



SACRED HEART BEAT

MARCH 2025

NEWSLETTER OF SACRED HEART PARISH

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MAKING THE MOST OF THE LENTEN SEASON



Lent begins with the observance of Ash Wednesday (March 5, 2025). Lent is a season of penance and ascetical warfare. In my own experience, I often begin the Lenten season with the best of intentions. I imagine myself going into full ascetic mode, fasting, giving alms and praying ardently. And maybe for the first week I succeed through sheer strength of will. Then, just when I am feeling good about myself, everything falls apart and I come face to face with my own weakness. It is in consideration of this reality that I'd like to share with you some practical ways to have a good Lent.

Have a plan – The fastest way to ruin Lent is to have good intentions but no plan. Be specific. “I’m going to pray more,” isn’t good enough. Once you’ve determined what you are going to do, stick to it every single day. One word of advice: Make it doable. Often, we are overly ambitious and commit to way too much. When we fail in our Lenten goals, we grow discouraged and give up completely. This is a victory for the devil. Make your commitments modest and practical, and your Lent will be the better for it.

As a guide for all of us during this season, the Church encourages us to embrace Prayer, Fasting and Almsgiving as the three pillars upon which the Lenten practices are built.

Prayer: This is the time you can establish that sacred spot in your home which I have always talked about. Create time for prayers at different times of the day; pray as a family at least once a day. Is it possible to say your rosary every day? This will be a wonderful way to ask the Blessed Virgin Mary to help you on this spiritual journey we have embarked upon. Attend

Mass during the weekend and when possible attend weekday Masses. Make visits to the Blessed Sacrament. Read and reflect on the scriptures. We have to be spiritually alert so that we do not allow the devil a foothold in our lives.

Fasting: This is a means of identifying with Jesus who spent forty days and forty nights in the desert. We are encouraged to practice self-restraint, I mean practice self-discipline during this period. Fast from food and drink, but also fast from sinful behaviors. Do not indulge yourself all kinds of pleasures that come your way. Spend less time before the TV screen and on the internet. Complain less about the things you don’t have and be prepared to take inconveniences even as you try to make sacrifices for others. Set out for yourself particular days of fasting in the week and hold yourself to higher standards of spirituality. Do not forget to participate at the Stations of the Cross which we have in the Parish every Friday at 7p.m. Remember to avail yourself of the sacrament of reconciliation during this season.

Almsgiving: This should be the fruits of your prayer and fasting. We are encouraged to be more charitable during this season. Look around you and see if there are persons who could use a little more help from you. Contribute to the rice bowl project, give more to the Food bank and maybe pay a visit to that elderly neighbor who lives alone. Be charitable in the way you speak to people and in the way you speak about others. Have encouraging words for people who might be having a hard time and those whose labors are sometimes not very rewarding. Finally forgive those who might have offended you, this will go a long way to help them relieve the burden of guilt that they might have been carrying.

Brothers and sisters, be assured of my prayers for you now and always. Please do keep me in your prayers too. Do have a very fruitful Lenten season.

Fr. Anselm Kentus Eke, MSP



March 5, 2025

Masses with distribution of ashes are:

7:00 am at St. Bernard, Belpre

12:10 pm at Sacred Heart

6:30 pm at Sacred Heart



ALL ARE INVITED to come to the parish center following the 10:30 am Mass on **Sunday, March 2nd** where Fr. Anselm will give a special blessing to parishioners with their Birthday and/or Anniversary in **March**.

Hosted by: Stewardship Council



GAME MORNING

Tuesday, March 11th ~ 9:30 to 11:30 am

Parish Education Center

Come enjoy the entertainment, laughs and fellowship.



"LUNCH WITH FRIENDS"

Tuesday, March 18th at 12:00 noon

Menu: Three Casserole Luncheon

Tater Tot / Roast Beef / Lasagne / Desserts

RSVP to Pam at 620-285-2035 by March 14th.



PARISH LENTEN RETREAT

Saturday – April 5th

9:00 AM to 2:00 PM

Sacred Heart Parish Center

Sacred Heart Parishioners are invited to a Lenten Retreat on Saturday, April 5th from 9:00 am to 2:00 pm. Fr. Ted Skalsky will be our Presenter. A pot-luck luncheon will be at 12:00 noon. Plan to come and prepare yourself for an uplifting day.

Remember with Prayer

Joe Simmons

Richard Wolf

Rita O'Gwin

Bert Schartz

Marie Welden

Brenda Martin

Fr. Charles Mazouch

Stan Durler

Shauna Nwachukwu-Udaku

Lindsey (Johnson) Gaylord

Pam Theis

Darlene Orth



Sherry Lemuz

Doris Schaller

Leon Sanders

Ryan Shelton

Clayton Kely

Sue Haymaker

Trenton Welsch

Kevin Simmons

Lee Durler

Denis Gilcris

Michele Collins

Tammy Orth

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

MARCH AT A GLANCE

- March 2 ~ March Birthday & Anniversary Blessings, 11:30 AM
- March 3 ~ Adult Faith Formation Group, 6:00 PM
- March 4 ~ Stewardship Council Meeting, 5:30 PM
- March 4 ~ Choir Practice, 6:30 PM
- March 4 ~ Knights of Columbus Meeting, 7:00 PM
- March 5 ~ Ash Wednesday Masses:
 - 7:00 AM, St. Bernard, Belpre ■ 12:10 PM, Sacred Heart, Larned
 - 6:30 PM, Sacred Heart, Larned
- March 5 ~ No Adoration
- March 5 ~ No OCIA, Attend Ash Wednesday Mass, 6:30 PM
- March 6 ~ Holy Hour, 9:00 AM – 10:00 AM
- March 6 ~ Benedictine Oblates Gathering, 11:00 AM
- March 7 ~ Columbus Club Fish Fry, 5:00 to 7:00 PM
- March 8 ~ "The Chosen" with Pot-Luck, 6:00 PM
- March 10 ~ Adult Faith Formation Group, 6:00 PM
- March 10 ~ Altar Society Meeting, 6:30 PM
- March 11 ~ Game Morning, 9:30 – 11:30 AM
- March 11 ~ Choir Practice, 6:30 PM
- March 12 ~ Adoration, 9:00 AM to 2:00 PM
- March 12 ~ OCIA, 6:30 PM
- March 13 ~ Finance/Property Meeting, 6:30 PM
- March 15 ~ Birthday Celebration for Fr. Anselm, 6:00 PM
- March 16 ~ Kapaun's Men Group, 8:45 AM
- March 16 ~ Women's Bible Study Group, 8:45 AM
- March 17 ~ Adult Faith Formation Group, 6:00 PM
- March 17 ~ Heart to Heart Ministry Meeting, 6:30 PM
- March 18 ~ Lunch with Friends, 12:00 Noon
- March 18 ~ Choir Practice, 6:30 PM
- March 19 ~ Adoration, 9:00 AM to 2:00 PM
- March 19 ~ No OCIA
- March 21 ~ Columbus Club Fish Fry, 5:00 to 7:00 PM
- March 24 ~ Adult Faith Formation Group, 6:00 PM
- March 25 ~ Choir Practice, 6:30 PM
- March 26 ~ Adoration, 9:00 AM to 2:00 PM
- March 26 ~ OCIA, 6:30 PM
- March 31 ~ Adult Faith Formation Group, 6:00 PM
- April 2 ~ Confirmation, 6:30 PM
- April 5 ~ Parish Lenten Retreat, 9:00 AM to 2:00 PM /with Pot-Luck
- April 6 ~ Lenten Penance Service, 4:00 PM

MARCH PSR SCHEDULE

- March 5 – Attend Ash Wednesday Mass @ 6:30 PM
- March 12 – Regular Classes
- March 19 – No Classes / Spring Break
- March 26 – Regular Classes / Confirmation Reconciliation
- March 30 – Confirmation Practice, 11:30 AM
- April 2 – Confirmation, 6:30 PM



BLESSINGS
ON YOUR
BIRTHDAY

**Help us celebrate Fr. Anselm's
60th Birthday!**

Saturday, March 15th

6:00 PM – Sacred Heart Parish Center

Please bring a pot-luck dish to share

Happy Birthday Fr. Anselm!!

MARCH BIRTHDAYS

- | | |
|----------------------------|--------------------------|
| (01) Brady Carlson | (16) Colleen Carlson |
| Berny Unruh | Ella McNett |
| (02) Koby Lang | (17) Amanda Cenicerros |
| Rita O'Gwin | Katie Hammeke |
| (03) Jace Holopirek | (18) Fr. Anselm Eke, MSP |
| (04) Susan Aistrup | (19) Ben Ramsey |
| Alicia Bixby | Tricia Smith |
| Debbie Steinert | Maci Weiser |
| (05) Tama Hanson | (20) Mariela Renteria |
| (07) Evelyn Bailey | (21) Reese Watkins |
| Lola Perez | (23) Corine Boman |
| Brooke Simmons | William Hammeke |
| (09) Ameila Wright | Connor Phelan |
| (10) Mary Ellen Schinstock | (24) Sonia Mabugat |
| (11) Erica Froetschner | Bill Schartz |
| Megumi Smith | (25) Lana Bauer |
| Pam Theis | (26) Barbara VonFeldt |
| (12) Cathy Grover | (27) Alvin Hutfles |
| Mason Perez | Mike Tanner |
| Jacque Wasinger | Paisley Weiszbrod |
| (13) Mayson DiMarzo | (28) Leann Simmons |
| Kathy Lopata | (29) Lennox Froetschner |
| Dolores Martin | Sr. Rebecca Otter |
| Anna Simmons | Dennis Wilson |
| Lane Snodgrass | (31) Janice McDonald |
| (15) Elizabeth Fisher | Shawn Smyth |
| Gage Skelton | |



MARCH ANNIVERSARIES

- (02) Rob and Julie Munden
(10) Bert and Karla Schartz
(26) Kelbey and Drew Smith



DIED IN CHRIST

Rena Stapleton ~ February 19, 2025



Sunday – April 6th

4:00 PM

Sacred Heart Church

Larned Columbus Club Fish Fry



Friday – March 7, 2025

Friday – March 21, 2025

Friday – April 4, 2025

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

NET INCOME/EXPENSES BEGINNING JULY 1, 2024

	JANUARY	YTD
INCOME:		
Collections	14,236.00	130,723.16
Special Donations	2,775.00	19,022.00
Endowment		8,000.00
Interest	17.61	141.46
Farm		10,993.35
PSR	450.00	18,568.00
Fundraisers		1,144.79
Miscellaneous	1,779.12	104,267.99
TOTAL	\$19,257.73	\$292,860.75
EXPENSES:		
Stewardship	3,386.70	14,442.22
Salaries	15,031.82	98,348.05
Insurance	3,686.00	20,806.00
Utilities	2,451.96	15,183.17
Maintenance	320.82	147,932.50
Improvement		
Office	640.97	4,587.23
PSR	(544.28)	19,840.60
Farm		1,094.89
Miscellaneous	265.14	16,507.39
TOTAL	\$25,239.13	\$338,742.05
		YTD: (\$45,881.30)



Stations of the Cross and Benediction
each Friday during Lent at 7:00 pm
Sacred Heart Church

March 2025 ~ MINISTRIES ~ Saturday @ 5:00 PM

Saturday, March 1 – 8th Sunday in Ordinary Time

Lector – Ray Colglazier

Eucharistic Ministers

Norman Dreiling (major) / Becky Martin (minor)

Servers – Volunteers

Ushers – Richard Wolf / Kraig Froetschner

Gifts – Paul & Susan Aistrup

Musicians – Alvin Hutfles / Karen McAllister

Sacristan – Becky Martin

Sanctuary Cleaning – Doug & Mary Smith

March 2025 ~ MINISTRIES ~ Sunday @ 10:30 AM

Sunday, March 2 – 8th Sunday in Ordinary Time

Lectors – Sr. Rebecca Otter / Karl Grover

Eucharistic Ministers

Cathy Grover (major) / Kathy Hammeke (minor)

Servers – Jenna / Emmet / Grace / Sarah Fisher

Ushers – Jason Hammeke / Nolan Dreiling

Gifts – Nolan Dreiling Family

Musicians – Choir

Sacristan – Emily Dreiling

Sanctuary Cleaning – Doug & Mary Smith

March 2025 ~ MINISTRIES ~ Saturday @ 5:00 PM

Saturday, March 8 – First Sunday of Lent

Lector – Kathy Kazmaier

Eucharistic Ministers

Cindy Perez (major) / Steve Ehrlich (minor)

Servers – Harleigh Ehrlich / Eli Ramsey

Ushers – Jim Damm / Larry Skelton

Gifts – Jim & Judy Damm

Musicians – Alvin Hutfles / Maurice Schaller

Sacristan – Steve Ehrlich

Sanctuary Cleaning – Cindy Perez

Saturday, March 15 – Second Sunday of Lent

Lector – Ben Ramsey

Eucharistic Ministers

Kathy Kazmaier (major) / Amy Froetschner (minor)

Servers – Volunteers

Ushers – Dennis Theis / Mike Schartz

Gifts – Kraig & Amy Froetschner

Musicians – Alvin Hutfles / Karen McAllister

Sacristan – Cindy Perez

Sanctuary Cleaning – Kathy Hammeke

Saturday, March 22 – Third Sunday of Lent

Lector – Regis Lopata

Eucharistic Ministers

Dennis Wilson (major) / Joan Wilson (minor)

Servers – Harleigh Ehrlich / Eli Ramsey

Ushers – Steve Ehrlich / Roger Myers

Gifts – Todd & Tami Keenan

Musicians – Alvin Hutfles / Maurice Schaller

Sacristan – Tonya Sanders

Sanctuary Cleaning – Doug & Mary Smith

Saturday, March 29 – Fourth Sunday of Lent

Lector – Cheryl Skalsky

Eucharistic Ministers

Toni Novotny (major) / Richard Wolf (minor)

Servers – Volunteers

Ushers – Norman Dreiling / Paul Skalsky

Gifts – Toni Novotny / Lee Gilcris

Musicians – Alvin Hutfles / Karen McAllister

Sacristan – Amy Froetschner

Sanctuary Cleaning – Cindy Perez

March 2025 ~ MINISTRIES ~ Sunday @ 10:30 AM

Sunday, March 9 – First Sunday of Lent

Lectors – Amy Simmons / John Kelty

Eucharistic Ministers

Sharon McGinness (major) / Berny Unruh (minor)

Servers – Brooke / Anna / Ben Simmons

Ushers – Craig Schartz / Mike Tanner

Gifts – Jason Hammeke Family

Musicians – Choir

Sacristan – Kathy Hammeke

Sanctuary Cleaning – Cindy Perez

Sunday, March 16 – Second Sunday of Lent

Lectors – Kristy Hagerman / Kathy Couchman

Eucharistic Ministers

David O'Gwin (major) / Mary Mitchell (minor)

Servers – Daniel / Eli / Faith / Grace Kelty

Ushers – David Hammeke / Bruce Kozlowski

Gifts – David & Kathy Hammeke

Musicians – Choir

Sacristan – David O'Gwin

Sanctuary Cleaning – Kathy Hammeke

Sunday, March 23 – Third Sunday of Lent

Lectors – Okey Nwachukwu-Udaku / Mary Mitchell

Eucharistic Ministers

Isaac Lemuz (major) / Amanda Clark (minor)

Servers – Adaeze / Onyinye / Amara Udaku

Ushers – Isaac Lemuz / Tony Lemuz

Gifts – Okey & Shauna Udaku

Musicians – Choir

Sacristan – Kathy Couchman

Sanctuary Cleaning – Doug & Mary Smith

Sunday, March 30 – Fourth Sunday of Lent

Lectors – Sharon McGinness / Cathy Grover

Eucharistic Ministers

Kristy Hagerman (major) / Amy Simmons (minor)

Servers – Slade Sundahl / Darby Sundahl / Gabe Mull

Ushers – Shane Sundahl / Clayton Kelty

Gifts – Tony & Linda Lemuz

Musicians – Choir

Sacristan – Kristy Hagerman

Sanctuary Cleaning – Cindy Perez

**Sign-up sheets are in the Church vestibule for the Ash
Wednesday Masses – March 5th @ 12:10 PM & 6:30 PM**

March Collection Counters: Kevin & Leann Simmons