



St. Mary's Bulletin

April 19, 2015

The U.S. Preventive Services Task Force says that annual blood pressure screening is advised for adults who:

- Are over 40
- have increased risk, such as those at the top of the normal range (130-139/85-89)
- are overweight
- are black

Adults between ages 18 and 39 with normal blood pressure (below 130/85) and no risk factors should be rescreened every 3 to 5 years.

The benefits of screening for high blood pressure in adults to prevent cardiovascular disease and death are substantial. According to the Mayo Clinic, uncontrolled high blood pressure is one of the leading causes of disability and death due to heart attack, stroke or kidney failure.

They say that nearly everyone develops high blood pressure. Even if you don't have high blood pressure by age 55, you have about a 90% chance of developing it later in life.

You are invited to join the St. Thomas Aquinas Newman Center in its 30th Annual Bike Race/Ride on Saturday April 25. The event consists of a 40-mile ride to Hillsboro, competing against NDSU's Newman Center to raise money to help keep a Catholic presence on campus. We greatly appreciate riders, donations of food or money, and help on race day with meals and rest stops. We also need to borrow bikes for the day of the race for those who don't have one. If you are able to help in any way, please call the Newman Center at 777-6850, or sign up to help at undcatholic.org. Thank you for your generosity.

St Michael's will be hosting their annual rummage sale in the school auditorium on Saturday, April 25th.

- Early Bird entrance at 8:00 AM. Everything you can fit in a bag for only \$2.00!
- General admission from 9:00 – 3:00 PM. Everything priced as is!
- Power hour! 3:00-4:00 PM. Everything you can fit in a bag for only \$4.00!

We are currently accepting donations of gently used items. If you would like to donate please contact St. Mike's school at 701-772-1822 to drop off or need someone to pick up your donated items. Thank you.

Please join **Holy Family-St. Mary's School art teacher, Samuel Schultz,** at his art exhibition open house on Wednesday, April 22, 2015 any time between 4:30-7:00 p.m. at UND's Hughes Fine Arts Center. **It is open to the public and a neat experience to recognize the talent in our community. Children are welcome too.**

FT Elementary School & Church Custodian: St. Michael's Catholic School and Church in Grand Forks, ND is accepting applications for a custodian position with benefits. Hours will include some evenings. Duties will include cleaning classrooms, bathrooms, grounds, etc. Contact Ken Schill at: ken.schill@stmichaelsqf.com or 701-772-1822.

The **Feast of Our Lady of Fatima is** Wednesday, May 13. To celebrate and prepare for the 100th Anniversary of our Lady of Fatima, a Mass and meal will be held at Our Lady's Shrine, Old Crossing Treaty Park, Huot, MN (southwest of Red Lake Falls, MN) beginning @ 5 PM. A free will offering is requested to cover the cost of the

meal. For more information call Lee Walski @ 218-280-6304.

6th Grade/PE Teacher St. Joseph Catholic School in Devils Lake, ND is looking for a 6th Grade/PE Teacher or full-time 6th grade teacher with strong Science and computer background. ND state certification required. Send resume, references, and credential to: St. Joseph School, 824 - 10th Ave NE, Devils Lake, ND 58301 or email to: Thomas.burckhard@stjosephschool.org

VOLUNTEERS: Please join us for the Volunteer Appreciation Celebration on Tuesday, April 21st @ 2:00 – 3:30 PM. Valley Memorial Homes, 4000 Valley Square Auditorium. Please RSVP by Tuesday, April 14th at 787-7931. Leave a message.

Camp Good Mourning – Kids and Teens Grief Camp: Life After Loss – June 26-28, at Park River Bible Camp – Park River, ND. Altru's Hospice is holding the 17th annual grief camp for children ages 6 to 18 years of age. It helps children express feelings, learn healthy coping strategies and share experiences with other children who have lost a loved one. Recreational activities combined with discussion groups encourage campers to discuss their feelings of loss with each other. There is a \$25 registration fee. To register your child or more information or to volunteer at camp contact Sue Mairs, camp coordinator @ 701-780-5258.

Save the Date! 2015 Love and Life Celebration On Sunday, July 19th, in the spirit of the year of Marriage and Family, Bishop Folda will celebrate Holy Mass at St. Michael's Church, 5 p.m. He will join us for dinner, followed by a talk for married and engaged couples (childcare will be provided). It will be a great opportunity to interact with our good Bishop and other couples. Mark your calendars for this event which is sponsored by the Couple to Couple League chapters of Grand Forks and Crookston as part of Natural Family Planning Awareness Week.

Angels.....as explained by children.

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go south for the winter.

Sara, age 6

Angels live in cloud houses made by God and his Son, who's a very good carpenter. *Jared, age 8*

Part-Time Development Assistant: St. Paul's Newman Center, on the NDSU campus (Fargo, ND) is accepting applications for a part-time (30-35 hours) Development Assistant. Primary duties will include: database management, annual appeal activities, and donor communications. Successful candidate will have an affinity for Catholic Campus Ministry with strong writing, editing, data entry and proofreading skills; emphasis on accuracy and confidentiality. Must also be a team player with interpersonal skills, have the ability to prioritize and handle multiple projects and possess proficient software skills. Send cover letter, resume and three references to: bisoncatholic@gmail.com Apply immediately, start date preferred by the end of May, 2015. Signing bonus applies for approved candidate.

FT Director for Marriage and Family Life: Diocese of Fargo is currently accepting applications for a full-time **Director for Marriage and Family Life**. This role will have the responsibility of coordinating staff, programs and activities, facilitating communication and providing leadership to parishes within the diocese in the area of marriage and family life. The successful candidate will be a faithful and practicing Catholic, possess a graduate theological degree, with 3-5 years experience in pastoral ministry. Other qualifications include: the ability to work effectively in hierarchical and collegial settings, the ability to articulate vision and strategy, strong communication and interpersonal skills, proven leadership, and integrity. Application deadline is April 30th. Submit cover letter, resume, and three references to: barbara.augdahl@fargodiocese.org.

"Jesus himself stood among them and said to them, 'Peace to you.'" But they were startled and frightened." Luke 24:36-37
Throughout the day we have many opportunities to "see the face of Jesus" in others and provide and "peace" in their

lives. Just because the person is a stranger, maybe looks different than us or is someone we don't particularly care for doesn't let us off the hook.

New Evangelization Summit - April 24/25, 2015. Be inspired, receive formation, and connect with other Catholics at the New Evangelization Summit. Join over 4,000 Catholics across the USA and Canada for this premier conference on the New Evangelization. The conference will feature Scott Hahn, Fr. Michael Gaitley, Ralph Martin, Patrick Coffin, JoEllen Gregus, Fr. James Mallon, Ken Yaskinski and Michael Dopp. The NES has been designed to inspire you and help you live out your personal call to evangelize. FARGO is incredibly excited to be a host site for NES. The conference will be webcasted live from Ottawa to Fargo. Register now at www.newevangelization.com Fargo Location: Shanley HS; 5600 25th St. S, Fargo. Doors open at 6pm Friday and finishes by 4:30pm Saturday. Cost: \$50/participant. For questions, call 701.356.7908

Kendra's Grace Benefit, Saturday, May 9th Noon – 3 PM at the Larimore, ND Fire Hall includes a silent auction, bake sale, lunch, games and various other fundraising campaigns. Grace has been diagnosed with a serious heart defect known as Hypoplastic Left Heart Syndrome (HLHS).

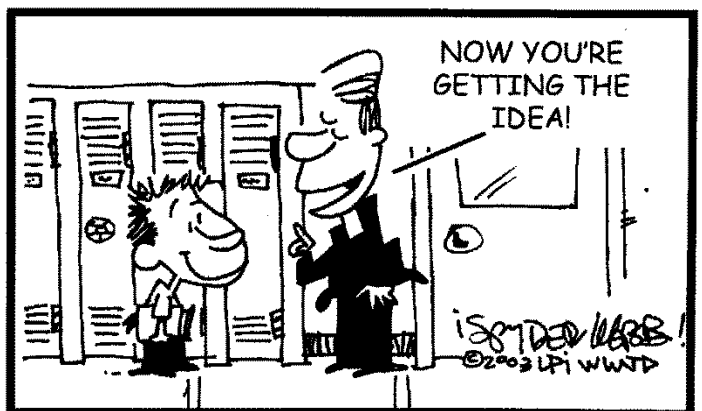
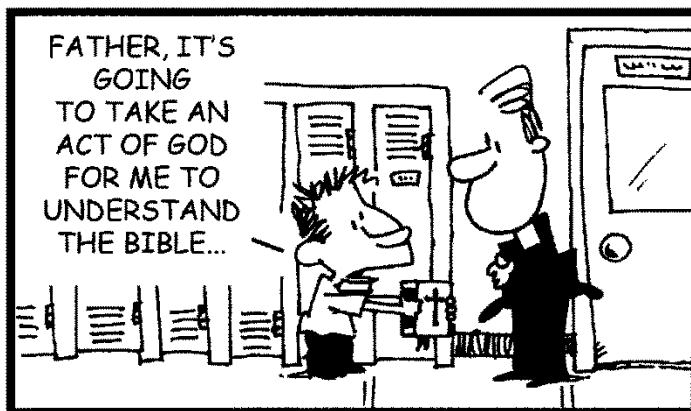
ARE YOU CALLED TO SERVE THIS SUMMER? IS GOD CALLING YOU TO BE A YOUNG DISCIPLE? *Summer Missionaries Needed:* We are looking for missionaries (men and women), between ages 18 to 30 who love Jesus and the Church and yearn to grow in their faith. The summer teams spend ten weeks running vacation Bible schools. The term is 10 weeks this summer, May 14th-July 28th. Team members will have a break from June 27th-July 3th. **All team members will receive pay of \$1500** plus the opportunity to raise sponsorship funds on top of that. Potentially a team member could end the summer with more money in pocket than working a typical summer job. Contact the Young Disciples office for more information; www.youngdisciples@fargodiocese.org or call 356-7909.

WALK FOR LIFE - Wednesday, June 10th by the Women's Pregnancy Center. Registration 6:00 PM – Walk begins @ 6:30 PM at the Grand Forks Town Square. For more information call 701-746-8866 or check out:



gfpcwalkforlife.org. There will be live music, fun prizes to be given away and the **TOP FUNDRAISER WILL WIN A MINI- i-PAD.** Bring the whole family for a **LIGHT DINNER** before the walk.

3RD SUNDAY OF EASTER



Why did God give you your mother & not some other Mom? (Answers by 2nd graders)

1. We're related.
2. God knew she likes me a lot more than other people's Mom like me.

What Kind of a little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.