

Sacred Heart Catholic Church - Bellingham, WA.

First Sunday in Lent

Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me." (Mt 16:24) During Lent, we strive to pray, fast, and give alms as our way of uniting ourselves to Christ. We see how Jesus has given up everything in his Passion and cross for us and we want to imitate him. For this reason, the Church encourages us to meditate deeply upon Jesus' Passion and death to get a sense of what Jesus did for us. We do this through the Stations of the Cross.

Pilgrims in the past desired to walk in the footsteps of Jesus and made trips, to Jerusalem stopping at key sites in the Passion of Jesus. Most people are not able to make this trip and the practice of meditating on the Stations of the Cross in the local church sprang up. The number of stations varied, but by the seventeenth century, it was determined to be fourteen. All Catholic churches must be constructed with the Stations of the Cross for this devotion and as a reminder of Jesus' greatest sacrifice. Jesus' sacrifice culminates in the crucifixion on the altar; this reality gives us the standard for our sacrifices. Every Friday at 7:00 p.m. at Sacred Heart, we will celebrate this devotion. You are invited to join.

Fr. Qui-Thac Nguyen



Adoration of the Blessed Sacrament

Adoration of the Blessed Sacrament will begin Friday, March 6, after the 12:10 p.m. Mass, and will end with Benediction on Saturday, March 7, at 8:20 a.m. in the Winter Chapel. Mass will follow at 8:30 a.m. in the Church.

First Week of Lent - Jesus' Temptation

In Mark's Gospel we read about Jesus being tempted by the devil for forty days. Lent provides us with time to reflect on the temptations we face and remember we rely on God for all things. Through our participation in **Operation Rice Bowl**, we put our faith into action; our prayers and alms help people in need around the world. As we continue our Operation Rice Bowl journey let us remember in **prayer** that the ability to work to earn a living is a right of all people. All workers have the right to a fair wage, to organize themselves, and to work in good conditions. May our **fasting** keep us mindful of the workers who provide food for their families. May our **almsgiving** assist Catholic Relief Services.

Assumption School Informational Meeting

If you would like to know more about Assumption School, please join Principal Rose Goeres and Father Scott Connolly for a question and answer informational session at the Parish Hall after the 8:30 a.m. Mass on Sunday, March 1.

Black and Indian Mission

10% of the collection on February 28 and March 1 will go to support the Black and Indian Mission Office. The support will go to some of the neediest people across the United States. Through your gift you join your sacrifice to those who sacrifice daily to lead others to Christ. Please give generously.

Thank you to all who brought food to be donated to the Bellingham Food Bank. 60 lbs of Food was donated by Sacred Heart parishioners in February. Thank you for caring for the poor in our community.

Bellingham Food Bank "Milk Money" Program

During March, Sacred Heart will sponsor the Food Bank "Milk Money" program. Our goal is to raise \$750, which the Food Bank will use to purchase milk for families, most of whom have children. You may place your donation in the lovely milk can located in the Hall during coffee hour, or mail or give your donation to the Parish Office. Checks should be made out to the Bellingham Food Bank.

Marriage Encounter

Married couples can prepare for Easter in a special way this year. A Worldwide Marriage Encounter Weekend will help you enjoy life with a new closeness to each other and God, You don't need it - you DESERVE a Marriage Encounter Weekend! Upcoming weekend dates are March 27-29, April 3-5, June 19-21. For information and registration, call Mike and Kaye Gougeon, 671-6955.

Thank You

Thank you to Fr. Qui-Thac and all of the parishioners for the prayers, cards and flowers that I received while I was ill. Please continue to pray for me while I am recuperating. Betty Chapin.

Project Rachel

Healing of the Wounds of Abortion

Do you suffer from feelings of guilt, grief, anger or depression from a past abortion experience? Join us on a journey of emotional and spiritual healing from abortion

Rachel's Vineyard Retreat May 15-17, at Stanwood.
Contact: Valerie 1-800-822-HOPE (4673)



Our elected officials are public servants. Unless we make demands, they will assume that the pro-death side speaks for us. We cannot remain silent. As children of God, we must vote for moral, pro-life politicians at all levels of government.

February 28 & March 1

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.	Assumption School Presentation	Hall
	9:45 a.m.	Coffee Hour	Hall
	11:00 a.m.	Mass	Church
	12:15 p.m.	Bible Study	St. Augustine
	6:00 p.m.	SALT	Upper Room/Assumption

Gospel: (Matthew 25:31-46)

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

Katherine Drexel, virgin, Gospel: (Matthew 6:7-15)

March 3	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 (Intentions of Lucy Campbell)	Church
	6:45 p.m.	Soup Night	Parish Hall
	7:00 p.m.	Theology of the Body	Parish Hall

Gospel: (Luke 11:29-32)

March 4	11:15 a.m.	Reconciliation	Church
Wed.	12:10 p.m.	Mass (Moises Mamaril) (+)	Winter Chapel
	7:00 p.m.	8:30 Choir Practice	Church
	7:00 p.m.	Confirmation Preparation	Parish Hall

Gospel: (Matthew 7:7-12)

March 5	10:00 a.m.	Parish Nurse	St. Clare Room
Thurs.	11:15 a.m.	Reconciliation	Church
	12:10 p.m.	Mass (Intentions of Lucy Campbell)	Chapel

Gospel: (Matthew 5:20-26)

Anointing of the Sick during Mass

March 6	11:15 a.m.	Reconciliation	Church
Fri.	12:10 p.m.	Mass	Church
	1:00 p.m.	First Friday Adoration	Chapel
	1:15 p.m.	First Friday Luncheon	Parish Hall
	7:00 p.m.	Stations of the Cross	Church

Adoration concludes with Benediction Sat. 8:20 a.m. in the Chapel

Gen 22:1-2, 9a, 10-13, 15-18, Rom 8:31b-34, (Mark 9:2-10)

March 7	8:20 a.m.	Benediction	Winter Chapel
Sat.	8:30 a.m.	Mass	Church
	3:30 p.m.	Reconciliation	Church
	5:00 p.m.	Mass	Church
	6:00 p.m.	Mexico Dinner & Auction	Parish Hall

Second Sunday In Lent

Gen 22:1-2, 9a, 10-13, 15-18, Rom 8:31b-34, (Mark 9:2-10)

March 8	8:30 a.m.	Mass	Church
Sun.	9:45 a.m.	RE/ F. Comm./ F. Rec.	Parish Center
	9:45 a.m.	Coffee Hour	Parish Hall
	11:00 a.m.	Mass	Church
	12:30 p.m.	Baptismal Preparation	St. Augustine
	6:00 p.m.	SALT	Upper Room/Assumption

Assumption School News

Catholic School Education: Many families are called to Catholic school education, but are not able to afford it. If you would like to donate toward our tuition assistance fund, or would like information about establishing an endowment for the school, contact Jennifer Rick, Director of Development, at jrick@school.assumption.org or 733-6133.

Did you know that Assumption Catholic School offers the.....

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.

Maria Vigh will be praying all four mysteries of the Rosary every night during Lent at 9:00 p.m. in the Church. You are welcome to come and join her during this time. Consider making this a part of your Lenten journey.

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 21 & 22, 2009

Envelopes (160)	\$ 6,917.55
Visitors	\$ 445.20
Children (1)	<u>\$ 1.00</u>
Total Sunday Income	\$ 7,363.75
Weekly Budget Need	\$ 8,097.11
Initial Offering	\$ 3.00
St. Vincent de Paul	\$ 130.00
Building & Grounds	\$ 15.00
Assumption School	\$ 45.00

Assumption School News continued:

...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 three-year-olds and four-year-olds. Contact the school to learn more. **March 25** is our Pre-school Open House! **(Please note the date change).**

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.