

**Prayer as Partnership**

This Sunday's readings focus again (as they did at the end of July's Sunday readings) on the importance of prayer. The First Reading looks at intercessory prayer. Moses makes intercession for the Israelites who are in battle against the Amalekites. As long as Moses kept his hands raised up, the Israelites were successful. When he let his hands fall, the Amalekites had the upper hand. When Moses grew tired, Aaron and Hur helped Moses to keep his hands raised. This is another type of intercessory prayer: that we should ask others to pray with us. Today, we are shown two aspects of intercessory prayer: when we intercede for another, and, when we ask others to intercede for or with us. Prayer is an act of trust and love. When we pray for others, we show our trust and love of God and them; and when we solicit the help of another's prayers it is also with trust and love. • The Responsorial Psalm is one of trust; that God will always provide for and respond to His children's needs. This does not mean that nothing bad will ever befall us, but that God will accompany us in whatever happens in life. After all, our vision is limited, God sees and understands things that are beyond our understanding. Often times, the good that results is in the very long term. • In the Gospel we are reminded of the need to be consistent or persistent in our prayer. Our Lord uses the example of the widow who demands her rights from an evil judge, who in turn grants her requests only because of her insistence. This means we must ask God for the things we need and if we do not receive them immediately, we should keep asking. It is not that we can change God's mind by prayer, but rather God trusts us so much that He invites us to join Him in the decision-making process. Decisions are made by a union of God and us, for He has called us to be His friends who assist Him in His work of recreating this world in His image.

**Prayer of the Week**

Let us pray to the Lord who bends close to hear our prayer. • Lord our God, Father of all, you guard us under the shadow of your wings and search into the depths of our hearts. Remove the blindness that cannot know you and

**Faith First**

relieve the fear that would hide us from your sight. 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 We End Our Prayers with "Amen"?**

"Amen: is a resounding, "Yes," an affirmation that punctuates our prayers and celebrations. It means, "so be it," "I agree," "it is firm." In Hebrew, *Amen* comes from the same root as the word for "believe." Thus, when we say "Amen," we are making an act of faith, proclaiming the truth of what we have prayed and celebrated. • Make sure your "Amen" is truly an act of faith.

*Someone once said that if you are too busy for prayer, you are too busy. Are you too busy?*

**What is Prayer?**

"Prayer" begins with humility, a gift from God that involves a divine dimension as well as human action. God seeks us first in prayer. The Holy Spirit moves us to respond in faith to the Father's calling. Prayer is our response to God's abiding, faithful love. • But what is prayer? There are many good definitions of prayer, for example, "the lifting of one's mind and heart to God." Prayer is also asking God for good things. Or prayer is our conscious turning to God, directing our thoughts and love to him. We can also define prayer as "the heart's response to our search for God." • In prayer, we enter into a dialogue with the Lord. We listen to the Spirit and speak our heartfelt prayers of adoration, contrition, thanksgiving, and supplication. (Note the acronym ACTS that spells out the various kinds of prayer conversations.) Conversational prayer involves an active dimension of taking our concerns, worries, petitions, and the like to God. It also involves a passive dimension where we pause and allow God to speak to us. • Prayer awakens us to God's marvelous activity in our lives. St. Teresa of Avila imaged prayer as a conscious turning to the invisible friend who walks with us always. Prayer indeed deepens our friendship with the Lord and strengthens us for our journey to God. As food is to our body, prayer is to our soul.

**In Our Prayers**

**Daily Mass Intentions  
October 20 - October 27**

<b>Sun</b>	8:00am	For the People of the Parish
	9:30am	Myra Field Gonzales (+)
	11:00am	Daniel Basurto (+)
<b>Mon</b>	8:00am	Int...Imogene McClester
<b>Tue</b>	8:00am	Joan T. Koster (+)
<b>Wed</b>	8:00am	Jose, Anna & Lucy Oliveira (+)
<b>Thu</b>	8:00am	Int...Francis & Olivia Baylen
<b>Fri</b>	8:00am	Maxine & John Vanacore (+)
<b>Sat</b>	9:00am	Nita York (+)
	5:30pm	Irvin Morris (+)
<b>Sun</b>	8:00am	Don & Anita Cerqui (+)
	9:30am	Guichard & Radimsky Families (+)
	11:00am	For the People of the Parish

**In Memoriam**

Eternal rest grant unto them, O Lord.  
And let perpetual light shine upon them.

**Please Pray for the Sick**

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.

**Parish Study Group**

We are discussing *Catholicism: A Journey to the Heart of the Faith* by Bishop Robert Barron. The assignment for Tuesday, October 22<sup>nd</sup> is Chapter 4, Pages 88-115. We meet from 1:00 pm to 2:30 pm in the Parish Hall. Newcomers are always welcome. For more information, please call Mary Anne Smith at 530-676-7874.

**World Mission Sunday Collection: This Weekend**

Today, World Mission Sunday, we are called to a personal encounter with Jesus Christ alive in the Church, and to offer, through this Eucharistic celebration, our prayers and generous financial support, through the Society for the Propagation of the Faith, to continue the mission of Jesus. Please help missionaries to extend the helping hand of the Lord to those in the missions. • Special envelopes are available in the church vestibule. Make your check payable to "Sacred Heart Church." The Parish will send one check to the Diocese. Please be generous.

**Grab a Bag, Fill a Bag!**

The Thanksgiving holiday food collection is here. The Society of St. Vincent de Paul of Sacred Heart and St Mary's Parishes will be making Thanksgiving food baskets for our client-families that live in the two parish area. Non-perishable food will also be provided to the families of Cristo Rey High School student. Please support our "Grab a Bag, Fill a Bag" campaign this weekend by taking a grocery bag with a colored ribbon home to fill with *unexpired* non-perishable food items. Fill the bag with items for a holiday table. The food pantry is also in of need cereal, rice, small jars of peanut butter, jam/jelly, corn bread and cake mixes, canned fruit, and marinara sauce. Return your bag *next weekend*, October 26/27. • Thank you to Trader Joe's on Folsom Blvd for its donation of the bags and the Sacred Heart Parish School children for tying the ribbons on the bags. • Questions about donations? Please call Emilia Janowski at 916-927-1667.

**Youth Group Update**

The Sacred Heart Youth Group had a great month of September. Approximately 25 members attended the first meeting, participating in several fun activities designed to get to know one another. At our second meeting, the group shared suggestions for future meetings and competed in an epic "Paper Airplane Building Contest". • On Wednesday, October 9<sup>th</sup>, the group hosted its annual "Game Night". This yearly event is a member favorite, where students compete in various board games and video games. The meeting on Wednesday, the 23<sup>rd</sup> will be the groups annual Halloween/All Saints Party. We will be holding a "Cheesy Homemade Costume Contest", so come dressed in costume. You might win prize. If you attend the meeting, please consider bringing an unopened bag of Halloween candy, which will be donated to servicemen and servicewomen serving overseas. • Finally, please save the date for our "Thanksgiving Charity Cornhole Tournament" which will be held on November 13<sup>th</sup>. The suggested donation of \$10 per player will be donated to the St. Vincent de Paul Society to help feed the hungry during the holiday season. Prizes will be awarded to the winning team. • If you are a student in grades 8 through 12, please consider joining us for our next meeting. • If you have any questions, please do not hesitate to contact Mr. Sunderman at psunderman@sacredheartschool.net.

**Meetings & Events**

**Accepting Applications for 2020-21**

Sacred Heart Parish School is now accepting applications for Transitional Kindergarten and Kindergarten for next school year. Students in TK must be 4 years old by September 1, 2020. Kindergartners must be 5 by September 1, 2020. • Applications may be found online at our website ([www.sacredheartschool.com](http://www.sacredheartschool.com)) or in the school office. • Questions? Please call the school office at 916-456-1576.

**Window Restoration Update**

The Parish has contracted with ARG Conservation Services of San Francisco for the repair/restoration of the terra cotta frame of the rose window above the church's main entrance. Scaffolding was erected starting Tuesday October 15. Throughout the repair work, the main entrance will be fully accessible. The first step after scaffold installation is a thorough cleaning of the terra cotta frame. This is a rather involved process and will take couple of days to complete. After cleaning, the workers will begin the restoration of the window frame itself. The project is paid for through the Church Building Fund, which has this year alone also paid for the church's new boiler (cost: \$161,000) and the repair of the rectory tile roof (cost: \$73,000). The Church Building Fund was initially funded by the Parish share of the Diocesan ONE campaign, and by the sale of a duplex generously donated by a parishioner. These projects have depleted much of the Fund, and we need to replenish it for upcoming maintenance projects. • Please consider making a generous donation to the Fund. Write Church Building Fund in the memo field of a check, or an alternate way to donate is to designate a gift from your estate. This type of donation, or any donation to the other donor-restricted funds (Ministry Fund or the SHPS Foundation Endowment Fund) are distinct from the ordinary parish operations account funded by the weekly collection and can only be used for the funds' stated purpose. Thank you for your consideration of this request.

*The Lord is your guardian; the Lord is your shade; he is beside you at your hand.  
The Lord will guard your coming and your going, both now and forever. Psalm 121: 7-8*

**Parish Safety Committee**

Several months ago, we established a Safety Committee to identify security issues in and around the Church, Parish Hall, and Rectory. The committee has two workgroups: Medical Event Response and Disruptive Person Response. Over the summer each group met to identify risks and propose some response strategies. The Parish has undergone a vulnerability assessment of all the buildings, conducted by an independent consultant. The final report was delivered on October 7 and the Safety Committee has begun a study its recommendations and develop an implementation plan. • Watch the bulletin for periodic updates.

**Altar Society News**

We thank all those who supported our successful Bake Sale at the Fall Festival either by donating goods or by purchasing from our great selection of tasty treats. • Our thanks also to Elizabeth Haeling and Ashley Andrews for helping our ministry. Elizabeth will be caring for the altar server vestments through December, and Ashley is providing the flowers for the Blessed Sacrament Altar this month.