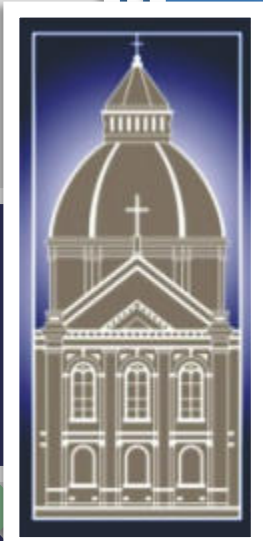
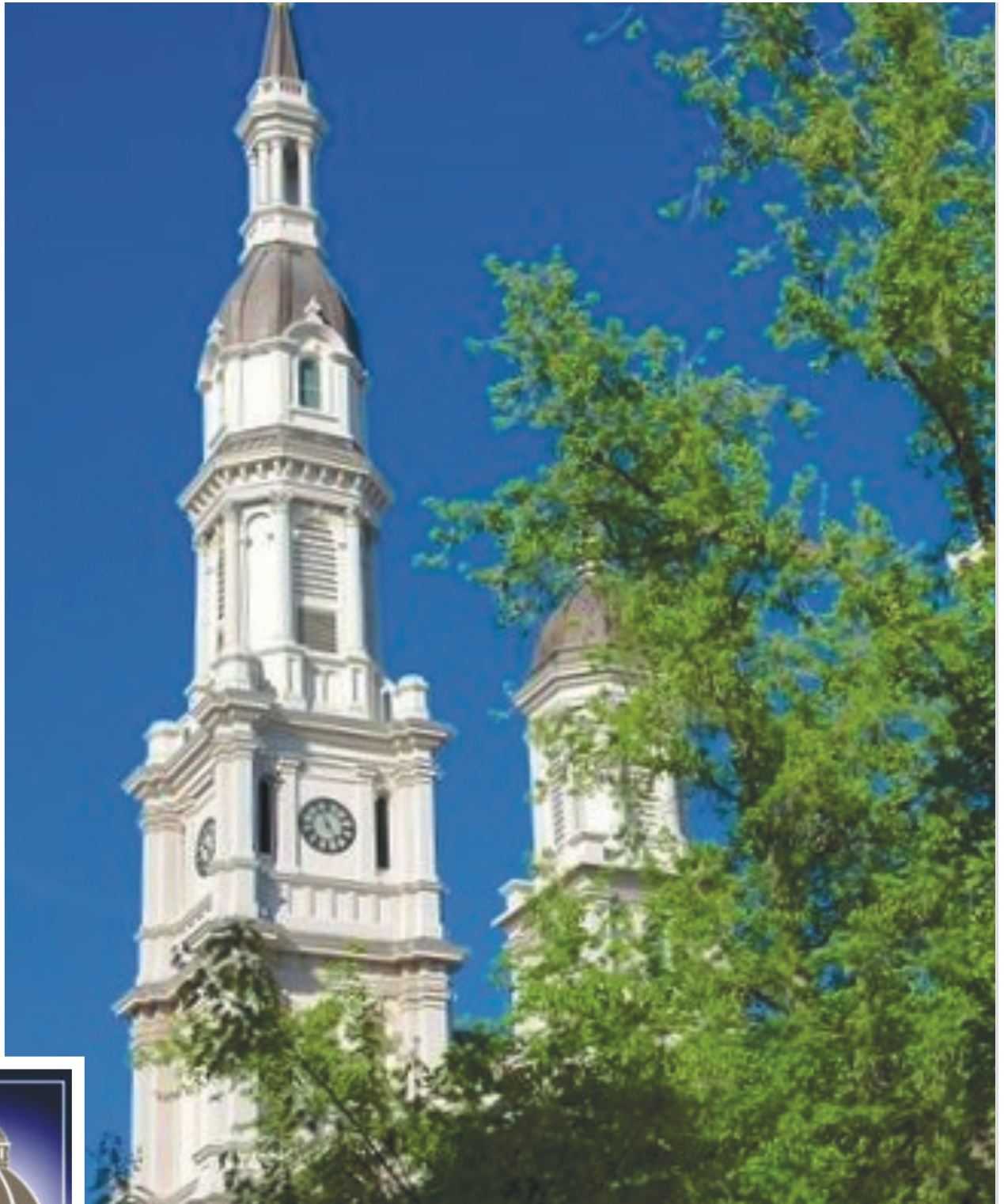


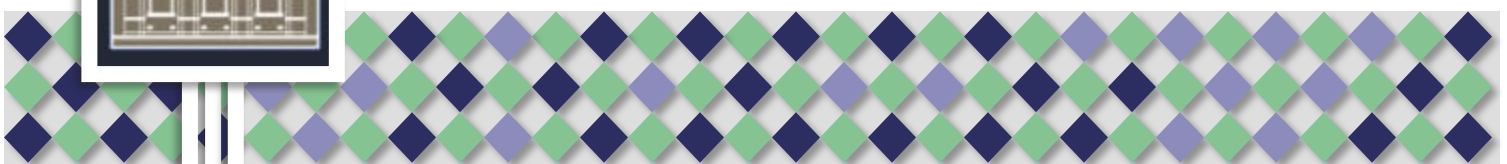
June 02 2019 - 7th Sunday of Easter



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# Cathedral of the Blessed Sacrament

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



# PASTOR'S CORNER

*"We do not want to be beginners.  
But let us be convinced of the fact  
that we will never be anything else  
but beginners, all our life!"*

*~Thomas Merton, Cistercian monk~*

Thomas Merton is referring to the spiritual life, but as I grow in age and wisdom, I see that being a beginner is true in all areas of my life. It is not something I find easy to see or really believe. Deep down I still see the roots of my young adulthood in which God revealed all the hidden secrets of life to me. But it turns out, so many secrets are simply still secrets and to live a life beyond the limitations of our progress, is to live in darkness and falsehood. This is true of prayer, of parenthood, and of vocation.

This "being a beginner" was made clear to me a few years ago when I was playing the piano. I have been playing the piano since I was five but have never been formally trained. Although I thought of myself as an above average piano player, I knew enough to realize I didn't really know what I was doing. But about two years ago, I asked myself why, if I could read the music of a classical composer, I still missed so many notes. I decided to really slow down in my playing, and even play far more basic piano pieces and beginning techniques. I realized quickly that I was just a beginner. I practice quite a bit now and the better I get, the more I realize how little I know and understand. The mysteries of music spread out before me and I feel more joy in saying I'm still just a beginner.

To admit that we are "but beginners" takes honesty and humility. We live our lives trying to look like we know who we are and what we are doing. Nevertheless, an awareness strikes someday when we wonder if we have understood anything at all about raising children, preaching the Gospel, or living our lives. These can be dark moments and most likely have their roots in pride. A more graced filled response is to admit that we are just beginners. We simply must begin, no matter our age. God understands. That's why we call Him our Father. (First published 01-21-18)

~Father Michael~

## MYSTAGOGY

**QUESTION:** How long is Jesus present in the Eucharist after we've received Communion?

**ANSWER:** The great treasure of the Catholic Church is the Eucharist — Jesus himself hidden under the appearances of bread and wine. We believe, as the *Catechism* states, that "In the most blessed sacrament of the Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially contained*'" (CCC 1374).

Additionally, this Real Presence of Christ in the Eucharist does not end immediately when we receive him at Communion time. The *Catechism* goes on to explain how, "The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsist" (CCC 1377).

What does that mean when we receive him into our mouths? How long does Jesus' Real Presence remain in our bodies?

that helps answer that question. One day while he was celebrating Mass, a man received Holy Communion and left the church early. The man appeared to have no regard for the Presence within him and so Philip Neri decided to use this opportunity as a teaching moment. He sent two altar boys with lighted candles to follow the man outside of the church. After a while walking through the streets of Rome, the man turned around to see the altar boys still following him. Confused, the man returned to the church and asked Philip Neri why he sent the altar boys. Saint Philip Neri responded by saying, "We have to pay proper respect to Our Lord, Whom you are carrying away with you. Since you neglect to adore Him, I sent two acolytes to take your place." The man was stunned by the response and resolved to be more aware of God's presence in the future. [...]

In our face paced world it is often difficult to remain long after Mass, but that doesn't mean we can't at least pray a brief prayer of thanksgiving. The main point is that we need to remember Jesus' presence in the Eucharist stays with us for several minutes and presents us with a special time when we can commune with our Lord and feel his love within us.

**2** There is a famous story from the life of Saint Philip Neri

~Philip Kosloski ~

# HAVE YOU GIVEN YOURSELF A SOCIAL

## MEDIA REALITY CHECK LATELY?

María Verónica Degwitz | Aleteia.org

**If you're comparing your life to curated images, it's time to step back for a minute.**

Photos of beach vacations, a family in matching outfits, children who look like models, magazine worthy images of delicious food, advice about how to live better ... this is the "daily bread" of social media accounts about parenting and family life, and they have millions of followers. It's a lifestyle many aspire to, but few ever feel they reach.

Forbes web page on "top influencers" reveals that the parenting influencers on its top 10 list reach a public of 13 million people across various platforms (Instagram, Twitter, Facebook, and YouTube). But do they really transmit messages that help families? Or have they become simply a new way to make money?

The truth lies somewhere in between. First of all, while these accounts surely reflect something of these people's lives and may include helpful advice at times, influencers often propose ideals, rather than documenting reality with journalistic rigor. They show their followers selected and curated situations, often giving the impression of having children who do enriching activities every moment of the day; food that's not only healthy but also aesthetically perfect; and families that have coordinated schedules and are always smiling. It can be difficult to distinguish these images from reality, especially if we forget that, for most of the influencers, their Instagram accounts are a business, tied in with sponsored links, book deals, speaking engagements, and so on. When we begin to compare our un-commercialized and un-Photoshopped lives to theirs, it's unsurprising that our life doesn't look like theirs.

Making comparisons can put pressure on us to imitate these lifestyles and emulate the images we see on social networks. It can also make us feel dissatisfied or think that we're not doing things right. We can end up always trying to find the best angle for photographs in the park, inventing new recipes and presentations of our food just for the photo we're going to post, or buying matching outfits for children so they'll look good on Instagram. Not that there's anything wrong with any of that, but life should be lived for its own sake, not as a production for an audience. Even professional influencers need to have a private life they live for its own sake, not for the camera.

So, if we're getting caught up in trying to embody an unrealistic, social media-produced ideal, we need to stop and distance ourselves from these highly produced images. Remember: influencers are usually running a business, and they want us to buy into it for their profit, not ours. We should consider taking an occasional break from social networks to examine why we are using them. They are great for staying in touch with people who are far away and sharing our joys and memorable moments with family and friends. However, we need to put on the brakes if we realize that we're putting more emphasis on our social media accounts than on our real lives, creating an image that doesn't represent who we really are. We need to feel free to enjoy an afternoon in the park without worrying about how the photos come out, to teach our children table manners instead of using all our time to take pictures of what's on the table, and to be really present with all of our attention at a school event for our children.

There's no such thing as a perfect family, no matter what we see on Instagram or Facebook. We need to be sure we're keeping a healthy relationship with our social media, so we can take the time to live our real lives, and discover what makes us unique and different, what we need to improve, and what our children really need—which is often not what will look best on social media.

We will most likely realize that what our children need most isn't a quinoa and apple salad in the shape of a dinosaur on a perfectly decorated plate. Instead, they probably need to learn attitudes and skills like generosity, organization, and knowing how to enjoy the simple things in life.

## WHAT ARE THE BENEFITS OF QUITTING SOCIAL MEDIA?



Up for a challenge? There are several positive reasons to give up living your life through a screen.

**1. You'll sleep better.** The blue light emitted by tablets and smartphones has been scientifically proven to affect people's sleep cycles. No late-night scrolling (or stalking) will help you sleep like it's 1998.

**2. You will be forced to dust off your social skills... and interact with people in PERSON.** It's all too easy to feel like a good friend after throwing out a few 'lol's and likes, but in the grand scheme of things, it's pretty lazy. No social media means you'll be forced to go out and see people face to face - and rediscover the dying art of conversation.

It'll also be a good reminder of how much better life is when you live it, rather than look at it through someone else's eyes.

**3. Social media use is linked with anxiety and depression.** Some people find the constant stream of communication overwhelming and stressful.

By taking social media - and its barrage of updates - out of the equation, life should become a bit simpler.

**4. Stops FOMO in its tracks.** We've all logged in to social media and been confronted with an amazing party, or impromptu Nando's trip... that we weren't invited to.

Not having social media means people can get on with their business without it affecting - or upsetting - you.

Who knows, perhaps it would even improve your own social life? You'll spend less time seething and moping, and more time planning and doing.

# 7TH SUNDAY OF EASTER



Congratulations to our cantor,  
**Salvatore Atti**

who has been accepted to the prestigious Merola Opera Program, which works in collaboration with the San Francisco Opera. Twenty-nine singers were chosen out of over 500 applicants. Mr. Atti will perform in several Merola productions this summer. If you would like to go to support him, information may be found on [www.merola.org](http://www.merola.org).



Our 11am Mass **CHOIR** will go on hiatus for the summer after the June 30th weekend. Take a moment to thank them for all the beautiful music that makes our liturgy come alive. We'll look forward to hearing them again in the Fall.

**THIS WEEK, A SECOND COLLECTION FOR THE CATHOLIC COMMUNICATION CAMPAIGN.** This campaign connects people with Christ in the United States and in developing countries around the world through the Internet, television, radio, and print media. Fully 50% of funds collected remain herein the Diocese of Sacramento to fund local communications efforts. Your support helps spread the gospel message! To learn more, visit [www.usccb.org/cc](http://www.usccb.org/cc).

**HOLY HOUR FOR HEALING CONTINUES THIS FRIDAY**  
Please join the Parish Pastoral Council this Friday as we continue our monthly holy hour for healing and atonement in the Church. This time before the Blessed Sacrament is an important time to seek the grace of God. We pray for the healing of the victims of abuse and for the sanctification of the clergy and the faithful. Please make every effort to join us. The Holy Hour is on Friday, June 7th, at 8:00 pm in the Cathedral.

**CATHEDRAL ACTS WOMEN'S RETREAT: JUNE 20-23, 2019**  
A parish ACTS retreat strives to achieve the directives of Vatican II and the goals of the Revised Code of Canon Law of 1983 which emphasize "community and pastoral care" within a parish. The weekend allows the retreatants to experience God's love and joy. They return to their parish with a deeper love for each other and a desire to become more involved in their parish faith community. Visit [saccathedralacts.org](http://saccathedralacts.org) for more information.

**EVERYDAY STEWARDSHIP**  
I travel a good bit, which means I am away from my wife and children for decent periods of time. But what makes it easier for me, besides being able to share the Good News of Jesus with people all over, is that I know I will not be gone forever. I will return, and then all will be well again. I have been called by God to be away from them at times, but God always brings me back to them.

Each liturgical year, we celebrate Jesus' ascension into heaven. The feast speaks much to who Jesus is theologically. But in a very practical way, we also acknowledge that he has gone to be with the Father, but will return someday. Just as I return after a conference or visit with a parish to those God has entrusted to me and I love, Jesus will return to those entrusted to him and whom he loves.

But just like when I am away, there are things to be done. Life goes on for my wife and children with school, work, activities, and the basic responsibilities of family. In good stewardship, they are called to give generously to each other and devote themselves to God. Without them tending to things, upon my return I would find everything in turmoil and disarray. Then when I return, we become one again, and we are about the Lord's work together.

The Lord ascended into heaven, but we are not to sit by quietly awaiting his return. Much needs to be done. He has entrusted much to us, expecting us to be good stewards. If you think that you have all the time in the world to complete the tasks at hand, think again. His return will be when we least expect it. It is time to be about our Father's work.

-Tracy Earl Welliver, MTS

Read the Gospel and Color

**4**

## Cathedral Kids

Sharing the Gospel - The lives of the disciples had been changed forever. Once Jesus went back to heaven, it would be up to them to tell everybody what they knew about Jesus. They had seen the power of Jesus. They looked forward to receiving that same kind of power from God. The disciples had a big job ahead of them, but with God's help they knew they could do anything.

Prayer - Dear God, thank you for all the people who have helped me learn about Jesus.

Mission for the Week - Make a thank you card for someone who teaches you about Jesus.

**Puzzle**

Unscramble words from today's Gospel:

Messiah	promised	Bethany
nation	power	raised
forgiven	heaven	<del>happy</del>

hpapy     h a p p y

Btehny     \_\_\_\_\_

pwroe     \_\_\_\_\_

frogvine     \_\_\_\_\_

Mseshia     \_\_\_\_\_

rasedi     \_\_\_\_\_

hevnae     \_\_\_\_\_

prmoside     \_\_\_\_\_

natnio     \_\_\_\_\_

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"THUS IT IS WRITTEN THAT THE CHRIST WOULD SUFFER  
AND RISE FROM THE DEAD ON THE THIRD DAY."

~ LUKE 24:46 ~

Date	Mass/Intentions	Activities
Saturday June 1	5:00 pm /	6:30 pm "A Night Under the Stars" Fiesta - Mercy Hall
Sunday June 2	<b>7th Sunday of Easter</b> 7:30 am / 9:00 am / 11:00 am / 1:00 pm (Spanish)/ 3:00 pm (Chinese) 5:00 pm / 7:00 pm /	9:00 am Mass: RCIA - Breaking of the Word
Monday June 3	12:00 pm / 5:10 pm /	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class
Tuesday June 4	12:10 pm / 5:10 pm /	7:00 pm Teen Confirmation Class
Wednesday June 5	12:10 pm / 5:10 pm /	7:00 pm English Choir rehearsal 7:15 pm Communion & Liberation 7:15 pm Spanish 1pm Mass Choir Rehearsal
Intentions not submitted		
Thursday June 6	12:10 pm / 5:10 pm /	7:00 pm The Bible Timeline 7:00 pm Adult Confirmation Class
Friday June 7	12:10 pm /	8:00 pm Holy Hour for Reparation and Healing
Saturday June 8	5:00 pm /	11:30 am - 3:00 pm Annual picnic for the Chinese Community at William Land Park (Area 9)

## READINGS & OBSERVANCES

Sunday: The Ascension of the Lord; 7th Sunday of Easter; World Communications Day

Ascension: Acts 1:1-11/Ps 47:2-3, 6-7, 8-9 [6]/Eph 1:17-23 or  
Heb 9:24-28; 10:19-23/Lk 24:46-53

7th Sunday of Easter: Acts 7:55-60/Ps 97:1-2, 6-7, 9 [1a, 9a]/Rv 22:12-14,  
16-17, 20/Jn 17:20-26

Monday: St. Charles Lwanga & Companions, Martyrs

Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab [33a]/Jn 16:29-33

Tuesday: Acts 20:17-27/Ps 68:10-11, 20-21 [33a]/Jn 17:1-11a

Wednesday: St. Boniface, Bishop & Martyr

Acts 20:28-38/Ps 68:29-30, 33-35a, 35bc-36ab [33a]/Jn 17:11b-19

Thursday: St. Norbert, Bishop

Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-8, 9-10, 11 [1]/Jn 17:20-26

Friday: Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab [19a]/Jn 21:15-19

Saturday: Morning: Acts 28:16-20, 30-31/Ps 11:4, 5 and 7 [cf.7b]/Jn 21:20-25

Sunday Vigil: Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-14 or Jl 3:1-5/  
Ps 104:1-2, 24, 35, 27-28, 29, 30 [cf. 30]/Rom 8:22-27/Jn 7:37-39.



## PRAYER CORNER

For the Special  
Intentions of:

Deacon Don DeHaven  
Jack DeWitt  
Alfred Granzella  
Jessica Carlson  
Alexis Carlson  
Familia Vega Galvan  
Gloria Garcia  
Kayla  
Judy Gordon  
Galina Caraus  
Olympia Varzaru  
De Souza Family  
Gbaguidi Family  
Elie Family  
Maggie  
Barbara Eversult  
Harold Bussell  
Jill Donovan  
USAF Brig Gen (retired) Robert M.  
Leonor Perez & Jose Perez  
Michelle

For the Repose  
of the Soul of:

Damien Avoce +  
Bishop Frances Quinn +  
Teodorico Tayaba +  
Gisele Mensah +  
Jimmy Jaimes +  
Patricia and Andrew Vargas +

"MY DEEPEST VOCATION  
IS TO BE A WITNESS TO  
THE GLIMPSSES OF GOD  
I HAVE BEEN ALLOWED  
TO CATCH."

~ HENRI NOUWEN ~

# ESQUINA DEL PASTOR

*"No queremos ser principiantes. Pero, convensemosenos del hecho de que nunca seremos otra cosa que principiantes, toda nuestra vida!"*

*~Thomas Merton, monje Cisterciano~*

Thomas Merton se está refiriendo a la vida espiritual, pero a medida que crezco en edad y sabiduría, veo que ser un principiante es cierto en todas las áreas de mi vida. No es algo que me parezca fácil de ver o realmente creer. En el fondo aún veo las raíces de mi juventud en la que Dios me reveló todos los secretos ocultos de la vida. Pero resulta que muchos secretos simplemente son secretos y vivir una vida más allá de las limitaciones de nuestro progreso es vivir en la oscuridad y la falsedad. Esto es cierto para la oración, la paternidad y la vocación.

Entendi esto de "ser un principiante" hace unos años cuando estaba tocando el piano. He estado tocando el piano desde que tenía cinco años, pero nunca he sido entrenado formalmente. Aunque me consideraba un pianista superior al promedio, sabía lo suficiente como para darme cuenta de que realmente no sabía lo que estaba haciendo. Pero hace unos dos años, me pregunté por qué, si podía leer la música de un compositor clásico, aún se me escapaban varias notas. Decidí tocar más despacio e incluso tocar piezas de piano y técnicas mucho más básicas. Me di cuenta rápidamente de que solo era un principiante. Practico mucho más ahora y cuanto mejor lo hago, más me doy cuenta de lo poco que sé y entiendo. Los misterios de la música se revelaron ante mí y me da mas alegría decir que todavía soy sólo un principiante.

Admitir que somos "sólo principiantes" requiere honestidad y humildad. Vivimos nuestras vidas tratando de aparentar que sabemos quiénes somos y qué estamos haciendo. Sin embargo, un día llega el momento en que nos preguntamos si hemos entendido algo acerca de como criar a los hijos, predicar el Evangelio o vivir nuestras vidas. Estos pueden ser momentos oscuros y muy probablemente tienen sus raíces en el orgullo. Una respuesta más llena de gracia es admitir que solo somos principiantes. Simplemente debemos comenzar, sin importar nuestra edad. Dios entiende. Es por eso que Lo llamamos nuestro Padre.

*~Padre Michael ~*

## MYSTAGOGIA

**PREGUNTA:** ¿Cuánto tiempo está presente Jesús en la Eucaristía después de haber recibido la Comunión?

**RESPUESTA:** El gran tesoro de la Iglesia católica es la Eucaristía, el mismo Jesús escondido bajo las apariencias del pan y el vino. Creemos, como lo indica el Catecismo, que "En el sacramento más bendito de la Eucaristía 'el cuerpo y la sangre, junto con el alma y la divinidad, de nuestro Señor Jesucristo y, por lo tanto, todo el Cristo es verdadera, real y sustancialmente Contenidos'" (CCC 1374).

Además, esta Presencia Real de Cristo en la Eucaristía no termina inmediatamente cuando lo recibimos en el momento de la Comunión. El Catecismo continúa explicando cómo, "La presencia eucarística de Cristo comienza en el momento de la consagración y perdura mientras subsista la especie eucarística" (CCC 1377).

¿Qué significa eso cuando lo recibimos en nuestra boca? ¿Cuánto tiempo permanece la Presencia Real de Jesús en nuestros cuerpos?

la misa, un hombre recibió la Sagrada Comunión y abandonó la iglesia temprano. El hombre parecía no tener en cuenta la presencia dentro de él, por lo que Philip Neri decidió aprovechar esta oportunidad como un momento de enseñanza. Envió a dos monaguillos con velas encendidas para que siguieran al hombre fuera de la iglesia. Después de un rato caminando por las calles de Roma, el hombre se dio la vuelta para ver a los monaguillos que aún lo seguían. Confundido, el hombre regresó a la iglesia y le preguntó a Philip Neri por qué envió a los monaguillos. San Felipe Neri respondió diciendo: "Tenemos que rendirle el debido respeto a Nuestro Señor, a quien llevas contigo. Como te niegas a adorarlo, envíe a dos acólitos para que ocuparan tu lugar ". El hombre quedó atónito ante la respuesta y resolvió ser más consciente de la presencia de Dios en el futuro. [...]

En nuestro mundo de paso, a menudo es difícil permanecer mucho tiempo después de la misa, pero eso no significa que no podamos al menos orar una breve oración de acción de gracias. El punto principal es que debemos recordar que la presencia de Jesús en la Eucaristía permanece con nosotros durante varios minutos y nos brinda un momento especial en el que podemos estar en comunión con nuestro Señor y sentir su amor dentro de nosotros.

*~Philip Kosloski ~*



## LAS LECTURAS DE LA SEMANA DEL 2 DE JUNIO DE 2019

Domingo: La Ascensión del Señor; 7º Domingo de Pascua;  
 Día de las Comunicaciones Mundiales  
 Ascensión: Hch 1, 1-11/Sal 47, 2-3. 6-7. 8-9 [6]/Ef 1, 17-23 o Heb 9, 24-28; 10, 19-23/Lc 24, 46-53.  
 7º Domingo de Pascua, Hch 7, 55-60/Sal 97, 1-2. 6-7. 9 [1. 9]/Ap 22, 12-14. 16-17. 20/Jn 17, 20-26

Lunes: San Carlos Lwanga y compañeros, mártires  
 Hch 19, 1-8/Sal 68, 2-3. 4-5. 6-7 [33]/Jn 16, 29-33

Martes: Hch 20, 17-27/Sal 68, 10-11. 20-21 [33]/Jn 17, 1-11

Miércoles: San Bonifacio, obispo y mártir  
 Hch 20, 28-38/Sal 68, 29-30. 33-35. 35-36 [33]/  
 Jn 17, 11-19

Jueves: San Norberto, obispo  
 Hch 22, 30; 23, 6-11/Sal 16, 1-2 y 5. 7-8. 9-10. 11 [1]/  
 Jn 17, 20-26

Viernes: Hch 25, 13-21/Sal 103, 1-2. 11-12. 19-20 [19]/Jn 21, 15-19

Sábado: Mañana: Hch 28, 16-20. 30-31/Sal 11, 4. 5 y 7 [cfr.7]/  
 Jn 21, 20-25

Domingo Vigilia: Gn 11, 1-9 o Ex 19, 3-8. 16-20 o Ez 37, 1-14 o Jl 3, 1-5/Sal 104, 1-2. 24. 35. 27-28. 29. 30 [cfr. 30]/Rom 8, 22-27/Jn 7, 37-39.

## MEDITACIÓN EVANGÉLICO

"Pero recibirán la fuerza del Espíritu Santo cuando venga sobre ustedes, y serán mis testigos en Jerusalén, en toda Judea, en Samaria y hasta los extremos de la tierra." (Hechos 1:8) La catequesis para todos los que celebramos el Día del Señor es hermosa. Hoy aprenderemos que la Ascensión del Señor es inseparable de Pentecostés; Van juntos y existe continuidad. Jesús resucita el primer día de Pascua, sale de la tumba y hoy sale de la tierra, sube al cielo y envía al Espíritu Santo. Es por eso que la Iglesia celebra gozosamente la Ascensión y Pentecostés.

Jesús se va, pero antes bendice a sus discípulos afirmando que el que reciba al Espíritu Santo está listo para continuar ejerciendo el ministerio. Eran los principios de la Iglesia Primitiva. La fuerza del Espíritu estaba en ellos. Ahora, el Papa Francisco nos catequiza

sobre la Ascensión:

En el Credo confesamos nuestra fe en Cristo, que «subió al cielo y está sentado a la derecha del Padre». ¿Qué significa esto para nosotros? Ya al comienzo de su subida a Jerusalén, Jesús también ve esta otra «subida» al cielo con la que culmina su «éxodo» de esta vida, pero sabiendo que la vuelta a la gloria del Padre pasa por la cruz, por la obediencia al designio divino de amor por la humanidad. También nosotros hemos de saber que entrar en la gloria de Dios exige la fidelidad cotidiana a su voluntad, aun a costa de sacrificios y del cambio de nuestros programas. (Catequesis del papa Francisco en el Año de la Fe.)

Sigamos sirviendo a la Iglesia con la alegría de la Ascensión.

## VIVIR LA LITURGIA

Hoy, se nos recuerda que son el sufrimiento, la muerte, la resurrección y la ascensión de Jesús tomados todos juntos los que conforman un único evento el cual nos trae la salvación a la humanidad. El regreso de Jesús al Padre completa la obra que Jesús vino a realizar y nos muestra claramente el perdón, la misericordia y el amor que el Padre desea otorgar a sus hijos. La fe nos permite saborear el misterio del diseño de Dios y la esperanza que nos espera. Hoy, estamos llamados a mirar hacia arriba y ver que Jesús ascendió al Padre. Su misión está completa, y la nuestra recién comienza. Después de "mirar hacia arriba", ahora tenemos que "mirar hacia fuera" a nuestro mundo roto y entregar la Buena Nueva. Ahora tenemos una nueva perspectiva de la vida y podemos ver las cosas de manera diferente: la vida proviene de la muerte, la esperanza de la desesperación, la fe de la duda, la alegría de la tristeza y la libertad para aquellos que están prisioneros. ¡Ciertamente es una noticia extraordinaria! ¿Cómo difundimos la palabra?

## LA CORRESPONSABILIDAD DIARIA

Viajo un poco, lo que significa que estoy lejos de mi esposa e hijos durante períodos de tiempo decentes. Pero lo que me facilita las cosas, además de poder compartir la Buena Nueva de Jesús con personas de todo el mundo, es que sé que no me iré para siempre. Volveré, y entonces todo volverá a estar bien. Dios me ha llamado a alejarme de ellos por temporadas, pero Dios siempre me hace volver a ellos.

Cada año litúrgico, celebramos la ascensión de Jesús al cielo. La fiesta habla mucho de quién es Jesús teológicamente. Pero de una manera muy práctica, también reconocemos que Él ha ido a estar con el Padre, pero volverá algún día. Tal como yo vuelvo después de una conferencia o visita a una parroquia a los que Dios me ha confiado y amo, Jesús regresará a los confiados a Él y a quienes ama.

Pero al igual que cuando estoy lejos, hay cosas que hacer. La vida continúa para mi esposa e hijos con la escuela, el trabajo, las actividades y las responsabilidades básicas de la familia. En una buena corresponsabilidad, ellos están llamados a darse generosamente unos a otros y dedicarse a Dios. Si ellos no se ocuparan de las cosas, a mi regreso encontraría todo en confusión y desorden. Después, cuando regreso, volvemos a ser uno, y estamos en la obra del Señor en conjunto.

El Señor ascendió al cielo, pero no debemos quedarnos sentados esperando su regreso en silencio. Hay mucho que hacer. Él nos ha confiado mucho, esperando que seamos buenos administradores. Si crees que tienes todo el tiempo del mundo para completar las tareas, piensa de nuevo. Su regreso será cuando menos lo esperamos. Es hora de estar en el trabajo de nuestro Padre.

-Tracy Earl Welliver, MTS



# Cathedral of the Blessed Sacrament

1017 11th Street, Sacramento, CA 95814

**916-444-3071**, Fax 916-443-2749 , [cathedralsacramento.org](http://cathedralsacramento.org)

Rectory Office Hours — Monday to Friday, 9:00 am to 12:00 pm, 1:00 pm to 5:00 pm



## PASTORAL AND ADMINISTRATIVE STAFF

Father Michael O'Reilly, Rector  
 Father Kieran McMahon, Priest in Residence  
 Father Nicholas Ho, Chinese Mass  
 Deacon John Gisla, Office Manager  
 Deacon Don DeHaven  
 Deacon Edgar Hilbert  
 Deacon Omar Bardales  
 Sister Jenny Aldeghi, Director of Education  
 Michael Ognisty, Sacristan  
 Rex Rallanka, Director of Music  
 Tom Waddock, Cathedral Manager  
 Carmen Perez, Secretary  
 Katie McAllister, Bookkeeper  
 Titi Kila, Wedding Coordinator

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## 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

## EUCHARISTIC 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 only. Call the rectory at 916-444-3071

**BAPTISMS** (Registration is required)  
 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



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## CATHEDRAL PARISH STEWARDSHIP

The Cathedral Parish is solely supported by weekly offertories and individual donations. It is a self-sustaining, non-profit organization and does not receive funding from any other sources, including the Sacramento Diocese or any of its parishes.

The Cathedral's weekly expenses exceed **\$20,000**. To maintain fiscal integrity, the offertory every week needs to cover more than half of the expenses. The Finance Council has set a weekly offertory goal of **\$11,500**.

Weekend	Total Offering	Percent of Goal	Weekend	Total Offering	Percent of Goal
May 04/05	\$9,840	85%	May 18/19	\$8,763	76%
May 11/12	\$7,873	68%	May 25/26	Not available yet	

Your support is greatly appreciated and vital to maintaining the Parish and its ministries to the poor and hungry, as well as maintaining this spiritual center and historically significant landmark. Thank you for your support!

June 2 2019 \* 7th Sunday of Easter



## CATHEDRAL MINISTRIES

### Altarservers

**Benedictus Youth Group**

**Brown Bag Lunch Ministry**

**Bulletin / Website**

**Catechesis of the Good Shepherd** for ages 3+, for information, visit [youngsheep.org](http://youngsheep.org), or call 916-910-3435

**Cathedral A.C.T.S.**

**Cathedral Men's Group**

**Cathedral Saint Vincent de Paul**

**Cathedral Young Adults**

**Choir (English)**

**Choir (Spanish)**

**Cinema Divina Movies**

**Communion & Liberation**

**Docents**

**Email Prayer Chain**

**Extraordinary Ministers of Holy Communion**

**Festival of Trees and Lights**

**Front Door Ministry**

**Greeters and Ushers**

**Hospitality**

**Knights of Columbus**

**Lectors**

**Respect Life Ministry**

**Rosary Club**

**Spanish Parents Group Leaders**

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

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

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

Lyssa Black, [cathedralsacramento@gmail.com](mailto:cathedralsacramento@gmail.com)

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

[saccathedralacts.org](http://saccathedralacts.org)

Bob Meyers, [cynm1@yahoo.com](mailto:cynm1@yahoo.com)

contact the rectory office

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

Rex Rallanka, Music Director,

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

Jerry Vanoye in the choir annex after the 1pm Mass,

or Ricardo Savala in the choir annex after 7pm Mass.

Reggie King, Brian Perez, [thecatholicstore@gmail.com](mailto:thecatholicstore@gmail.com)

catechesis meets every Wednesday at 7:15pm in the

Cathedral Lower Level.

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

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

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

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

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

Tom Waddock, 916-444-3071, x 36

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

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

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

Veronica Avina, [veronicaavina@yahoo.com](mailto:veronicaavina@yahoo.com)

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

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

To learn more about the ministries at the Cathedral, visit our website:

[cathedralsacramento.org](http://cathedralsacramento.org)

### 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.

**Visit our GIFT SHOP downstairs**

Sundays - 9:00 am to 3:00 pm, Tuesdays 10:30 am to 12:00 pm

### CATHEDRAL PARISH REGISTRATION & UPDATE

#### Actualización y registro de la parroquia de la Catedral

*You can also register online at [cathedralsacramento.org](http://cathedralsacramento.org) / Visit Us / Register as a Parishioner*

Name (*Nombre*): \_\_\_\_\_

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(escanear a pdf file y envía por correo electrónico)

3) Fax to: 916-443-2749

4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814



### 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 Jenny Aldeghi FDCC, Director of Religious Education, [jenny@cathedralsacramento.org](mailto:jenny@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](mailto: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.

### 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 [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org).

### HAVE YOUR MARRIAGE BLESSED IN THE CHURCH

If you would like to have your civil marriage blessed in the Catholic Church, please call or email Deacon John at the Cathedral Office to explore this possibility: 444-3071 Ext. 11; [jgisla@cathedralsacramento.org](mailto:jgisla@cathedralsacramento.org). This can often be done in a small, private ceremony called a Convalidation, without any cost or fee. If you have been together for a number of years and would like to be married in the Church, this can also often be done in a small, private ceremony without any cost.

### 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 916-444-3071, or [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org).

### LITURGY OF THE WORD FOR CHILDREN

For ages 5 to 10 years old, at the 11:00 am Sunday Mass (Check calendar for dates). Children return to their families before the Offertory. For more information, contact the education office or Dorothy Corgiat at [dlcorgiat@yahoo.com](mailto:dlcorgiat@yahoo.com).



## 對真理的反思 何光榮神父

我們都不喜歡聽到真相，特別是當它傷害我們時。  
誰喜歡被告知他在誤入歧途？

我們逃避真理，因為它傷害了我們，我們都不喜歡受到傷害。  
因此，很少有人願意告訴我們真相。  
他們不想傷害到我們。

然而真理是唯一能拯救我們的事物，  
唯一能讓我們獲得自由的事物，  
唯一在黑暗中照耀進我們的事物。

告訴我們真相，知道它會受到傷害，和冒着失去與我們的友誼的風險的人，  
是一個真正的朋友。

### Reflection on the Truth by Fr. Nicholas Ho

None of us likes to hear the truth especially when it hurts.  
Who likes to be told that he is on the wrong track?

We shy away from the Truth because it hurts us and none of us likes being hurt.  
Therefore, few people are prepared to tell us the truth.  
They do not want to upset or hurt us.

And yet the Truth is the only thing that will save us,  
the only thing that will set us free,  
the only thing that will let light shine into our darkness.

The person, who out of love for us tells us the truth, knowing that it is going to hurt,  
and the risk of losing our friendship, is a true friend.

First published on 07-08-18

### 本週報告 (會長)

團體的年度燒烤日將於六月八日早上十一時半至下午三時舉行，歡迎邀請你的家人和朋友一起來參加，請與Oliver或Gloria報名。

### Announcement this week (President)


The Annual Picnic is going to be on June 8, from 11:30 am to 3:00 pm. Please RSVP with Gloria or Oliver and invite your friends and families.



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"He who has ears to hear, let him hear"  
 ~ Matthew 11:15



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