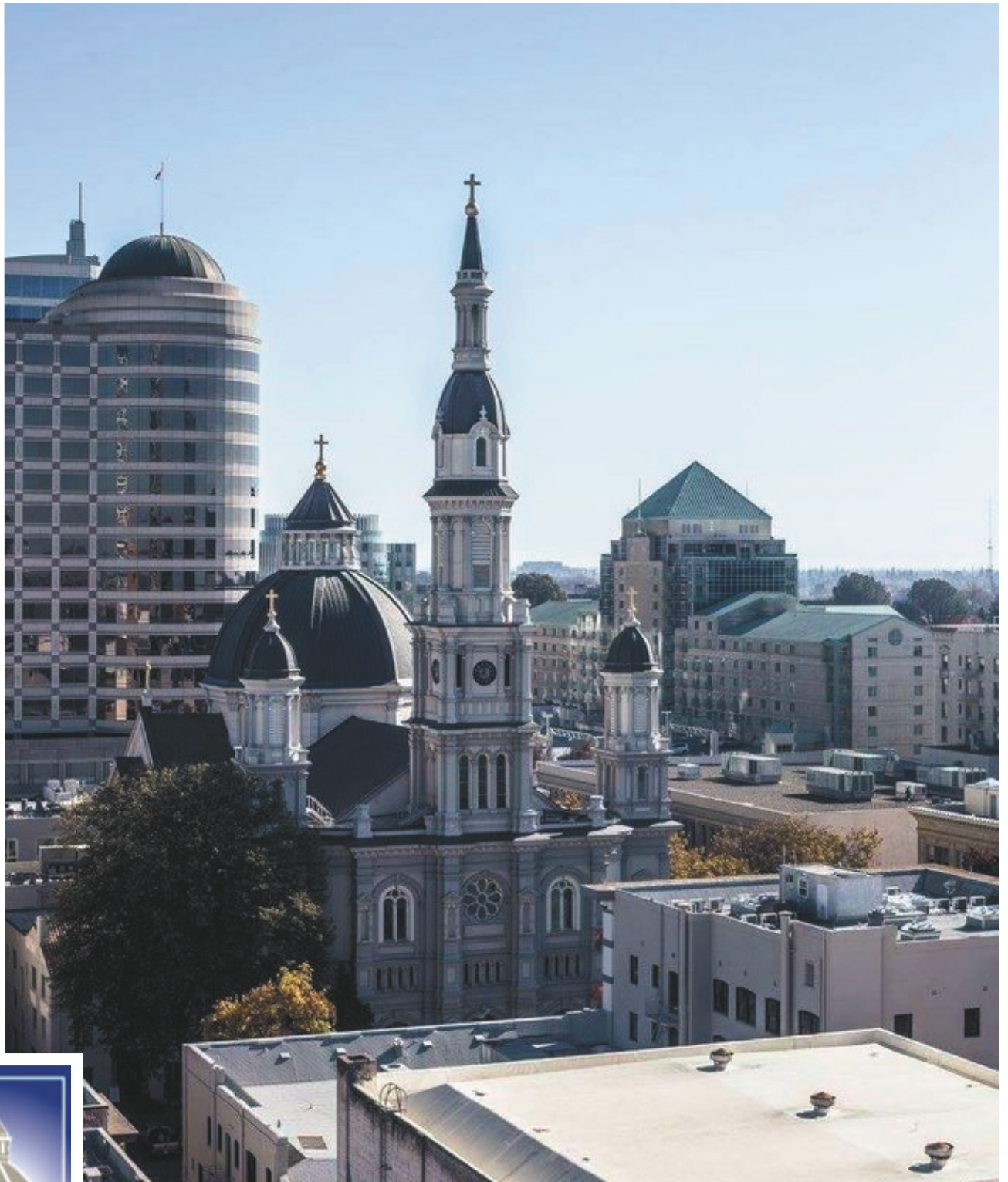


Volume 18 * Issue 30



Cathedral of the Blessed Sacrament

July 29 2018 * 17th Sunday in Ordinary Time

pastor's corner

Father Michael

It is Finished

At last,
The tomes are closed.
The notes no longer needed.
Frustrating pens quietly put in the drawer.
The computer is shut down.

Peace comes as each implement
is placed on the shelf.

The clutter of a life's worth of post-its
tossed in the garbage.

The thesis in its resting place,
ready to be sent for scrutiny.

Feet up, with beer in hand
and the sun red in the west.

respect life notes

Steve Patton | scd.org

***Humanae Vitae* at 50**

Wednesday, July 25, 2018 marked the 50th anniversary of Blessed Pope Paul VI's landmark encyclical, *Humanae Vitae*. Issued in the "summer of love", with the sexual revolution in full stride, this document affirmed what had always and everywhere been believed and taught in the Catholic Church: what God has joined together – the life-giving and the love-giving meanings and purposes of sex – man must not separate.

When men (and women) do try to separate them, grave results are sure to follow. The contraceptive revolution, which began in the early 60's with the new availability of "The Pill", helped that poisonous view and treatment of sex become not only widespread but eventually normalized. In fact, we've reached the point now where if you do NOT contracept or sterilize your sexual relations you are considered by most people to be, at best, abnormal or eccentric, but more likely irresponsible or even degenerate.

But after fifty years of sowing this contraceptive / sexual revolution, its harvest of corruption is everywhere to be seen. Our sophisticated, we-know-better-than-God, modern world groans under the weight of sexually transmitted diseases, broken marriages, fatherless homes, single parent households, rampant pornography and objectification of women, a redefinition of marriage to include homosexual unions, and, worst of all, the ongoing holocaust of abortion.

However, by the gift and power of God, we, His Church, can proclaim to our suffering world His Good News about the truth, beauty and goodness of human sexuality. To recognize and celebrate the 50th anniversary of *Humanae Vitae* our Diocese has created a special webpage: www.scd.org/hv50 Please browse this page which features a wonderful short interview with Bishop Soto. Also, the current edition (July / August) of our Diocesan magazine, *The Catholic Herald*, is devoted to this important anniversary. If you haven't already received a hard copy you can view it online at: <https://www.scd.org/catholic-herald-magazine/digital-issues>.

christian symbols

"As a Deer longs for running streams, so my soul longs for You O, God" (Psalm 42)

In Christian art, the stag has come to typify piety and religious aspiration and longing. The Stag symbolizes solitude, prayer and purity. This beautiful animal is possessed of such grace and majesty, and deservedly is used to represent the human soul. Indeed, the famous Victorian engraver Edwin Landseer called the stag, "The Monarch of the Glen". His fearlessness in combat is what we would like to imitate in our encounters with evil. According to Pliny, the reason why the stag symbolizes Christ is the superstition that it draws serpents by its breath from their holes, and then tramples them underfoot. The Stag is also depicted in artistic representations of some Christian Saints, St Julian the Hospitaller, St Felix of Valois, and St Aidan being among them.

three ways to recover enthusiasm for your current role

Do you remember when you first took the role you are in? You walked in the first day excited to make a big impact, eager to learn, and ready to embrace challenges. You were filled with enthusiasm that trumped the struggles and the inherent discouragement that comes with being a leader. The inner enthusiasm breathes intensity and energy into a leader. When a leader is enthusiastic, challenges and problems seem smaller than they are. When a leader is filled with apathy, challenges and problems seem larger than they are.

But enthusiasm can wane. Over time a role can feel stale, opportunities can feel less significant, and discouragement can cause a leader to long for a new role. The cost of waning enthusiasm is not small. Many leaders waste way too much time and mental energy dreaming about other roles, imagining scenarios, perusing search sites, and even researching life in other cities. When enthusiasm wanes, a leader's best energy is divided.

Intuitively we know that if we just bounce from role to role, we won't really make a long-standing impact. The apostle Paul challenged believers to keep their zeal and enthusiasm (Romans 12:11). Thus, wise leaders continually stir up passion for their current roles. Here are three practical ways to do so:

1. Start over.

At least once a year I quit my role. I don't tell anyone I am quitting—not my wife, my team, or my boss. And I am not really quitting; I am actually "quitting" and starting over without anyone knowing. I take a fresh look at the organization and the opportunities. I ask the Lord to give me fresh eyes and the same passion I had the first day. When you "pretend-start over," you will likely see the opportunities that first attracted you to the role are still there.

2. Develop someone else.

When you train someone else, you and the person will greatly benefit. You will gain fresh perspective and new energy as the person is filled with enthusiasm. And the person will be developed to make a bigger contribution and impact.

3. Focus on your biggest opportunity (not biggest problem).

Leadership that only focuses on putting out fires is exhausting. And there are always fires to put out, and some must be put out. But one way to recapture enthusiasm is to focus more and more energy and time on great opportunities and not merely nursing great problems.

summer series: the at-home pilgrim

A PILGRIM IS A GOOD STEWARD OF RESOURCES

To some, being a good steward of resources has nothing to do with spirituality. In fact, many people don't think about being good stewards of their resources at all. You might say that they are unaware of the value of the resources at their disposal. But awareness is a key practice for the pilgrim, and in fact is a necessary part of each Pilgrim Principle. The pilgrim who is aware of the true value of his resources knows that they are gifts from the Divine - tools that may seem inconsequential, but can help him along the journey.



Consider the ancient pilgrims in the Middle Ages, who would be gone for months or years at a time with the revered purpose of journeying to a Sacred site. While their goals were spiritual in nature - well beyond the practical realm - their basic needs still had to be met. They knew that somehow the necessary resources would be provided and that their basic needs would be met in one way or another. Having set everything aside to make the journey, these pilgrims were simply grateful for any resource given, considering it provision from God.

Today, many of us have more resources than we could ever need. Indeed, it's a blessing to have abundance, but to truly be aware of this abundance, we must also practice good stewardship, and it starts at home.

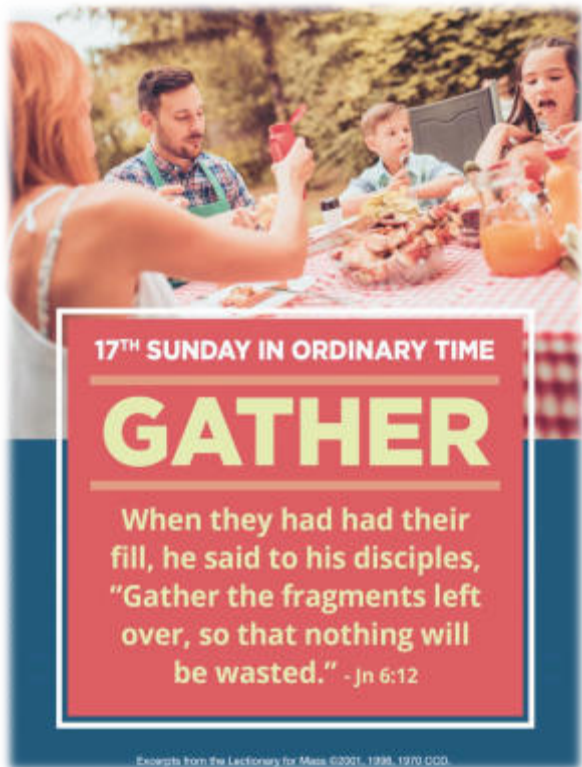
What does it mean to be a good steward of resources? It means practicing presence and recognizing you have time in abundance. It means offering your unique gifts to the world and using them as tools in your journey. It means not spending more money than you have and giving freely of what you do have. It means regularly purging yourself of unnecessary possessions and only holding on to things that are useful, whether in a utilitarian manner or simply because they bring you joy and delight. And, of course, it means awareness of our responsibility for the earth, which has been left in our care.

PRACTICE - Create an "out-box" in your home in which to put things to give away or sell. Each day, add one object taking up space in your home that you no longer need to "carry with you" in your everyday life and put it in the out-box. At the end of each month take these items to a local thrift store or put them up for sale on Craigslist. You can then save the money or donate it to a charity that shares your values.

Where else could your journey benefit from more simplicity?



Installment Three of Seven



EVERYDAY STEWARDSHIP

You sit down at a restaurant and order drinks and an appetizer. Then you order an entrée with a salad. When all of that has been consumed, you order a dessert. You leave after having had a good time, but your pants don't fit so well now. You are so full you regret ordering all those courses. Your eyes were bigger than your stomach. You ordered what you wanted and not what you needed.

In our daily lives, we find ourselves wanting many things. We desire outcomes and good fortunes that we think will make all the difference. However, often-times when we receive these things, we only find ourselves wanting more. Worse yet, if we do not get them, we can see our lives as incomplete.

God always provides what we need. It may not be what we want. Our eyes can deceive us into believing that what we receive is not enough to fulfill us. If we trust in God and seek to only live with what sustains us rather than dive into excess, we will find that we are happier, healthier, and at peace. No one should ever make himself or herself feel overcome by too much of anything. God knows what we need even if we cannot see it for ourselves.

-Tracy Earl Welliver, MTS

CATHOLIC FUNERAL & CEMETERY SERVICES, a Ministry of the Diocese of Sacramento, will have representatives here in Mercy Hall after each of the Masses, this weekend, **July 28 and 29**. 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.

Registration for **MINISTRY DAYS 2018** is now open! Ministers, catechists, Catholic School teachers and many more from across the Diocese of Sacramento will be gathered for this 2-day conference on September 28 and 29. Visit www.ministrydays.com to browse through the over 75 workshop options – with options in both English and Spanish, and even workshop options specifically for Catholic School teachers, catechists seeking their Basic Certifications and anyone looking to improve their skills to better serve their parishes and schools. There's something for everyone! Purchase your tickets today to take advantage of our Early Bird discount! For more information, please contact Lauralyn Solano at Isolano@scd.org.

FAMILY CAMP 2018 is coming to Camp Pendola! Join us from September 1-3, 2018 for this opportunity to spend time with your family up in the pines, unplugged and away from the demands of your daily schedules. Rates begin at \$175 and will cover all food and activities. For a breakdown of the prices and registration information, please visit www.pendola.org/family-camp-1 or contact Jennifer Campbell at jcampbell@scd.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; jglsia@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.

17TH SUNDAY IN ORDINARY TIME



OUR LADY OF FATIMA STATUE - 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
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



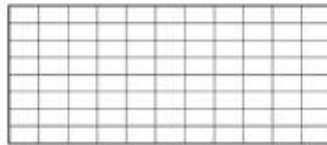
The children were lined up for lunch in the cafeteria of a Catholic elementary school. At the head of the table was a large pile of apples. After watching them for a while, the supervising nun wrote a sign and posted it on the apple tray:

"Take only ONE. God is watching!"

The children kept moving further along through the line, where at the other end of the table was a large pile of chocolate chip cookies. One of the children looked at the cookies and then wrote a sign that read: "Take all you want. God is watching the apples."

Puzzle

Try to draw the same bread by following the grid.



Sharing the Gospel - Jesus seemed to be surrounded by crowds a lot, didn't he? That's because no matter where he went, he helped people, he healed them, and he taught them about God. In today's Gospel reading, one crowd was following Jesus all day, and now they were getting hungry for dinner. Instead of sending them back home, Jesus showed everybody's God's amazing power. Jesus took a boy's lunch and made more than enough food for everybody to eat

Prayer - Dear God, help me always to remember that you have the power to give us more than we need. Amen.

Mission for the Week - The boy in today's Gospel shared his lunch. You can share food, too. Bring boxed and canned food to a food pantry in your neighborhood, and ask God to bless the people who eat it.



Date	Mass / Intentions	Observances & Readings	Activities
Saturday July 28	5:00 pm / Shin Ho Chang + Elizabeth Zapata S.I.	Jer 7:1-11/Ps 84:3, 4, 5-6a and 8a, 11 [2]/Mt 13:24-30	9:00 am Baptisms - Spanish Presentation by Catholic Funeral & Cemetery Services after the 5pm Vigil Mass
Sunday July 29	7:30 am / Souls in Purgatory 9:00 am */ Ricky Martinez S.I. 11:00 am** / Emma Demello + 1:00 pm Spanish / Perez Valdez Family S.I. 3:00 pm Chinese 5:00 pm / People of the Parish S.I. 7:00 pm Spanish / Souls in Purgatory	17th Sunday in Ordinary Time 2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18 [cf. 16]/ Eph 4:1-6/Jn 6:1-15	Presentation by Catholic Funeral & Cemetery Services after each Mass *RCIA - Breaking of the Word at the 9am Mass **No Liturgy of the Word for Children In July
Monday July 30	12:10 pm / Carlos Munguia S.I. 5:10 pm / Maria Elena Meza S.I.	St. Peter Chrysologus, Bishop & Doctor of the Church Jer 13:1-11/Dt 32:18-19, 20, 21 [cf. 18a]/Mt 13:31-35	
Tuesday July 31	12:10 pm / Santiago Villegas S.I. 5:10 pm / Souls in Purgatory	St. Ignatius of Loyola, Priest Jer 14:17-22/Ps 79:8, 9, 11 and 13 [9]/Mt 13:36-43	6:00pm Spanish Choir Rehearsal for the 7pm Mass
Wednesday August 1	12:10 pm / Albert Martinez + 5:10 pm / Cathedral Youth Group S.I.	St. Alphonsus Liguori, Bishop & Doctor of the Church Jer 15:10, 16-21/Ps 59:2-3, 4, 10-11, 17, 18 [17d]/ Mt 13:44-46	7:00 pm Spanish Choir Rehearsal for the 1pm Mass 7:15 pm "33 Days to Morning Glory" Retreat Meeting 7:15 pm Communion & Liberation
Thursday August 2	12:10 pm / Souls in Purgatory S.I. 5:10 pm / Domingo Ouano +	St. Eusebius of Vercelli, Bishop; St. Peter Julian Eymard, Priest Jer 18:1-6/Ps 146:1b-2, 3-4, 5-6ab [5a]/Mt 13:47-53	Today is Dinosaur Day, National Ice Cream Sandwich Day, and National Coloring Book Day . Have a great day!
Friday August 3	12:10 pm / Alice Walker S.I.	Jer 26:1-9/Ps 69:5, 8-10, 14 [14c]/Mt 13:54-58	

esquina del pastor

Padre Michael

Esta terminado

Al final,
Los tomos están cerrados.
Las notas ya no son necesarias.
Plumas frustrantes ponen silenciosamente en el cajón.
La computadora está apagada.
La paz viene cuando cada instrumento
se coloca en el estante.
El desorden de una vida de post-it
tirado en la basura.
La tesis en su lugar de descanso,
listo para ser enviado para su escrutinio.
Pies arriba, con cerveza en la mano
y el sol rojo en el oeste.

respetar notas de vida

Steve Patton

Humanae Vitae en 50 El miércoles 25 de julio de 2018 marcó el 50 aniversario de la histórica encíclica del Beato Papa Pablo VI, Humanae Vitae. Publicado en el "verano del amor", con la revolución sexual en pleno apogeo, este documento afirmaba lo que siempre y en todas partes se creyó y enseñó en la Iglesia Católica: lo que Dios ha unido: los significados que dan vida y los que aman y los propósitos del sexo - el hombre no debe separarse.

Cuando los hombres (y las mujeres) intentan separarlos, seguramente se producirán resultados graves. La revolución anticonceptiva, que comenzó a principios de los años 60 con la nueva disponibilidad de "La píldora", ayudó a que la visión venenosa y el tratamiento del sexo no solo se generalizaran, sino que finalmente se normalizaran. De hecho, hemos llegado al punto ahora en el que si NO contraceptas o esterilizas tus relaciones sexuales, la mayoría de las personas te considera, en el mejor de los casos, anormal o excéntrico, pero es más probable que sea irresponsable o incluso degenerado.

Pero después de cincuenta años de sembrar esta revolución anticonceptiva / sexual, su cosecha de corrupción está en todas partes para ser vista. Nuestro mundo moderno y sofisticado gime bajo el peso de las enfermedades de transmisión sexual, matrimonios rotos, hogares sin padre, hogares monoparentales, pornografía rampante y objetivación de las mujeres, una redefinición del matrimonio para incluir las uniones homosexuales, y, lo peor de todo, el holocausto en curso del aborto.

Sin embargo, por el don y el poder de Dios, nosotros, Su Iglesia, podemos proclamar a nuestro mundo sufriente Sus Buenas Nuevas sobre la verdad, la belleza y la bondad de la sexualidad humana. Para reconocer y celebrar el 50 aniversario de Humanae Vitae, nuestra Diócesis ha creado una página web especial: www.scd.org/hv50. Explore esta página que presenta una maravillosa entrevista corta con el Obispo Soto. Además, la edición actual (julio / agosto) de nuestra revista diocesana, The Catholic Herald, está dedicada a este importante aniversario. Si aún no ha recibido una copia impresa, puede verla en línea en: <https://www.scd.org/catholic-herald-magazine/digital-issues>.

símbolos cristianos

"Como un ciervo anhela correr arroyos, así mi alma te anhela, Dios" (Salmo 42)

En el arte cristiano, el ciervo ha llegado a tipificar la piedad y la aspiración y anhelo religioso. El Ciervo simboliza la soledad, la oración y la pureza. Este hermoso animal posee tanta gracia y majestad, y mercedamente se usa para representar el alma humana. De hecho, el famoso grabador victoriano Edwin Landseer llamó al ciervo, "El monarca de la cañada". Su libertad de movilidad cautiva nuestra imaginación y nos habla de la libertad del alma que nos gustaría tener. Su intrepidez en el combate es lo que nos gustaría imitar en nuestros encuentros con el mal. Según Plinio, la razón por la cual el ciervo simboliza a Cristo es la superstición de que atrae a las serpientes por su aliento de sus agujeros, y luego las pisotea bajo sus pies. El ciervo también se representa en representaciones artísticas de algunos santos cristianos, San Julián el Hospitalario, San Félix de Valois y San Aidan entre ellos.



17º DOMINGO DEL TIEMPO ORDINARIO

RECOJAN

Después de que todos se saciaron, dijo a sus discípulos: "Recojan los pedazos sobrantes, para que no se desperdicien". - Jn 6, 12

Leccionario © 1987 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano.

LA CORRESPONSABILIDAD DIARIA

Te sientas en un restaurante y pides una bebida y un aperitivo. Luego pides el plato principal con ensalada. Cuando has consumido todo eso, pides un postre. Te vas después de haber pasado un buen rato, pero tus pantalones ya no te quedan tan bien. Estás tan lleno, que te arrepientes de haber pedido todo eso. Tus ojos fueron más grandes que tu estómago. Ordenaste lo que querías, no lo que necesitabas.

En nuestra vida cotidiana, queremos muchas cosas. Queremos resultados y una buena fortuna que pensamos que nos cambiarán la vida. Sin embargo, cuando recibimos estas cosas, muchas veces nos damos cuenta de que queremos más. Peor aún, si no lo conseguimos, podemos sentir que nuestra vida está incompleta.

Dios siempre suplente lo que necesitamos. Puede que no sea lo que queremos. Nuestros ojos pueden engañarnos y hacernos creer que lo que recibimos no es suficiente para satisfacernos. Si confiamos en Dios y buscamos vivir solo con aquello que nos sostiene en lugar de sumergirnos en el exceso, descubriremos que somos más felices y más prósperos y estamos en paz. Nadie debería sentirse superado por demasiado de ninguna cosa. Dios sabe lo que necesitamos, aunque no podamos verlo.

-Tracy Earl Welliver, MTS



LAS LECTURAS Y CONMEMORACIONES SEMANALES

Las lecturas de la semana del 22 de julio de 2018

Domingo: 16o Domingo del Tiempo Ordinario

Jr 23, 1-6/Sal 23, 1-3. 3-4. 5. 6 [1]/Ef 2, 13-18/Mc 6, 30-34

Lunes: Santa Brígida, religiosa

Miq 6, 1-4. 6-8/Sal 50, 5-6. 8-9. 16-17. 21 y 23 [23]/Mt 12, 38-42

Martes: San Chárbel Makhlof, sacerdote

Miq 7, 14-15. 18-20/Sal 85, 2-4. 5-6. 7-8 [8]/Mt 12, 46-50

Miércoles: Santiago, apóstol

2 Cor 4, 7-15/Sal 126, 1-2. 2-3. 4-5. 6 [5]/Mt 20, 20-28

Jueves: San Joaquín y santa Ana, padres de la Santísima Virgen María;

Día de los Abuelos

Jr 2, 1-3. 7-8. 12-13/Sal 36, 6-7. 8-9. 10-11 [10]/Mt 13, 10-17

Viernes: Jr 3, 14-17/Jr 31, 10. 11-12. 13 [cfr. 10]/Mt 13, 18-23

Sábado: Jr 7, 1-11/Sal 84, 3. 4. 5-6 y 8. 11 [2]/Mt 13, 24-30

VERSO DEL EVANGELIO DE DOMINGO

Cuando Jesús desembarcó, vio una numerosa multitud que lo estaba esperando y se compadeció de ellos, porque andaban como ovejas sin pastor, y se puso a enseñarles muchas cosas. - Mc 6, 34

MEDITACIÓN EVANGÉLICO

Todos necesitamos tiempo para descansar. Un lugar apartado del bullicio para estar a solas es importante de vez en cuando. Es hermoso ver en este Evangelio, que Jesús mismo invita a sus discípulos a apartarse del bullicio y de las personas que los buscaban. "Vámonos aparte, a un lugar retirado, y descansarán un poco. Porque eran tantos los que iban y venían que no les quedaba tiempo ni para comer" (Mc. 6:31-32). Jesús sabía de sobra que si la misión consumía a sus discípulos, no podrían llevarla a cabo. Se necesita un balance entre el trabajo y el descanso. Es importante fijarse en la actitud de Jesús. ¿Cómo responde Jesús cuando sus apóstoles regresan de la misión? ¿Cómo responde Jesús cuando la gente los sigue hasta encontrarlos?

La respuesta de Jesús es compasiva en ambas situaciones, y su enseñanza es importante. Pastorear, guiar, acompañar, no dejar a las personas a la deriva. El punto clave es saber cuándo es necesario un descanso y cuándo es tiempo de evangelizar. El reto para la sociedad de hoy es aprender a tomar un tiempo de descanso. Todos corren de un lado a otro. Van contra reloj. El trabajo y las actividades abruman. Los doctores, consejeros y psicólogos están saturados de pacientes con la enfermedad llamada tensión. Se debe poner en práctica la enseñanza de Jesús; saber descansar es esencial. Por ejemplo, los domingos son para estar con la familia y los amigos, para disfrutar de una buena comida junto con ellos. ¿Cuándo fue la última vez que fuiste de vacaciones con tu familia?

VIVIR LA LITURGIA - INSPIRACIÓN DE LA SEMANA

Las diversas imágenes que tenemos de Dios ayudan a enmarcar nuestra relación con Él. ¿Alguna vez hemos imaginado a Jesús profundamente conmovido con emoción y llanto por nosotros? A menudo somos ovejas sin pastor, atraídas por el vacío de las atracciones mundanas y los deseos superficiales. Nos hemos perdido. Dios está profundamente conmovido por nuestro dolor, nuestra soledad y nuestra angustia. Dios no juzga ni condena. Él ama, y es misericordia en sí mismo. Conoce de primera mano el dolor de estar perdido y solo, y quiere enseñarnos acerca de su misericordioso amor. ¿Queremos que nos enseñe? Escucha la palabra de Dios y ábrete a la presencia de Dios en la Eucaristía.

Este fin de semana, 28 y 29 de julio, únase a los representantes de **LOS SERVICIOS FUNERARIOS Y DE CEMENTERIO CATÓLICOS**, 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.

" 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
Deacon Omar Bardales
Sister Jenny Aldeghi, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
Carmen Perez, Secretary
Katie McAllister, Bookkeeper
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.

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



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

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August 2018

"Together with a culture of work, there must be a culture of leisure as gratification. To put it another way: people who work must take the time to relax, to be with their families, to enjoy themselves, read, listen to music, play a sport."
~Pope Francis~

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Weekday Mass Schedule: Monday to Friday - 12:10 pm and Monday to Thursday - 5:10 pm (Unless otherwise indicated)</p>			1 Communion & Liberation 7:15 pm Spanish 1pm Mass Choir Rehearsal 7:15pm	2 Baptism Class - English 7:00pm	3	4
<p>18th Sunday in Ordinary Time</p> <p>Mass 7:30am, 9:00am, 11:00am*, 5:00pm Spanish: 1:00pm, 7:00pm, Chinese: 3:00pm RCIA - Breaking of the Word at the 9am Mass</p>	5	6 Pro-Vida meeting Spanish - 7:00 pm RCIA: Evening Prayer 6:30pm RCIA: Class 7:00pm	7 Spanish 7pm Mass Choir Rehearsal 6:00pm	8 Communion & Liberation 7:15 pm Spanish 1pm Mass Choir Rehearsal 7:15pm	9 Baptism Class - Spanish 7:00pm	10 11
<p>19th Sunday in Ordinary Time</p> <p>Mass 7:30am, 9:00am, 11:00am*, 5:00pm Spanish: 1:00pm, 7:00pm, Chinese: 3:00pm RCIA - Breaking of the Word at the 9am Mass</p>	12	13 RCIA: Evening Prayer 6:30pm RCIA: Class 7:00pm	14 Vigil Mass for the Assumption 5:00 pm The Men's Group 7:15 pm Spanish 7pm Mass Choir	15 Holy Day of Obligation  The Assumption of the Blessed Virgin Mary Mass: 12:10 pm, 5:00 pm, and in Spanish at 7:00 pm	16	17 18 Baptisms - English 9:00 am
<p>20th Sunday in Ordinary Time</p> <p>Mass 7:30am, 9:00am, 11:00am*, 5:00pm Spanish: 1:00pm, 7:00pm, Chinese: 3:00pm RCIA - Breaking of the Word at the 9am Mass</p>	19	20 RCIA: Evening Prayer 6:30pm RCIA: Class 7:00pm	21 Spanish 7pm Mass Choir Rehearsal 6:00pm	22 Communion & Liberation 7:15 pm Spanish 1pm Mass Choir Rehearsal 7:15pm	23	24 25 Baptisms - Spanish 9:00 am
<p>21st Sunday in Ordinary Time</p> <p>Mass 7:30am, 9:00am, 11:00am*, 5:00pm Spanish: 1:00pm, 7:00pm, Chinese: 3:00pm RCIA - Breaking of the Word at the 9am Mass</p>	26	27 RCIA: Evening Prayer 6:30pm RCIA: Class 7:00pm	28 Spanish 7pm Mass Choir Rehearsal 6:00pm	29 Communion & Liberation 7:15 pm Spanish 1pm Mass Choir Rehearsal 7:15pm	30	31 Movie Night 6:00pm 
						<p>The Rosary Club returns September 5th</p>



Chinese Community Column 華人團體專欄

五餅二魚

何光榮神父

在今天的福音中，耶穌以奇蹟餵養了人們。耶穌以五個餅和兩條魚餵養了一大群人。

想一想：

德蘭修女曾經遇到過一個幾天都沒有吃過飯的家庭。

她給這家人送了一小份米飯。

這個家庭的母親對她做的事令她感到驚訝。

那個母親把米飯分成兩半。

她拿了一半的米飯去了隔壁的家，

看到母親的行為，修女問道：

「你沒有為自己的家人留下多少米飯？」

那個母親回答說：「但我的鄰居也幾天沒有吃過飯。」

德蘭修女說：「那是最偉大的。」



最偉大的是能夠看到別人的需要。

我們不能像耶穌那樣從五餅二魚中增加食物，但我們可以與飢餓的人分享我們的食物。

5 Loaves of Bread and 2 Fishes

by Fr. Nicholas Ho

In today's Gospel, Jesus feeds the people miraculously. With 5 loaves of bread and 2 fish, Jesus feeds a large crowd.



Consider this:

Mother Teresa once came across a family that had not eaten for days.

She gave a small quantity of rice to the family.

What the mother of the family did surprised her.

The mother divided the rice into two halves.

She took one half of the rice and went to the family next door.

Seeing the mother's action she asked:

"You have not much left over for your own family?"

The mother replied: "But my neighbors have not eaten for days too."

"That", Mother Teresa said, "Is the Greatest."

The Greatest consisted in being able to look beyond one's own need.

We cannot multiply food as Jesus did but we can share our food with those who are hungry.

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？”報了名參加避靜的教友，請攜帶聖經並穿上SCCC的T

恤。

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?" Those who already signed up please bring a copy of the bible and wear the SCCC T-shirt.

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