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 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:

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awyrostek@diorc.org

Deacons:

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“I urge you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree in what you say, and that there be no divisions among you, but that you be united in the same mind and in the same purpose.”

1 Corinthians 1:10

St. Paul writes today to the people of Corinth, who for whatever reason have been arguing with each other. And as much as the argument is good for one place, for example in the philosophy, it is not such a good idea in another place (daily life). People of Corinth argue with each other about faith and who is closer to God. They use as their argument their way of becoming Christians. St. Paul challenges them and reminds them that it is not the person who is important in their salvation and who has brought them to Christ, but it is the Christ in whose name the faith was brought to them. The beauty of Christian faith is that we do not have to relinquish our identity, our talents, our background but we are invited to use those gifts for the greater good and glory of God. Our faith is not about individualistic approach of God but it a gift that is meant to be shared with those around us. “The body's unity does not do away with the diversity of its members: “In the building up of Christ's Body there is engaged a diversity of members and functions. There is only one Spirit who, according to his own richness and the needs of the ministries, gives his different gifts for the welfare of the Church.” The unity of the Mystical Body produces and stimulates charity among the faithful: “From this it follows that if one member suffers anything, all the members suffer with him, and if one member is honored, all the members together rejoice.” Finally, the unity of the Mystical Body triumphs over all human divisions: “For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave, nor free, there is neither male nor female; for you are all one in Christ Jesus.” (Catechism of the Catholic Church # 791)

Many of us are looking for a place to belong, to be recognized, to be ensured that what we do is shared by others. The Church provides that opportunity in variety of ways. We are invited to be the members of a great community of believers who aspire to greater spiritual life. As individuals, we are limited by our shortcomings and ability to experience life. As a community, we can share the common good that comes to us both from the physical world as well as from the depth of our spirituality. One thing that we need to remember, in order to rejoice in the Christ, is that we do not proclaim ourselves. We live for Christ and others. If we focus only on ourselves, we will see only as much as we can understand. If we allow others to come in, we will be blessed by the spirit of others and encouraged by their hearts. That means that others will be challenging us, but if they do it in the name of Christ, we need not to worry. After all, Christ, and St. Paul who come in Christ's name want for us only to be united with them in the Heavenly Jerusalem.

In Jesus Christ,
 Fr. Andrzej

[Men in Black Basketball Action is Monday, January 27 in the St. Thomas More gym. Tip off at 6:45 PM, dinner and activities begin at 5 PM.]



Introduction of the Homilies on the Eucharistic Prayer – The Eucharistic Prayer is the summit of the whole Mass. In the next six weeks of Ordinary Time, the priest will be offering an in-depth look at the Eucharistic Prayer. The hope is that we can then more fully comprehend what is happening and more fully enter this encounter with the Jesus that Jesus deeply desires for us. There are nine Eucharistic Prayers. Most often we pray I or III at Sunday Masses and occasional IV. Eucharistic Prayer II is prayed at daily mass and sometimes on Sundays. For these homilies we will focus on Eucharistic Prayer III. More information is available at <http://bit.ly/EucharisticPrayer>.

Help us say Thank You!



Did you know we have over 50 catechists in

our parish who help you and your family grows in faith from Baptism to adulthood?! We still need help with cleanup for the appreciation dinner on January 31. To sign up for a shift visit <https://signup.com/login/entry/0700264823025803> or call Joni in the office at 787-5168.

Catechesis of the Good Shepherd Training

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

Confirmation Retreat

The Confirmation Retreat is fast approaching. The retreat will be held **February 7-8** at Terra Sancta Retreat Center. Please contact Rhonda for more details at 787-5168 or rhonda.gehlsen@olbh.org.

Ordination Survey Next Weekend

Did you miss the opportunity last weekend to respond to the Ordination Survey? If so, it is not too late to participate. Just log on to: www.rapidcitydiocese.org/new-bishop-survey and complete the survey. This survey will let us know of your desire to attend and be involved in the ordination/installation of our new bishop, which will likely be sometime this year. Your input is vital.

Men in Black Basketball



Monday, **January 27** at 5 PM in the St. Thomas More Gym. Watch the priests of the Diocese of Rapid City take on the students and teachers of STM. Concessions available.

First Communion

There will be a First Communion parent and child meeting on **February 4** from 6:30-8 PM in the Parish Hall. Contact Rhonda for details at 787-5168.

Catholic Schools Week

National Catholic Schools Week begins Monday, January 27 with an all school Mass at Our Lady of Perpetual Cathedral at 9 AM. All are welcome to attend.

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)			
January 18-19, 2020			
	Automatic	Basket	Total
Adopt a Seminarian	54	-	54
Sunday Collection	1,458	4,515	5,973
Rectory	19	-	19
Bottles of Hope	-	-	-
Building Fund	-	200	200
Catechist Appreciation	-	-	-
Held for Others	-	280	630
Total Contribution	1,530	4,995	6,981.84

Weekly Schedule

Monday, January 27

Saint Angela Merici, Virgin

8 AM Mass for the Our Lady of Grace Monastery
Men in Black Basketball at STM

Tuesday, January 28

Saint Thomas Aquinas, Priest, Doctor of the Church

8 AM Mass for the repose of Rose Anderson
9 AM Mother's Bible Study
6:30 PM Financial Peace University

Wednesday, January 29

6:30 AM Early Bird Bible Study
8 AM Mass for Reeny Wilson
8:30-7:30 PM Adoration
9-12 Noon Food Pantry Open
5:30-6:30 PM Reconciliation
6:15 PM Confirmation Sponsor and Candidate Meeting

Thursday, January 30

8 AM Mass for Bob and Kerry Beyer
9 AM Just Men Bible Study

Friday, January 31

Saint John Bosco, Priest
8:30 AM Mass at Saint Elizabeth Ann Seton School for Bishop Steven Biegler

Saturday, February 1

BVM on Saturday
9-12 Noon Food Pantry Open
3:30-4:30 PM Sacrament of Reconciliation
5 PM Mass for the repose of Cheryl Rohl

Sunday, February 2

THE PRESENTATION OF THE LORD

8 AM Mass for Robert Weaver
11 AM Mass for the community of Our Lady of the Black Hills and our sister parishes emphasis on those in the Discovering Christ program
12 PM Discovering Christ

Intentions of the Holy Father for January

Pope's Intention: Promotion of World Peace. That Christians, followers of other religions, and all people of goodwill may promote peace and justice in the world.

Prayers for the Recently Deceased

Verlan Erickson (father of Jenny Scherr)

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 request prayers for someone.

- **Edwin Weaver** (father of Bob Weaver) • **Dean Antonsen**
- **Blanche Rieth** • **Jobie Berger** • **Bernard Wiehl**
- **Dennis Schumacher** • **Bette Stebbins**
- **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)
- **Joe Leutenegger** (father of Shanessa Rhodes)
- **Tony Corbine** (son-in-law of Patty Cariveau)
- **Robert Forest** (father of Cathy Long)
- **Mike Rhode** (father of Rhonda Gehlsen) • **Wayne Gamroth**
- **Rita Berg** (sister of Phyllis Sour) • **Jean Schubauer**
- **Peggy Laurenz** (niece of Cap and Arlene Holzer)
- **Ole Olson** • **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**

February 1-2	Saturday, 5 PM	Sunday, 8 AM	Sunday, 11 AM
Celebrant	Fr. Andrzej	Fr. Andrzej	Fr. Andrzej
Altar Server	Luke Schacher - Lead Keegan Blaha Victoria Carlin	Westin Edwards - Lead Emmett Edwards Hannah Hood	Andrew Denekamp - Lead Cole Guthrie Evan Juelfs
Eucharistic Minister - Blood	Jacque Blaha Pauline Stoffel John Usera Bernadette Usera	Barb Erickson Gary Erickson Brenda Flottmeyer Jeremy Thompson	Jean Hohm Stacy Tate NOT FILLED NOT FILLED
Eucharistic Minister - Body	Duane Riedlinger	Mary Antonsen	Brad Blauvelt
Hospitality	Tracy Cook Kimberly Darata	Mike Coyle Barb Coyle	Cheridyn Held Lennon Held Rachael Held Benjamin Moulton
Lector	NOT FILLED - 1st Reader Sue Colgan - 2nd Reader	Diane Clarke - 1st Reader Marty Quinn - 2nd Reader	Mary Blauvelt - 1st Reader Cathleen Denekamp - 2nd Reader
Sacristan	Linda Schacher Joe Schacher	Barb Erickson Gary Erickson	Stacy Tate
Cantor	Jessi Bergeleen	Marty Quinn	Brad Blauvelt

† 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.

January 28	Anne Croy (1975)
January 30	Rev. William G. McKenney, S.J. (1998)
January 31	Msgr. Charles H. Virnig (1959) Rev. Dale Kutil (2005)
February 1	La Verne C. Horst (1974) Steven Allen Melvin (2007)
February 2	Victor J. Hummel (1987) Dorthy Mae Norman (2009)

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

Daily Readings

Monday: 2 SM 5:1-7, 10; 89:20, 21-22, 25-26; MK 3:22-30
Tuesday: 2 SM 6:12B-15, 17-19; 24:7, 8, 9, 10; MK 3:31-35
Wednesday: 2 SM 7:4-17; PS 89:4-5, 27-28, 29-30; MK 4:1-20
Thursday: 2 SM 7:18-19, 24-29; PS 132:1-2, 3-5, 11, 12, 13-14; MK 4:21-25
Friday: 1 SM 24:3-21; PS 57:2, 3-4, 6 AND 11; MK 3:13-19
Saturday: Acts 22:3-16; PS 117:1-2; MK 16:15-18
Sunday: IS 8:23—9:3; PS 27:1, 4, 13-14; 1 COR 1:10-13, 17; MT 4:12-23 OR 4:12-17

The weekly readings can be found anytime online on the USCCB website or by clicking: [Weekly Readings](#)

Saint Dymphna

Patroness of those who suffer with mental and nervous disorders. Saint Dymphna is someone to turn to when experiencing worry, fear, and anxiety. Saint Dymphna can be invoked for help with a range of mental issues, from daily stress to the more serious anxiety disorders.

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need (Mention it). Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request. (Pray one Our Father, one Hail Mary and one Glory Be.)
Saint Dymphna, Virgin and Martyr, pray for us.

SOCIAL JUSTICE COMMISSION, WINTER WORKSHOP 2020

Mental Wellness—What Does it Mean & How Can I Help? Saturday, **February 29**, from 10-4 PM. Registration \$15, Students \$10 at Terra Sancta Retreat Center.

www.terrasancta.org/SJCworkshop

Married Sweethearts:

Holy Hour, Mass, Dinner & Dance

What better way to celebrate National Marriage Week than a date with your beloved? Pray together, renew your vows, then dine and dance the night away! Save the date, **February 8**. <https://terrasancta.org/event/married-sweethearts-4/>

Marriage Matters Retreat

Terra Sancta and CSS present a retreat for married couples **February 15-16, 2020**. Led by Jim Kinyon and trained counselors, the retreat offers couples a chance to strengthen and enrich their marriage using principles based in faith and psychological science. This is an investment which could have lifelong rewards.
<https://terrasancta.org/event/marriage-matters-4/>

Connected Catholics

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

Rapid City Catholic Schools 2020-2021 Registration

Returning Family and New Sibling Registration – January 24-February 7

New Family Registration – Begins February 19

Preschool & Kindergarten Open House – February 28 4-6 PM

For a tour or more information contact Marcia Werner at 605-343-8484 x 1203 or mwerner@rccss.org. Visit us online at rccss.org.

New Podcast Series

During this Year of the Eucharist, parishes have been provided with short teachings to help parishioners explore the Mass intended to help us understand how we encounter Jesus in the celebration of the Mass. Those teachings are now available as podcasts. Listen to one, three, or all of them. Visit www.rapidcitydiocese.org/podcasts or search "Official Podcast for the Diocese of Rapid City" on your favorite podcast player!

Pastoral Ministry Days – Give Us This Day Our Daily Bread

March 29-31 at Terra Sancta. In this Year of the Eucharist, we are excited for the great opportunity to grow in our understanding and love for the Eucharist. The keynote speaker, Deacon James Keating, is the Director of Theological Formation at 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.

WALKING WITH MOMS IN NEED: A YEAR OF SERVICE

March 25, 2020 is the 25th anniversary of *Evangelium Vitae*, or *The Gospel of Life*. In that landmark encyclical, Pope St. John Paul II provides a challenge to us: "With great openness and courage, we need to question how widespread is the culture of life today among individual Christians, families, groups and communities in our Dioceses. With equal clarity and determination we must identify the steps we are called to take in order to serve life in all its truth." – *Evangelium Vitae*, 95. With this exhortation, we are called to assess our efforts in assisting pregnant moms in need and to improve our responses, where needed, especially at the local level—in short, to truly accompany each pregnant woman in need. Pregnant and parenting moms in need are in our parishes and our neighborhoods. As Pope Francis reminds us, our parishes need to be "islands of mercy in the midst of a sea of indifference." Everyone in the parish community should know where to refer woman in need.

The 25th anniversary year of *Evangelium Vitae* gives us a wonderful opportunity to assess, expand, and communicate resources to pregnant moms and families in need. We are inviting parishes, through the support of their bishop and pastor, to join a nationwide effort from March 25, 2020 to March 25, 2021 entitled: "**Walking with Moms in Need: A Year of Service.**"

For this Year of Service, the Pro-Life Committee is developing educational, pastoral, and action-oriented resources for parish use, such as: Tools for documenting an inventory of local resources for pregnant mothers in need. Ideas for improving parish responses. Prayers for building a culture of life and a civilization of love. Reflections on the teachings of *Evangelium vitae*, *Evangelii gaudium*, and *Laudato si'*. <http://www.usccb.org/about/pro-life-activities/walking-with-moms-in-need.cfm>

Diocese of Rapid City

Keeping God's Children Safe

A Safe Environment Newsletter

Winter
2020
Volume 7
Issue 2

"Pornography consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties. It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense. Civil authorities should prevent the production and distribution of pornographic materials." - *Catechism of the Catholic Church, 2nd ed. Paragraph 2254.*

9 Conclusions to Be Parents in a Porn Culture.

by Jason Kidd, Director of the Marriage and Family Life Office; Archdiocese of Portland, OR.

This upcoming school year, our family transitions to all our children in school full-time. My two oldest, both daughters, will both be in middle school. With over a decade of experience in youth ministry, I have some idea of the challenges that lie ahead. The area I am most concerned about is technology in the hands of kids with always-everywhere access to the Internet.

Pew's 2018 research study on Teens (13 to 17 years of age), Social Media, and Technology found that 95% of teens report they have a smartphone or access to one. This access has greatly increased the use of the Internet, with 45% of teens reporting they are online "on a near-constant basis." This includes apps, social media, and unfortunately pornography. With our teens online at such a rate, the question we must consider as parents is not "if" my child has been exposed to pornography, rather, "when".

Seeing this reality, my wife and I realized we had to start the sexuality conversation early, integrating the physical, social, and spiritual perspectives. We have had several conversations with each of our children, although each conversation looks differently and is age-appropriate for that child.

When my 6th-grade daughter found the book, *Every Parents Battle: A Family Guide to Resisting Pornography* by Dan S. Spencer III in my car, I was given the opportunity to discuss this honestly with her. Although I wasn't prepared for that question at that moment, I am so thankful that we had lines of communication open, she trusted me to ask, and we were able to have a conversation and speak the truth.

Beginning the Conversation with Children

Here are helpful ways we navigate these important conversations with our children. Whether you are just starting the "birds and the bees" talks, the "sex" talks, or the pornography talks, I hope these will encourage you:

Encouragement 1: **Pray**

Ask the Holy Spirit for His wisdom. Ask for the opportunity to talk to your children. Ask the Lord to give you courage.

Encouragement 2: **Start Early**

You can begin the sexuality conversation with your young child, simply... "Mom and dad loved each other so much, God gave us you as a baby". As they mature, the conversation should as well. The book, *Wonderfully Made! Babies* by Ellen Giangiorano is a good resource for ages 9 and up. (I suggest using the book as a guide, as you lead the conversation).

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Victim Assistance
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Diocese of Rapid City Safe Environment

www.rapidcitydiocese.org/safe-environment/

USCCB Office of Child and Youth Protection

<http://www.usccb.org/issues-and-action/child-and-youth-protection/index.cfm>

For all that is in the
world, sensual
lust, enticement
for the eyes, and a
pretentious life, is
not from the
Father but is from
the world.

- I John 2:16

Encouragement 3: **Don't Wait**

Get started today. If you don't teach them, they will be taught by the culture, the internet, and their friends. [Sign up for Covenant Eyes](#) to begin teaching the importance of accountability online and offline.

Encouragement 4: **Relax**

It's normal for your children to be curious about sexuality. They don't bring the baggage you might have on the topic unless someone else has started the conversation before you. What does the Catholic Church teach about our bodies, human sexuality, and pornography? Read [Equipped: Smart Catholic Parenting in a Sexualized Culture](#).

Encouragement 5: **Lead with Beauty**

Sex is more than just a "no" or "don't do that." It's about pointing toward the beauty God created in our sexuality and growing in holiness. It is a gift and has a unique purpose within matrimony. What does beauty have to do with it? Read [Transformed by Beauty](#).

Encouragement 6: **Ask Questions**

Be empathetic and invite a conversation, not a lecture. "What are you hearing at school?" "What questions do you have?" "How can I help?" "Have you seen a photo that made you uncomfortable? When/Where?" How do you have a conversation about pornography with your child? Read [Confident: Helping Parents Navigate Online Exposure](#). (see section boxed section at right)

Encouragement 7: **Teachable Moments**

It's not about "The Talk," but rather a series of age-appropriate conversations as they grow up. Make sure you reiterate God's love for them, your love for them, and God's mercy, which is new every day.

Encouragement 8: **Get Educated**

Get online and learn for yourself. Saint John Paul II's *Theology of the Body* is an antidote to ambiguity the culture offers. There are also many Catholic blogs and apostolates that speak on this. What is the *Theology of the Body*? Start by reading [Theology of the Body: Sex and the Meaning of Life](#).

Encouragement 9: **Proactively Protect Them**

It's imperative to set up boundaries, including accountability and filters on all internet devices. However, this will only go so far. **It's not a matter of if your child will see pornography, it's only a matter of when.** So make sure each conversation includes, "when you encounter pornography, make sure to come to talk to me that same day".

Pray, Prepare and Begin

What are some other pointers you would add to this list? When it comes to talking to our kids about sensitive issues, it can seem overwhelming. The key is to pray, prepare, and begin the conversation.

Written by Jason Kidd, Director of the Marriage and Family Life Office; Archdiocese of Portland, OR. *9 Conclusions to Be Parents in a Porn Culture*; Aug. 5, 2019. This blog may be viewed at: <https://cleanheart.online/parents>

NOTE: use CNTL + Click on *italicized text* in sections above to go electronically to that source; many can be downloaded/printed. This newsletter may be found at: <https://www.rapidcitydiocese.org/safe-environment/>

RESOURCES

Create a Clean Heart Online. <https://cleanheart.online>

Covenant Eyes. <https://www.covenanteyes.com>

Protect Young Minds. <https://www.protectyoungminds.org/2016/03/24/protect-young-minds-practical-tools/>

Integrity Restored. <https://integrityrestored.com>

Catechism of the Catholic Church, 2nd ed. *Pornography*; paragraphs 2211, 2354, 2396.

Searches may also be done online for many resources on the topic of "The Theology of the Body" / St. John Paul II

Confident: Helping Parents Navigate Online Exposure



Description

When a parent discovers his or her child or teenager has been looking at pornography, it can be alarming, hurtful, even frightening. *Confident* provides a full step-by-step guide for parents who want to navigate these uncharted waters.

Audience: Parents

Language: English and Spanish

Resource Type: Ebook

Cost: Free download or \$2 per hard-copy

[Read Confident Online](#)

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

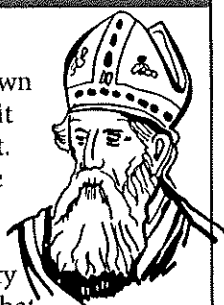
February 2020

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

One Minute Meditations

St. Blaise

Not much is known about his life, but it is certain that St. Blaise was the bishop of Sebaste in fourth-century Turkey, and that he was arrested for being a Christian. On his way to jail, he healed a young boy who was choking on a fish bone. According to one legend, the boy's mother also gave St. Blaise two candles in gratitude. Refusing to deny his faith, the bishop was tortured and martyred by the local governor.



Lenten Obligations

Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday (February 26th) and Good Friday (April 10th). In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

The U. S. bishops define fasting as eating one full meal. Some food (not equaling another full meal) is permitted as necessary to maintain strength.



Find your new heart during Lent

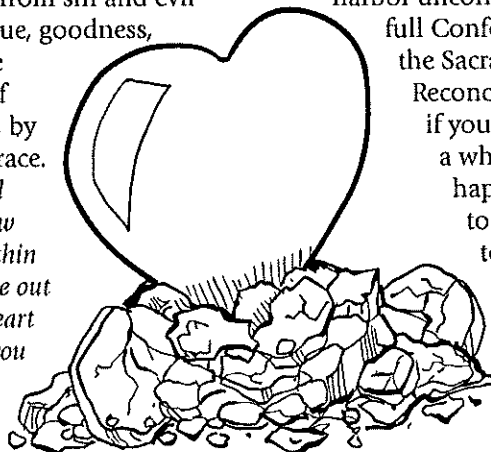
The root of the word "convert" means to "change," or "transform." Think of turning from sin and evil toward grace, virtue, goodness, and God. It is the transformation of the human heart, by an act of God's grace. *"A new heart I will give you, and a new spirit I will put within you; and I will take out of your flesh the heart of stone and give you a heart of flesh"* (Ezekiel 36:26).

A new heart. God desires our conversion more than we ever could. With the perfect heart of a Father, he pursues and draws us to himself. Conversion begins by offering him our whole heart so he can remake it as his own.

Break the heart of stone. There can be no healing or conversion when we harbor unconfessed sin. Make a full Confession to a priest in the Sacrament of Reconciliation. Don't worry if you have been away for a while. The priest will be happy to guide you and to welcome you back to God's friendship.

A new spirit. When we have a soft and tender heart of flesh, we are able to receive God's

holy will. Our new spirit requires renewal every day. Daily prayer, frequent Confession, and regular reception of the Holy Eucharist will keep our hearts filled with God's love.



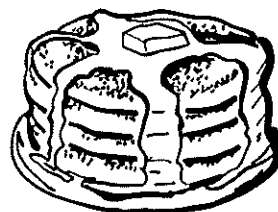
Why Do Catholics Do That?

Why do Catholics call Fat Tuesday "Shrove" Tuesday?

Commonly known as Fat Tuesday or Mardi Gras, the Tuesday before Ash Wednesday has been traditionally spent feasting (especially on pancakes). It is also called "Shrove Tuesday," recalling the tradition of going to Confession. The

word "shrove" comes from "shrive" — the English word for confessing one's sins and receiving absolution.

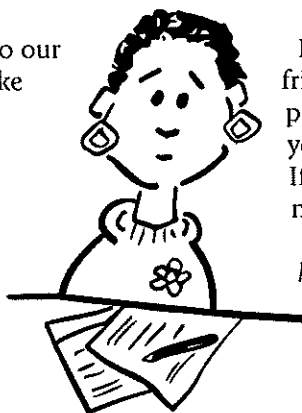
In fact, there was a custom of churches ringing the "shriving bell" on this day. The goal was to start Lent with a clean soul and a repentant spirit.



Choose Heaven over Earth

Life on Earth lasts but a moment compared to our eternal life, yet we often let earthly concerns take priority over preparing for Heaven. If we put Heaven first, however, God will take care of everything else.

What is important to you? Make a list of what you do each day, from morning to bedtime. The activities that absorb most of your time are your real priorities. If it isn't in God's service, you need a change.



How do you make decisions? Do you look to friends or coworkers for advice? Or do you turn to prayer and Scripture for guidance? Resolve to take your eyes off of the world and place them on Christ. If we base all choices and decisions on God, we will never choose wrong.

Do you trust God to make you happy? *"For I know well the plans I have in mind for you, says the Lord, plans for your welfare, not for woe! Plans to give you a future full of hope" (Jeremiah 29:11).*

from Scripture

Matthew 5:38-48, Forgive and pray

The ancient concept of justice – *"an eye for an eye and a tooth for a tooth"* – is from Exodus 21:24, Leviticus 24:20 and Deuteronomy 19:21, and was originally meant to limit violence and prevent blood feuds. Instead, Jesus introduced a new approach, one that would bring about a different kind of justice.

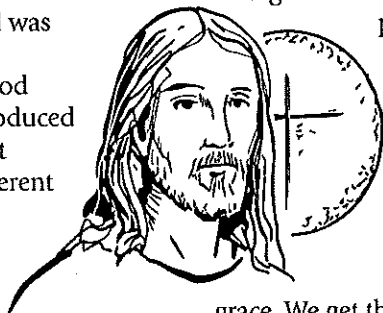
Jesus directed his followers and us to *"be perfect,"* which includes being merciful. God requires our treatment of others – enemies included – to mirror his treatment of his enemies. As Christians, we are to imitate Christ, who forgave his executioners from the

Cross: *"Father, forgive them, they know not what they do"* (Luke 23:34).

Forgiveness doesn't mean letting the person get away with their offense.

Forgiveness means letting go of our anger at the offender and entrusting the situation to God's care. We can't do this alone: we rely on God's

grace. We get this from the Holy Spirit and also from receiving the Eucharist at Mass. By receiving the Eucharist, we are nourished by the Body and Blood of Christ, who strengthens us to lead a more perfect life.



Q & A How can I fit more prayer into my busy day?

"Pray constantly" sounds challenging but it doesn't have to be. Actually, busy days offer many great opportunities for prayer if we know where to look.

Consider these suggestions:

Pray throughout the day.

Consider praying the

Rosary on the way to work,

saying grace before lunch,

offering a quick "I love

you," or praying for

guidance for important decisions. Even job-related tasks can become "prayers in action."

Fifteen minutes a day. Good friends know text messages can't replace being together. It's the same with God. He loves us and wants our company. Aim for 10-15 minutes of daily prayer. Thank God for your blessings, meditate on Scripture, offer him your day, or simply enjoy his company.

It's the love that counts. For her love and humility, Jesus commended a poor but generous widow for her small donation (Mark 12:43-44). Sometimes, we have little time or energy for "good prayer." Remember, what pleases God is not the elegance or number of our prayers, but the love with which we offer them.



Feasts & Celebrations

Feb. 2 – Presentation of the Lord. In accordance with the Law of Moses, Mary and Joseph brought Jesus to the Temple forty days after his birth, and Simeon praised God for revealing the long-awaited Savior.

Feb. 2 – St. Catherine of Ricci (1590). St. Catherine was born to a prominent banker. Against her father's wishes, she joined the Dominicans when she was twelve. She is known for her visions of the Lord's Passion, which she experienced every Friday.

Feb. 17 – The Seven Holy Founders

(13th century). Seven Italian noblemen who withdrew from the immorality of the times to live in prayer, simplicity and penance. Their order, the Servants of Mary, was later approved by the Holy See in 1304.

Feb. 26 – Ash Wednesday. First day of Lent. Ashes from burnt palms are placed on the forehead as a sign of penance. Ash Wednesday is a day of abstinence from meat and fasting – one regular meal and two smaller meals that together don't equal a full meal.



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Our Lady of the Black Hills Parish

Fr. Andrzej Wyrstek, Pastor

LENT 2020

 = a day of fasting and abstinence from meat
 = a day of abstinence from meat

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<p>"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>).</p>		<p>February</p>		<p>February</p>		<p>Ash Wednesday</p>		<p>27 Choose something small but challenging: no snacking, rising early (or on time), etc. Let your sacrifice remind you of Christ's.</p>		<p>28 Pray the Divine Mercy Chaplet for the Church. Learn how here: www.thedivinemercy.org.</p>		<p>29 List some ways you can serve God at home, church, or work. Pick one to do before Easter.</p>	
<p>I March</p>	<p>1 After Mass, decide what you need to change in your life in order to truly experience Jesus' love during Lent.</p>	<p>2 Pick a Lenten saint and learn about them. Ask him or her to be your patron. Think of a virtue of theirs to imitate.</p>	<p>3 Ask God to give you the grace to better know his love for you this Lent.</p>	<p>4 "Take ten" and: pray, go for a walk, read a good book, or simply enjoy the quiet for ten minutes.</p>	<p>5 Read Galatians 2:20. Consider that Jesus gave himself up - sacrificing for you, personally. What can you do for him today?</p>	<p>6 Share a meatless meal with friends and tell them why you are abstaining.</p>	<p>7 Spring-clean like a saint. Donate clothes you haven't worn in a year. Pray for those who might use them in the future.</p>	<p>13 Scope out your parish fish fry. Yum! Go with a group of friends or make new ones while you're there.</p>	<p>20 Enjoy pretzels - a traditional Lent snack. Recall that Catholics used to give up milk, eggs, and fat.</p>	<p>27 Attend a Stations of the Cross service. Otherwise, the Stations are listed here: www.usccb.org.</p>	<p>4 Look around your neighborhood today for signs of new life.</p>	<p>II Holy Saturday Think about a way in which you might have betrayed Jesus. Ask his pardon.</p>	
	<p>8 Pick a situation in the news and pray over it today.</p>	<p>9 Ask Jesus to heal whatever keeps you from feeling God's bountiful love.</p>	<p>10 Pope Francis said the mark of a saint is never speaking ill of another. Today, say only kind, encouraging things.</p>	<p>11 Do a screen fast. No texting while eating, driving, conversing, or praying. Chances are, it can wait.</p>	<p>12 Deal with anyone in your life who may be interfering with your relationship with God.</p>	<p>14 Visit Jesus who is truly present in the Eucharist. Pray before the tabernacle of your church. Speak to him as you would a friend.</p>	<p>21 Examine your conscience and attend Confession. Seek out God's loving forgiveness. Resolve to do better.</p>						<p>28 Visit a nursing home and read to a resident. Take one for a walk, or pay someone some attention.</p>
<p>22 <i>Laetare Sunday</i> Celebrate the halfway point of Lent. Do something fun after Mass today.</p>	<p>23 Pick a topic in the <i>Catechism of the Catholic Church</i>. Read what the Church teaches about it.</p>	<p>24 Do an act of kindness today without being asked. Do it for God's glory; it's really him you're serving.</p>	<p>25 Today, offer up not having everything perfect: room temperature, music, meals and more.</p>	<p>26 Consider tithing - giving 10% of your money to your church or donating it to a charity of your choice.</p>	<p>27 Attend a Stations of the Cross service. Otherwise, the Stations are listed here: www.usccb.org.</p>	<p>28 Visit a nursing home and read to a resident. Take one for a walk, or pay someone some attention.</p>	<p>21 Examine your conscience and attend Confession. Seek out God's loving forgiveness. Resolve to do better.</p>	<p>28 Visit a nursing home and read to a resident. Take one for a walk, or pay someone some attention.</p>	<p>4 Look around your neighborhood today for signs of new life.</p>	<p>II Holy Saturday Think about a way in which you might have betrayed Jesus. Ask his pardon.</p>			
<p>29 Try to find the time to read an entire Gospel at one sitting. (Hint: St. Mark's Gospel is the shortest.)</p>	<p>30 Show patience today. This is a work of mercy pleasing to God. Remember, be patient with yourself, too.</p>	<p>31 Resist "idle curiosity." Don't research every question or read every magazine. Unless it's crucial, it's OK not to know.</p>	<p>1 <i>April</i> Visit a Catholic/Christian bookstore and find some good spiritual reading.</p>	<p>2 Today, pray for someone you don't like.</p>	<p>3 If possible, observe a prayerful silence from noon to 3 PM, the time Christ hung on the Cross.</p>	<p>10 <i>Good Friday</i> Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one.</p>	<p>II Holy Saturday Think about a way in which you might have betrayed Jesus. Ask his pardon.</p>						
<p>5 <i>Palm Sunday</i> Place palms around each image of Jesus in your home. Welcome the Messiah into your heart!</p>	<p>6 Pray for all those who are preparing to enter the Church this Easter.</p>	<p>7 Ask God for a new grace today that will bring you closer to him.</p>	<p>8 Forgive someone who has hurt you.</p>	<p>9 <i>Holy Thursday</i> Look for someone who is poor or homeless and share your food.</p>	<p>10 <i>Good Friday</i> Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one.</p>	<p>II Holy Saturday Think about a way in which you might have betrayed Jesus. Ask his pardon.</p>							

(Please read or attach this letter to your bulletins the weekend of February 1-2.)



DIOCESE OF RAPID CITY

RESTORE THE CHURCH BUILD THE FUTURE

Collection for the Church in Central and Eastern Europe

Dear Brothers and Sisters in Christ,

During February 8-9, our diocese will take up the **Collection for the Church in Central and Eastern Europe**, and I ask for your support for this important mission.

The collection helps our brothers and sisters like the people of Armenia, who have experienced persecution and displacement throughout their history and now live scattered throughout the world – many in areas of the former Soviet bloc countries such as Georgia, Russia, and other areas of Eastern Europe. Coping with difficult life circumstances and often isolated from their religious and cultural heritage, Armenian Catholic youth are particularly vulnerable.

To address this situation in 2018, the Armenian Catholic Ordinariate of Eastern Europe, with help from our Collection for the Church in Central and Eastern Europe, hosted nearly 300 Armenian Catholic participants for a week of worship, study, pilgrimage, and fellowship. Not only did participants hear discussions on the theme “Identity, Belonging, and Witnessing,” but together they also participated in sessions on Catholic social teaching, witnessed ordinations and the clothing of seminarians in their vestments, and worshipped at monastic complexes. Your invaluable support of this effort helped build their faith, unity, and solidarity, thereby strengthening Armenian Catholic youth in Eastern Europe.

Please be generous to the collection, because your support helps foster nurturing communities in which youth can share and grow in faith. For more information about the collection and who it supports, visit www.usccb.org/ccee. Thank you for your help to restore the Church and build the future in Central and Eastern Europe.

Sincerely in Christ,

Father Michel Mulloy
Diocesan Administrator

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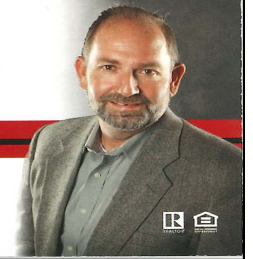
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