

REVERING THE EUCHARISTIC MYSTERY

Very Rev. J. David Esquiliano, JCL



On June 19 we will celebrate the Solemnity of The Most Holy Body and Blood of Christ, also known as Corpus Christi. Traditionally there is a procession with the Blessed Sacrament around the church, which we will do this year. I hope you can join us after the 10 am Mass on June 19.

Part of the Collect for that Mass says, “grant us, we pray, so to revere the sacred mysteries of your Body and

Blood that we may always experience in ourselves the fruits of your redemption.” But, I wonder, do we truly revere the Eucharistic mystery?

In a previous edition of our newsletter I wrote about who can receive Communion. I laid out the requirements as stated by Church law. One of them was to be properly disposed, which I explained meant not being in the state of mortal sin. But proper disposition to receive Our Lord in the Eucharist goes beyond just not having sin. Another element that I mentioned of proper disposition was the Eucharistic fast. That means we cannot eat or drink anything but water or medicine for an hour before receiving Communion. As somebody who needs to drink two or three cups of coffee just to wake up, it pains me to say it, but coffee breaks the fast. Candy, chewing gum, breath mints, and anything that contains flavoring or sugar, break the fast as well.

At this point it may sound like we only need to worry about the act of receiving Communion, but the whole Mass is the Eucharistic Mystery, and we need to have the proper disposition as well. Treating Mass as something casual is not conducive to the proper reverence due to the Lord present throughout the Eucharistic celebration. So, how can we make sure that we have the proper attitude? Preparing for Mass.

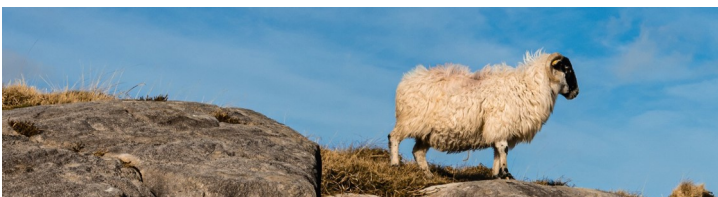
Start by making sure that Mass is the first thing you plan in the week, and not the last. The order in which we schedule our activities says

where our priorities stand. If Mass is just added to our schedule when it does not interfere with dinner plans, or with my team’s schedule, we should ask ourselves who we are revering; is it God? Is it me? Is it my football team?

The next suggestion would be to make sure we are there for, at least, the whole Mass. While occasionally we may be delayed because of car issues, or we may need to leave before the Mass ends because we are not feeling well, we need to be careful this is not just out of comfort and habitual. In fact, if possible we should arrive a few minutes early to recollect ourselves, and then stay throughout the whole Mass. If you arrive after the priest processes in, or leave before the priest processes out, you have missed part of the Mass. This has nothing to do with the priest being important, but they are just good points of reference.

Something else we should do is proactively pray during Mass. The Mass is a mystery, but it is also a prayer. If possible do the readings before Mass, even if it is right before, so that during Mass, when you listen to them being proclaimed, you let God talk to you through the ministers. Pay attention to the words of the prayers, and make them your own during the moments of silence. Pray the hymns and antiphons by singing along. Mass may seem boring if we do not get engaged, or it could be a great prayer if we actively participate.

Mass is a foretaste of heaven. Banalizing Mass with our lack of reverence does not help us appreciate this reality. In the Collect I mentioned earlier, we pray that we may experience in ourselves the fruits of God’s redemption. Being in His presence in heaven is the ultimate fruit. We will hopefully get to live in that reality when we are called back to the House of the Father, but we can start experiencing those fruits now by our proper participation in the Eucharistic Mystery. The Bishops in this country have called for a Eucharistic revival, so you will hear us priests talk more about the need to make the Eucharist the center of our lives. Perhaps today each one of us could make a personal commitment to increase the reverence to the Eucharistic mysteries. It may not be easier if we have not done it for awhile, but I can guarantee you it is worth trying.



Don’t be a lost sheep!
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The *Catechism of the Catholic Church* very clearly states that the Holy Eucharist is “the source and summit of the Christian life. The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it.” In other words, every good work the Church does flows from the Eucharist and all things we do ought to flow back towards the worship of the Eucharist. If we are truly to be called “Catholic,” the Sacrament of

the Eucharist and the Eucharistic Sacrifice of the Mass is the treasure in our lives of which there is no greater.

In Catholic tradition, June is the month that is dedicated to the Sacred Heart of Jesus. This theme is tied closely to the Priesthood and the Holy Eucharist, as Jesus Christ willingly gave the flesh and blood of his Sacred Heart as both Priest and Victim on the altar of the cross. This reality is presented to us completely and substantially every time we celebrate the Sacrifice of the Mass. However, faith and understanding in this unchanging Church dogma have woefully suffered over the past several decades.

A 2019 Pew Research Center survey indicated that only 31% of United States Catholics say they believe that “during Catholic Mass, the bread and wine actually become the Body and Blood of Jesus.” Whether this is the result of sheer ignorance or outright rejection of the Church’s consistent teaching, this statistic is extremely disturbing. If the Eucharist is undeniably the “source and summit” of our entire faith and only one-third of Catholics believe this to be true, is it any wonder that we are experiencing decline?

When this fundamental belief is undermined, it only logically follows that the Mass is no longer regarded as a sacrifice but simply as a symbolic community meal. When it is no longer believed that Jesus Christ himself is truly present under the appearances of bread

and wine, it destroys reverence and devotion. When belief in the miracle of transubstantiation is undermined, it erodes the entire foundation of the Church to the point where there are less faithful families, less people in the pews, less investment in building up the Kingdom of God, and – yes – less priests. Take it from this 36 year-old priest: I absolutely would not be interested in the priesthood and I wouldn’t have been ordained five years ago if I didn’t believe in the Real Presence of Jesus in the Eucharist. What are we doing to ourselves if we are not raising up families with strong Eucharistic devotion? There’s not a vocation shortage because the Church refuses to “get with the times” – there’s a vocation shortage because many have not fully and lovingly embraced our Eucharistic, Catholic faith, as evidenced by an astonishing two-thirds of Catholics who do not believe in the Real Presence.

This is why the Cathedral approaches the celebration of the Eucharistic mysteries the way it does, abiding by what the Church wants us to do, versus what the world thinks is “relevant” or “entertaining.” When we turn the celebration of the most solemn mystery of the Eucharist into an occasion for entertainment or a casual communal gathering, is it really any wonder that we lack faith, fervor, and devotion to the Eucharist? Is it any wonder that we lack numerous vocations to the priesthood? Is it any wonder that we lack numerous people in the pews when the highest priority is efficiency or entertainment or self-referential worship instead of looking toward God together in a profound moment of Eucharistic worship?

The only hope for renewal in the western Church, as the United States Bishops have recently stated, is to be found in the Eucharist. The solemn, dignified, and reverent celebration of the Mass and Eucharistic worship is the heart of who we are as Roman Catholics – *it is our identity*. This is why whether through our sacred liturgies, our Adoration Chapel, or our Eucharistic Procession on June 19 on the Feast of Corpus Christi, the Cathedral Parish will continue to make Eucharistic devotion and reverence a priority in our parish life. This is the most certain and undeniable way to raise up holy parishioners, holy families, and holy vocations to the priesthood.

COME TO MASS TOGETHER AS A FAMILY

Santa Fernandez



If one of the Ten Commandments that God gave us is “Thou shall keep the Sabbath holy”, why is it that attending Sunday Mass as a family weighs us down so much?

The Church invites all of us to participate fully, actively, and consciously during Mass, and we must participate through our actions, gestures, words, and inner disposition. As Catholics, we are required to attend

Mass on Sundays, or the Vigil Mass on Saturday night.

Unfortunately, we fall into the practice of participating in Mass out

of habit, without sincere prayer, and without understanding the great reality of what happens during Mass.

Many parents forget to bring their children to Mass once they have celebrated the Sacrament of the Eucharist (First Communion) and to receive Communion (receive the Body of Christ) every weekend at Sunday Mass, because by worshiping him, his Body, Blood, Soul, and Divinity is received, God is experienced in an intimate way and many graces are received.

When we enter Mass with our hearts open to God's grace we are able to participate in a more authentic way. In addition, we can also serve our parish by being readers, servers, Extraordinary Ministers of Holy Communion at Mass, and the children as altar servers.

PARISH UPDATES

SPECIAL COLLECTIONS

- Aid to Domestic Churches, June 5-6.
- Building Maintenance Fund, June 11-12.
- Together As One [Spanish Only], June 18-19.
- Peter's Pence, June 25-26.

CHANGES TO THE SCHEDULE IN JUNE

- Friday, June 3, no morning confessions.
- Saturday, June 4, no noon Mass.
- Wednesday, June 8, no confessions nor evening Mass in Spanish.
- Friday, June 10, no evening confessions. Evening Mass will be bilingual.
- Sunday, June 19, no Vespers.
- Monday, June 20, Bilingual Mass at 9am. No noon nor evening Masses. No confessions. Office closed.
- Thursday, June 23, no confessions nor evening Mass in Spanish.
- Friday, June 24, no evening confessions nor Mass in Spanish.

CORPUS CHRISTI PROCESSION

Join us for our Eucharistic procession which will take place on Corpus Christi Sunday, June 19, after the 10 am Mass. The procession will go around the Cathedral block and will include Eucharistic Benediction at two altars along the way. Plan to join us in honoring the Eucharistic Lord!

THE FINANCIAL CORNER

INCOME		April
Weekly Offerings	\$	50,721.79
Loose Offerings	\$	22,219.38
Prog. Support	\$	8,333.00
Other income	\$	23,668.91
Total Parish Income	\$	105,782.10
EXPENSE		
Salaries & Wages	\$	41,123.21
Administrative Expenses	\$	8,699.99
Ministry Expenses	\$	4,470.03
Utility Bills & Repairs	\$	52,026.75
Assessments	\$	7,958.00
Other Expenses	\$	1,633.85
Total Expenses	\$	115,911.83
NET INCOME	\$	-10,129.73

ORDINATION TO THE DIACONATE OF PETER PHAM

We are all invited to the Ordination to the Diaconate of our Cathedral parishioner and seminarian Peter Pham at 10 am on Saturday, June 4 at the Cathedral Church. Let's show Peter some support from his fellow parishioners.

OFFICE SUMMER HOURS

The office will open Monday to Friday from 10 am to 4 pm during June and July.

BUSY PERSONS LUNCH

Our busy persons lunch will take place on the first Wednesday of the month, June 1st after the noon Mass. We hope you can join us.

LADIES LUNCH

Thursday, June 16 at 1pm at Olive Garden.

SUMMER FESTIVAL

Save the date for our Parish Summer Festival on Sunday, August 14. It will be fun!

FATHER GALLES' ABSENCE

Father Galles will be absent most of June and the first half of July to begin studying for a Master of Arts in Liturgy degree at the Liturgical Institute in Mundelein, Illinois. This opportunity for further study is intended to educate Father Galles for his work as the Diocesan Director of Worship.

KNIGHTS CORNER



Inviting all Catholic men ≥ 18 years to join and be active with the KofC. 1st year membership is waived with code "MCGIVNEY 2020". www.kofc.org/joinus. There is a lot more we can do with your help. Our meetings are 2nd Thursday of the Month – next meeting June 9th. Rosary at 6:30 pm and meeting at 7 pm in the Cathedral Hall. Facebook page for activities and updates "Knights of Columbus Council 743 USA"; Phone - Noel 806-316-7628; Email - KofC743USA@gmail.com Here are some of our existing works –

- Monthly breakfast on 1st Sundays at the Cathedral Hall
- Hospitality events St. Joseph's (4th Sunday) and St. Boniface (3rd Sunday)
- Monthly can/bottle drives 4th Saturdays – proceeds for Food Bank of Siouxland and Camp High Hopes
- Make and selling Christian themed wood plaques
- Annual Tootsie rolls drives for individuals with intellectual disabilities
- Weekly Pro-life Rosary outside Planned Parenthood on Wednesdays at 11 am
- Cleaning head and tomb stones at Calvary cemetery



Cathedral of the Epiphany

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Cathedral of the Epiphany

Very Rev. J. David Esquiliano, JCL, Rector
Rev. Andrew Galles, Parochial Vicar
Rev. Jeremy Wind, Parochial Vicar

Website www.sccathedral.org
Email info@sccathedral.org
Telephone 712-255-1637

MASS SCHEDULE

MON.-SAT.: 12:00 pm Cathedral *English*
MON.-FRI.: 5:30 pm Cathedral *Spanish*
SATURDAY: 4:00 pm St. Boniface *English*
6:00 pm Cathedral *Spanish*
SUNDAY: 8:30 am Cathedral *Spanish*
8:30 am St. Joseph *English*
8:30 am St. Boniface *Latin*
10:00 am Cathedral *English*
10:30 am St. Boniface *Spanish*
12:00 pm Cathedral *Spanish*
12:30 pm St. Joseph *Vietnamese*

HOLIDAYS: 9:00 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:

7:00 am St. Joseph *English*
12:00 pm Cathedral *English*
5:30 pm Cathedral *Spanish*

PERPETUAL ADORATION

Adoration Chapel - Epiphany Center

SUNG VESPERS

SUNDAY: 4:00 pm Cathedral *English*

CONFESSIONS

SUNDAY: 8:00 am-8:20 am Cathedral
8:00 am-8:20 am St. Joseph
8:00 am-8:20 am St. Boniface
MON.-FRI.: 4:30 pm-5:15 pm Cathedral
FRIDAY: 11:30 am-11:50 am Cathedral
SATURDAY: 3:00 pm-3:45 pm St. Boniface
5:00 pm-5:45 pm Cathedral

OFFICE HOURS

MON.-FRI.: 10:00 am-4:00 pm
Summer Hours