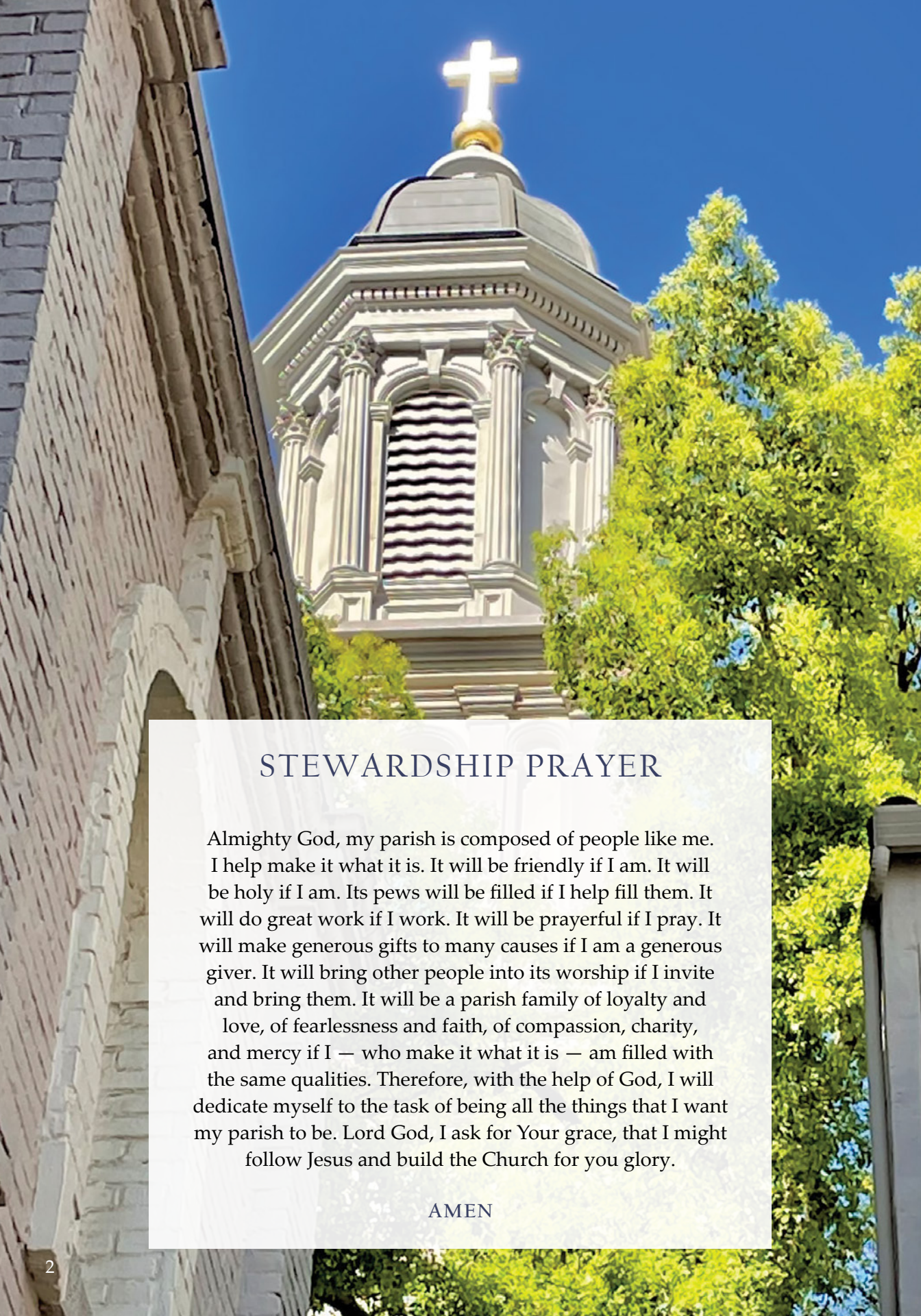


LIFT UP YOUR HEARTS

2022 STEWARDSHIP RENEWAL



CATHEDRAL OF THE BLESSED SACRAMENT
~ STEWARDS OF GOD'S GIFTS ~



STEWARDSHIP PRAYER

Almighty God, my parish is composed of people like me. I help make it what it is. It will be friendly if I am. It will be holy if I am. Its pews will be filled if I help fill them. It will do great work if I work. It will be prayerful if I pray. It will make generous gifts to many causes if I am a generous giver. It will bring other people into its worship if I invite and bring them. It will be a parish family of loyalty and love, of fearlessness and faith, of compassion, charity, and mercy if I — who make it what it is — am filled with the same qualities. Therefore, with the help of God, I will dedicate myself to the task of being all the things that I want my parish to be. Lord God, I ask for Your grace, that I might follow Jesus and build the Church for you glory.

AMEN

LIFT UP YOUR HEARTS!

Near the beginning of the Eucharistic Prayer, the priest exclaims, “Lift up your hearts!” and the people respond, “We lift them up to the Lord!” This is a signal that the Mass’s central prayer has begun — the prayer that makes Christ’s Body and Blood present as we remember His great work of salvation.

If we consider the definition of prayer, “lifting one’s mind and heart to God,” then our whole lives can be filled with prayer. Daily actions, done with love, can become prayerful. Mindfulness of God’s presence in hard times or joyful times becomes a prayer. As St. Paul says, “Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus” (1 Thess 5:16-18).

When we invite God into our daily lives, we are filled with a confidence and peace, knowing that He is in control, no matter what happens. Do you desire more peace in your life? Is God calling you and your family to spend more time with Him? During our Stewardship Renewal, listen to God’s call in your life and challenge yourself and your family to live a more Christ-centered existence.



“WE MUST REMEMBER GOD MORE
OFTEN THAN WE DRAW BREATH.”

— ST. GREGORY

STEWARDSHIP OF TIME

Finding New Ways to Pray

When the apostles asked Jesus, “teach us how to pray,” He taught them the Our Father. In addition to this beautiful prayer, there are many different ways to pray. Just like each of us has a different personality, the way we pray that brings us the closest to God will be unique.

Some people find the Rosary helpful in meditating on the life of Jesus. Others gravitate toward prayerfully reading Scripture or spiritual books. Still others are most comfortable praising God through song, or speaking to God during quiet meditation. And, some people like a mix of all these. No matter what form of prayer best suits you, it should always lead to a heart-to-heart conversation with Christ, and an openness to the Holy Spirit working in your life.



Ways to Pray

- ☞ Pope Francis' encouragement is to read and meditate on the readings for each day, found at [usccb.org/bible/readings](https://www.usccb.org/bible/readings) or on Catholic phone and tablet apps such as iBreviary, Magnificat or Divine Office, and ask God how to apply them to your life.
- ☞ Spend time in silent prayer before the Blessed Sacrament.
- ☞ Make daily actions into a prayer. For example, pray for your child as you fold their clothes, thank God for His gifts as you prepare dinner, or praise God for creation when you take a walk.
- ☞ Revisit Catholic devotions such as the Rosary, novenas or the Stations of the Cross.

STEWARDSHIP OF TALENT

Serving in Love

There is a story told that Mother Teresa once visited one of her convents only to hear the sisters report that there was not enough time in the day to do their charitable work. “Then you must pray more,” was her response. The sisters added another full hour to their prayer schedules, and afterwards found that they had adequate time for their important work with the poor.

Prayer inspires us to act with love, and sustains us when the going gets tough. How is God calling you to serve? During our Stewardship Renewal, take the opportunity to pray about which ministries God would like you to join.



Combining Prayer and Action

- ☞ Ask God to show you your personal gifts and how best to use them.
- ☞ Get involved in one or more of our parish ministries. You can find a complete list beginning on page 8.
- ☞ Pray for our ministries, our parish leaders and all parishioners. Ask the Holy Spirit to guide our parish community.
- ☞ No matter what ministry or group you are involved with, always begin and end your meetings or activities by praying with one another.

STEWARDSHIP OF TREASURE

A Prayerful Offering

As early as Genesis, there has been a very strong connection between worship and sacrifice, between honoring God and giving Him “first fruits,” the best of what we have. Even today, dropping our envelope in the offertory basket is a kind of prayer. It is like saying, “Lord, I believe in you and your Church so much that I am willing to give You something very important to me.”

While the amount of our gifts will vary from one person to another, the spirit in which our gifts are given matters even more. If you write a check simply out of habit, or the amount is negligible compared to your monthly budget, you may need to reassess. Does your gift adequately reflect God’s importance in your life? At Cathedral of the Blessed Sacrament, we invite parishioners to work toward giving the full scriptural tithes (10% of your gross income) to God, with 5% given to God through the parish offertory, 1% to the diocese and 4% to other charitable causes. How can you move closer toward the scriptural tithes?



Praying About Your Gifts

- ☞ Pray about how much you give to God. Is your financial gift a percentage of your income? Does the amount of your gift reflect that God is the first priority in your life?
- ☞ Does your spending on entertainment, fast food or casual shopping prevent you from making a specific, percentage-based gift to God through the offertory each week?

YOUR OFFERING TO GOD

Stewardship Involves Commitment

It's difficult to give God any percentage of our time, talent, or treasure if we do not first give Him 100 percent of our hearts. For this reason, our Stewardship Renewal is a time for conversion above all else. It is a time to make God our top priority, and then express this conversion through written commitments.



PLEASE BRING YOUR COMMITMENT CARD TO MASS ON COMMITMENT SUNDAY, SEPTEMBER 25TH. THANK YOU FOR USING THIS OPPORTUNITY TO GROW IN YOUR FAITH.

2022 Ministry Catalog

ADORATION

Come, sit, kneel, pray, relax, and enjoy the sweet peace that comes from being with the One who loves you the most, Jesus. Adoration is offered each Wednesday and Thursday from 1 p.m. – 4 p.m. Visitors are always welcome, but we need 2 people to commit to be present for each hour. Can you commit to spending one (1) hour a week with our Eucharistic Lord?

Contact: Titi Kila at cbsadoration@gmail.com

ALTAR SERVERS

Altar servers are trained to assist the priest and deacons in the celebration of the Mass and may begin service after their First Communion. Candidates are people of good faith and have a desire to serve at the Altar of Our Lord and Savior.

Contact: Michael Ognisty at mfofnisty@msn.com

BENEDICTUS YOUTH GROUP

Teaches Catholic core values — as defined by the *Catechism of the Catholic Church* — in a safe, loving environment for nourishing faith formation. Involvement can include access to pastoral care, faith building through Mass, adoration, prayer, retreats, Scripture study, participation in the parish and local community, and in service projects. Participation in the Youth Group is the doorway to teen sacramental preparation.

Contact: Titi Kila at benedictusyg@gmail.com;
Sister Lisa Marie Doty, FDCC (sacramental prep)
at cathedralfaithformationsac@gmail.com



BROWN BAG LUNCH MINISTRY (BBL)

This ministry was established in August 2013, in response to the growing numbers of downtown homeless, poor brothers and sisters who need food, necessities (e.g. socks, toiletries) and a kind word. Active volunteers distribute lunches Tuesday through Friday mornings from 8 to 9 a.m. Support volunteers provide lunches, lunch supplies, and water.

Contact: Marilyn Fairgood at Marilynn_Fairgood@att.net

CATECHESIS OF THE GOOD SHEPHERD

A distinct Montessori-based approach to Christian formation, through which children as young as 3 form deep, lifelong relationships with Christ.

Contact: David Vincent at admin@youngsheep.org or visit www.youngsheep.org

CATECHIST FOR FAMILY AND ADULT FAITH FORMATION

This ministry develops catechists — religious education teachers — through a series of workshops to theologically and spiritually prepare them to share and teach the Catholic faith to others. Catechists serve in a wide range of ways in sharing their experience of faith and to transform hearts: Family Formation (parents, children), Adult Confirmation and RCIA, Teen Confirmation and RCIA, Youth Sacramental Preparation for Reconciliation and Holy Communion. Non-teachers are also much needed as assistants/support.

Contact: Sister Lisa Marie Doty, FDCC at cathedralfaithformationsac@gmail.com;
Deyanira Galvez (Spanish) at galvez.dgv@gmail.com

CATHEDRAL ACTS

The Cathedral ACTS Ministry organizes retreats where the Holy Spirit can break through the hoopla and touch the heart. ACTS is an acronym for “Adoration, Community, Theology, and Service.” Our ministry’s motto is “God first, family second, then everything else.” Our mission is simple: love God, develop fellowship within the parish, learn how God reveals Himself to us and serve Him by loving what He loves — all of His creatures. Aside from the

retreats, the ACTS Ministry organizes smaller events — barbecues, spaghetti feeds and such. We also sponsor a Rosary each Friday morning at 7:30 a.m. in Capitol Park at the former site of St. Junipero Serra's statue and co-sponsor a bilingual Rosary with Knights of Columbus and Respect Life Ministry on Sundays outside the Cathedral at 11:15 a.m. after the 10 a.m. English Mass and before the noon Spanish Mass.

Contact: John Fairbanks at john@capitolmr.com

CATHEDRAL DOCENT TOUR MINISTRY

Docents guide interested individuals through the interior of the Cathedral. Topics discussed by the docents center on the history, art and restoration of the Cathedral, along with insights to our Catholic faith. Training is provided.

Contact: Jill Pease at peasejill@gmail.com

CATHEDRAL FILIPINO-AMERICAN GROUP OF SACRAMENTO

This Fil-Am Ministry, established in May 2022, is composed of both Filipinos and Americans who, in one way or another, share a common bond of heritage to the Filipino Culture and the Catholic faith. We envision a dynamic and vibrant Filipino American community recognized and valued as integral to America's ethnic diversity. Our mission is to journey together in faith to preserve, promote, and perpetuate the many beautiful devotions and religious traditions inherent to the Filipino through cultural, charitable, and educational activities. Filipino Catholic practice is unusually material and physical, even among Catholic cultures, built especially on devotions to Mary, the suffering Christ, the Santo Niño (Holy Child), and feasts like the Simbang Gabi (Night Mass) novena that precedes Christmas, and the month-long Flores de Mayo (Flowers of May) offering to Mary illustrate distinctively Filipino forms of devotion. Our ministry welcomes not only our Filipino parishioners but all who are interested to join our activities. We hope you discover the joy that we share when we come together to worship God in spirit and truth.

Contact: Reynaldo (Rey) Rallanka at 916-261-1538, or rallanka@att.net

CATHEDRAL YOUNG ADULTS

The Cathedral Young Adults are a vibrant community of Catholic men and women (ages



19-40) in action. We meet on the second Tuesday of the month for fellowship as we feed the homeless. We prepare breakfast for Sister Nora's Place at Loaves and Fishes every third Saturday of the month and help with breakfast at Mary's House when needed. We host fellowship events monthly and Nightfever twice a year. We meet on Zoom every Thursday evening to build community with one another. We currently have a blog where we post our reflections and thoughts as we journey through our faith. Visit www.cathedralyoungadults.wordpress.com to check it out.

Contact: Victoria Ramos at cathedralya@gmail.com

CHINESE CATHOLIC COMMUNITY

The Sacramento Chinese Catholic community was formed with the purpose of establishing a base for Chinese speaking people to come to know God and to worship Him. Language barriers and ethnic differences have been keeping a lot of people from the house of God. Now, with a Chinese-speaking priest, the Chinese Catholic community is becoming more and more lively. The group activities include social events, faith formation, and service activities. Most importantly, Mass is offered in Cantonese and Mandarin every Sunday at the Cathedral.

Contact: John Wong at jwong@live.it

CHOIR (ENGLISH)

The Choir facilitates the musical prayer of the assembly at the 10 a.m. Sunday Mass and special liturgies. They employ a range of musical styles and encourage trained vocalists and novice singers to apply. You must commit to rehearsals and Masses as scheduled.

Contact: Rex Rallanka, Music Director at 916-444-3071, ext. 38

CHOIR (SPANISH)

The Spanish Choir facilitates the musical prayer of the assembly in the 12 p.m. and 6 p.m. Sunday Masses. They employ a variety of musical styles and encourage novice trained vocalists and singers to apply. You must commit to rehearsals and masses on schedule.

Contact: Jerry Vanoye, Spanish Choir Music Conductor, in the choir annex after the 12 p.m. Mass; Ricardo Savala in the choir annex after the 6 p.m. Mass.

EVENING ROSARY GROUP

Join us for prayer and fellowship each Tuesday evening at 7 p.m. as we join together to pray the Rosary. We meet in the Cathedral's Lower Level.

Contact: Marlene Mejia at mejia1@frontiernet.net

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

Extraordinary Ministers are made up of lay men and women who assist the priests and deacons with the smooth distribution of Holy Communion during Mass. Candidates receive detailed training and support for this very important ministry which takes them to the very life-center of our Catholic faith.

Contact: Amy McCormick at 916-801-3967, or ammccormick@att.net

FESTIVAL OF TREES (FOT)

The Festival of Trees is an annual event which raises funds to support the Cathedral's social services programs. Held on the first weekend in December in Mercy Hall, the event features crafts, baked goods, decorated Christmas trees, and gift baskets. On-site food sales, photo booth, and raffle round out the activities. Volunteers are needed for set-up, food service, cashier, and donating baked goods and crafts items.

Contact: Paula Trujillo at trupaula@yahoo.com

FRIDAY MORNING ROSARY GROUP

Please join your fellow Cathedral parishioners in praying the Rosary for our Church and the State of California, every Friday morning, at 7:30 a.m. Parishioners and other Catholics meet in Capitol Park, at the former site of St. Junipero Serra's statue (off L St. between 12th and 13th streets). We also sing a few songs and have great fellowship. We hope to see you there.

Contact: John Fairbanks at john@capitolmr.com

FRONT DOOR MINISTRY

This ministry offers assistance to those in need. It provides a variety of services depending on the individual's need.

Examples of some of these services are referrals to appropriate community social services agencies, information on securing housing, assistance with utility or rental issues, and information on medical and mental health services.

Contact: Deacon Edgar Hilbert at hilbertdoheva@aol.com

GIFT SHOP VOLUNTEERS

The gift shop sells many religious articles for all occasions and sacramental preparation. Volunteers can assist in sales, customer service, inventory, pricing, merchandising and general cleaning.

Contact: Susan Moeller at susandurand@ymail.com

GREETERS

Welcome people into the Cathedral handing out worship aids as they enter and bulletins as they exit. They are ambassadors of welcome, thanking people for attending by creating an environment of welcome that will encourage people to return.

Contact: Ruben Arocan at rubano_italiano@yahoo.com

HOSPITALITY COMMITTEE

Welcomes new members to the parish and provides food for special events at the Cathedral.

Contact: Celeste Gisla at jfgisla@att.net

KNIGHTS OF COLUMBUS

We are Catholic men who share a desire to be better husbands, fathers, sons, neighbors, and role models, and to put charity and community first. Our goal is to help men, their families and their parishes grow closer to Christ. Through our programs and resources, we provide opportunities to live and spread the Catholic faith. Service and charity are at the heart of the Knights. Founded to meet the needs of immigrants, refugees, and families suffering from the death of a breadwinner, the Knights began as a small service organization and has grown into a worldwide financial and charitable organization.

Contact: Jaime Elizaldi at jaime.elizaldi@gmail.com

LECTORS

During the Mass, God speaks to His people, gathered to hear His Word through lectors. The lector is the mouthpiece of God. Even as the words are old, the proclamation is always new. Lectors understand the mission of their work. To prepare for each liturgy, the lector reads the Scripture ahead of time to establish a personal encounter with the Word of God. It is from this encounter, through the lector, that the people of God may also encounter the divine Word.

Contact: Maggie Jones at lector@cathedralsac.org

MEDIA MINISTRY

This ministry capitalizes on using the various media sources in reaching Cathedral parishioners and other Catholics in spreading the Word of God and Cathedral information. It involves assisting with the various social media venues, the Sunday bulletin, the Cathedral website, and also photographing and/or recording Cathedral events.

Contact: Titi Kila at communication@cathedralsac.org

OFFICE MINISTRY

Volunteers are needed to help the office staff with filing, answering phones, greeting people, and other office help as needed.

Contact: Victoria Ramos at vramos@cathedralsacramento.org

OUTREACH TO THE HOMEBOUND

This group brings the Eucharist to parishioners in nursing homes, hospitals and the homebound. They bring communion or just spend time in prayer and fellowship with these individuals to foster a living link between the Body of Christ at Cathedral of the Blessed Sacrament and our parishioners who are unable to attend parish functions.

Contact: Deacon Omar Bardales at omarcpa@att.net

PARENT LEADERS MINISTRY

With more than 15 years serving Cathedral of the Blessed Sacrament, the Parent Leaders Ministry has the mission to encourage parents to learn about their Catholic faith and empower them in their vocation as main educators of their children in the faith. We are convinced that “as the family goes, so does the society” and that the parents are leaders of their families, parish, and community to make visible the Kingdom of God on earth. Our goal is to make Our Lord Jesus Christ and His Church known and loved. We gather every Sunday in Spanish at 10 a.m. on Facebook — [padreslideresdelsantisimosacramento@facebook.com](https://www.facebook.com/padreslideresdelsantisimosacramento/). Join us or watch the class on your schedule.

Contact: Leticia Hilbert at leticia_hilbert@hotmail.com

PRAYER CHAIN

Parishioners sign up to pray for special intentions on a prayer chain. Special intentions are sent via email and praying is done in one’s own home.

Contact: Regina Fagan at prayer.chain.sacramento@gmail.com

RESPECT LIFE MINISTRY

This ministry defends life from conception to natural death using the Gospel of Life of our Lord as a shield. We support the various events of our diocese to promote the dignity of life, such as “Mother and Daughter,” “Father and Son,” “40 Days for Life,” “Walk for Life,” and the “Procession of the Holy Innocents.” We help mothers and their children by collecting clothes and receiving blankets, and raising needed funds selling roses for Mother’s Day, and wreaths for Advent. We track legislation regarding life issues and help to keep our community aware. We attend presentations on Radio Santisimo Sacramento to spread love and respect for human life. We visit churches in the diocese to promote the creation of more Pro-Life Ministries. The strongest part of our ministry is the grace of community prayer and the Pro-Life Rosary, which we put into action every day.

Contact: Liliana Balderrama at michoacan8888@gmail.com



RCIA SUPPORT MINISTRY

RCIA, the Rite of Christian Initiation of Adults, is the path for individuals interested in becoming Catholic. Faithful Catholics are needed to sponsor, mentor and journey with these individuals towards initiation into the Church. Training is provided — all that is needed is a welcoming heart.

Contact: Sister Lisa Marie Doty, FDCC at cathedralfaithformationsac@gmail.com

SACRISTAN MINISTRY

Under the direction of the Cathedral Sacristan, individual Mass sacristans set up the credence table for Mass, set the prayers in the Roman Missal for the priest, put out the priest's vestments, check batteries for microphone, put out various documents like the General Intercessions and psalms for cantors and lectors, portion out hosts to be consecrated, and generally make sure the credence table and table of gifts are appropriately set. In addition, they also ensure all patens, chalices, and vessels used for Mass are purified and cleansed and returned to their place in the sacristy and/or set for the next Mass. This includes the cleaning of the thurible and disposal of the old charcoal and lining of the thurible. Sacristans must be well trained in the documents required for a specific Mass including the Ordo, the Roman Missal, the Sunday Lectionary, and the Book of Gospels. In addition, some filling and maintenance of liquid candles and other items may be required. Individual Mass sacristans must also be able to work with other ministry leads such as those for Eucharistic Ministers and Lectors to ensure the Mass is well staffed.

Contact: Michael Ognisty at mfognisty@msn.com

SUNDAY MASS ROSARY GROUP

Parishioners gather every Sunday to pray the Rosary for the intention of an end to abortion. This bilingual service begins at 11:15 a.m. between the 10 a.m. English Mass and the noon Spanish Mass.

Contact: John Fairbanks at john@capitolmr.com

USHERS

Ushers greet and assist parishioners when they come to the Cathedral for Mass or other public activities. They also assist in the collection during Mass.

Contact: Parish Manager, Tom Waddock at 916-444-3071, ext. 36, or tomwaddock@yahoo.com

VOLUNTEER CORP

The Volunteer Corp is a ministry of men and women interested in assisting the Cathedral's maintenance staff with special projects or miscellaneous tasks around the church. When help is needed, an email outlining the project/task, time requirements, and the number of volunteers needed is sent to ministry members. Interested volunteers are contacted by the Cathedral manager to make appropriate arrangements. Project examples include changing light bulbs, polishing brass handrails, installing the Christmas Creche, etc. There are occasional meetings to explain Cathedral operations and obtain ministry feedback. While not required, individuals with special skills are encouraged to join.

Contact: Parish Manager, Tom Waddock at 916-444-3071, ext. 36, or tomwaddock@yahoo.com



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