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February 21, 2021

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218.741.6344

*February*  
*21st, 2021*

**Sunday Mass**

Saturday 4:30 PM  
Sunday 8:00 AM & 10:00 AM

**Daily Mass**

Monday & Wednesday 5:30 PM  
Tuesday & Thursday 8:30 AM

**Confessions**

Saturday 3:00 PM  
Monday & Wednesday 4:00 PM

**Parish Office**

Mon.-Thurs. 8:00 AM - 3:00 PM

**Fr. Brandon Moravitz**

Pastor

**Dan Schultz**

Deacon

**Hannah Milani**

Evangelization & Catechesis

**Ben Frost**

Adult Evangelization

**Jodi Phelps**

Business Manager

**Jodi Backman**

Facilities Manager

**Jessica Haverkamp**

Parish Secretary

**Josh Milani**

Director of Music

**Marquette Catholic School**

[www.marquettecatholicsschool.com](http://www.marquettecatholicsschool.com)

741-6811

**Lisa Kvas, Principal**

**Julie Kingsley, Secretary**



**1<sup>ST</sup> 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

# Testimony of Faith

## Sacraments

### Marriage

Contact parish office as soon as possible and at least **6 months prior** to desired wedding date.

### Baptism

Infant baptism during Mass or privately. Call parish to arrange pre-baptism parent session or request information. Forms available on the parish website.

### RCIA

Adults interested in becoming Catholic, please speak with Fr. Brandon or Ben Frost for more information.

### Anointing of the Sick

Call the Parish office to schedule Sacrament or Communion calls for the homebound.

### Prayer Warrior Team

Please call Donna Strumbell at 218-290-3767.

## Stewardship of Treasure

### Ordinary Income

**July 1, 2020 - June 30, 2021**

Annual Goal .....	\$497,200
Income Received to Date.....	\$269,316
Average Weekly Goal.....	\$10,542
Collected Last Week.....	\$6,128

*\*Includes online ☺ autodraw giving*

### United Catholic Appeal Update

2020 Goal.....	\$69,421
UCA Total Received.....	\$60,931
UCA Balance Due.....	\$8,490

### Marquette Catholic School Endowment Fund Balance:

\$106,642

## A Beginner's Guide to Adoration by Caitlin Sica

The first time I went to adoration I was a sophomore in college and it was unintentional. Really. I was on vacation with a group of friends, but I made sure to check online for the nearest Mass schedule. I pulled into the parking lot at 10:20—10 minutes to spare, life was good. Except...the parking lot was empty. I walked to the front of the church—the doors were locked. I looked at the sign out front and realized I had missed Mass. Slightly panicked, I wasn't sure what to do. I walked around for a bit and then remembered that this parish had perpetual adoration. I was restless.

I walked up the hill to this tiny little chapel, opened the doors, and stepped inside. It was dark, chilly, and extremely quiet. I slid into a pew, knelt, and began to pray. I thought I could hear myself thinking. I looked down at my watch...3 minutes had passed. 3 minutes? I could hardly believe it. I looked next to me at the only other person who was in the chapel—a monk, who was sitting, barefooted, eyes closed, and smiling. He made it look so easy, so peaceful. I, on the other hand, was in agony. I had promised myself I would stay in adoration for an hour—since that's about how long Mass was. I closed my eyes, tried to relax. "Pray, Caitlin," I coached myself, "it's not that hard." I opened my eyes. Another 5 minutes had gone by. 52 minutes to go, but who was counting? Then it dawned on me that my whole attitude was wrong. God wasn't forcing me to be there, to spend an hour with Him because I had missed Mass. I was choosing to be there. Did I want to be there? Did I want to spend time with Jesus? I did. So I asked God for the grace to let me sit there with Him, in silence, peacefully.

I gazed upon the monstrance, containing Jesus — body, soul, blood, and divinity — and smiled at the intimacy of it all. I closed my eyes for the third time and prayed. This time, when I opened my eyes an hour had gone by! Halleluia! I was filled with joy—not because I had fulfilled my made up requirement, but because God had stilled my heart. I left that chapel filled with a peace, contentment, and joy unlike anything I had felt before.

While it would be six months until I would attend adoration again, God had placed something on my heart—a desire to know Him more fully in the most Blessed Sacrament. Today, I am a much different person than I was the first time I sat in adoration. I no longer dread the form of prayer, but desire it. I try to go to adoration several times a month. Sometimes, I am able to sit peacefully and sometimes my heart is more restless. But every time, I am grateful for the opportunity to sit and gaze upon the Lord.

Have you ever gone to adoration? Have you tried, but felt defeated like I first did, and occasionally still do? Here's a list of 5 ways to be successful in adoration:

### 1. Be Patient

I was recently talking with a group of friends about their experiences of adoration. A lot of them expressed the same frustration—that sometimes, time seems to stand still, 5 minutes seem eternal. Have you ever been out of shape and tried to go for a one mile run. Suddenly, 5 minutes into the run, you're huffing and puffing and you realize you've only gone one block. Rather than focusing on the success — you just ran for the first time in months!! — we tend to focus on the defeat. Adoration can be a bit of a work out... for your soul. So set yourself up for success. If it's been awhile, or your first time, 5 minutes of sitting with Jesus is a good goal. Slowly increase your time—you'll be amazed at how God increases your capacity to be with Him!

### 2. Bring Scripture

Reading scripture is always a good thing, but is especially helpful and meditative during adoration. There are many prayer books and apps that contain daily scripture readings. I particularly like reading the Psalms and reflecting on a verse that speaks to me on that given day. As I read scripture I ask myself: How is this scripture speaking to my heart? What changes is God asking me to take? How will I go about making those changes? I make this part of my prayer.

### 3. Pray the Rosary

The rosary is a beautiful prayer, one that many saints have prayed. St. Louis de Montfort said "When the Holy Rosary is said well, it gives Jesus and Mary more glory and is more meritorious than any other prayer." What better way to give Jesus and Mary glory than to pray the rosary in front of the Blessed Sacrament? There are many guides and apps you can print/download to help guide you through this form of prayer.

### 4. Listen to Praise and Worship Music

When I'm the only one in the Church or chapel, I love to start adoration by listening to praise and worship music. "Restless" and "I Shall Not Want" by Audrey Assad, "Lay it Down" and "Lord, I Need You" by Matt Maher, are just a few of my favorite songs to listen to during adoration. The music and the lyrics help me quiet myself and turn my thoughts to God.

Con't...

# Parish News

Con't...

## 5. Be Okay with Silence

It's so easy to go a whole day without silence. We get in the car and turn on the radio, we have our phones, with days worth of music, in our pockets, and at the end of the day there's Netflix. Even if we are in a quiet environment, we are usually accustomed to checking our phones—for a text, the latest Facebook drama, the trending hashtag on Twitter, the newest picture on Instagram, the list goes on. Don't get me wrong, I fall prey to every one of those habits. Which is why, when I'm sitting in adoration, I can find it difficult to focus. I've become so accustomed to the business of the world, that being truly still, truly silent, can seem uncomfortable, foreign. But that discomfort is ok, good even. In Audrey Assad's "Restless" she sings "And I'm restless, I'm restless, 'Til I rest in You." I find this sentiment to be so true when I am in adoration. Sure, the first few minutes I am restless as I begin to wind down. But eventually, I am filled with insurmountable peace. Allow yourself to sit in silence and to just be with Jesus.

In an apparition to St. Margaret Mary Alacoque, Jesus spoke these beautiful words: "I have a burning thirst to be honored by men in the Blessed Sacrament." Go to adoration, even if it's just for 5 minutes. Jesus desires to be with you, to have you gaze upon Him, as He so lovingly gazes upon you.

## Mass Ministries

If you are interested in being a reader or a sacristan please sign up after Masses this weekend or contact the Parish office.

We are looking to expand these ministries. Over the next month or so and we will be putting together training opportunities and setting up schedules. Thank you.

## 40 Hour Parish Mission Fr. John Rutten

Mark your calendars for March 5/6/7 as our parish offers a Lenten Forty Hours Parish Mission entitled "Come to me all you who are labored and burdened and I will give you rest." Do you feel worn down by the world, or maybe experience the anxieties of the daily grind? Fr. John Rutten of the Sioux Falls diocese will join us for three nights of renewal, dynamic presentations and prayer accompanied by Fr. Brandon Moravitz and music by Josh Milani.



## Lent Prayer and Sacraments Schedule

### Weekend Masses:

Saturdays @ 4:30pm  
Sundays @ 8am & 10am

### Weekday Masses:

Mondays and Wednesdays @ 5:30pm  
Tuesday and Thursday @ 8:30am

### Confessions:

Mondays @ 4:00pm  
Wednesdays @ 4:00pm  
Saturdays @ 3pm

### Adoration:

Monday, Wednesday, & Friday 7am-9pm  
Tuesday & Thursday 9am-9pm

### Stations of the Cross:

Tuesday & Thursday @ 2:30pm with MCS  
Sundays at 7pm w/ music and benediction

### More Prayer Opportunities:

Monday-Friday at Holy Spirit  
Divine Mercy Chaplet @3pm  
Rosary @noon

Monday-Friday Online  
Night Prayer @9pm

Website: [www.holyspiritvirginia.com](http://www.holyspiritvirginia.com) and find us on Youtube: "Holy Spirit Catholic Church Virginia MN"

The raffle has been going amazing—there is still time to buy those raffle tickets to help support our school. There will be families selling after each weekend Mass or stop in the Parish office!



## Mass Intentions

<b>Monday</b>	<b>February 22</b>
5:30 PM †	Kevin O'Donnell
<b>Tuesday</b>	<b>February 23</b>
8:30 AM †	Irene Pluskwik
<b>Wednesday</b>	<b>February 24</b>
5:30 PM †	William Lilya
<b>Thursday</b>	<b>February 25</b>
8:30 AM †	Mary Weinzirl
<b>Friday</b>	<b>February 26-No Mass</b>
<b>Saturday</b>	<b>February 27</b>
4:30 PM †	Armondo Lanari
<b>Sunday</b>	<b>February 28</b>
8:00 AM †	Russel Koebensky
10:00 AM †	Angie Gangl

### Youth Ministry Corner

#### Steubenville Summer Missions Trip 2021 Update

Parents and teens! It is with great joy and anticipation that we are beginning to organize our summer missions trip for 2021.

We just received word that the Steubenville Conference in Atlanta, Georgia has finalized summer event plans and will be publicly opening registration in early March. We are planning our trip for July 6th-12th, 2021. At this point, WE NEED TO HEAR FROM YOU. Pass the word! Whether you are interested in going or are going to pass this year. We need to know by **Wednesday, March 3rd** so we can make some major plans.

We at Holy Spirit Church recognize the power of human connection and true encounters with Christ have never been more important. We know that in-person events help those connections and encounters to happen. We are encouraged by the recent measures being taken and are hopeful to have a fruitful mission trip this year.

We are beyond excited to be moving in this direction but also know many have questions and concerns. Please contact Hannah Milani with your interest/passing for this year or if you have any questions. We are still learning as the conference releases more information and as we pull our plans together. But we can tell you what we know.

Email: [hannah.milani@duluthcatholic.org](mailto:hannah.milani@duluthcatholic.org)

Phone: 218-741-6344



#### Community Build Nights

All of our high school students are invited to the Holy hour at 7:00 pm on Sunday nights followed by games and fellowship. We will be testing out the newest floor group game in the social hall and kicking our weeks off with prayer and community. Friends are encouraged!

Contact Hannah Milani with any questions!

207-206-6158

Altar Server Schedule Weekend of Feb. 27 & 28			
	Sat. 4:30pm	Sun. 8:00am	Sun. 10:00am
	J. Kenyon	E. Pond	AJ SEeber
	E. Sandquist	T. Pope	J. Seeber
	Htr. Lamourea	I. Villebrun	L. Bialke
			G. Kober
			J. Aluni



Hello Holy Spirit Parish!

It is now Lent! Along with Lent comes a few musical changes to the liturgy. We will not sing the alleluia as the Gospel acclamation until the Easter Vigil. We will be using the simple chant Mass parts, which are a very traditional setting for the Mass parts. We will not be singing any opening hymn in order to set an atmosphere of reverence at the very beginning of Mass. You may hear more Latin than you are used to especially as we get closer and closer to Easter. These ancient Latin hymns are full of rich meaning and tradition. They are sung worldwide in the same language, the language of the church. I hope that this music ministry helps you to enter fully into the season of Lent and Easter.

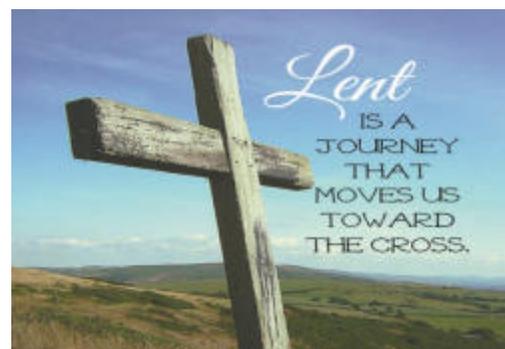
-Josh

### **FORMED.org Feature**

*“Companions in Shipwreck” (Video)* In the era of cancel culture and shunning of our neighbors, we should look back at how friendship should be integrated into our lives. It may be as simple as getting to know someone, or going further and visiting them regularly. What can we learn of the true principles of friendship? Who can we learn it from? Look no further than the life of famed author and Catholic, J.R.R. Tolkien. The relationships he exhibited are a wonderful example for all of us to follow, especially with those we may disagree with.

### **Augustine Institute Kiosk Feature**

*“The Truth” (CD)* What is the meaning of life? Fr. Larry Richards tackles life's biggest question with straightforward, timeless, and often jolting answers. In this one-of-a-kind, life-affirming reality.



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