



# Holy Spirit

**Catholic Parish and School**

**March 4, 2018**

**Worship Centers:** Holy Spirit Catholic Church, 201 44th St. South      Holy Family Chapel, 2800 Central Ave.

**Parish Offices:** 201 44th St. South Great Falls, MT 59405      Phone: (406)452-6491

**Parish Office hours:** Monday – Thursday 8:30 a.m. – 4:00 p.m., Friday 8:30 a.m. – Noon  
Fax: 452-6495      Email: [hsparish@holyspiritgf.org](mailto:hsparish@holyspiritgf.org)      Website: [www.holyspiritgf.org](http://www.holyspiritgf.org)

**School:** 2820 Central Avenue      Phone: 761-5775  
Email: [jwichman@holyspiritgf.org](mailto:jwichman@holyspiritgf.org)      web: [www.holyspiritgfschool.org](http://www.holyspiritgfschool.org)

**Check out FORMED.org Our parish code is PGMYJZ**

*WE, the people of Holy Spirit Catholic Parish of Great Falls, Montana, created by God, centered in Jesus Christ, and empowered by the Holy Spirit, are sharing our journey of faith,*

*WE are committed to upholding our faith, strengthening our families, and being a joyful people of prayer.*

*WE strive to be the Lord's presence on earth by welcoming and ministering to all people with compassion and hope.      Rev. March 1999*

*"We know certainly that our God calls us to a holy life. We know that God gives us every grace, every abundant grace; and though we are so weak of ourselves, this grace is able to carry us through every obstacle and difficulty." ~St. Elizabeth Seaton*

## A Price to Pay

*And all Israel heard of the judgment which the king had rendered; and they stood in awe of the king, because they perceived that the wisdom of God was in him, to render justice. - 1 Kings 3:28*

*"How dearly we shall pay for all those faults that we look upon as nothing at all, like those little lies that we tell to amuse ourselves, those little scandals, the despising of the graces which God gives us at every moment, those little murmurings in the difficulties that He sends us!" --St. John Vianney.*



## Baptism Preparation Classes

*If you are expecting a baby or recently had a baby and want that baby baptized at Holy Spirit, you must attend the Baptism Preparation classes. Our next classes are:*

**Sunday Mar. 4, 3:00 pm at Peter & Paul**

**Sunday Mar 11, 3:00 pm at Peter & Paul**



**Daylight Savings Time  
begins March 11.  
Spring ahead!**

## Stations of the Cross

*Fridays during Lent*

*6:30 pm*

## A MUST ATTEND EVENT

**To enhance your LENT!**

Thursday Mar. 8th, 5:30-7:45 pm

A delicious chili & homemade bread **supper**,  
music, and a Social Justice **Presentation**

"Jesus' Call to Action." We will finish with a  
**meditation**. Bring the whole family!

**Due to the flu season  
being so bad in Montana and Great  
Falls, the Bishop is strongly suggesting  
we refrain from the distribution of the  
cup of the Precious Blood until there is  
a curb in the number of victims. He  
also recommends a verbal greeting for  
the sign of peace and to hold hands  
only with family members  
during the Our Father.  
Thank you for your understanding.**

# The Third Sunday of Lent, March 4, 2018

## Holy Spirit Parish Weekend Mass Schedule

Saturday – 4:30 p.m.

Sunday – 8:30 & 11:00 a.m.

## Daily Mass Schedule

### Holy Spirit Day Chapel:

Tuesdays 5:15 p.m., Wednesdays & Thursdays 8:30 a.m.

**Park Place** (3200 15<sup>th</sup> Ave. S) **2nd** Wednesday each month 2:30

**Highgate** (3000 11th Ave S) **3rd** Wednesday each month 1:30

**Holy Family Chapel** (2800 Central Avenue) Fridays 8:30 a.m.

**Reconciliation:** Saturdays - 2-4 pm, Wednesdays 5:30-6:30 pm

or by appointment with a priest.



## Holy Spirit Chapel is open for prayer before the

**Blessed Sacrament:** Monday - Thursday 8:30 a.m. - 4 pm  
Friday 8:30 - 12.

## Mass Intentions:

Mon., 3/5 - 8:30 am - Bryan Martin (sp int)) r/b D Martin  
Tues., 3/6- 5:15 p.m. - +Mary Philipps r/b K Walters  
Wed., 3/7- 8:30 a.m., - Anne Trunkle (sp int) r/b G & C Campanella  
Thu., 3/8- 8:30 a.m - Michael Johnson (sp int) r/b J & A Trunkle  
Fri., 3/9- 8:30 a.m., HF - +Virginia Lockhart r/b M Wald  
Sat., 3/10- 4:30 p.m.- +Ed Dehy r/b D & T Parson  
Sun., 3/11 - 8:30 a.m.- +Trevor Semenza r/b Family  
- 11:00 a.m.- Parishioners

## Readings for next week: Fourth Sunday of Lent, year A

1st Reading: 1 Samuel 16:1b, 6-7, 10-13a

2nd Reading: Ephesians 5:8-14

Gospel: John 9:1-41

## Coffee & Rolls Schedule

**Mar 4:** Great Falls Central Catholic High School

**Mar 11:** Formation Programs



## Bus Schedule:

Mar 10: Jan Olson, Cecilia Fuhrman

Mar 11: Jan Olson, and ASSISTANT NEEDED

## What's Happening This Week...

**Sunday:** Elem. Formation reconciliation- 9:45 am Sts. P&P  
Bible Timeline study - 1:00 pm hall

Baptism Prep - 3:00 pm Sts. P&P

Youth Group - 6:30 pm Sts P&P

**Monday:** PCCW Meeting - 1 pm con. Rm.

**Tuesday:** Fellowship Lunch - 12:00 pm hall

Pastoral Council - 7:00 pm Con. Rm.

**Wednesday:** Elem. Formation reconciliation- 6:30 pm St P&P

**Thursday:** Soup & Bread: "Jesus' Call to Action"-5:30 pm

RCIA - 7 pm Sts. P&P

**Friday:** Stations of the Cross - 6:30 pm church

**Sunday:** Elem formation - 9:45 am Sts. P&P

Parish nurses - 9:45 am Con. Rm.

Bible Timeline Study - 1:00 pm hall

Baptism prep class - 3 pm Sts. P&P

Youth Group - 6:30 pm Sts. P&P

## Wit & Wisdom

"I am only one, but I am one. I cannot do everything, but I can do something. And because I cannot do everything, I will not refuse to do the something I can do." ~Edward Everett Hale

## PARISH STAFF

Fr. Douglas Krings

Pastor

Dcn. Bill Medved

Deacon

Dcn. Pete Woelkers

Deacon, Adult Formation

Mark Meyer

Parish Administrator

Mary Dupuis

Worship, RCIA (Becoming Catholic)

Aubrey Rearden

DRE/Youth Minister

Cindy Eultgen

Christian Service/Elementary Formation


Mary Wingerter

Administrative Assistant

Chuck Osterman

Maintenance

## Liturgical Ministers for March 10, 11

	4:30 PM	8:30 AM	11:00 AM
 Holy Spirit Catholic Parish	★ Sub requested ~ log in to Web Terminal and accept the sub		
<b>Bread Baker</b>	M. Frazier-Harris R. McNamee		
<b>Holy Wash</b>		P. Fehres	
<b>Sacristan</b>	A. Klundt	J. Gort	N. Luth
<b>Greeter</b>	P Cahill R Olmstead P. Reagor / H Vacek	D. Dickman Team Olszewski	M. Balyeat J. & H. Houghton J. Weiss
<b>Usher</b>	G. McCabe T. Tomich	K. McGuire C. McKelvey	C. Rostad N. St. Claire Mike Stimac
<b>Cross</b>	D. Schumacher	R. Dean	E. Boland
<b>Altar Servers</b>	B. Lorenz C. Polacek	Grant O'Neill R. O'Neill	M. Kambic Mason Mignery
<b>CLW</b>		C. Labunetz	<b>NOT FILLED</b>
<b>Reader</b>	J. Tholen P. Molloy	M. Preciado F. Fitterer	L. Francis M. Francis
<b>Gifts</b>	Schumacher Family	Donnelly Family	Boland Family
<b>NOTE:</b> <b>Euch Min:</b> <i>During this time of Flu, with the cup being withheld, the first 5 ministers to check in will be assigned as ministers. Pray that this ends soon.</i>	E. Becker T. Ewalt L. Ewalt K. Frazier-Harris T. Gilligan T. Hopkins Abigail Leggett R. Maronick S. Mayernik R. McDunn B. Medved M. Ouellette B. Polacek K. Reed M. Taylor	D. Barros J. Bomgardner L. Durocher J. Durocher L. Fitterer P. Ford T. O'Neill M. O'Neill K. O'Neill L. O'Neill Rodi Pitstick N. Polk V. Smith H. Smith D. Wilkins	T. Balyeat H. Boysun G. Boysun S. Harrington H. Houghton C. Huber K. Krattiger M. Matelich D. McFadden Drew Miller G. Miller E. Miller Don Miller Rachel Ryan Reagan Ryan

## Care for Creation by Recycling

Bins are S. of Sts. Peter & Paul Center along the N. edge of the parking lot. Newspapers, Cardboard, and Aluminum.



## Schedule:

Weekend	Newspaper	Cardboard
<b>1st (March 2-8)</b>	<b>K of C 9395</b>	<b>C. Jernigan</b>
<b>2nd (March 9-15)</b>	<b>K. Weinheimer</b>	<b>K. Sanders</b>

The weekend starts on Friday (shifts are Friday to Thursday).

**School Newspapers:** Greg Bonilla

**Call Parish Office for information on RCIA,  
Adult Formation or Marriage Preparation**

**RCIA (Becoming Catholic)** — a new team is forming! *Weekly* Thursday sessions, for unbaptized and those baptized in another faith tradition, every **Thursday, 7:00PM, at the Sts. Peter and Paul Center**. Enter from the parking lot, thru the door marked RCIA; the room is on the left. For initial contact Mary Dupuis at the parish offices 452-6491, ext 206.

**RCIA Adapted for Children:** for children age 7 or older who are not baptized, or baptized in another faith tradition: contact Mary Dupuis at the parish offices 452-6491.

**Young Adult Ministry**

Aubrey Rearden 452-6491 ext. 207 aubrey@holyspiritgf.org  
Cell Phone: 868-6713 (call or text)

**Hops & Hope**

We're back in action!!! Looking for a casual opportunity to connect with other Catholic young adults? Hops & Hope is a great option to do just that. Our next gathering will be Thursday March 29th we will begin with Holy Thursday Mass @ Holy Spirit Church 7pm and then we will head to Boston's around 8:30pm.

**Youth Ministry**

Aubrey Rearden 452-6491 ext. 207 aubrey@holyspiritgf.org  
Cell Phone: 868-6713

**Youth Group Sunday Nights 6:30-8:15pm**

**Youth Group this Sunday March 4, 2018.**


**Middle School 6th—8th Grade:** "Pray Unceasingly"

**High School Life Teen:** "Cyberbullying & Internet Safety"

**SEARCH 2018**


**March 16-18, 2018 Central Catholic High School**

Search is a weekend retreat open to all high school youth who are looking to motivate, develop, and strengthen your personal relationship with Christ. It is 48 hours to focus your energy on spiritual growth. There will be talks, fund group activities, discussions, GREAT food and unique prayer experiences throughout the weekend. Cost for the weekend is \$50, applications are available in the book rack in the entrance of the church. Registration must be re-  
**turned to Aubrey no later than Sunday March 4, 2018.**

 High School Bible Study meets each Wednesday @ Schulte's Coffeehouse from 6:45-7:30am, everyone is welcome!

**Sacramental Preparation**


Paige Nicholson 870-0706 pdnicholson1@charter.net

 Please contact Paige Nicholson to visit about preparation for Completion of Initiation (1st Sacraments). Sacramental Prep. forms are available in the book rack in the entrance of church.

**Elementary Faith Formation**

Cindy Eultgen 452-6491 ext. 208 cindy@holyspiritgf.org

**Classes this week: Sun 3/4 & Wed 2/28**  
**Next week: Sun 3/11 & Wed 3/14**

 Thank you for helping us collect Vacation Bible School supplies. We now have enough plastic containers. Thank you. Also, can you help by bringing in

your paper grocery bags? We still need 10 tall, small mouth **glass bottles, like an old milk bottle** (the mouth of the bottles needs to be slightly smaller than an egg). Thank you for your support!



**Holy Spirit School**

Jim Wichman - Principal      Melissa Hallahan, Vice-Principal  
Judy Flint & Robin Verzuh, Administrative Assistants  
Colette Longin, Development Director, clongin@holyspiritgf.org  
761-5775      www.holyspiritgf.org

Are you wondering about a new school experience for your child? HSCS could be the ticket! We have so many opportunities for students including competitive sports programs, Science Club, Junior Toastmasters, and field trips for all ages! We enjoy weekly Mass, community service projects, praying together and playing together! Our students head into high school with the foundations of faith, knowledge, and service from their well-rounded education at HSCS. And with smaller class sizes, our teachers really get to know their students! We have an amazing village of parents, staff, students and alumni, and we invite your child, and you, to come be part of it! Schedule a tour today by calling 761-5775! For more information please visit our website: holyspiritgfschool.org.

Interested in making HSCS a beneficiary of your charitable donations? There are many ways to make that happen! Through the HSCS Endowment Trust, Scholarships, Dare to Dream, and more, you can make a difference in a child's life! Visit us online to donate, or for more information, call Colette at the school.

**Christian Service**

Cindy Eultgen 452-6491 ext. 208 cindy@holyspiritgf.org



**Week 3: we encounter Safiata in Burkina Faso,** a mother, grandmother, and farmer who

relies on the money she makes from her crops to put her children through school. How can our purchases support farmers and artisans?



I encourage you to pick up a Rice Bowl and follow as we reflect on our encounters with Majd from Iraq, Cesia from Nicaragua, Safiata in Burkina Faso, and others from around the world. Use the calendar inside your Rice Bowl, or the link on our parish website, facebook, twitter, YouTube, and crsricebowl.org for more information. Bowls can be found at the entrance of church.

YouTube



**Parish Nurses** meet the Second Sunday of the month. Stop by and see what we are about! Sunday, March 11 from 9:45-10:45 in the conference room (behind the coat closet).



**Prayer Shawls** are made with prayer to give to one *who we wish to surround, cover, and comfort in prayer*. If you know of someone who could use one please come to the parish office. If you would like to knit one, directions and yarn are available. Sponsored by the Parish Nurses.





## Stewardship



Thank you everyone for your participation, interest, and donations to Family Promise and the Monsignor House. This volunteer opportunity to work with homeless families is a blessing to each person who gives in any way and blesses our community. We are all called to care for those who are in need. Our parish gives us the chance to care for the needy in our own parish home - the Monsignor House.

Needs for the Monsignor House: Since no one lives at the Monsignor House the only way it is supplied is by your generosity. We need: plastic grocery bags to line the trash baskets, dish detergent, coffee mugs and a stove. Our stove is about ready to give out and maybe someone is updating their kitchen and wants to give us their old one. The one we have is probably about 25 years old. We could make arrangements to pick it up. Just call Kathie at 406-781-5033 and leave a message.

The next Family Promise training is Tuesday March 6 at 6:15 pm at Bethel Lutheran Church. For more information please call Kathie at 781-5033 or Sharon Odden, Director at 866-0288.

If you would like to be part of the team that organizes Family Promise for the Monsignor House please call Kathie at 781-5033.

*"You shall not carve idols for yourselves in the shape of anything..." - Exodus 20:4*

How many "gods" do you put before God? "Idols" do not always take the shape of physical things, things we can touch and feel. Those are easy to recognize. Many times they take the form of things we cannot touch and are much harder to spot like pride, power, ego, time, comfort or health.

## Worship

Mary Dupuis 452-6491 ex. 206 [mdupuis@holyspiritgf.org](mailto:mdupuis@holyspiritgf.org)



**Musicians Rehearsals Wednesdays at 7:00pm.** You are invited to join the music ministry ~ All voices and most instruments are welcome to help lead the music. For more info, contact Kody Diekhans at (406) 799-2626.



Credit: photo by Andre and Michele Jezewski

Holy Spirit Catechumens, now Elect, with Bishop Warfel, and sponsors, at the Rite of Election on February 17th, at St. Ann Cathedral. Please keep these people in your prayers as they journey to their Easter sacraments!

You are invited to the **Mass of Chrism** at St. Ann's Cathedral Thursday March 22nd at 6:00 pm. The Oils used in the celebration of sacraments during the year will be blessed during this special Eucharist. Representatives from the parish will carry the Blessed Oils back to the parish where they will be presented to the parish community at the Mass of the Lord's Supper on Holy Thursday.

## Courtesy Announcements

Big Sky Cum Christo is accepting application for Team Members and Candidates for upcoming Weekends, being held at the Heisey Center in Great Falls. Men's weekend is April 12-15 and Women's is April 19-22. Applications are online at [www.bigskycumchristo.org](http://www.bigskycumchristo.org) and deadline is March 1. Call Chris Christiaens 590-4406 or Monica Woelkers 750-1668 for more information.

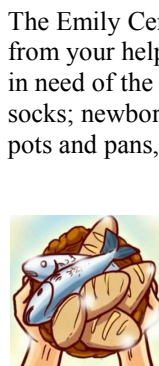
**We need your help!** As **Great Falls Central Catholic High School** plans for its major fundraiser "**Celebration 18**" scheduled for April 14, 2018 at the Mansfield Center, the planning committee is seeking donated items such as jewelry, services, game tickets, use of vacation cabins, and other unique items to add to our live and silent auctions. We are also seeking the donation of airline miles to complete travel packages to Denver and Seattle. All donations are tax deductible! Corporate/Sponsored tables are also available for this fun event. Contact Hugh Smith at 216-3344 or at [hsmith@greatfallscatholic.org](mailto:hsmith@greatfallscatholic.org) if you can help out!



The **Central music department** presents Basket Bingo, March 6th. Doors open at 6:00 pm and bingo begins at 6:30. Come enjoy a night of bingo with family and friends! You could be the lucky winner of one of our great baskets donated by family and friends of Central. Play all 12 games for just \$10 per person or K-8th grade students \$5 per person.

**Enrollment is open** for the GFCCHS Mustangs for the 2018-19 school year! Please go to <https://www.greatfallscatholic.org/admissions/> for the application. If you would like more information about financial aid, course offerings, athletics and activities, please call 216-3344. If you know anyone interested in Central, please contact us, so we can personally reach out to them.

The Emily Center is very thankful for the responses we have gotten from your help. Now we are asking again for your help. We are most in need of the following: Baby clothes: newborn to size 6 boys & girls socks; newborn and 0-3 month onesies; 6-9 month pj's and onesies; pots and pans, towels, face towels and wash cloths. Thank you!



The next Loaves + Fishes webcast is coming up on Tuesday March 13 at NOON: *Creating Stewardship Culture in Catholic Schools*, presented by Matt Schwartz, trainer and coach for Parish Success Group, a Catholic non-profit organization that provides on-site coaching to parishes and dioceses.

Single, divorced or widowed Catholic women age 18 and older are invited to participate in weekend retreats at St. Martin Monastery, Rapid City SD. This is an opportunity to "come and see" religious life and community living. Benedictine Weekends are held the 3<sup>rd</sup> weekend of every month (except June and July.) For more information contact Sr. Mary Wegher at (605) 343-8011 or email her at [rmmarywegher@yahoo.com](mailto:rmmarywegher@yahoo.com).



**Saint Michael Radio ~ \*FM 97.1**  
**"Sharing the Splendor of Truth"**

# Follow Him

*Matthew 16:24*

2018  
CARE & SHARE  
Annual Catholic Appeal

## Care and Share 2018

The Diocese of Great Falls Billings is kicking off our annual Care and Share Appeal and the theme this year is “**Follow Him.**” Catholics throughout the diocese are asked once a year to make a commitment to support the work of the diocese. Each member of our parish will

receive a personal invitation packet from Bishop Warfel later this week. Please **prayerfully consider your pledge or sacrificial gift** to support the critical ministries of our Church to benefit more than 38,000

Catholics and countless others throughout our 94,500 square mile

diocese. You can **return your pledge or your gift** in your Care and Share envelope to **Holy Spirit Parish** next weekend, Commitment Weekend; or you can mail it to the parish office. Giving envelopes will be available in the pews next



## *2018 Care and Share Prayer*

*Almighty God, you have called us to Follow Him  
who is the source of our salvation.*

*You created us out of nothing to share your life  
and even when sin brought alienation between yourself and ourselves,*

*You gave us your Son as our Savior from sin and death.*

*Enriched with your precious gifts of  
Faith, Hope and Love,*

*Help us to share your mercy with one another*

*And inspire us to generously respond to the grace we have received from you.*

*We offer the gifts of ourselves,*

*Our time and energy,*

*Our abilities and material resources*

*As an act of faith that reflects our love for you and our neighbor.*

*Accept our offerings as a token of gratitude for all you have done.*

*Help us to reach out to others as you,*

*Our Lord and God,*

*Have reached out to us.*

*May our commitment to follow you bear witness*

*To the love and mercy of Jesus Christ in our lives.*

*We ask this through Jesus Christ, our Lord.*

*Amen.*



# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

March 2018

## One Minute Meditations

### St. Margaret Clitherow

St. Margaret Clitherow was born in York, England in 1555. She

was raised Protestant but became a Catholic soon after she married.

When Queen Elizabeth I outlawed Catholicism, St. Margaret continued to practice her faith, even hiding Catholic priests in her house so they could say Mass in secret. In 1586, Margaret was arrested. Instead of being afraid, she was serenely joyful during her time in prison. She refused to renounce her faith and died a martyr.

### St. Joseph

March 19th, the Solemnity of St. Joseph, honors the Spouse of the Blessed Virgin Mary. He is the patron of the Universal Church and protector of families.

"You are praising God when you do your day's work. You are praising him when you eat and drink. You are praising him when you rest on your bed. You are praising him when you are asleep. So when are you not praising him?"

St. Augustine



## "Who, then, is my neighbor?" (Luke 10:29)

Jesus' parable of the Good Samaritan (Luke 10:25-37) challenges our idea of who is a stranger. As followers of Jesus, we know that it is not acceptable to care only for people who are like ourselves. Our faith calls us to look beyond borders and see all people as neighbors. "If you love those who love you, what credit is that to you?" (Luke 6:32).

Who is a neighbor? Jesus never directed us to like everyone, but he raised love of neighbor to the level of a Commandment. And he doesn't allow us to be selective.

The snarky coworker or unpleasant older person who lives next door?

Both are neighbors we are asked to love. Customers who harp on the tiny mistakes we make, or relatives who love to point out our flaws?

Neighbors. People from around the world whose values and behavior are foreign to us? Neighbors, all.

What is neighbor love? It starts by seeing those around us – truly looking past the outer appearance and learning names, personal stories, circumstances.

Praying for others – whether we know them personally or not – is a powerful way to love them.

Neighbor love isn't blind to others' sin but it requires focusing on our own first. We love neighbors best by letting them witness in us the fullness of a life in Christ.



## Why Do Catholics Do That?

### Why do Catholics have crucifixes in church?

The crucifix – a cross with Jesus' body on it – reminds us of the price of our salvation and God's infinite love for us; "God so loved the world that he gave his only Son to death on a cross" (John 3:16).

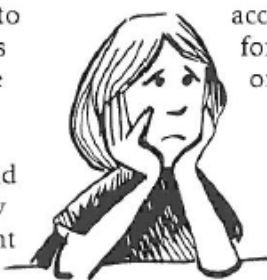


A crucifix helps us to remember that the sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice (*Catechism of the Catholic Church*, 1545). During Mass, Jesus, through the priest, offers himself to the Father for us.

## Why does God let bad things happen?

"If God is good, why does he allow bad things to happen?" In our hearts, we may know that God is loving and doesn't want us to suffer, but it can be difficult to see his plan when trouble strikes. The key is to stay close and trust his love.

**Draw closer to him.** Sometimes God allows bad things to happen because he knows that adversity can draw us closer to him. Take the Old Testament hero, Joseph, for example (Genesis 37-50). He was sold into slavery by his own brothers, falsely



accused by his master's wife, and unjustly imprisoned for years. Eventually he was released and became one of the most powerful men in Egypt.

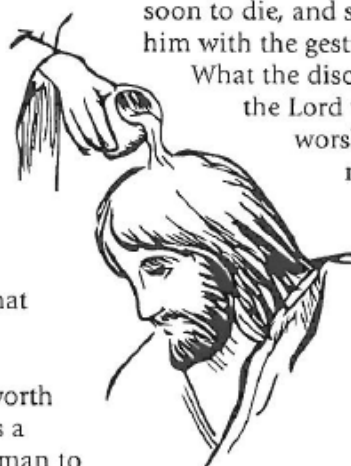
**Stay connected.** Throughout his suffering, Joseph kept his friendship with God strong so he could see God's hand in his life. When his brothers begged for forgiveness, Joseph was able to answer, *"Even though you meant harm to me, God meant it for good, to achieve his present end, the survival of many people."*

### from Scripture

#### Mark 14:1-15, 47, Waste or worship?

In this reading, we follow the march of events toward Jesus' death. It begins in Bethany with a woman pouring a costly ointment over Jesus' head and horrifying the disciples with a frivolous use of an expensive material. However, Jesus silenced them, pointing out that "she has anointed my body beforehand for burying."

The ointment was costly – worth about one year's wages. It was a significant sacrifice for the woman to make. Yet, unlike the disciples, the woman understood that Jesus was



soon to die, and she meant to honor him with the gesture.

What the disciples saw as waste, the Lord understood as worship. Jesus saw her material offering as "a beautiful thing." She took one of her most honored possessions and gave it to Jesus in an unusual act of devotion. Rather than

consider it a loss, Jesus felt honored by it.

### Q & A How do I make a good Confession?

The Sacrament of Penance and Reconciliation (Confession) can sometimes feel like an obligation instead of an encounter with God's mercy, but it doesn't have to be that way. Try these tips for a more joyful Reconciliation.



Examine your conscience. Compare your actions to the principles of the Ten Commandments (Exodus 20) and the Beatitudes (Matthew 5). Bring to the confessional the significant ways you have failed to live up to them.

Confess the small ones, too. Participating in the Sacrament frequently means that you may only have venial (minor) sins to confess. Confess them anyway. Piling up venial sins can lessen our resistance and pave the way for mortal sin. Confessing keeps our consciences sharp.

Express contrition and resolve to avoid sin. Ask for the grace to continue growing in holiness and avoiding evil.

The point of the Sacrament is to reconcile us with the God who loves us more than we can imagine, and who is always eager to forgive us. Confession helps us come back and begin again.

### Feasts & Celebrations

**March 1 – St. David of Wales** (c. 600). St. David is the patron saint of Wales. He was born into Welsh nobility, but instead chose to become a priest. He was later consecrated a bishop. He is best known for founding an ascetic monastery and ridding the area of the Pelagian heresy.

**March 17 – St. Patrick of Ireland** (c.461). Born in Scotland, St. Patrick was kidnapped and brought to Ireland as a slave. He escaped but later returned to become the bishop of Ireland and is credited for having established the

Church there.

**March 19 – St. Joseph, Husband of Mary** (1st Century). Jesus' earthly father and husband to the Blessed Mother, St. Joseph is a model of fatherhood and a protector of families.

**March 25 – Palm Sunday of the Lord's Passion** (1st Century). On Palm Sunday of the Lord's Passion, we recall Jesus' triumphant entry into Jerusalem, when he was greeted by crowds waving palms and cheering. This Sunday marks the beginning of Holy Week.



### Our Mission

To provide practical ideas that promote faithful Catholic living.

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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)

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## HOLY SPIRIT PARISH NURSE HEALTH TIPS FOR MARCH 2018

### *Blood Clots*



A friend of mine had been lying in bed a lot; she was not feeling well so her family took her to the Emergency Department. They found that she had a blood clot that had probably moved from her leg to her lung. She was treated with blood thinners and did recover but she was in a very dangerous situation.

The highest risk for blood clots is inactivity such as:

- Sitting or lying in bed for long periods of time or hospitalization/nursing home living.
- Knee or hip replacement.
- Major trauma: fall or auto accident.
- Major abdominal/pelvic surgery.
- Leg paralysis.

Moderate risk includes:

- Long trips over 4 hours.
- being 65 or over
- Active cancer/chemotherapy.
- Broken bones.
- Contraceptives.
- Hormone replacement.
- Family history/genetic clotting disorders.
- Heart failure.
- Obesity.
- Smoking

Blood clots can move via the blood stream to:

- The brain, heart, abdomen
- The lung (Pulmonary Embolism)
- The extremities/arms and legs (DVT- Deep Vein Thrombosis)

They may cause severe injury or even death. Seek medical attention for any suspicion of a blood clot!

Prevention of blood clots:

Other than medical interventions, some simple things can help:

- Bed bound: Do frequent leg exercises or have someone help you do them.
- If you can walk: Walk frequently.
- These are especially important after surgery.
- Sitting for long periods: Do leg exercises, lifting them up and down and stretching them, stand and walk.

The whole message is:

**MOVE**

**Those Legs!!**





## Bereavement Ministry at Holy Spirit Parish

.....soon to come

Currently a group of concerned parishioners are preparing to journey with those who are experiencing the loss of a loved one, no matter how long it has been....

We want to be the face of Christ for others and have been developing a plan and a team. Volunteers are needed in many capacities and training experiences begin next week.

Please pray about how you can share your gifts!

Current Needs:



Prayers: Please pray for this burgeoning ministry that the Holy Spirit guide those who have gifts to offer and bless those seeking consolation

Facilitators, Hospitality, Extra Core people, Building Person, Organizer and Contact People



Our next meeting will be a training to review Basic Grief Information and formulate our mission. You are welcome to join us Tuesday, March 6 at 6pm in the RCIA Room

Contact Cindy for more information  
at 452-6491 ext. 208