

Love is a Choice

Today's Readings bring the miracle of the Multiplication of Loaves and Fishes story full circle, while wrapping up the Discourse on the Bread of Life. The First Reading presents the Jewish people with a choice: Yahweh or the pagan gods. Joshua tells the people that they must choose between Yahweh and serving pagan gods. (It was thought that many among the Israelites who left Egypt with Moses were pagan slaves, who took the opportunity to escape and incorporate themselves into the people.) • Today's Responsorial Psalm highlights the benefit of humility when seeking the Lord's help in adversity. We must be humble and vulnerable, in order to follow wherever God leads us. As in the previous weeks, it is the same hymn of wisdom and thanksgiving. The psalmist gives us a good example of the *attitude of gratitude*. • Today's Second Reading focuses on marriage. First, we find the attitude husbands and wives should have toward each other. Then we find the analogy between the bond of husband and wife, to the bond between Christ and His Church. Not only is the husband obliged to love his wife, but both are mutually obligated to honor and support each other. This marriage teaching is great, for it casts marriage in the light of a foreshadowing of the union between Christ and His Church. • Today's Gospel continues the story of Christ introducing the teaching on the Eucharist. The majority of the people could not accept His teaching, so they left Him, murmuring against Him. At this, Jesus turns to His Apostles and asks if they too will abandon Him. They recognized that Jesus was God's Holy One, so St. Peter, speaking on their behalf, told Our Lord that

Faith First

they had nowhere else to go. This was one of those rare and beautiful moments in Scripture where the Twelve are given a great opportunity to profess their faith in Christ. • May we always be so blessed in professing our faith.

Prayer of the Week

Lord our God, all truth is from you, and you alone bring oneness of heart. Give your people the joy of hearing your word in every sound and of longing for your presence more than for life itself. May all the attractions of a changing world serve only to bring us the peace of your kingdom which this world does not give. We ask this through Christ our Lord. Amen.

Year of Saint Joseph
(December 8, 2020 - December 8, 2021)

**150th Anniversary
of the Declaration of Saint Joseph
as Patron of the Universal Church**

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.
Blessed Joseph, to us too,
show yourself a father and guide us
in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil.
Amen.

The Eucharist: John 6

Since Sunday, July 25th, the gospel readings have been taken from the sixth chapter of the Gospel of St. John. This chapter, commonly referred to as The Bread of Life Discourse, invites us to reflect upon the gift of the Eucharist and its centrality in the life of every Catholic. • Each week, Bishop Soto has proposed a theme/topic for our reflection. • This is the final Sunday. The Bishop says, "The Eucharist is a communion in the Lord's saving sacrifice of the Cross. In the Mass we unite ourselves to the sacrifice of Jesus for the remission of our sins. In the Eucharist, we die to sin so that we may live for God in Christ Jesus. In the Eucharist we join with Simon Peter in declaring, 'Master, to whom shall we go? You have the words of eternal life.'" • This week, the Bishop invites us to look for ways to: "Support the gospel of life and reject the sins against the dignity of human life."

In Our Prayers

**Daily Mass Intentions
August 22 -- August 29**

Sun	8:00am	No Intention
	9:30am	For the People of the Parish
	11:00am	No Intention
Mon	8:00am	Mary Decker (+)
Tue	8:00am	No Intention
Wed	8:00am	Roger Dhesi (+)
Thu	8:00am	Al Smith (+)
Fri	8:00am	Rosemary Navarra (+)
Sat	9:00am	Nita York (+)
	5:30pm	No Intention
Sun	8:00am	For the People of the Parish
	9:30am	No Intention
	11:00am	Int...JoAnn Delaney

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

Teresa Harris, Martha Anderson, Hope Harrington, Diane Peters, Michael Kelly, Roy Lofing, Brian McKenna, Rita Johnston, Patrick Valenzuela, Dick Grutzmacher, Rick Barbara, Margarita Enriquez, Robert McAleese, Helena Enright, Robin Aurelius, Diana Zuniga, 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.

Meetings & Events

Save the Date for the Fall Festival!

Did you miss playing Bingo last fall? Have you been craving steak sandwiches? Are you yearning for the joy of winning a bottle of wine? You have clearly been waiting for the return of the Fall Festival. Save the date, because it returns to the Sacred Heart School campus on **Saturday, October 2!** Tell your friends, too.

Children's Faith Formation Program

The Children's Faith Formation (CFF) Program for 2020-2021 has now ended. Enrollment for the 2021-2022 is now available. • The parent orientation meeting is scheduled for Monday, August 30, 2021, from 6:30 to 8:00 pm in the Parish Hall. • The program will begin on Tuesday, September 7, 2021 from 4:00 to 5:00 pm in the parish school. Registration and Information are available online through the parish website at <https://sacredheart.church> or by contacting Tila Madrigal, CFF Coordinator, at 916-947-2683 or email at tilamadrigal@gmail.com

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.

Disconnected Landlines

When calls were made to parishioners recently, a number of landlines had been disconnected as more people are using cell phones as their sole telephones. If you are in this category, please call (916-452-4136 ext. 2) or email shchurchoffice@gmail.com the Parish Office with your cell phone contact for our records. • Please note: We do not give out your telephone number without your permission.

Altar Society News

In anticipation of the return of the Fall Festival the first Saturday of October, we are seeking crafters. Do you or a friend have a hidden talent? Have others told you your crafts are good enough to sell? At the Altar Society Bake and Craft Sale, you can share your creativity, earn money, and make a small donation to the Altar Society. • Get your inventory ready and contact Tila Madrigal at 916-947-2683 or tilamadrigal@gmail.com for more information.

Back to School

Students at Sacred Heart returned to school on August 17th. We are looking forward to a great year and welcome 43rd new families. We also have a new 3rd grade teacher, Mrs. Shanna Gruszcie; a new Educational Achievement Specialist, Mrs. Kaitlyn Vignocchi; and a new Librarian, Mrs. Sarah Ross. We are also welcoming several new teaching assistants: Ms. Chloe Azurin, Ms. Delaney Gibbons, Mr. Gage Biery, and Ms. Victoria Castillon. We enjoyed a welcome back picnic on Friday, August 20 on the school grounds. It was delightful to see old friends and meet new ones. • Let's all pray for a healthy and productive school year.

****Mask Wearing****

The County of Sacramento and the Diocese now **require** the wearing of masks indoors. The rising number of cases due to the Delta variant, and the number of parishioners who are vulnerable, mean the wearing of masks is more important than ever. If you do not want to wear a mask, you are welcome to attend an online Mass instead. Additionally, remember to wear your mask while going to Communion and while receiving the host. Step to the pillar and only then remove your mask briefly to consume the host. Replace your mask and return to your seat.

Food Donations for the Newman Center

Next weekend, August 28-29, The Society of St. Vincent de Paul is collecting non-perishable food items for the students that visit the Catholic Newman Center at Sacramento State University. 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, Top Ramen, 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. Think of grab and go items. When selecting items please keep in mind students may 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 students that visit the Newman Center rely on your donations to get them through the school day and their study hours. • Questions, call Emilia at 916-927-1667. Thank you for your ongoing generosity!

*Whoever eats my flesh and drinks my blood
has eternal life, says the Lord,
and I will raise him up on the last day.
cf. John 6:54*