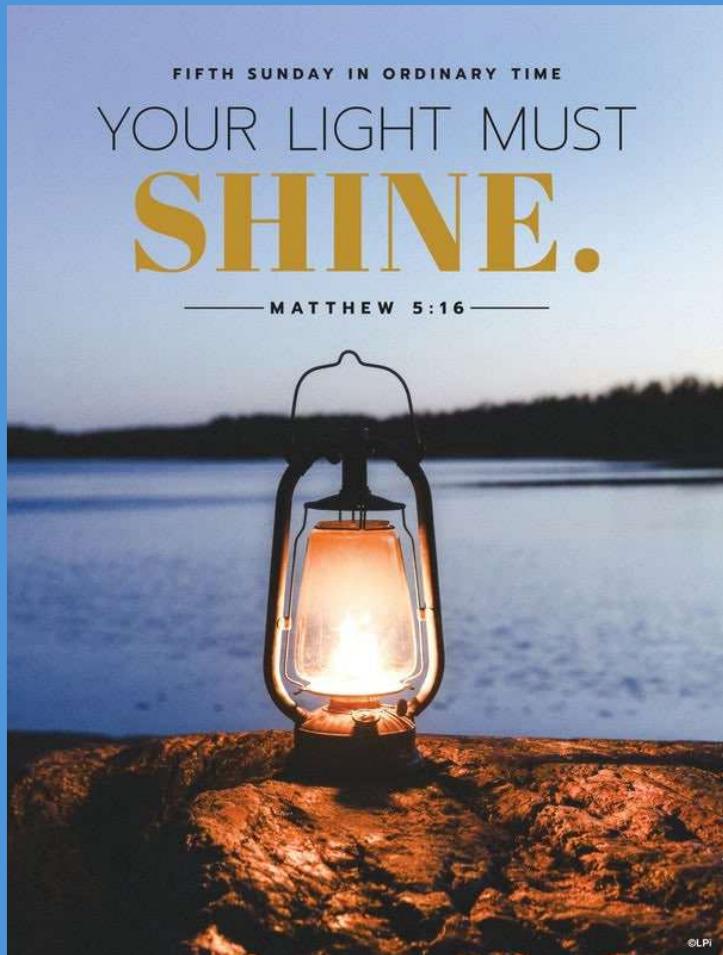




OUR LADY OF THE *Assumption* PARISH

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

Sunday, February 8, 2026
The Fifth Sunday in Ordinary Time



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 21st – 22nd

February 13th

February 28th – March 1st

February 20th

March 7th – 8th

February 27th

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

STEWARSHIP UPDATE

We extend our heartfelt thanks for your generous donations to OLA.

January 31st – February 1st Donations: \$16,685.50



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 FINANCE COUNCIL MEMBER EACH WEEK



"As a member of the Finance Council, I serve our parish by; providing support and guidance to Fr. Eduino and the other parish leaders for utilizing our resources to best serve the parish community."

-Joe Selewicz, Chair

The Parish Finance Council is a consultative body of lay persons appointed to advise the Pastor in matters pertaining to the financial affairs of the parish. For details, contact Chair, Joe Selewicz 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, FEBRUARY 7TH

8:00 AM **† Juan and Amelia San Miguel**
by Portillo family

5:00 PM **† Will Cann**
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
by Razo family

SUNDAY, FEBRUARY 8TH

7:30 AM **† Marie Cantu**

† Barton Hoppe

9:00 AM **† Tom Willow**
by Murphy family

11:00 AM **(Sp) All Expectant Parents**
by Doud family

7:30 PM **All Parishioners** (Missa Pro Populo)

MONDAY, FEBRUARY 9TH

8:00 AM **† Margaret Rodriques**

† Jesse De Souza
by Mother, Virginia

† Alice Melchor
by Kathy Palmer

TUESDAY, FEBRUARY 10TH

8:00 AM **† Donal O'Shea**
by Kannengeiser family

WEDNESDAY, FEBRUARY 11TH

8:00 AM **(Sp) Lydia Carbon**
by Paulina Carbon & Leighton-Armah families

THURSDAY, FEBRUARY 12TH

8:00 AM **† Dale and Arlene Fuller**
by Portillo family

FRIDAY, FEBRUARY 13TH

8:00 AM **† Michael A. Campos**
by Linda Campos

SATURDAY, FEBRUARY 14TH

5:00 PM **† Sue Oliver**
by Murphy family

(Sp) Tomasa Washington
by Anne Perez

† Ellyn Reilly
by Siobhan and Tony Riehl

PARISH CALENDAR

SUNDAY, FEBRUARY 8TH

7:30 am, 9:00 am, 11:00 am, and 7:30 pm Mass - Church

9:50 am (After Mass) Pray & Play - Preschool Playground

12:00 pm Baptisms - Church

MONDAY, FEBRUARY 9TH

8:00 am Mass

9:30 am Meditation Group - Church

10:00 am Catholic Cemetery Services - St. Paul's Room

10:00 am OLA Women's Book Club - Affinito Hall Rm. 3

5:30 pm Faith Formation Sacramento Parent's Mtg. - Bannon Hall

TUESDAY, FEBRUARY 10TH

8:00 am Mass

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

6:30 pm Knights of Columbus Mtg. - St. John's Hall

WEDNESDAY, FEB. 11TH

8:00 am Mass

6:00 pm Catholics in Recovery - St. Anne's Room

7:00 pm OCIA - Affinito Hall Rm. 3

THURSDAY, FEBRUARY 12TH

8:00 am Mass

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

3:00 pm St. Vincent de Paul - Affinito Hall Rm. 3

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 13TH

8:00 am Mass

5:00 pm - 7:00 pm Peter Cavazos Vigil - Church

SATURDAY, FEBRUARY 14TH

2:00 pm Peter Cavazos Funeral - Church

3:30 pm Confessions - Church

5:00 pm vigil Mass

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



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 8TH

Sunday: 5th Sunday in Ordinary Time; World Marriage Day
World Day of Prayer and Awareness against Human Trafficking
World Day of Consecrated Life

Tuesday: St. Scholastica, Virgin

Wednesday: Our Lady of Lourdes

Friday: Sts. Cyril, Monk, and Methodius, Bishop; Valentine's Day

Sunday: 6th Sunday in Ordinary Time

GOSPEL MEDITATION

The Fifth Sunday in Ordinary Time

Mathew 5:13-16

I recently learned why zebras have stripes. Scientists used to think it was for camouflage, but new research suggests something more interesting: the stripes help zebras blend in with one another. When a predator looks at a herd, the overlapping stripes make it hard to single out one animal. But if a researcher spray-paints a dot on just one zebra, predators lock on it and eventually attack. The lesson? **In the wild, blending in is protection.** Standing out can be dangerous.

Human beings are not so different. Most of us would rather blend in than stand out, especially when it comes to our faith. We know that giving bold witness to Jesus — through our words, values, or public choices — can make us targets for criticism, isolation, or judgment. That's why Jesus' words in today's Gospel are so challenging: "You are the light of the world. A city set on a mountain cannot be hidden" (Matthew 5:14).

A city on a hill draws attention. It also draws fire. But that's part of the cost of discipleship. Jesus doesn't call us to be tribal or boastful. He calls us to stand in the open with humble confidence, so that people might see our good deeds and glorify our Father in heaven. **Today, let's ask for the courage not just to believe in Christ, but to be seen believing in him.**

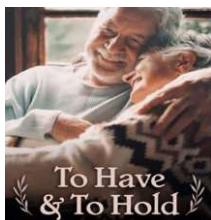
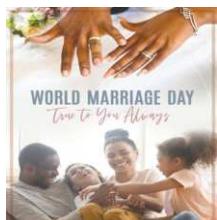
— Father John Muir

©LPI

THANK YOU



We greatly appreciate our Bereavement Committee, led by Kate Walsh, who provides caring support while assisting those in our faith family with funeral planning. We are blessed to have Fr. Eduino and Kate by our sides at this difficult time.



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.*

Peter Cavazos

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
Mariano Afonso
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 Harrelld
Dorothy Heimbichner
Matthew Holmes
Christine Jansen
Sheila Johnson
Maya Juarez
Michael Kyawazi
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
Tomas Washington
Charlie Wetherall
Jack Wetherall
Cole Miller Whitney (baby)
Lawrence Wilhelm
Pat Wood
Bobby Zoppi

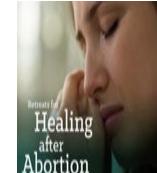
HOMEBOUND PARISHIONERS

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



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



Healing after
Abortion

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.

We are in need of paper or plastic bags. Please drop them off in our boxes at the back of church.



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.

SHEPHERDS FIELD OLIVE WOOD HAND CRAFTS

A group from the Holy Land (Bethlehem & Jerusalem) will be selling religious articles after masses to support the Catholic Christian minorities in Bethlehem. Many of the Catholic families in the Holy Land worked in small workshops to produce religious artwork to sell to pilgrims who visited the Holy Land. However, now there are no pilgrims visiting the Holy Land due to the political issues and the current war between the Israelis' and Hamas. Many Catholic families have left the Holy Land. Less than 1% of the 20% of Christians remain. If this hardship continues, we believe that in a few years, there will be no Catholics in Bethlehem or Jerusalem. The struggle to preserve the Catholic identity of the birthplace of our savior; Jesus Christ is a serious concern for Catholics around the world. **Sales will be used to support the Catholics in the Holy Land and to encourage them not to immigrate.**

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.

KNIGHTS OF COLUMBUS SAVE THE DATE



The Knights of Columbus invite you to a very special event, "WHEELCHAIR SUNDAY". It is estimated that worldwide, over 139 million children, teens and adults lack mobility due to birth defects, war, disease, accident, natural disaster or advanced age and are in need of wheelchairs but cannot afford one. **Please join us**

March 7th & 8th to learn how you can help!

OLA CRABFEED



OLA School is having a Crabfeed on Saturday, February 28th. The doors open at 5:00pm and dinner will begin at 6:30pm. There will be Silent & Live auctions. You can get tickets at olacrabfeed26.givesmart.com. There will also be Reservation forms available in the Parish Office. The proceeds help to benefit OLA 8th Grade trip to Washington D.C.

BRING YOUR BLESSED PALMS

Once again, we will be burning palms from past Palm Sunday Masses to use for ashes on Ash Wednesday (February 18th). **Please bring in your dried blessed palms to Mass and drop them in the baskets at the church doors by Monday, February 16th.** Deacon Michael will be burning the blessed palms on Tuesday, February 17th at approximately 8:30 a.m. (after the 8:00 a.m. Mass). All are welcome to attend.



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.

ASH WEDNESDAY MASS SCHEDULE



WEDNESDAY, FEBRUARY 18TH Mass Schedule

8:00 a.m.
12:00 p.m.
5:30 p.m.

The 8:00 a.m. Mass will be attended by the OLA School. The 8:00 a.m. and 5:30 p.m. Masses will be livestreamed.

PRAYER FOR MARRIED COUPLES

Dear Jesus,

Bless the married couples in our community and grow their bonds of love for each other. Give them the grace to share minds, hearts, dreams, growth, challenges, and strength in every season of life. Make them a sturdy shelter for each other, a place to find comfort and rest. **Amen.**

©LPI

GOODNESS

In the beginning, goodness was all there was. And in the end, only goodness will remain.

The word "good" is repeated so often in the first verses of Genesis that it has become almost cliché. God sees what He has made, and He calls all of it "good" (Genesis 1:31). Likewise, on the very first page of the Catechism of the Catholic Church, we read that God created man "in a plan of sheer goodness ... to make him share in his own blessed life." (ccc 1). **When we see goodness, we cannot help but think of God** (Wisdom 13:1).

In baptism, the Holy Spirit gives us the sanctifying grace of justification, which is, among other things, the ability to grow in goodness through an increase in moral virtue (ccc 1266). **Baptism, therefore, disposes us toward goodness, and the more we ask the Holy Spirit for goodness, the more it will be possible for us.**

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 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>. For details contact: Juan Yniguez at jcyniguez@att.net or 916-207-9512.

WORLD MARRIAGE DAY

Join us in celebrating World Marriage Day on Saturday, February 28th, at St. Robert's Catholic Church. Bishop Rey Bersabal will celebrate Mass at 11:00 AM where sacramentally married couples will receive a special blessing and may renew their marital commitment. A light reception will follow with certificates for milestone anniversaries. Please register at www.scd.org, under the events section.

FUNERAL ARRANGEMENT INFORMATION



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 PREEXISTING 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 Terry & Janet Doane at 916-489-3464.

LENTEN REGULATIONS 2026 - PART 2

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, Eucharistic adoration, and Liturgy of the Hours. Other devotions such as the Rosary, the Divine Mercy Chaplet, visits to the Blessed Sacrament, and praying for vocations to the priesthood and religious life are also encouraged. Holy water remains available in the stoops throughout Lent, until the Evening Mass of the Lord's Supper begins the Easter Triduum.

The Sacrament of Reconciliation: Lent is a privileged time for celebrating the Sacrament of Penance. The faithful are obliged to confess their grave sins at least once a year.⁶ To that end, parishes are encouraged to provide ample opportunity for the faithful to partake of the Sacrament of Reconciliation by expanding their confession schedule during Lent. You might consider, for example, adding an extra rite of reconciliation on a weekday evening. Public parish penance services are strongly encouraged and may be combined with the Roman "stations" with or without a procession.⁷ General absolution, however, is not permitted.

Lenten Mass Schedule: The faithful are urged to attend Mass on weekdays as often as possible, especially during Lent. Daily Masses during Lent should be scheduled to facilitate attendance.

The Stations of the Cross: The Stations of the Cross are to be celebrated in each parish on Fridays during Lent and parishioners should be encouraged to participate.

Day of Reconciliation and Unity: The second Wednesday of March is to be observed as "[a] day of penance for negative attitudes and discrimination toward people of differing cultures, ethnicity and race; and prayer for unity in our diversity, for equality, mutual respect and peace among all peoples".⁸

Code of Canon Law #989 7 Roman Missal, Proper of Time, Lent (introduction #1-2); see also Rite of Penance Appendix II, I 8 Diocesan Statutes #123 §3(c).

ADDITIONAL ASH WEDNESDAY SERVICES

February 18th **8:30 am at California State Capitol**, Sacramento West Steps (10th Street, between L and N Streets. This liturgy is an opportunity for us to publicly witness our faith and the need for conversion to the Gospel of Life and Dignity, both personally and socially.

February 18th **7:00 pm Sacramento Newman Catholic Center** - Open to all students, teachers, & staff on the college campus.

BOY SCOUT TROOP 328 FUNDRAISER

We will be outside the church after the 7:30am, 9am, and 11am Masses Feb. 22nd and March 1st to take orders for custom, scout crafted cutting boards. The cutting boards are great for cutting food, for charcuterie, and for display. This is one of our biggest fundraisers and proceeds will go toward summer programs. Troop 328 is an integral part of the OLA, with over 60yrs serving the OLA community. We are always looking for individuals interested in joining Scouts, to have fun, to learn, and to make lifelong friends. For details on both, contact Mike at rockusc@gmail.com, or Cynthia at cheebclark@gmail.com.



Lack
REAL ESTATE
DRE# 00443547

Nancy
Arndorfer

Parishioner
916-838-1763
narndorfer@golygon.com

IF YOU LIVE ALONE

MDMedAlert!™

✓ Ambulance/Police ✓ **CALL NOW!** As Low As \$19.95 /mo.

✓ Family/Friends ✓ GPS & Fall Alert 800.808.9294 md-medalert.com



SUPPORT OUR ADVERTISERS!

PRAY FOR OUR BISHOP & EAT ICE CREAM!

Leatherby's
Family Creamery
15% OFF
Not valid with any other promotions
2333 ARDEN WAY

Brandt's Painting
484-7877
Russell James Brandt - Owner
Since 1989 License #652471
Quality Work • Free Estimates

Family Owned & Operated Since 1897
Parishioner & School Parent
W.F. Gormley & Sons FUNERAL CHAPEL
Since 1897
Oldest Independent Funeral Home in Sacramento
Preplanning Available
State Funeral Director Lic. #FD134
916-443-6513
2015 Capitol Ave., Sacramento

WE APPRECIATE OUR ADVERTISERS!

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

833-287-3502

SUPPORT OUR PARISH

EL DORADO SAVINGS BANK
Serving our local communities for over 65 Years
Dinah McMillin | Branch Manager
4701 Manzanita Ave. • 916-481-0664

2026 Catholic Calendar
Fill every month with faith!
Order Yours Today!

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

[Visit Ipcommunities.com](http://VisitIpcommunities.com)

Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO



4lpi.com/adcreator



LET'S GROW YOUR BUSINESS

Place Your Ad Here and Support Our Parish!

CONTACT ME
Joanne Sullins

jsullins@4lpi.com • (800) 950-9952 x2662



FREE AD DESIGN
with purchase of this space

CALL
800-950-9952

Scan to contact us!

Lic# 345920320

Lombard Funeral Home

AT-NEED & PRE-NEED
Funeral & Cremation services
Serving our community since 1942

Call Today 916-483-3297

Dignity

1550 Fulton Ave, Sacramento, CA 95825
www.Lombardfunerals.com

catholicmatch®

California

CatholicMatch.com/CA



WILLS • TRUSTS • PROBATE
S. Susan King, Esq.

Certified Legal Specialist
by the State Bar of California

(916) 794-3003
sking@sacbusinesslaw.com

Complimentary Consultation

S. King Law, PC
7801 Folsom Blvd., Suite 109 • Sacramento



SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.4lpi.com

Our Lady of the Assumption, Carmichael, CA

A 4C 05-1258