

**God's Love and Support,
Our True Wealth**

In the First Reading we see the futility of seeking after riches. (Ecclesiastes is a Wisdom book that rejects the common opinions of that time.) God's ways are unknowable, so we should live a virtuous life and do the best we can. • The Responsorial emphasizes the frailty of human life versus the greatness of God. Since we are so weak and God is so great, then we must depend on God, and God will respond to our need. This theme of the futility of trusting in our own resources is echoed in the Gospel and the First Reading. God is the only one who can respond to our need. It is especially foolish to trust in one's riches. We are like the grass that springs up in the morning and by evening withers. This psalm reminds God that if He does not provide His gracious care, then we do not have a chance. Only He can bring our work to completion and prosper the work of our hands for us. • The Second Reading reminds us that becoming Christian means we reject certain practices, dying to old ways to live in Christ. It does not mean to become prudish, but rather to temper our passions and not misuse this world's goods. We should keep our minds on what is above, i.e., God, heaven, and the saints. If we do this, we will be able to keep our everyday life in perspective and have the strength to choose what is good, moral, and loving. • The Alleluia Verse reminds us to seek humility in order to see things from God's perspective. The Gospel warns us about trusting in our "riches," which are not just material possessions. The poor and weak are God's chosen. The rich are self-sufficient and feel they do not need God. The poor know they are powerless and so they reach out to the Lord for help. The brother we find here does not want to listen to Jesus or change his ways; he wants everyone else to do that. Jesus challenges him and warns him of his foolishness in seeking security in things that are passing and fragile. May we be poor in spirit, not arrogant or self-righteous for we constantly need God's strength and love.

Prayer of the Week

God our Father, gifts without measure flow from your goodness to bring us your peace. Our life is your gift. Guide our life's journey,

Faith First

for only your love makes us whole. Keep us strong in your love. 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.

True Greatness

Who are the inspiring people in your life? Whom do you look up to and admire? • Today's world thrusts upon us varied models of the so-called great. Grocery-store tabloids want us to admire the Hollywood celebrities, the high-paid sports figures, those who are clever in the marketplace and various other "beautiful people." They urge us to emulate the lifestyles of the materially successful. • But who is truly great? The dictionary tells us that a great person is superior in quality, noble, excellent. G.K. Chesterton once observed that some so-called greats make everyone else feel small. But the really great person is the one who makes every other person feel great. • For countless people Jesus Christ is the model of greatness. Christians believe that Jesus was born great because he was God's only Son. But Jesus was born in the most humble of circumstances. And he was condemned, killed as a criminal. Jesus' life teaches us that the meaning of greatness does not lie in personal wealth, privileged status, or popular acceptance. Jesus reveals that the way to greatness is to live a life serving others and loving them without condition. His life, death, and resurrection have brought about the greatest achievement of all: our eternal salvation. • Jesus is at the very heart of the Christian faith journey. He is the Father's total revelation.

Feast of the Transfiguration: Tuesday, August 6

The feast of the Transfiguration of Our Lord Jesus Christ celebrates the revelation of Christ's divine glory on Mount Tabor in Galilee (Matthew 17:1-6; Mark 9:1-8; Luke 9:28-36). After revealing to his disciples that he would be put to death in Jerusalem, Christ, along with Peter, James, and John, went up the mountain. There, St. Matthew writes, "he was transfigured before them. And his face did shine as the sun and his garments became white as snow." • The brightness with which he shone on Mount Tabor was not something added to Christ but the manifestation of his true divine nature.

In Our Prayers

**Daily Mass Intentions
August 4 - August 11**

Sun	8:00am	Dick Cutting (+)
	9:30am	Mary Esther Sousa (+)
	11:00am	For the People of the Parish
Mon	8:00am	Peter & Carol Piercy (+)
Tue	8:00am	Dylan Megan Pacis (+)
Wed	8:00am	John Silveira (+)
Thu	8:00am	Kang Simon Lee (+)
Fri	8:00am	Isabel Grace Flynn (+)
Sat	9:00am	Father John Grace (+)
	5:30pm	Bob Burger (+)
Sun	8:00am	For the People of the Parish
	9:30am	Dick Cutting (+)
	11:00am	Mary Esther Sousa (+)

In Memoriam

Msgr. T. Brendan O'Sullivan • July 17, 2019

Karen Artero • July 22, 2019

Eternal rest grant unto them, O Lord.

Please Pray for the Sick

Thomas Wolfanger, John Vostrez, Robin Aurelius, Diana Zuniga, Suzy Riehl, Isabel Harper, 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 Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

Meetings & Events

Back to School

Sacred Heart Parish School resumes regular office hours on Monday, August 5th. The office will be open from 7:30 am - 3:30 pm. The 2019-2020 school year officially begins on August 15th at 8:00 am. Extension services will be available from 7:00 am- 6:00 pm. • We look forward to seeing everyone back!

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.

Altar Society News

- Our thanks to the Mette Family for donating the beautiful flowers on the Blessed Sacrament Altar. They adorn the altar in memory of their beloved mother, Loretta.
- We are looking for a volunteer to care for the altar server vestments for July, August, and September. Duties would include a weekly check that garments are properly sized and hung; setting aside dirty red robes for dry cleaning (which another member handles); and washing and ironing the white surplices in your home as needed. Interested parishioners may contact Linda Rutherford at 916-457-9572.

If today you hear his voice, harden not your hearts.
-- Psalm 90

Interested in Becoming a Catholic?

The Rite of Christian Initiation of Adults (RCIA) is designed for adults who have never before been baptized, adults who have been baptized in a non-Catholic church, and adults who have been baptized as Catholics as an infant/child yet never received or received limited religious instruction in the Faith. Classes are held once a week starting the end of September and continuing a few weeks after Easter. If you know anyone (a family member, a friend, a neighbor, and a co-worker) interested in joining the RCIA process, please share this information. They are encouraged to contact Rita Spillane at the Ministry Office (916-452-4830) and leave a message or email Rita at ritaspillance@gmail.com

Special Collection for the Church in Latin America

Next weekend, we will take up the Collection for the Church in Latin America. For many in Latin America and the Caribbean, a rising secular culture, difficult rural terrain, and a shortage of ministers present obstacles to practicing the faith. Your support to the collection provides lay leadership training, catechesis, priestly and religious formation, and other programs to share our faith with those who long to hear the Good News of Christ. Special envelopes are available in the church vestibule. • To learn more about how you can make a difference, please visit www.usccb.org/latin-america. • Let us grow in unity and solidarity with the faithful around the world, especially those in Latin America and the Caribbean.

Automatic Church Giving

Most banks and credit unions provide their customers with the service of paying many of their recurring bills automatically, e.g. utilities, communication services, etc. Many parishioners may not realize that this service is also a convenient way to make their regular donation to the church. Several parishioners, who are using this banking service, have been very pleased with it. We encourage parishioners to consider using this manner of giving. Please use your envelope number as the account number when setting up your payments. This will enable the Parish to credit your donations more easily. • Please Note: Although we understand there is no service fee to the customers or to the Parish, we encourage parishioners to consult with their financial institution to understand fully the recurring payment program. This is not similar to the electronic funds transfer, which does incur a fee to the Parish.

A Prayer for Vocations

Lord, you call us all by name to follow your path. You always bless your Church and guide your followers to become leaders who think of others before themselves. Mold us in the image of your Son, to respond to your call as Priests, Sisters, Brothers, Deacons, and Lay servants of the Gospel. Embolden us all to grow in knowing of you, and allow this knowledge to open our hearts, minds, and souls to your enduring call. We ask this through Christ our Lord. Amen.

Senate Bill 24

This bill would mandate staff at all California state university health clinics to dispense abortion inducing medications. This is an unprecedented intrusion on university campuses, and strives to further indoctrinate the young to the ideology of abortion. •

A copy of Bishop Soto's letter urging us to join him in opposing this proposed piece of legislation is available in the church vestibule. Since the State Legislature is on recess until August 11, legislators will be in their home districts, making this a good time to contact them by phone or letter.

Email & Texting Scams on the Rise

The Diocese has received multiple reports from parishioners of several parishes about 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 also 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: Several 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), file a report with the FBI Internet Crime Complaint Center by going to the following website <https://www.ic3.gov/default.aspx>. For more information, go to their website.

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!