



# CATHEDRAL OF THE BLESSED SACRAMENT

*Stewards of God's Gifts*

August 11, 2024 | Nineteenth Sunday in Ordinary Time

## MASS SCHEDULE

SUNDAY | DOMINGO

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

\*Livestream available.

**Monday—Friday**  
*Lunes—Viernes*  
12:10 pm

**THURSDAY | JUEVES**  
**Assumption of the Blessed Virgin Mary**  
12:10 pm English  
5:00 pm English  
7:00 pm Spanish

## ADORATION

## ADORACIÓN

Wednesday & Thursday  
*Miercoles y Jueves*  
1:00 pm - 4:00 pm

## RECONCILIATION

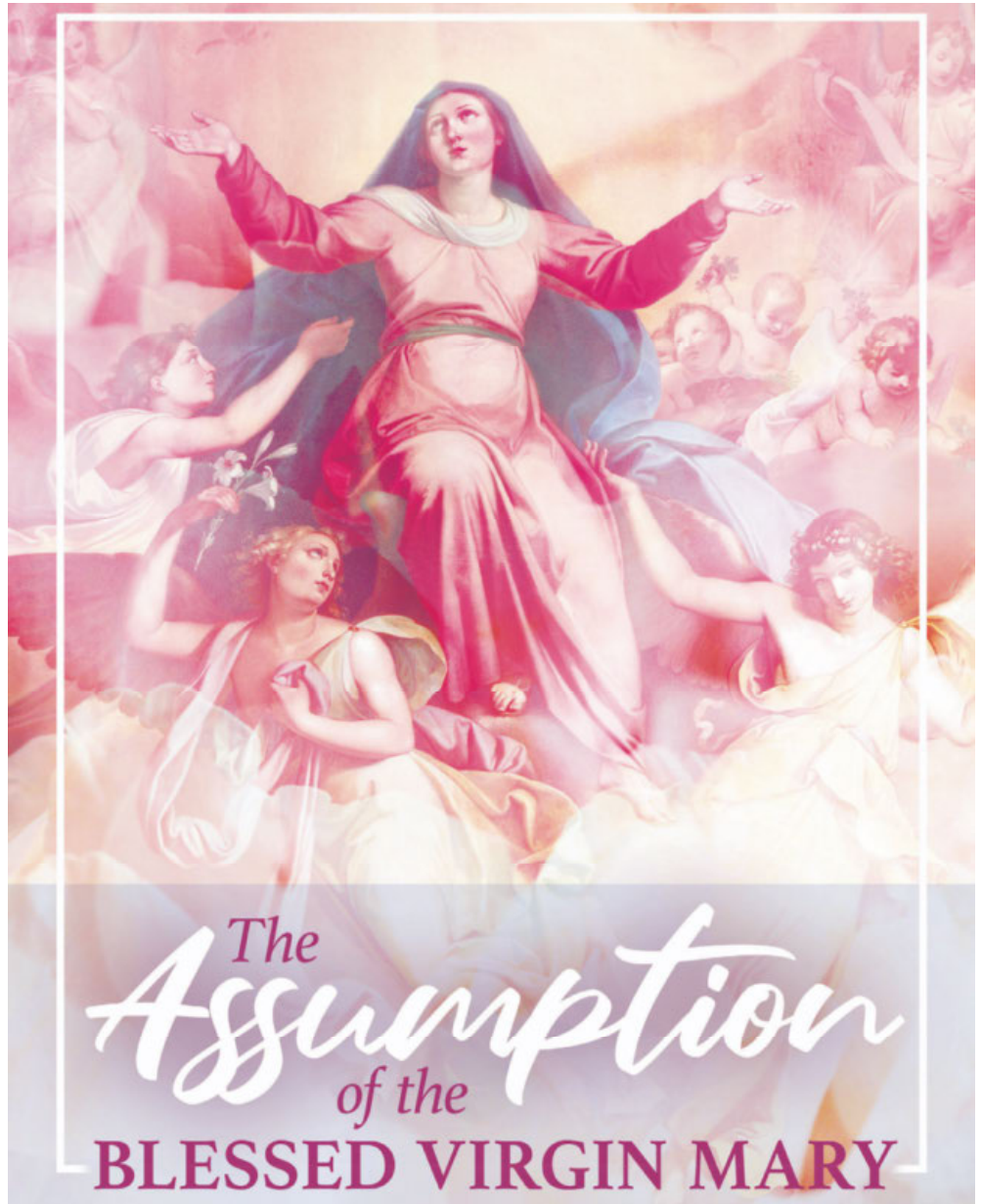
## RECONCILIACIÓN

Monday—Friday  
*Lunes—Viernes*  
11:30 am—12:00 pm

**Saturday | Sabado**  
4:00 pm—5:00 pm

## CATHEDRAL HOURS

Monday—Friday  
10:00 am—4:00 pm



1019 11th Street, Sacramento, CA 95814  
916-444-3071 | Blessed@cathedralsacramento.org

OFFICE HOURS: Monday—Friday 9 AM—NOON & 1 PM—4 PM

www.CathedralSacramento.org

Connect with us!



Want something in the bulletin and website? Just email [communication@cathedralsac.org](mailto:communication@cathedralsac.org)

# Events and Information



## KEEP THE FLAME ALIVE

**Wednesdays, 7:00 pm via Zoom**

Nourish your faith and feel the scriptures as Father O'Reilly leads us in study of the Gospel of John.

Contact Donna: [flamealive22@gmail.com](mailto:flamealive22@gmail.com)



## THE HOLY ROSARY

**1st and 3rd Wednesdays 6pm**

St. Josephine Bakhita Room, lower level.  
[praytherosarywithus@yahoo.com](mailto:praytherosarywithus@yahoo.com)

## RECONCILIATION

**Monday - Friday**

11:30 am to 12:00 pm

**Saturday** 4:00 pm to 5:00 pm

## ADORATION

**Wednesday & Thursday**

1:00 pm to 4:00 pm



## HOLY HOUR OF REPARATION

**Friday, September 6** First Friday of each month immediately following the 12:10 Mass in the Blessed Sacrament Chapel.

## MANTENGA VIVA LA LLAMA

**Miércoles, 7:00 pm vía Zoom**

Nutre tu fe y siente las Escrituras mientras el Padre O'Reilly nos guía en el estudio del Evangelio de Juan.

Contacto con Donna: [flamealive22@gmail.com](mailto:flamealive22@gmail.com)

## EL SANTO ROSARIO

**1er y 3er miércoles, 6:00 pm**

Aula St. Josephine Bakhita, nivel inferior.  
[praytherosarywithus@yahoo.com](mailto:praytherosarywithus@yahoo.com)

## RECONCILIACIÓN

**Lunes - Viernes**

11:30 am to 12:00 pm

**Sábado** 4:00 pm to 5:00 pm

## ADORACIÓN

**Miércoles y Jueves**

1:00 pm to 4:00 pm

## HORA SANTA DE LA REPARACIÓN

**Viernes 6 de septiembre** Primer viernes de cada mes inmediatamente después de la Misa de las 12:10 en la Capilla del Santísimo Sacramento.

## SUNDAY CATHEDRAL TOURS

**English at 9am and 11am & Spanish at 1pm**

Docents share how the Cathedral is such an important part of early California history. Learn how our beautiful and important art works have symbolism integral to our Catholic Faith.

## TOURS DE LA CATEDRAL DEL DOMINGO

**Español a las 1 pm y inglés a las 9am y 11am**

Los docentes comparten cómo la Catedral es una parte importante de la historia temprana de California. Conozca cómo nuestras hermosas e importantes obras de arte tienen un simbolismo integral para nuestra fe católica.

In re: The Roman Catholic Bishop of Sacramento, Case No. 24-21326  
U.S. Bankruptcy Court for the Eastern District of California

Notice of Deadline for Filing Claims: October 1, 2024

**YOU MAY HAVE A SEXUAL ABUSE CLAIM OR OTHER CLAIM AGAINST THE DIOCESE OF SACRAMENTO**

On April 1, 2024, The Roman Catholic Bishop of Sacramento aka Diocese of Sacramento filed a chapter 11 bankruptcy petition for protection under title 11 of the United States Code.

If you were sexually abused by any person connected with the Diocese, you must file a claim so as to be received by October 1, 2024, or otherwise you will be forever barred, estopped, and enjoined from asserting such claim against the Diocese.

Claims based on acts or omissions of the Diocese that occurred before April 1, 2024, must be filed on or before October 1, 2024, even if such claims are not now fixed, liquidated, or certain or did not mature or become fixed, liquidated, or certain before April 1, 2024.

For more information on how to file a claim or about the bankruptcy, please visit: <https://www.donlinrecano.com/rcbsacramento>, or contact the Debtor's claims agent Donlin, Recano, & Company, Inc. via email at [rcbsacramentoinfo@drc.equiniti.com](mailto:rcbsacramentoinfo@drc.equiniti.com) or by phone at 1-866-714-7301; or visit the Debtor's website at <https://scd.org> and follow the links for Chapter 11 filing.

In re: El Obispo Católico Romano de Sacramento, Caso No. 24-21326  
Tribunal de Bancarrota de los Estados Unidos Para el Distrito Este de California

Notificación de fecha límite para presentar reclamaciones:  
1 de Octubre de 2024

**USTED PUEDE TENER UNA DEMANDA DE ABUSO SEXUAL U OTRA DEMANDA CONTRA LA DIÓCESIS DE SACRAMENTO**

El 1 de abril de 2024, el Obispo Católico Romano de Sacramento, también conocido como Diócesis de Sacramento, presentó una petición de bancarrota del capítulo 11 para obtener protección bajo el título 11 del Código de los Estados Unidos.

Si usted fue abusado sexualmente por cualquier persona relacionada con la Diócesis, debe presentar su reclamo para que se reciba antes del 1 de octubre de 2024, o de lo contrario, se le prohibirá y excluirá para siempre hacer valer dicha reclamación contra la Diócesis.

Las reclamaciones basadas en actos u omisiones de la Diócesis que ocurrieron antes del 1 de abril de 2024, deben presentarse el 1 de octubre de 2024 o antes, incluso si dichas reclamaciones no están ahora fijas, liquidadas o ciertas o no se vencieron o se volvieron fijas, liquidadas o ciertas antes del 1 de abril de 2024.

Para obtener más información sobre cómo obtener y presentar un reclamo o sobre la bancarrota, visite: <https://www.donlinrecano.com/rcbsacramento>, o comuníquese con el agente de reclamos del Deudor, Donlin, Recano & Company, Inc., por correo electrónico al [rcbsacramentoinfo@drc.equiniti.com](mailto:rcbsacramentoinfo@drc.equiniti.com) o por teléfono al 1-866-714-7301; o visite el sitio web del Deudor en <https://scd.org> y siga los enlaces para la presentación del Capítulo 11.

## Cathedral of the Blessed Sacrament Annual Parish Picnic

The Parish Pastoral Council invites all parishioners to an evening of fun, food, and fellowship.

**THIS  
FRIDAY**

Where: **St. Joseph Catholic Church**  
32890 S. River Rd. Clarksburg, CA 95612  
*Please do not go to the Cathedral*

When: **Friday, August 16**

Time: **5:00 p.m. - Welcome**  
**5:30 p.m. - Vespers**

### Family Potluck!

Bring the dish below according to the first letter of your last name.

**A-I: SALAD**  
**J-R: DESSERT**  
**S-Z: SIDE DISH**

#### DETAILS:

- Please bring your beverage of choice. We will provide bottled water.
- Hamburgers, hot dogs, and condiments will be provided.
- Join in for some music, entertainment, and games.
- Picnic tables and chairs will be available.
- You are welcome to bring lawn chairs and picnic blankets.
- Please do not bring canopies or tents.
- Please keep pets at home.
- For questions, email Russ at [russ.almaraz@gmail.com](mailto:russ.almaraz@gmail.com)

This weekend, we take up the **Collection for the Church in Latin America!** Many people in Latin America and the Caribbean do not have access to church programs and ministries because of a rising secular culture, difficult rural terrain, and a shortage of ministers. Your generosity makes it possible for our brothers and sisters in Latin America and the Caribbean to share in the life of the Church and grow closer to Christ. Please be generous to the special collection! To learn more about how your gifts make a difference, visit [www.usccb.org/latin-america](http://www.usccb.org/latin-america).

To donate online, visit <https://www.scd.org/cla>.

¡Este fin de semana realizaremos **la Colecta para la Iglesia en América Latina!** Muchas personas en América Latina y el Caribe no tienen acceso a los programas y ministerios de la iglesia debido a una creciente cultura secular, a terrenos rurales difíciles y a la escasez de ministros. Su generosidad hace posible que nuestros hermanos y hermanas en América Latina y el Caribe participen en la vida de la Iglesia y se acerquen más a Cristo. ¡Por favor, sean generosos en esta colecta especial! Para informarse más sobre cómo sus donativos hacen una diferencia, visiten [www.usccb.org/latin-america](http://www.usccb.org/latin-america). Para donar en línea, visite <https://www.scd.org/cla>.

# National Eucharistic Congress

## **Holy Spirit, Holy Spirit, Holy Spirit Come!"**

by Donna Pineda

From July 17-21 I enjoyed the National Eucharistic Congress held in Indianapolis, Indiana and wanted to share that it was a phenomenal time and an amazing outpouring of Grace, in so many ways. So inspiring and uplifting to be there with 60,000 Catholics of all ages.

The minute I arrived home in the silence, the words of the song "*Holy Spirit, Holy Spirit, Holy Spirit Come!*" continued to ring in my ears and I was saturated with the love of God in that whole experience. My wish for the Cathedral is that an outpouring of the Holy Spirit rejuvenates and inspires us all to 'get off the fence' so that we are avid Catholics, not tepid or timid, but Catholics full of joy and passion for Christ and wanting to share that joy with others who are lost in this world. I feel like we were sent out as scouts, like in the Old Testament, to 'check out that land on the other side of the country' and we are here to report back that "YES," there are giants in that land, but they are Faith-filled friendly giants that we should aspire to be like and they are from all parts of the country and they want only to spread the love of Christ and thanksgiving to God for all he has done for us!" And doesn't Eucharist mean Thanksgiving?

Try to imagine yourself in the midst of 50-60,000 Catholics in a stadium in the Celebration of the Holy Eucharist at Mass each morning: 1500 priests and over 200 seminarians, must have been over 100 Bishops and Cardinals. At least a 20-30 minute Procession, as they came in with their white albs and vestments you could see a 'cross formation' as they made their way to their seating. A stadium full of people singing



and participating in all the Mass responses – even without worship aids. Celebrating our Faith together at Mass!

And at the end of our busy days, full of passionate speakers and breakout sessions, once again we came to the stadium with those same 50-60,000 Catholics to



spend time in silent Adoration of the presence of Christ in the Eucharist. We sang hymns of praise, old and new, and anyone physically able was on their knees squeezed into the tight space of stadium seats. It was an awesome encounter with Christ and fulfilling way to end the day.

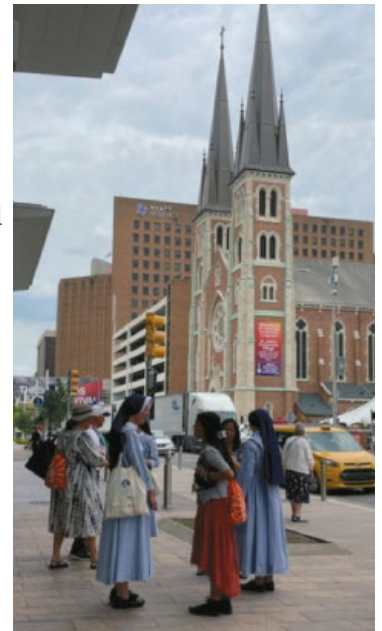
The contribution of the priests and Bishops was heroic. They volunteered to hear confessions in 6 hour shifts for 4 days (as late at 11:30 at night) and bearing the heat of the day wearing their albs in that amazing mile long Eucharistic Procession downtown - , We owe them a huge debt of gratitude for being there to serve and witness to our Faith and I'm sure they will bring home fresh inspiration for their parishes. Our own auxiliary Bishop Rey was there and hosted 175 of us from the Diocese for dinner one night.

I was also in awe of seeing all the religious sisters in their variety of habits, spreading joy - smiling young faces. I lost count of them all. Many young adults and families and all ages....all represented our church coming together. I pray that everyone reading this will plan to attend the next Eucharistic Congress, tentatively planned for 2033, the 2,000th anniversary of our Redemption!

The important take away of the event is the "Walk with One" concept of bringing fallen away Catholics back to the faith with patient, loving accompaniment. I love the line one of the speakers used, he said "the woman at the well went out and told everyone of her encounter with Christ....she didn't need a certificate from the diocese to share her own experience of faith." With that, we are all encouraged to share what our faith has done in our lives with those who have walked away or who do not yet know Christ.

It was a 'mammoth' undertaking for the organizers but with God, all things are possible. Words cannot describe the impact of being at the Eucharistic Congress. I pray that the Congress will bear much fruit for the Church, especially in vocations to the priesthood and religious life and in the lives of those who came to be counted or were inspired to watch the live-stream coverage. And as Fr. O'Reilly pointed out, the Congress is over but not the Eucharistic Revival!

It was kind of a World Youth day for everyone!! At last!



# Men's Day of Faith Renewal



**SATURDAY, AUG. 24, 2024**  
St. Mel Parish - Fair Oaks

# Dr. Ray



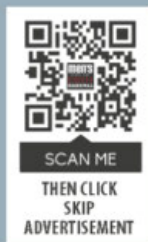
# GUARENDI

• **The Logic of Being Catholic:**

The reason & evidence that brought me back to the Church

• **Simple Steps to Making a Marriage Work:**

A more rewarding marriage is achievable - Learn how



**SIGN UP TODAY!**

Cost for Saturday \$50

Call: 916-612-0479

[smpcevents.org](http://smpcevents.org)

**SATURDAY SCHEDULE:**

- Rosary 7:30 am
- Holy Mass 8:00 am
- Eucharistic Procession
- Continental Breakfast
- Inspirational Talks by Dr. Ray with Q&A
- Hearty Catered BBQ Lunch!
- Event Concludes at 3:45 pm
- **SPECIAL PRIZES TOO!**

Accompanying Event

**FREE Family Renewal Evening**  
At St. Mel Parish, Fair Oaks

**FRIDAY, AUGUST 23**

6:30 - 8:00 pm

(no registration required for Friday)

**Talk by Dr. Ray**

“Navigating a culture that is no longer on the side of people with traditional values.”

**Meet and Greet**

**Free Ice Cream social** with  
Leatherby's Ice Cream

**“Catholic men are not whimps!”**

## Sacramento Chinese Catholic Community

**RECONCILIATION:** 1<sup>st</sup> Sunday of the month before mass. Please contact Kenneth Ng or Fr. Chiu in advance.  
Tel: 916-583-8306

Email: [sccc.contact@gmail.com](mailto:sccc.contact@gmail.com)

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

Instagram: <https://is.gd/>

**SCCC Instagram**

Website:

[www.sacchinesecatholic.org/](http://www.sacchinesecatholic.org/)

A Glimpse of Spirituality 靈修一瞥 136 (Mark 谷8:1-10)

Fr. Abraham Chiu 趙必成神父

聖經從沒把天主說成法律；相反，是愛（若壹4:16）。事實上，即使天主是法律，這法律仍然是愛，因為主的法律是愛，非規條。耶穌懷著慈悲大愛，身同感受人的身體和精神需求。為了獲得精神食糧，眾人與耶穌一起度過三天。看到食糧快要吃完，有些人可能在回家路上暈倒；耶穌對群眾困境深受感動。

施行增餅增魚奇蹟並非引人注目的宗教秀，而是天主慈悲表達，即天主對人的仁慈。耶穌對門徒說：“我很憐憫這批群眾。。。如果我打發他們餓著肚子回家，他們就會在路上昏倒。”

如果有信德，危機將人帶到天主面前，非遠離。希臘被動語態動詞“憐憫”（*splanchnizomai*）意味人的內心被他人困境所感動，以愛德外在展現個人內心。慈悲可以被理解為釋放那些被邪惡力量釘死在十字架上的人。耶穌感受到人們的感受，因為他被魔鬼門徒釘死。因此，同理心是從經驗傷害的心中提取出來的愛德行為，好能同理被釘在十字架上的人。人們吃得很滿足，正如福音描述：“人都吃飽了，把剩下的碎塊收集了七籃子。”大量剩菜象徵天國的豐盛，在那裡沒人會再挨餓，特別是屬神飢餓。

慈悲是治癒和修復有需要者的創傷，也是人類生命對待苦難的基本行動。這是天國，讓每人都滿足生活在天主大愛之中。



Chinese Portal:  
Announcements/  
Sunday Readings



# Faith Formation & Education

Blessings Faith Formation Families! It's hard to believe it is already August and we are gearing up for another fantastic year in family faith formation at the Cathedral! Is your family registered and ready?

## UPCOMING in AUGUST

Sunday 11 AUG	8:00 Mass—OCIA BOW 11:30 AM OCIA Families—Year 2
Monday 12 AUG	OCIA Adults Mercy Hall—7:00 PM
Wednesday 14 AUG	Faith Formation Team Mtg Time TBD
Saturday 24 AUG	OCIA Retreat: Rite of Acceptance
Sunday 25 AUG	OCIA Rite of Acceptance 8:00 Mass—in Church

## SEPTEMBER

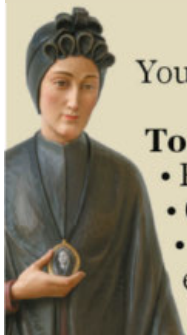
Sunday 8 SEP	FFF Orientation—Spanish
Tuesday 17 SEP	FFF Orientation—English #1
Saturday 21 SEP	FFF Orientation—English #2



### Mass preparation for families

Every Wednesday receive a Mass preparation guide for your family with downloadable coloring pages and worksheets for young saints (pre-K to 3rd grade) and older saints (4th - 6th grade). Readings for Sunday Mass with brief explanation!

<https://is.gd/massprep2024>



### Plenary Indulgence Granted

You can receive a Plenary Indulgence once a day by visiting the Cathedral.

#### To obtain the Indulgence:

- Receive Communion in state of grace.
- Confession within 20 days before or after your visit.
- Pray for the Holy Father's intentions (For example: Our Father, Hail Mary, Glory Be).
- *please pray for our Canoness Sisters.*



## Is Your Family Making Time for Jesus? ¿Tiene tu familia tiempo para Jesús?

The Cathedral Family Faith Formation community is getting ready to begin another year of learning about our faith.

Beginning in September with our parent orientation and an introduction to our year theme—the Bible. We will have a lot of opportunities to learn passages of Scripture. Classes begin with Orientation in September, and first sessions with full families begin in October.

Questions about registration, contact the faith formation office at [religioused@cbssac.org](mailto:religioused@cbssac.org).

La comunidad de Formación en la Fe de la Familia de la Catedral se está preparando para comenzar otro año de aprendizaje sobre nuestra fe.

Comenzando en septiembre con nuestra orientación de los padres y una introducción a nuestro tema del año-la Biblia. Tendremos muchas oportunidades para aprender pasajes de las Escrituras. Las clases comienzan con la orientación en septiembre, y las primeras sesiones con familias completas comienzan en octubre.

Preguntas acerca de la inscripción, póngase en contacto con la oficina de formación de fe en [religioused@cbssac.org](mailto:religioused@cbssac.org).

Family Faith Formation and OCIA—Formation of Faith and of Sacraments for Children and Adults

# Formación y Educación en la Fe

## Preparation for Sunday Mass Sunday, 18 AUGUST 24

### Prepare: 20th Sunday of Ordinary Time

Proverbs 9:1-6

Ps 34:2-3, 4-5, 6-7

Ephesians 5:15-20

Jn 6:51-58

### Focus of the Gospel:

As we listen to the Gospel, we may think we heard this reading last week, and in a sense, we did. The last verse (Jn. 6:51) was the last sentence last week: **"Whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."**

Jesus goes on to explain that if we want eternal life, we must "... eat the flesh of the Son of Man (Jesus) and drink his blood." When we come to receive Jesus at Holy Communion, we have the opportunity to step into this eternal mystery of Jesus' Body and Blood and consume the Bread of Life; Jesus wants to enter us and remain forever.

### With Your Family

- ◆ Read John 6:51-58
- ◆ Do you want to go to Heaven? What do you think Heaven will be like?
- ◆ In the last line of this week's Gospel, Jesus says, "... whoever eats this bread will live forever." How do you prepare for Heaven when you prepare for Mass (Little Heaven)?
- ◆ Pray Psalm 34:203, 4-5, 6-7 together

## Preparación para la Misa Domingo, 18 AGOSTO 24

### Preparar: XIX Domingo, Tiempo Ordinario

Proverbios 9:1-6

Sal 34:2-3, 4-5, 6-7

Efesios 5:15-20

Jn 6:51-58

### Enfoque del evangelio:

Al escuchar el Evangelio podemos pensar que escuchamos esta lectura la semana pasada, y en cierto sentido, así fue. El último versículo (Jn 6,51) fue la última frase de la semana pasada: **"El que coma este pan vivirá para siempre; y el pan que yo daré es mi carne para la vida del mundo"**.

Jesús continúa explicando que si queremos la vida eterna, debemos "... comer la carne del Hijo del Hombre (Jesús) y beber su sangre." Cuando venimos a recibir a Jesús en la Sagrada Comunión, tenemos la oportunidad de entrar en este misterio eterno del Cuerpo y la Sangre de Jesús y consumir el Pan de Vida; Jesús quiere entrar en nosotros y quedarse para siempre.

### Con tu familia

- ◆ Lea Juan 6:51-58
- ◆ ¿Quieres ir al Cielo? ¿Cómo crees que será el Cielo?
- ◆ En la última línea del Evangelio de esta semana, Jesús dice: "... el que coma de este pan vivirá para siempre". ¿Cómo te preparas para el Cielo cuando te preparas para la Misa (Pequeño Cielo)?
- ◆ Rezad juntos el Salmo 34:203, 4-5, 6-7



### more Seeking Faith?

The "Order of Christian Initiation for Adults" provides a place for seekers to explore what the Catholic Church believes and teaches as part of their journey towards embracing Christ and His Church in the reception of sacraments. Catholics who have not received Sacraments of Confirmation and of the Holy Eucharist are also welcome. To know more, go to website:

[cathedralsacramento.org/ocia](http://cathedralsacramento.org/ocia)

### UNDERSTANDING GOD

5 Short video lessons  
With Bishop Barron  
[is.gd/understandgod](http://is.gd/understandgod)

## Forum Feedback #8: PRAYER and WORSHIP

### Open Forum

At the Open Forum on Youth held June 11, the group looked at eight areas outlined by the USCCB on Youth Ministry. The EIGHTH component of comprehensive ministry, and our focus this week is **PRAYER and WORSHIP**.



### Ministry of Prayer & Worship

*celebrates* and *deepens* young people's relationship with Jesus Christ through the bestowal of grace, communal prayer and liturgical experiences; it *awakens* their awareness of the spirit at work in their lives; it *incorporates* young people more fully into the sacramental life of the Church, especially eucharist; it *nurtures* the personal prayer life of young people; and it *fosters* family rituals and prayer.

- Provide Retreat opportunities stages of youth development
- Create space and time for practices in prayer with young people
- Help youth experience different forms of prayer
- Challenge youth to pray and learn new prayers / devotions
- Encourage to know basic prayers and how to access the Sacraments.
- Read new USCCB document: [Listen, Teach, Send, A Framework for Ministries with Youth](#)

Sister Lisa Marie Doty, FDCC, Director of Faith Formation & OCIA | [slmdoty@cbsac.org](mailto:slmdoty@cbsac.org) | 916-444-5364

# Liturgy of the Word

NINETEENTH SUNDAY IN ORDINARY TIME

AUGUST 11, 2024

## Mass Intentions & Observances

SUN 8/11

19TH SUNDAY IN ORDINARY TIME

8:00 AM: ROBERT R FUENTES +

10:00 AM: THE NGUYEN FAMILY S.I.

12:00 PM: JESUS CORREA S.I.

4:00 PM: PEOPLE OF THE PARISH S.I.

6:00 PM: JENNY THOMAS S.I.

MON 8/12

19TH WEEK IN ORDINARY TIME

12:10 PM: GUILLIE CARMONA S.I.

TUE 8/13

19TH WEEK IN ORDINARY TIME

12:10 PM: MJ DE LAS VERLAS S.I.

WED 8/14

**SAINT MAXIMILIAN KOLBE,  
PRIEST, MARTYR**

12:10 PM: ADAN AMADOR S.I.

THU 8/15

**THE ASSUMPTION OF THE  
BLESSED VIRGIN MARY**

12:10 PM: STEVEN MIGUEL +

5:00 PM: SHAWNA HERNANDEZ S.I.

7:00 PM: VILMA CASTRO S.I.

FRI 8/16

19TH WEEK IN ORDINARY TIME

12:10 PM: ANASTASIA CHANG +

*S.I. = for special intention  
+ = for repose of the soul*

## Mass Intentions

Please email:

[vramos@cathedralsacramento.org](mailto:vramos@cathedralsacramento.org)

or call 916-444-3071, ext. 10

**READING 1** 1 KGS 19:4-8

Elijah went a day's journey into the desert, until he came to a broom tree and sat beneath it. He prayed for death saying: "This is enough, O LORD! Take my life, for I am no better than my fathers." He lay down and fell asleep under the broom tree, but then an angel touched him and ordered him to get up and eat. Elijah looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the LORD came back a second time, touched him, and ordered, "Get up and eat, else the journey will be too long for you!" He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

**RESPONSORIAL PSALM**

**PS 34:2-3, 4-5, 6-7, 8-9**

**R. Taste and see the goodness of the Lord.**

I will bless the LORD at all times; his praise shall be ever in my mouth. Let my soul glory in the LORD; the lowly will hear me and be glad.

**R. Taste and see the goodness of the Lord.**

Glorify the LORD with me, Let us together extol his name. I sought the LORD, and he answered me

And delivered me from all my fears.

**R. Taste and see the goodness of the Lord.**

Look to him that you may be radiant with joy.

And your faces may not blush with shame.

When the afflicted man called out, the LORD heard,

And from all his distress he saved him.

**R. Taste and see the goodness of the Lord.**

The angel of the LORD encamps around those who fear him and delivers them.

Taste and see how good the LORD is; blessed the man who takes refuge in him.

**R. Taste and see the goodness of the Lord.**

**READING 2** EPH 4:30-5:2

Brothers and sisters:

Do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

So be imitators of God, as beloved children, and live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God for a fragrant aroma.

**ALLELUIA** JN 6:51

R. Alleluia, alleluia.

I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever.

R. Alleluia, alleluia.

**GOSPEL** JN 6:41-51

The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: They shall all be taught by God. Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."



# Liturgia de la Palabra

**XIX DOMINGO ORDINARIO**

**11 DE AGOSTO DE 2024**

**LECTURA I**

**1 REYES 19, 4-8**

En aquellos tiempos, caminó Elías por el desierto un día entero y finalmente se sentó bajo un árbol de retama, sintió deseos de morir y dijo: “Basta ya, Señor. Quítame la vida, pues yo no valgo más que mis padres”. Después se recostó y se quedó dormido.

Pero un ángel del Señor llegó a despertarlo y le dijo: “Levántate y come”. Elías abrió los ojos y vio a su cabecera un pan cocido en las brasas y un jarro de agua. Después de comer y beber, se volvió a recostar y se durmió.

Por segunda vez, el ángel del Señor lo despertó y le dijo: “Levántate y come, porque aún te queda un largo camino”. Se levantó Elías. Comió y bebió. Y con la fuerza de aquel alimento, caminó cuarenta días y cuarenta noches hasta el Horeb, el monte de Dios.

**SALMO RESPONSORIAL DEL SALMO 33**

**R. Haz la prueba y verás qué bueno es el Señor.**

Bendeciré al Señor a todas horas,  
no cesará mi boca de alabarlo.

Yo me siento orgulloso del Señor,  
que se alegre su pueblo al escucharlo.

**R. Haz la prueba y verás qué bueno es el Señor.**

Proclamemos la grandeza del Señor  
y alabemos todos juntos su poder.

Cuando acudí al Señor, me hizo caso  
y me libró de todas mis temores.

**R. Haz la prueba y verás qué bueno es el Señor.**

Confía en el Señor y saltarás de gusto;  
jamás te sentirás decepcionado,  
porque el Señor escucha el clamor de los pobres  
y los libra de todas sus angustias.

**R. Haz la prueba y verás qué bueno es el Señor.**

Junto a aquellos que temen al Señor  
el ángel del Señor acampa y los protege.  
Haz la prueba y verás qué bueno es el Señor.  
Dichoso el hombre que se refugia en él.

**R. Haz la prueba y verás qué bueno es el Señor.**



**LECTURA II**

**EF 4, 30-5, 2**

Hermanos: No le causen tristeza al Espíritu Santo, con el que Dios los ha marcado para el día de la liberación final.

Destierren de ustedes la aspereza, la ira, la indignación, los insultos, la maledicencia y toda clase de maldad. Sean buenos y comprensivos, y perdónense los unos a los otros, como Dios los perdonó, por medio de Cristo.

Imiten, pues, a Dios como hijos queridos. Vivan amando como Cristo, que nos amó y se entregó por nosotros, como ofrenda y víctima de fragancia agradable a Dios.

**ACLAMACIÓN ANTES DEL EVANGELIO**

**JN 6, 51**

R. Aleluya, aleluya.

Yo soy el pan vivo que ha bajado del cielo, dice el Señor;  
el que coma de este pan vivirá para siempre.

R. Aleluya.

**EVANGELIO**

**JN 6, 41-51**

En aquel tiempo, los judíos murmuraban contra Jesús, porque había dicho: “Yo soy el pan vivo que ha bajado del cielo”, y decían: “¿No es éste, Jesús, el hijo de José? ¿Acaso no conocemos a su padre y a su madre? ¿Cómo nos dice ahora que ha bajado del cielo?”

Jesús les respondió: “No murmuren. Nadie puede venir a mí, si no lo atrae el Padre, que me ha enviado; y a ése yo lo resucitaré el último día. Está escrito en los profetas: Todos serán discípulos de Dios. Todo aquel que escucha al Padre y aprende de él, se acerca a mí. No es que alguien haya visto al Padre, fuera de aquel que procede de Dios. Ese sí ha visto al Padre.

Yo les aseguro: el que cree en mí, tiene vida eterna. Yo soy el pan de la vida. Sus padres comieron el maná en el desierto y sin embargo, murieron. Éste es el pan que ha bajado del cielo para que, quien lo coma, no muera. Yo soy el pan vivo que ha bajado del cielo; el que coma de este pan vivirá para siempre. Y el pan que yo les voy a dar es mi carne para que el mundo tenga vida”.

**Holy Day of Obligation**

Thursday, August 15

**ASSUMPTION OF THE BLESSED VIRGIN MARY**

**MASS SCHEDULE**

12:10 PM English

5:00 PM English

7:00 PM Spanish

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Contact Deacon Omar Bardales:  
[baptism@cbssac.org](mailto:baptism@cbssac.org) or 916-444-3071 Ext. 28

### CONFESSION/RECONCILIATION

See cover page.

### CONFIRMATION

[www.cathedralsacramento.org/faithformation](http://www.cathedralsacramento.org/faithformation)

### HOLY EUCHARIST

Contact Sister Lisa Marie at [slmdoty@cbssac.org](mailto:slmdoty@cbssac.org).

### HOLY ORDERS

To learn about the priesthood and/or deaconate, contact Fr. Mauricio Hurtado at 916-733-0258.

### MARRIAGE PREPARATION

Contact Deacon Omar & Janet Bardales at  
[matrimonyprep@att.net](mailto:matrimonyprep@att.net) or 916-427-9160.

### MATRIMONY

Contact Titi Kila [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org)

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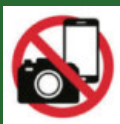
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Gayle Winney, [gwinney@cbssac.org](mailto:gwinney@cbssac.org)

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[praytherosarywithus@yahoo.com](mailto:praytherosarywithus@yahoo.com)

### Prayer Chain

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### Cathedral Young Adults

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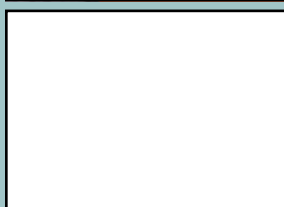
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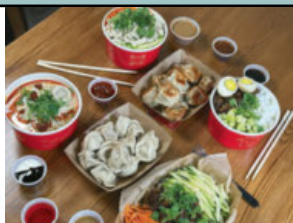
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