# Everyday Catholicism

## Why Do We Make the Sign of the Cross?

We make the Sign of the Cross so frequently that we can fall into doing it without thinking. We start our prayers with it and end our prayers with it. We make the Sign at Mass or before a meal. We use it at the bedside of someone in the hospital or when we are scared and need God's strength. But this familiar sign is much more than just a Catholic custom. With a few words and a simple gesture, we profess two mysteries central to our faith: God is Father, Son, and Holy Spirit, and Jesus Christ redeemed us through his Cross.

Jesus instructed his disciples to baptize "in the name of the Father, and of the Son, and of the holy Spirit" (Matthew 28:19). Christians believe in one God, not three gods. We believe in one God in three divine Persons. The Father is God; the Son is God; and the Holy Spirit is God, but there is only one God. We cannot fully comprehend this mystery. But this is the truth about God that Christ has revealed to us.

When we make the cross over ourselves, we are also making a confession of faith. To the ancient Roman world, the cross was an instrument of humiliation and execution. Yet Saint Paul could proclaim "the message of the cross" as the power of God (1 Corinthians 1:18). Christians came to sign themselves with the cross because through the Cross Christ conquered sin and death by his saving love. The practice developed early in the life of the Church. Christians have used various gestures to sign themselves, including the larger Sign of the Cross familiar to us today.

When we proclaim, "In the name of the Father, and of the Son, and of the Holy Spirit," we aren't just saying a preamble before the "real prayer" starts. We are praying. The Catechism teaches that the Sign of the Cross recalls our Baptism and "strengthens us in temptations and difficulties" (CCC 2157). It reminds us whose we are: sons and daughters baptized into Christ, who now live as children of the Father by the grace of the Son and in the power of the Holy Spirit. The physical gesture is a devotional practice, but the truths we express with it are doctrine. The Trinity and Christ's saving work on the Cross are central to the Christian faith. This is why a gesture we learned as children can remain meaningful throughout our lives. Our hands trace the Cross while our mouths speak the name of the God into whose life we were baptized.

Try this during the coming week: Make the Sign of the Cross a little more consciously. Make it when you leave the house, before a big conversation, or when you begin your nightly prayer. Slow down enough to listen to the words you are saying. Allow this brief prayer to remind you that every moment of your day can be lived in the name of the Father, and of the Son, and of the Holy Spirit.

Catechism Connection: Matthew 28:19; 1 Corinthians 1:18; CCC 232–237, 2157



# ST. JOSEPH CATHOLIC CHURCH

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## Twenty-eighth Sunday in Ordinary Time

*"The feast is ready, but those who were invited were not worthy to come. Go out, therefore, into the main roads and invite to the feast whomever you find."*
*— Matthew 22:1-14*

## October 11, 2026

## Mass Intentions

| | | |
|---|---|---|
| Sat. | 10 | +Jim & Frances Solum |
| Sun. | 11 | +Barbara Sharp |
| Mon. | 12 | Christopher & Cassie Harper |
| Tues. | 13 | +John & Birdie Penne |
| Wed. | 14 | +Teresa Woodman |
| Thurs. | 15 | Teddy & Bill Planansky |
| Thurs. | 15 | (Spanish) Todos los fieles difuntos |
| Fri. | 16 | St. Joseph's Parishioners |
| Sat. | 17 | Sean & Vanessa Tierney |
| Sun. | 18 | +Pat Hobin |

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

## World Mission Sunday

Next Sunday, October 18, the Church celebrates World Mission Sunday, joining Catholics around the world in prayer and support for the Church's missionary work. This year marks 100 years of World Mission Sunday, with the theme "One in Christ, United in Mission."

Through your prayers and generosity, we share in the Church's mission throughout the world by supporting seminarians, building churches, sustaining mission dioceses, training catechists, and assisting religious sisters serving communities in need.

Please prayerfully consider supporting the World Mission Sunday collection. As one Church united in Christ, we all share in his mission and help bring the Gospel to our brothers and sisters throughout the world.

## Supporting Our Parish

If you would like to make a special gift to Saint Joseph Parish, you may designate your donation to our Capital Campaign, which supports major parish projects such as the rectory, or to our Building and Maintenance Fund, which helps care for and maintain our church and parish facilities.

Thank you for your generosity and support of Saint Joseph. Online giving is available through the parish website at saintjosephcayucos.org, where you may choose from these and other giving categories.

## Parish Notices

Our parish office will be closed Monday, October 12, for Columbus Day.

Our priests are on retreat October 12 through 16. There will be no daily Mass. A deacon will lead a Communion Service at 9:00 AM, Monday through Friday, and Adoration and Benediction on Friday. Please pray for our priests.

## 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.

## Month of the Holy Rosary

The month of October is traditionally dedicated to the Holy Rosary. We are invited to meditate on the life of Jesus with Mary and to deepen our relationship with Christ through this beautiful prayer.

Let us make a commitment to pray the Rosary daily, whether at home, with our families, or here in our church. Monday through Friday we pray the Rosary here in church at 8:30 AM. Please join us as we entrust our needs, our families, and our world to the intercession of our Blessed Mother and allow her to lead us always to her Son.

## Respect Life Month

The Church invites us to renew our gratitude for the gift of human life and our commitment to protect and cherish every person, especially those who are most vulnerable. Every human life has God-given dignity, from conception to natural death. This includes the unborn and their mothers, the sick, the elderly, persons with disabilities, the poor, and all who are suffering or forgotten.

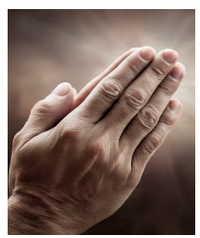
During this month, let us ask the Lord to help us recognize his image in every person and to make our parish a community where every human life is welcomed, protected, and loved.

If there is someone you would like us to remember at Mass during Respect Life Month, please contact the parish office and give us the person's name. No details are necessary. Together, let us entrust them to the loving care of God.

## Rectory Groundbreaking

Saint Joseph will celebrate the groundbreaking for the new rectory on Saturday, October 24, at 11:00 a.m. The Most Reverend Ramón Bejarano, Bishop of Monterey, will be with us for this important moment in parish life.

Please come and take part as we begin this work together. Your presence will be a sign of gratitude for all who have helped bring the project to this point and of prayer for the work ahead.



## 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
Eric Solum
Glen Bennett
Bonnie Bowman
Bill Mazzacane
Editha Andres
William Baldwin
Sandy Johnson