

Sacred Heart Catholic Church - Bellingham, WA.

Sixth Sunday In Ordinary Time

Some of you may not be aware that I am full time pastor of Sacred Heart and full time chaplain at the Newman Catholic Campus Ministry at Western Washington University. The double duty is taxing at times, but the returns are out of this world! Each week, one of our PM's (Peer Ministers) writes a reflection for our students' bulletin. I would like to share Rachel's reflection with you. She is our peer minister for liturgy. I look forward to a great Lent with all of you. Fr. Qui-Thac Nguyen

Hello and Happy Ash Wednesday Everyone!

Even though this might sound weird, I actually *like* Lent. To me, Lent is a time of preparation for a new beginning, for a new life that we gain through the death and resurrection of Jesus Christ. I know that its easy to get caught up in deciding what you are going to give up and comparing yourself and your sacrifices with others. As we heard in today's first reading from the Book of Joel, we are called to rend [our] hearts, not [our] garments, and return to the LORD. So, even though giving things up for Lent is a good idea, it is important that, in the process, we are preparing our hearts.

This year, along with giving things up, fasting, and alms-giving, lets make time for prayer and reflection over Christ's Life. This could be as simple as saying one Hail Mary every morning, or reading from the Bible every day (daily readings can be found at: uscgb.org/nab/). Whatever you do this Lent, I hope that it helps you to grow in your faith and that it prepares your heart for all the blessings of Easter.

Have a Blessed Lent, Rachel Verkruyse

Please Note: There is no Mass, Friday, February 19th, due to Rite Of Election at Church of the Assumption. If you would like to attend Mass on that day, there is a 10:30 a.m. Mass at Church of the Assumption.

The Parish Office will be closed Monday, February 15th to celebrate Presidents' Day.

Lenten Regulations for the Archdiocese of Seattle: For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving. Catholics in the United States are obliged to abstain from meat on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Ash Wednesday is February 17, 2010. Good Friday is April 2, 2010.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed. **The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.**

Lent begins this week with Ash Wednesday. As part of our community's observance of Lent, we ask all families to participate in Catholic Relief Services' Operation Rice Bowl, a program of prayer, fasting, learning, and giving. Please be sure to take home a Rice Bowl packet and follow this simple yet powerful Lenten practice. For information Visit orb.crs.org.

Suds & Spuds, March 14: Mark Your calendar for this fun Parish Community event! 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 of your time, call Layne and Janet Anderson, 966-3111.

Prayer Vigil for Peace in the Middle East: On Thursday, February 18th, from 5:30-6:00 p.m., the monthly Prayer Vigil for peace in the Middle East will be hosted by First Presbyterian Church, 1031 Garden St., Tel. 360-734-5510.

March 20, Interfaith Coalition's Annual Spring Auction: This year's theme is "A Burst of Spring in the Garden of Hope." Tickets now on sale for \$40 per person. Ticket price includes a sit-down dinner. **For tickets, information, or if you can provide a service, have a vacation home, or enjoy entertaining, contact Nancy Orłowski, 360-927-7783. The last day for Nancy to collect gift items from members of our parish is February 28th.**



Pro-Life Prayer Vigil: Come and pray with us once a month on the third Sunday from 2-3 p.m. at Whatcom County's abortion clinic: Mt. Baker Planned Parenthood (1530 Ellis St.). Our monthly vigil will be Sunday, February 21, 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.

February 13 and February 14

Sunday February 14th

8:30 a.m. **Mass** Church
 9:45 a.m. No Coffee Hour
 9:45 a.m. RE & Fir. Rec./Fir. Comm. Parish Center
 10:00 a.m. Burning of Palms Outside Parish Center
 11:00 a.m. **Mass** Church
 6:00 p.m. NoSALT

Presidents' Day/Office Closed

Monday February 15th

7:00 p.m. No EDGE

Tuesday February 16th

12:10 p.m. Adoration Church
 1:30 p.m. Prayer Shawl Ministry St. Nicholas
 5:00 p.m. Reconciliation Church
 6:00 p.m. **Mass** Church
 7:00 p.m. SHALOM Mom's Group St. Nicholas
 7:00 p.m. Young Catholics Parish Center
 7:00 p.m. RCIA Winter Chapel

Ash Wednesday

Wednesday February 17th

12:10 p.m. **Mass** Church
 6:00 p.m. 8:30 a.m. Choir practice Church
 7:00 p.m. **Mass** Church
 9:00 p.m. **Newman Campus Min. Mass** WW Com 115

Thursday February 18th

10:00 a.m. Parish Nurse St. Clare
 11:15 a.m. Reconciliation Church
 12:10 p.m. **Mass** Church
 7:00 p.m. Helping Catholics Come Home St. Augustine

Friday February 19th

12:10 p.m. Lenten Friday Adoration Church
 6:00 p.m. **No Mass**
 7:00 p.m. Stations of the Cross Church
 7:30 p.m. Benediction Church

Saturday February 20th

8:30 a.m. **Mass** Winter Chapel
 3:30 p.m. Reconciliation Church
 5:00 p.m. **Mass** Church

Sunday February 21st

8:30 a.m. **Mass** Church
 9:45 a.m. Coffee Hour Parish Hall
 9:45 a.m. RE & Fir. Rec./Fir. Comm. Parish Center
 9:45 a.m. F. Comm./F. Rec. Parents' Mtg. Fr.'s Office
 11:00 a.m. **Mass** Church
 1:00 p.m. **Vietnamese Mass** Church
 6:00 p.m. SALT Upper Rm./Assumption

Weekly Readings Sixth Sunday in Ordinary Time

February 14 Jer 17:5-8; 1 Cor 15:12,16-20;
Lk 6:17,20-26

February 15 Jas 1:1-11; Mk 8:11-13
 February 16 Jas 1:12-18; Mk 8:14-21
 February 17 Joel 2:12-18; Mt 6:1-6,16-18
 February 18 Dt 30:15-20; Lk 9:22-25
 February 19 Is 58:1-9a; Mt 9:14-15
 February 20 Is 58:9b-14; Lk 5:27-32

First Sunday of Lent

February 21 Dt 26:4-10; Romans 10:8-13;
Lk 4:1-13

Faith Formation & Liturgy

Do you love the Church? Is your mind disposed to learn more about how the Church lives out its mission in true charity? Is your heart moved to do something with the gifts God is giving you? Do you (and your family) long to live out this faith in real and substantial ways? Do you wish to bring others into the holy activity? **Consider joining the Social Justice Committee.** Contact Twi McDonell, 360-734-2850 Ext.6, for more info.

The Magnificat Lenten Companion is available to parishioners and their families. Offering brief meditations for each day of Lent that "speaks to daily struggles and sorrows" this Lenten Companion leads us deeper into the Heart of Jesus...to a knowledge "that the answer to all life's troubles is found in the Mystery of Jesus Christ." We invite you to take one and hope that it may offer a focus and a peace as you enter more deeply into this journey of Lent. Let me know how it works for you and your families. Thanks, *Twi*

Lent is coming!! Call for old palms. Please bring your palms from last Palm Sunday to church next weekend, February 13th/14th. The Boy Scouts will be burning them at 10:00 a.m., outside the Parish Center in preparation for Ash Wednesday.

Assumption School News

Thank you to all of our students, parents, and supporters for a wonderful Catholic Schools' Week!!

Current family re-registration: February 1- 15, 2010

Open enrollment begins: February 16, 2010

Thank you to the generous parishioners who support Catholic education by making donations to our Tuition Assistance Program, the Annual Fund Campaign, the Educational Enrichment Fund, and the Support for a Century Endowment. Please contact Jennifer Rick at 733-6133 or jrick@school.assumption.org. If you would like to make a donation.

Mass Intentions this week

February 16 Bryan Marriott (+)
 February 18 Margery A. Randle (+)

Sacred Heart's Stewardship Report February 6 & February 7



Ordinary Income

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|-----------------|----------------|
| Envelopes (184) | \$ 10,538.61 |
| Visitors | \$ 871.16 |
| Children (1) | <u>\$ 1.00</u> |
| | \$ 11,410.77 |

Weekly budget needed: \$ 8,232.00

2009/2010 Fiscal Year

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|----------------|---------------|
| Budget to Date | \$ 263,424.00 |
| Actual to Date | \$ 269,571.93 |

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|---------------------|-----------|
| St. Vincent de Paul | \$ 543.00 |
| Building & Grounds | \$ 175.00 |
| Assumption School | \$ 15.00 |