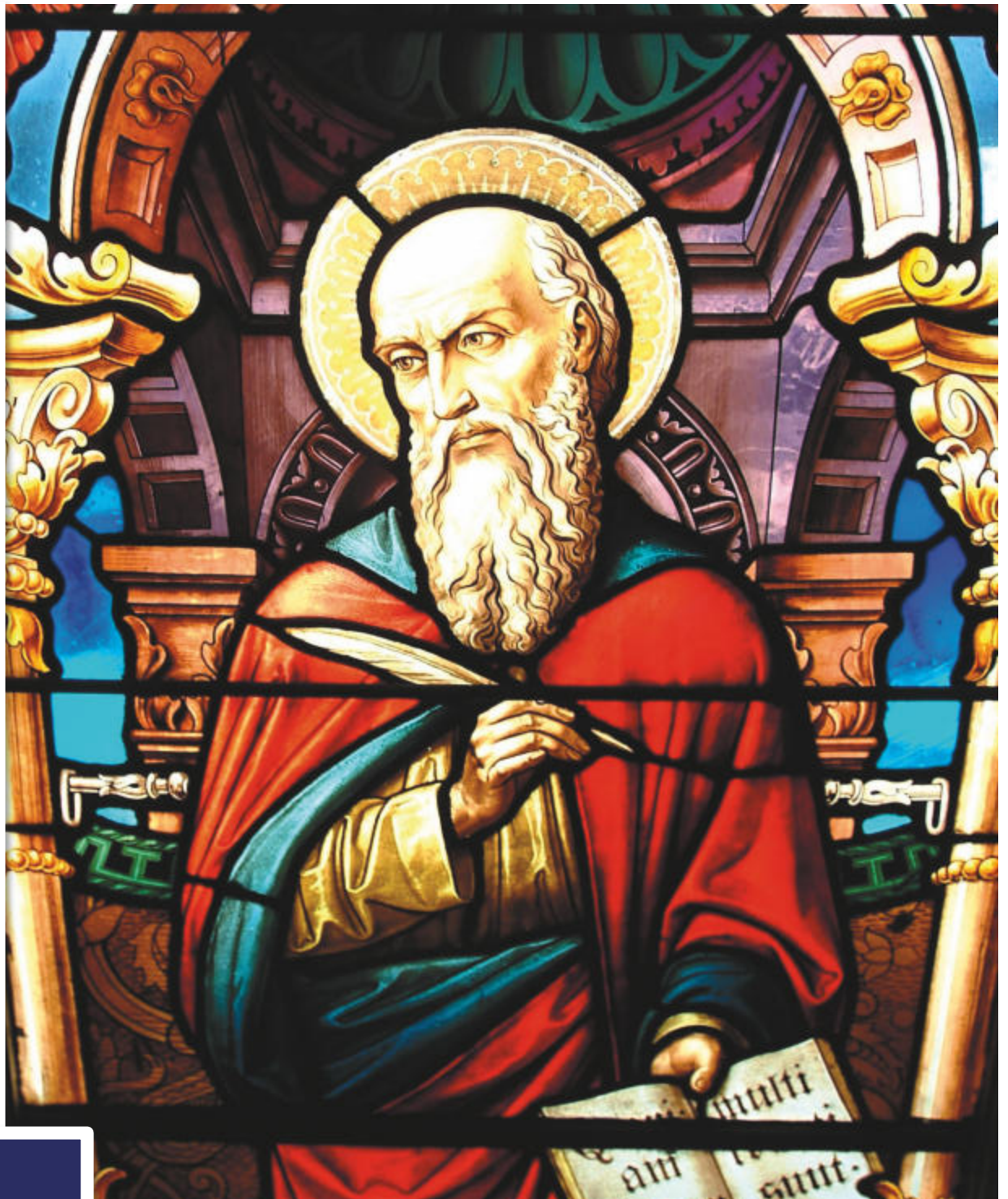


March 15 2020 - The Third Sunday of Lent



Volume 20 * Issue 11

CATHEDRAL OF THE BLESSED SACRAMENT

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

Pastor's Corner

The Woman at the Well

The sky blues in the heat of the late morning and
clouds shadow on distant hillsides.

She climbs the familiar path to the barren reservoir.

Unleashed bitterness and regret
sniff around every boulder and bush
marking some old territory that faintly holds a desire.

The course clods its way to the lookout,
but in is all she sees.

At the top, she rests no rest resting on hardness.

Dusting sneakers, a breeze teases but courting clouds have lost all promise,
and she as motionless as the most distant
resigns, and heavy
drops her head and holds...

Yet, startled from somewhere, a splatter wets her skin.
Called, she sees overhead, clouds bursting upon her drought
and, arms over head, she resists,
but all her false hopes drown as this
stranger presence from the heaven will not rest
until she is bursting with new life!

Fr Michael

EVERYDAY STEWARDSHIP

The 6 Characteristics of an Everyday Stewardship for Lent – Grateful

Happy Birthday! It may or may not be your birthday now, but I know it will be coming up at some point. I hope you receive many cool presents and get to spend quality time with friends and family. On special days like birthdays, Christmas, and anniversaries, it is good to celebrate. After all, we need some fun and celebration in our lives.

But what about the day after? Presents remain, but the presence of others may be over, and it is back to the daily grind. Yesterday, you were filled with gratitude. You hold the memory of yesterday still close so that fuels you for the day. However, how about 2, 3, or 4 days from then? The truth is that many joys in this life cannot stay with us forever. They belong to a certain place in time. We will have our memories, yet those thoughts will never be a suitable substitute for the real thing.

There is one joy that remains throughout all our days: the joy we find in Jesus. What he gives us does not fade. The amazing thing about what he offers us is that it also provides a lens through which we see all things. Now we can see the smallest reasons to be grateful. We no longer have a life where we go from one celebration to another with the ordinary in between. All life and time are extraordinary! All gifts, great and small, are precious. This offering seems too good to be true, so what's the catch? Like all gifts given to us, for the gift to have meaning, we must be willing to receive it. The choice is yours. You can live in the ordinary, or you can revel in the extraordinary, now and forever.

- Tracy Earl Welliver, MTS

QUESTION:

Does watching Mass on TV fulfill my Sunday obligation?

ANSWER:

In the age of instant communication, email, voice mail and teleconferencing, many people wonder if these media of communication can be used for sacraments. Many priests, I am sure, have had people ask about going to confession on the phone. While it may seem like a convenient way to do things, there are many reasons why we don't.

Watching the Mass on television can be a good thing, especially for those who are shut-in. But it really doesn't fulfill our obligation. The obligation to attend Mass is more than just simply listening to the Mass or following the prayers and the readings. Gathering together as a community of faith is important. Sacraments are community events where we encounter God and one another. When we gather together, we are most visibly the Church, the Body of Christ. Besides, television is a one-way medium. It allows us to watch without really being able to give a response. In faith, our response is as important as anything that we hear. We need to take an active part in the religious expression of our community.

WHAT DID THE IRISH MONKS ON SKELLIG MICHAEL DO ALL DAY

(AND HOW DID THEY SURVIVE)? by Philip Kosloski | voyagecomics.com

Over a thousand years ago there lived a group of hermit-monks on an island off the coast of Ireland. They were almost entirely cut off from the world and were (voluntarily) stranded on an island that was relatively small and treacherous to live on.

Remarkably the community inhabited the island of Skellig Michael for over six hundred years. The big question that everyone wants to know is this: what did they do there and how did they survive?

Early Christian monasteries were inspired by the words of Saint Paul to "pray without ceasing" (1 Thessalonians 5:17) and developed a daily regimen where they frequently stopped what they were doing and prayed seven times a day.

In imitation of these early monasteries, the Irish monks held fast to the following hours of prayer.

*Prime (6 a.m.), Terce (9 a.m.), Sext (noon), None (3 p.m.), Vespers (6 p.m.)
Nocturns (midnight), Matins (3 a.m.).*

During these hours of prayer, the monks chanted three Psalms and listened to a reading from either the Old Testament or the New Testament. The monks developed a cycle where they chanted all 150 Psalms in Latin every few days, distributed between all the hours. This they did by memory, being one of the first requirements of the monastery. The other readings from scripture, however, would have been read from manuscripts that were copied by the monks.

One of the primary hinges of the monk's prayer life was the celebration of Holy Mass. At first, Mass was only celebrated on Sundays and special feast days, but it soon became the norm to celebrate Mass every day. It was within the context of the Mass that the monks would receive the very Body, Blood, Soul and Divinity of Jesus Christ, truly present under the appearances of bread and wine.

This regimen of prayer (typically called a *horarium*), added to the monks green martyrdom and provided a daily opportunity for sacrifice. It also meant that their daily work was constantly being interrupted for prayer, reminding the monks of their primary duty as spiritual warriors.

Besides prayer, the monks had a very lean diet of food. Fasting was a primary focus for these spiritual monks as they saw excessive food as a grave temptation. This was especially true during Lent, when they would only eat every few days.

Food was also relatively scarce on the island, consisting of a diet of fish, birds (*Porgs*...I mean, Puffins), eggs, and possibly seal, besides what they were able to trade for on the mainland. They also cultivated a small garden on the island that supplemented their meager diet.



Otherwise their work would have revolved around building and repairing the stone huts and walls as well as copying ancient manuscripts. It was a simple life, one that was focused entirely on God, with the ultimate hope of reaching the Eternal Shores of Heaven.

THE THIRD SUNDAY OF LENT



Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem." (Jn 4:21)



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! Contact ActsSocialEvents@gmail.com to reserve your spot. Mail your check to the Cathedral (ACTS Bunco in the memo line) or look for us after Mass in the Vestibule.



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: Liliانا Balderrama (916) 912-8256 or Veronica Avina (916) 205-0713 or go to 40daysforlife.com/sacramento.

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**.

CHRISM MASS

Thursday, April 2, 2020 at 6:00 pm - The Chrism Mass is one of the most beautiful liturgies of the Church. At this Mass the Bishop blesses the oils that will be used throughout the diocese for the coming year. Also as a vivid expression of our unity the priests of the diocese come together to renew their commitment to priestly service. The Chrism Mass is a reminder that we are priestly people, called to proclaim the gospel, inspired by the sacraments we have received. You are cordially invited to join Bishop Soto, the priests of the diocese and your Catholic brothers and sisters to celebrate the Chrism Mass, and to pray for God's continued blessings on the Church of Sacramento.

CORONA VIRUS

In light of concerns regarding the corona virus and the flu, we wish to remind you of the following directives, which were initially promulgated in late November. These directives are intended to protect the health and well-being of everyone, while at the same time maintaining the solemnity of the Mass:

- 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 hold hands during the Our Father.
- Effective immediately, Bishop Soto instructs all priests and deacons at Mass not to invite the assembly to exchange the sign of peace. After the priest says "The Peace of the Lord be with you always" and the assembly responds "And with your Spirit" he should proceed directly to the fraction rite. Prior to Mass the priest should advise the assembly of this change. This will remain in effect until further notice.
- Extraordinary ministers of Holy Communion must cleanse their hands with an alcohol-based antiseptic before and after administering Holy Communion. This also applies to those who take Holy Communion to the homebound. (from the Office of Worship of the Diocese of Sacramento)

Middle of Lent

During this period of Lent, people would fast, deny self of certain pleasures, pray, pray the Rosary and do alms giving. The reason for this is so that people would work on their weakness and failings so as to improve themselves. This is a time of struggle, a time to replace their failures, weakness and sin with improvement in one's life. It is a progression towards Christ like behavior. It is a time of dying and rebirth, a time to turn towards God, a time to become in balance with life, a time of reconciliation towards God and others, a time to take stock of one's life.

The catechumens (the elect) go through a celebration called the rite of the Scrutinies. Communal prayers are given so as to strengthen the catechumens to overcome the power of sin in their lives and to grow in virtue. The catechumens scrutinize their own lives and allow God to scrutinize them and to heal them.

The catechumens aren't the only ones who scrutinize themselves. Even long time believers scrutinize themselves so as to become better people. Nobody is exempt because nobody has achieved perfection. This is a lifelong process and will continue on through Purgatory until people become perfect so that they can enter into Heaven and be with God. One could say that Purgatory is a type of Lent in the sense that those who are in Purgatory are focused on letting go of their sin and becoming perfect as Christ is perfect.

It is also a time of preparation for Easter and the coming of Christ. People read scripture, pray and go to Mass as often as possible. Every Friday people go to church to watch the Stations of the Cross. People prepare their hearts and minds so as to be ready when the Lord comes. (thegnostictruth.wordpress.com)

THIS WEEK AT OUR PARISH

CATHEDRAL KIDS



Date	Mass / Intentions / Readings	Observances & Cathedral Events
Saturday March 14	5:00 pm / Carlos, Mara & children S.I. Mi 7:14-15, 18-20/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/ Lk 15:1-3, 11-32	8pm to midnight Nightfever
Sunday March 15	7:30 am / Marie-Rachel Tondjo + & Anita Buckman + & Barthelemy Gnidote + 9:00 am / Samantha Reyes S.I. 11:00 am / Abraham Chang + 1:00 pm (Spanish)/ People of the Parish 3:00 pm (Chinese) 5:00 pm / Jose & Luisa S.I. 7:00 pm (Spanish)/ Samuel Martinez S.I. Ex 17:3-7/Ps 95:1-2, 6-7, 8-9/Rom 5:1-2, 5-8/Jn 4:5- 42 or 4:5-15, 19b-26, 39a, 40-42	3rd Sunday in Lent 9am First Scrutiny
Monday March 16	12:10 pm / All Souls + 5:10 pm / Carlos, Mara & children S.I. 2 Kgs 5:1-15b/Ps 42:2, 3; 43:3, 4 [cf. Ps 42:3]/Lk 4:24- 30	
Tuesday March 17	12:10 pm / Allan Olson + 5:10 pm / Jose Francisco Martinez + Dn 3:25, 34-43/Ps 25:4-5ab, 6 and 7bc, 8-9 [6a]/Mt 18:21-35	SAINT PATRICK'S DAY
Wednesday March 18	12:10 pm / Fern Claus + 5:10 pm / Jose & Luisa S.I. Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20 [12a]/Mt 5:17- 19	St. Cyril of Jerusalem, Bishop and Doctor of the Church
Thursday March 19	12:10 pm / All Souls + 5:10 pm / Paul Slayback S.I. 2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3, 4-5, 27 and 29/ Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41- 51a	Saint Joseph, the Spouse of the Blessed Virgin Mary
Friday March 20	12:10 pm / Ken & Raymonda Walker S.I. 12:45 pm / Station of the Cross in English 7:00 pm / Estaciones de la Cruz No Benediction or Adoration during Lent Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17 [cf. 11 and 9a]/Mk 12:28-34	
Saturday March 21	5:00 pm / Sylvester Joseph + Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab [cf. Hos 6:6]/Lk 18:9-14	

Read the Gospel and Color



Sharing the Gospel - Jews didn't usually like the people from Samaria, let alone visit one of their towns or talk to any of them. Men didn't usually talk to women back then, either. When Jesus talked to the woman at the well, Jesus broke those silly rules. Jesus saw into the woman's heart and knew that she needed God in her life. Jesus came to rescue her from her sin. She was so happy that she invited everyone in her town to meet Jesus, too.

Prayer - Dear God, thank you for caring about me, no matter where I live, and no matter what I have done wrong.

Mission for the Week - Ask God to open your heart so that you will be friends with other kids, no matter what they look like.

Puzzle

Unscramble words from today's Gospel:

Sychar	well	truth
woman	worship	faith
drink	Father	Savior

Scyhra **S y c h a r**

wroshpi _____

fatih _____

wmoan _____

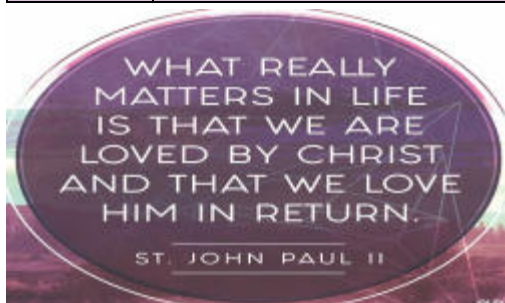
Fethar _____

Svairo _____

wtel _____

turth _____

dirkn _____



PARISH FINANCIAL REPORT

Weekly Offertory:

February 15/16	\$7,933
February 22/23	\$9,209
February 29/March 1	
March 7/8	\$7,252

Esquina del Pastor

La mujer en el pozo

El cielo está azul en el calor de la madrugada y
Sombras de nubes en laderas distantes.
Ella sube el camino familiar hacia el embalse estéril.
Desencadena la amargura y el arrepentimiento
olfatear alrededor de cada roca y arbusto
marcando un territorio antiguo que débilmente tiene un deseo.
El curso se dirige al mirador,
pero en es todo lo que ve.
En la parte superior, ella no descansa descansando sobre la dureza.
Desempolvando zapatillas, se burla una brisa pero las nubes de cortejo han
perdido toda promesa,
y ella tan inmóvil como la más distante
renuncia y pesado
deja caer la cabeza y sostiene ...
Sin embargo, sobresaltada por alguna parte, una salpicadura moja su piel.
Llamada, ella ve arriba, nubes estallando sobre su sequía
y con los brazos sobre la cabeza, ella se resiste,
pero todas sus falsas esperanzas se ahogan cuando esto
extraña presencia del cielo no descansará
hasta que estalle de nueva vida!

Fr Michael

LAS LECTURAS Y LAS CONMEMORACIONES DE LA SEMANA

Domingo: 3^{er} Domingo de Cuaresma

Ex 17, 3-7/Sal 95, 1-2. 6-7. 8-9/Rom 5, 1-2. 5-8/Jn 4, 5-42
o 4, 5-15. 19-26. 39. 40-42

Lunes: 2 Re 5, 1-15/Sal 42, 2. 3; 43, 3. 4 [cfr. Sal 42, 3]/Lc 4, 24-30

Martes: San Patricio, obispo; Día de San Patricio

Dn 3, 25. 34-43/Sal 25, 4-5. 6 y 7. 8-9 [6]/Mt 18, 21-35

Miércoles: San Cirilo de Jerusalén, obispo y doctor de la Iglesia
Dt 4, 1. 5-9/Sal 147, 12-13. 15-16. 19-20 [12]/Mt 5, 17-19

Jueves: San José, esposo de la Santísima Virgen María

2 Sm 7, 4-5. 12-14. 16/Sal 89, 2-3. 4-5. 27 y 29/
Rom 4, 13.

16-18. 22/Mt 1, 16. 18-21. 24 o Lc 2, 41-51

Viernes: Os 14, 2-10/Sal 81, 6-8. 8-9. 10-11. 14 y 17 [cfr. 11 y 9]/
Mc 12, 28-34

Sábado: Os 6, 1-6/Sal 51, 3-4. 18-19. 20-21 [cfr. Os 6, 6]/Lc 18, 9-14

MEDITACIÓN

En este tercer Domingo de Cuaresma, Jesús es el pozo de agua viva que guía a la mujer samaritana a profundizar en el Espíritu y en la verdad. También, guía a los discípulos a profundizar en su misión para recibir la cosecha que ya está lista. Alabanza, misión y creer que Cristo es el camino hacia la vida eterna. ¡Todos, este Domingo necesitamos de tomar de esa agua viva que es Cristo! "Señor, dame de esa agua, y así ya no sufriré la sed ni tendré que volver aquí a sacar agua." (Juan 4:15)

El Papa Francisco nos ilumina con la siguiente homilía:

"Jesús, habla de un agua diversa...el agua que dona la vida eterna fue infundida en nuestros corazones en el día de nuestro bautismo, ahora Dios nos ha transformado y llenados de su gracia. Pero puede darse que hayamos olvidado este gran don, o reducido a un mero dato, y quizá vamos en busca de 'pozos' aunque no nos sacian la sed. [El Evangelio es para nosotros.] Jesús nos habla como a la samaritana. Ciertamente nosotros ya lo conocemos, pero quizá no lo hemos acogido personalmente, y no lo hemos todavía reconocido como nuestro Salvador. Este tiempo de Cuaresma es la ocasión buena para acercarse a él, encontrarlo en la oración en un diálogo corazón a corazón, ver su Rostro en el rostro de un hermano o de una hermana sufriendo. De este modo podemos renovar en nosotros la gracia del bautismo, saciarnos en la fuente de la Palabra de Dios y de su Santo Espíritu, es así descubrir la gloria de convertirnos en artífices de reconciliación instrumentos de paz en la vida cotidiana."

¿Qué piensas de esta homilía del Papa?

VIVIR LA LITURGIA

"¿Está el Señor entre nosotros o no?" ¿Alguna vez te has encontrado haciéndote esta pregunta? Hallar la presencia de Dios y tener un encuentro verdadero con Dios no siempre son tareas fáciles. Cuando buscamos a Dios solo con nuestras mentes, corremos el riesgo de reducir a Dios a una simple idea en lugar de encontrarlo como alguien real y realmente presente para nosotros. Todos tenemos que luchar con quiénes somos y lo que le da un propósito y un significado a nuestras vidas. A menudo, podemos confundirnos y entender mal no solo quiénes somos, sino quién es Dios. Incluso los discípulos y la mujer samaritana en el pozo perdieron el punto que Jesús estaba tratando de hacer. Solo hay una persona que puede satisfacer los anhelos y añoranzas más profundos de nues-

tros corazones. Solo Jesús puede llevarnos a la verdad y proporcionar el agua que puede saciar nuestra sed. Cada uno de nosotros, no solo con la cabeza sino también con el corazón, debe llegar a ver que Jesús es el Salvador del mundo. Solo cuando podamos honestamente hacer esta confesión sabremos que Dios está realmente presente.

LA CORRESPONSABILIDAD DIARIA

Las 6 Características de una Corresponsabilidad Diaria para la Cuaresma – El Agradecimiento

¡Feliz cumpleaños! Puede o no ser tu cumpleaños ahora, pero sé que llegará en algún momento. Espero que recibas muchos regalos geniales y pases tiempo de calidad con amigos y familiares. En días especiales como cumpleaños, Navidad y aniversarios, es bueno celebrarlo. Después de todo, necesitamos algo de diversión y celebración en nuestras vidas.

¿Pero qué pasa al día siguiente? Los regalos permanecen, pero la presencia de otros puede haber terminado, y es tiempo de regresar a la rutina diaria. Ayer, estabas lleno de gratitud. Mantienes el recuerdo del ayer aún cerca, así que eso te da energía para el día. Sin embargo, ¿qué tal 2, 3 o 4 días después? La verdad es que muchas alegrías en esta vida no pueden quedarse con nosotros para siempre. Pertenecen a cierto lugar en el tiempo. Tendremos nuestros recuerdos, pero esos pensamientos nunca serán un sustituto adecuado de lo real.

Hay una alegría que permanece durante todos nuestros días: la alegría que encontramos en Jesús. Lo que Él nos da no se desvanece. Lo sorprendente de lo que nos ofrece es que también proporciona un lente a través del cual vemos todas las cosas. Ahora podemos ver las razones aún más pequeñas para estar agradecidos. Ya no tenemos una vida donde vamos de una celebración a otra con lo ordinario en el medio. ¡Toda la vida y el tiempo son extraordinarios! Todos los regalos, grandes y pequeños, son preciosos. Esta oferta parece demasiado buena para ser verdad, entonces, ¿cuál es el truco? Como todos los regalos que se nos dan, para que el regalo tenga sentido, debemos estar dispuestos a recibirlo. La decisión es tuya. Puedes vivir en lo ordinario, o puedes deleitarte en lo extraordinario, ahora y para siempre.

- Tracy Earl Welliver, MTS





CATHEDRAL OF THE BLESSED SACRAMENT

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

March 15, 2020 ~ Lent, Year A, Cycle II, Liturgical Color: Violet

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

cathedralsacramento.org

    Text "app" to 88202

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.



SERVING THE SACRAMENTO DIOCESE SINCE 1889

"The Cathedral is for Everyone."

Bishop Patrick
Manogue
~1886~

PASTORAL AND ADMINISTRATIVE STAFF

Father Michael O'Reilly, Pastor / 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

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Eileen Dunn Russell Almaraz
Jose Solis Paty Davila
Jeff Weiss Ellis Chan
Esteban Arellano Joey Martinez
Aileen Rasmussen Roland Bordon
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Robert Ingenito, Chairperson
Michael Pease Janet Bardales
Steve Harrold Lyssa Black

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*): (_____) _____

Street Address (*Domicilio*): _____

City (*Ciudad*): _____

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

Email: _____

For additional family members, please attach a separate sheet.

Please indicate:

New Parishioner/Individual

New Parishioners/Family

Change of Address

Please send Offertory Envelopes

Por favor indique:

Nuevo Parroquiano / Individuo

Nuevo Parroco / Familia

Cambio de Dirección

Por favor envíe Sobres de Ofertorio

Altarservers

Michael Ognisty, mfognisty@msn.com.

Benedictus Youth Group

Victoria Ramos, benedictusyg@gmail.com

Brown Bag Lunch Ministry

Marilynn Fairgood, Marilynn_Fairgood@att.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

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

Bishop of Sacramento

2110 Broadway, Sacramento, CA 95818,

Phone 916-733-0100

~ scd.org



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每日當責 - 在日常生活中體會天主

善度四旬期生活的六項特質之三 - 感恩

生日快樂! 今天可能是你的生日也可能不是, 但我知道你的生日終有一天會到來。我希望你收到許多很酷的禮物, 並且可以與家人和朋友共度美好時光。諸如生日, 聖誕節和周年慶這些特別的日子, 都是值得慶祝的, 畢竟我們的生活中, 需要有這些樂趣和慶祝。

但是在這些慶祝之後呢? 禮物仍在, 但其他人事已不再出現, 日子又回復到例行公事裡。昨天, 你充滿了感恩之情, 而昨天的記憶尚未遠去, 這促使你今天的生活仍充滿著活力。然而過了兩天, 三天或四天之後呢? 事實上許多記憶的歡樂無法永遠與我們常在, 它只屬於特定的時空, 我們會擁有自己的記憶, 但這些記憶從來不會被任何真實的物品取代。

在我們終其一生的歲月裡, 只有一種喜樂會永存, 那就是在耶穌基督內找到的喜樂, 祂的賜予永不退色。另人驚異的是, 祂所提供我們的, 就是我們看待萬事萬物的角度, 使我們現在可以看到足以感恩的最小理由。我們已經不需再過著夾雜在平凡日子中, 一個又一個的歡慶裡。所有的生命和時光都是特別的! 所有的禮物不分大小, 都是珍貴的。這樣看來我們所得到的似乎好得難以置信, 而你從中獲得了甚麼呢? 所有給予我們的禮物都有它的意義, 我們應該好好地接受。一切選擇在你, 你可以生活過得很平凡, 也可以陶醉在超凡之中, 從現在直到永遠。

~ Tracy Earl Welliver, MTS

能夠有自由意志去作出選擇, 其實是天主賜給人類的一份珍貴禮物。我作的自由抉擇, 是為回應天主的慷慨, 還是為滿全自我的私心?

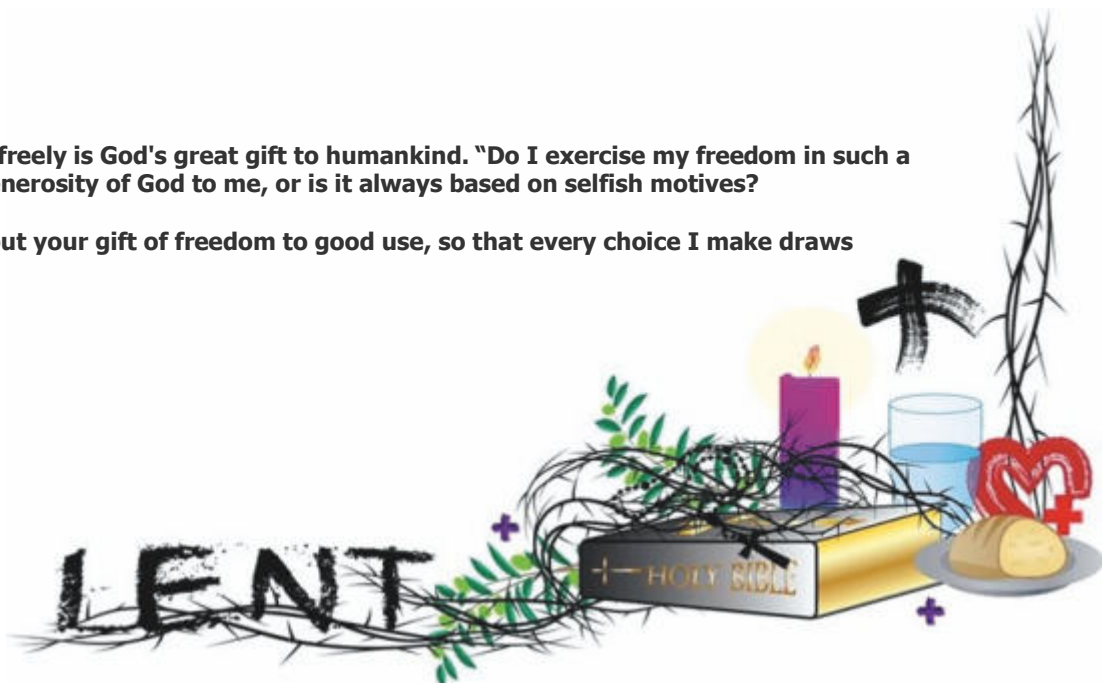
讓我們祈禱: 天主, 求祢幫助我善用祢賜給我的自由, 讓我的每個選擇都助我更加走進祢!

- 生命恩泉

To be able to make choices freely is God's great gift to humankind. "Do I exercise my freedom in such a way as a response to the generosity of God to me, or is it always based on selfish motives?"

Let us pray: Lord, help me put your gift of freedom to good use, so that every choice I make draws me closer to you.

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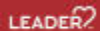
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