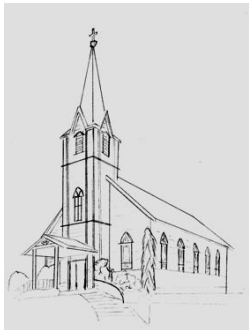


SACRED HEART CATHOLIC PARISH

3910 SE 11th Ave. Portland, Oregon 97202

www.sacredheartportland.org



Fr. Bob Barricks, Pastor

PARISH MAILBOX: sacredheart@sacredheartportland.org

(503) 231-9636

www.facebook.com/SacredHeartPortland

PARISH OFFICE HOURS: Mon – Thursday, 8:30 am – 12:30 pm

Office is closed on Friday, Saturday and Sunday's

Sacrament of Reconciliation: Saturday, 4:00 – 4:15 pm

Masses: Wednesday, Thursday and Friday 11:00 am

Saturday, 4:30 pm; Sunday 10:00 am

February 18th, 2024

Padre's Portion..... Ash Wednesday has kicked off Lent for us. Lent is a 40 day season of prayer, fasting and alms giving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It is so fitting that Lent begins on Valentine's Day this year; God has called us into his love. And as we respond to God's love, we grow in trust of Him and, in turn learn to trust each other more.

We've been trying to offer a time for Adoration so that each one of us has some time for quiet in the presence of Jesus. So during Lent, after the Masses, we will give everyone time to say, "Hello" and visit, and then 30 minutes after Mass ends (approximately at 6:00 p.m. and 11:30) we will start Exposition of the Blessed Sacrament for an hour. You can stay for as long or as short as you'd like. On Sundays, go get your coffee and your doughnut and come on back to Church in silence. Enjoy a "coffee break" with Jesus.

Also, on Fridays we're bringing back "Soup Supper." Bring your bowl and your spoon (if you forget, we've got you covered). Soup Supper is after the Stations of the Cross which will start at 6:30 p.m. So soup will be served about 7:00. The Church will be opened at 6:00 for those of you who'd like to spend a little quiet time in the presence of the Lord. Then Stations will follow.

Now some of you may have seen this, but I read a humorous and very thought-provoking article titled, "101 Things to give up for Lent." If you come across it, read it and let the wisdom sink in. Here's some of the more common ideas all of us heard or maybe even tried: Give up one of these: chocolate, soda, alcohol, coffee, and added sugar. How about these for a different point of view: Bring lunch from home (don't buy it out of a store or restaurant -- then donate the money at the end of the week), No swearing, Jump up at the first sound of your alarm, Give up hot showers, Let one person know each day how grateful you are for them. And finally, "BE KIND."

Just choose one of these. Don't have to try all of them except, "BE KIND." More to come. God Bless.

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Mass Intentions for Feb 17th – Feb 25th

Sat, Feb 17 th	4:30 pm	Paul Rager – Sacred Heart
Sun, Feb 18 th	10:00 am	Parishioners
Wed, Feb 21 st	11:00 am	+Betty Ann Fisher – Bev Parscale
Thurs, Feb 22 nd	11:00 am	+Sr. Catherine Trtek – Bev Parscale
Fri, Feb 23 rd	11:00 am	+Al Etezl – Bev Parscale
Sat, Feb 24 th	4:30 pm	Parishioners
Sun, Feb 25 th	10:00 am	Father Bob - Parishioner

Second Sunday of Lent

Genesis 22:1-2, 9a, 10-13, 15-18 (26B)
Romans 8:31b-34
Mark 9:2-10

Lenten Books for Adults and Children and Operation Rice Bowls are in the back of church.

If you are interested in having a Mass said for a loved one who has passed or a loved one who is struggling, or to honor them on a special date, we have many dates open. Call the office during office hours or email at sacredheart@sacredheartportland.org to find out dates available.

Please join us on Friday's during Lent for Adoration starting at 6pm, followed by Stations of the Cross at 6:30pm and enjoy a simple soup supper in the fellowship hall after with fellow parishioners during this Lenten Season. Each week will be hosted by a different committee.

This week at Sacred Heart

Monday	Office Closed – President’s Day
Tuesday	RE Class @4:15pm
Wednesday	Mass at 11:00am , Rosary precedes Mass at 10:40am. Men’s Club Meeting @ 6:30pm in the Fellowship Hall.
Thursday	Mass at 11:00am , Rosary precedes Mass at 10:40am.
Friday	Mass at 11:00am , Rosary precedes Mass at 10:40am. Adoration @6pm, Stations of the Cross @6:30pm, followed by Soup Supper in the Hall hosted by your Pastoral Counsel.
Saturday	Mass at 4:30pm.
Sunday	Sunday Mass at 10:00 am Coffee and Donuts after Mass in the Fellowship Hall.

We had a wonderful Wine and Cheese Event this past Saturday after the 4:30pm Mass. Our next one is **April 13th** hosted by Amy & Jeff Delegato along with Paul & Connie Oakden and our last one for the season will be hosted by Florence Deziex & Nancy Peters on **May 11th**. Save the dates and join us, we would love to see you there! If you are interested in being part of the Wine and Cheese hosting please contact the office or Paul Costello.

We have two new Parish Council Members who will join us for a 3 year term: Sophia Valdez and Mary Merrick. **I deeply want to thank Sondra Ruckwardt, Scott Tracy and Bryan Schmunk who served you as Council members SO well.** May God continue to bless all of us with the wisdom to continue to keep Sacred Heart so strong.

From: Office of Divine Worship Re: Fasting and Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own sui iuris Church.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

"This is my beloved Son. Listen to him." Let us learn to listen better to each other and God by participating in the next Worldwide Marriage Encounter Experience on September 13-15, 2024 in Beaverton, Oregon. To apply for **YOUR** WWME Experience or search other dates go to rediscoverthepark.org. For information about WWME call 503-704-0836 or by email at reservations@rediscoverthepark.org

PLEASE KEEP IN YOUR PRAYERS THE SICK AND THOSE WITH SPECIAL NEEDS:

Raemarie Arrigotti, Dennis Berry (Joan Danna) Rose Boyd, Kim Crittelli, Ron Etzel (Bev Parscale’s brother), Nancy Fiorante, Sue Unfred Hays (Helen Unfred’s daughter), William Hill, Joe and Jake Hoffart, Pam Hren, RuthAnn Kessler, Harold LeBlanc (Friend of the Middendorff’s), Jen Lanning (Lynne & Ron’s DIL), Debbi Livesay (Judy Caruso’s relative), Pam (friend of Lisa Hodge), Daryl Phillippi, Paul Rager, Nigel Rogers, Bill & Alice Rose, Angela Schmitz (Friend of the Millers), Todd Small (Bev Parscale’s cousin), Tommi & Steather Smith (Judy Caruso’s sister and brother-in-law) Dave Standley (Shalee Stacey’s Father), Michael Tanda (Judy Caruso’s relative), Lynne Wehrman, Michelle Whiteaker, Jim Wieland, Ron Zaraza, Kory Zimmerman

Ministry Schedule for the weekend of February 24th & February 25th

Greeters	Joe & Sue Rivelli	Addy & Josh Huss
Lectors	Sondra Ruckwardt	Marcy Huss
Cups	Duane Erland & Sue Rivelli	Diane Boland & Joyce LaBarre
Altar Server	Mary Ann Kappa	Mark Pavlakovich
Ushers	John McNulty & Gary Lanctot	Ezra Tracy & Larry Kelner
Coffee & Donuts	NA	Brian & Jeanne Thomas
Sacristan	Meg Amberg	Mark Pavlakovich

Parish Staff

Michel Thorsteinson, Book Keeper m.thorsteinson@sacredheartportland.org	Marie Phillippi, Music Director
Lisa Rivelli, Administrative Asst. l.rivelli@sacredheartportland.org	Sue Rivelli, Parish Visitor
Shelley Samuels, Secretary s.samuels@sacredheartportland.org	
Jennifer Anderson, RE Teacher j.anderson@sacredheartportland.org	