



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 18, 2024 First Sunday of Lent

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

Monday, February 19

8:00 AM For Our Parishioners
3 – 4 PM **Holy Hour**

Tuesday, February 20

8:00 AM For Vocations

Wednesday, February 21

8:00 AM For Our Parishioners

Thursday, February 22

9:00 AM **NO MASS**

Friday, February 23

8:00 AM For Vocations

Saturday, February 24

4:00 PM John & Carolyn Gregory

Sunday, February 25

8:00 AM Roy Family
9:30 AM For Our Parishioners
11:00 AM Raye Mandirola

Our Weekly Offertory

On **February 11, 537** members and visitors worshipped with us at Sacred Heart Parish.

February 11, 2024, Parish Support:

\$5,805.25	Offertory
\$758.50	Online Giving
\$6,563.75	Total

Thank you for your support!

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

"Fasting is the soul of prayer; mercy is the life blood of fasting. If we have not all three together, we have nothing." St. Peter Chrysologus

Holy Land Christian Art and Religious Items will be available in Fr. Ted Hall after all Masses this weekend 2/17-2/18. See more information on the back page. Thank you!

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



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.

CATHOLIC RELIEF SERVICES (CRS) OPERATION RICE BOWL: the students in our Religious Education Program are once again participating in Operation Rice Bowl as part of their Lenten experience. You can join them in the efforts to relieve the burden of hunger for people around the world. Pick up a Rice Bowl in the vestibule and return it at the end of Lent. You can submit change, cash and or a check made out to Sacred Heart Parish with "Rice Bowl" in the memo section, clean out your cupholder, the junk drawer or that mug on your dresser – it's just that easy! Thank you in advance for your generosity!

Worldwide Marriage Encounter Experience

First Sunday of Lent

Learn the five tools by signing up and attend a Worldwide Marriage Encounter Experience. You can find one by looking up 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/>.



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



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:

- The Connecticut (Hartford) March for Life will be held on March 20, 2024. The rally is scheduled for 12:00 noon at the Capitol, with the **march** to follow **beginning at 1:00 p.m.**
- The local district of the Knights of Columbus will be conducting a membership campaign on March 2nd & 3rd. Representatives will be available to speak with you at the end of each mass. Please consider becoming part of this worthy group and its community efforts of Charity, Unity, Fraternity and Patriotism. For more info visit (www.ofc.org).
- Next local K of C council meeting is scheduled for **March 3, 2024, at 7:00 p.m.** Father Ted Hall.

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: she_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.



RELIGIOUS EDUCATION CLASSES WILL NOT MEET this week due to the Presidents' Day holiday. Classes for grades K-7 resume on Sunday, February 25, 2024. Have a safe holiday.

NEXT SUNDAY - YOUTH MASS!: February 25, 2024 Youth Mass at 8am and 9:30am Mass. Students from our Religious Education program will participate as lectors, ushers, greeters and altar servers at both Masses. We will see you there!



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

As we “settle in to Lent” I invite you to get “unsettled.” Change it up! Allow yourself to have an active Lent. Try something extreme like going to a different Mass on the weekend or add a daily Mass to your week or sit somewhere else in the church. You’ll be surprised to see new people or old friends! If you haven’t done it or haven’t done it in a while, pick up an Operation Rice Bowl from the vestibule and toss your spare change into the box or use it as your Lenten Swear Jar—who knows maybe that would end world hunger! Small consistent steps can lead to great results! Help yourself to a free copy of The Rocking Chair Prophet or join us for Stations of the Cross on Friday evenings Try some small challenges this Lent and see where you end up. Closer to Christ is the ultimate goal.

Have a blessed, active, Lenten week!

Fr. Joe Keough fjfk@aol.com



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.

Pick up your free copy of The Rocking Chair Prophet and gather a few friends for an informal Lenten/Easter Season book club. Meet at a coffee shop or the library, your home or even the Children’s Chapel during the day. Faith that is shared is faith that grows.

Holy Land Christian Art and Religious Items will be available in Fr. Ted Hall after all Masses this weekend. Need a rosary for your Lent? How about a crucifix or other religious work of art for your Catholic home? Easter Gifts, Mother’s Day, First Communion, Father’s Day, Graduation, Wedding...the list goes on and on. Don’t forget to treat yourself! 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!