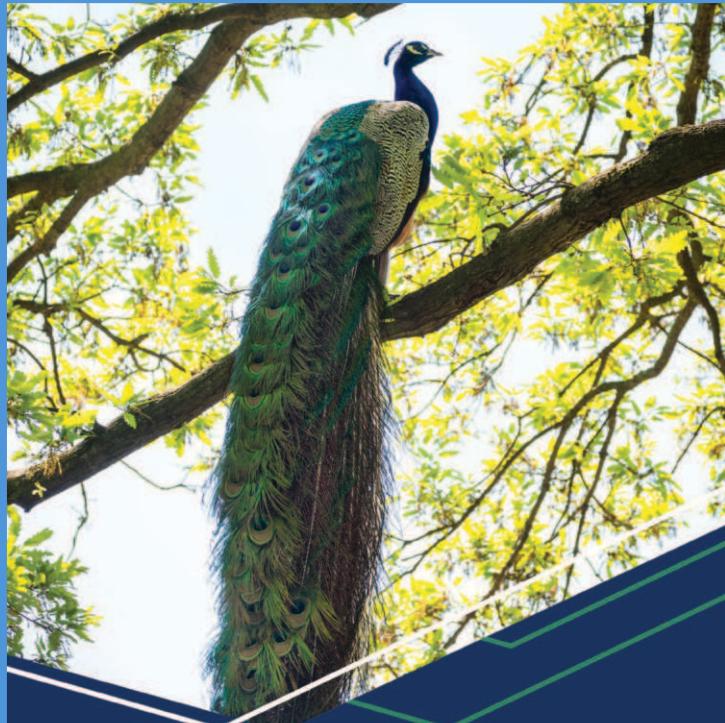




OUR LADY OF THE *Assumption* PARISH

5057 COTTAGE WAY
CARMICHAEL, CA 95608
(916) 481-5115
WWW.OLAPARISH.NET
PARISH@OLAPARISH.NET

Sunday, February 1, 2026
The Fourth Sunday in Ordinary Time



4th SUNDAY IN ORDINARY TIME

"Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven." - Mt 5:10-12a

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

Mass Schedule

Saturday vigil Mass at 5:00 p.m.

Sunday Masses at 7:30 a.m., 9:00 a.m., 11:00 a.m., and 7:30 p.m.

**8:00 a.m. daily Masses
(Monday-Friday and first Saturday)**

**Holy Days of Obligation:
8:00 a.m. and 5:30 p.m.**

Confessions

**Confessions are heard inside the church on
Saturday afternoons at 3:30 p.m.**

You may also call the parish office to schedule an appointment.

Parish Office Hours

Monday - Friday from 8:30 a.m. to 2:30 p.m.

Pastor

Rev. Eduino T. Silveira - pastor@olaparish.net

Pastors Emeriti

Rev. Brendan McKeefry & Rev. Michael F. Kiernan

Office Manager

Stacie Nieves - officemgr@olaparish.net

Worship and Communications

Casey Oliver - worship@olaparish.net

Communications

Jane Ricci - communications@olaparish.net

Faith Formation

Tracy Urban - faithformation@olaparish.net

Parish Maintenance

Jake Benjamin - olamaint@olaparish.net

Emails from OLA Parish staff will be sent from an @olaparish.net email address or sent from OLA Parish via Flocknote (mail@flocknote.com). Please check the sender's email address if you receive any suspicious emails. Thank you.

OLA PARISH SCHOOL (Preschool - Eighth Grade)

Website: school.olaparish.net

Principal

Robert Love

Admissions

Elisabeth Gustorf - advancement@olaparish.net

School Office

Donna Eaddy - eaddy@olaparish.net

OLA ST. VINCENT DE PAUL SOCIETY

Provides assistance for those in need
within our parish boundaries.

Please call: (916) 481-6352

Monday - Friday from 9:00 a.m. to 11:00 a.m.

**Food Locker hours of operation are Tuesday and Thursday
mornings from 10:00 a.m. - 12:00 p.m.**

**Visit our website and join Flocknote for more information
about our parish, ministries, and upcoming events.**

olaparish.net  flocknote.com/olaparish

Follow us on Facebook, Instagram, and YouTube!

 facebook.com/OLAParish

 instagram.com/ola_parish_ca

 youtube.com/@OLAParishCA

PARISH MISSION STATEMENT

Love and Serve God. Love and Serve One Another.

The Mission of the parish community at Our Lady of the Assumption Church is to proclaim the Word of God more fully, to gain a more intimate knowledge of God through our Catholic traditions, and to serve the people of God, especially in our efforts to meet the needs of the poor in our community, and when possible, around the world. We strive to build a sense of community among our parishioners, with the entire family of God.

PARISH ADVISORY COUNCIL CHAIRPERSONS

Pastoral Council: Carmy Baca

Finance Council: Joe Selewicz

Buildings & Grounds Committee: John Blaschke

To reach out to any advisory council chairperson, please call the parish office or email parish@olaparish.net.

BULLETIN SUBMISSION INFORMATION

If you have an event to promote or news to share, please fill out the Communications Request Form on our parish website at <https://olaparish.net/communications-committee>. **All requests are subject to approval by our Pastor, Fr. Eduino Silveira.** We will do our best to accommodate your timeline. For questions or requests, email Jane Ricci at: communications@olaparish.net.

Bulletin Weekend Dates Article Submission Due Date

February 14th – 15th

February 6th

February 21st – 22nd

February 13th

February 28th – March 1st

February 24th

*Due dates may be earlier due to the printer's holiday schedule.

STEWARSHIP UPDATE

MANY THANKS FOR YOUR CONTRIBUTIONS.

January 17th/18th Donations: \$11,253.97



January 24th/25th Donations: \$ 9,981.50

January Debt Reduction: \$ 350.00

SPECIAL COLLECTIONS

There will be no Special Collection this weekend.

In February there will be the Annual Catholic Appeal Commitment weekend. 25% is returned to the donor's parish to help support local social Service ministries.

MEET A PASTORAL COUNCIL MEMBER EACH WEEK



"The Pastoral Council allows me to help build a stronger bond between the church and school. Modernizing the property while preserving our history is a major goal of mine. I look forward to getting input from parishioners from all walks of life as I serve on this board." - Brian Russo

Every parishioner is welcome to express thoughts and concerns to any member of the Pastoral Council at any time. For details, contact Pastoral Council Chair, Carmy Baca directly at cbaca_929@yahoo.com or by leaving a message with the parish office at (916) 481-5115.

JOIN OUR COMMUNITY



If you are attending Mass in person or online but not yet registered? PLEASE REGISTER TODAY! This will enable you to get more information about liturgical and social events. Access our online form by scanning the QR code or go to: <https://olaparish.net/community/register-us>.



FLOCKNOTE ONLINE GIVING COMMUNICATION & DATABASE

PLEASE JOIN OUR FLOCKNOTE ONLINE GIVING

If you have not already signed up for Flocknote Online Giving, we ask you to please take a minute and sign up for continued recurring giving. Flocknote Online Giving is an integral component of OLA's comprehensive parishioner communication and database system. Flocknote Fund It transaction fees are the industry standard amount. Using Flocknote Online Giving is more convenient for both parishioners and parish office staff. **You will have the ability to support OLA and it will allow you to:**

1. Make one-time donations.
2. Set up automatic recurring giving.
3. Choose which fund you specifically want to donate to.
4. Print your own tax records.



You can sign up for online giving by going through your existing OLA Parish Carmichael Flocknote account or go to: <https://olaparish.flocknote.com/give>.

Please contact us for assistance, at 916-481-5115 ext. 212 or flocknotesupport@olaparish.net.

FLOCKNOTE SMARTPHONE APP

Flocknote also offers an app for your smartphone where you can easily:

1. Check parish communications
2. Access educational videos through Flocknote Engage
3. Access Flocknote Online Giving to make a gift
4. View your giving history
5. Update recurring gifts

STAY CONNECTED BY SIGNING UP FOR EMAILS



Keep current with details of OLA parish activities by visiting our Flocknote website or by scanning the QR code using your smartphone camera or go to <https://olaparish.flocknote.com>. Once

there, be sure to join the OLA Parish Carmichael News and the OLA Parish Carmichael Faith and Catechesis email groups to receive important updates from OLA, including the weekly bulletin.

MASS INTENTIONS

SATURDAY, JANUARY 31ST

5:00 PM **† Sue Oliver**
by Murphy family
† Jasper Anderson Sr.

SUNDAY, FEBRUARY 1ST

7:30 AM **† Vasco Faria and family**
9:00 AM **† Tom Willow**
by Murphy family
11:00 AM **(Sp) Robert Doud Birthday**
by Doud family
7:30 PM **All Parishioners** (Missa Pro Populo)

MONDAY, FEBRUARY 2ND

8:00 AM **† Steve "Butch" Rillera**
by Tom Campbell

TUESDAY, FEBRUARY 3RD

8:00 AM **† Don Thomas**
by Kannengeiser family

WEDNESDAY, FEBRUARY 4TH

8:00 AM **† Bill Portillo**
by Portillo family

THURSDAY, FEBRUARY 5TH

8:00 AM **(Sp) Virginia & Priscilla De Souza Birthday**
by De Souza family
8:00 AM **† Rene Gonzalez 2yr anniversary**
by Karen Lopez

FRIDAY, FEBRUARY 6TH

8:00 AM **† Jose Nabor Gomez**
by Sofia Gomez

SATURDAY, FEBRUARY 7TH

8:00 AM **†† Juan and Amelia San Miguel**
by Portillo family
5:00 PM **† Will Canny**
by Jones family
† Monica Hayes
by Jones family
† Emily Steenburgen
by Judy Holt
† Sue Oliver
by Murphy family & George and Kathy Whitehouse
† Joanne Bertolucci Kelly (72nd Birthday)
by Meriano family
† Gary Razo

THANK YOU

We are very grateful to our Social Committee whose planning and execution of social events, like our parish dinners, give us the opportunity to get closer to our faith family. They plan, set up, cook, serve, and clean up with volunteers. This takes a great deal of time, talent, and heart. **Thank you!**

PARISH CALENDAR

SUNDAY, FEBRUARY 1ST

7:30 am, 9:00 am, 11:00 am, and 7:30 pm Mass - Church
9:50 am (After Mass) Pray & Play - Preschool Playground

MONDAY, FEBRUARY 2ND

8:00 am Mass
9:30 am Meditation Group - Church

TUESDAY, FEBRUARY 3RD

8:00 am Mass
8:30 am - 7:00 pm Exposition of the Blessed Sacrament - Church
WEDNESDAY, FEB. 4TH
8:00 am Mass
6:00 pm Catholics in Recovery - St. Anne's Room
7:00 pm OCIA - Affinito Hall Rm. 3

For a **COMPLETE CALENDAR**, go to the parish website:
<https://olaparish.net/calendar>.



THURSDAY, FEBRUARY 5TH

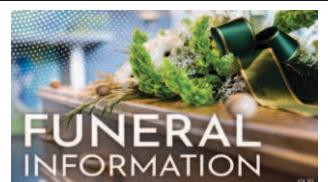
8:00 am Mass
8:30 am - 7:00 pm Exposition of the Blessed Sacrament - Church

6:30 - 8:00 pm She Shall Be Called Woman - St. John's Hall
7:00 pm Living the Word - Affinito Hall Rm. 3

FRIDAY, FEBRUARY 6TH

8:00 am Mass
SATURDAY, FEBRUARY 7TH

8:00 am Mass
10:00 am World Day of the Sick Mass
11:00 am World Day of the Sick Reception - St. John's Hall
3:30 pm Confessions - Church
5:00 pm vigil Mass
After Mass Parish Pasta Dinner - Affinito Hall



Peter Cavazos

Vigil

Friday, Feb. 13th 5-8:00pm

Funeral

Saturday, Feb. 14th at 2:00pm

REQUEST A MASS INTENTION

To request a Mass Intention, please come by the parish office or call **(916) 481-5115**. Mass Intentions refer to the practice of offering a Mass for a specific purpose, such as for living or deceased individuals. **This practice allows us to pray for others, both the living and the dead. This is a meaningful way for Catholics to express their faith and support for others through prayer.** The "†" means that a person is deceased. The "(Sp)" means that it is a Special Intention for someone in need or an event like a birthday. A suggested donation in the province of the Archdiocese of San Francisco, which the Diocese of Sacramento is part, is \$10.00 but if a person cannot afford it there is no need for a donation.

OBSERVANCES FOR THE WEEK OF FEBRUARY 1ST

Sunday:	4th Sunday in Ordinary Time
Monday:	The Presentation of the Lord
Tuesday	World Day for Consecrated Life
Thursday:	St. Blaise, Bishop and Martyr; St. Ansgar, Bishop
Friday:	St. Agatha, Virgin and Martyr
Sunday:	St. Paul Miki and Companions, Martyrs
	5 th Sunday in Ordinary Time, World Marriage Day

GOSPEL MEDITATION

February 1, 2026

The Fourth Sunday in Ordinary Time

Mathew 5:1-12a

A priest I know was once falsely accused of a terrible crime. The claim was wild and easily disproved, but for a while, it didn't matter. In the atmosphere shaped by the abuse crisis of the early 2000s, the public assumption was guilty until proven innocent. His name was dragged through the mud, and his ministry placed on hold. I had the privilege — and the burden — of walking closely with him during that time. He was angry. He was confused. He felt abandoned and deeply disoriented. The last thing on his mind was the words of Jesus in today's Gospel: **"Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me ... Rejoice and be glad"** (Matthew 5:11-12). Rejoice? He felt anything but.

And yet... something holy slowly grew in him. Not overnight, and not without pain. But as the truth came to light and his name was cleared, I watched him become more Christlike — more patient, more compassionate, more detached from human approval.

Maybe you haven't faced something so dramatic. But where do you feel judged? Misrepresented? Overlooked? Maybe someone else got the credit or the promotion. Maybe someone you love isn't getting their due. **In those moments, the Cross of Jesus is near. When we feel accused, that's when we ask him for the grace not just to endure, but somehow, mysteriously, to rejoice and be glad.**

— Father John Muir

©LPI

OUR LADY OF THE ASSUMPTION

**0 Blessed Virgin Mary,
Assumed into Heaven,**

You reign with your Son in glory.

**We ask for your intercession, that we
may one day join you
in the heavenly Kingdom.**

**We thank you for watching over our
parish named in your honor.**

**Help us to continue to do the work of
your Son.**

**Loving Mother,
intercede for us in our needs,
and help us to live lives that are
pleasing to God.**

Amen.

FOR THOSE IN OUR COMMUNITY WHO HAVE PASSED AWAY...

*Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May the souls of all the faithful
departed, through the mercy of God,
rest in peace. Amen.*

All Souls

©LPI

PRAY FOR OUR SICK BROTHERS & SISTERS

BULLETIN SICK LIST POLICY

**To ensure the privacy of
people who are sick,
please make sure you
have their permission
before submitting their
name to the list.**

The names will be added
in alphabetical order.
Once a name is added, it
will be removed either
when requested OR after
six months, unless there
is a specific request to
keep the name on the list
for longer.

To add a name, remove a
name, or if a name has
been removed that needs
to be added back, you
may call the parish office
at (916) 481-5115 or email:
communications@olaparish.net.

Thank you.

Doug Abbes
Cathy Apker
Shannon Armstrong
Doreen Baldwin
Donna Blaschke
Larry E. Carnine
Joan Cotton
Ryan Daniels
Yolande De Forge
Robert DeAnda
John DeSouza
Aaron Esselman
Bobbie Hall
Kathy Harrel
Dorothy Heimbichner
Matthew Holmes
Christine Jansen
Sheila Johnson
Maya Juarez
Michael Kyalwazi
Michael and Shannon Langer
Julia Silva Lara
John Lemieux
Kathleen Lemieux
David DeLeonardis
Dave Levin
Elaine Lyons
Delilah Macfal

Bennett Mattingly
Armie Mauricio
Langford Metzger
Margaret Mongeau
Jessica Montgomery
Nguyen Family
Kathleen Nolan
Jane Osborn
Dave Palmer
Camille Peter
Adam Peter
T.J. Rapozo
Rob & Teresa Reavis
Salvador Silva Reyes
David Rider
Guadalupe Rodriguez
Mary Roy
Emily Tuazon
Linda Vaughan
Wesley Villariza
Rachel Wann
Tomasa Washington
Charlie Wetherall
Jack Wetherall
Cole Miller Whitney (baby)
Lawrence Wilhelm
Pat Wood

HOMEBOUND PARISHIONERS

Distribution of the Eucharist to our homebound parishioners is available. Eucharistic Homebound Ministers are dedicated to serving the spiritual needs of our homebound parishioners by bringing Christ to them and keeping them connected to our community. **Leave a message for Peggy Vellanoweth at the parish office if you would like to receive the Eucharist.**

PREGNANCY ASSISTANCE THE GABRIEL PROJECT



Pregnant? Worried?
Need Help?
Call (800) 910-0191
The Gabriel Project



FINDING HEALING AT RACHEL'S VINEYARD

Call
(916) 733-0161
or email
projectrachel@scd.org

All messages are
confidential.

PARISH AND SCHOOL NEWS

ST. VINCENT DE PAUL SOCIETY OLA CONF.



For those who need assistance and live within our parish boundaries, the OLA SVdP Food Locker is open Tuesdays and Thursdays, 10:00am - 12:00pm.

Back-up drivers are needed to pick up Food for SVdP! Volunteers should be able to lift 50 pounds and have an SUV or small truck for transport. Please contact Dale Stradford at dstradford@ymail.com or at (916)471-8527.

Check out the Illuminating Hope Raffle flyer in the bulletin! Tickets are available at the parish office to buy or sell. It is a fun opportunity to support SVdP!

SHE SHALL BE CALLED WOMAN

We are back for Season 4, Restored to Radiance. In a world often marked by darkness and discouragement, this season invites women to turn to Christ, the Light who has already won the victory. Together, we will allow His light to penetrate every area of our lives so we may be restored and sent forth as a light to our families, friends, and the world. Sessions on Thursdays, **Jan. 29th – March 26th, from 6:30-8:00pm in St. John's Hall.** For info., email Megaly Beas at mortega9512@gmail.com.

ADULT FELLOWSHIP



OLA adult parishioners are welcome to a fellowship of Sunday prayer and a pickup Basketball game in Affinito Hall.



Come to the church as early as 5:00 pm if you like. There will be a group rosary at 5:30 pm followed by basketball in Affinito Hall. Basketball will wrap up prior to 7:30 pm Mass. All players and spectators must be 18yrs or older and a registered parishioner. **The next meeting is Sunday, February 22nd!** For details contact: Catherine Olguin at: 916-223-1257 or email catharina.936@gmail.com.

RSVP FOR PARISH PASTA DINNER ASAP

Join us for the annual OLA Parish Pasta Dinner on Saturday, February 7th, 2026. Doors open after the 5 p.m. vigil Mass, and dinner will be served at 6:30 p.m. after Fr. Eduino gives the blessing. The menu includes meatballs, pasta, bread, salad, wine, beer, and Leatherby's ice cream for dessert. All are welcome! The dinner is free of cost, but donations are appreciated. **PLEASE RSVP BY MONDAY, FEBRUARY 2ND** via our website www.olaparish.net, QR code or in person in the parish office.



OLA SCHOOL IS BUILDING THEIR FAITH

Students: Please cut out the brick and bring it to school on Monday to add to your class board and help your class "build" their faith!



Gabriel Project



We joyfully welcome Zainab who is due in February, Kershma who is due in May and Ashley who has a 15-month-old.

We are currently out of NB diapers! We even accept open packages of diapers! We are deeply grateful to our generous parishioners for their continued support.

Please join us for our Gabriel Project meeting at 12:00pm on Sunday, February 1st in Bannon Hall. We look forward to sharing how we provide spiritual, emotional, and material support to help meet the needs of women and families facing difficult or crisis pregnancies. Whether you can give a little time or a lot, your help truly makes a difference. We'd love to have you join us in this life affirming mission.

SAVE THE DATE TO GET CRABBY



Save the Date

Saturday, February 28, 2026

Affinito Hall

Doors open 5:00p.m.

Dinner 6:30p.m.

Silent and Live Auction

Dessert Auction

Tickets on sale January 28th

olacrabfeed26.givesmart.com

Reservation forms will also be available in the Parish Office

Proceeds help to benefit OLA 8th Grade trip to Washington D.C.

2025 GIVING INFORMATION

We will be sending out the 2025 giving information for your tax records in February. To accomplish this, we need to ensure the parishioner information we have on file for you is correct. You may update/verify your Flocknote database information using the instructions on page 2 of the bulletin. Please contact us for assistance, at 916-481-5115 ext. 212 or flocknotesupport@olaparish.net.



CATHOLICS IN RECOVERY

Join Catholic in Recovery Wednesday nights at 6 p.m. in St. Anne's Room. Meetings combine the spiritual principles of 12-step recovery and the sacraments of the Catholic Church. Join others in recovery as we overlap scripture from Sunday's Mass readings, liturgical themes, and recovery topics with honest discussion and prayer. Confidentiality is protected. We welcome those recovering from any addiction. For more information, contact Bill B. at (561) 827-0624, email bbefort@bellsouth.net or visit www.catholicinrecovery.com.

PRAYER AND FORMATION AT OLA

EXPOSITION OF THE BLESSED SACRAMENT

All are invited to come to pray in the church on Tuesdays and Thursdays between 8:30 am - 7:00 pm.



*Make time to pray in the peaceful presence of our Lord.
All are invited to pray a Holy Hour if you have the time to do so.*

To sign up for an Adoration time slot, please contact Don Thamer at don.nprz6@gmail.com or text (916) 549-7195.

OLA MEDITATION GROUP

"BE STILL AND KNOW THAT I AM GOD" This group meets weekly on Mondays at 9:30 am in the church and follows Christian Meditation practice to help participants to grow in relationship with Christ. For more information, email: bilrider2808@sbcglobal.net.

OLA MINISTRY OPPORTUNITIES

For more information about ministry at OLA, visit our parish website: <https://olaparish.net/community/ministries> or contact Casey at: worship@olaparish.net. You may also leave a message at: (916) 481-5115 ext. 212.

LIVING THE WORD SCRIPTURE STUDY

All are welcome for Living the Word Scripture Study on Thursday evenings at 7:00 p.m. in Affinito Hall Meeting Room 3. At Living the Word, we discuss the Sunday scripture readings and how they apply to our daily lives.

RETURNING TO YOUR CATHOLIC FAITH

If you are returning to your Catholic Faith, we would like to offer an informal conversation with a member of the parish staff to help facilitate a comfortable active return to our church community by sharing information on topics that may have changed in your absence: Sacraments, Explanation of Mass, Church Terminology, Divorce/Annulment, etc. as well as discussing the many OLA ministry options. Interested? Please leave a message for Casey at (916) 481-5115 ext. 212 or send an email: worship@olaparish.net. We are very excited to have you join our faith family!

CHOIR IN THE PEWS MUSIC MINISTRY



Choir in the Pews is a volunteer ministry that is open to all ability levels. We need prepared singers in the pews who are willing to sing out during Mass to support and encourage the singing of others. If you have been interested in participating in music ministry, but have never had the time, this ministry is for you!

Please email Casey Oliver at worship@olaparish.net to learn more.

WORLD DAY OF THE SICK MASS AT OLA

Saturday, February 7th at 10:00 am Mass with Bishop Rey Bersabal, here at Our Lady of the Assumption Church! This celebration of the Eucharist will include the sacramental Anointing of the Sick, the blessing of caregivers and blessing with water from the shrine in Lourdes. This event is sponsored by the Diocese of Sacramento and The Order of Malta. For details, contact Tony Riehl at 916-733-0274 or triehl@scd.org.

WORLD DAY OF CONSECRATED LIFE

February 2, 2026 (Celebrated on January 31 – February 1st): World Day for Consecrated Life will be celebrated in the Church on February 2, 2026 and in parishes over the weekend of January 31–February 1, 2026. Please pray for all those who have made commitments in the consecrated life and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation (www.usccb.org).

KINDNESS

In the modern lexicon, the quality of "kindness" is often equated with politeness – but **real, virtuous kindness is so much more**. **Virtuous kindness is a way of seeing others through the eyes of God.**

God is not polite – God is kind, and His kindness is abundantly evident in all of creation. It was suspicion of this divine kindness that precipitated the fall of Adam and Eve (ccc 214), and it was this unfailing kindness that facilitated our own adoption as God's children, conformed to the image of His son (ccc 257).

Also known as benevolence or beneficence and derived from the theological virtue of charity, kindness is a fruit of the Holy Spirit (Galatians 5:22) and is a central theme in the famous parable of the Good Samaritan. **In practicing kindness and seeking the good of another without prejudice or condition, the Samaritan reflects God's own plan of loving kindness for us.**

©LPI

WHAT STAYS THE SAME

How similar we all are in sin. How similar we all are in potential. How different we look to the world. **And yet, how wondrous it is that we are all offered the same hope: "Rejoice and be glad, for your reward will be great in Heaven."**

- Colleen Jurkiewicz Dorman

©LPI

FAITH ENRICHMENT & FORMATION RESOURCES

Our parish has Flocknote Engage, which includes FREE access to Bishop Barron's Word on Fire ENGAGE video library and study programs (including free pdf study materials)! All that is needed is an OLA Parish Flocknote account. Sign up for free at <https://app.flocknote.com/olaparish/>. Login to Flocknote by clicking on the sheep icon at the top left of our website's home page and visit Word on Fire (WOF) Digital to watch any of the videos at any time.

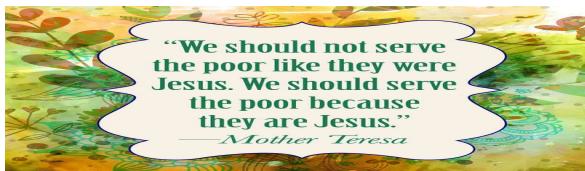
Fr. Eduino encourages parishioners to gather in small groups to learn more about our faith. The Flocknote Engage library is a great resource if you want to bring together a small group to learn about a variety of topics. For more info. email Casey Oliver at worship@olaparish.net.

LOVE AND SERVE GOD, LOVE AND SERVE ONE ANOTHER

HELP NEEDED TO SERVE THE HOMELESS

As a part of Winter Respite, Our Lady of the Assumption has committed to serve our local homeless neighbors on **WEDNESDAY, FEBRUARY 4TH AND WEDNESDAY, FEBRUARY 25TH**. We will serve at Congregation Beth Shalom (on 4746 El Camino Avenue, Carmichael, CA 95608). **We will need 12 volunteers on each day to serve different shifts between 7:00 a.m. and 1:00 p.m. The shifts include cooks, greeters, servers, and hosts.** The services we will provide include a hot breakfast, coffee, a bag lunch, and cots.

Winter Respite is a program of the non-profit Carmichael Homeless Assistance Resource Team (HART). <https://www.hartstogether.org/carmichael>. If you would like to volunteer or have questions, please contact parishioner Juan Yniguez at jcyniguez@att.net or 916-207-9512.



FUNERAL ARRANGEMENTS



HAVE YOU MADE THESE ARRANGEMENTS?

YOUR INVITED TO MEET ONE ON ONE WITH
LANCE ARROYO FOR A GUIDED CONVERSATION
ON CATHOLIC FUNERAL AND CEMETERY
PLANNING

REVIEW OF PREEEXISTING ARRANGEMENTS ALSO
AVAILABLE

OLA IN ST. PAUL ROOM, IN THE PARISH
OFFICE COMPLEX

MONDAY'S FEB. 9TH, 16TH & 23RD
10AM - 1PM

TO RESERVE A SPOT
CALL OR TEXT LANCE ARROYO
(916)297-0109

PARK IN THE WALNUT AVENUE
PARKING LOT TO ACCESS

LIVE YOUR BEST LIFE IN LOVE



February 13th-15th, Worldwide Marriage Encounter will be presenting a talk on **Gaining tools to reconnect, renew and rejoice in your marriage** at the University Hotel by IHG, Dixon, CA. Registration is \$225. To register use QR code. For details contact Terry & Janet Doane at 916-489-3464 (please leave a message).

LENTEN REGULATIONS 2026 – PART 1

Ash Wednesday marks the beginning of Lent, a season in which the faithful are called to reflect on the Paschal Mystery more intently. It is a time of spiritual renewal and to examine one's relationship with God and others more carefully. It is also a time in which catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through prayer, fasting, and almsgiving.

Ash Wednesday: "The blessing and distribution of ashes on Ash Wednesday normally takes place during the celebration of Mass. However, when circumstances require, the blessing and distribution of ashes may take place apart from Mass, during a celebration of the word of God."¹ In this case the "rite may be celebrated by a priest or deacon who may be assisted by lay ministers in the distribution of the ashes. The blessing of the ashes, however, is reserved to a priest or deacon."² A description of this liturgy is found in the Roman Missal, at the end of the proper for Ash Wednesday.

Fasting and Abstinence: In order to foster a spirit of repentance and unite us more closely to Christ, Church law requires the observance of Abstinence and Fasting during Lent.³ (For further study, see Pope Paul VI's apostolic constitution on the subject.⁴)

Abstinence: All persons 14 years and older are obliged to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday. . . . [Any] parish or diocesan institution or group which sponsors an event which includes a meal is not to serve meat on any Friday during the year".⁵ Other forms of abstinence, for example abstinence from alcoholic beverages, television, video games, the internet, and social media, are also 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.

When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday). It is desirable that they perform some other pious act instead.

1 Book of Blessings #1656, 2 Book of Blessings #165, 3 Code of Canon Law #1249-1253, 4 Apostolic Constitution Paenitemini of the Supreme Pontiff Paul VI on Fast and Abstinence, 5 Diocesan Statutes #127

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EARLY BIRD DRAWING

On April 6, 4 lucky people have a chance to win seats at Father Eduino's table at the Benefit for the Poor Dinner, or to view Sandhill cranes on Staten Island in the Delta

TICKETS AVAILABLE AT THE PARISH OFFICE TO BUY OR SELL

Contact Maria Mendezona
mamendezona@gmail.com



Contact Marylee Johnson
jmjohn@surewest.net

Greetings...

The 20th SVdP annual Benefit for the Poor event, "Illuminating Hope," is here. This year's SVdP raffle will be different. We are excited to announce that our conference will hold a separate parish raffle with its own prizes.

Maria Mendezona of Team 2 will head this project, supported by Past President Marylee Johnson. We have a total of 4,000 tickets to sell, and all proceeds will benefit our conference. If sales exceed 4,000 tickets, we'll be able to provide even more support to our neighbors in Carmichael who are in need.

The **Grand Prize** in the raffle is a six-day, five-night trip for two to the Sheraton Maui Resort and Spa, including up to \$1,000 for airfare, a \$400 car rental voucher, and a \$500 American Express Gift Card, totaling \$3,500. **Second Prize** is a \$500 Visa Gift Card.

On April 6, 4 lucky winners from OLA will be drawn to win seats at Fr. Eduino's table at the Benefit for the Poor dinner (April 17) or a complementary excursion to view Sandhill Cranes in the Delta guided by yours truly.

Maria may approach you to buy or help sell tickets. Tickets will be available after Mass or at the Parish office, with each ticket at \$10.00 or a booklet of ten for \$100.00.

St Vincent the Paul tells us that as Vincentians one of our goals is to "see Christ in the poor and be Christ for the Poor." Your ongoing support is highly valued and sincerely appreciated.

Signed Leo Winternitz