

**Conversion Brings Mercy and Self-Respect**

The First Reading reminds us that God is still doing great things for us (as He did for the Jews in the Babylonian exile) especially during Lent. to liberate us from all those things that keep us in bondage (sin, selfishness, etc.). ● The Responsorial Psalm is a thanksgiving and acknowledgment for the great things the Lord did for His people in the Babylonian exile, as well as an appeal for His continued help. It may be considered a profession of trust that God would always intervene to help His beloved people, for they are unable to defend themselves without His help. ● In the Second Reading we see another sign of St. Paul's deepening conversion. He admits that he is not yet fully converted, but that he knows what his goal is and therefore pursues it with all his strength. We too, though not yet perfect, can certainly strive to be faithful. ● In the Alleluia Verse, the Lord calls us to conversion that we might experience His mercy and love for us. ● In today's Gospel, Jesus reminds us again to first analyze ourselves before we consider the faults of others. In the case of the woman caught in adultery, He tells the self-righteous crowd that the one among them without sin should cast the first stone. This is a throw-back to the passage where He tells us to *remove the plank from our own eye before trying to remove the sliver from our neighbor's*. In forgiving the woman, He treats her with mercy and respect, while ordering her to treat herself the same way, by not sinning again. ● May we also have this grace of conversion.

**Prayer of the Week**

Let us pray for the courage to embrace the world in the name of Christ. ● Father in heaven, the love of your Son led him to accept the suffering of the cross that his brothers and sisters might glory in new life. Change our selfishness into self-giving. Help us to embrace the world you have given us, that we may transform the darkness of its pain into the life and joy of Easter. 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.

**Faith First**

**Open my Eyes, Lord**

“Jesus...got up from the table...and began to wash the disciples' feet” (John 13:3-5).

● “I am looking at you, Lord. You have said so many loving words. Your heart has spoken so clearly. Now you want to show me even more clearly how much you love me. Knowing that your Father has put everything in your hands, that you have come from God and are returning to God, you remove your outer garments and, taking a towel, you wrap it around your waist, pour water into a basin and begin to wash my feet, and then wipe them with the towel you are wearing” (Fr. Henri Nouwen, *Heart Speaks to Heart*, 28). ● “Suddenly by faith I am there with you in the Upper Room on that Holy Thursday evening. I am looking at you, Lord. I don't understand why you are washing my feet, but I know you want to show me how much you love me. ● After this humble act of service, you share your message, ‘You also ought to wash one another's feet’ (John 13-14). What do you mean? It must be more than a ritual we repeat once a year. You are calling us to a daily ministry, where we immerse ourselves in the crying needs of others around us and around the world. ● Open my eyes, Lord, to see those whose feet I need to wash, no matter how difficult the task may be. Give me the love and faith and courage to get my hands dirty and my heart broken in your service. ● *Open the eyes of my heart, Lord, and enable me to see you in others whom I need to serve. Amen.*” (Meditation by Fr. Henri Nouwen)

**Christ Now Lives in Me**

When Jesus died, the disciples' friendship with him did not diminish. On the contrary, it grew. This is what the sending of the Holy Spirit was all about. The Spirit of Jesus made Jesus' friendship with his disciples everlasting, stronger and more intimate than before his death. That is what St. Paul experienced when he said, “It is no longer I, but Christ living in me” (Gal. 2:20). You have to trust that every true friendship has no end, that a communion of saints exists among all those, living and dead, who have truly loved God and one another. Dare to love and to be a real friend.

**Meetings & Events**

**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.

**Schola Cantorum's Lenten Concert: Sat., April 13**

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.

**Youth Group Update**

The Sacred Heart Youth Group had two great meetings in the month of March. At the first meeting, the group made resolutions to help make the Lenten season more meaningful. We also had a very competitive game of St. Patrick's Day Trivia. At our second meeting, the group had a fun-filled Charity Bingo Night, raising money for St. John's Program for Real Change. ● In April, the group will meet just once during the month of April due to Easter Vacation. The theme for the first meeting on April 10 will be “Wrapping Up Lent and Looking Forward to Easter.” ● 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)

**Altar Society**

● Our thanks to Vicki Sazaki who will be caring for the altar server vestments through the month of June.  
● 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.

**Catholics Come Home - Final Session This Thurs.**

This week's topic and discussion is *Prayer & Spirituality* (Faith in action—deepening our relationship with the Lord). ● 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. ● This concluding session will be held Thursday from 7:00 to 8:30 pm, 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](http://www.sacheart.org/crh.php) or call the Ministry Office at 916-452-4830.

**The Protection of Children Diocesan Safe Haven Program**

Safe Haven is a program that provides training for all adults in the Diocese of Sacramento who have regular contact with children. This training must be completed every three years. In addition, adults must be fingerprinted and have background checks prior to working with children. In the Catholic schools, the children are also trained in matters of personal safety so that they are confident in self-protection skills and capable of identifying potential harm, avoiding vulnerable situations and communicating effectively. The techniques taught are valuable to children in all kinds of settings, whether classrooms, churches, sports teams, scout groups, etc., or any place where children might become a target of a predator.

**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.

**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.

*You anointed your Son Messiah and Lord of creation; you have given us a share in his consecration. Help us to be faithful witnesses.*

**Chrism Mass**

Please join Bishop Soto, Bishop Emeritus Weigand and the clergy of our diocese at the annual Chrism Mass to be held on Thursday, April 11 at 6:00 pm at the Cathedral. The Chrism Mass is one of our most important Diocesan celebrations where Bishop Soto will bless the Holy Oils that are used in sacramental celebrations (Baptism, Confirmation, Ordination, Anointing of the Sick) in all the parishes of the Diocese throughout the coming year.

**Baptism Preparation Class for Parents/Godparents**

A baptism preparation class is offered the second Monday of every month at 6:30 pm in the Parish Hall located directly behind the rectory. To attend you must sign up by calling the Parish Office at 916-452-4236 ext. 2. At the class, the necessity and importance of baptism are explained since this Sacrament initiates our entrance into the Church. Obligations and duties of parents and godparents are also covered. The Church recommends an infant be baptized soon after birth. Older children who have reached the age of reason (age 7) need to be instructed in the basics of the Faith through the religious education program prior to baptism. Baptisms take place on the second and fourth Sundays of the month after the 11:00 am Mass (around 12:15 pm). Parents/godparents are required to attend the class.

**In Our Prayers**

**Daily Mass Intentions April 7 - April 14**

<b>Sun</b>	8:00am	Terence McCartan (+)
	9:30am	For the People of the Parish
	11:00am	Antonio Yucica & Family (+)
<b>Mon</b>	8:00am	Terry Andrews (+)
<b>Tue</b>	8:00am	Catherine E. Flynn (+)
<b>Wed</b>	8:00am	Kenneth Belke (+)
<b>Thu</b>	8:00am	Grace Schallmo (+)
<b>Fri</b>	8:00am	Nita York (+)
	5:30 pm	John Maitland (+)
<b>Sat</b>	9:00am	Espirita Peque (+)
	5:30pm	Gene Domek (+)
<b>Sun</b>	8:00am	For the People of the Parish
	9:30am	Aaron Sanchez (+)
	11:00am	H. John McAleer (+)

**In Memoriam**

**Billy Skarles • March 30, 2019**

**Grace Grant • April 2, 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, 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 Ammon, Mary Terese Henricksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.