



Saint Luke Catholic Church

18000 West Greenfield Avenue • Brookfield, WI 53045

262-782-0032 • www.stlukebrookfield.org

March 7, 2021

Third Sunday of Lent



Welcome to St. Luke

When we stopped celebrating public Masses, we had intentions allocated for many of the days of the year. While the Sunday Masses 'for the people' were fulfilled with our "virtual Mass", a significant backlog exists. In order to catch up, we are not accepting new intentions at this time. Once existing intentions are fulfilled, we will advise all of this fact. Thank you for your understanding.

Mass Schedule

Saturday 5:00 PM
Sunday 8:00 AM
10:30 AM
Tues. 8:00 AM

Sacraments

BAPTISM

Please arrange with the Parish Office.

RECONCILIATION

Saturdays 4:00-4:30 PM
and by appointment.

MARRIAGE

Arrangements should be made at least 6 months prior to the wedding date. Saturday wedding schedule: 1:00 PM

ANOINTING OF THE SICK

Please call to arrange

Devotions

Mother of Perpetual Help
Tuesday.....6:30 PM

Office Hours

Mon., Wed., Thurs., Fri.
8:00 AM-5:00 PM
Tues. 11:00 AM - 7:00 PM
After hours for emergencies requiring a Priest
(262) 782-0032 ext.102

Membership

People new to the area are invited to register at St. Luke by contacting the Parish Office or stopping at the Welcome Table in the Narthex.

We welcome you to journey with us in faith!

Mass Intentions

SUNDAY, MARCH 7

Ex 17:3-7/Rom 5:1-2, 5-8/Jn 4:5-42

Eucharists for the Lord's Day

5:00 PM Parishioners of St. Luke & St. Pius X, Nigeria
8:00 AM † Monica Drinan
10:30 AM † Patrick Regan

THIRD SUNDAY OF LENT

Monday, March 8

2 Kgs 5:1-15b/Lk 4:24-30

No Morning Mass

Lenten Weekday

Tuesday March 9

Dn 3:25, 34-43/Mt 18:21-35

8:00 AM † Dee Kutcher

Lenten Weekday

Wednesday, March 10

Dt 4:1, 5-9/Mt 5:17-19

8:00 AM † Mary Banaszak

Lenten Weekday

Thursday, March 11

Jer 7:23-28/Lk 11:14-23

No Morning Mass

Lenten Weekday

Friday, March 12

Hos 14:2-10/Mk 12:28-34

No Morning Mass

Lenten Weekday

Saturday, March 13

Hos 6:1-6/Lk 18:9-14

Lenten Weekday

SUNDAY, MARCH 14

1 Sm 16:1b, 6-7, 10-13a/Eph 5:8-14/Jn 9:1-41

Eucharists for the Lord's Day

5:00 PM † Nancy Hoepfner & Parishioners of St. Luke & St. Pius X
8:00 AM † Bob & Jim Alexander
10:30 AM † Marie & Robert Guidinger

FOURTH SUNDAY OF LENT

Guests? Possible New Members? Have you been worshipping with us and thinking about joining us? 'Sign-up' as members of St. Luke at the 'NEW MEMBERS TABLE' after Mass. WELCOME! JOIN US!



Thirsting for Clean Water

Sun., March 7.....Intergenerational Faith Formation
 12 Noon Zoom
Mon., March 8..... Handbell Rehearsal
 7:00 PM Church
Tues., March 9 Perpetual Help Devotions
 6:30 PM Chapel
Fri., March 12 Stations of the Cross
 6:30 PM Church
Fri., March 12 Drive thru Fish Fry
 4:30 - 7:00 PM
Sun., March 14..... Faith Formation Classes
 9:15 - 10:15 AM Classrooms

In the first reading the people grumbled against Moses because they were thirsty. Thousands of years later, almost 1 billion people still thirst for clean water. Many women, like the Samaritan woman in the Gospel, spend thousands of hours each year pumping and carrying water for their families. Often, this grueling physical labor leads to health problems like muscle strains, exhaustion, and severe pain.

The United Nations estimates that by 2025, 48 nations (2.8 billion people), will face freshwater “stress” or “scarcity”.

We can make a difference by taking the H2O Challenge!!! Help drill clean water wells around the world. Drink only water for two weeks. Save the money that would be spent on other beverages and donate it to well drilling projects. For more information visit www.theh2oproject.org/index.html

To help your children learn how they can make a difference visit www.charitywater.org or www.water.org

St. Luke Drive-Thru Fish Fry News



Thank you one and all who made our first Lenten drive thru fish fry a success. We served about 335 dinners. We had some challenges, but are working those out. The next fish fry is March 12th from 4:30 to 7:00. Menu includes baked or fried cod (\$10) or plain or coconut shrimp (\$11). To help with the event, please contact

Paul Zarling at 262.352.4579 or through email at zarling3@sbcglobal.net.

We will no longer be taking preorders for the March 12 or March 26 fish fry. Orders will be taken from your car upon arrival.

New drive up fish fry route. Please come to the upper church parking lot, via Davidson Road. Your order will be taken, payment made you will be asked to exit from the west via San Lucas to the lower parking lot to pick up your order. Do not worry about the change, the cod crew traffic captains will be on site providing you all of the direction you need. To help with the traffic, please contact Paul Zarling. Remember: Upper lot, Davidson entrance.



Water is often used as a symbol of life, but in the Gospel today, it symbolizes the outpouring of the Spirit of God. Jesus shows that God values all people, no matter their culture or the choices they have made in life.

When you partner with the St. Luke Society of St. Vincent de Paul, you are showing our neighbors in need that they are valued. Is there a neighbor you know who needs assistance? Call 262-782-0032, ext. 288.

Please remember in prayer **Elaine Bates** of St. Luke, who has died, and her family.
Eternal rest grant unto her, O Lord.
 R./And let perpetual light shine upon her.
May her soul and the souls of all the faithful departed, through the mercy of God, rest in peace.
 R./ Amen.



Blood Drive



The gifts of blood and life are precious and we're relying on one another to create strong communities and hope for local patients every day.

There is an *immediate need for blood donations* and we're relying on our awesome donors, like you, to help ensure patients have the blood they need to survive and thrive! Please join us. Together, we can help save lives through this life-saving gift of blood. Thank you!

If you already scheduled your appointment... THANK YOU! If you haven't, please schedule your appointment now at https://donate.wisconsin.versiti.org/donor/schedules/drive_schedule/203352

by contacting Bill Kirsch at kirsch.family@sbcglobal.net - Thank you! You might win the weekly drawing for the \$500 Airbnb gift card: Thank you for sharing your life-saving gift with patients and their families in our community - we are so grateful for you!



Luke's Literary Ladies

Luke's Literary Ladies will meet on Tuesday March 16th in the Narthex Meeting room at 7:00pm. The book selected is: *Rainwater* by Sandra Brown.



From Cathy's Desk

"Let no one walk alone. The journey makes us one."
~Rory Cooney

Here we are celebrating the 3rd Sunday of Lent. Under normal, non-Covid-19 days, we by now would have heard the choir sing Jerusalem, My Destiny and sung it numerous times ourselves. This is one of my favorite songs of the Lenten season, and the 2 sentences quoted above give me great comfort. Each of us, in our everyday life, at one time or another has felt, or does now feel alone. This has nothing to do with the current pandemic. Rather, it is a sense of isolation even if we have a large family, circle of friends, and/or group of co-workers. Sometimes we just feel as though no one can truly understand what we are going through. It is when we are in these very dark places that we need to try to remind ourselves that others may not have the same journey as us, but we all do have baggage, and our own journey to travel. So it is the second part of the quote that offers us solace. We are called to try to understand what our sisters and brothers are going through, but we know that because we are all on a journey, we are in solidarity with one another. Continue to make good use of our Lenten season to make room for God and all blessings that come through a period of self-discovery.

Adult Question: When has the message of the cross seemed absurd to you, and when have you seen its wisdom?

Child Question: What puzzles you in the gospel stories? Which story makes you the most hopeful?

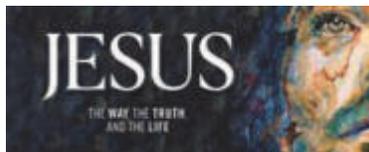
~ Cathy Smith
Director of Faith Formation/Pastoral Associate

Reconciliation—

A Gift Bestowed ~ A Gift to Share

Today, March 7, 2021 we will have our next Intergeneration / Whole Parish Catechesis Zoom session at noon. This is a required session for Christian Faith Formation families, but the entire parish is invited. If you would like to participate please let me know the email address you would like me to use to send your invitation. Cathy Smith csmith@stlukebrookfield.org.

Tuesdays with Jesus



On Tuesday, March 16, 2021 at 9am we will begin a new series by Ascension Press, *Jesus: The Way, the Truth, and the Life*. Our belief in Jesus is what

makes us who we are as Catholics, and as Christians. You are invited to make him the center of your life by joining us for *Jesus: The Way, the Truth, and the Life*, a 10 session video study program that explores the entirety of Jesus' life and what he means for us as Catholics today. Participants will meet to view an engaging video presentation by Marcellino D'Ambrosio, Jeff Cavins, and Edward Sri, followed by a lively group discussion. For more information and/or to register, contact Cathy Smith in the Christian Faith Formation Office, 262-782-0032 ext. 106, or csmith@stlukebrookfield.org. We hope you can join us!

Easter Memorials 2021

St. Luke would appreciate your donations to help in purchasing flowers, other Easter decorations and for instrumentalists. This is a special way to remember a loved one or special event. Your memorials will be published in the parish bulletin at the conclusion of the Easter Season.

Please return this form, along with your donation, in an envelope marked "Easter Memorials".
PLEASE PRINT CLEARLY to assure the correct spelling of names. Drop envelope in collection box or mail to the office.

Your Name _____

Donation Amount for _____

The Memorial Message (Please fill in one line only)

In Memory of _____

In Honor of _____

Other _____



Dear People of St. Luke and Guests, Lenten Pilgrims, ALL!

Last Sunday we zigzagged, circled around and made it up and down the Mount of Transfiguration. Our hope was to enter into the mystery of God through trust and faith discerning for ourselves as the disciples said ‘what it means to rise from the dead.’ On this Third Sunday of Lent we switch to Cycle A readings and listen in on the conversation Jesus has with the Samaritan woman at the well. I find it fascinating how they ‘go deep’ like peeling a head of lettuce or cabbage. With each layer more is revealed about the mystery of life and love. Reflecting is one thing; changing, being transformed; really doing something about our life direction is something else. I recall from treatment for my alcoholism that ‘we can’t think our way into acting differently; we must act our way into a new way of thinking.’ We’re good people, but also people of habit. Change is difficult; at least for me.

I came across the article below in the *Clinical Psychology Associates Newsletter*. The practical advice is sound; the only thing I might change would be inserting ‘unhealthy’ occasionally for ‘bad’ habits and using ‘we/our’ instead of ‘you/yours’.

The Power of Habits Part 2: Leaving Habits Behind by GoodTherapy.

Most of us have experience with trying to quit bad habits. We want to grow, and certain bad habits can stand in our way. We know the struggle of quitting bad habits – it is not always easy to choose to engage in that struggle. Sometimes we feel a sense of dependence on these habits. There are so many examples of this kind of thing, and it often involves something that could be good for us, but we’re using it in a way that’s unhelpful to us. We’re convinced that we need to drink that glass of wine, over exercise, or bite our nails to deal with our stress. Wine is lovely, moving your body is great, but humans have a knack for making good things problematic. [Not much good to say about biting nails.] What do you need right now? When your habits aren’t your allies, it’s time to move past them. If you’re finding that you’d like to leave some of your habits behind, even habits that aren’t “bad” so much as just not serving you well, welcome to the club. We’re glad you’re here.

WHY IS IT SO HARD TO BREAK A HABIT? Habits can be hard to break because doing so requires changing our brains. Once we have done something enough times, our brains create strong neural pathways for that action, making it normative for us. Sometimes there are reasons for this. For example, someone who bites their nails might only do so when they’re anxious about something. Their brain defaults to do this as an anxiety response. It has become a habit associated with that feeling. Once our brain is wired to depend on something, it can be challenging to retrain it. But it can be done.

THE KEY TO QUITTING BAD HABITS

#1 Identify the Habit

The first step to quitting a bad habit is to identify it. First, determine what default patterns are not helpful, and decide to stop. (Some people have habits they do not even recognize-feedback from those close to you can help with this first step.) While you might not be able to stop this pattern of behavior cold-turkey, this will start the process of retraining your brain to recognize this action is undesirable.

#2 Explore Its Origins

When and why did this habit begin? Exploring a habit’s origins is key to retraining your brain. Sometimes we engage in bad habits as a stress response. Think back to the time in your life when the habit started. Identifying where it came from can provide clarity and help you recognize the behavior’s triggers.

#3 Replace It with Something Else

Replacing one habit with a better habit is a powerful way to retrain your brain. The triggers that used to lead to the habit you’re trying to quit will probably still come up – creating a healthier habit in response to them will help you bypass the old habit’s neural pathways by creating new ones. For example, if you’re trying to quit smoking, drink a glass of water or a cup of tea every time you want to smoke a cigarette. If you’re trying to stop looking to alcohol to help you unwind at the end of the day, start setting aside 15 or 30 minutes for a new yoga practice or a fun-book reading habit after dinner.

#4 Change Your Routine

Your routine plays a significant role in quitting bad habits. If your routine caters to habits you want to leave behind, it will be difficult to make changes. Try changing your routine and schedule to accommodate new, good habits. Be mindful of settings that might be more tempting and develop a plan for handling those situations.

#5 Connect with Others

Quitting bad habits is easier when you have others in your corner cheering you on. Your friends, family, and therapist want good things for you. Harness the power of positive peer pressure and ask them for support. Telling people about what you are trying to do can help hold you accountable and motivate you on your journey to quitting bad habits.

#6 Give Yourself Grace

Ridding yourself of a habit you don’t want is hard work, and only rarely does it happen overnight. You will need to extend the same kind of kindness and forgiveness toward yourself that you would to a friend. Contrary to popular opinion, shaming yourself doesn’t make you more successful or motivated to change.

#7 Work with a Counselor or Therapist

No matter what kind of habit you’re trying to quit, there are behavioral health therapists who can help on your journey. A therapist can help identify the root of your habit and establish new ways of thinking. They can help you learn strategies to start quitting bad habits.

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As we continue to live into our Baptism and allow God’s Spirit to renew our Baptism, we recall we are changed and transformed not for ourselves but for others so we can transform our world in Christ.

Blessings as we journey from ‘Ashes to the Living Font,’ *Fr. Augustine*

From the Pastor



Sister Virgena Clark, RSM, age 89, died Feb. 17, 2021 in Chicago.

Born in Madison, WI, she professed first vows in 1954, and final vows in 1959. As a Sister of Mercy for 67 years she served in the Archdiocese of Milwaukee for over 37 years, 6 as an elementary teacher and 30+ as a Director of Religious Education. The last 21 years were at St. Luke Parish, Brookfield, WI.

In 1996, Sister Virgena Founded R.I.S.E.N. (Religious Instruction Special Education Needs) and most recently joined in R.I.S.E.N. Thanksgiving Dinners, 2017, 2018, 2019. One special joy was participating in Clown Camp with Patti Peplinski.

She is preceded in death by her parents, Norine nee Morrissey & Frank Clark, brother Fr. Lawrence Clark, & sister, Margaret M. Snell. She is survived by her brother Ray M. (Marlene) Clark, 11 nieces, nephews and numerous relatives and friends.. In lieu of flowers, memorials to the Sisters of Mercy, 3659 W. 99th St., Chicago, IL 60655 would be greatly appreciated.



**Lord,
Thank You,
and
Sister Virgena
for the life, love
and faith shared
over her 21 years
at St. Luke.
May she rest in Peace!
Amen.**



4th Sunday of Lent: March 14 Personal Hygiene

- Disposable Shavers
- Shaving Cream
- Body Soap
- Body Lotion
- African-American Hair Products
- Feminine Care Items



Fasting

Ever discover you just cannot eat? Maybe you have an exam coming up. Or you've had a death in the family. Maybe you are about to give a speech. Or it's only days before your wedding.

Emotional events in our lives can cause a physical reaction—tensing up in the stomach, making it hard even to think about food. We naturally fast as a means of preparing.

Imagine the Church, the Body of Christ, as one giant organism getting ready for the big event of the year, Easter. The emotional promise of that day is causing a physical reaction in us: it is hard to think about food when we are drawing so close to the celebration of the death and Resurrection of the Lord.

Our most common form of liturgical fasting is the hour we spend before receiving communion, abstaining from food and drink. Most of us do not think about it anymore, but it used to be a three hour fast, and prior to that, a fast from midnight. This had the advantage of making communion the first food of the day, a real spiritual “break-fast.”

The canon and local laws regarding fasting during Lent are well publicized each year. We abstain from meat on Ash Wednesday and the Fridays of Lent and we fast (eating only one full meal) on Ash Wednesday and Good Friday.

But the liturgy presumes that fasting, or some form of self-sacrifice, accompanies the Lenten season. On Ash Wednesday, the Collect asks, “that we may begin with holy fasting this campaign of Christian service.” The prayer of blessing over the ashes assumes that we will “follow the Lenten observances.” Before blessing the palms on Passion Sunday, the presider will remind us that “since the beginning of Lent until now we have prepared our hearts by penance and charitable works.”

Holy Saturday, not just Good Friday, implies the presence of a fast. The Church abstains from communion; it may be given only to the dying. And those preparing for Baptism “should refrain from their usual activities, spend their time in prayer and reflection, and, as far as they can, observe a fast” (RCIA, 185) We all may find that extending the fast from Good Friday through Saturday helps us celebrate Easter better.

Fasting heightens our anticipation of Easter and gives us solidarity with the world's hungry. A fast at home will give new life to the prayers we hear and the songs we sing during Lent.

Bulletin Inserts for the Liturgical Life of the Parish: Devotions and Customs © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner. Roman Missal © 2010, ICEL. RCIA © 1988, ICEL.

Courtesy Announcement

“Joseph Bowls 2021-The Faces of Hunger”

SCHOOL SISTERS OF ST. FRANCIS
ONLINE FUNDRAISER MARCH 8-12

The hunger crisis in America and around the world has been made even more painful by COVID-19. The School Sisters of St. Francis invite you to help “The Faces of Hunger” through our online auction March 8-12. We have fun, one-of-a-kind auction items for every price range! Proceeds will benefit Casa Alexia—our sisters' food program on the El Paso-Juárez border—and Sisters Program South, which helps Milwaukee women who are victimized by trafficking and prostitution. Visit www.sssf.org for complete details and to place your bids.

Directory

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PRAYER NETWORK

Mrs. Janice Theisen (262) 521-8095

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BULLETIN DEADLINE

Noon on Monday

St. Luke Mission Statement

We, the people of St. Luke Catholic Faith Community, open to the Spirit, seek to grow in faith through liturgical participation, lifelong Christian formation, and social ministries of the Church.

We accept our responsibility as Christian Stewards in the sharing of our time, talents, and treasure as we journey together 'living into our Baptism'. We honor our past, celebrate our present, and embrace the future as together we build a household of faith and a world in which all are welcome.

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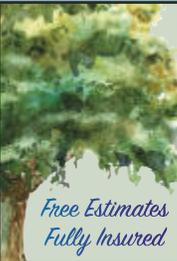
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