



**Fourth Sunday of Lent  
March 14, 2010**

*“Whoever is in Christ is a new creation:  
the old things have passed away;  
behold, new things have come.”*

*-2 Corinthians 5:17*

**St. Mary's Catholic Church**  
Sacramento, California

**ST. MARY'S PARISH OFFICE**  
1333 58th Street, Sacramento CA 95819  
(916) 452-0296 • Fax (916) 452-3908  
[www.stmarys-sacramento.com](http://www.stmarys-sacramento.com)  
[smoffice1@comcast.net](mailto:smoffice1@comcast.net)

**OFFICE HOURS**

Monday - Friday 8:00 am - 4:00 pm

**ST. MARY'S PARISH SCHOOL**  
1351 58th Street, Sacramento CA 95819  
(916) 452-1100 • Fax (916) 453-2750  
[www.saintmaryschool.com](http://www.saintmaryschool.com)

**PASTOR**

Fr. James Narithookil, CMI

**PAROCHIAL VICAR**

Fr. Francis Chirackal, CMI, MSW

**Blog:** [www.francischirackal.blogspot.com](http://www.francischirackal.blogspot.com)

**DEACONS**

Deacon Luigi Del Gaudio, MSW  
Deacon George W. Kriske

**SCHOOL PRINCIPAL**

Laura L. Allen, MA

**CONFESSION**

Saturday: 3:30 pm - 4:30 pm  
Or by appointment

**INFANT MARY CHAPEL**

Open Daily 6:30 am - 5:00 pm  
Solemn Adoration: First Fridays 8:30 am - 6:00 pm

**MASS SCHEDULE**

Sunday: 8:00, 9:30, 11:00 am,  
and 6:00 pm  
Daily Mass: Monday - Saturday 8:00 am  
Saturday 5:00 pm (Vigil Mass)  
Holy Days: As announced in bulletin

**MORE PARISH INFORMATION**

**MARRIAGE:** Contact a Parish Deacon 9 months prior to the wedding date. Marriage preparation classes are available.

**INFANT BAPTISM:** Contact the Parish Office. All baptisms must be scheduled 3 months in advance. Parents and godparents must attend class.

**ANNOINTING OF THE SICK:** Contact the Parish Office regarding sick, elderly who are at home, hospitals or special care facilities.

**MUSIC:** For Music Ministry call Ben (916) 383-6155 or [bkbilleci@dslextrime.com](mailto:bkbilleci@dslextrime.com)

**RCIA:** Process for adults and children of catechetical age who are interested in joining the Catholic Church and baptized Catholics wanting to complete their initiation sacraments of Confirmation and Eucharist. Please call Joan Hanrahan (916) 452-0296 X20.

**CCD:** Catholic youth are formed through the Parish Faith Formation Program (CCD). John Gisla (916) 452-0296 X25.

**PARISH HALL RENTAL:** Please call 6 months prior to make reservations, contact Sandra Sanders (916) 452-0296 X24 or email [sjsanders\\_stmarys@comcast.net](mailto:sjsanders_stmarys@comcast.net).

**BULLETIN:** Our church bulletin is prepared one week in advance. All submissions are reviewed by the pastor. Email request to [smoffice1@comcast.net](mailto:smoffice1@comcast.net). no later than Monday.

**Our Mission Statement**

*The mission of St. Mary's Parish  
is to proclaim and celebrate our  
salvation through Jesus Christ, our  
pilgrimage to the Father's Kingdom  
enlivened by the Holy Spirit. Our  
Catholic faith community is  
nourished by our sacramental life,  
especially the Sunday  
celebration of the Eucharist. With  
Mother Mary as our model, we  
demonstrate our faith through  
worship, education, vocations and service.*

## Mass Intentions

### Saturday, March 13

8:00am Richard Munso+  
5:00pm Iacopo Costa+

### Sunday, March 14

8:00am Benefactors & Contributors to the  
KFC 953 Memorial Fund  
9:30am David Kassiss  
11:00am Mike Palermo+  
6:00pm For the People

### Monday, March 15

8:00am George Blaggi+

### Tuesday, March 16

8:00am Daniel Barry Griffin+

### Wednesday, March 17

8:00am Mary Thearly+

### Thursday, March 18

8:00am Sister Mary Agnes Mullen+  
Marco Ferrarotti+

### Friday, March 19

8:00am Emilia Amorena+

### Saturday, March 20

8:00am  
5:00pm Julius Caserza+  
Iacopo Costa+

### Sunday, March 21

8:00am  
9:30am Alphonse Affinito+  
11:00am Evelyn Balesteri+  
6:00pm For the People

## Requested By

Ida Munso  
Enzo & Family

Knight of Columbus  
Council 953  
Mom & Dad  
Kathy Griffin

Ida Munso

Mary Frances Driscoll

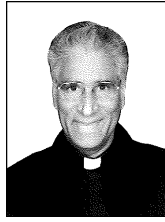
Cathie Carvalho

Jane Zuccaro  
Daughters

Sons & Families

Sam & Nancy  
Teresa Reali

Mario & Nancy Affinito  
Don & Mary Kassiss



## From the Pastor

### The Art of Being Well

(Dr. Drauzio Varella)

#### If you don't want to be ill.... Speak Your Feelings.

Emotions and feelings that are hidden, repressed, end in illness as: gastritis, ulcer, lumbar pains, spinal. With time, the repression of the feelings degenerates to the cancer. Then, we go to a confidante, to share our intimacy, our "secret", our errors! The dialogue, the speech, the word, is a powerful remedy and an excellent therapy!

#### If you don't want to be ill.... Make Decisions.

The undecided person remains in doubt, in anxiety, in anguish. Indecision accumulates problems, worries and aggressions. Human history is made of decisions. To decide is precisely to know to renounce, to know to lose advantages and values to win others. The undecided people are victims of gastric ailments, nervous pains and problems of the skin.

#### If you don't want to be ill.... Find Solutions.

Negative people do not find solutions and they enlarge problems. They prefer lamentation, gossip, pessimism. It is better to light a match than to regret the darkness. A Bee is small, but produces one of the sweetest things that exist. We are what we think. The negative thought generates negative energy that is transformed into illness.

#### If you don't want to be ill.... Don't Live By Appearances.

Who hides reality, pretends, poses and always wants to give the impression of being well, He wants to be seen as perfect, easy going, etc. but is accumulating tons of weight - A bronze statue with feet of clay. There is nothing worse for the health than to live on appearances and facades. These are people with a lot of varnish and little root. Their destiny is the pharmacy, the hospital and pain.

#### If you don't want to be ill.... Accept.

The refusal of acceptance and the absence of self-esteem, make us alienate ourselves. Being at one with ourselves is the core of a healthy life. They, who do not accept this, become envious, jealous, imitators, ultra-competitive. Be accepted, accept that you are accepted, accept the criticisms. It is wisdom, good sense and therapy.

#### If you don't want to be ill.... Trust.

Who does not trust, does not communicate is not opened, is not related, does not create deep and stable relations, does not know to do true friendships. Without confidence, there is not relationship. Distrust is a lack of faith in you and in faith itself.

#### If you don't want to be ill.... Do Not Live Life Sad.

Good humor, Laughter, Rest, Happiness these replenish health and bring long life. The happy person has the gift to improve the environment wherever they live. "Good humor saves us from the hands of the doctor". **Happiness is health and therapy.**

Fr. James Narithookil CMI  
Pastor.

## READINGS FOR THE WEEK

Monday: Is 65:17-21; Jn 4:43-54  
Tuesday: Ez 47:1-9, 12; Jn 5:1-16  
Wednesday: Is 49:8-15; Jn 5:17-30  
Thursday: Ex 32:7-14; Jn 5:31-47  
Friday: 2 Sm 7:4-5a, 12-14a, 16; Rom 4:13,  
16-18, 22; Mt 1:16, 18-21, 24a  
Saturday: Jer 11:18-20; Jn 7:40-53  
Sunday: Is 43:16-21; Ps 126; Phil 3:8-14;  
Jn 8:1-11

**Weekly Collection :\$7,538 .00**

**EOP for the Month of Jan: \$ 10,594.00**

**Pray For...** Patricia Scanlan, Darlene Claflin, Josephine V, Mabel Viglione, Don Kassiss, Mary Katherine Long, Donna Fisher, Tracy Fisher, George & Anna Krizl, Nikki LeDoux, Dylan Schulman, Dora Watkins, Elvira Falzon, Carmen Quintana, Michael Noto, Michael Bersola, Teresa Reali, Esther Latino, Nora Gortze, Ed & Stella Puccinelli, Barbara Luna, Mary Arlene Martinez, Nina Huitt, Elizabeth Henry, Richard Salazar, Steve & Kristin Webber, Jeanie Smith, Rebecca Kasten, Jovanna Boyd, Delainey Zuniga, Louis Arnaudo, Casimir Globis, Dora Wagner, Debra Schwartz, Rina Rossi, Cecil Bennett, Gene Harding, Elias Perez, Rachele Parrow, Louie Viani, Barbara Cramer, Frank Moore, Cathy York, John Bashore, Chongkim Kyo, Dana Clifford.

### **Catholic Relief Services Collection March 21st**

Next week, our parish will take up The Catholic Relief Services Collection. This collection helps to fund six Catholic organizations that improve the quality of life and protect human dignity. Your gift will support agricultural development to strengthen economies and create food sustainability, provide outreach services to survivors of human trafficking, and supply pastoral care and advocacy for immigrants and refugees. By helping the marginalized and impoverished, you **give hope to Jesus in disguise**. Please be charitable in next week's Catholic Relief Services Collection.

### **Lenten Penance Service**

Wednesday, March 17th at 7:00pm St. Mary's will have a Penance Service with individual confessions. All are welcome.

### **Friday Lenten Soup Meals**

This Friday the "Loving Hearts" will provide our annual "Lenten Soup Meal" for the Parish. The meal will be served at 6pm. Join us in fellowship and then worship at the 7pm Stations of the Cross. Bring a "To Go" container and take extra soup home. Anyone interested in helping serve for any of the weekly meals should contact Ben at 383-6155. We will be holding a "Potluck Night" on 3/26. On that night, you can bring your favorite soup to share.

### **Altar Society News**

The next meeting of the Altar Society will be held following the 10:00am Mass on Tuesday, March 16th in the Holy Spouses' Room. By then we will have attended the Deanery Lunch on March 13th at the Dante Club which always promises to be very festive and eventful. Hoping to see all of you on Tuesday for our meeting and remember guests & new members are always welcome.

### **Formation of Neighborhood Prayer Group**

As we begin the Season of Lent we are planning to start **prayer groups** in and around our parish to help the people of God to have a more profound God experience. The members of the Pastoral Council have offered their support to begin the prayer groups. Those who are interested to support this spiritual movement for the spiritual renewal of our parish please contact Leslie Thielen, the new President of the Pastoral Council, at 916-456-5908.

### **Second Sunday Social**

Please join us today, Sunday, March 14, after all morning masses in Giovanni Hall for our Second Sunday Social hosted by ICF #45. Come and enjoy some tasty treats while visiting with fellow members of St. Mary's Parish. If you are part of a ministry or club at St. Mary's that would like to host a Second Sunday Social, please contact Stephanie Epolite at 565-7433.

### **Parish Crab Feed**

Our next Crab Feed will be March 20th. We are looking for more volunteers. If you are willing to volunteer please contact Joe Rovito 452-9153 (Kitchen) or Sarah Costa at 606-2833 (Serving & Set-up). Tickets are \$35 and can be purchased from Denise Franzoia by calling her at 457-5084 or the Parish Rectory at 452-0296.

### **Tenebrae Service**

Enhance your Lenten journey by participating in this year's Tenebrae service. On Monday, March 29th at 7pm in the church you will enter into ancient Jerusalem and those fateful few days leading up to Good Friday and then the Glory of Easter. Tenebrae is a wonderful way to experience the Lenten season. You are welcome to join us.

### **Knights of Columbus- Irish Night Dinner**

Thursday, March 18th at 6:30pm all are welcome to come join the fun and good food at the Knights' hall across from the Newman Center. Corned beef and cabbage, bagpipes, Irish songs and a sing-along, good humor and a raffle-all for \$15 per person. Call Dale no later than Monday, March 15th at 916-359-2412 if you would like to attend.

### **Children's Liturgy of the Word Leaders**

We have a wonderful group of parishioners sharing the word of God with our children every Sunday at the 9:30am mass. We need two more people to join this wonderful ministry. If you would like more information or are interested in becoming a Children's Liturgy of the Word Leader please call Mary Willet at 916-715-0122 or Annette Romani at 916-455-6621.

## **SCHOOL NEWS**

### **Auction, March 27**

The theme for this year's auction is *Greetings from Cape Cod... A White Linen Affair*. It's an event designed to put you in a vacation state of mind. Our wonderful live auction items include a week at a beach condo in Maui, a week at a Kissimee, Florida resort, five minutes from Disneyworld, a Wine Bottling Party where you'll bottle your own private label wine... and much more! All are welcome to attend. If you need an invitation, they are available in the vestibule of the church or you can print a new one at the school site: [www.saintmaryschool.com](http://www.saintmaryschool.com). **Donations are still being accepted for the Auction.** Drop them off in the office anytime. Thank you!

### **Summer School at St. Mary's**

Summer School catalogs and registration information will be available online starting April 1, 2010. St. Mary's Summer School is a fun and dynamic way for kids to spend the summer. And it's open to children from any local school - you do not have to attend St. Mary's during the school year to enroll in Summer School.

### **Seeking Members of the Class of 2000**

Ten years ago, our millennial graduates buried a time capsule in the garden outside the church. (You may have noticed the small sign at the wall...) It contains items important to those 8<sup>th</sup> graders, and messages to the future. A decade later it is time to open that capsule! We are seeking members of the St. Mary School Class of 2000 to organize a reunion and a ceremonial opening. If you are a member of that class, or know someone who is, please call Nancy Smith-Fagan at 916-452-1100 X35.