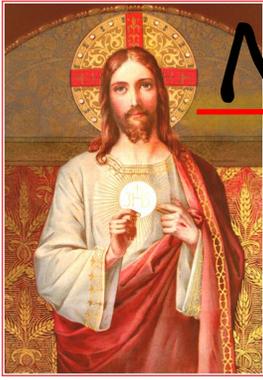




# Cathedral

OF THE BLESSED SACRAMENT

# SACRAMENTO



# Mystagogy

On the Glories of the Eucharist (Part III) Eucharistic Adoration

In the first two part of our series on the glories of the Eucharist, we focused on the extraordinary holiness of the eternal Godhead and the amazing gift we have in the Blessed Sacrament that makes that holiness present to us. In our human frailty and weakness, we could never apprehend the truth of God's nature merely by reflecting on it in a theological way and subjecting our faith to mere human reasoning. That same human frailty also makes it impossible for us to know God purely by means of a subjective experience of Him. To know God we must be able to think intelligently about Him, and to reflect on Him intellectually, we must have some level of experience with Him. In Jesus' time, the Pharisees were perfect, even heroic in their religious observance; but Jesus said that "except your righteousness shall exceed the righteousness of the scribes and Pharisees, you shall in no case enter into the kingdom of Heaven" (Matthew 5:20). The simple faith of the common people gave them a certain confidence in their eventual salvation, but their lack of theological formation caused the Pharisees to declare, "But this people who knoweth not the law are cursed" (John 7:49). St. Paul taught us that the inscrutable, arcane, and unknowable nature of God simple could not be apprehended under the Old Testament order.

However, all that changed after the Resurrection. In Christ, the eternal God was revealed as one of us, and through Christ a share in the life of God was made available to the entirety of humanity. By means of divine revelation, it was now possible to reflect intelligently upon the nature of God; by means of divine grace dispensed in the Sacraments, it was possible to actually know Him, to encounter Him intimately. Christ first preached the Word of the Father to His disciples, and so at His concluding prayer at the Last Supper He said, "I have given unto them the words which you gave me; and they have received them . . ." (John 17:8). The four Evangelists then handed on His words to us in the Gospels and their testimony became the foundation of the Catholic Church (which is why incidentally we see them depicted on the four pillars of the dome of the Cathedral). This revelation of God in the Gospels combined with the grace dispensed in the seven Sacraments, especially the Blessed Sacrament and the Holy Sacrifice of the Mass, grant us a share in the life of God. By means of these two aspects of Catholic faith, divine revelation and sacramental grace, we come to know God in a way that transcends mere religion.

In the Blessed Sacrament, which, as Saint John Paul II puts it, "Stands at the very center of our faith", we find both the source and summit of our knowledge and experience of God. It is there that divine revelation, sacramental grace, the infinite glory of his eternal holiness, the "exceeding greatness of his power toward us who believe", all intersect in the seemingly insignificant appearance of bread and wine; it is there that He comes to meet us in all His glory and present Himself to us in the only way that allows us to approach Him without fear and the intimidation His unfiltered Presence would otherwise inspire in us.

As the glory of the eternal Godhead always rested upon Christ, but was only revealed to Peter, James and John on the Mount of Transfiguration, so too the infinite glory of Christ is always present in the Blessed Sacrament, but only revealed to those who perceive it by the gift of faith. That eternal glory is made present upon our altars during the Mass and remains perpetually present in our churches when reserved in the ciborium and reverently placed in our tabernacles. One may receive the Sacred Presence of Christ every time one receives holy communion, and one may visit His Sacred Presence as often as one enters a church and sit reverently and quietly before the Tabernacle, especially during exposition of the Blessed Sacrament. While there is certainly nothing wrong or objectionable with praying before the Blessed Sacrament, particularly when it is exposed upon the altar, many Catholics have discovered that a simple silence before the august Sacrament of the altar, with one's eyes closed and one's mind quieted, seems to utterly dissolve the many cares and worries, fears and anxieties of everyday life in this "vale of tears".

~John-David Black~

## Christian Symbols



**This week, we are collecting palms that you received last year and have dried out. We will be burning these palms on February 26 at the 11am and 1pm Masses to create ashes for Ash Wednesday .**



Because the palms are blessed, they are now sacramentals, which "are sacred signs instituted by the Church. They prepare [us] to receive the fruit of the sacraments and sanctify different circumstances of life" (*Catechism of the Catholic Church*, 1667). Sacramentals should be treated with respect and never be thrown away. Palms may only be burned or buried.



# 7th Sunday in Ordinary Time

## Living the Call to Perfection

Have you ever met a perfectionist? It's a silly question; I'm sure you have. Perhaps, you meet a perfectionist every time you look in the mirror. When the perfectionist is somebody else, what do you think of them? What are their characteristics? They are often nervous and restless. Being perfect isn't easy. There's always a complaint, something out of place, something forgotten that gnaws away—uncertainty, even fear of failure. Perfectionists often seem to know how everybody else should be living their lives and often, strangely unaware of how they might live their own. Perfectionists are often pains in the neck.

And yet all of us desire to be perfect in some way, whether as a student, or an athlete, or as a professional, or as a spouse, or parent. Indeed, this desire is part of the natural law written on our hearts, implanted there by God himself, who is All Perfect, and who has made us in his image and likeness. Could it be that the perfectionist we so dislike in others—and perhaps in ourselves—is really just a poor child of God, seeking Him who is all perfection without really knowing Who it is that we seek?

Today's readings remind us that our deepest calling is to a life of holiness, a form of perfection gained in obedience to the law and love of God who is Holiness. In our reading from Leviticus, the Lord tells Moses: "*to speak to the Israelites and tell them: Be holy, for I, the Lord, your God, am holy.*"

This holiness is then defined in the following way:

*"You shall not bear hatred for your brother or sister in your heart. . . Take no revenge and cherish no grudge. . . You shall love your neighbor as yourself. I am the Lord."*

What the perfectionist needs is a dose of divine humility. Jesus is the source of this humility. Though divine, he humbled himself and took on our flesh, and in his Gospel, revealed to us the secret, and the deepest desires of our hearts. In his Sermon on the Mount, which we have heard proclaimed over the past four weeks, he gives us all the keys we need to unlock the secret yearnings of our spirits. So as the gospel acclamation bids us, let us keep his word:

*Whoever keeps the word of Christ, the love of God is truly perfected in him.*

Jesus, as he does throughout the Sermon on the Mount, is calling us to an interior perfection. When he tells us to "turn the other cheek" he is telling us not to nurture an interior spirit of retaliation and revenge. He's not asking a father to watch his wife and children being beaten or murdered, without attempting to protect them. But the father's response must be motivated by love for his family, not hatred of the attacker. Similarly, when Jesus bids us to love our enemies, he is not asking us to like them, or to like what they do. Indeed, elsewhere he calls us to hate sin with a perfect hatred, but to love sinners with a perfect love. To love someone means that we must will their best good. Love is understood here, not as a feeling but as a decision to extend our good will to another.

But most of the time our persecutors are much closer to home. We may even live with them. They are often members of our family. Jesus commands us to pray for them, not when we get around to feeling like it, but even when we don't feel like it. To pray consistently for someone who insults us is not easy, but it is necessary. By obeying Jesus in this command of loving and praying for our enemies, our souls gradually are restored from malice to charity, from anger to compassion, from confusion to understanding. In short, we become more perfect, more like God, himself, who forgives our sins, and like Jesus, who laid down his life in redemption of them.

Deacon Robert F. Gorman, PhD



February 19, 2017

**Week 7 in Ordinary Time**

Vol. 17 Issue 8

The Most Reverend **Jaime Soto**, Bishop of Sacramento

The Most Reverend **Myron Cotta**,  
Auxiliary Bishop of Sacramento

The Very Reverend **Michael O'Reilly**, Rector

Reverend **Kieran M. McMahon**,  
Parochial Administrator Pro Tem

Reverend **Michael Estaris**, Priest in Residence  
Reverend **Brent Carlton Nail**, Priest in Residence  
Reverend **Nicholas Ho**, Chinese Mass

Deacon John Gisla, Deacon Raul Leon,  
Deacon Don DeHaven,

Sister Jenny Aldeghi, FDCC, Director of Education  
jenny@cathedralsacramento.org

Rex Rallanka, Director of Music  
rrallanka@cathedralsacramento.org

Carmen Perez, Cathedral Secretary  
cperez@cathedralsacramento.org

Titi Kila, Wedding Coordinator  
tkila@cathedralsacramento.org

Tom Waddock, Cathedral Manager  
blessed@cathedralsacramento.org

### **Eucharistic Adoration**

Wednesday	12:45 to 4:45
Thursday	12:45 to 4:45
Friday	12:45 to 3:45

### **Sacrament of Confession**

Monday to Friday	11:30 am to 12:00 pm
Saturday	4:00 pm to 4:45 pm
Domingo En Español	12:30 pm a 12:45 pm y 6:30 pm a 7:00 pm

### **Gift Shop**

Sundays	9:00 am to 3:00 pm
Monday	10:30 am to 12:00 pm

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# Parish News



## THIS WEEKEND

We are once again given the opportunity to be Christ to others through works of mercy. How do we help a family in need? How do we best help the man or woman along the roadside with a request for money? Do we pass them by? Do we feel guilty? Do we wonder how the money we give might be spent? As Catholics in the Diocese of Sacramento, we have a way to help those truly in need. By making a generous donation to the Annual Catholic Appeal, you can live the Gospel message and provide real assistance. Our parish received 25% to serve our local needs, people who came to our doors looking for a bit of help or a hand up. The charitable works of the Church, whether in Catholic social service programs or parish-based outreach ministries, depend on all of us. Each of our gifts, no matter the amount, really does make a difference in someone's life. Please prayerfully consider what you can give. Our gifts to the Annual Catholic Appeal are Mercy in Motion.



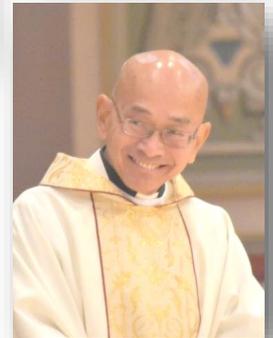
**The Rite of Election** brings to an end the period of the Catechumenate and inaugurates the Period of Purification. It is a public announcement that we, the Cathedral Parish, have seen God at work in them, and that they are ready to enter into the covenant relationship established through the sacraments. Since only a bishop may confer this election, each of the 106 parishes in the Sacramento Diocese sends its catechumens to the Cathedral during one of the four designated Rites of Election, on Saturday March 4 at 10:00am and 7:30pm, and Sunday March 5 at 3:00pm and 7:15pm

## Thank You!



Our Director of Education, Sister Jenny Aldeghi, FDCC (Canossian Daughters of Charity), is celebrating 50 years of religious life and was honored recently at a special Mass in Roseville.

Father Nicholas Ho will be celebrating his 38th anniversary as a priest on February 25th.



Please take a moment to pray for them and thank them for their many years of service.



## Seventh Sunday in Ordinary Time

### Ordinary Time Readings

Offer no resistance to one who persecutes you. Rather, love your neighbor as you love yourself. As the Lord is gracious and merciful, treat others in the same way,



20

#### President's Day

===

Those who are truly wise place their faith and trust in the Lord. The decrees of God are worthy of trust indeed.

Sir 1:1-10 Ps 93:1-2, 5  
Mk 9:14-29

21

#### St. Peter Damian, Bishop, Doctor of the Church

===

The Lord will help us in our trials. Those who wish to be first, will be last of all.

Sir 2:1-11 Ps 93:1-2,5  
Mk 9:30-37

22

#### The Chair of Saint Peter the Apostle

===

Like Jesus, the good shepherd, Peter exhorts his fellow elders to shepherd the flock. Like Peter, we are called to confess the Lordship of Jesus.  
1 Pt 5:1-4 Ps 23:1-3a, 4-6  
Mt 16:13-19

23

#### Saint Polycarp, Bishop, Martyr

===

Turn to the Lord who watches over the way of the just. Beware of leading others astray.

Sir 5:1-8 Ps 1:1-4, 6  
Mk 9:41-50

24

#### Friday

===

A faithful friend delights in the statues and wonders of the Lord. Let no one dissolve what God has joined together.

Sir 6:5-17  
Ps 119:12, 16,18, 27, 34-35  
Mk 10:1-12

25

#### Saturday

===

In the splendor of creation, the human race has been created in a covenant of love. The kingdom belongs to all God's children.

Sir 17:1-15 Ps 103:13-18  
Mk 10:13-16

## Kevin Vaughn, organist

Friday, February 24, 2017 at 7:30 pm,  
at the Cathedral

Works by Bach, Buxtehude, Distler,  
Krebs, Litaize, and Vierne



Kevin J. Vaughn is director of music and organist at Gloria Dei Lutheran Church in South Bend, instructor of organ at Goshen College, and adjunct assistant professor of piano and organ at the University of Notre Dame. An active recitalist, he has recently performed solo organ recitals in California, Indiana, Kentucky, Missouri, New York, Ohio, and Washington, as well as collaborative programs with baritone Stephen Lancaster in Illinois, Virginia, and Michigan. Kevin holds undergraduate and graduate degrees in piano, organ, and sacred music, including the first Doctor of Musical Arts degree in organ performance conferred by the University of Notre Dame. He currently serves as dean of the St. Joseph Valley Chapter of the American Guild of Organists and holds the Guild's Colleague certificate.

**\$10 donation at the door**

## Natural Family Planning Course

Have you ever thought about what unnatural birth control methods really do to your body? To your marriage? The Couple to Couple League has the answers and more. Attend a short course and learn a natural method of family planning that is safe, effective, and morally acceptable. Great for achieving as well as postponing pregnancy. A course starts **February 21st** at the Sacramento Life Center. Registration at [ccli.org](http://ccli.org), and for more information call or text Meghan 916-519-6802.

## Pro Life Retreat 2017

A one-day retreat for anyone involved in pro-life work of any kind will be offered by Fr. Avram Brown, on **February 25, 2017** at Trinity Pines Catholic Center in Colfax, CA. \$20 cost includes lunch. For more information and to register go to [www.ProLifeRetreat.com](http://www.ProLifeRetreat.com) or call Steve Patton at 916-733-0133.

## Registration for Confirmation Conference

On **March 4 & 5, 2017** at Christian Brothers High School, the Catholic Diocese of Sacramento will host a huge, dynamic, and exciting conference for all those youth preparing to receive the awesome Sacrament of Confirmation! "Fired Up" is intended for 7-12th graders who will receive the Sacrament of Confirmation in 2017. This is an excellent opportunity to connect your school/parish Confirmation program with the larger diocesan Catholic community, and it will include Bishop Jaime Soto and Bishop Myron Cotta! Registration is now open at [www.confirmationconference.com](http://www.confirmationconference.com).

## 2nd Annual 24 Hours for the Lord

Continuing Pope Francis' call during the Jubilee Year of Mercy, the Diocese of Sacramento invites all Catholics to celebrate the 2<sup>nd</sup> Annual 24 Hours for the Lord to experience the Lord's loving mercy in the Sacrament of Reconciliation, from noon on March 10, 2017, to noon on March 11, 2017. More details to come.

## Adult Confirmation Preparation Classes

Cathedral Parish Adult Confirmation Classes will begin on Thursday March 9, from 7:00-8:30 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 June 3, 2017, the Vigil of Pentecost, at the 5:00 pm Mass. Please call Sister Jenny at 444-5364 to join this class.

## Lenten Reflection For Lay Canossians and Friends



directed by:  
**Father Michael Estaris**

**Saturday, March 4, 2017**  
Our Lady of Lourdes Church Hall  
1951 North Avenue - Sacramento, CA

- 08:00 a.m. Arrival & Hospitality
- 08:30 a.m. Welcoming and Introductions
- 08:45 a.m. Opening Prayer
- 09:00 a.m. Part 1 - Fr. Michael Estaris
- 09:45 a.m. BREAK
- 10:00 a.m. Part 2 - Fr. Michael Estaris
- 10:30 a.m. Communal Penance Service
- 11:00 a.m. MASS - Fr. Michael Estaris, Celebrant
- 12:00 p.m. LUNCH (BRING A BROWN-BAG LUNCH)
- 01:00 p.m. Stations of the Cross

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Or 916-925-4001



## Immaculate Heart Radio Needs Your Help March 6th-10th

Volunteering a few hours of your time to assist us in answering the phone call during our Pledge Drive would be a blessing to us. Meet the announcer staff, enjoy food, fun and fellowship and even win some great books, movies and CD's. Contact Nicole at [volunteers@ihradio.org](mailto:volunteers@ihradio.org), or 888-887-7120

## Flu season is here.

If you are sick, or think you might be sick, or are concerned about contracting an illness, you should refrain from receiving the Blood of Christ. Be assured that "since Christ is sacramentally present under each of the species, communion under the species of bread alone makes it possible to receive all the fruit of Eucharistic grace." [Catechism, 1390]



# CATHEDRAL KIDS

*In Our Home*

Always be honest

PROVERBS 12:22

Forgive and forget

MICAH 7:18

Be kind hearted

EPHESIANS 4:32

Keep your promises

ROMANS 4:21

Work hard

COLOSSIANS 3:23

Be thankful

1 THESSALONIANS 5:18

Never give up

PHILIPPIANS 4:13

*but most important*

Love One Another

1 PETER 1:22

## THE FEAST OF THE CHAIR OF SAINT PETER

February 22

St. Peter was the prince of the apostles and the first pope. Jesus said to him, "You are Peter, and on this rock I will build my church" (Matthew 16:18). The name 'Peter' means rock.

After Jesus went back to heaven, St. Peter preached the Gospel. He guided the small but growing Christian community. At first, Peter worked hard in Jerusalem and in Antioch, two big cities of the east. Later, he went to preach the Gospel in Rome, the capital of the world.

How would Peter carry out his great mission for the Lord? Jesus, his Master had been crucified but then had risen from the dead. Who would believe that?

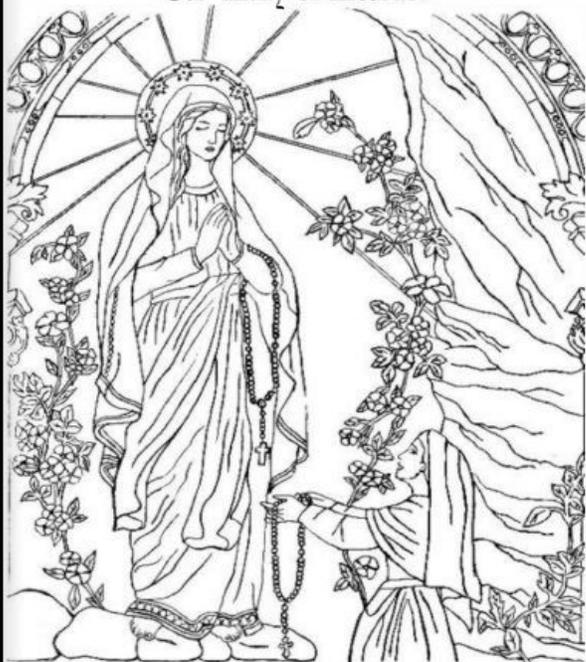
The evils of the Roman Empire that did not believe in the living God would drown his voice no matter how dedicated he may be.

But the Holy Spirit was alive in Peter. He boldly took up the ministry Jesus had given to him. Never again would Peter deny his Lord. Never again would Peter put his own personal well-being before the good of the Church.

The feast of St. Peter's Chair at Rome reminds us that St. Peter started the Christian community in that city. The special chair is a symbol of the authority that was given to him by Jesus. Kings of old sat on thrones and ruled. Peter's chair is a symbol of his authority from Jesus to rule the Church.

St. Peter was put to death and died a martyr for his faith in Jesus, but down through the ages there has always been a bishop of Rome. He is the pope. The pope rules the whole Church, as St. Peter did, in Jesus' name. We call the successor of St. Peter the Holy Father.

- Our Lady of Lourdes -



www.CatholicPlayground.com

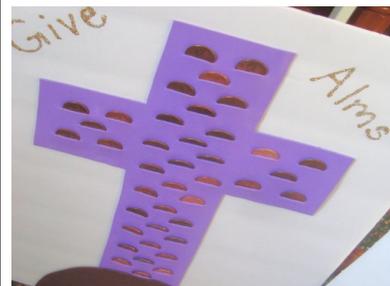


## BIBLE QUIZ

1. What job did Peter and Andrew do?
2. Which sea did the Israelites cross through to escape the Egyptians?
3. Which is the gate that "leads to life"?

1. Fishermen (Matt 4:18)  
 2. Red Sea (Exo 13:18)  
 3. The narrow gate (Matt 7:14)

Prayer, fasting, and almsgiving are the three most important things we do during Lent. Find creative ways to save up coins to give, like making this foam-backed "bank." Instructions are on catholicicing.com.



# Confirmation candidates invited to **Fired Up 2017** March 4 or 5

**"FIRED UP,"** the eighth annual conference for confirmation candidates from throughout the Diocese of Sacramento, will take place twice, on **Saturday, March 4 and Sunday, March 5** each day at Christian Brothers High School, located at 4315 Martin Luther King, Jr. Blvd. in Sacramento. The event is sponsored by the Department of Evangelization and Catechesis.



The purpose of the confirmation conference is to gather all those who are receiving confirmation in a given year for a day that reminds them that they have been called by their baptism to live as disciples of Christ, affirms their decision to prepare for the sacrament, empowers and strengthens them for this process, and challenges them to make their Catholic faith come alive in their everyday lives. The day also serves a function similar to the "Rite of Election" in the RCIA, where all the candidates gather with their diocesan bishop to commit to a final stage of preparation for confirmation.

The day will feature keynote speakers APeX ministries, breakout sessions, games and confirmation-related activities. The day will culminate with Mass with **Bishop Jaime Soto**, in which the candidates will all renew their baptismal promises, receive a blessing and commit to the final phase of their confirmation preparation.

Cost for the day is \$35 or \$45 if registering after Feb. 3, and includes lunch and a t-shirt. Space is limited each day, so please register early.

	Mass/Intentions	Activities
<b>Saturday</b> 18th	5:00 pm / Jacqueline M. Walsh +	10:00 am CFF Classes
<b>Sunday</b> 19th	7:30 am / Souls in Purgatory + 9:00 am / Winifred Owens + 11:00 am / James Humphrey + 1:00 pm Spanish/ Ninfa Fragoso Barraza + 3:00 pm Chinese 5:00 pm / Monteiro Family S.I. 7:00 pm Spanish/Valeriana Alforque +	9:00 am RCIA class for children and teens 9:30 am RCIA Breaking of the Word 11:00 am Liturgy of the Word for Children 11:15 am Spanish CCD classes
<b>Monday</b> 20th	12:10 pm / Abdul Mani + President's Day No 5:10 pm Mass	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class
<b>Tuesday</b> 21st	12:10pm/ All Souls 5:10 pm / German Trejo +	6:00 pm Spanish Choir for the 7pm Mass 7:00 pm English Confirmation classes
<b>Wednesday</b> 22nd	12:10 pm / Mon Fay Fong 5:10 pm / Father Luigi Giussani +	7:00 pm Communion & Liberation 7:00 pm Spanish Choir for the 1pm Mass 7:15 pm English Choir Rehearsal
<b>Thursday</b> 23rd	12:10 pm / Francisco Alvarez + 5:10 pm / Souls in Purgatory +	7:00 pm Bible Timeline Class
<b>Friday</b> 24th	12:10 pm / Virginia David +  <b>S.I.- Special Intentions</b>	7:30 pm Rosary Recitation at St. Junipero's Statue in Capitol Park  <b>+ - Deceased</b>

Aubrey Abernathy  
Ahern Family  
John D. Amaro  
Lisa Angelo  
Brandon Barrows  
Brown Family  
George Burns  
Lourdes Casimiro  
Charles Cordima  
Adelaire, John Ray,  
Ella, & Laura David  
Mary Guillory-Degas  
DeMello Family  
Mark Dougherty  
Robin Dunton  
Olin Fong

Robyn Freeman  
Debbie Freitag  
Roberta Freitag  
Jeremy  
Harry Gabo  
Monica Gabo  
Luis Gutierrez  
Scott Hespeler  
Dayna Hurtado  
Kati Jansen  
Carol "CJ" Jenkins  
Timothy Jimenez  
Norma Katindoy  
Joseph Crawford  
Leon

## Pray For One Another

David Leveille  
Marcelino Macarulay  
Virginia Mancenido  
Charles, Darlene,  
Roberta, Peter,  
& Robert B. Martinez

Let us pray for you or your loved ones. Submit your prayer request on  
cathedralsacramento.org or  
email: cbsprayer3@yahoo.com

Cynthia Matulia  
Lee McClure  
Nellie Medina  
Blanca Padilla  
Nilda Medina  
Michael Jose Mejia  
Delia Melsness  
Cloraine Miura  
Maria Elena Monzani  
Eugenio Negrete  
Elizabeth Paul  
Rosemary Plain  
Hilda Plancarte  
Jesse Quiming

Alex Quiroz  
Johnny Ramirez  
Arturo Ramos  
Dominic Renzi  
Joanne Renzi  
Edwin Rocha  
Rogelio Rodriguez  
Maria Rokomasi  
Scott Rush  
Daling Santos  
Lorna Soderberg  
Sheetz Family  
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Donald Kendrick, Music Director

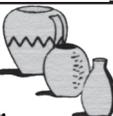
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