

May 24, 2020 Ascension Sunday

*During these unprecedented times, the Cathedral of the Blessed Sacrament welcomes your participation in our Masses, all streamed daily.
Come join us!*

Mass Times

Monday - Thursday:

- Mass: 5:10 pm
- Vespers: 6 pm (None on Tuesdays)

Friday: Mass - 12:10 pm

Saturday:

- Lauds: 9:00am
- Mass: 9:30am

Sunday:

- English Mass: 9:00 am
- Spanish Mass: 10:00 am
- Chinese Mass: 3:00 pm

Confessions

Monday, Wednesday, Thursday:

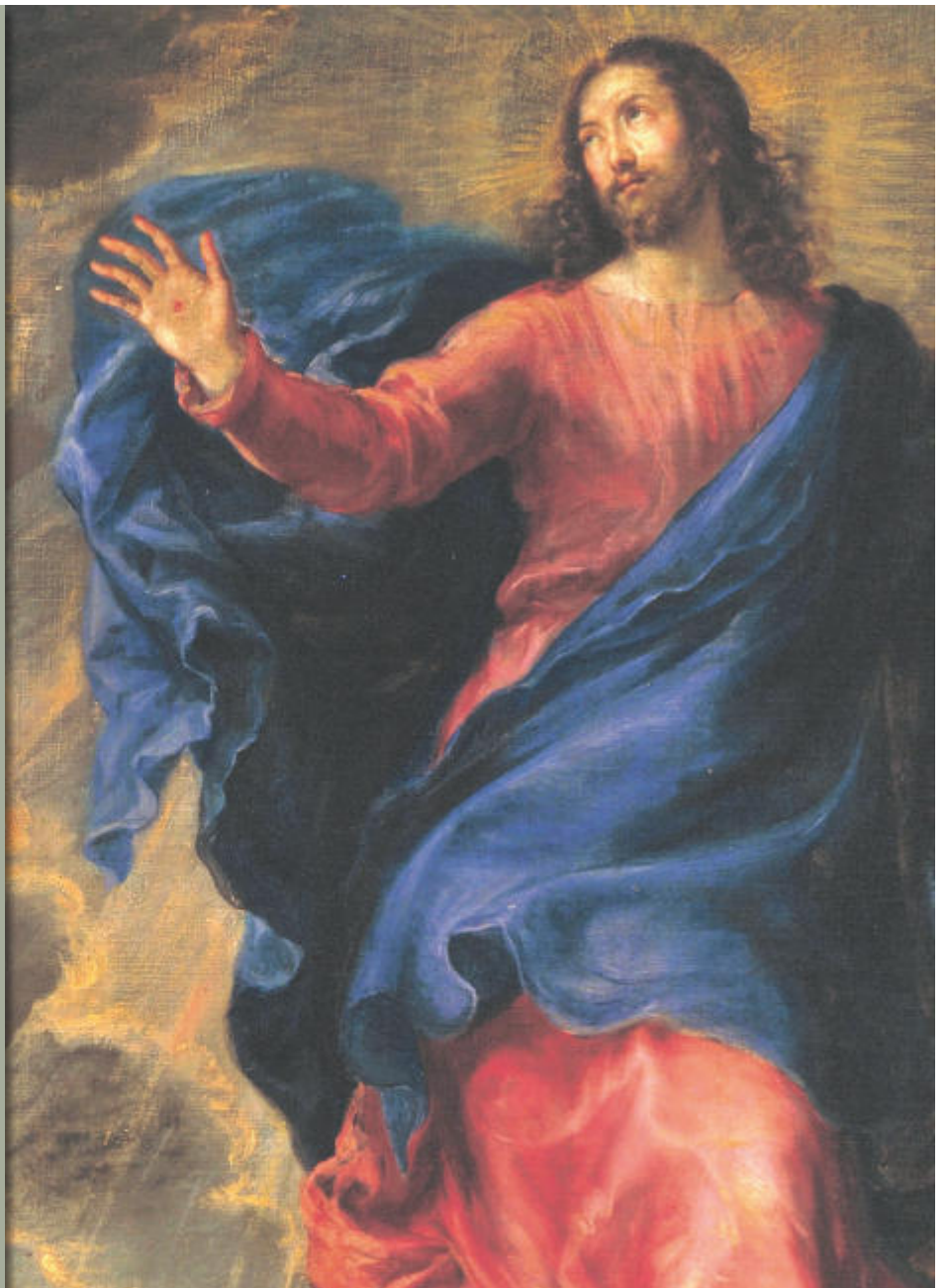
- 11:00 am to 12:00 pm

Friday:

- 11:00 to 11:30 am

Saturday:

- 4:00 pm—5:00 pm



*I will send to you the Spirit of truth,
says the Lord...And when he comes
he will convict the world. - John 16:7*



1017 11th Street - Sacramento, CA 95814 | 916-444-3071

CATHEDRAL
OF THE
BLESSED
SACRAMENT

Connect with us!



@cathedraloftheblessedsacrament

www.cathedralsacramento.org

We have a Parish App!

Text "app" to 88202 to download!

Oh Mother of Perpetual Help, grant that I may ever invoke your powerful name, the protection of the living and the salvation of the dying. Purest Mary, let your name henceforth be ever on my lips. Delay not, Blessed Lady, to rescue me whenever I call on you. In my temptations, in my needs, I will never cease to call on you, ever repeating your sacred name, Mary, Mary. What a consolation, what sweetness, what confidence fills my soul when I utter your sacred name or even only think of you! I thank the Lord for having given you so sweet, so powerful, so lovely a name. But I will not be content with merely uttering your name. Let my love for you prompt me ever to hail you Mother of Perpetual Help. Mother of Perpetual Help, pray for me and grant me the favor I confidently ask of you.



Our Lady of Perpetual Help

Oh Madre del Perpetuo Socorro, concédeme que invoque tu poderoso nombre, la protección de los vivos y la salvación de los moribundos. María pura deja que tu nombre esté siempre en mis labios. No tardes, Bendita Señora en rescatarme cada vez que te llame. En mis tentaciones, en mis necesidades, nunca dejaré de llamarte, repitiendo tu sagrado nombre, María, María. ¡Qué Consuelo, qué dulzura, qué confianza llena mi alma cuando pronuncio tu sagrado nombre o incluso solo pienso en ti! Doy gracias al Señor por haberte dado un nombre tan dulce, tan poderoso y tan encantador. Pero no me contentaré simplemente con pronunciar tu nombre. Deja que mi amor por ti me incite a saludarte Madre del Perpetuo Socorro. Madre del Perpetuo Socorro, ruega por mí y concédeme el favor que te pido con confianza.

永恒帮助之母，请允许我永远援引您的强大名字，保护生命和垂死者的救赎。玛莉玛丽，让你的名字永远在我的唇上。每当我拜托您时，请不要耽误，救救我。在我的诱惑中，在我的需要中，我将永远不会停止呼吁你，只要重复你的神圣名字，玛丽，玛丽。当我说出您的神圣名字，

*Pray for us
who have
recourse to you*

甚至只想到您时，我的灵魂就充满了安慰，甜蜜，信心。我感谢主给你一个如此甜美，如此强大，如此可爱的名字。但是我不满足于仅仅说出您的名字。让我对你的爱促使我永远向你致谢。永恒帮助之母，为我祈祷，并给我我满怀信心地问你的帮助。

Cover: Jesus ascends to Heaven so to send us the Advocate—the Holy Spirit. Join us for our novena! See page 6

In his weekly Regina Caeli address (May 20, 2020), Pope Francis reminds us of the Holy Spirit for our daily lives as a help and a courage.

importance of the

Queridos hermanos y hermanas, ¡buenos días!

Para ayudar a los discípulos a recorrer este camino, Jesús promete que rogará al Padre que envíe «otro Paráclito» (v. 16), es decir, un Consolador, un Defensor que tome su lugar y les dé la inteligencia para escuchar y el valor para observar sus palabras. Este es el *Espíritu Santo*, que es el don del amor de Dios que desciende al corazón del cristiano. Después de que Jesús muriera y resucitara, su amor se da a aquellos que creen en Él y son bautizados en el nombre del Padre y del Hijo y del Espíritu Santo. El Espíritu mismo los guía, los ilumina, los fortalece, para que cada uno pueda caminar en la vida, incluso en medio de la adversidad y la dificultad, en las alegrías y las penas, permaneciendo en el camino de Jesús. Esto es posible precisamente permaneciendo dócil al Espíritu Santo, de modo que, a través de su presencia activa, no sólo consuele sino que transforme los corazones, abriéndolos a la verdad y al amor.

Frente la experiencia del error y del pecado —por la que todos pasamos—, el Espíritu Santo nos ayuda a no sucumbir y nos hace acoger y vivir plenamente el sentido de las palabras de Jesús: «Si me amáis, guardaréis mis mandamientos» (v. 15). Los mandamientos no se nos han dado como una especie de espejo en el que vemos reflejadas nuestras miserias e incoherencias. No, no son así. La Palabra de Dios se nos da como Palabra de vida, que transforma el corazón, la vida, que renueva, que no juzga para condenar, sino que cura y tiene como fin el perdón. La misericordia de Dios es así. Una palabra que ilumina nuestros pasos. ¡Y todo esto es obra del Espíritu Santo! Es el Don de Dios, es Dios mismo, que nos ayuda a ser personas libres, personas que quieren y saben amar, personas que han comprendido que la vida es una misión para proclamar las maravillas que el Señor realiza en aquellos que confían en Él.

Que la Virgen María, modelo de la Iglesia que sabe escuchar la Palabra de Dios y acoger el don del Espíritu Santo, nos ayude a vivir el Evangelio con alegría, sabiendo que el Espíritu nos sostiene, fuego divino que caldea nuestros corazones e ilumina nuestros pasos.

Francisco



#PopeQuote

**We need the Holy Spirit
which brings internal life and harmony**

Dear brothers and sisters, good morning!

To help the disciples walk this path, Jesus promises that he will ask the Father to send "another Paraclete" (v. 16), that is, a Comforter, an Advocate to take his place and give them the intelligence to listen and the courage to observe his words. This is the Holy Spirit, who is the gift of God's love that descends to the Christian's heart. After Jesus died and rose again, his love is given to those who believe in him and are baptized in the name of the Father and of the Son and of the Holy Spirit. The Spirit himself guides them, enlightens them, strengthens them, so that each one can walk in life, even in the midst of adversity and difficulty, in joys and sorrows, remaining on the path of Jesus. This is possible precisely by remaining docile to the Holy Spirit, so that, through his active presence, he not only comforts but transforms hearts, opening them to truth and love.

Faced with the experience of error and sin - which we all go through - the Holy Spirit helps us not to succumb and makes us welcome and live fully the meaning of Jesus' words: "If you love me, you will keep my commandments" (v. fifteen). And all this is the work of the Holy Spirit! It is the Gift of God, it is God Himself, who helps us to be free people, people who want and know how to love, people who have understood that life is a mission to proclaim the wonders that the Lord performs in those who trust in Him.

May the Virgin Mary, model of the Church who knows how to listen to the Word of God and accept the gift of the Holy Spirit, help us to live the Gospel with joy, knowing that the Spirit sustains us, divine fire that warms our hearts and illuminates our steps.

Francis

The Gifts of the Holy Spirit according to Isaiah 11:12

The spirit of the LORD shall rest upon him:

a spirit of wisdom and of understanding,

A spirit of counsel and of strength,

a spirit of knowledge and of fear of the LORD.

- Isaiah 11:2

耶和華的靈必住在他身上，

使他有聰明和智慧、謀略和能力，

能認識並敬畏耶和華。

以賽亞書 11:2

Y reposará sobre Él el Espíritu del SEÑOR,
Espíritu de sabiduría y de inteligencia,
Espíritu de consejo y de poder,
Espíritu de conocimiento y de temor
del SEÑOR. Isaías 11:2

"Now I am going to the one who sent me." - John 16:5

The PASTOR'S Corner



This Sunday we celebrate the Ascension of the Lord. Jesus' rising into the heavens will require significant adjustments for His disciples. The Holy Spirit will help to guide His followers, but great changes like The Ascension have always allowed the church to grow and mature. Today we are also experiencing some major changes that are helping us to grow. Our "sheltering in place" has caused us to examine more carefully our own spiritual journey and appreciation for the sacraments, as well as how we can continue to be a Church while not being able to gather as the Body. These changes, we understand, are not permanent and we have begun the slow process of possibly bringing life back to normal.

As of this writing, Bishop Soto has made it clear that, as of yet, we still have no date for when we will begin to celebrate public masses. We understand, however, that preparations for returning to our Sunday worship should begin. This preparation includes helping all the faithful to understand how the celebration of mass will take place. Through the grace of Christ we begin the beautiful but careful process of returning to the life giving Blessed Sacrament.

To begin, although it is with great joy that we commence this process, it is clear that when public mass resumes, things will be different. We will be following the guidelines for social distancing which will include households maintaining a six foot area of separation. This means, of course, that seating may be limited at some masses. We are currently planning the possibility of overflow space in the lower level for our larger masses. A reminder that the obligation to attend Sunday worship is still suspended and that anyone concerned about their health or that of others can continue to experience the mass through social media.

As well, we recognize that when we begin to gather, our opportunities to embrace and socialize will be somewhat restricted. Much of the Mass will be simplified so as to minimize the possibility of viral contamination. We are still expected to do our part in preventing the spread of Covid-19. This does not mean that our celebration of the Mass will be cold or disjointed. We are doing our best in planning to provide an experience of the Eucharist that maintains the importance of gathering together and being the Body of Christ as well as receiving the Body and Blood in a dignified manner. To this end, we remind everyone to keep their hands sanitized during the Mass. The wearing of face masks and gloves is recommended. Communion is to be received only in the hands and gloves and masks must be removed prior to communion. The cup is still suspended but I remind everyone that both the precious Body and Blood is contained in the host. I also admit what a joy it will be to see your faces coming forward for communion.

I realize that there are probably many questions still unanswered. Please know that we at the Cathedral and throughout the diocese are doing our best to provide spiritual guidance and sustenance during this time. I appreciate all your prayers and support as well as your patience as we walk together in a very unnerving time. May the Holy Spirit continue to walk with and guide all of us.

Fr. Michael

Este Domingo celebramos la Ascensión del Señor. La Resurrección de Jesús a los cielos requerirá ajustes significativos para sus discípulos. El Espíritu Santo ayudará a guiar a sus seguidores, pero grandes cambios como La Ascensión siempre han permitido que la iglesia crezca y madure. Hoy también estamos experimentando algunos cambios importantes que nos están ayudando a crecer. Nuestro "Refugio en el Hogar" nos ha llevado a examinar más cuidadosamente nuestra propia jornada espiritual y aprecio por los sacramentos, así como también cómo podemos continuar siendo una Iglesia sin poder reunirnos como el Cuerpo. Entendemos que estos cambios no son permanentes y hemos comenzado el lento proceso de volver a la vida normal.

Al escribir estas líneas, el obispo Soto ha dejado en claro que, hasta el momento, todavía no tenemos una fecha para comenzar a celebrar misas públicas. Sin embargo, entendemos que los preparativos para regresar a nuestra adoración dominical deberían comenzar. Esta preparación incluye ayudar a todos los fieles a comprender cómo se llevará a cabo la celebración de la misa. Por la gracia de Cristo comenzamos el hermoso pero cuidadoso proceso de regresar a la vida dando el Santísimo Sacramento.

Para comenzar, aunque es con gran alegría que comencemos este proceso, está claro que cuando se reanude la misa pública, las cosas serán diferentes. Seguiremos las pautas para el distanciamiento social, que incluirán familias que mantengan un área de separación de seis pies. Esto significa, por supuesto, que los asientos pueden estar limitados en algunas misas. Actualmente estamos planeando la posibilidad de desbordamiento de espacio en el nivel inferior para nuestras misas más grandes. Un recordatorio de que la obligación de asistir al culto dominical aún está suspendida y que cualquier persona preocupada por su salud o otras personas puede continuar experimentando la misa a través de las redes sociales.



Además, reconocemos que cuando comencemos a reunirnos, nuestras oportunidades de abrazar y socializar serán algo restringidas. Gran parte de la misa se simplificará para minimizar la posibilidad de contaminación viral. Todavía se espera que hagamos nuestra parte para prevenir la propagación de COVID - 19. Esto no significa que nuestra celebración de la misa sea fría o desarticulada. Estamos haciendo todo lo posible en la planificación para proporcionar una experiencia de la Eucaristía que mantenga la importancia de reunirse y ser el Cuerpo de Cristo, así como recibir el Cuerpo y la Sangre de una manera digna. Con este fin, les recordamos a todos que mantengan sus manos desinfectadas durante la misa. Se recomienda el uso de mascarillas y guantes. La comunión debe recibirse sólo en las manos y los guantes y las máscaras deben retirarse antes de la comunión. La copa todavía está suspendida, pero les recuerdo a todos que el precioso Cuerpo y Sangre están contenidos en la hostia. También admito que será una alegría ver sus rostros adelantarse para la comunión. Me doy cuenta que probablemente todavía hay muchas preguntas sin respuesta. Tenga en cuenta que nosotros en la Catedral y en toda la diócesis estamos haciendo todo lo posible para proporcionar orientación espiritual y sustento durante este tiempo. Aprecio todas sus oraciones y apoyo, así como su paciencia mientras caminamos juntos en un momento muy desconcertante. Que el Espíritu Santo siga caminando y guiándonos a todos.

Padre Miguel



What is a Novena?

NOVENA comes from the Latin word 'novem' for "nine". It is an ancient tradition of nine days of prayer and reflection. Many pray novenas to a favorite saint, asking for their help. The prayers of a novena always glorify God and remind us of our spiritual journey on earth. The Novena to the Holy Spirit is the oldest known novena, recorded in Acts of the Apostles 1:13-14. As we prepare for Pentecost, we are offering a daily novena via email that you can subscribe to:



Join us with a daily novena in your email box!
<https://is.gd/novenas2020>

The Novena will be available in both English and Spanish.
La Novena estará disponible en inglés y español.

The Sacraments and the Deepening of Desire

Many of our children and youth are waiting to receive the Sacraments of Baptism, Confirmation and Eucharist, and due to COVID-19 are experiencing the anguish of delay of receiving them. Those who were to receive Easter Vigil will be scheduled as soon as we are allowed to gather by the State, most likely in smaller groups. Youth Confirmation and First Holy Communion Students will take place in the Fall. Let us pray for all of our youth that this time of waiting will bring a deeper desire to unite themselves in faith to Jesus.

Do you know someone who has expressed an interest in becoming a Catholic? Don't know where to direct them? Invite them to sign up for the below series and watch with them.

Seeking answers to life's tough questions? Want to re-examine your direction? We will be offering an eight week series of video and reflection. To be notified when we are starting, text "seeking" to **84576**, or go to: <https://is.gd/cathedralsearch>



WHAT DO YOU SEEK?
WHY ARE WE HERE?
WHAT'S LIFE ALL ABOUT?
WHAT HAPPENS
WHEN WE DIE?

SHELTER-IN-PLACE PROGRAMMING



Families | Familias

Take advantage of our weekly Family Prayer guide that includes

- Opening Song and Prayer
- Breaking Open the Word for Sunday
- Prayer and Saint of the Week
- A Tenet of our Faith (Creed)
- Application Activity to tie the lesson

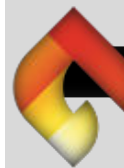
Go to the below link and sign up!

In English:

<https://is.gd/FamilyPrayer>

En Español:

<https://is.gd/oracionfamiliar>



Youth Confirmation

Retreat Coming in June!

We will be having Retreat for Confirmation Students in June online. It will be provided by the same group that brought us ProjectYM LIVE these past weeks on Sunday nights! Watch Your Email. Get your soul ready!



Adult Confirmation

Thursday Zoom Class - 7PM

Open topic nights.



RCIA for Adults

Mon Zoom Class - 7PM

Sun Zoom BOW - 11:15AM

WEEKLY PRAYER

READINGS FOR THE WEEK OF MAY 24, 2020

SUN 5/24 ASCENSION: Acts 1:1-11/Ps 47:2-3, 6-7, 8-9 [6]/Eph 1:17-23/
Mt 28:16-20

7TH SUNDAY OF EASTER Acts 1:12-14/Ps 27:1, 4, 7-8 [13]/1 Pt 4:13-16/
Jn 17:1-11a

MON 5/25 Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab [33a]/Jn 16:29-33

TUE 5/26 Acts 20:17-27/Ps 68:10-11, 20-21 [33a]/Jn 17:1-11a

WED 5/27 Acts 20:28-38/Ps 68:29-30, 33-35a, 35bc-36ab [33a]/
Jn 17:11b-19

THR 5/28 Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-8, 9-10, 11 [1]/
Jn 17:20-26

FRI 5/29 Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab [19a]/Jn 21:15-19

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

SUN 5/31 **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. **Extended Vigil:** Gn 11:1-9/Ps 33:10-11, 12-13, 14-15/Ex
19:3-8a, 16-20b/Dn 3:52, 53, 55, 56 [52b] or Ps 19:8, 9, 10, 11/
Ez 37:1-14/Ps 107:2-3, 4-5, 6-7, 8-9 [1]/Jl 3:1-5/Ps 104:1-2, 24,
35, 27-28, 29, 30 [cf. 30]/Rom 8:22-27/Jn 7:37-39. **Day:** Acts
2:1-11/Ps 104:1, 24, 29-30, 31, 34 [cf. 30]/1 Cor 12:3b-7, 12-13/
Jn 20:19-23

OBSERVANCES FOR THE WEEK OF MAY 24, 2020

- Sunday:** The Ascension of the Lord; 7th Sunday of Easter;
World Communications Day
- Monday:** St. Bede the Venerable, Priest and Doctor of the Church; St. Gregory
VII, Pope; St. Mary Magdalene de' Pazzi, Virgin; Memorial Day
- Tuesday:** St. Philip Neri, Priest
- Wednesday:** St. Augustine of Canterbury, Bishop
- Next Sunday:** Pentecost Sunday

MASS INTENTIONS

- Saturday** **May 23** Andrea Drushell S.I.
- Sunday** **May 24** People of the Parish S.I., Margarita C. Lazcano,
Salvador Ruvalcaba S.I.
- Monday** **May 25** Elizabeth Walker S.I.; Lucretia Ringling +
- Tuesday** **May 26** Anne Jones + & Others; Rebecca Kane +
- Wednesday** **May 27** Elizabeth Walker S.I.; Melody Adkins S.I.
- Thursday** **May 28** Sandra Walker +; Cuevas Hernandez Family S.I.
- Friday** **May 29** Bob Jones S.I.

MONDAY, MAY 25

MEMORIAL DAY

REMEMBER & HONOR




*Out of compassion for us
He descended from Heaven
and although He ascended alone,
we also ascend, because we are
in Him by grace.
- St. Augustine*





Sacramento Chinese Catholic Community 沙加緬度華人天主教團體

A Community that is dedicated to serve the Chinese Catholics in the Greater Sacramento Area.

 [@sacchinesecatholic](https://www.facebook.com/sacchinesecatholic)

沙加緬度華人天主教團體創立的目的是提供華人一個可以聚在一起認識及恭敬神的地方。

每日當責- 在日常生活中體會天主 - 永遠的

復活節

復活期將近尾聲了，對於天主教徒來說，復活節在一年中總是比較艱難的時期。我們有將臨期和四旬期，做準備期，在參與聖誕節時期，主要是因為喜歡保持裝飾，直到有人告知我們那確切必須拆除的日期為止。但是復活節時期有些難以觀察，世界各地生活如常進行，商店櫥窗裡沒有了復活蛋，所有宗教節目已回到重播，或到了劇集的尾聲。任何地方都感覺不到是在復活節時期... 除了在教堂裡。

事實上，在教堂裡應該全年都像復活期。在每個主日裡，我們都慶祝一個小型的復活節。我們的主復活了！祂復活了並升了天。我們必須慶祝，也必須要關注於主的工作，我們是復活節的見證人，我們該經由過忠信的生活來見證祂的復活。如果他從未復活升天，我們便無一人受到任何的召叫。但是祂復活了，在這復活期即將結束之際，要慎重思考祂的死亡和復活對我們每個人的意義。復活節將如何的改變了我們？如何的激勵了我們？世界大多數角落裡看不到復活節，因此我們有責任將復活節，帶到每個我們去過的地方，以及每個我們遇到的人。

- Tracy Earl Welliver, MTS



耶穌升天節

耶穌升天節於復活節後四十日舉行，這瞻禮是紀念耶穌從死裏復活後四十日升天。這節日在復活期第七主日舉行。

EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

Everlasting Easter

The Easter season is almost over. This season is always a tougher one for us Catholics. We get Advent and Lent: preparation. We are on board with Christmas, mainly because we like to keep up our decorations until someone tells us the exact day we must take them down. But Easter as a season is a bit more difficult to observe. The rest of the world has moved on. There are no Easter eggs left in store windows and all those religious

movies on television have given way to reruns or season-ending episodes. It just feels like no Easter anywhere ... except in the Church.

The truth is that it should feel like Easter all year-round in the Church. Every Sunday, we celebrate a mini-Easter. Our Lord is ALIVE! He is risen and alive, and we need to celebrate. We also need to be about the

work of the Lord. We are an Easter people who bear witness to his resurrection through our stewardship. If he had never risen, then we would be called to nothing by no one. But he lives! As this Easter season is drawing to a close, it is prudent to reflect on what his death and resurrection mean for each of us. How has it changed us? How does it motivate us? It doesn't look like Easter in most corners of the world, so it is up to us to bring a little Easter to every place we go and to everyone we meet.

- Tracy Earl Welliver, MTS



SACRAMENTS and PREPARATION

The HOLY SACRIFICE OF THE MASS

Until COVID-19 restrictions are lifted, Masses are broadcast daily via livestream on our Facebook and YouTube channels. See bulletin cover for details.

RECONCILIATION/CONFESSION (Covid schedule)

Mon—Wed—Thu: 11:00 am to 12:00 pm

Friday: 11:30 am to 12:00 pm

Saturday: 4:00 to 5:00 pm

ANOINTING OF THE SICK

Make an appointment by calling the parish office.

MATRIMONY

To celebrate the Sacrament of Matrimony at the Cathedral, contact Titi Kila at extension 13, or at tkila@cathedralsacramento.org.

CONVALIDATION of MARRIAGE

If you would like 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, contact Deacon John at extension 11, or jgila@cathedralsacramento.org.

No weddings until COVID-19 restrictions are lifted.

MARRIAGE PREPARATION

The Diocese requires all engaged couples to prepare for their union with a marriage preparation program no less than two months before the date of their wedding. Contact Deacon Omar & Janet Bardales at matrimonyprep@att.net or 916-427-9160.

INFANT BAPTISM PREPARATION

No registration is required. Classes are held:

- 1st Thursday of the Month, 7 pm (English)

- 2do Jueves del mes, 7 pm (Español)

QUINCEANERA

While not a Sacrament, a Quinceanera celebrates a young lady's coming of age (approx. 15th birthday) with Mass, stressing the virtues of family and social responsibility. For more information contact Titi Kila at extension 13, or tkila@cathedralsacramento.org.

BAPTISM

Registration is required to schedule a baptism of children (6 years of age or younger). Contact Deacon John at the Parish Office. Baptisms are scheduled: 3rd Saturday of each month, 9 am (English), and 4to Sabado del mes, 9 am (Español)

For anyone six years or older, contact Sr. Lisa Marie.

HOLY EUCHARIST

Children prepare for the Sacrament of the Holy Eucharist over a two year period. Teens and Adults prepare for the Sacrament through the RCIA. Contact Sister Lisa Marie for details.

CONFIRMATION

The diocese admits young people in eighth grade or older for the Sacrament of Confirmation. If you are a teen or adult, contact Sister Lisa Marie to register.

HOLY ORDERS

Priests and deacons are ordained to perform ministerial roles in the community. To know more about the priesthood and /or diaconate, contact Fr. Hernandez at 916-733-0258.

FAITH FORMATION AND EDUCATION

English Classes—Saturdays, 10 am

Spanish Classes—Sundays, 11 am

The Cathedral offers weekly religious education classes for pre-K through Eighth grade, sacramental preparation for children, teens and adults, in both English and Spanish groups.

Rite of Christian Initiation for Adults/Children(RCIA)

Adults: Mondays, 7 pm

Children and Teens: Sundays, 9 am

RCIA is for those wanting to explore the Catholic faith in a community of prayer, scripture and lessons. For more information, Sister Lisa Marie at 916-444-5364, or lmdoty@cathedralsacramento.org.



MINISTRIES and CONTACTS

Father Michael O'Reilly, Pastor / Rector

SACRED LITURGY

Altarservers: Michael Ognisty, mfognisty@msn.com

Choir (English)

Rex Rallanka, Music Director, rrallanka@cathedralsacramento.org

Choir (Spanish)

Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after 7pm Mass

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

Lectors

Fred Heacock, fheacock72@hotmail.com

SOCIAL and COMMUNITY SERVICE

Brown Bag Lunch Ministry

Marilynn Fairgood, Marilynn_Fairgood@att.net

Docents

Jill Pease, peasejill@gmail.com

Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

ministries@cathedralsacramento.org

Hospitality

Celeste Gisla, jfgisla@surewest.net

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Saint Vincent de Paul contact the rectory office

FORMATION AND CATECHESIS

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

Faith Formation and Education / Catechists

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Formacion y Educacion de Fe Catequistas/Spanish at cathedralfaithformationsac@gmail.com

Rite of Christian Initiation for Adults and Children

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

PRAYER and COMMUNITY GROUPS

Benedictus Youth Group: Titi Kila, benedictusy@gmail.com

Cathedral A.C.T.S.

ActsCathedralSacto@gmail.com, saccathedralacts.org

Cathedral Young Adults

Victor Amador, cathedralrya@gmail.com

Chinese Community

Oliver Wan sccc.contact@gmail.com

Cinema Divina Movies

Reggie King, thecatholicstore@gmail.com

Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.com

Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com

Spanish Parents Group Leaders

Leticia Hilbert, leticia_hilbert@hotmail.com

PASTORAL AND ADMINISTRATIVE STAFF

Fr. Kieran McMahon

Priest in Residence

Fr. Nicholas Ho

Chinese Mass

Deacon John Gisla

Office Manager

Dcn. Edgar Hilbert

Dcn. Omar Bardales

Sr. 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

Chris Houlemard

Webmaster/Bulletin

PARISH PASTORAL COUNCIL

Peggy Oakden, Chairperson

Russel Almaraz

Esteban Arellano

Roland Bordon

Ellis Chan

Paty Davila

Eileen Dunn

Andrea Martin-Borges

Joey Martinez

Jose Solis

Jeff Weiss

Richard Zacaroli

FINANCE COUNCIL

Robert Ingenito, Chairperson

Janet Bardales

Steve Harrold

Michael Pease

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

Become a member of our dynamic Cathedral family! Register online: https://www.cathedralsacramento.org/parishioner-registration-1 or fill out the form below and put in the offertory basket or mail to the rectory office at 1017 11th Street, Sacramento, CA 95814

NAME/NOMBRE

CELL PHONE

ADDRESS/DOMICILIO

Street

City

Zip

Please indicate/ Por favor indique:

Please send Offertory Envelopes

Por favor envíe Sobres de Ofertorio

New Parishioner/Individual

Nuevo Parroquiano/Individuo

Change of Address/Cambio de Direccion

New Parishioner/Family

Nuevo Parroquiano/Familia



(916) 455-0215 • Pan Dulce

5028-5044 Franklin Blvd., Sacramento



catholicmatch[®]
California



CatholicMatch.com/CA

DISPONIBLE
POR TIEMPO LIMITADO

ANUNCIE SU
NEGOCIO AQUÍ

Llame a **Kathryn Dickens** hoy para su anuncio!
kdickens@4LPi.com or (800) 950-9952 x5809

FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.
- 800-950-9952 -

Family Dentistry



Jasmine L. Dermawan, DMD

2335 American River Dr.
Ste. 307, Sacramento, CA
95825

916-929-0331

www.drjasminedmd.com

*English • Indonesian

Lic. #828505



24 HOUR DISPATCHED

Office: (916) 353-0203

Office: (530) 677-8832

PO Box 1398, Folsom, CA 95763

Complete Plumbing Service
Water Heater Specialists
Trenchless Pipe Replacement

AVAILABLE
FOR A LIMITED TIME

ADVERTISE YOUR
BUSINESS HERE

Contact **Kathryn Dickens** to place an ad today!
kdickens@4LPi.com or (800) 950-9952 x5809

HAGAMOS NUESTRA PARTE
MANTENER LIMPIA
A NUESTRA
COMUNIDAD



Aprenda más:
sacrecycle.org



PRAY FOR OUR BISHOP & EAT ICE CREAM!



15% OFF

Not valid with any other promotions

SACRAMENTO • ELK GROVE
CITRUS HEIGHTS

St. Mary Cemetery & Funeral Center ^{FD2263}
Calvary Cemetery & Funeral Center ^{FD2262}

Your **Catholic** resource for **Funeral, Mortuary,
Cremation & Cemetery** needs within the
Diocese of Sacramento.

916-452-4831

se habla
español



CATHOLIC FUNERAL
& CEMETERY SERVICES
OF THE DIOCESE OF SACRAMENTO



WE'RE HIRING
AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

Celebrating
Life & Family



Formerly named
Cynthia S. Meyers, CFP®

Cynthia S. Meyers is a Registered Representative and Investment Advisor Representative with, and offers securities and advisory services through, Commonwealth Financial Network, member FINRA/SIPC, a Registered Investment Advisor

916-927-6487

CONFLUENCE-FP.COM



MATTHEW D. ROY
Attorney at Law

916 361 6028

Free Consultation for Anyone that Mentions the Ad
Practice includes: Family Law and Bankruptcy Law

roy@theroylawoffices.com
www.TheRoyLawOffices.com

770 L Street, Suite 950 • Sacramento, CA
www.TheRoyLawOffices.com

SPREAD THE WORD
A Thriving, Vibrant Community Matters



SUPPORT OUR ADVERTISERS



• SACRAMENTO'S MIDTOWN PRESCRIPTION CENTER •
2821 J STREET
SACRAMENTO, CA 95816
www.puccis.com
(916) 442-5891 FAX (916) 442-1432



STEVE ROSE
PAINTING CO.

Residential Specialists

License #804522

- A Good Paint Job At A Fair Price -

(916) 421-2281



Free Estimates
Bonded & Insured

585 - 4th Avenue
Sacramento, CA

steverose@steverosepainting.com



For ad info. call 1-800-950-9952 • www.4lp.com

Cathedral of Blessed Sacrament, Sacramento, CA

B 4C 05-1145

SUNDAY BRUNCH 11 AM - 3 PM

EXPERIENCE MEXICAN CUISINE AT IT'S BEST...



ONE BLOCK FROM THE CATHEDRAL SACRAMENTO CORNER OF 12 & K STREET

MAYAHUEL

12TH & K STREET

DOWNTOWN | 1200 K STREET | EXPERIENCEMAYAHUEL.COM



MERCY McMAHON TERRACE

June's Place

Mercy McMahon Terrace

Independent, Assisted Living & Memory Care

A Truly One of a Kind Community
Founded by the Sisters of Mercy
24 Hour Nursing
Mass offered weekly in our Chapel

(916) 733-6510

Call for a Tour Today!

3865 J St., Sacramento, CA 95816

www.mercymcmahonterrace.org

RCFE 340312763

Your Local Experts in All Your Real Estate Needs.

Ofreciendo nuestros servicios a ustedes, igualmente ofreciendo nuestra ofrenda a la iglesia De Dios.



John Lanting **Tomas Garcia**
(916) 798-3225 916-712-6391



www.JohnLantingHomes.com

DRE #01410391

SPREAD THE WORD
A Thriving, Vibrant Community Matters



AVAILABLE FOR A LIMITED TIME **ADVERTISE YOUR BUSINESS HERE**

Contact **Michelle Jacobs** to place an ad today!
mjacobs@4LPi.com or (800) 950-9952 x5899

Too Sick for Mass?

SUPPORT OUR PARISH NO MATTER WHERE YOU ARE!

Sign-up to get your bulletin delivered right to your inbox!

www.parishesonline.com



For 175 years, we can break it down to one word...Trust.



Terrance Vaughn - Agent
CA Insurance Lic. #0M39055
New York Life Insurance Company
3255 W. March Ln. • Stockton, CA
C: 650-678-4322 W: 209-955-2400

Northgate SMOG

2830 Northgate Blvd. #4
916-922-6018 northgatesmog.com

TIRED OF PAYING RENT?

We Can Help You Sell or Buy Your New Home.

LO ASESORAMOS EN ESPAÑOL

Call Me or Text Me 510-385-8094

Javier@JLAmerican.com

DRE # 01894284



For ad info. call 1-800-950-9952 • www.4lpi.com

Cathedral of Blessed Sacrament, Sacramento, CA

A 4C 05-1145