



REST IN PEACE ...

Sr. Maria Josefina Kunrath, who died on March 4, 2024. She was born on March 19, 1931, and professed on February 3, 1956. Sr. Maria Josefina was a member of Immaculate Heart of Mary Province in Santa Maria, RS-Brazil.

William (Jim) Troshynski, who died on February 24, 2024. Memorial services are Friday, March 8 and Saturday, March 9, 2024, in Atkinson, NE. (Jim was a relative of Sisters Jolenta and Antonella.) More information: <https://www.segerfuneralhome.net/obituary/william-troshynski>

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*

MOVIE RECOMMENDATION: CABRINI:

In Theaters Now. This movie honors the life and legacy of an ironclad immigrant saint.

More info: [Film Review: Cabrini honors life and legacy of ironclad immigrant saint \(denvercatholic.org\)](https://denvercatholic.org/film-review-cabrini-honors-life-and-legacy-of-ironclad-immigrant-saint)

Trailer: <https://www.youtube.com/watch?v=uuFkt3w-7kl>



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 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.
- Saturday, March 9, 2024
God of Mercy and Understanding, I know that with help I can open my heart more fully to the mysteries of the suffering and death of your son. Help me to be humble in this journey and remember that any mercy and compassion I feel is a gift from you. I await the joy of Easter with new longing and patience.
- The Fourth Week of Lent – Sunday, March 10, 2024
Loving Creator of mine, I feel the pace quicken, the time draw near. I am filled with joy as I move toward Easter and the promised reconciliation with you. Teach me to follow the example of your Son, to be worthy of being called one his people: a Christian. Help me to live each day as he did, turning hatred to love and conflict to peace. I await the new life with eagerness, faith, and a deep gratitude.
- Monday, March 11, 2024
God who created me, You offer me new life through your Son and through the gift of your sacraments. While I see new life all around me, I don't always recognize the new life you offer me. Help me to grow this Lent in an awareness of the gifts you place in my life and in a greater appreciation for your care. Give me the courage to ask for help.
- Tuesday, March 12, 2024
Joyful praise in Lent? I'm not sure I always feel that. I ask you to help me prepare to understand and embrace the paschal mystery in my life. I don't always see the beauty and mystery of this season and often I run from the pain. Help me to see how your saving grace and your loving touch in my life can fill me with joyful praise of the salvation you have sent to me.
- Wednesday, March 13, 2024
Loving and merciful God, I am so aware of my sins and weaknesses. But as painfully aware of my faults as I am, Let me also remember your tender love, your gentle and limitless forgiveness. I come before you filled with pain and guilt but look into your eyes and see the forgiving love I so long for in my life. Help me to forgive the same way. Teach me to love as you love.

- Thursday, March 14, 2024
Merciful Father/ Loving Mother, I know that the tiny sacrifices I make this Lent can never serve as a real penance in my life. 1 But help me to make my whole life one of following your Son. I am filled with your love. Let your love shine out from within me and guide my life in this sacred journey toward the Easter joy you offer me.
- Friday, March 15, 2024
Loving God of forgiveness, I come before you humbled and sad in the face of my own repeated failings. I held out my hands as a petitioner would, asking for mercy. It is then that I feel you reach out and take my hand in your loving grasp. Thank you for the love you pour out on me so lavishly. Help me to follow more closely in the path you have set for me, the path of your Son.

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.

DENVER RESOURCES FOR MIGRANTS/ASYLUM SEEKERS:

Attached is a flyer (English & Spanish) from Denver’s Office of Immigrants & Refugee Affairs that contains resources for shelter, food, medical care, and legal help. Feel free to share it with those in need. (thanks, Holly Fiedler)

2024 CALENDAR OF SACRED HEART COMMUNITY EVENTS:

Please contact Donna Kroll if you have any questions.

Date, Time	Event	Location
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

