

## Welcome to Sacred Heart Parish!

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Detailed Volunteer Opportunities at Sacred Heart:

### **Liturgical Ministries:**

#### ***Altar Servers***

Trained and dedicated servers assist the priest in the liturgical celebrations of the parish. Boys, girls, and adults share the privilege of altar service. They also assume a special obligation to the priests and people to be faithful to their assigned Masses and to be prayerfully attentive to their duties. Adults are encouraged to serve in this ministry for Sunday, feast day, and holy day Masses, as well as participate in serving for funeral Masses. Training is provided. Altar Server ministry is a wonderful ministry for families to serve together.

Requirements: Registered member of Sacred Heart Parish, 9 years of age and older, and have received the Sacraments of Baptism, First Reconciliation, and Eucharist.

For more information or to volunteer, contact Sue Gerlach, Liturgy Coordinator, at [sgerlach@sacredheartcos.org](mailto:sgerlach@sacredheartcos.org) or 719-633-8711 x102.

#### ***Sacristan***

Sacristans are responsible for the humble, but necessary, tasks of preparing the liturgical vessels and linens needed for the celebration of Eucharist or other liturgical service. Their special talents include the ability to arrive 30 minutes early for their scheduled Mass. For those who can come early once or twice a month or so, it is the opportunity to “do stewardship” in our parish. Volunteers are trained and scheduled for Sunday, feast day, and holy day Masses. Sacristans do not necessarily have to be mandated to serve as an Extraordinary Minister of Holy Communion (EMHC). Training is provided.

Requirements: Registered member of Sacred Heart Parish, at least 18 years of age, and have received the Sacraments of Baptism, First Reconciliation, Eucharist, and Confirmation.

For more information or to volunteer, contact Sue Gerlach, Liturgy Coordinator, at [sgerlach@sacredheartcos.org](mailto:sgerlach@sacredheartcos.org) or 719-633-8711 x102.

#### ***Proclaimer***

Also known as Lector or Reader.

Proclaimers proclaim the Word of God in the liturgical assembly. Accordingly, it is their ministry to read the Old and New Testament scriptures at Mass, and lead the Universal Prayer. (If not sung at daily Mass, the proclaimer recites the psalm between the readings. Training is provided.

Requirements: Registered member of Sacred Heart Parish, pleasant, loud, and clear speaking voice, comfortable proclaiming scripture to a large gathering, age-appropriate, and have received the Sacraments of Baptism, First Reconciliation, and Eucharist.

For more information or to volunteer, contact Sue Gerlach, Liturgy Coordinator, at [sgerlach@sacredheartcos.org](mailto:sgerlach@sacredheartcos.org) or 719-633-8711 x102.

#### ***Hospitality***

Also known as Usher or Greeter.

If you enjoy meeting people, and don't mind coming to Mass a little early and staying a little later, this is the ministry for you! Hospitality Ministers are men, women, and youth (age appropriate) who serve the parish for Sunday, feast day, and holy day Masses. Their duties include the ability to arrive 30 minutes early for Mass, demonstrating a welcoming and friendly parish community when greeting and seating

worshippers, distributing bulletins as people arrive and leave, distributing worship programs as necessary, inviting people to serve as offertory gift bearers, taking up the weekly offertory collection and second collections as needed, being alert to problems or emergencies that may arise during Mass and knowing how to proceed. Training is provided.

Requirements: Registered member of Sacred Heart Parish, age-appropriate.

For more information or to volunteer, contact Sue Gerlach, Liturgy Coordinator, at [sgerlach@sacredheartcos.org](mailto:sgerlach@sacredheartcos.org) or 719-633-8711 x102.

### ***Extraordinary Ministers of Holy Communion (EMHC)***

Those chosen to participate in this great privilege, or who volunteer, are parishioners who distinguish themselves by their Christian life, faith, and morals. They have a devotion to the Holy Eucharist and show themselves as examples to other faithful by their piety and reverence for this most holy sacrament. EMHCs are mandated to serve for a period of 3 years. You may wish to serve only for Sunday, feast day, and holy day Masses, or serve in Pastoral Care Ministry by visiting and taking communion to our homebound brothers and sisters who are not able to attend Mass on a regular basis. Training is provided.

Requirements: Registered member of Sacred Heart Parish, 16 years of age and older, mandated in the Diocese of Colorado Springs to serve our parish, and have received the Sacraments of Baptism, First Reconciliation, Eucharist, and Confirmation.

For more information or to volunteer, contact Sue Gerlach, Liturgy Coordinator, at [sgerlach@sacredheartcos.org](mailto:sgerlach@sacredheartcos.org) or 719-633-8711 x102.

### ***Music Ministry***

Music Ministry is a specialized ministry within the liturgy of the Church. Those with vocal or instrumental talent are called forth to share their musical gift with the entire assembly for Sunday, feast, and holy day Masses. The ability to read music is encouraged, but not a must. Music Ministers must make a firm commitment to attend weekly rehearsals and sing for Sunday Masses. The Ministry of Cantor is a specialized area within Music Ministry and has its own particular requirements.

Requirements: Registered member of Sacred Heart Parish, singers must have the ability to sing, match pitch and enunciate clearly. Instrumentalists must be proficient on their particular instrument. Attendance at weekly rehearsals is required.

For more information or to volunteer, contact Sue Gerlach, Liturgy Coordinator, at [sgerlach@sacredheartcos.org](mailto:sgerlach@sacredheartcos.org) or 719-633-8711 x102.

### ***Pastoral Care Ministry***

Pastoral Care Ministers provide Holy Communion to the sick and elderly who are homebound. Must be mandated as an Extraordinary Minister of Holy Communion (EMHC) and be a registered parishioner. Must comply with all Safe Environment requirements, including a background check and completing "Vulnerable Adults Training" on Virtus. Must have received the Sacraments of Baptism, First Reconciliation, Eucharist, and Confirmation.

For more information or to volunteer, contact Sue Gerlach, Liturgy Coordinator, at 719-633-8711 x102 or [sgerlach@sacredheartcos.org](mailto:sgerlach@sacredheartcos.org).

## **Social Justice Ministries:**

### ***Food Pantry***

Volunteers are needed to help pack and distribute food bags to our neighbors. Must be a registered parishioner of Sacred Heart Parish and 21 years or older to volunteer.

The Food Pantry is open on Mondays and Thursdays noon- 2pm from the exterior Food Pantry door in the Parish Center. No voucher is required. All are welcome to utilize our Food Pantry services.

For more information contact Grace Donnelly, Volunteer Coordinator at [communications@sacredheartcos.org](mailto:communications@sacredheartcos.org).

### ***Meals of Compassion***

We need volunteers who are willing to drop off food items for meals for the family and friends of the deceased after a funeral at our parish. We also need volunteers to help set up, serve, and clean after the meal.

If you are willing to volunteer in any capacity, please call Dora Gonzales, coordinator, at 719-233-3901 or [dmarezgonzales@gmail.com](mailto:dmarezgonzales@gmail.com).

### ***Parish Pastoral Council***

Participation is by invitation of the Pastor only. The Council consists of parishioners who have identified a deep passion for assisting the pastor with the pastoral care of the parish.

## **Social Ministry:**

### ***Coffee & Donuts***

Volunteers are needed to assist with setting up coffee and donuts after the 7:30 am and 9 am Masses at Sacred Heart Church. This is an easy way to get involved in the parish and meet new people!

For more information contact Grace Donnelly, Volunteer Coordinator at [communications@sacredheartcos.org](mailto:communications@sacredheartcos.org).

## **Service Ministry:**

### ***Knights of Columbus***

Charity, Unity, and Fraternity organization among men in the parish. Assists with parish service and hospitality events. Participates in other community projects and events. Raises money to support local nonprofit organizations and charities.

For more information contact Grand Knight Tom Rhode at [trhode@sbcglobal.net](mailto:trhode@sbcglobal.net).

### ***Ladies Auxiliary***

The Ladies Auxiliary is an organization for women 18 and older that provides support to the Knights of Columbus and focuses on raising money for Mary's Home, a local non-profit that helps single mothers and children. No marital status requirements or affiliation with the Knights of Columbus to join.

To participate, contact Lori Peterson at [joblinske@msn.com](mailto:joblinske@msn.com) or 719-271-6050.

### ***Church Cleaning Group***

Volunteers are needed to help clean Sacred Heart Church, including detail cleaning. A team meets weekly after the 8 am Daily Mass.

For more information leave a message for Eileen Somers at the parish office 719-633-8711.

### ***Fostering Hope***

Fostering Hope is an outside non-profit organization founded by Sacred Heart Parishioners Nick & Margaret Colarelli. Sacred Heart Parish has teams of volunteers that rally around foster parents.

We support Fostering Hope and its mission to affirm and support foster parents in their task of caring for abused and neglected children.

If you would like to get involved, contact Audra Parris, Core Program Coordinator at 806-392-1812 or email [audra@fosteringhopefoundation.org](mailto:audra@fosteringhopefoundation.org).

### ***Parish Finance Council***

Participation is by invitation of the Pastor only. Previous experience in finance or participation in other parish finance councils is highly desired. Assists the pastor with making financial decisions for the parish.

## **Evangelization**

### ***Children's Faith Formation***

Children's Faith Formation Volunteers work with children Kindergarten thru 6th grade to educate children in the Catholic faith on Sundays, 10:10-11:25 am in the Parish Center. Both catechists and aides are needed to meet the Diocesan Safe Environment requirement of at least two screened and trained adults in every classroom. Volunteers must be registered parishioners for at least 6 months, complete a background check, and Safe Environment Training through Virtus.

No teaching experience required. Opportunities to work with children in need of sacramental preparation. All volunteers must be compliant with all Diocesan Safe Environment requirements.

Rite of Christian Initiation for Children (RCIC) Volunteers educate and prepare children and teens throughout the year for the sacraments of Baptism, Confirmation, and Eucharist to be received during the Easter Vigil.

#### **Catechists**

Dedicated volunteer catechists are needed to provide children with a structured learning environment and serve as a resource for the children's many inquiries into the Christian faith. Each catechist is tasked with leading the children into a closer personal relationship with Jesus while also instructing the children in the tenets of the Catholic Faith. The main sources at the catechists' disposal are the Bible, the classroom textbooks, storybooks, devotionals, craft supplies, and multimedia resources. The combination of these resources paired with a dedicated and capable catechist will help create an environment of learning and authentic Christian discipleship. Requirements for catechists include a meeting with the Director of Faith Formation, reference check, background check, and Safe Environment Training through Virtus.

Please consider sharing in the faith formation of our children. If you would be interested in

becoming a catechist or classroom assistant, contact the Faith Formation Office at 719-633-8711 x105 or email [formationdirector@sacredheartcos.org](mailto:formationdirector@sacredheartcos.org).

### ***Confirmation Preparation***

Confirmation Preparation Volunteers work with youth in grades 7 & 8 on Sundays, 10:10-11:25 am in the St. Andre House, to educate youth in the Catholic faith and prepare them to receive the sacrament of Confirmation. Both catechists and aides need to meet the Diocesan Safe Environment requirement of at least two screened and trained adults in every classroom. Volunteers must be registered parishioners for at least 6 months, complete a background check, and Safe Environment Training through Virtus. No teaching experience required. All volunteers must be compliant with all Diocesan Safe Environment requirements.

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Please consider sharing in the faith formation of our children. If you would be interested in becoming a catechist or classroom assistant, contact the Faith Formation Office at 719-633-8711 x105 or email [formationdirector@sacredheartcos.org](mailto:formationdirector@sacredheartcos.org).

### ***Youth Ministry***

A member of the Youth Ministry Team is expected to attend most or all of the Youth Ministry events. Youth Ministry meets on Sundays, 10:10- 11:25 am in Room 4 of the Parish Center and occasionally off-site for activities. Volunteers must be registered parishioners for at least 6 months, complete a background check, and Safe Environment Training through Virtus. All Youth Ministry volunteers will need to seek Basic Level Catechist Certification.

1. Lead small group discussions.
2. Chaperone community building events, service events, and retreats.
3. Assist in leading prayer and service events.
4. Attends Youth Ministry Team Meetings.

For more information or to volunteer, contact Cathy Kusman-Kelly, Faith Formation Director, at 719-633-8711 x105 or [formationdirector@sacredheartcos.org](mailto:formationdirector@sacredheartcos.org).

### ***Rite of Christian Initiation of Adults (RCIA)***

RCIA meets on Tuesday evenings, 6:30-8 pm in the St. Andre House, September through Easter. RCIA Team Member Expectations:

- Faithfully attend all monthly team meetings and RCIA sessions.

- Sign up to lead one Sunday Breaking Open the Word per month.
- Sign up to lead prayer/proclaim Scripture for at least one session per month.
- Attend all retreats, rites, and rehearsals (Fall & Spring Retreat, Rite of Welcome, Rite of Election, Scrutiny Rites, and all rehearsals).
- Lead up to 5 topic presentations during the year.
  - Meet with the RCIA coordinator to review presentations at least one week prior to the scheduled date of the presentation.
  - Provide a handout/outline for participants to follow
  - All presentations must be done within the allotted time.

RCIA Guest Speaker Expectations:

- Arrive prior to the scheduled session time.
- Stay within the allotted period of time for the talk (whether witness or main topic presentation).
- If possible, stay for the entire session and be available for questions/discussion.
  - Meet with the RCIA coordinator to review presentations at least one week prior to the scheduled date of the presentation.
  - Provide a handout/outline for participants to follow

RCIA Sponsor Expectations:

- Attend all RCIA sessions.
- Attend all retreats.
- Sign up to give a witness talk for one session during the year.
- Must meet all requirements for Sponsors.

For more information or to volunteer, contact Cathy Kusman-Kelly, Faith Formation Director, at 719-633-8711 x105 or [formationdirector@sacredheartcos.org](mailto:formationdirector@sacredheartcos.org).

***Baptism Preparation***

Baptism Preparation Volunteers support couples preparing their infant/ toddler for baptism by meeting with them and attending the baptism. Support the team with a monthly class for preparing the families of Baptism & sponsors.

For more information or to volunteer, contact Cathy Kusman-Kelly, Faith Formation Director, at 719-633-8711 x105 or [formationdirector@sacredheartcos.org](mailto:formationdirector@sacredheartcos.org).

***Marriage Preparation***

FOCCUS (Facilitating Open Couple Communication, Understanding and Study) Volunteers meet with couples to discuss items from the FOCCUS assessment. FOCCUS is centered on the relationship between bride and groom. Requires close cooperation with the priest who is working with each engaged couple.

Assigns engaged couples to their sponsoring couple.

Sacred Heart Parish Marriage Ministry “Built on Rock” Retreat Volunteers work with retreat organizers to plan and implement marriage retreats.

Marriage Classes, meeting with couples to discuss the theology of Christian marriage, focuses on the Church’s teachings on marriage. There is a syllabus and book *Joined by Grace*, and each couple meets three or four times, alone or with other couples who are getting married.

For more information or to volunteer contact Fr. Randy Rentner, CSC, Associate Pastor, 719-633-8711 x103, [assocpastor@sacredheartcos.org](mailto:assocpastor@sacredheartcos.org).

## **Other ways to get involved:**

### **Spiritual Groups**

#### ***Vital Times***

Vital Times invites men and women to join this small group and make a “divine appointment” to grow spiritually from the outside into the depths of your soul. Join for fellowship on the journey. Meetings are 2nd & 4th Wednesday of the month, 10 am– noon in St. André House. Group is facilitated by Helen McCabe, Sacred Heart parishioner and Catholic Chaplain. Newcomers are welcome. For more information call Helen at 719-600-8642.

#### ***Spiritual Growth Group***

Spiritual Growth Group (SGG): The SGG's purpose is to deepen our relationship with God so to nurture and support all our relationships. Next meeting is Nov. 12, 2022. All meetings are from 9-10:30 am in St. André House. Future meetings in 2023 are Jan. 14, Feb. 11, March 11, Apr. 15, May 13, June 17, July - no meeting, Aug. 12, Sept. 16, Oct. 14, Nov. TBD, Dec. - no meeting. Group facilitated by parishioners Brian Krutka & Patty Degen.

#### ***Laudato Si***

Following the instruction of Pope Francis' encyclical *Laudato Si'*, Sacred Heart Parish has committed to creating a Creation Care Team at our parish.

Our Laudato Si' Discussion Group continues to meet to discuss care for our common home! We have resumed studying the Laudato Si' encyclical, and are working on becoming Laudato Si' animators for our parish, and forming our Creation Care Team! We now meet in St. André House’s Hanifen Room (upstairs) at 10:15 am. Meeting dates include: Oct. 30, Nov. 27, Dec. 18, Jan. 15, Feb. 19, March 26, & April 2. Group facilitated by parishioner Liz Croddy.

To participate, visit our parish website page <https://www.sacredheartcos.org/laudato-sirsquo.html>

#### ***Men Growing in Faith***

This is an informal men’s group of Sacred Heart men who support each other in living their Catholic faith more fully in today's culture. Join us for discussions on a variety of Catholic/ Spiritual topics each month. Meetings are on the 2nd & 4th Friday of the month, 6:30-7:45 am in St. André House (Bishop Hanifen room upstairs). Facilitated by parishioner Barry Schultz.



## **Prayer Opportunities**

### ***Prayer Chain Ministry***

Volunteers receive weekly emails to pray for any request that the Parish receives. No response required. This is a simple but important ministry well-suited for those who want to be involved with the parish without having to volunteer a lot of time. This ministry is also well-suited for those that may be homebound.

For more information or to volunteer, contact Mary Superata, Parish Receptionist at 719-633-8711 or [office@sacredheartcos.org](mailto:office@sacredheartcos.org).

### ***Rosary Group***

Participants meet daily at 7:40 am to pray the rosary before the 8 am Daily Mass at Sacred Heart Church.

## **Support Groups**

### ***Caregiver Support Group***

The Caregiver Support Group meets the 2nd Tuesday of the month at 2:30 pm in the small Conference Room of the Parish Center. Facilitated by parishioner Paula Levy from DayBreak, an Adult Day Program.

For more information contact Paula Levy, facilitator, 719-331-3640 or [paula@daybreakadp.com](mailto:paula@daybreakadp.com).

### ***Journey***

JOURNEY is a ministry at Sacred Heart that meets on the 2nd Thursday of every month at 7 pm. Our mission is to support and journey with other Catholics who love their LGBTQ+ family members, and who recognize that all are created in the image and likeness of God reflecting His infinite wisdom and goodness. Meets in Room 5 (upstairs) of the Parish Center. Facilitated by parishioner Gayle Rappold. Call 719-599-0692 with questions.

### ***AA Groups***

As a parish community, we support those struggling with addiction and their families. The Sacred Heart Parish Center is home to several local Alcohol Anonymous (AA) groups during their journey to sobriety and healing.

The following groups meet at Sacred Heart Parish Center:

- *CODA: There is a Solution, Mondays, 6-7 pm*
- *New Beginnings, Tuesdays, 6-7 pm*
- *APEX, Fridays, 6-7 pm*
- *Early Saturday Morning, Saturdays, 7:30-8:30 am*
- *Steele Magnolias, Saturdays, 11 am-12:15 pm*

## **Adult Formation Opportunities**

### ***Adult Formation Class***

Join Fr. Randy on Sundays after the 9 am Mass in the St. André House to learn about scripture and faith-based topics.

### ***Women's Day of Reflection***

Offered 1-2 times during the year, usually in the Fall and Spring. Check the bulletin for upcoming events.

### ***Men's Retreat***

Offered the first weekend in January, our Men's Retreat offers men of our parish the opportunity for a 3-day faith-based retreat experience in a rugged setting. Check the bulletin for upcoming dates.

### ***Book Club***

Everyone is invited to join us for our book club. Meets once a month on Wednesday mornings, 9-10:15 am in Room 8 (upstairs) of the Parish Center. Future meeting dates include: Nov. 16, Dec. 14, Jan. 18, Feb. 15, March 15, April 19, May 17. To participate contact Cathy Kusman-Kelly at [formationdirector@sacredheartcos.org](mailto:formationdirector@sacredheartcos.org).

## **Social Groups**

### ***Parish Picnic Planning Committee***

Once a year we offer a parish picnic in the summer. Planning usually starts around January or February. Offer your services to help plan and implement the parish picnic while working under the supervision of the Parish Picnic Coordinator. To volunteer contact Grace Donnelly, Volunteer Coordinator, at [communications@sacredheartcos.org](mailto:communications@sacredheartcos.org).

### ***Faith and Light***

Our parish F&L community, named "Faith, Family, and Friends" has been a part of Sacred Heart for over 30 years. Current members include seven persons with intellectual challenges, five family members, and six referred to as friends. Within our community, we share a common Christian spirit, our friendship, prayers and we celebrate life.

If you think you may have room in your heart and in your life for the folks in our F&L community, and if you'd like to join us at a community gathering, or for additional information please contact Claudia Deats Rodgers at 719-648-4080, or at [candfsalida@gmail.com](mailto:candfsalida@gmail.com).

## **Missions:**

***OLPH*** in Manitou Springs is always looking for volunteers to help with operations of the chapel. Sunday Mass is at 5 pm.

To get involved, contact Associate Pastor Randy Rentner, CSC at [assocpastor@sacredheartcos.org](mailto:assocpastor@sacredheartcos.org).

***Holy Rosary Chapel*** in Cascade, CO is always looking for volunteers to help with the operations of the chapel. Saturday Vigil Mass is at 4 pm.

To get involved, contact Associate Pastor Randy Rentner, CSC at [assocpastor@sacredheartcos.org](mailto:assocpastor@sacredheartcos.org).