

Sacred Heart Catholic Church - Bellingham, WA.

Second Sunday in Lent

Studies show that words make up only 15% of our communication. Posture and body language play a huge role in communication. This truth allows us to use such technology as the lie detector. In your interpersonal communication, if you are observant, you can learn a lot about a person without words. When we communicate with God, what is our posture? What is our body language?

On Tuesday night after the Theology of the Body class, I went over to our church to join Maria Vigh to pray the rosary. This is the first time that I knelt in the church praying the rosary (not the first time praying the rosary itself!). The very posture of kneeling in front of Mary and asking for her intercessions in my life and the life of the parish moved me deeply. In that posture, I was able to feel the consolation and support of my Mother. I have prayed the rosary many times in the past, especially while driving, but never felt this closeness to Mary. Kneeling in our church in front of Mary while praying the rosary with others helped me to pray as I ought. The simple words of the *hail Mary* brought such comfort to my soul. When you pray during this Lent, I invite you to try different postures, different settings, different prayers. Find out what helps you to express the deepest thoughts and desires to God. When you have discovered it; that's praying!

Fr. Qui-Thac Nguyen

Mass Schedule Change

There will be no Mass Wednesday, March 11.

Fr. Qui-Thac will be attending a Deanery meeting.

Second Week of Lent - The Transfiguration

Today in Mark's Gospel, we find Peter, James and John being disturbed hearing Jesus talk about carrying a cross and losing his life. In answer to their misgivings, Jesus took them up to a mountain and was transfigured before them. They were filled with awe as they realized his glory was also theirs, a glory not experienced in his future kingdom but also here on earth.

As we continue our Operation Rice Bowl journey let us remember in **prayer** that as a community of faith, we have the obligation to reach out to those most in need. The Gospel specifically calls us to take action on behalf of the most vulnerable members of society. May our **fasting** move us to action on behalf of the poor. May our **almsgiving** assist Catholic Relief Services with their agriculture programs in the Philippines.

"Conversations with Fr. Bob"

"*Conversations with Father Bob*" is broadcast on Sacred Heart Radio KBLE AM 1050 every Tuesday, 5:00-6:00 p.m. and Thursday 9:00-10:00 p.m. It also airs every Saturday 8:00-9:00 a.m. and Sunday 7:00-8:00 a.m. on KKNW AM 1150. This week guest host Fr. Bryan Dolejsi will interview Bishop **Eusebio Elizondo**, Auxiliary Bishop for the Archdiocese of Seattle. Bishop Elizondo is going to discuss the upcoming Justice for Immigrants forums. Also joining Fr. Bryan is **Peggy Ghiglieri** who will speak about the national 40 Days for Life campaign.

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 foyer of the church, or mail or give your donation to the Parish Office. Checks should be made out to the Bellingham Food Bank.

Marriage Encounter

A Worldwide Marriage Encounter Weekend can help you enrich your marriage and add some pizzazz to your journey. Whether you have been married one year or fifty, a Marriage Encounter Weekend may be just the thing you need to put a breath of fresh air into your relationship. Upcoming dates are March 27-29, April 3-5, June 19-21. For information, call Mike and Kaye Gougeon, 671-6955.

Knights of Columbus Wine Gala

Mark your calendar for the fifth annual Knights of Columbus Wine Gala, to be held on Saturday, April 18, at Assumption Gym. This year's event will introduce some new wines from around the world in addition to some standard favorites. Hors d'oeuvres, musical entertainment, babysitting. Tickets available at church for \$25. All for a good cause - -the Newman Center.

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.



Pro-Life Prayer Vigil

Come and pray with us once a month on the third Sunday for one hour from 2-3 p.m. at Whatcom County's abortion clinic: Mt. Baker Planned Parenthood (1530 Ellis St.). Our monthly vigil will be Sunday, March 15, rain or shine. Let us pray for an end to all abortions and healing for all women suffering from post-abortion syndrome. For more information call Kathy St. Hilaire 671-4836.

March 7 & March 8

Second Sunday Of 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

Frances of Rome, religious, Gospel: (Luke 6:36-38)

March 9	No Mass		
Mon.	7:00 p.m.	Saint Vincent de Paul society	St. Nicholas
	7:00 p.m.	EDGE	Assumption Gym

Gospel: (Matthew 23:1-12)

March 10	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 (Rose Vogel (+))	Church
	6:45 p.m.	Soup Night	Parish Hall
	7:00 p.m.	Theology of the Body	Parish Hall

Gospel: (Matthew 20:17-28)

March 11	12:10 p.m.	NO Mass/Deanery Meeting	Chapel
Wed.	7:00 p.m.	8:30 Choir	Parish Hall
	7:00 p.m.	Confirmation Preparation	Parish Hall
	7:30 p.m.	Catholic Men's Group	St. Augustine

Gospel: (Luke 16:19-31)

March 12	10:00 a.m.	Parish Nurse	St. Clare Room
Thurs.	11:15 a.m.	Reconciliation	Church
	12:10 p.m.	Mass (Fr. Tom Kraft) (+)	Church
	1:00 p.m.	Staff Meeting	St. Francis

Gospel: (Matthew 21:33-43, 45-46)

March 13	11:15 a.m.	Reconciliation	Church
Fri.	12:10 p.m.	Mass (Elaine Mazonna (+))	Church
	1:00 p.m.	Lenten Friday Adoration	Church
	7:00 p.m.	Stations of the Cross	Church
		Benediction after Stations of the Cross	

Exodus 20:1-17, 1 Cor 1:22-25, Gospel (John 2:13-25)

March 14	8:30 a.m.	Mass	Winter Chapel
Sat.	9:00 a.m.	Vietnamese Retreat	Library/ St. Nicholas
	3:30 p.m.	Reconciliation	Church
	5:00 p.m.	Mass	Church

Third Sunday Of Lent

Exodus 20:1-17, 1 Cor 1:22-25, Gospel (John 2:13-25)

March 15	8:30 a.m.	Mass	Church
Sun.	9:45 a.m.	RE/ F. Comm./ F. Rec.	Parish Center
	9:00 a.m.	Vietnamese Retreat	St. Augustine
	11:00 a.m.	Mass	Church
	12:15 p.m.	Bible Study	Calcutta Room
	1:00 p.m.	Vietnamese Mass	Church
	1:30 p.m.	Vietnamese Retreat	St. Nicholas
	4:00 p.m.	Suds & Spuds	Shaughnessy Hall
	6:00 p.m.	Salt	Upper Room/Assumption

Thanks to all who supported our school auction. We were very successful in netting over \$90,000 for our school! Your generosity is overwhelming.

Catholic School Education: Many families are called to a Catholic school education, but are not able to afford it. 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 jrnick@school.assumption.org or 360-733-6133.

There are many wonderful opportunities for deepening your faith life during Lent. Details about each of these are on our website...www.sacredheartbellingham.org. Click the "Check out what is going on in Faith Formation" button.

Lenten Journey for Life, Tuesday/Thursday. Contact Rebecca Gonnella at 360-738-6976, or e-mail nmg9@msn.com.

Lectio Divina, Tuesday, 12:10 p.m. in the Winter Chapel.

Tuesday Soup Nights

- Confession and rosary at 5:30 p.m. in the church.
- Mass at 6:00 p.m. in the church.
- Soup Night follows in the Hall presented by S.V.D.P.
- Evening Adult Faith Presentation, (Theology of the Body) 7-9:00 p.m. in the Hall.

Every night at 9:00 p.m. in the church, all four Mysteries of the rosary are prayed for the intention of Respect Life.

Thank you to the wonderful chefs from Social Justice Ministry and Pax Christi who made wonderful soups for our first Soup Night, and for sharing the DVD presentation about the Offering of Letters Campaign supporting an end to Word Hunger. (Also on website).

Thank you to Tim, Bridget and Zach Adams for the wonderful job you did training our altar servers. Over the past few weeks, new servers have been trained, veteran servers have been coached, and some have even been trained for serving at Stations of the Cross! Thanks again to our leaders and blessings to all in this important ministry!

Please keep our Candidates and Catechumens in your prayers: Sheena, Eryn, Andy, Doug, and Fred.

Sacred Heart's Stewardship Report

February 28 & March 1, 2009

Envelopes (186)	\$ 9,116.87
Visitors	\$ 433.38
Total Sunday Income	<u>\$ 9,550.25</u>
Weekly Budget Need	\$ 8,097.11

Ash Wednesday	\$ 1,197.36
St. Vincent de Paul	\$ 307.00
Building & Grounds	\$ 152.00
Assumption School	\$ 72.00

Assumption Catholic School offers the only 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.