

## Daily Readings for the Week of March 1, 2026

- Mar 1: Genesis 12:1-4/ Psalms 33:4-5, 18-20, 22/ 2 Timothy 1:8-10/  
Matthew 17:1-9  
Mar 2: Daniel 9:4-10/ Psalms 79:8-9, 11, 13/ Luke 6:36-38  
Mar 3: Isaiah 1:10, 16-20/ Psalms 50:8-9, 16-17, 21, 23/ Matthew 23:1-12  
Mar 4: Jeremiah 18:18-20/ Psalms 31:5-6, 14-16/ Matthew 20:17-28  
Mar 5: Jeremiah 17:5-10/ Psalms 1:1-4, 6/ Luke 16:19-31  
Mar 6: Genesis 37:3-4, 12-13, 17-28/ Psalms 105:16-21/  
Matthew 21:33-43, 45-46  
Mar 7: Micah 7:14-15, 18-20/ Psalms 103:1-4, 9-12/ Luke 15:1-3, 11-32

## Liturgical Ministries

### Schedule for March 1 2026

Lector: Eli  
Greeters/Gifts: Nadine/Mary  
Servers: Evie/Kevin  
Money Counters: Jon/Monte  
Extraordinary Ministers  
of the Eucharist: Mary A M/Rick

### Schedule for March 8 2026

Lector: Steve  
Greeters/Gifts: Sauer Family  
Servers: Grady/Kevin  
Money Counters: Mary AK/Mary AM  
Extraordinary Ministers  
of the Eucharist: Margo/Jon

### Today's Mass Intention

**John and Bettie Swan**

Mass Intention March 8, 2026

Mark Lasack

**Priest Visit to the Homebound**  
If you are sick or homebound or know someone who is, and would like Fr. Andrew to visit and pray, contact the main office at 319-320-5003 or email Fr. Andrew at [DBQ137@dbqarch.org](mailto:DBQ137@dbqarch.org).

Betty Anderson, Karen Kleineck, Bill Ihns,  
Mary Hansen, Marilyn Stevenson, Julie Ahrendsen,  
Carrie Leeper, Margaret Fowler, Larry Marek,  
Marsha Lasack, Phyllis Ludwig, Marvin Ludwig,  
Paul Rowan, Wendy Larive, Fr. Andrew

**PRAYER  
CORNER**



# SACRED HEART

**"BUILDING OUR COMMUNITY  
OF SACRED HEART: LOVE,  
PRAYER & SERVICE"**



309 Church Street • PO Box 98

Oxford Junction, IA 52323

Mass Schedule: 10:30am Sunday

[www.sacredheartoj.org](http://www.sacredheartoj.org)

March 1, 2026

### Sacred Heart Office Hours

Mon., Wed., Fri.

10:00am-11:00am

Phone: 319-320-5003

### St. John the Baptist (Mt. Vernon)

#### Office Hours:

Tues.: 8:00am-5:00pm, Fri.: 7:00am-3:30pm

Phone: 319-895-6246

### St. Isidore (Springville) Office Hours:

Wed. & Thurs.: 10:00am-3:00pm

Phone: 319-854-6141

### Pastor:

Rev. Andrew Awotwe-Mensah:

[DBQ137@dbqarch.org](mailto:DBQ137@dbqarch.org)

### Deacon:

Mark Sandersfeld

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### Parish Council Chairperson:

Jon Eganhouse: [egnhws@netins.net](mailto:egnhws@netins.net)

### Finance Council Chairperson:

Brett Moorman: [bdmoorman@gmail.com](mailto:bdmoorman@gmail.com)

2nd Sunday of Lent

### Ladies of the Sacred Heart:

Mary Ann Mostaert:

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### Music Ministry Leaders:

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Karen Bachman: [wlbach@netins.net](mailto:wlbach@netins.net)

### Website & Facebook Administrator:

Colleen Coon: [collcoon@gmail.com](mailto:collcoon@gmail.com)

### Parish Council Members:

Monte Ahrendsen

Jon Eganhouse

Abby Inglis

Amber Fall

Colleen Coon

Julie Ahrendsen

Glenda Leeper

### Finance Council Members:

Donna Schewe

Brett Moorman

Ron Nowachek

Kris Leeper

Mark Denniston

## PASTOR SPEAKS

Happy Lent! Last week I spoke about the underlying issues in our lives that make us vulnerable to temptation and sin. This week I continue identifying some root causes of losing the ability to defend ourselves from temptations.

I have noticed some of my sin is coupled to my physical health. My defense is affected by many of my poor habits like lack of exercise or lack of sleep. When I was diagnosed in 2001 as a type II diabetic and eventually found an endocrinologist, the first question he asked me was: “How much sleep do you get each night?” I said 4-6 hours. He told me as a diabetic, I should get at least 12 hours of sleep each night. I responded I would have to get a different job. Then he went through all the physical parameters that affect diabetes.

Just as these health factors affect our well-being and health, they can also affect our spiritual life. In 1st Corinthians 6:19-20, St. Paul speaks, “Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.” Do we treat our body as a Temple? I did not and still struggle with treating my body as a temple. I burned the candle on both ends for many years. So, after listening to Fr. John Burns, I pondered what issues in my life affect my vulnerability to sin the most. I realized some were my poor health habits, especially sleep. So this is one of my Lenten goals; to eradicate my old sleep habits, because I am not treating my body as a Temple of God, especially physically.

But how about spiritually, mentally, or emotionally? All these human factors, if not managed properly and healthfully, can weaken our ability to “avoid the near occasion of sin” which are the temptations in our life. Just like an examination of conscience, our daily assessment of how we have been living physically, mentally, and emotionally can help us. So, what state in you causes you to sin the easiest? Is it tiredness, hunger, stress, a nagging emotion... This is a personal question only you can answer and if you cannot, ask Jesus to help you discover the answer.

Sometimes we need to address our unhealthy habits in order to address our sin. Being tired is not an excuse to sin. Give yourself a good assessment of your health, your state of mind and your emotions and ask Jesus to help you make corrections in your life so you can be more for Him. More alert, more in prayer, more in love with Him. When one treats the body as a temple it is not only easier to practice our faith but also our Lenten Observances of Prayer: Fasting, Almsgiving and more importantly, Loving like Jesus loves us. Be the Person God made you to be! Turn away from sin and be faithful to the Gospels. Amen!

~Deacon Mark

# News

Today is “Table of Plenty” before and following Mass.

“Bible in a Year” bible study will be Wednesday, March 4th in the library at 6:15pm.

Refreshments will be served next Sunday, March 8th following Mass.

The Spring Kolache bake day will be March 20th and 21st, 2026. Please help out with your time and/or donations to help support this fundraising effort.

**Renewing Hope for Those in Need:** At Catholic Charities, we have the privilege of renewing hope when all seems lost and walking alongside our brothers and sisters in Christ through their darkest moments. For those who are elderly, disabled, struggling with mental illness, separated from their families, incarcerated, facing homelessness, and altogether isolated, we are here. Your gift directly impacts families in Northeast Iowa. Please consider partnering with Catholic Charities and contributing to the Annual Appeal today. Learn more at <http://www.CatholicCharitiesDubuque.org/annualappeal>.

**Lent began February 18th:** What do you want to do this Lent to grow closer to the Lord? What does the Lord want you to do to grow closer to Him? These two questions may leave you with some pondering. But what are you going to do to make this Lent a new path in your faith life? What are you going to do to help your family grow this Lent? Below are some links with lots of resources for every age and every level of faith. These include many forms of resources to help you make this Lent a great Lent. Make your Lent and Easter great this year!

<https://dbqarch.org/lent>

<https://www.usccb.org/prayer-worship/liturgical-year/lent>

<https://www.dynamiccatholic.com/lent.html>

<https://watch.formed.org/lent>

### WEEKLY OFFERING

<b>Collection for Feb. 22, 2026</b>	
<b>Envelope</b>	<b>\$ 375.00</b>
<b>Offertory</b>	<b>36.00</b>
<b>Candles</b>	<b>34.00</b>
<b>Total</b>	<b>\$ 445.00</b>
<b>Building Fund</b>	<b>\$ 200.00</b>

### Baptism Information

If you wish to have your child baptized, please contact Wendy Swan at (319) 320-5003 or e-mail [dbq155sec@dbqarch.org](mailto:dbq155sec@dbqarch.org) to get the process started.

Please have all bulletin submissions to Wendy Swan by Wednesday PM