



ST. JOHN THE BAPTIST

Catholic Church

MARCH 1, 2020



1ST SUNDAY OF LENT



Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." - Mt 4:8-9

Week at a Glance

Sunday

After 9am Mass | Courtyard
Stations of the Cross
Rededication Ceremony

10am, 12:30pm | Garden Room
Ministries Fair

7:15pm | Parish Hall
LifeTeen

Monday

7pm | St. John Paul II Room
Being Sent into the Desert

Tuesday

After 8:15am Mass | Church
Stations of the Cross

3:30pm | Church
Companioned Prayer
What is keeping you from God?

6:30pm | St John Paul Room
Edge

Wednesday

11am | Garden Room
Women's Games

5:30pm | Parish Hall
K of C Soup Dinner

Thursday

7pm | St. John Paul Room
Spanish Divine Mercy
Cenacle

7pm | Marian Room
Listening for God in our Lives

Friday

9am - 4pm Sat | Adoration
Chapel

Perpetual Adoration

Noon | Marian Room
Divine Mercy Cenacle

5pm | Parish Hall
K of C Fish Dinner

6:30pm | Church
Stations of the Cross

Sacraments

Weekend Mass Times

Saturday Vigil	5:00 pm
Sunday	7:30 am
	9:00 am
	11:30 am
	6:00 pm

1st Sunday Spanish 1:30 pm

Daily Mass Times

Mon. - Fri.	6:30 am
Mon. - Sat.	8:15 am

Holy Day Mass Times

6:30 am
8:15 am
12:00 pm
7:00 pm

Reconciliation/Confession

Saturday 3 - 4:30 pm
or by appointment

All Other Sacraments

Please call the office for information.

Clergy

Fr. Renier Siva
Pastor

Fr. Cleetus Karakkat
Parochial Vicar

William Goeke
Jim McFadden
Deacons

Fr. Ignatius Haran
Pastor Emeritus

Parish Office

Mon.- Fri. 8:30 am- 4:30 pm
307 Montrose Drive, Folsom
Phone: 916-985-2065

Website:
FolsomCatholic.org

Social Media:
@FolsomCatholic

Bulletin

FolsomCatholic.org/bulletin

Bulletin Date	Ad Due by 5 pm
March 8	February 27
March 15	March 5
March 22	March 12

Welcome to

St. John the Baptist Catholic Church

We are a community where we welcome all as members of the Body of Christ.
We are welcoming, faithful, passionate, joyful, authentic,
sacramental, loving and charitable.

Today's Readings

Gn 2:7-9; 3:1-7 / Ps 51:3-4, 5-6, 12-13, 17 [cf. 3a] / Rom 5:12-19 or 5:12, 17-19 / Mt 4:1-11

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan!"

—Mt. 4:8-10a

Gospel Meditation

Life can easily spin us out of control. While there are so many wonderful opportunities before us, we can also get easily distracted and exhausted. There is always something to do, respond to, or check. The clutter of our lives can take us off course, and the best remedy for getting back on track is the experience of the desert. Here we can face our demons square on, resist them, and get back on course. We desperately need the season of Lent. This simple time of year forces us into greater awareness and grounds us in what is good and true.

What weighs you down and keeps you trapped? Maybe you are trying to do too much and please too many people. It could be that your fragile self-image is always pushing you to prove yourself and find success. Anxiety and worry, ultimately due to a lack of faith, can quickly tempt you with despair. It could be that you are listening to too many voices and allowing all of the negativity that is present erode the genuine goodness in your heart and in all of God's creation. Or maybe you struggle too much with fear. Perhaps so much so that you are far too preoccupied with your own agenda and goals and left with little psychological or spiritual room to consider and respond to the plight of your neighbor. Do anger, bitterness, stubbornness, and hatred have homes in your heart? How about greed, gluttony, pride, apathy, or lust?

For many, their passions and what can be found on the internet are their downfall, and they are robbed of their inner life and freedom. What is it, specifically, that tempts you away from a child-like trust in God? Define this and use the next few weeks to allow God to chart you a course away from them. Silence, being alone, grace, honesty, struggle, tears, and dryness are all found in the desert. You will also find God and your true self in this holy place. Ready to go?

Scripture Reflections

First Reading

The story of the Garden of Eden reveals that humanity's first sin against God was that of disobedience. In what areas of your life do you struggle to obey God?

Second Reading

Paul saw Jesus' obedience not only as reversing the disobedience of Adam, but also bestowing upon believers righteous and eternal life. What do you find most interesting about this revelation from Paul?

Gospel Reading

Jesus resisted the devil's temptations by remaining focused on his fidelity to the Father. What temptations are you willing to confront during the season of Lent?



At St. John the Baptist Parish,
we welcome all
as members of
the Body of Christ.

Ministries Fair

March 1, Sunday
10 - 11 am, 12:30 - 1:30 pm
Garden Room

Come to the event. Find out what the various ministries do and how you can help. Meet the ministry leaders and volunteers. Get involved with one of many ministries at St. John's. Discover a new calling in life, a new way to help others or yourself, a way to give, a way to receive, a way to grow.

Knights of Columbus Soup Dinner

March 4, 11, 18, 25, April 1, Wednesdays
5:30 - 6:30pm, Parish Hall

The Knights of Columbus will be providing a Soup Dinner on all Wednesdays in Lent except during Holy Week. The meal will consist of a filling soup, rolls and a salad. While there will be no direct cost to those attending, free will donations will be gladly accepted.

Knights of Columbus Lenten Fish Dinners

March 6, 13, 20, 27, April 3
Parish Hall, Doors open at 4:30 pm
Dinner at 5 - 6:00pm

The menu will consist of:

- Baked fish fillets
- Mac and cheese or potato cassereole
- Cole slaw or Green Salad
- Veggies, Corn bread

A no host bar will be available

Prices are:

- \$10 for adults and children over 12
- \$5 for children 12 and under (under 5-free)
- \$30 for a family (2 adults and 2+ under 12)

Ticket sales will be at the door

All are welcome and encouraged to join in the Stations of the Cross which will begin in the church after dinner at 6:30pm.

New Parishioners and Visitors

Visit FolsomCatholic.org for more information about our parish or contact the New Parishioner Welcoming Ministry.

Courtyard Stations of the Cross Re-Dedication

March 1, Sunday, After 9 am Mass

The Stations of the Cross located in the church courtyard have now been completely refurbished and installed.

Originally the stations were used at Folsom prison. Due to protest from other religious groups they were removed from the prison and transferred to our courtyard in the 1990s.

In 2016 they were in desperate need for repair and restoration. A team began the effort and the final restored station was completed late last year. Many hours were spent by the team to disassemble each station, restore the detailed sculpture paintings to match the original colors, restore the beautiful wooden altar around each sculpture, and replace the outside frame to protect each station from the elements. The project took about 3 years to complete.

A re-dedication ceremony will take place following the 9am Mass. Hope to see you!

St. John's Fellowship Festival

Contact Bill Carpentier
916-730-8560
bill.e.carpentier@me.com

Our Parish festival team is seeking volunteers to make this year's event (June 27th) the best it can be for our St. John's family. We are looking for volunteers to help with organization of the festival during the months of February, March, April, and May. And we need help setting up and staffing the event between the hours of 4pm - 9pm. Additionally, if you have vocal skills, play and instrument, are part of a musical or dance group, please send me your contact information and, subject to committee approval, you could be part of our live entertainment! We'd LOVE to have you join our team. Can we count on your help to make this the best family fun event we've ever had?

"You make a living by what you get. You make a life by what you give."
~Winston Churchill

P R A Y E R



At St. John the Baptist Parish, time in conversation with our Lord is at the center of our lives.

Mass Intentions

Sunday, March 1st

7:30 am Benjamin Diaz†
 9:00 am People of the Parish
 11:30 pm Tom Needham†
 1:30 pm Medardo Maximiliano Castro†
 6:00 pm Lourdes Sison De Vera†

Monday, March 2nd

6:30 am Megan Angeo
 8:15 am Billy Halloran†

Tuesday, March 3rd

6:30 am Doug Scholle†
 8:15 am Ralph Basco†

Wednesday, March 4th

6:30 am The Oscar's Mazari
 8:15 am Betty Iliff†

Thursday, March 5th

6:30 am Lillian Tomich†
 8:15 am Lenon Padill†

Friday, March 6th

6:30 am Mary Slusser†
 8:15 am Rhyss Undajon-Haskell†

Saturday, March 7th

8:15 am Teresa Mathews†
 5:00 pm Mary Slusser†

Observances

We Celebrate This Week

Tues: St. Katharine Drexel
Wed: St. Casimir
Sat: Sts. Perpetua and Felicity

March is dedicated to:

St. Joseph

Pope Francis' Monthly Intention for March Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

*"Be merciful, O Lord, for we have sinned."
 (Ps 51)*

Intercessory Prayers

Prayers for the Sick

We pray for our sick parishioners, family and friends, and those in need of healing of the body and soul.

Alana Ramsay	Jim Esfner
Alice Sulik	Joann Pasterski
Annie Brozosky	Joey Durse
Aurora Bertulfo	Judy Wilkins
Ada Watson	Larry Armour
Daniella Alvarez-Limon	Lorraine Mayrand
Bob Taylor	Max Castro
Bob Matranga	Mike Venturini
Bonnie Spencer	Natalie S. Marhauer
Carman Hogan	Oliver Carreon
Cher Juliet	Pam Morin
Don Hendrickson	Pat Koelfgen
Don Paul Howell	Paulita Narcisco
Eric Coscolluela	Pierre Lavapie
Ernest Deus	Rebecca Yap
Fr. David Shaw	Romy Cypher-Strauch
Frederick Nidoy	Sabrina Nunes
Gilbert Mendivil	Sean Roth
Gordon Ferriss	Thoa Gilpin
Gloria Mendivil	Vista Costa
Herbert Kohagura	Vince Matranga
Jared Ellerson	

Prayers for Our Troops

We pray for our military personnel abroad and at home, and for their families.
 Nicole Kuntz-Harding

Prayers for the Recently Deceased

We pray for the souls of all who have died, our family members, friends, and parishioners. May they rest in peace.

Andrew Kurimay	Magdalena Malixi
Ann Danielsen	Majida Haque
Anne Pachote	Mary Brisbin
Diane Pallari	Mary Grimes
Doris McKeon	Mary Jane McMahon
Duke McCully	Mike Diorio
Erlinda Estepa	Nicolas Gomez
Frank Brugger	Patrick Pallari
Guerrino Zanet	Quy Pham
Irma Henriquez	Rhyss Undajon-Haskell
Isabel Viloria	Sanh Nguyen
John Drumm Sr.	Sr. Bridget Mary
John O'Malley	Flynn, RSM
Joseph Dickenson	Sr. Kathleen Kinane
Karen Maez	Sr. Mercedes Braga, SHF
Liberato Mariano Jr.	Stephen Rando
Lisa Hueffed	Theresa Gonzalez



Prayer Requests

Prayer requests for the sick, military or recently deceased may be made by calling our Parish Office. Names will appear for four months.

For Mass intentions please visit the Parish Office to reserve a particular Mass time.

The Adoration Chapel

Open to everyone 7 days a week

Monday through Friday: 9:00 - 8:00 pm

Saturday: 9:00 - 5:00 pm, Closed the 5th Saturday of the Month

Sunday: 7:00 - 1:00 pm

The Chaplet of Divine Mercy will be recited daily at 3:00 pm.

Perpetual Adoration is held in the Adoration Chapel on the

1st Friday of the month after 8:15 am Mass through 4:00 pm on Saturday.

Eucharistic Adoration Ministry Hours of Need

For information please contact: Veronica Thomas, thomas_vera@yahoo.com

We need additional adorers for days and times listed below

Please prayerfully consider signing up for 1 hour a week with the Lord in the

Monday: 10 - 11:00 am 11 - 12:00 pm 4 - 5:00 pm 7 - 8:00 pm

Tuesday: 12 - 1:00 pm 4 - 5:00 pm 7 - 8:00 pm

Wednesday: 11 - 12:00 pm 6 - 7:00 pm

Thursday: 9 - 10:00 am 12 - 1:00 pm 2 - 3:00 pm 5 - 6:00 pm

Friday: 12 - 1:00 pm 1 - 2:00 pm 2 - 3:00 pm 6 - 7:00 pm 7 - 8:00 pm

1st Saturday: 11 - 12:00 pm 12 - 1:00 pm 3 - 4:00 pm

2nd Saturday: 3 - 4:00 pm 4 - 5:00 pm

3rd Saturday: 2 - 3:00 pm

4th Saturday: 3 - 4:00 pm

Sunday: 8 - 9:00 am 10 - 11:00 am

Adoration Chapel. You will never regret it!

Prayer Opportunities At St. John the Baptist

Companioned Prayer (Tue, 3:30 pm)

Daily Mass

Eucharistic Adoration

Morning Prayer (after 8:15 am Mass)

-Rosary & Divine Mercy Chaplet

Marian Movement of Priests Cenacles

-1st Saturday, 6pm, Adoration Chapel

-2nd Wednesday, 8pm Adoration Chapel

Respect Life Ministry

Spring 40 Days for Life Campaign

February 26 - April 5

40daysforlife.com/sacramento

Contact: Joanne Dudgeon, 916-607-2228 or

Sue Collins, 916-337-6237

Together, we can change the course of history and make the killing of preborn children unthinkable in our nation and throughout the world. You're invited to join our movement to build a world where every child is welcomed, loved, and protected. Sign up this weekend here at St. Johns or online to participate in the 40 Days for Life Campaign. You can protect mothers and babies by joining this worldwide ministry. Pray to end abortion!

FPA Women's Health

2322 Butano Drive, Sacramento

Mon. 11am-6pm, Tues.-Fri. 8am-6pm

Carpools from St. Johns after 8:15 Mass on

Wednesdays or after school at 3:30. Contact

Joanne or Sue.

God bless you all!

Lenten Schedule

*Lent a time to reflect on the
Paschal Mystery more intently*

Stations of the Cross

Fridays: 6:30 pm

Tuesdays: after the 8:15 am Mass

Confession

Mondays: 7pm - 8pm

Wednesdays: 7pm - 8pm

Saturdays: 3pm - 4:30 pm

Normal Saturday times



At St. John the Baptist Parish,
time in conversation with our
Lord is at the center of
our lives.



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At St. John the Baptist Parish,
we foster a
commitment to lifelong
spiritual growth.

Companioned Prayer

What is keeping you from God?

Tuesdays, 3:30 – 5:00 pm, Church Chapel

Contact: Bill Stobbe, 916 - 505-3800

This Lenten season will be exploring this theme. We will begin each meeting with Lectio divina, the ancient practice of attentive listening to a scripture reading, followed by a brief shared discussion. Then we will continue to explore our theme through prayer – the quiet listening in our hearts and within the loving heart of Jesus through the guided reflections of Companioned Prayer. Come and experience the mercy, grace and peace of God, and also discover how our faith is deepened in our companionship with each other in Christ's presence.

We invite you to participate! No need to sign up in advance – just show up Tuesday afternoons.

LENT 2020

Being Sent into the Desert

March 2 - April 6, Mondays

7:00 pm Gallagher Hall/St. John Paul II Room

Contact: Deacon Jim, macfam500@att.net

March 2: *Three Shortcuts From The Cross*
The Gospel for the first Sunday of Lent covers three "shortcuts" the Devil offered Jesus to lure him away from his central mission of the Cross. The Devil chose these temptations because he knew that Jesus would not be primarily a social reformer, or a wonder-worker, or a political operator. He would be the Lamb of God who takes away the sins of the world. Knowing who Jesus is and what he is about is indispensable as we commence the Lenten season.

Divine Mercy Cenacle

March 6, Friday, Noon

Marian Room

Contact: Zoanne Tafolla, 707-333-7359

Join us the first and third Friday of each month as we meet to discuss how St. Faustina's diary doves beautifully with holy scriptures and our catholic catechism. We will finish by praying the Divine Mercy Chaplet. All are welcome.

A Lenten Program of Listening for God in our Lives

February 27 - April 2, Thursdays

7:00 to 8:30 PM, Marian Room

Contact: Bill Stobbe, 916 - 505-3800

bstobbe1@gmail.com

An introduction to Christian traditions and prayers for experiencing the quiet presence of God in our lives through scripture, our daily activities, and in our heart. In six weekly meetings we will be introduced to:

- Lectio Divina – listening for God in scripture reading
- St Ignatius' daily Examen – noticing God in our daily activities
- Companioned Prayer – finding God in our hearts

Sign up online on the parish website at folsomcatholic.org/events or pick up a form in the vestibule and return it to the basket in the vestibule or to the Parish Office.

Praise and Worship

March 11, Wednesday

6:30 pm, Church

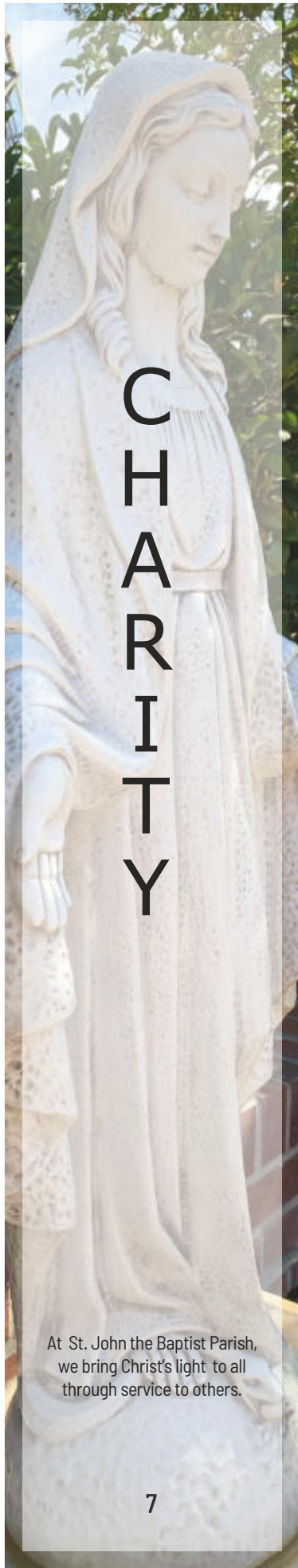
Contact: Sheila Fitzpatrick, 925-437-0798

Sheilafitz1@yahoo.com

Want to learn more about the love of God and the power of the Holy Spirit? Join us for our monthly evening of inspiring music and powerful prayer. Followed by refreshments and time for fellowship! All are welcome!

Inspiration of the Week

We desperately need the season of Lent. Have you ever found yourself running in all directions, tired, frustrated, and frazzled and yearning for the moment when you can stop, find some time for reflection and prayer, and get your head straight? Life pulls us in all directions. On top of that, the presence of sin in our lives gives us blurry vision and makes us forget who we really are. We can easily lose touch with God. Lent gives us the opportunity to return to simpler times and clear away some of life's clutter. We can change up our routines a bit and realize that Jesus is the one who can set us right with God and restore what was originally meant to be. Our task is to avoid the temptations that can weigh us down, distract us, and distort our vision. Are you aware of what things in your life do this to you? Over the next few weeks, you have an opportunity to avoid them.



At St. John the Baptist Parish, we bring Christ's light to all through service to others.

2nd Collection

This weekend our 2nd collection is for the RE Program and SJND.

Annual Catholic Appeal

Thank you for helping our neighbors in need through the Appeal

Here at St. John's we especially would like to thank **Shannon Frazier** for the time and effort she put in as our parish advocate for the 2020 Annual Catholic Appeal.

If you have not yet made a donation, it's not too late! Envelopes are still available in the church or in the parish office. Please remember...25% of what you give is returned to our parish to assist people in our own community who need help.

Your gift will make a difference in someone's life.

SJND Scrip Gift Cards

Before and after Mass you can purchase Scrip cards from over 60 local merchants. You receive equal value of what you spend and the merchants donate back to St. John Notre Dame School! Check out the Scrip gift card list at the table in the vestibule. Thank you for your support!

The Irish Gala

SJND Dinner and Auction

March 7, 5:15pm - Midnight

Rev. Joseph Gallagher Hall

Contact: Connie Kelley, 530-520-0012
auction.sjnds.org

Join us for an unforgettable evening of cocktails, all you can eat crab or chicken, live music and dancing. Along with Silent & Live Auctions benefiting our students and school.

Want to be a sponsor? There are four levels of sponsorship available. Visit the auction website for more information or contact Connie, our Gala chair. Make your reservation today at auction.sjnds.org

Stewardship of Treasure the Lord Has Entrusted to Us

Weekly goal: \$25,529.00

Offering for Feb 22/23 is \$16,047

On-line donations are not included



The 6 Characteristics of an Everyday Stewardship for Lent – Mindful

What is it that tempts you the most? Is it an action, a person, or a place? It is something that seems innocent enough, like a food, a drink, or an event? When you really start reflecting, you find that there are many temptations all around. Even if you are strong and never succumb to a certain temptation, it is still there waiting for a weak moment in your life.

One difficulty in the life of a disciple trying to live a stewardship way of life lies in the temptations we never actually see. We are too busy thinking about past failures or successes, or we are fixated on what possibilities the future holds that we miss the important things going on in the present. Jesus could be standing directly in front of us, but we miss him because we are looking everywhere except straight ahead.

Being mindful means that we are looking out for how and when God will call us this very day. Our decisions this day will have a huge impact on the future. If we only look to the future, we will miss those important calls to action. We may even find ourselves in a desert of sorts, looking for any way out we can find. However, God may need us to give of ourselves for a reason we cannot yet discern while in that desert. We need to stay awake, be aware, and look for His hand in all things. If we don't, we may even miss the pathway out of that desert when it presents itself.

-Tracy Earl Welliver, MTS



Sharing the Gospel

After Jesus' baptism, Jesus went 40 days without eating. Imagine how weak, hungry, tired and cranky you could be if you went that long without eating. That was the moment the devil chose to try to trick Jesus into using God's power selfishly. But Jesus was still strong. Jesus had been praying those 40 days, getting ready to save you and the whole world from the devil's tricks. Jesus would never give in to his enemy.

Mission for the Week

One really good way to fight the devil's tricks is to pray often. Pray in the morning, at noon, and at night.

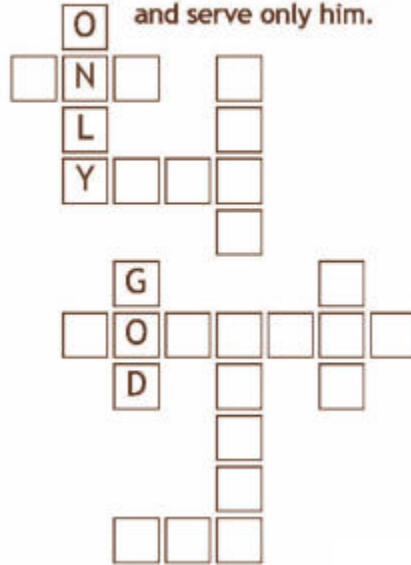
Prayer

Dear God, thank you for sending Jesus to save me from the devil's tricks.

Puzzle

Fit this Gospel message into the empty squares:

Worship the Lord your God
and serve only him.



"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

Our parish is enriched with many ministries, please consider learning about and engaging in one or more of our ministries. Call the contact listed or see a Minister of Hospitality after Mass.

Welcoming Ministries

Communications Ministry

Loreen McMahon, 916-933-1330

Ministers of Hospitality

Shannon Bleeker, 916-200-8059

New Parishioner Welcoming Ministry

Lori Hopper, 916-337-0139

Ushers

Stanley Posis, 916-705-9192

Prayer Ministries

Companioned Prayer

Bill Stobbe, 916-505-3800

Divine Mercy Devotion/Cenacle

Pat Koelfgen, 916-989-2915

-*Chaplet/Rosary/Morning Prayer*

-*Divine Mercy Chaplet/Mass*

-*Cenacle* - Zoeanne Tafolla, 707-333-7359

-*Cenacle-Spanish* - Ana Haid, 916-956-1177

Eucharistic Adoration

Veronica Thomas, thomas_vera@yahoo.com

Perpetual Adoration—1st Fri 9am - Sat 4pm

Marian Cenacle (Marian Movement of Priests Cenacle)

-*English* – 1st Saturday of the month

Sally Gomez, 916-693-2411

-*Spanish* – 2nd Wednesday of the month

Ana Haid, 916-956-1177

Spiritual Growth Ministries

Adult Scripture Study

Lee & Teresa Weider, 916-983-8065

Couples for Christ

Myrah Empleo, 661-993-4721

Praise & Worship

Sheila Fitzpatrick, 925-437-0798

Religious Education

Shannon Langer, 916-985-7338

Rite of Christian Initiation for Adults (RCIA)

Debbie Duncan, 916-798-0201

Theology on Tap

Aaron Santos, 916-985-2065

WINGS (Women in Growth Spiritually)

Sue Collins, 916-337-6237

Youth/Young Adults Ministries

Aaron Santos, asantos@folsomcatholic.org

Parish Committees/Councils

Finance Council

Elizabeth Beigh, 916-730-1291

Liturgy Committee

Barbara Bowden, 916-984-9476

Outreach/Charity Ministries

Bereavement Hospitality/Receptions

Nina Pucci, 916-947-6386

Catholics for Life

Kathy Baxter, 916-337-6824

Gabriel Project

Helen Boyd, 916-367-8071

Grace Quilters Ministry

Catherine Scott, 831-402-4681

Grupo Pastoral Hispano

Anna Haid, 916-956-1177

Knights of Columbus

Dick Phelan, 916-221-0596

Pastoral Care Ministry

Dan Dunne, 916-817-1675; Sunday

Candice Ralston, 916-806-8090; Tuesday

Prayer Shawl Ministry

Catherine Scott, 831-402-4681

Prison/Restorative Justice Ministry

-Folsom Prison - Fr. H. Gomez, 916-985-2561 x 4206

-CSP Sacramento - Greg Mellor,

Catholic Chaplain, 916-985-8610 x6425

School Ministry (St. John Notre Dame)

Keith Martin, Principal, 916-985-4129

Senior Visitation

Charlene Agles, 916-984-9602

St. Vincent de Paul (Helping Hands)

John Knight, 916-985-4630

Liturgical Ministries

Altar Servers

Hugo Schmidt, 916-817-4541

Children's Liturgy during Mass

Parish Office, 916-985-2065

Extraord. Ministers of Holy Communion

Steve & Maryanne Ashley, 916-479-2214

Lectors

Patti Midtlyng, 916-837-8322

Liturgical Environment

Arlette Peterson, 916-983-1389

Music - See choir director after Mass.

Additional Ministries

Children's Babysitting at Mass

Georgia Oatmeyer, 916-201-3193

Family Fellowship

Carol Stephenson, 916-952-6744

Gift Shop

Connie Aley, 916-984-9284

Women's Game Day

Roberta Puzio, 916-933-2561

MINISTRIES

"Here am I, Lord;
I come to do your will."

Lenten Regulations 2020

“A time for reflection and spiritual renewal, a time to examine one’s relationships with God and with others.”

~ Bishop Jaime Soto



Abstinence

All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent. Other forms abstinence, including abstinence from alcoholic beverages, television, video games, the internet and social media during and other electronic devices during Lent is spiritually beneficial.

Fasting

Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted.

Prayer

Catholics are urged to read and pray with sacred Scripture more intently during Lent, and to deepen their faith by reading the Catechism of the Catholic Church. The faithful are encouraged to participate in special devotions offered by the parish, especially parish penance services and Eucharistic adoration.

Almsgiving

From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church, especially through their local parish and the Annual Catholic Appeal. The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison.



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& CEMETERY SERVICES**
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Your **Catholic** resource for **Advance Planning & End of life Services** for **Funeral, Cremation & Cemetery** needs within the **Diocese of Sacramento**.

916-452-4831

St. Mary Cemetery & Funeral Center FD2263
Calvary Cemetery & Funeral Center FD2262

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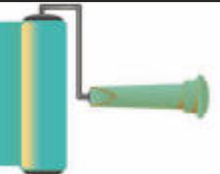
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