Everyday Catholicism

Why Do Catholics Have to Attend Mass Every Sunday?

A question many Catholics ask is: ***"Can't I just pray at home?"***

The Church encourages us to pray every day and personal prayer is an essential part of the Christian life. But prayer at home does not replace Sunday Mass.

From the beginning of the Church, Christians gathered on the first day of the week, the day Jesus rose from the dead, to hear the Word of God and celebrate the Eucharist. Sunday became known as the Lord's Day because it is the day of Christ's Resurrection.

The Church teaches that participating in Mass every Sunday and on holy days of obligation is one of the basic responsibilities of Catholic life. This is not because the Church wants to impose another obligation on us, but because the Eucharist is at the center of our faith.

The Eucharist is **"the source and summit of the Christian life."** In Holy Communion, we do not simply remember Jesus: **we receive Jesus Himself.**

At Mass, we hear Sacred Scripture proclaimed, pray for one another, and participate in the Eucharistic sacrifice, in which Christ's one sacrifice on the cross is made present sacramentally. We gather not as isolated individuals, but as the Body of Christ.

Of course, illness, caring for a loved one, or other serious circumstances may prevent someone from attending Mass. In those situations, we remain united to the Church through prayer and return to Mass as soon as we are able.

Sunday Mass is not simply an obligation to fulfill. It is a weekly invitation to encounter Christ, receive His grace, and be strengthened for the week ahead.

To learn more:

Catechism of the Catholic Church*: nos. 2174–2183, 1324.*

Have a question about the Catholic faith? *Submit it to the parish office for a future edition of Everyday Catholicism.*

Thank You for Your Generosity!

Collection Update:
September 1, 2025– May 31, 2026
Collection Received: $178,547
Budget Goal: $144,650
Exceeded Our Budget Goal by $33,897

Thank you for your generosity and continued support of St. Joseph Parish. Your stewardship helps sustain our worship, ministries and mission.

Fr. Pedro's Farewell Dinner

Please join us in attending a potluck dinner to wish Fr. Pedro well as he moves to his next ministry.

The dinner will be Wednesday, July 29, at 6 p.m. in the hall. Please RSVP with the number of guests and the kind of food you plan to bring on the sheets in the hall.



ST. JOSEPH CATHOLIC CHURCH

360 Park Ave., Cayucos, CA, 93430
Office: OfficeAdmin@SaintJosephCayucos.org
805-995-3243 *www.SaintJosephCayucos.org*

14th Sunday in Ordinary Time

"Come to me all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy and my burden light."
Matthew 11: 28-30

Mass Intentions

Sat.	4	+Bill Lyons
Sun.	5	Fr. Martel's intentions
Mon.	6	+Barbara Sharp
Tues.	7	+Louie S. Romanazzi
Wed.	8	+Ben Bradley
Thurs.	9	Marina Taverner
Thurs. (Spanish)	9	+Dante Garcia
Fri.	10	St. Joseph's Parishioners
Sat.	11	+Bill Lyons
Sun.	12	Eric Solum

July 05, 2026

Most Reverend Bishop
Ramón Bejarano

Rev. Martel Ramos, Pastor
Pastor@SaintJosephCayucos.org

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

PARISH STAFF
Judy Ann Cross, Business Administrator
BusinessAdmin@SaintJosephCayucos.org

WEEKDAY MASSES
Monday through Friday 9:00AM
Thursday 6:30PM Spanish

WEEKEND MASSES
Saturday Vigil—5:00PM
Sunday— 10:00AM

Rosary: Weekdays at 8:30AM
Adoration: Friday after 9:00AM Mass
Confessions: Friday after 9:00AM Mass
First Saturdays: 4:00PM

Message from the Pastor

Many of us have become so used to carrying our responsibilities that we rarely stop to ask ourselves how we are really doing. We move from one day to the next, doing what needs to be done and taking care of the people and the responsibilities entrusted to us. Yet beneath the surface, our hearts can quietly grow weary. We may not always speak about it, but the Lord already knows what we carry.

That is why His words in this Sunday's Gospel are so comforting: ***"Come to me, all you who labor and are burdened, and I will give you rest."*** Jesus does not wait until our burdens become overwhelming before inviting us to come to Him. He invites us today, just as we are, bringing with us everything that weighs upon our hearts.

One of the blessings of belonging to a parish family is knowing that someone is there to pray with us, encourage us, or simply listen when life becomes difficult.

These acts of kindness remind us that Christ continues to care for His people through one another.

Jesus invites each of us to come to Him personally. There are burdens that only we know, things we carry quietly before God. The Lord does not promise that every problem will disappear but He does promise to remain with us. When we place our lives in His hands, we discover that His peace is greater than our anxieties and that His strength is enough for each new day.

As your priest, my prayer is that St. Joseph Parish will always be a place where people find not only a welcoming community but also the peace that comes from knowing Christ. Whatever burden you may be carrying today, bring it to the Lord with confidence. He knows what is in your heart and He never turns away anyone who comes to Him.

May God bless you and your families.

Fr. Martel

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 register, please contact the parish office or speak with Father Martel after Mass.

Annual Ministries Appeal

Thank you for your generosity! We are grateful to share that, through your faithful support **St Joseph Parish has reached our Annual Ministries Appeal goal of $11,800.**

Your generosity helps support the many ministries and services of our Diocese. We are also grateful that any donations received beyond our goal will be returned to St. Joseph Parish to help meet the needs of our parish community.

Thank you for your generosity, your prayers and your stewardship. Your support is a blessing to our parish and to the wider Church. *May God continue to bless you and your families.*

Food Pantry Update

During the month of June, our parish Food Pantry served 259 families, providing food assistance to 524 individuals.

Thank you to everyone who supports this ministry through your donations, volunteer service and prayers. Your generosity has helped bring hope and nourishment to many in our community.

PLEASE PRAY FOR THE SICK AND INJURED

We are refreshing our parish sick list. Many people were on our sick list for a very long time and we were not sure if they were still in need of prayer. Please let us know if you have a loved one you would like to add to the prayer list or would like a priest to visit you.
Thank you.

Steve Santi
Stan Piwowarski
Jim & Joanne Tobias
Innette Starkenburg
Steve Buller
Michael Shields
Mary Moloney
Mickey Bruno
Gary & Bonnie Nelson
Butch Rambaud
Marina Taverner
Eric Solum
Glen Bennett
Bonnie Bowman
Bill Mazzacane
Teresa Woodman