



SACRED HEART BEAT

JANUARY 2024

NEWSLETTER OF SACRED HEART PARISH

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HAPPY NEW YEAR!

This is the time of year many people make new resolutions to eat better, exercise more, make better choices or even pray more. We all want to have better health, more positive relationships and have success in our lives. How many put much thought into their spiritual lives? Let's look at what this might entail.

I recently listened to Fr. Anselm speak with the Confirmation class about the 3 sacraments that we are required to receive to become Catholic. The 1st is Baptism, the sacrament that makes us a Child of God and always a Catholic. The 2nd sacrament is receiving the Eucharist frequently. This would be daily if you are able to do so. The 3rd sacrament required is Reconciliation. You can find the scriptural reference to Reconciliation at 1 Corinthians 11:27-29. *So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. 28 Everyone ought to examine themselves before they eat of the bread and drink from the cup. 29 For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.* To become a fully initiated Catholic, one must also receive the sacrament of Confirmation.

While the Church requires that we approach the Sacrament of Reconciliation at least once per year, think of all that we do in the course of that year. Prior to the Advent Penance service, I looked at different resources to help me with my examination of conscience. I came across a website that provided information on how to examine your conscience as an adult. If you're like me and struggling with the idea of how to confess my adult sins instead of talking about fighting with my siblings or punching Randy for being mean, that website caught my attention.

Step 1: "Is God the center of your life? If not, you should confess that first." Do I really want to be holier or do I just want to be nicer? There is a critical difference in motives between the two. The former focuses on God and what God thinks of me, while the latter focuses on me and what people think of me. Holiness focuses on the one eternal relationship; niceness focuses on temporary, earthly relationships.

Step 2: Understand the True Meaning of Sin

"God, I know what you want, but I want what I want."

So if we understand sin as rejecting God, and we are truly seeking to grow in relationship with him (step 1), then we will want what he wants, even in the smallest aspects of our lives.

Step 3: Examine Your Conscience Like a Grown-Up

Mother Teresa said it simply: "Ask at night before you go to bed, 'What did I do to Jesus today? What did I do for Jesus today? What did I do with Jesus today?'" Check out the fantastic website, goodconfession.com, that offers descriptions and attributes of various theological lists to meditate on.

Step 4: Be More than Just Sorry

One source said, "be heartbroken because of your sins." Heartbroken. Yes, if I truly loved Jesus, I would be heartbroken that I had hurt him! If we are truly heartbroken, we should be able to "make a firm resolve not to repeat our sin."

Step 5: Confess Like an Adult

If our motive is to grow in love with the Lord, if we understand what sin is so that we can habitually examine our consciences and see ourselves more clearly, if we are heartbroken and truly repentant, then we are ready to go to confession as grown-ups—and actually start to see some results!

Here are some resources to help you with this:

Videos: (Find these on YouTube)

Fr. Mike Schmitz: Making a Good Confession

Fr. Mike Schmitz: Confessing the Same Sins Over and Over Again

Fr. Mark-Mary: Bringing the Same Sins to Confession? Try This

Resources:

Goodconfession.com – fantastic options, as described above
Catholic Information Network Examination of Conscience – incredibly in-depth examination

Books:

Pocket Guide to the Sacrament of Reconciliation by Fr. Mike Schmitz and Fr. Josh Johnson

Go in Peace: Your Guide to the Purpose and Power of Confession by Fr. Mitch Pacwa and Sean Brown

Frequent Confession: Its Place in the Spiritual Life by Dom Benedict Bauer

Adult Religious Formation Commission: Mary Mitchell

Resources – Fr. Anselm Eke, MSP

Ascension Press

Fr. Mike Schmitz

VOCATION MINISTRY COMMITTEE

We are excited to announce the creation of the Vocation Ministry Committee at Sacred Heart of Jesus Catholic Church. The Vocation Ministry will work to reinvigorate and promote vocations through prayer, activities, and education. Over the past fifty years, the Catholic Church in the US has experienced a tremendous decline in vocations to the priesthood and religious life leaving over 20% of parishes without a priest to call their own. This is one of many reasons for the creation of our new group. Promoting vocations at the parish level is exciting, meaningful, and essential work and we are excited to get started! If you are curious about our group or interested in getting involved please, reach out to one of our members. Together, we can all respond to God's call to vocations!

Thank You – Vocation Ministry Committee: Fr. Anselm (Ministry Head), Ben Ramsey (Ministry Director), Michelle Kelty (Secretary), LeAnne Hammeke, Kevin Simmons, and Judy Damm.

Calling all YOUTH 5th – 12th Grade

The newly formed *Vocation Ministry Committee* requests your attendance at a special

Mass on Saturday, February 3rd starting at 10:30 am

Immediately following Mass, we will meet in the Parish Center for a luncheon with numerous Priests and Sisters to learn about their Vocational Journeys which led them to the Priesthood and Religious Life.

Questions regarding Vocational Ministry? Ben Ramsey (620-874-2486), Michelle Kelty (620-285-9173), Judy Damm (620-804-1422), Kevin Simmons (620-910-7083), LeAnne Hammeke (620-804-3374). **Please RSVP to Pam at the Parish Office (620-285-2035) if you plan to attend.**

ANDREW DINNER

Calling all Young Men 9th-12th Grade to "Come and See"

The newly formed *Vocation Ministry Committee* requests your attendance at a special

Dinner on Sunday, February 25th from 6:00 pm to 8:00 pm at the Parish Center

This will be an evening for young men to join their pastors and Bishop John Brungardt for a great dinner, conversation, and prayer.

We will focus not just on the priesthood, but on God's call for every Catholic young man to live an extraordinary life!

Questions regarding Vocational Ministry? Ben Ramsey (620-874-2486), Michelle Kelty (620-285-9173), Judy Damm (620-804-1422), Kevin Simmons (620-910-7083), LeAnne Hammeke (620-804-3374). **Please RSVP to Pam at the Parish Office (620-285-2035) if you plan to attend.**

JANUARY AT A GLANCE

- Jan. 2 ~ Knights of Columbus Meeting, 7:00 PM
- Jan. 3 ~ Adoration, 9:00 AM – 2:00 PM
- Jan. 3 ~ RCIA, 6:30 PM
- Jan. 4 ~ Adult Religious Formation Meeting, 6:00 PM
- Jan. 7 ~ Refreshments after Mass / Blessing of January Birthdays and Anniversaries
- Jan. 8 ~ Adult Faith Formation Group, 6:00 PM
- Jan. 9 ~ Game Morning, 9:30 – 11:30 AM
- Jan. 9 ~ Choir Practice, 6:30 PM
- Jan. 10 ~ Adoration, 9:00 AM – 2:00 PM
- Jan. 10 ~ RCIA, 6:30 PM
- Jan. 11 ~ Benedictine Oblates Gathering, 11:00 AM
- Jan. 15 ~ Adult Faith Formation Group, 6:00 PM
- Jan. 15 ~ Heart to Heart Ministry Meeting, 6:30 PM
- Jan. 16 ~ "Lunch with Friends", 12:00 Noon
- Jan. 16 ~ Choir Practice, 6:30 PM
- Jan. 17 ~ Adoration, 9:00 AM – 2:00 PM
- Jan. 17 ~ Endowment Board Meeting, 5:00 PM
- Jan. 17 ~ RCIA, 6:30 PM
- Jan. 22 ~ Adult Faith Formation Group, 6:00 PM
- Jan. 23 ~ Liturgy Commission Meeting, 5:30 PM
- Jan. 23 ~ Choir Practice, 6:30 PM
- Jan. 24 ~ Adoration, 9:00 AM – 2:00 PM
- Jan. 24 ~ RCIA, 6:30 PM
- Jan. 29 ~ Adult Faith Formation Group, 6:00 PM
- Jan. 30 ~ Choir Practice, 6:30 PM
- Jan. 31 ~ Adoration, 9:00 AM – 2:00 PM
- Jan. 31 ~ RCIA, 6:30 PM
- Feb. 1 ~ K of C Annual Sausage Supper, 5:00 to 7:00 PM



JANUARY PSR SCHEDULE

- Jan. 3 – No Classes / Christmas Break
- Jan. 10 – Regular Classes
- Jan. 17 – Regular Classes / 1st Communion Parent Meeting
- Jan. 21 – Confirmation Retreat @ Hoisington 9:00 am – 2:00 pm
- Jan. 24 – Regular Classes / Confirmation Parent Meeting
- Jan. 31 – Regular Classes / Confirmation Mentor Session 3

Thank You so much!

Once again the parishioners of Sacred Heart displayed a remarkable outpouring of faith and stewardship with an abundance of food provided for the Pawnee County food Pantry through the Reverse Advent Calendar project. Heart to Heart Ministry is grateful for each box or can of food donated, and we thank you for your generosity. God Bless you in the New Year!

JANUARY BIRTHDAYS

(01) Philip Hammeke	(17) Logan DeMond
(02) Patricia Scarborough	Shannon Foster
Colleen Wolf	Kim Walker
(04) Samuel Gonzalez	(19) Joe Gasser
(05) Michele Collins	(20) Rosendo Cenicerros
Ashley Lamon	Regis Lopata
Gavin Reece	Madelyn Mull
Troy Welsch	Roy Penka
(06) Cindy Colglazier	(21) Rebecca Lamon
Beverly Dofredo	(23) Matthew Fitzsimmons
Shawn Gasser	Stacy Parr
Jared Skelton	Mike Schartz
(07) Lewis McDonald	Kelbey Smith
Kate Reece	(24) Kimberleigh Chilcott
(08) Tanner Lang	Greg DiMarzo
Aiden McMillan	Bud Johnson
(09) Jason Hammeke	(25) Carol Moeder
(10) Mary Perez	(26) Xavier Hammeke
Beverly Taylor	(27) Gage Hammeke
(11) Owen Reece	Teagan Walker
(12) Ramona Howard	(29) Amy Froetschner
Bethany Steinlage	Palmer Froetschner
(13) Sydney Bailey	Jim Mitchell
(14) Ray Colglazier	Karen Stacey
(15) Camden McDonald	(30) Ann Huffles
Pat Thompson	Benton Simmons
(16) Mark Lessard	
Jim Ryan	



JANUARY ANNIVERSARIES

- (02) Jon Roy and Michelle Kelty
Connor and Jessi Phelan
(05) Michael and Amy Simmons
(11) Dennis and Pam Theis



CONGRATULATIONS!

Jon Roy & Michelle Kelty ~ Married 25 years



DIED IN CHRIST

Donald "Donnie" Kazmaier ~ December 11 2023

Remember with Prayer

Frank Garcia
Richard Wolf
Rita O'Gwin
Bert Schartz
Marie Welden
Brenda Martin
Fr. Charles Mazouch
Stan Durler
Shauna Nwachukwu-Udaku
Lindsey (Johnson) Gaylord
Joe Simmons



Sherry Lemuz
Doris Schaller
Leon Sanders
Ryan Shelton
Clayton Kelty
Sue Haymaker
Trenton Welsch
Kevin Simmons
Lee Durler
Kathy Hammeke

All of our men and women serving in the United States Military, our homebound parishioners and those in care homes.

NET INCOME/EXPENSES BEGINNING JULY 1, 2023

	NOVEMBER	YTD
INCOME:		
Collections	19,334.50	97,430.87
Special Donations	7,825.00	7,930.00
Endowment		8,000.00
Interest	26.08	125.61
Farm	2,596.82	2,596.82
PSR		17,337.00
Fundraisers	656.87	1,274.82
Miscellaneous	<u>2,304.00</u>	<u>90,959.83</u>
TOTAL	\$32,743.27	\$225,654.95
EXPENSES:		
Stewardship	2,973.17	9,341.27
Salaries	14,374.11	72,640.61
Insurance	3,229.00	10,825.00
Utilities	2,432.02	12,182.70
Maintenance	241.31	2,897.16
Improvement		
Office	990.22	5,300.74
PSR	54.87	16,816.62
Farm		
Miscellaneous	<u>2,783.56</u>	<u>7,930.22</u>
TOTAL	\$27,078.26	\$137,934.32
		YTD: \$87,720.63



Knights of Columbus

54th Annual Sausage Supper

Thursday – February 1, 2024

5:00 to 7:00 PM

\$12.00 per meal

Dine In or Carry Out

K of C Hall on Scenic Drive ~ 1216 M Road



PRO-LIFE BABY SHOWER

Throughout the month of January the Knights of Columbus will be conducting their *Pro-Life Baby Shower* with the proceeds given to Catholic Social Services. A crib is in the entrance of church where you may leave your items (maternity & baby clothing, diapers, blankets, bottles, formula, etc.) or you may bring them to the Parish Center during the week. Monetary donations may be placed in the weekend collection; mark the envelope "Pro-Life Baby Shower". Thanks for your support!



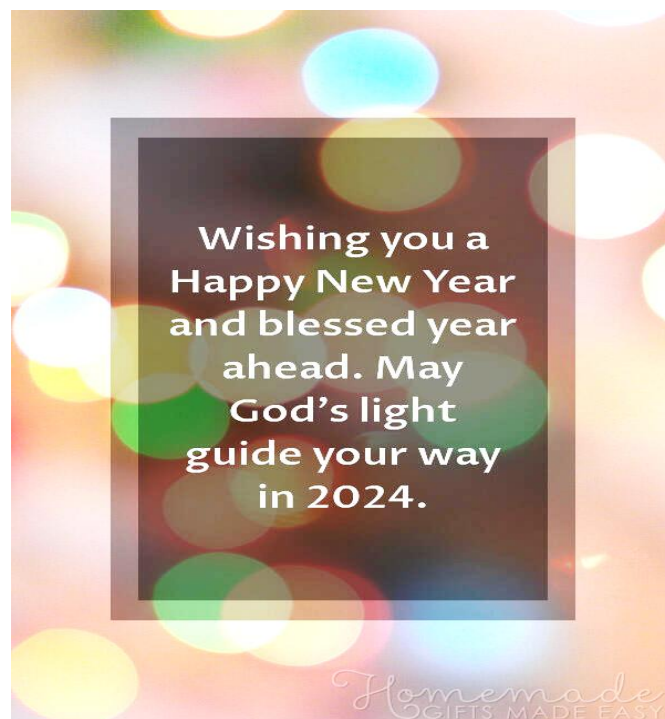
ALL ARE INVITED to come to the parish center following the 10:30 am Mass on **Sunday, January 7th** for refreshments where Fr. John Strasser will give a special blessing to parishioners celebrating their **Birthday and/or Anniversary in January.**



SACRED HEART PARISH
1111 STATE STREET
LARNED, KS 67550

Return Service Requested

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Larned, KS 67550
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**Wishing you a
Happy New Year
and blessed year
ahead. May
God's light
guide your way
in 2024.**

Homemade
GIFTS MADE EASY