

## A COMMITMENT TO STEWARDSHIP OF PRAYER OVER THE NEXT TWELVE MONTHS

I am glad to offer you both individual and family prayer opportunities that you can commit to over the next twelve months. Again this week I provide the Stewardship Commitment form for those who did not get it last week.

It's actually easier than you may think. You have probably heard the saying "Marriages and families that pray together stay together." Recent research has proved this to be true. Building a healthy prayer life can lead to a healthier lifestyle for you and your loved ones as well. A more fulfilling prayer life steeped in a sense of gratitude for all that we are and have can be a wonderful legacy you build for yourself, your family and our Cathedral parish.

Besides devoting five minutes a day to prayer, read carefully the options you have that can bring a greater sense of peace and well-being through a renewed commitment to prayer. Once you have made a decision, simply keep your choices in a place you and your family can review periodically during the year. This special commitment to Stewardship of Prayer is the beginning of what I hope will lead each of us and our entire church community into a deeper and more satisfying relationship with God.

Please find below a variety of options on how you and your family can join with our entire Catholic parish community. Please see next page for prayers you may like to use. Just check off or write down your prayer commitments(s). Remember, through your prayer commitment you become a minister of prayer here in our parish.

- Five Minutes a Day Commitment to Prayer
- Attend Sunday Mass Regularly
- Attend Daily Mass
- Daily Rosary
- Shared Prayer with Family
- Morning/Night Prayer
- Scripture Readings
- Way of the Cross
- Visit to the Blessed Sacrament
- Prayer Before and After Meals
- Fasting
- Meditation
- Novena
- Attend a Spiritual Retreat this Year
- Sacrament of Reconciliation (Confession)

Your Own Method of Prayer:

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## **What Can I Do To Live My Faith as a Good Steward?**

### **Be a good steward of time...**

**Spend time in prayer**

**Spend time with others: family, neighbors,  
those in need.**

### **Be a good steward of talent...**

**Acknowledge my God-given gifts. Offer  
myself in service to our church and  
other charities as listed in the commitment sheet**

### **Be a good steward of treasure...**

**Discern what percentage of the money  
I have been blessed with  
when given to charity represents adequate  
thanks to God for all the blessings I have received  
discern what I can give up in order to be  
more generous in sharing the treasure I have  
with our parish and community.**

#### **~PRAYER OF ST. THERESE OF LISIEUX TO KNOW GOD'S WILL~**

Lord grant that I may always allow myself to be guided by you, always follow your plans, and perfectly accomplish Your holy will.

Grant that in all things, great and small, today and all the days of my life, I may do whatever you may require of me. Help me to respond to the slightest prompting of Your grace, so that I may be your trust-worthy instrument. May Your will be done in time and eternity, by me, in me, and through me. Amen.

#### **~PRAYER OF ST. IGNATIUS OF LOYOLA~**

Dearest Lord, Teach me to be generous and to serve You as You deserve. To give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for reward, save that of knowing that I am doing Your will. Amen.

# CATHEDRAL OF THE BLESSED SACRAMENT PARISH

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



*Please include all members of your family when sharing your gifts, and check the boxes below:*

## TIME IN PRAYER

I/we plan to attend Mass weekly and pray regularly for God's work through the Church.

## TALENT

I/we plan to share my/our time and talent through the ministries chosen on the reverse side of this form.

## TREASURE

I/we will financially support the ministries and services of the parish.

I/we will give: \$ \_\_\_\_\_

Weekly     Monthly     Quarterly     Annually

for a total of \$ \_\_\_\_\_ during 2010.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I receive and use envelopes for Stewardship Giving.

I receive but do not use envelopes for Stewardship Giving.

I am interested in making my donation through electronic giving (checking, savings or credit card).

For Cathedral electronic giving, you can sign up in two ways:

(1) Use your Visa or MasterCard by going to the main page of the Cathedral Website and using the direct link for electronic giving. The links are secured by VeriSign. Our site uses SSL (Secure Sockets Layer) to ensure that personal and sensitive data is transmitted safely and securely using encryption methods.

(2) Fill out an enrollment form which you can get from the Rectory or on the Cathedral website (<http://www.cathedralsacramento.org>). A list of Frequently Asked Questions" is available at the Rectory during normal weekday hours and/or on the website.



## ~SERVANT LEADER~

### BAPTIZED, BLESSED AND CALLED BY GOD

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing (Eph 1: 3)

How often do you count your blessings? Much in today's advertising strategy is designed to make us dissatisfied with who we are and what we have. The idea is that buying this or that product is going to solve our problems and make us happy. Counting the blessings we have as Christians (instead of obsessing over our deficiencies) from time to time can help us regain perspective, renew our love for God and others and give us hope for the future. The Holy Bible readings offer many occasions to do just that.

For example in Mark 6 Jesus invites his disciples to share in his mission of preaching and healing. Just as God sent the prophet Amos to preach repentance to ancient Israel, so Jesus sends his followers forth to proclaim the good news of God's kingdom and to bring healing to those who need it most. While the instructions in Mark 6 have as their original historical setting the rural conditions of first-century Palestine, the privilege of sharing the Jesus' mission is offered to all Christians in every circumstance and is the greatest blessing of all.

As he sends out the Twelve, Jesus also gives precise instructions about what we today call "lifestyle." With regard to their food, clothing and material goods, Jesus' message is one of stark simplicity. As to lodging, their orders are to stay wherever they first land and not spend their time and energy trying to better their circumstances. This kind of evangelical poverty is no asceticism or self-denial for its own sake. Rather, the simplicity that befits Jesus' followers is always in the service of the mission to proclaim God's kingdom in word and deed.

The blessings that we have as baptized Christians are found beautifully in the letter to the Ephesians. It places the exercise of counting our blessings in the form of a benediction and thanksgiving in which we point to God as the source of all we have and are in and through Jesus' Life, death and resurrection. Those blessings include being chosen, adopted, redeemed and enriched with God's wisdom. Through Christ, God has chosen us to be holy, made us the adopted brothers and sisters of the Son of God, forgiven our sins and given us right relationship with God, and enabled us to understand God's plan of salvation.

Moreover, through Christ God had given us a clear purpose in life-to praise and serve God and one another- and the Holy Spirit as a help to carry out the task. Having been sealed with the Spirit, we have received in baptism the first installment toward fullness of eternal life with God. We are especially blessed because our lives have purpose and direction, and we have God's help in carrying out that purpose. Instead of focusing excessively on our inadequacies and deficiencies, it is important to count our blessings-not as an exercise in self congratulation, but rather as a way of giving thanks to the One who has blessed us in Christ with every spiritual gift.

#### PRAYING WITH SCRIPTURE

- ❖ What do you count as special blessings in your life? Why are they so important?
- ❖ How can you in your own circumstances share in Jesus' mission of witnessing to God's kingdom and bringing healing to others?
- ❖ How might recognition of the blessings you have received in baptism help you with **Stewardship – A Way of Living?**

**~ FESTIVAL OF TREES AND LIGHTS~  
CATHEDRAL SQUARE HOMELESS PROGRAM**

The Cathedral Square Homeless Program's (CSHP) goal is to get downtown homeless people get off the streets and into permanent housing! Started in 2005 as a St. Vincent de Paul Society ministry, it is designed to "teach the homeless to fish", rather than to just "give them fish." The CSHP offers temporary housing, food, bus passes, and help in finding jobs. This is evidenced in its motto:



**NOT A HANDOUT—A HELPING HAND!**

The Festival of Trees and Lights (FOTL) is a Cathedral ministry that supports the CSHP. The Festival features fully decorated Christmas trees, wreaths, and crafts, as well as live entertainment. Prices are set to meet all pocket-books, especially the unique, affordable Christmas ornaments. Throughout the month of November, our volunteers will be offering RAFFLE TICKETS after the masses. Prizes include a Five nights stay at Waikiki Beach, Ipod, and numerous gift cards and baskets. If you would like to volunteer to help before, during, or after the Festival, you are invited to attend a volunteer meeting on **NOVEMBER 12, 2009 at 7:15 PM** in the Lower Level of the Cathedral. Contact: Tom Waddock at 916-443-2709. To contribute contact: Valerie Chun at 916-212-5355 or [vwchun@gmail.com](mailto:vwchun@gmail.com)

**~CHRISTMAS ADOPT A FAMILY PROGRAM ~**

Catholic Charities of Sacramento is seeking individuals or families interested in 'adopting' a local family in need for Christmas. Donors are asked to provide gifts as well as a grocery store gift card. This year we are anticipating that more families will be in need than ever before. Please call the Catholic Charities office at 916-733-0253 for more information. You may also visit our website at [www.diocese-sacramento.org](http://www.diocese-sacramento.org) in the Social Service Ministry section to obtain a donor registration form or to apply online.

**~ CATHEDRAL YOUTH GROUP ~**

The Cathedral Youth Group (English and Spanish young people) meets every other Wednesday evening in the

Lower Level from 7:00 pm to 8:30 pm. The next meeting will be Wednesday November 11, 2009. Please join the group for a young persons Catholic experience. For more information, contact Leticia and Edgar Hilbert at 457-1552 or Sister Jenny at 444-5364.

**~ PILGRIMAGE TO LOURDES ~**

Join like-minded Catholics as we venerate the relics of St. James the Apostle and St. Teresa of Avila and Journey to Lourdes, Fatima, Lisbon, Santiago de Compostela, Avila, Madrid, Saragossa, Barcelona. We leave from SFO June 1st and return June 14<sup>th</sup>, 2010. For more info call Karen Chappellear, 652-7560.

**CATHEDRAL MASS SCHEDULE**

- MON 11/9/2009 DEDICATION OF LATERAN BASILICA**  
Ez 47: 1,2,8,9,12;1 Cor 3:9-11,16,17; Jn 2: 13-22  
12:10 pm: John Hguyen Mao +  
5:10 pm: Edward Molfino
- TUES 11/10/2009 ST. LEO THE GREAT**  
Wis 2: 23—3: 9  
12:10 pm: Andres & Marie Nevares +  
5:10 pm: Ray Lumagui +
- WED 11/11/2009 VETERAN'S DAY HOLIDAY**  
**ST. MARTIN OF TOURS**  
Wis 6: 1-11; Lk 17-11-19  
12:10 pm: Muoi Dang +  
5:10 pm: Policarpio A. Medina +
- THU 11/12/2009 ST. JOSEPHAT**  
Wis 7:22b—8:1  
12:10 pm: Francis I. Elliot +  
5:10 pm: Stacy Cwagers +
- FRI 11/13/2009 ST. FRANCIS XAVIER CABRINI**  
Wis 13: 1-9; Lk 18: 1-8  
12:10 pm: John Mao & Family +

NO EVENING MASS ON FRIDAYS

**ADORATION OF THE BLESSED SACRAMENT**  
WED & THUR 12:40PM-4:45PM FRI 12:40PM-3:45PM  
TO SIGN UP CALL ISABELLA CAZARES 391-1760 OR 833-1948,  
OR E-MAIL [BECAZ96@SBCGLOBAL.NET](mailto:BECAZ96@SBCGLOBAL.NET)

**CATHEDRAL TOURS EVERY SUNDAY**  
AFTER 9:00 AM AND 11 AM MASSES

**New Parishioner Registration and Change of Address Form**

Name: \_\_\_\_\_ Envelope No.: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

*Fill out and deposit in Offertory Basket. Thank You!*