



# OUR LADY OF THE *Assumption* PARISH

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

## FIRST SUNDAY OF ADVENT

"THE DAYS ARE COMING, SAYS THE LORD,  
WHEN I WILL FULFILL THE PROMISE  
I MADE TO THE HOUSE OF ISRAEL AND JUDAH."

—JEREMIAH 33:14

### Regular Mass Schedule

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

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.

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

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

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

Please visit our website and  
subscribe to Flocknote for more  
information about our parish,  
ministries, and upcoming events.

[www.olaparish.net](http://www.olaparish.net)



[flocknote.com/olaparish](https://flocknote.com/olaparish)

**Sunday, December 3, 2023**

Bulletin for the  
**First Sunday of Advent**

**Pastor**

Rev. Eduino T. Silveira  
[pastor@olaparish.net](mailto:pastor@olaparish.net)

**Pastors Emeriti**

Rev. Brendan McKeefry &  
Rev. Michael F. Kiernan

**Deacon**

Paul Friedrich  
[deaconpaul@olaparish.net](mailto:deaconpaul@olaparish.net)

### PARISH OFFICE HOURS

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

### OLA PARISH SCHOOL

PRESCHOOL - EIGHTH GRADE  
(916) 489-8958

School Website: [school.olaparish.net](http://school.olaparish.net)  
Principal: Robert Love

### OLA ST. VINCENT DE PAUL SOCIETY

*Provides assistance for those in need  
within our parish boundaries.*

Please call: (916) 481-6352

Monday - Friday | 9:00 a.m. - 11:00 a.m.

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

You are invited to follow OLA Parish 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)

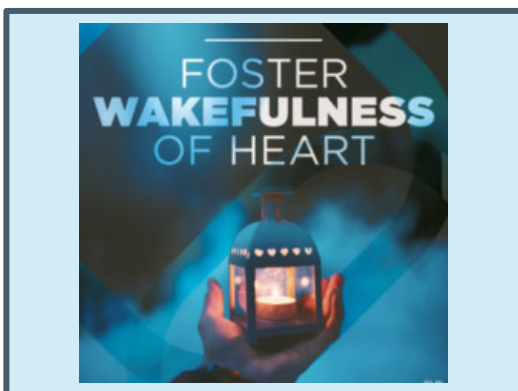
## GOSPEL MEDITATION

### 1st Sunday of Advent

Lately I've been listening to a science-based podcast on healthy daily living. The host frequently discusses the wide range of health benefits of sleep. So, each night I'm trying to get more, and better, slumber, and it's helping me feel energized. So, why in the world should we follow Christ's advice this week? "Watch therefore, for you do not know when the master of the house will come ... lest he find you asleep." Isn't sleep, especially at midnight and cockcrow, a good thing? Of course, it is. But the wakefulness the Lord calls us to is a deep, personal orientation to Him. A nightly vigil is therefore a metaphor for this, but it's not just that. We should give up real sleep in order to pray, too. This difficult practice is a time-tested way to foster wakefulness of heart. When we give up sleep to pray, it focuses us. We learn that life is not an endless series of days. You and I belong to the Lord – awake or asleep, in life and in death. Sooner or later, even our need for our physical sleep will pass away. And our attentiveness to God – that is, whether we are awaiting Him to meet us – will be all that matters.

May I challenge us this week and this Advent to intentionally give up at least one hour of sleep each week for prayer? Stay up later, wake up in the middle of the night, or an hour earlier, and pray. Will we be a bit more tired the next day? Yes. But we'll be amazed at the spiritual wakefulness that results, too.

—Father John Muir ©LPi



For those in our community who have passed away...

### All Souls

**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.**



## PRAY FOR OUR SICK BROTHERS & SISTERS

### Bulletin Sick List Policy

To make sure we have room to add people to the sick list, we are now establishing some maintenance guidelines.

Once a name is added, it will be removed either when requested OR after six months. Names will then be removed *unless there is a specific request to keep the name on the list for longer.*

Thank you for your understanding. We have removed names that have been on the list longer than a year. If a name needs to be added back, call the parish office at (916) 481-5115 or email [parish@olaparish.net](mailto:parish@olaparish.net).

**Lisa Coffman**

**Theda Lord**

**Robert De Anda**

**Tomasa Washington**

**Ryan Daniels**

**Donna Blaschke (wife)**

**Donna Blaschke (mother)**

**Alice Mayer Govaars (baby)**

**Rachel Carrasco**

**Esther Paulos**

**Cheryl Jones**

**Jonathan Whitfield**

**Wesley Villariza**

**Jim Walters**

**John Metz, Jr.**

**Charlie Wetherall**

**Tom DeAnda**

**Lawrence Wilhelm**

**Camille Peter**

**Call the parish office to add a name or to remove a name from this list.**

### OLA Communications Information

	BULLETIN WEEKEND DATES	ARTICLE DUE
DEADLINES	Dec 16-Dec 17	Dec 6
	Dec 23-Dec 24	Dec 11
	Dec 30-Dec 31	Dec 18

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 communications requests are subject to approval by Father Eduino. For general questions or bulletin requests, you may also send an email to [communications@olaparish.net](mailto:communications@olaparish.net).

## PARISH STAFF

### Pastor

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

### Deacon

Paul Friedrich | deaconpaul@olaparish.net

### Parish Office

Lorraine Messerer | officemgr@olaparish.net

### Worship and Communications

Casey Oliver | worship@olaparish.net

### Faith Formation

Tracy Urban | faithformation@olaparish.net

### Youth Ministry

Johann Rubia-Miller | youth@olaparish.net

## ADVISORY COUNCIL CHAIRPERSONS

Pastoral Council: Carmy Baca

Finance Council: Joe Selewicz

Buildings & Grounds Committee: John Blaschke

## OLA SCHOOL

Principal: Robert Love

Vice Principal: Hellen Brassfield

Admissions: Elisabeth Gustorf  
advancement@olaparish.net

General Questions: Donna Eaddy  
eaddy@olaparish.net

## PARISH MISSION STATEMENT

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.

## Observances for the week of December 3, 2023

**Sunday:** First Sunday of Advent  
**Monday:** St. John Damascene, Priest and Doctor of the Church  
**Tuesday:**  
**Wednesday:** St. Nicholas, Bishop  
**Thursday:** St. Ambrose, Bishop and Doctor of the Church  
**Friday:** The Immaculate Conception of the Blessed Virgin Mary  
**Saturday:** St. Juan Diego Cuauhtlatotzin  
**Next Sunday:** Second Sunday of Advent

©LPi



## Weekly Mass Intentions

### SATURDAY, DEC 2

8:00 AM † Chief Warrant Officer

Shane M. Barnes

by Eileen Heydon

5:00 PM † Maria Remedios Valasquez

by the Razo family

### SUNDAY, DEC 3

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

9:00 AM † Nanie Razo

by the Razo family

11:00 AM (Sp) Robert Doud

by the Doud family

7:30 PM † Jeffrey Kim

by the Kim family

### MONDAY, DEC 4

8:00 AM (Sp) Tomasa Washington (healing)

by Anne Perez

### TUESDAY, DEC 5

8:00 AM † Conception Erquiga

by Maria Mendezona

### WEDNESDAY, DEC 6

8:00 AM † Jerry Samora

by Cathy Apker

### THURSDAY, DEC 7

8:00 AM †† Dale and Arlene Fuller

by Linda and Ernest Portillo

### FRIDAY, DEC 8

8:00 AM † Florida Long

by Gerry and Mary Anne Campos

5:30 PM † Shane Barnes

by OLA SVdP Conference

### SATURDAY, DEC 9

5:00 PM † Kevin Malone Sr.

by Judith Malone and family

† Shane Barnes

by the Gilles family





## JOIN OUR OLA COMMUNITY

**Are you attending Mass regularly at Our Lady of the Assumption Church but not registered?**

Register today as a parishioner! Go online to <https://olaparish.net/community/register-us> or scan the QR code.



You may also call or visit the parish office for assistance.

*Thank you!* **FOR THESE GIFTS WE ARE GRATEFUL**

Weekend Offertory 11/19/23	\$ 9,155.97
E-Giving 11/13/23 to 11/19/23	\$ 3,325.57
<b>Total:</b>	<b>\$12,481.54</b>
Weekend Offertory 11/26/23	\$ 8,028.52
E-Giving 11/20/23 to 11/26/23	\$ 2,850.27
<b>Total:</b>	<b>\$10,878.79</b>



We encourage our parishioners to enroll in our automated donation program called **WeShare**. This program provides a convenient way to make your donations to our church from the comfort of your home. To enroll please follow these simple steps: Go to <https://olaparish.net> and click on Donate. This will take you to our "Contribute" page, where you will find the **WeShare** link to enroll and donate. Current WeShare customers with questions about their account can access customer support.

**WeShare Donor Support** Phone: (877) 316 0260 or go to <https://www.wesharegiving.com/support/>

**Help OLA continue its mission  
by making a special gift today!**

### CASH + CHECK

Checks payable to  
Our Lady of the Assumption Parish or  
Our Lady of the Assumption School

### ONLINE

Please visit <https://olaparish.net/contribute>  
or scan our QR Code.



### STOCK or PLANNED GIFTS

Please contact Elisabeth Gustorf, Advancement Director, at [advancement@olaparish.net](mailto:advancement@olaparish.net) or at (916) 489-8958 ext. 170.

Our Lady of the Assumption is a 501(c)(3) organization.  
All gifts are tax deductible as allowed by the law.  
Tax ID number is #45-3954215

## PARISH CALENDAR

### Sunday, Dec 3

**Masses: 7:30 am – 9:00 am – 11:00 am – 7:30 pm**

**10:15 am** Faith Formation –  
Bannon Hall & St. John's Hall

### Monday, Dec 4

**8:00 am** Mass

**4:00 pm** OLA Meditation  
Group – Church

### Tuesday, Dec 5

**8:00 am** Mass

**8:30 am – 7:00 pm** Adoration  
in the Church

**2:00 pm** PTG Mtg. – Affinito  
Hall Rm. 3

**4:00 pm** PAL Basketball –  
Affinito Hall

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

### Wednesday, Dec 6

**8:00 am** Mass

**10:00 am** Martha and Mary  
Mtg. – St. John's Hall

**6:00 pm** Catholics in  
Recovery – St. Anne's Rm.

**6:30 pm** RCIA – Affinito Hall  
Rm. 3

### Thursday, Dec 7

**8:00 am** Mass

**8:30 am – 7:00 pm**

Adoration in the Church

**3:00 pm** St. Vincent de  
Paul Mtg. – St. John's Hall

**4:00 pm** PAL Basketball –  
Affinito Hall

**7:00 pm** Living the Word –  
Affinito Hall Rm. 3

### Friday, Dec 8

**8:00 am** Mass for the  
Solemnity of the  
Immaculate Conception of  
the Blessed Virgin Mary  
**5:30 pm** Mass for the  
Solemnity of the  
Immaculate Conception of  
the Blessed Virgin Mary

### Saturday, Dec 9

**3:30 pm** Confessions –  
Church

**5:00 pm** vigil Mass

**Give in gratitude.** A donor to the **Retirement Fund for Religious** writes, "I still remember the lessons the sisters gave us and how they instilled in us the love of our faith."

Show your thanks for the prayerful service of elderly Catholic sisters, brothers, and religious order priests. Your gift to next weekend's second collection (12/9-12/10) helps provide care, medicine, and more. Please be generous.

**To donate online, <https://www.scd.org/retiredreligious>**

We ♥ love  
having you as part of our flock



Keep in touch  
with us via  
email & text



**Sign up for our parish Flocknote emails and Flocknote Engage educational resources at <https://olaparish.flocknote.com/>, or by scanning the QR code.** If you have any questions about Flocknote, or if you need help accessing the Flocknote Engage educational resources, please contact Casey Oliver at [worship@olaparish.net](mailto:worship@olaparish.net).

## PARISH AND SCHOOL NEWS

### Youth Christmas Choir and Ensemble

**We need singers and instrumentalists for the OLA Youth Christmas Eve Choir and Ensemble** at the 4:00 pm Christmas Eve Mass (3:00 pm arrival time). **Open to youth in grades K-12.**

**There will be one in-person rehearsal: Wednesday evening, December 20<sup>th</sup>, at 6:00 p.m.** Sheet music and a preparation video will also be provided.

**Please join us!** If your child would like to participate, please confirm his/her participation via email: Casey Oliver, Worship Director, at [worship@olaparish.net](mailto:worship@olaparish.net). Thank you!

### Santa's Breakfast is next weekend!



Join Us For

OLAs  
Santa Breakfast

Santa will be available for  
photos & letters can get dropped  
off

12/10/2023 8-1130AM

\$6-ADULTS 4\$-CHILDREN  
20\$-FAMILY

- THE SHOPPE WILL BE OPEN FOR THE CHILDREN
- PLEASE BRING BREAKFAST FOOD ITEMS TO DONATE TO THE ST VINCENT DE PAUL FOOD LOCKER

If you have questions please contact  
Megan Hall [mrmeganehall@gmail.com](mailto:mrmeganehall@gmail.com)  
Claudia Ortiz [cehernanortiz@gmail.com](mailto:cehernanortiz@gmail.com)

**Santa's elves need your help!** Donations are needed for the Secret Santa Shop, including any new or gently used items such as toys, games, kitchen items, books, decor, etc. to the school office. We also need gift wrapping supplies (gift bags, tissue paper, tape, etc.).

**Don't know about the shop?** Santa's Secret Shop is open to kids only, on the morning of Breakfast with Santa, so they can shop for siblings, parents, grandparents, friends (or even themselves) with parent volunteers helping them shop, if needed. Kids love shopping for their loved ones, so please support the shop with your donations! All gifts are \$1 each, gift-wrapping included. Thank you for your donations! Questions? Contact Nicole Anton at (916) 254-9311.

## OLA Giving Tree

**Christmas is right around the corner, and we are preparing our hearts and our homes for the birth of Christ.** We must also look to our neighbors in need, and this year, our parish is continuing its longstanding tradition of the OLA Giving Tree.

Please prayerfully consider sponsoring a Giving Tree family. We have received requests to help over 70 families with Christmas gifts this year!

**The Flocknote Signup to sponsor a Giving Tree family has already been sent via email if you are subscribed to OLA Parish Flocknote. The Signup is also on the parish website at [www.olaparish.net](http://www.olaparish.net), or you may scan the QR code below.**



Scan the QR Code below using the camera on your smartphone to access the Giving Tree Signup.



If you need help signing up for a family, please email Casey Oliver at [worship@olaparish.net](mailto:worship@olaparish.net) or Peggy Stradford at [peggystradford@icloud.com](mailto:peggystradford@icloud.com).

**If you aren't able to sponsor a family, you can still help by taking a gift card tag from the Giving Tree that is set up inside the church.** Take a tag, purchase a gift card from either Walmart or Target in any denomination, write the amount on the gift card, and bring the gift card to the parish office. The gift cards will be used to either help shop for the families or to supplement the gifts the families receive.

**ALL gifts and gift cards are due back on or before Monday, December 11<sup>th</sup>.** Before is better if possible. Once you sign up, clothing sizes and suggested gifts for the family you selected will be emailed to you.

**Thank you for your generosity and support!**

### "Brick by Brick" OLA School is Building Our 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!



## PRAYER AND FORMATION AT OLA

### Adoration

**All are invited to come pray during Adoration in the church on Tuesdays and Thursdays from 8:30 a.m. – 7:00 p.m.**



*Make time to pray in the peaceful presence of our Lord.*

**We are in need of a regularly scheduled Adorer  
Thursdays from 5 p.m. – 6 p.m.**

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

### OLA Live Events in the Presence of the Blessed Sacrament

**At OLA, in addition to weekly Adoration, we host prayer services twice a month in the presence of the Blessed Sacrament.** Each month we pray the rosary and have a Lectio Divina and Taizé Prayer service. Both services are livestreamed for those who cannot attend in person. All are welcome to attend.

#### Upcoming OLA Live Events

**Monday, December 11 at 6:15 p.m.**

Advent Contemplative Prayer and Penance Service

**Thursday, December 14 at 6:30 p.m.**

Rosary (Joyful Mysteries) in the presence of the Blessed Sacrament

**Join us in prayer inside the church or online!**  
<https://olaparish.net/ola-live>

### OLA Meditation Group

This group gathers weekly on Monday afternoons at 4:00 p.m. either via Zoom or in the church and follows guided meditations to help participants grow in relationship with Christ. Contact Fran Rider via email at [bilrider2808@sbcglobal.net](mailto:bilrider2808@sbcglobal.net) for more information.



### Living the Word Scripture Study

**All are welcome to join us for the Living the Word Scripture Study program 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.

## Holy Day of Obligation

**Solemnity of the  
Immaculate Conception of the Blessed Virgin Mary**



**Join us for Mass on Friday, December 8th, for the Solemnity of the Immaculate Conception of the Blessed Virgin Mary.** It is a Holy Day of Obligation.

**Masses will be at 8:00 a.m. and 5:30 p.m.** Students from OLA School will be present at the 8:00 a.m. Mass, and the 2nd grade class will be participating in liturgical ministries. Both Masses will be live streamed on our parish website, Facebook page, and YouTube channel.

***Our Lady of the Immaculate Conception, pray for us!***



**Families needed to light the Advent wreath candles for the Sunday Masses during Advent.**

During each Sunday of Advent, we would like to invite families to light the Advent wreath candles at all of the weekend Masses.

**If your family is interested in participating, please email Casey Oliver at [worship@olaparish.net](mailto:worship@olaparish.net) and we will assign you.**

Thank you for your participation!

### Advent Contemplative Prayer and Penance Service

**Join us at OLA for prayer and worship during Advent!**

**Monday, December 11, 2023**

**Advent Contemplative Prayer at 6:15 p.m.  
and Advent Penance Service at 6:30 p.m.**

Several priests will be present to hear confessions, and there will be live Advent instrumental music.

**All are welcome to attend this prayerful event to help us prepare our hearts for Christmas.**



## COMMUNITY



### St. Vincent de Paul Society - OLA Conference

**Thank you for your continued support!** Due to everyone's generosity, (including the Sacramento Food Bank, the school, parishioners, and volunteers) **we were able to serve 139 families** in two 2-hour days that we were open. **Everyone received everything they needed for a complete Thanksgiving meal!** Thank you again for helping those in need within our parish boundaries.

**We need pasta, canned corn, canned green beans, spaghetti sauce, and macaroni and cheese for the Food Locker. We also need grocery bags, especially paper bags.** Drop donations off at the parish office or in the church SVdP collection boxes.

**For those who need assistance and live within our parish boundaries,** the food locker is open Tuesdays and Thursdays from 10 A.M.-12 P.M. We can also help with utility and rent payments. Call (916) 481-6352.

**Interested in volunteering for SVdP?** We need people to answer phone calls and help clients by phone, and we also need a Russian interpreter on Tuesday and Thursday mornings. Call (916) 481-6352 and leave a message, or email SVdP president Marylee Johnson at [jmjohn@surewest.net](mailto:jmjohn@surewest.net).

### Low Income Home Energy Assistance Program (LIHEAP)

**The Low-Income Home Energy Assistance Program (LIHEAP) is available to those who need financial assistance to pay their home energy bills.** To find out if you qualify, call the toll-free hotline at 866-674-6327 or visit <https://liheapch.acf.hhs.gov/search-tool/>.



### Weekly Meetings at OLA

**Join Catholic in Recovery at OLA on Wednesdays at 6:00 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.**

**For more information,** please visit our website [www.catholicinrecovery.com](http://www.catholicinrecovery.com), or contact Bill B. at [bbefort@bellsouth.net](mailto:bbefort@bellsouth.net) or at (561) 827-0624.

### Hats for the Homeless Update

Hats, hats and more hats!!! The weather is getting cold, and the distribution has begun! So far the Super Fritz Fund for the UC Davis Pediatric Cancer Center has received 75 hats. The OLA Giving Tree this year has 75 families signed up (176 adults and 148 children ages 1-17) and will get 100+ hats. The Carmichael HART program that occurs every Saturday at Carmichael Presbyterian Church has received 50 hats and will be kept stocked as the homeless come weekly for a hot meal, warm clothing, free haircuts, clean clothes, and wellness checks by student nurses under supervision of an RN instructor (blood pressure, blood sugar checks, skin checks). God's Bounty at St. Ignatius has received hats as well as Mercy Pedalers, just to name a few of the causes that the hats will support.

**Boxes for hats are in the back of church.** Drop off homemade hats or ready-made store-bought hats. They are collected weekly. **We need 2,000 hats to get through the winter.** Thank you for your generosity and support.

### Vocare - Who Are You Called To Be? Young Adult Discernment Retreat

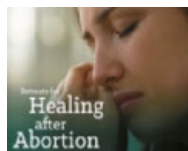
**February 23 & 24, 2024** - Please join the Office of Priestly & Religious Vocations to the upcoming young adult discernment retreat for men and women ages 18 to 35. Young adults will have the opportunity to reflect and ponder on their vocation, gain tools for discernment and prayer as they meet with religious women and men to discern their vocation whether it be religious life or priesthood. **Registration is now open!** <https://scd.formstack.com/forms/vocare-retreat>



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

**Interested in supporting the OLA Gabriel Project?**  
**Contact the parish office for more information.**

### Find healing at Rachel's Vineyard



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



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**Nancy Arndorfer**  
Parishioner  
916-838-1763  
narndorfer@golyon.com



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**Michele Villarreal, LMFT**  
#131287  
Psychotherapist & Owner  
916-425-2692  
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Call Donna today for a **free** one hour consultation: 916-769-1184 or email: DTDeterding@gmail.com

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