

Church of the Holy Family

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

March 29, 2009

Fifth 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

From a letter by Saint Leo the Great, Pope The mystery of man's reconciliation with God

Lowliness is assured by majesty, weakness by power, mortality by eternity. To pay the debt of our sinful state, a nature that was incapable of suffering was joined to one that could suffer. Thus, in keeping with the healing that we needed, one and the same mediator between God and men, the man Jesus Christ, was able to die in one nature, and unable to die in the other.

He who is true God was therefore born in the complete and perfect nature of a true man, whole in his own nature, whole in ours. By our nature we mean what the Creator had fashioned in us from the beginning, and took to himself in order to restore it.

For in the Savior there was no trace of what the deceiver introduced and man, being misled, allowed to enter. It does not follow that because he submitted to sharing in our human weakness he therefore shared in our sins.

He took the nature of a servant without stain of sin, enlarging our humanity without diminishing his divinity. He emptied himself; though invisible he made himself visible, though Creator and Lord of all things he chose to be one of us mortal men. Yet this was the condescension of compassion, not the loss of omnipotence. So he who in the nature of God had created man, became in the nature of a servant, man himself.

Thus the Son of God enters this lowly world. He comes down from the throne of heaven, yet does not separate himself from the Father's glory. He is born in a new condition, by a new birth.

He was born in a new condition, for, invisible in his own nature, he became visible in ours. Beyond our grasp, he chose to come within our grasp. Existing before time began, he began to exist at a moment in time. Lord of the universe, he hid his infinite glory and took the nature of a servant. Incapable of suffering as God, he did not refuse to be a man, capable of suffering. Immortal, he chose to be subject to the laws of death.

He who is true God is also true man. There is no falsehood in this unity as long as the lowliness of man and the pre-eminence of God coexist in mutual relationship.

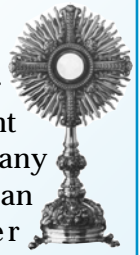
As God does not change by his condescension, so man is not swallowed up by being exalted. Each nature exercises its own activity, in communion with the other. The Word does what is proper to the Word, the flesh fulfils what is proper to the flesh.

One nature is resplendent with miracles, the other falls victim to injuries. As the Word does not lose equality with the Father's glory, so the flesh does not leave behind the nature of our race.

One and the same person – this must be said over and over again – is truly the Son of God and truly the son of man. He is God in virtue of the fact that *in the beginning was the Word, and the Word was with God, and the Word was God.* He is man in virtue of the fact that *the Word was made flesh, and dwelt among us.*

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



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.

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."

SENIORS and DEPRESSION... **IT'S OKAY TO TALK ABOUT IT!**

(Sponsored by the Holy Family Health Board)

Tuesday, April 28, 2009 7:00 P.M. Moorman Hall
Wednesday, April 29, 2009 9:30 A.M. Moorman Hall

Mark your calendars and plan to attend
one of these informative presentations.
EVERYONE is invited!

What is Depression?

Everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a person has a depressive episode, it interferes with daily **life**, normal functioning, and causes pain for both the person suffering with depression and those who care about him or her. Depression is a common but serious medical illness often caused by an imbalance of chemicals in the brain. Depression is treatable!

What Depression is not...

In older adults living in the U.S., depression is often overlooked and left untreated. One reason that this sometimes happens is that there are people who **incorrectly** believe that depression is a normal part of the aging process. **Depression is NOT a normal part of aging for anyone!**

As a result, some older adults unfortunately continue holding onto the **mistaken** belief that they have to "stay strong and tough it out." Simply put, people of all ages need to understand that telling loved ones or health care professionals about the symptoms of depression is not a sign of personal weakness or a character flaw. In fact, **telling** people that you are experiencing symptoms of depression is an extremely important first step to getting help...and getting better.

Participants will receive information about:

Depression, its causes and triggers
Understanding the types of depression
Methods of determining whether a person is suffering a depressive episode
Resources that can provide help with depression
Depression as it relates to seniors and the special needs this group manifests

SENIORS and DEPRESSION... **IT'S OKAY TO TALK ABOUT IT!**

Plan to attend one of these informative workshops!

✠ Weekly Calendar of Events ✠

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

Monday, March 30

- 8:00 am** Mass
- 8:30 am** Exercise Class (Gathering Place)
- 3:00 pm** WOW Holy Hour (Adoration Chapel)
- 6:30 pm** Parish Council (GP)
- 8:00 pm** Finance Committee (GP)

Tuesday, March 31

- 8:00 am** Mass
- 7:00 pm** Fundamentals (Moorman Hall)

Wednesday, April 1

- 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)
- 7:00 pm** **Communal Penance Service with 10 Priests!**

Thursday, April 2

- 8:00 am** Mass
- 7:00 pm** Choir

Friday, April 3

- 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, April 4

- 6:30 am** Holy Name Society (Gathering Place)
- 10:00 am** Rosaries for Life (Robbinsdale)
- 3:30 pm** Confessions
- 4:00 pm** First Saturday Devotions
- 5:00 pm** Mass

Sunday, April 5 ~ Palm Sunday

Donut/New Member

Food Drive Sunday

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

YOUR ATTENTION PLEASE!

If you borrowed the Church wheelchair... please bring it back or call Sharon – 952.929-0113 Ext. 13

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



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:** Dn 13:1-9, 15-17, 19-30, 33-62 [41c-62]; Jn 8:1-11
- Tuesday:** Nm 21:4-9; Jn 8:21-30
- Wednesday:** Dn 3:14-20, 91-92, 95; Jn 8:31-42
- Thursday:** Gn 17:3-9; Jn 8:51-59
- Friday:** Jer 20:10-13; Jn 10:31-42
- Saturday:** Ez 37:21-28; Jn 11:45-56
- Sunday:** Mk 11:1-10 or Jn 12:12-16 (procession); Is 50:4-7; Ps 22; Phil 2:6-11; Mk 14:1 — 15:47 [15:1-39]

SAINTS AND SPECIAL OBSERVANCES

- Thursday:** St. Francis of Paola
- Friday:** First Friday; Abstinence
- Saturday:** St. Isidore; First Saturday

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	\$15,150.11
Plate	\$ 1,963.12
Care Fund	\$ 1,240.69

Thank You For Your Generosity!

Mass Intentions for the Week

- Mar 30 Anna Logan †
- Mar 31 Dorothy Cullen †
- Apr 1 Dorothy Brose †
- Apr 2 Joseph Gaspard †
- Apr 3 Altar & Rosary
- Apr 4 Vocations
- Apr 5 Nga Allison (9am)
- Apr 5 For the Parish



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.

LIFELINE

Saturday, April 4th— "A Walk with Christ Through Holy Week"

With us for Mass and the evening program will be Fr. Bill Baer, Rector of St. Paul Vianney Seminary. Fr. Bill will lead us in worship, deepen our understanding of the Three Days (the Triduum) and provide practical and spiritual guidance to make these sacred days meaningful and life changing. Leave Holy Family at 4 pm and return around 10 pm.

GIRL'S NIGHT!

Sunday, April 19th—Want a fun night with the girls?! Then come to the Youth House, 6:30-8:30pm! We will have some dinner, play games and be girls! Come enjoy some food, fun and bonding with other Catholic young women!

THEOLOGY A LA CARTE

Sunday, April 26th—The topic is —"The Eucharist: the Antidote for the Hard of Heart " and our speaker is Tony Biese. We start at 6 pm with food and fun, listen to the speakers, and end with some Q&A and wrap up at 8 pm. It's all happening at the Youth House.

"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.



**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.**

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.

Pro-Life Corner

During Lent we are supposed to pray more. One idea would be to pray for our nation every day at 12:00pm. No matter where you are or what you are doing, to stop and offer a prayer up to God for our nation's recovery. Each day pro-life gains we have made in the past are taken away. The more people we have praying earnestly together at one time can move mountains.

Some other does and don'ts for Pro-lifers:

†Don't grow despondent or become absorbed in a practical solution to abortion. This problem has existed and grown for a long time and there is no quick fix.

†Do pray every day for God to end abortion.

†Commit to fasting every week to end the evils of abortion and contraception. "Some demons can only be driven out by prayer and fasting."

†Take back the culture by sound activism (pickets and prayer marches, etc.), touching souls one at a time by persuasion, teaching and formation. (Taken from the Spirit and Life E Newsletter.)