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Summer/ Fall 2023



Our Lady's Messenger



Mark your calendars:

Sunday

September 17

11:30 AM - 1:00 PM

Meat and Grill

Knights of Columbus

Council 4894

Drinks & Utensils

Altar Society

Please bring:

A-G — Desserts

H-N — Side dishes

O-Z — Salads

**Everyone
Welcome!**

Through Holy Communion, Jesus comes to live in our souls

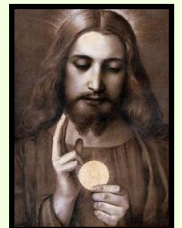
To really understand the gift of the True Presence of Jesus in the Eucharist, we need to come to God as little children, with our minds and hearts open to his Truth.

Most of the children who prepare to receive Jesus in Holy Communion for the first time are in second grade. Some are a bit older. During Faith Formation class, or in Catholic school, as well as from their parents and grandparents, the children learn about the miracle that takes place on the altar during every Mass: that the bread and wine become the Body and Blood of Jesus.

"Yuk!" is the first response of the puppet in the movie we sometimes show at First Eucharist retreats. "So it turns into body and blood, and we're supposed to eat it?", the puppet wonders, as did the disciples written about in John 6:66 who left after hearing that teaching from Jesus.

"As a result of this, many of his disciples returned to their former way of life and no longer accompanied him." – John 6:66

In chapter 22 of the Jesus Our Life reading book that we use in second grade Faith Formation classes, the children read about the Last Supper. "While they were eating, Jesus took some bread. He prayed to His Father, blessed the bread, and broke it. He gave it to the disciples and said, 'This is my Body, which will be given up for you.' Then Jesus took a cup of wine and said, 'This is the chalice of my Blood . . . which will be poured out for you and for many for the forgiveness of sins.'"



It continues, "With those words, the bread and wine became the Body and Blood of Jesus. It was not bread and wine anymore, but Jesus. When the disciples ate it, Jesus came to live in their souls. This was the first time anyone had received Holy Communion."

"Jesus came to live in their souls"!

Do we understand that? Do we believe that? It seems impossible to an adult

(Continued on page 7)



Father Adam Maus, Pastor

OUR LADY OF GRACE CATHOLIC CHURCH

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Our Mission:

Our Lady of Grace Parish is a community of faith that encourages stewardship through word, sacrament and service.

Eucharistic Revival

As the greater Church, in participation with our bishops, we are in the middle and transitioning into the parish phase of this three year long push in Eucharistic Revival. We closed our diocesan phase with a wonderful Eucharistic Conference that was held at the Bismarck Event Center on June 2. Here is a link to those incredible talks that I hope and encourage you to take the time to watch and hear: <https://bismarckdiocese.com/presentationstalks>

As we move forward in the parish year of the Eucharist Revival, we priests will be preaching more about the Eucharist, especially this Fall after School starts again. We have our next Eucharistic Procession to look forward to next spring on the Feast of Corpus Christ, and I will try to plan other Eucharistic initiatives throughout the year as well. Also, the parish year will close with a National Eucharistic Congress in Indianapolis, IN on July 17-21, 2024. More information on registering for that trip will be forthcoming.

For the beginning of the parish year of Eucharistic Revival, and so that we can all learn more and be reminded, I thought that, rather than write essentially the same thing, I would republish this article that was put out by the United States Conference of Catholic Bishops for proper teaching on receiving Holy Communion at Mass. No need to reinvent the wheel and this article is very clear. So please read and imitate what you read.

It is important that we do things correctly and reverently so as to avoid complacency and casualness around the most awesome gift we have been given, Jesus himself as food.



In Christ,
Fr. Adam Maus



The Reception of Holy Communion at Mass

The Church understands the Communion Procession, in fact every procession in liturgy, as a sign of the pilgrim Church, the body of those who believe in Christ, on their way to the Heavenly Jerusalem. All our lives we who believe in Christ are moving in time toward that moment when we will be taken by death from this world and enter into the joy of the Lord in the eternal Kingdom he has prepared for us. The liturgical assembly of the baptized that comes together for the celebration of the Eucharist is a witness to, a manifestation of, the pilgrim Church. When we move in procession, particularly the procession to receive the Body and Blood of Christ in Communion, we are a sign, a symbol of that pilgrim Church "on the way."



For some, however, the experience of the Communion Procession is far more prosaic, analogous perhaps to standing in line in the supermarket or at the motor vehicle bureau. A perception such as this is a dreadfully inaccurate and impoverished understanding of what is a significant religious action. The Communion Procession is an action of the Body of Christ. At Christ's invitation, extended by the priest acting in Christ's person: "Blessed are those called to the supper of the Lamb," the members of the community move forward to share in the sacred meal, to receive the Body and Blood of Christ which is the sign and the source of their unity. In fact, each time we move forward together to receive the Body and Blood of the Lord, we join the countless ranks of all the baptized who have gone before us, our loved ones,

(Continued on page 10)

Getting to know our new Parochial Vicar, Fr. Josh Hill

Prior to the June 12 ordination to the priesthood of Fr. Josh Hill, we asked him some questions about his background and what he's looking forward to at Our Lady of Grace.

Where did you grow up? Who is in your family?

I was born in the Black Hills of South Dakota where I spent the early years of childhood before my family and I moved to eastern Montana. As the oldest of four children, I was raised in the Catholic Faith by two incredibly loving parents (David and Brecky Hill) who laid the foundations of the life of virtue and the gifts of Faith that I rejoice in now. Two of my siblings are married and one is currently discerning a vocation to the religious life with the Handmaids of the Heart of Jesus in New Ulm, MN.

What led you to discern a vocation to the priesthood?

After graduating from high school in Glendive, MT, I moved over to Bismarck to attend the University of Mary. It was here that I was challenged to embrace the Catholic Faith in a more mature and personal manner. However, such a personal embrace was set within the context of, and immensely supported by, a wonderful university community. During my time at UMary, I was gifted with the opportunity to study in the university's Rome Campus Program, and it was there that I received the call to the vocation of the priesthood – much to my initial fright, HA! Encountering the BEAUTY of the universal Church there in Rome led me to an encounter with a greater GOODNESS outside of myself, which then led to an encounter with the ultimate TRUTH of reality – God and His providential love for His people. In retrospect, I can clearly see the hand of Mary leading me upstream from beauty, to goodness, to truth, to the ultimate Source of such a River of Life. So I suppose I can say that Our Lady of Grace has been with me all along my journey!

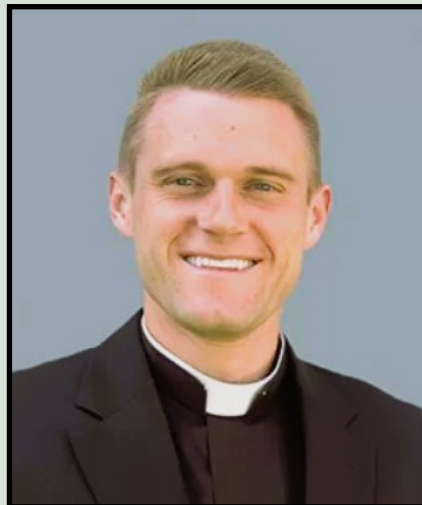


Josh Hill being handed a chalice and paten by Bishop Kagan during his ordination Mass.

The Eucharist is at the heart of the priesthood and this ritual highlights the importance of celebrating the Eucharist in the life of the priest and its meaning, as seen in the words which are spoken by the bishop: "Accept from the holy people of God the gifts

to be offered to him. Know what you are doing, and imitate the mystery you celebrate; model your life on the mystery of the Lord's cross."

(USCCB FAQs- Priesthood, Ordination, Seminary)



What education/formation has prepared you for the priesthood?

The informal and foundational elements to the priesthood certainly began with my parents and family life, as well as education received at the University of Mary. Upon entering seminary, though, I was sent to St. John Vianney Theological Seminary in Denver, CO, where I was enrolled in the initial year of formation called the Spirituality Year – a year designated to prayer, intensive discernment, and virtue in communal life. The following two years of formation there in Denver included rigorous studies in philosophy. After completing this "pre-theology" stage of seminary formation, Bishop Kagan sent me to the North American College in Rome where I continued priestly formation in theological studies.

How do you feel about coming to Minot and Our Lady of Grace as your first assignment?

I look forward with great anticipation to coming to Our Lady of Grace in Minot. Not being from the diocese of Bismarck originally, it has taken some time for me to become familiar with its overall geography and to get to know the good people of the diocese. Each summer in seminary formation, we are sent to different parishes throughout the diocese. However, I have yet to receive the gift of serving the good people of Minot. Thus, this new chapter in life at Our Lady of Grace and in Minot will be a total "clean slate." For seven years the Church has formed and prepared me to receive the Holy Order of Priesthood. Now, I'm very excited to learn how TO BE a holy priest for the people of Minot and Our Lady of Grace. Additionally, I have not had the privilege of working alongside Fr. Maus, whom I have heard nothing but exceptional things about, so I'm delighted at the opportunity to serve alongside him and learn from him and his priestly wisdom and kindness.

Do you have a favorite Bible verse that guides you?

Here are three of my favorites:

Proverbs 3: 5-6 "Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths."

John 3:29-30 "The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. For this reason my joy has been fulfilled. He must increase, but I must decrease."

"I am the vine, you are the branches...apart from Me you can do nothing" (John 15:5)...but with Me!...you "can do all things through Him who gives you strength" (Phil. 4:13).

We welcome you, Fr. Josh Hill!

IMPORTANT DATES

July

30 - 9:30 AM - NOON **Donuts with Deacon Martire** (Last day at Our Lady of Grace)

August

15 - 9:00 AM **Holy Day Mass Assumption of the Blessed Virgin Mary**

15 - 7:00 PM **Holy Day Mass Assumption of the Blessed Virgin Mary**

27 - 9:20 - 10:20 AM **CGS Catechist and Aide Orientation meeting**

September

4 - **Parish Office Closed** (Labor Day)

4 - **8 Diocese of Bismarck Clergy Conference**

8 - **Blessed Mother Mary's Birthday**

10 - **KC Breakfast**

13 - 3:00 - 6:00 PM **Catechist and Aide Open House (Grades 2-5)**

13 - 4:00 - 5:00 PM **CGS Catechist and Aide Orientation meeting**

13 - 5:30 - 6:30 PM **CGS Catechist and Aide Orientation meeting**

13 - 6:30 - 7:30 PM **Confirmation Orientation meeting** (students & parents) **Option 1**

16 - 12:30 - 3:30 PM **Seven Sisters Retreat**

17 - 9:20 - 10:20 AM **First Sunday Faith Formation Classes** (Preschool-Gr. 5)

17 - 11:30 - 1:00 PM **Parish Picnic!!**

17 - 6:30 - 7:30 PM **Confirmation Orientation meeting** (students & parents) **Option 2**

20 - 4:00 - 5:10 PM **First Wednesday Faith Formation Classes** (K-Gr. 5)

20 - 5:30 - 6:40 PM **First Wednesday Faith Formation Classes** (K-Gr. 5)

20 - 7:00 - 8:00 PM **Life Teen Edge - Core Members Orientation**

27 - 7:00 - 8:30 PM **First Wednesday Faith Formation Classes** (Gr. 6-8)

Fr. Degele: Thank you for serving our parish

Fr. Jacob Degele remembers his first impression of Our Lady of Grace parish when he joined us as Parochial Vicar in summer 2021: "Incredibly busy! Also, a strong sense of a parish family."

On July 1, after being at Our Lady of Grace for two years, Fr. Degele began his new assignment as Chaplain at Bishop Ryan Catholic School, and Parochial Vicar at St. Leo the Great in Minot. As Chaplain, Fr. Degele is entrusted with the spiritual formation of the students, faculty and staff at Bishop Ryan.

"As I begin this new role, I'm reminded of the first high school chaplain I had – Fr. Josh Ehli," Fr. Degele said. Fr. Ehli is the current Rector at Cathedral of the Holy Spirit in Bismarck.

Fr. Degele was a student at Dickinson Trinity High school when Fr. Ehli was the Chaplain there. "I remember the joy that he brought to being a priest and a chaplain," Fr. Degele said. "That is actually what inspired me to be a priest. I want to be that joyful, energetic leader trying to elicit faith in the student body."

As a newly ordained priest in 2021, Fr. Degele taught at Bishop Ryan in addition to serving Our Lady of Grace. "I came to really enjoy and love teaching," he said. "Teaching in a high school is much more than communicating information." There's classroom management, grading papers, and much more. He also created the curriculum for his Scripture and Social Doctrine classes.

The second year, his teaching responsibilities at the school increased. "It was a year when the Lord really stretched me," he said, "and I came to the realization that, in terms of my teaching at the school and my ministry at the parish, I can't let the desire for perfection keep me from doing something that's good enough."

At Our Lady of Grace, one of his favorite memories is "teaching our students preparing for Confirmation on Sunday nights. I really enjoyed teaching them the basics of the faith knowing that some of them weren't aware of some of the Church's basic teachings, and watching the excitement and desire come alive in them for the first time."

On Confirmation day, he experienced "a spiritual fatherhood towards them – to see how they progressed and grew throughout the year – a sense of being proud of them," he said.

Hispanic ministry at Our Lady of Grace was also a focus of Fr. Degele. Members of the Hispanic community within the parish are "incredibly talented, incredibly faithful, and they have gifts that contribute to the wellbeing of the parish," he said. "I strongly encourage the other parishioners to introduce yourselves and get to know our Hispanic parishioners."

Fr. Degele will continue to celebrate Spanish-language Masses at Our Lady of Grace, taking a break in the summer and beginning again in October.

What advice would Fr. Degele offer Fr. Josh Hill as he enters into ministry at Our Lady of Grace as a newly ordained priest? "Don't be afraid to fall in love with the people and let them love you in return."



By Tanya Watterud

Baptism blankets made with love

Sewing baptism blankets is a ministry of love for Our Lady of Grace parishioner Karen Huesers.

Our parish secretary, Sharon Donamaria, has been keeping track of the blankets Karen has sewn for Our Lady of Grace babies and children since Karen began the ministry here in 2011: more than 680 blankets!

Karen said she watches for flannel fabric to go on sale and then purchases it. Some people have donated fabric to her, too. Each blanket usually requires one yard of printed flannel fabric and one yard of solid flannel fabric. Karen sews them together, then turns them right side out and cross stitches the edges with a decorative stitch. She also ties them in the corners with embroidery thread so they wash up nicely.

"For the older kids who are baptized, their blankets are a little bit bigger, and they get buttons on them," Karen said.

She's always ready to bring more blankets to the church when she gets a call from Sharon or Deacon Steve. "I really enjoy making them. Every blanket is so different. I couldn't point out a favorite because I love them all."

"You'd think I'd be tired of making them" after sewing more than 680 blankets, Karen said, but once she gets going on a new one, she can't quit. Her only frustration is when her sewing machine doesn't cooperate by breaking down.

Karen has sewn most of her life – even making drapes for the Garrison Hospital, for her own home and helping her sister with her drapes -- but she didn't get much time to sew when she and her husband, Maynard, were farming near Max. "I was raising chickens and a garden, and wanted to work outside with Maynard," she said. "I did a lot of patching, and broke a lot of needles."

Karen isn't ready to quit sewing yet. "I don't have the greatest eyesight anymore," she said. "There will be a day when I have to quit, but I'm not through yet." She also does some mending for our priests, such as sewing black buttons on their black shirts, which can be challenging to see.

Reflecting on the many flannel blankets she has crafted over the years, Karen said, "They're not perfect blankets, but they're made with love." If you have had a child baptized at Our Lady of Grace since 2011, you just might have a blanket sewn by Karen in your home. Thanks for your blanket ministry, Karen, and to all who have donated blankets through the years!

By Tanya Watterud



Karen's ministry—flannel, prayers, and love for our newly baptized children.

(Continued from page 4)

October

1 - 8:30 AM - 12:30 PM KC Breakfast

1 - 3:00 PM *Spanish Mass* & Fellowship

4 - 7:00 - 8:30 PM First Middle School Youth Group (Gr. 6-8)

6 - ND March for Life in Bismarck

8 - 1:00 - 2:30 PM First Reconciliation Retreat (Option 1)

11 - 9:30 - 10:30 AM First Preschool/Parent Formation Class

12 - 6:00 - 7:30 PM First Reconciliation Retreat (Option 1)

15 - 3:00 PM *Spanish Mass* & Fellowship

16 - 7:00 - 8:00 PM CGS presentation All parishioners welcome

18 - No Faith Formation

22 - No Faith Formation

31 - 7:00 PM Holy Day Vigil Mass - All Saint's Day

November

1 - 9:00 AM Holy Day Mass - All Saint's Day

1 - 5:30 PM Holy Day Mass - All Saint's Day

1 - Parish Office Closed (All Saint's Day)

1 - No Faith Formation

4 - First Saturday Devotion at OLG

5 - KC Breakfast

5 - 3:00 PM *Spanish Mass* & Fellowship

8 - 5:30 - 7:00 PM "*Treasures of the Church - Eucharistic Miracles*" Event for families

19 - 3:00 PM *Spanish Mass* & Fellowship

22 - No Faith Formation

23 - 9:00 AM Thanksgiving Mass

23 - Parish Office Closed

24 - Parish Office Closed



Registration continues for Faith Formation classes and Youth Groups for this fall. Our parish served more than 360 children during the 2022-2023 school year, with an increase of more than 100 students from five years ago.

We are so excited to be helping parents teach their children about the most important Persons in their lives – the Three Persons in one God – the Father, Son and Holy Spirit!

The Catechism of the Catholic Church tells us, “Parents have the mission of teaching their children to pray and to discover their vocation as children of God. The parish is the Eucharistic community and the heart of the liturgical life of Christian families; it is a privileged place for the catechesis of children and parents.” (CCC 2226)

Because God has entrusted our parish children to their parents first, we are thrilled when parents come forward to help as catechists, aides and other volunteers in our Faith Formation and Youth programs. Several grandparents as well as other older people who are not related to the children come forward, as do many young adults and older teenagers. This mixing of generations and faith experiences creates a team of Catholics dedicated to helping children and teenagers grow in their understanding of the Catholic faith and in their personal relationships with God, while team members learn along with the students.

The opportunities we offer include:

Sunday classes for Preschool-grade 5 children, 9:20-10:20 a.m.

Wednesday classes for Kindergarten-grade 5 children, 4:00-5:10 p.m. or 5:30-6:40 p.m.

Wednesday classes for gr. 6-8 students, 7:00-8:30 p.m. about 2 times per month

Wednesday morning Preschool/Parent classes (new this year!)

Sunday evening Confirmation classes for students in gr. 9 and higher, 6:30-8:30 p.m. about 8 times in the school year

Middle School Youth Group

Christus Vincit (high school youth group) + high school Bible study opportunities

To register or to volunteer, pick up a registration form in the parish classroom hallway or visit our website at olgminot.org. The volunteer information is on page 4 of the printed registration form, and near the end of the online form.

Tuition for students is \$75/child, with a maximum of \$225/family. There is a discount of \$5/child if registration is completed by August 31. There is no tuition fee for children and grandchildren of those who volunteer as catechists and aides for the school year. Other volunteer positions may also qualify for no tuition. Background checks and adhering to the Code of Conduct and position descriptions is required of all volunteers. Scholarships are available to families in need thanks to generous donors who support the education of our children and youth. Our calendar follows the Minot Public Schools calendar, so there are no classes during school vacations.

If you have questions about the programs or about volunteering, please contact Tanya Watterud, Faith Formation Coordinator, at 701-839-6834 or education1@olgminot.org. We look forward to another year of Faith Formation!

New Preschool / Parent Catechesis of the Good Shepherd (CGS) Classes Starting this Fall

The first preschool/parent class will be Wednesday, October 11th for one hour from 9:30 a.m. to 10:30 a.m.

Classes will be approximately twice a month for 3 and 4-year-old preschool children who are toilet trained. Children will participate in Catechesis of the Good Shepherd classes while parents participate in adult formation focused on CGS teachings. Parents must attend formation with their child. Enrollment is limited to 10 children. This is a great hands-on way to learn about your faith. You may sign up for this new preschool class on our Faith Formation registration form which is available on our website. Please contact Christine Aberle in the Faith Formation office if you have any questions.



Considering Life Teen Edge for our middle school program

As I write this article in early June, we are praying about whether we should implement Life Teen Edge as the Faith Formation curriculum for our parish students in grades 6, 7 and 8. The textbook series we have been using the past few years is excellent, but sometimes change is good to bring new life into a program and to involve more adults in ministry to our youth.

With Life Teen Edge, we begin with an introductory activity, then a main presentation on a teaching of the Church. We then break into groups to discuss what we've learned, get back together to share, and end the evening with prayer.



YOUTH CLASSES

The program requires several volunteers to lead the 10 to 15-minute small group discussions each night – presenting questions to the students and facilitating discussion. Volunteers are given simple and clear instructions to follow and all volunteers work as a team to help our middle school students learn and grow in their relationships with God the Father, Son and Holy Spirit.

Ideally, each small group of about 10 students should have two volunteer leaders. With more than 70 students in our middle school Faith Formation classes last year, we should have at least 12 to 16 volunteers who are willing to facilitate the small group discussions.

Our middle school Faith Formation sessions are held about two times a month on Wednesday evenings, from 7:00-8:30 p.m. We will meet 15 times during the school year, but one evening we have a Living Stations performance by our 7th graders, and the ending session is Mass with the 8th grade students leading the ministries. So our small group volunteers will facilitate discussions 13 times.

Our first middle school class is on September 27, and the final class (which is a Mass) is on April 24. The full list of dates is: Sept. 27, Oct. 11 and 25, Nov. 15 and 29, Dec. 13, Jan. 17 and 31, Feb. 7 and 28, Mar. 13 (except for 8th graders who attend Bishop Ryan's ROCK that night) and Mar. 20 (which is the Living Stations performance), Apr. 3 and 17, and then the Mass during class on Apr. 24. We will also need substitute volunteers if there are evenings a regular volunteer cannot attend.

Life Teen Edge volunteers learn along with the students, so they do not need to be experts in the Catholic faith. They simply need to have a love for the Church and the people of God, and a desire to help our students in grades 6, 7 and 8 learn about and grow in their faith. All volunteers are required to read the Code of Conduct and provide paperwork for a background check before working with our youth.

Would you like to learn more about this opportunity to serve our parish and students? Please contact me at the parish (701-839-6834 or education1@olgmilot.org) or text or call me at 701-219-3194.

Also, please pray for this program for our youth and for all of our families and children. We are blessed to be a vibrant, growing parish and are so grateful for the good work the Holy Spirit is doing within our parish and the Catholic churches throughout the area!

May God bless you –

Tanya Watterud, Faith Formation Coordinator

(Continued from page 1)

mind even when we hear that, through transubstantiation, the physical appearance remains the same, but the substance of the bread and wine has changed. It has become Jesus.

It seems like, as the puppet would say, “yuk!” to us, if we don’t believe that the power of our Lord and His love for us is beyond our human comprehension.

Even with the proof seen in numerous Eucharistic miracles – as in the Miracle of Lanciano, where a monk doubted the Real Presence of Jesus in the Eucharist and the host changed into visible flesh and the wine into visible blood, having and retaining the characteristics of both upon extensive scientific studies – we still have difficulty believing.

Why do we doubt? We are weak; we are imperfect. We are God’s children in need of our Father. We are in need of His Son, Jesus, in the Eucharist. That’s why we need to come to Mass and to receive Jesus in the Eucharist every week and every additional opportunity that we can. We need Him to live in our souls. It’s what we were made for – it’s the reason we were created – to be united with Him.

Our second-grade reading book continues, “Every Sunday we go to church to do what Jesus told the twelve Apostles to do when he said, ‘Do this in memory of Me.’ You see, the Last Supper was the very first Mass. At the Last Supper, Jesus changed bread and wine into His Body and Blood. He gave the Apostles the power to do this, too. The Apostles passed on that power to other men. That is why our priests today can change bread and wine into the Body and Blood of Christ at every Mass.”



And then, in chapter 27, “A very important part of the Mass is called the Consecration. This is when the priest takes the bread and wine and says: ‘This is my Body,’ ‘This is the chalice of my Blood.’ At that moment, Jesus is there on the altar. We should all adore Jesus.

(Continued on page 9)

Seven Sister's Apostolate

Seven Sisters Apostolate: Praying for our Priests

"It's humbling knowing someone will sacrifice one hour to pray for me and my priesthood," said Fr. Adam Maus, explaining the impact of the Seven Sisters Apostolate on himself and other priests.

Through the Seven Sisters Apostolate, women commit to praying one hour during a chosen day of the week for a particular priest. If a volunteer chooses Monday, for example, she sets aside one hour each Monday to pray for the priest who is assigned to her. The program coordinator works to find seven prayer volunteers per priest, so that each priest is prayed for daily. Thus, Fr. Maus has seven women praying for him, each praying one hour on their chosen day of the week.



According to the website SevenSistersApostolate.org, the group's mission is to "strengthen the Church by ensuring that a Holy Hour is prayed each day of the week for the sole intention of a specific priest or bishop – a 'holy wasting' (cf. Mt. 26:10) or lavishing of prayer for his deeper conformity to Christ."

"The comfort of knowing – wow, I have seven people praying for me," Fr. Maus said. Sometimes they ask him if he has certain intentions they should pray for. Some send him cards on Christmas, Easter and his birthday. "The volunteers are usually from the priest's parish," he said. "Bishops have volunteers from all over."

Bev Cushing coordinates the Seven Sisters Apostolate for the Diocese of Bismarck. "I think this is my sixth year," she said. "People really like it." She said there are about 26 groups so far in the diocese. All of the Minot priests are covered with prayer, as is Bishop David Kagan, and other priests. When a priest leaves a parish to move to another – for example, when Fr. Jacob Degele moved from Our Lady of Grace parish to St. Leo the Great – those who had prayed for Fr. Degele began praying for the parish's new Parochial Vicar, Fr. Josh Hill.

The apostolate's website explains it this way: "The group's intention is directed towards the office of the shepherd more than the individual. In other words, the group prays for the priest until he is reassigned, at which time his successor becomes the recipient of those prayers. This helps us to guard against an undue attachment to a certain priest."

In our diocese, the women participating make their commitment during a Mass, if possible. "When you make a verbal commitment, you are more likely to stick with it," Bev said. Most find great fulfillment in the

Ministries strengthen parishes, support priests

One of the many ministries parish members may volunteer for at Our Lady of Grace is the Ministry of Praise. Fr. Adam Maus writes a monthly letter asking members of the ministry to pray for particular intentions. "I try to give a word of encouragement every month in my letter, as well," he said. The volunteers pray from wherever they are, focusing on the intentions he has requested. People may volunteer for this ministry by contacting the parish office or by signing up on the Stewardship form that will be shared in the parish in September.

Another ministry of prayer is the St. Junipero Serra Vocations Club of North Central North Dakota. Fr. Maus serves as Chaplain for the Minot Serra Club. They meet monthly at St. Therese the Little Flower parish, where Mass is celebrated for vocations. They pray specifically for vocations to the priesthood and religious life in our diocese. They also pay dues and participate in projects that raise money for vocations, such as the Big Smoke event. To become a member, people may attend one of their meetings or contact Fr. Maus at 701-839-6834.

ministry. "Rarely will anyone quit." Ideally, the prayer should take place in a church or chapel, so the women can pray in front of Jesus in the Blessed Sacrament. It's a flexible ministry, though, and they may pray in any community. If they are traveling, they may stop by a local church to pray. Or they may request a substitute to fulfill the prayer for them.

Each group of seven women (Seven Sisters) has a coordinator called the Anchoress. The Anchoress typically commits for two years and then may renew. The Sisters commit for one year and then may renew.

When Bev was looking for women to pray for Bishop Kagan, she found herself having four volunteers and needing three more. "I said, 'Lord, I need three more' and three people came to me at fellowship that Sunday! The Holy Spirit does his work when you get out of the way."

As Fr. Degele prepared to transfer to St. Leo the Great parish, he shared his thoughts on the Seven Sisters Apostolate. "There are so many stresses and anxieties that come on to a priest's plate on a daily basis and I can't help but credit the capacity to persevere through them to those who are faithfully praying for us; along with all the attacks of the devil that are thwarted through the prayers of the Seven Sisters."

To volunteer to pray for priests as part of the Seven Sisters Apostolate, please contact the parish office at 701-839-6834 or church@olgminot.org.

By Tanya Watterud

SPORTS IN CHRIST

Growing up sports were everything. My days, weeks, and weekends were filled with hockey. I looked forward to the wonderful prospect of a hockey tournament each weekend, traveling with my father to Minot, Fargo, or Grand Forks for a fun weekend of play with teammates. I also looked forward to hockey camps every summer in different locations from Colorado to Canada. I enjoyed playing hockey.

In middle school my enjoyment of sports took a turn. Through some difficult events that occurred within my family, I was led to quit hockey. I chose to make soccer my main sport, setting my goal to become a professional soccer player. I poured all my energy into accomplishing this goal. I would rise most mornings at 4:00 a.m. to practice soccer in the racquetball courts at the Y, train at an athletic facility after school, practice with my team, and then train more on my own after team practice. This intense regimen didn't leave much room for friends, family, or leisure in my life... only soccer.

Soccer became a chore rather than a source of enjoyment. Sports were no longer a place of play, but the place where I found my identity. I was seeking for peace and happiness in sports success. However, my growing feeling of emptiness was not met by sports. I began to recognize I needed something more to satisfy the deepest longings in my heart. The answer to this longing came at the right time.

My freshman religion teacher at Saint Mary's High School in Bismarck introduced me to a reality that altered my life trajectory. He taught us that our purpose in life was heaven. What!? Heaven? At this point, my purpose in life was to become a professional soccer player. But this new life purpose of heaven made so much sense, and it lifted a tremendous amount of pressure off my soul. I was given a wider, broader, and deeper perspective on life, which transcended sports.

The question followed: how do I get to heaven? I was led to Jesus. Jesus is the way to heaven, as He says: "I am the way..." (Jn 14:6). All the energy that I was pouring into soccer, I began to pour into my relationship with Jesus Christ. I started to receive the Eucharist daily, to frequent the sacrament of confession, and to choose good friends. I began to feel a peace and joy that was far deeper and truer than what I was experiencing from placing my identity in sports.



Deacon Ryan Martire on the field before he entered the seminary to become a priest.

After high school I was given the opportunity to play Division I soccer at DePaul University in Chicago. Jesus met me in my dream to play high level soccer, transforming it into a means to heaven, rather than the main goal of my life. Placed in its proper order, soccer became for me a means to heaven. I learned to offer to God the joys and sacrifices of each practice and game as a means of union with Jesus and His Cross. Furthermore, soccer became a vehicle toward heaven for my teammates, as I began to use soccer to invite others into life with Jesus Christ.

In 8th grade I chose St. Sebastian as my confirmation saint, the patron saint of athletes. It wasn't only until later that I realized his powerful intercession in my life. The purpose of confirmation is to be filled with the Holy Spirit for the sake of bringing others to heaven with us. I have found the intercession of St. Sebastian to be powerful in helping me to bring others into a relationship with Jesus Christ through sports. Sports are good, but they are not everything. God simply wants us to put sports in their proper place. In the light of Christ, sports are given their proper place, and St. Paul's words find their full meaning: "Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable" (1Cor 9:25). The imperishable wreath of the Christian is life with God, the angels, and the saints for all eternity. What a goal to aim for!

By Deacon Ryan Martire

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We can pray the words of Saint Thomas, the Apostle, when he met the risen Jesus: 'My Lord and my God.' By praying this, we are telling God that we really believe that Jesus is present."

It concludes, "When you receive Holy Communion, it will be one of the greatest things that ever happens to you!"

In this period of Eucharistic Revival in the Catholic

Church, let us all pray that God will help us to know and share with others the great miracle of Jesus' True Presence in the Eucharist. Let us pray that God will help us believe that, through our reception of Holy Communion, Jesus comes to live in our souls.

May the Lord continue to strengthen us and renew us through the Eucharist!

By Tanya Watterud

the canonized and uncanonized saints down through the ages, who at their time in history formed a part of this mighty stream of believers.

This action by Christ's body, the Church assembled for the Eucharist, is manifested and supported by the Communion Chant, a hymn in praise of Christ sung by the united voices of those who believe in him and share his life. The General Instruction of the Roman Missal takes this hymn very seriously, mandating that it should begin at the Communion of the priest and extend until the last person has received Communion.

For some, however, the singing of this hymn is perceived as an intrusion on their own prayer, their private thanksgiving after Communion. In fact, however, this hymn is prayer, the corporate thanksgiving prayer of the members of Christ's Body, united with one another. Over



and over again the prayers of the liturgy and the norms of the General Instruction emphasize this fundamental concept of the unity of the baptized, stressing that when we

come together to participate in the Eucharistic celebration we come, not as individuals, but as united members of Christ's Body. In each of the Eucharistic Prayers, though the petition is worded in slightly different ways, God is asked to send his Holy Spirit to make us one body, one spirit in Christ; the General Instruction admonishes the faithful that "they are to form one body, whether in hearing the Word of God, or in taking part in the prayers and in the singing..." (no. 96). It describes one of the purposes of the opening song of the Mass as to "foster the unity of those who have been gathered" (no. 47), and says of the Communion Chant that "its purpose [is] to express the spiritual union of the communicants by means of the unity of their voices, to show gladness of heart, and to bring out more clearly the 'communitarian' character of the procession to receive the Eucharist" (no. 86).

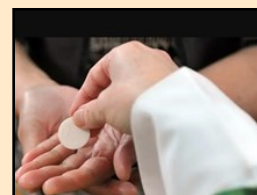
It is difficult for some of us to embrace this emphasis on Mass as the action of a community rather than an individual act of my own faith and piety, but it is important that we make every effort to do so. Christ himself at the Last Supper pleaded with his Father: "Holy Father, keep them in your name that you have given me, so that they may be one just as we are... as you, Father, are in me and I in you, that they also may be in us..." (John 17:11, 21). Baptism has joined us to Christ and to one another as the vine and its branches. The life of Christ, the Holy Spirit, animates each of us

individually, and all of us corporately and guides us together in our efforts to become one in Christ.

Finally, the fact that the Communion Procession is a profoundly religious action tells us something about the way in which we should participate in this procession. We are the Body of Christ, moving forward to receive the Christ who makes us one with himself and with one another. Our procession should move with dignity; our bearing should be that of those who know they have been redeemed by Christ and are coming to receive their God!

The General Instruction asks each country's Conference of Bishops to determine the posture to be used for the reception of Communion and the act of reverence to be made by each person as he or she receives Communion. In the United States, the body of Bishops has determined that "[t]he norm... is that Holy Communion is to be received standing, unless an individual member of the faithful wishes to receive Communion while kneeling" and that a bow is the act of reverence made by those receiving (no. 160). This norm is supported by an Instruction by the Holy See regarding the Eucharist: "In distributing Holy Communion it is to be remembered that 'sacred ministers may not deny the sacraments to those who seek them in a reasonable manner, are rightly disposed, and are not prohibited by law from receiving them' (Code of Canon Law, can. 843 § 1; cf. can. 915). Hence any baptized Catholic who is not prevented by law must be admitted to Holy Communion. Therefore, it is not licit to deny Holy Communion to any of Christ's faithful solely on the grounds, for example, that the person wishes to receive the Eucharist kneeling or standing" (Redemptionis Sacramentum, no. 91).

Those who receive Communion may receive either in the hand or on the tongue, and the decision should be that of the individual receiving, not of the person distributing Communion. If Communion is received in the hand, the hands should first of all be clean. If one is right handed the left hand should rest upon the right. The host will then be laid in the palm of the left hand and then taken by the right hand to the mouth. If one is left-handed this is reversed. It is not appropriate to reach out with the fingers and take the host from the person distributing.



The person distributing Communion says audibly to each person approaching, "The Body of Christ." This formula should not be altered, as it is a proclamation which calls for a response of faith on the part of the one who receives. The communicant should audibly respond, "Amen," indicating by that response his or her belief that this small wafer of bread, the wine in this chalice are in reality the body and blood of Christ the Lord.

Our Lady of Grace Family Faith Night continues to Share the Treasures of the Church

In 2011, the Stewardship Council in coordination with the Faith Formation Director, Barb Johnson, launched their first Family Faith Carnival. Many activities were spread throughout the church to help children and their families to learn more about the Catholic Faith. This morphed into Our Lady of Grace's "Amazing Race" in 2013. The flier stated, *Is your family up to a challenge? Join us for the first ever Our Lady of Grace Amazing Race and discover the treasures of the Church! After families fortify themselves with pizza, they will receive clues that will lead to locations in and around the church where a special challenge awaits. We are not keeping time, but families must complete each challenge to finish the race.* Families followed clues to places like the Divine Mercy Chapel, the large crucifix of Jesus, a Holy Water font, a Pope Francis cutout, and then complete a lesson or activity about it. In 2016, the Year of Mercy, the theme was "Got Mercy?" and each clue led families to a station in which they learned either a spiritual or corporal work of mercy.

The Amazing Race took another turn in 2017 when, instead of having clues to a specific place in the church, families had to find a specific saint (lay people dressed up as different saints) using pictures and descriptions in a booklet made by Linda Glueckert. In 2017, saints who showed trust were showcased (see image) and in 2018, the theme was saints who showed courage. Rather than many different saints in 2019, twelve "Marys" were featured, including young Mary with her parents, Sts. Anne and Joachim, and the many different Marian Apparitions from around the world. We also started to encourage all parishioners to attend this event as it is such an effective way to learn more about our faith. A similar approach was used in 2020 by featuring Jesus in his many different titles based on His personal life, His place of honor in the Church, and His revelations to holy

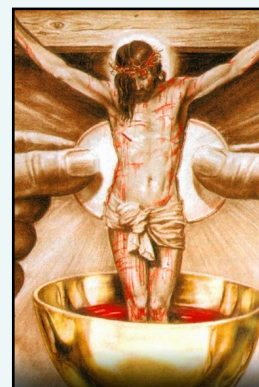
men and women of Faith. This included the seven "I

Am" statements that Jesus himself in the Gospel of John that help us to understand who He is. Last year, it was "Saints from Around the World" and we solicited the help of many members of the parish to prepare food to share from each of the countries the saints were from.

For 2023, we are replacing the Amazing Race name with what we are truly trying to do which is help everyone learn more about the "Treasures of the Church." This year's focus will be **Treasures of the Church: Eucharistic Miracles** in response to the national Eucharistic revival.

To be held **Wednesday, November 8th from 5:30-7:00 p.m.**, the event will feature the Lanciano, Siena, Buenos Aries, and Tixtla Eucharistic Miracles, with story tellers to explain along with visual displays. There will also be some "saints" to meet that have promoted devotion to the Eucharist, information about the shroud and other miracles, and a science station to learn how to determine blood type and look at tissue through a microscope just as the scientists did who have investigated consecrated hosts that have bled and/or turned to flesh. As always, the evening will begin with a meal. We would love to have parishioners volunteer to bring food from the countries from which we are featuring the Miracles: Italy, Argentina, and Mexico. The event will conclude with a children's drawing for "Treasures of the Church" prizes. We invite each and every one of you to come and see the amazing treasures that are in the Catholic Church.

by Julia Koble



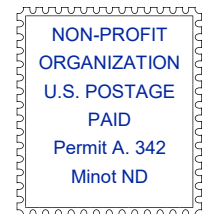
The miracle of Lanciano is widely regarded as the very first recorded Eucharistic miracle of the Catholic Church. In the Italian town of Anxanum (now Lanciano, Italy) a Basilian monk celebrated the Mass, but he began doubting the True Presence of Christ in the Eucharist. The second he said aloud the words "This is my Body, this is my Blood" the bread changed into living flesh and the wine changed into living blood.



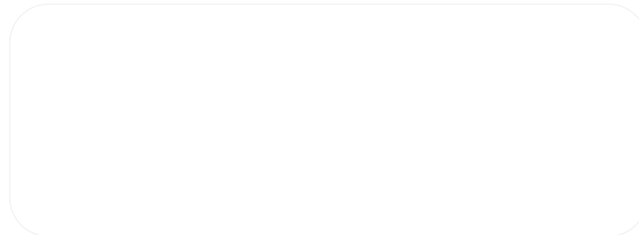
Past Amazing Race participants who helped our students learn about the great saints.



Our Lady of Grace Catholic Church
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Minot, ND 58701

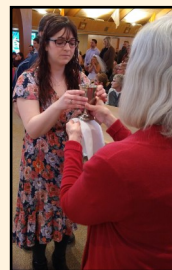


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When one receives from the chalice, the same proclamation is made by the person distributing Communion and the Communicant again responds, "Amen." It should be noted that it is never permissible for a person to dip the host he or she has received into the chalice. If, for some reason, the communicant is not able or willing to drink from the cup then that person should receive only under the form of bread.



It seems appropriate to conclude this reflection on the Communion Procession and the reception of Communion with a quotation from the Catechism of the Catholic Church, no. 1396:

In Baptism we have been called to form but one body. The Eucharist fulfills this call: "The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread" (1 Cor 10:16-17).

If you are the body and members of Christ, then it is your sacrament that is placed on the table of the Lord; it is your sacrament that you receive. To that which you are you respond "Amen" ("yes, it is true!") and by responding to it you assent to it. For you hear the words, "the Body of Christ" and respond "Amen." Be then a member of the Body of Christ that your Amen may be true (St. Augustine, Sermon 272: PL 38, 1247).



**"In this world
I cannot see the
Most High
Son of God
with my own
eyes,
except for
His Most Holy
Body and
Blood."**

St. Francis of Assisi