



HERALD FROM THE HILL

QUEEN OF THE APOSTLES PARISH • LENT 2021

10 TIPS FOR THE BEST LENT

Father Ed Bloom, OMV

To experience the fullness of the Paschal Mystery—the passion, death, and Resurrection of Jesus—we must live with generous heart and openness of spirit the season of Lent. Lent is both a gift and a Season of abundant graces.

Why not decide right now to live this Lent with total generosity of heart, mind, soul, body, and emotions? Let us live out these forty days of graces and blessings as if it were to be the last Lent in our lives! Our life is short and time flies by and the clock never ticks backwards.

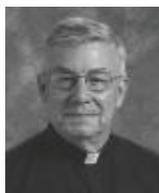
We offer ten simple Lenten practices so that indeed this Lent will be the best Lent in our lives. “If today you hear the voice of the Lord, harden not your hearts...”

1. Prayer: Instead of being Martha this Lent, why not try to imitate Mary of Bethany? What did Mary do, as Martha nervously and frenetically rushed to and fro? Mary simply sat at the feet of Jesus, looked at Jesus intently, listened attentively to His words, carried on a friendly and loving conversation, and simply loved Jesus. In Lent why not make the proposal— in imitation of Mary of Bethany—to pray a little bit more and better! Prayer delights the Heart of Jesus!

2. Reconciliation and Peace: If it is such that there is some person in your life that you have bitterness towards, resentment, maybe even hatred, then Lent is a most propitious time to reconcile. Build a bridge and knock down the barrier! In marriage homilies I often say to those about to be married that the three most important short phrases that couples should learn are: “I love you!” “I am sorry!” and “I forgive you!” Lent is time to throw out the old and rotting yeast and to be renewed in our social relationships!

3. Penance: Jesus said unequivocally: “Unless you do penance you will perish.” Give up something you like for love of God and for the salvation of souls. By saying “No” to self, we say “yes” to the invasion of God in our hearts! Beg the Holy Spirit for light to give up what is most pleasing to God!

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On Wednesday, February 17, we begin the great season of Lent. The word “lent” comes from the Old English word meaning “spring season.” In other words, for Christians, Lent is a time of new growth. It is with this thought in mind that I offer the following reflections.

As I mentioned in the bulletin column for January 24th, we have been living a Lent for the past ten months not of our own choosing. It is a Lent that has been given to us. How have you lived it? For some, they have carried the struggle well. For others the struggle has been a tremendous burden and have not done so well. And for others still, they have denied the Lent that we were given and tried to pretend that everything is well and continued to live their life the way that they wanted. However, no matter how we have responded to the difficulties of the past ten months, now is the time to RESTART.

Spring growth is not easy. It can snow. It can be cold. Sometimes it can be dry, or sometimes it is wet. No matter the difficulty encountered, spring still happens. My reflections are based upon the first three Commandments. Why? Because the first three are about our relationship with God. God is always the starting point.

“I, the Lord, am your God, who brought you out of the land of Egypt, the place of slavery. You shall not have other gods beside me.” —Deuteronomy 5:6-7

Ash Wednesday is the start of Lent. It is also the day when we as a people admit that we have sinned by making things, thoughts, actions more important than God in our lives. This is making false gods. The start of growth is being honest with who we are and where we are on our journey of life. We also admit that we have not done such a good job on our own. Fasting also helps us to understand how much we are in control of our lives rather than God. Come to church on Ash Wednesday to make a RESTART.

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4. The Bible, The Word of God: In the holy seasons of Advent and Lent the Church warmly exhorts us to have a real hunger for the Word of God. Jesus in response to the first temptation of the devil responded: “Man does not live on bread alone, but on every word that comes forth from the mouth of God.” May this Lenten season be motivated by a daily meditation of the Word of God! Use a prayer method suggested by Pope Benedict XVI called *Lectio Divina*: read, meditate, contemplate, pray, and action—put into practice the good insights you have received. This will result in a transformation of life; as St. Paul asserted: “It is no longer I who lives but Christ who lives in me.”

5. Almsgiving: Lent is a time to give, especially to the poor, sick, marginalized and the rejected of society. Remember Pope Francis’ many gestures of loving the poor, kissing the repulsive and rejected of the world. “Whatsoever you do to the least of my brothers, that you do to me.”

6. The Three T’s: Following up on almsgiving why not examine your life in these three areas and see where and how you can give, as Blessed Mother Teresa said: “Give until it hurts!” Time! Give of your time to others. Start at home because charity begins at home. Talents! We all have talents. Lent is time to conquer our laziness and work diligently to cultivate our God-given talents. “Better to wear out than rust out!” Treasures! If you have an excess of food, clothing, money and material possessions, give and give. You are giving to Jesus in the poor!

7. Joy: Be joyful! Try to implement this acronym: J. O. Y. J—stands for Jesus! O—stands for others; Y—stands for you! If we put Jesus first, then others second and finally ourselves as last then we will experience the joy of the Holy Spirit and it will overflow on the others we meet!

8. Daily Mass and Communion: By far the best way we could possibly live out the Holy Season of Lent is by drawing close to Jesus as possible. In Holy Mass and Holy Communion, not only do we draw close to Jesus, but we actually receive Him into the very depths of our being, our inner sanctuary which is our soul. However, go to Mass and Holy Communion with intentions, especially to repair for sin and prevent sin.

9. Conquer Your Own Devil: All of us have our own kryptonite — our weak point where we easily fall. But also we all have our own devil that attacks us— often going for our weak point. Check out where the devil attacks most. You might just go through the Capital sins and see where the devil has an opening. Gluttony? Lust? Greed? Sloth/Laziness? Anger? Envy? Pride? In Lent we are soldiers enlisted in the arm of Christ the King. Time to fight against our personal devil with the strength of Jesus the King. We are weak, but God is strong. Nothing is impossible for God!

10. Mary and Lent: Try to live a strongly Marian Lent. Pray the Sorrowful Mysteries of the Rosary as well as the Rosary dedicated to Our Lady of Sorrows. View the movie of Mel Gibson, “The Passion of the Christ” where Mary’s role is significant. Strive in Lent to live these holy days through the eyes of Mary and with the Sorrowful and Immaculate Heart of Mary.

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“You shall not take the name of the Lord, your God, in vain.” —Deuteronomy 5:11

Prayer becomes an essential part of our lives as followers of Jesus Christ. It is what connects us to the Lord. It helps us to understand the Lord. All of this puts us in a position so that we grow in our respect for the name, the person, of our God. Spend time each day in prayer to make a RESTART.

“Take care to keep holy the sabbath day as the Lord, your God, commanded you.” —Deuteronomy 5:12

Perhaps the greatest difficult of the past ten months is not being able to attend Mass in person. Although, viewing by technology has been a help, it is not the same. I think all of us would agree to this. But even long before the pandemic, we were already losing a sense of the importance and the need for keeping the Lord’s Day special. For many it has become just another work day or worse, just another day in a long line of days. I would like to offer two suggestions. First, I think it is time that we begin to come back to Sunday (Saturday) Mass. With people now beginning to be vaccinated in our community, I would invite you to start coming back to Mass. Second, we will be having Eucharistic Adoration on all of the Sundays of Lent in Church from 1:00pm-3:00pm. I would invite you to come for a few minutes or for an hour. It is about the Lord in the Eucharist and it is about making Sunday a bit special.

I hope that you will pray about these thoughts and the ideas found in the rest of this Lenten newsletter. Remember, Lent is about spring growth, new growth, that only you and the Lord can accomplish. God will do his part. You will need to do your part.

—Monsignor David Kunz, Pastor

10 THINGS TO DO WHEN YOUR LENT PLAN FAILS

- 1. ACCEPT IT**
ACCEPT IF AND HOW YOUR PLAN HAS FAILED
- 2. GO TO CONFESSION**
MAKE AN EXAMINATION OF CONSCIENCE AND START OVER
- 3. GET BACK UP**
REMEMBER YOUR LENTEN RESOLUTIONS AND BEGIN AGAIN
- 4. WHAT WENT WRONG?**
PONDER ON THE SERIES OF EVENTS THAT LED YOU HERE
- 5. PRAY**
PRAYER HELPS YOU REVIVE YOUR SOUL. LISTEN TO GOD'S VOICE
- 6. FAST**
FASTING ENABLES US TO DOMINATE OUR DESIRES
- 7. GIVE ALMS**
WHEN WE GIVE ALMS, WE DO OURSELVES AND OTHERS A GREAT THING
- 8. LISTEN**
FOLLOW THE ADVICE FROM THE PEOPLE IN YOUR LIFE
- 9. FOCUS**
FOCUS ON ACCOMPLISHING WHAT YOU SET OUT TO DO
- 10. ASK FOR HELP**
LEAN ON YOUR FRIENDS, PRIEST, MENTORS, AND FAMILY

SOURCE: CATHOLICEXCHANGE.COM

CatholicLink

2020 SACRAMENTS IN REVIEW

Baptisms

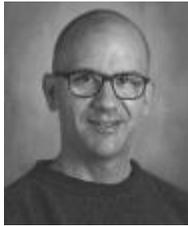
Keegan Curtis Hackelberg
Declan Stuart Drinkwine
Rhett Tyler Butlzer
Kaden James Phares
Jonnie Grace Hesper
Aaron Michael Steffel
Rodney Marvin Jensen
Dexter Michael Dummer
Tenley Eloise Dummer
Elliot Ava Heckman
Charly Grace Heckman
Luke Daniel Linehan
Alivia Leola Linehan
Riley Jo Dunn
Sylvie Jean Liddane
Logan James Jilek
Lucas David Miller
Joel Roger Gnewikow

Marriages

Chad Hartley and Anastasia Thesing
Jacob Moore and Emily Grahn
John Hesper and Bethany Peak
Cameron Shuck and Erica Stott

Deaths

Mary Ann Komiskey
Jean Breitzman
Barbara Semrau
Elaine Hibbard
Linda Ingham
Bonnie Schroeder
Georgia Ladron
Ralph Vitous
Bertha Fowler
Carolyn Backens
Jane Schueler
Doris Prochaska
Reuben Eckelberg
Patrick Bailey
Mike Larkin
George Vanderbloemen
Rosalie Ducklow
Carrol Schmidt
Robert Blecka
William Abbott
Merle Hill



The Lord's Day is Your Day

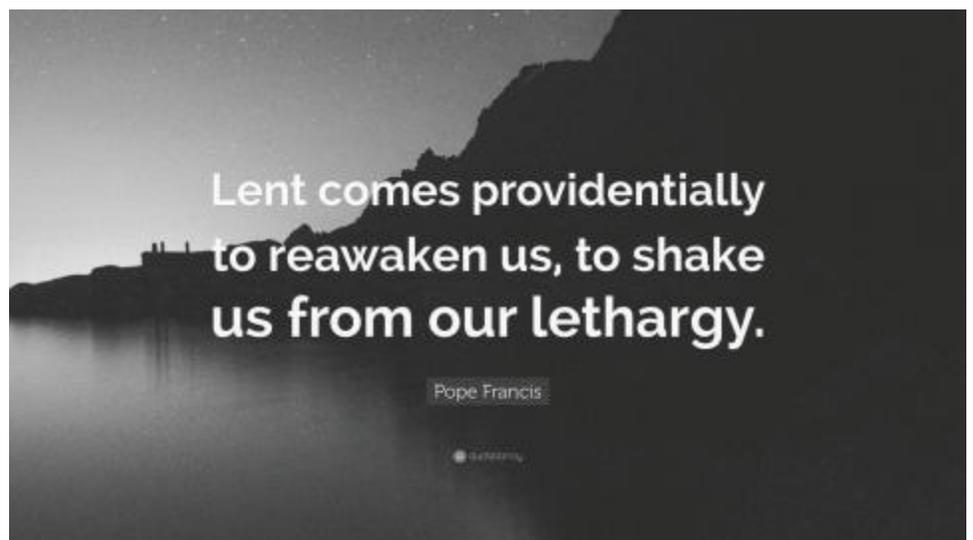
In the Gospel of Mark, Jesus says, "The sabbath was made for man, not man for the sabbath" (2:27). This was a controversial statement at the time because Jesus was responding to the Pharisees' criticism of violating sabbath. In the Pharisees' view, the most important aspect of observing the sabbath was compliance and obedience. But Jesus contradicts this view and says that the sabbath is for our benefit, not God's. Similarly, the 3rd Commandment tells us to "Remember the sabbath day – keep it holy" (Ex 20:8). Of course, the Jewish sabbath is Saturday in observance of the seventh day of creation on which God rested. As Christians, we keep this commandment when we observe the Lord's Day on the eighth day, Sunday, the day of the Resurrection - the "fulfillment of the sabbath" (CCC 2175).

Like the Jewish sabbath, the Lord's Day is a day to "set aside." It is a day of prayer, rest, leisure, and time with family and friends. The most significant thing we can do on the Lord's Day is to participate in the Eucharist at Sunday Mass. This is where we, as a community of the Christian faithful, take part in the source and summit of our faith. It is so important, that the Sunday obligation was made a precept of the Church.

Sometimes, though, I think we tend to see the Sunday obligation like the Pharisees viewed the sabbath laws. We go to Mass because we "have to." That is exactly the wrong way to look at it. When Jesus said "The sabbath was made for man," he is telling us we need it; it is a gift. God does not need us to worship Him. We need the interruption from our worldly lives. It is not about obligation, it is about making time to nurture our relationship with the Lord and each other. Nowhere can we do that better than at Mass where he is fully present to us in the Eucharist.

So, have you been coming to Mass? Yes, the Sunday obligation has been lifted due to COVID, so if you are not attending because of health concerns, I get it. That is the primary intent of suspending the obligation. But are you just not coming because you don't "have to"? I'm not saying this to be critical or judgmental; I don't presume to know every person's reasons or circumstances. But Mass is available and the precautions in place make it much safer than many other activities you may participate in. Maybe you're watching Mass on TV or the internet. That's great if you have no alternative, but it is not the same as experiencing the Real Presence. It's like having Thanksgiving dinner over Zoom instead of at Grandma's house. If you have not been to Mass, now is a great time to come back, if you are able. Lent is a time of repentance, but also a time of renewal, a time to restart. So if you can safely do so, we'd love to see you at Mass this Lent (and so would Jesus). No matter what your situation, please know I am praying for you.

—Jon Burbach, Director of Religious Education



Spinach Artichoke Lasagna Roll Ups

Great for a Friday during Lent!

Ingredients

- 12 lasagna noodles
- 2 cups ricotta cheese
- 1 cup spinach
- 1 cup artichoke heart, chopped
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 cups marinara sauce
- 1 cup shredded mozzarella cheese
- 1 cup shredded parmesan cheese
- 1 teaspoon salt
- ½ teaspoon pepper
- Fresh parsley, for garnish

Preparation

- Boil the lasagna noodles until they are soft but not fully cooked, for about 10 minutes. Drain and set aside.
- In a sauté pan over medium heat, saute the spinach with the olive oil and a pinch of salt. Set aside.
- Preheat oven to 350°F.
- In a medium-sized bowl, mix the ricotta, cooked spinach, chopped artichokes, garlic, ½ of the mozzarella, ½ of the parmesan, salt, and pepper.
- Spoon some of the mixture onto the lasagna noodle and roll tightly.
- Spread the marinara on the bottom of the baking dish. Place the lasagna rolls right side up to fill the dish.
- Top with the rest of the mozzarella and parmesan.
- Bake for 35-40 minutes or until the cheese is brown and crispy.
- Top with parsley and serve.

A TIME FOR TRUE PRAYER

What does God want of you this Lent? It's easy to begin Lent with more superficial commitments, such as giving up a favorite food or doing an extra good deed. Some choose to use Lent as a time to get in better physical shape, and others decide to dedicate more time to spiritual reading or other holy exercises. All of this is good and useful. But you can be certain that the deepest desire of our Lord for you this Lent is that you pray.

Prayer, of course, is much more than saying prayers. It's not only saying the rosary, or meditating upon Scripture, or reciting beautifully composed prayers. Prayer is ultimately a relationship with God. It's an encounter with the Triune God Who dwells within you. True prayer is an act of love between you and your Beloved. It's an exchange of persons: your life for God's. Prayer is an act of union and communion by which we become one with God and God becomes one with us.

As we begin the holy season of Lent, reflect upon your practice of prayer. If the images of prayer presented here intrigue you, then make a commitment to discover more. Commit yourself to the discovery of God in prayer. There is no limit and no end to the depth to which God wants to draw you through prayer. True prayer is never boring. When you discover true prayer, you discover the infinite mystery of God. And this discovery is more glorious than anything you could ever imagine in life.

My Catholic Life

Upcoming Parish Events

April 12: Easter Sunday

April 11: Divine Mercy Sunday Holy Hour, 2pm-3pm

June 25-27: Parish Rummage Sale

July 11: Parish Picnic/Outdoor Mass, 10:30am

August 22: StreetFest on the Hill

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Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.



“He was made known to them in the breaking of the bread.”

A few years ago a friend pointed out to me the somewhat strange fact that I have never seen my own face - I've seen myself in a mirror or in a picture, but never actually looked at my own face. Still, all of us have a pressing desire to know ourselves: we always look first for ourselves when we see a picture of a group of people, we take (perhaps too many) selfies, we'll use any surface as a mirror... But the reality is that we can only know who we are through relationship. My insight into myself comes through interaction with others. This is part of the reason this past year has been difficult for us; the communication that makes us thrive has been limited or eliminated. What's the solution?

Some of you might remember Pope Francis' special "Urbi et Orbi" blessing from this past March. The scene was dramatic; the pope stood alone in a dark and rainy St. Peter's Square and reminded us of God's deep care for us. The culmination of the prayer service was the pope's benediction. Again he stood, this time not alone but holding the Eucharistic Christ, and came just outside the doors of the church to bless the whole world and to offer hope in the midst of darkness. (It's worth doing a search for pictures from the event.)

Recently, on February 3, Francis held his weekly audience and offered another important reminder. The pope emphasized our need to participate in liturgy and in the sacraments because they are the foundation of our lives as believers. He said, "Every time we celebrate a baptism, or consecrate the bread and wine in the Eucharist, or anoint the body of a sick person with Holy Oil, Christ is here. It is He who acts and is present as when He healed the weak limbs of a sick person, or when at the Last Supper, He delivered His testament for the salvation of the world... [T]here is no Christian spirituality that is not rooted in the celebration of the holy mysteries."

More than any human relationship, we need communion with Jesus. Our connection with Christ is based firstly in the Eucharist, which is inseparable from the community that worships together. Friends, let us seek out Jesus the Bread of Life and allow our coming together with Christ to define us. Let's seek the face of Jesus who is made known to us in the breaking of the bread.

—Fr. Sam McCarthy, Associate Pastor

HOLY WEEK SCHEDULE

Palm Sunday — March 28

Regular Sunday Masses
Adoration — 1:00pm-3:00pm

Monday, March 29

Mass — 5:30pm

Tuesday, March 30

Mass — 8:00am
Adoration — 4:00pm-5:15pm
Confession — 4:30pm-5:15pm
Mass — 5:30pm

Wednesday, March 31

Mass — 8:00am
Mass — 5:30pm

Holy Thursday, April 1

Mass of the Lord's Supper — 7:00pm*
Adoration — 8:30pm-11:00pm

Good Friday, April 2

Liturgy of the Lord's Passion — 1pm/7pm*

Holy Saturday, April 3

Easter Vigil — 8:00pm

Easter Sunday, April 4

Masses — 7:30am, 9am, 10:30am (Tomah)
10:00am (Warrens)

*these times are subject to change if different diocesan directives are made

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30 Minutes of Peace at Daily Mass

Whether you're a stay-at-home parent or a 9-to-5er, a college student or a retired veteran, no matter your stage in life you could probably use an extra half hour each day to recharge. Many of us accomplish this with a mid-day nap or a lunch break at work, but what better way to spend our (limited) free time than to pay a visit to the church? Our lives are noisy and not because they always have to be, but because we have been conditioned to need constant stimulation. Our phones, iPads, and televisions usually win the battle for our eyes at the dinner table and just about everywhere else. Even when we 'get a break' we hardly ever take a moment to just unplug. Go to Mass and leave your phone in the car, you won't regret it.



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DATES TO REMEMBER

February 17: Ash Wednesday **Day of Fasting and Abstinence**

Mass Times: 6:30am, 8:00am, 5:30pm, 7:00pm (All in Tomah)

April 1: Holy Thursday

Mass of the Lord's Supper — 7:00pm (Tomah)

April 2: Good Friday **Day of Fasting and Abstinence**

Service — 1:00pm/7:00pm (Tomah)

April 3: Holy Saturday

Easter Vigil Mass — 8:00pm (Tomah)

April 4: Easter Sunday

Masses — 7:30am, 9:00am, and 10:30am (Tomah); 10:00am (Warrens)

April 11: Divine Mercy Sunday

2pm: Adoration and Confession; 3pm: Divine Mercy Chaplet