

Sacred Heart Catholic Church - Bellingham, WA.

First Sunday Of Lent

When it comes to Lent, people think of it's disciplines: fasting, prayer, and almsgiving. When asked what people would do for Lent, they think of giving up sweets, TV, or surfing the Internet. All this is common knowledge and predictable. We give up things, especially those things that are detrimental to our bodily and spiritual health. Yet, this thought is exactly what gives Lent a bad rap as a season that is boring, painful, and gloomy.

The Church never meant for us to be unhappy. Jesus never envisioned the Kingdom to be gloomy, but joyful. The tools to get us to that Kingdom besides moving away from vices - are virtues! The philosopher Aristotle once said, "Virtue is more clearly shown in the performances of fine actions than in the nonperformance of base ones." "Fine actions" are moral actions, virtuous actions. Virtues that assist us in the moral life are the cardinal virtues: Justice, fortitude, prudence, and temperance. What "fine actions" can you take on this Lent?

Fr. Qui-Thac Nguyen

Black and Indian Missions: This week we will give 10% of our regular collection to the Black and Indian Missions, which provides yearly grants to U.S. Bishops to promote evangelization and catechesis among Native American and African American peoples, with an emphasis on serving economically challenged areas within dioceses.

Operation Rice Bowl: If you did not get one last week, please be sure to take home a Rice Bowl packet and follow this simple yet powerful Lenten practice. In Luke's story of the temptations of Jesus we see how we can be tempted by wealth, power, and esteem just as He was. Lent calls us to focus on our faith life by living it in deeper ways. As we begin our journey with Catholic Relief Services' Operation Rice Bowl, let us pray and sacrifice so that through our faith life we can make a difference in the lives of our brothers and sisters in need.

Save the date for an incredible experience: Saturday, March 6th, 2010 — Archdiocese of Seattle Junior High Youth Rally. It all happens at Highline Community College in Des Moines. The Rally is an all day, all night Catholic youth extravaganza with hundreds of middle school students from all over Western Washington! Contact Angus our youth minister or go online to the Sacred Heart Parish website to get all the details. This Rally is **Totally Awesome!** Our 20+ group had a fantastic time last year !

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.

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.**

Immigration Reform: The U.S. Conference of Catholic Bishops is supporting a campaign for parishioners to support immigration reform. There are postcards available after the Masses to send to Senator Cantwell, Senator Murray and Representative Larsen. Please sign these cards. We will mail them as a package to Washington, D.C. It is also possible to sign and send the postcards on line at www.justiceformigrants.org/pcard. The Archdiocese has stated that the postcards should be completed and sent out no later than February 28th. Thank you for your participation.

Marriage Encounter: In today's Gospel, Jesus was tempted by the devil. In our daily lives there are many temptations that lead us away from a good marriage. Take time to focus your lives on Jesus as the center of your marriage by attending a Worldwide Marriage Encounter Weekend. Upcoming weekends: Mt. Vernon, April 30-May 2, Seattle, June 11-13. For more information call Kay and Mike Gougeon, 671-6955.

Bellingham Food Bank Donations: During January and February over 200 lbs of food was given to Bellingham Food Bank by the parishioners of Sacred Heart Church. Thank you to all who donated.



Writer Frederica Mathewes-Green has pointed out that: "no woman wants an abortion as she wants an ice cream cone or a Porsche. She wants an abortion as an animal caught in a trap wants to gnaw off its own leg."

February 20 and February 21

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

Monday February 22nd

7:00 p.m. EDGE	Assumption Gym
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Tuesday February 23rd

12:10 p.m. Adoration	Church
12:15 p.m. Lectio Divina	Winter Chapel
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. Soup Night	Parish Hall
7:30 p.m. Lectio Divina	Parish Hall
7:00 p.m. RCIA	Winter Chapel

Wednesday February 24th

11:15 a.m. Reconciliation	Church
12:10 p.m. Mass	Church
6:30 p.m. Social Justice Com. Meeting	St. Nicholas
7:00 p.m. 8:30 Choir	Church
7:00 p.m. Confirmation Preparation	Parish Hall
7:30 p.m. Catholic Men's Group	St. Augustine

Thursday February 25th

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 26th

12:10 p.m. Lenten Friday Adoration	Church
5:00 p.m. Reconciliation	Church
5:45 p.m. Benediction	Church
6:00 p.m. Mass	Church
6:45 p.m. Stations of the Cross	Church
7:00 p.m. Fourth Fridays	St. Augustine

Saturday February 27th

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

Sunday February 28th

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
11:00 a.m. Mass	Church
6:00 p.m. SALT	Upper Rm. Assumption

Faith Formation & Liturgy

Sacristan(s) Needed! We need a couple of sacristans for the 5 p.m. Mass. Please contact Sally Majkut if you are interested: 733-8145. This is a ministry that that works behind the scenes and outside the actual celebration of the liturgy. The sacristan's work is hidden yet essential for the unfolding of the liturgy. You can get a sense of it when you read one of the Sacristans' Prayers: *I'm setting out the vessels, Lord. I'm reaching for cups and plates, pitchers, and bowls. Now they are empty. Soon they will hold the bread and wine that will become your body and blood. Make me a vessel, Lord. Open my heart and make me You to all I meet today. Amen.*

5 p.m. Saturday Mass needs more Liturgical Ministers in general: Greeters/Ushers, Extraordinary Ministers of Holy Communion, Lectors, Servers and Sacristans! Maybe God is asking you to serve the parish in this way. Contact the office at 734-2850 and let them know of your interest. The head of ministry will give you a call!

A great big THANK YOU to the Boy Scouts (in particular the Adam's family) who assisted us in burning the palms to make ready for Ash Wednesday.

Assumption Catholic School Enrollment Events-Wed., Feb. 24, 6-7 p.m. Kindergarten Information Meeting—"Starting Out Right"

Parents of our PK4 students and new families who are interested in enrolling their child in our all-day kindergarten won't want to miss this informational meeting. This is a critical time as parents decide their child's educational journey, and we encourage you to come with questions. Meeting will be held in the school's library.

Thurs., March 23, 12-2 p.m. Pre-School Open House --"A Big Step for Small Children"

Are you ready for your child to attend pre-school? This can be a big step for both parents and children. You are invited to view our pre-school, meet our teachers, and check out how a quality, values-centered preschool can make this family transition a positive one. Children encouraged to attend, and we'll gather in the pre-school room.

Mass Intentions this week

February 23	Aileen & Rob Carrell (Intentions)
February 24	Hope Clark (First Birthday)
February 25	Moises Mamaril (+)
February 26	Joseph Adams (12th Birthday)

Weekly Readings First Sunday of Lent

February 21	Dt 26:4-10; Romans 10:8-13; Lk 4:1-13
February 22	1 Pt 5:1-4; Mt 16:13-19
February 23	Is 55:10-11; Mt 6:7-15
February 24	Jon 3:1-10; Lk 11:29-32
February 25	Est C:12,14-16,23-25; Mt 7:7-12
February 26	Ez 18:21-28; Mt 5:20-26
February 27	Dt 26:16-19; Mt 5:43-48

Second Sunday of Lent

February 28	Gn 15:5-12,17-18; Phil 3:17-4:1; Lk 9:28b-36
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Sacred Heart's Stewardship Report February 13 & February 14



Ordinary Income

Envelopes (149)	\$	6,087.00
Visitors	\$	452.50
	\$	6,539.50

Weekly budget needed: \$ 8,232.00

St. Vincent de Paul	\$	198.00
Building & Grounds	\$	52.00
Assumption School	\$	5.00