

Possessed by the Holy Spirit

In the First Reading, like last week's First Reading, we find the emphasis on *the chosen one to come* who will help not only Israel, but all the nations. He will be a light to the nations, a title Jesus assumes when He proclaims Himself to be the light of the world. • The Responsorial is intended to be applied to Jesus' ministry, as the *servant who does the Father's will* and the one who *announces God's justice* "in the vast assembly." When we pray this psalm we too promise to participate in His mission, not by offering holocausts or sin-offerings, but by placing ourselves totally at the service of His mission. This is the only thing that will bring us true joy. • In the Second Reading, St. Paul tries to help the Corinthians have a more balanced approach to the Triune God. They over-emphasize the role of the Holy Spirit in their lives to the point of almost excluding Jesus. So, St. Paul refers to Jesus over and over, reminding them that *He* is the source and goal of all that they are. • In today's Gospel there is a different emphasis on the role of St. John the Baptist. With other Gospel writers, St. John the Baptist is seen as the herald of repentance, but here he is the *witness* to the fact that *Jesus is the Son of God*. His role, like ours, is to bring others to Jesus. We see the Holy Spirit descend upon Jesus and remain with Him in the form of a dove. Throughout His ministry, Jesus *possesses* the Holy Spirit. May our prayer lead us to be possessed by God's Holy Spirit and thus lead others to Him by the witness of our life.

Prayer of the Week

Let us pray for the gift of peace. • Almighty and ever-present Father, your watchful care reaches from end to end and orders all things in such power that

Faith First

even the tensions and tragedies of sin cannot frustrate your loving plans. Help us to embrace your will, give us strength to follow your call, so that your truth may live in our hearts and reflect peace to those who believe in your love. 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.

Presentation on Racism

Please plan to attend an evening session on Racism. Bishop Soto and the bishops of the U.S. have urged all parishes to host listening sessions for this important topic. In preparation for this evening, please visit and watch a 4 minute You Tube clip entitled: the U.S. Bishops Are Speaking Out on Racism. The video is posted by EWTN. Bishop Murry explains the importance of speaking up at this time in our nation's history of rising racial incidents in the U.S. Carolina Estrada, a diocesan representative, will lead the discussion on *Monday, Jan. 27, 7:00 pm to 8:00 pm in the school cafeteria*. Come and join us!

Annual Pro-Life Mass

Join Bishop Soto on Wednesday, January 22 for a special Mass marking the 47th anniversary of the 1973 U.S. Supreme Court Decision, *Roe v. Wade* that legalized abortion. In the Diocese of Sacramento, January 22 is designated as a Diocesan Day of Reparation. All are asked to observe this Day of Reparation through fasting, prayer, penance, and works of mercy. • The Mass will be celebrated on the 22nd at 12:10 pm in the Cathedral of the Blessed Sacrament, 11th and K Streets.

Martin Luther King, Jr. Day

This Monday, January 20 is a national holiday. Mass will be celebrated at 9:00 am and not at 8:00 am.

Liturgical Season of Ordinary Time

The first part of Ordinary Time is the period between the Christmas season and Lent. During this period the Church does not celebrate any particular aspect of the Christian mystery. Rather the Church reads one of the gospels in sequence: Matthew (Cycle A, this year), Mark (Cycle B), and Luke (Cycle C). John's gospel is read during the Lenten and Easter season and for some of the ordinary time in Cycle B since Mark's gospel is short. • The second part of Ordinary Time resumes after the Easter season and proceeds to Advent and a new Church year.

In Our Prayers

**Daily Mass Intentions
January 19 - January 26**

Sun	8:00am	George & Rita Godby (+)
	9:30am	For the People of the Parish
	11:00am	John McCormick (+)
Mon	9:00am	Valerie Garaventa (+)
Tue	8:00am	Ingoglia Family (+)
Wed	8:00am	Kang Simon Lee (+)
Thu	8:00am	Jose, Anna & Lucy Oliveira (+)
Fri	8:00am	Polly Laurenson (+)
Sat	9:00am	Jack Pefley (+)
	5:30pm	For the People of the Parish
Sun	8:00am	Don & Anita Cerqui (+)
	9:30am	Mary Twomey (+)
	11:00am	Int...Tom & Marion Slakey 68th Wedding Anniversary

In Memoriam

Lucienne Perkins • December 17, 2019

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

Please Pray for the Sick

Marjorie Green, Robert McAleese, Helena Enright, 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

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.

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.sacredheartsschool.com) or in the school office. • If you have any questions, please call the School Office at 916-456-1576.

Parish Study Group

We are discussing *Catholicism: A Journey to the Heart of the Faith* by Bishop Robert Barron. The assignment for Tuesday, January 21 is Chapter 10 and A Coda, pages 250-279. 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.

Altar Society News

- Please stop by our tables in the church vestibule after Mass today to renew your membership or enroll as a new member. Dues per family is only \$20. Thank you for your support.
- Our thanks to Mary Domyancic and Linda Rutherford who are caring for the altar servers vestments through March.

Youth Group Update

The next meeting of the Sacred Heart Youth Group is on Wednesday, January 29. The theme for the meeting is still to be determined. Due to a scheduling conflict, the meeting will be held in the school library. • If you are a student in grades 8 through 12, please consider joining us for one of our upcoming meetings. All meetings are from 6:30-7:30 pm. • Questions? Please do not hesitate to contact Mr. Sunderman at psunderman@sacredheartsschool.net

Automatic Giving to the Parish

We have met our goal of signing up the minimum number of automatic giving households required by the Parish's envelope company to allow us to send only envelopes for the Parish School Foundation and holy days of obligation to those parishioners. The reduced offertory envelope packets are now ready to be printed for these households for the March/April mailing. Look for them to arrive mid-February. Thank you for helping us to reduce the envelope packet cost. • If you have any questions about automatic giving, please call Amy at 916-452-4136 ext. 2 in the Parish Office.

Annual Sacred Heart Men's Retreat

During this weekend, you can experience God's love, healing, peace, and forgiveness. Join men of the parish on the from Friday evening, February 28 to Sunday afternoon, March 1 at Christ the King Retreat Center in Citrus Heights. Don't miss out on this wonderful experience of spiritual and physical renewal. • Call Jim Paquette at 916-479-1542 or go to www.christthekingretreatcenter.org to make a reservation.

Food Pantry Donations Needed

Next weekend January 25-26, The Society of St. Vincent de Paul will be collecting non-perishable food items for our pantry and for the students that visit the Catholic Newman Center. The pantry is in need of canned meat (chicken, ham, tuna, Spam etc.) marinara sauce, peanut butter/jelly, crackers, canned fruit, cereal, and cake/brownie/cookie mixes. The Newman Center is in need of ready to eat, small individual/single serving size items such as instant soup/meal in a cup, Top Ramen, mac & cheese, energy/granola bars, instant oatmeal/cereal, fruit/dessert cups, tuna/chicken salad individual pouch/can, dried fruit/nut snack packs, small cracker packages, microwave popcorn and hot coco packets. When selecting items please keep in mind student only have access to a microwave and hot water. • A bag filled with non-perishable, unexpired food may be left inside the altar rail. Many local families and Sacramento State students rely on assistance from our Society of St. Vincent de Paul pantry. Thank you for your ongoing generosity! • If you have any Questions, please call Emilia Jankowski at 916-927-1667.

Please Remember

Since we do not have security around the church, please, for your child protection and safety, always accompany him/her to the restrooms located in the church vestibule. We are located on a busy corner with increasing foot traffic.

Crab Feed at Sacred Parish School

Crab is once again king at Sacred Heart's annual Crab Feed! Save the date for Saturday, February 22nd. Crab with melted butter, crab cakes, bread, Caesar salad, vegetarian and meat pasta -- what's not to like? Tickets for the event are on sale now through February 7th. No tickets will be sold after that date. Individual tickets are \$60, or organize a table of eight for \$480. Wine is welcome for a \$10 corkage fee. The evening starts at 5:30. Dinner is at 6:30 followed by dancing from 8:00 pm to 11:00 pm. • Register for tickets on line at: <https://sacredheartcrabfeed.ticketspice.com/sacred-heart-crab-feed-2020>

Farmers Market at Mercy General Hospital

Did you know that there is a Farmers Market every Friday, from 9:30 am to 1:00 pm at Mercy General Hospital. The farmers market is set up in the parking lot in front of the J Street entrance. • Come and check it out for yourself.

The Mercy Guild is Looking for Members

The primary purpose of the Mercy General Hospital Guild is to provide volunteer services to the patients at Mercy General Hospital, and to assist trained personnel in the hospital and related agencies. In addition, the fundraising activities of our organization enable us to provide specialized equipment for the hospital. We also provide Teddy Bears to young patients, scholarships for junior hospital volunteers and pillowcases for heart surgery patients. Guild members volunteer in service areas such as Surgery Waiting Areas, the Information Desks, the Gift Shop, Outpatient Surgery, Chaplaincy including as Eucharistic Ministers. They also may work with Service animals. Guild members are expected to work at least 48 hours or more year. • For information and a Guild application, please call Andy Sevier at 916-599-7664 or email seviars@surewest.net, Anne Louise Radimsky at 916-484-1248 or email radimsky@csus.edu, or the Mercy Guild Office at 916-731-7189.