



The Cathedral of  
**ST. EUGENE**

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

### PASTORAL STAFF

Rev. Frank Epperson, Rector  
Rev. Thomas Stuart, 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 - David Gallagher	545-7252
Preschool Office - Sharry Caesare	528-9133

### 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: 8:00 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** has been moved to outside of the East Entrance of the Parish Life Center due to Covid-19 restrictions on gathering indoors.

**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 OF EASTER – MAY 2, 2021

### PARISH CALENDAR

#### SUNDAY MAY 2

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

#### MONDAY MAY 3

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

#### TUESDAY MAY 4

Morning Masses – Cathedral – 6:45 & 8:00 am  
Latin Mass – Cathedral- 5:30 pm

#### WEDNESDAY MAY 5

Morning Masses – Cathedral – 6:45 & 8:00 am  
Adult Faith Formation Class – Brinker Room- 6:00 pm

#### THURSDAY MAY 6

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

#### FRIDAY MAY 7

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

#### SATURDAY MAY 8

Morning Mass – Cathedral – 8:00 am  
Confession - Cathedral -3:00 – 4:30 pm  
Mass – Cathedral -4:30 pm  
Spanish Mass – Cathedral – 6:30 pm

#### ~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 to inquire about any assistance the Fund may be able to provide to you. Additional contributions to this Fund are welcome. Should you, your family or your social/service group wish to make a donation, contact the parish office at 542-6984.

#### ~ SECOND COLLECTION ~

This weekend, May 1 & 2, our Second Collection is for Catholic Home Missions. There is no Second Collection next Sunday. As always, thank you for your generosity!

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

#### ADMINISTRATION

For the Week of: 4/18/21

Sunday Donations Received:	\$12,312.00
Collection Revenue Received for: N/A	

#### ~CATHEDRAL BOOKS & GIFTS~

May is the month of Mary! During this month, all items related to our Blessed Mother will be 25% off. This includes books, statues and pictures. Please stop in and see our great selection of Marian items as well as so many other items! Also, we have a nice selection of books and cards in Spanish. Please share this information with your Spanish-speaking friends! 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. E-mail changes to [maria@steugenes.com](mailto:maria@steugenes.com), call her at 542-6984 ext. 10.

#### ~NEED A TAX WRITE OFF?~

Since the parish is a non-profit organization, you can receive an IRS tax deduction if you donate your old vehicle or boat to the parish. Vehicles must be in good running order. Proceeds go directly to the parish. We do all the paperwork and obtain the smog certificate. Call Phil Marvier at 539-7055.

### SCAM ALERT!

#### ~ MESSAGE FROM FR. EPPERSON ~

It has come to my attention that a scammer is sending out e-mails and text messages, allegedly from me, asking for money (often under the guise of an i-Tune card). **THIS IS A SCAM! Neither I, nor any priests of this diocese, would ever solicit** for money or help of any kind in such a manner. Please remain vigilant, as these scammers can be very persistent! Finally, I would like to thank all of you for your prayers. The knee surgery went well and now I am in the recovery/rehab phase. Please, keep the prayers coming as this is the most difficult phase. God bless you all.

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).

## MASS INTENTIONS

<b>Saturday</b>	<b>May 1</b>
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 and deceased members of the Russell and Rinaldi Families.
4:30 pm	John J. Haberkorn, deceased
6:30 (Sp)	Leo Pimentel, deceased
<b>Sunday</b>	<b>May 2</b>
7:30 am	Holy Souls in Purgatory
9:00 am	Anne Renfree, living
10:30 am	People of St. Eugene's
12:00 pm	Pedro de Jesus Monterroso, deceased
1:30 pm	Salvador Marapao, living
5:30 pm	Deirdre McCormick & Martin Brian McCormick, deceased
6:00 pm (Newman Ctr.)	Mary O'Donnell, living
<b>Monday</b>	<b>May 3</b>
6:45 am	Dominico-Augustino Nguyen Van Ngan, deceased
8:00 am	Robert E. Cook, deceased
<b>Tuesday</b>	<b>May 4</b>
6:45 am	Fr. Jeffrey Keyes, living
8:00 am	Albina Dragovina, deceased
5:30 pm (EF)	Rose Tenaglia, deceased
<b>Wednesday</b>	<b>May 5</b>
6:45 am	Frank Epperson, Sr., deceased
8:00 am	Lisa Tran, living
<b>Thursday</b>	<b>May 6</b>
6:45 am	Fr. Desmond Devine, deceased
8:00 am	Elin & Palanos Families, living & deceased
<b>Friday</b>	<b>May 7</b>
6:45 am	Ana Maria Fasquelle, deceased
8:00 am	David Ellis, deceased
12:00 (Hospital)	Maria Hong Tran, deceased
<b>Saturday</b>	<b>May 8</b>
8:00 am	Fidelia Chavez, deceased
4:30 pm	Patrick Grace, deceased
6:30 pm (Sp.)	Holy Souls in Purgatory

### ~IN NEED OF PRAYERS~

Those who are ill need your support and prayers: Tristan Humble, Samuel Agius, Sandy Torti Wilcox, Marjorie Miles, Amelia Lansangan, Gail Brown, Luigi Fabiano, 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 and Theresa Pham.

## SPIRITUAL ACTIVITIES

### ~SUNDAY/HOLY DAY OF OBLIGATION MASS ATTENDANCE~

Since things seem to be moving in a positive direction, the Santa Rosa Diocese is planning *to end the dispensation* from the obligation to attend Mass beginning with Pentecost Sunday, May 23, 2021. **Please note, however, that persons who continue to have fears or who are somehow compromised in terms of health, incur no sin if they truly desire to attend Mass but decide that to do so would be dangerous for them.** We will continue to be serious about observing all safety protocols and, if conditions change and we return to the RED or PURPLE tiers, then an extension of the dispensation will be considered. It is the desire of Bishop Vasa that the lifting of the dispensation will apply to the whole Diocese, but individual county consideration is also possible.

### ~SILENT RETREAT~

Opus Sanctorum Angelorum is offering a silent retreat at St. Clare's Retreat Center in Soquel, CA, from June 3-6, 2021. You can register for the retreat online (see below) or send a \$50 non-refundable deposit to the Opus Angelorum office at: 164 Apollo Road SE, Carrollton, OH 44615. For on-line registration go to: [www.opusangelorum.org](http://www.opusangelorum.org) or call (330) 969-9900. (For email communication: [office@opusangelorum.org](mailto:office@opusangelorum.org)). Spread the word!

### ~ADULT FAITH FORMATION~

Fr. Jeffrey Keyes is going to begin a Summer Series of Adult Faith Formation classes that will be held once a week, on Wednesdays, from 6-7:30 pm, and will begin this Wednesday, May 5th, and run through August 11th. We will meet in the Msgr. Becker Center, Brinker Room. There will be a book required for this class which can be purchased for \$19.95 + tax at our St. Eugene's Gift Shop/Bookstore. The book is entitled: *The Case for Catholicism*, by Trent Horn.

## IN MEMORIAM

### †John Bugbee†

Please remember John Bugbee and his family and friends in your prayers and Masses. He passed away on 04/18/21 "Eternal rest grant unto him, O Lord, and let perpetual light shine upon him." *May he rest in peace.*

### †Ray Denehy†

Please remember Ray Denehy and his family and friends in your prayers and Masses. He passed away on 04/19/21. "Eternal rest grant unto him, O Lord, and let perpetual light shine upon him." *May he rest in peace.*

### †Marie Hughes†

Please remember Marie Hughes and her family and friends in your prayers and Masses. She passed away on 04/22/21. "Eternal rest grant unto her, O Lord, and let perpetual light shine upon her." *May she rest in peace.*

## MY CATHOLIC FAITH

### LOVE ONE ANOTHER

#### ~LAY DOWN YOUR LIFE~

In today's Gospel reading (John 15:9-17), Jesus says, "This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends." Of course, we see this in action when Jesus laid down His life for us. The question becomes, how many of us would do the same? It is easy for us to say that we would die for our family or even our country or our faith, but what about for a stranger or an enemy? This would take a special kind of love and a special kind of person. Enter, St. Maximilian Kolbe. This great saint of World War II lived the message of love by giving up his life for a stranger and forgiving his enemies. For those of you who might not know the story, of the great saint of Auschwitz, read on ...

#### ~ST. MAXIMILLIAN KOLBE~

"God needs holy men and women in all times, and St. Paul calls them, 'Lights in the World,' One such 'light' in our modern time was Saint Maximilian Kolbe who made the ultimate sacrifice for Francis Gajowniczek. On July 13, 1941 (an important Fatima date), one of the prisoners escaped from Block 14. As a punishment, ten prisoners from the same block were immediately picked at random to die by starvation. Suddenly, among the ten condemned men just chosen, a sob broke out, "O God, my wife and my children!" A remarkable thing happened. Another prisoner, No. 16670, head shaved, dressed in striped torn rags and watching with great compassion nearby, stepped forward and walked bravely toward the commandant. "I want to take the place of one of the condemned. I am a single man and he (pointing to the man weeping) has a wife and children who need him..." "What is your profession?" "I am a Catholic priest." "I agree. Go stand in line." A moment of silence..."

#### ~TO DIE FOR A STRANGER~

"The Immaculata kept her word: the two crowns, a white one and a red one, which she revealed in an apparition to Father Maximilian Kolbe in his childhood, now have become a reality." Greater love has no man than this, that a man lay down his life for his friends" (RSV-Jn.15:13). The ten condemned marched to Death Block 13 where Father Kolbe and

the nine other men would spend their last days in agony. Completely stripped naked, they were shoved into their death cells without food or a drop of water to await their inevitable starvation. Days passed slowly...the echo of Father Kolbe's constant prayers traveled into the cells of the frightened and tormented men. Despair was transformed into a chapel of prayer and chanting by courageous men. Their tiny cells, just 3 meters square, had no windows, no furniture, just a pail for human needs ... The floors were hard and paved; the air was horribly foul. Father Kolbe never complained. He prayed aloud so that his fellow prisoners could hear him in order to join in. Hunger is terrible; thirst is even worse. Dehydration attacks the brain cells first and unleashes silent storms of nightmares and hallucinations. When his fellow prisoners, writhing in agony, were begging for a drop of water, and in despair were screaming and cursing, Father Kolbe would calm them down, inspiring them to perseverance. Each day SS officers would visit the cells to remove the corpses. The weakened prisoners were always lying down. Father Kolbe was kneeling in prayer. Father's eyes were so clear and penetrating that the SS officers, unable to stand their brightness, shouted: *Look at the ground, not at us!*"

#### ~THE DEATH OF A SAINT~



"To the SS officers, Father Kolbe was living too long and so on August 14, 1941, the vigil of the Assumption, the order was given to finish off the priest. Propped up against the wall, his eyes wide open as if witnessing a beatific vision, a henchman of death armed with a syringe of phenic acid entered the darkness of the cell to end this courageous priest's life, a man who consecrated himself long ago to God and to Mary the Immaculata. On August 15, the Feast of the Assumption of the Blessed Virgin into Heaven, Father Maximilian Kolbe's body was fed to the consuming fires of the Third Reich's flaming ovens, his ashes rising in smoke from the crematory chimney into the bright sun rays, his memory most alive among us today." <https://www.catholic.org/featured/headline.php?ID=1256>

## ***TRUE, CHRISTIAN JOY***

### **~REAL JOY~**

Also, in our Gospel reading today, Jesus said, "I have told you this so that my joy may be in you and your joy might be complete." Let us take a moment and read what true joy is all about.

### **~ANCHORED IN CHRIST~**

"true joy - the kind that doesn't evaporate in the face of opposition and obstacles - must be anchored in the hope of salvation in Jesus Christ. The saints learned this secret, and we must learn it too. It's not easy, of course. Like weeds, obstacles to cultivating true joy spring up all around us: struggles at home, problems with finances, illness, failed relationships, difficulties in the workplace, and, most alarming, confusion, division, and dissent within the Church itself. "Perfect love casts out all fear But we can take heart. Christ deals with these obstacles head-on. "I have said this to you, that in Me you may have peace. In the world you have tribulation; but take courage; I have overcome the world" (John 16:33). For a Catholic, joy in the midst of adversity is not merely a possibility or a suggestion, but an obligation. Our faith in Christ and our union with Him through the sacraments should produce in us a spirit of indomitability. If we really believe that He has indeed conquered the world, and that we can do all things through Him (cf. Phil. 4:13), then there's no need to let troubles and troublemakers get us down. Our commitment to Christ, a strong prayer life, and frequent reception of the sacraments will sustain and deepen our joy and will bear other good fruit: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control" (Gal. 5:22-23). The absence of these fruits in our lives indicates a need for deeper personal conversion and recommitment to Christ and His Church.

### **~FOUNDATION OF ABIDING JOY~**

The foundation of abiding joy is the realization that God is our loving Father, Who allows all the trials and circumstances in our lives to work together for our good - what we commonly call divine providence (cf. Rom. 8:28). Every difficulty we encounter is provided as an opportunity for us to demonstrate our trust and reliance upon our Father. If we truly have confidence in His loving care for us, why would we allow ourselves to become discouraged by the troubles that surround us?

### **~DEVELOPING VIRTUE~**

Don't feel like you're a particularly joyful person? You can do something about it. Like building a muscle through repeated weight lifting, joy is strengthened by practicing natural virtues. God's gift of grace builds on nature, so by developing virtue, the treasure of divine life (cf. 2 Pet. 1:4) flourishes within our hearts. But this takes consistent effort. It means we must work to acquire fortitude, so that we don't give up when things become difficult; temperance, so that we don't give in to excesses in pursuing the pleasures of this world; justice, so we may prioritize and fulfill our daily obligations; and prudence, so that we may be truly wise and always able to evaluate our earthly circumstances in light of eternity. Without these natural virtues, our joy may be stolen from us.

### **~A LIFELONG PROCESS~**

The Church prays in her Liturgy of the Hours, "Through Your Spirit unite us with Yourself, so that trial or persecution or danger may never separate us from Your love" (Morning Prayer, Thursday, 7th week of Easter). Developing our joy in Christ is a lifelong process, and distractions will inevitably arise that will divert our attention away from Christ and toward the difficulties of our daily lives. These distractions are all the more painful and challenging when they are encountered close to home - within our own families and within the Church itself. And yet St. Paul exhorts us to "have no anxiety about anything, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus" (Phil. 4:6-7).

### **~CHALLENGES & FRUSTRATIONS~**

Each of us could compose a long laundry list of all the challenges, frustrations, and temptations to anger we encounter in our families and within the Church: Dissent from Church teaching, liturgical abuses, and division (to name a few examples) exist, but to become consumed by these problems would be to go directly against Sacred Scripture, which calls us to let our mind dwell on good and wholesome things (cf. Phil. 4:8). This doesn't mean we ignore or deny that these difficulties exist, but neither should we become preoccupied with them. Excerpt taken from: You'd Better Not Pout, by Curtis A. Martin. For complete article go to: [www.ewtn.com/library/SPIRIT/NOTPOUT](http://www.ewtn.com/library/SPIRIT/NOTPOUT)

MI FE CATOLICA

AMAR EL UNO AL OTRO

~ DISPONE SU VIDA ~

En la lectura del Evangelio de hoy (Juan 15: 9-17), Jesús dice: "Este es mi mandamiento: amaos los unos a los otros como yo os amo. Nadie tiene mayor amor que este, dar la vida por los amigos ". Por supuesto, vemos esto en acción cuando Jesús dio su vida por nosotros. La pregunta es, ¿cuántos de nosotros haríamos lo mismo? Es fácil para nosotros decir que moriríamos por nuestra familia o incluso por nuestro país o nuestra fe, pero ¿qué pasa por un extraño o un enemigo? Esto requeriría un tipo especial de amor y un tipo especial de persona. Entra San Maximiliano Kolbe. Este gran santo de la Segunda Guerra Mundial vivió el mensaje de amor entregando su vida por un extraño y perdonando a sus enemigos. Para aquellos de ustedes que quizás no conozcan la historia del gran santo de Auschwitz, sigan leyendo ...

~ ST. MAXIMILLIAN KOLBE ~

"Dios necesita hombres y mujeres santos en todos los tiempos, y San Pablo los llama," Luces en el mundo ". Una de esas 'luces' en nuestro tiempo moderno fue San Maximiliano Kolbe, quien hizo el máximo sacrificio por Francis Gajowniczek. El 13 de julio de 1941 (una fecha importante en Fátima), uno de los prisioneros escapó del Bloque 14. Como castigo, diez prisioneros del mismo bloque fueron inmediatamente elegidos al azar para morir de hambre. De repente, entre los diez condenados recién elegidos, estalló un sollozo: "¡Oh Dios, mi esposa y mis hijos!" Ocurrió algo extraordinario. Otro prisionero, el número 16670, con la cabeza afeitada, vestido con harapos a rayas y mirando con gran compasión cerca, dio un paso adelante y caminó con valentía hacia el comandante. "Quiero ocupar el lugar de uno de los condenados. Soy soltero y él (señalando al hombre llorando) tiene esposa e hijos que lo necesitan ..." "¿Cuál es su profesión?" "Soy un Sacerdote católico. "" Estoy de acuerdo. Vaya a la fila. " Un momento de silencio..."

~ MORIR POR UN EXTRAÑO ~

"La Inmaculada cumplió su palabra: las dos coronas, una blanca y otra roja, que reveló en una aparición al Padre Maximiliano Kolbe en su infancia, ahora se han hecho realidad." Ningún hombre tiene mayor amor que este, que un el hombre da su vida por sus amigos "(RSV-Jn.15: 13). Los diez condenados

marcharon al Bloque de la Muerte 13 donde el padre Kolbe y los otros nueve hombres pasarían sus últimos días en agonía. Completamente desnudos, fueron empujados a sus celdas de muerte sin comida ni una gota de agua para esperar su inevitable inanición. Los días pasaron lentamente ... el eco de las constantes oraciones del padre Kolbe viajó a las celdas de los hombres asustados y atormentados. La desesperación se transformó en una capilla de oración y canto por hombres valientes. Sus diminutas celdas, de solo 3 metros cuadrados, no tenían ventanas, ni muebles, solo un balde para las necesidades humanas... Los pisos eran duros y pavimentados; el aire estaba horriblemente viciado. El padre Kolbe nunca se quejó. Oró en voz alta para que sus compañeros de prisión pudieran escucharlo y poder unirse. El hambre es terrible; la sed es aún peor. La deshidratación ataca primero las células cerebrales y desencadena tormentas silenciosas de pesadillas y alucinaciones. Cuando sus compañeros de prisión, retorciéndose de dolor, rogaban por una gota de agua, y desesperados gritaban y maldecían, el padre Kolbe los calmaba, inspirándolos a la perseverancia. Todos los días, los oficiales de las SS visitaban las celdas para retirar los cadáveres. Los prisioneros debilitados siempre estaban acostados. El padre Kolbe estaba arrodillado en oración. Los ojos de mi padre eran tan claros y penetrantes que los oficiales de las SS, incapaces de soportar su brillo, gritaron: ¡Miren al suelo, no a nosotros! ".

~ LA MUERTE DE UN SANTO ~

"Para los oficiales de las SS, el padre Kolbe vivía demasiado y por eso el 14 de agosto de 1941, vigilia de la Asunción, se dio la orden de acabar con el sacerdote. Apoyado contra la pared, con los ojos bien abiertos como si presenciara una visión beatífica, un secuaz de la muerte armado con una jeringa de ácido fenico entró en la oscuridad de la celda para acabar con la vida de este valiente sacerdote, un hombre que se consagró hace mucho tiempo a Dios. ya María la Inmaculada. El 15 de agosto, fiesta de la Asunción de la Santísima Virgen al Cielo, el cuerpo del Padre Maximiliano Kolbe fue alimentado a las llamas consumidoras de los hornos en llamas del Tercer Reich, sus cenizas se elevaron en humo desde la chimenea del crematorio hacia los brillantes rayos del sol, su memoria. más vivo entre nosotros hoy ".  
<https://www.catholic.org/featured/headline.php?ID=1256>





## **VERDADERA ALEGRÍA CRISTIANA**

### **~ ALEGRÍA VERDADERA ~**

Además, en nuestra lectura del Evangelio de hoy, Jesús dijo: "Les he dicho esto para que mi gozo esté en ustedes y su gozo sea completo". Tomemos un momento y leamos de qué se trata el verdadero gozo.

### **~ ANCLADO EN CRISTO ~**

"El verdadero gozo, el que no se evapora ante la oposición y los obstáculos, debe estar anclado en la esperanza de salvación en Jesucristo. Los santos aprendieron este secreto y nosotros también debemos aprenderlo. No es fácil, por supuesto. Como la maleza, los obstáculos para cultivar el verdadero gozo surgen a nuestro alrededor: luchas en el hogar, problemas con las finanzas, enfermedades, relaciones fallidas, dificultades en el lugar de trabajo y, lo que es más alarmante, confusión, división y disensión dentro de la Iglesia misma. "El amor perfecto echa fuera todo temor, pero podemos animarnos. Cristo lidia con estos obstáculos de frente. "Os he dicho esto para que en mí tengáis paz. En el mundo tenéis tribulación; pero ánimo; yo he vencido al mundo" (Juan 16:33). Para un católico, la alegría en medio de la adversidad no es solo una posibilidad o una sugerencia, sino una obligación. Nuestra fe en Cristo y nuestra unión con él a través de los sacramentos deben producir en nosotros un espíritu de indomabilidad. Si realmente creemos que Él ha conquistado el mundo y que podemos hacer todas las cosas a través de Él (ver Fil. 4:13), entonces no hay necesidad de dejar que los problemas y los alborotadores nos desanimen. Nuestro compromiso con Cristo, una sólida vida de oración y la recepción frecuente de los sacramentos sostendrán y profundizarán nuestro gozo y darán otros buenos frutos: "amor, gozo, paz, paciencia, bondad, bondad, fidelidad, mansedumbre y dominio propio." (Gálatas 5: 22-23). La ausencia de estos frutos en nuestras vidas indica la necesidad de una conversión personal más profunda y un nuevo compromiso con Cristo y Su Iglesia.

### **~ FUNDAMENTO DE LA ALEGRÍA PERMANENTE ~**

El fundamento del gozo permanente es la comprensión de que Dios es nuestro Padre amoroso, que permite que todas las pruebas y circunstancias de nuestra vida trabajen juntas para nuestro bien, lo que comúnmente llamamos providencia divina (cf. Rom. 8:28). Cada dificultad que encontramos se brinda como una oportunidad para que demostremos nuestra confianza y dependencia en nuestro Padre. Si realmente confiamos en su amoroso cuidado por nosotros, ¿por qué permitiríamos que los problemas que nos rodean nos desanimen?

### **~ DESARROLLAR LA VIRTUD ~**

¿No sientes que eres una persona particularmente alegre? Puedes hacer algo al respecto. Al igual que desarrollar un músculo mediante el levantamiento de pesas repetido, la alegría se fortalece al practicar las virtudes naturales. El don de la gracia de Dios se basa en la naturaleza, por lo que al desarrollar la virtud, el tesoro de la vida divina (cf. 2 P. 1: 4) florece dentro de nuestros corazones. Pero esto requiere un esfuerzo constante. Significa que debemos trabajar para adquirir fortaleza, de modo que no nos demos por vencidos cuando las cosas se pongan difíciles; templanza, para no ceder a los excesos en la búsqueda de los placeres de este mundo; justicia, para que prioricemos y cumplamos con nuestras obligaciones diarias; y prudencia, para que seamos verdaderamente sabios y siempre podamos evaluar nuestras circunstancias terrenales a la luz de la eternidad. Sin estas virtudes naturales, es posible que nos roben nuestra alegría.

### **~ UN PROCESO DE POR VIDA ~**

La Iglesia reza en su Liturgia de las Horas: "Por tu Espíritu únenos contigo, para que la prueba, la persecución o el peligro nunca nos separen de tu amor" (Oración de la mañana, jueves, séptima semana de Pascua). Desarrollar nuestro gozo en Cristo es un proceso que dura toda la vida, e inevitablemente surgirán distracciones que desviarán nuestra atención de Cristo hacia las dificultades de nuestra vida diaria. Estas distracciones son tanto más dolorosas y desafiantes cuando se encuentran cerca de casa, dentro de nuestras propias familias y dentro de la Iglesia misma. Y sin embargo, San Pablo nos exhorta a "no tener ansiedad por nada, sino que en todo, con oración y súplica, con acción de gracias, sean conocidas sus peticiones a Dios. Y la paz de Dios, que sobrepasa todo entendimiento, mantendrá su corazones y mentes en Cristo Jesús" (Fil. 4: 6-7).

### **~ RETOS Y FRUSTRACIONES ~**

Cada uno de nosotros podría componer una larga lista de todos los desafíos, frustraciones y tentaciones a la ira que encontramos en nuestras familias y dentro de la Iglesia: el desacuerdo con la enseñanza de la Iglesia, los abusos litúrgicos y la división (por nombrar algunos ejemplos) existen, pero dejarse consumir por estos problemas sería ir directamente en contra de la Sagrada Escritura, que nos llama a dejar que nuestra mente se detenga en las cosas buenas y saludables (cf. Fil. 4: 8). Esto no significa que ignoremos o neguemos que existen estas dificultades, pero tampoco debemos preocuparnos por ellas. Extracto tomado de: Es mejor que no pongas pucheros, de Curtis A. Martin. Para obtener el artículo completo, visite: [www.ewtn.com/library/SPIRIT/NOTPOUT](http://www.ewtn.com/library/SPIRIT/NOTPOUT)

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