

# SACRED HEART CATHOLIC CHURCH

# HOLY FAMILY CATHOLIC CHURCH

## Parish Staff:

Rev. Fr. Tom Kuffel, Pastor  
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[info@sacredheartroggen.com](mailto:info@sacredheartroggen.com)  
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**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)

7.5.2026

# Fourteenth 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 28)  
 Actual Collection

Over/<Under> Weekly Budget

Year-to-Date Budgeted Capitol Funds  
 Year-to-Date Actual Collections Capitol Funds

Over/<Under> Yearly Budget

Expenses Budgeted for the year  
 Expenses for the year to date

Over/<Under> Yearly Budget

### Humility

The meek inherit the earth. Meekness rooted in humility properly places oneself under the inspiration and guidance of another. Only when we admit we do not know how to pray, how to live, how to behave, how to love, then in our admission, we give God permission to instill in our hearts the change we need, to minister to His wants and not our own.

We want to minister, but our ministry must be rooted in his inspiration and not in our own private desires. Humility is the virtue which bonds our good acts into God's good graces, for it isn't self-serving, but selflessly serving the other.

C. S. Lewis, the man who exposed the deceptions of the Enemy, explains to us the power that humility has to destroy the root of all evil: Humility is not thinking less of yourself, but thinking of yourself less.

Humility fuels the heart. It does not suppress, but uses our talents for the betterment of others. In serving, exhausting ourselves generously, we burden ourselves with the yoke of Christ. This yoke is easy for it imitates Him Who humbled Himself becoming obedient, emptying Himself of every title of pride, so that we who are filled with pride may be inspired to empty ourselves and be filled with the joy of his humility.

**"Come to me, all you who labor and are burdened, I will give you rest. Take my yoke upon you and learn from me,**



**For I am meek and humble You will find rest. For my yoke is easy"**

**"The most truly generous persons are those who give silently without hope of praise or reward."**

**Mass Times & Intentions**

Sat. July 4 Holy Family	5:00 PM: Parish Family
Sun. July 5 Sacred Heart	8:00 AM: Deacon Ed Green by Parish
Sun. July 5 Holy Family	10:30 AM: John & Rika Sauter† by Janet Sauter
Sun. July 5 Holy Family	12:00 PM: Miguel Mota† by Rosa Mota
Mon. July 6: <i>No Mass Here</i>	
Tue. July 7 Sacred Heart	6:00 PM: Wheat Farmers by Jeff & Janelle Gollihar
Wed. July 8 Sacred Heart	8:30 AM: Caitlin Buchholz by Parish
Thu. July 9 Sacred Heart	8:30 AM: Luis Nevarez†
Fri. July 10 Sacred Heart	8:30 AM: Jason Klausner by Ed & Teresa Green
Sat. July 11 Holy Family	5:00 PM: Adam Loupe by Christina Workman

† indicates Memorial Mass



- Jul 1-24 Parish Office Closed**
- Jul 7 Healing Mass 6 PM Sacred Heart**
- Jul 26 Bethlehem Handicrafts at all Masses**
- Aug 15 Holy Family Fiesta, Lochbuie**
- Aug 16 CCD Registration begins**
- Aug 25 Catechist Training, 6-9 PM, Ft. Morgan**
- Sep 13 CCD Classes begin**



**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, Bill Epple, Theresa Schindledecker, Octaviano Garcia, Maria Rebeca Garcia, for the repose of the soul of Jose Jahir Garcia†, Roseann Erker, Leticia Paz, Rodney Rhoades, Easton Vigil*



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

**If I were still trying to please man, I would not be a servant of Christ (Gal. 1:10).**

The glory of holiness reveals a mind united to Christ's. It does not seek the self, but seeks self-sacrifice. Dying to self, the greatest act of humility.

Augustine as a young man sought himself at the expense of his mother and her love. He, however, converted as an older man, because her humility revealed his disgraceful actions, attacking her holiness. He writes:

**There are men who rashly judge, who slander, whisper and murmur, who are eager to suspect what they do not see, and eager to spread abroad things they have not even a suspicion of. Against men of this sort, what defense is there save the witness of our own conscience?**

That man he describes is himself and everyone who reads this sees themselves described. We break relationships that expose our pride and prejudice, our arrogance and haughtiness, and our condescension and condemnation.

Humility purifies our conscience from this prideful attitude known as self-aggrandizement. An examination of conscience cleanses us from root of pride: ambition and domination. It frees us from these shackles of self-importance; so, in turn, we connect our hearts to loved ones, especially to the author and originator of our lives, Jesus Christ.

Humility fuels these connections. We accord ourselves to the Father, through the Son, becoming a little one in our Father's eyes. Seeing ourselves as a child of the Father is a great grace. It destroys our willfulness, the very cause of our pride. Through grace, we see how self-aggrandizement denigrates our very selves; and instead of maturing, it makes us juvenile. Seeing our immaturity, we change.

Maturity is the heart of humility. Maturity embraces our frailty and our fragility knowing that everything we have is a gift, even our weaknesses. We accept our failures and faults as a child does, asking for help praying Psalm 131:

**O LORD, my heart is not proud, nor my eyes haughty; Nor do I involve myself in great matters, Or in things too difficult for me. Surely I have composed and quieted my soul; Like a weaned child rests against his mother, My soul is like a weaned child within me.**

Jesus prays this same prayer for us too that we become a little one — not an immature one:

**I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. (Matt 11: 25—26)**

God, our heavenly Father, reveals his humility through His Son, Jesus, Who humbles Himself, becoming one like us in all things, but sin, so we could become like Him in all things, free from sin.

**Knowing Christ freed us from sin by the mercy of the Father creates humility.**

## Maturity

GOD EQUIPS US WITH THE **tools** WE NEED  
 AS WELL AS THE **strength** WE NEED  
 TO CHANGE OUR THINKING;  
 IT'S UP TO US TO PUT THOSE  
 TOOLS TO **good use** AND  
 TO RELY ON THE HOLY SPIRIT  
 AS HE **empowers** OUR LIVES.

Actions have consequences and only the mature accept responsibility, not blaming others. Admission of personal weakness accepts correction too. A mature person admits their faults openly. They seek forgiveness, admitting their pride.

St. Paul was a great sinner, a murderer. Yet he endured the discipline for his actions as he

became blind and helpless, needing others to guide and direct him to healing of his hateful heart.

In his humiliation, he, as St. Peter, converted. His hardened heart became meek and humble, clothed with the mercy of Christ because maturity accepts consequences of actions. This redressing of his heart from inside out burns away egoism, leaving our hearts pure from pride, mature in humility.

Maturity embraces the corrections knowing that God's discipline repairs the duplicity in our hearts. Humility humbles so we do not humiliate and shame ourselves and others with such heinous acts that slander, insult, calumniate, gripe, and attack. To cleanse our hearts, God uses discipline:

**My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.**

**For the Lord disciplines the one he loves, and chastises every son whom he receives. It is for discipline that you have to endure. God is treating you as sons (Heb 12:5-7).**

God teaches us to be meek and humble by disciplining us from our errors. Discipline corrects our consciences, making them clean and clear. Cleansed, our minds think like Christ and our hearts love like Him. We embrace the corrections we suffer, knowing that they are the means of our salvation—not condemnation.

This mature outlook exposes the immaturity especially when those struggling with immaturity attack and blame us. We, the mature ones, accept their assaults only to expose and heal their childishness.

Matured, we embrace all trials as grace purifies our hearts, which in turn purifies those living immaturely. This is maturity, a witness to humility!

### SAVE THE DATE

CCD REGISTRATION BEGINS - AUGUST 16

CCD CLASSES START - SEPTEMBER 13

## Litany of Humility



**...let no one imagine that  
 humility can be achieved  
 easily and without labor.  
 On the contrary, it needs  
 more effort than the  
 practice of any other virtue.  
 -Gregory of Nyssa**

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed, *Deliver me, Jesus.*

From the desire of being loved,

From being extolled,

From being honored,

From being praised,

From being preferred to others,

From being consulted,

From being approved,

From the fear of being humiliated,

From the fear of being despised,

From the fear of suffering rebukes,

From the fear of being calumniated,

From the fear of being forgotten,

From the fear of being ridiculed,

From the fear of being wronged,

From the fear of being suspected,

That others may be loved more than I, Jesus, grant me the grace to desire it. (repeat after each line)

That others may be esteemed more than I,

That, in the opinion of the world, others may increase and I may decrease,

That others may be chosen and I set aside,

That others may be praised and I unnoticed,

That others may be preferred to me in everything,

That others may become holier than I, provided that I may become as holy as I should, loving God and neighbor as I your humble servant should.

If by a diligent life of virtue you wash away the film of dirt that covers your heart, then the divine beauty will shine forth in you.

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