



SISTERS OF ST. FRANCIS
SACRED HEART COMMUNITY (SHC)
NEWS BRIEF – MARCH 1, 2024

LENTEN PRAYER SERVICE – COMFORT MY PEOPLE:



All are invited to join the three North American provinces (Holy Name Province, Sacred Heart Community, St. Francis Province) for a Lenten Prayer Service, on **Wednesday, March 6, 2024, 4:30 MT, via ZOOM**. Srs. Karen Crouse and Gloria Shuffer (SHP) will be presenting this service, titled, “Comfort My People.” The guide is attached, and the ZOOM link is:

<https://us02web.zoom.us/j/88534723265?pwd=L0xwbnNvZWxTb2h0aXpWOWVzdHRHQT09>

Meeting ID: 885 3472 3265

Passcode: 645398

Note: Our tech support (David Kayo) will be on ‘ZOOM’ one hour prior to the meeting for attendees to test their equipment. For any other questions, feel free to contact Donna Kroll at DonnaK@DenverOSF.org

REST IN PEACE ...

Sister Bernarda Gertrud Anna Tarp, who died on February 24, 2024. She was born on June 7, 1930 and professed on August 15, 1957. Sr. Bernarda was a member of Christ the King Province in Lüdinghausen, Germany.

PRAYER REQUEST:

- Peace and all good. I wish you all an excellent Lenten season ... a time to purify our way and our intensity of love ... Let us contemplate the one who teaches us to love without measure. Let us unite in prayer through the congregation's intentions for this month of March. (Also, see attached congregational prayer list). From Sr. Vera Lucia Konzen
- Kim Seagraves (Sr. Leandra Schaller’s friend) who has head and neck cancer. The family is requesting prayers.

VOCATIONS WALK FOR RELIGIOUS ORDERS

Sisters, attached is an invitation I received to pass along to you to join the Serra Club International and Knights of Columbus for a Vocations Walk for Religious Orders. It’s on Saturday, **May 11th at 10:00 am** at Cabrini Shrine, Golden, CO.

♥ *Sue Artone-Fricke, OSF*

SHARE YOUR STORY FOR THE 150TH CELEBRATION OF COMING TO THE USA

Please remember to write a short story for the 150th Celebration in June that is personal or communal. Attached is the letter that went out about it. The stories are due to the committee by April 10. Contact Sr. Gloria Shuffer at GloriaShufferA@gmail.com if you have questions.

♥ *Sue Artone-Fricke, OSF*

LENTEN FRIDAYS - SOLIDARITY PRAYER FOR ALL WHO SUFFER IN OUR WORLD:

Associates and friends – we invite you to join us mindfulness and prayer **for five minutes at 7:00 p.m. Mountain Time on Lenten Fridays** for all who suffer in our world. Let us bless all people with grace, peace, safety, and well-being. Sisters of St. Francis, Sacred Heart Community.

♥ *Sue Artone-Fricke, OSF*

LENTEN REFLECTIONS FROM CREIGHTON UNIVERSITY:

Sacred Heart Community has received permission to share One Prayer a Day for Lent from Creighton University. Listed below are the prayers for the upcoming week:

- Friday, March 1, 2024:
Loving God, Caring parent, I am a child who so often turns my back on your love. Please accept my small acts of sorrow today and help to release me from the self-absorption that closes my heart to you. As I journey through Lent, let me remember the feast you prepared for me in the resurrection and let me be filled with thanks to you.
- Saturday, March 2, 2024:
God of infinite love, you shower me with limitless gifts in my life. In my every thought and action today, guide me to the bright and loving light of your kingdom. Help me to be aware of the many ways you allow me to share in your life so intimately today. Thank you for the gifts you have placed in my life. Let me be grateful for every moment of this day.
- The Third Week of Lent: Sunday, March 3, 2024
Loving Father, So many times I turn away from you and you always welcome me back. Your mercy and love give me confidence. Thank you for the invitation to share, fast and pray so that you can form a new heart within me. Your powerful compassion for my weaknesses leads me to ask for mercy and await with great hope the Easter joy you share with us.
- Monday, March 4, 2024
Merciful God, Free your Church from the sins of this world and protect us from evil we see and the evil we prefer to ignore. We need your guidance, Lord, for we cannot do this alone. Only with your help can we be saved. Thank you for your desire to save us and love us.
- Tuesday, March 5, 2024
God of infinite love, I thank you for this reminder of your love and your call that we be more patient, gentle and compassionate with others. Here in the middle of Lent, I turn to you to beg for your help. Please soften my heart. Help me to let go of judging others. I ask you this, in Jesus' name.

- Wednesday, March 6, 2024
God, you love me as your own child. May I bend my life and will toward you so that I might accept your teaching and guidance. I am so grateful for your support in my life, now and in the eternal life you are preparing for me. I beg for your help and Spirit in my life today.
- Thursday, March 7, 2024
Loving God, I hear your invitation, "Come back to me" and I am filled with such a longing to return to you. Show me the way to return. Lead me this day in the good works I do in your name and send your Spirit to guide me and strengthen my faith. I ask only to feel your love in my life today.
- Friday, March 8, 2024
God of Mercy, I feel my heart overflowing with your tenderness. I sense your loving touch deep within my soul. I ask for your help in my weakness that I might be faithful to your word and I am so grateful that your mercy for my failings is as strong as your unbounded love for me.

EARTHCARE:

“Even after all this time, the sun never says to the earth, ‘You owe me.’ Look what happens with a love like that. It lights the whole sky.” By Hafez. Submitted by Sr. Gloria Shuffer.

2024 CALENDAR OF SACRED HEART COMMUNITY EVENTS:

Please contact Donna Kroll if you have any questions.

Date, Time	Event	Location
Mar 6, 4:30	Lent Prayer via Zoom	For North American sisters & associates, hosted by SHC
May 4, 10:00	Sisters’ Jubilee	Alliance, NE
May 9, 4:30	Foundation Day Prayer via Zoom	For North American sisters & associates, hosted by HNP
June 6-June 8	Annual Community Meetings	Xavier Retreat Center, Denver
June 28-30	Celebrating 150 th Years of Franciscan Presence in North America	HNP, Stella Niagara, NY

