



Holy Week is unlike any other week! The next eight days are consecrated and set apart for God. I want to offer a couple practical tips to help you appreciate the reality of Holy Week. If Holy Week is going to be consecrated, made holy, we must prepare for it well and be ready to receive everything God wants to offer us. In the Old Testament God taught His chosen people how to prepare for worship. It's important for us, too, to prepare with care for Holy Week. First, we must be intentional. The celebration of Holy Week will not just happen. Unless we carve out time we will not be able to prepare or observe the holy days well. Second, we must be prepared to make sacrifices. Most of us are overextended with our busy schedules. If we are going to have more time, we will have to be honest about the need to let go of some things. We may have to change our rhythm at night to celebrate Holy Thursday. This may mean taking a day off from work on Good Friday. Third, we need to pay attention to the details. For example, what time are services at Sacred Heart? Now is the time to find out, to begin thinking about next week. Now is the time to prepare.

- Think through **Holy Thursday** night: What will it take for you to make it? What is the best way for your family to pray through the day?
- Think through **Good Friday**: Can you take off from work or school? Is it possible to set the day aside as a day of prayer? What is the best way for your family to pray through the day together?
- Think through **Holy Saturday**: It is not Easter yet. Jesus remains in the tomb. How can you keep a quiet and prayerful spirit in your home this day?
- Think through **Easter Sunday**: What will it take for you and your family to be able to pray in the midst of other plans you may have?

To prepare for Holy Week, I would like to present three distinct ways we can get ready. First, we can fast from using our smart phones. If we have the courage to become honest, most of us do not use our smart phones mainly as phones. We use them as entertainment or information devices – in other words, as distractions. To be clear: I am not recommending that we completely ignore our smart phones or even turn them off. I am recommending that we use them only as phones – as communication devices – a fast from using them to surf the Internet, listen to music, engage in social media, or purchase things. Apart from the essential emails, text messages, or calls, can you fast from using your smart phone this week? Do you have the discipline to fast from these forms of distraction?

Second, we can fast from other exterior “noises” – this means no radio, television, or music. Intentionally creating exterior silence can have a dramatic impact on our availability to experience interior silence. We quickly discover how distracting the constant noise in our lives is. We also discovered a quiet, subtle voice of God, who has always been speaking to us but has often been drowned out in all the noise. Do you have the discipline and self-possession necessary to intentionally create more silence in your life?

Third, we can fast in the traditional way – from foods and alcohol. Fasting from alcohol means giving it up entirely. Fasting from food means no snacks between meals: it means limiting the amount of food you eat into three meals to the equivalent of just two regular meals. Eating less and avoiding alcohol creates a hunger within us, and physical hunger is meant to elicit spiritual hunger. Creating more space in our bodies has a direct influence on creating more space in our hearts.

These might seem like extreme suggestions. Most of us would struggle with one of these, so you might ask if you can really do all three. You can! You deserve to challenge yourself, and God deserves your full effort next week. Because next week is not like any other week: it is *the* week. Fasting from our smart phones, noise, and food is a small sacrifice in comparison to how much God is offering us.

May God bless you and your family as you enter Holy Week!



Sacred Heart Catholic Church

100 S. Cherokee St. Frontenac, KS 66763

April 2, 2023

Palm Sunday Of The Passion Of The Lord



Mass Intentions for This Week

SAT 4/1	5:00 pm	+Pierce Olszewski
SUN 4/2	8:00 am	People of the Parish
	10:00 am	+Richard Swink Sr.
TUE 4/4	5:30 pm	Special Intention
WED 4/5	7:15 am	+Sal Marquez
THU 4/6	7:00 pm	+Pat Mendicki
FRI 4/7	7:00 pm	
SAT 4/8	8:00 pm	+John Friskel
SUN 4/9	8:00 am	+Tony Sighel
	10:00 am	People of the Parish

Parish Office

Hours: Monday – Friday 8:00 am - 2:00 pm
 Office: 620-231-7747 Emergency: 316-218-8656
 Web site: www.SacredHeartFrontenac.com
 Prayer Line: 620-231-2745 or email ambres73@gmail.com

Parish Staff

Pastor: Fr. Josh Evans frjoshevs@gmail.com
 Secretary: Suzy Collins sacredheart66763@gmail.com

Mass Schedule

Saturday Vigil: 5:00 pm
 Sunday: 8:00 am, 10:00 am
 Tuesday: 5:30 pm
 Wed – Friday: 7:15 am

Reconciliation

Saturday: 4:00 - 4:45 pm
 Tuesday: 5:00 - 5:25 pm
 Wed – Friday: 7:00 - 7:10 am

Looking Ahead

SUN 4/2	After Masses
TUE 4/4	6:15 pm
WED 4/5	6:00 pm
	7:00 pm
THU 4/6	7:00 pm
FRI 4/7	3:00 pm
	7:00 pm
SAT 4/8	8:00 pm
SUN 4/9	8:00 & 10:00 am
	After 10:00 am Mass

K of C Breakfast: Hall
 Walking With Purpose: Bosco
 PSR Classes (K-8th)
 (6th–8th Confessions)
 JCYM & CYM: Hall
 Holy Thursday Mass
 Stations of The Cross: Church
 Good Friday Service

Easter Vigil Mass
 Easter Mass
 Easter Egg Hunt



Ministry Schedule April 8th and 9th

Rosary Leaders
 No Public Rosaries

Lectors

8:00 pm Loretta A., Kendra K., Patti S.
 8:00 am Susan Rodriguez
 10:00 am Nancy Cashero

Eucharistic Ministers

8:00 pm Mona Wachter
 8:00 am Janice Sighel
 10:00 am Terry Wood

Gift-Bearers

8:00 pm Kevin & Kristie Knaup
 8:00 am Joe & Kathy Martin
 10:00 am Dustin & Amanda Boyce

Altar Servers

8:00 pm Brenden & Colten C. OPEN, OPEN
 8:00 am Kaden & Kallan O'Bray
 10:00 am Caitlyn & Claire Boyce

Ushers

8:00 pm Terry W. & Dennis C.
 8:00 am Joe M. & Jerry G.
 10:00 am Terry W. & Mike W.



USHERS & ALTAR SERVERS
 are needed for Holy Week ministries
Please sign up at the back of the church

NO Eucharistic Adoration Wednesday, April 5th

Stewardship of Treasure

Envelopes	\$3,625.00
Loose Collection & Visitors	\$4,863.15
Online Tithing	\$1,006.00
Building Fund	\$65.00
Cemetery Fund	\$590.00
Food Pantry	\$2,140.00
Total Collection	\$12,289.15

EUCCHARISTIC ADORER NEEDED

1:30 – 2:30 pm

If interested, please contact the Parish Office.





Easter Flowers



Easter Flower Offerings in Memory of Loved Ones need to be turned into the Parish Office by Monday, April 3rd.

Easter Candy Donations



JCYM is asking for candy donations that will fit inside plastic eggs for the Easter Egg Hunt. Please drop off donations at the Parish Office or in the basket in the back of the church. ~ *We are accepting donations until April 3rd. Thank you for your support!*

Thank you Pack 287!



Thank you to the Frontenac Cub Scouts Pack 287 for donating 141 canned good items to our Sacred Heart Community Food Pantry.

Harvest House

Harvest House will meet Thursday, April 13th at 11:30 am in the Bosco Center. A representative from the Crawford County Health Center will give a presentation on ways to keep healthy, both mentally and physically. Bring a friend and stay after for games, cards or visiting. The May meeting will feature the Frontenac High School choirs.

Please pray for the repose of the soul of William Knoll

Eternal rest grant unto him, O Lord and let perpetual light shine upon him. May his soul and all the souls of the faithful departed, through the Mercy of Christ, Rest in Peace. Amen.

Lenten Obligations

Fasting on Good Friday - for ages 18-59, persons are permitted to eat one full meal and two smaller meal that together are not equal to a full meal.

Abstinence from meat - All Fridays during Lent for ages 14 and older.

Nutrition Education on Fruits and Vegetables by Parishioner Ashley Nelson



Please attend this free four-week nutritional education program for older adults on the importance of adequate fruit and vegetable consumption through nutrition education, recipes, and cooking classes. Educational sessions will be every Tuesday in April from 6 – 7:00

Tuesday's 6:00 pm Parish Hall
April 4th
April 11th
April 18th
April 25th

Please pray for our RCIA candidates who have been preparing for their Sacraments that they will receive this coming week on Easter Vigil.

Come Sing With Us!

It doesn't matter if you think you can sing or not, nor if you can read music. All God expects is that we make a joyful noise. If He wants more, He will loan us some talent. Join us Monday nights 6:00-7:30 in the choir loft. Please contact Karen Wood 620-249-9353 with questions.

The Lords Diner 1st Tuesday of each Month

1st Stop - Knight's Tower/Stilwell Apartment
 700 N Pine St 3:00 - 3:45 pm
2nd Stop - Knight's Of Columbus Hall
 407 E 11th St 4:15 - 5:15 pm
3rd Stop - Deramus Park 16th & North Michigan
 5:30 - 6:00 pm

If want to volunteer text Patti Shockley with preferred times @ 620-404-9090.

Mowing Schedule: Week of April 3rd

Team #1 - Dave Chiappetti & Matt Mendicki

Looking Ahead

HOLY WEEK SCHEDULE

Palm Sunday	Holy Thursday	Good Friday	Holy Saturday	Easter Sunday	Easter Egg Hunt
April 2nd	April 6th	April 7th	April 8th	April 9th	April 9th
Normal Mass Schedule	7:00 pm	Stations of the Cross 3:00 pm Service 7:00 pm	Easter Vigil 8:00 pm	Sunday 8:00 am 10:00 am	Following 10:00 am Mass

Ministry Schedule

Holy Thursday 7:00 pm

Lector - Kendra Kunshek
 EMHC - Loretta Audley
 Gift-Bearers - Doug & Tracy Holzem
 Altar Servers - Baron & Strauss K.,
OPEN, OPEN
 Ushers- Ryan Sullivan & **OPEN**

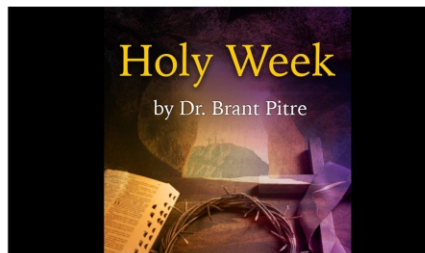
Good Friday 7:00 pm

Lector - Virginia H. & Kurt Z.
 EMHC - Ed Rodriguez
 Altar Servers - Wesley & Leah Hayes
 Ushers- Terry Wood & **OPEN**

What are the origins of the Eucharist?

The origins of the *Eucharist* are found in the Last Supper that Jesus shared with his Apostles.

The Lord, having loved those who were his own, loved them to the end. Knowing that the hour had come to leave this world and return to the Father, in the course of a meal he washed their feet and gave them the commandment of love. In order to leave them a pledge of this love, in order never to depart from his own and to make them sharers in his Passover, he instituted the Eucharist as the memorial of his death and Resurrection, and commanded his apostles to celebrate it until his return; "thereby he constituted them priests of the New Testament." (Council of Trent (1562):DS1740)
 -Catechism of the Catholic Church, no. 1337

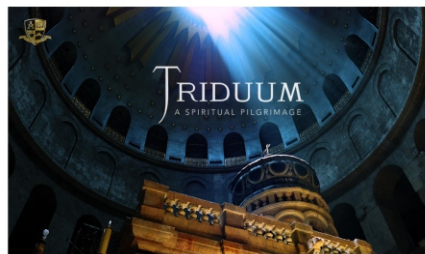


FORMED THE CATHOLIC FAITH, ON DEMAND.

Holy Week by Dr. Brant Pitre

Join Dr. Brant Pitre, author and Scripture scholar, as he walks us through the events of Holy Week. Pitre's insights and clarity allow the listener to enter into a deeper appreciation of the most important events of Christ's earthly ministry.

Our parish has a FORMED subscription. Visit formed.org/signup and select our parish. Scan the QR code to download the FORMED app to your phone.



FORMED THE CATHOLIC FAITH, ON DEMAND.

Triduum: A Spiritual Pilgrimage

Triduum: A Spiritual Pilgrimage, cinematically walks through the locations of the Holy Week story, representing the most important days of human history. Immersed in the real and sacred places of the Holy Land, the pilgrim faithful is brought tangibly nearer to the story, the landscape, and the reality of the Passion, Death, and Resurrection of Jesus Christ.

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Easter egg hunt

Sacred Heart Church
Sunday, April 9th
following 10 am Mass
Hop on over for some fun!
Hosted by JCYM