

# CO-CATHEDRAL OF THE SACRED HEART

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**Most Reverend Joseph A. Fiorenza, D.D.**

*Archbishop Emeritus*

**Very Reverend Jeffrey L. Bame**

*Rector & Pastor*

**Reverend Loc D. Phan**

*Parochial Vicar*

### Deacons

*Deacon John Carrara*

*Deacon Joe Millhouse*

*Deacon Lynn Carney*

*Deacon Gilberto Vela*

*Deacon Jose Galvan*

## MASSES & CONFESSIONS

### Weekdays

7:00 AM *Tues, Wed, Thurs* 6:30-6:50am

12:10 PM *Mon-Fri* 11:30am-Noon

### Saturday

5:00 PM *English* 3:30-4:45pm

### Sunday

7:00 AM *English*

9:00 AM *Vietnamese* 8:15-8:45am

11:00 AM *English* 10:15-10:45am

1:00 PM *Spanish* 12:15-12:45pm

5:30 PM *English* 4:30-5:15pm

### Church Hours

*Mon 9am-2pm, Tues 6:30am-2pm, Wed & Thurs*

*6:30am-6pm, Fri 9am-6pm.*

*Sat. Noon-6pm, Sun 6:30am-7pm*



## PARISH OFFICES AT THE CATHEDRAL CENTRE

1701 San Jacinto St. Houston, TX 77002

Office Hours: M-F 8:00-12:00 & 1:00-5:00

[office@sacredhearthouston.org](mailto:office@sacredhearthouston.org)

(713) 659-1561



**EIGHTEENTH SUNDAY IN ORDINARY TIME**

**JULY 31, 2022**

## RECTOR'S LETTER

July 31, 2022

### National NFP Awareness Week

Dear Friends in Christ:

Anh chị em thân mến trong Chúa Kitô:

Estimados Amigos y Amigas en Cristo:

This week, the Church has celebrated National Natural Family Planning Awareness Week, during which we give special focus to the gift of marriage and conjugal love as well as to ways in which biology and spiritually unite in responsible procreation and family life. In this week's space, I have invited Mary Caprio, our Director of Family Life and a certified NFP Practitioner, to share some words about the gift of NFP.



My journey with Natural Family Planning began when I was still a practicing Registered Nurse. At first, I was struck with the beautiful teaching our church proclaims about the gift of fertility. The fact that love and life belong together. Oftentimes, the culture treats fertility as if it is a disease: Seeking to suppress it; bypass it and sometimes even replace it. The Church insists, however, that fertility is a gift and is a sign of God's life giving presence in the world and particularly in the lives of married couples. Modern methods of natural family planning have provided couples a moral, effective and safe way of either avoiding or achieving a pregnancy. Several methods are as effective as some contraceptive methods and superior to others. The Creighton Model Fertility Care System is three times more effective than In Vitro Fertilization (IVF) in achieving pregnancy without the moral problems that IVF presents. Natural Family Planning uses biological markers which determine the fertility/infertility of the woman on any given day. 2/3 of the cycle of the woman is actually infertile and the fertile signs provide the couple with reliable markers to assist them in reaching their pre established goal to achieve or avoid a pregnancy. Many couples today struggle with issues of infertility and the model that the Cathedral teaches, assists couples in understanding and restoring their fertility. Research has shown that couples who use Natural Methods have stronger communication skills, more successful marriages and even better sexual satisfaction. Divorce among those who use natural methods is actually less than

1%. I encourage those who are unfamiliar with Modern Methods of Fertility care to get educated about them! At the Co Cathedral, we have one free introductory class a month available to anyone interested in learning more. The model we use at the Cathedral is called the Creighton Model Fertility Care system. This system was chosen because it is founded on medical research and has practitioners available to assist those with issues related to their cycles and fertility. The schedule of classes can be found on our website! Please feel free to contact me with questions or comments at my email address which is [mcaprio@sacredheartouston.org](mailto:mcaprio@sacredheartouston.org).



Please pray for all marriages and families for fruitful love as well as for those who struggle with infertility, that all may cooperate with God's grace in the domestic church.

*O Sacred Heart of Jesus, we place all our trust in You. Amen.*

Yours in Christ,

*Very Rev. Jeffrey L. Bame*

Very Reverend Jeffrey L. Bame  
Rector & Pastor



## RECTOR'S CORNER



**Welcome** to the Co-Cathedral of the Sacred Heart—a parish of the Archdiocese of Galveston-Houston located in the heart of downtown Houston. In addition to being a cathedral and a hub for Archdiocesan activity, we are a parish serving the people of downtown Houston, mid-town, and visitors and travelers from all over. Wherever you are from, welcome!

To register as part of our parish family and to receive our communications to learn more, visit the Rector's Corner online or call our parish office during the week at 713-659-1561.

**Financial Stewardship:** Thank you for supporting the Co-Cathedral of the Sacred Heart. In addition to our Parish Offertory Box and Poor Box found in the back of the church, you can donate via Faith Direct, PayPal, or mail. Visit **GIVE** on our website for more details.

|                                                                                            |                                                                                       |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>7/17/22 Offertory:</b><br>Collected: \$22,935<br>Budgeted: <u>\$32,000</u><br>(\$9,065) | <b>2021-22 YTD:</b><br>Collected: \$72,788<br>Budgeted: <u>\$96,000</u><br>(\$23,212) |
| <b>2022 DSF Gifts:</b><br>Paid: \$81,166<br>Goal: <u>\$141,750</u><br>57% / (\$60,584)     | <b>DSF Stewardship:</b><br>Donors: 219<br>Families: 760<br>29% Participating          |

\*Pending a gift from a non-parishioner.

### Mass Intentions

#### Saturday, July 30

5:00pm For the People of the Parish

#### Sunday, July 31

7:00am For the Intentions of Benjamin Garrett Johnson

9:00am For Community Intentions

11:00am Brenda Demaris †

1:00pm

5:30pm Bernadine † & F.R. Pizzitola †

#### Monday, August 1

12:10pm Phillip Varela †

#### Tuesday, August 2

7:00am Terry Parett

12:10pm Annie B. Hawkins †

#### Wednesday, August 3

7:00am Benjamin Garrett Johnson

12:10pm Kay Manriquez

#### Thursday, August 4

7:00am Pura Savedra †

12:10pm Marciano † & Olivia Partida †

#### Friday, August 5

12:10pm MSgt. Rodolfo Garcia † & Mrs. Sylvia Lemons †

#### For the recently deceased:

Elvia Samano †, Onésimo López †, Faye Sarofim †, Monette Johnson †, Agapito Tzoc Ajpacaja †, Bob Strauss †, Richard Perez †, and Alicia Cervantes †

## FIRST FRIDAYS AT SACRED HEART

6:30 PM MASS

7:30 PM DINNER

8:15 PM PRESENTATION AND Q&A

**AUGUST 5, 2022**

**Waffles, Wine, & Worship: A Guide to Living the Liturgical Year**

Speakers:

**Steffani & Dominick Aquila**

Director of Liturgical Life

The Co-Cathedral of the Sacred Heart



**Breakfast for dinner will be provided by Adair Kitchen!**

Join us for this First Friday Devotion, free dinner, and talk.



*Jesus. meek and humble of heart.  
Make our hearts like to Thine.*

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THE SACRED HEART



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### KEEPING OUR PROMISE TO PROTECT

Child and Youth Protection



All clergy, employees, and volunteers are required to be compliant with CMG Connect. To report suspected abuse of a minor by a member of the clergy, an employee, or volunteer of the Archdiocese immediately contact Child Protective Services (CPS) at 1-800-252-5400 and the local police department. For confidential victims assistance call 713-654-5799 or e-mail [vac@archgh.org](mailto:vac@archgh.org).

[www.sacredhearthouston.org](http://www.sacredhearthouston.org)

# WORSHIP AID

**Introit:** Deus in adiutórium meum intende (mode VII)

Gregorian Chant

*O God, come to my assistance; O Lord, make haste to help me; let them be put to confusion and shame, my enemies who seek my life.*

*V. Let them be turned backward and brought to dishonor, who wish me evil.*

## Processional

#696 Glory and Praise to Our God

Dan Schutte

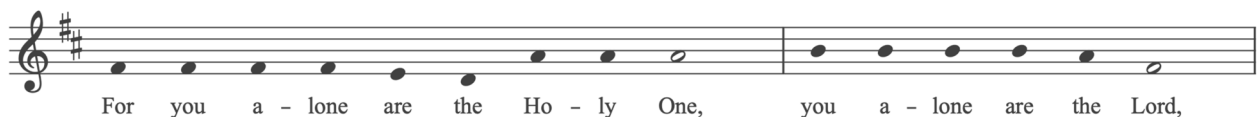
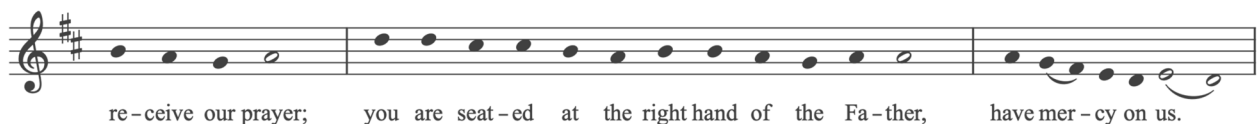
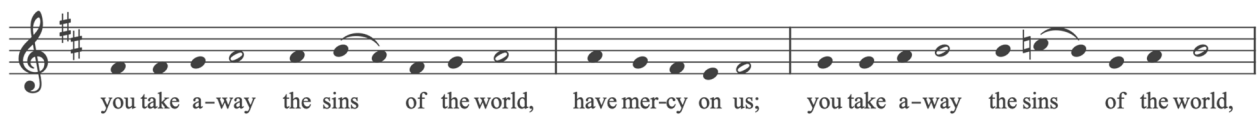
**Kyrie eleison** (Mass in Honor of St. Ignatius)

Russell Weismann



**Gloria** (Mass in Honor of St. Ignatius)

Russell Weismann



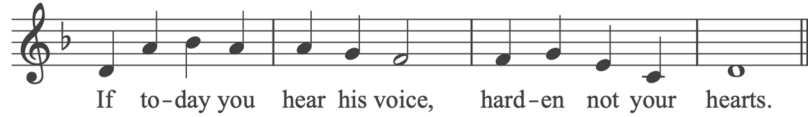
# WORSHIP AID



**Readings: #1124**

**Responsorial: Psalm 90**

Owen Alstott



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**Offertory**

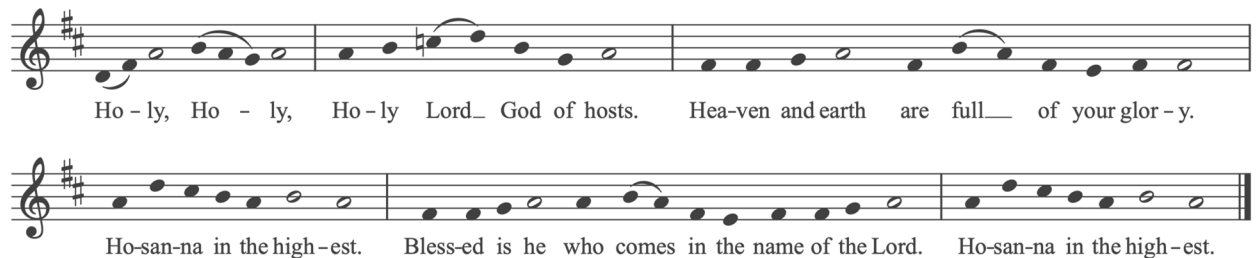
**#794 God, Whose Giving Knows No Ending**

RUSTINGTON

Give: <https://www.sacredhearthouston.org/offertory>

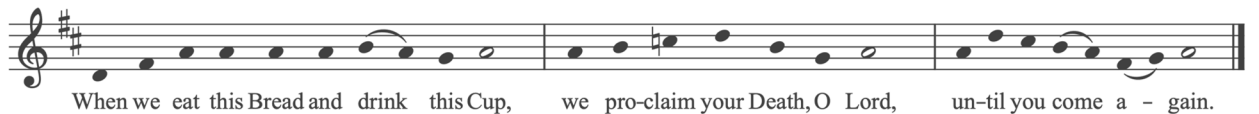
**Sanctus (Mass in Honor of St. Ignatius)**

Russell Weismann



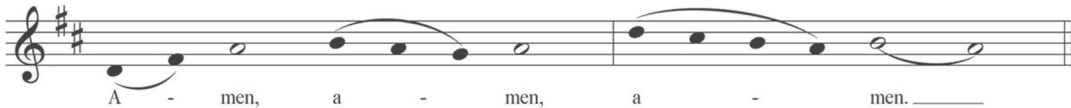
**Memorial Acclamation (Mass in Honor of St. Ignatius)**

Russell Weismann



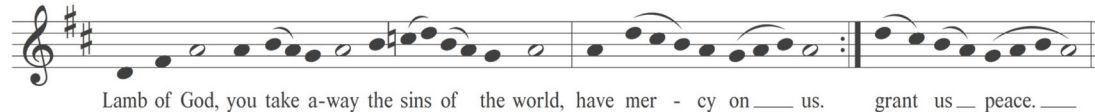
**Concluding Doxology (Mass in Honor of St. Ignatius)**

Russell Weismann



**Agnus Dei (Mass in Honor of St. Ignatius)**

Russell Weismann



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**Holy Communion**

**Panem de caelo (mode V)**

Gregorian Chant

*You gave us bread from heaven, O Lord, having in it all that is delicious, and the sweetness of every taste.*

**#617 Come Down, O Love Divine**

DOWN AMPNEY

**Recessional**

**#735 O God, Our Help in Ages Past**

SAINT ANNE

## PARISH LIFE

**Family Connect Sunday:** On Sunday, August 14<sup>th</sup> from 3:30-5pm your entire family is invited to an afternoon of activities, prayer, and fellowship at the Cathedral Centre. This session's theme is: *Mary, Queen of Heaven* and we will be making ofrendas to take home! RSVP for this free family event at [www.sacredhearthouston.org/fcs](http://www.sacredhearthouston.org/fcs).

**First Thursday:** Join us on August 4<sup>th</sup> for Solemn Exposition at the conclusion of the 12:10pm Mass. At 1pm a Scriptural Rosary will be prayed followed by Benediction to conclude the afternoon.

**Celebrate the Saints:** Follow us on Facebook @CCSHhou to learn small ways to incorporate feast days into your family life with recipes, prayers, and traditions.

Visit **BELONG** on our website for more details.

**Food Drive:** Next weekend is our monthly food drive. Pick up the shopping list from the ushers and bring the requested items back next weekend. Or shop online and have the items delivered to the Cathedral Centre! For more info and ways to volunteer visit [www.sacredhearthouston.org/outreach](http://www.sacredhearthouston.org/outreach).

**Be A Backpack Buddy:** In partnership with Casa Juan Diego we are supporting local students as they return to school. We are taking donations of new spirals, binders, folders, black pens, pencils, and crayons. You can also donate \$35 online to sponsor a backpack and supplies. In-kind donations can be brought to the Cathedral Centre Monday-Friday or placed in the black bins in the Narthex over the weekend.

Visit **GIVE** on our website for more details.

Free!  
**Fertility Care Class**  
August 14, 2022  
10:00 am - 11:30 am Cathedral Centre

Are you interested in a modern moral method to plan your family?



Struggling with infertility?

Come and unveil God's perfect design for our fertility with the CREIGHTON MODEL FertilityCare™ System.

Scan for more info or to RSVP!



Visit **GROW** on our website for more details.

**Pope Francis's Prayer Intention for July:**

**Elderly:** We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.

**World Youth Day 2023: Lisbon:** The next World Youth Day will be held in Lisbon, Portugal, in August 2023, and all young adults (ages 18-39) are invited to join the Archdiocesan pilgrimage! World Youth Day is an incredible opportunity to deepen your faith and immerse yourself in the true universality of the Church by interacting with young Catholics from all over the world. Register now and take a full year to make payments toward the trip, [www.archgh.org/wyd2023](http://www.archgh.org/wyd2023).

Visit **GO** on our website for more details.

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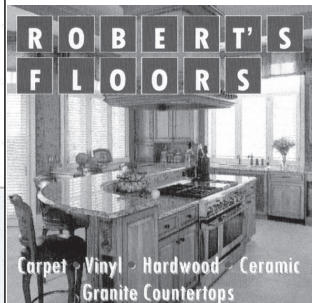
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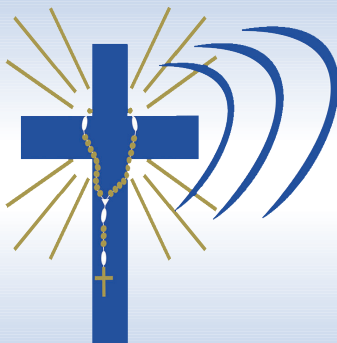
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