

The Grapevine Newsletter

St. Bruno Parish, Dougman

Thursday, March 30, 2023



I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. --

John 15:5



Merciful God, as we enter Holy week, turn our hearts again to Jerusalem, and to the life, death, and resurrection of Jesus Christ. Stir up within us the gift of faith that we may not only praise him with our lips, but may follow him in the way of the cross.

-John Paarlberg

**There will be no Grapevine during Holy Week.*



St. Paul & St. Bruno Parishes

WALK THE
Labyrinth

**April 6--St. Bruno Gym (4:30-6:15pm
before Holy Thursday service)**
**April 7--St. Paul Gym (11am-12:45pm
before Good Friday service)**

Comfort | Power | Reflection



Q: What is a labyrinth and how can I walk it?

Answer on next page

The Bible is meant
to be BREAD for
daily use, not
CAKE for special
occasions.



May the
blessings
of the Lord be
with you on
Palm Sunday and
always!



STATIONS OF THE CROSS

MARCH 31

St. Paul

(last fish fry!)

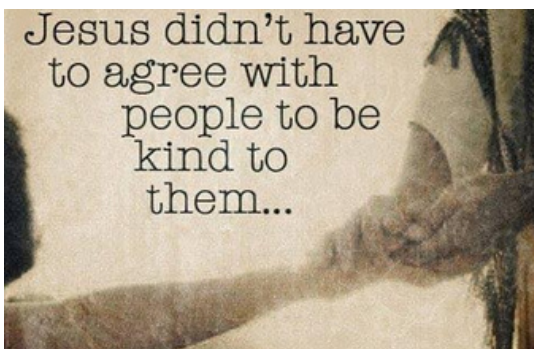
6:00-7:00PM



Love One Another



Jesus didn't have
to agree with
people to be
kind to
them...



12 Ways to Make Holy Week More Meaningful

1. **THINK PRAYER.** If you have to work or go to school during Holy Week, think about how you can incorporate prayer breaks into each day.
2. **MAKE AN ADDITIONAL SACRIFICE** by fasting and abstaining from meat on Holy Thursday and Holy Saturday in addition to Good Friday.
3. **DON'T WATCH TELEVISION** from sundown on Holy Thursday until Easter morning.
4. **GO** to confession.
5. **SET ASIDE** 10 minutes every day to read Passion accounts in the Gospels.
6. Make it a point to **FORGIVE** someone on Good Friday.
7. **PRAY** the Sorrowful Mysteries of the Rosary.
8. **OFFER UP** any pain or difficulties you experience during Holy Week and unite your sufferings with the pain of Christ.
9. **PRAY** the Stations of the Cross.
10. **ATTEND** all of the Triduum liturgies.
11. **INVITE** family members, friends and neighbors — especially people who have strayed from the church — to come to church with you.
12. **VOLUNTEER** to help decorate the parish on Holy Saturday for Easter.

Answer:

A labyrinth is a curving path. It is an ancient, sacred symbol found in many religious traditions. Some people call it sacred geometry. Christians in the Middle Ages saw the labyrinth as a symbolic pilgrimage. Floor labyrinths were installed in many cathedrals in Europe. Instead of taking a dangerous journey to Jerusalem, medieval Christians went to the cathedrals to pray and walk a labyrinth.

The labyrinth is not a maze, because there is not a choice of which way to turn. If you walk a labyrinth, or trace one with your finger, you will find the center. You simply follow the path curving back and forth, around and around. There is one way in and the same way out. This means that you don't have to make decisions about which way to turn while you are walking the labyrinth. You are free to meditate. The process of walking, putting one foot in front of the other, can remind you to still your mind, to be open to the Spirit.

What is it for?

The labyrinth is a way to help you pray. The process of walking a labyrinth can be compared to taking a thoughtful walk, going on a pilgrimage or spiritual journey, or even taking part in a religious dance. Many people think of a labyrinth walk as having three parts.

The first part, walking in, can be seen as a time of letting go, of leaving behind whatever keeps you from God. It is best to start with a short prayer before you even enter the labyrinth.

The second part, being in the center, can be seen as being with God. It is best if you take some time in the center, sitting, kneeling or standing still, while you listen for and feel God's presence within you. What is it God wants to say to you?

The third part, walking out, can be seen as being sent by God. You become aware of what it is God wants you to do in the world.

How do you walk it? There is not a right or wrong way to walk the Labyrinth, but some guidelines will help you relax and will help others who are walking the labyrinth with you. We ask you not to wear shoes on our labyrinth to protect the cloth. Walk slowly; if others are walking too slowly for you, either stop for a time and wait, or slowly and quietly pass them. If you meet others going the other direction, step aside to let them pass. If you feel a need for solitude (aleness) in the labyrinth, keep your eyes down when you pass others. If not, it is OK to smile or nod as you pass.

Missed last week's Mass?
Catch it here on YouTube.



The St. Bruno
***Men Who Cook Dinner &
Auction***
is coming soon!

*This is our school's largest annual fundraising event, and will take place on **Saturday, April 22.***



Tickets are on sale THIS WEEKEND!

Early bird pricing through April 1: \$50

Price then increases to \$75

Purchase your tickets in the Gathering Space after Masses.



4 Helpful Tips for Inviting People to Our Easter Service

- **Ask.**
 - *Make the invitation!*
- **Assist.**
 - *Give them a ride or directions to our parish.*
- **Arrange.**
 - *Show them around when they arrive.*
- **Answer.**
 - *Provide assistance when they have questions.*

Here's a short [article](#) for more tips and ideas on how to invite others to our parish this Easter.

PS. And be sure to invite them back!

Don't Miss our Last Fish Fry of the year!

This Friday, March 31st

4:30-7:30pm

St. Paul Cafeteria

\$15 adults, \$6 kids

**Cash or check only, please.*

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