



The Cathedral of
ST. EUGENE

2323 Montgomery Drive
Santa Rosa, CA 95405
(707) 542-6984

PASTORAL STAFF

Rev. Frank Epperson, Rector
Rev. Alan Acevedo, Parochial Vicar
Rev. Jeffrey Keyes, In Residence
Deacon Mike Heinzelman
Deacon Gary Moore
Deacon Russ Bowden

TELEPHONE NUMBERS

Email Comments/Suggestions to:
cathedralresponse@gmail.com

Parish Office Phone	542-6984
Parish Office Fax	542-1621
Religious Education	326-3408
Finance Council – Marty McCormick	526-1700
Choir Directress – Pam Zieminski	578-8848
School Office – Sharon Jeffrey	545-7252
Preschool Office – Sharry Caesare	528-9133
Homeschool Academy– Jessica Warner	206-5579

PARISH OFFICE HOURS

Monday – Friday – 9:00 a.m. to 4:00 p.m.
Entrance is located at SW corner of Rectory

WEBSITES

Parish: www.steugenes.com
School: www.steugenesch.org

REGISTRATION IN THE PARISH

Our warmest welcome to all who worship in our community. If you are not registered in the parish, please complete a registration card. Cards are available at church entrances or at the parish office.

MARRIAGES & BAPTISMS

Please contact the office at least 12 months in advance for weddings and 3 months in advance for baptisms. Check the parish website for more information.

ANOINTING OF THE SICK

Please call the parish office when a parishioner is home bound or hospitalized to arrange for Holy Communion and Anointing of the Sick.



MASS TIMES

Daily Mass: 6:45 and 8:00 a.m.
Saturday: 8:00a.m; 4:30 p.m. & Sp.6:30 p. m.
Sunday: 7:30, 9:00 & 10:30 a.m.
12:00 noon and 5:30 p.m.
Tuesday Latin Mass: 5:30 p.m.
Sunday Latin Mass: 1:30 p.m.

CONFESSIONS

3:30 – 4:30 p.m. Saturday or by appointment

PERPETUAL ADORATION

Perpetual Adoration is in the Chapel of the Sacred Heart of Jesus. To sign up for your hour with our Lord, call Annette (English) at: 542-3635 or Maria Vega (Spanish) at: 710-5094

Benediction of the Most Blessed Sacrament is held in the chapel every First Friday following 8:00 a.m. Mass. *During this time of Covid-19, Benediction is not being held.*

DEVOTIONS

Recitation of the Rosary is Monday – Saturday at 7:30 a.m. in the Cathedral

Chaplet of Divine Mercy is Saturday after the 8:00 a.m. Mass in the Cathedral

CATHEDRAL SHOPS

Cathedral Thrift Shop Hours: Tues & Wed. 9:30 am – 2:30 pm

Cathedral Books & Gifts Hours: Wed-Sat 8:30-4:30 & Sun 8:30-1:30, Closed Mon/Tues - Phone: 542-0250

TWENTY-FIFTH SUNDAY IN ORDINARY TIME – SEPTEMBER 19, 2021

PARISH CALENDAR

SUNDAY SEPTEMBER 19

Masses – Cathedral – 7:30 am, 9:00 am, 10:30 am, 12:00, 1:30 pm (Latin) & 5:30 pm
RCIA and RCIF – Becker Center-10:30 am

MONDAY SEPTEMBER 20

Morning Masses – Cathedral – 6:45 & 8:00 am

TUESDAY SEPTEMBER 21

Morning Masses – Cathedral – 6:45 & 8:00 am
Women of the Word – Brinker Room – 9:30 am
Latin Mass – Cathedral- 5:30 pm
40 Days for Life Kick-Off – PLC – 7:00 pm

WEDNESDAY SEPTEMBER 22

Morning Masses – Cathedral – 6:45 & 8:00 am
School Mass – Cathedral – 9:20 am
Bible Study – PLC (Hope Rm) - 6:00 pm

THURSDAY SEPTEMBER 23

Morning Masses – Cathedral – 6:45 & 8:00 am

FRIDAY SEPTEMBER 24

Morning Masses – Cathedral – 6:45 & 8:00 am

SATURDAY SEPTEMBER 25

Morning Mass – Cathedral – 8:00 am
Santa Rosa Religious Education Congress – Cardinal Newman High School – 9:00 a.m.
Confession - Cathedral -3:00 – 4:30 pm
Mass – Cathedral – 4:30 pm; 6:30 pm (Spanish)

~40 DAYS FOR LIFE~

Our Pro-Life prayer warriors are gearing up for “40 Days for Life” beginning on Wednesday, September 22 and running until Sunday, October 31. 40 Days for Life is an internationally coordinated 40 day campaign that aims to end abortion locally through prayer and fasting, community outreach, and a peaceful, all-day vigil in front of abortion businesses. The opening prayer will be held at 11:00 a.m. on the sidewalk in front of Planned Parenthood located at 1140 Sonoma Avenue. Our kick-off “brown-bag meal” will take place the evening before, on September 21, after the 5:30 p.m. Mass in the PLC (7:00 pm). We encourage participants to bring something to eat (in their own bag or container) for we are still not able to offer pot-luck or prepared food in the Parish Life Center due to Covid restrictions. To sign-up, go to our website at: www.40daysforlife.com/SantaRosa or call Judy Parcher at 477-8937

Hearing Aid Users, Switch to T-Coil

ADMINISTRATION

For the Week of: 09/05/21

Sunday Donations Received:	\$14,690.
Collection Revenue Received for: Support of our Seminarians	\$5,178.

~CATHEDRAL BOOKS & GIFTS~

The Catholic church was a major force in the development of Western art and culture. To celebrate the impact of art in our spiritual lives, **our Special of the Month for September** is 25% off all art, including wall art and posters. The shop hours are: Wed-Sat from 8:30 am-4:30 pm & Sun 8:30 am-1:30 pm. We are closed Mon./Tues. Call us at 542-0250.

~UPDATE YOUR RECORDS ~

Have you changed your address? Phone number? Email address? Have new family members since you registered in the parish? Have your children grown up and left home? If so, please contact the parish office and let us know your changes so that we can update your parishioner record. Email changes to maria@steugenes.com or call her at 542-6984, extension 10.

~ADORERS NEEDED~

To sign up for an hour with Our Lord, please contact Annette Righetti at: 542-3635 (English) or Maria Vega (Spanish) at: 710-5094. We are in particular need of people who can commit to the following days and hours: Tuesday from 3-4:00 a.m. Wednesday from 12:00 midnight – 1:00 a.m.; Wednesday from 2-3:00 a.m., For the access code to the Chapel, please go to the Parish Office and talk to Maria Sanchez.

SECOND COLLECTION

~TUITION ASSISTANCE PROGRAM~

This weekend, September 18 & 19, our Second Collection will be for our Tuition Assistance Program. There will be no Second Collection next weekend, September 25 & 26. As always, thank you for your generosity!

~NATURAL FAMILY PLANNING~

Engaged and married couples: you have the opportunity to learn Natural Family Planning at your convenience! Self-paced classes are available through the Couple to Couple League. Please visit their website: www.ccli.org.

The bulletin item deadline is Thursday @ 3:00pm for the Sunday after next bulletin. E-mail items to: office@steugenes.com.

MASS INTENTIONS

Saturday	September 18
8:00 am	Veronica Palanos, living
4:30 pm	George Schirle, deceased
6:30 (Sp)	Pablo Fernandez, deceased
Sunday	September 19
7:30 am	McShane & Stronge Families, living & deceased
9:00 am	Richard Anthony Macdonell, deceased
10:30 am	People of the Diocese
12:00 pm	People of St. Eugene's
1:30 pm	Michael Hart, deceased & Mary Hart, living
5:30 pm	Michelle & Jason Royer, deceased
6:00 pm (Newman Ctr.)	Legion of Mary Members
Monday	September 20
6:45 am	Mary Tran, living
8:00 am	Maria Hernandez, deceased
Tuesday	September 21
6:45 am	Vincent De Lucca, deceased
8:00 am	Theresa Stronge, living
5:30 pm (EF)	Linda Fountaine, living
Wednesday	September 22
6:45 am	Pauliasi Naivalurua, living
8:00 am	Juanita Russell, living
9:20 am (School)	Laura Leon Luna, living
Thursday	September 23
6:45 am	Bridget Mary Hagan, deceased
8:00 am	Tom Elin, living
Friday	September 24
6:45 am	Mary Tran, living
8:00 am	George Skikos, deceased
12:00 (Hospital)	An unknown soul, deceased
Saturday	September 25
8:00 am	Michael Russell, Jr., deceased
4:30 pm	Giampaoli & Tessier Families, living & deceased
6:30 pm (Sp.)	Maria Lira, deceased

~PLEASE PRAY FOR~

Those who are ill need your support and prayers: Tristan Humble, Samuel Agius, Sandy Torti Wilcox, Marjorie Miles, Amelia Lansangan, Gail Brown, Leo Del Santo, Emeline Jane Smith, Rosalind Britto, Ken Davis, Rita Wyatt, Karen Mills, Eileen Carol, Nancy Amador, Patrick Welter, Cristeta Marentes, Jesus Navarro, Michael Boland, Stephen Warner, Thomas Patrick, Aida Catapang, Bob Goldman, Pat Davenport, Joan Cosgrove, Paulita Castro, Jean L. Alfano, Theresa Pham, Rainey Olson, Michele Otten and Mary Gonzales.

SPIRITUAL ACTIVITY

~RELIGIOUS EDUCATION CONGRESS~

On **Saturday, September 25, 2021**, the Diocese of Santa Rosa will present a day of prayer and fellowship for all adults in the Diocese. The event will be held at Cardinal Newman High School, 50 Ursuline Rd., Santa Rosa. The theme is *"Praying Always"*. The day will begin at 9:00 a.m. in the gym with Holy Mass offered by Bishop Robert F. Vasa, who welcomes us to this Congress by saying, "During this Year of St. Joseph, our theme *"Praying Always"* reminds us that the work of evangelization is both an active and a contemplative work. In fact, the Lord Himself tells us, 'Without Me you can do nothing!' Prayer is a manifestation of our recognition of this truth." Here are just some of the guest speakers and topics: · **Rev. John Plass** - "Adoring My Eucharist Lord" · **Rev. Jeffrey Keyes** - "Lectio Divina" · **Rev. Moses Brown, J.C.L.** - "Catholic Prayers, the Liturgy of the Hours: Praying with Psalms & Sulpician method of prayer" · **Rev. John Marie Bingham, O.P.** - "The Hail Mary: Holy Door & Threshold of Grace" and "The Father Heart of St. Joseph" · **Mother Teresa Christe, M.S.S.R.** - "Common obstacles to prayer & How to overcome them" · **Deacon Dance Farrell** - "Bringing meaningful prayer into hustle & bustle of daily life" This day is designed to bring spiritual nourishment to all adults in the Diocese. This event is **FREE**. For more information or to register, please contact Carmen Aanenson at the Diocesan Dept. of Religious Education at e-mail address: dre@srdiocese.org or call her at: 707-566-3366
Go to: www.srdiocese.org/religious-education-congress

~VIRTUAL ST. JOSEPH SUMMIT~

All are invited to join a 72-hour Saint Joseph Summit (www.saintjosephsummit.com) virtual conference September 30-October 3, 2021. Themed "Our Spiritual Father: Pilgrimage to the Heart of Saint Joseph", organizers anticipate drawing tens of thousands of participants worldwide. There is no cost to listen to presentations; register for free at the Saint Joseph Summit website. However, due to the large numbers of speakers and 72-hour time-period of presentations, organizers are encouraging the public to opt for the \$49.99 premium "passport" which allows for lifetime access to presentations as well as bonus content and a free digital copy of Fr. Calloway's new book *Consecration to Saint Joseph*.

~CONSECRATION TO ST. JOSEPH~

The Santa Rosa Diocesan Council of Catholic Women is offering, "The Consecration to St. Joseph" via Zoom, beginning September 30th. This six - week series will be offered on Thursdays at 10:30 am and at 6:30 pm. Free books will be provided by SRDCCW. To register please contact Char at (707) 331-3126 or write to her at SantaRosaDCCW@gmail.com.

~HOLY HOUR EVENING RETREAT~

On Friday, October 1, from 7-8:00 pm, St. Joseph Church in Cotati will offer a Holy Hour Evening Retreat. Confessions will be heard beforehand (6-7:00 pm) followed by Exposition of the Blessed Sacrament and a short spiritual talk and Benediction.

MY CATHOLIC FAITH

GOOD FRUITS & EVIL FRUITS

~FROM THE PASTOR~

Our readings today paint very clear pictures of the differences between good and evil. We see in the Book of Wisdom that the wicked are just rubbing their hands together in gleeful anticipation of the scorn and hatred that they plan to heap upon the righteous. They use the disingenuous reasoning that if the person (or cause) is truly a good one, God will leap to the person's defense; thus, they put the feet of the righteous to the fire. Of course, we all know that even if a miracle were performed for these wicked unbelievers, they still would not believe, for their motive is based on blind hatred. In other words, they don't want to know the truth. God leaves the veil over their eyes because they love their blindness. They cling to the veil! We then see, in our second reading, James paints another clear picture of the differences between the wicked and the just. He points out that passions such as jealousy, envy and hatred breed war, chaos and conflict; whereas God's wisdom is manifested in mercy and gentleness and yields peace and harmony. If you were to look at our world, our society, today, which path would you say mankind has taken: the path of righteousness or the path of wickedness? St. James is telling us that mankind is not receiving peace and harmony "*... because you do not ask. You ask but do not receive, because you ask wrongly ...*" In other words, salvation is not a passive action. We have to want God in our lives and hearts. We have to ask Jesus to take the veil from our eyes. He will never force Himself upon us. We have to ask Him into our lives, but we have to ask in the right way, with a humble, contrite and open heart. Too often, as the book of Wisdom points out, we ask in a wrong manner, a manner which puts the Lord to the test or, as James points out, we ask the wrong way or for the wrong thing, for example, for temporal goods that are of no benefit to our salvation. As our Gospel reading today reminds us, we must have the open heart and the trust and love of a child and only then will we know Jesus and the Father and the peace that they, and only they, can bring. Let us read now an essay on the veil over the eyes of Truth ...

LIVING BEHIND THE VEIL

~MAN AND ORIGINAL SIN~

Catholic author, Carlo Olivero Dalzell's essay begins with: "Archbishop Fulton J. Sheen was the most eloquent spokesperson for Catholicism in American history, and I would like to comment on what he said years ago."

"Many people grumble when they are suffering, and criticize and say that the Lord should eliminate all the sin and suffering in the world – they are too judgmental. However," Archbishop Fulton J. Sheen said, "To destroy evil in the world, God would have to destroy our freedom." What a statement he just quoted, because I wrote an article on Nov. 22, 1992, where I stated that the doctrine of original sin teaches us that man has the ability to corrupt any system. Sins of lying, theft, selfishness, greed, covetousness, adultery, sinful desires, crime, bribery, political corruption, etc., etc., are all sins that originate in man himself. These are the crosses that people carry every day of their lives.

~THE HORROR OF SIN~

We have become so used to sin that we do not realize its horror, and we may even think that we are virtuous, ever denying our sinfulness, and never admitting any shame. Inevitably, sound judgments become subjective – what is good or bad for me is not necessarily good or bad for you – relativism. The result is that standards of truths are no longer a value system for us to follow. We create our own rules and our own morality. Truth becomes our opinion. Our nature tells us in essence, Go, and sin some more. However, when Pilate asks, "Are you a king?" Jesus answered, "You say that I am a king, I was born and came into the world for this one purpose, to speak the truth. Whoever belongs to the truth listens to me."

~BURYING THE TRUTH~

"Today, how many of us try to bury the truth, for truth can be denied, but it never stays buried, Easter attests to that. It is easier to follow Jesus in prayer, than to acknowledge our crosses because of the sins we have committed against our friends and neighbors. We must confess our sins and seek out

those we have maligned, going on bended knee to ask forgiveness, mercy and love. Archbishop Sheen was correct when he said, "The worst thing in the world is not sin, it is denying that we are sinners. Sinners who deny that there is sin, deny thereby the remedy of sin, and thus cut themselves off forever from him who came to redeem."

~TRUTH IS TRUTH~

"The crosses (sins) are the only obstacles to knowing the truth. If we say that we have no sin, we deceive ourselves, and the truth is not in us. Truth is truth, it is a standard that we must live by. To get back to what Archbishop Sheen said, "To destroy evil (sin), God would have to destroy our freedom." If there was no evil in the world, then everyone of us would go to heaven, but he wants us to make the right decision based on our freedom to choose, as to whether we go to heaven or hell. It's our choice ... " For complete article by Carlo Olivero Dalzell go to: www.shawlocal.com/2019/06/12/archbishop-sheen-understood-evil-freedom-sin-and-deception/a4ljzql/

PRAYER FOR BEGINNERS

~HOW TO ASK~

Truth: A prayer life is **essential** to the Christian life. Prayer is "a vital and personal relationship with the living and true God." (*Catechism*, 2558)
Prayer is the lifeblood of your faith. Without prayer, your faith will die. (*Catechism*, 2744)

Truth: Prayer is **compatible** with everyday life. You do need a **small** amount of quiet time each day to learn how to pray, but it's not difficult – just 5 or 10 minutes to start is fine. And you'll also make prayer a **part** of the fabric of everyday life. You can find God in all the normal tasks of daily life. Seek him there!

Truth: Even the smallest faith **will** blossom through prayer. Here's a secret: as with faith itself, **God** does all of prayer's hard work! We get the easy part. And our part is learning how to pray, and then praying every day. St. Paul tells us, "The Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes with sighs too deep for words." (Rom 8:26) If you're serious about developing a prayer life, you have to make a fundamental commitment to **convert** to Christ. That means you have:

- Love for God
- Desire to do his will
- Openness to change in your life

Conversion is an **ongoing** challenge. It doesn't end when you're baptized or confirmed. You'll have to return to it frequently & renew your commitment. But you do need a basic **commitment** to love & follow the Lord. Faith comes from God, not from our own work. But we have to consciously receive and nurture his gift of faith. A good step is learning how to pray. Turn to God as you learn how to pray. With even the smallest initial faith, you'll find it easy to turn to God and ask him for **help**. A wonderful prayer here, is to use the words of the sick child's father in the Gospel of Mark: "I believe; help my unbelief!" (*Mk 9:24*) *Prayer depends on this attitude of neediness before God*, expressed beautifully in the prayer from Scripture, above. This attitude is one of *humility* and basic *faith*. It looks with confidence to God as the only source that can fulfill our needs and desires. We call this having **good dispositions**. The keys to learning how to pray:

- Good disposition, especially humility and faith
- Perseverance

Without good dispositions, we won't really *be* praying. Without perseverance, we won't **keep** praying. Our **dispositions** in prayer are what will make us grow or stagnate in the interior life. In addition, **perseverance** is necessary for learning how to pray. It shows our commitment to loving God even if we don't feel any particular benefit. Especially when learning how to pray, most people face "temptations which cast doubt on the usefulness or even the possibility of prayer" (*Catechism*, 2753). The remedy is perseverance and trust in God. Develop these two basic attitudes. Make them your own. Keep them before you constantly as you begin to pray. A very common mistake in learning how to pray is to take on **too much** and then grow discouraged. I've seen people try to start with hour-long prayer sessions, prayer journals, and long prayer workshops – only to give up in frustration. The best approach is to do the **opposite**: Start very simply. Only take on a little. Build slowly. In fact, these habit gets you started so easily that you'll only notice the **joy** of suddenly having prayer in your day! And you won't have to struggle to find the time. For more, go to: <http://www.beginningcatholic.com/how-to-pray>

MI FE CATOLICA

BUENOS FRUTOS MALOS FRUTOS

~ DEL PASTOR ~

Nuestras lecturas de hoy pintan cuadros muy claros de las diferencias entre el bien y el mal. Vemos en el Libro de la Sabiduría que los malvados simplemente se frotan las manos con alegría anticipando el desprecio y el odio que planean amontonar sobre los justos. Usan el razonamiento falso de que si la persona (o la causa) es verdaderamente buena, Dios saltará en defensa de la persona; así, pusieron los pies de los justos al fuego. Por supuesto, todos sabemos que incluso si se realizara un milagro por estos malvados incrédulos, todavía no creerían, porque su motivo se basa en un odio ciego. En otras palabras, no quieren saber la verdad. Dios les deja el velo sobre los ojos porque aman su ceguera. ¡Se aferran al velo! Luego vemos, en nuestra segunda lectura, que Santiago pinta otra imagen clara de las diferencias entre los malvados y los justos. Señala que pasiones como los celos, la envidia y el odio engendran guerra, caos y conflicto; mientras que la sabiduría de Dios se manifiesta en misericordia y mansedumbre y produce paz y armonía. Si tuvieras que mirar nuestro mundo, nuestra sociedad, hoy, ¿qué camino dirías que ha tomado la humanidad: el camino de la justicia o el camino de la maldad? Santiago nos dice que la humanidad no está recibiendo paz y armonía "*... porque no pides. Pides pero no recibes, porque pides mal...*". En otras palabras, la salvación no es una acción pasiva. Tenemos que querer a Dios en nuestras vidas y corazones. Tenemos que pedirle a Jesús que nos quite el velo de los ojos. Él nunca se impondrá a Sí mismo sobre nosotros. Tenemos que invitarlo a entrar en nuestras vidas, pero tenemos que pedirlo de la manera correcta, con un corazón humilde, contrito y abierto. Con demasiada frecuencia, como señala el libro de la Sabiduría, pedimos de una manera incorrecta, de una manera que pone al Señor a prueba o, como señala Santiago, pedimos de manera incorrecta o por algo incorrecto, por ejemplo, por razones temporales bienes que no benefician a nuestra salvación. Como nos recuerda la lectura del Evangelio de hoy, debemos tener el corazón abierto y la confianza y el amor de un niño y solo entonces conoceremos a Jesús y al Padre y la paz que ellos, y solo ellos, pueden traer. Leamos ahora un ensayo sobre el velo sobre los ojos de la Verdad ...

VIVIR DETRAS DEL VELO

~ HOMBRE Y PECADO ORIGINAL ~

El ensayo del autor católico Carlo Olivero Dalzell comienza con: "El arzobispo Fulton J. Sheen fue el portavoz más elocuente del catolicismo en la historia de Estados Unidos, y me gustaría comentar lo que dijo hace años".

"Muchas personas se quejan cuando están sufriendo, critican y dicen que el Señor debería eliminar todo el pecado y el sufrimiento del mundo; son demasiado críticos. Sin embargo ", dijo el arzobispo Fulton J. Sheen, " para destruir el mal en el mundo, Dios tendría que destruir nuestra libertad ". Qué afirmación acaba de citar, porque escribí un artículo el 22 de noviembre de 1992, donde dije que la doctrina del pecado original nos enseña que el hombre tiene la capacidad de corromper cualquier sistema. Los pecados de mentira, robo, egoísmo, codicia, adulterio, deseos pecaminosos, crimen, soborno, corrupción política, etc., etc., son todos pecados que se originan en el hombre mismo. Estas son las cruces que las personas cargan todos los días de su vida.

~ EL HORROR DEL PECADO ~

Nos hemos acostumbrado tanto al pecado que no nos damos cuenta de su horror, e incluso podemos pensar que somos virtuosos, siempre negando nuestra pecaminosidad y nunca admitiendo ninguna vergüenza. Inevitablemente, los juicios sólidos se vuelven subjetivos; lo que es bueno o malo para mí no es necesariamente bueno o malo para ti, el relativismo. El resultado es que los estándares de verdades ya no son un sistema de valores que debemos seguir. Creamos nuestras propias reglas y nuestra propia moralidad. La verdad se convierte en nuestra opinión. Nuestra naturaleza nos dice en esencia: Ve y peca un poco más. Sin embargo, cuando Pilato pregunta: "¿Eres rey?" Jesús respondió: "Dices que soy rey, que nací y vine al mundo con este único propósito, decir la verdad. El que es de la verdad, me escucha".

~ ENTERRANDO LA VERDAD ~

"Hoy, cuántos de nosotros tratamos de enterrar la verdad, porque la verdad se puede negar, pero nunca queda enterrada, la Pascua lo atestigua. Es más fácil seguir a Jesús en oración que reconocer nuestras cruces por los pecados que hemos cometido contra nuestros amigos y vecinos. Debemos confesar nuestros pecados y buscar aquellos a quienes hemos

difamado, yendo de rodillas a pedir perdón, misericordia y amor. El arzobispo Sheen tenía razón cuando dijo: "Lo peor del mundo no es el pecado, es negar que somos pecadores. Los pecadores que niegan que hay pecado, niegan con ello el remedio del pecado, y así se separan para siempre del que vino a redimir".

~ LA VERDAD ES LA VERDAD ~

"Las cruces (pecados) son los únicos obstáculos para conocer la verdad. Si decimos que no tenemos pecado, nos engañamos a nosotros mismos y la verdad no está en nosotros. La verdad es verdad, es un estándar por el que debemos vivir. Para volver a lo que dijo el arzobispo Sheen: "Para destruir el mal (el pecado), Dios tendría que destruir nuestra libertad". Si no hubiera maldad en el mundo, entonces todos iríamos al cielo, pero él quiere que tomemos la decisión correcta basándonos en nuestra libertad de elegir, si vamos al cielo o al infierno. Es nuestra elección ... "Para ver el artículo completo de Carlo Olivero Dalzell, visite: www.shawlocal.com/2019/06/12/archbishop-sheen-undersknown-evil-freedom-sin-and-deception/a4ljzql/

ORACION PARA PRINCIPIANTES

~ CÓMO PREGUNTAR ~

Verdad: Una vida de oración es esencial para la vida cristiana. La oración es "una relación vital y personal con el Dios vivo y verdadero". (*Catecismo*, 2558) La oración es el elemento vital de tu fe. Sin oración, tu fe morirá. (*Catecismo*, 2744)

Verdad: la oración es compatible con la vida cotidiana. Necesita una pequeña cantidad de tiempo en silencio cada día para aprender a orar, pero no es difícil; solo 5 o 10 minutos para comenzar está bien. Y también hará que la oración sea parte del tejido de la vida cotidiana. Puedes encontrar a Dios en todas las tareas normales de la vida diaria. ¡Búscalos allí!

Verdad: Incluso la fe más pequeña florecerá a través de la oración. Aquí hay un secreto: al igual que con la fe misma, ¡Dios hace todo el trabajo duro de la oración! Obtenemos la parte fácil. Y nuestra parte es aprender a orar y luego orar todos los días. San Pablo nos dice: "El Espíritu nos ayuda en nuestra debilidad; porque no sabemos orar como deberíamos, pero el Espíritu mismo intercede con suspiros demasiado profundos para las palabras". (Rom 8:26) Si realmente quieres desarrollar una vida de oración, tienes que hacer un compromiso fundamental de convertirte a Cristo. Eso significa que tienes que:

- Amar a Dios
- Deseo de hacer su voluntad
- Apertura a un cambio de vida

La conversión es un desafío **continuo**. No termina cuando eres bautizado o confirmado. Tendrá que volver a consultarlo con frecuencia y renovar su compromiso. Pero necesitas un **compromiso** básico de amar y seguir al Señor. La fe viene de Dios, no de nuestro propio trabajo. Pero tenemos que recibir y nutrir conscientemente su don de fe. Un buen paso es aprender a orar. Vuélvase a Dios mientras aprende a orar. Incluso con la fe inicial más pequeña, le resultará fácil volverse a Dios y pedirle ayuda. Una oración maravillosa aquí es usar las palabras del padre del niño enfermo en el Evangelio de Marcos: "Creo; ¡ayuda a mi incredulidad!" (*Mc 9,24*) La oración depende de esta actitud de necesidad ante Dios, expresada bellamente en la oración de la Escritura anterior. Esta actitud es de humildad y fe básica. Mira con confianza a Dios como la única fuente que puede satisfacer nuestras necesidades y deseos. A esto lo llamamos tener buenas disposiciones. Las claves para aprender a orar:

- Buena disposición, especialmente humildad y fe.
- Perseverancia

Sin buenas disposiciones, realmente no estaremos orando. Sin perseverancia, no seguiremos rezando. Nuestras **disposiciones** en la oración son las que nos harán crecer o estancarnos en la vida interior. Además, la **perseverancia** es necesaria para aprender a orar. Demuestra nuestro compromiso de amar a Dios incluso si no sentimos ningún beneficio en particular. Especialmente al aprender a orar, la mayoría de las personas se enfrentan a "tentaciones que ponen en duda la utilidad o incluso la posibilidad de la oración" (*Catecismo*, 2753). El remedio es la perseverancia y la confianza en Dios. Desarrolle estas dos actitudes básicas. Hazlos tuyos. Manténgalos ante usted constantemente cuando comience a orar. Un error muy común al aprender a orar es asumir demasiado y luego desanimarse. He visto a personas que intentan comenzar con sesiones de oración de una hora, diarios de oración y largos talleres de oración, solo para darse por vencidos por la frustración. El mejor enfoque es hacer lo contrario: comience de manera muy simple. Solo toma un poco. Construye lentamente. De hecho, ¡este hábito te ayuda a comenzar tan fácilmente que solo notarás la alegría de tener la oración repentinamente en tu día! Y no tendrá que luchar para encontrar el tiempo. Para obtener más, visite: <http://www.beginningcatholic.com/how-to-pray>

~SE NECESITAN ADORADORES~

En la Capilla de Adoración Perpetua, para inscribirse, comuníquese con: Annette Righetti al 542-3635 (Inglés) o Maria Vega al: 710-5094

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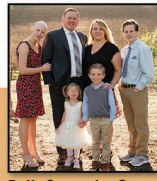
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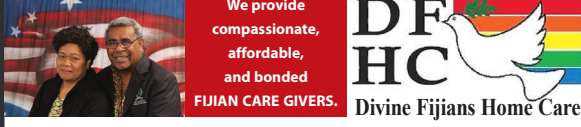
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