

19th Sunday  
of Ordinary Time

August 9, 2020

Mass Schedule  
Horario de Misas

Monday-Friday | Lunes-Viernes

12:10 PM—LIVESTREAM ONLY

Saturday | Sábado:

NO VIGIL MASS

Sunday | Domingo:

English:

7:30 AM - JAZZ ALLEY

11:00AM - LIVESTREAM ONLY

Spanish | Español:

9:00 AM - JAZZ ALLEY

1:00PM - LIVESTREAM ONLY

Chinese:

3:00 PM - LIVESTREAM ONLY

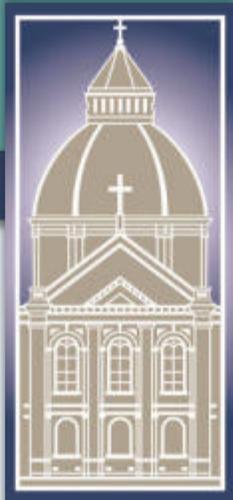
Confessions

Monday-Friday:

11:30AM to 12:00 NOON

Saturday:

4:00PM to 5:00PM



1017 11th Street - Sacramento, CA 95814 | 916-444-3071

CATHEDRAL  
OF THE  
BLESSED  
SACRAMENT

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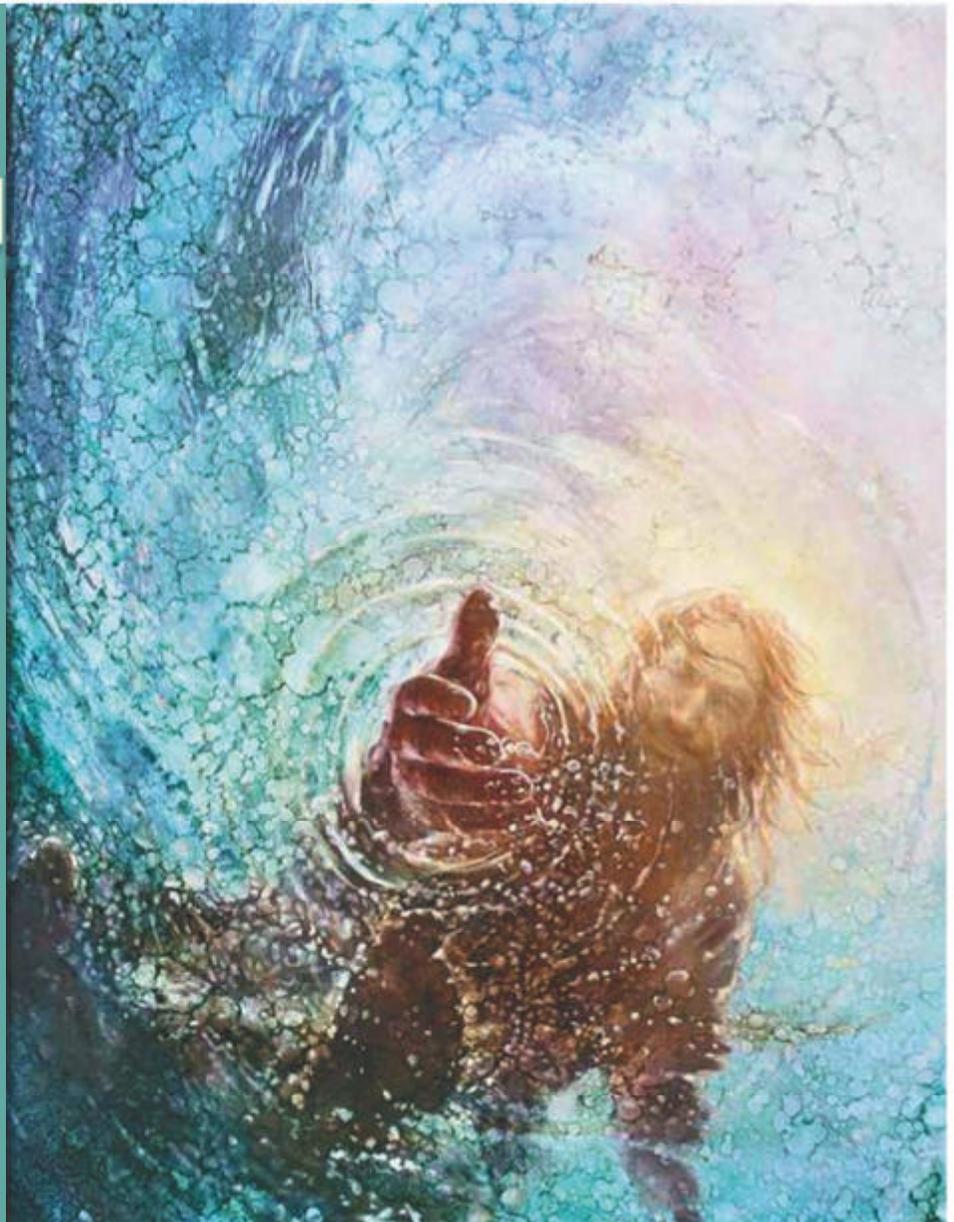


@cathedraloftheblessedsacrament

www.cathedralsacramento.org

We have a Parish App!

Text "app" to 88202 to download!



*Peter said in to him in reply, "Lord, if it is you  
command me to come to you on the water."  
He said, "Come." Peter got out of the boat  
and began to walk on the water toward Jesus.*

Matthew 14:28-29

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The Cathedral Parish Pastoral Council is seeking applications for membership. To be eligible to serve on the Council, a candidate must be an adult over 18, who is an active, practicing Catholic, in full communion with the Church by regular participation in Mass and reception of the sacraments. Please go to the website and look for this logo or pick up a form at the Parish Office and return the completed form to the Church Office or to a Parish Council member.

## WEEKLY PRAYER

### READINGS FOR THE WEEK OF AUGUST 9, 2020

|                 |  |
|-----------------|--|
| <b>SUN 8/9</b>  | 1 Kgs 19:9a, 11-13a/Ps 85:9, 10, 11-12, 13-14 [8]/Rom 9:1-5/Mt 14:22-33  |
| <b>MON 8/10</b> | 2 Cor 9:6-10/Ps 112:1-2, 5-6, 7-8, 9 [5]/Jn 12:24-26   |
| <b>TUE 8/11</b> | Ez 2:8—3:4/Ps 119:14, 24, 72, 103, 111, 131 [103a]/Mt 18:1-5, 10, 12-14  |
| <b>WED 8/12</b> | Ez 9:1-7; 10:18-22/Ps 113:1-2, 3-4, 5-6 [4b]/Mt 18:15-20   |
| <b>THR 8/13</b> | Ez 12:1-12/Ps 78:56-57, 58-59, 61-62 [cf. 7b]/Mt 18:21—19:1  |
| <b>FRI 8/14</b> | Ez 16:1-15, 60, 63 or 16:59-63/Is 12:2-3, 4bcd, 5-6 [1c]/Mt 19:3-12  |
| <b>SAT 8/15</b> | Vigil: 1 Chr 15:3-4, 15-16; 16:1-2/Ps 132:6-7, 9-10, 13-14 [8]1 Cor 15:54b-57/Lk 11:27-28. Day: Rv 11:19a; 12:1-6a, 10ab/Ps 45:10, 11, 12, 16 [10bc]/1 Cor 15:20-27/Lk 1:39-56 |
| <b>SUN 8/16</b> | Is 56:1, 6-7/Ps 67:2-3, 5, 6, 8 [4]/Rom 11:13-15, 29-32/Mt 15:21-28  |

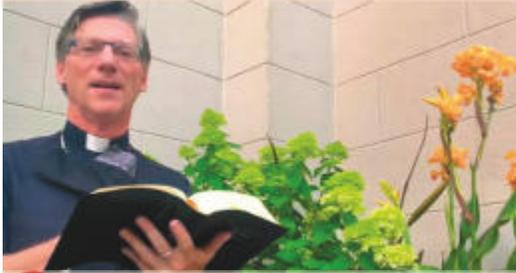
### OBSERVANCES FOR THE WEEK OF AUGUST 9, 2020

|                     |   |
|---------------------|---|
| <b>Sunday:</b>      | 19th Sunday in Ordinary Time                        |
| <b>Monday:</b>      | St. Lawrence, Deacon and Martyr                     |
| <b>Tuesday:</b>     | St. Clare, Virgin                                   |
| <b>Wednesday:</b>   | St. Jane Frances de Chantal, Religious              |
| <b>Thursday:</b>    | Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs |
| <b>Friday:</b>      | St. Maximilian Kolbe, Priest and Martyr             |
| <b>Saturday:</b>    | The Assumption of the Blessed Virgin Mary           |
| <b>Next Sunday:</b> | 20th Sunday in Ordinary Time                        |

### MASS INTENTIONS

|                            |   |
|----------------------------|---|
| <b>Sunday August 9</b>     | Danny Jr. Mejia S.I., Michael Jose Mejia S.I., Loreto R. Morales+ Domingo & Salome Ouano+, Kathy Ardoin+, People of the Parish S.I. |
| <b>Monday August 10</b>    | Robert R. Fuentes +, Holy Souls in Purgatory +  |
| <b>Tuesday August 11</b>   | Joseph R. Domingo S.I., Jaime Benigno +   |
| <b>Wednesday August 12</b> | Gerald Michael O'Reilly +, Arlette Marchiori Mothe +  |
| <b>Thursday August 13</b>  | Carolina Farias +   |
| <b>Friday August 14</b>    | Sylvia Morales S.I.   |

Come join Fr. Michael every morning for  
*A Moment of Prayer*  
 with Fr. Michael O'Reilly



<https://is.gd/prayermoment>



**SUBSCRIBE FOR DAILY NOVENA PRAYERS TO ARRIVE IN YOUR INBOX!**

<https://is.gd/novenas2020>

Want to become Catholic or know someone who should? Join the RCIA!  
[RCIA@cathedralsacramento.org](mailto:RCIA@cathedralsacramento.org)

**CONGRATULATIONS TO THOSE RECEIVED INTO THE CHURCH ON AUGUST 6TH!**

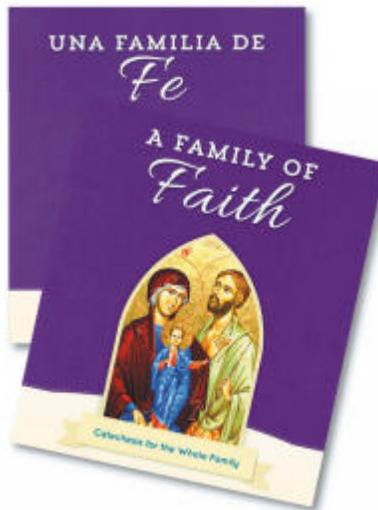
|                       |                                   |
|-----------------------|-----------------------------------|
| <b>Newly Baptized</b> | <b>Received in full Communion</b> |
| Deanna Garcia         | Mary Beall                        |
| Amelia Gomez          | Madelyn Garcia Lopez              |
| Karen Hurst           | Marco Guevara                     |
| Michael Nishimura     | Samantha Herrera                  |
| Kabrien Oliver        | Frank Pressley                    |
| Marc Saenz III        | Mayra Sanchez Haro                |
| Jennifer Thao         |                                   |

Ahora aceptamos familias para la formación de la fe para el año 2020/2021 en la Catedral.

La orientación en línea para padres comienza en septiembre y la formación orientada a la familia comienza en octubre.

Más información por venir!  
**FORMACIÓN DE FE FAMILIAR**

**REGÍSTRESE AHORA**

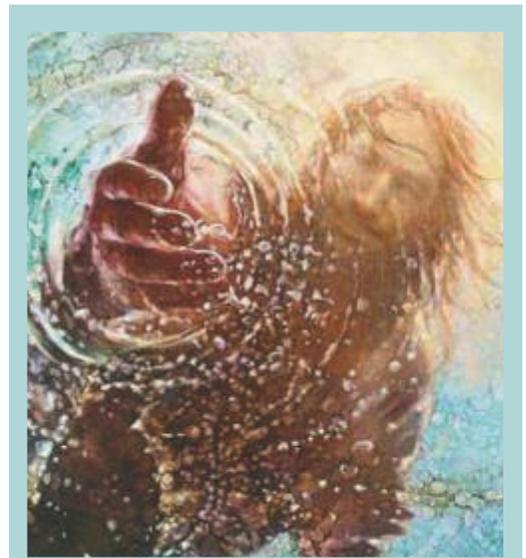


Now Accepting Families for Faith Formation for the 2020/2021 Year at the Cathedral.

Online Orientation for Parents begins in September with Family-oriented weekly formation beginning in October.

More information to come!  
**FAMILY FAITH FORMATION**

**REGISTER NOW**



Storms. The wind is howling, and rain is falling so hard you can hardly see a yard in front of your face. Maybe you're in a car and there is so much water on the road you are afraid your parents will lose control and slide off the side of the road or crash into another car. Or, maybe you are on a boat like Peter and the disciples on the sea of Galilee, the boat rocking so violently from the waves that you are afraid you will all be thrown from the boat. And then, in the distance you see a soft glow. It is Jesus ... walking on water! Peter, the leader of the group, ask Jesus to call him out onto the water! At first, Peter's eyes were fixed only on Jesus, and he slips over the railing onto the water. and takes (CONTINUED ON PAGE 6 )

Tormentas. El viento está aullando, y la lluvia está cayendo tan fuerte que apenas se puede ver 3 pies delante de ti. Tal vez estas en un coche y hay tanta agua en la carretera que temes que tus padres perderán el control y se deslizaran fuera de la carretera o chocaran contra otro coche. O, tal vez estas en un barco como Pedro y los discípulos en el mar de Galilea, el barco meciéndose tan violentamente por las olas que tienes miedo de que todos sean arrojados del barco. Y entonces, en la distancia se ve un brillo suave. Es Jesús...caminando sobre el agua! Pedro, el líder del grupo, le pide a Jesús que lo llame al agua! Al principio, los ojos de Pedro sólo se fijaban en Jesús, y se deslizo sobre la barandilla hacia el agua, dio (CONTINÚA EN LA PÁGINA 6)

*Fe en Casa*

**ENFOQUE DE LA SEMANA**



*Faith at Home*

**FOCUS OF THE WEEK**

Todas las noches reflexionen juntos por lo que están agradecidos y den gracias a Dios con Nuestro Padre, Dios te salve María y Gloria.

Every night reflect together what you are grateful for and give thanks to God with and Our Father, Hail Mary and Glory Be.



nuestra lección familiar seminal con *Niños Valientes*

En Español:  
<https://is.gd/oracionfamiliar>



our weekly family lesson with *Courageous Kids*

In English:  
<https://is.gd/FamilyPrayer>

Estimados feligreses,

Muchos de nosotros hemos encontrado nuestro viaje espiritual siendo desafiado durante estos tiempos difíciles. Ya sea que esté sufriendo debido a problemas de salud, miedo, estrés financiero, ira, agitación familiar, resentimiento o soledad, es importante que todos encontremos tiempo para orar. Esto es especialmente cierto para aquellos cuyas vidas no han sido demasiado interrumpidas por la experiencia Covid-19.

Tómese un momento de silencio hoy, solo o con otros, para leer estas palabras de San Pablo que se encuentran en Los Hechos de los Apóstoles. Por respeto a las sagradas escrituras, lea el pasaje como si estuviera abriendo el mejor regalo. Para los propósitos de la oración, recomiendo leer solo los audaces, pero en algún momento te animo a meditar en la totalidad del pasaje.

Dejanos rezar

Padre celestial, te damos gracias por la vida que nos has dado, la vida que nos has dado a cada uno de nosotros. Te agradecemos por darnos la capacidad de buscarte y encontrarte, porque realmente nunca estás lejos de ninguno de nosotros. Ayúdanos a entender que vivimos, nos movemos y tenemos nuestro ser en ti. Ayúdanos a tener la humildad de aceptar lo poco que entendemos de tu gran trabajo y a ser pacientes con nuestros hermanos y hermanas, cada uno de los cuales busca a tientas este camino para encontrarte. Que nos veamos como un medio para ayudar a otros a conocerte y nunca desesperarnos o amargarnos por la gran tarea que nos espera. A través de la intercesión de San Pablo, pedimos fortaleza y amor para acercarnos cada vez más a su reino celestial. Te lo pedimos por Cristo nuestro Señor. Amén.

Padre Miguel

En el nombre del Padre, y del Hijo,  
y del Espíritu Santo. +

***El Dios que hizo el mundo y todo lo que hay en él, el Señor del cielo y de la tierra, no habita en santuarios hechos por manos humanas, ni es servido por manos humanas porque necesita algo. Más bien es él quien da a todos vida, aliento y todo. Hizo de uno toda la raza humana para habitar en toda la superficie de la tierra, y arregló las estaciones ordenadas y los límites de sus regiones, para que las personas pudieran buscar a Dios, incluso tal vez buscarlo a tientas y encontrarlo, aunque de hecho él No está lejos de ninguno de nosotros. Para 'En él vivimos, nos movemos y tenemos nuestro ser' \* {como incluso algunos de sus poetas han dicho: 'Porque nosotros también somos su descendencia'. Por lo tanto, como somos descendientes de Dios, no debemos pensar que la divinidad es como una imagen hecha de oro, plata o piedra por arte o imaginación humana. Dios ha pasado por alto los tiempos de la ignorancia, pero ahora exige que todas las personas en todas partes se arrepientan porque ha establecido un día en el que juzgará al mundo con justicia a través de un hombre que ha designado, y ha proporcionado confirmación para todos al resucitarlo de los muertos.***

- Hechos 17: 24-31

# The PASTOR'S Corner



Dear Parishioners,

Many of us have found our spiritual journey being challenged during these difficult times. Whether you are hurting due to health issues, fear, financial stress, anger, family turmoil, resentment or loneliness, it is important that all of us find time to pray. This is especially true of those whose lives have not been too disrupted by the Covid-19 experience.

In the name of the Father, and of the Son,  
and of the Holy Spirit. +

*The God who made the world and all that is in it, the Lord of heaven and earth, does not dwell in sanctuaries made by human hands, nor is he served by human hands because he needs anything. Rather it is he who gives to everyone life and breath and everything. He made from one the whole human race to dwell on the entire surface of the earth, and he fixed the ordered seasons and the boundaries of their regions, so that people might seek God, even perhaps grope for him and find him, though indeed he is not far from any one of us. For 'In him we live and move and have our being,' \*{as even some of your poets have said, 'For we too are his offspring.' Since therefore we are the offspring of God, we ought not to think that divinity is like an image fashioned from gold, silver, or stone by human art or imagination. God has overlooked the times of ignorance, but now he demands that all people everywhere repent because he has established a day on which he will judge the world with justice through a man he has appointed, and he has provided confirmation for all by raising him from the dead.*

- Acts 17:24-31

for strength and love to move ever closer to your heavenly kingdom. We ask this through Christ our Lord. Amen.

Please take some quiet time today, alone or with others, to read these words from St. Paul as found in The Acts of the Apostles. Out of respect for sacred scripture, please read the passage as though you are opening up the greatest gift. For purposes of the prayer, I recommend reading only the bold, but encourage you at some point to meditate of the entirety of the passage.

Let us pray

Heavenly father, we thank you for the life you have given us, the life you have given to each one of us. We thank you for giving us the ability to seek you and to find you, for you truly are never far from anyone of us. Help us to understand that we live and move and have our being in you. Help us to have the humility to accept how little we understand of your great work and to remain patient with our brothers and sisters, each of whom is groping along this path to find you. May we see ourselves as a means to help others know you and to never despair or become bitter over the great task that lies before us. Through the intercession of St. Paul, we ask

(FROM P.3) ... and takes some confident steps toward the Teacher (Jesus). The sound of the wind whips around, and for a moment, he turns his head and sees the waves around him, and his confidence is gone and begins to sink.

Peter yells in terror, "Lord! Save me!". He disappears below the waves feeling that his life is over. But Jesus, standing on the water above him with light radiating about him, reaches into the sea and pulls Peter up. Peter's faith was shaken when he turned away from Jesus. Turning back, calling for help, Simon Peter once again found himself safe.

We too, like Peter will have times in our lives when we feel we are in a storm. Our world is changing around us: corona virus, schools closed or changing, jobs being done differently, or being eliminated, sports not being played. Some of us are in the storm of loneliness, wondering if we will ever be able to go out with our friends like we used to. But notice what happened to Peter. Jesus did not make everything smooth for the disciples in this scripture reading like he does in some others. Here, he chooses to walk through the storm with us. When we forget him, we sink. But with him, we can 'do all things in Christ our strength' (Philippians 4:13). Let us keep our eyes and hearts fixed on Jesus. When we rise in the morning, let us ask Jesus to be with us in the storm of our daily life, and give us the grace to not lose sight of him.

(DE P.3) ... algunos pasos seguros hacia el Maestro (Jesús). El sonido del viento azotaba, y por un momento, giro la cabeza y vio las olas a su alrededor, y su confianza se fue y comienzo a hundirse.



Pedro grita con horror, "¡Señor! ¡Sálvame!". Desapareciendo bajo las olas sintiendo que su vida había terminado. Pero Jesús, de pie sobre el agua sobre él con una luz que irradiaba a su alrededor, llegó al mar y jaló a Pedro hacia arriba. La fe de Pedro se sacudió cuando se apartó de Jesús. Mirando hacia atrás, y pidiendo ayuda, Simón Pedro una vez más se encontró a salvo.

Nosotros también, como Pedro, tendremos momentos en nuestras vidas cuando sentimos que estamos en una tormenta. Nuestro mundo está cambiando a nuestro alrededor: coronavirus, escuelas cerradas o cambiando, trabajos que se hacen de manera diferente, o son eliminados, deportes que no se juegan. Algunos de nosotros estamos en la tormenta de la soledad, preguntándonos si alguna vez podremos salir con nuestros amigos como solíamos hacerlo. Pero fíjate en lo que le pasó a Pedro. En esta lectura de las Escrituras, Jesús no hizo todo tranquilo para los discípulos como lo hizo en algunas otras. Aquí, él elige caminar a través de la tormenta con nosotros. Cuando lo olvidamos, nos hundimos. Pero con él, podemos hacer todas las cosas en Cristo que nos fortalece (Filipenses 4:13). Mantengamos los ojos y el corazón fijos en Jesús. Cuando nos levantemos por la mañana, pidamos a Jesús que esté con nosotros en la tormenta de nuestra vida diaria, y nos dé la gracia de no perderlo de vista.

I'm not sure how one would get through a period like this without Faith in God. Even more specifically without our Catholic understanding of God. It is like being stranded alone on an island but you have been left with this incredible suitcase packed full of not only "Scripture" but also, prayers, novenas, the lives of the Saints through trials and difficulties, a wealth of educational videos from gifted bible scholars and theologians and yes, most importantly, a connection to 'livestream' Mass, not only from our own beloved parish, but around the world – and even into the Pope's very own private chapel – live! One has only to drink all that in! In a sense, the quiet also made it easier to listen 'for' God without the noisy brew bikes and trucks drowning out the singing birds which then became like music from heaven.

It was a total surprise to me how spiritually rewarding the livestream Mass could be when it was our only option and the quiet time during Communion became a lovely personal prayer moment. During Holy Week, there were so many beautiful

and nourishing on-line programs and liturgies and one could not emphasize enough how important it was to "see" Father O'Reilly daily offering the Mass, with or without us, especially during the most isolated times. It was a great comfort to know that the "Source and Summit" of our Catholic Faith was still being celebrated in the Cathedral. So, thank you Fr. O'Reilly and thank you to all our priests who continue to pray for us and celebrate the Mass to keep that part of our spiritual lives as normal as possible - in changing circumstances. And thank you Sister Lisa Marie for all you do for the Cathedral!

Spiritually, if one could say there was an upside to this 'Covid-journey' I would say the time has definitely brought additional Light into my Faith – and into my prayer life and understanding of the role of the Holy Spirit and appreciation of the Eucharist...Throughout this time, the Scriptures have often been so appropriate, like this beautiful testimony from St. Paul's Letter to the Romans.

With this message in our hearts, we should have no fear of whatever the future holds. - Donna Pineda

*"For I am convinced that neither death, nor life, nor angels, or principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord."  
- Romans 8:38-39*

God-Given Time

I thank God for blessing me with good health. He has kept me safe from the onslaught of CoronaVirus. I also Thank God for blessing and keeping all my friends and Parishioners Safe and Healthy.

In recent weeks we have been overwhelmed with fear and sadness as we hear of the alarming rise of Covid19 cases in America. This is truly an unprecedented time of pain, sorrow, and struggle. We are strongly advised to Shelter-In-Place. If not for essential visits to the doctors and trips to the grocery stores, most of us have remained home-bound.

How do we utilize our free time? Initially, I was using my time working in the garden and yard. Then I started to tidy up my pantry, extra bedrooms, and garage. In one of my homilies, I had strongly suggested to parishioners to spend time reading God's Word.

It is really not enough to invite my listeners to encounter God in His Word. I realize that I have to do it myself. Thus, a few weeks ago, I started to read the Old Testament Scriptures. I started with the Book of Wisdom, then to The Book of Sirach, and will also cover the Books of The Prophets. When Jesus visited Lazarus, Mary and Martha, he was very well received. Martha took extra trouble to make sure that Jesus had everything. When Mary did nothing except to sit and listen to Jesus, Martha reacted. Jesus, as we know, said that Mary chose to do the right thing. Let us now use our God-given free time to listen to Jesus, to read His Word and be filled by Him who is our Life.

- Fr. Nicholas Ho



天主賜予的時間

感謝天主保佑我身體健康，祂保守我免於冠狀病毒的侵襲，我也感謝天主同時保佑了我全部的朋友和教友的平安健康。最近幾週，當我們聽到Covid19病例驚人的增加時，心中充滿了恐懼和悲傷和掙扎。我們強烈建議大家要居家避疫，如果不是必要的就醫和雜貨店購物，應該留守於家中。

我們該如何利用這些空閒的時間？最初我花了些時間在前後院子裡工作，然後是廚房客房到車庫的整理，我在一次講道中，大力的推薦教友們多花些時間閱讀經句聖言。單單是在証道時間讓你們與主的話相遇是絕對不夠的，我必須開始以身作則，因此，幾週前我便閱讀了舊約聖經，先讀智慧篇，然後是(訓道篇)德訓篇，接著是先知書的部分。

當耶穌去探訪拉匝祿，瑪利亞和瑪爾大時，祂受到極大的歡迎，瑪爾大操心忙碌的侍奉耶穌，瑪利亞沒有做任何事只坐在耶穌前聆聽，瑪爾大抗議了，如我們所知，耶穌說瑪利亞做了對的選擇。現在讓我們運用天主賜予的時間來聆聽耶穌的話，閱讀祂的聖言，並讓祂充滿我們的生活。

- Fr. Nicholas Ho

越係艱難嘅時期，就越要信賴上主，相信上主有祂的計劃，好好裝備自己，不斷祈禱，事事感恩，積極面對，大家彼此加油呀！

The more difficult the situation, the more we must trust God, and trust his plans for us. We must well-prepared for ourselves, pray often, give thanks, and have hope always. Let us try our best!



署名非常快樂的教友：相信天主，追隨天主，堅定信心，同心協力，戰勝疫情，勝利是属于我們的，讓我們能早日在大堂再相聚。

A parishioner named Extremely Joyful: Believe in the Lord, Following God daily, strongly rely on Him. Together we can overcome the pandemic and the victory will belong to us. Soon we will worship God in the church again. -Catherine Wong



## Sacramento Chinese Catholic Community

A Community that is dedicated to serve the Chinese Catholics in the Greater Sacramento Area.

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

## 沙加緬度華人天主教團體

沙加緬度華人天主教團體創立的目的是提供華人一個可以聚在一起認識及恭敬神的地方。

### EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

每日當責－ 在日常生活中體會天主－ 人類的懷疑

#### Being Human is to Doubt

Humans doubt. It's what we do. We doubt ourselves and we doubt others.

Before any of us say anything about Peter's doubting the words of Jesus that told him he could get out of his boat and walk on water, we need to get real with ourselves: How would I respond in the same situation? I remember when I was child taking swimming lessons. One day I simply tightened up my muscles and sank. The lifeguard pulled me up and asked what happened. I said I did not know. The truth is that I was sinking under the weight of my own doubt. I did not believe I could do what clearly, I was told I could. That was only in five feet of water in a pool! Now that I'm older, I can look back and laugh. But an adult, the swimming pool is life, and I would be lying if I said that there are no longer times I find myself sinking due to new doubts.

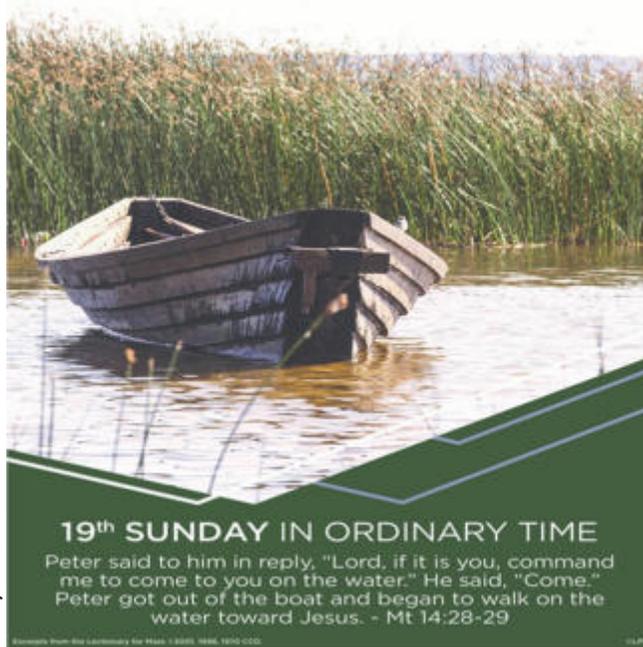
Much of our doubt comes about because of a lack of trust in God. We place our trust in material things, wealth, or imperfect people instead of the One who is worthy of our trust 100 percent of the time. Our stewardship is often hampered by our doubt that God will provide all that we need. If I give more, I may not have enough to survive! When we place all our trust in God, not only do we find that we have been given all we need – our doubt that cause us to sink in the pool of life fades away. We don't suddenly become perfect in our trust, and there will be times when we find ourselves with concerns again. However, it is in those moments we find that He is still there, speaking the words we need to hear: "Take courage, it is I; do not be afraid."

– Tracy Earl Welliver

伯多祿回答說 "主，如果你，就教我在水面上步行到你那裏罷"

耶穌說: "來罷! 伯多祿從船上下來，走在水面上，往耶穌那裏去。"

瑪14:28-29



懷疑，是人類會產生的一種行為。我們懷疑自己也懷疑他人。耶穌告訴伯多祿，他可以離開船隻，在水面上行走，在任何人要表達伯多祿懷疑耶穌對他所說的話之前，我們需要真實的面對自己：在同樣的情況下，我會如何的回應？記得童年上游泳課的時候，有一天，我一下子肌肉緊繃就開始沉入水中，救生員將我拉出水面，並問我發生甚麼事？我說我不知道，但事實上，我在自我懷疑的壓力下下沉的，在那只是一個五呎深的泳池裡，別人告訴我我可以辦得到的事情，但是我卻不相信我可以，現在年紀增長了，我可以回顧笑談這件事，對於成年人來說，游泳池一如人生，如果我說不會再因新的懷疑而下沉，那就是說謊。

我們大部分的懷疑是因為對天主缺少信心而引起的。我們相信物質上的事物，像是財富或一個不是完美的人，而不將百分百的時間放在值得信賴的那一位上。我們的忠信生活常因為懷疑天主會給多少的聖寵而受阻礙。如果我多付出些，又怕不足以維生。當我們全心信賴上主，我們不僅發現我們會得到所需的一切，那沉入生命之池的懷疑也會漸漸退去。我們不會突然之間變得完全信靠祂，但當再度憂慮之時，你會發現祂仍然與我們同在，並對我們的心靈說：是我，鼓起勇氣，不要害怕。

– Tracy Earl Welliver



## SACRAMENTS and PREPARATION

### The HOLY SACRIFICE OF THE MASS

Until COVID-19 restrictions are lifted, Masses are broadcast daily via livestream on our Facebook and YouTube channels. See bulletin cover for details.

### RECONCILIATION/CONFESSION (Covid schedule)

Mon—Wed—Thu: 11:00 am to 12:00 pm

Friday: 11:30 am to 12:00 pm

Saturday: 4:00 to 5:00 pm

### ANOINTING OF THE SICK

Make an appointment by calling the parish office.

### MATRIMONY

To celebrate the Sacrament of Matrimony at the Cathedral, contact Titi Kila at [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org).

### CONVALIDATION of MARRIAGE

If you would like 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, contact Deacon John at extension 11, or [jgisla@cathedralsacramento.org](mailto:jgisla@cathedralsacramento.org).

No weddings until COVID-19 restrictions are lifted.

### 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](mailto:matrimonyprep@att.net) or 916-427-9160.

### INFANT BAPTISM PREPARATION

No registration is required. Classes are held:

- 1st Thursday of the Month, 7 pm (English)

- 2do Jueves del mes, 7 pm (Español)

### QUINCEANERA

While not a Sacrament, a Quinceanera celebrates a young lady's coming of age (approx. 15th birthday) with Mass, stressing the virtues of family and social responsibility. For more information contact Titi Kila at [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org).

### BAPTISM

Registration is required to schedule a baptism of children (6 years of age or younger). Contact Deacon John at the Parish Office. Baptisms are scheduled: 3rd Saturday of each month, 9 am (English), and 4to Sabado del mes, 9 am (Español)

For anyone six years or older, contact Sr. Lisa Marie.

### HOLY EUCHARIST

Children prepare for the Sacrament of the Holy Eucharist over a two year period. Teens and Adults prepare for the Sacrament through the RCIA. Contact Sister Lisa Marie for details.

### CONFIRMATION

The diocese admits young people in eighth grade or older for the Sacrament of Confirmation. If you are a teen or adult, contact Sister Lisa Marie to register.

### HOLY ORDERS

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

### FAITH FORMATION AND EDUCATION

**English Classes—Saturdays, 10 am**

**Spanish Classes—Sundays, 11 am**

The Cathedral offers weekly religious education classes for pre-K through Eighth grade, sacramental preparation for children, teens and adults, in both English and Spanish groups.

### Rite of Christian Initiation for Adults/Children(RCIA)

**Adults: Mondays, 7 pm**

**Children and Teens: Sundays, 9 am**

RCIA is for those wanting to explore the Catholic faith in a community of prayer, scripture and lessons. For more information, Sister Lisa Marie at 916-444-5364, or [lmoty@cathedralsacramento.org](mailto:lmoty@cathedralsacramento.org).



MINISTRIES and CONTACTS

Father Michael O'Reilly, Pastor / Rector

SACRED LITURGY

Altarservers: Michael Ognisty, mfognisty@msn.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

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Greeters and Ushers

Tom Waddock, 916-444-3071, x 36

Lectors

Fred Heacock, fheacock72@hotmail.com

SOCIAL and COMMUNITY SERVICE

Brown Bag Lunch Ministry

Marilynn Fairgood, Marilynn\_Fairgood@att.net

Docents

Jill Pease, peasejill@gmail.com

Festival of Trees and Lights

Paula Trujillo, trupaula@gmail.com

Front Door Ministry

ministries@cathedralsacramento.org

Hospitality

Celeste Gisla, jfgisla@surewest.net

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Saint Vincent de Paul contact the rectory office

FORMATION AND CATECHESIS

Catechesis of the Good Shepherd for ages 3+, visit youngsheep.org, or call 916-910-3435

Faith Formation and Education / Catechists

Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Formacion y Educacion de Fe Catequistas/Spanish at cathedralfaithformationsac@gmail.com

Rite of Christian Initiation for Adults and Children

Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

PRAYER and COMMUNITY GROUPS

Benedictus Youth Group: Titi Kila, benedictusy@gmail.com

Cathedral A.C.T.S.

ActsCathedralSacto@gmail.com, saccathedralacts.org

Cathedral Young Adults

Victor Amador, cathedralrya@gmail.com

Chinese Community

Oliver Wan sccc.contact@gmail.com

Cinema Divina Movies

Reggie King, thecatholicstore@gmail.com

Email Prayer Chain

Lynne Amerson, cbs1017pc@yahoo.com.

Knights of Columbus

Jaime Elizaldi, jaime.elizaldi@gmail.com

Rosary Club

Lolita Urrutia, lolita.urrutia@gmail.com

Spanish Parents Group Leaders

Leticia Hilbert, leticia\_hilbert@hotmail.com

PASTORAL AND ADMINISTRATIVE STAFF

Fr. Michael O'Reilly  
Pastor

Rex Rallanka  
Director of Music

Fr. Nicholas Ho  
Chinese Mass

Tom Waddock  
Cathedral Manager

Deacon John Gisla  
Office Manager

Victoria Ramos  
Secretary

Dcn. Edgar Hilbert  
Dcn. Omar Bardales

Katie McAllister  
Bookkeeper

Sr. Lisa Marie Doty  
Director of Education

Titi Kila  
Wedding Coordinator

Michael Ognisty  
Sacristan

Chris Houlemard  
Bulletin/Webmaster

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