



*I am the light of the world,  
says the Lord; whoever follows  
me will have the light of life.*

*Matthew 5:13-16*

## 5th Sunday in Ordinary Time

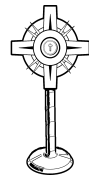
February 5, 2017

### February 5, 2017 – You Are the Light of the World

Following upon the teaching of the Beatitudes, Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship. We take salt and light for granted in our society, but these commodities were more precious in ancient cultures. Just as now, salt was used in Jesus' time for flavoring, as a preservative, and as a healing agent. Similarly, the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives.

Still, our familiarity with this passage from Matthew's Gospel speaks well to the abiding power of the imagery that Jesus presented. Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. Our commitment to social justice flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual Works of Mercy. When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!

### CHAPEL OF THE HOLY EUCHARIST



**Perpetual Adoration  
GREAT NEED FOR ADORERS:**  
Sunday: 10 - 11am, 5 - 6pm, 6 - 7pm  
Monday: 1 - 2pm  
Wednesday: 3 - 4am  
Thursday: 5 - 6pm  
Friday: 10 - 11am  
Saturday: 3 - 4am, 9 - 10am, 1 - 2pm,  
3 - 4pm, 7 - 8pm

If you would like to be in the Real Presence of Jesus and visit with Him for one or more of the above hours, or any Hour, or be a substitute, please call Marge at 967-0641 or Chris at 966-3266. God is "thirsting" for you to satiate "His thirst"

Talk given why Perpetual Adoration is so important to the world - Pope Benedict XVI, Feb.22, 2007. "In a world where there is so much noise, so much bewilderment, there is a need for silent Adoration, of Jesus concealed in the "Host".

Pope John Paul II - On the mystery and Worship of the Holy Eucharist - Sacrament of Love, April 1980, "*The Church and the world have a great need of Eucharistic Adoration. Jesus waits for us in this sacrament of Love. Let us be generous with our time in going to meet "HIM" in adoration and in contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease.*"

Please remember to call if you can't make your assigned hour out of respect to those who are in the Adoration Chapel waiting for you to arrive.

### Daily Masses and Mass Intentions

#### Sunday 2/5/2017

8:00 AM (R) Alex Trussel by Donald Purdy  
10:00 AM (R) Matthew Lopez by Dale Carter  
4:30 PM (R) Eleanor Muratilla by Theresa Ybarra

#### Monday 2/6/2017

7:00 AM (I) Fiona Cash by Judy & Jesse Bravo  
8:30 AM (R) Joanna Dever by M.L. Mroczynski

#### Tuesday 2/7/2017 \*MOTHER OF PERPETUAL HELP NOVENA

\*7:00 AM (I) Nicholas Cammarota  
by Nick & Antonia Cammarota  
\*8:30 AM (R) Larry Rohan by Mammano Family

#### Wednesday 2/8/2017

7:00 AM (I) Gianna Cammarota  
by Nick & Antonia Cammarota  
8:30 AM (I) Thanksgiving

#### Thursday 2/9/2017

7:00 AM (I) Helen Mullin by Al Schindler Family  
8:30 AM (R) Gary Prentice by Jack & Victoria Sapunor

#### Friday 2/10/2017

7:00 AM (I) Johnny Johnston by Nancy & Michael Elorduy  
8:30 AM (R) Wendy Bradshaw by M.L. Mroczynski

#### Saturday 2/11/2017

8:30 AM (R) Florence Garcia by Sean Dibble  
4:30 PM (I) Denny Shunta & Family by Cheryl Hoffman  
4:30 PM (I) 29th Anniversary of Adoration Chapel

#### Sunday 2/12/2017

8:00 AM (I) Lydia Noland by St. Mel Faculty & Staff  
10:00 AM (R) Matthew Lopez by Dale Carter  
4:30 PM (R) Babies that have been aborted

#### Commentator & Music Leaders & Altar Servers for February 11 & 12, 2017

Mass Times	Commentator Altar Servers	Music Leader
SAT 4:30 PM	Laywell / Sweeney Jason, Janelle & Josephine	Men's Choir
SUN 8:00 AM	Wagner Do Abbie, Sarah & Matthew	Music Leader
SUN 10:00 AM	School Mass School Mass	Children's Choir
SUN 4:30 PM	Karelius Augustine, Gabrielle & Isaac	Youth Choir

### YOUTH MINISTRY NEWS

The St. Mel youth group invites all teens to a "Hang Out" session every Wednesday from 4-8PM in the Convent. Teens are welcome to do homework, read, or just hang out. Snacks will be provided. Join us every Wednesday until the end of February.

Upcoming meeting dates are: February 12<sup>th</sup> in the Convent where we will continue the discussion, "Is God Really Our Father" and February 19<sup>th</sup> is GAME night in Doheny Hall. Get ready for the Nerf War! Hope to see you both nights at 5:30PM!

### REMINDER

**Please do not leave valuables in your cars when you are at Mass. There have been several break-ins in the parking lot.**

### YOUTH FREE THROW COMPETITION

The Knights of Columbus Free Throw Shooting contest is Sunday, February 5<sup>th</sup>. All boys and girls between the ages of 10 and 14 from St. Mel Parish are invited to participate with the chance of advancing to District and State Competitions. The contest will take place after the 8:00AM and 10:00AM Masses in Doheny Hall. For more information, call David Wagner, 508-5216.

### PARENTS AND GODPARENTS

There will be a Baptism Preparation Class on Tuesday, February 7<sup>th</sup> at 7:00PM in the Conference Room in the Parish Center. Please call the Parish Office to register, 967-1229.



### PLEASE JOIN US...

**Women's Day of Faith Renewal**  
for  
all women 14 to 104!!!  
**Saturday, February 11<sup>th</sup>, 2017**  
**\$40**  
**St. Mel Catholic Church**

A perfect pre-Valentine's or pre-Lenten gift for your wife, daughter, Mom or any of the women in your life!

Poster, flyers and bookmarks available in narthex or Church Office.

### CHRIST THE KING PARISH RETREAT

You are invited to the 2017 Christ the King Parish Retreat! The theme is "*Gathered in the Name of Jesus*" and we invite all to come and probe the depth of God's Love for us in Christ as we gather in prayer, study, meditation, sacraments, and rest. The *Women's* retreat will be March 10-12 and *Men's* retreat will be March 31- April 2. Reserve your spot by calling your Parish Coordinator, Martha Styer, 962-3307; Donna Greuel, 225-2456 or the retreat center, 725-472 Ext 301. You can also register online at [www.christthekingretreatcenter.org](http://www.christthekingretreatcenter.org). If you're unable to attend our parish date, visit the website for other dates. *Accept this invitation as a precious gift to yourself as you awaken and rejuvenate the spirit within you.* Please know, no one is refused because of inability to pay full amount.

### ST. VINCENT de PAUL

Please place donations inside the donation box located in the parking lot by the Adoration Chapel. Any items placed outside the box will not be picked up by the driver. Larger items can be taken directly to the St. Vincent de Paul Thrift Store at 2275 Watt Ave, Sacramento, CA 95825.

### CATHOLICS RETURNING HOME

If you or someone you know is considering returning to the Catholic Church, St. Mel can provide assistance. Help is available throughout the year. Contact St. Mel Parish Office, 967-1229 or Karen, 966-0184.

### SACRAMENTO CATHOLIC FORUM PRESENTS:

Wynette Sills, Director, Californians for Life, will speak on 'A Strategic Plan to End Abortion: Our Catholic Responsibility' on Wednesday, February 22<sup>nd</sup> at Christ the King Retreat Center. The day begins with Mass at 6:30AM followed by networking, breakfast and the presentation. The retreat center is located at 6520 Van Maren Ln., Citrus Hts, CA. The cost is \$20 for pre-register or \$25 at the door. Further information and reservations: [www.saccatholicforum.org](http://www.saccatholicforum.org)

### MORNING ROSARY PRAYER GROUP

Everyone is welcome to join the Daily Rosary Morning Prayer Group that meets after Mass. One group meets after the 7:00AM Mass and another group meets after the 8:30AM Mass in the Baptismal room. For more information contact Karen Juten, 712-3706.

### KNIGHTS OF COLUMBUS & HABITAT FOR HUMANITY BUILD FOR UNITY PROJECT

The Fair Oaks Knights of Columbus Council 6066 is assisting with the Habitat for Humanity Build for Unity project and are seeking interested parishioners from St. Mel who would like to join our council volunteers to help. Our council needs 6 or more to serve as a crew to assist in building homes for two disadvantaged families, one Christian and one Muslim, to live peacefully as neighbors. The project site is about 30 minutes from Fair Oaks in the northern edge of Sacramento County.

Parishioners, Knights, and any family member over 16 years old can volunteer. Volunteer days range from Tuesday to Saturday and are a full day commitment. Our Council participation will vary depending on availability and organizer needs. If interested please contact Warden Michael Ochoa at 730-3178 or [mnkochoa@pacbell.net](mailto:mnkochoa@pacbell.net).

### PLEASE NOTE!

\*\*\* SCHEDULE FOR BULLETIN ARTICLES \*\*\*

Please send your typed articles, in MS Word - Times New Roman, font 10, via email to [stmeloffice@yahoo.com](mailto:stmeloffice@yahoo.com), no later than **NOON ON FRIDAY** to be included in the next bulletin. Thank you for your cooperation.

Bulletin Weekend Dates 2017	Articles DUE Prior To FRIDAY
February 11 - 12 February 18 - 19 February 25 - 26 March 4 - 5	February 3 February 10 February 17 February 24

**ST. MEL  
MAINTENANCE & IMPROVEMENT FUND**

There will be a second collection THIS weekend, February 4<sup>th</sup> & 5<sup>th</sup>, for the St. Mel Maintenance and Improvement Fund. These funds are used for taking care of our facility. Thank you for your generous support.

**WORLD MARRIAGE DAY  
RENEWAL OF MARITAL COMMITMENTS**

On Saturday, February 11<sup>th</sup>, Bishop Jaime Soto will preside at a special Mass at 11:00AM at Divine Savior parish in Orangevale in which married couples will receive a special blessing and have an opportunity to renew their marital commitments. An informal reception for them and their families will follow. Special certificates will be given to couples celebrating milestone anniversaries (10, 25, 30, 35, 40, 45, 50, 50+). If you are interested in attending this free event, please register (names and anniversary year) at [www.SacWMD.com](http://www.SacWMD.com). For more information call the Dept. of Evangelization & Catechesis, 733-0123.

**WORLDWIDE MARRIAGE ENCOUNTER**

Have you ever wanted to take a fresh look at your Marriage? Have you considered attending a Worldwide Marriage Encounter Weekend? It is a unique approach aimed at revitalizing your Sacrament of Matrimony. Weekends for 2017 are as follows: February 10-12, in Sacramento; March 31-April 2, in Reno, NV.; August 25-27, in Sacramento; October 6-8, in Reno, NV., and November 3-5, in Sacramento. It is not too early to register for a weekend that you will never forget. For more information visit our website, [www.sacramentowwme.org](http://www.sacramentowwme.org) or email Terry & Janet at [applications@sacramentowwme.org](mailto:applications@sacramentowwme.org) or 489-3464.

**ALTAR SOCIETY NEEDS YOUR HELP**

The Altar Society needs your help cleaning and preparing the Church for weekend Masses. Time commitment is only one and a half hours after the 8:30AM Mass on Friday morning. Please call Linda, 213-2491, with questions or to volunteer.

**Please Pray for the Chronically Ill of Our Parish**

Albert Gonzales	George Snyder, Sr.	Louis Patterson
Auroa Deese	Gerrie & Paul Parker	Lynn Warner
Betty Cerato	Helen Bumpus	Manuel Ybarra
Bill & Shirley Jones	Howie Hoel	Maria Erickson
Bruce King	James English	Marie Lofgren
Cecelia Beviacqua	Jody Martinez	Mary Hoel
Charles J. Ortner	Lee West	Ralph Virgen
Connie McKie	Lynda Cook	Veronica Saenz
Garrett Heisinger		



Remember, of these parents you were born; what can you give them for all they gave you? –Sir 7:28

**Reflection:** Some fathers are now beginning to claim the same kind of “right” to walk away from their parental responsibilities as mothers are able to do by abortion. They ask, if we can’t force the mother to be a mother, why should we force the father to be a father?

The bitter fruits of Roe v. Wade continue to unfold.

**Prayer:** Lord, instill in all fathers and mothers a deep sense of responsibility for their children, born and unborn.

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**ST. MEL CRAB FEED**



Tickets for the St. Mel Crab Feed are on sale now and they are going fast! Friday, February 10<sup>th</sup> is Family Night and Crab meal tickets are \$50 and kids’ Pasta meal tickets are \$20. Saturday, February 11<sup>th</sup> is Adult Night and tickets are \$55 per person. Tickets can be purchased in the School or Parish offices or online at [www.stmelcrabfeed.eventbrite.com](http://www.stmelcrabfeed.eventbrite.com). Questions? [stmelcrabfeed@gmail.com](mailto:stmelcrabfeed@gmail.com).

**Please Pray for the Sick of Our Parish**

Al Volmer	Garvin Arnett	Katie Henson
Alan Cheuse	George Kim	Katie Spain
Alex Quiroz	Gianna Atilano	Keith Sprengle
Amanda Barron	Grace Barrios	King David Chico
Anthony Caillou	Gregory David	Latasha Rodriguez
Arthur Morton	James A. Martinez	Linda Ramsey
Audrey Holden	Jean Crupi	Lydia Melendez
Bob Ahern, Sr.	Jeanette Barron	Margaret Anderson
Candy Barrios	Jerry Esparza	Margaret Valley
Charles Joseph Ortner	Jerry Smith	Mary Alyce Gisla
Cheryl Richardson	Jim Maher	Michael English
Chris Stabile	Joanne Kim	Michael J. Martinez
Christian Dimitri	Jody & Ron Martinez	Michelle Atwood
Daniel Schwartz, III	Johanna Ross	Mollie Dear
Dave Kangas	John & Judy English	Nellie Henson
Deana Landingham	John Forrest	Nick Tenaglia
Delfina Rodriguez	John Langland	P. J. Spain
Diane Castonguay	John Wise, Jr.	Patty Arcenequex- Conti
Donald Wise	Jose Mascoro	Pilo DeLeon
Dora V. Marczak	Joseph Dimitri	Ray Willey
Dora Palpallatoc	Joseph Jacin	Rendtor Ramirez
Eduardo Murallon	Joseph McCormick	Richard Robinson
Elizabeth McMahon	Judy Spinelli	Robert Atkinson
Evelyn Dimitri	Karen Petersen	Robin Dunton
Fred H. Salter	Katie Grant	Rodney Wise

**29th Anniversary of the St. Mel  
Perpetual Adoration Chapel  
February 11, 1988 - February 11, 2017**



“I looked up towards the grotto, and I saw a lady. She had on a white dress with a blue sash and yellow rose on each foot, the color of her rosary.” (St. Bernadette – February 11, 1861)

Our Lady’s Message to Bernadette:

“Penance – Pray for the Conversion of Sinners”

On the feast of the Annunciation, at the grotto, March 25<sup>th</sup> at four in the morning, Bernadette asked the Lady her name – the Lady slipped her rosary onto her right arm, and with her hands joined, she raised her eyes to heaven and said:

**“I am the Immaculate Conception”**

The message of Lourdes had been signed. On March 2<sup>nd</sup>, the day of the 15<sup>th</sup> apparition, the Lady said to Bernadette – “Go tell the priest to build a chapel and to have the people come....”

True prayer that the Lady of Massabielle had spoken of was that true conversion of heart, which in contemplating Jesus on the cross, understands the true nature of sin, and finds in the passion of God’s love for the lost, the way to personal and collective salvation.

The ninth apparition is really the culminating point of the Lourdes message. The water oozing from the inner recesses of the grotto was now to take on an unimaginably deep meaning. This water is the mystical sign of the water that flowed with the blood from Christ’s side, gashed by the soldier’s spear. Without knowing it and yet without understanding, Bernadette had mimed the “passion” for sinners.

In the story of the apparitions, it was Bernadette, a simple laywoman, who was chosen as the messenger of heaven and sent to the church authorities. In her story we are reminded that in the true Church of Christ, each of us has a role to play simply, bravely and lovingly.

Like Bernadette, let us live our lives as Christians of today in such a way that our lives have something to tell. (*Lourdes, In Bernadette’s Footsteps*, Father Joseph Bordes, Rector Emeritus of the Lourdes Shrine)

The message of Lourdes comes to us in many signs – the more important are poverty, rock, cave, water and light – outward signs of a deeper spiritual reality that God wishes to work in our hearts. The *Cave* - In Lourdes, Mary now replaces the prophets. She is the first witness of the Incarnation. She appears in a cave to remind us that the *Word* was made flesh and dwells among us – Jesus born in a cave at Bethlehem reveals himself to humankind. The Cave, the Grotto is the heart of the mountain where in biblical times the divine presence would make itself known. In the Bible, Moses and Elijah are admitted into intimacy with God, as they find themselves in a cave. The Presence of Jesus is not confined to the temple or church – it is not limited to the Grotto or Lourdes. Lourdes simply reminds us that all the ground on which we stand is holy. In a cave by a river, Mary waited for Bernadette. On the roads where we walk, Jesus waits for us. We are invited to meet Him on the roads where we walk in places where we live. (*The Miracle of Lourdes*, Father John Lochran, Chaplain at Lourdes)

Won’t You Come To The Chapel of the Holy Eucharist

Our response and desire for a dialogue of love in which we can talk to God heart-to-heart in His Real Presence.

Call Marge Della Villa 916-967-0641 or 916-966-3266  
(COMMIT TO AN HOUR OR SUBSTITUTE)

*We welcome all new parishioners and ask that you complete this registration form and place it in the collection basket at Mass, or return it to the Parish Office.*

Quick Registration St. Mel Catholic Church		Envelopes?	Yes	No
Last Name _____		First Name(s) _____		
Mailing Name (i.e. Mr. & Mrs. John Doe) _____				
Address: _____				
Street	City	Zip Code		
Phone # _____				
E-mail _____	CONTACT ME BY:		<input type="checkbox"/> PHONE	<input type="checkbox"/> EMAIL
Do you have any special request: _____				