



# CATHEDRAL OF THE BLESSED SACRAMENT

*Stewards of God's Gifts*

April 14, 2024 | Third Sunday of Easter

## MASS SCHEDULE

SUNDAY | DOMINGO

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

\*Livestream available.

**Monday—Friday**  
**Lunes—Viernes**  
12:10 pm

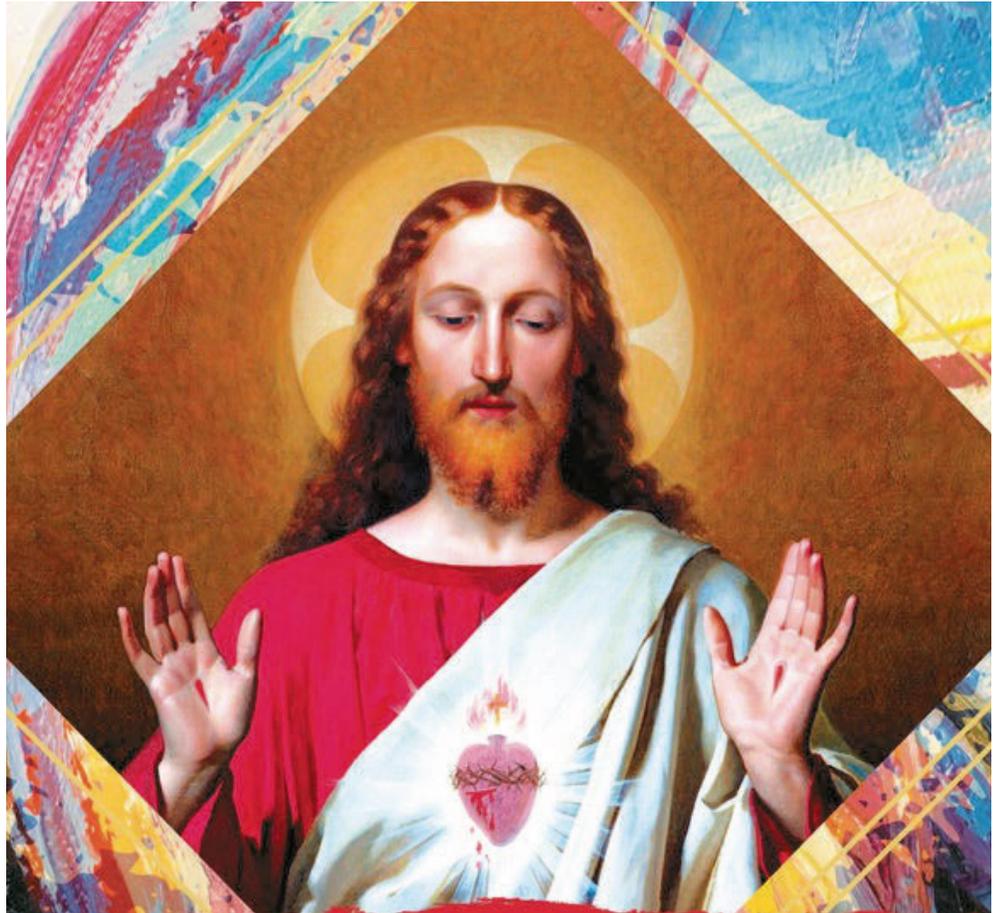
**ADORATION**  
**ADORACIÓN**  
Wednesday & Thursday  
**Miércoles y Jueves**  
1:00 pm - 4:00 pm

**RECONCILIATION**  
**RECONCILIACIÓN**  
Monday—Friday  
**Lunes—Viernes**  
11:30 am—12:00 pm

**Saturday | Sabado**  
4:00 pm—5:00 pm

**CATHEDRAL HOURS**  
Monday—Friday  
10:00 am—4:00 pm

**OFFICE HOURS**  
Monday—Friday  
9:00 am— noon & 1 pm—4 pm



## 3RD SUNDAY OF EASTER

“Thus it is written that the Christ would suffer and rise from the dead on the third day.” - Lk 24:46

## 3ER DOMINGO DE PASCUA

“Está escrito que el Mesías tenía que padecer y había de resucitar de entre los muertos al tercer día”. - Lc 24, 46

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1019 11th Street, Sacramento, CA 95814

916-444-3071 | [www.CathedralSacramento.org](http://www.CathedralSacramento.org)

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# The Cathedral's Stewardship Retreat

On March 9, the Cathedral held its fourth stewardship retreat with the theme "Growing Closer to Christ Through Personal Prayer." Fr. Joel Sember from the Green Bay Diocese in Wisconsin served as the retreat's spiritual director. Over 170 participants from the Cathedral and neighboring parishes attended.

The retreat started with a very spiritual opening Bilingual Mass with Fr. Joel presiding and Fr. Michael O'Reilly concelebrating. Following Mass, the retreat continued with Fr. Joel presenting four talks on growing our relationship with Christ, pursuing Him through the gift of prayer. Father helped us strengthen our ways of talking and listening to God by teaching us several prayer forms: Lectio Divina, Imaginative Prayer, Relational Prayer, and Weekly Review.

The retreat ended with a renewal of our Baptismal Vows, a Commitment Prayer, and a Final Blessing from Fr. Joel. For those interested, a tour of the

interior of the Cathedral was offered. Twenty participants took the tour led by a Ministry Docent.

The evaluations were overwhelmingly positive. Helping to make the retreat a success were the 48 parishioners who willingly volunteered their talents in fulfilling many of the tasks associated with the retreat. A very special thank you to them!

Also, the Stewardship Advisors gratefully thank Fr. Joel for inspiring us to deepen our relationship with God through prayer. We thank Fr. Michael for his vision of building a stewardship culture at the Cathedral. And a thank you to everyone who participated in the retreat by attending, helping, and praying together as one Body of Christ, striving to live a stewardship way of life as disciples of Jesus.



# Retiro de Mayordomía de la Catedral



## Sacramento Chinese Catholic Community

**RECONCILIATION:** 1<sup>st</sup> Sunday of the month before mass. Please contact Kenneth Ng or Fr. Chiu in advance.

**Tel:** 916-583-8306

**Email:** [sccc.contact@gmail.com](mailto:sccc.contact@gmail.com)

**Facebook:** @sacchinesecatholic

**Instagram:** <https://is.gd/SCCCinstagram>

**Website:** [www.sacchinesecatholic.org/](http://www.sacchinesecatholic.org/)



Chinese Portal:



Fr. Abraham Chiu  
趙必成神父



A Glimpse of Spirituality 靈修一瞥120 (Matt 7:21, 24-27) Fr. Abraham Chiu 趙必成神父

Who can be saved? Jesus said, "Not everyone who says to me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of my Father who is in heaven."

The verb "does" (poiōn) literally denotes constructing, doing, or making. Here it carries the meaning of the kind of action that doing Father's will requires from all Christians the practice of the beatitudes (Matt 5:2-11). Moreover, the Father also invites us all to let God's light in us shine forth so that people may see our good works and give glory to the Father (Matt 5:16) and to act in generous and loving ways - even toward our enemies (Matt 5:38-48). That is to say, sincerity in Christians can be demonstrated not by what they say but by what they practice. That is what Jesus insisted on doing the will of the Father.

Fine words can never be a substitute for fine deeds. Faith without practice is a contradiction in terms, and love without loyalty is impossibility. We may deceive people with our words, but we cannot deceive God who reads our hearts. Jesus contrasted a wise man who practiced what he believed and a fool who did not practice his religious beliefs. Only a firm house foundation can withstand the storm and only a life which foundations are sure can stand the test. The two builders sum up two ways - the way of perfect righteousness and the way of self-righteousness.

The story also suggests that God does not shelter Christians from life's storms (e.g., accidents, illness, death). Our strong faith and prayers, however, can lead us to peace of heart and mind. Christians, like everyone else, must be prepared to live through the storms and tragedies that are common to humankind, nevertheless, they suffer with the resurrected Christ, though once being crucified.

誰能得救？

耶穌說：“不是凡向我說‘主啊！主啊！’的人，就能進入天國；而是那承行我在天之父旨意的人，才能進天國。”

動詞“承行” (poiōn) 字面意思是建構、去做或製作。更精確定義就是承行天父旨意，這需要基督徒實踐真福八福 (瑪5:2-11)；此外，天父也要求所有信徒讓天主光榮在生命彰顯出來，使世界看見基督徒的善行，歸光榮於天父 (瑪5:16)，並以慷慨和愛德行事，包括仇人 (瑪5:38-48) 這就是說，基督徒的真誠不是靠嘴巴說說，而是行動來體現，這就是耶穌堅持的，要承行天父旨意。

花言巧語永遠不能取代英豪善行，沒有實踐的信仰本身自相矛盾，沒有忠誠的愛不可存立。言語可以騙人，但無法欺騙看透人心的天主。耶穌將實踐信仰的智者與罔顧信仰的愚人對比，只有地基堅固的房子才能經得起風雨，只有根基穩固的人生才能經得起考驗。兩位建造者總結了兩條人生路，就是完全正義的道路和自以為是的道路。

這故事也表明，天主不會刻意偏心基督徒免於生活風暴 (如意外、疾病、死亡)。然而，堅定信德和熱切祈禱可讓人心平靜。基督徒和其他人一樣，必須準備好經歷世界常見的風風雨雨，不一樣的，是與復活基督一起受苦，儘管耶穌曾被釘在十字架上。

# Events and Information

Cathedral of the Blessed Sacrament



## Women's Retreat June 13-16, 2024

Deepen your relationship with Jesus Christ, renew yourself spiritually, give new meaning to prayer life and Sunday liturgy, and build lasting friendships with members of your community by going on an ACTS weekend retreat.

To learn more, contact  
Lucila Martinez, Retreat Director at  
916-947-6985 [hope4evr58@yahoo.com](mailto:hope4evr58@yahoo.com)

Adult Bible Study

## WHAT WE BELIEVE The Beauty of the Catholic Church

Thursdays until June 13

7:00 - 8:30 pm, St. Pius X Room

Also available via Zoom.



What We Believe

A ten-part study by Ascension Press rediscovering the Catechism of the Catholic Church with engaging videos and small group discussion.

Sign up to receive info:

<https://is.gd/cathedralbelieve>

"The Cathedral of the Blessed Sacrament Presents"

## A Eucharistic Revival Concert

### Dave Brubeck's

## PANGE LINGUA VARIATIONS

An Ode to Sacramento

Saturday, July 6 at 8:00 pm

Cathedral of the Blessed Sacrament

1019 11th Street, Sacramento, CA 95814

Cathedral Choir and Orchestra, Neal Gittleman, Conductor

Special Guest Performances By:

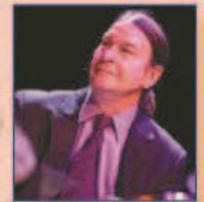
Chris Brubeck

Dan Brubeck

Joe Gilman



Chris Brubeck



Dan Brubeck



Neal Gittleman



Joe Gilman

WINE & CHEESE RECEPTION AND TOURS OF THE CATHEDRAL: 6 pm with the Concert at 8 pm

For ticket information, publicity & community outreach contact:

[concerts@cathedralsacramento.org](mailto:concerts@cathedralsacramento.org)

"All proceeds will be used to fund the Cathedral's Social Service Ministries"

# Eventos e información



NATIONAL  
**Eucharistic  
Pilgrimage**

**Thursday, May 22, 2024**

The Cathedral will be part of a four-day procession across the Diocese as part of a national procession to Indianapolis for the National Eucharistic Congress in July. Find

out more information here: [www.eucharisticpilgrimage.org/st-junipero-serra-route](http://www.eucharisticpilgrimage.org/st-junipero-serra-route)

## PEREGRINACIÓN EUCARÍSTICA NACIONAL

**Jueves, 22 de mayo de 2024**

La Catedral será parte de una procesión de cuatro días por toda la Diócesis como parte de una procesión nacional a Indianapolis para el Congreso Eucarístico Nacional en julio. Obtenga más información aquí: [www.eucharisticpilgrimage.org/st-junipero-serra-route](http://www.eucharisticpilgrimage.org/st-junipero-serra-route)

## *Cathedral Nights*

**NOTE:** The Cathedral Nights Concert, originally scheduled for May 11, has been postponed. New date will be announced later. Information regarding ticket refunds will be published in the bulletin within the next two weeks.

**NOTA:** El Concierto de Noches de Catedral, originalmente programado para el 11 de mayo, ha sido pospuesto. La nueva fecha se anunciará más adelante. La información sobre los reembolsos de boletos se publicará en el boletín dentro de las próximas dos semanas.

## KEEP THE FLAME ALIVE

*like the new light of the  
Easter Candle*

**Wednesdays, 7:00 pm via  
Zoom**

Join us! Father O'Reilly leads a study on the Gospel of John and we continue learning about the Liturgy of the Eucharist.

Contact Donna:

[flamealive22@gmail.com](mailto:flamealive22@gmail.com)

## MANTENGA VIVA LA LLAMA

*como la nueva luz del Cirio  
Pascual*

**Miércoles, 7:00 pm via Zoom**

¡Únete a nosotros! Padre O'Reilly dirige un estudio sobre el Evangelio de Juan y seguimos aprendiendo sobre la Liturgia de la Eucaristía.

Contacto con Donna:

[flamealive22@gmail.com](mailto:flamealive22@gmail.com)

## SUNDAY CATHEDRAL TOURS

**English at 9am and 11am &  
Spanish at 1pm**

Docents share how the Cathedral is such an important part of early California history. Learn how our beautiful and important art works have symbolism integral to our Catholic Faith.

## TOURS DE LA CATEDRAL DEL DOMINGO

**Español a las 1 pm y inglés a las  
9am y 11am**

Los docentes comparten cómo la Catedral es una parte importante de la historia temprana de California. Conozca cómo nuestras hermosas e importantes obras de arte tienen un simbolismo integral para nuestra fe católica.

## Mass Intentions & Observances

**SUN 4/14**

**THIRD SUNDAY OF EASTER**

8:00 AM: PETER & BERNADETTE CHANG S.I.

10:00 AM: NESTOR PURUGGANAN +

12:00 PM: GERVASIO ANUB +

4:00 PM: PEOPLE OF THE PARISH S.I.

6:00 PM: CAROL DRUMMOND +

**MON 4/15**

**THIRD MONDAY OF EASTER**

12:10 PM: SABETH DE LAS VERLAS +;

DENNIS FISCHER +

**TUES 4/16**

**THIRD TUESDAY OF EASTER**

12:10 PM: RUZYL DE LAS VERLAS S.I.

**WED 4/17**

**THIRD WEDNESDAY OF EASTER**

12:10 PM: DANA AND ARLETTE BURKEY

S.I. AND FAMILY S.I.

**THU 4/18**

**THIRD THURSDAY OF EASTER**

12:10 PM: ROSARIO PURUGGANAN +

**FRI 4/19**

**THIRD FRIDAY OF EASTER**

12:10 PM: EVA NUNES +

*S.I. = for special intention*

*+ = for repose of the soul*

## Mass Intentions

Please email:

[vramos@cathedralsacramento.org](mailto:vramos@cathedralsacramento.org)

or call 916-444-3071, ext. 10

# Liturgy of the Word

THIRD SUNDAY OF EASTER

APRIL 14, 2024

**READING 1**                      **ACTS 3:13-15, 17-19**

Peter said to the people:

"The God of Abraham, the God of Isaac, and the God of Jacob, the God of our fathers, has glorified his servant Jesus, whom you handed over and denied in Pilate's presence when he had decided to release him. You denied the Holy and Righteous One and asked that a murderer be released to you. The author of life you put to death, but God raised him from the dead; of this we are witnesses. Now I know, brothers, that you acted out of ignorance, just as your leaders did; but God has thus brought to fulfillment what he had announced beforehand through the mouth of all the prophets, that his Christ would suffer. Repent, therefore, and be converted, that your sins may be wiped away."

**RESPONSORIAL PSALM**        **PS 4:2, 4, 7-8, 9**

**R. Lord, let your face shine on us.**

When I call, answer me, O my just God,  
you who relieve me when I am in distress;  
have pity on me, and hear my prayer!

**R. Lord, let your face shine on us.**

Know that the LORD does wonders for his faithful  
one;

the LORD will hear me when I call upon him.

**R. Lord, let your face shine on us.**

O LORD, let the light of your countenance shine upon  
us!

You put gladness into my heart.

**R. Lord, let your face shine on us.**

As soon as I lie down, I fall peacefully asleep,  
for you alone, O LORD,  
bring security to my dwelling.

**R. Lord, let your face shine on us.**

**READING 2**                      **1 JN 2:1-5A**

My children, I am writing this to you so that you may not commit sin. But if anyone does sin, we have an Advocate with the Father, Jesus Christ the righteous one. He is expiation for our sins, and not for our sins only but for those of the whole world. The way we may be sure that we know him is to keep his commandments. Those who say, "I know him," but do not keep his commandments are liars, and the truth is not in them. But whoever keeps his word, the love of God is truly perfected in him.

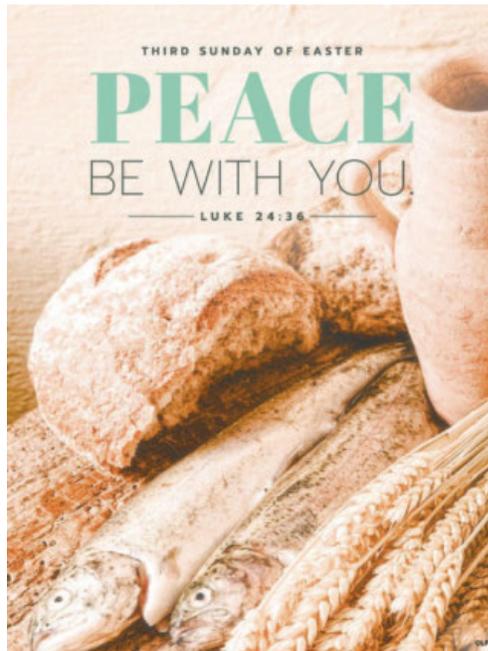
**ALLELUIA**                      **CF. LK 24:32**

**R. Alleluia, alleluia.**

Lord Jesus, open the Scriptures to us;  
make our hearts burn while you speak to us.

**R. Alleluia, alleluia.**

**GOSPEL**                      **LK 24:35-48**



The two disciples recounted what had taken place on the way, and how Jesus was made known to them in the breaking of bread.

While they were still speaking about this, he stood in their midst and said to them, "Peace be with you." But they were startled and terrified and thought that

they were seeing a ghost. Then he said to them, "Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have." And as he said this, he showed them his hands and his feet. While they were still incredulous for joy and were amazed, he asked them, "Have you anything here to eat?" They gave him a piece of baked fish; he took it and ate it in front of them.

He said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled." Then he opened their minds to understand the Scriptures. And he said to them, "Thus it is written that the Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things."

## III DOMINGO DE PASCUA

14 DE ABRIL DE 2024

### PRIMERA LECTURA HCH 3, 13-15. 17-19

En aquellos días, Pedro tomó la palabra y dijo: “El Dios de Abraham, de Isaac y de Jacob, el Dios de nuestros padres, ha glorificado a su siervo Jesús, a quien ustedes entregaron a Pilato, y a quien rechazaron en su presencia, cuando él ya había decidido ponerlo en libertad. Rechazaron al santo, al justo, y pidieron el indulto de un asesino; han dado muerte al autor de la vida, pero Dios lo resucitó de entre los muertos y de ello nosotros somos testigos.

Ahora bien, hermanos, yo sé que ustedes han obrado por ignorancia, de la misma manera que sus jefes; pero Dios cumplió así lo que había predicho por boca de los profetas: que su Mesías tenía que padecer. Por lo tanto, arrepíentanse y conviértanse, para que se les perdonen sus pecados”.

### SALMO RESPONSORIAL SALMO 4, 2. 7. 9

**R. (7a) En ti, señor, confío. Aleluya.**

Tú que conoces lo justo de mi causa,  
Señor, responde a mi clamor.  
Tú que me has sacado con bien de mis angustias,  
apiádate y escucha mi oración.

**R. En ti, señor, confío. Aleluya.**

Admirable en bondad  
ha sido el Señor para conmigo,  
y siempre que lo invoco me ha escuchado;  
por eso en él confío.

**R. En ti, señor, confío. Aleluya.**

En paz, Señor, me acuesto  
y duermo en paz,  
pues solo tú, Señor,  
eres mi tranquilidad.

**R. En ti, señor, confío. Aleluya.**

### SEGUNDA LECTURA 1 JN 2, 1-5A

Hijitos míos: Les escribo esto para que no pequen. Pero, si alguien peca, tenemos como intercesor ante el Padre, a Jesucristo, el justo. Porque él se ofreció como víctima de expiación por nuestros pecados, y no sólo por los nuestros, sino por los del mundo entero.

En esto tenemos una prueba de que conocemos a Dios, en que cumplimos sus mandamientos. El que dice: “Yo lo conozco”, pero no cumple sus mandamientos, es un mentiroso y la verdad no está en él. Pero en aquel que cumple su palabra, el amor de Dios ha llegado a su plenitud, y precisamente en esto conocemos que estamos unidos a él.

### ACLAMACIÓN ANTES DEL EVANGELIO

**CF. LC 24, 32**

**R. Aleluya, aleluya.**

Señor Jesús, haz que comprendamos la Sagrada Escritura.

Enciende nuestro corazón mientras nos hablas.

**R. Aleluya.**

### EVANGELIO LC 24, 35-48

Cuando los dos discípulos regresaron de Emaús y llegaron al sitio donde estaban reunidos los apóstoles, les contaron lo que les había pasado en el camino y cómo habían reconocido a Jesús al partir el pan.

Mientras hablaban de esas cosas, se presentó Jesús en medio de ellos y les dijo: “La paz esté con ustedes”. Ellos, desconcertados y llenos de temor, creían ver un fantasma. Pero él les dijo: “No teman; soy yo. ¿Por qué se espantan? ¿Por qué surgen dudas en su interior? Miren mis manos y mis pies. Soy yo en persona.

Tóquenme y convénzanse: un fantasma no tiene ni carne ni huesos, como ven que tengo yo”. Y les mostró las manos y los pies. Pero como ellos no acababan de creer de



pura alegría y seguían atónitos, les dijo: “¿Tienen aquí algo de comer?” Le ofrecieron un trozo de pescado asado; él lo tomó y se puso a comer delante de ellos.

Después les dijo: “Lo que ha sucedido es aquello de que les hablaba yo, cuando aún estaba con ustedes: que tenía que cumplirse todo lo que estaba escrito de mí en la ley de Moisés, en los profetas y en los salmos”.

Entonces les abrió el entendimiento para que comprendieran las Escrituras y les dijo: “Está escrito que el Mesías tenía que padecer y había de resucitar de entre los muertos al tercer día, y que en su nombre se había de predicar a todas las naciones, comenzando por Jerusalén, la necesidad de volverse a Dios para el perdón de los pecados. Ustedes son testigos de esto”.



# Family Faith Formation and OCIA

As we consider the “Spiritual Battle” we must engage in, this week we consider the “stumbling stones” to our spiritual life: Distraction.

Mientras consideramos la “batalla espiritual” que debemos emprender, esta semana consideramos las “piedras de tropiezo” de nuestra vida espiritual: la distracción.

## LOOK! SQUIRREL! Distraction in the Spiritual Life

Over the last couple of weeks leading up to Easter Sunday, we have had a lot to inspire us in the spiritual life. But then, have you noticed how those good intentions quickly fade, and we forget what we set out to accomplish? Many times our failed good intentions to grow in our prayer life are due to one of the most common and difficult obstacles to prayer: DISTRACTION. Distraction is easily one of the most difficult and common obstacles to prayer. This is also a particular challenge in our present day and age. In the less electronically dominated past, there were natural moments of quiet, and places where someone could retire for stillness. Now the sounds and flashes of technology drown out

environments helpful to introspection. God does understand that prayer is a battle for us. He knows that we are easily influenced by our senses: those things that we can touch, hear, and see. When we are distracted, the most effective way of dealing with our distractions is to offer them up to God, humbly accepting that we cannot pray on our own. However, we should also be forming habits to counteract our distractions. We should ask ourselves: Do we try to still our mind before beginning to pray? Do we enter a quiet room and put away our phones? Are our bodies slouched while praying, or are we kneeling or sitting straight? These physical and external realities influence our prayer lives, as well as cultivate an attitude of reverence when we pray.

### Terms to Know in Spiritual Battle:

**Dryness:** The feeling that no one is listening when we pray.

**Persevere:** To continue in spite of facing obstacles.

**Spiritual Combat:** Our fight against the temptations of the devil.

To show that He really was alive after his death, Jesus

COLOR CLUE

asked for something from his Disciples. What?



CODE:  
x = grey  
• = peach  
Blank—any other color

### UPCOMING FAITH FORMATION FOR ADULTS AND CHILDREN

**SUN 14 APR** Family Faith Formation (Espanol) 10:00 AM, Mercy Hall  
OCIA for Families—Year 1  
11:45 AM, Manogue

**MON 15 APR** Evening Prayer (All Welcome) 6:30 PM, Mercy Hall  
OCIA for Adults  
7:00 PM, Mercy Hall/Classes

**TUE 16 APR** Family Faith Formation 6:00 PM, Mercy Hall

**THU 18 APR** Adult Confirmation Class 7:00 PM, St Toribio  
Adult Formation: What We Believe  
7:00 PM, St Pius X

**SAT 20 APR** Family Faith Formation 10:00 AM, Mercy Hall

1era Comunión Ritiro Grupo Espanol  
4:15 pm—Mercy Hall

#### UPCOMING

**THU 25 APR** 1st Reconciliation Service 5:00 PM—in Church

**SAT 04 MAY** Youth Confirmation Retreat 9:00 AM—6:00 PM  
Cathedral Lower Level

### Preparation for Sunday Mass Sunday, 21 APR 24

**Prepare:**  
4th Sunday of Easter

Acts 4:8-12  
Ps 118:1, 8-9, 21-23, 26, 28, 29  
1 Jn 3:1-2  
Jn 10:11-18

#### Focus of the Gospel:

The readings for next Sunday—Good Shepherd Sunday—demonstrate that Jesus Christ cares for us as a shepherd cares for his flock. Jesus explains that he is the good shepherd who knows his sheep and will do anything to save them. In the Acts of the Apostles, Peter (the first Pope) makes it clear that salvation is exclusively found in Jesus Christ, “...the cornerstone of our faith.” Together, the readings help us to reflect on how we are the Flock of Jesus the Shepherd. We must learn to listen to His voice in Sacred Scripture, in the teachings of the Church, and learn to make choices that reflect our love for Christ, especially when we feel we need to ‘give up’ something in order to better reflect Jesus and His love to others.

#### With Your Family

- ◆ Read John 10:11-18
- ◆ Imagine being in a room full of other people / children. How easily can you hear your friend call you from the other side of the room? Can you pick out your parent/friend’s voice? Why or why not?
- ◆ What are you doing when Jesus calls you? What is he asking you to do? To become?
- ◆ Pray Psalm 118:1-23 together

Family Faith Formation and OCIA—Formation of Faith and of Sacraments for Children and Adults

# Formación de fe Familiar y OICA

## ¡MIRAR! ¡ARDILLA! Distracción en la vida espiritual

Durante las últimas semanas previas al Domingo de Pascua, hemos tenido mucho que inspirarnos en la vida espiritual. Pero entonces, ¿has notado cómo esas buenas intenciones se desvanecen rápidamente y olvidamos lo que nos propusimos lograr? Muchas veces nuestras buenas intenciones fallidas de crecer en nuestra vida de oración se deben a uno de los obstáculos más comunes y difíciles de la oración: LA DISTRACCIÓN. La distracción es fácilmente uno de los obstáculos más difíciles y comunes para la oración. Este es también un desafío particular en nuestra época actual. En el pasado menos dominado por la electrónica, había momentos naturales de tranquilidad y lugares donde alguien podía retirarse para descansar. Dios sí entiende que la oración es una batalla para nosotros. Él sabe

que nuestros sentidos: aquellas cosas que podemos tocar, oír y ver, nos influyen fácilmente. Cuando estamos distraídos, la forma más efectiva de lidiar con nuestras distracciones es ofrecérselas a Dios, aceptando humildemente que no podemos orar solos. Sin embargo, también deberíamos formar hábitos para contrarrestar nuestras distracciones. Deberíamos preguntarnos: ¿Tratamos de aquietar nuestra mente antes de comenzar a orar? ¿Entramos en una habitación tranquila y guardamos nuestros teléfonos? ¿Nuestros cuerpos están encorvados mientras oramos, o estamos arrodillados o sentados erguidos? Estas realidades físicas y externas influyen en nuestra vida de oración, además de cultivar una actitud de reverencia cuando oramos.

## What is OCIA?

The "Order of Christian Initiation for Adults" provides a place for seekers to explore what the Catholic Church believes and teaches as part of their journey towards embracing Christ and His Church in the reception of sacraments. Catholics who have not received Sacraments of Confirmation and of the Holy Eucharist may attend. To know more, go to our website: [cathedralsacramento.org](https://cathedralsacramento.org)

## Preparación para la Misa Domingo, 21 ABRIL 24

**Preparar:**  
4to Domingo de Pascua

Hechos 4:8-12  
Sal 118:1, 8-9, 21-23, 26, 28, 29  
1 Juan 3:1-2  
Juan 10:11-18

### Enfoque del evangelio:

Las lecturas del próximo domingo, el Domingo del Buen Pastor, demuestran que Jesucristo cuida de nosotros como un pastor cuida de su rebaño. Jesús explica que él es el buen pastor que conoce a sus ovejas y hará cualquier cosa para salvarlas. En los Hechos de los Apóstoles, Pedro (el primer Papa) deja claro que la salvación se encuentra exclusivamente en Jesucristo, "...la piedra angular de nuestra fe". Juntas, las lecturas nos ayudan a reflexionar sobre cómo somos el Rebaño de Jesús Pastor. Debemos aprender a escuchar Su voz en la Sagrada Escritura, en las enseñanzas de la Iglesia, y aprender a tomar decisiones que reflejen nuestro amor por Cristo, especialmente cuando sentimos que necesitamos "renunciar" a algo para reflejar mejor a Jesús y Su amor a los demás.

### Con tu familia

- ♦ Lea Juan 10:11-18
- ♦ Imagínese estar en una habitación llena de otras personas/niños. ¿Con qué facilidad puedes escuchar a tu amigo llamarte desde el otro lado de la habitación? ¿Puedes distinguir la voz de tu padre/amigo? ¿Por qué o por qué no?
- ♦ ¿Qué estás haciendo cuando Jesús te llama? ¿Qué te pide que hagas? ¿Convertirse?
- ♦ Oren juntos el Salmo 118:1-23

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<https://is.gd/massprep2024>



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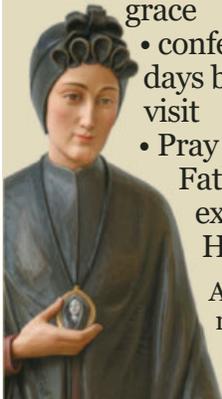


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Receive a Plenary Indulgence by visiting the Cathedral.

\* **To obtain the Indulgence:**

- Receive Communion in state of grace
- confession within 20 days before or after your visit
- Pray for the Holy Father's intentions (For example: Our Father, Hail Mary, Glory Be).



Although not part of the requirements, please pray for our Canossian Sisters.



ADULT FAITH FORMATION

## Adult Faith Enrichment

### Want to deepen your Catholic Faith?

Look at the below topics and join in on the discussion as our Guest.

OCIA Catholic Formation  
Mondays, 7:00 pm  
Mercy Hall (lower level)

## APRIL TOPICS

- 15<sup>th</sup> Virtue of Hope  
The Incarnation
- 22<sup>nd</sup> Virtue of Love  
The Church
- 29<sup>th</sup> Mystical Body of Christ  
Church Tour

### Start now:

<https://is.gd/ociaguest>

Sign up to receive notifications

Sister Lisa Marie Doty, FDCC, Director of Faith Formation & OCIA | [slmdoty@cbssac.org](mailto:slmdoty@cbssac.org) | 916-444-5364

# Parish Information/Información Parroquial



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## SACRAMENTOS

para información en español ir a [www.CathedralSacramento.org](http://www.CathedralSacramento.org)

## SACRAMENTS

for additional information go to [www.CathedralSacramento.org](http://www.CathedralSacramento.org)

## ANOINTING OF THE SICK

Make an appointment by calling the parish office.

## BAPTISM

Contact Deacon Omar Bardales:  
[baptism@cbssac.org](mailto:baptism@cbssac.org) or 916-444-3071 Ext. 28

## CONFESSION/RECONCILIATION

See cover page.

## CONFIRMATION

[www.cathedralsacramento.org/faithformation](http://www.cathedralsacramento.org/faithformation)

## HOLY EUCHARIST

Contact Sister Lisa Marie at [slmdoty@cbssac.org](mailto:slmdoty@cbssac.org).

## HOLY ORDERS

To learn about the priesthood and/or deaconate, contact Fr. Mémo Hernandez at 916-733-0258.

## MARRIAGE PREPARATION

Contact Deacon Omar & Janet Bardales at [matrimonyprep@att.net](mailto:matrimonyprep@att.net) or 916-427-9160.

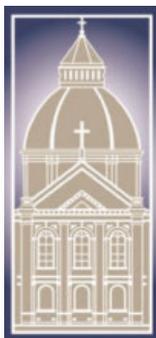
## MATRIMONY

Contact Titi Kila [tkila@cathedralsacramento.org](mailto:tkila@cathedralsacramento.org)

## PASTORAL AND ADMINISTRATIVE STAFF

Fr. Michael O'Reilly, *Pastor/Rector*  
Fr. Abraham Chiu, *Chinese Mass*  
Fr. Mémo Hernandez  
Fr. Michael Kiernan  
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*

**Bulletin & Website:**  
[Communication@cathedralsac.org](mailto:Communication@cathedralsac.org)



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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.

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Joey Martinez  
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Aileen Rasmussen  
Michele Stiger

## FINANCE COUNCIL

Robert Ingenito, Chair  
Nancy Fairbanks  
Michael Pease  
Beth Schatz

## SACRED LITURGY

### Altar Servers

Michael Ognisty, [mfgonisty@msn.com](mailto:mfgonisty@msn.com)

### Cathedral Choir

Rex Rallanka, Director of Liturgy & Music,  
[rrallanka@cathedralsacramento.org](mailto:rrallanka@cathedralsacramento.org)

### Saint Toribio Choir - The Youth Choir of The Cathedral

Rex Rallanka at [rrallanka@cathedralsacramento.org](mailto:rrallanka@cathedralsacramento.org) or  
Gayle Winney, [gwinney@cbssac.org](mailto:gwinney@cbssac.org)

### Extraordinary Ministers of Holy Communion

Amy McCormick, [ammccormick@att.net](mailto:ammccormick@att.net)

### Lectors

Maggie Jones, [lector@cathedralsac.org](mailto:lector@cathedralsac.org)

### Sacristan Ministry

Michael Ognisty, [mfgonisty@msn.com](mailto:mfgonisty@msn.com)

### Ushers

Tom Waddock, [tomwaddock@yahoo.com](mailto:tomwaddock@yahoo.com) 916-444-3071

### Welcoming Ministry

Andrea Martin-Borges, [andreamartin-borges@hotmail.com](mailto:andreamartin-borges@hotmail.com)

## PRAYER

### Adoration

Titi Kila, [cbsadoration@gmail.com](mailto:cbsadoration@gmail.com)

### Evening Rosary Group

Marlene Mejia or Christina Callazo-Kelly,  
[praytherosarywithus@yahoo.com](mailto:praytherosarywithus@yahoo.com)

### Prayer Chain

Regina Fagan, [prayer.chain.sacramento@gmail.com](mailto:prayer.chain.sacramento@gmail.com)

## FAITH FORMATION AND CATECHESIS

### Faith Formation and Christian Initiation

Sr. Lisa Marie Doty, FDCC, [slmdoty@cbssac.org](mailto:slmdoty@cbssac.org)

### Formacion en la Fe Familiar (FFF) en Espanol

Deyanira Galvez, [Galvez.dgv@gmail.com](mailto:Galvez.dgv@gmail.com)

### Catechesis of the Good Shepherd

For ages 3+ David Vincent, [admin@youngsheep.org](mailto:admin@youngsheep.org);  
[www.youngsheep.org](http://www.youngsheep.org)

## SOCIAL and COMMUNITY SERVICE

### Brown Bag Lunch Ministry

Marilynn Fairgood, [Marilynn\\_Fairgood@att.net](mailto:Marilynn_Fairgood@att.net)

### Cathedral Docents Tour Ministry

Jill Pease, [peasejill@gmail.com](mailto:peasejill@gmail.com)

### Festival of Trees

Susan Moeller, [susandurand@gmail.com](mailto:susandurand@gmail.com)

### Front Door Ministry

Deacon Edgar Hilbert, [hilbertdoheva@aol.com](mailto:hilbertdoheva@aol.com)

### Gift Shop Volunteers

Susan Moeller, [susandurand@gmail.com](mailto:susandurand@gmail.com)

### Hospitality

Celeste Gisla, [jfgisla@att.net](mailto:jfgisla@att.net)

### Office Ministry

Victoria Ramos, [vramos@cathedralsacramento.org](mailto:vramos@cathedralsacramento.org)

### Outreach to the Homebound

Deacon Omar Bardales, [omarepa@att.net](mailto:omarepa@att.net)

### Media and Communications Ministry

Titi Kila, [communication@cathedralsac.org](mailto:communication@cathedralsac.org)

### Respect Life Ministry

Liliana Balderrama, [michoacan8888@gmail.com](mailto:michoacan8888@gmail.com)

### Volunteer Corps

Tom Waddock, 916-444-3071,

## COMMUNITY GROUPS

### Cathedral A.C.T.S.

Diane Gonzales-Salais, [dmgslais@yahoo.com](mailto:dmgslais@yahoo.com)

### Cathedral Filipino-American Group of Sacramento

John Ponce, [johne.poww@gmail.com](mailto:johne.poww@gmail.com)

### Cathedral Young Adults

Victoria Ramos, [cathedralya@gmail.com](mailto:cathedralya@gmail.com)

### Chinese Community

Kenneth Ng, [secc.contact@gmail.com](mailto:secc.contact@gmail.com)

### Knights of Columbus

Gabriel Gutierrez, [gutierrezgabriel@yahoo.com](mailto:gutierrezgabriel@yahoo.com)

### Spanish Parents Group Leaders

Leticia Hilbert, [leticia\\_hilbert@hotmail.com](mailto:leticia_hilbert@hotmail.com)



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