



FEBRUARY 20 & 21, 2021 • FIRST SUNDAY OF LENT

Saints

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Pastor - Rev. David Hoffman

Phone..... 865-7019

Deacon - Rob Hendricks

Phone..... 865-7844

Pastoral Associate -

Lori Flanagan

Phone..... 865-7844

Liturgy & Music -

Jennifer McAllister

Phone..... 865-7844

Parish Nurse - Carol Mueller

Phone..... 865-7844

CHRISTIAN FORMATION

Pre-School & K thru 5 -

Donna Pamperin

Phone..... 660-8346

Mid./High School/Confirmation -

Phyllis Hendricks

Phone..... 865-7677

Secretary - Stacy Rasmussen

Phone..... 865-7677

Adult Formation - Lori Flanagan

Phone..... 865-7844

SUPPORT STAFF

Parish Secretary - Kim Burkel

Phone..... 865-7844

Business Manager -

Sheri Mastalish

Phone..... 865-7844

Maintenance Coordinator -

Mike Grzywa

Phone..... 865-7844

CEMETERY

Director - Len Gracyalny

Phone..... 434-0110

Director - Richard Reimer

Phone..... 606-0365



1ST SUNDAY OF LENT

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." - Mk 1:14-15

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD

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PARISH OFFICE HOURS

9:00 am—2:00 pm Mon.—Thurs.
9:00 am—12:00 pm Friday

MASS TIMES

Saturday	4:00 pm
Sunday	9:00 am
Weekdays	9:00 am, Tues—Friday



"After John had been arrested, Jesus came to Galilee proclaiming the gospel of God...." MARK 1:14

Do you ever think about how difficult it must have been for Jesus to come into Galilee, knowing that John had just been arrested for teaching the same message that Jesus was proclaiming? It must have taken great love and trust for Jesus to do what the Father had sent Him here on earth to do. In the same way, following a life of stewardship takes great love and trust from us. We must be willing to surrender completely to God, trusting that God will always give us all that we need to fulfill His plan for us.

MASSSES FOR THE WEEK

Tuesday	
9:00 am	Christopher Evenson
Wednesday	
9:00 am	Deceased Members from the Steve & Mary Anne McFarlane Family
Thursday	
9:00 am	Tim Verhaagh
Friday	
9:00 am	Mary Eklund
Saturday	
4:00 pm	Bernard Kadrlik
Sunday	
9:00 am	Evelyn Sheedy People of the Parish



In Loving Memory

Of those who recently passed from our parish:

Jack Hill

Gerard Sheedy

Barb Wotruba

Eternal Rest grant unto them O Lord, and let perpetual light shine upon them. May they rest in peace. Amen

WEEK AHEAD

Monday	
6:30 pm	"Open our Eyes and Minds to our Children," Speaker (via Zoom)
Tuesday	
9:30 am	Prayer Shawl Ministry (Nelson Hall)
10:00 am	Parkinson's Support Group (via Zoom)
6:30 pm	Stations of the Cross
Wednesday	
6:00 pm	Finance Council Mtg.
Thursday	
6:00 pm	Parish Council Meeting (via Zoom)
6:30 pm	Evening Prayer (Church)
Friday	
Saturday	
8:00 am	Al-Anon Group Mtg. (Nelson Hall)
3-3:30 pm	Individual Confession in Church
4:00 pm	Mass (Please sign up online)
Sunday	
9:00 am	Mass (Please sign up online)
6:00 pm	Freshman Class (via Zoom)

CANCELTATION

Due to Covid-19 restrictions we are very sad to announce that we will not be having the Annual Rummage Sale this year.

Altar Rosary Meetings

Due to the coronavirus, all meetings are on hold until further notice. Stay safe and healthy.

Important information regarding registration for Christian Formation 2021-2022 classes will be mailed to you this month. Watch your mail!



Financial Stewardship

For the week ended February 13/14, 2021

Church Support Budget Needed	\$ 13,847
Actual Church Support	\$ 15,975
St. Michael's Food Pantry, Keshena	\$ 1,166
Parish Needs—Maintenance	\$ -0-
Parish Needs—Roof	\$ 270

Stewardship Collection Schedule:

This Weekend, February 20/21 – Parish Needs-Maintenance

Next Weekend, February 27/28 – St. Michael's Food Pantry, Keshena

Thank you for your continued generosity towards our parish and community.

Upcoming Dates:

Feb. 26 - First Communion Book & Fabric Sq. due

Christian Formation Zoom Class Dates:

- **Freshmen:** Feb. 28, Mar. 7 at 6pm
- **Middle School:** Feb. 21; A-L at 6pm, M-Z at 7pm

Please continue turning in completed homework and returning books. There is a new drop-box by the Bell Tower Doors for quick and easy homework drop-off.

Faith Connection:

Make sure to check out the Christian Formation monthly newsletter, "Faith Connection". It can be found on our website.

36TH ANNUAL KC PERCH FISH FRY

PLACE: ST. BENEDICT CHURCH SUAMICO

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TIME: 4:30PM To 7PM

DATES: Feb 12 & 26 March 12 & 26

PRICE: Regular Orders Only - \$15

Dinner includes: Bay Perch, Homemade Potato Salad, Coleslaw, Rye Bread, Onion and Cookies

Call in Your Order

Call 920-609-1340 Between 3-7PM

For Feb 12 Fry - order by Feb. 5

For Feb 26 Fry - order by Feb 19

For March 12 Fry - order by March 5

For March 26 Fry - order by March 19

ADVANCE REGISTRATION ONLY

Must have exact cash amount or check payable
to KC Ladies Auxilary

Join our Wednesday morning Bible study via Zoom at 9:30 am. Please contact Lori if you are interested in joining and you will be sent the meeting link.

ZOOM IN ON YOUR FAITH

Lori will be hosting Zoom meetings on the first and third Wednesdays of each month to answer your questions about the Catholic faith. Our next topic is the Mass, so please submit your questions to Lori at lflanagan@stedwardisidore.org by Monday, March 1, and then join us on the Zoom meeting on Wednesday, March 3, from 6:30-7:15 pm to hear the answers! To join the Zoom meeting, enter the Meeting ID: 812 7881 9138 and the Passcode: 552828.

Prayer Shawl

Baptismal Blanket Ministry



THANK YOU to all the wonderful ladies for sharing your time and talent! We couldn't have given so much comfort and love without you!

Consider being part of our ministry! Currently, we only have a few volunteers. We hope that you could help by making ONE shawl or ONE baptismal blanket. Yarn can be provided along with a prayer card, where you can write a special message or just sign your name.

If you would like to be part of this ministry, we meet every Tuesday after 9:00 am Mass in the Nelson Hall or you can make it at home. Please call Mary Anne (865-7455) or email (macentinc1@yahoo.com) if you have any questions.

Open our Eyes and Minds to our Children

Do you have concerns about your children or grandchildren as they go through this unusual time? Dr. Deirdre Radosevich and Dr. Vanessa Rodriguez will help us recognize the warning signs and tips for increasing coping strategies for children and teens during the pandemic.

The presentation will be virtual via Zoom.

Monday, February 22, 2021 at 6:30pm

There will be a 30-45min presentation followed by questions and answers.

Please call the parish office at 865-7844 or email: kburkel@stedwardisidore.org to request the zoom link. The meeting will be open 15 min. prior to starting.

If you have any questions or concerns, call Carol, Parish Nurse at 865-7844. Hosted by Ss. Edward and Isidore Health and Wellness Committee



Bishops' Appeal

Our Goal: \$ 129,771
Contributions so Far:
\$ 21,150
46 Families

Life Losses Grief Support Group

Grieving can happen at any stage in your life, whether it is the death of a loved one, loss of a job, ending a relationship, etc. Join with other adults for three weeks to share and support each other through the grieving process.

Wednesday, March 10, 17, and 24, 2021

3:00 pm – 4:30 pm

Ss Edward and Isidore Parish

Resurrection Hall (Individual tables set up following social distancing requirements)

How to lower Bad Cholesterol

Your bloodstream contains two kinds of cholesterol. LDL cholesterol is considered the “bad” type because it can form waxy deposits (plaque) in your arteries. Too much of this plaque raises your risk of heart attack or stroke. HDL cholesterol is called the “good” type because HDL particles help remove LDL from the bloodstream. Our goal is to have your LDL level low and your HDL high.

Fiber is a helpful part of food that helps decrease our LDL. There are two forms of fiber: insoluble and soluble. Insoluble fiber does not change much as it goes through your digestive system. It helps with healthy bowel movements. Soluble fiber absorbs water and forms a gel-like substance as you digest it, and it keeps you feeling fuller longer. Diets rich in soluble fiber are associated with lowering the amount of LDL circulating in your bloodstream. Good source of soluble fiber includes oatmeal, oat bran, legumes (beans, peas, and lentils), apples, oranges, carrots, and pears. Try to eat 25 to 30 grams of dietary fiber from a variety of vegetables, fruits, and whole grains. Animal-sourced foods do not contain fiber.

There also such things as healthy fats that help reduce your LDL levels. These fats should come from plant foods. Some examples are: Sesame and sunflower seeds and their oils, as well as corn, soybean, and safflower oils. Walnuts, almonds, and other tree nuts, canola, olive and peanut oils, nuts, and avocados. Eat salmon, mackerel, or other fatty fish twice a week. These foods are high in omega-3-fatty acids, which increases HDL and lowers LDL levels.

Our goal is to keep saturated (bad) fat intake at or below 10% of your daily intake. This type of fat increases your LDL levels. Eat less: processed meats, whole milk, cheese, ice-cream, bacon, butter, French fries, red meats, white bread, poultry with the skin, and pork sausage.

Finally, exercise for 30-40 minutes most days of the week will also improve your HDL levels. Maintain a healthy weight; losing weight if you are obese or overweight can often help improve your cholesterol profile and overall cardiovascular health. Source: Women's Nutrition Connection

“They all ate and were satisfied.” Mark 6:42

Have a great week! Carol, Parish Nurse

SUNDAY'S READINGS

FIRST READING:

I will establish my covenant with you,
that never again shall all bodily creatures be destroyed
by the waters of a flood;
there shall not be another flood to devastate the earth.
(Gn 9:11)

PSALM:

Your ways, O Lord, are love and truth to those
who keep your covenant. (Ps 25)

SECOND READING:

Christ suffered for sins once,
the righteous for the sake of the unrighteous,
that he might lead you to God. (1 Pt 3:18)

GOSPEL:

The Spirit drove Jesus out into the desert,
and he remained in the desert for 40 days,
tempted by Satan. (Mk 1:12-13)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.
The English translation of Psalm Responses from Lectionary for Mass ©1969, 1981, 1997, International
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OBSERVANCES FOR THE WEEK OF FEBRUARY 21, 2021

Sunday: 1st Sunday of Lent
Monday: The Chair of St. Peter the Apostle
Tuesday: St. Polycarp, Bishop and Martyr
Next Sunday: 2nd Sunday of Lent



1ST SUNDAY OF LENT

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REFLECT

FIRST READING

God promises Noah to use a "bow in the clouds" (a rainbow) as a sign and symbol of His divine pledge to never again allow a world-wide flood to devastate the earth. This is the Bible's first recorded covenant between God and humanity. What do you think of when you see a rainbow?

SECOND READING

Peter teaches that Jesus preached to both the living and the dead — those dead dating back to the days of Noah — and connecting us through baptism. What do you find intriguing about this idea?

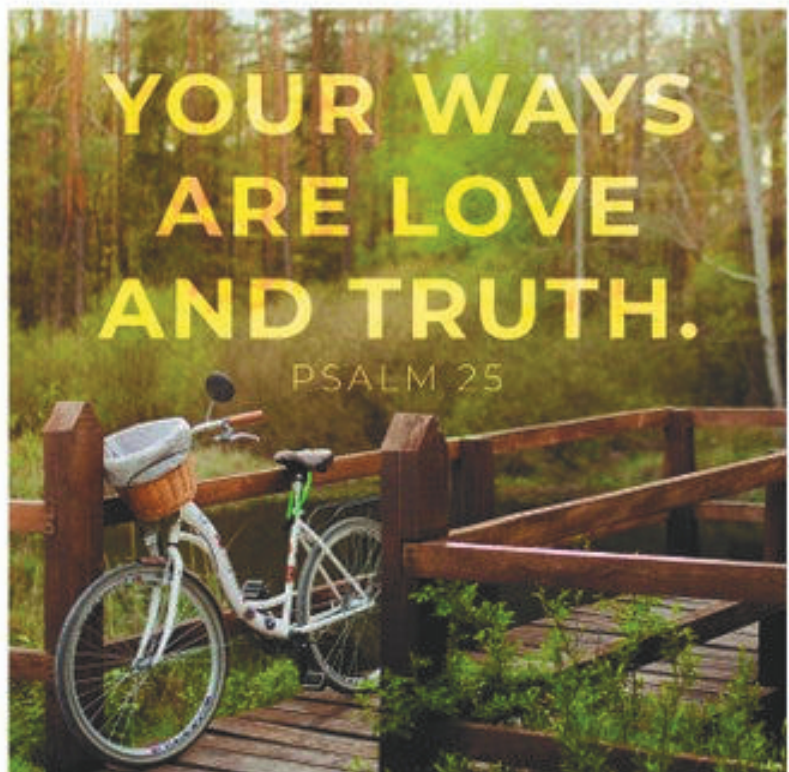
GOSPEL READING

We hear about Jesus' temptation in the desert and his inaugural gospel message to those living in Galilee. Jesus saw repentance as necessary to believe his good news. As we begin the Lenten journey, what aspects of your life require repentance?

LIVE THE LITURGY

INSPIRATION FOR THE WEEK

Throughout history God has given His people signs. Our season of Lent offers us God's sign that it is time to stop the ordinary routines of our lives, create some desert space, and listen more attentively for God to reveal His presence. We are asked to unplug from our attachments, compulsions, obsessions, addictions, routines, and busyness to clear the slate and take stock in who we have become. We are asked to remember the ancient sign of God's covenant with humanity in which He vowed to nurture, sustain, and protect the relationship He has with His people. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. Even though some good solid self-denial is the order of the day, greater happiness and wholeness will be the fruit of our labors. Pleasant journey through the desert!

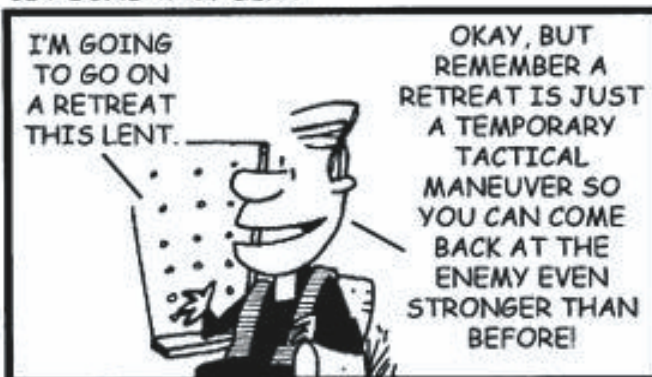


PLEASE CONSIDER ONLINE GIVING

Our parish is grateful for your continued support at this time. Thank you!



1ST SUNDAY OF LENT



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