



Sacred Heart Catholic Church

219 E. Rockwood Blvd.
Spokane, WA 99202

*Eighth Sunday in Ordinary Time
March 3, 2019*

The pastor and parishioners of Sacred Heart Catholic Church warmly welcome you to our parish family!
We hope that you find us to be a family of faith and love, exemplifying in word and deed the generosity of the Father, the self-giving service of Jesus Christ, and the enduring presence of the Holy Spirit.

OUR PASTOR: FATHER KEVIN A. CODD

Tel: (509) 747-5810

Email: kcodd@dioceseofspokane.org

Our Deacon: DEACON BRIAN ERNST, and his wife, Julie.

Tel: (509) 324-6411

Email: brian@beemer-mumma.com

Our Business Manager: MRS. NANCY KLEWENO

Office Tel: (509) 747-5810

Office Email: nancy@shparishspokane.org

Our Catechists:

SISTER GABRIELLE, SMMC (SUNDAY MORNINGS)

srgabriellemarie@sistersofmarymc.org

MARIA HAXTON (SACRAMENTAL PREP)

mhaxton@dioceseofspokane.org

OFFICE TEL: (509) 747-5810

Cataldo Catholic School:

Mr. Zack Cunningham, Principal

Tel: (509) 624-8759



Mass Schedules:

WEEKENDS:

Reconciliation: *Saturday 4:00 pm*

Saturday Vigil: *5:00 pm*

Sunday: *10:00 am*

WEEKDAYS:

Tue, Wed, Thurs, & Fri: *8:30 am*

HOLY DAYS:

7:30 am & 5:30 pm

Religious Education:

Children's Liturgy of the Word:

Sunday 10:00 am Mass

Religious Education, Kindergarten to Grade 6:

Sunday, 8:45-10:00 am

For events, schedules, and contact persons for all other parish activities and ministries, visit our website:

shparishspokane.org

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Prisoner Prayer Ministry

You are invited to exercise a very special ministry in our church by taking time to pray for the special intentions of a number of inmates presently incarcerated locally. Just pick up a handwritten prayer request from the basket in the vestibule and make that inmate's intention your own. If you find the basket empty, please know that we will be bringing new prayer intentions to you very soon!



Adult Spiritual Formation

Our Sacred Heart Parish Adult Spiritual Formation Groups have begun their new sessions! Please feel free to join us.

- ◆ **Men's Bible Study:** 6:30 am, Tuesdays, in the Social Hall. We are studying a video series by Little Rock Scripture Study on the Book of Wisdom.
- ◆ **Contemplative Prayer:** 11:00 am-12:15 pm, Mondays, Parish Center, upstairs meeting room.
- ◆ **Scripture Share and Prayer:** 9:30-11:30 am, Thursdays, Parish Center, upstairs meeting room.

St. Peter Parish's Lenten Book Study

Sacred Heart Parishioners are invited to participate in our Lenten Book Study, which will feature *The Persecutor* by Sergi Kourdakov. "His job in the Russian police was to inflict terror and suffering on Christians....and he did it well." But...like Saul, his story is one of amazing heroism and conversion. This is a true story about a young Russian, orphaned, and groomed for service to the State. However, the Lord had other ideas for Sergei. If interested, please email Andi McGoran (mcgor1an@comcast.net) to order your book. Cost will be about \$6.00. We will meet Tuesday nights, 7-9pm between March 19th and April 16th.

Our Parish Sacrificial Offerings Week of Feb 24

Envelope & Plate Offering: \$ 4,556.00
Outreach Offering: \$ 105.00

In order to meet our 2017-18 budget, an average weekly collection of \$5,850.00 is needed. Thank you so much!



Catholic Relief Services: Rice Bowls 2019

CRS Rice Bowl is Catholic Relief Services' Lenten faith-in-action program. It offers opportunities for your family to engage daily with the spiritual pillars of Lent: *prayer, fasting and almsgiving*. And it's an opportunity for us as a parish to support the vital ministries of Catholic Relief Services around the world.

This year's Rice Bowls will be available in the vestibule of the church for you to take home, unfold, and use throughout the Lenten season as a simple "bank" for your almsgiving, then return on Easter.

You can learn more about the Rice Bowl program at:

www.crsricebowl.org

Mass Intentions This Week

Sat., Mar 2 +Barbara Kleweno by Pete & Nancy Kleweno
Sun., Mar People of the Parish

WEEKDAY MASSES—8:30 A.M.

Tues., Mar 5 Living and deceased members of the Providence Community and Associates of the Mother Joseph Providence by Irene Dufort
Weds., Mar 6 **ASH WEDNESDAY**
8:30 am & 5:50 pm
Thurs., Mar 7 Loren Bodeau by Dorothy & Daryll Bahr
Fri., Mar 8 John Conley, Jr. (health) by Mary Conley

Mass Readings Next Weekend:

Deuteronomy 26:4-10; Romans 10:8-13; Luke 4:1-13

Liturgical Minsters Schedule can be found on our website: shparishspokane.org/liturgical-ministry-schedules

Our Parish Prayer Chain: *Is there illness or are there special needs in your family? Our community prayer chain looks forward to praying for you! Send your request to Judy Felgenhauer, jfelgen@comcast.net.*

NEW TO SACRED HEART PARISH? WELCOME! We look forward to getting to know you!

Please return this form to the parish office or e-mail the information to: nancy@shparishspokane.org

Name: _____

Address: _____ Zip: _____

Home Tel: _____ Cell: _____ Email: _____



Ash Wednesday & Lent @ Sacred Heart

The beginning of the Lenten season is coming soon! Ash Wednesday this year is **March 6th!** We will celebrate Mass and distribute ashes at 8:30 am and 5:30 pm. It is also a day of fast and abstinence, (see column to the right for details on fasting and abstaining from meat).



Our 5:30 pm Mass on Ash Wednesday will be followed by a simple **Soup Supper** in the Parish Hall. All are welcome, but it would be helpful for us in preparing the soup to have an approximate number of persons who will be attending, so *please be sure to sign up for the dinner on the sign-up list in the church vestibule so we can provide for you!*

As in years past, we will also pray the **Stations of the Cross** in the church *each Friday at 3:00 pm.*

For our spiritual formation during the season, professor emeritus of theology at Gonzaga University, **Sr. Joy Milos**, will be offering four reflections on Christian spirituality each Wednesday of Lent, 7:00 pm, beginning March 13. (For details on the themes of each presentation, see the brochure available in the parish foyer).

CHRISTIAN SPIRITUALITY: ITS EVOLUTION and INVITATIONS

Week 1: Wednesday, March 13:

What does "Spiritual" Look Like?

Week 2: Wednesday, March 20:

It's All About Context

Week 3: Wednesday, March 27:

Essential Elements of a Christian Spirituality

Week 4: Wednesday, April 3:

Spirituality and Justice: the Challenge of the Day

Religious Education!

Sister Gabrielle welcomes our parish children to join her every Sunday morning from 9:00 am to Mass time and will be guiding the Children's Liturgy of the Word program during the 10:00 am Sunday Mass.



Sacramental Prep meets on Tuesday nights at 6:30 in the Parish Hall. For more details, contact Maria Haxton at: mhaxton@diocesesspokane.org

What's New at Cataldo School...



Miss Bonner and Mrs. Westad's 5th grade students helped to bring in about 500 pounds of dog and cat food for SCRAPS during Catholic Schools week!

Questions and Answers about Lent...

Q. Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are 46.

A. It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.

Q. So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?

A. Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are self-disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

Q. I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include chicken and dairy products?

A. Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs --- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

Q. I've noticed that restaurants and grocery stores advertise specials on expensive types of fish and seafood on Fridays during Lent. Some of my Catholic friends take advantage of these deals, but somehow I don't feel right treating myself to the lobster special on Fridays during Lent.

A. While fish, lobster and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in the lavish buffet at your favorite seafood place sort of misses the point. Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.

Q. I understand that Catholics ages 18 to 59 should fast on Ash Wednesday and on Good Friday, but what exactly are the rules for these fasts?

A. Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, *but combined they should be less than a full meal.* Liquids are allowed at any time, but no solid food should be consumed between meals.

Q. Are there exemptions other than for age from the requirement to fast on Ash Wednesday and Good Friday?

A. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. Always use common sense in fasting!