

Sacred Heart Catholic Church - Bellingham, WA.

Fourth Sunday in Ordinary Time

Seeing Jesus teach, cure, and throw out demons, the people were amazed and said among themselves, "*What is this? A new teaching with authority. He commands even the unclean spirits and they obey him.*"

When it comes to matters of possessions and authority, it seems to me that there are three types of people in our society: those who are possessed by the spirit of this world, those who possess themselves, and those who are possessed by the spirit of God. The first type constantly concerns themselves with work, politics, latest fads, searching to please certain people. This is represented in this passage by the people. Their hearts are restless and may be searching for riches one day and drawn to Christ another day, and back again to the lures of the flesh the third day.

The second type is well disciplined most of the time, highly focused, able to make sacrifices to achieve a desired end. This type is represented by the Scribes and the Pharisees. They have good discipline of their minds and bodies and are highly focused. Nevertheless, they seem to be in constant battle with the desires of the world. They may have achieved power to redirect restless energies to achieve honor and at other times power. Some compensate this restless energy to God knows what.

The third type is what we see in Jesus; fully possessed by the Spirit of God. This is the only kind of person that the demons are afraid of, "*Have you come to destroy us? I know who you are—the Holy One of God!*" All three types claim authority and in a certain sense they are right. Which type would you like to be? Fr. Qui-Thac Nguyen

Fr. Qui-Thac will be away through Feb. 5.

Fr. Tom McMichael will celebrate the weekday Masses while Fr. Qui-Thac is gone.

Please welcome Fr. Rob Evanson, who will celebrate the Masses this weekend.



Adoration of the Blessed Sacrament

Adoration of the Blessed Sacrament will begin Friday, February 6 after the 12:10 p.m. Mass, and will end with Benediction on Saturday, February 7 at 8:25 a.m. in the Winter Chapel. Mass will follow at 8:30 a.m. in the Church.

Super Bowl Party

Join the Knights of Columbus for this fun event on Super Bowl Sunday, February 1, in Assumption Gym. Watch the game on the big screen, enjoy great food and liquid refreshments, and take a chance on the pools: for each score change and a big pot for the final score. \$10 entry fee. Contact Dick Banning, 671-1672, or Joe St. Hilaire, 671-4836, for tickets or more information.

Speaker on WSCC 2009 Legislative Priorities

On Feb. 3, 7:00-9:00 p.m., in the Parish Hall, Jim Thomas will share with us the priorities of the Washington State Catholic Conference as advocates for the poor and vulnerable during the current legislative session, and how our faith calls us to be involved. Jim is the Director of Adult Faith Formation for Catholic Social Teaching and Family Life at the Archdiocese. This session is co-sponsored by Pax Christi and the Social Justice Committee.

Sacred Heart takes back the Chili Cup!

The winners of the 8th annual Knights of Columbus Chili Feed were: First place: Marjorie La Valley; second place: Peter & Joseph Adams; third place: Kathy St. Hilaire. The Knights made about \$300, which will go toward a project at Sacred Heart.

Assumption School News

Catholic Schools Week, Jan.25-Feb. 1, Prospective families are invited to Assumption Catholic School's Open House on Sunday, Feb. 1 from 2:00 to 3:30 p.m. Parents will learn about how a Catholic education can enrich the life of their children and take a student-led tour. The principal and staff members will be on hand to answer questions .

Many families are called to a Catholic school education, but are not able to afford it. If you are called to support the mission of Catholic schools, please give generously to Assumption's Annual Fund Campaign. If you would like to donate toward our tuition assistance fund, please contact Jennifer Rick, Director of Development, at jrick@school.assumption.org or 360-733-6133. Thank you for your prayers for a successful enrollment campaign for the 2009/2010 school year.

Did you know that Assumption Catholic School offers the only Catholic pre-school experience in Whatcom County? By choosing Assumption's pre-school, you are preparing your little ones for a Christian life, beginning with age-appropriate Catechism and Catholic fellowship. Assumption offers morning and afternoon programs for both 3-year olds and 4-year olds. Save the Date - - March 26 is our Pre-school Open House! Contact Jennifer at the school for more information - - jrick@school.assumption.org or 733-6133.



What hypocrisy it is to rejoice over the first baby born in the New Year in our community and not to mourn the death of the first baby aborted in the New Year, the first of the estimated million babies who will die as a result of surgical abortion this year.

January 31 & February 1

4th Sunday In Ordinary Time

Deuteronomy 18:15-20, 1 Cor 7:32-35, Gospel: (Mark 1:21-28)

Feb. 1	8:30 a.m. Mass	Church
Sun.	9:45 a.m. Coffee Hour	Parish Hall
	9:45 a.m. RE/First Rec./First Comm.	Parish Ctr.
	11:00 a.m. Mass	Church
	12:15 p.m. Bible Study	St. Augustine
	6:00 p.m. SALT	Upper Room/Assumption

The Presentation of the Lord

Gospel: (Luke 2:22-40)

Feb. 2	No Mass	
Mon.	7:00 p.m. EDGE	Assumption Gym

Blaise, bishop, martyr, Gospel: (Mark 5:21-43)

Feb. 3	1:30 p.m. Prayer Shawl Min.	St. Nicholas Rm.
Tues.	5:15 p.m. No Reconciliation	Church
	6:00 p.m. No Mass	Church
	7:00 p.m. SHALOM Mothers Group	St. Nicholas
	7:00 p.m. Pax Christi	Parish Hall
	7:00 p.m. RCIA	Winter Chapel

Gospel: (Mark 6:1-6)

Feb. 4	11:15 a.m. No Reconciliation	Church
Wed.	12:10 p.m. Mass	Winter Chapel
	(Intentions of Aileen Carrell)	
	7:00 p.m. 8:30-Choir Practice	Church

Agatha, virgin, martyr, Gospel: (Mark 6:7-13)

Feb. 5	10:00 a.m. Parish Nurse	St. Clare Room
Thurs	11:15 a.m. No Reconciliation	Church
	12:10 p.m. Mass	Winter Chapel
	(Intentions of Martha Sweeney)	

Paul Miki, martyr, & companions, Gospel: (Matthew 28:16-20)

Feb. 6	11:15 a.m. Reconciliation	Church
Fri.	12:10 p.m. Mass	Church
	(Kyle Roger/Healing, 7 years old, has brain cancer)	
	1:00 p.m. Adoration	Winter Chapel
	1:10 p.m. First Friday Luncheon	Parish Hall

Job 7:1-4, 6-7, 1 Cor 9:16-19, 22-23, Gospel: (Mark 1:29-39)

Feb. 7	8:25 a.m. Benediction	Winter Chapel
Sat.	8:30 a.m. Mass	Winter Chapel
	3:30 p.m. Reconciliation	Church
	5:00 p.m. Mass	Church

5th Sunday In Ordinary Time

Job 7:1-4, 6-7, 1 Cor 9:16-19, 22-23, Gospel: (Mark 1:29-39)

Feb. 8	8:30 a.m. Mass	Church
Sun.	9:45 a.m. Coffee Hour	Parish Hall
	9:45 a.m. RE/First Rec./First Comm.	Parish Center
	9:45 a.m. F. Comm. Parents Mtg.	Aquinas
	11:00 a.m. Mass	Church
	6:00 p.m. SALT	Upper Room/Assumption

Is Your Marriage Tearing You Apart

Retrouville, a Catholic Program, can help!

Details: helpourmarriage.com

Winter program begins: Feb. 6-8.

Call: 206-706-2608

48 lbs of food was donated to the Bellingham Food Bank to help the poor in our community. Thank you!

SCHEDULE CHANGE FOR MARCH BAPTISMAL PREPARATION CLASS

The March class will be held on Sunday, March 8th from 12:30-4:30 p.m.

Adoration During Lent

During Lent, The Mass on Friday at 12:10 p.m. will conclude with Adoration lasting up to the Stations of the Cross at 7:00 p.m. This practice is a wonderful way to enrich your Lenten Journey.

LENTEN JOURNEY FOR LIFE

Sacred Heart is doing a Tuesday/Thursday Lenten Journey for Life consisting of peaceful, prayer vigil outside Planned Parenthood. *We stand in solidarity with the 40 Days for Life Program which expresses itself in 40 days of constant, peaceful vigil outside abortion centers and Planned Parenthood offices and 40 days of active pro-life community outreach.* If you are interested in participating in our parish effort, please contact Rebecca Gonella at 360-738-6976 or email at nmg9@msn.com.



Marriage Encounter

How do we find time to build intimacy and excitement in our marriage relationship? Simple! The same way we find time for the other important things in our life. We make time for what is important to us. Register now for the next Marriage Encounter Weekend. Upcoming weekend dates are March 27-29 and June 19-21, 2009. Call Kay and Mike Gougeon, 671-6955 for more information.

Sacred Heart's Stewardship Report January 24 & 25, 2009

Envelopes (159)	\$ 5,478.00
Visitors	\$ 417.65
Children (3)	<u>\$ 13.00</u>
Total Sunday Income	\$ 5,908.65
Weekly Budget Need	\$ 8,097.11
Initial Offering	\$ 3.00
St. Vincent de Paul	\$ 55.00
Building & Grounds	\$ 30.00
Assumption School	\$ 20.00