



Ash Wednesday - March 9
Mass - 8:00am and 7:00pm

Lenten Regulations

The Christian faithful are to do penance through prayer, fasting, and abstinence. They are to do works of piety and charity. All Fridays through the year are penitential days. The entire season of Lent is penitential.

Abstinence: All those 14 and older are to abstain from eating meat on Ash Wednesday and all Fridays during Lent.

Fasting: All those 18 and older, up to the beginning of their 60th year, are to fast on Ash Wednesday and Good Friday. Only one full meal is allowed on days of fast. Two other meals, sufficient to maintain strength, may be taken according to one's needs but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.



Ash Wednesday, March 9

Mass Times are 8:00AM and 7:00PM

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

Church of the Holy Family

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

March 6, 2011

Ninth Sunday in Ordinary Time

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:

Extensions:

Rev. Thomas Dufner	Pastor	ext. 15
June Kattar	Baptism/Marriage Prep.	ext. 14
Sharon Pero	Pastoral/Parish RN/Liturgist	ext. 13
Claudia Capello	Assistant	ext. 17
Jean Prather	Elementary DRE/Special Events	ext. 12
Elizabeth Brown	Confirmation Coordinator	ext. 19
Kathy Vansickle	Controller	ext. 16
Bobbi Hanson	Bookkeeper	ext. 11
Rick Nichols	Facilities Manager	ext. 20
Theresa Bakos	Secretary	ext. 10
Lynn Tomaszewski	Youth Minister	ext. 21

Web Address: www.hfcmn.org **Email Address:** 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

The Pastor's Page

DAD'S BROWNIES

A father of some teenage children had the family rule that they could not attend PG-13 or R rated movies. His three teens wanted to see a particular popular movie that was playing at local theaters. It was rated PG-13. The teens interviewed friends and even some members of their family's church to find out what was offensive in the movie. The teens made a list of pros and cons about the movie to use to convince their dad that they should be allowed to see it.

The con's were that it contained ONLY 3 swear words, the ONLY violence was a building exploding (and you see that on TV all the time they said), and you actually did not "see" the couple in the movie having sex - it was just implied sex, off camera. The pros were that it was a popular movie - a blockbuster.

The father looked at the list and thought for a few minutes. He said he could tell his children had spent some time and thought on this request. He asked if he could have a day to think about it before making his decision.

The next evening the father called in his three teenagers, who were smiling smugly, into the living room. There on the coffee table he had a plate of brownies. The teens were puzzled. The father told his children he had thought about their request and had decided that if they would eat a brownie then he would let them go to the movie. But just like the movie, the brownies had pros and cons.

The pros were that they were made with the finest chocolate and other good ingredients. They had the added special effect of yummy walnuts in them. The brownies were moist and fresh with wonderful chocolate frosting on top. He had made these fantastic brownies using an award-winning recipe. And best of all, the brownies had been made lovingly by the hand of their own father. The brownies only had one con. He had included a little bit of a special ingredient. The brownies also contained just a little bit of dog poop.

But he had mixed the dough well - they probably would not even be able to taste the dog poop and he had baked them at 350 degrees so any bacteria or germs from the dog poop had probably been destroyed. Therefore, if any of his children could stand to eat the brownies which included just a "little bit of crap" and not be affected by it, then he knew they would also be able to see the movie with "just a little bit of smut" and not be affected.

Of course, none of the teens would eat the brownies and the smug smiles had left their faces. Only Dad was smiling smugly as they left the room. Now when his teenagers ask permission to do something he is opposed to the father just asks, "Would you like me to whip up a batch of my special brownies?"

ATTENTION: **METHODIST HOSPITAL** **EUCCHARISTIC MINISTERS!**

Please mark your calendars and plan to attend the **Quarterly Meeting** at Methodist Hospital on **TUESDAY, March 8th at 10:00AM** in **Cafeteria Conference Room #4.**

Youth Ministry

CLEAN OUR CHURCH!

Saturday, March 12th 1-3PM
Come help clean our beautiful Holy Family Church! We will do a spring cleaning, so please bring a friend and come help out!

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!!!

✧ Weekly Calendar of Events ✧

Sunday, March 6 - 9th Sunday in Ordinary Time

Food Drive Sunday

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

Monday, March 7

- 8:00 am Mass
- 8:30 am Exercise Class (Gathering Place)
- 3:00 pm WOW Holy Hour (Adoration Chapel)
- 7:00 pm Knights of Columbus (Gathering Place)
- 7:00 pm Respect Life Committee (Moorman Hall)
- 7:30 pm Opus Dei (Church)

Tuesday, March 8

- 8:00 am Mass
- 8:30 am Grandparents Prayer Group (Gathering Place)
- 6:00 pm Squires (Gathering Place)
- 7:00 pm Fundamentals of Catholicism (Moorman Hall)
- 7:30 pm Opus Dei (Church)

Wednesday, March 9 - Ash Wednesday

- 8:00 am Mass
- 8:30 am Coffee & Rolls (Moorman Hall)
- 11:45 am Exercise Class (Moorman Hall)
- 5:15 pm Kids Praise Too!
- 6:30 pm HFC (School)
- 7:00 pm Mass

Thursday, March 10

- 8:00 am Mass
- 12:30 pm St. Monica's Bridge (Gathering Place)
- 7:00 pm Choir

Friday, March 11

- 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 12

- 6:30 am Holy Name Society (Gathering Place)
- 10:00 am Rosaries for Life (Robbinsdale)
- 1:00 pm Youth Cleaning Church
- 2:30 pm Baptism Class (Gathering Place)
- 3:30 pm Confessions
- 5:00 pm Mass

Sunday, March - First Sunday of Lent

Donut/New Member

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



ALTAR AND ROSARY NEWS

Ladies: Please mark your calendars for our Spring Altar and Rosary Dinner meeting which will be Tuesday, May 10. More information will follow as we get closer to the date. Mary - 763.533.0423.



Knights of Columbus

All Knights are encouraged to attend our monthly business meeting on Monday, March 7th at Holy Family Church. Rosary will start in the Church at 7:10PM, and the meeting will begin immediately afterward in the Gathering Place. Refreshments will be served afterward.

Fish Fry

Fridays during Lent

(No Fish Fry on Good Friday)

Moorman Hall

Serving from

4:30 pm to 6:30 pm

Wills and Bequests

*Have you remembered Holy Family for 10% of your estate?
When you do, our legal corporate title is:
"Church of the Holy Family of St. Louis Park, Minn."*

NATURAL FAMILY PLANNING

The Billings Ovulation Method

Plan your family the natural way. Learn about this complete way of life honoring your marriage, sexuality, and fertility. It is loving - naturally - the way God designed it! A First Instruction in the Billings Ovulation Method will be offered on March 17th. To register call Lorena Dillon 612.396.4019.

READINGS FOR THE WEEK

Monday: Tb 1:3; 2:1a-8; Mk 12:1-12

Tuesday: Tb 2:9-14; Mk 12:13-17

Wednesday: Jl 2:12-18; Ps 51; 2 Cor 5:20 - 6:2; Mt 6:1-6, 16-18

Thursday: Dt 30:15-20; Lk 9:22-25

Friday: Is 58:1-9a; Mt 9:14-15

Saturday: Is 58:9b-14; Lk 5:27-32

Sunday: Gn2:7-9; 3:1-7; Ps51; Rom 5:12-19[12,17-19]; Mt4:1-11

SAINTS AND SPECIAL OBSERVANCES

Monday: Ss. Perpetua and Felicity

Tuesday: St. John of God

Wednesday: Ash Wednesday; Fast and Abstinence

Friday: Abstinence

Holy Family Weekly Offering

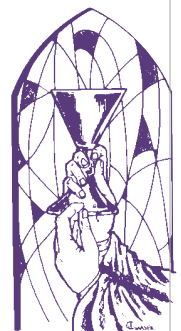
Weekend Masses - February 19/20

Regular Envelopes	\$ 15,930.03
Plate	\$ 1,417.05
Online Giving	\$ 915.00
CARE Fund	\$ 785.44

Thank you for generosity!

Mass Intentions for the Week

- Mar 7 The Forbes Family
- Mar 8 Jean Marc Jaques
- Mar 9 The Poor Souls in Purgatory (8AM)
- Mar 9 HFC Teachers & Students (7PM)
- Mar 10 Agnes Otting †
- Mar 11 Brother Klos Rieger †
- Mar 12 Dolores Donovan
- Mar 13 Marion Richmond † (9AM)
- Mar 13 For the Parish (11AM)



MINNESOTA FOOD SHARE - MARCH CAMPAIGN

The 2011 Minnesota FoodShare March Campaign is just around the corner. The 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!



Columbian Squires

The Columbian Squires' Pope Pius XII Circle 895 will be meeting on Tuesday, March 8th, in the Gathering Place. All current members are invited to attend. The meeting will start at 7:00PM and run until about 8:30PM. Refreshments will be served afterward.

Squires Activity Night is open to all boys and is held on the first Saturday of every month after the 5:00PM Mass at Holy Family Church. Bring \$3 for pizza and soda, and a game to share. If weather and sunlight permit, we will go to the park for outdoors games, otherwise we will meet in Moorman Hall for board games.

The Columbian Squires are an event based organization for Catholic boys from 10 to 18 years old, and are sponsored by the Knights of Columbus. For more information, contact George Hoene at 612.719.4267.

Rachel's Vineyard Retreat

If you are struggling with an abortion experience, experience the healing love of Jesus Christ on a Rachel's Vineyard weekend retreat on March 25-27, 2011 in the Twin Cities area.

For more information or registration contact Nancy at rvr-nancy@usfamily.net or 763.250.9313. Additional information can also be found on the Rachel's Vineyard website at www.rachelsvineyard.org

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!



CARMELITE SPIRITUALITY

Holy Family's Carmel Group meets the 2nd 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

Deanery Meeting

There will be a Deanery Meeting at Saint Hegwig 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.

HOSPITAL AND HOMEBOUND VISITATION:

Please notify the parish office when;

*a parishioner is hospitalized.

*a homebound parishioner desires Holy Communion.



Pro-Life Corner

Bryan, Texas, Feb. 14, 2011(Zenit.org)
Abby Johnson's compassion for women in crisis drove her to work in Planned Parenthood, but its promotion of abortion and birth control soon raised questions about the women's true needs. The former Planned Parenthood clinic director, who walked out on her job after being asked to assist in an abortion, spoke to ZENIT about the real needs of women in crisis and how being pro-life means truly educating people about their freedom and these choices that will determine their lives. Johnson published the book "Unplanned" last month, in which she exposed the agenda of Planned Parenthood: to make money by pushing women to have abortions. Now she is working with the pro-life organization, 40 Days For Life, which will begin another campaign on March 9 to prayerfully and peacefully reach out to women in need. (Interview at: <http://www.zenit.org/article-31747?1>)