



St. Mary's Bulletin Insert
March 15, 2015

Are you looking for a safe, caring living environment for yourself or an aging loved one? ST. ANNE'S GUEST HOME currently has openings. Meals, nursing care, housekeeping and other services are available. Our home also has a chapel and daily Mass. For more information, call Sr. Rebecca at 746-9401 or visit www.stannesquesthome.org.

Stewardship Moment: "We are truly God's handiwork, created in Christ Jesus to lead the life of good deeds which God prepared for us in advance." - Ephesians 2:10 Our good deeds go beyond just giving money to charity. Stewardship is not about how we spend our money, but about how we spend our lives.

St. Joseph's March Campaign is off to a roaring start! It is important to remember as we look forward to the first "official" day of Spring, that even as the Earth starts to turn green again and offer its abundance, food insecurity knows no seasons. For those that must make a great effort to put food on their table each day, Spring MAY mean that Summer vacation is *just around the corner...* and that could mean more meals served at home, to children not receiving the benefit of free/reduced price lunches and breakfast. Please keep in mind that **nearly half** of those served through St. Joseph's Food Pantry are children, who have done nothing to deserve to be hungry, except be born. It matters MOST that this group meets their nutritional requirements, as children who go to bed hungry are more likely to struggle academically in school, miss more days due to sickness or doctor visits, or have behavioral problems related to their health status. Donations to St. Joseph's are tax deductible and will help ensure that our most vulnerable residents are given as many tools to succeed as possible. Please call (701)795-8614 for more information about donating during March Campaign, or about volunteering for the Free Summer Lunch for Youth program.

Stepping On: Have you, or an older adult you know, fallen recently or have a fear of falling! Get your confidence back by learning how to reduce the risk of falling! **Stepping On** is a fall prevention class for seniors that meets 2 hours each week for 7 weeks and will be held from 1:00 – 2:00 PM on Mondays at Calvary Lutheran Church beginning March 23rd. Program cost \$20.00 (Scholarships available.) To register, call 780-8229 (NDSU Extension Service) For more information, call 780-5939.

Talking to Young People about the Beauty of Sexuality: We know full well it can be challenging to talk to young people about human sexuality. Workshop speaker Jen Messing will offer simple tools to foster understanding of who we are, what our bodies mean, and how our desire for love points to God's plan for us. **Parents** with children of all ages are **invited to attend** and learn more about this positive, universal language of St. John Paul II's "theology of the body". Jen Messing has been speaking on and leading "theology of the body" based retreats around the United States since 2002. She holds a Master of Theological Studies from Ave Maria Institute for Pastoral Studies and is pursuing a certificate through the Theology of the Body Institute. The workshop will be offered: **Tuesday, April 14, 7 p.m at St. Michael's church.** This event is free and open to the public. For more information contact: Rachele, 701-356-7910 Sponsored by the Fargo Diocese Respect Life Office.

Rachel's Vineyard Retreat: April 17-19: If you or someone you know has suffered from the physical, emotional, and spiritual effects of a past abortion, there is hope for healing. Rachel's Vineyard offers a safe, non-judgmental, and confidential weekend retreat for anyone: women, men, grandparents, and siblings who struggle with the feelings of loss that can accompany an abortion experience. The weekend begins on a Friday night and concludes on Sunday afternoon. A Rachel's Vineyard Retreat is scheduled for April 17-19, 2015 in Hankinson. For more information, or to register, please call Ruth at (701) 219-3941 or email her at ruch@i29.net All calls are confidential.

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

Mark your calendar for the Rosary Convocation 2015/Responding to Our Lady of Fatima on Wednesday, May 13th at Our Lady's Shrine, Old Crossing Treaty Park, Huot, MN. The evening begins at 5 PM with the Rosary followed by Mass, a meal and fellowship. For information call Lee Walski @ 218-280-6304.



Memories of St. Pope John XXIII: When Dr. Arthur Lichtenberger, presiding Bishop of the Episcopal Church of the United States, was preparing to kneel when introduced into the presence of the Sovereign Pontiff, the Pope from the far end of his library came toward him with open arms so spontaneously that Dr. Lichtenberger also opened his.

Valley Memorial Homes 11th Annual "Down in the Valley" on Sunday, March 15th @ 2 PM, hosted by Sharon Lutheran Church (1720 20th St. S), music (early arrivers will be treated to special music) and gardening tips by Joe Bergeson, Bergeson Nursery, Fertile, MN. Joe Bergeson will share, "Secrets to Growing Beautiful Gardens". Refreshments served and a free will offering for Valley memorial Homes Chaplaincy Ministry. **What does Chaplaincy Ministry provide for the residents and tenants?** Valley memorial Homes provides for the physical, emotional and spiritual care of its residents and tenants. Spiritual care is provided through partnerships with your congregation as well as having two chaplains dedicated to serving residents, tenants, families and staff. Worship services are offered throughout the week as well as on Sunday. Bible studies, one-on-one visits and spiritual assessments are all an important part of spiritual care.

The best sermons are lived not preached....

** Today I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."

** Today, I asked my mentor – a very successful business man in his 70s – what his top 3 tips are for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."

Homemade, baked goods and new craft items needed for the **Grand Forks Senior Center Spring Bazaar** on March 27. Please drop off at 620 4th Ave S (4th Ave & Cherry St) by 4:30 pm on Thursday, March 26 or by 8:30 am on Friday, March 27. And if you want to do some shopping yourself, join us at the Bazaar from 8:30 am to 1 pm! Proceeds will benefit the programs at the Grand Forks Senior Center.

Where are Valley Memorial Homes' facilities located? Valley Memorial Homes operates five living facilities on three campuses. Valley Eldercare Center, a skilled nursing facility including transitional care is located near Altru Health System at 2900 14th Avenue South; Tufto Manor, a basic care facility is located at 3300 Cherry Street and the 4000 Valley Square complex which provides a full continuum of care including Country Estates, senior apartments; Wheatland Terrace, assisted living; Woodside Village, skilled nursing including memory care. For more information visit our website at www.valleymemorial.org or call 701-787-7563 for housing or 701-787-7957 for skilled nursing.

4TH SUNDAY OF LENT

