



GOOD SHEPHERD

CATHOLIC CHURCH & SCHOOL

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PARISH OFFICE

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Hours Monday to Thursday: 8am to 4pm
Fridays: 8am to 12pm

PARISH STAFF

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SCHOOL

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Stevi Evans, Principal
» ext. 811 » stevieans@gsgvschool.org

SACRAMENTS

VISIT OUR WEBSITE FOR UPDATES TO OUR SCHEDULE DURING THIS TIME OF SUSPENDED PUBLIC LITURGIES

Weekend Mass Schedule:
» Saturday: 5:00 p.m.
» Sunday: 8:30 & 10:30 a.m.

Weekday Mass Schedule:
» Tuesday to Friday: 7:30 a.m.
» Saturday: 8:00 a.m. (*ad orientem*)

Eucharistic Adoration (in the church):
» Tuesday to Friday: 8:15 to 9:15 a.m.
» Saturday: 8:45 to 10:00 a.m.

Confession:
» Tuesday to Friday: 8:15 to 9:15 a.m.
» Saturday: 8:45 to 9:45 a.m.
» By appointment: Please call the pastor

Baptisms & Weddings
» Please call the parish office

MASSES DURING TIME OF PANDEMIC

We are moving to the next phase of our public Masses during time of pandemic. This will mean two changes that will take place beginning this weekend:

- 1) We will be shifting from seating in every third row to seating in every other row. This will still allow for social distancing and will increase our capacity to about 140 people.
- 2) Consequently, and for the time being, we will no longer require or request registration for our Sunday Masses. We will revert to registration if we run into capacity issues.

UPDATED SCHEDULE (SUBJECT TO CHANGE)

Monday, September 7

9:00 a.m. + Labor Day Mass

Tuesday, September 8

7:30 a.m. + Mass
8:15 to 9:15 a.m. + Confessions & Adoration

Wednesday, September 9

7:30 a.m. + Mass
8:15 to 9:15 a.m. + Confessions & Adoration

Thursday, September 10

7:30 a.m. + Mass

Friday, September 11

7:30 a.m. + Mass
8:15 to 9:15 a.m. + Confessions & Adoration

Saturday, September 12

8 a.m. + Mass
8:45 to 10:00 a.m. + Confessions & Adoration
5:00 p.m. + Mass (Registration Requested)

Sunday, September 13

8:30 a.m. + Mass (Registration Requested)
10:30 a.m. + Mass (Registration Requested)

The obligation to attend Sunday Mass and Holy Days of Obligation continues to be suspended as long as the pandemic continues. This means that you are not presently obligated to attend Mass. You should only come to Mass if you feel comfortable doing so.

All COVID-19 positive persons, those who are symptomatic, and those living with them, must stay home.

Persons over age 65 and those with preexisting health conditions should continue to stay home during Phase II and avoid public gatherings, including in church.

Face masks are required for all those who come for Mass, Confession, and Adoration, with the exception of children under the age of five.

THE FRIDAY PENANCE

Last Sunday, I preached about how two canons in the *Code of Canon Law* help us to fulfill two of the exhortations we heard in our readings. Then, I proposed a way for all of us to fulfill these expectations together, through a shared practice.

In the Gospel, Jesus said: "Whoever wishes to come after me must deny himself, take up his cross, and follow me" (Matthew 16:24). Here, Jesus presents us with the demands of discipleship — requirements for living the Christian life and following him into heavenly glory.

In the second reading, Saint Paul wrote: "I urge you, brothers and sisters, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship" (Romans 12:1). Here, our patron exhorts us to offer holy and pleasing worship of God through bodily sacrifice.

These are lofty expectations. And when confronted with them, we can be left wondering: "How do I fulfill them? I want to follow Jesus. I want to offer holy and pleasing worship to God. But I'm not sure where to begin."

Thankfully, we in the Church are recipients of many instructions and directives that help us to more readily live the faith that we profess. Some sources for these instructions include letters from popes and bishops, council documents, liturgical books, the *Catechism of the Catholic Church*, and the *Code of Canon Law*.

The laws of the Church presented in the *Code of Canon Law* exist to facilitate the life of faith, grace, and charity. They are tools meant to help us live the Gospel. When Pope John Paul II introduced the current code in 1983, he did so with the hope that it would bring about a renewed discipline in the Church and that, consequently, the salvation of souls would come about more easily.

When we apply two of the canons, 1249 and 1250, to the readings from last week, we find some concrete ways to deny ourselves, take up our crosses, and offer our bodies as living sacrifices to the Lord. Here are those canons:

Canon 1249: The divine law binds all the Christian faithful to do penance each in his or her own way. In order for all to be united among themselves by some common observance of penance, however, penitential days are prescribed on which the Christian faithful devote themselves in a special way to prayer, perform works of piety and charity, and deny themselves by fulfilling their own obligations more faithfully and especially by observing fast and abstinence.

Canon 1250: The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.

Canon 1249 tells us a couple of things. First, that divine law binds all of us to do penance. Every single one of us is obligated to do penance, each in our own way. Further, and so that we can be about this work together, certain days are prescribed on which all of us take on some form of penance, such as prayer, works of charity, fasting, and abstinence.

And those days, as we see in Canon 1250, are the season of Lent and every Friday of the whole year. That last part can come as a surprise. Many of us are aware that prior to the

Second Vatican Council all Catholics were obligated to abstain from meat on all Fridays. And many of us are aware that that is no longer the case. But what many of us might not recognize is that we do have an obligation to carry out penance on Fridays. That part didn't go away.

Why? Why do we have such a rule? Why is that part of Church law? One of the reasons is that the Church, as our Mother and Teacher, recognizes that it can be easy for these things to get away from us. She knows that we can become so wrapped up in our lives that we can overlook or forget the call to voluntarily deny ourselves, take up our crosses, and offer our bodies as a living sacrifice. And so, she sets before us some ways to help us fulfill what the Lord asks of us.

Recognizing what is required, and so that we can be about these things together, fulfilling in some small but intentional way the demands of discipleship and the call to offer bodily sacrifice to the Lord, I propose that all of us at Good Shepherd renew our commitment to the Friday penance.

My suggestion, which you are free to take or leave, provided that you are doing some form of penance on Fridays, would be that we work toward three Friday observances, with all of us taking on at least the first.

Observance 1: No meat on Fridays. This observance is concrete and bodily, it unites us with our past, and it rolls nicely into the Season of Lent.

Observance 2: No alcohol or sweet drinks on Fridays. This observance adds a layer of bodily sacrifice, is again concrete, and helps us to feel the self-denial and sacrifice just a little bit more.

Observance 3: No media (television, movies, video games, social media, etc.) on Fridays except what is necessary for school or work. For many of us, myself included, this will be the most difficult observance. It is helpful though, in keeping with the rest of Saint Paul's exhortation, "Do not conform yourselves to this age but be transformed by the renewal of your mind, so that you may discern what is the will of God, what is good and pleasing and perfect" (Romans 12:2). The time away from the sights and sounds of the world can be used to engage in a meaningful way in our prayer and study, allowing us to better know the Lord, discern his will, and to see as he sees.

The goal is to offer these sacrifices in a spirit of prayer and gratitude. They are not merely practices of self-discipline or self-improvement. Rather, they are voluntary acts of self-denial offered to the Lord. We can make these offerings in gratitude to the Lord for his goodness and with the desire to become more like him.

Such practices are also a powerful way to bring about conversion in our lives, especially for any areas where we might struggle with temperance.

So, that is my proposal — that we, together as a parish community, renew our commitment to the Friday penance. And that we do so with the aim of fulfilling in some small but intentional way the demands of discipleship and the call to offer bodily sacrifice, so that we might make of our lives an offering holy and pleasing to God.

WELCOME

We extend a gracious welcome to the new parishioners who joined Good Shepherd in the month of August:

Eric & Lisa Hudson and children **Blake & Will**

Michael & Michelle Seim
and children **Ethan, David, Adam & Natalie**

Muriel & Bryan Kreske and son **Griffin**

Daniel & Jacquelyn Knabel
and children **Lorelei, James, Lucy & Zoë**

Shawn Williams & Anna Carton and son **Lincoln**

We welcome those newly baptized in August into the communion of the Church:

Scarlett Rebecca Tompkins
Child of **Josh & Meghan Tompkins**

Congratulations to **Kyla Birkholz** who received the Sacraments of Initiation in August.

We pray for **Jeananne Boylan** who died this past month. May she rest in peace.

PRISM FOOD DRIVE

The September PRISM Food Drive is scheduled for the weekend of **September 19/20**. The September items needed are: Cleaning Supplies and Plastic & Paper Bags.

RELIGIOUS EDUCATION & SACRAMENTAL PREPARATION

For program information and registration information, please visit www.goodshepherdgv.org/faith-formation. This includes religious education, sacramental preparation for First Reconciliation & First Holy Communion, and sacramental preparation for Confirmation.

INTERESTED IN JOINING A WOMEN'S GROUP?

Any women, married or single, who would like to join women from the parish in a weekly small group for discussion around the upcoming Scripture readings for Sunday Mass and general faith sharing please reach out to Alex Schindler, Coordinator of Discipleship and Evangelization.

Phone: 763.544-0416, ext. 857

Email: alexschindler@goodshepherdgv.org

EUCCHARISTIC ADORATION IN THE CHAPEL

Several people have asked when we might return to Eucharistic Adoration in the Parish Center Chapel. We are hopeful that we will be able to do so soon. Part of what will help us make that decision is knowing whether or not we will have the dedicated adorers to help make this happen.

This is a fine time for us to renew our adoration roster. Here is how you can help. **Please contact the parish office if you are able and willing to cover one hour of adoration every Friday.** Initially, the hours would be from 10:00 a.m. until 7:00 p.m. This could be something you do as an individual. Or, it could be something that you cover as a family, alternating weeks of adoration. Eucharistic adoration is fantastic opportunity to grow in intimacy with the Lord who loves you.



MASS INTENTIONS FOR THE WEEK

Sun. 9/6	8:30 am	Rick Larson
	10:30 am	All Parishioners
Mon. 9/7	9:00 am	† Carmen LaFrance
Tues. 9/8	7:30 am	† Holy Souls
Wed. 9/9	7:30 am	† Byrne Keefe Jr.
Thurs. 9/10	7:30 am	† Eleanor Dale & Family
Fri. 9/11	7:30 am	† Ray, Jackie & Rick Bendel
Sat. 9/12	5:00 pm	† Thomas Fox
Sun. 9/13	8:30 am	All Parishioners
	10:30 am	† Jack & Ann Longar

SCHEDULE THIS WEEK (SEPTEMBER 6-SEPTEMBER 13)

Monday, September 7

9:00 a.m. — Mass

Tuesday, September 8, to Friday, September 11

7:30 a.m. — Mass

8:15 to 9:15 a.m. — Confessions and Adoration

Saturday, September 12

8:00 a.m. — Mass

5:00 p.m. — Mass (registration required)

Sunday, September 13

8:30 a.m. — Mass (registration required)

READINGS FOR THE WEEK OF SEPTEMBER 6, 2020

Sunday:	Ez 33:7-9/Ps 95:1-2, 6-7, 8-9 [8]/Rom 13:8-10/ Mt 18:15-20
Monday:	1 Cor 5:1-8/Ps 5:5-6, 7, 12 [9]/Ps 5:5-6, 7, 12 [9]/Lk 6:6-11
Tuesday:	Mi 5:1-4a or Rom 8:28-30/Ps 13:6ab, 6c [Is 61:10]/Mt 1:1-16, 18-23 or 1:18-23
Wednesday:	1 Cor 7:25-31/Ps 45:11-12, 14-15, 16-17 [11]/ Lk 6:20-26
Thursday:	1 Cor 8:1b-7, 11-13/Ps 139:1b-3, 13-14ab, 23- 24 [24b]/Lk 6:27-38
Friday:	1 Cor 9:16-19, 22b-27/Ps 84:3, 4, 5-6, 12 [2]/ Lk 6:39-42
Saturday:	1 Cor 10:14-22/Ps 116:12-13, 17-18 [17]/Lk 6:43-49
Next Sunday:	Sir 27:30—28:7/Ps 103:1-2, 3-4, 9-10, 11-12 [8]/Rom 14:7-9/Mt 18:21-35

ADDITIONAL CONTACTS

Prayer Chain.....	612.599.5739
PRISM	763.529.1350
Southwest Options for Women	
Pregnant? Need Help?	952.938.4496
Befrienders	763.544.0416
Archdiocese's Victim Assistance Program	651.291.4497

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