



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](mailto: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](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 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

## FIFTH SUNDAY IN ORDINARY TIME – FEBRUARY 6, 2022

### PARISH CALENDAR

#### SUNDAY FEBRUARY 6

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

#### MONDAY FEBRUARY 7

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

#### TUESDAY FEBRUARY 8

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 FEBRUARY 9

Morning Masses – Cathedral – 6:45 & 8:00 am  
Bible Study – PLC Hope Room – 6:00 pm  
Outdoor Rosary – Fatima Grotto – 6:00 pm

#### THURSDAY FEBRUARY 10

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

#### FRIDAY FEBRUARY 11

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

#### SATURDAY FEBRUARY 12

Morning Mass – Cathedral – 8:00 am  
Sunday Vigil Masses – Cathedral – 4:30 p.m. & 6:30 p.m.  
(Spanish)

### SECOND COLLECTION

#### ~NO SECOND COLLECTION THIS WEEKEND~

There is no Second Collection this weekend, February 5 & 6. Next weekend, February 12 & 13, the Second Collection will be for our Religious Education Program. As always, thank you for your generosity!

#### ~ALZHEIMER'S FUND~

The Peter F. Bessone Alzheimer's Fund was established at St. Eugene's in honor of Mr. Bessone, a former parishioner who suffered from this debilitating disease. Upon his death, the Bessone family set up the Fund to provide financial assistance to parishioners who also suffer from Alzheimer's or who provide care for family members who have been afflicted. This monetary assistance is to help cover respite care expenses that are not already covered by private or public insurance. If you find yourself in this position, please contact the parish office (542-6984) to inquire about any assistance the Fund may be able to provide to you.

### Hearing Aid Users, Switch to T-Coil

#### ADMINISTRATION

#### For the Week of: 01/23/22

Sunday Donations Received:	\$12,771.
2nd Collection received for: <i>The Church in Latin America</i>	\$2,740.

#### ~CATHEDRAL BOOKS & GIFTS~

February is the Month of the Passion. It is a time to focus and prepare for the season of Lent. As we approach Lent and meditate on the Lord's Passion, all statues and pictures of the Sacred Heart of Jesus and the Immaculate Heart of Mary are 25% off all month. Please come by and see what we have to offer. Also, please tell your Spanish-speaking friends that we have a great selection of Spanish language books & cards! 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. Please feel free to call us at: (707) 542-0250.

#### ~ CREDIT CARD DONATIONS ~

Consider paying your parish contributions on line using your credit card. You can process a one-time gift or you create an account. Once you establish an account, you can set up recurring entries to automatically process your donations. You can also pay your 2<sup>nd</sup> collections by credit card. From the STEUGENES.COM website, press the GIVE button in the upper right corner. Then press GIVE ON LINE NOW. If you would like assistance setting up your account, contact [bookkeeper@steugenes.com](mailto:bookkeeper@steugenes.com) and we can walk you through the process.

#### ~NEW TO THE PARISH?~

If you are new to St. Eugene's, *Welcome!* We hope you find a spiritual home here. Please formally register in the parish and be a part of our family. Come to the parish office Mon-Fri, 9-4 to register – a welcome packet awaits you there. Registration cards are also available in the front and east church vestibules.

#### ~CAMINO DE SONOMA~

The Camino de Sonoma invites all Catholic faithful, nature lovers, and health enthusiasts to walk a pilgrimage along the Camino de Sonoma. Guided walks begin each day at 8am and conclude at 3pm. RSVP or more info contact Stephen Morris - [dsryouth@srdiocese.org](mailto:dsryouth@srdiocese.org) (310-849-2342). 2022 Guided Walks: January 8th, January 20th, February 19th, or March 3rd - 8th (all 6 stages to begin Lent). What day will you join us? February 19th, March 3rd, 4th, 5th, 6th, 7th, 8th, or 9th?

## MASS INTENTIONS

<b>Saturday</b>	<b>February 5</b>
8:00 am	In honor of and in reparation for the offences against the Immaculate Heart of Mary & the Sacred Heart of Jesus and for the living & deceased members of the Russell & Rinaldi Families.
4:30 pm	Bruce Cagwin and Howard & Martha Smith, deceased
6:30 (Sp)	Roberto Archundia Garcia , living
<b>Sunday</b>	<b>February 6</b>
7:30 am	People of St. Eugene's
9:00 am	John Herrick, Jr., deceased
10:30 am	Paulina Pelaez, living
12:00 pm	Deirdre & Martin B. McCormick, deceased
1:30 pm (EF)	Magdalena Calder, deceased
5:30 pm	David & Chandra Masserotti, deceased
6:00 pm (Newman Ctr.)	Gildardo Luna Torres, living
<b>Monday</b>	<b>February 7</b>
6:45 am	Maria & Agatha, deceased
8:00 am	Catherine & Henry Devlin, deceased
<b>Tuesday</b>	<b>February 8</b>
6:45 am	Dan Morano, deceased & the Holy Souls in Purgatory
8:00 am	Gary Walter Stephens, deceased
5:30 pm (EF)	Michael Tran, living
<b>Wednesday</b>	<b>February 9</b>
6:45 am	The Holy Souls
8:00 am	Robert Moore, deceased
9:20 am (Sch)	Leon Family, living
<b>Thursday</b>	<b>February 10</b>
6:45 am	Jose Hernandez, deceased
8:00 am	Dulcina Moncada, deceased
<b>Friday</b>	<b>February 11</b>
6:45 am	Mother Marie de Lourdes, living
8:00 am	Serapio, Razo, deceased
<b>Saturday</b>	<b>February 12</b>
8:00 am	Robert Moore, deceased
4:30 pm	George Schirle, deceased
6:30 pm (Sp)	Rene Mora Anguiano, deceased

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.

## SPIRITUAL ACTIVITY

### ~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 division and strife brought on by a two-year pandemic. Social, political and economic instability has been the result of lockdowns, shutdowns and mandates. A Rosary campaign began in Austria in November of last year, and has since spread to thousands of groups in France, Italy, Belgium, United Kingdom, Czech Republic, Croatia, Germany and many others. Groups are just starting in the United States. For example, more than 780 locations and counting are listed for public rosaries next Wednesday in France. What is involved? People around the world are praying the Rosary in a public place every Wednesday at 6:00 p.m. When praying to the Virgin Mother of God, who -it must be said again - is "strong as an army arrayed in battle," outside, in sight of many people driving home from work, the puniness of her enemies becomes so very evident! Join us at the Fatima Statue and grotto outside the east entrance of the Cathedral on Wednesdays at 6:00 p.m. as we join in this effort.

### ~WORLD MARRIAGE DAY~

SAVE THE DATE! Bishop Robert Vasa has announced that the 3rd Annual Diocesan "Celebrate Marriage Mass" will be held on Sunday, February 13th, at 10:30 a.m. here at the Cathedral. All married couples within the diocese are invited to attend, especially those celebrating "milestone" anniversaries (e.g., 5, 10, 20, 25, etc.) . So married couples, celebrate *your* marriage by attending this special "*Celebrate Marriage Mass*"! For further information, please contact the Marriage and Family Life Office at [www.familylife@srdiocese.org](mailto:www.familylife@srdiocese.org) or call (707) 566-3305.

### ~SILENT RETREATS~

Fr. Wolfgang Seitz and Fr. Mathew Hincks of the Order of Canons Regular of the Holy Cross will be preaching two silent retreats at Prince of Peace Abbey in Oceanside, CA, Feb. 10-13 and Feb. 17-20. A single room is \$360 and a double room is \$330 per person (includes 3 overnights and 9 meals). For the retreats, register online ([opusangelorum.org](http://opusangelorum.org)) or send \$50 non-refundable deposit to the Opus Angelorum office at: Opus Sanctorum Angelorum, 164 Apollo Rd. Carrollton, OH 44615 No need to register for the Missions. For more info e-mail: [contact@opusangelorum.org](mailto:contact@opusangelorum.org)

## PRAYERS NEEDED FOR

### ~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

## FROM THE PASTOR

### ~TRUST AND SCRUPULOSITY~

In our first reading and our gospel reading today, we see Isaiah and Peter being called by God but feeling totally unworthy to be chosen. We see the same in our second reading whereby St. Paul, as a former persecutor of Christians, also deems himself unworthy and as the lowest of the apostles. As Catholics, we look upon humility such as this as a good thing. We realize that God's mercy trumps our unworthiness and that if we but put ourselves into His hands and cooperate with Him, He makes us worthy by His grace and we are thus able to carry out His will, in spite of our real or perceived imperfections. Such is the thought process of a healthy Catholic, who finds joy and comfort in God's mercy and love. There is another thought process though, that is not healthy, and that does not bring joy or comfort. It is called, scrupulosity. The scrupulous person is in a constant state of worry, doubt and fear thinking that he is in a constant state of sin: *"Did I forget to confess such and such a sin 20 years ago? Have I been committing sacrilege for the past 20 years in receiving Holy Communion in this state? Did I say my last penance with enough fervor? Did it count? Should I say it again, just in case?"* And on and on it goes. The constant doubt, the constant worry ... what a horrible cross! Let's read some more about this sad dilemma that many people struggle with.

## FOR THE SCRUPULOUS

### ~A DOUBLE-EDGED SWORD~

Ignatius of Loyola, Alphonsus Liguori and Therese of Lisieux are only a few of the saints who suffered from scrupulosity on their path to sainthood. Their desire to follow God wholeheartedly became a double-edged sword, as they often experienced great guilt and restlessness for doubting whether many of their actions were sinful – when they were not. Such struggle often kept them from enjoying life. If you struggle with scruples, don't let them keep you from celebrating God's blessings in your life. Here's what you can do about them. Psychologists have found in this malady – still very common in our day – a close connection with obsessive-compulsive disorder (OCD), and some suggest a

joint priest-therapist approach when helping a person overcome this disorder. "Obsessive Compulsive Disorder" is an anxiety disorder... Typically, the form that it takes is that people have one or more areas of fear. They are worried about something bad happening, and they engage in behaviors that we call 'compulsion' in order to decrease the anxiety that results from these fears," explained Elizabeth Higbie, a Licensed Clinical Social Worker at St. Raphael Counseling in Denver. OCD can manifest in many ways, she explained. The classic examples include those of people with an obsessive fear of contamination who engage in the compulsion of handwashing, or of people who need to have everything in order as a compulsion to some other fear. But it can also manifest in other areas, such as in the fear of harming others. "Scrupulosity is a manifestation of OCD, and I think it is a unique manifestation because we have to consider the role of spirituality," she added.

### ~I'M NOT PLEASING TO GOD~

"[In scrupulosity] there's an obsession that I'm not in a state of grace, that I'm not pleasing to God," explained Father Scott Bailey, Pastor at Risen Christ and Chaplain at St. Raphael's Counseling. "A scrupulous person really believes that they're always guilty of serious sin. Even if their heart is in the right place, if they desire to know God above everything else, they have this anxiety that they're making the wrong choice, that they're not pleasing to God... While it's a spiritual reality, there is also a large psychological element to it." Such guilt often comes from the difficulty of distinguishing temptation from sin. Father Bailey explained: "A temptation comes to our mind, it's appealing to us, but if we refuse to engage in that thought, then it just remains a temptation. [Yet] sometimes the scrupulous person thinks that because they have the thought to do this tempting thing, that they are in sin." People also experience scrupulosity in the form of real anxiety around things that are not large moral issues. You might find this in the person who commits himself to some particular spiritual practice, like praying the rosary every day. It's a wonderful thing to do, but if they miss a day, then they suddenly are in concern that they are in serious sin... or that they didn't pray the rosary with the attention it deserved," he added. "It's hard

because maybe there are legitimate things in there, like realizing we could do a better job of praying, but it doesn't mean that we are displeasing to God." Common compulsions of people who struggle with scrupulosity include going to confession very often because they think they're in a state of mortal sin, and "priest hopping" because they don't want the same priest to listen to their confession repeatedly.

Although Higbie assures OCD is a complex disorder – since people are often genetically predisposed to it and others can acquire it from a history of trauma – she guarantees there is hope: "I think people who get into these patterns can become very hopeless and it can feel very overwhelming and out of control. So, to remember that there is hope and that treatment really can help." Both Father Bailey and Higbie highlight the importance of recurring visits to both a spiritual director or confessor and a mental health professional to overcome this struggle. For the psychological aspect of this reality, Higbie recommends finding a Catholic therapist, since scrupulosity cannot be treated as any other type of OCD. "We have to manage [scrupulosity] a little bit differently than we manage other types of fears," Higbie said. "Frontline treatment for [OCD] is something called 'exposure and response prevention therapy' (ERP). So, if someone is afraid of contamination, an exposure might be having them use a public restroom or not washing their hands... where they actually have to face their fears and not [fall into] other compulsive behaviors. "If we're going to treat scrupulosity, we have to take a bit of a different approach because, obviously, as Catholic therapists, we're not going to recommend that someone engage in mortal sin and then sit with it... Instead, I typically take a modified approach where if somebody is questioning, for example, whether they have committed a mortal sin, the exposure might involve sitting with the uncertainty of whether or not they may have committed a sin, and not rushing to confession at the first impulse or fear." Another recommended measure is committing to one confessor or spiritual director, who can aid with the spiritual aspect of scrupulosity. Other than helping the person make the commitment of not going to confession every two or three days, a priest can also help correct the distorted understanding of God that is common in people with this struggle. "People with scrupulosity tend to see God as a punishing God who is out to get them or waiting for them to mess up. There's this constant fear of condemnation...

They do not think about the mercy and love that we know is available to us," Higbie explained. "A part of the spiritual healing is healing who I am before my God," Father Bailey added. "Can I see myself as loved by God the father? Maybe that means that I see myself like the prodigal son in Luke 15... being embraced by the Father." Higbie assured there are many priests in the archdiocese who are "well-versed" in scrupulosity and encouraged those struggling with it to not be afraid to talk to one and find a Catholic therapist. "OCD is very common, and I would venture to say that it's fairly underdiagnosed," Higbie concluded. "I think there's a lot of people that don't think of OCD or they think of it in just the traditional ways of handwashing, contamination or order; but they don't think or know about the different ways it might manifest. "If you find yourself having significant anxiety that requires you to do specific behaviors in order to reduce that anxiety, it might be good to seek out some professional support in assessing whether or not you would be suffering from OCD." This could be the best encouragement: Remember that Jesus is actually with you and he's actually helping you," Father Bailey concluded. "You're not hopeless, you're not beyond repair. The Lord is going to continue to walk with you and be with you." By: Vladimir Mauricio-Perez <https://denvercatholic.org/overcoming-scrupulosity/>

#### ~SOME SIGNS~

*"Scrupulosity can express itself in a number of ways. For example, scrupulous persons often repeat prayers again and again because they cannot get them "right." They tend to torture themselves over the confession of sins in the sacrament of reconciliation. Never satisfied that they have confessed their sins properly, they always feel the need to confess these same sins "just one more time." Receiving Holy Communion is also a difficult problem for the scrupulous. Eucharist is sacred to all Catholics, but the scrupulous experience an added dimension of fear: "Am I receiving worthily or sacrilegiously?" They also worry constantly that they are in some way being disrespectful to Eucharist. "Have I kept the fast perfectly?" "Did a particle of the host fall on my clothes or on the floor?" The questions are almost endless. Moral behaviour raises all kinds of doubts for the scrupulous. Requirements of justice, especially in filling out insurance forms or tax returns, create severe problems for the scrupulous. The area of sexuality and modesty is a veritable minefield. Every passing sexual thought is considered a serious matter. The area of interior judgments about others or evaluations of their behaviour is also fraught with worry and blown out of proportion."*

Fr. Thomas Santa , <https://lifeteen.com/blog/the-perpetual-penitent-identifying-and-healing-from-scrupulosity/>

MI FE CATOLICA

**DE NUESTRO PASTOR**

~CONFIANZA Y ESCRUPULOSIDAD~

En nuestra primera lectura y en el evangelio de hoy, vemos a Isaías y Pedro siendo llamados por Dios pero sintiéndose totalmente indignos de ser elegidos. Vemos lo mismo en nuestra segunda lectura en la que San Pablo, como antiguo perseguidor de los cristianos, también se considera indigno y el más bajo de los apóstoles. Como católicos, consideramos que la humildad como esta es algo bueno. Nos damos cuenta de que la misericordia de Dios triunfa sobre nuestra indignidad y que si nos ponemos en Sus manos y cooperamos con Él, Él nos hace dignos por Su gracia y así podemos llevar a cabo Su voluntad, a pesar de nuestras imperfecciones reales o percibidas. Tal es el proceso de pensamiento de un católico sano, que encuentra alegría y consuelo en la misericordia y el amor de Dios. Sin embargo, hay otro proceso de pensamiento que no es saludable y que no brinda alegría ni consuelo. Se llama escrupulosidad. La persona escrupulosa está en un estado constante de preocupación, duda y temor pensando que está en un estado constante de pecado: *“¿Me olvidé de confesar tal o cual pecado hace 20 años? ¿He estado cometiendo un sacrilegio durante los últimos 20 años al recibir la Sagrada Comunión en este estado? ¿Dije mi última penitencia con suficiente fervor? ¿Contó? ¿Debería decirlo de nuevo, por si acaso?”* Y así sigue y sigue. La duda constante, la preocupación constante... ¡Qué horrible cruz! Leamos un poco más sobre este triste dilema con el que luchan muchas personas.

**PARA LOS ESCRUPULOSOS**

~UNA ESPADA DE DOBLE FILO~

Ignacio de Loyola, Alfonso de Ligorio y Teresa de Lisieux son solo algunos de los santos que sufrieron escrupulosidad en su camino hacia la santidad. Su deseo de seguir a Dios de todo corazón se convirtió en un arma de doble filo, ya que a menudo experimentaban una gran culpa e inquietud por dudar si muchas de sus acciones eran pecaminosas, cuando no lo eran. Tal lucha a menudo les impedía disfrutar de la vida. Si luchas con escrúpulos, no dejes que te impidan celebrar las bendiciones de Dios en tu vida. Esto es lo que puede hacer al respecto. Los psicólogos han encontrado en esta enfermedad, todavía muy común en nuestros días, una estrecha conexión con el trastorno obsesivo-compulsivo, y algunos sugieren un

enfoque conjunto sacerdote-terapeuta a la hora de ayudar a una persona a superar este trastorno. El "trastorno obsesivo compulsivo" es un trastorno de ansiedad... Por lo general, la forma que toma es que las personas tienen una o más áreas de miedo. Les preocupa que suceda algo malo y se involucran en comportamientos que llamamos 'compulsión' para disminuir la ansiedad que resulta de estos miedos", explicó Elizabeth Higbie, trabajadora social clínica licenciada en St. Raphael Counseling en Denver. Este trastorno puede manifestarse de muchas maneras, explicó. Los ejemplos clásicos incluyen los de personas con un miedo obsesivo a la contaminación que se involucran en la compulsión de lavarse las manos, o de personas que necesitan tener todo en orden como una compulsión a algún otro miedo. Pero también puede manifestarse en otras áreas, como en el miedo a hacer daño a los demás. "La escrupulosidad es una manifestación del trastorno, y creo que es una manifestación única porque tenemos que considerar el papel de la espiritualidad", agregó.

~NO SOY AGRADABLE A DIOS~

"[En la escrupulosidad] hay una obsesión de que no estoy en estado de gracia, que no agrado a Dios", explicó el padre Scott Bailey, párroco de Risen Christ y capellán de St. Raphael's Counseling. "Una persona escrupulosa realmente cree que siempre es culpable de un pecado grave. Incluso si su corazón está en el lugar correcto, si desean conocer a Dios por encima de todo, tienen esta ansiedad de estar tomando la decisión equivocada, de no agradar a Dios... Si bien es una realidad espiritual, hay también tiene un gran elemento psicológico". Tal culpa a menudo proviene de la dificultad de distinguir la tentación del pecado. El padre Bailey explicó: "Una tentación viene a nuestra mente, nos atrae, pero si nos negamos a involucrarnos en ese pensamiento, entonces sigue siendo una tentación. [Sin embargo] a veces la persona escrupulosa piensa que debido a que tiene el pensamiento de hacer esta tentación, está en pecado". Las personas también experimentan escrupulosidad en forma de ansiedad real en torno a cosas que no son grandes problemas morales. Puedes encontrar esto en la persona que se compromete a alguna práctica espiritual particular, como rezar el rosario todos los días. Es algo maravilloso de hacer, pero si pierden un día, entonces de repente se preocupan de que están en un pecado grave... o que no rezaron el rosario no con la atención que merecían", agregó. "Es difícil

porque tal vez hay cosas legítimas allí, como darnos cuenta de que podríamos hacer un mejor trabajo al orar, pero eso no significa que no estamos agradando a Dios". Las compulsiones comunes de las personas que luchan con la escrupulosidad incluyen ir a confesarse muy a menudo porque creen que están en un estado de pecado mortal y "saltar de sacerdote" porque no quieren que el mismo sacerdote escuche su confesión repetidamente. Aunque Higbie asegura que es un trastorno complejo, ya que las personas suelen estar genéticamente predispuestas y otros pueden adquirirlo a partir de un historial de trauma, garantiza que hay esperanza: "Creo que las personas que entran en estos patrones pueden volverse muy desesperadas y puede sentirse muy abrumador y fuera de control. Entonces, recordar que hay esperanza y que el tratamiento realmente puede ayudar". Tanto el padre Bailey como Higbie destacan la importancia de las visitas recurrentes tanto a un director espiritual o confesor como a un profesional de la salud mental para superar esta lucha. Para el aspecto psicológico de esta realidad, Higbie recomienda buscar un terapeuta católico, ya que la escrupulosidad no se puede tratar como cualquier otro tipo de trastorno. "Tenemos que manejar [la escrupulosidad] de manera un poco diferente a como manejamos otros tipos de miedos", dijo Higbie. "El tratamiento de primera línea es algo que se llama 'terapia de prevención de exposición y respuesta'. Entonces, si alguien tiene miedo a la contaminación, una exposición podría ser hacer que usen un baño público o no se laven las manos... donde realmente tienen que enfrentar sus miedos y no [caer en] otros comportamientos compulsivos. "Si vamos a tratar la escrupulosidad, tenemos que adoptar un enfoque un poco diferente porque, obviamente, como terapeutas católicos, no vamos a recomendar que alguien incurra en pecado mortal y luego se quede con él... En cambio, yo por lo general, adopte un enfoque modificado en el que si alguien cuestiona, por ejemplo, si ha cometido un pecado mortal, la exposición podría implicar sentarse con la incertidumbre de si puede haber cometido un pecado o no, y no apresurarse a confesarse en el primer impulso o el miedo." Otra medida recomendada es el compromiso con un confesor o director espiritual, que puede ayudar en el aspecto espiritual de la escrupulosidad. Además de ayudar a la persona a hacer el compromiso de no confesarse cada dos o tres días, un sacerdote también puede ayudar a corregir la comprensión distorsionada de Dios que es común en las personas con esta lucha. "Las personas con escrupulosidad tienden a ver a Dios como un Dios que castiga y que está dispuesto a atraparlos o esperando que se equivoquen. Existe este miedo constante a la condena... No piensan en la misericordia y el amor que sabemos que está disponible para noso-

tros", explicó Higbie. "Una parte de la sanación espiritual es sanar quién soy ante mi Dios", agregó el padre Bailey. "¿Puedo verme amado por Dios Padre? Tal vez eso significa que me veo como el hijo pródigo en Lucas 15... siendo abrazado por el Padre". Higbie aseguró que hay muchos sacerdotes en la arquidiócesis que están "bien versados" en escrupulosidad y alentó a quienes luchan con eso a no tener miedo de hablar con uno y encontrar un terapeuta católico. "El trastorno es muy común y me atrevería a decir que está bastante infradiagnosticado", concluyó Higbie. "Creo que hay mucha gente que no piensa en el trastorno o lo piensa solo en las formas tradicionales de lavarse las manos, la contaminación o el orden; pero no piensan ni saben acerca de las diferentes formas en que podría manifestarse. "Si tiene una ansiedad significativa que requiere que realice comportamientos específicos para reducir esa ansiedad, podría ser bueno buscar algún apoyo profesional para evaluar si sufriría o no del trastorno". Este podría ser el mejor estímulo: recuerda que Jesús está contigo y te está ayudando", concluyó el padre Bailey. "No estás perdido, no estás más allá de la reparación. El Señor seguirá caminando contigo y estará contigo".

#### ~ALGUNAS SEÑALES~

*"La escrupulosidad puede expresarse de varias maneras. Por ejemplo, las personas escrupulosas a menudo repiten oraciones una y otra vez porque no pueden "hacerlas bien". Tienen a torturarse por la confesión de los pecados en el sacramento de la reconciliación. Nunca satisfechos de haber confesado sus pecados correctamente, siempre sienten la necesidad de confesar estos mismos pecados "solo una vez más". Recibir la Sagrada Comunión es también un problema difícil para los escrupulosos. La Eucaristía es sagrada para todos los católicos, pero los escrupulosos experimentan una dimensión añadida de miedo: "¿Estoy recibiendo digna o sacrilegamente?" También se preocupan constantemente de que de alguna manera están faltando el respeto a la Eucaristía. "¿He guardado el ayuno perfectamente?" "¿Cayó una partícula de la hostia en mi ropa o en el piso?" Las preguntas son casi infinitas. El comportamiento moral plantea todo tipo de dudas a los escrupulosos. Los requisitos de justicia, especialmente en el llenado de formularios de seguros o declaraciones de impuestos, crean severos problemas para los escrupulosos. El área de la sexualidad y el pudor es un verdadero campo minado. Cada pensamiento sexual pasajero se considera un asunto serio. El área de los juicios interiores sobre los demás o las evaluaciones de su comportamiento también está llena de preocupaciones y está fuera de proporción".*

#### ~SE NECESITAN ADORADORES~

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