

**The Body and Blood of Christ**

The First Reading talks of Melchizedek, a king and priest who prefigured Christ. Jesus is that king and priest who offered the bread and wine at the Last Supper (as Melchizedek did when he met Abraham). • The Responsorial commemorates the enthronement of a new king in Israel. In ancient times, kings were also considered priests. The proclamation at this psalm's conclusion is intended for a new king, who like Melchizedek is both priest and king. This is true of Jesus who is king, priest, and prophet too. In fact, it is more true of Jesus, for He is the priest forever and king forever, the Eternal King. This royalty of kingship applies to us by virtue of our Baptism. Through Baptism we share in Christ's dignity as priest, prophet, and king. • The Second Reading is the oldest written version of the institution of the Sacrament of the Eucharist. Here, St. Paul quotes Our Lord at the Last Supper repeating His words of Consecration of the bread and wine, which become the Body and Blood of Christ (the Transubstantiation). St. Paul wrote this to help the Corinthians understand the gravity of their sin in failing to be charitable to their fellow community members; for in the Eucharist we are in *communion* not only with God, but with our brothers and sisters as well. • Sequences, like the one we find for today's Solemnity, are ancient hymns, written to celebrate im-

**Faith First**

**California Senate Bill 360**

The State Legislature is considering a bill, SB 360, to regulate the Sacrament of Penance and require priests to break the Seal of Confession. In light of this proposed bill, Bishop Soto is encouraging all parishes from the Diocese of Sacramento to take action this weekend to oppose Senate Bill 360. • Bishop Soto released the following statement: "The recent California state senate bill 360, has been proposed as an aid to prevent child sexual abuse. While this is an admirable aim, the bill misses the mark. Specifically, this bill attempts to do so by way of removing the legal protections surrounding the sacramental seal of confession, a legal protection which has been in place throughout the history of Church & State relations. • There is nothing intrinsic to this bill which creates a greater assurance or guarantees that future abuse will not happen. Instead, it mounts an assault on the fundamental liberties of Catholics in the state of California under the guise of greater protection. For this reason, all Catholics, religious people of any affiliation, and indeed all people of good will, should vigorously oppose SB 360." • Copies of Bishop Soto's complete letter is available in the church vestibule, along with a letter urging our elected representatives in the State Assembly to oppose SB 360. Please take a moment to complete the letter and place it in the basket provided in the church vestibule. You may also return it to the Parish Office by June 26. The Bishop's Office will forward the letters to the appropriate assembly member based on your zip code.

portant feasts of the Church calendar. This one celebrates the Sacrament of the Holy Eucharist by using a series of images to signify the Blessed Sacrament (e.g. Isaac *the only son* prefigures Jesus the only begotten Son of God who *was* sacrificed Jesus, *the new Lamb*, like the lambs slaughtered in the temple, had none of His bones broken. Jesus is *the manna*, the Bread come down from heaven to satisfy our deepest hunger. • In Luke's Gospel, Jesus' compassion is obvious; He heals the sick and nourishes the crowd of well over 5,000. In the five loaves and two fish (7 items, the perfect number), what Jesus was given was already good (for it was all the disciples had). He blesses it and multiplies its goodness. This miracle prefigures the institution of the Eucharist. The 12 baskets of leftover fragments represent the 12 tribes of Israel, signifying that no one in Israel would be physically or spiritually hungry.

**Prayer of the Week**

Lord Jesus Christ, we worship you living among us in the sacrament of your body and blood. May we offer to our Father in heaven a solemn pledge of undivided love. May we offer to our brothers and sisters a life poured out in loving service of that kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen.

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**In Our Prayers**

**Daily Mass Intentions  
June 23 - June 30**

<b>Sun</b>	8:00am	Kang Simon Lee (+)
	9:30am	Terry Andrews (+)
	11:00am	For the People of the Parish
<b>Mon</b>	8:00am	Kang Simon Lee (+)
<b>Tue</b>	8:00am	Marybeth Ryan Landon (+)
<b>Wed</b>	8:00am	Kang Simon Lee (+)
<b>Thu</b>	8:00am	Radimsky & Guichard Families (+)
<b>Fri</b>	8:00am	Jose, Anna & Lucy Oliveira (+)
<b>Sat</b>	9:00am	George Lane (+)
	5:30pm	Kang Simon Lee (+)
<b>Sun</b>	8:00am	McGee Family (+)
	9:30am	Doris Wagner (+)
	11:00am	For the People of the Parish

**In Memoriam**

Let us remember those who have died and are in need of prayers. May they enjoy peace, happiness, and light in God's presence.

**Please Pray for the Sick**

Thomas Wolfanger, Robin Aurelius, Diana Zuniga, Suzy Riehl, Isabel Harper, Rouzbeh Daylami, Howard Huston, Mark Zane, Richard Honey, Dale Wooldridge, Donald Anderson, Nancy McGarry, 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 Henricksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

**Meetings & Events**

**Interested in Becoming a Catholic?**

Easter 2020 will be on April 12! Will you be ready? Are you, or someone you know, interested in becoming a Catholic? Call RCIA director Rita Spillane at 916-452-4830 to explore the possibility of becoming a Catholic or renewing the practice of your Catholic faith.

**Parish School New Programs**

We are very excited to announce that, starting in August, we are adding a part time music instructor, Ms. Liz Eshleman, a part time art teacher Ms. Helen Grandy, a Spanish program that will be computer based through Rosetta Stone, and another computer program called IXL, that will meet the needs of all students who may need a little extra practice to those who need a little extra challenge.

**Holy Father's Special Collection: Next Weekend**

Next weekend, we will take up the annual Peter's Pence Collection, which provides Pope Francis with the funds he needs to carry out his charitable works around the world. The proceeds benefits our brothers and sisters on the margins of society, including victims of war, oppression, and natural disasters. Special envelopes are available in the church vestibule. Please be generous. • For more information, visit [www.usccb.org/peters-pence](http://www.usccb.org/peters-pence).

**2019-2020 Faith Formation Registration**

Children attending a non-Catholic school in grades Kindergarten through 8th grades have been signed up for the Parish's Faith Formation Program. In case you did not previously register, registration forms and other program information are available in the vestibule. • Starting Tuesday, September 3, classes will be held from 4:00 pm - 5:00 pm every Tuesday at Sacred Heart Parish School, 856 39th Street. • The fees for classes are as follows: \$75 for one child and \$100 for two or more children. There are additional per child fees for First Holy Communion and Confirmation. • If you have any questions regarding the program, please do not hesitate to contact Tila Madrigal, Religious Education Coordinator, at 916-947-2683 or by email at [tilamadrigal@gmail.com](mailto:tilamadrigal@gmail.com).

**Farmers Market at Mercy General Hospital**

There is a new Farmers Market in the neighborhood. Every Friday, from 9:30 am to 2:00 pm, Mercy General Hospital sponsors a farmers market in the parking lot in front of the J Street entrance. Shoppers can purchase organic fruits and veggies, fresh baked bread, organic cheese, homemade salsa, tamales and more. This is an initiative of Mercy Hospital as a community service to support healthy food production and the farmers who grow it. Support your local farmers and enjoy organic, fresh produce!

**Food Donation Collection: Next Weekend**

Parishioners are invited to bring to non-perishable unexpired food donations next weekend, June 29-30 to all the Masses. This month, the pantry needs: condiments (mayo, mustard, ketchup, relish, pickles and salad dressing in small bottles), small boxes of crackers, peanut butter and jelly, cereal and *especially canned fruit*. • Please check expiration dates on all items as we are not able to dispense out-of-date food. A bag filled with non-perishable food may be left inside the altar rail. Many local families rely on assistance from our St. Vincent de Paul food pantry to make it through the month. Thank you for your generosity!

**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.

**Email and Texting Scam on the Rise**

The Diocese has received multiple reports from parishioners receiving scam emails from an imposter who creates an email address using the pastor's name and then sends a phony email asking for money in the form of gift cards. The scam has recently evolved and parishioners are now receiving text messages from the imposter/scammer using the pastor's name and a local telephone number. A pastor or clergy member will never ask for gift cards electronically via email or text message. • Please Note: Three Sacred Heart parishioners have received bogus requests allegedly from Father Walton asking for gift cards. • If you would like more information on how to protect yourself on the internet, go to the SANS website and subscribe to the OUCH! Monthly Newsletters. • If you believe you are a victim of an internet crime (no matter what the dollar value), go to the following website to file a report with the FBI Internet Crime Complaint Center. For more information, go to their website at <https://www.ic3.gov/default.aspx>.

*The Lord fed his people with the finest wheat; their hunger was satisfied. -- Psalm 80:17*

**Altar Society News**

Changes are coming for our fundraiser at the Fall Festival. We will neither have our White Elephant Sale nor our raffle. Our new endeavor will be a bake sale and craft show. Interested crafters may contact Tila Madrigal at 916-947-2683 or [tilamadrigal@gmail.com](mailto:tilamadrigal@gmail.com) for more information.

**Annual Catholic Appeal Report**

Thank you to those who have already made a gift to the 2019 Annual Catholic Appeal. Your gift will make a difference in someone's life. As of May 31, 191 parishioners have participated this year at our parish, totaling \$55,239.00 in gifts and pledges. If you have not yet made a donation, it is not too late! Prayerfully consider a gift. No contribution, no act of charity is ever too small or insignificant. Envelopes are still available in the church vestibule. Don't forget...25% of what you give is returned to our parish. • The 2018 ACA parish rebate enabled the parish to make the following grants: to the Sacramento Life Center, Sacred Heart Parish School for classroom outreach projects to those in need (Linus blanket project, etc.), Cristo Rey High School, St. Vincent de Paul Society, HIV/AIDS Diocesan Ministry, and Parish School Tuition Assistance. • At their meeting this November the Parish Pastoral Council will make a recommendation for the 2019 allocation grants. Your participation in the ACA enables the diocese and the parish to further extend the helping hand of Christ to those in need. Thank you!

**Seniors News**

The next social gathering of seniors will be at Three Hermanas, 3260 J Street, on Saturday, July 13. We will meet there at 6:30 pm. Please let Nancy Reid know by July 11, if you are planning on joining us, as the restaurant needs a count. We hope to see you there! • To RSVP email Nancy at [ReidNancy@aol.com](mailto:ReidNancy@aol.com) or 916-541-4441.