



Welcome to the

Tri-Parish

Catholic Community

February 11th, 2024

*Nativity of the Blessed Virgin Mary Parish - St. Mary's Ridge ~ St. Augustine of Hippo Parish - Norwalk
Most Sacred Heart of Jesus Parish & School - Cashton*

Parish Clergy

Administrator: Fr. Matthew L. Bowe

mbowe@diolclergy.org

Deacon: Dcn. Sam Schmirler

deacon@smash3p.org

Tri-Parish Office

1205 Front Street

Telephone: (608) 654-5654

Hours: M, W & Th 8am-3pm

Tuesday & Friday Closed

Website: www.smash3p.org

Parish Staff

Director of Religious Ed:

Lisa Steger

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Parish Secretary:

Kari Passe

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Sacred Heart School

710 Kenyon St.

Cashton, WI 54619

Telephone: (608) 654-7733

School Office Hours

7:30am-3:30pm M-F

Lead Teacher: Jayme Klinge

Teacher4-5K@smash3p.org

Secretary: Doreen Brueggeman

school@smash3p.org

From the Administrator

Thus Begins the Season of Holy Lent

It is that time of the year again to prepare for Lent. During this holy season, we are called to increase our time of prayer, fasting, and almsgiving. Here are some simple pointers:

Prayer - it is good to increase your daily prayer time, even by 10 to 15 minutes. If you are not in the habit of daily prayer, now is a great time to start. Another suggestion is to arrive at Mass 10 to 15 minutes before it starts and to have the readings for Mass read beforehand.

Fasting - this should be sacrificial. You cannot fast from things that you have to do (e.g., students doing their homework). A good fast involves something that we genuinely enjoy and would miss (e.g., chocolate). A good fast also frees us to spend more time with God.

Almsgiving - this could be both money and time. A good practice is to combine fasting and almsgiving. For example, you could fast from your morning coffee or energy drink and divert the money saved to a charitable cause.

However you choose to pray, fast, or give alms, the main goal is that it should increase your love for God and for your neighbor. Lent should be a holy experience. We are called to be holy like God is holy, that is, we are called to be like God. Jesus showed us how. He prayed, fasted, and gave regularly. To be holy is to be different, to be set aside. We should not be like the culture; we are called to holiness, to be like God.

Pastoral Notes Regarding the Season of Lent

Days of Abstinence - Throughout the year, Catholics are required to abstain (to deprive oneself) from something on Fridays. During the Season of Lent, Catholics are required to abstain from meat on Ash Wednesday and on Friday. This applies to those who are aged 14 and older, although those who are younger than 14 years of age may participate.

Days of Fasting - Catholics who are aged 18-59, although other ages may participate, are required to fast on Ash Wednesday and Good Friday (except for medical and health reasons). Fasting means no more than one full meal. Although Ash Wednesday falls on Valentine's Day, there is no dispensation from the day of abstinence and fasting. In other words, Ash Wednesday takes precedence over Valentine's Day. I suggest celebrating Valentine's Day the night before.

Blessings,

Fr. Matthew

The Week at a Glance...

Tuesday, February 13th

—Mass 8am SH

Wednesday, February 14

—Mass SH 10:15am

—CCD 3:30-4:45pm SH

—Ashes Service 4:30pm SH

—Mass 7:30pm SM

Sacramental Life

Baptism: Because we believe in the ordinary necessity of Baptism for salvation, it is customary that newborns be baptized as soon as is practical, usually within a month after birth. Parents need to attend baptism preparation with Deacon Sam prior to scheduling a baptism. Please contact the parish office for details or to register.

Marriage: Couples should contact the Pastor at the time of formal engagement or at least eight months prior to the desired date of the wedding. In the case of a mixed marriage, the non-Catholic party must arrange to receive instructions about the Catholic faith prior to the celebration of the sacrament.

Penance:

Saint Augustine	Thursday after Mass
Sacred Heart	Friday 7:30am
Sacred Heart	Saturday 3:00 p.m.
Saint Mary's	Sunday 7:00 a.m.

Anointing of the Sick: Those who are seriously sick, have been ill for a long period or are to undergo surgery should receive the Sacrament of Anointing of the Sick and Holy Communion. Please contact the Pastor or the parish office.

Visitation of the Sick: If you become hospitalized, institutionalized or homebound because of illness and would like communion brought to your home or just to be visited, please call the parish office.

Catholic Education: Sacred Heart School offers Christian formation to children in grades 4K through 8. Call the school, 654-7733, to visit or request an application for enrollment.

Bulletin Deadline: Please submit items for publication in the weekly bulletin before 8am Wednesday.

THIS WEEK ON **FORMED**

Week of February 11, 2024



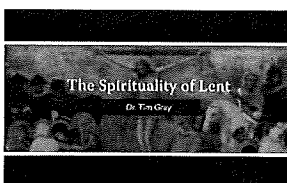
Whole 40: Making a Spiritual Plan for Lent

Sit down with Dr. Ben Akers and Dr. Elizabeth Klein to discuss the purpose of the season of Lent, how to prepare for it, and why it is such a fruitful season in our life of faith.



The Story of Death | Eternal Rest | Episode 1

Where did death come from? What does death mean for the human person? Is it simply just part of life, or is it something else? In this first session, we discuss the story of death and God's response to it: defeating death by dying and rising from the dead.



The Spirituality of Lent

Looking to take Lent more seriously this year? Join Tim Gray for ideas for a Lenten spirituality.

Our parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.

An offering from the AUGUSTINE INSTITUTE and WORSHIP PRESS

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Valentines Day Cards

In the back of all three churches you will find a stack of Valentine's Day cards the children of Sacred Heart School made for the shut-in parishioners of our parishes. If you know someone who would enjoy a Valentine, please feel free to help us distribute them.

Feed My Lambs Book

We still have several copies of the Feed my Lambs book published by the Diocese a few years ago. Inside you will find beautiful pictures of all of the churches in our diocese as well as many historic facts. The suggested donation is \$37 a book but we would just like to get rid of them so any donation would be appreciated. They are located at the parish office or arrangements can be made with Kari to acquire one. Simply call the parish office.

Mite Boxes

With the Lent beginning this week we have put out the mite boxes for families to use. Remember almsgiving is an important part of Lent and using the mite box with your family helps show our children an easy way to practice this part.

Many Thanks!

The Girls group would like to send a special thanks to the SA PCCW for the 400 donation towards their program.

If you would like to learn more about what girls group is we still have spots open both in our middle school and high school program. We meet Tuesdays at Sacred Heart from 4:30-7:30pm. Supper is provided. Please call Beth Brown 608-633-6231 with any questions.

Giving Statements

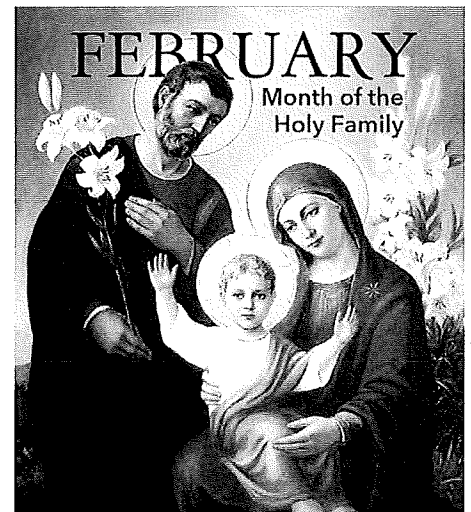
All giving statements have been mailed. If you have not received one please contact the parish office.

Ash Wednesday Schedule February 14th, 2024

10:15 am	Sacred Heart	Mass
4:30pm	Sacred Heart	Ashes Service
7:30pm	St. Mary's	Mass

Baby bottles for Birthright

The annual fundraiser for Birthright of La Crosse is here. Birthright is an international volunteer organization with a La Crosse chapter since 1976. Birthright is available to those with an unintended pregnancy to provide information, a listening space, and love, along with referrals and emotional and spiritual support when needed. The campaign will begin the weekend of January 20-21, 2024 and will conclude February 14, 2024.



STEWARDSHIP FOR THE OPERATION OF OUR PARISHES

January 28th, 2024

SAINT AUGUSTINE

ADULT ENVELOPES	\$185.00
OFFERTORY	88.00
TOTAL	\$283.00

SAINT MARY'S

ADULT ENVELOPES	\$1,956.00
OFFERTORY	\$63.00
SCHOOL SUPPORT	\$200.00
TOTAL	\$2,219.00

SACRED HEART

ADULT ENVELOPES	\$1,680.00
OFFERTORY	\$344.37
TOTAL	\$2,024.37

For Youth and Young Adults

St. Kateri Tekakwitha is the patroness of the environment. I suppose this seems particularly fitting as she was a Native American and they certainly tended to be more mindful of their surroundings and how they treated the land.

She was very young when her mother, father and brother all died of small pox. This also left her disfigured and half blind. She was raised, then, by her uncle. During her youth, the Jesuits had started their missionary work among the natives. At the age of 19, she refused to marry a Mohawk warrior and converted. She was baptized on Easter Sunday.

This conversion of hers, however, meant she would be a slave from then on. She refused to work on Sundays and therefore received no food on those days. Her faith was causing increasing opposition and danger for her so one night she stole away and began a 200 mile journey towards Montreal. After a few years under the guidance of a priest and an older woman, she decided at the age of 23 to take a vow of perpetual virginity. She would practice extreme fasting for the conversion of her nation.

She died the day before Holy Thursday when she was just 24 years old.

Kateri led a life full of challenges and struggles. She had real and true struggles. Were not talking about our cell phones not working or the internet being out. We're talking death, lack of food, long journeys, loneliness, but she always spent time in prayer, despite all this. Do we have the stamina to endure the real and true struggles of our lives and keep our eyes focused on God? Or do we give in to

the pressures and struggles? Do we try to remain a person of integrity or do we fold under pressure?

Religious Ed News

First Communions will be held the following dates:

April 20th 6pm Saint Augustine's

April 21st 10am Sacred Heart

April 28th 8am Saint Mary's

Our Chastity Project has been restocked. Take a look and see what we have!

First Communion Retreat/First Confession

Will be April 14th after the 10am Mass. A light lunch will be provided. Please plan for one adult to attend with your first communicant.

Sacred Heart School News

4K & 5K with Mrs. Klinge

The groundhog didn't see his shadow! Will spring be early? God only knows—as it should be! What a good opportunity to learn all we can about another one of God's incredible creatures... What have we learned about groundhogs?

- You can call them woodchucks too...
- They are part of the squirrel family.
- They whistle when there is danger! So you can call them whistle pigs!
- They can move 700 pounds of dirt and rock a day!!!
- And their ears don't even get dirty because God gave them flaps over their ears.
- They can climb trees and swim (but they don't love it!).
- Their noses work really good- they know when anyone comes by.
- They are not picky eaters- they are just thankful for what God gives them.
- Their teeth help them dig, chew roots, and move rock. They can chatter so loud they scare their enemies. Their teeth only stop growing when they hibernate. (How do teeth know to stop growing??)

1st & 2nd with Mrs. Balk

We are over halfway through our school year and are quickly approaching the 100th day of school. Our class has been busy learning about the days of the week, months of the year and the seasons in Spanish. We are becoming better readers and the second graders are diving into multiplication! We were discussing voting in social studies and we even got to vote on names for Miss Santas' new lambs. It was great to see the sun this week, even if it means our snow piles are melting.

Art with Mrs. Leis

This week the students continued to work on their 3D art and we discussed upcoming projects.

Computers with Mrs. Passe

3rd & 4th grade continue to learn where all the keys are and accuracy tests are going up!

5th-8th are in the middle of a Google Doc scavenger hunt. Next week all students will begin a computer Lent project.

3rd & 4th with Miss Santas

In third and fourth grade this week, we enjoyed doing an escape room for a math class to practice our multiplication, we also learned how to solve problems using a function table. We started a new unit in science, we are learning all about our solar system. In English we are learning everything that a sentence needs in order to be a complete sentence.

5th-8th Math & Science with Mrs. Flock

This week the 5th Grade Math class is multiplying and dividing decimals by multiples of ten. The 6th Graders are finishing up their graphing chapter by using equations to formulate a chart and a graphing function. Grade 7 is finding the area and circumference of circles, while grade eight reviews and tests on the Pythagorean Theorem. In Science the 5th and 6th graders are studying matter and the 7th and 8th graders took time to look at bacteria from yogurt and mold from bread under the microscope. It is an amazing world under there!

5th-8th Literature & Spelling with Mrs. Slattery

We discussed Archbishop Barrons's questions, "Whom-or what-will I worship?" He said it's the most important question of our lives. Where do I spend my time & my treasure? What do I "worship" on Sunday's?

Religion with Mrs. Steger

Our short week worked well so that we could do our diocesan assessments for 5th and 8th grade. Every year, students in these grades complete this assessment. It is a standard, fill-in-the-bubble answer sheet with questions about all aspects of our faith. Students in 6th and 7th had the opportunity to catch up on work. With any class time remaining after the assessments, we did some virtue study and Lent preparation.

Atrium students worked on parables and more gesture work this week. Of course, as usual, students also got to work on any material they have already been shown.

Phy Ed with Mr. Steger

We used the unseasonably warm weather to work out outside last week. With movements that require equipment, such as mats, exercise balls, and padded boxes, the students are broken in to teams of two where they take turns with the movement, and rotate around so everyone gets a chance to do each movement. Having a teammate helps keep the students on task and motivated. Everyone loves shuttle runs and hates burpees.

6th Sunday in Ordinary Time

Reading Reflections

Today's readings prepare us for the penitential season of Lent. In our Gospel, a leper knelt before Jesus and said, "If you wish, you can make me clean." Jesus reached out and touched this diseased man and healed him. He then encouraged the man to show himself to the priest and offer a cleansing, referencing the commands in the Law of Moses. By completing these rituals, this man is taking steps towards being reinstituted into the community. Let us approach this holy season of Lent like the leper. By our faults, we have distanced ourselves from God and His community. The leper reminds us Who to go to so we might be healed. Let us approach the Lord this season on our knees, asking for forgiveness and healing from our offenses, saying, "If you wish, you can make me clean." Undoubtedly, if we have a contrite heart, Jesus will stretch out His hand in forgiveness, and His mercy will touch our lives. And like the leper, we, too, should go forth from being healed with a commitment to cleansing ourselves from the lasting effects of sin. Lent is a time to offer acts of reparation through Prayer, Fasting, and Almsgiving so that the Gracious Healer, Who sacrificed His life for our sake, in the hope He may purify us in all areas of our life and walk. This holy season of Lent is an opportunity to be healed and cleansed on our journey as disciples of Christ. Let us consider what we can do to offer acts of reparation so that we might be purified and one day partake in the resurrection of Christ

Diocesan Annual Appeal

Saint Mary's & Saint Augustine have both hit their goals and went a bit over. Congratulations and Thank you! Sacred Heart is at the point now where all the money sent in will come back to our parish tax free! This is an important income needed to sustain the budget. If you have not sent in your pledge yet, or can give a bit more, yes, there is still time. Simply make your check out to DAA and place it into the collection. Thank you to everyone's attention to this matter.

	Sacred Heart	St. Mary's	St. Augustine
Goal	\$37,070	\$17,465	\$10,050
Pledged	\$30,810	\$17,520	\$10,885
Donors	75	46	20
Over/Under	-\$6,260	+55.00	+645.00

Saint Mary's Brunch-Today Feb 11th.

Brunch at St. Mary's will be after Mass today. Forgot a dish to pass? No problem! We always have plenty to share and would love to enjoy some fellowship with you. Come On Down!

Looking for a Family Lenten idea?

tune in to Catholic Sprouts, a Catholic podcast, to hear 40 stories of 40 martyrs. There will be a new episode Monday-Saturday. Also available is a download with each martyr and you can make a paper chain or other work with the strip as you journey through Lent.

A Minute with Jesus:

Jesus wants us to know He is continually with us. Oftentimes, our mind begins to wander at Mass because we only see bread and wine. What contributes to our distractions is the bombardment of noise and images in our minds that come through our physical senses (hearing, seeing). Therefore, we are much less attuned to the world of the spirit and the much deeper spiritual realities that are right here, all around us. Let's pray this right now and every day this week: Jesus, help me to learn to be quiet and reveal to my heart the truth that the Eucharist is really You present under the appearance of bread and wine. This week, read about Jacob in the desert, who was very much afraid, and came to realize that God was present right there with him. As with Jacob, we can say as we pray before the Blessed Sacrament, "Surely the Lord is in this place, and I did not know it." (Genesis 28:10-17)

Big Hearts Little Minds

is a project to help support Sacred Heart School. Attached to the board in the narthex at Sacred Heart are envelopes with a dollar amount for a specific need for the school. If there is a need you'd like to support, take an envelope, put your check or cash inside for the amount on the front, and drop it in the collection basket. Feel free to take one or more envelopes!

Eternal Rest Grant Her, O Lord

Our deepest sympathy is extended to the family and friends of Rosie Dahl. Your prayers are asked for the repose of her soul. May perpetual light shine upon her.

Mass Intention Schedule

Sat. Feb. 10th	4pm at Sacred Heart	Carlton & Dorothy VonRuden & Family
	6pm at St. Augustine	For the People
Sun. Feb. 11th	8am at St. Mary's	† Mary Marquardt
	10am at Sacred Heart	† Norman & Bernice Brueggen
Tues. Feb. 13th	8:00am at Sacred Heart	† Donald Pieper
Wed. Feb 14th	10:15am at Sacred Heart	† Florence & Don Janzen
	7:30pm at Saint Mary's	† Peter & Cecilia Jost Family
Saturday Feb. 17th	4pm at Sacred Heart	† Joseph & Thomas Leis
	6pm at St. Augustine	For the People
Sunday Feb. 18th	8:00am at Saint Mary's	† Robert Brueggeman
	10am at Sacred Heart	† Bob & Marie Geier

Weekly Readings

Sunday:	Lv 13:1-2, 44-46/1 Cor 10:31—11:1/Mk 1:40-45 (77)
Monday :	Jas 1:1-11/Mk 8:11-13 (335)
Tuesday:	Jas 1:12-18/Mk 8:14-21 (336)
Wed.	Jl 2:12-18/2 Cor 5:20—6:2/Mt 6:1-6, 16-18 (219) Pss IV
Thursday:	Dt 30:15-20/Lk 9:22-25 (220)
Friday:	Is 58:1-9a/Mt 9:14-15 (221)
Saturday:	Is 58:9b-14/Lk 5:27-32 (222)
Next Sunday:	Gn 9:8-15/1 Pt 3:18-22/Mk 1:12-15 (23) Pss I

Lector/Serving/Usher Schedule February 10th & 11th

<u>St Augustine</u>	<u>Lector</u>	<u>Servers</u>	<u>Ushers</u>
6pm Saturday	Azaria Carpenter		Volunteers Appreciated
Sacred Heart			
4pm Saturday	Thea Von Ruden		Volunteers Appreciated
10am Sunday	Enid Neubauer	Tim Steger, Charlie Leis and George Canter	Volunteers Appreciated
St. Mary's			
8am Sunday's	Glen Miller	Thaddeus Slattery & Jeffery	Volunteers Appreciated

Please pray for these Intentions

— Pope Francis
 — +Rosie Dahl
 — Bishop Callahan
 — Corey Janzen
 — Sheila Vukovich
 — Ardella Leis
 — Louis Zanon
 — Jeanne Allen
 — Ed Schreier
 — Jerome & Margaret Leuck
 — Glen Miller
 — Wesley Clements
 — Louise Melby
 — Special Intention
 — Gene Degenhardt
 — Jeff Mullenberg
 — Grace Fowler
 — Margaret Jothan
 — Nancy Karis
 — David Schwarz
 — Sandy Von Ruden
 — Alice Schmitz
 — Mary Leuck
 — Bobbi Baker
 — Dennis Hemmersbach
 — Mike Metzler
 — Joshua Mack
 — For Vocations to Holy Orders and the Consecrated Life and all the seminarians of the Diocese of La Crosse including our own seminarian Thomas Cummings.



Pope Francis releases his prayer intention for the month of February 2024, and invites everyone to pray for the **terminally ill** and their families.

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	<p>Torkelson</p>  <p>608-654-7764 Email: torkelsonfuneralhome@yahoo.com www.torkelsonfuneralhome.com</p>	<p>MDS Mlsna Dairy Supply Inc. Cashton, WI 608-654-5106 DeLaval</p>	<p>CFS Specialties, Inc Cashton Farm Supply, LTD</p> <p><i>Organic Specialists</i> Organic Poultry, Organic Feed and Fertilizer, Organic Grain Brokerage</p> <p>Phone: (800) 822-6671 Or (608) 654-5123 Fax: (608) 654-5696 Email: organic@cfspecial.com</p>
<p>Charlie's Carpentry, Inc</p> <p>KURT G. JANZEN 608-386-9363</p>  <p>Going on 25 Years of Business! Ag, Commercial Buildings, Homes, Remodels, Etc.</p>		<p>Lind's Home Center Your complete Hardware, Paint & Appliance Center 654-7844 "If we don't have it, you don't need it!"</p>	<p>AMERICAN FAMILY INSURANCE</p> <p>Wright Agency Auto • Home • Farm • Life 306 N Main St., Westby wrightagency@amfam.com (608) 634-3612 Bus.</p>
	<p>Ray's Gas & Goodies Full Service Gas Station (608) 487-4472 Cashton</p>		<p>MRV EXCAVATING</p>  <p>608-486-2851 www.midleridgventures.com</p>
<p>Craig Steger Attorney 724 Front Street 608-716-7150 askcraig@craigsteger.com</p>		<p>CATHOLIC ORDER OF FORESTERS www.catholicforester.org</p>  <p>COF General Agent Roger H. Klein Sr. 800-985-5036</p> <p>Mailing Address W23802 American Heights Lane, Arcadia, WI 45612 19-01-020Q (R)K1458 (9/19)</p>	
<p> Sacred Heart Catholic School 4K - 8th Grade Education in the Classical Catholic Tradition</p> <p>For registration information or to arrange a visit call or email (608)654-7733 / school@smash3p.org Now Registering for the 2023-2024 School Year</p>			<p>ST. MARY'S RIDGE</p> <p>*3-D Bow Shoot-3rd Sat in July *Game Feed-1st Sat in Feb P.O. Box 102, Cashton, WI 54619 Join us on Facebook @stmaryssportsmen26400 SPORTSMEN INC.</p>