

**Salt of the Earth,
Light of the World**

The First Reading is written after the Babylonian exile. The prophets had predicted great restoration, but upon their return to Jerusalem, the Israelites found only devastation and wanted to know why they were still suffering. The prophet Isaiah explained that it was their own fault for not practicing justice and caring for the poor. Until they did these things, they could not expect to receive the Lord's blessings. Only then would their gloom be replaced by His light. • The Responsorial outlines the blessings showered upon the just. The just man is a man of God, exhibiting God's attributes. He is righteous, a light in the darkness, God's love and goodness present in the world. The just need not fear, for God will protect them. This does not mean that everything will always go well, but that no matter what happens, God will never abandon them. God's love is the only one that never goes away or makes mistakes. The just man not only pays his debts and is honest, but he also helps those in need, sharing the Lord's bounty with as much generosity as the Lord Himself. • In the Second Reading, St. Paul is again contrasting the world's wisdom with that of the cross. Remarkably the people saw the Spirit's power in his words and turned to God. • Today's Gospel continues the Sermon on the Mount. St. Matthew reminds us of the need to witness to our beliefs. Light and salt were two essential elements of life in Jesus' time, much as they are today. As followers of Jesus, we are called to be the *salt (an absolute necessity in Israel's hot climate)* of the earth. We are reminded of its uselessness if its flavor is lost; so too our effectiveness as Christians. We are also called to be the true *light of the world* by our actions, witnessing to our beliefs by our good deeds, not just to look good in front of others. This is how we further the cause of the Kingdom.

Prayer of the Week

In faith and love we ask you, Father, to watch over your family gathered here. In your mercy and loving kindness no thought of ours is left unguarded, no tear unheeded, no joy unnoticed. Through the prayer of Jesus

Faith First

may the blessings promised to the poor in spirit lead us to the treasures of your heavenly kingdom. We ask this through Christ our Lord. Amen.

Salt of the Earth

The image of salt is a very ordinary, everyday image. In the time of Jesus (before refrigeration and preservation), salt was necessary for preserving meats and other foods, to keep them from spoiling. Salt also adds flavor and zest to food. But if it loses its power to preserve and if it loses its flavor, it is of no use. When Jesus says "you are the salt of the earth," He is telling us that we have the task on this earth to preserve and to give flavor. We are to preserve the new life of grace He has brought to our world. And we are to give flavor, that is, meaning and spice to people's lives. Salt enhances the quality of food. Being salt, we can contribute to enhancing the quality of others' lives. Life becomes tasty and full of flavor when it contains the salt of Jesus, His word, His loving kindness, His benevolence, His mercy and forgiveness. Jesus wants this spice of life to reach all people. He needs people who live it and make it visible. He needs disciples who are themselves "salt of the earth," who bring the salt of Jesus to others, who manifest His kindness, compassion, and love. When His disciples lack kindness and mercy and love, they no longer bring this spice of life to others. Jesus says that if salt loses its taste, "it is no longer good for anything but to be thrown out and trampled underfoot."

Light of the World

The meaning of this image is clear. Jesus said of himself: "I am the light of the world." He instructed His disciples to go to all nations and to bring His light to them. This is our mission, whatever our state in life: to let the light of Christ shine through us wherever we go and whatever we do. This is done by living our faith, by putting it into action, especially by loving one another as Christ has loved us. • In the responsorial psalm today, we sang: "The just man is a light in darkness to the upright." According to the psalmist, this light shines when one is gracious and merciful and just.

In Our Prayers

Daily Mass Intentions February 9 - February 16		
Sun	8:00am	Gallegos Family (+)
	9:30am	Karen Paulk (+)
	11:00am	Sister Maria Bierer, IBVM (+)
Mon	8:00am	Int...Rick Barbaria
Tue	8:00am	Int...Irene Stone, 100th Birthday
Wed	8:00am	Altar Society (+)
Thu	8:00am	Int...Marion Slakey 90th Birthday
Fri	8:00am	Maxine Duart (+)
Sat	9:00am	Aaron Sanchez (+)
	5:30pm	Int...Joan Zilaff, 90th Birthday
Sun	8:00am	Anna Mulby (+)
	9:30am	For the People of the Parish
	11:00am	Paul & Anita Guidera (+)

In Memoriam

Nancy Sheehan • November 23, 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, John Vostrez, Robin Aurelius, Diana Zuniga, Suzy Riehl, Isabel Harper, 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.

Youth Group Update

The Youth Group will be hosting two meetings in February: Feb. 12 and Feb. 26. At the first meeting, the group will be working on various team-building activities. The second meeting will feature a reflection for Ash Wednesday. • 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 in St. Anthony Hall. • Questions, please do not hesitate to contact Mr. Sunderman at psunderman@sacredheartschool.net

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.

Altar Society News

A reminder to current or prospective members to send in your annual dues of only \$20. You may drop an envelope in the collection basket marked "Attn: Altar Society" or mail to Claire Hyde, 5500 Spilman Avenue, Sacramento 95819. Thank you for your support.

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.

St. Vincent de Paul 2019 Year End Report

The Society of St. Vincent de Paul conference serving the parishes of St. Mary's and Sacred Heart just completed their 2019 annual report. Through your support of the Annual Catholic Appeal and your monthly food donations the SVdP volunteers made 112 home visits in the two parish area. The volunteers served 317 people (201 adults & 116 children), provided 204 bags of food, assisted 46 with rent or lodging payments, another 19 with utility payments and 54 vouchers for clothing and mattresses. In addition, food donations are provided monthly while school is in session to the Catholic Newman Center located at Sacramento State. Many individuals within the two parishes are rely on assistance from our Society of St. Vincent de Paul. • Thank you for your generosity! Questions please call Emilia Jankowski at 916-927-1667.

Meetings & Events

"Second Sunday" Social: Today!

Join us today for the "Second Sunday" Social from 12(noon) to 1:15 pm in the Parish Hall. It is a chance to catch up with fellow parishioners and meet some new faces. Bring a friend or make a new one. Regardless of the Mass you attend, we hope you will join us.

Parish Safety and Security Measures

The Parish underwent an independent Vulnerability Assessment of the church, parish hall, and rectory conducted by the Central California Intelligence Center. The Parish Safety Committee reviewed the Assessment Report and made its recommendations to the Parish Pastoral Council. Several of the recommendations are currently being implemented, e.g. expanded security camera inside and outside the church, parish hall/parking lot, and rectory; new and enhanced security fencing/gates, especially between the church and the medical building; installation of exterior lighting on the 39th Street side of the church and in front of the rectory, etc. There are also plans to reopen the exterior door in the Pieta chapel as an emergency exit only. • You will notice work on these projects and others in the coming months.

*Light shines through the darkness for the upright;
He is gracious and merciful and just. --Ps. 112:4*

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>

Second Quarter Parish Financial Report

The Parish Finance Council has prepared a financial report covering the period of July 1, 2019 through December 31, 2019. A copy of the report is available in the vestibule.

Ministry of Mothers Sharing (MOMS)

All mothers of the parish are invited to the next MOMS gathering on Wednesday, February 19 at 7:00 pm in St. Anthony Hall, located on the school campus. This month we will be watching the movie "Unplanned" and will start it promptly at 7:00 pm. We hope you can make it!

Mercy General Hospital Guild Volunteers

The Mercy General Guild is looking for new volunteers especially for the Mercy General Cardiac and General Surgery waiting areas. Volunteers reassure the families and friends of patients in surgery and provide them with as much information as possible on the progress of the patients. They also act as liaison between hospital staff, patients, their families and friends. The nursing staff repeatedly indicates how valuable this help is and 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 Sevier at seviers@surewest.net or 916-599-7664.