



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	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.steugenec.com](http://www.steugenec.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 7:25 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

## THIRTY-SECOND SUNDAY IN ORDINARY TIME – NOVEMBER 6, 2022

### PARISH CALENDAR

#### SUNDAY NOVEMBER 6

Masses – Cathedral – 7:30 am, 9:00 am, 10:30 am, 12:00,  
1:30 pm (Latin) & 5:30 pm  
RCIA – PLC – 10:30 am  
Coffee Social – PLC – 8:00 am – 12:00 pm  
Troops of St. George – PLC – 12:00 pm

#### MONDAY NOVEMBER 7

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

#### TUESDAY NOVEMBER 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 NOVEMBER 9

Morning Masses – Cathedral – 6:45 & 8:00 am  
Outdoor Rosary – Fatima Grotto – 6:00 pm

#### THURSDAY NOVEMBER 10

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

#### FRIDAY NOVEMBER 11

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

#### SATURDAY NOVEMBER 12

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

### SECOND COLLECTION INFORMATION

#### ~ ARCHDIOCESE FOR THE MILITARY ~

This weekend, November 5 & 6, our Second Collection is for the Archdiocese for the Military Services, USA. See below for more info. The Second Collection next weekend, November 12 & 13, will be for our Tuition Assistance Program.

#### ~ SERVING THOSE WHO SERVE ~

The collection for the Archdiocese for the Military Services, USA (AMS) is taken every 3 years to increase awareness and support of the mission, "Serving Those Who Serve." The ministries offered by the AMS benefit those who serve in all six branches of the U.S. Armed Forces, Veterans and their families. Also, the AMS Co-Sponsored Seminarian Program is the only vocations program in the U.S. that provides priests to serve as military chaplains. Thank you for your generosity!

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

#### ADMINISTRATION

#### For the Week of 10/23/22

Sunday Donations Received:	\$12,900.
Second Collection: World Missions	\$3,526.

#### ~ CATHEDRAL BOOKS & GIFTS ~

Advent begins on November 27th this year, and now is the time to prepare for it and Christmas! Our gift shop is filled with beautiful Advent wreaths, candles, calendars and more! This year we have Advent calendars with chocolate inside (a very limited amount available) and calendars from Germany and the U.K. During the month of November, all Advent merchandise (excluding Magnificat Advent Companions) is 25% off! Begin your Advent and Christmas shopping here at St. Eugene's and support our parish at the same time. The shop is open Wed-Sat, 8:30-4:30 & Sun, 8:30 – 1:30 pm. Call us at: (707) 542-0250.

#### LITTLE FLOWERS GIRLS' GROUP

#### ~ PROJECT CHRISTMAS CHILD ~

Our Little Flowers Girls' Group will be working on "Project Christmas Child" - whereby shoe boxes filled with small gifts for children ages 2-12 will be sent to children all around the world who may never receive Christmas Presents. Can you help us by donating small items such as: pencils, crayons, erasers, small dolls, matchbox cars, gum, hard candy, toothbrushes, travel-sized soap, shampoo, etc.? A box will be available in the main vestibule and the Parish Office for donations until Nov 13th. For more information, please call Anna at: 707-539-5185.

#### FOR THE LITTLE ONES

#### ~ OUR "CRYING ROOM" ~

Often times, small chapels or churches do not have space for a special room where parents can go with their little ones when the baby gets fussy. This results in the parents having to take baby outside or staying in their pew, frustrating those around them when the little one cries. We are blessed at St. Eugene's to have a recently refurbished, sound-proofed room, complete with a sound system, restroom and changing station for those of you with fussy babies. We invite you to make use of this room, located off the front vestibule, when needed, so that all who are in attendance can pray and concentrate on the most supreme act of worship known to man, the Holy Mass. Thank you for your consideration in helping to make our time together as a parish family a holy and edifying experience.

## MASS INTENTIONS

<b>Saturday</b>	<b>November 5</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 & deceased members of the Russell & Rinaldi Families
4:30 pm	Roberto M. Marapao, deceased
6:30 pm (Sp)	Deceased Members of Legion of Mary
<b>Sunday</b>	<b>November 6</b>
7:30 am	Stephanie Buettner, deceased
9:00 am	George Schirle, deceased
10:30 am	People of the Diocese
12:00 pm	People of St. Eugene's
1:30 pm (EF)	Belinda Nguyen, living
5:30 pm	Edward Nielsen, deceased
6:00pm Newman Ctr.	Roland "Frenchie" Chibault, living
<b>Monday</b>	<b>November 7</b>
6:45 am	Camille Fanucci, living
8:00 am	Romano Dragovina, deceased
<b>Tuesday</b>	<b>November 8</b>
6:45 am	Michael J. Haberkorn, deceased
8:00 am	Joseph Masi, deceased
5:30 pm (EF)	Marisa Boyko, living
<b>Wednesday</b>	<b>November 9</b>
6:45 am	Jose Heriberto Luna, deceased
8:00 am	Edgar Enrique Monterroso, living
9:20 am (Sch)	Rod Thoits, deceased
<b>Thursday</b>	<b>November 10</b>
6:45 am	Randy Boyko, deceased
8:00 am	Virginia Lopez, deceased
<b>Friday</b>	<b>November 11</b>
6:45 am	Maria Carolina Torres, living
8:00 am	Leo Pimentel, deceased
12:00 pm (Hosp)	Ellen Moore, living
<b>Saturday</b>	<b>November 12</b>
8:00 am	Helen Maggini, deceased
4:30 pm	Joe & Donna Hernandez, living
6:30 (Sp)	Maria Aurora Ferreira O., deceased

## IN NEED OF PRAYER

### ~PLEASE PRAY FOR~

Those who are ill need your support and prayers: Tristan Humble, Samuel Agius, 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, Aida Catapang, Bob Goldman, Pat Davenport, Paulita Castro, Jean L. Alfano, Theresa Pham, Rainey Olson, Michele Otten, Pauline Goslovich, Mary Gonzales, Nick Sidjakov and Sandi Picconi.

## SPIRITUAL ACTIVITY

### ~ADORATION CHAPEL~

We are in need of adorers from 8-9 am on Tuesdays, Fridays and Saturdays and 10-11 am on Wednesdays. If you can help, please contact Annette Righetti at: 707-542-3635.

### ~40 DAYS FOR LIFE~

Our "International 40 Days for Life Campaign" comes to end this Sunday, November 6. Please join us for closing prayer at 2:00 p.m., on the sidewalk in front of the Planned Parenthood building located at 1140 Sonoma Avenue. We thank all of those who joined us in being a voice for the voiceless during these 40 days. Once again, our campaign was a success!

### ~INTERNATIONAL ROSARY CRUSADE~

People around the world are still praying the Rosary in a public place every Wednesday at 6:00 p.m. This month, in particular, we are storming the gates of heaven with prayer, hoping that our state Constitution will not be changed to codify abortion. Please, join us as we pray! We meet at the Fatima Statue/grotto outside the east entrance of the Cathedral **every Wednesday at 6:00 p.m.** to publicly pray the Rosary and implore our Lady for help. If you cannot make it on Wednesday evenings, remember that we pray the Rosary every morning, Monday – Saturday, in the Cathedral at 7:25 am.

## SOCIAL ACTIVITY

### ~GOLDEN OPPORTUNITIES~

Golden Opportunities is a St. Eugene's parish social group for seniors 50 and up that meets on the **2nd Thursday** of every month at 11:30 am in the Parish Life Center and then either a guest speaker, games, or entertainment. Lunch is provided or sometimes a potluck is provided by members. Please join us!

## IN MEMORIAM

### †LOUISA BATO†

Please remember Louisa Bato and her family and friends in your prayers. She passed away on 10-20-22. "Eternal rest grant unto her, O Lord, and let perpetual light shine upon her." *May she rest in peace.*

### ~SCHOOL NEWS~

Once a month, our elementary school offers tours for parents who may be considering enrolling their children in order to receive a great, Classical Catholic Education. The tour this month will take place on Friday, November 11, at 9:00 am. Please contact the school for more information: 707-545-7252.

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

# MY CATHOLIC FAITH

## MARTYRDOM & REMAINING STRONG

### ~FROM THE PASTOR~

Our first and second readings today tell us about some interesting things: martyrdom and remaining steadfast and strong in our faith. While most of us will probably not be called to martyrdom, we are called upon to be faithful and true to Christ, to be steadfast, and to live with Him forever in heaven! I would like to begin by taking a look at a couple of our less well-known martyrs. Then, we will take a look at an article by author Randy Hain on how to remain strong and live Catholic lives in a world that tends to live contrary to the teachings of Jesus.

### ~WITNESSES~

“Many people have been killed for their faith through the ages. Interestingly, the word we use today to talk about someone who is killed for their beliefs, martyr, is the basic Greek word used in the New Testament which is translated as “witness.” Therefore, when Jesus said, “Ye shall be witnesses unto me” in Acts 1:8, it had a great significance to those listening to Him. This does not mean that every follower of Christ will be killed for their faith, but because the witness of the church followers led to their martyrdom, we use the word today to mean someone who dies for their faith.”

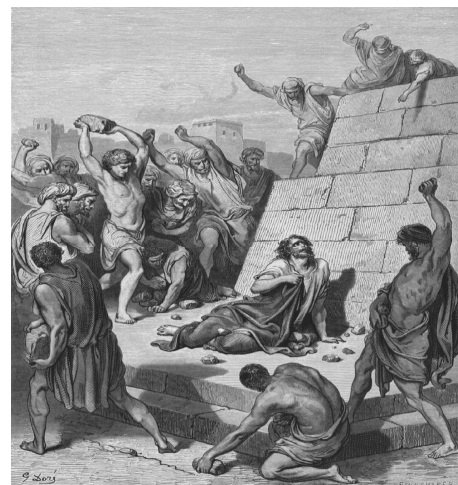
### ~POPE ST. CLEMENT~

“Very little is known about the life of St. Clement (his death is placed at about 100AD). According to the list of Roman bishops, he was the third successor to St. Peter in Rome. He is the author of an Epistle to the Corinthians which was written c.96 AD in the name of the Church of Rome to deal with disturbances in the Church at Corinth. The letter is one of the earliest witnesses to the high authority of the Church of Rome and was so highly regarded that it was read publicly at Corinth with the Scriptures in the 2nd century. St. Clement converted many high-ranking citizens of the region before being exiled to Crimea by emperor Trajan. There, because of his many miracles, he converted several thousand to Christianity. Learning of this, Trajan condemned Clement to death by drowning, throwing him into the sea with an iron anchor tied around his neck.”

### ~ST. AGNES~

“Also known as St. Ines (or Santa Ynez), St. Agnes was a member of the Roman nobility, born c. 291 and raised in a Christian family. She suffered martyrdom at the age of 12 during the reign of the Eastern Roman Emperor Diocletian, on January 21, 304. Agnes’s parents were pagans, but she had learned about Jesus and the Gospel from her nurse-slave, with whom she was very close. Phocus, the son of the prefect Roman governor, Sempronius, was one of several rich, young men who fell in love with Agnes. He brought her rich gifts of jewels, but she rejected his courtship, saying, “I’m already the spouse of a Lover much more noble and powerful than you.” The dejected Phocus later learned that Agnes was a Christian and denounced her to his father, Sempronius. He questioned her officially, and she freely admitted her faith in Jesus. He ordered her to go to the temple of Vesta, to offer sacrifice but Agnes steadfastly refused any compromise with pagan practice. Threats of death also did not sway her. She was then condemned as a witch and led out to be tied to a stake and burned. However, the bundle of wood would not burn, whereupon the officer in charge drew his sword and struck off her head (or stabbed her in the throat). The execution reportedly shocked even the bloodthirsty pagan crowd, since Agnes was so young and pure. Thus, her death created a new wave of sympathy for the Christians and brought many to the faith.” 10 Excruciating Martyrdoms of Early Christianity, [hp://oddee.com/item\\_96697.aspx](http://oddee.com/item_96697.aspx)

*Depiction of a Christian being martyred.*





## LIVING A CATHOLIC LIFE

### ~CALLED TO DO MORE~

“Do we sometimes feel overwhelmed in the face of the relentless assault on the Church, our beliefs and our families by the media and modern culture? Is it difficult to stand up for what believe? Do we ever feel like we can’t make a difference? Many Catholics I encounter are struggling through battles to live out their faith and protect their loved ones ... all in the midst of a very difficult economic climate. It would be easy to throw in the towel and give up or remain silent, but that is not an option for us. We are called to do more. We are called to be holy: “Therefore in the Church, everyone whether belonging to the hierarchy, or being cared for by it, is called to holiness, according to the saying of the Apostle: ‘For this is the will of God, your sanctification.’ (Lumen Gentium, Second Vatican Council 39)”

### ~PUT ON YOUR ARMOR~

“Part of our challenge is getting past feeling overwhelmed. We are not able to tackle everything at once, so let’s make it simple and focus on what we *can* do. We need to work on ourselves and pursue lives of personal holiness. Our ultimate destination is heaven, and we need to live our lives on earth in a way that will help us get there. So, what can we do? First of all, we can’t stand on the sidelines and watch. We also must believe that one person can make a difference ... our brave acts, no matter how small or large, can have a profound influence on others if we are simply willing to make the effort. At times, it seems we have lost our way and forgotten or ignored the teachings of the Church. Maybe we have forgotten to put our trust in God and rely on Him. ‘Finally, draw your strength from the Lord and from His mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with the flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything to hold your ground.’ (Ephesians, 6:10-13). I love the thought of putting on “the armor of God” as we fight the battles ahead!”

### ~5 SIMPLE WAYS TO MAKE A DIFFERENCE~

1. *Knowing what is necessary for spiritual growth.* We will not grow in our faith without daily prayer. We

Have to make prayer time a priority and stop making excuses. “The first rule for prayer, the most important step, is not about how to do it, but to just do it; not to perfect and complete it, but to begin it. Once the car is moving, it’s easy to steer it in the right direction, but it’s much harder to starting it up when it’s stalled. And prayer is stalled in our world. (Dr. Peter Kreeft from the essay, “Time”)

2. *Remember, we are called to lead lives of holiness.* As unpopular and out-of-step with our modern culture this may be, we are called to become saints. “The call to holiness is rooted in baptism and proposed anew in the other sacraments, principally in the Eucharist. Since Christians are re-clothed in Christ Jesus and refreshed by His spirit, they are ‘holy.’ They therefore have the ability to manifest this holiness and the responsibility to bear witness to it in all that they do. The Apostle Paul never tires of admonishing all Christians to live ‘as is fitting among saints’ (Ephesians 5:3). (John Paul II, *Christifideles Laici*, Apostolic Exhortation, 16)

3. *Live as A Catholic; speak as a Catholic.* We can’t be cafeteria or cultural Catholics. We are called to live authentic, Catholic lives and be true to our beautiful faith. “To acknowledge God before men is to be a living witness to His life and to His words. We want to fulfill our daily tasks, to carry out everything we do, according to the doctrines of Jesus Christ, and we should be disposed to make our faith transparent in every one of our family and professional obligations. Let us stop and think for a moment of our work, of our colleagues, of our friendships: are we seen as people whose lives are totally consistent with our faith?” (Francis Fernandez, In *Conversation with God*, Vol. 1, p44)

4. *We can’t serve God AND the world.* We can’t have it both ways. There is no way to pursue a life of holiness and worry about chasing illusory pleasures and the things of this world that don’t matter. We can’t serve God and the world at the same time.

5. *Be a light for Christ to others.* One of the most profound ways to affect others is to radiate joy and let people see Christ at work in us. Our personal example can be the catalyst that helps lead someone into the Church. “Do everything without grumbling or questioning, that you may be blameless and innocent children of God without blemish in the midst of a crooked and perverse generation, among whom you shine like lights in the world, as you hold on to the word of life, so that my boast for the day of Christ may be that I did not run in vain or labor in vain.” (Philippians, 2:14-16). [www.integratedcatholiclife.org/2013/02/randy-hain-five-ways-catholics-can-make-a-difference/](http://www.integratedcatholiclife.org/2013/02/randy-hain-five-ways-catholics-can-make-a-difference/).

# MI FE CATOLICA

## ~DEL PASTOR~

### MARTIRIO

Nuestra primera y segunda lecturas de hoy nos hablan de algunas cosas interesantes: el martirio y el permanecer firmes y fuertes en nuestra fe. Aunque la mayoría de nosotros probablemente no sea llamada al martirio, se nos pide que seamos fieles y leales a Cristo, que seamos firmes y que vivamos con Él para siempre en el cielo. Me gustaría empezar echando un vistazo a un par de nuestros mártires menos conocidos. Luego, echaremos un vistazo a un artículo del autor Randy Hain sobre cómo permanecer fuertes y vivir vidas católicas en un mundo que tiende a vivir en contra de las enseñanzas de Jesús.

### ~TESTIGOS~

"Muchas personas han sido asesinadas por su fe a través de los tiempos. Curiosamente, la palabra que utilizamos hoy para hablar de alguien que es asesinado por sus creencias, mártir, es la palabra griega básica utilizada en el Nuevo Testamento que se traduce como "testigo". Por lo tanto, cuando Jesús dijo: "Seréis testigos de mí" en Hechos 1:8, tenía un gran significado para los que le escuchaban. Esto no significa que todos los seguidores de Cristo sean asesinados por su fe, pero como el testimonio de los seguidores de la iglesia los llevó al martirio, hoy usamos la palabra para referirnos a alguien que muere por su fe."

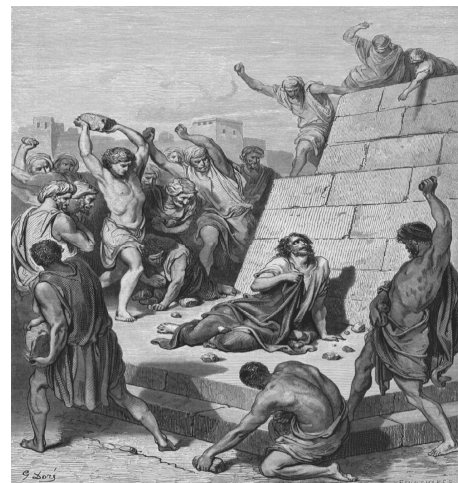
### ~PAPA SAN CLEMENTE~

"Se sabe muy poco sobre la vida de San Clemente (su muerte se sitúa en torno al año 100 D.C). Según la última lista de Obispos Romanos, fue el tercer sucesor de San Pedro en Roma. Es el autor de una Epístola a los Corintios que fue escrita hacia el año 96 D.C. en nombre de la Iglesia de Roma para hacer frente a los disturbios en la Iglesia de Corinto. La carta es uno de los primeros testimonios de la alta autoridad de la Iglesia de Roma y fue tan apreciada que se leyó públicamente en Corinto con las Escrituras en el siglo II. San Clemente convirtió a muchos ciudadanos de alto rango de la región antes de ser exiliado a Crimea por el emperador Trajano. Allí, gracias a sus numerosos milagros, convirtió a varios miles al cristianismo. Al enterarse, Trajano condenó a Clemente a morir ahogado, arrojándolo al mar con un ancla de hierro atada al cuello".

### ~SANTA AGNES~

"También conocida como Santa Inés (o Santa Agnes), Santa Inés fue miembro de la nobleza romana, nacida hacia 291 y criada en una familia cristiana. Sufrió el martirio a la edad de 12 años durante el reinado del emperador romano Diocleciano, el 21 de enero de 304. Los padres de Inés eran paganos, pero ella conoció a Jesús y el Evangelio a través de su esclava enfermera, con la que estaba muy unida. Phocus, el hijo del prefecto gobernador romano, Sempronio, fue uno de los varios jóvenes ricos que se enamoraron de Inés. Le llevó caros regalos de joyas, pero ella rechazó su cortejo, diciendo: "Oh, ya la esposa de un Amante mucho más noble y poderoso que tú". El abatido Phocus, se enteró más tarde de que Inés era cristiana y la denunció a su padre. Sempronio la interrogó oficialmente, y ella admitió libremente su fe en Jesús. Le ordenó que fuera al templo de Vesta a ofrecer sacrificios, pero Inés se negó rotundamente a cualquier compromiso con la práctica pagana. Las amenazas de muerte tampoco la hicieron cambiar de opinión. Entonces fue condenada como bruja y llevada a la hoguera para ser atada a una estaca y quemada. Sin embargo, el fardo no quiso arder, por lo que el oficial a cargo sacó su espada y le cortó la cabeza (o la apuñaló en la garganta). Al parecer, la ejecución conmocionó incluso a la multitud pagana sedienta de sangre, ya que Inés era muy joven y pura. Así, su muerte creó una nueva ola de simpatía por los cristianos y atrajo a muchos a la fe". 10 Excruciating Martyrdoms of Early Christianity, [hp://oddee.com/item\\_96697.aspx](http://oddee.com/item_96697.aspx)

Representación de un cristiano martirizado.



## VIVIR UNA VIDA CATÓLICA

### ~LLAMADO A HACER MÁS~

"¿Nos sentimos a veces abrumados ante el implacable ataque a la Iglesia, a nuestras creencias y a nuestras familias por parte de los medios de comunicación y de la cultura moderna? ¿Nos resulta difícil defender lo que creemos? ¿Sentimos alguna vez que no podemos marcar la diferencia? Muchos católicos con los que me encuentro están luchando por vivir su fe y proteger a sus seres queridos... todo ello en medio de un clima económico muy difícil. Sería fácil tirar la toalla y rendirse o permanecer en silencio, pero esa no es una opción para nosotros. Estamos llamados a hacer más. Estamos llamados a ser santos: "Por eso, en la Iglesia, todos los que pertenecen a la jerarquía, o son atendidos por ella, están llamados a la santidad, según el dicho del Apóstol: "Porque ésta es la voluntad de Dios, vuestra santificación". (*Lumen Gentium, Concilio Vaticano II 39*)"

### ~PONTE LA ARMADURA~

"Parte de nuestro reto es superar el sentimiento de agobio. No podemos abordar todo a la vez, así que simplifiquemos y centrémonos en lo que podemos hacer. Tenemos que trabajar en nosotros mismos y perseguir vidas de santidad personal. Nuestro destino final es el cielo, y tenemos que vivir nuestras vidas en la tierra de manera que nos ayude a llegar allí. Entonces, ¿qué podemos hacer? En primer lugar, no podemos quedarnos al margen y observar. También debemos creer que una persona puede marcar la diferencia... nuestros actos valientes, por pequeños o grandes que sean, pueden tener una profunda influencia en los demás si simplemente estamos dispuestos a hacer el esfuerzo. A veces, parece que hemos perdido el rumbo y hemos olvidado o ignorado las enseñanzas de la Iglesia. Tal vez hemos olvidado poner nuestra confianza en Dios y apoyarnos en Él. "Por último, sacad vuestra fuerza del Señor y de su poderoso poder. Ponte la armadura de Dios para que puedas resistir las tácticas del diablo. Porque nuestra lucha no es con la carne o la sangre, sino con los principados, con las potestades, con los gobernantes de este mundo de tinieblas, con los espíritus malignos de los cielos. Por lo tanto, revestíos de la armadura de Dios, para que podáis resistir en el día malo y, habiéndolo hecho todo, manteneros firmes". (Efesios, 6:10-13). Me encanta la idea de ponernos "la armadura de Dios" mientras luchamos en las batallas que nos esperan.

### ~5 FORMAS SENCILLAS DE MARCAR LA DIFERENCIA~

1. Saber lo que es necesario para el crecimiento espiritual. No creceremos en nuestra fe sin la oración diaria. Nosotros Hay que hacer del tiempo de oración una prioridad y dejar de poner excusas. "La primera regla para la oración, el paso más importante, no consiste →

en cómo hacerla, sino en simplemente hacerla; no en perfeccionarla y completarla, sino en empezarla. Una vez que el coche se mueve, es fácil dirigirlo en la dirección correcta, pero es mucho más difícil arrancarlo cuando está parado. Y la oración está estancada en nuestro mundo. (*Dr. Peter Kreeft del ensayo "El tiempo"*)

2. Recuerda que estamos llamados a llevar una vida de santidad. Aunque esto sea impopular y esté fuera de lugar en nuestra cultura moderna, estamos llamados a ser santos. "El llamado a la santidad tiene sus raíces en el bautismo y se propone de nuevo en los otros sacramentos, principalmente en la Eucaristía. Puesto que los cristianos están revestidos de nuevo en Cristo Jesús y refrescados por su espíritu, son "santos". Por tanto, tienen la capacidad de manifestar esta santidad y la responsabilidad de dar testimonio de ella en todo lo que hacen. El apóstol Pablo no se cansa de exhortar a todos los cristianos a vivir "como conviene entre santos" (Efesios 5:3). (Juan Pablo II, *Christifideles Laici*, Exhortación Apostólica, 16)

3. Vive como un católico; habla como un católico. No podemos ser católicos de cafetería o culturales. Estamos llamados a vivir una vida auténtica y católica y a ser fieles a nuestra hermosa fe. "Reconocer a Dios ante los hombres es ser un testimonio vivo de su vida y de sus palabras". Queremos cumplir con nuestro quehacer diario, realizar todo lo que hacemos, según las doctrinas de Jesucristo, y debemos estar dispuestos a transparentar nuestra fe en cada una de nuestras obligaciones familiares y profesionales. Parémonos a pensar por un momento en nuestro trabajo, en nuestros compañeros, en nuestras amistades: ¿se nos ve como personas cuya vida es totalmente coherente con nuestra fe?" (Francisco Fernández, *En conversación con Dios*, Vol. 1, p44)

4. No podemos servir a Dios Y al mundo. No podemos tener las dos cosas. No hay manera de perseguir una vida de santidad y preocuparse por perseguir placeres ilusorios y las cosas de este mundo que no importan. No podemos servir a Dios y al mundo al mismo tiempo.

5. Ser una luz de Cristo para los demás. Una de las maneras más profundas de afectar a los demás es irradiar alegría y dejar que la gente vea a Cristo trabajando en nosotros. Nuestro ejemplo personal puede ser el catalizador que ayude a llevar a alguien a la Iglesia. "Hacedlo todo sin rechistar ni cuestionar, para que seáis hijos de Dios irreprochables e inocentes en medio de una generación torcida y perversa, en medio de la cual brilláis como luces en el mundo, al aferraros a la palabra de vida, de modo que mi jactancia para el día de Cristo sea que no corrí en vano ni trabajé en vano." (*Filipenses*, 2:14-16). [www.integratedcatholiclife.org/2013/02/andy-hain-five-ways-catholics-can-make-a-difference/](http://www.integratedcatholiclife.org/2013/02/andy-hain-five-ways-catholics-can-make-a-difference/).



# MCCORMICK & CO.



## Homes and Loans

DRE #01915244 / NMLS #1285687  
[www.mccormickloans.com](http://www.mccormickloans.com)

Office: 707-526-1700  
 100 E. Street, Ste. 101, Santa Rosa, CA 95404

*"The miracle is not that we do this work, but that we are happy to do it" ~ Mother Teresa*

**James M. McCormick**  
 Realtor  
 DRE #01841254  
**707-239-1829**  
[james@mccormickloans.com](mailto:james@mccormickloans.com)

**Rory J. McCormick**  
 Associate Broker  
 DRE #01901102  
**707-921-9316**  
[rory@mccormickloans.com](mailto:rory@mccormickloans.com)

**Martin B. McCormick**  
 Broker  
 DRE #00766660 NMLS #351483  
**707-322-6369**  
[marty@mccormickloans.com](mailto:marty@mccormickloans.com)

**\*SAVE WITH OUR 4.5% LISTING COMMISSION!\***  
**\*PRIVATE MONEY INVESTMENTS OFFER EXCELLENT RETURNS!\***

## DANIELS CHAPEL OF THE ROSES

Family Owned and Operated Since 1875



FD #209/CR #92 1225 Sonoma Avenue Santa Rosa



THOMAS P. KELLY III  
 ATTORNEY AT LAW

50 OLD COURTHOUSE SQUARE  
 SUITE 609  
 SANTA ROSA, CA 95404-4926

707-545-8700  
 FAX 707-542-3371  
[TOMKELLY@SONIC.NET](mailto:TOMKELLY@SONIC.NET)

[WWW.REDWOODBANKRUPTCY.COM](http://WWW.REDWOODBANKRUPTCY.COM)

**FINDaPARISH.com**

Check It Out Today!

The Most Complete  
 Online National  
 Directory of  
 Catholic Parishes

Protecting Seniors  
 Nationwide



Medical Alert System



**\$29.95/MO.** billed quarterly

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.8608

## DIVINE FIJIANS HOME CARE



We provide  
 compassionate,  
 affordable,  
 and bonded  
 FIJIAN CARE GIVERS.

**CALL NOW! 707.304.9179 OR 707.978.1457**  
[koroitamanapoosa@gmail.com](mailto:koroitamanapoosa@gmail.com) • 5515 Marit Dr. • Santa Rosa, CA 95409  
 Find us online at: [www.divinefijiancare.com](http://www.divinefijiancare.com)

Get this  
 weekly bulletin  
 delivered by  
 email - for FREE!

Sign up here:  
[www.jspaluch.com/subscribe](http://www.jspaluch.com/subscribe)

Courtesy of J.S. Paluch Company, Inc.



Take your  
 FAITH  
 ON A  
 JOURNEY.

Catholic Cruises and Tours  
 (CST 2117990-70)

Catholic Cruises and Tours  
 and The Apostleship of the Sea  
 of the United States of America  
 Catholic Cruises/Tours to Worldwide Destinations  
 Call us today at 860-399-1785 or email  
[eileen@CatholicCruisesandTours.com](mailto:eileen@CatholicCruisesandTours.com)  
[www.CatholicCruisesandTours.com](http://www.CatholicCruisesandTours.com)

**catholicmatch**<sup>®</sup>  
 California  
 CatholicMatch.com/myCA

**ONE PARISH**

Grow in your faith,  
 find a Mass, and  
 connect with your  
 Catholic Community  
 with OneParish!

Download Our Free App or Visit  
<https://www.oneparish.com>

## Life Matters

For more information go to [www.usccb.org/respectlife](http://www.usccb.org/respectlife)

## If You Live Alone You Need MDMedAlert!

24 Hour Protection at HOME and AWAY!

- ✓ Ambulance
- ✓ Police
- ✓ Fire
- ✓ Friends/Family

Solutions as Low as **\$19.95** a month

FREE Shipping  
 FREE Activation  
 NO Long Term Contracts

CALL NOW! **800.809.3352**

GPS Tracking w/Fall Detection  
 Nationwide, No Land Line Needed  
 EASY Set-up, NO Contract  
 24/7 365 Monitoring in the USA

**MDMedAlert**  
 Safe-Guarding America's Seniors Nationwide!

This Button SAVES Lives!  
 As Shown GPS, Lowest Price Guaranteed!

AND ON THE EIGHTH DAY ...

GOD created caregivers!

Would you feel happier and healthier with some help at home? Call us!

**AMADA SENIOR CARE** 707-387-0733  
[AmadaSonomaNapa.com](http://AmadaSonomaNapa.com)

...providing excellent service and value since 1886.

Se habla español

**LAFFERTY SMITH**  
 Colonial Chapel

4321 Sonoma Highway • Santa Rosa • 707-539-2921 • FD 356

**NORTH BAY BAVARIAN**  
 We Specialize in California BMW and Mini

**545-0820**  
[www.Northbaybavarian.com](http://www.Northbaybavarian.com)