

The Holy Spirit Helps Us Love

In today's First Reading from St. Paul, we find examples of the Holy Spirit guiding the early Church. The Holy Spirit gave St. Peter a vision to help him understand that he was to accept a former pagan (Cornelius) into the new Christian community. • The Responsorial, Psalm 98, continues the theme of God guiding the Church in the early days with the Apostles missionary efforts. They soon came to realize that God wants the Good News preached to all people, not just the Jewish nation. The refrain celebrates God reaching out to those not part of the original covenant; a new covenant is established between God and all peoples, so all are invited to sing His praise. • Today's Second Reading centers on love as the outpouring of oneself in service of others. God sets the first example by sending His only Son Jesus to die out of love for us. This is the true meaning of *love*. Love is not a feeling, but a *choice*. • Today's Gospel also focuses on true love. God loved us so much that in the person of Jesus He laid down His life for us. This death brought us the gift of the Holy Spirit to help us live His example of love in giving of ourselves to others. It is a choice, a decision we make to follow and emulate Christ; it is not a feeling. We are now part of an intimate relationship with God, we are no longer slaves, but friends. Through Jesus' death and by the Holy Spirit's action in the sacraments and in the Church, God gives us the strength to be His children, His friends.

Prayer of the Week

God our Father, maker of all, the crown of your creation was the Son of Man, born of a woman, but without beginning; he suffered for us but lives for ever. May our mortal lives be crowned with the ultimate joy of rising with him, who is Lord for ever and ever.

Some Images of the Holy Spirit

In Christian art the Holy Spirit is most often depicted as a dove--a symbol of peace, purity, and God's mysterious presence. The Bible uses other images--among them wind, fire, tongues of fire, and water--when it speaks of the Spirit's mysterious but real presence. •

Faith First

Wind. A driving wind signaled the coming of the Holy Spirit at Pentecost. The Book of Genesis also speaks of God's Spirit hovering over the watery chaos at the time of the creation of the world. Wind is a powerful image--something invisible but with quite evident effects. The image of Spirit as wind underscores the life and freedom given God's people through the Holy Spirit. • *Fire.* Fire evokes images of light, warmth, transformation or purification, power, mystery. The Old Testament refers to God as a consuming fire, even appearing to Moses in a burning bush. Pillars of fire guided the Israelites through the desert at night and symbolized Yahweh's judgment on the Chosen People. It purified the holy and destroyed the wicked. • Jesus refers to himself as the light of the world and calls his disciples to be light as well. The Spirit is the inner light who gives us the capacity to encounter the vibrant life of the Trinity. • *Tongues of Fire.* The tongue is an organ of speech. Filled with the Holy Spirit, Jesus spoke for God; his words were the Father's words. When tongues of fire descended on the apostles, they were given the power to preach the truth about Jesus. And they were understood, even by people who did not speak their language. The Holy Spirit unifies, breaking down the barriers between individuals and among the people and God. • *Water.* The Book of Genesis reminds us of two important functions of water: destruction and life. God created out of the watery chaos, and when people sinned, God cleansed the earth with a great flood. Yahweh led the Chosen People to springs of water in the desert. In Baptism, water symbolizes death to a life of sin and a rebirth to an eternal life. Baptism represents initiation into the Body of Christ and bestows the gift of the Holy Spirit.

What is Grace?

Grace is the gift of the Holy Spirit that makes us children of God and brothers and sisters to one another. Grace is a share in God's own life. • *Sanctifying grace* is the gift of divine life in us who have been made holy by rebirth in Baptism and union with the Holy Spirit. It enables us to participate in God's own life and become the "image and likeness" of God, as we are called to be.

In Our Prayers

Daily Mass Intentions

May 9 -- May 16

Sun	8:00am	Maura McCartan (+)
	9:30am	Dolores O'Connor Edgar (+)
	11:00am	For the People of the Parish
Mon	8:00am	Joanne & Joseph Muscatelli (+)
Tue	8:00am	Dolores Rizo (+)
Wed	8:00am	Int...Altar Society Members
Thu	8:00am	Rose Anne & Alfred Guerra (+)
Fri	8:00am	Nan Woolford (+)
Sat	9:00am	John Silveira (+)
	5:30pm	For the People of the Parish
Sun	8:00am	No Intention
	9:30am	No Intention
	11:00am	Roger Dhesi (+)

In Memoriam

Let us pray for all those who have died and are in need of prayer. May they enjoy peace, happiness, and light.

Please Pray for the Sick

Lana Berriesford, Roy Lofing, Mickey Lloyd, Rita Johnston, Patrick Valenzuela, Tom Duval, Dick Grutzmacher, Rick Barbara, Margarita Enriquez, Marjorie Green, Robert McAleese, Helena Enright, Robin Aurelius, Diana Zuniga, Richard Honey, Dale Wooldridge, Nancy McGarry, Michael Fletcher, Gary Pepe, William Daniel Reed, Stephanie Merenda, Victoria Generoso, Jim Collins, Robert Arkebauer, Libby Basurto, Dena Foster-Cook, 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.

Parish School News

• Congratulations to the second graders who received their First Holy Communion on May 1st. We are very proud of them. • The eighth graders have begun the process of ending their time at Sacred Heart Parish School. On Tuesday of last week they posed for their final pictures as Sacred Heart students. We will continue to celebrate them during next five weeks with prayer services, virtual assemblies and some surprises. The 8th grade will graduate on May 18th. • All of our graduates will be attending the Catholic high school of their choice next fall. • The Parish School will be dismissed on May 28th and we are determined to finish the school year with as much vigor as we started the year! And what a year it has been! We are pleased to let you know that we came through healthy and happy and ahead of ourselves in all curricular areas. It is also interesting to know that we have had fewer kids absence than ever before.

Indoor Mass

Our regular weekday and weekend Mass schedule has resumed with health restrictions. The church is opened one half hour before Mass and closed 10 minutes after Mass, so that the pews may be sanitized. • Please continue to follow all health restrictions: wearing a face mask, sanitizing your hands frequently, maintaining social distancing, and contact tracing. Thank you for observing these restrictions.

Altar Society News

• Betty Fernandez and Mary Domyancic are providing and caring for the flowers on the Blessed Sacrament Altar during May. We are grateful for their temporarily filling in, especially as they already are responsible for another month. • We need more parishioners to volunteer to provide & care for the sanctuary flowers. Please consider this special ministry. • Members are invited to join us at our next meeting on Friday, May 21 at 10:00 am in the Parish Hall.

St. Vincent de Paul Society Referrals

The Society of St. Vincent de Paul Sacred Heart and St. Mary's Conference assists individuals and families in need. If you know someone or a family in need of resources (food, clothing, rent and/or utility assistance) and lives in the parish boundaries of St. Mary or Sacred Heart, they can reach us by calling and leaving a message at 916-476-8481. (The parish also helps to stock the Sacto. Newman Center food closet.)

Meetings & Events

Meaning of Christian Stewardship

Stewardship means respecting and sharing the earth's resources, since everyone is part of the community of creation. Stewardship also means we are co-creators with God in developing the earth, responsibly planning and conserving resources and unselfishly respecting the goods of this world. God's will for us is that we "should communicate with nature as an intelligent and noble 'master' and 'guardian,' and not as a heedless 'exploiter' and 'destroyer'" (*Redeemer of Man*, 15). • This is a tremendous responsibility that has reached critical stages today. Because we are only now becoming more aware that we have exploited nature in the past, we run the risk of destroying it. Pollution, refuse, scarcity of vital natural resources, and new illnesses result from an unchecked technology fueled by human selfishness and greed. • Specifically the seventh commandment charges us to respect the integrity of creation. Our dominion over mineral, vegetable, and animal beings is not absolute but must show concern for the quality of life of our neighbors, including future generations. This includes showing kindness to animals who are God's creatures. However, it is morally legitimate to use them for food and clothing and for rational medical and scientific experimentation. On the other hand, it is contrary to human dignity to cause the needless suffering and death of animals or to spend money on them to the detriment of poor people in our midst. • This teaching is based on our Jewish and Christian heritage that the riches of God's creation are for the common good of all people. Those who own these goods as personal property are their stewards, "ministers charged with working in the name of God, who remains the sole owner in the full sense, since it is God's will that created goods should serve everyone in a just way" (*Tertio Millennio Adveniente*, 13).

Pastoral Letter from Bishop Soto

Recently, Bishop Soto issued a Call to Holiness Pastoral Letter on revitalizing Catholic parish life by offering greater hospitality and outreach to all our parish communities. You are encouraged to read this letter, which can be found on the Diocesan website. at <https://www.scd.org/sites/default/files/2021-04/Call-to-Holiness.pdf>

Pope Francis Request

May is the month when we traditionally honor Mary with special devotions. The Pope has issued a prayer to the Blessed Virgin Mother, asking for her intercession in ending the pandemic. You can find it at <https://www.americamagazine.org/faith/2021/05/04/pope-francis-prayer-month-may-mary-pandemic-240590>.

• The Pope has sent rosaries to Marian shrines worldwide. He also asks that families pray the rosary daily, with the intention of an end to the coronavirus pandemic and the resumption of work and social activities. Please consider joining people worldwide in this devotion.

Interested in Becoming a Catholic?

Easter 2022 will be on April 17! Will you be ready? Are you, or someone you know, interested in becoming a Catholic? • Call the Rite of Christian Initiation of Adults (RCIA) director Rita Spillane at 916-452-4830 to explore the possibility of becoming a Catholic or renewing the practice of your Catholic faith. Classes begin in September

and meet weekly in the Parish Hall.

St. Joseph, Protector and Guide, pray for us.

Diocesan Convocation

Bishop Soto and the Diocesan Pastoral Council hosted a convocation for all parishes and their Parish Pastoral Councils. The convocation, which had over 300 participants from 84 parishes, was held virtually, and was the first of two meetings on the role of a parish pastoral council. The second meeting will be held this fall, in person if possible. The duties of a council were examined and explained. • If you are interested in learning about the Sacred Heart Pastoral Council, visit the Parish website at <https://sacredheart.church/parish-councils> for information and members. • Our Pastoral Council meets monthly. In the coming month, the council will be discussing a parish re-vitalization plan as the pandemic restrictions are eased.