



OUR LADY OF THE *Assumption* PARISH

5057 COTTAGE WAY
CARMICHAEL, CA 95608

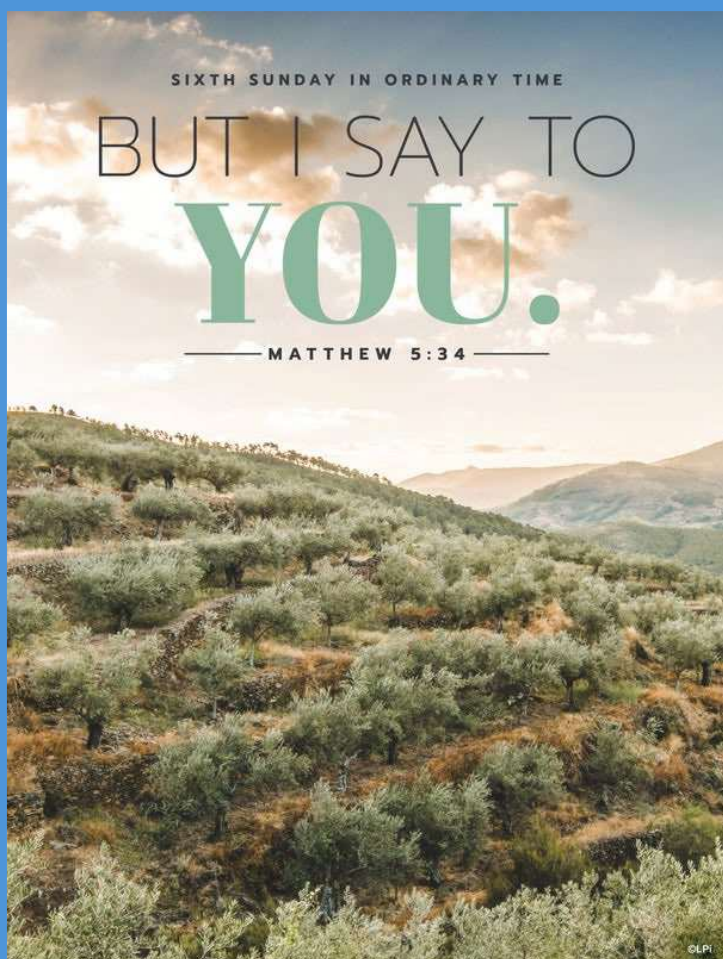
(916) 481-5115

WWW.OLAPARISH.NET

PARISH@OLAPARISH.NET

Sunday, February 15, 2026

The Sixth 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

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 communications@olaparish.net.

Bulletin Weekend Dates

February 28th – March 1st

March 7th – 8th

March 14th – 15th

Article Submission Due Date

February 20th

February 27th

March 6th

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

STEWARDSHIP UPDATE

Your kindness and generosity is inspiring!

February 7th – February 8th Donations: \$14,825.00

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 FINANCE COUNCIL MEMBER EACH WEEK



"As a member of the Finance Council, I serve our parish by using my financial background to support and serve Fr. Eduino and our Parishioners. We oversee all spending for our parish. We strive to be good stewards of our income and expenses in order to make the best decisions for OLA Parish and School."

–Carmy Baca, Secretary.

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 14TH

5:00 PM † **Sue Oliver**
by Murphy family
(Sp) Tomasa Washington
by Anne Perez
† **Ellyn Reilly**
by Siobhan and Tony Riehl

SUNDAY, FEBRUARY 15TH

7:30 AM † **Gloria Medeiros**
9:00 AM † **Caroline Ficker**
by Tateishi family
11:00 AM † **William Canny**
by Siobhan and Tony Riehl
7:30 PM **All Parishioners** (Missa Pro Populo)

MONDAY, FEBRUARY 16TH

8:00 AM † **Norman Marcoux**
by Jane Marcoux

TUESDAY, FEBRUARY 17TH

8:00 AM † **Serafin Silveira**

ASH WEDNESDAY, FEBRUARY 18TH

8:00 AM † **Guihermina Silveira**
12:00 PM † **Joao Jose Machado**
5:30 PM †† **Francisco and Adelina Sousa**

THURSDAY, FEBRUARY 19TH

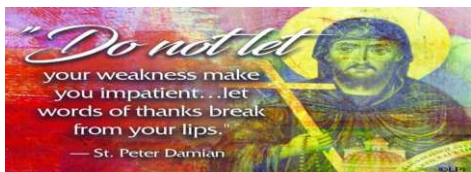
8:00 AM † **Margaret (Peggy) Ingram**
by Robert Massa

FRIDAY, FEBRUARY 20TH

8:00 AM **(Sp) Mike Ellison**
by The Sweeney Family

SATURDAY, FEBRUARY 21ST

5:00 PM † **Sue Oliver**
by Murphy family
† **Patrick Walsh**
by Kate Walsh



PRAYER FOR OUR PARISH

**O 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**

PARISH CALENDAR

SUNDAY, FEBRUARY 15TH

NO FAITH FORMATION
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 Baptism – Church

MONDAY, FEBRUARY 16TH

PARISH OFFICE CLOSED

8:00 am Mass
9:30 am Meditation Group –
Church
10:00 am Catholic Cemetery
Services – St. Paul's Room
TUESDAY, FEBRUARY 17TH

8:00 am Mass
8:30 am AFTER Mass
Burning of the Palms –
Outside between Church and
Rectory
8:30 am – 7:00 pm
Exposition of the Blessed
Sacrament – Church
7:00 pm Baptism Preparation
– St. Paul's Room

ASH WEDNESDAY, FEB. 18TH

8:00 am Mass
11:00 am Martha and Mary Grp.
– St. John's Hall
12:00 pm Mass
5:30 pm Mass
6:00 pm Catholics in
Recovery – St. Anne's Room
NO OCIA

THURSDAY, FEBRUARY 19TH

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 20TH

8:00 am Mass
5:45 pm Lenten Soup Supper
– St. John's Hall
7:00 pm Stations of the Cross
– Church

SATURDAY, FEBRUARY 21ST

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 15TH

Sunday:	6th Sunday in Ordinary Time
Monday:	Presidents Day
Tuesday:	The Seven Holy Founders of the Servite Order
Wednesday:	Ash Wednesday
Saturday:	St. Peter Damian, Bishop and Doctor of the Church
Sunday:	7 th Sunday in Ordinary Time

GOSPEL MEDITATION

The Sixth Sunday in Ordinary Time

Matthew 5:17-37

A few years into my priesthood, I hit a wall. I had taken on too many commitments: Masses, meetings, ministries, projects. I couldn't keep up. I was double-booking, forgetting things, running late, and letting people down. My boss at the time, a wise priest, and our shared secretary, noticed. For my birthday, the two gave me a stack of 100 flashcards, each with one word printed in a different language: "NO." It was funny, but also painfully true. If I couldn't say no, my yes was in danger.

In this Sunday's Gospel, Jesus says, "Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the Evil One" (Matthew 5:37). He's not just giving advice about polite speech. He's showing us something about the freedom of Christian discipleship. The follower of Christ is called to speak clearly, simply, and honestly. There is joy in that kind of freedom.

The Church Fathers often linked this kind of straightforward truthfulness with spiritual maturity. The devil is the father of lies, but Jesus is the Word made flesh. When we hedge, flatter, exaggerate, or avoid, we open space for the shadows to creep in. That little stack of flashcards reminded me that God does not want us enslaved to the expectations of others or to the fear of disappointing them. He wants us to enjoy the peace of saying yes and meaning it, and saying no, and meaning it, too.

Lenten Challenge: Practice one moment of honest, peaceful speech this week. Maybe it's a sincere "yes" to something important, or a humble "no" to something you cannot do. Let it be a quiet step into the freedom Jesus offers.— *Father John Muir*

©LPI

THANK YOU



We truly appreciate the Knights of Columbus as they step up to assist in many school and parish events. They are a brotherhood with a purpose that celebrates our Catholic faith. Their first principle is charity, and they live by the mandate that where there's a need there is a Knight. They truly do! For more details go to <https://kofc4970.com>.

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.*

JOHN DE SOUZA

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 and in bold type initially. **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

Carmy Baca

Doreen Baldwin
Donna Blaschke
Larry E. Carnine
Joan Cotton
Ryan Daniels
Yolande De Forge
Robert DeAnda

Mike Ellison

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.**

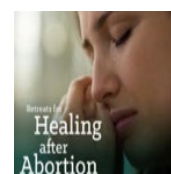
PREGNANCY ASSISTANCE



**Pregnant? Worried?
Need Help?**
Call (800) 910-0191

The Sacred Project

HEALING AFTER ABORTION



**Call (916) 733-0161 or
email:
projectrachel@scd.org**
All messages are
confidential.

PARISH AND SCHOOL NEWS

KNIGHTS OF COLUMBUS

Since 2003, the Knights of Columbus have sponsored almost 200,000 wheelchairs for children, teens, and adults who needed one, but couldn't afford one. Please join the Knights of Columbus, Fr. Eduino and representatives from The American Wheelchair Mission, to learn how \$150 can purchase and deliver a free wheelchair to someone in need. **"WHEELCHAIR SUNDAY", March 7th & 8th.**

OLA CRAB FEED

OLA School is having a Crab feed on Saturday, February 28th. You can get tickets at olacrabfeed26.givesmart.com. There will also be Reservation forms available in the Parish Office. The proceeds go to OLA 8th Grade's trip to Washington D.C.

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.

LENTEN SOUP AND STATIONS

All are welcome on Friday, February 20th for a Lenten Soup Supper in St. John's Hall from 5:45 pm – 6:45pm, followed by Stations of the Cross in the church at 7:00 pm. The Lenten Soup Supper and Stations of the Cross are both being coordinated by the OLA Conference of the St. Vincent de Paul Society. The Stations of the Cross will also be livestreamed.



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 are very busy with eight new moms so far this year! Zainab welcomed a beautiful baby girl, Mesik, seven weeks early. Zainab is home, and Mesik is gaining weight and doing well, but will remain in NICU for about two more weeks. Gabriel Project Angels delivered needed items to the family and were warmly welcomed by Zainab, her husband Haider, and their 7 yr. old daughter. They treated us to a wonderful meal as a gift.

We also delivered diapers, clothing, shoes, and toys to Ashley and her 15-month-old. Ashley and her husband are currently staying in a hotel while seeking employment and are caring for their four children.

Diapers were also delivered to Sonia, who has a six-month-old daughter, Camilia.

Looking ahead, we are supporting three expectant moms by helping provide baby necessities and connect them with community resources. **Kersma and Leilani both due in May, and Amber, due in August.**

Also, the Gabriel Project is supplying diapers to the OLA SVdP food locker to help support families with young children.

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.

LENTEN BABY BOTTLE DRIVE



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 info. we have on file for you is correct. You may update/verify your Flocknote database info. using the instructions on pg. 2 of the bulletin. For assistance call: 916-481-5115 ext. 212 or email: 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: 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. 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 & LENTEN SOUP & STATIONS



FEBRUARY 18TH ASH WEDNESDAY 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.

FRIDAY, FEB. 20TH LENTEN SOUP SUPPER & STATIONS

5:45 p.m. – 6:45 p.m. Soup Supper in St. John's Hall.

7:00 p.m. Stations of the Cross in Church will be livestreamed.

WORLD DAY OF THE SICK



SCRUMPTIOUS PASTA DINNER



Thank you to the Knights of Columbus and our parish volunteers for once again putting on an amazing dinner for everyone to enjoy! Thank you to Tracy for our "kids table".

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

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. Thank you for your support.

FUNERAL ARRANGEMENTS

You are 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. **Monday's Feb. 16th and 23rd from 10am – 1pm in St. Paul's Room.** To reserve a spot call or text Lance at 916-297-0109.

BLACK HISTORY MONTH


The Black Catholic Ministry invites all to celebrate Black History Month! Gospel singers from St. Anne, St. Anthony, and Good Shepherd churches in collaboration with the singers from the Swahili and Igbo choirs will be presenting the following two inspirational contemporary and traditional gospel music programs: **Saturday, Feb. 14th**, at 2:45pm preceding the 4:00pm gospel Mass at St. Anne Catholic Church (7724 24th St.) and **Saturday, Feb. 21st**, at 3:30pm preceding the 5:00pm gospel Mass at Good Shepherd Church (9539 Racquet Court Elk Grove).

MUSIC, ART AND POETRY

The St. Josephine Bakhita Ministry at Good Shepherd Church will hold the 3rd annual Music, Art, and Poetry contest! Don't miss out on this artistic extravaganza showcasing youth and young adult talent. The theme of the contest is "Imago Dei." There is no cost to attend the event. The contest will be held on **Saturday, Feb. 28th, from 6:00 – 9:00pm** in the Father Philip Wells Hall at Good Shepherd Church. They will offer a scrumptious dinner for purchase, live musical accompaniment, and local vendors for an amazing family event to be remembered! Details: 916-733-0122 or awvnn@scd.org.

ASH WEDNESDAY WITH BISHOP JAIME SOTO

All are invited to the Liturgy of the Word and Distribution of Ashes on Feb. 18th at 5:00pm at the John E. Moss Federal Building at 650 Capitol Mall (7th St. and Capitol). These liturgies are opportunities for us to publicly witness to our faith and the need for conversion to the Gospel of Life and Dignity, both personally and socially.


Miercoles de Ceniza commons. Jaime Soto. Liturgia de la Palabra y Distribucion de cenizas. 18 de Febrero, 5:00pm. Todos estan invitados. Estas liturgias son oportunidades para dar testimonio publicamente de nuestra fe y la necesidad de una conversion al Evangelio de Vida y Dignidad, tanto a nivel personal como social.

LENTEN REGULATIONS 2026 – PART 3

Paschal Triduum: No Masses are to be offered on Good Friday nor on Holy Saturday except the Easter Vigil in the Holy Night. The Easter Vigil begins after nightfall which in our diocese is 8:30 p.m. this year. ¹¹ There may be only one celebration of the Easter Vigil in a given parish each year. For additional helpful information beyond what is provided in the Roman Missal, see the related Circular Letter. ¹² "It is unlawful to separate the Confirmation and reception of Eucharist of any adult or child of catechetical age from Baptism. (see CIC 866)" ¹³

Easter Duty: All Catholics who have been initiated into the Holy Eucharist are bound to receive holy communion worthily at least once during the Easter Season. In the United States, the Easter duty may be fulfilled through the Solemnity of the Most Holy Trinity. Catholics are encouraged to receive Communion as often as possible, not only during Eastertide, but throughout the year. However, "[anyone] conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Communion". ¹⁴

Almsgiving: From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church, especially through their local parish and the Annual Catholic Appeal.

The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison, remembering the words of our Lord Jesus Christ who said, "whatever you did for one of these least brothers of mine, you did for me" (Matthew 25:40). Fasting and abstinence together with almsgiving and charitable works unite us to the crucified Christ reflected in the image of our brothers and sisters who suffer.

Covering Crosses and Images: In the Dioceses of the United States the practice of covering crosses and images throughout the church from this [Fifth Sunday of Lent] may be observed. Crosses remain covered until the end of the Celebration of the Lord's Passion on Good Friday, but images remain covered until the beginning of the Easter Vigil. ¹⁵

Initiation: The Christian Initiation of adults and children of catechetical age includes at one celebration: Baptism, Confirmation, and Eucharist. In accord with the ancient practice of the Church, these sacraments are to be received together and in their proper order. ¹⁶

¹¹<https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/triduum/roman-missal-and-the-easter-vigil> (see footnote 1), ¹² Circular Letter Concerning Preparation and Celebration of Easter Feasts, Congregation for Divine Worship, 1988, ¹³ Guidelines for the Implementation of the Rite of Christian Initiation of Adults for the Diocese of Sacramento, October 2016, #103.6.2., ¹⁴ Catechism of the Catholic Church #1385, ¹⁵ Roman Missal, instruction for the Fifth Sunday of Lent, ¹⁶ Guidelines for the Implementation of the Rite of Christian Initiation of Adults for the Diocese of Sacramento, October 2016, #103.6.1





LOCK
REAL ESTATE
DRE# 00443547

Nancy Arndorfer

Parishioner
916-838-1763
narndorfer@golyon.com

IF YOU LIVE ALONE

MDMedAlert!™ As Low As **\$19⁹⁵** mo.

✓ Ambulance/Police **CALL NOW!**
✓ Family/Friends
✓ GPS & Fall Alert **800.808.9294** • md-medalert.com



SUPPORT OUR ADVERTISERS!

PRAY FOR OUR BISHOP & EAT ICE CREAM!

beatherby'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 www.gormleyandsons.com

Parishioner & School Parent

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



EL DORADO SAVINGS BANK
Serving our local communities for over 65 Years

Dinah McMillin | Branch Manager
4701 Manzanita Ave. • 916-481-0664

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**

3207 Kaiser Way • Carmichael, CA 95608

Providing For the Spiritual and Corporal Needs of the Elderly

Compassionate Care for your Loved One!

ANGIE'S SUNRISE GARDEN CARE HOME
Lic# 345920320

Call now to schedule a tour!
916-813-1555 or 916-813-4607
angies.sgch@gmail.com | Parishioners



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 Ipicommunities.com

OUR COMMUNITY NEWSLETTER
SECOND EDITION




Scan to contact us!

 **good tooth**
KIDS DENTAL

Book online at goodtoothkids.com

Now Accepting New Patients AGES 0-18!

3436 American River Dr • Ste#1
916-464-9940

DAVID STEINBERG, DDS
Parishioner



Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO



4lpi.com/adcreator



Lombard Funeral Home **Dignity**

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

1550 Fulton Ave, Sacramento, CA 95825
www.Lombardfunerals.com
Call Today 916-483-3297



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



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



Steve Ridenour
REALTOR®
License# 01922051
Cell: (916) 806-6912
SRidenour@windermereCA.com
SteveSellsSac.com

Windermere
REAL ESTATE



SUPPORT OUR ADVERTISERS!