

SACRED HEART CATHOLIC CHURCH



Pastoral Council

NEWSLETTER

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“Finding God in Silence”

In her Diary, St. Faustina records a powerful word from the Lord:

“The Lord gave me to know how displeased He is with a talkative soul. I find no rest in such a soul. The constant din tires Me, and in the midst of it the soul cannot discern My voice.” (Diary of Saint Maria Faustina Kowalska, 1008)

These words invite us to examine how we approach prayer, especially in the quiet of the adoration chapel. Often, we come with good intentions, ready to pray. We start speaking to God, reciting our prayers. Then we may open a book and read something beautiful to Jesus—as if He had never heard it before—and before we know it, our time with Him is gone. And now the question remains: *Did we actually encounter God—or simply fill out our time?*

The truth is that Jesus is not impressed by many words. He desires the attentive silence of the heart, the kind that listens and receives. Don’t get me wrong—it’s okay to read something for inspiration or to pray vocally. In fact, vocal prayer is one of the three traditional expressions of prayer in the Church, along with *meditation and contemplation* (cf. CCC 2700–2724). Vocal prayer involves spoken words; meditation engages thought and imagination; contemplation is silent, loving awareness of God. Each of these is good. But Jesus invites us to find a balance—and to experience the most profound form of prayer, which is *contemplative silence*.

Continued on next page





Cardinal Robert Sarah, a great teacher of interior prayer, describes contemplative silence beautifully:

“Contemplative silence is silence with God. This silence is clinging to God, appearing before God, and placing oneself in his presence, offering oneself to him, mortifying oneself in him, adoring, loving, and hearing him, listening to him and resting in him. This is the silence of eternity, the union of the soul with God.” (The Power of Silence, 54)

In other words, contemplative prayer is not about doing something to improve God—our words and actions cannot make Him holier or more loving. Rather, contemplative prayer is about receiving. In this silence, we cease talking and allow God to act within us. We allow Him to reveal Himself, to transform us in His love, and to speak in ways that no words can capture.

The *Catechism of the Catholic Church* describes contemplation as:

“A gaze of faith, fixed on Jesus. ‘I look at him and he looks at me’: this is what a certain peasant of Ars used to say while praying before the tabernacle.” (CCC 2715)

Next time you come to the Adoration Chapel, try placing your heart in “*Silence Mode*” and offer that time not as a task to complete, but as a gift of yourself to God. Silence is not emptiness—it is sacred space where God speaks and acts.

Let Our Blessed Mother Mary be your guide in this kind of prayer. As we read in Luke 2:19,

“But Mary treasured all these things, pondering them in her heart.”

She teaches us to welcome the Word in stillness. In her silence, she received Christ into the world. Let us follow her example. When we come before the Blessed Sacrament, may we do less speaking and more listening—so that God can fill the silence with Himself.

**In Christ,
Fr. Ziemowit Janaszek**

Communal First Saturdays Devotion



Communal First Saturdays Devotion

at Sacred Heart Catholic Church, Warner Robins, GA

Did you know that Our Lady of Fatima asked us to make 5 First Saturdays devoted to making reparation to her wounded Immaculate Heart? Did you know that she said this devotion would help bring ***about world peace and the salvation of souls?***

What is involved in First Saturday Devotions?

1. Confession*
2. Receive Holy Communion*
3. Pray the Rosary*
4. Keep her company for 15 minutes while meditating on the mysteries of the Rosary*

* Each of these practices needs to be done with the intention of making reparation to the Immaculate Heart of Mary.

All of these opportunities will be provided for **5 months** at Sacred Heart Catholic Church beginning on **October 4, 2025**; Scheduled as follows: with Confession- 3:00; Rosary-3:40; Meditation-4:05; Mass-5:00; and Litany and Indulgenced prayers- following Mass

Sachie Thorne



“If you do what I tell you, many souls will be saved, there will be peace.”

Our Lady of the Rosary at Fatima, July 13, 1917

Glorify 360



Meet some of our team!

The Glorify360 Health Ministry is launched! This new community-based coaching ministry has a mission to build up the strength and health of the Kingdom of God, so we might thrive in our identity as children of God, for the glory of God, bearing witness to the Gospel. The ministry includes a core leadership team with various backgrounds, including a registered dietician, physical therapist, fitness coaches, soccer coaches, hiking enthusiasts, cyclists, and more. The pillars of the ministry are **Prayer**, **Encouragement**, and **Community**.

Beginning in **Prayer**, the ministry opened by hosting a novena in preparation for the Assumption of the Blessed Virgin Mary, consecrating the ministry to Our Lady's nurturing care. Fostering **Encouragement**, the core team was gathered from various backgrounds to meet the unique needs of the faithful. Rooted in the **Community**, the ministry offers a Wellness Assessment & Survey linked below so the faithful can reflect on their current wellness and evaluate growth in the future. The survey will also be used by the core leadership team to determine what future activities to offer, with possibilities for more rosary walks, Soul Core classes, Camino-style hikes, pickle ball tournaments, a health seminar, and any other interests revealed in the survey.

All are welcome to join the ministry at any time as we seek health and wellness together!



Sacred Heart's Rosary Walk



St Patrick's Rosary Walk

The Fitness Routine of a Silent Reformer



Pope Leo XIV leading us to wellness

Let's start with the basics: the man trains. Two to three times a week. Treadmill, mobility work, posture correction. No entourage, no publicist, no incense. Just sweat, silence, and form. He wasn't flashing his cardinal ring or blessing protein shakes. In fact, no one in the gym even realized he was a high-ranking church figure. His personal trainer, Valerio Masella, only found out when he saw the guy he knew as "Robert" waving from the papal balcony.

Fitness.com article Aug 2025, <https://www.fitness.com/en/articles/pope-leo-xiv-and-his-gym-routine-a-stronger-catholic-leader-for-america>

Schedule of Events

8 am

Check-in Begins

9 am

Procession and Adoration
Reflection from Bishop Parkes

10 am

Morning Session
Keynote Speaker Fr. Brian
O'Shaughnessy

11:30 am – 3 pm

Lunch, Breakout Sessions, and Activities
for All!

Teen and Children Tracks Available

3 pm

Afternoon Session
Keynote Speaker Mother Adela
Galindo, SCTJM

5 pm

Vigil Mass



2025 ATL Steubenville Catholic Youth Conference



Sacred Heart Life Teen joyfully attended the 2025 ATL Steubenville Catholic Youth Conference, where they encountered a powerful and transformative experience of faith. Surrounded by thousands of fellow young Catholics, the group was deeply moved by dynamic speakers, heartfelt worship, and the presence of the Eucharist. Through prayer, fellowship, and meaningful reflection, each member of the youth group grew in their relationship with Christ and gained a renewed sense of purpose and spiritual strength. The weekend proved to be a truly fruitful journey, planting seeds of faith that will continue to flourish in their hearts and within the Sacred Heart parish community. Registration for Sacred Hearts youth program is officially open for the 2025/26 school year!

Alanis Reyes





Ministry Spotlight Children Ministry



Vacation Bible School (VBS) - This year's VBS was held from July 9th to July 11th and was a joyful and faith-filled experience for everyone involved. Centered around the theme "Road Trip: On the Go with God", the program invited all travelers to explore the comforting truth that God is with us wherever life takes us.

Throughout the week, approximately 70 children participated in a variety of engaging activities, including science projects, creative crafts, high-energy singalongs, interactive games, and inspiring Bible adventure videos. These experiences helped bring the theme to life and encouraged kids to grow in faith while having a great fun time.



We are deeply grateful to the more than 30 dedicated adults and teens volunteers, who generously gave their time, energy, and talents to make this event a success.

Thank you to everyone who helped make VBS 2025 a week to remember! **Kelly Nguyen**





Ministry Spotlight

CCD (Confraternity of Christian Doctrine)



CCD (Confraternity of Christian Doctrine) – School is back in session, and so is our Religious Education program! Beginning this year, CCD is offering regular classes for children from Pre-Kindergarten (4K) through 8th grade. In addition, we provide Out of Cycle (OC) classes for students who have not been attending CCD consistently on a yearly basis. Classes are held on Sundays during the school year, from 10:15 a.m. to 11:30 a.m.

We strongly encourage all families to enroll their children in CCD every year, not just during sacramental preparation. Ongoing participation in religious education helps build a strong spiritual foundation and fosters a lifelong relationship with Christ and His Church.

Sacred Heart is truly blessed to have over 60 dedicated volunteers, adults and high school teens, who generously offer their time and talents in support of this vital ministry.

Thank you to all who serve and help pass on the Catholic faith to the next generation through our CCD program at Sacred Heart!

Kelly Nguyen



Your Pastoral Council



The objectives of the Pastoral Council are to:

- Foster the Unity of Sacred Heart Parish
- Assess adequately, under the leadership of the pastor, the spiritual and temporal needs of Sacred Heart Parish
- Develop and assure implementation of a unified program of renewal which will promote the common good of Sacred Heart Parish
- Coordinate all parish activities in a manner that will serve the best interests of the people of Sacred Heart Parish
- Encourage participation by all members of Sacred Heart Parish in the spiritual and apostolic life of the parish
- Provide a forum for constructive dialogue among all the members of Sacred Heart Parish and between the parish community and the community at large
- Promote programs and activities recommended by the Bishop, diocesan commissions and agencies, deanery pastoral councils, Pastor, as well as by the Pastoral Council itself.

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Did you know?



Wedding Anniversary Jubilees

25th



50th

John and Plernchit Anselmo
Feb 15

Jan and Sara Giovingo
July 20

Bill and Linda Pinckney
July 26

Ready to Serve?

VOLUNTEERS NEEDED!

NEED SOMETHING TO DO? PLEASE JOIN US! CONSIDER SIGNING UP TO VOLUNTEER FOR ONE OR MANY OF OUR AWESOME CHURCH MINISTRIES AND SERVICES.

CHECK OUR MINISTRY PAGE ON THE
THIS LINK.

WWW.SACREDHEARTWR.ORG/MINISTRIES



COMMENTS: SEND US AN EMAIL - PARISHCOUNCIL@SACREDHEARTWR.COM