

Our Speech Reveals our Heart, Like a Fruit-Bearing Tree

Today's First Reading from Sirach, like today's Gospel, counsels us with wisdom sayings. We are reminded that our speech reveals our heart, our thoughts. Adversity breaks away our shell to expose our true character. As the well-tended tree bears good fruit, so does our well-nurtured Christian character. ● The Responsorial underscores the theme in the First Reading & the Gospel, using tree imagery. The palm tree's majesty is seen from afar; while the cedar symbolizes strength and beauty. The psalmist encourages us to choose a path of righteousness and live in God's ways, rejecting what distracts from our true goal. This choice not only makes our goodness strong and beautiful, but visible from a distance. ● The Second Reading implies that before Adam and Eve sinned, death would have been a painless passage from this life to the next. It is sin which has made death so hard. However, Jesus' death and resurrection conquered that pain and prefigure the consolation of our own resurrection, when we go home to the One who loves us most. ● Today's Gospel counsels us to follow the guidance of one who truly lives the truth. It also advises us to examine our own failings first, which requires humility and honesty. This principle of self-conversion, prior to attempting to convert another, is fundamental in recovery spirituality. It also makes us better able to help those similarly struggling. This is also how we know a good person: *the fruit they bear is good.* ● May we have the grace to live so honestly, courageously and humbly, as to bear the good fruit Our Lord calls us to, attracting the world to Him through us.

Prayer of the Week

Father in heaven, form in us the likeness of your Son and deepen his life within us. Send us as witnesses of gospel joy into a world of fragile peace and broken promises. Touch the hearts of everyone with your love that we in turn may love one another. 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.

Faith First

Diocesan 2019 Lenten Regulations

The Church calls us to a spirit of penance through the traditional Lenten practices of prayer, fasting, and almsgiving. A copy of the Lenten Regulations are available in the church vestibule.

Wednesday, March 6 -- ASH WEDNESDAY
Masses at 8 am, 12(noon) & 5:30 pm

What Should I Do For Lent?

The most important thing anyone can do for Lent is to "return to the Lord with your whole heart" (Joel 2:12). That is the root meaning of repent: to turn around. Catholics have traditionally expressed sorrow for sin and the desire to live as genuine disciples of Christ through the practice of prayer, fasting, and almsgiving, described in the sixth chapter of Matthew's Gospel. There, Jesus emphasizes the real reason for these practices: to deepen our relationship with God, whom Jesus calls "Father." ● Here are some concrete expressions of Lenten repentance: *Fasting and abstinence* is a good beginning. A bodily way to remind ourselves that we need God above all things fasting is also a sacrifice, a gift back to God of our heart's intent to depend more completely on God. The interior free desire to deepen our relationship to God is the essence of a Lenten fast. ● *Prayer* is a recognition that we need help to turn back to God. From daily Mass to the Rosary to Centering Prayer to the Stations of the Cross, to Eucharistic Adoration, the Church encourages a wealth of prayerful practices. A very simple way to pray is to sit quietly for a moment before taking up one of the Gospels and slowing reading a passage that you like. Simply sit with the passage for a bit, savoring the Word and allowing it to touch you, read it again slowly, and then respond to God. ● *Almsgiving* readjusts our priorities while it expresses both our love of neighbor and our trust in God. A free gift to those in need confirms our basic trust in Providence while concretely helping those in need. Just as we fast without starving ourselves, so we give alms without jeopardizing our security or that of our family. The point is to give from the heart.

In Our Prayers

Daily Mass Intentions
March 3 - March 10

Sun	8:00am	For the People of the Parish
	9:30am	Richard Flatley (+)
	11:00am	Efren Santiago Andres (+)
Mon	8:00am	The McGee Family (+)
Tue	8:00am	Aldina Ferreira (+)
Wed	8:00am	Int...John Gisla, M.D.
	12:00pm	Donald Keeler (+)
	5:30pm	Glenn Takai (+)
Thu	8:00am	Bill Kilburn (+)
Fri	8:00am	Int...Altar Society Members
	5:30 pm	Joseph Vanacore (+)
Sat	9:00am	Jennifer Gonzales Shushereba (+)
	5:30pm	Barbara Forrest (+)
Sun	8:00am	Kenneth Belke (+)
	9:30am	Herbert Joseph Kerins (+)
	11:00am	For the People of the Parish

In Memoriam

Virginia ODonnell • February 20, 2019
Jillian Richards • February 21, 2019

Saints of God, come to their aid!
 Hasten to meet them, angels of the Lord!
 Receive their souls & present them to God the Most High.

Please Pray for the Sick

Bishop Francis Quinn, Dusty Haeling, Elliot Sevier, Kang Simon Lee, Diana Zuniga, Suzy Riehl, Isabel Harper, Rouzbeh Daylami, Howard Huston, Mark Zane, Richard Honey, Josephine Davila, Dale Wooldridge, Donald Anderson, Teresa Yeung, Nancy McGarry, Vivian Stolp, Rita Doherty, Patrick Valenzuela, Cheryl Halm Lincoln, Michael Fletcher, Grayson Kemp, Gary Pepe, William Daniel Reed, Stephanie Merenda, Victoria Generoso, Jim Collins, Grace Grant, 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, Barbara Cramer, Ava Grace Arnold, Karen Amnon, Mary Terese Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

Meetings & Events

2019 Appeal Weekend

This weekend is the Annual Catholic Appeal. Most of us are fortunate enough to have the resources to meet our needs. We also usually can indulge our "wants" as well. The ACA provides for people who cannot even meet their basic needs on a consistent basis. Share your resources so they can meet those needs, such as a place to live, food to eat, or care for their children. Your donation, no matter how modest, is combined with donations from the other 101 parishes in the Diocese of Sacramento to provide the financial support for dozens of charitable organizations. Additionally, 25% of our parish's donations is returned to Sacred Heart for use in charitable activities selected by our Pastoral Council. ● The best way to thank God for what you have been given is to share that bounty with those who need our help. Please be generous.

Fridays During Lent

There will be two Masses offered every Friday during the Lenten Season: 8:00 am and 5:30 pm. Also, on Fridays we will have the Stations of the Cross at Noon. Please note that on First Fridays the Stations follow immediately after the Noon Mass.

Catholics Come Home: Starts This Thurs., March 7

The first session will be a welcome and program overview, followed by a discussion of the *Nicene Creed—Our Christian Articles of Faith*: we will review of the basic tenets ("articles") of Christian belief. ● If you or someone you know is considering returning to the Church, or has recently returned, these sessions are an opportunity to learn more about the Church, the Sacraments, the Mass and more. Sessions are open to any Catholic who wants to learn more about our shared Faith. ● 6 weekly sessions held Thursday evenings, 7:00 – 8:30, March 7 through April 11, in the Parish Hall. ● Flyers with session details are in the vestibule. And for more information, visit the Parish website at www.sacheart.org/crh.php or call the Ministry Office at 916-452-4830.

Parking Issue

A new restaurant has opened across J Street from the church. This restaurant specializes in breakfast and lunch, but unfortunately it has no parking lot. Sacred Heart will need to restrict its parking lot for parishioners only. We will have appropriate signage as well. Although parking in the medical lot next to Sacred Heart is available to us, we cannot restrict that space as we can our lot. We are asking that parishioners help out by moving their cars from our lot after they have attended Mass in order to free up spaces for the next Mass. If you decide to patronize the restaurant after Mass, please do not leave your car in the church lot, but find alternate parking. Thank you for your cooperation.

Baptism Class for Parents & Godparents

A baptism preparation class is offered the second Monday of every month at 6:30pm in the Parish Hall. To attend you must sign up by calling the Parish Office at 452-4236 ext. 2. At the class, the necessity and importance of baptism are explained as are the obligations and duties of parents and godparents. Baptisms take place on the second and fourth Sundays of the month after the 11:00 am Mass (around 12:15 pm). Parents and godparents must attend the class. ● For more details, please call the Parish Office.

Parish Study Group

The Study Group is discussing *Jesus of Nazareth: From the Baptism in the Jordan to Transfiguration* by Pope Emeritus Benedict XVI. The assignment for Tuesday, March 5 is Chapter 4, pages 99-127. 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 or Alice Cano at 916-446-1206.

"Second Sunday" Social - Next Sunday!

Join us for the "Second Sunday" Social from 12(noon) to 1:30 pm next Sunday 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. We hope to see you there!

St. Vincent de Paul 2018 Year End Report

The Society of St. Vincent de Paul conference serving the parishes of St. Mary's and Sacred Heart just completed their 2018 annual report. Your support via the Annual Catholic Appeal and your monthly food donations to the SVdP enabled volunteers to make 76 home visits in the two parish area. The volunteers served 229 people (157 adults & 72 children), provided 132 bags of food, assisted 37 with rent or lodging payments, another 26 with utility payments and 27 vouchers for clothing and mattresses. In addition, food donations while school is in session were provided monthly to the Sacramento State Catholic Newman Center. Many individuals within the two parish rely on assistance from our SVdP. Thank you for your 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 this weekend, March 2-3. 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 Andy Sevier at 916-599-7664 or seviars@surewest.net if you have any questions or Diana Oglethorpe at Diana@mstarchitects.com

Calling All Mothers

All mothers of the parish, of all ages and stages of life, are invited to attend the upcoming MOMS monthly gatherings. Our gatherings are an opportunity to pray, share, and grow in our faith together. The next gathering is Tuesday, March 19 at 7:00 pm in Saint Anthony Hall located on the School campus. We hope you will join us!

Altar Society News

- Members are invited to our next meeting of the Altar Society on Friday, March 15 at 10:00 am in the Parish Hall.
- A reminder to please return your 2019 dues of \$20. You may put it in an envelope in the collection basket "Attn: Altar Society" or mail to Claire Hyde, 5500 Spilman A, Sacramento 95819.

School Crab Feed Thank You

Thank you to all parishioners who supported the Sacred Heart Parish School Crab Feed. It was a great success! The food was delicious, the music fun to dance to and the company divine. Special thanks go to Crystal Jackson and Lindsay McLoughlin for their hard work in chairing this annual event. Lee Hamm was in charge of the kitchen and many parents worked as servers. Thanks to all!