Everyday Catholicism

Why can’t everyone receive Communion at Mass?

This question often comes up at weddings and funerals, when friends or family who are not Catholic wonder why they cannot receive Holy Communion.

Holy Communion is the Body and Blood of Christ. When we receive Him, we are joined to Him and to one another. Saint Paul wrote, “Because there is one bread, we who are many are one body, for we all partake of the one bread.” We share one life in Christ.

Around the year 155, Saint Justin Martyr described the Sunday Eucharist for a Roman emperor. No one could receive, he wrote, unless he believed what the Church believed, had been baptized, and lived as Christ taught.

When we come forward, the minister says, “The Body of Christ,” and we answer, “Amen.” That Amen means we believe Christ is truly present in the Eucharist, and that we are united with the Catholic Church.

Christians not yet in full communion with the Catholic Church do not ordinarily receive Holy Communion, because the Eucharist expresses a unity they do not yet fully share.

The Church recognizes the Orthodox priesthood and Eucharist as valid. Orthodox Christians may receive from a Catholic minister if they ask freely and are properly disposed, while respecting the discipline of their own Church.

Other baptized Christians may receive only in danger of death or other grave necessity. They must be unable to approach a minister of their own community, must ask for Communion themselves, must believe what the Catholic Church teaches about the Eucharist, and must be properly prepared.

A Catholic conscious of grave sin ordinarily goes to Confession before receiving again. Anyone who cannot receive is still welcome at Mass. They hear God’s Word, pray with us, and may make a spiritual communion, asking Jesus to draw them closer to Himself.

If someone comes with you to Mass and cannot receive Communion, explain the Church’s teaching and help them feel welcome. Pray for the day when all Christians can receive the Eucharist together in full unity.

References: 1 Corinthians 10:16–17; Catechism of the Catholic Church, 1374, 1385, 1396, 1398–1401; Code of Canon Law, canon 844.



ST. JOSEPH CATHOLIC CHURCH

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19th Sunday in Ordinary Time

“O you of little faith, why did you doubt? Those who were in the boat did him homage, saying, ‘Truly, you are the Son of God.’”

— Matthew 14:31, 33

Mass Intentions

Sat.	8	+Bill Lyons
Sun.	9	Fr. Martel
Mon.	10	+Teresa Woodman
Tues.	11	+Marcial Ramos
Wed.	12	Editha Andres
Thurs.	13	Keith Hart
Thurs.	13	(Spanish) Las intenciones de la familia Garcia de Aquino
Fri.	14	St. Joseph’s Parishioners
Sat.	15	Steve Santi
Sun.	16	+Linda Pearson

August 9, 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

The Assumption of the Blessed Virgin Mary

This year, the Solemnity of the Assumption falls on Saturday, August 15. Because of this, the obligation to attend Mass is lifted.

We encourage everyone to honor our Blessed Mother in prayer and ask for her intercession. The regular Sunday Mass obligation remains for Sunday, August 16.

The Novena for the Assumption of the Blessed Virgin Mary continues on weekdays through August 14, following the rosary, which begins at 8:30 AM.

Thank You, SLO Food Bank!

Saint Joseph Parish thanks the SLO Food Bank for donating a refrigerator to our Food Pantry. This generous gift will be a great help as we continue serving neighbors in need.

We are grateful for their kindness and support. May God bless everyone who made this donation possible.

Remembrance Tree Donations

Honor or remember a loved one with a personalized engraved leaf on the Saint Joseph Parish Remembrance Tree.

For more information or to request an order form, please visit or contact the parish office.

Installation of Father Martel Ramos as Pastor

All parishioners are warmly invited to attend the Installation Mass for Father Martel on Monday, August 24, 2026, at 6:00 PM. A reception will follow the Mass.

To help us prepare for the reception, please add your name and the number attending to the sign-up sheet located at the back of the church.

We hope you will join us for this joyful celebration!

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.

Diocese of Monterey — Parish Financial Compliance and Support Manager

The Diocese of Monterey is looking for a team player for our busy Finance Office. The position is for a full-time employee to perform the following tasks:

1. Serve as a resource to the parishes and schools by promoting sound financial management, accountability and compliance with Diocesan Policy.

2. Conduct periodic on-site reviews of parish and school procedures.

3. Work collaboratively with pastors, parish administrators and bookkeepers to strengthen financial practices.

This position has a generous benefits package which includes holidays, vacation and sick leave and health, pension and life insurance plans.

For more information, please go to the Diocese of Monterey's website at www.dioceseofmonterey.org under job announcements.

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 Piwowarski
Jim & Joanne Tobias
Innette Starkenburg
Steve Buller
Michael Shields
Editha Andres
Mary Moloney
John & Mickey Bruno
Gary & Bonnie Nelson
Butch Rambaud
Marina Taverner
Keith Hart
Eric Solum
Glen Bennett
Bonnie Bowman
Bill Mazzacane