

FAST AND HELP THE POOR AT THE SAME TIME

We encourage you to participate in the Food Bowl Program during Lent. This program combines two Lenten exercises into one: fasting and helping the poor.

This is how it works: Eat a simple meal once a week (Friday for example) and calculate how much money you have saved by doing that. Put that money in a "rice bowl" and leave it on the table as a reminder of the Lenten season. At the end of the week (or the end of Lent), bring the money to church and drop it in the baskets set up for this purpose. We will give the money to the Cathedral Square Program which provides housing

for the homeless who sleep around the Cathedral. One of the strengths of the Food Bowl Program is that it enables families with children or teenagers to get directly involved in helping the downtown homeless.

Other news on the homeless: Valerie Chun, chairperson of the Festival of Trees Program, gave \$15,000 to the St. Vincent de Paul Society last week, to be spent on the downtown homeless. St. Vincent de Paul President Shannon Lahey said the check will provide shelter for five people for five months.

THIRD ANNUAL RELIGIOUS EDUCATION RAFFLE

Tickets are on sale now for our Annual Easter Raffle \$1 could win you an IPOD, DVD player, Electronic key board, Scooter Family gift baskets, Wine baskets, and many more prizes Get your tickets after Mass or contact Sister Jenny at 444-5364. All proceeds benefit the Cathedral Religious Education Program.

CATHEDRAL YOUTH RETREAT

The Cathedral of the Blessed Sacrament will have its very first Youth Retreat on Saturday, March 1, 2008 from 1:00 pm-9:00 pm. It will be held in the Lower Level of the Cathedral in Mercy Memorial Hall and the theme of the Retreat will be "God is Love". All youth from the ages of 13-17 are invited to attend. Events will include games, youth speakers, group discussions, adoration of the Blessed Sacrament, Mass, and will conclude with dinner. For more information please contact Sr. Jenny at (916) 444-5364. Speakers will encourage all youth this weekend to attend this retreat.

ADULT CONFIRMATION CLASSES

The Cathedral Parish will begin Adult Confirmation Classes on Tuesday February 12 at 7:00 pm in the Lower Level for those who for whatever reason have never been confirmed. The Bishop extends this invitation each year providing that candidates have prior instruction. The Adult Confirmation Mass will be celebrated on May 3, 2008.

LAST WEEK'S COLLECTION FEB 3

Our collection last week was \$12,821.22. We wish to thank all those who made this collection possible. Because of the

high upkeep costs at the Cathedral, our goal is to reach \$14,000 per week. We encourage parishioners to donate one hour's pay per week to the parish or 3% of income. The motive for this generosity is thankfulness for God's goodness to us - an attitude of gratitude!

IMMACULATE HEART RADIO

Immaculate Heart Radio's Pledge Drive for our new 1260 AM San Francisco Station will take place on February 21 and 22 at CSUS. Please consider joining us to help answer phones from new donors for an hour or two between 6:00 am to 6:00 pm. Call Debora at (916) 535-0500 ext 221.

EASTER FLOWER DONATIONS

Easter Flower donations are being accepted in Memory of loved ones. Special envelopes are available in the foyer of the Cathedral, or you may just write on your checks "For Cathedral Flowers in Memory of ____."

FOSTER & ADOPTIVE PARENTS

St. Patrick's Home for Children, founded in 1863, is looking for individuals and families that are interested in becoming Foster Parents or adopting a child through its St. Patrick's Foster Care & Adoptive Agency. Children of all ages and ethnicity's are waiting to be adopted. For more information, call (916) 421-1620 ext 230 and ask for Cynthia, Social Services Assistant. The home is located at 5945 Franklin Boulevard. In addition, St. Patrick's Car Donation Program is a huge help to ongoing programs and is easy to do. You simply call us and we will make all arrangements. Call Abbot at 428-1601.

2008 LENTEN REGULATIONS

ABSTINENCE

Everyone over 14 years of age is bound to abstain from meat on **ASH WEDNESDAY** and **ALL FRIDAYS** of Lent, except Friday March 14, the Solemnity of St. Patrick, co-patron of our diocese.

FAST

Everyone over 18 and under 59 years of age is bound to fast on **ASH WEDNESDAY** and **GOOD FRIDAY**; continuing the fast on **HOLY SATURDAY** is encouraged.

On these two days of fast, only one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken; but together, they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

HOLY COMMUNION

All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily within the period from Easter Sunday, March 23, to Trinity Sunday, May 18.

CATHOLIC WOMEN'S CONFERENCE

Sponsored by the Diocesan Women's Commission, the first annual Women's Conference will be held on Sunday March 2, 2008, from 12:00 pm to 4:00 pm at the Diocesan Pastoral Center, 2110 Broadway. The conference will discuss "On the Dignity and Vocation of Women," "The Dignity of Women—Lost?" "Human Trafficking—Modern Day Slavery?" and "Domestic Violence." A panel of speakers will address these and other current realities that violate human dignity. Space is limited, so reserve your space early. A donation of \$5 (at the door) will benefit Wellspring Women's Center. E-mail to mgirard@diocese-sacramento.org or call (916) 684-0182 or 392-2796.

FRANCIS HOUSE NEEDS

We need your help. We are exceptionally low on many of the products that we normally include in our hygiene kits. We have already exhausted the many donations received over the holidays. With a +20% increase in demand for our

services, we are providing around 500 hygiene kits to our clients monthly. The most needed hygiene items that we are currently out of: * Toothbrushes *Toothpaste *Shampoo *Conditioner *Disposable Razors *Deodorant *Lotion *Feminine hygiene and to a much lesser degree: *Lotion *Lip Balm *Shaving Cream *Sunscreen.

We will be thankful for any size, but we suggest that travel sizes are the most appropriate for our client's needs. Francis House is located at 1422 C Street and is a major resource center for those in need. Francis House can be reached at (916) 443-2646.



- MON 2/18/2008** **PRESIDENT'S DAY HOLIDAY**
 12:10 pm: Rudy J. Pertile, S.I.
 (NOTE: THERE WILL BE A 5:10PM MASS TODAY)
 5:10 pm: All Souls
- TUES 2/19/2008** **LENTEN WEEKDAY**
 12:10 pm: Rafael & Trinidad Perez +
 5:30 pm: Timothy Myres +
- WED 2/20/2008** **LENTEN WEEKDAY**
 12:10 pm: Ryan Lumagui +
 5:10 pm: Joseph Vu Nguyen +
- THURS 2/21/2008** **ST. PETER DAMIAN, BISHOP**
 12:10 pm: John Mao +
 5:10 pm: Mary Donnelly +
- FRI 2/22/2008** **CHAIR OF ST. PETER, APOSTLE**
 12:10 pm: Denise Peterson & Msgr Luigi Guissani
 12:45 p.m. Stations of the Cross
- NO EVENING MASS ON FRIDAY**

New Parishioner Registration and Change of Address Form

Name: _____ Envelope No.: _____

Phone: (____) _____

Address: _____ ZIP Code: _____

Fill out and deposit in Offertory Basket. Thank You!