

LENT IS UPON US!

The season of Lent begins this Wednesday, February 14 (**Ash Wednesday**) and with this season comes many opportunities for us to deepen the awareness of our faith and strengthen our commitment to our Church. Lent is a time to “season” our lives with a deeper realization of what we actually believe. If Easter, the resurrection of Jesus, our Lord and Savior, is the greatest of all our feasts, we must prepare and remind ourselves how graced and fortunate we are that we are believers. Here are some of the ways we can take advantage of prayer, self-sacrifice and renewal:

***Ash Wednesday Masses** are at **9am** and **5:30pm**.

St Francis de Sales, Newcomerstown Mass is at 7pm.

***2018 Lenten Appeal** will be for the **Catholic Relief Services** know as “**Rice Bowl**.” The Rice Bowl Containers are located near the doors. CRS Rice Bowl is Catholic Relief Services’ Lenten faith-in-action program. It offers opportunities for your family to engage daily in the spiritual pillars of Lent: prayer, fasting and almsgiving. And it is an opportunity for us as a parish to come together as a community and reflect on what it means to live out our Gospel call to go out and encounter those most in need.

***Stations of the Cross** begin this coming Friday at 7pm. The Stations of the Cross is a wonderful devotion that allows us to “Walk with Jesus” as he endured his passion and death.

***Holy Hour** with Exposition and Adoration of the Blessed Sacrament, Evening Prayer, and Benediction: Sundays through out Lent from 4pm - 5pm. We oftentimes don’t realize the need to take the time and sit quietly in the presence of our Lord.

***The Sacrament of Reconciliation** Dates of upcoming Parish Penance Services will be published soon.

The Sacrament of Reconciliation

Lent is always a good time to get to confession, especially if you have been avoiding this sacrament. We need to be honest with ourselves. The simple fact is that no matter how great something is, we can take it for granted. We get used to it and it can fade in importance.

We are so blessed with our faith.

Lent is a perfect season to take stock of our lives and show the Lord we are grateful for this gift of faith.



A LENTEN GIFT!

Take advantage of Lent with a gift from Sacred Heart. This Ash Wednesday (February 14), we will have available (3) items to assist with your Lenten Spiritual Journey.

“The Case for Jesus”

In this book, *Dr. Brant Pitre* takes us through the historical evidence of the of the Gospels so we can understand the truth of Christ’s divinity and the salvation offered to us by his Death and Resurrection.

“Did Jesus Really Rise From the Dead?”

A book by *Carl E. Olson* that explains the historical and objective reality of the bodily resurrection of Jesus Christ, the central and crucial fact of all human existence.

“If Christ has not been raised ... your faith is in vain ... we are of all men most to be pitied.”

(1 Cor 15:14-19)

“Who Am I to Judge?”

In this CD presentation, *Dr. Edward Sri* talks about Moral Relativism, its dangers, and provides 5 “keys” to responding with a Catholic Moral Worldview.

These items will be available as a set for a free will offering after the Masses on Ash Wednesday.

A Journey through Lent

BE SURE TO PICK UP YOUR LENTEN COPY OF “THE WORD AMONG US” LOCATED NEAR THE DOORS.

DAYS OF FAST AND ABSTINENCE:

Ash Wednesday & Good Friday

DAYS OF ABSTINENCE: *All Fridays of Lent*

Fast: (explained by the U.S. bishops) partake of only one full meal. Some food (not equaling another full meal) is permitted depending on when one chooses to eat the main or full meal.

Abstinence: no meat to be eaten, including: beef, pork, chicken, lamb, venison other wild game, any other poultry or other processed meats. Meat based broths/soups, etc. are permitted as are condiments made with animal fat such as lard. Eggs, milk and their products are also allowed.

Fasting Requirements: Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. Some people are excused from fasting and/or abstinence because of sickness or other health reasons.

SACRED HEART SCHOOL NEWS

It is hard to believe that we have started the third quarter of school! Our students and staff have been busy this year. Students in the second grade have begun the course work for reconciliation, while our fifth graders will take the Diocesan wide religion test this month! We also recently held a school assembly to raise awareness and shine a spotlight on the benefits of a Catholic Education. The upper grades were able to test out the platform of public speaking for this event, which they enjoyed. If you walk through the halls of Sacred Heart, you will find writing's from students in Mrs. Powers' class of why they love Sacred Heart School. Writing does not end there, as the 3-6 grade students are busy working on essays for the "Writer's Pot", which is a Diocesan wide writing contest. We look forward to seeing some of our Sacred Heart students selected for this contest. The month of January also ended with a new venue for students, as we welcome the "**Crusader of the Month Club.**" To become a Crusader, we will be using virtues that will change every month. The very first "Crusaders" of Sacred Heart were selected based on kindness. While all of our students are kind and caring, the following students go above and beyond the word of the Lord to show others that they are valuable and often display various acts of kindness. These students are: **Preschool:** River Timmons; **Pre-K:** Kolten McKee; **Kindergarten:** Harper Unger; **First Grade:** Thomas Vu; **Second Grade:** Zaiden Williams; **Third grade:** Maison Kiser; **Fourth Grade:** Brooklyn Bouris; **Fifth grade:** Myleigh Ladrach; **Sixth Grade:** Jaden Everhart. Congratulations to all!

The Johnson-Humrick Museum is hosting "**A Playground of Color.**" Student artwork from Sacred Heart will be displayed at the Museum on February 11, from 1-3 p.m. Our Art Program, run by Crystal Kiser, will also participate in the Columbus Diocese art display this year. Stop out to one of these venues to support our young artists.

How are we fairing with exercise and physical education, you may ask? This year we decided to take advantage of the snow and play outside. With the help of all our staff, students were able to take recess outdoors and play in the snow on the hill! The picture of the students on the hill in front of the church was featured twice by the Columbus Diocese.

We still have our after school jump rope program and have added cardio-drumming for the students. We will continue to work on incorporating a range of activities during recess time to benefit the well-being of our students in a fun way. We also received a generous donation to the school and hope to incorporate a balance beam into gym class. Mrs. Stevens will again this year partner with the United Way, which provides material for grades 3-6 that includes an exercise ball to take home.

All this talk about exercise and play sure is making me hungry! This leads us into the cafeteria where you will find Mrs. McCann and Mrs. Guinther cooking up a storm. Menus consist of USDA approved meals made from scratch. Through their dedication and hard work we are also now offering salads, and fresh fruit to students. This

may seem minimal however, fresh food requires frequent trips to the store and well rounded planning to feed a school. We are excited to say that we have the best lunches around town.

While exercise and food are great for the soul, so is music! Choir will begin again and will run through the spring. Mrs. Cardenzana is working on our second annual spring concert. She has done a wonderful job thus far adding a choir and recorder group. On Thursday mornings you will find Mrs. Cardenzana in the choir loft with students singing the hymns for school Mass.

Mrs. Opie is full of life over at the parish. Ever wonder where she is on Tuesday afternoons? She is teaching Spanish to grades K-6! Does she give quizzes and tests, you may ask? Yes she does! Spanish here at Sacred Heart is an enrichment course offered that many schools do not have the opportunity to have. We are truly blessed to offer Spanish as a second language as part of enrichment here at the school.

Speaking of enrichment, do you want to learn more about technology? Our teachers do! Teachers in grades K-6 will be headed off to Columbus this month for a technology program conference. Students earlier in the school year incorporated prayer with IPADS. Sounds confusing, right? Each class had an assignment to create a prayer during Catholic schools week. We took this assignment and created a twist to create, record, and edit the prayer using the IPADS bringing religion and technology together. The school was also able to obtain a typing program for the computer lab that students in grades K-6 have been utilizing. Our students will leave Sacred Heart with the fundamentals to type using all fingers on the keyboard.

The addition of Mrs. Rivera and Mrs. Lonsinger in the preschool program has earned our school another star rating in the Step-up to Quality program that is recognized state wide and awarded by the state. We are excited to say they have made leaps and bounds and we are on task for another star for the 2018-19 school year. Our preschool students are also making leaps and bounds and soon will be ready for Kindergarten screenings.

The preschoolers are not the only ones reaching for the stars, but so are the K-6 graders in the accelerated reading program. For one young student, the accelerated reading program was just what inspired him to love reading: Aidan Garabrandt, a fourth grader, has read 1,950,678 words this year. He inspires others to read and is now helping others to reach their goals. On occasion you may find him helping kindergarten as a "Big Reader."

To keep up with weekly activities at the school, tune into WTNS shortly after 7 a.m. and listen to "**Words from the Heart!**" Our students record at the radio station and air on Friday mornings.

We could not inspire, educate, and change the lives of children without the support of Father Victor and our parish. We thank all of you for your school support, and the unity which shapes us and defines us as Sacred Heart Church and School.