

Sunday, January 28, 2024

Fourth Sunday in Ordinary Time



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

CATHEDRAL OF THE BLESSED SACRAMENT

Stewards of God's Gifts

MASS SCHEDULE

* Livestream available on Sundays & Holy Days of Obligation

Sunday | Domingo

English 8:00 am
English 10:00 am*
Español 12:00 pm*
Chinese 2:00 pm*
English 4:00 pm
Español 6:00 pm

Cathedral Hours: Monday - Friday 10-4
Office Hours: Monday-Friday 9-12 & 1-4

Monday - Friday

Lunes - Viernes
12:10 pm

Saturday | Sábado
NO VIGIL MASS

ADORATION

Wednesday & Thursday
1:00 pm to 4:00 pm

RECONCILIATION

Monday - Friday | Lunes - Viernes

11:30 am to 12:00 pm

Saturday | Sábado

4:00 pm to 5:00 pm

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2024 Lenten Prayer Retreat

GROWING CLOSER TO CHRIST THROUGH
PERSONAL PRAYER

SATURDAY, MARCH 9 ~ 8 A.M. - 4 P.M.

*"Come with me by yourselves to a quiet
place and get some rest." (Mark 6:31)*

Join us for an opportunity to spend time growing in your relationship with Christ, pursuing Him through the gift of prayer! Our Lord wants only the very best for us. In turn, we should want to give Him our very best in return! Spend some time with Him and with your parish family, discovering what it is the Lord especially wants for you at this time in your life. We have a God of abundance. Let Him show you all He has in mind for you!

Your Father in Christ, Fr. Michael O'Reilly



Retiro de Oración de Cuaresma 2024

ACERCARSE MÁS A CRISTO A TRAVÉS DE
LA ORACIÓN PERSONAL

SÁBADO, 9 DE MARZO ~ 8 A.M. - 4 P.M.

*"Vengan conmigo a solas a un lugar tranquilo y
consigan algo descansa". (Marcos 6:31.)*

¡Únase a nosotros para pasar tiempo creciendo en nuestra relación con Cristo a través de la oración! Nuestro Señor sólo quiere lo mejor para nosotros. A cambio, ¡deberíamos querer darle lo mejor! Pasa tiempo con Él y con tu familia parroquial, descubriendo qué es lo que el Señor quiere especialmente para ti en este momento de tu vida. Tenemos un Dios generoso. ¡Deja que Él te muestre todo lo que tiene para ti!

En Christo, Fr. Michael O'Reilly



<Please scan this QR code by February 29
to RSVP.

*There is no cost to attend and breakfast is
included.*

Confirme su asistencia antes del 29 de
febrero escaneando el código QR--->

*No hay costo para asistir, y el desayuno
está incluido.*



RETREAT LEADER: FR. JOEL SEMBER

Father Joel Sember was ordained a priest in 2007 for the Diocese of Green Bay, Wisconsin. He holds a B.A. in Philosophy and Catholic Studies from the University of St. Thomas, a Bachelors in Sacred Theology from the Pontifical Gregorian University, and a License in Sacred Theology from the Pontifical University Santa Croce in Rome. He is the author of *Oriens, A Pilgrimage Through Advent and Christmas*. He has completed over a dozen walking pilgrimages. He currently serves as pastor of three parishes in Wisconsin. He is passionate about helping people grow closer to Christ through prayer.



LÍDER DEL RETIRO: PADRE JOEL SEMBER

El padre Joel Sember fue ordenado sacerdote en 2007 para la Diócesis de Green Bay, Wisconsin. Tiene una Licenciatura en Filosofía y Estudios Católicos de la Universidad de St. Thomas, una Licenciatura en Sagrada Teología de la Universidad Pontificia Gregoriana y una Licencia en Sagrada Teología de la Universidad Pontificia de Santa Croce de Roma. Es el autor de *Oriens, una peregrinación por el Adviento y la Navidad*. Ha completado más de una docena de peregrinaciones. Actualmente se desempeña como párroco de tres parroquias en Wisconsin. Le apasiona ayudar a las personas a acercarse a Cristo a través de la oración.



Prayer Devotions / Devociones de Oración



THE HOLY ROSARY / EL SANTO ROSARIO

- **1st & 3rd Wednesdays, 6:00 PM**
St Toribio Classroom, lower level.
Contact praytherosarywithus@yahoo.com
- 1er y 3er miércoles, 6:00 PM**
Aula St Toribio, nivel inferior.
- **Fridays, 7:45 AM** Capitol Park
For the prayer and fellowship.
- Viernes, 7:45 AM** Parque del Capitolio
Para la oración y el compañerismo.



ADORATION / ADORACIÓN

- **Wednesdays and Thursdays, 1PM—4PM**
In the Blessed Sacrament Chapel.
- Miércoles y jueves, 1PM—4PM**
En la Capilla del Santísimo Sacramento



KEEPING THE FLAME ALIVE / MANTENIENDO VIVA LA LLAMA

Father O'Reilly leads a new series on the Eucharist and the Roman Missal. **Join us and come deepen your understanding of the Mass!**

Wednesdays, 7:00 PM via Zoom

Contact Donna: flamealive22@gmail.com for info and/or to be added to the Flocknote notification.

**Manteniendo viva la llama con Padre O'Reilly
Comienza una nueva serie sobre la Eucaristía
y el Misal Romano. ¡Únete a nosotros!**

¡Ven a profundizar tu comprensión de la Misa!

Miércoles, 7:00 PM vía Zoom

Póngase en contacto con Donna:

flamealive22@gmail.com para obtener información y/o para agregarse a la notificación de Flocknote.



This Cathedral podcast seeks to create a greater sense of community among our parishioners. Each episode features Cathedral staff member or parishioner in a casual discussion with host Christian Jensen. If you would like to participate as a guest, please contact us: 916-545-5376
Listen here:
<https://is.gd/talkparish>

Cathedral Tours: Sundays following Masses:

8AM & 10AM (English) and after 12 noon Mass (Spanish)
Docents give tours of the Cathedral interior, explaining the rich meaning of the Christian symbols and art.

Visitas a la Catedral: Domingos siguientes Misas:

8AM y 10AM (inglés) y después de las 12 del mediodía
Misa (español) Los docents dan recorridos por el interior de la Catedral, explicando el rico significado de los símbolos y el arte cristianos.

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at: www.is.gd/text2give

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Please go to our recently updated Amazon Wishlist then choose an item, and either buy online or purchase locally. Anything you can do is greatly appreciated!

Wishlist link: <https://is.gd/wishlistfff>



Photography Policy: It is **NOT** permitted to take photographs or videos for personal or commercial use inside the Cathedral or on the front steps.

Flash photography, the use of telescopic "selfie sticks", tripods, stands, drones, and Professional equipment are strictly forbidden. For event use, please contact Cathedral staff at 916-444-3071.

FORMATION: LITURGY OF THE WORD

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READING 1

DT 18:15-20

Moses spoke to all the people, saying:
"A prophet like me will the LORD, your God, raise up for you from among your own kin; to him you shall listen. This is exactly what you requested of the LORD, your God, at Horeb on the day of the assembly, when you said, 'Let us not again hear the voice of the LORD, our God, nor see this great fire any more, lest we die.' And the LORD said to me, 'This was well said. I will raise up for them a prophet like you from among their kin, and will put my words into his mouth; he shall tell them all that I command him. Whoever will not listen to my words which he speaks in my name, I myself will make him answer for it. But if a prophet presumes to speak in my name an oracle that I have not commanded him to speak, or speaks in the name of other gods, he shall die.'"

RESPONSORIAL PSALM

Ps 95:1-2, 6-7, 7-9

R. If today you hear his voice, harden not your hearts.

Come, let us sing joyfully to the LORD;
let us acclaim the rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him.

R. If today you hear his voice, harden not your hearts.

Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides.

R. If today you hear his voice, harden not your hearts.

Oh, that today you would hear his voice:
"Harden not your hearts as at Meribah,
as in the day of Massah in the desert,
Where your fathers tempted me;
they tested me though they had seen my works."

R. If today you hear his voice, harden not your hearts.

READING 2

1 COR 7:32-35

Brothers and sisters:
I should like you to be free of anxieties. An unmarried man is anxious about the things of the Lord, how he may please the Lord. But a married man is anxious about the things of the world, how he may please his wife, and he is divided. An unmarried woman or a virgin is anxious about the things of the Lord, so that she may be holy in both body and spirit. A married woman, on the other hand, is anxious about the things of the world, how she may please her husband. I am telling you this for your own benefit, not to impose a restraint upon you, but for the sake of propriety and adherence to the Lord without distraction.

ALLELUIA

MT 4:16

R. Alleluia, alleluia.

The people who sit in darkness have seen a great light; on those dwelling in a land overshadowed by death, light has arisen.

R. Alleluia, alleluia.

GOSPEL

MK 1:21-28

Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.

PRIMERA LECTURA DT 18, 15-20

En aquellos días, habló Moisés al pueblo, diciendo: “El Señor Dios hará surgir en medio de ustedes, entre sus hermanos, un profeta como yo. A él lo escucharán. Eso es lo que pidieron al Señor, su Dios, cuando estaban reunidos en el monte Horeb: ‘No queremos volver a oír la voz del Señor nuestro Dios, ni volver a ver otra vez ese gran fuego; pues no queremos morir’.

El Señor me respondió: ‘Está bien lo que han dicho. Yo haré surgir en medio de sus hermanos un profeta como tú. Pondré mis palabras en su boca y él dirá lo que le mande yo. A quien no escuche las palabras que él pronuncie en mi nombre, yo le pediré cuentas. Pero el profeta que se atreva a decir en mi nombre lo que yo no le haya mandado, o hable en nombre de otros dioses, será reo de muerte’ ”.

SALMO RESPONSORIAL**PS. 94, 1-2. 6-7. 8-9****R. Señor, que no seamos sordos a tu voz.**

Vengan, lancemos vivas al Señor,
aclamemos al Dios que nos salva.
Acerquémonos a él, llenos de júbilo,
y démosle gracias.

R. Señor, que no seamos sordos a tu voz.

Vengan, y puestos de rodillas,
adoremos y bendigamos al Señor, que nos hizo,
pues él es nuestro Dios y nosotros, su pueblo;
él es nuestro pastor y nosotros, sus ovejas.

R. Señor, que no seamos sordos a tu voz.

Hagámosle casa al Señor, que nos dice:
"No endurezcan su corazón,
como el día de la rebelión en el desierto,
cuando sus padres dudaron de mí,
aunque habían visto mis obras".

R. Señor, que no seamos sordos a tu voz.**SEGUNDA LECTURA 1 COR 7, 32-35**

Hermanos: Yo quisiera que ustedes vivieran sin preocupaciones. El hombre soltero se preocupa de las cosas del Señor y de cómo agradarle; en cambio, el hombre casado se preocupa de las cosas de esta vida y de cómo agradarle a su esposa, y por eso tiene dividido el corazón. En la misma forma, la mujer que ya no tiene marido y la soltera se preocupan de las cosas del Señor y se pueden dedicar a él en cuerpo y alma. Por el contrario, la mujer casada se preocupa de las cosas de esta vida y de cómo agradarle a su esposo.

Les digo todo esto para bien de ustedes. Se lo digo, no para ponerles una trampa, sino para que puedan vivir constantemente y sin distracciones en presencia del Señor, tal como conviene.

ACLAMACIÓN ANTES DEL EVANGELIO**MT 4, 16****R. Aleluya, aleluya.**

El pueblo que caminaba en tinieblas vio una gran luz.

Sobre los que vivían en tierra de sombras
una luz resplandeció.

R. Aleluya.**EVANGELIO****MC 1, 21-28**

En aquel tiempo, se hallaba Jesús a Cafarnaúm y el sábado siguiente fue a la sinagoga y se puso a enseñar. Los oyentes quedaron asombrados de sus palabras, pues enseñaba como quien tiene autoridad y no como los escribas.

Había en la sinagoga un hombre poseído por un espíritu inmundo, que se puso a gritar: “¿Qué quieres tú con nosotros, Jesús de Nazaret? ¿Has venido a acabar con nosotros? Ya sé quién eres: el Santo de Dios”. Jesús le ordenó: “¡Cállate y sal de él!” El espíritu inmundo, sacudiendo al hombre con violencia y dando un alarido, salió de él. Todos quedaron estupefactos y se preguntaban: “¿Qué es esto? ¿Qué nueva doctrina es ésta? Este hombre tiene autoridad para mandar hasta a los espíritus inmundos y lo obedecen”. Y muy pronto se extendió su fama por toda Galilea.



Catechist and Family Formation
Catequista y Formación Familiar

Weekly Faith Formation Calendar

SUN 28 JAN	OCIA Breaking Open the Word—8AM Formacion en la Fe Familiar—10:00 AM OCIA Families Year 1—11:45 AM
MON 29 JAN	6:30 PM—Vespers—all welcome 7:00 PM—OCIA—Mercy Hall
TUE 30 JAN	No FFF—Catechist in-service
THU 01 FEB	Adult Confirmation Class 7PM—St Toribio Classroom
SAT 03 FEB	Family Faith Formation 10:00 AM—Mercy Hall & Classrooms
SUN 04 FEB	OCIA Breaking Open the Word—8AM Formacion en la Fe Familiar—10:00 AM OCIA Families Year 2—11:45 AM
Coming Up: SAT 17 FEB	OCIA Rite of Election Retreat 3:00 PM—Mercy Hall / Classrooms



ADULT BIBLE STUDY (8 weeks)
Unlocking the Mystery of the Bible
Thursdays, 7:00—8:30 pm
In person / online
Sign up: <https://is.gd/bible2024>



PRAYER: Mass Intentions

SUNDAY 1/28 FOURTH SUNDAY IN ORDINARY TIME
8:00 AM: People of the Parish S.I.
10:00 AM: Manuel Purugganan +
12:00 PM: Jose Camarena +
4:00 PM: Kendal Hicks S.I.
6:00 PM: Lucia Zamora S.I.; Mari Zamora S.I.; Sandra Zamora S.I.

MONDAY 1/29 MONDAY OF FOURTH WEEK IN ORDINARY TIME
12:10 PM: Damiana Tabaniag +

TUESDAY 1/30 TUESDAY OF FOURTH WEEK IN ORDINARY TIME
12:10 PM: Linda Valencia S.I.

WEDNESDAY 1/31 SAINT JOHN BOSCO, PRIEST, MEMORIAL
12:10 PM: Moises Raña +

THURSDAY 2/1 THURSDAY OF FOURTH WEEK IN ORDINARY TIME
12:10 PM: Harry Styles S.I.

FRIDAY 2/2 PRESENTATION OF THE LORD, FEAST
12:10 PM: Soledad Nadres +



Formation Kids:
Kids' Corner **Esquina de niños**

Unscramble: Jesus Casts out a Demon

*Sort out the letters to fill in the blanks.
Use the letters in the boxes to fill in the last row of boxes.*

And immediately there was in their synagogue a ___ □ ___ (NMA) with an unclean spirit; and he cried out, "What have you to do with us, ___ □ ___ (ESSJU) of Nazareth? Have you come to ___ □ ___ (YDSETRO) us? I know who you are, the □ ___ (OYLH) One of God."

But Jesus rebuked him, saying, "Be silent, and ___ □ ___ (MEOC) out of him!"
And the unclean ___ □ ___ (TRSIPI), convulsing him and crying with a loud ___ □ ___ (IOCEV), came out of him.

And □ ___ (YEHT) were all amazed, so that they questioned among themselves, ___ □ ___ (YSNIAG), "What is this? A new teaching!"

With □ □ □ □ □ □ □ □ □ □ he commands even the unclean spirits, and they obey him."



More Formation: Families & Adults

Sundays, 8 AM Mass, OCIA Adult Dismissal & BOW
Our OCIA Catechumens / Candidates will be dismissed at the 8AM Mass for Breaking Open the Word.

Mondays, 6:30 PM, Mercy Hall—Vespers
Evening Prayer of the Catholic Church—All are welcome.
Hosted by the OCIA Adult Formation Community

Mondays, 7 PM, Mercy Hall — OCIA Adult Formation
Seeking Faith and Sacraments for Adults.
Our on-going Monday Night OCIA for adults thinking about becoming Catholic and/or those who need to complete their Sacraments. For Info or to Register, contact slmdoty@cbssac.org

Thursdays, 7 PM, St. Toribio — Adult Confirmation
Catholic Adults still needing to be Confirmed can prepare for Sacrament through this series.
Register:
cathedralsacramento.flocknote.com/signup/133233



Prayer: Breaking Open the Word
Mass Preparation for Sunday, FEB 4

Preparar: 5 Domingo de Tiempo Ordinario

Job 7:1-4, 6-7
Salmo 147:1-2, 3-4, 5-6
1 Corinthians 9:16-19, 22-23
Marco 1:29-39

Enfoque del evangelio:

El próximo domingo es el Quinto Domingo del Tiempo Ordinario. Durante los últimos domingos, hemos viajado con Jesús en los primeros días de su ministerio, cuando llamó a los primeros discípulos y comenzó su ministerio de sanación. Este domingo lo vemos sanar a la suegra de Simón (Pedro) y a muchos otros que lo buscaban. Al final del día, cuando todos los demás descansan, Jesús se va a un lugar tranquilo para orar. Se toma tiempo para estar con el Padre Celestial, para descansar estando con Dios y encontrando fuerza solo en Dios. Éste es un gran ejemplo a imitar; encontrar tiempo a pesar de nuestro ajetreo para acudir al Señor en busca de guía y fortaleza.

Con tu familia

- ◆ Lea Marcos 1:29-39
- ◆ ¿Cuáles fueron todas las acciones que Jesús hizo para ayudar a los demás?
- ◆ Piense en su vida y en todas las cosas que necesita hacer cada día para mantenerse sano y fuerte.
- ◆ Imagina que eres Jesús y no tienes tiempo para ti mismo para hacer las cosas básicas: comer, lavarte, dormir, etc. ¿Eres capaz de seguir siendo paciente y servicial? ¿Se siente frustrado cada vez que intenta comer y lo interrumpen?
- ◆ Pídele a Jesús que tenga una actitud como la suya, paciente y servicial.
- ◆ *Oren juntos el Salmo 147:1-6.*

Prepare: 5th Sunday of Ordinary Time

Job 7:1-4, 6-7
Psalm 147:1-2, 3-4, 5-6
1 Corinthians 9:16-19, 22-23
Mark 1:29-39

Gospel Focus:

Next Sunday is the Fifth Sunday of Ordinary Time. Over the last few Sundays, we have journeyed with Jesus in the early days of his ministry, when He called the first disciples and began His healing ministry. This Sunday, we see him heal Simon (Peter)'s mother in law, and many others who sought Him. At the end of the day, when all else are taking rest, Jesus goes away to a quiet place to pray. He takes time to take with the Father in Heaven, to take rest in being with and finding strength in God alone. This is a great example for us to imitate; to find time despite our busy-ness to turn to the Lord for guidance and strength.

With your Family

- ◆ Read Mark 1:29-39
- ◆ What were all the actions Jesus did to help others?
- ◆ Think about your life and all the things you need to do each day to stay healthy and strong.
- ◆ Imagine you are Jesus and you have no time for yourself to do the basic things: eat, wash, sleep, etc. Are you able to remain patient and helpful? Do you feel frustrated each time you try to eat and get interrupted?
- ◆ Ask Jesus to have an attitude like His, patient and helpful.
- ◆ *Pray Psalm 147:1-6 together.*

January / Enero —Week 5

This week as catechists are working on their preparation, we turn to look at the Holy Spirit who helps us.

Esta semana, mientras los catequistas trabajan en su preparación, nos volvemos a mirar al Espíritu Santo que nos ayuda.



The Holy Spirit and Prayer

Jesus taught us how to pray with the words of the Lord's Prayer, and the seven petitions within it give us the example of what disposition we need to develop. As we discussed with parents last week, one of the last things Jesus did before Ascending into Heaven was to promise to send an Advocate—the Holy Spirit—to be with us and guide us. The Holy Spirit must fill our hearts if we are to pray. The Catechism says, "*The Holy Spirit, whose anointing permeates our whole being is the interior Master of Christian prayer.*" (CCC#2672). It is the Spirit who transforms our attitude of the heart so that our hearts are not closed, but rather are OPEN to God and the needs of our neighbor.

The Holy Spirit changes us. One of our family activities in January was to reflect: our "Daily Bread" isn't only what we receive from God, but how—with the help of the Holy Spirit—we help answer others' prayers by being Jesus' hands and feet. We traced our hands on paper and wrote ways we can help our neighbor. Our action takes courage supplied by the Holy Spirit. Let us ask the Spirit each day to "enflame our hearts with the fire of His love", and welcome the Spirit in our prayer and action.

El Espíritu Santo y la Oración

Jesús nos enseñó cómo orar con las palabras del Padrenuestro, y las siete peticiones que contiene nos dan el ejemplo de la disposición que debemos desarrollar. Como comentamos con los padres la semana pasada, una de las últimas cosas que hizo Jesús antes de ascender al cielo fue prometer enviar un Abogado, el Espíritu Santo, para estar con nosotros y guiarnos. El Espíritu Santo debe llenar nuestros corazones si vamos a orar. El Catecismo dice, "*El Espíritu Santo, cuya unción impregna todo nuestro ser, es el Maestro interior de la oración cristiana.*" (CCC#2672). Es el Espíritu quien transforma nuestra actitud del corazón para que nuestro corazón no esté cerrado, sino ABIERTO a Dios y a las necesidades del prójimo.

El Espíritu Santo nos cambia. Una de nuestras actividades familiares en enero fue reflexionar: nuestro "Pan de cada día" no es solo lo que recibimos de Dios, sino cómo, con la ayuda del Espíritu Santo, ayudamos a responder las oraciones de los demás siendo las manos y los pies de Jesús. . Trazamos nuestras manos en un papel y escribimos formas en que podemos ayudar a nuestro prójimo. Nuestra acción requiere valentía proporcionada por el Espíritu Santo. Pidamos al Espíritu cada día que "encienda nuestros corazones con el fuego de su amor" y acojamos al Espíritu en nuestra oración y acción.

Pray for our Confirmation youth as they ready themselves for Conference w/Bishop Soto in March. Let us ask the Holy Spirit to open their hearts to the Lord, that they may be the hands and feet of Jesus in our world that is so much in need of His love. **Come Holy Spirit!**

SACRAMENTO CHINESE CATHOLIC COMMUNITY

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RECONCILIATION: 1st Sunday of the month before mass. Please contact John Wong or Fr. Chiu in advance.
Tel: 916-583-8306
Email: sccc.contact@gmail.com
Facebook: [@sacchineseatholic](https://www.facebook.com/sacchineseatholic)
Instagram: <https://is.gd/SCCCinstagram>
Website: www.sacchineseatholic.org/



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Sunday Readings



Fr. Abraham Chiu
趙必成神父



A Glimpse of Spirituality 靈修一瞥109 (Luke 17:7-10)

Fr. Abraham Chiu 趙必成神父

Faith refers to a relationship with God and also requires action. This becomes evident in the parable about the master who expected his servant to carry out his orders. When the servant returned from working in the fields, he also had housework to do. His master did not feel indebted to him for his fidelity in doing what was all part of his duty.

In the same manner, we the disciples are to carry out the orders Jesus gives us. We are the servants of the church so that we never feel that we have worked enough. With faith, we will not grumble and complain that we have been working for God so long that it is God's turn to attend to our needs. We must regard ourselves as God's servants, as did Jesus who came "not to be served, but to serve" (Matt 20:28).

Service to God and neighbor is a voluntary act which springs from a generous and merciful heart. When we serve the poor, we are simply serving at the Lord's table and waiting on God while God eats and drinks. As we work for the Lord in faith, God works in us. The statement "We are unworthy servants" means that these servants should not expect anything further, i.e. they should not be looking for special attention or approval. The adjective "unworthy" (achreioi) emphasizes the fact that people are required to do something in addition to what they ought to have done. Thus, they possess no merit because it is God's grace to back them up. In short, faith is not a reward to what we have done; rather, our source of power. Without God's help, we can do nothing at all.

We acknowledge our relation with God as the source of our virtue. The stronger our relationship with God, the more we will be empowered to be faithful. Faith is increased by serving others, not by being served; particularly, when we manifest our love towards others because only love can motivate people to believe in God. To cultivate faith is to spend time with God in prayer and associate with people of faith building faith.

信德指的，是與主的關係，同時也需要行動。這一點在“主僕”比喻當中，主人希望僕人執行他的吩咐變得明顯。僕人工作回來，還有家務要做；可是主人並不需要因他忠實履行職責而心中感到虧欠。

同樣，身為門徒，也要執行耶穌給的吩咐。教會的忠僕永不覺得自己工作足夠。有了信德，就不會抱怨為主工作有多忙多久，然後，要求天主來服事我們。我們只是主的僕人，像耶穌，他來“不是受服事，而是服事人。”(瑪20:28)。

為天主和眾生服務是心甘情願，源自於一顆慷慨慈悲心。服事窮人時，只是在主的餐桌旁服事天主。當憑著信德為主工作時，主就在我們裡面工作。

“我們是無用的僕人”這句話，意味著僕人不應期待任何回報，包括特別關注或認同。形容詞“無用” (achreioi) 強調一個事實：人除了應做的事之外，還被要求做其他事情。因此不可自高自大，認為自己了不起，因為服務背後，是天主恩寵在支持；簡言之，信德不是對所做事物的獎勵；而是服務的動力。

沒有主，什麼都做不了

與主的關係是德行泉源；關係越牢固，就越有能力表達信德。信德的增加，是透過服務他人而非被人服務，特別是向他人表達愛德的時候，因為只有愛才能激勵人相信天主。

培養信德，需要向主祈禱，並與有信德的人交往，以信德建立信德。

ANOINTING OF THE SICK

Make an appointment by calling the parish office.

BAPTISM for INFANTS PREPARATION

Classes located in the Cathedral.

English: 1st Thursday of the month at 7pm.

Español: 2^o jueves del mes a las 7 pm.

BAPTISM

Contact Deacon Omar Bardales at the Parish Office
baptism@cbssac.org or 916-444-3071 Ext. 28

Baptisms are scheduled in English at 9 AM on the first and third Saturday of each month; and in *Español* a las 9 AM el segundo y cuarto sábado de cada mes.

CONFESSION/RECONCILIATION

Monday - Friday: 11:30 am to 12:00 pm

Saturday: 4:00 to 5:00 pm

CONFIRMATION

The Cathedral offers programs of formation for the Sacrament of Confirmation to youth (7th grade and older) and Adults. Go to:

www.cathedralsacramento.org/faithformation

HOLY EUCHARIST

Following at least two years of faith formation, and signs of readiness, Children and Teens prepare for the Sacrament of the Holy Eucharist through a series of workshops for immediate preparation for the Sacrament. Adults prepare for the Sacrament through the OCIA. Contact Sister Lisa Marie for details at slmdoty@cbssac.org.

HOLY ORDERS

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

MARRIAGE PREPARATION

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

MATRIMONY

Contact Titi Kila at tkila@cathedralsacramento.org.



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CATECHIST PREPARATION

Desire to help us pass on the faith to adults and children? To learn more and to complete your application go to: <https://is.gd/cathechistapplication>.

FAMILY AND ADULT FAITH FORMATION

English and Spanish

The Cathedral offers weekly encounters for families to grow in faith together. Go to:

www.cathedralsacramento.org/faithformation

ORDER OF CHRISTIAN INITIATION FOR ADULTS/ CHILDREN (OCIA):

Go to: www.cathedralsacramento.org/ocia

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PARISH INFORMATION

Page 10 | Sunday, January 28, 2024 | 4th Sunday in Ordinary Time

SACRED LITURGY

Altar Servers

Michael Ognisty, mfognisty@msn.com

Cathedral Choir

Rex Rallanka, Director of Liturgy & Music, rrallanka@cathedralsacramento.org

Spanish Choir (12:00 pm)

Jerry Vanoye

Spanish Choir (6:00 pm)

Ricardo Savala

Saint Toribio Choir - The Youth Choir of The Cathedral

Rex Rallanka at rrallanka@cathedralsacramento.org or Gayle Winney, gwinney@cbssac.org

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Lectors

Maggie Jones, lector@cathedralsac.org

Sacristan Ministry

Michael Ognisty, mfognisty@msn.com

Ushers

Tom Waddock, tomwaddock@yahoo.com or 916-444-3071, x 20

Welcoming Ministry

Andrea Martin-Borges, andreamartin-borges@hotmail.com

PRAYER

Adoration

Titi Kila, cbsadoration@gmail.com

Evening Rosary Group

Marlene Mejia or Christina Callazo-Kelly, praytherosarywithus@yahoo.com

Friday Morning Rosary Group

John Fairbanks, john@capitolmr.com

Prayer Chain

Regina Fagan, prayer.chain.sacramento@gmail.com

FAITH FORMATION AND CATECHESIS

Catechetical Faith Formation / Sacraments for Families

Sr. Lisa Marie Doty, FDCC, slmdoty@cbssac.org

Formacion en la Fe Familiar (FFF) en Espanol

Deyanira Galvez, Galvez.dgv@gmail.com

Catequistas para Formacion en la Fe Familiar

Manuela Castaneda, luni_6_7@hotmail.com

Catechists for Family and Adult Faith Formation

Sr. Lisa Marie Doty, FDCC, slmdoty@cbssac.org

Order of Christian Initiation for Adults (OCIA) Support Ministry

Sr. Lisa Marie Doty, FDCC, slmdoty@cbssac.org

Catechesis of the Good Shepherd

For ages 3+ David Vincent, admin@youngsheep.org; www.youngsheep.org

SOCIAL and COMMUNITY SERVICE

Brown Bag Lunch Ministry

Marilynn Fairgood, Marilynn_Fairgood@att.net

Cathedral Docents Tour Ministry

Jill Pease, peasejill@gmail.com

Festival of Trees

Susan Moeller, susandurand@gmail.com

Front Door Ministry

Deacon Edgar Hilbert, hilbertdoheva@aol.com

Gift Shop Volunteers

Susan Moeller, susandurand@gmail.com

Hospitality

Celeste Gisla, jfgisla@att.net

Office Ministry

Victoria Ramos, vramos@cathedralsacramento.org

Outreach Ministry to the Homebound

Deacon Omar Bardales, omarcpa@att.net

Media Ministry

Titi Kila, communication@cathedralsac.org

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Volunteer Corps

Tom Waddock, tomwaddock@yahoo.com or 916-444-3071, x 20

COMMUNITY GROUPS

Cathedral A.C.T.S.

Diane Gonzales-Salais, dmgsalais@yahoo.com

Cathedral Filipino-American Group of Sacramento

John Ponce, johne.poww@gmail.com

Cathedral Young Adults

Victoria Ramos, cathedrallya@gmail.com

Chinese Community

John Wong, sccc.jwg@gmail.com

Knights of Columbus

Gabriel Gutierrez, gutierrezgabriel@yahoo.com

Spanish Parents Group Leaders

Leticia Hilbert, leticia_hilbert@hotmail.com

PASTORAL AND ADMINISTRATIVE STAFF

Fr. Michael O'Reilly, *Pastor/Rector*

Fr. Abraham Chiu, *Chinese Mass*

Fr. Memo Hernandez

Fr. Michael Kiernan

Deacon Omar Bardales

Deacon Gary Brys, *Business Manager*

Deacon Edgar Hilbert

Sr. Lisa Marie Doty, FDCC,

Director of Faith Formation & OCIA

Rex Rallanka,

Director of Liturgy & Music

Michael Ognisty, *Sacristan*

Tom Waddock, *Plant Manager*

Victoria Ramos, *Secretary*

Katie McAllister, *Bookkeeper*

Titi Kila, *Wedding Coordinator*

Nancy Fairbanks, *Bulletin*

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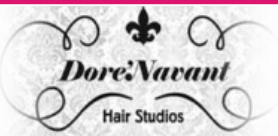
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