Everyday Catholicism

Why Do We Say "Lord, I Am Not Worthy" Before Communion?

We hear these words just before receiving Holy Communion: "Behold the Lamb of God." Then, together with the priest, we say, "Lord, I am not worthy that you should enter under my roof but only say the word and my soul shall be healed." We say them at every Mass, sometimes without thinking about their meaning. Why does the Church place these words on our lips?

They come from a meeting between Jesus and a Roman centurion in Capernaum (Mt 8:5–13). The centurion asked Jesus to heal his servant, who was suffering terribly. As an officer, he knew what it meant to give orders and have them obeyed. Yet he recognized in Jesus a far greater authority. He did not think Jesus needed to enter his home. A word from the Lord would be enough. Jesus marveled at his faith.

The Church has taken the centurion's words into the prayers of the Mass. The priest first shows us the consecrated host and calls Jesus the Lamb of God, recalling the words of John the Baptist (Jn 1:29). Then priest and people pray together. The centurion asked for his servant's healing; we ask for the healing of our souls. Like him, we approach Jesus with both humility and trust.

None of us can claim to deserve the gift of Jesus. We receive him through his mercy, not because we have earned his presence. Yet we must also prepare to receive him worthily. In Holy Communion we truly receive Jesus Christ, present Body, Blood, Soul, and Divinity, not merely a symbol of him. This is why we approach the Eucharist with such reverence.

Holy Communion deepens our union with Christ, strengthens our love, and forgives venial sins. It does not replace the Sacrament of Reconciliation. Anyone conscious of mortal sin must ordinarily receive absolution in Confession before receiving Communion.

The words "I am not worthy" do not mean we should lose hope. They remind us that we need the very mercy Jesus offers. Today, when the priest raises the consecrated host, remember the centurion. Do not rush through your reply. Say the words with his humility and his confidence: Jesus knows your weaknesses, and his word has power to heal.

Catechism Connection: Mt 8:5–13; Jn 1:29; CCC 1374, 1385–1386, 1391–1395, 1415.



ST. JOSEPH CATHOLIC CHURCH

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Thirtieth Sunday in Ordinary Time

"Teacher, which commandment in the law is the greatest?" Jesus said to him, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. The second is like it: You shall love your neighbor as yourself."
— Matthew 22:34-40

Mass Intentions

Sat.	24	+Julia Orellana de Galvez
Sun.	25	Patti Hobin
Mon.	26	+Salvador Corona
Tues.	27	St. Joseph's Parishioners
Wed.	28	+Teresa Woodman
Thurs.	29	+Paul Planansky
Thurs.	29	(Spanish) Todos los fieles difuntos
Fri.	30	+Jose Luis Contreras
Sat.	31	+Dave Edmonds
Sun.	01	+Linda Pearson

October 25, 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

We would like to thank Monika Gottlieb, Bill Simonson and Seona Lampman for all they have done for Saint Joseph Parish Capital Campaign. They have served us with faithfulness and given us their time and continued support. Many times these efforts require a lot of patience and hard work. We appreciate all that they have done for the parish. God Bless them for helping the parish grow.

Thank you all for helping with the Groundbreaking of our new Rectory. Whether it was helping to prepare or during the ceremony we appreciate all the help that came from our parishioners. We want to thank each and every one who helped out. It was great to see everyone work together on this special day for our parish.

We would also like to take the opportunity to say thank you to Carla and Eric. They do so many things for Saint Joseph Parish. From helping with any tasks they need done and making amazing food for our functions and giving us treats on Sunday. There are many small things that they do for our parish and never ask to be rewarded. Thank you for all your hard work and helping our parish feel like a family. May God bless you both for all you do.

Our thanks also go to Eileen Sandland, who has taken the parish plants into her care and waters them faithfully. It is a quiet kindness, easy to overlook and it does not go unnoticed. We are grateful for her care.

Food Pantry and Baby Diapers

Our parish food pantry gives out free food from 7:30 to 8:00 p.m. every Thursday night in our church hall and from 10:00 a.m. to 11:30 a.m. 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 p.m. Spanish Mass on the first Thursday of each month while supplies last.

All Souls' Day — November 2

On Monday, November 2, 2026, we will celebrate two Masses for the Commemoration of All the Faithful Departed at 9:00 AM and 6:00 PM. We encourage all parishioners to attend one or both Masses as we remember and pray for our departed loved ones and all the faithful departed. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Volunteers to Serve at Mass

Children and young people who have received First Holy Communion are encouraged to become altar servers. Young people are also invited to proclaim the Word of God as lectors. Practicing Catholics in good standing may serve as Extraordinary Ministers of Holy Communion. Training is provided for each ministry. Please contact the parish office to volunteer.

Bible Sharing

Please join us every Wednesday after the 9:00 a.m. Mass for Bible Sharing. We reflect on the readings for the following Sunday and listen to how God's Word speaks to our lives. Come and share with us, or simply listen. Everyone is welcome.



PLEASE PRAY FOR THE SICK AND INJURED

Steve Santi
Stan Piwowarski
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
Glen Bennett
Allen & Alba Beltrametti
Bonnie Bowman
Bill Mazzacane
Editha Andres
William Baldwin
Sandy Johnson
Don Swain
Parker Cyr