



The Grateful Heart

Living Stewardship as a Way of Life

February 2016

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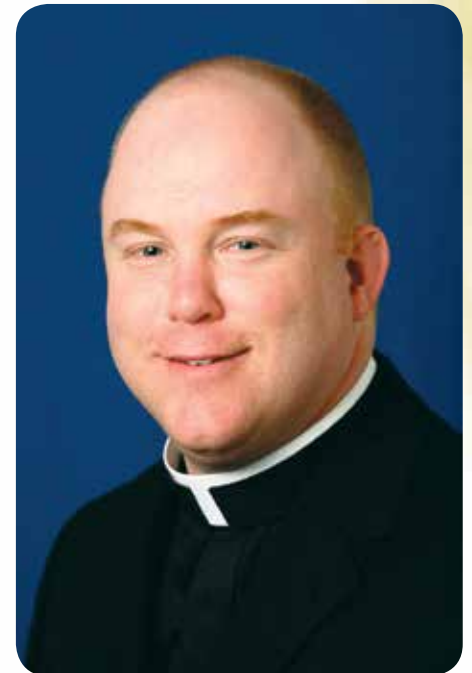
Lent – A Time of Preparation, Introspection and Change

Dear Sacred Heart Families,

This is the holiest time of year for Catholics. Lent, of course, officially begins on Ash Wednesday. Most of us are familiar with the traditional Lenten practices of prayer, fasting and almsgiving. Those are important in relation to repentance and renewal. Everything we do should remind us that Lent is a penitential season.

In the midst of this serious time, however, we must keep in mind that the word “Lent” comes from a Middle English word, which means “springtime,” and the time of lengthening of days. When we think springtime, our thoughts tend to be lighter and brighter. That is how we need to view Lent, just as we recognize the joy, colors and brightness of Easter.

In the Church over the past few decades, we as Catholics have come to the insight that Lent is more than a time to give something up. It is also a time to add something, to take action about our faith in ways that make it more meaningful and real. This does not mean we should



not make sacrifices – we need to consider that while sacrifices may mean denying ourselves something, they can also mean we are filling that denial with a positive action.

We are talking about conversion again. We are speaking of stewardship again. This is a time when we should be looking within ourselves. It is a time for introspec-

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Green Family Growing Closer to Community Through Service

Sometimes, it doesn't take long to fall in love with a place. Though Tim and Tara Green have only been members of Sacred Heart since 2013, their commitment to our church has made it feel as though they've been here forever. That commitment has inspired a new ministry that intends to pass that at-home feeling onto others, as well.

"We look for as many opportunities to volunteer and get involved as we can," Tara says. "We've only been members for two and a half years, but now we know if something were to happen, we know we have that support of other parishioners around us. We're very thankful for the people we have around us."

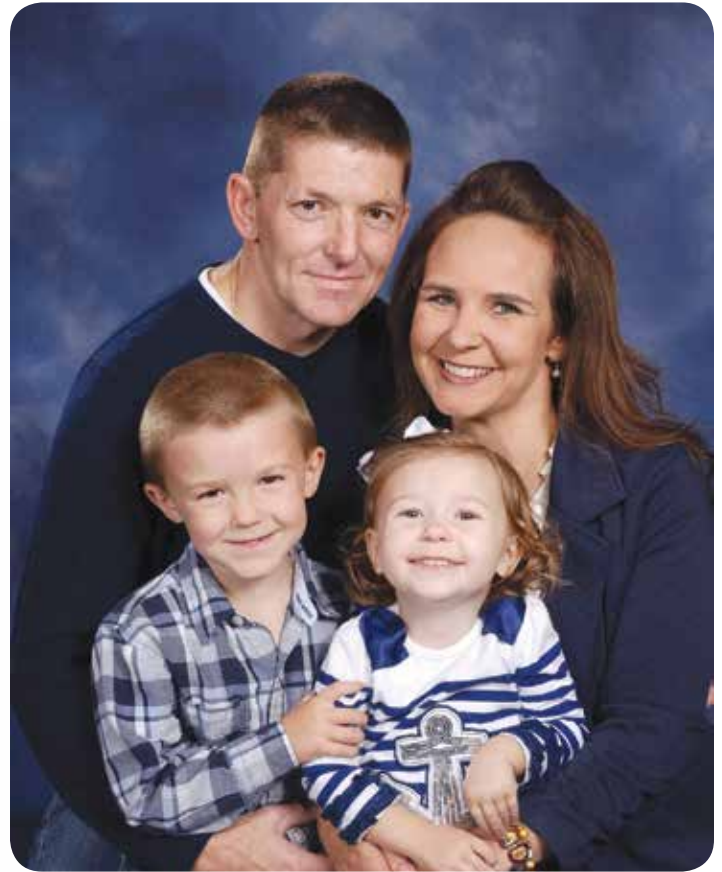
Married at Sacred Heart six years ago, the Greens decided to join the church after moving from Kansas City, Mo. Their son, Fletcher, 5, was baptized at the parish and their daughter, Lorelei, 2, has been attending Mass almost daily with Tim's parents since she was infant.

"They've really made you feel welcomed and accepted in the parish," Tim says of the community that initially drew them to Sacred Heart.

In 2014, the couple made the decision to participate in Christ Renews His Parish. As both can attest, the experience helped them grow both spiritually and within the community.

"Being a busy mom, I really wanted to get away," Tara says. "I wanted to have that reformation of fellowship with God. After the weekend, I think I had 25 new friends on Facebook between the women that gave the retreat and the women that were in it with me. It's been a cool thing to see at Mass – people check up on you and they're thinking about you and praying for you. It catapulted up into when we had our Stewardship drive. That was a huge catalyst for getting involved with the parish."

"For me, it was kind of a reconnection with the Church," Tim says. "Just the whole aspect of getting more in touch with my faith and the community itself



– getting involved in having other people who were just as excited and on fire with the parish and with God. For me, it was just that: a renewal for my faith."

From there, it was Tim's involvement with another parish organization, Your Brothers in Christ, that recently inspired Tara to start a similar group called Your Sisters in Christ with the help of fellow parishioner Jill Norman.

"It is in an opportunity for women of all ages that have gone through CRHP or haven't, even women who aren't even Catholic," Tara says. "We meet on the opposite Sundays as the men, based on the calendar. Sometimes we'll have guest speakers. It's intended to be focused on formation and fellowship."

Topics so far have included Mary and the saints, and how to align one's spiritual gifts to New Year's Resolutions.

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The Challenge of Discipleship

God calls us to give Him everything: our whole heart, our whole soul, and our whole mind. This is the challenge of discipleship — a life-long process of more fully placing our lives under the lordship of Jesus Christ.

The reason that God can ask such complete service from us is that He made us. Everything we have belongs to Him! This includes our intelligence, our physical ability, our artistic talent, our family, our finances, our government — anything we may typically think of as “ours.”

It takes courage to recognize that we are not the masters of ourselves and our possessions. Furthermore, as Christians, we believe that because everything we have is a gift from God, we are called to give Him thanks. We express our thanks by using our gifts to further His kingdom on earth. This is the basis for our understanding of stewardship.

We refer to “time,” “talent” and “treasure” in order to differentiate between the various parts of our life that belong to God. “Time” is the duration of life that God has given us. “Talent” includes the special gifts or strengths God has nurtured in us. “Treasure” is what we have earned through our time and talent.

Even though we identify these three aspects of stewardship, they are still part of the same Gospel-based concept. And even when we focus separately

on these parts, it should not signal that one is more important than the other. Instead, focusing on each aspect one at a time helps us to better concentrate on that area in our lives.

Stewardship is, after all, an attitude. If our goal is to become better stewards, we must have a reason in our minds to do so. Here are the basics of a stewardship attitude:

“God made everything!”

A wholehearted trust that God made all things is essential to understanding stewardship. Recognizing God as the Creator is one of the most basic, profound beliefs of Christianity.

“I am truly blessed!”

It takes humility in order to truly acknowledging God’s goodness. Every great triumph and every little pleasure is a blessing from above, and every strong character trait we possess is a gift from God.

“I believe I am to use God’s gifts for His glory!”

What better way to thank God for His goodness, than by using our personal gifts to glorify Him? We are not the owners of our time, talent or treasure. But we are caretakers given the responsibility of spreading God’s kingdom on earth.

Lent – A Time of Preparation, Introspection and Change *continued from front cover*

tion. How can we improve? Maybe we need to be a bit more patient with people in our lives – perhaps we need to adjust some of our attitudes. One thing we all need to do is to see and find the good in many small things in our lives.

Do we spend quality time with God, and with our families? Do we help someone in need? Do we set aside a time each day to pray? The possibilities for change and positive action seem quite endless. The point is to do it. Stewardship is a life of action – Lent should be a time of action.

Rather than being concerned about how others see us, this is a time for us to look at ourselves. We

may need to rethink and re-evaluate our faith and especially our relationship with God. The Lord has called each of us to love and serve. Every day and every season is a time for us to carry out that call – but now, during Lent in preparation for Easter, this is very important indeed.

The 40 days of Lent are a time for us to live life as a disciple and as a steward of our God-given gifts.

Peace,

Fr. Pat



“An Opportunity to Take Stock and Enhance Our Spiritual Lives”

Lenten Plans and Schedules at Sacred Heart of Jesus Parish

In this Jubilee Year of Mercy, we are called to take stock – and during Lent, fasting, abstinence and almsgiving are not simply forms of penance, but an opportunity to both reflect and enhance our spiritual lives. So, as Lent begins, we should each define specific spiritual goals we would like to reach before Easter and plan how we will pursue them – for instance, going to daily Mass, receiving the Sacrament of Confession more frequently, attending a spiritual retreat, participating in a formation session, participating in a spiritual study or practicing daily meditation. These are all beautiful ways to enhance your spiritual journey during the season of Lent.

Officially, Lent begins on Ash Wednesday, **Feb. 10**. This begins the season of preparation for the resurrection of Jesus Christ on Easter Sunday. While Ash Wednesday is not a Holy

Day of Obligation, all Roman Catholics are encouraged to attend Mass on this day in order to mark the beginning of the Lenten season. Our Ash Wednesday Mass schedule is 6:30 a.m. 8:15 a.m. and 7 p.m.

As a stewardship parish, we at Sacred Heart of Jesus embrace the Four Pillars of Stewardship. Those “Pillars” are included in our Mission Statement: “We, the faith community of Sacred Heart of Jesus Catholic Church, are committed to forming Disciples of Christ by embracing Stewardship through Hospitality, Prayer, Formation and Service.” The opportunities to broaden our perspective and to live out our Lenten journeys completely are outlined in the following. Please note the dates, times, and activities, and make an effort to be a part of them!

Hospitality

Our Knights of Columbus offer an abundant buffet every Friday during Lent, beginning Feb. 12 and continuing through March 18. The cost is \$11.00 for an adult; \$10 for a senior citizen; and \$5 for a child aged 4-12. The delectable buffet includes catfish, smoked salmon, broiled tilapia, fried shrimp, macaroni and cheese, Irish potatoes, French fries, green beans, cole slaw, dinner rolls, assorted desserts, and beverages.

Coffee and Donuts: To celebrate Laetare Sunday, March 6, coffee and donuts will be offered after each Mass.

Easter Vigil Reception: This is scheduled on March 26 following the Easter Vigil in the MPC.

Trivia Night: On Saturday, April 2, after Mass in the MPC.

Brown Bottle Social & Auction: Saturday, April 30, after Mass in the MPC.

Prayer

Lenten Daily Mass Opportunities (Feb. 10 – March 23)
Daily Mass Times: Monday through Friday at 6:30 a.m. – 7 a.m. and Monday through Saturday at 8:15 a.m. – 8:45 a.m.

Lenten Reconciliation Opportunities Tuesdays at 7 a.m., Wednesdays at 6 p.m., Saturdays at 3:30 p.m.

Parish Lenten Reconciliation Service Thursday, March 17, 2016 at 7 p.m. in church

Parish Rosary Opportunities Twenty minutes prior to each scheduled weekend Mass; Tuesday evenings at 6:30 p.m. in Narthex.

Stations of the Cross (Fridays)

Feb. 12 at 7 p.m. – Stations followed by a **Holy Hour & Benediction** (7:30-8:30 p.m.)

Feb. 19 at 7 p.m. – Stations

Feb. 26 at 7 p.m. – Stations presented by **Mother’s Circle as the “Mother’s Walk”**

(Experience this opportunity to walk the Stations of the Cross from Mary’s perspective.)

March 4 at 7 p.m. – **Live Stations presented by our Parish School Eighth Grade Volunteers**

March 11 at 7 p.m. – Stations and immediately following, **The Passion of the Christ** movie shown in Meeting Rooms 1 and 2

March 18 at 7 p.m. – Stations

March 25 at 3:00-3:30 p.m. – Stations (The Hour at which our Lord died on the Cross)

Stations of the Cross presented by Sacred Heart School Feb. 19 at 9:15 a.m., Feb. 25 at 2:30 p.m., March 4 at 9:15 a.m., March 10 at 2:30 p.m.

Vocations Pilgrimage, including a visit to a Holy Door Conception Abbey and Seminary and visit with Sister Servants of Mary, Saturday, Feb. 27 from 7:30 a.m.-6 p.m. (Fee \$35 p.p.)

Lenten Plans and Schedules

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Includes charter bus transportation by Kincaid Coach, tour the Basilica of the Immaculate Conception, celebrate Mass with the monks of Conception, visit with one of our Sacred Heart seminarians, shop at the gift shop, and experience a side trip visit to learn about the vocation and ministry of the Sisters Servants of Mary. Lunch and snacks will be provided. Underwritten by the Knights of Columbus Council #2408.

Palm Sunday (note Mass time changes) March 20 Mass times at 7:30 a.m.; 9:30 a.m.; 11:30 a.m.

Easter Triduum Schedule

Holy Thursday (Mass of the Lord's Supper)

Thursday, March 24, at 7 p.m.

Parish Adoration 8:30-10 p.m. Meeting Rooms 1 and 2

Good Friday (Our Lord's Passion & Veneration of the Cross) Friday, March 25, at 7 p.m.

Holy Saturday (Easter Vigil) Saturday, March 26, at 7 p.m. (Celebration in which our parish community welcomes our RCIA Candidates and Catechumens as they receive full communion into our faith. Reception immediately following Mass in MPC.)

Easter Sunday March 27, at 7:30 a.m.; 9:30 a.m.; 11:30 a.m.

Save the Dates

Divine Mercy Sunday April 3, Chaplet and Reconciliation following 11 a.m. Mass

Sacred Heart First Eucharist April 16, Mass times at 10 a.m. or 1 p.m.

Sacred Heart Confirmation May 4, 7 p.m.

Formation

NEW Women's Class (10 Wednesdays, March 9 – May 18 (No class 3/16) from 9:30 – 11:00 a.m.) Lectio (Eucharist), "The Lamb of God," "The Bread of Life," "The Body and the Blood of Christ."

These are phrases we know from the Mass, but do we understand what they mean in the greater and deeper context of Scripture and Church teaching? Acclaimed author and teacher Dr. Brant Pitre goes to the biblical roots of the Eucharist, through its foreshadowing in the miraculous events of the Old Testament, the Gospels, and Apostolic teaching. Discover firsthand how "this is My Body"

and "this is My Blood" is an integral and wondrous part of God's plan for our salvation.

Parish Mission: The New Evangelization: Missionary Discipleship

By Fr. Andrew Strobl, Archdiocesan Director of Evangelization

Feb. 21 – "Called to Discipleship"

Feb. 22 – "Called to Mission"

Feb. 23 – "Called to Community"

Nightly Presentation: 7-8 p.m. (church)

Fellowship Reception: 8-8:30 p.m. (MPC)

Men Under Construction – Feb. 13, from 6:15 a.m. to 3:30 p.m. – cost is \$35

Men Under Construction is a Catholic Men's Conference that brings in Dynamic Catholic Speakers who provide inspiration, motivation, and education to men of all ages centered on the values and teachings of our Catholic faith. Speakers include Jeff Cavins, Dr. Edward Sri, and Devin Schadt. Hosted by Church of the Ascension, 9510 West 127th Street.

RCIA Retreat – Saturday, March 19 from 8:15 a.m.-2 p.m.

Service

Catholic Charities Food Drive – Feb. 6-7 and April 23-24

The month of January creates one of the biggest needs during the year as food pantries are depleted from the holiday needs. Please consider bringing a bag of dry goods on Feb. 6-7 and April 23-24 after any one of our Masses. These donations will help stock the Catholic Charities Food Pantry.

St. Mary's Food Kitchen – Tuesdays, Feb. 9, March 8, April 12

Prepare a meatloaf, potatoes or dessert for the luncheon, and/or come serve at the kitchen. Drop your donation in the school lobby by 9 a.m. OR meet fellow volunteers in the SHoJ School lobby by 8:45 a.m. and help load the van and drive over to serve in the kitchen.

Feed His Lambs – Fridays, Feb. 26; March 25 and April 22

This ministry provides dessert once a month as parishioners sign up to provide two dozen cookies for this community-based project that provides meals to families in need in the Bonner Springs and Edwardsville communities. Every Friday evening, families receive a healthy meal that includes an entree, salad, fruit/vegetable, and bread to help them get through the weekend.

Offering Our Love and Adoration to Jesus

Eucharistic Adoration is the adoration of Jesus Christ present in the Holy Eucharist. Churches that have this adoration display the Eucharist in a special holder called a monstrance, and people come to pray and worship Jesus.

Christ's great love for us was shown when He was crucified on the cross to pay the penalty for our sins and give us eternal life. He loves us without limit, and offers Himself to us in the Holy Sacrament of the Eucharist. Can we not give Jesus a few minutes of love and adoration in return?

What is the importance of Eucharistic Adoration?

Eucharistic Adoration is the respect and worship we give to Jesus, who is truly present to us under the appearance of bread and wine. The Eucharist is a priceless treasure; by not only celebrating it but also by praying before it outside of Mass, we are enabled to make contact with the very wellspring of grace.

What are the fruits of Eucharistic Adoration?

People who observe Eucharistic Adoration experience a deeper devotion to Jesus, and this manifests itself in countless ways. The primary fruits are repentance and conversion, which lead to increased charity — that is, the love of Christ alive in His people. The adoration of Jesus in the Eucharist also leads to greater reverence at Mass, a deeper desire for personal holiness, and a stronger sense of union with the parish and the whole Church. Ever since the early centuries of Christianity, the Church has linked Eucharistic

Devotion to service to the poor. The practice has, more recently, led to an increase in vocations to the priesthood, diaconate and religious life.

What is proper etiquette during Eucharistic Adoration?

When we are not taking part in vocal prayers and hymns with other adorers, we should be praying silently. Whenever we pass before the place where the Sacred Host is reserved, we should genuflect. We should observe the modest dress and decorum that are appropriate to very solemn occasions. We should avoid any actions that might disturb or distract others, or otherwise draw attention to ourselves rather than Jesus.

How should we pray during Eucharistic Adoration?

There are many ways to pray. We may meditate in silence by gazing on the Sacred Host. We may silently speak to Jesus from our mind and heart. We may also rely on devotions and prayers from Catholic tradition, such as the reading of Scripture, recitation of the Rosary,

or the litanies. When two or more are gathered before the Sacrament, they may pray or sing hymns together.

What is the best way to promote Eucharistic Adoration?

The best way to promote Eucharistic Adoration is by doing it! Make frequent visits to Jesus at the tabernacle. Invite your spouse, your children, your neighbors and co-workers to join you. As the *Catechism of the Catholic Church* reminds us, "Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of adoration. 'To visit the Blessed Sacrament is ... a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord'" (1418).

Adoration at Sacred Heart A Letter From Dianne Compton

Lent is a perfect time to invite everyone to "give up" an hour to Jesus. It is a time to thank Him, to praise Him, to ask of Him, to love Him. What a beautiful Lenten gift to give to Him!

We are developing an Adoration offering card, similar to a Mass Intention card, which will give adorers an easy opportunity to let someone know that they dedicated their Holy Hour just for them – a beautiful gift of self to another!

In cooperation with the Prayer Line Lead, we are preparing a Prayer Request book, to be placed on the Adoration check-in table. We will place the names of those who requested prayers through the Prayer Line and others who simply want to write their request directly in the book. In this way, adorers have the opportunity to know who is currently in need of prayers.

On Feb. 12, we will offer Stations of the Cross at 7 p.m., followed by a Holy Hour in the Church. Everyone is invited to attend. That evening, the Pillar of Prayer Adoration Committee will have a table in the Narthex with Adoration information – so, please consider spending your time with the Real Presence of Christ!

There are some open hours with no adorers, particularly between 1-3 a.m. One great solution to signing up for these hours is to gather a group of three or more – each can take a week to attend the group's chosen hour, and you will be responsible for the hour once a month or less. Thus, those late/early hours are not so daunting.

“Transformation Through Small Group Discipleship”

YDisciple at Sacred Heart

A Note From Fr. Pat

“I have heard from parishioners a strong desire for a youth ministry program to help our young people learn the faith, while having fun at the same time. I couldn’t agree more. On that note, I’m excited to share with you a new opportunity for our junior high and high school students. I have discerned a youth program called YDisciple, which is geared toward small groups that meet in the home, and are mentored by two adults. I have further discerned Brad and Maggie Steinlage as our Youth Ministry Leads, who will be overseeing this effort with staff support coming from Jessica Adams, our Volunteer Coordinator.”

For years, they had desired a strong youth program at Sacred Heart. So, when Brad and Maggie Steinlage were asked to help implement YDisciple, they quickly began to learn more about this innovative program for fostering discipleship among teens.

“We feel strongly that this ministry can have a very positive impact on both the teenage youth and their parents within the Sacred Heart community!” says Brad, YDisciple Ministry Lead.

YDisciple, or YD, is changing youth formation in faith communities across the country. It is a teen youth ministry largely organized and led by parents and trained adult mentors within the parish. In a small-group setting, the adult mentors gather with five to eight teens of the same gender and age.

“YD’s mission is rooted in the overwhelming evidence that parents have the greatest influence on the lives of their teenagers and will be accountable to God for the formation of their children,” says Maggie, YDisciple Ministry Lead. “As the *Catechism* says, ‘Parents receive the responsibility and privilege of evangelizing their children’ (CCC 2225).”

Beginning this February, a few pilot small groups of adults and teens from the Sacred Heart community will start gathering in the homes of group members.

“The goal is to help teens foster spiritual habits and grow in their relationship with Jesus,” Brad says. “Therefore, when they do leave home, they have the spiritual maturity to stand on their own and continue to



grow in that relationship with Jesus.”

The meetings will take place two to four times a month for approximately 90 minutes and will focus on three steps central to each study session – connect, discuss and commit. The sessions begin with social time for fellowship, activities and opening prayer.

Next, the small group, along with their two VIRTUS and YD-trained adult mentors, view the video presentation of the session’s content and address some well-crafted discussion questions.

“Then teens are encouraged to apply the session content in their lives by committing to specific actions connected to the topic,” Maggie says. “The teens’ parents are provided a summary of each the session, including conversation starters for parents to engage in conversation related to the session topic.”

In many aspects, Maggie and Brad compare YD to Christ Renews His Parish, an impactful and popular ministry here at Sacred Heart.

“Both are parishioner led, encourage faith-sharing and prayer, and help develop meaningful, faith-based relationships,” Brad says.

Maggie and Brad, who are also the parent coordinators of their sophomore son’s small group, are deeply convinced that both the content and small group setting of YDisciple will facilitate the growth of faith-filled relationships.

“The YD Ministry will also increase participants’ knowledge and understanding of the teachings of the Catholic faith and help them develop a closer relationship with Jesus Christ,” Maggie says.

For more information about YDisciple, please reach out to Jessica Adams through the parish office at 913-422-5700, or Brad and Maggie Steinlage at msteinlage@everestkc.net.

Be It Known to All Who Enter Here That Christ Is the Reason for Our School

We are blessed to enter fully into the Jubilee Year of Mercy at Sacred Heart School this Lenten season. We are confident that our students will identify and relate to the Corporal and Spiritual Works of Mercy as they grow in their understanding of their faith and our Lord's immense love for each person. Our message of being joyfully Catholic, diligently achieving, intentionally self-giving, and forwardly thinking will resonate in every classroom this season.

Every day is a faith-filled day at Sacred Heart. During Lent, teachers are acutely aware to embrace their faith in a curriculum that reflects a Catholic world-view grounded in the teachings of the Church. Teachers will witness to children and parents how to treat one another with dignity. In and out of school, teachers will stress the importance of being a positive witness to the Gospel.

This Lenten season, we hope that our students will be empowered to reflect upon their God-given talents and use them for the greater glory of God. Above all, we will seek the guidance of the Holy Spirit to provide us with wisdom to persevere in prayer.

We promise to pray for you. We ask for your prayers, too, especially for the dedicated staff that teach and love our school children every day.

We celebrate God's great Mercy this Lenten season.



Green Family *continued from page 2*

"We keep saying at our meetings that it's 'for the people by the people'," Tara says. "We surveyed different women who were looking for something after CRHP. We try to align the topics to what's going on in the liturgical calendar, but also what's going on with people. It has the potential to morph and grow as more women get involved."

The Greens say they hope what they've done will inspire others to go deeper within the Sacred Heart community and not be afraid to offer their time and talents, as well.

"There's a lot of women standing right outside the circle who want to do this, it just takes a few people to step into the ring," Tara says. "We really want to encourage women of all ages to come. You learn so much more because people are at different places in their journey. Learning from them is so important."



With humble hearts, the following contributions have also been made — Photography: Jennifer Mullinax Photography & John Beal; Graphics: Rhodelander Graphic Design

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