



SACRED HEART REVEALED

WELCOME TO

JANUARY 2026

Sacred Heart Parish Newsletter

COLORADO SPRINGS, CO

Introduction

Welcome to Sacred Heart Revealed, our new semi-annual e-newsletter for Sacred Heart Parish! The purpose of this newsletter is to share the accomplishments and activities of our very busy and dynamic parish community. Sometimes, these activities aren't given enough attention in the bulletin due to various reasons.

We aim to showcase the activities and accomplishments of our parish, highlighting what makes us great. Our parish does amazing work in the life of the church, the parish community, and in the community where we live. We want to share that with you and hope you enjoy reading this e-newsletter.

In this newsletter:

- Food Pantry Yearly Review
- Knights of Columbus
- Anchored in Faith
- Sacrament totals
- King Soopers Community Rewards Program

Want to submit an idea to be featured in the newsletter? Contact Grace Donnelly at communications@sacredheartcos.org.



FOOD PANTRY: A YEAR IN REVIEW



2025 Food Pantry Stats

Q1: Fed 6,101 people
Q2: Fed 5,665 people
Q3: Fed 6,544 people
Q4: Fed 7,475 people

Grand Total: 25,785 people fed
Adults: 11,662
Children: 4,596
Seniors: 5,707
Unsheltered: 3,820

3,820 ready-to-eat day bags
7,613 full grocery bags
2,970 child supplement bags

Number of days open: 99
Number of Volunteers: 70
Total Volunteer Hours: 2,455

Food Pantry: A Year in Review

2025 was a busy year for our Food Pantry, with the largest number of people ever served, 25,785! Our small Food Pantry worked hard to meet the community's needs. We increased our volunteer base to 70 active volunteers to help serve the additional number of visitors. We facilitated our continued partnership with organizations such as Care and Share, Westside CARES, Walmart, and Panera Bread.

We especially appreciated our partnerships with St. Francis of Assisi Parish in Colorado Springs and Our Lady of the Pines Parish in Black Forrest. These two parishes regularly hosted food drives to supply our Food Pantry with food. We received many generous donations from parishioners and other community partners to sustain the financial operations of the Food Pantry. Thank you for your generous support!

In 2026, we anticipate another busy year, with record-high numbers of our neighbors in need of supplemental food.

Support our Food Pantry

Ways to give:

- Give in the basket at Mass. Mark donation for the "Food Pantry."
- Give online at our website sacredheartcoos.org (Click the "Give" button and select "Food Pantry" as the sub-fund).
- Give by scanning the QR code.



Give now!



SCAN ME

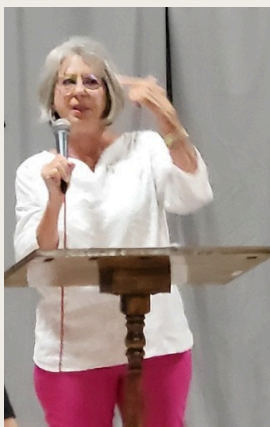
Food Pantry In-House Appeal Success

On Nov. 22 & 23, 2025, we hosted our Food Pantry In-House Ministry Appeal, requesting financial support from our parish. We are proud to announce that the appeal was a great success, raising \$8,004 from in pew donations, \$7,358 from online donations, and \$38,000 from IRA and grants, for a grand total of **\$53,362!** Thank you to all of our generous supporters! Although we raised \$53,362, the Food Pantry averages spending \$10-12K a month. Our Food Pantry is always in need of financial support to continue its operations.

Food Pantry Volunteer Appreciation Event



On June 29, 2025, we hosted a Food Pantry Volunteer Appreciation Event to thank our volunteers for their service and celebrate the accomplishments of the Food Pantry. The event was well attended, including participation by the Sacred Heart Parish Staff, as well as Fr. Jarrod and Fr. Vincent. Food Pantry Coordinators Kate Gioglio and Kevin Guerrero shared a few words and were recognized for their excellent leadership of our Food Pantry.



THANK YOU, FOOD PANTRY VOLUNTEERS!

KNIGHTS OF COLUMBUS



Knights of Columbus, a busy year

Our Fr. Andrew Sebesta Knights of Columbus Council #13981 had a busy year in 2025. They elected new Grand Knight James Medina, Deputy Grand Knight Karl Wunder, and new officers (pictured above right). They participated in many activities at the parish and the community, including:

- Offered Free Pancake Breakfasts during Lent & Advent
- Participated in the Special Olympics Polar Plunge & 5K with the team, "A Few Good Knights," to raise money for the Special Olympics, March 2025. (pictured above left)
- Offered Lenten Fish Frys, March & April 2025.
- Hosted their annual "Territory Days Parking Lot Fundraiser," May 2025.
- Purchased a new freezer for the Food Pantry, July 2025
- Hosted a city-wide KofC Chapter Meeting in the parish gym, July 2025
- Prepared meals for the Holy Cross Discernment Retreat, Aug. 2025
- Offered Palisade Peaches & Pears, Aug. 2025
- Staffed the Eucharistic Miracles of the World display, Aug. 2025
- OLPH Fall Clean-up Day, Sept. 2025
- Assisted with Parish Picnic, Sept. 2025
- Brought the Sacred Heart of Jesus icon to our parish, Sept. 2025
- Roses for Life, Oct. 2025
- Participated in Coats for Kids, Oct. 2025
- OLPH Outdoor Nativity set up, Nov. 2025
- Hosted the "Keep Christ in Christmas" poster contest and the "Catholic Citizenship Essay Contest," Dec. 2025
- Assisted the Food Pantry with food pickups from local stores
- Donated funds to our Food Pantry, Shower to the People Ministry, Holy Rosary's Capital Campaign, Catholic Charities, Heartbeat (survivors of family/friend suicide), Pikes Peak Citizens for Life, sponsored a novice, TAPS (Tragedy Assistance for Survivors of military/veterans), Catholic Young Adults, and sponsored the Men's Retreat.

THANK YOU, KNIGHTS!

Knights of Columbus

DID YOU KNOW?

Did you know that our Knights of Columbus have received the “Star Council Award” for the past three years in a row, recognizing their outstanding achievement in membership, insurance, and service program activities? (pictured below left).

They also received the “Top 25 Council in the State of Colorado” award at the Colorado State Convention in April 2025 (pictured below right).

Congratulations, Knights!



ANCHORED IN FAITH BEGINS

Whole-Community Faith Formation



Anchored in Faith, our parish's new whole-community faith formation program, began with a tremendous start in September 2025 to coincide with the Faith Formation year. Parents, children, teens, catechists, and adults were encouraged to attend to grow deeper in their Catholic faith.

The program features a different topic each week by various speakers. The sessions begin with a brief gathering prayer that reflects the Sunday readings. After 10-15 minutes, the children are dismissed to their classrooms, and the session continues with the remaining adults and teens.

Anchored in Faith will continue until the end of April, following the Faith Formation schedule. The program will take a break for the summer and resume in the fall.

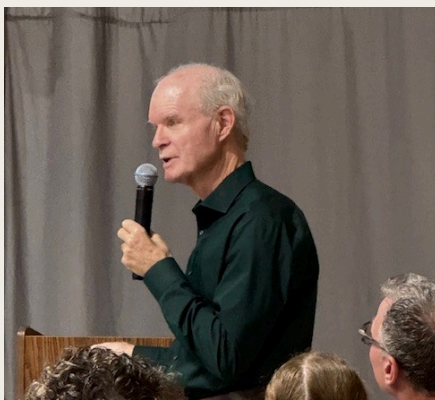
Thank you to all who joined us for the new program. Special thanks to our speakers!

Who should attend Anchored in Faith?

- Families, including children & teens
- Adults interested in Faith Formation
- Catechists



Pictured
clockwise from
top: the first
Anchored in Faith
session, Sept. 14;
Speaker Prof.
Lucas Pollice, Oct.
5; Speaker Fr.
Jarrod Waugh,
CSC; Speaker Dr.
Joel Ernster, Dec. 7;
Speaker Holy
Cross Novice Joe
Crowley, CSC, Oct.
12; Speaker
Melissa Nussbaum,
Nov. 23; program
participants.



2025 SACRAMENTS AT SACRED HEART PARISH

Baptisms: 17
First Holy Communion: 17
Confirmation: 20
Candidates: 3
Marriage: 9

Funerals (not a sacrament):
37

Children enrolled in
religious education: 90

Sacraments are a major part of our lives as Catholics.

Last year, three people from our parish entered the church.

This year, there are 16 Candidates and Catechumens preparing to enter the church at the Easter Vigil. Please pray for them!

In need of a Sacrament?

Contact the parish office at 719-633-8711.

- Infant Baptism: Call during pregnancy to arrange with the Faith Formation Office.
- Marriages: Make arrangements with the priest and begin preparation 12 months prior to the wedding.
- Funerals: Call the Parish Office at the time of death.

Please call the parish office at 719-633-8711 for questions concerning parish registration, spiritual counseling, visits and communion for those in the hospital, nursing home, or homebound.

KING SOOPERS COMMUNITY REWARDS PROGRAM

Do you know about the King Soopers Community Rewards Program?

We recently received another check from the King Soopers Community Rewards Program in the amount of \$1,087.78 for Q4. This is FREE money that we receive each quarter for households participating in the program!!! Sign up at www.kingsoopers.com/communityrewards as an easy way to give back to our parish community!

Here's how the program works:

Your King Soopers Loyalty Rewards Card (the card that gives you fuel points and savings) needs to be linked to Sacred Heart Church for our parish to receive rewards each time you shop. Swipe your Loyalty Rewards Card (or enter your alternative id) when you make a purchase, and Sacred Heart Church receives a percentage of your total purchase amount to benefit the Sacred Heart Building Fund. To link your card, visit www.kingsoopers.com/communityrewards. Create an online account with King Soopers or log in to your existing account. (You must have an email address to participate.) Click on Community Rewards. Search for Sacred Heart Church or enter our church code: QS513 (Be sure to select the correct location!) Note: You can only pick one organization to benefit from this program.

If you have questions or need help linking your Loyalty Rewards Card, contact the parish office at 719-633-8711. Don't have a Loyalty Rewards Card? No problem! Stop by any King Soopers Customer Service in the store and sign up for one.

Sacred Heart Church has already received **\$58,566** from this amazing program over the past 9 years. Thank you to all who participate and support our parish!