



† Servant Leader †

HOW TO MAKE A GOOD CONFESSION

Confession is a sacrament instituted by Jesus Christ in His love and mercy to offer sinners forgiveness for offenses committed against God. At the same time, sinners reconcile with the Church, because it also is wounded by our sins. We know this sacrament by various names: the Sacrament of Penance, Confession, or Reconciliation.

This is good news for all of us, because we all are sinners and in need of God's forgiveness. In the Sacrament of Penance, we meet Christ in the person of the priest, ready and eager to absolve us and restore us to new life. We confess our sins to God through His minister, the priest, who absolves us in the name of Christ.

Why should we confess? The Sacrament of Reconciliation is a sacrament of healing and a sacrament of conversion, returning us to the Father after our sin. We are to confess serious sins at least once a year; those aware of committing a mortal sin must receive the Sacrament of Reconciliation before receiving Holy Communion.

The Church also encourages us to go to confession more frequently, if possible, in order that we might deepen our relationship with God and grow in humility and virtue. Through the sacrament we also receive the grace to help us avoid future sin. (Catechism of the Catholic Church, No. 1458).

Making a Good Confession

Three acts are required from the penitent for forgiveness through the sacrament. These are contrition, confession, and satisfaction.

Contrition is sincere sorrow for having offended God, the most important act of the penitent. There can be no forgiveness of sin if we do not have sorrow and a firm resolve to not repeat our sin.

Confession requires confronting our sins in a profound way before God by acknowledging them aloud to a priest.

Satisfaction is the "penance" the priest imposes on the penitent to make amends for sin, an important part of our healing.

Confession is not difficult, but it does require preparation. We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more. Then we review our lives since our last confession, searching out thoughts, words, and actions that did not conform to God's love, to His law, or to the laws of the Church. This review is called an "examination of conscience."

To make an examination of conscience, we should:

- Begin with a prayer asking for God's help.
- Review our lives with the help of some guiding questions (See an Examination of Conscience elsewhere in this bulletin).

- Tell God we are truly sorry for our sins.
- Make a firm resolution to avoid sin.

Steps in the Rite of Reconciliation

The penitent can go to confession privately behind a screen or face-to-face with the priest.

1. Begin by making the Sign of the Cross and greeting the priest: "Bless me father, for I have sinned."
2. Then continue: "My last confession was..." (weeks, months, or years).
3. Confess your sins to the priest. He will help you make a good confession. If you are unsure of how to confess or you feel uneasy, ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, a merciful Father who wants to forgive you.
4. Following your confession of sins, say: "I am sorry for these and all of my sins."
5. The priest will assign you a penance and offer advice to help you be a better Catholic. The penance imposed will take into account your personal situation and support your spiritual good. It may be a prayer, an offering, works of mercy, service, or sacrifice; but it joins us in some way to Christ and to the cross.
6. Say an Act of Contrition, expressing sorrow for your sins.
7. The priest, acting in the person of Christ, then will absolve you from your sins by saying the Prayer of Absolution, to which you make the Sign of the Cross and respond, "Amen."
8. The priest will offer some proclamation of praise, such as "Give thanks to the Lord, for He is good," to which you respond, "His mercy endures forever."
9. The priest then will dismiss you. Because sin often harms others, you must make satisfaction for your sins by completing your assigned penance.

The humility required in confessing and completing penance helps us to submit again to God's will and follow Him more closely. Confession is a blessing, offering peace, a clear mind, and a hopeful heart.

Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

"The sacrament of Reconciliation with God brings about a true 'spiritual resurrection,' restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God." (Catechism, No. 1468)

CATHEDRAL EVENT - UNITY WEEK

Each year the Week of Prayer for Christian Unity is celebrated January 18-25. This year will mark the 40th anniversary. The Diocese along with other Christians in the region will celebrate this very special year of 2008 with a grand ecumenical worship service on Sunday, January 20, at 3:00 PM. The event will be hosted by Bishop Weigand at the Cathedral of the Blessed Sacrament and the public is invited to participate. Fr. Kiernan and the Holy Family Liturgy Council would like to strongly encourage the people of Holy Family to make a special effort to be a part of this extraordinary event and support the crucial mission toward unity. Please mark your calendar, and look for more detailed information in next week's bulletin.

READINGS FOR THE WEEK

Mon: 1 Jn 3:22-4:6; Mt 4:12-17, 23-25

Tue: 1 Jn 4:7-10; Mk 6:34-44

Wed: 1 Jn 4:11-18; Mk 6:45-52

Thu: 1 Jn 4:19-5:4; Lk 4:14-22

Fri: 1 Jn 5:5-13; Lk 5:12-16

Sat: 1 Jn 5:14-21; Jn 3:22-30

Sun: The Baptism of the Lord
Is 42:1-4, 6-7; Acts 10:34-38; Mt 3:13-17



Questions of the Week:

Children: In your life, who helps you to see Jesus in other people such as a classmate or a friend?

Youth: Who and what are the stars in your life? Who and what leads you to a stronger faith in Jesus?

Adults: How this past week did you demonstrate God's love at home and at work?

MASS INTENTIONS

Mon: Corsene Murphy -Int.; Benito Hernandez +
Thomas Wilcox +; Maria Japlit +

Tue: Mary Walker +

Fri: Wadsworth & Cawley Family +

Sat: 8:30 am Mass Jose Bagtas +
4:30 pm Mass Pro Populo



PRAYER CORNER

Please remember in your prayers:

Clair Alway, Mary Avila, Richard Blanco, Elisa Bulhoes, Bernard Burke, Bob Cleveland, Marie Crane, Darren Crose, Julie Desrochers, Virginia Dulley, Frank Gaul, Ralph Gingrich, Bob Gokey, Robert Gonzaga, Jason Hayes, Stanley Hayes, Michele Hock, Kathleen Johnson, Phyllis Johnson, Bill Keenan, Jonnie Kuennen, Karen Lewis, Donald Maguire, Earl Mattingly, Dean McGinty, Rigoberto Mendoza, Jenine Michilena, Xochitl Montano, Mariah Morris, Jason Murphy, Elliott Jerome Neal, Andy Ngo, Scott Ngo, Cora Orzol, LeeAnn Parrott, Maryanne Pelzel, Gilbert Perron, Jennifer Pinnow, Tom Poeschl, Sr. Mary Porter, Christine Regan, Raymond Remick, Suzanne Rose, Nikelle Schafer, Katherine Schottgen, Diane & Mike Smith, Marylyn Smith, Lisa Stamps, Jardee Stanley, Jo Ster, Laura & Paul Studer, Simon Sucharski, Clement Sweeney, Maureen Sutton, Elise Taylor, I. Thompson, Larry Thompson, X. Thompson, Jovita Vargar, Jean Villanueva, Emily Walsh, Marvin Webster, Robert Westbrook, Sharel Wilson

Stewardship

~ a way of life ~

CHRISTMAS GENERAL COLLECTION

Each year contributions to the Christmas Collection continue to arrive after the Christmas Masses have been celebrated. The final amount of stewardship marked for Christmas to date is \$20,848.50. Thank you, again, for demonstrating your tremendous love and support for Holy Family Parish through your gifts of time, talent and treasure. God bless you in your generosity!

LIVING DIOCESAN SYNOD PASTORAL INITIATIVE 7

Ensure an ongoing commitment to the advancement of the social mission of the church... Can you help?

Catholic Ladies Relief Society

Call Joyce Schweitzer 781-8753

Feed the Needy

Call Nora Martinez 721-1176

Loaves & Fishes

Call Evelyn Campangna 782-8976

Society of St. Vincent De Paul

Call Bill Swars 722-0264

ANNUAL CATHOLIC APPEAL COMING SOON!

Watch the bulletin and your mailbox for information on the Annual Catholic Appeal coming in early February.



STEWARDSHIP - TREASURE

GENERAL COLLECTION

Weekly Goal	\$ 11,000.00
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Dec 9.....	\$ 11,172.00
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Dec 16.....	\$ 10,153.00
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Dec 23.....	\$ 9,895.00
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Dec 30.....	\$ 10,371.00
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YEAR-TO-DATE	\$ 281,170.00
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Goal-to-Date (27 Weeks)	\$ 297,000.00
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% of Goal Collected	94.67 %
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Annual Goal	\$ 572,000.00
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SPECIAL COLLECTIONS

Christmas Collection.....	\$ 20,848.50
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St. Vincent de Paul (12/30).....	\$ 2,717.50
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Mary, Mother of God (1/1).....	\$ 3,540.50
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Today we remember the three wise men from the East who came to pay homage to the infant Jesus, bringing Him rich gifts of gold, frankincense, and myrrh. The gifts we bring - our time, service, and some share of what we earn for the work we do - are equally precious in His sight.

WOMEN'S COUNCIL NEWS

Let me start off by wishing all of you a very Happy New Year! I also thank you for all the support that you have given us in 2007. Thank all of you who participated in our Christmas Boutique. It was a great success, and a lot of fun.

Now that 2008 is upon us, we are having our annual Baby Shower for the Bishop Gallegos Home this month on Sunday, January 20, 2008. It will be in St. Joseph's Hall after the 12:30 mass. It will start at 1:30pm, with luncheon being served at 2:00pm. We will conclude at 3:30pm. Price of admission, as always, will be new baby items or a monetary donation. It's always fun to see all of the new baby things and how cute they are. There will be games and door prizes, and maybe even a raffle. So keep this date on your calendars and come and join us for a fun filled afternoon, and don't forget to bring your friends. The more the merrier. More information in the coming weeks.

Thanks again for your support, and hope to see you there.
Leane Etcheverry, Council President

YOUTH MINISTRY

THANK YOU FOR YOUR AMAZING GENEROSITY

The CYM blanket and warm clothing drive and the Day-after-Christmas Sandwich Drive were tremendous successes this year. We were able to serve lunch to well over 200 people and the supply of blankets, socks, hats, gloves, warm clothing and even toys for children that we were able to distribute was incredible. Thank you for making a difference in the lives of so many people this Christmas - the generosity of the people of Holy Family is truly a blessing!

BLESSING OF THOSE PREPARING FOR CONFIRMATION

Holy Family celebrates those preparing for Confirmation at the 9:00 am Mass next Sunday, January 13. We offer our prayers of blessing and support for these 7th grade students of our parish and school who look forward to the celebration of this special Sacrament in the Spring. All students preparing for Confirmation are encouraged to attend this special celebration.



Holy Family School

Holy Family School students began their Christmas Vacation on Friday, December 21, 2007, and will return Monday, January 7, 2008. We wish all parishioners a very blessed and...

Happy New Year.

SPECIAL ADULT FAITH FORMATION OPPORTUNITY

Fr. John Sullivan will offer a series of classes on the historical development of the sacraments. The talks and discussions will involve the theological and liturgical development of each sacrament.

Meetings will be on Thursday evenings, January 10, 17, 24, and 31 from 7:00 to 8:30 pm in the Holy Family School Library. Don't miss this wonderful opportunity to learn and grow in your Catholic faith.

CLASS SCHEDULE:

1/10	Baptism and Confirmation
1/17	Penance and Sacrament of the Sick
1/24	Marriage and Ordination
1/31	The Eucharist

GOT GLASSES?????

Help the Lions Club give renewed sight to someone who desperately needs it. During the months of January and February, Holy Family will be collecting your old eyeglasses. You will see collection boxes in the vestibules and in the school office. This is an easy way for us to help an unknown someone, somewhere in the world.

SIMPLE, RELIABLE CAR NEEDED

An individual in our Diocese faced with particular difficulties and extraordinary circumstances is in great need of a simple, reliable car for daily transportation. If you or someone you know is blessed with such a vehicle that you no longer use and you have the ability to fill such a special need, please contact Fr. Kiernan at 723-2494.

MONTHLY COMMUNAL ANOINTING

On the first Saturday of each month beginning on January 5th, Holy Family Church will offer an Anointing of the Sick at the 8:30 am Mass.

4th ANNUAL WEST COAST WALK FOR LIFE

SATURDAY, JANUARY 19th, 2008

It is that time of year again to march for life in San Francisco!!! Join thousands of pro-life women, men, families, Priests, Sisters and laity as we take the message to the streets proclaiming "women deserve better than abortion". Walk to proclaim that Life is the best choice for women! Featured speakers before the Walk begins are: Dr. Alveda King, Gianna Jessen (abortion survivor), Fr. Frank Pavone (National Director for Priests for Life), Jesse Romero (Radio Host) and more!

We will be busing down to the Walk. The closest bus to Holy Family Church will be leaving from St. John the Evangelist Church in Carmichael. There will be no buses leaving from Holy Family. Tickets are still only \$20.00 each...get your reservations in ASAP!!! The contact person in Carmichael is: Mrs. Bunny Collins at 332-4791. If you wish to inquire about other bus locations please contact Sally Fisher at 780-5305.

Prayer Opportunities

MEN'S WEEKEND RETREAT: Sign up now for a wonderful weekend of peace and quiet and the opportunity to enrich your spiritual life. You'll enjoy rest, good food, and insightful conferences to help you draw closer to God, to your family and to yourself! We'll see you on the weekend of Jan 18-Jan 20, 2008 at Christ the King Retreat Center in Citrus Heights. Phone Chuck Rose at 725-7119 or Ed Clark at 725-3371 to make a reservation or call the Retreat Center at 725-4720.



**Christ the King
Passionist Retreat Center**

WOMEN'S WEEKEND RETREAT: Come, rest and experience the graces of a weekend retreat at Christ the King Passionist Retreat Center. The beautiful grounds will help you experience peace and tranquility as you leave your worries behind and learn to turn to God for guidance. Places are held especially for the women of the parish on the weekend of Feb 29-Mar 2, 2008. Call Chyrl Marquez at 723-1468 or Barbie Meistas at 725-5973, or the Retreat Center at 725-4720.

Sample Examination of Conscience

Recall your sins. Calmly and honestly ask yourself what you have done with full knowledge and full consent against God and the Church's commandments.

- *Do I pray to God every day? Did I thank God for His gifts?*
- *Did I take the name of God in vain, curse, or take a false oath?*
- *Did I put my faith in danger through reading material hostile to Catholic teachings? Have I been involved in non-Catholic sects or superstitious practices, such as palm-reading or fortune telling?*
- *Did I miss Mass on Sundays or holy days through my own fault? Did I fast and abstain on the prescribed days?*
- *Did I disobey my parents or lawful superiors in important matters?*
- *Did I hate or quarrel with anyone or desire revenge? Did I refuse to forgive? Was I disrespectful?*
- *Did I get drunk? Did I take illicit drugs?*
- *Did I consent to, recommend, advise, or actively take part in an abortion?*
- *Did I willfully look at indecent pictures, watch immoral movies, or read immoral books or magazines? Did I engage in impure jokes or conversations? Did I willfully entertain impure thoughts or commit impure acts? Did I use artificial means to prevent conception?*
- *Did I steal or damage another's property? Have I been honest in my business relations?*
- *Did I tell lies? Did I sin by gossiping about others? Did I judge others rashly in serious matters?*
- *Have I envied other people?*

WORLD APOSTOLATE OF FATIMA:

Pope Benedict XVI has elevated the World Apostolate of Fatima (The Blue Army.) It is now officially associated with the Pontifical Council for the Laity in Rome. We are happy to offer these prayers here at Holy Family. All are welcome to join us Mondays after the 8:30 am Mass in St. Mary Hall. For information, please call Phyllis, 725-0218 or Phyllis, 725-5358.

VOCATIONS CROSS

Each week a parish family is presented with the Vocations Cross to take home for the week and asked to pray daily for an increase in vocations to the priesthood and religious life. The next Sunday, the family returns the cross and another family is presented the cross to pray for vocations. If you are interested in taking the Vocation Cross home, please contact Young Stewart at 332-8732.

EUCCHARISTIC ADORATION:

Jesus stays with us day and night in the Blessed Sacrament, blessing us with the grace that encourages us, consoles us, strengthens us, guides us and inspires us to place our trust in Him. We stay with the Real Presence of Jesus in Eucharistic Adoration to be more personally involved with Him and to keep the Eucharist central in our lives. Spending time with Jesus in the Eucharist enables us to build a truly personal relationship with Him. Come into His presence in our beautiful chapel - He is looking forward to your visit!

BLESSED SACRAMENT CHAPEL VISITING HOURS:

Monday – Friday	9:00 am – 9:00 pm
Saturday	9:00 am – 3:30 pm
Sunday	1:30 pm – 5:00 pm

Also in the chapel: Each day at 9:00 am a community Rosary and Chaplet of Mercy are prayed, and at 3:00 pm the Chaplet of Mercy is prayed.

DOMINICAN LAITY AT HOLY FAMILY

The Dominican Laity meets here at Holy Family on the first Sunday of every month in St. Mary Hall from 1–3 pm. Come and join us in a way of life of prayer, both private and liturgical, the study of the sacred truth, the sharing of our spiritual life with others in the community, and in our apostolic outreach. For further information call Phyllis Sale at 725-5358.

PRAYER AND LIFE WORKSHOP (www.tovpil.org).

In this 15-week Workshop you will learn different methods of praying, from basic prayer to contemplative prayer. In the process you will acquire traits of serenity, love, patience, forgiveness and humility, and you will establish a personal relationship with the Lord. The Workshop will be held on Wednesday evenings starting January 16, 2008, from 7 - 9 PM at Holy Family Church (Math Lab), 7817 Old Auburn Road, Citrus Heights. For more information and to reserve a place, call Irene Cervantes, 972-8585.

NEWS FROM AROUND THE DIOCESE AND BEYOND

NATURAL FAMILY PLANNING (NFP)

The Creighton Model Fertility Care system teaches couples how to live in harmony with God's gift of fertility, rather than looking for ways to alter or interrupt the natural process. While highly effective at avoiding pregnancy, it is also used effectively to achieve pregnancy, making it a true method of family planning. In addition, it can assist a trained medical consultant in the diagnosis and treatment of infertility and other gynecologic problems. Our next Introductory Session is Wednesday, January 9, 2008, 7:30 p.m., at Mercy Women's Center, 650 Howe Ave., Suite 530, Sacramento. Please call 614-2200 to pre-register.

BUS TRIP TO SILVER LEGACY, RENO

The Roseville Knights of Columbus #4540 are sponsoring a Bus Trip to Silver Legacy, Reno on Sunday, January 27th. The cost is \$28 per person-prepaid with approximately \$15 returned at the casino. Checks should be made payable to Knights Of Columbus #4540. Please call Sue or Dave Mirtoni for reservations and details at 782-3242.

CATHOLIC HIGH-SCHOOL PLACEMENT EXAM

The High School Placement Exam for prospective students of all Catholic high schools will be on Saturday, January 26 at 8:00 a.m. Registration for the exam should be done at the school you plan to attend in the fall. For more information contact the individual school's admission's offices at:

Christian Brothers: 733-3690; www.cbhs-sacramento.org

Cristo Rey: 733-2660 x2004; www.cristoreysacramento.org

Jesuit: 482-6060 x 227; www.jhssac.org

Loretto: 482-7793 x 103; www.loretto.net

St. Francis: 452-3461 x195; www.stfrancishs.org

WEEKEND PROGRAM

The "Beginning Experience of Sacramento" support group is offering a special weekend program of healing, hope and encouragement for divorced, separated or widowed persons of all faiths. The weekend retreat is Friday, February 15 through Sunday, February 17, 2008 at Our Lady of the Oaks Retreat Center near Applegate, CA. For more information or to request an application, please call (916) 835-2282 or visit our website at: www.sacramentobe.org.

ENCOUNTERING LIFE ALONE

The "Beginning Experience of Sacramento" support group is offering its "Encountering Life Alone" program of healing, hope and encouragement for divorced, separated or widowed persons of all faiths. This 10 week program starts on February 21, 2008 at St Michael's Episcopal Church 2140 Mission Ave., Carmichael. The meetings are held from 7:00-9:00 P.M. There is a one-time registration fee of \$10.00 and a \$5.00 weekly fee. For more information please call 835-2282 or visit our website at: www.sacramentobe.org.

ST. FRANCIS HIGH SCHOOL SPEAKERS SERIES

On Tuesday, January 22nd, 2008, the St. Francis High School Alumnae Association will host California Secretary of State Debra Bowen and Executive Director of the California Catholic Conference Edward "Ned" Dolejsi for a Speakers Series presentation, "California Catholics: Legislation, Elections and Social Justice." With the California Presidential Primary Elections on February 5th, Debra Bowen and Ned Dolejsi will provide timely information about the electronic voting process and the Catholic Church's stand on some of the major ballot measures in the 2008 elections. Location: St. Francis High School Theatre: 5900 Elvas Avenue, Sacramento. Doors open at 6:30 pm; presentations 7 pm - 9 pm. \$5 per person - proceeds benefit the St. Francis High School Scholarship Fund. Please RSVP: Carrie Harcharik, 737-5020 or CHarcharik@stfrancishs.org.

INTERESTED IN GIVING A YEAR OF SERVICE TO THE CHURCH IN THE UNITED STATES AS A LAY VOLUNTEER?

Mercy Volunteer Corps, a lay volunteer program sponsored by the Sisters of Mercy provides opportunities for men and women over the age of 21 to give a year of service to those in need. The emphasis of the program is service, community and prayer. Volunteer possibilities include teaching or nursing, working in homeless shelters, clinics and social service agencies in urban and rural settings throughout the United States. Room, board, medical insurance and a small stipend are provided. Loan deferments are available. For more information contact: Mercy Volunteer Corps Office (215) 641-5535 or Sheila Devereux, RSM (415) 751-9574

ADULT FAITH FORMATION OPPORTUNITIES

"Acts of the Apostles," Art Wehr, SJ will present at St. Ignatius Parish Campion Center on Tuesdays January 8, 15, 22 & 29, from 10:00-11:30AM and again from 7:00-8:30PM. Cost is \$10.00 for the series. Call 916.482.9666 ext.238 or email fohlson@stionatiussac.org. Renewal of Certification Credit: 6 hrs for Scripture.

"First Eucharist - A Family Process" Sharon Laitinen, Coordinator of English Catechesis for the diocese, will be sharing practical ways to involve the family in First Eucharist Preparation at the Diocesan Pastoral Center, Wed., Jan. 16, 9:15am to Noon. The focus will be blessing ceremonies and rituals adapted from the RCIA process. No charge. Register by calling Sharon at 916.733.0153.

GUIDING YOUR STUDENTS THROUGH THE CATHEDRAL

An In-Service for Teachers Day will be given on January 9, 4:00-9:00pm for those who are planning to tour the Cathedral with a group of students. The workshop includes a complete unit with interactive lesson plans for your students appropriate for grades 4-8, as well as RCIA classes. Workshop Cost is \$15.00 and includes materials and a light dinner. To register contact Denise Fracchia, denise@fracchia.com. Earn 5 hours toward Renewal Basic Certification in "Nature of Catechesis and Development of Catechesis."
