

READINGS FOR JULY 19

His heart was moved. (Mark 6:34)
In today's Gospel, we see Jesus both encouraged and discouraged. He was encouraged because the apostles had just returned from a very successful missionary trip. They had healed some people, delivered others from demons, and brought many to conversion. But he was also discouraged because John, his friend and kinsman, had just been beheaded.

With this good and bad news on his mind, Jesus took a practical approach and invited the apostles to a quiet place for a time of rest (Mk 6:31). At least he tried to. A crowd of people followed them. So Jesus changed his plans and began to teach them.

In a sense, you could say that the "compassionate" Jesus overruled the "practical" Jesus. He saw beyond his needs and the needs of his disciples and focused instead on the needs of the people coming to them. You could say that his eyes were opened to a much wider picture. The apostles' eyes were opened as well. They gave up their plans for rest so that they could minister to the people.

Of course, Jesus wants us to be practical. He wants us to have our lives in order and to set goals and achieve them. But he also wants us to be flexible enough to be able to put aside our plans when the need arises and when the Spirit prompts us to. The key is learning how to sense the Spirit's promptings so that what is practical and planned doesn't overshadow what is compassionate and spontaneous. You may sense a prompting to speak to someone after Mass or in the grocery store. You may sense that God wants you to put your arms around your husband or child or that you should put aside what you are doing and read Scripture for a few minutes. Whenever something like this happens, try to act on it. You never know what miracles may result!

"Holy Spirit, help me to be open to your promptings. I don't want to be so regulated that I can't hear your voice. Lord, make me as flexible as you are!"

Taken from *The Word Among Us*, July 2015, Vol. 34, Number 6: Used with permission.

THIS WEEK'S READINGS

Sunday 19	Jer 23:1-6 / Eph 2:13-18 / Mk 6:30-34
Monday 20	Ex 14:5-18 / Mt 12:38-42
<i>St. Apollinaris</i>	
Tuesday 21	Ex 14:21—15:1 / Mt 12:46-50
<i>St. Lawrence of Brindisi</i>	
Wednesday 22	Ex 16:1-5,9-15 / Jn 20:1-2,11-18
<i>St. Mary Magdalene</i>	
Thursday 23	Ex 19:1-2,9-11,16-20 / Mt 13:10-17
<i>St. Bridget of Sweden</i>	
Friday 24	Ex 20:1-17 / Mt 13:18-23
<i>St. Sharbel Makhluף</i>	
Saturday 25	2 Cor 4:7-15 / Mt 20:20-28
<i>St. James</i>	
Sunday 26	2 Kgs 4:42-44 / Eph 4:1-6 / Jn 6:1-15

WELCOME!

Visitors to the Cathedral, we want you to know how welcome you are—whether you have come from another part of the country, from across the world, or from another parish here in the Archdiocese or across the river. Thank you for praying with us. Thank you also for your generosity, which helps us to celebrate our liturgies in a fitting and beautiful way, and to offer a wide range of services to needy people in the Washington, DC area. Enjoy your visit!

PARISH CALENDAR

July 19 – August 2

- Monday 20**—A Eucharistic Holy Hour is held in the Cathedral from 6 to 7pm, with confessions in English and Spanish. Wine and Wisdom meets at 7pm in the East Conference Room.
- Tuesday 21**—Legión de María se reúne a las 5:30 de la tarde hasta las 7 en el salón del Oeste.
El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.
- Wednesday 22**—Breaking Open the Word meets at 7pm in the West Conference Room.
- Saturday 25**—A Rosary for Life is prayed after the 8am Mass in the Cathedral, facing the main altar.
- Sunday 26**—Padre Rafael tendrá las confesiones después de la misa de 1 de la tarde.
- Monday 27**—A Mass for the Independence of Peru is celebrated in the Cathedral at 10am. Confessions, normally at 11am, begin after the Mass.
The Social Justice Committee meets at 6:45pm in the East Conference Room.
- Tuesday 28**—Legión de María se reúne a las 5:30 de la tarde hasta las 7 en el salón del Oeste.
El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.
- Wednesday 29**—Breaking Open the Word meets at 7pm in the West Conference Room.
- Saturday 1**—**First Saturday Devotions** are held after the 12:10pm Mass, followed by Hospitality in the West Conference Room.
- Sunday 2**—A second collection for Cathedral maintenance is taken at all Masses.

READINGS FOR JULY 26

He withdrew again to the mountain alone. (John 6:15)
Did you ever think that Jesus would let the crowd make him their king after he had multiplied the loaves and fishes? That may be what they wanted, but Jesus chose otherwise. He chose humility.

In today's second reading, Paul tells the Ephesians and all of us, "Live in a manner worthy of the call you have received" (Ephesians 4:1). We tend to reduce this invitation to specific points of action: I have to do this good thing, and I have to avoid that temptation. But what if Paul were urging us to imitate Jesus first and foremost in our dispositions—especially in our humility?

True humility means trying to avoid building ourselves up in the eyes of others. It means trying not to judge people harshly or bring them down in hopes of elevating ourselves. It means even avoiding the pride that can pop up when other people remark on our humility!

How can we learn from Jesus how to be meek and humble of heart? The answer may be found in the way we yield ourselves to God and let his grace shape our hearts and our minds. When we stop trying to earn God's approval or achieve other people's recognition and allow ourselves to be fed and strengthened by Jesus instead, grace multiplies—just as the loaves multiplied when Jesus offered them to his Father. Yielding to the Lord like this will open us to the grace we need to do those things we find hard to do on our own. It will keep us from promoting ourselves because we will be keenly aware of how much we owe the Lord.

Today, tell Jesus that you want his grace to help you view yourself a bit more humbly and view other people a bit more highly. Tell him that without grace, it is impossible to be humble. Ask him over and over again, and watch as he transforms your heart.

"Lord, give me the grace to be just as humble as you were the day you fed the five thousand."

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THIS WEEK'S READINGS

Sunday 26	2 Kgs 4:42-44 / Eph 4:1-6 / Jn 6:1-15
Monday 27	Ex 32:15-24,30-34 / Mt 13:31-35
Tuesday 28	Ex 33:7-11; 34:5-9,28 / Mt 13:36-43
Wednesday 29	Ex 34:29-35 / Jn 11:19-27
<i>St. Martha</i>	
Thursday 30	Ex 40:16-21,34-38 / Mt 13:47-53
<i>St. Peter Chrysologus</i>	
Friday 31	Lv 23:1,4-11,15-16,27,34-37 / Mt 13:54-58
<i>St. Ignatius Loyola</i>	
Saturday 1	Lv 25:1,8-17 / Mt 14:1-12
<i>St. Alphonsus Liguori</i>	
Sunday 2	Ex 16:2-4,12-15 / Eph 4:17,20-24 / Jn 6:24-35

MASS INTENTIONS July 19 – Aug. 2

Sunday, July 19

7am – Priscilla Hurley, OCDS
8:30am – Bill Hurley
10am – Rina DeVita, OCDS
11:30am – All Parishioners
1pm – Jesús & Blanca Murrillo
5:30pm – Rita Shindledecker

Monday, July 20

8am – Rod Linton
12:10pm – Xavier Lopez Ayala
5:30pm – Regina Usi Usi (living)

Tuesday, July 21

8am – Theresa Oattoo
12:10pm – George Derschoch
5:30pm – Ashley Griffin

Wednesday, July 22

8am – Special Intention JA & V
12:10pm – Cintia Louse Eadie
5:30pm – Special Intention

Thursday, July 23

8am – James Carroll, Sr.
12:10pm – Gordon Thomas Eadie, Jr.
5:30pm – Vicenta & Ana (living)

Friday, July 24

8am – Batist Eshun
12:10pm – Richard Seastrand
5:30pm – Richard Breeding

Saturday, July 25

8am – Special Intention
12:10pm – Bill Gaudreau
5:30pm – Deborah Plaisance Gwin

Sunday, July 26

7am – All Parishioners

8:30am – Joseph Conley
10am – Louis Sitolides
11:30am – Jose Baltazar
1pm – Rosita Urribarri
5:30pm – Phyllis McVeary

Monday, July 27

8am – Peter Eshun
12:10pm – James Leshner
5:30pm – Jerry Hughes

Tuesday, July 28

8am – Ana Marani
12:10pm – Robert Matson
5:30pm – Maureen Brown (living)

Wednesday, July 29

8am – Thanksgiving
12:10pm – Adela Frances "Dolly" Butrus

Thursday, July 30

8am – Special Intention JA & V
12:10pm – Joseph Conley

Friday, July 31

8am – Lena Ethel McKinney Aspey
12:10pm – Dorothea Pacella

Saturday, August 1

5:30pm – All Parishioners

Sunday, August 2

8:30am – Miguel Pascual, Jr.
10am – Joseph Wallace
11:30am – Arlene Goldberg
1pm – Alejandrina Castro
5:30pm – Angie Nanni (living)

To arrange a Mass intention, speak to our Rectory receptionist. There is no fee but an offering is customary. Intentions are reserved in advance so particular dates may be unavailable.

UPCOMING EVENTS

Come—Let Us Adore Him! – You are invited to the Cathedral for our monthly evening of Eucharistic Adoration on Monday, **July 20** from 6 to 7pm. Deacon Clayton Nickel will deliver a reflection on Scripture, and Fr. Rafael will hear confessions in English and Spanish during the hour.

Catholic Business Network of Washington D.C. (CBN-D.C.)

– Please join CBN-D.C. for an evening networking reception, Thursday, **July 23**, 5:30-7:30pm at I Ricchi. CBN-D.C. is an independent nonprofit organization bringing together businesses and individual professionals to create valuable business and networking opportunities through monthly networking receptions and annual gala. All CBN-D.C. fundraising efforts support students in need at Catholic schools in Washington D.C. For more information or to register, visit www.cbndc.org or contact Justin Silvers at 202-957-5188 or jsilvers@cbndc.org.

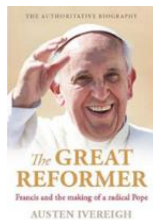
Respect Life Ministry – Rosary in the Cathedral – *“Caring for life from the beginning to the end. What a simple thing, what a beautiful thing... So, go forth and don't be discouraged. Care for life. It's worth it.”*

– Pope Francis

The abortion clinic, Planned Parenthood, which was located on 16th Street, is now closed. The need to pray for a change of hearts on abortion and to uphold the dignity of all human life, continues. Our monthly prayer of the rosary will now take place in the Cathedral, facing the main altar. Join us Saturday, **July 25** at 8:30am, after the 8am Mass. For more information on service opportunities and involvement with the Respect Life Ministry, contact Justin Silvers at stmatthewsrespectlife@yahoo.com.

First Saturday – On Saturday, **August 1** all are welcome to First Saturday Devotions after the 12:10pm Mass, followed by Hospitality in the West Conference Room.

Health & Wellness Fair – Our annual Health & Wellness Fair will take place on Sunday, **September 13**, 9:30am - 3:30pm. The fair will offer educational information in English and Spanish and simple health exams to help promote good health. Areas to be covered include: vision, bone density, women's health, balance and strength, mental health, blood pressure, cholesterol, diabetes, cancer prevention, dental health, physician consultation, and flu shots. For more information and to learn about volunteer opportunities, contact Gregg Glotnis at gglotnis@verizon.net.



Cathedral Book Club

– The Book Club will meet on **September 14** from 6:45 to 8pm in the West Conference Room to discuss a biography of

Pope Francis by Austen Ivereigh entitled *The Great Reformer: Francis and the Making of a Radical Pope*. In the words of Cardinal Timothy Dolan, the book presents an opportunity “to more fully learn and appreciate the circumstances and influences that shaped Jorge Bergoglio’s journey: first as a young Jesuit leader, then as archbishop of Buenos Aires, and now as shepherd of over one billion Catholics...”

Now is the time to consider your summer reading list, and likewise to learn more about our eagerly awaited September visitor!

Run for Vocations – Run for Vocations is a 16-year-old ministry that supports vocations by raising funds to assist seminarians with unanticipated expenses.

Laypeople, religious and clergy from around the Archdiocese of Washington team up to Run for Vocations in October's Marine Corps Marathon/10K. Are you interested in running with or offering a donation in support of the St. Matthew's Team? Email Justin Silvers at just1justin@yahoo.com.



Follow your Cathedral Parish on *Facebook* for the latest news and events!

<https://www.facebook.com/st.matthews.cathedral>

YOUNG ADULTS

DC Catholic Summer Theology on TAPTalks – Tuesdays - 6 to 8pm - **Catholic Information Center (CIC)**

(1501 K Street NW / Farragut North) Join us on the CIC rooftop Tuesdays through August 11 for TED-inspired talks that relate to Catholic faith and young adult life. Happy Hour at 6pm, talk at 7pm. Email DCCatholic@adw.org for more information.

Wine and Wisdom – Monday, July 20 - 7 to 8:30pm - **East Conference Room** – Wine and Wisdom is a discussion and faith-sharing group for young adult women. Our topic in July is *Evangelization in the Workplace*. Contact wineandwisdom.stmatthews@gmail.com for more information or to RSVP.

C+YA for #NatsMass & a Nats Game! – Sunday, August 9 - 12 Noon - **St. Vincent dePaul (14 M Street SE / Navy Yard)** – Join us at the ballpark! We'll begin with #NatsMass at St. Vincent de Paul at Noon, followed by the first pitch at 1:35pm against the Colorado Rockies! Tickets are \$15. Contact: Hannah at hannahrdell@gmail.com or stmattsyam@gmail.com.

NEWS & NOTES

Summer Schedule Changes

Weekday Masses in July and August – The 7am weekday Mass is not celebrated in July or August. During this period, the Cathedral opens weekdays at 7:30am, Masses are celebrated at 8am, 12:10pm and 5:30pm, and Confessions are heard from 11am until Noon. The 7am Mass resumes Tuesday, September 1.

Biweekly Bulletins In July & August – St. Matthew's bulletin is published biweekly (every other week) in July and August. Each biweekly edition will be available both weekends.

Spiritual Direction – St. Matthew's provides and refers interested person to qualified spiritual directors. Contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at tprymuszewski@stmatthewscathedral.org or 202-587-5139.

Mass Times Around the World – Let's attend to our Lord even as he blesses us with rest and recreation! A free ministry for traveling Catholics provides Mass schedules at more than 22,000 churches nationwide and 82,000 churches outside the U.S. Visit www.masstimes.org.

Morning Prayer – Morning Prayer, one of the offices of the Liturgy of the Hours, is prayed on Wednesdays and Fridays at 7:30am in St. Anthony's Chapel. Feel free to drop in and pray with this small group. Prayer leaflets are available, and we will help you to participate. You also are welcome to be present with us in silence. Questions? Call 202-587-5143.

Adopt-a-Family Program: Volunteers needed – The Adopt-a-Family program provides material assistance to low-income families of our parish, and a few families who live in DC but are not parishioners. This program includes collecting Safeway gift cards for Easter and Thanksgiving, a Back-to-School supplies drive, and a Christmas gift drive. We need parishioners to help us reach out to these families to learn more about their needs and to discern how we can best assist them. Especially needed are volunteer drivers and bilingual speakers. Contact Norma Canedo at ncanedo@stmatthewscathedral.org or 202-347-3215 x552.

MARRIAGE

Couples who are interested in celebrating the Sacrament of Marriage at the Cathedral are encouraged to visit the parish website to review our guidelines for weddings. The next step is to call the Rectory at 202-347-3215 and ask for the priest of your choice or the priest on duty, who can speak to you about marriage preparation and the possibility of scheduling your wedding at the Cathedral. Couples are expected to contact us **at least nine (9) months in advance** of the date on which they hope to celebrate their wedding.

BAPTISM

Parents who wish to have their child baptized at the Cathedral should contact the Baptismal Coordinator at baptism@stmatthewscathedral.org or 202-347-3215 X555. Parents are encouraged to contact us **at least six (6) months in advance** of a desired baptismal date, and may ask for the priest of their choice to perform the Baptism. Early contact allows parents to be scheduled for the necessary sacramental formation session and godparents to obtain letters from their pastor.

If you are a registered parishioner at St. Matthew's and need a letter of good standing in order to be a godparent for a baptism to be celebrated at another parish, please call the Cathedral Rectory at 202-347-3215 to ask about obtaining a letter.

WELCOMING ALL

For wheelchair access to the Cathedral, enter the driveway to the parking garage next to the Cathedral. Ring the buzzer at the Conference Center door located at the bottom of the driveway to enter. Take the elevator up to the Cathedral level.

A sign language interpreter is present at the Sunday 11:30am Mass and at designated special liturgies throughout the year.

GIFTS

St. Matthew's is pleased to offer a 48-page souvenir book on our beautiful Cathedral church by Richard Schmidt and Claudia Rousseau, with Joseph Carey, Nancy McKinley and Elizabeth Sullivan. It features the Cathedral's history, art and architecture with photographs by local photographer, Neil Greentree.

Also available are sets of note cards picturing the art of the Cathedral, boxed sets of Christmas cards featuring St. Matthew's Crèche, Christmas ornaments and CD recordings of the Schola Cantorum.

Items may be purchased in the Rectory or by contacting us at 202-347-3215 x517 or gharrington@stmatthewscathedral.org. Visa and MasterCard are accepted. Rectory hours are Monday to Thursday from 9am until 8pm and Friday through Sunday from 9am until 4pm unless otherwise noted.

LECTURAS DEL 19 DE JULIO

El Señor vino al mundo principalmente para salvarnos, librándonos de la ignorancia y del pecado. Durante todo su ministerio terrenal, el Señor estuvo rodeado de multitudes y, con gran compasión y comprensión, se dio el tiempo necesario para “enseñarles muchas cosas”. En efecto, no fue sino hasta que les había dado alimento para el corazón y la mente, con el mensaje del Evangelio, que empezó a preocuparse de sus necesidades físicas y les dio pan para comer.

Incluso ahora, en la Santa Misa, la Liturgia de la Palabra viene antes de la Liturgia de la Eucaristía, porque no hemos de aproximarnos a la mesa del Señor sin antes haber saciado el corazón y la mente con el alimento de su Palabra. ¡Qué importante es poner atención a la Palabra de Dios y reflexionar detenidamente en lo que dicen las Sagradas Escrituras!

Naturalmente, experimentar el amor de Dios es algo vital, pero no es más que una parte de la ecuación, porque si no nos preocupamos de alimentar el alma y el espíritu no estaremos en condiciones de doblegar nuestra propia naturaleza caída, ni sabremos percibir la acción de Dios en nosotros y en el mundo. No basta con “sentir” el toque divino; también hay que saber cómo actúa el Señor y aprender a ajustar nuestra vida a sus enseñanzas.

¿Deseas tú recibir la paz de Cristo? ¿Quieres librarte de los pecados que te tienen atrapado? Escudriña las Escrituras para conocer la sabiduría de Dios; pídele al Señor que te abra la mente cada vez que vas a Misa; incluso puedes colocar una o dos biblias en diversos lugares de tu casa, para acordarte de que hay que alimentar el espíritu.

Mantente despierto y alerta; haz lo que sea necesario para leer la Palabra de Dios todos los días y aplicarla en tu vida práctica. Recuerda que todos los días el Maestro está esperando que le abras la puerta de tu corazón.

“Señor y Dios mío, te pido que me llenes cada día más de tu inmensa sabiduría y no permitas que me desvíe siguiendo sendas torcidas y pecaminosas. Señor, Espíritu Santo, guía mis pasos e ilumina mi mente, te lo ruego.”

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LECTURAS DE LA SEMANA

Domingo 19	Jer 23:1-6 / Ef 2:13-18 / Mc 6:30-34
Lunes 20	Éx 14:5-18 / Mt 12:38-42
<i>San Apolinar</i>	
Martes 21	Éx 14:21—15:1 / Mt 12:46-50
<i>San Lorenzo de Brindis</i>	
Miércoles 22	Éx 16:1-5,9-15 / Jn 20:1-2,11-18
<i>Santa María Magdalena</i>	
Jueves 23	Éx 19:1-2,9-11,16-20 / Mt 13:10-17
<i>Santa Brígida</i>	
Viernes 24	Éx 20:1-17 / Mt 13:18-23
<i>San Charbel Makhlu</i>	
Sábado 25	2 Cor 4:7-15 / Mt 20:20-28
<i>San Tiago Apóstol</i>	
Domingo 26	2 Re 4:42-44 / Ef 4:1-6 / Jn 6:1-15

NOTICIAS DE LA PARROQUIA

Catequesis e Iniciación Cristiana – Las inscripciones para Catecumenado, Primera Comunión y Confirmación serán hoy domingo **19 de julio** en el salón de conferencias del Norte de 10:00 de la mañana a 12:00 del mediodía y después de la misa de 1:00 de la tarde, traer acta de Bautismo y \$25 de inscripción. También aquellos jóvenes que no hayan recibidos los sacramentos de bautismo, primera comunión y confirmación y estén interesados en los sacramentos, pueden venir.

Adoración al Santísimo Sacramento – Les invitamos el lunes **20 de julio** después de la misa de 5:30 de la tarde, a que se unan en adoración al Santísimo, de 6:00 a 7:00 de la tarde. El Sacramento de Reconciliación estará disponible en inglés y español durante la hora de la adoración.

Ministerio de Respeto a la Vida – El rosario en la Catedral – *“Sentir cariño hacia la vida desde el principio hasta el fin. Qué cosa tan simple, que cosa tan hermosa... De este modo, vayan adelante y no se desanimen. Sientan cariño por la vida. Vale la pena.”* – Papa Francisco
La clínica de aborto, Planned Parenthood, la cual estuvo localizada en la calle 16, está cerrada. La necesidad para rezar por el cambio de corazones sobre el aborto y para que siempre se pueda reconocer la dignidad de toda vida humana, continua. Nuestra oración del rosario continuará dentro de la Catedral, al frente del altar. Únase a nosotros este sábado **25 de julio**, a las 8:30 de la mañana. Para más información sobre oportunidades de servicio en el Ministerio de Respeto a la Vida puede llamar a la rectoría al 202-347-3215.

Horario de Misas a Través del Mundo – Un ministerio para los católicos que viajan se provee gratuitamente en toda la nación y a través del mundo. Para encontrar el horario de misas o visite www.masstimes.org.

LECTURAS DEL 26 DE JULIO

La multitud se maravillaba cuando veía que Jesús curaba a los enfermos y la gente lo seguía por todas partes. ¿Qué significarían estas señales? ¿Quién era este Jesús?

Jesús sabía que la gente que lo seguía tenía necesidades físicas y espirituales. Por su gran amor y compasión, realizó el milagro de la multiplicación de los panes y los peces como señal de su identidad. Viendo las doce canastas de lo que había sobrado, querían llevarse a Jesús para hacerlo rey.

Pero Jesús no quería ser conocido como hacedor de milagros ni como el líder político enviado a liberar a los judíos de la opresión romana. La multiplicación de los panes y los peces era una señal que demostraba que Jesús era el Hijo de Dios. El Señor quería que esta señal les hiciera ver la inmensidad de su amor, amor que finalmente quedaría ratificado en su muerte en la Cruz.

Cristo desea obrar constantemente en nuestra vida y acercarnos al Padre. Su obra es generosa y rebosante de amor, porque el Señor sabe lo que es mejor para nuestro bienestar espiritual. Y nosotros, ¿cómo le respondemos? ¿Qué esperamos de él? ¿Lo buscamos sólo para que satisfaga nuestras necesidades terrenales, o vemos que también desea atender nuestras necesidades espirituales más profundas? ¿Sabemos que él quiere darnos la vida eterna, es decir la vida del mundo venidero? Este milagro de la multiplicación de los panes debería hacernos ver que Jesús es el Salvador y el Señor y que su voluntad para nosotros se proyecta mucho más allá de este mundo físico.

Querido hermano, pídele al Espíritu Santo que te haga conocer personalmente a Cristo hoy y te dé un corazón puro que desee llenarse de él. No limites a Jesús viéndolo sólo con ojos terrenales, sino con ojos que anhelan ver al Salvador tal como lo ve todo el cielo.

“Jesús, Señor y Salvador mío, dame de comer de tu Cuerpo y beber de tu Sangre, el alimento verdadero y bebida verdadera, para que siempre tenga en mí la vida eterna.”

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Lunes 27	Éx 32:15-24,30-34 / Mt 13:31-35
Martes 28	Éx 33:7-11; 34:5-9,28 / Mt 13:36-43
Miércoles 29	Éx 34:29-35 / Jn 11:19-27
<i>Santa Marta</i>	
Jueves 30	Éx 40:16-21,34-38 / Mt 13:47-53
<i>San Pedro Crisólogo</i>	
Viernes 31	Lv 23:1,4-11,15-16,27,34-37 / Mt 13:54-58
<i>San Ignacio de Loyola</i>	
Sábado 1	Lv 25:1,8-17 / Mt 14:1-12
<i>San Alfonso Ligorio</i>	
Domingo 2	Ex 16:2-4,12-15 / Eph 4:17,20-24 / Jn 6:24-35

NOTICIAS DE LA PARROQUIA

Misas en Julio y Agosto durante la Semana – La misa de 7:00 de la mañana no se celebrará en la Catedral durante los meses de julio y agosto. Durante esos meses, la Catedral abrirá a las 7:30 de la mañana, las misas se celebrarán a las 8 de la mañana, 12:10 del mediodía y 5:30 de la tarde, y confesiones se ofrecerán a las 11:00 de la mañana hasta las 12:00 del mediodía. La misa de 7:00 de la mañana, se resumirá el martes, 1 de septiembre.

Boletín Quincenal en Julio y Agosto – El boletín de la Catedral, será publicado quincenalmente (cada dos semanas) en julio y agosto. Cada edición estará disponible ambos fines de semana.

Primer Sábado – El sábado **1 de agosto** todos son bienvenidos a participar en las devociones del primer sábado después de la misa de 12:10 mediodía, seguida de hospitalidad en el salón de conferencia del Oeste.

Guarde la Fecha: Feria de la Salud y el Bienestar – Este año la Feria de la Salud y Bienestar se llevará a cabo el domingo, **13 de septiembre**, de 9:30 de la mañana a 3:30 de la tarde. La feria ofrecerá una amplia variedad de información educativa en inglés y español, junto con algunos exámenes simples de salud para ayudar a promover la buena salud en su vida y en las vidas de sus seres queridos. Este año, la feria de salud cubrirá las siguientes áreas de interés: visión, densidad ósea, salud de las mujeres, la fuerza y el equilibrio, salud mental, presión arterial, colesterol, diabetes, la prevención del cáncer, salud dental, consulta con un médico, vacunas contra la gripe y mucho más. Para información adicional sobre la feria y para aprender más sobre oportunidades de voluntariado, póngase en contacto con Gregg Glotnis al gglotnis@verizon.net.

Carrera por las Vocaciones – *Run for Vocations* o Carrera por las Vocaciones es un ministerio de 16 años que apoya a las vocaciones recaudando fondos para ayudar a seminaristas con gastos inesperados. Laicos, religiosos y clérigos de toda la Arquidiócesis de Washington participan en *Run for Vocations* que es parte del Maratón de la Infantería Marina/10K. ¿Está interesado en correr con el equipo de San Mateo o apoyarlo con donaciones monetarias? Mande un mensaje a Justin Silvers a just1justin@yahoo.com.

175th Parish Anniversary News



Memories Wanted! – Your help is needed to mark the 175th Anniversary of the Parish of St. Matthew the Apostle, now the Cathedral Parish, and since 1939, the seat of the Archdiocese of Washington. **You are invited now and throughout 2015 to share stories and memories of how your Catholic faith has shaped your life, your faith and your family.**

Maybe you have a story of how your Catholic education has made a difference to your future, how you drew closer to your faith because of your Cathedral involvement, or how Catholic Charities or a Cathedral program or ministry offered you help, hope, or the chance to serve others when you needed it. Share your favorite memories of parish festivals, volunteering, liturgies, social justice events, Christmas Masses and Easter mornings.

MILESTONES IN CATHEDRAL HISTORY

1918 – Late in the summer of 1918, the influenza that had been epidemic in parts of the world spread throughout Washington. The death rate was extremely high and the District Commissioners forbade all public gatherings, including religious services, until the epidemic could be controlled. St. Matthew's church was left open during the day, but no liturgies could be held. St. Matthew's, along with churches throughout the city, suspended services for several months. The ban was lifted on October 31, 1918.

The anniversary celebration of our parish is best marked by the inspirations, gratitude, joy, and power of faith. Your stories and those of your ancestors reflect how St. Matthew's had shared the joy of the Gospel in downtown Washington, DC for 175 years. **Check the website front page to read the featured and archived stories!**

Please email stories, in **250 words or less**, to reply@stmatthewscathedral.org, or mail them to Msgr. Ronald Jameson at Cathedral of St. Matthew the Apostle, 1725 Rhode Island Ave., NW Washington, DC 20036-3001. Please include the words "Anniversary Story" in the email heading or on the envelope.



Call for Cathedral Parish Life Photos – Do you have photos of your parents' or grandparents' wedding at St. Matthews? Photos of baptisms? Or of your family Easter? The 175th Committee seeks



standing in front of the altar at Anniversary Publication historic photos of events at St. Matthew's for potential use in our anniversary documents. Please submit photos with the date and description of the event to Dan Evans at 175thanniversary@stmatthewscathedral.org or contact Dan at 202-587-5138. We can assist with scanning and copying your originals. All submissions will become part of the Cathedral Archives.

MARK YOUR CALENDARS FOR ST. MATTHEW'S PARISH 175TH ANNIVERSARY SPECIAL EVENTS

- **Sunday, October 11, after all Masses**
Celebration of our many cultures, with traditional food, dress, music and dance
- **Saturday, October 17, 6:00 pm**
175th Anniversary Gala, with cocktails, dinner and dancing
- **Sunday, November 1, 12:00 noon**
(combining 11:30 am and 1:00 pm Masses)
Bilingual Mass celebrating the 175th Anniversary of the founding of St. Matthew's Parish, with Cardinal Wuerl as Principal Celebrant, followed by a reception
- **Sunday, November 22, 7:30 pm**
175th Anniversary Concert, featuring the Schola Cantorum and Festival Singers
- **Sunday, December 13, 7:30 pm**
Lessons and Carols, a celebration of the Birth of Christ in Word and Song, featuring the Schola Cantorum

Times subject to change. Watch for future announcements.



RITE OF CHRISTIAN INITIATION OF ADULTS

Are you:

Interested in becoming Catholic?

*A Catholic who wishes to receive the Sacraments of
Confirmation and Eucharist?*

Then RCIA is for you!



The **Rite of Christian Initiation of Adults** (RCIA) is a process for adults who desire to explore the Catholic faith and to become fully initiated members of the Catholic Church. The goal of the RCIA process is full, conscious, and active participation in the Catholic way of life. RCIA helps adults to grow in their relationship with Jesus Christ, become familiar with Catholic teachings and practices, and get to know the faith community in preparation for making the conscious choice to receive the Sacraments of Baptism, Confirmation, and Eucharist.

If you are interested in learning more and/or beginning RCIA, please plan to attend:

WHAT: RCIA KICKOFF SESSION

TIME: 7PM TO 9PM

DATE: WEDNESDAY, JULY 22, 2015

PLACE: NORTH CONFERENCE ROOM

(Accessible through the glass-and-iron door at the base of the driveway
Leading into the public parking garage to the right of the front of the Cathedral)

No RSVP required!

Beginning with this kickoff session, RCIA will meet weekly every Wednesday.

Contact: Theresa Prymuszewski, Pastoral Associate for Faith Formation tprymuszewski@stmatthewscathedral.org

CATHEDRAL OF ST. MATTHEW THE APOSTLE • 1725 RHODE ISLAND AVENUE NW • WASHINGTON DC 20036 202-347-3215 • www.stmatthewscathedral.org

Gloria in Excelsis Deo

This most familiar phrase is one we typically associate with the hymn of praise sung most every Sunday as part of the entrance rite of the Mass. Another moment is when we hear it proclaimed within one of the traditional scriptural texts read at Christmas, namely Luke's gospel. And over the centuries, it has been the subject of magnificent choral pieces by famous and not so famous composers.

This song of praise had its beginnings in the Old Testament before Luke ever conceived of his gospel. And as the Church formed and grew through the centuries, so also did this "*hymnus angelicus*." From its simple beginnings in the Lucan text, the Church added phrases during the first two centuries so that it became the Trinitarian hymn of praise we hear today. Its early text in Greek came to us from the Byzantine church, later translated into Latin about 366AD. But whether in the Greek or Latin form, its first use in the Church can be traced to roughly 129AD when Pope Telesphorus prescribed its use at the mass celebrating the Birth of the Lord (Christmas). 300 years later, Pope Symmachus ordered the hymn to be said every Sunday and on special feasts.

Although originally sung by the people in the early centuries of the Church, this hymn came to be considered of such importance that only the pope sang this hymn. In later years, bishops were slowly given the privilege to sing it on Christmas and special feasts. It was not until the 11th century that priests were permitted to chant this hymn during the liturgy.

While the essential form of the hymn remained the same, still verses were added, modified or deleted over the course of centuries until Pius V issued an edict forbidding any further changes to the text he promulgated as part of the Roman Missal of 1570. It was also during this era that choirs now began to be a principal source for singing the hymn, a practice that lasted until the reforms of Vatican II, when the assembly again was encouraged to participate in singing the hymn in its vernacular translation.

Known as the Great Doxology, this pean of praise to the Trinity is almost as ancient as the liturgy itself and is a witness to the lyric poetry that comes to us from the earliest of Christians. Truly, Glory to God in the highest and peace to his people on earth!!

—Deacon Bart Merella

Gloria in Excelsis Deo

Esta es la frase más familiar que típicamente asociamos con el himno de alabanza que se canta cada domingo como parte del rito de entrada de la misa. Otro momento es cuando lo oímos proclamar en uno de los textos de las escrituras tradicionales leídos en Navidad, expresamente en el Evangelio de Lucas. A través de los siglos ha sido tema de piezas corales magníficas por famosos y no famosos compositores.

Esta canción de alabanza tiene sus comienzos en el Antiguo Testamento antes de que Lucas siquiera concibiera su evangelio. Y a medida que la Iglesia se formó y creció a través de los siglos, también lo hizo este “*hymnus angelicus*.” Desde sus simples comienzos en el texto de Lucas, la Iglesia añadió frases durante los dos primeros siglos y llegó a ser el himno Trinitario de alabanza que escuchamos ahora. Su texto en los primeros tiempos en griego, nos vino de la iglesia bizantina, luego traducido al latín en el año 366 después de Cristo. Pero ya sea en la forma griega o latín, su primer uso en la Iglesia puede ser localizado en el año 129 después de Cristo, cuando el Papa Telesphorus prescribió su uso en la misa celebrando el Nacimiento del Señor (Navidad). 300 años después, el Papa Symmachus ordenó que el himno fuera dicho en cada domingo y fiestas especiales.

Aunque originalmente fue cantado en los siglos primeros de la Iglesia, este himno vino a ser considerado de tal importancia que solo el Papa cantaba este himno. En años más tarde, los obispos tuvieron el privilegio de cantarlo en Navidad y ocasiones especiales. No fue hasta el siglo XI, que a los sacerdotes se les fue permitido el cantar este himno durante la liturgia.

Mientras que la forma esencial del himno permaneció lo mismo, algunos versos fueron añadidos, modificados o quitados a través de los siglos hasta que Pio V, publicó un edicto prohibiendo más cambios al texto que el promulgó como parte del Misal Romano en el 1570. Fue también durante esta era, que los coros empezaron a ser una fuente principal para cantar el himno, una práctica que duró hasta la reforma del Vaticano II, cuando la asamblea de nuevo, fue animada a participar en cantar el himno en su traducción original.

Conocida como la gran fórmula, este elemento de alabanza a la Trinidad es casi tan antigua como su liturgia y es un testigo a la poesía lírica que viene a nosotros de los primeros cristianos. Verdaderamente, ¡Gloria a Dios en el Cielo y paz a los hombres en la tierra!

—Diácono Bart Merella

St. Matthew's Social Justice Committee Announces:



Adopt-A-Family Program School Supply Drive



July 26 and August 2, 2015
All Sunday Masses

The Adopt-A-Family Program provides material assistance throughout the year to families from low-income households that belong to our parish. We will be collecting school supplies for the children of these families to help them have a successful school year.

Please bring any of the items listed below to Mass on July 25 & 26 and August 1 & 2. Items must be new. Volunteers will collect monetary donations and school supplies at the main entrance of the Cathedral. You may also turn in your contribution to the rectory.

Requested School Supplies:

Underlined items are especially needed. Please only donate what is listed below.

- ❖ **Backpacks**- for girls and boys, grades Pre-K to 12
- ❖ School box or zipper pouch for school supplies
- ❖ 1 ½ -2 inch, 3 ring binders
- ❖ Graphing paper
- ❖ Dividers
- ❖ Packs of loose leaf paper wide and college ruled
- ❖ 3x5 Index cards (white)
- ❖ Two-Pocket folders
- ❖ Black/blue ball point pens
- ❖ No. 2 pencils
- ❖ Box of markers or colored pencils
- ❖ Box of Crayons
- ❖ Child-safe scissors
- ❖ Spiral and composition notebooks
- ❖ Highlighters
- ❖ Pink erasers
- ❖ Glue sticks (no liquid glue)
- ❖ Compass
- ❖ Protractor
- ❖ Basic calculator
- ❖ Box of tissues
- ❖ Ruler (inches & centimeters)
- ❖ \$20 Gift Cards (Staples, CVS)

Volunteers are Needed:

- July 25/26 and August 1/2 for 10 minutes before and after a Mass to collect donations.
- August 3, at 6:45pm: Help with inventory of donations.
- August 5, at 6:45pm: Help assemble backpacks.
- August 8, at 10:30am: Help distribute backpacks to families.

Questions? Interested in volunteering? Contact Fr. Rafael Barbieri or Norma Canedo at (202) 347-3215 or by email at socialjustice@stmatthewscathedral.org.

El Comité de Justicia Social de San Mateo Anuncia:



Programa Adopte-Una-Familia Colecta de Útiles Escolares



26 de julio y 2 de agosto de 2015

Misas del domingo

El programa Adopte-Una-Familia provee ayuda con las necesidades materiales de familias de bajos recursos de nuestra parroquia durante todo el año. Recogeremos útiles escolares para los hijos de estas familias para ayudarlos en tener un exitoso año escolar.

Por favor traigan cualquiera de los artículos mencionados abajo a la Misa el 25 & 26 de julio y 1 & 2 de agosto. Los artículos deben ser nuevos. Voluntarios recogerán donaciones monetarias y útiles escolares en la entrada central de la Catedral. También puede dejar sus contribuciones en la rectoría.

Artículos Deseados:

Los artículos subrayados son especialmente necesitados. Por favor solo done lo que se pide abajo.

- | | | |
|---|--|--|
| ❖ <u>Mochilas</u> – para niñas y niños, grados PreK a 12 | ❖ <u>Carpetas de dos bolsillos</u> | ❖ Barras de pegamento (no de líquido) |
| ❖ Caja o porta-todo para útiles escolares | ❖ Bolígrafos azules/negros | ❖ Compás |
| ❖ <u>Encuadernadores de 1 ½-2 pulgadas, 3 argollas</u> | ❖ <u>Lápices #2</u> | ❖ Transportador |
| ❖ Papel cuadriculado | ❖ <u>Caja de marcadores o Lápices de color</u> | ❖ Calculadora simple |
| ❖ Separadores de papel | ❖ <u>Caja de crayones</u> | ❖ Caja de papel de nariz |
| ❖ <u>Paquetes de hojas sueltas enrayadas (estilos Wide & College)</u> | ❖ Tijeras de niños | ❖ Regla (pulgadas y centímetros) |
| ❖ 3x5 tarjetas de índice | ❖ <u>Cuadernos de papel rayado</u> | ❖ Tarjetas de regalo de \$20 (Staples y CVS) |
| | ❖ Rotuladores | |
| | ❖ Borradores rosados | |

Se Necesitan Voluntarios:

- Julio 25/26 y agosto 1/2: ayudar a recoger donaciones 10 minutos antes y después de la Misa.
- Agosto 3, a las 6:45 de la tarde: Ayudar a organizar las donaciones.
- Agosto 5, a las 6:45 de la tarde: Ayudar a llenar mochilas con útiles.
- Agosto 8, a las 10:30 de la mañana: Ayudar a repartir las mochilas a las familias.

¿Preguntas? ¿Interesado en servir como voluntario? Contacte a P. Rafael Barbieri o a Norma Canedo al (202) 347-3215 o socialjustice@stmatthewscathedral.org.