



## St. Mary's Bulletin

September 20<sup>th</sup>, 2015

**Journeying through Grief** – a series of classes for adults 18 years & older who have experienced the recent loss of a loved one. The sessions will help you better understand the grief process, explore methods of self-care and embrace and carry memories with you as you move forward. Thursdays, October 15<sup>th</sup> and 22<sup>nd</sup>; 1:30 – 3 PM at Sacred Heart, East Grand Forks, MN. Registration deadline is October 8<sup>th</sup>. All sessions are free – but pre-registration is required because of space limitations. To register or for questions call 800-237-4629 and ask for the bereavement department. Hospice Red River Valley

**Youth Journeys** is a day-long program for youth, ages 6 to 18, who have lost a loved one. Parents/guardians are required to attend a portion of the day, as well. The day is broken down in sections, allowing the youth a chance to explore how the death of their loved one has affected their lives, feelings they have, self-care and embracing memories. The day ends with a service of remembrance. Food and snacks are provided throughout the day. Registration deadline is October 19<sup>th</sup>. All sessions are free – but pre-registration is required because of space limitations. To register or for questions call 800-237-4629 and ask for the bereavement department. Hospice Red River Valley

### **Below is an excerpt from the St. Anne's Scoop!**

This is not to say that we are all perfect or show the utmost courtesy and respect at all times; it is easy to follow one's own agenda rather than patiently wait a little. Therefore, might we consider a few tips for being courteous:

- Simply smile: It's free, costs you no time, and actually may be physically beneficial to you, not to mention cheering up the recipient.
- Be polite in speech: Use please, thank you, and other kind words as well as a kind tone of voice.
- Hold the door for others, especially those who have mobility issues: it won't cost you more than a few seconds but speaks volumes, saying "You are worthwhile!"
- If someone looks or sounds like they're having a tough day or are lonely, stop and visit with them, showing you care.
- If you meet someone in the hall and they are a bit slower than you, rather than cut in front of them, stop and wait, even engage them in conversation while doing so.

**"Living Reflections of God's Love" Conference:** As the culmination of the Diocese of Fargo's Year of Marriage and Family, "***Living Reflections of God's Love***" a Marriage and Family conference, will be held in Fargo at the Civic Center on Saturday October 24<sup>th</sup>, from 10:00 am – 9:30 pm. There will be programs for everyone from ages 4 to 104. Bishop Folda, Monsignor Shea, Jeff and Emily Cavins will reflect with parents and adults on the gift of love in marriage and the family; Doug Tooke will address the youth, and Cat Chat and Julia Johnson will have activities for the children. The day will conclude with Holy Mass and a family dance. The event is free of charge, but you must register by October 2nd. For online registration visit [www.fargodiocese.org/lrgl](http://www.fargodiocese.org/lrgl), or call Jennie Korsmo at 701-356-7901. Register early as the children's and youth programs are sure to fill up quickly! The deadline is fast approaching, so register your family today. Please include the conference in your prayers. For more information, see the insert in the July edition of *New Earth* or visit [www.fargodiocese.org/lrgl](http://www.fargodiocese.org/lrgl).

An impoverished old man applied for membership in a wealthy church. The pastor tried to put him off with all kinds of evasive remarks. The old man became aware that he was not welcome there and finally told the pastor that he would pray about it. After several days he returned. "Well," asked the pastor, "Did the Lord

give you a message?' "Yes, sir, he did," was the old man's answer. "He told me it wasn't any use. He said, 'I've been trying to get in that same church myself for 10 years and they won't let me in either.'"



**Undies Sundays!** New underwear, a bar of soap, toothpaste, these are all basic needs. But there are people in our community that do not have access to these basic items. Help people in our community in need with **Undies Sundays!** This year's challenge is to collect over 28,500 items. No matter the person's story everyone deserves the basics in life; a clean pair of underwear, socks, and toothpaste. Each baby should have the proper fitting diaper and socks, not to mention soap to keep them nice and clean. Enter Undies Sundays. During the first three weeks of October boxes will be available for your donations (in the back of the church). We are asking you to donate NEW undergarments, socks, diapers and personal care items (shampoo, shaving cream, feminine hygiene products, soap, etc.). These Sundays include: October 4th, 11th and 18th. These items will then be collected and sorted by volunteers and distributed via United Way partner agencies to area shelters, County Social Services and food banks, who distribute them to their clients.

**8 year old's 3rd grade homework assignment to explain God (continued).** "If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you when you're scared, in the dark or when you can't swim and you get thrown into real deep water by big kids."

**Catholic Charities North Dakota Sunday:** The Fargo and Bismarck Dioceses will celebrate Catholic Charities ND during the weekend of September 26<sup>th</sup> and 27<sup>th</sup> to raise awareness and support of the services growing in dioceses across the US. In North Dakota, Catholic Charities ND helps find forever families for children in foster care, offers free birth counseling and parenting support for women and men, provides comprehensive adoption services, guardianship services for adults with intellectual disabilities and provides individuals, couples and families with professional, faith-based counseling services for relationships, stress and anger, or anxiety and depression. Catholic Charities provides financial assistance and relief as needed to those affected by natural disasters such as the floods in Minot, Grand Forks, and Fargo. You can contact and access their services by calling 701-235-4457 (toll free: 1-800-450-4457) or check online @ [www.CatholicCharitiesND.org](http://www.CatholicCharitiesND.org).

### 25th SUNDAY IN ORDINARY TIME

