Everyday Catholicism

Why do Catholics use incense at Mass?

Incense is a sign of prayer and reverence. When we see it used at Mass, it helps us honor what is holy and turn our attention to God. The rising smoke gives us a visible image of our prayer going up before him.

God told the people of Israel to burn incense before the Lord in the sanctuary each morning and evening. It was part of the worship he gave them. Psalm 141 compares our prayer before God to incense.

In the Book of Revelation, Saint John sees bowls of incense that are the prayers of the holy ones. He also sees an angel offering incense with the prayers of the saints before God's throne. At Mass, Christ joins our prayer on earth to the worship of heaven.

God made us body and spirit, and we bring our whole person with us when we pray together. At Mass, our posture and our listening help us pray. Incense does the same through what we see and smell. The Catechism teaches that physical signs can help us understand spiritual realities. The smoke and fragrance help us pay attention to the prayer we are offering. Incense can bring our mind back to God when we begin to wander and remind us that we are standing in his presence.

During Mass, incense may be used at the cross and altar, at the Gospel, over the bread and wine, and at the elevation after the consecration.

When the cross is incensed, we remember Christ's sacrifice. The altar represents Christ and is the place where his sacrifice becomes present in the Eucharist. When the Book of the Gospels is incensed, we show reverence for Christ, who speaks to us through his Word.

When the bread and wine are incensed, we see the Church's offering and prayer rise before God. Incense is offered before the Body and Blood of Christ because the Lord is present among us.

The priest is incensed because of the sacred ministry Christ has entrusted to him. When we are incensed, we honor the dignity we received at Baptism. All of us are called to join our lives to Christ's offering.

Incense was already a familiar sign of honor in many cultures. The Church gave it a place in Christian worship, and Catholics in both East and West have used it for centuries.

Saint Paul says that Christ gave himself for us as a fragrant offering to God. Incense points us to his self-offering, and at Mass we place our lives in his hands and ask him to unite us with his sacrifice.

The next time we see incense at Mass, we can make the words of Psalm 141 our own prayer: "Let my prayer be incense before you."

References: Exodus 30:1-8; Psalm 141:2; Ephesians 5:2; Revelation 5:8 and 8:3-4; Catechism of the Catholic Church, nos. 1136-1155 and 1383; General Instruction of the Roman Missal, nos. 75, 276-277, and 296.



ST. JOSEPH CATHOLIC CHURCH

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22nd Sunday in Ordinary Time

"Whoever wishes to come after me must deny himself, take up his cross and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it."

— Matthew 16:21-27

Mass Intentions

Sat.	29	+Mary Fatooh
Sun.	30	+Linda Pearson
Mon.	31	+Nellie Sorrells
Tues.	01	+Barbara Sharp
Wed.	02	St. Joseph's Parishioners
Thurs.	03	John and Mickey Bruno
Thurs.	03	(Spanish) +Dante Garcia
Fri.	04	Daniel and Lauren Harper
Sat.	05	+Ski Planansky
Sun.	06	+Linda Pearson

August 30, 2026

Most Rev. Ramón Bejarano
Bishop of Monterey

Rev. Martel Ramos
Pastor
Pastor@SaintJosephCayucos.org

Office Hours
Monday–Thursday
10:00 AM–4:30 PM
Friday — Closed

Parish Staff
Judy Ann Cross
Business Administrator
BusinessAdmin@SaintJosephCayucos.org

Mass Schedule
Monday–Friday — 9:00 AM
Thursday — 6:30 PM (Spanish)
Saturday Vigil — 5:00 PM
Sunday — 10:00 AM

Rosary
Weekdays — 8:30 AM

Confessions
Friday after the 9:00 AM Mass
First Saturday — 4:00 PM

Adoration & Benediction
Friday after the 9:00 AM Mass

Thank You

I want to thank all our volunteers who helped with my Installation on August 24. It was also a celebration for our whole parish, and your help made the day possible. I am grateful for your time and kindness. It means a lot to serve as your pastor. Fr. Martel

Food Pantry and Baby Diapers

Our parish food pantry gives out free food from 7:30 to 8 pm every Thursday night in our church hall and from 10 am to 11:30 am every Friday under the parish rectory. There are no requirements to receive food from the pantry. A free home delivery service is also available for those in Cayucos, Morro Bay or Cambria. Please call 818-257-8116 to sign up.

Free diapers are also distributed after the 6:30 pm Spanish Mass on the first Thursday of each month while supplies last.

Installation Photos

Did you take photos at the August 24 installation? Please share them with us at officeadmin@saintjosephcayucos.org. Your photos will help us preserve this special event in our parish history. Thank you!

Adoration and Benediction

Join us each Friday for Adoration immediately after the 9:00 AM Mass, followed by Benediction.

This quiet time before the Blessed Sacrament gives us an opportunity to remain with Jesus, bring Him our prayers, and rest in His presence. All are welcome.

OCIA (Order of Christian Initiation of Adults)

St. Joseph Parish invites adults 18 years of age and older who have not been baptized and therefore have not received the Sacraments of Initiation - Baptism, Confirmation and Holy Eucharist - to begin their journey of faith through the Order of Christian Initiation of Adults (OCIA).

If you know someone who has not received these sacraments, please invite them to consider this opportunity. We would be honored to accompany them as they grow in faith and prepare to receive the sacraments.

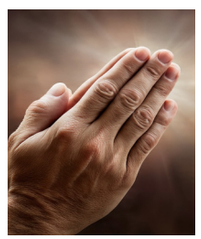
For more information or to register, please contact the parish office or speak with Father Martel after Mass.

National Day of Remembrance for the Unborn

Every human life is precious. Please join us on Saturday, September 12, as we remember unborn children lost to abortion or miscarriage. We will pray for these children and for the parents and families who carry this loss.

A Memorial Mass will be celebrated from 10:00 to 11:00 a.m. at the Old Mission Catholic Cemetery Chapel, 101 Bridge Street, San Luis Obispo. Father Edwin Limpado will be assisted by Deacons Bob Bourgault and Chuck Roeder.

At 11:30 a.m., we will gather for a Memorial Service at the Monument for the Unborn in San Luis Cemetery, 2 Higuera Street, San Luis Obispo. Look for the tent and chairs near the large memorial stone. Parking is available in the SLO Elks Lodge lot next to the cemetery.



PLEASE PRAY FOR THE SICK AND INJURED

We are updating our parish prayer list. If you or a loved one is sick, injured, or in need of prayer, please contact the parish office so we may add the name to the list. To help us keep the list current, please also let us know when a name may be removed.

Steve Santi
Stan Piwaworski
Jim & Joanne Tobias
Innette Starkenburg
Steve Buller
Michael Shields
Camelia Cross
Carlos Cortes
Mary Moloney
Mickey Bruno
Gary & Bonnie Nelson
Butch Rambaud
Marina Taverner
Keith Hart
Teddy Planansky
Eric Solum
Glen Bennett
Bonnie Bowman
Bill Mazzacane
Editha Andres
William Baldwin
Sandy Johnson