

CONTACT

605.787.5168 - OLBH.ORG olbh@olbh.org 12365 Sturgis Road Piedmont, SD 57769 Office Open M-F 8:30-2:30 PM

LITURGY & PARYER

Sunday Liturgy:
Saturday, 5 PM
Sunday, 8 & 11 AM
Daily Liturgy:
Monday-Friday, 8 AM
Eucharistic Adoration:
Wednesday, 8:30-7:30 PM
Reconciliation:
Wednesday, 5:30-6:30 PM
Saturday, 3:30-4:30 PM
First Fridays, 8:30-9:30 AM
First Friday Devotion:
Following Daily Mass on
First Fridays

CLERGY

Pastor:

Fr. Andrzej Wyrostek awyrostek@diorc.org

Deacons:

Walt Wilson, Retired John Osnes josnes@diorc.org Greg Sass gsass@diorc.org

STAFF

Parish Administrative Assistant & SEC Katie Harwood katie.harwood@olbh.org Coordinator of PreK-12 Faith **Formation** Rhonda Gehlsen rhonda.gehlsen@olbh.ord Coordinator of Adult Faith Formation & Evangelization Joni Osnes joni.osnes@olbh.org **Director of Liturgy & Music** Lorraine Rieth-Ptacek lorraine.ptacek@olbh.org **Maintenance Coordinator** Todd Phillipe todd.phillipe@olbh.org Bookkeeper

Lorinda Collings lorinda.collings@olbh.org

"One does not live on bread alone, but on every word that comes forth from the mouth of God."

(Mt 4:4B)

As we begin our Lenten journey we focus more on our relationship with Christ. Lent is a time of discovering who Jesus is in our life and how do we respond to His invitation. We come to know Jesus through scripture, prayer and charity. "In the cycle of weekday readings, Lent falls into two parts. The first part, including the pre-Lent of Ash Wednesday and the rest of the week, runs through to Saturday of the third week of Lent. In these three and a half weeks, the Gospel texts are taken from the Synoptics; and the Old Testament readings are chosen accordingly. The message running throughout is a call to a life of Gospel conversion. The Letters speak of beginning anew, of fasting, prayer and almsgiving; of conversion; of mutual forgiveness; of hardness of heart; of love of enemies; of the call to holiness; and so forth.

The readings for the second half of Lent are taken from the Gospel of John, beginning on the Monday of the fourth week of Lent (John 4:43) and going through, omitting passages read on Sundays and during Easter, to John 13. It is clear that these readings from John constitute a kind of 'crash course' in the life of Jesus Christ, the Son of God, of whom John says that all who believe in him will have eternal life. Christ is presented as the healer and lifegiver, as the one who gives life through his confrontation with death and gathers into one the scattered children of God.

How do these two sections of the lectionary fit together and what can they tell us about the spirit of Lent? The shift from the 'ethical' to 'christological' is no accident. The purpose of the first part of Lent is to challenge us to look at any self-deceit about the quality of our lives as disciples of Jesus. By challenging us with demands which we come to recognize as being quite beyond us, the Gospel passages are meant to trouble us, to confront our illusions about ourselves. Realizing our failure in following the demands of Lent and of Jesus brings home to us our radical need of salvation. With that realization we shift from the demands of discipleship to the person of Jesus. John presents Jesus as the Savior, but Jesus can only save those who know their need for salvation. "Confronted with our powerlessness we pray for our salvation." (The Spirit of Lent," Mark Searle)

In this season of Lent, let us not focus only on fulfilling the call to prayer, fasting and charity. Let us ponder and pray about what is there that holds us back from our journey with Christ. What "evils" we carry, are faced with that hold us back from the love of God. In our prayer, fasting and charity, let us discover anew the presence of Christ in the Eucharist, through Reconciliation let us discover anew mercy of God, and through Charity, let us discover anew love for others and for ourselves. May you find strength in prayer and come to know Jesus more and more in your life even if it means being challenged. Let us not be afraid to become a source of life to all once Lent is over. It is only then that the Easter celebration begins.

Fr. Andrzej

Lenten Fridays at OLBH

Lenten Reconciliation, Fridays at 5 PM Stations of the Cross, Fridays at 6 PM Knights of Columbus Fish Fry, Fridays at 6:30 PM



Communion Rite

The Lord's Prayer – We have heard this prayer and have prayed it so often that maybe we don't always focus on the words. But this is our prayer to the God and Father of us all. This is the only prayer that Jesus himself told us to say to God, our Father. So, at our Savior's command and having been formed by his divine teaching, we ask God to give us "our daily bread." What does that mean? For us as Christians, this means the Eucharistic bread, the Bread of Life, Jesus' Body and Blood. We also ask God to forgive us and to help us to forgive others. Forgiveness transforms us because it is the way in which we most imitate Jesus. In our unworthiness, through forgiveness, we become more worthy to receive the Bread of Life. This prayer to the Father shares the desire of our hearts to him.

We, the Body of Christ, then asks the Father for deliverance from evil, peace in our days, and his mercy which keeps us free from sin and safe from any distress that may come our way. In this way, we begin to prepare our hearts for the most intimate part of this encounter – the receptivity of Jesus in this Eucharist.

Upcoming Faith Formation Events

Confirmation

3/4 – Letter to the Bishop Due

4/15 - Sponsor and Candidate Meeting and Rehearsal

6:15-7:30 PM

4/25 - Confirmation Mass at 5 PM

First Communion

3/5 – Parent and Child Meeting 6:30-8 PM

4/2 – Parent and Child Meeting 6:30-8 PM

4/25 Rehearsal at 10 AM for Saturday Kids and 11 AM for Sunday Kids

5/2 First Communion at 5 PM

5/3 Frist Communion at 8 AM

SAVE THE DATE

Real Presence Radio will be broadcasting LIVE from Our Lady of the Black Hills on **Wednesday**, **April 22**. Come and watch Fr. Michel Mulloy and Fr. Andrzej field straight talk questions from the live audience. Details to come!

Catechesis of the Good Shepherd Training

The second half of CGS Level I training is **March 14-16** and **July 11-13**. Please contact Rhonda for more information or to attend at rhonda.gehlsen@olbh.org.

Baby Jesus Shower

There is a 'crib' in the Narthex for you to place donations for newborn babies. The items needed include newborn sleepers 0-6 months, bibs, hooded towels, rattles, outfits newborn-6 months, newborn and size one diapers. Birthright is an urgency pregnancy service for women who are distressed by an unplanned pregnancy whether married or single regardless of circumstances. We help free of charge and with complete confidentiality. Thank you for supporting Birthright!

WE ARE CALLED

Join our faith community—and more than 14,000 Catholic communities across the United States—in a life-changing Lenten journey with CRS Rice Bowl. Pick up your family's CRS Rice Bowl from the Lenten resource table in the Narthex on Ash Wednesday (2-26-20). During the 40 days of Lent, fill it and return it as an offering on Holy Thursday. For more information and teaching moments visit crsricebowl.org.

Spring Crafting with St. Vincent de Paul

Tuesday, March 24 at 6 PM in St. Joseph's Hall. View the finished product on the door of the Library! Students in this class will learn how to balance size and color in designing this lush, 24" silk wreath of pastel and neutral blooms on a grapevine base. Celebrate spring, Easter, and Mother's Day with this beautiful design while supporting the Society of St. Vincent de Paul. Students should bring wire cutters. Preregistration is required. Class size is limited. Class including all supplies is \$35 benefitting the Society of St. Vincent de Paul and our neighbors in need.

Thank you for your donation.

Please prayerfully consider automatic contributions via electronic withdrawal, check service, or at www.olbh.org/donate. Please prayerfully consider including the Western South Dakota Catholic Foundation and Our Lady of the Black Hills in your estate planning.

"All good giving and every perfect gift is from above" (Jas 1:17					
February 22-23, 2020					
	Automatic	Basket	Total		
Adopt a Seminarian	54	-	54		
Sunday Collection	1,564	4,177	5,741		
Rectory	19	-	19		
Bottles of Hope	ı	-	-		
Building Fund	ı	-	-		
Catechist Appreciation	-		-		
Held for Others		937	937		
Total Contribution	1,637	5,114	6,750.88		

Weekly Schedule

Monday, March 2

8 AM Mass for the repose of Joe Creek

Tuesday, March 3

8 AM Mass for Catholic Extension

9 AM Mother's Bible Study

6:15 PM St. Vincent de Paul Meeting

6:30 PM Financial Peace University

Wednesday, March 4

6:30 AM Early Bird Bible Study

8 AM Mass for Pamela Weaver

8:30-7:30 PM Adoration

9-12 Noon Food Pantry Open

5:30 PM Sacrament of Reconciliation

Thursday, March 5

8 AM Mass for Eddie Hohm

9 AM Just Men Bible Study

6 PM First Communion Parent and Child Meeting

7 PM Knights of Columbus Meeting

Friday, March 6

8:30 AM Mass at St. Elizabeth Seton School for the repose of Verlan Erickson

5-5:45 PM Sacrament of Reconciliation

6 PM Stations of the Cross led by Confirmation

Students

6:30 PM Knights of Columbus Fish Fry

Saturday, March 7

9-12 Noon Food Pantry Open

3:30-4:30 PM Sacrament of Reconciliation

5 PM Mass for Madona Kvale

Sunday, March 8

FIRST SUNDAY OF LENT

8 AM Mass for Diocesan Masses for Life

11 AM Mass for the community of Our Lady of the Black Hills and our sister parishes

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If you are interested in advertising, please contact Katie at 787-5168.

Intentions of the Holy Father for March

Pope's Intention: Catholics in China. That the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

Prayers for the Recently Deceased

Gerald Tomac

Isaac Conway

Prayers for our Deployed Military Jeremy Reeve

Josh Kornmann (grandson of Larry and Margaret Taylor)

Prayer Chain Requests

To request an intention for the prayer chain, please contact Sue Colgan at 431-0310 or at ssacolgan@gmail.com.

Eucharistic Adoration

For information on Adoration or to sign up to Adore or to fill in as a substitute, please contact Dave Allardyce at 791-2303.

Prayers for Life and Health Concerns

Names will be left for three months; please call to r if you would like to request prayers for someone.

- Edwin Weaver (father of Bob Weaver) Dean Antonsen
 - Blanche Rieth Jobie Berger Bernard Wiehl
 - Dennis Schumacher Bette Stebbins Ryan Wilson
- Tom Ryan (father of Lorinda Collings) Lowell Amiotte
- Mike Knecht (son of Larry and grandson of Rose Knecht)
 - Jean Schacher Randy Oberle Ivy Held
 - Norita Rice (aunt of Brenda Flottmeyer)
 - Tony Corbine (son-in-law of Patty Cariveau)
- Robert Forest (father of Cathy Long) Jen Ehlers Hruska
- Mike Rhode (father of Rhonda Gehlsen) Wayne Gamroth
 - Rita Berg (sister of Phyllis Sour) Jean Schubauer
 - Peggy Laurenz (niece of Cap and Arlene Holzer)
 - Cheryl Pederson (sister of Debra Jensen)
 - Christy Marie (sister of Linda Schacher)
 - Alicia Castor (niece of Kathleen and Lowell Amiotte)
 - Nila Serfling (mother of Jason) Moneik Stephens

March 7-8	Saturday,	Sunday,	Sunday,
	5 PM	8 AM	11 AM
Celebrant	Fr. Andrzej Wyrostek	Fr. Andrzej Wyrostek	Fr. Andrzej Wyrostek
Altar Server	Luke Schacher - Lead	Westin Edwards - Lead	Andrew Denekamp - Lead
	Alexa Scherr	Brooke Adel	Zak Juelfs
	Leighton Scherr	Emmett Edwards	Anya Juelfs
Eucharistic Minister - Blood	Joni Osnes	David Edwards	Mary Blauvelt
	Pauline Stoffel	Barb Erickson	Brad Blauvelt
	Phillip Thompson	Gary Erickson	Jean Hohm
	John Usera	Marty Quinn	Stacy Tate
Eucharistic Minister - Body	Bernadette Usera	Bev Kramer	Dennis Fischer
Hospitality	Tracy Cook	Marie and Eric Langfeldt	Elizabeth Siemieniak
	Kimberly Darata	Gabe Potthoff	Derrick Siemieniak
Lector	Steve Colgan - 1st Reader	Shyanne Potthoff - 1st Reader	Sheila Keeler - 1st Reader
	Teresa Thompson - 2nd Reader	Larry Williamson - 2nd Reader	Cathleen Denekamp - 2nd Reader
Sacristan	Linda Schacher Joe Schacher	Mike Coyle Barb Coyle	Stacy Tate
Cantor	Julie Jensen	Joshua Weaver	Maria Hartung

† Necrology †

To remember in prayer for the repose of their souls, those whose deaths are recorded in the parish; and the bishops, priests, and deacons that have served the Diocese of Rapid City.

March 2	Jill Suzanne Gallant (2004)
March 3	Delores Miller (2019)
March 4	Dale Spencer (1994)
	Sharon Kay Bunch (2009)
March 5	Rev. Reuben Valades (2013)
	Gordon Sorlie (1995)
March 6	Rev. John DeRaff (1966)
March 7	Rev. James Sheehan (1991)
	Alyce Lenore Mariner (2016)
March 8	Rev. George F. Heup (1965)
	Heather Aleisha Oerlline-Whealy (1996)
	Allen C. Erhart (2003)
March 9	Rev. Francis B. Vallo (1992)

Safe Environment

The Catholic Diocese of Rapid City is firmly committed to creating and maintaining the safest possible environment for our children. To report allegations of sexual abuse by church personnel, contact the Victim Assistance Coordinator. In accordance with diocesan policy, all allegations of sexual misconduct involving children or young people and priests, deacons, lay employees, or volunteers serving the Diocese of Rapid City will be investigated. Victim Assistance Coordinator -Barbara Scherr 605.209.3418

Safe Faith Environment

Safe Faith Environment Training is mandatory for all paid staff and adult volunteers please contact Katie, Safe Faith Environment Coordinator, at 787.5168 for details.

Daily Readings

Monday: LV 19:1-2, 11-18; PS 19:8, 9, 10, 15; MT 25:31-46 **Tuesday:** IS 55:10-11; PS 34:4-5, 6-7, 16-17, 18-19; MT 6:7-15 Wednesday: JON 3:1-10; PS 51:3-4, 12-13, 18-19; LK 11:29-32

Thursday: EST C:12, 14-16, 23-25; PS 138:1-2AB, 2CDE-3, 7C-8; MT 7:7-12

Friday: EZ 18:21-28; PS 130:1-2, 3-4, 5-7A, 7BC-8; MT 5:20-26 **Saturday:** DT 26:16-19; PS 119:1-2, 4-5, 7-8; MT 5:43-48

Sunday: GN 12:1-4A; PS 33:4-5, 18-19, 20, 22; 2 TM 1:8B-10; MT 17:1-9

The weekly readings can be found anytime online on the USCCB website or by clicking: Weekly Readings

Connected Catholics

For single Catholic adults to connect and fellowship. Join us: Tuesday, March 17 – St. Patrick Day – Murphy's – Dinner 5:30 PM. Thursday, April 16 – Old Chicago Pizza at Rushmore Crossing – 5:30 PM.

2020 JourneyMen Mens Conference

March 14, "Behold the Man" at Terra Sancta from 7-4:45 PM. Speaker Dr. Mario Scasa will discuss the Virtues of Fatherhood, Rethinking Meekness, and Men of Hope. Register at terrasancta.org for \$40 or contact Bob Weaver at 389-6934; scholarships are avaiable.

Ash Wednesday Appeal

Bless you! Catholic Social Services thanks you for your generosity during this year's Ash Wednesday Appeal. Your gift is an overwhelming statement that Christ's compassion is present in our Diocese. Please continue to pray for the poor among us, and for those suffering from addiction, family conflict and anxiety. Pray also for those who provide services to help strengthen families. Together, we are making a difference.

SCHOLARSHIP for Catholic Senior Girl

The Hubbeling family has established a \$1,000 scholarship in memory of their parents, Janet and Edwin Hubbleing to be awarded to a graduating senior girl who is a practice Catholic and will be a freshman in a four year college in the fall of 2020. Ct. St. Rita #916 will administrate the scholarship. For application contact duduchan3@gmail.com or call Florence at 431-0851. Submissions must be postmarked by May 1, 2020.

"Year of the Eucharist" Podcasts

Parishes have been provided with teachings to help explore the Mass. Those teachings are available as podcasts at www.rapidcitydiocese.org/podcasts.

Pastoral Ministry Days – Give Us This Day Our Daily Bread

March 29-31 at Terra Sancta. A great opporunity to grow in our understanding and love for the Eucharist. The keynote speaker, Dcn James Keating, is the Director of Theological Formation a the Institute for Priestly Formation in Omaha, NE. He has delivered over 700 workshops and lectures internationally, authored over 100 essays and 12 books including "The Way of Mystery: Eucharist and Moral Living." If you register prior to March 1, the early bird rate is \$65; after March 1 the cost is \$80. Please register online at pmd2020.com.

"Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves."

March 25 Begins "Walking with Mom's in Need: A Year of Service" Pope Francis reminds us that our parishes need to be "islands of mercy in the midst of a sea of indifference." Thus the USCCB has declared a nationwide effort from March 25, 2020 to March 25, 2021 entitled: "Walking with Moms in Need: A Year of Service."

In the first reading we see how one of the first effects of original sin was the rupture in the relationship between man and woman. They no longer trusted the gaze of the other, and thus they felt the need to protect themselves with fig leaves. As a result of this rupture, women often find themselves feeling alone in their parenting responsibilities. From news of an unexpected pregnancy to raising children in less than optimal conditions, moms often need support from their family, friends and parish community. This year we will be highlighting many of the ways in which parishes can support moms in need. www.usccb.org/about/pro-life-activities/walking-with-moms-in-need.cfm

Job Opening at Blessed Sacrament: Pastors' Administrative Assistant

Blessed Sacrament Church is accepting applications for a full-time Pastors' Administrative Assistant who will provide leadership and day-to-day supervision of administrative affairs of the parish allowing the pastor to concentrate on the spiritual affairs of the parish. The position provides continuity and coordination with the staff, participation in staff planning and operational meetings and significant dialogue with the pastor so that he is apprised of matters being considered. One must be sensitive to the nature of information he/she has access to and must treat it confidentially. The role may include other duties and responsibilities as assigned, on occasion, based upon the needs or requirements of the parish. For a full job description, go to blessedsacramentchurch.org/jobs. For questions, please contact Ruth Zagala, ruth@blessedsacramentchurch.org or 605-342-3336. Resumes can be sent to: Attn: Ruth Zagala, Blessed Sacrament Church, 4500 Jackson Blvd., Rapid City, SD 57702.

Diocesan Choir for Chrism Mass

All are welcome to join the diocesan choir. Rehearsals are held in the Choir Loft at the Cathedral of Our Lady of Perpetual Help, Rapid City. Music binders will be provided for those musicians that gather for rehearsals. Musicians are encouraged to attend as many of these rehearsals as possible. Rehearsal dates are: Sunday, March 22nd 2:30-4 PM; Thursday, March 26th 6:30-8:00 PM; and Sunday, March 29th 7-8:30 PM. Monday, March 30th will be a rehearsal at 5:45 PM with the Mass beginning at 7 PM.

Attention Married and Engaged Couples

Has anyone every clearly explained WHY the Catholic Church does not approve of unnatural birth control? For most of us, the answer is NO. Learn about your faith and discover a natural method of family planning. A course starts **April 5** at the Cathedral of Our Lady of Perpetual Help. For more information, call Kimberly and James Fries at 701-260-3611 or visit <u>ccli.org</u>.

Discovering hope and joy in the Catholic faith.

March 2020

Our Lady of the Black Hills Parish Fr. Andrzej Wyrostek, Pastor

One Minute Meditations

St. Toribio de Mogrovejo

Born in Mayorga, Spain, St. Toribio was educated in law and became the Professor of Law at Salamanca University. His work and his holiness earned him the notice of the king, who named him to be the next Archbishop of Lima. Despite his arguments, Toribio was ordained a priest, consecrated, and sent to Peru. He spent his office reforming the then-corrupt diocese, catechizing the native Peruvians, and defending them from the abuses of the Spanish conquistadors.

Sunday rest

Rather than a day to catch up on errands and chores, God intends Sunday to be a day of contemplation and of rest. Sunday is the day we set aside for God and moments of praise and worship.

"I would like everyone to feel loved by the God who gave his Son for us and showed us his boundless love.
I want everyone to feel the joy of being Christian"
(Pope Benedict XVI).

Dealing with difficult people Jesus' way

People who argue, fight, or refuse to cooperate can make our lives downright miserable. Yet, Jesus was masterful at dealing with difficult people. Following his example can save our sanity and our relationships.

Know when to ignore. When Jesus made his Nazareth friends and neighbors so mad that they wanted to throw him off a cliff, he knew there was no reasoning with them. "Passing through the midst of them he went

away" (Luke 4:30). When people speak harshly or offensively, the best response can be to disengage and walk away.

Know when to say "no." Sometimes others demand more from us than we

are able or willing to give, yet we give in out of guilt or fear of displeasure.

Two of his best friends, James and John, said to Jesus, "we want you to do whatever we ask of you" (Mark 10:35). In response to this stunning breach of boundaries, Jesus was calm and firm. He said "no" and didn't second-guess himself when he didn't make his loved ones happy.

Know when to stay calm. When Jesus took a Sabbath stroll with his friends (Matthew 12), Pharisees barged in and

accused him of breaking the Sabbath. He remained calm and answered them peacefully. He wasn't afraid of being tripped up or trapped because he was unconcerned about others' opinions.

Why Do Catholics Do That

Why do Catholics call Good Friday "good"?

Although a sad day, Good Friday actually is "good" because it is the day when Jesus saved us from our sins, reconciled us with God, and reopened Heaven. Out of what seemed like defeat, God brought a greater victory. With

his sacrifice, Jesus conquered sin and death. On Good Friday, we see more clearly God's goodness, justice, wisdom, power, and love. "God proves his love for us in that while we were still sinners Christ died for us" (Romans 5:8).

3 ingredients for powerful prayer

A close, loving relationship with God depends on a rich prayer life. It is through prayer that God guides, consoles, strengthens, challenges, and transforms us. Ingredients of a strong prayer life can include a Scripture reading, quiet meditation, and expectation.

Meditate on Scripture each day: The Bible contains everything God wants us to know. Start each morning with a verse, a chapter, or a phrase that speaks to you and carry it with you

throughout the day.

Listen in silence: Listening is as important as talking. Spend 15 minutes in silence each day to listen to what God wants your heart to know.

Wait in positive expectation. When we have faith that God personally loves us and wants what is best, we eagerly await the plans he has for us. "... faith is the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1). The conviction that God hears and answers us makes our prayer truly powerful.



John 11:1-45, Trust, and you shall be rewarded

God's ways can be puzzling. In this Gospel passage, Martha and Mary sent word to Jesus that their brother was seriously ill, believing Jesus could help. Yet, Jesus

delayed in coming to them and Lazarus died. Despite this, Martha showed great faith: "Even now I know that whatever you ask of God he will give you." For her firm faith in

God, she was rewarded generously.

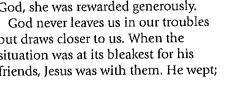
but draws closer to us. When the situation was at its bleakest for his friends, Jesus was with them. He wept; he wasn't insensitive to their pain. God's timing is not ours, yet

> everything he does - even when he does it - is with our best interests in mind. He was not too

> > late for Lazarus, but right on time and worked his greatest miracle

The next time it feels like God isn't

listening, remember Jesus' own words: "Father I thank you for hearing me. I know that you always hear me." We can trust his response, while perhaps not what we want, will work for good.





March 3 - St. Katharine Drexel (1955), A Philadelphia heiress, Katharine Drexel became a nun and used her inheritance to establish the Sisters of the Blessed Sacrament for African and Native American peoples. She founded missions for Native Americans and Xavier University in New Orleans, the first to admit African American students.

March 4 – St. Casimir of Poland (1483). When his father sent him to conquer Hungary, Casimir assessed the odds against winning the war and

turned back out of concern for his troops. He resolved never to be involved in war again.

March 19 - St. Joseph, husband of Mary (1st Century). Jesus' earthly father and husband to the Blessed Mother, St. Joseph is a model of fatherhood and a protector of families.

March 27 - St. John of Egypt (c.394). Born in modern Assiut, Egypt, St. John became a hermit when he was twenty. He lived an ascetic life but preached publicly on weekends. Also a prophet, he made two accurate predictions for Emperor Theodosius I.





Can you suggest a meaningful sacrifice for Lent?

The point of Lent is not to greet Easter a few pounds lighter but to be transformed. Try something new this Lent:

> Make extra time for him each day. Read the Bible, attend daily Mass, pray a Rosary, or visit Jesus in the Blessed Sacrament.

Avoid the mirror. Take the focus off your appearance or looks. Refuse to compare yourself to others or accept others' view of you. Remember, your worth isn't in how others see you, but in God's infinite, unchanging love for you.

Give up one thing at every meal. Offer up a little something every time you eat - forego sugar in coffee, honey on cereal - to keep the idea, "it's Lent," in the forefront.

Offer the heroic minute. St. Josemaría Escrivá suggested jumping out of bed no snooze button - as soon as the alarm goes off, "without granting a single minute to laziness. If, with the help of God, you conquer yourself in that moment, you'll have accomplished a great deal for the rest of the day."

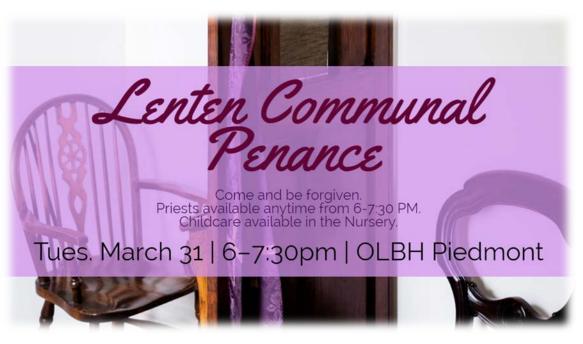
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Lenten
Dates
Mark
your
calendars.







DIOCESE OF RAPID CITY

Building our Mission to the Missions



Dear Brothers and Sisters in Christ,

Pope Francis has challenged us to "Be Shepherds..., in the midst of your people like Jesus the Good Shepherd." While our diocese is currently awaiting the appointment of a new shepherd, as our Diocesan Administrator, I encourage you to participate in the annual Black and Indian Mission Collection., which will take place in the Diocese of Rapid City the weekend of **February 29-March 1, 2020.**

For 135 years, this Collection has changed the landscape of evangelization and education efforts for Native Americans, Alaskan Americans and African Americans throughout the United States. Our financial support of the Collection is the mechanism that affects the Church's evangelization efforts. Never have the needs for the Native American, Alaskan American and African American communities been so great. History tells us that lasting change to a community can come through faith, hope and charity.

Locally, this national collection makes an important impact in our ability to provide effective ministry. The funds we receive each year through this collection help support our Sioux Spiritual Center, Native Ministry Office, Catholic schools on the reservations and religious education and pastoral activities in many of the reservation parishes in western South Dakota. Without the support of this national collection, we would be unable to provide many of these services to those most in need.

Together, we can make a difference in the faith lives of our brothers and sisters through the national collection and stand in solidarity with the many priests, religious, deacons and laity who serve these communities.

I ask everyone in the Diocese of Rapid City to prayerfully consider a sacrificial gift to the 2020 **National Black and Indian Collection**. Allow the Spirit of Love to guide you in responding generously. Together we can bear faithful witness to the Gospel in the missions of the United States.

May God bless you for your generosity.

Learn more about the Black and Indian Missions at

www.blackandindianmission.org.

Sincerely in the love of Christ,

Father Michel Mulloy Diocesan Administrator

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