

Let us be Glad and Rejoice!

Today's Psalm speaks of power and mercy, giving us insight into what true mercy is. We may often think mercy is gentle, even weak. True mercy is strong and courageous virtue. Mercy does not avoid the truth but fully recognizes difficulties, yet forgives. It loves the other into healing. Mercy always ends up on the cross. The world says we can force others to conversion, but God knows we cannot force love. The only way to bring others to love is by loving them over and over again; not because they deserve it, but because they need it. This is true mercy. Our Lord Jesus' death and resurrection destroyed death's power as well as sin's power. He converted what the world called defeat into a powerful victory. So then truly, this is the day the Lord has made and we are filled with joy! • The Second Reading reminds us of the consequences of our baptismal commitment that we renew today. If we have died with Christ in order to rise with Him, then we must live in a manner consistent with that choice. The reward we receive is sharing in Christ's glory when He returns. • The *Easter Sequence* speaks of Jesus, the sinless One, who redeems us from our sin. Life and death collide on the cross. Death thinks itself the victor, but it is defeated by the Love that gives eternal Life. • This is the first time in many weeks that we proclaim the *Alleluia* verse prior to the Gospel. Out of love for us, Jesus, our Paschal Lamb, died to give us true freedom. • Today's Gospel recounts the race of Peter and the Beloved (St. John) to the tomb on Easter morning, after being notified by Mary Magdalene. The Beloved arrived first and waited for Peter before entering the tomb, for love (St. John) bows to authority (St. Peter). Peter entered first and saw, then the Beloved entered, saw, and believed (*for his heart led him to faith*). The Beloved is unnamed here, because he represents all of us. He is the example of true love's patient, courtesy, and respect. • May all of us run to His tomb today to give this kind of loving witness to Our Lord and Savior's resurrection.

The Lord is truly risen, Alleluia!

Faith First

Prayer of the Week

God our Father, creator of all, today is the day of Easter joy. This is the day on which the Lord appeared to men who had begun to lose hope and opened their eyes to what the Scriptures foretold: that first he must die, and then he would rise and ascend into his Father's glorious presence. May the risen Lord breathe on our minds and open our eyes that we may know him in the breaking of bread, and follow him in his risen 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.

*Why do you look for the living among the dead?
He is not here, but has risen.
(Luke 24:5)*

Recognizing Jesus

"Jesus said to them, 'Come and have breakfast.' Now none of the disciples dared to ask him, 'Who are you?' because they knew it was the Lord." (John 21:12) • *Today I was thinking how nobody recognizes Jesus immediately. They think he is the gardener, a stranger, or a ghost. But when a familiar gesture is there again--breaking bread, inviting the disciples to try for another catch, calling them by name--his friends know he is there with them.* (Fr. Henri Nouwen, *Jesus: A Gospel*, 119) • It was the third time Jesus had appeared to his disciples after his resurrection. Why didn't they recognize him immediately, especially after they cast their nets at the stranger's command and hauled in 153 fish? • As they joined him for breakfast on the shore of Lake Galilee, they knew it had to be Jesus. He was the same but yet, somehow different in his glorified body, just as we shall be when the risen Christ transforms our lowly bodies to be like his glorious body (Philippians 3:21). • When we, by God's grace through faith, recognize the risen Christ as our Lord and Savior, it makes all the difference in the world--all the difference for our plans and purposes in life, all the difference to our doubts and fears, all the difference to our pain and tears, and all the difference to eternity. • Christ is risen! He is risen indeed! Alleluia! Amen.

In Our Prayers

**Daily Mass Intentions
April 21 - April 28**

Sun	8:00am	Don & Anita Cerqui (+)
	9:30am	For the People of the Parish
	11:00am	Marilyn Josephine McAleer (+)
Mon	8:00am	John Silveira (+)
Tue	8:00am	Gregor William McCluskey (+)
Wed	8:00am	Frank & Catherine Werry (+)
Thu	8:00am	Rudy Kovacevich (+)
Fri	8:00am	Victor Finkle (+)
Sat	9:00am	Altar Society Members (+)
	5:30pm	Nita York (+) (Wedding Anniversary)
Sun	8:00am	Terence McCartan (+)
	9:30am	Joshua Wingert (+)
	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

Robin Aurelius, 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 Amnon, Mary Terese Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

Meetings & Events

Parish School Easter Break

The school will be closed during Easter Week. Students will be dismissed at 12:00 pm on Holy Thursday, April 18 and return to school on Tuesday, April 30.

Altar Society News

Our thanks to East Lawn Florist, and especially Jim Miller, for providing the flowers adorning the Blessed Sacrament Altar and sanctuary for Easter. As always, the arrangements are beautiful. We also appreciate their skills each week in assembling the floral creations for the Blessed Sacrament Altar.

St. Vincent de Paul Food Collection

Thank you for the generous response to the appeal for food. The response was overwhelming. The pantries at Sacramento State Catholic Newman Center and St. Vincent de Paul was well-stocked before Easter, enabling us to respond to the many requests for assistance. We could not have been able to do so without your generosity. • We will, as usual, collect again on the last weekend of the month, April 27-28. 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.

Catholic Home Missions Appeal

Next week, we will take up the annual Catholic Home Missions Appeal. Right now, over 40% of dioceses in the United States are considered mission territory because they are unable to fund essential pastoral work in their communities. Your support of this appeal eases the struggle of these dioceses. Please prayerfully consider how you can support this appeal. Special appeal envelopes are available in the church vestibule for your use. • Find more information at www.usccb.org/home-missions

Youth Group Update

Have you been thinking about attending a Youth Group meeting recently, but your busy schedule has gotten in the way? You have only two more chances to join the Youth Group fun for the 2018-2019 school year. • The group will be meeting twice during the month of May. On May 8 the group will be hosting a fun-filled Trivia Night. Compete against your friends in several different rounds of trivia with questions on a broad range of topics. On May 29, the group will be celebrate its graduates (from both 8th grade and high school) with an Graduation/End of the Year Party. • 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

May Crowning

On May 14, at the 9:30 Mass, there will be a procession by children and a May crowning of the statue of the Blessed Virgin Mary. Many younger parishioners have not seen this devotional, which has been part of parish life for hundreds of years worldwide. For those with a special devotion to Mary, plan on attending this Mass and take part.

Easter Cards

Thanks to a donation of a generous parishioners, we are passing out Easter prayer cards to help you and your family celebrate the Easter Season. The card has a beautiful Easter prayer written by Msgr. John F. Barry, Pastor of American Martyrs Church in Manhattan Beach, California. We thank him for allowing us to reprint his beautiful prayer. • Remember, the Easter Season extends to the Feast of Pentecost. Easter Day is only the first day of the glorious Easter Season. Celebrate Easter the entire season!

Welcoming RCIA Members

Sacred Heart Parish joyfully welcomes the members of the RCIA (Rite of Christian Initiation of Adults) class this year. They are Brad and Katharine Smith, Emma and Grant Houle, Michelle Lorenzana, Sean Beahm, Justin Ozeroff, Steve Gay, Plua and Ian Maki. Our parish community is enriched by your presence as you join us at the Eucharistic Table of the Lord Jesus, the preeminent sign of the Church's unity.

New Altar Servers

Over the past several weeks, a new group of altar servers has been assigned to both Sunday and daily Masses. We thank these children, and their experienced co-servers, for volunteering to help at Mass. Not only does this help the priest, it usually helps the children develop a better and deeper understanding of the Mass. • We also thank Janet Gill for training the children in this ministry. Students in 6th grade at the school and in the CFF program are encouraged to participate.

Sacred Heart Parish School

Have you considered a Catholic education for your child? Sacred Heart Parish School has a few openings and we would love to talk with you about all the great things we have to offer. Please feel free to contact us at 916-456-1576 for more information and/or to arrange a school tour.

First Holy Communion

On Saturday May 4, second graders from the parish school and the other non-parochial schools will receive their First Holy Communion at a special Mass at 11:00 am. • Let us pray for these children as they take this important step in their faith journeys.

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.

Third Quarter Parish Financial Report

The Parish Finance Council has prepared a financial report covering the period of July 1, 2018 through March 31, 2019. Next weekend, a copy of the report will be available in the church vestibule for parishioners to pick up and review. • We thank parishioners who are financially supporting the Parish. If you are not, please consider doing so.