

## Today's Readings

**Y**ou . . . I have appointed watchman. (Ezekiel 33:7)  
Just as God appointed Ezekiel as a watchman for “the house of Israel,” so has he appointed parents to watch over their own “house,” their family (Ezekiel 33:7). Like a prophet, their role is to hear from God, to encourage their children, to warn them about sin, and to help them live in a way that pleases the Lord. This call isn’t limited to parents, either. God wants all of us to be looking out for each other.

Being a watchman can feel overwhelming. The very word “watch” means to guard and protect. In the case of parents especially, God has entrusted them with their children’s physical welfare and their eternal welfare. How can anyone ever live up to such expectations?

Through intercession. Parents know they cannot control every aspect of their children’s lives. There are limits to their influence, especially as their children mature and strike out on their own. But there is no limit to the power of prayer!

Interceding for your family is not a waste of time. You may have a very long list if you include your brothers and sisters and your grandchildren. Still, make it a point to pray for each of them by name, and be specific about the intention you are praying for. Then, offer a prayer for everyone: “Lord, protect and guide my family. Bless them and protect them from evil. Fill them with your peace and your love.”

How powerful are the prayers of a watchman? Just ask Jesus. On the night before he died, he prayed for the strength to endure the cross. He prayed for the protection of his apostles. He prayed for all of us (John 17:1-26). Two thousand years later, his prayers are still being answered. So imitate Jesus, the great Watchman of his Church. Commit your family to the care of your heavenly Father. God will never let you down.

*“Lord, help me to watch over my family. I trust in your protection.”*

Taken from *The Word Among Us*, July/August 2017 Vol. 36, Number 7: Used with permission.

## This Week's Readings

**Sunday 10** Ez 33:7-9 / Rom 13:8-10 / Mt 18:15-20

**Monday 11** Col 1:24—2:3 / Lk 6:6-11

**Tuesday 12** Col 2:6-15 / Lk 6:12-19

*The Most Holy Name of Mary*

**Wednesday 13** Col 3:1-11 / Lk 6:20-26

*St. John Chrysostom*

**Thursday 14** Nm 21:4b-9 / Phl 2:6-11 / Jn 3:13-17

*The Exaltation of the Cross*

**Friday 15** 1 Tm 1:1-2,12-14 / Jn 19:25:27 or Lk 2:33-35

*Our Lady of Sorrows*

**Saturday 16** 1 Tm 1:15-17 / Lk 6:43-49

*Sts. Cornelius & Cyprian*

**Sunday 17** Sir 27:30—28:7 / Rom 14:7-9 / Mt 18:21-35

*St. Matthew (celebrated at the 11:30am & 1pm Masses)*

## WELCOME

*Visitors to the Cathedral, we want you to know how welcome you are—whether you have come from another part of the country or the world, or from another parish here in the Archdiocese or across the river. Thank you for praying with us. Thank you 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 September 10 - 17

**Sunday 10**—A second collection for Hurricane Harvey relief efforts is taken at all Masses.

A welcome orientation for parents, children and catechists is held from 10 to 11am in the West Conference Room.

Las clases de Catequesis, Catecumenado y Catequesis Familiar comienzan a las 11:00 de la mañana.

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

**Monday 11**—The Parish Council meets at 6:45pm in the East Conference Room.

The Book Club meets at 6:45pm in the West Conference Room.

**Tuesday 12**—El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.

**Wednesday 13**—RCIA meets in the North Conference Room at 7pm.

**Sunday 17—Feast of St. Matthew** (observed), celebrated as a solemnity with special prayers and readings at the 11:30am and 1pm Masses. A second collection for the Catholic University of America is taken at all Masses.

A Commissioning of Volunteers takes place at the 11:30am and 5:30pm Masses (all catechists commissioned at the 11:30am Mass) Hospitality receptions are held in the North Conference Room following all Masses except the 7am and 5:30pm Masses.

Children’s Faith Formation classes meet at 9:45am at St. Matthew’s Education Center.

Las clases de Catequesis, Catecumenado y Catequesis Familiar continúan a las 11:00 de la mañana.

## News and Notes



**Solemnity of St. Matthew, Apostle and Evangelist, Patron Saint of Civil Servants** – Here at St. Matthew's, we get to celebrate

the Feast of St. Matthew twice! First, next Sunday, **September 17**, our parish will celebrate its patronal feast at the 11:30am and 1pm Masses with special prayers and readings. The actual date of our patronal feast, Thursday, **September 21**, also will be celebrated as a solemnity—enjoy the festivity of a cantor and organist at the 12:10pm and 5:30pm Masses!

**Hospitality for the Feast of St. Matthew** – Join us next Sunday, **September 17**, for hospitality! In addition to our usual offerings, we've partnered with the Faith Formation Committee to include information about St. Matthew. Celebrate our parish patronal feast day by stopping by the North Conference Room after the 8:30, 10, 11:30am or 1pm Masses. Contact: [StMattsHospitality@gmail.com](mailto:StMattsHospitality@gmail.com). We hope to see you there!

**PRAY FOR OUR PARISHES!** – Please pray for **Pope Francis' September** intention: that our parishes, animated by a missionary spirit, may be places where faith is communicated and charity is seen

**Eucharistic Holy Hour** – All are invited to our monthly Eucharistic Holy Hour on Monday, **September 18** from 6 to 7pm. Deacon Garcia will preside and give a reflection. Fr. Agustín López will hear confessions in English and Spanish.

## Music

**Schola Cantorum** – The Office of Music Ministries resumes its [Choral Highlights](#) feature (website front page) that describes the upcoming Sunday's choral works and their relationship to the readings and Mass prayers.

**Choral Opening** – The Schola Cantorum has a volunteer opening for a **soprano** with significant choral experience, good sight-reading skills, and a pleasant, agile voice. The time commitment is significant, particularly at Christmas and during Holy Week. Rehearsals are Wednesdays, 7 – 9pm. Contact: Tom Stehle, Pastoral Associate for Liturgy and Director of Music Ministries, at [tstehle@stmatthewscathedral.org](mailto:tstehle@stmatthewscathedral.org)

**Cantor Opening** – The Cathedral Music Ministry is looking for experienced cantors to be placed in occasional rotation for the 5:30pm Saturday evening Masses and the 8:30am Sunday Masses. Contact: Tom Stehle (contact info above)

## Faith Formation

**2017-2018 Sunday Children's Faith Formation** – You may still register your child for Sunday Faith Formation classes. Registration packets are now available at the rectory office and can be downloaded from the parish website or by clicking [here](#).

**Cathedral Book Club** – On Monday, **September 11**, the Cathedral Book Club will meet from 6:45 to 8pm in the West Conference Room to discuss *Benedict XVI: Last Testament*, a reflection "in his own words" with journalist Peter Seewald. All are welcome.

## Next Sunday is Catechetical

**Sunday!** – All catechists for Children's Sunday Faith Formation, RCIA and Landings will be commissioned during the 11:30am Mass on Catechetical Sunday, **September 17**. Please pray for all our dedicated volunteer catechists who share the love of Jesus and our beloved Catholic faith with others!

**Faith Formation Committee Meeting** – All are welcome to join the Faith Formation at their next monthly meeting on Tuesday, **September 19** at 6:45pm in the East Conference Room.

**Know someone who "used to be Catholic"? Invite them to reconnect!** – St. Matthew's offers Catholics who have been away from the Church a safe place for listening and being heard, for asking questions and reconnecting with the faith—**Landings**. Encourage someone you care about to visit the [Landings website](#), or [share the flier](#) for our fall series (Sundays from 1 to 2:30pm, **October 1** through **November 19**). Contact: Theresa Prymuszewski at 202-587-5139

**Saturday Bible Study on Galatians** – On **October 7** and **14**, Fr. Hurley will address St. Paul's Letter to the Galatians and its influence on Martin Luther, in this 500<sup>th</sup> anniversary year of the Reformation. We will meet from 10:30 to 11:45am in the East Conference Room. Join us!

**Adult Confirmation Preparation** – Each spring during the Easter season, St. Matthew's offers adult Confirmation preparation for active, baptized Catholics who already have received their First Eucharist. Registration forms for 2018 Adult Confirmation preparation are available at the rectory office and can be downloaded from the parish website or by clicking [here](#).

## Attention All Volunteers! –

St. Matthew's is blessed to have so many parishioners who generously volunteer their time and talent in so many ways – as liturgical ministers, in the ministry to the homeless, in the ESL/SSL program, helping in the rectory office, on various committees and



much more. Next Sunday, **September 17**, during the 11:30am and 5:30pm Masses, we will celebrate, highlight and publicly thank those who dedicate themselves to serving Christ in His mission, with a special



Commissioning prayer. All of our volunteers are invited to attend one of those Masses to be commissioned for the coming year.

If you are a St. Matthew's volunteer, in any capacity, and plan to attend the Commissioning at either the 11:30am or 5:30pm Mass on **September 17**, please let us know by clicking [here](#), visiting the parish website at [www.stmatthewscathedral.org](http://www.stmatthewscathedral.org) and clicking the "Volunteer Commissioning Registration" link on the front page, or sending an email to [devans@stmatthewscathedral.org](mailto:devans@stmatthewscathedral.org) (Subject: "Commissioning", and please include your name, the Mass you plan to attend, and the volunteer activities you do for St. Matthews).

## New Parishioner Registration ~ Welcome!

If you attend Mass at the Cathedral, we invite you to register as a parishioner so we can welcome you properly, learn about any special needs and interests, and keep you informed of our worship opportunities and activities. We invite you to consider becoming involved in our various organizations, committees and other aspects of parish life. Register by clicking [here](#) or visiting the parish website ([www.stmatthewscathedral.org](http://www.stmatthewscathedral.org)) and clicking the *Join Us* tab (choose *Register as a Parishioner*). You also may register at the rectory office.

## Celebrating the Sacraments

For our Mass and Confessions schedule, see the bulletin front cover or click [here](#).

### Baptism

Parents who wish to have their child baptized at the Cathedral should contact the Baptismal Coordinator at [baptism@stmatthewscathedral.org](mailto:baptism@stmatthewscathedral.org). Parents should contact us at least six (6) months in advance of a desired baptismal date, and may ask for the priest or deacon 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. For more information, click [here](#) or go to the *Sacraments* tab on the parish website front page (choose *Baptism*).

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 rectory office at 202-347-3215 to ask about obtaining a letter.

### Marriage

Couples who are interested in celebrating the Sacrament of Marriage at the Cathedral are encouraged to click [here](#) or go to the *Sacraments* tab on the parish website front page (choose *Marriage*, then choose *Weddings*) to review our guidelines for weddings. The next step is to call the rectory office 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.

### First Reconciliation and First Eucharist

Sunday Children's Faith Formation classes include preparation for the reception of First Reconciliation and First Eucharist. For more information on classes, click [here](#) or go to the *Faith Formation* tab on the parish website front page (choose *Children's Sacramental Preparation/Religious Education*). Registration packets for classes beginning in the fall of 2017 are now available at the rectory office and can be downloaded by clicking [here](#).

### Adult Confirmation

Each spring during the Easter season, St. Matthew's offers adult Confirmation preparation for active, baptized Catholics who already have received their First Eucharist. For more information, click [here](#) or go to the *Sacraments* tab on the parish website front page (choose *Confirmation*). Registration forms for our 2018 Confirmation group are available at the rectory office and can be downloaded by clicking [here](#).

### Rite of Christian Initiation

Are you an unbaptized adult who would like to become Catholic, an adult baptized in another Christian denomination who wishes to profess your faith as a Catholic Christian, or a baptized adult Catholic who would like to complete your initiation in the Catholic Church? We invite you to inquire about the Rite of Christian Initiation for Adults. RCIA is an ongoing process of conversion and faith formation for adults who would like to explore our Catholic faith and prepare for the celebration of the Sacraments of Initiation—Baptism, Confirmation, and Eucharist. For more information, see the flier in this bulletin, click [here](#), or go to the *Faith Formation* tab on the parish website front page (choose *Adult Initiation Process (RCIA)*).

Contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at 202-587-5139 or [tprymuszewski@stmatthewscathedral.org](mailto:tprymuszewski@stmatthewscathedral.org) for more information.



## Lecturas de Hoy

**D**ios nos creó por amor, y desea que sus hijos se amen recíprocamente con el mismo amor. El Señor nos ama, nos guía y nos disciplina porque somos “ovejas de su prado” (Salmo 95(94), 7).

Del mismo modo, Jesús desea que, cuando corriamos a nuestros hermanos, lo hagamos con la misma ternura y comprensión, a fin de lograr su arrepentimiento y cambio de conducta. A veces esto significa decir cosas difíciles, pero necesarias para proteger su relación con Dios y si bien es cierto que a veces nos cuesta hacerlo, la deuda de amor que tenemos los unos con los otros en Cristo nos impulsa a actuar.

Ahora, la clave es actuar con el amor de Cristo; de otro modo, corremos el riesgo de corregir a los demás creyendonos rectos, justos o superiores. No es difícil darse cuenta de que la corrección en esos términos sólo produce rechazo y vergüenza.

Esto es lo mismo que los padres de familia hacen normalmente: aconsejar y corregir a sus hijos, para ayudarles a madurar y ser personas de bien. Esto es parte del amor paterno. Todos debemos saber que la motivación de los padres al corregir a sus hijos debe ser llevarlos a una vida cristiana madura, para que sepan recibir su herencia completa y todos sus derechos de hijos de Dios.

El Señor nos creó a todos para que vivamos como hijos suyos en su gran familia que es la Iglesia, todos unidos a él y en armonía con los demás, amándonos y sirviéndonos como él lo hizo. En la familia, quienes corrigen son los padres; en la iglesia quienes corrigen son principalmente los responsables de la congregación: el párroco u otro sacerdote. Y está bien que así sea, porque ellos representan al Señor y tienen la misión de cuidar el rebaño y aceptar el arrepentimiento de los pecadores. Pidamos hoy en la oración la gracia de servirnos los unos a los otros con amor, sabiendo que el servicio desinteresado resulta grato a los ojos de nuestro Padre celestial.

*“Creador y Padre nuestro, enséñanos a amarnos los unos a los otros con la misma generosidad y comprensión con que tú nos amas.”*

Escogida con el permiso de la Palabra Entre Nosotros. Vol 36, Numero 7; julio/agosto 2017

## Lecturas de la Semana

**Domingo 10** Ez 33:7-9 / Rom 13:8-10 / Mt 18:15-20

**Lunes 11** Col 1:1-24—2:3 / Lc 6:6-11

**Martes 12** Col 2:6-15 / Lc 6:12-19

*Santo Nombre de María*

**Miércoles 13** Col 3:1-11 / Lc 6:20-26

*San Juan Crisóstomo*

**Jueves 14** Núm 21:4-9 / Fil 2:6-11 / Jn 3:13-17

*La Exaltación de la Santa Cruz*

**Viernes 15** 1 Tim 1:1-2,12-14 / Jn 19:25-27 or Lc 2:33-35

*Nuestra Señora de los Dolores*

**Sábado 16** 1 Tim 1:15-17 / Lc 6:43-49

*Santos Cornelio y Cipriano*

**Domingo 17** Ec 27:30—28:7 / Rom 14:7-9 / Mt 18:21-35

*San Mateo (celebra en las misas de 11:30 de la mañana y 1:00 de la tarde)*

## Intenciones de Misas

### Mass Intentions

September 10 – 17

#### Sunday, September 10

5:30pm Vigil (September 9) – Jason Artim

7am – All Parishioners

8:30am – Robert Sarlo

10am – Katherine Gallagher

11:30am – Rose Ewin

1pm – David Castañeda

5:30pm – Marty & Jane Kendrick

#### Monday, September 11

7am – Marty Piper

8am – Calisto & Helena Quispe

12:10pm – Robert “Bob” Jordan (living)

5:30pm – Graziella Salgado

#### Tuesday, September 12

7am – John F. Brouder

8am – Miles Shaw

12:10pm – Collin Alion

5:30pm – Otilia Sabelino

#### Wednesday, September 13

7am – George Bork

8am – Frank Roth

12:10pm – Moen Family (living)

5:30pm – Patrick Joseph Colliton

#### Thursday, September 14

7am – John Fox

8am – Nancy Zacharias

12:10pm – Jim Rubin

5:30pm – Bonnie Peschka

#### Friday, September 15

7am – Paul Blawie

8am – Yasmin Sanchez (living)

12:10pm – Lisa & Grace Peterson

5:30pm – Brandon De León (living)

#### Saturday, September 16

8am – Joseph Blazejewski

12:10pm – Ronald Steffensen

5:30pm – Albert De Puget

#### Sunday, September 17

7am – All Parishioners

8:30am – F. Daniel Arcia

10am – John & Janet Gagat

11:30am – George McElroy

1pm – Víctimas del terrorismo en Barcelona

5:30pm – Myrna Angela Gunawan

## Noticias de la Parroquia

**Intenciones de Oración del Papa Francisco para Septiembre 2017 –** Por favor únase en oración en todo el mundo por las intenciones del Papa Francisco este mes: que nuestras parroquias, animados por un espíritu misionero, puedan ser lugares donde se vea la caridad y se comunica la fe.

**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 es profundizar nuestra fe por medio de las Sagradas Escrituras. El grupo de Oración tendrá charlas programadas a través del año. Para más información llame a Fátima Aybar al 202-347-3215 x541.

**Evento de Hospitalidad con Ocasión de la Festividad de San Mateo Apóstol –** ¡Únase a nosotros el domingo **17 de septiembre** durante las horas de hospitalidad! Además del horario habitual nos hemos unido al Comité de Formación de Fe y tendremos información sobre San Mateo. Celebremos la fiesta patronal de nuestra parroquia todos juntos en el salón de conferencias del Norte después de las misas de 8:30, 10:00, 11:30 de la mañana o 1:00 de la tarde. ¿Tiene preguntas? Envíenos un correo electrónico a [StMattsHospitality@gmail.com](mailto:StMattsHospitality@gmail.com). ¡Esperamos verles!



**Adoración al Santísimo Sacramento –** Les invitamos el **lunes 18 de septiembre** a

que se unan en adoración al Santísimo, de 6:00 a 7:00 de la tarde, habrá confesiones en inglés y español durante la hora.

### Registrarse como nuevo feligrés ~ ¡Bienvenido!

Si asisten a misa en la Catedral, les invitamos a que se registren como feligreses, así podemos darles la bienvenida adecuadamente; conocer cualquier necesidad o intereses especiales, y mantenerles informados de nuestras actividades y oportunidades de culto. Les invitamos a participar en nuestras diversas organizaciones, comités y otros aspectos de la vida parroquial. Se pueden registrar haciendo un clic aquí [here](http://www.stmatthewscathedral.org) o visitando la página digital de la parroquia ([www.stmatthewscathedral.org](http://www.stmatthewscathedral.org)), haciendo clic en la ficha *Únete a Nosotros* (elijan *registrarse como feligrés*). También pueden registrarse en la oficina parroquial.

### Celebración de Sacramentos

Horario de misas y confesiones, ver la portada del boletín.

#### Bautizos

Padres de familia que deseen bautizar a sus niños en la Catedral deben contactar a la coordinadora de Bautismos: Mercedes Araque al 202-347-3215 de lunes a jueves de 4:30 de la tarde a 8:00 de la noche o sábados y domingos de 9:00 de la mañana a 4:00 de la tarde. Los padres deben llamar por los menos tres (3) meses antes de la fecha prevista del bautizo. El llamar temprano permite a los padres de familia a programar la clase de formación sacramental necesaria y a los padrinos obtener cartas de sus parroquias.

Si usted es feligrés inscrito en San Mateo y necesita una carta de recomendación para ser padrino en un bautizo que se celebrará en otra parroquia, por favor llame a la oficina de la rectoría al 202-347-3215 y pregunte cómo puedo obtener esta carta.

#### Matrimonios

Parejas que estén interesadas en la celebración del Sacramento del matrimonio en la Catedral se anima a que hagan un clic aquí [here](http://www.stmatthewscathedral.org) o vayan a la portada de la página digital de la parroquia (elegir *matrimonio*, luego elegir *bodas*) para revisar nuestras guías de bodas. El siguiente paso es llamar a la oficina de la rectoría al 202-347-3215 y preguntar por el sacerdote de su elección o el sacerdote de turno, que puede hablar con usted sobre la preparación del matrimonio y la posibilidad de programar su boda en la Catedral. Las parejas deben llamar por lo menos nueve (9) meses antes de la fecha en la que esperan celebrar su boda.

#### Primera Comunión y Confirmación

Las clases dominicales de catecismo para niños y adolescentes, incluyen: preparación para la Primera Comunión y Confirmación. Después de la confirmación tienen que venir al grupo de jóvenes. Para más información sobre las clases, deben llamar a Fátima Aybar, coordinadora de Formación en la Fe, al 202-347-3215 x541.

#### Confirmación de Adultos

Cada primavera después de la Semana Santa, San Mateo ofrece clases para preparación de la Confirmación para adultos activos, católicos bautizados que ya han recibido su Primera Comunión. Para obtener más información, llamen a Fátima Aybar (información en la parte de arriba).

#### Rito de Iniciación Cristiana de Adultos

¿Es usted un adulto sin bautizar a quien le gustaría ser católico? ¿Un adulto bautizado en otra religión cristiana que quiere profesar su fe como católico? ¿Un adulto bautizado católico que desea completar su iniciación en la Iglesia Católica? Les invitamos a solicitar información sobre el rito de iniciación cristiana para adultos (RICA) es un proceso continuo de conversión y formación de fe para adultos que deseen explorar la fe católica y prepararse para la celebración de los sacramentos de iniciación: Bautismo, Confirmación y Eucaristía. Para más información, llamen a Fátima Aybar (información en la parte de arriba).

## Cathedral of St. Matthew the Apostle



### **Fall 2017 Semester English and Spanish Classes for Adults**

- **When:** September 12, 2017 – December 14, 2017  
Tues, Wed, and Thurs evenings from 6:30 to 8:30 pm  
**Registration Days:** September 8<sup>th</sup> and 11<sup>th</sup> 6:30pm-8:30pm
- **Where:** St. Matthew's Education Center  
1726 N Street, NW  
Washington, DC 20036
- **Cost:** English as a Second Language: \$40  
Spanish as a Second Language: \$80

For more information regarding registration please visit:

<http://www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes>  
or send an email to: [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com).

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### **Clases de inglés para adultos**

- **Cuando:** 12 de septiembre de 2017 – 14 de diciembre de 2017  
Martes, miércoles y jueves; 6:30 a 8:30 de la noche  
**Días de inscripción:** 8 y 11 de septiembre 6:30 a 8:30 de la noche
- **Donde:** St. Matthew's Education Center  
1726 N Street NW  
Washington, DC 20036
- **Precio:** Inglés como segundo idioma: \$40

Para más información, por favor visite:

<http://www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes>  
o envíe un correo electrónico a [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com).



CATHEDRAL OF ST. MATTHEW THE APOSTLE

# HEALTH & WELLNESS FAIR

SUNDAY, SEPTEMBER 24<sup>TH</sup>

9:30AM – 3:30PM

NORTH & EAST CONFERENCE ROOMS

1725 Rhode Island Avenue, N.W.

## HEALTH SCREENINGS

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

## 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)



Jose Bonelli, M.D.



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\*
- DENSIDAD ÓSEA
- COMPOSICIÓN CORPORAL
- SERVICIOS DENTALES
- BALANCE & FUERZA

### 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)



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



## Reflective Silence (Letting Loose the Power of God's Word)

Imagine Jesus in the synagogue speaking the Word of God contained in the Hebrew scriptures. He expects those gathered to absorb what he has just spoken, that those early Jewish worshippers would really ponder what he has just spoken to them; that it will resonate with those present and have some impact on their lives. 2000 years ago, keeping silence was a much easier practice than it is today with all the distractions confronting us in a media-saturated world, where we cannot go one minute without checking the latest headline or tweet on our cellphone. So much so, that it even has affected the pace of our liturgy, our worship.

Our society is so badgered by a constant flow of words and actions that there is little time to absorb what we have either just heard, seen or experienced. Sometimes, I wonder what it would be like, if Jesus were speaking today in some public forum, especially in our churches.

Most of us have heard of the frequent use or call for a “moment of silence” in public gatherings as a way of reflecting upon something important that has occurred. Certainly, in the life of the Church, there are similar occasions that call for moments of silence to reflect on something important. This is especially true within our main public gathering, the Mass, especially in hearing the Word of God proclaimed. So much so, the Church has prescribed in its guidance for celebrating the Mass the need for silence to allow the assembly to reflect upon what the people have just heard.

The General Instruction to the Roman Missal (GIRM) that provides the guidance on the celebration of our liturgy calls direct attention to the issue of silence in our Liturgy of the Mass. Article 45 of the instruction states generally the need for and benefit of silence in our liturgy. One of the important segments of the Mass where silence is a significant component is the Liturgy of the Word, where silence is expected to be longer and theologically richer.

More specifically, Article 56 of the GIRM states: “The Liturgy of the Word is to be celebrated in such a way as to promote meditation, and so any sort of haste that hinders recollection must be clearly avoided. During the Liturgy of the Word, it is also appropriate to include periods of silence, accommodated to the gathered assembly, in which, at the prompting of the Holy Spirit, the word of God may be grasped by the heart and a response through prayer may be prepared. It may be appropriate to observe such periods of silence, for example, before the Liturgy of the Word itself begins, after the first and second reading and lastly, at the conclusion of the homily.”

While the Church has called attention to silence as a very important element in the Liturgy of the Word, unfortunately, it is often omitted or observed so briefly as to be useless. What is needed here is a lengthy period to allow the Word to sink in and take root. What the General Instruction prescribes is one full minute, perhaps even two. Can you imagine that in today's fast-paced world? But, we cannot ignore it, if we are to respect the Word of God spoken to us.

This guidance regarding silence was an important factor in our recent special review of our weekend Masses. **From this review, a recommendation was made and approved for appropriate periods of silence in the Liturgy of the Word. This would be consistent with the Church's instruction, highlighted above. To further enhance this call for moments of undistracted silence, you will notice a somewhat different practice in the movement of ministers involved in the Word. The pause after each reading will be somewhat extended. After this extended pause for reflection, the organ music will prompt the ministers to move together to their prescribed places. This will happen after the first and second readings. Similarly, a silent pause is included in our Prayer of the Faithful, the prayer that is the conclusion to the Liturgy of the Word. A pause of silence after the homily is also prescribed.**

We hope that these moments of silence will not only add to the importance of what is being proclaimed, but be an opportunity for each of us to absorb more deeply the speaking of Christ to our minds and hearts. Truly, in these moments “silence is golden.”

## Fall Lecture Series

# THE JOY OF LOVE (*AMORIS LAETITIA*)

## Post-Synodal Apostolic Exhortation of Pope Francis

Please join us for this three-part series as together we explore the ongoing impact of *Amoris Laetitia* (available at [www.vatican.va](http://www.vatican.va)). Each session will be a stand-alone experience leading us to the next session.

### THEMES AND SCHEDULE:

#### Love that lasts an eternity

**Tuesday, October 3 from 7-8pm**

Love begins with God and we learn how to love in the example of the communion of the Father, Son and Holy Spirit. The study of *Amoris Laetitia* begins in the exploration of the meaning of love that is grounded in communion, self-giving and fidelity. (*Amoris Laetitia*, paragraphs 1-7, 67-70, 90)

#### Freedom for love as freedom to love

**Tuesday, October 17 from 7-8pm**

Our faith teaches that family is a “school of love.” In *Amoris Laetitia* we learn that real love begins in the freedom to love and be loved. Join us in exploring the characteristics that describe the kind of love that makes marriage and family life a reflection of God’s love. (*Amoris Laetitia*, paragraphs 58-85, 90-119, 319-320)

#### A Church that loves: The practice of accompaniment toward a deeper love for Jesus

**Tuesday, November 7 from 7-8pm**

Pope Francis writes that “only in contemplating Christ can a person come to know the deepest truth about human relationships.” In *Amoris Laetitia*, we reflect on some of the “hard teachings” of Christian love in a secular age. (*Amoris Laetitia*, paragraphs 143-164, 291-312)

### LOCATION:

Saint Matthew’s Cathedral – 1725 Rhode Island Avenue, NW  
North Conference Room (entrance in the parking garage)

### DIRECTED BY:

## Susan Timoney, STD

Secretary for Pastoral Ministry and Social Concerns, Archdiocese of Washington



Appointed by Cardinal Wuerl, **Dr. Susan Timoney** is the first woman to hold this position which oversees the office of pastoral planning, family life, youth and young adult ministry, ministry to persons with special needs and to the ethnic communities within the archdiocese. Susan earned her doctorate in theology at the University of St. Thomas Aquinas in Rome. She also serves as an Assistant Adjunct Professor at The Catholic University of America. Dr. Timoney was part of the core planning team for the archdiocese for the visit of Pope Francis to the United States.

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**Sponsored by the Cathedral’s Faith Formation Committee. All are invited to this event, free of charge.**

For more information, please contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at [tprymuszewski@stmatthewscathedral.org](mailto:tprymuszewski@stmatthewscathedral.org) or at 202-587-5139.



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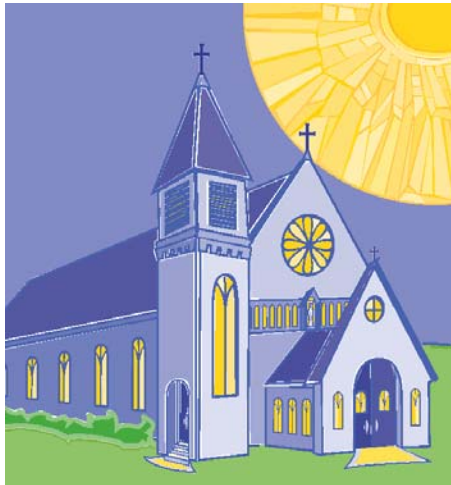
Sign up using the enrollment form on the other side or go online to [www.faithdirect.net](http://www.faithdirect.net) and use our parish code **DC284** to enroll today!

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**If you have any questions about the Faith Direct program,**  
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or contact Pam Erwin at the Rectory at 202-347-3215 x537 or  
[perwin@stmatthewscathedral.org](mailto:perwin@stmatthewscathedral.org).

# E-GIVING ENROLLMENT FORM



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<input type="checkbox"/> Churches in the Developing World	\$ _____	February	<input type="checkbox"/> Propagation of the Faith/ World Missions	\$ _____	October
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<input type="checkbox"/> Holy Thursday	\$ _____	March/April	<input type="checkbox"/> Archdiocesan Priests' Retirement	\$ _____	November
<input type="checkbox"/> Holy Land	\$ _____	March/April	<input type="checkbox"/> Retirement Fund for Religious	\$ _____	December
<input type="checkbox"/> Easter Flowers	\$ _____	March/April	<input type="checkbox"/> Immaculate Conception	\$ _____	December
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			<input type="checkbox"/> Christmas	\$ _____	December

*\* Please call the church at 202-347-3215 with the names of your intentions for this collection.*

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If you have any questions about the *Faith Direct* program, please contact us at 1-866-507-8757 {toll free} or [info@faithdirect.net](mailto:info@faithdirect.net).