Ash Wednesday is February 26th

Burning of Palms after the 11am & 1pm Mass on February 23

Per the instructions of the Roman Missal, ashes are typically supposed to be made from last year’s Palm Sunday palm branches.

Why Palm Sunday palms?

There is liturgical significance in the use of the palms from Palm Sunday, as opposed to other materials, to make the ashes for Ash Wednesday.

Father Randy Stice, associate director for the Secretariat of Divine Worship for the U.S. Bishops’ Conference, says that the ashes made from palms remind us of what Lent is all about.

"Those branches herald Holy Week, the suffering death and resurrection of Christ," Stice said. The feast of Palm Sunday occurs the beginning of Holy Week, which leads up to Easter. "Then that helps us identity with (Jesus) in Lent...it connects us with events in Christ’s own life," he said.

Ashes have also long been a symbol of repentance and conversion, even in the Old Testament, Stice added.

"It’s an Old Testament and a New Testament symbol of repentance and conversion, sorrow for our sins, awareness of our frailty and mortality - [symbols] that have been taken up by the Church from the earliest stages.” (Mary Farrow, CNA)
EVERYDAY STEWARDSHIP

Don’t Live a Lie

One day, my son was explaining to his mother that he felt she had lied to him. It was nothing very important, but he wanted to take this opportunity to share how important telling the truth is to him. He explained that he simply tells it like it is in all aspects of his life. But an hour later, we caught him in a lie! Again, it was not about a matter of life and death, but it was a lie. When confronted with his own previous words on how important the telling the truth was to him, he just smiled. Yes, the guilty often have no words of defense.

Jesus said it best in Matthew 5: “Let your ‘yes’ mean ‘yes’ and your ‘no’ mean ‘no.’” He was warning his disciples about false oaths and then instructing them on the fullness of the Hebrew laws. We may try to do what we say and say what we mean, but it can be all too easy to fall short. We call ourselves disciples yet provide evidence to the contrary by our actions (or lack of them).

Even if we feel that we have lied to no one, we may have lied to ourselves. We portray ourselves as generous, thankful, and loving people, yet fail to answer God’s call in a situation because we perceive the cost to be too great. Jesus did not simply mean for people, yet fail to answer God’s call in a situation because we perceive the cost to be too great. Jesus did not simply mean for his message to be about two words. He also meant that when you say you are a disciple, make sure you are a disciple as well.

- Tracy Earl Welliver, MTS

A PRAYER TO DEDICATE YOUR DAY TO GOD WHEN YOU WAKE UP

To start your day on the right note, use this prayer that comes from St. Therese of the Child Jesus.

“But I will sing of your strength, in the morning I will sing of your love” (Ps 59: 16)

There is nothing better than praying as soon as you wake up in the morning, to dedicate your day to the Lord. A Morning Offering allows us to begin our day on a positive note and to face all the difficulties with God’s help. In the course of centuries, saints have composed many morning prayers. This is one among them, by St. Teresa of Child Jesus:

O my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to His infinite merits; and I wish to make reparation for my sins by casting them into the furnace of His merciful love. O my God, I ask of Thee for myself and for those dear to me the grace to fulfill perfectly Thy holy will, to accept, for love of Thee, the joys and sorrows of this passing life, so that we may one day be united together in Heaven for all eternity. Amen.

- Anna Ashkova

THE STORY OF THE CHAIR OF ST. PETER
SAINT OF THE DAY FOR FEBRUARY 22

This feast commemorates Christ’s choosing Peter to sit in his place as the servant-authority of the whole Church.

After the “lost weekend” of pain, doubt, and self-torment, Peter hears the Good News. Angels at the tomb say to Magdalene, “The Lord has risen! Go, tell his disciples and Peter.” John relates that when he and Peter ran to the tomb, the younger outraced the older, then waited for him. Peter entered, saw the wrappings on the ground, the headpiece rolled up in a place by itself. John saw and believed. But he adds a reminder: “...[T]hey did not yet understand the scripture that he had to rise from the dead” (John 20:9). They went home. There the slowly exploding, impossible idea became reality. Jesus appeared to them as they waited fearfully behind locked doors. “Peace be with you,” he said (John 20:21b), and they rejoiced.

The Pentecost event completed Peter’s experience of the risen Christ. “...[T]hey were all filled with the holy Spirit” (Acts 2:4a) and began to express themselves in foreign tongues and make bold proclamation as the Spirit prompted them.

Only then can Peter fulfill the task Jesus had given him: "...[O]nce you have turned back, you must strengthen your brothers" (Luke 22:32). He at once becomes the spokesman for the Twelve about their experience of the Holy Spirit—before the civil authorities who wished to quash their preaching, before the Council of Jerusalem, for the community in the problem of Ananias and Sapphira. He is the first to preach the Good News to the Gentiles. The healing power of Jesus in him is well attested: the raising of Tabitha from the dead, the cure of the crippled beggar. People carry the sick into the streets so that when Peter passed his shadow might fall on them.

Even a saint experiences difficulty in Christian living. When Peter stopped eating with Gentile converts because he did not want to wound the sensibilities of Jewish Christians, Paul says, "...I opposed him to his face because he clearly was wrong.... [T]hey were not on the right road in line with the truth of the gospel...” (Galatians 2:11b, 14a).

At the end of John’s Gospel, Jesus says to Peter, “Amen, amen, I say to you, when you were younger, you used to dress yourself and go where you wanted; but when you grow old, you will stretch out your hands, and someone else will dress you and lead you where you do not want to go” (John 21:18). What Jesus said indicated the sort of death by which Peter was to glorify God. On Vatican Hill, in Rome, during the reign of Nero, Peter did glorify his Lord with a martyr’s death, probably in the company of many Christians.

Second-century Christians built a small memorial over his burial spot. In the fourth century, the Emperor Constantine built a basilica, which was replaced in the 16th century. (franciscanmedia.org)
THE SIXTH WEEK OF ORDINARY TIME

Let your “Yes” mean “Yes,” and your “No” mean “No.” Anything more is from the evil one.” (Mt 5:37)

ANNUAL CATHOLIC APPEAL

On the weekend of February 22, we will once again have the opportunity to walk with others as Jesus asks us to do. Together as Catholics, the Appeal is a way we can all help in a powerful way. Many of our sisters and brothers in the North State have endured catastrophic natural disasters. Others still struggle on the margins of communities. Let us remember them and that each of our gifts, no matter the amount, really do make a difference in someone’s life. Please prayerfully consider what you can give this year.

CATHOLIC VIEWPOINT, FAITH, HOPE AND LOVE, hosted by Fr. Michael Kiernan. This week’s guest is Fr. Raj Derivera - sharing his Call to a Vocation with us. View on Comcast 20, Consolidated 19 and AT&T 14, Times: Sun. 7:00 AM, Tues. 9:30 AM, Weds. 8:30 PM, and Thurs. 5:00 PM. All shows are also on YouTube and website CatholicviewpointFHL.com.

From February 26 through April 5, 2020, you’re invited to join other Christians for 40 Days for Life – 40 days of prayer, vigil and fasting for an end to abortion. You are invited to stand and peacefully pray with us during a 40-day vigil in front of FPA Abortion Clinic at 2322 Butano Dr., Sacramento, and to help spread the word about this important community outreach. We will be a presence Monday through Friday, from 8:00am to 6p.m. For more information – and especially if you’d like to volunteer to help, please contact: Liliana Baldderama (916) 912-8256 or Veronica Avina (916) 205-0713 or go to 40daysforlife.com/sacramento.

The opening mass for the spring campaign will be Monday February 24th, 2020. We will join in the daily mass at 8:00 am with the recitation of the rosary immediately following the mass at Presentation Parish located at 4123 Robertson Ave., Sacramento, CA 95821

VICTIM-SURVIVORS OF CHILD SEXUAL ABUSE BY PRIESTS HAVE AN ADDITIONAL MONTH TO REGISTER FOR INDEPENDENT COMPENSATION PROGRAM

Registration Deadline Extended to February 29, 2020 for program run by independent experts

Victim-survivors of clergy sexual abuse who wish to participate in the Independent Compensation Program will have an additional month in which to register, following an extension of the original deadline.

Bishops of the six California dioceses involved in the program moved the registration deadline from Jan. 31 to Feb. 29. In announcing the extension, Sacramento Bishop Jaime Soto expressed the hope that the extension would allow more victims to seek justice through the independent program.

“Sexual abuse of children —innocents who were betrayed by the very person they were taught to trust—is a terrible and evil sin,” Bishop Soto said. “It is fitting that we do all we can to ensure that anyone who wishes to come forward and seek justice through this program have every opportunity to do so. I continue to pray for the victims of sexual abuse and seek to atone for this shameful chapter for our Church.”

Registration is a required first step for those who wish to participate in the program. Participants may then decide whether they wish to file a claim and have until March 31 to do so. The extension applies to registration deadline—the claim-filing deadline has not changed. The program is open to any victim of child sexual abuse by a diocesan priest, regardless of when the abuse occurred or the citizenship status of the participant. The program is confidential and is not administered by the diocese—evaluation of claims and compensation awards are handled by independent experts who have overseen similar programs for abuse victims in other states, as well as funds for victims of the 9/11 attacks.

These features, along with a process that moves much faster than a typical court case, may make the program the right option for those who do not have recourse to the courts, or who prefer a confidential and streamlined process.

For more information on the Independent Compensation Program for Victim-Survivors of Sexual Abuse of Minors by Priests, including how to register and submit a claim, please visitwww.californiadiocessicp.com.

For more information on the Diocese of Sacramento’s work to safeguard children and the vulnerable, or to report sexual abuse, please visit www.scd.org/safe-environment or call 916-733-0227.
Sharing the Gospel - God’s rules stop you from hurting yourself and the people around you. God knows that if you really love him, you will want to follow his rules. You will trust him. You will want to be thoughtful and kind. You will want to love people the way God does.

Prayer - God, help me to follow your rules with my whole heart.

Mission for the Week - Ask your parents to list three ways you can honor them.

Thank you for your generosity and continued support of the Cathedral!
Miércoles de Ceniza es el 26 de febrero

Quema de palmas después de la misa de las 11 a.m. y la 1 p.m. del 23 de febrero

Según las instrucciones del Misal Romano, se supone que las cenizas se hacen de las ramas de palma del Domingo de Ramos del año pasado.

¿Por qué las palmeras del Domingo de Ramos?

Hay un significado litúrgico en el uso de las palmas del Domingo de Ramos, a diferencia de otros materiales, para hacer las cenizas del Miércoles de Ceniza.

El padre Randy Stice, director asociado de la Secretaría de Culto Divino para la Conferencia Episcopal de los Estados Unidos, dice que las cenizas hechas de palmas nos recuerdan de qué se trata la Cuaresma.

"Esas ramas anuncian la Semana Santa, la muerte sufrida y la resurrección de Cristo", dijo Stice. La fiesta del Domingo de Ramos ocurre al comienzo de la Semana Santa, que conduce a la Pascua. "Entonces eso nos ayuda a identificarnos con (Jesús) en la Cuaresma ... nos conecta con eventos en la vida de Cristo", dijo.

Las cenizas también han sido durante mucho tiempo un símbolo de arrepentimiento y conversión, incluso en el Antiguo Testamento, agregó Stice.

"Es un símbolo del Antiguo Testamento y del Nuevo Testamento de arrepentimiento y conversión, pena por nuestros pecados, conciencia de nuestra fragilidad y mortalidad, [símbolos] que la Iglesia ha adoptado desde las primeras etapas" (Mary Farrow, CNA)

Día de San Valentín

y el vino
surgiendo de su bote
entrando en mi territorio
y el era hermoso

y lo reconocí—
un recuerdo antiguo de un amor lejano
y él también me conocía
y me habló sin miedo y perdonador
y me ató en su voz
y tomé posesión de mi posesión
y misericordiosamente me liberó
en las aguas oscuras de sus lágrimas amorosas.
nuestros regalos, sin importar la cantidad, realmente hacen una gran diferencia en la vida de alguien. Por favor, considere en oración lo que pueda donar este año.

**LAS LECTURAS DE LA SEMANA**

Domingo: 6° Domingo del Tiempo Ordinario
Eclo 15, 15-20/Sal 119, 1-2. 4-5. 17-18. 33-34 [1]/1 Cor 2, 6-10/Mt 5, 17-37 o 5, 20-22. 27-28. 33-34. 37

Lunes: Los Siete Santos Fundadores de la Orden de los Servitas;
Día de los Presidentes (Oficina rectoral cerrada)
Sant 1, 1-11/Sal 119, 67. 68. 71. 72. 75. 76 [77]/Mc 8, 11-13

Martes: Sant 1, 12-18/Sal 94, 12-13a. 14-15. 18-19 [12]/Mc 8, 14-21

Miércoles: Sant 1, 19-27/Sal 15, 2-3. 3-4. 5 [1]/Mc 8, 22-26

Jueves: Sant 2, 1-9/Sal 34, 2-3. 4-5. 6-7 [7]/Mc 8, 27-33

Viernes: San Pedro Damión, obispo y doctor de la Iglesia
Sant 2, 14-24. 26/Sal 112, 1-2. 3-4. 5-6 [cfr. 1]/Mc 8, 34—9, 1

Sábado: La cátedra de San Pedro apóstol
1 Pe 5, 1-4/Sal 23, 1-3. 4. 5. 6 [1]/Mt 16, 13-19

**LA CORRESPONSABILIDAD DIARIA**

**No Vivas una Mentira**

Un día, mi hijo le estaba explicando a su madre que él sentía que ella le había mentido. No era algo muy importante, pero quería aprovechar esta oportunidad para compartir lo importante que es para el decir la verdad. Explicó que él simplemente dice las cosas como son en todos los aspectos de su vida. Pero una hora después, él atrapamos en una mentira! Una vez más, no se trataba de una cuestión de vida o muerte, pero era una mentira. Cuando se enfrentó con sus propias palabras anteriores sobre lo importante que era para él decir la verdad, solo sonrió. Sí, los culpables a menudo no tienen palabras de defensa.

Jesús lo dijo mejor en Mateo 5: “Digan sí cuando es sí, y no cuando es no.” Estaba advirtiendo a sus discípulos sobre juramentos falsos y luego instruyéndolos sobre la plenitud de las leyes hebreas. Podíamos intentar hacer lo que decimos y decir lo que queremos decir, pero puede ser demasiado fácil quedarse corto. Nos hacemos llamar discípulos y, sin embargo, proporcionamos evidencia de lo contrario con nuestras acciones (o la falta de ellas).

Incluso si sentimos que no le hemos mentido a nadie, es posible que nos hayamos mentido a nosotros mismos. Nos presentamos como personas generosas, agradecidas y amorosas, pero no respondemos al llamado de Dios en alguna situación porque percibimos que el costo es demasiado alto. Jesús no quiso decir simplemente que su mensaje fuera sobre dos palabras. También quiso decir que cuando dices que eres un discípulo, asegúrate de serlo también.

-Tracy Earl Welliver, MTS

**VICTIMAS-SOBREVIVIENTES DEL ABUSO SEXUAL DE MENORES**

**SACERDOTES TIENEN UN MÉS ADICIONAL PARA REGISTRARSE EN EL PROGRAMA DE COMPENSACIÓN INDEPENDIENTE**

Fecha de inscripción se ha extendido hasta el 29 de febrero 2020 para programar dirigido por expertos independientes

Víctimas-sobrevivientes de abuso sexual por el clero que desean participar en el Programa de Compensación Independiente tendrán un mes adicional para registrarse, siguiendo una extensión del plazo original. Obispos de las seis diócesis de California involucrados en el programa movieron la fecha límite de inscripción del 31 de enero al 29 de febrero. Al anunciar la extensión, el Obispo de Sacramento Jaime Soto expresó la esperanza de que la extensión permita más víctimas busquen justicia a través del programa independiente. “El abuso sexual de niños—inocentes que fueron traicionados por la misma persona quese les ensenó a confiar –es un pecado terrible y vicioso,” dijo el Obispo Soto. “Es adecuado que hagamos todo loposible para asegurarnos de que cualquier persona que desee presentarse y buscar justicia a través de este programa tenga todas las oportunidades para hacerlo. Sigo rezando por las víctimas de abuso sexual y busco repararreste vergonzoso capítulo para nuestra Iglesia.” La registración es un primer paso requerido para los que desean participar en el programa. Los participantes pueden decidir si desean presentar un reclamo, y tienen hasta el 31 de marzo para hacerlo. La extensión se aplica a la fecha límite de registro –el plazo de presentar un reclamo no ha cambiado. Este programa es para cualquier víctima de abuso sexual de menores por parte de un sacerdote diocesano, independiente de cuando ocurrió el abuso o el estado de ciudadanía del participante. El programa es confidencial y no es administrado por la diócesis-evaluación de reclamos y recompensas de compensación serán manejados por expertos independientes que han supervisado programas similares para víctimas de abuso en otros estados, así como fondos para víctimas de los ataques del 9 de septiembre.

Estos particulares, junto con un proceso que es mucho más rápido que un caso judicial típico, pueden hacer que el programa sea la opción correcta para aquellos que no tienen recurso ante los tribunales o que prefieren un proceso confidencial y simplificado.

Para obtener más información sobre el Programa de Compensación Independiente para Víctimas-Sobrevivientes de Abuso Sexual de Menores por parte de Sacerdotes, incluyendo cómo registrarse y presentar un reclamo, por favor visite www.californiadiocesesicp.com.

Para obtener más información sobre el trabajo de la Diócesis de Sacramento para proteger a los niños y las personas vulnerables, o para denunciar el abuso sexual, por favor visite www.scd.org/safe-environment llamle al 916-733-0227.
February 16, 2020 ~ Ordinary Time, Year A, Cycle II, Liturgical Color: Green

MASSES
Monday to Friday  12:10 pm
Monday to Thursday  5:10 pm
Saturday Vigil  5:00 pm
Sunday  7:30 am
9:00 am
11:00 am
1:00 pm en Español
3:00 pm Chinese
5:00 pm
7:00 pm en Español

TOURS
We love to share our Cathedral history! Tours are FREE, led by trained Docents, and held after the 9am and 11am Sunday Masses, and at 12:40pm on Wednesday. Tours begin at the Baptismal Font. Contact 916-444-3071 to arrange free private group tours.

State Holidays  12:10 pm only

SACRAMENT OF CONFESSION
Monday to Friday  11:30 am to 12:00 pm
Saturday  4:00 pm to 4:45 pm
Domingo en Español  12:30 pm a 12:45 pm
6:30 pm a 7:00 pm

RELIGIOUS EDUCATION PROGRAMS - The cathedral offers a complete faith formation program, including Catholic Faith Formation, Confirmation, The Rite of Christian Initiation Program, R.C.I.A., for adults, teens and children, Religious Education for Spanish Speaking Adults, and a Catechesis Formation Program.

DEVOTIONS: Divine Mercy Chaplet & Rosary
Wednesday, Thursday, Friday  12:45 pm

EUCHARISTIC ADORATION
Wednesday  12:45 pm to 5:00 pm
Thursday  12:45 pm to 5:00 pm
Friday  12:45 pm to 1:30 pm

ENGLISH

BENEDICTION
Wednesday  5:00 pm
Thursday  5:00 pm
Friday  1:30 pm
(NO Devotions, Adoration, or Benediction on feast days and holy days)

BAPTISMS - Registration is required. Call Deacon John at the rectory at 916-444-3071
English - 3rd Saturday of the month, 9:00am
Español - 4º Sábado del mes, 9:00am

If you've been coming to Mass for a while, but are not Catholic, or were baptized Catholic but never completed your faith formation classes, we invite you to look deeper into the Catholic faith. Come meet some faithful Catholics who love the Lord and would consider it a privilege to get to know you. We invite you to learn what Catholics believe in an open and welcoming environment. The Rite of Christian Initiation of Adults (RCIA) sessions meet every Monday Evening at 7 PM in the lower level of the Cathedral. Feel free to come any Monday evening. For more information on all of our faith formation programs, please call 916-444-5364 or email Sister Lisa Marie Doty, Director of Religious Education, lmdoty@cathedralsacramento.org.

QUINCEÑERA - This is the tradition of celebrating a young girl's coming of age on her 15th birthday with a Mass, and highlights the virtues of family and social responsibility. For more information on celebrating this beautiful tradition at the Cathedral, call Titi Kila, at the Cathedral Office, 916-444-3071, x13, tki-la@cathedralsacramento.org.

MARRIAGE PREPARATION - The Diocese of Sacramento requires an engaged couple to complete a marriage preparation program no later than two months before their wedding date. Contact: Deacon Omar & Janet Bardales at matrimonyprep@att.net, or 916-427-9160. You do not have to have your wedding at the Cathedral to take this class.

CONVALIDATION - If you would like to have your civil marriage blessed in the Catholic Church, or if you have been together for a number of years and would like to be married in the Church, this can often be done in a small, private ceremony called a Convalidation, without any cost or fee. To explore this possibility, contact Deacon John at 444-3071 Ext. 11 or jgisla@cathedralsacramento.org.

WEDDINGS - If you would like to celebrate the Sacrament of Matrimony at the Cathedral, contact Wedding Coordinator, Titi Kila at tki-la@cathedralsacramento.org at least six months before your desired wedding date to arrange a meeting.

Visit our Gift Shop downstairs
Sundays 9:00 am to 3:00 pm,
Tuesdays 10:30 am to 12:00 pm

cathedralsacramento.org

Text "app" to 88202
Become a member of the Cathedral family. Register online at cathedralsacramento.org / Parishioner Registration or fill out the form below and put in the offertory basket or mail to the rectory office at 1017 11th Street, Sacramento, CA 95814

Name (Nombre): ____________________________________________________________

Cell Phone: (Celular): ________________________________

Street Address (Domicilio): _________________________________________________

City (Ciudad): ____________________________________________________________

State (Estado): ___________ Zip (Código postal): _____________________________

Email: _______________________________________________________________

For additional family members, please attach a separate sheet.

Please indicate: Por favor indique:

New Parishioner/Individual Nuevo Parroquiano / Individuo

New Parishioners/Family Nuevo Parroco / Familia

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Please send Offertory Envelopes Por favor envíe Sobres de Ofertorio

Altarservers
Michael Ognisty, mfo gnisty@msn.com.

Benedictus Youth Group
Victoria Ramos, benedictusy g@gmail.com

Brown Bag Lunch Ministry
Jerri Rush, jerrirush@comcast.net

Catechesis of the Good Shepherd for ages 3+, visit youngsheep.org, or call 916-910-3435

Cathedral A.C.T.S.
ActsCathedralSacto@gmail.com, saccathedralacts.org

Saint Vincent de Paul contact the rectory office

Cathedral Young Adults
Titi Kila, cathedrally@gmail.com

Chinese Community
Oliver Wan sccc.contact@gmail.com

Choir (English)
Rex Rallanka, Music Director, rrallanka@cathedralsacramento.org

Choir (Spanish)
Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after 7pm Mass.

Cinema Divina Movies
Reggie King, thecatholicstore@gmail.com

Communion & Liberation
catechesis meets every Wednesday at 7:15pm

Docents
Jill Pease, peasejill@gmail.com

Email Prayer Chain
Lynne Amerson, cbs1017pc@yahoo.com.

Extraordinary Ministers of Holy Communion
Amy McCormick, ammcormick@att.net

Festival of Trees and Lights
Paula Trujillo, trupaula@gmail.com

Front Door Ministry
ministries@cathedralsacramento.org

Greeters and Ushers
Tom Waddock, 916-444-3071, x 36

Hospitality
Celeste Gisla, jfgisla@surewest.net

Knights of Columbus
Jaime Elizaldi, jaime.elizaldi@gmail.com

Lectors
Fred Heacock, fheacock72@hotmail.com

RCIA Catechists
Sr Lisa Marie Doty, RCIA@cathedralsacramento.org

Religious Education Catechists
Sr Lisa Marie Doty, lmdoty@cathedralsacramento.org

Religious Education Catechists/Spanish
Deyanira Galvez at cathedralfaithformationsac@gmail.com

Respect Life Ministry
Liliana Balderrama, michoacan8888@gmail.com

Rosary Club
Lolita Urrutia, lolita.urrutia@gmail.com.

Spanish Parents Group Leaders
Leticia Hilbert, leticia_hilbert@hotmail.com

The Most Reverend Jaime Soto, D.D, M.S.W.
Bishop of Sacramento
2110 Broadway, Sacramento, CA 95818,
Phone 916-733-0100 ~ scd.org
每日當責 - 在日常的時刻中體會天主

不要活在謊言中

有一天，我的兒子向他的媽媽解釋，覺得他的媽媽對他說了謊。這不是那麼重要的事，但他想藉此機會分享說真話對他有多重要。就像他在述說生活上各種點滴一樣的解釋，但一小時後，我們就抓到他說了一個謊！再重複一次，這不是攸關生死的大事，但就是一則謊言。当他面對他自己以前所說過，「講真話對他有多重要」的話時，他只是笑一笑。是的，犯罪往往是無可辯解的。

耶穌在瑪竇福音第五章(37節)說得好：「是就說是，非就說非。」祂警告祂的門徒有關發虛誓，並指導他們在法律或先知裡的成全之意。我們可試著言己所思，並且行己所言，但是這很容易落空。我們稱自己是門徒，卻在行動上呈現出，恰恰相反的(或缺乏的)証明。

即使我們覺得沒有欺騙任何人，我們也可能欺騙了自己。我們把自己描繪成慷慨，感恩又有愛心的人，然而在某些情況下，卻不敢回應天主的召叫，因為感覺代價太大了。耶穌的話不是簡單的兩個字的意思而已，祂的意思也是：當你說你是一位門徒，你要確定你是一位真正的門徒。

- Tracy Earl Welliver, MTS

福音所示的真理

你們的話當是：是就說是，非就說非；其他多餘的便是出於惡。」
(瑪5:37)

「不可作假見證，害你的近人。」
(出20:16)

+++請特別為新型冠狀病毒(武漢肺炎)疫情防止爆發祈禱!
+++Special prayer imploring protection from the novel coronavirus(2019-nCov) outbreak!

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