

Transfigured with Christ in Lent

In the Responsorial Psalm, the psalmist shows his faith in the Lord to rescue him from his enemies. In this holy season of Lent, we ask ourselves, who are the enemies we wish God to deliver us from? Could they be the sin, selfishness, and loneliness we bring into our lives every time we subtly or consciously reject God? • In the Second Reading, St. Paul reminds us that living the Christian life is not always easy. We are tempted by this world. God created the world good, but we often misuse this world's goods (food, wealth, sex, etc.). Rather than using them for legitimate needs, we become their prisoners, enslaved by our passions. The only way out is to keep the proper perspective. We are citizens of heaven, so we live detached from what would drag us down. We are in the world, not of it, trying to behave as a saint would. • In St. Luke's Gospel, we find the Transfiguration account. Jesus went up the mountain to pray: to discern and obey the Father's will. Moses and Elijah appear with Him to show that Jesus is the fulfillment of the law (Moses) and the prophets (Elijah). In addition, Moses prayed for someone greater than himself, a Messiah, to come, and Elijah was to appear in order to prepare the people for *the Day of the Lord*. The disciples (Peter, James and John) were confused, which often happens when one encounters the Holy. They did not fully understand the meaning of it all. Here, at the Transfiguration, Jesus is proclaimed by God as His chosen Son, just as He was at His own Baptism, and again by the Roman centurion when Jesus hung on the cross. • May our lives proclaim Jesus, God's chosen one, to others.

Prayer of the Week

Father of light, in you is found no shadow of change but only the fullness of life and limitless truth.

Faith First

Open our hearts to the voice of your Word and free us from the original darkness that shadows our vision. Restore our sight that we may look upon your Son who calls us to repentance and a change of heart, for he lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Turning from Sinful Ways

Draw near to God, and God will draw near to you. Cleanse your hands, your sinners, and purify your hearts, you double-minded. (James 4:8) • During Lent, the Church renews her appeal to repentance, the call to change one's life. Conversion is not the question of a moment or a time of the year, it is an undertaking that lasts one's entire lifetime. Who among us can presume not to be a sinner? No one. We are all sinners. But we are called to abandon the behavior of sin and fix our gaze on what is essential. This is the difference between life deformed by sin and life illumined by grace. From the heart of the person renewed in the likeness of God comes good behavior: to speak the truth always and avoid all deceit; not to steal, but rather to share all you have with others, especially those in need; not to give in to anger, resentment and revenge, but to be meek, magnanimous and ready to forgive; not to gossip which ruins the good name of people, but to look more at the good side of everyone. (Reflection by Pope Francis) • *Jesus, help me continue to change my life with your help. Today I will....*

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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.

Lenten Penance Service

Our annual Lenten Penance Service will be on Tuesday, March 26 at 7:00 pm. Visiting priests will assist with hearing confessions. An examination of conscience guide is available in the church vestibule to help prepare us for the Sacrament of Penance.

In Our Prayers

**Daily Mass Intentions
March 17 - March 24**

Sun	8:00am	Don & Anita Cerqui (+)
	9:30am	Aaron Sanchez (+)
	11:00am	For the People of the Parish
Mon	8:00am	Nita York (+)
Tue	8:00am	Altar Society Members (+)
Wed	8:00am	Tom Parker (+)
Thu	8:00am	Linda Ryle (+)
Fri	8:00am	John Silveira (+)
	5:30 pm	Margaret Koewler (+)
Sat	9:00am	Anna Mulby (+)
	5:30pm	For the People of the Parish
Sun	8:00am	Thomas Manning (+)
	9:30am	Joshua Wingert (+)
	11:00am	Patricia & Maurice Spillane (+)

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.

Meetings & Events

Appeal Weekend Follow Up

Two weekends ago 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.

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: Thursday, March 21

This week's topic this week is *Catholic Church History*: Exploring our Roots—signal events in the life and development of the Church from Pentecost to the present. • 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 and its history, teachings and mission. Sessions are open to any Catholic who wants to learn more about our shared Faith. • Six weekly sessions are held on Thursdays from 7:00 to 8:30 pm, through April 11, in the Parish Hall. • Flyers describing the weekly topics are available in the vestibule. For more information, visit the Parish website at www.sacheart.org/crh.php or call the Ministry Office at 916- 452-4830.

Youth Group Update

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@sacredheartsschool.net

Parish Study Group

We are discussing Jesus of Nazareth: From the Baptism in the Jordan to Transfiguration by Pope Emeritus Benedict XVI. The assignment for Tuesday, March 19 Pages 99-168 (as our last session was cancelled). 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.

Food Collection ALL WEEKENDS of March

As we continue our Lenten journey the week-ends of March 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. May you see this almsgiving as an opportunity to expression your gratitude for all that God has given you. 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. Your generosity is appreciated. Questions about donations please call Emilia Jankowski at 916-927-1667.

For God alone my soul waits in silence, for my hope is from him. --Psalm 62:5

Disciples on the Journey Lenten Program

The *Disciples on the Journey* program has started and will continue until Palm Sunday. 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 sevier@surewest.net if you have any questions or Diana Oglethorpe at Diana@mstarchitects.com

Baptism Class for Parents & Godparents

A baptism preparation class is offered the second Monday of every month at 6:30pm in the Parish Hall. To attend you must sign up by calling the church office at 452-4236 ext. 2. At the class, the necessity and importance of baptism are explained as are the obligations and duties of parents and godparents. Baptisms take place on the second and fourth Sundays of the month after the 11:00 am Mass (around 12:15 pm). Parents must attend the class and godparents are encouraged to do so. For more details, please call the church office.

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.

Missoula Theatre at the Parish School

Again this year, the school children will participate in the Missoula Theatre Camp. They will be performing a production entitled, "The Frog Prince." There will be two performances, Friday, March 29 at 6:30 pm and Saturday, March 30 at 2:00 pm. Both plays will take place in the School gymnasium. Tickets are on sale at the school. • Parishioners are most welcome to attend, especially the Saturday afternoon performance.