

## 10 Tips for Making the Lenten Season More Meaningful

**Slow Down** – Set aside 10 minutes a day for silent prayer or meditation. It will revitalize your body and your spirit.

**Read a Good Book** – You could choose the life of a saint, a spiritual how-to, an inspirational book or one of the pope's new books.

**Be Kind** – Go out of your way to do something nice for someone else every day.

**Get Involved** – Attend a Lenten lecture or spiritual program.

**Volunteer at your Parish** – Whether it's the Knights fish fry, cleaning the church or helping with the food pantry, it will give you a chance to help others.

**Reach Out** – Invite an inactive Catholic to come with you to Stations of the Cross, Confession or Mass with you anytime during Lent.

**Pray** – Especially for people you don't like and for people who don't like you.

**Tune Out** – Turn off the television and spend quality time talking with family members or friends.

**Clean out Closets** – Donate gently used items to our local thrift stores.

**Donate** – Pick a Catholic mission and decide how you can help by sending money, clothing or supplies.

### Lenten Obligations

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

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



### Bishop Kemme would like your feedback!

The Diocese of Wichita is conducting a comprehensive feasibility study now through the end of March. If you have previously received this message elsewhere, thanks for your participation! After months of prayer and discussion, Bishop Carl A. Kemme, along with diocesan and lay leaders, have identified several extraordinary opportunities and needs that go beyond the day-to-day. Needs that will help to fulfill our mission to “go forth faithfully to preach the Gospel to all God’s children and to evangelize today’s culture.”

### Capital campaign under consideration

For this reason, the diocese is considering a capital campaign to address these priorities. But we need your help, your voice and your gifts. The decisions we make now and the steps we take can help the Catholic Church flourish in south-central Kansas – not just for today, but for generations to come.

Bishop Kemme is asking every Catholic family within the diocese to share their thoughts regarding our needs and proposed funding priorities, including:

- **Endowment funding to enhance teachers’ salaries**
- **A new youth and family camp that will serve the entire diocese**
- **Additional support to help the underprivileged**
- **Complete repairs to the domes and windows of our Cathedral**
- **Parish Share funding to help address local needs**

Your feedback will help us refine these goals and priorities and determine the potential level of support within our community. If together we choose to move forward, the feasibility study will also provide us with information to identify prospective campaign leaders and establish a realistic campaign goal.

The Steier Group, a national Catholic development firm, is conducting the study on our behalf. The findings of the study, including the viability of a campaign, will be presented to us later this spring. At that time, we will make an informed and prayerful decision regarding how best to move forward. *Scan the QR Code to access the Feasibility Study Survey or pick up a printed copy.*

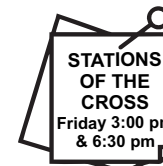


# Sacred Heart Catholic Church

100 S. Cherokee St. Frontenac, KS 66763

March 5, 2023

Second Sunday of Lent



### Mass Intentions for This Week

SAT 3/4	5:00 pm	+Marian Lee Hogard
SUN 3/5	8:00 am	People of the Parish
	10:00 am	+Bill Cook
TUE 3/7	5:30 pm	No Mass
WED 3/8	7:15 am	No Mass
THU 3/9	7:15 am	+John & Joanna Holmes
FRI 3/10	7:15 am	+Chris Simon
SAT 3/11	5:00 pm	+Ronda Carpino
SUN 3/12	8:00 am	+Tony Sighel
	10:00 am	People of the Parish

### Looking Ahead

SUN 3/5	After Masses	KoC Breakfast: Hall
TUE 3/7	5:30 pm	No Mass
	6:15 pm	Walking With Purpose: Bosco
WED 3/8	7:15 am	No Mass or Adoration
	6:00 pm	PSR Classes (K-8th)
	7:00 pm	CYM: Hall
THU 3/9	11:30 am	Harvest House: Bosco
	6:30 pm	RCIA: Hall
FRI 3/10	6:15 am	Kapaun's Men: Bosco
	3:00 pm & 6:30 pm	Stations of The Cross: Church
	5:00 – 7:00 pm	K of C Fish Fry: Hall
SAT 3/11	9:00 am	Lenten Study: Bosco



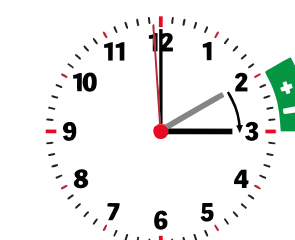
### Harvest House

Harvest House will celebrate St. Patrick's Day on March 9th in the Bosco Center at 11:30 am with Irish food and refreshments! There will be a donation box for the Food Pantry and a donation container for the Holy Moments project.

### Stewardship of Treasure

Envelopes	\$3,310.00
Loose Collection & Visitors	\$2,169.62
Online Tithing	\$906.00
Building Fund	\$545.00
Cemetery Fund	\$40.00
Food Pantry	\$245.00
<b>Total Collection</b>	<b>\$7,215.62</b>

### MARCH 12th



SPRING FORWARD

### Parish Office

Hours: Monday – Friday 8:00 am - 2:00 pm

Office: 620-231-7747 Emergency: 316-218-8656

Web site: [www.SacredHeartFrontenac.com](http://www.SacredHeartFrontenac.com)

Prayer Line: 620-231-2745 or email [ambres73@gmail.com](mailto:ambres73@gmail.com)

### Parish Staff

Pastor: Fr. Josh Evans [frjoshevs@gmail.com](mailto:frjoshevs@gmail.com)

Secretary: Suzy Collins [sacredheart66763@gmail.com](mailto: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

### Ministry Schedule

March 11th & 12th

### Rosary Leaders

5:00 pm Sharon Barone

8:00 am Cheryl Brooks

10:00 am Suzy Collins

### Lectors

5:00 pm Janet Hogard

8:00 am Ed Rodriguez

10:00 am Trevor Crossland

### Eucharistic Ministers

5:00 pm David Hogard

8:00 am Janice Sighel

10:00 am Mona Wachter

### Gift-Bearers

5:00 pm Karen Smith Family

8:00 am Shawn Bugni Family

10:00 am Doug & Tracy Holzem

### Altar Servers

5:00 pm Wesley & Leah Hayes

8:00 am Kaden & Kallan O'Bray

10:00 am Caitlyn & Claire Boyce

### Ushers

5:00 pm Gary F. & Rick S.

8:00 am AJ M. & Bill D.

10:00 am Terry W. & Mike W.



## RCIA

Join us Thursday, March 9th at 6:30 pm in the Parish Hall to discuss Lent, Christian Prayer, Fasting and Almsgiving.

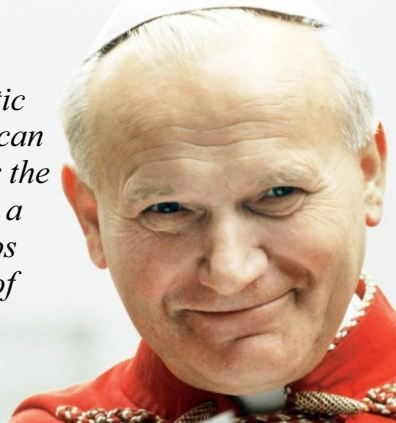
## Mowers Wanted

The Knights of Columbus are looking for volunteers for the mowing season. Please contact Chris Merando 620-249-2817.

## Fasting

Penitential fasting is obviously something very different from a therapeutic diet, but in its own way it can be considered therapy for the soul. In fact, practiced as a sign of conversion, it helps one in the interior effort of listening to God.

- St. John Paul II



## Wichita Holy Savior Parish

### Mass for Persons with Disabilities, Their Families and Caregivers

Sunday, March 19, 2023  
11:00am Mass

Sensory-Friendly Mass!

Holy Savior Parish  
3000 E. 13th St. N., Wichita

11:00 AM MASS  
CELEBRATED BY FR. JIM BILLINGER

Participate in a Sensory-Friendly Mass.

There will be:

- subdued lighting
- fidgets and pillows
- the freedom to stand and sit as needed

FOLLOWING MASS:

LUNCH

Enjoy a sit-down lunch with friends and family!

WALK-THROUGH ACTIVITIES

Pick up a packet filled with info and other fun items. Look for other freebies, too!



Mass will be ASL interpreted.

PLEASE RSVP BY MARCH 3

by emailing Myra Jacobs at [jacobsm@catholicdioceseofwichita.org](mailto:jacobsm@catholicdioceseofwichita.org)

QUESTIONS? CALL MYRA AT (316) 269-3900



## Can You Believe This?

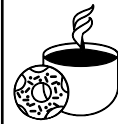


Over 7,000 cans, boxes and packages of food were collected by the Frontenac Schools, their students and local businesses during their recent food drive competition against Girard. Not only did they win, we, the Sacred Heart

Food Pantry, won as well as we were the recipients of the entire collection. We are so very grateful as this gift will sustain part of our shelf stable food for up to an entire year. A gold star and a big thank you to every student, faculty member and business for their persistence and hard work from the Sacred Heart Community Food Pantry.



Wine & Cheese Social March 18th  
After Mass in the Bosco Center



Coffee & Donuts March 19th  
After Masses in the Bosco Center

## 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.

## 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.

Morning Rosary Group: 9:30 am - Church - Mondays

Altar Society: 6:30 pm - Bosco Center - every 3rd

Monday of the month (except for summer months)

Knights of Columbus: 11:30 am - Parish Hall every 1st

Sunday of the month. Breakfasts are served every 1st

Sunday of the month after the 8 am and 10 am Masses.

Choir Rehearsal: Mondays 6:00 - 7:30 pm in church.

Women's Exercise Group: 7:00 pm - Parish Hall

Sunday, Monday, Tuesday and Thursday nights.

## Lenten Study

# ETERNAL REST™

THE ART OF DYING WELL



Eternal Rest: The Art of Dying Well

This NEW Study will consist of 4 Sessions.

Please join us!

Saturday's March 4th ✓  
9:00 am March 11th  
Bosco Center March 18th  
March 25th

## Altar Society Enchiladas



Enchiladas

Enchiladas made by the Altar Society will be sold during the Knights of Columbus Fish Fries for \$12.00 a half dozen or \$20 for a dozen. Cheese also available.

They are frozen and come with cooking instructions.

## Stations of The Cross



## Friday's of Lent

3:00 pm and 6:30 pm

March 10th

March 17th

March 24th

March 31st

Good Friday

April 7th

3:00 pm Only

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

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

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.

## Altar Society Desserts Schedule for the Lenten Fish Fries



March 10th - Circle 4

March 17th - Circle 5

March 24th - Circle 1

March 31st - Circle 2



The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day.

Join us each Friday of Lent in the Church as we pray this devotion.

He walks with you every step of your life. Will you come walk with Him this day?