

**The Light of Faith is Our Guide**

In the First Reading, Samuel anoints David as the new king of Israel, for Saul had been rejected by the Lord for his sin. David, though one of many brothers, was chosen for having a heart like unto the Lord's. David became *the Lord's anointed*, messiah, a precursor of the one true Messiah, Jesus.

- The Responsorial is the wonderful psalm of trust in God's goodness, the 23rd Psalm. The imagery is of the Good Shepherd, who brings the flock to green pastures, restful waters, and leads it through dangerous places with the comfort of His rod and His staff.
- In the Second Reading, as in the Responsorial we see that evil is symbolized by darkness and good by light. Jesus had in fact called Himself the Light of the world; He gave light to the blind man, and when Judas left the Last Supper it was dark. Hence in Lent, we are reminded to be transparent, so that we will never be embarrassed if others see what we have done. We must allow the light of Christ to shine through us, dispersing the darkness.
- Today's Gospel continues the theme of *light and darkness* with the story of the man born blind. The

**Faith First**

Disciples' theology is one in which individual infirmities are the direct result of personal sins. Jesus rejects their rude question and treats the blind man with great respect by beginning to heal the blind man's spirit even before He heals him physically. Jesus would not make him wait until after the Sabbath; He heals him right away. The blind man, again unknown by name, symbolized the community of St. John's followers that had come to believe in Jesus. Before they converted, they were *blind in their ignorance* of the Light of the world. Jesus came, healed them, bringing them to faith, so they were able to see the truth. The blind man humiliated the great doctors of the law, the Pharisees, with his honest simplicity and truth; the wisdom of the cross being more powerful than the world's wisdom. The blind man came to recognize Jesus was God, when he called Him Lord (Adonai), the word used to say Yahweh, i.e., God. So the blind man in worshipping Jesus, proclaimed Him as God. The Pharisees were the true sinners for they had sight but refused to recognize Jesus, choosing *their blindness, the hell* they made for themselves.

**A Coronavirus Prayer**

Jesus Christ, you traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love. Heal those who are sick with the virus. May they regain their strength and health through quality medical care. Heal us from our fear, which prevents nations from working together and neighbors from helping one another. Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders. Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace. Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace. Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace. Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth. Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace. Jesus Christ, heal us.

*Taken from the Jesuit publication "America"*

**In Our Prayers**

**Daily Mass Intentions**  
March 22 - March 29

<b>Sun</b>	8:00am	For the People of the Parish
	9:30am	Mark Anderson (+)
	11:00am	Paul & Anita Guidera (+)
<b>Mon</b>	8:00am	John Silveira (+)
<b>Tue</b>	8:00am	Gene Vittori (+)
<b>Wed</b>	8:00am	Carol Barnett (+)
<b>Thu</b>	8:00am	Nancy Tennyson (+)
<b>Fri</b>	8:00am	Nita York (+)
	5:30pm	Cancelled
<b>Sat</b>	9:00am	Jose, Anna & Lucy Oliveira (+)
	5:30pm	Pamela DeRose (+)
<b>Sun</b>	8:00am	Noreen McNulty (+)
	9:30am	For the People of the Parish
	11:00am	Maureen Douglass (+)

**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**

Dick Grutzmacher, 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, Ralph Goodall, 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.

**Meetings & Events**

**Suspension of All Public Masses**

Bishop Jaime Soto has suspended the public celebration of Sunday and weekday Masses for the Diocese of Sacramento until further notice. This pastoral directive is consistent with the increase public health precautions issued by local, state, and federal officials in order to protect vulnerable population from contact with the coronavirus, also know as COVID-19. Additional information can be found on the Coronavirus page of the Diocese of Sacramento at <https://www.scd.org/coronavirus>.

**Resources to Sustain our Faith and Prayer Life**

- Websites that celebrate Mass daily:
- [Daily Mass with Word on Fire](#), Bishop Barron's website
  - [EWTN](#) Eternal Word Television Network
  - [Catholic TV](#)
  - Salt and Light Media [Canadian Daily TV](#) on You Tube.

Here are some spiritual resources:

- Read the gospels or watch the gospels. There are a number of free movies on the gospels. One that is about 3 hours long and is well done is [Gospel of John](#)
- Read the psalms, and the New Testament. If you don't know where to start, find the gospel of the Sunday Mass and read it through. Then, if you have time, read the entire chapter from which that slice of the gospel story was taken. Take it into context.
- The [United States Catholic Catechism for Adults](#) is a straightforward book written specifically for the United States Catholics. This Catechism springs from the universal Catechism of the Catholic Church. What makes this book so relevant for U.S. Catholic adults is that it specifically speaks to the challenges and unique history and reality of being an American in the 21st century. This book is highly recommended. You may also find the following daily meditations on the Reading of Mass helpful:
- The University of St Louis has a brilliant website exploring the depths of Sunday readings. Explore historical cultural context, thoughts from the early Church, Scripture in depth, and other areas of significant import. Find it at [liturgy.slu.edu](http://liturgy.slu.edu) or [here](#).
- [Word on Fire](#) is Bishop Barron's website which is extremely popular. Bishop Barron explains the Sunday readings each week. The site has numerous videos, homilies, and other Catholic resources.

**Parish Meetings Cancelled**

In accordance with Bishop Soto's directive and the recommendations of Governor Newsom, all parish meetings are currently cancelled and will be rescheduled for later dates. Although the Lenten Penance Service is cancelled, individual confessions will still be heard on Saturdays from 4-5 pm. As you wait your turn, please keep a reasonable distance from the others in line. The following meetings and events have been cancelled during the month of March. • Lenten Soup Suppers • Lenten Penance Service • Youth Group Meeting • Children's Church • Fridays 5:30 pm Mass • Seniors' Soup Supper Gathering • Parish Study Group • Catholic Faith Formation (CFF) Program • Sacred Heart Parish School.

**Prayer of the Week**

Let us pray that by growing in love this Lenten season we may bring the peace of Christ to our world. • God our Fa-

ther, your Word, Jesus Christ, spoke peace to a sinful world and brought humankind the gift of reconciliation by the suffering and death he endured. Teach us, the people who bear his name, to follow the example he gave us: may our faith, hope, and charity turn hatred to love, conflict to peace, death to eternal life. We ask this through Christ our Lord. Amen.

**Parish School Closed: Distance Learning**

In accordance with the directive from Lincoln Snyder, Superintendent of the Catholic Schools Department, and out of an abundance of caution, Sacred Heart Parish School closed on Friday afternoon, March 13, due to the community spread of coronavirus (COVID-19). No one at the school – staff, students or families – have been diagnosed with this virus. The initial directive was that school would be closed for a minimum of two weeks. The students were directed to take all of their books home with them on Friday. • On Monday, March 16, the faculty and staff met to discuss a plan for "distance learning." Our intent is to keep the students learning and engaged during this period away from campus. We agreed to use Google Classroom as the platform for assigning lessons to, and in turn, receiving completed work from the students. We are mindful that families with multiple students may have restrictions on the amount of time each student could spend on the home computer. We are making an effort to stagger classes and workload. • On Tuesday, March 17, we rolled out a tutorial to our families giving instruction on how to access Google Classroom. Teachers will begin assigning lessons to students by Wednesday – even if it is just a prompt to check in. We are proceeding slowly. This is new of all of us. We will keep lines of communication open between the school and our school families and attempt to maintain a sense of community – even if it is on a virtual level. This indeed does take a village. Pray for us!

**Parish Safety Measures**

As we described in previous bulletins, we will regularly report on some of the activities taking place in conjunction with our safety plan. Currently, the installation of a new expanded security camera system, replacing the previously installed one which has proven to be unreliable, is taking place over the next two weeks.

**Coping with "Social" Distancing**

The request that we keep a social distance from others is a misnomer. We should *physically* keep distance but we need, more than ever, to keep in communication with friends and family. You can telephone people just to check on them. If your computer or phone has the capability to use Skype, GoogleDuo, or FaceTime, use those apps to see friends and family as you talk with them. This is especially useful for grandparents who want to keep in touch with grandchildren but cannot physically visit. Finally, don't forget to go outside and get fresh air! If you want a change of scenery, take a drive to the foothills (if there's no snow) or check out the North American Flyway for migrating birds, north and west of Sacramento. If you can't attend Mass, visit the church any day before noon and spend some quiet time with the Lord. No distancing needed from that! Finally, pray every day for those who have been affected by the virus, and pray especially for the emergency and medical personnel who daily risk their own safety to care for others.