



# Church of the Holy Family

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

## April 5, 2009

*Palm Sunday*

**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:

**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 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*

### **Archdiocesan Pastoral Planning**

Archbishop Nienstedt has announced an archdiocesan wide parish and school strategic planning process, and I'm pleased to see so many competent people involved. I encourage you to read his article online at [Catholicspirit.com](http://Catholicspirit.com).

The archbishop's plan is much needed. There is no way we put our fingers in all the holes in the dike. We have 223 parishes, many of them with only a few people attending, and no way to staff them all with priests. We can't even get priests to cover vacations any more. We are in a unique position today: We are 44 years after the Second Vatican Council and living in the aftermath of a gigantic wave of prosperity together with an unprecedented sexual revolution. The Church has been hard pressed. Yet even as many have fallen away a new birth is taking place with many signs of life and hope for the Church. As Pope Benedict XVI suggested, the Church may become smaller but much more loyal. How will we deal with it? How will we plan for it?

In the past the priority was to keep all parishes open with the consequence of stretching clergy and pressing them into pastorates after only one or two years of priesthood. That's a bad idea. The priests have been stretched too thin while we pretend that it's still 1960. People drive past 4 parishes to get to work or buy groceries but cling to dwindling and unviable parishes. New ideas and a spirit of cooperation are needed.

I hope that a priority can be established for developing healthy strong priests who are ready to be pastors. In my experience it takes several years for a young priest simply to be comfortable being a priest. He has to develop his own pastoral style as he becomes a father for the people. He needs to be recognized as a father by getting comfortable wearing black in public. He has to learn the work of the priest which is considerably more than meets the eye. He needs to spend long enough as an associate, at least three years in one place, to develop relationships with the people. A two year assignment is like short vacation: you are not quite there and you're leaving already. You never engage. Finally, a young priest should have two different positions as associate pastor to see two different ways of doing things as he develops his own pastoral vision. Without these preparations a young priest will likely be insecure in his vocation, lacking in vision, and vulnerable in many ways.

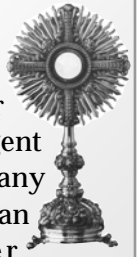
It's also a good idea for priests to live together. "It is not good for the man be alone..." and more than a few troubles can be traced back to this. With common rectories you hire a cook and socialize together. Some of my happiest memories are of living together with other priests in a rectory. It will require more travel time since some priests will necessarily live outside their parishes, but it will help priests to flourish and the parishes as well.

Keep the archbishop in prayer as this process moves forward. It is much needed today.

Fr. Thomas Dufner

### **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



**During the Easter Triduum  
the Adoration Chapel will  
close at 7:30PM on  
Holy Thursday  
and will re-open at  
Noon Easter Sunday.  
Thank you!**

### **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."

# **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!

## **R.S.V.P. REQUESTED!**

If you plan to attend one of the "Seniors and Depression" workshops, please R.S.V.P. the Church Office with that information so I can prepare enough informational booklets.

Thank you, Sharon

## ✠ Weekly Calendar of Events ✠

**Sunday, April 5 ~ Palm Sunday**

*Donut/New Member*

*Food Drive Sunday*

*Little Flowers Bake Sale*

**8:00 am** Confessions

**9 :00 am** Mass

**11:00 am** Mass

**Monday, April 6**

**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)

**7:00 pm** Opus Dei (Church)

**Tuesday, April 7**

**8:00 am** Mass

**7:30 pm** Opus Dei (Church)

**Wednesday, April 8**

**8:00 am** Mass

**8:30 am** Coffee & Rolls

**9:30 am** Quilting

**11:45 am** Exercise Class (Moorman Hall)

**7:30 pm** Tenebrae

**Thursday, April 9 ~ Holy Thursday**

**8:00 am** NO Mass

**12:00 pm** St. Monica's Bridge

**3:00 - 5:00 pm** Confessions

**7:30 pm** Mass

**Friday, April 10 ~ Good Friday**

*Parish Office Closed*

**8:00 am** NO Mass

**8:30 am** Exercise Class (Gathering Place)

**10 - 11:00 am** Confessions

**2:00 pm** Celebration of Our Lord's Passion

**Saturday, April 11 ~ Holy Saturday**

**6:30 am** Holy Name Society (Gathering Place)

**10:00 am** Rosaries for Life (Robbinsdale)

**8:00 pm** Easter Vigil Mass

**Sunday, April 12 ~ Easter Sunday**

**9 :00 am** Mass

**11:00 am** Mass

**Monday, April 13 ~ Easter Monday**

*Parish Office Closed*

**8:00 am** Mass

**8:30 am** Exercise Class (Gathering Place)

**3:00 pm** WOW Holy Hour (Adoration Chapel)

Holy Family men and women...we are in need of several ushers to fill spots that have been vacated by some of our faithful regulars. The time commitment is minimal and can be flexed to accommodate busy seasonal schedules. Overall as few as a dozen hours a year would be a tremendous help to the current ushers. Please give it consideration. For additional information call...952. 200.6205. Dan Tomaschko

### YOUR ATTENTION PLEASE!

If you borrowed the Church wheelchair... please bring it back or call Sharon at 952.929.0113 Ext. 13



## ALTAR & ROSARY SOCIETY NEWS

Ladies, we are sorry to report that we won't be able to offer the tea this year. While we have had some response to our plea for help, the fact that Confirmation and the Archdiocesan Men's Conference are both on April 25<sup>th</sup>, will likely impact helpers and attendees. For these reasons we need to cancel the tea for this year. Thanks for understanding. Please mark your calendars for our Spring Meeting on Tuesday, May 19.

### READINGS FOR THE WEEK

**Monday:** Is 42:1-7; Jn 12:1-11

**Tuesday:** Is 49:1-6; Jn 13:21-33, 36-38

**Wednesday:** Is 50:4-9a; Mt 26:14-25

**Thursday: The Lord's Supper:** Ex 12:1-8, 11-14; Ps 116; 1

Cor 11:23-26; Jn 13:1-15

**Friday:** Is 52:13 - 53:12; Ps 31; Heb 4:14-16; 5:7-9; Jn 18:1 - 19:42

**Saturday: a)** Gn 1:1 - 2:2 [1:1, 26-31a]; **b)** Gn 22:1-18 [1-2, 9a, 10-13, 15-18]; **c)** Ex 14:15 - 15:1; **d)** Is 54:5-14; **e)** Is 55:1-11; **f)** Bar 3:9-15, 32 -4:4; **g)** Ez 36:16-17a, 18-28; **h)** Rom 6:3-11; **i)** Mk 16:1-7

**Sunday:** Acts 10:34a, 37-43; Ps 118; Col 3:1-4 or 1 Cor 5:6b-8; Jn 20:1-9 or Mk 16:1-7

### SAINTS AND SPECIAL OBSERVANCES

**Sunday:** Palm Sunday of the Lord's Passion

**Wednesday:** Passover begins at sunset

**Thursday:** Holy Thursday; Paschal Triduum begins;

Paschal full moon

**Friday:** Good Friday of the Lord's Passion; Fast and Abstinence

**Saturday:** Holy Saturday; Vigil of Easter

### 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	\$14,793.01
Plate	\$ 2,129.45
Care Fund	\$ 923.37

*Thank You For Your Generosity!*

### Mass Intentions for the Week

- Apr 6 Doris Lanie †
- Apr 7 Nicholas Longtin
- Apr 8 Dave Hemler
- Apr 9 All Priests of the Archdiocese (7:30PM)
- Apr 10 No Mass (Passion at 2PM)
- Apr 11 The Catechumens (8PM)
- Apr 12 Pope Benedict XVI (9AM)
- Apr 12 For the Parish (11AM)





**CARMEL PRAYER GROUP**  
**Monday, April 6 (Note the Date Change!)**

Holy Family's Carmel Group will meet **Monday, April 6 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!

***The Blessing of Food***  
**Holy Saturday at 11:00AM**

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)

**Youth Ministry**

**GIRL'S NIGHT! Sunday, April 19<sup>th</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!

**THEOLOGY A LA CARTE Sunday, April 26<sup>th</sup>.** 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 8PM. It's all happening at the Youth House.

The Archdiocesan Outreach to Persons with DisAbilities is conducting two Spring Retreats for Adults and Adolescents that are Mentally Challenged. The dates are April 17 - 19. The retreat 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](mailto:curtans@archspm.org).

**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](http://www.archspm.org/family).



**Pro-Life Corner**

**• Support our Holy Father**

Recently, Pope Benedict XVI spoke about the ineffectiveness of condom use, and encouraged the faithful that the way to stop the spread of AIDS in Africa is by abstinence. The media misrepresented his statement and misrepresented the ineffectiveness of condoms. The Vicar of Christ will always be a sign of contradiction to those blinded by ideology. If you would like to let our Holy Father know about your hope and love for a world that is increasingly hostile to the truth, please go to [www.hli.org/papal visit support.html](http://www.hli.org/papal%20visit%20support.html) and take a minute to sign this letter as a vehicle of your support of Pope Benedict XVI.

*Human Life International*

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