



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: 8:00 a.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

FOURTH SUNDAY OF LENT – MARCH 27, 2022

PARISH CALENDAR

SUNDAY MARCH 27

Masses – Cathedral – 7:30 am, 9:00 am, 10:30 am, 12:00, 1:30 pm (Latin) & 5:30 pm
Coffee Social – Parish Life Center – 8:00 am – 12:00 noon
Open House – School – 10:30 am

MONDAY MARCH 28

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

TUESDAY MARCH 29

Morning Masses – Cathedral – 6:45 & 8:00 am
Women of the Word – PLC (Hope Rm) – 9:30 am
PSR – School – 3:45 pm
Latin Mass – Cathedral – 5:30 pm

WEDNESDAY MARCH 30

Morning Masses – Cathedral – 6:45 & 8:00 am
Baptism Classes PLC Charity Room 5:00 pm
Bible Study – PLC Hope Room – 6:00 pm

THURSDAY MARCH 31

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

FRIDAY APRIL 1

Morning Masses – Cathedral – 6:45 & 8:00 am
Stations of the Cross – Cathedral – 2:00 pm; 6:00 pm;
7:00 pm (Spanish)

SATURDAY APRIL 2

Morning Mass – Cathedral – 8:00 am
Confession – Cathedral – 3:30 – 4:30 pm
Sunday Vigil Masses – Cathedral – 4:30 pm
& 6:30 pm (Spanish)

BAPTISM PREPARATION

~CLASSES TO RESUME~

We will be resuming our Baptism Preparation Classes for Parents and Godparents. Classes will meet on the last Wednesday of each month, at 5:00 pm, in the Parish Life Center. This month's class will be on March 30th.

~EASTER FLOWER MEMORIAL DONATIONS~

Easter flower envelopes are on the tables in the vestibules at both entrances of the church (for those of you not receiving envelope packets or Easter mailings.) Please legibly fill out the names of loved ones and return your envelopes in the collection plate next weekend, **April 2 & 3**, to be listed in the Easter Sunday bulletin. You can also drop them off at the Parish Office. **Deadline to turn them in is noon, Wednesday, April 6.** Names received after this deadline will be listed in subsequent bulletins.

Hearing Aid Users, Switch to T-Coil

ADMINISTRATION

For the Week of: 03/013/22

Sunday Donations Received:	\$11,970.
2nd Collection : No Second Collection	N/A

~CATHEDRAL BOOKS & GIFTS~

April is a busy month: Holy Week, Easter, Baptisms, First Communion, and Confirmations! During this month, our special of the month is 25% off all Baptism, Communion, and Confirmation merchandise. This applies to *all* merchandise with specific wording or symbols specifying one of these sacraments. We only do this once a year, so stock up while you can, this applies only to in-stock inventory. We cannot grant the same discounts to special orders. 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: (707) 542-0250.

ST. EUGENE CATHEDRAL SCHOOL

~FALL REGISTRATION~

Saint Eugene's Cathedral School is now enrolling Kindergarten through 8th Grade students! Please go to the following link to apply. <https://www.steugenesch.org/html/admissions/Admissions.html> Upon the submission of your completed application, you will receive an invitation to the student screening and tour date. If you have questions, please contact our office between 8 am and 1:30 pm Monday-Friday, at 707-545-7252.

~OPEN HOUSE~

St. Eugene's Preschool and Elementary School invite you to our OPEN HOUSE! Please join us **this Sunday**, March 27th between the hours 10:00am-12:00 pm to check out our programs. If you are interested in Catholic School for your child, this is a great time to look around the environment, learn more about the curriculum, meet all the teachers and ask any questions you might have.

~ANNUAL DIOCESAN MINISTRY APPEAL~

Thank you to everyone who has responded to the Annual Ministry Appeal! Your gift to the appeal supports the ministries and services in the diocese from which you and our parish benefit. With your help, we can assure the continued support of many important programs that help individuals and parishes throughout our diocese—the Catholic education of our children, the education of our Seminarians, the Marian Sisters, and more. Please feel free to drop your AMA envelope in the collection basket on Sunday, bring it by the Parish Office or give on-line at <https://www.osvhub.com/diocesofsantarosa/funds>.

MASS INTENTIONS

Saturday	March 26
8:00 am	Jack Bjornstrom, deceased
4:30 pm	Phillip Clyde, deceased
6:30 (Sp)	Juana Maldonado, deceased
Sunday	March 27
7:30 am	People of St. Eugene's
9:00 am	ICF Members, living & deceased
10:30 am	Paul Turano, deceased
12:00 pm	Mark Jordan, deceased
1:30 pm (EF)	Lisa Tran, living
5:30 pm	Randi Steeves, deceased
6:00 pm (Newman Ctr.)	Gildardo Luna Torres, living
Monday	March 28
6:45 am	Sharon Lee Raymond, deceased
8:00 am	Jose Maria Alvarez, deceased
Tuesday	March 29
6:45 am	Maria Cervantes, living
8:00 am	Robert Moore, deceased
5:30 pm (EF)	Michael Tran, living
Wednesday	March 30
6:45 am	Monty Kurlander, deceased
8:00 am	Juan Jose Alvarez, deceased
Thursday	March 31
6:45 am	Manuel Toledo, deceased
8:00 am	Pepper & Anne Therese Furey & Emory Elliot, deceased & all the Holy Souls in Purgatory
Friday	April 1
6:45 am	Maria de Jesus Laurel, living
8:00 am	Pauline Goslovich, living
9:20 am	Rosario Luna & Family, living
12:00 (hospital)	Robert Marapao, deceased
7:00 pm (Sp)	Kimberly Ortega, living
Saturday	April 2
8:00 am	In honor of and in reparation for the offenses against the Immaculate Heart of Mary and the Sacred Heart of Jesus and for the living & deceased mem- bers of the Russell & Rinaldi Families
4:30 pm	Deirdre McCormick, deceased
6:30 pm (Sp)	Juana Maldonado, deceased

~NO SECOND COLLECTION~

This weekend, March 26 & 27, there is no Second Collection. Next weekend, April 2 & 3, there is also no Second Collection.

SPIRITUAL ACTIVITY

~MASS OF THE CHRISM~

The Most Reverend Robert F. Vasa, Bishop of the Diocese of Santa Rosa, along with the Diocesan and Religious priests of the Diocese, invites you to participate in the **Mass of the Chrism** here at St. Eugene's Cathedral on **Thursday, April 7, at 5:30 p.m.** This Mass is celebrated once a year and during the Mass, the Bishop blesses the oil of the Sick and the oil of Chrism. This Mass is one of the principal expressions of the fullness of the ministerial priesthood that the Bishop has received and it also signifies the unity the priests, who share in the same ministerial priesthood, have with the Bishop. During this Mass, the Diocesan and Religious priests renew their commitment of priestly service.

~INTERNATIONAL ROSARY CRUSADE~

Join us in solidarity with an international prayer effort begging the Mother of God for help in this unprecedented, global crisis of war and strife. Join us at the Fatima Statue and grotto outside the east entrance of the Cathedral **each Wednesday at 6:00 p.m.**

~DAY OF REFLECTION~

The Santa Rosa Diocesan Council of Catholic Women invites you to join them for a day of reflection on the topic of: Divine Mercy. The meeting will take place via Zoom on **this Sunday, March 27, from 1:00 - 2:30 pm.** Here is some information about the speakers and their topics: Maureen Sheridan Scott is a parishioner of St. Elizabeth Ann Seton and visited the Divine Mercy Shrine in Poland. Maureen will speak on the history of the Divine Mercy Devotion, the life of St. Faustina, and the Divine Mercy feast day. Dan Ramos is an instituted Acolyte at the Cathedral of St. Eugene and a member of the Divine Mercy Team. Dan will speak on the devotion of the Divine Mercy and how to pray the novena. Zoom Instructions: In the days before the conference, email SantarosaDCCW@gmail.com. Ask for the Divine Mercy Zoom conference link. Before start time, download the Zoom app (if you don't already have it). Go to your APP STORE, or go here <https://zoom.us/download> On March 27th at 1:00 pm, click on link that was emailed to you to join the conference. If you have questions please contact: Char Mayclin at: SantaRosaDCCW@gmail.com or call: 707-331-3126.

IN NEED OF PRAYER

~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, Pauline Goslovich, Mary Gonzales and Nick Sidjakov.

MY CATHOLIC FAITH

SIN, REPENTANCE & CONFESSION

~FROM THE PASTOR~

Today, our Gospel reading was the parable of the Prodigal Son. When we read this parable, we notice two things. First, the elder son served his father out of a sense of duty. He always did as he was told, never grumbled and never disobeyed an order. The younger son, on the other hand, was wayward and rebelled against such a life. He wanted his fun now! As the parable continues, we see the younger son suffering from his wayward actions and returning to his father, begging for forgiveness in the most humble of ways. We then see the elder son reacting angrily. Why was he so angry? Maybe he was so angry because he performed his actions out of duty rather than love; whereas the younger brother found that true love expresses itself in duty, rather than the other way around. For an interesting sermon regarding this parable, I'd like to go back in time to the 5th Century, to St. Cyril of Alexandria, Bishop of Alexandria, Egypt, from 412 to 444. St. Cyril gave a lengthy commentary on the this parable and I'd like to share an excerpt of that commentary with you. In addition to this, I'd like to take a brief look at the Sacrament of Confession, which all of us Prodigal Sons should make use of as frequently as possible! We will take a look at the basics of how to make a good Confession. Finally, we will learn a bit more about St. Cyril and read a few saintly quotes regarding anger. Let us now read on, beginning with St. Cyril's discourse.

A 1,600 YEAR OLD COMMENTARY

~THE OBJECT OF THE PARABLE~

"What then is the object of the parable? Let us examine the occasion which led to it; for so we shall learn the truth. The blessed Luke therefore had himself said a little before of Christ the Savior of us all, "And all the publicans and sinners drew near unto Him to hear Him. And the Pharisees and Scribes murmured saying, "This man receives sinners and eats with them." As therefore the Pharisees and Scribes made this outcry at His gentleness and love to man, and wickedly and impiously blamed Him for receiving and teaching men whose lives were impure, Christ

very necessarily set before them the present parable to show them clearly this very thing, that the God of all requires even him who is thoroughly steadfast, and firm, and who knows how to live holily, and has attained to the highest praise for sobriety of conduct, to be earnest in following His will, so that when any are called unto repentance, even if they be men highly blameable, he must rejoice rather, and not give way to an unloving vexation on their account." "For we also sometimes experience something of this sort. For some there are who live a perfectly honorable and consistent life, practicing every kind of virtuous action, and abstaining from every thing disapproved by the law of God, and crowning themselves with perfect praises in the sight of God and of men: while another is perhaps weak and trodden down, and humbled unto every kind of wickedness, guilty of base deeds, loving impurity, given to covetousness, and stained with all evil. And yet such a one often in old age turns unto God, and asks the forgiveness of his former offences: he prays for mercy, and putting away from him his readiness to fall into sin, sets his affection on virtuous deeds. Or even perhaps when about to close his mortal life, he is admitted to divine baptism, and puts away his offences, God being merciful unto him. And perhaps sometimes persons are indignant at this, and even say, 'This man, who has been guilty of such and such actions, and has spoken such and such words, has not paid unto the judge the retribution of his conduct, but has been counted worthy of a grace thus noble and admirable: he has been inscribed among the sons of God, and honored with the glory of the saints.' Such complaints men sometimes give utterance too from an empty narrowness of mind, not conforming to the purpose of the universal Father. For He greatly rejoices when He sees those who were lost obtaining salvation, and raises them up again to that which they were in the beginning, giving them the dress of freedom, and adorning them with the chief robe, and putting a ring upon their hand, even the orderly behavior which is pleasing to God and suitable to the free."

~WE MUST CONFORM OURSELVES~

"It is our duty, therefore, to conform ourselves to that which God wills: for He heals those who are sick; He raises those who are fallen; He gives a

helping hand to those who have stumbled; He brings back him who has wandered; He forms anew unto a praiseworthy and blameless life those who were wallowing in the mire of sin; He seeks those who were lost; He raises as from the dead those who had suffered the spiritual death. Let us also rejoice: let us, in company with the holy angels, praise Him as being good, and loving unto men; as gentle, and not remembering evil. For if such is our state of mind, Christ will receive us, by Whom and with Whom, to God the Father be praise and dominion with the Holy Spirit, for ever and ever, Amen." For the entire sermon, go to: www.tertullian.org/fathers/cyril_on_luke_10_sermons_99_109.htm#SERMON%20CVII.

THE BASICS OF CONFESSION

~BE SIMPLE & STRAIGHTFORWARD~

Begin by saying: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen." Then add: "Bless me, Father, for I have sinned. It has been [state the length of time] since my last confession". Then tell him very briefly what your 'state of life' is, to help him understand your situation; e.g. "I am a high school student" or "I am a wife and mother". Now, confess your sins. *Be simple and straightforward.* Just put into words what you have done wrong since your last confession. Don't make excuses; but if it helps, say a little bit about what happened and why. When you have finished, say: "I am sorry for all these sins and the sins of my past life". (For the scrupulous, if you have sincerely forgotten any sins, in saying this last sentence mentioned above, "you are covered." If you remember the forgotten transgression, be at peace and know that it has been forgiven, and simply mention it at your next confession.) The priest might then talk to you and give you some advice. He will give you a penance to do (a prayer or action that expresses your sorrow and your desire to put things right and live a new life). The priest will then ask you to make an Act of Contrition. Say one you know, or use the following one: "*O my God, because you are so good, I am very sorry that I have sinned against you; and I promise that with the help of your grace, I will not sin again. Amen.*" The priest then says the prayer of absolution, which is the moment when God forgives your sins. If it has been more than a year since your last confession, you may want to consider making an appointment with the priest, for there is often a long line of people waiting behind you and it is uncharitable to make them wait for an excessive amount of time. Lent is the perfect time to cleanse your soul. Don't delay ... go to Confession!

ST. CYRIL OF ALEXANDRIA

~CHAMPION OF ORTHODOXY~

St. Cyril (378 - June 27, 444) "Cyril's importance for theology and Church history lies in his championing the cause of orthodoxy against the heresy of Nestorius, who taught that in Christ there were two persons, one human and one divine. The controversy centered around the two natures in Christ. Nestorius would not agree to the title "God-bearer" for Mary. He preferred "Christ-bearer," saying there are two distinct persons in Christ—divine and human—joined only by a moral union. He said Mary was not the mother of God but only of the man Christ, whose humanity was only a temple of God. Nestorianism implied that the humanity of Christ was a mere disguise. Presiding as the pope's representative at the Council of Ephesus in 431, Cyril condemned Nestorianism and proclaimed Mary truly the "God-bearer"—the mother of the one Person who is truly God and truly human. In the confusion that followed, Cyril was deposed and imprisoned for three months, after which he was welcomed back to Alexandria." <https://www.franciscanmedia.org/saint-of-the-day/saint-cyril-of-alexandria>

~SAINTLY QUOTES ON ANGER~

"It is better not to allow anger, however just and reasonable, to enter at all, than to admit it in ever so slight a degree; once admitted, it will not be easily expelled, for, though at first but a small plant, it will immediately grow into a large tree."
--Saint Augustine

"Dismiss all anger, and look a little into yourself. Remember that he of whom you are speaking is your brother, and, as he is in the way of salvation, God can make him a Saint, notwithstanding his present weaknesses. You may fall into the same faults or perhaps into a worse fault. But supposing that you remain upright, to whom are you indebted for it, if not to the pure mercy of God?"
--Saint Thomas of Villanova

"Take pains to refrain from sharp words. Pardon one another so that later on you will not remember the injury. The recollection of an injury is itself wrong. It adds to our anger, nurtures our sins and hates what is good. It is a rusty arrow and poison for the soul. It puts all virtue to flight." — Saint Francis of Paola

MI FE CATOLICA

**PECADO, ARREPENTIMIENTO Y CONFESIÓN
~DEL PÁRROCO~**

Hoy, nuestra lectura del Evangelio fue la parábola del Hijo Pródigo. Cuando leemos esta parábola, nos damos cuenta de dos cosas. En primer lugar, el hijo mayor servía a su padre por sentido del deber. Siempre hizo lo que se le dijo, nunca refunfuñó y nunca desobedeció una orden. El hijo menor, en cambio, era caprichoso y se rebelaba contra esa vida. Quería divertirse. A medida que la parábola continúa, vemos al hijo menor sufriendo por sus acciones caprichosas y volviendo a su padre, pidiendo perdón de la manera más humilde. Luego vemos al hijo mayor reaccionar con rabia. ¿Por qué estaba tan enfadado? Quizás estaba tan enfadado porque realizó sus acciones por obligación y no por amor; mientras que el hermano menor descubrió que el verdadero amor se expresa en el deber, y no al revés. Para un interesante sermón sobre esta parábola, me gustaría retroceder en el tiempo hasta el siglo V, hasta San Cirilo de Alejandría, obispo de Alejandría, Egipto, desde el año 412 al 444. San Cirilo hizo un extenso comentario sobre esta parábola y me gustaría compartir con ustedes un extracto de ese comentario. Además, me gustaría echar un breve vistazo al sacramento de la confesión, del que todos los hijos pródigos deberíamos hacer uso con la mayor frecuencia posible. Veremos los fundamentos de cómo hacer una buena confesión. Por último, aprenderemos un poco más sobre San Cirilo y leeremos algunas citas santas sobre la ira. Sigamos leyendo, empezando por el discurso de San Cirilo.

**UN COMENTARIO DE 1,600 AÑOS
DE ANTIGÜEDAD**

~EL OBJETO DE LA PARÁBOLA~

"¿Cuál es, pues, el objeto de la parábola? Examinemos la ocasión que la motivó, pues así conoceremos la verdad. El mismo bendito Lucas había dicho poco antes de Cristo, el Salvador de todos nosotros: "Y todos los publicanos y pecadores se acercaron a él para oírle. Y los fariseos y los escribas murmuraban diciendo: "Este recibe a los pecadores y come con ellos". Por lo tanto, como los fariseos y los escribas hicieron esta protesta por su gentileza y amor al hombre, y lo culparon impía y perversamente por recibir y enseñar a hombres cuyas vidas eran →

impuras, Cristo necesariamente puso ante ellos la presente parábola para mostrarles claramente esto mismo, que el Dios de todos requiere que incluso aquel que es completamente firme y sólido, y que sabe cómo vivir santamente, y ha alcanzado la más alta alabanza por la sobriedad de la conducta, sea sincero en el seguimiento de su voluntad, de modo que cuando alguno es llamado al arrepentimiento, aunque sea un hombre altamente reprochable, debe alegrarse más bien, y no dar paso a una vejación sin amor a causa de ellos." "Porque también nosotros experimentamos a veces algo de este tipo. Porque hay algunos que viven una vida perfectamente honorable y consecuente, practicando toda clase de acciones virtuosas, y absteniéndose de toda cosa desaprobada por la ley de Dios, y coronándose de perfectas alabanzas a los ojos de Dios y de los hombres; mientras que otro es tal vez débil y abatido, y humillado a toda clase de maldad, culpable de obras bajas, amante de la impureza, dado a la codicia, y manchado de todo mal. Y, sin embargo, tal persona se vuelve a menudo a Dios en la vejez, y pide el perdón de sus antiguas ofensas: ruega por misericordia, y apartando de él su disposición a caer en el pecado, pone su afecto en las obras virtuosas. O tal vez, cuando está a punto de terminar su vida mortal, es admitido en el bautismo divino, y deja de lado sus ofensas, siendo Dios misericordioso con él. Y tal vez a veces las personas se indignan por esto, e incluso dicen: 'Este hombre, que ha sido culpable de tales y tales acciones, y ha dicho tales y tales palabras, no ha pagado al juez la retribución de su conducta, sino que ha sido considerado digno de una gracia tan noble y admirable: ha sido inscrito entre los hijos de Dios, y honrado con la gloria de los santos'. Tales quejas son a veces expresadas por los hombres desde una estrechez de mente vacía, que no se ajusta al propósito del Padre universal. Porque Él se regocija mucho cuando ve que los que estaban perdidos obtienen la salvación, y los eleva de nuevo a lo que eran al principio, dándoles el vestido de la libertad, y adornándolos con el manto principal, y poniendo un anillo en su mano, hasta el comportamiento ordenado que es agradable a Dios y adecuado a los libres."

~DEBEMOS CONFORMARNOS~

"Es nuestro deber, por tanto, conformarnos a lo que Dios quiere: porque Él cura a los enfermos; levanta a los caídos; Ayuda a los que han tropezado; devuelve al que se pierde; forma de nuevo a →

una vida loable e irreprochable a los que se hundían en el fango del pecado; busca a los que estaban perdidos; resucita como de entre los muertos a los que habían sufrido la muerte espiritual. Alegrémonos también nosotros: alabémosle, en compañía de los santos ángeles, como bueno y amante de los hombres; como bondadoso y que no se acuerda del mal. Porque si tal es nuestro estado de ánimo, nos recibirá Cristo, por quien y con quien, a Dios Padre sea la alabanza y el dominio con el Espíritu Santo, por los siglos de los siglos, amén".

LOS FUNDAMENTOS DE LA CONFESIÓN

~SER SIMPLE Y DIRECTO~

Comienza diciendo: "En el nombre del Padre, del Hijo y del Espíritu Santo. Amén". Luego añade: "Bendíceme, Padre, porque he pecado. Ha pasado [indique el tiempo] desde mi última confesión". A continuación, dígame muy brevemente cuál es su "estado de vida", para ayudarlo a comprender su situación; por ejemplo, "soy estudiante de secundaria" o "soy esposa y madre". Ahora, confiesa tus pecados. *Sé sencillo y directo*. Expresa en palabras lo que has hecho mal desde tu última confesión. No pongas excusas; pero si te ayuda, cuenta un poco lo que ha pasado y por qué. Cuando hayas terminado, di: "Me arrepiento de todos estos pecados y de los de mi vida pasada". (Para los escrupulosos, si has olvidado sinceramente algún pecado, al decir esta última frase mencionada, "estás cubierto". Si te acuerdas de la transgresión olvidada, quédate tranquilo y sabe que ha sido perdonada, y simplemente menciónala en tu próxima confesión). El sacerdote podrá entonces hablar contigo y darte algunos consejos. Te dará una penitencia (una oración o acción que exprese tu dolor y tu deseo de arreglar las cosas y vivir una nueva vida). A continuación, el sacerdote te pedirá que hagas un acto de contrición. Di uno que conozcas, o utiliza el siguiente: "*Oh, Dios mío, porque eres tan bueno, siento mucho haber pecado contra ti; y prometo que, con la ayuda de tu gracia, no volveré a pecar. Amén*". El sacerdote reza entonces la oración de absolución, que es el momento en que Dios perdona tus pecados. Si ha pasado más de un año desde su última confesión, puede considerar la posibilidad de pedir una cita con el sacerdote, ya que a menudo hay una larga fila de personas esperando detrás de usted y es poco caritativo hacerles esperar durante un tiempo excesivo. La Cuaresma es el momento perfecto para limpiar tu alma. No se demore... ¡acuda a la confesión!

ST. SAN CIRILO DE ALEJANDRÍA

~CAMPEÓN DE LA ORTODOXIA~

San Cirilo (378 - 27 de Junio de 444) "La importancia de Cirilo para la teología y la historia de la Iglesia radica en su defensa de la causa de la ortodoxia contra la herejía de Nestorio, quien enseñó que en Cristo había dos personas, una humana y otra divina. La controversia se centró en torno a las dos naturalezas de Cristo. Nestorio no estaría de acuerdo con el título de "portadora de Dios" para María. Prefirió "portador de Cristo", diciendo que hay dos personas distintas en Cristo, divina y humana, unidas solo por una unión moral. Dijo que María no era la madre de Dios sino solo del hombre Cristo, cuya humanidad era solo un templo de Dios. El nestorianismo implicaba que la humanidad de Cristo era un mero disfraz. Al presidir como representante del Papa en el Concilio de Éfeso en 431, Cirilo condenó el nestorianismo y proclamó a María verdaderamente la "portadora de Dios", la madre de la única Persona que es verdaderamente Dios y verdaderamente humana. En la confusión que siguió, Cirilo fue depuesto y encarcelado durante tres meses, después de lo cual fue bienvenido de regreso a Alejandría".

~CITAS SANTAS SOBRE LA IRA~

"Es mejor no permitir que la ira, por justa y razonable que sea, entre en todo, que admitirla en un grado tan leve; una vez admitida, no será expulsada fácilmente, pues, aunque al principio no sea más que una pequeña planta, crecerá inmediatamente hasta convertirse en un gran árbol." -San Agustín

"Desecha toda la ira, y mira un poco dentro de ti. Recuerda que aquel de quien hablas es tu hermano, y que, como está en el camino de la salvación, Dios puede hacer de él un santo, a pesar de sus debilidades actuales. Tú puedes caer en las mismas faltas o quizás en una peor. Pero suponiendo que te mantengas recto, ¿a quién se lo debes, sino a la pura misericordia de Dios?" -Santo Tomás de Villanueva

"Esforzaos en absteneros de las palabras agudas. Perdonad a los demás para que luego no os acordéis de la injuria. El recuerdo de una injuria es en sí mismo un mal. Aumenta nuestra ira, alimenta nuestros pecados y odia lo que es bueno. Es una flecha oxidada y un veneno detiene el alma. Pone en fuga toda virtud". - San Francisco de Paula

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