



# Sacred Heart

C a t h o l i c C h u r c h

4087 West Broadway • Robbinsdale, MN 55422

Phone: 763-537-4561

*Formed in His Heart, Serving with His Heart, Giving From His Heart*

**Saturday—Lord's Day Vigil**  
4:00 PM Mass of Anticipation

**Sunday— The Lord's Day**  
8:00 AM Mass  
10:00 AM Mass  
11:40 AM Latin Mass

#### Daily Mass Times

##### Monday:

8:00 AM **Communion Service**

##### Tuesday— Saturday:

8:00 AM Mass

followed by Lauds/Morning Prayer

#### Holy Day Mass Times

Consult the bulletin

#### Penance and Reconciliation

##### Tuesday— Saturday:

7:40 — 7:55 AM

##### Saturday Afternoon:

3:00–3:45 PM Or by appointment

#### Eucharistic Adoration

The Sacred Heart Chapel is open for personal prayer and adoration before the monstrance on Thursdays from 9:00 AM — 8:30PM.

#### Parish Office Hours

**Monday** 8:30 AM — 2:00pm

**Tue.-Fri.** 8:30 AM—4:30 PM

#### Parish Web Site

[www.shrmn.org](http://www.shrmn.org)

**Parish Phone:** 763-537-4561

#### Sacred Heart Catholic School

Pre-K through 8th grade  
4050 Hubbard Avenue North  
Robbinsdale, MN 55422

#### School Web Site

[sacredheartschoolrobbinsdale.org](http://sacredheartschoolrobbinsdale.org)

**School Phone:** 763-537-1329

## January 26, 2025



## 3<sup>RD</sup> SUNDAY IN ORDINARY TIME

*The Spirit of the Lord is upon me...  
He has sent me to proclaim liberty to captives  
and recovery of sight to the blind,  
to let the oppressed go free.*

- Lk 4:18

## Parish Directory

Phone: 763-537-4561

General Email: [contact@shrmn.org](mailto:contact@shrmn.org)

### Worship

Priest, Fr. Bryan J.B. Pedersen.....ext. 6240

[fr.bpedersen@shrmn.org](mailto:fr.bpedersen@shrmn.org) 763-285-6240

Deacon, Dr. James Ramsey.....ext. 6244

[jramsey@shrmn.org](mailto:jramsey@shrmn.org) 763-285-6244

Music, Jamie Schmidt .....ext. 6287

[jschmidt@shrmn.org](mailto:jschmidt@shrmn.org) 763-285-6287

### Faith Formation

Director of Adult Faith Formation

Bunny Brouillard.....ext. 6247

[bbrouillard@shrmn.org](mailto:bbrouillard@shrmn.org) 763-285-6247

Faith Formation Associate and Confirmation

Coordinator

Morgan Leisgang.....ext. 6246

[mleisgang@shrmn.org](mailto:mleisgang@shrmn.org) 763-2856246

Director of Youth and Young Adult Ministry

Katie Kruc.....ext. 6245

[kkruc@shrmn.org](mailto:kkruc@shrmn.org) 763-285-6245

### Pastoral Care

Priest, Fr. Bryan J.B. Pedersen.....ext. 6240

[fr.bpedersen@shrmn.org](mailto:fr.bpedersen@shrmn.org) 763-285-6240

Deacon, Dr. James Ramsey.....ext. 6244

[jramsey@shrmn.org](mailto:jramsey@shrmn.org) 763-285-6244

### Parish Administration

Bus. Admin., Mary Daugherty.....ext. 6241

[mداugherty@shrmn.org](mailto:mداugherty@shrmn.org) 763-285-6241

Facility Manager and Maintenance

Mark Sazama.....

[msazama@shrmn.org](mailto:msazama@shrmn.org)

Admin. Asst. Facility Sched., Bookkeeper,

Director of Parish Bulletin

Audrey Gilbert.....ext. 6248

[agilbert@shrmn.org](mailto:agilbert@shrmn.org) 763-285-6248

Sacramental Records

Safe Environment Coordinator

Bunny Brouillard.....ext. 6247

[bbrouillard@shrmn.org](mailto:bbrouillard@shrmn.org) 763-285-6247

### School

Main Office: 763-537-1329

Principal, Karen Bursey.....ext. 6255

[kbursey@sacredheartschoolrobbinsdale.org](mailto:kbursey@sacredheartschoolrobbinsdale.org)

Admin. Asst. Records,

Sarah Bowback.....ext. 6257

[sbowback@sacredheartschoolrobbinsdale.org](mailto:sbowback@sacredheartschoolrobbinsdale.org)

Director of Admissions/Marketing

Lorena (Lola) Fritz .....ext. 6256

[lorenafritz@sacredheartschoolrobbinsdale.org](mailto:lorenafritz@sacredheartschoolrobbinsdale.org)

**The Church of the Sacred Heart is served by the clergy of the Archdiocese of Saint Paul and Minneapolis**

**Priest Staff:** Fr. Bryan J.B. Pedersen

**Deacon:** Dr. James Ramsey

# Worship & Meditation



## Gospel Meditation

### Encourage Deeper Understanding of Scripture

A young couple in my parish told me they were expecting their second child, a baby boy. I knew that their five-year old only child Emma had been desperately wanting to be a big sister for years, so I said, “Emma must have been so happy when you told her the news.” “Actually,” they said, “she burst into tears. She wanted a baby *sister!*” How often in life God wonderfully fulfills our desires and we are sad because we don’t approve of the way he does it. We want to control the gift and the delivery method.

The same thing occurs in the Gospel this week when Jesus announces in his hometown that the promise of an Anointed One bringing glad tidings to the poor is **“fulfilled in your hearing” (Luke 4:21)**. After a moment of elation, his fellow townsfolk realize *this man* is the way God is fulfilling his promises, and they erupt into a violent outburst. So Jesus departs. How sad for them.

Every single Sunday at Mass, including this one, some version of this happens to many of us. God’s word announces the fulfillment of God’s promises in Christ, and we easily overlook or disdain it. His way is almost never according to our narrow expectations. What’s required of us is to set these aside, and to embrace a new openness to God’s gifts, no matter how he wishes to give them. God is fulfilling his promises the way He likes — why be sad?

— Father John Muir



## Appointed Sunday Readings

### 3rd Sunday in Ordinary Time 1/26/2025

**First Reading:** Ezra read plainly from the book of the law of God, interpreting it so that all could understand what was read. (Neh 8:8)

**Psalm:** Your words, Lord, are Spirit and life. (Ps 19)

**Second Reading:** For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit. (1 Cor 12:12)

**Gospel:** He said to them, "Today this Scripture passage is fulfilled in your hearing." (Lk 1:21)

## Appointed Daily Readings

Sunday: Neh 8:2-4a, 5-6, 8-10/Ps 19:8, 9, 10, 15 (see Jn 6:63c)/

1 Cor 12:12-30 or 12:12-14, 27/Lk 1:1-4; 4:14-21

Monday: Heb 9:15, 24-28/Ps 98:1, 2-3ab, 3cd-4, 5-6/Mk 3:22-30

Tuesday: Heb 10:1-10/Ps 40:2 and 4ab, 7-8a, 10, 11/Mk 3:31-35

Wednesday: Heb 10:11-18/Ps 110:1, 2, 3, 4/Mk 4:1-20

Thursday: Heb 10:19-25/Ps 24:1-2, 3-4ab, 5-6/Mk 4:21-25

Friday: Heb 10:32-39/Ps 37:3-4, 5-6, 23-24, 39-40/Mk 4:26-34

Saturday: Heb 11:1-2, 8-19/Lk 1:69-70, 71-72, 73-75/Mk 4:35-41

Next Sunday: Mal 3:1-4/Heb 2:14-18/Ps 24:7, 8, 9, 10/Lk 2:22-40 or 2:22-32

## Latin Mass Sunday Readings

### The Third Sunday after Epiphany

**Epistle:** Brethren: Be not wise in your own conceits. To no man rendering evil for evil: (Romans 12 : 16 – 21)

**Gradual:** The Gentiles shall fear Thy Name, O Lord, and all the kings Thy glory. (Psalm 101 : 16 – 17)

**Gospel:** At that time, when Jesus was come down from the mountain, (Matthew 8 : 1 – 13)

## Prayers of the Faithful

### Please remember In your prayers:

**Those Who Are Ill:** Rosemary Kaisershot

**With Chronic Health Concerns:** Tom Ambrose, Brady Swenson, Andrea DeOtis, Medard Keisershot, Cody Binstock, Kelly VanSchalk, Tori Prince, Joyce Hanauska, Lorraine Nelson, Jerry Mallinger, Daniel Hanle, Mary Ludwig, Joyce Johnson, Charles Julien

### Those Serving In Our Armed Forces:

Sam Dahlgren-Castilla, Justin Rathbun, Liam Gregory, Jordan Reese, Andrew Gladitsch, Cathal & Cormac O'Connor, Lisette Knaeble, Zachary Wilhelmi, Lily Wilson, Joseph Eckman, Chase Anderson

### Those Who Have Died Recently:

## Administration

**Your Commitment is Vital !**

### Collections for January 11 & 12 (week 28)

	Dollars	# Donors
Sunday Envelope Collections	\$6,190.00	5
Electronic Donations	\$986.21	20
Plate (non envelope) Collections	\$1,319.99	

### Total Collections for week 28

<b>Year-to-date Sunday Collections</b>	<b>8,496.20</b>	<b>75</b>
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	<u>This Year</u>	<u>Last Year</u>	<u>(Behind)</u>
Actual versus last year January 12, 2025 (week 28)	\$347, 642	\$352.242	(\$4,600)
	<u>This Year</u>	<u>Budget</u>	<u>(Behind)</u>
Actual versus Budget January 12, 2025 (week 28)	\$347, 642	\$354,337	(\$6,695)

## Parish Registration

Want to become an official parishioner of Sacred Heart?

Well, now you can do it online!

Visit <https://shmn.org/join-the-parish/>, stop by or call the Parish Office (763) 537-4561,

or scan the QR code to fill out a registration form!



## Works Of Mercy



**January Corporal Work of Mercy: Clothe the Naked.** Sacred Heart is collecting packs of **NEW, WHITE** athletic and/or tube socks. The collection barrel is located in the Parish Commons. All socks will be brought to Sharing and Caring Hands. **We will collect socks for the entire month of January.**

Let's keep it going!! **499 pairs of socks collected to date!!**

## Year -End Contribution Statement

Year-end Contribution and Donor Statements will be mailed in January 2025, such that you receive no later than January 31, 2025.

## Respect for Life

Abria Pregnancy Resources– Northside Clinic  
2232 W, Broadway Ave., Minneapolis, MN 55411  
651-350-1158

You, your health, and your future are important to us. We offer no-cost pregnancy testing, ultrasounds, and medical consultations. All of our services are strictly confidential. We're safe, non-judgemental, and supportive. Take the first step and make your appointment today. We can walk this path together.

Hours: Tuesday– Friday: 8:00am-4:30pm ( hours may vary)

  
**Abria**  
Pregnancy Resources

## Sacred Heart Catholic School

Sacred Heart  
January 26, 2025



Catholic Schools Week is a special time for our school community to come together and celebrate the unique value of Catholic education. It's an annual tradition that highlights the important role our schools play in nurturing faith, providing excellent academics, and building strong communities.

Here's why it's important: 1. Faith Development: Catholic Schools Week emphasizes our shared mission to help students grow in their faith. Through prayer, Mass, and service projects, we show how faith is central to education and daily life. 2. Academic Excellence: We celebrate the dedication of teachers and students who strive for excellence in academics. Catholic schools are known for their commitment to providing a well-rounded, high-quality education rooted in Gospel values. 3. Community Building: Catholic Schools Week brings parents, students, teachers, and parish members together. Through fun activities, service events, and events, we strengthen the bonds that make our school a supportive and welcoming community. 4. Gratitude: It's also a time to thank those who make Catholic education possible—our families, teachers, parish staff, and community members. Their support allows our schools to thrive and continue making a difference in the lives of students.

We celebrate Catholic Schools Week January 27-31st with pride and joy because it reminds us of the blessings of being part of a community that values faith, knowledge, and service. Thank you for being a part of this journey with us!

Save the Date—Annual Gala February 28, 2025 Ticket sales for Sacred Heart Catholic School's 11th Annual Gala are now on sale! Get your early bird tickets now before the price increases on January 1st! We can't wait to see you on February 28, 2025 for A Night at the Casino Royale! We will have casino tables, a new catering company, silent and live auction, and a night filled with fun. Get your tickets here: <https://onecau.se/sacredheartcasinoroyale>

Like our Facebook Page - Sacred Heart Catholic School Robbinsdale, MN Alumni/Parent

<http://www.facebook.com/SHCSRobbinsdale> Follow us on Twitter - <https://twitter.com/SHCSRobbinsdale>

### To Join Sacred Heart Parish

If you are new to our community, or have been attending Mass here but have not yet joined Sacred Heart call 763-537-4561 or stop in the parish office to register.

### Sacrament of Initiation — RCIA (Rite of Christian Initiation for Adults)

To join the Catholic Church call Bunny Brouillard in the Parish Office.

### Sacrament of Baptism for Infants and Children (RCIC)

Baptism for Infants and young Children is celebrated on the first & third Sundays of the month at 1 PM. Pre-Baptism Class meets on the second Tuesday of the month at 7 PM. To make arrangements call Bunny Brouillard in the Parish Office.

### Sacrament of Confirmation

If you are in High School or an Adult who has yet to receive Confirmation contact Bunny Brouillard in the Parish Office to make arrangements.

### Sacrament of Holy Communion

If you or your child have not yet made your First Holy Communion contact Bunny Brouillard. If you are shut in and would like to receive Holy Communion contact Deacon Ramsey to make arrangements

### Sacrament of Penance

See the schedule for confessions or contact Fr. Pedersen to make an appointment. To receive instruction on making a first confession contact the Parish Office.

### Sacrament of Anointing

To make arrangements to receive the Sacrament of the Sick or Last Rites contact the Parish Office.

### Sacrament of Marriage

Registered Parishioners should call Father Pedersen or Deacon Ramsey at least 8 months in advance of the wedding date to make arrangements.

### Sacrament of Holy Orders

Catholic Men contact Fr. Pedersen or Deacon Ramsey for more information on joining the Diaconate or Priesthood.

### Religious Education

For students grades 1—10. Meets Wed. evening 6:30pm—7:45pm, Oct. through April. Please call Morgan Leisgang in the Parish Office.

## Totus Tuus Team Missionaries Needed



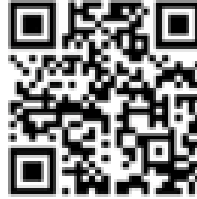
### Totus Tuus Team Missionaries Needed – Is God calling YOU to serve?

The Archdiocese of St. Paul & Minneapolis is hiring Catholic college age men and women who have a missionary heart, I love children/youth and are committed to their Catholic faith who feel called to share the gospel with youth from local parishes around the Archdiocese the summer of 2025!

Totus Tuus missionaries summer service is a 7-week commitment beginning on May 29, earning up to \$4,359 with lodging provided, most meals included, and a one-week break for the 4<sup>th</sup> of July Holiday.

Highlights of the summer include a fun week of training before starting ministry at your parishes, staying with host families each week, sharing Christ's love with hundreds of kids, and praying with your team every day!

Applications are now open, apply today. Scan the QR Code below or contact Nancy Palacheck at 651.291.4489 | [totustuus@archspm.org](mailto:totustuus@archspm.org).



## Calendar of Events

### Sunday, January 26, 3rd Sunday of Ordinary Time (New)

- 7:30 AM Rosary Prayed
- 8:00 AM Mass: Fr. Pedersen
- 9:00 AM Coffee & Donuts - Hosted by SHCCW
- 10:00 AM Mass: Fr. Pedersen
- 11:40 AM Latin Mass: Fr. Pedersen

### Monday, January 27, St. Angela Merici, 1540 (New)

- 7:35 AM Rosary Prayed
- 8:00 AM Communion Service

### Tuesday, January 28, St. Thomas Aquinas, 1274 (New)

- 7:35 AM Rosary Prayed
- 7:40 AM Penance
- 8:00 AM Mass: Fr. Pedersen
- Morning Prayer to follow Mass
- 4:00 PM Catechesis of the Good Shepherd
- 6:00 PM Lord, Renew Your Church Parish Orientation

### Wednesday, January 29, St. Francis de Sales, 1622 (Trad.)

- 7:35 AM Rosary Prayed
- 7:40 AM Penance till 7:55 AM
- 8:00 AM Mass: Fr. Pedersen
- Morning Prayer to follow Mass
- 6:30 PM Men's Small Group

### Thursday, January 30, St. Martina , 228, (Trad.)

- 7:35 AM Rosary Prayed
- 7:40 AM Confessions till 7:55 AM
- 8:00 AM Mass: Fr. Pedersen
- Morning Prayer to follow Mass
- 9:00 AM Adoration

### Friday, January 31, St. John Bosco, 1888, (New)

- 7:35 AM Rosary Prayed
- 7:40 AM Confessions till 7:55 AM
- 8:00 AM Mass: Fr. Pedersen
- Morning Prayer to follow Mass

### Saturday, February 1, St. Ignatius Of Antioch, 107 (New)

- 7:35 AM Rosary Prayed
- 7:40 AM Confessions till 7:55 AM
- 8:00 AM Mass: Fr. Pedersen
- Morning Prayer to follow Mass
- 3:00 PM Penance
- 4:00 PM Mass: Fr. Pedersen

### Sunday, February 2, The Presentation of the Lord (New)

- 7:30 AM Rosary Prayed
- 7:40 AM Penance
- 8:00 AM Mass: Fr. Pedersen
- 10:00 AM Mass: Fr. Pedersen
- 11:40 AM Latin Mass: Fr. Pedersen

Like and Follow the Church of the Sacred Heart on Facebook <https://www.facebook.com/shrobbinsdale/>

## Catechesis of the Good Shepherd Need



Please consider donating the funds to purchase two hardcover NABRE translations of the Bible for our atrium so that the children can continue to enjoy and ponder God's Words to us. The total cost is \$82.50. Please contact Morgan Leisgang if you can help in this way at [mleisgang@shrmn.org](mailto:mleisgang@shrmn.org) or by calling 763-285-6246.

## Sharing & Caring Hands



Sharing & Caring Hands/Mary's Place (Minneapolis) is a compassionate response to the needs of the poor. Volunteer tutors are needed for their After School Tutoring Program. The children living at Mary's Place desperately need academic encouragement & support. No teaching/tutoring experience is needed & volunteers are given an orientation training before starting.  
Contact

[kklement@sharingandcaringhands.org](mailto:kklement@sharingandcaringhands.org) / 612-596-3418 for more information



## Mass Intentions

**\*\*This Schedule is subject to change\*\***

### January

Sun. 26 8:00 AM Mary Jane Konecny+  
 10:00 AM Parishioners  
 Latin 11:40 AM Jose Luz Lara+  
 Mon. 27 8:00 AM Communion Service  
 Tues. 28 8:00 AM Mark Loch+  
 Wed. 29 8:00 AM Charles Weber+  
 Thu. 30 8:00 AM Len & Patty Anderson+  
 Fri. 31 8:00 AM Norbert Thilmony +

### February

Sat 1 8:00 AM Joann Radmacher  
 Johnson+  
 4:00 PM Thomas Willenbring+  
 Sun. 2 8:00 AM Ivan Hagel+  
 10:00 AM Parishioners  
 Latin 11:40 AM Martha Eckman+

### Chapel Open for Prayer:

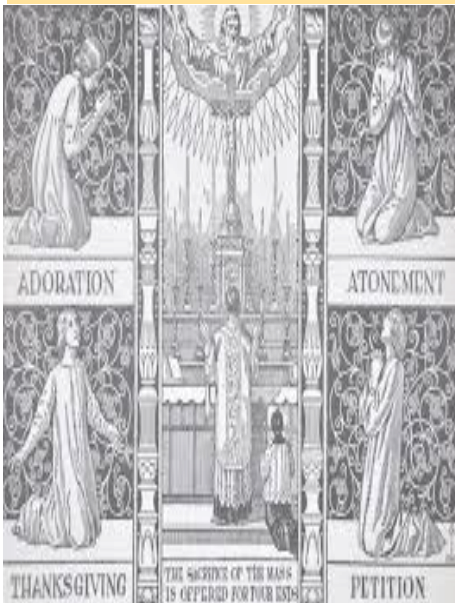
- Monday: 8:30am-12:30pm
- Tues.-Wed.:8:30am-4:30pm
- Friday: 8:30am-12:30pm

### Confessions

Daily Tuesday-Saturday 7:40-7:55am  
 Saturdays 3:00-3:45pm

### Parish Prayer Line

To be placed on the prayer line call the Parish Office 763-537-4561. You can also send in your request via e-mail: [cshadmin@shrmn.org](mailto:cshadmin@shrmn.org)



## Eucharistic Gems



The greatest love story of all time is contained in a tiny white Host  
 Fulton J. Sheen

## Youth and Young Adult Ministry

high school summit nights

2/6/2025  
 2/13/2025 4/24/2025  
 2/27/2025 5/1/2025  
 3/13/2025 5/15/2025 \*  
 3/27/2025 5/29/2025  
 4/10/2025 6/12/2025 IN THE YOUTH ROOM

6:30-8:30 pm

## Survived 25 Club

### SURVIVED 25 CLUB

*Upcoming event:* **FEAST OF ST. JOSEPH CELEBRATION**

St. Joseph is the patron saint of our anniversary group.

All Survived 25 Club marriages will be honored the weekend of March 15-16 with a special remembrance that will be placed on the St. Joseph Altar and published in the bulletin.

If you would like your marriage of 25 years or more recognized and included on the St. Joseph Altar please call:

Anne Hedlund 763-535-4275.

## Deceased Spouse Remembrance

### Deceased Spouse Remembrance

As an extension of the Survived 25 Club, to be included on the St. Joseph Altar display on March 15 & 16, 2025 we would like to remember the deceased spouses of our parish.

Please stop by the St. Joseph Altar to inscribe your loved one's name in the Remembrance Book or call Laurel Murry 612-599-6264.

N.E.A.R.



**EMPTY BOWLS**

**Create a Bowl to Help End Hunger**

Join us for this fun and FREE community event:

**Robbinsdale Middle School**  
 3730 Toledo Ave N, Robbinsdale

Tuesday, January 28 - Bowl Making - 5:00 p.m., 5:45 p.m. and 6:30 p.m.  
 Tuesday, February 11 - Bowl Glazing - 5:00 p.m., 5:45 p.m. and 6:30 p.m.

**Mother's Grieving Loss**

*Known By God:*

**A RETREAT FOR MOTHERS GRIEVING THE LOSS OF AN UNBORN CHILD**

All mothers grieving the loss of a stillborn or miscarried child are invited to this annual retreat, which is focused on healing in grief through the Catholic perspective. Online registration is \$30. The retreat includes large group talks, small group sharing, prayer time, lunch, and shared resources.



Scan to register or visit [www.maternityofmarychurch.org](http://www.maternityofmarychurch.org)



*SATURDAY, FEBRUARY 8TH*

*1AM-3PM*

Maternity of Mary Catholic Church

1414 Dale St. N, Saint Paul, MN 55117

Contact Bernadette Gockowski at [bgockowski@gmail.com](mailto:bgockowski@gmail.com)

**11th Annual Gala**

**A NIGHT AT THE CASINO ROYALE**



**SACRED HEART CATHOLIC SCHOOL'S 11TH ANNUAL GALA**

**YOU ARE CORDIALLY INVITED**  
**FEBRUARY 28TH 2025**  
**5:30PM-10:30PM**

**LOCATION**  
 SACRED HEART GYMNASIUM  
 4087 W. BROADWAY  
 ROBBINSDALE, MN 55422

**FOR RESERVATIONS**  
 PLEASE VISIT:  
[ONECAU.SE/SACREDHEARTCASINOROYALE](http://ONECAU.SE/SACREDHEARTCASINOROYALE)  
 OR SCAN THE QR CODE





# Growing in FAITH™

Discovering **hope** and **joy** in the Catholic faith.

January 2025

Sacred Heart Church  
Robbinsdale MN.

## One Minute Meditations

### St. André Bessette

Born in Montreal, Canada, St. Alfred Bessette was orphaned at the age of twelve. He was mentored by Fr. André Provençal, who inspired him to join religious life. He joined the Congregation of the Holy Cross at twenty-five, becoming "Brother André," and was the doorkeeper for their school. During an epidemic, everyone in his care was miraculously healed with oil from a lamp lit before St. Joseph. With help and donations, he built an oratory to St. Joseph.

### Holy simplicity

Holy simplicity, or "spiritual childhood," starts with being who you are and not trying to be who you're not — even in prayer. When we're open-hearted with God, His grace can change our hearts. We grow in humility, trust, and love — the roots of "tough" virtues like courage, perseverance, and faithfulness.

*"Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven"*  
(Matthew 5:44-45).

## 7 resolutions to transform your New Year

The New Year is a chance to come closer to becoming the person you are meant to be. As you embrace the new beginning, consider these seven resolutions to allow God's love to transform your life.

1. **Trust Him:** Trust in God is the foundation of a peaceful soul. Start each day praying, "O Sacred Heart of Jesus, I surrender myself to You; Take care of everything," and He will.

2. **Embrace authentic humility:** A humble heart chooses others first. Ask, "How can I best love this person?" and let your actions reflect that answer.

3. **Partner with your guardian angel:** Your guardian angel is always with you, offering guidance and protection (Matthew 18:10). Call

upon your angel daily for heavenly help.

4. **Practice self-discipline:** Small sacrifices can lead to profound transformation. Skip cream in your coffee, offer someone full attention, cut back on screen time.

5. **Seek out silence:** God often speaks in silence. Find silence in your day to rest in God's presence, and let Him renew your spirit.

6. **Deepen your knowledge of our Faith:** Faith blossoms with understanding. Look through the Catechism until something interests you, and dive deeper.

7. **Offer God your free time:** If you have an hour to yourself, spend five minutes in prayer. No time spent with Love, Himself, is ever wasted.

## Why Do Catholics Do That?

## Why do Catholics have two versions of the Creed?

The Apostles' Creed is the summary of the beliefs of the early Church. The Nicene Creed is an expanded form of the Apostles' Creed and comes from two great Church councils (Nicaea, 325 and Constantinople, 381). Intended to combat Arianism, the Nicene

Creed emphasizes Jesus' divinity and divine Sonship (*Catechism of the Catholic Church*, #465). As a communal profession of faith, the Nicene Creed affirms the core beliefs of the Church and unites the congregation in a shared declaration of truth.



## A proven way to grow in friendship with God

Do you long to feel God’s love more deeply but find something holding you back? St. Ignatius of Loyola shared this struggle, inspiring him to create a transformative daily practice. This practice can help you live with greater joy in your journey with Christ:

1. **Give thanks:** Reflect on the blessings of your day. Pause to savor them and offer heartfelt gratitude.
2. **Seek clarity:** Ask God for the grace to recognize your sins and remove them from your heart.
3. **Examine your day:** Review your actions from

waking until now. Reflect on how sin crept in, the virtues you may need to cultivate, and areas of your life that need God’s healing touch.

4. **Ask for mercy:** Come to God in repentance. His mercy welcomes you back, and Scripture assures us that Heaven rejoices over every contrite heart (Luke 15:7).
5. **Resolve to grow:** Commit to loving God and others more fully tomorrow. Plan how to resist temptation, make an effort to amend relationships, or prepare for Confession if needed.

### from **S**cripture

**Luke 1:1-4, 4:14-21; Not the Messiah they expected ...**

In this passage, Jesus returned home to Nazareth to teach in the synagogue. He read the prophecy of Isaiah about the coming of the Messiah, who would *“bring glad tidings to the poor.”* Then He said, *“Today this Scripture passage is fulfilled in your hearing.”* He confirmed that He was the long-awaited Messiah.

His hearers must have been shocked: they expected the Messiah to be a worldly king from an important city, not a carpenter-turned-preacher from a small town like Nazareth. They expected this Messiah-king to defeat the

oppressive Romans and make Israel a powerful nation. Instead, Jesus conquered the even greater enemies of sin and death by His Death and Resurrection.

Throughout the Bible, God chose unlikely heroes to carry out His plans: think of Abraham, Moses, David, St. Peter, St. Paul, and many others. Jesus, the Son of God, came to Earth as a newborn infant and lived in humility, poverty, and service. The Good News is that God’s love is stronger than sin and death. If He rose to glory, those who follow Him faithfully will, too.

### **Q** Does fervent prayer & change God’s mind? **A**

Prayer doesn’t change God’s mind, as if He had to be persuaded to love us. God is a good Father, and He is our Father who knows how to give good gifts (Matthew 7:9-11). Yet, prayer is still powerful and worthwhile for other reasons:

**Prayer changes us:** God rewards persistent, faith-filled prayer: *“Lord, I entrust this to you. Thy Will be done.”* When we persevere in prayer, grace goes to work in our souls: our desires are purified, ordered, and sometimes even deepened. Our hearts are gradually brought into line with God’s, and we begin to see, choose, and love like He does.

**Prayer is relationship:** A read through Scripture shows God seems to enjoy involving many “co-conspirators” in His plans, even today. He doesn’t need us yet desires our (active) involvement in His plans. He has the final say, but wants to hear our thoughts, questions, and concerns. God didn’t make us to be robots but His children and heirs (Galatians 4:6-7). Prayer isn’t magic. It’s way more powerful.

### **Feasts & Celebrations**

**January 3** – The Holy Name of Jesus. In January we celebrate the Holy Name of Jesus. *“... At the name of Jesus every knee should bend, of those in heaven and on earth and under the earth”* (Philippians 2:10).

**January 7** – St. Raymond of Peñafort (1275). St. Raymond studied canon (Church) law before joining the Dominican Order. He worked for Pope Gregory IX, then was appointed archbishop of Tarragona, Spain. Afterwards, he was elected head of the Dominicans. He retired two years

later.

**January 23** – St. Vincent of Saragossa (304). Born in Saragossa, Spain, St. Vincent trained as a deacon under Bishop Valerius. During the Diocletian persecutions, St. Vincent and the bishop were captured. St. Vincent was tortured but refused to deny Christ.

**a** – Saints Timothy and Titus (1st century). St. Timothy was converted by St. Paul and became his trusted friend, joining him in apostolic work, especially at Corinth. St. Titus served the early Church as a peacemaker and as administrator to a community on Crete.

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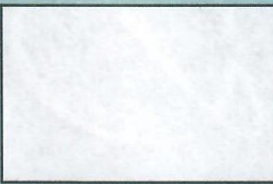
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