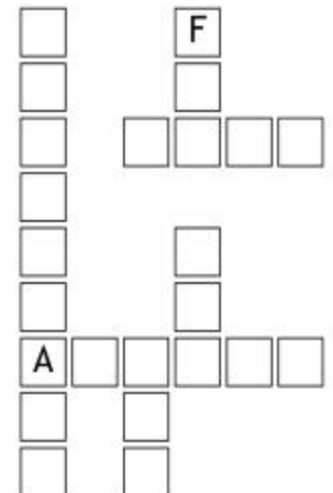
Prayer - God, show me ways to help all people who love you.

Mission for the Week - Together as a family send a care package to a missionary family.

Puzzle

Fit this Gospel message into the empty squares:

Pray for anyone who mistreats you.



CATHEDRAL PARISH STEWARDSHIP

The Cathedral's weekly expenses exceed **\$20,000**. The Finance Council has set a weekly of-fertory goal of **\$11,500** to maintain fiscal integrity.

January 25/26	\$8,566	-\$2,934	74%
February 01/02	\$7,876	-\$3,624	68%
February 07/08	\$8,432	-\$3,068	73%

Thank you for your generosity and continued support of the Cathedral!

Esquina del Pastor



Algunos de ustedes habrán notado recientemente que las estatuas colocadas en la plaza de la Catedral por la ciudad han sido removidas. Se suponía que solo debían estar en exhibición hasta noviembre del año pasado, así que ya era hora. Nunca estuve muy seguro de lo que representaban esas estatuas, algo así como ángeles caídos, pero aparentemente a otros no les importaron, ya que fueron removidos solo porque alguien los derribó. Eran extremadamente pesados y solo un hombre los empujó. Tal vez tuvo algo de ayuda de arriba.

Los ángeles caídos, los demonios y la brujería son tan populares hoy como siempre. Sé que algunas personas pueden dejarse llevar por seguir estas modas, otras pueden dejar de ver algo bueno en ellas, mientras que otras aún pueden perderse profundamente en la oscuridad de lo oculto. Raramente pienso mucho en este "lado oscuro", prefiero mantener mi atención en Cristo la Luz, pero admito que me alegro de que las estatuas ya no estén al frente. Hay suficientes signos de personas caídas y perdidas a mi alrededor sin necesidad de estatuas para recordarme.

Este miércoles es Miércoles de Ceniza, y Jesús encontrará la gran oscuridad del Diablo en sus tentaciones. Siempre sentí que la experiencia del desierto de Jesús era hermosa, porque el Diablo de ninguna manera parece tener poder sobre Jesús. Cuando se trata de Jesús y el Oscuro, está claro quién siempre tiene el control. A menudo, la presencia del diablo se usa para revelar la gran gloria de Dios.

El mal existe, sin embargo, reside en el corazón humano. Aquí, entre sus perseguidores y traidores y discípulos débiles, su "propio pueblo", el mal crece y consume la Luz. Pero "la oscuridad no lo ha superado". (Juan, capítulo 1). Estos cuarenta días de Cuaresma nos brindan la oportunidad de examinar nuestros propios corazones y ver dónde disminuimos la Luz de Cristo. Nuestros pecados, el mal que se esconde en nuestras actividades egoístas y actitudes endurecidas pueden exorcizarse a través de la oración, el ayuno y la limosna. Vivir vidas santas y amar a Dios y a los demás es el gran plan de nuestro Salvador para disipar la oscuridad y guiarnos al reino de su luz.

Padre Michael

LA CORRESPONSABILIDAD DIARIA

Ir más allá

Muy a menudo en la vida, las personas están preocupadas por los requisitos mínimos. ¿Qué es lo mínimo que debo hacer para obtener una calificación determinada? ¿Qué es lo mínimo que necesito hacer para recibir el Sacramento de la Confirmación? ¿Qué debo hacer exactamente para hacer feliz a mi jefe?

Esta preocupación no termina con la vida cotidiana, sino que continúa en nuestra relación con Dios. ¿Qué se requiere exactamente de mí para la salvación? ¿Cuánto tiempo, talento y tesoro son suficientes? Jesús no nos llama a este estilo de vida, sino a una vida de generosidad y rendición sin límites. Jesús dijo: "Si alguien te obliga a llevarle la carga, llévasela el doble más lejos." El requisito mínimo es llevar la carga; sin embargo, no debemos ser discípulos de los requisitos mínimos para marcar las casillas. Debemos hacer un esfuerzo adicional porque así es como damos testimonio del poder transformador de Jesucristo. Así es como cambiamos vidas y compartimos la gracia y el amor que hemos recibido en abundancia. Nada cambia al hacer lo mínimo. No hay verdadera gloria dada a Dios al responder a su llamado con el mínimo.

Imagina un mundo donde todos nosotros, buenos corresponsables, damos sin cesar y superamos con creces los requisitos mínimos. Nuestro mundo sería un lugar muy diferente. Entonces, ¿qué nos detiene?

— Tracy Earl Welliver, MTS

Este fin de semana, una vez más tendremos la oportunidad de caminar con otros como Jesús nos pide que hagamos. Unidos como católicos, el **LLAMADO CATÓLICO ANUAL** es una forma en que todos podemos ayudar de una manera poderosa. Muchos de nuestros hermanos y hermanas en el norte del estado han sufrido desastres naturales catastróficos. Otros todavía luchan al margen de las comunidades. Recordemos que cada uno de nuestros regalos, sin importar la cantidad, realmente hacen una gran diferencia en la vida de alguien. Por favor, considere en oración lo que pueda donar este año.



Usted está invitado a unirse a otros cristianos desde el 26 de Febrero al 5 de Abril del 2020 para participar en los 40 Días por la Vida - 40 días de oración, vigilia y ayuno por el fin del aborto. **Está invitado a pararse enfrente de la clínica de aborto FPA y orar pacíficamente con nosotros durante la vigilia de 40 días** en el 2322 Butano Dr., Sacramento, y ayudar a pasar la voz sobre esta importante campaña por la vida. Estaremos presentes de lunes a viernes de 8:00am a 6:00pm. Para más información - y especialmente si le gustaría ayudar, por favor contacte a: Liliana Balderrama (916) 912-8256 o Veronica Avina (916) 205-0713 o también en 40daysforlife.com/sacramento.

La misa de apertura para la campaña de primavera será el 24 de Febrero del 2020. La misa será a las 8:00 am seguida inmediatamente por la recitación del Rosario en la Iglesia Presentación (Presentation of the Blessed Virgin Mary) localizada en 4123 Robertson Ave., Sacramento, CA 95821

LAS LECTURAS Y LAS CONMEMORACIONES DE LA SEMANA
Domingo: 7º Domingo del Tiempo Ordinario
Lv 19, 1-2. 17-18/Sal 103, 1-2. 3-4. 8. 10. 12-13 [8]/1
Cor 3, 16-23/Mt 5, 38-48
Lunes: Sant 3, 13-18/Sal 19, 8. 9. 10. 15 [9]/Mc 9, 14-29
Martes: Sant 4, 1-10/Sal 55, 7-8. 9-10. 10-11. 23 [23]/Mc 9, 30-37
Miércoles: **Miércoles de Ceniza**
Distribución de cenizas a las 10:00 am y 3:00 pm
Misa en Español a las 7:00 pm
Jl 2, 12-18/Sal 51, 3-4. 5-6. 12-13. 14 y 17 [cfr. 3]/2
Cor 5, 20-6, 2/Mt 6, 1-6. 16-18
Jueves: Dt 30, 15-20/Sal 1, 1-2. 3. 4 y 6 [Sal 40, 5]/Lc 9, 22-25
Viernes: Is 58, 1-9/Sal 51, 3-4. 5-6. 18-19 [19]/Mt 9, 14-15
Sábado: Is 58, 9-14/Sal 86, 1-2. 3-4. 5-6 [11]/Lc 5, 27-32

LAS LECTURAS Y LAS CONMEMORACIONES DE LA SEMANA

Domingo: 7º Domingo del Tiempo Ordinario
Lv 19, 1-2. 17-18/Sal 103, 1-2. 3-4. 8. 10. 12-13 [8]/1
Cor 3, 16-23/Mt 5, 38-48

Lunes: Sant 3, 13-18/Sal 19, 8. 9. 10. 15 [9]/Mc 9, 14-29

Martes: Sant 4, 1-10/Sal 55, 7-8. 9-10. 10-11. 23 [23]/Mc 9, 30-37

Miércoles: **Miércoles de Ceniza**

Distribución de cenizas a las 10:00 am y 3:00 pm

Misa en Español a las 7:00 pm

Jl 2, 12-18/Sal 51, 3-4. 5-6. 12-13. 14 y 17 [cfr. 3]/2

Cor 5, 20-6, 2/Mt 6, 1-6. 16-18

Jueves: Dt 30, 15-20/Sal 1, 1-2. 3. 4 y 6 [Sal 40, 5]/Lc 9, 22-25

Viernes: Is 58, 1-9/Sal 51, 3-4. 5-6. 18-19 [19]/Mt 9, 14-15

Sábado: Is 58, 9-14/Sal 86, 1-2. 3-4. 5-6 [11]/Lc 5, 27-32

LOS SUPERVIVIENTES DE VÍCTIMAS DEL ABUSO SEXUAL INFANTIL POR LOS SACERDOTES TIENEN UN MES ADICIONAL PARA INSCRIBIRSE EN EL PROGRAMA DE COMPENSACIÓN INDEPENDIENTE

La fecha límite de inscripción se ha extendido hasta el 29 de febrero de 2020. La inscripción es un primer paso obligatorio para aquellos que deseen participar en el programa. Los participantes pueden decidir si desean presentar un reclamo y tienen hasta el 31 de marzo para hacerlo. La extensión se aplica a la fecha límite de registro: la fecha límite de presentación de reclamos no ha cambiado. El programa está abierto a cualquier víctima de abuso sexual infantil por parte de un sacerdote diocesano, independientemente de cuándo ocurrió el abuso o el estado de ciudadanía del participante. El programa es confidencial y no es administrado por la diócesis: la evaluación de reclamos y premios de compensación son manejados por expertos independientes que han supervisado programas similares para víctimas de abuso en otros estados, así como fondos para víctimas de los ataques del 9/11.

Para obtener más información sobre el Programa de Compensación Independiente para Víctimas-Sobrevivientes de Abuso Sexual de Menores por parte de Sacerdotes, incluyendo cómo registrarse y presentar un reclamo, visite www.californiadiocesescp.com.

Cuaresma

El 26 de febrero de 2018, Miércoles de Ceniza, emprendemos otra vez el recorrido cuaresmal durante el cual procuramos profundizar nuestra conversión. La cuaresma nos prepara para celebrar el Misterio Pascual de la pasión, muerte y resurrección de Cristo. Es tiempo de reflexión y renovación espiritual, tiempo de examinar nuestra relación con Dios y con los demás. La Iglesia también llama a los católicos a adoptar un espíritu de penitencia, especialmente la práctica de los "Actos Religiosos": el ayuno, la oración y la limosna, "que expresan la conversión con relación a si mismo, con Dios y con los demás." (Catecismo de la Iglesia Católica Nos. 1969 y 1434).

AYUNO Y ABSTINENCIA (abnegación)

Para fomentar el espíritu de penitencia y reparación por el pecado, y cultivar la abnegación, y para guiarnos a seguir las huellas de Jesús, la Iglesia tiene por ley que se observe el ayuno y la abstinencia (CIC, nos. 1249-1253).

Abstinencia: Todas las personas que hayan cumplido los 14 años de edad tienen la obligación de abstenerse de comer carne el miércoles de Ceniza y todos los viernes de cuaresma.

Ayuno: Todas las personas, de 18 años hasta los 59, tienen la obligación de ayunar el miércoles de Ceniza y el Viernes Santo. El ayuno es opcional en otros días de la cuaresma, especialmente los miércoles y viernes, es sumamente recomendable. Generalmente, el ayuno consiste de una sola comida completa al día. Se pueden ingerir otras dos comidas pequeñas suficientes para mantener las fuerzas, pero juntas no deben ser equivalentes a una comida completa. No está permitido comer entre las comidas, pero si está permitido ingerir líquidos. Otras formas de "ayunar", que son muy recomendables, y de auténtico valor espiritual, consisten en no tomar bebidas alcohólicas, limitar el uso innecesario de la televisión, la Internet y las diversiones sociales. En casos en que peligre la salud o la capacidad de trabajo, no se aplican las leyes del ayuno y abstinencia. Si se tienen dudas al respecto, se ha de consultar con un sacerdote de la parroquia o con un confesor.

ORACIÓN

Con el fin de profundizar nuestro amor por Cristo, los católicos debemos orar y meditar las Sagradas Escrituras; estudiar el Catecismo de la Iglesia Católica; participar en los actos piadosos que ofrezca nuestra parroquia; y orar con mayor fervor- individualmente, en familia y en comunión con otras personas. A los fieles se les exhorta a que recen el rosario, visiten al Santísimo Sacramento, y oren, especialmente por las vocaciones al sacerdocio y a la vida consagrada, por la paz mundial.

Para el horario de misas y devociones especiales en la Catedral, vea la página 8 de este boletín semanal.

LIMOSNA

El acto de dar a los pobres, en la más antigua tradición de la Iglesia, es una expresión de penitencia, una forma piadosa, un testimonio de caridad fraterna y una expresión de conversión cuaresmal. Por consiguiente, a todos los católicos se les pide que ayuden generosamente a las obras caritativas de la Iglesia, incluyendo las contribuciones regulares a su parroquia y a la Campaña Católica Anual que responden con generosidad a los pobres y los vulnerables por medio de Caridades Católicas, la educación de los seminaristas y niños en las escuelas Católicas, y programas de servicio social en su parroquia local.

Se les invita también a que ayuden de diferentes maneras a los enfermos, a los necesitados, a los ancianos y encarcelados. El ayuno y la abstinencia junto con las obras de caridad ayudan al católico a vivir en solidaridad con Cristo crucificado reflejado en la imagen de sus hermanos y hermanas que sufren.



CATHEDRAL OF THE BLESSED SACRAMENT

1017 11th Street, Sacramento, CA 95814 ~ 916-444-3071, Fax 916-443-2749

February 23, 2020 ~ Ordinary Time, Year A, Cycle II, Liturgical Color: Green

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

RECTORY OFFICE HOURS: Monday to Friday, 9:00 am to 12:00 pm, 1:00 pm to 5:00 pm

VISIT OUR GIFT SHOP DOWNSTAIRS
Sundays 9:00 am to 3:00 pm,
Tuesdays 10:30 am to 12:00 pm

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TOURS

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

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



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



If you've been coming to Mass for a while, but are not Catholic, or were baptized Catholic but never completed your faith formation classes, we invite you to look deeper into the Catholic faith. Come meet some faithful Catholics who love the Lord and would consider it a privilege to get to know you. We invite you

to learn what Catholics believe in an open and welcoming environment. The **Rite of Christian Initiation of Adults (RCIA)** sessions meet every Monday Evening at 7 PM in the lower level of the Cathedral. Feel free to come any Monday evening. For more information on all of our faith formation programs, please call **916-444-5364** or email Sister Lisa Marie Doty, Director of Religious Education, lmdoty@cathedralsacramento.org.

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. 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.

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.



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Father Kieran McMahon, Priest in Residence
Father Nicholas Ho, Chinese Mass
Deacon John Gisla, Office Manager
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Deacon Omar Bardales
Sister Lisa Marie Doty, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
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Titi Kila, Wedding Coordinator
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CATHEDRAL PARISH REGISTRATION & UPDATE Actualización y registro de la parroquia de la Catedral

Become a member of the Cathedral family. Register online at cathedralsacramento.org / **Parishioner Registration**, or fill out the form below and put in the offertory basket or mail to the rectory office at 1017 11th Street, Sacramento, CA 95814

Name (*Nombre*): _____

Cell Phone: (*Celular*): (_____) _____

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Please indicate:

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New Parishioners/Family

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Nuevo Parroco / Familia

Cambio de Dirección

Por favor envíe Sobres de Ofertorio

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

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, thecatholicstore@gmail.com

Communion & Liberation

catechesis meets every Wednesday at 7:15pm

Docents

Jill Pease, peasejill@gmail.com

Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

ministries@cathedralsacramento.org

Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

Hospitality

Celeste Gisla, jfgisla@surewest.net

Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.com

Lectors

Fred Heacock, fheacock72@hotmail.com

RCIA Catechists

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

Religious Education Catechists

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Religious Education Catechists/Spanish

Deyanira Galvez at cathedralfaithformationsac@gmail.com

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com.

Spanish Parents Group Leaders

Leticia Hilbert, leticia_hilbert@hotmail.com





每日當責 - 在日常生活中體會天主 - 多走一里路

在生活當中，人們常只關注那最低限度的要求。要做到哪些最低限度的要求，才能獲得某種成績 我必須做到哪些最低限度，才能去領聖體？我必須做到哪些最低限度，才能獲得老闆歡心？

這種關注並不止於日常生活，也持續到我們與天主的關係上。我到底需要做到那些要求才能得到救恩？要花多少時間、多少才能和財富才口？耶穌並不是召叫我們過這樣的生活方式，而是要我們過著無限寬仁和順服的生活。

耶穌口(瑪 5:41):“若有人強迫你走一千步，你就同他走兩千步。”這裡最低要求是走一千步，然而我們不是為了要達成成為門徒的最低限度來檢視是否做到。我們多走一里路是為了見證耶穌基督改變我們的能力。這就是我們如何改變生活，並分享我們所獲得豐富的恩寵和愛。只做最低限度的要求，不會帶來任何改變。以最低限度回應天主的召叫，就無法真正歸光榮於天主。

想像一個人人忠信生活，不停地付出並達成遠超最低限度要求的世界。若如此，世界將會是個很不一樣的地方。所以，是甚麼阻礙了我們呢？



聖羅格是免除瘟疫疾病的主保聖人，請為我等祈！

He is especially invoked against the plague. St. Roch Pray for us!

+++ 會長的溫馨提醒 - 四旬期是 02/26至 04/09, 請大家緊記守大小齋, 期間每個星期天 2:30請來聖堂參加拜苦路。

+++ Oliver's friendly reminder -The Lenten Season is from 02/26 to 04/09. Please keep the fasts, and come to church at 2:30 on Sunday to participate in the Station of The Cross.

Tracy Earl Welliver, MT

灰星期三 是 2月26日

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