

Church of the Holy Family

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

March 22, 2009

Fourth 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 8:50AM

Parish Office

952.929.0113

Staff:

Rev. Thomas Dufner	Pastor	ext. 15
June Kattar	Baptism/Marriage Prep.	ext. 14
Sharon Pero	Pastoral/Parish RN/Liturgist	ext. 13
Jean Prather	Coord. Elementary Religious Ed.	ext. 12
Elizabeth Brown	Confirmation Coord.	ext. 17
Kathy Vansickle	Controller	ext. 16
Bobbi Hanson	Bookkeeper	ext. 11
John Pero	Facilities Manager	ext. 20
Theresa Bakos	Secretary	ext. 10
Lynn Tomaszewski	Youth Minister	612.396.6890

Extensions:

LENTEN FISH FRY
Fridays during Lent
Serving from 4:30 to 6:30PM

STATIONS OF THE CROSS
Fridays during Lent at 7:00PM

No Fish Fry or Stations of the Cross
on Good Friday

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. ✕ ✕ ✕

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 6 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

Web Address:

952.925.9193

www.hfamn.org

The Pastor's Page

Background Checks and Virtus Training

One of the burdens we've all inherited is the need to make sure all of our volunteers are Background Checked and have attended Virtus Training. In Holy Family Academy we are at 100% for our volunteers. In Holy Family Catechesis we're over 95% and pushing hard. But for our other volunteers, and I'm thinking of Catholic Vacation Bible School, we have quite a ways to go.

Archdiocesan and State Laws require background checks for anyone who works with children or vulnerable adults, and the archdiocese also requires Virtus Training. The background checks are painless. Just fill out the packet. The Virtus Training is more annoying than anything and will cost you three hours of your life that you'll never get back. But some people have already commented that the training enlightened them on some behavior they observed which they thought was innocent but probably was not. In other words, this knowledge could prove very helpful to you and not be just another hoop to jump through.

Holy Family will be sending out packets to our Catholic Vacation Bible School volunteers. I need you to fill out the materials in the packet and send them in. Then pick one of the many times Virtus is offered in the various locations in the archdiocese and sign up. It's the only way we can allow our volunteers to participate in our wonderful Catholic Vacation Bible School.

Fr. Dufner

Dear Parishioners,

The Little Sisters of the Poor want to express our deepest gratitude for the touching and splendid response we received at our visitation to *Church of the Holy Family* on the weekend of *March 7th & 8th*. Blessed Jeanne Jugan, our foundress and first Little Sister would always say... *"If God is with us, it will be accomplished."* God truly manifested His goodness to us through your generous gifts. We have already turned to our Heavenly Father in a prayer of gratitude, asking Him to bless you for your sacrificial giving, enabling us to continue our much needed mission to the elderly poor of the Twin Cities. Please pray for Vocations.

God Bless You! Little Sisters of the Poor

Minneapolis Deanery Council of Catholic Women Meeting

Please join us on Monday, March 23 at St. Charles Borromeo from 9:00AM - 2:30PM, for a day of recollection/retreat day with Franciscan, Most Reverend Father Anthony Crisoitelli, T.O.R. Lunch will be paid for by the Altar & Rosary Society. Please call Terry Berthiaume for reservations. 952.929.3155.

Knights of Columbus Pancake Breakfast Sunday, March 29

Join us in Moorman Hall next Sunday for Pancake Breakfast including sausage, eggs and juice. Sponsored by the Knights of Columbus. Free will offering.

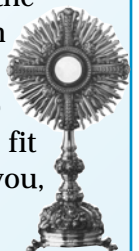
ARCHDIOCESAN MEN'S CONFERENCE

Join men from all over the Archdiocese on April 25 from 8:30AM to 2:30PM for a day of fellowship and learning at the University of St. Thomas Fieldhouse. Speakers for the day include: Tim Staples, former Baptist, now an apologist for Catholic Answers, James Stenson author of several books on discipline and parenting, Father Thomas Knoblach will speak on the power of virtue to overcome vice and Danny Abramowitz, will speak on being a leader in the culture around us. As part of this wonderful day Mass will be celebrated by Archbishop John Neinstedt. Cost is \$25 which includes the cost of lunch.

Sponsored by the Archdiocesan Office for Family, Laity, Youth and Young Adults. Call 651.291.4488 or on the web at www.archspm.org/family. See the bulletin boards for registration forms.

ADORATION NEWS

Thank you for responding to our appeal to fill some urgent needs. However, many hours could still use an additional "Prayer Partner". Please consult the schedule on the Adoration Bulletin Board (in the hall by the elevator) to see which hour might fit your schedule. Thank you, Jim Glover 763.533.0423





The Blessing of Food

Holy Saturday
11:00 am



The Blessing of Easter Food, a centuries old custom, is richly symbolic and was brought to the United States by our fore-fathers.

In earlier times, when fasting may have meant excluding meat or dairy products for the entire Lent Season, the first meal on Easter Sunday was truly a celebration. This custom has meaning even today. After a 40 day Lenten observance we arrive at Holy Week, beginning with Palm Sunday and ending with Easter. On Holy Saturday, with everything coming to a climax, we prepare to enter into the spirit of the Resurrection with enthusiasm and joy.

Families prepare the foods that will be a part of their first meal on Easter Sunday, place them in a basket, cover them with a cloth (many times embroidered with a lamb or other symbol of Easter) and bring them to the church for the priest to bless. When the basket returns home, the basket or items are set aside in the refrigerator until the next morning when they will be served in celebration of our Lord's Resurrection as a part of the first meal for the family.

Many ethnic communities celebrate this rich tradition, each in a way that has been handed down to them for generations. As you prepare your basket, refer to the table below for the types of food that you might include and their symbolism.

The following items are prepared and arranged in the basket



Meat: ham, pork, or beef (depicts the body of Jesus)

Sausage: (depicts the ropes that bound Jesus as He was taken from Gethsemane)

Bread: usually in a round shape (depicts the crown of thorns or the Bread of Life)

Horseradish Root: (represents the nails that were used to crucify Jesus)

Eggs: hard boiled; colored, or not colored (if white, symbolizes the resurrection; if red, represents the drops of Jesus' blood or even the crucifixion; the shell represents Christ's grave from which he arose)

Orange: (represents the bitter sponge that was offered to Jesus on the cross)

✠ Weekly Calendar of Events ✠

Sunday, March 22 ~ Fourth Sunday of Lent

Food Drive Sunday

Donut/New Member

8:00 am Confessions

9 :00 am Mass

11:00 am Mass

Monday, March 23

8:00 am Mass

8:30 am Exercise Class (Gathering Place)

3:00 pm WOW Holy Hour (Adoration Chapel)

Tuesday, March 24

8:00 am Mass

7:00 pm Fundamentals (Moorman Hall)

Wednesday, March 25

8:00 am Mass

8:30 am Coffee & Rolls

9:30 am Quilting

11:45 am Exercise Class (Moorman Hall)

5:15 pm Kids Praise Too!

6:30 pm Confirmation (Moorman Hall)

6:30 pm HFC (School)

Thursday, March 26

8:00 am Mass

7:00 pm Choir

Friday, March 27

8:00 am Mass

8:30 am Exercise Class (Gathering Place)

4:30 pm Fish Fry (Moorman Hall)

7:00 pm Stations of the Cross

Saturday, March 28

6:30 am Holy Name Society (Gathering Place)

10:00 am Rosaries for Life (Robbinsdale)

3:30 pm Confessions

5:00 pm Mass

Sunday, March 29 ~ Fifth Sunday of Lent

KC's Pancake Breakfast

Food Drive Sunday

8:00 am Confessions

9 :00 am Mass

11:00 am Mass

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

Please remember to notify the Parish Office of any changes to your address or phone number. Thank you!

HOSPITAL AND HOMEBOUND VISITATION:

Please notify the parish office when;

** a parishioner is hospitalized.

**a homebound parishioner desires Holy Communion.



ALTAR & ROSARY SOCIETY NEWS

Ladies, as announced we have scheduled our Spring Tea for Saturday, April 25 from noon to 2PM. However, we are much in need of help or this event won't take place. We could use help with food preparation, serving, decorating and cleanup. Contact Mary at 763.533.0423 to be directed to the appropriate committee.

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.”

READINGS FOR THE WEEK

Monday: Is 65:17-21; Jn 4:43-54

Tuesday: Ez 47:1-9, 12; Jn 5:1-16

Wednesday: Is 7:10-14; 8:10; Ps 40; Heb 10:4-10; Lk 1:26-38

Thursday: Ex 32:7-14; Jn 5:31-47

Friday: Wis 2:1a, 12-22; Jn 7:1-2, 10, 25-30

Saturday: Jer 11:18-20; Jn 7:40-53

Sunday: Jer 31:31-34; Ps 51; Heb 5:7-9; Jn 12:20-33

Alternate readings (Year A): Ez 37:12-14; Ps 130; Rom 8:8-11; Jn 11:1-45 [3-7, 17, 20-27, 33b-45]

SAINTS AND SPECIAL OBSERVANCES

Monday: St. Toribio de Mogrovejo

Wednesday: The Annunciation of the Lord

Friday: Abstinence

ATTENTION PARISHIONERS

All registered parish members receive contribution envelopes in the mail. Please use these envelopes for your contributions or write your envelope number on your check. Your envelope number is above your name. All loose checks without an envelope number will be put into the plate collection and will not appear as a contribution on your year end statement.

Holy Family Weekly Offering

Regular Envelopes	\$16,825.91
Plate	\$ 1,739.48
Care Fund	\$ 769.15

Thank You For Your Generosity!

Mass Intentions for the Week

- Mar 23 June Kattar
- Mar 24 David Hoium †
- Mar 25 Lyle & Elaine Zitzman
- Mar 26 Gene and Barb Hagstrom †
- Mar 27 Lori Conde †
- Mar 28 Jon Becker †
- Mar 29 Trell Rosso † (9AM)
- Mar 29 For the Parish (11AM)





EASTER FLOWERS!

You are invited to help decorate the Sanctuary this Easter by donating a beautiful Easter Plant. The cost is \$10 per plant. For your convenience, there is an envelope in your Church Envelope packet marked "Easter Flowers." You may put it in the collection basket on any weekend or drop it off at the Church office. If you wish to donate in memory of a loved one, please be sure to include that information on your envelope. Thank you, Sharon.

CATHOLIC SERVICES APPEAL

Thank you to all who have responded so generously to the 2009 Catholic Services Appeal. Thank you for sharing God's gift in serving others. Please consider responding in the coming weeks. Remember no gift is too small to help those in need. "We are one body, one body in Christ."

MINNESOTA FOOD SHARE, 2009 CAMPAIGN

Each March, **Minnesota FoodShare**, a program of the Greater Minneapolis Council of Churches, organizes Minnesota's largest drive for the hungry: **The March Campaign**. Thousands of corporations, congregations, civic groups, and individuals raise millions of pounds of food and millions of dollars to feed families who need help.

WHAT CAN WE DO?

During the **Month of March**, you are invited to bring non-perishable food items to Mass **EVERY WEEKEND** to help keep the S.T.E.P food shelves stocked. **Let's help make sure no one goes hungry!**

The Archdiocesan Outreach to Persons with DisAbilities is conducting two Spring Retreats for Adults and Adolescents that are Mentally Challenged. The dates are April 3 - 5 and April 17 - 19. Both retreats will be held at Totino-Grace Renewal Center in Fridley, MN. The cost is \$140.00. Space is limited, so please register early!! To register, contact Deacon Sean and Joan Curtan at 651.291.4543 or email: curtans@archspm.org.

A Catholic Credit Union

If you are a member of this parish, you are eligible for membership at Minnesota Catholic Credit Union (MCCU). MCCU is a cooperative financial institution that promotes sound financial practices mixed with values of the Catholic faith. It is a place where Catholic parishioners and Knights of Columbus feel at home. For more information, call 763.354.2826 or on the web at www.mncathcu.com

"Authentic Change in a Secular World: Conversion to Christ"

Sponsored by Catholic Parents OnLine, Featuring: Father Robert Altier

Lenten Retreat Day on Saturday, March 28, 2009

8:00AM to 2:30PM at the Church of Saint John of St. Paul. Cost \$25 per person or \$40 per married couple. Send to: Catholic Parents OnLine, P.O. Box 130815, St. Paul, 55113. For more information call 651.705.5409 or email catholicparents.org.

Pro-Life Corner

Want to invest a small amount of your time and receive BIG dividends? Everyone is invited to join the ACCL group monthly meetings. Be a part wonderful pro-life group. We meet the last Monday of the month in Moorman Hall at 7:00PM. Please join us!

'Recently, President Obama reversed funding restrictions on embryonic stem cell research. Embryonic stem cell research destroys human life at its earliest stage of development by harvesting the stem cells for body parts. It is ineffective because it has yet to be used a single time in any therapeutic application. But adult stem cell research, on the other hand, is ethically benign and is already being used to treat over 70 diseases and conditions. We urge you to send President Obama an email or letter telling him that you are disappointed in his decision to allow the destruction of human life.' American Family Association Action Alert



**FEBRUARY 25 -
APRIL 5, 2009**

This winter from **Wednesday, February 25 - Sunday, April 5** the Twin Cities will be uniting with: •204 cities, 49 states and the District of Columbia, •175,000 people of all faiths and denominations. This is the largest and longest coordinated pro-life mobilization campaign in history. People of all faiths are **praying** that this effort will mark the beginning of the **END TO ABORTION**.

The 40 Days for Life Campaign is made up of three key components:

- Prayer and Fasting:** inviting people of faith throughout our metro area to join together for 40 days of fervent prayer and fasting for an end to abortion, at **HealthPartners' Regions Hospital** abortion facility at 640 Jackson St., Saint Paul.
- Peaceful Vigil:** standing for life through a **40-day peaceful public witness outside HealthPartners' Regions Hospital** which houses a late-term abortion clinic performing abortions up to 20 weeks.
- Outreach:** taking a positive, upbeat pro-life message to every corner of our community through media efforts, church presentations, petition drives, and public visibility. How can you get involved? Call: **Pro-Life Action Ministries at 651-771-1500, ext. 211. www.40daysforlife.com/twincities.**