



CATHEDRAL of the EPIPHANY

1000 Douglas St., Sioux City, IA 51105

October 2022

SUNDAY MASS IS A MUST

Very Rev. J. David Esquiliano, JCL, JV

September marked the beginning of our new religious education program, Family of Faith. As the name indicates, this program is geared towards families. We meet once a month as families, and students preparing for First Communion or for Confirmation come a second night a month. On the first family night I explained to those present that Sunday Mass attendance was a must. The following week our headcount at weekend Masses reflected an increase of over ten percent. On one hand I am pleased to see that our families took this requirement seriously, on the other hand I am worried that once children receive their sacraments, some of those families will stop coming to Mass again.

The Eucharist is the source and summit of the Christian life, according to the Catechism of the Catholic Church (CCC 1324). In other words, the Eucharist is where our Christian life has to begin, that is the source, and where it is to end, the summit. This Christian life is not something we do in isolation, but something we live within the Church founded by Christ. A very important part of that Church is the family, because the family is the domestic church (Lumen Gentium 11). So it is important that our participation at Mass is as a family. We have the blessing, at least in our parish, that families still come together to Mass.

Unfortunately, as polls keep revealing, many Catholic families do not go to Sunday Mass. It pains me every time a child attending a Catholic school or a parish religious education program says that they never go to Mass on Sunday. How can we expect them to develop a proper Christian life when its source, the Eucharist, is not part of it. So you can see why I made it clear to our families of Family of Faith that Sunday Mass is a must. I want those families not just to have their sacraments of initiation complete, but to be good Christians, good disciples of Christ.

Along with every Sunday of the year, there are other days in which the Church expects us to attend Mass. Those days are what we call holy days of obligation. Because some of them have been moved to Sunday, like Epiphany or Corpus Christi, there are just a handful of them to keep track of. The next one is November 1, when we celebrate the Solemnity of All Saints. Just like a Sunday, Mass attendance is a must. But also, just like a Sunday, the Church allows us to fulfill our obligation by attending Mass the evening prior. And, just like a Sunday Mass, our families enrolled in Family of Faith are expected to attend.



Now, so far I have spoken of these Masses as an obligation, which they are. Remember that the third commandment is to keep the Sabbath holy, or in other words to sanctify the Day of the Lord. But I hope we all see attending Mass on Sundays and holy days of obligation as the time and place where we get to step outside of the busyness of the world to spend time with our generous and loving God. Just as we do not ordinarily begrudge sleeping or eating because we do not see them as obligations, but as blessings that benefit us, I hope we will not begrudge attending Mass, because we do not see it as an obligation, but as a blessing.

If you are among those families that just started coming to Mass again, welcome back. I hope you will not see it just as an obligation, and that you will soon start seeing the blessings of a Christian life rooted in the Eucharist.

ALL SAINTS DAY MASS SCHEDULE

AT THE CATHEDRAL PARISH

MONDAY, OCTOBER 31

5:30 pm St. Boniface *English*
5:30 pm Cathedral *Spanish*

TUESDAY, NOVEMBER 1

7:30 am St. Joseph *English*
9 am Cathedral *Spanish (DLA)*
11 am St. Joseph *Vietnamese*
12 pm Cathedral *English*
5:30 pm Cathedral *Spanish*
7 pm Cathedral *Spanish*

AT OTHER PARISHES IN SIOUX CITY

MONDAY, OCTOBER 31

5:30 pm Immaculate Conception Church
5:30 pm Saint Michael Church

TUESDAY, NOVEMBER 1

6:45 am Blessed Sacrament Church
9 am Nativity Church
9 am Immaculate Conception Church
2:30 pm Sacred Heart School
5:30 pm Nativity Church
6 pm Sacred Heart Church
7 pm Saint Michael Church

THE SIGN OF PEACE: NOT A MEET AND GREET

Very Rev. Andrew Galles, VF



For over two years now, due to the COVID-19 pandemic, the optional rite of the Sign of Peace has been omitted in the Mass. Though the time has certainly come to restore the exchange of peace within the Mass, the current moment is a good opportunity for catechesis on what this ritual gesture is and how we can partake in this rite with the proper attitude. Contrary to many misunderstandings about this ritual sign, the Sign of Peace is not a random “meet

and greet” that is plopped into the middle of the liturgy. It is a solemn ritual action that has deep theological significance and a long history.

The Sign of Peace has been so misunderstood that in 2014, the Congregation for Divine Worship and the Discipline of the Sacraments (CDWDS) issued a circular letter with the permission of Pope Francis to address this ritual’s history and its various abuses and misinterpretations. The Sign of Peace, originally called the Kiss of Peace, has its roots in the New Testament in which Christians exchanged the “holy kiss” of greeting with one another. This kiss was considered to be a seal that was placed on prayer, and so found its way as a permanent fixture in the liturgy.

The manner and style of carrying out the Kiss of Peace has varied over the centuries, and it was eventually relegated to a very formal embrace among only the clergy. The reforms of the Second Vatican Council once again reemphasized the Sign of Peace and insisted that it be understood and experienced “in the Eucharistic contemplation of the Paschal mystery as the ‘Paschal kiss’ of the Risen Christ

present on the altar.” This sign is meant to be carried out with sobriety, acknowledging that the Church is praying for peace and unity for both herself and all of humanity. In doing so, a spirit of communion with the Church and charity with our neighbor should prevail in the Sign of Peace before the moment that we consume the Body and Blood of Jesus Christ.

Reflecting on the history and theology, it is plainly understood that the intention of the Sign of Peace is far more profound than the vague notion of providing a friendly environment. Incorrect interpretations of the Sign of Peace tend to lead to exaggerated gestures and distractions, which is contrary to the appropriate sobriety for this moment immediately before Holy Communion.

Things to be avoided during the Sign of Peace are those things which are distracting, noisy, and inappropriate for the liturgy: excessive movement from your place (exchanging peace with your immediate neighbor is sufficient), excessive noise and chatter, and exaggerated and sentimental gestures waved across the church. Considering the significance of this ritual action, these things are simply not appropriate for the liturgy, nor do they illustrate an understanding of what is happening during this moment in Mass. The Sign of Peace cannot be so exaggerated that it begins to be out of character within an otherwise reverent celebration of the Mass.

When we are once again invited to exchange peace with each other during Mass, it would do us well to remember the history and theological significance of this ritual. Instead of being a loud, disruptive, and irreverent break in the Mass, the Sign of Peace is intended to be a sober and profound gesture of receiving, sharing, and praying for the peace of Christ – the Risen Christ who is present Body, Blood, Soul, and Divinity on the altar.

THE ROLE OF THE FAMILY IN SUNDAY MASS

Mrs. Santa Fernandez

As parents it is our obligation to bring the whole family to Mass as the first educators of the faith. Not just coming because the priest said so or so that he can see that we attend, or because if I don't come to Mass my children won't be able to celebrate the sacrament. Coming to Mass is not just coming and sitting down, as our parents or grandparents would say “to warm the bench” but to participate fully, actively, and consciously in the Mass.

The Church gathers in prayer during the liturgy. The liturgy is not a celebration only in the Church here on earth, but a union of the entire Body of Christ, in heaven and on earth. In fact, our earthly liturgy enters into the heavenly liturgy. For example, when we sing, “Holy, Holy, Holy, Lord God of hosts...,” we join with the angels in their song of praise to God. When the priest says, “Lift up your hearts,” and we respond, “We lifted them up to the Lord,” we are raising our hearts and minds to heaven. Jesus, who dwells in heaven, becomes present in the **Eucharist** at Mass. By worshiping him and receiving his Body, Blood, Soul, and Divinity, we experience God in an intimate way and receive many **graces**.

The Catechism of the Catholic Church teaches that each family is considered a domestic church where children must be educated in the school of faith, prayer, and virtue. Each family has a mission to reflect God's love to the world so that others may be drawn to the

Gospel.

I would like to offer you some ideas so that your children become familiar with the Mass and do not find it boring, I encourage you to try to create a school of holiness in your homes, see below and try to fulfill the following ideas:

1. Start and end each day in family prayer, doing so will help your children learn the prayers sooner.
2. Pray the Rosary and several Novenas, this helps them focus and create discipline in hearing and answering the prayers at Mass.
3. Discuss in advance at home with the children what behavior should be like at church from the time they arrive until they leave.
4. Read as a family the readings that will be heard at Sunday Mass so that the children become familiar with them.
5. Buy Missals for your children at the children's level so that during the Mass they follow the sequence of the Mass and remain attentive.
6. Lastly, do not bring them food or toys as doing so creates the idea that they can behave however they want during Mass.



PARISH UPDATES

SPECIAL COLLECTIONS

- Building Maintenance Fund, October 1-2.
- Together As One [Spanish Only], October 15-16.
- World Mission Sunday, October 22-23.

CHANGES TO THE SCHEDULE

- Sunday, October 9. No Sung Vespers.
- Monday, October 10. Only Mass at 9 am. No Confessions. Office closed.
- Tuesday, October 11. No Confessions nor evening Mass in Spanish.
- Friday, October 14. No evening Confessions. 5:30 pm Mass will be bilingual.
- Thursday, October 27. No Confessions nor evening Mass in Spanish.

PARISH BREAKFAST

Our parish breakfast organized by the Knights of Columbus will take place on October 2, from 9 am to 12 pm at the Cathedral Hall.

FAMILY OF FAITH (RELIGIOUS EDUCATION)

- Wednesday, October 5. 6:15 pm at Cathedral - Family Night (parents and students).
- Wednesday, October 12. 6:15 pm - Sacramental Prep Night (1st Communion and Confirmation students). (Catechists and Students).

BUSY PERSONS LUNCH

Join us for lunch on Wednesday, October 5, after the noon Mass. No cost, just a free-will offering.

FAREWELL FOR JOE LILLI

Join us for an Ice Cream social after the 4 pm Mass on Saturday, October 8 at St. Boniface to honor Joe Lilli upon his retirement.

MEMORIAL MASS FOR UNBORN BABIES

This Mass will take place on Friday, October 14 at 5:30 pm at the Cathedral. Those who have suffered miscarriages or lost a child before birth are welcomed and encouraged to contact Dan Ellis at dane@sdiocese.org to enroll their child's name and participate in the memorial Mass.

WHITE MASS

On October 18 we will pray for all medical personnel at our noon Mass. This Mass is traditionally called a White Mass because of the white coats worn by doctors and nurses.

LADIES LUNCH

Thursday, October 20, at 1pm at Famous Dave's.

CATHEDRAL SACRED MUSIC SERIES

Join us for an organ recital by our own organist, Dr. Jeremy Owens, on Sunday, October 23 at 3 pm at the Cathedral. Dr. Owens is a lecturer at Briar Cliff University and the organist in residence for the Cathedral Parish.

SOUTH DAKOTA STATE UNIVERSITY CONCERT CHOIR

The SDSU Choir is coming to the Cathedral of the Epiphany to offer a performance on Monday, October 31 at 7:30 pm.

HALLOWEEN PARTY

Come have fun at our Vigil of All Saints Party t 6 pm on Monday, October 31 at the Epiphany Center Gym.

THE FINANCIAL CORNER

INCOME		August
Weekly Offerings	\$	55,660.00
Loose Offerings	\$	23,123.18
Prog. Support	\$	31,806.00
Other income	\$	16,176.24
Total Parish Income	\$	126,765.42
EXPENSE		
Salaries & Wages	\$	32,277.96
Administrative Expenses	\$	9,312.06
Ministry Expenses	\$	11,856.63
Utility Bills & Repairs	\$	24,582.43
Assessments	\$	7,832.00
Other Expenses	\$	1,679.71
Total Expenses	\$	87,540.79
NET INCOME	\$	39,224.63

KNIGHTS CORNER



PARISH BREAKFAST – Sun. Oct. 2nd at 9-am -12 noon in the Cathedral Hall.

COLUMBUS WEEKEND – We will be present at all masses the weekend of Oct. 8th and 9th. Initiation Ceremony that Sunday at 1:30 pm in the Cathedral for any men that want to join the KofC. www.kofc.org/joinus

MONTHLY MEETING – Thurs. Oct. 13th Rosary at 6:15 pm followed by potluck

dinner and meeting at 7 pm. Come check us out.

40 DAYS FOR LIFE – Campaign runs from Sept. 28 – Nov. 6th. Please select a prayer time slot www.40daysforlife.com. Our council selected Friday Oct. 14th at 6-7 pm.

CAN DRIVE – Oct. 22nd at any of our 12 drop sites. Proceeds go to Camp High Hopes and Food Bank of Siouxland (Soup Kitchen and Mary's Choice). \$6000 donated so far.

MONTHLY EFFORTS AT CALVARY CEMETERY – Contact us to be notified of the monthly Rosary and head stone/ tomb stone cleaning at Calvary cemetery.

TOOTSIE ROLL DRIVES – Money raised this year will go to Mid-Step Services. <https://www.midstepservices.com/>

STATE KOF C OFFICERS WEEKLY OPEN DESK – All Knights welcome to interact with state officers at the weekly Open desks - Wednesdays at 8 pm in English & Thursdays at 7 pm in Spanish. Register at the website for meeting link <https://www.iowakofc.org/calendar>

CONTACT – Check out our Facebook page for activities and updates “*Knights of Columbus Council 743 USA*”. Email: KofC743USA@gmail.com. Phone: English - Noel 806-316-7628/ Brent 712-490-0410, Spanish - Osbaldo 712-501-0835.



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Sioux City, Iowa 51105

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CATHEDRAL of the EPIPHANY

Very Rev. J. David Esquiliano, JCL, JV, Rector

Very Rev. Andrew Galles, VF, Parochial Vicar

Rev. Jeremy Wind, Parochial Vicar

Rev. Travis Crotty, In Residence

Website **www.sccathedral.org**

Email **info@sccathedral.org**

Telephone **712-255-1637**

MASS SCHEDULE

MON.-SAT.: 12 pm Cathedral *English*

MON.-FRI.: 5:30 pm Cathedral *Spanish*

SATURDAY: 4 pm St. Boniface *English*
6 pm Cathedral *Spanish*

SUNDAY: 8:30 am Cathedral *Spanish*
8:30 am St. Joseph *English*
10 am Cathedral *English*
10:30 am St. Boniface *Spanish*
12 pm Cathedral *Spanish*
12:30 pm St. Joseph *Vietnamese*

HOLIDAYS: 9 am Cathedral *Bilingual*

HOLY DAYS OF OBLIGATION

ANTICIPATED / VIGIL:

5:30 pm St. Boniface *English*

5:30 pm Cathedral *Spanish*

THE DAY OF THE SOLEMNITY:

7:30 am St. Joseph *English*

9 am Cathedral *Spanish (School)*

11 am St. Joseph *Vietnamese*

12 pm Cathedral *English*

5:30 pm Cathedral *Spanish*

7 pm Cathedral *Spanish*

SUNG VESPERS

SUNDAY: 4:00 pm Cathedral *English*

CONFESSIONS

SUNDAY: 8 - 8:20 am Cathedral
8 - 8:20 am St. Joseph
8 - 8:20 am St. Boniface

MON.-FRI.: 4:30 - 5:15 pm Cathedral

FRIDAY: 11:30 - 11:50 am Cathedral

SATURDAY: 3 - 3:45 pm St. Boniface
5 - 5:45 pm Cathedral

PERPETUAL ADORATION

Adoration Chapel - Epiphany Center

OFFICE HOURS

MONDAY, WEDNESDAY: 10 am - 1 pm

TUESDAY, THURSDAY, FRIDAY: 10 am - 2 pm