



HOSPITALITY

Acting as Christ the Shepherd, a parish committed to stewardship is a true community of faith that welcomes, honors, and involves every person in the life and work of the Church, acknowledging the blessing of our richly different backgrounds and experiences.

“A Biblical Walk Through the Mass”

by Dr. Edward Sri

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Part 3 of 4: The Real Presence of Jesus

So we have seen the Mass as a sacrifice. Now let us turn our attention to a second key aspect of the Eucharist: how it contains the real presence of Jesus. The Catholic Church teaches that although Christ is present to his people in many ways—in the poor, in his Word, in the sacraments, and in the prayer of two or more gathered in his name—he is uniquely present in the Eucharist. For the Eucharist is the very Body and Blood, Soul and Divinity of Jesus Christ. Through the Eucharist, “Christ, God and man, makes himself wholly and entirely present” (CCC 1374).

The Eucharist is not merely a symbol of Jesus. Nor is Christ only spiritually present in some vague way in the bread and wine. At the Last Supper, Jesus took bread and wine and said, “This is my body ... This is my blood.” Unlike other Christian communities that view the Eucharist merely as a sacred symbol or “reminder” of Jesus, the Catholic Church affirms that when the priest at Mass recites these words of Jesus’ at the moment of consecration, the bread and wine on the altar are changed into Christ’s Body and Blood. They are no longer bread and wine. The theological term used to describe this change is transubstantiation, which expresses how, by the consecration of the bread and wine, “there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood” (CCC 1376).

This change, however, is not a chemical one. All the outward, sensible appearances of bread and wine remain. The Host still looks like bread, tastes like bread, and feels like bread. And the chalice contains what to all the senses appears to be ordinary wine. The chemical structures of bread and wine remain the same. But

underneath these appearances, Jesus’ Body and Blood is really present in the Eucharist.

When Jesus himself taught about the Eucharist, he used language with a profound realism to describe how we will partake of his Body and Blood. Not only did Jesus speak at the Last Supper of the bread and wine being his Body and Blood (“This is my body ... This is my blood”), but when he gave his most extensive teaching about the Eucharist, he said we must really eat his flesh and drink his blood. So important was the partaking of his actual Body and Blood in the Eucharist that he taught,

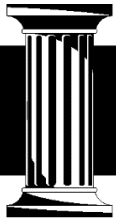
Truly, truly I say to you, unless you eat the flesh of the Son of man and drink his blood you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him. (John 6:53-56)

St. Cyril of Jerusalem, an early Christian theologian, exhorted Christians to trust in Jesus’ words about the Eucharist really being his Body and Blood: “Do not see in the bread and wine merely natural elements, because the Lord has expressly said that they are his body and his blood: faith assures you of this, though your senses suggest otherwise.”

“O Come, O Come, Emmanuel”

One of the biblical titles for Jesus is Emmanuel, which means “God with us” (Matthew 1:23). Jesus is the divine Son of God who became flesh and dwelt among us. And he so desired to remain close to us that he gave us the gift of his sacramental presence in the Eucharist. He thus continues to be Emmanuel—God with us—in each and every Mass celebrated throughout the world. We should never take this gift for granted. The most amazing event in the universe takes place at every Mass: the Son of God himself comes upon our altars and dwells in our midst!

Continued on the next page



PRAYER

Acting as Christ the Priest, a parish committed to stewardship strives to nourish each person through prayer, strengthening our relationship with the Father, Son, and Holy Spirit and focusing on the Eucharist, the "source and summit of the Christian Life."

"A Biblical Walk Through the Mass"

But God's desire to remain with us does not stop there. Christ's presence continues to abide in the Eucharistic species even outside of Mass for as long as the sacred species remain. This is why in every Catholic church the Eucharist is to be reserved in a sacred space called a tabernacle. We should reverence the presence of Christ in the Eucharist by genuflecting or making some other holy gesture as an expression of adoring Our Lord in the tabernacle. Besides our time at Mass, we also should try to spend time with Jesus in the Eucharist in the church or adoration chapel. This intimacy with Christ's presence in the Eucharist can bring great strength and consolation to the soul. St. Alphonsus Liguori notes how this is one of the most important practices we can perform: "Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us."⁵ John Paul II teaches that when we rest in the Lord's presence in the Eucharist, it is as if we become like the beloved disciple who rested on Jesus' breast at the Last Supper.

And his presence with us is powerful. In all the tabernacles throughout the world, Jesus continues to be Emmanuel, God with us. There, in the Blessed Sacrament, we encounter the same Jesus who walked the streets of Palestine, healed the sick, called people to conversion, and offered them forgiveness of sins. And this Jesus continues his work of healing, forgiving, and redeeming in the world, only now he comes to meet us sacramentally in the Eucharist. Jesus longs for us to draw near him, and he wants to do great works in our lives, just as he did for God's people two thousand years ago. But we must come to him. And we must believe. John Paul II notes how Jesus longs for us to visit him in the Eucharist: "Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith. ... Let our adoration never cease."

In Part IV we will explore the Eucharist as Holy Communion with Our Lord.

MASS INTENTIONS

Monday, Jun. 19

8:15 AM Cindy Graff, deceased,
by Steve Graff

Tuesday, Jun. 20

8:15 AM Minda Cabusao, deceased,
by Cabusao family

Wednesday, Jun. 21

8:15 AM Diane Wiedel, deceased,
by Roberts family

Thursday, Jun. 22

8:15 AM Elvira Arizmendiz, deceased,
by De Guzman family

Friday, Jun. 23

8:15 AM Lucia Youngers, deceased,
by Youngers Family

Saturday, Jun. 24

5:30 PM Thomas Wolfanger, deceased,
by Steve Wolfanger

Sunday, Jun. 25

7:30 AM Karuna Citra, deceased,
by Setiawan family

9:00 AM Deacon Brian Smith, special intention,
by L.K. Sturgeon

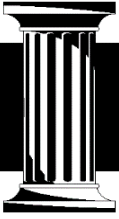
11:00 AM Parishioners of Holy Trinity

For DAILY READINGS

*Please visit us @ holytrinityparish.org or
www.usccb.org/bible/readings/061823.cfm*

Spiritual Support for Families

If you or a family member need an Anointing, please call the parish office. In the case of an emergency Anointing after office hours, follow the prompts to be connected directly to one of our priests: 530-677-3234.



FORMATION

Acting as Christ the Teacher, a parish committed to stewardship emphasizes, through evangelization and catechesis, the development of households of faith, where our Catholic story as the Body of Christ is lived and shared with one another.

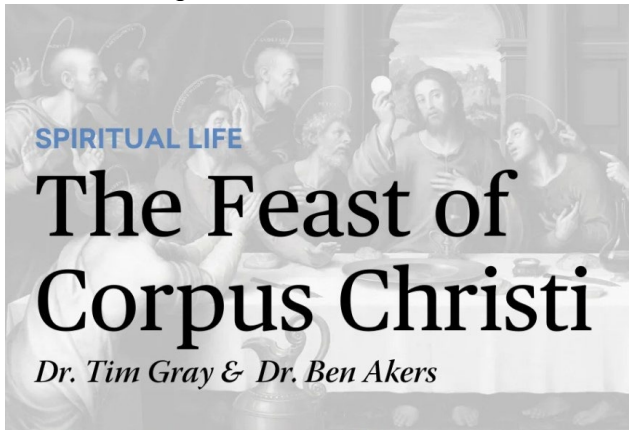
Questions for Faith Sharing June 25 Twelfth Sunday in Ordinary Time

In next Sunday's Gospel, Matthew 10:26-33, Jesus seeks to draw his followers out of fear and spur them to trust and hope in him. Jesus promises eternal life to those who speak his words with courage; fearless speech reveals the faith within. Even when rejected, sharing Christ's words of love binds us to all that is eternal. Rooted in the promise of eternal life with God, Christian hope flourishes despite hardship. With such faith and hope, Christians can proclaim the good news "on the housetops".

Reflection for families:

- How has Christ's gift of love transformed your life?

Formed.org



Join Dr. Tim Gray and Dr. Ben Akers for a conversation on the centrality of the Eucharist in our lives and the great Feast of Corpus Christi.

FORMED.org is free to all parishioners! Simply go through our parish website. Under "Learn" you can set up your free account. Click "Sign up as a parishioner." www.holytrinityparish.org/formed

Registration for Faith Formation and Sacrament Preparation (2023-2024)

Faith Formation/Sacrament Preparation registration for next year is **on-going BY APPOINTMENT**. Please call 530-677-3234, option 5.

Faith Formation Office

Please note that the Faith Formation Office will close from 7/5 - 7/21 for summer vacations.

Confirmation Groups Update

confirmation@holytrinityparish.org

kjones@holytrinityparish.org

St. Robert Bellarmine Group:

- Sponsor Forms, Certificate Forms and Confirmation Service Logs were due May 12th. Please turn them in or contact us if you need help.
- Your next Combined Session will be early next fall. The link to sign up will be emailed to you.
- Confirmation Weekend is October 14-15. Candidates and sponsors must attend the Morning of Reflection, October 14 (9 AM-12 PM), and the Confirmation Mass at will begin at 1:30 PM on October 15.

St. Sebastian Group:

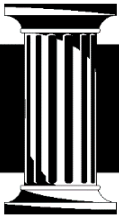
- Saint Letters AND Saint Projects were due on April 21. Please turn them in to the Faith Formation Office as soon as possible or contact us if you need help.
- Your next activity is a brief Candidate Zoom Discernment Interview over the summer. The link to sign up will be emailed to you.
- If you are interested in joining our Confirmation program, please contact Kim Jones for more information: kjones@holytrinityparish.org

A Lifeline for your Marriage

Retrouvaille has helped tens of thousands of couples experiencing marital difficulties at all levels including disillusionment and deep misery. Call 530-536-0449 or visit www.helpourmarriage.org

Our next weekend is July 7-9 2023, at Christ the King retreat center in Citrus Heights.

Peggy & John Di Nocco ~ Community Coordinators



SERVICE

Putting into action our commission as Christ the Shepherd, Priest, and Teacher, a parish committed to stewardship serves the many needs of its own parish family, as well as the needs of the larger community and the world.

Stewardship...

The Eleventh Sunday of Ordinary Time

“As you go, make this proclamation: ‘The kingdom of heaven is at hand.’” Matthew 10:7

Many of us take our lives for granted. We think we have plenty of time to “repent.” Maybe we should live with a little more urgency in making things right with God. This is the difference in living our discipleship out of obligation versus out of love. Obligation implies we do the minimum required. Love implies we want a relationship. God wants us to be with Him in Heaven forever, but He also wants to be in relationship with us right now, while we are on earth. Start this second – invite the Lord into your heart.

Consider making your gift electronically:

<https://www.holytrinityparish.org/give>.

Blessing for Travelers

With summer vacations, there will be many families travelling. You may wish to pray this prayer with your family before your trip.

All-powerful and ever-living God, when Abraham left his own land and departed from his own people, you kept him safe on his journey. Protect us who are also your servants: walk by our side to help us; be our companion and strength on the road and our refuge in every adversity. Lead us, O Lord, so that we will reach our destination in safety and happily return to our home. We ask this through Christ, our Lord. Amen.
Catholic Household Blessings & Prayers

Prayer for Fathers

For those who have fathered us in birth, for those who we call “father” and “daddy” who have shown us the face of our Father in heaven, for expectant fathers and those whose arms ache to cradle their own, for fathers who have borne the pain of losing a child, for fathers who have laid down their lives for their children:

May the one who is Father and Lord of all be our guide and their peace. For all fathers, living and dead, those nearby or those distanced by miles; may they all be embraced and strengthened by the loving arms of God, Father of us all. Amen.

Holy Trinity Men’s Ministry

Holy Trinity Men’s Ministry gathers every third Wednesday at 6:30 PM for food, fellowship, and conversation. All men are welcome to join. Contact Jeremy Youngers at jeremy@holytrinityparish.org with any questions. **Our next event is Wednesday, June 21 in the View Room.**

Catholics in Recovery

Catholics in Recovery provides support and healing from addictions, compulsions, and unhealthy attachments. Meetings combine the principals of 12-step recovery and the sacraments of the Catholic Church. We meet Thursday evenings at 6 PM in the Youth Center. For more information about the meeting contact us at cirholytrinity@gmail.com.

Safety and Security

Our Safety and Security Team, organized in 2019, is looking for additional team members. If you have professional safety, security, law enforcement, or similar professional experience and can assist with the planning and implementation of campus safety and security measures, please reach out to our Parish Life Director by email; jeremy@holytrinityparish.org

Knights of Columbus

All men of Holy Trinity Parish are invited to join the Knights of Columbus. HTP Knights are servant-leaders who support parish events and programming. Contact Randy Bickel at holytrinityknights@yahoo.com

Ordinary Time is Not “Ordinary”

On Monday, June 10, 2023, the Catholic Church entered a period in the liturgical year known as “Ordinary Time.” This period lasts 33 or 34 weeks and makes up most of the liturgical year in the Catholic Church – outside of the major liturgical seasons of Advent, Christmas, Lent and Easter.

Since the term *ordinary* most often means something that isn't special or distinctive, many people think that Ordinary Time refers to parts of the Church's calendar that are unimportant. This is not true! During Ordinary Time, the Church takes us through Christ's life in its fullness to help us all grow, mature, and understand our call to become His disciples. For Catholics, Ordinary Time is the part of the year in which Christ, the Lamb of God, walks among us and transforms our lives by His example. There's nothing "ordinary" about that!

During Ordinary Time, the liturgical color is green. The side banners of the altar are a blend of nature's colors in early summer here in the foothills as perceived through our beveled art glass windows. The choir side banner features lilies of the field – wild flowers that grow easily and abundantly. In the Gospel of Matthew (our current liturgical Year A), he uses these flowers to tell us not to worry or be anxious but rather to trust in and depend on God's divine care for all creation.



Let's celebrate our amazing



"Pops"

Father's Day Event

Sunday, June 18

After all Masses in the Parish Plaza

- ★ Hops for Pops (aka Beer)
- ★ Soda Pops
- ★ Popcorn

