



Sacred Heart Parish

The United Parish Family of Sacred Heart and Saint Joseph

446 Mountain Road ✧ P.O. Box 626 ✧ Suffield, CT 06078

(860) 668-4246 Fax: (860) 668-1337

Email: SacredHeartSuffield1@gmail.com

Follow us on Facebook at Sacred Heart, Suffield 

Website: SacredHeartCT.com

Office Hours: Mon. thru Thurs, 8:30 AM – 2:00 PM

Office Closed on Friday

Mass Times:

Weekends: Saturdays: 4:00pm **Sundays:** 8:00am, 9:30am and 11:00am

Daily Mass: 8:00AM Monday, Tuesday, Wednesday & Friday (NO Thursday Mass)

Holy Day: Please consult the Bulletin.

Sacraments:

Confessions: Saturdays 2:30 - 3:30pm or by appointment.

Baptisms: Sundays at 12:00 Noon. Please call the Rectory to schedule a date.

Holy Matrimony: At least six months of notice should be given to arrange for weddings.

Anointing of the Sick Please call the office.

On going devotions:

Weekly Morning Rosary: Tuesdays at 7:30 AM

Adoration of the Blessed Sacrament: Mondays 3 to 4 PM, Fridays 7:30 to 8 AM

Parish Staff

Pastor: Fr. Joseph Keough Email: frjfk@aol.com

Administrative Assistant: Jackie Dion email: SacredHeartSuffield1@gmail.com

Religious Education:

860-668-7766 Fax: 860-370-5164

Director: Miss Donna M. Swols email: shc_dre@sbcglobal.net

Assistant : Jackie Dion email : reledaa22@proton.me

Directors of Music

Floyd Higgins & Gretchen Collins floydandgretchen@comcast.net

***Please note that neither Fr. J Keough nor any staff member, volunteers, or members of Sacred Heart Parish will ever call or text requesting donations of gift cards online, bitcoin or electronic transfer of funds.**

Please report any suspicious activity to the parish office and/or Suffield Police.

To report an incident of sexual abuse in the Archdiocese, visit our website or the archdioceseofhartford.com

February 11, 2024 Sixth Sunday in Ordinary Time

Saturday, February 10

4:00 PM Well wishes for Phil Shuman(L)
Guillermo & Lourdes Avila
Joseph Noel

Sunday, February 11

8:00 AM Matthew & Richard Roy
Trevor French
9:30 AM Marc Forschino
11:00 AM For Our Parishioners

Monday, February 12

8:00 AM Michael Patnaud
Charles Gogulski
3 – 4 PM **Holy Hour**

Tuesday, February 13

8:00 AM Michael Berardi

Wednesday, February 14~Ash Wednesday

8:00 AM Patricia & Michael Alexopoulos Sr.
Alexander Ehongo & Raymond Stearns
12:05-1:00 PM **ASHES ONLY**
6:00 PM Mass and Ashes

Thursday, February 15

9:00 AM **NO MASS**

Friday, February 16

8:00 AM For Our Parishioners

Saturday, February 17

4:00 PM Frank Kulina
Christopher A. Rossi

Sunday, February 18

8:00 AM Leo & Regina Morency
9:30 AM Bob Oldread
11:00 AM William Michael Whaley

Our Weekly Offertory

On **February 4**, 514 members and visitors worshipped with us at Sacred Heart Parish.

February 4, 2024, Parish Support:

\$7,717.50	Offertory
\$00.00	Online Giving
\$7,717.50	Total

Thank you for your support!

FAIR TRADE

Fair Trade items will be for sale after all Masse this weekend, February 10 and 11. Stop by and pick up some items to give for Valentine's Day or just treat yourself.

The sales 100% go to the Equal Exchange for the small farmers to have livable wages. Please stop by and support the farmers.

LENTEN STEPS TOWARD HOLINESS:

Daily Mass: Mon, Tues, Wed, Fri. 8:00 AM (also available streaming on our Facebook page)

Confessions: Monday 6-7:00 PM, Saturday 2:30-3:30 or by appointment

Eucharistic Adoration: Monday 3-4 :00 PM, Friday 7:30-8:00 AM

Stations of the Cross: Friday 6:30 PM

TACO TUESDAY

DATE: Tuesday, February 13

TIME: 5:00 PM

PLACE: Sacred Heart Church & Fr. Ted Hall

Lent invites us to change, give up, or do more of something for the season. With this said we invite you and your family to join Sacred Heart Parish family for a Lenten Prayer Service at 5:00 PM, Tuesday, February 13.

Following the Prayer Service at 5:00 PM, there will be a Taco Party in Fr. Ted Hall. There will be music, a taco buffet and dancing. \$10 for two tacos and dessert. For more information or to sign up call Jeanne Forschino 860-254-5421.

PARISH REGISTRATION/UPDATE

NAME/s: _____

ADDRESS: _____

PHONE #: _____

EMAIL: _____

New Registration Request Envelopes

Change Address, E-Mail, Phone Number

Moving out of parish.

STATUS: Single, Married, Divorced, Widowed (circle one)

Would you like to receive ENVELOPES: YES NO

You may leave it in the marked basket in the church lobby or drop it in the mailbox outside the rectory office.



ASH WEDNESDAY SCHEDULE:

8:00 AM MASS with ASHES

12:05 - 1:00 PM DISTRIBUTION OF
ASHES ONLY

6:00 PM MASS with ASHES

Lent
fast - give - pray

SUFFIELD COMMUNITY AID PANTRY NEEDS

Household cleaners, shampoo/conditioner, dish soap, laundry detergent (small jugs or pods), canned fruit (peaches, fruit cocktail, pineapple, etc.), snacks, shelf stable milk, cereal

Items will be collected February 18th.

Thank you, Sacred Heart Human Needs Ministry

BOOK CLUB MEETING

Wednesday, February 21, 2024
10:30-11:30AM FR. Ted Hall

Read a book about any (your choice) Supreme Court Justice
More information and questions in the church lobby.

Donor Letters for Taxes

If you are interested in a copy of your contributions to Sacred Heart for 2023, please email the office at SacredHeartSuffield1@gmail.com or call the office at 860-668-4246

Worldwide Marriage Encounter Experience

WWME.org. Some of the dates to sign up are:

March 15-17, 2024, in Upton, MA

April 26-28, 2024 (non-residential weekend) in Connecticut

June 21-23, 2024, in Huntington, NY

Worldwide Marriage Encounter sponsors a variety of in-person and virtual marriage experiences. Couples explore their relationship with each other, God, and the Church. Registration is limited; there is a \$100 application fee. For more information or to apply, call Frank & Margie Pearson at 860-337-2447 or <https://wwmectw.org/>.



Open House

The New England Catholic Biblical School (NECBS) invites you to visit an in-person or virtual class to see how studying all 73 books of the Bible can change your life! Come visit a class any time between January 22-May 1st.

Visit: www.NewEnglandCatholicBiblicalSchool.com or call 860-242-5573



Knights of Columbus

Suffield Council # 6281

Ed McAnaney, Grand Knight

Important Upcoming Dates:

- Congratulations to the local district winners of the Connecticut Knights of Columbus Free Throw Championship. **Good luck** to those (boys and girls ages 9 to 14) listed below who are now eligible for the area competition scheduled for 1:00 p.m. on February 18, 2024, at St. Gabriel School in Windsor. Boys: 9-Benjamin S, 10-Thomas M, 11-Alex D, 12-Joey A, 13-PJ H, & 14-Cullen H
Girls: 9-Lilian R, 9-Grace M, 10-Noella B, & 11-Madelyn H
- Born of Fire: A Lenten Daily Devotional for Men offers men the opportunity to enter into the spiritual discipline of Lent by learning from the wisdom of the Franciscan Friars of the Renewal and their journeys into the desert. Through daily reflections for all of Lent and the start of the Easter season, Fr. Innocent Montgomery helps the reader understand his identity while drawing him closer to Christ. This book is perfect for any man who wants to take on a serious Lenten practice to grow in their spiritual life. (<https://shopcatholicinfo.com>)
- Watch for a Knights of Columbus local district membership campaign to be held the weekend of March 2nd & 3rd.

Messages or inquiries can be left with the Parish Office at 860.668.4246 and someone will get back to you ASAP.

RELIGIOUS EDUCATION NEWS

Office hours: Tuesday 10am-12noon and by appointment only

Closed holidays and vacations.

Donna Swols, DRE: shc_dre@sbcglobal.net

Jackie Dion, Adm. Asst.: reledaa22@proton.me

Please use voicemail, email, or our handy outdoor mailbox as necessary to conduct Religious Ed business.

GRADE 2 AND 3 MANDATORY PARENT INFORMATION SESSION: TODAY Sunday, February 11, 2024, at 9:45am and 11:15am in Fr. Ted Hall. At least one parent must attend! Thank you.

IMPORTANT - STUDENT MAKE-UP WORK: Please be sure students have completed any make-up work and submitted it to the Religious Education office for credit. Notifications of overdue make-up work have been sent. Questions? - Contact our office.

COMMUNITY SERVICE HOURS 2023-2024: Grades 7-9, don't forget about your community service hours! Completed service forms should be submitted to the Religious Education office within 30 days of the service date. Forms may be downloaded from our website and are also located on the rack outside the Religious Ed office. Thank you!

Saint Gabriel School, Windsor

Pre-K 3 - Grade 8

Devoted to Academic Excellence and Christ's Call to Discipleship (860) 688-6401

stgabrielschool.org

We are in need of:

- Middle School Math & Science Teacher
- Full-time School Nurse
- Substitute Teachers for all Grades
- Lunchroom & Recess Volunteers

Volunteers are welcome for activities throughout the academic year!

If you are interested, please reach out to Mrs. Amy LaQuerre, Principal of St. Gabriel School

alaquerre@stgabrielschool.org

or call 860-688-6401

FROM THE PASTOR'S DESK

Let's see if we can get anymore crammed into this weekend! First and most important this should be your Mardi-Gras/Fat Tuesday/Shrove Tuesday get ready to fast for Lent by eating everything in the pantry weekend. It is also Super Bowl Sunday, as both teams have the same colors it will be hard to tell which fans are with which team. It is also World Marriage Sunday, World Day of the Sick and the 6th Sunday of Ordinary Time, the last "green" Sunday until after Pentecost. It is our last weekend with the "Gloria" and the "alleluia!" in the Mass proper until Easter.

That's enough for the weekend. How do we make sense of all this stuff PLUS all our family stuff, work stuff, national and international news stuff, and our personal stuff? Bring it to Mass. Give it to God! Remember God created all things out of chaos. One thing we have in abundance is chaos!

Each time we come to the Mass, hopefully with a bit of preparation at home or in the pew before we begin, we bring all our stuff and give it to God, the good, the bad and the ugly! When the priest says, "Let us pray." PRAY! Offer your silent prayer and then allow the priest to lead your prayer and all the other prayers everyone else is bringing to the altar and on to God. The presider is to offer the invitation to prayer, pause for your prayers and then says what is often referred to as the "Opening Prayer" but properly is titled the "Opening Collect" or simply the "Collect." He literally is collecting all the prayers at the beginning of the Mass and offering them with the Sacrifice of Jesus Christ in the Mass to God the Father through the Holy Spirit. That is every Mass, no matter what the liturgical season or the dedicated weekend.

Bring your joys, sorrows, apathy, worry, happiness, peace, anxiety, your kids, your grandkids, parents, spouse, whatever else you got—all your chaos! Give it to God and let God create something wonderful with you and for you.

Maybe you might need a bit more time than that brief pause before the Collect. Lucky for you we have a prayer filled forty days ahead of us!

Have a blessed week!

Fr. Joe Keough fjfk@aol.com

Lent is almost here! Embrace these forty holy days as an opportunity for renewal and they will not seem to be such a burden. Fast not so much for weight loss but for awareness of our sisters and brothers who face hunger every day. Give of your time and talent to help other people know God is truly present. Pray for more intimate connection with Christ and everything else will come into play.

LENTEN REGULATIONS: According to the U.S. Conference of Catholic Bishops (USCCB), CATHOLICS BETWEEN THE AGES 18-59 ARE OBLIGED TO FAST AND ABSTAIN FROM MEAT ON ASH WEDNESDAY AND GOOD FRIDAY. ALL CATHOLICS AGE 14 AND UP ARE TO ABSTAIN FROM MEAT ON ASH WEDNESDAY AND ALL THE FRIDAYS OF LENT.

* 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.

WORLD DAY of the SICK, Feb. 11 Keep in your prayers all who are sick in anyway. Physically, emotionally and/or spiritually. If you or someone you love is in need of the Sacrament of the Sick, please call the Parish Office to make arrangements. Due to privacy regulations, hospitals no longer notify the parishes when members are admitted and discharged.

Holy Land Christian Art and Religious Items will be available in Fr. Ted Hall on Feb. 17 and 18 after all Masses. Need a rosary for your Lent? How about a crucifix or other religious work of art for your Catholic home? The Holy Land Christian artists provide unique olive wood creations to enrich your devotions while helping to support the Christians struggling to survive in the Holy Land. Your support is greatly appreciated!