

**How God's Law Enriches Our Life**

Today's First Reading, from Sirach, reminds us that in life we all have a choice: between good and evil, i.e., life and death. When we turn away from God and sin, we choose death, that of our soul or some other kind of death. When we sin, we say "no" to life with God, the only Real existence. • The Responsorial, from Psalm 119, underscores the importance of internalizing God's law in our hearts. The Jewish people had received God's law by Divine intervention; other nations did not know how to please God. The Israelites viewed God's law as a *gift*, in which they found life and hope. The Psalmist asks for the grace to internalize God's law, because he recognizes that we cannot go beyond mere observation of the law without God's grace. May we have the grace to see God's law as a gift and interiorize it. • In the Second Reading, St. Paul instructs us to embrace not worldly wisdom, but God's wisdom, i.e., the wisdom of the cross. For we are called to observe Gospel values and in so doing, serve others with the gifts God has given us. • In today's Gospel, Jesus enlightens us as to the spiritual intent behind the commandments and explains the real meaning of God's law. He challenges and exhorts us to look inside ourselves, to interiorize the law; not only are we asked to not commit murder, but further, to not even think unkind or mean thoughts of others. Our Lord also places great importance on reconciliation with others, beginning with those closest to us, in order to genuinely worship Him. Similarly, Jesus extends the prescriptions of adultery, to go beyond asking how far we can go before it is a sin; to asking how we can protect the sanctity of marriage and have a chaste disposition. To emphasize the importance of self mastery, Jesus uses exaggeration: cutting off limbs, a Semitic way of speaking. Moses received the Law indirectly from an angel. We have received the New Law directly from God, in the Person of Jesus. May our efforts to live His law more deeply, in sincerity and truth, bring us closer to Him and enrich our lives.

**Prayer of the Week**

Father in heaven, the loving plan of your wisdom took flesh in Jesus Christ, and changed mankind's history by his command of perfect love. May our fulfill-

**Faith First**

**Moral Law**

Moral law contains God's prescriptions for right human conduct. It teaches us what is good and how to act to attain eternal happiness. It points out the ways of evil that turn us from God and love. • There are four interrelated expressions of the moral law: the eternal law, which finds its source in God, the author of all law, natural law, revealed law, and civil and ecclesiastical laws. The fullest expression of the moral law and its unity is found in Christ, the one who teaches and bestows the justice of God. • St. Thomas Aquinas defines *law* as "an ordinance of reason for the common good." It is a rule of conduct, enacted by competent authority, that helps us reach our final goal in life. All law is rooted in the moral law of God's providence--God's power, wisdom, and goodness. • God revealed the moral law to us in two stages: the law of the Old Testament and the new law of the Gospel. Summarized in the Ten Commandments, the old law is imperfect, a preparation for the Gospel. It shows what must be done and what must be avoided, but it does not provide the grace of the Holy Spirit to give us the strength to follow through. Its main function is to denounce and reveal sin. The new law, the Gospel of Jesus Christ, is the earthly perfection of the divine law, both natural and revealed. It is the work of Christ, most perfectly revealed in the Sermon on the Mount. It is also the work and grace of the Holy Spirit who guides us towards the law of love. • The law of the gospel surpasses the Old Testament law by bringing it to perfection. It does not add new precepts. Rather, the Spirit's life in us helps us reform our hearts so we might imitate the perfection of our heavenly Father. The new law requires purity of intention when we act, even challenging us to pray for and forgive our enemies. It calls us to be sincere in our religious practices of almsgiving, praying, and fasting. It finds its perfect summary in Jesus' Golden Rule--"So always treat others as you would like them to treat you" (Matthew 7:12) --and his new commandment --"Love one another, as I have loved you" (John 15:12).

ment of his command reflect your wisdom and bring your salvation to the ends of the earth. We ask this through Christ our Lord. Amen.

**In Our Prayers**

**Daily Mass Intentions  
February 16 - February 23**

<b>Sun</b>	8:00am	Anna Mulby (+)
	9:30am	For the People of the Parish
	11:00am	Paul & Anita Guidera (+)
<b>Mon</b>	9:00am	Jele Arkulin & Family (+)
<b>Tue</b>	8:00am	Sr. Anne O'Neill, RSM (+)
<b>Wed</b>	8:00am	Gene Vittori (+)
<b>Thu</b>	8:00am	York & Reta Families (+)
<b>Fri</b>	8:00am	Mary Ann Rich (+)
<b>Sat</b>	9:00am	John Silveira (+)
	5:30pm	For the People of the Parish
<b>Sun</b>	8:00am	Don & Anita Cerqui (+)
	9:30am	Ed Humphrey (+)
	11:00am	Mauraid Cahill (+)

**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**

Marjorie Green, Robert McAleese, Helena Enright, John Votrez, 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.

**Meetings & Events**

**Presidents' Day**

Monday, February 17 is Presidents' Day, a national holiday. Mass will be celebrated at 9:00 am and not at 8:00 am.

**Upcoming Annual Capital Appeal**

The Annual Catholic Appeal is our annual tradition that connects us to thousands of people who need our help every day. Last year, over \$3.9 million was raised for the many charities supported by the Appeal. This year, the Appeal takes place *next weekend*, February 22-23. • Through our support, we assure that many vital social service programs continue to assist tens of thousands of people in need. In addition, we continue to fund our own parish projects through our portion of the monies collected by Sacred Heart. Your gift makes a difference in someone's life. Please be generous and prayerfully consider what you can give.

**Parish Study Group**

We are discussing *Rediscover Catholicism* by Matthew Kelly. The assignment for Tuesday, February 18 is Chapters 4,5, and 6; pages 39-72. We meet from 1:00 pm to 2:30 pm in the Parish Hall. Newcomers are always welcome. For more information call Mary Anne Smith at 530-676-7874.

**Time to Return Your Palms**

Many of us keep the palms we received on Palm Sunday and display them behind a hanging crucifix. February 24 is the last day to return the old, dried palms to the basket in the vestibule. The old palms will be burned and the ashes used on Ash Wednesday this year. The palms, which symbolized joy on Palm Sunday, now become symbols of the fact we are sorry for our sins. This reflects the joy of the people when Jesus first rode into Jerusalem, which turned to sorrow when he died on the Cross to save them from their sins.

**Food Pantry Donations Needed**

Next weekend February 22-23, 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, mayo, mustard, ketchup, salad dressings 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. 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! • Questions please call Emilia Jankowski at 916-927-1667.

**Disciples on the Journey Lenten Program**

Sign-ups for the *Disciples on the Journey* program will take place after each Mass next weekend, February 22-23 and the following weekend, February 29-March 1. Small groups meet in homes for the six weeks of Lent to discuss the Sunday Scripture readings and their application to daily life. Guide booklets are provided. We are looking for group leaders and participants. • Please contact the Parish Office at 916-452-4136, ext 2 or shchurchoffice@gmail.com.

**Youth Group Update**

The next meeting of the Youth Group will be on Wednesday, February 26. The meeting will feature a reflection for Ash Wednesday. • If you are a student in grades 8 through 12, please consider joining us. All meetings are from 6:30-7:30 pm in St. Anthony Hall. • If you have any questions, please do not hesitate to contact Mr. Sunderman at psunderman@sacredheartsschool.net

**Faith Formation Opportunity**

On Monday, February 17 from 4:30 pm to 6:00 pm please join fellow parishioners in the Parish Hall to listen to Dr. Phyllis Zagano and Sr. Colleen Gibson, SSJ have a one-hour online discussion about the question of Women Deacons in the Catholic Church. Dr. Zagano is an internationally acclaimed Catholic scholar and lecturer on contemporary spirituality and women's issues in the Church. She is a member of the Papal Commission for the study of the diaconate of women. We will watch the conversation on the television screen in the Hall and have a discussion following the presentation. Visit our parish website to watch a 28 minute interview with Fr. Thomas Rosica and Dr. Zagano about this topic. Please RSVP to Ritaa Spillane at ritaspillane@gmail.com.

**Parish Safety 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 cameras 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 and use it as an emergency exit only. • You will notice work on these projects and others in the coming months.

**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.

**Ministry of Mothers Sharing (MOMS)**

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

**Communion on the Tongue**

During the flu season, Bishop Soto has requested parishioners to receive communion **only in the hand and not on the tongue**. Please respect this directive, especially during this difficult time of viral outbreaks. The Diocese will inform parishes when these restrictions are lifted.