



2323 Montgomery Drive
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(707) 542-6984

PASTORAL STAFF

Rev. Frank Epperson, Rector
Fr. Gabriel Sanchez, Parochial Vicar
Rev. Bala Putchakayala, Parochial Vicar
Rev. Jeffrey Keyes, In Residence
Deacon Mike Heinzelman
Deacon Gary Moore
Deacon Russ Bowden

WEBSITES

Parish: www.steugenes.com
School: www.steugenesch.org
Email Comments/Suggestions to:
Office@steugenes.com

TELEPHONE NUMBERS

Parish Office Phone	(707) 542-6984
Parish Office Fax	(707) 542-1621
Religious Education	(707) 326-3408
Finance Council – Marty McCormick	(707) 526-1700
Choir Directress – Pam Zieminski	(707) 578-8848
School Office	(707) 545-7252
Preschool Office – Tess Mellor	(707) 528-9133
Homeschool Academy– Jessica Warner	(707) 206-5579

PARISH OFFICE HOURS

Monday – Friday – 9:00 a.m. to 4:00 p.m.
Entrance is located at SW corner of Rectory

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: (707)542-3635 or Maria Vega (Spanish) at: (707)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 am-4:30pm & Sun 8:30am-1:30pm, Closed Mon/Tues -
Phone: (707)542-0250

FOURTEENTH SUNDAY IN ORDINARY TIME – JULY 9, 2023

PARISH CALENDAR

SUNDAY JULY 9

Masses – Cathedral – 7:30 am, 9:00 am, 10:30 am, 12:00 noon,
1:30 pm (Latin) & 5:30 pm
Coffee Social – PLC – 8:00 am – 12:00 noon

MONDAY JULY 10

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

TUESDAY JULY 11

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

WEDNESDAY JULY 12

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

THURSDAY JULY 13

Morning Masses – Cathedral – 6:45 & 8:00 am
Golden Opportunities – Parish Life Center – 11:30 am

FRIDAY JULY 14

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

SATURDAY JULY 15

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

~PARISH SCHOOL OF RELIGION~

Register your child now for the Parish School of Religion (PSR) 2023-2024 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; preparation for the Sacraments of Baptism, Confession, 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 Monday, July 31st.*** Contact Sr. Mary Emmanuel, MSSR with any questions at 707-326-3408 or smaryemmanuel2@gmail.com

Hearing Aid Users, Switch to T-Coil

ADMINISTRATION

For the Week of: 6/25/23

Sunday Donations Received:	\$9,378.
Second Collection: <i>Tuition Assistance Program:</i>	\$2,765.

~CATHEDRAL BOOKS & GIFTS~

Our annual store inventory takes place this July and we will be closed for business from Monday the 3rd through Friday the 14th, reopening for business on Saturday, July 15th at 8:30AM. We will be closed for 2 weeks! July is the month of the Precious Blood, and our Special of the Month for July is the book, "The Precious Blood: The Price of Our Salvation" by Fr. Faber. During July only, it is 25% off. *Also, we are in need of volunteers to help out in our shop. If you can give at least 4 hours of week, we will gladly put you to work!* 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: 707-542-0250.

SCHOOL NEWS

~VACATION BIBLE SCHOOL~

It is time to register for our Vacation Bible School! Kids, grades K-5, will meet M-F, from 9:00 AM -12:00 noon in the Becker Ctr. From July 17th to July 21st. Cost is \$20. Registration forms are available in the Parish Office. The theme is: "Leading Out Loud -Leading others through Biblical examples." Contact Anna deLaney at (707) 539-5185. Sign your kids up now! Deadline to Register is July 10th.

~REGISTRATION HAS STARTED~

St. Eugene's Cathedral School has started its registration process for the 2023-24 school year. We are proud of our students and our school. We offer an excellent academic education with a challenging curriculum integrated with gospel values. We are accepting applications for all grades. Come by the school office to pick up an application or call 545-7252, and we'll send an application to you. It's not too late to give your child a great Catholic Education! Sign up today! You can also go to: www.steugenesch.org - "Admissions".

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@steugenes.com.

MASS INTENTIONS

Saturday	July 8
8:00 am	Ann Byrne, deceased
4:30 pm	Thomas Patrick, deceased
6:30 pm (Sp)	For the Deceased Members of the Legion of Mary
Sunday	July 9
7:30 am	People of St. Eugene's
9:00 am	Chris & Preetha Conley, living
10:30 am	George Carter, deceased
12:00 pm	Deirdre & Martin Brian McCormick, II, deceased
1:30 pm (EF)	Roger Ballard, deceased
5:30 pm	A.G.B. Womack & Catherine Wilson Womack, deceased
6:00pm Newman Ctr.	William Morgan, deceased
Monday	July 10
6:45 am	Maria Isabel Zuniga Plasencia, deceased
8:00 am	ICF Members, living & deceased
Tuesday	July 11
6:45 am	Cayetano Garcia Madrigal, deceased
8:00 am	Leo Pimentel, deceased
5:30 pm (EF)	Monalisa Douglas, living
Wednesday	July 12
6:45 am	Teodosia Gonzalez Orozco, deceased
8:00 am	Anne Reilly, deceased
Thursday	July 13
6:45 am	Humberto Ordonez, deceased
8:00 am	Anne Reilly, deceased
Friday	July 14
6:45 am	Andrew Dunn, deceased
8:00 am	Theresa Stronge, living
12:00 pm (Hosp)	Dai Duong, living
Saturday	July 15
8:00 am	George Skikos, deceased
4:30 pm	George & Chris Schirle, deceased
6:30 (Sp)	Celeste Vasquez, deceased

~BELATED HAPPY FATHER'S DAY~

Conrad Kelso

SPIRITUAL ACTIVITY

~DAYTIME BIBLE STUDY~

Join us for a new daytime Bible Study Class beginning on Friday, August 4th. We will meet in the Parish Life Center (Hope Room) every Friday from 9:00 am until 12:00 Noon. We will read sections of the Bible at each meeting along with watching an accompanying video for instruction and discussion. The only requirement is that you bring your own Catholic Bible. To sign-up or get more information, please call Andy Skrypka at 707-758-5882.

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!

2nd COLLECTION INFORMATION

~NO SECOND COLLECTION~

This weekend, July 8 & 9, there will be no Second Collection. Next weekend, July 15 & 16, our Second Collection is for our school's Tuition Assistance Program. Finally, below, you will see some information regarding the St. Vincent de Paul Society, which benefits from our fifth Sunday collections. Because July has a fifth Sunday, this information is very timely!

~ST. VINCENT DE PAUL~

Thank you for your continued support of St. Vincent de Paul. We have all had to adjust as the world recovers from the pandemic and we are trying to find the new normal. People always need food and we have helped 1,182 people with \$12,291 in food aid in the 1st 7 months of our fiscal year, thanks to your support. The requests we get for rental assistance have grown in the last couple of years and continue to be a challenge for us. We helped 20 families with \$6,734.00 rent so far this year. So, you can see your support is more important than ever for us to continue helping people. God bless you for your generosity. A second collection for SVDP will take place on 7/30.

~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, Sandi Picconi, Joan Cosgrove, Denise Ealy, Becky Harber, Ernest Lanford, Daniel Bruce Moore, Megan Ingrassia and Art Haake.

MY CATHOLIC FAITH

ON PRIDE & TEMPTATION

~FROM THE PASTOR~

There are two themes in our readings today that I'd like to look at. The first is found in our Second Reading from St. Paul to the Romans whereby he says, "For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live." Of course, we are all well acquainted with what is meant by "sins of the flesh" and these are certainly sins that we wish to avoid falling into. We will take a look at an article which talks about how to effectively fight temptations of this kind so that we can hopefully break any bad habits that we may have developed. Secondly, in our Gospel reading from St. Mathew, we read our Lord saying, "... For although you have hidden these things from the wise and the learned, you have revealed them to little ones." This points out to us how important humility is, for the proud tend to be blinded by their arrogance and are thus unable to see the Truth. I'd like to begin with this concept of pride vs. humility with several quotes from the Saints. My favorite quote is one from St. Vincent Ferrer who said: "Whoever will proudly dispute and contradict will always stand outside the door. **Christ, the master of humility, manifests His truth only to the humble and hides Himself from the proud.**"

THE SAINTS SPEAK ON ...

~PRIDE~

There never can have been, and never can be, and there never shall be any sin without pride." ~St Augustine

"I will simply counsel every man and woman to beware of even the very least speck of pride, which seems to me to be the mere delight and liking of ourselves for anything whatsoever that either is in us or outwardly belongs to us. ~ St. Thomas More

"Pride makes us forgetful of our eternal interests. It causes us to neglect totally the care of our soul." ~St John Baptist de la Salle

"Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven." ~St Ephrem

"The way to Christ is first through humility, second through humility, and third through humility. If humility does not precede and accompany and follow every good work we do, if it is not before us to focus on, if it is not beside us to lean upon, if it is not behind us to fence us in, pride will wrench from our hand any good deed we do at the very moment we do it." ~St Augustine

"You must ask God to give you power to fight against the sin of pride which is your greatest enemy - the root of all that is evil, and the failure of all that is good. For God resists the proud." ~St Vincent de Paul

"Anyone who thinks of what he is, what he has been, and what he can do of himself will find it difficult to be proud." ~Saint Claude de la Colombiere

"There are very few people, even in the lowliest conditions, who do not have a good opinion of themselves. They regard themselves as far superior to their equals, and their detestable pride urges them to believe that they are indeed worth a great deal more than most other people. From this I conclude that pride is the source of all the vices and the cause of all the evils which have occurred, and which are still to come, in the course of the centuries. We carry our blindness so far that often we even glorify ourselves on account of things which really ought to cover us with confusion. ~Saint John Vianney

"Blessed is the one who takes no more pride in the good that God says and does through him than in that which He says and does through someone else." ~Saint Francis of Assisi

The rivers of Grace cannot flow uphill, up the steep cliff of the proud man's heart. ~St. Bernard of Clairvaux

"Often the contempt of vainglory becomes a source of even more vainglory, for it is not being scorned when the contempt is something one is proud of." ~St Augustine

"Humility is the only thing that no devil can imitate." ~St John Climacus

"God refuses only the person who does not admit his own weakness; He sends away only the unhappy proud person. You must "hold him" well and strongly, with a poor spirit, with a poor heart, with a life entirely poor ..." ~St. Raphael Kalinowski
www.beautysoancient.com/the-sin-of-pride/

HOW NOT TO FIGHT TEMPTATION?

~ADVISE FROM ST. FRANCIS DE SALES~

" ... [S]in and the temptation that leads to it are more complicated than they seem. There comes a time, then, when we need to focus a little more closely and study the mechanics of avoiding temptation: the little things that lead to victory by God's grace. For this, we turn to the advice of the spiritual giant St. Francis de Sales in his book *"Introduction to the Devout Life."* Francis is a masterful coach in this regard. However, addressing everything he has to say about temptation would be an epic undertaking, so I'd like to present a few helpful things that he tells us we should *not* do as we learn to master the mechanics of the moral life."

~DON'T LOVE THE TEMPTATION~

"Seems obvious, right? But, let's face it, even after we've made a clean break with certain sins, the temptation to them can still feel pretty good. Even if a guy has gotten rid of a lot of anger and outbursts of rage in his life, allowing himself to dwell on thoughts about how he would tell off those people who have made him mad can give a great sense of victory. Even though another man would never cheat on his wife, tossing around the idea of visiting the girl in the office that always makes eyes at him can feel pretty good: "I've still got it," he tells himself. Being pleased with the temptation is always the first step toward consenting to it (IV.3).¹ "mechanics of the moral life."

~DON'T TEMPT TEMPTATION~

"This one is both a matter of foresight and honesty. First, it requires foresight: if I know that every time I get into conversations with those people at the lunch table, we end up talking about filthy things and gossiping about other people, it's my fault when I fall into backbiting and immodest conversation (IV.6). At the same time, it requires honesty: often, we put ourselves into situations because we tell ourselves that we're "beyond" certain sins. This can be true, but it's more rare than we like to think. If I've noticed that I delight in certain temptations (see #1), I need to be honest about the situations that I place myself in that lead to them. It's very simply a choice to cut the temptation off. This is what's referred to as "avoiding the near occasion of sin."

~DON'T BE SO ANXIOUS~

"Feeling tempted is not a sin (IV.3). That is, provided that we didn't cause the temptation to happen by placing ourselves in its way (see #2). If I feel envious of someone's possession and have the urge to take it when no one is looking, as long as it remains a feeling, it's just a pesky temptation (IV.3). It's when we allow ourselves to get all worked up about feeling tempted that things go bad: "Worry is the greatest evil that can befall the soul, sin alone excepted" (IV.11). When we lose our peace, we begin to believe the great lie of the Tempter that we'll never get over the feeling of fighting an uphill battle until we give in. And when that lie sets into our mind, the next step is a fall. "

~DON'T SWEAT THE SMALL STUFF~

"St.. Francis de Sales makes a distinction between greater and lesser temptations: for example, the temptation to murder someone vs. to be short and irritable with him; to steal vs. to covet; to commit perjury vs. to tell a lie; to commit adultery vs. to not guard one's eyes (IV.8). While we must fight great temptations forcefully, with the lesser temptations, he says that our main task is just to let them pass by: to quietly remove them and not let them steal our peace (IV.9). It's the old pink elephant trick: the more we try not to think of pink elephants, the more they crowd our consciousness. When temptations arise and you recognize them, reject them and go on, not giving them any more thought. Otherwise, they become overwhelming." For the entire article, please to go: <https://thosecatholicmen.com/articles/six-ways-not-to-fight-temptation/>

CATEDRAL DE ST. EUGENE'S — 9 de Julio del 2023
14° Domingo del Tiempo Ordinario

SOBRE ORGULLO Y TENTACIÓN

~DEL PÁRROCO~

Hay dos temas en nuestras lecturas de hoy que me gustaría ver. El primero se encuentra en nuestra Segunda Lectura de San Pablo a los Romanos, donde dice: "Porque si vivís según la carne, moriréis; pero si por el Espíritu hacéis morir las obras de la carne, vivirás." Por supuesto, todos conocemos bien lo que se entiende por "pecados de la carne" y estos son ciertamente pecados en los que deseamos evitar caer. Echaremos un vistazo a un artículo que habla sobre cómo combatir eficazmente las tentaciones de este tipo para que, con suerte, podamos romper con los malos hábitos que hayamos desarrollado. En segundo lugar, en nuestra lectura del Evangelio de San Mateo, leemos a nuestro Señor diciendo: "... Porque aunque escondiste estas cosas de los sabios y de los entendidos, se las has revelado a los pequeños". Esto nos indica cuán importante es la humildad, ya que los orgullosos tienden a ser cegados por su arrogancia y, por lo tanto, no pueden ver la Verdad. Me gustaría comenzar con este concepto de orgullo versus humildad con varias citas de los santos. Mi cita favorita es una de San Vicente Ferrer, quien dijo: "Quien orgullosamente discuta y contradiga estará siempre fuera de la puerta. **Cristo, el maestro de la humildad, manifiesta su verdad sólo a los humildes y se esconde de los soberbios**".

LOS SANTOS HABLAN DE ...

~ORGULLO~

Nunca ha habido, ni puede haber, ni habrá pecado sin orgullo". ~San Agustín

"Simplemente aconsejaré a todo hombre y mujer que se guarden hasta de la más mínima pizca de orgullo, que me parece ser el mero deleite y gusto de nosotros mismos por cualquier cosa que esté en nosotros o que exteriormente nos pertenezca". ~ Santo Tomás Moro

"El orgullo nos hace olvidar nuestros intereses eternos. Nos hace descuidar totalmente el cuidado de nuestra alma". ~San Juan Bautista de la Salle

"Las virtudes se forman con la oración. La oración conserva la templanza. La oración suprime la ira. La oración previene las emociones de orgullo y envidia. La oración atrae al alma al Espíritu Santo y eleva al hombre al Cielo". ~San Efrén

"El camino hacia Cristo pasa primero por la humildad, segundo por la humildad y tercero por la humildad. Si la humildad no precede y acompaña y sigue a toda obra buena que hagamos, si no está ante nosotros para fijarnos en ella, si no está a nuestro lado para apoyarnos en ella, si no está detrás de nosotros para cercarnos, el orgullo nos arrancará de la mano cualquier obra buena que hagamos en el mismo momento en que la hagamos." ~San Agustín

"Debes pedir a Dios que te dé poder para luchar contra el pecado del orgullo, que es tu mayor enemigo: la raíz de todo lo malo y el fracaso de todo lo bueno. Porque Dios resiste a los soberbios". ~San Vicente de Paúl

"Quien piensa en lo que es, en lo que ha sido y en lo que puede hacer de sí mismo, difícilmente podrá sentirse orgulloso." ~San Claudio de la Colombiere

"Hay muy pocas personas, incluso en las condiciones más bajas, que no tengan una buena opinión de sí mismas. Se consideran muy superiores a sus iguales, y su detestable orgullo les impulsa a creer que, en efecto, valen mucho más que la mayoría de las demás personas. De aquí concluyo que el orgullo es la fuente de todos los vicios y la causa de todos los males habidos y por haber en el curso de los siglos. Llevamos tan lejos nuestra ceguera, que muchas veces hasta nos glorificamos de cosas que en realidad deberían cubrirnos de confusión. ~San Juan Vianney

"Dichoso el que no se enorgullece más del bien que Dios dice y hace a través de él que del que Él dice y hace a través de otro". ~San Francisco de Asís

Los ríos de la Gracia no pueden fluir cuesta arriba, por el escarpado acantilado del corazón del hombre orgulloso. ~San Bernardo de Claraval

"A menudo el desprecio de la vanagloria se convierte en fuente de aún más vanagloria, pues no se está siendo despreciado cuando el desprecio es algo de lo que se está orgulloso." ~San Agustín

"La humildad es lo único que ningún demonio puede imitar". ~San Juan Clímaco

"Dios sólo rechaza al que no admite su propia debilidad; sólo despide al infeliz orgulloso. Hay que "abrazarlo" bien y con fuerza, con un espíritu pobre, con un corazón pobre, con una vida enteramente pobre..." ~San Rafael Kalinowski

¿CÓMO NO CAER EN LA TENTACIÓN?

~CONSEJO DE SAN FRANCISCO DE SALES~

"... El pecado y la tentación que lo provoca son más complicados de lo que parece. Llega un momento, pues, en que necesitamos centrarnos un poco más y estudiar los mecanismos para evitar la tentación: las pequeñas cosas que conducen a la victoria por la gracia de Dios. Para ello, recurrimos a los consejos del gigante espiritual San Francisco de Sales en su libro "Introducción a la vida devota". Francisco es un maestro en este sentido. Sin embargo, abordar todo lo que tiene que decir sobre la tentación sería una empresa épica, así que me gustaría presentar algunas cosas útiles que nos dice que no debemos hacer mientras aprendemos a dominar la mecánica de la vida moral".

~NO AMES LA TENTACION~

"Parece obvio, ¿verdad? Pero, afrontémoslo, incluso después de haber cortado por lo sano con ciertos pecados, la tentación de cometerlos puede seguir haciéndonos sentir bastante bien. Incluso si un hombre se ha librado de un montón de ira y arrebatos de rabia en su vida, permitirse a sí mismo pensar en cómo regañaría a esas personas que le han hecho enfadar puede dar una gran sensación de victoria. Aunque otro hombre nunca engañaría a su mujer, darle vueltas a la idea de visitar a la chica de la oficina que siempre le hace ojitos puede sentirse bastante bien: "Todavía lo tengo", se dice a sí mismo. Sentirse a gusto con la tentación es siempre el primer paso para consentirla (IV.3).1 "Mecánica de la vida moral".

~NO CAIGAS EN LA TENTACIÓN~

"Ésta es una cuestión tanto de previsión como de honestidad. En primer lugar, requiere previsión: si sé que cada vez que entablo conversación con esas personas en la mesa del almuerzo, terminamos hablando de cosas sucias y chismorreando sobre otras personas, es culpa mía cuando caigo en la murmuración y en conversaciones inmodestas (IV.6). Al mismo tiempo, requiere honestidad: a menudo, nos ponemos en situaciones porque nos decimos a nosotros mismos que estamos "más allá" de ciertos pecados. Esto puede ser cierto, pero es más raro de lo que nos gusta pensar. Si he notado que me deleito en ciertas tentaciones (ver #1), necesito ser honesto acerca de las situaciones en las que me pongo y que me llevan a ellas. Es muy simple, una elección para cortar la tentación. Esto es lo que se conoce como "evitar la ocasión cercana del pecado".

~NO SEAS TAN ANSIOSO~

"Sentirse tentado no es pecado" (IV.3). Es decir, siempre que no hayamos provocado la tentación poniéndonos en su camino (ver #2). Si siento envidia de la posesión de alguien y tengo el impulso de tomarla cuando

nadie está mirando, mientras siga siendo un sentimiento, es sólo una tentación molesta (IV.3). Es cuando nos dejamos llevar por la tentación cuando las cosas van mal: "La preocupación es el mayor mal que puede sobrevenir al alma, salvo el pecado" (IV.11). Cuando perdemos la paz, empezamos a creer la gran mentira del Tentador de que nunca superaremos la sensación de estar librando una batalla cuesta arriba hasta que nos demos por vencidos. Y cuando esa mentira se instala en nuestra mente, el siguiente paso es la caída. "

~NO TE PREOCUPES POR LAS COSAS PEQUEÑAS~

"San Francisco de Sales distingue entre tentaciones mayores y menores: por ejemplo, la tentación de asesinar a alguien frente a la de ser cortante e irritable con él; la de robar frente a la de codiciar; la de cometer perjurio frente a la de decir una mentira; la de cometer adulterio frente a la de no guardarse los ojos (IV.8). Mientras que las grandes tentaciones debemos combatirlas con fuerza, con las tentaciones menores, dice que nuestra tarea principal es dejarlas pasar: alejarlas tranquilamente y no dejar que nos roben la paz (IV.9). Es el viejo truco del elefante rosa: cuanto más intentamos no pensar en elefantes rosas, más se agolpan en nuestra conciencia. Cuando surjan tentaciones y las reconozcas, recházalas y sigue adelante, sin pensar más en ellas. De lo contrario, se vuelven abrumadoras".

~ESCUELA PARROQUIAL DE RELIGIÓN~

¡Inscriba a su hijo ahora para la Escuela Parroquial de Religión (PSR) 2023-2024 año escolar! La Escuela Parroquial de Religión se asocia con la Catedral de San Eugenio familias para llevar a los jóvenes de la parroquia a Cristo a través de la catequesis auténtica en la belleza, la bondad y la verdad de la fe católica. Ofrecemos: En curso de formación católica para estudiantes de 1er grado hasta la escuela secundaria, la preparación para los sacramentos del Bautismo, Confesión, Primera Comunión y Confirmación, la enseñanza dedicada por las Hermanas Marianas de Santa Rosa y catequistas laicos. **Dónde:** Escuela de San Eugenio **Cuando:** Martes de 3:45 - 5:00pm; Septiembre a Mayo. Recoger los formularios de inscripción en los vestíbulos, en la oficina parroquial, o inscribirse en línea en nuestro sitio web parroquial (www.steugenes.com). ***El último día para inscribirse es el lunes, 31 de julio.** Póngase en contacto con Sr. Mary Emmanuel, MSSR con cualquier pregunta en 707-326-3408

BAUTIZO

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