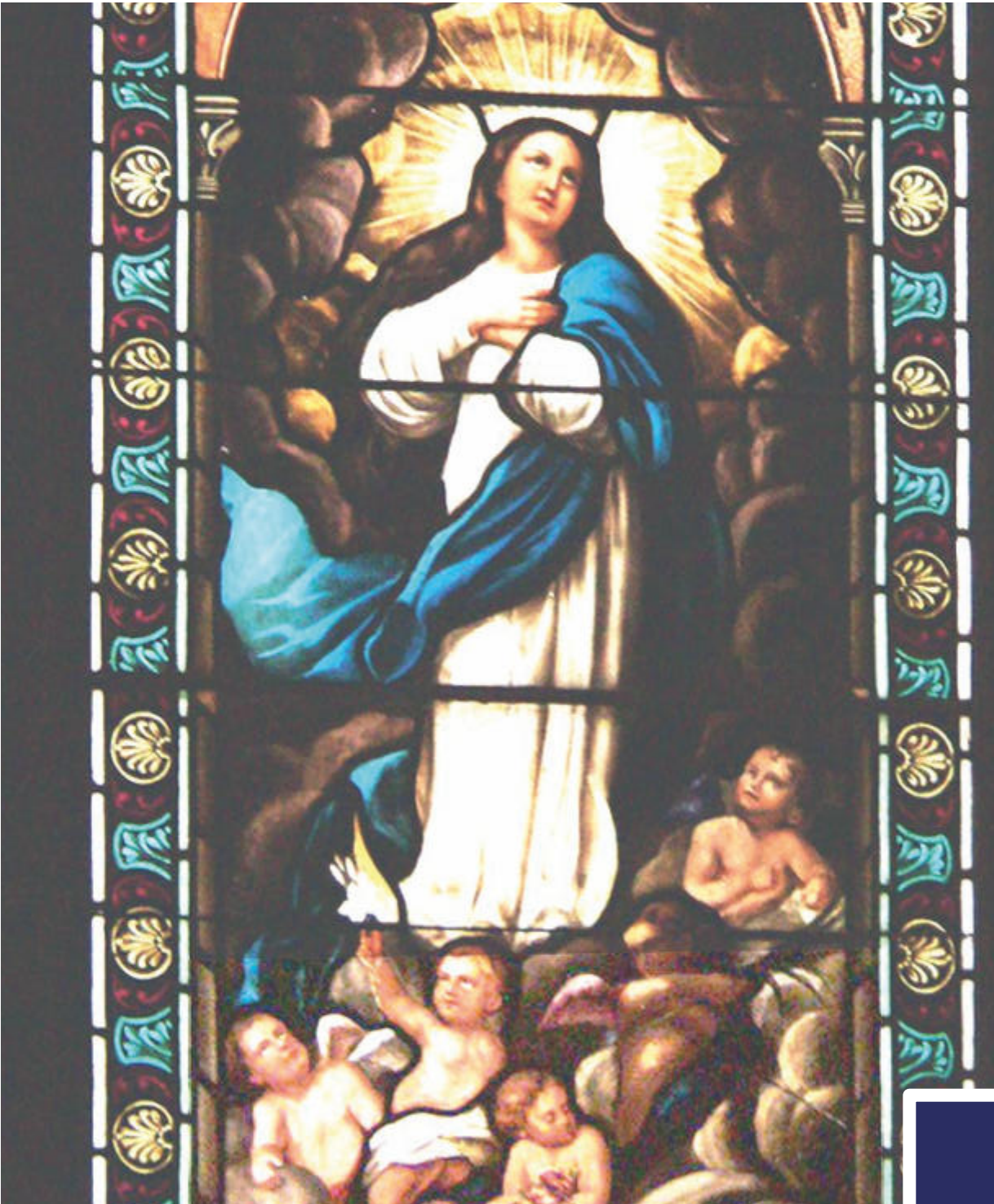


August 11 2019 - 19th Sunday in Ordinary Time



Volume 19\* Issue 32

# Cathedral of the Blessed Sacrament

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





# Pastor's Corner

## Unopened

After years of care,  
one of my orchids has finally produced a flower stem.  
Two large buds have appeared on the stem  
and hold the promise of speaking volumes  
of the beauty of their creator.  
Yet I fear I've said something offensive.  
The buds show no sign of releasing their selfish embrace.  
Rather, hints of yellow shriveling have crept into their footings,  
and the promise is turning sour.  
These children are far too sensitive.  
I'm thinking of replacing them for plastic.

Fr. Michael



**COVER PHOTO:** The beautiful stained glass window in the north chapel, depicting the Assumption of the Blessed Mother, was painstakingly restored during the 2005 Renovation & Restoration. This picture was taken before the window's restoration, showing one of the cherubs that was cracked and had to be recreated and replaced, but done so seamlessly, it's a challenge to determine which one.

From franciscanmedia.org: "On November 1, 1950, Pope Pius XII defined the Assumption of Mary to be a dogma of faith: "We pronounce, declare and define it to be a divinely revealed dogma that the immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul to heavenly glory." The pope proclaimed this dogma only after a broad consultation of bishops, theologians and laity. There were few dissenting voices. What the pope solemnly declared was already a common belief in the Catholic Church.

"Since Mary is closely associated with all the mysteries of Jesus' life, it is not surprising that the Holy Spirit has led the Church to believe in Mary's share in his glorification. So close was she to Jesus on earth, she must be with him body and soul in heaven."

# 3 Reasons Drifting From the Faith Starts With Drifting From the Church

by Michael Kelley | lifewayvoices.com

Sometimes when you read the Bible, you get caught on a single verse. Sometimes a single word. You read it, and you're hung up – you can't move on. Maybe it's because that word strikes an emotional chord. Maybe that word stirs up and stokes your affections. Maybe you just sense that this small section requires further reflection.

That's an okay thing. Scripture is not meant to be rushed through, but instead to be thought deeply upon. Savored. Cherished.

And yet, it's helpful even in those moments to zoom out after a time and remember a few other details. It's important to remember, for example, who wrote the book to begin with. And who the book was originally intended for. And it's important to remember the overall purpose or main idea of that particular book of the Bible. Here are a couple of examples (all up for debate I'm sure):

- Genesis is about who God is, and who we are in light of who He is.
- Luke is about a Savior who came to seek and to save the lost.
- Acts is about the Spirit-empowered church fulfilling its mission.

One more example, for the purpose of this article, is the book of Hebrews. So what is Hebrews mainly about? Well, it's about faith – we see the "Faith Hall of Fame" in Hebrews 11. And it's about the power and primacy of God's Word as seen in Hebrews 4. But what is it *mainly* about? I think you could summarize it like this:

Hebrews is about continuing in the faith because Jesus is better. Hebrews tells us that Jesus is better than Moses. He's better than the angels. He's better than Melchizedek. And because He is, we should continue in the faith. We should persevere, no matter how difficult. When you come to understand this main idea, it helps to see how the individual commands and exhortations fit.

"We must not abandon the church if we want to persevere in the faith."

Under that banner of perseverance in light of the greatness of Jesus, you find a very simple command, and yet one that is being abandoned rapidly today:

"And let us watch out for one another to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching" (Hebrews 10:24-25).

Contemporary translation? Don't stop going to church. And how does that fit with the main idea of Hebrews? Like this:

Wandering from the church leads to wandering from the faith.

Sounds kind of extreme, doesn't it? After all, we've all got busy schedules. We've all got competing priorities. We have travel sports, dance recitals, lake trips, and all the rest. Surely it doesn't mean that I'm wandering from the faith just because my church attendance has started to wane, does it? Perhaps it does. And perhaps it means we should be careful if indeed it's true that wandering from the faith often begins with wandering from the church. Consider these three reasons that support such a claim:

## 1. When we leave the church, we stop being reminded.

Over and over again in Scripture, you find God telling His people to "remember." Remember the Sabbath. Remember how you provoked God in the wilderness. Remember, I am with you always. These are commands – not suggestions – and they come because we are by nature forgetful people.

But God is kind to us, and He knows better than we do how forgetful we are of who He is and what He has done. C.S. Lewis knew this and once remarked, "People need to be reminded more than instructed." More times than not when we come to Scripture or

gather together with the saints, we aren't there to learn; we are there to remember. There is, after all, nothing new under the sun, but just because it's not new doesn't mean it's at the top of our minds.

When we start to neglect going to church, we are also stopping the regular rhythm of being reminded of who God is, what He has told us to do, and who we are in light of Him.

## 2. When we leave the church, we embrace self-reliance.

Part of the reason we go to church is that we need to. We need to because we know we are weak. We know we need other people. And we know that other people need us. This is at least part of the reason behind the biblical metaphor of the body Paul used to describe the church. To keep with that metaphor, can you imagine the pride of a leg thinking (if a leg could do that) that it could just go off and have a sustainable experience without the rest of the body?

In a sense, that's exactly what we are doing when we stop going to church. We are saying, "I don't need this. I don't need you. I only need me." And there we find ourselves on the slippery slope of pride, which inevitably leads us not only to neglect the church but to neglect the authority of God. When there is only me, then I'm the only one I have to obey.

## 3. When we leave the church, we create a gap.

God made us to live in community with other believers. It's in our DNA. This is at least part of what it means to be created in the image of God—that just as God exists in perfect community with Himself, so also are we created to live in relationships with other people. When we cut ourselves off from the community of faith, we create a gap, and that gap is going to be filled somehow. With someone. Or something.

This is a dangerous place to be – to leave ourselves open to whatever influence tickles our emotions and fancy at the moment and to simply embrace that thing or person because there's no one else there. The gap is going to be filled, one way or another, with something that helps us follow Jesus or something that doesn't.

We must not abandon the church if we want to persevere in the faith. We must keep going to keep ourselves going. The church is God's gift to us – each one of us – not so that we have a perfect experience there, but because we are weak, and we really do need the help.

## Offertory Report

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	% of Goal
July 13/14	\$7,424	64%
July 20/21	\$8,422	73%
July 27/28	\$8,014	69%
August 3/4	\$8,987	78%

**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 generosity!

# 19th Week in Ordinary Time

"You also must be prepared, for at an hour you do not expect, the Son of Man will come." ~Luke 12:40~

Date	Mass / Intentions / Events
Saturday August 10	5:00 pm / Maria Elena Gutierrez S.I.
Sunday August 11	7:30 am / All Souls in Purgatory 9:00 am/ Andrew Aguinaldo + Patricio Petilla + 11:00 am/ People of the Parish 1:00 pm (Spanish) / 3:00 pm (Chinese) 5:00 pm / Jesus Correa S.I. 7:00 pm / Sandra Valdez S.I.
Monday August 12	12:10 pm / Gerald Michael O'Reilly + 5:10 pm / Danita Miller +
Tuesday August 13	12:10 pm / Elenabeth Nicolas S.I. Leonides Nicolas S.I. 5:10 pm / Patrick, Karlo, & Pat Lauder S.I. 7:15 pm The Men's Group
Wednesday August 14	12:10 pm / Sylvia Morales S.I. 5:10 pm / Vigil for the Assumption of the Blessed Virgin Mary
Thursday August 15	The Assumption of the Blessed Virgin Mary (Holy Day of Obligation) 12:10 pm / Catherine Chang S.I. 5:00 pm / Alexander Trejo + 7:00 pm (Spanish)/
Friday August 16	12:10 pm / Anastasia & John Chang + Stephen Miguel +
Saturday August 17	5:00 pm / Genevieve Eiberger +

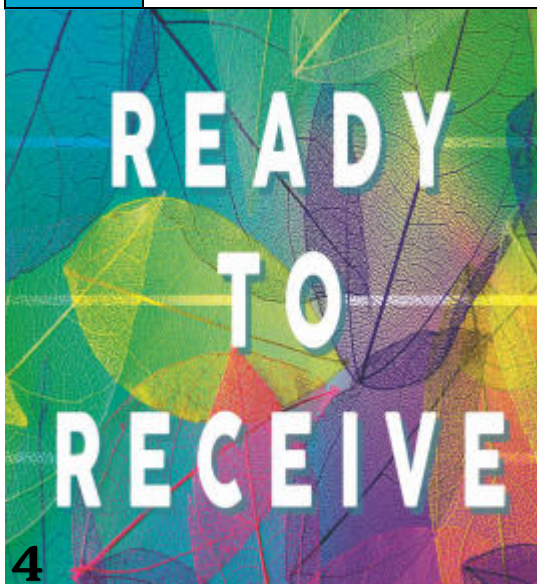


### For the Special Intentions of:

Deacon Don DeHaven  
Esther Valdez  
Marina Speed  
Abel  
Mrs. Podnebesnaya  
Carlos Corner Jr.  
Mother Clara  
Alexis Carlson Taylor  
Lori and Son Michael  
Katherine and Mother Hazel  
American Pastor  
Rachelle Sanchez  
Rebecca Guerra  
Diane Davis J  
Miriam and Son  
Rodolfo Martin  
Nathan Derek Gomez  
Phil Ruiz Family  
Zam Families  
Marasigan Family and all S.I.  
Ashley Family  
Savannah Avila

### For the Repose of the Soul of:

Ernesto Sta. Maria +  
Elvira Harrison+  
Dr. Alfred Le-Grand Sawyer+  
Damien+



## Readings & Observances

Sunday: 19<sup>th</sup> Sunday in Ordinary Time  
Wis 18:6-9/Ps 33:1, 12, 18-19, 20-22 [12b]/Heb 11:1-2, 8-19 or 11:1-2, 8-12/Lk 12:32-48 or 12:35-40

Monday: St. Jane Frances de Chantal, Religious  
Dt 10:12-22/Ps 147:12-13, 14-15, 19-20 [12a]/Mt 17:22-27

Tuesday: Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs  
Dt 31:1-8/Dt 32:3-4ab, 7, 8, 9 and 12 [9a]/Mt 18:1-5, 10, 12-14

Wednesday: St. Maximilian Kolbe, Priest & Martyr  
Dt 34:1-12/Ps 66:1-3a, 5 and 8, 16-17 [cf. 20a and 10b]/Mt 18:15-20

Thursday: The Assumption of the Blessed Virgin Mary (holy day of obligation)  
*Vigil:* 1 Chr 15:3-4, 15-16; 16:1-2/Ps 132:6-7, 9-10, 13-14 [8]/  
1 Cor 15:54b-57/Lk 11:27-28.  
*Day:* Rv 11:19a; 12:1-6a, 10ab/Ps 45:10, 11, 12, 16 [10bc]/1 Cor 15:20-27/  
Lk 1:39-56

Friday: St. Stephen of Hungary  
Jos 24:1-13/Ps 136:1-3, 16-18, 21-22 and 24/Mt 19:3-12

Saturday: Jos 24:14-29/Ps 16:1-2a and 5, 7-8, 11 [cf. 5a]/Mt 19:13-15

## MINISTRY DIRECTORY

### Altarservers

Michael Ognisty, mfgonisty@msn.com.

### Benedictus Youth Group

Victoria Ramos, benedictusy@gmail.com

### Brown Bag Lunch Ministry

Jerry Rush, jerrirush@comcast.net

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

**Cathedral A.C.T.S.** [saccathedralacts.org](http://saccathedralacts.org)

### Cathedral Men's Group

Bob Meyers, cynm1@yahoo.com

**Cathedral Saint Vincent de Paul** contact the rectory office

### Cathedral Young Adults

Titi Kila, cathedralya@gmail.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.

### Cinema Divina Movies

Reggie King, Brian Perez, thecatholicstore@gmail.com

### Communion & Liberation

catechesis meets every Wednesday at 7:15pm

### Docents

Jill Pease, peasejill@gmail.com

### Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

### Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

### Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

### Front Door Ministry

ministries@cathedralsacramento.org

### Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

### Hospitality

Celeste Gisla, jfgisla@surewest.net

### Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.com

### Lectors

Fred Heacock, fheacock72@hotmail.com

### Respect Life Ministry

Veronica Avina, veronicaavina@yahoo.com

### Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com.

### Spanish Parents Group Leaders

Leticia Hilbert, leticia\_hilbert@hotmail.com

## SHARE YOUR LOVE OF GOD BY TEACHING OUR PRECIOUS CHILDREN

The Cathedral Faith Formation department is looking for Catechists. No experience necessary. You will be trained by certified catechists.

The Cathedral sponsors a series of workshops throughout the pastoral year to support candidates' development in catechetical formation and to prepare them for Diocesan certification. These workshops are designed to prepare the candidate spiritually and theologically to witness and share their faith with the children and adults to whom they minister. The workshop series also includes faith-based methodology sessions that are tailored to various age groups and that address how to provide catechetical students with a sound Catholic faith foundation and prepare them for receiving the Sacraments. To begin the application process, go to [cathedralsacramento.org/faithformation](http://cathedralsacramento.org/faithformation), and download the Catechist Application and mail it to the cathedral office.

## CONSOLING THE HEART OF JESUS GROUP RETREAT

This is the follow-up retreat to the *33 Days to Morning Glory Retreat*. This 10-week small-group retreat delves into the simplicity and grandeur of Consoling spirituality. The retreat will meet Thursdays from 7:00 pm to 8:30 pm in Mercy Hall, from August 22 to October 24. To register, contact Sr. Jenny or Robin Root at [RobinMRoot@att.net](mailto:RobinMRoot@att.net) or (916) 747-5020. The cost is \$30.00 or the book & participant packet can be purchased at [allheartsafire.org](http://allheartsafire.org).



## THIS WEEK, we will take up the Collection for the Church in Latin America.

For many in Latin America and Caribbean, a rising secular culture, difficult rural terrain, and shortage of ministers present obstacles to practicing their faith. Your support to the collection provides lay leadership training, catechesis, priestly and religious formation, and other programs to share our faith with those who long to hear the Good News of Christ. To learn more about how you make a difference, please visit [usccb.org/latin-america](http://usccb.org/latin-america).

## CATHOLIC VIEWPOINT, FAITH, HOPE AND LOVE, hosted by Fr. Michael Kiernan

– a recent guest was Fr. John P. McGarry, President of Jesuit High School. A beautiful interview on the Spirituality of St. Ignatius and Life Centered on the Person of Jesus. Look for it on **YouTube** at Catholic Viewpoint, Faith, Hope and Love. (Future shows can be viewed on cable TV at Comcast 20, Consol. 19 and AT&T 14. Times: Sun. 7:00 AM, Tues. 9:30 AM, Weds. 8:30 PM, and Thurs. 5:00 PM.)

## HABITAT FOR HUMANITY INTER-FAITH BUILD

Our Parish Council is now soliciting interest from any parish member, 16 years old and older who would like to assist with the Habitat for Humanity "Build for Unity" construction of homes. This humanitarian activity is co-sponsored by the Sacramento Dioceses, Knights of Columbus Council 953, and the Cathedral's Parish Pastoral Council. Construction will begin in October through Spring. If you would like to be added to the list of volunteers, please contact Russ Almaraz at [russ.alaraz@gmail.com](mailto:russ.alaraz@gmail.com). Please list the days of the week you would most likely be able to attend the build. Training and tools will be provided by the Habitat staff. This inter-faith build will provide homes to two deserving families in Sacramento. A free 2019 Build Concert will happen on Sunday, August 18<sup>th</sup> at 3 and 6pm at the St. John Lutheran Church in Sacramento. To learn more or RSVP, go to <https://habitatgreatersac.org/buildforunity/>



## Cathedral Kids

**Sharing the Gospel** - One day Jesus will come back from heaven. He could come back any day now - nobody knows when. So, you and I need to be ready. Put God first in your life. Love God with your whole heart. Live every day in a way that will make Jesus smile. Be ready to go to heaven!

**Prayer** - Dear God, help me to stay close to Jesus.

**Mission for the Week** - Every day I will read, play, and listen to things that make God happy.

## Puzzle

Unscramble words from today's Gospel:

ready	master	home
lamps	night	thief
servants	morning	coming

reday	<u>  r  e  a  d  y  </u>
cmonig	_____
hmeo	_____
nithg	_____
srevnast	_____
thefi	_____
mronnig	_____
msatre	_____
lmasp	_____



# Esquina del Pastor

## Sin abrir

Después de años de cuidado,

Una de mis orquídeas finalmente ha producido un tallo de flor.

Han aparecido dos grandes brotes en el tallo

y mantener la promesa de hablar mucho

de la belleza de su creador.

Sin embargo, temo haber dicho algo ofensivo.

Los brotes no muestran signos de liberar su abrazo egoísta.

Más bien, toques de marchitez amarilla se han infiltrado en sus cimientos,

y la promesa se está volviendo amarga.

Estos niños son demasiado sensibles.

Estoy pensando en reemplazarlos por plástico.

Pr. Michael



FOTO DE PORTADA: La hermosa vidriera de la capilla norte, que representa la Asunción de la Santísima Madre, fue restaurada minuciosamente durante la Renovación y Restauración de 2005. Esta foto fue tomada antes de la restauración de la ventana, mostrando uno de los querubines que estaba roto y tuvo que ser recreado y reemplazado, pero hecho sin problemas, es un desafío determinar cuál.

De franciscanmedia.org: "El 1 de noviembre de 1950, el Papa Pío XII definió la Asunción de María como un dogma de fe:" Lo pronunciamos, declaramos y definimos como un dogma divinamente revelado de que la inmaculada Madre de Dios, la siempre La Virgen María, después de completar el curso de su vida terrenal, fue asumida en cuerpo y alma a la gloria celestial ". El Papa proclamó este dogma solo después de una amplia consulta de obispos, teólogos y laicos. Hubo pocas voces disidentes. Lo que el Papa declaró solemnemente ya era una creencia común en la Iglesia Católica.

"Como María está estrechamente asociada con todos los misterios de la vida de Jesús, no es sorprendente que el Espíritu Santo haya llevado a la Iglesia a creer en la participación de María en su glorificación. Tan cerca estaba de Jesús en la tierra que debía estar con él en cuerpo y alma en el cielo ".

# 3 razones que derivan de la fe comienzan con deriva de la iglesia

por Michael Kelley | lifewayvoices.com

A veces, cuando lees la Biblia, te atrapan en un solo verso. A veces una sola palabra. Lo lees y estás colgado, no puedes seguir adelante. Tal vez sea porque esa palabra toca un acorde emocional. Tal vez esa palabra despierta y aviva tus afectos. Tal vez solo sientas que esta pequeña sección requiere más reflexión.

Eso está bien. Las Escrituras no están destinadas a ser apresuradas, sino a ser profundamente pensadas. Saboreado Querido.

Y, sin embargo, es útil incluso en esos momentos alejarse después de un tiempo y recordar algunos otros detalles. Es importante recordar, por ejemplo, quién escribió el libro para empezar. Y para quién estaba destinado originalmente el libro. Y es importante recordar el propósito general o la idea principal de ese libro particular de la Biblia. Aquí hay un par de ejemplos (estoy seguro que todos están en debate):

Génesis trata sobre quién es Dios y quiénes somos a la luz de quién Él es.

Lucas trata de un Salvador que vino a buscar y salvar a los perdidos.

Hechos trata sobre la iglesia empoderada por el Espíritu que cumple su misión.

Un ejemplo más, para el propósito de este artículo, es el libro de Hebreos. Entonces, ¿de qué trata principalmente Hebreos? Bueno, se trata de la fe: vemos el "Salón de la Fama de la Fe" en Hebreos 11. Y se trata del poder y la primacía de la Palabra de Dios como se ve en Hebreos 4. ¿Pero de qué se trata principalmente? Creo que podrías resumirlo así:

Hebreos se trata de continuar en la fe porque Jesús es mejor. Hebreos nos dice que Jesús es mejor que Moisés. Es mejor que los ángeles. Es mejor que Melquisedec. Y debido a que Él es, debemos continuar en la fe. Debemos perseverar, no importa cuán difícil sea. Cuando comprenda esta idea principal, es útil ver cómo encajan los comandos y las exhortaciones individuales.

"No debemos abandonar la iglesia si queremos perseverar en la fe".

Bajo ese estandarte de perseverancia a la luz de la grandeza de Jesús, encuentras un comando muy simple y, sin embargo, uno que está siendo abandonado rápidamente hoy:

"Y cuidemos los unos de los otros para provocar amor y buenas obras, no descuidando reunirnos, como algunos tienen la costumbre de hacer, sino alentándose unos a otros, y más aún cuando vean que se acerca el día" (Hebreos 10 : 24-25).

Traducción contemporánea? No dejes de ir a la iglesia. ¿Y cómo encaja eso con la idea principal de Hebreos? Me gusta esto:

Vagar de la iglesia lleva a vagar de la fe.

Suena un poco extremo, ¿no? Después de todo, todos tenemos horarios ocupados. Todos tenemos prioridades en competencia. Tenemos deportes de viaje, recitales de baile, viajes al lago y todo lo demás. Seguramente no significa que me estoy alejando de la fe solo porque mi asistencia a la iglesia ha comenzado a disminuir, ¿verdad? Quizás lo hace. Y tal vez significa que debemos tener cuidado si de hecho es cierto que vagar de la fe a menudo comienza con vagar de la iglesia. Considere estas tres razones que respaldan tal afirmación:

1. Cuando dejamos la iglesia, dejamos de ser recordados.

Una y otra vez en las Escrituras, encuentras a Dios diciéndole a Su pueblo que "recuerden". Recuerden el sábado. Recuerda cómo provocaste a Dios en el desierto. Recuerda, siempre estoy contigo. Estos son comandos, no sugerencias, y vienen porque, por naturaleza, somos personas olvidadizas.

Pero Dios es amable con nosotros, y sabe mejor que nosotros los olvidados que somos de quién es Él y de lo que ha hecho. CS Lewis

sabía esto y una vez comentó: "La gente necesita que se le recuerde más de lo que se le instruye". La mayoría de las veces, cuando venimos a las Escrituras o nos reunimos con los santos, no estamos allí para aprender; Estamos para recordar. Después de todo, no hay nada nuevo bajo el sol, pero el hecho de que no sea nuevo no significa que esté en nuestras mentes.

Cuando comenzamos a descuidar ir a la iglesia, también estamos deteniendo el ritmo regular de recordar quién es Dios, qué nos ha dicho que hagamos y quiénes somos a la luz de Él.

2. Cuando dejamos la iglesia, aceptamos la autosuficiencia.

Parte de la razón por la que vamos a la iglesia es que necesitamos hacerlo. Necesitamos porque sabemos que somos débiles. Sabemos que necesitamos otras personas. Y sabemos que otras personas nos necesitan. Esta es al menos parte de la razón detrás de la metáfora bíblica del cuerpo que Pablo usó para describir la iglesia. Para seguir con esa metáfora, ¿te imaginas el orgullo de una pierna pensando (si una pierna pudiera hacer eso) que podría explotar y tener una experiencia sostenible sin el resto del cuerpo?

En cierto sentido, eso es exactamente lo que estamos haciendo cuando dejamos de ir a la iglesia. Estamos diciendo: "No necesito esto. No te necesito Solo me necesito a mí ". Y allí nos encontramos en la pendiente resbaladiza del orgullo, lo que inevitablemente nos lleva no solo a descuidar la iglesia sino a descuidar la autoridad de Dios. Cuando solo estoy yo, entonces soy el único al que tengo que obedecer.

3. Cuando salimos de la iglesia, creamos una brecha.

Dios nos hizo vivir en comunidad con otros creyentes. Está en nuestro ADN. Esto es al menos parte de lo que significa ser creado a imagen de Dios: que así como Dios existe en una comunidad perfecta consigo mismo, también somos creados para vivir en relaciones con otras personas. Cuando nos separamos de la comunidad de fe, creamos un vacío, y ese vacío se llenará de alguna manera. Con alguien. O algo.

Este es un lugar peligroso para estar: dejarnos abiertos a cualquier influencia que haga cosquillas a nuestras emociones y fantasía en este momento y simplemente abrazar esa cosa o persona porque no hay nadie más allí. La brecha se va a llenar, de una forma u otra, con algo que nos ayude a seguir a Jesús o algo que no lo haga.

No debemos abandonar la iglesia si queremos perseverar en la fe. Debemos seguir para seguir adelante. La iglesia es un regalo de Dios para nosotros, cada uno de nosotros, no para que tengamos una experiencia perfecta allí, sino porque somos débiles y realmente necesitamos la ayuda.

## Informe del ofertorio

La Parroquia de la Catedral es apoyada únicamente por ofertorios semanales y donaciones individuales. Es una organización sin fines de lucro autosuficiente y no recibe fondos de ninguna otra fuente, incluida la Diócesis de Sacramento ni ninguna de sus parroquias. Los gastos semanales de la Catedral superan los \$ 20,000. Para mantener la integridad fiscal, el ofertorio cada semana debe cubrir más de la mitad de los gastos. El Consejo de Finanzas ha establecido una meta de ofertorio semanal de \$ 11,500.

Oferta	total de fin de semana	% del objetivo
13/14 de julio	\$ 7,424	64%
20/21 de julio	\$ 8,422	73%
27 y 28 de julio	\$ 8,014	69%
3/4 de agosto	\$ 8,987	78%

Su apoyo es muy apreciado y vital para mantener la Parroquia y sus ministerios para los pobres y hambrientos, así como para mantener este centro espiritual y un hito histórico significativo. Gracias por tu generosidad!

# Come Visit. Come Worship. Come Home.



## 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.

#3 of 146 things to do in Sacramento



Visit our **GIFT SHOP** downstairs

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

## 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)



## Your Together Forever Starts Here...

**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 to take this class.

**GET MARRIED AT THE CATHEDRAL** - If you would like to celebrate the Sacrament of Matrimony at the Cathedral, Contact Wedding Coordinator, Titi Kila at [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org). at least *six months* before your desired wedding date to arrange a meeting.

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



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# 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

## 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

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## 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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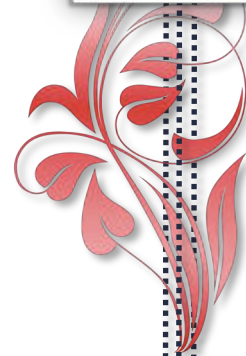


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- 3) Fax to: 916-443-2749
- 4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814



## 聖女加辣（八月十一日）

聖女加辣原籍亞西西，出身貴族，生於主曆一一九三年。聖女十八歲的時候，聖五傷方濟各到亞西西講道。加辣聽了，非常感動。她請方濟各指導怎樣遵隨福音的寶訓，度標準的基督徒生活。方濟各勸她一心歸向天主，捨棄一切，跟隨基督。

主曆一二一二年，聖枝主日，加辣在亞西西大堂參加祝聖聖枝典禮。主教分發聖枝，教友都到祭台前領取，加辣怕羞，不敢上前。主教看見了，走過來將聖枝遞給她。當天傍晚時分，加辣離開自己的家庭，走到一哩外的巴丁古拉城的天神聖堂。方濟各和方濟各會士領她到祭台前，方濟各給她行剪髮禮。那時候，城裏還沒有女修院，加辣寄住在本篤會女修院。加辣秘密棄家修道的消息一傳出，她的親友想強迫她還俗。加辣抱住祭台，死也不肯放。她把自己剪短的頭髮給他們看，表示基督召選了她。她已決定獻身事主，她的主意很堅定，決不變更，三軍可以奪帥，匹夫不可以奪志。親友們知難而退，不再阻撓她修道。

加辣暮年多病，主曆一二五三年起，病勢惡化，教宗英諾桑親來探視她。去世前十七天內，一點東西也不吃。她對自己說：「平安地向前走吧，不要害怕。天主聖化了妳，保護了妳，像慈母般愛護妳。天主

呀，你創造了我，願你受到讚美！」說完了這幾句話，瞑目安逝，時維主曆一二五三年八月十一日，加辣享壽六十歲，度修道生活共四十年。加辣的遺體於八月十二日殮葬，聖教會特定該日慶祝她的瞻禮。加辣於主曆一二五五年由教宗亞歷山大四世封聖。

### Saint Clare (August 11)

Saint Clare was born at Assisi in AC1193 from a noble family. When she was eighteen years old, the Stigmata of St. Francis went to Assisi to preach. She was so touched as she heard the preaching. She asked Francis to guide how to follow the teaching in the gospel, the standard Christian life. Francis urged her to return to God, to give up everything including the worldly lives, to follow Christ.

In the year 1212, the Palm Sunday, Clare attended the ceremony of blessing the palms at the Cathedral in Assisi. The bishop distributes the holy branches, and the parishioners receive them before the altar. She was too shy to go forward. The bishop saw that, came over and handed the blessed palm to her. In the evening of the same day, she left her family and went to the church in Badinggula City. Francis and Franciscans led her to the altar and performed the tonsure for her. At that time, there was monastery for women in the city, and she was sent to the Benedictine's monastery for women. As the news of her secretly leaving home to monastery came out, her relatives and friends wanted to force her to return to the worldly lives. She hugged the altar and do not let go. She showed them her short hair and said that Christ had called her. She has decided to dedicate and offer herself to the Lord and not willing to change her mind. Her friends and relatives gave up and stopped obstructing her to go to the monastery.

In AC 1253, Clare's health had been deteriorating over the years, and Pope Innocent came and visited her. In the seventeen days before she passed away, she did not eat anything. She said to herself, "Move forward in peace and don't be afraid. God has sanctified you, protected you, and loved you like a mother. O Lord, you created me and may you be praised!" After saying these words, she passed away. On August 11th, 1253, she had lived for 60 years and spent 40 years in monastic life. Her body was buried on August 12, and the holy church celebrates her on that day. In 1255, Pope Alexander IV canonized her as a saint.

### Announcement this week (President)

We will have our annual retreat on August 17 at Christ the King Retreat Center starting at 9am. The theme for the retreat is "The Lord's Dwelling Places." The fee is \$40 each person including lunch. Anyone interested can RSVP with Oliver or Gloria by August 3.

We will celebrate Father Ho's birthday and the birthdays of parishioners age 89 and over during the evening of August 17 at 7pm in Hong Kong Island Seafood Restaurant (5675 Freeport Blvd, Sacramento, CA 95822) The donation ticket is \$25 per person between the ages of 13 and 88 (free for parishioners age 89 and up), \$12 for each child 5 to 12 and fee for children under 5. Please contact Gloria or Oliver to sign up and pay when signing up.



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