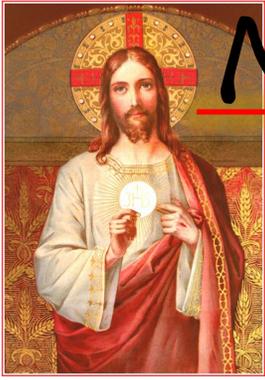




Cathedral

OF THE BLESSED SACRAMENT

SACRAMENTO



Mystagogy

On the Glories of the Eucharist (Part I)

As the ancient Israelites wandered through the Sinai desert for forty years, the dwelling place of God on earth was concentrated in "the Tabernacle", a portable sanctuary placed within a tent that could be pitched in any location the Israelites chose to make their camp. The Holiness of God was in their midst, until they offended Him on account of their sins. God would have destroyed them had not Moses on multiple occasions interceded on their behalf. God acquiesced to Moses request for forgiveness, but instructed him to pitch the Tabernacle outside of the camp, "for I will not go up in the midst of thee; for thou art a stiff-necked people: lest I consume thee in the way" (Exodus 33:1-7). When Moses asked that he may look on the Holy face of God, the Lord replied, "Thou canst not see my face, for there shall no man see my face and live" (33:20).

After Israel had taken possession of Palestine, the prophet Isaiah was worshiping in the Temple when the glory of God filled the Temple and the Lord spoke aloud to the prophet; Isaiah would later write that "the posts of the doors moved at the voice of him" that spoke (Isaiah 6:1-4). In the presence of this Holy God Isaiah's sins were brought to the fore and he cried out in anguish, "Woe is me . . . for I am a man of unclean lips and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of Hosts" (6:5). When the prophet Daniel fasted and prayed for the restoration of Israel he was answered with an apparition of the pre-incarnate Son that left him without strength even to stand, "for my vigor was turned into corruption" (Daniel 10:8). The men that were with him fled, and the angels had to lift Daniel to his feet to hear the message that was to be given him.

"But when the fullness of time had come, God sent forth his son . . ." (Galatians 4:4) and the eternal glory and holiness of the triune God became incarnate in the Virgin's womb and walked this earth. Always the divine glory rested upon Him, but by God's sovereign will and purpose it was masked behind His fully human nature. That no one would be afraid to approach Him and listen to His message, the divine glory of the eternal Son was hidden from the view of human senses, though it was easily accessible to those who had faith. On the Mount of Transfiguration, Peter, James and John were allowed to see the full unmasked glory of Christ, and they who had been daily with Jesus of Nazareth "fell on their face and were sore afraid" (Matthew 17:6). At his conversion, the glory of the exalted Christ knocked the Apostle Paul off his horse and left him incapacitated and blind; near the end of his life the Apostle John saw the exalted Christ on the island of Patmos, and he who had laid his head upon the bosom of Jesus at the last supper "fell at his feet as a dead man" (Revelation 1:17).

This is the glory that is presented to us during the mass at the consecration of the host: bread and wine are transubstantiated into the Body, Blood, Soul, and Divinity of Christ. As the divine glory of Christ was masked by His humanity on earth, so too now it is masked behind the appearance of bread and wine, though their substance is in truth utterly changed. Faith, not human senses enabled His disciples to confess, "Thou art the Christ, the Son of the Living God" (Matthew 16:16); so too as we approach the Blessed Sacrament, we profess, in the words of the classic Catholic Hymn, *Tantum Ergo*, "Faith will tell us Christ is present, when our human senses fail".

Next week in Part II, we shall look at how we approach the eternal glory and holiness of God through Eucharistic adoration.

~John-David Black~

"In God's will, there is peace."

Saint Josephine Bakhita

February 8 — Josephine was born around 1869 in Sudan and raised in the Islamic faith. She was kidnapped around the age of seven by slave traders who gave her the name, "Bakhita," meaning "lucky one." She was sold to a number of owners until she was purchased at about the age of twelve by the Italian Consul Callisto Legnani. He brought her to Italy and, while serving as a nanny, she was sent to live with the Canossian Sisters in Venice. There she was formally introduced to the faith, baptized Giuseppina, and eventually granted her freedom. In 1896 she joined the Canossian Daughters of Charity, and for twenty-five years served her sisters as cook, seamstress, and portress of their houses in Venice, Verona, and Schio. She was especially beloved by her students for her sweet nature and musical voice. After a long and painful illness, she died in 1947. Pope John Paul II canonized this first Sudanese saint on October 1, 2000, as a witness to evangelical reconciliation and a model of freedom.



Christian Symbols



A **monstrance**, also known as an **ostensorium** (or an **ostensory**), is the vessel used in Roman Catholic, Old Catholic and Anglican churches for the more convenient exhibition of some object of piety, such as the consecrated Eucharistic host during Eucharistic adoration or Benediction of the Blessed Sacrament. It is also used as reliquary for the public display of relics of some saints. The word *monstrance* comes from the Latin word *monstrare*, while the word *ostensorium* came from the Latin word *ostendere*. Both terms, meaning "to show", are used for vessels intended for the exposition of the Blessed Sacrament, but *ostensorium* has only this meaning. (From Wikipedia.com)

5th Sunday in Ordinary Time



When it comes to spirituality, we must ask some first questions. One is "Do we find God, or does God seek us out and then present Himself to us?" Another such question is "Do I construct the way to God, or do I accept the way God has given me?"

So when it comes to being a follower of Christ, when it comes to being one of His faithful disciples, am I my own guide? We know the answer, don't we!

A child cannot raise himself on his own. I cannot be a Christian on my own. We all need guidance. If we think being a Christian is a "do-it-yourself" endeavor then we are self-deluded.

Jesus does not allow us to discover for ourselves what it means to be one of His followers. He tells us who we are and what we must be about to be one of His disciples — if we want to be a follower of Him in His way, in His truth, and in His life.

Jesus came from Isaiah's people. Through Isaiah God let everyone know what He expected of them: *"This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed..."* (Isaiah 58:6-8)

Prayer and spirituality are not all about what we want God to do, they are about what God wants us to do. To be holy is to live united with the One who is holy, not simply to think nice thoughts about Him. Goodness and holiness are the result of love. Goodness and holiness consist in actively loving others as God loves us. One is holy because one lives with and acts with the One who is holy, Jesus Christ. It consists in actively living as He lived, in being salt and light for others. Love does not consist merely of nice sentiments. Love is realized in what we do. It's good to ask ourselves "What would Jesus do?"

Jesus tells us: *"You are the salt of the earth. You are the light of the world."* These are God's words, defining the way we should live, calling us to act with deeds of concern for others. Salt is active and light is active — not passive. Being salt and light for others is essential to being a follower of Christ.

Every Christian is called to strive for personal sanctification, but what we need to remember is that in order to be holy we must be about the task of bringing others to be a part of the One who is holy. Jesus teaches us this. In fact He commands it. St. Therese of Lisieux, the Little Flower once wrote, "I see now that true charity consists in bearing with the faults of those about us, never being surprised at their weaknesses, but edified at the least sign of virtue. I see above all that charity must not remain hidden in the bottom of our hearts: nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house." Your love, she wrote, must be seen — not so that people may give you honor and glory but so that they may see your good works and give praise your Father in heaven.

Jesus does not allow us to determine for ourselves what it means to be His followers — He tells what we must be doing and us who we are. Comfortable minimalism is something He will not tolerate. Our faith is Jesus Christ is not simply so that we can save our own skins. Our faith calls us to work with Christ to reveal God's kingdom here on earth for the salvation of our world. Anything less serves only ourselves, not others.

~Father Charles Irvin, Senior Priest, Diocese of Lansing~



February 5, 2017

Week 5 in Ordinary Time

Vol. 17 Issue 6

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

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Deacon Don DeHaven,

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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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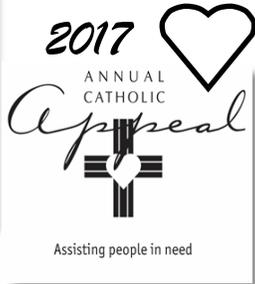
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Parish News



"We are called to promote a culture of mercy...a culture in which no one looks at another with indifference or turns away from the suffering of our brothers and sisters...may our communities reach out to all who live in their midst."

Pope Francis at the conclusion of the Jubilee Year of Mercy

This is Brown Bag Lunch Collection Weekend

Put your faith into action by donating food to the BBL ministry. As many as 170 guests come daily for lunch. For some of these adults, our lunches are their main meals, so we make them as nutritional as possible. We try to include:

- "Main Course" protein non-perishables like Bumble Bee tuna or chicken boxes
- Raisins or Fruit Cups
- Granola Bars
- Peanut Butter or Cheese Crackers
- Potato Chips
- Cookies or similar snack for dessert
- 16 oz. Water.



On the weekend of February 18 and 19, we will once again be 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.

Every gift makes a difference.

You can bring the above packed individually in brown bags, or unassembled for the volunteers to bag. You may also donate money at the rectory or the cathedral's online site. 100% of your donation is used to feed the poor; no administrative costs involved. Checks should be made to "The Cathedral of the Blessed Sacrament" with "BBLP Ministry" in the memo line. All donations are tax deductible.



Want to be a part of this important ministry? We are always looking for dedicated and compassionate volunteers. Be part of a great team. No experience necessary. Apply by emailing: JerriRush@comcast.net or Call (916) 216-9702.



Ordinary Time Readings

Fifth Sunday in Ordinary Time

Through the power of God, we can be a light to the world by our loving concern for others, especially the poor and the oppressed.
Is 58:7-10 Ps 112:4-9 1 Cor 2:1-5 Mt 5:13-16



6	7	8	9	10	11
St. Paul Miki and Companions, Martyrs === All creation is declared good in the sight of God. All nations are invited to share in Messianic blessings. Gn 1:1-19 Ps 104:1-2, 5-6, 10,12, 24, 35 Mk 6:53-56	Tuesday === Made in God's image, we, nevertheless, often judge by human standards rather than by divine commandments. Gn 1:20- 2:4a Ps 8:4-9 Mk 7:1-13	Saint Josephine Bakhita Saint Jerome Emiliani === An ancient creation narrative is presented. Jesus speaks of evil in the heart. Gn 2:4b-9, 15-17 Ps 104:1-2, 27-30 Mk 7:14-23	Thursday === A biblical tradition regarding the origins of human life is presented. Jesus heals the daughter of a foreigner, a Syrophenecian woman. Gn 2:18-25 Ps 128:1-5 Mk 7:24-30	Saint Scholastica === The human race is wounded by the sin of pride, which God forgives. Jesus heals the deaf and the mute. Gn 3:1-8 Ps 32:1-2, 5-7 Mk 7:31-37	Our Lady of Lourdes === The human race is delivered from the inevitability of death and evil by Jesus, who feeds us with bread eternal. Gn 3:9-24 Ps 90:2-6, 12-13 Mk 8:1-10

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]

World Day for Consecrated Life

This special day was observed in the Church on Thursday, February 2, 2017 and is being celebrated in parishes on the weekend of **February 4-5, 2017**. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

World Day of the Sick Mass

Bishop Jaime Soto will be the main celebrant of Mass for World Day of the Sick on Saturday, **February 11 at 5 p.m.** in the Cathedral. All those suffering from a serious acute or chronic illness, or those in need of sacramental anointing and their caregivers are invited to participate in this day of prayer and celebration. Bishop Soto, along with several priests, will administer the sacrament of anointing of the sick. Those who wish to receive the sacrament should arrive 30 minutes prior to Mass for best seating.

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.

Bakhita Productions



St. Josephine Bakhita

"What A Great Grace It Is To Know God."

**February 10, 2017
7:00 p.m.**

St. Joseph Church
280 Oak Tree Lane
Lincoln, CA
(916) 645-2102

Tickets: \$15.00

For ticket information email:
laycanossian@gmail.com

Sponsored by Lay Canossian Association

The Bakhita Dialogue. St. Josephine Bakhita returns to challenge us to see with the eyes of the Soul what WE are enslaved to! This Dramatization awakens us to Modern Day Slavery, Human Trafficking. Doris E Itsede-Abu as St. Bakhita

Bakhita Productions
Ferdae Garami - Writer, Producer & Director

Job Opening:

The Diocese of Sacramento seeks detail-oriented individuals to assist with data entry for the Annual Catholic Appeal from mid-February through mid-May. To view the job description, please visit the employment section at www.scd.org.

World Marriage Day

Renewal of Marital Commitments

On Saturday, **February 11, 2017**, Bishop Jaime Soto will preside at a special 11:00 am Mass at Divine Savior parish in Orangevale in which married couples will receive a special blessing and have an opportunity to renew their marital commitments. An informal reception for them and their families will follow. Special certificates will be given to couples celebrating milestone anniversaries (10, 25, 30, 35, 40, 45, 50, 50+). If you are interested in attending this free event, please register (names and anniversary year) at www.SacWMD.com. For more information call the Dept. of Evangelization & Catechesis at (916) 733-0123.

Rachel's Vineyard Healing Retreat

February 17-19, 2017

"God will never forgive me for this..."

Those who choose abortion are our daughters, sons, husbands, wives, sisters, brothers, relatives, friends & members of our parish communities. The impact and pain of abortion hurts -even years after the experience. If you, or a loved one have been hurt by abortion, this weekend is for you! Come and experience God's healing love and forgiveness in a safe, nonjudgmental environment. Open to men and women. The cost is \$175 per person and financial assistance is available to anyone who needs it. Call Paula Segno or send an email for more information. (916) 733-0161 or projectrachel@scd.org. All inquiries are strictly confidential.

2017 Black History Month Mass

The Diocese of Sacramento Black Catholic Ministry invites you to come celebrate the contributions of the cultures with roots in Africa to our nation and Church, on **February 18, 5:00 pm**, at St. Rose of Lima Parish, 5961 Franklin Blvd, Sacramento 95824, with celebrant Bishop Myron Cotta and homilist Father Bartholomew Landry. Please RSVP by contacting bcmvoice@outlook.com or 916-720-9025. All are welcome!

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 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.

Coming in March:

Continuing Pope Francis' call during the Jubilee Year of Mercy, the Diocese of Sacramento invites all Catholics to celebrate the 2nd 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.



CATHEDRAL KIDS



It's Brown Bag Lunch Collection Weekend! (See Page 4)

Win a week at Camp Pendola "Celebrating God's Creation"

Enter to win a free week at Camp Pendola!

Camp Pendola invites all 4th - 8th grade students to Celebrate God's Creation by entering the Summer 2017 Camp Pendola Essay Contest. Using the quote from Pope Francis' Encyclical Laudato Si', 228, write a 500 word essay about where you have experienced God in nature. All entries are due by February 8. Go to www.pendola.org or call (530) 389-2780 for more information.



Make a Monstrance
I stapled two paper plates together and left part of it open. I slipped the opening over a toilet paper tube and secured it with masking tape. Then I taped the

other end of the tube to the bottom of a styrofoam bowl. We covered the whole thing with aluminum foil. Then we cut a circle out of white cardstock and Cecilia drew a cross on it to make a host. Last, she stuck sequins on it. An easy 3-D monstrance! (From mommyerin.blogspot.com)



The Twelve Apostles During Christ's Mortal Life (see Luke 6:4-16)

J	N	W	H	D	S	T	W	L	S	A	I	P	G	J	E	T
M	U	P	J	Q	G	L	X	F	Y	U	E	K	X	F	H	H
Y	H	D	M	U	U	C	L	S	E	T	X	Z	L	H	Z	O
Y	M	R	A	J	D	I	P	Z	E	N	S	I	M	O	N	M
R	B	O	G	S	X	A	D	R	Z	X	J	B	I	Z	I	A
X	M	W	G	O	F	P	S	W	B	B	A	E	N	Q	R	S
X	J	E	U	N	H	O	J	I	G	H	M	T	B	S	M	X
O	N	M	C	N	F	F	A	L	S	G	E	Q	W	X	B	R
M	A	O	I	Q	Z	B	B	D	N	C	S	V	M	G	K	E
Q	J	L	U	T	Q	A	J	W	Y	S	A	F	W	P	Y	M
E	M	O	P	Z	R	N	I	Z	O	P	L	R	S	B	I	A
C	O	H	U	C	A	N	D	R	E	W	P	K	I	H	W	T
X	D	T	C	F	T	Q	M	R	D	Q	H	A	V	O	D	H
Z	J	R	O	U	D	G	P	T	U	R	A	Q	R	U	T	E
O	A	A	O	M	C	X	O	D	B	S	E	M	A	J	H	W
V	O	B	P	H	I	L	I	P	S	U	U	J	W	V	Y	V
Z	O	X	K	W	E	Q	F	T	P	C	S	V	J	U	F	G

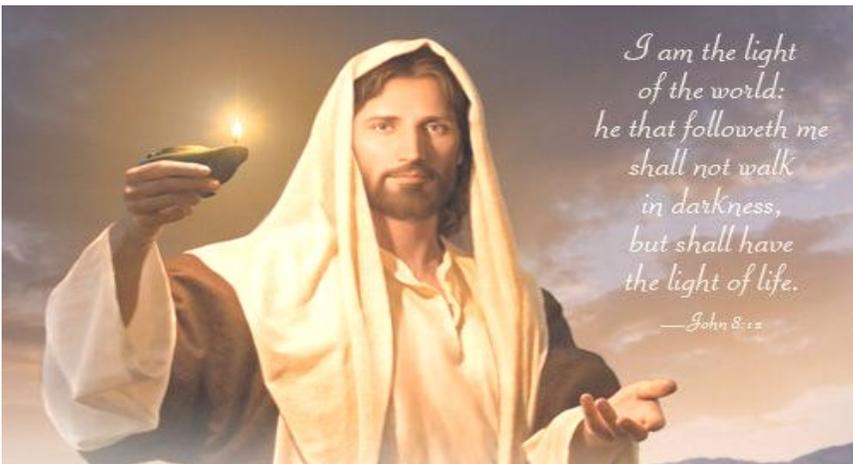
Peter	Andrew	James
John	Philip	Bartholomew
Mathew	Thomas	James Alphaeus
Simon	Judas	Judas Iscariot



BIBLE QUIZ

1. What happened to Jonah after he was thrown overboard?
2. What was the apparent source of Samson's strength?
3. From which country did Moses help the Israelites escape from their lives of slavery?

1. He was swallowed by a great fish (Jon 1:17)
 2. Long hair (Judg 16:17)
 3. Egypt (Exo 13:3)



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Lenten Reflection

For Lay Canossians and Friends



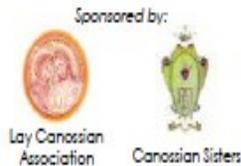
directed by:
Father Michael Estaris

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

"Share the Joy ~ Bring a Friend!"

R.S.V.P
lc.lentretreat@gmail.com
Or 916-925-4001



	Mass/Intentions	Activities
Saturday 4th	5:00 pm Stephen Kim S.I./ Andrea, Mateo, & Filiciano Zavala S.I.	10:00 am CFF Classes
Sunday 5th	7:30 am / Precillano Pastor + 9:00 am / Dennis Lai S.I. 11:00 am / Stephen Kim S.I. 1:00 pm Spanish/ Souls in Purgatory 3:00 pm Chinese 5:00 pm / Parish Intentions 7:00 pm Spanish / Juan Hernandez +	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
Monday 6th	12:10 pm / Regina Fagan S.I. 5:10 pm / Judi Friday S.I.	6:30 pm RCIA Evening Prayer 7:00 pm RCIA Class
Tuesday 7th	12:10pm/ Olin Fong + 5:10 pm / Andres Navares +	6:00 pm Spanish Choir for the 7pm Mass 7:00 pm English Confirmation classes
Wednesday 8th	12:10 pm / Frederick, Catherine, & Pamela Hirtzel + 5:10 pm / Lolita Urrutia S.I.	7:00 pm Communion & Liberation 7:00 pm Spanish Choir for the 1pm Mass 7:15 pm English Choir Rehearsal
Thursday 9th	12:10 pm / Maria Luu T. Gion + 5:10 pm / Mario Bruschi S.I.	7:00 pm Bible Timeline Class 7:00 pm Diocesan Deacon Training
Friday 10th	12:10 pm / Sylvester Joseph +	7:30 pm Rosary Recitation at St. Junipero's Statue in Capitol Park
	S.I.- Special Intentions	+ - Deceased

Pray For One Another

Aubrey Abernathy
Ahern Family
John D. Amaro
Lisa Angelo
Brandon Barrows
Brown Family
George Burns
Lourdes Casimiro
Charles Cordima
Adelaine, 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
David Leveille
Marcelino Macarulay

Virginia Mancenido
Charles, Darlene,
Roberta, Peter,
& Robert B. Martinez
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

Alex Quiroz
Johnny Ramirez
Arturo Ramos
Dominic Renzi
Joanne Renzi
Edwin Rocha
Rogelio Rodriguez
Maria Rokomasi
Daling Santos
Lorna Soderberg
Sheetz Family
Lily Da Silva
Rose Mary Stadler
Brian Swann
Jeoff Swann
Ida Thomas
Norma Thureon
Charles J. Urrutia, Sr

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