



St. Joseph's Messenger

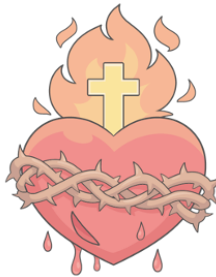
A BULLETIN FOR INSPIRING SCHOOL FAMILIES

"GROUNDED IN THE TRADITION OF THE CATHOLIC CHURCH, ST. JOSEPH'S SCHOOL IS A COMMUNITY DEDICATED TO FORMING DISCIPLES OF JESUS CHRIST THROUGH FAITH, ACADEMIC EXCELLENCE, AND SERVICE TO OTHERS."

Burning Hearts: Embracing The Sacred Heart in Lent

The month of March is filled with Lent and Lenten Activities. Hopefully you and your families have prayerfully considered what God is inviting you to do for Lent 2025. God placed it on my heart to offer the notion of including meditation upon the devotion of The Sacred Heart of Jesus as part of our Lenten focus. Whether we take on additional prayer, meditations or activities, or if we fast and cut things out of our lives, we should embrace The Sacred Heart as a part of Lent.

By encouraging a focus of our hearts on The Heart of Jesus, this helps us to focus on transformation rather than being stuck in the rut or routine of lukewarmness. To embrace The Sacred Heart of Jesus is to seek the very source of Love and Mercy. To seek the source, positions us to find the greater freedom and joy that God's grace intends for us. Too often we settle for an easier option that is the natural growth in a virtue, such as taking Lent as an opportunity to build better habits of eating, exercising, etc. This, while perhaps a good we may need, can keep us from the deeper need that the Love and Mercy of God is preparing to pour out to us. Focusing on The Heart of Jesus keeps us focused on the Love that changed the world—on the Mercy that gave human beings a new horizon of hope in eternal life and a depth of spiritual life on earth. Focusing on The Sacred Heart of Jesus prepares our minds and hearts for spiritual insights that will lead us to freedom from our captivities to sin, pride, self-reliance, despair, doubt, anxiety,



negativity, etc., as it is Jesus who brings the freedom. The Heart of Jesus is the antidote that God gives to the problems of the world, the problems of sin, death, and all evils that have taken up residence in the hearts of human beings since the fall of Adam and Eve.

To embrace and meditate upon The Sacred Heart of Jesus is to discover the gratification of finding Jesus in us—suffering in us, rejoicing in us, loving in us. This means that if my practice for Lent is to read the Gospels, not only do I become more aware of the content of the Gospel, but I discover the One who died to give me new life. Or if I fast, not only do I discover hunger and discipline, but the deep inner strength of another being who has united Himself to me to give me strength. I learn that in my suffering there is one to not only suffer with me, but to suffer in me with me; to not just rejoice with me, but to rejoice in me. This is the deep inner gratification won in faith by those who embrace the Sacred Heart and find the source of all love and being within them.

My deeper insights of encouragement to embrace the Sacred Heart of Jesus is a long way of saying, 'Let Jesus lead you this Lent, keep yourself aware of His presence and action within you, and Jesus will deepen the gift of life He has already given you.'

May the Heart of Jesus set your heart ablaze this Lent.

-Fr. Jeremy

March Feast Days and Special Days

- 3 - St. Katharine Drexel
- 4 - St. Casimir
- 5 - Ash Wednesday
- 7 - Sts. Perpetua & Felicity
- 8 - St. John of God

- 18 - St. Cyril of Jerusalem
- 19 - Solemnity of St. Joseph
- 25 - Solemnity of the Annunciation

17 - St. Patrick

Upcoming Parish/School Events

Mama Meet Up

Motherhood needs a community. Join us for food, conversation, and fellowship with other moms!

March 25th @7:30pm
Sammy's

Monthly meetings on the last Tuesday of each month

March 5

Lent begins
 Ash Wednesday Mass
 9am & 5:30pm at St. Joseph's Church
 Stations of the Cross
 1pm on Fridays during Lent

Wednesday Evenings

Family Faith Formation

March 14th

Living Stations of the Cross
 at 1pm & 6pm (and fish fry)
 St. Joseph's Church

March 19th

St. Joseph's Feast Day

March 21st - 23rd

40 Hr retreat at St. Joseph's Church
 22nd - 9am Kids reflection & morning prayer
 23rd - 1pm Confessions (several priests available)

Bible Story Time



Join us for songs, children's Bible story and fun craft

Saturdays,

March 1st, & April 5th

9am-10am

St. Joseph's School Library
 Park & enter at school entrance



Parent/child activity
 focus on ages 0-5 but all ages are welcome!



Save the Dates!

April 10th - Spring Thaw! Theme: Casino Night!

April 17th - No School - Holy Thursday
 7pm Mass St. Joes

April 18th - Good Friday Services:
 3pm at St. Joseph's & 7pm at St. Augustine's

April 19th - Easter Vigil: 9pm at St. Joseph's

April 20th - Easter Sunday:
 8:30am St. Augustine's &
 8:30am & 10:30am at St. Joseph's



Please follow St. Joseph's Church events by signing up for Flocknote. www.itascacatholic.org

March Virtue is Respect

March Saints



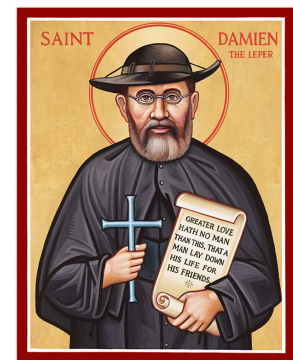
PreK-2 Grade will study: **SAINT JEANNE JUGAN** (1792-1879, France)

Saint Jeanne Jugan was born into a poor family. She took a job in the kitchen of a wealthy woman, and helped her take care of the poor. In 1837, Jeanne and two other women decided to live together and dedicate their lives to God. One day, she found a homeless widow who was elderly and blind Jeanne brought this widow home and let her sleep in her own bed. This act of Charity grew into the work of the Little Sisters of the Poor, who now care for poor elderly people all around the world.

Her feast day is August 30.

Grades 3-5 will study: **SAINT DAMIEN of MOLOKAI** (1840-1889, Belgium/Hawaii)

Damien was sent as a missionary to Hawaii, where he spent 10 years befriending the people, enjoying their food, learning their language, traveling and building churches. During that time the Hawaiian government exiled anyone with leprosy to an isolated peninsula on the island Molokai. The bishop did not want to command any priest to go to this leper colony, so Saint Damien volunteered to go there and serve the people. When he arrived, he found the people living in terrible conditions and committing many sins. Saint Damien built houses, an orphanage, and a church, giving dignity and respect to the people that everyone else had left for dead. Hundreds of the people were converted and baptized. After 16 years he himself contracted the disease and died at the age of 49. **His feast day is May 10.**



Grade 6 will study: **SAINT JOHN PAUL II** (1920-2005, Poland/Rome)

Karol Wojtyla was a brilliant student, actor, and devout Catholic, Karol eventually had to study, act, and pray in secret because he lived during the Nazi occupation of Poland. His archbishop secretly trained Karol and a few other young men for the priesthood, and Karol was ordained in 1946. Despite so much sorrow and struggle, Karol possessed true greatness of soul. He believed in the dignity and goodness of all people and loved them. Along with being a scholar and actor, he was an outdoorsman and athlete, and possessed a great sense of humor. Others recognized his indomitable spirit, and followed his natural leadership. He was ordained a bishop at the age of 38, the youngest in his country. He became the archbishop of Krakow, then a cardinal, and in 1978 was elected pope, taking the name Pope John Paul II. **His feast day is October 22.**

Solemnity of St. Joseph

On March 19th, we celebrate Saint Joseph, the patron saint of our parish and school. St. Joseph is also the patron saint of the universal Church, families, fathers, expectant mothers, craftsmen, and travelers, among others. Through his example as earthly father to Jesus, St. Joseph shows us that we are called to be humble, hard-working, loving, family-oriented, and faith-filled.

Here are some ways to celebrate the Feast Day of St. Joseph at home

St. Joseph's flower is the Lily



Make some homemade lilies in honor of St. Joseph! Directions can be found here:



onelittleproject.com/handprint-lilies

Wear Red

The symbolic color of St. Joseph is the color red

Cream Puffs

Serving cream puffs on the Feast Day of St. Joseph is a widely practiced Italian tradition.

Make your own or buy some to enjoy as a treat to celebrate St. Joseph.

Consecration to St. Joseph

We acknowledge that St. Joseph is our spiritual father, and we can strive to be like him. Entrust entirely into his parental care so that he can help us acquire his virtues and holiness.



More information can be found here:



consecrationtostjoseph.org

Prayer to St. Joseph after the Rosary



usccb.org/prayers/prayer-st-joseph-after-rosary

St. Joseph, Pray for us!