



**SISTERS OF ST. FRANCIS  
SACRED HEART COMMUNITY (SHC)  
NEWS BRIEF – MARCH 15, 2024**

**REST IN PEACE ...**

Sister Maria Alice Hartmann, of (Elsa Zita Hartmann), who died on March 2, 2024. She was born on August 30, 1920, and professed on February 3, 1944. Sr. Maria Alice was a member of Sacred Heart of Jesus Province in São Leopoldo-RS-Brazil.

**THE 150<sup>TH</sup> CELEBRATION OF COMING TO THE USA:**

- Please remember to write a short story for the 150<sup>th</sup> Celebration in June that is personal or communal. The stories are due to the committee by **April 10**. Contact Sr. Gloria Shuffer at [GloriaShufferA@gmail.com](mailto:GloriaShufferA@gmail.com) if you have questions.

♥ Sue Artone-Fricke, OSF

Please join the  
Sisters of St. Francis In Sacred Heart Community

## Seder Meal 2024

Wednesday, March 27, 2024, 5:30 pm

Image was in the Marycrest Chapel, designed by Cooperative El Salvador

Dear Associates, Friends and Sisters.

As we move through the transformative time of Lent, I look to the Seder Passover Meal and think of Jesus saying "I longed to eat this (last? / special?) meal with you." Francis of Assisi, as he approached his death, asked his brothers to read John's gospel of the Last Supper.

The Seder is a communal gathering ancient and ever new. I invite you to join us on Wednesday March 27th at 5314 Columbine Rd., Denver, CO, to gather at 5:30 pm and share this meal at 6:00 pm. (Feel free to come early and help set up at 4:30 pm.)

This is a potluck, so please choose a food item on the list to share.

Any questions and/or to RSVP with your food contribution, please text/call 720-448-4818 or email [mefuhr@franciscanway.org](mailto:mefuhr@franciscanway.org)

Peace and all good. *Sr. Liz*

FOOD	GUEST
Ice Cream (2)	
Salad (2)	
Potatoes/Rice (2)	
Grape Juice (2)	
Wine (3)	
Meat/Protein (2)	
Veggie (2)	
Matza (1)	
Grapes (1)	
Loaf of Bread (1)	
Haroset: apples and walnuts with little honey/cinnamon (1)	
Other	

- Also, please see the attached Note #1 from the 150<sup>th</sup> Anniversary Committee containing quotes and trivia to prepare and get you excited for the upcoming gathering of sisters and associates from the three US provinces! This event will be held on June 28-30, 2024, at Holy Name Province in Stella Niagara, NY.

**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 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.
- Saturday, March 16, 2024  
Lord, what you ask of my life seems so right. It is how I want to live, following your Son, Jesus, so closely. And yet I fail so often to stay on that path. I cannot do it alone, loving Lord. I need your help and guidance. I need to remember your love for me and I want to remember how very much I need you in my life.
- The Fifth Week of Lent – Sunday, March 17, 2024  
My loving Lord, it's so hard to love the world sometimes and to love it the way Jesus did seems impossible. Help me to be inspired by his love and guided by his example. Most of all, I want to accept that I can't do it alone, and that trying is an arrogance of self-centeredness. I need you, dear God, to give me support in this journey. Show me how to unlock my heart so that I am less selfish. Let me be less fearful of the pain and darkness that will be transformed by you into Easter joy.
- Monday, March 18, 2024  
God of love, I know that you are the source of all that is good and graced in my life. Help me to move from the life of sin to which I so often cling, into the new life of grace you offer me. You know what I need to prepare for your kingdom. Bless me with those gifts.
- Tuesday, March 19, 2024  
Loving God, You have heard my complaints, my impatience. Sometimes I become frightened when I move away from you. Guide my heart back to you. Help me to think beyond my own wants and to desire only to do you will. Thank you for the many blessings in my life and for the ways I feel your presence.

- Wednesday, March 20, 2024  
Loving Creator, I know in your great love for me, you see the deep sorrow in my heart. Hear my prayers which are offered with such trust in you. Be with me in both mind and heart as I renew my life in your spirit.
- Thursday, March 21, 2024  
Lord, all I want is to be faithful to you in my life, but so often I fail. Free me from my many sins and guide me to the life I will share with you. I wait for your promise to be fulfilled with great hope in my heart and your praise on my lips.
- Friday, March 22, 2024  
Most forgiving Lord, again and again you welcome me back into your loving arms. Grant me freedom from the heavy burdens of sin that weigh me down and keep me so far from you.

**EARTHCARE:**

“A nation that destroys its soil destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people.” By Franklin D. Roosevelt. Submitted by Sr. Gloria Shuffer.

**2024 CALENDAR OF SACRED HEART COMMUNITY EVENTS:**

Please contact Donna Kroll if you have any questions.

<b>Date, Time</b>	<b>Event</b>	<b>Location</b>
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 <sup>th</sup> Years of Franciscan Presence in North America	HNP, Stella Niagara, NY

