



# 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](mailto:SacredHeartSuffield1@gmail.com)

Follow us on Facebook at Sacred Heart, Suffield 

Website: [SacredHeartCT.com](http://SacredHeartCT.com)

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

Office Closed on Friday

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## 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

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## Parish Staff

**Pastor:** Fr. Joseph Keough Email: [frjfk@aol.com](mailto:frjfk@aol.com)

**Administrative Assistant:** Jackie Dion email: [SacredHeartSuffield1@gmail.com](mailto:SacredHeartSuffield1@gmail.com)

### Religious Education:

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

**Director:** Miss Donna M. Swols email: [shc\\_dre@aol.com](mailto:shc_dre@aol.com) (Temporary)

**Assistant :** Jackie Dion

### Directors of Music

Floyd Higgins & Gretchen Collins [floydandgretchen@comcast.net](mailto: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](http://archdioceseofhartford.com)

# March 15, 2026 the Fourth Sunday of Lent

The Tabernacle Candle this week burns in Memory of *Our deceased Parishioners.*



## Saturday, March 14

4:00 PM For our Fallen Soldiers, our Military and their Families ♥ ♡

## Sunday, March 15

8:30 AM Matthew and Richard Roy  
10:30 AM Richard Evans

## Monday, March 16

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

## Tuesday, March 17

8:00 AM Fabiola Bille(L)~Birthday Wishes

## Wednesday, March 18

8:00 AM For Vocations

## Thursday, March 19

8:00 AM **NO MASS**

## Friday, March 20

8:00 AM Intentions of Seminarian Gregory Myer(L)  
6:30 PM Stations of the Cross

## Saturday, March 21

4:00 PM For Our Parishioners

## Sunday, March 22

8:30 AM Roy Family  
10:30 AM Eleanor Fitzgerald

**\*Apologies for any misspelled names**

## Our Weekly Offertory

On **March 8, 549** members and visitors worshipped with us at Sacred Heart Parish.

March 8, 2026, Parish Support:

|                   |                      |
|-------------------|----------------------|
| <b>\$6,610.20</b> | <b>Offertory</b>     |
| <b>\$622.55</b>   | <b>Online Giving</b> |
| <b>\$7,232.75</b> | <b>Total</b>         |

*Thank you for your support!*

### Fair Trade

Fair Trade items will be for sale after all Masses this weekend. Please stop and support the Farmers!

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

### SAVE THE DATE

**March 15<sup>th</sup>** – The BEST Pancake Breakfast in town!

**March 20<sup>th</sup>** – Stations of the Cross 6:30 PM

**March 23<sup>rd</sup> 7PM** – Grief and Faith

**April 10<sup>th</sup>** – Virtual/In Person Meeting regarding the Pilgrimage

**April 11<sup>th</sup> – 9:00AM** St. Joseph Cemetery Clean Up

**April 12<sup>th</sup>** – Divine Mercy Sunday Devotions 3:00 PM

**April 15<sup>th</sup>** – Book Club 10:30-11:30AM-Fr. Ted Hall

**Sipsworth, by Simon Van Booy**

**May 8<sup>th</sup> – Bingo Night** to benefit the Sacred Heart Scholarship

**October 7<sup>th</sup> – 12<sup>th</sup>** – 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.

*Baptized in Christ*

*Wyonna Elizabeth Skrzypek*



### Archbishop's Annual Appeal

In just a few short weeks, our parish has raised **\$18,033.75** for the 2026 Archbishop's Annual Appeal. The Archbishop's Annual Appeal supports many important ministries and programs in the Archdiocese. Gifts are allocated towards religious education programs, youth ministries, local charities, the education of our seminarians, support for our retired clergy, our Catholic schools, and the many ministries provided daily by the Archdiocese. If you have not made a gift, please prayerfully consider making a pledge or one-time gift. Join us, your parish community, and *We Are One*, by sharing your blessings with the less fortunate. 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.**

### Catholic Relief Services Collection

This week we take up The Catholic Relief Services Collection to reveal Christ's love to our brothers and sisters in need. This collection makes grants to six Catholic agencies that provide relief and support for struggling communities and work for peace and reconciliation among our marginalized brothers and sisters, both here and around the world. Please prayerfully consider how you can support the collection. Learn more about the collection at [www.usccb.org/catholic-relief](http://www.usccb.org/catholic-relief). iGiveCatholic also accepts funds for this collection if you prefer to donate online.

### ANNUAL ST JOSEPH CEMETERY CLEAN UP:

Saturday, April 11<sup>th</sup>. Please remove all Christmas items and any other decoration from the plots that you want. Everything winter related will be discarded. American Flags will also be removed and will be replaced by Memorial Day. Appropriate Easter Items will remain. Please consult your Plot Purchase Agreement page 3 items 9 and 10 to see specific guidelines.



Saint Gabriel School  
Pre-Kindergarten through Grade 4  
**PROSPECTIVE FAMILY  
OPEN HOUSE**  
Wednesday, March 25, 2026  
5:30pm – 7:00pm

### Please keep Our Church clean!

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

### RELIGIOUS EDUCATION NEWS

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

Closed holidays and school vacations

Donna Swols, DRE: [shc\\_dre@aol.com](mailto: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.



**TODAY - YOUTH MASS!:** March 15, 2026, Youth Mass at 8:30am and 10:30am Mass. Religious Ed students will participate at both Masses. See you there!

**REMINDER:** Grade 8 Retreat is TODAY! Report to Fr. Ted Hall at 2:15pm. Check your email for details. Thank you!

**REMINDER:** 1st Reconciliation Retreat (Grade 2), this Saturday, March 21, 2026! Check your email for details. Thank you!

**UPCOMING EVENTS:** Confessions, grades 3-5, Tuesday, March 24, 2026; 1<sup>st</sup> Reconciliation Service, Saturday, March 28, 2026; 1<sup>st</sup> Holy Communion Retreat, Saturday, April 25, 2026; 1<sup>ST</sup> Holy Communion Mass, Saturday, May 2, 2026; Grade 3 Youth Mass and Crowning of Mary, Sunday, May 3, 2026, at 8:30am.

**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.

*Please keep our “elect” (the people preparing for the Easter Sacraments) in your prayers. This week they will officially receive the Creed and then celebrate the Second Scrutiny.*

**Our Annual Easter Egg Hunt is coming!** Could you spare a bag or two of small candies to fill the eggs? Kindly drop them off in the marked box in the vestibule between now and Good Friday. For safety, any and all Reese's Peanut Butter Cups should probably be given directly to Fr. Joe for taste testing. Thanks!



Are you grieving a loss or going through a challenging separation or broken relationship? Are you feeling challenged in your faith or overwhelmed by questions that seem to have no answers? The cross of grief is real for many of us, whether a recent loss or a hurt from many years ago. On Monday, March 23, we will begin a process into coping with grief through the eyes of faith. Join with my good friend and former parishioner, Rich Beebe for a conversation about sorrow, grief, pain, faith, healing, and life. We will gather in the church at 7PM and begin a new direction in our grief process. This one-time presentation will be followed by some new grief ministries here at Sacred Heart. I hope you can take this opportunity to find some help from grief to hope through faith. This event is free and open to all.



**Knights of  
Columbus\***

**Suffield Council # 6281**

Ed McAnaney, Grand Knight

### Important Upcoming Dates & Knights News:

- The Connecticut (Hartford) March for Life will be held on Wednesday, March 18, 2026. The rally is scheduled for 11:30 a.m. at the Capitol, with the march to follow beginning at 12:30 p.m. Various local Knights of Columbus councils are sponsoring bus trips to the March. For information on attending by personal car or for anyone wishing to register for one of the sponsored busses, please consult the following website <https://marchforlife.org/connecticut/>.
- Suffield Council # 6281 will again be sponsoring holiday **Fruit Baskets** for our fellow parishioners who are homebound. Anyone **interested in helping** to prepare the baskets on **March 27<sup>th</sup> at 5:00 p.m.** or subsequently assist in the home delivery of these baskets, please **contact Craig Tini at 860.888.6697.**
- Suffield Council # 6281 will host an **Easter Egg Hunt** for our youngsters on the Sacred Heart Parish church grounds. All are welcome to join in the fun scheduled for **Saturday, April 4<sup>th</sup> at 11:00 a.m.** Anyone interested in helping out at this event or with preparing the candy filled eggs on **Friday, April 3<sup>rd</sup> around 4:30 p.m. following the Good Friday Service** should **contact Anthony Mandrola** at [anthonymandrola@gmail.com](mailto:anthonymandrola@gmail.com).
- Suffield Council # 6281 members will again participate in **HomeFront** on **Saturday, May 9<sup>th</sup>**, when volunteers will report to a local residential property for a day of repairs or maintenance for a low-income homeowner. All tools and expertise will be provided, **just arrive ready for work!** Anyone interested in volunteering for this one-day project please contact Ed McAnaney at (860)668-2000 for sign up details.

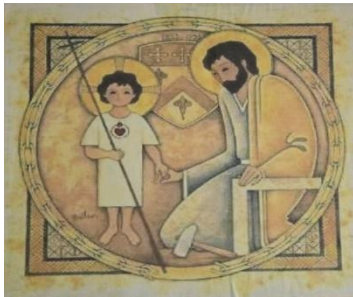
## **From the Pastor's Desk**

If you are using one of the “Little Black Books” as a guide for your Lenten journey (I hope you are), then you are learning about a variety of things that you may not have considered from a Catholic Lenten perspective. A few weeks ago, there were many questions about the rooster on the weathervane and questions about why we don't have one here at Sacred Heart. We learned about saints and devotions in the Church. The reflections on the Passion of the Lord in the Gospel of St. Mark have been good bits to make us pause and reflect instead of racing through the whole story. Each day has an episode with a reflective challenge for our hearts and minds.

The last line on the weekday pages of the booklet offers an invitation to “Spend some quiet time with the Lord.” In my opinion, the most important part of the book. I hope you make the opportunity for yourself to do that every day. Why doesn't it say that on the Sunday pages? Sunday is the Lord's Sabbath, a day already dedicated to resting and spending time with the Lord. The assumption is that we are already allowing ourselves the rest and time with the Lord. We all have busy days and can easily feel we are too busy to do this. Once we start doing this, even a few moments, we discover that we need it. Once we do it daily, we will find the way to get all the other necessary things done, maybe with a more focused mind and a better heart, giving each of us the better life God intends for all.

God bless!

Fr. Joe Keough



Two very well known saints are celebrated this week, St. Patrick of Ireland (March 17) and St. Joseph, Husband of Mary, (March 19), Patron of our Archdiocese as well as our Sacred Heart/St. Joseph parish family. May these and all the saints in the heavenly kingdom, pray for us that we might some day join them at the Heavenly Banquet.



### *Holy Week at a glance:*

Palm Sunday March 29 Palms blessed and distributed at all Masses.

Monday Last call for Confessions 3:10-3:57 PM and 6-7:00 PM

Tuesday, Chrism Mass at the Cathedral of St. Joseph in Hartford 11:00 AM

#### **Sacred Triduum Begins**

Holy Thursday Mass of the Lord's Supper begins at 7:00 PM with adoration until 10:00 PM

Good Friday Service 3:00 PM. Good Friday evening: Outdoor Stations of the Cross (weather permitting) begin at 6:30 PM

Holy Saturday Blessing of the Easter Foods 10:00 AM in the church.

Easter Egg Hunt 11:00 AM outside of Fr Ted Hall

8:00 PM Great Vigil of Easter

Easter Sunday Masses 8:30 & 10:30 AM

### *Pilgrimage to Mexico in honor of Our Lady of Guadalupe:* “Mexico with Fr. Joe”

Join Fr. Joe as he celebrates his 30<sup>th</sup> Anniversary year with a pilgrimage to honor Our Lady of the Americas. This trip is not a “tour” but a pilgrimage—a time away to pray and discover the rich history of this devotion honoring the apparition of our Blessed Mother in the “New World” for the spread of the Church in this hemisphere. (You're with Fr. Joe so there will also be some fun activities as well) October 7-12, 2026. For more information visit [www.VersoMinistries.com/sacred-heart-mexico](http://www.VersoMinistries.com/sacred-heart-mexico) or contact Fr. Joe at [frjfk@aol.com](mailto:frjfk@aol.com). This trip is not recommended for people with mobility issues as Mexico does not have much in the way of access ramps, or other mobility supports.

