

True Witness, True Grit

The First Reading, known as Jeremiah's confessions, expresses a profound feeling of despair. It tells of betrayal by his friends, whom he intended to help, but they mistook his words for a threat and used them as an excuse to attack him, throwing his love for them in his face. He did everything the Lord requested, but when these difficulties came, the Lord seemed absent. Despite this setback, Jeremiah could not stop proclaiming God's word, even after trying to keep silent, so much did God's word burn within him. Ultimately, the prophet had no one to turn to except the Lord, in whom he now renewed his trust. • Like the First Reading, the Responsorial is a lamentation of suffering and disaster that has befallen the psalmist due to his fidelity to the Lord. He then appeals for help, reminding the Lord of His help in the past, beseeching His continued beneficence, and reminding Him that He is the source of all kindness and mercy. Characteristic of all lamentation psalms, he ends with a thanksgiving for what he is sure will be God's quick delivery from these present difficulties. • In the Second Reading we see how Love conquers hate and Life conquers death. Adam's (our) sin and spiritual death were vanquished by Jesus' death on the cross. Jesus' sacrifice on the cross affected life. The beneficent power of the second Adam (Jesus), so overpowers the destruction of the first Adam's sin. Jesus brought us back to life by His death on the cross. • Today's Gospel is one of encouragement in the face of the opposition we will encounter when speaking the truth and trying to live our Christian values. Our strength and consolation should come from the fact that at the final judgment, Jesus will testify to our devotion before the Father.

Faith First

WELCOME HOME!
As if we have returned from a long trip we didn't really want to take, we walk into church this weekend, happy to be home and happy to be reunited with friends and family. We missed receiving Holy Communion, we missed our Catholic Community, and we missed the closeness to God we feel at Mass in church. As we celebrate today, let us give thanks for our health, for our presence here, and for our faith that has given us comfort these past three months. Even six feet apart, wearing our masks, and sanitizing our hands, we greet God and each other with "Hallelujah!"

Prayer of the Week

Father, we honor the heart of your Son broken by man's cruelty, yet symbol of love's triumph, pledge of all that humankind is called to be. Teach us to see Christ in the lives we touch, to offer him living worship by love-filled service to our brothers and sister. 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.

Parish Website

We hope that you have begun to establish the habit of visiting sacredheart.church, the Parish website frequently. If not, there is always time to do that now! We especially encourage you to visit the FAQ tab on the Home page and look at the number of rich resources to be found on the Corona Virus page. Ironically the new restrictions to limit social contact and to shelter at home have spurred the Parish to list many resources to enrich your faith and prayer life. A blessing in disguise. The website

will take you directly to spiritual and prayerful resources, books, pamphlets, prayers, novenas, and monthly Mass and prayer books. • How do I read and meditate on Sacred Scripture? Go to the website for directions on where to find guides. • Open Wide Our Hearts. There are links to videos, publications and articles that address current affairs, for example, the wave of protests against systemic racism in our country. • Coming Back to Mass. You will find helpful guidelines for what we need to do when we return to Mass. You can find the link to sign up to come to Mass. There are instructions on how we receive Communion while still respecting social distancing. • We hope you have found the website to be useful during this pandemic and you will continue to use as we go forward.

Meetings & Events

Reception of Holy Communion

At the direction of the Usher, we will form a single line down the center of the aisle, six feet apart from each other, starting at the front of the church. • When we get to the front, we will place our offertory gift in the Collection baskets. • Next, we will walk to one of the two volunteers, one on either side of the Collection basket. These volunteers will be holding the hand sanitizer. They will give each person a small dose of sanitizer. We will all use all use the hand sanitizer before receiving Communion. • Proceed to one of the two Eucharistic Ministers (EM) to receive Communion. EMs will be wearing masks and standing behind the communion rails near the front pillars. If you are wearing gloves, please remove one of your hands from its glove to receive the Sacred Host. If you are not wearing gloves, extend your two hands, one cupping the other, to receive the Sacred Host. Please hold your hands as flat as possible to make it easy to place the Sacred Host safely and securely in your palm. • We will then step away from the EM and lift our mask to receive the Sacred Host. • After receiving Holy Communion we will return to our pews via the side aisles.

New Mass Times
Please note the changes in the Mass schedule. Sunday Masses are at 8:00 am, 10:00 am, and 12:00 noon in order to give the volunteers time to sanitize the church before the next Mass. Since the church is limited to a capacity of 90, and people are welcome to attend a daily Mass in lieu of a weekend Mass, an extra daily Mass at 12:00 noon has been added Monday through Friday. • Be sure to wear your mask while at Sacred Heart (except when consuming the Communion host), maintain the 6 foot distance rule, and sanitize your hands when asked. Thank you for your cooperation.

Sign up for Coming to Mass
Bishop Soto has asked each Parish to put in place a mechanism for contacting people who may have been exposed to Covid-19. In the unfortunate event that a parishioner comes down with the coronavirus there needs to be a way to 'contact trace' others who may have been exposed. For this reason and because seating restriction limit us to 90 persons per Mass, we are all asked, if possible, to sign up online each for weekday and weekend Masses via the Parish Website. On the Parish Home Page, just below "Resuming Public Mass," you will see Signup Sheets click here. (There are 70 slots for each Mass. At each Mass there will be 20 slots available for parishioners to just "walk up" to Mass.) Remember, *only 90 people per Mass!*

Staying Home During the Pandemic

Bishop Soto's Dispensation from the Sunday obligation to attend Mass, issued March 17, is still in full effect. That means that, even though Masses have now resumed in parishes, you are NOT required to attend, regardless of your age or health. Those who are sick, or are vulnerable due to age or infirmity, should definitely stay home, rather than risk their health by attending Mass in person. If anyone is healthy but simply uncomfortable around crowds, just stay home.

Entering and Exiting Church

Please keep in mind that we will be directed to our pews by the Ushers starting at the front of the church and dismissing us pew-by-pew starting from the back and moving forward down the side aisles. Thank you for your cooperation.

Calling the Homebound

As we all know, many parishioners are still sheltering in place and are not able to attend Mass. If you would like to receive a telephone call from a parishioner, to check up on you or just to chat, please call the Parish Office. Moreover, many stay-at-home parishioners do not have computers or the computer skills to read our bulletin online and won't hear of this offer. If you know of anyone in the parish who might benefit from a telephone call, please let the office know and they will be contacted.

Sacred Heart Feast: June 19

The image of the Sacred Heart of Jesus is a most consoling image. It is a heart that is open and visible to us, full, and lanced--three things that constantly remind us of the depth of God's love in its divinity, transformative power, and woundedness. We often see images of hearts, but we don't see those hearts lanced, flaming, or encircled with a crown of thorns. No, those are rightfully reserved for images of the Sacred Heart of Jesus. • For the Sacred Heart of Jesus is like no other heart. It is the heart of God-as-love who became human so that we could become divine. It is God whose heart is overflowing in abundance and unceasing in its desire for the good of others. *Beloved, Saint John tells us, let us love one another, because love is of God...[and] God is love.*

Seeking Volunteers

The reopening of Sacred Heart parish is possible only because parishioners are volunteering to help out with the many chores necessary to keep the church sanitized against the corona virus. We are especially in need of people to help wipe down the pews after Mass, a chore that is easily done in 10-15 minutes. If you have any time you can volunteer, please call the Parish Office at 916-452-4136.

Graduation for Sacred Heart School

Congratulations to the class of 2020, whose graduation ceremony will be on Thursday, July 9, at 4:00 pm in the church. Each student will be permitted two guests so that we can meet all healthy and safety guidelines for gathering in large groups. We are proud of our graduating class and couldn't let summer go by without a celebration.

How We Got Here

The Parish is extraordinarily blessed to have as parishioners so many people who have worked so long and hard to get the church ready for reopening. You see some of them at Mass--greeters, ushers, sanitizer dispensers, pew wipers--along with the Eucharistic Ministers, the Lectors. But these people are just the visible part of an entire army of volunteers. Many, many people have contributed their labors for the reopening: writing instructions for volunteers, running the sign-up program for Mass attendance, ordering supplies, helping with cleaning the entire church, helping with signage and pew marking to name a few of their jobs. As a parish, we may never know the names of all the volunteers, but we can all be grateful that their love of God, the Church, and our parish brought them to us so we could reopen. Thank you and bless you all for giving of your time and talent.

In Our Prayers

Daily Mass Intentions June 21- June 28

Sun	8:00am	Terence McCartan (+)
	10:00am	For the People of the Parish
	12:00pm	Jean Louis Guichard (+)
Mon	8:00am	Jose, Anna & Lucy Oliveira (+)
Tue	8:00am	Feliza Z. Santos (+)
Wed	8:00am	Altar Society Members (+)
Thu	8:00am	Gladys Brandt (+)
Fri	8:00am	York & Nita Families (+)
Sat	9:00am	Adorine Eberhard (+)
	5:30pm	Thomas Wolfanger (+)
Sun	8:00am	Connie Catolico (+)
	10:00am	Pamela DeRose (+)
	12:00pm	For the People of the Parish

In Memoriam

Rose Anne Guerra • June 13, 2020
Saints of God, come to her aid!
Hasten to meet her, angels of the Lord!
Receive her soul & present her to God the Most High.

Please Pray for the Sick

Jennifer Jewell, Dick Grutzmacher, Rick Barbaria, Gene Yeager, Adria Laubacher, Margarita Enriquez, 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, 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.