



ILLUSTRATION BY PATT ILLOULI

Sacred Heart Church

1040 THIRTY-NINTH STREET
SACRAMENTO, CALIFORNIA 95816
916-452-4136
[HTTPS://SACREDHEART.CHURCH](https://sacredheart.church)
OFFICE HOURS: M - F, 8:00 A.M. - 4:30 P.M.

PARISH STAFF
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LITURGY SCHEDULE
WEEKEND MASSES:
SATURDAY VIGIL 5:30 P.M.; SUNDAY 8, 9:30,
AND 11 A.M. (MUSIC WITH SCHOLA CANTORUM)
WEEKDAY MASSES:
M - F: 8 A.M.; SAT 9 A.M.
FIRST FRIDAY: 8 A.M. AND 12 NOON
HOLY DAYS: PLEASE SEE BULLETIN
NATIONAL HOLIDAYS: 9 A.M. (NO 8 A.M.)

RECONCILIATION: SATURDAY 4-5 P.M.
BAPTISM: PLEASE CALL RECTORY
MARRIAGE: PLEASE CALL RECTORY SIX MONTHS IN ADVANCE

Fourth Sunday in Ordinary Time

Love, the Measure;

Grace, our Strength

Today's First Reading focuses on God's eternal plan for everyone. Our mission is to proclaim the Good News (Jeremiah's role and Jesus' role)! The challenge of the mission is to live a good life and do what is right. In so doing, we will face opposition. Since

this is God's plan for us, we are encouraged; for it is His will, He has called us, and He will, therefore, help us to proclaim the truth with our lives. God will accompany us and give us the courage to live our Christian calling. • As in the First Reading, the Responsorial continues the theme of being called to proclaim God's justice in word and deed. We depend on God's strength to accomplish His will; it is why He created us. God is our rock, our fortress, our refuge in difficulty. • In

In the Second Reading, St. Paul gives us the most important criterion for using the gifts of the Holy Spirit, i.e., love. Love should be the measure of all we do. St. Paul's hymn of love can help us keep life in perspective and balance. It can also serve as an examination of conscience, helping us determine whether our actions and attitudes are really based on true, unselfish love. • The Gospel shows us how difficult it can be to spread the Good News, since not everyone sees it as good. Even Jesus is rejected in His own hometown of Nazareth. He came to give consolation, yet the people chose to reject Him. In order to accept and live the Good News we must convert, be vulnerable and recognize that we are no better than anyone else. It is a call to humility. Only when we admit that we need God's help, can we open our hearts to the healing He offers to us.

Reception of Holy Communion

Mindful that Holy Communion is the sustenance of our souls, you may receive Holy Communion

Faith First

Prayer of the Week

Almighty Father,
the love you offer always exceeds
the furthest expression of our human longing,
for you are greater than the human heart.
Direct each thought,
each effort of our life,
so that the limits of our faults
and weaknesses may not obscure
the vision of your glory
or keep us from the peace you have promised.
We ask this through Christ our Lord.
Amen.

in the church vestibule Monday-Friday between 8:00 am to 9:00 am, Saturday from 9:00 am to 10:00 am, and Sunday from 9:00 am to 10:30 am. • Please act in a reverential manner as you are in the presence of God. Please do not congregate in the vestibule, but either enter the church to pray or leave the church altogether. Thank you.

Jesus as Lord

As we all know, a ruler or someone with great power is often called "lord." However, when used to describe Jesus the title *Lord* means much more than that. *Lord* refers to its Greek translation, *Kyrios*, which in turn renders the Hebrew *Adonai*. *Adonai* was the word spoken aloud by Jews whenever the most sacred name of Yahweh would appear in the Hebrew Scriptures. Thus, to call Jesus *Lord* (*Kyrios*) is to state that *he is God*. Christians claim that Jesus has the sovereignty as God and that his death and resurrection have won eternal life for humanity, a gift only God can grant. Christians believe that Jesus is the only one *true Lord*.

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Why Silence is Part of the Mass

At certain times during Mass, you may notice brief periods of silence. There is no praying, no music, no moving round. Is this on purpose? It is! For example, just before the Opening Prayer (called the Collect), after the priest says, "Let us pray," there is a period of silence for reflection. Pope Francis recently reminded us not to be in a hurry. "Silence is not reduced to the lack of words, but in being open to listen to other voices: That of our heart and, especially, the voice of the Holy Spirit." For the same reason, a short pause in silence should be observed after all of the Scriptural readings, including the psalm. Next time you are at Mass, be aware of the silent periods and listen for the Holy Spirit.

In Our Prayers

Daily Mass Intentions January 31 -- February 7

Sun	8:00am	No Intention
	9:30am	No Intention
	11:00am	For the People of the Parish
Mon	8:00am	Victor Finkle (+)
Tue	8:00am	Helen Jankowski (+)
Wed	8:00am	Claudia Smith (+)
Thu	8:00am	Carol McNabb (+)
Fri	8:00am	Marie Louise Schumacher (+)
Sat	9:00am	Joe Doscher (+)
	5:30pm	No Intention
Sun	8:00am	For the People of the Parish
	9:30am	No Intention
	11:00am	No Intention

In Memoriam

Theo Fong • January 21, 2021
Joe Doscher • January 21, 2021

Eternal rest grant unto them, O Lord.
And let perpetual light shine upon them.

Please Pray for the Sick

Rita Johnston, Anne Smith, Patrick Valenzuela, Tom Duval, Dick Grutzmacher, Rick Barbaria, Margarita Enriquez, Marjorie Green, Robert McAleese, Helena Enright, Robin Aurelius, Diana Zuniga, Suzy Riehl, 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 Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

The people who sit in darkness have seen a great light;

Attend Mass Virtually!

Even though there is no public Mass at Sacred Heart, you can still attend Sunday Mass virtually online, either by watching the Mass streamed on the parish website or on YouTube. Many people watch on Sunday morning and then go to the church to receive Holy Communion (as long as they arrive before 10:30 am). This is different from when we could attend together as a parish family, but the normality of Sunday Mass, prayers, and Holy Communion is to be treasured in this abnormal time.

Private Prayer in Church

Even though Mass cannot be offered at Sacred Heart during this current phase of the pandemic lockdown, Sacred Heart is open daily for an hour for private prayer. M-F between 8:00 am - 9:00 am; Sat. 9:00 am -10:00 am & 4:00 pm -5:00 pm; and Sun. 9:00 am -10:30 am you are welcome to enter and pray quietly, bearing in mind there should be no more than 10 people at any given time in the church.

Holy Communion for Those Staying at Home

If you, a family member, or friend have chosen to stay at home during the pandemic and would like to receive Holy Communion, please call the Parish Office (916-452-4136 ext. 2). We will try our best to have Holy Communion brought to you. Perhaps a family member or friend would be willing to come by the church and be trained to bring Holy Communion to you.

School News

All employees of Sacred Heart Parish School and all students in sixth, seventh and eighth grade have been tested for the Covid-19 virus for the past three weekends. This testing has allowed us to return to a normal rotation of teachers moving from class to class to instruct students in their specialty areas. There are approximately 45 students who continue to learn from home and Zoom into class each day. We are all looking forward to the day when we can be together as an entire school!

Food Donation This Weekend

This weekend, you are invited to bring non-perishable food donations to the church. Many local families rely on assistance from our Society of St. Vincent de Paul food pantry. The pantry is in need of marinara sauce, canned meat such as chicken, canned soup, cereal, jelly/jam, peanut butter, crackers, and cake, brownie, and/or cookie mixes. • Please check expiration dates on all items as we are not able to distribute out-of-date items. A bag filled with non-perishable, unexpired food may be left inside the altar rail. The church is open on Saturday from 9:00 am to 10:00 am and 4:00 pm to 5:00 pm and on Sunday from 9:00 am to 10:30 am. • Thank you for your generosity!

Pietà Chapel Update

Currently, the wood paneling is being fabricated. The decorative ceiling design has been completed, and will be painted as soon as the paneling is installed. You will notice that the

Meetings & Events

outside wrought iron work has been completed with the installation of a handrail. • The entire Pieta Chapel project, as well as new exterior lighting, and anti-graffiti sealant applied to the

church, parish hall and rectory have been funded, not by the ordinary offertory contributions, but from the Parish Building Fund. • Thank you to all who have donated to the Building Fund.

Email Addresses

The Parish is compiling a list of email addresses of everyone in the parish (if you have one). We are hoping you will share your email address with us. Use of email for routine communications will save us quite a lot of money in postage and allow for easy communication. • Please email your address to shchurchoffice@gmail.com

Altar Society News

It is time for our annual membership drive. Annual dues are only \$20 per family. The purpose of the Altar Society is to clean and replace vestments for priests and altar servers, clean and replace altar cloths, purchase items for

the sanctuary as needed, and assist in providing altar flowers. Current members will be receiving a renewal form in the mail. We invite all parishioners to join. If you would like to become a member, please contact Jackie Lofing at 916-955-2958. Thank you for your support of this important parish ministry.

Annual Charitable Contribution Statements

This year, in order to save on postage, the Parish Office will not be automatically sending out contribution statements to parishioners who contributed to the offertory collection. If you would like to receive a statement, we are happy to print one up for you. • Please contact Amy Sparks in the Parish Office at 916-452-4136 ext. 2. If you made a donation to the Annual Catholic Appeal, the Catholic Foundation of the Diocese of Sacramento will be sending out a separate statement to you. • Thank you for supporting the Church and its various ministries.

*Come, let us bow down in worship;
let us kneel before the Lord who made us.*

*For he is our God,
and we are the people he shepherds, the flock he guides.*

-- Psalm 95: 6-7

Support for Advertisers and Local Businesses

During this pandemic, many small businesses in our neighborhood have been struggling due to loss of patronage. Some of these businesses advertise in our bulletin, others are nearby shops that are used to serving our parishioners. If you are financially able, please support these neighborhood establishments at this critical time for them. • We thank and appreciate the businesses who choose to advertise in our bulletin, as well as those who serve our East Sacramento neighborhood community.



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