

May 5 2019 - 3rd Sunday of Easter



Volume 19* Issue 18

Cathedral of the Blessed Sacrament

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



Pastor's Corner

Our lives can often be quite complex and filled with distractions, pain and frustrations. Amidst lists being published and sorrow over pride and human weakness, God still provides plenty of opportunities to experience simplicity, joy and satisfaction.

The other day I had the opportunity to go for a morning walk in Sacramento Wildlife Refuge just outside of Willows, California. A place I had sought peace and serenity in the past called out to me to make a necessary stop on my way south to Sacramento.

As soon as I got out of the car, I could tell that it had been too long since my last visit and that this place in the marshes of our northern valley had been reaching out to me for months. Much of the waterfowl had moved further north already, but there were still hundreds of songbirds and hawks and bugs to help me realize I was not taking a walk in Capitol Park.

Now, I'm not a birdwatcher, although I know a bird when I see one, nor do I have much interest in identifying bugs, although I know a bug when it bites me. I take these walks in nature not so I can inspect and catalog and quantify, but rather to exist, experience and absorb. The sun, the dew soaking my sneakers, the muffles of far-off traffic and flutters of near-to wings fill me with peace and tranquility. My biggest concern during these moments is the gentle gnawing in my mind that I don't have more time to steep in the enjoyment. Thank God for the sun and the dew and the birds and the bugs and the distant traffic and the awareness that life needs to be balanced and appreciated both in the marketplace and the free-trade place of nature.

Of course, my hour long walk, just a ten minute drive off interstate 5, included a whole world of God's love but not one other human enjoying this gift. I was reminded of how much my mother taught me the appreciation of nature and how difficult it is for her today to get out and take a walk. With my two good legs, hearing and eyesight, I need to be outside as much as possible with no watch, no phone and no ear buds. I hear God encourage all of us to step into His creation and enjoy a quiet peace of His risen glory.

Father Michael



Mystagogy

A prayer for when the host and chalice are elevated at Mass

Philip Kosloski | Aleteia.org

Renew in your soul a sense of awe and wonder at what happens at the consecration.

The Catholic Church firmly believes that after the words of consecration said by a priest at Mass, by the power of the Holy Spirit, bread and wine are transformed into the body, blood, soul and divinity of Jesus Christ. It is a great mystery, one that has been handed down to us from Jesus Christ at the Last Supper.

In the Roman Rite of the Catholic Church, it is customary during the Eucharistic prayer to elevate the consecrated Host as well as the chalice holding the precious Blood, lifting them up for the people to see.

While this action of the priest is often brief, the faithful are encouraged to make a silent act of love to God. Many spiritual writers suggest using the words of St. Thomas the Apostle when he encountered the risen Christ, as the priest elevates the Host.

"My Lord and my God!" (John 20:28)

It is traditional to pray silently, when the Chalice is elevated,

"My Jesus, mercy!"

It is a way to express your own belief that God is truly there, overcoming any doubts you may have, similar to what St. Thomas experienced.

Other spiritual books will offer more lengthy prayers, like the following two prayers from the *St. Vincent Manual* published in 1856.

Hail, Victim of salvation! Eternal King! Incarnate Word, sacrificed for me and all mankind! Hail, precious Body of the Son of God! Hail, sacred flesh, torn with nails, pierced with a lance, and bleeding on a cross, for us poor sinners! O amazing goodness O infinite love! Oh! let that tender love plead now in my behalf! Let all my iniquities be here effaced, and my name be written in the book of life! I believe in thee; I hope in thee; I love thee. To thee be honor, praise and glory from all creatures for ever.

Hail, sacred blood, flowing from the wounds of Jesus Christ, and washing away the sins of the world! Oh! Cleanse, sanctify and preserve my soul, that nothing may separate me from thee! Behold, O eternal Father! thy holy Jesus, and look upon the face of thy Christ, in whom thou art well pleased. Hear the voice of his blood, that cries out to thee, not for vengeance, but for pardon and mercy. Accept this divine oblation, and through the infinite merits of all that Jesus endured on the cross for our salvation, be pleased to look upon us, and upon all thy people, with an eye of mercy.

Whatever you do during the consecration at Mass, [when you hear the bells ringing] look up and see the Risen Lord and offer to him your love and adoration. He comes during Mass for you and desires to dwell in your heart.

Mystagogy (it's Greek root is the same as the root of *mystery*), though commonly known as the seven week period for newly-received Catholics to learn more about the Faith, it is, in fact, a lifelong process: we are still living, learning, growing in and called to share our faith.



Lessons on the Liturgy: Gnostic or Catholic?

James Cavanagh, Director of Worship, Sacramento Diocese

"Ascribe to the Lord the glory due his name; worship the Lord in holy attire." (Psalm 29:2, RSVCE)

The NAB translates the last part of the verse, "bow down before the Lord in *holy splendor*" while the Book of Common Prayer (Episcopal), which is based on the Coverdale translation, renders the last part of the verse: ".....in the *beauty of holiness*." Finally the Catechism, in its instructions on the Eucharist, speaks to the issue of attire when it says, "Bodily demeanor (gestures, clothing) ought to convey the respect, solemnity, and joy of the moment when Christ becomes our guest." [1387]

Warmer weather has finally arrived and shorts and sandals are starting to appear everywhere. Shorts and sandals are appropriate attire for summertime activities, but when it comes to Mass we need to be more careful about how we dress because, as the Catechism teaches us, our clothing conveys the respect we have for God. Our attire also conveys our sense of respect for others. There are few things more distracting than a seeing a grown man dressed like an eight year old with bony, white legs exposed for all the world to see!

Unless, of course, we're Gnostics. Gnosticism is an ancient heresy that denies or denigrates matter and bodily existence as evil. In its modern iteration Gnosticism regards matter as unimportant. For modern Gnostics physical things like clothes are irrelevant because only the spiritual realm matters. This modern version of Gnosticism is expressed when people say things like, "God doesn't care how we dress" the idea being that bodily demeanor, including our attire, doesn't matter. But it does matter, as Psalm 29 says. God himself took on human flesh to save the world and instituted the sacraments to transmit his very life into our souls. So matter matters very much to God. He deemed it very good when he created the world, used it to reconcile the world to himself when it had gone astray, and continues to use it via the sacraments to save souls.

This summer as you're getting ready for Mass ask yourself, "Am I a Gnostic or a Catholic? Does my attire convey respect for God? Does it express my belief in the Incarnation and the Real Presence of Christ in the Eucharist? And does my attire show respect for those who are attending Mass with me?"

Finally, liturgical ministers such as lectors and extraordinary ministers of Holy Communion, should be especially attentive to how they dress because they're not only performing a function, they represent the Church.



3rd Sunday of Easter



Sharing the Gospel - After Jesus rose from the dead, he must have looked very different. Jesus helped his apostles catch a lot of fish, just as he had done before. Jesus invited his friends to eat with him, and he still broke his bread to share it in the same way he always had. The disciples still recognized Jesus by the things he did.

Prayer - Dear God, help me to always recognize Jesus.

Mission for the Week - Invite a friend over to eat dinner with your family, so you can share food just like Jesus did.

Puzzle

Find and circle these words from today's Gospel:

- | | | |
|---------|---------|----------|
| FISHING | JUMPED | CHARCOAL |
| CATCH | DRAGGED | APPEARED |
| BOAT | BREAD | RAISED |

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

CATHOLIC VIEWPOINT, FAITH, HOPE AND LOVE – on TV channels Comcast 20, Consolidated 19 and AT&T 14 or watch all 50 episodes on **YouTube!** Fr. Michael Kiernan's guest for the week of May 5th is Sr. Clare Marie Dalton, RSM from Mercy General Hospital joins Fr. Times: Sun. 7:00 AM, Tues. 9:30 AM, Weds 8:30 PM, Thurs 5:00 PM.



The Respect Life Ministry
 Cordially Invites you to our
FOOD TRUCK FUNDRAISER SALE
 On Sunday May 05, in the alley by
 the plaza in front of the Cathedral

- Birria Tacos
- Deserts
- Burritos
- Sodas
- Quesadillas
- Water
- Ceviche
- Chips

For more information please call:
 (916) 912-8256 or (916) 205-0713

Thinking about growing in your spiritual journey? Consider taking a 7 or 9 day walking pilgrimage along the Camino de Santiago in Spain, or along the Via Francigena in Italy. Or, go on a non-walking pilgrimage to Mexico and visit historic Catholic Churches, Marian Shrines and locations that were instrumental during the Cristero War, or take a visit to Cuba and see its many beautiful colonial Catholic churches. **This summer, travel with purpose!** For more information on Catholic Charities' pilgrimages, or about the next informational meeting, go to CCCpilgrimages.com or call (916) 706-1539 Ext. 12.



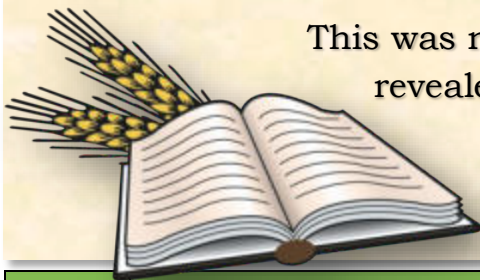
3RD SUNDAY OF EASTER



Traveling this Summer? In an effort to care for our common home, you can purchase carbon-offsets to mitigate the impact of your travel carbon footprint. For a nominal amount, you can support dozens of renewable energy and greenhouse gas destruction projects that in aggregate have reduced greenhouse gases in our atmosphere equivalent to billions of tons of carbon dioxide. **Terrapass** is a multi-disciplinary team of individuals dedicated to the fight against climate change. Their mission is to provide the resources necessary for companies and individuals to understand and take responsibility for their climate impact, by providing educational tools and resources, such as online carbon footprint calculators, and help create, implement, and operate customer-funded emissions reduction projects at facilities, such as dairy farms and landfills. To learn more about their projects or to purchase off-sets, go to **terrapass.com**.



"American Catholics... are learning more, caring more, and doing more about the environment and threats to it. As a community of faith, we are also seeking to understand more clearly the ethical and religious dimensions of this challenge." (U.S. Catholic Bishops, Renewing the Earth).

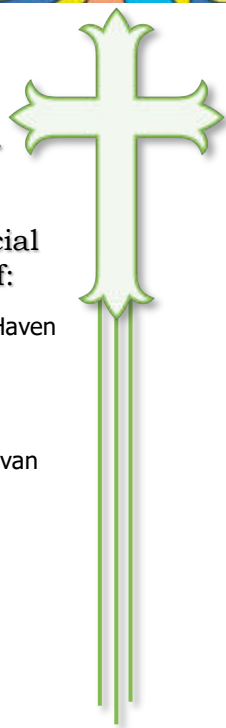


This was now the third time Jesus was revealed to his disciples after being raised from the dead.

~John 21:14~

Date	Mass/Intentions	Activities
Saturday May 4	5:00 pm /	10:00 am CCD Classes
Sunday May 5	7:30 am / 9:00 am/ 11:00 am / 1:00 pm (Spanish)/ 3:00 pm (Chinese) 5:00 pm / 7:00 pm /	9:00 am RCIA for Children & Teens 9:00 am Mass: RCIA - Breaking of the Word
Intentions not submitted		
Monday May 6	12:00 pm / 5:10 pm /	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class 7:00 pm Respect Life Monthly Meeting
Tuesday May 7	12:10 pm / 5:10 pm /	7:00 pm Teen Confirmation Class
Wednesday May 8	12:10 pm / 5:10 pm /	7:00 pm English Choir rehearsal 7:15 pm Communion & Liberation 7:15 pm Spanish 1pm Mass Choir Rehearsal 7:15 pm StVdePaul Monthly Meeting
Thursday May 9	12:10 pm / 5:10 pm /	7:00 pm The Bible Timeline 7:00 pm Adult Confirmation Class 7:00pm Baptism Class - Spanish
Friday May 10	12:10 pm /	
Saturday May 11	5:00 pm /	10:00 am CCD May Crowning

Prayer Corner



For the Special Intentions of:

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

For the Repose of the Soul of:

Bishop Frances Quinn +
Teodorico Tayaba +
Gisele Mensah +
Jimmy Jaimes +
Patricia and Andrew Vargas +
Jaime Tenajeros Caminos +

Readings & Observances

Sunday: 3rd Sunday of Easter; Cinco de Mayo
Acts 5:27-32, 40b-41/Ps 30:2, 4, 5-6, 11-12, 13 [2a]/Rv 5:11-14/Jn 21:1-19 or 21:1-14

Monday: Acts 6:8-15/Ps 119:23-24, 26-27, 29-30 [1ab]/Jn 6:22-29

Tuesday: Acts 7:51--8:1a/Ps 31:3cd-4, 6 and 7b and 8a, 17 and 21ab [6a]/Jn 6:30-35

Wednesday: Acts 8:1b-8/Ps 66:1-3a, 4-5, 6-7a [1]/Jn 6:35-40

Thursday: Acts 8:26-40/Ps 66:8-9, 16-17, 20 [1]/Jn 6:44-51

Friday: St. Damien de Veuster, Priest
Acts 9:1-20/Ps 117:1bc, 2 [Mk 16:15]/Jn 6:52-59

Saturday: Acts 9:31-42/Ps 116: 12-13, 14-15, 16-17 [12]/Jn 6:60-69



Esquina del Pastor

Nuestras vidas a menudo pueden ser bastante complejas y estar llenas de distracciones, dolores y frustraciones. En medio de las listas que se publican y el dolor por el orgullo y la debilidad humana, Dios todavía ofrece muchas oportunidades para experimentar la simplicidad, la alegría y la satisfacción.

El otro día tuve la oportunidad de ir a dar un paseo por la mañana en el Refugio de Vida Silvestre de Sacramento, en las afueras de Willows, California. Un lugar en el que había buscado paz y serenidad en el pasado me pidió que hiciera una parada necesaria en mi camino hacia el sur, a Sacramento.

Tan pronto como salí del auto, pude ver que había pasado demasiado tiempo desde mi última visita y que este lugar en las marismas de nuestro valle norteño había estado contactándose durante meses. Gran parte de las aves acuáticas ya se habían movido hacia el norte, pero todavía había cientos de aves cantoras, halcones e insectos para ayudarme a darme cuenta de que no estaba caminando en Capitol Park.

Ahora, no soy un observador de aves, aunque conozco un ave cuando la veo, ni tengo mucho interés en identificar errores, aunque conozco un error cuando me muerde. Tomo estos paseos en la naturaleza no para poder inspeccionar, catalogar y cuantificar, sino para existir, experimentar y absorber. El sol, el rocío empapando mis zapatillas, las muflas del tráfico lejano y los aleteos de las alas cercanas me llenan de paz y tranquilidad. Mi mayor preocupación durante estos momentos es el suave roer en mi mente que no tengo más tiempo para disfrutar del placer. Agradezca a Dios por el sol y el rocío y las aves y los insectos y el tráfico distante y la conciencia de que la vida debe ser equilibrada y apreciada tanto en el mercado como en el lugar de libre comercio de la naturaleza.

Por supuesto, mi caminata de una hora, a solo diez minutos de la carretera interestatal 5, incluía todo un mundo del amor de Dios, pero ningún otro humano disfrutaba de este regalo. Me acordé de lo mucho que mi madre me enseñó a apreciar la naturaleza y de lo difícil que es para ella salir y pasear. Con mis dos buenas piernas, el oído y la vista, necesito estar lo más afuera posible sin reloj, sin teléfono y sin audífonos. Escucho a Dios animándonos a todos a entrar en Su creación y disfrutar de una paz tranquila de Su gloria resucitada.

Padre Michael



El Ministerio de Respeto a la Vida
Le invita cordialmente a nuestra
VENTA DE COMIDA DE TROCA
El Domingo 05 de Mayo
en la plaza en frente de Catedral

Tacos de birria Postres Burritos Sodas
Quesadillas Agua Ceviche Chips

Para más información, por favor llame al:
(916) 912-8256 or (916) 205-0713

LAS LECTURAS Y CONMEMORACIONES SEMANALES

Domingo: 3er Domingo de Pascua, Cinco de Mayo
Hch 5, 27-32. 40-41/Sal 30, 2. 4. 5-6. 11-12. 13 [2]/
Ap 5, 11-14/Jn 21, 1-19 o 21, 1-14
Lunes: Hch 6, 8-15/Sal 119, 23-24. 26-27. 29-30 [1]/Jn 6, 22-29
Martes: Hch 7, 51--8, 1/Sal 31, 3-4. 6 y 7 y 8. 17 y 21 [6]/Jn 6,
30-35
Miércoles: Hch 8, 1-8/Sal 66, 1-3. 4-5. 6-7 [1]/Jn 6, 35-40
Jueves: Hch 8, 26-40/Sal 66, 8-9. 16-17. 20 [1]/Jn 6, 44-51
Viernes: San Damián de Veuster, sacerdote
Hch 9, 1-20/Sal 117, 1. 2 [Mc 16, 15]/Jn 6, 52-59
Sábado: Hch 9, 31-42/Sal 116, 12-13. 14-15. 16-17 [12]/Jn 6,
60-69

MEDITACIÓN EVANGÉLICO

¡Desayunar con el Señor! Me imagino la cara de sorpresa de los apóstoles al reconocer la presencia de Jesús a orillas del lago. Qué gran manifestación de su amor para ellos en esos momentos que pasaban. Era el tiempo de creer, de recordar su presencia física entre ellos; Y ahora, la sorpresa? "Muchachos, ¿han pescado algo?" Por supuesto, no estaban preparados para tal sorpresa. Pero, Jesús si lo estaba. Nos dice el Evangelio que tenía pan y pescados listos para comer. El tomo el pan y lo repartió, lo mismo los pescados. Luego, al terminar de comer vienen las tres preguntas para Pedro: "Simón, hijo de Juan, ¿me amas más que éstos?" Pedro, se puso triste por la pregunta tres veces y declara su amor incondicional para suplantar las tres negaciones y tener su conciencia en paz. Como se diría en la actualidad, ahora viene el reto, el compromiso nuevo, renovado y lleno de nueva vida.

Casi todo ser humano se resiste al cambio y con frecuencia necesita estímulo desde fuera de su entorno. Jesús, el gran Maestro, sabe eso y estimula a sus apóstoles al cambio. Evangelizar desde la experiencia de la resurrección. Ahora, cabe la pregunta para nosotros los bautizados: ¿En qué estamos y dónde están los demás? ¿Seremos fieles como sus discípulos? El Señor nos pide una transformación, un cambio radical en cómo somos y pensamos. Es en la Eucaristía donde se forjan los santos y santas de Dios. Hombres y mujeres de toda raza y cultura están invitados: "Vengan al Banquete".

VIVIR LA LITURGIA

Si realmente quieres conocer a alguien, invítalo a cenar. Compartir una comida con alguien abre la puerta a un encuentro más profundo, más íntimo y más auténtico. Cuando nos reunimos alrededor de una mesa, somos más vulnerables y nos recuerda no solo nuestra necesidad de comida y sustento, sino también el amor de los amigos y la comunidad. Estamos destinados a estar juntos. Las comidas pueden ser oportunidades no solo para reuniones auténticas, sino también para relaciones sanadoras, para entendernos mejor y para renovarnos. Jesús nos invita a cenar con Él una vez más en la Eucaristía de hoy. Él recibe nuestro dolor y bendice nuestras heridas. Somos perdonados, rectificamos, renovados y reconfirmados en nuestra tarea de discipulado. El amor se celebra aquí de nuevo. Que podamos llevar ese amor a aquellos que más lo necesitan, especialmente a aquellos que podemos encontrar difíciles de amar y a aquellos que nos han lastimado. Comparte con ellos el pan de la compasión y el vino de la misericordia.

LA CORRESPONSABILIDAD

Me impresiona cómo Jesús se dirige a los discípulos en el capítulo 21 de Juan. Han estado pescando toda la noche, y cuando llega el amanecer, Jesús pregunta: "Muchachos, ¿han pescado algo?" No habían atrapado nada, por lo que Él les dice qué hacer para llenar sus redes. Estos muchachos pensaban que sabían más, pero no pudieron hacer el trabajo hasta que escucharon a Jesús. Como un niño que necesita un padre, estos primeros seguidores de Jesús estaban aprendiendo que la verdadera madurez de la fe requiere confiar y escuchar al Maestro.

El modo de vida de la corresponsabilidad nos exige una cierta madurez de discipulado. Al igual que un niño aún no está listo para ser padre, un discípulo inmaduro aún no puede estar listo para sacrificarse sin importar el costo o entender el verdadero valor de su generosidad. Entonces, todos los días, somos desafiados y llamados a responder, a veces incluso con poco costo para nosotros mismos. Pero cada paso, no importa cuán pequeño sea, trae consigo crecimiento. Estamos creciendo no solo en madurez, sino también en la capacidad de confiar en Dios y en cómo escuchar el llamado.

¿Qué tan maduro eres en tu fe? ¿Cuánta confianza tienes en Jesucristo? ¿Con qué frecuencia haces una pausa para escuchar las instrucciones de tu maestro? La noche ha terminado y el amanecer está sobre ti. Reflexiona sobre el fruto visible de tu corresponsabilidad y luego escucha las palabras de Jesús.

- Tracy Earl Welliver, MTS

PREGUNTAS DE LA SEMANA

Primera Lectura

En las semanas y meses siguientes a la resurrección de Jesús, los apóstoles realizaron muchos milagros, pero también sufrieron por su fe y por predicar sobre Jesús. ¿Por qué crees que los no creyentes aún hoy se sienten amenazados por la resurrección de Jesús de entre los muertos?

Segunda Lectura

¿Qué nos revela la visión de Juan sobre el orden invisible?

Lectura del Evangelio

Tres veces el Señor resucitado le pregunta a Pedro: "¿Me amas?" Y tres veces Jesús le dice a Pedro "apacienta/pastorea a mis ovejas/corderos". Jesús entonces presagió el martirio de Pedro. ¿Qué piensas de este intercambio entre Jesús y Pedro?

CATHEDRAL MINISTRIES

Altarservers Michael Ognisty, mfognisty@msn.com.
Benedictus Youth Group Victoria Ramos, benedictusy@gmail.com
Brown Bag Lunch Ministry Jerri Rush, jerrirush@comcast.net
Bulletin (for submissions/Info) Lyssa Black, cathedralsacramento@gmail.com
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
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 in the Cathedral Lower Level.
Docents Jill Pease, peasejill@gmail.com
Email Prayer Chain Lynne Amerson, cbs1017pc@yahoo.com.
Extraordinary Ministers of Holy Communion Amy McCormick, amcmccormick@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

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

cathedralsacramento.org

TOURS

We love to share our Cathedral history! Tours are FREE, led by trained Docents, and held after the 9am and 11am Sunday Masses, and at 12:40pm on Wednesday. Tours begin at the Baptismal Font. Contact 916-444-3071 to arrange free private group tours.

Los tours en español se llevan a cabo el 1er y 3er domingo del mes después de la misa de 1pm.

Visit our GIFT SHOP downstairs

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

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

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

Name (*Nombre*): _____

Street Address (*Domicilio*): _____

City (*Ciudad*): _____ State (*Estado*): _____ Zip (*Código postal*): _____

Phone (*teléfono*): (____) _____ Cell Phone (*Celular*): (____) _____

Email: _____

For additional family members, please attach a separate sheet.

Please indicate:	Por favor indique:
New Parishioner/Individual	Nuevo Parroquiano / Individuo
New Parishioners/Family	Nuevo Parroco / Familia
Change of Address	Cambio de Dirección
Please send Offertory Envelopes	Por favor envíe Sobres de Ofertorio

Please return by (Regrese por favor):

- 1) Put into collection basket at mass (deposite en la canasta de la colecta en misa)
- 2) Scan to pdf file and email: blessed@cathedralsacramento.org
(escanear a pdf file y envía por correo electrónico)
- 3) Fax to: 916-443-2749
- 4) Mail to (correo): 1017 11th Street, Sacramento, CA 95814



RELIGIOUS EDUCATION PROGRAMS

The cathedral offers a complete faith formation program, including Catholic Faith Formation, Confirmation, The Rite of Christian Initiation Program, R.C.I.A., for adults, teens and children, Religious Education for Spanish Speaking Adults, and a Catechesis Formation Program.

If you've been coming to Mass for a while, but are not Catholic, or were baptized Catholic but never completed your faith formation classes, we invite you to look deeper into the Catholic faith. Come meet some faithful Catholics who love the Lord and would consider it a privilege to get to know you. We invite you to learn what Catholics believe in an open and welcoming environment. The **Rite of Christian Initiation of Adults (RCIA)** sessions meet every Monday Evening at 7 PM in the lower level of the Cathedral. Feel free to come any Monday evening.



For more information on all of our faith formation programs, please call **916-444-5364** or email Sister Jenny Aldeghi FDCC, Director of Religious Education, jenny@cathedralsacramento.org

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.

GET MARRIED AT THE CATHEDRAL

If you would like to celebrate the Sacrament of Matrimony at the Cathedral, download the Cathedral Wedding Guidelines and Reservation Form on the cathedral website. Contact the parish office at least *six months* before your desired wedding date to arrange a meeting with Wedding Coordinator, Titi Kila at tkila@cathedralsacramento.org.

HAVE YOUR MARRIAGE BLESSED IN THE CHURCH

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

QUINCEAÑERA

This is the tradition of celebrating a young girl's coming of age on her 15th birthday with a Mass, and highlights the virtues of family and social responsibility, recognizing her journey from childhood to maturity. For more information on celebrating this beautiful tradition at the Cathedral, call Titi Kila, at 916-444-3071, or tkila@cathedralsacramento.org.

LITURGY OF THE WORD FOR CHILDREN

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



聖雅各伯和斐理伯 (五月五日)

Saints Philip and James (May 5)

載伯德的兒子雅各伯：除了他的名字，我們對這個人一無所知，當然，耶穌選擇他成為新以色列的十二個支柱之一，他的教會。和伯多祿和安德肋一樣，斐理伯生於自加里肋亞的伯賽大。耶穌他找直接說他，於是到了納塔乃耳並告訴他“梅瑟所寫的那個”(若1:45)。

像其他使徒一樣，斐理伯花了很長時間才意識到耶穌是誰。有一次，當耶穌看到大群人跟著他並想給他們食物時，他問菲利普應該在哪裡買麵包供人們吃。聖若望評論道：「(耶穌)說這話，是為試探斐理伯；他自己原知道要作什麼」(若6:6)。斐理伯回答說：「就是二百塊『德納』的餅，也不夠每人分得一小塊。」(若6:7)。

若望的故事不是對斐理伯的貶低。這些作為教會基石的人有必要看到人類除了上主之外的完全無助與人類通過上主的恩賜成為神力的承載者之間的明顯區別。聖菲利普和詹姆斯分享了同一個節日是因為他們的遺物在五月初被帶到了羅馬。

James, Son of Alphaeus: We know nothing of this man except his name, and, of course, the fact that Jesus chose him to be one of the 12 pillars of the New Israel, his Church. Philip came from the same town as Peter and Andrew of Bethsaida in Galilee. Jesus called him directly, whereupon he sought out Nathanael and told him of the “one about whom Moses wrote” (John 1:45).

Like the other apostles, Philip took a long time coming to realize who Jesus was. On one occasion, when Jesus saw the great multitude following him and wanted to give them food, he asked Philip where they should buy bread for the people to eat. Saint John comments, “[Jesus] said this to test him, because he himself knew what he was going to do” (Jn 6:6). Philip answered, “Two hundred days’ wages worth of food would not be enough for each of them to have a little [bit]” (John 6:7).

John’s story is not a put-down of Philip. It was simply necessary for these men who were to be the foundation stones of the Church to see the clear distinction between humanity’s total helplessness apart from God and the human ability to be a bearer of divine power by God’s gift. Saints Philip and James share a feast day because their relics were brought to Rome together in early May.



本週報告 (會長)

- 我們將繼續在下個主日彌撒前下午兩點半開始誦唸玫瑰經。
- 五月的研經班將於五月十八日舉行。
- 團體的年度燒烤日將於六月八日早上十一時半至下午三時舉行，歡迎邀請你的家人和朋友一起來參加，請與Oliver或Gloria報名。

Announcement this week (President)

- We will continue to have Rosary Recitation at 2:30 pm next Sunday before mass.
 - Next Bible Study will be on May 18.
 - The Annual Picnic is going to be on June 8, from 11:30 am to 3:00 pm. Please RSVP with Gloria or Oliver and invite your friends and families.



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