


SAINT STEPHEN THE FIRST MARTYR ROMAN CATHOLIC CHURCH



PARISH INFORMATION	SACRAMENTS	DEVOTIONS
<p>PARISH OFFICE</p> <p>Email stephenproto@yahoo.com Website www.sacfssp.com Phone 916-455-5114 Address 5461 44th Street Sacramento, CA 95820 Bookstore 916-223-3112</p> <p>PRIESTS</p> <p>Fr. Joshua Curtis, FSSP <i>Pastor</i> frcurtis@fssp.com Fr. David McWhirter, FSSP <i>Par. Vicar</i> frmcwhirter@fssp.com Fr. Evan Schwab, FSSP <i>Par. Vicar</i> father.schwab@gmail.com Fr. Evaristus Eshiwu <i>Retired</i></p> <p>STAFF</p> <p>Tish Gallagher <i>Parish Secretary</i> stephenproto@yahoo.com Keven Smith <i>Choirmaster</i> ksmith_writer@yahoo.com Kelly Mantsch <i>Parish Bookkeeper</i> ststephenbusinessoffice@gmail.com Anne Morell <i>Bookstore Assistant</i> Stella Zapata <i>Custodian & Office Asst.</i> Francis Dugyon <i>Sacristan</i></p>	<p>MASS SCHEDULE</p> <p>Sun 7 am, 8:30 am, 10 am, 11:30 am, 1:00 pm (Sung), 6 pm Mon - Fri 7 am, 12 pm, 6 pm Sat 7 am, 8:30 am, 12 pm Holy Day Check bulletin.</p> <p>CONFESSIONS</p> <p>We have confessions every weekday, starting one half hour before the beginning of Mass. There are also limited times on Sunday for confessions.</p> <p>Sun 6:30 am & 5:30 pm Mon - Fri 6:30 am, 11:30 am, 5:30 pm Sat 6:30 am, 8 am, 11:30 am</p> <p>BAPTISMS & WEDDINGS</p> <p>Contact the Parish Office. Baptisms should be within the first two weeks after birth; marriages generally require six months of preparation.</p> <p>SICK CALLS</p> <p>Call the Parish Office to schedule a home visit for the Sacraments. If someone is dying, outside of office hours, dial 916-455-5114, then press 1. You will be transferred immediately to the priest-on-call.</p>	<p>THE DIVINE OFFICE</p> <p>Mon - Fri Lauds at 8:10 am Compline at ~7 pm</p> <p>EXPOSITION & BENEDICTION</p> <p>Thurs 1 pm - 6 pm</p> <p>THE HOLY ROSARY</p> <p>Sun 6:30 am & 7 pm Last Sat After the 8:30 am <i>(15 decades, offered for priests.)</i></p> <p>OUR LADY OF PERPETUAL HELP</p> <p>Tues After the 6 pm Mass</p> <p>PRAYER TO SAINT JOSEPH</p> <p>Wed After all Masses</p> <p>PRAYER FOR VOCATIONS</p> <p>Sun After the 1 pm Mass Thurs After all Masses</p> <p>SAINT MONICA SODALITY</p> <p>First Thurs After the 6 pm Mass</p> <p>THE SACRED HEART</p> <p>First Fri After all Masses</p> <p>FATIMA PROCESSION</p> <p>The 13th of every month from May to October. See bulletin announcements for times.</p>
<p>STAYING CONNECTED</p> <p>PARISH ONLINE NEWSLETTER To receive the bulletin and important announcements online, call the Parish Office to register.</p> <p>NEW PARISHIONERS Registration forms are available in the Parish Office or Bookstore.</p>	<p>THE FSSP</p> <p>St. Stephen the First Martyr is a personal parish of the Diocese of Sacramento. It is served by priests of the Priestly Fraternity of St. Peter.</p> 	<p>DONATIONS</p> <p>ST. BERNADETTE FUND Please consider giving to fellow parishioners in need. Donations can be made online or at the Parish Office.</p> <p>ONLINE GIVING Available at the parish website. www.sacfssp.com</p>
<p>Envelopes are very helpful for our bookkeeping, unless you are giving online. Please pick them up in the Parish Office.</p>		

LITURGICAL CALENDAR

28 Jan	Sun	Septuagesima Sunday, II 7 am + Mercedes Baccay 8:30 am + Francis & Margaret Mudd 10 am + Nay Huynh 11:30 am Tran family 1 pm <i>Pro populo</i> 6 pm James & Mary Newell
29 Jan	Mon	St. Francis de Sales, III 7 am Agnes Dugyon 12 pm Monica & Michael Durant 6 pm Orphaned souls
30 Jan	Tues	St. Martina, III 7 am Mike & Mary Schaefer 12 pm Racquel Magabo 6 pm + Carolyn Greenwood
31 Jan	Wed	St. John Bosco, III 7 am Judy Schumacher 12 pm + Delfin Macalanda 6 pm Joseph & Melissa Mudd & family
1 Feb	Thurs	St. Ignatius, III 7 am Nancy Butchy 12 pm Ramses Reynoso 6 pm St Monica Sodality
2 Feb	Fri	The Purification of the BVM, II 7 am + Marilyn Harder 12 pm + Dion Datu 6 pm Holy Souls
3 Feb	Sat	St. Blaise, IV 7 am FSSP 8:30 am Marcellinus Cuatto 12 pm Dat Pham & family

PRAYER LIST

Ed Schneider, Paula Belen, Vanessa Jimenez, Ralph Clark, Michelle DiGiovani, Mark Mitchell, Phil Carey, Judy Bennett, Jasinkas, Debbie Vilar, Dominick Damore, Judi Geldermann, Elaine Testa, Monique Rance, Nancy Tostenson, Karen Rich, Bob Crocker, Stephanie Reali-Saavedra, Theresa Reali, Don Varley, Dolly Lewis, Mary Ann Cuny, Barbara Graichen, Jim Carlson, Darryl Gallagher, Helen DiCarlo, Barbara Cogan, Jordan Aranas, JoAnn Mutterties

Please keep all of the sick and homebound of the parish in your daily prayers, as well as our adult catechumens and candidates.

IN MEMORIAM

Alfred Solorio, Fr. James Buckley, Rudy Nagel, Paul Graff, Pietro Lopresti, John Hymes, Teodosio Dino, Barbara Chu, Nellie Reyes, Albert Treskon, Violet Corr, Mary Hayes, Derald Goyette, Bonnie Williams, Frank Bowa, Ramon Daley, Eileen Morrison, Richard & Louise Szabo, Cesar Oliva, Joseph Damore, Ken Taylor, Joseph Menezes, Edgardo Mercado, Barbara Jeong, Jean Haun, Rene Iway, Richard Seifert, Fiona Silverio, John Dunlap, Jeff Long, David Tostenson, Eleanor Roberts, Robert Rose, Sharon Graves, Eda Granby, Gloria Garcia, Raymond Villalpando

PARISH GROUPS

Choir & Music Classes	Keven Smith <i>Youth & Adults, Sunday & Thursday</i> ksmith_writer@yahoo.com
Altar Guild & Altar Guild Minor	Mike Solton <i>Boys 7 – 18, Third Saturday</i> 916-832-2859
Troops of Saint George (Scouting)	James Campbell <i>Boys 6 – 18</i> Jcampbell@tsgtroop750.org
Sodality of the Blessed Virgin Mary	Amy Rutschow <i>Girls 14 – 18, First Saturday</i> 916-340-5782
Rosa Mystica	Sue McGrath <i>Girls 9 – 13, First Saturday</i> 916-531-3946
Little Flowers	Megan Gury <i>Girls 5 – 8, First Saturday</i> 916-207-0498
Youth Group	Liz Hernandez <i>Ages 14 – 18, Second & Fourth Friday</i> 916-396-4062
OLSW Co-op	Inocencio Rangel <i>Ages 14 – 18, Tuesday & Thursday</i> 916-804-6359
CCM Co-op	Blanca Pimentel <i>Ages 3 – 14, Thursday</i> blancaerodria@yahoo.com
Veritas (Young Adult Group)	AJ Alvarado <i>Ages 18 – 39, Third Tuesday</i> veritasnorcal@gmail.com
Adult Catechism	Fr. Joshua Curtis, FSSP <i>Adults, Second & Fourth Thursday</i> frcurtis@fssp.com
Chesterton Society	Spencer Roundtree <i>Adults, Second Tuesday</i> sac.chesterton@gmail.com
Knights of Columbus #16419	William Giovannetti <i>Adult men, Third Wednesday</i> 916-531-4730
Ushers	Roger Soto <i>Adult men, Sundays & Holy Days</i> 209-610-1163
Security	Patrick Clemons <i>Adult Men, Sundays & Parish Events</i> 916-717-0244
Altar Linen & Flowers Society	Tomoko McDonough <i>Adult women, Third Saturday</i> mcdonoughmommy6@gmail
Church Flowers	Greta Munsill <i>Friday or Saturday</i> 916-425-7112
Church Cleaning	Eli Gonzalez <i>Wednesday</i> 916-395-7408
Collection Count Crew	Kelly Manstch <i>Monday</i> Parish Office 916-451-5114
Brown Bag Lunch Program	Maureen Olguin <i>Sunday</i> jmolguin5960@att.net
The Gabriel Project	Catarina Hinojos <i>On call</i> 415-286-6228
Senior’s Lunch (55+)	Ann Zacharias <i>Third Thursday</i> 916-838-7404

PLEASE PRAY FOR VOCATIONS

**Rev. Mr. Jacob Kasak, FSSP;
Sr. MaryAnne Regina, CM**

Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee.

PASTOR'S COLUMN

ARTICLE ON SOCIAL MEDIA & ITS EFFECTS ON THE YOUTH (ESPECIALLY YOUNG LADIES)

Quite a few people have asked about the article that I used as a basis to preach from last Sunday at the 11:30 am Mass. You can find it on Substack; the author is John Haidt, and the title of the article is *Social Media is a Major Cause of the Mental Illness Epidemic in Teen Girls. Here's the Evidence.*

I think it would be good also to reproduce here some of my conclusions, namely:

- This is not simply an individual problem; it is a social problem.
Therefore the solution must also be social.

The problem lies in the fact that if you take a young lady off of social media, her mental wellness will improve, but it will also decline because now she has become completely socially isolated. So the trick is not just to back away from social media, but also to create healthy cohorts; that is, groups of parents that are working together to facilitate real, healthy, face to face interaction among their children, and excluding social media together as a means of promoting that. As much as possible, parents should try to reproduce the kind of neighborhood environments that so many of us grew up with and perhaps took very much for granted. This is of course not at all trivial given modern circumstances (i.e. lack of children, toxic culture, crime, etc.).

It is also so important for parents to model good behavior to their children. If they are strictly kept from electronics, or at least well regulated in their use, but they observe their parents on their cell phones compulsively, it will quickly erode all the benefits of good discipline.

John Haidt is someone I was not very familiar with before reading this article. I know very little of him, so I could not endorse his work as a whole, but this article seems imminently reasonable, well researched and well argued. He is a well-reviewed author and is soon publishing a book called *The Anxious Generation* which I imagine might be very helpful for parents. I plan on looking into it once it is released in March.

LENT IS COMING

We are only two and a half weeks from the beginning of Lent. If you are new to the parish, we do encourage the more traditional fasting and abstinence throughout the course of Lent. This would mean to fast every day through Lent, except for Sundays, and also to abstain from meat. If you have never done this before, the period of *Septuagesima* is useful to start "gearing up" for Lent. Try pushing your breakfast back by a half hour or so every day until it just unites with lunch, and then start reducing lunch a little bit

until you can either get down to one meal a day, or one meal and one (or two, if necessary) smaller collations. The body is good at these adjustments, especially if it is not too sudden. Don't be intimidated! This is how all Catholics practiced Lent for many, many centuries. (In fact, it was even more rigorous the more you push back towards the ancient Church.)

I would also recommend giving up other luxuries with food, such as sweets and alcohol.

Lent would be a great time for everyone to detach as much as possible from social media and from cell phones in general. Consider taking up the practice of plugging cell phones in somewhere while at home and learning to just leave them there, only having recourse to them where there is some real necessity.

Hopefully this will open up space to establish (or renew) a good plan of life during Lent; that is, an adequate and reasonable schedule for prayers, devotions, duties, and recreation throughout the day.

Lent is also a time where the practice of silence, so hard to find in our days, is pre-eminently important. Detaching from cell phones will likely also be of great benefit to this.

God bless you all! The priests are praying for you that all may profit from a grace filled penitential season. Please pray for us, as well.

IMPORTANT DATES

Table with 2 columns: Date and Event. Rows include: Feb 10 Pancake Breakfast, Feb 14 Ash Wednesday, Apr 13 Confirmations (3 pm), Apr 27 Italian Dinner, May 29 Priestly Ordination of then Fr Kasak, Jun 8 First Mass of Fr Kasak at Cathedral (5 pm), Jun 16-22 Camp Sacred Heart, Jun 22-28 Camp Immaculate Heart, Jul 14-18 Parish Retreat.

ANNOUNCEMENTS

Tax Letters are now available. They can be picked up in the conference room between the bookstore and the office after all daytime Masses.

First Friday & First Saturday fall this week.

Feast of the Purification. On Fri, Feb 2, we will have Candlemas at 6 pm. It will be a Solemn Mass with the blessing of candles and procession.

Blessing of Throats. On Sat, Feb 3, after all Masses, we will offer the St. Blaise blessing of throats.

The Little Flowers, Rosa Mystica, and Sodality of the BVM meet on Sat, Feb 3.



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+JMJ+ Join us in weekly Pro-Life prayers for the sacred lives of the unborn at Planned Parenthood, 201 29th St., Sacramento. Contact Dianna for details. For more info: www.womensprayergroupinchrist.org Supporting the FSSP: www.RealEstatefortheFSSP.wordpress.com



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Consider contacting our parishioner **Ed Wedinsky** to work out little jobs like airport runs, running errands, etc. His number is 530-704-8392.

Interested in supporting the print and office needs of the parish by placing an ad (2.55" x 1.36") in the bulletin? Contact Fr. Curtis by e-mail: frcurtis@fssp.com.