

Out of Darkness, Into Light

The theme of the First Reading is one of being led out of the darkness of present gloom into the great light of the Lord.

The northern part of Israel was considered contaminated by pagan influences because most of that area was Gentile. Isaiah promises a future hope of restoration where the Lord would call them from that darkness into light, as only He could do. • The Responsorial is a psalm of trust wherein we place ourselves into the hands of a loving God. Here again we find the theme of light and salvation. This psalm is a tremendous act of faith, especially when we want to believe and are unsure. God will not only rescue us from every danger, but He will also respond to the deepest needs of our heart, which is why the psalmist speaks of spending time with the Lord in the temple, the place He can at least be encountered in prayer.

• In the Second Reading, St. Paul addresses the difficulty of divisions arising in the community, for the new Christians were not yet mature in the faith. Though claiming fidelity to the Gospel, they betrayed it in what they said and did to each other. St. Paul wants his audience to realize that they are living in a worldly manner, only looking out for their own profit and not living the wisdom of the cross, which is one of service and sacrifice, making others more important than self. • Once again, St. Matthew wants us to know that Jesus fulfills the prophets. Since it seemed absurd to the Jews that Jesus could have come from a region corrupted by Gentile ways, i.e. Galilee, St. Matthew wants to show that not only is it possible, but it was foretold. Jesus preaches turning away from sin to embrace God's kingdom, experienced here and now when we make God the center of our lives. The importance of Jesus calling the Apostles is to

Faith First

show us that when serving Him, God asks us to use our talents and experience to serve others.

Prayer of the Week

Almighty Father, the love you offer always exceeds the furthest expression of our human longing, for you are greater than the human heart. Direct each thought, each effort of our life, so that the limits of our faults and weaknesses may not obscure the vision of your glory or keep us from the peace you have promised. 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!

Christian Morality

Christian morality is *responsibility in love*. First, it is a *response* to God's freely given love and the gift of salvation offered to us through Jesus Christ. However, salvation is a gift that we cannot earn. We can only accept it and live our lives according to God's will.

• God, however, respects our freedom. He does not thrust salvation on us as though we were mere puppets. God extends divine love to us, but we are free to respond or not. Christian morality comes to the forefront when people say "yes" to God, when they freely respond to his love by loving in return. The essence of Christian morality is, simply, love. Reflect on the words of Jesus: "You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: You must love your neighbor as yourself" (Matthew 22:37-39). • Second, Christian morality is the *ability* to respond to God, the ability to love, the ability to say yes to God. This is also a gift, also freely bestowed on us. It is part of what it means to be a human being.

In Our Prayers

**Daily Mass Intentions
January 26 - February 2**

Sun	8:00am	Don & Anita Cerqui (+)
	9:30am	Mary Twomey (+)
	11:00am	Int...Tom & Marion Slakey 68th Wedding Anniversary
Mon	8:00am	Nita York (+)
Tue	8:00am	John Reid (+)
Wed	8:00am	Michael Slakey (+)
Thu	8:00am	Rajko Vidovic (+)
Fri	8:00am	Int...Andrew Duncan McKinnon
Sat	9:00am	Helen Jankowski (+)
	5:30pm	SH Sch. Found Mem & Rem
Sun	8:00am	Jenner Chapman (+)
	9:30am	Bob & Lois Boemer (+)
	11:00am	For the People of the Parish

In Memoriam

Jason Jones • January 17, 2020
Eternal rest grant unto him, O Lord.
And let perpetual light shine upon him.

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

Youth Group Update

The next meeting of the Sacred Heart Youth Group is on Wednesday, January 29. The theme for the meeting is "Teamwork." 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@sacredheartschool.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.

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>

The Lord is my light and my salvation. -- Psalm 27:1

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.

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.

Food Pantry Donations

This weekend January 25-26, The Society of St. Vincent de Paul is 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 such as 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 families in the Sacred Heart and St Mary's Parish area and Sacramento State students rely on assistance from our Society of St. Vincent de Paul pantry. • Thank you for your ongoing generosity!

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.

Parish Study Group

On Tuesday, February 4, we will begin a NEW study, *Rediscover Catholicism* by Matthew Kelley (the same book read by the Parish Pastoral Council). From book back cover: "*Rediscover Catholicism* takes us on an adventure of life-changing proportions. Beginning with our common yearning for happiness, Kelly reveals the essence of authentic Catholic spirituality while addressing some of the most important questions we face today both as individuals and as a Church." We meet every other Tuesday from 1:00 p.m. to 2:30 p.m. in the Parish Hall located behind the rectory. NEWCOMERS ARE ESPECIALLY WELCOME as we begin something new. The assignment for February 4 is the Prologue and Chapters 1, 2, and 3; Pages 5-38. • For more information please call Mary Anne Smith at 530-676-7874.

Mercy General Hospital Guild Volunteers

The Mercy General Guild is looking for new members who serve as volunteers at the hospital. Although the need is great in every service throughout the hospital, it is especially acute in the Cardiac and General Surgery waiting areas. The prime objective of this service is to reassure the families and friends of patients in Surgery and to provide them with as much information as possible regarding the progress of the patients, as well as liaison between hospital staff, patients, their families and friends. The nursing staff has repeatedly indicated how valuable the help provided by the volunteers is and the patients families are grateful to have a contact which can assist them in communicating with the staff. If you are interested, please contact Anne-Louise Radimsky at radimsky@csus.edu or 916-484-1248, or Andy Seviars at seviars@surewest.net or 916-599-7664. You may also call the Guild House at 916-731-7189.