

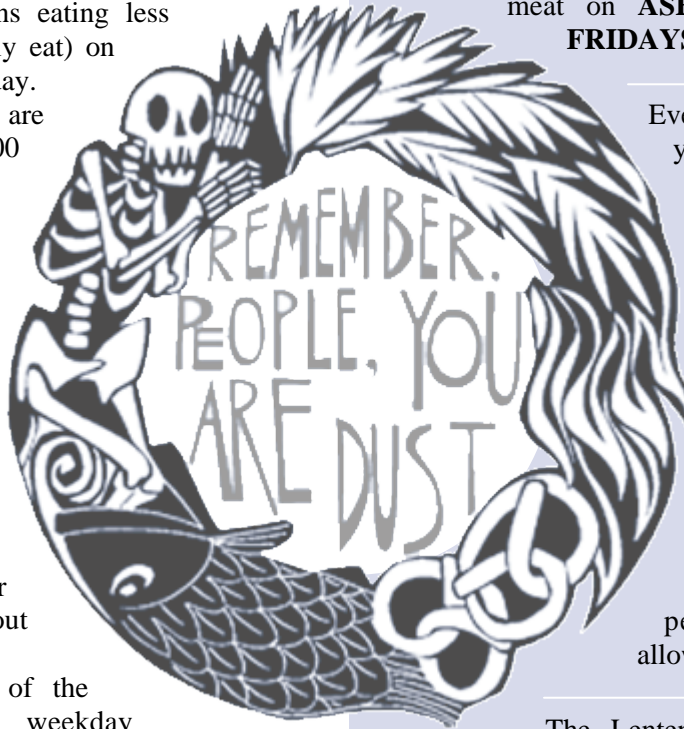
## ASH WEDNESDAY SERVICES

Wednesday, February 21, is Ash Wednesday and marks the beginning of Lent. Catholics are required to **abstain** from meat on that day and on all Fridays or Lent, especially Good Friday. In addition, Catholics are required to **fast** (which means eating less food than one would ordinarily eat) on Ash Wednesday and Good Friday.

Masses on Ash Wednesday are at 12:10 pm, 5:10 pm, and 7:00 pm in Spanish. Ashes will be distributed at all Masses. Further, ashes will be distributed at 10:00 am and 3:00 pm with a brier Liturgy of the Word.

Downtown workers are encouraged to take advantage of our two daily Masses during the seven weeks of Lent. We encourage you to pass the word to other Catholics in your workplaces who may know about our Mass schedule.

We also have adoration of the Blessed Sacrament every weekday afternoon from 12:45 pm to 4:45 pm. Take a break from the rush and noise of the city this Lent, and spend some time in silence before the monstrance in the Eucharistic Chapel. Other Lenten services include Stations of the Cross every Friday at 12:45 pm in English and at 7:00 pm in Spanish, followed by the Spanish Mass.



### DIOCESAN LENTEN OBSERVANCE

#### ABSTINENCE

Everyone over 14 years of age is bound to abstain from meat on **ASH WEDNESDAY** and **ALL FRIDAYS** of Lent.

#### FAST

Everyone over 18 and under 59 years of age is bound to fast on **ASH WEDNESDAY** and **GOOD FRIDAY**; continuing the fast on **HOLY SATURDAY** is encouraged.

On these two days of fast, only one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken; but together, they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

#### HOLY COMMUNION

The Lenten and Easter Seasons extend from Ash Wednesday, February 21, 2007, through Trinity Sunday, June 3, 2007, inclusive. All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily within this period.

### ADULT CONFIRMATION CLASSES

Beginning on February 20, 2007, the day before Ash Wednesday, the Cathedral Parish will provide instruction every Tuesday evening from 7:00 pm to 8:00 pm in the Lower Level for adult Catholics who have received religious instruction in the past but for some reason have not been confirmed. Bishop William Weigand will confirm all those who attend the classes (and candidates from throughout the diocese) on Saturday May 5 at 12 Noon. Those interested in taking advantage of this opportunity should contact **Sister Jenny, Director of Religious Education, at 444-5364.**



### CHINESE NEW YEAR MASS

The Sacramento Chinese Catholic Community cordially invites all Chinese Catholics and interested parishioners to celebrate their New Year with Holy Mass on Sunday March 4, 2007 at 3:00 pm at Holy Spirit Church, 3159 Land Park Drive. Bishop William K. Weigand will preside at this Thanksgiving Chinese New Year Mass. For more information contact **Gloria Fong at (916) 442-7178** or **Joe Chan at (916) 428-7448.**

### NURSE OPPORTUNITY

The Sacramento Life Center needs a nurse Clinic Manager for its two clinics in midtown Sacramento and Roseville. Qualifications include being Registered Nurse that is capable of overseeing a licensed health clinic including supervision of counselors and ultrasound nurses. Labor and delivery experience a plus. 20-30 hrs week. Call **(916) 451-4357** for an application.

# RITE OF ELECTION FEB 24-25

Saturday February 24, 2007 ..... 7:30 pm  
 Sunday February 25, 2007 ..... 3:00 pm and 7:00 pm

In the Rite of Christian Initiation for Adults (RCIA), “Inquirers” enter the Catechumenate through the **Rite of Acceptance** held a minimum of four times a year in the Cathedral. As Catechumens, they receive formal instruction and formation in our faith. The **Rite of Election** brings to an end the period of the Catechumenate and inaugurates the Period of Purification. The act of election by Bishop Weigand is a proclamation of admission to the reception of the sacraments of initiation at the Easter Vigil (Baptism, Confirmation, Eucharist), and is a significant turning point in the Catechumenate process. The rite celebrates the transition in the life of the catechumen from one who is seeking to one who is ready to stand firm in a commitment. The election is the announcement that the community has discerned that the catechumen is indeed ready to celebrate the Easter Sacraments. The word “election” is not used as if we are voting in representative form of government like our own. **Sacramental “election” is focused on what God has done and is doing in these people’s lives.** It is a public announcement that we, the Cathedral Parish, have seen God at work in them, and that they are ready to enter into the covenant relationship established through the sacraments. Since only a bishop may confer this election, each of the some 105 parishes in the Sacramento Diocese sends its catechumens to the Cathedral during one of the three designated Rites of Election.

Even now, says the Lord, return to me with your whole heart, with fasting, and weeping, and mourning; rend your hearts, not your garments, and return to the Lord, your God.

Joel 2: 12



17TH ANNUAL  
 CATHOLIC APPEAL  
*Today Sunday February 18*  
*25% Comes Back to Parishes*

The 17th Annual Catholic Appeal is fast approaching—February 17-18, 2007. Your participation in the Appeal enables programs for needy people in northern California to operate for another year. It also provides financial resources to our parish for our own ministries. As you think about your commitment this year, remember that older people, foster teens, children, working families, immigrants, pregnant women, and the homeless find relief and a chance for a better future through the programs supported by this Appeal. The Catechism of the Catholic Church states that “the Eucharist commits us to the poor.” The Annual Catholic Appeal is a highly beneficial way to help others. Nine-month pledges are encouraged to spread out any donations over a longer period, but all are encouraged to participate whether their gift is large or small. Remember, 25 percent comes back to our Cathedral Parish to help our local programs like St. Vincent de Paul who provides shelter for 10 homeless persons every night.

## MASSES FOR THE WEEK

<b>MON 2/19/2007</b>	<b>President’s Holiday</b>
12:10 pm:	Alfredo Cardenas, S.I.
5:10 pm:	No Mass
<b>TUES 2/20/2007</b>	<b>Weekday in Ordinary Time</b>
12:10 pm:	Philip Westmark, S.I.
5:10 pm:	Jose Buitrago & Family, S.I.
<b>WED 2/21/2007</b>	<b>Ash Wednesday</b>
10:00 am:	Ashes, Liturgy of the Word
12:10 pm:	Sister Elizabeth +
3:00 pm:	Ashes, Liturgy of the Word
5:10 pm:	Arturo Cardenas, S.I.
7:00 pm.	Mass in Spanish
<b>THURS 2/22/2007</b>	<b>Chair of St. Peter, apostle</b>
12:10 pm:	Rita Guiney, S.I.
5:10 pm:	Rita Guiney, S.I.
<b>FRI 2/23/2007</b>	<b>St. Polycarp, bishop</b>
12:10 pm:	Yolanda Gonzalez

### New Parishioner Registration and Change of Address Form

Name: \_\_\_\_\_ Envelope No.: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_  
 Address: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Fill out and deposit in Offertory Basket. Thank You!