



GOOD SHEPHERD

CATHOLIC CHURCH & SCHOOL

145 Jersey Avenue South • Golden Valley, MN 55426

PARISH OFFICE

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Web www.goodshepherdgv.org
Hours Monday to Thursday: 8am to 4pm
Fridays: 8am to 12pm

PARISH STAFF

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» ext. 853
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SCHOOL

Phone (763) 545-4285
Stevi Evans, Principal
» ext. 811 » stevieevans@gsgvschool.org

SACRAMENTS

VISIT OUR WEBSITE FOR UPDATES TO OUR SCHEDULE

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

Face masks are **REQUIRED** for all those who come for Mass, Confession, and Adoration, with the exception of children under the age of five. Use your mask properly, **COVERING BOTH YOUR MOUTH AND YOUR NOSE.**

WEEKLY SCHEDULE

Tuesday, February 2

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

Wednesday, February 3

7:30 a.m. + Mass
8:15 to 9:15 a.m. + Confessions & Adoration
Time TBD + Family Faith Formation Meeting (via Zoom)

Thursday, February 4

7:30 a.m. + Mass

Friday, February 5

7:30 a.m. + Mass
8:15 to 9:15 a.m. + Confessions & Adoration
7:00 to 8:00 p.m. + First Friday Night of Prayer

Saturday, February 6

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

Sunday, February 7

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.

Collect for the Fourth Sunday in Ordinary Time

Grant us, Lord our God,
that we may honor you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

LEARNING FROM THE SAINTS

It is fitting that as we celebrate Catholic Schools Week, the Church holds up for our consideration, honor, and joy some great teachers — saints who instruct us in the knowledge of God and in the spiritual life. Among them are Saint Francis de Sales and Saint Thomas Aquinas. Both of these saints are insightful teachers who point us to growing in the knowledge and love of Christ and in the ways of Christian perfection. Here are two of their lessons. Saint Thomas helps us reflect on the Cross of Jesus Christ. Saint Francis helps us recognize that we are called to pray in different ways depending on our state in life.

THE CROSS EXEMPLIFIES EVERY VIRTUE

Saint Thomas Aquinas

Why did the Son of God have to suffer for us? There was a great need, and it can be considered in a twofold way: in the first place, as a remedy for sin, and secondly, as an example of how to act.

It is a remedy, for, in the face of all the evils which we incur on account of our sins, we have found relief through the passion of Christ. Yet, it is no less an example, for the passion of Christ completely suffices to fashion our lives. Whoever wishes to live perfectly should do nothing but disdain what Christ disdained on the cross and desire what he desired, for the cross exemplifies every virtue.

If you seek the example of love: "Greater love than this no man has, than to lay down his life for his friends." Such a man was Christ on the cross. And if he gave his life for us, then it should not be difficult to bear whatever hardships arise for his sake.

If you seek patience, you will find no better example than the cross. Great patience occurs in two ways: either when one patiently suffers much, or when one suffers things which one is able to avoid and yet does not avoid. Christ endured much on the cross, and did so patiently, because when he suffered he did not threaten; he was led like a sheep to the slaughter and he did not open his mouth. Therefore Christ's patience on the cross was great. In patience let us run for the prize set before us, looking upon Jesus, the author and perfecter of our faith who, for the joy set before him, bore his cross and despised the shame.

If you seek an example of humility, look upon the crucified one, for God wished to be judged by Pontius Pilate and to die.

If you seek an example of obedience, follow him who became obedient to the Father even unto death. For just as by the disobedience of one man, namely, Adam, many were made sinners, so by the obedience of one man, many were made righteous.

If you seek an example of despising earthly things, follow him who is the King of kings and the Lord of lords, in whom are hidden all the treasures of wisdom and knowledge. Upon the cross he was stripped, mocked, spat upon, struck, crowned with thorns, and given only vinegar and gall to drink.

Do not be attached, therefore, to clothing and riches, because "they divided my garments among themselves." Nor to honors, for he experienced harsh words and scourgings.

Nor to greatness of rank, for "weaving a crown of thorns they placed it on my head." Nor to anything delightful, for "in my thirst they gave me vinegar to drink."

DEVOTION MUST BE PRACTICED IN DIFFERENT WAYS

Saint Francis de Sales

When God the Creator made all things, he commanded the plants to bring forth fruit each according to its own kind; he has likewise commanded Christians, who are the living plants of his Church, to bring forth the fruits of devotion, each one in accord with his character, his station and his calling.

I say that devotion must be practiced in different ways by the nobleman and by the working man, by the servant and by the prince, by the widow, by the unmarried girl and by the married woman. But even this distinction is not sufficient; for the practice of devotion must be adapted to the strength, to the occupation and to the duties of each one in particular.

Tell me, please, my Philothea, whether it is proper for a bishop to want to lead a solitary life like a Carthusian; or for married people to be no more concerned than a Capuchin about increasing their income; or for a working man to spend his whole day in church like a religious; or on the other hand for a religious to be constantly exposed like a bishop to all the events and circumstances that bear on the needs of our neighbor. Is not this sort of devotion ridiculous, unorganized and intolerable? Yet this absurd error occurs very frequently, but in no way does true devotion, my Philothea, destroy anything at all. On the contrary, it perfects and fulfils all things. In fact if it ever works against, or is inimical to, anyone's legitimate station and calling, then it is very definitely false devotion.

The bee collects honey from flowers in such a way as to do the least damage or destruction to them, and he leaves them whole, undamaged and fresh, just as he found them. True devotion does still better. Not only does it not injure any sort of calling or occupation, it even embellishes and enhances it.

Moreover, just as every sort of gem, cast in honey, becomes brighter and more sparkling, each according to its colour, so each person becomes more acceptable and fitting in his own vocation when he sets his vocation in the context of devotion. Through devotion your family cares become more peaceful, mutual love between husband and wife becomes more sincere, the service we owe to the prince becomes more faithful, and our work, no matter what it is, becomes more pleasant and agreeable.

It is therefore an error and even a heresy to wish to exclude the exercise of devotion from military divisions, from the artisans' shops, from the courts of princes, from family households. I acknowledge, my dear Philothea, that the type of devotion which is purely contemplative, monastic and religious can certainly not be exercised in these sorts of stations and occupations, but besides this threefold type of devotion, there are many others fit for perfecting those who live in a secular state.

Therefore, in whatever situations we happen to be, we can and we must aspire to the life of perfection.

PRAYER PLANS FOR 2021:

ALL FOR JESUS THROUGH MARY AND JOSEPH

In this new year we can go deeper in prayer! There are two resources Deacon Gunderson mentioned in his recent homily: *33 Days to Morning Glory* by Father Michael Gaitley and *Consecration to Saint Joseph* by Father Donald Calloway. Both books are available on www.shopmercy.org.

This year is dedicated to Saint Joseph, and the 33 days of prayer with Saint Joseph begins February 15. You still have time to order your book and prepare to come to know and love Joseph in a deeper way. If you have any additional questions, please find Deacon Gunderson after Mass or email him at egunderson@epiphanymn.org.

**YOUTH MINISTRY SCHOLARSHIP
"MONEY WALL" FUNDRAISER**

For the next several weekends, we will display a 'money wall' in the gathering space to help fundraise for our youth ministry programming. It will include 100 envelopes with numbers written on them, ranging from 1 to 100. Simply grab an envelope, or a few, of your choosing and place a donation that corresponds to the amount written on each envelope and return your filled envelopes into one of the collection boxes in the gathering space. If all of the envelopes are returned with the indicated amounts we will raise over \$5,000 to support our youth through event scholarships.

HELP NEEDED: ALTAR LINENS

We are looking for one additional volunteer to help wash and iron the **Purificator** and **Lavabo** towels for the months of April and July. If you would like to volunteer or would like more information, please contact Renee at 763.544.0416, ext. 810

WE WANT YOU!

IVC (Ignatian Volunteer Corps) seeks members like yourself who are generous in spirit and wish to give of themselves in response to the blessings and love God has given them. As an IVC service member, your commitment to serve would be carefully matched with a community partner organization. As an IVC member, you'll receive community with other members under the guidance of a spiritual reflector who leads all in monthly reflection and Ignatian prayer.

For more information visit: <https://tinyurl.com/IVCMinnesota> or contact Kathleen Groh at kgroh@ivcusa.org

BEST LENT EVER

It's time again to help you experience your BEST LENT EVER! BEST LENT EVER is a free email program that sends daily inspirational videos directly to your inbox. This acclaimed program will help prepare your heart and mind during the season of Lent for the coming of Jesus' resurrection on Easter Sunday. Don't give up chocolate this Lent. Unlock your God-given potential with BEST LENT EVER!

You can sign up at <https://www.dynamiccatholic.com/lent/best-lent-ever.html>

WORLDWIDE MARRIAGE ENCOUNTER

Feeling disconnected? Every married couple deserves the gift of a Worldwide Marriage Encounter weekend! The next virtual weekends will be held February 12-14 and 18-28 2021. Early registration is highly recommended. For more information visit our website at: twincitieswwme.org or contact Brent & Tracy at applications@twincitieswwme.org or 612-756-8720.

MASS INTENTIONS FOR THE WEEK

Sun. 1/31	8:30 am	All Parishioners
	10:30 am	† MaryLou Fox
Tues. 2/2	7:30 am	† Bill Schindler
Wed. 2/3	7:30 am	† Helen Schaffer
Thurs. 2/4	7:30 am	† LaVerne Winter
Fri. 2/5	7:30 am	† George Schaffer
Sat. 2/6	5:00 pm	† Helene Frakes
Sun. 2/7	8:30 am	† Stephen Kostick
	10:30 am	All Parishioners



CATHOLIC SERVICES APPEAL

Together in Hope: The Catholic Services Appeal Foundation partners with fellow Catholics to share Christ's love with neighbors in need through ministries that serve the poor, support life and strengthen the Faith. Your gift brings hope by helping provide:

- Thousands with life-giving care via hospital chaplains.
- 12,000 people / week with fresh groceries and hygiene items.
- 1,200 hot meals monthly.
- 635 people with housing/emergency shelter each month.
- 33,000 young people with Faith-filled outreach.
- 1,300 women and families with pro-life support.
- 28,000 Catholic school students with in-person learning.
- Over 50 seminarians studying to be future priests of our Archdiocese with tuition assistance, room and board.

Visit www.csafspm.org to learn more or www.GiveCSAF.org to donate today!

READINGS FOR THE WEEK OF JANUARY 31, 2021

Sunday:	Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 [8]/1 Cor 7:32-35/Mk 1:21-28
Monday:	Heb 11:32-40/Ps 31:20, 21, 22, 23, 24 [25]/Mk 5:1-20
Tuesday:	Mal 3:1-4/Ps 24:7, 8, 9, 10 [8]/Heb 2:14-18/Lk 2:22-40 or 2:22-32
Wednesday:	Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a [cf. 17]/Mk 6:1-6
Thursday:	Heb 12:18-19, 21-24/Ps 48:2-3ab, 3cd-4, 9, 10-11 [cf. 10]/Mk 6:7-13
Friday:	Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc [1a]/Mk 6:14-29
Saturday:	Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6 [1]/Mk 6:30-34
Next Sunday:	Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 [cf. 3a]/1 Cor 9:16-19, 22-23/Mk 1:29-39

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

LIGHT THE LOT

**JOIN GOOD SHEPHERD CHURCH AND SCHOOL
AS WE KICK OFF CATHOLIC SCHOOLS WEEK!**

- + **TONIGHT:** Sunday, January 31
- + 6:00 to 7:00
- + Good Shepherd Parking Lot

Join us for a prayer walk along an illuminated route, as we pray for Good Shepherd, our students and families, our faculty and staff, and our own prayer intentions.

We will also collect hats, mittens, and socks to donate locally. You can bring your donations to Light the Lot on January 31 or to the school or parish offices any time during Catholic Schools Week (February 1-5).

We will practice social distancing and wear face masks.

Hot cocoa to follow!

ASH WEDNESDAY 2021

FEBRUARY 17, 2021

ASH WEDNESDAY MASS REGISTRATION

With our restrictions being what they are, we are asking families to sign up for Ash Wednesday Mass this year. To help accommodate with this request, we are planning to hold three Ash Wednesday Masses. They will be held at:

- + 7:30 a.m.
- + 12:15 p.m.
- + 7:00 p.m.

To register:

- + Call the parish office (763.544.0416, 810)
- + Visit our SignUpGenius page: [signupgenius.com/go/30e0d4cafa72eabf94-ashwednesday](https://www.signupgenius.com/go/30e0d4cafa72eabf94-ashwednesday)

In order for us to accommodate social distancing, to adhere to current regulations, and to leave space for our families who do not use online signups, we will allow up to 120 people to register for each Mass. We will add a Mass if necessary. When you sign up, please be sure to sign up each member of your household individually.

PANDEMIC DISTRIBUTION OF ASHES

Distribution of Ashes will look different this year than it has in past years. The Congregation for Divine Worship and the Discipline of the Sacraments has published a note detailing how ashes are to be distributed. It states:

"After blessing the ashes and sprinkling them with holy water in silence, the priest addresses those present, reciting once the formula found in the Roman Missal: 'Repent, and believe in the Gospel' or 'Remember that you are dust, and to dust you shall return.' The priest then cleanses his hands, put on a face mask, and distributes the ashes to those who come to him or, if appropriate, he goes to those who are standing in their places. The priest takes the ashes and sprinkles them on the head of each one without saying anything."

ENROLLING NOW!

We are now enrolling for Preschool through 6th Grade for the 2021-22 school year! Space is filling fast! We have started a waiting list for Kindergarten, and Preschool is nearly full. We were excited to welcome prospective families into the building for the first time this year for an open house on January 26. Call our school office at 763.545.4285 or email schoolinfo@gsgvschool.org for more information!



Washburn - McReavy

washburn-mcreavy.com
Funeral Chapels, Cemeteries and Cremation Services

GLEN HAVEN CHAPEL	5125 W Broadway	763.533.8643
SWANSON CHAPEL	1600 Lowry Ave N	612.529.9691
ROBBINSDALE CHAPEL	4239 W Broadway	763.537.2333

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