

# NEW ORGANIST FOR CATHEDRAL PARISH

A new organist has been hired for the Cathedral parish. He is Rex Rallanka, a native of Sacramento, who has been working in a parish in Michigan for the past two years. He will begin playing for the Cathedral Parish beginning November 1.

Rex holds a Masters of Music in Organ Performance and Literature from the University of Notre Dame. While studying there he went on tour with the Notre Dame Liturgical Choir (which may be seen on the Hallmark channel every Sunday morning) and sang at St. Peter's in Rome and Notre Dame Cathedral in Paris. He also went on an organ tour organized by the university, playing 25 organs in 10 days throughout southwest Germany, Belgium, and the Netherlands. He also spent a year in Chicago with the Apostolic Volunteer Program (now called Dominican



**REX RALLANKA**

Volunteers) as a volunteer at Bonaventure House, a transitional home for people with AIDS operated by the Alexian Brothers order. For the past two years he has been the Director of Liturgical Music at St. Robert Parish in Grand Rapids, Michigan. He is an active member of the American Guild of Organists and the National Association of Pastoral Musicians.

Rex grew up in St. Anthony Parish, Sacramento where his parents, Reynaldo and Ofelia Rallanka, still attend church. He attended Holy Spirit Elementary School, as did his siblings Rochelle, Richard, Ryan, and Reena. He and his brothers attended Jesuit High School, and the girls attended St. Francis High School. His younger sister is a senior at St. Francis this year.

## **NEXT WEEK MISSION SUNDAY SECOND COLLECTION**

The Holy Father, Pope Benedict XVI, calls every Catholic to celebrate at the Eucharist our vocation to be missionary and to help the missions. Let us pray for the Church's worldwide missionary work and offer financial help through the Propagation of the Faith to the more than 1,150 dioceses in Asia, Africa, Latin America, and the Pacific Islands that desperately need assistance. Please be generous next week.

## **CATHOLIC PROFESSIONAL & BUSINESS CLUB**

The Catholic Professional & Business Club meets next on Wednesday October 12 from 7-8:30am at the Hilton Sacramento Arden West (2200 Harvard St., Business 80 & Arden Way West). Marjorie Campbell, mother, attorney, and former professor of law, will address the topic of feminism and the writings of Pope John Paul II on women. To reserve your place, please register by calling (916) 930-1144 by Monday, October 10 at 12 noon.

## **SACRAMENTO LIFE CENTER SALUTE TO LIFE**

The Sacramento Life Center's Salute to Life Dinner and Auction will be held on Friday November 4 at the downtown Sheraton Hotel. This is the Life Center's major fundraising event of the year. Tickets are on sale for \$115 a person or tables hosts (10 people) for \$1,000. For information on attending, sponsoring or purchasing raffle tickets, contact Donalee Hallenbeck at (916) 451-4357. On the Web at [www.saclife.org](http://www.saclife.org).

## **JANITOR STILL NEEDED AT CATHEDRAL**

The Cathedral parish has an opening for a custodian to work 20 to 25 hours per week. Work on weekends is included. Duties include routine custodial work in the parish facility. Please fax your resume to Elia Maciel at 443-2749 or mail to Cathedral Rectory, 1017 11th Street, Sacramento, Cal 95814.

## CATHEDRAL WORKSHOP ON CODE OF PASTORAL CONDUCT

A mandatory training workshop for volunteers and employees of the Cathedral Parish on the Diocesan Code of Pastoral Conduct will be held on Saturday October 15, 2005, at St. Elizabeth's Church Hall from 10:00 am to 3:00 pm. Please note that volunteers includes those in any type of parish ministry including ushers, Eucharistic ministers, lectors, and religious education teachers and assistants. This training will include a section regarding the Smart Kids/Safe Kids Curriculum for Children. Lunch will be provided to participants. The Diocese of

Sacramento must report by October 21 all training statistics to the Gavin Group which mandates national audit dates. In addition, all students in our Religious Education programs are currently being trained in the Smart Kids/Safe Kids curriculum.

For more information about this workshop, please contact Sr. Jenny at 444-5364.

### THE YEAR OF THE EUCHARIST

## JESUS MEANT WHAT HE SAID

*Reverend Lawrence E. Mick*

You have probably heard about the survey done a few years back that suggested that many Catholics today don't really believe that the bread and wine of the Eucharist truly become the body and blood of the Lord. There are serious doubts about the accuracy of such surveys, but it seems a good idea to recall the Church's ancient teaching.

To put it simply, the Church has always believed that Jesus meant what he said. At the Last Supper, as we recall in every Mass, he took bread, said the blessing, broke the bread and gave it to his disciples, saying, "Take this, all of you, and eat it. This is my body which will be given up for you." After the meal he took the cup filled with wine, gave God thanks and praise and gave it to his disciples, saying, "Take this, all of you, and drink from it: this is the cup of my blood, the blood of the new and everlasting covenant."

Notice that Jesus does not say that the bread and wine are only signs of his body and blood. He says, "This is my body-, this is the cup of my blood." We take him at his word. Now, of course, we don't believe that the bread becomes a piece of flesh. Christ's physical body was his way of being fully present with us, and now he takes bread and wine and says that these will be his way of being fully present, physically present with us.

How this is possible is ultimately a mystery. The Church has used the term "transubstantiation" to express the truth that the substance, the deep reality, of the bread becomes Christ's body. But this does not explain how. The best we can say is that it is by the power of Christ's word and the action of the Holy Spirit. We can't explain just how, but we believe that Jesus meant what he said.

Jesus also meant what he said when he told us all to take and eat and to take and drink. For too many centuries, Catholics received Communion under only the species of bread. This was a reaction to a medieval heresy that said you didn't really receive Christ if you only received one species. After that issue faded, the Protestants restored both species, so the Catholic Church did not. Judging that this reason, too, was no longer valid, the bishops at the Second Vatican Council called for the restoration of Communion under both species.

Bread, the staff of life, speaks of sustenance. Wine speaks of the spirit and the joy of life. Christ used both to communicate the fullness of his being. He intends us to receive both. Sharing the bread reminds us of our unity in one body. Sharing the cup speaks of sharing in the covenant, as Jesus' words indicate. It reminds us, too, that we share the same lifeblood with Christ and with one another. Those who cannot drink any alcohol and those who cannot eat any wheat can, of course, receive under only one species. It's still the whole Jesus. Nevertheless, receiving both the body and the blood is a more complete form of Communion and a "fuller sign of the Eucharistic banquet" (GIRM, # 281). Besides, it's what the Lord told us to do, and he meant what he said.

**The Cathedral Parish has a vibrant Rite of Christian Initiation for Adults (RCIA) program with many candidates and catechumens. Sponsors are needed for these candidates and catechumens to guide them through the sacraments. If you would like to assist them, please contact Sr. Jenny at 444-5364.**

### MASSES FOR THE WEEK

**MON 10/10/2005** Columbus Day Holiday  
7:00 am: NO MASS  
12:00 noon: NO MASS

**TUES 10/11/2005**  
7:00 am: Joseph Binh Bui +  
12:00 noon: Joseph Binh Bui +

**WED 10/12/2005**  
7:00 am: Lois Downey +  
12:00 Noon: Msgr. Raymond Ranw, S.I. 100th

**THURS 10/13/2005**  
7:00 am: Bertie Fernando +  
12:00 noon: Msgr. Raymond Ranw, S.I. 100th

**FRI 10/14/2004** St, Callistus, pope & martyr  
7:00 am: All Souls  
12:00 noon: Msgr. Raymond Ranw, S.I. 100th