



St. Mary's Bulletin

July 06, 2014

Worldwide Marriage Encounter: “Come to me, all you who labor and are burdened, and I will give you rest.” Do not burden, for God knows that you want to have peace and love in your marriage. The next **Worldwide Marriage Encounter Weekends** are July 18-20 Buffalo; September 12-14, Irene, SD; October 10-12 Buffalo & Jamestown, ND; October 24, Rapid City, SD; November 21-23 Prior Lake & Stewartville and December 5-7 Duluth. Early registration is highly recommended. For more information visit our website at: ndwwme.org or contact Mark and Mary Jantzer at Applications@ndwwme.org or 701-852-6291.

Youth Called to March for Life! Youth in grades 9-12 from across the Diocese of Fargo are invited to participate in the 42nd annual March for Life in Washington D.C. January 22, 2015. This is a special year for youth to pilgrimage for LIFE as they will have the privilege of carrying the lead banner for the 2015 March for Life along with other students from our state's Catholic High Schools! The pilgrimage begins in Fargo on January 18th and returns the 23rd. Fr. Kurt Gunwall, Vocations Director for the Diocese of Fargo is the spiritual director. There will be a Vigil Mass for Life at the Basilica of the Immaculate Conception, also the youth will travel to Emmitsburg, MD to visit the Mother Seton Shrine and see the sights of Washington, D.C. The cost for the 6-day pilgrimage is \$830 and includes air and ground travel, lodging, meals and tour fees. Registration forms can be found at www.fargodiocese.org/RespectLife. Registration deadline is October 18th. For more information, contact Rachelle @ 701-356-7910 or email: rachelle.sauvageau@fargodiocese.org.

A BETTER YOU Seminar Series – presented by Jennifer Anderson, MSW, LICSW from Catholic Charities Counseling Services. The fee for each seminar is \$30.00. The educational events are limited to individuals ages 18 and older. Please call 701-235-4457 or go to impactgiveback.org/events to reserve your place! All seminars held at Catholic Charities North Dakota (5201 Bishops Blvd., Fargo, ND) in the Pastoral Center from 6:00 to 7:30 PM.

July 8: ***Anger Management*** – Why are you so mad?

July 15: ***Mindful Eating*** – Are you hungry or is something “else” eating at you”?

July 22: ***Emotional Regulation*** – Are you a “Drama Queen or King”?

(Found in chapter 10 – Page #53) (You can find this book at the GF Library. “SAINT MARY’S AND SAINT TIMOTHY’S AND THEIR ECUMENICAL PIONEER PASTOR “(by Rt. Rev. Msgr. M.J. Fletcher)

Father started the practice of St. Michael’s Hospital mailing a list of all catholic patients each week and stated it would be good practice to send one to each parish priest as well. He requested this list because many times a parishioner or friend had entered and left the hospital before he knew of their illness and they had wondered why he hadn’t called to see them. Though he made a practice of visiting the hospitals at least once a week, this could take place between visits. Upon receiving the list, the calls

would be made as soon as possible and if any had left after the list had been mailed, at least he knew they had been a patient and could either call at their home or inquire of their health when next they met.

Why We Forgive (by Desmond Tutu from “The Book of Forgiving”)

There were so many nights when I, as a young boy, had to watch helplessly as my father verbally and physically abused my mother. I can still recall the smell of alcohol, see the fear in my mother’s eyes, and feel the hopeless despair that comes when we see people we love hurting each other in incomprehensible ways. I would not wish that experience on anyone, especially not a child. If I dwell in those memories, I can feel myself wanting to hurt my father back, in the same ways he hurt my mother and in ways of which I was incapable as a small boy. I see my mother’s face and I see this gentle human being whom I loved so very much and who did nothing to deserve the pain inflicted upon her.

When I recall this story, I realize how difficult the process of forgiving truly is. Intellectually, I know my father caused pain because he was in pain. Spiritually, I know my faith tells me my father deserves to be forgiven as God forgives us all. But it is still difficult. The traumas we have witnessed or experienced live on in our memories. Even years later they can cause us fresh pain each time we recall them.

Are you hurt and suffering? Is the injury new, or is it an old, unhealed wound? Know that what was done to you was wrong, unfair, and undeserved. You are right to be outraged. And it is perfectly normal to want to hurt back when you have been hurt. But hurting back rarely satisfies. We think it will, but it doesn’t. If I slap you after your slap me, it does not lessen the sting I feel on my own face, nor does it diminish my sadness as to the fact you have struck me. Retaliation gives, at best, only momentary respite from our emotional pain. The only way to experience healing and peace is to forgive. Until we can forgive, we remain locked in our pain and locked out of the possibility of experiencing healing and freedom, locked out of the possibility of being at peace.

Without forgiveness, we remain tethered to the person who harmed us. We are bound with chains of bitterness, tied together, trapped. Until we can forgive the person who harmed us, that person will hold the keys to our happiness; that person will be our jailor.

When we forgive, we take back control of our own fate and our feelings. We become our own liberators. Forgiveness, in other words, is the best form of self-interest. This is true both spiritually and scientifically. **We don’t forgive to help the other person. We don’t forgive for others. We forgive for ourselves.**

“We are like children, who stand in need of masters to enlighten us and direct us; and God has provided for this, by appointing his angels to be our teachers and guides.” St. Thomas Aquinas