MASS SCHEDULE

Sunday
5:30 PM English (Saturday)
8:00 AM Vietnamese
10:00 AM Solemn Mass
12:00 PM English
2:00 PM Spanish

Monday - Friday
7:10 AM English
12:10 PM English

Wednesday
7:00 PM Spanish

Saturday
7:30 AM Vietnamese

RECONCILIATION

Tuesday & Thursday
11:00 AM - Noon

Wednesday
6:00 PM - 6:50 PM

Saturday
4:30 PM - 5:20 PM

EXPOSITION OF THE BLESSED SACRAMENT

First Friday of the month
11:00 AM English
7:00 PM Vietnamese

CATHEDRAL OFFICE

Monday - Friday
9:00 AM - 4:00 PM

Tel: (510) 832-5057
Fax: (510) 834-0212
cathedral@oakdiocese.org
ctlcathedral.org

Twenty-Second Sunday in Ordinary Time

September 1, 2019
Today the lesson is all about humility. The first reading exhorted us: “conduct yourselves with humility...humble yourself the more, the greater you are, and you will find favor with God.” And even Jesus reiterates it in the Gospel when he says, “the one who humbles himself will be exalted.”

For our fallen world, the word “humility” seems to conjure up images of degradation and abjection. We may think that humility means being a doormat for other people or that it is about belittling oneself and the gifts that we have been given. That is not humility, but rather a subtle form of pride.

True humility consists first in delighting in what God can accomplish in us. St. Theresa of Avila once asked Jesus what true humility meant, he replied, “To know what you can do, and what I can do.” Additionally, true humility also consists in knowing how to elevate others, helping them advance and to keeping oneself in the background.

In effect, true humility powerfully suggests what holiness entails: loving God and our neighbor above all else. It is about living the great commandment: to love God with all our heart and our neighbor as ourselves. The more we grow in humility, the more we grow in holiness.

Today I would like to provide you with The Litany of Humility, a moving prayer that can help you to grow in humility, but above all to bring you closer to Christ. Hopefully this prayer can inspire you on your journey to heaven.

**The Litany of Humility**

O Jesus, meek and humble of heart, Hear me.
From the desire of being esteemed, Deliver me, O Jesus (repeat after each line).
From the desire of being loved, From the desire of being extolled, From the desire of being honored, From the desire of being praised, From the desire of being preferred to others, From the desire of being consulted, From the desire of being approved, From the fear of being humiliated, From the fear of being despised, From the fear of suffering rebukes, From the fear of being calumniated, From the fear of being forgotten, From the fear of being ridiculed, From the fear of being wronged, From the fear of being suspected, That others may be loved more than I, Jesus, grant me the grace to desire it (repeat after each line).
That others may be esteemed more than I, That, in the opinion of the world, others may increase and I may decrease, That others may be chosen and I set aside, That others may be praised and I go unnoticed, That others may be preferred to me in everything, That others may become holier than I, provided that I may become as holy as I should, Jesus, grant me the grace to desire it.
MASS INTENTIONS

Sunday September 1, 2019
Twenty-Second Sunday in Ordinary Time
5:30 PM  Filipino Women’s Cursillo #99
8:00 AM  Guise Cuong Nguyen, Giacob Luc Nguyen, Phao Lo Hanh Nguyen, Guise Trang Nguyen, Maria Bien Nguyen
10:00 AM  For the Cathedral Community
12:00 PM  Souls in Purgatory
2:00 PM  Salvador, Federico, Rogelio, and Salvador Jr. Chavarria

Monday September 2, 2019
Holiday, Labor Day
10:00 AM  Steve and Silvia Park Family

Tuesday September 3, 2019
Saint Gregory the Great, Pope and Doctor of the Church
7:10 AM  Eduardo and Rosita Tingco-Flores
12:10 PM  Fernando Sena

Wednesday September 4, 2019
7:10 AM  Carmelita Lazaro
12:10 PM  Martins Osadebe (Birthday and Thanksgiving)
7:00 PM  Philip Bangloy

Thursday September 5, 2019
Saint Teresa of Calcutta
7:10 AM  Mary Sutliff
12:10 PM  Mark and Susana Yang Family

Friday September 6, 2019
7:10 AM  Rheba Rodriguez
12:10 PM  Maria Park

Saturday September 7, 2019
Blessed Virgin Mary
7:30 AM  Souls in Purgatory

SPECIAL INTENTIONS

For those who have died
+ Antonia Soto
+ Clara Flores
+ Maria Alarcon
+ Eloy Rivera
+ Benjamin P. Alarcon

We also Pray For the Sick:
Grace Tom
Grace Alejandre

PRE-REGISTRATION & GENERAL INQUIRY FORM

Please place this form in the collection basket, mail, or bring to the cathedral office.

Name: ____________________________
Address: ____________________________
__________________________________
__________________________________
Phone: _____________________________
Email: _____________________________

I am interested in:
____ Learning about the Catholic Faith
____ Becoming a parishioner
____ Baptism __infant __youth __adult
____ Baptism preparation classes
____ First Communion __adult __youth
          __both
____ Confirmation __adult __youth
          __both
____ RCIA __adult __youth
          __both
____ Faith Formation __adult __youth
          __both
____ Sacrament of Matrimony

Notes:

COLLECTION UPDATE

August 11
Collection
$4,811.24

August 15 (Assumption of the BVM)
$2,241.66

August 18
First Collection
$4,833,13
Second Collection (Faith Formation)
$1,656.59
FAITH FORMATION

For Children and Youth
Parents are the first and primary catechists of their children. The Catechism of the Catholic Church states “the role of parents in education is of such importance that it is almost impossible to provide an adequate substitute.” Thus, we hope to help parents grow in confidence that it is their right and duty and within their capabilities to form their children in their Catholic faith.

The Cathedral of Christ the Light Faith Formation Program provides:
Faith Formation Classes for grades 1-12
First Eucharist/First Reconciliation Preparation Classes (3-4 grades)
Confirmation Preparation Program for teens (14-17yrs.)

We are now accepting registrations for all grades level.
See the Cathedral of Christ the Light website for online registration link or contact:
Adrian Mison Fulay
Director of Faith Formation
510-496-7210
amfulay@oakdiocese.org

Adult Confirmation
Adult Confirmation is for adults 18+ who have been baptized and have received first Communion and now wish to complete their initiation through the Sacrament of Confirmation. This group meets every Sunday from 10:00 – 12:00 pm, beginning September 15, 2019. The Sacrament of Confirmation will be conferred in January or February 2020.

More information about Adult Confirmation and the registration forms are available by emailing: amfulay@oakdiocese.org

RCIA
The Rite of Christian Initiation of Adults, which is better known as RCIA, is a process designed for three different groups of people:

- adults who are not baptized and would like to join the Catholic Church.
- adults who were baptized as children into the Catholic faith, but who have not completed their initiation into the Church because they have not celebrated their First Holy Communion/Sacrament of Confirmation.
- adults who have been validly baptized in another Christian denomination and who now want to be received in the Catholic Church

RCIA meets every Sunday from 10:00 – 12:00 pm, beginning September 15, 2019. The Sacraments will be celebrated during the Easter Vigil on the evening of April 11, 2020.
More information about RCIA and registration forms are available by emailing: amfulay@oakdiocese.org

Save the Date!
The Very Reverend Brandon E. Macadaeg will be installed as Rector of the Cathedral of Christ the Light at the 10:00 AM Solemn Mass on Sunday, September 29th. Bishop Michael C. Barber, SJ, will be the celebrant for the Mass. All are invited to be part of this important day in the life of the Cathedral, and to join us on the Plaza following for a festive reception following the Mass.
Christ the Light Bible Study presents *Michelangelo.*
The artist dramatically demonstrated that beauty and creativity are a primary route of access to God.

All are invited to a showing of the Emmy nominated film *Michelangelo* from Bishop Robert Barron’s Pivotal Players series.

Join us on Monday, September 9, 2019 in the St. Francis de Sales Hall from 6:30 PM to 8:30 PM.

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2019 MARIAN CONFERENCE

October 11-12 ❖ Immaculate Heart of Mary Church
500 Fairview Avenue, Brentwood, CA | (925) 634-4154 | marianconference.ihmbrentwood.com


Registration forms are available at the Parish Office.
For more information, visit ihmbrentwood.com
The special collection for the Diocesan Priest Retirement Benefit Trust is the weekend of September 7-8, 2019. This collection allows us to express gratitude and support for our retired and soon-to-be retired priests, many of whom are still “laboring in the vineyard” in service to the faithful. They now face retirement with minimal government assistance. Please prayerfully consider how you can match their generosity to the Church by contributing to the Retirement Fund.

CHRIST: Encountering Jesus Christ in the Cathedral

The Cathedral of Christ the Light is meant to be a place of encounter between God and his people. This happens in Jesus Christ and particularly in the great sacraments in which we are incorporated into the Body of Christ: Baptism and Eucharist. The symbols of the interior of the Cathedral allow us to walk a path of conversion, from the radical reorientation of our lives in Baptism to the gathering of God’s people around the banquet table of the Eucharist.

**The Baptistery: Reorienting us in Christ** - Upon entering the Cathedral, the first thing a visitor encounters is the baptistery, which houses a baptismal pool constructed of jet-mist granite. The placement of the pool at the entrance to the Cathedral reminds us that entry into the Church is through the sacrament of Baptism.

Once past the baptismal pool, the pilgrim enters the great nave of the Cathedral, where the faithful gather for the celebration of the Eucharist. The Second Vatican Council declared that the Eucharist was the “source and summit” of Christian life and spoke of four ways that we encounter Christ in the Eucharist.1 Christ is present in the **gathered assembly**, in the **holy scriptures**, in the **person of the minister**, and most especially in the **eucharistic species** that is consecrated during the celebration. The symbols of the interior of the Cathedral illuminate these four encounters with Christ.

**The Nave: Gathering Place of the Assembly** - The nave of the Cathedral is surrounded by a large concrete wall known as the Reliquary Wall. A reliquary is a container that houses the remains or other relic of a saint and the use of the term here reminds those gathered within these walls that they are holy and precious to God. Rising up from the wall is a great vault composed of curved beams of Douglas fir 110 feet in height. The beams meet at the top of the vault, supporting a delicate ceiling window known as an *oculus*. Between the beams are 768 wooden louvered which are angled to admit light. The exterior of the vault is a sweeping veil of glass which protects the wooden frame and also diffuses the light streaming into the Cathedral. The great vault shapes and orients the assembly as it prepares for worship.

The curved beams suggest the outline of a ship, recalling the ark of Noah, the voyages of Jesus across the Sea of Galilee, and the later image of the Church as the Barque of Peter. Rather than being an enclosed space, however, the top of the vault is, in a sense, pulled apart by the outer glass walls, leaving the vault symbolically open to the heavens. This invites the assembly to “lift up your hearts” as they prepare to celebrate the sacred mysteries.
The Ambo: The Throne of the Word - The word *ambo* comes from a Greek word meaning “mountain” or “elevation.” The image of the Word of God being read from a raised platform is an ancient one. In the Book of Nehemiah, the scribe Ezra “stands on a wooden platform” in order to read the “book of the law” to the people (Neh 8:5–8). In the ambo, the Christian community “encounters the living Lord in the Word of God and prepares itself for the ‘breaking of the bread’ and the mission to live the word that will be proclaimed.”

The Cathedra: The Seat of the Bishop - In any Catholic church, there is a chair for the priest celebrant, which is a sign of “his office of presiding over the assembly and of directing prayer.” The ordained ministry makes the presence of Christ as head of the Church visible in the midst of the community of believers. In a cathedral, this chair takes on a special importance and is known as the *cathedra*—the seat of the bishop—which is the root of the word cathedral.

Crafted of jet-mist granite, the cathedra is located to the right of the altar in the *presbyterium*, the seating area for deacons and concelebrating priests. This location is an ancient tradition going back to the 5th century and symbolizes the collegiality among the clergy and bishop of the diocese.

The Altar: Place of Sacrifice and Table of the Lord - The altar is the spiritual center of the Cathedral because it is where the bread and wine brought forward by the community are transformed by the Holy Spirit into the Body and Blood of our Lord Jesus Christ. Crafted from Carrara marble, it rests on a raised platform, in clear view of the entire assembly. The platform itself is partially composed of glass, which allows the light streaming down from the ceiling to penetrate into the Cathedral crypt. God’s light unifies all of the saints, living and dead. The altar contains relics of Saints Frances de Sales, Francis of Assisi, Sixtus, Perpetua, Junipero Serra, Stephen, Andrew, Thomas, Cecelia, John Vianney, Collete of Corbie and Pius X as well as soil from Auschwitz and precious stones from the Holy Land.

The altar of a cathedral is both the spiritual center of the cathedral and of the entire diocese. Every parish celebration of the Eucharist is, in a sense, part of a single celebration of the Eucharist by the entire church of the Diocese of Oakland. In the ancient church, this was symbolized by the use of the *fermentum*, a portion of the consecrated bread from the bishop’s mass that was carried to other communities within his jurisdiction and consumed by them as a sign of their unity with the bishop.

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1 Sacrosanctum Concilium, 7; Lumen Gentium, 11.
2 United States Conference of Catholic Bishops, Built of Living Stones, 61.
3 GIRM, 310.
4 CCC, 1549; Lumen Gentium 21