

Isn't It Grand!

Lent 2017



Fr. Walsh's Article... ***What are you doing for Lent? How about Fasting?***

RESPONDING TO THE CALL — Nutritionists and other authorities on human health make all sorts of claims about the health benefits of fasting. We probably don't need experts to tell us that among North Americans, overeating is a big problem. Obesity is on the increase, even among children. So when Lent comes around offering us an opportunity to eat less, we can anticipate some physical as well as spiritual benefits, and that may increase our motivation. Fast and abstinence during Lent offers us an opportunity to enrich and enliven our Christian faith.

Most people understand that "fasting" refers not just to *not eating*, but making that choice freely. Some wouldn't think of not eating on purpose. Among those who do fast, the reasons vary. More than a few do so in order to lose weight. Others fast because they believe it promotes good health. Still others fast for religious reasons.

Muslims, for example, fast annually during the month of Ramadan, the ninth month on the Muslim calendar—the month, Muslims believe, when the Qur'an came down from heaven. They choose to not eat or drink anything—not even water—during the daylight hours, and then break the fast at the end of each day with prayer and a meal. The only similar, church-wide, fast for Catholics happens during the liturgical season of Lent, the forty days prior to Easter when we celebrate the ultimate mystery upon which our faith is based, the Resurrection of Christ. The tradition of a Lenten fast goes back to at least the fourth century, but its inspiration goes back even further. Fasting among Christians during the forty days of Lent goes back to Jesus himself., "Then," says the Gospel of Matthew, "Jesus was led by the spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry" (4:1-2).

THEOLOGICAL INSIGHTS — NOT AS RIGOROUS AS THE RAMADAN FAST, the Lenten fast for Catholics traditionally means eating one full meal, plus two smaller meals, on each of the forty days of Lent. No food is eaten between those meals. Today, the requirement to fast in this manner is limited to Ash Wednesday and Good Friday in the United States. Catholics are also required not to eat meat on Ash Wednesday and all the Fridays of Lent, unless a solemn feast day occurs on a Friday, in which case eating meat is acceptable. But the major question is why do we do this? What's the point?

First, as Catholics, we believe that doing penance is a good way to express both sorrow for our sins and our desire to behave in more Christ-like ways. "Sin," by the way, refers to any and all the ways that we freely, knowingly, purposely damage our relationships with God, other people and the earth, which is God's good creation. Doing some kind of penance, some kind of outward expression of the recognition of sin and the desire for renewal, was part of Jewish culture in the Old Testament times and of many other cultures as well.

Second, we fast to follow the example of Jesus, who was not doing penance for any sins he had committed, but who was led by the Holy Spirit to fast and pray in the desert. For Jesus, that experience emphasized that: "*One does not live by bread alone, but by every word that comes forth from the mouth of God*" (Matthew 4:4). For us, part of the benefit of fasting will likewise emphasize our reliance on God more than on the satisfactions of food and drink. (continue on page 2)

WHAT WONDERFUL GENEROSITY!

OUR SINCERE THANKS go to our parishioners: Audrey Cain, Patty Robinson, Fred Cain, Phyllis Ryden, Patty Ratelle, Dee Phillips, Trudy Hahn and Audrey Stattelman. All these parishioners have given a total of 323 hours of service to the *First & Second Thrift Store* this past year. The *Thrift Store* gives them \$13.75 per hour, which they had turn over to a tax exempt organization. These parishioners, from their earnings, gave St. John's and Holy Rosary \$4,530.63. Again, many and sincere thanks to all of you.

(continued from p. 1)

Jesus himself took it for granted that his disciples would fast, and so he gave them specific instructions on how to go about it, without making a big deal of it: *“do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you”* (16:16-18).

Jesus does not say how the Father will repay a person for fasting, but we may assume that it will be a spiritual benefit, much like the benefit of prayer itself.

One thing is certain about the Catholic tradition of fasting: We do not fast out of some hidden conviction that there is something bad about food or the pleasures of eating a good meal. On the contrary, the Lenten fast is likely to renew our appreciation for the goodness of these very things. Doing without something for a while is bound to make you more appreciative when you have it again.

SCRIPTURAL INSIGHTS—IN SEVERAL PASSAGES, the New Testament makes it clear that fasting goes hand-in-hand with prayer. The Gospel of Luke describes the “prophetess, Anna,” who *“never left the temple, but worshiped night and day with fasting and prayer”* (2:36-37).

Describing Early church leaders, the Acts of the Apostles says: *“While they were worshiping the Lord and fasting, the holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them,’ Then, completing their fasting and prayer, they laid hands on them and sent them off”* (13:2-3).

And again: *“They appointed presbyters for them in each church and, with prayer and fasting, commended them to the Lord in whom they had put their faith”* (14:23).

Long before the divinely inspired documents that became the New Testament were written, however, the Hebrew Scriptures made it clear that God does not approve of fasting as an end in itself, disconnected from our relationships with God and neighbor. The prophet Isaiah, for example, declares that these are God’s words: *“Is this the manner of fasting I wish, of keeping a day of penance: That a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the LORD? This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and homeless; Clothing the naked when you see them, and not turning your back on your own”* (58:5-7).

Fasting as a spiritual discipline has always been a part of the Judeo-Christian tradition, but not for its own sake. For the Scriptures, fasting is a way to cultivate a deeper intimacy with God and a more just and caring relationship with others, especially those with whom we live and work most closely.

SPIRITUAL BENEFITS OF FASTING—FROM A SPIRITUAL PERSPECTIVE, fasting is a way to express and strengthen our priorities, and for Christians that means living for God and neighbor. The ol’ stomach may grumble a little, but we choose to disregard the grumbles as a way to exercise our spiritual “muscles,” the ones that we use when we love God and neighbor unselfishly. If we are serious about putting others ahead of our own interests sometimes, we may well have to do without satisfying ourselves for a bit. The Catholic conviction that fasting and abstinence are never ends in themselves. We fast to foster in ourselves a change of heart, away from self to the love of God and neighbor.

In both Scripture and sacred tradition—the practice of the faith in countless ways for more than 2,000 years—fasting is often coupled with prayer. So we might find it beneficial to add prayer to our experience of fasting and abstinence during Lent. There is something about eating less that helps to calm the heart and quiet the imagination, making prayer—whichever kind of prayer you find most meaningful—easier and more fruitful.

Finally, fasting and abstinence present an opportunity to identify with the countless people in our world who never get enough to eat. Hunger is a huge issue worldwide, and fasting is a good way to deepen our empathy for those who suffer daily from this great injustice. From a deeper awareness of hunger brought in by fasting, we may find motivation for working at a food pantry, making a donation to an organization addressing worldwide hunger or just be more careful about using leftovers.

Rooted in a desire to renew the everyday living of our faith, fasting and abstinence can deepen our spiritual maturity and lead to a more lively and more unselfish love for God and neighbor.

DEVELOP A PRACTICAL PLAN—APART FROM THE FOLLOWING basic rules for fasting abstinence during Lent, there are many ways to develop a personal program for yourself. (continue on page 3)

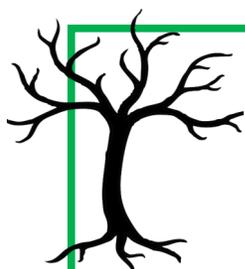
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For example, you can decide which of your meals each day will be your one regular meal and which will be your two “snack” meals. You may even decide to go a little above and beyond the rules. Consider, for example, abstaining from meat altogether during Lent. (If you’re already a vegetarian, doing this would mean little, of course, so you need to think of something else from which to abstain.)

In addition to observing the regular fast and abstinence, consider the old Catholic custom of “giving up” something extra—such as candy, coffee, cigarettes, alcohol or television. Consider giving up listening to recorded music, in both home and car, for all of Lent, filling the quiet time with prayer. The possibilities are many.

A great alternative to the regular fast, as we’ve already noted, is to practice extra acts of charity and/or give more time than usual to prayer. Many Catholics participate in daily Mass during Lent, and this is a great idea if you can adapt your work and domestic schedules to allow for it. Some folks choose to pray the Rosary each day during Lent, and one fellow so missed it once Lent was over that he now prays the Rosary almost every day all year around. Still others set aside time for the Sacrament of Reconciliation.

There is plenty of room to be creative when it comes to practicing spiritual disciplines during Lent. Use your imagination. Ask others what they do. You may be surprised at what you come up with. One thing you can count on: a serious commitment for a meaningful Lent will reap untold spiritual benefits for yourself, your parish, your community, your faith. (From “Fasting” by Mitch Finley)



A New Kind of “Giving” Tree...

giving of our time and talents to our parish and community.

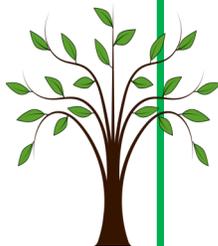
This Lenten Season, by the baptismal font, there will be a dormant tree. On this tree will be symbols that represent ‘opportunities’ to give/share ourselves and/or family to/with our parish and community.

During Lent we usually ‘give something up’ — How about ‘taking something new on’?

We invite you to come participate in our care center liturgies once a month, Visit the homebound-bring them the Eucharist, Shovel the walk for an elderly person, Give someone a ride to church, Visit the sick, Sing in the choir, Serve funeral lunches, Host our Sunday morning coffees, Give someone a ride to the Dr. in Duluth, Help with church decorating, Serve at mass, Wash the parish linens, Teach religious education classes, Prepare dinner for the kids, Mow the lawn or rake leaves-for an elderly person, Visit someone in jail, Become a lector, Go to funerals, Compliment the pastor, Lead the rosary, Go to the Men’s and Women’s conferences in Duluth.

Once you have made the decision to participate, It’s an easy process...Take a symbol and act on it.

I guarantee that you will be like the giving tree.. As it buds out during Lent, your action will bud, grow and change and you will experience something wonderful!



Operation Rice Bowl ENCOUNTER LENT

Join our faith community—and nearly 14,000 Catholic communities across the United States—in a life-changing Lenten journey of encounter with CRS Rice Bowl. Pick up your family’s CRS Rice Bowl from the table in the back of church beginning February 25th, and don’t forget to download the CRS Rice Bowl app! May these 40 days better prepare us to encounter ourselves, our neighbors and our God.

All proceeds from the Rice Bowls go to Catholic Relief Services.

Be with Me

**Jesus,
walk with me, speak to me, breathe with me, work
with me. You are alive with me in the
midst of my daily life.**

**Help me to see you present so that my enthusiasm will
not wane and I will be convinced, enthusiastic, certain
and in love.
Pope Francis**

Fasting and Abstinence During Lent:

- Ash Wednesday and Good Friday are days of *fast and abstinence*, that is, we may have only one full meal and two smaller ones on those days for people who are 14 years old to 60 years old. (No snacking). No meat may be eaten or used on those two days.
- All the Fridays of Lent are days of *abstinence*, that is no meat is to be eaten or used on those days.
- A conscious effort during all the days of Lent to eat and drink less.



*Remember man
that you are
dust and into
dust you shall
return.*

Ash Wednesday, March 1st–
St. John’s Mass with ashes at 8:15 a.m.
and 5:30 p.m. followed by soup supper.

Holy Rosary, Mass with ashes at 11:00
a.m.



**STATIONS OF THE CROSS &
SOUP SUPPERS...**

Wednesdays during Lent

Stations at 5:30 pm

**Soup Suppers immediately following in
the church hall.**

**Please consider making a soup to
share.**

**Poster to sign up for making a soup is
in the back of church.**



February



February 1	Harold Bramstedt
February 3	Dan Baumann
	Steve Homa
February 4	Brittany Emmert
February 7	Robert Block
	Millie Spry
February 8	Agatha Armstrong
February 9	Harvey Sobieck Matthew Anderson
February 10	Giles Lenzmeier
	Dave Palmer
February 11	Mark Lawler
	Ben Petz
February 12	Gary Peterson
February 13	Elsie Foley
	Jeannine Swearingen
February 15	Mike O’Phelan Elinor Heitzman
February 19	Rob Robinson
February 20	Donna Gestel
	Eva Hinrichsen
February 24	Roman Schnobrich
February 25	Betty Hoffman
February 26	Charles Futterer
	Jane Ranum



March



March 1	Mellissa Gagnon Peterson Madonna King
March 3	Alyssa Spry Gayle Magee
March 7	Trudy Hahn
March 10	Ellen Olson
March 12	Mike Pratt
March 13	Judy Peterson
March 18	Helena Blake
March 21	Samantha LaBoda John Peterson
March 23	Colleen Brennan Bob Kangas
March 24	Samantha Jacobsen Lucas Phillips
March 28	Ron Gervais Dene Taylor

Please contact the parish office if a birth date is missing or incorrect. We will correct the information in our office computer. We can only correct

SPRING BLOOD DRIVE: St. John's Church is sponsoring the 2017 Blood Drive, to be held at the Grand Marais Senior Center. The Duluth Memorial Blood Center's bloodmobile will be in the Senior Center's parking lot **Wednesday March 1, 2017 from 8:30am to 4:00pm.** Those who have donated in the past will receive a call asking for your participation this year. If you are new to the area, have lived here for a long time and would like to donate, or if you have questions, PLEASE CALL Kay Sivets@ 387-



April



April 1	Lisa Sorlie Sandi Wirt
April 3	Jerry Gervais
April 4	Maureen O'Phelan
April 6	Gary Maciejewski Bryn Zallar
April 7	Paul Dorr Elizabeth O'Phelan
April 11	Barb Merritt
April 14	Yvonne Block Cecilia Schnobrich
April 15	Anna Heitzman
April 17	Robert Spry Trent Spry
April 20	Teresa Baumann Justin Mueller
April 21	Frank Mueller
April 25	Kevin Vetsch
April 26	Phyllis Ryden
April 27	Jack Robertson
April 28	John White
April 30	Dean Merillat Ginny Sorlie Paul Tersteeg

MAKING OUR CHURCH MORE HANDICAPPED ACCESSIBLE: Our parish is growing older, and with advancing years stairs become harder to navigate, and our downstairs bathrooms are more difficult to access, and the doors to St. John's have heavy springs which make them hard for the elderly to open.

Well, we've done wonderful things about all three areas. Our elevator is now installed and working. Our handicapped bathroom on the floor level of the Father Hollenhorst Parish Hall, is complete, and we have an electric opener for the church on the west door on the upper parking lot side of the church. We are receiving great compliments on all three projects.

Exactly a year ago, parishioners and visitors had contributed \$69,350 to pay for these. One year later gifts now amount to \$133,611.

The first estimate for the cost of the elevator and bathroom from the architect was \$131,000. However, the Parish Council and I decided that the location of elevator should be moved from inside the east door from the upper parking lot to its present location. This was a wise decision – but it raised the cost substantially. Last spring we sought bids for these projects, but we didn't receive even one because all the contractors in the area had so much work already in hand they weren't interested in ours. We are deeply grateful to Rick Crawford of *S&C Masonry* for taking on the tasks in spite of his own huge workload. All are loud in their praise for the quality of the work Rick and his crew did. But because of the change in location and unable to get bids, the final cost of both projects came in at \$168,858. In addition, Rick dropped \$10,000 from the cost as his gift to the parish and he and Cindi gave another \$1500.00 as their personal gift. To date, gifts and contributions from parishioners and visitors total \$133,611. If you can help with the balance of \$35,246 your help would be deeply appreciated. We express our sincere thanks to the following parishioners and visitors who have made gifts:

\$1—100.00

Jim Zunker
Julie Carlson
Chuck & Joyce Petek
John & Kathleen Oberholtzer
Joe & Joy Carlson
Ginny Sorlie
Paul & Rose Ann Tersteeg
Harvey & Bridget Sobieck
Katy & Rory Smith
Pete & Phyllis Ryden
Bev Denyes
Orvis & Donna Lunke
Kathleen Klug
Thomas & Kathleen Gardner
William Gabler
Mr & Mrs Fred Eberwine
Carol Pratt
Mike & Amber Pratt
Anonymous
Yvonne Block
Mary Hennes

\$10,001 +

Skip Joynes
Anonymous
Catholic Community Foundation, St. Paul
Dr. A. Paul & Carol Schaap
Madonna & Jim King

\$101—500

Michael & Francine Martin
Mike & Elsie Foley
Fred & Audrey Cain
Gary & Charlotte Maciejewski
Dave & Flossie Palmer
Theresa Westine
Mr & Mrs Ken Valentas
Carol & Jerrold Peterson

\$501—1000

Mr & Mrs David Stemp
Ken & Donna Wielinski
Bill & Loretta Wold

\$1001—5000

Mr & Mrs Patrick Daulton
Patty Ratelle
Dr. Richard & Jean Lynch
Janet Healy
Fr. Seamus Walsh
Rick & Cindi Crawford
Bill & Joan Burkhardt
John Franz
Bob & Gail Magee
David Piotter
Anonymous
Anonymous
1st & 2nd Thrift Store —
Worker Designation



Thank You!

St. John's Catholic Church
Parish Council Meeting
January 25, 2017

Present: Father Seamus Walsh, Francine Martin, Justin Mueller, Mike Tibodeau, Randy Schobrich, Bill Parish, Deacon Peter Mueller, Julie Rannetsberger, Kathy LaVigne, Susan Roy

Absent: Maggie Waldrop

Father called the meeting to order at 6:00 pm and opened with a prayer.

Minutes of the October 27, 2016 meeting were reviewed. Mike Tibodeau made a motion to accept the minutes as written. The motion was seconded by Randy Schnobrich.

New Business:

Father presented the six month financial sheet (Jul 1, 2016-Dec 31, 2016).

- It was pointed out that giving is relatively flat when it is compared to the same time frame of the past three years.
- The total income balance has been inflated by donations for the elevator and bathroom and is realistically closer to \$90,000.
- The clergy pension plan is underfunded
- The cemetery expenses shown do not include \$3500 to Thoreson, and therefore the total will be closer to \$10,000.
- Father reports the church is just about on target for expenses vs. income for the past six months.

Father reviewed the expenses for the elevator and new bathroom for a total cost of \$168,858. This far exceeded the original estimate of \$131,000 given by the architect.

The consensus of the council members and input from parishioners is that everyone is very pleased with the work that was done and that the elevator and bathroom will serve us well into the future.

Father will continue to look to gifts to help pay for the cost overrun.

Old Business: Bill Parish brought us up to date on the work being done at St. John's cemetery.

- Trees are being brought in to place along the property line to help separate the cemetery from the neighboring property.
- This spring they will bring in fill to level the ground and make cemetery maintenance easier.
- Comments on the appearance of the cemetery have been positive.
- Father brought to the meeting policies for the cemetery in Tofte and Poplar Grove Cemetery in Grand Marais to use as talking points for discussing the need for new policies for St. John's Cemetery.
- Cost of a plot at St. John's Cemetery has always been \$100. The council voted to raise the cost to \$150 to help cover cost of cemetery upkeep.
- The Church office will continue to sell the plots
- The Church policy of one body per plot, or one body and one cremains, or two cremains per plot will stay in place.
- \$1500 per year will be set aside in the budget to help maintain the cemetery.

Updates: Bridget Sobieck is now the new Church secretary.

Father informed the Council that Kathy LaVigne has been a trustee of the Church since 1999 (this is usually a 2 year term). Father praised her work and her devotion and expressed his gratitude for her 18 years of service. Kathy's successor as Trustee will be Council member, Susan Roy. Susan's tenure will begin February 1.

Other: Julie Rannetsberger stated some concern about the amount of work involved in having coffee after Mass every Sunday. A possible solution discussed was to have coffee every other Sunday, which was decided against, at least for the present, because of possible problems with continuity. It was decided that the best solution would be to get more people involved. Suggestions were: Put a notice in the bulletin asking for more involvement. Have a signup sheet similar to Lenten soup supers, and have a signup sheet online.

Father wanted the Council to be aware that there are a few building issues that will need to be addressed in the future.

- New church roof and insulation be a top priority.
- Church kitchen may need some updating. There is a need for new floor tile, a new dishwasher, and the gas stove pilot light periodically goes out causing problems.

Justin Mueller will check with the hospital about the possibility of getting their old dishwasher. Mike asked Justin to also check if there might be an upright freezer available from there. Mike and Justin will work together on these acquisitions.

The Church Directory is not yet completed. The suggestion was that an online directory may be the way to go.

Since Bridget is now a Church employee, she vacates her place on the Parish Council. Father asked for candidates he could approach to be on the Parish Council. Many names were offered. Father will make contact to determine who may be interested.

Next meeting date was set for Wednesday April 5, 2017 at 6:00pm in the Rectory living room.

Father closed the meeting with a prayer. Meeting was adjourned at 7:15pm.

Submitted by Francine Martin, Parish Council Secretary

RELIGIOUS EDUCATION ANNOUNCEMENTS:

1st Reconciliation: On Wednesday, February 22nd, Graham Oberholtzer and Avery Sjoberg will be participating in the Sacrament of Reconciliation for the first time. Please keep them in your prayers.

Ash Wednesday (March 1st): Kids in the afternoon class will have their own special service with Father during class time. Kids in the evening class are expected to attend Mass with their families at 5:30pm. After Mass there will be Soup Supper followed by Class.

Stations of the Cross: Students in grades 5-10 will lead Stations of the Cross for the parish on Wednesday, March 8th at 5:30pm. Students are strongly encouraged to attend Stations of the Cross with their parents and teachers throughout the entire season of Lent. Stations of the Cross are every Wednesday at 5:30pm. We need student volunteers to carry the cross and candles during Stations each week.

Parent/Child Education Night: All parents of students in our evening Religious Education classes are encouraged to attend class with their child on Wednesday, March 8th from 6:30-7:30pm. Our topic for the evening will be Adoration of the Blessed Sacrament and will feature testimonies from our youth.

Reconciliation: Religious education students in grades 3-10 will have the opportunity to receive the sacrament of Reconciliation during Lent as part of their class time.

Palm Sunday Youth Mass (Sunday, April 9th): Youth volunteers are needed to pass out palm branches and to act as altar servers, ushers, lectors, choir members and gift bearers.



LET'S CELEBRATE ST. PATRICK'S Day

With our usual St. Patrick's Day dinner. This will be on Saturday, March 18th immediately after the 5 pm Mass in the Fr. Mark Hollenhorst Parish Hall at St. John's.

It is imperative to know if you will be coming so our Chefs and kitchen staff can make adequate preparations.

Please call the parish office, 387-1409, if you intend to come and the number in your party.

Isn't It Grand

is published by
St. John's Catholic Church of Grand Marais
and Holy Rosary Church of Grand Portage

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Deacon: Peter Mueller

Secretary: Bridget Sobieck

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Monday, Tuesday, Thursday 8:30 am - 4:00pm
(subject to change)

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