



# GOOD SHEPHERD

## CATHOLIC CHURCH & SCHOOL

145 Jersey Avenue South • Golden Valley, MN 55426

### PARISH OFFICE

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Web [www.goodshepherdgv.org](http://www.goodshepherdgv.org)  
Hours Monday to Thursday: 8am to 4pm  
Fridays: 8am to 12pm

### PARISH STAFF

Father Luke Marquard, Pastor  
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Stevi Evans, Principal  
» ext. 811 » [stevieevans@gsgvyschool.org](mailto:stevieevans@gsgvyschool.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, Wednesday & Friday:  
8:15 to 9:15 a.m.
- » Saturday: 8:45 to 10:00 a.m.

Confession:

- » Tuesday, Wednesday & Friday:  
8:15 to 9:15 a.m.
- » Saturday: 8:45 to 10:00 a.m.
- » By appointment: Please call the pastor

Baptisms & Weddings

- » Please call the parish office

### MASSES DURING TIME OF PANDEMIC

For the time being, we do not require or request registration for our Sunday Masses. We will revert to registration if we run into capacity issues.

Please do not sit in the pews marked with the red "Stop" signs. Please leave six feet (three marked segments) of space between your household and the next household.

**Face masks are required for all those who come for Mass, Confession, and Adoration, with the exception of children under the age of five. Please use your mask properly, covering both your mouth and your nose.**

### WEEKLY SCHEDULE

#### Tuesday, November 10

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

#### Wednesday, November 11

7:30 a.m. + Mass  
8:15 to 9:15 a.m. + Confessions & Adoration  
6:30 p.m. + Family Formation Night

#### Thursday, November 12

7:30 a.m. + Mass

#### Friday, November 13

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

#### Saturday, November 14

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

#### Sunday, November 15

8:30 a.m. + Mass  
10:30 a.m. + Mass

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.

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.

**ADDING TO THE ARSENAL**

During my quarantine, I felt moved to begin building some new habits — habits meant to keep me physically and spiritually healthy. This included being more intentional about food, doing my best to hit 10,000 steps each day, and adding some prayers to my daily arsenal, prayers for the spiritual battle. The list of added prayers includes the Litany of the Sacred Heart, the Litany of the Precious Blood, the Litany of Saint Joseph, the Chaplet of Saint Michael, and the Universal Prayer. As I rediscovered these prayers and put them onto my lips with greater frequency, I marveled at how good they are at asking for what I truly need in my life. Things like believing more firmly, better aligning my will to the will of God, asking more often and directly for specific virtues, keeping my death ever before me, growing in humility and obedience, and seeking protection against unruly passions, the snares of the devil, and temptation.

While the goal of the prayer life is contemplation — being alone with the one our soul loves — there is place for recited prayers. They can be helpful in the spiritual battle, especially when we pray them out loud. The more that we truly intend, desire, and will the words of such prayers, the more efficacious they will be.

I share with you here two of these prayers — we'll call them current favorites — and I encourage you to spend some time with them. Perhaps they will touch your heart as they have mine. They might even find a place in your arsenal.

**THE UNIVERSAL PRAYER (ATTRIBUTED TO POPE CLEMENT XI)**

I believe, O Lord, but may I believe more firmly; I hope, but may I hope more securely; I love, but may I love more ardently; I sorrow, but may I sorrow more deeply. \* I adore you as my first beginning; I long for you as my last end; I praise you as my constant benefactor; I invoke you as my gracious protector. \* By your wisdom direct me, by your righteousness restrain me, by your indulgence console me, by your power protect me. \* I offer you, Lord, my thoughts to be directed to you; my words, to be about you; my deeds, to respect your will; my trials, to be endured for you. \* I will whatever you will, I will it because you will it, I will it in the way you will it, I will it for as long as you will it. \* Lord, enlighten my understanding, I pray: arouse my will, cleanse my heart, sanctify my soul. \* May I weep for past sins, repel future temptations, correct evil inclinations, nurture appropriate virtues. \* Give me, good God, love for you, hatred for myself, zeal for my neighbor, contempt for the world. \* May I strive to obey superiors, to help those dependent on me, to have care for my friends, forgiveness for my enemies. \* May I conquer sensuality by austerity, avarice by generosity, anger by gentleness, lukewarmness by fervor. \* Render me prudent in planning, steadfast in dangers, patient in adversity, humble in prosperity. \* Make me, O Lord, attentive at prayer, moderate at meals, diligent in work, steadfast in intent. \* May I be careful to maintain interior innocence, outward modesty, exemplary behavior, a regular life. \* May I be always watchful in subduing nature, in nourishing grace, in observing your law, in winning salvation. \* May I learn from you how precarious are earthly things, how great divine things, how fleeting is time, how lasting things eternal. \* Grant that I may prepare for death, fear judgment, flee hell, gain paradise. \* Through Christ our Lord. Amen.

**THE CHAPLET OF SAINT MICHAEL**

- + God, come to my assistance.
- + Lord, make haste to help me.
- + Glory to the Father, and to the Son, and to the Holy Spirit.
- + As it was in the beginning, is now, and will be forever. Amen.

*After each invocation, pray the Our Father once and the Hail Mary three times.*

I. By the intercession of Saint Michael and the celestial Choir of Seraphim may the Lord make us worthy to burn with the fire of perfect charity. Amen.

II. By the intercession of Saint Michael and the celestial Choir of Cherubim may the Lord grant us the grace to leave the ways of sin and run in the paths of Christian perfection. Amen.

III. By the intercession of Saint Michael and the celestial Choir of Thrones may the Lord infuse into our hearts a true and sincere spirit of humility. Amen.

IV. By the intercession of Saint Michael and the celestial Choir of Dominations may the Lord give us grace to govern our senses and overcome any unruly passions. Amen.

V. By the intercession of Saint Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil. Amen.

VI. By the intercession of Saint Michael and the celestial Choir of Virtues may the Lord preserve us from evil and falling into temptation. Amen.

VII. By the intercession of Saint Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience. Amen.

VIII. By the intercession of Saint Michael and the celestial Choir of Archangels may the Lord give us perseverance in faith and in all good works in order that we may attain the glory of Heaven. Amen.

IX. By the intercession of Saint Michael and the celestial Choir of Angels may the Lord grant us to be protected by them in this mortal life and conducted to heaven in the life to come. Amen.

*One Our Father each in honor of Saint Michael, Saint Gabriel, Saint Raphael, and our Guardian Angel.*

O glorious prince Saint Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King, and our admirable conductor, thou who shine with excellence and superhuman virtue; deliver us from all evil, who turn to you with confidence and enable us by thy gracious protection to serve God more and more faithfully every day.

Pray for us, O glorious Saint Michael, Prince of the Church of Jesus Christ. That we may be made worthy of His promises.

Let us pray. Almighty and Everlasting God, Who, by a prodigy of goodness and a merciful desire for the salvation of all men, hast appointed the most glorious Archangel Saint Michael Prince of Thy Church, make us worthy, we ask Thee, to be delivered from all our enemies, that none of them may harass us at the hour of death, but that we may be conducted by him into Thy Presence. This we ask through the merits of Jesus Christ Our Lord. Amen.

## KNIGHTS OF COLUMBUS THANKSGIVING FOOD DRIVE FOR PRISM

The Good Shepherd Knights of Columbus along with the Good Shepherd Parish is asking for your support for PRISM. We are looking for your help to support those in need leading up to the Thanksgiving holiday. We will be collecting donations of canned foods and grocery store gift cards. Please place donations on the table in the gathering space the weekends of November 7-8, 14-15, and 21-22. Thank you in advance for supporting those in need.

### BOOK OF REMEMBRANCE

During the month of November, a book of remembrance will be placed in the sanctuary, listing the names of parishioners who have died since the last All Souls' Day in 2019. Parishioners may come forward before the Masses to include names of other people who have died this past year or in year's past they wish remembered. We hope in this way to highlight the community's sense of communion with the saints, both living and dead, known and unknown, and to offer suffrages for those deceased who were dear to us.

### MASS INTENTIONS

We have begun to schedule Mass Intentions for 2021. We will limit the number of Masses you can schedule to five Masses until December 8, 2020, at which point more will be available. Please stop in or call the Parish Office to schedule masses.

#### UPDATE:

#### EUCCHARISTIC ADORATION IN THE PARISH CHAPEL

For the past several weeks, we have been asking for dedicated adorers to commit to spending one hour each week with our Eucharistic Lord. This has been an effort to help us re-open our Eucharistic Adoration in the Parish Center Chapel. At this point, we have not received enough commitment for us to open. Please consider taking an hour so that we can make it happen. You can share an hour with family members or friends so that your commitment is once every two weeks, three weeks, or month. We are looking to have adoration from 10 a.m. to 7 p.m. on Fridays. **Please contact the parish office if you are able and willing to cover one hour of adoration every Friday.**

In the meantime, we are investigating some slight renovations to the Parish Center Chapel that will add an altar and fixed tabernacle to this space. This will allow for people to pray with our Eucharistic Lord without the need for committed adorers required by exposition of the Blessed Sacrament. It will also allow for Mass to be celebrated in the chapel. Please contact the parish office if you would like to donate toward these efforts.

#### CATHOLIC MOMS SUMMIT NOVEMBER 13-15, 2020

Many Catholic mothers struggle to find joy within their vocation of motherhood. The Catholic Moms Summit is here to help them do exactly that. Dynamic presenters will share inspiration, wisdom, and encouragement from a wide variety of experiences and backgrounds. This event is a great opportunity for Catholic moms from around the world to connect with one another and to grow in joyfully living their beautiful vocation. **To register for free, visit <https://www.cardinalstudios.org/moms-summit-home>.**

### MASS INTENTIONS FOR THE WEEK

<b>Sun. 11/8</b>	8:30 am	All Parishioners
	10:30 am	† Darlene Broste
<b>Tues. 11/10</b>	7:30 am	† Dick Kostick
<b>Wed. 11/11</b>	7:30 am	† Eleanor Dale & Family
<b>Thurs. 11/12</b>	7:30 am	† Hue Yang
<b>Fri. 11/13</b>	7:30 am	† Arnold Nelson
<b>Sat. 11/14</b>	5:00 pm	† The Holy Souls
<b>Sun. 11/15</b>	8:30 am	† Marcella & Sophronius Jax
	10:30 am	All Parishioners

### HELP SUPPORT GOOD SHEPHERD BY GOING TO THE THEATRE

#### (OR ATTENDING FROM THE COMFORT OF YOUR HOME)

LOLEK runs through Sunday, November 29, at Open Window Theatre, a local, Catholic-run, professional theatre sharing stories of redemption. LOLEK brings to life the captivating true story of Karol Wojtyla (later Pope Saint John Paul II) and his heroic resistance to the Nazi Occupation of Poland during World War II. Out of the depths of one of the darkest moments in human history rose a spiritual leader whose radiant faith, born of tragedy, would change the course of history. Both in-person and cinematic 4k UHD virtual performance options available! **Use promo code SHEPHERD at checkout, and \$5 per ticket will go to Good Shepherd.** Book tickets now at [openwindowtheatre.org](http://openwindowtheatre.org) or over the phone at 612.615.1515.

### ARCHBISHOP'S DISCERNMENT RETREAT DECEMBER 18 - 20, 2020

#### FRANCISCAN RETREAT CENTER, PRIOR LAKE

Have you thought that maybe God is calling you to be a Catholic priest? This annual weekend retreat is for Catholic men, who are Juniors in High School, up to age 24, who have not completed a college degree. For more information, see [1000vocations.org](http://1000vocations.org).

### READINGS FOR THE WEEK OF NOVEMBER 8, 2020

Sunday:	Wis 6:12-16/Ps 63:2, 3-4, 5-6, 7-8 [2b]/1 Thes 4:13-18 or 4:13-14/Mt 25:1-13
Monday:	Ez 47:1-2, 8-9, 12/Ps 46:2-3, 5-6, 8-9 [5]/1 Cor 3:9c-11, 16-17/Jn 2:13-22
Tuesday:	Ti 2:1-8, 11-14/Ps 37:3-4, 18 and 23, 27 and 29 [39a]/Lk 17:7-10
Wednesday:	Ti 3:1-7/Ps 23:1b-3a, 3bc-4, 5, 6 [1]/Lk 17:11-19
Thursday:	Phlm 7-20/Ps 146:7, 8-9a, 9bc-10 [5a]/Lk 17:20-25
Friday:	2 Jn 4-9/Ps 119:1, 2, 10, 11, 17, 18 [1b]/Lk 17:26-37
Saturday:	3 Jn 5-8/Ps 112:1-2, 3-4, 5-6/Lk 18:1-8
Next Sunday:	Prv 31:10-13, 19-20, 30-31/Ps 128:1-2, 3, 4-5 [cf. 1a]/1 Thes 5:1-6/Mt 25:14-30 or 25:14-15, 19-21

### 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

# PRAYING FOR THE DEAD

November is a month in which we more intentionally remember and pray for the dead. These days provide a fine opportunity to renew our efforts to pray for the members of the Church Suffering, the souls in Purgatory. Here are three ways of doing so.

## **Gain Indulgences for the Dead**

From the *Handbook of Indulgences*: "An indulgence is granted the Christian faithful who devoutly visit a cemetery and pray, if only mentally, for the dead. This indulgence is applicable only to the souls in purgatory. This indulgence is a plenary one from November 1 through November 8 and can be granted on each one of these days. On the other days of the year this indulgence is a partial one." [NOTE: This year, due to the pandemic, may this indulgence may be transferred to the other days of November. Additionally, the elderly, the sick, and those who for serious reasons cannot leave their homes, for example because of restrictions imposed by the competent authority in this time of the pandemic, are able to obtain the Plenary Indulgence as long as they join spiritually with all the other faithful; they are not required to visit the cemetery.]

To gain a partial indulgence, a person must perform with a contrite heart the act to which the indulgence is attached. To gain a plenary indulgence, which can be gained only once a day, a person must perform the act with a contrite heart and meet the following qualifications: be in the state of grace; have the interior disposition of complete detachment from sin; have sacramentally confessed his or her sins; receive the Holy Eucharist; pray for the intentions of the Holy Father

It is appropriate that confession, Holy Communion, and the prayer for the Pope's intentions take place on the same day as the indulgenced work; but it is sufficient that they be carried out within several days (about 20) before or after the indulgenced act. One sacramental Confession suffices for several plenary indulgences, but a separate Holy Communion and separate prayers for the Holy Father's intentions (generally are required for each plenary indulgence. The condition of praying for the intention of the Holy Father is fully satisfied by reciting one Our Father and one Hail Mary; nevertheless, one has the option of reciting any other prayer according to individual piety and devotion, if recited for this intention.

## **Pray After Meals**

*Here are two formulations of the prayer after meals:*

We give Thee thanks, almighty God, for all Thy benefits, Who livest and reignest, world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

We give Thee thanks for all Thy benefits, Almighty God, who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

## **Pray throughout the Day**

*This prayer for the dead gains a partial indulgence applicable only to the souls in purgatory:*

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

On Election Day, students at Good Shepherd practiced their future right to vote. They voted for which type of birthday treat they want, which theme for out-of-uniform day they prefer, and which picture of Reggie they want to go on a school t-shirt. Every vote counted, including those from our distance learners who cast their absentee ballots from home!



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