

Faith is Total Trust in God

The First Reading gives an example of absolute trust in the Lord, who rescued the Israelites from slavery in Egypt. They trusted and it was the Lord who saved them, not they themselves. This is the exact opposite of what Satan tempts Jesus to do in today's Gospel. He tries to force Jesus to misuse His power for self, rather than trust in the Father. This is the difference between having true faith and being self-centered. One who has true faith recognizes that all they have and are comes from God. (*True faith requires total trust.*) The self-centered one thinks that all they have and are comes only from their own efforts. ● In the Responsorial Psalm, the psalmist speaks of God as his refuge and strength. The irony of Satan quoting this psalm to Jesus is that it contains a radical *trust* in God. Satan uses *that trust* to tempt Jesus away from trusting in God's providence, trying to trick Jesus into orchestrating a situation in which He would force the Father to rescue Him. Jesus knows this is not trust but a form of manipulation. When one trusts and loves another, they do not play games with that person's love. ● In today's Gospel, the temptations in the desert underscore the purity of Jesus' intentions for His public ministry: to obey the Father's will by preaching and healing. Satan tries to make Jesus doubt the Father's love by asking Jesus to put that love to the test. But Jesus exhibits unconquerable love for the Father, as well as trust in the Father's love. While Satan's temptations *appear* reasonable, Jesus reminds us that God's ways go beyond this world's, and that we are called to true, unselfish love and radical trust in God.

Prayer of the Week

Let us pray at the beginning of Lent for the spirit of repentance. ● Lord our God, you formed man from the clay of the earth and breathed into him the spirit of life, but he turned from your face and sinned. In this time of repentance we call out for your mercy. Bring us back to you and to the life your Son won for us by his death on the cross, for he lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Faith First

Diocesan 2019 Lenten Regulations

The Church calls us to a spirit of penance through the traditional Lenten practices of prayer, fasting, and almsgiving. A copy of the Lenten Regulations are available in the church vestibule.

The Real Renewal

"My grace is sufficient for you, for power is made perfect in weakness." (2 Corinthians 12:9) ● The Church of God needs saints today. This imposes a great responsibility to fight against our own ego and love of comfort that leads us to choose a comfortable and insignificant mediocrity. ● The Church wants renewal, but that does not mean changing a habit and a few prayers. Renewal is faithfulness to a spirit which seeks holiness by means of a poor and humble life, the exercise of sincere and patient charity, spontaneous sacrifice and generosity of heart. We should always ask Jesus, "Make me a saint according to your own heart, meek and humble." Never stoop lower than the ideal. Let nothing satisfy you but God. Let us thank God for showering love on us, in so many ways and in so many places. Let us in return, as an act of gratitude and adoration, determine to be holy because God is holy. (Meditation by Blessed Mother Teresa of Calcutta)

*Lord, help me move forward
just a little more toward a holy life.*

Altar Society News

Members are invited to the next meeting of the Altar Society on Friday, March 15 at 10:00 am in the Parish Hall.

Lent, Time for Jesus

There are so many things that fill our spaces each day—music, news, work, movies, friends, and family. Jesus doesn't shove his way into our space, but rather requires that we create space for him. He doesn't send us email updates or push notifications. His next message isn't queued up to start playing in ten seconds. This Lent, we need to take time every day and make some space for Jesus.

Appeal Weekend Follow Up

Last weekend was the Annual Catholic Appeal. If you did not have a chance to donate then, you can always put your appeal envelope in the regular offertory collection or mail it in (envelopes are in the vestibule). If more convenient for you, you can donate online at www.scd.org. Whatever method you use, please identify Sacred Heart Sacramento as your parish. Your donation, no matter how modest, is combined with donations from other parishes to provide the financial support for dozens of charitable organizations. Additionally, 25% of our parish's donations is returned to Sacred Heart for use in charitable activities selected by our pastoral council. Please be generous.

Copies of the Catholic Herald

The March-April edition of Catholic Herald magazine is a special issue with stories related to "addressing the wounds inflicted by clergy abuse." Our parish has received extra free copies of the magazine for you to pick up if you do not currently receive Catholic Herald in the mail. Topics addressed in feature stories cover a variety of issues, a message from Bishop Jaime Soto, and frequently-asked questions.

Works of Mercy

Thanks to the generous donation of a parishioner, small posters are available this weekend in the vestibule for the taking. The posters list the Corporal and Spiritual Works of Mercy, which can serve as an excellent guide in planning your Lenten activities. Please take one per family.

Fridays During Lent

There will be two Masses offered every Friday during the Lenten Season: 8:00 am and 5:30 pm. Also, on Fridays we will have the Stations of the Cross at Noon. Please note that on First Friday, April 5, the Stations follow immediately after the Noon Mass.

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, March 19 at 7:00 pm in St. Anthony Hall located on the School campus. We hope you will join us!

Seniors News

Seniors, come join us for our next get together on Friday, March 29 at 6:00 pm. We will be eating at the Lenten Soup Supper in the Parish Hall, following the Lenten Mass at 5:30 pm. Any questions, please contact Nancy Reid at 916-922-3830 or by email at ReidNancy@aol.com

Catholics Come Home: Second Weekly Session

Our topic this Thursday, March 14, is: *Introduction to the Bible: How to Read the Bible with the Church, with an Overview of the Old & New Testaments.* ● 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. ● For more information, visit the Parish website at www.sacheart.org/crh.php or call the Ministry Office at 916-452-4830. Flyers are also available in the church vestibule.

Meetings & Events

Today "Second Sunday" Social

Join us for the "Second Sunday" Social from 12(noon) to 1:30 pm today in the Parish Hall. It is a chance to catch up with fellow parishioners and meet some new faces. Bring a friend or make a new one. We hope to see you there!

Parking Issue

A new restaurant has opened across J Street from the church. This restaurant 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. Thank you for your cooperation.

Food Collection ALL Weekends of March

Lent is a time to strengthen our relationship with God through prayer, fasting and almsgiving. Almsgiving is an expression of our gratitude for all that God has given us. ● As we begin our Lenten journey all the weekends of March 16-17, 23-24 and 30-31, you are invited to bring to the altar non-perishable food donations for our Society of St. Vincent de Paul pantry. The pantry is in need of canned meats (tuna, chicken, ham, Spam), mayo and salad dressing, small bags of pasta and rice, marinara sauce, peanut butter, jam/jelly, cereal and individual cereal cups, canned vegetables and fruit, cake or cookie mixes, and granola/energy bars. A bag filled with non-perishable, unexpired food may be left inside the altar rail. Thank you for your generosity! ● Questions please call Emilia Jankowski at 916-927-1667.

*Lord, today I will begin
my Lenten journey to You by deciding to change...*

Disciples on the Journey Lenten Program

The *Disciples on the Journey* program will take place during the six weeks of Lent. Small groups meet in homes to discuss the Sunday Scripture readings and their application to daily life. Guide booklets are provided. ● Please contact Andy Sevier at 916-599-7664 or seviars@surewest.net if you have any questions or Diana Oglethorpe at Diana@mstarchitects.com

Youth Group Update

The Sacred Heart Youth Group will be meeting twice during the month of March. On March 13, the group will have a Lenten-themed meeting where we will be making resolutions for the Lenten season. On March 27, the group will be hosting another Charity Bingo Night. A former Youth Group member who now attends St. Francis High School is organizing this night. She and several classmates are raising funds to support St. John's Center for Real Change. Please bring a donation for this great organization, and you could win some great prizes. ● 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 located on the School campus from 6:30-7:30 pm. ● If you have any questions, please do not hesitate to contact Mr. Sunderman at psunderman@sacredheartschool.net

In Our Prayers

**Daily Mass Intentions
March 10 - March 17**

Sun	8:00am	Kenneth Belke (+)
	9:30am	Herbert Joseph Kerins (+)
	11:00am	For the People of the Parish
Mon	8:00am	Nick & Rosemary Elsener (+)
Tue	8:00am	Tersilla Varesio Garcia (+)
Wed	8:00am	Cristina Gonzalez (+)
Thu	8:00am	Ciara Orem (+)
Fri	8:00am	Gene Domek (+)
	5:30 pm	Int...Lisa Madrigal
Sat	9:00am	Jose, Anna & Lucy Oliveira (+)
	5:30pm	Joshua Wingert (+)
Sun	8:00am	Don & Anita Cerqui (+)
	9:30am	Aaron Sanchez (+)
	11:00am	For the People of the Parish

In Memoriam

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

Please Pray for the Sick

Bishop Francis Quinn, Dusty Haeling, Elliot Sevier, Kang Simon Lee, Diana Zuniga, Suzy Riehl, Isabel Harper, Rouzbeh Daylami, Howard Huston, Mark Zane, Richard Honey, 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 Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.