

**Sunday, February 14, 2016
First Sunday of Lent**



- Sun. 14 Feb. First Sunday of Lent, I Class**
 8:30 am Jean Haun
 10:30 am Pro Populo
 1:00 pm †Concepcion Cristi
 3:00 pm Vespers & Benediction
- Mon. 15 Feb. Feria of Lent, III Class**
 7:00 am Lacson-Reyes Family
 12:15 am Sergio & Theresa Reali
- Tues. 16 Feb. Feria of Lent, III Class**
 7:00 am Julie Ann Moran
 6:30 pm Strandhagen Family
- Wed. 17 Feb. Ember Wednesday of Lent, II Class**
 7:00 am †Bill Munsill
 12:15 pm Charles & Mary Ann Cuny
- Thurs. 18 Feb. Feria of Lent, III Class**
 7:00 am †Ernesto Virate Camaliga
 6:30 pm Richard & Louise Szabo
- Fri. 19 Feb. Ember Friday of Lent, II Class**
 7:00 am Stephanie Sullivan
 12:15 pm Agnes Costa
 6:30 pm Matthew L. Dana
- Sat. 20 Feb. Ember Saturday of Lent, II Class**
 7:00 am Irene C. Dana
 9:00 am William S. Dana
- Sun. 21 Feb. Second Sunday of Lent, I Class**
 8:30 am Anne Marie Reslock
 10:30 am Pro Populo
 1:00 pm Elaine M. Dana
 3:00 pm Vespers & Benediction

...In Memoriam

†Edward Coleman, †Marilyn Goyette, †Gilbert Perry
 †Ruth Rodgers, †Concepcion Cristi, †Mary Gilbert,
 †Mary Foose, †William Munsill, †Richard Corbin,
 †Mikyla Pina Mutuc, †Joseph Michael Jaeger

Important Upcoming Dates

Feb. 16—Chesterton Society Meeting
 Feb. 18—CSP Evening of Recollection
 Feb. 22—Chair of Peter The Apostle
 March 13—Confirmation
 March 19—Feast of St. Joseph
 March 20—Palm Sunday
 March 25—Good Friday
 March 27—Easter Sunday
 April 4—Annunciation of the BVM (transferred)
 May 7—First Holy Communion
 May 14—Procession to the Cathedral of the Bl. Sacrament
 May 28—Graduation Mass 1:30 pm
 June 19-25—Camp Sacred Heart
 July 10—14—Silent Retreat

Examination of Conscience

To insure an orderly and progressive growth in the spiritual life, *we must know ourselves*. We have to consider our sins, our weak points, our evil tendencies, as well as the progress we have already made, the favorable results we have attained, and our inclinations to good. This knowledge of our interior state is obtained through the *examination of conscience*. The examen considered in this way becomes one of the most important exercises of the spiritual life, since its object is to help the soul to rid itself of everything that might obstruct or delay its journey to God, and to stimulate it to quicken its pace toward Him. Just as we cannot wage war with an unknown enemy, or make conquest of an unknown region, in the same way it is impossible to fight the evil in ourselves if we have not previously identified it. We can never attain sanctity if we have not looked for an efficacious means of acquiring it. In other words, the examination of conscience attains its end when the soul who has faithfully practiced this exercise can say to itself: these are the inclinations which I must watch more carefully to avoid falling into sin; these, the weak points which I must strengthen; these are the virtues that I must practice most of all. In this way the soul will be able to formulate practical, firm resolutions which will then become the special subject of its subsequent examinations.

It is clear that we must first recognize and combat any tendencies which could lead us to mortal sin, but then, those that could bring us to venial sin or to simple voluntary imperfections must be similarly treated. Everything that constitutes a deliberate fault must be progressively and energetically rooted out of the soul which aspires to divine union.

Instead of trying to seek out all the faults it has committed, the soul living an interior life—one we assume to be free by now from mortal sin—should fix its attention on the degree to which its faults have been voluntary, even in the case of slight imperfections, because it is these deliberate faults that present the greatest obstacle to spiritual progress and to union with God.

(taken from *Divine Intimacy*, written by Fr. Gabriel of St. Mary Magdalen, O.C.D.)

St. Joseph's Feast Day

On Saturday, March 19, there will be a 10:30 Solemn High Mass to celebrate St. Joseph's Feast Day. After Mass, we'll be gathering in the hall for the traditional St. Joseph's Table ("La Tavola di San Giuseppe"). Food and beverages will be provided, but, we ask that you help out by bringing a dessert treat such as cookies, biscotti, or cannoli. Help is also needed with baking bread to adorn the St. Joseph's Table altar. Sign up sheets are in the vestibule.

We also need help the day before, on Friday, March 18, with set up. If you are interested, please contact Larry White at 916-296-2088 or email at: lwhite@mcn.org

February 21—Catholic Appeal Sunday

Bishop Soto & Bishop Cotta ask all of us to participate in the Annual Catholic Appeal.

Countless lives will be touched by your contribution to the 2016 Annual Catholic Appeal. Through the Appeal, children in our communities find safety and hope, families break through desperate situations, marginalized individuals find the strength to rebuild lives of dignity, students in our most economically challenged communities can remain in Catholic School, and seminarians move closer to ordination. 25% comes back to your parish for your own local works. Your generosity today helps to continue vital efforts in your parish and throughout our diocesan communities. All gifts will make a difference. Please participate at whatever level you can.

The 2016 Annual Catholic Appeal will be held at all Masses next weekend.

**High School Graduation Mass
May 28th @ 1:30 pm**

The Graduation Mass is for all 2016 high school graduates belonging to St. Stephen parish. Please contact Liz Hernandez by **February 29** if you have a student who will participate. She can be reached by calling (916) 362-5285, or by emailing at petenliz@sbcglobal.net.

Five Lessons in Spiritual Combat

Preached by Fr. Simon Harkins, FSSP
 July 10-14

The concept of intentionally spending an extended period of time in silence and prayer is almost unimaginable to a loud and busy world, but silent retreats are, and always have been, an important part of Catholic prayer life.

Five Lessons in Spiritual Combat will be held at Christ the King Retreat Center. Each retreatant will have a private room and bath. Space is limited, so hold your place as soon as possible with a deposit. Forms are now available in the office or bookstore. The retreat is open to men and women age 18 and over. For more information call: 916-223-3112

~Around the Parish~

~ **Congratulations** to Matt & Julie Perkins on the birth of their second child, Catherine Therese Faustina! Catherine was baptized at St. Stephens on February 13th.

**Reminder— Chesterton Society Meeting:
February 16 at 7:30pm**

We are beginning with the book: *The Everlasting Man*
 Chapter 1 "The Man in the Cave"
 Also: Fr. Brow: "The Chief Mourner of Marne"
 Go to: <http://www.sacfssp.com/>
 For online book and Fr. Brown stories
 All are welcome!

SPRING "40 DAYS FOR LIFE"

When: Ash Wednesday, February 10th through March 20th
 Where: 1442 Ethan Way, Sacramento (park at Theatre on Arden or on Hallmark Drive)
 What time: 7am to 7pm, Monday thru Friday (Sat. optional)
 Sign up for hours at:
<https://40daysforlife.com/local-campaigns/sacramento/>

Rules For Fasting And Abstinence

Ash Wednesday and Good Friday are obligatory days of universal fast and abstinence. Fasting is obligatory for all from ages 18 to the completion of their 59th birthday. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence (from meat) is obligatory for all persons 14 years and older. Every Friday in Lent is an obligatory day of abstinence.

Other forms of "fasting," especially regarding alcoholic drink, needless television, video games, internet use and social entertainment - are of true spiritual value and are strongly encouraged.

In order to deepen one's love for Christ, Catholics are urged to spend time in spiritual reading (especially Sacred Scripture), to study the catechism, to participate in devotions offered by the parish, and to pray more fervently. The faithful are exhorted to pray the rosary, to make private visits to the Blessed Sacrament, and to pray especially for vocations to the priesthood and the religious life.

Stations of the Cross

Stations of the Cross devotions are scheduled for all Fridays during Lent after the 12:15 and 6:30 pm Masses.

Please Keep in Your Prayers ...

Mike Hayes, Jim Carlson, Mike McGrath, Renee Burns, Barbara Graichen, Sue McGrath, Lorraine Peterson, John Reyes, Patricia Becker, Augustine Guzman, Luis Salazar, Paulette Brady, James Reslock, Sandy Sneary, Barbara Jeong, Eleanor Roberts, Fr. Carota, Beverly Longtin, Mary Daley, Ramon Daley

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for all the Blessings for our Family!*

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If you wish to receive official notifications from the parish, subscribe to email: ststephenfssp-subscribe@yahoogroups.com

Devotions

Rosary: Sunday: 8:00 a.m. & 10:00 a.m., after the 1p.m. Mass and five minutes after many weekday Masses

Holy Face Novena: 5:30 p.m. every Tuesday

St. Monica Novena: First Thursday of every month, after 6:30 p.m. Mass

Our Lady of Perpetual Help Novena: after 6:30 p.m. Mass every Tuesday

Fatima Procession: 13th of the month May to October

New to St. Stephen's?

Registration forms are available in the Parish Office or Bookstore.

Envelopes and On-Line Giving

Envelopes are very helpful for our bookkeeping, please pick them up in the Parish Office or Bookstore.

For **on-line giving** go to the parish website:
www.sacfssp.com

St. Bernadette Fund—to aid parishioners in need! Donations may be made on-line.

Parish Swap

Do you have items you no longer need? List them by contacting Rose-Mary at ParishSwap@gmail.com
View available items by clicking on the "links" button on the front page of www.sacfssp.com

Mass Schedule
Traditional Roman Rite

Sunday: 8:30 a.m. Low Mass
10:30 a.m. High Mass
1:00 p.m. Low Mass
3:00 p.m. Vespers and Benediction

Monday: 7:00 a.m. and 12:15 p.m.

Tuesday: 7:00 a.m. and 6:30 p.m.

Wednesday: 7:00 a.m. and 12:15 p.m.

Thursday: 7:00 a.m. and 6:30 p.m.

Friday: 7:00 a.m., 12:15 p.m. and 6:30 p.m.

Saturday: 7:00 a.m. and 9:00 a.m.

Holy Days: Please call the office or consult the bulletin or website

Confessions

One half hour before all Masses, and Saturdays 8:30 a.m. to 10:00 a.m.

Exposition and Benediction of the Most Blessed Sacrament

Thursday: 3:00 p.m. to 6:15 p.m.

Friday: after 6:30 p.m. Mass

Saturday: after 7:00 a.m. Mass to 8:45 a.m.—Holy Hour for Vocations

First Friday: Benediction after 12:15 p.m. Mass

Sick Calls

If anyone is in need of the Sacraments (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.