

**March 5, 2023**  
**2nd Sunday of Lent**

Bearing witness to Jesus Christ who is the Way, the Truth and the Life: **GO. MAKE. TEACH.**  
Our Core Values: a reliance on prayer, a willingness to grow, a generous spirit



Candidates with their sponsors

**Our elect and candidates in the Becoming Catholic RCIA program are nearing their reception into full communion with the Catholic Church at the Easter Vigil. Please continue to pray for our candidates, their sponsors and catechists as they prepare to become Catholic!**



Elect and candidates attend the Rite of Election and are welcomed by Archbishop Hebda

**In the Bulletin:**

Schedule of Events	pg. 2	Upcoming Events	pg. 6-7	Prayer List	pg. 9
Letter from Father Paul	pg. 3	Generous Spirit	pg. 8	Parish Life	pg. 10
Youth Ministry	pg. 4-5	Respect Life	pg. 9		



## Parish Staff

**PASTORAL MINISTRY** 651-633-8333  
 Fr. Paul Shovelain, Pastor ext. 1214  
 Fr. Joseph Nguyễn, Parochial Vicar ext. 1213  
 Deacon Rod Palmer VM 1298  
 Deacon Gary Schneider VM 1288  
 Deacon John Belian ext. 1239  
 Mary Kohlhaas, Pastoral Care Coordinator ext. 1229  
**WORSHIP** 651-633-8333  
 Lee Trembl, Director of Worship ext. 1212  
 Lori Vosejka, Director of Contemporary Ensemble lav247@msn.com  
 Abe Gross, Director of Ignite abrahamjohnngross@gmail.com  
 Margaret Harmon, Liturgical Admin. Assistant ext. 1279  
 Tucker Moore, Children's Choir Director ext. 1124  
**OFFICE OF DISCIPLESHIP AND MISSION** 651-633-1540  
 Jessica Balzarini, Director of Parish Life ext. 1228  
 Jill Fink, Director of Catechesis ext. 1280  
 Jen Livermont, Coordinator of Discipleship for Families ext. 1234  
 Deacon Michael Lane, Coordinator of Sacraments ext. 1219  
 Jodie Wolla, Administrative Assistant ext. 1211  
 Claire Brostrom, Reach More Mission Coordinator ext. 1250  
**YOUTH MINISTRY** 651-633-1540  
 Mikayla Anderson, High School Youth Minister ext. 1218  
 Sarah Wilder, Middle School Youth Minister ext. 1254  
**SCHOOL & PRESCHOOL (PreK - 8)** 651-633-1522  
 Ann Laird, Principal ext. 1117  
 Joy Thienes, Administrative Assistant ext. 1118  
 Michelle Barsness, Marketing/Enrollment ext. 1114  
**ADMINISTRATION** 651-633-8333  
 Mark Dittman, Director of Business Operations ext. 1215  
 Teri Shea, Office & Facilities Manager ext. 1237  
 Michelle Chock, Accountant ext. 1224  
 Maureen Owusu, Parish Bookkeeper ext. 1255  
 Rita Arndorfer, Volunteer Coordinator ext. 1220  
 Mary May, Development Associate ext. 1253  
 Patrick Hinnenkamp, Director of Maintenance ext. 1203  
 Melissa Berg, Hospitality Coordinator ext. 1227  
 Joseph Huebl, Communications Coordinator ext. 1217  
 Micki Hall, Receptionist/Executive Assistant ext. 1210

### PARISH CENTER HOURS

Monday	8:00 AM - 8:00 PM
Tuesday	8:00 AM - 8:00 PM
Wednesday	8:00 AM - 8:00 PM
Thursday	8:00 AM - 8:00 PM
Friday	8:00 AM - 7:00 PM
Saturday	9:00 AM - 5:30 PM
Sunday	8:00 AM - 5:30 PM

### PARISH LIBRARY HOURS

Sat. 5:30 PM; Sun. 9:30 AM & 11:30 AM

**Church Nursery:** We offer year-round nursery during both the 8:30 am and 10:30 am Sunday Masses for children ages 1-3. Children play with caring staff while you are able to fully participate in Mass.

### Stay Connected:

LIKE OR FOLLOW US on FACEBOOK

<https://www.facebook.com/SJBNewBrighton/>

Follow us on Instagram: @stjohnnyb\_church

Subscribe to our YouTube Channel <https://bit.ly/3n9WnGQ>

EMAIL: [sjb@stjohnnyb.org](mailto:sjb@stjohnnyb.org)

Visit our website: [www.stjohnnb.com](http://www.stjohnnb.com)

Archdiocese's Victim/Survivor Assistance Program

651-291-4497 24 hours a day, 7 days a week

## Schedule of Events

### Monday, March 6, 2023

8:00 AM Rosary ~ Church  
 8:00 AM Confessions ~ Confessionals  
 8:30 AM Mass (Mary Joan Kelly+ and Mike Shlegal+) Church ~ Fr. Joseph  
 9:00 AM Divine Mercy Chaplet ~ Church  
 3:00 PM Called Forth Devotion ~ Facebook  
 7:00 PM Baptism Preparation Class ~ 206/208

### Tuesday, March 7, 2023

8:00 AM Rosary ~ Church  
 8:00 AM Confessions ~ Confessionals  
 8:30 AM Mass (Darwin Larson+) Church ~ Fr. Paul  
 9:30 AM Alive in the Word ~ 210  
 9:30 AM Kidz Closet ~ 203  
 1:00 PM Caregivers Support Group ~ 204  
 1:00 PM Library Committee meeting ~ Library  
 2:30 PM Open Youth Room ~ LL 106  
 3:00 PM Called Forth Devotion ~ Facebook  
 6:00 PM SVDP Prep Bags for Food Drive ~ 210  
 7:00 PM SVDP Meeting ~ 210

### Wednesday, March 8, 2023

8:00 AM Confessions ~ Confessionals  
 8:30 AM School Mass (Luverne Klinkner+) Church ~ Fr. Joseph  
 9:00 AM Blood Pressure Checks ~ St. Therese  
 9:30 AM Faithfully Fit ~ 208  
 9:30 AM Sister Clarinda's Winter Scripture Study ~ 206/208  
 3:00 PM Called Forth Devotion ~ Facebook  
 5:00 PM Confessions ~ Confessionals  
 5:30 PM Mass (Henry Heinks) Church ~ Fr. Paul  
 6:00 PM Middle School Faith Formation ~ LL 106  
 7:00 PM Choir Rehearsal ~ LL 101  
 8:00 PM Senior High Youth Group ~ LL 106

### Thursday, March 9, 2023

#### *Parish Office Closed After Mass Due to Staff Lenten Retreat*

6:30 AM Men's Fellowship ~ St. Joseph Hall  
 8:00 AM Rosary ~ Church  
 8:00 AM Confessions ~ Confessionals  
 8:30 AM Mass (Clarence Wilkus and Nancy Hamson+) Church ~ Fr. Joseph  
 3:00 PM Called Forth Devotion ~ Facebook  
 6:30 PM Catholic Watchmen ~ St. Joseph Hall  
 7:00 PM RCIA Class ~ 206

### Friday, March 10, 2023

8:00 AM Rosary ~ Church  
 8:00 AM Confessions ~ Confessionals  
 8:30 AM Mass (Joseph King and Walter E. Miskowic & family) Church ~ Fr. Paul  
 9:30 AM Legion of Mary ~ 204  
 3:00 PM Called Forth Devotion ~ Facebook  
 5:30 PM Mass (Jeannene and William Otto+) Church ~ Fr. Joseph  
 6:00 PM K of C Fish Fry ~ St. Joseph Hall  
 7:00 PM Stations of the Cross ~ Church

### Saturday, March 11, 2023

9:00 AM GIFT Faith Study ~ 210  
 9:30 AM Mass (Ralph Mickey Rooney+) Church ~ Fr. Joseph  
 10:30 AM Anointing Mass ~ Church ~ Fr. Paul  
 3:00 PM Called Forth Devotion ~ Facebook  
 3:15 PM Confessions ~ Confessionals  
 4:30 PM Vigil Mass (The living and deceased Members of the Emily Dahl family) Church ~ Fr. Paul  
 5:30 PM New Parishioner Orientation ~ St. Joseph Hall

### Sunday, March 12, 2023

8:30 AM Mass (Jim Verbrugge+ and the living and deceased members of the Diaz and Hennessey Family) Church ~ Fr. Paul  
 8:30 AM Sunday Nursery ~ Nursery  
 9:30 AM New Parishioner Orientation ~ St. Joseph Hall  
 10:30 AM Mass (Pro Populo) Church ~ Fr. Joseph  
 10:30 AM Sunday Nursery ~ Nursery  
 11:30 AM New Parishioner Orientation ~ St. Joseph Hall  
 4:00 PM Take and Eat Young Adult Gathering ~ St. Joseph Hall  
 5:00 PM Confessions ~ Confessionals  
 5:30 PM Mass with RCIA First Scrutiny (Louis Preese+ and Joseph Preese+) Church ~ Fr. Joseph  
 6:30 PM New Parishioner Orientation ~ St. Joseph Hall



## *From the Pastor: Father Paul Shovelain*

### ***“You will be my Witnesses”: Gathered and Sent from the Upper Room*** **Section II**

The Greek word “Synodos” is translated “walking together.” It takes humility to walk together with others. By walking together, you learn from the other and you come to understand them. It builds trust which then gives you the opportunity to share the love of Christ with them. While it is challenging to be aligned due to our own desires and gifts, there is strength in teamwork and cooperation. We are ultimately invited to walk together with the Lord.

Section II begins with some scriptural thoughts from Archbishop Hebda. Reflecting on his many pastoral visits, he notes that the harvest is truly abundant, but the laborers are few. Thus, he calls us to participate in the work of the harvest. We do not do it alone, but rather with the Lord and each other. It is a team effort. The Lord has given each of us gifts and talents to build up His kingdom in each of our parishes. We all have circles of influence in which we can share the love of Christ in our interactions.

The Archbishop gives pastors the responsibility to form a team of twelve to share in the responsibility of implementing the goals of the synod at the parish. I have asked twenty people, twelve parishioners and eight staff members to assist me in this effort here at SJB. We have begun the School of Discipleship and learned from Jeff Cavins in this class. We have reflected on the need for Christ in the world and the grace that God shares with us individually to meet that need. After the class, we will participate in a forty day challenge as well as have a planning day on April 22 to organize our efforts for evangelization here at SJB.

In addition to the team at the parish level, Archbishop Hebda is establishing support for it at the diocesan level. He has created the Office for Synod Evangelization as well as Vicars for Evangelization. Having a structure to support the parish efforts will be crucial to the effective implementation of the Synod priorities.

Archbishop Hebda concludes this section by introducing the image of the Upper Room, where the foot washing, Last Supper and Pentecost took place. In upcoming sections he will break open this image as a means to call us forth to be Christ’s witnesses.

*As the Father loves me, so I also love you!*

*Father Paul Shovelain*

## Youth Ministry



365 envelopes. Countless youth.  
Infinite fruit.

This weekend is Youth 365, our annual youth fundraiser! Youth 365 is designed to replenish our scholarship fund, so that finances will never be an obstacle for our youth to encounter Jesus. The money is also used to aid the expansion of our youth ministry program with great resources, training for our parish teams, and updates in the Youth Room.

We encourage you to stop by our table in the plaza after all Masses this weekend. Please invest in our youth and fill out one of the envelopes. Better yet, grab some friends and complete one of the higher dollar amount envelopes. You can also donate via our website ([stjohnnyb.org](http://stjohnnyb.org)).

Check out below to see all the youth opportunities that SJB has to offer.


In Christ,

*Mikayla Anderson*

High School Youth Minister  
[andersonm@stjohnnyb.org](mailto:andersonm@stjohnnyb.org)  
651-633-8333 x 1218

*Sarah Wilder*

Middle School Youth Minister  
[wilders@stjohnnyb.org](mailto:wilders@stjohnnyb.org)  
651-633-8333 x 1254



Join us for special coffee and smoothies after the 8:30 am and 10:30 am Masses!

SJB Youth will be proud to serve you!

Donations accepted!

### Youth Ministry at St. John the Baptist

St. John's Youth Ministry has been thriving and growing! Check out all the different ministry opportunities we offer for our youth!



### Middle School Programs

**Open Youth Room** - Every Tuesday, after school, 15-25 students from SJB middle school gather in the youth room to connect with one another, learn and develop prayer skills and play games as a community! These students have learned and practiced over 5 new forms of prayer!

**Wednesday Night Bible Study** - Every Wednesday night, 20-30 middle schoolers from our parish gather for small group bible study. Each week, students receive a short lesson on a historical period of the bible before diving into a specific bible story from that time period.



## Youth Ministry

Middle School Youth Group - Once per month, middle schoolers from our community gather for a high energy evening which culminates in a time of prayer and invitation for deepening of faith.

### High School Programs

High School Youth Group - Every Wednesday night from 8-9:30pm, high school student gather to grow closer to Jesus through prayer and community! We currently are doing a monthly rotation of a prayer night, topic night and a social night.

Confirmation - Students in 9-12 grade who are interested in receiving the Sacrament of Confirmation meet in small groups on Sunday evenings to learn what it means to be sent on mission by the power of the Holy Spirit.

### Summer Programs

Catholic Youth Summer Camp - This year we are bringing 65 middle schoolers to camp along with a number of high school leaders! This is always an amazing week of high energy excitement and beautiful times of prayer, which for many become life-changing events that they look back on for years to come!

Totus Tuus - Every summer we host a week of Totus Tuus. During the day, kids in K-5 attend sessions during the day, while students grades 6-12 attend an evening program. Each year, there is a different theme so students can learn something new from year to year.



ATTENTION ALL HIGH SCHOOLERS

# MISSION TRIP

Huntingburg, IN

July 8-15, 2023

Contact Mikayla Anderson, High School Youth Minister for details!  
andersonm@stjohnnyb.org  
651-633-8333 x 1218

**St John Baptist**  
CATHOLIC CHURCH & SCHOOL



**MADE for MORE**  
CATHOLIC HEART WORKCAMP  
EST. 1993

Join us for a week of service, prayer, and community! We will have daily Mass, Adoration, Confession, attend a minor league baseball game, and make so many memories!

**Refuge**  
STEUBENVILLE  
YOUTH  
Conference

University of St. Thomas,  
St. Paul, MN

July 28-30, 2023

OPEN TO CURRENT 8th- 12th GRADE

Powerful Talks,  
Long Adoration,  
Life Changing Testimonies  
a Weekend of Community  
& FUN

Contact Mikayla Anderson, High School Youth Minister for more  
information! andersonm@stjohnnyb.org, 651-633-8333 x 1218

**St John Baptist**  
CATHOLIC CHURCH & SCHOOL

Mission Trip - This year, students currently in grades 9-12 will be traveling to Huntingburg, IN to serve that community. We will be working with Catholic Heart Work Camp, a mission trip company to serve and then engage in evening programming with adoration, confession and worship.

Steubenville - A Steubenville Conference is weekend conference that evangelizes, equips and empowers students to become radical, joyful disciples. Enjoy keynote speakers, praise and worship, Eucharistic Adoration, Reconciliation, and so much more.

## Upcoming Events

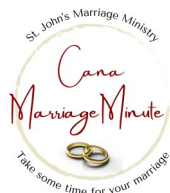
### Marriage Minute Series

The March Marriage Minute Series will give you tools to improve communication with your spouse. Bradley Barker, a licensed Professional Clinical Counselor, will help couples effectively navigate through conflict, remaining united versus divided.

Join us for one or both talks with your spouse. Limited childcare is available.

March 5 and 19, 2023  
9:30 am—10:30 am  
Room 211 at St. John's

Register on the Parish Website ([stjohnnb.com](http://stjohnnb.com))



### Catholic Watchmen

The next Watchmen meeting is at 6:30 pm on Thursday, March 9 in St. Joseph Hall.



Dr. Philip Rolnick, UST will present his talk titled, "Faith and Hope: Differences and How They Work Together"

### Intercessory Prayer Ministry

We often need prayer for family, faith, health, work, relationships, and other challenges in life. St. John the Baptist's **Intercessory Prayer Ministry (IPM)** teams provide monthly individual prayer ministry one weekend a month after the scheduled Mass times below.

Our next Intercessory Prayer Ministry will be:

**Saturday, March 18** after the 4:30 pm Mass  
**Sunday, March 19** after the 10:30 am Mass.

*"Therefore . . . pray for one another that you may be healed. The fervent prayer of a righteous person is very powerful."*  
~James 5:16,17

### Men's Fellowship

Thursday Mornings 6:30—8:00 am  
Now – March 16, 2023

*The Creed – Bishop Robert Barron DVD Series*

Come for the donuts, stay for the truth!  
Questions, call Dave at 612-616-4013

### Join us for our Semi-Annual Anointing Mass!

**Saturday, March 11  
at 10:30 am**

Brunch to follow in St. Joseph Hall!

Please RSVP to Micki Hall by **March 7** at  
651-633-8333 or [hallm@stjohnnyb.org](mailto:hallm@stjohnnyb.org)  
so we know how many to expect for lunch!

### Caregiver's Group

For all those who are taking care of a loved one and are looking for a break, a support group, and/or a friend to lean on.

We meet on March 7, the 1st Tuesday of the month, from 1:00—2:30 pm in Room 204.

Come join us for a break, good company, good conversation and good prayer. You can come and share or not share, whatever you are comfortable with, and everyone will understand.

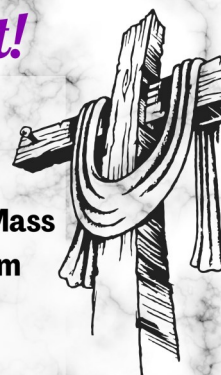
### Spend extra time with the Lord this Lent!

#### Friday Evenings in Lent

- Mass at 5:30 pm
- Soup Supper or Fish Fry after Mass
- Stations of the Cross at 7:00 pm

#### Saturday Mornings in Lent

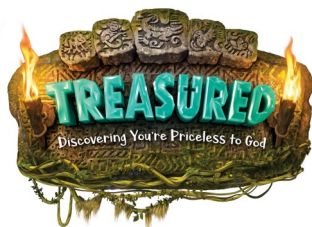
- Mass at 9:30 am





## Upcoming Events

### Vacation Bible School



Join us **Tuesday, June 20, 2023—Thursday, June 22, 2023** from 9:00 am – noon for Treasured Child of God VBS! Vacation Bible School is for students age 3 (and potty trained) through children entering 1<sup>st</sup> grade. We will read stories, make crafts, pray,

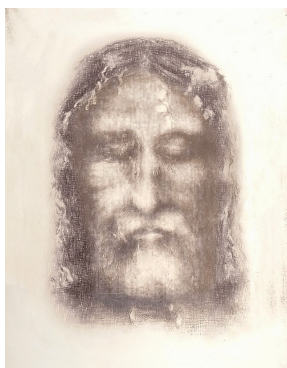
play, have snack and playground time. VBS is a fun way to experience Christ's teachings through hands-on play with friends from school and church. We will meet in the basement preschool rooms. On our last day we will end with a big, water extravaganza! Register with the QR code or on our parish website (stjohnnb.com).



The cost is \$30. If you have any questions please email Jen Livermont at [livermontj@stjohnnyb.org](mailto:livermontj@stjohnnyb.org).

### SJB Parish Library News

Do you want to get up close and personal to the Passion of Jesus? What did Jesus really look like and how much did he suffer for us? The Holy Shroud of Turin is the miraculous image of our crucified Savior when He was laid in the tomb. We have many DVDs and books available on the Holy Shroud of Turin.



What was it like to witness Christ's Passion? Read an eye-witness account of Catherine Emmerich who was given a powerful, miraculous, eye witness vision of Jesus' Passion in her book "The Dolorous Passion of Our Lord Jesus Christ."

Come and see!! We have more books, DVDs, and CDs to enrich your Lenten journey. Your parish library is open after the Saturday evening and Sunday morning Masses, and is located up the ramp across from the archives display. Any questions, call Jeanne Kratzer at 612-406-9387.

The next Library Committee Meeting is Tuesday, March 7 from 1:00 pm—3:30 pm in the Library.

### Totus Tuus

Totus Tuus is a Catholic summer youth program dedicated to proclaiming the Gospel and sharing the Catholic faith through evangelization, catechesis, Christian witness, and Eucharistic worship taught by college students. The program is split into the grade school day program and the middle school/high school evening program.



The Totus Tuus Grade School Day Program is for students entering grades 1-5 in the fall and is \$50. The program runs **Monday, July 24 through Friday, July 28, 2023** from 9:00 am - 2:30 pm and includes songs, skits, games, prayer, small groups, Mass, recess and large group presentations. We will end the week with a human sundae and water fun! Register with the QR code or on our parish website (stjohnnb.com).



The evening program is for students entering grades 6-12 in the fall and is \$25. The program runs **Sunday, July 23 through Thursday, July 27, 2023** from 7:00 pm - 9:15 pm and includes large group presentations, small group discussions, games, and night prayer. Students need to register whether they attend one day or the full week. Register with the QR code or on our parish website (stjohnnb.com).

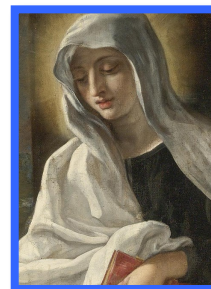


### Widows & Widowers

Next meeting is Monday, March 13 at 11:30 am at Perkins on County Road D.

*"A married woman must, when called upon, quit her devotions to God at the altar to find him in her household affairs."*

~ Saint Frances of Rome  
(Feast Day March 9)



## Generous Spirit

### Pastoral Care Endowment

Every year St. John the Baptist receives financial support in the form of distributions from our five parish, school, and cemetery endowment funds.

The **Pastoral Care Endowment**, established in memory of Julie Hammer, has strengthened our ministry to those in need, including pastoral outreach to the sick and dying.

This past year, those who made gifts to this endowment made it possible for us to purchase 50 new pyxes to carry consecrated hosts to the homebound. These beautiful, solid brass pyxes are embossed with designs such as the Lamb of God to show that the Real Presence of Jesus is contained within.

If you are not able to come to Mass in-person and would like to receive Holy Communion, please contact Pastoral Care Coordinator Mary Kohlhaas. Mary would also like to hear from you if you are interested in volunteering for this important ministry! You can reach Mary Kohlhaas at 651-633-8333, x1229 or kohlhaasm@stjohnnyb.org.

To learn more about contributing to the Pastoral Care Endowment or another SJB endowment fund, contact Mary May, Development Associate, at 651-633-8333, x1253, or email maym@stjohnnyb.org. You may also go to [www.stjohnnb.com](http://www.stjohnnb.com), select "Donate," then click "Legacy Gift".

### Easter Decoration Memorials

If you would like to remember someone who has died or honor someone special, we invite you to make a donation in their name(s) to the Easter Plant, Wreath & Tree Fund. Please complete this form or use the envelope included in your packet and send it with \$20 (suggested amount) to the Parish Center, or drop it in the Sunday collection.

**PLEASE PRINT CLEARLY!**

**In Memory of / In Honor of:** \_\_\_\_\_

**From:** \_\_\_\_\_

**Amount Enclosed:** \$ \_\_\_\_\_ **ck #** \_\_\_\_\_

**Envelope #:** \_\_\_\_\_

### Sunday Giving Summary January 2023

- For the month of January 2023 Sunday Giving was 10% below budget.
- For the fiscal year to date (July through January) we are about 1% below budget.
- For comparison, last year Sunday Giving for January was 3.6% above budget, and July 2021 through January 2022 was about 1% below budget.
- For the current fiscal year, 2022/23, we budgeted a 2.5% increase in Sunday Giving over actual 2021/22 giving.
- We are grateful for your many gifts! Thank you!

*For more information or questions, please contact Mark Dittman, Director of Business Operations, at 651-633-8333, ext. 1215 or [dittmanm@stjohnnyb.org](mailto:dittmanm@stjohnnyb.org).*

**Every gift you make promotes our core values and Calls Us Forth!**  
**Thank you all for your reliance on prayer, your willingness to grow and your generous spirit!**

	Actual	Budget	Variance
January 2023	\$ 178,396	\$ 198,670	\$ (20,273)
July 2022 – January 2023	\$ 1,364,952	\$ 1,375,839	\$ (10,886)



## Respect Life

### What You Do Matters...

by Mary Kohlhaas

I was urged to only bring positive messages to the bulletin recently. And believe me, if I could, I would, but Death is on the move and it wants the most vulnerable of us! Just today I received an email asking for us to contact our legislators regarding another pro-death bill soon up for a vote – this time the MN House (HF 91) and Senate (SF 70) are hoping to roll back the rest of the Pro-Life laws, “including the Born Alive Infant Protection Act, which says if a baby survives an attempted abortion, he or she must receive medical care if its possible to save his or her life.” The Pro-Abortion industry wants to strike down that law of protection. The Pro-Life movement has abortion survivors who travel the country telling their miracle stories and they are usually very accomplished and well spoken individuals and proof that God wants to use them to bless us! Just more evidence of the value of every baby killed through abortion. Will you contact your representatives and ask them to vote NO on SF 70 and HF 91? What you do matters.

Want more information?

Contact MCCL:  
mccl@mccl.org  
Minnesota Citizens Concerned for Life  
4249 Nicollet Ave.  
Minneapolis, MN 55409

### 10 Ways to Support Her When She's Unexpectedly Expecting

Read the full version at [respectlife.org/support-her](http://respectlife.org/support-her).

As a mom who had my first baby in college, I know that an unexpected pregnancy can sometimes bring fear, shame, and doubt. Perhaps one of your friends has become pregnant unexpectedly. I encourage you to support her in her new journey of being a mother. It's okay if you don't know the perfect words to say. Let her know you are there for her, and ask how you can support her. Assist her in lining up practical help. She may not feel she “deserves” to show happiness; reassure her it's okay (and good) to be happy. Your support might be the only support she receives. You can make a difference in her life. Will you?

*Your support may  
be the only support  
she receives.*

\*Name changed for privacy. This is a summary of a USCCB Respect Life Program article by the same name and is reprinted with permission. © 2019, USCCB, Washington, D.C. All rights reserved.

## Please Pray For...

**Those who have entered eternal life:**

Linda Jensen

**Those who are ill:**

Sadlovsky Family, Sheehan Family, Cameron Santos, Patricia Roy, Dave Willette, Madi Rippy, Sydney Jo Rippy, Jesse McDonough, Daryl Stevens, Richard Adams, Geraldine and Gloria Hangartner, Sarah Miller, Emily Dahl, Theresa People, Josephine Schmidt, Erik Engebretson, Chris Natheos, Randy Vogland, Don Lumby, Alex Pearson, Thomas Jones, Jean Isacson, Fulton Francis Dobbs, Susan Welsh, Robert Cuddigan, Jenny Bruening, Annette Foreman, Mary Clare Farrell, Sawyer Anderson, Betsy Brown, Dee Olson, Jim Smith, Jerry Renk, Dale Phillips, Dennis Fox, Kathleen Schopf, Steve Lauinger, Charlotte Thrun, Poppy Craft, Annette Kirwan, Bonnie Norgren, Emma Lutsilili, Beverly Aplikowski, Mary Gormally, Georgianna Warden, Mary Spitzka, Michael Ferdelman, Cassie Cramer, Jon Clark, Donna Yenish, John Leibrich, Nella Pitzen, Doug Brekke, Philip Jarosz, Kay and Gary Mayer, Elaine Loscheider, Diana Goebel, Cindy Chase, Charles Heath, Danielle Pratt, Claire Kriz, Carol Esterley-Ruff, Joe Brownrigg, Brigit Voss, Brandon Boss, Cynthia Quass, Ning Mariano, The Viker Family, Robert Lauinger, Phyllis Norbeck and Jennifer Norbeck, Joseph Wutsch, John Wiggins, Mary Jo Beaudry, Greg Najbert, Colleen Judd, Jacob Rivera, Jaxson Rivera, Cele Winter, Paul Jacobs, Matthew Grosjean, Jeremy Mainello, Deacon Rod and Susan Amos Palmer, Dottie Searles, Sylvia Meagher, Mary Andersohn, Kris Mellstrom, Kay Hildreth, Stacey Miller, Mary Erickson, Larry Wasik, Steve Johnson, Audrey Geneva, Tim Steffl, Braxton Battaglia, Helen Heinks, JoAnn Cedarholm, Tom Goebel, Engracia and Jim Houle, Jon Latham, Marlene Nickel, Christa Jones, Sue Klinkner, Neil Lubke, Sharon Bowen, Larry Tenold

*If your name has been removed from this list and you would like to be prayed for, please call the parish office.*

**Prayer Line** 651-633-1618/651-247-4202 Call with your prayer requests. Requests are confidential.

**Birthright** Caring help for pregnant women.  
(651) 646-7033 Saint Paul, (763) 757-0715 Coon Rapids

### Readings For The Week

Monday: Dn 9:4b-10; Ps 79:8, 9, 11, 13; Lk 6:36-38  
Tuesday: Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21, 23; Mt 23:1-12  
Wednesday: Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28  
Thursday: Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31  
Friday: Gn 37:3-4, 12-13a; 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46  
Saturday: Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32  
Sunday: Ex 17:3-7; Ps 95:1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]

## Parish Life



One of our Extraordinary Ministers gave away some blessed quilts that were made by our Quilters Group to three nursing home residents and they LOVED them! Pictured from left to right is Ida, Mary, and Nancy.

### Catholic Fasting/Abstinence Rules

Catholics age 14 and older do not eat meat on Ash Wednesday and all Fridays during Lent, including Good Friday. Instead of meat many Catholics choose to eat fish - which is why many parishes around the country have fish fries on Fridays during Lent. These are a great opportunity for a parish community to come together to pray and fast.

On Ash Wednesday and Good Friday, Catholics age 18 to 59 also limit the amount of food they eat. Only one full meal, and two smaller meals that together do not equal a full meal, are eaten. The best rule of thumb is to make sure your meals are smaller than what you would eat on a normal day - and to avoid snacks. Exemption is allowed for pregnant women and those who need regular meals for medical reasons.

You may have heard the words "fasting" and "abstinence" used when talking about Lent. "Fasting" is the word used when the amount of food eaten is limited. "Abstinence" is when you completely give something up, like meat, for a set period of time. Both "fasting" and "abstinence" play a role during Lent.



PRAYER



FASTING



ALMSGIVING

### Our Fascinating Faith The Scrutinies

Next Sunday, if your parish is blessed with catechumens (now called "elect" during Lent) who are preparing for baptism at the Easter Vigil, you will likely celebrate with them the first of three scrutinies. These are rites integral to final Lenten preparations made by the elect, and they are celebrated on three successive Sundays, starting with the Third Sunday of Lent. The Church tells us that the scrutinies are meant to uncover and heal all that is weak and sinful in the lives of the elect. During the week leading up to each celebration, the elect engage in prayerful preparation involving deep reflection on their own lives and the new life to which they are called. The rites themselves use a special form of intercessions specifically directed to the lives of the elect, and include a prayer of exorcism.

It is essential that these rites be celebrated in the midst of the community, so that the elect experience the support of the parish members on this profound journey of faith. But it is equally important that the parish members witness the growing faith of the elect so they may be inspired by it for their Lenten journey of reflection on their own baptism in preparation for Easter.

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