

## How Often Does Your Family Eat Together?

It is no secret that protecting family values is more difficult today, and raising children is a major challenge. As we celebrate the feast of the Holy Family, we might think about the advice given by a coalition of local organizations like Project Help, Friday Night Live, Sacramento State University and the Sacramento County Alcohol and Drug Services Division. This September they organized a campaign to encourage families to eat together more often, as a way to discourage teenage drinking. Research conducted by the National Center for Drug Addiction and Substance Abuse at Columbia



University has consistently found that the more often children eat with their families, the less likely they are to drink. Parental engagement is the simple most potent weapon in preventing drinking among young people. Underage, high-risk drinking among the Sacramento area's young people is significant and increasing. Nearly 30 percent of Sacramento County 7th graders have reported using alcohol, higher than the state average of 25 percent. Let us pray for families today. And let us try to spend more time with our children—especially by eating family meals more often.

### CHRISTMAS BREAKFAST 2006 UPDATE

The Cathedral Christmas Breakfast of 2006 for the downtown poor was the best breakfast in the last 20 years. The food was plentiful and the volunteers were grateful to be serving the downtown poor. There were enough toys to satisfy the children, Christmas caroling for those who love to sing, the pumpkin pies were welcome, and the biscuits and gravy were delicious! We wish to thank the Maple Leaf Meat Company for their generous donation of bacon and ham, Leatherby's for donating the pumpkin pies, the Sacramento Food Bank for donating the turkeys and rolls, along with Paul Gaviglio, Robert & Grietje Reuter, Victor Waid, Fritz Honkomp, and all of the other gracious donors. We would particularly like to thank all the volunteers, especially our great chefs Russ, Chris, and Dan for coordinating this event.



### AUXILIARY BISHOP RICHARD GARCIA NAMED BISHOP OF MONTEREY

Pope Benedict XVI has named Bishop Garcia to succeed Bishop Sylvester Ryan as Bishop of Monterey. Bishop Garcia has served as auxiliary bishop of Sacramento

for the past nine years. There will be two farewell Masses and receptions for Bishop Garcia on Sunday January 21 at 1:30 pm at St. Joseph's Church in Redding and on January 28 at 2:30 pm at the Cathedral. All are welcome to attend. Additional events include a Vespers Service with deacons, religious, and lay leaders on Sunday January 7 at 3:30 pm in the Cathedral and a Mass with priests on January 8 at 10:30 am, also in the Cathedral.

### ST. THOMAS MORE SOCIETY

Please join the St. Thomas More Society for our regular "Second Wednesday Noon Mass" followed by lunch on Wednesday, January 10, at the Newman Center at Cal-State Sacramento—5900 Newman Court, off "H" Street. Ample parking is available, both in front of and behind the building. Fr. George Wanser of the Newman Center will preside. If you can come, please reply to [stms.sacramento@yahoo.com](mailto:stms.sacramento@yahoo.com). Place any lunch orders no later than 10 am Tuesday, January 9th. If you plan on bringing your own lunch, just let us know that, so we can plan for seating. The society has made arrangements with Panera Bakery to deliver box lunches for a \$15.00 flat rate (which covers tax, delivery charge, donation to Newman Center, etc.).



The St. Thomas More Society, Sacramento, is an independent organization sponsored by Catholic lawyers, governed by a Board, with its membership open to attorneys and other legal professionals and legislative advocates of any religious persuasion who subscribe to its purposes. It is an affiliate of the Sacramento County Bar Association. The purpose of the St. Thomas More Society is to serve as a mutual support group, to foster individual spiritual growth, to further interfaith understanding, and to promote the teachings of the Second Vatican Council. The society does not engage in advocacy or take stands on controversial political questions; nor does it engage in fundraising. See the St. Thomas More Society on the web at [www.sacstms.org](http://www.sacstms.org).

**NEW YEAR'S DAY MASS SCHEDULE**

[NOT A HOLY DAY OF OBLIGATION THIS YEAR]

**THE BLESSED VIRGIN MARY, MOTHER OF GOD**

**SUNDAY DECEMBER 31**

Vigil Masses 5:00 pm  
7:00 pm (Spanish)

**MONDAY JANUARY 1**

12:00 Noon  
1:00 pm Spanish  
No Evening Mass

**LAY FORMATION INSTITUTE 2007**

The Lay Formation Institute has been designed and established as a program which provides opportunities for adults throughout the Diocese of Sacramento to become more knowledgeable about the Catholic faith, to grow spiritually, and to receive training for specific ecclesial ministries within the Catholic community. The institute is open to catechists, teachers, parents, and lay men and women in the diocese. Courses maybe taken individually or an entire institute. Those who complete the Lay Formation Institute has completed the coursework for Basic Catechist Certification from the Diocese of Sacramento.

The cost is \$25 for each 8 hour course or \$175 for all 7 sessions. All courses are held on weekends at the Diocesan Pastoral Center, 2110 Broadway. On Friday, Session One lasts from 7-9:00 pm. On Saturday, Session Two lasts from 9 am to 4:00 pm. For additional information, contact **Kathy Wilson** at (916) 733-0123 or [kwilson@diocese-sacramento.org](mailto:kwilson@diocese-sacramento.org) for a brochure of the whole year program.

*Courses for the next few months include:*

- January 27/28 Foundations of Faith — Foundations of Christianity. Rev. Ed. Fassett, S.J.
- February 2/3 Life in Christ: The Moral Life. Rev. Loreto Rojas
- March 9/10 Celebration of the Christian Mystery. Jackson Schoos
- April 20/21 Christian Prayer: What we pray. Rev. Brian Atienza.

*Catholic High School Placement Exams*

The High School Placement Exam for prospective students of all four Catholic high schools will be on Saturday January 27, at 8:00 am. Registration for the exam should be done at the school you plan to attend in the fall. For more information, please contact the individual school's admission's offices at:

- Christian Brothers High School:** ..... 733-3690  
-OR- [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)
- Jesuit High School:**..... 482-6060  
-OR- Register online @ [www.jhssac.org](http://www.jhssac.org)
- Loretto High School:** .....482-7793 x103  
-OR- [www.loretto.net](http://www.loretto.net)
- St. Francis High School:** .....452-3461 x195  
-OR- [www.stfranchishs.org](http://www.stfranchishs.org)

There is a \$30 testing fee payable at the exam. The following are important dates in the process of admission:

- Recommendation Forms due..... **Friday, Feb 9**
- Student-Parent Interviews ..... **Sat/Sun Feb 10/11**
- Admission Decisions sent home ..... **Friday Mar 16**

**MASSES FOR THE WEEK**

- MON 1/1/2006** **Blessed Virgin Mary, Mother of God**  
(See schedule at upper left)
- TUES 1/2/2006** **Basil the Great & Gregory Nazianzen**  
12:10 pm: Linda Costigan +  
5:10 pm: Cesar Fernandez +
- WED 1/3/2006** **Holy Name of Jesus**  
12:10 pm: Eugene Guiney +  
5:10 pm: Edward Ashburn +
- THURS 1/4/2006** **St. Elizabeth Ann Seton**  
12:10 pm: Mary Guiney +  
5:10 pm: Remedios A. Ferrer, S.I.
- FRI 1/5/2006** **St. John Neumann, bishop**  
12:10 pm: Genevieve & Charles Fagan +

**New Parishioner Registration and Change of Address Form**

Name: \_\_\_\_\_ Envelope No.: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

*Fill out and deposit in Offertory Basket. Thank You!*