

**Following, Challenges Us to Choose**

In the First Reading from Jeremiah, we find that God blesses those who trust Him, while those who trust their own strength will be frustrated and cursed. Jeremiah uses the popular image of the Babylonian exile. Those who trust in the Lord are like trees planted near running water; they will never wither or fade for the Lord will be their strength. We humans, on our own, are incomplete. We can only flourish when relying on the Lord and His love. Thus, true wisdom is trusting the Lord. • The Responsorial Psalm continues this theme of wisdom, using the same imagery of the Babylonian exile. Those who trust in the Lord will yield fruit like the tree planted near running water. The wicked, on the other hand, will dry up and be lost. Additionally, the good man has nothing to do with the wicked. In following God, we are called to make choices that separate us from certain things. • The Gospel verse reminds us that we are in the world, but not of it, for our true home is in Heaven. • In Luke's Gospel, we find the wisdom of the Beatitudes. There are four blessings and four woes. It puts this world's trials and difficulties in perspective, with future reward and living for a higher purpose. It reminds us that here there is a cost for following Jesus. Truly living for, with, and in Him we may be denounced, excluded, and insulted by many people of the world. However, we should rest assured that God cherishes our fidelity and truthfulness, and He will support us with His grace to persevere.

**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 also will continue his out-of-parish volunteer ministry 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. • We extend a warm welcome back to Sacred Heart Parish.

**Faith First**

**Prayer of the Week**  
 Father in heaven, the loving plan of your wisdom took flesh in Jesus Christ, and changed humankind's history by his command of perfect love. May our fulfillment of his command reflect your wisdom and bring your salvation to the ends of the earth. We ask this through Christ our Lord. Amen.

*Monday, February 18*  
**Presidents Day Holiday**

*Mass is celebrated at 9:00 am, not at 8:00 am.*

**Bill Riehl**

Deacon Bill Riehl died last week, after a long life and 33 years as a deacon assigned to Sacred Heart. Bill spent his many years preaching, baptizing and presiding at weddings and funerals at Sacred Heart, sharing himself with us with the support of his loving wife Mary and his children. Bishop Soto presided at Bill's funeral this past Thursday, a mark of Bill's long service to the Diocese. • May he rest in peace.

**In-Parish Retreat Thank You**

Our parish retreat, entitled *Gazing on the Face of Christ*, was a huge success with over 100 people attending each evening. Thank you to Fr. Robin Ryan, C.P., who led the retreat and gave us all guidance in bringing us closer to the Lord. • The retreat would not have been possible without the tremendous work of Rita Spillane and the support of the Parish Pastoral Council. Thanks also to the Altar Society for the hospitality they provided each evening. Our parish is truly enriched by an experience like this retreat.

**Disciples on the Journey Lenten Program**

Sign-ups for the *Disciples on the Journey* program will take place after each Mass next weekend, February 23-24 and on March 2-3. Small groups meet in homes for the six weeks of Lent to discuss the Sunday Scripture readings and their application to daily life. Guide booklets are provided. We are looking for group leaders and participants. • Please contact Andy Sevier at 916-599-7664 or [seviars@surewest.net](mailto:seviars@surewest.net) if you have any questions or Diana Oglethorpe at [Diana@mstarchitects.com](mailto:Diana@mstarchitects.com)

**Meetings & Events**

**Time to Return Your Palms**

Many of us keep the palms we received on Palm Sunday and display them behind a hanging crucifix. Now is the time to return the old, dried palms to the basket in the vestibule. The old palms will be burned and the ashes used on Ash Wednesday this year. The palms, which symbolized joy on Palm Sunday, now become symbols of the fact we are sorry for our sins. This reflects the joy of the people when Jesus first rode into Jerusalem, which turned to sorrow when he died on the Cross to save them from their sins.

**Upcoming Annual Catholic Appeal**

The Annual Catholic Appeal is our annual tradition that connects us to thousands of people who need our help every day. This year, our Appeal Weekend takes place on the weekend of March 2-3, in two weeks. Through our support, we can assure that many vital social service programs continue to assist tens of thousands of people in need, especially in these times when many people have cut back on their donations to charities sponsored by the Church. The ACA is vital for the clients of these charities. • Please prayerfully consider what you can give.

**Parking Issue**

In less than a few weeks, a new restaurant will be opening across J Street from the church. It is a restaurant that specializes in breakfast and lunch, but unfortunately it has no parking lot. Sacred Heart will need to restrict its parking lot for parishioners only. We will have appropriate signage as well. Although parking in the medical lot next to Sacred Heart is available to us, we cannot restrict that space as we can our lot. We are asking that parishioners help out by moving their cars from our lot after they have attended Mass in order to free up spaces for the next Mass. If you decide to patronize the restaurant after Mass, please do not leave your car in the church lot, but find alternate parking.

**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!

**School Crab Feed**

On Saturday February 23, the SHPS annual Crab Feed will be held in the school Gym from 5:30 pm - 11 pm. Tickets are on sale now 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>.

**Catholics Come Home: Starts Thursday, 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. For more information, visit the Parish web site at [www.sacheart.org/crh.php](http://www.sacheart.org/crh.php) or call the Ministry Office at 916-452-4830.

**Upcoming Food Collection**

The Society of St. Vincent de Paul is continuing to restock our food pantry for home visits in our Parish area and that of the Sacramento State Newman Center. February 23-24 is collection week-end. Items of need are mayo, salad dressing, canned meats (tuna, ham, chicken and spam), Marinara sauce, small bags of rice and pasta, cake or cookie mixes, granola/energy bars, cereal boxes and individual cereal cup, crackers, canned fruit and vegetables. 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.

**Parish Men's Retreat**

Men of the parish are invited to make the annual retreat at Christ the King Retreat Center located in Citrus Heights. (This is a good follow up to our "In-Parish Retreat.") • The Men's Retreat is on March 1,2,3. For more information/reservations please call Jim Paquette at 916-479-1542 or email [www.christthekingretreatcenter.org](http://www.christthekingretreatcenter.org)

**Youth Group Update**

The Sacred Heart Youth Group will meet on Wednesday, February 27. The group will gather for its annual "Charity Movie Night". Optional donations will be collected at the movie night, which will also benefit the Mustard Seed School. • If you are a student in grades 8 through 12, please consider joining us for one of our upcoming meetings. All meetings are held in St. Anthony's Hall from 6:30-7:30 pm. • If you have any questions, please do not hesitate to contact Mr. Sunderman at [psunderman@sacredheartschool.net](mailto:psunderman@sacredheartschool.net)

**Second Quarter Parish Financial Report**

The Parish Finance Council has prepared a financial report covering the period of July 1, 2018 through December 31, 2018. A copy of the report is available in the church vestibule for parishioners to pick up and review.

**Parish Study Group**

The Study Group is discussing *Jesus of Nazareth: From the Baptism in the Jordan to Transfiguration* by Pope Emeritus Benedict XVI. The assignment for Tuesday, February 19 is Chapter 4, pages 64-99. The Group meets 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.

**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.

**Retrouaille: Marriage Assistance Rescue Program**

Retrouaille 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 Retrouaille 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) You also may call the rectory and we will refer you to a parish couple involved in the program.

**In Our Prayers**

**In Memoriam**

**Deacon Bill Riehl • February 7, 2019**

Eternal rest grant unto him, O Lord.  
 And let perpetual light shine upon him.

**Please Pray for the Sick**

Bishop Francis Quinn, 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.

**Daily Mass Intentions**

**February 17 - February 24**

<b>Sun</b>	8:00am	Lois & Robert Boemer (+)
	9:30am	For the People of the Parish
	11:00am	Augusta Rita Freeman (+)
<b>Mon</b>	9:00am	Jean Riboni James (+)
<b>Tue</b>	8:00am	Joan T. Koster (+)
<b>Wed</b>	8:00am	Int...Mary Rigby
<b>Thu</b>	8:00am	Altar Society Members (+)
<b>Fri</b>	8:00am	Thomas Baumgartner (+)
<b>Sat</b>	9:00am	Flora Manning (+)
	5:30pm	Gene Domek (+)
<b>Sun</b>	8:00am	Don Cerqui (+)
	9:30am	John Silveira (+)
	11:00am	For the People of the Parish