



SIXTH SUNDAY IN ORDINARY TIME
FIRST READING: Sirach 15:15-20 (76A)



SECOND READING: 1 Corinthians 2:6-10 GOSPEL: Matthew 5:17-37

FATHER KEN'S KORNER

Some Practical Questions About Holy Communion

Answered: Part I

From time to time parishioners have asked me a number of practical questions about the Eucharist and my assumption is that, if there are a few who ask, there are probably many others with the same questions. So, in no particular order, here are some things you may need to know:

1. More and more I am running into people with gluten intolerance who, because of their medical condition, are unable to receive the Eucharist in the form/species of host. If this condition describes you or someone you love, there are two options to choose from and still receive communion. A) Probably the easiest thing to do is to come up for communion, make a sign of reverence to the Eucharistic host and then proceed to receive the Eucharist from the cup. B) The second option is to order low-gluten hosts for yourself (One source is the Benedictine Sisters of Perpetual Adoration at 1-800-223-2722 or altarbread@benedictinesisters.org). These hosts are accepted for use by the Church. The practice at our parish would be to bring an unconsecrated low-gluten host with you along with a pyx (a special Eucharistic container) and bring it back to the sacristy to present it to the celebrant before Mass begins. He will arrange it to be added to the ciborium to be brought up with the other gifts. Then be sure to present yourself for Holy Communion in the celebrant's line and this special host will be presented to you for reception.
2. There are some members of our parish who are recovering alcoholics and who have made similar inquiries about receiving from the cup. In their case, however, the questions seem to center on the misconception that if they receive communion under only one species then somehow they have only received 50% of the Eucharist (or "part of" Jesus). This is not the case. Whether you receive only one species or a fragment of the host rather than a whole host, you have received the fullness of the sacrament... Jesus, body, blood, soul and divinity.
3. Another question that frequently comes up around receiving from the cup usually occurs during cold or flu season from those who wish to receive from both species but not expose themselves to the risk of germs. They ask if they can (or attempt without asking) to dip the host they are holding in the communion cup and then consume it. This practice is called "intinction" and it is not allowed in

the Roman Catholic rite. The practice comes from Eastern Catholic liturgies where intinction is the norm and where reception in the hand is not allowed. In those cases intinction is done by the priest with a special communion spoon. We do not (or should not) allow this practice at Mass in the west but even in the east where it is allowed, the communicant would never be allowed to do it themselves. It would amount to "taking" communion rather than "receiving" communion and there is too much of a risk of dripping the Precious Blood on the ground. If you are worried about germs, simply refrain from receiving from the cup.

4. We ask that all communicants make a Eucharistic fast before receiving communion at Mass. This amounts to refraining from ordinary food for one hour before receiving the Eucharist. This fasting practice used to begin at midnight of the day of the Mass and then was reduced to three hours before we arrived at our current practice of one hour. Even then there is an exception for medical conditions where an individual is required to take medication with food or needs to maintain proper sugar levels, etc. In such cases, the communicant is excused from the fast. The idea is to remind each communicant, through this discipline, that the Eucharist is heavenly food and not ordinary food.
5. One should never take the Eucharist from the minister but should instead "receive" on the tongue or in the hands, after forming a throne to receive your king as Justin Martyr described in the early centuries.
6. It is important to remember in cold weather or at 1st Communion celebrations that it is not allowed to receive a communion host with gloves on. This is because there is a risk of Eucharistic fragments adhering to the gloves. The same Justin Martyr of old said we should treat Eucharistic fragments as being more precious than gold dust. This is why the priest uses sacred linens (corporal and purificators) to make sure not even the smallest element of the Eucharist is discarded or ends up on the ground.
7. Finally, one should never receive the Eucharist with gum, other food, or retainer/removable dental apparatus for the same reason.

Tune in next week for part two of commonly asked Eucharistic questions where I will deal with questions on intercommunion and when we should refrain from receiving the Eucharist.

ARCHBISHOP'S CATHOLIC APPEAL 2014
"TEACH, BLESS, SERVE"

Next weekend, February 22-23, is Commitment Weekend for the 2014 Archbishop's Catholic Appeal. During Mass we will watch a video from Archbishop Sample about the Appeal. If you received a personalized commitment card in the mail please bring it to Mass with you as we join together to support our Catholic Church in Western Oregon. If you did not receive a commitment card in the mail pledge envelopes will be available during Mass.

This next week, please read the Archbishop's Catholic Appeal materials that are in the Parish Bulletin today, and prayerfully reflect on the level of commitment you will make next weekend.

The Archbishop's Catholic Appeal provides substantial financial support to essential ministries in local parishes in our Catholic Church in Western Oregon. These programs provide education and faith formation at all levels and provide a Catholic presence for tens of thousands of people.

When we stop to count our abundant blessings, we are aware of how truly blessed we are. The Archbishop's Catholic Appeal is an invitation to share your blessings and support for the Gospel mission here in Western Oregon. A significant pledge to this appeal is a sign that you are a part of the holy people who follow in the footsteps of the faithful throughout this history of scripture.

Your pledge is also a sign of your gratitude for God's generous abundance. While we can never out-do God in generosity, we are called to join in the mission of the Gospel as we pour forth the gifts of life, goodness, and grace through the sharing of our own blessings from God.

**30TH ANNUAL
 CATHOLIC WOMEN'S RETREAT
 at St. Rita's Retreat Center
 February 28 to March 2**

**Come join us for a very blessed weekend
 of creating and renewing our friendships
 and experiencing a special time with
 our loving Savior, Jesus Christ**

**For reservations/information call Louise
 Dove Renewal Center 541-582-4680
 Ashland/Medford/Central Point call
 Mary at 541-773-6968
 Cave Junction/Selma call
 Clara at 541-592-3196
 Grants Pass call Gloria at 541-479-4152
 Other areas 800-262-3683**

PLEASE PRAY for the sick of our parish especially: Augie Schettino, Retha Brophy, Carla Janes, Patti Otto, John Zeleznik, Joan Bain, William Cummings, John Schmidt, Marie Casilio, Patti Wittenbrock, Linda Blixt, John Kuchler, William Carhart, Rachel Scott, Jim Carrigan, Barney Deffley, Jennifer White, Jeff Leroy, Nanette Hall, Brian Chachere, Margaret Mucha, Shizuka McCue, Rita Morrell, Marge Kearney, Dick & Beverly Handley.

Please pray for the deceased of our parish, and for their families, especially: +Gregory Huebner

"We cannot better assure our eternal happiness than by living and dying in the service of the poor, in the arms of Providence, and with genuine renouncement of ourselves in order to follow Jesus Christ."
 ~~ St. Vincent de Paul

Financial Report		
	2/2/2014	2/3/2013
Total Offertory received- this week	\$20,230.61	\$22,944.79
Offertory Received -Year to Date	\$569,783.71	\$596,013.13
Needed for Budget	\$559,713.98	\$558,490.56
Over (under) Budget	\$10,069.73	\$37,522.57
God gives it all, then calls us to share. Thank you for sharing!		

LEGION OF MARY
 Legion of Mary meets every Wednesday at 9:30 a.m. in the Parish Hall. You are welcome to come over Wednesday morning for coffee & muffins after the 8:30 a.m. Mass. Stay for the meeting if you wish. Guaranteed to be a good start to your day!



LIVING THE EUCHARIST

The final year of the Lenten study, *Living the Eucharist*, is about to begin! Through participation in small group gatherings, participants will learn about and discuss topics related to the Eucharist and prepare for the upcoming Sunday Mass by prayerfully reflecting on the Sunday Mass readings.

Small groups will meet weekly in the Parish Hall

March 3 - April 8

Monday evenings: 6:45 - 8:15 p.m.

Tuesday afternoons: 1:00 - 2:30 p.m.

Register for *Living the Eucharist* after Masses: February 15-16 and Feb 22-23

This Lent, please share your gifts and your faith in a *Living the Eucharist* faith-sharing group! Experience why this has been such a popular Lenten study in our parish. Discover the quiet moments of Easter hope. For more information, please call the parish office.

PATRICIANS

A CATHOLIC DISCUSSION GROUP

Patrician meeting will be on February 17th (3rd Monday) at 9:30 a.m. in the Parish Hall. Topic: Why call Mary "Mother of God" with Father Michael Jeeva Antony as our Spiritual Advisor.

The Parish Office is closed

Monday, February 17 for Presidents Day.



PERPETUAL EUCHARISTIC ADORATION

"Have a Holy Hour every week. Start praying. Pray for guidance and trust in God." ~ St. John Vianney

Please sign up for an hour of Eucharistic Adoration. Call Dan and Sarah Rice at 541-582-3717 for information.

7:00 a.m. DAILY MASS INTENTIONS

M. Feb. 17: NO MASS - HOLIDAY
 T. Feb. 18: +Eileen Olsen
 W. Feb. 19: +Margaret Edwards
 Th. Feb. 20: +Jack Reilly
 Fri. Feb. 21: +Michael Magnano

8:30 a.m. DAILY MASS INTENTIONS

M. Feb. 17: +Frank Swedish
 T. Feb. 18: +Richard Hoyt
 W. Feb. 19: Legion of Mary
 Th. Feb. 20: +Frank Curtis
 Fr. Feb. 21: +Patricia Rose McMullin
 Sat. Feb. 22: +David Baker

LITURGY CORNER

Have you ever wondered if singing during Communion is just our parish's way of doing things or if that's what the Church asks for? It's the latter! From the General Instruction of the Roman Missal, paragraph 86, we read, "While the priest is receiving the Sacrament, the Communion chant (song) is begun. Its purpose is to express the communicants' union in spirit by means of the unity of their voices, to show joy of heart, and to highlight more clearly the 'communitarian' nature of the procession to receive Communion. The singing is continued for as long as the Sacrament is being administered to the faithful." Paragraph 88: "When the distribution of Communion is finished, as circumstances suggest, the priest and faithful spend some time praying privately."

"For me it is such joy to present the Lord to both homebound and our parish family. The look of happiness in their faces when receiving the Host or Precious Blood is beyond words. I try to volunteer every time I can." – Bruce Sophie

We need Eucharistic Ministers to volunteer for serving at Mass and also as Outreach Ministers bringing Holy Communion to the homebound! Please call or e-mail abrophy@shcs.org to schedule training. Thank you! Ann Brophy, Pastoral Associate

ALTAR SOCIETY NEWS

Election of new Officers for the Altar Society will be in April. A nomination committee was appointed at the Monday Meeting.

Ladies, please take the time to consider accepting an office when called. It's an honor to serve our Lord as we work for the needs of His Altar at Sacred Heart Church.

Easter Monday Luncheon: Jane Horton has volunteered to serve as chairperson this year.

Mother's Day Plant Sale: Date set is Sunday, May 4th. There is a need for flower pots and potting soil. Please bring them to the March meeting. Thank you for your support.

Thank you to Father Michael as he was our Speaker at Monday meeting.

Yummy Sundae Sunday!!

Join the Fun!

*Mardi Gras Theme
Ice Cream, Chocolate Syrup
Whip Cream
and even more extra toppings!*



*Sunday, March 2nd
1:00 to 4:00
in the Parish Hall*

*Wear your boas,
bangles and beads for this simply
fabulous party Darlin'!*

*Sponsored by Father Ken
and the Hospitality Committee*



ST. PATRICK DINNER SATURDAY, MARCH 15

Tickets \$15.00 -- on sale this Sunday!

Dinner and fundraiser for St. Vincent DePaul and Magdalene Home
Dinner includes corned beef and cabbage, with beer and wine for sale
A fun time for all with singing, wearing of the green and Irish dancers

Doors open at 6:30 p.m.

Donation of baskets and basket items appreciated. Raffle tickets on sale for baskets!

For more information call Connie Moyer 541-773-8736 

SACRED HEART IN CATHOLIC SENTINEL

Check it out! Sacred Heart was one of a handful of parishes featured in an article in the current issue of Catholic Sentinel's special supplement, "Catholic Weddings". The article is titled, "Can my dog walk down the aisle?" Wedding Coordinators are Welcomers, Protectors of Tradition." The writer, Ed Langlois, contacted me because of the large number of weddings we have here and asked how we go about it. I was very happy to tell Ed about our three Ceremony Coordinators - Sylvia Pyeatt, Bertha Dellapenta, and Kathy Zoll - whose purpose is to assist our brides and grooms with the wedding ceremony itself, from the planning to the actual ceremony. Sylvia, Kathy, and Bertha have assisted dozens of brides and grooms for six years and longer, and as a recent mother-of-the-bride myself, I can attest to how wonderful it is to be served by a Sacred Heart Ceremony Coordinator! Ed enjoyed interviewing one of our Ceremony Coordinators as well - Kathy Zoll - and I think you'll enjoy reading all about it!

Ann Brophy, Pastoral Associate



YOUTH AND YOUNG ADULT MINISTRY

We are pleased to announce that after an extensive search process, we have filled the position of Coordinator of Youth and Young Adult Ministry. **Whitney Compton**, a native of St Louis, Missouri and graduate of Franciscan University of Steubenville joined our staff on February 12th. She is looking forward to meeting our youth and their families. We will have Whitney introduce herself in next week's bulletin.

We owe much gratitude to our search committee, who spent many hours reviewing applications, taking part in phone interviews and participating in site interviews. Our thanks to Lisa Bock, Connie Moyer, Brian Hadley, Krissa Fernandes, and Kelsey Whaley for their time, insight and prayers. We are excited to have Whitney join our staff and we all look forward to working with her.



RELIGIOUS EDUCATION NEWS

For the Birds.....

February is National Bird Feeding month. Jesus referred to the "birds of the air" as a way of showing us how much God loves and takes care of us. This month, birds in the northern climates are often hungry. Put out suet and seed for your winter visitors and pray the Psalm: *"You wild beasts and all tame animals, you creeping things and you winged fowl. Praise the name of the Lord, for his name alone is exalted: His majesty is above earth and heaven". (148:10,13)*

We are blessed to have 31 children in our First Communion program this year. The children received the Sacrament of Reconciliation in early January and now continue their journey towards First Eucharist on May 10th. Please keep them in your prayers.

Do you love First Communion Days?? Did someone say cake?

First Communion Day for Sacred Heart Church is scheduled for Saturday May 10th at 10:30 a.m. I would like to offer the children and their families some cake and punch after Mass but am in need of some help. Please contact me if you can help and I will be sure to save you a seat!

Religious Education Classes are open to any child from Preschool through 5th grade every Sunday at 9:50 a.m. to 11:15 a.m. at Sacred Heart School. Enrollment for these classes remains open throughout the school year, so come and join the fun!! It's never too late!!

For further information or questions contact Mary Stallard 541-779-4661 ext: 107



CONFIRMATION

Our next class is Wednesday, Feb. 26, 6:30 p.m. in the Parish Hall.

SUPPORT SACRED HEART SCHOOL

Fred Meyer now has a Community Rewards Program where Sacred Heart School can earn cash when parishioners shop at Fred Meyer. Please register your Fred Meyer card at www.fredmeyer.com/communityrewards. The school's registration number is: 94645

FAMILY FAITH SHARING QUESTIONS -- FEBRUARY 16, 2014

February 16 Sixth Sunday in Ordinary Time Matthew 5:20-22a, 27-28, 33-34a, 37

In this gospel passage, we find Jesus teaching his disciples about the Ten Commandments. And he tells them that they must live their lives according to these commandments, which were handed down to them from Moses. Jesus says they must follow the commandments in order to get into the Kingdom of Heaven.

Jesus talks about the importance of making - and keeping - an oath (an oath is a promise you make in the name of God). Have you ever broken a promise that you made? Describe what that felt like. Did it affect your relationship with the person you made the promise to? How?

**RACHEL'S VINEYARD RETREATS
FOR HEALING AND HOPE AFTER ABORTION**

“We had no idea what this retreat would do for our relationship. Our faith in God has truly strengthened, and our love and trust for each other is stronger than ever.” Rachel’s Vineyard Retreats™ assist women and men to safely identify and heal from the various ways abortion experiences have knowingly and unknowingly impacted their lives and relationships. God’s mercy, compassion, and forgiveness are present in the retreat process and in everyone at the retreat. Sessions help you to reconcile with God, your children lost to abortion, and yourself.

Upcoming retreats are: March 28-30, 2014 near Medford and May 2-4, 2014 near Bend. For more information, visit www.rachelsvineyard.org or call 800-249-8074. View a Project Rachel video at www.catholiccharitiesoregon.org.

TRAVEL ON A PILGRIMAGE WITH FATHER KEN

Sacred Heart Pilgrims will leave October 11, 2014 to visit Holy places in Portugal, Spain and France, including Marian apparition sites in Lourdes, Fatima and Covadonga as well as Santiago de Compostela, the burial site of St James the apostle. For information and application forms, please call Lillian Lynch, 541-779-2134 or Beckie Kantor, 541-601-4457, bkantor@hotmail.com.



St. Benedict McKenzie Bridge
WOMEN'S PRAYER DAY

Tuesday, March 4, 2014 8:30 to 3:30 p.m.

Theme: Forgiveness in Lent
\$15 includes morning snack and lunch
Call St. Benedict's 541-822-3572 to reserve
Or: sblodge@opwest.org
Or Peggy Hayward 541-822-6087

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