

Volume 12 Issue 1

March 2018



SACRED HEART AND VISITATION CATHOLIC CHURCH

# St. Isidore Newsletter

## Father Ray Burkle ... The Love of Jesus Fools the Devil

We have already entered into the season of Lent, a time for us to realize that we are all sinners. Yes, that means me, and yes, that means you. During the season of Lent, our Scripture readings remind us over and over again of our Baptismal promises and penance. Our promises of Baptism are to love the Lord our God with all our heart, mind, soul, and strength, and to love our neighbors as ourselves. Our penance should, in some way shape or form, make us better Christians.

The things we do during Lent should change us in some way so that we try to keep doing it after Lent. I remember as a child we would give up television during lent, but because Sunday is a day of rest, we'd watch t.v. throughout the afternoon and evening to get our fill. This is not the spirit or purpose of Lent. A good example of something to do might be to visit people in nursing homes and then, after lent, continue to do so. This also fulfills our Baptismal promise of conversion, continually trying to turn our hearts away from selfishness and towards our God and others.

This year Ash Wednesday started on February 14, which in the past the church celebrated St. Valentine's Day. Although the church no longer celebrates St. Valentines, many people still do. It is very fitting that this year Ash Wednesday falls on this day because lent (and all times) should remind us of the great love that God has for us, a love so strong that he sent His only Son to be our Savior, and Jesus showed us His love by accepting His cross and carrying it with dignity. As I was taught as a child, Jesus loves us so much that he stretched out his hands on the cross saying "this much."

Our love for our God should encourage us to pick up our cross, and to also carry it with dignity. We also are called to share our love, to admit our need for God's love and mercy, to admit our need to change some of our ways to be in line with God's ways. Even though Lent ends before we celebrate the Lord's last supper and His death on Good Friday, we also celebrate with great joy the Easter Vigil and Easter Sunday. This year, Easter Sunday falls on April 1. That is right, April Fools Day. God has the last laugh, not the devil. Satan thought that he had won when Jesus was crucified, but God always has the last word, and that word is that death is not the end, but rather the end of the beginning. In death we will also rise with Christ through the glory of the resurrection.

This year from Ash Wednesday through Easter we celebrate that "The love God has for us fools the Devil." We, the believers, are the winners.



Staff: Margaret Smolik, editor, Fr. Ray Burkle, Barbara Brumm, Annette Uker

## History of Visitation Parish and Stacyville...Final Installment...by Mary Brumm

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Visitation school enrollment in the fall of 1986 was 115 students. Computers were introduced to Visitation. Chimney and church repairs were done. In October 1986, the Christian Mothers sponsored the first quilt show with 180 quilts displayed. The Quilt Club Visitation ladies was organized in February 1987 and sponsored four quilt shows (the last one in 1996). Visitation opened its Day Care the fall of 1987. It was a non-profit self-supporting program open to all children regardless of race, creed, or color. Parish Council approved parish participation in the Archdiocesan RENEW program. Sister Lena Rubly, pastoral assistant, arrived in December. There were 269 box holders. In January 1987 Father Thomas Carpender left Sacred Heart, Meyer, and a temporary pastor was assigned. Beginning July 12, Father Manternach was assigned to serve as pastor of Sacred Heart, Meyer, and St. Mel's McIntire.

On July 5, 1988, Rev. Bertin Roll, National Executive Director of the Archconfraternity of Christian Mothers celebrated Mass in recognition of the 100th anniversary of the organization in our parish. Christian mothers are still actively involved in parish functions.

On November 18, 1990, our parish bade farewell to Father Carl Manternach who had been our pastor for ten years. Rev. Paul Otting arrived the same day. He kept a busy schedule with three parishes: Visitation, Sacred Heart Meyer, and St. Ansgar. Renew ended seasons IV and V with a large group of 130 people. They sponsored a "Guess Who's Coming to Dinner" meal in December and March. The hostess of the potluck meal did not know who the guests would be until they arrived.

With only thirty families, St. Mel's, McIntire, closed its doors on July 9, 1991. It was known as an oratory parish church until it was sold later in the year. St. Ansgar with 96 families had Father Joseph Heineman as pastor. At the time, the Archdiocese had 222 active priests. That compared with 309 priests ten years earlier. Sister Lena Rubly resigned. Julie Brumm (Allyn) was hired as Director of Education. In 1991, tuition was established in grade school. School subsidy was \$146,682 paid by Visitation. \$4,624 was paid by Sacred Heart, Meyer. In the same year the Endowment Committee was organized for school funding goals by contacting alumni and others. Sister Lenore Ostdiek was recognized for her many improvements in Visitation School and received an excellent report from the Iowa Department of Education in September 1990. One hundred eleven students started the 1991-1992 school year. The convent roof was shingled.

In 1993, Robert Pitzen resigned as Director of the Cemetery Association. He was replaced by John Faas and Glen Mayer. At the time cemetery plots cost \$150 each. The Northwest Town Circle published a parish cookbook covering the years 1883-1993. Jane and Patty Merten, Faith Formation high school students, traveled to Denver, CO, to participate in the World Youth Pilgrimage with Pope John Paul II. The decision was made to use Today's Missal for liturgy starting the first Sunday in Advent. Sister Lenore was "shared time administrator" of Visitation and Sacred Heart School, Osage.

In 1994, St. Joseph Society, which had been chartered in 1893, ended 101 years of existence. Catholic Aid Society from Minnesota chartered a new council at Visitation on July 22, 1994, its first council in Iowa. There were 50 members who were active for several years. The Christian Mothers enrolled 17 ladies with a solemn reception in November 1995. There were eleven baptisms and fifteen eighth grade graduations that year.

Rev. Paul Otting left July 9, 1996. Rev. Joseph Schneider arrived the same day. Parish Council members as of June 5 were Chairman, Gervin Halbach; Vice Chairman and Finance, Dan Wageman; Secretary, Janet Mayer; Spiritual Growth and Liturgy, Mike Mullenbach; Social Concerns, Karmen Hemann; Parish Life, Therese Halbach.



**I praise you for I am fearfully and wonderfully made. (Psalm 139:14)**

On Saturday, January 28, I had the privilege of joining over 600 ladies, young and old, celebrating this theme through presentations, song and sacrament. The Spirit was stirring in that huge gathering room creating a feeling of unity and acceptance. Soon we were making new friends and praising God for His gift of life and love. In this one short day an opportunity was given to come to the realization that we were indeed wonderfully made. So ladies, give yourself a mid-winter break and a remarkable experience and mark your calendar for the end of January 2019. You will be so glad that you did. Sorry, guys. Ladies only!

**Mary Lou Kennedy**

I had a wonderful time at the Beauty in Christ conference! During the Mass I was reflecting on the day and remember just feeling beautiful and very loved by God, and grateful for the experience. The speakers were so vibrant and strong. We laughed much, cried a little, and felt the presence of Jesus throughout the day and in every person there. My biggest take-away is to "SEE JESUS, and BE JESUS". Meaning that in everyone we meet, if we look, we will see Jesus in them, and we want them to see Jesus in us, so we must act as Jesus did. Sometimes we need to pray for help to love others as we are called to. Life doesn't always go as we want it to, but God is always with us, and we just have to OPEN our EYES and look for his gifts to us each day. The only disappointment of the weekend was that Archbishop Jackels was not able to come. I pray he has a quick recovery from his leg fracture.

**Laura Wynohrad**

It has been interesting to me how a small group of us friends decided to make changes in our spiritual lives. So one evening in October, we went to Decorah to listen about the women's conference. On that evening, one of us four won the registration fee to the conference. We all decided to go, with me hoping that our first grandchild would be born before we go. Our grandchild was born two days before his due date so things were working out. The conference filled me with the joy of the Holy Spirit and the joy of women coming together to praise God. It was all so moving. The speakers were great and Mass was beautiful. I truly felt that the Spirit was moving us four to know each other better and also to bring God closer to us in friendship and love. I look forward to next year!

**Laurie Gisleson**

The Beauty in Christ Conference provided those in attendance a profound spiritual experience. Energy literally radiated from within. To choose any one portion to highlight as more meaningful would be difficult if not impossible. Mary Pedersen, our archdiocesan adult faith formation director, was the MC and definitely added to the enthusiasm flowing within those attending. The speakers each provided a unique approach that literally touched my soul. The praise and worship session that brought the event to a close, was led by a 29 year old woman who was so filled with the Spirit that she could unite 600 women in praise of God in a manner I have never before experienced. Put this event on your calendar for next year. It will not disappoint!

**Helen Gerdes**

The speakers were great and the day was inspiring!

**Terri Hernan**

I enjoyed the time spent with other women. The music was wonderful and I especially liked listening to Judy Hehr speak about how difficult it is to be a woman. Her talk about the book of Esther really made me want to read that in the Bible. Since the conference, I have had a much deeper relationship with God and do daily devotions every morning and night!

**Kelli Duren**

"Beauty in Christ" was an amazing day. The speakers were genuine and I could feel the Holy Spirit moving through the room. Their testimonies and womanly advice was very special and thought provoking. I especially liked the visual received from one of the speakers of holding my bouquet of flowers and loving the flowers that I held. I can look at and admire other womens' flowers, but my flowers are the "gifts" that God has given me.

**Annette Uker**

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## Beauty in Christ...Continued

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"Beauty in Christ"! Another amazing, inspirational women's conference. I experienced this event last year and loved it, so I was a little afraid it would not be as good this year. I need not have worried! It was an awesome experience again this year! They changed the venue from St. Pius Church to the Double Tree Convention Center making more room for everyone. Last year there were about 400 women attending, this year 600! It was gratifying to see how many vibrant, young women were there! It made my heart smile to participate in such an event with so many of our "sisters" in Christ. I highly recommend all women give some serious thought to attending next year! You will hear fantastic, inspiring speakers, beautiful music, have opportunities for Adoration and Reconciliation, and take part in a Beautiful Celebration of the Mass (Where Heaven and Earth Meet)!

(By the way, Sacred Heart's own Julie (Niess) Vulk was again part of the planning team. She played guitar and sang in the choir during Mass. It was so fun to have her Greet us with Hugs!)

There were also vendors from many Catholic organizations with information and items for sale. (books, t-shirts, rosaries, medals, etc.) Oh, and did I mention Food? (snacks/drinks Friday evening - delicious Breakfast - Yummy Salad Lunch) All in all, it was another fantastic day of Women celebrating our Faith and "Beauty in Christ"!

**Janice Schonrock**

After attending the first Beauty in Christ last year, I made a promise to myself that I would make every effort to journey to this conference if they had another one. I offered to drive-so four friends and I traveled to Cedar Rapids late Friday afternoon, which involved dining, a St. Germain cocktail and a social gathering of conference attendees, our speakers and the committee members.

Saturday brought over 600 women together for sharing, worship, eating, connecting, laughing and crying. There was time for Adoration, so I spent some time with Jesus, in the quiet, just sitting with him and occasionally praying from one of my newly purchased books of Adoration prayers. I often am so full of love and peace after sitting with Jesus, my eyes run over. One of our speakers, Judy's booth was across the hall, so I went over to check out her book "Shattered". We connected from her morning talk, of course this brought more tears, sharing, laughing and a hug. It was truly a God moment of womanhood. It was almost time for the afternoon session, so of course this meant a quick trip to the restroom (with over 600 women, they overtook the men's room for us gals, plus the line was shorter!) I met an amazing woman and her 5<sup>th</sup> baby, 4-month-old, Giovanni in there. In the short amount of time we spent, God spoke, Giovanni grabbed my finger and held on tight, he must have felt I needed a tiny friend. His mom asked if I could watch him a minute so she could use the facilities and prepare his bottle. Giovanni and I had quite the conversation as we waited. His mom and I did too. One of our quick conversations (we had several topics) was about Mary's Meals, which is my 2<sup>nd</sup> grade faith formation class Lenten project. She told me her friend was putting together a 5K to raise funds for Mary's Meals. We have since connected on Facebook. Another God wink!

I was delighted to reconnect with Rita (she was in a vendor booth), a friend I met during my Beginning Experience participation in 2010, and then we were team leaders for several years. It was great to get caught up on life!

I am not sure how I could ever write this in just one paragraph and I have only shared part of my "retreat". I am looking forward to next year's Beauty in Christ and also the upcoming Christ Our Life September weekend in Des Moines. I am truly blessed by all the many ways God presented himself to me during this conference, (who knew I would have a God moment in the restroom too!) Emily, one of our speakers, quoted Mary Oliver, "Sometimes I need only to stand wherever I am to be blessed."

**Deb Popp**





**April 29, 2018** the Second grade children from Sacred Heart and Visitation Parishes will celebrate their First Eucharist at the Sunday morning Masses, 8:30am at Visitation and 10:30am at Sacred Heart. Please pray for the children, Ally Bissen, Emerson Brumm, Tess Darrow, Garrett Elgin, Audrina Franzen, Olivia Muhs, Spencer Power, Isabelle Reinardy, Lyla Sonberg, Gunner Swenson, Briar Wadey and Natalie Wagner.



**May 2, 2018** the **Sacrament of Confirmation** will be celebrated during Mass at 6:30 pm in Visitation Church. Please pray for these students who will receive this Sacrament of initiation and the gifts of the Holy Spirit: Caleb Brumm, Sawyer Chisholm, Zach Duren, Shelby Heimer, Emily Hemann, Lexi Hovde, Preston Isler, Samuel Juenger, Mercedes Lesmeister, Mason O'Malley, Andrew Schneider, Libby Schwamman, Sawyer Smith, and Zoe Wynohrad.

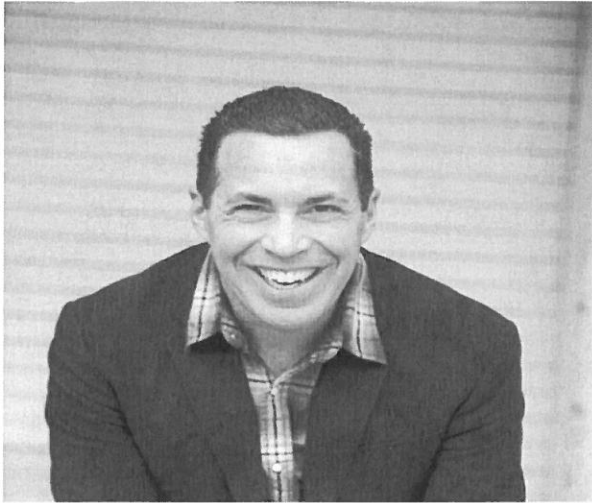


Visitation Faith Formation Students and Catechists are participating in a Penny War during Lent to raise money for the Sister Water Project, a program sponsored by the Sisters of St. Francis in Dubuque, to provide water accessibility to the poor people in areas of Honduras and Tanzania. In 2012, the Visitation students raised \$650.00 through the Penny War for the Sister Water Project.



**October 19-20-21 2018** St. Isidore Catholic Community will be hosting their 10th Women's CEW at Visitation Faith Formation Center.

**What is CEW? This weekend is an ecumenical experience designed to give the seeking Christians an opportunity to focus on their relationship with God, self, and others.** "The best weekend of my life" is how most participants describe the weekend of inspiration, motivation, community, laughter, and great food. **Who is it for?** Anyone wanting to learn what Christian life is really all about. **Do you have to be a Catholic to attend CEW?** No. **What happens at a CEW?** A team of lay people, priests, sisters, and ministers conduct the weekend which includes inspirational talks, discussions, various prayer services and some personal time for reflection. A registration form will be on the St. Isidore website or contact Barbara Ann Brumm at [dbq191re@dbqarch.org](mailto:dbq191re@dbqarch.org) or 641-710-2441.



### **2019 St. Isidore Parish Mission**

Steve Angrisano is undoubtedly one of the most effective and versatile ministry leaders in the Church today. Young and old alike embrace the passionate message of faith, hope and love woven throughout his music and storytelling.

Always rooted in a spirit of humility and faithfulness, Steve's easy, honest style of ministry is born from who he is: a committed witness to the life and love of Jesus Christ.

**SAVE THE DATE:** Steve will join us for a Parish Mission, April 14, 15, & 16, 2019.



### **We've Got Mail!**

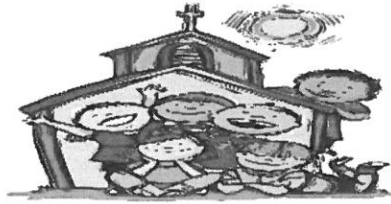
Visitation Faith Formation. Our prayers, cards and notes *continue* for the, now 22, Seminarians from the Archdiocese of Dubuque. The students are delighted to receive many letters, notes, and sometimes Bible assignments from the Seminarians as they communicate their thank yous and also pray for our Faith Formation Students and our Parish. (This is just one picture of our communication boards.) We are excited to announce that one of the Seminarians will be coming to visit the students at the Visitation Faith Formation center during Lent and speak to the students about vocations and the fact that we are all called to be missionary disciples through our Baptism.



### **Catholic Heart Workcamp 2018**

Please pray for us and especially for the people that we will be serving during our week of service with Catholic Heart Workcamp. For this week it's not about us. It's about the people we serve. We will depart on Saturday, June 23, and will return on Saturday, June 30, 2018. Those traveling to Memphis, TN, include Cole Adams, Sawyer Chisholm, Zach Duren, Krista Erickson, Nathan Havel, Beth Hoppel, Katie Hoppel, Abbie Kulow, Noah O'Malley, Mason O'Malley, Jenna Plotzke, Denny Thompson, and Patrick VandenAvond. Once again this year, we will be collecting new paint brushes, paint roller pads, masking tape, work gloves, and flat bed sheets. Donations can be dropped off at the Visitation or Sacred Heart Faith Formation Offices. Questions, please contact Beth Hoppel at 641-732-3428.

## Totus Tuus – “Totally Yours” “One week summer catechetical program”



Totus Tuus – “Totally Yours” - is a week-long parish catechetical summer program, led by Seminarians and college students, dedicated to sharing the Gospel and promoting the Catholic Faith to children and youth, (first grade - 12<sup>th</sup> grade) through evangelization, catechesis, Christian Witness and Eucharistic worship.

St. Isidore Faith Formation Programs (Sacred Heart and Visitation) have registered for the Totus Tuus summer program. We have requested the week of June 10-15, 2018. We are currently waiting for confirmation for this week.

This flyer contains an overview of the program, the curriculum and the general schedules.

Please consider registering your children/youth to attend Totus Tuus. It's **not Vacation Bible School, it's even more!** If children are in a sports program part of the day, they are welcome to attend when they can.

The following are some comments from other Parishes who have sponsored the program. “Awesome”. By the second day the children are asking if they can come again next year. The children were excited about going every day. One child asked his mother if he could go to Totus Tuus rather than Park and Rec.

**Totus Tuus** - “Totally Yours” – Program Overview Totus Tuus is a summer program dedicated to sharing the Gospel and promoting the Catholic faith to children and youth through evangelization, catechesis, Christian witness, and Eucharistic worship. This week-long parish summer catechetical program assists parents and parishes in the evangelizing and catechizing of their children by supplementing the work they are already doing. The methodology, structure, and content of Totus Tuus is concerned not only with teaching the Faith, but also igniting the hearts of the team members and the young people they encounter. The result has been the formation of young adults who continue to dedicate themselves to the Church's mission of evangelization.

**The mission of Totus Tuus** is to provide children and teens of the Archdiocese of Dubuque with a meaningful experience of the Catholic faith that fosters solid catechesis, sacramental engagement, and authentic faith-filled role models.

**The Motivation of Totus Tuus**, a Latin phrase meaning “Totally Yours,” was the motto of Saint John Paul II. Taken from St. Louis de Montfort's True Devotion to Mary, it signifies our desire to give ourselves entirely to Jesus Christ through Mary.

**The Method of Totus Tuus** calls upon seminarians from the Archdiocese of Dubuque and college students from across the United States to carry this mission to every young person they encounter in the parish program. Our missionaries are grouped into teams of four, generally consisting of two men and two women, and are invited to a different parish every week. These teams of missionaries conduct a week-long “parish mission,” teaching and inspiring the parish’s first through twelfth grade children and teens.

**The Totus Tuus Curriculum:** The Sacred Scriptures and the Catechism of the Catholic Church provide the foundation of the catechetical instruction of the Totus Tuus summer catechetical program.

Consequently, Totus Tuus has divided the four pillars of the Catechism into a six-year teaching cycle: Year One: The Mystery of Salvation; Year Two: The Apostles’ Creed; Year Three: The Sacraments; Year Four: The Commandments; Year Five: The Virtues; Year Six: Prayer and the Our Father.

To complement this six-year cycle, Totus Tuus follows a four-year cycle dedicated to the mysteries of the Rosary: The Joyful Mysteries. The Luminous Mysteries. The Sorrowful Mysteries. The Glorious Mysteries.

The 2018 curriculum will focus on The Apostle’s Creed and the Luminous Mysteries.

### **The 2018 Totus Tuus Daily Schedule**

Grade 1-6 Program (Monday – Friday) (9:00 – 2:30)

9:00 – 9:20 Pump Up

9:20 – 9:55 Power Learning Session 1

9:55 – 10:10 Snack/restroom break

10:10 – 10:40 Power Learning Session 2

10:40 – 11:10 Mass & music prep/restroom break/prayer partners

11:15 – 12:00 Mass

12:00 – 12:50 Lunch/recess/water break

12:50 – 1:25 Power Learning Session 3

1:25 – 1:40 Break

1:40 – 2:10 Power Learning Session 4

2:10 – 2:30 Review/Songs/Dismissal 2:30

**Grade 7-12 Program** (Sunday –Thursday) 6:45 p.m. Team Setup Program starts at 7:00 PM

7:00 p.m. Introduction, Activity and Evening Sessions

9:00 p.m. Night Prayer (Compline)

9:15 p.m. DISMISSAL





# Movies Make a Difference!

Movies & Refreshments & Discussions  
**St. Isidore Catholic Community**  
is sponsoring a series of movies  
for adults and adolescents

Sunday afternoons  
at Sacred Heart Parish Hall  
4:00-6:30pm

Snacks & Refreshments provided  
Bring a comfy lawn chair, if you wish

## March 11 - Martin Luther: The Idea That Changed The World

This film chronicles the real-life story of the seismic upheaval that rocked the western world in the early 1500s and portrays Luther in a personal way that viewers can relate to and come to understand him as a committed Catholic with deep faith and courage to challenge church leadership that had gone wrong.

## March 18 - The Boy in Striped Pajamas (PG-13)

is a tale of curious 8-year-old Bruno. Bored in his new home, Bruno wanders off into the nearby woods where he discovers an unusual fence, behind which is a boy strangely dressed in "black-and-white pajamas". Bruno embarks on a most unusual friendship with the boy, one that proves both ordinary and remarkable, both inspiring and tragic.

## March 25 - Risen (PG-13)

is the epic Biblical story of the Resurrection as told through the eyes of a non-believer. Clavius, a powerful Roman military tribune, and his aide, Lucius, are tasked with solving the mystery of what happened to Jesus in the weeks following the crucifixion in order to disprove the rumors of a risen Messiah and prevent an uprising in Jerusalem.

Sponsored by Adult Faith Formation



## PIETRA FITNESS

*a retreat for body and soul*

"Stretching and strengthening classes featuring Christian prayer and meditation in the Catholic tradition."

Pietra Fitness begins and ends with a Christian prayer and contains various postures and exercises that promote flexibility, balance and core strength. There is also a simple meditation read during extended stretching. This is a wellness program for your mind, body, and soul. Join us as we follow the Pietra Fitness DVDs every **Tuesday, from 5:15-6:15 p.m. at the Sacred Heart Parish Hall**. Pietra Fitness does involve floor exercises, kneeling and is done barefoot. There is no joining fee or cost for classes. Please bring a yoga mat. Join us for this "whole person" workout.

Any questions, call Laura Wynohrad at (641) 781-9018 or Julie Johnson at (641) 832-7044 or see <https://pietrafitness.com/>

Sponsored by Parish Life Committee

Below is information from the website:

### **Why is stretching important?**

Research has shown that regular, intense stretching for a minimum of ten minutes will bring some major beneficial changes in the neuro-muscular-tendon units. Increased strength and endurance gains have been reported, as well as improved flexibility and mobility.

In addition to increased flexibility, the exercises utilized in Pietra Fitness classes are designed to improve muscular strength, range of motion, posture, and stability.

The Pietra Fitness logo represents a cathedral stained glass window traditionally known as a "rose window." Many of the world's great cathedrals feature rose windows intricately patterned with geometry rich in Christian symbolism. Rose windows are often dedicated to the Virgin Mary, the Mystical Rose.

The Pietra Fitness rose window has a trefoil (three overlapping circles) to represent the Holy Trinity. Brilliant shades of blue and the fleur de leis motif around the edges are to honor our Blessed Mother. Blue, a color associated with Heaven, has long represented Mary, and the fleurs de lis (simplified lily flowers) remind us of her purity. A series of ten geometric designs fill the window to symbolize God's law. Our window is also dedicated to Our Lady, because she carried within her the Light of the World. May the Pietra Fitness rose window always remind us that God made each of us, body and soul, to be a temple for His glory – a beautiful cathedral dedicated to Him alone.

**St. Peter the Apostle** is the foremost patron saint for Pietra Fitness. His intercession has played a key role since the very beginning when the name 'Pietra' (meaning 'rock') was chosen. He is the rock of the Church, and we are confident that his intercession will keep Pietra Fitness firmly grounded on the strongest of foundations: Christ himself.

"And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it." (Matthew 16:18)

Pietra (meaning "rock" in Italian) is a word that reminds us of the importance of a solid foundation when building anything that is to have strength, stability, and longevity. At Pietra Fitness, our "whole person" workouts are built upon this concept. We utilize physical exercise to promote core strength as a solid physical foundation for the rest of the body. For the soul, our workouts include prayer and meditations built upon the strongest of foundations: the rock of Christ and His Church. This powerful combination truly benefits the entire human person – restoring harmony and wholeness to both body and soul.

Pietra Fitness exists to help people increase their faith, health, and well-being through Catholic prayer and spirituality and the physical practice of stretching and strengthening postures. You can improve your health, wellness, and happiness by strengthening your mental, physical, and spiritual foundations. We have worked hard to develop a program with a solid foundation in each of these areas so that, with God's grace, you can rejuvenate, refresh, and restore your whole person – mind, body, and soul. It is our goal to help you achieve your optimal health regardless of age, physical limitations, and state of health.

**We hope you leave each class feeling relaxed, refreshed, rejuvenated, and restored.**



**Community Lenten Luncheons 2018**  
**“Encounters with Christ – Christ’s Stories  
and Ours”**

Serving begins at 11:45  
First United Methodist Church  
819 Main Street, Osage  
6412-732-4850 COST: \$6.00

**February 15 – Pastor Jim Stern, Osage Alliance Church**

Title: "Let the Little Children Come to Me" - Text: Mark 10:13-16  
Lunch: Baked Potato Bar

**February 22 – Pastor Cathy Belles, Eden Presbyterian Church**

Title: "Do Whatever He Tells You" - Text: John 2:1-12  
Lunch: Chili & Cornbread

**March 1 – Pastor Cindy Krause, Our Savior's Lutheran Church**

Title: "Straight Paths" - Text: Mark 1.1-8  
Lunch: Macaroni & Cheese & ham slices

**March 8 – Pastor Charles Owens, United Church of Christ**

Title: "What's it going to Take?" - Text: Acts of Peter 13 (New Testament Apocrypha)  
Lunch: Meatloaf, mashed potatoes, & vegetable

**March 15 – Pastor Andy Schumacher, Prairie Lakes Church**

Title: "The Question of 'Why?'" - Text: John 11:1-44  
Lunch: Goulash & French bread

**March 22 – Julie Schubert**

Title: "The Mary in Me" - Text: Luke 1: 26-38.  
Lunch: Homemade vegetable soup & cheese bread

**March 29 – Pastor Steven White, New Covenant Fellowship**

Title:  
Lunch: Baked potato bar

Desserts & drink accompany each meal. Cost \$6.00

# GET TO KNOW JESUS THIS LENT



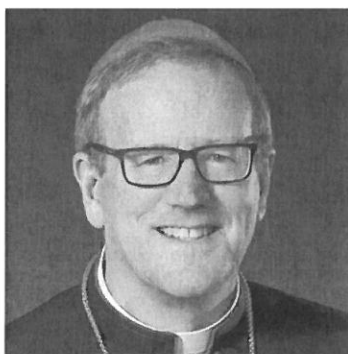
Journey through the Gospel of Mark with a daily 2-3 minutes video.  
Sign up free at: [lentseries.com](http://lentseries.com)

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Do you have three minutes a week to grow in your Catholic Faith? Sign up for Jon's free Catholic weekly at: [jonleonetti.com](http://jonleonetti.com)

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Daily Gospel Reflections from Bishop Robert Barron  
It's short, simple, but extremely powerful. It's like getting a mini-homily each morning from Bishop Barron!  
Sign up free at: [DailyCatholicGospel.com](http://DailyCatholicGospel.com)

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Be Bold. Be Catholic.®

Best Lent Ever

Take a 40-day journey to become the best-version-of-yourself. All it takes is 10 minutes a day. Sign up free at: [dynamiccatholic.com](http://dynamiccatholic.com)



# Prayer Is Never Trivial

But here's some prayer trivia we hope you'll enjoy

DAVID O'BRIEN

This quiz can help you, your students, and your students' families review our Catholic faith. **Watch for the answers in an upcoming bulletin insert.**

**1** "Hail Mary, full of grace ... blessed is the fruit of thy \_\_\_\_\_, Jesus."

- a) womb b) apple tree c) prayers  
d) heart

**2** According to St. Augustine, \_\_\_\_\_ is "praying twice."

- a) repeating the same prayer  
b) the rosary c) going to two Masses d) singing

**3** Which traditional Catholic prayer is associated with a sacrament?

- a) Emancipation Proclamation  
b) Pledge of Allegiance c) Act of Contrition d) Serenity Prayer

**4** Which saint from the Middle Ages is credited with introducing the rosary?

- a) Margaret b) Dominic c) Mother Teresa d) Peter

**5** The Bible teaches that we should pray \_\_\_\_\_.

- a) when we need something  
b) before bed c) at church  
d) always

**6** Elizabeth, the Blessed Virgin Mary's cousin, was the one who first prayed The Magnificat,

which says: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior."

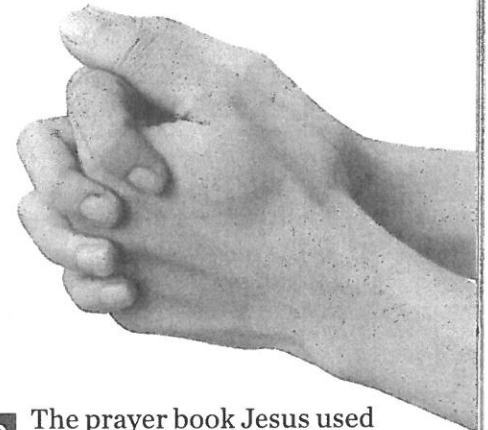
True | False

**7** *Kyrie Eleison* means "Lord, have \_\_\_\_\_."

- a) compassion b) kindness  
c) patience d) mercy

**8** This prayer, familiar to Catholics, is also prayed by many Protestant Christians.

- a) Sign of the Cross b) Lamb of God  
c) Our Father d) Hail Mary



**9** The prayer book Jesus used as a Jewish boy was \_\_\_\_\_.

- a) the *Psalms* b) the *Lectionary*  
c) the *Interior Castle* d) the *Imitation of Christ*

**10** Which prayer is also known as The Lord's Prayer?

- a) Communion Rite b) Our Father  
c) Letter to the Corinthians  
d) Gospel of John

**11** A complete rosary includes 50 Hail Marys.

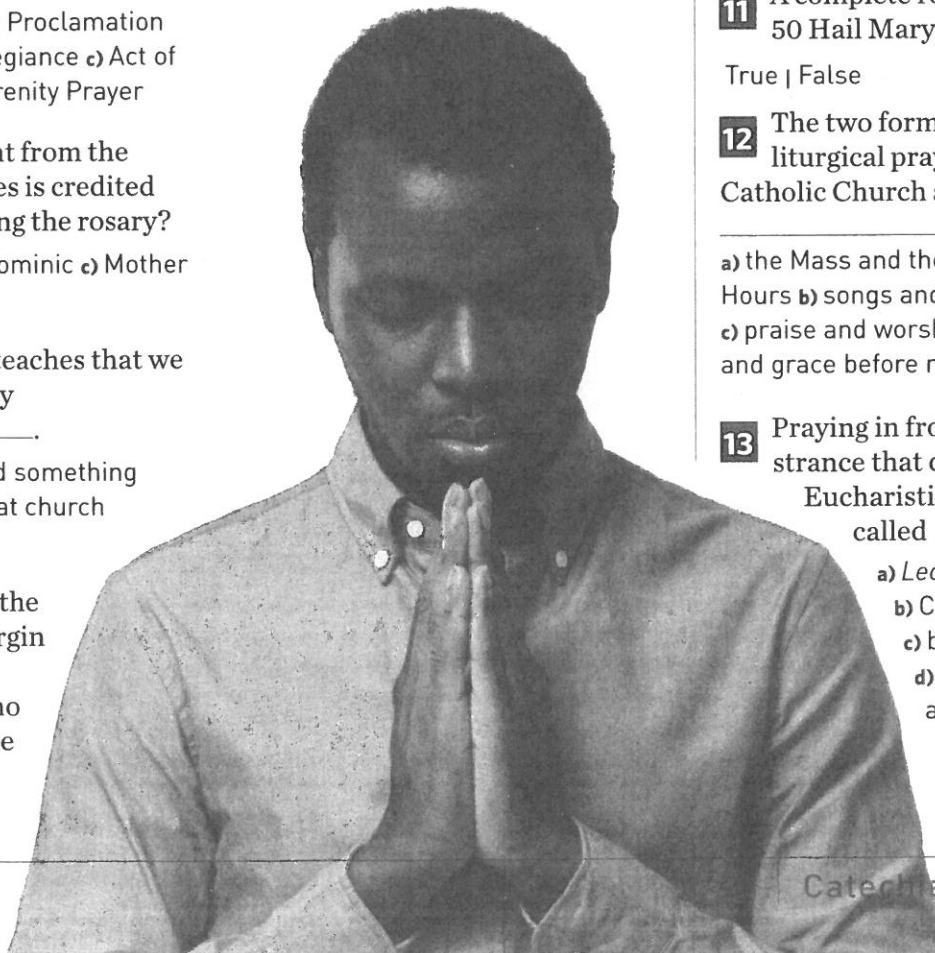
True | False

**12** The two forms of public liturgical prayer in the Catholic Church are \_\_\_\_\_.

- a) the Mass and the Liturgy of the Hours  
b) songs and meditation  
c) praise and worship d) the rosary and grace before meals

**13** Praying in front of a monstrance that displays the Eucharistic Jesus is called \_\_\_\_\_.

- a) *Lectio Divina*  
b) Canon Law  
c) beatitude  
d) Eucharistic adoration





14 "The Lord is my \_\_\_\_\_; there is nothing I lack ..." (Psalm 23)

- a) creator b) teacher c) king d) shepherd

15 Reciting memorized prayers is the only way Catholics are allowed to pray.

True | False

16 \_\_\_\_\_ of our enemies is a form of prayer.

- a) Forgiveness b) Persecution c) Hatred d) Torture

17 One of the great obstacles to prayer is \_\_\_\_\_.

- a) Netflix b) distractions c) screaming babies at church d) homework

18 \_\_\_\_\_ can be transformed into a powerful prayer.

- a) Suffering and sacrifice b) Candy c) Sleeping d) Video games

19 The \_\_\_\_\_ never wants us to pray.

- a) doctor b) mayor c) devil d) bishop

20 Catholics pray with their voices and their bodies.

True | False

# Kids' quiz Prayer is awesome!

This quiz can help your students and your students' families review our Catholic faith.

Watch for the answers in an upcoming bulletin insert.

1 "Our Father, who art in heaven, \_\_\_\_\_ be thy name ..."

- a) Joe b) hallowed c) Abraham d) holy

2 "Glory be to the Father, and to the Son, and to the \_\_\_\_\_ ..."

- a) Holy Spirit b) Mother of God c) Pope d) saints

3 When we pray, we are talking to \_\_\_\_\_.

- a) ourselves b) ghosts c) no one d) God

4 St. Peter, the first pope, wrote the Our Father prayer. True | False

5 For Catholics, the most important prayer that unites us as one body in Christ is the \_\_\_\_\_.

- a) Angelus b) Anima Christi c) Mass d) Salve Regina

6 "Bless us, O Lord, and these thy \_\_\_\_\_, which we are about to receive ..."

- a) miracles b) words c) gifts d) toys

7 The \_\_\_\_\_ is a repetitive prayer using beads that asks "Holy Mary, Mother of God, pray for us sinners."

a) Act of Contrition b) rosary c) St. Michael prayer d) Liturgy of the Hours

8 Prayer includes both talking to the Lord and \_\_\_\_\_.

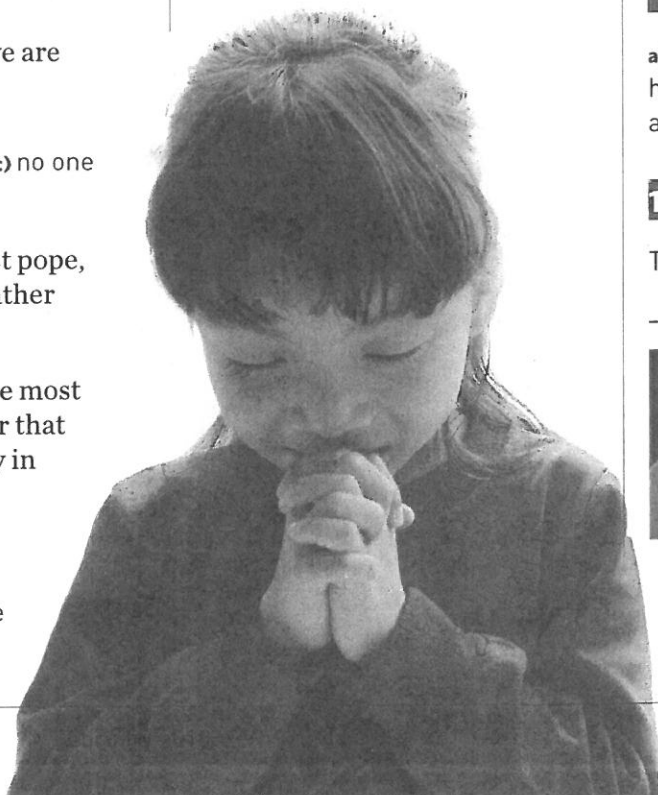
- a) listening to him b) having a snack c) sleeping d) a play date

9 You can pray \_\_\_\_\_.

- a) only with your parents b) only at home c) only at church d) anytime, anywhere, with anyone

10 Even though Jesus was God, he prayed.

True | False



DAVID O'BRIEN, MDiv, MA, is the faith formation director at St. Timothy parish in Florida. He teaches theology at St. Leo University and is the author of *There's a Beer in My Handbag: Unusual Thoughts about Everyday Faith*.

Permission is granted to copy for use with your classes and families.



**CREATE Cross Craft**

Members of St. Isidore Cluster gathered at CREATE on two different days. A total of 28 women used scrap booking paper and paint to create beautiful layered crosses.



**“500” Cards and Cribbage**

Several St. Isidore parishioners got together for a fun afternoon of cards, cribbage, and yummy snacks.

Sponsored by Parish Life Committee

## **2017 2<sup>nd</sup> Collections**

Recipients are based on the 7 Catholic Social Teachings and Social Justice

January - Salvation Army \$1,122.49  
February – Souper Bowl of Caring \$1,246.19  
March – Mary’s Meals \$2,522.95  
April – Catholic Heart WorkCamp \$1,211.16  
May – Baby Pantry \$795.05  
June – Crisis Intervention Center \$970.60  
July - Red Lake Indian Reservation \$1666.43  
August – Steve Weis \$5615.00  
September – 40 hours for Life – pray  
October – CROP Walk \$662.17  
November – Northern Lights Alliance \$1,347.35 and 8 large units of items  
December – Mitchell County Food Bank \$2,342.76

## **Baptism**

Meyer - 12-26-17 Theo Lawrence Bove,  
son of Vincent & Lacy Bove

## **New Parishioners**

VIS - Brandi Church  
VIS - Kyle & Candice Adams  
SH - William J Fox  
VIS - Alan & Joni DeMaris

## **Deaths**

VIS - 11/3/17 Louise Juenger  
SH - 11/13/17 Darwin Thompson  
SH - 11/20/17 Margaret Stangl  
VIS - 11/27/18 Gary James Retterath  
SH - 1/17/18 Catherine Klink  
SH - 1/18/18 Adam Block  
SH - 1/24/18 Ronald Dishinger  
SH - 2/11/18 Donna Marreel  
SH - 2/12/18 Florence Goergan  
SH - 2/18/18 Jean Onken  
VIS - 2/20/18 Donald Salisbury  
VIS - 2/20/18 Dennis Rake

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