Everyday Catholicism

Why Should We Be in a State of Grace Before Receiving Holy Communion?

The Church teaches that we should be in a state of grace when we receive Holy Communion. What does "state of grace" mean?

It means that we are living in friendship with God and have not lost that friendship through mortal sin. If we know that we have committed a mortal sin, we should go to Confession before receiving Communion.

Holy Communion is not ordinary bread. We receive Jesus Christ, truly present in His Body, Blood, Soul, and Divinity. Saint Paul told the first Christians to examine themselves before eating the bread and drinking from the cup of the Lord. The Church continues to teach us to examine ourselves before receiving Communion.

Being in a state of grace does not mean that we must be free from every sin. None of us is perfect. We have faults and weaknesses. Holy Communion strengthens our love for Christ, wipes away venial sins, and helps us resist sin.

Mortal sin is more serious. Three things are needed for a sin to be mortal. It must involve something seriously wrong. We must know that it is seriously wrong, and we must freely choose to do it. All three must be present.

If we know that we have committed a mortal sin, we should first go to Confession. Christ forgives us through the priest, and we are able to receive Holy Communion again.

Sometimes people go forward for Communion because nearly everyone else is going. There is no need to do this. If we are not prepared to receive, we may remain in the pew. We should not feel embarrassed. We should also not judge anyone who does not receive Communion. We do not know the reason.

We should still come to Mass even when we cannot receive Communion. We can listen to the readings, join in the prayers, and ask Jesus to help us. Then we should go to Confession when we are able.

Before Mass, take a moment to examine your conscience. If you know that you have committed a mortal sin, come to Confession before receiving Communion. Confessions at Saint Joseph are heard on Fridays after 9AM Mass and every First Saturday at 4:00 p.m.

Catechism Connection:

1 Corinthians 11:27–29;

CCC 1385, 1391–1395, 1415;

Code of Canon Law, can. 916.



ST. JOSEPH CATHOLIC CHURCH

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17th Sunday in Ordinary Time

Jesus said to his disciples: "The kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field."

July 26, 2026

Mass Intentions

Sat.	25	St. Joseph's Parishioners
Sun.	26	Thomas and Megan Tierney
Mon.	27	+Molly Dugan Beck
Tues.	28	+Barbara Sharp
Wed.	29	St. Joseph's Parishioners
Thurs.	30	
Thurs. (Spanish)	30	+Daniel Garcia
Fri.	31	
Sat.	1	
Sun.	2	Fr. Pedro Espinoza

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

Most of us know the difference between the things we own and the few things we truly treasure. If we had to leave our home in a hurry, we would not try to save everything. We would reach for photographs, a wedding ring, or something a loved one left behind. We know what matters most to us.

Jesus speaks about treasure in this Sunday's Gospel. A man finds a treasure hidden in a field and, out of joy, sells all he has to buy that field. A merchant finds one pearl of great price and does the same.

We should never lose that joy in our parish. We can become so used to coming to Mass, saying our prayers, and taking part in parish life that we forget what a gift our faith is. Christ is the treasure we have found, and our faith brings us closer to Him.

We can see how much our faith means in the generosity of so many people. We see it in those who serve at Mass, help at our food pantry, and bring Holy Communion to our homebound parishioners. I also know of a couple who have spent many hours over the past several months helping an elderly couple in our community with matters they can no longer manage on their own. They are not paid for this help, but they continue to give their time because they care.

We also see this generosity in those who help whenever something needs to be repaired, moved, or installed in the church including the recent work behind the crucifix. I am also grateful to the parishioners and non-parishioners who have supported our capital campaign because they believe in the future of Saint Joseph Parish.

I thank all of you who give your time, abilities, and financial support. Like the man in the Gospel, you give because you know the value of what we have received. Let us never take our faith for granted, but continue to show what we treasure by the way we serve our parish and care for one another.

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.

Installation of Father Martel Ramos as Pastor

Please join us on August 24, 2026, Monday, at 6PM for the celebration of the Holy Eucharist and the installation of Father Martel as Pastor of St. Joseph Catholic Church.

A reception will follow the mass. All are invited to share in this joyful and meaningful milestone in the life of our parish.

Farewell to Father Pedro

Father Pedro will be leaving our parish in early August. We invite everyone to join us as we thank him for his ministry and wish him well.

Farewell Dinner:
Wednesday, July 29, 2026 at 6PM in the parish hall. There will be time during the evening to thank Father Pedro personally.

Please RSVP on the sign-up sheets in the hall indicating the number in your party and the dish you plan to bring.

Father Pedro's Last Masses:
Saturday, August 1, 2026 at 5PM
Sunday, August 2, 2026 at 10AM

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.
Thank you.

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