



CATHEDRAL OF THE BLESSED SACRAMENT

Stewards of God's Gifts

July 14, 2024 | Fifteenth Sunday in Ordinary Time

MASS SCHEDULE

SUNDAY | DOMINGO

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

No Livestream in July

Monday—Friday
Lunes—Viernes
12:10 pm

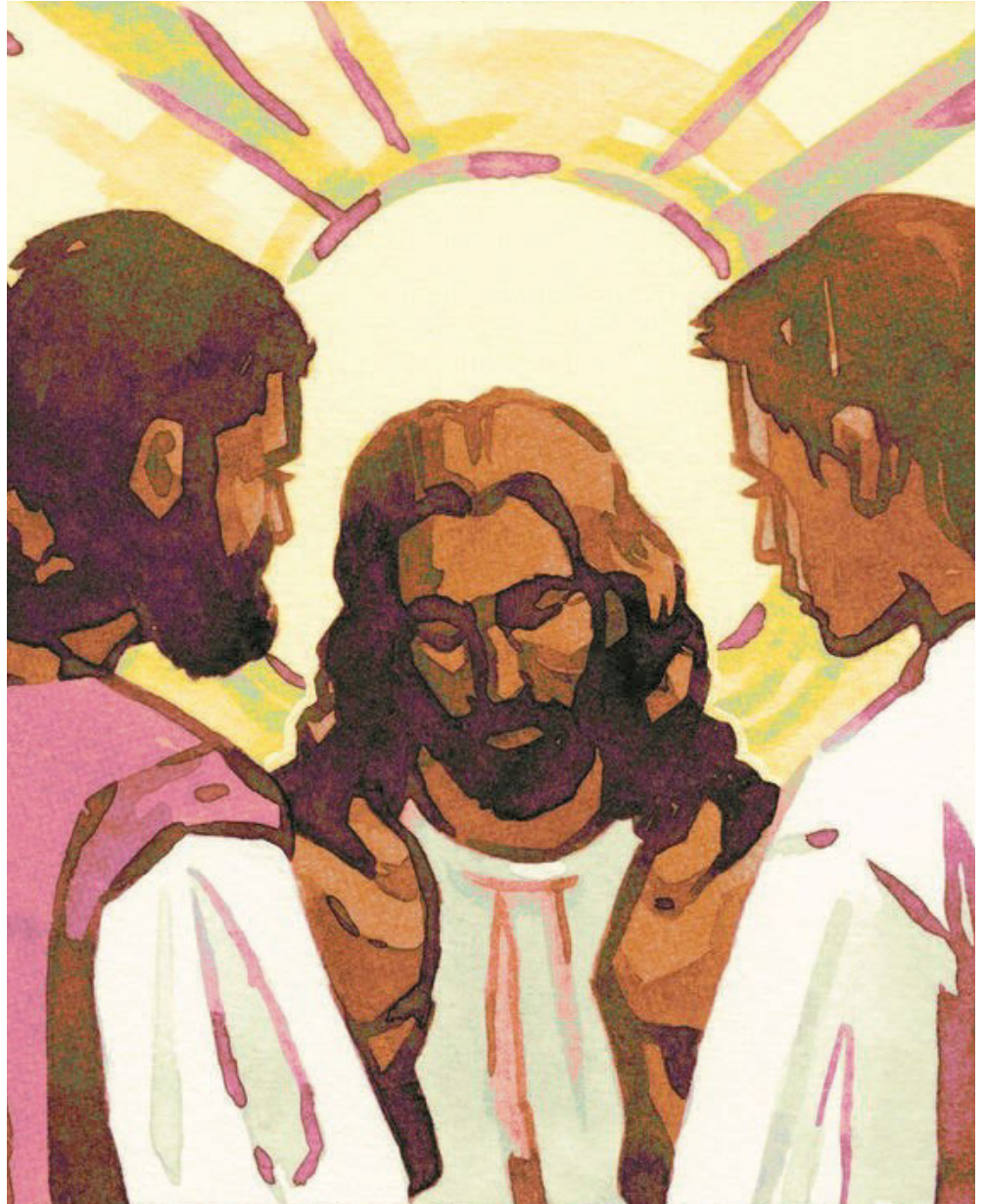
ADORATION
ADORACIÓN
Wednesday & Thursday
Miércoles y Jueves
1:00 pm - 4:00 pm

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

Saturday | *Sábado*
4:00 pm—5:00 pm

CATHEDRAL HOURS
Monday—Friday
10:00 am—4:00 pm

OFFICE HOURS
Monday—Friday
9:00 am—noon & 1 pm—4 pm



1019 11th Street, Sacramento, CA 95814

916-444-3071 | Blessed@cathedralsacramento.org

www.CathedralSacramento.org

Connect with us!



Want something in the bulletin and website? Just email communication@cathedralsac.org

Events and Information



KEEP THE FLAME ALIVE

Wednesdays, 7:00 pm via Zoom

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

Contact Donna: flamealive22@gmail.com

MANTENGA VIVA LA LLAMA

Miércoles, 7:00 pm vía Zoom

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

Contacto con Donna:

flamealive22@gmail.com



THE HOLY ROSARY

1st and 3rd Wednesdays 6pm

St. Josephine Bakhita Room, lower level.

praytherosarywithus@yahoo.com

EL SANTO ROSARIO

1er y 3er miércoles, 6:00 pm

Aula St. Josephine Bakhita, nivel inferior.

praytherosarywithus@yahoo.com

RECONCILIATION

Monday - Friday

11:30 am to 12:00 pm

Saturday 4:00 pm to 5:00 pm

RECONCILIACIÓN

Lunes - Viernes

11:30 am to 12:00 pm

Sábado 4:00 pm to 5:00 pm



ADORATION

Wednesday & Thursday

1:00 pm to 4:00 pm

ADORACIÓN

Miercoles y Jueves

1:00 pm to 4:00 pm

HOLY HOUR OF REPARATION

Friday, August 4 First Friday of each month immediately following the 12:10 Mass in the Blessed Sacrament Chapel.

HORA SANTA DE LA REPARACIÓN

Viernes 4 de agosto Primer viernes de cada mes inmediatamente después de la Misa de las 12:10 en la Capilla del Santísimo Sacramento.

SUNDAY CATHEDRAL TOURS

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

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

TOURS DE LA CATEDRAL DEL DOMINGO

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

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

Brown Bag Lunch Rotary Club Award Announcement

On June 23, 2024, and for the fourth year in a row, the Rotary Club of South Sacramento (RCSS) has awarded the Cathedral Brown Bag Lunch Ministry \$1,500 for its work with the downtown Sacramento poor and homeless community! In its award letter RCSS states that in addition to its congratulations, "...we would like to take this opportunity to express our appreciation for the excellent service you provide for the benefit of our local community."

The BBL is blessed to be one of 24 RCSS grant recipients and thanks RCSS for its continued love and compassion for the least fortunate, our poor and homeless brothers and sisters.



Almuerzo en bolsa marrón Anuncio del premio del club rotario

El 23 de junio de 2024, y por cuarto año consecutivo, el Club Rotario del Sur de Sacramento (RCSS) otorgó al Ministerio de Almuerzos Brown Bag de la Catedral \$1,500 por su trabajo con la comunidad pobre y sin hogar del centro de Sacramento. En su carta de adjudicación, RCSS afirma que además de sus felicitaciones, "...nos gustaría aprovechar esta oportunidad para expresar nuestro agradecimiento por el excelente servicio que brindan en beneficio de nuestra comunidad local".

La BBL tiene la suerte de ser uno de los 24 beneficiarios de subvenciones de RCSS y agradece a RCSS por su continuo amor y compasión por los menos afortunados, nuestros hermanos y hermanas pobres y sin hogar.

Scan me to text your
donation

Escanee para enviar su
donación por mensaje
de texto



- Use our website to make a reoccurring or one time gift at www.CathedralSacramento.org/Donate
- Utilice nuestro sitio web para hacer un regalo recurrente o único en CathedralSacramento.org/Donate



Have you listened it Season 1?

The Let's Talk Parish podcast features a Cathedral staff member or parishioner in a casual discussion with host Christian Jensen.

The first half of Season 1 features **Very Rev. Michael O'Reilly, Michael Ognisty, Deacon Omar and Janet Bardales, Dorthy Corgiat, Sister Jenny, Rex Rallanka, Cathedral Stream Team, Regina Fagan, Victor Goranov, Sister Lisa Marie Doty, Fred Heacock, and Joey Martinez.**

If you would like to participate as a guest, please contact 916-545-5376.



Listen here: <https://is.gd/talkparish>

Eucharistic Pilgrimage to Congress



Cathedral Volunteers and the Western Perpetual Pilgrims on May 22 when St. Junipero Serra Route pilgrimage came to the Cathedral.

Sacramento Chinese Catholic Community

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

Email: sccc.contact@gmail.com

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

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

Website:

www.sacchineseatholic.org/



Chinese Portal:
Announcements/
Sunday Readings

A Glimpse of Spirituality 靈修一瞥132 (Mark谷3:20-21)

Fr. Abraham Chiu 趙必成神父

Heart is a lonely hunter. This lonely heart hunts for love because true love has become luxurious in this cold world, even though in families. One of the tragedies of the present

天涯何處覓食知心?

孤獨的心尋找真愛，因為真愛在冰冷世界變得奢侈，即使家中。當今世界悲劇之一，是無助，它暴露孤獨世界的不公，甚至教會也是如此。

耶穌也經歷過孤獨；當他在革責瑪尼山園極度驚慌憂鬱，需要門徒陪伴時，得到的只是冷漠空虛（谷14:32-42）。人，甚至他的門徒，都不明白耶穌慈悲之心的需要。

當耶穌忙著分享他的慈悲大愛時，連吃飯時間都沒有，“他的人聽說了，便出來要抓住他。”“他的人”（hoi par'）指的是身旁的人；在此解作耶穌親屬。親戚可能認為他們擔心耶穌健康，因而結論耶穌發瘋。

耶穌母親最有資格阻止耶穌工作過勞，尤其當耶穌被釘在十字架上時；可以說服兒子創造奇蹟，改變所有反對他的人。然而，悔改不是魔術，耶穌母親在十字架下保持沉默，因為深明耶穌正在承行天父旨意。

相反，耶穌親屬因為不了解耶穌，就“抓住他”（kratēsai auton），意即用武力抓住耶穌，阻止他進行工作，因為發現他“瘋了”。“瘋了”（exestē）本意是驚訝或害怕；這裡解作瘋狂或精神病。他們主觀地批判耶穌，沒有注意他的慈悲心。

到處都有寂寞的心，不是因為沒有手機或網絡，而是缺乏同理心。人類生存其中一項基本需要，是互相理解和支持。所以，無論快樂或悲傷，成功還是失敗，只要有人在旁，那就不一樣。

這是人的生命：從生存到生活，以愛。

Our “Cathedral Pilgrims”



Cathedral Parishioners Attend the National Eucharistic Congress in Indianapolis, Indiana on July 17-21

Three Cathedral parishioners are heading for Indianapolis, Indiana to attend the National Eucharistic Congress on July 17-21, which is the culmination of the three-year National Eucharistic Revival. Dorothy Corgiat, Suzanne Haendel, and Donna Pineda, we affectionately refer to as our ‘Cathedral Pilgrims,’ decided on their own to participate at this historic event.

Our Cathedral Pilgrims will again meet the ‘Western Perpetual Pilgrims’ who were here in Sacramento with us on May 22, traveling this leg of the National Eucharistic Pilgrimage’s St. Junipero Serra Route with Bishop Soto carrying a Monstrance with the Sacred Host along with over 1,000 faithful in a procession through the streets of Sacramento arriving at our Cathedral. Many of you were in the procession.

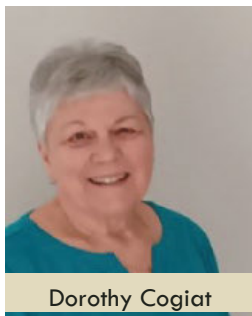
As this 10th National Eucharistic Congress begins, our Cathedral Pilgrims along with all the Perpetual Pilgrims from the four different routes of the Pilgrimage, plus tens of thousands of Catholics also traveling from all around the country, will converge at the venue in a powerful symbol of unity.

All will gather in response to God’s invitation for renewal to experience profound, personal renewal through the power of Christ’s love. Like a new Pentecost, we pray this transformation will flow out from Indianapolis to bring revival in our communities as the Church returns to her first love — the Eucharist, the source and summit of our faith.

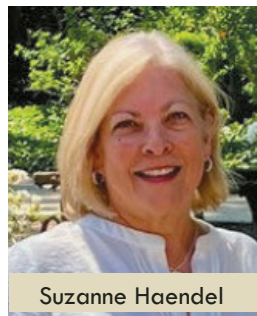
For those of us at home, EWTN will offer streaming coverage of the Congress from July 17th through the 21st. The link is <https://www.ewtn.com/eucharist>.

Upon our Cathedral Pilgrim’s return, perhaps we too will be able to envision the outpouring of the love of the Holy Spirit and the importance of this Eucharistic Revival as they share their experiences with us. In the September-October stewardship newsletter, the journey of our Cathedral Pilgrims will be featured as they describe their insights, thoughts, and personal experiences of attending this Congress.

Let us pray for our Cathedral Pilgrims, Dorothy, Suzanne, and Donna, as they participate in this spiritual encounter to praise and honor the Eucharist as one Body of Christ with thousands of Catholics from all corners of the United States. May their involvement enhance and strengthen their faith journey with Jesus. In Christ’s name, we pray. Amen!



Dorothy Corgiat



Suzanne Haendel



Donna Pineda

Tres feligreses de la Catedral se dirigen a Indianápolis, Indiana, para asistir al Congreso Eucarístico Nacional del 17 al 21 de julio, que es la culminación del Avivamiento Eucarístico Nacional de tres años. Dorothy Corgiat, Suzanne Haendel y Donna Pineda, a las que cariñosamente nos referimos como nuestras “Peregrinas de la Catedral”, decidieron por su cuenta participar en este evento histórico.

Nuestros peregrinos de la Catedral se reunirán nuevamente con los ‘Peregrinos Perpetuos occidentales’ que estuvieron aquí en Sacramento con nosotros el 22 de mayo, recorriendo esta etapa de la Ruta de la Peregrinación Eucarística Nacional de San Junípero Serra con el Obispo Soto llevando una Custodia con la Sagrada Hostia junto con más de 1,000 personas. fieles en procesión por las calles de Sacramento llegando a nuestra Catedral. Muchos de ustedes estaban en la procesión.

Al comenzar este X Congreso Eucarístico Nacional, nuestros Peregrinos de la Catedral junto con todos los Peregrinos Perpetuos de las cuatro diferentes rutas de Peregrinación, además de decenas de miles de católicos que también viajan desde todo el país, convergerán en el lugar en un poderoso símbolo de unidad.

Todos se reunirán en respuesta a la invitación de Dios a la renovación para experimentar una renovación personal y profunda a través del poder del amor de Cristo. Como un nuevo Pentecostés, oramos para que esta transformación fluya desde Indianápolis para traer avivamiento a nuestras comunidades a medida que la Iglesia regresa a su primer amor: la Eucaristía, fuente y cumbre de nuestra fe.

Para aquellos de nosotros que estamos en casa, EWTN ofrecerá cobertura en streaming del Congreso del 17 al 21 de julio. El enlace es <https://www.ewtn.com/eucharist>.

Al regreso de nuestro Peregrino de la Catedral, tal vez nosotros también podamos visualizar el derramamiento del amor del Espíritu Santo y la importancia de este Avivamiento Eucarístico mientras comparten sus experiencias con nosotros. En el boletín informativo sobre mayordomía de septiembre-octubre, se presentará el viaje de nuestros peregrinos a la catedral mientras describen sus ideas, pensamientos y experiencias personales al asistir a este Congreso.

Oremos por nuestras peregrinas de la Catedral, Dorothy, Suzanne y Donna, mientras participan en este encuentro espiritual para alabar y honrar la Eucaristía como un Cuerpo de Cristo con miles de católicos de todos los rincones de los Estados Unidos. Que su participación mejore y fortalezca su camino de fe con Jesús. En el nombre de Cristo, oramos. ¡Amén!



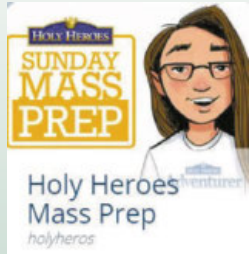
Faith Formation & Education

Keep growing in your faith as you take time away from school and work and focus on being together as a family. Here are some ways to stay connected with your faith while enjoying your Summer!



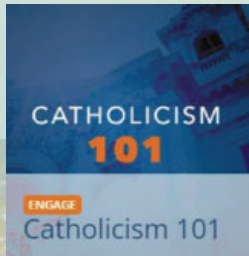
Backyard Vacation Bible School (VBS)

Sign up at Holy Heroes for a 5-day plan you can do at home with your kids. The Instructions are easy enough for older kids to help the little ones for a little while each day. It looks like a lot of fun!
<https://summerfaithadventure.com/>



Mass preparation for families

Every Wednesday receive a Mass preparation guide for your family with downloadable coloring pages and worksheets for young saints (pre-K to 3rd grade) and older saints (4th - 6th grade). Readings for Sunday Mass with brief explanation!
<https://is.gd/massprep2024>



Review the Catechism

Once a week your family can enjoy a 7 to 9 minute video that reviews one of the tenets of our rich Catholic Faith in simple language appropriate for the whole family. They include a second video for little ones to enjoy along with an activity page to color.
<https://is.gd/cc101>



Registered for Family Formation? *

If you were with us this past year, you have received by now a link to register your family for your continued formation in faith. If you were with us this past year but need the link sent again, contact the faith formation office at religioused@cbssac.org.

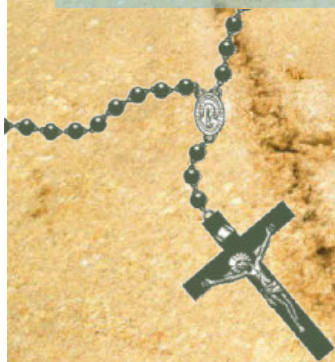
If you are a new family or a family returning after a break from formation, registration will take place at the following times:
Sunday July 14 from 10AM—noon.

Classes begin with Orientation in September. Full calendar will be available then.

SUMMER FAITH WEEKLY CHALLENGE!
With hot summer days, keep cool bottles of water in car for homeless

* Currently Enrolled:
Please check your email for registration instructions.
Enrollment closes in July
\$100/family and \$15/child

* New Families and Transferring Families:
Sunday, July 14
10am—noon
\$120/family and \$15/child



in the **Summer**

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

Formación y Educación en la Fe

Preparation for Sunday Mass
Sunday, 21 JULY 24

Preparación para la Misa
Domingo, 21 JULIO 24

Prepare:
16th Sunday of Ordinary Time

Jeremiah 23:1-6

Psalm 23:1-3, 3-4, 5, 6

Ephesians 2:13-18

Mk 6:30-34

Focus of the Gospel:

The Gospel next Sunday tells of Jesus not able to have a moment away to rest. Everyone is hearing of the great things Jesus is doing and they are seeking for him constantly. He tells the disciples, "Come away by yourselves to a deserted place and rest a while." He recognizes that our human bodies need rest, just as much as they need honest work and to help others. Jesus also gives us an example: in his tiredness, on seeing the big crowd, the Gospel tells us, "...his heart was moved with pity for them, for they were like sheep without a shepherd..." In his compassion, he immediately began to teach them. Are you able, when you have had a long day, able to give more to those who ask, or are they asked to wait until after we are rested?

With Your Family

- ◆ Read Mark 6:30-34
- ◆ Think about a time you were so tired at the end of the day, you didn't even want to eat, but only sleep.
- ◆ In this moment, someone comes and asks you to help them. Do you do it? What would Jesus do? Pray Psalm 92:2-16 together

Preparar:
XVI Domingo, Tiempo Ordinario

Jeremías 23:1-6

Salmo 23:1-3, 3-4, 5, 6

Efesios 2:13-18

Marcos 6:30-34

Enfoque del evangelio:

El Evangelio del próximo domingo nos habla de Jesús, que no puede tomarse un momento para descansar. Todos oyen hablar de las grandes cosas que hace Jesús y lo buscan sin cesar. Él dice a los discípulos: "Venid vosotros solos a un lugar desierto y descansad un rato". Reconoce que nuestros cuerpos humanos necesitan descansar, tanto como necesitan trabajar honradamente y ayudar a los demás. Jesús también nos da un ejemplo: en su cansancio, al ver la gran multitud, el Evangelio nos dice: "...su corazón se compadeció de ellos, porque eran como ovejas sin pastor...". Compadecido, se puso inmediatamente a enseñarles. ¿Eres capaz, cuando has tenido un día largo, de dar más a los que te piden, o se les pide que esperen a que hayamos descansado?

Con tu familia

- ◆ Lee Marcos 6:30-34
- ◆ Piensa en una ocasión en la que estabas tan cansado al final del día que ni siquiera querías comer, sino sólo dormir.
- ◆ En ese momento, alguien viene y te pide que le ayudes. ¿Lo haces? ¿Qué haría Jesús? Rezad juntos el Salmo 92:2-16



more
Seeking Faith?

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

cathedralsacramento.org/ocia

The Faith Formation and OCIA offices will be closed in July. Please contact them via email and they will respond to you when they can: religioused@cbssac.org.

Forum Feedback #4: COMMUNITY LIFE

Open Forum

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



Ministry of community life

builds an environment of love, support, appreciation for diversity, and judicious acceptance that models Catholic principles; *develops* meaningful relationships; and *nurtures* Catholic faith. Community life is nurtured when the atmosphere is welcoming, comfortable, safe, and predictable. Community life is encouraged when our actions are inviting, supportive, and gospel-based; when activities build trust and encourage relationships.

- Create welcoming space
- Open-door nights (not just registered)
- Non-judging, friendly
- Consistency of formation / Fortitude
- Prayer
- See Christ in others
- Know the youth in the community
- Offer Support
- Encourage Acts of Service Opportunities
- Encourage volunteers
- Have fun
- Go to Mass together
- Enrich family relations
- Environment to build meaningful friendships
- Friendship skills
- Multicultural realities
- Age-appropriate group
- Minister to each other
- Read new USCCB document: [Listen, Teach, Send, A Framework for Ministries with Youth](#)

Sister Lisa Marie Doty, FDCC, Director of Faith Formation & OCIA | slmdoty@cbssac.org | 916-444-5364

Liturgy of the Word

FIFTEENTH SUNDAY IN ORDINARY TIME

JULY 14, 2024

Mass Intentions & Observances

SUN 7/14

15TH SUNDAY IN ORDINARY TIME

8:00 AM: CATHERINE CHANG +

10:00 AM: FRANK REINHART +

12:00 PM: PEOPLE OF THE PARISH S.I.

4:00 PM: STEPHANIE THOMPSON +

6:00 PM: SEÑOR LUIS MARTINEZ +;

AMALIA MARTINEZ +

MON 7/15

SAINT BONAVENTURE, BISHOP,
DOCTOR OF THE CHURCH

12:10 PM: DANIEL WALKER S.I.

TUE 7/16

15TH WEEK IN ORDINARY TIME

12:10 PM: DANIEL WALKER S.I.

WED 7/17

15TH WEEK IN ORDINARY TIME

12:10 PM: DANIEL WALKER S.I.

THU 7/18

15TH WEEK IN ORDINARY TIME

12:10 PM: NELITA DE LAS VERLAS S.I.;

EVACUETO DE LAS VERLAS S.I.

FRI 7/19

15TH WEEK IN ORDINARY TIME

12:10 PM: DEEPA ULAHANNAN S.I. AND THE

ULAHANNAN FAMILY S.I.

S.I. = for special intention

+ = for repose of the soul

Mass Intentions

Please email:

vramos@cathedralsacramento.org

or call 916-444-3071, ext. 10

Reading I Am 7:12-15

Amaziah, priest of Bethel, said to Amos, "Off with you, visionary, flee to the land of Judah! There earn your bread by prophesying, but never again prophesy in Bethel; for it is the king's sanctuary and a royal temple." Amos answered Amaziah, "I was no prophet, nor have I belonged to a company of prophets; I was a shepherd and a dresser of sycamores. The LORD took me from following the flock, and said to me, Go, prophesy to my people Israel."

Responsorial Psalm

Ps 85:9-10, 11-12, 13-14

R. (8) Lord, let us see your kindness, and grant us your salvation.

I will hear what God proclaims; the LORD —for he proclaims peace. Near indeed is his salvation to those who fear him, glory dwelling in our land.

R. Lord, let us see your kindness, and grant us your salvation.

Kindness and truth shall meet; justice and peace shall kiss. Truth shall spring out of the earth, and justice shall look down from heaven.

R. Lord, let us see your kindness, and grant us your salvation.

The LORD himself will give his benefits; our land shall yield its increase. Justice shall walk before him, and prepare the way of his steps.

R. Lord, let us see your kindness, and grant us your salvation.

Reading II Eph 1:3-14

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavens, as he chose us in him, before the foundation of the world, to be holy and without blemish before him. In love he destined us for adoption to himself through Jesus Christ, in accord with the favor of his will, for the praise of the glory of his grace that he granted us in the beloved.

In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace that he lavished upon us. In all wisdom and insight, he has made known to us the mystery of his will in accord with his favor that he set forth in him as a plan for the fullness of times, to sum up all things in Christ, in heaven and on earth.

In him we were also chosen, destined in accord with the purpose of the One who accomplishes all things according to the intention of his will, so that we might exist for the praise of his glory, we who first hoped in Christ. In him you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised holy Spirit, which is the first installment of our inheritance toward redemption as God's possession, to the praise of his glory.

Alleluia Cf. Eph 1:17-18

R. Alleluia, alleluia.

May the Father of our Lord Jesus Christ enlighten the eyes of our hearts, that we may know what is the hope that belongs to our call.

R. Alleluia, alleluia.

Gospel Mk 6:7-13

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits.

He instructed them to take nothing for the journey but a walking stick—no food, no sack, no money in their belts.

They were, however, to wear sandals but not a second tunic.

He said to them, "Wherever you enter a house, stay there until you leave. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them."

So they went off and preached repentance.

The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.

Liturgia de la Palabra

XV DOMINGO ORDINARIO

14 DE JULIO DE 2024

Lectura I Am 7,12-15

En aquel tiempo, Amasías, sacerdote de Betel, le dijo al profeta Amós: “Vete de aquí, visionario, y huye al país de Judá; gánate allá el pan, profetizando; pero no vuelvas a profetizar en Betel, porque es santuario del rey y templo del reino”.

Respondió Amós:

“Yo no soy profeta ni hijo de profeta, sino pastor y cultivador de higos.

El Señor me sacó de junto al rebaño y me dijo: “Ve y profetiza a mi pueblo, Israel”.

Salmo Responsorial Del Salmo 84

R. (8) Muéstranos, Señor, tu misericordia.

Escucharé las palabras del Señor, palabras de paz para su pueblo santo.

Está ya cerca nuestra salvación

y la gloria del Señor habitará en la tierra. R.

R. Muéstranos, Señor, tu misericordia.

La misericordia y la verdad se encontraron,

la justicia y la paz se besaron,

la fidelidad brotó en la tierra

y la justicia vino del cielo. R.

R. Muéstranos, Señor, tu misericordia.

Cuando el Señor nos muestre su bondad,

nuestra tierra producirá su fruto.

La justicia le abrirá camino al Señor

e irá siguiendo sus pisadas. R.

R. Muéstranos, Señor, tu misericordia.

Lectura II Ef 1,3-14

Bendito sea Dios, Padre de nuestro Señor

Jesucristo, que nos ha bendecido en él

con toda clase de bienes espirituales y

celestiales. Él nos eligió en Cristo, antes de crear

el mundo, para que fuéramos santos

e irreprochables a sus ojos, por el amor,

y determinó, porque así lo quiso,

que, por medio de Jesucristo, fuéramos sus

hijos, para que alabemos y glorifiquemos la

gracia con que nos ha favorecido por medio de

su Hijo amado.

Pues por Cristo, por su sangre, hemos recibido

la redención, el perdón de los pecados. Él ha

prodigado sobre nosotros el tesoro de su gracia,

con toda sabiduría e inteligencia, dándonos a

conocer el misterio de su voluntad. Éste es el

plan que había proyectado realizar por Cristo,

cuando llegara la plenitud de los tiempos:

hacer que todas las cosas, las del cielo y las de la tierra, tuvieran a Cristo por cabeza.

Con Cristo somos herederos también nosotros.

Para esto estábamos destinados, por decisión

del que lo hace todo según su voluntad: para que

fuéramos una alabanza continua de su gloria,

nosotros, los que ya antes esperábamos en

Cristo.

En él también ustedes, después de escuchar la

palabra de la verdad, el Evangelio de su

salvación, y después de creer, han sido

marcados con el Espíritu Santo prometido. Este

Espíritu es la garantía de nuestra herencia,

mientras llega la liberación del pueblo adquirido

por Dios, para alabanza de su gloria.

Aclamación antes del Evangelio

Cfr. Ef 1,17-18

R. Aleluya, aleluya.

Que el Padre de nuestro Señor Jesucristo

ilumine nuestras mentes

para que podamos comprendamos cuál es la

esperanza que nos da su llamamiento.

R. Aleluya.

Evangelio Mc 6,7-13

En aquel tiempo, llamó Jesús a los Doce, los

envió de dos en dos y les dio poder sobre los

espíritus inmundos. Les mandó que no llevaran

nada para el camino: ni pan, ni mochila, ni

dinero en el cinto, sino únicamente un bastón,

sandalias y una sola túnica.

Y les dijo: “Cuando entren en una casa,

quédense en ella hasta que se vayan de ese

lugar. Si en alguna parte no los reciben ni los

escuchan, al abandonar ese lugar, sacúdanse el

polvo de los pies, como una advertencia para

ellos”.

Los discípulos se fueron a predicar el

arrepentimiento. Expulsaban a los demonios,

ungían con aceite a los enfermos y los curaban.



Save the Date

Annual Parish Picnic

Friday, August 16, 2024 at 5:00 pm

At St. Joseph Catholic Church

Clarksburg, CA

Parish Information/Información Parroquial



CATHEDRAL PARISH REGISTRATION & UPDATE

Become a member of our dynamic Cathedral family!

REGISTRO Y ACTUALIZACIÓN DE LA PARROQUIA CATEDRAL

¡Conviértete en miembro de nuestra dinámica familia de la Catedral!

Restroom Keypads: Please ask any usher for the weekly access code. Adults must accompany children. **Teclados de baños:** solicite a cualquier ujier el código de acceso semanal. Los adultos deben acompañar a los niños.

SACRAMENTOS

para información en español ir a www.CathedralSacramento.org

SACRAMENTS

for additional information go to www.CathedralSacramento.org

ANOINTING OF THE SICK

Make an appointment by calling the parish office.

BAPTISM

Contact Deacon Omar Bardales: baptism@cbssac.org or 916-444-3071 Ext. 28

CONFESSION/RECONCILIATION

See cover page.

CONFIRMATION

www.cathedralsacramento.org/faithformation

HOLY EUCHARIST

Contact Sister Lisa Marie at slmdoty@cbssac.org.

HOLY ORDERS

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

MARRIAGE PREPARATION

Contact Deacon Omar & Janet Bardales at matrimonyprep@att.net or 916-427-9160.

MATRIMONY

Contact Titi Kila tkila@cathedralsacramento.org

PASTORAL AND ADMINISTRATIVE STAFF

Fr. Michael O'Reilly, *Pastor/Rector*
Fr. Abraham Chiu, *Chinese Mass*
Fr. Mémo Hernandez
Fr. Michael Kiernan
Deacon Omar Bardales
Deacon Gary Brys, *Business Manager*
Deacon Edgar Hilbert
Sr. Lisa Marie Doty, FDCC,
Director of Faith Formation & OCIA
Rex Rallanka,
Director of Liturgy & Music
Michael Ognisty, *Sacristan*
Tom Waddock, *Plant Manager*
Victoria Ramos, *Secretary*
Katie McAllister, *Bookkeeper*
Titi Kila, *Wedding Coordinator*

Bulletin & Website:
Communication@cathedralsac.org



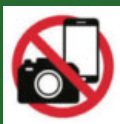
CATHEDRAL OF THE BLESSED SACRAMENT

1019 11th Street
Sacramento, CA
95814

916-444-3071

Blessed@
cathedralsacramento.org

CathedralSacramento.org



Photography Policy:

It is **NOT** permitted to take photographs or videos for personal or commercial use

inside the Cathedral or on the front steps. Flash photography, the use of telescopic "selfie sticks", tripods, stands, drones, and Professional equipment are strictly forbidden. For event use, please contact Cathedral staff at 916-444-3071.

PARISH PASTORAL COUNCIL

Fr. Michael O'Reilly
Richard Zacaroli, Chair
Russel Almaraz
Esteban Arellano
Maria Balakshin
Andrea Martin-Borges
Joey Martinez
Maria Rosario
Aileen Rasmussen
Michele Stiger

FINANCE COUNCIL

Robert Ingenito, Chair
Nancy Fairbanks
Michael Pease
Bryson Reynoso
Beth Schatz

SACRED LITURGY

Altar Servers

Michael Ognisty, mfognisty@msn.com

Cathedral Choir

Rex Rallanka, Director of Liturgy & Music,
rrallanka@cathedralsacramento.org

Saint Toribio Choir - Youth Choir of the Cathedral

Rex Rallanka at rrallanka@cathedralsacramento.org or
Gayle Winney, gwinney@cbssac.org

Extraordinary Ministers of Holy Communion

Sergio Castillo, serg.damian@gmail.com

Lectors

Maggie Jones, lector@cathedralsac.org

Sacristan Ministry

Michael Ognisty, mfognisty@msn.com

Ushers

Tom Waddock, tomwaddock@yahoo.com 916-444-3071

Welcoming Ministry

Andrea Martin-Borges, andreamartin-borges@hotmail.com

PRAYER

Adoration

Titi Kila, cbssadoration@gmail.com

Evening Rosary Group

Marlene Mejia or Christina Callazo-Kelly,
praytherosarywithus@yahoo.com

Prayer Chain

Regina Fagan, prayer.chain.sacramento@gmail.com

FAITH FORMATION AND CATECHESIS

Faith Formation and Christian Initiation

Sr. Lisa Marie Doty, FDCC, slmdoty@cbssac.org

Formacion en la Fe Familiar (FFF) en Espanol

Deyanira Galvez, Galvez.dgv@gmail.com

Catechesis of the Good Shepherd

For ages 3+ David Vincent, admin@youngsheep.org;
www.youngsheep.org

SOCIAL and COMMUNITY SERVICE

Brown Bag Lunch Ministry

Marilynn Fairgood, Marilynn_Fairgood@att.net

Cathedral Docents Tour Ministry

Jill Pease, peasejill@gmail.com

Festival of Trees

Susan Moeller, susandurand@ymail.com

Front Door Ministry

Deacon Edgar Hilbert, hilbertdoheva@aol.com

Gift Shop Volunteers

Susan Moeller, susandurand@ymail.com

Hospitality

Celeste Gisla, jfgisla@att.net

Office Ministry

Victoria Ramos, vramos@cathedralsacramento.org

Outreach to the Homebound

Deacon Omar Bardales, omarepa@att.net

Media and Communications Ministry

Titi Kila, communication@cathedralsac.org

Respect Life Ministry

Liliana Balderrama, michoacan8888@gmail.com

Volunteer Corps

Tom Waddock, 916-444-3071

COMMUNITY GROUPS

Cathedral ACTS

Diane Gonzales-Salais, dmgshalais@yahoo.com

Cathedral Filipino-American Group of Sacramento

John Ponce, johne.poww@gmail.com

Cathedral Young Adults

Victoria Ramos, cathedralya@gmail.com

Chinese Community

Kenneth Ng, sccc.contact@gmail.com

Knights of Columbus

Gabriel Gutierrez, gutierrez.gabriel@yahoo.com

Spanish Parents Group Leaders

Leticia Hilbert, leticia_hilbert@hotmail.com



STEVE ROSE PAINTING CO.

Residential Specialists

License #804522



MEMBER N.E. CALIF.

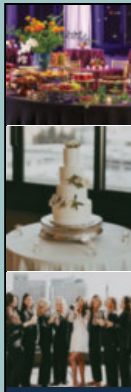
- A Good Paint Job At A Fair Price -

(916) 421-2281

Free Estimates
Bonded & Insured

585 - 4th Avenue
Sacramento, CA

steverose@steverosepainting.com



THE CITIZEN HOTEL

AUTOGRAPH COLLECTIONSM HOTELS

thecitizenhotel.com 926 J STREET SACRAMENTO, CA 95814 916-447-2700 MARRIOTT BONVOY



(831) 840-2343

Sacramento, CA



PHONE ORDERS
WELCOME
DRIVE-THRU
OPEN LATE



916-900-8014 • 1601 Del Paso Blvd • www.elburritotaq.com

20% OFF
Any Purchase of \$20 or more

With this coupon only. Offers may not be combined or used with any other discount or coupon.

Buy Any Combo, Get a
FREE TACO
(Beef or Chicken)

With this coupon only. Offers may not be combined or used with any other discount or coupon.

SUPPORT OUR PARISH

Local business ads sponsor the printing of our bulletin.
4lpi.com/adcreator



Nutrition & Fitness Coach
Ray (916) 213-1851

SUPPORT OUR ADVERTISERS!



(916) 455-0215 • Mexican Food
5028-5044 Franklin Blvd., Sacramento



FREE AD DESIGN

with purchase of this space

CALL
800-950-9952

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com



Scan to contact us!

NEVER MISS OUR BULLETIN!

SUBSCRIBE

Have our bulletin emailed to you every week.

Visit www.parishesonline.com



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502



Be a Hero for the Homeless

joshua's house
VOLUNTEER HOSPICE
Joshuashousehospice.org

Hospice care for the terminally ill homeless.
No one should die alone on the street.

Please donate today at GIVEJH.COM

Opening in Summer 2024



For ad info. call 1-800-950-9952 • www.4lpi.com

Cathedral of Blessed Sacrament, Sacramento, CA

B 4C 05-1145

SUNDAY BRUNCH 11 AM - 3 PM

EXPERIENCE MEXICAN CUISINE AT IT'S BEST...



ONE BLOCK FROM THE CATHEDRAL SACRAMENTO CORNER OF 12 & K STREET

MAYAHUEL

12TH & K STREET

DOWNTOWN | 1200 K STREET | EXPERIENCEMAYAHUEL.COM



MERCY McMAHON TERRACE

June's Place

Mercy McMahon Terrace

Independent, Assisted Living & Memory Care

A Truly One of a Kind Community
Founded by the Sisters of Mercy
24 Hour Nursing
Mass offered weekly in our Chapel

(916) 733-6510

Call for a Tour Today!

3865 J St., Sacramento, CA 95816

www.mercymcmahonterrace.org

RCFE 340312763

LET'S GROW YOUR BUSINESS

Place Your Ad Here
and Support Our Parish!

CONTACT ME
Donna Touros

dtouros@4LPi.com
(800) 950-9952 x2610

Northgate SMOG

2830 Northgate Blvd. #4
916-922-6018 northgatesmog.com

Rachel Songer



REALTOR® Lic #02116619
Cantor/Docent

(916) 284-3336

isellsacramento.realestate

LYON
REAL ESTATE

YOUR CATHOLIC RESOURCE FOR END-OF-LIFE CARE



ST. MARY CEMETERY & FUNERAL CENTER

FR2263

916.452.4831 • CFCSACRAMENTO.ORG

FUNERAL • MORTUARY • CREMATION • BURIAL

IF YOU LIVE ALONE

MDMedAlert!™ As Low As **\$19⁹⁵** /mo.

- ✓ Ambulance ✓ Police/Fire
- ✓ Family/Friends ✓ GPS & Fall Alert

CALL NOW! 800.808.9294 md-medalert.com



ADT-Monitored Home Security

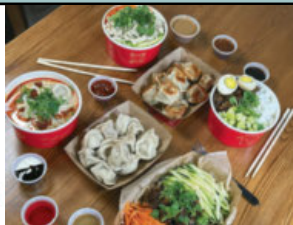
Get 24-Hour Protection From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

833-287-3502



Mon-Fri 11:00AM - 2:00PM and 4:00PM - 7:30PM

Sat Noon - 7:30PM / Sun Noon - 5:30PM

1021 K Street • Sacramento CA 95814

(916) 431-7746 | Dine-In • Takeout • Delivery

Come Visit Us Today • Guaranteed to Satisfy Your Dimpling Cravings!

SUPPORT OUR ADVERTISERS!

Immigration Services

Hablamos Español

Ray Gonzalez

(916) 213-1851



For ad info. call 1-800-950-9952 • www.4lpi.com

Cathedral of Blessed Sacrament, Sacramento, CA

A 4C 05-1145