

Sacred Heart Cathedral



MASS TIMES

Weekend Masses

Saturday 4:00 pm
Sunday 7:00 am, 9:15 am & 11:15 am

Daily Mass

Monday, Wednesday, Thursday & Friday at 12:10 pm
Tuesday at 7:30 am

The Cathedral Community at Sacred Heart

296 Flower City Park, Rochester, NY 14615
(585) 254-3221, Fax: (585) 254-8970
www.sacredheartrochester.org

Cathedral Office Hours

Monday—Thursday 9:00 am — 3:00 pm
(We close for Mass and lunch 12:10 pm—12:40 pm)
Friday 9:00 am — Noon

CELEBRATION OF PENANCE

Monday, Wednesday, Thursday, Friday 11:30 am — Noon
Friday 4:45 — 5:30 pm and Saturday 2:30 pm — 3:30 pm

July 12, 2026

Fifteenth Sunday In Ordinary Time

Praised be Jesus Christ!

Every July I try to write one article about the Precious Blood of Christ—both because July is traditionally commemorated as the month of the Precious Blood, and because our Cathedral parish incorporates the former Most Precious Blood parish (just off of Lexington Ave. on Stenson St.) into its current parish boundaries.

This year I want to call attention to what Our Lord says in his famous Bread of Life discourse: “Unless you eat the flesh of the Son of Man, *and drink his blood*, you have no life in you” (John 6:53).

Those Christians who deny the Real Presence of Christ in the Eucharist will often argue that when Christ says that we need to eat his flesh, he is just using the phrase as a metaphor to say that we need to believe in Him. In other words, “eat my flesh” really means “accept me as Lord and believe in me.”

This interpretation is fraught with problems. It distorts the important typological fulfillment of Christ as the New Manna. It overlooks the fact that Christ repeats this same command several times and uses phrases and words which actually emphasize the realism of his injunction. It fails to account for the fact that Our Lord’s hearers understand him to be speaking in a non-symbolic way and are allowed to fall away from him precisely because of this belief. It ignores the fact that the earliest Christian writers all understood this text in a literal way—these and numerous other problems as well.

But what I would like to draw attention to is this: Christ not only commands the eating of his flesh, *but also the drinking of his blood*. If he were speaking in a merely symbolic way, this would be a very strange metaphor to use because the Old Testament repeated **forbids** the drinking of blood (see Gen. 9:4; Lev. 3:17, Lev. 7:26-27; Lev. 17:10-14, Deut. 12, etc.). These prohibitions against the drinking of blood were based on the fact that blood was seen as the “seat of life” of the animal. It would be a sort of degradation for a human to consume the “life-blood” of an animal sacrifice. And the immorality of the practice was deeply ingrained in Jewish sensibilities.

Therefore, the problem is that if Jesus were only speaking symbolically, it would be extraordinarily strange and even counterproductive to use this particular image as a metaphor—an image that would be seemingly be calculated to scandalize and repel his Jewish hearers.

Instead, the more reasonable interpretation (even on a neutral reading of the text) is that, though striking, Our Lord really does intend the phrase in a literal way, precisely because it is by drinking his blood that we commune directly in his Divine life. Unlike the drinking of animal blood which would debase a human being by *lowering* that person to commune in an animal life, Jesus’ Precious Blood instead *elevates* us to a share in his eternal life.

In the hearts of Jesus and Mary,
Fr. Peter Van Lieshout

GIVING BACK TO GOD

Thank you for your generosity! Your steadfast, sacrificial financial support keeps our Cathedral parish running and able to serve God and our neighbors.

Parish Offertory for July 4 & 5, 2026

Actual	Goal	Variance
\$7,266	\$0	\$7,266
YTD Actual	YTD Goal	YTD Variance
\$7,266	\$0	\$7,266

CONSIDER USING THE ONLINE GIVING PLATFORM:



Electronic giving, via the QR code or website, is simple and convenient way to support the Cathedral Parish, either on a one-time, weekly or monthly basis.

LEAVE A LEGACY: Remember Sacred Heart Cathedral in your Will! It's a meaningful and tangible way of leaving a legacy that will benefit future generations of Catholics.

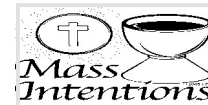
Why is it IMPORTANT that we register in a Parish

Registration is the official way we join a parish community. Many people think that because they attend a particular parish, they automatically belong. At times, young adults are still signed up under their parents. Membership requires signing up, formally enrolling yourself in a parish. Registration is a commitment, a way to be included in the religious, social and ministerial activities of your parish. Your registration affects the parish in many ways. Census numbers can determine how many priest are assigned to a church, what benefits and obligations the community has to the diocese and how Masses, Confession and devotions are planned and scheduled.

Registration shows you belong. It is also necessary for certain benefits, like scheduling sacraments, obtaining sponsor certificates and getting donation statements for taxes. Most importantly, it lets the parish count on you to call on you to assist in its mission. Registering in your parish is a statement of faith and confidence in the life and work of your parish.

Registration Table

We invite you to register as a Sacred Heart Parishioner. Pastoral Council will be hosting a registration table after all Masses the weekend of July 18 & 19. If you have been thinking of registering, please stop by to pick up a form and have an opportunity to meet a Pastoral Council member.



Saturday, July 11, 2026—St. Benedict, Abbot

Is 6:1-8, Mt 10:24-33

2:30 pm—3:30 pm	Confession
3:00 pm	Rosary
4:00 pm	For the People of Sacred Heart

Sunday, July 12, 2026—Fifteenth Sunday In Ordinary Time

Is 55:10-11, Rom 8:18-23, Mt 13:1-23 or 13:1-9

7:00 am	Benito Cartozzolo—Rosa
9:15 am	Rosemary M. Conte—Fleming Family
	John Vorrasi—Family
	Margaret & Dan Cannan—Tom & Jane Cannan
	Bill & Sharon Swartz—Polycarp Family
11:15 am	Joanne Mathis—Daughter & Family

Monday, July 13, 2026—Saint Henry

Is 1:10-17; Mt 10:34—11:1

11:30 am—Noon	Confession
12:10 pm	Gale Howell—Don & Barb Maine

Tuesday, July 14, 2026—Saint Kateri Tekakwitha, Virgin

Is 7:1-9, Mt 11:20-24

7:30 am	Intentions of the Potter Family—Family
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Wednesday, July 15, 2026—Saint Bonaventure, Bishop and Doctor of the Church

Is 10:5-7, 13b-16; Mt 11:25-27

11:30 am—Noon	Confession
12:10 pm	Joseph Dennison—Friend

Thursday, July 16, 2026—Our Lady of Mount Carmel

Is 26:7-9, 12, 16-19; Mt 22:28-30

11:30 am—Noon	Confession
12:10 pm	Edmund Nietopski—Family

Friday, July 17, 2026

Is 38:1-6, 21-22, 7-8; Mt 12:1-8

11:30 am—Noon	Confession
12:10 pm	Joanne Lippold—Brunette Family
4:45 pm—5:30 pm	Confession

Saturday, July 18, 2026—Saint Camillus de Lellis, Priest

Mt 2:1-5; Mt 12:14-21

2:30 pm—3:30 pm	Confession
3:00 pm	Rosary
4:00 pm	Michael Keenan—Moyer Family
	John Vorrasi—Family
	Heather Affronti—George Family
	Sharon Sanguedolce—Joanna Sanguedolce

Sunday, July 19, 2026—Sixteenth Sunday In Ordinary Time

Wis 12:13, 16-19, Rom 8:26-27; Mt 13:24-43 or 13:24-30

7:00 am	For the people of Sacred Heart
9:15 am	Intentions of Lisa Cuff—The Seven Sisters
	Vincenzo Lombardo—Rosa
	John Vorrasi—Family
	Maung No—Polycarp Family
11:15 am	Virginia Parker—Tim & Marlene Canavan



PRAY FOR OUR DECEASED

In your charity, please pray for the repose of the soul of Lieutenant John Joseph, and all our faithful departed.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace.

Joseph's Place Food Frenzy July 18 & 19, 2026



Each time Joseph's Place is open we get many thanks and blessings from those whom we help.

We are able to give them assistance because of your generosity and thoughtfulness.

We are in most need of the following items:

Spaghetti sauce
Pasta & ramen noodles
Flavored rices
Applesauce
Canned fruit or fruit cups (pineapple, mandarin oranges, etc.)
Canned meats, such as tuna, chicken, ham, spam
Canned pasta and meat (Chef Boyardee style)
Pancake syrup and jelly
Toilet paper

Every monetary gift—large or small—makes a difference in sustaining this vital ministry.

Donations to **Joseph's Place** can be placed in the collection basket or mailed to the Cathedral office.

Thank you and God Bless You!

The Most Reverend John S. Bonnici, Bishop of Rochester
In Residence: Rev. Aaron J. Kelly, Secretary to the Bishop

PARISH STAFF
Office Telephone: (585) 254-3221

Rector	Rev. Peter Van Lieshout x 110 fr.peter.vanlieshout@dor.org
Secretary	Michele Kelly x 104 michele.kelly@dor.org
Deacon	Michael Kristan x 108 michael.kristan@dor.org
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Finance Manager	Jeanne Engelbrecht x 113 jeanne.engelbrecht@dor.org
Bookkeeper	Nicole Hemminger x 102 nicole.hemminger@dor.org
Property Manager	Kevin David x 109 kevin.david@dor.org



Our Faith Formation programs are now open for registration with students entering grades 1st-10th grade.

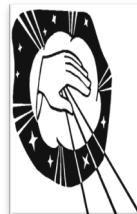
- 1st Penance – Renewed by Jesus (2nd graders) Wednesday 5:30-6:30pm
- 1st Communion – Receiving Jesus (2nd graders) Wednesday 5:30-6:30pm
- Continuing Faith (3rd-7th graders) Sunday 10:15-11:00am
- Confirmation Year 1 (8th graders) Wednesday 5:30-6:30pm
- Confirmation Year 2 (9th graders) Wednesday 5:30-6:30pm

Please register online <https://sacredheartrochester.org/our-faith/religious-ed/religious-ed-registration/> or fill out a paper registration form available at the information desk and return the completed form to the office.

Thank You!

On behalf of Social Ministry, a heartfelt thank you goes out to all who supported our bake sale on World Refugee Day. A contribution of \$559 has been made to Mary's Place to aid our Haitian brothers and sisters here in Rochester. THANK YOU!

PRAY FOR OUR SICK AND HOMEBOUND



Bernadette Anastasi, Shirley Atwell, Gary M. Butterfield, Manjo Das, Scott Davis, Muriel DeMartino, Robert DiFulio, Heidi Erb, Frank Campione, Deborah Hard, Sr. Joan Hilbert, RSM, Kristin Helms, Jon Herron, Robert Lighthouse, Andrew Mastin, John McGarvey, Irene Morgan, Fr. Thomas P. Mull, Susie Shoemaker, Sharon Springer, Susan Spinosa, Donald Stiner, Candice Verdon

This Week's Sanctuary Candle

Intentions Of — Bill McManus
Requested by — Carl





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A graphic with a purple-to-pink gradient background. On the left, the text "Never miss our bulletin!" is written in large, bold, white and dark blue letters. Below it, in smaller white text, is "Get this bulletin delivered straight to your inbox every week." At the bottom left, a dark blue rounded rectangle contains the text "Scan to subscribe on parishesonline.com" in white, followed by a white right-pointing arrow icon. On the right side, there is a white rounded square containing a QR code. Above the QR code, there is a blue envelope icon with a white card inside showing a church steeple, and a small blue bell icon.