

Volume 13 Issue 1

March 2019



SACRED HEART AND VISITATION CATHOLIC CHURCHES

St. Isidore Newsletter

Father Ray Burkle

Brewing the Faith

Beginning in January of this year, each first Thursday, Limestone Brewery is hosting an evening of faith sharing titled "Brewing the Faith." On those Thursdays, our evening will begin at 7:00pm with a prayer, and we will end with a prayer no later than 8:30pm. Of course if anyone wishes to stick around longer and keep sharing, they are free to do so. Each month we hope to have two ministers from the Osage area helping in the discussions. There is a question/topic box in the Limestone Brewery where you can submit your ideas for discussion, or if time permits, you can bring your topics that evening.

Lent & Easter

This year, lent starts on March 6. There will be an 8:30am Mass at Sacred Heart and a 6:30pm Mass at Visitation. There will be various services held in the nursing homes, and Sacred Heart Faith Formation will have a service with distribution of ashes at 6:15pm.

Lent is a time of personal reflection on how you are doing in your faith journey with God, others and yourself. I recently heard someone mention the old phrase, "When all else fails, read the instruction manual." The Bible is the instruction manual that God has given us to help us in all moments of life. I encourage you to take time this Lent to pick one book from the New Testament, and read and reflect a little each day on what God is telling us.

During Lent, I will be offering Anointing of the Sick during Masses on March 30 and 31. I'll also be offering it at the care centers while there for Mass. Please see the enclosed Lenten Calendar for locations and days.

Stations of the Cross will be offered before the 8:30am Masses on Wednesdays and Fridays at Visitation, and Friday evenings at 5:00pm at Sacred Heart.

Holy Week begins with Palm Sunday, which this year we will also be starting a Cluster Mission. This year we have Steve Angrisano as our speaker on Sunday, Monday and Tuesday evenings at 7:00 pm at Sacred Heart.

Holy Thursday, Mass of our Lord's Supper is April 18 at 7:00pm at Sacred Heart. Good Friday, Passion of our Lord is at 3:00pm at Sacred Heart. The Easter Vigil will be Saturday, April 20, at Visitation beginning at 8:30pm.

Easter Sunday, April 21, we will have the regular Sunday Mass schedule celebrating the Resurrection of our Lord and Savior.

See Lime Green page for Fr. Ray's Lenten Calendar.

Newsletter staff: Margaret Smolik, Fr. Ray Burkle, Barbara Ann Brumm, Annette Uker

Moving Forward Together (MFT)...by Janice Schonrock

About ten years ago, Mary Lou Kennedy, Sister Millie and Vivian Viskocil saw a need in our St. Isidore Cluster. They felt the need to reach out to a growing community of parishioners who were coping with the loss of a loved one. At the time, Sacred Heart School was still open and had an excellent lunch program. So, the ladies decided to take advantage of those lunches and invited these people to have lunch together. After lunch they had a prayer time with sharing and getting to know each other. This became a monthly occasion and through the years the group has grown together in friendship and support.

After the school closing, the group made some changes. We now meet in the Parish Hall and have taken the name, "Moving Forward Together" for that is what we are doing. Life goes on after losing a loved one and we are helping each other move forward one day at a time.

Each month members take turns helping plan activities, programs, entertainment and excursions. Sometimes we have a light snack after the meeting or we may go out for lunch or brunch or have a picnic! Our purpose is to support and strengthen each other through Prayer, Play, Sharing and a little Food mixed in with Laughter and Love!

At present about 20 ladies are attending each month. Anyone who has experienced a loss of a loved one and in need of a caring, supportive experience is welcome and encouraged to join our monthly gatherings. Notices of time and place are in the bulletin. In the past, there were a few men who attended and we would like to extend a special invitation to you men to give the group a try. We promise to make it more male friendly.

The February meeting had a St. Valentine's Day theme. Sister Millie opened our day with a prayer of Love. We made prayer/rosary boxes to remind us to show our Love for others through prayer. We chose valentines to take to nursing home residents who will be our prayer partners during Lent. A review of Matthew Kelly's book "The Greatest Lie..." reminded us to create "Holy Moments" on our quest for holiness. We ended our afternoon with a tour of our New Church and of course, food (Valentine Treats)! Oh, I can't forget the dancing! Just a little Hokey, Pokey and the Chicken Dance!?

Notice Ladies and MEN: :) The March meeting will be at Limestone Brewers. We hope to learn a little about the craft beer brewing process and maybe taste a bit!

Remember, if you would like to meet others who have lost a love one, others who are caring and supportive, please join us and we will Move Forward Together! God Bless!

Also each month there is a group called "Grief to Hope" that meets at the Osage Alliance Church in Osage. This group is organized by the Osage Ministerial Association and meets on the second Tuesday of each month. Watch the bulletin each month for more details.



SOUP & A BOWL....The Rest of the Story...by Glenda Ross

On several occasions I have enjoyed attending soup and bowl fundraisers. Making a bowl on pottery wheel here, glazing a bowl there is a way for many hands to contribute in a small way to gain the big results of building community, raising money for a good cause and gaining a pottery bowl to boot! After my pottery studio opened, the idea of someday doing a soup and bowl fundraiser kept popping up.

When the Sacred Heart Church Building Project began it seemed like the perfect opportunity. There was one big hurdle, however. If I try to do anything fast it promptly falls to pieces. I knew how to make bowls on the pottery wheel and how to teach others, but also knew my slow pace would never produce bowls fast enough to have a large quantity in a short amount of time. Enter Dan Uker. After sharing the fundraising idea with Annette, she mentioned it to Dan. In February 2017, he started learning how to “throw” a bowl on the pottery wheel. After a year of dedicating two afternoons a week to throwing, trimming and glazing, approximately 200 bowls took residence on Kelly’s ping-pong table. Other church members and friends glazed an additional 100 pre-made bowls. Our goal was to have them ready by January of 2018 for a soup luncheon but we all know how construction goes! Halleluiah! The time has arrived for the opening of the new church. Kelly is anxious to go back to playing ping-pong with his grandchildren. The bowls must go!

Please join us on Sunday, March 31, for our first Soup & A Bowl Fundraiser. There will be three different soups, a bread choice, dessert, and of course, your very own pottery bowl to take home! Church tours will be given. It is open to the public so feel free to invite friends and neighbors. As it is a fundraiser we are asking for suggested donations of \$15 for adults and \$7 dollars for children. We are looking for volunteers to help with glazing a few more bowls, soup preparation and set-up the day before, and help with serving, clean-up and giving church tours. Invite your friends and neighbors to share a meal, good conversation, and an opportunity to see the finished project close up! THANKS EVERYONE!



Sweetheart Mass, Dinner & Entertainment...by Annette Uker

The Sweetheart Mass was held on Friday evening, February 15. Mass was followed by a social time. Father Ray blessed our marriages. Dinner included an almond strawberry salad, lasagna, homemade breadsticks, and yummy cupcakes.

For the entertainment after dinner, Fr. Ray hosted a lively “Newlywed Game” although none of us were newlyweds. All fourteen couples participated. Some of the questions were “What was the first song you danced to after you were married?”, “What is your husband’s favorite car?”, “Wives, what is your husband’s favorite meal that you make?” Tied for first place were Brian & Jan Adams and Tom & Karen Thome. Third place couple was Gary & Jolene Hemann.

The couple that had been married the longest was Jim & Helen Gerdes and the shortest was Rick & Liz Stevens.

Those attending the fun event were: Tom & Mary Bucheit, Gary & Jolene Hemann, Dan & Annette Uker, Rick & Liz Stevens, Al & Linda Winters, Tim & Cindy Pink, Jim & Helen Gerdes, Roger & Delores Poohl, Bob & Carol Clark, Tom & Karen Thome, Brian & Jan Adams, Gerard & Jan May, Mark & Susan Ringhofer, and Bill & Carol Sisterman.

A big thank you to the planning committee members, Tom & Mary Bucheit, Gary & Jolene Hemann, Dave & Judy Mayer, and Brian & Jan Adams.



Thursday Morning Bible Sharing 9:00am in the Sacred Heart Parish Hall. All are welcome.

Friday Morning Bible Sharing 9:00am at Evergreen Senior Living. All are welcome.

Come Pray With Us — First Saturday of each month

St. Isidore parishioners are invited to come together on the first Saturday of each month for about 30 minutes to pray for unity and a faith-filled response to the call to discipleship for each of us. Prayer sheets will be provided. We ask that you pray for these intentions every day on your own and collectively on 1st Saturdays.

Sacred Heart Church at 9:00am

Stacyville Community Nursing Home at 9:00am

Good Samaritan Nursing Home in St. Ansgar at 9:15am



Did you know that the Archdiocese of Dubuque has been one of the #BiggestNCYCGroupEver!? With almost 1,850 teens and adults participating in 2017. In order to share in this experience with the young people, we invite you to continue to checking out the NCYC website which is ncyc.info. The dates for 2019 are:

- Thursday, November 21
- Friday, November 22
- Saturday, November 23
- Sunday, November 24

If you have questions or interest in this trip, please contact Beth Hoppel—641-732-3428.

What is NCYC?

The National Catholic Youth Conference (NCYC) is a powerful, biennial, three-day experience of prayer, community, and empowerment for Catholic high-school teenagers and their adult chaperones. The conference gathers 23,000+ high school teens and adults from across the country to pray, learn, and celebrate. It is the premier event for Catholic teens in the country.

What happens at NCYC?

There are loads of opportunities for teens to have a positive faith experience. There are nationally recognized speakers, inspiring music, presentations, liturgy, opportunities to participate in reconciliation and adoration of the Blessed Sacrament, and oodles of teen energy at the twice-daily general sessions. The days are filled with amazing workshops, concerts, prayerful and informative hands-on activities, and a chance to bond with our Catholic brothers and sisters from all over the United States.

A key component of NCYC is the thematic park which is a blend of traditional exhibit booths with interactive areas featuring service projects, games, recreation, live musical performances, arts and sports. Learn more about NCYC by viewing the promo video: <http://www.ncyc.info/>. NCYC is sponsored by the National Federation for Catholic Youth Ministry, Inc. (NFCYM).

Why attend the NCYC?

Youth attend NCYC because they want to:

- Gather together with other Catholic youth on a national level;
- Learn more about themselves and their relationship to God, and the Catholic Church;
- Celebrate their Catholic faith;
- Meet thousands of other Catholic youth;
- Share beliefs and experiences;
- Recognize their role in the life of the Catholic Church.

What does NCYC as a *pilgrimage experience* mean?

Attending NCYC is more than just a vacation; it can be a life-changing experience. The goals of a pilgrimage, especially for youth, should reflect the general goals for youth ministry. As a reminder, those goals are:

- To draw young people into responsible participation in the life, mission, and work of the faith community
- To empower young people to live as disciples of Jesus Christ in our world today
- To foster the total personal and spiritual growth of each young person

Catholic HEART Workcamp—June 22-29, 2019

You are invited to spend a life-changing week serving the poor with 300-400 other teens & adults from around the United States during this summer. St. Isidore will be taking a group to Catholic HEART Workcamp in Nashville, TN from Saturday, June 22nd to Saturday, June 29th. Camp is open to anyone currently in 8th grade or older.

This service trip isn't a vacation. These participants work very hard in the heat of the summer to help those in need. This trip combines fun, music, sacraments, laughter, new friends, hard work, service, prayer and so much more. We are able to meet families whose needs are much greater than ours and experience the joy of helping in simple ways. In serving these families, we not only touched their lives, but profoundly touch our own. This trip requires full participation and commitment from students and chaperones.

We are taking 11 students and 4 chaperones. Currently, we have 4 student spot open and 2 adult chaperone/driver spots open. If you would like more information on CHWC, please go to their website at www.heartworkcamp.com. Questions or would like to sign up, please contact Beth Hoppel at 641-732-3428 or dbq152re1@dbqarch.org.



April 7, 2019 the Sacrament of Confirmation will be celebrated during Mass at 10:30 am. in Sacred Heart Church. Please pray for these students who will receive this Sacrament of Initiation and the gifts of the Holy Spirit: Kira Baldus, Lauren Bork, Taylor Hanna, Tori Kulow, Ellie Bobinet, Eric Bobinet, Jadie Frein, Alexis Jones, Paige Kisley, Hannah Koch, Spencer Krabbe, Grace Mallory, Katerina Smith.



May 5, 2019 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, Harper DeMaris, Daniel Merten, Kellen Hanke, Brynnlie Havig, Kaycee Kominek, Lily Ann Kolbet, Claire Machin, Charlie O'Malley, Kellen Taets

Reenactment of the Last Supper—Wednesday, April 3, 2019

Please join our Sacred Heart 5th graders as they reenact the Last Supper on Wednesday, April 3, 2019 at 6:45pm in the Sacred Heart Church Hall. Call the Faith Formation office at 732-3428 to reserve your spot. This is open to the public.

The Last Supper was held on the evening of preparation for the Jewish Passover, a very holy time for the Jewish nation in remembrance of when God spared the Jews from the plague of death on every firstborn child in Egypt. Jesus arranged the dinner purposely by instructing His disciples where to host it. His twelve disciples were with Him during and after the meal. It is here that Jesus makes the prediction that Peter will deny knowing Him three times before the rooster crows that morning, which became true. Jesus also predicts that one disciple, Judas Iscariot, will betray Him, which also became true. The Last Supper was a gathering for Christ to fellowship with His disciples one last time prior to His arrest and crucifixion.



April 14, 15, & 16 St. Isidore Parish Mission

Sunday, April 14, parishioners and guests are invited to an evening meal which will be served from 5:15pm to 6:15pm in the Sacred Heart Parish Hall. Mission schedule: Sunday, Monday, Tuesday evenings at 7:00pm at the Sacred Heart Catholic Church.

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.

Sacred Heart Study Club...by Janice Schonrock

Sacred Heart Study Club has been in existence for many years, but I haven't found its exact organization date. However, in researching the club I found out that Marie Donner, a former member, had a tablecloth (card table size) made in 1958, 61 years ago! Embroidered in the corners are the names of the 12 members. Marie's mother, Rose Ginder was one of them. Included with this article is a picture of that tablecloth (Folded to Reveal all Names). The members were: Rose Ginder, Olive Hennessey, Erna Schultheis, Kathryn Wolf, Katie Winkles, Olive Ormsby, Mary French, Gertie Michaels, Cecilia McGuire, Ruth Comisky, Lottie McSweeney, and Grace Moore. Do you recognize any names? (relative, friend of the family) Fun facts for me: 1958 was the year I graduated from high school and two of the ladies were my first husband's relatives. Maybe this brings back a memory for you, too!

In visiting with a few former members, I found that the club meetings were conducted much the same as they are today. They still have 12 members (enough for 3 tables for cards) with a list of ladies who can sub for those who are unable to attend. Each member hosts one meeting a year in their home. The gathering begins with a rosary lead by the hostess and said for members and other prayer requests.

After the rosary, the meeting is called to order. Old and new business is discussed and voted upon. The secretary reads the minutes of the last meeting and a treasurer's report is given. The business meeting is adjourned. To close the meeting, members recite the "Prayer to the Sacred Heart of Jesus".

At the end of the year members draw names for their Secret Pal. Throughout the year they remember their Pal with anonymous small gifts or cards. At the December meeting, Christmas cards are exchanged revealing their Secret Pal's identity. Then, a new Secret Pal is drawn for the next year, a fun year long activity.

Also, at the December meeting members make a contribution to a charity.

After the business meeting the hostess from the last meeting presents an inspirational reading or short program.

Then, SOCIAL time begins! The ladies play cards (500) and Lunch/Snacks are served while they play. You could call it "fellowship in the afternoon". There's lots of laughter and excitement (especially with good hands and scores) along with plenty of visiting and catching up on each others lives! At 4:00pm the top scores are revealed and it's time to head home! GOOD TIME, HAD BY ALL!



The 10th Graders in Confirmation class at Sacred Heart heard first hand about the Sacrament of Marriage. Vince and Connie Morische told stories and shared the ups and downs of their relationship. Marriage takes work and prayer.



Sawyer Small was home over the holidays and shared his life experiences with the 8th, 9th, and 10th graders from Sacred Heart.

The Hardest Part About:

Concert & Book Signing

Save the Date: The Sacred Heart Guild is pleased to announce a special event for Friday, April 12, 2019, in the Sacred Heart Church. Sawyer Small, son of Bruce and the late Becki Small, will be putting on a concert and book signing for his recently-released book, “The Hardest Part About: A Ten-Year Journey through Grief.”

Sawyer’s book chronicles his family’s journey of finding meaning and faith through the loss of a loved one, while providing education and hope for those navigating their own grief journey. Sawyer will be using this event to speak about the book, the writing process, his work as a music therapist, and performing songs inspired by the book. The concert will start at 7:30 PM, followed by a book signing where there will be the opportunity to purchase a book and/or bring your already purchased copy to be signed.



Do Not Be Afraid...by Carol Sisterman

At times we become acutely aware of the presence of the Holy in our lives. At other times it takes years for us to recognize some past event of His presence. The mysterious Presence surprises, inspires, catches off-guard.

Become aware of your Sacred Story. Ponder with Mary. Share it in the Parish Newsletter. Let your light shine. Be an intentional disciple. Tell your Sacred Story as a way to evangelize, to inspire, and to impact another's life.

Don't be afraid. If you need assistance (a Ghost Writer), contact Margaret Smolik or Carol Sisterman.

An example follows:

DO NOT BE AFRAID submitted by Carol Sisterman

Over 300 times in the Scriptures we hear the words, "Do not be afraid." I believe God protects me, because He has ridden with me during several scary occasions in my life:

*As a small child, I rode into town with Dad. The steering rod disconnected. The truck rolled into the ditch, not the ravine.

*Nearly 20, I fell asleep at the wheel when returning from canceling classes at the University. Awakened by the sound of a horn from an approaching semi, I pulled to the side of the road and slept until a concerned driver stopped his car to investigate the reason for my stop.

*In my early 30s, I struggled to stay awake as I drove home after a charismatic prayer meeting. It was about 10 pm, dark outside, and the drive home was 30 miles. Suddenly, the car hit gravel on the side of the road. I woke up sufficiently to drive the last five miles to slumber at home.

*As I accessed the freeway, another driver and I glanced at one another eyeball-to-eyeball. He veered sharply to the left away from my vehicle and then to the right to avoid an overpass. We collided and both vehicles stopped. Mom (nearly 90) and I (in my 60s) were safe as were the passengers and the driver in the other car.

*In my 70s, on my way to a wedding, I was confused by the directions and ended up getting a citation when another car collided into my vehicle as I tried to make a U-turn.

Notice that a fatality did not occur in any of these incidents. God shielded me and others. Why do we fear?

People of all ages have memories of God's workings in their lives. Sharing stories of God's presence in our lives is a powerful witness tool. We want to hear your story.

STOP. REFLECT. JOT DOWN YOUR FAITH EXPERIENCE. SEND YOUR STORY TO: Annette Uker

Increasing Need for Mental Health Services...Catholic Charities

Mental Health Counseling is inspired by the belief that marriage and families are at the core of our social structure and must be supported and protected. Mental health counseling provides individuals, couples, and families the ability to address challenges they may be experiencing before they become a crisis, helping to maintain emotional health and strengthen relationships.

Catholic Charities is excited to welcome and introduce two new counselors that have recently joined our counseling team:

Rachel Blough is a Licensed Mental Health Counselor with over thirteen years of experience working with families, individuals, and youth. Rachel has a genuine compassion for serving and responding in love to others. She is located in the Waterloo office and welcoming new appointments.



Mary Foy is a Licensed Mental Health Counselor bringing over eight years counseling experience. Mary works with children and adults, ages eight and over. She has a passion for working with high school aged kids and young adults dealing with anxiety, depression, self-harm, self-esteem, grief, attachment and ADHD issues. Mary is also welcoming new appointments in our Mason City office.



The need for health care workers across the nation is not limited to physical health, there is an increasing need for mental health services, especially in rural areas. Although our Archdiocese spans a 30 county area, we are available in six locations including: Ames, Cedar Rapids, Decorah, Dubuque, Mason City and Waterloo. We are passionate about recruiting talented, experienced, and compassionate counselors. Currently, Catholic Charities is seeking to recruit three additional counselors for office locations in Decorah and Cedar Rapids, as well as a Telehealth Counselor to be based in the Dubuque office.

Catholic Charities is blessed with a counseling team of nine counselors, in six office locations, with more than 100 years of combined experience. Each of our counselors possess an enthusiastic passion to support and love their neighbors.

Lenten Daily Reflections If you would like to sign-up to receive Daily Reflections through your email from Catholic Charities USA go to this website. ccusa.faith/dailylent

Beauty in Christ...by Judy Mayer, Terri Hernan, & Mary Bucheit

The three of us set off on Friday, January 25, to make our way down to Cedar Rapids for the Archdiocesan Women's Conference, "Beauty in Christ", that was held on Saturday, January 26. One of us had had already had the opportunity to experience the conference and the other two of us had heard such glowing reports from those who had attended last year that we decided this was something we definitely wanted to experience! After doing a little shopping, we settled into the very comfortable accommodations at the Double Tree Cedar Rapids Convention Complex. That evening, we attended a social where we had the opportunity to visit with other attendees and to chat with the speakers, which definitely increased our already high anticipation for the next day's event!

After a continental breakfast on Saturday in the lobby of the convention center, our day began with prayer. It's hard to describe the energy that was in that room of 600 women praying together - very powerful, but probably most of all, very reverent. The theme for the day was "Perfect Isn't Perfect". Each of the speakers addressed that topic with a very distinctive style, giving us plenty to think about and reflect upon. After the morning's speakers, we had the privilege of attending Mass celebrated by Archbishop Jackels with several co-celebrants. What a moving experience that was—beautiful music, a wonderful homily by Archbishop Jackels, and, again, that truly reverent, powerful feeling of 600 women of all ages rejoicing in celebrating the Eucharist together.

The afternoon found us listening to another talk and sharing in prayer before we all made our way home, with the warm feeling of joy that comes from sharing in a wonderful faith-enhancing experience with a community of amazing "almost perfect" women!

Religious Education Lesson Plan Helpers by Laura Grace

True or False

1. Lent starts on Ash Wednesday.
2. During Lent we fast which is to go without food on certain days.
3. Lent recalls the time that Jesus and the disciples were out in the desert.
4. A cross is marked on our foreheads with blessed ashes on Ash Wednesday.
5. We only do fast on Ash Wednesday.
6. All Catholics must fast during certain days in Lent.
7. We are supposed to do almsgiving during Lent, which is giving to the poor.
8. We are supposed to do abstinence during Lent, which is praying and meditation so we can become more like Jesus.
9. We do fast and abstinence on Good Friday.
10. Lent ends on Good Friday.
11. Lent is the time before Christmas.
12. The color of Lent is green.
13. There are 30 days in Lent, not counting Sundays.
14. The last Sunday in Lent begins Holy Week.
15. No Mass is celebrated on Good Friday.
16. We must do abstinence every Friday during Lent.
17. Lent is considered a time of penance and discipline.
18. Lent is a time to prepare for Jesus' ascension.
19. Eating between meals breaks the fast, but drinking liquids does not.
20. We fast and do abstinence every day during Lent.

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For additional coloring and word activities related to the Catholic faith, visit www.CatholicMom.com
Feel free to share this activity with your family or students, but please consider a donation to support
CatholicMom.com and our mission of celebrating our Catholic Faith.
For more information contact LisaA@catholicmom.com

Answers will be in bulletin in a couple of weeks.

2019 Lenten Online Offerings

Archdiocese of Dubuque Pinterest: Lenten ideas, families, books, studies and more: <https://www.pinterest.com/dbqarch/boards/>

Catholic Relief Services: How to Practice Lent: Daily Lenten calendar, reflections, activities, stories, Rice Bowl: <https://www.crsricebowl.org/about/how-to-practice-lent>

Blessed is She: Daily reflections for women: https://blessedisshenet.net/devotions/?mc_cid=80f008f5bc&mc_eid=a39fbc9391

Catholic Mom: Lenten ideas, reflections, studies: <http://catholicmom.com/>

Creighton Online Ministries: Lenten online daily prayer and retreats: <http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>

Dynamic Catholic, Best Lent Ever: Daily video series is based on *The Biggest Lie in the History of Christianity* by Matthew Kelly: <http://dynamiccatholic.com/bestlentever/>

Evango: Ashes to Palms Lenten video series: <https://evango.net/ashes-to-palms/>

FaithND: Online daily reflections: <http://faith.nd.edu>

Ignatian Workout for Lent: Audio reflections, prayer, and action steps: <https://www.ignatianspirituality.com/lent/the-ignatian-workout-for-lent-an-online-retreat>

Loyola Press: Living Lent Daily: <http://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/living-lent-daily>

Nouwen Society: Lenten online book discussion for *Walk with Jesus*: <https://henrinouwen.org/>

Pray-As-You-Go: Daily online audio readings and reflections: <https://pray-as-you-go.org/>

Redeemed Online: Daily 2-3 minutes video reflections: <https://redeemedonline.com/lent/>

Sacred Space: Online weekly retreat reflections for Lent: <https://www.sacredspace.ie/node/199539>

St. Paul Institute with Scott Hahn: Free, online Lenten Bible Study: *Genesis to Jesus*: <https://www.bibleandthesacraments.com/streaming>

Sisters of the Presentation: Lent: https://www.dubuquepresentations.org/prayer_lent.cfm

Strong Catholic Family Faith: Lenten ideas for families: <http://www.catholicfamilyfaith.org/lent.html>

Sunday Liturgy of St. Louis University: Reflections on the Sunday Readings: <http://liturgy.slu.edu/>

United States Conference of Catholic Bishops: Lent Calendar: <http://www.usccb.org/prayer-and-worship/liturgical-year/lent/index.cfm>

Word on Fire: Daily Gospel reflections by Bishop Robert Barron: <https://dailycatholicgospel.com/sign-up-daily-gospel>

For more ideas: Archdiocesan Office of Adult Faith: dbqcaf@dbqarch.org
Archdiocesan Education Resource Center: <https://www.dbqarch.org/offices/education-resource-center/>

Nurturing Family Faith at Home by John Roberto

“We know how important parents and the whole family are in forming the faith of young people. The United States Catholic Conference of Bishops states that the family is “our first community and the most basic way in which the Lord gathers us, forms us, and acts in the world” (*Follow the Way of Love*). We know that the primary way by which Catholic identity becomes rooted in children’s lives is the day-to-day religious practices of the family and the ways parents model their faith and share it in conversation, collaboration, and exposure to outside religious opportunities. (see, *A Report on American Catholic Religious Parenting*, page 7).

Parents are simply the most significant influence on religious and spiritual outcomes of young people. (*Follow the Way of Love*.)

The family is the community where Christian faith practices are nurtured and developed. We have discovered through research that certain faith practices make a significant difference in nurturing the faith of children and adolescents at home. Among the most important practices are:

1. *Reading the Bible as a family and encouraging young people to read the Bible regularly.*
2. *Praying together as a family and encouraging young people to pray personally.*
3. *Serving people in need as a family and supporting service activities by young people.*
4. *Eating together as a family.*
5. *Having family conversations.*
6. *Talking about faith, religious issues, and questions and doubts.*
7. *Ritualizing important moments and milestone experiences.*
8. *Celebrating holidays and Church-year seasons at home.*
9. *Providing moral instruction.*
10. *Being involved in a faith community and participating regularly in Sunday worship as a family.”*

Works Cited: A report on American Catholic Religious Parenting. Justin Burkus and Christian Smith, University of Notre Dame, 2017. *Follow the Way of Love*. United States Catholic Bishops 1994. John Roberto is on the leadership team of Vibrant Faith, where is servers as coordinator of training services. His numerous publications include *Faith formation with a New Generation* (2018), *Families at the Center of Faith Formation* (2016), *Seasons of Adult Faith Formation* (2015), *Reimagining Faith formation for the 21st Century* (2015), *Generations Together* (2014) and *Faith Formation 2020* (2019). He is the founder of Lifelong Faith Associates and the Center for Ministry Development.

Community Lenten Luncheons —First United Methodist Church

11:45 a.m.

Cost is \$5.00

Topics: Beatitudes

March 14th

Pastor Jonny Olson, Osage Alliance Church

Lunch: Spaghetti & Garlic Bread

March 21st

Pastor Bryan Odeen, Our Savior’s Lutheran Church

Lunch: Chicken Noodle Soup & Cheesy Biscuits

March 28th

Pastor Cindy Krause, Our Savior’s Lutheran Church

Lunch: Vegetable Beef Soup & French Bread

April 4th

Pastor Catherine Belles, Eden Presbyterian Church

Lunch: Tomato Soup & Cheese Sandwich

April 11th

Father Raymond Burkle, Sacred Heart Catholic Church

Lunch: Corn & Potato Chowder & Ham Salad Sandwich

All meals are served with Bars for dessert

God was once interviewed and was asked...
“As a Parent, what would you ask your children to do?”
God replied with a smile:

- “To learn that they cannot make anyone love them.
What they can do is to let themselves be loved.
- To learn that it takes years to build trust, and a few seconds to destroy it.
- To learn that what is most valuable is not what they have in their
lives, but who they have in their lives.
- To learn that it is not good to compare themselves to others.
There will be others better or worse than they are.
- To learn that a rich person is not one who has the most, but is one who needs the least.
- To learn that they should control their attitudes,
otherwise their attitudes will control them.
- To learn that it only takes a few seconds to open profound
wounds in persons we love, and that it takes many years to heal them.
- To learn to forgive by practicing forgiveness.
- To learn that there are persons that love them dearly,
but simply do not know how to show their feelings.
- To learn that money can buy everything but happiness.
- To learn that while at times they may be entitled to be upset, that
does not give them the right to upset those around them.
- To learn that great dreams do not require great wings, but a landing gear to achieve.
- To learn that true friends are scarce, he/she who has found one has found a true treasure.
- To learn that it is not always enough that they be forgiven by
others, but that they forgive themselves.
- To learn that they are masters of what they keep to themselves and slaves of what they say.
- To learn that they shall reap what they plant; if they plant gossip
they will harvest intrigues, if they plant love they will harvest happiness.
- To learn that true happiness is not to achieve their goals but to
learn to be satisfied with what they already achieved.
- To learn that happiness is a decision. They decide to be happy
with what they are and have, or die from envy and jealousy of what they lack.
- To learn that two people can look at the same thing and see
something totally different.
- To learn that those who are honest with themselves without
considering the consequences go far in life.
- To learn that even though they may think they have nothing to
give, when a friend cries with them, they find the strength to appease the pain.
- To learn that by trying to hold on to loved ones, they very quickly
push them away; and by letting go of those they love, they will be side by side forever.
- To learn that even though the word “love” has many different
meanings, it loses its value when it is overstated.”

Anonymous

Just something to think about this Lent....

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 - 12th grade) through evangelization, catechesis, Christian Witness and Eucharistic worship.

St. Isidore Faith Formation Programs (Sacred Heart and Visitation) will offer Totus Tuus summer program the week of June 9-14, 2019 @ Sacred Heart Faith Formation Center.

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. Last year a number of the St. Isidore children asked if we could have Totus Tuus again next year.

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 2019 curriculum will focus on The Sacraments and the Sorrowful Mysteries.

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

The 2019 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

First Mass in new Sacred Heart Church—March 2, 2019—5:15pm

Dressing the altar before offertory.



First Mass in new Sacred Heart Church—March 2, 2019—5:15pm



First Mass in new Sacred Heart Church—March 2, 2019—5:15pm



“THE BIBLE BLUEPRINT” ... by Janice Schonrock

Author: Joe Paprock

A Catholic's Guide To Understanding and Embracing God's Word

For five weeks a group of about 15 people have been meeting Thursday evenings for 1 ½ hours to read and discuss this book, “The Bible Blueprint”. We begin with a prayer asking our Lord to “Guide this group as we study the framework of the bible to better understand Sacred Scripture and how to live it in our daily life”.

The author has an interesting way of comparing the Bible to an architect's blueprint. The blueprint is the architect's plan for building a new creation much like God has a blueprint or plan for our salvation, the Bible. This paperback book makes learning about the Bible fun, using humor throughout. I liked this joke. “A catechist asked his class to draw pictures of their favorite Bible stories. He was puzzled by Sandy's picture, which showed four people on an airplane, so he asked her which story it was meant to represent. “The flight to Egypt,” said Sandy. “I see... and that must be Mary, Joseph and Baby Jesus,” the catechist said. “But who's the fourth person?” “Oh, that's Pontius,” replied Sandy, “the Pilot.”

Seriously, this little book is packed with facts and advice to help one understand the make-up of the bible and tips to help us better understand what we are reading.

Here are some of the Chapter titles: Overcoming Bibliophobia (fear of the bible) - Preparing to Enter God's Library - The Bible Floor Plan - Recognizing Symbolic Language in the Bible and Do the Math – Numbers in the Bible.

This Book Study has been a great learning experience. We discovered that many of us have had very little in the way of education or experience with how the bible is put together or how to read or pray the Bible. Some of us didn't have bibles in our homes when we were growing up or if we did they were on a shelf or table, but not used. And, the warning that we shouldn't read the bible because we might interpret it the wrong way has been handed down for generations. This book helps us realize that the bible was written for US, you and me, not just scholars.

We are thankful for the opportunity to read, share and learn more about God's Blueprint for our salvation, The Bible. There are a few copies in the church library that are available to borrow.

Catholic Radio - RPR 970 AM – and There’s an APP for That...by Janice Schonrock

One day while trying to find a radio station as I traveled to Mason City, I came across a Catholic radio station. The station is fairly new and is called RPR (Real Presence Radio). You will find it at 970 AM on your radio dial. RPR Network was started in 2004 in Grand Forks, North Dakota and now is covered by sister stations all over N. Dakota, S. Dakota, Minnesota, Wisconsin and Wyoming. In April 2018, a station was started in Austin/Rochester, MN. I discovered it last summer and have been listening almost every day. I have a small old battery operated radio that tunes in to it just fine. You can also easily find it on your car radio.

It is “talk” radio and you will hear programming from EWTN radio and Live Shows produced by RPR. Some of the shows are “Call In” shows where you can actually phone the station and have your questions or comments answered on the show as it's aired. On some shows you can contact them on facebook while they are on air, too. I tried this! It Works! These shows are hosted by priests, theologians, psychologists and very knowledgeable people. Have you ever had questions about life or your faith? If so, here is a place you can go for answers and advice. And, it is anonymous and free! Most of all it is News, Answers, and Advice from a Catholic perspective.

Or, if you would rather listen online, There is an App! There are Free Apps for several Catholic radio stations. Just go to your App Store and type in free apps.... Catholic radio.

I have downloaded “RPR Network” - “Iowa Catholic Radio” - “iCatholic Radio”- “Ave Maria Catholic Radio”. The Iowa station is out of Des Moines. I haven't been able to get it on the radio here, but if you are in the Des Moines area, search for it at 1150 AM. One of my daughters listens to it down there. (Jon Leonetti, our Mission presenter from last year, is on this station.)

So, do yourself a favor. The next time you are in your car, maybe traveling to Mason City, tune in to 970 AM (try your house radios, too) and listen to REAL PRESENCE RADIO! Or, pick up your phone right now and download a Catholic radio app. Give it a try! I think you will find it interesting and “Just Maybe” you'll learn more about our Catholic Faith. I know I have! Happy Listening on your way to Holiness. God Bless!

Baptisms

SH-12-8-18-Finley Grace, daughter of Kyle & Lindsey Malecek

SH-12-30-18-Miles Dean, son of Curtis & Micheala Eisenmann

SH-2-17-19-Jenna Ruby, daughter of Jon & Renee Kotek

New Parishioners

VIS-Sandra Mayer

SH-Gary French

VIS-Matthew & Rachelle Gatzemeyer

Deaths

VIS-10-31-18-Duane Streit

VIS-12-28-18-Elaine Bena

VIS-1-8-19-Leo Hage

SH-1-18-19-Sheila Rogers

SH-2-6-19-Lavern Mueller

SH-2-2-19-Delores Spartz

VIS-2-23-19-Monica Halbach

VIS-2-27-19-Marie Boerjan

VIS-2-27-19 Daniel Chavez

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