

Plan for Lent

Mary's Way of the Cross

Friday's of Lent 3:00 pm and 6:30 pm



February 16th
February 23rd
March 1st
March 8th
March 15th
March 22nd

Good Friday
March 29th
3:00 pm Only

appreciation of what Christ did for us, and a deeper love for him and for our brothers and sisters. "We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world." ~ Rev Andrew Costello, C.S.R.

Is not the Way of the Cross the way of every person's life? Doesn't every life have suffering, falls, hurts, rejections, condemnations, death, burial...and resurrection? It has been a Catholic tradition through the centuries to meditate on the Way of the Cross, so that it becomes our way of life. Mary, the Mother of Jesus, made that first way of the cross. These stations, called Mary's Way of the Cross, attempt to present that viewpoint. In these stations we see through Mary's eyes what Jesus was going through on the way of Calvary. Then we try to make practical applications to our lives. These stations and these words are not the heart of the matter; the heart of the matter is to go deeper and deeper into the sufferings of Christ, so that we might come out of this spiritual journey with an



Sacred Heart Catholic Church

100 S. Cherokee St. Frontenac, KS 66763

February 11, 2024
Sixth Sunday In Ordinary Time



Mass Intentions for This Week		
SAT 2/10	5:00 pm	+Ronda Carpino
SUN 2/11	8:00 am	+Tony Sighel
	10:00 am	People of the Parish
TUE 2/13	5:30 pm	+Gayle Moody
WED 2/14	7:00 am	+Joanna Holmes
	5:30 pm	+Carole Hartong
THU 2/15	7:15 am	+Pat Mendicki
FRI 2/16	7:15 am	Donna Doti
SAT 2/17	5:00 pm	+Cliff Hix
SUN 2/18	8:00 am	+Roberta Coomes
	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
Website: 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	Reconciliation
Saturday Vigil: 5:00 pm	Saturday: 4:00 - 4:45 pm
Sunday: 8:00 am, 10:00 am	
Tuesday: 5:30 pm	Tuesday: 5:00 - 5:25 pm
Wed – Friday: 7:15 am	Wed – Friday: 7:00 - 7:10 am

Altar Society Enchiladas

Continuing the Marquez Tradition with love, the Altar Society will be selling homemade beef enchiladas at the Knights of Columbus Fish Fries at the Parish Hall during Lent.

The cost will be \$12 for a half dozen or \$23 for a dozen. The enchiladas will be frozen at the time of purchase and will include the cooking instructions.



Altar Society Desserts Schedule for the Lenten Fish Fries



February 16th - Circle 3
February 23rd - Circle 4
March 1st - Circle 5
March 8th - Circle 1
March 15th - Circle 2
March 22nd - Circle 3



Support the CYM students attending the Steubenville Conference this July! They will be selling pop and snacks during the fish fries. Cash donations are also accepted.

Fish Fries by KOC

SACRED HEART CATHOLIC CHURCH

KNIGHTS OF COLUMBUS

Back by popular demand

FISH FRY

LOCATED IN THE PARISH HALL
DINE IN OR CARRY OUT

LENTEN FISH FRY DINNERS
EVERY FRIDAY OF LENT
EXCEPT GOOD FRIDAY

BEER GARDEN
BUSCH LIGHT - \$2.00
BUD LIGHT / BUDWEISER - \$2.00
MICHELOB ULTRA - \$3.00

ALL MEALS INCLUDE 2 SIDES
FRENCH FRIES, WILD RICE, GREEN BEANS, BAKED POTATO

DESSERTS PROVIDED BY THE SACRED HEART ALTAR SOCIETY

TO GO ORDERS: 620-249-3726

HOURS OF OPERATION: 5:00 P.M. - 7:00 P.M.

Looking Ahead

SUN 2/11	9:00 – 9:50 am	PSR
MON 2/12	6:30 pm	Walking With Purpose: Bosco
TUE 2/13	6:00 pm	Mardi Gras Bingo Party: Hall
WED 2/14	7:00 am & 5:30 pm	Ash Wednesday Masses
	7:30 am – 4:30 pm	Eucharistic Adoration
FRI 2/16	7:00 – 8:00 PM	CYM: Hall
	6:15 am	Kapaun's Men: Bosco
SUN 2/18	3:00 & 6:30 pm	Stations of the Cross: Church
	5:00 – 7:00 pm	KoC Fish Fry: Hall
SUN 2/18	9:00 – 9:50 am	PSR

Ash Wednesday February 14th
7:00 am & 5:30 pm



Stewardship of Treasure

Envelopes	\$4,115.00
Loose Collection & Visitors	\$1,726.75
Online Tithing	\$1,305.00
Building Fund	\$395.00
Cemetery Fund	\$35.00
Food Pantry	\$185.00
Total Collection	\$7,761.75

Eucharistic Adoration will close at 4:30 pm February 14th

Ministry Schedule February 17th & 18th

Rosary Leaders
5:00 pm Mary Carol Martinous
8:00 am OPEN
10:00 am David Friskel

Lectors
5:00 pm Kendra Kunshek
8:00 am Dave Barnes
10:00 am Tracy Holzem

Eucharistic Ministers
5:00 pm Loretta Audley
8:00 am Kathy Martin
10:00 am Amanda Boyce

Gift-Bearers
5:00 pm Dennis & Nancy Cashero
8:00 am Kelly Krumsick
10:00 am Brian Blythe Family

Altar Servers
5:00 pm Steve S. & Trey C.
8:00 am Ryan S. & Joe M.
10:00 am Terry W. & Doug H.

Ushers
5:00 pm Scott & Baron Kunshek
8:00 am AJ M. & Bill D.
10:00 am Paul M. & Dustin B.

SHROVE TUESDAY

Tuesday, February 13th at 6:00 pm (following Mass) we will be hosting a Shrove Tuesday - Mardi Gras Parish Dinner. Dinner will consist of New Orleans food. We will play Bingo and give away some exciting prizes! Please RSVP at the podium in the church by Saturday, February 10th.

Altar Society Meeting

The next monthly Altar Society meeting will be held on February 19th at 6:30 pm in the Bosco Center. Ladies of the Parish, please join us to discuss plans for 2024.

Continuing the Marquez Tradition with love, the Altar Society will be selling homemade enchiladas at the Knights of Columbus Fish Fries at the Parish Hall during Lent. The cost will be for \$12 for a half dozen or \$23 for a dozen. The enchiladas will be frozen at the time of purchase and will include the cooking instructions.



Food Pantry Schedule: February 13th



Mary Lou M., Penny S., Phyllis S., Brooke R., Jan H. Zack Q., Kevin K. Patrick M.

Lent is Coming!



Every Ash Wednesday, the Church begins the liturgical season with a reading from the prophet Joel.

Return to the Lord, your God (Jl 2:12-13). The Lord calls for a return that is both profound and sincere, a call away from the wayward paths of sin and barrenness.

Return combines daily meditations, questions for reflection, journaling space, prayers, and original art to

draw you into a deeper, richer experience of Lent.

The journal is specially designed to prepare you not only to walk with Jesus to Calvary but also to go with him into the desert, receive his healing mercy, practice forgiveness, meet him in the sacraments, and rejoice with him.

Pick up your copy at the back of the church. Weekly companion videos are posted on our parish website:

www.SacredHeartFrontenac.com

Lenten Fasting Rules

What are the Lent fasting rules?

On Ash Wednesday and Good Friday, fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal. Additionally, Catholics may not eat meat on these two days—or on any Friday during Lent.

What are the Lent rules on abstinence?

In this context, abstinence refers to “abstaining” from meat on Fridays during Lent. Whereas Catholics fast on Ash Wednesday and Good Friday with just one large meal, Catholics must refrain from eating meat on other Fridays, though they can have three full meals.

At what age do you start fasting for Lent?

Those ages 18-59, in reasonable health, are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. Canon Law does mention that for young children not fasting, parents should still communicate the meaning and penance.

First Reconciliation

Congratulations to our second grades that made their first reconciliation!



Maddox Nelson, Duncan Kunshek, Kamden O’Bray, Kooper Minton, Ian Hayes

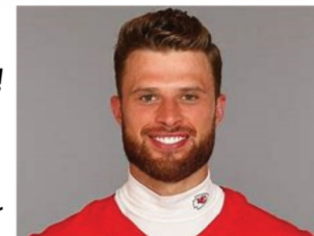
Rachel’s Vineyard Retreat in Wichita

Hurt by abortion? Find emotional and spiritual healing at a Rachel’s Vineyard Retreat in Wichita February 23-25th. The weekend retreat combines group discussions, spiritual exercises, the Sacrament of Reconciliation, a beautiful memorial service, and Mass. The retreat is confidential and available to women and men of all faiths. Cost to attend the weekend retreat is \$100 which includes 2 nights lodging, meals, and all materials. To register or for more information, contact Stephanie Nemecek 316-269-4673 or ProjectRachel@CatholicDioceseofWichita.org.

MAN FULLY ALIVE 2024

**MAN FULLY ALIVE
SATURDAY, MARCH 2ND 2024**

**Chiefs Place Kicker
Harrison Butker Headlines!**



Butker, a devout Catholic has been on our diocesan “radar screen” as a featured speaker for several years. Accompanied by his friend - and fellow Catholic- Hollywood producer and actor David Henrie, this promises to be an inspirational Man Fully Alive event. It is expected to sell out so sign up soon!

8am-4pm Saturday, March 2nd at St. Catherine of Siena Parish.
Tickets: www.catholicmensconference.com
(Which then leads you to Eventbrite)

Steubenville Conference in Springfield, MO

July 12-14th at MSU Campus in Springfield, MO. \$215 for On Campus attendance – will include all meals and housing. Fundraising will help to offset cost of the event! Chris and Jennifer Merando (620-249-2817) and Andrea Merrick will be chaperones – Contact us with interest!! Registration and \$50 deposit required by February 19th!

There will be a parent/student meeting on February 18th at 6:00 pm at the Parish Hall. Fundraisers will be discussed that CYM students will be required to participate in at this meeting.

Learn more at steubenvilleconferences.com



Teens Encounter Christ Retreat in St. Paul



Wichita TEC is hosting a Teens Encounter Christ Retreat in Southeast Kansas in St. Paul.

The retreat is a powerful, three day experience for anyone who is a junior in high school or older. The retreat steps into the paschal mystery of Jesus Christ and invites everyone into a personal relationship with Jesus Christ. Dates are Saturday, June 29th 10:00 AM through Monday, July 1st 5:00 PM. The retreat cost is \$110.00, if you are interested please contact the Parish Office.

Parish Mission Retreat

Dear Parishioners,

Join us Sunday, Monday, and Tuesday at 6:30 to 7:30 PM in the Church for our Lenten Parish Mission with Rev. William R. Sokoloski.

Fr. Sokolowski was ordained in 1965 for the Archdiocese of Hartford. Fr. Bill taught Philosophy for over 25 years. Before joining Food For the Poor, he served as pastor in the Archdiocese Hartford, CT.

Please join us in welcoming Father Sokolowski.

Frontenac American Legion Breakfast

The Frontenac American Legion will be serving breakfast, including cinnamon rolls Sunday, February 17th from 8:00 am - 11:30 am at their Post. Post 43 is located at 309 N Labette St. Your free will donations will benefit Post 43 and all are welcome to attend!