

Volume 18 * Issue 29

*"I myself will gather the remnant of my flock
from all the lands to which I have driven them
and bring them back to their meadow."*

~ Jer 23:3a ~



Cathedral of the Blessed Sacrament

July 22 2018 * 16th Sunday in Ordinary Time

= Pastor's Corner =



It seems that so much of living is trying to figure out what it is we're supposed to be doing. Pursuing the career, raising the kids, planning the parties, designing the home, getting the degree, working and getting up and giving time to God can make us feel as though we've been just keeping busy so that we don't notice how off track we really are. People often tell me that they are certain that they have a purpose in this world and yet are struggling with just finding a reason to live. When everything we chase after, the family, the job, the material possessions, and the desires, leave us still feeling empty, what is it we are supposed to do? Even though turning to the Church and God can give us some deeper meaning, after a period of time we can begin to wonder if this, too, is just something to distract us from the true meaning of our life.

As I get older, I see that most of our pursuits keep us at the center of our actions. Even our connection with God is meant to help us fulfill some sort of meaning in our lives. This would all make perfect sense if we weren't trying to approach life with some faith in the divine. Once we add God to the equation, we necessarily need to take ourselves out of the center and put Him there. For most believers, we keep ourselves in the center and expect God to work around our expectations. In the end, whether we believe or not, with us at the center, we are clearly left with emptiness.

Put God in the center of your life. It's obvious and we preach it all the time. It's as simple as striving to give Him the glory in all we say and do. Do not strive to please yourself or anyone else. Strive to please God and everything and everyone else will find its proper place. The real purpose of our lives, the real reason why God made us, is to simply reveal to the world His presence (as in "the kingdom is here") and His love (as in "God is love"). This is pleasing to God. There is nothing else we need to do. Just tell and show the world that you believe in the Holy Trinity, and God will take care of the rest. You might find your exterior world emptier, but your interior world will be filled.

Fr. Michael

= Summer Series: The At-Home Pilgrim =

A PILGRIM PRACTICES SOMATIC SPIRITUALITY

by Lacy Clark Ellman | asacredjourney.net

so·mat·ic [soh-mat-ik], adjective

1. of the body; bodily; physical

It is the body that carries the pilgrim from one place to another and the senses that serve as a conduit for the many cultural and spiritual experiences that permeate her being along the way. Even in the interior journey, the pilgrim knows that external sensations can help guide her to her core. In fact, if there weren't any bodily significance in physical pilgrimage, then it wouldn't serve as such a powerful metaphor for our journeys in life, would it?

This is where somatic spirituality comes in. Somatic spirituality is simply a faith that incorporates the body as a vital participant and resource in our spiritual search.

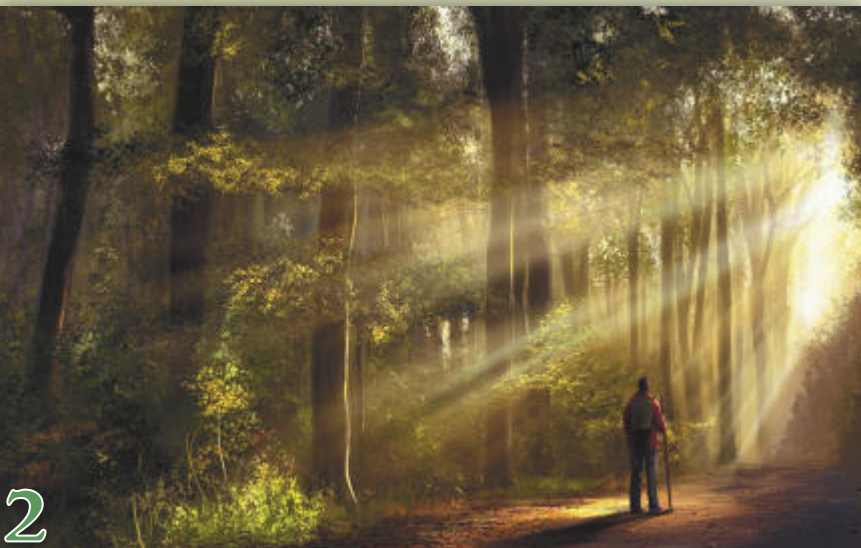
Need an example? If you grew up in a Christian family, it is likely that you have been trained spiritually in words, whether by reading the Bible, Scripture memorization, conversation, or prayer. While each of these things is valuable, some days you might find yourself felling exhausted by all of the words, longing to practice a faith where you can connect spiritually - and sometimes far more profoundly - in other ways. God did not create us with only a mind and call us "good" - God also created us with bodies that can be vessels of spiritual expression as well as reception.

Our bodies carry just as much wisdom and insight as our minds. In fact, our bodies have the ability to tell us truths about our condition that our minds won't allow to surface as we try to maintain control. The pilgrim on a physical journey know this truth, engaging holistically in the practice of pilgrimage by incorporating not only the mind, but also the body in her spiritual search.

PRACTICE~ Walk a labyrinth. If you don't have one nearby, follow a simple walking path. Start at home, walk toward your destination (the "center" of the labyrinth), and then return home by the same path. When walking toward the "center", contemplate your journey toward God. Once you reach your destination, pause for awhile in the presence of the Divine. As you return home, ponder how you will integrate your Sacred Encounters into everyday life.

How does your body communicate in ways words cannot?

Installment Two of Seven





10 Herbal remedies for body and soul

from a 12th-century mystic

Marzena Devoud | Aleteia.org

St. Hildegard (1098-1179) was declared a Doctor of the Church in October 2012, four months after her canonization. Pope Benedict XVI, who gave her this title, confirmed the exemplary character of her life and writings as a model to all Catholics. Hildegard is also known for her writings on botany and medicine. She believed it's possible to prevent illness through nutrition. She maintained that medicine must consider the whole person: "When the body and soul work in perfect harmony, they receive the supreme reward of joy and health," she explains.

This selection of medicinal herbs below is recommended by St. Hildegard. The descriptions are taken from her classic work *Physica*, a book still recognized by herbalists today. Of course, we can't guarantee they'll be effective — and you should always consult with a qualified healthcare professional — but you may want to consider incorporating these natural herbs into your life.

Lavender "Whoever cooks lavender in wine, or if he has no wine, honey and water, and frequently drinks it when it is warm, will lessen the pain in his liver and lungs, and the stuffiness in his chest. It also makes his thinking and disposition pure." - Physica XXV

Fennel "In whatever way it is eaten, it makes a person happy, and brings to him a gentle heat and good perspiration, and makes his digestion good...Eating fennel or its seeds every day diminishes bad phlegm and decaying matter, keeps bad breath in check, and makes one's eyes see clearly." - Physica LXVI

Galingale "One who is ailing from bad humours in his back or side should boil galingale in wine and frequently drink it warm, and the pain will cease. One with pain in his heart, or with a weak heart, will soon be better if he eats enough galingale." - Physica XII

Sage "One who suffers from rheumatism should cook sage in water and drink it, and the humors and phlegm will diminish in him." - Physica LXIII

Hyssop "Hyssop is useful in all foods. It is more beneficial pulverized and cooked than raw. When it is eaten the liver becomes lively, and it cleanses the lungs somewhat." - Physica LXV

Nettle "Nettle is not at all good eaten raw, because of its harshness. But, when it newly sprouts from the ground, it is good when cooked, as food for a human. It purges his stomach and takes mucus away from it. Any kind of nettle does this." - Physica C

Thyme "If someone adds thyme to good herbs and condiments, it carries off the putrid matter of his ailment by heat and strength." - Physica CCXXIII

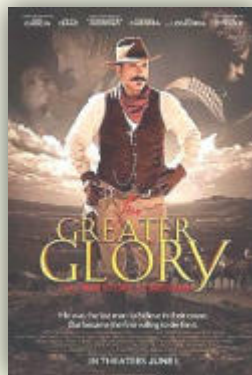
Spearmint "Just as salt tempers all food, if too much or too little is added to foods it is bad, so too spearmint, added moderately to meat, fish, purees or other nourishment, offers a good flavor to that food, and is a good condiment. Indeed, eaten so, it warms the stomach and furnishes good digestion." - Physica LXXVIII

Basil "A person who has palsy in his tongue, so that he is unable to speak, should place basil under his tongue, and he will receive speech. Also, one who has strong fevers, whether tertian or quartan, should cook basil in wine, with honey added. He should strain it and drink it frequently, with or without food, and at bedtime. His fevers will cease." - Physica CCXXX

Savory "A person who has a frail heart and a weak stomach should eat savoury raw, and it will strengthen him. If one with a sad mind eats it, it will make him happy." - Physica XXXVIII

Cinema Divina Movie Review

"For Greater Glory"



In light of the Fourth of July we recently celebrated, it can be an unsettling thought that a government could wield its authority to have our freedoms (religious and otherwise) removed in an astonishingly short period of time with relative ease. I for one am thankful that it has not happened here, at least not to the extent that it could.

This 4th of July, I spent the evening watching the film "For Greater Glory." I know you might be saying that's not a film about America's Independence, or even Mexico's for that matter, but it is a film about a nation's struggle for its religious freedom and

that's the connection I highlight here.

This film brings to our view the documented history of such events that took place in Mexico just over a century ago. Events that are quite startling.

I originally watched "For Greater Glory" when it was released in theaters. I liked the film but remember thinking to myself that it was a difficult film to watch. Difficult at least in certain aspects that I was unprepared to reconcile with my Catholic Christian experience; namely what sacrifices am I willing to expend today on this side of eternity for the greater glory? Many faithful Catholics died to preserve the faith in Mexico and we have benefited from the ultimate sacrifice of many. This film honors that legacy.



Written by Michael James Love and directed by Dean Wright, "For Greater Glory" is a historically faithful telling of the Cristero War in Mexico, 1926 - 1929. The relationship with Mexico's government and the Catholic Church had been deteriorating (Where have we seen that before?). A despot-like character in Mexico's President Plutarco Calles is portrayed very effectively in the film by Panamanian actor Ruben Blades. Calles decides the Catholic Church has to go and he's the man to do it. There is a considerable amount of war and political violence deserving of its heavy "R" rating, but this film is telling a story and it never strays from that purpose.

This is a big budget film with a Hollywood cast consisting of Peter O'Toole ("Lawrence of Arabia"), Andy Garcia ("Ocean's Eleven"), Eva Longoria, Oscar Isaac ("Star Wars"), whom collectively deliver a compelling and engaging film with cinematic impact. Andy Garcia's performance is considered by some, among his best work.

With every viewing, my appreciation of "For Greater Glory" has grown. The film treads upon some controversial matters (i.e. Christians and priest taking up arms, America's duplicitous interest in the Mexican government vs its concerns for its common people, and the Catholic Church's response to the state's imposition upon the faithful). As a result, the movie can feel weighty in tone and unpleasant in the scenes related to the above-mentioned realities and that's not necessarily a bad thing, but our common experience tells us that sometimes the truth hurts.



In the end "For Greater Glory" does accomplish an edifying telling of a history for which we are the better for remembering, and one we should never forget. Viva Cristo Rey!



Excerpt from the Lectionary for Mass, ©2001, 1988, 1970 CCO.

EVERYDAY STEWARDSHIP

My daughter can easily become overwhelmed by having so much to do. She recently graduated from high school, and many times during those four years, she found herself going crazy from being involved in so many things. Sports, drama, youth group, homework, friends, and more all demanded a slice of her attention. Sometimes the slice of time that remained wasn't much and one does have to sleep!

A good everyday steward can get caught up in doing so much and giving so much that he or she loses sight of the fact that you cannot give what you do not have. If you have no time left, you cannot give that. If you have no energy left, you cannot give that. Finally, if you find yourself agitated and overwhelmed, you cannot give that which others benefit from the most: YOU!

Even when we plant seeds in a garden after tilling and watering the soil, we must rest and wait for there to be growth. If we do not take time to rest and recharge, we are not allowing time for God's grace to bring forth new life in us. We fear that things will suffer without us, but the truth is that no one is benefiting from our fatigue. We can think we are giving but really we are empty. Take some time and rest in your God. Retreat and recharge. Then you will be able to share once again.

-Tracy Earl Welliver, MTS

Please remember in your prayers

Deacon Don DeHaven
Tony Nebreda
Charles Bardin
Teresa
Nicanor Masadao, Sr. +
Suzanne Trujillo
Corazon Velasquez
Paulina
Dave McNett
Maggie Phelps

Amit Kumar
Steph Skiles
Maria Nguyen
Alfie +
Ernie +
Hashina +
Charles Pickering S.I.
Karla
Briceida Lopez
Rick and Anna Carpineta

Jo
Sonia
A Gerard
Tiler
Faye
Beverly Rogers
Linda Dixon
Joel & Cesar
Mariana Gonzalez
Jessie LaRay

Sophia LaRay
Elizabeth
Delores Abella S.I.
Jeremy Smock S.I.
Flora Bagcal
Minda Swars
Jennifer Swars
Emily West
Adrian John Bayan

CATHOLIC FUNERAL & CEMETERY SERVICES, a Ministry of the Diocese of Sacramento, will have representatives here in Mercy Hall after each of the Masses, next weekend, **July 28 and 29**. They will be giving a brief presentation where you can get all of your questions answered about the Church's teachings regarding funeral and burial. They are here as your resource through one of life's most difficult times. For more information, please contact Nicole Zamora, Director of Community Outreach, at 916-840-2138 or by email at nzamora@cfcssacramento.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; jglsac@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.

OUR LADY OF FATIMA STATUE - We invite you to take home a 29.5" statue of Our Lady of Fatima and pray the Holy Rosary. She was given to the Rosary Club as a gift to promote praying the Most Holy Rosary among friends, neighbors, families, communities, and children. There is a shipping container that will be used for transporting Our Lady but we hope to find a more permanent box for transportation soon. Please contact Lolita via text/voicemail at (916) 213-5862 or by email Lolita.Urrutia@gmail.com if you are interested in this invitation. God bless you and all in your heart!



This week, July 22nd to the 28th, is **NATURAL FAMILY PLANNING AWARENESS WEEK**, an annual campaign of our diocese and of the United States Conference of Catholic Bishops. This year the week coincides with the 50th anniversary of *Humanae Vitae*, Pope Paul VI's landmark encyclical that restated Catholic teaching about human sexuality, conjugal love and responsible parenthood. The July/August edition of *The Catholic Herald* is dedicated to this anniversary.

Copies of the Diocese of Sacramento's NFP brochure, in both English and Spanish, are available at the Cathedral. You can also listen in to related radio broadcasts on the Bishop's hour on Immaculate Heart Radio and in Spanish on Radio Santissimo Sacramento.



Circle these words from today's Gospel in the puzzle:

PLACE	GOING	SHEPHERD
APOSTLES	BOAT	PEOPLE
ALONE	CROWD	TEACHING

F T G E R T H A O S P
 E A L O N E L R T U E
 R P N D I T O J S H O
 B O A T O N L D I M P
 E S V R T I G T H Y L
 P T H A D O N G A C E
 N L U G T B U T S R M
 T E A C H I N G Y O A
 P S O C L W C O I W N
 G A S H E P H E R D T

Sharing the Gospel - Have you ever just wanted to be alone for a while? Jesus and his disciples knew what that felt like. They wanted to be alone to talk and rest, but crowds of people were surrounding them. Even when Jesus and his disciples tried to slip away unnoticed, people followed them anyway. They arrived only to find more crowds of people. This was certainly not the quiet time they had planned on. Being patient and kind, Jesus gave up what he wanted, and he began to teach the crowds.

Prayer - Dear God, thank you that Jesus gave up what he wanted, just so he could help other people. Help me to follow his example. Amen.

Mission for the Week - Spend some alone time with Jesus tonight. If you get interrupted because someone else needs help, that's okay. Go help, and then come back to your alone time with Jesus again.

Read the Gospel and Color



- Looking for things to do with your family or friends this summer? Try these great ideas!
1. Go to Daily Mass
 2. Visit a Mission
 3. Pray the Rosary Daily
 4. Volunteer at the Cathedral
 5. Create a "Sacred Garden" in your backyard
 6. Go to Confession together
 7. Memorize your favorite bible verses and recite them to each other

Date	Mass / Intentions	Observances & Readings	Activities
Saturday July 21	5:00 pm /	Mi 2:1-5/Ps 10:1-2, 3-4, 7-8, 14 [12b]/Mt 12:14-21	9:00 am Baptisms - English
Sunday July 22	7:30 am / 9:00 am */ 11:00 am** / 1:00 pm Spanish / 3:00 pm Chinese 5:00 pm / 7:00 pm Spanish/	16th Sunday in Ordinary Time Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 [1]/Eph 2:13-18/Mk 6:30-34	*RCIA - Breaking of the Word at the 9am Mass **No Liturgy of the Word for Children In July
Monday July 23	12:10 pm / 5:10 pm /	St. Bridget, Religious Mi 6:1-4, 6-8/Ps 50:5-6, 8-9, 16bc-17, 21 and 23 [23b]/Mt 12:38-42	
Tuesday July 24	12:10 pm / 5:10 pm /	St. Sharbel Makhlef, Priest Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8 [8a]/Mt 12:46-50	6:00pm Spanish Choir Rehearsal for the 7pm Mass
Wednesday July 25	12:10 pm / 5:10 pm /	St. James, Apostle 2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6 [5]/Mt 20:20-28	7:00 pm Spanish Choir Rehearsal for the 1pm Mass 7:15 pm "33 Days to Morning Glory" Retreat Meeting 7:15 pm Communion & Liberation
Thursday July 26	12:10 pm / 5:10 pm /	Sts. Joachim and Anne, Parents of the Blessed Virgin Mary Jer 2:1-3, 7-8, 12-13/Ps 36:6-7ab, 8-9, 10-11 [10a]/Mt 13:10-17	Today is National All or Nothing Day, National Bagel Fest Day, National Coffee Milkshake Day, and Aunts and Uncles Day. Have a great day!
Friday July 27	12:10 pm /	Jer 3:14-17/Jer 31:10, 11-12abcd, 13 [cf. 10d]/Mt 13:18-23	6:00 pm Movie Night at the Cathedral

= Esquina del Pastor =



Parece que tanto vivir está tratando de descubrir qué es lo que se supone que debemos hacer. Perseguir la carrera, criar a los niños, planear las fiestas, diseñar el hogar, obtener el título, trabajar y levantarse y dar tiempo a Dios puede hacernos sentir como si hubiéramos estado ocupados para que no notamos cómo fuera de pista realmente somos. La gente a menudo me dice que están seguros de que tienen un propósito en este mundo y aún luchan por encontrar una razón para vivir. Cuando todo lo que perseguimos, la familia, el trabajo, las posesiones materiales y los deseos, nos dejan todavía sintiéndonos vacíos, ¿qué se supone que debemos hacer? Aunque recurrir a la Iglesia y a Dios puede darnos un significado más profundo, después de un período de tiempo podemos comenzar a preguntarnos si esto también es algo que nos distrae del verdadero significado de nuestra vida.

A medida que envejezco, veo que la mayoría de nuestras actividades nos mantienen en el centro de nuestras acciones. Incluso nuestra conexión con Dios está destinada a ayudarnos a cumplir algún tipo de significado en nuestras vidas. Todo esto tendría mucho sentido si no intentáramos acercarnos a la vida con algo de fe en lo divino. Una vez que agreguemos a Dios a la ecuación, necesariamente tenemos que sacarnos del centro y ponerlo allí. Para la mayoría de los creyentes, nos mantenemos en el centro y esperamos que Dios cumpla con nuestras expectativas. Al final, ya sea que creamos o no, con nosotros en el centro, claramente nos quedamos con el vacío.

Pon a Dios en el centro de tu vida. Es obvio y lo predicamos todo el tiempo. Es tan simple como luchar por darle la gloria en todo lo que decimos y hacemos. No te esfuerces por complacerte a ti mismo ni a nadie más. Esfuércese por agradar a Dios y todo y todos encontrarán su lugar apropiado. El verdadero propósito de nuestras vidas, la verdadera razón por la cual Dios nos creó, es simplemente revelarle al mundo Su presencia (como en "el reino está aquí") y Su amor (como en "Dios es amor"). Esto es agradable a Dios. No hay nada más que necesitamos hacer. Simplemente dígame al mundo que cree en la Santísima Trinidad, y que Dios se encargará del resto. Puede encontrar su mundo exterior más vacío, pero su mundo interior estará lleno.

Pr. Michael

= Serie De Verano: El Peregrino En La Casa =

UN PEREGRINO PRACTICA LA ESPIRITUALIDAD SOMÁTICA

so · mat · ic [soh-mat-ik], adjetivo 1. del cuerpo; corporal; físico

por Lacy Clark Ellman | asacredjourney.net

Es el cuerpo que lleva al peregrino de un lugar a otro y los sentidos que sirven de conducto para las muchas experiencias culturales y espirituales que impregnan su ser en el camino. Incluso en el viaje interior, el peregrino sabe que las sensaciones externas pueden ayudarla a guiarla hasta su núcleo. De hecho, si no hubiera ningún significado corporal en la peregrinación física, entonces no serviría como una metáfora tan poderosa para nuestros viajes en la vida, ¿verdad?

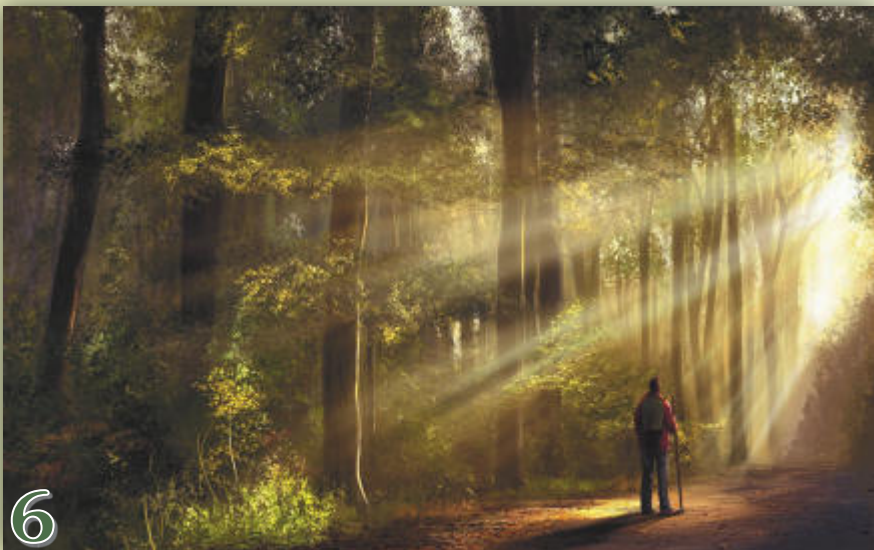
Aquí es donde entra la espiritualidad somática. La espiritualidad somática es simplemente una fe que incorpora el cuerpo como un participante vital y un recurso en nuestra búsqueda espiritual.

¿Necesitas un ejemplo? Si creció en una familia cristiana, es probable que haya sido entrenado espiritualmente en palabras, ya sea leyendo la Biblia, la memorización de las Escrituras, la conversación o la oración. Si bien cada una de estas cosas es valiosa, algunos días puede que te sientas agotado por todas las palabras, anhelando practicar una fe en la que te puedas conectar espiritualmente, y en ocasiones de manera mucho más profunda, de otras maneras. Dios no nos creó con solo una mente y nos llamó "buenos". Dios también nos creó con cuerpos que pueden ser vasos de expresión espiritual así como de recepción.

Nuestros cuerpos llevan tanta sabiduría y perspicacia como nuestras mentes. De hecho, nuestros cuerpos tienen la capacidad de decirnos verdades acerca de nuestra condición que nuestras mentes no permitirán que aflore cuando tratamos de mantener el control. El peregrino en un viaje físico conoce esta verdad, participando holísticamente en la práctica de la peregrinación al incorporar no solo la mente, sino también el cuerpo en su búsqueda espiritual.

PRÁCTICA ~ Camina por un laberinto. Si no tienes uno cerca, sigue un sendero sencillo. Comience en casa, camine hacia su destino (el "centro" del laberinto) y luego regrese a casa por el mismo camino. Cuando camines hacia el "centro", contempla tu viaje hacia Dios. Una vez que llegue a su destino, haga una pausa por un tiempo en presencia de lo Divino. Al regresar a casa, reflexione sobre cómo integrará sus Encuentros Sagrados en la vida cotidiana.

¿Cómo se comunica tu cuerpo de maneras en que las palabras no pueden?





LAS LECTURAS Y CONMEMORACIONES SEMANALES

de la semana del 22 de julio de 2018

- Domingo: 16o Domingo del Tiempo Ordinario
Jr 23, 1-6/Sal 23, 1-3. 3-4. 5. 6 [1]/Ef 2, 13-18/Mc 6, 30-34
- Lunes: Santa Brígida, religiosa
Miq 6, 1-4. 6-8/Sal 50, 5-6. 8-9. 16-17. 21 y 23 [23]/Mt 12, 38-42
- Martes: San Chárbel Makhloof, sacerdote
Miq 7, 14-15. 18-20/Sal 85, 2-4. 5-6. 7-8 [8]/Mt 12, 46-50
- Miércoles: Santiago, apóstol
2 Cor 4, 7-15/Sal 126, 1-2. 2-3. 4-5. 6 [5]/Mt 20, 20-28
- Jueves: San Joaquín y santa Ana, padres de la Santísima Virgen María;
Día de los Abuelos
Jr 2, 1-3. 7-8. 12-13/Sal 36, 6-7. 8-9. 10-11 [10]/Mt 13, 10-17
- Viernes: Jr 3, 14-17/Jr 31, 10. 11-12. 13 [cfr. 10]/Mt 13, 18-23
- Sábado: Jr 7, 1-11/Sal 84, 3. 4. 5-6 y 8. 11 [2]/Mt 13, 24-30
- Domingo siguiente: 17o Domingo del Tiempo Ordinario
2 Re 4, 42-44/Sal 145, 10-11. 15-16. 17-18 [cfr. 16]/Ef 4, 1-6/Jn 6, 1-15

VERSO DEL EVANGELIO DE DOMINGO

Cuando Jesús desembarcó, vio una numerosa multitud que lo estaba esperando y se compadeció de ellos, porque andaban como ovejas sin pastor, y se puso a enseñarles muchas cosas. - Mc 6, 34

MEDITACIÓN EVANGÉLICO

Todos necesitamos tiempo para descansar. Un lugar apartado del bullicio para estar a solas es importante de vez en cuando. Es hermoso ver en este Evangelio, que Jesús mismo invita a sus discípulos a apartarse del bullicio y de las personas que los buscaban. "Vámonos aparte, a un lugar retirado, y descansarán un poco. Porque eran tantos los que iban y venían que no les quedaba tiempo ni para comer" (Mc. 6:31-32). Jesús sabía de sobra que si la misión consumía a sus discípulos, no podrían llevarla a cabo. Se necesita un balance entre el trabajo y el descanso. Es importante fijarse en la actitud de Jesús. ¿Cómo responde Jesús cuando sus apóstoles regresan de la misión? ¿Cómo responde Jesús cuando la gente los sigue hasta encontrarlos?

La respuesta de Jesús es compasiva en ambas situaciones, y su enseñanza es importante. Pastorear, guiar, acompañar, no dejar a las personas a la deriva. El punto clave es saber cuándo es necesario un descanso y cuándo es tiempo de evangelizar. El reto para la sociedad de hoy es aprender a tomar un tiempo de descanso. Todos corren de un lado a otro. Van contra reloj. El trabajo y las actividades abruma. Los doctores, consejeros y psicólogos están saturados de pacientes con la enfermedad llamada tensión. Se debe poner en práctica la enseñanza de Jesús; saber descansar es esencial. Por ejemplo, los domingos son para estar con la familia y los amigos, para disfrutar de una buena comida junto con ellos. ¿Cuándo fue la última vez que fuiste de vacaciones con tu familia?

VIVIR LA LITURGIA

Las diversas imágenes que tenemos de Dios ayudan a enmarcar nuestra relación con Él. ¿Alguna vez hemos imaginado a Jesús profundamente conmovido con emoción y llanto por nosotros? A menudo somos ovejas sin pastor, atraídas por el vacío de las atracciones mundanas y los deseos superficiales. Nos hemos perdido. Dios está profundamente conmovido por nuestro dolor, nuestra soledad y nuestra angustia. Dios no juzga ni condena. Él ama, y es misericordia en sí mismo. Conoce de primera mano el dolor de estar perdido y solo, y quiere enseñarnos acerca de su misericordioso amor. ¿Queremos que nos enseñe? Escucha la palabra de Dios y ábrete a la presencia de Dios en la Eucaristía.

LA CORRESPONSABILIDAD DIARIA

Mi hija se abruma fácilmente cuando tiene mucho que hacer. Hace poco se graduó de la escuela secundaria y, durante esos cuatro años, más de una vez se volvió loca por la cantidad de cosas en las que participaba. Los deportes, el teatro, el grupo de jóvenes, las tareas, los amigos y más cosas demandaban casi toda su atención. A veces el tiempo que le quedaba no era mucho, ini para dormir!

Un buen siervo puede verse atrapado haciendo y dando tanto cada día, que pierde de vista el hecho de que no puede dar lo que no tiene. Si no te queda tiempo, no puedes darlo. Si no te queda energía, no puedes darla. Finalmente, si estás nervioso y abrumado, no puedes dar aquello de lo que otros más se benefician: ¡TÚ!

Incluso al sembrar semillas en un jardín, después de labrar y regar el suelo, debemos descansar y esperar a que crezca. Si no nos tomamos un tiempo para descansar y recargar energías, no estamos dando tiempo a que la gracia de Dios produzca una nueva vida en nosotros. Tememos que las cosas sufran sin nosotros, pero la verdad es que nadie se beneficia de nuestra fatiga. Podemos pensar que estamos dando, pero en realidad estamos vacíos. Tómate un tiempo para descansar en Dios. Retírate y recarga energías. Entonces, podrás volver a dar.

-Tracy Earl Welliver, MTS

El fin de semana del 28 y 29 de julio, únase a los representantes de **LOS SERVICIOS FUNERARIOS Y DE CEMENTERIO CATÓLICOS**, un ministerio de la Diócesis de Sacramento, en Mercy Hall después de cada una de las Misas. Darán una breve presentación en la que podrán obtener respuestas a todas sus preguntas sobre las enseñanzas de la Iglesia con respecto a los funerales y el entierro. Ellos están aquí como su recurso a través de uno de los momentos más difíciles de la vida. Para obtener más información, comuníquese con Nicole Zamora, directora de Community Outreach, al (916) 840-2138 o por correo electrónico a nzamora@cfcssacramento.org.

"The Cathedral is for everyone." ~Bishop Patrick Manogue, 1886~



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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
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

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, at the 11:00 am Sunday Mass (Check calendar for dates). 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.



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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

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 916-444-3071 to arrange free private group tours.

GIFT SHOP on the Lower Level

Sundays 9:00 am to 3:00 pm

~Bulletin Ministry~

Editor: Lyssa Black
Advisor: Father Michael O'Reilly

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Chinese News: Kenneth Ng, Ellis Chan

Send submissions to cathedralsacramento@gmail.com



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 Ministry — If you would like to donate lunches or volunteer your time, please contact Jerri at jerrirush@comcast.net. For further information, please visit cathedralsacramento.org/ministries.

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

Cathedral ACTS Missions contact Susanna Romo, at (916) 955-8137 for more information. 2018 Retreats are 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 Men's Group meets the 2nd Tuesday of every month at 7:15 pm, Lower Level. Contact Bob Meyers at cymn1@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 Lynne Amerson at cbs1017pc@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 Tom Waddock at 916-444-3071, x 36

Hospitality contact Celeste Gisla at jfgisla@surewest.net

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 lolita.urrutia@gmail.com.

Saint Vincent de Paul, Cathedral Chapter contact the rectory office

Spanish Parents Group Leaders contact Leticia Hilbert at leticia_hilbert@hotmail.com

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

cathedralsacramento.org

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.

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

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- 3) Fax to: 916-443-2749
- 4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814



Chinese Community Column 華人團體專欄

耶穌我們的牧羊人 何光榮神父

在今天的福音中，我們看到耶穌如何關心人們，如同好牧羊人關心他的羊。每個基督徒都應該是一個關心別人的人。我們有時會告訴別人我們關心他們，但我們的行為無法證明這一點。

我們祈禱：

主耶穌，看待我們，憐憫我們，因為有時我們也像迷失的羊一樣。幫助我們跟隨你，即使這意味著要離開人群並走一條孤獨的道路。

從死亡中引導我們到生命，
從錯誤中引導我們到真相，
從絕望中帶領我們到希望，
從恐懼中得到信任，
從仇恨中得到愛，
從戰爭中得到和平。

幫助我們傾聽您的聲音，相信你並跟隨你，直到我們在你的天國獲得永生。

Jesus Our Shepherd by Fr. Nicholas Ho

In today's gospel, we see how Jesus cared about people as a good shepherd cares for his sheep. Every Christian ought to be a person who cares about others. We sometimes tell people that we care about them yet we fail to prove it by our deeds.

We Pray:

Lord Jesus, look upon us and have pity on us, for at times we too, are like lost sheep.
Help us to follow you, even if it means leaving the crowd and walking a lonely path.

Lead us from death to life,
From error to truth,
From despair to hope,
From fear to trust,
From hate to love,
From war to peace.

Help us to listen to your voice, to trust you and to follow you, 'till we attain eternal life in your Kingdom.

本週報告 (會長)

我們將於八月四日在上午九點開始在Christ the King Retreat Center進行年度避靜。避靜的主題是“為什麼我相信？”每位的費用為四十元（包括午餐），報名的截止日期是七月二十二日。有意參加避靜的教友，請向我（Ken）報名。

Announcement this week (President)

We will have our annual retreat on August 4 at Christ the King Retreat Center starting at 9am. The theme for the retreat is "Why I Believe?" The fee is \$40 each person (lunch included), and the last day to RSVP is July 22. Anyone interested in the retreat, please RSVP with me (Ken).

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