



# 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 8, 2026 the Third Sunday of Lent

The Tabernacle Candle burns for the Birthday of *Joyce*.



Saturday, March 7

4:00 PM Carolyn and Gregory Stack

Sunday, March 8

8:30 AM Lise Roy  
10:30 AM Jennifer Portella

Monday, March 9

8:00 AM Kenneth Whiting  
3 – 4 PM Holy Hour

Tuesday, March 10

8:00 AM Damarais Castillo(L)~*Birthday Wishes*

Wednesday, March 11

8:00 AM Ruben Ehongo(L)~*Birthday Wishes*

Thursday, March 12

8:00 AM **NO MASS**

Friday, March 13

8:00 AM For Our Parishioners  
6:30 PM Stations of the Cross

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  
**\*Apologies for any misspelled names**

## Our Weekly Offertory

On **March 1**, 613 members and visitors worshipped with us at Sacred Heart Parish.

March 1, 2026, Parish Support:

\$7,839.60	Offertory
\$1,132.83	Online Giving
\$8,972.43	Total

*Thank you for your support!*

**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.

**Holy Hour will remain 3-4PM on Mondays until after Easter.**

### SAVE THE DATE

**March 13<sup>th</sup>** – Stations of the Cross 6:30 PM

**March 12<sup>th</sup> & 13<sup>th</sup>** – Frank Runyeon at St. Robert, Windsor Locks

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

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

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

*Sipsworth, by Simon Van Booy*

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

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

### ***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!*

### 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*

***Stella Emilia Mastorakis***





## 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.



**THANK YOU - FAMILY BINGO NIGHT! - FEBRUARY 28, 2026:** Fun, food and BINGO!

What a great evening for all our parish families and what a crowd!!! Grateful thanks to all our adult and student volunteers and families who helped make this another successful event and a special thank you to all our sponsors and parishioners who gave so generously!! God bless!!

**DAYLIGHT SAVINGS BEGINS TODAY, MARCH 8, 2026!** – Daylight Savings

Time begins today Sunday, March 8, 2026! Classes will be held on Daylight Savings Time so don't be late!



**DATES TO NOTE:** Family Lenten Retreat, this Saturday, March 14, 2026; Youth Mass, next Sunday, March 15, 2026; Grade 8 Retreat, next Sunday, March 15, 2026; 1<sup>st</sup> Reconciliation Retreat, Saturday, March 21, 2026; 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. Questions? - Contact our office.

### Archbishop's Annual Appeal

Thank you to the parish families who have made a gift or pledge commitment to the 2026 Archbishop's Annual Appeal. If you have not yet had the opportunity, please consider prayerfully supporting the many "Good Works" of the Archdiocese. Every gift will be gratefully received and sincerely appreciated.

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.

### Fair Trade

Fair Trade items will be available for purchase after all Masses next weekend, March 14<sup>th</sup> & 15<sup>th</sup>.

### Suffield Community Aid Pantry Needs

Mayonnaise, Canned Chicken, Applesauce, School Snacks, Dish Soap, Baked Beans, Paper Towels

*Items will be collected March 14<sup>th</sup> and 15<sup>th</sup>.  
Thank you, Sacred Heart Human Needs Ministry*

### Catholic Relief Services Collection

Next week our parish will take up The Catholic Relief Services Collection. Funds from this collection provide food to the hungry, support displaced refugees, and bring Christ's love and mercy to vulnerable people here and abroad. Next week, please give generously to the collection and reveal Christ's love to people most in need. 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.

**Worldwide Marriage Encounter: Third Sunday of Lent**  
**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**  
\$100 application fee. For more information or to apply, call Frank & Margie Pearson at 860-337-2447 or [wwme.org](http://wwme.org).



**Knights of  
Columbus**

**Suffield Council # 6281**

Ed McAnaney, Grand Knight

### **Important Upcoming Dates & Knights News:**

- 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 15<sup>th</sup>** 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](mailto:BK60611@Gmail.com). All are welcome to attend this **free-of-charge event** and there **will be a gluten-free option available**.
- 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 [anthonymadrola@Gmail.com](mailto:anthonymadrola@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 doing repairs or maintenance for a low-income homeowner. All tools and expertise will be provided, **just arrive ready to work!** Anyone interested in volunteering for this worthy one-day project **please contact Ed McAnaney at (860)668-2000 for sign up details.**

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

*As we journey through Lent, our members preparing for the reception of Sacraments at the Easter Vigil are entering a special time of prayerful preparation. The "scrutinies" are a liturgical process with and for our members preparing for the elect as they move toward this milestone of faith. We, their parish family, offer our continual prayers and support on this journey as we renew our commitment to the promises we made at our own Baptism and Confirmation and to every "amen" we say when we receive the Body, Blood, and Divinity of Jesus Christ in the Eucharist.*

*Whether we are an adult preparing for the Easter Vigil, a second grader preparing for First Confession, a third grader preparing for First Holy Communion, we all need the prayers of family and parish family in order that we may be ready, willing and able to receive the abundance of grace our God wants to give us. They are a sign of hope for us and a brilliant reminder of the joy of being part of God's family.*

*As we join in the prayers for the scrutinies, pray for those standing before the altar as well as yourself. Ask God's blessing for them and open your heart to welcome them and all who enter not only our parish but the Church around the world. Pray for the gift to recognize that all are invited. With your love and example, may all feel welcomed.*

God bless!  
Fr. Joe Keough

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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.

### **Frank Runyeon Presents a Two Evening Lenten Mission at: St Robert Church 52 South Elm St Windsor Locks, CT**



**The Gospel of Mark, March 12<sup>th</sup> at 7:00PM**



**The Sermon on the Mount, March 13<sup>th</sup> at 7:00PM**

Frank Runyeon has won national acclaim for his work as a translator and performer of Biblical texts. He is perhaps still best known, however, for his many roles on television.

Frank came to Mary Gate of Heaven last Lenten season which was superb and dynamic. He brings Scripture to Life.

**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".

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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.