

**Sunday, March 29, 2015  
Palm Sunday**



**Sun. 29 Mar. Palm Sunday, 1 Class**  
8:30 am Albino Gabriel  
10:00 am Pro Populo  
1:00 pm Bill Salierno  
3:00 pm Vespers & Benediction

**Mon. 30 Mar. Monday of Holy Week, 1 Class**  
7:00 am Holy Souls  
12:15 pm Erskine Family

**Tues. 31 Mar. Tuesday of Holy Week, 1 Class**  
7:00 am Holy Souls  
6:30 pm Priests in Purgatory

**Wed. 1 Apr. Wednesday of Holy Week, 1 Class**  
7:00 am Employees of the Diocesan Catholic Cemeteries  
12:15 pm †John Pentland

**Thurs. 2 Apr. Holy Thursday, 1 Class**  
7:00 pm Special Intention

**Fri. 3 Apr. Good Friday, 1 Class**  
*See Holy Week Schedule page 2*

**Sat. 4 Apr. Holy Saturday, 1 Class**  
8:00 pm Special Intention

**Sun. 5 Apr. Easter Sunday, 1 Class**  
8:30 am †Tillie Banda  
10:30 am Pro Populo  
1:00 pm Paul Baccay

**No Vespers or Benediction Today**

**Sick Calls**

If anyone is in need of the Sacrament (i.e. homebound) please call the parish office. If it is an **emergency**, outside of office hours, dial (916) 455-5114, then press 1, and the priest-on-call will be paged immediately.

**New to St. Stephen's?**

Please stop by the office or bookstore and pick up a registration form. It is very helpful for us to have contact information for your family, even if you cannot come to St. Stephen's every week.  
If you do not have envelopes and would like them you can pick up a box in the bookstore. The use of envelopes is very helpful for our bookkeeping system.

**Important Upcoming Dates**

April 3—Good Friday  
April 5—Easter Sunday  
April 10—HS Youth Group  
April 13—Confirmation at 6:30 pm  
May 2—May Procession & Solemn Mass  
May 9—First Holy Communion  
May 30—FSSP Priestly Ordinations  
June 21-27—Camp Sacred Heart  
July 19—23—**Spiritual Exercises** - Annual Parish Retreat  
Oct. 3—G.K.Chesterton: Live w/Dale Ahlquist & Chuck Chalberg

**The Bread of Life**

It was Jesus Who adopted this name; Bread of Life.—And what a name! He alone could give it to Himself. An angel charged with naming our Lord would have given Him a title consonant with His attribute, such as divine Word, or Lord, or the like,—But *Bread*,—such a name he would never have dared to give to his God! *Bread of Life!* Ah, but that is the true name of Jesus; in it is the whole Christ, in His life, in His death, and after His resurrection. Crushed on the Cross and sifted like flour, He will have after His resurrection the same properties for our souls as material bread has for our bodies; He will be in truth our Bread of Life.

Material bread nourishes and sustains our life. Lest we should faint away, we must keep up our strength by taking food, of which bread is the very essential. It is more substantial to our bodies than any other nutriment and sufficient alone for life. The soul, in its natural life, must live forever; it has received that immortality from God. But the life of grace received in Baptism, and regained and renewed in the Sacrament of Penance, that life of sanctity, more noble by far than the natural life, cannot be maintained without sustenance; and its principal nutriment is the Eucharistic Jesus. The life restored by holy Penance will be brought to fruition in some sort by the Eucharist, which will cleanse us from our affections to sin, will blot out our daily offenses, will give us strength to carry out our good resolutions, and will remove from us the occasions of sin.

The Lord said: "He that eateth my flesh hath life." What life? The life of Jesus Himself. "As the living Father hath sent Me, and I live by the Father; so he that eateth Me, the same also shall live by Me." In fact, food imparts its own substance to him who eats of it. Jesus will not be changed into us; he will transform us to His own image. Our very body will receive in Communion a pledge of resurrection; and even in this life it will be more temperate, more obedient to the soul. It will but take its rest in the tomb, conserving the Eucharistic germ, source of a more splendid glory for it in the day of eternal reward.

Now the more we desire to come near to God and live a virtuous life, the more we must expect combat; consequently we need to gather more and more strength in order not to be vanquished. For all these struggles of the Christian life, the Holy Eucharist will give the necessary strength. Without the Eucharist, prayer and piety soon languish. The religious life is nothing but a continual crucifixion of our nature and, of itself, holds no attraction for us; without strong and gracious help, we do not willingly accept the cross. Generally speaking, piety without Communion is dead.

For the rest, take your own case. Whenever you have neglected your Communion, in what manner have you performed your other duties? Baptism which bestows life, Confirmation which increases it, Penance which restores it, none of these is enough; these Sacraments are only preparation for the Eucharist, which is their fruition and their crown.

Jesus said: "Follow Me." We must remember that he alone who abides in our Lord will bear much fruit; and how shall we abide in Him if not by eating His Flesh and drinking His Blood?  
(Excerpt from *Holy Communion* by Saint Peter Julian Eymard - available in the St. Stephen Book Store.)

**...In Memoriam**

†Joan Blackburn, †Thomas Joseph Greco

**The Hill of Calvary**

**The Daughters of Jerusalem** Just at the foot of Calvary the Procession is again at a standstill. Some more women are offering their sympathy, and He must show His gratitude to them too. These are not pagans; they have had many opportunities of knowing Him; He it is Who blessed their babes, healed their sick, taught in their streets, and was ever ready to show sympathy to all. Jesus must say one word to them—it is His only recorded word on the Way of Sorrows, and it is a word of warning. He has not to say to *them*; "O all ye that pass by, attend." They have not passed by, they *are* attending. What, then, is wanting? He is afraid of their sorrow being a too *natural* one, and not going to the root of the matter. Weep not for Me, weep for yourselves and for your children, and for all the evil that is coming on your nation; if the green tree (a just Man) is treated like this, what will happen to the dry wood (*sinner*)? Weep for the *cause* of My suffering—for sin—for your own sins.

What is the lesson, then, that He stops to give to these daughters of Jerusalem, and through them to us all? That He values our sympathy in proportion to the amount of contrition that prompts it. Let me try to put the lesson into practice this Passion-tide.

(*Passio Christi* by Mother St. Paul)

**Do You Have Calla Lilies in Your Yard?**

Would you like to share some of your lilies for our altar for Easter? Please call the office if you can help us out. We need many to make it beautiful! 916-455-5114

**Altar of Repose—Please help us with flowers**

Many flowers are also needed for our Altar of Repose. Please bring cut flower, potted Easter Lilies (**not** the type with heavy scent), and flowers of your choice in order to make our **Altar of Repose** really beautiful for Our Lord. Flowers may be brought to the gym during Holy Week—we need them for Holy Thursday evening. Let's try to have every family participate in this tradition.

**Camp Sacred Heart 2015—Sign up soon to save a spot**

Camp Sacred Heart will be held June 21—27 this year. Registration is open to boys age 9—18; boys unknown to the chaplain must get a letter of recommendation from a priest.

For more information call the parish office 916-455-5114 or 916-223-3112. Forms may be obtained by e-mail [stephenproto@yahoo.com](mailto:stephenproto@yahoo.com). You may also stop by the parish office or bookstore.

**Sponsors needed for Camp**

If you are able to help sponsor a boy for camp, there is a great need, especially for large families. Your help is very much appreciated!

**Spiritual Exercises of St. Ignatius**

Preached by Fr. John Lyons, FSSP  
July 19-23

Be sure to sign up for this retreat ASAP as registrations are well **over half full!** The Spiritual Exercises of St. Ignatius retreat will be held at Christ the King Retreat Center. Forms are now available in the office or bookstore, or you may print them from the parish web site.

The retreat is open to men and women age 18 and over. It will be particularly helpful to those discerning a vocation or other decision in their lives.

Remember: space is limited and filling up fast, so hold your place as soon as possible.

**HOLY WEEK SCHEDULE**

**Holy Thursday** – April 2nd  
Tenebrae: 9:00 am  
Confessions: 5:45 pm – 6:45 pm  
Solemn High Mass of the Lord's Supper: 7:00 pm

**Good Friday** – April 3rd  
Tenebrae: 8:00 am  
Stations of the Cross: 12:00 noon  
Confessions: 11:30 am – 12:45 pm  
Solemn Liturgy: 1:00 pm

**Holy Saturday** – April 4th  
Tenebrae: 9:00 am  
Confessions: 7:00 pm – 7:45 pm  
Easter Vigil: 8:00 pm

**Easter Sunday** – April 5th  
8:30 am: Low Mass  
10:30 am: High Mass  
1:00 pm: Low Mass  
(No Vespers Today)

**40 Days for Life**

*Ash Wednesday, February 18th—April 3rd*  
Prayerfully join us at 1442 Ethan Way, Sacramento (across the street from Cal Expo), Monday through Friday 7 am—7 pm.

**Confraternity of St. Peter 2015 Pilgrimage**

Historic pilgrimage to Spain & the Rock of Gibraltar, in the quincentenary year of St. Teresa of Avila's birth! By traveling back to the days of the great Spanish mystics—Sts. Teresa of Avila and John of the Cross, Catholic monarchs—King St. Fernando III & Queen Isabella (Servant of God), and the wondrous events of the consecration of Europe to Our Lady on the Rock of Gibraltar, may we travel forward with the faith and courage of Spain's holy "Defender's of Christendom"!

Join Fr. James Fryar, FSSP, Chaplain of the Confraternity of St. Peter on September 14—September 24, 2015. For more information call Tish at 916-223-3112 or visit the website [www.syversentouring.com/confraternity](http://www.syversentouring.com/confraternity).

**Parish Swap**

View available items by clicking on the "links" button on the front page of [www.sacfssp.com](http://www.sacfssp.com). Contact Rose-Mary at [ParishSwap@gmail.com](mailto:ParishSwap@gmail.com) if you have items to list!

**Prayer to St. Joseph**

V. He made him lord of his house.  
R. And prince over all his possessions.

*Let us pray:*

O God, in Thy marvelous providence, Thou hast deigned to choose St. Joseph to be the spouse of Thy most holy Mother. We ask Thee to grant that we may deserve to have him for our intercessor in heaven, whom on earth we venerate as our protector; who livest and reignest forever and ever. Amen.

**Please Keep in Your Prayers ...**

Mike Hayes, Jim Carlson, Mike McGrath, Barbara Graichen, Munsill Family, Carlos Aldana, Liliana, Luz & Ceasar Morales, Richard Corbin, Renee Burns, Sue McGrath, Ron Carlon, Michael Cuellar, Heather Cuellar, Luis Salazar, Norman Sayles, Lorraine Peterson, Sandy Sneary, Jeannemarie Crabtree, Michelle Di Giovanni & Children, Africa Medal, Frank Fegurur, Teresa Nevarez, John Reyes, John Patrick Corr