



OUR LADY OF THE *Assumption* PARISH

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

Sunday, January 18, 2026
The Second Sunday in Ordinary Time



2nd SUNDAY IN ORDINARY TIME

"Now I have seen and testified that he is the Son of God." - Jn 1:34

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

ELPI

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
January 31 st – February 1 st	*January 23 rd
February 7 th – 8 th	*January 30 th
February 14 th – 15 th	February 6 th

*Due dates are earlier due to Printer's Holiday Schedule.

STEWARSHIP UPDATE

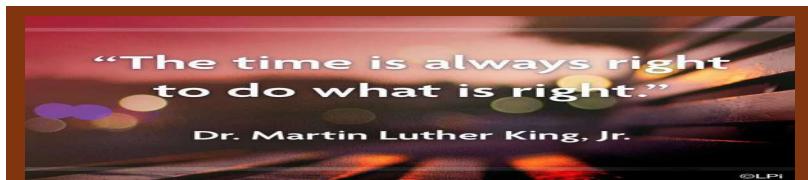
YOUR SUPPORT IS MAKING A MEANINGFUL IMPACT, AND WE COULDN'T DO IT WITHOUT PEOPLE LIKE YOU.

Total donations January 10th & 11th: \$17,144.00

SPECIAL COLLECTIONS

There will be no Special Collections for the month of January.

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



MEET A PASTORAL COUNCIL MEMBER EACH WEEK



"As a member of the Pastoral Council, I serve our parish by providing awareness of church activities and events to the OLA school community." – Ryan Breault

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

JOIN OUR COMMUNITY



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



FLOCKNOTE ONLINE GIVING COMMUNICATION & DATABASE

PLEASE JOIN OUR FLOCKNOTE ONLINE GIVING

If you have not already signed up for Flocknote Online Giving, we ask you to please take a minute and sign up for continued recurring giving. Flocknote Online Giving is an integral component of OLA's comprehensive parishioner communication and database system. Flocknote Fund It transaction fees are the industry standard amount and the same as WeShare.

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.



Sign up for online giving through your existing OLA Parish Carmichael Flocknote account or by visiting <https://olaparish.flocknote.com/give>.

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

FLOCKNOTE SMARTPHONE APP

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

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

STAY CONNECTED BY SIGNING UP FOR EMAILS



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

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

MASS INTENTIONS

SATURDAY, JANUARY 17TH

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

SUNDAY, JANUARY 18TH

7:30 AM **† Jim Barsotti**
by John Massetti

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

11:00 AM **(Sp) Jackson Powers Birthday**
by Marianne Powers

† Mark Grotewohl
by His family

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

MONDAY, JANUARY 19TH

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

TUESDAY, JANUARY 20TH

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

† Dan Branello
by Kevin Kannengeiser

WEDNESDAY, JANUARY 21ST

8:00 AM **† Joao Jose Machado**

THURSDAY, JANUARY 22ND

8:00 AM **(Sp) Victoria Baltasar Birthday**

*Day of Prayer for the
LEGAL PROTECTION
OF UNBORN CHILDREN*

FRIDAY, JANUARY 23RD

8:00 AM **(Sp) John & Jennifer Ramey Anniversary**
by Ramey family

SATURDAY, JANUARY 24TH

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

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.

PARISH CALENDAR

SUNDAY, JANUARY 18TH

**7:30 am, 9:00 am, 11:00 am,
and 7:30 pm Mass** - Church
9:50 am (After Mass) Pray & Play - Preschool Playground
NO Faith Formation

12:00 pm Baptisms - Church
5:00 pm Adult Fellowship - Church/Affinito Hall

MONDAY, JANUARY 19TH

Office Closed

8:00 am Mass

9:30 am Meditation Group - Church

TUESDAY, JANUARY 20TH

8:00 am Mass

8:30 am - 7:00 pm

Exposition of the Blessed Sacrament - Church

5:00 pm Liturgy Committee - St. Paul's Room

7:00 pm Baptism Preparation - St. Paul's Room

7:00 pm Knights of Columbus Mtg. - St. John's Hall

WEDNESDAY, JAN. 21ST

8:00 am Mass
11:00 am Martha & Mary Grp. - St. John's Hall
6:00 pm Catholics in Recovery - St. Anne's Room
7:00 pm OCIA - Affinito Hall Rm. 3

THURSDAY, JANUARY 22ND

8:00 am Mass
8:30 am - 7:00 pm Exposition of the Blessed Sacrament - Church
7:00 pm Living the Word - Affinito Hall Rm. 3

FRIDAY, JANUARY 23RD

8:00 am Mass

SATURDAY, JANUARY 24TH
3:30 pm Confessions - Church
5:00 pm **vigil Mass**

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



OUR LADY OF THE ASSUMPTION PARISH PRAYER

**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.

OBSERVANCES FOR THE WEEK OF JANUARY 18TH

Sunday:	2nd Sunday in Ordinary Time
Monday:	Martin Luther King Day
Tuesday:	St. Fabian, Pope and Martyr; St. Sebastian, Martyr
Wednesday:	St. Agnes, Virgin and Martyr
Thursday:	Day of Prayer for the Legal Protection of Unborn Children
Friday:	St. Vincent, Deacon & Martyr; St. Marianne Cope, Virgin
Saturday:	St. Francis de Sales, Bishop & Doctor of the Church
Sunday:	3rd Sunday in Ordinary Time; Celebrate Catholic Schools Wk. ©LPI

GOSPEL MEDITATION

January 18, 2026

The Second Sunday in Ordinary Time

John 1:29-34

It's common to hear belief in Jesus and the Church mocked as blind faith and credulity. **But in reality, it is deeply human and rational. Think about it: we rely on the testimony of others constantly.** I trust chemists who certify the safety of toothpaste and cleaning products. I trust engineers when I use a microwave or drive over a bridge. Why? Because they have studied and seen what I have not, and their testimony proves itself in daily life. That kind of trust is not irrational; it is how human knowledge works.

In today's Gospel, John the Baptist declares: "Now I have seen and testified that he is the Son of God" (John 1:34). That is the language of an eyewitness. It invites us into a very human act: trusting someone who has directly encountered something — or Someone — we have not yet fully seen ourselves.

The Church's faith is built on this kind of reliable sight-based testimony. The Apostles did not make abstract claims. They saw, followed, suffered for, and proclaimed Jesus Christ. Over centuries, their witness — carried in Scripture, in the lives of the saints, and in the sacramental life of the Church — has proven dependable. We come to know its truth by assenting to it, by living and studying it, praying with it, trusting it.

Faith in Christ is not a childish leap into the dark. It is a step into the light of testimony that proves itself over time.

— Father John Muir

©LPI

THANK YOU

We are blessed to have Eucharistic Homebound Ministers who serve the spiritual needs of our homebound parishioners. Thank you for caring for us in our most difficult times!



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

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

All Souls

PRAY FOR OUR SICK BROTHERS & SISTERS

BULLETIN SICK LIST POLICY

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

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

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

Thank you.

Doug Abbes

Cathy Apker

Shannon Armstrong

Doreen Baldwin

Donna Blaschke

Joan Cotton

Ryan Daniels

Yolande De Forge

Robert DeAnda

John DeSouza

Aaron Esselman

Bobbie Hall

Kathy Harrel

Dorothy Heimbichner

Matthew Holmes

Christine Jansen

Sheila Johnson

Maya Juarez

Michael Kyalwazi

Michael and Shannon Langer

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

Maria Passarelli

Camille Peter

Adam Peter

T.J. Rapozo

Rob & Teresa Reavis

David Rider

Guadalupe Rodriguez

Mary Roy

Hannon Sulochana

Emily Tuazon

April Valencia

Linda Vaughan

Wesley Villariza

Rachel Wann

Tomasa Washington

Charlie Wetherall

Jack Wetherall

Cole Miller Whitney (baby)

Lawrence Wilhelm

Pat Wood

HOMEBOUND PARISHIONERS

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

PREGNANCY ASSISTANCE THE GABRIEL PROJECT



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



FINDING HEALING AT RACHEL'S VINEYARD

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

All messages are confidential.

PARISH AND SCHOOL NEWS

ST. VINCENT DE PAUL SOCIETY OLA CONF.



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

We would like to thank everyone for their continued support. **We couldn't serve so many in need without your generosity and the many hours of our dedicated volunteers.**

In the month of December, the food locker served:

Households:	390	Total in the family:	1,386
Adults:	525	Seniors:	273
Children 4-17:	444	Children 0-3:	144

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

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

PARISH PASTA DINNER

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



OLA CRABFEED

OLA CRABFEED

Save the Date
 Saturday, February 28, 2026
 Affinito Hall
 Doors open 5:00p.m.
 Dinner 6:30p.m.
 Silent and Live Auction
 Dessert Auction
 Proceeds help to benefit OLA 8th Grade trip to Washington D.C.
 Tickets on sale January 28th

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 our newest mom, Amena, who gave birth to a baby girl, Aylin, on Christmas Eve. Mother and baby

are doing well, and their home is now bustling with three children under the age of three! We recently delivered booster highchairs and other essential items to Areli and Amena. While some of our mothers continue to face ongoing challenges, we have made multiple diaper deliveries to support them. We also connected with our newest mom, Kershma, who is expecting in May, and are working with her to provide baby necessities and access to community resources.

In 2025, the Sacramento Diocese received calls from 108 mothers in need across the region. **Our OLA Angels supported more than 23 mothers and families, making us one of the most active parishes in this ministry.** We are deeply grateful to our generous parishioners for their continued support and warmly invite you to join us in this life-affirming mission.

SCHOOL PROJECT THANK YOUS

Thanks to the generosity of The Wavers Faith & Friendship Foundation and parishioners we were able to purchase three more of the steel canopies to cover the picnic tables! Also, thanks to our crew whose hard work got them erected already!

Thank You. 



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 on Jan. 18th!** For details contact: Catherine Olguin at 916-223-1257 catharina.936@gmail.com.

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, compulsion, or unhealthy attachment: alcoholism; drug addiction; compulsive overeating; restricted eating; lust/pornography addiction; gambling addiction; technology addiction; compulsive spending; codependency; control, fear, resentment, and grief. For more information, contact Bill B. at (561) 827-0624, email bbefort@bellsouth.net or visit www.catholicinrecovery.com.

PRAYER AND FORMATION AT OLA

EXPOSITION OF THE BLESSED SACRAMENT

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



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

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

OLA MEDITATION GROUP

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

OLA MINISTRY OPPORTUNITIES

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

LIVING THE WORD SCRIPTURE STUDY

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

RETURNING TO YOUR CATHOLIC FAITH

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

CHOIR IN THE PEWS MUSIC MINISTRY



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

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

WORLD DAY OF THE SICK MASS AT OLA

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

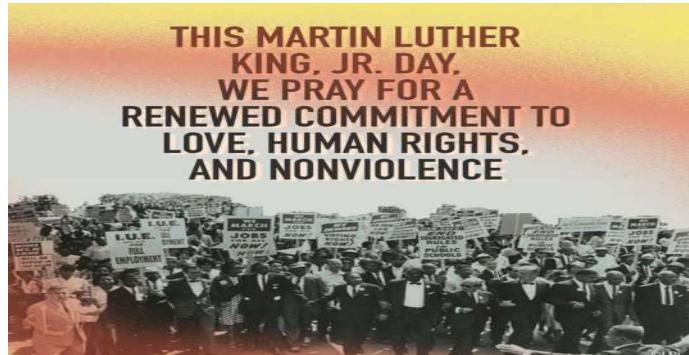


PEACE EXPLAINED

Peace. There may be no other word in the English language, writes Msgr. Stuart Swetland in Catholic Answers, "more susceptible to sloganeering, and thus misunderstanding." **But what is peace, in the context of Catholic virtue?**

The peace of God, writes Paul in his Letter to the Philippians, "surpasses all understanding." (Phil. 4:7) Peace is both a fruit of charity (ccc 1829) and a fruit of the Spirit (ccc 1832). **Our modern Catholic understanding of peace is derived from the Hebrew concept of shalom, or wholeness, and it refers not just to an absence of violence (mandated by the fifth commandment) but to a personal reconciliation with one's Creator.** Peace is a spiritual effect of the Sacrament of Reconciliation (ccc 1496).

Our search for interior peace in our hearts parallels the historic struggle of mankind to realize peace in the world by practicing justice. "When we hear the Gospel, dear brothers and sisters," said Pope Benedict, "we learn to build peace on the truth of a daily life inspired by the commandment of love." ©LPI



FAITH ENRICHMENT & FORMATION RESOURCES

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

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

LOVE AND SERVE GOD, LOVE AND SERVE ONE ANOTHER

MARRIAGE ENCOUNTER

Restore

Restore the communication in your relationship.

Rekindle

Find the romance again.

Renew

Find a new commitment to your spouse and your relationship.

A Marriage Encounter Weekend is a wonderful opportunity to focus on each other without distraction and learn more about your relationship!



A Great Marriage

This is an experience just for the two of you, that you will never forget!

The journey begins

March 6-8th or July 10-12th in Danville, CA.

Apply at wwme.org or applications@sacramento.wwme.org or contact Terry & Janet Doane at 916-489-3464

DIOCESAN DAY OF REPARATION

Bishop Soto has designated **January 22nd** as a Diocesan Day of Reparation for the 1973 passing of Roe v. Wade. **All the faithful are asked to observe this day with fasting, prayer, penance, and works of mercy.** Bishop Soto will offer a Mass of Reparation at 12:10 pm on Thursday, January 22nd, at the Cathedral of the Blessed Sacrament.

HELP NEEDED TO SERVE THE HOMELESS

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

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

22ND ANNUAL WALK FOR LIFE WEST COAST

Presentation of the Blessed Virgin Mary parish has open bus seats (\$15 per seat) for the Walk on January 24th departing at 9:00am and returning at 6:00pm. Departure and Return are from the PBVM parking lot (4123 Robertson Ave.). To reserve contact Bill at williamjunderwood@yahoo.com or (916) 995-4642. For event details go to: walkforlifewc.com.

DISCERNMENT RETREATS FOR 13-35YRS.

The Office of Priestly & Religious Vocations invites young people to discern their vocation. **Learn about the different charisms and ponder where God may be calling you: Married Life, Religious Life, Single Life or Priesthood.**

Young Adults 18-35yrs. - Sat., March 28th from 9am to 8pm.

Teens 13-17yrs. - Sunday, March 29th from 9am - 5pm.

Both retreats will be held at Sacred Heart Parish Hall, 2355 Monroe Ave., Red Bluff, CA 96080. Cost is \$60 (Scholarships available, if needed). For more details, call: (916) 733-0258, or email: msmith@scd.org or Register: www.scd.org/vocations

HERE I AM, LORD

How many times have you sung the church song, "Here I Am, Lord"? If you grew up Catholic and are around my age (still 50!), the answer is more than you can count. The song that quotes various verses of Scripture is sung using guitar, piano, or organ, by cantors and choirs, in traditional and modern churches. It is truly a Catholic greatest hit of the modern Church. The question is how many times when singing the refrain have you really taken to heart what you were singing.

"Here I am, Lord; is it I, Lord? I have heard you calling in the night." Like the biblical figure Samuel, we are responding to the call of God by asking for clarification that we are indeed the one being called. We then follow up the question with a profound statement: "I will go if You lead me." It is profound because we are pledging to our God that we are willing to go wherever He wants. We are accepting the challenge put forth in the U.S. Bishops' pastoral letter, "Stewardship: A Disciple's Response," to become mature disciples who respond to the call of Jesus Christ regardless of the cost. We have sung this pledge repeatedly for many years.

We never have any idea what God will call us to do and where to go. Sometimes the request can ask us for quite a lot. Hopefully, we respond like a mature disciple. If not, maybe we should reflect more the next time this song is played. The melody will not allow for the words, "I will see if I am busy and then decide to go if you lead me." Then again, I don't want to sing that to God, the source of all life anyway. Do you? – Tracy Earl Welliver, MTS ©LPI

KEEP YOUR EYES ON YOUR OWN PAPER

"Nation will rise against nation, and kingdom against kingdom. There will be powerful earthquakes, famines, and plagues from place to place." Looking at these words, I have to wonder. Am I reading the Bible or today's newspaper headline?

It's never easier to despair than when you glance up and take a good look at what's going on in the world: disasters, natural and contrived, wars, resentments, rivalries, and divisions. It is almost too much sometimes, isn't it? The twenty-four-hour news cycle doesn't help. Add social media and it's enough to push anyone into a nervous breakdown. When you find yourself in this place of despair, remember Paul's admonishment in his letter to the Thessalonians. Work quietly and eat your own food.

It's not so different from the old "keep-your-eyes-on-your-own-paper" rule of the classroom. Poking our noses into other people's business, we may think we are getting a shortcut to the right answer, but we're really just getting distracted. **When we become too preoccupied with events that we cannot control – whether they are happening in our neighborhood or half-a-world away – we are tempted to leave off the very specific work God has given us in our own lives. We are easily lured into anger, bitterness, and anxiety.**

What is the work that God has called you to? Is it your career? Your family? Your community? **What is your food – what nourishes you, sustains you, connects you to something real, powerful, and life-giving? This is what you should be concerned with.** This is where your thoughts and your efforts should be.

Work quietly and eat your own food. –Tracy Earl Welliver, MTS



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