



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

PENTECOST SUNDAY – JUNE 5, 2022

PARISH CALENDAR

SUNDAY JUNE 5

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 – 8AM – 12:00 PM

MONDAY JUNE 6

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

TUESDAY JUNE 7

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

WEDNESDAY JUNE 8

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

THURSDAY JUNE 9

Morning Masses – Cathedral – 6:45 & 8:00 am
Golden Opportunities Luncheon – PLC – 11:30 am

FRIDAY JUNE 10

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

SATURDAY JUNE 11

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

FATHER'S DAY

~FATHER'S DAY ENVELOPES~

Father's Day Remembrance envelopes are in your envelope packets and are also available on the tables in both vestibules. Use these envelopes to honor fathers living & deceased. Please return your envelope to the collection plate this weekend, June 4 & 5, or June 11 & 12, or to the Parish Office by 12:00 noon Friday, June 10, for publishing in the June 19th Father's Day Sunday bulletin. Names submitted after that date will be in future bulletins.

~PRAYER INTENTIONS BOOK~

A book for your personal prayer intentions is available in the east side vestibule of the church. It is located on a stand in the corner and is entitled, "Hear Our Prayer Book". If you would like to add an intention, please do so!

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

Hearing Aid Users, Switch to T-Coil

ADMINISTRATION

For the Week of: 5/22/22

Sunday Donations Received:	\$10,083.
2nd Collection : Tuition Assistance Program	\$2,603.

~CATHEDRAL BOOKS & GIFTS~

Our Special of the Month for June is the book, "95 Questions for Protestants", by Dr. Roger and Karen Salstrom. This book received the Catholic Writers Guild Seal of Approval, and asks the question "What is Truth?" As the publisher states: "Since the time of the Protestant Reformation, there continues to emerge a multitude of Protestant and non-denominational churches, all claiming to accurately represent the Truth. What if you could sift through the claims and eventually come to know the truth on virtually all doctrines that divide the truth, as Christ taught his apostles?" This book addresses questions about the writings of the early Church and much more. It is a must read for serious Catholics who are interested in explaining our faith in an understandable way. During June only, it is on sale for 25% off! Please stop by and see what we have to offer! The shop is open Wed-Fri 9:30-4:30 & Sun 9:30-1:30. Call us at 542-0250.

SECOND COLLECTION INFORMATION

~PRIESTS BENEFITS & WELFARE~

This weekend, June 4 & 5, the Second Collection will be for our Diocesan Priests' Retirement Fund. Next weekend, June 11 & 12, the Second Collection will be for our Parish Maintenance Fund.

~PARISH SCHOOL OF RELIGION~

Register your child now for the Parish School of Religion (PSR) 2022-2023 school year! The Parish School of Religion partners with the Cathedral of St. Eugene families to bring the youth of the parish to Christ through authentic catechesis in the Beauty, Goodness, and Truth of the Catholic Faith. We offer: Ongoing Catholic formation for students 1st grade through high school; two-year preparation for the Sacraments of 1st Communion & Confirmation; dedicated teaching by the Marian Sisters of Santa Rosa & lay catechists. **Where:** St. Eugene's School **When:** Tuesdays from 3:45 - 5:00pm; September through May. Pick up registration forms in the vestibules, at the parish office, or register online at our parish website (www.steugenes.com). ***Last day to register is Sunday, July 31st.*** Contact Sr. Mary Emmanuel, MSSR with any questions at 707-326-3408 or srmmaryemmanuel2@gmail.com

MASS INTENTIONS

Saturday	June 4
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 members of the Russell & Rinaldi Families
4:30 pm	Cheryl Marie Rogers, deceased
6:30 pm (Sp)	Irma Diaz, living
Sunday	June 5
7:30 am	Stephanie Buettner, deceased
9:00 am	George Skikos, deceased
10:30 am	People of St. Eugene's
12:00 pm	Roger Ballard, deceased
1:30 pm (EF)	Fr. David Jenuwine, living
5:30 pm	Gerardo Ruano Perez, Gerardo Ruano Dominguez, deceased & Dolores Dominguez Nuñez & Felix Avina, living
6:00 pm	Rev. Patrick Stephenson, deceased
Newman Ctr.	
Monday	June 6
6:45 am	Osvaldo Olvera, living
8:00 am	Felipa de Jesus Monterroso, deceased
Tuesday	June 7
6:45 am	Marapao, Masalta & Douglas Families, living & deceased
8:00 am	Leo Pimentel, deceased
5:30 pm (EF)	Melvin & Alice Arnerich, living
Wednesday	June 8
6:45 am	Roberto M. Marapao, deceased
8:00 am	Christopher Young & Family, living
Thursday	June 9
6:45 am	John Richard Evans, deceased
8:00 am	Andy Skrypka, living
Friday	June 10
6:45 am	Lisa Tran, living
8:00 am	Linda Fowler, deceased
12:00 pm	Special Intention
(Hosp)	
Saturday	June 11
8:00 am	Fr. Alan Acevedo, living
4:30 pm	Cheryl Marie Rogers, deceased
6:30 (Sp)	Alberto Orozco, Ana & Luis Alonso Olvera, living

~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.

SPIRITUAL ACTIVITY

~PARISH CHOIR UPDATE~

In case you've been wondering why you haven't heard our parish choir sing recently, the group is still on "Covid Sabbatical"! From the beginning of the outbreak of Covid, choir singing was banned, being considered a particular risk for the spread of the disease. Although the ban has been lifted, out of continued concern for their health and that of their families, many of our choir members are choosing to wait to return to singing. In the meantime, we're very grateful for all of our faithful cantors and our men's schola who continue to generously and prayerfully give their time and talent to help lead the singing for our parish liturgies. Please pray that the full choir will be able to resume sometime in the fall!

~WOMEN OF THE WORD~

Every Tuesday morning at 9:15 a.m. our women's group, Women of the Word, meets in the Parish Life Center to reflect on and discuss the next Sunday's Mass readings. Occasionally there is a speaker or a short video presentation. Refreshments are served. We are reaching out to all women of the parish to invite them to join us! Women of the Word has been meeting for over 35 years. New members are always welcome! If you have any questions, please call Jennifer Gunderson at (707) 331-4717.

SOCIAL ACTIVITY

~GOLDEN OPPORTUNITIES~

Are you looking for an opportunity to make new friends and have fellowship with other parishioners? Are you 50 or older? If so, please consider joining "Golden Opportunities"! **We are meeting this Thursday, June 9, in the Parish Life Center.** We enjoy guest speakers, games, or entertainment at our meetings. Lunch is provided or sometimes a potluck is provided by members. Please join us!

KNIGHTS OF COLUMBUS VIDEO SERIES~

What does it mean to be a man today? Most men have asked themselves this question. Most men want to lead fuller and more purposeful lives - to be better men, better husbands and better fathers - but sometimes it can be difficult to know how. The Knights of Columbus is hosting a 12-part video discussion series, "Into The Breach". Please join us for food, fraternity, and prayer as we discuss **"Family" on Monday, June 13th**, at 6:00PM in the Becker Center. Open to all Catholic Men *18 years and older*.

~PRAYER FOR THE SICK~

"Merciful God, hear our fervent prayer for all who suffer from Covid-19. May those who are infected receive the proper treatment and the comfort of Your healing presence. Help us to rise above fear. We ask all this through the intercession of Our Lady of Lourdes, and in the name of your Son, Jesus, and the Holy Spirit, now and forever. Amen."

MY CATHOLIC FAITH

PENTECOST SUNDAY

~FROM THE PASTOR~

Today we conclude the Easter Season and celebrate the great feast of Pentecost, often called the birthday of the Church. We will start off with some Q&A regarding Pentecost and then move on to an article regarding "the Spirit and the Flesh" and then some saintly words of wisdom. Happy Feast Day!

PENTECOST—Q&A

~ WHY DO WE ... ~

Q: I am having a hard time understanding the timing of these various feast days. Help!

A: Pentecost always occurs 50 days after the death and resurrection of Jesus, and ten days after his ascension into heaven. Because Easter is a moveable feast without a fixed date, and Pentecost depends on the timing of Easter, Pentecost can fall anywhere between May 10 and June 13.

Q: Why 50 days?

A: The reason Pentecost falls 50 days after Easter comes from a parallel Jewish holiday, Shavu'ot, which falls 50 days after Passover. Shavu'ot is sometimes called the festival of weeks, referring to the seven weeks since Passover.

Q: Why is Pentecost called the birthday of the Church?

A: It was right after Pentecost that Peter, inspired by the Holy Spirit, preached his first homily to Jews and other non-believers, in which he opened the scriptures of the Old Testament, showing how the prophet Joel prophesied events and the coming of the Holy Spirit at Pentecost. He also tells the people that the Jesus they crucified is the Lord and was raised from the dead, which "cuts them to the heart." When they asked what they should do, Peter exhorts them to repent of their sins and to be baptized. According to the account in Acts, about 3,000 people were baptized following Peter's sermon. For this reason, Pentecost is considered the birthday of the Church - Peter, the first Pope, preaches for the first time and converts thousands

of new believers. The apostles and believers, for the first time, were united by a common language, and a common zeal and purpose to go and preach the Gospel.

Q: I remember my grandmother telling me that Pentecost was not only the birthday of the Church but also the birthday of the Novena. I'm not sure why, though.

A: She is probably referring to the fact that in Acts 1, Mary and the Apostles prayed together "continuously" for nine days after the Ascension leading up to Pentecost, hence "novena." Traditionally, the Church prays the Novena to the Holy Spirit in the days before Pentecost.

Q: Are the priest's vestments always red?

A: Typically, priests will wear red vestments on Pentecost, symbolic of the burning fire of God's love and the tongues of fire that descended on the apostles. However, in some parts of the world, Pentecost is also referred to as "WhitSunday", or White Sunday, referring to the white vestments that are typically worn in Britain and Ireland. The white is symbolic of the dove of the Holy Spirit, and typical of the vestments that catechumens desiring baptism wear on that day.

~TRADITIONS FROM AROUND THE WORLD~

An Italian Pentecost tradition is to scatter rose leaves from the ceiling of the churches to recall the miracle of the fiery tongues, and so in some places in Italy, Pentecost is sometimes called Pascha Rosatum (Easter roses).

In France, it is tradition to blow trumpets during Mass to recall the sound of the driving wind of the Holy Spirit.

In Asia, it is typical to have an extra service, called genuflexion, during which long poems and prayers are recited. In Russia, Mass-goers often carry flowers or green branches during Pentecost services.

<https://www.catholicnewsagency.com/news/everything-you-need-to-know-about-pentecost-78932>

SPIRIT VS FLESH

~THE SPIRIT~

"Spirituality is really about the soul and the things of the soul. The body and its needs do not matter. In fact, the body is the soul's prison. Salvation is really the liberation of the soul from the dead weight of the body. So in this life, physical desires are to be resisted, even extinguished, if possible. That's what Catholic spirituality is all about, right? Not quite. That sort of spirituality has been promoted over the centuries by a number of different movements, Gnostic, Manichaeism, Albigensian, who all have one thing in common - they've been condemned by the Catholic Church as dangerous heresies. In contrast to these heresies, the Catholic Church follows Genesis 1 when it insists that the material world and the human body are masterpieces of God's loving creativity. The body is not a machine that the soul can trade in for another when it wears out. In fact, that is why re-incarnation can't be right. No, the body is integral to who we are. We are enfleshed spirits. Jesus did not come to "save souls" but to save human beings. He fed the bodies of the hungry and healed the bodies of the sick even as he forgave their sins and taught them sublime spiritual truths. In fact we believe not just in the immortality of the soul but in the resurrection of the body. So the desires of the body - for food, drink, sleep, and sexual union - are fundamentally good, not bad. One of Blessed John Paul II's first tasks after being elected as Supreme teacher of the Catholic Church was to elaborate his "theology of the body."

~THE FLESH~

"So what does St. Paul mean in this Sunday's second reading when he says that the spirit and the flesh are directly opposed (Gal 5:13-18)? Good question. When Paul is condemning "the flesh," he is not talking about the human body, created by God. Rather, he is using "flesh" as a code word for the distortion that original sin introduced into human nature. "The flesh" twists and misdirects natural desires so as to make them destructive and degrading. Lust is a good example. It is not another name for sexual desire. It is what "the flesh" does to sexual desire, making it an instrument of self-gratification and exploitation, rather than committed love and the miracle of new life, as intended by God. Pride is not the drive for greatness and excellence. Such drive naturally arises from our being made in the image and likeness of God. No pride is what "the flesh" does to this natural drive, causing it to refuse submission to legitimate authority, even God, exalting itself at the expense of others and seeking to dominate and belittle others."

~GOD'S RADICAL SOLUTION~

"Before the coming of the Spirit, the flesh tyrannized human beings from within. The Law of Moses, aka the Ten Commandments, tell us that we should not act on these

distorted desires. But our willpower is too weak on its own to win battle after battle. Left to willpower alone, we are bound to lose, and lose big! Even David, the greatest of Israel's kings, yielded to lust and then tried to cover up his adultery with murder. God's solution is radical. When we are joined to Jesus through faith and baptism, we are filled with the Holy Spirit. The Spirit begins the healing of our wounded human nature from within with the goal of transforming every aspect of our lives. The word "virtue," in fact, means power or strength, and the Spirit brings with him "virtues" that empower us to triumph in our struggle against "the flesh." Yes, "the flesh" is still there, even after we are justified through faith in Christ and cleansed in the sacrament of baptism. But its back is broken. It no longer can tyrannize us . . . unless we choose to let it. We now have the freedom and power to ignore its tugs towards sin, which should become weaker and weaker as we grow in holiness. Chastity is the virtue, given by the Spirit, which empowers us to sanctify sexual desire by making it an instrument of love and life. Humility is the virtue that enables the drive for greatness to respect the sovereignty of God and the dignity of fellow-human beings. So the Christian life is not about being a slave to outward rules and to repressing natural human desires. It is about inner empowerment to become truly great, truly human, and truly free." By: Marcellino D'Ambrosio, PhD. :<http://www.integratedcatholiclife.org/2013/06/dambrosio-sunday-reflection-the-flesh/>

~THE SAINTS ON PENTECOST~

"And my Father will love him and we will come to him and make our home with him." My friends, consider the greatness of this solemn feast that commemorates God coming as a guest into our hearts! If some rich and influential friend were to come to your home, you would promptly put it all in order for fear something there might offend your friend's eyes when he came in. Let all of us then who are preparing our inner homes for God cleanse them of anything our wrongdoing has brought into them." - St. Gregory Dialogos on Pentecost, in *Be Friends of God*.

"If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers." - St. Gregory Palamas

MI FE CATOLICA

DOMINGO DE PENTECOSTÉS

~DEL PASTOR~

Hoy concluimos el tiempo de Pascua y celebramos la gran fiesta de Pentecostés, a menudo llamada el cumpleaños de la Iglesia. Comenzaremos con algunas preguntas y respuestas con respecto a Pentecostés y luego pasaremos a un artículo sobre "el Espíritu y la Carne" y luego algunas palabras santas de sabiduría. Feliz día de fiesta!

PENTECOSTÉS—Preguntas y respuestas

~ POR QUÉ NOSOTROS... ~

P: Estoy teniendo dificultades para entender el momento de estos diversos días festivos. ¡Ayuda!

R: Pentecostés siempre ocurre 50 días después de la muerte y resurrección de Jesús, y diez días después de su ascensión al cielo. Debido a que la Pascua es una fiesta móvil sin fecha fija, y Pentecostés depende del momento de la Pascua, Pentecostés puede caer entre el 10 de mayo y el 13 de junio.

P: ¿Por qué 50 días?

R: La razón por la que Pentecostés cae 50 días después de la Pascua proviene de una festividad judía paralela, Shavuot, que cae 50 días después de la Pascua. A Shavuot a veces se le llama la fiesta de las semanas, en referencia a las siete semanas desde la Pascua Judía

P: ¿Por qué Pentecostés es llamado el nacimiento de la Iglesia?

R: Fue justo después de Pentecostés que Pedro, inspirado por el Espíritu Santo, predicó su primera homilía a los judíos y otros no creyentes, en la que abrió las escrituras del Antiguo Testamento, mostrando cómo el profeta Joel profetizó los acontecimientos y la venida de el Espíritu Santo en Pentecostés. También le dice a la gente que el Jesús que crucificaron es el Señor y resucitó de entre los muertos, lo que "les hiere en el corazón". Cuando preguntaron qué debían hacer, Pedro los exhortó a arrepentirse de sus pecados y bautizarse. Según el relato de Hechos de los Apóstoles, unas 3000 personas se bautizaron después del sermón de Pedro. Por eso Pentecostés es considerado el cumpleaños de la →

Iglesia - Pedro, el primer Papa, predica por primera vez y convierte a miles de nuevos creyentes. Los apóstoles y los creyentes, por primera vez, estaban unidos por un lenguaje común, y un celo y propósito común de ir a predicar el Evangelio.

P: Recuerdo que mi abuela me decía que Pentecostés no era solo el cumpleaños de la Iglesia sino también el cumpleaños de la Novena. Sin embargo, no estoy seguro de por qué.

R: Probablemente se esté refiriendo al hecho de que en Hechos 1, María y los Apóstoles oraron juntos "continuamente" durante nueve días después de la Ascensión antes de Pentecostés, por lo tanto, "novena". Tradicionalmente, la Iglesia reza la Novena al Espíritu Santo en los días previos a Pentecostés.

P: ¿Las vestiduras del sacerdote son siempre rojas?

R: Típicamente, los sacerdotes usarán vestimentas rojas en Pentecostés, símbolo del fuego ardiente del amor de Dios y las lenguas de fuego que descendieron sobre los apóstoles. Sin embargo, en algunas partes del mundo, Pentecostés también se conoce como "Domingo de Pentecostés", o Domingo Blanco, en referencia a las vestimentas blancas que se usan típicamente en Gran Bretaña e Irlanda. El blanco es simbólico de la paloma del Espíritu Santo, y típico de las vestiduras que usan los catecúmenos que desean el bautismo en ese día.

~TRADICIONES DE TODO EL MUNDO~

Una tradición Italiana de Pentecostés es esparcir hojas de rosa desde el techo de las Iglesias para recordar el milagro de las lenguas de fuego, por lo que en algunos lugares de Italia, Pentecostés a veces se llama Pascha Rosatum (rosas de Pascua). En Francia, es tradición tocar las trompetas durante la Misa para recordar el sonido del viento impetuoso del Espíritu Santo. En Asia, es típico tener un servicio extra, llamado genuflexión, durante el cual se recitan largos poemas y oraciones. En Rusia, los asistentes a Misa suelen llevar flores o ramas verdes durante los servicios de Pentecostés.

<https://www.catholicnewsagency.com/news/everything-you-need-to-know-about-pentecost-78932>

ESPIRITU CONTRA CARNE

~EL ESPÍRITU~

“La espiritualidad es realmente sobre el alma y las cosas del alma. El cuerpo y sus necesidades no importan. De hecho, el cuerpo es la prisión del alma. La salvación es realmente la liberación del alma del peso muerto del cuerpo. Así que en esta vida, los deseos físicos deben ser resistidos, incluso extinguidos, si es posible. De eso se trata la espiritualidad católica, ¿verdad? No exactamente. Ese tipo de espiritualidad ha sido promovida a lo largo de los siglos por varios movimientos diferentes, gnósticos, maniqueos, albigenses, todos los cuales tienen una cosa en común: han sido condenados por la Iglesia Católica como herejías peligrosas. En contraste con estas herejías, la Iglesia Católica sigue Génesis 1 cuando insiste en que el mundo material y el cuerpo humano son obras maestras de la amorosa creatividad de Dios. El cuerpo no es una máquina que el alma puede cambiar por otra cuando se desgasta. De hecho, es por eso que la reencarnación no puede ser correcta. No, el cuerpo es parte integral de lo que somos. Somos espíritus encarnados. Jesús no vino a “salvar almas” sino a salvar seres humanos. Él alimentó los cuerpos de los hambrientos y sanó los cuerpos de los enfermos mientras perdonó sus pecados y les enseñó sublimes verdades espirituales. De hecho, creemos no solo en la inmortalidad del alma sino también en la resurrección del cuerpo. De modo que los deseos del cuerpo (de comida, bebida, sueño y unión sexual) son fundamentalmente buenos, no malos. Una de las primeras tareas del Beato Juan Pablo II después de ser elegido Maestro Supremo de la Iglesia Católica fue elaborar su “teología del cuerpo”.

~LA CARNE~

“Entonces, ¿qué quiere decir San Pablo en la segunda lectura de este domingo cuando dice que el espíritu y la carne se oponen directamente (Gal 5, 13-18)? Buena pregunta. Cuando Pablo está condenando “la carne”, no está hablando del cuerpo humano, creado por Dios. Más bien, está usando “carne” como palabra clave para la distorsión que el pecado original introdujo en la naturaleza humana. “La carne” tuerce y desvía los deseos naturales para hacerlos destructivos y degradantes. La lujuria es un buen ejemplo. No es otro nombre para el deseo sexual. Es lo que “la carne” le hace al deseo sexual, convirtiéndolo en un instrumento de autogratificación y explotación, en lugar del amor comprometido y el milagro de una nueva vida, como lo dispuso Dios. El orgullo no es el impulso por la grandeza y la excelencia. Tal impulso surge naturalmente de que estamos hechos a imagen y semejanza de Dios. Ningún orgullo es lo que “la carne” le hace a este impulso natural, haciendo que rechace la sumisión a la autoridad legítima, incluso a Dios, exaltándose a expensas de los demás y buscando dominar y menospreciar a los demás”.

~LA SOLUCIÓN RADICAL DE DIOS~

“Antes de la venida del Espíritu, la carne tiranizaba al hombre desde dentro. La Ley de Moisés, también conocida como los Diez Mandamientos, nos dice que no debemos actuar sobre estos deseos distorsionados.

Pero nuestra fuerza de voluntad es demasiado débil por sí sola para ganar batalla tras batalla. ¡Dejados solo a la fuerza de voluntad, estamos obligados a perder, y perder en grande! Incluso David, el más grande de los reyes de Israel, cedió a la lujuria y luego trató de encubrir su adulterio con el asesinato. La solución de Dios es radical. Cuando nos unimos a Jesús a través de la fe y el bautismo, somos llenos del Espíritu Santo. El Espíritu comienza la curación de nuestra naturaleza humana herida desde adentro con el objetivo de transformar cada aspecto de nuestras vidas. La palabra “virtud”, de hecho, significa poder o fuerza, y el Espíritu trae consigo “virtudes” que nos dan poder para triunfar en nuestra lucha contra “la carne”. Sí, “la carne” todavía está allí, incluso después de que somos justificados por la fe en Cristo y limpiados en el sacramento del bautismo. Pero su espalda está rota. Ya no puede tiranizarnos. . . a menos que elijamos dejarlo. Ahora tenemos la libertad y el poder para ignorar sus tironeas hacia el pecado, que debería volverse más y más débil a medida que crecemos en santidad. La castidad es la virtud, dada por el Espíritu, que nos da poder para santificar el deseo sexual haciéndolo instrumento de amor y de vida. La humildad es la virtud que habilita el impulso de grandeza para respetar la soberanía de Dios y la dignidad de los demás seres humanos. Entonces, la vida cristiana no se trata de ser un esclavo de las reglas externas y de reprimir los deseos humanos naturales. Se trata de empoderamiento interior para volverse verdaderamente grande, verdaderamente humano y verdaderamente libre”.

Por: Marcellino D'Ambrosio, PhD. :<http://www.integratedcatholiclife.org/2013/06/dambrosio-sunday-reflection-the-flesh/>

~LOS SANTOS EN PENTECOSTÉS~

“Y mi Padre lo amará y vendremos a él y haremos morada con él”. ¡Mis amigos, consideren la grandeza de esta fiesta solemne que conmemora la venida de Dios como invitado a nuestros corazones! Si algún amigo rico e influyente viniera a tu casa, rápidamente lo arreglarías todo por temor a que algo allí pudiera ofender los ojos de tu amigo cuando entrara. Que todos los que estamos preparando nuestros hogares interiores para Dios los purifiquemos de cualquier cosa que nuestra maldad haya traído a ellos.” — San Gregorio Diálogos sobre Pentecostés, en Ser Amigos de Dios.

“Si de una lámpara encendida alguien enciende otra, luego otra de aquella, y así sucesivamente, tiene luz continuamente. Del mismo modo, a través de los Apóstoles que ordenan a sus sucesores, y estos sucesores ordenan a otros, y así sucesivamente, la gracia del Espíritu Santo se transmite de generación en generación e ilumina a todos los que obedecen a sus pastores y maestros”. - San Gregorio Palamas

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