



Some parishioners asked if I could put Bishop Soto's letter on the 2010 Lenten Regulations and Admonitions in the bulletin. I am glad to do so in its entirety.

~ 2010 LENTEN REGULATIONS AND ADMONITIONS ~

Another Lenten journey of further conversion will begin on **Ash Wednesday, February 17, 2010**. Lent prepares the faithful to celebrate the Paschal Mystery of Christ's suffering, death and resurrection. It is a time for reflection and spiritual renewal, a time to examine one's relationships with God and with others. The Church also calls Catholics to a spirit of penance, above all fasting, prayer and almsgiving, "which express conversion in relation to oneself, to God, and to others." (Catechism of the Catholic Church, nos.1969 and 1434).

I. FAST AND ABSTINENCE (self-denial). To foster the spirit of penance and of reparation for sin, to encourage self-denial, and to guide us in the footsteps of Jesus, Church law requires the observance of fast and abstinence (CCC, nos. 1249-1253).

1. **Abstinence:** *All persons who have already celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday and all Fridays of Lent.*
2. **Fasting:** *Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays,*

is highly recommended. Fasting is generally understood to mean eating one full meal each day. Two other partial 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. Other forms of "fasting," especially regarding alcoholic drink, needless television, video games, Internet use and social entertainment, is of true spiritual value and is strongly encouraged. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor may be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday). It is desirable that they perform some other pious act instead.

II. PRAYER. In order to deepen one's love for Christ, Catholics are urged to read and pray over sacred Scripture; to study the Catechism of the Catholic Church; to participate in devotions offered by the parish; and to pray more fervently -- individually, as families, and in common with others. The faithful are exhorted to pray the rosary, to make private visits to the Blessed Sacrament, and to pray especially for vocations to the priesthood and the religious life, for world peace, and for an ongoing implementation of the pastoral initiatives of the Third



1. Sacrament of Penance and Reconciliation:

Lent is a privileged time for celebrating this sacrament. Parishes generally make readily available the Sacrament of Penance, including its communal celebration. (In this way, the social and ecclesial aspects of sin and reconciliation, as well as one's personal reconciliation with God may be underscored. *At communal celebrations of reconciliation, however, general absolution is not permitted.* People should attend also to reconciliation in every aspect of human life -- personal, familial, societal, and ecclesial. During the Lenten and Easter time, Catholics are reminded that they are obliged to celebrate the Sacrament of Penance at least once a year.

2. Lenten Mass Schedule: Daily Masses during Lent are so scheduled so as to facilitate the attendance and spiritual growth of the faithful. The faithful are urged to attend Mass on weekdays as often as possible.

3. The Stations of the Cross are celebrated publicly in each parish on Fridays during the Lenten season. Parishioners are urged to participate.

4. Day of penance and prayer, Wednesday, March 10: "A day of penance for negative attitudes and discrimination toward people of differing cultures, ethnicity and race; and prayer for unity in our diversity, for equality, mutual respect and peace among all peoples – the second Wednesday in March..." (Diocesan Statute no. 123, c.)

5. Wedding Masses may not be celebrated during the Easter Triduum, on Sundays of Lent, Ash Wednesday, or during Holy Week. Marriages may take place at other times during Lent according to the proper liturgical norms and provisions, but it is contrary to the penitential spirit of the season to have elaborate weddings or lavish receptions.

6. Funeral Masses may not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral reasons require that a funeral be

celebrated on these days, a Liturgy of the Word, with the final commendation and farewell rite, is held.

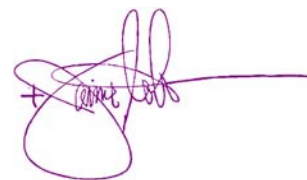
7. Mass may not be offered on Holy Saturday, April 3, except the Easter vigil, which may be celebrated only after nightfall, in darkness. This year, **the Easter vigil Mass should not begin before 8 p.m.**

8. Easter Duty: All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter Season: Easter Sunday, April 4, through Pentecost, May 23. (In the United States, the Easter Duty may be fulfilled up through Trinity Sunday, May 30.) Catholics are encouraged to receive Communion as often as possible, not only during Eastertide, but throughout the liturgical year. However, "Anyone conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Communion." (CCC, no. 1385)

III. ALMSGIVING. The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a form of piety, a witness of fraternal charity and an expression of Lenten conversion. Therefore, all Catholics are urged to support generously the charitable works of the Church, including ordinary stewardship to their parish; generous response to the 20th Annual Catholic Appeal; and contribution to the Diocesan Food Bowl. People are also encouraged to assist the sick, the aged, the needy and the imprisoned in other ways. Fasting and abstinence together with works of charity help Catholics live in solidarity with the crucified Christ reflected in the image of our brothers and sisters who suffer.

In our Lenten pilgrimage of faith and ascent to the holy mountain of Easter, may God direct our steps to Him, and show us how to walk always in His way.

Respectfully,
+ Jaime Soto
Bishop of Sacramento





Algunos feligreses preguntaron si podría poner la carta del Obispo Soto sobre los Reglamentos y advertencias Cuaresmal del 2010 en el boletín. Me complace hacerlo en su totalidad.

~ REGLAMENTOS Y ADMONICIONES CUARESMALES DEL 2010 ~

El 17 de Febrero, 2010, Miércoles de Ceniza, emprendemos otra vez el recorrido cuaresmal durante el cual procuramos profundizar nuestra conversión. La cuaresma nos prepara para celebrar el Misterio Pascual de la pasión, muerte y resurrección de Cristo. Es tiempo de reflexión y renovación espiritual, tiempo de examinar nuestra relación con Dios y con los demás. La Iglesia también llama a los católicos a adoptar un espíritu de penitencia, especialmente el ayuno, la oración y la limosna, “que expresan la conversión con relación a sí mismo, con Dios y con los demás.” (Catecismo de la Iglesia Católica Nos. 1969 y 1434).

I. AYUNO Y ABSTINENCIA (abnegación). Para fomentar el espíritu de penitencia y reparación por el pecado y cultivar la abnegación, y para guiarnos a seguir las huellas de Jesús, la Iglesia tiene por ley que se observe el ayuno y la abstinencia (CIC, nos. 1249-1253).

- 1. Abstinencia:** *Todas las personas que hayan cumplido los 14 años tienen la obligación de abstenerse de comer carne el Miércoles de Ceniza y todos los viernes de cuaresma.*
- 2. Ayuno.** *Todas las personas, de 18 años cumplidos hasta los 59, tienen la obligación de ayunar el Miércoles de Ceniza y el Viernes Santo. El ayuno opcional en otros días de la cuaresma, especialmente los miércoles y viernes, es*

sumamente recomendable. Generalmente, el ayuno comprende una sola comida completa al día. Se puede ingerir otras dos comidas pequeñas suficientes para mantener las fuerzas, pero juntas no deben ser equivalentes a una comida completa. No está permitido comer entre las comidas, pero si está permitido ingerir líquidos. Otras formas de “ayunar”, que son muy recomendables y de auténtico valor espiritual, consisten en no tomar bebidas alcohólicas, limitar el uso innecesario de la televisión, la *Internet* y las diversiones sociales. En casos en que peligre la salud o la capacidad de trabajo, no se aplican las leyes del ayuno y abstinencia. Si se tienen dudas al respecto, se ha de consultar con un sacerdote de la parroquia o con un confesor. Los que trabajan en los aeropuertos, los viajeros y otras personas que se encuentren a bordo de barcos o aviones están exentos de las leyes de ayuno y abstinencia mientras dure su viaje (excepto el Viernes Santo). En su lugar, conviene que practiquen algún otro acto piadoso.

II. Oración. Con el fin de profundizar nuestro amor por Cristo, los católicos debemos orar y meditar las Sagradas Escrituras; estudiar el Catecismo de la Iglesia Católica; participar en los actos piadosos que ofrezca nuestra parroquia; y orar con mayor fervor – individualmente, en familia y en comunión con otras personas. A los fieles se les exhorta a que recen el rosario, visiten al Santísimo Sacramento, y oren, especialmente por las vocaciones al sacerdocio y a la vida consagrada, por la paz mundial, y por la ejecución de las iniciativas pastorales del Tercer Sínodo Diocesano.



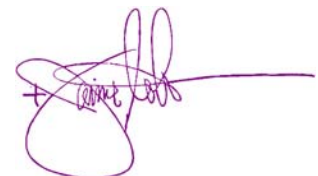
1. **Sacramento de la Penitencia y Reconciliación:** La cuaresma es el tiempo óptimo para celebrar este sacramento. Por lo general, las parroquias ofrecen regularmente el Sacramento de la Penitencia, incluyendo su celebración comunitaria. (De esta manera, se pone énfasis en los aspectos sociales y eclesiales del pecado, así como en la reconciliación personal con Dios. **No obstante, la ley de la Iglesia no permite la absolución general en las celebraciones penitenciales comunitarias**) Los fieles deben buscar la reconciliación en todos los aspectos de la vida humana—personal, familiar, social y eclesial. Durante las temporadas de cuaresma y Pascua, se les recuerda a los católicos que tienen la obligación de acercarse al Sacramento de la Penitencia por lo menos una vez al año.
2. **Horario de Misas durante la Cuaresma:** Las Misas diarias durante la cuaresma han de programarse de tal manera que faciliten la asistencia de los fieles y su crecimiento espiritual. Se insta a los fieles a asistir a Misa durante los días de semana tan frecuentemente como les sea posible.
3. **El Vía Crucis** se celebra públicamente en cada parroquia todos los viernes de cuaresma. Se insta a los fieles a participar.
4. **Día de Penitencia y Oración, Miércoles 10 de Marzo:** Este es “Un día de *penitencia* por las actitudes negativas y discriminación hacia las personas de diferente cultura, etnia y raza; y de *oración* por la unidad en nuestra diversidad, por la igualdad y el respeto mutuo, y por la paz entre todos los pueblos – el segundo miércoles de marzo...” (Estatuto Diocesano #123,c).
5. **Misas Nupciales.** No deben celebrarse Misas nupciales durante el Triduo Pascual, en los domingos de cuaresma, el Miércoles de Ceniza ni durante la Semana Santa. Las bodas pueden celebrarse en otros días de la cuaresma siguiendo las normas y estipulaciones propias de la liturgia. No obstante, las bodas fastuosas y recepciones lujosas no encajan en el espíritu penitencial de la temporada.
6. **Misas Fúnebres.** No deben celebrarse Misas Fúnebres el Jueves Santo, Viernes Santo, Sábado Santo, ni en los domingos de cuaresma. Cuando

por razones pastorales se hace necesario celebrar un funeral durante alguno de estos días, se celebrará la Liturgia de la Palabra con el rito del Último Adios al Difunto y su Recomendación a Dios.

7. **No han de celebrarse Misas el Sábado Santo, 3 de Abril,** con excepción de la Vigilia Pascual. Este año, **la Vigilia Pascual no debe empezar antes de las 8:15 p.m.**
8. **La Obligación Pascual.** Todos los católicos ya iniciados en la Sagrada Eucaristía tienen la obligación de recibir la Sagrada Comunión por lo menos una vez durante la temporada Pascual: Domingo de Pascua, 4 de Abril, hasta Pentecostés, 23 Mayo. (En Estados Unidos, la Obligación Pascual puede cumplirse hasta el Domingo de la Santísima Trinidad, 30 de Mayo). Se exhorta a los católicos a que reciban la Comunión con la frecuencia que les sea posible durante el año litúrgico, no solo durante la temporada pascual. Sin embargo, “Quien tiene conciencia de estar en pecado grave debe recibir el Sacramento de la Reconciliación antes de acercarse a comulgar.” (CCE, §1385)

III. Limosna. El acto de dar a los pobres, en la más antigua tradición de la Iglesia, es una expresión de penitencia, una forma piadosa, un testimonio de caridad fraterna y una expresión de conversión cuaresmal. Por consiguiente, a todos los católicos se les pide que ayuden generosamente a las obras caritativas de la Iglesia, incluyendo las contribuciones regulares a su parroquia; que respondan con generosidad a la Vigésima Llamada de Ayuda Católica; y que den su contribución al *Tazón de Comida Diocesano* (en inglés, *Diocesan Food Bowl*). Se les insta también a que ayuden de varias maneras a los enfermos, a los necesitados y encarcelados. El ayuno y la abstinencia junto con las obras de caridad ayudan al católico a vivir en solidaridad con Cristo crucificado reflejado en la imagen de sus hermanos y hermanas que sufren. Al emprender nuestra peregrinación de fe y ascender el monte santo de la Pascua, que Dios encamine nuestro paso hacia Él, y nos enseñe a andar siempre en su camino.

Respectfully,
+Jaime Soto
Bishop of Sacramento



5TH ANNUAL EASTER RAFFLE FOR RELIGIOUS EDUCATION

Sister Jenny announces the 5th Annual Easter Raffle to benefit all the Religious Education Programs here at the Cathedral. Tickets on sale now for only \$1. Purchase tickets in the vestibule every Sunday after mass or ask any of the many religious education students. Some of the prizes include for adults Paolo Schiraldi 3d Relief Art, Tiffany & Co. Necklace, Apparition Basket and for children an IPOD, bicycle, and Easter Baskets. Many more prizes to be awarded. Support our local Religious Education programs and buy some tickets. We have over 500 children in religious education classes throughout the week!

~ CATHEDRAL LENTEN CONCERT SERIES ~

FRIDAY, MARCH 5 AT 8:00 PM.

Christoph Keggenhoff, organist. *Domkantoor* of Speyer Cathedral in Germany.

THURSDAY, MARCH 11 AT 7:30 PM

University of Redlands Chapel Singers. Jean-Sébastien Vallée, Director.

SATURDAY, MARCH 20 AT 7:00 PM

Diego Cannizzaro, organist. Organist and Choirmaster of the Cathedral-Basilica of Cefalù in Sicily.

**ALL CONCERTS ARE FREE AND OPEN TO THE PUBLIC.
DONATIONS WILL BE ACCEPTED AT THE DOOR.**

Please note that parking in the garage by the alley may not be available. If closed, try street parking or the garage at 10th & L or on 11th St. between I & J St.

~ ADULT CONFIRMATION CLASSES ~

The Cathedral Parish will begin Adult Confirmation Classes on Tuesday March 9 at 7:00 pm in the Lower Level for those who, for whatever reason, have never been confirmed. Bishop Jaime Soto extends this invitation each year providing that candidates have prior instruction. The Adult Confirmation Mass will be celebrated by Bishop Soto on May 22, 2010, at the 5:00 pm Mass. Please call Sister Jenny at 444-5364 to join this class.

~ WELCOME BACK FOR EASTER PROGRAM ~

This program is designed to facilitate an open ongoing dialogue for nonpracticing Catholics or for those Catholics who have recently returned to the Faith. The program is to help pave the way for returning to the Sacraments. The program will be held on six consecutive Tuesdays from April 6 through May 11, 2010 from 7:00 pm to 9:00 pm in the lower level of the Cathedral of the Blessed Sacrament 1017 11th St., Sacramento, CA. Free parking is available in the parking facility adjacent to the lower level Cathedral entrance. For more information and/or to register, please contact Tim Longdon at 916-359-5540 or Sister Jenny Aldeghi at 916-444-5364.

~ CATHEDRAL INVITATION TO SERVE AS LECTORS AND EUCHARISTIC MINISTERS ~

During the Stewardship Outreach last fall, we invited you to serve as Lectors and Eucharistic Ministers. We are in the process of training many new ministers who answered this call. If you

are interested and did not have an opportunity to sign up, it is not too late. We would like to have as many ministers participating, so that we continue to build strong a Parish community. **Please call Sister Jenny at 444-5364** for information or to join these ministries. A **Workshop for Lectors and Eucharistic Ministers** will be held for all present ministers and those so interested will be held on Saturday, March 27, 2010, from 2:00 to 5:00 pm in the Cathedral Lower Level.

~ THE SCRUTINIES ~

Next Sunday, the Third Sunday of Lent, we begin the Scrutinies. The word "scrutiny" means to search. The Lenten Scrutinies are, then, rites of searching for the Elect who are preparing for the Easter Sacraments. The scrutinies are meant to uncover, then heal, all that is weak, defective, or sinful in the hearts of the Elect; to bring out, then strengthen, all that is upright, strong, and good. For the scrutinies are celebrated in order to deliver the Elect from the power of sin and Satan, to protect them against temptation, and to give them strength in Christ who is the way, the truth, and the life. The Scrutinies are celebrated on the Third, Fourth, and Fifth Sundays of Lent to correspond to the Gospel stories of the Samaritan Women at the Well, the Man Born Blind, and the Raising of Lazarus read on each of those respective Sundays. Each story is about a "passover" from dishonesty to truth, from blindness to sight, from death to life.

CATHEDRAL MASS SCHEDULE

MON 3/1/2010	LENTEN WEEKDAY
Dn 9: 4b-10; Lk 6: 36-38	
12:10 pm: Guillian F. Thompson +	
5:10 pm: Margarita Samaniego +	
TUES 3/1/2010	LENTEN WEEKDAY
Is 1: 10, 16-20; Mt 23: 1-12	
12:10 pm: Mary Nguyen Mao +	
5:10 pm: Rudy Pertile, S.I.	
WED 3/3/2010	ST. KATHERINE DREXEL
JER 18: 18-20; MT 20: 17-28	
12:10 pm: Marisa I. Martinez & Salvador Rivas, S.I.	
5:10 pm: OCDS Sacramento	
THUR 3/4/2010	ST. CASIMIR
Jer 17: 5-10; Lk 16: 19-31	
12:10 pm: Carolina Santiago +	
5:10 pm: Mary Ellen Nommenson, S.I.	
FRI 3/5/2010	LENTEN WEEKDAY
Gn 37: 3-4, 12-13a, 17b-28a; Mt 21: 33-43, 45-46	
12:10 pm: Olivia Santiago +	

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

CATHEDRAL TOURS EVERY SUNDAY

AFTER 9:00 AM AND 11 AM MASSES