

March 8 2020 - The Second Sunday of Lent



Volume 20 \* Issue 10

CATHEDRAL OF THE BLESSED SACRAMENT

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





## Pastor's Corner

Well, it's Lent, and I'm trying to stay off my computer and simplify my life. Hence, a hand written pastor's corner. Our Bulletin editor, Lyssa, will probably think I'm just trying to annoy her. Most people reading this have probably already given up and I also realize how quickly I will run out of space on only one page.

It seems strange today to remember that this form of communication - hand writing - was the principle means of <sup>my</sup> learning well into my college years. All notes, papers and exams were accomplished through pen and paper. I can't tell you how many times I rewrite this and start from scratch and print more clearly. I ~~for~~ find myself using extra easy words to spell because I can't find my dictionary and after half a page, I've still said nothing.

What a gift the modern computer and word processor is (are?). People's thoughts and comments can flow onto the page and just about everybody today has a way to express themselves publicly. In all sincerity, I believe modern social media is a gift. As a gift, it should never be abused or wasted or lead us away from even greater gifts, like family and friends and church and God.

FR - Michael ☺



# How my Lent of love has created my love of Lent

by Maria Garabis Davis

**After years of failing at this season of conversion and sacrifice, I finally cracked the code ...**



When it comes to Lent, I'm pretty sure I've done it all: no sugar, more daily Masses, no alcohol, no bread, no cream in my coffee, daily Rosary, cold showers, and hair shirt. OK, so maybe not hair shirt but, at one time I thought about it.

Yes, I admit, I'm a classic over-committer to the idea of Lenten penance. Which is probably why, for years, my Holy Week would always arrive with the same bitter

realization: I was a Lenten failure. Over the 40 days, one by one, I would rationalize my Lenten promises away until I was inevitably left with none. And on Easter morning, I made a solemn vow that next year, I'd commit to Lent, be tried and true, and really celebrate Easter morning.

After years of breaking up with Lent mid-season, I finally cracked the code. Lent is about love. The love that Jesus Christ has for me and for you.

To really experience Lent, I had to put love into it.

I realized that Lent wasn't about *what* the sacrifice was, but *who* the sacrifice was for. Saying no to chocolate means something more when you are doing it with the intention of the full healing of your friend's breast cancer. Likewise, getting up when your alarm rings is exponentially more powerful when your intention for that day is the holiness of your children.

This connection between sacrifice and love, directed outward, always perfected by loving others, is exemplified and preached again and again by the great saints of our Church.

**St. Gianna Molla** said perfectly, "Love and sacrifice are closely linked, like the sun and the light. We cannot love without suffering and we cannot suffer without love."

**Or St. Maximilian Kolbe**, who gave his life in Auschwitz for another prisoner, "Let us remember that love lives through sacrifice and is nourished by giving. Without sacrifice, there is no love."

And maybe the most beautiful sentiment of them all is when **Jesus, Himself, said to St. Faustina**, "A single act of pure love pleases me more than a thousand imperfect prayers."

Lent, to me, has now become the most moving and prayerful part of my year. It can be yours, too.

## Here's what I do:

I write down 40 names and assign each day of Lent to one person on the list. Then, each day of the season, I offer whatever sacrifices I can for that person. I pray for them and I fast for them.

Sometimes I let the person know it's their day and sometimes I don't. It's my Lent of love that has created my love of Lent. And it can for you too.

Be assured of my prayers for you this lent, dear reader, I'll be remembering you and your intentions on Day 32.

## Question:

Our prayer group is discussing ways we can change and strengthen our faith. What one thing could we change that would have the greatest impact on our faith?

## Answer:

A famous coach once said that when the team is in trouble and things aren't going well, go back to the basics; when the team is winning and things are going well, go back to the basics! Any renewal program, faith development, or spiritual growth effort has to start with the basic core of what it means to believe. If the foundation is not strong, the house will not stand.

So if you work on one thing, begin with the idea that God is love, who loves us and calls us to love one another. If we really take that belief to heart, it changes how we see God, ourselves, and one another. It would change how we pray, how we treat others, and how we understand and live our own life. Our sense of mission and purpose will be more focused on God's plan and our role in it. Love is the core of faith, the goal of life, and the hope of heaven. Whatever we do to strengthen and deepen our faith will begin and end with love.



## Everyday Stewardship

### The 6 Characteristics of an Everyday Stewardship for Lent – Prayerful

When my children were younger, they could make me laugh and sometimes cry. I would have conversations about animals, nature, outer space, and so many amazing things in life. I would play with them one day and then work to bandage a boo-boo the next. There were so many dynamics to our relationship. However, one aspect was my favorite. It was when one of them would snuggle up next to me on the couch silently, often leading to sleep. There was no better feeling, and I didn't want to move for anything. It is crazy to think of all the things we would do together, and my favorite was when we essentially were doing nothing.

Do you think God desires a portion of you? Without a doubt, He wants all of you: the good, the bad, and the ugly. Walking with Him daily is so important, and we can never become the disciples and stewards we need to be without a deepening relationship. Yet, prayer is not just talking and listening. It is also being. We sometimes seek to communicate so much and do so many things that we forget the value of stewardship of presence. The giving of ourselves completely to another often requires us to simply be with that person. We feel their presence. We rest in their being. No words are needed because words would destroy the moment. This is what we are called to in a relationship with God. This is good stewardship because it is about giving of our very presence to God and receiving strength from that resting in Him. Sometimes, all we need is to snuggle up to our God on the couch.

— Tracy Earl Welliver, MTS



# THE SECOND SUNDAY OF LENT



“This is my beloved Son, with whom I am well pleased; listen to him.” (Mt 17:5b)

## Here’s a way to forgive others and let go of your pain

[Edifa](http://Edifa.com) | [Aleteia.org](http://Aleteia.org)

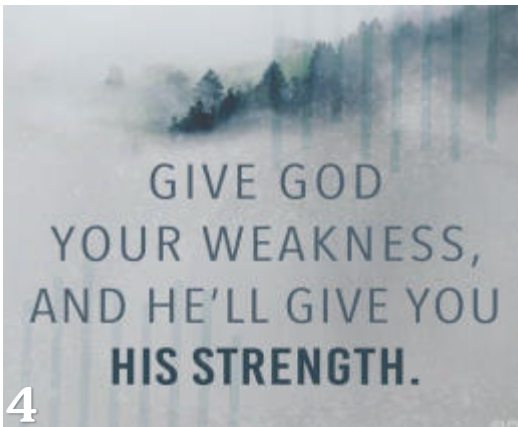


Some incidents remain deeply engraved in our memories. We have been hurt and can't stop thinking about it. But as unfair as our experiences have been, they can become transformative if we draw something positive out of them. By dwelling on them, we obstruct God's will, become their prisoner, and can't move on. How can we rid ourselves of these resentments that are weighing us down?

Some therapists propose that their patients write a letter in which they can let off steam and vent their anger. This letter could be addressed to parents, partners, or even bosses — in short, to anyone who has hurt us. You, too, can try doing this, but this letter is not meant to be sent. It is there to express the contradictory sentiments that fill you. Day after day, you can add to your letter, until you begin to feel better.

You can read the letter to a friend you trust. Then, write a second letter — this one speaking of love. It must be positive. You can express your appreciation for everything this same person has given you. Think back to any good times, try to understand this person until you begin to feel some compassion. Add something to this letter every day until you feel at peace and filled with the mercy of God.

These two steps are often needed so the past won't weigh us down and we can learn how to make sense of things. We can come out stronger, more loving, and more positive!



## “Walking with *Mary* from the Cradle to the Cross”

A Lenten Meditation on the Seven Sorrows of Mary  
Sponsored by the Lay Canossian Association

Please join us for this beautiful reflection presented by Fr. Tom O’Neil, SJ. This is a free event which will take place on March 14, 2020 at Our Lady of Lourdes Parish Hall, 1951 North Avenue, Sacramento, CA. Doors open at 8:00 a.m. Program starts at 8:30 a.m. and concludes at 2:00 p.m. Includes a 2-part presentation by Fr. Tom O’Neil, Mass and Stations of the Cross. **Please bring a bag lunch!** Questions? Contact Amy McCormick, ammccormick@att.net or (916) 801-3967.



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

### 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.



### 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**.

**COVER PHOTO:** A stained glass window of Saint Luke on the north wall of the cathedral's sanctuary.

# THIS WEEK AT OUR PARISH



Date	Mass / Intentions / Readings	Observances & Cathedral Events
<b>Saturday March 7</b>	5:00 pm / Colleen Hazen Jotter + <b>Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48</b>	Sts. Perpetua and Felicity, Martyrs  Turn your clocks ahead 1 hour tonight
<b>Sunday March 8</b>	7:30 am / Benigno Family S.I. 9:00 am / Richard Anub + 11:00 am / People of the Parish 1:00 pm (Spanish)/ Nicolas Martinez + 3:00 pm (Chinese) 5:00 pm / Cathy Canavan + 7:00 pm (Spanish)/ Christopher Albright S.I.  <b>Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22 [22]/2 Tm 1:8b-10/Mt 17:1-9</b>	<b>2<sup>nd</sup> Sunday of Lent; Daylight Saving Time Begins</b>
<b>Monday March 9</b>	12:10 pm / All Souls + 5:10 pm / Jose & Luisa S.I.  <b>Dn 9:4b-10/Ps 79:8, 9, 11 and 13 [cf. Ps 103:10a]/Lk 6:36-38</b>	St. Frances of Rome, Religious
<b>Tuesday March 10</b>	12:10 pm / Irma + 5:10 pm / Carlos, Mara & children S.I. <b>Is 1:10, 16-20/Ps 50:8-9, 16bc-17, 21 and 23 [23b]/Mt 23:1-12</b>	
<b>Wednesday March 11</b>	12:10 pm / Jaime Benigno + 5:10 pm / Carlos, Mara & children S.I. <b>Jer 18:18-20/Ps 31:5-6, 14, 15-16 [17b]/Mt 20:17-28</b>	
<b>Thursday March 12</b>	12:10 pm / All Souls + 5:10 pm / Mary Hayes + <b>Jer 17:5-10/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/Lk 16:19-31</b>	
<b>Friday March 13</b>	12:10 pm / Clyde Cleinmark + 12:45 pm / Station of the Cross in English 7:00 pm / Estaciones de la Cruz  <b>Gn 37:3-4, 12-13a, 17b-28a/Ps 105:16-17, 18-19, 20-21 [5a]/Mt 21:33-43, 45-46</b>	
<b>Saturday March 14</b>	5:00 pm / Carlos, Mara & children S.I.  <b>Mi 7:14-15, 18-20/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Lk 15:1-3, 11-32</b>	<b>8pm to midnight Nightfever</b>


 Read the Gospel and Color



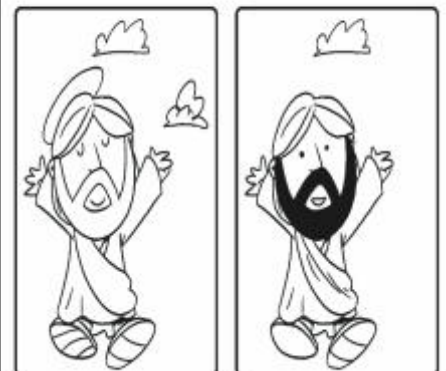
**Sharing the Gospel** - In today's Gospel reading, Jesus showed his closest friends - Peter, James, and John - what heaven would be like. Jesus' friends were amazed to see Moses and Elijah talking to Jesus. Moses and Elijah had gone to heaven hundreds of years before this day. Then Peter, James and John heard God's voice from the cloud. Jesus, their friend and teacher, was God's Son. They fell down in fear. You might, too, if you were there.

**Prayer** - Dear God, thank you for showing Jesus' friends what heaven would be like.

**Mission for the Week** - If you could see Jesus in heaven today, what would you talk about? What would you ask him?

 Puzzle

Find seven differences in this scene of Jesus in Heaven.



## CATHEDRAL PARISH STEWARDSHIP

### FEBRUARY

Weekly Offertory:


February 01/02	\$7,876
February 07/08	\$8,432
February 15/16	\$7,933
February 22/23	\$9,209

Online Giving	\$3,899
Mail-in Giving	Pending
Weddings/Other Events	Pending

The Cathedral's monthly expenses exceed **\$80,000**. Your contributions are vital for the support and care of our spiritual home. Thank you for your generosity and continued support of the Cathedral!



## La Esquina del Pastor



Bueno pues, estamos en Cuaresma, y estoy tratando de no usar mi computadora y simplificar mi vida. Por lo que la "Esquina del Pastor" esta escrito a mano. Nuestra editor del boletín, Lyssa, probablemente pensara que solo estoy tratando de molestarla. La mayoría de las personas leyendo esto probablemente ya se dieron por vencidos y también me doy cuenta lo pronto que se me acabará el espacio en solo una pagina.

Parece extraño hoy recordar que esta forma de comunicación - manuscrito - fue el medio principal de mi aprendizaje hasta la universidad. Todas las notas, tareas y exámenes eran con hechos en pluma y papel. No te puedo decir Cuantas veces he escrito esto y empezado desde el principio y tratando de escribir mas claramente. Me encuentro usando palabras extra faciles de letriar porque no puedo encontrar mi diccionario y despues de media pagina, todavia no he dicho nada.

Que regalo es la computadora moderna y el processor de datos. Los pensamientos y comentarios de las personas fluyen en la pagina y casi todo el mundo hoy en dia tiene una manera de expresarse publicamente. En toda sinceridad, yo creo que la modernas redes de comunicación social es un regalo. Como un regalo, nunca debe ser abusado o desperdiciado o que nos aleje de lo que son regalos mas valiosos, como la familia, y amigos, y la iglesia, y Dios.

P. Piquel



**E**ntonces Pedro le dijo a Jesús: "Señor, ¡qué bueno sería quedarnos aquí! Si quieres, haremos aquí tres chozas, una para ti, otra para Moisés y otra para Elías". Cuando aún estaba hablando, una nube luminosa los cubrió y de ella salió una voz que decía: "Este es mi Hijo muy amado, en quien tengo puestas mis complacencias; escúchenlo". — Mt 17. 4-5

## LAS LECTURAS Y LAS CONMEMORACIONES DE LA SEMANA

Domingo: 2º Domingo de Cuaresma; Inicio del horario de verano  
Gn 12, 1-4/Sal 33, 4-5. 18-19. 20. 22 [22]/2 Tim 1, 8-10/  
Mt 17, 1-9

Lunes: Santa Francisca romana, religiosa  
Dn 9, 4-10/Sal 79, 8. 9. 11 y 13 [cfr. Sal 103, 10]/Lc 6,  
36-38

Martes: Is 1, 10. 16-20/Sal 50, 8-9. 16-17. 21 y 23 [23]/Mt 23,  
1-12

Miércoles: Jr 18, 18-20/Sal 31, 5-6. 14. 15-16 [17]/Mt 20, 17-28

Jueves: Jr 17, 5-10/Sal 1, 1-2. 3. 4 y 6 [Sal 40, 5]/Lc 16, 19-31

Viernes: Gn 37, 3-4. 12-13. 17-28/Sal 105, 16-17. 18-19.  
20-21 [5]/Mt 21, 33-43. 45-46

Sábado: Mi 7, 14-15. 18-20/Sal 103, 1-2. 3-4. 9-10. 11-12 [8]/  
Lc 15, 1-3. 11-32



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: Liliba Balderrama (916) 912-8256 o Veronica Avina (916) 205-0713 o también en [40daysforlife.com/sacramento](http://40daysforlife.com/sacramento).

Cómo hablarle a tus hijos para que te escuchen y como escucharlos para que te hablen. ¿Quieres saber que decir para que no salgas regañado por tu mujer? ¿Qué te parecería el pagar todas tus deudas, guardar un fondo de emergencias y por fin poder comprar o pagar tu casa más rápido? ¿Sabes cómo pedir un aumento de salario o ganar más dinero en el trabajo que ya tienes? ¿Demasiado bueno para ser cierto? [www.AcademiaR3.com](http://www.AcademiaR3.com) clases sin costo por beca. ¿Más información? está pendiente a los anuncios durante la misa. (916) 905-0720 |Noche informativa 03/25 6PM Cuarto Toribio Romo.



## LA CORRESPONSABILIDAD DIARIA

### Las 6 Características de una Corresponsabilidad Diaria para la Cuaresma – La Oración

Cuando mis hijos eran más pequeños, podían hacerme reír y a veces llorar. Tenía conversaciones sobre animales, la naturaleza, el espacio y tantas cosas increíbles en la vida. Jugaba con ellos un día y después trabajaba para vendar un raspón. Había muchas dinámicas en nuestra relación. Sin embargo, un aspecto era mi favorito. Era cuando uno de ellos se acurrucaba a mi lado en silencio en el sofá, a menudo llegándose a dormir. No había mejor sentimiento, y no quería moverme para nada. Es una locura pensar en todas las cosas que hacíamos juntos, y mi favorito era cuando esencialmente no estábamos haciendo nada.

¿Crees que Dios desea una parte de ti? Sin duda, Él quiere todo de ti: lo bueno, lo malo y lo feo. Caminar con Él diariamente es muy importante, y nunca podremos convertirnos en los discípulos y corresponsables que necesitamos ser sin una relación más profunda. Sin embargo, la oración no es solo hablar y escuchar. También es ser. A veces buscamos comunicarnos tanto y hacer tantas cosas que olvidamos el valor de la corresponsabilidad en presencia. Darnos completamente a otro a menudo requiere que simplemente estemos con esa persona. Sentimos su presencia. Descansamos en su ser. No se necesitan palabras porque las palabras destruirían el momento. Esto es a lo que estamos llamados en una relación con Dios. Esto es una buena corresponsabilidad porque se trata de dar nuestra presencia a Dios y recibir fortaleza de ese descanso en Él. A veces, todo lo que necesitamos es acurrucarnos con nuestro Dios en el sofá.

- Tracy Earl Welliver, MTS

### MEDITACIÓN EVANGÉLICO

Segundo Domingo de Cuaresma; la semana pasada tentación, y ahora transfiguración. Grandes contrastes que nos llevan a reflexionar en la grandeza de la presencia del Señor entre nosotros. Al resistir la tentación es que llegamos a la transfiguración. Es un juego de armonía de la gracia de Dios en la vida del ser humano. La oración colectiva de la Misa nos ayuda a reflexionar en la maravilla de la Transfiguración: "Señor Dios, que nos mandaste escuchar a tu Hijo muy amado, dignate alimentarnos íntimamente con tu palabra, para que, ya purificada nuestra mirada interior, nos alegremos en la contemplación de tu gloria." Todos hemos sido llamados a la vida y a la luz que brilla en Cristo Transfigurado como lo atestiguan Pedro, Santiago y Juan. La Transfiguración llama a la conversión desde el fondo del corazón.

¿Qué propósito tienes en esta Cuaresma? ¿Dónde debes buscar la conversión? El Evangelio de hoy invita al encuentro con Jesús en la montaña. Si nos fijamos bien y escuchamos con cuidado, notaremos que Jesús nos mostró quien es en realidad en el misterio de la Transfiguración. Por esto Pedro le dice, convencido de la hermosura del resplandor, "Señor, ¡qué bueno sería quedarnos aquí! Si quieres, haremos aquí tres chozas, una para ti, otra para Moisés y otra para Elías." "Quedarnos aquí" pero ¿Dónde estamos? ¿Es bueno el lugar donde estamos para quedarnos? Pidamos en esta Eucaristía que el Espíritu Santo nos ayude a comprender que somos hijos e hijas de Dios y lo que esto significa.



# CATHEDRAL OF THE BLESSED SACRAMENT

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

March 8, 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](http://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](mailto: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](mailto: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](mailto: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 [jgjsla@cathedralsacramento.org](mailto:jgjsla@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](mailto:tkila@cathedralsacramento.org) at least *six months* before your desired wedding date to arrange a meeting.



SERVING THE SACRAMENTO DIOCESE SINCE 1889



## 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

## PARISH PASTORAL COUNCIL

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

## FINANCE COUNCIL

Robert Ingenito, Chairperson  
Michael Pease             Janet Bardales  
Steve Harrold             Lyssa Black

## CATHEDRAL PARISH REGISTRATION & UPDATE Actualización y registro de la parroquia de la Catedral

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## Altarservers

Michael Ognisty, [mfognisty@msn.com](mailto:mfofnisty@msn.com).

## Benedictus Youth Group

Victoria Ramos, [benedictusyg@gmail.com](mailto:benedictusyg@gmail.com)

## Brown Bag Lunch Ministry

Jerri Rush, [jerrirush@comcast.net](mailto:jerrirush@comcast.net)

## Catechesis of the Good Shepherd

for ages 3+, visit [youngsheep.org](http://youngsheep.org), or call 916-910-3435

## Cathedral A.C.T.S.

[ActsCathedralSacto@gmail.com](mailto:ActsCathedralSacto@gmail.com), [saccathedralacts.org](http://saccathedralacts.org)

## Saint Vincent de Paul

contact the rectory office

## Cathedral Young Adults

Titi Kila, [cathedralya@gmail.com](mailto:cathedralya@gmail.com)

## Chinese Community

Oliver Wan [sccc.contact@gmail.com](mailto:sccc.contact@gmail.com)

## Choir (English)

Rex Rallanka, Music Director,  
[rrallanka@cathedralsacramento.org](mailto: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](mailto:thecatholicstore@gmail.com)

## Communion & Liberation

catechesis meets every Wednesday at 7:15pm

## Docents

Jill Pease, [peasejill@gmail.com](mailto:peasejill@gmail.com)

## Email Prayer Chain

Lynne Amerson, [cbs1017pc@yahoo.com](mailto:cbs1017pc@yahoo.com).

## Extraordinary Ministers of Holy Communion

Amy McCormick, [ammccormick@att.net](mailto:ammccormick@att.net)

## Festival of Trees and Lights

Paula Trujillo, [trupaula@gmail.com](mailto:trupaula@gmail.com)

## Front Door Ministry

[ministries@cathedralsacramento.org](mailto:ministries@cathedralsacramento.org)

## Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

## Hospitality

Celeste Gisla, [jfgisla@surewest.net](mailto:jfgisla@surewest.net)

## Knights of Columbus

Jaime Elizaldi, [jaime.elizaldi@gmail.com](mailto:jaime.elizaldi@gmail.com)

## Lectors

Fred Heacock, [fheacock72@hotmail.com](mailto:fheacock72@hotmail.com)

## RCIA Catechists

Sr Lisa Marie Doty, [RCIA@cathedralsacramento.org](mailto:RCIA@cathedralsacramento.org)

## Religious Education Catechists

Sr Lisa Marie Doty, [lmdoty@cathedralsacramento.org](mailto:lmdoty@cathedralsacramento.org)

## Religious Education Catechists/Spanish

Deyanira Galvez at [cathedralfaithformationsac@gmail.com](mailto:cathedralfaithformationsac@gmail.com)

## Respect Life Ministry

Liliana Balderrama, [michoacan8888@gmail.com](mailto:michoacan8888@gmail.com)

## Rosary Club

Lolita Urrutia, [lolita.urrutia@gmail.com](mailto:lolita.urrutia@gmail.com).

## Spanish Parents Group Leaders

Leticia Hilbert, [leticia\\_hilbert@hotmail.com](mailto:leticia_hilbert@hotmail.com)







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善度四旬期生活的六項特質之二 - 虔誠

當我的孩子還小的時候，他們有時會逗得我發笑，也會逗得我哭。我會和他們談論動物、大自然、外太空、和生活上許多令人驚奇的事。我會與他們好好玩上一天，然後幫他們在跌跌撞撞出的傷口上貼上繃帶。我們的關係中有很多動力，然而我最喜歡的一面是，當我的孩子中有人在沙發上靜靜地靠在我身邊，常常接著就睡著了；我一點也不想移動，沒有甚麼比這個感覺更好的了！想起我們在一起做的事情都很瘋狂，但我卻最喜歡基本上甚麼事情都不做的相處時光。

你認為天主也渴望你的一部分嗎？毫無疑問的，祂要我們全然屬於祂：好的、壞的和醜的。每天與主同行是如此重要，沒有深化我們與主的關係，永遠無法成為祂的門徒和管家。祈禱不僅僅是訴說和傾聽，也是心靈與祂同在。我們有時會尋求無數的溝通，會行許多的事情，但我們忘了現時聖善生活的價值。全然的把自己付出給他人，但往往只是需要簡單地陪伴，感覺他們的存在，憩息於他們之所，這是無需言語的，因為此時無聲勝有聲。這就是我們在與天主關係中的被召叫。這是很好的聖善生活，因為這關乎將我們的臨在奉獻給上主，並藉由憩息在祂內而得到力量。有時候我們所要做的，就是在沙發上依偎著天主。

- Tracy Earl Welliver, MTS



我有決心在這四旬期中做一個徹底的屬靈改造，並緊緊跟隨天父給我獨特的使命嗎？我有先死於自我的決心嗎？

禱告：主，請補足我的不信及缺乏忠心跟隨祂的決心！主，作為我對祂的邀請的回應，我今天願意再花多一點時間去聆聽你想對我說的話。阿們。

Am I determined enough to have a complete spiritual makeover during this Lent and to follow God's mission for me till the end? How prepared am I to first die to myself?

Pray: Lord, help my unbelief and my lack of determination to follow you to the end! As my response to your invitation, Lord, I desire to spend more time with you today to listen to your word for me. Amen.



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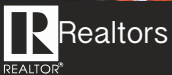
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