



SACRED HEART- ST. LUKE
CATHOLIC COMMUNITY

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



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CENTRAL OFFICE

S105 Sabin Avenue
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Administrative Assistant

Beth Ingli
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**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



CONFESSIONS:

Anytime by appointment

Boyceville-Saturday's 3:15-3:45 pm
Elmwood- Sunday's 8:00 - 8:20 am
Spring Valley- Wednesday's 5:30 -
6:10 pm

**Spring Valley Pastoral
Council**

Jim Huebel
Peggy Larson
Isaac Nilssen
Teresa Nilssen
Jessie Shafer
Renata Wood

**Spring Valley Finance
Council**

Greg Buchal
Jason Nilssen
Anna Toutant
Bookkeeper:
Amy Shafer

**Elmwood
Pastoral Council**

Derek Auth
Sue Galoff
Greg Fesenmaier
Charlet Keenlyne
Jeff Pelzel
Barb Schneider

**Elmwood Finance
Council**

Craig Feuker
Holly Galbreath
Jim Schwebach
Bookkeeper:
Shelley Sand

**Boyceville
Pastoral Council**

Bonnie Cronk
Karen Hansen
Debra Hoage
Tom Humpal
Terry Mohn
LaVern Weber

**Boyceville Finance
Council**

Joey Boesl
Lesley Nelson
Joe Pieters
Bookkeeper:
Judy Humpal

“Lent is a humble descent both inwards and towards others. It is about realizing that salvation is not an ascent to glory, but a descent in love.” -Pope Francis, Ash Wednesday Homily, 2021

Life can be hard. We all have moments when times are tough. Challenges with health, work or school may bring anxiety. The pace of life may seem unbearable. Our mental and emotional health may be fragile; life may be filled with loneliness and discomfort (the opposite of being settled and comfortable with one’s circumstances). We’re not only concerned about ourselves and our lives, the state of life for our family, friends, and those in the wider community are on our minds and in our hearts. We may feel helpless and doubt God or our ability to carry on.

Be honest. Sometimes we may feel that being a person of faith means never admitting our challenges or doubts. Surely, we think, if our faith was strong enough, the difficulties of life wouldn’t get to us. The witness of the saints who precede us tells us that people of faith do indeed have difficulties. We can learn from them and be honest with ourselves, others, and God when life is hard.

Lent is a season in which to draw near to our Lord. We gain new perspective as we re-order our lives in the light of Christ’s love.

When we feel we are in the desert, alone with little around us in which to find hope, we remember that the Holy Spirit drove Jesus to the desert, where he found the grace to withstand temptation, hunger, and isolation. When we are sick, tired, and afraid, we remember those who have gone before us who experienced similar trials and were consoled by the Lord’s presence and peace. When we are just going through the motions in life, we can take a step toward Jesus who knows our every need.



When life is hard, grow in trust that through the grace of God, you and all you face may be transformed. Walk in faith this Lent and always.

~Father Anbu

Upcoming Events

- February 22-** Lenten Study in Spring Valley
7-8:30 p.m. in the Br. Michael center
- February 23-** 10:00 a.m. Mass in Elmwood
- February 25-** Stations and Soup at St. Luke’s
- February 25-** SV Lenten Activity night
- February 25-** Stations in Spring Valley 7 p.m.
- February 26-** Tri-Parish Sacred Worship
meeting in Elmwood 6:00 p.m.
- February 27-** Stations in Elmwood 7:00 p.m.
- February 28-** SV KC Euchre tournament
- March 1** SV PCCW donut Sunday
- March 3 -** Elmwood Pastoral Council mtg
7:30 p.m.
- March 7-9 -** 40 Hours of Adoration at St.
Luke’s in Boyceville




Stewardship Weekly Offering February 14-15, 2026

	<u>Adult</u>	<u>Offertory</u>	<u>On-Line</u>
Boyceville	\$ 240.00	\$ 81.00	
Elmwood	\$ 350.00	\$ 143.00	
Spring Valley	\$ 802.00	\$ 78.00	

NEWS FOR ALL

A Tri-Parish Sacred Worship committee meeting will be held on Thursday, February 26th at 6:00 p.m. in Elmwood to organize Holy Week. Volunteers needed. Each parish should have a representative at this meeting from their Sacred Worship committee.

 **Eucharistic Adoration 40 Hours Devotions** 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 Tri-parish parishes will be participating in 40 Hours Eucharistic Adoration Devotion held at St. Luke's in Boyceville. We will begin after Mass at 5:00 p.m. on March 7th, and will end with Mass on Monday, March 9th at 10:00 am. Everyone is encouraged to join in adoration of the Blessed Sacrament during this time. **There are still hours that you can sign up for - please call or text Rita Zimmerman at 651-248-7985 for any of these open hours: Sun.6 am, Sun.7 pm, Sun. Midnight, Mon.1 am, Mon, 2 am.** Thank you to all who have signed up. May God bless you and your time with Our Dear Lord!

Father Sam Martin, Vicar for Clergy of the Diocese of La Crosse asked the parish priests to share some messages of the overwhelming tension surrounding immigration in our country. "As a resident of Minnesota and as bishop of the Diocese of Winona-Rochester, my heart is breaking over the situation in my home state. Violence, retribution, threats, protests, deep suspicion of one another, political unrest, fear—all of it swirling around all the time. May I make a modest proposal for exiting this unbearable state of affairs? The Trump Administration and ICE should limit themselves, at least for the time being, to rounding up undocumented people who have committed serious crimes. Political leaders should stop stirring up resentment against officers who are endeavoring to enforce the laws of the country. And protestors should cease interfering with the work of ICE. And everyone on all sides must stop shouting at one another and demonizing their opponents. Where we are now is untenable. There is a way out".~ Bishop Robert Barron


BOYCEVILLE NEWS



St. Joan of Arc, St. Jessica's and the Knights of Columbus will once again be serving soup suppers (free will offering) immediately following the Stations of the Cross (6:00 p.m.) on each Wednesday evening February 25th thru Wednesday, March 25th. All are encouraged and invited to attend!

Use of Dining Hall - Please contact Judy Humpal (Parish Secretary) if you want to use the church kitchen &/or dining hall so there is not a conflict with scheduling. Cost for use of the Brother Michael hall for a private event by parishioners is \$50 payable to St. Luke's Altar Society. If it is an event that all parishioners are invited to, there is no charge for using those facilities.

ELMWOOD NEWS

 **Thank you** to all the students and teachers who helped make the Annual Pasta Dinner a success once again! Thank you to all who attended the dinner. We appreciate your patronage!

Attention Seniors applications for the Sacred Heart Choir Scholarship are on the bulletin board in the entry. Please return yours by April 10th.



Donations for Easter flowers in memory of a loved one may be sent to our Altar and Rosary box office at PO Box 54, Elmwood, WI 54740. Or slipped into our brown box down in the kitchen. The name of your loved one/family will be noted on a card. Your lily can be taken home after Easter, if you so choose. Thank you.

SPRING VALLEY NEWS



Please join us on Sunday evenings for this year's Lenten Bible Study.

Aarynn Bosshart will be leading this event in the Brother Michael Center on Sunday evenings during Lent (Feb 22, March 1, 8, 15, 22, & 29) from 7-8:30pm. The study will consist of a 6-week video series put together by Dr. Scott Hahn and The St. Paul Center "Promise & Fulfillment - The Eucharist in Scripture" where together we will learn and discuss the Biblical support for the Eucharist.



The Spring Valley Knights of Columbus will be holding an Euchre tournament on Saturday, February, 28th in the Brother Michael Center. Registration is from 11:30 am-12:45 pm with a fee of \$40.00 per team. Tournament begins at 1:00 pm. Lunch will start at 11:30 am (Free Will Donation)



For all the faithful
who have died and
for the sick, we pray
in 2026

February 23 Monday Mass in Elmwood

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

February 24 Tuesday Mass in Elmwood

7:00 p.m. *Missa Pro Populo*

February 25 Wednesday Mass in Spring Valley

6:15 p.m. +Kathy Donnelly (Craig & Beth Ingli)

February 26 Thursday Mass in Boyceville

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

February 27 Friday Mass at the Elmwood Assisted Living

10:00 a.m. +Don Schmitz (Tom & Jean Schmitz)

February 28 Saturday vigil Mass in Boyceville

4:00 p.m. +David Humpal (Tom & Judy Humpal)

March 1 Sunday Mass

8:30 a.m. in Elmwood +Nina Baier
(Tony & Dawn Baier)

10:30 a.m. in Spring Valley +Keith Mark
(Jessie and Matt Shafer)



Contacts to Remember for the Prayer Line

To include a name to our prayer list please
contact: Spring Valley: Laura Buchal at
ssf@wwt.net or call 715-772-4452 or 612-562-5872

Lucy Nellesen at lucynell@hotmail.com or 715-778-5937

Cindy Schlegel at 715-338-1192

Elmwood- Anna Crownhart 715-639-4311

Boyceville- Judy Humpal stlukeboyceville@gmail.com or
715-643-3081



Elmwood 8:30 a.m.	March 1, 2026	Spring Valley 10:30 a.m.
Holly	Lectors	9 th Grade students
Steve	Eucharistic Ministers	(S) Anne/Tara Mary/Renata
Elliot/ Eli	Mass Servers	Oliver/Eli/Lukas
John/Jason Josh/Jarrold	Ushers/ Hospitality	Jim/Matt
Barb	Rosary/ Music	Joyful Noise



Devotions, Explained! Fasting

The practice of fasting predates Christianity. The Old Testament is full of examples of righteous men and women mortifying their flesh for the purpose of making atonement or simply to grow closer to God. Jesus himself fasted for forty days and forty nights in preparation for the beginning of his public ministry, and we see his disciples following his example in the Acts of the Apostles.

Fasting continues to be an important part of Christian devotional life today. Many people feel the practice of fasting enhances their prayer and helps them fulfill St. Paul's advice to "put to death the deeds of the body" (Romans 8:13) to grow in the Spirit. Most Catholics will associate fasting with the liturgical season of Lent, which begins and ends with obligatory fasting for all members of the Latin Catholic Church between ages 18 and 59.

