

## Readings for January 19

**B**ehold, the Lamb of God, who takes away the sin of the world. (John 1:29)

We hear these words at every Mass as the Host and Chalice are raised for all to see. They are so familiar that perhaps they have lost some of their force. So let's take a closer look at this marvelous invitation.

*Behold.* Don't just glance. Behold. Look deeply, carefully, and prayerfully. Look with the expectation that you will discover something important. Trust that Jesus wants to reveal himself to you.

*Behold, the Lamb of God.* What are you beholding? God's greatest gift to the world—to you. You are beholding Jesus, the one true sacrifice sent from heaven. He is the spotless Lamb, innocent of all sin and meek and gentle of heart. He is the fulfillment of ancient Israel's Passover celebration. He has come so that you can pass over from death to life, from slavery to freedom.

*Behold, the Lamb of God, who takes away sin.* Look closely. See in this Host the promise of forgiveness. See Jesus, who surrendered his body and blood on a cross for you. See Jesus, who has taken your very sin upon himself and brought it into the grave with him. See him rising again, leaving your sin behind in that grave, where it remains today, dead and buried. You are no longer bound by it. Jesus has borne it away, and you can walk away from it too—step by halting step as you continue to place your faith in him.

*Behold, the Lamb of God, who takes away the sin of the world.* Not just your sin, but the sin of every single person on earth, past, present, and future. No one is beyond his reach. No one is devoid of hope. Everyone can know forgiveness and freedom. Even the people you are struggling to forgive. Behold him, and believe that he can bring reconciliation and healing to all people.

Behold, the Lamb of God! And receive him with joy and an open heart.

*"Lord, I am not worthy. Only say the word, and my soul shall be healed."*  
Taken from *The Word Among Us*, January 2020 Vol. 39, Number 2: Used with permission.

## This Week's Readings

[View Mass readings \(USCCB\) www.usccb.org/bible/readings/index.cfm](http://View Mass readings (USCCB) www.usccb.org/bible/readings/index.cfm)

**Sunday 19**

Is 49:3,5-6 / 1 Cor 1:1-3 / Jn 1:29-34

**Monday 20**

1 Sm 15:16-23 / Mk 2:18-22

St. Fabian & St. Sebastian

**Tuesday 21**

1 Sm 16:1-13 / Mk 2:23-28

St. Agnes

**Wednesday 22**

1 Sm 17:32-33,37,40-51 / Mk 3:1-6

**Thursday 23**

1 Sam 18:6-9; 19:1-7 / Mk 3:7-12

St. Vincent & St. Marianne Cope

**Friday 24** 1 Sm 24:3-21 / Mk 3:13-19 or Jer 1:4-10 / Rom 12:1-2 /

St. Francis de Sales

Mt 19:16-22

Day of Prayer for the Legal Protection of Unborn Children

**Saturday 25** Acts 22:3-16 or Acts 9:1-22 / Mk 16:15-18

The Conversion of St. Paul

**Sunday 26** Is 8:23—9:3 / 1 Cor 1:10-13,17 / Mt 4:12-23 or 4:12-17

## News & Notes

### Week of Prayer for Christian Unity

— "They Showed Us Unusual Kindness" (cf. Acts 28:2) is the theme of the 2020 Week of Prayer for Christian Unity (**January 18-25**), a time set aside so that all Christians may share the prayer of Jesus: "that all may be one... that the world may believe" (Jn 17:21).

**Federal Holiday Schedule** – On **Monday, January 20**, Martin Luther King, Jr. Day, a Federal holiday, the Cathedral opens at 7:30am and closes at 1pm. Masses are at 8am and 12:10pm with no confessions. The rectory office is closed.

**Eucharistic Holy Hour** – Our next evening Eucharistic Holy Hour with confessions is on **Monday, February 24** (rescheduled from the 3<sup>rd</sup> Monday due to the Federal holiday). Last week's bulletin incorrectly referenced an upcoming Holy Hour in January. There will not be another Holy Hour in January.

**Resources for Healing** – Pastoral care and counseling assistance are available to victims of abuse by clergy and other church personnel. Contact the Executive Director of Child Protection and Safe Environment for the Archdiocese of Washington at **301-853-5302** for a confidential conversation.

### Archdiocesan Compliance

**Checklist** – The Archdiocese of Washington's **Child Protection & Safe Environment Compliance Checklist** is available at [https://www.stmatthewscathedral.org/docs/compliance\\_checklist\\_november\\_2019 - english.pdf](https://www.stmatthewscathedral.org/docs/compliance_checklist_november_2019 - english.pdf). All St. Matthew's employees, and volunteers who have contact with children and/or vulnerable adults, are asked to review and comply with these requirements.

## News & Notes cont'd

**Cathedral Tours** - Free guided tours of the Cathedral are available for individuals and groups. To schedule a tour, contact Dan Evans at 202-347-3215 or [devans@stmatthewscathedral.org](mailto:devans@stmatthewscathedral.org).

**CBN-D.C Networking Breakfast** - The Catholic Business Network of Washington, D.C. hosts a breakfast networking reception on Thursday, **January 30**, 8-9:30am in the Great Hall of the rectory, with 2019 Business Partner of the Year John Carroccio of J.S. Carroccio Landscaping as guest speaker. Visit [www.cbndc.org](http://www.cbndc.org) or contact Justin Silvers at 202-957-5188 or [jsilvers@cbndc.org](mailto:jsilvers@cbndc.org).

**Marriage Prep Course** - Couples preparing for marriage, in addition to meeting with one of the parish priests or deacons, also attend a recognized Catholic engaged encounter program. Several such programs are available. One option is a marriage prep course to be offered at St. Matthew's from February to mid-April (see the flier) on Fridays, 7:30 - 8:30pm, in the East Conference Room. The concluding session is on Saturday, **April 25**, 10am - 4pm. The course is free. Couples who attend the full course receive a certificate. RSVP with Fr. John at 202-347-3215 or [jbenson@stmatthewscathedral.org](mailto:jbenson@stmatthewscathedral.org).

## Cathedral † Young Adults

[Read the latest C†YA newsletter.](#)

**Coffeehouse following the 5:30pm Sunday Mass - North Conference Room** - All young adults (20s and 30s) are invited to Coffeehouse, a low-key, meet-and-greet opportunity and a chance to catch up with friends. [Email C†YA with questions.](#)

## Parish Calendar

January 19 – 26

**Sunday 19**—Sunday Children's Faith Formation classes do not meet. Las clases de Catequesis, Catecumenado y Catequesis Familiar continúan a las 11:00 de la mañana. RCIA Dismissal is held at the 5:30pm Mass. Young Adult Coffeehouse meets in the North Conference Room after the 5:30pm Mass.

**Monday 20**—Martin Luther King, Jr. Day, a Federal holiday. The Cathedral opens at 7:30am and closes after the 12:10pm Mass. Masses are celebrated at 8am and 12:10pm. There are no Confessions.

**The rectory office is closed.**

**Tuesday 21**—El grupo de Oración se reúne a las 7:00 de la tarde en el salón de conferencias del Oeste.

**Wednesday 22**—RCIA

Catechumenate meets at 7pm in the North Conference Room. Sacred Page meets at 7pm in the West Conference Room.

**Friday 24**—A Rally for Life is held in the Cathedral beginning at 8:40am, followed at 10am by a Mass for Life celebrated by **Bishop Mario Dorsonville**. After the 10am Mass for Life, parishioners and friends meet in the St. Anthony Chapel to attend the Rally and **March for Life**.

**There are no Confessions.**

**Sunday 26**—Postcard-signing is available after all Masses including the Vigil (see next page). Sunday Children's Faith Formation classes meet at 9:45am in the N Street Bldg. Las clases de Catequesis, Catecumenado y Catequesis Familiar continúan a las 11:00 de la mañana. RCIA Dismissal is held at the 5:30pm Mass. Young Adult Coffeehouse meets in the North Conference Room after the 5:30pm Mass.

## Music



To hear a Christmas favorite, "Bring a Torch, Jeanette Isabella" played on the Great Organ by Dr. Jennifer Pascual at her January 12 recital, click the photo or go to <https://www.instagram.com/p/B7RrKncFP/>.

### • POSITION OPENING •

#### **Janitor/Custodian** – St.

Matthew's Cathedral seeks a full-time, bilingual (English and Spanish) Janitor/ Custodian with experience.

Responsibilities include maintaining a high level of cleanliness within the Cathedral and rectory offices. Duties include vacuuming floors, cleaning restrooms, dusting, scrubbing and polishing floors, and trash removal. Applicants must have legal work documents and pass a background check. St. Matthew's offers a competitive benefits package including health insurance, paid leave, and retirement benefits.

To apply, contact Pam Erwin at 202-347-3215.

## Faith Formation

**Encountering the Word** – We offer two weekly encounters with the Word of God outside Mass. **Sacred Page** meets Wednesdays, 7-8pm, in the West Conference Room to discuss the upcoming Sunday's readings, led by our seminarians. **Celebration of the Word** meets Thursdays at 7:30pm in the East Conference Room for a simple liturgy of readings, a homily by Fr. Benson, and prayers.

## Faith Formation cont'd

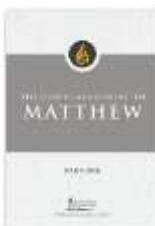


### Welcome, Returning Catholics! –

As we begin this new

year, you may visit the Cathedral thinking about returning to your Catholic faith. If you are a Catholic who has been away, or “*used to be* Catholic” we invite you to be an active part of us again. Landings offers “*a safe place to land*,” a place for listening and being heard, a place for asking questions and reconnecting with your faith as an adult. If you or if you know someone who may be interested, please contact Theresa Prymuszewski

[tprymuszewski@stmatthewscathedral.org](mailto:tprymuszewski@stmatthewscathedral.org) for a welcoming interview.



### Registration Open! Little Rock Scripture Study –

This year our Church Sunday Lectionary highlights the

Gospel of Matthew. Our study of this gospel will be led by parishioners using a guide by Sr. Barbara Reid, O.P. Sunday sessions begin **January 26** at 3:30pm in the East Conference Room, and Monday sessions on

**January 27** at 7pm in the N Street Building. Participants purchase the book, “The Gospel According to Matthew, Part One” (\$16.95), at

<https://littlerockscripture.org/Products/6408/The-Gospel-According-to-Matthew-Part-One> (or call 800-858-5450). Register with Theresa Prymuszewski at

[tprymuszewski@stmatthewscathedral.org](mailto:tprymuszewski@stmatthewscathedral.org).

**Saturday Bible Study** – The next series considers the Book of

Ezekiel, a unique prophet who stands out for his presentation of the absolute majesty of God. Meetings will be held on Saturdays, **February 1, 8 and 15** from 10:30am to 11:45am in the East Conference Room. Sometimes called the “father of Judaism,” although exiled in Babylon, he writes about the Temple and liturgy. The prophet also envisions the new heart and the new spirit to come with God’s new covenant, thus helping to “prepare for the New Testament doctrine of salvation through grace,” according to the New American Bible.

**Cathedral Book Club** – All are welcome to a discussion of the Lenten Book Club selection, “The Mountain of Silence,” by Kyriacos C. Markides on Monday, **March 9**, from 6:45 to 8pm in the East Conference Room. It has been described as “a fascinating narrative that is ... dialogue and meditation, history and politics, theology and travelogue.” Told in lively form, the book is the story of a Greek Orthodox monk in Cyprus, presenting a fine overview of traditional Orthodox spiritual teachings, as on the role of the Holy Spirit.

## Social Justice & Community Service

**On Deepening Faith** – The *Catholic Standard* recently asked young adults of the archdiocese to share their thoughts and resolutions on deepening their faith in the new year. Among them was Norma Canedo, St. Matthew’s Coordinator for Social Justice Ministries. To read the article, [click here](#) or see the banner on our website front page at [www.stmatthewcathedral.org](http://www.stmatthewcathedral.org).

**Proposed Bill on Deregulating Abortion Facilities** – The D.C. City Council has proposed a bill that

would remove all restrictions and regulations from both maternal healthcare and abortion facilities, adding additional risks to the health and wellbeing of women and girls. The Archdiocese invites all parishes to oppose this legislation. To read a recent *Catholic Standard* article on the bill, [click here](#) or go to <https://cathstan.org/news/local/catholic-official-warns-against-possible-impact-of-d-c-reproductive-health-bill>. St. Matthew’s Respect Life Ministry will lead our parish’s participation in a postcard-signing campaign the weekend of **January 25 - 26**. Postcards will be available in the Cathedral after Masses that weekend and at the rectory office. Questions? Email Justin Silvers at [jsilvers@cbndc.org](mailto:jsilvers@cbndc.org) or Fr. John Benson & Norma Canedo at [socialjustice@stmatthewscathedral.org](mailto:socialjustice@stmatthewscathedral.org).

## Creation Care Corner – An Ecological Examen

**Gratitude:** I give thanks to God for creation and for being wonderfully made. (Where did I feel God’s presence in creation today?)

**Awareness:** I ask for the grace to see creation as God does – in all its splendor and suffering.

**Understanding:** I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable.

**Conversation:** I ask for the grace of conversion. (Where have I fallen short in caring for my brothers and sisters and creation?)

**Reconciliation:** I ask for the grace to reconcile my relationship with God, creation and humanity, and to stand in solidarity.

**Prayer:** I offer a closing prayer for the vulnerable in our society and the earth we share.

To join the Creation Care Ministry, email Phil Downey at [stmattcreationcareteam@gmail.com](mailto:stmattcreationcareteam@gmail.com).



# CATHEDRAL MASS FOR LIFE

**8:40 A.M. RALLY 10:00 A.M. MASS**

**MUSIC BY MIKE TENNEY CELEBRANT: BISHOP MARIO E. DORSONVILLE**

# 1.24.20

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**WWW.STMATTHEWSCATHEDRAL.ORG**

**202-347-3215**

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**#iStand4Life**

**FOR ACCOMMODATIONS OR ASL INTERPRETATION, PLEASE CONTACT  
SPECIALNEEDSMINISTRY@ADW.ORG TWO WEEKS IN ADVANCE.**



# **RESPECT LIFE MINISTRY**

**March for Life 2020**

**FRIDAY, JANUARY 24**

St. Matthew's Social Justice Committee invites you to take part in a prayerful & peaceful witness to the dignity of all human life on the 47th anniversary of Roe vs. Wade - the legalization of abortion in all 50 states.



## *Celebrate Life at St. Matthew's Cathedral!*

The Archdiocese of Washington will host the Cathedral Mass for Life the morning of the March for Life.

*All are welcome to attend!*

Rally: 8:40am

Mass: 10:00am

Celebrant: Bishop Mario Dorsonville

Music by Mike Tenney.

## *Join St. Matthew's Cathedral at the March for Life*

The Respect Life Ministry invites parishioners and friends to join us at the Rally for Life on the National Mall. We will gather in the St. Anthony Chapel, following the Rally & Mass for Life at the Cathedral.

Please contact Justin Silvers if you plan to join our parish group, [jsilvers@cbndc.org](mailto:jsilvers@cbndc.org). You may also call Fr. John Benson or Norma Canedo at the rectory at 202-347-3215.

# **MINISTERIO DE RESPETO A LA VIDA**

**Marcha por la Vida 2020**

**VIERNES, 24 DE ENERO**

El Comité de Justicia Social de San Mateo los invita a que sirvan como testigos de fe y paz por la dignidad de toda vida humana en el 47 aniversario de *Roe v. Wade* - la legalización del aborto en los 50 estados.

## *Celebre la vida en la Catedral de San Mateo*

La Arquidiócesis de Washington patrocinará la Concentración y Misa por la Vida en la Catedral (en inglés) la mañana de la Marcha por la Vida.

*Todos son invitados!*

Concentración: 8:40 de la mañana

Misa: 10:00 de la mañana

Celebrante: Obispo Mario Dorsonville

Música por Mike Tenney.



**MARCH for LIFE**

## *iÚnase a nosotros! - San Mateo en la Marcha por la Vida*

El Ministerio de Respeto a la Vida invita a feligreses y amigos a unirse a nosotros en la Marcha por la Vida en el Mall Nacional.

Nos reuniremos en la Capilla de San Antonio después de la Concentración & Misa por la Vida en la Catedral.

Póngase en contacto con padre John Benson o Norma Canedo para marchar con nuestra parroquia, [socialjustice@stmatthewscathedral.org](mailto:socialjustice@stmatthewscathedral.org) o 202-347-3215.

# Start eGiving Today!

## Cathedral of St. Matthew the Apostle 3 Ways to Give



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Text “Enroll” to **202-335-9588**



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# E-GIVING ENROLLMENT FORM



Cathedral of St. Matthew the Apostle  
1725 Rhode Island Avenue, NW  
Washington, DC 20036

IP

To enroll online, use code  
below or scan here: →

DC284



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**Process my gifts on the:  4th or  15th of the month (please check only one box)**

*"As each one has received a gift, use it to serve one another as good stewards of God's varied grace." (Peter 4:10)*

**Weekly Offertory Gift: \$ \_\_\_\_\_**

*(Note: The total amount will be determined by the number of Sundays in the month. Some months have 5 Sundays.)*

You may also choose to give to the following second and special collections as part of the regular monthly transaction.

COLLECTION	AMOUNT	MONTH	COLLECTION	AMOUNT	MONTH
<input type="checkbox"/> Cathedral Maintenance	\$ _____	Monthly	<input type="checkbox"/> Holy Father	\$ _____	June
<input type="checkbox"/> Music Ministry	\$ _____	Monthly	<input type="checkbox"/> Catholic Communications & Human Development	\$ _____	August
<input type="checkbox"/> Poor Box/Outreach	\$ _____	Monthly	<input type="checkbox"/> Assumption	\$ _____	August
<input type="checkbox"/> Solemnity of Mary	\$ _____	January	<input type="checkbox"/> Catholic University	\$ _____	September
<input type="checkbox"/> Archdiocese of Military Service	\$ _____	January	<input type="checkbox"/> Propagation of the Faith/ World Missions	\$ _____	October
<input type="checkbox"/> Ash Wednesday	\$ _____	February	<input type="checkbox"/> All Saints Day	\$ _____	November
<input type="checkbox"/> Churches in the Developing World	\$ _____	March	<input type="checkbox"/> All Souls Day *	\$ _____	November
<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
<input type="checkbox"/> Easter Sunday (In addition to regular Sunday gift)	\$ _____	March/April	<input type="checkbox"/> Christmas Flowers	\$ _____	December
<input type="checkbox"/> Church Missions within the US	\$ _____	April	<input type="checkbox"/> Christmas	\$ _____	December
<input type="checkbox"/> Catholic Relief Services	\$ _____	May			

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

I would like to enroll in the *Faith Direct* program for the benefit of the Cathedral of St. Matthew the Apostle. I understand that my **total** monthly contribution amount will be transferred directly from my checking account or credit card as stated above, a record of my gifts will appear on my bank or credit card statement, and my transfers will begin on the 4th or next business day of the month following my enrollment. I understand that I can increase, decrease, or suspend my giving by contacting *Faith Direct* toll free at 1-866-507-8757.

*{All gifts provided to your Church originating as Automated Clearing House transactions comply with US law.}*

**Signature:** X \_\_\_\_\_ **Date:** \_\_\_\_\_

Name(s): (please print) \_\_\_\_\_

Street Address: \_\_\_\_\_

Church Envelope #: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Name as I/we would like it to appear on Offertory Cards: \_\_\_\_\_

I do not wish to receive Offertory Cards to place in the collection basket as a sign of my electronic giving.

*If you choose to enroll by mail, you can contact Faith Direct at 1-866-507-8757 {toll-free} to set up online access to your account.*

**For Bank Account Debit:** Please return this completed form and a voided check to *Faith Direct* Enrollment.

**For Credit/Debit Card:** Please complete the following...  VISA  MasterCard  American Express  Discover

Credit/Debit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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).



Cathedral of St. Matthew the Apostle

1725 Rhode Island Avenue NW, Washington, DC 20036

# Marriage Prep Course



Fridays at 7:30pm  
in the East Conference Room

[ on the right-hand side of the cathedral,  
accessible through the garage entrance ]

Dates:

February 7, 21, 28

March 6, 13, 20, 27

April 3, 17

Final retreat:  
Sat, April 25  
10am to 4pm

cost: **Free**

RSVP  
to **Fr. John**

[jbenson@stmatthewscathedral.org](mailto:jbenson@stmatthewscathedral.org)

202.347.3215

## *Cathedral of St. Matthew the Apostle*



### **2020 Spring Semester ESL & SSL Classes English and Spanish Classes for Adults**

- **When:** February 11 – May 14  
Tuesday, Wednesday, & Thursday evenings from 6:30pm to 8:30pm  
**Registration Days:** February 6 & 10, from 6:30pm to 8:30pm
- **Where:** St. Matthew's Education Center  
1726 N Street, NW  
Washington, DC 20036
- **Cost:** English as a Second Language: \$45  
Spanish as a Second Language: \$85

*For more information regarding registration, visit:*

*ESL: [www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes](http://www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes)*

*SSL: [www.stmatthewscathedral.org/outreach/spanish-language-classes](http://www.stmatthewscathedral.org/outreach/spanish-language-classes)*

*Contact for ESL [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com) || Contact for SSL [stmattssl@gmail.com](mailto:stmattssl@gmail.com)*

### **Clases de Inglés para adultos**

- **Cuando:** 11 de febrero – 14 de mayo  
Martes, miércoles y jueves 6:30 a 8:30 de la noche  
**Días de inscripción:** Feb. 6 & 10, 6:30-8:30 de la noche
- **Dónde:** St. Matthew's Education Center  
1726 N Street, NW  
Washington, DC 20036
- **Costo:** Inglés como segundo idioma: \$45

*Para más información, visite:*

*[www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes](http://www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes)*

*Envíe un correo electrónico [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com)*

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### **Volunteers Needed for ESL Program: Teachers, Tutors, & Hospitality**

We are looking for volunteers to serve one night per week on Tuesday, Wednesday, or Thursday. While volunteers are not required to have formal training in teaching English, we expect their native language to be English. Also, volunteers are expected to have at least one university degree. If you are interested in volunteering, email Rhoda Mbato at [stmattsesl@gmail.com](mailto:stmattsesl@gmail.com).

### **Se buscan voluntarios – español como segundo idioma**

Buscamos voluntarios para servir como maestros en los tres niveles de español una noche por la semana el martes, miércoles o jueves. No es un requisito que los voluntarios tengan una capacitación formal para enseñar, pero se pide que su primer idioma sea el español. Además, se espera que los voluntarios tengan por mínimo un título universitario. Para ayudar como voluntario, escriba a Carina Carrasco y Angelo Gómez a [stmattssl@gmail.com](mailto:stmattssl@gmail.com).

## Lecturas del 19 de Enero

**E**ste es el Cordero de Dios, el que quita el pecado del mundo. (Juan 1, 29)

Tanto el profeta Samuel como Juan el Bautista recibieron el don del discernimiento. Cuando Samuel visitó a Jesé y todos sus hijos, supo que solamente uno de ellos, David, era apto para ser el rey de Israel (1 Samuel 16, 6-12). Siglos más tarde, Juan bautizaba en el Jordán cuando Jesús se aproximó. Al verlo, Juan exclamó: “¡Miren, ese es el Cordero de Dios, que quita el pecado del mundo!”

El discernimiento espiritual es un don que Dios da a todo el que ha sido bautizado en Cristo. El Señor desea que cultivemos este don y aprendamos a usarlo. ¿De qué otro modo podemos conocer la voluntad divina, tanto para nuestra vida como para el diario vivir, si no aprendemos a ejercer este valioso don?

En un nivel, todos tenemos la capacidad básica de discernir el bien y el mal, la virtud y el pecado. Pero en un plano más profundo, sabemos que a veces estas distinciones entre el bien y el mal no son muy claras; son “zonas grises” en las que hay que tener cuidado. Lo primero es llevar cualquier duda al Señor en oración y pedirle entendimiento. Luego, conviene examinarse el corazón para saber qué cosas son las que lo motivan a uno y cómo se comparan las opciones que tenemos en la vida con los mandamientos de Dios y las enseñanzas de la Iglesia. Luego, nos toca decidir, de la mejor manera posible, qué hacer, siempre prefiriendo el lado de la certeza.

San Juan Bautista supo cómo debía ser su vida, porque se mantuvo atento y dócil al Espíritu Santo, y lo mismo hizo Samuel. Los dos recibieron el don del discernimiento para entender las intenciones de los demás y detectar las mociones del Espíritu en el mundo a su alrededor. Para ellos, y también para nosotros, poder discernir significa tratar de comprender el pensamiento y la inspiración de Dios; por eso, el discernimiento espiritual no es algo que se limite a la razón; también implica obedecer a Dios, y sus resultados son beneficios inimaginables.

*“Señor y Padre mío, concédeme entender mejor la verdad de Cristo y la misión que a mí me das para cumplirla.”*

Escogida con el permiso de *La Palabra Entre Nosotros*, Vol. 39, Número 2: Enero 2020.

## Lecturas de la Semana

**Domingo 19**

Is 49:3,5-6 / 1 Cor 1:1-3 / Jn 1:29-34

**Lunes 20**

*San Fabián y San Sebastián*

1 Sam 15:16-23 / Mc 2:18-22

**Martes 21**

*Santa Inés*

1 Sam 16:1-13 / Mc 2:23-28

**Miércoles 22**

1 Sam 17:32-33,37,40-51 / Mc 3:1-6

**Jueves 23**

1 Sam 18:6-9; 19:1-7 / Mc 3:7-12

*San Vicente y Santa Mariana Cope*

**Viernes 24** 1 Sam 24:3-21 / Mc 3:13-19 o Jer 1:4-10 / Rom 12:1-2 /

*San Francisco de Sales*

Mt 19:16-22

*Día de Oración por la Protección Legal de los Niños que no han nacido*

**Sábado 25**

He 22:3-16 o He 9:1-22 / Mc 16:15-18

*Conversión de San Pablo*

**Domingo 26** Is 8:23—9:3 / 1 Cor 1:10-13,17 / Mt 4:12-23 o 4:12-17

## Intenciones de Misas Mass Intentions January 19 – 26

### Sunday, January 19

5:30pm Vigil (January 18) – Alfonso & Mercedes de Araque

7am – Lidia, Rosetta & Maria Balsamo

8:30am – Melanie Aybar

10am – Mr. & Mrs. James Allen

11:30am – Rafael F. Yap

1pm – Janet Torres

5:30pm – All Parishioners

### Monday, January 20

8am – Marta Cespedes (living)

12:10pm – Dr. Sal Sarmiento & Linda's Family (living)

### Tuesday, January 21

7am – Fausto Rios

8am – Mary Elmore

12:10pm – Dr. Anita S. Sanchez Family (living)

5:30pm – Huey Benda

### Wednesday, January 22

8am – Eulalia Barahona

12:10pm – Rose & Renee Tousaint

### Thursday, January 23

12:10pm – William E. Lawlar, Jr.

5:30pm – Souls in purgatory

### Friday, January 24

8am – Beatriz Burbano

12:10pm – Liezel (Bulacan)

5:30pm – Jenney Resch

### Saturday, January 25

8am – John Young

12:10pm – Keith

5:30pm – All Parishioners

### Sunday, January 26

7am – Elizabeth Eaton

8:30am – Fortunata Schiano

10am – Susan Barbara Medgyesi-Mitschang

11:30am – Demeczky family

1pm – Special Intention

5:30pm – Laurence Allnutt Eigin

**Intenciones de Oración** – Por favor únanse en oración en todo el mundo por las intenciones del **Papa Francisco** este mes: para que los cristianos, los que siguen otras religiones y todas las personas de buena voluntad promuevan la paz y la justicia en el mundo.

## Noticias de la Parroquia

**Semana de Oración por la Unidad** – “*Nos mostraron una bondad inusual*” (*cf. He 28, 2*) es el tema de la semana de oración por la Unidad de los Cristianos (**18 - 25 de enero**). Estos días se reservan cada año para que los cristianos de todo del mundo puedan compartir la oración de Jesús: “que todos sean uno... que el mundo crea” (*Jn 17:21*).

**Fiesta Federal** – Este lunes, **20 de enero**, es el Día de Martín Luther King, Jr. fiesta Federal. La Catedral abrirá a las 7:30 de la mañana y cerrará a la 1:00 de la tarde. Se celebrarán las misas de 8:00 de la mañana y 12:10 del mediodía; no habrá confesiones y las oficinas de la rectoría estarán cerradas.

**No hay confesiones el 24 de Enero**  
– Debido a la Misa y Marcha por la Vida las confesiones se han cancelado, para más información sobre este evento vea el inserto en el boletín.

**Propuesta de Ley Eliminar Regulaciones a Clínicas de Aborto**  
– El Consejo de D.C. ha propuesto un proyecto de ley que eliminaría todas las restricciones y regulaciones de los servicios de salud materna y de aborto, agregando riesgos para la salud y el bienestar de mujeres y niñas. La Arquidiócesis está invitando a todas las parroquias a oponerse a esta legislación, lea más aquí:

<https://cathstan.org/news/local/catholic-official-warns-against-possible-impact-of-d-c-reproductive-health-bill>. El

Ministerio Respeto a la Vida de San Mateo dirigirá la participación de nuestra parroquia en una campaña de firma de postales el fin de semana del **25 - 26 de enero**. Las postales estarán disponibles en la Catedral después de las misas de ese

fin de semana y en la oficina de rectoría. ¿Preguntas? Envíe un correo electrónico a p. John Benson y Norma Canedo a [socialjustice@stmatthewscathedral.org](mailto:socialjustice@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 es profundizar nuestra fe por medio de las Sagradas Escrituras. El grupo de Oración tendrá charlas programadas a través del año.

### Esquina del Ministerio de Cuidado de la Creación – Un Examen Ecológico

**Gratitud:** Doy gracias a Dios por la creación y por haber sido hecho maravillosamente. (¿Dónde sentí la presencia de Dios en la creación hoy?)

**Conciencia:** Pido la gracia de ver la creación como Dios la ve, en todo su esplendor y sufrimiento.

**Entendimiento:** Pido la gracia de mirar de cerca para ver cómo mis elecciones de vida impactan en la creación y en los pobres y vulnerables.

**Conversación:** Pido la gracia de la conversión. (¿Dónde fracase en el cuidado de mis hermanos y hermanas y la creación?)

**Reconciliación:** Pido la gracia para reconciliar mi relación con Dios, la creación y la humanidad, y para solidarizarme con ellas.

**Oración:** Ofrezco una oración de clausura por los vulnerables en nuestra sociedad y por la tierra que compartimos.

Únase al Ministerio de Cuidado de la Creación, escriba a Phil Downey a [stmattcreationcareteam@gmail.com](mailto:stmattcreationcareteam@gmail.com) o al padre John Benson y Norma Canedo a [socialjustice@stmatthewscathedral.org](mailto:socialjustice@stmatthewscathedral.org).

### Se Busca una Persona para Trabajar en Limpieza

La Catedral de San Mateo busca un trabajador de limpieza a tiempo completo con experiencia. Las responsabilidades incluyen mantener un alto nivel de limpieza dentro de la Catedral y oficinas de la rectoría. Los deberes de trabajo incluyen aspirar pisos, limpiar baños, desempolvar, fregar y pulir pisos, tirar la basura. Debe tener documentos de trabajo legal y pasar una verificación de antecedentes. Requisitos mínimos: experiencia de mantenimiento (en limpieza) que sea bilingüe, español/ingles. Este es un trabajo a tiempo completo, el cual ofrece beneficios, incluyendo seguro de salud, días de enfermedad pagados y retiro. Para aplicar, por favor llame a Pam Erwin al 202-347-3215.

### Fin de Semana del Encuentro Matrimonial Mundial

– El *fin de semana del encuentro matrimonial mundial* es un programa de enriquecimiento en donde las parejas pueden alejarse del trabajo, los niños, las tareas de la casa y el teléfono para enfocarse solo el uno en el otro. Próximo fin de semana **abril 17 al 19** comienza a las 7:00 de la tarde el viernes y termina a las 4:30 de la tarde el domingo. Si desean que su relación crezca, sea más profunda y enriquecida, entonces les gustará la diferencia que puede hacer en ustedes un fin de semana del encuentro matrimonial mundial. Únanse a millones de parejas en el mundo entero que han aprendido como conservar sus matrimonios vibrantes y llenos de vida. Para obtener información o inscribirse llame:  
en Maryland: 301-252-2946 ó 301-404-3541  
en Virginia: 703-786-2103 ó 703-673-8845.