

Love, the Measure;

Grace, our Strength

Today's First Reading focuses on God's eternal plan for everyone, which existed even prior to each one's conception. Our mission, should we choose to accept it, is to proclaim the Good News (*Jeremiah's role and Jesus' role*). The challenge of the mission is to live a good life and do what is right. In so doing, we will face opposition. Since this is God's plan for us, we are encouraged; for it is His will, He has called us, and He, therefore, will help us to proclaim the truth with our lives. God will accompany us and give us the courage to live our Christian calling. ● As in the First Reading, the Responsorial continues the theme of being called to proclaim God's justice in word and deed. We depend on God's strength to accomplish His will; it is why He created us. God is our rock, our fortress, our refuge in difficulty. ● In the Second Reading, St. Paul gives us the *most important criterion* for using the gifts of the Holy Spirit, i.e., *love*. Love should be the measure of all we do. St. Paul's hymn of love can help us keep life in perspective and balance. It also can serve as an examination of conscience, helping us determine whether our actions and attitudes are really based on true, unselfish love. ● The Gospel shows us how difficult it can be to spread the Good News, since not everyone sees it as good. Even Jesus is rejected in His own home town of Nazareth. He came to give consolation, yet the people chose to reject Him. In order to accept and live the Good News we must convert, be vulnerable and recognize that we are no better than anyone else. It is a call to humility. Only

Faith First

when we admit that we need God's help, can we open our hearts to the healing He offers.

Prayer of the Week

Father in heaven, from the days of Abraham and Moses until this gathering of your Church in prayer, you have formed a people in the image of your Son. Bless this people with the gift of your kingdom. May we serve you with our every desire and show love for one another even as you have loved us. 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.

For you are my hope, O Lord; my trust, O God, from my youth. On you I depend from birth; from my mother's womb you are my strength.

-- Psalm 71:5-6

New Permanent Deacon

Bishop Soto has appointed Deacon Sergio Diaz to assist at Sacred Heart Parish effective February 1. Deacon Sergio, a retired attorney, was ordained a deacon in 2014. He and his wife, Eleanor come to us from St. Ignatius Parish. He will assist with various parish ministries. He will also continue

his out-of-parish duties which include providing pastoral services at Folsom State Prison and at the Sacramento Juvenile Hall, and pro bono legal assistance at a local clinic for the less fortunate. ● Deacon Sergio and Eleanor are no strangers to Sacred Heart. The Diaz family were parishioners for many years, and their two children attended Sacred Heart School from Kindergarten through eighth grade. We extend a warm welcome to them, and hope that they will find their Sacred Heart ministries fulfilling.

In-Parish Retreat -- Next Weekend!

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.

Meetings & Events

Thank You Dick Cutting

After more than 35 years of volunteering his talents to Sacred Heart, Dick Cutting has retired from his duties as a collection auditor. Over many years, Dick held many positions at SH, most always involving financial matters as befitted his background. Even after moving into Mercy McMahan Terrace, Dick continued to count the collection every other week. Now, Dick has retired from this last position. We are so grateful for his invaluable financial expertise and help over these many years, and thank him most sincerely for his dedicated service to SH. ● Thanks, Dick, for all you did.

Altar Society News

Our thanks to Mary Domyanic for beautifying the church sanctuary during the month of February. She is providing and caring for the flowers on the Blessed Sacrament Altar.

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.

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 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>.

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 brochure 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.

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 or 916-479-1542 to make a reservation.

Volunteer Teachers Needed

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

Seniors Group

Seniors, our next dinner will be at Celestins located at 3610 McKinley Blvd. We will meet the restaurant at 5:30 pm this Wednesday, February 6. ● If you are interested please contact Nancy Reid at ReidNancy@aol.com or at 916-922-3830.

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.sacheart.org/crh.php or call the Ministry Office at 916-452-4830.

Calling All Mothers

All mothers of the parish, of all ages and stages of life, are invited to attend the upcoming MOMS monthly gatherings. Our gatherings are an opportunity to pray, share, and grow in our faith together. The next gathering is Tuesday, February 19 at 7:00 pm in Saint Anthony Hall. We will also meet again on March 19 and April 16. We hope you will join us!

"Second Sunday" Social

Join us for the "Second Sunday" Social from 12(noon) to 1:15 pm next Sunday, February 10 in the Parish Hall behind the church. It is a chance to catch up with fellow parishioners and meet some new faces. Bring a friend or make a new one. Regardless of the Mass you attend, we hope you will join us.

Parish Study Group

The Parish Study Group is discussing the book by Pope Emeritus Benedict XVI entitled *Jesus of Nazareth: From the Baptism in the Jordan to Transfiguration*. The assignment for Tuesday, February 5 is Chapters 2 and 3, pages 25-63. We meet from 1:00 pm to 2:30 pm in the Parish Hall. Newcomers are always welcome. ● For more information call Mary Anne Smith at 530-676-7874 or Alice Cano at 916-446-1206.

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. We thank all of you who, in the past weeks have made other parking arrangements.

Catholic Schools Week Thank You

A special thank you for all the parents, faculty, staff and students who made our Catholic Schools Week celebration so fun and special. We enjoyed many exciting activities, especially hosting our Grandparents and Friends on Friday. Thank you to the parish community for their ongoing support of Sacred Heart Parish School.

In Our Prayers

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 Mugarregui, 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.

Daily Mass Intentions

February 3 - February 10

Sun	8:00am	Frank Marvin Herr (+)
	9:30am	For the People of the Parish
	11:00am	Brad Dozier (+)
Mon	8:00am	Alois Baumgartner (+)
Tue	8:00am	John Gilmore (+)
Wed	8:00am	Int...S H Altar Society Members
Thu	8:00am	Barbara Malone (+)
Fri	8:00am	Int...Kang Simon Lee
Sat	9:00am	Purita Warriner (+)
	5:30pm	For the People of the Parish
Sun	8:00am	Kenneth Belke (+)
	9:30am	Int...Lisa Guzzi
	11:00am	Peter Nowinski (+)