

Welcome to
The Church of the Sacred Heart
The Mother Church of East Central Minnesota

Parish Office / Mailing Address:

415 West 5th Street PO Box 45

Rush City, MN 55069

Phone: 320.358.4370 Fax: 866.779.1580 Wey Hall: 320.358.3145

WEEKDAY/WEEKEND MASSES

Saturday-Suspended

Sunday 9:00 am

Wednesday 9:00 am

ADORATION

Every Wednesday after 9:00 am

Mass until Noon

RECONCILIATION

After mass on the 1st & 3rd

Wednesday of the month or by ap-
pointment.

PASTOR

Fr. Shane Stoppel-Wasinger

DEACON

Kevin Downie

ASSISTING PRIETS

Fr. Chuck Brambilla

Fr. Thomas Fitzgerald

Fr. Bob Nygaard

OFFICE HOURS

Tuesday, Wednesday and Thursday

8:00 am. - 12:00 pm.

PARISH OFFICE

Admin Asst: Marsha Marcussen

Bookkeeper/ Music: Steve Yurick

320-358-4370

FAITH FORMATION

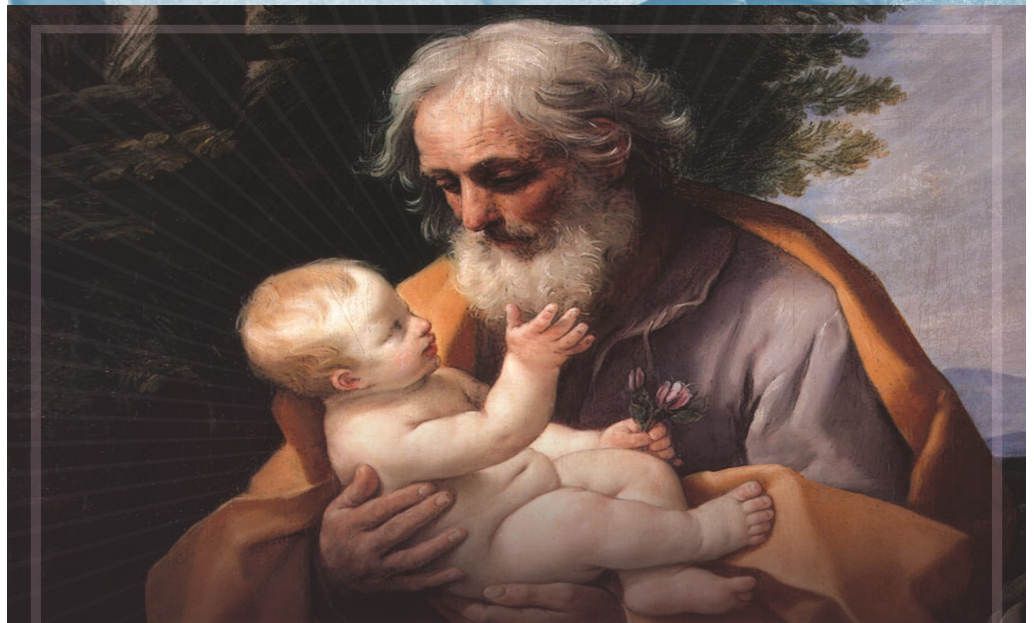
Claire Kind

Joan Hetherington

651-674-7382

MARCH
Month of *St. Joseph*

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SAINT JOSEPH

SPOUSE OF THE BLESSED VIRGIN MARY

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3-13 Second Sunday of Lent

3-20 Third Sunday of Lent

Fasting

When I was growing up, like many of my parishioners, we fasted the most common way, that is, from food. Moreover, we often gave up something such as candy, pop and chocolate, among other things. Then when Lent was over, we went right back to indulging ourselves with those items once again. Recently, Pope Francis asked us to fast by giving up things other than food. Unlike our old ways of fasting temporarily, Pope Francis asks us to fast from things which will lead us to pick up new positive habits.

Pope Francis begins his fasting list by first inviting us to fast from hurting words. Instead, saying only kind words. We know that spoken words are powerful and can at times be life changing. The next time you are inclined to say a hurtful word to someone, take a deep breath and try saying a kind word instead.

Next, we should try to fast from habitual sadness and anger. There are times that life's challenges tend to bring down my spirits. I have found a fool-proof method to overcome any sadness. I fill up with a good dose of gratitude, reminding myself that I have a warm home to live in, food to eat, and clean water to drink. And when I find myself experiencing anger, I work extra hard to practice patience. So, the next time you begin to get angry about a situation, step-back and try to apply some patience.

Our Holy Father's inventory of fasting, also includes pessimism, worrying, and complaining. Have you ever noticed that most of the news and social media is negative? It is almost like we are drawn to hear what is wrong, instead of what is going right. Fast from negativity, and replace it with positivity and optimism! As followers



of Jesus Christ, we should be hopeful people. Let's spread hope in our world! Worrying about something that may or may not happen, gets us nowhere. This is why we must *fast* from worries and have *trust* in God.

Complaining does not help anyone. Fast from complaining and try to replace it with a positive solution instead!

Young and old, we all encounter pressure in our lives. There is stress in school, work, parenting, not to mention peer pressure; it isn't just for teenagers, we adults have this as well in our lives. How does one fast from daily burdens? The answer is simple- be *prayerful*. When we really pray from the depths of our hearts, and ask God to help us, difficulties are put aside. God's presence in our lives will bring us peace!

Why not try fasting from any bitterness and selfishness you might have and replace them with hearts of joy and compassion? Pope Francis encourages us to fast from grudges, and in their place, work at reconciling with anyone that you might hold a grudge with or with someone you think may be holding a grudge against you. Words, words, words: we have too many of them in our lives. Fast from speaking on and on, and instead, be still, silent, and listen to God's will for you.

With this list, we all will have a lot of fasting to accomplish this Lenten season. Let's begin *today*, so that on Easter Sunday, we may enjoy the fruits of our fasting that will bring us all that we are searching for: *joy* in our Risen Saviour.

May you continue to have a prayerful Lent.

Father Shane



THE ANNUNCIATION EATING MEAT ON FRIDAY, MARCH 25

This year the Solemnity of the Annunciation of our Lord falls on a Lenten Friday. Since this is a Feast of Celebration, Catholics **ARE NOT REQUIRED** to abstain from meat on this Friday of Lent.

HAPPY ANNIVERSARY TO POPE FRANCIS!

Pope Francis will be celebrating the 9th Anniversary of his election as our Holy Father on Sunday, March 13. Please keep him in your prayers.



Mission Statement

Sacred Heart parish is a community of Catholic Christian believers, established by the Archdiocese of St. Paul and Minneapolis. We strive to grow in holiness through prayer, celebration of the Eucharist and other sacraments, and reflection on the scriptures. We work hard to build the kingdom of God through evangelization, catechesis and service for all.

Friday's during Lent

Fish Fry's 4-6:30 PM

Dine-In & Take-out!

(Dine-in starts March 18th)



Sacred Heart Catholic Church

Frandsen Ave & 4th St. Rush City, MN 320.358.4370

MARCH 4TH THROUGH APRIL 8TH

ADULTS \$11 *KIDS 5-12 \$5 *KIDS 4 & UNDER FREE

5:00pm Friday Mass during Lent

Parish News

2022 Contribution Envelops are available in the back of church.

Catholic Charities Food Distribution

The next food distribution of frozen meals for seniors 60 and older will be on March 17th from 10:00am-11:30 am. Meals are available in quantities of 10 and up to 30 per calendar month.

Parish Council meeting

The next Parish council meeting will be held on Tuesday, April 12th.

Mass Intentions

Wednesday, February 16

9:00 a.m. † Respect for Life, Elizabeth Ministry

Sunday, February 20

Third Sunday of Lent

9:00 a.m. † Mildred Johnson

Wednesday, February 23

9:00 a.m. † Open

Sunday, February 27

Fourth Sunday of Lent

9:00 a.m. † Fr. Ralph



March 19-20 Celebrants

Fr. Shane	St. Gregory	5:00 p.m.
Fr. Fitzgerald/Dea. Kevin	Sacred Heart	9:00 a.m.
Fr. Shane	St. Gregory	9:30 a.m.

March 26-27 Celebrants

Fr. Fitzgerald	St. Gregory	5:00 p.m.
Fr. Shane	Sacred Heart	9:00 a.m.
Fr. Fitzgerald/Dea. Kevin	St. Gregory	9:30 a.m.

Prayer REQUESTS

Father God, we pray for all those who are facing sickness in their bodies. We ask that you would restore their health, soothe their pain, and ease their worry. Give them your peace and comfort as they wait. In Jesus' name, AMEN!

Continued prayers for:

Erin Hestbeck Mielke, Sue Roth, Gerald Mollberg, Jim Thorn, Judy Strandmark, Grace Schwaab, Cecilia Shinler, Ron Schleicher, Janet Yurick, Maxim Hurwicz, Al Petschl, Jim Mitchell, Marian Schmitz, John Lunseth, Phyllis Keating

BY THE SWEAT OF YOUR
FACE YOU SHALL EAT
BREAD, TILL YOU RETURN
TO THE GROUND, FOR OUT
OF IT YOU WERE TAKEN;
**FOR YOU ARE DUST,
AND TO DUST YOU
SHALL RETURN.**

GENESIS 3:19

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Faith Formation



KIC SPRING BREAK

Monday and Wednesday KIC Classes will be on Spring Break during the week of March 13. This means that there is not class on Sunday, March 13 and Wednesday, March 16. Classes resume Sunday, March 20.



FIRST COMMUNION WORKSHOP RESCHEDULED

The First Communion Workshop which was cancelled on March 5 due to the weather, has been rescheduled for Saturday, March 26 at 10:00 a.m. at St. Gregory Parish Hall....



CONTINUE TO PRAY

Please continue praying for our Confirmation candidates as they draw closer to their special day. The Sacrament of Confirmation will be held on May 24th at the Cathedral of St. Paul.

LIVE THE LITURGY: Have you ever given thought to the fact that you are an "ambassador for Christ?" An ambassador is an accredited diplomat and official representative. We are asked to be ambassadors for Christ and his message of reconciliation. Within each one of us is a prodigal son who realizes the need to return home, an elder brother who struggles with entitlement and self-pity, and a forgiving father who simply wants to celebrate love. Realizing that all of these things are operative in our hearts, we can bring credibility to God's ministry of reconciliation. Genuine witnesses are those who not only recognize their need for wholeness, mercy, and forgiveness but also their tendency to be over self-focused and stubborn. Then, discovering freedom from all that binds them, they can then extend the love they have received to others. These ambassadors embody unity, mercy, and reconciliation and can look on others with deep compassion because they know what it is to walk in their shoes. Can God count on you to deliver this message?



Taste and see
of His goodness.

PSALM 34

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