



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:** 8:30am and 10:30am.

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 after the last Mass. Please call the Rectory to schedule a date.

Holy Matrimony: At least six months of notice should be given to arrange 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 6 to 7 PM (Fall-Spring 3-4PM), Fridays 7:30 to 8 AM

Rosary: First Sunday of the Month 8:00 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@aol.com (Temporary)

Assistant : Jackie Dion

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

March 1, 2026 the Second Sunday of Lent

The Tabernacle Candle this week burns for **Joyce** 🌿



Saturday, February 28

4:00 PM For Our Parishioners

Sunday, March 1

8:30 AM Christine Sych

10:30 AM Regina Guilmartin

Monday, March 2

8:00 AM Thomas J. Keough

3 – 4 PM Holy Hour

Tuesday, March 3

8:00 AM For Vocations

Wednesday, March 4

8:00 AM For Our Parishioners

Thursday, March 5

8:00 AM **NO MASS**

Friday, March 6

8:00 AM Joseph DeLiso

6:30 PM Stations of the Cross

Saturday, March 7

4:00 PM Carolyn and Gregory Stack

Sunday, March 8

8:30 AM Lise Roy

10:30 AM Jennifer Portella

***Apologies for any misspelled names**

During Lent, Confessions will be heard Monday afternoon from 3:15-4:00 and Monday evenings from 6-7 and Saturdays from 2:30-3:30 or call for an appointment.

Please keep Our Church clean!

Please put Missallettes & Hymn Books back in their places and remove any items you may have in your pew. Thank you!

Our Weekly Offertory

On **February 22, 533** members and visitors worshipped with us at Sacred Heart Parish.

February 22, 2026, Parish Support:

\$7,645.50	Offertory
\$642.55	Online Giving
\$8,288.05	Total

Thank you for your support!



Lenten guidelines: Abstain from meat on all Fridays of Lent. Fasting and no meat on Good Friday. Better Lent, better heart, better life!

SAVE THE DATE

March 6th – Stations of the Cross

March 12th & 13th – Frank Runyeon at St. Robert in Windsor Locks.

March 14th & 15th – Fair Trade Sale, after ALL Masses.

March 15th – THE BEST Pancake Breakfast in town!

March 23rd 7PM – Grief and Faith.

April 15th – Book Club 10:30-11:30AM

~**Sipsworth**, by *Simon Van Booy*

October 7th – 12th – Pilgrimage to Mexico, Our Lady of Guadalupe.

Tuesdays at 6:30 – *Bible Study* ~ Fr. Ted Hall.

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.

RELIGIOUS EDUCATION NEWS

Office hours: Monday 4pm-6pm and by appointment only

Closed holidays and school vacations

Donna Swols, DRE: shc_dre@aol.com (temporary)

Jackie Dion, Adm. Asst.

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

✠ **YOUTH STATIONS THIS FRIDAY, MARCH 6, 2026!**: Join us this Friday as our Religious Ed students present Youth Stations of the Cross beginning at 6:30pm in the church. Hope to see you there!



TURN YOUR CLOCKS AHEAD – THIS SATURDAY, MARCH 7, 2026! – Daylight Savings Time begins next Sunday, March 8, 2026, so remember to turn your clocks ahead! Classes will be held on Daylight Savings Time so don't be late!

DATES TO NOTE: Family Lenten Retreat, Saturday, March 14, 2026; Youth Mass, Sunday, March 15, 2026; Grade 8 Retreat, Sunday, March 15, 2026; 1st Reconciliation Retreat, Saturday, March 21, 2026; 1st Reconciliation Service, Saturday, March 28, 2026; 1st Holy Communion Retreat, Saturday, April 25, 2026; 1ST Holy Communion Mass, Saturday, May 2, 2026; Grade 3 Youth Mass and Crowning of Mary, Sunday, May 3, 2026 at 8:30am.

Archbishop's Annual Appeal

The 2026 Archbishop's Annual Appeal is now underway in our parish. Your support of this year's Appeal ensures that essential charitable, educational, and pastoral ministries of the Archdiocese of Hartford will be carried forward.

- Since 1997, Archbishop's Annual Appeal Vicariate Outreach Program has been able to provide over \$24 million in funding to community-based local charities throughout Hartford, New Haven, and Litchfield Counties to assist them in their important work of serving the needs of God's people. In 2025, we were able to provide over \$1,400,000 to over 165 various organizations, nominated by pastors, across the Archdiocese.
- Organizations such as Suffield Community Aid, and Enfield Loaves and Fishes right here in our own town received funding from the Appeal's Vicariate Outreach Program that makes a difference in serving our neighbors.

All funds contributed to the Archbishop's Annual Appeal are used exclusively for the purposes outlined in the Appeal literature, which can be found at <https://archdioceseofhartford.org/appeal/>. No Appeal funds are ever used for legal fees or settlements.

Worldwide Marriage Encounter: Second Sunday of Lent

2 Timothy 1:8-10 "Beloved: Bear your share of hardship for the gospel with the strength that comes from God. He saved us and called us to a holy life, not according to our works but according to his own design and the grace bestowed on us in Christ Jesus before time began. Sign up to attend a Worldwide Marriage Encounter Experience and see how your relationship can be holy and loving. You will be glad you did. Worldwide Marriage Encounter Experiences:

March 13-15, 2026, Windjammer Best Western, South Burlington, VT

April 17-19, 2026, Silver Bay YMCA, Silver Bay, NY

April 24-26, 2026, Corpus Christi Parish, East Sandwich, MA

Worldwide Marriage Encounter sponsors a variety of in-person and virtual marriage experiences, on weekends and seven weekdays. Couples explore their relationship with each other, God, and the Church. Registration limited and \$100 application fee. For more information or to apply, call Frank & Margie Pearson at 860-337-2447 or wwme.org.



Sacred Heart Parish Family Rosary

First Sunday – March 1, 2026

8:00 AM (prior to the 8:30 mass)

Prayer Intention to Honor
St. Joseph and the Child Jesus

Please be sure to take with you from the table in the church vestibule additional prayers to continue with your devotion to St. Joseph throughout the month of March.



**Knights of
Columbus®**

Suffield Council # 6281

Ed McAnaney, Grand Knight

Important Upcoming Dates & Knights News:

- Next local Knights of Columbus Council #6281 monthly meeting will be this Sunday, **March 1, 2026, at 7:00 p.m.** Father Ted Hall.
- The Knights of Columbus are planning a **Pancake Breakfast** for Sacred Heart Parishioners following the 8:30 a.m. & 10:30 a.m. masses on **Sunday, March 15th** in Father Ted Hall. Suffield Council # 6281 members interested in helping on this day should contact Brian Kruczek at 203.886.8884 or BK60611@Gmail.com. All are welcome to attend this **free-of-charge event** and there **will be a gluten-free option available**.

From the Pastor's Desk

Are you struggling to keep your Lenten commitments? Maybe you started out on what you thought would be something easy or manageable and have gotten away from it already. It happens. St. Francis de Sales, in his spiritual classic, Introduction to the Devout Life, reminds us that some challenges and even failures are good for us. He reminds us that difficulties force us to put more emphasis on our need for God's help and grace than on ourselves. May we turn to God's strength in our weakness.

Pray, "God help me to make this Lenten journey, let me know your direction and your guidance for my steps along this path. Show me the way that leads my heart to you." We don't give up. We just pray a little better and allow God to journey with us. Even Jesus had help carrying the cross!

Maybe you must hit the reset. Maybe that's what God wants you to do. When you think about it, that's what Lent is all about.

God bless!

Fr. Joe Keough



Men's Group Monthly Meeting will be on **Monday, March 2 at 7:00 PM in the church**. We will meet in the Children's Chapel to have a discussion on prayer and spirituality for Lent and beyond. All men of the parish are welcome to attend!

MASS INTENTIONS: Archbishop Coyne has decided that beginning January 1, 2026, all parishes in the Metropolitan of the Archdiocese of Hartford (consists of Hartford, Bridgeport, Norwich, and Providence diocese) will have the same system of Mass intentions. The stipend (offering) will be the same for Sunday/Holiday and weekdays, which will be \$15.00 per Mass. There will be **only one intention per Mass** and one Mass per week to be a "Pro-Populo" Mass or "For the People".

To honor the memory of loved ones who have passed, you can dedicate the **Tabernacle Candle (Sanctuary Lamp)**. For a \$50.00 donation, the tabernacle candle for that week will be noted in the bulletin "In loving Memory of *****". There will be only one name or family each week. Call the Parish Office to schedule a week for your memorial.