



ILLUSTRATION BY PATT ILLLOULI

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

MSGR. ROBERT P. WALTON, PASTOR
SERGIO DIAZ, DEACON

MRS. THERESA SPARKS, SCHOOL PRINCIPAL

PARISH SCHOOL, 856 39TH STREET, 916-456-1576
TILA MADRIGAL, REL. ED. COORDINATOR, 916-947-2683
RITA SPILLANE, RCIA AND
ADULT FAITH FORMATION DIRECTOR, 916-452-4830
PAUL SUNDERMAN, YOUTH MINISTER, 916-456-1576
DR. DONALD KENDRICK, MUSIC DIRECTOR, 916-847-0424

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, which existed even prior to each one's conception. Our mission, should we choose to accept it, 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, therefore, will 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 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 home town 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.

Worship the Lord in the beauty of holiness.

Faith First

First Friday Exposition of the Blessed Sacrament

Starting Friday, February 4, we will resume Exposition following the 8:00 am Mass on a limited basis. Exposition will conclude with Benediction at 9:30 am. Over the next couple of months, if we have good participation, then we will increase the time for Exposition. ● We hope to have at least six people in the church at all times. If you are planning to participate in this First Friday devotion, please contact Laurlynn Evicci at 916-492-9500.

Retreats for Men & Women

Have you been thinking about God lately? Renew your inner life by making a retreat at Christ the King Retreat Center. You will be amazed how much the retreat will help you find how God is active in your daily experience and what peace this awareness can bring you. Call Kim or Jim Paquette or go to www.christthekingretreatcenter.org to make a reservation.

Prayer of the Week

Father in heaven, you have formed a people in the image of your Son. Bless this people with the gift of your kingdom. May we serve you with our every desire and show love for one another even as you have loved us. Grant this through Christ our Lord. Amen.

Faith and Actions

There is a story about a priest and a soap maker who were friends. One day while taking a walk in the city, the soap maker asked his friend, "What possible good can religion be? After thousands of years of preaching goodness, truth, and peace, look at all the misery and sin in the world. If religion is supposed to be so beneficial for people, why should this be?" ● For awhile, the priest said nothing in reply. Shortly, they came to a school yard where some children were playing in the dirt. They were covered with grime. The priest then spoke up, "See those kids. You say that soap makes people clean, but still those children are filthy. I wonder how effective soap is after all." The soap maker protested, "But, Father, soap is of no value unless people use it." "Precisely," replied the priest. "And so it is with religion." Faith and religion are empty unless we put them into practice. Living a Christian, moral life makes our faith credible. St. James said, "If good deeds do not go with it [faith], it is quite dead" (James 2:17).

In Our Prayers

Daily Mass Intentions January 30 -- February 6

Sun	8:00am	For the People of the Parish
	9:30am	Aaron Sanchez (+)
	11:00am	Bob Schnetz (+)
Mon	8:00am	Jose, Anna & Lucy Oliveira (+)
Tue	8:00am	Tom Koslowski (+)
Wed	8:00am	Helen Jankowski (+)
Thu	8:00am	Int...Catherine De La Torre
Fri	8:00am	Estela Andres Quevedo (+)
Sat	9:00am	Leonarda Estolas (+)
	5:30 pm	Int...Kathy Dudro
Sun	8:00am	Roger Dyer (+)
	9:30am	For the People of the Parish (+)
	11:00am	Int...Tom Slakey (92nd B-day)

In Memoriam

Peggie Kinney • January 20, 2022

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

Please Pray for the Sick

Delia & Santiago Chavez, Rosemary Kirrene, Tom Slakey, Bill Blucher, John O'Connor, Pam Milchrist, Valerie Hoag, Diane Peters, Michael Kelly, Brian McKenna, Dick Grutzmacher, Rick Barbaria, Margarita Enriquez, Robert McAleese, Diana Zuniga, Dale Wooldridge, Nancy McGarry, 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 Ammon, Mary Terese Henricksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

I am the light of the world, says the Lord; whoever follows me

Sacred Heart's Schola Cantorum

Schola Cantorum, Dr. Donald Kendrick, conductor, is now celebrating their 30th anniversary of bringing great choral music to our church. Dr. Kendrick founded the all-volunteer group in 1992 with 8 singers who enhanced the Liturgy at the 11:00 am Mass, first singing from the back balcony. Today, the group has grown to almost 40 singers. Schola has presented concerts and undertaken numerous international tours and recordings over the years, including two separate performances at the Vatican for two different Popes. For three decades the choir has brought large audiences and outstanding music to our church. ● If you would like to honor their work through a donation, you are invited to visit their website at <scholacantorum.com> and make a tax-deductible donation. ● We are blessed and grateful to have such a dedicated and talented choir.

School Accreditation Visit

Sacred Heart Parish School has been diligently working on a self study to present to a visiting team in February and March. Our pre-visit is on February 8 and will be a virtual visit. Our three day visit will be March 9-11. We are looking forward to having all of our hard work validated. Please keep the school community in your prayers as we enter the final phase of this process.

School Open House

Due to the rising numbers of Covid we will need to postpone our annual Open House. For new families interested in attending Sacred Heart. Private tours will be held on Tuesdays and Thursdays between 9:00 and 10:00 am. If you are interested in a tour please call the School at 916-456-1576.

Accepting Applications for 2022-2023 School Year

Sacred Heart Parish School is now accepting applications for the 2022-2023 school year. Families who wish for their student to join us in TK (Transitional Kindergarten) must be 4 years old by September 1, 2022. Students who are applying for Kindergarten must be 5 years old by September 1, 2022. This policy holds true throughout the grades at Sacred Heart: students must be age appropriate for each grade. Applications are available on the school website at: <www.sacredheartschool.net> ● If you have questions please feel free to call the School Office at 916-456-1576.

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 generously 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 our local businesses.

Meetings & Events

Synod Listening Sessions Now Taking Place

Just a reminder that Pope Francis formally opened a process of deep listening to all members of the church world wide so that together we will come to a fuller understanding of our church's responsibility to serve and preach the Good News to our modern-day world. This process of listening will take place through small groups of 10 in our Parish called a Listening Session. They are happening now through February 10. It is time to register and participate in a session. You can register by visiting the Parish website and click on Synod Listening Groups. ● If you have a problem signing up or do not have access to a computer, call Amy in the parish office 916-452-4136 ext. 2 and she will enroll you. This is a once in a life time opportunity that Pope Francis has called all Parishes to engage in. Let your voice be heard.

Heart Parish School will be celebrating with special themes all week. Our Book Fair will be on campus for a special opportunity to buy books. Students will enjoy a special Prayer Service on Wednesday and will have a visit from our new superintendent, Dr. Katie Perata. On Thursday we will celebrate our community by making posters for Valentine's Day to be put on display at Mercy General Hospital and Mercy McMahan. On Friday the faculty and staff will show their appreciation for our students by offering free dress, a special treat and perhaps a movie! We are proud of our Catholic school and we hope you will celebrate our faith, excellence and service by keeping us in your prayers.

Altar Society News

Altar Society members will be in the vestibule at all Masses this weekend to assist parishioners in joining or renewing membership. Dues are \$20 per family. Your support is appreciated.

Food Collection this Weekend

This weekend our Society of St. Vincent de Paul is collecting food for our pantry and the students that visit the Catholic Newman Center at Sacramento State University. Many families in the St. Mary's and Sacred Heart Parishes rely on assistance from our food pantry. The students that visit the Newman Center rely on your donations to get them through their school day and study hours. A bag filled with non-perishable, unexpired food may be left inside the altar rail. Thank you for your ongoing generosity!

Love is patient, love is kind. It is not jealous, it is not rude. Love never fails.

Youth Group Update

The health and safety of all our Youth Group members is of primary concern. Due to rising numbers of COVID cases, especially immediately after the return to school after Christmas break, the Sacred Heart Youth Group chose to postpone its January meetings. The Youth Group hopes to return to regular meetings in February, assuming it is safe to do so. The next Youth Group meeting is tentatively scheduled for February 9th at 6:30 p.m. At that meeting, the group will be planning its upcoming Charity Cornhole Tournament. The date for that event is still to be determined. Please remember to watch the parish bulletin as well as the group's social media accounts for updates. ● The Sacred Heart Youth Group is open to all Sacred Heart Parish and Sacred Heart Parish School students in grades 8-12. If you have questions, please do not hesitate to contact Mr. Sunderman <psunderman@sacredheartschool.net>



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Sacred Heart Parishioners seeking In-Home female aide for Autistic daughter.
M-F 2:30-6:30 + other shifts
\$20/hr. COVID-19 protocols req. Contact Susan Mendez: skmendez@comcast.net



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