

11th Sunday of Ordinary Time

Sunday, June 18, 2023



Happy Father's Day

1017 11th Street - Sacramento, CA 95814 | 916-444-3071

CATHEDRAL OF THE BLESSED SACRAMENT
Stewards of God's Gifts

MASS SCHEDULE

* Livestream available on Sundays & Holy Days of Obligation

Sunday | Domingo

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

Cathedral Hours: Monday - Friday 10-4
Office Hours: Monday-Friday 9-12 & 1-4

Monday - Friday

Lunes - Viernes
12:10 pm

Saturday | Sábado

NO VIGIL MASS

ADORATION

Wednesday & Thursday
1:00 pm to 4:00 pm

RECONCILIATION

Monday - Friday | Lunes - Viernes

11:30 am to 12:00 pm

Saturday | Sábado

4:00 pm to 5:00 pm

Connect with us!



cathedralsacramento.org

Eucharistic Revival: Stewardship

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We lift up our Hearts

Near the beginning of the Eucharistic Prayer, the priest exclaims, "Lift up your hearts!" and the people respond, "We lift them up to the Lord!" This is a signal that the Mass's central prayer has begun — the prayer that makes Christ's Body and Blood present as we remember His great work of salvation. If we consider the definition of prayer, "lifting one's mind and heart to God," then our whole lives can be filled with prayer. Daily actions, done with love, can become prayerful. Mindfulness of God's presence in hard times or joyful times becomes a prayer. As St. Paul says, "Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus" (1 Thess 5:16-18). When we invite God into our daily lives, we are filled with a confidence and peace, knowing that He is in control, no matter what happens. **Do you desire more peace in your life? Is God calling you and your family to spend more time with Him?** Let the Cathedral help you to listen to God's call in your life, and challenge yourself and your family to live a more Christ-centered existence with a four-fold strategy:

HOSPITALITY — PRAYER
FORMATION — SERVICE

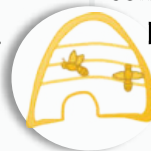


To help us celebrate the Eucharistic Revival, at the parish level, we are making improvements to our bulletin and website.

You will find the following four symbols in the bulletin to provide guidance in living stewardship as a community of faith:

Hospitality.

The beehive is an ancient symbol used by the Church to symbolize a welcoming community.



Hospitalidad.

La colmena es un antiguo símbolo utilizado por la Iglesia para una comunidad acogedora.

Prayer.

The cross is a powerful sign of our faith, with which we begin our prayer.



Oración.

La cruz es un signo poderoso de nuestra fe, con el que comenzamos

Formation.

The fish is a symbol of Jesus, who formed his disciples with both his words and flesh.



Formación.

El pez es un símbolo de Jesús, quien formó a sus discípulos tanto con sus palabras como con su carne.

Service.

The heart is a universal sign of love. Our love for Jesus calls us to serve one another.



Servicio.

El corazón es un signo universal de amor. Nuestro amor por Jesús nos llama a servirnos

Levantemos el Corazón

Cerca del comienzo de la Plegaria Eucarística, el sacerdote exclama, "Levantemos el Corazón!" y las personas responden, "¡Lo tenemos levantado hacia el Señor!" Esta es una señal de que la oración central de la Misa ha comenzado—La oración que hace presentes el Cuerpo y la Sangre de Cristo mientras nosotros recordamos Su gran obra de salvación. Si la oración, como lo enseña el Catecismo, es "elevar nuestra mente y corazón hacia Dios," entonces la totalidad de nuestras vidas puede estar llena de oración. Las acciones diarias, hechas con amor, pueden convertirse en oración. Estar conciente de la presencia de Dios en los tiempos difíciles o gozosos se convierte en oración. Como dice San Pablo, "Estén siempre alegres, oren en todo momento y den gracias por todo; ésta es, por voluntad de Dios, su vocación de Cristianos." —1 Tes. 5:16-18 Para terminar, la oración nos prepara espiritualmente para hacer cosas que no creíamos posibles, para alcanzar nuevas alturas, y para hacer la voluntad de Dios. **¿Deseas más paz en tu vida? ¿Le está llamando Dios a que pase más tiempo con Él?** Deje que la Catedral lo ayude a escuchar el llamado de Dios en su vida y desafíese a usted y a su familia a vivir una existencia más centrada en Cristo con una estrategia cuádruple:

HOSPITALIDAD—ORACION
FORMACION—SERVICIO



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.



Prayer : Heart-to-Heart with God

Every great saint has taught that prayer is the most essential component in the life of the Christian. Through prayer, we nurture our most important relationship — the one that will last for all eternity.

ROSARY PRAYER TIMES

Sundays, 11:15 AM. Join your fellow Cathedral parishioners in the Cathedral Square to pray a bilingual rosary between 10am and 12pm Masses for the intention of an end to abortion.

Fridays, 7:45 AM. Capitol Park
For the prayer, song and fellowship.

1st & 3rd Wednesdays, 7:10 PM.
St Toribio Classroom, lower level.

ADORATION

Wednesdays and Thursdays, 1PM—4PM

In the Blessed Sacrament Chapel, in the Cathedral.

Prayer Challenge: How am I making time this week for heart-to-heart encounters with God?



Service: Love in Action

"Amen I say to you, whatever you did to the least of my brothers, you did it to me" (MT 25:40). While we may not view ourselves as saints, we too are called to such heroic service within our own community.

Take a look at page 10 in the bulletin and prayerfully consider how you can get involved using your talents at the Cathedral.



TEXT YOUR CATHEDRAL DONATION

For those who would like to give their offertory donation to the Cathedral with a credit or debit card, we have set up a phone number to which you can text your donation. Once registered, you may make donations directly from your phone.

Cathedral Juneteenth Holiday Schedule

June 19, 2023

Cathedral Open:

11:30 am to 12:45 pm

Confessions: 11:30 am

Mass: 12:10 pm

Offices Closed



Formation: Spiritual Growth

From childhood through adulthood, our whole life must be a process of drawing closer to God. He never stops calling us forward to learn more and to examine ourselves more deeply.

Wednesdays, 7:00 PM via Zoom

Keeping the Flame Alive with Fr. O'Reilly
Reading and reflecting on the Sacred Scriptures.
Contact Donna—flamealive22@gmail.com for info and/or to be added to the Flocknote notification.

Sundays following Masses: 8AM & 10AM (English) and after 12 noon Mass (Spanish)

Cathedral Tours. Docents give tours of the Cathedral interior, explaining the rich meaning of the Christian symbols and art.

Real + True:

An Introduction to the Catechism Flocknote:

<https://cathedralsacramento.flocknote.com/RealTrue>

Gift Shop

The Cathedral Book Store is open Sundays. For other times, please contact Susan Moeller for an appointment at 510-734-4158.



Hospitality : Christian Kindness

"When I was a stranger, you welcomed me." MT 25:35. The Gospel teaches that whenever we welcome the least of our brothers or sisters, we welcome Christ himself. That is why the first mark of a stewardship parish is hospitality.

SAVE THE DATE:

Friday, August 11, 5:00 PM

Cathedral Parish Picnic

St. Joseph's in Clarksburg

Begins at 5:00 PM—More details to follow.

Online at leisure: Let's Talk Parish

Get to know who's who around the Cathedral Parish with this very intriguing podcast. For information: Please call us 916-545-5376 or <https://is.gd/talkparish>

Sundays after Masses: 8AM & 10AM (English) and after 12 noon Mass (Spanish)

Cathedral Tours.

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Formation: Liturgy of the Word

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READING 1

EXODUS 19:2-6A

In those days, the Israelites came to the desert of Sinai and pitched camp. While Israel was encamped here in front of the mountain, Moses went up the mountain to God. Then the LORD called to him and said, "Thus shall you say to the house of Jacob; tell the Israelites: You have seen for yourselves how I treated the Egyptians and how I bore you up on eagle wings and brought you here to myself. Therefore, if you hearken to my voice and keep my covenant, you shall be my special possession, dearer to me than all other people, though all the earth is mine. You shall be to me a kingdom of priests, a holy nation."

RESPONSORIAL PSALM

PSALM 100:1-2, 3, 5

*We are his people:
the sheep of his flock.*

- Sing joyfully to the LORD, all you lands; serve the LORD with gladness; come before him with joyful song.
- Know that the LORD is God; he made us, his we are; his people, the flock he tends.
- The LORD is good: his kindness endures forever, and his faithfulness to all generations.

READING 2

ROMANS 5:6-11

Brothers and sisters: Christ, while we were still helpless, yet died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us. How much more then, since we are now justified by his blood, will we be saved through him from the wrath. Indeed, if, while we were enemies, we were reconciled to God through the death of his Son, how much more, once reconciled, will we be saved by his life. Not only that, but we also boast of God through our Lord Jesus Christ, through whom we have now received reconciliation.

GOSPEL ACCLAMATION—ALLELUIA

MARK 1:15

*The kingdom of God is at hand.
Repent and believe in the Gospel.*

GOSPEL

MATTHEW 9:36—10:8

At the sight of the crowds, Jesus' heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd. Then he said to his disciples,

"The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest."

Then he summoned his twelve disciples and gave them authority over unclean spirits to drive them out and to cure every disease and every illness. The names of the twelve apostles are these: first, Simon called Peter, and his brother Andrew; James, the son of Zebedee, and his brother John; Philip and Bartholomew, Thomas and Matthew the tax collector; James, the son of Alphaeus, and Thaddeus; Simon from Cana, and Judas Iscariot who betrayed him.

Jesus sent out these twelve after instructing them thus, "Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: 'The kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give."

REFLECT: In today's Gospel, Jesus shares his mission to proclaim the kingdom of heaven with his disciples. The signs of the kingdom's presence consist of the work that Jesus has already been doing: the sick are cured, lepers are cleansed, demons are driven out, and the dead are raised to life. The disciples are sent to continue doing the work that Jesus has begun. This is a moment of transition in Matthew's Gospel. The focus has shifted from the ministry of Jesus to the work of the community that he has inaugurated. More than any other Gospel, Matthew's Gospel elaborates on the work of the Church, which is to continue after Jesus' death and resurrection.

The Church is his continuing presence on earth. As a member of the Church sent by Jesus, how can you contribute to the mission?

PRIMERA LECTURA

Ex 19, 2-6a

En aquellos días, el pueblo de Israel salió de Refidim, llegó al desierto del Sinaí y acampó frente al monte. Moisés subió al monte para hablar con Dios. El Señor lo llamó desde el monte y le dijo: “Esto dirás a la casa de Jacob, esto anunciarás a los hijos de Israel: ‘Ustedes han visto cómo castigué a los egipcios y de qué manera los he levantado a ustedes sobre alas de águila y los he traído a mí. Ahora bien, si escuchan mi voz y guardan mi alianza, serán mi especial tesoro entre todos los pueblos, aunque toda la tierra es mía. Ustedes serán para mí un reino de sacerdotes y una nación consagrada’ ”

SALMO RESPONSORIAL

Salmo 99, 2. 3. 5

*El Señor es nuestro Dios
y nosotros su pueblo.*

- Alabemos a Dios todos los hombres, sirvamos al Señor con alegría y con júbilo entremos en su templo. R.
- Reconozcamos que el Señor es Dios, que él fue quien nos hizo y somos suyos, que somos su pueblo y su rebaño. R.
- Porque el Señor es bueno, bendigámoslo, Porque es eterna su misericordia y su fidelidad nunca se acaba. R.

SEGUNDA LECTURA

ROMANOS 5, 6-11

Hermanos: Cuando todavía no teníamos fuerzas para salir del pecado, Cristo murió por los pecadores en el tiempo señalado. Difícilmente habrá alguien que quiera morir por un justo, aunque puede haber alguno que esté dispuesto a morir por una persona sumamente buena. Y la prueba de que Dios nos ama está en que Cristo murió por nosotros, cuando aún éramos pecadores. Con mayor razón, ahora que ya hemos sido justificados por su sangre, seremos salvados por él del castigo final. Porque, si cuando éramos enemigos de Dios, fuimos reconciliados con él por la muerte de su Hijo, con mucho más razón, estando ya reconciliados, recibiremos la salvación participando de la vida de su Hijo. Y no sólo esto, sino que también nos gloriamos en Dios, por medio de nuestro Señor Jesucristo, por quien hemos obtenido ahora la reconciliación.

ACLAMACIÓN ANTES DEL EVANGELIO

MARCO 1, 15

*El Reino de Dios está cerca.
Arrepiéntanse y crean en el Evangelio.*

EVANGELIO

MATEO 9, 36—10, 8

En aquel tiempo, al ver Jesús a las multitudes, se compadecía de ellas, porque estaban extenuadas y desamparadas, como ovejas sin pastor. Entonces dijo a sus discípulos:

“La cosecha es mucha y los trabajadores, pocos. Rueguen, por lo tanto, al dueño de la mies que envíe trabajadores a sus campos”.

Después, llamando a sus doce discípulos, les dio poder para expulsar a los espíritus impuros y curar toda clase de enfermedades y dolencias. Éstos son los nombres de los doce apóstoles: el primero de todos, Simón, llamado Pedro, y su hermano Andrés; Santiago y su hermano Juan, hijos de Zebedeo; Felipe y Bartolomé; Tomás y Mateo, el publicano; Santiago, hijo de Alfeo, y Tadeo; Simón, el cananeo, y Judas Iscariote, que fue el traidor.

A estos doce los envió Jesús con estas instrucciones: “No vayan a tierra de paganos ni entren en ciudades de samaritanos. Vayan más bien en busca de las ovejas perdidas de la casa de Israel. Vayan y proclamen por el camino que ya se acerca el Reino de los cielos. Curen a los leprosos y demás enfermos; resuciten a los muertos y echen fuera a los demonios. Gratuitamente han recibido este poder; ejérzanlo, pues, gratuitamente”.

REFLEXIONAR: En el Evangelio de hoy, Jesús comparte su misión de anunciar el reino de los cielos con sus discípulos. Los signos de la presencia del reino consisten en la obra que Jesús ya ha estado haciendo: los enfermos son curados, los leprosos son limpiados, los demonios son expulsados y los muertos son resucitados. Los discípulos son enviados a continuar haciendo la obra que Jesús ha comenzado. Este es un momento de transición en el Evangelio de Mateo. El foco ha pasado del ministerio de Jesús al trabajo de la comunidad que él ha inaugurado. Más que cualquier otro Evangelio, el Evangelio de Mateo elabora sobre el trabajo de la Iglesia, que debe continuar después de la muerte y resurrección de Jesús. **La Iglesia es su presencia continua en la tierra. Como miembro de la Iglesia enviada por Jesús, ¿cómo puedes contribuir a la misión?**

A Family of Faith

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Formation: Out of Our Comfort Zone

The readings for the 11th Sunday in Ordinary Time provide us with profound insights into the essential aspects of living the stewardship way of life on our Christian journey.

In the first reading from Exodus, we witness the encounter between God and His chosen people at Mount Sinai. The Lord, through Moses, reminds the Israelites of His faithfulness and the covenant He has established with them. This reminds us of our vocation as stewards and disciples. They invite us to embrace the call to stewardship by recognizing our responsibility to care for God's creation and to generously share our gifts with others.

In our second reading from Romans, St. Paul beautifully articulates the depths of God's love for humanity. He reminds us that while we were still sinners, Christ died for us, reconciling us with God and offering us the gift of salvation. As stewards, we are called to gratefully recognize God's abundant love and respond by using our gifts and resources to build His kingdom. In our stewardship and discipleship, we discover the joy of participating in God's redemptive work, bringing hope and healing to a broken world.

The Gospel reading from Matthew recounts how Jesus is moved with compassion as He sees the crowds who are like sheep without a shepherd. He commissions His disciples, empowering them to continue His mission of healing and preaching the Kingdom of God. Like the Good Shepherd, we are called to have hearts filled with empathy and concern for those who are lost, suffering, or in need. Stewardship challenges us to extend a helping hand, offer comfort, and meet the physical, emotional, and spiritual needs of our brothers and sisters in Christ.



Formation: Sacred Silence

The word for today, coming from #52 of Desiderio Desideravi, is SILENCE. Have you noticed times of silence during the Mass? This is intentional, and prescribed in the rubrics (Instructions) found in the liturgy.

Francis writes that silence is one of the ritual acts that belongs to the whole assembly, and that it occupies a "place of absolute importance". Indeed, the whole Eucharistic celebration is "immersed" in silence from the time preceding the Mass, and throughout it's "ritual unfolding". He marks these specific moments, in the penitential act, after the invitation "Let us pray", in the Liturgy of the Word

"(before the readings, between the readings, and after the homily)", in the Eucharistic Prayer, and after communion. Have you noticed moments of silence at those times? Pope Francis reminds us that these moments of silence aren't times to "hide oneself in some sort of intimate isolation". That would "contradict the essence itself of the celebration".

Pope Francis calls this Liturgical Silence. This is more than being quiet. It is "a symbol of the presence and action of the Holy Spirit who animates the entire action of the celebration." It marks a "point of arrival" within the unfolding of the liturgy. Using the moments of

silence mentioned above, Pope Francis makes a new list. Silence moves us to sorrow for sin, desire for conversion, readiness to hear the Word, awakens prayer, disposes us to adore the Body and Blood of Christ, and allow us to reflect on what the Spirit will do "to conform us to the Bread broken." It is for these reasons that we are to take great care in making the "symbolic gesture of silence." For, as Pope Francis ends this paragraph on silence, "Through it the Spirit give us shape, gives us form."

Rex Rallanka
Director of Liturgy & Music



Prayer: Mass Intentions

Please pray for one another

Sunday 6/18

11th Sunday of Ordinary Time

Nestor Purugganan +;
Rita Sabio S.I.; Ron Pineda +
John Soto Manriquez +;
People of the Parish S.I.

Monday 6/19

St. Romuald, Abbot

Maria I. Griffith +

Tuesday 6/20

Tuesday of week 11 of Ordinary Time

Rosalba Razo +

Wednesday 6/21

St. Aloysius Gonzaga, Religious

David Corona +

Thursday 6/22

Thursday of week 11 of Ordinary Time

Fernando Rallanka +;
Juana Rallanka +

Friday 6/23

Thursday of week 11 of Ordinary Time

Jessie Luna S.I.

By living a life of stewardship and discipleship, we are challenged to move beyond our comfort zones, embracing the call to serve and witness to the transformative power of Christ's love. This requires a willingness to step out in faith, be empowered by the Holy Spirit, and to be instruments of God's grace and healing.

Formation Focus: Stewardship Refresher

Three "T's" of Stewardship:
Time, Talent, & Treasure



Formation: Family Bible Moment

In our Gospel this Sunday—11th Sunday of Ordinary Time—Jesus sends out His disciples to do works of healing among “the lost sheep of the house of Israel”. They were to go out and to care for them with these instructions:

“As you go, make this proclamation: ‘The kingdom of heaven is at hand.’ Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give.”

Bible Challenge: You too are baptized in Christ and called to be a disciple. **How can you follow Jesus’ instructions in your life this week?**

PREPARE

➤ Read next Sunday’s Gospel, Matthew 10:26-33

How many times in this Gospel passage does Jesus tell you to NOT be AFRAID?

- Think about the things that you are afraid of. Are they similar to the examples Jesus gives in the Gospel?
- What is He telling you personally to give to Him in trust this week?

Mondays, 7:00 PM, Mercy Hall

Seeking Faith and Sacraments for Adults.

Our on-going Monday Night OCIA for those thinking about becoming Catholic and/or those who need to complete their Sacraments. Register or information:

<https://www.cathedralsacramento.org/ocia>

Wednesday Morning Mass Preparation

Sunday Mass Prep. Weekly email to help your family prepare for Sunday Mass. Each week’s email prep will have reflections for children, teens and adults.

www.cathedralsacramento.flocknote.com/sundayreadings

Formation Challenge: Read the first ten paragraphs of the Catechism (CCC#1-10) this week.

Formation: Kids’ Corner Esquina de niños

Gospel Word-Find

Find the words in CAPITALS hidden in the puzzle. Use the leftover letters to fill in the blanks at the end.

The names of the twelve apostles are these: first, Simon called PETER, and his brother ANDREW, JAMES, the son of Zebedee, and his brother JOHN. PHILIP and BARTHOLOMEW, THOMAS and MATTHEW the tax collector; James, the son of Alphaeus, and THADDEUS; SIMON from Cana, and JUDAS Iscariot who betrayed him. JESUS sent out these twelve after INSTRUCTING them thus, “Do not go into PAGAN territory or enter a SAMARITAN town. Go rather to the lost SHEEP of the HOUSE of IRAEL. As you go, make this PROCLAMATION: “The KINGDOM of heaven is at hand. Cure the SICK, raise the dead, cleanse LEPERS, drive out DEMONS.

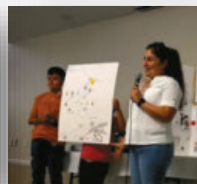
I	P	K	I	N	G	D	O	M	A	J	P
S	A	B	N	T	H	O	M	A	S	E	O
R	G	A	S	S	H	E	E	P	A	S	D
A	A	R	T	I	G	I	V	E	M	U	E
E	N	T	R	C	S	J	T	P	A	S	M
L	D	H	U	K	M	A	H	E	R	H	O
P	R	O	C	L	A	M	A	T	I	O	N
H	E	L	T	E	T	E	D	E	T	U	S
I	W	O	I	P	T	S	D	R	A	S	J
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Register for Family Faith Formation

Regístrate para la formación en la fe familiar

<https://is.gd/familyformation2024>

OR



Sacramento Chinese Catholic Community

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Email: sccc.contact@gmail.com

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

Website: www.sacchinesecatholic.org/

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



Announcements/
Sunday Readings



Fr. Abraham Chiu
趙必成神父



A Glimpse of Spirituality 靈修一瞥 76 (Mark谷 8:34-9:1)

What should we do in order to take up Jesus' cross and follow him as his loyal disciples?

To counter the opposition expressed by Peter and to emphasize the fact that he was not the political messiah, Jesus declared the stringent conditions to be met by his disciples. "If any man would come after me, let him deny himself and take up his cross and follow me."

There are two steps before following Jesus. The first step is "to deny" that is connected with another verb "take up." "Deny" (aparnēsasthō) here means that one has to forget oneself, lose sight of oneself and one's own interests. That is to say, anyone who follows Jesus has to completely entrust his/her life to Jesus and love Jesus until s/he integrates with the love of Jesus. The second step is to "take up" the cross. This verb "take" (aratō) denotes the commitment of life in the church by taking upon and carrying what has been raised, i.e. the testimony to God's love even unto death.

How do we integrate our crosses with that of Jesus? Carrying the cross always means pain and suffering. Our sufferings from witnessing to God become the cross of Jesus with its saving power only when we suffer by serving others with self-giving love. This means that as Jesus' followers we should live our lives and deaths according to what is demonstrated by Jesus, in particular his cross event.

Living our deaths here means we die with the hope of resurrection, especially when we are persecuted for Jesus. Before all these commitments, we ask ourselves three questions: Is Jesus a living experience for me, walking with me, loving me, forgiving me, helping me, and transforming my life? Are there areas where my life is not noticeably different from the lives of those who see Jesus as irrelevant? Is the peace, joy, and love that we find in Jesus reflected in the way we live our lives and also the way we live our deaths?

該怎樣做才能背起耶穌的十字架，並忠貞跟隨他？

為了反駁伯多祿貪生怕死的論調，耶穌強調他不是政治默西亞，並且告訴門徒必須滿全跟隨他的嚴格條件：“誰若願意跟隨我，該棄絕自己，背著自己的十字架，跟隨我。”

跟隨耶穌之前有兩步驟，第一步是“棄絕”以及下一步的“背著自己的十字架”。“棄絕” (aparnēsasthō) 意即忘記自己利益，也就是說，任何跟隨耶穌的人必須將自己生命完全交託給耶穌，愛耶穌直到與他的愛共融為一。隨著第二步是“背起” (aratō) 十字架；這動詞表示通過接受和承擔，見證天主的愛直到致命。

如何將我們的十字架與耶穌的結合起來？背負十字架總是帶著痛苦和磨難，只有以自我交付的愛去服務他人時，因見證天主的愛而受苦受難，才能結合耶穌的十字架。這行動意味著作為耶穌的門徒，該根據耶穌所展示的來活，尤其是他的十字架事件來生活和死亡。

死亡是帶著復活的希望死去，當我們為耶穌而受迫害時

在做出所有這些承諾之前，自省三個問題：1.耶穌對我來說是一個活生生的經歷、與我同行、愛護我、寬恕我、幫助我以及轉化我的生活嗎？在某些方面，我的生活與那些認為耶穌無關重要的人的生活有否明顯差別？在耶穌裡找到的平安、喜樂和大愛，是否反映在我們的生活方式和死亡方式中？

ANOINTING OF THE SICK

Make an appointment by calling the parish office.

BAPTISM for INFANTS PREPARATION

Classes located in the Cathedral.

English: 1st Thursday of the month at 7pm.

Spanish: 2nd Thursday of the month at 7pm.

BAPTISM

Contact Deacon Omar Bardales at the Parish Office baptism@cbssac.org or 916-444-3071 Ext. 28

Baptisms are scheduled in English at 9 AM on the first and third Saturday of each month; and in Spanish at 9 AM on the second and fourth Saturday of each month.

CONFESSION/RECONCILIATION

Monday—Friday: 11:30 am to 12:00 pm

Saturday: 4:00 to 5:00 pm

CONFIRMATION

The Cathedral offers programs of formation for the Sacrament of Confirmation to youth (7th grade and older) and Adults. Go to:

www.cathedralsacramento.org/faithformation

HOLY EUCHARIST

Following at least two years of faith formation, and signs of readiness, Children and Teens prepare for the Sacrament of the Holy Eucharist through a series of workshops for immediate preparation for the Sacrament. Adults prepare for the Sacrament through the OCIA. Contact Sister Lisa Marie for details at slmdoty@cbssac.org.

HOLY ORDERS

Priests and deacons are ordained to perform ministerial roles in the community. To learn more about the priesthood and /or deaconate, contact Fr. Mémo Hernandez at 916-733-0258.

MARRIAGE PREPARATION

The Diocese requires all engaged couples to prepare for their union with a marriage preparation program no less than two months before the date of their wedding. Contact Deacon Omar & Janet Bardales at matrimonyprep@att.net or 916-427-9160.

MATRIMONY

Contact Titi Kila at tkila@cathedralsacramento.org.



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CATECHIST PREPARATION

Desire to help us pass on the faith to adults and children? To learn more and to complete your application go to: <https://is.gd/cathechistapplication>.

FAMILY AND ADULT FAITH FORMATION English and Spanish

The Cathedral offers weekly encounters for families to grow in faith together. Go to:
www.cathedralsacramento.org/faithformation

ORDER OF CHRISTIAN INITIATION FOR ADULTS/CHILDREN (OCIA) Adults:

Go to: www.cathedralsacramento.org/ocia

*Exploring
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Parish Information

Page 10 | Sunday, June 18, 2023 | 11th Sunday of Ordinary Time

SACRED LITURGY

Altar Servers

Michael Ognisty, mfognisty@msn.com

Cathedral Choir

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

Cathedral Children's Choir

Gayle Winney, Children's Choir Director, gwinney@cbssac.org

Spanish Choir (12:00 pm)

Spanish Choir (6:00 pm)

Jerry Vanoye

Ricardo Zavala

Extraordinary Ministers of Holy Communion

Amy McCormick, ammccormick@att.net

Lectors

Maggie Jones, lector@cathedralsac.org

Sacristan Ministry

Michael Ognisty, mfognisty@msn.com

Ushers

Tom Waddock, tomwaddock@yahoo.com or 916-444-3071, x 20

Welcoming Ministry

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

PRAYER

Sunday Mass Rosary Group

John Fairbanks, john@capitolmr.com

Adoration

Titi Kila, cbsadoration@gmail.com

Evening Rosary Group

Marlene Mejia, 916-628-6775 or Christina Callazo-Kelly, praytherosarywithus@yahoo.com

Friday Morning Rosary Group

John Fairbanks, john@capitolmr.com

Prayer Chain

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

FAITH FORMATION AND CATECHESIS

Catechists for Family and Adult Faith Formation

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

Catechists for Faith Formation Spanish

Edith Gonzalez, edi_d2@yahoo.com

Family and Adult Faith Formation

Deyanira Galvez, Galvez.dgv@gmail.com

Order of Christian Initiation for Adults (OCIA) Support Ministry

Sr. Lisa Marie Doty, FDCC, cathedralfaithformationsac@gmail.com

Catechesis of the Good Shepherd

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

PASTORAL AND ADMINISTRATIVE STAFF

Fr. Michael O'Reilly, *Pastor/Rector*

Fr. Abraham Chiu, *Chinese Mass*

Fr. Mémo Hernandez, *In Residence*

Fr. Michael Kiernan, *In Residence*

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*

Chris Houlemard, *Bulletin, Environment,*

Webmaster

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Russel Almaraz

Aileen Rasmussen

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Jose Solis

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Andrea Martin-Borges

Richard Zacaroli

Maria Rosario

FINANCE COUNCIL

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Nancy Fairbanks

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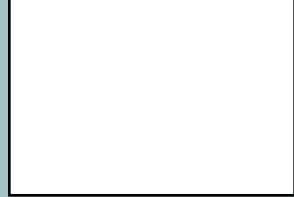


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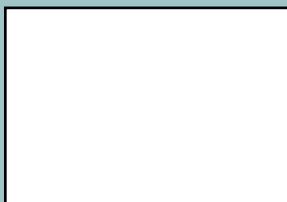
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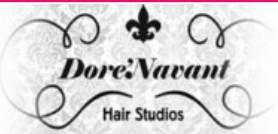
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