**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 especially encouraged to serve in this ministry for Sunday, feast day, and holy day Masses, as well as participate in serving for funeral Masses if schedules allow. 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, Sacred Heart Liturgy Coordinator, at 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 Mass 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. 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, Sacred Heart Liturgy Coordinator,  at 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 proclaim the Old and New Testament scriptures at Mass and lead the Universal Prayer if a deacon is not present. (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, Sacred Heart Liturgy Coordinator, at 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 worshipers, 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, Sacred Heart Liturgy Coordinator, at sgerlach@sacredheartcos.org or 719-633-8711 x102.

***Extraordinary Minister 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, or both. 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, Sacred Heart Liturgy Coordinator, at 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, Sacred Heart Director of Music Ministry, at sgerlach@sacredheartcos.org or 719-633-8711 x102.

***Altar Linen Care Ministry***

This is a silent, behind-the-scenes, but essential ministry that ensures the sacred linens used during our liturgical celebrations are clean, well-maintained, and available for use. This ministry is about reverently washing, ironing, folding, repairing, sewing and making, and returning these sacred items to the church on a regular basis— specifically the white altar cloth or fair linen (the long rectangular cloth that covers the altar from side to side to the floor) the coverlet (a cloth that lays over the fair linen and covers the top of the altar, or mensa, from side to side but not hanging over the sides) as well as the frontlets (colored “banners” that adorn the altar and the front of our ambo that are changed with the liturgical season (green for Ordinary Time, purple for Advent and Lent, white for Easter, etc.) We would like to have a team of parishioners, some of whom are skilled in sewing, to organize this ministry. It will take two people to place the fair linen and coverlet on our altar when these linens are replaced. Training is provided.

For more information or to volunteer, contact Sue Gerlach, Sacred Heart Liturgy Coordinator, at 719-633-8711 x102 or sgerlach@sacredheartcos.org.

***Pastoral Care Ministry***

Pastoral Care Ministers provide Holy Communion to the sick and elderly who are homebound or who live in care centers. Must be mandated as an Extraordinary Minister of Holy Communion (EMHC) in the Diocese of Colorado Springs, and specifically Sacred Heart Parish, 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, Sacred Heart Liturgy Coordinator, at 719-633-8711 x102 or 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- 2 pm, 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.

***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, ministry coordinator, at 719-233-3901 or 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.

***Shower to the People Shower Ministry***

A group of Sacred Heart volunteers supports the Shower Ministry at The Sanctuary Church (next door to Sacred Heart), offering a team to run the showers on Tuesdays & Thursdays, 11:30 am- 1:30 pm.

To volunteer, contact coordinators Donna Wintz at sttp.sh@gmail.com or John Goddard at johngoddardjr@icloud.com.

**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 or to volunteer, contact Grace Donnelly, Volunteer Coordinator, at 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 James Medina at jvmedina68@gmail.com.

***Church Cleaning Group***

Volunteers are needed to help clean Sacred Heart Church, including detailed cleaning. A team meets weekly on Tuesdays 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 Temple Scott, Core Program Coordinator, at

Temple@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 through 7th grade, to educate children in the Catholic Faith on Sundays, 10:10-11:25 am in the Parish Center. Opportunities to work with children in need of sacramental preparation are also available. No formal teaching experience required, and formation materials are provided. 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.

***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 Catholic 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 Mary Superata, Faith Formation Director, at 719-633-8711 x105 or email formationdirector@sacredheartcos.org.

***Confirmation Preparation***

Confirmation Preparation Volunteers work with youth in 8th grade 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.

***Youth Ministry***
Youth Ministry at Sacred Heart is a welcoming forum for young people to express, explore, and to deepen in their faith. Teens are invited to participate in lively and engaging group dialogues each week. Rooted in and guided by the Sunday lectionary readings, these Christ-centered conversations allow our youth to safely share and connect to their Catholic faith and community (in ways surprisingly personal and relevant). Grades 9-12 are encouraged to join us for relaxed and informal discussions on Sundays in Room 4 of the Parish Center from 10:15-11:15 am.

Youth Ministry volunteers must be registered parishioners for at least 6 months, complete a background check, and Safe Environment Training through Virtus.

For more information or to volunteer, contact Tim Sawyer, Youth Minister, at 719-633-8711 x104 or tsawyer@sacredheartcos.org.

***Order of Christian Initiation of Adults (OCIA, formerly called RCIA)***

***Process for adults and children over 7 years of age interested in becoming Catholic***

OCIA meets on Sundays, beginning at 9 am Mass, participating in parish sessions, with a break-out session ending at noon.

OCIA Team Member Expectations:

* Faithfully attend all team meetings and OCIA sessions.
* Be a person of prayer and advocate for the Faith.
* Attend all retreats, rites, and rehearsals (Fall & Spring Retreat, Rite of Entrance into the Catechumenate, Rite of Election, Scrutiny Rites, and all rehearsals).
* Lead a 20-30 minute  presentation, with discussion, on specific topics during the process (calendar and topics available upon request).
	+ Meet with the OCIA 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.

OCIA Guest Speaker Expectations:

* Be a person of prayer and advocate for the Faith.
* Arrive prior to the scheduled session time.
* Stay within the allotted period of time for the talk (whether witness or main topic presentation).
* Remain for the entire session and be available for questions/discussion.
	+ Meet with the OCIA coordinator to review presentations at least one week prior to the scheduled date of the presentation.
	+ Provide a handout/outline for participants to follow.

OCIA Sponsor Expectations:

* Be a person of prayer, advocate for the Faith, and companion to an OCIA Candidate during the process.
* Attend all OCIA sessions, retreats, and Liturgical Rites during the process.
* Willingness to share spiritual journey in support of an OCIA Candidate.
* Must meet all requirements for Sponsor; a detailed list of expectations available upon request.

For more information or to volunteer, contact Mary Superata, Faith Formation Director, at 719-633-8711 x105 or formationdirector@sacredheartcos.org.

***Baptism Preparation***

Baptism Preparation Volunteers support couples preparing their infant/ toddler/ young child 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 Mary Superata, Faith Formation Director, at 719-633-8711 x105 or 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 of four times, alone or with other couples who are getting married.

For more information or to volunteer contact Fr. Jarrod Waugh, CSC, Pastor, 719-633-8711 x110 or  jwaugh@sacredheartcos.org.

**Other ways to get involved:**

**Spiritual Groups**

***Women’s Ministry***

The *Sacred Heart Women of Grace* women’s ministryat Sacred Heart Parish offers women the opportunity to come together to make connections, pray for and encourage one another, and learn and grow together in our faith. Meets the 2nd Wednesday of the month at 9 am & the 4th Wednesday of the month at 6:30 pm in Room 5 (upstairs) of the Sacred Heart Parish Center.

Facilitated by parishioners Lydia Bowsky & Debbie McMonigle.

***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. If you desire to grow in relationship with God, come join us. Our hope is to answer the Church’s call to universal holiness and to deepen our love for God and neighbor. Meetings are once a month on Saturdays, 9-10:30 am in St. André House. All are welcome. Group facilitated by parishioners Brian Krutka & Patty Crawford- 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 Creation Care team has finished our study of Laudato Si', but we welcome your interest in our work and studies! If you'd like to join us, please leave your name, email, and phone number at the Parish Office at 719-633-8711, and our parish receptionist will pass that on to parishioner Liz Groothof Croddy, group facilitator. See our Sacred Heart Parish Laudato Si' webpage for links and recommended readings! Find us under the "Our Faith" tab on sacredheartcos.org, including a link to join the latest online discussion on selections from*Laudato Si*', the *Eco Bible*.

***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 our Parish Receptionist at 719-633-8711 or office@sacredheartcos.org.

***Rosary Group***

Participants meet at 7:40 am to pray the rosary before the 8 am Daily Mass, Monday through Saturday, 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, founder and former executive director [DayBreak](https://daybreakadp.com/), an Adult Day Program.

For more information contact Paula Levy, facilitator, 719-331-3640 or paula@daybreakadp.com.

***Journey***

JOURNEY with us as we resume meeting! The Journey group invites Catholics who love their LGBTQ+ family and friends and want to live out that love while remaining faithful to Catholic teaching. Come walk with others on this path of faith and love. We will be meeting quarterly. Our next meeting is Thursday, Sept. 11, 2025, at 7 pm in Room 5 (upstairs) of the Parish Center. Future meeting dates are Jan. 8 & May 14. Come join us! Facilitated by Sacred Heart Parishioners Maureen Bridges and Randy Cloud. Questions? Email journeycoloradosprings@gmail.com.

***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, Tuesday*s, *6-7 pm*
* *APEX, Fridays, 6-7 pm*
* *Steele Magnolias, Saturdays, 11 am-12:15 pm*

**Adult Formation Opportunities**

***Adult Formation Class***

Join us in the Parish Center on Sundays after the 9 am Mass.  This is a whole community opportunity to learn, share, and grow in your Catholic faith, facilitated by our staff and guest presenters. Continue and expand your Liturgical experience by attending our new format, which is based on Scripture and relevant 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.

We are currently in need of a **Women’s Retreat Team Leader and team members** to work with the Women’s Retreat Team to plan the Women’s Day of Reflection(s) at the parish. This volunteer would work with a staff liaison to ensure that all planned events support the mission of the church.

For more information or to volunteer, contact Sue Gerlach, Director of Music Ministry and Liturgy Coordinator, at sgerlach@sacredheartcos.org or 719-633-8711 x102.

***Men’s Retreat***

Offered during a 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 3rd Wednesday of the month, 9-10:15 amin Room 8 (upstairs) of the Parish Center. Check the bulletin for current book selections.

***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.

**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 Fr. Jarrod Waugh, CSC, pastor, at jwaugh@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 Fr. Jarrod Waugh, CSC, pastor, at jwaugh@sacredheartcos.org.

Revised July 2025