

**Sunday, March 8, 2015**  
**Third Sunday of Lent**



<b>Sun. 8 Mar.</b>	<b>Third Sunday of Lent, I Class</b>
8:30 am	Isabella Burns
10:30 am	Pro Populo
1:00 pm	Anthony Long
3:00 pm	Vespers & Benediction
<b>Mon. 9 Mar.</b>	<b>Feria of Lent, III Class</b>
7:00 am	†Bob Mansergh
12:15 pm	Mrs. Penrose
<b>Tues. 10 Mar.</b>	<b>Feria of Lent, III Class</b>
7:00 am	Mrs. Penrose
6:30 pm	Isabella Burns
<b>Wed. 11 Mar.</b>	<b>Feria of Lent, III Class</b>
7:00 am	†Philpa Lopez
12:15 pm	Rosa Mystica Confermandi
<b>Thurs. 12 Mar.</b>	<b>Feria of Lent, III Class</b>
7:00 am	Mary Lockey & Brother
12:15 pm	†Alice Magill
<b>Fri. 13 Mar.</b>	<b>Feria of Lent, III Class</b>
7:00 am	†Rorini Fox
12:15 pm	†Patrick Castillo
6:30 pm	Lucas Fileman Baccay
<b>Sat. 14 Mar.</b>	<b>Feria of Lent, III Class</b>
7:00 am	†Felipa Lopez
9:00 am	Michael Long
<b>Sun. 15 Mar.</b>	<b>Fourth Sunday of Lent, Laetare Sunday, I Class</b>
8:30 am	Isabella Burns
10:30 am	Pro Populo
1:00 pm	Cecelia Baccay
3:00 pm	Vespers & Benediction

**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**

March 13—Stations of the Cross after 12:15 & 6:30 Masses  
 March 13—Lenten Fish Fry sponsored by Youth Group  
 March 17—Chesterton Society Meeting  
 March 19—Feast of St. Joseph—Solemn High Mass 7:00 pm  
 March 22—Production of “Therese”  
 March 27—High School Youth Group  
 April 3—Good Friday  
 April 5—Easter Sunday  
 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

**Directions For Thanksgiving After Holy Communion**

The most solemn moments of your life are those you spend in thanksgiving, when the King of heaven and earth, your Savior and your Judge, is yours, fully inclined to grant all you ask of Him.

Devote half an hour, if possible, to this thanksgiving or, at the very least, fifteen minutes. Rather than abridge your thanksgiving, it would be better, if necessary, to shorten your preparation instead; for there is no more holy, no more salutary moment for you than when you possess Jesus in your body and in your soul.

The temptation often comes to shorten our thanksgiving. The devil knows its value; and our nature, our self-love, shrinks from its effects. Determine, therefore, what the duration of your thanksgiving is to be and subtract never a moment therefrom without a pressing reason.

**Thanksgiving is absolutely necessary if the act of Communion, so holy, is not to degenerate into a mere pious habit.**

“Be convinced,” said Saint John Baptist de la Salle to his religious, “that there is in all your life no more precious time than that of Holy Communion and the moments immediately following, during which you have the happiness to be able to speak face to face, heart to heart, with Jesus.”

In the time of thanksgiving, then, the soul finds opportunity to enjoy the Savior Whom it has received and possesses, to pay homage to Him for His love, and to taste at the same time the comforting sweetness of this happy possession.

This activity, be assured, is neither a spiritual self-seeking, nor the indulgence of a more or less mystical sensuality; it is the fulfillment of a two-fold duty, that which we owe to the divine Host of our Communion, Who certainly deserves that we appreciate and enjoy His presence, and that which the soul owes to itself—to find strength and holy joy and gladness in the delights of the richly laden Table set forth for it by the heavenly King.

You have no heart, you lack all appreciation of what Communion means to you if, after you have received your Savior, you remain unmoved and have no word of thanks to offer Him.

Perhaps you will protest that you are not of a contemplative nature and are incapable of conversing inwardly. Understand me well! This inward conversation after Communion does not demand a very high degree of spirituality. If you have good will, Jesus will speak to you, and you will understand His words; for He speaks the language of the heart, which is understood by all.

Be therefore most faithful, even scrupulous, where thanksgiving is concerned.

(Excerpt from *Holy Communion* by Saint Peter Julian Eymard)

**...In Memoriam**

†Joan Blackburn, †Thomas Joseph Greco

**Jesus is Taken and Bound**

Indescribable is the barbarity manifested by the furious enemies of Jesus Christ in their treatment of His sacred Person, but equally wonderful is His unalterable patience. They bind His neck, hands, and waist together, with cords and chains, as though He were the most wicked of malefactors, and Jesus refuses not to wear these chains, but accepts them with joy and offers them up to His Eternal Father, thereby to merit for us the liberty of the children of God. Contemplate Jesus in the hands of sinners, loaded with chains, and bound with cords; enter in thought with all possible reverence into His sacred Heart, and see how He suffers not so much from those chains and cords as from the sight of the sins of the whole world, with which He is loaded, and which form a chain so oppressive and painful as to overwhelm and bow Him down to the ground. Yet He submits to its weight with the most heroic fortitude through His earnest desire of breaking it asunder, and liberating our souls. O infinite mercy of my Jesus! Thou art intent solely upon delivering and saving me, while I, instead of compassionating Thee thus bound, and breaking asunder those chains which torture and oppress Thee, increase their weight by adding to the number of my sins. I beseech Thee, my sweet Jesus, that now, once for all, I may put a stop to such malice. May I now at least begin to return Thee love for love.

Jesus, when ill-treated, beaten, and bound, is silent and complains not; learn from his example to restrain your feelings, to bridle your tongue, and to accept in peace and bear with meekness whatever may befall you that is trying to self-love. Carefully examine whether you are enslaved to any bad habit or evil passion, promise Jesus that you will at any cost burst all such hateful bands, and beseech Him to bind your soul closely to Himself by the chains of holy love.

The remembrance of the sufferings of Jesus renders all pains and sorrows sweet and light. A friend of St. Paul of the Cross being astonished at his austere and penitential mode of life, and unable to understand how so weak and sickly a man could endure such continual, excessive sufferings, questioned him one day on the subject. “Tell me, Father Paul,” he said, “how you contrive to lead such a life?” The servant of God replied with deep emotion, “Jesus Christ has suffered so much for love of me, therefore it is not wonderful that I should do and suffer something for love of Him.” When you feel any repugnance to suffering, say the same to yourself, and you will soon feel the beneficial effects of such a reflection.

(*The School of Jesus Crucified* by Fr. Ignatius of the Side of Jesus, Passionist)

**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).

**Sunday Vespers/Benediction**

Sunday Vespers takes place **every Sunday at 3:00pm** followed by Benediction. Pamphlets are available in the church entrance. “*All should come to our churches and there sing the praises of God, and be enriched with Benediction of the Blessed Sacrament*” - *Pope Pius XII, Mediator Dei*

**Lenten Fish Fry**

This Friday, March 13, in lieu of the Lenten Soup Supper, the parish will have a *Fish Fry*. This event is sponsored by the High School Youth Group. Some soup may be available.

Donations are accepted; proceeds go to the Bishop Gallegos Maternity Home. For more information call the parish office.  
*Not to be missed!!*

**Reminder—Chesterton Society Meeting:**

**March 17th at 7:30pm**

Check website for details! All welcome!

**“Therese” St. Luke Productions**

**March 22, 2015 at 4:30 pm**

The live production of “Therese” will come to St. Stephens on Sunday, March 22. Space will be limited, so hold your place early. Free will offerings will be greatly appreciated to defer the cost, please be generous.

Rosa Mystica Girls Society will have sandwiches and sodas available for purchase that day so that people don't have to go home after Mass or Vespers.

You may hold you place for the performance and order your sandwiches through the parish office or bookstore.

**Camp Sacred Heart 2015**

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 **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.

**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.

**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