



# Cathedral of the Epiphany

1000 Douglas St., Sioux City, IA 51105

August 2022

## PREPARING FOR THE SACRAMENTS

*Very Rev. J. David Esquiliano, JCL*



Why do parents send their children to school? I think most parents would say that it is so their children are educated, so that they are better prepared for life, or so that they may have a better future.

Why do parents send their children to religious education? Most parents would probably say it is just so that they receive First Communion, and later Confirmation. I rarely hear

them say that it is so that they are better Catholics, or so that they are better prepared for life. Therefore it is not surprising that as we launch a new approach to religious education here in the parish, one of the things people will want to know is when and how will their children complete their sacraments of initiation.

Our new program, Family of Faith by Sophia Institute, is not geared towards sacramental prep, but instead towards making sure that families are well formed in their faith. That does not mean it cannot be used to prepare to receive First Communion and Confirmation. The Code of Canon Law says that, "The administration of the Most Holy Eucharist to children requires that they have sufficient knowledge and careful preparation so that they understand the mystery of Christ according to their capacity and are able to receive the body of Christ with faith and devotion." (C 913 §1) As part of our religious education program, families will be required to attend Mass every Sunday and Holy Days of Obligation. By their constant participation in the eucharistic sacrifice, we expect our children to be able to have sufficient knowledge of the sacred mystery.

Part of knowing and practicing our faith is using the wealth of Tradition, therefore the children who are in second grade or higher, and have not have received First Communion yet, will be expected to attend a second night of religious education every month to help

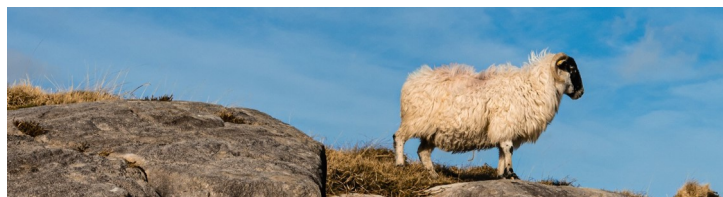
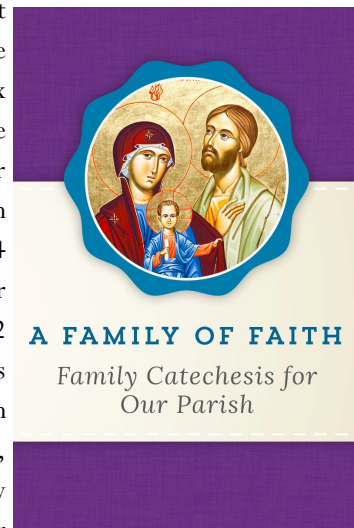
them learn traditional prayers, as well as to learn how to participate in the sacrament of penance, and how to receive Communion.

Our preparation for the sacrament of confirmation has been more complicated. The Diocese of Sioux City has established that the sacrament is received no earlier than when a student is in ninth grade, so when they are about 14 or 15 years old. Because our program at Cathedral had been a 2-year program, our students usually started this process in 8th grade. As with First Communion, sacramental preparation will now be more integrated with our

Family of Faith program. Parents and students in ninth grade or higher who have not received the sacrament of Confirmation will be required to attend our family session on the first Wednesday of the month, and to attend Mass every Sunday and Holy Day of Obligation.

For the sacrament of Confirmation, the person who receives it is to have a sponsor. In this country there is also the tradition of choosing a Christian name, or selecting a patron saint. The students preparing for this sacrament will be required to attend a second night every month to review these and other practical aspects before they are ready to receive the sacrament.

Change is not easy, but we cannot keep doing the same and expect different results. It saddens me when people who have received the sacrament of Confirmation stop coming to Church until it is time for their wedding. In some cases, we only see the parents on the day of First Communion or Confirmation! So, please, understand that this new program is to help us be better Catholics, and more committed with God and His Church.



Don't be a lost sheep!  
Text SCNEWS to 84576

# THE SACRED LITURGY: CATECHESIS IN RITUAL

Rev. Andrew Galles



As we continue to focus on the importance of the eucharistic sacrifice and religious education, I will again come back to a phrase I repeatedly use – *lex orandi, lex credendi, lex vivendi* – the law of prayer is the law of belief is the law of living. In other words, the way we pray is going to inform what we believe and this belief is going to inform how we live. In any aspect of practicing Catholicism, but especially in forming our children in the faith, we must

realize that liturgical worship is not superfluous or an “add-on” for a Catholic. On the contrary, our worship is absolutely central to our faith and it teaches us (and our children) what we believe and how to live.

The sacred liturgy not only offers worship to God, but it also teaches us through ritual. Every ritual action and symbol in the Mass has a meaning that expresses some dimension of Christianity. For instance, when we stand for the reading of the Gospel, we are standing to meet Jesus Christ coming to us in his Word. When we offer gifts at the Offertory of the Mass, we are also meant to offer ourselves, broken though we may be, so that Christ may transform us. When the priest dismisses us from Mass, it is not simply a practical action. It is to remind us that we have been nourished with the Body and Blood of Jesus and we are now meant to go forth on mission, bringing the light of Christ to the world.

Therefore, when we prepare parents and children to receive the Sacraments of Initiation (Baptism, Confirmation, and Eucharist), it should not just be a practical exercise that teaches them a list of

facts. The Sacraments of Initiation are not disembodied rituals that have nothing to do with the actual practice of our faith or the state of our soul. Rather, the desire of parents seeking these sacraments should spring from a robust practice of the faith that is already occurring in the family. If the sacramental rituals are separated from the impetus of faith, what happens?

When not built upon an active, practiced faith, the sacraments are reduced to lifeless playacting. This is why it is so vitally important for the health of the Church and the health of parishioners to understand the inseparable connection between participating in the Mass and preparing to receive the sacraments. One of the precepts of the Church is to attend Mass on Sundays and Holy Days of Obligation, lest we commit mortal sin. If we don’t want to set our children on the path of becoming lapsed Catholics, they themselves need to understand this connection between preparing for the sacraments and going to Mass. To do this, children need to understand the importance of going to Mass. For them to understand this, they need to see their parents making it a priority in the life of the family.

The rituals of the Mass are able to catechize in ways that we might not think are possible. However, weekly exposure to the liturgy, especially for children, impresses upon us the truths about God. Attendance at Mass together as a family has the power to teach and transform far better than any classroom. Families who practice the faith together and make it a priority in their lives will naturally prepare their children to have a heart that is ready and open to receive the sacraments. This teaches our children that the reception of the sacraments is not a brief moment of empty religious ritualism, but a continuing journey in the life of faith in which we offer ourselves to God.

## THE CHURCH AND THE SACRAMENTS

Mrs. Santa Fernandez



The mystery of Christ's redemption continues to flow through the Church and her **sacraments** by the power of the Holy Spirit. The word sacrament comes from the Latin term “sacramentum” which was used to mean the same thing as the Greek word, “mysterion.” The Church and the sacraments reveal the hidden reality of Christ's salvation. The Holy Spirit, whom Christ sent on Pentecost, pours

the graces of the mysteries of redemption into our souls through the sacraments. Although we cannot fully understand the mystery of salvation, the sacraments allow us to enter into the mystery and experience the work of Christ in our daily lives.

A sacrament is an external and visible sign, instituted by Christ, that gives us grace, for example, the anointing with oil at Confirmation is a sign of being chosen and set apart for God. The seven sacraments are divided into three groups, **the Sacraments of Initiation:** Baptism, Confirmation, and Eucharist, **the Sacraments of Healing:** Reconciliation, Anointing of the Sick, and **the**

**Sacraments of Communion Service:** Holy Orders, and Matrimony. Jesus instituted the sacraments and offers us salvation through them, the Church cannot invent a Sacrament, she can only celebrate and transmit what Christ himself founded. For example, Christ instituted the sacrament of Confirmation through his promises to send the Holy Spirit to his followers. The sacraments are not simple symbols, they distribute the grace that the same sign reveals. The signs of the sacraments are efficacious, which means that the actions of the sacrament can bring about what the signs symbolize. For example, during the anointing at Confirmation, a Christian's soul actually receives God's indelible mark, and the soul is cleansed from sin through the waters of baptism.

We enter the Christian life through the Sacraments of Initiation. Through Baptism, we become adopted children of God and sanctifying grace, God's divine life, pours out into our souls, and Confirmation strengthens us. We eat the bread of eternal life when we receive the Eucharist. Through the Sacraments of Healing we are helped in situations where we fall into sin or suffering. The Sacraments of Holy Orders and Matrimony are considered Sacraments of Communion service.

# PARISH UPDATES

## SPECIAL COLLECTIONS

- Building Maintenance Fund, August 6-7.
- Retirement Fund for Religious, August 13-14.
- Together As One [Spanish Only], August 20-21.

## OFFICE HOURS

While our office hours will be extended this month, we are still looking for and administrative assistance to cover the phone and the front office.

## BUSY PERSONS LUNCH

Our busy persons lunch will take place on the first Wednesday of the month, August 3, after the noon Mass. We hope you can join us.

## PARISH BREAKFAST

Our parish breakfasts organized by the Knights of Columbus will resume this month. Join us on Sunday, August 7, from 9 to 11:30am at the Cathedral Hall.

## RECITAL

Come support our parishioners Jenna and Kristen Santos as they perform a piano, violin, voice, and organ recital on August 7 at 2pm at the Cathedral.

## SUMMER FESTIVAL

Join us for our parish festival on August 14 from 1pm to 3:30 at the Cathedral. There will be food, games, and fellowship.

## LADIES LUNCH

Thursday, August 18, at 1pm at Minerva's.

## PARISH MISSION

Join us for our Parish Mission from Sunday, August 21 to Tuesday, August 23, at 5:30pm for English and at 7pm in Spanish at St. Boniface Church. Sister Mary Johanna Mellody, OP from the Nashville Dominicans will speak on prayer and family.

## REGISTRATION FOR RELIGIOUS EDUCATION

Registration for our new religious education program is now open, and will run through August 5th. Please be aware that with the new program the whole family will be required to attend a monthly session on the first Wednesday of the Month. The whole family will also be expected to attend Mass every weekend.

## BLUE MASS

Save the date for our Blue Mass, in which we'll pray for and honor men and women in law enforcement. It will take place at noon on Thursday, September 29.

## HELP NEEDED

We are still hiring for the following full-time positions

- Bilingual Administrative Assistant
- Custodian-Stationary Engineer
- Sacramental and Faith Life Director
- Director of Sacred Music

## THE FINANCIAL CORNER

INCOME		June
Weekly Offerings	\$	48,597.00
Loose Offerings	\$	20,426.78
Prog. Support	\$	8,333.00
Other income	\$	14,358.35
<b>Total Parish Income</b>	<b>\$</b>	<b>91,715.13</b>
EXPENSE		
Salaries & Wages	\$	36,896.94
Administrative Expenses	\$	18,069.23
Ministry Expenses	\$	4,763.90
Utility Bills & Repairs	\$	40,747.72
Assessments	\$	82,958.00
Other Expenses	\$	2,693.42
<b>Total Expenses</b>	<b>\$</b>	<b>186,129.21</b>
<b>NET INCOME</b>	<b>\$</b>	<b>-94,414.08</b>

## KNIGHTS CORNER



- **Parish Breakfast** – August 7<sup>th</sup> at the Cathedral hall from 9 – 11:30 am. Looking for volunteers.

- **Monthly Meeting** – August 11<sup>th</sup> at 6:15 pm at Catholic Radio. We will get a tour of the place and understand how the Knights can help them.

- **Empty Can/Bottle Drive** – August 27<sup>th</sup> with 12 drop sites across Sioux City. Redemption proceeds help Camp High Hopes and Food Bank of Siouxland (including Mary's Choice and the Soup Kitchen).

- **Prolife Rosary** – All Catholics invited to the weekly Rosary at Mary's Choice on Wednesdays at 11 a.m.

**Join Us-** We can do much more with your help. First year membership is waived with code "PSEUNTJENS". [www.kofc.org/joinus](http://www.kofc.org/joinus)

**Contact** - Check out our Facebook page for activities and updates "*Knights of Columbus Council 743 USA*". Email: [KofC743USA@gmail.com](mailto:KofC743USA@gmail.com). Phone: English - Noel 806-316-7628/ Brent 712-490-0410, Spanish - Osbaldo 712-501-0835.



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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**  
**Rev. Travis Crotty, In Residence**

*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

**MONDAY, TUESDAY,**  
**THURSDAY, FRIDAY:** 10:00 am-4:00 pm  
**WEDNESDAY:** 10:00 am-1:00 pm  
2:00 pm-6:00 pm