

Sacred Heart Catholic Church - Bellingham, WA.

Seventh Sunday in Ordinary Time

This Wednesday begins the season of Lent for the Universal Church. Lent specifies the 40 days fast before the celebration of Easter. The Latin name designated for Lent has greater significance: quadragesima (Italian quaresima & Spanish cuaresma), meaning the fortieth day. This length of time refers to the examples of Moses, Elijah, and Christ who fasted for 40 days as well as the 40

years in the desert of the Israelites before entering into the promised land. Christ also lay 40 hours in the tomb before the resurrection. By the end of the sixth century, it was the norm in Rome to fast for six weeks of six days each, described as spiritual tithing of the year, 36 days being approximately a tenth of 365 days. At a later date, we began the Lenten season on Ash Wednesday to realize the exact 40 days.

On Ash Wednesday, we use the sacramental of ashes traced on our foreheads as a reminder of our need for conversion. Our lives on this earth are relatively short and we need to be concerned about the things of heaven. The Church reminds us of the disciplines of Lent: prayer, fasting, and almsgiving. These disciplines help us to detach from the world (fasting), attach ourselves to Christ (prayer), and connect others to Christ (almsgiving). Let us enter into this time of intense spiritual awaiting the greatest joy of humanity: Christ's resurrection and our hope of eternal life in heaven.
Fr. Qui-Thac Nguyen

Ash Wednesday, February 25, is the beginning of Lent Lenten Rules of Fast and Abstinence

Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. Bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday.

Masses on Ash Wednesday will be 12:10 p.m. and 7:00 p.m. in the church and 9:00 p.m. in Fraser 4 at W.W.U.

Lectio Divina In Lent

Lectio Divina means "holy or sacred reading." It is an ancient Christian prayer-form being rediscovered and reclaimed in our time. *Lectio* is a slow, contemplative praying of scriptures, which in turn leads to union with God. It is an invitation to listen deeply for God's voice in scripture and then to allow what we hear to shape our way of being in the world. (Lucy Wynkoop, OSB)

We will be using the Sunday gospel readings during Lent.

Starts: Tuesday, February 24th

Where: Winter Chapel

Time: 12:10 -12:50 p.m.

Call Martha for more information, 734-2850.

Homebound Ministry

We have 66 parishioners in nursing homes or who are homebound. We have managed to see that they receive Holy Communion once a week, but we are in desperate need of people to help. Please consider becoming a Eucharistic minister to the homebound, or filling in as a substitute when a regular homebound minister is out of town. Call Marilyn Cunningham, 733-6160 or Mary Spencer, 733-7634 if you can help; we will train you. You are desperately needed!

Suds & Spuds, March 15

Mark your calendar for this fun Parish community event! The Event coordinators are looking for volunteers to help with food preparation, decorating the Hall, serving at the event, and other duties. If you can give your time, call Layne and Janet Anderson at 966-3111.

Thank You

Thank you to all veteran altar servers who attended the recent training session. Having over 20 of you present to update and fine-tune your altar serving skills was a blessing for our entire parish. Please review the new altar server manual with your parents. If you could not attend the training, please contact Zac or Bridget Adams, 647-9579, timbridget@gmail.com to arrange a training session to become familiar with the updates.

Welcome to our new altar servers: Addie Wolfson and Charlie Crowley (5:00 p.m. Mass) and Paul Baranek (8:30 a.m. Mass).

Marriage Encounter

"My spouse doesn't want me to go; we don't have the time; we can't leave the children." Those were our excuses for not going on a Marriage Encounter Weekend. When we finally did go on a weekend, it turned out to be one of the greatest experiences of our married life. Upcoming weekend dates are March 27-29 and June 19-21, 2009. For more information and registration, please call Mike and Kaye Gougeon, 671-6955.

Handy With A Needle?

Maria Vigh is a parishioner who takes care of the Altar linens. She would like to ask for a few volunteers to help her with mending as the need arises. If you are interested in serving the parish in this fashion, please contact Maria at 733-6500.

Parish Hall Floor Update

The Parish Hall floor replacement project has been postponed. It is now tentatively scheduled for the latter part of April.



Each child is sent into this world by God with a unique message to deliver, a new song to sing, a personal act of love to bestow. Abortion destroys God's plan for that child to affect the world.

February 21 & February 22

7th Sunday In Ordinary Time

**Isa 43:18-19, 21-22, 24b-25, 2 Cor 1:18-22,
Gospel: (Mark 2:1-12)**

Feb. 22	8:30 a.m.	Mass	Church
Sun.	9:45 a.m.	RE/ F. Comm./ F. Rec.	Parish Center
	9:45 a.m.	No Coffee Hour	Parish Hall
	11:00 a.m.	Mass	Church
	6:00 p.m.	SALT	Upper Room/Assumption

Polycarp, bishop, martyr, Gospel: (John 15:18-21)

Feb. 23		No Mass	
Mon.	7:00 p.m.	EDGE	Assumption Gym

Gospel: (Mark 9:30-37)

Feb. 24	12:10 p.m.	Lectio Divina	Winter Chapel
Tues.	1:30 p.m.	Prayer Shawl Min.	St. Nicholas Room
	5:15 p.m.	Reconciliation	Church
	6:00 p.m.	Mass (Irene Cross) (+)	Church
	7:00 p.m.	RCIA	Winter Chapel

Ash Wednesday

Gospel: (Matthew 6:1-6, 16-18)

Feb. 25	11:15 a.m.	Reconciliation	Church
Wed.	12:10 p.m.	Mass	Church
	7:00 p.m.	Mass	Church
	9:00 p.m.	Mass	Fraser 4 at W.W.U.

Gospel: (Luke 9:22-25)

Feb. 26	10:00 a.m.	Parish Nurse	St. Clare Room
Thurs	11:15 a.m.	Reconciliation	Church
	12:10 p.m.	Mass (Helen Mosher)	Chapel
	1:00 p.m.	Staff Meeting	St. Francis

Gospel: (Matthew 9:14-15)

Feb. 27	11:15 a.m.	Reconciliation	Church
Fri.	12:10 p.m.	Mass (Shirley Zilinek) (+)	Chapel
	1:00 p.m.	Lenten Friday Adoration	Church
	7:00 p.m.	Stations of the Cross	Church
		Stations conclude with Benediction	

Gen 9:8-15, 1 Peter 3:18-22, Gospel: (Mark 1:12-15)

Feb. 28	8:30 a.m.	Mass	Winter Chapel
Sat	3:30 p.m.	Reconciliation	Church
	5:00 p.m.	Mass	Church

First Sunday In Lent

Gen 9:8-15, 1 Peter 3:18-22, Gospel: (Mark 1:12-15)

March. 1	8:30 a.m.	Mass	Church
Sun.	9:45 a.m.	RE/ F. Comm./ F. Rec.	Parish Center
	9:45 a.m.	No Coffee Hour	Parish Hall
	11:00 a.m.	Mass	Church
	6:00 p.m.	SALT	Upper Room/Assumption

Assumption School News

Catholic School Education: 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, or if you would like information about establishing an endowment for the school, 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 2009/2010 school year.

Did you know that Assumption Catholic School offers the only Catholic pre-school experience in Whatcom County? By choosing Assumption pre-school, you are preparing your little ones for a

Schedule Change for March Baptismal Prep. Class: the March class will be on Sunday, March 8 from 12:30-4:30 p.m.

Lenten Journey for Life

Sacred Heart is holding a Tues./Thurs. Lenten Journey for Life consisting of peaceful, prayer vigils outside Planned Parenthood. We stand in solidarity with the 40 Days for Life Program, which expresses itself in 40 days of prayer and fasting for an end to abortion, 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 Gonnella at 360-738-6976, or e-mail nmg9@msn.com.

Other Lenten Offerings

Check out the flyer concerning Lenten offerings, and the information on the Sacred Heart website.

Please keep the candidates and catechumens in your prayers as they begin this journey through Lent.

Liturgical Ministers should have received, or will receive the new schedule for March / April / May. This schedule was the work of many hands. Special thanks go to heads of ministries, especially Carol Anderson (Extraordinary Ministers of Holy Communion), Edna Arthurs (Lectors), Bridget Adams (Altar Servers) and Christy Nichols. If you don't receive your schedule, please call the Parish Office, 734-2850, Ext. 6.

Sacred Heart's Stewardship Report February 7 & 8, 2009

Envelopes (147)	\$ 7,484.87
Visitors	\$ 381.02
Children (1)	<u>\$ 0.70</u>
Total Sunday Income	\$ 7,866.59
Weekly Budget Need	\$ 8,097.11

Initial Offering	\$ 8.00
St. Vincent de Paul	\$ 105.00
Building & Grounds	\$ 12.00
Assumption School	\$ 5.00

Assumption School News continued:

Christian life, beginning with age appropriate Catechism and Catholic fellowship. Assumption offers morning and afternoon programs for both three- and four-year-olds. Contact the school to learn more. Save the date -- March 26 is our Pre-school Open House.

Registration for 2008-2009: Are you looking for a Catholic school with a strong Catholic identity, proven academic success, a quality certified faculty, and an atmosphere that promotes achievement, moral behavior, and a host of co-curricular activities? Call Assumption Catholic School (733-6133) for a tour and a meeting with the principal.

Office Hours: Assumption Catholic School's office hours are 7:30-3:30 Monday - Friday (Phone 733-6133).