



# OUR LADY OF THE *Assumption* PARISH

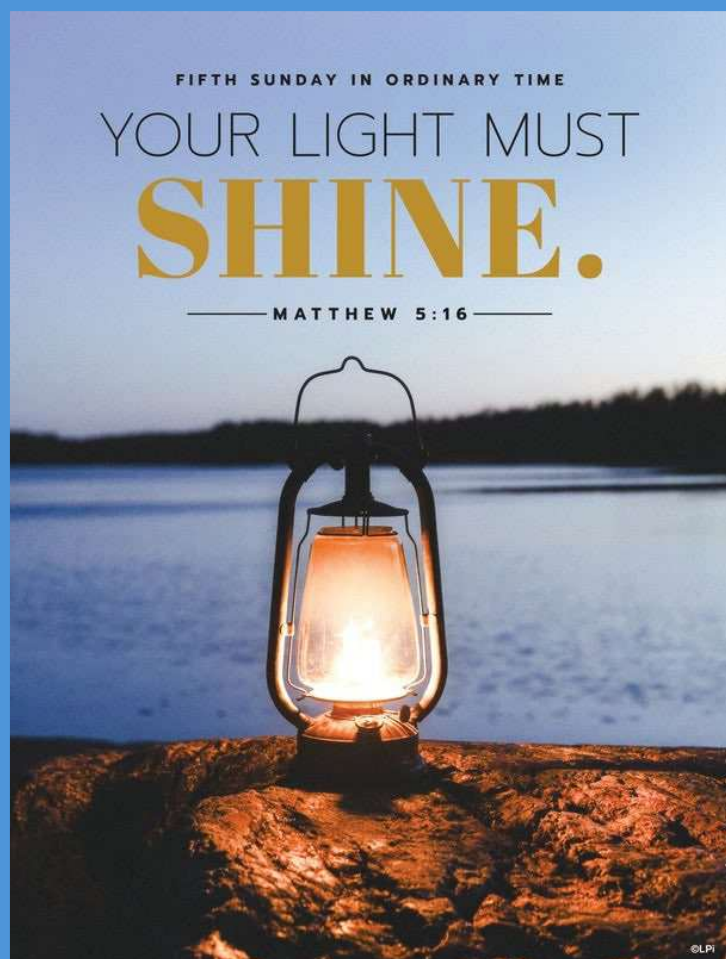
5057 COTTAGE WAY  
CARMICHAEL, CA 95608

(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](mailto:pastor@olaparish.net)**

## **Pastors Emeriti**

**Rev. Brendan McKeefry & Rev. Michael F. Kiernan**

## **Office Manager**

Stacie Nieves – [officemgr@olaparish.net](mailto:officemgr@olaparish.net)

## **Worship and Communications**

Casey Oliver – [worship@olaparish.net](mailto:worship@olaparish.net)

## **Communications**

Jane Ricci – [communications@olaparish.net](mailto:communications@olaparish.net)

## **Faith Formation**

Tracy Urban – [faithformation@olaparish.net](mailto:faithformation@olaparish.net)

## **Parish Maintenance**

Jake Benjamin – [olamaint@olaparish.net](mailto: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](mailto: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](http://school.olaparish.net)

## **Principal**

Robert Love

## **Admissions**

Elisabeth Gustorf – [advancement@olaparish.net](mailto:advancement@olaparish.net)

## **School Office**

Donna Eaddy – [eaddy@olaparish.net](mailto: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](http://olaparish.net)  [flocknote.com/olaparish](https://flocknote.com/olaparish)

**Follow us on Facebook, Instagram, and YouTube!**

 [facebook.com/OLAParish](https://facebook.com/OLAParish)

 [instagram.com/ola\\_parish\\_ca](https://instagram.com/ola_parish_ca)

 [youtube.com/@OLAParishCA](https://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](mailto: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](mailto:communications@olaparish.net).

<b>Bulletin Weekend Dates</b>	<b>Article Submission Due Date</b>
February 21 <sup>st</sup> – 22 <sup>nd</sup>	February 13 <sup>th</sup>
February 28 <sup>th</sup> – March 1 <sup>st</sup>	February 20 <sup>th</sup>
March 7 <sup>th</sup> – 8 <sup>th</sup>	February 27 <sup>th</sup>

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

## STEWARDSHIP UPDATE

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

January 31<sup>st</sup> – February 1<sup>st</sup> 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](mailto: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 7<sup>TH</sup>

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 (72<sup>nd</sup> Birthday)**  
by Meriano family

† **Gary Razo**  
by Razo family

### SUNDAY, FEBRUARY 8<sup>TH</sup>

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 9<sup>TH</sup>

8:00 AM † **Margaret Rodriques**  
† **Jesse De Souza**  
by Mother, Virginia  
† **Alice Melchor**  
by Kathy Palmer

### TUESDAY, FEBRUARY 10<sup>TH</sup>

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

### WEDNESDAY, FEBRUARY 11<sup>TH</sup>

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

### THURSDAY, FEBRUARY 12<sup>TH</sup>

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

### FRIDAY, FEBRUARY 13<sup>TH</sup>

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

### SATURDAY, FEBRUARY 14<sup>TH</sup>

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 8<sup>TH</sup>

**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 9<sup>TH</sup>

**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 10<sup>TH</sup>

**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. 11<sup>TH</sup>

**8:00 am Mass**  
**6:00 pm** Catholics in  
Recovery – St. Anne's Room  
**7:00 pm** OCIA – Affinito Hall  
Rm. 3

### THURSDAY, FEBRUARY 12<sup>TH</sup>

**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 13<sup>TH</sup>

**8:00 am Mass**  
**5:00 pm – 7:00 pm** Peter  
Cavazos Vigil – Church  
**SATURDAY, FEBRUARY 14<sup>TH</sup>**  
**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 8<sup>TH</sup>

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: 6<sup>th</sup> Sunday in Ordinary Time



## GOSPEL MEDITATION

### The Fifth Sunday in Ordinary Time

Matthew 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.**

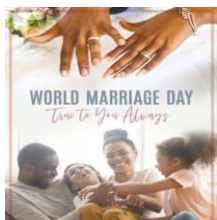
— Father John Muir

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## 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](mailto: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 Harreld  
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  
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](mailto: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. 29<sup>th</sup> – March 26<sup>th</sup>, from 6:30-8:00pm in St. John's Hall.** For info., email Megaly Beas at [mortega9512@gmail.com](mailto:mortega9512@gmail.com).

### ADULT FELLOWSHIP



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



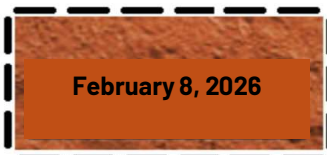
Come to the church as early as 5:00 pm if you like. There will be a group rosary at 5:30 pm followed by basketball in Affinito Hall. Basketball will wrap up prior to 7:30 pm Mass. All players and spectators must be 18yrs or older and a registered parishioner. **The next meeting is Sunday, February 22<sup>nd</sup>!** For details contact: Catherine Olguin at: 916-223-1257 or email [catharina.936@gmail.com](mailto: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 7<sup>th</sup> & 8<sup>th</sup> to learn how you can help!**



### OLA CRABFEED

OLA School is having a Crabfeed on Saturday, February 28<sup>th</sup>. 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](http://olacrabfeed26.givesmart.com). There will also be Reservation forms available in the Parish Office. The proceeds help to benefit OLA 8<sup>th</sup> 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 18<sup>th</sup>). **Please bring in your dried blessed palms to Mass and drop them in the baskets at the church doors by Monday, February 16<sup>th</sup>.** Deacon Michael will be burning the blessed palms on Tuesday, February 17<sup>th</sup> 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](mailto: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](mailto:bbefort@bellsouth.net) or visit [www.catholicinrecovery.com](http://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](mailto: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: [birider2808@sbcglobal.net](mailto:birider2808@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](mailto: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](mailto: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](mailto:worship@olaparish.net) to learn more.

### ASH WEDNESDAY MASS SCHEDULE



#### WEDNESDAY, FEBRUARY 18<sup>TH</sup> 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.**

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### 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.**

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### 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](mailto: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](mailto:jcyniguez@att.net) or 916-207-9512.

### WORLD MARRIAGE DAY

**Join us in celebrating World Marriage Day on Saturday, February 28<sup>th</sup>, 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](http://www.scd.org), under the events section.

### FUNERAL ARRANGEMENT INFORMATION



HAVE YOU MADE THESE ARRANGEMENTS?

YOU ARE INVITED TO MEET ONE ON ONE WITH  
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PLANNING

REVIEW OF PREEXISTING ARRANGEMENTS ALSO  
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MONDAY'S FEB. 9<sup>TH</sup>, 16<sup>TH</sup> & 23<sup>RD</sup>

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 13<sup>th</sup>-15<sup>th</sup>, 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. <sup>6</sup> 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. <sup>7</sup> 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".<sup>8</sup>

Code of Canon Law #989 7 Roman Missal, Proper of Time, Lent (introduction #1-2); see also Rite of Penance Appendix II, 18 Diocesan Statutes #123 §3(c).

### ADDITIONAL ASH WEDNESDAY SERVICES

February 18<sup>th</sup> **8:30 am at California State Capitol**, Sacramento West Steps (10<sup>th</sup> 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 18<sup>th</sup> **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. 22<sup>ND</sup> and March 1<sup>ST</sup> 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](mailto:rockusc@gmail.com), or Cynthia at [cheebclark@gmail.com](mailto:cheebclark@gmail.com).

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