

We Rejoice at God's Call

In the readings for this Third Sunday of Advent we find tremendous joy and expectation. This is in keeping with it being called *Gaudate* Sunday, *Rejoice* Sunday. ● In the First Reading, Isaiah speaks of the restoration that God will work in the land. Everything and everyone who suffered till now will be vindicated. All the situations that imprisoned us will be abolished by the Messiah who liberates us from our prison of selfishness and sin. We will once again be made whole, for we are called to spiritual joy. His forgiveness invites us into His love and life, to live in the freedom of God's children. ● The Responsorial is a hymn of praise to God for all the glorious ways He intervenes in our life to deliver us from the things that oppress us. We are reminded of the power of God's mercy and the total powerlessness of the forces of evil. ● The Second Reading tries to help us prepare for Christmas by reminding us not to judge others and emphasizing the need for patience. It cautions us to keep our perspective and not get caught up in anxiety and worry. The Lord is our Provider, we only need to trust in Him. ● Today's Gospel indicates the passing of the torch from John the Baptist's ministry to that of Jesus. Perhaps this is why St. John sent his disciples to Jesus, so they would now recognize that they should follow Jesus, since John's own ministry had come to an end. We are shown how much greater is Jesus' invitation to follow Him. While St John's invitation was to turn from sin, Jesus' invitation is to experience the very life of God.

Prayer of the Week

Father of our Lord Jesus Christ, ever faithful to your promises and ever close to your Church: the earth rejoices in hope of the Savior's coming and looks forward with longing to his return at the end of time. Prepare our hearts and remove the sadness that hinders us from feeling the joy and hope which his presence will bestow, for he is Lord for ever and ever.

Faith First

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Advent Penance Service
 Thursday, December 19 at 6:30 pm
 Additional priests will be present to hear confessions.
 The Sacrament of Penance is an excellent way to prepare for the coming of the Lord.

Schola Cantorum 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" **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 at the door or after the 11:00 am Sunday Mass The choir has a variety of CDs that make wonderful gifts.

Prayer for Life Novena

At the beginning of the new Church Year, parishioners are invited to say a Prayer of Life Novena at their convenience. Those who would prefer to say it in a group setting, may attend the Saturday 9:00 am Mass where it will be said after Mass for nine consecutive Saturdays, following the recitation of the Rosary starting December 14, 2019. ● Copies of the Novena are available in the church vestibule courtesy of the Knights of Columbus.

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 .

Retreat for Women

Join the women of Sacred Heart signing up for the annual retreat at Christ the King Retreat Center on the weekend of January 10-12, 2020. The theme for the retreat will be "Come and See," with reflections taken from the Gospel of St. John. Consider giving the gift of a retreat this Christmas! ● Information? Call the Retreat Center at 916-725-4720 or Kim at 916-479-1736. Forms are also found in the church vestibule.

In Our Prayers

Daily Mass Intentions
December 15 - December 22

Sun	8:00am	Valerie Garaventa (+)
	9:30am	For the People of the Parish
	11:00am	John Reid (+)
Mon	8:00am	Linda Ryle (+)
Tue	8:00am	Kang Simon Lee (+)
Wed	8:00am	Alice Zumaran Kern Truelson (+)
Thu	8:00am	Father Michael O'Hara (+)
Fri	8:00am	Int...Helena Enright
Sat	9:00am	Nita York (+)
	5:30pm	Madge Haney (+)
Sun	8:00am	Don & Anita Cerqui (+)
	9:30am	Kang Simon Lee (+)
	11:00am	For the People of the Parish

In Memoriam

Let us pray for all those who have died and are in need of prayer. May they enjoy light, happiness and peace.

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, 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

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 this Sunday, December 15. Gift cards may also be left in the Parish Office mailbox.

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 .

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.

● A volunteer is needed to care for the altar servers' vestments for January--March. Duties include a weekly check that garments are properly sized and hung; set aside dirty red robes for dry cleaning; wash and iron white surplices at home as needed. Interested parishioners please contact Linda at 916-457-9572.

Flu Season: No Communion Cup and Other Precautions

The flu season has come early this year. The California Department of Public Health (CDPH) reports that the incidence of flu and flu-like illnesses is "widespread" and has reached a level requiring that we enact preventive measures to mitigate the possibility of infection at Mass. In order to protect the health and well-being of everyone, Bishop Soto has issued the following directives: (1) The use of the Communion cup is suspended temporarily. (2) Please receive the Body of Christ in the hand. (3) Do not shake hands. Offer the Sign of Peace to those around you with a simple nod, saying "Peace be with you." (4) Do not hold hands during the Our Father. ● The obligation to attend Mass on Sunday and other holy days does not apply to those who are sick. If you are sick, please stay home and take care of yourself. Thank you for your patience and understanding during this time. And pray for those who are sick. The administration of Holy Communion in both kinds will resume as soon as the Bishop deems it safe and prudent to do so.

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.

School Christmas Program

Haven't quite gotten into the holiday spirit yet? Please join us for our encore performance of the Christmas story on December 20th at 9:00 am in the school gym. The play yard will be available for parking. Our young performers are sure to warm your heart and help you remember the true meaning of Christmas.

Sacred Heart 46th Annual Holiday Home Tour

Sacred Heart Parish School Home Tour was a great success again this year. Thanks go out to all parents who worked many hours throughout the weekend in homes, the café and the boutique. Special thanks to our home tour committee: Chair person: Katie Kolitsos, Co-Chairs: Ashley Andrews, Katherine Groppo, Erin Macko, Donna Cazneaux, Heather Hansen, Jenn Hanafee, Cari Wright, Gretchen Gill, Julissa Ortiz and Kelly Frei. We are truly grateful for their leadership!

Automated External Defibrillator (AED)

The Parish has installed an automated external defibrillator (AED). The device is located in the hallway from the church nave leading to the sacristy (the door near the St. Anne Chapel). An AED is a portable device that checks the heart rhythm and then sends an electric shock to restore normal rhythm. When a person has a heart attack or goes into sudden cardiac arrest, an AED can resume a regular heartbeat, preventing death. Using electrodes, the AED calculates the need for defibrillation. If the device determines the shock is needed, it prompts the user to administer a shock that stuns the heart, allowing it to "reset" its regular rhythm. ● The Parish is collecting the names of parishioners with medical and/or CPR certification to be members of our newly established Parish Medical Response ministry. If you have medical training and would like to be part of this ministry, please contact the Parish Office at 916-452-4136 ext. 2. ● AED operational training will also be provided on a date to be announced by a certified specialist.

Parish Office Closed

The Parish Office will be closed on Tuesday and Wednesday, December 24 and 25 and Wednesday, January 1 for Christmas and New Year's. Of course, you may leave a message on the office extension on those days; your call will be returned when the office reopens.

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.