Everyday Catholicism

Why should we receive Holy Communion with reverence?

We can go to Communion so often that we hardly stop to think about it. Yet the one we receive is Jesus himself.

At the consecration, the bread and wine become the Body and Blood of Christ. In the Sacred Host, we receive the whole Christ, who gives himself to unite us more closely to him.

When we hear the words, "The Body of Christ," we answer, "Amen." Our response means that we believe the words just spoken. This is the Body of Christ.

Saint Paul told the Christians in Corinth to examine their conscience before receiving the Body and Blood of Christ. The Church still asks us to do the same. Before receiving Communion, we should consider whether we are in a state of grace. This means living in friendship with God and not being conscious of mortal sin.

If we are aware of mortal sin, the Church tells us to receive the Sacrament of Reconciliation before receiving Holy Communion. Remaining in the pew may feel uncomfortable, but there is no shame in waiting when Confession is needed. It is an honest act of reverence that allows us to return to Communion reconciled with God.

Venial sin does not keep us from receiving Holy Communion. The Eucharist strengthens the life of grace within us and forgives venial sins. Mortal sin is different because it breaks our friendship with God. Reconciliation restores that friendship.

Humility is also part of receiving reverently. Shortly before Communion, we pray, "Lord, I am not worthy that you should enter under my roof but only say the word and my soul shall be healed." Christ gives himself to us freely. We come to him trusting in his mercy.

Holy Communion draws us closer to Christ. It strengthens the grace given to us at Baptism and helps us resist sin.

Some Sundays our attention wanders, and prayer is difficult. If we are in a state of grace, we may still receive the Lord with faith. Before Mass this Sunday, examine your conscience quietly. At Communion, remember whom you are receiving and mean your "Amen."

References: Catechism of the Catholic Church, 1374, 1376-1377, 1382, 1385-1387, 1391-1396, 1415; 1 Corinthians 11:27-29.



ST. JOSEPH CATHOLIC CHURCH

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

18th Sunday in Ordinary Time

"Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds."

Mass Intentions

Sat.	1	Fr. Pedro Espinoza
Sun.	2	Fr. Pedro Espinoza
Mon.	3	+Barbara Sharp
Tues.	4	Fr. Charles Fatooh
Wed.	5	Marina Taverner
Thurs.	6	St. Joseph's Parishioners
Thurs. (Spanish)	6	Todos los fieles difuntos
Fri.	7	Fr. Louie Bellen
Sat.	8	+Bill Lyons
Sun.	9	Fr. Martel

August 2, 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
BusinessAd-min@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

Best Wishes to Father Pedro

Father Pedro, thank you for your priestly ministry and service to St. Joseph Parish. We are grateful for the time you spent with us. We will miss you and keep you in our prayers. May God bless you in your next assignment.

Novena for the Assumption

We will pray the Novena for the Assumption of the Blessed Virgin Mary on weekdays from August 4 through August 14. The novena will follow the rosary which begins at 8:30 AM.

Free Baby Diapers

Free baby diapers will be given out on Thursday, August 6, 2026 after the 6:30PM Spanish Mass. Families who need diapers are welcome to come.

Thank You for Your Generosity!

Collection Update:
September 1, 2025– June 30, 2026

Collection Received: $196,008
Budget Goal: $159,500
Exceeded Our Budget Goal by $36,508

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

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.

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.

The Diocese of Monterey is seeking a 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. Conducts 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 generous benefits packet 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 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.

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