



DIOCESE OF SACRAMENTO

2110 Broadway • Sacramento, California 95818 • 916/733-0200 • Fax 916/733-0215

OFFICE OF THE BISHOP

November 25, 2025

Dear Pastors and Parish Staff Members:

I invite you, your parish staff and parish pastoral councils to participate in "**Healing & Hope**," a diocesan-wide series of retreats focused on the United States Conference of Catholic Bishops' (USCCB) National Catholic Mental Health Campaign.

We offer two tailored opportunities to join this vital pastoral initiative:

- A **virtual gathering for parish pastoral councils on Thursday, February 5, 2026 from 5:30 PM to 8:30 PM** (via Zoom, with link to be provided)
- And a **day-long in-person retreat for parish staff teams on Friday, February 6, 2026, from 9:00 AM to 4:00 PM** at Divine Savior Parish in Orangevale, CA.

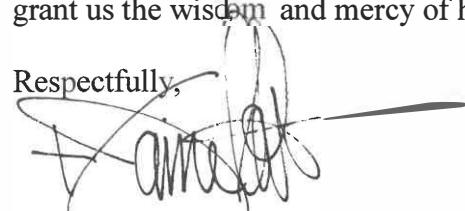
Both sessions will include prayer, reflection, and practical training on Church teachings and pastoral resources. We will hear from clinicians and ministry experts, share experiences in small groups, and develop concrete ways to integrate mental health ministry into parish life. Many families today are confronting a range of mental health issues. The proposed sessions will equip parish communities as havens of hope and healing.

Pope Francis's encyclical *Dilexit Nos*, presents the **Sacred Heart of Jesus** as the ultimate source of mercy and healing for all who suffer, loving us "to the end" and inviting us to console the afflicted as He did. These "Healing & Hope" sessions will provide you and your collaborators with tools for transforming parishes into sanctuaries of pastoral care and companionship.

I encourage the full engagement of you, the parish staff and pastoral council members. Please see the attached flyer for registration information. Questions can be directed to Jennifer Campbell at 916-733-0135.

Be assured of my abiding admiration and prayers for the all the work we do together for the glory of God and the service of the Church. May the intercession of our Blessed Mother Mary grant us the wisdom and mercy of her Beloved Son, Jesus.

Respectfully,


+Jaime Soto
Bishop of Sacramento



Diocese of Sacramento

Healing and Hope

Annual Parish Staff Retreat

Inspired by the USCCB's mental health campaign, this day helps parish staff and ministry leaders step away from daily demands for spiritual renewal and practical learning. We'll reflect, share, and build skills to support those facing mental health challenges—so our parishes are places of care for all. Retreat sessions will be offered in BOTH English and Spanish.

When: Friday, Feb 6, 2026

9am - 4pm

Where: Divine Savior Parish
9079 Greenback Ln, Orangevale, CA 95662

Cost: \$40 per person

Registration and more information at
<https://www.scd.org/event/annualstaffretreat>

SCAN ME





Diócesis de Sacramento

Sanación y Esperanza

Retiro anual para personal parroquial

Inspirado en la campaña de salud mental de la Conferencia de Obispos Católicos de los Estados Unidos (USCCB), este día ayudara al personal parroquial y a los líderes de ministerios a desconectarse de las exigencias diarias para renovarse espiritualmente y aprender técnicas prácticas.

Reflexionaremos, compartiremos y desarrollaremos habilidades para apoyar a quienes enfrentan desafíos de salud mental, para que así nuestras parroquias sean lugares de cuidado para todos. Las sesiones del retiro se ofrecerán tanto en inglés como en español.

Cuándo: Viernes, 6 de febrero de 2026, de 9am a 4pm

**Dónde: Divine Savior Parish
9079 Greenback Ln, Orangevale, CA 95662**

Costo: \$40 por persona

Inscripciones y más información en
<https://www.scd.org/event/annualstaffretreat>

SCAN ME





Diocese of Sacramento

Healing and Hope

Annual Parish Council Retreat

Inspired by the USCCB's mental health campaign, this evening helps parish pastoral councils step away from daily demands for spiritual renewal and practical learning. We'll reflect, share, and build skills to support those facing mental health challenges—so our parishes are places of care for all.

When: Thursday, February 5, 2026

5:30 - 8:30pm

Where: Your Parish

Once registered you will receive a link to share with your council.

SCAN HERE



Register your parish using
this QR Code or
<https://bit.ly/3LEWsUr>

www.scd.org