



# ST. HELENA ST. PATRICK

WELCOME TO OUR PARISHES!



## 1<sup>ST</sup> SUNDAY OF LENT

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." - Mk 1:14-15

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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### LIVE THE LITURGY

Throughout history God has given His people signs. Our season of Lent offers us God's sign that it is time to stop the ordinary routines of our lives, create some desert space, and listen more attentively for God to reveal His presence. We are asked to unplug from our attachments, compulsions, obsessions, addictions, routines, and busyness to clear the slate and take stock in who we have become. We are asked to remember the ancient sign of God's covenant with humanity in which He vowed to nurture, sustain, and protect the relationship He has with His people. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. Even though some good solid self-denial is the order of the day, greater happiness and wholeness will be the fruit of our labors. Pleasant journey through the desert!

**Stations & Simple Suppers—Wednesdays during Lent—See Page 3 for details**



## ST. HELENA PARISH

### Mass Schedule

**Saturday** (vigil) 5pm, St. Helena

**Sunday** 8:30am (1st, 3rd, 5th Sundays)

10:30am (2nd, 4th Sundays)

**Tue–Fri** 8:00am

### Confession Schedule

**Saturday** 3:30–4:30pm

**Sunday** Before 8:30 am mass (1st, 3rd, 5th Sundays)

**Tuesday** 7:00–8:00pm

**Tues–Fri** Before 8:00 am daily Mass | By appointment, call parish office



## ST. PATRICK PARISH

### Mass Schedule

**Sunday** 10:30am

(1st, 3rd, 5th Sundays)

8:30 am (2nd, 4th Sundays)

**Thursday** 9:00am

### Confession Schedule

**Sundays** after 10:30 am Mass

By appointment - call parish office

## FROM OUR PASTOR

### A mixed message

Dear friends in Christ,

Ash Wednesday was a little different this year. Sprinkling ashes on our heads is not standard operating procedure. Typically, a black cross is smudged across our foreheads. So much are we endeared by Ash Wednesday that elaborate pictures appear online, comparing the different types of crosses in humorous fashion. Indeed, the “carbon footprint” provides an opportunity to share your faith. The visible ashes also speak with no explanation needed. Erasing the Cross this year has not removed the challenges of discipleship.

As we examine the sorrows and joys of St. Joseph, the prophecy of Simeon is our focus (Lk 2:22-35). Joseph receives a mixed message, words of death and life, as the child is presented in the Temple. Joseph feels sorrow when he learns of the suffering Jesus and Mary will endure. Joseph is filled with joy as the prophecy foretells of the many who will be saved because of Jesus. Mary and Joseph were obedient to the law of God by presenting Jesus in the temple. Following the will of God often includes similar sorrows and joys. Yet, how is it possible, we ask, that our merciful Father should include suffering and pain in his divine plan?

Today's Gospel gives insight into this question (Mk 1:12-15). Jesus is driven by the Spirit into the desert for forty days, tempted by Satan. The Gospel also records the first words of Jesus' teaching “The Kingdom of God is at hand. Repent, and believe in the gospel.” Jesus demonstrates a pattern for confronting trials.

The prayers at Mass are always a source of teaching: *lex orandi, lex credendi* (*what we pray, we believe*). The opening prayer collects our intentions and unites them. At the start of this season, we pray that our special observances will help us “grow in understanding of the riches hidden in Christ.” That is a goal of Lent—to help us discover the reality that there are inexhaustible riches hidden in the Christian life.

Next, we pray over the gifts to be offered: Give us the right dispositions to make these offerings. St. Joseph had the correct disposition and faithfulness as he brought Jesus to the Temple. Jesus himself displays courage and perseverance as he endures testing in the desert.

Finally, after Holy Communion, after receiving the heavenly bread, the source of the virtues (faith, hope and charity), we ask for spiritual training. That's correct, we pray that God will coach us “to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds” from the mouth of the Lord.

St. Joseph shows us faithfulness. Deepening our faith does not depend on how we receive ashes. Rather, what matters is the inner disposition of our faithfulness to God's plan. Shaken not stirred, sprinkled not smudged. Perhaps this strange way of receiving ashes can help us reflect on the hidden sins in our own lives, purify our daily intentions, make us intentional disciples, and cause us to hunger more for what truly matters, our Savior, Jesus Christ.

Fr. Asselin

### Pastor Recommendations for Lent

What should I do for Lent? This is a difficult question. Have you run-out of good ideas? On Ash Wednesday I proposed the following ideas. We can formulate specific *intentions* for Lent; but we should also consider the *intentionality* behind them. I won't tell you *what* practices/sacrifices to make, but here are three reasons *why* for your prayer, fasting and almsgiving this year:

- ⇒ The Church: that our bishops, priests and deacons will have God's wisdom and courage.
- ⇒ Government leaders: That they will use their authority wisely, and recall that they possess authority, not power. That their authority will help those in their care to flourish.
- ⇒ Family: To be protected from so many attacks. To reunite the estranged. For the lukewarm and fallen-away. For the strengthening of married life.

Finally, write down specific names. May your intentions have intentionality!



## PARISH EVENTS CALENDAR |

2/23—Adoration & Confession, 7pm-8pm  
 2/24—Simple Supper, 5:00 pm, Stations of the Cross 6:15 pm  
 3/2—Adoration & Confession, 7pm-8pm  
 3/3—Simple Supper, 5:00 pm, Stations of the Cross 6:15 pm  
 3/3—CCD Adoration 6:30-7:30



### Fall Raffle Donations

St. Helena Altar Society is now taking donations for the annual Raffle to be held Sep 26, 2021. Contact Michele T. or Kathy M. to make a donation.

### Military Appreciation

A box for Peyton Merkel is located in the church entry. Peyton is serving overseas and items that could be used are shampoo, deodorant, laundry soap, hand soap, chips, and candy. Please place items in box before March 14.

### Simple Suppers

We are having simple suppers and Stations of the Cross. Wednesday, Feb. 24 is the start date for the Simple Supper tradition. Sign-up sheet is in the church entry.

### Fish Fry

Our Annual Fish Fry is scheduled for Friday, March 12. We will have a changed format as it will be take out only. Watch for details as we get closer to the event.

### SEARCH Retreats Attention Youth!

SEARCH is an opportunity to think, talk, question, and wonder about the joys and struggles of faith in everyday life. How does

Christ fit into your busy schedule? Why is it important to have Christ as your center? This weekend retreat gives young people, an opportunity to mature and grow in their faith. Visit the [registration page](#) to join us. Retreat is scheduled for April 16-18, 2021 (Deadline March 29).

### Retrouvaille Help for Hurting Marriages

Retrouvaille is an international, peer-run program that has helped hundreds of thousands of hurting married couples turn the tide, find new hope, and rediscover the love that initially brought them together. Surveys have shown that 3 out of 4 couples who complete the entire program are still married five years later with stronger, healthier marriages.

Retrouvaille will be held locally March 5-7, 2021 in Fargo. For more information visit [HelpOurMarriage.com](http://HelpOurMarriage.com) or contact us at (701) 356-7962 or via email at [RedRiverRetrouvaille@fargodiocese.org](mailto:RedRiverRetrouvaille@fargodiocese.org).

### Decora

Decora is a one-day retreat empowering high school and college-age women to live happy and healthy lives by embracing the gift of their femininity! Decora

## VOLUNTEER OPPORTUNITIES

Volunteers are needed for the Ellendale Community Food Pantry. St. Helena's is responsible for the month of February. We need volunteers on Saturday, Feb 27, 10:00am—Noon. Your help is greatly appreciated!

is scheduled Saturday, March 6, from 8am-4pm at St. Anthony of Padua Catholic Church, Fargo. Join us for inspiring speakers, fun breakouts, delicious food, fashion show, and a guy panel. This retreat will inspire young women to discover their feminine genius. This event is free for students and \$35 for non-students (inclusive of meals & materials). For more information and to register please visit [bisoncatholic.org](http://bisoncatholic.org). Registration deadline, Feb 28.

### Register for free! FORMED

FORMED.ORG is a digital media platform with thousands of Catholic titles. Audio, video and family movies to inspire! Go to [formed.org/signup](http://formed.org/signup) Select your parish. Register with your name and email address. Check that email account for a link to begin using FORMED

### Connect with us on FLOCKNOTE

Our parish is using Flocknote to communicate important information about parish events. Receive text messages or emails, join the groups you want. You can Text to Join. Text the word: Helena to: 84576  
 Uno the sheep is waiting for you to join!



## ST HELENA MINISTRY SCHEDULE

Feb 27/28	5:00pm	10:30am
Usher	Volunteer	Ivan Widhalm
Collection		Bob Radtke
Lector	Volunteer	Darcy Seefeld
EMHC		
Gift Bearers		
Altar Servers	Volunteer	Tiahna W, Isaiah C

## WEEKLY GIVING

February 14, 2021

Adult	\$1266.
Children	\$14.
Plate	
<b>Total</b>	<b>\$1280.</b>

Thank you for your generosity!

## ST. PATRICK MINISTRY SCHEDULE

Sunday February 28 (8:30 am)

Lector	Chuck
Gift Carriers	
Altar Servers	Alivia, Porter

For the Month of February

Breakfast Server	
Collection Counters	
Church Cleaners	Amy Anliker, Kyle Glynn Fam.
Altar Society Meeting	

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## WEEKLY MASS INTENTIONS

Tue. Feb 23

8:00 am †Glenn Graves

Wed. Feb 24

8:00 am Special Intention

Thu. Feb 25

8:00 am (St. H) †Msgr. Jeffrey Wald

9:00 am (St. P) †Sylvester &amp; Marie Radermacher

Fri. Feb 26

8:00 am Priscilla Brandenburger

Sat. Feb 27

5:00 pm †John Linder

Sun. Feb 28

8:30 am (St. P) †Bert Schumacher

10:30 am (St. H) For the Parishioners

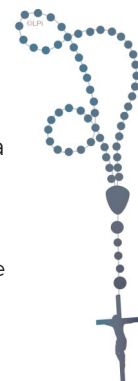


Please Pray

...for all who are sick, elderly or alone

Joanne Brokaw, Loretta Dingwall, Linda Siro, Cindy Kelly Heupel, Edna Scherman, Val Hunt, Carla Engelstad, Susan Lacina.

If you or someone you know would like to be added to, or removed from this list please call the parish office.



# Lenten Learning Leaflet #1

21 February, 2021

*A brief word from our Pastor at the beginning of Lent, 2021.*

Hello! I wish you well at the start of another holy season of preparation for our Lord's Passion and Resurrection.

Since my homily was taken over by the bishop's video message today, here's some food for thought in take-out, take-n-bake, curbside to-go format. ENJOY.

## Pondering Some Prayers...

### The Penitential Rite—what we say at the beginning of the Mass

There's many options the priest can choose from... Let's take a look at just one

Lord Jesus...

You have shown us the way to the Father:  
Lord, have mercy

Lord Jesus...

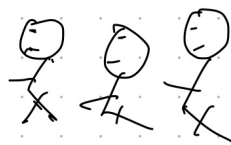
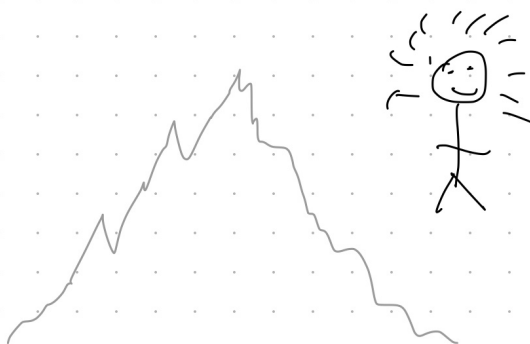
You have given us the consolation of the truth:  
Christ, have mercy

Lord Jesus...

You are the Good Shepherd, leading us into  
everlasting life:  
Lord, have mercy

Ponder:

How are these words  
related to the...



Transfiguration

# The Preface Prayer...

The priest prays this prayer before the consecration of the Holy Eucharist  
Lent option #2

*It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.*

*For you have given your children a sacred time for the renewing and purifying of their hearts, that, freed from disordered affections, they may so deal with the things of this passing world as to hold rather to the things that eternally endure.*

- We are God's Children by our BAPTISM
- Lent is a special time to do what this prayer says
- Set your heart and mind on HEAVEN

## My Lenten Practices...

The Church suggests acts of prayer, fasting and almsgiving.

## I undertake these practices with the following intentionality...

Suggestions: for the leaders of the Church (pope, bishops, priests), for our government leaders, for my family.

## Specific names of people for whom I offer these Lenten practices...