



# Sacred Heart

C a t h o l i c C h u r c h

4087 West Broadway • Robbinsdale, MN 55422

Phone: 763-537-4561

*Formed in His Heart, Serving with His Heart, Giving From His Heart*

## Saturday—Lord's Day Vigil

4:00 PM Mass of Anticipation

## Sunday— The Lord's Day

8:00 AM Mass - In Church

10:00 AM Mass - In Church

11:40 AM Latin Mass - In Church

## Daily Mass Times

### Monday:

8:00 AM Communion Service  
followed by Lauds/Morning Prayer

### Tuesday — Saturday:

8:00 AM Mass  
followed by Lauds/Morning Prayer

## Holy Day Mass Times

Consult the bulletin

## Penance and Reconciliation

### Tuesday — Saturday Morning:

7:40 — 7:55 AM

### Saturday Afternoon:

3:00 — 3:45 PM

Or by appointment

## Eucharistic Adoration

The Sacred Heart Chapel will be open for personal prayer and adoration before the monstrance on Thursdays from 9AM-8:30PM

## Parish Office Hours

Monday 8:30 AM — 2:00 PM

Tues.-Thurs. 8:30 AM-4:30 PM

Friday 8:30 AM-4:30 PM

## Parish Web Site

[www.shrmn.org](http://www.shrmn.org)

**Parish Phone:** 763-537-4561

## Sacred Heart Catholic School

Pre-K through 8th grade  
4050 Hubbard Avenue North  
Robbinsdale, MN 55422

## School Web Site

[sacredheartsschoolrobbinsdale.org](http://sacredheartsschoolrobbinsdale.org)

**School Phone:** 763-537-1329

## February 18, 2024



## 1<sup>ST</sup> SUNDAY OF LENT

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." - Mk 1:14-15



## Parish Directory

Phone: 763-537-4561  
 General Email: [contact@shrmn.org](mailto:contact@shrmn.org)

## Worship

Priest, Fr. Bryan J.B. Pedersen.....ext. 6240  
[fr.bpedersen@shrmn.org](mailto:fr.bpedersen@shrmn.org) 763-285-6240  
 Deacon, Dr. James Ramsey.....ext. 6244  
[jramsey@shrmn.org](mailto:jramsey@shrmn.org) 763-285-6244  
 Music, Jamie Schmidt .....ext. 6287  
[jschmidt@shrmn.org](mailto:jschmidt@shrmn.org) 763-285-6287

## Faith Formation

Director of Adult Faith Formation  
 Bunny Brouillard.....ext. 6247  
[bbrouillard@shrmn.org](mailto:bbrouillard@shrmn.org) 763-285-6247  
 Confirmation Coordinator  
 Maggie Powell.....ext. 6248  
[maggielp@shrmn.org](mailto:maggielp@shrmn.org) 763-285-6248  
 Faith Formation Associate  
 Morgan Leisgang.....ext. 6246  
[mleisgang@shrmn.org](mailto:mleisgang@shrmn.org) 763-2856246

## Pastoral Care

Priest, Fr. Bryan J.B. Pedersen.....ext. 6240  
[fr.bpedersen@shrmn.org](mailto:fr.bpedersen@shrmn.org) 763-285-6240  
 Deacon, Dr. James Ramsey.....ext. 6244  
[jramsey@shrmn.org](mailto:jramsey@shrmn.org) 763-285-6244

## Parish Administration

Bus. Admin., Mary Daugherty.....ext. 6241  
[mdaugherty@shrmn.org](mailto:mdaugherty@shrmn.org) 763-285-6241  
 Bookkeeper, Audrey Gilbert.....ext. 6242  
[agilbert@shrmn.org](mailto:agilbert@shrmn.org) 763-285-6242  
 Facility Manager and Maintenance  
 Mark Sazama.....ext. 6245  
[msazama@shrmn.org](mailto:msazama@shrmn.org) 763-285-6245  
 Admin. Asst. Facility Scheduling, Office  
 Maggie Powell.....ext. 6248  
[maggielp@shrmn.org](mailto:maggielp@shrmn.org) 763-285-6248  
 Sacramental Records  
 Safe Environment Coordinator  
 Bunny Brouillard.....ext. 6247  
[bbrouillard@shrmn.org](mailto:bbrouillard@shrmn.org) 763-285-6247

## School

Main Office: 763-537-1329  
 Principal, Karen Bursey.....ext. 6255  
[kbursey@sacredheartschoolrobbinsdale.org](mailto:kbursey@sacredheartschoolrobbinsdale.org)  
 Admin. Asst. Records,  
 Sarah Bowback.....ext. 6257  
[sbowback@sacredheartschoolrobbinsdale.org](mailto:sbowback@sacredheartschoolrobbinsdale.org)

**The Church of the Sacred Heart is served by the clergy of the Archdiocese of Saint Paul and Minneapolis**

**Priest Staff:** Fr. Bryan J.B. Pedersen

**Deacon:** Dr. James Ramsey



## Gospel Meditation

### Encourage Deeper Understanding of Scripture

When I feel down, I sometimes watch the famous “Double Rainbow” video on YouTube to feel better. It’s hilarious. A young man camping in Yosemite Park sees two rainbows stretching across the sky. He bursts into a kind of ecstasy. “Double rainbow, all the way! Oh my God!” he announces. Then he starts to weep. He cries out, “What does it *mean*?” Beneath the humor of his glorious overreaction is the deep intuition we all have, I think, when we see the colorful bow in the sky. This Sunday, God sends a rainbow to Noah, and to us. What *does* it mean?

Long before YouTube had the double rainbow, Dante’s medieval poem *The Divine Comedy* featured one in his image of paradise. Seeing two rainbows, he muses that one is born of the other. The bow is God’s promise of peace. For Dante, it’s even more: nature’s encrypted image of the Trinitarian God. One visible rainbow (God the Son) is begotten of another usually invisible one (God the Father) united by invisible light between them (God the Spirit). Like invisible light, Trinitarian glory surrounds us in every moment — but Jesus has made it visible in his glorious body.

**Lenten challenge:** This might seem silly, but this Lent I invite you to find a rainbow and meditate on it. You might have to make one yourself, like this current desert-dweller will. Gaze on it. See there a natural gift from the Creator, saying to you, “Here I am! I will love and protect you, surrounding you in My glory.” This Lent let’s embrace that with confidence, rain, or shine.

— *Father John Muir*

## Appointed Sunday Readings

### 1st Sunday of Lent-2/18/2024

**First Reading:** God said to Noah and to his sons with him: "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you." (Gn 9:8-10)

**Psalm:** Your ways, O Lord, are love and truth to those who keep your covenant. (Ps 25)

**Second Reading:** It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ. (1 Pt 3:21)

**Gospel:** He was among wild beasts, and the angels ministered to him. (Mk 1:13)

## Latin Mass Sunday Readings

### The First Sunday in Lent

**Epistle:** "Brethren: We exhort you that you receive not the grace of God in vain..." (1 Cor 6:1-10)

**Gradual:** "God has given His Angels charge over thee, to keep thee in all thy ways..." (Ps 90:11, 12)

**Gospel:** "At that time Jesus was led by the Spirit into the desert, to be tempted by the Devil..." (Mt 4:1-11)

## Appointed Daily Readings

### Monday, Feb. 19-Saturday, Feb. 24

**Monday:** Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

**Tuesday:** Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15

**Wednesday:** Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

**Thursday:** 1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6/Mt 16:13-19

**Friday:** Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26

**Saturday:** Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

## Prayers of the Faithful

### Please remember In your prayers:

**Those Who Are Ill:** Joseph Haines, Samuel J. & Bonnie K. Shovlin, Jim Faustgen, Ted Hoenben

### With Chronic Health Concerns:

Tom Ambrose, Brady Swenson, Andrea DeOttis, Medard Keisershot, Cody Binstock, Carol Borman, Kelly VanSchalk, Tori Prince, Joyce Hanauska, Mike Murry, Jeanne Rose

**Those Serving In Our Armed Forces:** Sam Dahlgren-Castilla, Justin Rathbun, Liam Gregory, Jordan Reese, Andrew Gladitsch, Cathal & Cormac O'Connor, Lisette Knaeble, Zachary Wilhelmi, Lily Wilson, Joseph Eckman, Chase Anderson

## Administration

### Stewardship-Your Commitment is Vital !

Collections for February 3-4, 2024 (week 32)	Dollars	# Donors
Sunday Envelope Collections	\$11,160.00	90
Electronic Donations	\$6,690.46	65
Plate (non envelope) Collections	\$1,816.00	
<b>Total Collections for week 32</b>	<b>\$19,666.46</b>	<b>155</b>

### Year-to-date Sunday Collections

	This Year	Last Year	(Behind)
Actual versus last year February 4, 2024 (week 32)	\$402,476	\$387,770	\$14,706
	This Year	Budget	(Behind)
Actual versus Budget February 4 2024 (week 32)	\$402,476	\$383,964	\$18,512

## Lenten Guides

Lenten Guides have been mailed. Extra copies are available at the kiosk by the Main Reception Desk.

## Lenten Magnificat

Please pick up your free copy of the Lenten Magnificat to be used during lent. This is a gift from the Parish.

## President's Day

The Parish Office and School will be closed on Monday, February 19 in recognition of President's Day. There WILL be Mass said at 8:00am.

## Catholic Services Appeal

Further driving home how difficult it is to follow him, in Luke's Gospel, Jesus warns, "If anyone wishes to come after me, he must deny himself and take up his cross daily" (Luke 9:23). Yet on another note, in John's Gospel, Jesus commands us, "Remain in my love" (John 15:9). Remaining in Jesus' love isn't easy, either—especially when it involves the desert. Feeling like it's too difficult to do this by ourselves is okay. It's often exactly where God wants us—because it pushes us to rely on him. That can be a place of profound growth. Our parish, and those we serve, relies on you to help us meet our many needs and the needs of our community. As you lift the cross Jesus asks of you this Lent, please remember our Catholic Services Appeal. We are counting on you. This Lent, count on us, and count on God! We'll walk in the desert with you. Extra envelopes are available at the Parish Office.



Aidan Laue  
Beni Trujillo  
Danny Hankey  
Grace Hankey  
Jason Broin  
Marin King  
Sam King

*Congratulations*

to the members of Sacred Heart Church who made the Semester 1 Honor Roll at Benilde-St. Margaret's





## Sacred Heart Catholic School

**Thank you to our Gala 2024 sponsors. We appreciate your support of Sacred Heart Catholic School.**

Mitchell Realty  
Citizen's Independent Bank  
Hackenmueller Meats  
Gearty-Delmore Funeral Chapel  
Benilde-St. Margaret's High School  
Knights of Columbus  
St. Therese Senior Center, New Hope  
Neaton & Puklich, PLLP  
Modern Heating and Air

### **Schedule a Tour for PreK-8th grade**

Come visit Sacred Heart Catholic School to see what is putting smiles on our students' faces! As you consider your educational options for the 2024-2025 school year, we invite you to set up a time for a tour during the school day to see our teachers and students in action.

We have many options for Pre-School and Pre-Kindergarten, including half and full days. Discover our school and the activities that enhance each child's educational experience. See how our integrated faith lessons combined with our C-STEM program enrich our classrooms each day. We are preparing our students for 21st Century skills called the 4 C's: Creativity, Critical Thinking, Collaboration, and Communication. Call the school office to schedule a tour, 763.537.1329.



### **Fish Fry 2024-- February 23, March 1, 8, 15 4:30-7:00 pm**

Menu:

Fish fillet, baked potato, green beans, cole slaw, garlic bread \$15.00

Fish Sandwich, baked potato, cole slaw \$15.00

Fish sandwich and spaghetti \$14.00

Large spaghetti and garlic bread \$14.00

Children's menu: Spaghetti and garlic bread \$7.00. Fish fillet, green beans garlic bread \$8.00.

**\*Take out orders available\***

### **Become a Fish Fry Donor**

Give a man a fish and he eats for a day. Buy a box of fish and he, friends and family eat a great meal. Donate \$100.00 for a case of fish and receive 2 FREE dinners. You may designate your donation in honor/memory of someone special.

Like our Facebook Page - Sacred Heart Catholic School Robbinsdale, MN Alumni/Parent  
<http://www.facebook.com/SHCSRobbinsdale> Follow us on Twitter - <https://twitter.com/SHCSRobbinsdale1>

### **To Join Sacred Heart Parish**

If you are new to our community, or have been attending Mass here but have not yet joined Sacred Heart call 763-537-4561 or stop in the parish office to register.

### **Sacrament of Initiation — RCIA (Rite of Christian Initiation for Adults)**

To join the Catholic Church call Bunny Brouillard in the Parish Office.

### **Sacrament of Baptism for Infants and Children (RCIC)**

Baptism for Infants and young Children is celebrated on the first & third Sundays of the month at 1 PM. Pre-Baptism Class meets on the second Tuesday of the month at 7 PM. To make arrangements call Bunny Brouillard in the Parish Office.

### **Sacrament of Confirmation**

If you are in High School or an Adult who has yet to receive Confirmation contact Matt Kruc or Bunny Brouillard in the Parish Office to make arrangements.

### **Sacrament of Holy Communion**

If you or your child have not yet made your First Holy Communion contact Bunny Brouillard. If you are shut in and would like to receive Holy Communion contact Deacon Ramsey to make arrangements

### **Sacrament of Penance**

See the schedule for confessions or contact Fr. Pedersen to make an appointment. To receive instruction on making a first confession contact the Parish Office.

### **Sacrament of Anointing**

To make arrangements to receive the Sacrament of the Sick or Last Rites contact the Parish Office.

### **Sacrament of Marriage**

Registered Parishioners should call Father Pedersen or Deacon Ramsey at least 8 months in advance of the wedding date to make arrangements.

### **Sacrament of Holy Orders**

Catholic Men contact Fr. Pedersen or Deacon Ramsey for more information on joining the Diaconate or Priesthood.

### **Religious Education**

For students grades 1—10. Meets Wed. evening 6:30pm—7:45pm, Oct. through April. Please call Morgan Leisgang or Matt Kruc in the Parish Office.

## Mass Intentions

**\*\*This Schedule is subject to change\*\***

### February

<b>Sun. 18</b>	<b>8:00 AM</b>	Jim Daugherty+
	<b>10:00 AM</b>	Parishioners
<b>Latin</b>	<b>11:40 AM</b>	Phillip Andrzejek+
<b>Mon. 19</b>	<b>8:00 AM</b>	Sophia Perlick+
<b>Tues. 20</b>	<b>8:00 AM</b>	Wesley Eckman
<b>Wed. 21</b>	<b>8:00 AM</b>	Mike & Mary Frye and Family
<b>Thu. 22</b>	<b>8:00 AM</b>	John & Laura Tiemann and Family
<b>Fri. 23</b>	<b>8:00 AM</b>	Kevin & Julie Harlan and Family
<b>Sat. 24</b>	<b>8:00 AM</b>	Walt & Olivia Gohmann+
	<b>4:00 PM</b>	Thomas Willenbring+
<b>Sun. 25</b>	<b>8:00 AM</b>	Parishioners
	<b>10:00 AM</b>	Scott Buchannan+
<b>Latin</b>	<b>11:40 AM</b>	Celebrant's Intention

### Chapel Open for Prayer:

- Monday: 8:30am-2:30pm
- Tues.-Wed.:8:30am-4:30pm
- Friday: 8:30am-4:30pm

### Confessions

Daily Tuesday-Saturday 7:40-7:55a.m.  
Saturdays 3:00-3:45pm

### Thursday Eucharistic Adoration

9:00am-8:30pm

## Parish Prayer Line

To be placed on the prayer line call the Parish Office 763-537-4561. You can also send in your request via e-mail: [cshadmin@shrmn.org](mailto:cshadmin@shrmn.org)



## Faith Formation



**The Bible Timeline:  
The Story of Salvation  
Developed by Jeff Cavins**

### Session 19: Messianic Fulfillment-Part 2

**Messianic Fulfillment-Part 2** : Part 2 follows Jesus's ministry in Judea and looks at how he established the kingdom of God on earth.

**Session 19 on Tuesday February 20 1:00pm or 7:00pm Sessions.**

**Questions call Bunny: Direct Line: 763-285-6247 contact@shrmn.org**

### A Bible Study on the Sorrowful Mysteries

**After Mass on Saturday February 24 and after the 8 and 10am Masses on Sunday February 25, in the Marian Rooms**

**Session 3: The Carrying of the Cross:** Have you ever wanted to grow in your understanding and devotion to the Sorrowful

Mysteries of the Rosary? Join Dr. Ben Akers and professors from the Augustine Institute Graduate School as they walk through these Biblical mysteries and seek to grow in understanding and love for Christ through the mysteries.

**This episode on The Carrying of the Cross, is the Fourth episode** of a five part series on the Sorrowful Mysteries of the Rosary.



## Pre-Baptism Classes

### PRE-BAPTISM CLASSES

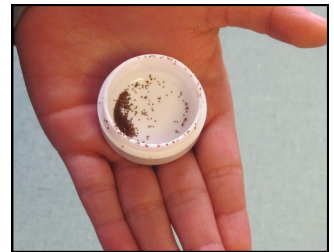
Pre-Baptism Classes are offered at Sacred Heart on the Second Tuesday of the month. All parents are required to attend a pre-baptism class before the Baptism of their first child or if it has been over three years since they last attended a pre-baptism class. Our next scheduled session is **Tuesday March 12 at 7pm** in the Activities Building. If you plan to attend this session, please call the Parish Office at 763-537-4561.



## Catechesis of the Good Shepherd

### It is the smallest of all the seeds

The Gospel tells us the Kingdom of God is like a mustard seed, the smallest of all seeds, no bigger than a head of a pin. It is easily overlooked. With the youngest children in the Catechesis of the Good Shepherd atrium, we focus on just one of these tiny seeds and wonder what happens to it when it has been planted.



## Respect Life Ministry

### 40 Days for Life Twin Cities Lent 2024

Sacred Heart has adopted **Friday, March 8** to pray 6am to 6pm.

Fr. Bryan Pedersen will lead prayer at 3pm.

Planned Parenthood, 671 Vandalia St, St. Paul, MN 55114



\*\*\*Signup sheets are at Welcome Desk in Commons\*\*\*  
and/or call Carol at 612-242-5807.

February 14 @ 3:00 pm – March 24 @ 4:00 pm

Pro-Life Action Ministries invites all to join us at one of the Midwest's largest abortion facilities, in this international movement of **prayer and fasting**, peaceful vigil and community outreach to end abortion.

## Rosary Gems

"The rosary is the most excellent form of prayer and the most efficacious means of attaining eternal life. It is the remedy for all our evils, the root of all our blessings. There is no more excellent way of praying." Pope Leo XIII, The Pope of the Rosary 1810-1903

## SHCCW

Minneapolis Deaneries Council of Catholic Women

Invites you to join us for the

3<sup>rd</sup> DEANERY DAY of 2023-2024

Monday, March 11, 2024 at Holy Cross Catholic Church,

1621 University Ave NE, Minneapolis, 9am to 2:30pm

Day includes: 9am Registration & Hospitality, 9:30 Business Meeting,

10:40am Speaker, Janae Bower, Author & Retreat Leader

Topic: Witness of Love: The Second Holy Family"

11:40 Rosary, Noon Mass & Installation of Officers, 1pm Lunch

2pm, ACCW Pres. Doreen Hogan, Florence Schmidt

Spring Drawing Fundraiser

2:30pm Adjourn

Cost \$15 per person. First ten ladies are paid for by the SHCCW.

To register, call Carol Rusinko, SHCCW Deanery Rep.

at 612-242-5807 by Sunday, **March 3, 2024, leave name & phone #**

Drive on your own or call me if you want to carpool.

All women are welcome.



## Calendar of Events

Sunday, February 18– 1st Sunday of Lent

7:30 AM Rosary Prayed

8:00 AM Mass: Fr. Pedersen

10:00 AM Mass: Fr. Pedersen

11:40 AM Latin Mass: Fr. Pedersen

Monday, February 19– St. Conrad of Piacenza, 1351 (Trad)

President's Day– Parish Office Closed

8:00 AM Mass: Fr. Pedersen

Morning Prayer to follow

Tuesday, February 20– Sts. Francisco Marto, 1919 & Jacinta Marto, 1920, seers of Fatima

7:35 AM Rosary Prayed

7:40 AM Confessions till 7:55 AM

8:00 AM Mass: Fr. Pedersen

Morning Prayer to follow Mass

Wednesday, February 21– St. Peter Damian, 1072

7:35 AM Rosary Prayed

7:40 AM Confessions till 7:55 AM

8:00 AM Mass: Fr. Pedersen

Morning Prayer to follow Mass

Thursday, February 22– Feast of the Chair of St. Peter (At Antioch)

7:35 AM Rosary Prayed

7:40 AM Confessions till 7:55 AM

8:00 AM Mass: Fr. Pedersen

Morning Prayer to follow Mass

Adoration following Mass till 8:30 PM

Friday, February 23– St. Peter Damian, 1072

7:35 AM Rosary Prayed

7:40 AM Confessions till 7:55 AM

8:00 AM Mass: Fr. Pedersen

Morning Prayer to follow Mass

Saturday, February 24– St. Matthias, 1st C (Trad)

7:35 AM Rosary Prayed

7:40 AM Confessions till 7:55 AM

8:00 AM Mass: Fr. Pedersen

Morning Prayer to follow Mass

4:00 PM Mass: Fr. Pedersen

5:15 PM Vespers

Sunday, February 25– 2nd Sunday of Lent

7:30 AM Rosary Prayed

8:00 AM Mass: Fr. Pedersen

10:00 AM Mass: Fr. Pedersen

11:40 AM Latin Mass: Fr. Pedersen


Like and Follow the Church of the Sacred Heart on Facebook


<https://www.facebook.com/shrobbinsdale/>



Sacred Heart Church  
Robbinsdale MN.

# LENT 2024

 = a day of abstinence from meat

 = a day of fasting and abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church’s liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer” (<i>Catechism of the Catholic Church</i>).</p>	<p><b>February</b></p>	<p><b>February</b></p>	<p><b>Ash Wednesday</b></p>			
<p><b>18</b> Scroll through your phone contacts and offer your Communion for whichever person you land on.</p>	<p><b>19</b> Keep custody of the thoughts: give up complaining, rash judgement, and negative self-talk. See holiness -- and productivity! -- increase.</p>	<p><b>20</b> Pick a saint to accompany you during Lent. Learn more about them and ask them to pray for you.</p>	<p><b>21</b> Find a pro-life pregnancy center near you and ask how you can help them support the women and their babies.</p>	<p><b>22</b> Put out an empty box. Throughout Lent, fill it with gently used items in good condition that you no longer use.</p>	<p><b>23</b> Observe a screen fast (from recreational use) from noon to 3, recalling the 3 hours Jesus hung on the Cross.</p>	<p><b>24</b> Make up bags of socks, oranges, and bottled water to offer people who are homeless.</p>
<p><b>25</b> Stay after Mass and pray for the intentions of the pope.</p>	<p><b>26</b> Ask God to remind you of His love for you today -- it’s a prayer He loves to answer. Thank Him tonight before bed.</p>	<p><b>27</b> Make a small sacrifice today for souls, e.g., no cream in your coffee, no snacks before dinner.</p>	<p><b>28</b> Give up worry. Write down what worries you and leave it before an image of Jesus, surrendering it to His care.</p>	<p><b>29</b> Stop by the parish office and ask what upcoming events you can volunteer with (e.g. setting up St. Joseph’s Table).</p>	<p><b>1 March</b> Attend Daily Mass and/or spend some time before the Blessed Sacrament in honor of Jesus Sacred Heart.</p>	<p><b>2</b> Our Lady urged praying the Rosary to bring peace. Pray a Rosary in honor of Mary’s Immaculate Heart.</p>
<p><b>3</b> Meditate on today’s Gospel (John 2:13-25). Where can you “clean the temple” of your heart to make more room for God?</p>	<p><b>4</b> Learn something new about your Faith: skim the glossary of the Catechism for an unfamiliar term and learn more about it.</p>	<p><b>5</b> Check out Catholic Relief Services at <a href="http://www.crs.org">www.crs.org</a> to see how you can help support any of their projects.</p>	<p><b>6</b> Meditate on Scripture on-the-go. Copy down a favorite Bible verse and carry it with you all day. Pray with it whenever you have to wait.</p>	<p><b>7</b> Catch up with a friend you haven’t heard from in a while.</p>	<p><b>8</b> Attend a Stations of the Cross service or pray them on your own. Find them here: <a href="http://www.usccb.org">www.usccb.org</a>.</p>	<p><b>9</b> Give others the gift of your presence: ask about their work, interests, or family, and listen attentively while they speak.</p>
<p><b>10 Laetare Sunday</b> Rejoice! Have some holy fun after Mass today.</p>	<p><b>11</b> This whole week, give up recreational screen time after 9PM and give that time to God.</p>	<p><b>12</b> Renew your commitment to your Lenten promises.</p>	<p><b>13</b> Do a thorough Examination of Conscience, then go to Confession to be freed of your sins and experience God’s mercy.</p>	<p><b>14</b> Today, choose kindness. Resolve to smile at everyone you meet.</p>	<p><b>15</b> Make an additional, small sacrifice of your choosing and pray for the unborn children and their mothers.</p>	<p><b>16</b> Volunteer at a retirement community. Call ahead and ask how you can serve (e.g., reading to the residents, donating needed items).</p>
<p><b>17</b> Consider offering your Communion at Mass for missionaries, teachers, and catechists -- anyone who passes on the Faith.</p>	<p><b>18</b> Until the end of Lent, only buy essentials, like food, medicine, etc.</p>	<p><b>19 St. Joseph’s Day</b> Happy Solemnity! Enjoy pastries today to celebrate. Prayerfully entrust husbands and fathers to St. Joseph’s protection.</p>	<p><b>20</b> Drop off the box of clothes at its destination.</p>	<p><b>21</b> Find time today to visit the Blessed Sacrament, even if briefly. Pray that everyone has a safe and spiritually fruitful Holy Week.</p>	<p><b>22</b> The King is coming! Clean the house in preparation for Palm Sunday.</p>	<p><b>23</b> Praying for the dead is a work of mercy. Visit a cemetery and pray for the souls there.</p>
<p><b>24 Palm Sunday</b> During the Gospel readings at Mass, imagine you’re in the scene. How would you respond?</p>	<p><b>25</b> Offer extra prayers today for those coming into the Church at Easter.</p>	<p><b>26</b> Evaluate your Lent. Where did you see spiritual growth? What would you do differently next year?</p>	<p><b>27</b> Today recalls Judas’ betrayal of Christ. Ask forgiveness from those you have hurt. Forgive those who have hurt you.</p>	<p><b>28 Holy Thursday</b> Today, Christ instituted the Holy Eucharist and the Priesthood. Send a priest a thank-you card for all the ways he’s served you.</p>	<p><b>29 Good Friday</b> Read Mark 15 and reflect on Jesus’ love for you. Name one way you’ll return His love.</p>	<p><b>30 Holy Saturday</b> Light a candle and renew your baptismal vows to remain faithful to God this coming year.</p>



# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

February 2024

Sacred Heart Church  
Robbinsdale MN.

## One Minute Meditations

### St. Josephine Bakhita

Born in Darfur, Sudan around 1869, she was kidnapped and sold into slavery. Her captors gave her the name Bakhita, meaning "fortunate." After several years of serving under cruel masters, she was bought by Augusto Michieli. The Michielis sent Bakhita with their daughter to Italy, where Bakhita encountered Catholicism. Overjoyed, she was baptized and took the name Josephine. In 1893, instead of returning to Africa with the Michielis, she entered the Institute of St. Magdalene of Canossa.



### The moment of truth

Conversion begins when we accept responsibility for our failures. Lent is an opportunity to stop and take a good look at our lives. Identify all the ways that sin keeps you from living the way Jesus taught us to live. Know that it may take courage to face your shortfalls.

"Apart from the cross, there is no other ladder by which we may get to heaven." St. Rose of Lima



## Deepen the connection to Christ during Lent

The key to a fruitful Lent is not to perform miserable penances. A good Lent hinges on encountering Christ in a personal way and letting Him change our hearts and minds. In fact, an effective way to deepen our encounter with Him is through the Eucharist. Consider these suggestions:

"Here I am, Lord. Love me!" Mother Teresa told her sisters to start their chapel time with this bold prayer, "Here I am, Lord. Love me!" No matter whether you are in His Presence for Mass, a holy hour, or a quick visit in front of the Blessed Sacrament, begin with, "Here I am, Lord. Love me!" It's a prayer of faith God delights to answer.

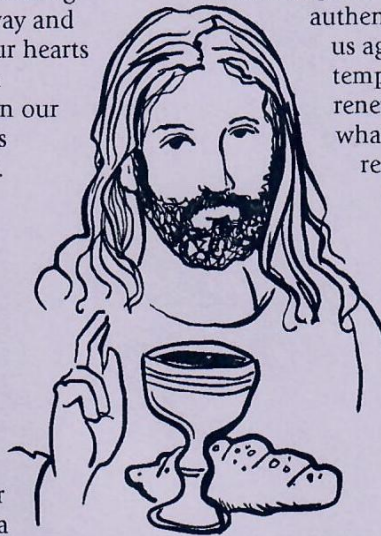
Live for the next Communion.

Every Communion deepens our union with God, strengthens our faith, helps us love more

authentically, and immunizes us against future temptations. Each week, renew your resolve to do whatever is needed to receive Jesus well. For example, avoid activity or entertainment that tempts you away from God, and if you sin seriously, immediately go to Confession and start anew.

Invite others to the feast. Invite a friend, neighbor or colleague to Mass or Adoration

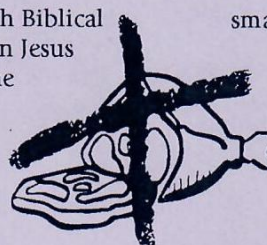
with you. Pray for priests to stay close to the Eucharist. Most importantly, pray that more people come to faithfully encounter Jesus in the tabernacle.



## Why Do Catholics Do That?

### Why do Catholics have to fast on Ash Wednesday?

Fasting is a practice with Biblical roots, most notably, when Jesus fasted for forty days in the desert. Those in good health, aged 18-59, are required to fast on Ash Wednesday and Good Friday. We're permitted one full meal and two



smaller meals that together don't equal the full meal. This includes abstaining from meat. Fasting expresses our recognition that we've sinned and desire to make amends. It purifies our hearts and frees them to love God and others well.

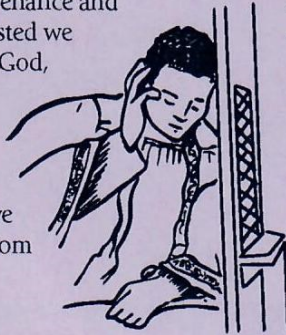


## Pope Francis's three-point approach to Confession

Instead of dreading seeking the Sacrament of Penance and Reconciliation (Confession), Pope Francis suggested we look at it as "the Sacrament of the tenderness of God, His way of embracing us." Follow the pope's three-point approach to the Sacrament:

**What's my intention?** Rather than an obligation, consider the Sacrament a fresh start. Firmly resolve, from this moment forward, to give up the activities or behaviors that separate you from God. The firm resolution to change is key to receiving absolution effectively.

**Are there loose ends?** Unconfessed sin creates



distance between us and God. Make sure you have not withheld mortal sins in prior Confessions, either intentionally or accidentally. If you become aware that you have, confess them and leave the confessional a new man or woman.

**Have I completed the assigned penance?** The Sacrament is meant to change us.

Purposefully make amends and continue your resolutions to realign your life to the Gospel.

Seeking Reconciliation often and staying in a state of grace helps us become holier people of God.

### from Scripture

#### Mark 9:2-10, Heavenly glory, not worldly power

In Jesus' time, Israel was occupied by the Romans. The Israelites already had a long history of being attacked and conquered by other nations. The Jews dreamed of the day when the Messiah would set them free and make them the victors.

God had set up Moses as liberator and lawgiver, and sent them Elijah, the first of the great prophets who foretold Christ's coming. So when Jesus was transfigured in glory with Moses and Elijah, the Apostles assumed that God was revealing Jesus as the Messiah.

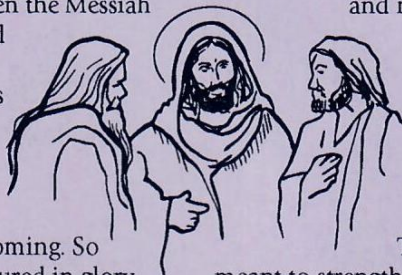
Moses and Elijah spoke with Jesus about His death and Resurrection.

Jesus warned His disciples that He would suffer and die (Mark 8:31).

While many Jews were expecting the Messiah to overthrow the Romans and make Himself king,

God revealed that the Messiah would save His people by His own death and Resurrection.

The Transfiguration was meant to strengthen the faith of the Apostles and prepare them for the Passion. The Transfiguration reminds us that however difficult this life may be there is unimaginable glory that awaits us in Heaven.



### Q & A Why should we "offer it up"?

When tempted to complain about suffering, we may be encouraged to "offer it up" instead. This act of surrender carries incredible spiritual power.

**A share in Christ's Cross.** Because Jesus is God, His suffering and sacrifice have infinite value. When we unite even our



small sufferings to Jesus' suffering, it takes on an infinite value in helping Him to save souls.

**Spiritual "strength training."** When we offer our sufferings to God, He is able to work on our hearts. Suffering for others helps us to become less selfish and more compassionate, less hard-hearted and more patient, less self-indulgent and more generous. Our hearts emerge more Christ-like, and better able to love.

**Prudence is needed.** Under most circumstances, encouragement to "offer it up" works as a spiritual discipline for inconveniences or mild suffering. Sometimes, however, remediation or professional help may be needed. God sees the sincerity of our love so we can still offer our suffering to Him and yet take constructive action to remediate whatever is causing the suffering. Be prudent.

#### Our Mission

To provide practical ideas that promote faithful Catholic living.

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### Feasts & Celebrations

**February 3 – St. Blaise (316).** A bishop in fourth-century Turkey, St. Blaise was arrested for being a Christian. On his way to jail, he healed a young boy choking on a fish bone. Refusing to deny his faith, the bishop was martyred.

**February 11 – Our Lady of Lourdes (1858).** A heavenly lady appeared to St. Bernadette Soubirous, a poor girl from a French village, and a spring with miraculous, healing waters emerged from a nearby cave. The lady revealed herself as the "Immaculate

Conception," the Blessed Virgin Mary.

**February 14 – Ash Wednesday.** The first day of Lent. Ashes of old palms are placed on the forehead as a sign of penance. It's also a day of abstinence from meat and fasting – one regular meal and two small meals that together don't equal a full meal.

**February 22 – The Chair of St. Peter.** Marking St. Peter's establishment of the Holy See, on this festival we thank God for His Church and pray for its holy preservation.





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