

FROM SUNRISE TO SUNSET

Very Rev. J. David Esquiliano, JCL



From the rising of the sun to its setting let the name of the Lord be praised. (Ps. 113:3) How beautiful it is to know that at any time of the day there's someone praying, someone praising the Lord. We know that happens in our parish because of our Perpetual Adoration Chapel, but that is not the only way. Throughout the day, priests, deacons, religious, and several lay people pray with the Psalms in what is known as the

Liturgy of the Hours or Divine Office. The Church has organized the Psalms, along with other prayers and readings to be prayed throughout the day.

The first words we utter every day are, "Lord open my lips, and my mouth will proclaim your praise." From that point on, we take at least five times every day to pray, and that does not include the Mass. We usually start with Office of Readings, in which we reflect on a Scripture reading and a reading from the Church's Tradition to

set the tone of the day. Then we pray morning prayer, to sanctify the first hours of the day. Sometime throughout the day we will pause to pray Daytime Prayer. When the sun sets, we pause to pray Evening Prayer and give thanks for another day. Before we go to bed we pray Night Prayer, to ask God's protection during the night.

At first it may seem intimidating, but it does not have to be. Nowadays there are apps and websites that lay out what we are to pray at each time of the day. One of them is iBreviary, which I would recommend you download if you would like to join the Church in this prayer. As Fr. Crotty mentioned, this is a good way to pray outside of Mass. We, priests and deacons, are willing to teach you how to pray them if you ask us.

The Liturgy of the Hours is not always prayed in private. Monastic orders base their whole schedule around the different moments of prayer, which they do as a community. Here at Cathedral House, we priests gather Monday through Friday to start the day together in prayer with the recitation of Morning Prayer. Starting in Lent we have also been praying Evening Prayer publicly every Sunday at 4pm at Cathedral. If you have never experience it, I highly recommend you join us on Sundays.

HOW CAN YOU PRAY OUTSIDE OF MASS?

Rev. Travis Crotty



Every Christian by virtue of their baptism is invited into a personal relationship of love with God the Father, Son, and Holy Spirit. Of course this relationship is built on and sustained by prayer. In our contemporary age many people speak of sending thoughts and prayers but what does it really mean to pray and how does the Church, drawing on her two thousand years of tradition, teach us to do so?

In her memoir and autobiography, *Story of a Soul*, St. Therese of Lisieux describes prayer as, "a burst from my heart, it is a simple glance thrown toward heaven, a cry of thanksgiving and love in times of trials as well as in times of joy." As Catholics we know that the Holy Sacrifice of the Mass is the greatest model and moment of prayer we can experience. However, most Catholics are only able to attend Mass on Sundays, and even though some are able to come to daily Mass, it only lasts about an hour. How are Christians supposed to sanctify their lives by praying throughout the day? The

Church has many devotions like the rosary, the divine mercy chaplet, and various novenas, however the official prayer of the Church is called the Liturgy of the Hours or the Divine Office.

Like the Mass, the Divine Office is an official liturgical prayer of the Church that draws on sacred scripture and tradition that allows Christians to offer their lives in sacrifice to God and receive the communion that He offers. The Liturgy of the Hours consists of five "hours" (Office of Readings, Morning Prayer, Daytime Prayer, Evening Prayer, and Night Prayer) or set times of prayer that utilizes the book of Psalms and other texts of scripture to, like St. Terese says, throw a glance toward heaven and to offer a cry of thanksgiving and love in times of trials as well as in times of joy. Diocesan priests, consecrated men and women religious, and other communities of Christians promise to pray some if not all of these prayers for and with the people of God. However, the tradition of the Church has always offered, in some capacity, an opportunity for the lay faithful to sanctify their lives by praying the Liturgy of the Hours. While there are now many ways for Catholics to pray the Liturgy of the Hours privately, the desire of the Church is that the lay faithful would join priests and religious in the context of parish celebrations of the Divine Office.

EXPERIENCE THE BEAUTY OF SUNG PRAYER

Rev. Andrew Galles



The Church has a long history of offering praise and worship to God through song. Our Jewish ancestors chanted the Psalms, and the Gospels even recount Jesus singing a hymn with his disciples during the Last Supper before they went up to the Mount of Olives. Even if we do not have the best singing voice, we should not shy away from singing at Mass or regard music as though it is an unnecessary or superfluous part of our prayer as Catholics. Even if we

are truly unable to sing, we can at least appreciate the spirit of sung prayer by attentively listening. The old saying that “those who sing, pray twice,” commonly attributed to St. Augustine, contains a great deal of truth. Indeed, there is something very special and solemn about singing praises to God. The Church has always taught that the highest form of the liturgy is the Sung Mass—not simply singing *at* Mass, but singing *the* Mass, as we often do here at the Cathedral with the prayers of the priest and the dialogues between priest and people. The Church has a beautiful treasury of music that spans centuries upon centuries and is a gift to all of humanity. Because we as Catholics are not puritanical about the worship we offer to God; because we offer only the best to Jesus Christ who comes down upon the altar for us, we “clothe” our rituals in sacred music. To

only ever experience a quick, spoken Mass would truly bankrupt our spiritual lives. Though the celebration of the Mass should not be drawn out needlessly, the worship of God is hardly an occasion to become a penny-pincher with our time and resources. Offering God praise and worship is not the time to be stingy with music, beauty, and solemnity. To be Catholic is to understand the beautiful, transformative nature of sung prayer and sung liturgy. Though every Catholic is familiar with the Mass, not every Catholic is familiar with the Liturgy of the Hours—that is, the singing of the psalms at set hours of the day to give praise to God. It was the desire of the Second Vatican Council that the laity became more familiar with this required prayer of the clergy and religious. Though the Liturgy of the Hours is most often recited individually by the clergy, it reaches its full expression when it is sung together in community, such as in a monastery or even a parish church. This is another excellent opportunity to experience the beauty of Catholic liturgy in sung prayer. We unite ourselves with our Jewish ancestors in the Faith when we pray the Liturgy of the Hours and chant the Psalms. We also provide an ecumenical opportunity for Christians of different denominations to praise God with us through his scriptures. Lastly, singing the Word of God gives to it due reverence and elevates prayer to a festivity and grandeur that cannot be experienced by simply speaking the words. In many ways, to be Catholic is to sing our prayer, and to sing the Liturgy of the Hours is to connect us back in time with our most ancient Christian ancestors. “*Sing praises to God, sing praises! Sing praises to our King, sing praises!*” - Psalm 47

PRAYING THE HOURS IN FAMILY

Mrs. Santa Fernandez



The Liturgy of the Hours is the prayer of the entire Church that recalls the mystery of Christ throughout the day through the recitation of **Scripture**, especially the Psalms, it also includes writings of various saints that enrich the liturgical celebrations. It is sometimes referred to as the Divine Office. The Liturgy of the Hours is prayed throughout the day and includes five Hours of Prayer, The Office of

Reading, Morning Prayer, Intermediate Prayer, Evening Prayer, and Evening Prayer. This is not to say that each prayer takes an hour, but these Hours mark times throughout the day when we should turn to God in prayer. . The early Christians prayed at certain times during the day, and their example guides the Church, so the Church is continually offering prayer to God. The sacrifice of praise offered in the Liturgy of the Hours is an extension of the sacrifice of the **Mass**. All members of the Church are encouraged to pray the Liturgy of the Hours, as it unites them with the prayer of the Church and sanctifies the entire day.

How can families pray them?

The Liturgy of the Hours is a dialogue. It is a dialogue between the Church and the world, between the members of the Church, and

between the individual and the Church and God. When it is prayed in a group, the group divides into two sides who take turns praying the Psalms. When each side prays, their goal is to sound as one voice to symbolize the unity of the Church. Each person praying should strive to enter into the Psalm and think about the emotion and situation that the Psalm is portraying. The Liturgy of the Hours also incorporates the Sign of the Cross and a **doxology** throughout each Hour. Some of the Hours end with a **canticle**, which is a hymn of praise based on Scripture. The Liturgy of the Hours incorporates different postures of sitting, bowing, and standing, as well as both singing and silence.

“The mystery of Christ, his Incarnation and Passover, which we celebrate in the Eucharist especially at the Sunday assembly, permeates and transfigures the time of each day, through the celebration of the Liturgy of the Hours, ‘the divine office.’ This celebration, faithful to the apostolic exhortations to ‘pray constantly,’ is ‘so devised that the whole course of the day and night is made holy by the praise of God.’ In this ‘public prayer of the Church,’ the faithful (clergy, religious, and lay people) exercise the royal priesthood of the baptized. Celebrated in ‘the form approved’ by the Church, the Liturgy of the Hours ‘is truly the voice of the Bride herself addressed to her Bridegroom. It is the very prayer which Christ himself together with his Body addresses to the Father’” (CCC 1174).

PARISH UPDATES

SPECIAL COLLECTIONS

- Building Maintenance Fund, April 30-May 1.
- Together As One [Spanish Only], May 14-15.

Thank you for your generosity towards these previous special collections

- Catholic Charities—\$5,594.60
- Carmelite Nuns—\$5,296.08
- Aid to Global Churches—\$2,614.00
- Briar Cliff University—\$876.00

SCHEDULE CHANGES IN MAY

- Monday, May 2, no confessions nor evening Mass in Spanish.
- Monday, May 30, only one Mass at 9am. Office closed.

CELEBRATION OF SACRAMENT OF CONFIRMATION

We will celebrate the sacrament of Confirmation during Masses on May 22 at 10am in English, and 8:30am in Spanish.

BIBLE STUDY

The Cathedral will be offering a new 8 week Bible study called, Unlocking the Mystery of the Bible- A quick journey through the Bible by Jeff Cavins. We will meet Sundays at 5pm in the Cathedral Conference room starting on May 1st.

LADIES LUNCH

Thursday, May 19 at 1pm at Golden Corral.

BUSY PERSONS LUNCH

Our busy persons lunch will take place on the first Wednesday of the month, May 4th after the noon Mass. We hope you can join us.

PIANO RECITAL

The Cathedral Church will host pianist Jay Hershberger for a recital on Sunday, May 1 at 3pm. He will be performing works by Mozart, Liszt, Xu, and Chopin. Free admission.

MAY CROWNING

Join us at 4pm on May 1st for the traditional May crowning of our Blessed Mother. This will take place in the context of Sung Vespers.

NEW FINANCE COUNCIL MEMBERS

We welcome Blanca Ramos and Dawn Prosser as our new Finance Council members. They join our existing members, Wanda Thibodeau, Dan Kriener, and Dcn. Jorge Fernandez. If you would like to be considered when another seat becomes available, please let Fr. Esquiliano know.

JOB OPPORTUNITIES

The Cathedral Parish is hiring for different positions. Go to scathe-dral.org/jobs for more information.

JUNE NEWSLETTER

The deadline to submit items is May 16.

THE FINANCIAL CORNER

INCOME		March
Weekly Offerings	\$	57,891.00
Loose Offerings	\$	23,047.36
Prog. Support	\$	8,922.68
Other income	\$	25,830.48
Total Parish Income	\$	115,691.52
EXPENSE		
Salaries & Wages	\$	38,162.25
Administrative Expenses	\$	10,003.39
Ministry Expenses	\$	5,464.13
Utility Bills & Repairs	\$	21,729.49
Assessments	\$	37,958.00
Other Expenses	\$	5,358.24
Total Expenses	\$	118,675.50
NET INCOME	\$	-2,983.98

KNIGHTS CORNER



PARISH BREAKFAST 1st Sundays – May 1st at 9 – 11:30 am in the Cathedral Hall.

MONTHLY MEETING 2nd Thursdays - May 1st at 7 pm in the Cathedral Hall. Dinner included.

CAN/ BOTTLE DRIVE 4th Saturdays – Please donate empty & uncrushed

cans/ soda bottles on May 28th from 9 am – 4 pm at 11 drop off locations across Sioux City (including St. Boniface church). Proceeds to Camp High Hopes & Food Bank of Siouxland.

ST. JOSEPH'S HOSPITALITY 4th Sundays – Refreshments and fellowship after the 8:30 am mass in the hall on May 29th.

WOODEN PLAQUES – We continue to make and sell our Christian themed wooden plaques. 25% of the sale price goes to the parish.

CONTACT INFORMATION

Phone: Gregg 712-635-1966; **Email:** KofC743USA@gmail.com; **Facebook Page:** “Knights of Columbus Council 743 USA”



Cathedral of the Epiphany

1000 Douglas Street
Sioux City, Iowa 51105

NON-PROFIT
ORGANIZATION
U.S. POSTAGE

PAID

SIOUX CITY, IA
PERMIT NO. 145



Custom Invitations, Newsletters,
Business Cards, Announcements,
B&W/Color Copies, Bound Books
and MORE! Contact us today!

4305 STONE AVENUE
SIOUX CITY, IA 51106
712-274-7261



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., TUE., THUR.: 10:00 am-4:00 pm
WEDNESDAY: 10:00 am-1:00 pm
2:00 pm-5:30 pm
FRIDAY: 10:00am-5:30 pm