

SCRIPTURE READINGS

FIRST SUNDAY OF LENT

First Reading: Deuteronomy 26:4-10

Moses discusses the power God has displayed in freeing his people from oppression and leading them to a rich land. He tells the people that they should make offerings to God to show their gratitude, then celebrate over the great things he has given them.



Second Reading: Romans 10:8-13

Paul tells us that if we proclaim, "Jesus is Lord" and truly believe that God raised him from the dead, we will be saved. For God shows his mercy toward everyone who calls upon his name.

Gospel: Luke 4:1-13

Jesus fasted in the desert for forty days, then Satan appeared to him and tempted him to turn stone into bread. After Jesus refused, Satan promised him great powers if Jesus would worship him. Jesus replied that he would worship God and no one else. Then Satan tried to persuade Jesus to put God to the test, but again Jesus resisted his temptation.



For the Week of March 10th through
March 17th

Sunday

Dt 26:4-10; Rom 10:8-13; Lk 4:1-13

Monday

Lv 19:1-2, 11-18; Mt 25:31-46

Tuesday

Is 55:10-11; Mt 6:7-15

Wednesday

Jon 3:1-10; Lk 11:29-32

Thursday

Est C:12, 14-16, 23-25; Mt 7:7-12

Friday

Ez 18:21-28; Mt 5:20-26

Saturday

Dt 26:16-19; Mt 5:43-48

Sunday

Gn 15:5-12, 17-18; Phil 3:17—4:1 or 3:20—4:1; Lk 9:28b-36

The US Council of Catholic Bishops (USCCB) provides a full listing of the Sunday and Daily Readings, in print and audio format, on its website, <http://www.usccb.org/bible/readings>.



MASS INTENTIONS

Saturday, March 9th

4:00 p.m. Henry Kuzminski

Sunday, March 10th

8:00 a.m. Father Charles Conway

10:00 a.m. Jonathan Arrabal

Monday, March 11th

8:30 a.m. Betty Glenn

Tuesday, March 12th

8:30 a.m. Ann Klinefelter

Wednesday March 13th

8:30 a.m. For Our Parishioners,
Living and Deceased

Thursday, March 14th

8:30 a.m. Communion Service

Friday, March 15th

8:30 a.m. Communion Service

Saturday, March 16th

4:00 p.m. Judy Kohl

Sunday, March 17th

8:00 a.m. Father Roderick B. Dwyer

10:00 a.m. Charlie and Doris Moloney

REMEMBERING THE SICK OF THE PARISH:

Remember in your prayers
the sick of the parish: *John
Troffo, Valerie Lindyberg,
Patricia Dana, Angela*

*Wilmer, Faith King, Rosemary Keating, Eugenia
Brooks, Alicia Bourne, and all those whose names
appear in the PARISH BOOK OF INTENTIONS.*



NEW TO THE PARISH: Please be sure to register with the Parish Office and introduce yourself to Father Grasing after Mass. Registration forms are available at the doors of the Church, the Parish Office, or online. For additional information, please call 410-778-3160, or go to sacredparish.org.



PREP

Parish Religious Education Program

Bringing the Gospel Home



1st Sunday of Lent – Luke 4:1-13

Reflection for Parents

Sometimes we think only of the divinity of Jesus and forget how difficult these temptations must have been for the human

Jesus. We face far lesser temptations every day and some we resist while others we give in to. When we think of obedience like daily exercises, it becomes habit and we condition ourselves to obey God. Through our example and guidance, parents can help their children do the same thing. If the temptations are hard to resist, we know Jesus understands our difficulty because he went through a similar experience. He will be there for us when we ask for his help.

Bringing the Gospel into Your Family

Now, at the beginning of this Lent, make a list of all the temptations each family member faces at home, at school, at work, in the neighborhood. Next to each temptation write down ways you will work to avoid them. Allow all family members to help one another with suggestions and make a time in each day of Lent to pray for each person as he/she works to resist the temptations he/she faces.

Discussion Starters

1. One thing I've learned from Jesus about temptation is ...
2. Taking some "desert" time in my life would help me ...
3. The best way for me to avoid temptation is to ...



HOUSEHOLDS OF FAITH – MARCH 10, 2019

This month we will use the small group resource **Parenting With Joy** as a springboard for discussion about the challenges of Christian parenting. The topic this month is "Teaching Goodness". How do you shape your children's values? Is this harder for today's parents to do in our media driven culture?

Parents, grandparents, aunts and uncles are all invited to share your thoughts and experiences on **Sunday, March 10 following the 10:00am Mass**. Our session begins with a light meal and finishes at 1:00pm.

LENTEN ACTIVITIES

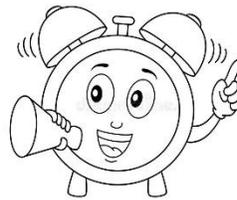
This year's Lenten program, **JOURNEY TO THE CROSS**, is based on the Stations of the Cross. The fourteen stations depict Jesus' path along the Via Dolorosa in Jerusalem, beginning with his trial and ending with his crucifixion and burial. Each Friday night during Lent, **March 15 – April 12**, we will focus on a major character or event represented in the stations. During each session we will read through the fourteen stations, learn information about a key person whom Jesus met, discuss our reactions to this person, and end with meditation or prayer. **The sessions begin at 6:00 p.m.** A Soup & Bread meal follows each session.



Let's make our first Lenten sacrifice one of time – join us on the Fridays of Lent!

JOURNEY TO THE CROSS - LENTEN MEALS

IT'S TIME TO CALL!



SOUP DONATIONS ARE NEEDED for Fridays of Lent, March 15, 22, 29 and April 5, 12. You are asked to make a

homemade, meatless soup in a personal crock pot and bring it with one loaf of artisan bread to the hall on your chosen night. If you can contribute, call Becky Davis at 410-778-3160 or e-mail her at: sacredparish@gmail.com. Your support and contributions to this effort are appreciated.

Encounter Norma



In Guatemala, we encounter Norma, who as a young mother, supports her family and shares her skills with her community. Reflect on the importance of family in your life. How can you contribute to support families in your community? Visit crsricebowl.org for more.



PARISH NEWS

Offertory – Week Ending March 3rd - Week 36

Thank you for your offering. It is with your continued support and the sharing of your time and talent that the ministries, programs and activities at Sacred Heart and St. John’s are made possible. “Whatever you give to the Lord, He will return to you a hundred fold.”

| | Received | ACH | Budgeted | Diff. |
|-----------------------------|-----------|----------|-----------|----------|
| Offertory 3/03 Wk. 36 | \$4,507 | \$3,750 | \$6,346 | \$1,911 |
| YTD Wk. 36 | \$174,452 | \$46,423 | \$228,456 | -\$7,581 |



Lenten Regulations on Fasting and Abstinence

Abstinence from meat is observed on Ash Wednesday, Good Friday, and all the Fridays of Lent by all Catholics 14 years and older.

Fasting is observed on Ash Wednesday and Good Friday by all Catholics who are 18 years of age but not yet 59. Those bound by this rule may take one full meal. Two smaller meals are permitted as necessary to maintain strength according to one’s needs. Eating between meals is not permitted.

SAINTS OF MARCH

SACRED HEART PARISH PILGRIMAGE TRIP TO D.C.!



Our parish is leading a trip to the Basilica and the Franciscan Monastery of the Holy Land on the Feast of the Annunciation: **Monday, March 25th**. The deluxe motor coach will pick us up at the parish parking lot at 7:45 AM and we will return at 6:00 PM. The cost is \$50.00 per person (motor coaches are expensive) and it includes breakfast, snacks and water. The trip is limited to 55 people. You may invite your friends. Sign up now to enrich your knowledge of our Catholic faith and its traditions while enjoying the company of existing and new friends! **Last day to register is March 20th**. For more information, call Mary Jo Frohlich or Barbara Kelly at 410-778-3160.



Since 1998, Rise Against Hunger (formerly Stop Hunger Now) has partnered with nonprofit organizations (including Catholic Relief Services) to distribute more than 445 million meals to hungry people around the world. 40% of these meals are distributed through school feeding programs that encourage school attendance and help put these children and their families on a path out of poverty.

For the 4th year in a row, Sacred Heart Parish, in partnership with Christ United Methodist Church, will sponsor a meal packaging event here in Chestertown. The event will take place in the Fall of 2019.

We have pledged to raise \$1,500 to help cover the cost of these meals. Donations in support of this project can be placed in the regular collection. Please, use a separate envelope and mark it Rise Against Hunger. Checks should be made out to Sacred Heart Parish – please write Rise Against Hunger on the memo line.

If you would like to help with fundraising or volunteer for the meal packaging event, contact Ann Anderson at 410-778-4243 or wmandersonfamily@verizon.net. For more information about Rise Against Hunger, visit their website www.riseagainsthunger.org.

Each meal costs 34 cents. No donation is too small when the need is so great.

SOPHRONIUS OF JERUSALEM – MARCH 11

Sophronius was a monk who lived from 560 to 639. He did not stay in one monastery, as many monks of his time did. Instead he lived his life of prayer, fasting, and sacrifice first in the desert of Egypt, then near the Jordan River, in Rome, and finally in Jerusalem.



A false teaching, or heresy, was being preached by a bishop and his followers. This false teaching denied that Jesus was both human and divine. Sophronius worked to put an end to this heresy so that people would understand the meaning of the Incarnation—that the Son of God became fully human in all things except sin, while remaining fully divine. Sophronius’ teachings were later officially accepted as true at an important meeting of bishops.

Sophronius was appointed bishop and then a Patriarch of the Church. A Patriarch was the main bishop of an area. He also found time to write books, hymns, and poems, some of which are still read today. He was a great leader because he used his many gifts to serve God and the Church.

