

Family Life

This Sunday's readings focus on family. • The First Reading is a beautiful appeal for a family life in which one's parents are treated with great respect even when the parents are old and no longer mentally alert. Care for one's parents is a sacred responsibility. • The Responsorial Psalm, like the First Reading, is taken from the Wisdom books of the Old Testament. These books address how to live a good and virtuous life. Here we find what true fear of the Lord is; not a fear of punishment, but rather a profound sense of reverence and awe of God's greatness and love. It is perspective, an understanding that God is the Creator of all, while we are mere creatures. With this attitude toward God, we will observe His law naturally and our daily lives will reflect it. With selfishness and egocentricity gone from our lives, our lifestyles will be respectful and gracious, our families blessed. • The Second Reading also exhorts us to live a virtuous Christian life so that peace may reign in our relationships with others, and still others may be converted by witnessing how we live. If we let Christ's peace control our hearts, then we will be kind, compassionate, gentle, patient and loving. This is first exemplified in the way we treat our own family members, with mutual respect and love. Living our Christian calling with a sense of gratitude, will help us keep the perspective of how much we depend on God. • Today's Gospel reading shows us how God protects the Holy Family from the evil King Herod. God's chosen instrument of His providence to His only begotten Son and His Blessed Mother is St Joseph. Joseph is the head of the Holy Family's household, the one God uses to guide and protect them. The Holy Family is our model of family life. This Gospel also shows us how Jesus

Faith First

is the fulfillment of everything predicted about the Messiah.

The Christian Family

Today's Scripture readings guide us into the virtues of family life. The first reading from Sirach speaks of the virtues of respect and support between parents and children. The Gospel reading shows the virtues of St. Joseph in his care of Mary and Jesus. The reading from Colossians gives us a list of virtues for Christian life and then calls husband and wives to live out their lives in the virtues of mutual love and respect. • There are a number of Christian virtues which must be a part of family life. • Love: Family members must choose to love one another through the good times and the bad. • Commitment: One must choose to commit his/her life to be an active part of the family. • Understanding: One must be open to listen and to comprehend what family members have to say. • Trust: One must build and reinforce trust through honesty and fidelity. • Compassion: One must have care and concern for other family members. • Mercy: One must be able to forgive, modeling his/her life on the mercy of Jesus. • Sacrifice: One must be willing to give of him/herself for the good of other family members. • Gratitude: One must see what each other does as a gift and express thanks to each other. • Holiness: Each must strive to be a holy individual. The holiness of each brings holiness to the family. • Openness to God: One must be open to follow the guidance of God, which comes in many ways. • These Christian virtues do not come automatically. We must choose to embrace them, teach them, and model them. The Feast of the Holy Family gives us not only an opportunity to assess these virtues in our lives, it gives us a model of family life in Jesus, Mary, and Joseph.

Solemnity of Mary, the Mother of God
New Year Schedule of Masses
Holy Day of Obligation
 Tuesday, December 31 at 5:30 pm
 Wednesday, January 1 at 9 am

In Our Prayers

Daily Mass Intentions
December 29 - January 5

Sun	8:00am	"W." Poulsen (+)
	9:30am	Betty Baumgartner (+)
	11:00am	For the People of the Parish
Mon	8:00am	Raymond J. Buman (+)
Tue	8:00am	Joan T. Koster (+)
	5:30pm	Int...Jan & Anne-Louise Radimsky
Wed	9:00am	For the People of the Parish
Thu	8:00am	Marie Lucas (+)
Fri	8:00am	Rudy Kovacevich (+)
	12:00pm	MaryAnn Rich (+)
Sat	9:00am	John Reid (+)
	5:30pm	SH Sch, Fnd. Mem & Rem (+)
Sun	8:00am	Terence McCartan (+)
	9:30am	Int...Kristin Stone
	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, 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 Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

Meetings & Events

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.

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.

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.

Advent Giving Tree

Thank you to all who have donated gifts to those in need through our Giving Tree. If you have not yet returned your gift, please do so at your earliest convenience. Gift cards may be left in the Parish Office mailbox. Again, thank you for bringing some Christmas joy to our neighbors in need.

Altar Society News

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.

Parish School Open House

You are invited to attend the Sacred Heart Parish School annual Open House on January 26, 2020 from 11:00 am - 1:00 pm. Please drop in to see our school, meet our teachers and learn a bit more about the opportunity for an excellent, affordable education. All are welcome.

Words of Appreciation

Not all of us can do great things. But we can do small things with great love (Saint Teresa of Calcutta). • Beautifully decorating the sanctuary and church, carefully setting up the Nativity scene, diligently preparing the altar linens, meticulously cleaning the church, generously ministering to others, and joyfully enhancing our Masses with inspiring music...Thank you to all who make Christmas at Sacred Heart so special!

Presentation on Racism

Save the date! You are invited to attend a panel presentation on the topic of Racism to be held on **Monday, January 27, 7:00 pm to 8:30 pm** in the School Cafeteria. The U.S. Conference of Catholic Bishops issued a pastoral letter *Open Wide Our Hearts* to invite all the faithful to "...open our minds and hearts to Christ's love for all people and to the experiences of those who have been harmed by the evil of racism." Bishop Soto has asked all the parishes to promote and hold listening sessions on this important topic. Please plan to attend.

A Prayer for the New Year
 Come, Holy Spirit, Spirit of the Risen Christ,
 be with us today and always.
 Be our strength, our courage, and our sanctifier.
 May this new year be a time of deep spiritual growth for us,
 a time of welcoming your graces and gifts,
 a time for forgiving freely and unconditionally,
 a time for growing in virtue and goodness.
 Come, Holy Spirit, be with us today and always.
 Amen.

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. • For information? Call the Retreat Center 916-725-4720 or Kim at 916-479-1736. Sign-up forms are also found in the church vestibule.

Children's Church

The Children's Church program at the 9:30 am Sunday Mass will **not** be offered on December 29 and January 5. The program will resume on Sunday, January 12. If you are interested in helping periodically with the sessions, please contact Alicia at faliciafry@yahoo.com. (You do not need to have a child in the program to volunteer.)

Today a light will shine upon us, for the Lord is born for us; and he will be called Wondrous God, Prince of peace, Father of future ages: and his reign will be without end.
 -- Luke 1:33

Religious Education Classes

The Catholic Faith Formation (CFF) classes for children attending a non-parochial school started their Christmas break Monday, December 23. Classes resume Tuesday, January 7.

Accepting Applications for 2020-2021

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 the school website (www.sacredheartschool.com) or in the school office. • If you have any questions, please call the School Office at 916-4561576.