



February 8, 2009 - Fifth Sunday of Ordinary Time

"Great is our Lord and mighty in power; to his wisdom there is no limit." Psalm 147:5

† Servant Leader †

A TIME OF SPIRITUAL RENEWAL

We all know that Lent can be a wonderful time of spiritual renewal; however, for many, Lent is often thought of as an "ordeal." What can easily be overlooked amid Lenten observances, such as fasting, abstinence, or the common tradition of giving something up, is the opportunity Lent presents to deepen our commitment to a joyous way of life rooted in our Baptism.

It is important to remember that if we focus too much on what we give up we may miss the message of what God wants to give us during this grace-filled time. We hope this year that Lent provides you with a rich, full, and transformative Lenten experience, one in which hearts, minds, and lives are truly renewed as Lent takes on a far deeper and more meaningful purpose.

I offer you today "Practical Tips on Spring Training for the Soul During Lent."

This Lent we will offer two opportunities for your involvement. First, every morning, starting on February 26th, Deacon Mark or another leader will lead morning prayer at 8:10 a.m. in the Church so we are ready for Mass at 8:30 a.m. Also, each Wednesday morning and evening, one of the priests or Deacon Mark will give a short presentation on a Lenten theme. The morning presentation will be in the Church immediately after the 8:30 Mass. The evening presentation will be in the Church at 7 p.m. concluding with a special evening prayer.

I wish you and your loved ones many blessings throughout the Lenten season.

PRACTICAL TIPS ON

SPRING TRAINING FOR THE SOUL DURING LENT

-Written by Julie McCarty, freelance writer from Eagan, Minn.

If you are like most Catholics, chances are you have tried some Lenten penances that backfired. One memorable year--thinking myself very clever--I gave up my favorite, food, cookies. What I neglected to consider was the effect of devouring potato chips with dip instead, thereby becoming the first person every to gain weight during the Lenten fast.

Experiments like this one have led me to ask, what is the point of Lenten penances?

In the study of spirituality, the term "asceticism" refers to the practices a person undertakes to improve themselves. Originally "asceticism" applied to the training exercises of soldiers or athletes in ancient Greece. In the New Testament, St. Paul uses the idea of athletic training, running races, and seeking the victor's crown to describe the efforts Christians exert to become full-fledged followers of Christ (e.g., see 1 Cor. 9:24-27). Early Christians viewed ascetic practices, such as prayer, fasting, and almsgiving, as basic to Christian living.

The world "Lent" has its origins in the idea of the "lengthening of days," that is, springtime. Lent is "spring training" for spiritual

athletes. Under the guidance of the Holy Spirit, we do "body-building" of the soul, stretching and developing our spiritual muscles.

As adults, we are no longer Little League players; rather, we strive, with the help of God's grace, for the virtues of Christian "pros."

The best Lenten practice I ever experienced was the year my husband and I fasted from TV for 40 days. Was it difficult? Now and then, especially at first. However, the benefits were astounding. We rediscovered the art of dinner conversation. There was suddenly time for visiting friends, reading, taking long walks in the park, and standing in awe at the beauty of sunset. Our days no longer revolved around the network schedule.

Here are a few ideas for developing your own spiritual muscles. Keep your eyes fixed on the two main goals: to love God and to love neighbor more fully (For more ideas, see the Catechism of the Catholic Church, nos. 1434-1439.)

Prayer

- Attach a favorite prayer or Scripture verse to your bathroom mirror, praying it as you brush your teeth each day.
- Read a spiritual classic or a book of the Bible.
- Set your alarm for an earlier time so you can pray in quiet before the kids are up.
- Pray the Stations of the Cross with your parish community.
- Pray for RCIA candidates (those preparing for entrance into the Catholic Church).
- Learn another prayer technique, such as "lectio divina," centering prayer, or the scriptural rosary. (Retreat centers, Catholic bookstores, or parish staff can provide you with more information.)

Fasting

- Eliminate some of the unnecessary noise in your life. Silence promotes interior growth.
- In restaurants, drink water, and put a dollar in your fund for the poor.
- Fast from wild, rude behavior on the roadway.
- Practice fasting--not just abstinence from meat--on Fridays, remembering the poverty and suffering of Christ, who died on Good Friday.
- Take specific steps to overcome an addiction in your life. Reach out for professional help.

Almsgiving

- Offer to drive a homebound person to Lenten church services.
- Select one evening per week to spend quality time with family or an aging neighbor.
- Show affection by giving your spouse a "no reason" hug or kiss every day.
- Work for appropriate political change for the sake of the poor, the abused, the unborn, or prisoners.
- Volunteer at a soup kitchen. Eat after servicing the others.

Stewardship

~ a way of life ~

PLEASE GIVE GENEROUSLY TO THE
ANNUAL CATHOLIC APPEAL -
25% COMES BACK TO OUR PARISH.



Commitment Weekend for the 2009 Annual Catholic Appeal will take place in two weeks (Feb. 21-22). Through our support, we can assure the continued existence of many vital social service programs that assist tens of thousands of people in need; assist with the formation of diocesan seminarians, some from local parishes, and assure the establishment of new parishes in rapidly growing areas. Please respond generously when you are asked to make a gift. God's return to you will be even more generous.



St. Patrick's Home for Children

NEEDED: FOSTER & ADOPTIVE PARENTS

There are many children right now who are wishing and hoping for a family and a place to call home. Unfortunately that is not possible unless people are willing to open their homes and share their lives with children in need. Are you that family? ST. Patrick's Home for Children, Foster Care and Adoption Program needs parents just like you. If you are interested in becoming a foster parent please contact Cynthia @ 421-1620 ext. 230.

NEEDED: YOUTH CARE WORKERS

St. Patrick's Home for Children, Inc., Residential Treatment Program is in need of Youth Care Workers who are willing to provide love, nurturing and guidance to children placed out of home. Must be 21 years of age, possess a valid CDL and either a BA in Social Services related degree or 2 years experience working with at risk youth. If you are interested in learning more about this opportunity, please contact Melinda @ 421- 1620 ext. 212.

CAR DONATION PROGRAM

Your donation of a vehicle would be a huge help to our programs and is very easy to do. Simply call us and we will make arrangements to get your vehicle handled as quickly as possible. Call Roger Abbot at (916) 428-1601.

DONATIONS NEEDED TO

ST. VINCENT DE PAUL SOCIETY THRIFT STORE:

Many of our neighbors and friends have lost everything in this recession - the worst economic crisis since the Great Depression. With your help, they can begin to rebuild their lives, to turn a house, however humble, into a home for their families. We understand that you may also be struggling to cope with the pain of the downturn. Yet, I ask you to look around your home for some ordinary things that you no longer use but may ease the suffering of less fortunate neighbors. If you can spare any of the following items, cookware, utensils, plates, towels, linens, home decorations, sleeping bags, or anything else in good repair, please call 972-1212, to donate or simply drop them off at the St. Vincent de Paul Thrift Store, located at 2275 Watt Avenue (southwest side of Watt near Butano Drive).

'TIS THE SEASON

The season of Lent is just around the corner. The Servant Leader column over the next few weeks will be filled with details and ideas to make the season special. Part of the Lenten experience is almsgiving, and many opportunities will be available to make the most of your generous gifts.

WILLS

Please remember Holy Family in your will. For more information, see the Planned Giving link on the parish website: www.holyfamilych.org.



STEWARDSHIP – TREASURE	
GENERAL COLLECTION	
Weekly Goal	\$ 11,000.00
Jan 11	\$ 10,423.00
Jan 18	\$ 9,214.00
Jan 25	\$ 10,733.00
Feb 1	\$ 11,868.00
YEAR-TO-DATE	\$ 320,508.00
Goal-to-Date (31 Weeks)	\$ 341,000.00
% of Goal Collected	93.99 %
Annual Goal (52 Weeks)	\$ 572,000.00
SPECIAL COLLECTIONS	
Catholic Faith Formation	\$ 2,584.50
<i>Like St. Paul in the second reading today, the good steward can say, "I do all that I do for the sake of the Gospel in the hope of sharing in its blessings."</i>	

READINGS FOR THE WEEK

Mon: Gn 1:1-19; Mk 6:53-56
Tue: St. Scholastica: Gn 1:20-2:4a; Mk 7:1-13
Wed: Gn 2:4b-9, 15-17; Mk 7:14-23
Thu: Gn 2:18-25; Mk 7:24-30
Fri: Gn 3:1-8; Mk 7:31-37
Sat: Sts. Cyril and Methodius: Gn 3:9-24; Mk 8:1-10
Sun: Sixth Sunday in Ordinary Time
Lv 13:1-2, 44-46; 1 Cor 10:31-11:1; Mk 1:40-45



QUESTION OF THE DAY

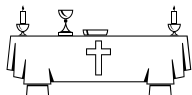
Children: What can you do to help your friends and classmates know more about Jesus?

Youth: What can you do to help your friends and classmates know more about Jesus?

Adults: If you were going to pray for healing for any reason, what would it be? What needs to be healed in our world and society?

MASS INTENTIONS

Mon: Cecelia Herkowski +; John Scott +
Tue: Francis Bradley +
Wed: Marlene De Meyer +; Norma Ramirez +
Thu: Joshua B. Jordan –Int.; Bernadette Beniecki +
Fri: Marion Amescua –Int.; Richard A. Y. Wong +
Sat: 4:30 pm Mass Benjamin Chan +
Sun: 9:00 am Mass Michael Rath –Int.
Barbara Wilderman +
6:00 pm Mass Pro Populo



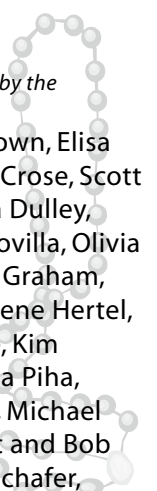
RIDE TO CHURCH NEEDED

A Holy Family parishioner will pay \$10 for a ride to and from Holy Family Church for each Saturday Eve 4:30 Vigil Mass. Please call Chris Hicks at 721-1441.

PRAYER CORNER

Please remember in your prayers:
(Names will appear for 2 months unless a call is received by the Parish Office to extend the time or to remove a name.)

Marion Amescua, Lyndon Benson, Audrey Brown, Elisa Bulhoes, Bernard Burke, Elsie Correia, Darren Crose, Scott Crose, Claro DeAsis, Julie Desrochers, Virginia Dulley, Betty France, Gazella Erickson, Henrietta Escovilla, Olivia Garcia, Bob Gokey, Robert Gonzaga, Carolyn Graham, Joe Grom, Rita Gularte, Jason Hayes Family, Irene Hertel, Michele Hock, Bill Keenan, Charlotte Maguire, Kim Malone, Msgr. Mistretta, Loretta Parsons, Nona Piha, Tom Poeschl, Rosanna Raines, Charlie Rasher, Michael Rath, Beate Regan, Christine Regan, Margaret and Bob Reynolds, Patty Root, Suzanne Rose, Nikelle Schafer, Katherine Schottgen, Theresa Shelley, Jardee Stanley, Jo Ster, Connie Sturdevant, Simon Sucharski, Xavier Thompson, Jovita Vargar, Sharel Wilson



Holy Family School

HFS NEWS: Congratulations to Victoria Anasovitch of our seventh grade who took the written Spelling Bee and passed it last month to go on to the oral Regional Spelling Bee at the Scottish Rite Temple in March 2009. Sixty of the best spellers will participate in this contest. We at Holy Family School are truly proud of Victoria and wish her well!

Monday, February 16, 2009 will be a school holiday in honor of Presidents' Day.

REGISTRATION

Registration for the 2009-2010 school year is under way. Applications are available in the school office. Completed applications are now being accepted. Kindergarten applicants must be 5 years of age by September 1, 2009; however, if seats are available, we will consider those who turn 5 by December 1, 2009. It is our goal to have all completed applications in by February 16, 2009.

PUTTIN' ON THE RITZ - MONOPOLY AUCTION AT HOLY FAMILY SCHOOL



It's **ALMOST HERE**. MARK YOUR CALENDARS for March 7, 2009. If you have not joined us before, you don't want to miss out on this event! Puttin' on the Ritz auctions traditionally sell out. Invitations will be available in the Parish Office in late January with details.

The event consists of Live and Silent Auctions, a formal sit-down dinner, live entertainment and dancing until the nights end. So get ready to "Pass Go" and take a "Chance" with us as we fill our "Community Chest."

Want to know what's going on at Holy Family School? Just visit our web site at: www.ch-holyfamilyschool

HOLY FAMILY 4TH ANNUAL VALENTINE'S DINNER DANCE

No plans for Valentine's yet? Enjoy an evening with your Valentine at our 4th Annual Valentine Ball in the Community Center on Saturday, February 14. Enjoy dinner for two, all night fondue, dessert bar, dancing, and a photo of you and your Valentine – all for \$65 per couple. No waiting in crowded restaurants, and an evening filled with fun!

Take part in our best dressed contest; enter a raffle for a 3 day/2 night stay in South Lake Tahoe; enjoy raffles and dance instruction. Don't like to leave the kids at home? We'll provide onsite babysitting filled with activities and dinner for a \$10 per child donation.

Surprise your Valentine and bring them to this special event!

For tickets contact: English/Filipino: Vicky Alonzo - 761-5325, Elvie - 919-3378, Lu - 916 723-8480, or Angie Castillo - 218-9694; En Español : Clarita - 798-1459.

www.holyfamilych.org

YOUTH & YOUNG ADULT MINISTRY

HIGH SCHOOL TEENS:

Join us tonight (Feb. 8th) for the Youth Mass at 6 PM and stick around for a night on a "Series of Mystical Events"... we're talking: flying, bilocating, and tons of miraculous stuff!!! 7-8:30 PM in the Community Center.

30 HOUR FAMINE:

High School Teens, are you ready to fast for a great cause?!? We will be joining Holy Trinity Church in El Dorado Hills, as well as youth from all over northern California, for the 30 Hour Famine from February 20-21st...Check our blog for the answers to your questions like: "What do I do? Can we eat or drink anything? Where will we sleep?" Forms and more info available on our site: www.hfyouthministry.blogspot.com and from the Youth Office (916-721-8329)

EDGE MIDDLE SCHOOL:

Join us Monday (Feb. 9th), as we talk about the upcoming Season and ways we can prepare for the desert...7-8:30 PM in the Youth Office.

TEEN DROP-IN:

Teen Drop-In this Wednesday, stop by do your homework, test your Rocker skills, and hang out with your friends...3-7 PM in the Youth Office.

THE HFYM CAFÉ IS NOW OPEN!

Stop by the Community Center Sundays after Mass for mochas, lattes, hot cocoa, and more and help support your parish Youth Ministry!

YOUNG ADULTS:

Join us Thursdays this month for a Faith & Film Series. This Thursday (Feb. 12th), we're watching and discussing: "Francis of Assisi" 7-9 PM in the Youth Office, popcorn & drinks provided!

The next Scoop on Theology will be on Tuesday, March 3rd from 7-9 PM at the Leatherby's in Citrus Heights. More details & Spring Schedule available on our blog: www.holyfamilyam.blogspot.com

BLOOD DRIVE - THANK YOU!

We wish to say "THANK YOU" to our parishioners who made Sunday's Blood Drive a success! 30 people stepped forward to make a donation, 5 were temporarily deferred leaving *25 good pints*! Our next drive is on Sunday, May 3.

GET THE WORD!

The February Magnificat with the full text of readings for the Masses of the month is available in the Religious Articles Store. (We are sold out of Sunday Missals.)

IMPORTANT DATES TO REMEMBER

ASH WEDNESDAY - Wednesday, February 25

PALM SUNDAY - Sunday, April 5

EASTER SUNDAY - Sunday, April 12



Prayer Opportunities

WORLD APOSTOLATE OF FATIMA:

Pope Benedict XVI has elevated the World Apostolate of Fatima (The Blue Army), 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 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 at Holy Family on the first Saturday of each month in St. Mary Hall, 12:30–3:00 pm. Come 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 information call Phyllis Sale, 725-5358.

"Love to pray. Feel often during the day the need for prayer, and take trouble to pray. Prayer enlarges the heart until it is capable of containing God's gift of Himself. Ask and seek and your heart will grow big enough to receive Him"

Mother Theresa

HOLY FAMILY AT 60 - SHARE YOUR HISTORY

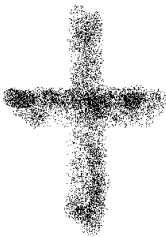
As this is the 60th Anniversary of our Holy Family Parish, it would be wonderful to have copies or originals of any documents, pictures or personal accounts on the history of Holy Family's origins, the beautiful Living Christ Statue, the Relic in the Altar or any other activity or item that you may wish to share in order to truly compile a comprehensive Holy Family History. Of particular interest are photos and personal stories pertaining to the building up of Holy Family Parish.

As time goes on, much of this history will be lost. Compiling and sustaining an archive of our history is of importance to honor our past and to present its memories to those in the future. We would like to augment the information already found on our website under Parish History at <http://holyfamilych.com/life/photos.htm>.

This can be a wonderful opportunity to reflect on the road we've traveled as a parish community and to pray for God's graces for this parish now and in the future.

PALMS FOR ASH WEDNESDAY:

The ashes used in Catholic Churches on Ash Wednesday come from burning the palms from the previous Palm Sunday. If you have kept your palms from last year, please bring them to the parish office for use in making ashes for our celebrations of Ash Wednesday which is Wednesday, February 25, 2009.



CATHOLICS RETURNING HOME

WINTER 2009 SESSION CONTINUES

Do you know someone who has left the Church? Most of us do not have to look very far to find non-practicing Catholics in our circle of family and friends. Here at Holy Family we have a special program to help non-practicing Catholics return to the Church called Catholics Returning Home. The current series continues **TOMORROW NIGHT**, Monday, February 9th. We will meet on Mondays from 7:00 to 8:30 pm for a couple more weeks. Please pass this information on to anyone who might be interested. For more information, please call Jim or Beth at 223-2648.



Catholic Faith Formation

ADULT CONFIRMATION

If you or someone you know has not completed their Sacraments of Initiation, Holy Family Parish is offering Adult Confirmation classes in the Faith Formation class room of the Community Center. Please contact Michelle Rose in the Faith Formation Office at 726-7217 for more information and to register.

FOLLOW UP TO MOTHER ANTONIA'S VISIT

We were so blessed to have Mother Antonia visit Holy Family Parish last Sunday afternoon. Some parishioners in attendance have asked for an address to send their offering of financial support to her ministry. Checks should be made payable to "Servants of the 11th Hour" and mailed to:

Servants of the 11th Hour
3542 Governor Dr.
San Diego, CA 92122-2904

"AUTISM SUNDAY" – THE INTERNATIONAL DAY OF PRAYER FOR AUTISM AND ASPERGER'S SYNDROME

This special event is **TODAY** Sunday, February 8th. His Holiness Pope Benedict XVI has invoked God's blessings blessing on parents, care givers, children and adults with autism and Asperger's Syndrome.

On Autism Sunday, the Pope is praying for the Autism Community, world Leaders have been urged to speak up for Autism, and autism campaigners around the world are called to use this Autism Sunday to lobby and campaign on the serious health and education issues. Cathedrals, Churches and religious organizations will pray for over 60 million people with autism and Asperger's Syndrome around the world. All faith communities are urged to do more for the Autism Community particularly during the deepening global recession. Please join in this critical prayer effort!



COME ONE!!! COME ALL!!!

MARDI GRAS ICE CREAM CELEBRATION

BRING YOUR FRIENDS, FAMILY, NEIGHBORS!!!!

Fundraiser to Benefit

Christ The King Retreat Center

Monday, February 23, 2009

Leatherby's Ice Cream Parlor

7910 Antelope Road, Citrus Heights

LUNCH 11:00 AM-2:00 PM — DINNER 5:00-9:00PM

No coupon needed.

MIDWEEK RETREAT • MARCH 24-26, 2009

Are you with us? Jesus is inviting you to enter into His joy by sharing in His Word and blessings at our annual mid-week retreat. This retreat is for Men, Women or Couples. Please join us at Christ the King Passionist Retreat Center on March 24-26, 2009. For more information please call the Retreat Center at 725-4720 or visit the new website at www.passionist.org/christtheking.



**Christ the King
Passionist Retreat Center**

NEWS FROM AROUND THE DIOCESE AND BEYOND...

RIB DINNER AND AUCTION

Friends of Pendola are sponsoring a Rib Dinner and Auction to benefit Camp Pendola. It will be held on February 21, 2009 at St. John the Baptist in Folsom. Tickets are on sale at the Pendola Center Office in the Pastoral Center, 2110 Broadway, Sacramento, CA 95818. The cost is \$30 for the dinner. Contact Kim at 733-0127 if you have questions.



PENDOLA GOLF TOURNAMENT

Camp Pendola 51st Annual Golf Tournament Returns to Del Paso Country Club on May 11, 2009, and we need your help. You can help Camp Pendola make this a successful event by joining the planning committee, sponsoring a portion of the tournament, playing in the tournament, or volunteering on that day. Please contact Lori at 733-0141.

HEALING OF GRIEF & LOSS - SATURDAY, MAY 16, 2009

This day is devoted to people dealing with grief and loss. It will address how grief affects us physically, emotionally, psychologically and spiritually. There will be time for prayer, guided meditation, ritual and sharing.

FACILITATORS: Sr. Margaret Ann Walsh, RSM-a spiritual director and former chaplaincy director; and, Barbara Freuler, member of the "Ministry to the Bereaved" at St. Teresa Parish, Auburn. **TIME:** 9:15 am to 3:00pm. **Suggested Donation:** \$35.00. For more information, call Mercy Center Auburn at 530-887-2019.

CATHOLIC AIDS MINISTRY BENEFIT CONCERT FOR THE NEEDY:

The 6th annual Irish American Ceili Dancers Concert: Sunday, Feb. 8, 2009: 3 PM, at St. Anthony Parish Hall, 660 Florin Rd., Sacramento. The concert will include Irish, Scottish and Romanian Dancers, Live Music and Vocal performances. Added this year – raffle for truly outstanding prizes. Suggested donation at the door: \$10; children free. Contact: Fr. John Healy at 456-7561 or Helen Healy at 444-8051.

BOOK SALE

Our Lady of the Assumption Church's twelfth annual used book sale is on February 21 and 22 from 9 to 3 Saturday and 9 to 2 Sunday. Thousands of used books along with videos, DVDs, audios, CDs, and children's games will be sold at incredibly low prices. The church is located on the corner of Cottage and Walnut in Carmichael.

The parish Ladies Council sponsors the book sale and all proceeds go toward the Council's charitable works in the community.

NEW THEOLOGY OF THE BODY SERIES

Have you ever heard the phrase "Theology of the Body" but weren't quite sure what it meant? Attend a new adult faith formation series at St. Rose Parish in Roseville that will provide the answer! This series is a dynamic eight week program produced by Christopher West that focuses on God's original plan for marriage and sexuality and how an understanding of this plan gives profound meaning to all of our lives - whether one is married, single or a consecrated celibate. The series will run on Friday evenings from 7-9pm beginning February 20 in Room D-3. Format is a DVD presentation followed by a question and answer period with group sharing. Cost for series is \$10 and includes a workbook. For more information or to register, please call Bryan & Liz Kelso at 532-0074.

HEALING AFTER ABORTION RETREAT MARCH 27 - 29

Struggling after an abortion?

Still seeking peace years after the choice?

Experience the healing love of Jesus at Rachel's Vineyard Retreat, March 27-29 in Auburn, sponsored by the Diocese of Sacramento. The weekend retreat will combine discussions, scripture-based spiritual exercises, sacrament of reconciliation, memorial service and Mass. Open to women, men, couples and family members touched by abortion. The cost is \$175 for meals, private room and all retreat materials. Financial assistance is available. For a registration packet or more information, call Debbie @ 733-0161 or send email to projectrachel@diocese-sacramento.org. Inquiries and participation are strictly confidential.

PLEASE PRAY FOR THE YOUTH CONVENTION

Your prayers are asked for the success of the 56th Annual Diocesan Youth Convention will take place on March 28, 2009 from 8:30am - 8:30pm at Bishop Quinn Catholic Center in Palo Cedro, CA. Pray that many will gather and that those who experience it will be renewed in their faith and enthusiastic for the Gospel. For more information, ask your youth minister or contact Kevin Staszko at kstaszko@diocese-sacramento.org or call 916-733-0152. You can also find information and registration forms on the diocesan website at www.dior.esesacramento.org on the youth ministry page.

WORLD MARRIAGE DAY - RENEWAL OF VOWS

Bishop Jaime Soto will preside at Mass at 11am **TODAY** Sunday February 8 at the Cathedral of the Blessed Sacrament in which married couples may renew their wedding vows of 10, 25 and 50 years.

FOR MORE NEWS FROM AROUND THE DIOCESE

The Catholic Herald