

**Peace and Harmony  
Through Conversion**

This week's Advent theme asks us to reform, improve ourselves. In order to meet the Messiah that God is sending into the world, we need to convert. • The First Reading outlines the seven-fold gifts of the Holy Spirit: *wisdom, knowledge, understanding, counsel, piety, fortitude, and fear of the Lord*. It highlights the kind of peace the coming Messiah will bring to the world; such peace that even nature itself will be affected. Animals that are natural enemies will return to the innocence they had before the Fall, coexisting in peace and harmony. • The Responsorial Psalm 72 presents an ideal king of the Jews, God's representative on earth, the guardian of justice. True justice would be measured by how well those *without* political or economic power were treated, since they could not buy their own justice, but relied on the king for justice. The same can be applied to Christians today. How do we treat each other in our families, at work, in society? True justice is measured by how well we *protect the least powerful*: the unborn, the sick, the elderly, etc. • The Second Reading calls us to put on the mind of Christ, to be harmonious with Him in thought, so that we can live in peace. This idea of thinking like Christ is a good Advent reminder. Until we allow ourselves to think as Christ, the ideal of peace can never be fully realized. Prejudice and being judgmental only create divisions that ultimately hinder Gospel harmony and peace. • In the Gospel, St. John the Baptist is our example, our role model for conversion of heart in preparation for Christmas. He reminds us that preparation means making straight our path to the Lord. He offers a *baptism of re-*

**Faith First**

*pentance*, a precursor to the Lord's Baptism of the Spirit. We must never presume God's mercy and judge ourselves superior to others. Rather, we ought to constantly prune the tree of self by humble repentance and continual conversion in order to blossom and grow in our relationship with God. Thus, will Our Lord find our hearts ready when He comes to us on Christmas.

**Schola Cantorum Christmas Concert**

Enjoy the annual family program of music for Christmastide featuring candlelit processions, and familiar and new carols. Dr. Donald Kendrick will conduct Schola Cantorum in their annual Christmas Concert "From Heaven On High" on Saturday, December 14 at 8:00 pm and Sunday, December 15 at 2:00 pm in Sacred Heart Church. Suggested donation is \$15 General or \$10 Students/Seniors. Tickets are available after the 11:00 am Sunday Mass or online at [scholacantorum.com](http://scholacantorum.com). You may also call 850-545-4298. The choir has a variety of CDs that make wonderful gifts.

**Prayer of the Week**

Let us pray in Advent time for the coming Savior to teach us wisdom. • Father in heaven, the day draws near when the glory of your Son will make radiant the night of the waiting world. May the lure of greed not impede us from the joy which moves the hearts of those who seek him. May the darkness not blind us to the vision of wisdom which fills the minds of those who find him. 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.

**Mary's Immaculate Conception**

This year, December 8, the feast day of the Immaculate Conception, falls on today, the Second Sunday of Advent. As a result, the feast day will be transferred to tomorrow. It is not, however, a holy day of obligation. • Masses will be celebrated at 8:00 am and 12(noon).

**Parish Christmas Schedule**

You should have received in your mail box the Parish Christmas Schedule of Masses and Confession times. The Schola Cantorum's Christmas concert is also listed. • If you did not receive a schedule they are available in the church vestibule.

**In Our Prayers**

**Daily Mass Intentions  
December 8 - December 15**

|            |         |                                 |
|------------|---------|---------------------------------|
| <b>Sun</b> | 8:00am  | For the People of the Parish    |
|            | 9:30am  | The McGee Family (+)            |
|            | 11:00am | Valerie Garaventa (+)           |
| <b>Mon</b> | 8:00am  | Bishop Francis Quinn (+)        |
|            | 12:00pm | Alvena Virginia Day (+)         |
| <b>Tue</b> | 8:00am  | Joan T. Koster                  |
| <b>Wed</b> | 8:00am  | Msgr. T. Brendan O'Sullivan (+) |
| <b>Thu</b> | 8:00am  | York & Reta Families (+)        |
| <b>Fri</b> | 8:00am  | Jose, Anna & Lucy Oliveira (+)  |
| <b>Sat</b> | 9:00am  | Nancy Sheehan (+)               |
|            | 5:30pm  | Int...Mary Kay Taylor           |
| <b>Sun</b> | 8:00am  | Valerie Garaventa (+)           |
|            | 9:30am  | For the People of the Parish    |
|            | 11:00am | John Reid (+)                   |

**In Memoriam**

Nancy Sheehan • November 24, 2019  
John Reid • December 3, 2019  
Eternal rest grant unto them, O Lord.  
And let perpetual light shine upon them.

**Please Pray for the Sick**

Helena Enright, Barbara Testa, John Sarrow, Thomas Wolfanger, John Vostrez, Robin Aurelius, Diana Zuniga, Suzy Riehl, Isabel Harper, Mark Zane, Richard Honey, Dale Wooldridge, Donald Anderson, Nancy McGarry, Patrick Valenzuela, 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.

Prepare the way of the Lord, make straight his paths:

**Retirement Collection for Religious**

Giving in thanksgiving. "The nuns left lasting impressions on me," writes a donor. "I shall always be grateful for my Catholic education." Please join in thanking the thousands of senior Catholic sisters, brothers, and religious order priests who worked tirelessly to educate the young and serve those in need. Next weekend's second collection is for the Retirement Fund for Religious, which helps hundreds of religious communities care for aging members. • Special envelopes are available in the church vestibule. Please give generously.

**Sacred Heart Holiday Home Tour**

Today is the last day of the 46th Annual Holiday Home Tour. Tickets are on sale at the home located at 1462 46th Street. Tickets are \$35. Don't miss the beloved Holiday Boutique and Café located at the School. No ticket is required to visit the Boutique, Café, or Champagne Bar.

**Advent Giving Tree**

Please consider giving a gift to a less fortunate member of our community through our Giving Tree, located by the Our Lady of Grace Chapel, near the piano. Place your gift card with its tag by the Giving Tree by Sunday, December 15. Gift cards may also be left in the Parish Office mailbox.

**MOMS Monthly Gathering**

This month's MOMS gathering will be on Wednesday, December 18 at 7:00 pm in St. Anthony Hall, located on the parish school campus. All mothers are invited to join us in prayer, fellowship, and friendship! • Questions? Email Sarah at [moms.sacredheart@gmail.com](mailto:moms.sacredheart@gmail.com).

**2020 Church Calendars**

The 2020 calendars are available for parishioners to pick up after Mass in the church vestibule. They have been made available through the courtesy of the Catholic Funeral & Cemetery Services, a ministry of the Diocese of Sacramento. Be sure to read the message from Bishop Soto in front of the calendar. • In order to make sure every parishioner who wants a calendar receives one, please take only one calendar this weekend. If you would like to have a second one extra calendars will be made available next weekend.

**Youth Group**

The next meeting will be a Christmas Party held on December 11. • If you are a student in grades 8 through 12, please consider joining us. All meetings are held in St. Anthony Hall from 6:30-7:30 pm. • Questions? Please contact Mr. Sunderman at [psunderman@sacredheartschool.net](mailto:psunderman@sacredheartschool.net)

**2019 Annual Catholic Appeal**

Thank you to those who have already made a gift to the 2019 Annual Appeal. Your gift will make a difference in someone's life. As of December 1, 214 parishioners have participated this year at our parish, totaling \$67,694 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. This year, the Parish will use its Appeal funds to support our Parish School, Sacramento Life Center, St. Vincent de Paul Society, HIV/AIDS Diocesan Ministry, and Cristo Rey High School. • Appeal brochures are available in the church vestibule. Please pick up one to learn more about the 2019 Diocesan Appeal.

**Meetings & Events**

**Seniors News**

Join us on Monday, December 16 for a 5:00 pm walk through the decorated 40s. If unable to stroll through the neighborhood, join us then when we meet at one of our parishioner's home for a 6:30 pm dinner. If interested, please contact Nancy at 916-922-3830 or [reidnancy@aol.com](mailto:reidnancy@aol.com).

**Altar Society News**

• Please consider a donation *in memory of* or *in honor of* a loved one to help us beautify the church sanctuary with flowers for Christmas. Checks should be made payable to *Sacred Heart Altar Society*. Include your name, telephone number, and the name(s) of those being remembered or honored. Please place it in an envelope marked "Attn: Altar Society" and drop it in the collection basket or mail it to Claire Hyde at 5500 Spilman Avenue, Sacramento 95819. Please return donations by December 18. Thank you for your generosity.

• Our thanks to Judy Tousey who is providing the flowers to adorn the Blessed Sacrament Altar during the Advent season.

**New Ministry -- Medical Response Ministry**

The Parish is setting up a new ministry to deal with our responses to medical emergencies that sometimes occur during Mass. Parishioners who are medical professionals (nurses, physicians, EMTs, or paramedics) would be asked to respond to the incident (to provide assistance and first aid) and advise whether an ambulance or 911 is needed. A medical responder will be assisted by a monitor who will provide support services, e.g. meeting emergency personnel in the vestibule, bringing a first aid kit to the medical responder. • If you are interested in learning more about being a medical responder or a monitor, please give your name and contact information to the Parish Office (916-452-4136 Ext. 2) so we can follow up with you. We will be creating a list of medical responders and monitors who have agreed to respond if present when an incident occurs during a weekend Mass.

**"Second Sunday" Social**

Please note that today, the second Sunday of December there will not be a Social. The next "Second Sunday" Social will be on Sunday, January 11.

**Consider Making an End of Year Gift**

Many parishioners make a special end of year gift to the Parish. This is very much appreciated, enabling the Parish to meet the growing expenses of Parish operations. Such a gift has the added benefit of being tax deductible. You may want to designate your gift to *Sacred Heart Building Fund* for the maintenance and preservation of our church, rectory, and parish hall or to *Sacred Heart Parish School Endowment Foundation* for school families needing tuition assistance or to *Sacred Heart Church* for its general operations. • We are most grateful for our parishioners' regular and special donations to second collections throughout the year. • If you are not contributing on a regular basis, please consider doing so. If you have not increased your weekly contribution in some time, and your financial circumstances allow you to do so, please consider increasing your weekly contribution. Like your household expenses, parish expenses continue to increase. • Thank you for considering this end-of-year appeal.

all flesh shall see the salvation of God. Luke 3:4,6