

Volume 18 * Issue 6



Cathedral of the Blessed Sacrament

February 11 2018 * 6th Week in Ordinary Time

Readings

Sunday: Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11 [7]/1 Cor 10:31 --11:1/Mk 1:40-45

11

Monday: Jas 1:1-11/Ps 119:67, 68, 71, 72, 75, 76 [77a]/Mk 8:11-13

12

Tuesday: Jas 1:12-18/Ps 94:12-13a, 14-15, 18-19 [12a]/Mk 8:14-21

13

Wednesday: Jl 2:12-18/2 Cor 5:20--6:2/Ps 51:3-4, 5-6ab, 12-13, 14 and 17 [cf. 3a]/Mt 6:1-6, 16-18

14

Thursday: Dt 30:15-20/Ps 1:1-2, 3, 4 and 6 [40:5a]/Lk 9:22-25

15

Friday: Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19 [19b]/Mt 9:14-15

16

Saturday: Is 58:9b-14/Ps 86:1-2, 3-4, 5-6 [11ab]/Lk 5:27-32

17

Next Sunday: Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/1 Pt 3:18-22/Mk 1:12-15

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Pastor's Corner

This Wednesday is February 14th, Valentine's Day. It's an important day for many people as they reveal their love to a special someone. For others, it can be a day of loneliness as they hope for someone special in their lives.

However, this Valentine's Day is also Ash Wednesday. It is the beginning of our Lenten season and the greater awareness of our need to turn to God. Jesus journeys forty days in the desert to provide an example of how we can offer our lives for the Father. Jesus' love for all people is revealed in how He always chooses the Father, no matter what the temptation. The Father and the Son love each other. But this God also loves all His children. God who is Father, Son, and Holy Spirit descends into the difficulties of our world and time to reveal His great love for all of us. Lent is our opportunity to respond to that Love by choosing to love God back.

Our love for God is revealed in our prayer, fasting and almsgiving. Each one of these Lenten practices tells God that we choose Him above any other possibility. Prayer helps us communicate with God and to know His will. Fasting makes us focus on His food, the Bread of Life. Almsgiving allows us to care for Him, who reveals Himself in the least of our brothers and sisters.

These forty days provide us an opportunity to show God that He is our "valentine". We accept His invitation to love Him above everything and rejoice with Him that we are never alone.

Father Michael

4 Cures for Dryness in Prayer



As anyone who has tried to develop a prayer life knows, dryness inevitably sets in. It can be an upsetting change of events and many who experience dryness simply stop praying.

The good news is that dryness in prayer doesn't have to signal the end of all things. Most (if not all) of the saints experienced a similar struggle in their prayer lives, when they were tempted to quit.

St. Francis de Sales, a spiritual master of the 16th century, wrote an invaluable guide to personal prayer in his *Introduction to the Devout Life*. Below is a brief selection from his book that concerns the topic of dryness.

Vocally tell God about your dryness - Should it happen sometimes, my child, that you have no taste for or consolation in your meditation, I entreat you not to be troubled, but seek relief in vocal prayer, bemoan yourself to our Lord, confess your unworthiness, implore His Aid, kiss His Image, if it be beside you, and say in the words of Jacob, "I will not let Thee go, except Thou bless me"; or with the Canaanitish woman, "Yes, Lord, I am as a dog before Thee, but the dogs eat of the crumbs which fall from their master's table."

Read a spiritual book - Or you can take a book, and read attentively till such time as your mind is calmed and quickened.

Perform a bodily gesture of prayer - Sometimes you may find help from external actions, such as prostrating yourself folding your hands upon your breast, or kissing your Crucifix.

Persevere with faith and continue praying regardless of any feeling - But if, after all this, you are still unrelieved, do not be disturbed at your dryness, however great it be, but continue striving after a devout attitude in God's Sight. What numbers of courtiers appear a hundred times at court without any hope of a word from their king, but merely to pay their homage and be seen of him. Just so, my child, we ought to enter upon mental prayer purely to fulfill our duty and testify our loyalty ... we must not quit it, but on the contrary we must remain calmly and devoutly before Him, and He is certain to accept our patient waiting, and give heed to our assiduity and perseverance; so that another time He will impart to us His consolations, and let us taste all the sweetness of holy meditation. But even were it not so, let us, my child, be satisfied with the privilege of being in His Presence and seen of Him. ~Philip Koslowski~





Lent this year begins on **Ash Wednesday, February 14**. Lent is a season in which the faithful are called to reflect on the Paschal Mystery in a particularly focused way. It is a time of spiritual renewal and to carefully examine one's relationship with God and others. It is also a time in which catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through the traditional Lenten practices of prayer, fasting, and almsgiving.

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

Sacrament Reconciliation: Lent is a privileged time for celebrating the Sacrament of Reconciliation. The faithful should be reminded that they are obliged to confess their sins at least once a year (CIC 989). To that end, parishes are encouraged to provide additional opportunities for the faithful to partake of the Sacrament of Reconciliation by expanding their Confession schedule during Lent; for example, to include an extra weekday evening or two. Public parish penance services are strongly encouraged. Deaneries have also been encouraged to celebrate "24 Hours for the Lord" from 12 noon March 9 to 12 noon March 10. Please note that general absolution is not permitted at parish penance services.

Lenten Mass Schedule: The faithful are urged to attend Mass on weekdays as often as possible, especially during Lent. Daily Masses at the cathedral during Lent are 12:10 pm Monday to Friday, and 5:10 pm Monday to Thursday, unless otherwise indicated in the weekly schedule on page 5 of the bulletin.

The Stations of the Cross will be celebrated on Fridays during Lent, in English after the 12:40 pm Mass, and in Spanish at 7:00 pm. Parishioners are encouraged to participate.

Special day of penance and prayer: Wednesday, March 14. According to Diocese Statute 123§3c the second Wednesday of March is to be observed as "A day of penance for negative attitudes and discrimination toward people of differing cultures, ethnicity and race; and prayer for unity in our diversity, for equality, mutual respect and peace among all peoples."

Wedding Masses will not be celebrated during the Easter Triduum, on Sundays of Lent, Ash Wednesday, or during Holy Week. Marriages may take place at other times during Lent according to the proper liturgical norms and provisions, but it is contrary to the penitential spirit of the season to have elaborate weddings or lavish receptions.

Funeral Masses will not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral considerations necessitate that a funeral be celebrated on these days, the Liturgy of the Word with the Final Commendation and Farewell may be conducted.

No Masses will be offered on Good Friday and Holy Saturday.

The Easter Vigil (March 31) begins *after nightfall* (Roman Missal) or about thirty minutes after sunset, which is 7:29 p.m. this year. The Easter Vigil, therefore, is at **8:00 p.m.**

Easter Duty: All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter Season: Easter Sunday through Pentecost, May 20. In the United States, the Easter duty may be fulfilled through Trinity Sunday, May 27. Catholics are encouraged to receive Communion as often as possible, not only during Eastertide, but throughout the year. However, "Anyone conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Communion." (Catechism, no. 1385)

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

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

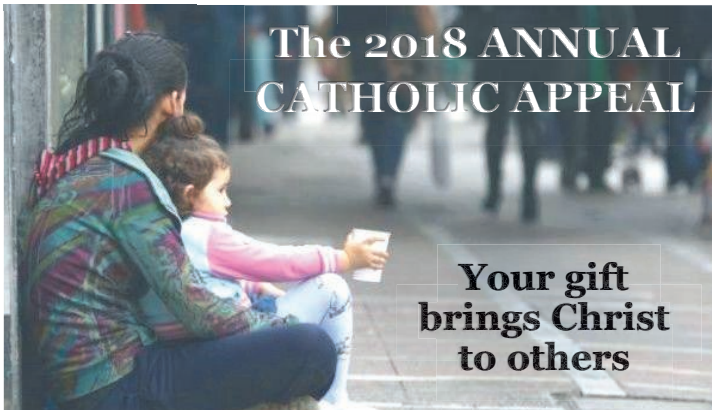
Fasting: Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is generally understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted, but liquids are allowed. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday). It is desirable that they perform some other pious act instead. Other forms of fasting, including abstinence from alcoholic beverages, television, video games, the internet and social media, is spiritually beneficial and strongly encouraged.

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

The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison, remembering the words of our Lord Jesus Christ who said, "As you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40). There are a number of social ministries at the cathedral that can help fulfill this practice, including the Front Door and Brown Bag Lunch ministries, as well as activities sponsored by the youth groups and the Cathedral Chapter of St. Vincent de Paul Society. See page 9 for more information.

Fasting and abstinence together with almsgiving and charitable works unites us to the crucified Christ reflected in the image of our brothers and sisters who suffer.



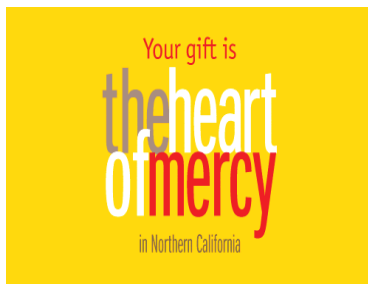


The 2018 ANNUAL CATHOLIC APPEAL keeps the Jubilee Year of Mercy alive. Pope Francis encourages us to be 'The Heart of Mercy' through a culture of encounter. When we encounter Christ in the Word and in the Eucharist, we are nourished, and our relationship with Him is strengthened, so that we can go out into the world and encounter those around us. These individual encounters are "God moments," opportunities for us to bring Christ to others, to serve, and to acknowledge that they too are created in the image of God. (scd.org)



This weekend, **February 10 and 11**, we will once again be given the opportunity to be Christ to others. How do we help a family that has suffered great loss? How do we help the homeless man or woman who is looking for a way out of poverty? How do we provide emotional support where it is needed most?

As Catholics in the Diocese of Sacramento, we have a way to help those truly in need. By making a generous donation to the Annual Catholic Appeal, you can live the Gospel message to help our brothers and sisters. Our parish receives 25% to serve our local ministry to others. The charitable works of the Church, whether in Catholic social service programs or parish-based outreach ministries, depend on all of us. Each of our gifts, no matter the amount, really does make a difference in someone's life. Please prayerfully consider what you can give. Our gift is the Heart of Mercy in Northern California.



IT'S FLU SEASON! The California Department of Public Health has issued a notice that flu and flu-like illnesses have reached epidemic levels. Bishop Soto has issued the following directives:

- * The use of the Communion cup is temporarily suspended.
- * Do not shake hands when offering the sign of Peace.
- * Do not hold hands during the Our Father.

The obligation to attend Mass on Sunday and other Holy Days does not apply to those who are sick. Please pray for those who are sick. Communion in both kinds will resume as soon as the Bishop deems it safe to do so.

Mass of Farewell & Reception for Bishop Cotta

All are welcome to a Mass of Farewell for Bishop Cotta on Sunday, February 25, 2018 at 2pm at St. Clare Parish in Roseville. Mass will be followed by a reception in the Morris Center. Please keep Bishop Cotta in your prayers as he prepares to take on his new appointment as Bishop of the Diocese of Stockton effective March 15, 2018.

Bishop Jaime Soto invites all Catholics in the Diocese of Sacramento to reflect on the results of the Diocesan V Encuentro and the Preparatory Document for Synod 2018 concerning our Youth on Saturday February 24, 2018 from 8:30 am – 5:00 pm at Holy Rosary Parish Center, 575 California St., Woodland. To register contact Julia Jimenez at 916-733-0177 or jjimenez@scd.org.

40 DAYS FOR LIFE: Come and help women who may be dealing with a crisis pregnancy and help save the lives of babies! Let us successfully live out the gospel of life! Opening Mass, celebrated by Father Art Wehr, is Monday, February 12 at 8:00 am, at St. Ignatius Loyola Catholic Church, 3235 Arden Way, Sacramento.

The sidewalk vigil begins Wednesday, February 14th at FPA Women's Health Clinic, 2322 Butano Drive, Sacramento, Monday to Friday, from 8am to 6pm. Sign up for hours at 40daysforlife.com/sacramento. Call Susan Money at 530-320-1614 or susanalive@gmail.com.

Church bulletins are free to the parish, supported by the advertising dollars from generous local businesses. These are just some of the fine businesses that are supporting the cathedral bulletin with their ads:

Bloem Decor, 1016 10th St, 95814, 916-442-3800

Pucci's Pharmacy, 2821 J St, 95816, 916-442-5891

Los Jarritos, 5028 Franklin Blvd, 95820, 916-455-0215

Thank you for supporting all the vendors listed on the last two pages of the bulletin, who make this publication possible. If you are interested in placing an ad to grow your business while supporting the Cathedral, contact Liturgical Publications at 1-800-950-9952.

Christian Formation for the Youngest Children - The Catechesis of the Good Shepherd is a Montessori-based approach to Christian formation, through which children as young as three, or even younger, form deep, lifelong relationships with our Lord. To learn more, either as a parent and/or as a prospective catechist, contact us today to schedule a visit in February or early March, at 916-834-6765 or admin@youngsheep.org. www.youngsheep.org



~Cover Photo: Honoring Ancestors at Mass~
Photo by Ellis Chan

Mass Intentions & Activities

Date	Mass / Intentions	Activities
Saturday February 10	Annual Catholic Appeal Weekend 5:00 pm / Scott Rush +	10:00am CCD classes 7:00pm Pot Luck del Amor y la Amistad
Sunday February 11	Annual Catholic Appeal Weekend Burning of Palms after 11am & 1pm 7:30 am / Cathedral Youth Group 9:00 am / Tomas Zalles + 11:00 am*/ Scott Rush + 1:00 pm Spanish / People of the Parish 3:00 pm Chinese / 5:00 pm / Cresencia De Guzman S.I. 7:00 pm Spanish / Alejandro Perez Valdez S.I. *Liturgy of the Word for Children	9:00am RCIA for Children & Teens 9:30am RCIA Breaking of the Word 11:00am CCD Spanish Classes Spanish Speaking Adult Education 2:30 pm Chinese Stations of the Cross
Monday February 12	12:10 pm / Guadalupanos Young Adults Group S.I. 5:10 pm / Souls in Purgatory	6:30pm RCIA Evening Prayer 7:00pm RCIA Class
Tuesday February 13	12:10 pm / Cathedral Youth Group S.I. 5:10 pm / Cathedral Parish Intentions	6:00pm Spanish Choir for the 7pm Mass 7:00pm Teen Confirmation Class 7:15pm The Men's Group
Wednesday February 14	ASH WEDNESDAY <i>At the Cathedral:</i> 10:00 am - Distribution of Ashes 12:10 pm - Mass, Ashes / Search Young Adults Group S.I. 3:00 pm - Distribution of Ashes 5:10 pm - Mass, Ashes / Emma Valdez Sandoval S.I. 7:00 pm - Spanish Mass, Ashes / People of the Parish <i>Ashes distributed at other locations:</i> 8:30 am - Capitol Building, west side 5:15 pm - John Moss Federal Building 650 Capitol Mall 5:30 pm - Matsui Federal Courthouse 501 I St	7:15pm Communion & Liberation
Thursday February 15	12:10 pm / Feliz Rodriguez + Della Rodriguez + 5:10 pm / Souls in Purgatory	7:00pm English Choir Rehearsal 7:00pm Bible Timeline
Friday February 16	12:10 pm / Lupita Guardado S.I. English Stations of the Cross after 12:10 Mass Spanish Stations of the Cross at 7:00 pm	

Please Remember in your Prayers:

Carlos Palacios Family	Rosa Carrillo	Luis Gutierrez, Sr.
Haylee Flory & Family	Felix Nunez Claver	Cynthia Belarma
Alma Mosquera	Alvin Sul	Stephen and Julie
Luis Romo	Anyrani Gonzalez	Miles Jedlinsky Flanagan
Deacon Don DeHaven	Erin Nicole Tam	Louis Metzinger
Emma Valdez	Riley Hana	The Brown Family
Eugenia Roque	Lee McClure	Yenecia Gutierrez
Alfredo Rivera	Noah Anthony Hernandez	Dennis Studebaker S.I.
Adolfo Espinoza	Giang Tran	Lawrence Afamasanga
Raymundo Guerrero	Joel and Cesar	Vailoauta Lopa
Natalia Galan	Miguel and Family	Guy Cook
Salomon Galan	Michael Jose Mejia	Andrea
Tomasita Rodriguez	Luis Gutierrez, Jr.	Anastasia Main & Family

5

"Like a good chess player, Satan is always trying to maneuver you into a position where you can save your castle only by losing your bishop."
~C.S. Lewis, The Weight of Glory ~

Cathedral Kids

 Read the Gospel and Color



Sharing the Gospel - God's rules stop you from hurting yourself and the people around you. God knows that if you really love him, you will want to follow his rules. You will trust him. You will want to be thoughtful and kind. You will want to love people the way God does.

Prayer - God, help me to follow your rules with my whole heart.

Mission for the Week - Ask your parents to list three ways you can honor them.

LENTEN WORD SEARCH

C	P	R	Y	B	G	A	E	L	M	F	X	Y	F	N	ABSTAIN
R	G	Q	W	A	L	H	E	S	F	Q	A	E	O	O	ALMS
O	N	S	V	M	D	H	W	A	T	D	J	M	R	I	ASH WEDNESDAY
S	I	U	S	R	U	S	T	H	I	N	N	V	T	X	CROSS
S	T	Q	X	G	E	H	R	R	P	Q	I	M	Y	I	CRUCIFIXION
E	S	U	J	E	Z	P	F	U	W	T	I	X	D	F	FASTING
Y	A	D	S	E	N	D	E	W	H	S	A	J	A	I	FORTY DAYS
U	F	N	K	T	O	C	Q	N	P	T	F	D	Y	C	GOOD FRIDAY
T	N	E	L	O	Y	J	P	N	T	R	Y	O	S	U	HOLY THURSDAY
D	U	P	G	D	A	L	W	U	I	A	A	L	T	R	LENT
P	A	L	M	S	U	N	D	A	Y	A	N	Y	O	C	PALM SUNDAY
L	J	E	C	I	F	I	R	C	A	S	T	C	E	H	PRAYER
Y	U	C	Q	S	P	H	D	F	W	V	X	S	E	R	REPENTANCE
Y	N	I	J	A	K	V	R	U	Z	L	V	N	B	L	SACRIFICE
J	Q	V	U	Z	T	R	I	D	U	M	E	L	A		TRIDUUM

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Las Lecturas

Domingo: Lv 13, 1-2. 44-46/
Sal 32, 1-2. 5. 11 [7]/1 Cor
10, 31--11, 1/Mc 1, 40-45

11

Lunes: Sant 1, 1-11/Sal 119,
67. 68. 71. 72. 75. 76 [77]/
Mc 8, 11-13

12

Martes: Sant 1, 12-18/Sal 94,
12-13. 14-15. 18-19 [12]/Mc
8, 14-21

13

Miércoles: Jl 2, 12-18/2 Cor
5, 20--6, 2/Sal 51, 3-4. 5-6.
12-13. 14 y 17 [cfr. 3]/Mt 6,
1-6. 16-18

14

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

15

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

16

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

17

Domingo siguiente: Gn 9, 8-
15/Sal 25, 4-5. 6-7. 8-9 [cfr.
10]/1 Pe 3, 18-22/Mc 1, 12-
15

18



Esquina del Pastor

Este miércoles es el 14 de febrero, día de San Valentín. Es un día importante para muchas personas que revelan su amor a alguien especial. Para otros, puede ser un día de soledad ya que esperan a alguien especial en sus vidas.

Sin embargo, este Día de San Valentín también es el Miércoles de Ceniza. Es el comienzo de nuestra época de Cuaresma y la mayor conciencia de nuestra necesidad de volvernos hacia Dios. Jesús viaja cuarenta días en el desierto para dar un ejemplo de cómo podemos ofrecer nuestras vidas por el Padre. El amor de Jesús por todas las personas se revela en cómo siempre elige al Padre, sin importar la tentación. El Padre y el Hijo se aman. Pero este Dios también ama a todos Sus hijos. Dios, que es el Padre, el Hijo y el Espíritu Santo, desciende a las dificultades de nuestro mundo y tiempo para revelarnos Su gran amor por todos nosotros. La Cuaresma es nuestra oportunidad de responder a ese Amor al elegir amar a Dios de vuelta.

Nuestro amor por Dios se revela en nuestra oración, ayuno y limosna. Cada una de estas prácticas de Cuaresma le dice a Dios que lo elegimos por encima de cualquier otra posibilidad. La oración nos ayuda a comunicarnos con Dios y conocer su voluntad. El ayuno nos hace enfocarnos en Su comida, el Pan de Vida. La limosna nos permite cuidar de Él, quien se revela a sí mismo en lo más mínimo de nuestros hermanos y hermanas.

Estos cuarenta días nos brindan la oportunidad de mostrarle a Dios que Él es nuestro "San Valentín". Aceptamos su invitación a amarlo por encima de todo y nos regocijamos con él de que nunca estamos solos.

Padre Michael

4 Curas para la Resequedad en la Oración



Como cualquiera que ha tratado de desarrollar una vida de oración sabe, resequedad inevitablemente se presenta.

La buena noticia es que la resequedad en la oración no significa el fin de todo. Muchos (sin no es que todos) los santos experimentaron una batalla similar en su vida de oración, cuando fueron tentados a dejarlo.

San Francisco de Sales, un maestro de espiritualidad del siglo 16, escribió una guía invaluable para la oración personal en su Introducción a la vida devota. A continuación esta una breve selección de su libro que concierne al tema de la resequedad.

Dile a Dios en voz alta acerca de tu resequedad – Si pasa algunas veces, my hijo, que no tengas paz o consolación en tu meditación, te ruego que no te sientas preocupado, sino busca alivio en la oración vocal, quejate con nuestro Señor, confiesa tu pequeñez, implora su ayuda, besa su imagen, si esta junto a ti, y di en las palabras de Jacob, "No te dejaré ir, excepto si Tu me bendices"; or como la mujer Cananea, "Si, Señor, Soy como un perro ante Ti, pero los perros comen de las migajas que caen de la mesa de su amo".

Lee un libro espiritual- O puedes tomar un libro, y leer atentamente hasta que tu mente se calme y se estimule.

Ponte en una postura propia para la oración – Algunas veces encontrarás ayuda con acciones externas, como arrodillandote y cruzar tus manos sobre tu pecho, o besar un crucifijo.

Persevera con fe y contunia orando no importando como te sientas – Pero si, después de todo esto, todavía no sientes alivio, no te sientas agobiado por tu resequedad, por mucha que esta sea, pero continua perseverando a tener una actitud devota frente a los ojos de Dios. Que cantidad de personajes asisten a la corte del rey sin la mas minima esperanza de que este les dirija la palabra, pero meramente para ofrecer su regalo y que el los vea, asi mismo, mi hijo, debemos de entrar en oración mental puramente para hacer nuestro deber y atestiguar nuestra lealtad... no debemos de darnos por vencidos, al contrario, debemos de permanecer calmados y devotos frente a El, y El ciertamente aceptará nuestra espera paciente, y nos permitirá probar toda la dulzura de la bendita meditación. Pero aunque no lo hiciera, hijo mio, estaté satisfecho con el privilegio de estar en la Su presencia y haberlo visto.





REGLAMENTOS Y ADMONICIONES CUARESMALES DEL 2018

El 14 de febrero de 2018, Miércoles de Ceniza, emprendemos otra vez el recorrido cuaresmal durante el cual procuramos profundizar nuestra conversión. La cuaresma nos prepara para celebrar el Misterio Pascual de la pasión, muerte y resurrección de Cristo. Es tiempo de reflexión y renovación espiritual, tiempo de examinar nuestra relación con Dios y con los demás. La Iglesia también llama a los católicos a adoptar un espíritu de penitencia, especialmente la práctica de los "Actos Religiosos": el ayuno, la oración y la limosna, "que expresan la conversión con relación a sí mismo, con Dios y con los demás." (Catecismo de la Iglesia Católica Nos. 1969 y 1434).

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

Sacramento de la Penitencia y Reconciliación: La cuaresma es el tiempo óptimo para celebrar este sacramento. Por lo general, las parroquias ofrecen regularmente el Sacramento de la Penitencia, incluyendo su celebración comunitaria. (De esta manera, se pone énfasis en los aspectos sociales y eclesiales del pecado, así como en la reconciliación personal con Dios.) No obstante, la ley de la Iglesia no permite la absolución general en las celebraciones penitenciales comunitarias. Los decanatos también han sido animados a celebrar "24 Horas para el Señor" desde las 12 del mediodía del 9 de marzo hasta las 12 del mediodía del 10 de marzo. Los fieles deben buscar la reconciliación en todos los aspectos de la vida humana --personal, familiar, social y eclesial. Durante las temporadas de cuaresma y Pascua, se les recuerda a los católicos que tienen la obligación de acercarse al Sacramento de la Penitencia por lo menos una vez al año (CIC 989).

Horario de Misas durante la Cuaresma: Las Misas diarias durante la cuaresma han de programarse de tal manera que faciliten la asistencia de los fieles y su crecimiento espiritual. Se invita a los fieles a asistir a Misa durante los días de semana tan frecuentemente como les sea posible.

El Vía Crucis se celebrará los viernes durante la Cuaresma, en inglés después de la misa de las 12:40 p.m., y en español a las 7:00 p.m. Se alienta a los feligreses a participar.

Día de Penitencia y Oración, miércoles 14 de marzo: Este es "Un día de penitencia por actitudes negativas y discriminación hacia las personas de diferente cultura, etnia y raza; y de oración por la unidad en nuestra diversidad, por la igualdad y el respeto mutuo, y por la paz entre todos los pueblos- el segundo miércoles de marzo..." (Estatuto Diocesano#123, §3c).

Misas Nupciales. No deben celebrarse Misas nupciales durante el Triduo Pascual, en los domingos de cuaresma, el Miércoles de Ceniza ni durante la Semana Santa. Las bodas pueden celebrarse en otros días de la cuaresma siguiendo las normas y estipulaciones propias de la liturgia. No obstante, las bodas fastuosas y recepciones lujosas no encajan con el espíritu penitencial de la temporada.

Misas Fúnebres. No deben celebrarse Misas Fúnebres el Jueves Santo, Viernes Santo, Sábado Santo, ni en los domingos de cuaresma. Cuando por razones pastorales se hace necesario celebrar un funeral durante alguno de estos días, se celebrará la Liturgia de la Palabra con el rito del Último Adiós al Difunto y su Recomendación a Dios.

No se ofrecerán misas el Viernes Santo ni el Sábado Santo.

La Vigilia de Pascua (31 de marzo) se celebra *después del anochecer*, 30 minutos después de que baje el sol, usualmente 7:29 p.m. este año. La Vigilia de Pascua puede comenzar a cualquier hora **después de las 8:00 p.m.**

La Obligación Pascual: Todos los católicos ya iniciados en la Sagrada Eucaristía tienen la obligación de recibir la Sagrada Comunión por lo menos una vez durante la temporada Pascual: Desde el Domingo de Pascua, hasta Pentecostés, 20 de mayo. (En Estados Unidos, la Obligación Pascual puede cumplirse hasta el domingo de la Santísima Trinidad, 27 de mayo). Se exhorta a los católicos a que reciban la Comunión con la frecuencia que les sea posible, no solo durante la temporada pascual. Sin embargo, "Quien tiene conciencia de estar en pecado grave debe recibir el Sacramento de la Reconciliación antes de acercarse a comulgar." (CCE, §1385)

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

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

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

Los que trabajan en los aeropuertos, los viajeros y otras personas que se encuentren a bordo de barcos o aviones están exentos de las leyes de ayuno y abstinencia mientras dure su viaje (excepto el Viernes Santo). En su lugar, conviene que practiquen algún otro acto piadoso.

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

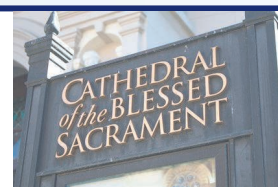
También se alienta a los fieles a visitar a los enfermos, los confinados, los ancianos y los que están en prisión, recordando las palabras de nuestro Señor Jesucristo que dijo: "Como lo hiciste con uno de estos mis hermanos más pequeños, lo hiciste para mí" (Mateo 25:40). Hay una serie de ministerios sociales en la catedral que pueden ayudar a cumplir esta práctica, incluidos los ministerios de Front Door y Brown Bag Lunch, así como actividades patrocinadas por los grupos juveniles y el Capítulo de la Catedral de la Sociedad de San Vicente de Paúl. Ver la página 9 para más información.

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Cathedral of the Blessed Sacrament

1017 11th Street, Sacramento, CA 95814
916-444-3071, Fax 916-443-2749 , blessed@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
Sister Jenny Aldeghi, Director of Education
Michael Ognisty, Sacristan
Rex Rallanka, Director of Music
Tom Waddock, Cathedral Manager
Carmen Perez, Secretary
Katie McAllister, Bookkeeper
Tit Kila, Wedding Coordinator
Lyssa Black, Webmaster/Bulletin Editor

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, every Sunday at the 11:00 am Mass. 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.

SCHEDULE OF 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 the rectory office at 916-444-3071 to arrange free private group tours.

GIFT SHOP on the Lower Level

Sundays 9:00 am to 3:00 pm
Mondays 10:30 am to 12:00pm



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JOIN A CATHEDRAL MINISTRY

Altarservers contact Michael Ognisty at mfognisty@msn.com.

Benedictus Youth Group contact Victoria Ramos at 916-444-3071, or benedictusy@gmail.com.

Brown Bag Lunch Program — If you would like to donate lunches, go to cathedralsacramento.org/ministries for information, or to volunteer, please contact Jerri at jerrirush@comcast.com.

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

Cathedral ACTS Missions contact actscathedralsacto@gmail.com for more information. 2018 Retreats are Men's Retreat February 1-4 (St. Rose of Lima, Roseville), Women's Retreat June 21-24 (Cathedral of the Blessed Sacrament), Women's Retreat August 16-19 (St. Rose of Lima, Roseville), Men's Retreat November 15-18 (Cathedral of the Blessed Sacrament).

Cathedral House Program - Administered by volunteers of the St. Vincent de Paul Society.

Cathedral Men's Group meets the 2nd Tuesday of every month at 7:15 pm, Lower Level. Contact Bob Meyers at cynm1@yahoo.com.

Cathedral Young Adults contact Titi Kila at cathedralya@gmail.com.

Choir (English) contact Rex Rallanka, Music Director at rrallanka@cathedralsacramento.org or 916-444-3071, x 38.

Choir (Spanish) contact Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after the 7pm Mass.

Communion & Liberation catechesis meets every Wednesday at 7:15pm in the Cathedral Lower Level.

Email Prayer Chain submit your email address, and you will be notified when prayers are needed by those who have made a special request, contact Joan Jedlinsky at cbsprayer3@yahoo.com.

Extraordinary Ministers of Holy Communion contact Amy McCormick at ammccormick@att.net, or 916-801-3967.

Front Door Ministry contact ministries@cathedralsacramento.org for information about volunteering or donations.

Greeters and Ushers contact Parish Manager, Tom Waddock at 916-444-3071, x 36.

Knights of Columbus, Cathedral Chapter contact the rectory office.

Lectors contact Fred Heacock at fheacock72@hotmail.com.

Respect Life Ministry contact Linda Walters, English Coordinator at 916-524-5885, or Patricia Davila, Spanish Coordinator at 916-502-4854, or email Veronicaavina@yahoo.com for meeting times and other information.

Rosary Club (Rosary Beads and instructions are provided) meets every 1st & 3rd Wednesday of each month at 7:15 pm. You don't need to sign up, just show up. For more information, contact Lolita Urrutia at loli-ta.urrutia@gmail.com.

Saint Vincent de Paul, Cathedral Chapter contact the rectory office.

Spanish Parents Group Leaders meets every Sunday, contact Leticia Hilbert at leticia_hilbert@hotmail.com.

To learn more about the ministries at the Cathedral visit our website, cathedralsacramento.org.

CATHEDRAL PARISH REGISTRATION & UPDATE

Actualización y registro de la parroquia de la Cathedral

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

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For additional family members, please attach a separate sheet.

Please indicate:	Por favor indique:
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- Scan to pdf file and email to: blessed@cathedralsacramento.org (escanear a pdf file y envía por correo electrónico)
- Fax to: 916-443-2749
- Mail to (correo): 1017 11th Street, Sacramento, CA 95814



GET MARRIED AT THE CATHEDRAL

If you would like to celebrate the Sacrament of Matrimony at the Cathedral, download the Cathedral Wedding Guidelines and Reservation Form on the cathedral website. Contact the parish office at least *six months* before your desired wedding date to arrange a meeting with Wedding Coordinator, 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: Janet & Omar Bardales at matrimonyprep@att.net, or 916-427-9160, or Sister Jenny at 916-444-5364. You do not have to have your wedding at the Cathedral in order to take this class.

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, recognizing her journey from childhood to maturity. 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.

沒有主教的新春祭祖彌撒 2.4.2018

Chinese New Year Mass and Tribute to the Ancestor without the Bishop



新春晚宴 2.4.2018 Chinese New Year Dinner



牧者的話

2018 四旬期

2018的四旬期由2月14日星期三的聖灰禮儀開始，當天成人教友應守大小齋(大齋全日只食一飽餐，小齋放棄食用熱血動物)。2月16日星期五為農曆年初一，亦為四旬期內的週五，本應守小齋，但華人教友可將守齋日延後。在聖灰禮儀日，經祝福的聖灰會撒放在教友的額上，這些灰是用去年的聖枝燒成。在撒放聖灰時，神父會說”人啊！你要記住，你原來是塵土，將來還要歸於塵土。”也可以說”遠離罪惡，信從福音罷！”(谷1:15)雖然聖灰很快會被抹去，但請在整個四旬期都嘗試記著額上的聖灰，作為四旬期的挑戰。

Priest's Corner

LENT 2018

Lent 2018 starts on Ash Wednesday, February 14th. This is a day of Fast and Abstinence for adult Catholics. On Friday, February 16th, Chinese celebrate the First day of the Lunar New Year. Chinese Adult Catholics who are unable to observe the Penitential Observance of Fast and Abstinence on this day, are requested to postpone it to a later day. On Ash Wednesday, blessed ashes will be imposed on the foreheads of Catholics. Ashes from palm branches blessed the preceding year are distributed to Catholics. While the blessed ashes are imposed, these words are said: "Remember, man, you are dust and to dust you will return." The summon of Jesus (Mark 1:15) : "Turn away from sin and be faithful to the Gospel" may be used.

The ashes will quickly be wiped away, but try to imagine those ashes on your forehead for the entire season of Lent. This is our Lenten challenge.

本週報告 (會長)

在四旬期間，我們將在每個主日彌撒前二時半拜苦路。

Announcement this week (President)

We will have Station of the Cross every Sunday at 2:30 before mass during the Lent Season.

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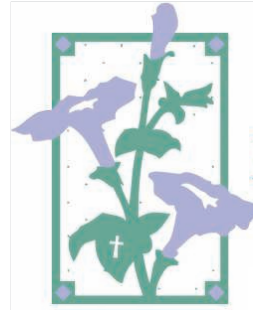


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