

**Lent: A time of Renewal & Rebirth**

The Responsorial Psalm celebrates God's goodness. We have been given an opportunity during Lent to turn back to God's ways. It should be a joyful experience. Lent is not a time of grief and gloom; it is a time of *renewal and rebirth*. We do not mourn the shedding of dead skin, but rejoice in the growth of new clean skin. The end of this psalm gives us two options: we can blush with shame for not using this Lenten time well or look to God with joy for using it well. God is always willing to hear our call, but we have to be willing to call out. • The Gospel recounts the beautiful parable of the Prodigal Son. Jesus presents a picture of God as the all-merciful one, the loving parent who forgives our every fault. Interestingly, the prodigal son does not really seem sorry for what he did, only sorry that he is hungry. He prepares his apology to the Father, almost as if he would say whatever was necessary to be received back into his Father's good graces. The Father is waiting outside for his son, catching sight of him from a distance. This is unusual for Jewish fathers of Jesus' time, who would wait inside their home for their son's return, expecting them to fall to their knees and beg for mercy. This Father actively seeks out his son, and even before the son can apologize (*as if he knew the apology was not quite as sincere as it should be*) he forgives him and calls for a feast (a sign of God's bounty and goodness) to celebrate the son's safe return. The brother's reaction shows that he loved his Father only for what he could receive from him, not out of pure, disinterested love. Thus, he sees the Father's pardon as betrayal. If the brother had truly loved his Father, he would have rejoiced with the Father's joy at being able to pardon his errant son. • May we have the kind of love St. Paul describes to the Corinthians, should God pardon even our greatest enemy.

**Prayer of the Week**

God our Father, your Word, Jesus Christ, spoke peace to a sinful world and brought humankind the gift of reconciliation by the suffering and death he endured. Teach us, the people who bear his name, to follow the example he gave

**Faith First**

us: may our faith, hope, and charity turn hatred to love, conflict to peace, and death to eternal life. 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.

**The Sting of Death**

"Death has been swallowed up in victory. ... Where, O death, is your sting?" (1 Corinthians 15:54-55) • "Jesus was crushed by the powers of death, but his death removed death's sting. To those who believe in him he gave power to become children of God, that is, to participate in the life where death can no longer reach. By his death, Jesus was victorious over all the powers of death. (Fr. Henri Nouwen, *Walk with Jesus*) • Jesus did not escape the grip of death. And neither can we. Death is still the enemy (1 Cor.15:26). But it is an enemy whose power has been destroyed by Christ's victory over death. • However, no matter how strong our faith in the risen Christ is, death still stings. It can be a crippling sting for those who mourn the loss of their soulmate or child or treasured friend. But the ultimate sting of death has been removed by our loving and merciful God, who "gives us the victory through our Lord Jesus Christ" (1 Cor. 15:57). • This marvelous assurance from God's Word softens the sting of death. We can trust God's sure promise of eternal life for all who live by faith in the Christ of Calvary and the empty tomb. • Victorious Savior, we praise you for your victory over the powers of death and the grave. Comfort and strengthen us when death's sting seems to be more than we can bear. Amen.

**First Friday Adoration: This Friday**

Exposition of the Blessed Sacrament follows the 8:00 a.m. Mass and concludes with Benediction at 12(noon). Mass is celebrated immediately after Benediction. • Join us and spend some time in prayer before the Blessed Sacrament. On First Fridays, parishioners are encouraged to include in their prayers, a prayer for an increase in vocations to the priesthood and consecrated life. A special prayer for vocations is available in the church vestibule.

**In Memoriam**

**Bishop Francis Quinn • March 21, 2019**

**Kang Simon Lee • March 21, 2019**

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

**Please Pray for the Sick**

Elliot Sevier, 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 Annon, Mary Terese Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

**Meetings & Events**

**Fr. Glenn's Last Weekend**

This weekend is the last one before Fr. Glenn Jaron leaves for his new assignment as Pastor of St. Catherine of Siena Parish in Vallejo. St. Catherine's Parish's gain is our loss. Fr. Glenn's broad smile and hearty laugh will be missed. • We thank him for sharing himself and his priestly ministry with us at Sacred Heart. Needless to say, he will be missed!

**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.

**Food Collection: This Weekend**

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.

**Lenten Soup Suppers**

All parishioners are welcome to join us for the third and final Lenten Soup Supper this Friday at 6:00 pm in the Parish Hall, following the 5:30 pm Mass. The Soup Suppers allow parishioners to socialize, hear about worthy organizations in our community, and contribute in a small way to their cause. • This Friday, April 5, donations will benefit St. Thomas More Parish in Paradise which lost its rectory, parish offices, and parish hall in the recent fire. Any donations are very much needed and appreciated.

**Altar Society**

Please consider a donation *in memory of* or *in honor of* a loved one to help us beautify the church sanctuary with Easter flowers for the Easter season. Make checks payable to *Sacred Heart Altar Society*. Include your name, telephone number, and name(s) of those being remembered or honored. Place in a marked envelope to "Altar Society" and drop in the collection basket at Mass or mail to Claire Hyde at 5500 Spilman Ave., Sacramento 95819. Please return donations by April 15. Thank you for your generosity.

**Schola Cantorum's Lenten Concert**

Schola Cantorum and Conductor Donald Kendrick will present their annual choral concert *Lenten Choral Mysteries* on Saturday, April 13 at 8:00 pm in Sacred Heart Church. The performance is a tribute concert in memory of our loved ones and will be dedicated in memory of Bishop Francis Quinn. The suggested donation at the door is \$15 General and \$10 Students/Seniors. The program will feature this 30-voice choir in a performance of "Missa Pro Defunctis"--Durate Lobo, and "Fail, Gladdening Light"--Charles Wood. Advance tickets will be available after the 11:00 am Mass and by calling Schola's hotline at 850-545-4298. Please do not call the Parish Office for tickets.

**Protection of Children Abuse Prevention Training**

The Diocese of Sacramento requires training for all adults, both volunteer and employees (including clergy), in recognizing, preventing, and reporting abuse. This training is mandatory for anyone who has contact with children under the auspices of a church program (e.g. childcare during Mass, altar servers, the parish school, CFF classes, youth groups for young adults, etc.). The training must be renewed every three years. Along with the training, volunteers and employees must be fingerprinted and have the fingerprints submitted for a background check. Additionally, in the parochial schools, the Diocese also provides training for children themselves in keeping safe. Geared to specific age groups, children are taught how to protect themselves, and what to do if they feel unsafe. • The specifics of the training programs can be found on the Diocesan website [www.scd.org/safe-environment](http://www.scd.org/safe-environment).

**Please Remember**

Since we do not have security around the church, please, for your child protection and safety, always accompany him/her to the restrooms located in the church vestibule. We are located on a busy corner with increasing foot traffic.

**Catholic Relief Services Collection: TODAY**

This weekend at all Masses, we take up the annual collection for the Catholic Relief Services. This collection helps six Catholic agencies provide relief and support to struggling communities and works for peace and reconciliation among our marginalized brothers and sisters here and around the world. Special envelopes are available in the vestibule. Please be generous. • Learn more about the collection at [www.usccb.org/catholic-relief](http://www.usccb.org/catholic-relief).

**Funeral Arrangements for Bishop Quinn**

You are invited to participate in services in remembrance of Bishop Quinn. On Sunday March 31, the Cathedral will host Vespers at 4:00 pm. The Rosary will follow at 5:00 pm, and concludes with Visitation from 6:00 pm to 7:30 pm. As there will be limited seating available at the Funeral Mass, parishioners are highly encouraged to attend these Sunday services. • On Monday, April 1, Bishop Soto will preside at the Funeral Mass. Due to limited seating in the Cathedral, the Diocese is offering a livestream for parishes and parishioners to view the Mass. The stream will begin at 11:30 am, and the Mass will begin at Noon. To watch the Mass and for additional streaming options, visit <https://www.scd.org/bishopquinnfuneral>.

**Catholics Come Home: This Thursday, April 4**

This week's topic and discussion is *The Sacrament of Reconciliation (Confession, Absolution and Penance)*. • Are you looking to reconnect with your Catholic faith? Interested in deepening your faith? 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 Thursday evenings from 7:00 to 8:30 pm, March 7 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.sachart.org/crh.php](http://www.sachart.org/crh.php) or call the Ministry Office at 916- 452-4830.

**In Our Prayers**

**Daily Mass Intentions  
March 31 - April 7**

<b>Sun</b>	8:00am	For the People of the Parish
	9:30am	Betty Baumgartner (+)
	11:00am	Genevieve Mary Dallosta (+)
<b>Mon</b>	8:00am	Int...Robert Quardo
<b>Tue</b>	8:00am	Int...Sacred Heart Altar Society
<b>Wed</b>	8:00am	James Mulhern (+)
<b>Thu</b>	8:00am	Diana Fisher (+)
<b>Fri</b>	8:00am	Dorothy Kelly (+)
	12:00pm	Gene Vittori (+)
	5:30 pm	Jeff Grinbergs (+)
<b>Sat</b>	9:00am	Gloria Wingard (+)
	5:30pm	SH Sch. Found Mem & Rem
<b>Sun</b>	8:00am	Terence McCartan (+)
	9:30am	For the People of the Parish
	11:00am	Antonio Yucica & Family (+)