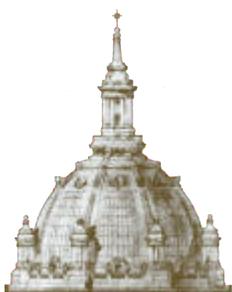
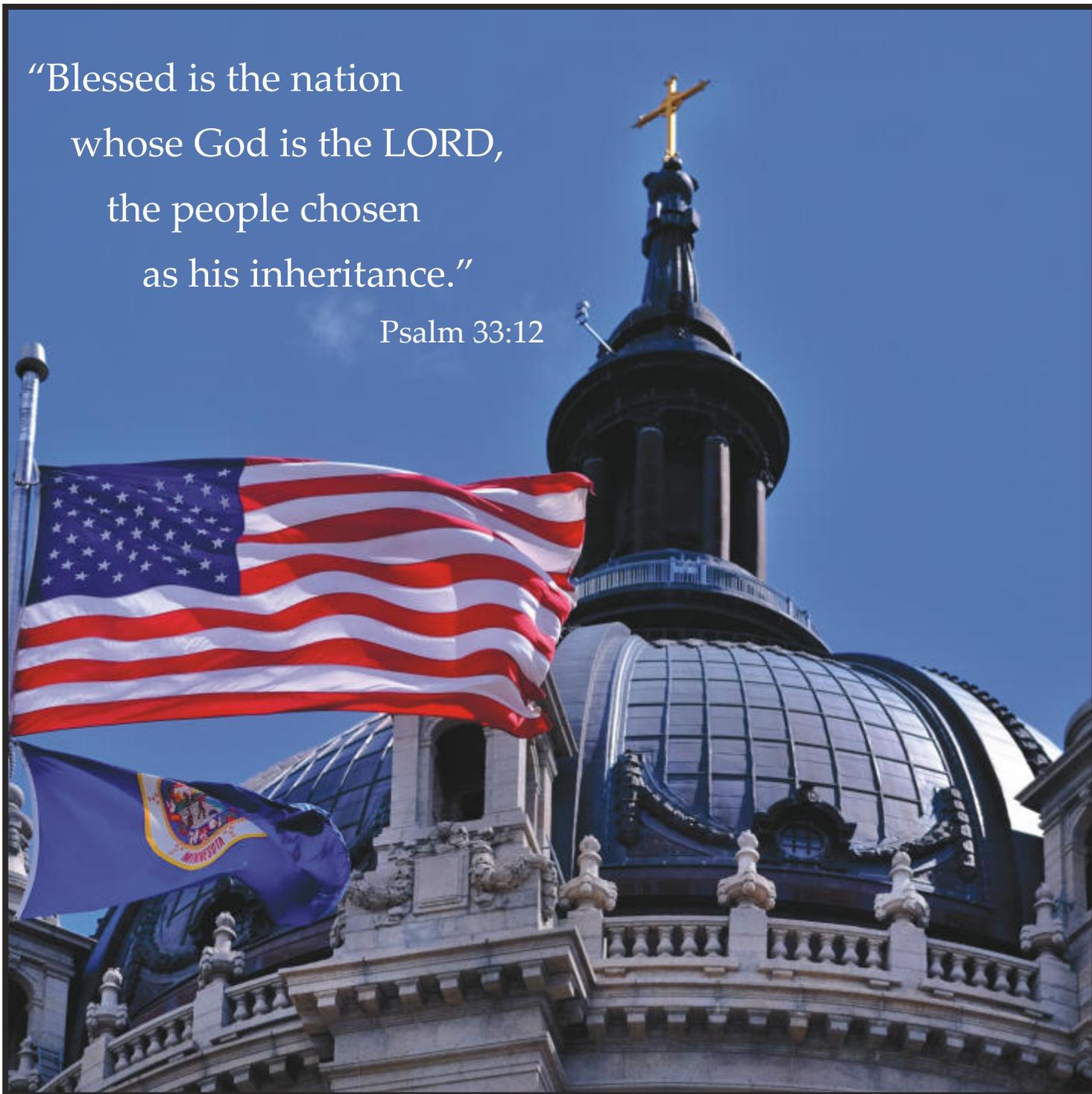


“Blessed is the nation  
whose God is the LORD,  
the people chosen  
as his inheritance.”

Psalm 33:12



**CATHEDRAL OF SAINT PAUL**  
**NATIONAL SHRINE OF THE APOSTLE PAUL**  
239 Selby Avenue, Saint Paul, Minnesota 55102  
651.228.1766 | [www.cathedralsaintpaul.org](http://www.cathedralsaintpaul.org)

Rev. John L. Ubel, Rector  
Sacramental Assistance: Rev. Joseph Bambenek & Rev. Mark Pavlak (Sundays)  
Deacons Phil Stewart, Ron Schmitz & Nao Kao Yang

**ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS**

Most Rev. Bernard A. Hebda, Archbishop  
Most Rev. Andrew H. Cozzens, Auxiliary Bishop



# LITURGY GUIDE FOR THE FOURTEENTH SUNDAY IN ORDINARY TIME

## THE INTRODUCTORY RITES

**HYMN** *Sung by Assembly:*

*The Star-Spangled Banner*

STAR SPANGLED BANNER

O say can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming,  
Whose broad stripes and bright stars through the perilous fight,  
O'er the ramparts we watched, were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there;  
O say does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?

### GREETING

**Celebrant:** In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Assembly:** Amen.

**Celebrant:** The grace of our Lord Jesus Christ, and the love  
of God, and the communion of the Holy Spirit be  
with you all. *(or similar greeting)*

**Assembly:** And with your spirit.

### PENITENTIAL ACT

*Confiteor*

**C**onfess to almighty God  
and to you, my brothers and sisters  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,

*And striking the breast, say:*

*through my fault, through my fault, through my most grievous fault;*  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

**KYRIE** Lord, have mercy. Christ, have mercy. Lord, have mercy.

**GLORIA** *Cantor and Assembly: Congregational Mass, John Lee*



**Celebrant or Cantor:** Glory to God in the *highest*, \*

**Assembly:** and on earth peace to people of good will.

We praise you, we bless you, \* we adore you,  
we glorify you, we give you thanks \* for your great glory,  
Lord God, heav'nly King, \* O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son, \* Lord God, Lamb of  
God, Son of the Father,  
you take away the sins of the world, \* have mercy on us;  
you take away the sins of the world, \* receive our prayer;  
you are seated at the right hand of the Father, \* have mercy  
on us.

For you alone are the Holy One, you alone are the Lord, \*  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, \* in the glory of God the Father. Amen.

## THE LITURGY OF THE WORD

### FIRST READING

*Ezra 2:2-5*

**A**s the LORD spoke to me, the spirit entered into me  
and set me on my feet,  
and I heard the one who was speaking say to me:  
Son of man, I am sending you to the Israelites,  
rebels who have rebelled against me; they and their ancestors  
have revolted against me to this very day.  
Hard of face and obstinate of heart  
are they to whom I am sending you.  
But you shall say to them: Thus says the LORD GOD!  
And whether they heed or resist—for they are a rebellious house—  
they shall know that a prophet has been among them.

### RESPONSORIAL PSALM

USCCB/NAB

*Psalm 123:1-2, 2, 3-4*

Jeff Ostrowski

**ANTIPHON** *Cantor, then Assembly:*



Our eyes are fixed on the Lord, — plead-ing for his mer - cy.

To you I lift up my eyes  
who are enthroned in heaven —  
As the eyes of servants  
are on the hands of their masters.  
As the eyes of a maid  
are on the hands of her mistress,  
So are our eyes on the LORD, our God,  
till he have pity on us.  
Have pity on us, O LORD, have pity on us,  
for we are more than sated with contempt;  
our souls are more than sated  
with the mockery of the arrogant,  
with the contempt of the proud. *Antiphon.*

### SECOND READING

*2 Corinthians 12:7-10*

**B**rothers and sisters: That I, Paul, might not become too elated,  
because of the abundance of the revelations, a thorn in the  
flesh was given to me, an angel of Satan, to beat me, to keep me  
from being too elated. Three times I begged the Lord about this,  
that it might leave me, but he said to me, "My grace is sufficient for  
you, for power is made perfect in weakness." I will rather boast  
most gladly of my weaknesses, in order that the power of Christ  
may dwell with me. Therefore, I am content with weaknesses,  
insults, hardships, persecutions, and constraints, for the sake of  
Christ; for when I am weak, then I am strong.

### GOSPEL ACCLAMATION

*Mode VI*

*Cantor, then Assembly:*



Al-le-lu-ia, al - le-lu-ia, — al - le - lu - ia.

The Spirit of the Lord is upon me,  
for he sent me to bring glad tidings to the poor.

### GOSPEL

*Mark 6:1-6*

**J**esus departed from there and came to his native place,  
accompanied by his disciples. When the sabbath came he  
began to teach in the synagogue, and many who heard him were  
astonished. They said, "Where did this man get all this? What kind  
of wisdom has been given him? What mighty deeds are wrought by  
his hands! Is he not the carpenter, the son of Mary, and the brother  
of James and Josés and Judas and Simon? And are not his sisters  
here with us?" And they took offense at him. Jesus said to them,  
"A prophet is not without honor except in his native place and  
among his own kin and in his own house."  
So he was not able to perform any mighty deed there, apart from  
curing a few sick people by laying his hands on them. He was  
amazed at their lack of faith.

### HOMILY

#### PROFESSION OF FAITH

*Nicene Creed*

**I** believe in one God, the Father almighty,  
maker of heaven and earth, of all things visible and invisible.  
I believe in one Lord Jesus Christ, the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation he came down from heaven,

All bow while saying:

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

UNIVERSAL PRAYER *Assembly:* Lord, hear our prayer.

### THE LITURGY OF THE EUCHARIST

#### PREPARATION OF THE ALTAR AND GIFTS

HYMN *Sung by Assembly:*

*God of Our Fathers*

NATIONAL HYMN

God of our fathers, whose almighty hand  
Leads forth in beauty all the starry band  
Of shining worlds in splendor through the skies,  
Our grateful songs before Thy throne arise.

Thy love divine hath led us in the past,  
In this free land by Thee our lot is cast;  
Be Thou our ruler, guardian, guide and stay,  
Thy Word our law, Thy paths our chosen way.

Refresh Thy people on their toilsome way,  
Lead us from night to never-ending day;  
Fill all our lives with heav'n-born love and grace,  
Until at last, we meet before Thy face.

SANCTUS *Assembly:* *Roman Missal*

Ho-ly, — Ho-ly, — Ho-ly Lord God of hosts.  
Heaven and earth are full of your glory. Hosanna  
in the highest. Blessed is he who comes in the name  
of the Lord. Ho-san - na in the high - est. —

MEMORIAL ACCLAMATION *Assembly:* *Roman Missal*

We pro-claim your Death, O Lord, and pro-fess your  
Res-ur-rec - tion un-til you come a-gain.

AGNUS DEI *Roman Missal*

*Cantor:* Lamb of God,

*Assembly:* you take away the sins of the world, have mercy on us.

*Last time:* Lamb of God,

*Assembly:* you take away the sins of the world, grant us peace.

### ECCE AGNUS DEI

*Celebrant:* Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

*Assembly:* Lord, I am not worthy that you should enter under my roof, but only say the word, and my soul shall be healed.

ANTIPHON *Cantor:*

*Gustate et videte* *Gregorian Missal, Mode III*

Gustate et videte, quóniam suávis est Dóminus: beátus vir, qui sperat in eo.  
O Taste and see how gracious the Lord is; blessed is the man who trusts in him. *Ps 34:9*

ANTIPHON

Psalm 34:2-3, 4-5, 6-7, 8-9

Jeff Ostrowski

ANTIPHON *Cantor, then Assembly:*

Taste and see the good-ness of the Lord.

I will bless the LORD at all times;  
his praise shall be ever in my mouth.  
Let my soul glory in the LORD;  
the lowly will hear me and be glad. *Antiphon.*

Glorify the LORD with me,  
Let us together extol his name.  
I sought the LORD, and he answered me  
And delivered me from all my fears. *Antiphon.*

Look to him that you may be radiant with joy.  
And your faces may not blush with shame.  
When the afflicted man called out, the LORD heard,  
And from all his distress he saved him. *Antiphon.*

The angel of the LORD encamps  
around those who fear him and delivers them.  
Taste and see how good the LORD is;  
blessed the man who takes refuge in him. *Antiphon.*

HYMN *Sung by Assembly:*

*America, the Beautiful*

MATERNA

O beautiful, for spacious skies,  
For amber waves of grain,  
For purple mountain majesties  
Above the fruited plain!  
America! America!  
God shed His grace on thee,  
And crown thy good with brotherhood  
From sea to shining sea!

O beautiful for heroes proved  
In liberating strife,  
Who more than self their country love  
And mercy more than life!  
America! America!  
May God thy gold refine  
Till all success be nobleness,  
And every gain divine!

SORTIE-POSTLUDE

#### USING YOUR SMARTPHONE TO MAKE A DONATION:



1. SCAN THIS QR CODE WITH YOUR PHONE.
2. OPEN THE SECURE LINK.
3. FOLLOW THE PROMPTS.
4. THANK YOU.

## CATHEDRAL HOURS

### CATHEDRAL HOURS

Monday - Friday 7:00 to 8:30 a.m. & Noon to 5:00 p.m.  
 Sunday Church opens approx. 25 minutes before Mass  
 Church Office - 8:30 a.m. to 5:00 p.m.

### SUNDAY MASS

Anticipatory (Saturday) 5:15 p.m.  
 Sunday 8:00 a.m. | 10:00 a.m. | Noon | 5:00 p.m.

### DAILY MASS

Monday - Friday 7:30 a.m.

### SACRAMENT OF RECONCILIATION

Monday - Friday 3:45 to 5:00 p.m.  
 Saturday 3:30 to 5:00 p.m.

### OFFICE HOURS (RECTORY AT 239 SELBY AVENUE)

Monday - Friday: 8:30 a.m. to 5:00 p.m.

### WELCOME CENTER HOURS

Sunday 9:00 a.m. - 2:00 p.m.

### GUIDED TOURS

Offered Tuesday-Friday at 1:00 p.m. (except on holy days and national holidays).

### MUSEUM HOURS

#### TEMPORARILY SUSPENDED

Call the Cathedral at 651.228.1766 for hours of operation.

### VIRTUAL TOURS

Visit [www.stpaulcathedraltour.com](http://www.stpaulcathedraltour.com) for a mobile app tour and to virtually "walk through" the Cathedral.

### RADIO BROADCAST ON RELEVANT RADIO® 1330 AM

The 5:15 p.m. Saturday Mass is recorded and aired on Relevant Radio 1330 AM Sundays: 9:00 a.m.  
 Weekday Masses are recorded and broadcast at 7:30 p.m.  
 Monday through Friday.

### SAINT VINCENT DE PAUL CAMPUS

Twin Cities Hmong Catholic Community  
 Located at 651 Virginia Street, Saint Paul  
 Sunday Mass (Hmong and English) 9:00 a.m.



## SUNDAY STEWARDSHIP

### CONTRIBUTIONS FOR JUNE 20, 2021

Sunday Envelopes	\$	5,239.00
Member EFT	\$	9,793.34
Plate	\$	2,094.72
<b>Total Sunday Contributions</b>	<b>\$</b>	<b>17,127.06</b>
Saint Vincent de Paul Campus	\$	n/a



## END OF FISCAL YEAR GIVING

We offer a **heartfelt thanks** to all Cathedral parishioners and friends who supported the special end of the fiscal year mailing with a financial gift in addition to your prayers. As we put a close to the 2020-21 fiscal year, we are grateful for the tremendous support shown throughout a very challenging year in our parish's history. Please know that your generosity did not go unnoticed.

Fr. Ubel

## HONORING *DIES DOMINI*- THE LORD'S DAY: REST AND THE SUNDAY OBLIGATION



Human beings are often **creatures of habit**. Most experts will tell you that habits develop over the course of time, and once settled, can be difficult to break. One significant **unknown** emerging from the pandemic concerns **habits** that formed during the period in which attending Mass was virtually impossible. As the emergency health situation has now passed, Archbishop Hebda has lifted the Sunday obligation dispensation, effective this weekend. The Sunday obligation is now back in force after more than a year. The \$64,000 question now—How have people's habits changed in that time? We shall soon find out! This week's column picks up where I left off last week, as I try to offer a little more practical context. The **precise nature** of the obligation has developed over time, even though the principle remained constant.

As St. John Paul II wrote in his 1999 letter *Dies Domini*, ("The Lord's Day" #47): "Even if in the earliest times it was not judged necessary to be prescriptive, the Church has not ceased to confirm this obligation of conscience, which rises from the inner need felt so strongly by the Christians of the first centuries." So, what changed? Honestly, people had become lax—it became necessary to articulate expectations more clearly. The legislation wasn't seen as an **innovation** as much as a formalization of what was understood. Attendance at Mass on Sunday (which is a different issue from the reception of Holy Communion,) is **obligatory** for all Roman Catholics (Code of Canon Law #1247). While the Church permits this obligation to be fulfilled on Saturday evenings, there is more to the obligation than mere attendance at Mass.

There is a **double obligation** imposed (the use of "imposed" is meant in a technical, not pejorative sense) upon Catholics. First, to attend Mass and secondly, "to abstain from works and affairs that hinder the worship to be rendered to God" (c. 1247). Tertullian is likely the first Christian writer to explicitly mention Sunday as a day of rest. He lived in the earliest days of the 3rd century. (ca. 202 A.D.) and wrote a treatise "On Prayer." In Chapter XXIII he writes: "But we, according to the tradition we have received, on the day of the Lord's resurrection, and on it alone, **ought to refrain** carefully not only from this, but from every attitude and duty that cause perplexity, **putting off even our daily business** (differentes etiam negotia), lest we give any place to the devil" (cf. Ephesians 4:27, emphasis added). The "daily business" likely referred to commerce or trade— what we generally call shopping.

We all need rest, though our **competitive** culture makes it extremely difficult for some to "leave work" behind for even a day. This is tragic and while we can manage for a time, excessive work catches up and hits us like a ton of bricks. It was not only academics or Church leaders who discussed these issues. In fact, the Emperor **Constantine** recognized the **value of Sunday rest** as fundamental in his **imperial legislation**. In 321, he officially declared Sunday to be a day of rest, with only farmers being given an exception, whose necessary duties needn't be suspended. Do dairy farmers ever get a day off? He decreed: "All judges and urban peoples and artisans of all crafts should rest on the venerable day of the Sun." The seven-day week was brought to Rome from Egypt— *dies Solis* became our Sunday.

Vatican II's **Constitution on the Sacred Liturgy** (*Sacrosanctum Concilium*) highlighted Sunday as the gathering day for the faithful who "by hearing the word of God and taking part in the eucharist, they may call to mind the passion, the resurrection and the glorification of the Lord Jesus, and may

thank God who 'has begotten them again, through the resurrection of Jesus Christ from the dead, unto a living hope' (1 Pet. 1:3). Hence the Lord's Day is the **original** feast day, and it should be proposed to the piety of the faithful and taught to them so that it may become in fact a day of joy and of **freedom from work.**" (n. 106, with my emphasis). A **canonical requirement** to attend Mass was included in the 1917 Code of Canon Law.

Jesus said (John 6:53): "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you." Vatican II rightfully describes the Eucharist as the "source and summit of the Christian life." (SC, 11) May we embrace these teachings on a deeper level than a mere precept. St. John Paul II's letter *Dies Domini* gives cogent reasons behind the precept in **positive terms**. If someone truly desires to get back **into the habit** of attending Mass more regularly, I'd give them two pieces of advice. First, commit to **six consecutive weeks**. Any good habit takes that long to develop, whether dieting, exercise, prayer routines, etc. Secondly, choose the **same Mass** time as much as possible. Don't **squeeze** Mass in when it fits—rather, build the rest of your weekend around the set Mass time you have selected. We are delighted to **welcome everyone back** to Church and are here to serve all.

- If the U.S. Bishops release a document on the **meaning** of the Eucharist in the life of the Church, keep in mind several factors: it will occur at **November's** General Assembly after much discussion, apply to **all Catholics**, and will **not attempt** to set forth national norms on the denial of Holy Communion. It is not— despite the news reports— a document about President Joe Biden. To be honest, part of the blame for the confusion comes from the bishops' own messaging and part from media sensationalism, producing a narrative that seems nearly impossible to avoid.
- On the face of it, the U.S. Supreme Court **9-0 decision** overturning the City of Philadelphia's refusal to contract with Catholic Social Services for foster care (who had been placing foster children for 50 years!), is a victory for religious liberty. But the devil is in the details. **Justice Roberts** construed the decision quite **narrowly**, securing a unanimous decision, but not addressing **deeper** implications. In his concurring opinion, Justice Alito noted the decision "might as well be written on the dissolving paper sold in magic shops." Stay tuned.
- Two sure bets in life— death and taxes. I overestimated (and paid) my Minnesota taxes in 2020, such that I needn't pay in 2021! I actually prefer this to a refund. But for perspective: On July 1, 1862, **President Abraham Lincoln** signed the **first income tax** bill into law, levying a whopping **3% income tax** on most Americans, and 5% on those making over \$10,000 per year. Oh my, those were the days!
- For those who are a little more comfortable with some **social distancing**, the extreme **side sections** on both sides of church have kept **gold ropes** in place. In those sections, Holy Communion is offered only in the hand. In all other sections, both options for reception are available.
- **Fr. Stephen Hilgendorf** is offering the Noon Mass today. He was ordained to the Holy Priesthood last Tuesday (the Holy Oils haven't even dried yet!) and will serve for the Anglican Ordinariate in their Omaha, NE parish. Congratulations— Ad multos annos!

Sincerely in Christ,

Fr. John L. Ubel,  
Rector

## PROTOCOLS

### STEWARDSHIP PROTOCOLS

Located at the **four main doors** (two on Selby Ave. and two on Dayton Ave.) you will find **gold colored metal** drop boxes. Please distribute your **Sunday Stewardship** envelopes or cash in those slots, preferably before Mass. Otherwise, you may deposit them when leaving.

### RECEPTION OF HOLY COMMUNION

Holy Communion is distributed by individual sections of pews. Please wait until a Communion distributor arrives at your section before proceeding. We invite you to **consume the host immediately** upon reception.

**Holy Communion in the Hand**— extend your hands, one directly over the other, as the Sacred Host is deposited. If possible, **keep your hands flat** and **wait** until the priest/deacon/EMHC deposits the host before reaching for it. This will greatly minimize potential contact. Avoid holding your hands up too high, as it is more difficult to gently deposit a host.

**Holy Communion on the Tongue**— Except for the two sections closest to each set of exit doors (marked with the gold ropes), this option is available in all sections of the Church.

Fr. Ubel



## CATHEDRAL PUBLIC TOURS

Our **public tours** resumed on **June 29**, the Solemnity of Sts. Peter and Paul. The Church is open from **12:00 Noon** until the conclusion of daily confessions at **5:00 p.m.** With the Chapels and Shrines open, I encourage you to **light a candle** to pray in remembrance of a loved one.

## VOLUNTEER TOUR GUIDES NEEDED

Looking for new **volunteers** to join our Tour Guide team! This program is a vibrant part of our community, and plays an integral role in sharing the history of the Cathedral of Saint Paul with the thousands of visitors who walk through its doors every year. **Training will be provided.** For more information, please contact the Tour Coordinator at [tour\\_information@cathedralsaintpaul.org](mailto:tour_information@cathedralsaintpaul.org), or call 651.357.1327



## ON THE COVER



In the course of our nation's history, there have been 27 versions of the American Flag. The colors were deliberately chosen: Red symbolizes hardiness and valor, white symbolizes purity and innocence and blue represents vigilance, perseverance and justice.

Since no new states have been added since 1959, the current iteration of the U.S. Flag has been in existence for the longest time, and the only to last more than 50 years.

## MASS INTENTIONS

### Saturday & Sunday, July 3 - 4 (Independence Day)

5:15 p.m. Paul & Chrissy Johnson (A)  
 8:00 a.m. Charles Walsh †  
 9:00 a.m. SVDP Campus ~ For the People  
 10:00 a.m. Cathedral Parish ~ For the People  
 12:00 p.m. Phylis M. Makhholm †  
 5:00 p.m. All who are in the Armed Forces

### Monday, July 5

7:30 a.m. Alexander Hanschen †

### Tuesday, July 6

7:30 a.m. The Novak Family

### Wednesday, July 7

7:30 a.m. Janet Walther

### Thursday, July 8

7:30 a.m. Cathedral Benefactors

### Friday, July 9

7:30 a.m. Angela Kramer



### Readings for the week of July 4, 2021

Sunday: Ez 2:2-5/Ps 123:1-2, 2, 3-4 [2cd]  
 2 Cor 12:7-10/Mk 6:1-6a  
 Monday: Gn 28:10-22a/Ps 91:1-2, 3-4,  
 14-15 ab [cf. 2b]/Mt 9:18-26  
 Tuesday: Gn 32:23-33/Ps 17:1b, 2-3, 6-7ab, 8b and  
 15 [15a]/Mt 9:32-38  
 Wednesday: Gn 41:55-57; 42:5-7a, 17-24a/Ps 33:2-3,  
 10-11, 18-19 [22]/Mt 10:1-7  
 Thursday: Gn 44:18-21, 23b-29; 45:1-5/Ps 105:  
 16-17, 18-19, 20-21 [5a]/Mt 10:7-15  
 Friday: Gn 46:1-7, 28-30/Ps 37:3-4, 18-19, 27-28,  
 39-40 [39a]/Mt 10:16-23  
 Saturday: Gn 49:29-32; 50:15-26a/Ps 105:1-2, 3-4,  
 6-7 [cf. Ps 69:33]/Mt 10:24-33  
 Next Sunday: Am 7:12-15/Ps 85:9-10, 11-12, 13-14 [8]  
 Eph 1:3-14 or 1:3-10/Mk 6:7-13



### Observances for the week of July 4, 2021

Sunday: 14th Sunday in Ordinary Time;  
 Independence Day  
 Monday: St. Anthony Zaccaria, Priest;  
 St. Elizabeth of Portugal  
 Tuesday: St. Maria Goretti, Virgin and Martyr  
 Wednesday: 14th Wednesday in Ordinary Time  
 Thursday: 14th Thursday in Ordinary Time  
 Friday: St. Augustine Zhao Rong, Priest, and  
 Companions, Martyrs  
 Saturday: BVM  
 Next Sunday: 15th Sunday in Ordinary Time Lpi

## INDEPENDENCE DAY SCHEDULE

Independence Day falls on a Sunday this year. To allow our staff to have time with their families, the Cathedral will observe the following:

**Monday, July 5th**

**Parish Office Closed**

**Church Building Hours**

**8:30 a.m. to 12:00 Noon**

**7:30 a.m. Mass followed by Morning Prayer**

## CATHEDRAL NEWS

### ONLINE GIVING - EFT

We are grateful for your support of the Cathedral of Saint Paul. Online Giving allows you to make contributions to the parish without writing checks or worrying about cash. Select the **DONATE** button on the Cathedral website to set up automatic reoccurring contributions using your credit card or bank card. We have had **1,649** new onetime or new repeating contribution signups between April 8, 2020 through June 26, 2021! Please email Jim Gajewski at [jgajewski@cathedralsaintpaul.org](mailto:jgajewski@cathedralsaintpaul.org) with any questions about online giving.

### RACHEL'S VINEYARD RETREAT, JULY 30 - AUGUST 1

#### The Lord is Close to the Brokenhearted... Psalms 34:18

If you or someone you love is grieving the loss of a child to abortion, come and experience the healing mercy of Jesus Christ in our confidential weekend retreat. The next **Rachel's Vineyard Twin Cities' Retreat** is July 30 - August 1, 2021.

For more information, contact Nancy at [rachels@rvineyardmn.org](mailto:rachels@rvineyardmn.org), call 763.250.9313 or see [www.rvineyardmn.org](http://www.rvineyardmn.org).



## SUNDAY MASS OBLIGATION

Minnesota's Catholic bishops have reinstated Catholics' obligation to attend Sunday Mass and holy days of obligation, beginning this weekend, July 3-4. The Minnesota bishops note however that "the Church has always recognized that certain circumstances can excuse a person from the requirement to observe the obligation," the bishops noted in their joint statement.

Those circumstances include:

- 1) You have reason to believe your health would be significantly compromised if you were to contract a communicable illness (meaning, you have underlying conditions or are in a high-risk category).
- 2) You exhibit flu-like symptoms.
- 3) You have good reason to think you might be asymptomatic of a contagious illness (for example, you were in recent contact with someone who tested positive for a contagious illness such as COVID or influenza).
- 4) You care for the sick, homebound or infirmed.
- 5) You are pregnant or you are 65 years of age or older (per the Centers for Disease Control's recommendation for high-risk individuals).
- 6) You cannot attend Mass through no fault of your own (no Mass is offered; you are infirm; or, while wanting to go, you are prevented for some reason you cannot control, such as your ride did not show up).
- 7) You have significant fear or anxiety of becoming ill by being at Mass.

## VOICES FROM THE ARCHIVES

### “Under the Starry Banner” – John Ireland

Catholicism and America—a marriage contracted in heaven. Far from being mutually antagonistic or exclusive, the two of them properly understood are perfectly mated. The Catholic Church was the guarantor of divine revelation. Ireland’s thought was clear: “God may no more be removed from society than he may be from any part of the cosmos. The church must effectively guard against forgetting the divine origin of society and of government which leaves no choice for the state between anarchy and despotism.”

This formal expression of patriotism was a theme Ireland had been developing for many years and which would dominate his thoughts and actions for many years to come. He focused on this point so that there would be no misunderstanding stating: “It is true, the choicest field which providence offers in the Church is this republic, and she welcomes with delight the signs of the times that initiate a glorious future for her beneath the starry banner. But it is true, also, the surest safeguards for her own life and position in the republic will be found in the teachings of the Catholic Church. And the more America acknowledges those teachings, the more durable will her civil institutions be made. The church has ever been the advocate of liberty. Ireland wrote, “I lose all patience when I hear prejudice still surviving to the extent that it asserts that the Catholic Church is not the friend of free institutions. Did not the Middle Ages under the Church’s guidance gradually emerge from Roman despotism and barbarian feudalism? The Church was there at that moment.”

**Note:** John Ireland was unforgiving on the issue of America for Americans. He refused permission for teachers at Assumption Parish to teach German language classes. His order was not well received and immediately set up controversy. In the end, John Ireland had his way. ACSP.

## MOBILE BLOOD DRIVE, JULY 13

July is the month of the Precious Blood of Jesus. On **Tuesday, July 13**, from **12:00 Noon to 6:00 p.m.** please consider participating in the Mobile Blood Drive located on Selby Avenue by the flagpole. If you are at least 17 years old, 110 lbs. and in good health, you are eligible to give blood. Participation is by appointment only. Please visit [redcrossblood.org](http://redcrossblood.org) and search zip code **55102** or sponsor code: **Cathedral**. Or call 1.800 RED CROSS (1.800.733.2767).

Your donation makes you eligible for a chance to win gas for a year, a \$5,000 value! There will be 3 winners! Terms and conditions apply. For more information, visit [rcblood.org/fuel](http://rcblood.org/fuel).

## BETHANY HOUSE SUMMER PROGRAMS

Bethany House is a place, set apart, with an environment of support and encouragement for Catholic women as they intentionally discern consecrated life. The women live in community, pray together, have meals together, host Religious Sisters and participate in a discernment book study during the program. For more information and to request an application, see [10000vocations.org](http://10000vocations.org). Bethany House is now accepting applications!

**Bethany House Discernment Program:  
August 29, 2021 – May 28, 2022**

## RITES

### BAPTISM

We welcome those who have been newly baptized. Please pray for them as they continue to grow in Christ.

*Frances Gabrielle Mosher*

### MARRIAGE

Please join us in praying for all couples preparing for the sacrament of Matrimony.

### FUNERAL/MEMORIAL MASS

Please remember in your prayers those who are in grief because of the loss of a loved one.

## SACRAMENTAL PREPARATION

### BAPTISM

The sacrament of Baptism is celebrated for our parishioners on Sundays after the Noon Mass. Parents must attend a preparation class. Call Gail Wood at 651.357.1325.

### FIRST RECONCILIATION/HOLY COMMUNION, AND CONFIRMATION

Registered parishioners are encouraged to register for preparation for the sacraments. For more information regarding catechesis for children ages 3 through Confirmation, please contact the parish office at 651.228.1766.

### RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Curious about Catholicism? Considering becoming Catholic? RCIA, a process of learning and formation, is modeled on how people were brought into the Church in the first centuries. Please contact the parish office at 651.228.1766 for more information. Visit [cathedralsaintpaul.org/rcia](http://cathedralsaintpaul.org/rcia).

### MATRIMONY

To be married at the Cathedral of Saint Paul, one or both persons of the engaged couple must be an active, registered Cathedral parishioner for **six months prior to requesting a wedding date**. For more information about wedding policies, call Gail Wood at 651.357.1325.

## PRAYER FOR OUR NATION

God our Father,

Giver of life, we entrust the United States of America to Your loving care.

You are the rock on which this nation was founded. You alone are the true source of our cherished rights to life, liberty and the pursuit of happiness.

Reclaim this land for Your glory and dwell among Your people.

Send Your Spirit to touch the hearts of our nation’s leaders. Open their minds to the great worth of human life and the responsibilities that accompany human freedom.

Remind Your people that true happiness is rooted in seeking and doing Your will.

Through the intercession of Mary Immaculate, Patroness of our land, grant us the courage to reject the “culture of death.”

Lead us into a new millennium of life.

We ask this through Christ Our Lord.

Amen.

*Prayer From Catholic Online*

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