

SACRED HEART CATHOLIC CHURCH HOLY FAMILY CATHOLIC CHURCH

Parish Staff:

Rev. Fr. Tom Kuffel, Pastor
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(303) 849-5313

info@sacredheartroggen.com
<http://sacredheartroggen.com>

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

Heart of the Plains Cemetery
Linda Epple
970-347-7597

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

6.21.2026 Twelfth Sunday

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 (Jun 14)	\$2,403.84	\$192.30	\$1,442.30	\$67.30
Actual Collection	\$522.00	\$137.00	\$792.00	\$15.00
Over/<Under> Weekly Budget	(\$1,881.84)	(\$55.30)	(\$650.30)	(\$52.30)
Year-to-Date Budgeted	\$120,192.18	Capitol	\$72,115.20	Capitol
Year-to-Date Actual Collections	\$109,756.40	Funds	\$75,927.78	Funds
Over/<Under> Yearly Budget	(\$10,435.78)		\$3,812.58	
Expenses Budgeted for the year	\$143,903.50		\$104,410.50	
Expenses for the year to date	\$125,611.75		\$100,188.91	
Over/<Under> Yearly Budget	(\$18,291.75)		(\$4,221.59)	

**"You shall not swear falsely,
but shall perform to the Lord what you have sworn."**

We are set free by the truth, as Jesus tells. Humanity by our very nature seeks that which is true, for truth reveals the goodness and goodness is contained in truth.

In truth, we do not live in darkness nor do we live in fear, for the truth is not merely a fact, it is a person, Jesus Christ, Who walks us through the valley of lies.

To denounce others creates terror on every side. We however, who live in the truth, do not denounce others, unless they are evil. Nor do we fear terror for we trust in Truth.

Knowing the Lord probes the mind and the heart, we expose all thoughts to Christ, for every truthful thought needs to obey Christ, knowing that anyone who bears false witness will be punished (2 Cor 10:5) as Jesus reminds us:

**Nothing is concealed that will not be revealed,
no secret that will not be known (Mat 10:27).**

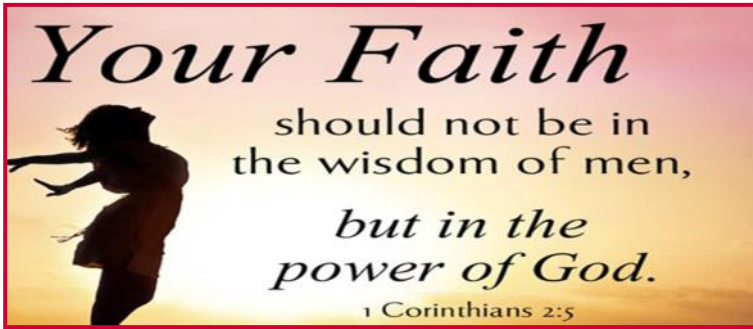
We then witness to the truth, the truth about ourselves, the truth about our neighbor, and the truth concerning God. When we seek and live in the truth, we have nothing to fear, for when we love this Truth; He, in turn, fills us with Divine Love.

**"Fear no one.
Nothing is concealed that will not
be revealed,
no secret that will not be known."**

*When I Am Afraid,
I Put My Trust
In You*

Psalm 56:3

**Do not be afraid of those who
kill the body but cannot kill
the soul.**



Mass Times & Intentions

- Sat. Jun 20 Holy Family 5:00 PM: George Klausner by Parish
- Sun. Jun 21 Sacred Heart 8:00 AM: Rene Buchholz† by P. Buchholz Family
- Sun. Jun 21 Holy Family 10:30 AM: Kim Carr by Parish
- Sun. Jun 21 Holy Family 12:00 PM: Parish Family
- Mon. Jun 22: No Mass Here
- Tue. Jun 23 Sacred Heart 6:00 PM: Mark & Christina Workman
- Wed. Jun 24 Sacred Heart 8:30 AM: Linda Epple by Parish
- Thu. Jun 25 Sacred Heart 8:30 AM: Estella Callahan† by Pat Aberle
- Fri. Jun 26 Sacred Heart 8:30 AM: Allen Curtis† by Barb Marty
- Sat. Jun 27 Holy Family 5:00 PM: Parish Family

† indicates Memorial Mass



- Jun 23 Pizza & Movie 1:30 PM KofC Hall
- Jun 24 Homeschool Co-op meeting 6:45 PM HF Hall
- Jun 28 Fiesta planning meeting after Spanish Mass
- Jun 30 Spanish Healing Mass 7 PM Holy Family
- Jul 1-24 Parish Office Closed
- Jul 4 Patriotic Rosary 8 AM Heart of the Plains Cemetery followed by Daily Mass
- Jul 7 Healing Mass 6 PM Sacred Heart
- Aug 15 Holy Family Fiesta, Lochbuie
- Aug 25 Catechist Training, 6-9 PM, Ft. Morgan

Pray for Them

Janet Klausner, Don Bratrsovsky, Jason Klausner, Bailey Navarro, Fr. John Shedlock, Barb Marty, Robert McMillion, Sally Bratrsovsky, Fr. Peter Dinh, Jeanette Neuhalphen, Mary Ockenfels, Bowman Family, Bill Epple, Theresa Schindledecker, Edwin & Sandy Weickum, John Reid, Octaviano Garcia, Maria Rebeca Garcia, for the repose of the soul of Jose Jahir Garcia†, Roseann Erker, Leticia Paz, Rodney Rhoades



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

Fear plays a major role in Satan’s deceptions. It is one of Satan’s most powerful weapons. Notice how many times Jesus said to His disciples: “Fear not,” “Be not afraid,” “Peace be with you.” In the New Testament, Jesus constantly reminds us not to fear, because we succumb to the temptations of fear.

The opposite of faith is not doubt. It is fear. Fear leads to doubt and then disobedience and disobedience ultimately leads to divorce.

Satan seemingly grants us courage and control through the power of fear. He tempts us to think that through force – our self-empowerment – we can control our lives and overcome the struggles we face.

Force makes us feel secure.

Security, however, is found elsewhere. Security is not found in force, or power, or control over others. Those three we call abuse and all abuse is rooted in fear and the most fearful person is Lucifer. He fears his fate and wants us to distrust our Father.

Love, on the other hand creates true power: not our power, but the divine power to conquer any and every fear. True love, union with God, makes us secure and that love rooted in faith creates a bond of trust that is unbreakable.

Without love, we are terribly insecure. If you have faith in someone, it is because you know and trust him or her, and of course, love that person freely. If you love the Someone Who is the source of our love, we have no fear for perfect love casts our all fear. That is why Jesus tells us,

Fear No One (Mt 10:26).

In the storms of life, we must look to Jesus as our strength and not some created element. We surrender our wills and personal strength and unite our wills to His Will, which gives us divine strength, to confront any conflict that we may face.

The major storms in our lives, especially those that makes us think we are perishing, sinking into the abyss of troubled waters, demand trust, which creates faith, which unites us to the Perfect Love that reaches down and pulls us out of the mire.

Only Jesus has the power and potency to save us – not science, not the cosmos, and definitely not Satan. Jesus constantly showed his apostles his power to save them from all sorts of natural disasters, disease and handicap, and his power to save us from death, by rising from the dead.

The Father Himself comes to us in His Son Jesus. With all of His divine powers, He is with us when the storms of fear descend upon us. He knows what we face because Jesus Christ faced the same fears that divide ourselves from Our Father.

So when life deals its cruelties and crises, when life seems to be collapsing all around, and fears threaten, don’t jump to the conclusion that this is God’s punishment, or that God does not care. He is closer than you think. He is there with his rod and staff to protect and save you from your fears.

In the power of Divine Love; we overcome life’s fearful storms.

Healing Our Sins of Fear



Faced with problems and disappointments, many people will try to escape from their responsibility: escape in selfishness, escape in sexual pleasure, escape in drugs, escape in violence, escape in indifference and cynical attitudes.

But today,
I propose to you
the option of
love, which is the
opposite of escape.

SAINT JOHN PAUL II

Homily, October 1979, during
St. John Paul II's first apostolic journey
to the United States

Fears are normal, a healthy part of our emotional life that protects us from dangers and threats. Yet, when our fears dictate our behavior it is problematic.

Many people fear and ignore it, hoping it will go away. It will not. Others fear and fight, getting angry and aggressive, unable to control their emotions. Finally, fears make people freeze. They do nothing and become stagnant. Many adults never matured because of some fearful event in their lives, stunting their maturity.

Fearful patterns destroy our lives, especially our fear of sin. We wallow in sin, wondering why this sin controls me. This stagnation stunts our spiritual growth. Yet, our sins are the pathways to holiness.

Where we sin, God wants us to grow.

Spiritual growth comes at a price: the correction of our sins. To know our sins is important, but then to know why these sins are there. It could be our disposition. It could be a trauma or wound that needs healing. It could be a betrayal, neglect, or injustice that needs to be dealt with. It could also be shame, guilt, or grief over something we did.

Self-examination analyzes our consciences, investigating the cause and the consequences. Once we have examined our consciences, correction needs to take place.

Correction is two-fold. I confess and accept responsibility for my sins, but call upon God to heal me of those sins, for his grace and forgiveness truly heals.

SAVE THE DATE

Catechist Training - August 25th

Become Fearless

The forces of fear create stagnation. Wallowing, fear paralyzes the will, creating scenarios that typically never happen. Instead of wallowing in fear, confront it. Running away from reality, buries us deeper into our fears. Instead of fleeing, freezing or fighting, here are ten ways to act despite your fears:

1. Fear feeds on inaction so do something, anything.
2. Fear leads to inaction so make a decision. Let go of the belief that you can't make a choice until you're certain.
3. Fear feeds on the unknown so imagine the worst and move forward, knowing you can deal with it.
4. Fear feeds on feeling unworthy so imagine the best that could happen and feel fulfilled.
5. Fear feeds on feelings of impossibility, yet Jesus tells us everything is possible, who trusts in Him.
6. Fear feeds on negativity so invert the negative and create the positive, feeling your strength.
7. Fear feeds on lies, so search for the truth instead of hiding from the facts or reality.
8. Fear feeds on suffocation, so breathe deeply in the Holy Spirit and move forward, taking deep breaths when needed.
9. Fear feeds on perfectionism so embrace the imperfections and mistakes, knowing you can always correct them through grace.
10. Fear feeds on waiting for the right time. Now is the right time, for the hour has come for you to wake from your fears.

Fear creates sin, seeking an escape. We flee, freeze, or fight depending upon our temperament. Many sins, especially anger and lust, are fearful reactions. To confront our fears then, face them and see what is the hidden cause.

Knowing the hidden cause of our fears breaks their control and frees us to become the person we ought to be: spiritually mature.

**The peace of God, which
surpasses all understanding,
will calm your hearts and
your minds in Christ.**

[Homeschool Co-op meeting](#)

June 24th

6:45 PM

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