

THE COMMUNITY OF BLESSED SACRAMENT

COMMUNITY CONNECTIONS

Lent 2020

VOLUME 10, ISSUE 2

Upcoming Special Events

- Feb 26: **Ash Wednesday**
 - 7:00 AM, Liturgy (w/Ashes)
 - 9:00 AM, CVCS Liturgy (w/Ashes)
 - 6:00 PM, Liturgy (w/Ashes)
- Feb 27, and **every Thursday in Lent:**
 - 8:30 AM – 11:00 AM, Adoration & Benediction
 - 6:30 PM, Stations of the Cross & Rosary with the Marian Group
- Feb 28, and **every Friday in Lent:**
 - 5:00 PM, Stations of the Cross & Evening Prayer with the Deacons
 - Liturgy of the Hours - Evening Prayer
- Feb 28, Knights of Columbus Fish Fry, 5:00 PM to 7:00 PM, Parish Center
- Feb 29/Mar 1: First Sunday of Lent
- Mar 1, and **every Sunday in Lent:**
 - 9:30 AM – 10:20 AM, Reconciliation
- Mar 3, and **every Tuesday in Lent**
 - 5:00 PM, Reconciliation.; 5:30 PM, Mass
 - 6:00 PM - 8:00 PM, Adoration & Benediction
- Mar 7/8: Second Sunday of Lent
- Mar 11: Lenten Meal Packaging Event, Parish Center
- Mar 14/15: Third Sunday of Lent
- Mar 20, Knights of Columbus Fish Fry, 5:00 PM to 7:00 PM, Parish Center
- Mar 21/22: Fourth Sunday of Lent
- Mar 22: 4:00 PM, Communal Reconciliation at Blessed Sacrament
- Mar 27/28: Middle School Lock-In, Parish Center
- Mar 28/29: Fifth Sunday of Lent
- Mar 29: 2:30 PM, Confirmation, Columbus High School
- Apr 4/5: Palm Sunday Liturgies; 4:30 PM, 8:30 AM & 10:30 AM
- Apr 7: 2:00 PM, Chrism Mass, St. Raphael Cathedral, Dubuque
- Apr 9: 6:30 PM, Liturgy of the Lord's Last Supper (no 8:00 AM Liturgy)
 - 7:30 PM – 11:00 PM: Keeping Vigil with Jesus & Reconciliation
- Apr 10: 6:30 PM, Liturgy of the Lord's Passion (no 8:00 AM Liturgy)
- Apr 11: 8:00 PM, Vigil Mass of the Resurrection (no 4:30 PM Liturgy)
- Apr 12: 8:30 AM & 10:30 AM: Easter Sunday Liturgies
- Apr 18/19: First Communion (all Masses)
- May 7: Salad Supper, Parish Center
- May 31: Pentecost Sunday (Wear **RED**)

Lent: Rise, and do not be afraid!



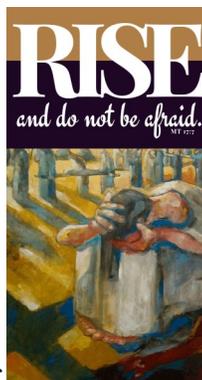
Fr. Tony Kruse
Pastor

I am happy to announce that our Lenten theme this year is, “Rise, and do not be afraid.” The Gospel readings for the five Sundays of Lent echoes the consistent theme that runs throughout the Bible for us to not be afraid. As I have often shared in homilies at Mass, from the beginning of the Bible through the end of the Bible, there is the consistent call by God for us to not be afraid. When God created humanity, God gave us free will. God doesn’t want slaves, but children to freely respond to love. But in our frailty, we are capable of falling, we can choose to fall, and life itself can cause us to fall. But yet, God throughout salvation history sent rescue missions to raise us from the doldrums and the fear which causes us to remain fallen. A recurring truth that came forward in the Gospels this Lent is how Jesus helped individuals to realize their dignity, and then coming into the reality of their dignity-through an encounter with Jesus- moved them to rise from their fallen state to share the good news with others without fear.

This season of rising begins on Ash Wednesday which calls us to focus on prayer, fasting, and almsgiving. For us to “Rise, and do not be afraid” means that we need to let go of our sinfulness and embrace

God’s abundant love, mercy, and grace. We use this time to renew our focus on prayer which can be a brief conversation with God, an effort to learn and pray a Catholic devotion such as the Rosary (or some other devotional), remembering a special person or need each day, and/or taking some time from all the hustle and bustle to spend with the Lord.

As we strive to rise, and not be afraid, Blessed Sacrament Parish along with the Faith Formation Program of the Catholic Parishes of Waterloo will be offering different activities designed to get us out of the routine of remaining fallen. These programs, along with the Sacraments, is Jesus reaching his hand out to us,



raising us up, and getting us back in touch with the Lord. I invite you to take a look at this newsletter and to keep your eye on the bulletin, Facebook, and/or the website. There are a variety of activities such as the 11-week Alpha program that has already begun at Blessed Sacrament but will be offered in Waterloo again later this summer. Also, activities such as picking up Lenten devotional material from the church, the Stations of the Cross, the Thursday Marian prayer group, the Sacrament of Reconciliation, Eucharistic Exposition, and more, to choose from. Perhaps online study speaks to you. Take advantage of FORMED (Catholic Netflix).

(Continued on page 2)

Lent: Rise, and do not be afraid! *(Continued from page 1)* Fr. Tony Kruse, Pastor

If you don't have a FORMED account, please do visit www.blessedsacramentwaterloo.org for instructions on how to register. Coming soon we will be introducing "Word on Fire: Engage" from Bishop Robert Barron of Word on Fire. It is also an online interactive tool for us to study the wonderful content from Bishop Robert Barron. Please see Maggie England's article later in this newsletter for more information about

that. Both FORMED and Word on Fire: Engaged is free to you! No matter what activity speaks to you, what is most critical is acknowledging that our faith came at a cost. It is through the passion and death of Jesus that we are given the gift of new life and are able to rise without fear.

If it has been a while since you participated in a Lenten activity or even attended Mass, I invite you to "Rise, and do not be afraid" of

starting over. This holy season is a season of rising and of new beginnings which can lead us to new life. I pray that the Lord will fill you with a desire to begin again, to die to those things that separate us from God, and to prepare you for the joy of Easter! Brothers and Sisters: "Rise, and do not be afraid!"

Fr. Tony Kruse

Lenten Regulations

Lent is the principal penitential season in the Christian year. As diocesan guidelines state: "Everyone is strongly urged to develop and follow a program of voluntary self-denial (in addition to following the Lenten regulations), serious prayer, and a performance of works of charity and mercy."

The Lenten regulations remain:

- * Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good

Friday.

- * Everyone between 18 and 59 years of age is bound to fast on Ash Wednesday and Good Friday.

Fast and abstinence means one full meatless meal is allowed. Two other meatless meals sufficient to maintain strength, but that don't add up to a full meal, may be taken. Eating between meals on these days is not permitted.

- * When health or ability to work would be severely affected, the guidelines do not apply.

Fr. Tony Kruse, Pastor

Abstaining from meat, and days of fasting, have been helpful for Christians for generations as a spiritual aid. Among the gifts abstaining and fasting offers is to mark with self-denial in a physical way, a time of reflection on other aspects of life that need greater self-denial, so that we might be more available to our relationship with God. Please look at these guidelines not as just a burden, but rather as an invitation to come into closer touch with what we truly hunger for - the God who creates, sustains, and saves us.

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Holy Father, we are hungry!

Deacon Chris Evans



This is a phrase that came to my mind during the Papal Mass in 2015 in Philadelphia.

It came to me because during that Mass they didn't have enough hosts for all of the people that were there and I thought then about the need for us to receive the body and blood of Jesus Christ. I also thought about what it meant to me to go without that Eucharist because I wasn't one of the lucky ones. I don't want you to think that this is going to be a commentary about the failure of the people of Philadelphia and their planning for this Mass, quite the contrary, I think what they did was amazing but planning for hundreds of thousands of people to receive Eucharist in a single day is it pretty tough challenge. What I want to talk about in this article is how dependent we should be on the Eucharist as our daily bread.

I have a friend at work who sometimes refers to the Holy Eucharist as Christ Chex. He really has no idea how offensive this is to me; he just thinks of it as a clever turn of phrase about a strange little piece of (not) bread that we eat. And that is unfortunately what the world sees

when they look at Catholics and how we treat the Eucharist. That or they get offended when Father says that unless you're Catholic you cannot receive but are welcome to come forward for a blessing. Why can't we all just share in this? Why is it only Catholics are "holy enough" to receive the Eucharist and not any other denomination? At other denominations (Lutheran, Methodist, etc.), they let the Catholics receive communion. Shouldn't we Catholics do the same for them? These are all very good questions and as Catholics we should know the answers.

The answer is that it's not just bread anymore. It's not some strange little wafer. It's not a symbol. We don't allow others to share in the Eucharist at Mass because we would be inviting them to lie in front of God. It would be scandalous and sinful for us to encourage people who don't believe what Catholics profess to believe and receive the Holy Eucharist with an "Amen". When we are presented with the host or the precious blood and the minister says "Body of Christ" or "Blood of Christ" we respond, "Amen". That translates to, "I believe", or "that is so". If we present one who doesn't believe as we believe that this bread and this wine have been Transubstantiated (changed to the

very Body and Blood of our Lord Jesus Christ), then we are doing them a disservice.

For those of us that can see with eyes of faith, even imperfectly as we must, the Eucharist is so much more than bread and wine. It is Christ's gift to us. It is God's willingness to suffer a horrible and degrading execution unjustly to save us from our sins. And it is in our response to that gift of Christ's self that we too are willing to sacrifice to become more and more like Jesus.

So I ask you, my brothers and sisters in Christ, are you willing, during this Lenten, season to take a closer look at how you receive the Eucharist? Are you willing to make a commitment to go before the Lord more often and receive his bread? It is what will provide us with the strength we need to do the work that God has planned for us. It will give us not only enough to survive but enough to thrive in his will. Please take time this Lent to make it to a couple more Masses. Please take time this Lent to spend in adoration before the Blessed Sacrament either at Columbus High School or here at Blessed Sacrament praying that you will be open to God's word in your life. And lastly, please take time this Lent to pray for all those who do not have any bread to eat much less the bread of the Lamb.



Knights of Columbus Fish Fry

Friday, Feb 28 & Mar 20 ~ 5:00 to 7:00 pm

Blessed Sacrament Parish Center

Adults: \$10, Kids Age 5-12: \$5, Kids Under Age 5: Free



RISE, OH PEOPLE OF GOD

Maggie England, Pastoral Associate

This year's Lenten theme is "Rise, and Do Not Be Afraid." Growing up, I recall my grandma making bread. Her bread was delicious, but she always said you had to be careful with the temperature of the water because it was important not to kill the yeast. If you killed the yeast, the bread would not rise.

In today's world, there is distrust among people. Foul language is frequently used in public discourse as part of normal discussion. Children are even known to rattle off words that would make a grown man blush. It is not uncommon to see adults engage in political and sports conversations which often degrade into disparaging comments about one's or the other's opinions. Tempers run high in our society and manners are weakened. In these circumstances, people are timid and fearful about entering a dialogue.

When we read the Bible, or listen to scripture, often we hear of the courage and pride of our Catholic ancestors. They knew and fully believed that this new Christian faith was a gift, and in their excitement, they were eager to share it. The story of faith is true. He lived a life of miracles

and example. He died on the cross ... for us. He rose again from the dead. He is with us now and forever. Wow ... just wow! What a joyful and exciting gift this is for us ... yet, we hesitate to share it. We keep it to ourselves.

Do not be afraid. Remember, Roosevelt said, "The only thing we have to fear is fear itself."

Rise, oh people of God. Rise, and be not afraid to casually drop the name of Jesus in your daily conversations. With friends who are hurting, share God's mercy. With friends who are joyful, share God's happiness. Do not let Him down, after all, He never let us down. Just as we would defend and speak up for our spouse, our children, our parents, our siblings, our closest friends ... speak of Him as if He is your friend, as if He is your confidante, as if He is your love. Because He is.

**"The only thing we have to fear is fear itself."
- FDR**

Speak of Him as if He is your friend ... your confidante ... your love ... because He is.

Remember that some of these people you cross paths with each day may not even know who Jesus is. They do not know His truth because it is outside anything they have ever experienced. Let us not be 'a la carte' Catholic Christians who only pick and choose from God's banquet of faith. God wants us all in, to sit down for the entire meal, to light the candles, to say the blessing, and to fully engage with one another, in love. In doing this, we bring Him everywhere we go.



In speaking of Him and standing up for Him, by fully engaging with one another, this is how we can evangelize and turn the tide of distrust.

Like that yeast, let us Rise, for without it, the bread is dead. Let us live and love our God. It is time we pass the bread around and love one another.



Riverview Conference Center, March 27-29, 2020

The area CEW is at Riverview Conference Center in Cedar Falls and we hope you are able to join us for the weekend. The Holy Spirit is moving and the weekend will be exactly what you need.

We will be sleeping in bunk beds, eating delicious food, hearing inspirational talks, and relaxing in prayer. Be sure to reserve your spot or invite someone soon, as space is limited.

If you have any questions, please call Kris Ward at 563-568-7344 or Doug Moore at 319-239-8567. We look forward to serving you and having you COME HOME!

WITNESS TO LOVE: RENEWING THE CHURCH THROUGH RELATIONSHIPS

Maggie England, Pastoral Associate



It should come as no surprise that our secular culture presents dating, engaged, and even married couples with challenges they cannot possibly face alone. In fact, couples will often date, engage, wed, and divorce without ever having learned what it means to love and be loved. As a faith community, we must do our part to offer couples a model that will help them learn how to love, how to be a family, how to give themselves, and how to encounter Jesus.

For almost a year now, we have been taking a good, hard look at how we prepare couples for marriage. Through study days, the creation of a marriage formation and enrichment committee, and a lot of research ... such efforts have led us to the adoption of a new way of helping couples prepare for lifelong marriage, and that is Witness to Love.

Witness to Love is a marriage formation program that gives us the element we feel has been missing from our prior efforts ... integration into parish life. You see, most couples who come to us for marriage are younger, have been in school during their courtship, and are now just starting their careers. Often, their faith and going to Mass have not always been in the forefront of their lives. Therefore, they do not have a solid

foundation in the parish, and do not know how to go about establishing one. Witness to Love fills that void and helps the couple to prepare not only for a life together, but a life within the Church as a married couple.

What is the main difference, you might ask?

The main practical difference is that the engaged couple gets to choose their own mentor couple. The mentors they choose must be active parishioners in the church, married for at least five years, and are in full communion with the Church. The engaged couple may already know this couple well, or it could just be a couple they both admire. The mentor couple is then trained in their role with the engaged couple also present. The main role of the mentor couple is to be a positive example for the engaged couple, while helping them integrate into parish life. They will be asked to share their relationship, to be a lifeline, and a support team for the engaged couple. A “scavenger-hunt list” is given with various tasks such as: attending Mass together, having a date night with the mentor couple, and possibly engaging in ministry with the mentor couple. Ultimately, a sense of security is present which allows the engaged couple to bond and open up to their mentors. The goal is that, after the literal honeymoon is over, the newly-married couple will feel comfortable and established in our parish and will become active members of our faith community.

This same Witness to Love program, with a few tweaks, can also help couples who have been

civily married, but wish to have their marriage “blessed”, or as the Church calls it, convalidated.



Sydney Lundgren and Tony Anderson, along with their mentor couple: Paula & Allen Malaise

What can you do? First, you can pray. Pray for all couples dating and discerning whether marriage is for them. Pray for engaged couples preparing for marriage. Pray for married couples living out their vocation. Prayer is a powerful tool. Next, be open and be prepared. If you are an active married couple in the parish, you could be approached by an engaged couple asking you to be their mentors. They will more than likely be very nervous. If that happens, please be open and say yes. They picked you for a reason, and it is a compliment to you. Remember that the church is not asking you to teach any theology or church teachings to the couple. You are being asked to be a witness, to walk with them, and to support them.

We are just getting this program off the ground, and there will be some learning curves along the way; however, we pray that the end result will be a happily-married couple that keeps God as the foundation in their relationship and this parish as part of their faith family.

Daily Disciple: Harland Robinson

“Semper Fidelis”

(Always Faithful - U. S. Marine motto)



When I met Harland Charles Timothy Robinson for coffee, I had already read the text of his Witness Talk and felt I had a solid grasp of his background. I have known Harland for a few years now and didn't expect any surprises, but I got one.

As a little boy, named for both grandfathers, Harland was totally immersed in his Catholic Faith at Sacred Heart School and parish, in Waterloo. He served Mass and was a lector beginning in high school. His mother made sure that the seed of faith was firmly planted.

His father was a firefighter, a hero to him. Mom was a savvy business woman, also a hero to him. As the fourth child in a family of eight, he had plenty of pals; but, like most children, Harland grew up wondering where he fit in. He yearned to live a life larger than Waterloo. His parents had shown him confidence as well as faith.

After high school, college was on his radar so he enrolled at UNI. While at college, he had to work full time to pay his tuition and Mass attendance fell by the way side. It didn't take long for Harland to discover his plan wasn't working. So after his freshman year, he joined the Marines and began the adventure of his life.

Harland is one of those people who appears to have great self control and functions best within a solid set of rules and structure. In his early military career he decided to delay marriage until

his rank and financial status was capable of supporting a wife and children. When he reached the rank of Staff Sergeant he felt he was ready and, as luck would have it, he met Karla. Karla, as a widow, brought two little boys into the marriage with her. She joined her life with Harland, taking his hand on their wedding day at Sacred Heart Church in 1980.

Oh, what a life they have had as the military took them far and wide. Harland finished college and served the United States as a Marine in peacetime and in combat from Ethiopia, to Kenya, to Europe and the Middle East and varied locations in the United States. He and Karla served together, she in the home and he in the ranks, standing hand in hand against the world. The boys grew up and got married. Time passed.

Mass attendance had lapsed in 1972 but the seed was still there. As the years wound down on the military career and retirement loomed, Harland accepted service jobs with hospice organizations in Yuma and Phoenix, Arizona. It was here that thoughts of home came to them.

Home was where the parents remained, home was where there were four actual seasons in the year. Harland's dad was not well and on one fateful trip home, Karla and Harland bought a house they had always admired. Hand in hand, this couple moved home. Along with family, there was something else waiting here.....Harland's faith. It was right where he left it, in the care of his mother.

Harland began taking his mother to Mass and the seed that

had been planted years ago, a career ago, began to blossom. His mom's frail little body couldn't handle steps so they began coming to Blessed Sacrament and that is where we find him today in leadership roles. Those who enjoy the Mass from home, when you are sick, can thank Harland for the livestream. He brought with him leadership skills evidenced in his work with the Parish Council, the Faith Formation Commission, the Stewardship Committee, the Funeral Committee, the Winter Gala, and this very newsletter.

While the seed of faith expressed itself differently in his wife, Karla, who became a Jehovah's Witness, they remain committed to each other. Karla's health has suffered severely in the past few years and Harland has become her caretaker. He holds her hand as he always has and he always will because that is the kind of man he is.

Harland is a faithful servant of his Lord. He stands ramrod straight as he faces what comes his way and he doesn't flinch, he never has. Whether it is combat, or strangers living out their days in hospice, or sons who grew to love him, or the slow loss of his beloved wife, Harland Charles Timothy Robinson will stand tall and true to the very end. His faith is in full bloom now as is his life of service.

When you light a candle at church, please light one for this man. Light it in gratitude for his service to our country, in service to the dying, in service to his family and his faith. What a holy example of service and faith, Harland Robinson is.

Harland Robinson, you are a hero to us all.

Semper Fidelis, sir.

Margaret Klein, Contributing Editor

On Spiritual Direction...



Ellen Kuchera, Assoc. Dir. of Young Adult Ministry

A New Year's resolution for Waterloo Catholic Adult & Young Adult Faith Formation is to focus on spiritual direction – increasing knowledge and awareness of what spiritual direction is, expanding available resources on spiritual direction, and creating spiritual direction groups. We believe that every person, regardless of where one might be in their faith life, can benefit greatly from spiritual direction.

* What is Spiritual Direction?

Spiritual Direction is “journeying with” another. This happens primarily through a unique process of holy listening, as the directee becomes more spiritually aware and discerns the presence and work of God in his/her heart, and in everyday life and relationships. Spiritual direction can happen one-on-one or in a small group.

* Why Spiritual Direction?

In the beginning after creating the heavens and earth, flowers and trees, animals and the first man, “the Lord God said: [It is not good for the man to be alone. I will make a helper suited to him.](#)” (Genesis 2:18). These words are a constant whisper in the heart of every person as we are primarily social beings, ever in need of love, companionship, and intimacy with others and with God. Our spiritual lives are not private affairs between us and the Lord, but have a public dimension as members of the corporate Body of Christ here on earth. We need each other. We need guidance from those that have walked the walk. And the Lord indeed has made helpers for us. We can't navigate the spiritual life alone. A spiritual director is a suitable helper to one that desires to hear the Lord and know the presence of God in his/her life.

To be able to discover the actual will of the Lord in our lives always

involves the following: a receptive listening to the Word of God and the Church, fervent and constant prayer, recourse to a wise and loving spiritual guide, and a faithful discernment of the gifts and talents given by God.” ~ St. John Paul II

* Models of Spiritual Direction

Most of the time, spiritual direction is one-on-one between a director and directee.

There is also group spiritual direction that can be done in several ways. Sometimes a director might work with one individual while a few others observe and pray for the directee. Other times a director might serve more as a facilitator and group members trained in the spiritual direction process act as spiritual guides for each other. Waterloo Catholic Adult Faith Formation is beginning to convene Faithful Companions groups utilizing the latter model.

Regardless, a spiritual director is different than other relationships. The spiritual director is not a therapist, as they don't diagnose and are not trained to change behaviors. They are also not a life-coach as they do not have goal-setting, productivity, or action plans as their agenda. They are not the same as a spiritual friend, as it is more of a formal relationship with clear boundaries and focus.

Similarly, a spiritual direction group is not the same as a regular faith-sharing group. Group members are not focused on offering advice, fixing issues, or relating how they each experience particular situations. Rather, members are a listening ear in a conversation between the directee and God. Members prompt by asking open-ended questions, pointing out themes, and occasionally offering a different perspective to consider.

* How to find a spiritual director?

It can be a bit of a process to find a spiritual director that is the right fit, but there are several places to begin. Check with your pastor or parish staff

and ask for recommendations. Many dioceses have resources on their websites. See the Archdiocese of Dubuque's list here:

<https://dbqarch.org/spiritual-directors>. Retreat Centers and religious orders often have a spiritual director on hand or can offer a recommendation as well.

In considering who might be a good fit, ask yourself questions including:

- How far are you willing to travel or how far are they willing to travel?
- What is their training, background, experience?
- What is their approach to spiritual direction?
- What does a particular meeting with them look like?
- What is the cost?

Pray that the Lord will lead you to the right person. Do your research, ask around, and wait patiently to see who He might place in your life.

* What do you say in a session?

Spiritual direction is driven by the directee and is most fruitful if the directee comes prepared. We have developed an Examen tool that can be used in between sessions. This is also a helpful tool for anyone that wants to examine their lives through a spiritual lens.

See the Examen at <http://bit.do/general-examen>

* Interested in learning more?

Join us for one or more of the following:

- February 17: Know Your Faith Discussion Night: Intro to Spiritual Direction, 7-8 pm at COR (220 E. 4th St. Waterloo)
- March 7, March 28, April 4: Spiritual Direction 101, 9:30 – 10:30 am, Faith Formation Room at Blessed Sacrament School
- March 16: Know Your Faith Discussion Night, The Discernment of Spirits, 7-8 pm at COR (220 E. 4th St. Waterloo)

School News

Sarah Smith, CVCS Advancement Director



CEDAR VALLEY
CATHOLIC SCHOOLS

Ash Wednesday

Students from Cedar Valley Catholic Schools will be attending Ash Wednesday Mass at each of the Waterloo and Cedar Falls Catholic parishes. Students will also be participating in service projects at each parish on that day. We are excited for the opportunity to share our faith with our parish communities.

2020-2021 School Year

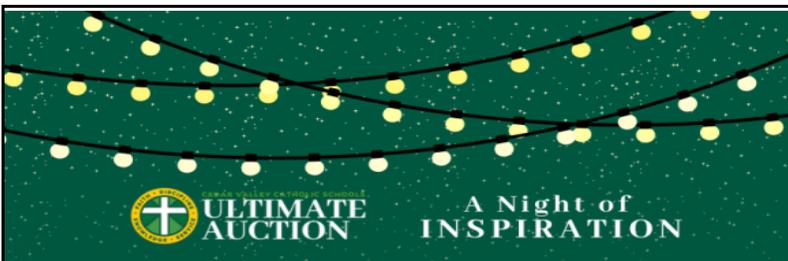
We are now accepting new student applications for the 2020-2021 school year. Visit cvcatholic.org/registration to download registration materials and apply for tuition assistance. For more information or to schedule a tour, please contact Sarah Smith at 319.232.1422 or ssmith@cvcatholic.org.

Tuition Assistance

The application for tuition assistance is now available for the 2020-2021 school year. The application deadline is April 15, 2020 and a 2019 tax return is required to complete the application. Visit cvcatholic.org/registration to start your application today. Please take advantage of one of our STO Application Assistance Days for guidance in completing the application.

STO APPLICATION ASSISTANCE DAYS

Date	Location	Time
March 23 Burmese Interpreters	St. Edward Elementary School	9AM-11AM 1PM-5PM
March 24 Spanish Interpreters	Blessed Maria Assunta Pallotta Middle School	12PM-7PM
March 25	Blessed Sacrament Early Childhood Center	9AM-12PM
March 26	Columbus Catholic High School	1PM-6PM



WHEN: April 18, 2020 at 6PM
WHERE: Oppold Gymnasium at Columbus Catholic High School

ACTIVITIES INCLUDE: Complimentary cocktails and Hors d'oeuvres during social hour, dinner & dessert, live & silent auctions, and Games of Chance.

WHY: To help bridge the gap between tuition and the average cost to educate one student within the system each year. Your support helps every single student within Cedar Valley Catholic Schools.

HOW: Tickets can be purchased for \$50 each by visiting cvcatholic.org/auction.

Must be 21 years or older to attend.

Contact Sarah Smith, Advance Director, at 319-232-1422 or ssmith@cvcatholic.org for more information about the Ultimate Auction!

BUILDING A MORE CONNECTED CHURCH WITH ...

1 - FLOCKNOTE

Some days, it is e-mail. Some days it is social media. Some days it is snail mail, website, bulletin, announcements, or phone calls. Many different forms of communication and a lot of time spent in efforts to get important messages, announcements, and other critical information to you ... our church family. It was finally decided that there has got to be another way ... a better, more efficient way to reach out to you, to listen to, to engage, and to maybe even grow our flock.

Introducing Flocknote. What is Flocknote? It is a powerful tool designed to help us better reach you when we need to. As you know, we have a lot of ministries here at Blessed Sacrament, and Flocknote can help us reach you at a moment's notice. It simplifies communication, and that is just a smarter way to be. On top of that, it is easy to use.



Flocknote is an e-mail and text -messaging system, and you, the subscriber will be able to customize how you receive information from us. You will be able to participate in an e-mail discussion or respond to a text message without ever having to create an account, log in, or download something ... the whole thing just works!

It is important to note that we will never spam you. You will

always get to choose what you receive from the church – you choose which ministries you want to hear from, and you can add and remove any ministries from your list at any time – the choice is yours!

Flocknote will also be great for all our ministry leaders. They will have access to only the groups they lead and will be able to send messages out from any device they choose in seconds. We know our ministry leaders have busy lives and we want to help empower them to communicate easier and better.

Why would you want to be a part of Flocknote? The choice will be all yours; however, it is important to remember what our mission is here. Through our Baptism, we each are called to spread the message of Jesus to all, to help bring Him to others, and others to Him. It is not Flocknote you will be embracing, but you are embracing this mission of our Church, the mission of Christ, to continue His work right here, right now. Flocknote will be a fun, and an easy tool to use as we do this work together.



FIRST SIGN-UP WEEKEND WILL BE FEB. 29 - MAR. 1. BE SURE TO BRING YOUR CELL PHONE.

2 - WORD ON FIRE ENGAGE

Blessed Sacrament recently received a generous gift for a year's worth of Bishop Robert Barron's Word on Fire Engage.

What is this? Word on Fire Engage is Bishop Barron's premium video content, including high-quality videos and multiple mini-courses. Word on Fire Engage is built off the Flocknote platform, so it will be through Flocknote that we will be able to share and offer this content to each of you for one year. All at no cost to you!

Just think of it, through Flocknote and Word on Fire Engage, we will now have the potential to ENGAGE inactive parishioners and have a great chance to re-ENGAGE and keep connected those who can only come here on Sundays with content during the week, and to ENGAGE any of our small groups who meet with programs and study guides to encourage attendance and keep everyone up-to-date. The potential to boost one's faith is all there.

This Lent, we have a great tool here to help us in our evangelization and catechization efforts ... and who knows, you just might find yourself transformed if you allow yourself to be open and to trust in all the ways that God is trying to help you to rise and not be afraid. So, be watching and listening for our upcoming "Sign-up Weekends" to get yourself plugged into our parish, no matter where you happen to be.



Engage parishioners and have a great chance to re-
Engage activate them, to
Engage ENGAGE and keep connected those who can only come here

Maggie England

Lenten Project: "Feed The Hungry"

Derek Mineart, Project Coordinator

The Social Justice Committee of Blessed Sacrament Community strives to bridge the gap between the Gospel and the world we live in by promoting and coordinating charitable programs for the worldwide community which focus on current social issues such as hunger, homelessness, and poverty.

Thanks to the generosity of so many parishioners, the committee has been able to impact hundreds of underprivileged in our own community through the Caring Bag Program, Community Meals, and the Community Garden, as well as our annual "Feed the Hungry" Lenten service program.

Kids Against Hunger This year, we will again be working with Outreach, an affiliate of Kids Against Hunger, in Union, IA. They have a variety of ministries that work with meeting the needs of the poorest of the poor in the U.S. and around the world. Kids Against Hunger is a national organization that coordinates food "packaging parties", creating meals that are designed not only to be nutritious, but also feed many people for minimal cost. Meals are formulated to prevent starvation.

Over the past five years, this project has grown from 32,000 meals provided by Blessed



Sacrament Parish, at a cost of \$8,000, to a city-wide effort involving additional volunteer and financial support from our fellow Catholic parishes and the Knights of Columbus, as well as from Zion Lutheran Church and First Congregational Church. As the lead parish, we are truly making a positive impact in our community.

We invite everyone to participate in the "packaging parties" to be held in the parish center on **Wednesday, March 11, 2020**. Our goal this year is to provide **43,300** pre-packaged, ready-to-eat, pasta with tomato basil sauce meals to the Northeast Iowa Food Bank. These pasta meals cost just 30 cents each! Imagine 43,300 meals for only \$13,000.

It is the goal of the Social Justice Committee to collect enough money from our faith community to not only cover the cost of this project, but hopefully exceed it. As a parish that always steps up to a challenge, we know we can do it!

We invite and encourage everyone to participate in this project. Volunteers are needed for a variety of positions on packaging day. Sign-up sheets are available in the Gathering Space, as well as online through the parish website for the following shifts:

- **Unloading:** TBD (3 volunteers needed)
- **Set Up:** 10:00 am to 11:00 am (15 volunteers needed)
- **1st Shift:** 12:30 pm to 2:30 pm (60 volunteers needed, in addition to school children)
- **2nd Shift:** 6:00 to 8:00 pm (115 volunteers needed)
- **Cleanup:** 8:00 pm to done (20 volunteers needed)

Here's a challenge for you: Organize your friends and volunteer to staff a full table with 5 people in the afternoon session or 10 people in the evening session. A table of 10 can package 2000 meals per hour!

In addition, please pray for the recipients of these meals, and help with this worthwhile cause as you make donations to the brass bucket. We need everyone's help to make this project a success!



2020 Confirmation
 Sunday, March 29th
 2:30 pm
 Columbus Catholic High School



Community Garden

Harland Robinson, Newsletter Editor

Believe it or not, Spring is coming! Birds are chirping, trees will be budding, flowers blooming, and gardens are being planned! And, speaking of gardens, let's not forget our very own Community Garden. This year will be our third full planting season!

The community garden is meant to foster and grow a sense of ministering to the poor, the needy, and the less fortunate. Jesus also calls us to love our neighbor. What better way to love



our neighbor than to feed them and tend to their welfare.

Last year we were able to donate 314 pounds of vegetables

to the NE Iowa Food Bank, providing fresh produce to those in need. That equates to roughly 262 meals provided. As we all know, there is a lot of effort in planning, preparing, planting, maintaining, and harvesting our garden. Whether it is routine watering or weeding, we need the active participation of our community to make our garden a success.

Please contact the parish office to volunteer and make an impact in our community.

Parish Elections - Call for Candidates

Harland Robinson, PC Chair



Parish Elections will be held on the weekend of May 9/10. We will be **electing two persons** to serve on the **Pastoral Council** and **one person** to serve as our **CVCS School Board member** to replace members whose term expires in June.

The purpose of the Pastoral Council is to offer counsel to, and collaborate with, the pastor to guide the parish toward its future. The Pastoral Council implements the Parish Mission by engaging in pastoral visioning, which includes assessing parish needs, identifying resources, and determining priorities. The Pastoral Council also collaborates with the Finance Council and parish committees in

implementing the Mission of the parish. Members are elected to serve a three-year term and may serve two consecutive terms. Council members are expected to serve as a liaison to one of the parish standing committees (with some participation in committee meetings) and commit to missing no more than two Council meetings in a year.

The purpose of the CVCS School Board is to fulfill the responsibilities of governing the schools according to the provisions of Iowa Code and the policies of the Archdiocesan Catholic School Board and Archdiocesan Faith Formation Commission. School Board members are elected to serve a

three-year term and may serve two consecutive terms.

All Confirmed adults who are living a life reflective of our shared faith's values and beliefs, and are in full Communion with the Catholic Church, are eligible to run for these offices.

Please pray about how the Holy Spirit might be asking you to put your gifts at the service of our parish's work for the Lord in one of these roles. Nominations will close on **Monday, April 20, 2020**.

For more information, please contact Harland Robinson by email: robbyhcr@mchsi.com or call him at 319-233-3924 (H) or 319-230-3773 (C) with your questions!



Spring Salad Supper

Thursday, May 7th

Blessed Sacrament Parish Center



LEARN TO GROW THIS LENT: Lent is traditionally a time when Catholics focus on growing in our faith, our relationship to Jesus Christ, and our participation in the church. Here is a list of opportunities for adults and young adults sponsored by Waterloo Faith Formation.

- **MAKE PLANS FOR LENT** -- Monday, February 17. 6:00-7:00pm. COR at 220 E. 4th St. Join us for refreshments and conversation to talk about what you're planning for Lent and to learn more about faith formation, enrichment and spiritual growth opportunities sponsored by the Catholic Parishes in Waterloo. No registration required. If you're interested, but unable to join us, contact the Faith Formation Center at 319-233-0498.
- **KNOW YOUR FAITH DISCUSSION NIGHT: INTRO TO SPIRITUAL DIRECTION** -- Monday, February 17. 7:00-8:00 pm. at COR at 220 E. 4th St. Waterloo. Ever hear people talk about spiritual direction and wonder what it is all about? Join us for refreshments and conversation on the basics of spiritual direction: what it is and what it is not, what to say in a session, how to find a spiritual director, etc. If you're interested, but unable to join us, contact the Faith Formation Center at 319-233-0498.
- **BUSY CATHOLIC'S GUIDE TO LENT** -- Tuesday, February 25. 6:00-7:00pm. COR at 220 E. 4th St. This opportunity is for adults and young adults who want to participate more intentionally in this important liturgical season. We will review the origin and purpose of Lent, major themes of the Lenten season, and various components of Lent observance today. No registration required. Information at 319-234-9912 and online at bit.do/catholic-life
- **BISHOP BARRON'S VIDEO SERIES ON THE EUCHARIST** -- Bishop Barron, author of the popular "Catholicism" series, examines the meaning and purpose of the Eucharist in this four-part series. Learn more at waterloocatholics.org/eucharist-video Register online and indicate the days and times which work best for you at: <http://bit.do/eucharist-video>
- **BRIDGES TO CONTEMPLATIVE LIVING** -- This five-part discussion series uses the insights of Thomas Merton and other spiritual writers to help participants understand and develop a more reflective and peaceful life. Learn more at <https://waterloocatholics.org/bridges-for-lent>. Register online and indicate the days and times which work best for you at: <http://bit.do/bridges-2020>
- **SPIRITUAL DIRECTION 101: RISE, AND DO NOT BE AFRAID TO TRUST** -- Saturday, March 7, March 28, April 4. 9:30-10:30 am. Faith Formation Center, Blessed Sacrament Early Childhood Center. This three-part Lenten series examines various dimensions of spiritual direction: what it is, the importance of holy listening, and the ability to discern movements of the heart. The series is free and open to the public. No registration required. It is not necessary to attend all three. Learn more online at: <https://waterloocatholics.org/spiritual-direction-101>. If you're interested, but unable to join us, contact the Faith Formation Center at 319-233-0498.
- **BUSY CATHOLIC'S ONLINE LENTEN RETREAT** -- March 16-22. This year's online retreat features reflections on the Beatitudes by Pope Francis. Receive a daily scripture reading, the Pope's reflection and prayer for personal meditation; share your insights and read comments from other participants on our retreat blog. Information at 319-233-0498 and online at <https://waterloocatholics.org/online-lenten-retreat>. Register online at: <http://bit.do/online-lenten-retreat-20>
- **KNOW YOUR FAITH DISCUSSION NIGHT: THE DISCERNMENT OF SPIRITS** -- Monday, March 16. 7:00-8:00 pm. at COR at 220 E. 4th St. Waterloo. St. Ignatius of Loyola gives us a great gift to help us discern what path to take or what decisions to make in our lives. Let's take a look at Ignatius's 14 Rules of Discernment and discuss how they might guide us in our spiritual lives. Guest presenter (by video): Fr. Bob Gross. No registration required. If you're interested, but unable to join us, contact the Faith Formation Center at 319-233-0498.
- **BUSY CATHOLIC'S GUIDE TO RECONCILIATION** -- Wednesday, March 4. 6:30-7:30pm at COR, 220 E. 4th St. Find out more about how and why Catholics celebrate the Sacrament of Penance. This discussion will address practical questions like when and how often Catholics go to confession, what formats are available, how to prepare, and what to say. No registration required. Information at 319-234-9912 and online at <https://waterloocatholics.org/busy-catholics-guide-to-catholic-life>
- **BUSY CATHOLIC'S GUIDE TO HOLY WEEK** -- Wednesday, April 1. 6:30-7:30pm. COR at 220 E. 4th St.. Find out more about the most sacred time in the year. This discussion will discuss the origin and structure of Holy Week and the meaning of the three solemn days of "the Triduum"--Holy Thursday, Good Friday and Holy Saturday. Free and open to the public. No registration required. Information at 319-233-0498 and online at waterloocatholics.org/busy-catholics-guide-to-catholic-life
- **GOOD FRIDAY MEDITATIONS** -- Friday, April 10. These hourly online meditations, available by email, contain the prayers and reflections for the Pope's Good Friday Way of the Cross at the Colosseum in Rome. The hourly meditations begin at 7:00am and continue until 8:00pm. There is no charge to receive the meditations. Register for the email messages at: <http://bit.do/good-friday-meditations-19>
- **DO YOU FEEL LIKE YOU ARE LOSING YOUR FAITH?** Like physical and emotional growth, faith grows and changes over time. Adults and young adults often feel like they are "losing their faith" when in fact they may be growing. If you feel like you're losing your faith, schedule a time to visit with us. Contact Dave Cushing at dbqwcaf@dbqarch.org or visit our website at: waterloocatholics.org/faith-losing-my-faith

Find a guide to more Lenten resources online at: <https://waterloocatholics.org/lenten-resources>

Lenten Schedule 2020

Ash Wednesday-February 26, 2020

Liturgy with Ashes 7:00am, 9:00am, and 6:00pm

Lenten Weekday Liturgy

Tuesdays at 5:30pm

Wednesdays, Thursdays & Fridays 8:00am

Adoration-Benediction

Tuesdays in Lent 6:00pm - 8:00 pm

Thursdays in Lent 8:30am -11:00am

Stations of the Cross

Thursdays in Lent 6:30pm - Led by Marian Prayer Group

Fridays in Lent 5:00pm - Led by the Deacons

Liturgy of the Hours - Evening Prayer

Fridays in Lent following Stations of the Cross

Communal Penance Service

Sunday, March 8, St. Edward at 2:00pm

Sunday, March 22, Blessed Sacrament at 4:00pm

Saturday, April 4, Queen of Peace at 1:00pm

Reconciliation

Every Saturday 3:30 - 4:15pm

Sundays in Lent 9:30 - 10:20am

Tuesdays during Lent 5:00pm

Fridays 7:40 - 8:00am

Please call 319.233.6179 to meet with Fr. Tony privately

Holy Week Schedule 2020

Reconciliation

Sunday, April 5, 9:30 -10:20am

Tuesday, April 7, 5:00pm

Holy Thursday Reconciliation , April 9

7:30pm until all are heard

Keeping Vigil with Jesus on Holy Thursday

I thru R.....after Mass until 9:00pm

S thru Z.....9:00 - 10:00pm

A thru H.....10:00 - 11:00pm

Liturgy

Tuesday, April 7 - 5:30pm

2:00pm **Chrism Mass** (St. Raphael, DBQ)

Wednesday, April 8 - 8:00am

Holy Thursday, April 9 - 6:30pm

Good Friday, April 10 - 6:30pm

Easter Vigil, April 11 - 8:00pm

(no 4:30pm Liturgy)

Easter Sunday, April 12 - 8:30am & 10:30am

THE COMMUNITY OF BLESSED SACRAMENT

650 Stephan Avenue
Waterloo, Iowa 50701



Rectory Phone 319-233-6179
FAX 319-233-6051
School Phone 319-233-7863
Day Care Phone 319-236-6131

Reconciliation 3:30 PM Saturday or see bulletin
Masses 4:30 PM Saturday
8:30 AM & 10:30 AM Sunday
8:00 AM Tuesday, Thursday, Friday
9:00 AM Wednesday during School

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Ten Ways to Grow Closer to Christ this Lent & Easter Season

<p>#1 Ash Wednesday Return</p>	<p>Learn: Make a Retreat: Online, Parish, Retreat Center: https://www.dbqarch.org/offices/adult-faith/retreatspilgrimage-opportunities/retreat-opportunities/ Look: The Significance of Ash Wednesday: https://www.youtube.com/watch?v=hPTcMWPfHfKkX Live: Six Ways to Evangelize During Lent: http://www.usecb.org/prayer-and-worship/liturgical-year/lent/ideas-for-evangelization-during-lent.cfm</p>
<p>#2 1st Sunday of Lent Temptation</p>	<p>Learn: Ideas for Lent in the Domestic Church: https://www.pinterest.com/dbqarch/lent-for-the-domestic-church/ Look: Lent – Temptation: https://www.youtube.com/watch?v=WCz99Lb7poYx Live: Renewal of Our Covenant with God – Oscar Romero: https://conviviumpress.com/blogs/news/92877955-oscar-romero-on-lent-renewal-of-our-covenant-with-god</p>
<p>#3 2nd Sunday of Lent Transformation</p>	<p>Learn: Lenten Prayer for Transformation: https://dynamiccatholic.com/bestlentever/prayers-for-lent-x Look: The Transfiguration: https://www.youtube.com/watch?v=_Oyyh5RSj00 Live: Transformation – The Goal of Lent: http://catholicexchange.com/transformation-the-goal-of-lent</p>
<p>#4 3rd Sunday of Lent Wisdom</p>	<p>Learn: 6 Timeless Lessons For Lent: https://thecatholicable.com/2015/02/17/mother-knows-best-six-timeless-lessons-for-lent/ Look: Ten Commandments - Skit Guys: https://www.youtube.com/watch?v=yFA0RzMXOa4 Live: 5 Prayers You Should Say This Lenten Season: http://www.catholic.org/lent/story.php?id=73813</p>
<p>#5 4th Sunday of Lent Saving Grace</p>	<p>Learn: The Journey from Darkness to Light: http://www.catholicworldreport.com/2015/03/14/john-316-and-the-journey-from-darkness-to-light/ Look: John 3:16 in 60 Seconds: https://www.youtube.com/watch?v=cAcdJ2Drf-Y Live: Opening Our Hearts to the Wonder of God's Love: http://www.catholiccourier.com/articles/lent-opens-our-hearts-anew-to-wonder-of-gods-love</p>
<p>#6 5th Sunday of Lent Forgiveness</p>	<p>Learn: Struggling With Forgiveness: https://www.youtube.com/watch?v=-3-J7hTTX3E Look: Forgiveness: https://www.youtube.com/watch?v=ZoyoFEmk3Vk Live: How do I go to Confession? https://www.youtube.com/watch?v=Ib8pzyvnnL20</p>
<p>#7 Palm Sunday Hosanna</p>	<p>Learn: 8 Ways to Really Live Holy Week: http://www.patheos.com/blogs/margefenelon/2015/03/eight-ways-to-really-live-holy-week/ Look: Holy Week Reflection: https://www.youtube.com/watch?v=F2Y6Q69Fc4Y Live: Holy Week and Easter for Children: https://www.pinterest.com/dbqarch/holy-weekeaster-for-children-for-the-liturgical-year/</p>
<p>#8 Holy Thursday Eucharist</p>	<p>Learn: All About Holy Thursday: https://www.thoughtco.com/holy-thursday-last-supper-542474 Look: Take and Eat: https://www.youtube.com/watch?v=H6EJJRaK69U Live: Love is a Verb: http://www.catholic.org/lent/story.php?id=27266</p>
<p>#9 Good Friday Obedience</p>	<p>Learn: The Meaning of the Cross: https://www.youtube.com/watch?v=hS7XHev5eBI Look: Good Friday: http://www.catholic.org/lent/friday.php Live: Praying the Steps: A Good Friday Tradition: https://www.franciscanmedia.org/praying-the-steps-a-good-friday-tradition/</p>
<p>#10 Easter Sunday Rejoice</p>	<p>Learn: All About Easter Sunday: http://www.catholic.org/lent/easter.php Look: Resources For Easter to Pentecost: https://www.franciscanmedia.org/easter-to-pentecost/ Live: Praying and Living the Easter Octave: http://catholicexchange.com/praying-living-easter-octave</p>