

Humility and Why

We Do What We Do

The First Reading is from the Book of Sirach, a book of wisdom teachings. This particular passage directs our attention to the *interior attitude* we should have, *humility*. If we reach beyond our grasp, we will be frustrated; if arrogant or putting ourselves first, above others, then we will be very lonely. However, if we live with simplicity and humility, we will be respected by others. • The Responsorial praises God for His goodness to all, especially those who have no one to defend them. God is our true refuge. We see His generosity in the way He blesses our land with fertility, our flocks and fields are nourished and thrive. When the fields of our heart are withered and dry, let us turn to God to shower His love upon us, to nourish and refresh us. • Humility is also today's Gospel theme. Jesus observes how some people gravitate to places of honor. He encourages us to seek the more humble positions in order to be promoted to more important ones later. This causes us to consider how and why we do what we do. Do we do things for prestige, to be well thought of, or do we act out of love? Our Lord wants us to reflect further, asking *who we would invite* to a meal, those who can return the favor or those who most need our love and generosity? Jesus is trying to help us be truly Christian in attitude, i.e. when inconvenient or unpleasant, for then is our charity truly tested (*like gold in the fire*), then it is real. This is how we look at life from a Christ-like perspective, realizing this world is not all there is.

Prayer of the Week

Lord God of power and might, nothing is good which is against your will, and all is of value which comes from your hand. Place in our hearts a desire to please you and fill our minds with insight into love, so that every thought may grow in wisdom and all our efforts may be filled with your peace. 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

“U-R” the Church

An oft-repeated story tells of a teacher who said she was going to write the word *church* on the blackboard. She then printed “CH . . CH.” The youngsters began to giggle and informed the teacher that she left out two letters at the middle of the word--“U-R.” The clever teacher responded to the children, “You’re right. *You are* at the center and heart of the Church.” • This story reminds us that the Lord wants each member of his Church to help him accomplish his work of salvation. The Church, the body of Christ, is a family, a communion formed in Jesus Christ. The Lord sends the Holy Spirit, the Spirit of love, to endow each member of the family with the necessary gifts to continue his work for the kingdom. Jesus sanctifies the members of this communion through the grace of his friendship and the presence of the Holy Spirit. • Jesus calls all Christians to live humble lives of holiness, that is, to imitate his life

*Labor Day Holiday--Monday, September 2
Mass at 9:00 am, not at 8:00 am*

on earth, to live morally, to worship God, and to serve others. Jesus calls us to the vocation of sainthood and the epistles commonly call Christians “the saints.” The claim being made was *not* that Christians were already perfect. Rather, the early Church writings called Christians saints because the Lord calls us to holiness--the word *saint* means “holy one.” Through our baptismal initiation into Jesus’ own life of holiness, Christians have been given a privileged vocation: to become saints in imitation of our Lord. • Jesus, the head of the Church, communicates his abundant gifts and graces to the members of the Church. Because all Christian form one body in Christ, the goodness and gifts of each member are communicated and shared with one another. Among the gifts we share are faith, sacramental graces, benefits from each other’s special gifts (charisms), their love for each other, charitable giving, and social concern. These gifts foster in humble believers desires for truth, wisdom, goodness, beauty, peace, justice, companionship, understanding, and love.

In Our Prayers

**Daily Mass Intentions
September 1 - September 8**

Sun	8:00am	Andrew Cochrane (+)
	9:30am	For the People of the Parish
	11:00am	Eileen Hyde (+)
Mon	9:00am	Stefan Jankowski (+)
Tue	8:00am	Joan T. Koster (+)
Wed	8:00am	Eileen Risse (+)
Thu	8:00am	Helen Jankowski (+)
Fri	8:00am	Joseph & Joanne Muscatelli (+)
	12:00pm	Gene Vittori (+)
Sat	9:00am	Int...Matthew & Erin Miller
	5:30pm	SH Sch. Fnd. Mem. & Rem.
Sun	8:00am	For the People of the Parish
	9:30am	Father John Grace (+)
	11:00am	Howard Huston (+)

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

Susan Finnegan, Thomas Wolfanger, John Vostrez, Robin Aurelius, Diana Zuniga, Suzy Riehl, Isabel Harper, 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, 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

Parish Study Group

On Tuesday, September 10, we will begin a NEW study of *Catholicism: A Journey to the Heart of the Faith* by Bishop Robert Barron. From Archbishop Chaput (Philadelphia): “If you read one book this year on what Catholics believe and why, this is the book to read – and share with others.” We hope to share it with you. We meet every other Tuesday from 1:00 pm to 2:30 pm in the Parish Hall located behind the rectory. NEWCOMERS ARE ESPECIALLY WELCOME as we begin something new. The assignment for September 10 is the Introduction & Chapter 1, pages 1-35. • More information call Mary Anne Smith at 530-676-7874.

First Friday Adoration: Fri., Sept. 4

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.

Fall Festival Coming Soon!

The Fall Festival is an annual event that takes place on the first Saturday of October. We will continue many of the traditions of the past including slides, rock climbing, and game booths for the children, as well as Cherry Bells, Bingo, and the Wine Wheel. The steak booth will grill up the traditional recipe steak sandwiches, pizza, and more. The Altar Society will be hosting a craft festival this year in the cool cafeteria along with the dessert dinner! Beer and Wine will be served. Come join for a day filled with fun and community. Gates open at 11:00 am and close at 7:00 pm.

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 are available in the vestibule of the church. • Starting Tuesday, September 3 and continuing every Tuesday, classes will be held from 4:00 pm - 5:00 pm 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.

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

Altar Society News

Calling all bakers and kitchen creators extraordinaire. For our Fall Festival Bake Sale to be successful, we need your help. If you can provide a tasty treat, please contact Linda Zuniga Bottallo at 916-446-2079 or Janet Gill at 916-915-7977. ANY parishioner is invited to donate sweet delights.

Back to School Pancake Breakfast

Join us for the first Pancake Breakfast of the school year on September 8th. You can count on delicious pancakes and hot coffee. Chef Hamm may be whipping up his special carnitas eggs benedict that are an absolute treat! Prices are \$7.00 for adults, \$6.00 for seniors and \$5.00 for students. Hope to see you at Sacred Heart Parish School cafeteria for breakfast next Sunday from 8:00 am to 11:00 am.

Baptism Class for Parents and Godparents

A baptism preparation class is offered the second Monday of every month at 6:30 pm in the Parish Hall. To attend you must sign up by calling the church office at 916-452-4236 ext. 2. Baptisms take place on the first and third Sundays of the month after the 11:00 am Mass (around 12:15 pm). Parents and godparents must attend a preparation class. • For more details, please call the Parish Office.

Farmers Market at Mercy General Hospital

There is a new Farmers Market in the neighborhood. Every Friday, from 9:30 am to 1:00 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.

“Second Sunday” Social

Join us for the “Second Sunday” Social next Sunday, September 8 from 12(noon) to 1:15 pm in the Parish Hall. It is a chance to catch up with fellow parishioners and meet some new faces. Bring a friend or make a new one. Regardless of the Mass you attend, we hope you will join us.

Mass of Remembrance for Bishop Francis Quinn

As you know, Bishop Quinn passed into eternal life on March 21, 2019. He lived the last ten years of his life at Mercy McMahon Terrace, and occasionally concelebrated Mass with us. The Pastoral Council is dedicating the 11:00 am Mass on Sunday September 8 to the memory of this generous, gentle, loving Bishop in gratitude for his presence among us. Please join us next Sunday at the 11:00 am Mass and at the “Second Sunday” Social which follows in the Parish Hall. This date was chosen because it is the nearest Sunday to the Bishop’s birthday, September 11. Come celebrate a priestly life and ministry well lived for God and others.

Parish School on Facebook and Instagram

We would love to share all the ways we are helping our students at Sacred Heart Parish School grow in mind, body, and spirit. If you would like to stay up-to-date on all the wonderful things happening at the Parish School, be sure to follow us on social media! • On Facebook and Instagram, search for **sacredheartsac**. You may find our profile with our school logo and click “Like” on Facebook or “Follow” on Instagram.