



### *The Agony in the Garden*

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**Fish Fry Fridays! 4:30PM ~ 6:30PM**  
Join us in Moorman Hall!

**Stations of the Cross and Benediction**  
Fridays during Lent starting at 7:00PM

#### **Go to Joseph!**

A day of prayer, spiritual formation  
and friendship!

**Saturday, March 19 ~ 8:00AM to 2:00PM**

#### **Communal Penance Service**

**Wednesday, April 13 at 7:00 ~ 8:30PM**

#### **Palm Sunday, April 17**

Saturday Vigil Mass at 5:00PM

Sunday Masses at 9:00AM and 11:00AM

#### **Tenebrae, Wednesday, April 20**

Service at 7:30PM

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Cleanse me of sin with hyssop,  
that I may be purified;  
wash me, and I shall be whiter than snow.

...A clean heart create for me, O God,  
and a steadfast spirit renew within me.

Cast me not from your presence,  
and your Holy Spirit take not from me.  
Give me back the joy of your salvation,  
and a willing spirit sustain in me.

...I will teach transgressors your ways,  
and sinners shall return to you...

O Lord open my lips,  
and my mouth shall proclaim your praise.

Psalm 51

# Church of the Holy Family

5900 West Lake Street ✠ St. Louis Park, MN 55416

## March 13, 2011

*First Sunday of Lent*

Reverend Thomas W. Dufner, Pastor

Reverend James Stromberg, Weekend Associate

#### Mass Times:

Sunday Masses 9:00AM and 11:00AM

Saturday Mass 5:00PM

Weekday Masses 8:00AM (Rosary 7:35AM)

#### Confessions:

Saturday 3:30PM to 4:50PM

Sunday 8:00AM to 9:00AM

#### Parish Office

952.929.0113

#### Staff:

Rev. Thomas Dufner Pastor

June Kattar Baptism/Marriage Prep.

Sharon Pero Pastoral/Parish RN/Liturgist

Claudia Capello Assistant

Jean Prather Elementary DRE/Special Events

Elizabeth Brown Confirmation Coordinator

Kathy Vansickle Controller

Bobbi Hanson Bookkeeper

Rick Nichols Facilities Manager

Theresa Bakos Secretary

Lynn Tomaszewski Youth Minister

#### Extensions:

ext. 15

ext. 14

ext. 13

ext. 17

ext. 12

ext. 19

ext. 16

ext. 11

ext. 20

ext. 10

ext. 21

**Web Address:** [www.hfcmn.org](http://www.hfcmn.org) **Email Address:** [staff@hfcmn.org](mailto:staff@hfcmn.org)

#### Registration in Parish:

Required for baptism and marriage. Adults 18 and over call the parish office 952.929.0113.

#### Marriages:

Registered parishioners must make application 3 months prior.

#### Baptisms:

First Sunday of the month. Must be registered parishioners.

Baptism class required. Please call 3 months in advance.

**Perpetual Adoration - Jim Glover**

763.533.0423

**Prayer Chain -Dona Marek, 9AM to 9PM**

952.926.3130

**STEP - Emergency Program**

952.925.4899



5925 West Lake Street ✠ St. Louis Park MN 55416

**Ann Coone, Principal**

**School Office**

952.925.9193

**Web Address**

[www.hfamn.org](http://www.hfamn.org)

### What Should I Do For Lent?

#### Lent Is Upon Us!

Lent is the Church's annual retreat, a time to recover our spiritual and moral compass. On Ash Wednesday we heard the words, "**Remember that you are dust, and unto dust you shall return.**" The first step in regaining our spiritual bearings is to admit that all of us are sinners. We have done deeds that are wrong, things that our consciences bother us about (if we haven't deadened them by justifying our sins). And if our personal sins weren't enough, we know that we are marked by weakness to sin that comes from Original Sin. St. Paul sums this up by saying, [Rom 8:22] "*We know that the whole creation has been groaning in travail together until now;* [Rom 8:23] *we who have the first fruits of the Spirit, groan inwardly as we await the redemption of our bodies.*"

Yet we are not without hope. God has done His part. We have to do ours. Salvation is a cooperative effort! St. Paul says, "athletes deny themselves all sorts of things to win a crown of leaves that withers, but we do so to win a crown that will endure forever!" [Cor.. 8: 25]. If we can deny ourselves just to get into shape, how much more ought we to deny ourselves for the sake of our spiritual well being. If it is the senses that lead us into sin, it's in the senses that we deny ourselves. If we can deny ourselves some of the legitimate pleasures of life, we will gain the power to overcome the illegitimate ones.

**Be sure to do some FASTING in Lent.** You may want to just eat bread and water for first two meals on certain days, and then have a normal supper. You may want to give up sweets for Lent, or alcohol. Remember, we don't have to do penance on Sundays of Lent, so starting Saturday evening, after the first Mass of the Sunday, we let up on the penances. So dare to be hard on yourself! You kids, I want you to leave the radio off!

**Another form of fasting**, in fact a preparation for prayer, is to cut way back on our media use. We are way too "connected." With Talk Radio, Internet, Cable TV, Facebook, and Twitter it's a wonder we can think at all. I'm afraid we live un-reflected lives because we're so caught up in the immediate moment by communication. In a sense, we're driving like mad and have no idea of where we're really going. A great penance for Lent would be to **Leave the TV off. Disconnect the Internet. Suspend your Facebook account.** Talk about psychological pain, you'll wonder what to do with yourself! After a few days of complaining you'll have to ask yourself where your life is really going. Hopefully you'll take serious time to pray. And then begin to fill in

that empty space with something much better!

**Be sure to PRAY in Lent.** Go to **Daily Mass** if you can. At each Mass, when we receive the Body and Blood of Jesus, we share in His death and resurrection! [2 Cor 4:10] [*We are*] *always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.* We need to share in His life if we are to die to ourselves!

I invite you especially to the **Stations of the Cross each Friday night at 7:00 p.m.** Here we really ponder the sufferings of Jesus and recall with St. Alphonsus, "*It is not the weight of the cross, but of my sins, which has caused Thee to suffer so much pain...*"

**Finally, be sure to GIVE ALMS during Lent.** Almsgiving covers a multitude of sins. Jesus notes how hard it is for the rich to enter the Kingdom of Heaven, but says, "*If they give what they have as alms, all will be wiped clean.*"

Let this Season of Lent be a time of real spiritual renewal where you regain your spiritual bearings, and begin to make real spiritual progress.

Rev. Thomas W. Dufner

### Fish Fry

**Fridays during Lent**

(No Fish Fry on Good Friday)

**Moorman Hall**

Serving from

**4:30 pm to 6:30 pm**

#### Catholic Services Appeal

The 2011 Catholic Services Appeal is more than just another collection. It is the way by which every Catholic shares in the work of our Archdiocese and the mission of the Church. Our work is providing Catholic Schools for our children, faith formation programs in our parishes, and with the guidance of Catholic Charities, we feed the poor.

#### CARMELITE SPIRITUALITY

Holy Family's Carmel Group meets the 2<sup>nd</sup> Monday of the month from September through May beginning at 6:30PM downstairs in Moorman Hall. **Our next meeting will be Monday, March 14.** Since we are not an official secular Carmelite community, you are free to join us, any month. Questions? Jean at 952.929.0113 x12 or email: jean@hfcmm.org



## ✧ Weekly Calendar of Events ✧

### Sunday, March 13 - First Sunday in Lent

#### Donut/New Member

- 8:00 am Confessions
- 9:00 am Mass
- 11:00 am Mass

### Monday, March 14

- 8:00 am Mass
- 8:30 am Exercise Class (Gathering Place)
- 3:00 pm WOW Holy Hour (Adoration Chapel)
- 6:30 pm Carmel (Moorman Hall/Church)

### Tuesday, March 15

- 8:00 am Mass
- 8:30 am Grandparents Prayer Group (Gathering Place)
- 10:30 am Goodtimers 500 Club (Gathering Place)
- 7:00 pm Fundamentals of Catholicism (Moorman Hall)

### Wednesday, March 16

- 8:00 am Mass
- 8:30 am Coffee & Rolls (Moorman Hall)
- 9:30 am Quilting
- 11:45 am Exercise Class (Moorman Hall)
- 5:15 pm Kids Praise Too!
- 6:30 pm HFC (School)
- 6:30 pm Confirmation (Gathering Place/Moorman Hall)

### Thursday, March 17

- 8:00 am Mass
- 7:00 pm Choir
- 7:00 pm NFP (Gathering Place)

### Friday, March 18

- 8:00 am Mass
- 8:30 am Exercise Class (Gathering Place)
- 4:30 - 6:30 pm Fish Fry Friday!
- 7:00 pm Stations of the Cross and Benediction

### Saturday, March 19

- 6:30 am Holy Name Society (Gathering Place)
- 8:00 am Go to Joseph!
- 10:00 am Rosaries for Life (Robbinsdale)
- 3:30 pm Confessions
- 5:00 pm Mass

### Sunday, March 20 - Second Sunday of Lent

#### Food Drive Sunday

- 8:00 am Confessions
- 9:00 am Mass
- 11:00 am Mass



### ALTAR AND ROSARY NEWS

Ladies (and Gentlemen)! Please continue your efforts to contact sponsors of the program "Glee" and the FOX network regarding the objectionable content. Information and sample letters will be available each week beginning on Wed. after Mass by the office. According to ParentsTV Council it is most effective if you change the letters slightly and use your own words. The hard copies highlight the program content and are samples. Also note emails and phone calls are appropriate. You can contact more than one. Thanks so much! Your input will make a difference. Call Mary at 763.533.0423 with questions.

**NATURAL FAMILY PLANNING** ~ A First Instruction in the Billings Ovulation Method will be offered on March 17th. To register call Lorena Dillon 612.396.4019.

You are invited to a...

## Roller Skating Party!

When: Sunday, March 27 - 5:00 - 7:30pm

Where: The Roller Garden on West Lake Street

9 blocks east of Holy Family  
the rink is exclusively ours!!!

Cost: \$5.00 per person  
(Includes skate rental and is the same even if you bring your own skates...)

Holy Family Dinner Deal:  
All beef hotdog, chips and  
pop - for only \$3.50!

Who: Kids! Teens! Adults!

**EVERYBODY!** 😊

No reservation is necessary  
Just show up at the Roller Garden &  
come to the party!!!

### READINGS FOR THE WEEK

**Monday:** Lv 19:1-2, 11-18; Mt 25:31-46

**Tuesday:** Is 55:10-11; Mt 6:7-15

**Wednesday:** Jon 3:1-10; Lk 11:29-32

**Thursday:** Est C:12, 14-16, 23-25; Mt 7:7-12

**Friday:** Ez 18:21-28; Mt 5:20-26

**Saturday:** 2 Sm 7:4-5a, 12-14a, 16; Rom 4:13, 16-18,22; Mt 1:16, 18-21, 24a or Lk 2:41-51a

**Sunday:** Gn 12:1-4a; Ps 33; 2 Tm 1:8b-10; Mt 17:1-9

### SAINTS AND SPECIAL OBSERVANCES

**Thursday:** St. Patrick

**Friday:** St. Cyril of Jerusalem; Abstinence

**Saturday:** St. Joseph, Husband of the Bl. Virgin Mary

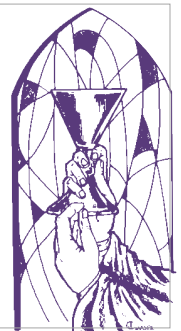
### Holy Family Weekly Offering Weekend Masses - March 5/6

Regular Envelopes	\$ 24,564.03
Plate	\$ 1,709.89
Online Giving	\$ 917.00
CARE Fund	\$ 716.07

*Thank you for generosity!*

### Mass Intentions for the Week

- Mar 14 Joseph Maleski O'Donnell
- Mar 15 Rev. Msgr. James Namie †
- Mar 16 Alex and Helen Skaj †
- Mar 17 Pat Doast
- Mar 18 Kay Nichols
- Mar 19 Lake Elmo Carmelites
- Mar 20 Elizabeth Borg † (9AM)
- Mar 20 For the Parish (11AM)





# HOLY FAMILY PARISH

*is teaming up again this year with*

## Feed My Starving Children

to pack meals for God's most needy children in nearly 70 countries around the world, especially Haiti.

### TWO WAYS YOU CAN HELP:

#### 1 Donate Funds.

Fill up your M&Ms container with quarters and bring it back to HFC on Palm Sunday weekend **AND/OR** give generously in the second collection at any of the Masses on Palm Sunday weekend (April 16-17).

#### 2 Pack Food during Holy Week.

##### *How to sign up:*

- ✓ Go online: [www.hfcmn.org](http://www.hfcmn.org)
- ✓ Call Kathy Vansickle at the church office at 952-929-0113.

#### MINNESOTA FOOD SHARE MARCH CAMPAIGN

The 2011 Minnesota FoodShare March Campaign goal is to fill 300 food shelves. Mission impossible?

##### Not if you help!

- People using food shelves do not make enough income to cover their basic needs.
- More than 50% of adult food shelf visitors are employed and 65% make less than \$1000.00 a month, not enough income to cover their basic needs.
- In 2010, there were more than three million food shelf visits statewide and 63 million pounds of food were distributed to Minnesota families by food shelves.
- Hunger touches people of every age: 56% of food shelf visitors are families with children and 20% are seniors.
- From 2000 to 2010, food shelf usage has tripled!

During the Month of March you are invited to bring non-perishable items to Mass **every weekend** to help keep the S.T.E.P. food shelves stocked. Let's help Minnesota FoodShare meet their goal!

#### Deanery Meeting

There will be a Deanery Meeting at Saint Hedwig Church on Monday, March 28 from 9:00AM - 2:00PM. Annual mini-retreat with speaker Father Robert O'Donnell and his topic is "Sharing the Faith Starts With Me." Please call Terry Berthiaume for reservations at 952.929.3155.



#### *Pro-Life Corner*

Lord God, I thank you today for the gift of my life,  
 And for the lives of all my brothers and sisters.  
 I know there is nothing that destroys more life than abortion,  
 Yet I rejoice that you have conquered death by the Resurrection of Your Son.  
 I am ready to do my part in ending abortion.  
 Today I commit myself  
 Never to be silent,  
 Never to be passive,  
 Never to be forgetful of the unborn.  
 I commit myself to be active in the pro-life movement,  
 And never to stop defending life  
 Until all my brothers and sisters are protected,  
 And our nation once again becomes  
 A nation with liberty and justice  
 Not just for some, but for all,  
 Through Christ our Lord. Amen!

#### MESSAGES from your HOLY FAMILY HEALTH BOARD

The Holy Family Exercise Program is conducted by a Certified Fitness Instructor, and is held every **Wednesday at 11:45AM in Moorman Hall. EVERYONE is welcome!** Don't put it off . . . come join us and reap the many benefits of exercise. (The cost is \$5.00 per session)

**TAKE ADVANTAGE OF THIS HEALTHY BENEFIT OFFERED RIGHT HERE AT HOLY FAMILY! Questions? Call Sharon 952.929.0113 Ext. 13**

SAVE THE DATES!

Catholic Vacation Bible School 2011!!

### IMMACULATE MARY

The Story of Saint Bernadette and Our Lady of Lourdes

June 13, 14, 15, 16 and 17

CVBS runs 8:30am – 12noon each day. Children's Adoration of the Most Blessed Sacrament Gathering Time is Friday, June 17, 12noon - 1pm. For children 4 years old - 6th grade. Teen and adult helpers are needed. Look for more information and registration forms at the end of April!

