



*Saint Eugene's Cathedral  
2323 Montgomery Drive  
Santa Rosa, California 95405  
Phone (707) 542-6984*

### PASTORAL STAFF

Rev. Frank Epperson, Rector  
Rev. Daniel Roa, 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](mailto:cathedralresponse@gmail.com)

Parish Office Phone	542-6984
Parish Office Fax	542-1621
Religious Education	326-3408
Pastoral Council – Lori Pandolfo	539-6592
Parish Organist – Steven T. Angelucci	537-0449
School Office – Barbara Gasparini	545-7252
Preschool Office – Sharry Caesare	528-9133
Home School – Jennifer Tawney	609-610-2153

### 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](http://www.steugenes.com)  
School: [www.steugenesch.org](http://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 6 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 539-2772.

**Benediction of the Most Blessed Sacrament** is held in the chapel every First Friday following 8:00 a.m. Mass.

### 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** is open Tues & Wed 9:30 – 2:30  
**Cathedral Books & Gifts** Hours: Wed-Fri 9:30-4:30, Sat 2:00-6:30 & Sun 9:30-1:30 - Phone: 542-0250

## THE FOURTH SUNDAY IN ORDINARY TIME – JANUARY 29, 2017

Today's Hymn numbers follow bulletin announcements

### PARISH CALENDAR

#### SUNDAY JANUARY 29

Pancake Breakfast - Becker Center – 8:00 am – 12 noon  
Family Religious Education – School grounds -10:30 am  
Latin Mass-Cathedral-1:30 pm  
St. Ambrose Young Adult Group-PLC-7:00 pm

#### MONDAY JANUARY 30

Rosary for Life-Chapel-9:00 am  
Bible Study – PLC (Hope Rm) - 6:30 pm  
Choir Rehearsal-PLC-7:00 pm

#### TUESDAY JANUARY 31

Women of the Word-Becker Ctr.- 9:00 am  
Latin Mass – PLC – 5:30 pm

#### WEDNESDAY FEBRUARY 1

Legion of Mary-PLC-6:00 pm  
Queen of the Angels – Becker Ctr. -6:15 pm

#### THURSDAY FEBRUARY 2

Golden Opportunities Meeting – PLC – 8:30 am  
Men's Schola-PLC-5:30 pm  
Prayer Vigil -PLC (Faith Rm) -7:00 pm  
Adult Faith Formation-PLC-7:30 pm

#### FRIDAY FEBRUARY 3

Friday Morning Scripture Study – PLC – 9:30 am

#### SATURDAY FEBRUARY 4

Confessions-Cathedral-3:30-4:30 pm  
Spanish Mass-Cathedral-6:30 pm

### ~JOIN THE ITALIAN CATHOLIC FEDERATION~

The Italian Catholic Federation (ICF), Branch 198, invites you to join the ICF! Branch 198 is located at the Cathedral. We have a total of 70 members from Resurrection, St. Rose, Holy Spirit, St. Eugene and St. Joseph parishes. Our mission is to uphold religious spirit and spread it through fellowship, fun, hospitality and charity. We have fundraising dinners and make donations for college and grammar school scholarships, diocesan seminarians, Catholic Charities, HandiCapables, Life Pregnancy Services, Cooley's Anemia research and treatment, Christmas toys, etc. We meet and socialize on the first Monday evening of every month. For more information, contact Gene or Annie Zingarelli, 539-9260 or [Zingarelli@sbcglobal.net](mailto:Zingarelli@sbcglobal.net); Or, come to our Feb 6th meeting at 6:00 pm at the PLC and enjoy some Valentine cookies with us! We hope to see you there!

The bulletin item deadline is Thursday @ 3:00pm for the Sunday after next bulletin. E-mail items to: [office@steugenes.com](mailto:office@steugenes.com). We reserve the right to edit or omit items.

### ADMINISTRATION

#### For the Week of: 1/8/17

Sunday Donations Received:	\$12,721
2nd Collection Revenue Received for: <i>Homeless Appeal</i>	\$ 4,568

#### ~CATHEDRAL BOOKS & GIFTS~

February is the Passion of Our Lord month & time to prepare for Lent. The book of the month is **A Lent Sourcebook**. The 2-volume set takes the reader on a journey through Lent. Discounted 20% during the month of February. The shop is open Wed-Fri from 9:30 am-4:30 pm, Sat. 12 noon – 4:30 pm & Sun 9:30 am-1:30 pm. Call us at 542-0250.

#### ~ESTATE PLANNING~

You are a valued and generous supporter of St. Eugene's. Who will take your place? A memorial gift in your will could continue your legacy to your faith in perpetuity. Contact the parish office to pledge your memorial gift.

#### ~CHARITABLE DONATIONS & TAX STATEMENTS~

St. Eugene's greatly appreciates your donations to the Sunday collections. A year-end list of donations suitable for tax purposes is provided to parishioners who use offertory envelopes, credit cards or online banking direct pay for Sunday collections. **NOTE:** Tax statements are sent to envelope users **upon request only**. If you wish to receive a tax statement, email [office@steugenes.com](mailto:office@steugenes.com) or call 542-6984 ext. 13. Be sure to include the envelope number.

#### ~STAINED GLASS RESTORATION SPONSORS~

Consider sponsoring one of the Cathedral stained glass window restorations. Sponsors can be individuals or a group. Sponsorship forms are available on our website [www.steugenes.com](http://www.steugenes.com) and in the parish office. First come-first served on specific windows or donate towards the general window fund.

### 2017 ANNUAL MINISTRY APPEAL

#### ~ONE FAMILY IN MISSION ~

"Christian Stewardship is more about the disciple's need to give than it is about someone else's need to receive." The Annual Ministry Appeal, *One Family in Mission*, helps to support important ministry efforts. As a Catholic Family, we can do together what no ONE parish can do alone. When our parish reaches its goal of \$50,313 in paid pledges, 100% of the additional funds received will be returned to us for use in our parish. You have received a letter from the Bishop containing a pledge card. You can also donate online at [www.srdioocese.org](http://www.srdioocese.org). On February 25/26 we will offer an opportunity to complete a pledge card during Mass. Last year's results: # of Gifts: 219 - Amount of Gifts: \$66,769 - % of Target: 108% Please prayerfully consider a pledge to the 2017 Diocese AMA!

## **MASS INTENTIONS**

<b>Saturday</b>	<b>January 28</b>
8:00 am	Fr. Eric Freed, deceased
4:30 pm	Rebecca Barajas, living
6:30 pm (Sp)	Julio Cesar Peraza, deceased
<b>Sunday</b>	<b>January 29</b>
7:30 am	Betty Bjornstrom, living
9:00 am	The de Laney Family, living
10:30 am	The People of the Diocese
12:00 pm	The Skrabo Family, living & deceased
1:30 pm	Hugo Margarito Barba Loza, deceased
5:30 pm	Anna Trang Nguyen, deceased
<b>Monday</b>	<b>January 30</b>
6:45 am	The Aggio Family, living
8:00 am	George Elin, deceased
<b>Tuesday</b>	<b>January 31</b>
6:45 am	Deirdre McCormick, deceased
8:00 am	Isabel Castellano, deceased
5:30 pm	Lisa Tran, living
<b>Wednesday</b>	<b>February 1</b>
6:45 am	The Aggio Family, living
8:00 am	Andrew Palanos, living
<b>Thursday</b>	<b>February 2</b>
6:45 am	Margaret Ann Kaminsky, deceased
8:00 am	Brian Ellis, deceased
10:30 am	Deirdre McCormick, deceased & Liam McCormick, living
<b>Friday</b>	<b>February 3</b>
6:45 am	John La Forge & Family, living
8:00 am	Virginia & Albert Putko, deceased
<b>Saturday</b>	<b>February 4</b>
8:00 am	The Intentions of Our Blessed Mother & the Diocese of Santa Rosa
4:30 pm	Mary Palanos, living
6:30 pm (Sp)	Julio Cesar Peraza, deceased

## **IN NEED OF OUR PRAYERS**

Those who are ill need your support and prayers: Elaine Dolcini, Edward G. Urtiaga, Maureen Mardanyas, Alice Gordon, Cristina Mamuyac, Jeffrey Andrews, Thomas Timko, Jim Keegan, Irene Medina, Catherine Hubbard, Tristan Humble, Samuel Agius, Sandy Torti Wilcox, Marjorie Miles, Lynne Staley, Marie Tran, Pam Hall, Amelia Lansangan, Marv Kidweiler, Kathryn Acquistapace, Irene Gonzales, Gail Brown, Bob Del Santo, Patrick Grace, Albert and Lorena Gunido, Susana Garcia, Luigi Fabiano, Kubra Howell, Leo Del Santo, Bernie Del Santo, Barbara Wold, Daniel Velasquez, Emeline Jane Smith, Nina Marie Cantacessi, Lisa Adams, Rosalind Britto, Ken Davis, Rita Wyatt, Narcis Giva, Bertha Harrington, Sally Burgardt, Karen Mills, Linda Escobar, John Patrick and Valerie McGuire.

## **~PRAYER FOR THE SUFFERING~**

O Lord, help those amongst us who are suffering, to patiently bear the cross that has been given them and to put their trust in You. We ask this Christ, our Lord. Amen.

## **SPIRITUAL ACTIVITIES**

### **~CATHOLIC CURSILLO~**

Develop friendships, enjoy singing and fellowship, hear how other Catholics are living their life of holiness and pray as a group before the Blessed Sacrament. Fellowship gatherings of Catholics are held twice a month in Santa Rosa and Rohnert Park. Meeting times: Wed., Feb. 1, from 6-8 pm, at St. Eugene's and Sat., Feb. 18, from 2-4:00 pm at St. Elizabeth Seton, Rohnert Park. For more info, call Debbie Simonson at 763-7165 or 904-463-1070.

### **~PRAYER VIGIL~**

We continue to gather each Thursday at 7:00 p.m. in the PLC Faith room (Chapel) and pray for our Diocese as well as for our country and for all of the persecuted Christians around the world. It is reported that about 90,000 Christians worldwide were murdered for their faith in 2016, according to a study from The Center for the Study of Global Christianity. Prayer is the most powerful weapon that we have to combat this hatred and persecution! Please join us.

### **~ADULT FAITH FORMATION~**

Fr. Jeffrey Keyes is teaching a Faith Formation class for adult Catholics who would like to broaden and deepen their knowledge of the Catholic Faith. The topic of our class for this Thursday, February 2, will be: "The Incarnation and Sacramental Living". Please join us at 7:30 pm, in the Charity Room in the Parish Life Center (PLC).

### **~GREGORIAN CHANT MEN'S CHOIR~**

Gregorian chant is music that is meant to be the vehicle of the psalms and the word of God and is directed primarily toward worship. It is never too late to join and to learn this ancient form of worship! We meet every Thursday at 5:30 pm, in the Parish Life Center (PLC). New members are always welcome!

## **FUNDRAISERS**

### **~PANCAKE BREAKFAST~**

The St. Eugene's 8th grade class will be holding a Pancake Breakfast after all morning Masses TODAY, Jan. 29th, in the Becker Center. For \$8.00 you get pancakes, eggs, sausage and coffee. Tickets are available at the door. Please come and help us raise funds for the activities associated with the graduating 8th grade class.

### **~QUEEN OF THE ANGELS FUNDRAISER~**

The Queen of the Angels girl's club will have their annual fundraiser breakfast on Sun., Feb. 5. Join us for home-made tamales in the PLC after the 9:00, 10:30 am and 12:00 pm Masses. Proceeds will help pay for the girls' retreat in March. Thank you for your support of this worthy cause!

### **~ST. VALENTINE'S DINNER DANCE~**

The Knights of Columbus are having their annual Valentine's Dinner Dance on Saturday, February 11, in the Becker Center. Live swing band, dinner, raffle & silent auction prizes. Tickets available at the Parish Office or in the Parish Life Center on Sunday mornings.

# SUNDAY MASS HYMNS

HYMNS AT 4:30 P.M. & 10:30 A.M.

ENTRANCE HYMN: #140 Missal

PREPARATION OF GIFTS: #127 Missal

COMMUNION HYMN: #112 Missal

RECESSIONAL HYMN: #178 Missal

HYMNS AT 12:00 P.M.

ENTRANCE HYMN: TBA

PREPARATION OF GIFTS: TBA

COMMUNION HYMN: TBA

RECESSIONAL HYMN: TBA

## MY CATHOLIC FAITH

### REPENTANCE

~FROM THE PASTOR~

Today's articles are re-runs from January, 2015. They deal with repentance and following God's call. We first see the theme of repentance and God's mercy in the account of the Prophet Jonah. The clear message of the Word of God is the urgency of repentance and God's infinite mercy and compassion. As Paul says, "the time is running out"! We do not know when Jesus our Lord will be coming in glory to judge the living and the dead, but it may be sooner than we think, and we need to be always waiting for it, expecting it, longing for it, in joyful trust.

~TIME IS RUNNING OUT~

What a powerful message for us is the Book of Jonah: we see the reluctant prophet finally heeding God's bidding to go to Nineveh, the "enormously large city," and to preach repentance in the name of the Lord God of Israel, giving to the Ninevites only 40 days before their great city is destroyed! And to Jonah's utter dismay and shock, everyone believes in God, the great and the small, repenting in fasting and sackcloth. God indeed strongly desires that his mercy and covenant love be extended not only to his People Israel, but also to all the Gentiles, to all peoples. We can already sense in the Book of Jonah the universality of God's mercy and love, as fully revealed in Jesus Christ. Are we aware of the dangers of luke-warmness, routine, and bored practice of our Faith, especially when we come to Mass? We know, from Scripture and the teaching of the Church, that God desires everyone to be saved and to come to the knowledge of the truth. But *tempus fugit* ("time is running out," as the famous Latin aphorism says). Our Lord admonishes us in his mercy and truthful love to "enter through the narrow gate; for wide is the gate and easy is the road that leads to

*destruction, and many are taking it; and narrow is the gate and hard is the road that leads to Life, and few are finding it"* (Mt 7:13-14). <http://www.hprweb.com/2014/12/homilies-for-january-2015/>

### FOLLOW GOD'S CALL

~TURN YOUR MIND TO GOD~

"If our minds are turned from God they can become filled with all kinds of rubbish and it is difficult to be a follower of Jesus. Allowing our minds to be filled with Christian thoughts is the first step on the road to following Jesus. In the Gospel today we heard that Jesus began his preaching by calling on people to repent. (Repentance, as you know, means a change of mind. It means turning our minds again to God. Then Jesus called Simon, Andrew, James and John. They answered his call. They had to change their minds about their present circumstances and about the meaning of life before they could answer Jesus' call."

~JONAH AND THE NINEVITES~

"Jonah asked the people of Nineveh to repent. They did repent. They changed their minds; they turned their minds from the rubbish of the world and fixed their minds on God. (Jon 3:1-5) So to follow the Lord's call to us we have to think in a way that is often different from the culture around us. Remember what Jesus said to Peter once, "Get behind me, Satan! You are an obstacle in my path because the way you think is not God's way but man's." (Matt 16:23)." By: Fr. Tommy Lane, for full homily go to [http://frtommylane.com/homilies/year\\_b/03.htm](http://frtommylane.com/homilies/year_b/03.htm)

~GOING AGAINST THE CULTURE~

This means, that we must think as God thinks, not man. God (Jesus) founded a Church and He speaks to us through that Church (he who hears you, hears me). Thus, when our Church tells us that something

is wrong, is a sin, it is Jesus talking to us. We must therefore listen and believe. We most likely will be ridiculed and hated for standing up against abortion, so-called gay marriage, co-habitation before marriage, and all the other sins so rampant in this day and age. Jesus warns us that life will be hard if we truly follow Him; so let us journey on that hard, narrow path that leads to heaven. Let us endure our hardships now, leave human respect behind and follow Christ.

## Q&A

**When I confess my sins to a priest, I feel so embarrassed. Must I go into detail regarding my sins?**

No, Catholics are instructed NOT to confess the details of their sins, because it would serve no useful purpose. All that is required of the penitent is the number and classification of sins committed, as well as a sincere contrition for having sinned, a promise to make restitution if the sin has harmed others, a firm resolve to avoid future sins and the occasions of sin, and the carrying out of the penance assigned by the priest (usually the praying of a few prayers). Actually, there are fewer intimacies revealed to the priest in the confessional than are usually revealed to one's doctor, lawyer, or psychiatrist; hence the Sacrament of Penance is not the embarrassing experience many non-Catholics imagine it is. Rather, it is a wonderful *relieving* experience, for it is through this sacrament that sins committed after Baptism are washed away by the blood of Christ and the sinner becomes once again reconciled with God.

**If I cannot recall if I mentioned a particular sin the last time I went to confession but recall it now, should I mention it in my next confession, or was it absolved already?**

It was absolved already. If it is a venial sin, you do not need to confess it. If it was a mortal sin, it was absolved, provided you at least implicitly intended to mention it if you had remembered it. What this means is that you confessed all known sins and would have confessed whatever others you committed had you recalled them. So if you now recall a mortal sin, mention it the next time you go to confession.

**Suppose someone committed a mortal sin and later sincerely and fully repented of it. The person**

**desired to go to confession as soon as possible but was killed in an accident before doing so. What would be the state of that person's soul? I know there's a "baptism of desire"; is there such a thing as a "reconciliation of desire"?**

In a sense, the Church does indeed recognize a "reconciliation of desire"—perfect contrition. The *Catechism of the Catholic Church* defines contrition as "sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again" (CCC 1451). For contrition to forgive mortal sins it must arise out of our love of God. "When it arises from a love by which God is loved above all else, contrition is called 'perfect' (contrition of charity). Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible" (CCC 1452). <http://www.catholic.com/quickquestions>

### ~FROM SINNER TO SAINT~

**St. Augustine** (354-430) - He later wrote that he was "in the mood to be seduced" when he left home as a teenager in order to study at Carthage. At eighteen, he found a regular mistress (whom history does not name) who became the mother of his son, Adeodatus. Despite the boy's name, which means "gift from God," it would be another ten years before St. Augustine converted after hearing several sermons by St. Ambrose. In his 40s, the now holy man wrote what is considered the first western autobiography, "Confessions," in which he described his early life of sin, his conversion, and his philosophy. "My sin," he reflected, "was all the more incurable because I did not think myself a sinner".

**St. Mary of Egypt** (circa 344 - 421) - She ran away to the big city of Alexandria at the age of 12, entranced by the prospect of a life of fun and sin. "I did free of charge what gave me pleasure," she told St. Zosimas, whom she met at the end of her life, "and ... there is no mentionable or unmentionable depravity" she could not lay claim to. But when she tried to follow the crowds into the Church of the Holy Sepulchre in order to celebrate a relic of the True Cross, she found herself unable to enter -- and she was struck by remorse. Praying to the Virgin Mary for guidance, she begged for forgiveness and for the chance to turn her life around by living as a hermit.

**PARA LA PARTICIPACION EN LA MISA**

**CREDO**

Creo en un solo Dios, Padre todopoderoso, Creador del cielo y de la tierra, de todo lo visible y lo invisible.

Creo en un solo Señor, Jesucristo, Hijo único de Dios, nacido del Padre antes de todos los siglos: Dios de Dios, Luz de Luz, Dios verdadero de Dios verdadero, engendrado, no creado, de la misma naturaleza del Padre, por quien todo fue hecho; Que por nosotros lo hombres, y por nuestra salvación bajó del cielo, Y por obra del Espíritu Santo se encarnó de María la Virgen, y se hizo hombre; Y por nuestra causa fue crucificado en tiempos de Poncio Pilato; padeció y fue sepultado, Y resucitó al tercer día, según las Escrituras, y subió al cielo, y está sentado a la derecha del Padre; Y de nuevo vendrá con gloria para juzgar a vivos y muertos, y su reino no tendrá fin.

Creo en el Espíritu Santo, Señor y dador de vida, que procede del Padre y del Hijo, Que con el Padre y el Hijo recibe una misma adoración y gloria, y que habló por los profetas.

Creo en la Iglesia, que es una, santa, católica y apostólica. Confieso que hay un solo Bautismo para el perdón de los pecados. Espero la resurrección de los muertos y la vida del mundo futuro. Amén.

**BAUTIZO**

Preparación Pre-Bautismal en Español, para Padres y Padrinos en el Salón Parroquial (PLC)

Jueves 2 de Febrero a las 7:00pm.

*No niños.*

Antes de hacer preparativos tienen que hablar a la oficina por lo menos 2 meses antes.

**ESCUELA BIBLICO TEOLOGICA  
BENEDICTO XVI**

Se invita a todos los miembros de la comunidad Hispana mayores de 21 años a participar de un curso de preparación Bíblico Teológica con el fin de conocer los fundamentos de nuestra FE.

Las clases serán impartidas cada sábado después de la Misa de 6:30pm. En el salón parroquial (PLC Faith room).

Nuestro Seminarista Juan Ricardo Negrete será quien estará ayudándonos a profundizar nuestros conocimientos católicos, cualquier duda comuníquese a la oficina.

Nota: favor de traer su Biblia, cuaderno y lapicera.

*Feliz y Bendecido Año 2017*

**DESDE EL ESCRITORIO DEL PADRE ROA**

**Tercer Domingo del Tiempo Ordinario**

Leamos con atención parte de la carta de San Ignacio de Antioquía, Obispo y Mártir, a los Esmirniotas sobre la llamada de Cristo a su reino y gloria. Ignacio, por sobrenombre Teóforo, es decir, Portador de Dios, a la Iglesia de Dios Padre y del amado Jesucristo establecida en Esmirna de Asia, la que ha alcanzado toda clase de dones por la misericordia de Dios, la que está colmada de fe y de caridad y a la cual no falta gracia alguna, la que es amadísima de Dios y portadora de santidad: mi más cordial saludo en espíritu irrepachable y en la palabra de Dios.

Doy gracias a Jesucristo Dios, por haberos otorgado tan gran sabiduría; he podido ver, en efecto, cómo os mantenéis estables e incommovibles en vuestra fe, como si estuvierais clavados en cuerpo y alma a la cruz del Señor Jesucristo, y cómo os mantenéis firmes en la caridad por la sangre de Cristo, creyendo con fe plena y firme en nuestro Señor, el cual procede verdaderamente de la descendencia de David según la carne, es Hijo de Dios por la voluntad y el poder del mismo Dios, nació verdaderamente de la Virgen, fue bautizado por Juan para cumplir de esta manera la voluntad de Dios; finalmente, su cuerpo fue verdaderamente crucificado bajo el poder de Poncio Pilato y del tetrarca Herodes (y de su divina y bienaventurada pasión somos fruto nosotros), para, mediante su resurrección, elevar su estandarte para siempre en favor de sus santos y fieles, tanto judíos como gentiles, reunidos todos en el único cuerpo de su Iglesia.

Todo esto lo sufrió por nosotros, para que alcanzáramos la salvación; y sufrió verdaderamente, como también se resucitó a sí mismo verdaderamente. Yo sé que después de su resurrección tuvo un cuerpo verdadero, como sigue aún teniéndolo. Por esto, cuando se apareció a Pedro y a sus compañeros, les dijo: Tocadme y palpadme, y ved que no soy un ser fantasmal e incorpóreo. Y al punto lo tocaron y creyeron, adhiriéndose a la realidad de su carne y de su espíritu. Esta fe les hizo capaces de despreciar y vencer la misma muerte. Después de su resurrección, el Señor comió y bebió con ellos como cualquier otro hombre de carne y hueso, aunque espiritualmente estaba unido al Padre. Quiero insistir acerca de estas cosas, queridos hermanos, aunque ya sé que las creéis.