

SACRED HEART CATHOLIC CHURCH

HOLY FAMILY CATHOLIC CHURCH

Parish Staff:

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Parish Office Hours
 Tues. – Thur. 9:00AM - 2:00PM

Heart of the Plains Cemetery
 Bill Epple
 303-849-5357

Religious Education
 Deacon Ed Green (SH)
 Christina Workman (HF)

2.22.2026

First Sunday of Lent

Parish Information

Mass Times

Saturday: 5:00 PM Holy Family
Sunday: 8:00 AM SH; 10:30 AM HF; 12 PM HF Spanish
Tues: 6:00 PM SH preceded by Adoration & Confessions
Wed - Fri: 8:30 AM Sacred Heart
First Saturday of each Month: 8:30 AM Holy Family

Confessions

30 minutes before Weekend and Weekday Masses
Tuesday: 5:00 - 6:00 PM at Sacred Heart
Or by appointment

Baptism: Call Deacon Ed Green 720-550-0356.

Marriage: Call six months prior to wedding date.

Status of Operating Fund

(July 1, 2025 - June 30, 2026)	Sacred Heart		Holy Family	
Weekly Budgeted (Feb. 15)	\$2,403.84	\$192.30	\$1,442.30	\$67.30
Actual Collection	\$816.00	\$112.00	\$1,151.00	\$70.00
Over/<Under> Weekly Budget	(\$1,587.84)	(\$80.30)	(\$291.30)	\$2.70
Year-to-Date Budgeted	\$79,326.90	Capitol	\$47,596.10	Capitol
Year-to-Date Actual Collections	\$74,638.00	Funds	\$50,436.59	Funds
Over/<Under> Yearly Budget	(\$4,688.90)		\$2,840.49	
Expenses Budgeted for the year	\$94,977.98		\$68,910.93	
Expenses for the year to date	\$80,542.69		\$65,024.03	
Over/<Under> Yearly Budget	(\$14,435.29)		(\$3,886.90)	

Jesus the God-Man

The divine nature united with the human nature into one Person Whom we know as Jesus. This is a hypostatic union which we clearly state every Sunday in the Creed:

**The Only Begotten Son of God,
 born of the Father before all ages.**

**God from God, Light from Light,
 true God from true God, begotten, not made,
 consubstantial with the Father.**

Consubstantial literally means with the same substance. Jesus is God and has a divine nature for He is Begotten — not born — of the Father. Jesus is consubstantial with our human nature too. He is fully Divine and fully human. This is the hypostatic union as defined by the Council of Nicaea (325 AD) and confirmed again at the Council of Chalcedon (451 AD) because many doubts and dissensions have arisen concerning the divinity and humanity of Christ.

Simply understood, we declare Mary the Theotokos, that is the Mother of Jesus in his human nature, but Jesus' human nature was united to his Divine Nature, and so Mary is the Mother of God, for Jesus is both God and Man!

Jesus was led by the Spirit into the desert to be tempted by the devil.

LENT STIMULATES US TO LET THE WORD OF GOD PENETRATE OUR LIFE AND IN THIS WAY TO KNOW THE FUNDAMENTAL TRUTH: WHO WE ARE, WHERE WE COME FROM, WHERE WE MUST GO, WHAT PATH WE MUST TAKE IN LIFE.

He fasted for forty days and forty nights, and afterwards he was hungry.

WE CAN THINK OF LENT AS A TIME TO ERADICATE EVIL OR CULTIVATE VIRTUE, A TIME TO PULL UP WEEDS OR TO PLANT GOOD SEEDS. WHICH IS BETTER IS CLEAR, FOR THE CHRISTIAN IDEAL IS ALWAYS POSITIVE RATHER THAN NEGATIVE.

FULTON J. SHEEN

Mass Times & Intentions

Sat. Feb 21 Holy Family	5:00 PM: Vaclav Brnak †
Sun. Feb 22 Sacred Heart	8:00 AM: Parish Family
Sun. Feb 22 Holy Family	10:30 AM: Ralph Gassman †
Sun. Feb 22 Holy Family	12:00 PM: Silvino & Claudia Soto
Mon. Feb 23:	No Mass Here
Tue. Feb 24 Sacred Heart	6:00 PM: Bethany Thompson
Tue. Feb 24 Holy Family	7:00 PM: Elena Lechuga
Wed. Feb 25 Sacred Heart	8:30 AM: Rene Buchholz †
Thu. Feb 26 Sacred Heart	8:30 AM: Kenney Green
Fri. Feb 27 Sacred Heart	8:30 AM: Tom & Jeanne Hoffman
Sat. Feb 28 Holy Family	5:00 PM: Lori Promenschenkel †

† indicates Memorial Mass



- Feb 26 Bible Study 6:45 PM SH
- Feb 27 Soup Supper 5:30 PM SH followed by Stations of the Cross at 6:30 PM
- Mar 3 Healing Mass 6 PM SH
- Mar 6 Stations of the Cross 6:30 PM SH
- Mar 7 First Saturday Devotions 8:30 AM HF
- Mar 13 Stations of the Cross 6:30 PM SH
- Mar 14 First Reconciliation & Retreat SH
- Mar 16-18 Parish Mission w/Fr. Freihofer: Healing the Heart & Spiritual Warfare 6:15 PM SH
- Mar 20 Stations of the Cross 6:30 PM SH
- Mar 27 Fish Bake 5:30 PM SH followed by Stations of the Cross 6:30 PM
- May 7 CONFIRMATION & FIRST COMMUNION
- May 31—Jun 5 TOTUS TUUS

Pray for Them

Janet Klausner, Don Bratrsovsky, Jason Klausner, Bailey Navarro, Fr. John Shedlock, Barb Marty, Robert McMillion, Sally Bratrsovsky, Fr. Peter Dinh, Jeanette Neuhalfen, Mary Ockenfels, Bowman Family, Angel Family, Bill Epple, Theresa Schindledecker, for the repose of the soul of Tina Schoenherr †, Jennifer Wilson, Joanne Parry



(Please let the parish office know if you or someone you know needs to be added or removed from the prayer list.)

Temptation comes from the flesh, society, the world, and Satan himself. Christ was first tempted in the flesh to eat, change stones into bread. He was acutely aware of His need for food. Yet, He saw beyond the physical need, to the spiritual. He knew He would not die if He did not eat but would die if He gave into his desires. In response to the temptation, He states,

"One does not live by bread alone, but by every word that comes forth from the mouth of God" (Matt 4:4).

We will not die if our hungers are not satisfied, but many times, we think we will. Lent is a time to control our hungers: our need for food and pleasure, and feed our soul. Many fast from the spiritual only to be gluttons of the physical. Lent inverts this so we nourish our souls and fast from our physical needs.

Lent teaches us to control our bodily desires and needs so they do not control us.

Power is Satan's next temptation.

"If you are the Son of God, throw yourself down. For it is written: 'He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone'" (Matt. 4: 6).

Power inflates giving us strengths we never thought we had. Yet earthly power adulterates our soul as we commit idolatry, worshipping either this world, or Satan's.

Adam and Eve were tempted with earthly power. This power rooted in the Enemy separated them from divine power. Separated from God, their powers became disordered. Unless our power serves God, we will become like Satan and abuse our powers. Disordered, we think we are our own gods, doing our own will—not God's.

Prayer reveals just how powerless we are. Lent is a time for prayer in which we turn to God daily to have Him solve our earthly problems, his way—not ours.

Finally, Satan tempts us with possessions.

"All these I shall give to you, if you will prostrate and worship me." At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve'" (Matt 4: 10).

Part of Lent is to give beyond what we normally do. Generosity free us from the selfishness that comes with possessions. Possessions easily become idols and as idols, they possess us. Giving them away, our possessions cannot control us nor become idols because they are expendable: Passing away.

If we want heaven, we need to purify our hearts. This purification begins with controlling our bodies from sin and our minds from false powers and our hearts from vain possessions. Cleansed in body, heart and mind we will climb the mountain of the Lord:

"Who may go up the mountain of the LORD? 'The clean of hand and pure of heart, who are not devoted to idols, who have not sworn falsely. They will receive blessings from the LORD, and justice from their saving God.'"

"Renounce yourself in order to follow Christ; discipline your body; do not pamper yourself, but love fasting."

Lent lasts 40 days. Easter lasts 40 days. We fast, pray, and give alms to learn new habits. Then we celebrate our new habits as we prepare for the great day Pentecost.

For the next 90 days then, we enter the Passion, Death, Resurrection, and Ascension of Jesus Christ, the Messiah.

Through Him, we prepare to see the face of the Father as He sends the Holy Spirit into our lives.

On Pentecost the heavens open, the angels ride the Cloud, and the Holy Spirit comes in a tongue of fire; as He did when He led the Israelites out of Egypt in a pillar of fire. He comes in the form of a Dove, as the dove brought an olive branch back to Noah on the Ark. He comes as a strong wind which separated the Red Sea into a wall of water on the left and on the right. He comes in power, majesty, awe, and glory so we can live in the heavenly Jerusalem.

Lent prepares ourselves for this apocalypse: the unveiling of the Glory of God's Divine Love poured into our souls through the Bridegroom, Jesus and His Spirit. To prepare ourselves, we detach from all that is impure, immodest, and infected with self-will.

To purify our polluted wills, we gift ourselves to the other. Self-gifting detaches. It deletes, eliminates, and eradicates anything that taints and soils our soul. This is Lent's purpose. Self-gifting purifies our intention so that all we do gives glory and honor to Our Father.

Seeing Lent in this light prepares us to celebrate our new found freedom during the Easter Season. From Easter to Pentecost, we entrust ourselves to the Father, through the Son and Spirit living deeply in Divine Love.

Enlightened by the Holy Spirit, we see God's purpose and plan for our lives. Understanding God's way, reveals our way is His way.

We take the same journey that Jesus took, spending 40 days in the desert, confronting our temptations and our tempter, realizing that we do not live by bread, pleasure; we do not live by power and popularity, testing God; we do not live by possessions, the kingdoms of this world. What we do live by is the power of the cross which destroys our sinfulness and prepares us for heaven.

Lukewarm people don't really want to be saved from their **SIN**-they want only to be saved from the **PENALTY** of their sin.

TRUE FASTING LIES IS
REJECTING EVIL,
HOLDING ONE'S
TONGUE, SUPPRESSING
ONE'S HATRED, AND
BANISHING ONE'S
LUST, EVIL WORDS,
LYING, AND BETRAYAL
OF VOWS.

FAKE REPENTANCE

1. NO CHANGE.
2. NO REMORSE.
3. JUSTIFYING YOUR ERROR.
4. REPEATING YOUR ERROR.
5. LOOKING FOR OTHERS TO SIDE WITH YOU IN YOUR ERROR.
6. BLAMING THE ONE YOU HURT.

PROVERBS 28:13 HE THAT COVERETH HIS SINS SHALL NOT PROSPER: BUT WHOSE CONFESSETH AND FORSAKETH THEM SHALL HAVE MERCY.



How to Forgive

Pray

{Matthew 5:44}

Love and do good to the offender

{Romans 12:9}

Don't speak poorly of the offender

{Romans 12:14}

Release them from your punishment

{Romans 12:17-19}

Don't celebrate their failures

{Proverbs 24:17}

Treat them the way you want to be treated

{Luke 6:31}

Stop dwelling on the past

{Isaiah 43:18}

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