



~ Mystagogy ~

Elijah and Our Lady of Carmel

When the worship of the idol Baal had become entrenched in the ancient kingdom of Israel, God raised up the prophet Elijah to bring the Israelites back to the worship of the true God. The prophet assembled the worshipers of Baal and more than 400 prophets of the idol to the summit of Mount Carmel. Elijah challenged the people, saying, "How long will you halt between two opinions; if Baal is god then follow him, if the Lord is God then follow him" (1st Kings 18:21). When the people gave him no answer, he proposed that they make two altars and put a sacrifice on each one without a fire underneath. The prophets of Baal should call upon their god and he would call upon the Lord God of Israel, and the God who answers by fire should then be worshiped as the true God in Israel. The people agreed, and for a whole day the prophets of Baal called upon their god without answer.

When evening approached, Elijah called the people to him. When he had drenched his altar with water, he called upon the God of their fathers to answer, and fire fell from above and consumed the altar and its sacrifice: "And when all the people saw it, they fell on their faces and said, 'The Lord he is God; the Lord he is God'" (18:39). And then, to add an additional witness to the days' events, Elijah told the king to return home quickly, for the three year drought was about to end: "For there is the sound of an abundance of rain" (vs. 41). Elijah then set himself to fervent prayer in a spot overlooking the ocean until his servant reported to him that far away on the horizon he could discern "a little cloud out of the sea, like a man's hand". Soon the sky was dark and a ferocious storm swept over the nation and brought an end to the drought.

There is an ancient tradition, difficult to *prove* historically, but not without some evidence, and perhaps some divine witness as well, that Elijah gathered a company of prophets on Mount Carmel and taught them to live for the God of Israel as hermits on the mountain. It is alleged that the descendants of these hermits continued on Mount Carmel until the time of Christ, living an austere and eremitic life devoted to the strictest observance of the ancient Israelite religion (the spiritual roots of Judaism). It is also alleged that they practiced a devotion to the sanctity of the mother of the coming Messiah, which may seem fantastical, but is quite plausible, since in ancient Israel when a king was first mentioned in Scripture, his mother was also identified (cf. 1st Kings 11:26 and every legitimate king thereafter). Therefore, it is not unreasonable that the hermits of Carmel, while praying for and anticipating the coming of the Messiah, would also anticipate the holiness of his mother, and for that reason cultivate an anticipatory reverence for her as well.

While the matter has been much disputed, the Carmelite Order has always considered Elijah as its founder and spiritual father, from its eremitic and cloistered approach to the contemplative way of prayer and labor to its devotion to the Mother of Christ. In an apparent show of support for this understanding, Pope Benedict XIII granted the Carmelite Order permission to erect in St. Peter's a statue of Elijah inscribed with the Pope's own inscription that the Carmelites had placed the statue in honor of their founder St. Elijah the Prophet.

On July 16th, we will celebrate the Feast of Our Lady of Carmel. Many Catholics have discovered that recourse to the Blessed Lady of Carmel by means of a novena, especially one offered at this time of year, produces amazing responses from Our Lady. Last year at this time, my wife and I were renting a house that was in dire need of upgrade and repair. We were required to move by August 1st, but could not find an affordable rental in our neighborhood; we entrusted the matter to Our Lady of Carmel by means of a novena. On the evening of July 13th, six days into the novena, no answer had come. On that night, my wife and I decided we would finish the novena and make a decision on the 16th about what to do, as we only had two weeks left by that time.

The next morning my wife's parents called and said they wanted to help us get into a house and that they had found one that they wanted us to look at. It was the nicest house in the neighborhood, and we were frankly overwhelmed by how perfect it was for our family. By that afternoon the offer was made and accepted; escrow closed quickly and on August 2nd we moved in. We consecrated the house to Mary and on August 5th, the Feast of Saint Mary Major, the oldest shrine to our Lady in the world; we placed a statue of the Blessed Mother by the front door as a testimony to our enduring gratitude for all Her help and assistance over the years. This is also why we practice and promote a perpetual devotion to Our Lady of Carmel, and we warmly encourage all who are in need to have recourse to Her.

~ 2 ~

~John-David Black~

5 Simple tips on how to make every day holy

Life is busy. We are constantly tugged and pulled by various obligations — family, work, and community. We forget to pray and life never stops to let us catch up. Holiness is much easier to attain if we stop putting so much pressure on ourselves and simply open up our heart in little ways each day. Here are five simple tips that can help:

1. Pray immediately after waking up - Saint Josemaria Escriva called this the "heroic minute" and wrote in *The Way*, "Many good Christians develop the habit of giving their first thought of the day to God. The 'heroic minute' follows: it facilitates the Morning Offering and getting the day off to a good start..."

2. Schedule five minutes to pray during the day - Again, nothing earth shattering, but something that we too often forget. The important part about this is to *schedule* time for prayer. It can be five minutes, 15 minutes or even 30 minutes. Whatever it is, the key is to block off that time in your daily schedule and not let anything touch it. This can be done at work or at home (or on the road). Schedule it and make it a recurring event every day.

3. Pray the "Jesus Prayer" -The *Catechism* describes this ancient prayer like this: "This simple invocation of faith developed in the tradition of prayer under many forms in East and West. The most usual formulation, transmitted by the spiritual writers of the Sinai, Syria, and Mt. Athos, is the invocation, 'Lord Jesus Christ, Son of God, have mercy on us sinners.' It combines the Christological hymn of Philippians 2:6-11 with the cry of the publican and the blind men begging for light. By it the heart is opened to human wretchedness and the Savior's mercy" (CCC 2667). Saying this prayer over and over again is a great way to meditate on the beauty and mercy of God.

4. Carry a rosary with you wherever you go - This might seem odd, but it can be a source of inspiration or consolation throughout the day. It is a simple reminder of God and may serve as a reminder to pray at a moment you need God the most.

5. Pray before going to bed - If you started off the day with God, the only way to end it is with God. Prayers at bedtime don't have to be complex, but should generally revolve around thanksgiving. Be thankful for what God has given you this day and make a resolution to do better tomorrow. Many of the saints practiced different variations of this bedtime ritual and all greatly benefited from it.

~Philip Kosloski ~



Pastor's Corner

This 4th of July, I had the opportunity to go out and do some blackberry picking. It's not an easy job but always well worth the effort, as my mother's blackberry pie was a great hit. This is my homage to blackberries.

During Blackberry-Picking

There is no after –

There is no before.

There is no time to prepare or to sleep.

Don't bother to put on jeans or gloves

This is not a production.

No incense,

ladders

or scaffolding

Just reach in

and pick.

This disordered grace,

tart, sweet

smell of summer heat.

Steam and sugar and essence of sun.

The sum, not the one, reveal.

This liturgy where all are Priests.

Extend hands

Consecrate

Consume flesh and blood

The trembling spears daunt and deter,

but don't hesitate.

Get on your knees and communicate!

~Father Michael~

9

Sunday

~The Fourteenth Sunday in Ordinary Time~

Jesus, gentle and humble of heart, came to bring peace to all people. We are called to live in his Spirit, to be gracious, merciful, and compassionate to all.

Zec 9:9-10 Ps 145:1-2, 8-11, 13-14

Rom 8:9, 11-13 Mt 11:25-30

10

Monday

The Lord promises to remain with Jacob and his descendants. Through various cures, the mission of Jesus is authenticated.

Gn 28:10-22a Ps 91:1-4, 14-15 Mt 9:18-26

11

Tuesday

~Saint Benedict, Abbot~

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Having encountered the presence of the divine, Jacob earns the right to enter Canaan.

Jesus prays for laborers for the harvest.

Gn 32:23-3 Ps 17:1-3, 6-8, 15 Mt 19:27-29

12

Wednesday

The sons of Jacob seek help from Joseph, their brother. Jesus chooses the Twelve and sends them forth to proclaim God's reign.

Gn 41:55-57; 42:5-7a, 17-24a

s 33:2-3, 10-11, 18-19 Mt 10:1-77

13

Thursday

~Saint Henry~

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Reconciliation between Joseph and his brothers takes place. Share God's love as gift.

Gn 44:18-21, 23b-29; 45:1-5 Ps 105:16-21 Mt 10:7-15

14

Friday

~Saint Kateri Tekakwitha, Virgin~

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The migration of Jacob and his descendants to Egypt, a land of security, is described. In preaching the gospel, one may encounter opposition and persecution.

Gn 46:1-7, 28-30 Ps 37:3-4, 18-19, 27-28, 39-40 Mt 10:16-23

15

Saturday

~St. Bonaventure, Bishop, Dr. of the Church~

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Joseph and his brothers are reconciled and place their trust in God. Fear the one who can destroy the soul.

Gn 49:29-32; 50:15-26a Ps 105:1-4,6-7 Mt 10:24-33

~ 3 ~

Christian Symbols



The "stauogram" combines the Greek letters *tau-rho* to stand in for parts of the Greek words for "cross" (*stauros*) and "crucify" (*stauroō*). Stauograms serve as the earliest images of Jesus on the cross, predating other Christian crucifixion imagery by 200 years.

Parish News

Parking on the Weekends

Cathedral parishioners are no longer able to park for free in the private parking structure next to the Cathedral Office. The Cathedral is therefore purchasing from the City of Sacramento, coupons to pay for the first \$5 of parking charges in the City Hall parking lot located on 11th St. between I Street and J Street. Beginning next weekend, July 15-16th, you should park in the City Hall parking lot on 11th Street. You can then pick up a coupon in the Vestibule as you leave Mass. To offset the cost of the coupons, please consider increasing your weekly donation to the Cathedral.

Cathedral Men's ACTS Retreat

Thursday, August 17 – Sunday, August 20, 2017

Applications are available on a first-come first served basis to the first 34 men

An ACTS retreat is designed to provide an opportunity for retreatants to enter a new and deeper relationship with OUR LORD and fellow parishioners.

- The Cathedral ACTS retreat will be held at the beautiful Applegate Jesuit Retreat Center located 10 miles to the northeast of Auburn, off of Interstate 80.
- Please do not let financial difficulties discourage you from attending. Financial assistance may be available.
- Any Man age 19 years or older is welcome. Do not miss out; space is limited.

Let the **Holy Spirit** move you. We hope you will prayerfully consider attending this life changing retreat. *More information can be found in the application flyers located in the Church. After the July 15-16, 2017 Masses, Cathedral ACTS parishioners will be available to answer any questions you may have about the ACTS movement within our parish.*

God, Family, and Everything Else!

email: cathedralsacramento@gmail.com www.actsroseville.org

Battle Ready Rally 2017

**at St. John the Evangelist Catholic Church
5751 Locust Avenue Carmichael, CA 95608-1320**

Be at St. John's for this very special event! Two nights only - Thursday & Friday - July 13th & 14th, 6:30-8:30 pm. Join their good friend, Doug Barry, who is coming because of the 100th Anniversary of the powerful messages given to the world in Fatima by the Blessed Virgin Mary. This presentation will address the greatness of God's love for mankind expressed yet again through this encounter with three shepherd children. We will look at the urgent call from Heaven for the conversion of souls in 1917, and also the significance of the messages for our time today. There is a great peace that God wishes to give to every soul. The call of the Blessed Mother to come to her Son and live and remain in the Gospel of Jesus is a primary part of the messages of Fatima. This presentation will look at how we do that and how we respond to the words of Our Lady at the wedding feast of Cana, "Do whatever He tells you." It is a chance to take a deeper look into what the Blessed Virgin Mary is telling us. There will be a small reception after the Thursday talk and confessions after the Friday talk. Bring all your family and friends!



Monaco Boys Choir in Concert

Wednesday, July 12 at 7:30 pm

Founded in 1904, the Monaco Boy Choir is the liturgical choir for the Cathedral of the Immaculate Conception in Monaco, and is under the patronage of H.S.H. the Prince of Monaco and is sponsored by the Prince's Government.

Under the direction of Pierre Debat, the choir has toured over thirty-five countries. They have performed with the Monte-Carlo Opera and the Monte-Carlo Philharmonic. This concert is part of a tour of the West Coast, starting in Vancouver and ending in Los Angeles.

Works by Charpentier, Couperin, Bach, Mendelssohn, Casals and others will be performed.

Doors open at 7 pm. A suggested donation of \$15 will be accepted at the door.

Synod Questionnaire for Young Adults

Dear Young Adults, we are living in a very exciting moment for the young people of the Church. In October 2018, a Synod of Bishops will take place to treat the topic: "Young People, the Faith and Vocational Discernment". A questionnaire has been put together and we want to hear from all young adults! Your input is very important in order to prepare a final executive summary for our Bishop to present to the General Secretariat of the Synod of Bishops in the Vatican. The deadline for responses is July 15, 2017, and the questionnaire can be filled out here: https://catholicformstack.com/forms/synod_questionnaire_for_young_adults.

The **Sacramento Life Center** cordially invites you to join us for our Ribbon Cutting and Open House at our new home at 2316 Bell Executive Lane, in Sacramento on **July 13th, 2017** at 4:30 PM-7:00 PM. Please join us for our Ribbon Cutting at 4:30 PM followed by guided tours of our new facility. Come meet our Board of Directors, and enjoy some music, appetizers, wine and of course...Leatherby's ice cream.

Educators of private and public school systems

are invited to attend the "Teaching: A Sacred Vocation" presented by Ellen Gemma, M.A. and Dr. Hal Tran, DMin. The conference will be on Thursday, July 20th, from 8:30 am to 3:15 pm, at Christ the King Passionist Retreat Center. For more information, visit SacCatholic.com, or call 916-505-6288.

"The proud demons flee before the lofty virtues of the humble." ~ Saint Bonaventure ~

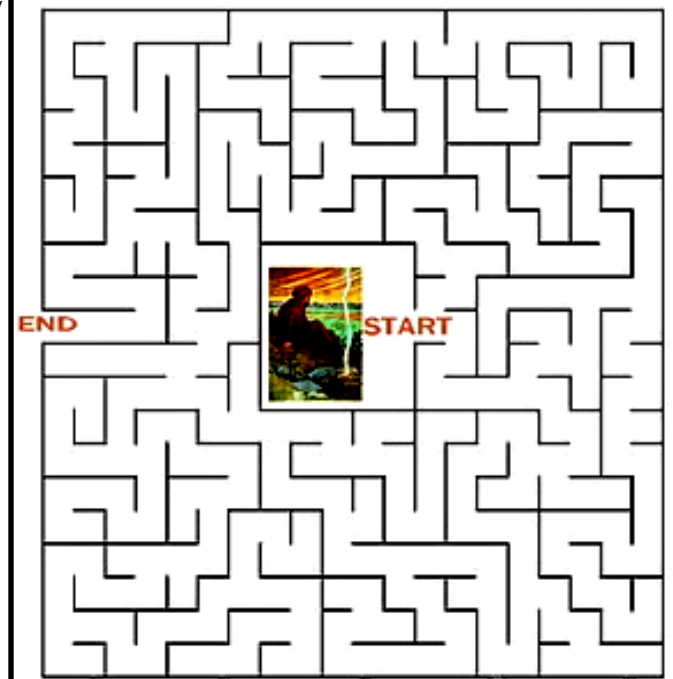
	Mass / Intentions	Activities
Saturday 8th	5:00 pm / William J. Shorey +	
Sunday 9th	7:30 am / Nestor Purugganan + 9:00 am / Parish Intentions 11:00 am / Donald Purseglove + 1:00 pm Spanish / Cathedral Youth Grp 3:00 pm Chinese 5:00 pm / Manuel Purugganan + 7:00 pm Spanish / Souls in Purgatory	9:30 am RCIA Breaking of the Word 11:00 am Liturgy of the Word for Children
Monday 10th	12:10 pm / James J. Goulo S.I. 5:10 pm / Ivan Franco Martin S.I.	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class
Tuesday 11th	12:10 pm / Jennifer Navarette + 5:10 pm / Lope Soberon +	6:00 pm Spanish Choir for the 7pm Mass 7:15 pm The Men's Group
Wednesday 12th	12:10 pm / Carmelita M. Morales S.I. 5:10 pm / Emery Taylor Anub +	7:15 pm Spanish Choir for the 1pm Mass 7:15 pm Communion & Liberation
Thursday 13th	12:10 pm / End of Abortion 5:10 pm / Souls in Purgatory	
Friday 14th	12:10 pm / Malaika Gunawansa S.I.	7:30 pm Rosary Recitation at St. Junipero's Statue in Capitol Park



Go to Pinterest or catholicmom.com for fun lessons and crafts for Catholic kids!

JACOB NEEDS HELP MAZE

BY MARY VEE



Offering Mass for a special intention is a long-standing tradition in the Catholic Church. It is usually considered that special graces are obtained for whom the Mass is said. Masses are offered for many reasons: for the souls in purgatory, in remembrance for someone who is deceased, or in honor of a birthday or special anniversary. If you would like to have a Mass said for someone, please contact the rectory office for help with available dates and times. Intentions are \$10.00 donation per Mass request and are due the Tuesday before the publication weekend.

~Let Us Pray For One Another~ ~Oremos los unos por los otros~

Blanca Padilla	Nellie Medina	Emma Valdez
Michael Jose Mejia	Michael Hunsaker	Eugenia Roque
Eugenio Negrete	Juliana M.	Alfredo Rivera
Elizabeth Paul	Nora Washington	Adolfo Espinoza
Joseph	Ariana Garcia &	Raymundo Guerrero
Autumn's Grandfather	6 month old baby	Natalia Galan
Luis Gutierrez	Vicki Rene Elizabeth	Salomon Galan
Cynthia Belarma	Joel and Cesar	Tomasita Rodriguez
Taylor Don Bennett	The Brown Family	Rosa Carrillo
Kate and Family	Louis Metzinger	Felix Nunez Claver
Shelley and Family	Alfredo Gonzales Family	Alvin Sul
Selena (7 wks old)	Claudia Padilla	Anyrani Gonzalez
Mark McDougal	Debbie and Family	
Garren Bratcher & Family	Zamos Family	
Rosaline	Julie and Hansel	
John Amaro +	Ferry Family	
Kevin and Family	Veronica V.	
Stephen and Julie	Isabel	
Cynthia Matulia	Joshua Ray Sheets	



Prayer Requests: cathedralsacramento.org or email: cbsprayer3@yahoo.com

Go to cathedralsacramento.org for news and calendar events, register as a parishioner, or schedule your tithe.

Noticias de la parroquia



Esquina del Pastor

Este 4 de julio, tuve la oportunidad de salir y hacer una cosecha de zarzamora. No es un trabajo fácil, pero siempre vale la pena el esfuerzo, como el pastel de zarzamora de mi madre fue un gran éxito. Este es mi homenaje a las zarzamoras.

Durante la cosecha de zarzamora

No hay después -

No hay ningún antes.

No hay tiempo para prepararse o para dormir.

No se moleste en ponerse vaqueros o guantes

Esto no es una producción.

No hay incienso,

Escaleras

O andamios

Solo alcanza

Y recoger.

Esta desordenada la gracia,

Tarta dulce

Olor del calor del verano.

Vapor y azúcar y esencia de sol.

La suma, no la una, revela.

Esta liturgia donde todos son sacerdotes.

Extender las manos

Consagrar

Consumir carne y sangre

Las lanzas temblorosas intimidan y disuaden,

Pero no lo dudes.

¡Ponte de rodillas y comunícate!

~Padre Michael~

Aparcamiento en los fines de semana

Los feligreses de la Catedral ya no pueden aparcar gratis en la estructura de estacionamiento privado junto a la Oficina de la Catedral. La Catedral compra por lo tanto de la ciudad de Sacramento, cupones para pagar los primeros \$5 de gastos de estacionamiento en el estacionamiento del Ayuntamiento ubicado en la calle 11 entre I Street y J Street. A partir del próximo fin de semana, del 15 al 16 de julio, debe aparcar en el estacionamiento del Ayuntamiento en la calle 11. A continuación, puede recoger un cupón en el vestíbulo al salir de la Misa. Para compensar el costo de los cupones, considere aumentar su donación semanal a la Catedral.

9 de julio, 2017 – Viviendo en el Espíritu

La Primera Lectura nos recuerda que el Mesías, nuestro Rey y Salvador, no es un héroe conquistador que cabalga hacia el pueblo en un gran corcel, como los Judíos lo creían, sino uno que es sumiso y gentil, montado en un burro. Sin embargo este Rey es victorioso, estableciendo las mismas fronteras para la tierra prometida como lo había hecho el Rey David. El verdadero amor, verdaderamente conquista. • El Responsorial es un himno de alabanza a este Rey, nuestro Dios, que aunque potente y poderoso, también es indulgente y misericordioso. Le alabamos porque Él no nos abandona en nuestro pesar, sino que se estrecha a nosotros con una profunda compasión, comprendiendo nuestro suplicio, dispuesto a sanarnos por medio de Sus propias heridas sagradas. Él no es el Dios enfurecido que nos destruirá a nosotros y a toda la creación con la infracción más pequeña, ya que Él está enojado con el pecado, no con Sus hijos. Cuando murió por nosotros en la cruz, Jesús portó nuestro dolor y mostró el más profundo nivel de compasión, Él se estrechó a nosotros cuando nos inclinábamos en lo más bajo. • En la Segunda Lectura, San Pablo nos recuerda que Dios creo al mundo para ser bueno, pero que cuando pecamos nos lastimamos no sólo a nosotros mismos, sino a la creación, ya que ahora somos capaces de maltratar al mundo. El Espíritu nos llama a la libertad de los hijos de Dios y a la verdad. Al escojer vivir por y en el Espíritu, morimos al pecado y ayudamos a derrotar la batalla interior. • En el Evangelio de hoy, Jesús habla de los que están invitados al juicio de Dios, los simples que son lo suficiente humildes para escuchar a Dios. Los orgullosos y autosuficientes, por el otro lado, no escuchan, sino que le dicen a Dios lo que quieren que Él haga. Por esto es que Jesús invita a los sumisos y humildes de corazón a Él, ofreciendo consuelo y sanación. Cuando entregamos nuestros problemas al Señor en humildad, entonces encontramos la paz increíble. Esto no es resignación, sino rendimiento a su voluntad.

Así que ya no eres
esclavo sino hijo; y como
eres hijo, Dios te ha hecho
también heredero.

Gálatas 4:7

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 Code (*Código postal*): _____

Home Phone (*teléfono de casa*): (____) _____

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

Email: _____

Please indicate:

New Parishioner/Individual

New Parishioners/Family

Change of Address

Please send Offertory Envelopes

Por favor indique:

Nuevo Parroquiano / Individuo

Nuevo Parroco / Familia

Cambio de Dirección

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 to: 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



Attention Parents!

Mark your calendars for the upcoming new school year.

CCD Classes for K – 6th Grade will begin on Saturday, September 9, 2017, at 10:00am.

Confirmation Classes for 7th Graders and up will begin on Tuesday, September 12, 2017, at 7:00pm.

For children over 7 years of age and teens, 7th Grade and higher, who are not baptized, and teens who did not complete their sacraments of Communion and Confirmation, classes will begin on Sunday, September 10, 2017, at 9:00am.

The registration fee for the 1st child is \$55.00 and each additional child is \$35.00. Please note that after August 31, 2017, the registration fee will increase to \$65.00 for the 1st child and \$45.00 for each additional child.

Registration packets are available through the education office, or online at cathedralsacramento.org/Education, or by calling 916-444-5364.

Chinese Community News

華人團體消息

由7月16日起，教友不能再在大堂隔鄰的停車場享有免費泊車的優待。但大堂可提供\$5代用卷，讓教友可將車輛停放在位於I和J街之間一段11街的City Hall 停車場。

團體的年度退省將於八月五日(星期六)早上九時至下午六時在Christ The King Passionist Retreat Center (6520 Van Maren Lane, Citrus Heights, CA 95621) 舉行，費用為每位\$40，包括午餐。我們邀請了何神父作為我們的神司。若有興趣參加，請聯絡陳紹強 (916-272-9093)。

Starting on Sunday, July 16th, Cathedral parishioners are no longer able to park for free in the private parking structure next to the Cathedral Office. The Cathedral is therefore purchasing from the City of Sacramento, coupons to pay for the first \$5 of parking charges in the City Hall parking lot located on 11th St. between I Street and J Street.

Our community retreat will be held on Saturday, August 5, 2017 from 9:00 am to 6:00 pm at Christ The King Passionist Retreat Center at 6520 Van Maren Lane, Citrus Heights, CA 95621. The cost for each participant is \$40, which includes lunch. We have invited Father Ho as our spiritual director. If you are interested in attending the retreat, please contact Ellis Chan (916-272-9093).



Sacramento
Chinese
Catholic
Community

沙加緬度華人
天主教團體