

# Church of the Holy Family

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

## March 1, 2009

*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 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                  | <b>612.396.6890</b> |

**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 60<sup>th</sup> 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](http://www.hfcmn.org) **Email Address:** [staff@hfcmmn.org](mailto:staff@hfcmmn.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](http://www.hfamn.org)

## *The Pastor's Page*

### **Lent and the Conversion of the World**

Presentation Ministries reminds us that this week hundreds of millions of Catholics around the world united in forty day period of repentance, fasting and reparation. In the words of the prophet Joel, the Church calls an assembly, proclaims a fast, and preaches repentance. She focuses all her power into our united prayer and fasting, which as Pope John Paul II said, are the most effective weapons we have against the power of evil. If millions of Catholics fast seriously this Lent in united holiness, Satan's kingdom of darkness will be shaken to its core.

We've all seen the selfishness and irresponsibility that have battered our financial world. Yet the same selfishness and immorality have left far deeper wounds on families and on our culture. Imagine a scenario where Satan's strongholds were rooted out and restored to the Lordship of Jesus Christ. Imagine Planned Parenthood, the leading purveyor of contraceptives and abortion, being overturned and replaced with Holy Family Parenthood. Or the movie industry having to develop a new rating of "H" for movies that are Holy. Imagine the Internet cleaned up of all pornography, and poverty and injustice eliminated by just laws and people assuming personal responsibility.

This isn't all pie in the sky. God dwells in the soul of everyone in the state of grace. But in those souls that are docile to his will, who love Him wholeheartedly, He moves with great power! This world is not hopelessly lost. There is One greater in us than there is in the world. (1 John 4:4).

Fr. Thomas Dufner

### **Irish Lent**

An Irishman moves into a tiny hamlet in County Kerry, walks into the pub and promptly orders three beers. The bartender raises his eyebrows, but serves the man three beers, which he drinks quietly at a table, alone.

An hour later, the man has finished the three beers and orders three more. This happens yet again. The next evening the man again orders and drinks three beers at a time, several times. Soon the entire town is whispering about the Man Who Orders Three Beers.

Finally, a week later, the bartender broaches the subject on behalf of the town. "I don't mean to pry, but folks around here are wondering why you always order three beers?"

"Tis odd, isn't it?" the man replies. "You see, I have two brothers, and one went to America, and the other to Australia. We promised each other that we would always order an extra two beers whenever we drank as a way of keeping up the family bond."

The bartender and the whole town were pleased with this answer, and soon the Man Who Orders Three Beers became a local celebrity and source of pride to the hamlet, even to the extent that out-of-towners would come to watch him drink.

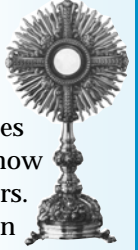
Then, one day, the man comes in and orders only two beers. The bartender pours them with a heavy heart. This continues for the rest of the evening. He orders only two beers. The word flies around town. Prayers are offered for the soul of one of the brothers.

The next day, the bartender says to the man, "Folks around here, me first of all, want to offer condolences to you for the death of your brother. You know-the two beers and all."

The man ponders this for a moment, then replies, "You'll be happy to hear that my two brothers are alive and well. It's just that I, meself, have decided to give up drinking for Lent."

### **ADORATION NEWS**

We are in great need of additional adorers. With some having job changes and others moving we now have several open hours. Please check the bulletin board outside the Chapel to see if one of them might fit your schedule. Then call Jim Glover 763.533.0423 to sign up. Thank you so much!!



### **YOUR HELP IS NEEDED. . .**

We are in need of volunteers to help bring residents to Mass or Communion Service, on the first and third Friday of the month, at the St. Louis Park Golden Living Nursing Home. This is a time commitment from approximately 9:25AM to 11:00AM. If you're unable to attend every time, please consider being on a "substitute list" to assist on an "as needed" basis.

Also, we are in need of help with our Branch III Ministry. This group prepares, delivers, and serves a hot meal to the homeless at the Branch III location every fourth Monday of the month. If you cannot commit every fourth Monday, please consider helping on a "substitute basis."

Please call Sharon at 952.929.0113 Ext. 13 for more information.

### **CATHOLIC SERVICES APPEAL**

Thank you for the generosity of many parishioners, in giving to the Catholic Services Appeal. Thank you for sharing God's gift in helping serve others in our community. For those who continue to prayerfully consider their gift, we remind you that no gift is too small to support one another in faith and to help those in need. "We are one body, one body in Christ."

### **Natural Family Planning Classes**

The Couple to Couple League will be offering a series of classes, for engaged and married couples, on the *Sympto-Thermal Method* of Natural Family Planning here at Holy Family Academy in the school Library. Classes begin on Thursday, March 12. Please call 612.721.3791 to register.



# 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)



### DECREE

*In nomine Domini. Amen*

I, John Clayton Nienstedt, by the grace of God and the Apostolic See, Archbishop of Saint Paul and Minneapolis, for the joyful occasion of this Jubilee Pauline Year in which the heavenly patron of this local church is honored and rightly celebrated, and which will conclude on June 29, 2009, in accord with the decree issued by the Apostolic Penitentiary on May 10, 2008, do hereby declare and decree that the Christian Faithful of the Archdiocese of Saint Paul and Minneapolis, having fulfilled the required conditions (sacramental Confession, Eucharistic Communion, prayers for the Supreme Pontiff's intentions), and in a spirit of total detachment from any inclination to sin, may benefit from a Plenary Indulgence for their sanctification when they take part devoutly in a pious public exercise in honor of the Apostle to the Gentiles, on (1) days of the solemn opening and closing of the Pauline Year in all Catholic churches and chapels in the Archdiocese and (2) other days throughout the Year of Saint Paul in the following churches designated as pilgrimage sites within the Archdiocese:

- Cathedral of Saint Paul
- Saint Paul, Ham Lake
- Saint Paul, Zumbrota
- Saint Peter and Paul, Loretto
- Basilica of Saint Mary, Minneapolis
- Saint Michael, Saint Michael
- Saint Wenceslaus, New Prague
- Saint Ambrose, Woodbury
- Saint Agnes, Saint Paul
- Saint Peter Claver, Saint Paul
- Saint Francis de Sales, Saint Paul
- All Saints Lakeville
- Sacred Heart, Robbinsdale
- Saint Timothy, Maple Lake
- Saint Thomas the Apostle, Saint Paul

Given at Saint Paul, this 25<sup>th</sup> day of January in the Year of Our Lord 2009, the Feast of the Conversion of Saint Paul. All things to the contrary notwithstanding.

The Most Reverend John C. Nienstedt  
Archbishop of Saint Paul and Minneapolis

Jennifer Haselberger, JCL, PhD  
Chancellor for Canonical Affairs

## ✂ Weekly Calendar of Events ✂

### Sunday, March 1

*First Sunday of Lent*

*Food Drive Sunday*

- 8:00 am Confessions
- 9:00 am Mass
- 11:00 am Mass
- 3:30 pm Father & Son Movie Night (MH)

### Monday, March 2

- 8:00 am Mass
- 8:30 am Exercise Class (GP)
- 3:00 pm WOW Holy Hour (Adoration Chapel)
- 7:00 pm Opus Dei (C/MH)

### Tuesday, March 3

- 8:00 am Mass
- 10:30 am Goodtimers 500 Club (Gathering Place)
- 7:00 pm Fundamentals (MH)
- 7:30 pm Opus Dei (C/GP)

### Wednesday, March 4

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

### Thursday, March 5

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

### Friday, March 6

- 8:00 am Mass
- 8:30 am Exercise Class (GP)
- 4:30 pm Fish Fry (MH)
- 7:00 pm Stations of the Cross

### Saturday, March 7

- 6:30 am Holy Name Society (GP)
- 10:00 am Rosaries for Life
- 3:30 pm Confessions
- 4:00 pm 1<sup>st</sup> Saturday Devotions (GP)
- 5:00 pm Mass

The Little Sisters of the Poor will be visiting our parish next weekend, March 7th & 8th, giving us the opportunity to share in their ministry to 100 needy elderly at their Holy Family Residence in St. Paul. For over 125 years the Little Sisters have been generously supported by the parish communities of the St. Paul Archdiocese. Your help will be greatly appreciated. THANK YOU and GOD BLESS YOU!



### 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

### March 6: Young Adults

*For Young Adults:* Come and adore the Heart of Jesus in the Blessed Sacrament at **Cor Jesu** every first Friday of the month at the Saint Paul Seminary beginning at 8PM. It is a night of Eucharistic Adoration, Confessions, contemporary worship music, and fellowship with other young adults in the Archdiocese of St. Paul and Minneapolis. For directions, contact the Vocation Office: 651.962.6890 or sspitman@stthomas.edu.

### 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 in the upper right hand corner of your envelope. 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.



#### ALTAR & ROSARY SOCIETY NEWS

If you would like to receive e-mail updates and news about The Altar & Rosary Society please e-mail YOUR name and e-mail address to **our address: altarandrosary@gmail.com**

### Holy Family Weekly Offering

|                   |             |
|-------------------|-------------|
| Regular Envelopes | \$15,188.33 |
| Plate             | \$ 1,922.66 |
| Care Fund         | \$ 732.80   |

*Thank You For Your Generosity!*

### CALLING ALL CHILDREN OF HOLY FAMILY!



All children are invited to participate in First Saturday devotions on **March 7!** (Of course, your family can join us too...) We will start out downstairs in the Gathering Place beginning at 4PM and then lead the Rosary in Church.

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

### Mass Intentions for the Week

- Mar 2 Effie Reuter †
- Mar 3 Norm & Laurie Coleman
- Mar 4 Doug & Marian Olson
- Mar 5 John & Mable Olson †
- Mar 6 Mary Vansickle †
- Mar 7 Bob Wall †
- Mar 8 Effie Reuter † (9AM)
- Mar 8 For the Parish (11AM)





### CARMEL PRAYER GROUP

Holy Family's Carmel Group will meet **Monday, March 9 starting at 6:30PM** downstairs in Moorman Hall. The evening consists of praying Evening Prayer together in Church, Father Dufner leading us in the study of *The Sanctifier*, a classic work on the Holy Spirit by Archbishop Luis M. Martinez, quiet prayer before the Blessed Sacrament, praying Night Prayer and then Social Time. Even if you've never come before, come for an evening of prayer, study and friendship.

Praised be Jesus Christ! Now and Forever!

**Annual Ladies Weekend at Boyd's:** The ladies weekend is set for March 20, 21,22. Save the date! Please e-mail or call Gina Peterson to reserve your spot or get your questions answered. Ginamae123@msn.com or Cell: 612-600-2301 See you there!

### 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!**



FEBRUARY 25 - APRIL 5, 2009

**Pro-life Corner  
Van Rides to Regions  
on March 3, 11, 19  
Call Denny @763.546.0921**

This winter from Wednesday, February 25 to April 5, 2009, we will be uniting with: •204 cities, 49 states and the District of Columbia. We will be all faiths and denominations. This is the largest and longest 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](http://www.40daysforlife.com/twincities).**

### FATHER & SON MOVIE NIGHT

Fathers and Sons are invited to a movie evening on Sunday, March 1st at 3:30pm in Moorman Hall. This month we will be showing "Iron Will" starring Mackenzie Astin, Kevin Spacey, David Ogden Stiers.

Set in 1917, a young man tries to stay true to his dreams while running in an extraordinary dog-sled marathon.

The intent of these movie nights is to find virtue on the battlefield and in the workplace and to provide dads with an opportunity to discuss these with their sons. Two short discussion breaks will occur during the movie. Pizza will be served. .

### World Apostolate of Fatima Marian Congress

**Saturday, March 7 ~ 7:30AM-3PM**

Dr. Mark Miravalle, renowned Marian expert and Professor of Theology at Franciscan University of Steubenville, will speak on Mary's last promise at Fatima, the triumph of her Immaculate Heart, at the World Apostolate of Fatima Marian Congress, Saturday, March 7, 7:30-3:00PM at St. Joseph's Catholic Church in West St. Paul. The program, *Console Your God, Fatima's Call Today*, will also feature two inspiring talks by Fr. Randal Kasel of St. Charles Catholic Church in Bayport. The event includes Mass and First Saturday devotions, continental breakfast and boxed lunch. Pre-registration is \$30; \$35 at the door. Registration forms are available at [www.fatimaonline.org](http://www.fatimaonline.org) or call 763.502.0792.

### YOUTH MINISTRY

#### GIRL'S NIGHT!

**Sunday, March 1<sup>st</sup>** - 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!

#### LIFELINE

**Saturday, March 7<sup>th</sup> - "Poppie In Concert"** New to Lifeline is Poppie! Formed in 2003, this Catholic acoustic group has played for coffee shops of ten and huge rallies and conferences of thousands. Their message will be "Living Faith From the Inside Out!" **We only have a limited number of tickets available!** Leave Holy Family at 4PM and return around 10PM. Call Jim & Sue Holly to sign up, 763.541.9842.

#### CLEAN OUR CHURCH!

**Saturday, March 14<sup>th</sup>** - It's time to help clean our beautiful church! Come join us in helping out from 1-3PM. Let's give back to the true church that has given us so much! Contact Lee & Jennifer Flesher to sign up @ 952.546.3943

#### THEOLOGY A LA CARTE

**Sunday, March 22<sup>nd</sup>** - The topic is - "A Conversion After Columbine" and our speaker is Jenica Thornby, a Columbine survivor. We start at 6PM with food and fun, listen to the speakers, and end with some Q&A and wrap up at 8PM. It's all happening at the Youth House.