

March 29 2020 - The Fifth Sunday of Lent

We're in this together.



Volume 20 * Issue 13

CATHEDRAL OF THE BLESSED SACRAMENT

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



Pastor's Corner



Well, we're two months in to sheltering ourselves at home and...What?! ...It's been less than two weeks?! I'm going to have to admit to myself that this sequestering business is going to get old quickly. Of course, that means any combination of frustrations in my life will be amplified. My lack of patience, my noticing what other people are doing or not doing, my anxiety over finances, finding myself alone, too many people under my feet, too much noise, too quiet, my old bad habits, my feelings of people conspiring, little annoyances, doors not closing properly, chips in paint, unnecessary comments, on my last nerve kind of life experiences are all going to work against me and the people I love. I know with absolute certainty that the weeks and months that lie ahead will be destructive if I (and everyone) do not really take time to be with God and pray.

The beauty of all this Covid-19 experience is that we probably have much more time to pray, to experience a true Lenten journey. There are many opportunities today to experience prayer and the Mass on the internet. The Cathedral is daily live-streaming, and so are many other parishes. You could probably pray the Mass with different priest 24 hours a day. In addition, there are hundreds of different prayers to find concerning any situation you might be experiencing. The daily rosary can be prayed at any time, and always brings me a feeling of peace. But, of course, turning off your social media and internet and opening your Bible is one of the best ways to be in the presence of God. Remember, Jesus is the Word-Made-Flesh, so reading His word is to have Him present with you.

As well, quiet prayer, asking for the grace of the Holy Spirit to guide you, will be the most effective and the most intimidating prayer. To strive to be simply in the presence of God with no words takes courage and patience. Try simply holding a crucifix in your hand and stare at it. Meditate on what it means to you (words) and give yourself time to process your thoughts and reactions. This could take a long time but eventually your thoughts will relax and your meditation will approach contemplation, a form of simply being with God and allowing Him to see you. Strive not to make it about you. Strive not to strive. Simply dissolve into the One this is about, God. This form of unity with God is a lifelong journey, and no matter where you find yourself on this journey, it always bears fruit. Do not be afraid.

Once you've mastered contemplation (ha ha) nothing will disturb you. However, regular prayers with your family, vocal acts of thankfulness and petition, recitation of the rosary and reading the Bible are all still necessary elements of a full prayer life. And, of course, when we are celebrating the sacraments together again, nothing will stop us from lighting up the heavens. So, don't waste this precious time but rather embrace the gift of prayer for yourself and the people you love.

Fr. Michael.

EVERYDAY STEWARDSHIP

The 6 Characteristics of an Everyday Stewardship for Lent – Committed

I remember Jim Valvano, Jimmy V to many, saying the iconic words, "Don't give up; you can never give up." The former coach of the NC State men's basketball team was dying of cancer, yet he refused to throw in the towel and give in to his disease. His words exemplified the best of the human spirit we all share. Sometimes, living out those words seem much more difficult than saying them.

These words are also important for our faith life. The life Jesus calls us to is not easy. When working toward a life of greater generosity and surrender of all to God, we are prone to fall flat on our face many times. We are not called to this life only when we are strong. It is how we respond when times are the most difficult that truly defines us as disciples and stewards. The world may think we are down for the count, but rising again gives testimony that in Christ we are stronger.

Commitment takes a willingness to do the things needed to get stronger and build our spiritual muscles. We cannot expect to find success in the spiritual life unless we continue to work on our resolve and grow in our knowledge of the faith. A marathon runner would never be able to make it to the finish line unless they have trained and prepared in advance. We must work hard to stay the course and prepare for the race at hand. No matter what this life may have in store for us, we are called to not give up. God will never give up on us.

— Tracy Earl Welliver, MTS

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighborhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbors in a new way
All over the world, people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

~Brother Richard Hendrick, a Capuchin Franciscan ~

Need a break from the COVID-19 news? Try some of the inspiring streaming and videos from these presenters. **If you are online, just click on the image or the link:**

<https://www.ewtn.com/tv/watch-live/united-states>



<http://www.catholicTV.org/watch-live>

<https://www.catholicviewpointfhl.com>



<https://media.ascensionpress.com/category/ascension-presents/>

Inspirational movies available on Netflix and/or Amazon:

"Judgement at Nuremberg" "On the Waterfront"
 "Henry V" "The Mission" "Shane" "Michael Collins"
 "Liberating a Continent" "An Interview with God"
 "Jesus: Countdown to Calvary"

Anthologies: "Lord of the Rings" and "The Hobbit"

Editor's Picks: "Places in the Heart" "Becket"
 "Friendly Persuasion" "To Kill a Mockingbird"
 "Leap of Faith" "84 Charing Cross Road"

Looking for ways to keep kids entertained and connected to the Faith? *If you are online, just click on the image for the link:*



<https://catholic-kids.com/>

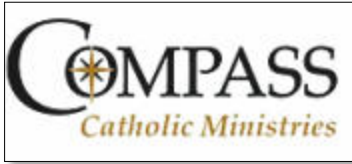
<https://www.catholicicing.com/>



Go to You Tube and check out "Catholic Investigators: Church Mission" where young people explain all the things you find in a Catholic Church!

<https://youtu.be/yCvDU5XF5Yw>

HOW TO HANDLE A FINANCIAL PANDEMIC



The world seems a little upside down right now with a lot of uncertainty about the spread of the COVID-19 virus, consumer mayhem in stores, events being cancelled and the ensuing financial panic.

We may be on edge because of uncertainty or we may be in panic mode because everyone around us is in panic mode and the media is doing a great job of spreading the fears.

None of us knows the future. All we have is today. If you are feeling overwhelmed by everything around you, meditate on these verses:

Isaiah 41: 10 "Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand."

Psalms 46:2 "God is our refuge and our strength, an ever-present help in distress."

The Compass [blog](#) and [podcast](#) have ideas on how to handle a financial pandemic. Go to <https://compasscatholic.org/how-to-handle-a-financial-pandemic/>



A Message from Marilyn Fairgood, BBL Coordinator:

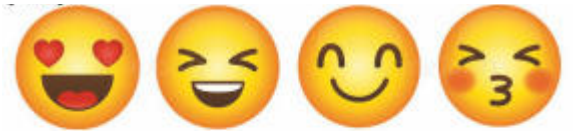
According to the definition of "essential services" issued by the Sacramento County Health Department, the BBL fits into the category of an essential social service and we continue to serve our homeless brothers and sisters Tuesday through Friday, from 8:00 am until 9:00 am. [...]

Many of our volunteers fall within into the age range identified as high risk and those volunteers have been advised to remain at home. Volunteers who continue to serve adhere to the health and safety protocols established by the CDC and the Sacramento County Health Department (Social Distancing, Groups of no more than 10, sanitizing and Hand washing). [...]

Volunteers wear Nitrile gloves, some wear face masks and we use hand sanitizer. All volunteers are reminded to frequently wash their hands while serving and before leaving for the day. If volunteers cannot wash their hands at the moment, then hand sanitizer is used. [...]

Our blessings during this uncertain time is that the BBL has had dedicated partners who continue to support us by donating lunches, fruit, water and warm clothing. We are also blessed to have Sister Libby bring her Mercy Peddlers to the area and regularly serve hot coffee to our guests.

While this world of COVID-19 is most certainly frightening, the BBL remains strong - - maybe with fewer volunteers right now, but those volunteers who serve are dedicated to our mission of service to our homeless brothers and sisters.



A little boy was listening to a long and excessively boring sermon in church. Suddenly, the red sanctuary lamp caught his eye. Tugging his father's sleeve, he said, "Daddy, when the light turns green can we go?"

+ + + + + + + + + +

After explaining the commandment to honor your father and mother, a Sunday School teacher asked her class if there was a commandment that teaches us how to treat our brothers and sisters.

One boy, the oldest in his family, immediately answered, "Thou shalt not kill."

+ + + + + + + + + +

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

+ + + + + + + + + +

A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt."

His son asked, "What happened to the flea?"

+ + + + + + + + + +

Father O'Malley answers the phone.

-Hello, is this Father O'Malley?

-It is

-This is the IRS. Can you help us?

-I can

-Do you know a Ted Houlihan?

-I do

-Is he a member of your congregation?

-He is

-Did he donate \$10,000 to the church?

-He will-

+ + + + + + + + + +


Even in sorrow and hours of grief,
laughter with tears brings most healing relief.
God, give us laughter, and God, give us peace,
joys of your promise among us increase.

~By Walter H. Farquharson~

THE FIFTH SUNDAY OF LENT



Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live." (Jn 11:25)

Date	Mass / Intentions / Readings <i>Please remember these intentions in your prayers</i>	Observances & Cathedral Events
Saturday March 28	9:00 am Online Lauds followed by Mass at 9:30 am Intentions: Carlos, Mara & Luisa S.I.	
Sunday March 29	Check the website for Online Mass times Intentions: Audrey Belle V. Reyes S.I. , Gail Tichenor +, Flora Bagcal +, Sra. Concepcion Martinez Marin +, Scott Rush +, People of the Parish Ez 37:12-14/Ps 130:1-2, 3-4, 5-6, 7-8 [7]/Rom 8:8-11/Jn	5th Sunday in Lent Third Scrutiny
Monday March 30	5:10 pm / Online followed by Vespers at 6:00 pm Intentions: Antonio Repotente +, Jose & Luisa S.I. Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62/Ps 23:1-3a, 3b-4, 5, 6 [4ab]/Jn 8:1-11	
Tuesday March 31	5:10 pm / Online followed by Vespers at 6:00 pm Intentions: Mario Salas +, Michael James Martin + Nm 21:4-9/Ps 102:2-3, 16-18, 19-21/Jn 8:21-30	
Wednesday April 1	5:10 pm / Online followed by Vespers at 6:00 pm Intentions: William J. Shorey +, Jovito Javier + Dn 3:14-20, 91-92, 95/Dn 3:52, 53, 54, 55, 56/Jn 8:31-42	April Fools' Day
Thursday April 2	5:10 pm / Online followed by Vespers at 6:00 pm Intentions: Jovenal Perez S.I., Anselmo Masgarenas S.I. Gn 17:3-9/Ps 105:4-5, 6-7, 8-9 [8a]/Jn 8:51-59	St. Francis of Paola, Hermit
Friday April 3	12:10 pm / Online 12:45 pm / Station of the Cross in English Online 7:00 pm / Estaciones de la Cruz Online Intentions: Duc Thi Tran + Jer 20:10-13/Ps 18:2-3a, 3bc-4, 5-6, 7 [cf. 7]/Jn 10:31-42	
Saturday April 4	5:00 pm / Online Intentions: Teresa Chavez S.I. Ez 37:21-28/Jer 31:10, 11-12abcd, 13 [cf. 10d]/Jn 11:45-56	St. Isidore, Bishop and Doctor of the Church

CATHEDRAL KIDS




 Read the Gospel and Color



Sharing the Gospel - Instead of telling people he was the Savior, Jesus showed them. By raising Lazarus from the dead, Jesus sent a message loud and clear. Jesus was the Savior they had all been waiting for. He was filled with God's love and power, and many people believed in him.

Prayer - Thank you for showing me that you are my Savior, Jesus.

Mission for the Week - Write the words, "God can do anything" on a piece of paper. Read it every morning.

 **Puzzle**

Find and circle these words from today's Gospel:

GOD'S-SON	LAZARUS	BELIEVES
SICKNESS	MARY	WEEPING
RISE	MARTHA	WRAPPED

S A O E T R H I E T Y
T W R A P P E D H O N
O E K R W Y A O Y U T
B E L I E V E S T S H
H P T S A O M Y N I E
T I H E U N A J H C S
U N S V M A R Y L K O
O G K H E I T D W N U
T P A Y N O H S Y E A
I S D L A Z A R U S H
G O D S S O N F E S 5

PARISH FINANCIAL REPORT

From the Editor: Well, not a lot to report here. Obviously, if there is no Mass, there's no offertory. Please consider, *if you are able*, to give your normal offertory by using our [online payment service](#) or through your PayPal account. A great deal of what is donated goes to our social ministries, which need to operate now more than ever. Your generosity is always greatly appreciated and keeps our spiritual home and this significant landmark up and running!

Please know, also, that your pastor, Father Michael, is praying for all of us everyday.

Stay safe. Stay inspired. Unite in prayer.

Esquina del Pastor



Bueno, llevamos dos meses refugiándonos en casa y ... ¿Qué?! ... ¿Han pasado menos de dos semanas? Voy a tener que admitir que este negocio de secuestro va a envejecer rápidamente. Por supuesto, eso significa que cualquier combinación de frustraciones en mi vida se amplificará. Mi falta de paciencia, mi notar lo que otras personas están haciendo o no, mi ansiedad por las finanzas, encontrarme solo, demasiadas personas bajo mis pies, demasiado ruido, demasiado tranquilo, mis viejos malos hábitos, mis sentimientos de personas que conspiran, Pequeñas molestias, puertas que no se cierran correctamente, astillas en la pintura, comentarios innecesarios, sobre mi último tipo de nervios, las experiencias de la vida van a funcionar en mi contra y en las personas que amo. Sé con absoluta certeza que las semanas y los meses que se avecinan serán destructivos si yo (y todos) realmente no nos tomamos el tiempo para estar con Dios y orar.

La belleza de toda esta experiencia de Covid-19 es que probablemente tengamos mucho más tiempo para orar, para experimentar un verdadero viaje de Cuaresma. Hay muchas oportunidades hoy para experimentar la oración y la misa en internet. La catedral se transmite en vivo todos los días, al igual que muchas otras parroquias. Probablemente puedas rezar la misa con diferentes sacerdotes las 24 horas del día. Además, hay cientos de oraciones diferentes para encontrar sobre cualquier situación que pueda estar experimentando. El rosario diario se puede rezar en cualquier momento y siempre me da una sensación de paz. Pero, por supuesto, apagar sus redes sociales e internet y abrir su Biblia es una de las mejores maneras de estar en la presencia de Dios. Recuerda, Jesús es la Palabra hecha carne, así que leer Su palabra es tenerlo presente contigo.

Además, la oración silenciosa, pidiendo la gracia del Espíritu Santo para guiarte, será la oración más efectiva y más intimidante. Esforzarse por estar simplemente en la presencia de Dios sin palabras requiere coraje y paciencia. Intenta simplemente sostener un crucifijo en tu mano y mirarlo fijamente. Medita en lo que significa para ti (palabras) y date tiempo para procesar tus pensamientos y reacciones. Esto podría llevar mucho tiempo, pero eventualmente sus pensamientos se relajarán y su meditación se acercará a la contemplación, una forma de simplemente estar con Dios y permitirle que lo vea. Esfuércese por no hacerlo por usted. Esforzarse por no esforzarse. Simplemente disuélvete en Aquel de quien se trata, Dios. Esta forma de unidad con Dios es un viaje de toda la vida, y no importa dónde te encuentres en este viaje, siempre da frutos. No tengas miedo.

Una vez que hayas dominado la contemplación (ja, ja), nada te molestará. Sin embargo, las oraciones regulares con su familia, los actos vocales de agradecimiento y petición, la recitación del rosario y la lectura de la Biblia siguen siendo elementos necesarios para una vida de oración completa. Y, por supuesto, cuando volvamos a celebrar los sacramentos juntos, nada nos impedirá iluminar los cielos. Por lo tanto, no pierdas este tiempo precioso, sino abraza el regalo de la oración para ti y las personas que amas.

Pr. Michael

LA CORRESPONSABILIDAD DIARIA

Las 6 características de una corresponsabilidad diaria para la Cuaresma: El Compromiso

Recuerdo a Jim Valvano, Jimmy V para muchos, diciendo las palabras icónicas: "No te rindas; nunca puedes rendirte." El ex entrenador del equipo de baloncesto masculino de NC State se estaba muriendo de cáncer, pero se negó a tirar la toalla y ceder a su enfermedad. Sus palabras ejemplificaron lo mejor del espíritu humano que todos compartimos. A veces, vivir esas palabras parece mucho más difícil que decirlas.

Estas palabras también son importantes para nuestra vida de fe. La vida a la que Jesús nos llama no es fácil. Cuando trabajamos hacia una vida de mayor generosidad y entrega de todo a Dios, estamos propensos a caer de cara al suelo muchas veces. No estamos llamados a esta vida solo cuando somos fuertes. Es cómo respondemos cuando los tiempos son lo más difíciles lo que realmente nos define como discípulos y corresponsables. Puede que el mundo piense que estamos abajo, pero volver a subir da testimonio de que en Cristo somos más fuertes.

El compromiso requiere la voluntad de hacer las cosas necesarias para fortalecernos y desarrollar nuestros músculos espirituales. No podemos esperar encontrar el éxito en la vida espiritual a menos que continuemos trabajando en nuestra determinación y creciendo en nuestro conocimiento de la fe. Un corredor de maratón nunca podría llegar a la línea de meta a menos que haya entrenado y preparado con anticipación. Debemos trabajar duro para mantener el rumbo y prepararnos para la carrera en cuestión. No importa qué nos depare esta vida, estamos llamados a no rendirnos. Dios nunca se dará por vencido con nosotros.

— Tracy Earl Welliver, MTS

Si hay miedo.
Si hay aislamiento.
Sí, hay compras de pánico.
Sí, hay enfermedad.
Sí, incluso hay muerte.
Pero,
Dicen que en Wuhan después de tantos años de ruido
Puedes escuchar a los pájaros de nuevo.
Dicen que después de unas pocas semanas de silencio.
El cielo ya no está lleno de humos.
Pero azul, gris y claro.
Dicen que en las calles de Asís
La gente se está cantando
a través de los cuadrados vacíos,
manteniendo sus ventanas abiertas
para que los que estén solos
puede escuchar los sonidos de la familia a su alrededor.
Dicen que un hotel en el oeste de Irlanda
Ofrece comidas gratis y entrega a domicilio.
Hoy una joven que conozco
está ocupada repartiendo volantes con su número
por el barrio
Para que los ancianos puedan tener a alguien a quien recurrir.
Hoy iglesias, sinagogas, mezquitas y templos
se están preparando para dar la bienvenida
y proteger a los desamparados, enfermos, cansados
En todo el mundo la gente se está desacelerando y reflexionando
En todo el mundo, las personas miran a sus vecinos de una manera nueva
En todo el mundo, la gente está despertando a una nueva realidad.
A lo grande que realmente somos.
A qué poco control tenemos realmente.
A lo que realmente importa.
Amar.
Entonces rezamos y recordamos que
Si hay miedo.
Pero no tiene que haber odio.
Si hay aislamiento.
Pero no tiene que haber soledad.
Sí, hay compras de pánico.
Pero no tiene que haber maldad.
Sí, hay enfermedad.
Pero no tiene que haber enfermedad del alma.
Sí, incluso hay muerte.
Pero siempre puede haber un renacimiento del amor.
Despiértate con las elecciones que haces sobre cómo vivir ahora.
Hoy respira.
Escucha, detrás de los ruidos de fábrica de tu pánico.
Los pájaros cantan de nuevo
El cielo se está despejando
La primavera está llegando,
Y siempre estamos rodeados de amor.
Abre las ventanas de tu alma
Y aunque no puedas
tocar el cuadrado vacío
Canta.

~ Hermano Richard Hendrick, un franciscano capuchino ~

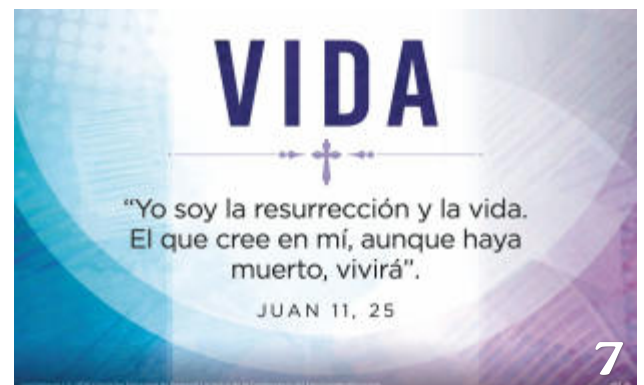
LAS LECTURAS Y LAS CONMEMORACIONES DE LA SEMANA

Domingo: 5º Domingo de Cuaresma
Ez 37, 12-14/Sal 130, 1-2. 3-4. 5-6. 7-8 [7]/
Rom 8, 8-11/
Jn 11, 1-45 o 11, 3-7. 17. 20-27. 33-45
Lunes: Dn 13, 1-9. 15-17. 19-30. 33-62 o 13, 41-62/
Sal 23, 1-3. 3-4. 5. 6 [4]/Jn 8, 1-11
Martes: Nm 21, 4-9/Sal 102, 2-3. 16-18. 19-21/Jn 8,
21-30
Miércoles: Día de los Santos Inocentes
Dn 3, 14-20. 91-92. 95/Dn 3, 52. 53. 54. 55.
56/
Jn 8, 31-42
Jueves: San Francisco de Paula, ermitaño
Gn 17, 3-9/Sal 105, 4-5. 6-7. 8-9 [8]/Jn 8,
51-59
Viernes: Jr 20, 10-13/Sal 18, 2-3. 3-4. 5-6. 7 [cfr. 7]/
Jn 10, 31-42
Sábado: San Isidoro, obispo y doctor de la iglesia
Ez 37, 21-28/Jr 31, 10. 11-12. 13 [cfr. 10]/
Jn 11, 45-56

MEDITACIÓN EVANGÉLICO

La semana pasada, el ciego de nacimiento nos ilumina a creer en Jesús y postrarnos ante él para adorarlo. Ahora, la Liturgia, nos presenta otro gran milagro y las amigas de Jesús lo afirman de manera diferente al ciego. El diálogo es diferente pero la pregunta es la misma: ¿Crees tú esto? Es decir, que Jesús es la resurrección y la vida. La respuesta es afirmativa: "Sí, Señor. Creo firmemente que tú eres el Mesías, el Hijo de Dios, el que tenía que venir al mundo." (Juan 11:27) Para que el milagro sucediera, Jesús se tardó a propósito dos días en llegar, como nos lo relata el Evangelio. Tiempo muy largo para las hermanas. Era demasiado retraso; cuatro días tenía ya su hermano en el sepulcro. Sin embargo, para tener fe el tiempo no cuenta. Ellas tenían fe y el Señor las pone a prueba. Salieron triunfantes; Marta y María son modelo para todas las generaciones.

Estamos por terminar el camino en el desierto; la Cuaresma pronto llegará a su fin. El próximo Domingo celebraremos el Domingo de Ramos. A estas alturas, ya debe la fe rebozar en el corazón de cada creyente. Tal como las amigas de Jesús: "Marta y María, protagonistas del Evangelio de hoy, nos enseñan cómo debe vivirse la vida del cristiano, 'el enamorado' del Señor... 'Contemplación y servicio': éste es el camino de nuestra vida. Cada uno de nosotros piense: ¿Cuánto tiempo al día dedico a contemplar el misterio de Jesús? Y después: ¿Cómo trabajo? Trabajo tanto ¿que parece una alienación, o trabajo de modo coherente con mi fe?... Nos hará bien pensar esto". (Papa Francisco)





CATHEDRAL OF THE BLESSED SACRAMENT

1017 11th Street, Sacramento, CA 95814 ~ 916-444-3071, Fax 916-443-2749

March 29, 2020 ~ Lent, Year A, Cycle II, Liturgical Color: Violet

MASSES

Monday to Friday	12:10 pm
Monday to Thursday	5:10 pm
Saturday Vigil	5:00 pm
Sunday	7:30 am
	9:00 am
	11:00 am
	1:00 pm en Español
	3:00 pm Chinese
	5:00 pm
	7:00 pm en Español
State Holidays	12:10 pm only

SACRAMENT OF CONFESSION

Monday to Friday	11:30 am to 12:00 pm
Saturday	4:00 pm to 4:45 pm
Domingo en Español	12:30 pm a 12:45 pm
	6:30 pm a 7:00 pm

DEVOTIONS: Divine Mercy Chaplet & Rosary
Wednesday, Thursday, Friday 12:45 pm

EUCCHARISTIC ADORATION

Wednesday	12:45 pm to 5:00 pm
Thursday	12:45 pm to 5:00 pm
Friday	12:45 pm to 1:30 pm

BENEDICTION

Wednesday	5:00 pm
Thursday	5:00 pm
Friday	1:30 pm

(No Devotions, Adoration, or Benediction on feast days and holy days)

ANOINTING OF THE SICK - By appointment only. Call the rectory at 916-444-3071

BAPTISMS - Registration is required. Call Deacon John at the rectory at 916-444-3071
English - 3rd Saturday of the month, 9:00am
Español - 4º Sábado del mes, 9:00am

BAPTISM CLASSES (No registration required)
English - 1st Thursday of the month, 7:00pm
Español - 2do jueves del mes, 7:00pm

RECTORY OFFICE HOURS: Monday to Friday, 9:00 am to 12:00 pm, 1:00 pm to 5:00 pm

VISIT OUR GIFT SHOP DOWNSTAIRS
Sundays 9:00 am to 3:00 pm,
Tuesdays 10:30 am to 12:00 pm

cathedralsacramento.org

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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.

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 Lisa Marie Doty, Director of Religious Education, lmdoty@cathedralsacramento.org.

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. For more information on celebrating this beautiful tradition at the Cathedral, call Titi Kila, at the Cathedral Office, 916-444-3071, x13, tkila@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: Deacon Omar & Janet Bardales at matrimonyprep@att.net, or 916-427-9160. *You do not have to have your wedding at the Cathedral to take this class.*

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

WEDDINGS - If you would like to celebrate the Sacrament of Matrimony at the Cathedral, contact Wedding Coordinator, Titi Kila at tkila@cathedralsacramento.org at least *six months* before your desired wedding date to arrange a meeting.



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

Become a member of the Cathedral family. Register online at cathedralsacramento.org / **Parishioner Registration**, or fill out the form below and put in the offertory basket or mail to the rectory office at 1017 11th Street, Sacramento, CA 95814

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Catechesis of the Good Shepherd

for ages 3+, visit youngsheep.org, or call 916-910-3435

Cathedral A.C.T.S.

ActsCathedralSacto@gmail.com, saccathedralacts.org

Saint Vincent de Paul

contact the rectory office

Cathedral Young Adults

Titi Kila, cathedralya@gmail.com

Chinese Community

Oliver Wan sccc.contact@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, thecatholicstore@gmail.com

Communion & Liberation

catechesis meets every Wednesday at 7:15pm

Docents

Jill Pease, peasejill@gmail.com

Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

ministries@cathedralsacramento.org

Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

Hospitality

Celeste Gisla, jfgisla@surewest.net

Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.com

Lectors

Fred Heacock, fheacock72@hotmail.com

RCIA Catechists

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

Religious Education Catechists

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Religious Education Catechists/Spanish

Deyanira Galvez at cathedralfaithformationsac@gmail.com

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com.

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每日當責 - 在日常生活中體會天主

善度四旬期生活的六大特質之五 - 承諾

我記得Jim Valvano, Jimmy V 對許多人說的那句經典名言, "不要放; 你永遠不可以放棄。" 這位前北卡羅萊納州男子籃球教練死於癌症。但他拒絕撒手認輸, 屈服於自己的疾病。他的話示範並分享給我們, 最好的人類精神。有時候, 活出這話比說出這話要困難得多。

這話對於我們的信仰生活也很重要。耶穌召叫我們過的生活並不容易, 當我們致力於過更加慷慨並完全順服於天主的生活時, 我們通常很容易徹底失敗。我們並不是只在夠堅強的時候, 才被召叫來度過此生。真正定義我們是門徒和僕人的, 是我們在最艱苦的時候, 如何回應聖召。這個世界可能以為我們將徹底失敗了, 一但再次爬起來, 那就是在基督內我們會更強大的見證。

承諾所需要的, 是去作使我們更強壯, 並雕塑出我們靈命上的肌肉所必須之事的意願。除非我們為自己的宣示而努力, 並且在信仰上的知識有所成長, 我們無法期待在靈修生活中獲得成功。除非事前訓練並準備, 否則一個馬拉松選手無法抵達終點線。我們必定要辛勤努力地待在賽場上, 並且為手頭上的競賽而準備。無論此生有何種事情等待著我們, 我們都被召叫永不放棄, 天主是從不放棄我們。

-Tracy Earl Welliver, MTS





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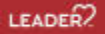
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