

## READINGS FOR AUGUST 28

**A** *more distinguished guest . . . (Luke 14:8)*  
In the second century AD, the scientist/ astronomer Claudius Ptolemy presented a model of the solar system that stated that the Earth was the center of the universe. About 1,400 years later, another astronomer, Nicolaus Copernicus, overturned Ptolemy's model and taught that Earth revolved around the sun and not the other way around.

Just as Copernicus upended Ptolemy's teaching, Jesus upends our assumptions. Every day he asks us, "Who is the center of your life? Are you living under my rule or under yours?"

Using the Ptolemaic system as a model, we might say, "I choose to be the center of my universe." Living under that model tends to make us self-centered, even if we appear to be good and upright. It can move us to ignore our weaknesses, take all the credit for our goodness, and never submit to Jesus' rule.

Using the Copernican model, we might say, "Jesus is at the center of my universe." We place him at the center when we realize that although he was perfect as the Son of God, he became a man and died to rescue us from sin. We place him at the center when we realize, not only that he loved us even unto death, but also that he has been raised up and is now Lord of heaven and earth (Philippians 2:6-11).

Of course, it's humbling to say, "Jesus, I want you to be at the center of my life." These words are opposed to our fallen nature. Yet the more we begin each day by praying these words, the more we will find ourselves filled with an incredible peace. We will also find a grace-filled determination to place our lives—every thought and every action—under Jesus' rule so that we can give him glory.

Jesus is the most distinguished Person ever to live in our hearts. Let's treat him like the royal Guest that he is.

*"Jesus, you are my Lord and my God. Come and reign in me."*

Taken from *The Word Among Us*, July/August 2016, Vol. 35, Number 7: Used with permission.

## THIS WEEK'S READINGS

**Sunday 28** Sir 3:17-18,20,28-29 / Heb 12:18-19,22-24 / Lk 14:1,7-14

**Monday 29** 1 Cor 2:1-5 / Mk 6:17-29  
*The Passion of St. John the Baptist*

**Tuesday 30** 1 Cor 2:10-16 / Lk 4:31-37

**Wednesday 31** 1 Cor 3:1-9 / Lk 4:38-44

**Thursday 1** 1 Cor 3:18-23 / Lk 5:1-11

**Friday 2** 1 Cor 4:1-5 / Lk 5:33-39

**Saturday 3** 1 Cor 4:6-15 / Lk 6:1-5  
*St. Gregory the Great*

## 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 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 August 28 - September 3

**Monday 29**—The Social Justice & Community Services Committee meets at 6:45pm in the East Conference Room.

**Tuesday 30**—El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.

**Wednesday 31**—RCIA meets in the North Conference Room at 7pm.

**Thursday 1**—**The 7am weekday Mass resumes.**

**Friday 2**—**First Friday Exposition and Adoration of the Blessed Sacrament** is held after the 12:10pm Mass till 5pm.

**Saturday 3**—**First Saturday Devotions** are held after the 12:10pm Mass, followed by Hospitality in the West Conference Room.

## JUBILEE OF MERCY

**22<sup>nd</sup> Sunday in Ordinary Time** – "The Jubilee is a year-long celebration, in which every moment becomes a chance for us to grow in holiness. It is a time when we can discover that life together as brothers and sisters is like a great party, perhaps the most beautiful party we can imagine, the endless party that Jesus has taught us to celebrate by his Spirit. The Jubilee is the party to which Jesus invites us all, without excluding anyone... 'Merciful like the Father'. This is the theme of the Jubilee, but it is also the prayer we make for all of you as we welcome you in the name of Jesus. To be merciful means to grow in a love which is courageous, generous and real. It means to grow physically and spiritually. You are preparing to be Christians capable of making courageous choices and decisions, in order to build daily, even through little things, a world of peace." (Pope Francis, 6 January 2016) *Celebrate God's mercy with us this year at [mercy.adw.org](http://mercy.adw.org).*

## READINGS FOR SEPTEMBER 4

**W**hich of you wishing to construct a tower does not first sit down and calculate the cost? (Luke 14:28)  
 Few of us have needed to build a tower, much less review troops before battle. But we all have plans that require us to assess our resources. *Do I have what it takes to get that degree? . . . to care for a foster child or elderly relative? . . . to lead that Bible study in my parish?*

The woman being canonized today certainly had what it takes. As she made her life “something beautiful for God,” St.



Teresa of Calcutta showed the determination that is the hallmark of every disciple. “The first step to becoming holy,” she once said, “is to will it.”

This can sound intimidating, especially if you don’t see yourself as a particularly determined person. But Jesus wants to share the secret that Mother Teresa and every other saint discovered: sheer willpower isn’t the whole story. The

truly critical factor is God’s desire.

If you want your life to be something beautiful for God, know that he wants the same thing. Know also that he has all the grace you need to accomplish it. He has filled you with his Spirit; he gives you his Body and Blood at Mass; he walks beside you every day, helping you when you stumble and cheering you on when you succeed. He is 100 percent behind your desire to build a “tower” that glorifies him.

So whenever you sit down to calculate the cost of following Jesus—especially when that cost seems too high—take comfort from these words from St. Teresa of Calcutta:

You belong to him. Nothing can separate you from him. That one sentence is important to remember. He will be your joy, your strength. If you hold onto that sentence, temptations and difficulties will come, but nothing will break you. . . . My prayer for you is that you . . . answer Jesus’ call to you with the simple word, “Yes.”

*“Jesus, I say yes! I will follow you no matter the cost.”*

Taken from *The Word Among Us*, September 20156 Vol. 35, Number 8: Used with permission.

## THIS WEEK’S READINGS

<b>Sunday 4</b>	Wis 9:13-18 / Phil 9-10,12-17 / Lk 14:25-33
<b>Monday 5</b>	1 Cor 5:1-8 / Lk 6:6-11
<b>Tuesday 6</b>	1 Cor 6:1-11 / Lk 6:12-19
<b>Wednesday 7</b>	1 Cor 7:25-31 / Lk 6:20-26
<b>Thursday 8</b>	Mi 5:1-4 / Mt 1:1-16,18-23
	<i>The Nativity of the Blessed Virgin Mary</i>
<b>Friday 9</b>	1 Cor 9:16-19,22-27 / Lk 6:39-42
	<i>St. Peter Claver</i>
<b>Saturday 10</b>	1 Cor 10:14-22 / Lk 6:43-49
<b>Sunday 11</b>	Ex 32:7-11,13-14 / 1 Ti 1:12-17 / Lk 15:1-32



Mother Teresa, pictured above during her July 9, 1974 visit to St. Matthew’s, will be canonized Sunday, September 4 at the Vatican. St. Teresa of Calcutta, pray for us!

## PARISH CALENDAR

### September 4 - 11

**Sunday 4**—A second collection for Cathedral maintenance is taken at all Masses.

Padre Rafael tendrá las confesiones después de la misa de 1 de la tarde.

**Monday 5**—Labor Day, a Federal holiday.

Masses are at 8am and 12:10pm with no Confessions. The Cathedral opens at 7:30am and closes after the 12:10pm Mass.

The parish offices are closed.

**Tuesday 6**—The Married Couples Group meets in the North Conference Room at 6:30pm.

The Parish Council meets at 6:45pm in the East Conference Room.

El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.

**Wednesday 7**—RCIA meets in the North Conference Room at 7pm.

**Sunday 11**—A second collection for the Catholic University of America is taken at all Masses.

The Health & Wellness Fair is held in the North and East Conference

Rooms from 9:30am to 3:30pm.

Padre Rafael tendrá las confesiones después de la misa de 1 de la tarde.

Always God’s Children meets in the West Conference Room at 3:30pm.



**The 7am weekday Mass resumes Thursday, September 1.**

## FAITH FORMATION

**Registration for Children's Sunday Faith Formation 2016-2017** – You may download a registration packet for Children's Faith Formation classes from a link on the front page of the parish website, or click [here](#).

**Cathedral Book Club** – The Book Club will meet Monday, **September 12**, 6:45 to 8pm, in the West Conference Room to discuss *The Birth of Modern Politics: Andrew Jackson, John Quincy Adams, and the Election of 1828*, by Lynn Parsons. This has been a fine summer reading preview of many aspects of the recent presidential conventions and campaigns, already mirrored in the presidential battle nearly two centuries ago! All are welcome.

**Still Time to Respond to Faith Formation Survey** – St. Matthew's Faith Formation Committee seeks your support to better understand our faith formation needs as a community. Please complete this brief online survey at <https://www.surveymonkey.com/r/CathedralFF> or leave a completed copy at the rectory. Thank you for your participation.

**Returning and Inactive Catholics** – Welcome! If you are a Catholic who has been away, we invite you to be an active part of us again. **LANDINGS** is an eight-week series that offers “a safe place to land,” a place for listening and being heard, a place for asking questions and reconnecting with the faith as an adult. If you or someone you know is interested, please contact Deacon Stuart Wilson-Smith, C.S.P. at [swilsonsmith@paulist.org](mailto:swilsonsmith@paulist.org). Our next 8-week series starts **September 25**.

**Adult Confirmation 2017 Preparation** – Each spring, St. Matthew's offers adult Confirmation

preparation for active, baptized Catholics who already have received their First Eucharist. Registration forms are available in the rectory and on the parish website. Contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at [tprymuszewski@stmatthewscathedral.org](mailto:tprymuszewski@stmatthewscathedral.org) for more information.

### Pope Francis' Prayer Intentions for September –

Please join in prayer for Pope Francis' intentions for September: that each may contribute to the common good and to the building of a society that places the human person at the center; and that by participating in the Sacraments and meditating on Scripture, Christians may become more aware of their mission to evangelize.

## MUSIC

### Volunteer Opportunity

### Volunteer in the Liturgy and Music Office

The Liturgy and Music office seeks a reliable office volunteer who has experience in word processing, copy editing and proofreading, and is proficient in Microsoft Word and Publisher. The successful candidate will be able to be present most Thursdays for six to eight hours in a dedicated office and work without constant supervision. Familiarity with Roman Catholic liturgy is preferred. For more information, contact Thomas Stehle, Pastoral Associate for Liturgy and Director of Music Ministries, at [tstehle@stmatthewscathedral.org](mailto:tstehle@stmatthewscathedral.org).

### Schola Cantorum Tenor Openings

– There are a limited number of openings for the Fall in the *Schola Cantorum* for tenors. Prospective

singers must have significant adult choral experience, good sight-reading skills, and a pleasant, agile voice. The commitment of time and focused energy is significant, particularly at Christmas and during Holy Week. Rehearsals are Wednesday evenings, 6:45-8:45pm, beginning August 31 preparing for the first choral Sunday, September 11. Contact Thomas Stehle (contact info above).

### Choir Forming for the Sunday Spanish Mass

– Do people admire your singing voice? Why not consider using your musical gifts as a member of the choir for the Spanish Mass? We plan to build and strengthen this music ministry, with the first rehearsal on Thursday, **September 1** at 7:10pm. Please see the Director of the Choir after the 1pm Mass or contact her at [christine.stmatthews@gmail.com](mailto:christine.stmatthews@gmail.com) for more information.

## LITURGY UPDATE

### Liturgical Ministry Recruiting

– A special recruiting appeal for our liturgical ministries will be conducted **at all Masses on the weekend of September 17-18**. Following brief remarks, parishioners will be invited to indicate their interest in volunteering as a server, lector, or hospitality or communion minister by completing and handing in a form in the pews (also to be available in the bulletin). Those responding will be contacted by a Parish Council Stewardship Committee member to confirm their interest. Volunteers will be notified by the responsible Ministry Coordinator about ministry training. **If you are absent on the weekend of September 17-18** and are interested, please contact David Willis ([dwwillis1950@gmail.com](mailto:dwwillis1950@gmail.com)) or Deacon Merella ([bmerella@verizon.net](mailto:bmerella@verizon.net)) to volunteer or obtain more information.



## NEWS AND NOTES

### Prayers for Ordination to the Diaconate – Stuart Wilson-Smith, C.S.P. is a

seminarian studying for the priesthood with the Missionary Society of St. Paul the Apostle (Paulist Fathers). We are delighted to welcome him back for a second year of ministry at St. Matthew's. Stu will make his Final Profession with the Paulists on Friday, **September 2** at 5pm at St. Vincent de Paul Chapel on the campus of the Catholic University of America, and will be ordained to the transitional Diaconate on Saturday, **September 3** at 10am in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception. He will serve his first Mass as deacon and homilist on Sunday, **September 4** at St. Matthew's 11:30am Mass. All are welcome.

Stu was born in Kentville, Nova Scotia, and was raised in the neighbouring Province of New Brunswick. Taking up the drums at age 12, he played in rock bands through his early twenties and eventually formed his own band. After high school, he began working toward a Bachelor's degree at the University of Toronto, studying history and philosophy. Between his studies he lived and worked in Ireland (2003-05), and backpacked in South and East Africa. After holding jobs in restaurants, security, and musical instrument sales, he discerned a vocation as a missionary priest with the Paulist Fathers, entering the novitiate in 2011. His ministerial experiences in priestly formation have included hospital chaplaincy, a year of campus ministry, and writing for *Busted Halo*, an online magazine for young adults in their 20s and 30s.



Stu looks forward to continuing in a variety of ministerial opportunities at St. Matthew's, including service to the Cathedral Young Adults, marriage preparation, and now as Coordinator of "Landings," a small group ministry for welcoming returning Catholics. He anticipates continuing to be inspired by the richness and holiness in the lives of those who call St. Matthew's their church home, and those who do not as yet.

*Please pray for Stu as he prepares for his ordination to the diaconate.*

**Thank you! – Back-to-School Drive** – The Social Justice Committee thanks the many volunteers and donors of the Adopt-A-Family Program's Back-to-School Drive. We received countless essential items such as backpacks, pens, pencils, paper, rulers, markers, and much more, which benefitted 104 children with backpacks filled with all of the tools they need to start the new school year ready for academic success.

**First Friday and First Saturday – All are welcome** – First Friday Exposition and Adoration of the Blessed Sacrament will be held on **September 2** following the 12:10pm Mass until 5pm in the Blessed Sacrament Chapel, to the left of the sanctuary. On Saturday, **September 3**, First Saturday Devotions will be held after the 12:10pm Mass, followed by Hospitality in the West Conference Room.

**Interested in a Parish Pilgrimage to INDIA?** – Msgr. Jameson seeks expressions of initial interest in joining a possible 8-10 day parish pilgrimage to India in **April 2017**, to include Mumbai (modern-day Bombay), Agra, and possibly Jaipur and New Delhi. While visiting St. Matthew's, [Cardinal Gracias](#), Archbishop of Bombay, has invited

Msgr. Jameson to visit his wonderful country. Parishioners and friends may contact Msgr. Jameson at [rjameson@stmatthewscathedral.org](mailto:rjameson@stmatthewscathedral.org)

**Call for Volunteers** – Enjoy telling people about St. Matthew's? Whether you have a few minutes or a few hours each month, you can help promote St. Matthew's activities to the parish community and the general public. For more information, contact Communications Committee Chair Carmen Mezzera at [carmen.iezzi@gmail.com](mailto:carmen.iezzi@gmail.com).

### Volunteer Opportunities

**Ready to Serve your Community and Share the Joy?** – The Hospitality Committee needs additional volunteers to sustain and expand current events and outreach. Specifically, we are looking to fill roles of vice chair, graphics/newsletter coordinator, food/supply coordinator, and additional day-of volunteers for Hospitality Sundays. Time commitments vary from 1 to several hours per month. To learn more, contact Nicole Whitney at 814-397-1821 or [StMattsHospitality@gmail.com](mailto:StMattsHospitality@gmail.com).

## AROUND THE ARCHDIOCESE

**Program on Domestic Violence and Abuse** – The Archdiocesan Council of Catholic Women (ACCW) will present a program on domestic violence and abuse on Saturday, **September 17**, 9am to Noon (including Mass) at St. Catherine Labouré Church, (11801 Claridge Road, Wheaton, MD), focusing on how individuals, organizations and parishes can respond. Register at [archdiocesecw@gmail.com](mailto:archdiocesecw@gmail.com), or call Carmen Boston at 301-984-3934.

## LECTURAS DEL 28 DE AGOSTO

**H**ay una actitud que la sociedad por lo general no promueve: la humildad. Esto se debe en gran medida a que el mundo no comprende lo que es la humildad. Ante todo, la humildad entraña fe y confianza en Dios, de la misma manera que lo opuesto, la arrogancia, es esencialmente gloriarse de sí mismo y menospreciar a Dios. Una persona humilde cree que Dios es bueno y encuentra la fortaleza necesaria para perseverar en medio de fuertes tentaciones y terribles pruebas; en cambio, el arrogante se distancia de Dios y se encierra en su propia burbuja egocéntrica incapaz de resistir las dificultades ni comprender el significado del sufrimiento.

La esencia de la humildad radica en saber que somos beneficiarios de la generosa e inmerecida misericordia de Dios. Cuando conocemos el amor generoso y compasivo de Jesús, nos damos cuenta de que, en realidad, somos mendigos y no diferentes de aquellas personas que para el mundo son insignificantes; nos damos cuenta de que todos somos hermanos y que estamos llamados a ser solidarios también con los que ocupan “el último lugar” y compartir con ellos el amor que hemos recibido.

Jesús es el ejemplo perfecto de humildad. Fue tan humilde que se hizo llamar hermano nuestro y se identificó con la condición pecadora y la debilidad del género humano, hasta hacerse hombre como nosotros, con el fin de salvarnos. De la misma forma, Jesús nos pide que tengamos la humildad necesaria para aceptar como hermanos a los necesitados y atender a sus necesidades. Jesús siempre vela por nuestros intereses, y nos pide que hagamos lo mismo por el prójimo (Filipenses 2, 4).

En la Misa de hoy, pídele al Señor que te muestre el precio que él pagó para librarte del pecado y deja que su amor te mueva a compartir ese amor con cuantos te rodean. Que todos nos comprometamos a ayudar a nuestros hermanos, para que juntos glorifiquemos a Jesús, ¡nuestro humilde Redentor!

*“Señor, enséñame a confiar hoy en tu voluntad y ayúdame a amar y cuidar a quienes tú pongas en mi camino.”*

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## LECTURAS DE LA SEMANA

**Domingo 28** Ecl 3:17-18,20, 28-29 / Heb 12:18-19,22-24 / Lc 14:1,7-14

**Lunes 29** 1 Cor 2:1-5 / Mc 6:17-29

*El Martirio de san Juan Bautista*

**Martes 30** 1 Cor 2:10-16 / Lc 4:31-37

**Miércoles 31** 1 Cor 3:1-9 / Lc 4:38-44

**Jueves 1** 1 Cor 3:18-23 / Lc 5:1-11

**Viernes 2** 1 Cor 4:1-5 / Lc 5:33-39

**Sábado 3** 1 Cor 4:6-15 / Lc 6:1-5

*San Gregorio Magno*

## ¡BIENVENIDOS!

Visitantes de la Catedral, queremos que sepan que son bienvenidos; bien sea que hayan venido de otra parte del país, del otro lado del mundo, o de otra parroquia del área de Washington.

Gracias por orar con nosotros. Gracias también por su generosidad, la cual nos ayuda a celebrar nuestras Liturgias de una forma especial y nos permite ofrecer una gran variedad de servicios a personas necesitadas en el área de Washington, DC. ¡Disfrute su visita!

## NOTICIAS DE LA PARROQUIA

**¡Muchas gracias! - Colecta de Regreso a la Escuela** – El Comité de Justicia Social quiere agradecer a todos quienes apoyaron con su tiempo de voluntariado y con sus donaciones a la colecta de regreso a la escuela del Programa de Adopte una Familia. Recibimos mochilas y varios útiles esenciales como lápices, bolígrafos, reglas, papel de escribir, marcadores y mucho más. Gracias a su generosidad, pudimos proveer a 104 niños con mochilas llenas de las herramientas necesarias para ayudar a sus niños a empezar el nuevo año escolar, listos para el éxito académico.

**Primer Viernes y Primer Sábado** – Primer viernes de Exposición y Adoración del Santísimo Sacramento se celebrará después de la misa 12:10 del mediodía hasta 5:00 de la tarde el viernes **2 de septiembre** en la capilla del Santísimo Sacramento, situada a la izquierda del santuario. Todos son bienvenidos a venir y adorar a nuestro Señor.

El sábado **3 de septiembre** 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.



*Se les recuerda a todas las personas que deseen ofrecer misas por sus difuntos, que tienen que reservarlas por lo menos con tres meses de antelación debido a que solo tenemos una misa en español.*

## LECTURAS DEL 4 DE SEPTIEMBRE

Una multitud de pobres, ciegos, lisiados, curiosos, discípulos y gente de todas partes seguían a Jesús cuando él se trasladaba de un lugar a otro. El entusiasmo de la gente era contagioso y muchos se sentían inclinados a seguirlo. Sin querer atemorizar a nadie, Cristo decía claramente que aquellos que desearan ser discípulos suyos debían demostrar fidelidad y sacrificio.

En efecto, cuantos quieran ser discípulos están llamados a imitar al Señor en su fidelidad, su espíritu de servicio, y su abnegación durante toda la vida, pese al rechazo, incluso de sus propios familiares, pero sabiendo que el Espíritu Santo les da fuerzas y gozo.

Jesús se dirigía a Jerusalén, dispuesto a entregar su vida en el Calvario, e invitaba a sus discípulos a cargar también la cruz junto con él. El discipulado no es fácil, porque el cristiano auténtico tiene que aprender a imitar a Cristo en sus acciones y actitudes y seguirlo hasta la cruz.

Ahora bien, para darle al Señor Jesús el lugar más importante en nuestra vida y valorarlo más que todos los bienes materiales o cualquier otro valor, se necesita una fe y una fidelidad que sólo provienen de Dios. En la primera lectura de hoy, del libro de la Sabiduría, encontramos una oración que expresa la humildad de reconocer la absoluta necesidad que tenemos del Espíritu Santo (Sabiduría 9, 17) para discernir, aceptar y hacer la voluntad del Señor. Esta sabiduría nos libra del razonamiento terrenal y de la corriente de nuestros afanes egocéntricos. Es preciso ver el mundo a la luz de la eternidad y orar con el salmista: “[Señor,] enséñanos a calcular nuestros años, para que adquiramos un corazón sensato” (Salmo 90(89), 12).

¿Estás tú, hermano, dispuesto a acatar la invitación de Cristo? Para ser discípulos genuinos, hay que estar dispuestos a aceptar el riesgo, el costo y el peso que ello supone, y confiar también que Dios nos fortalezca. Recordemos que si somos fieles, Dios nos concederá la corona de la vida (Apocalipsis 3, 10).

*“Señor mío Jesucristo, quiero seguirte con decisión y entusiasmo y, con tu gracia, estoy dispuesto a cargar mi cruz como auténtico discípulo tuyo.”*

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## LECTURAS DE LA SEMANA

<b>Domingo 4</b>	Sa 9:13-18 / Fil 9-10,12-17 / Lc 14:25-33
<b>Lunes 5</b>	1 Cor 5:1-8 / Lc 6:6-11
<b>Martes 6</b>	1 Cor 6:1-11 / Lc 6:12-19
<b>Miércoles 7</b>	1 Cor 7:25-31 / Lc 6:20-26
<b>Jueves 8</b>	Mi 5:1-4 / Mt 1:1-16,18-23
<i>Natividad de la Santísima Virgen María</i>	
<b>Viernes 9</b>	1 Cor 9:16-19,22-27 / Lc 6:39-42
<i>San Pedro Claver</i>	
<b>Sábado 10</b>	1 Cor 10:14-22 / Lc 6:43-49
<b>Domingo 11</b>	Éx 32:7-11,13-14 / 1 Tim 1:12-17 / Lc 15:1-32

## INTENCIONES DE MISAS MASS INTENTIONS August 28 - September 11

**Sunday, August 28**  
5:30pm Vigil (August 27)

- All Parishioners  
7am - Deacon Reginald Thomas  
8:30am - Mauricio Flores  
10am - Joaquín Piedras y Ogata Fuente  
11:30am - Charles D. Matzen  
1pm - Aulberto y Francisco Puerta  
5:30pm - Frank LaVerda

**Monday, August 29**  
8am - Yvello Seballos  
12:10pm - William Brady  
5:30pm - Catherine Phillips

**Tuesday, August 30**  
8am - Sarah Glynn  
12:10pm - Joseph & Elizabeth Conway  
5:30pm - Family Chanchez Aguilar (living)

**Wednesday, August 31**  
8am - Francisca Soc  
12:10pm - Lito R. Gorospe  
5:30pm - Mama Eddy

**Thursday, September 1**  
7am - Suzanne Granoski  
8am - Dexter Jerome Ledesma  
12:10pm - Berner Tomas Hernandez  
5:30pm - Ricardo Martínez

**Friday, September 2**  
7am - Thanksgiving  
8am - Thanksgiving  
12:10pm - Cooper Benda  
5:30pm - Marta Dominga Soc

**Saturday, September 3**  
8am - Brooksie, Bessie & Myrtle Banks  
12:10pm - Ricardo & Saki  
5:30pm - Moises Lopez

**Sunday, September 4**  
7am - All Parishioners  
8:30am - Tom Devane  
10am - Joseph Khill

11:30am - Mike Huber  
1pm - Sharon Riffel  
5:30pm - Daneen Palmer (living)

**Monday, September 5**  
8am - Américo Melean  
12:10pm - Michael Barahona (living)

**Tuesday, September 6**  
7am - Dorothy Samek  
8am - Modesta Nepomuceno  
12:10pm - Beato Espinas  
5:30pm - Olivia Byrne Sheridan

**Wednesday, September 7**  
7am - Ricardo Sleiman  
8am - Dale Earl Yingst  
12:10pm - Joseph & Elizabeth Conway  
5:30pm - Mary Ann O'Reilly

**Thursday, September 8**  
7am - Leonard J. Zelonis  
8am - Carmen Aranda (living)  
12:10pm - Sarah Glynn  
5:30pm - Eleanor Leslie

**Friday, September 9**  
7am - Bob Barker  
8am - Beato Espinas  
12:10pm - Lang Huy Ngo  
5:30pm - Doroteo Esplama

**Saturday, September 10**  
8am - Gertrude Dimal (living)  
12:10pm - Eamon Callanan  
5:30pm - Loretta Anne Fleming (living)

**Sunday, September 11**  
7am - Thanksgiving  
8:30am - All Parishioners  
10am - Berta Caceres  
11:30am - Erlinda Miranda  
1pm - Consuelo Pardo de Figueroa  
5:30pm - Graziella Salgado



## MÁS NOTICIAS DE LA PARROQUIA

### Intenciones del Papa Francisco para Septiembre de 2016

– Por favor, únase en oración por las intenciones del Papa Francisco en este mes de septiembre: para que cada uno contribuya al bien común, y la edificación de una sociedad que ponga a la persona en el lugar central; y para que participando en los sacramentos y meditación de las Escrituras, los cristianos sean más conscientes de su misión para evangelizar.

**¡Estén listos para caminar con Francisco 2.0!** – Al acercarse el primer aniversario de la visita de su Santidad el Papa Francisco a los Estados Unidos, Caridades Católicas les invita a participar en la caminata de compromiso de Francisco 2.0. Del **22 al 24 de septiembre**, planeen celebrar el aniversario de la visita papal con una promesa de volver a comprometerse, en oración, servicio y apoyo. Se invita a cada familia, parroquia o escuela católica a que hagan un compromiso de caminar con Francis 2.0 en honor del Papa Francisco y su ministerio en todo el mundo. Vea los próximos boletines para más información.

**Interesado en una Peregrinación Parroquial a la INDIA?** – Monseñor Jameson busca personas que estén interesadas en una posible peregrinación parroquial a la India en **abril de 2017**. El viaje sería de unos 8-10 días, a Mumbai (el Bombay moderno de hoy día), Agra (la casa del Taj Mahal y el lugar donde se hizo nuestro altar mayor) y posiblemente Jaipur y Nueva Delhi. Durante su visita a San Mateo, el [Cardenal Gracias](#), Arzobispo de Bombay, muchas veces ha invitado a Monseñor Jameson a visitar su maravilloso país. Feligreses y amigos pueden contactar a Monseñor Jameson a [rjameson@stmatthewscathedral.org](mailto:rjameson@stmatthewscathedral.org).

**Grupo de Oración** – El grupo de oración se reúne los martes a la 7:00 de la tarde en el salón de conferencias del Oeste. El objetivo del grupo es profundizar nuestra fe por medio de las Sagradas Escrituras. El grupo de Oración tendrá charlas programadas a través del año. El Tema de las charlas de otoño es: **“Ser Católico Hoy.”** Estas charlas están basadas en la carta pastoral del Cardenal Wuerl. La primera charla: **Debemos vivir como cristianos y discípulos de Cristo.** Significado de ser católico: *¿Qué valores surgen de nuestra identidad?*, será el martes **20 de septiembre**, en el salón de conferencia del Norte. El **Obispo Mario Dorsonville** será el invitado especial.

**Se está formando el Coro para la Misa de Español del Domingo** – Si la gente a menudo admira su voz al cantar,

¿por qué no considera el uso de sus dones musicales como miembro del coro para la misa de español? Estamos planeando construir y fortalecer este ministerio de música en septiembre. El primer ensayo será el jueves **1 de septiembre**, a las 7:10 de la tarde. Por favor hable con la directora del coro después de misa de español o para más información mande un correo electrónico a [christine.stmatthews@gmail.com](mailto:christine.stmatthews@gmail.com).

### Oportunidad para Voluntariado

#### ¿Quieres servir a tu comunidad y compartir alegría?

– El comité de Hospitalidad necesita más voluntarios para mantener y ampliar sus actividades y su labor de estar en contacto con la comunidad. En particular necesitamos personas para las siguientes funciones:



vicepresidente(a)  
coordinador(a) de elaboración de gráficos y volantes,  
coordinador(a) para alimentos y suministros, y voluntarios adicionales para los domingos en los que celebramos eventos de Hospitalidad. Dependiendo de la función que se desempeñe, el tiempo a invertir varía entre una y varias horas al mes. ¡Ponte en contacto con nosotros si deseas más información sobre como participar! Nuestra presidenta en la actualidad es Nicole Whitney, y puedes llamar al: 814-397-1821 o enviar un correo electrónico a [StMattsHospitality@gmail.com](mailto:StMattsHospitality@gmail.com).

#### Taller en español para Ministros de la Eucaristía

– Este taller es para instruir a las personas sobre cómo servir efectivamente como ministros dentro de la parroquia, así como a la hora de llevar la comunión a los enfermos. Este taller es sobre todo para aquellos que deseen obtener la certificación como ministro en la Arquidiócesis de Washington, pero está abierto a todos. El taller se llevará a cabo el sábado, **10 de septiembre** de 9 de la mañana a 12 mediodía en la Iglesia Sagrado Corazón en DC, **24 de septiembre** de 9 de la mañana a 12 mediodía en la Iglesia St. Peter en Waldorf, y **1 de octubre** de 9 de la mañana a 12 mediodía en la Iglesia San Miguel Arcángel en Silver Spring. Una cuota de inscripción de \$5 puede ser pagada en la puerta. Puede inscribirse: a [liturgy@adw.org](mailto:liturgy@adw.org) ó llame a la Sra. Maria Hamm 301-853-4594.

# RAISING CHILDREN OF FAITH

Good parenting involves vigilance, not obsession says Pope Francis in his apostolic exhortation *The Joy of Love*. Highlighting the role that parents play in the moral development of their children, he states that parents “should take up this essential role and carry it out consciously, enthusiastically, reasonably and appropriately” (AL, 259).

Parents need to be concerned with those influences to which their children are exposed. Moral education can lead children to grow in maturity and discipline so they are able to “act intelligently and prudently whenever they meet difficulties” (AL, 261). Vigilance always seeks to develop processes that strengthen and prepare children for challenges when they are apart from parents.

Vigilant parents are concerned not only with the physical spaces their children inhabit, and media influence, but are also concerned with “existential spaces” and seeks therefore to understand the convictions, goals, desires and dreams of their children.

Pope Francis offers three questions for parents to consider:

- Do we seek to understand “where” our children really are in their journey?
- Where is their soul, do we really know?
- And above all, do we want to know?

To answer these questions, parents must find opportunities to speak of important things as husband and wife, as well as with their children. Families should cultivate a multitude of healthy ways to spend time, and encourage in critical thinking regarding media.

## KEY ELEMENTS OF ETHICAL FORMATION:

While parents are free to choose Catholic Schools or parish religious education programs to support them in the moral development of their children, “a person’s affective and ethical development is ultimately grounded in a particular experience, namely, that his or her parents can be trusted” (AL, 263) as such, real moral formation takes place in the family setting.

Pope Francis highlights the following 6 considerations for educating children.

### 1. HELP CHILDREN LEARN TO DEVELOP GOOD HABITS

In the family, children should be encouraged to practice good habits. Habits become interiorized into values which then motivate consistent ways of acting. Thus good habits become virtue, “a conviction that has become a steadfast inner principle of operation” (AL, 267). Likewise, bad habits lead to vice.

### 2. TEACH CHILDREN TO UNDERSTAND THAT ACTIONS HAVE CONSEQUENCES

Children need both praise and correction. Even the youngest children can be trained to ask for forgiveness and repair harm they have caused others. Parents should encourage children to consider the consequences of their words and actions and when a child does something wrong, the behavior should be corrected. Correction is an “incentive whenever children’s efforts are appreciated and acknowledged, and they sense their parents’ constant, patient trust” (AL, 269). Discipline should be used as a stimulus to further progress not to discourage children.

“The family is the first school of human values, where we learn the wise use of freedom...It is where we first learn to relate to others, to listen to share, to be patient and show respect, to help one another and live as one” (AL, 274, 276).



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### 3. PROPOSE VALUES WITH PATIENT REALISM

Moral education should be presented in a manner appropriate to the age of the young person. Here, Pope Francis remarks, "Ordinarily this is done by proposing small steps that can be understood, accepted and appreciated, while including a proportionate sacrifice" (AL, 271). Parents should instill in their children a moral conscience that reflects God's law as found in Scripture and teachings of the Church.

### 4. USE DAILY FAMILY LIFE TO MODEL AND PRACTICE SELF-MASTERY

Family is the first experience of society that children encounter. It is here that "we first learn to relate to others, to listen and share, to be patient and show respect, to help one another and live as one" (AL, 275). Everyday the family has opportunities to practice care for others, rethink our habits of consumption and care for the environment as our home.

### 5. DO NOT TRIVIALIZE THE IMPORTANCE OF SEX EDUCATION

In a culture that trivializes sexuality, parents need to provide "positive and prudent" sex education to their children that is understood in the "broader framework of an education for love, for mutual self-giving" (AL, 280). Modesty has immense value in helping children to avoid reducing affection and sexuality "to an obsession with genitality and unhealthy behaviors that distort our capacity for love" (AL, 212).

Children should learn appreciation for the way their body is created and respect the complementary design of being created male and female, "for thinking that we enjoy absolute power over our bodies turns, often subtly, into thinking that we enjoy absolute power over creation" (AL, 285).

### 6. MAKE PASSING ON THE FAITH A PRIORITY

In baptism the gift of faith is received, parents are to help that gift of faith grow, "In all families, the Good News needs to resound, in good times and in bad, as a source of light along the way" (AL, 290). Prayer is a lived expression of faith and nurtures our relationship with God; therefore, "it is essential that children actually see that, for their parents, prayer is something truly important" (AL, 288). Parents teach children the importance of their faith through witness of service to the poor and marginalized, protection of creation and promoting common good through the spiritual and corporal works of mercy.

"All of us should be able to say, thanks to the experience of our life in the family: 'We come to believe in the love that God has for us'" (AL, 290).



**THIS WEEK:** Introduce prayer into your child's life by asking them to name their blessings before bedtime and thank God together for the joys in their life.

To read more visit [VisibleSign.org](http://VisibleSign.org).

THIS SEVEN-PART SERIES OF BULLETIN INSERTS IS AIMED AT HELPING INDIVIDUALS REFLECT UPON POPE FRANCIS' APOSTOLIC EXHORTATION, *AMORIS LAETITIA (ON LOVE IN THE FAMILY)*.



CATHEDRAL OF ST. MATTHEW THE APOSTLE

# HEALTH & WELLNESS FAIR

## SUNDAY, SEPTEMBER 11<sup>TH</sup>

### 9:30AM – 3:30PM

NORTH & EAST CONFERENCE ROOMS

### 1725 Rhode Island Avenue, N.W.

#### HEALTH SCREENINGS

- BLOOD PRESSURE
- CHOLESTEROL & GLUCOSE\*
- HIV TESTING
- BONE DENSITY
- BODY COMPOSITION
- DENTAL SERVICES
- BALANCE & STRENGTH
- FLU SHOTS\*

#### HEALTH EDUCATION

- NUTRITION
- DIABETES
- CANCER PREVENTION
- WOMEN’S HEALTH
- HEALTH CONSULTATIONS
- INFORMATION PROVIDED IN  
ENGLISH & SPANISH

#### VISION CARE

- COMPREHENSIVE EYE EXAMS  
W/REFRACTIONS
- VISION SCREENINGS
- DIABETIC RETINOPATHY AND  
GLAUCOMA

\*All services are **FREE** with the exception of the following:

- Cholesterol screening (\$15)
- Flu Shots (\$25)



Questions? Contact Gregg Glotnis at [gglotnis@verizon.net](mailto:gglotnis@verizon.net). Cathedral rectory: (202) 347-3215.



CATEDRAL DE SAN MATEO APÓSTOL

# FERIA DE SALUD Y BIENSTAR

## DOMINGO, 11 DE SEPTIEMBRE

9:30 DE LA MAÑANA – 3:30 DE LA TARDE

SALONES DE CONFERENCIAS DEL NORTE & DEL ESTE

**1725 Rhode Island Avenue, N.W.**

### EXÁMENES DE SALUD

- PRESIÓN ARTERIAL
- COLESTEROL & GLUCOSA\*
- VIH/SIDA
- DENSIDAD ÓSEA
- COMPOSICIÓN CORPORAL
- SERVICIOS DENTALES
- BALANCE & FUERZA
- VACUNAS DE GRIPE\*

### EDUCACIÓN

- NUTRICIÓN
- DIABETES
- PREVENCIÓN DEL CÁNCER
- SALUD FEMENINA
- CONSULTAS MEDICAS
- INFORMACIÓN EN INGLÉS Y ESPAÑOL

### ATENCIÓN DE LA VISTA

- EXAMEN OCULAR INTEGRAL CON PRUEBA DE REFRACCIÓN
- EXÁMENES DE VISIÓN
- RETINOPATÍA DIABÉTICA Y EXAMEN DE GLAUCOMA

\*Todos los servicios serán **GRATUITOS** con la excepción de lo siguiente:

- Examen de colesterol (\$15)
- Vacuna contra la gripe (\$25)



¿Preguntas? Contacte a Gregg Glotnis at [gglotnis@verizon.net](mailto:gglotnis@verizon.net). Rectoria: (202) 347-3215.





**Cathedral of St. Matthew the Apostle**  
**English as a Second Language Program**  
**Programa de Inglés como Segundo Idioma**



The English as a Second Language (ESL) Program forms part of the Cathedral's Social Justice & Community Services Ministries.

This all-volunteer program provides English language instruction to adults (ages 18 and up) during three semesters each year: Fall, Spring, and Summer. Language instruction is provided at St. Matthew's Education Center, 1726 N Street, NW.

### **FALL SEMESTER OF ESL 2016**

The 13-week fall semester will extend from **September 13 to December 15, 2016**. During this period, classes will be held Tuesday, Wednesday, and Thursday evenings from 6:30pm to 8:30pm, with optional tutoring from 6:00pm to 6:30pm. Language instruction will be provided at Level 1 (Beginner) through Level 5 (Advanced). **Students for all levels may register in person, starting Thursday, September 8, between 6:00pm and 8:00pm, at St. Matthew's Education Center.** At registration, each student will be assessed to determine the appropriate class level in which he/she will be placed. **The cost of the 13-week semester is \$40.**

**For more information**, visit the Cathedral website and click on "English Language Classes" under the "Social Justice" tab, or contact Molly Egilsrud at [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com).

El Programa de Inglés como Segundo Idioma (ESL, por sus siglas en inglés) forma parte de los Ministerios de Justicia Social & Servicios Comunitarios de la Catedral. Es un programa de voluntariado que proporciona enseñanza del idioma inglés para adultos (de 18 años de edad en adelante) durante tres semestres al año: Otoño, Primavera y Verano. Las clases de inglés se imparten en el Centro de Educación de San Mateo, que está ubicado en 1726 N Street, NW.

### **SEMESTRE DE OTOÑO DE ESL 2016**

El Semestre de otoño, con una duración de 13 semanas, empezará el **13 de septiembre al 15 de diciembre de 2016**. Durante este periodo las clases se llevarán a cabo los martes, miércoles y jueves de 6:30 a 8:30 de la tarde, con la opción de tutoría de 6:00 a 6:30. Las clases serán impartidas desde el Nivel 1 (principiante) hasta el Nivel 5 (avanzado). Los estudiantes pueden inscribirse en persona **a partir del 8 de septiembre, de las 6:00 a las 8:00 de la tarde** en el St. Matthew's Education Center (Centro de Educación de San Mateo), 1726 N St., NW. Durante la inscripción a cada estudiante se le hará un examen para determinar cuál es su nivel de clase más apropiado. **El costo del semestre de 13 semanas es \$40.**

**Para más información**, visite a la página de web de la Catedral y haga clic a la frase "Clases de Inglés" bajo la ficha de "Social Justice", o póngase en contacto con Molly Egilsrud al [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com).

### **VOLUNTEERS NEEDED: Teachers, Tutors, & Persons of Hospitality**

We are looking for volunteers to serve as teachers, tutors, and persons of hospitality **one night per week** (Tuesday, Wednesday, or Thursday) in the fall semester of the ESL Program. Please see above for more details.

While volunteers are not required to have formal training in teaching English as a second language, we expect their native language to be English and that they have at least one university diploma. Classes for the fall semester are to be taught only in English. If you are not comfortable teaching a class on your own, we can pair you with a more experienced teacher. **There will be a volunteer orientation on September 7 at 7pm.**

If you are interested in volunteering, please contact Molly Egilsrud at [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com).



## Cathedral of St. Matthew the Apostle **Spanish as a Second Language Program**



The Social Justice & Community Services Ministry provides the Spanish as a Second Language (SSL) Program, an all-volunteer program that offers Spanish language instruction to adults (ages 18 and up) during three semesters each year: Fall, Spring, and Summer. Classes are held at St. Matthew's Education Center. While the SSL Program seeks to provide Spanish language instruction to persons engaged in serving their brothers and sisters in our parish community and in other Hispanic communities of the DC area; the program also accepts students who are interested in learning Spanish solely for their personal enrichment.

### **SSL FALL SEMESTER 2016**

The 13-week fall semester will run from **September 13 to December 15, 2016**. During this period, classes will be held on Tuesday, Wednesday, and Thursday evenings from 6:30pm to 8:30pm. Language instruction will be provided at Level 1, Level 2, and Level 3. Students registering for Level 2 and Level 3 must have the prior approval of the Level 2 lead instructor. Priority registration, which takes place during the first week of the semester, will be given to those students who are parishioners of St. Matthew's and currently involved in a ministry. **Students for all levels may register in person, starting Thursday, September 8, between 6:00pm and 8:00pm**, at St. Matthew's Education Center, 1726 N Street, NW. The cost of the 13-week semester is \$80. For more information, please contact Gabriela Tercero & Mariella Torello at [stmatsssl@gmail.com](mailto:stmatsssl@gmail.com).

### **VOLUNTEERS NEEDED FOR TEACHING SPANISH**

We are looking for volunteers to serve as teachers **one night per week** (Tuesday, Wednesday or Thursday) in the Fall Semester of the SSL Program. Please see above for details.

While volunteers are not required to have formal training in teaching Spanish as a second language, we expect their native language to be Spanish. Also, volunteers are expected to have at least one university degree. Classes will be taught only in Spanish. If you are not comfortable teaching a class on your own, we can pair you with a more experienced teacher. Volunteer orientation will be held on September 7 at 7pm.

If you are interested in volunteering, please contact Gabriela & Mariella at [stmatsssl@gmail.com](mailto:stmatsssl@gmail.com).

### **SE SOLICITAN VOLUNTARIOS PARA ENSEÑAR ESPAÑOL**

Buscamos voluntarios para enseñar **una noche por la semana** (martes, miércoles o jueves) durante el Semestre de Otoño del Programa SSL. Por favor mire arriba para más detalles.

No es un requisito que los voluntarios tengan una capacitación formal como maestros de español como segundo idioma, sin embargo esperamos que la lengua materna de los voluntarios sea el español. Además, se pide que los voluntarios tengan por mínimo un título universitario. Las clases serán impartidas sólo en español. Si usted no se siente a gusto dando la clase por sí solo podemos acomodarlo junto con otro maestro con más experiencia. Habrá un día de orientación para voluntarios el 7 de septiembre a las 7:00 de la noche. Si usted está interesado en participar como voluntario por favor póngase en contacto con Gabriela & Mariella al [stmatsssl@gmail.com](mailto:stmatsssl@gmail.com).