

God's Love, our Sustenance

In the First Reading, Isaiah speaks of God's incredible graciousness to us. He nourishes us and satisfies our thirst without our having to pay for it, since He has already paid for it on our behalf by His death on the cross. He offers us life in abundance; beyond the things we seek that do not really satisfy. Only His joy and peace can satisfy our heart's deepest longings; the world's things leave us disillusioned, unfulfilled inside. His love alone is unending. • The Responsorial is one of trust in God's providence, mercy, kindness, generosity, and compassion. God wants to show His love for us, though like a good parent that sometimes means we do not get what we want. In His holiness and justice, God protects us from what will harm us, though we may not always see it. Sometimes His love answers our request for a miracle. Other times, to make us stronger, His love challenges us by inviting us to share His cross, so that we may experience His love more deeply. He will always sustain us with His love. • In the Second Reading to the Romans, St. Paul wants us to see that God's love is more powerful than any other force in the universe. His love alone conquers. If we allow His love to heal the brokenness at the bottom of our heart, then we will truly experience His peace. So when disaster strikes, His love helps us find the eye in the hurricane, the calm in the storm. We do not ignore the pain, rather we recognize its salvific power, and are by God's love acting in our heart, able to go forward with dignity, in love and humility. • In today's Gospel, Jesus works a miracle of nature. The miraculous multiplication of loaves and fish is proof that Jesus, our Creator, has the power to change the laws of nature, which after all He created. In fact, in the next passage after today's Gospel account, we see Jesus walking on water; again His power over the laws of nature. The 12 baskets of leftover fragments symbolize God nourishing His people, the 12 tribes of Israel. The blessing, breaking and distribution of bread to the many, symbolizes the Eucharistic Celebration; even the words used here are the same words we find in the Eucharistic Prayer. God's nourishment of us is both spiritual and physical.

Faith First

Prayer of the Week

Let us pray to the Father whose kindness never fails. • God our Father, gifts without measure flow from your goodness to bring us your peace. Our life is your gift. Guide our life's journey, for only your love makes us whole. Keep us strong in your love. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Seek the Renewal Christ Wants to Offer Us

Many of us struggle to balance the demands in our life. How often do our conversations center on how busy we are and how much we have to do? Today's readings speak into that pressure, into that rush, into our often overextended lives. • Paul asks the Romans, *What will separate us from the love of Christ? Will anguish, or distress...or peril, or the sword? No, in all these things we conquer overwhelmingly through him who loved us.* Isaiah offers us a similar comfort: *All you who are thirsty, come to the water! You who have no money, come, receive grain and eat; Come, without paying and without cost, drink wine and milk!* • What are we hungry for? What do we thirst for? What are our deepest needs? The Lord tells us, come to the water! Drink and eat without cost. Receive Christ, whose love for you is stronger than death--stronger than present or future things, stronger than powers or any other creature. • If God is truly calling us to care for others, to participate in the work God is doing in the world, then he also desires to give us everything we need to do so. This means we must try to reject the urge to be constantly "doing," and instead root all our efforts in the truth that we are, first and foremost, infinitely loved. • We do not have to earn this love by doing more or better. We do not have to spend [our] money for what is not bread; [our] wages for what fails to satisfy. We need only to rely on the Lord; listen to him; heed his voice that we may have life and be renewed with the everlasting covenant. • Let us bring our needs and our hunger to Christ. Let us confidently seek the renewal Christ wants to offer us. Let us open our hearts to be nourished by his love so that we can feed those he calls us to serve.

Meetings & Events

invite other parishioners to correspond with this group. Many of these parishioners are elderly, but not all. We are looking for parishioners who are willing to consider being a Pen Pal with one of these parishioners. If you are interested, please contact Amy at the Parish Office (916-452-4136 ext. 2).

Plans for Sacred Heart School 2020-2021

Sacred Heart School faculty and staff are excited to begin the new school year. We will be starting a bit differently than we have in the past, but we are hopeful to be back in our classrooms on campus in September. From August 17-September 4th teachers will be meeting their students at school and through Zoom. Our hope is to rebuild our community and rekindle our faith life. Students will have the opportunity to brush up on some academic skills and pick up supplies that may be needed if at home learning needs to be

Church Closures Episode 2

On Monday July 13, Governor Newsom again ordered the closure of indoor church services in Sacramento County, as the rate of corona virus infections has increased dramatically in the past four weeks. Therefore, there will be no public Masses offered at Sacred Heart church until the closure order is lifted (again). The Church is open for private prayer Monday--Friday from 8:00 am to 9:30 am; Saturday from 9:00 am to 10:00 am; and Sunday from 9:00 am to 11:00 am. • Please refer to the list below in this bulletin or on the parish website for Masses that can be watched on television or streamed online. • Continue to pray for the victims of the virus, their families, and the health workers charged with treating the sick.

Safety/Security Projects

Before the suspension of the public celebration of Mass due to the Covid-19 outbreak, the Parish Safety Committee carefully studied the recommendations of the parish vulnerability assessment report conducted last year by the Central California Intelligence Center Critical Infrastructure Protection Unit. Our Safety Committee recommended that the Parish undertake three safety projects: (1) Re-open the exterior church doors in the Pieta Chapel as an emergency exit only. The project requires a complete reconfiguration of the chapel with interior and exterior improvements. (2) Install new iron fencing/gates between the church/parish hall and the medical building next door; replace parish hall exterior doors with more secure doors and frames; pour a new concrete walkway for ADA access; and extend the fencing and gate to close off the hall's main entrance. (3) Install new exterior church/rectory lighting along 39th Street. The Parish Pastoral Council and Parish Finance Council are in agreement that we should proceed with these projects. • Funding will come from the Parish Building Fund at a total cost of approximately \$365,000. Jackson Construction has been hired to provide project supervision. • Last week, workers have started Project (2) above. The shrubbery was removed and a new concrete ADA compliant walkway was poured in between the parish hall and rectory. A second handicapped parking space was added and the required asphalt grade changes/new signage was made to a section of the parking lot. A new security fence/gate will soon be installed. The exterior doors will be replaced with more secure doors and improved hardware. This project will make the hall entrance/exit easier and safer.

Parish Building Fund

The safety/security projects are funded by the Parish Building Fund. That fund was established initially by a bequest from a very generous parishioner who gave the Parish in his estate planning a duplex with the understanding that it would be sold. The proceeds would go to establish the Parish Building Fund. Subsequently, another parishioner, who asked to remain anonymous, has contributed very generously to the Fund. We are extremely grateful to these individuals and many others who have donated to the Fund. Donations are donor-restricted and can only be used for church/parish hall/rectory projects. • Please consider making a donation to the Building Fund. Our goal is to begin rebuilding the Fund.

Parish Pen Pal Project

Recently, the Parish Pastoral Council met using the online resource Zoom. At the meeting the Pastoral Council discussed the possibility of creating Parish Pen Pal for parishioners who have sheltered in place during this coronavirus pandemic. We have identified approximately 80 households who have had minimal contact with others. To help alleviate their lack of contacts the Council thought the Parish should

continued. We have many protocols in place when we get the green light to return and we look forward to a healthy school year.

An Act of Spiritual Communion

When we cannot attend Mass, we can still make an Act of Spiritual Communion, in which we express our faith in Christ and in His Presence in the Eucharist, and we ask Him to unite Himself with us. The basic elements of an Act of Spiritual Communion are an Act of Faith, an Act of Love, a desire to receive Christ, and an invitation to Him to come into our heart. • My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from you. Amen.

Parish Website Resources

We have posted on the Parish Website at <https://sacredheart.church/> some spiritual resources to nourish our faith and prayer life. There are a number of websites that celebrate Mass daily. • [EWTN](#) Eternal Word Television Network • [Catholic TV](#) • Salt and Light Media [Canadian Daily TV](#) on You Tube. Here are some helpful spiritual resources and some daily meditations on the Scripture readings of Mass: • St. Louis University has a fine 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 • [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.

In Our Prayers

Daily Mass Intentions

August 2 - August 9

Sun	8:00am	For the People of the Parish
	10:00am	No intention requested
	12:00pm	No intention requested
Mon	8:00am	John Ingoglia (+)
Tue	8:00am	Jan Spillane (+)
Wed	8:00am	Anne-Louise Radimsky (+)
Thu	8:00am	Thomas More Oswald Pereira (+)
Fri	8:00am	No intention requested
Sat	9:00am	Zosimo & Honorata Gabunada (+)
	5:30pm	Francis Carlberg (+)
Sun	8:00am	For the People of the Parish
	10:00am	No intention requested
	12:00pm	No intention requested

In Memoriam

Let us pray for all those who have died especially the victims of the coronavirus. May they enjoy light, happiness and peace.

Please Pray for the Sick

Gene Sirois, Delia Chavez, Dick Grutzmacher, Rick Barbaria, Gene Yeager, Margarita Enriquez, Marjorie Green, Robert McAleese, Helena Enright, John Vostrez, Robin Aurelius, Diana Zuniga, Suzy Riehl, Isabel Harper, Richard Honey, Dale Wooldridge, Donnal 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.