

SACRED HEART

CATHOLIC COMMUNITY



PASTOR Rev.
Dr. Fr. Anbalagan
Shanmugam
(Father Anbu)



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MISSION STATEMENT

We, the community of Sacred Heart parishes, in Spring Valley and Elmwood, and St. Luke's in Boyceville, love the Lord Jesus Christ and are dedicated to His Sacred Heart. Guided by the Word of the Lord, we commit ourselves to give praise and honor to God through liturgical worship, family and private prayer, and service to one another. We strive to develop a living faith and a growing spiritual community by providing opportunities for spiritual, educational, and social enrichment. Our faith will be strengthened through active involvement of all members.

WEBSITE: WWW.SVECATHOLIC.ORG

SUNDAY MARCH 16, 2025



2ND SUNDAY OF LENT



While he was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. Then from the cloud came a voice that said, "This is my chosen Son; listen to him." - Lk 9:34-35

SACRED HEART OF JESUS PARISH
SPRING VALLEY
N108 Sabin Avenue
Spring Valley, WI 54767

SACRED HEART PARISH
ELMWOOD
106 West Wilson Avenue
Elmwood, WI 54740

ST. LUKE'S PARISH
BOYCEVILLE
919 Center Street
Boyceville, WI 54725 Office
Phone 715-643-3081
St. Luke's Email:
stlukeboyceville@gmail.com
www.saintlukebv.org

SPRING VALLEY PASTORAL COUNCIL

Tyler Bosshart Jim Huebel Peggy Larson
Isaac Nilssen Teresa Nilssen Renata Wood

SPRING VALLEY FINANCE COUNCIL

Greg Buchal Jason Nilssen Anna Toutant

Bookkeeper: Amy Shafer

ELMWOOD PASTORAL COUNCIL

Derek Auth Anna Crownhart Greg Fesenmaier
Jeff Pelzel Barb Schneider Roxanne Taplin

ELMWOOD FINANCE COUNCIL

Craig Feuker Holly Galbreath Jim Schwebach

Bookkeeper: Shelley Sand

BOYCEVILLE PASTORAL COUNCIL

Betty Garside Karen Hansen Bonnie Cronk
Tom Humpal Terry Mohn Debra Hoage

BOYCEVILLE FINANCE COUNCIL

Joey Boesl Lesley Nelson Joe Pieters

Bookkeeper: Judy Humpal

FASTING: A PERSONAL REFLECTION

My Dear brothers and sisters in Jesus Christ, Peace be with you!

(Recently I read an article in Inspire Saint James Clerkenwell and I would like to share that with you). We're just entering the season of Lent - 40 days before Easter (not counting Sundays), corresponding to Jesus' 40 days in the wilderness. Since we are told that Jesus 'ate nothing during those days' (Luke 4:2), it's natural that fasting of one kind or another is associated with the season. In fact, growing up the only thing I knew about Lent was that people gave things up for Lent (normally chocolate). But this Lent, I want to encourage you to try the traditional Christian practice of fasting - eating or drinking nothing except water for part or all of a day.

Jesus expects those who follow him to fast. In Matthew 6:16 Jesus says 'when you fast' - not if you fast. And then in Matthew 9:11 Jesus explains that 'the time will come when the bridegroom [Jesus] is taken from them [his followers]: then they will fast'. Jesus is no longer physically present with us, and we are to practice fasting until he returns. Now in some sense that should be all the encouragement you need to fast - Jesus expects it of us. But I want to share three ways that fasting has helped me to grow as a follower of Jesus.

Growing in prayer: Throughout the Scriptures fasting and prayer go hand in hand (e.g. Jonah 3:8), and one very simple way in which fasting can help us follow Jesus better is giving us more time to pray. I've found that missing lunch in particular can create a space for prayer in the middle of the working day that I'd never carve out otherwise. But it's not just at mealtimes that fasting can help us to pray - it can also prompt us to pray throughout the day. It might just be me, but once I've deliberately not eaten a meal it's not very long at all until I'm hungry! That hunger tends to be what my mind settles on when I've got a spare moment - I find myself wondering why I feel so hungry. And when I remember it's because I'm fasting I can use that as a prompt to fire up a quick "arrow" prayer at any time of day.

Growing in (acknowledging) dependence: Dependence on God is the fundamental reality of our lives. We are not 'self-made' men and women but His creatures. We are not 'self-sustaining' in any sense, but instead are sustained moment by moment by Him. But I find it so hard to remember that, and live the prayerful, grateful life that would reflect the reality of my dependence. I have found, however, that fasting has helped me to see my dependence on God. In Deuteronomy 8:3, Moses tells Israel that God used their need for food to teach them about their need for God and his word, and that has been my experience too. Tasting our physical dependence on food makes our spiritual dependence real to us in a way no amount of 'thinking about it' could achieve.

Growing in self-control: It might seem obvious that one of the ways fasting helps us grow is in exerting our self-control - my experience of giving things up for Lent was certainly that it seemed mostly a way for people to test their willpower. But for a long time I was suspicious of the idea that fasting helps us grow in the kind of self-control that really matters, that the New Testament speaks of as a fruit of the Spirit (Galatians 5:22-23) and as a crucial part of living in light of the gospel (Titus 2:2,5-6). After all, the self-control that matters is the ability to resist sin, and it's not sinful to have a mid-afternoon biscuit when you'd intended to fast until dinner. But to focus on that distinction is to miss something crucial: 'fasting trains our bodies to *not get what they want*'¹ (italics original: ¹ John Mark Comer, 'Live No Lies', p179). It might not be sinful to eat that mid-afternoon biscuit, but every time I'm able to keep fasting with the Spirit's help I'm weakening the hold my bodily desires have over me and building up the embodied habit of self-control. So that when I find myself wanting something that is sinful, I'm in the habit of being able to say no to my body.

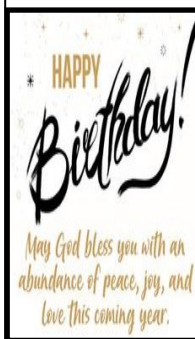
So this Lent I would encourage you to try fasting, not just from chocolate or from Twitter, but from food itself. Maybe start by committing to miss lunch one day a week and then build from there by dropping further meals. And by God's grace you may well find that as well as being hungry you'll be more prayerful, more aware of your dependence and more self-controlled. (<https://inspirelondon.org/blog/fasting-a-personal-reflection>) ~Fr. Anbu



At the February 6th, Tri-Parish Pastoral and Finance Council meeting, Father Anbu read the new Mass time schedule that will start on May 1st. He is very happy that the three pastoral councils have agreed to make this change. Each parish will have 8 months with a Sunday Mass and 4 months with a Saturday evening Mass each year. Please see the schedule below.

2025	Elmwood	Spring Valley	Boyceville
May June July August	Saturday 7:00 p.m.	Sunday 10:30 a.m.	Sunday 8:30 a.m.
September October November December	Sunday 8:30 a.m.	Saturday 6:00 p.m.	Sunday 10:30 a.m.

In 2025 we will be celebrating and praying for our parishioners, in their birthday month, who are our "Golden" members and have over 70 years of wisdom.



Ray Timm	March 3
Karen Peterson	March 8
Herbert Radtke	March 14
Richard Weber	March 17
Patricia Johnson	March 20
Rita Johnson	March 23
Kathy Geraets	March 24
Donald Hetchler	March 25

INFORMATION

News for All



40 Hours Devotion is a special period of continuous prayer during which the Eucharist is exposed in a monstrance for adoration. The devotion begins with Mass followed by continuous Eucharistic adoration for a 40-hour period. It ends with a Mass and Benediction. In the Bible the number 40 is associated with a sacred period of time: the rain at the time of the flood of Noah lasted 40 days and nights, and the Hebrews wandered in the desert for 40 years on the way to the Promised Land. Jesus fasted for 40 days before beginning his public ministry. This devotion was promoted by both Saint Philip Neri and Saint Ignatius of Loyola in the 1500s. In the United States, Saint John Neumann, bishop of Philadelphia, helped spread the devotion.

During Lent parishioners from the triparish parishes will be participating in 40 Hours Eucharistic Adoration Devotion held at Sacred Heart Church in Spring Valley. We will begin after Mass at 6:15 on Wednesday, April 2nd and will end with Mass on Friday, April 4th at 11:00 am. Everyone is encouraged to join in adoration of the Blessed Sacrament during this time. Emails will be sent out starting Monday, March 18th with hours that are available for the 40 hours, or you can call Laura Buchal at 715-772-4452 or email her at ssf@wwt.net to sign up for an hour.

Lent: Stand Tall Against What is Difficult - "Unplug!" Lent is a time to set aside something that is taking up too much of our time. It is probably safe to say that all of us need to put away our phones each day to help us regain more control and proper focus. This can be tough, but we want to stand tall against what is difficult. Replace the time on the phone with a time of silence to reflect on a Scripture passage. Read one passage in your Bible from the Gospel of Luke and see what stands out for you. God's Word enriches our hearts and deepens our friendship with Jesus Christ.

Please send Bulletin Announcements to: admin@shsv.diocparish.org
By NOON on Wednesdays

Boyceville News



The Food Pantry in Boyceville is seeing a shortage of shelf stable food donations. If you are able to donate, they are in special need of cereal, pasta, soups, tuna, canned fruits and side dishes. There is a bin in the back of the church where you can place your donations.



Join us for Stations of the Cross each Wednesday at 6:00 p.m. followed by a Soup/Bread supper (free will donation). All are invited!

St. Jessica's Circle is inviting you to help support a Lenten Baby Drive for Options for Women in Menomonie, WI. We would like to fill the cradle and baskets located on the back table with some small new baby items. Copies of a list of suggested items that they could use is on the back table as well. A little Lenten gesture would be appreciated by some very sweet little people.

Elmwood News



The Elmwood Knights of Columbus \$500 scholarship is available to any high school senior who is a parishioner of Elmwood. The application deadline is April 1st. Please see the flyer hanging on the bulletin boards at church for more information or contact Steve Bates.



SAVE THE DATE for The Elmwood Knights of Columbus Pancake Breakfast on Sunday, March 30th from 9-11 am in the Sacred Heart church basement. Free will donation. All are welcome to attend.

Stations of the Cross will be held each Friday at 7:00 p.m. during Lent. All are welcome to join the KC's each week.

Spring Valley News



Church Environment coordinator needed: Liz Erickson is ready to retire from decorating the church after 30 years of service. Therefore we are looking for an individual, a couple or a group of people to take over this very important job as caretaker of the liturgical setting of our parish. Please contact Beth in the central office if interested or have any questions.



Eucharistic adoration opportunities We have two different hours of adoration on Thursday afternoons that need support. The 1-2 pm hour is open and we are looking for a prayer partner for the 2-3 pm hour. Please contact Laura Buchal at 612-562-5872 for more information.



The Spring Valley Knights of Columbus will be holding an Euchre tournament this Saturday, March 22nd. See complete information on the back of the bulletin.

Saturday March 29th, the Spring Valley parish will host a special Couples' Marriage Retreat from 9:30am to 4pm. The day is designed to be truly a time of spiritual rest and recharge, as well as a powerhouse of practical resources to strengthen your marriage to its fullest potential! Mass, Adoration, Confession, prayer, music, talks, mentor couples, fellowship...You will get the graces and real help of it all to live your marriage vocation better than ever. Couples of all ages and stages are welcome. No cost to attend. RSVPs are due to Marie Zweber by Monday, March 24th.

We welcome Bishop Battersby to Spring Valley today, as he celebrates Mass with us and rededicates the Brother Michael center.



**FOR ALL THE FAITHFUL WHO
HAVE DIED AND FOR THE SICK,
WE PRAY IN 2025**

Monday March 17 Mass in Elmwood

10:00 a.m. *Missa Pro Populo*

Tuesday March 18 Mass in Elmwood

7:00 p.m. +Julia McMahon (Ken & Barb Cepek)

Wednesday March 19 Mass in Spring Valley

6:15 p.m. +Br. Michael Mandernach (Gene & Judy Bauer)

Thursday March 20 Mass in Boyceville

10:00 a.m. +Wally & Rose Nelson (Tom & Judy Humpal)

Friday March 21 Mass at the SVHCC

10:00 a.m. +Jim Houdek (Joe & Brenda Stangl)

Saturday Mass March 22 in Boyceville

5:00 p.m. +Shawn Berg (Terry Mohn)

Sunday Mass March 23

8:30 a.m. in Elmwood +Roselyn & Cheryl Sylla (Bill Sylla)

10:30 a.m. in Spring Valley +Bob Jenny (by family)



**COLLECTION ADULT ENVELOPES AND
OFFERTORY March 8-9, 2025**

	<u>Adult</u>	<u>Offertory</u>	<u>On-Line</u>
Boyceville	\$ 3145.00	\$ 56.00	
Elmwood	\$ 835.00	\$ 134.00	
Spring Valley	\$ 2205.00	\$ 105.30	\$ 1243.90



**LITURGICAL
MINISTRIES**

Sunday, March 23, 2025

Elmwood 8:30 a.m. Spring Valley 10:30 a.m.

LECTORS

Holly Peter/Tara

EUCCHARISTIC MINISTERS/SACRISTAN

Barb C. (S) Connie/Greg/Denise/Renata

SERVERS

Elliot/Zander Adeline/Kennady/Oliver

USHERS/HOSPITALITY

Joe/Steve/Aaron/Paul Greg/Tony

ROSARY

MUSIC

Barb S. Sacred Heart Choir



March 2025

- March 17– Adult Lenten Study in Spring Valley 6:30-8 pm
- March 19– Stations of the Cross in Boyceville 6:00 pm
- March 19– Stations of the Cross in Spring Valley 7 pm
- March 21– Stations of the Cross in Elmwood 7 pm
- March 22– KC Euchre Tournament in Spring Valley
- March 25– PCCW meeting in Spring Valley 6:00 p.m.
- March 30– Elmwood KC Pancake breakfast 9-11 am
- April 1st– Elmwood KC scholarship applications due



**Spring Valley Knights of
Columbus
Euchre Tournament
Saturday March 22nd, 2025**

Where: Brother Michael Center

Registration Fee: \$40.00 per team

Time: Registration 11:30 am-12:45 pm

Tournament begins at 1:00 pm

Lunch: Starts at 11:30 am (Free Will Donation)

Additional costs:

- \$1.00 per team per set. Set Pot Winner name will be drawn.
- Optional: \$5.00 per person for entry into the Lone Hand Pot. Individual with most Lone Hands wins the Lone Hand Pot.



St. Patrick

Pray for us!

St. Patrick | March 17



Whether you know him as the man who brought Christianity to Ireland or simply as a reason you eat corned beef and cabbage in March, St. Patrick (415 – 493) is a well-known saint around the world. St. Patrick was born in Britain of a Romanized family. At the age of 16, he was kidnapped by Irish raiders from the villa of his father, a deacon and local official, and brought into slavery in Ireland. He spent six long years there as a herdsman, during which he turned to his faith for strength. He later escaped back to Britain on a ship, where he was eventually reunited with his family. His years of captivity changed him and brought out a zeal for God and a yearning to spread the message of Jesus Christ. Despite the constant danger of martyrdom, he continued to travel throughout Ireland where he baptized and confirmed in the name of Christ.