



Catholic Church

SAINT OLAF CATHOLIC CHURCH • MINNEAPOLIS, MINNESOTA
612-332-7471 • SAINTOLAF.ORG

HOW GOES YOUR LENT?

Mary Kennedy, Parish Administrator

MARCH 3, 2024

THE THIRD
SUNDAY OF LENT

PASTOR

Fr. Kevin Kenney

ASSOCIATE PASTOR

Fr. Wehmann

Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money-changers seated there. He...drove them all out of the temple area... "Take these out of here, and stop making my Father's house a marketplace."

- John 2: 13-16

This weekend's readings provide us with the bird's eye view of Jesus's clearing out the flotsam and jetsam He found in Jerusalem. Jesus certainly got the attention of the people assembled. In our world today, we can take a lesson here – what does our own temple look like? Lent is a perfect time to straighten up our lives and hearts and recommit to our faith.

The question is "How goes your Lent?" We have now reached week number three and hopefully you have embraced the opportunity to slow your life down a bit, refocus on your faith journey, and make an individual response in Prayer, Almsgiving, and Fasting. I talked with a young gal on the First Friday of Lent and she was absolutely dejected that she forgot it was Friday and had eaten a hamburger that day. She said she "had ruined her 2024 Lent." I smiled (on the inside) as I thought of all the mistakes and missed opportunities that I, myself, have accumulated in my life and said, "Good thing we have a patient and loving God, and we have 40 days to pick ourselves up and try, try again." If we threw in the towel, and gave up the plan at the first bump in the road, how far would we get in the journey?

Living as disciples of Jesus Christ is not always the easy path, but it will be the most faith-filled, enriching, and rewarding journey we can live. We live that life, step by step, opportunity by opportunity, encounter by encounter, armed with the gifts we have been given. Perhaps one way to live your Lent as a steward is to commit to small steps and build up your response over 40 days. Instead of giving up something, give of yourself. Here are some ideas to consider as you **PRAY ~ SERVE ~ SHARE** your gifts.

PRAYER – We know the importance of communal prayer and worship. Saint Olaf is strengthened by the community prayers

offered at each Mass. How about YOUR prayer life? Start that conversation with God on your daily commute, between tasks, even as you brush your teeth.

- Add a daily Mass to your weekly Mass attendance: 7:00am Monday – Friday or 12:00Noon Mass Monday – Saturday.
- Visit our Chapel of Saints John and Paul – it is open every day.
- Consider becoming one of Saint Olaf's Prayer Ministers. These ministers pray for the intentions that come our way via our website. Click on the **Prayer Request** button found on the upper corner of the Saint Olaf website to enter your own prayer request.
- Include prayers for Saint Olaf and our ministries in your daily prayers.

ALMS/SERVICE

- Skip that weekly visit to the coffee shop and instead give that money to a charity you support.
- If you get a new coat, shoes, or linens, take a look at the "old" item, if it still has some life left, clean it up, and give it to Samaritan Ministry.
- Look at your calendar and your checkbook. Where do you say "Yes" in your life? Are you supporting the organizations that feed your faith and align with your ideals? Do you give from your first fruits, or what is leftover at the end of the paycheck?

FASTING

- Try lessening or limiting distractions, and these days we have plenty of them bombarding us. Turn off the TV, put down your cell phone, and open your bible or enjoy conversing with family and friends.
- Fast from bad habits, gossip, and negativity.
- Fast from eating on the run. Commit to sitting down with your family, more than food will be shared.
- Do your possessions own you? Give away something you cherish that will benefit others.





EVENTS & OTHER INFORMATION

ADDITIONAL INFORMATION AT SAINTOLAF.ORG/EVENTS

READINGS FOR SUNDAY MASS

**RESPONSORIAL PSALMS ARE DENOTED BY SEMIBOLD ITALICS*

March 3: Ex 20:1-17, **Ps 19**, I Cor 1:22-25, Jn 2:13-25

March 10: 2 Chr 36:14-16, 19-23, **Ps 137**, Eph 2:4-10, Jn 3:14-21

PRAY SAINT OLAF SUNDAY MASS ON MCN CH 6

Pray our Sunday 10:00am Mass on MCN Cable TV Channel 6 on Sunday evenings at 8:00pm and replayed on Mondays at 10:00am. Saint Olaf also live streams our Monday-Friday 12:00Noon Mass and our Sunday 10:00am Mass on YouTube: youtube.com/user/SaintOlafChurch/live.

SMALL FAITH SHARING GROUPS CONTINUE

Our Small Group Faith Sharing continues throughout Lent. Join us as your schedule allows:

- Thursdays: 12:30pm – 2:00pm – Begins February 15
- Saturdays: 10:00am – 11:30am – Begins February 17
- Sundays: 11:15am – 12:45pm – Begins February 18
- Tuesdays: 6:30pm – 8:00pm – Begins February 20



THE SKYWAYS ARE OPEN!

Skyway access to Saint Olaf is open Tuesday, Wednesday, and Thursday evenings until 7:30pm and Saturday from 2:00pm – 5:30pm and Sunday from 5:30am to 5:30pm.

LENTEN REGULATIONS

Fasting: Restricts eating to one full meal and two lighter meals in the course of a single day, and prohibits eating between meals. This is for Catholics beginning at age 18 until their 59th birthday. Pregnant women and people who are sick are not obligated to fast. Such fasting is obligatory on Ash Wednesday and Good Friday. Abstinence: Catholics older than 14 years of age may not eat meat on Ash Wednesday or any Friday of Lent.

JOIN THE CHOIR FOR HOLY WEEK/EASTER

Come raise your voice in prayer, reflection, and praise as we celebrate the Sacred Paschal Triduum. Please contact Joel Anderson, Director of Music, to sign up or for more information. Email JAnderson@SaintOlaf.org or call **612-767-7628**.

FROM AGE TO AGE AT 10:00AM MASS MARCH 10

Our premiere choir-in-residence will join the Parish Choir at the 10:00am Mass on Laetare Sunday. Arrive early to hear an exquisite choral prelude beginning around 9:40am.

AN UPDATE ON FR. WEHMANN

Fr. Wehmann continues to recuperate from his surgery and to assist with his health recovery, he will be taking a 12-week medical leave. During this time, we ask for your continued prayers for Fr. Wehmann and his medical team that he may enjoy a swift recovery. You can send cards to the parish office and we will forward them to Fr. Wehmann. We will have Archdiocesan priests assisting Fr. Kevin with Mass and Reconciliation during this time. If you have been receiving Pastoral Care visits from Fr. Wehmann, please contact Fr. Kevin, **612-767-7620** so we can arrange a lay minister or Fr. Kevin visit.

GIVING IS FAITH IN ACTION

Zeal consumes Jesus for our parish. We are God's house. Each of us is a Temple of His Holy Spirit. The way we handle money matters to God. Saint Olaf needs your help for our Catholic Services Appeal to succeed. Help us use the gifts He gives to beautify his house, adorning it with prayer and good works, and improve the lives of those entrusted to us. Jesus is zealous for us all to have the abundant life He offers—not a life suffocated by this world. Join us in living a better life—His life. For more information about this year's Catholic Services Appeal or to donate, visit: hope.archspm.org.



THIS WEEK'S SCHEDULE

ADDITIONAL INFORMATION AT SAINTOLAF.ORG

SATURDAY, MARCH 2

10:00am Centering Prayer - Monthly On-Site - Forliti Gathering Rm

10:00am Small Group Saturday Session - Cowley Hall (Lower Level)

12:00Noon Mass

12:30pm Confessions

12:30pm Rosary - Chapel

4:00pm Vigil Mass

SUNDAY, MARCH 3

6:00am Mass

8:00am Mass

10:00am Mass+

11:15am Small Group Sunday Session - Fleming Hall

12:00Noon Mass

4:00pm Mass

MONDAY, MARCH 4

7:00am Mass - Chapel

7:30am Confessions

12:00Noon Mass +

12:00Noon AA Meeting - Edu Rm

TUESDAY, MARCH 5

7:00am Mass - Chapel

7:30am Confessions

12:00Noon Mass+

12:30pm Confessions

5:45pm Young Adult Group - Forliti Gathering Rm

6:30pm Small Group Tuesday Session - Fleming Hall

6:30pm Seasonal Choir Rehearsal - Main Church

WEDNESDAY, MARCH 6

7:00am Mass - Chapel

7:00am AA Meeting - Edu Rm

7:30am Confessions

11:30am Nicotine Anonymous Meeting - Edu Rm

12:00Noon Mass+

6:30pm Parish Choir Rehearsal

6:30pm Women's Bible Study - Forliti Gathering Rm

THURSDAY, MARCH 7

7:00am Mass - Chapel

7:30am Confessions

12:00Noon Mass+

12:30pm Confessions

12:30pm Small Group Thursday Session - Fleming Hall

6:30pm Order of Christian Initiation of Adults (OCIA) - Edu Rm

6:30pm From Age to Age (FATA) Rehearsal

FRIDAY, MARCH 8

PARISH OFFICE CLOSED

7:00am Mass

7:30am Confessions

10:00am Saint Olaf Craftworks Ministry - Forliti Gathering Rm

11:00am Adoration

12:00Noon Mass+

12:30pm Stations of the Cross+

SATURDAY, MARCH 9

10:00am Small Group Saturday Session - Fleming Hall

12:00Noon Mass

12:30pm Confessions

12:30pm Rosary - Chapel

4:00pm Vigil Mass

SUNDAY, MARCH 10

6:00am Mass

8:00am Mass

9:40am From Age to Age Choral Prelude (our choir-in-residence joins the Parish Choir)

10:00am Mass+

11:15am Small Group Sunday Session - Fleming Hall

12:00Noon Mass

2:30pm Book Club - Forliti Gathering Rm

4:00pm Mass

▪ Building closes at 5:30pm Monday - Friday.

▪ Offices are open until 4:30pm Monday-Thursday

▪ Chapel is open for private prayer Monday - Friday, 7:30am - 5:30pm

+ LIVE STREAMED

SAMARITAN MINISTRY NEEDS

Samaritan Ministry still needs winter gear, especially coats. We welcome new or clean and gently used items. Thank you for your support!

ANNUAL BUDGET

CONTRIBUTIONS	ACTUAL	BUDGET	DIFFERENCE
Feb 12 - 18	\$18,600	\$27,017	-\$8,417
YTD through Week #34	\$950,301	\$921,544	\$28,757

Thank you for your continued support of Saint Olaf!