

**God's Law & His Presence**

**Liberate**

Today's First Reading from Nehemiah describes the proclamation of the law of the Lord to the people of Israel. When the people would slowly drift away from the ways of the Lord and adopt the practices of their pagan neighbors, God would always send a prophet or leader who would lead His people back to His law. The law, God's Word, is liberating; it teaches the people what God really wants from them and what He calls them to be. They no longer have to be slaves to their passions, but can now do what is good and right. As the law was read, the people realized how far they had wandered from God's ways. But the law was not being read to them to condemn them, but to offer them a new beginning. • The Responsorial presents six synonyms for the law of the Lord, the seventh referring to the words we utter and the thoughts of our heart. The law is only perfect when it is interiorized or found in the thoughts of our heart, that is, when we give witness to it in the way we live. • In the Gospel, Jesus speaks of His anointing by the Spirit to proclaim a great liberation from the forces of evil. Every 50th year, the Jewish people celebrated a Jubilee Year, a time of the Lord's favor, when debts were forgiven, slaves set free, property returned to the original owner, etc. Jesus is saying that *He is the fulfillment* of everything the Jubilee Year should be. We do not have to wait 50 years; by His very presence, Jesus calls us to experience His love so that we might be liberated from all that enslaves us. He also calls us to share that liberation with those who

**Faith First**

**Prayer of the Week**

Almighty Father, the love you offer always exceeds the furthest expression of our human longing, for you are greater than the human heart. Direct each though, each effort of our life, so that the limits of our faults and weaknesses may not obscure the vision of your glory or keep us from the peace you have promised. Through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**In-Parish Retreat -- Save the Date!**

Remember the In-Parish Retreat presented by Father Robin Ryan CP? Besides speaking at all the Masses the weekend of February 9-10 he will offer three presentations February 10, 11, and 12 at 7:00 pm in the school cafeteria. The theme for each evening will be:

Sunday: "Christ the Friend: Building Friendship with Christ."

Monday: "Christ the Good Shepherd: Becoming a Reconciled and a Reconciling Person."

Tuesday: "Christ the Bread of Life: The Eucharist as Food for the Journey."

We will provide an overview of the second presentation this week in this bulletin and will provide the overview of the final presentation next week. • If you are interested in attending, please RSVP by calling the Ministry Office at 916-452-4830 or emailing Rita Spillane at [ritaspillane@gmail.com](mailto:ritaspillane@gmail.com).

life. A special prayer for vocations is available in the church vestibule.

**Parish Men's Retreat**

This is the first call for men of the parish to make the annual retreat at Christ the King Retreat Center located in Citrus Heights. (This would be a good follow up to our "In-Parish Retreat" offered on February 10,11,12. The Men's Retreat is on March 1,2,3. For more information call Jim Paquette at [www.christthekingretreatcenter.org](http://www.christthekingretreatcenter.org) or 916-479-1542 to make a reservation.

**In Memoriam**

Let us pray for all those who have died and are in need of prayer. May they enjoy light, happiness and peace.

**Please Pray for the Sick**

Bishop Francis Quinn, Doris Wagner, Rick Cwynar, Kang Simon Lee, Diana Zuniga, Suzy Riehl, Laurel Sunderman, Isabel Harper, Rouzbeh Daylami, Howard Huston, Mark Zane, Richard Honey, Josephine Davila, Dale Wooldridge, Donald Anderson, Teresa Yeung, Nancy McGarry, Vivian Stolp, Rita Doherty, Patrick Valenzuela, Cheryl Halm Lincoln, Michael Fletcher, Grayson Kemp, Gary Pepe, William Daniel Reed, Stephanie Merenda, Victoria Generoso, Jim Collins, Grace Grant, Robert Arkebauer, Libby Basurto, Dena Foster-Cook, Marie Schumacher, Ralph Goodall, Josephine Haddock, G.R. Gurley, Darren Stewart, Marge Mugartegui, Angel Curiel, Phillip Worth, Sonia Damiano, Barbara Cramer, Ava Grace Arnold, Karen Amnon, Mary Terese Henricksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

**Meetings & Events**

**Food Pantry Donations**

Thanks to your generosity, The Society of St Vincent de Paul gave out many food bags in November and December. But now, the pantry is looking a little bare. This week-end the Society of St Vincent DePaul is collecting non-perishable food items for the pantry and for the students in need at the Catholic Newman Center at CSU Sacramento. The pantry and the Newman Center are in need of cereal, crackers, peanut butter and jelly, canned fruit, canned meats (tuna, chicken, ham, spam) small bags of pasta and rice, marinara sauce, mayo and salad dressing, small individual/single serving size items such as energy/granola bars, juice boxes, fruit/dessert cups, prepared puddings, meals in a dish such as mac 'n cheese, Top Ramen, Cup of Soup and microwave popcorn. A bag filled with non-perishable, **unexpired** food may be left inside the altar rail. Questions about donations please call Emilia Jankowski at 916- 927-1667.

**School Crab Feed**

On Saturday Feb. 23, the SHPS annual Crab Feed will be held in the school Gym from 5:30 pm - 11 pm. Tickets are now on sale now until 2/08/19 and cost \$55 per person. Ticket forms/reservations will be in the church vestibule or at the school. You can also purchase them online at <https://sacredheartcrabfeed.ticketspice.com/sacred-heart-crab-feed-2019>.

**Please Do Not Park in Lot Across the Street**

The small office building parking lot across 39th St. from the church has, until now, been available for weekend parking. However, the tenants now have shifts on the weekends and they need their parking spaces. Please be courteous and honor their request not to park in their lot at any time.

**School Open House**

Mark your calendars and join us for our annual Open House on January 27 from 11:00 am - 1:00 pm. All are invited and welcome. This is the kick off for Catholic Schools Week, celebrated throughout the Diocese of Sacramento. Students will be giving school tours, classrooms will be open and teachers will be available to visit. • Come and see all the wonderful excitement that happens at Sacred Heart Parish School!

**Altar Society News**

Time to join or renew your membership for the Altar Society. Annual dues are only \$20 per family. Your membership allows us to clean and replace vestments for priests and altar servers, and altar cloths; purchase items for the sanctuary as needed; and provide altar flowers. Altar Society members will be in the church vestibule at all Masses this weekend for you to renew or enroll. You may also pick up an envelope and return it by Feb.17 either by dropping it in the collection basket labeled Attn: Altar Society or mailing to Claire Hyde 5500 Spilman Ave. Sacto. 95819. • Thank you for supporting this important ministry.

**Flu Season**

Bishop Soto has issued the following directives: the use of the communion cup is suspended temporarily; do not shake hands, simply nod to those around you saying "Peace be with you"; do not hold hands during Our Father. • The administration of Holy Communion under both kinds will resume later.

**Volunteer Teachers Needed**

Children who are not enrolled in a Catholic school receive instruction in our Faith Formation program 4:00 to 5:00 pm on Tuesdays during the school year. You can help pass on the faith by volunteering to teach in the program. Training and materials are provided. If you can help, please contact Tila Madrigal at 916-947-2683.

**Seniors Group**

Seniors, our next dinner will be at Celestins located at 3610 McKinley Blvd. We will meet there at 5:30 pm on Wednesday, February 6. If you are interested please contact Nancy Reid at [ReidNancy@aol.com](mailto:ReidNancy@aol.com) or at 916-922-3830.

**Next Week's Daily Mass**

Due to the cleaning and waxing of the church pews the morning Mass on Tuesday, January 29, Wednesday, January 30, and Thursday, January 31 will be celebrated in the Parish Hall.

**Catholics Come Home: Starts Thurs, March 7**

If you or someone you know is considering returning to the Church, or has recently returned, these sessions are an opportunity to learn more about the Church, the Sacraments, the Mass and more. Sessions are open to any Catholic who wants to learn more about our shared Faith. • 6 weekly sessions held Thursday evenings, 7:00 – 8:30, March 7 through April 11, in the Parish Hall. • Flyers with session details are in the vestibule. And for more information, visit the Parish web site at [www.sachearch.org/crh.php](http://www.sachearch.org/crh.php) or call the Ministry Office at 916-452-4830.

**Parish School Now Accepting Applications**

The School is now accepting applications for the 2019-2020 school year. Applicants for Transitional Kindergarten must be 4 years old by September 1, 2019 and applicants for Kindergarten must be 5 years old by September 1. We will also be accepting applications for 1<sup>st</sup>- 6<sup>th</sup> grades. • For more information, please contact the Parish School Office at 916-456-1576.

**Retrouvaille: Marriage Assistance Rescue Program**

Retrouvaille has helped thousands of married couples to regain good communication and return to a happy, joyful marriage, through attending one of their weekends and the follow up training sessions. Please pick up a brochures outlining the Retrouvaille program in the church vestibule. If you desire more information please call Carl Eschen at 209-753-9284 or visit [helpourmarriage.org](http://helpourmarriage.org)

**In Our Prayers**

**Daily Mass Intentions**

**January 27 - February 3**

<b>Sun</b>	8:00am	Peter & Frances Sexton (+)
	9:30am	Int...Vicky & Marc Sazaki
	11:00am	For the People of the Parish
<b>Mon</b>	8:00am	Int...Adriana Cervantes
<b>Tue</b>	8:00am	Joe & Anna Franzella (+)
<b>Wed</b>	8:00am	Haley Greenberg (+)
<b>Thu</b>	8:00am	Jay Kilburn (+)
<b>Fri</b>	8:00am	George Insey (+)
	12:00pm	Gene Vittory (+)
<b>Sat</b>	9:00am	Helen Jankowski (+)
	5:30pm	SH Sch. Found. Mem. & Rem.
<b>Sun</b>	8:00am	Frank Marvin Herr (+)
	9:30am	For the People of the Parish
	11:00am	Brad Dozier (+)