



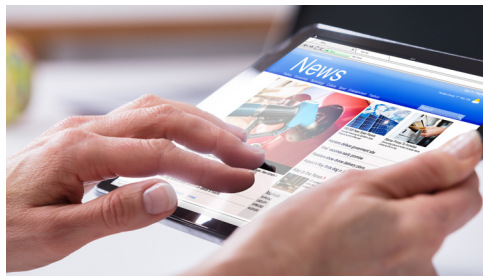
## Nourishing the Soul by Fr. Patrick Kennedy

My friends,

Most of us are appalled at the way the world is right now. Our availability to have instant reporting from any corner of the world gives us more information than seems necessary. Yet our appetite for being "in the know" has become insatiable over time. We seem to have an addiction to knowing the very latest enabling us to be clarions of all that is going on right now in the world. I wonder sometimes why we have this need to know. Maybe it is curiosity. Maybe we have too much time on our hands. Whatever drives us to be instantly informed, we find most of what we learn leaves us disturbed. We are unsettled by what we hear each day. The knowledge of the pain, sadness, and alienation created by the way people are treated by others creates in us a futility we cannot overcome. This helplessness of being unable to bring positive change to the world at large or our own little worlds has a tendency to put a pall over everything we do. Whoever coined "ignorance is bliss," may have been right. Sometimes, we know too much and this knowledge can weigh us down.

People will say, "Turn off the TV." "Stop reading the newspaper." "Delete the news apps from your phone." This is easier said than done. Trying to remove oneself and living "off the grid" might be good for a few, but most people simply cannot do it. We don't

want to be ignorant of what's happening. We want to be in the know. We can't stand to be uninformed. What would we talk about if we were not up on current and daily events which fuel most of the conversations we have with others?



One of the encouragements we receive during this Season of Lent is to fast. Most of us believe this exercise has something to do with food. Actually, it does. However, the food we speak of is not just what we eat or don't eat which affects our bodies when we fast. I believe it is much more. Fasting from something touches other areas of our lives as well. For example, the daily nourishment we take in which feeds our souls and creates in us an attitude which affects how we live with ourselves and others can be more important than food.

What does our incessant need for daily information about others and the world we live in do to us? Do the things we hear move us to do something about them? Do they

encourage us to live more gracefully? Do the facts or fiction of life lived around us help us to become thoughtful in the way you and I create our own personal news of the day? Do we become more discerning as we speak to others about what we think is true? Does our desire to have something to talk about with another person come from a deep desire to share our faith and our hopefulness in light of the trouble we see and hear lived out in real time each day?

If these things don't occur, and we find ourselves as disturbed as everybody else is, then it is necessary to fast for a time from the daily information we absorb about our world and other people's lives. The world today is in great need of individuals who offer something other than everybody else does when chiming in about events and people grabbing the headlines of the day. The Christian can be an individual who doesn't just react and parrot back some unreflective flow of consciousness. The Christian, through eyes of faith, motivated by a deep sense of hope, can offer a response. This response comes because we have fasted from our need to be informed for a time. We have emptied ourselves, and we allowed ourselves to be filled with the wisdom of the Holy Spirit. It is through this lens we see what is before us, and it is this voice we respond to in all we see and hear each day.



## EVENTS AND OTHER INFORMATION

Additional Information at [www.saintolaf.org/events](http://www.saintolaf.org/events)

### EMMET CAHILL RETURNS TO ST. OLAF

Irish tenor and rising star Emmet Cahill returns to St. Olaf on March 21 for another dynamic concert full of beloved classics and nostalgic Irish favorites. Concert at 7:30pm, special meet-and-greet at 5:45pm. Tickets available online at [emmetcahilltours.ticketleap.com](http://emmetcahilltours.ticketleap.com) or by calling the St. Olaf parish office at 612-332-7471. This event is a fundraiser for St. Olaf parish.

### MASS WITH ANOINTING

12:00pm on Saturday, March 23. Light lunch follows.

The Sacrament of the Sick offers healing and comfort to those suffering from aging or illness in body, mind, or spirit. It is especially recommended before surgery or if one's condition has worsened since last being anointed.

### CENTERING PRAYER INTRODUCTORY PROGRAM

Two-part program; Saturdays, March 23 and 30, 9:00 to 11:15am in the Murphy Room. For additional information, contact the Parish Office, 612.332.7471 or email: [carolquest@q.com](mailto:carolquest@q.com).

### SEASONAL CHOIR FOR GOOD FRIDAY, EASTER VIGIL, AND EASTER SUNDAY

We welcome singers to join this seasonal choral group which sings with instrumental ensemble for Good Friday, April 19, 5:15pm liturgy; Easter Vigil, 7:00pm Mass; and Easter Sunday, April 21, 4:00pm Mass. Rehearsals are on Tuesdays: March 26, April 2, 9, and 16, 6:30-8:30 p.m.

Contact Joel Anderson at 612-767-7628, or [janderson@saintolaf.org](mailto:janderson@saintolaf.org).

### LEGISLATIVE ADVOCACY

**Please join us! *Strengthening Kinship through Advocacy: Catholic Charities 2019 Policy Briefing***, Thursday, March 28, 7:30am-9:00am. Lend your voice and experience to social justice and legislative advocacy for those most in need in our community. REGISTER TODAY! Visit [cctwincities.org/briefings](http://cctwincities.org/briefings), email [events@cctwincities.org](mailto:events@cctwincities.org) or call 612-204-8333.

### REMEMBER A LOVED ONE THIS EASTER

This Easter remember a loved one, living or deceased, with a gift toward church flowers and environment. Suggested offering is \$20.00 per remembrance. Names of honorees and donors will be posted at the church entrances. Make checks payable to St. Olaf Church with the memo: Easter Flower Donation. Place forms and donations in the collection or bring to the parish reception desk in Forliti Foyer by April 5.

### CATHOLIC SERVICES APPEAL

Pledges for this annual collection are at 24%. We need your help to reach our goal of \$57,863. If we reach it, the parish receives 25% of the money. Please support the worthwhile 20 ministries in this archdiocese through your gift. Envelopes are in the pews and Plexiglas information racks.



## THIS WEEK'S SCHEDULE

Additional Information at [www.saintolaf.org](http://www.saintolaf.org)

#### SATURDAY, MARCH 16

- 9:00 AM CENTERING PRAYER
- 10:00 AM RCIA
- 12:00 PM MASS/CONFESSIONS
- 2:00 PM AFRICAN CHOIR REHEARSAL
- 4:00 PM MASS

#### SECOND SUNDAY OF LENT, MARCH 17

- 6:00 AM MASS
- 8:00 AM MASS
- 9:00 AM NURSERY OPENS
- 9:30 AM SACRAMENTAL PREP
- 10:00 AM MASS W/INTERCESSORY RITE FOR INITIATION CANDIDATES
- 12:00 PM MASS W/AFRICAN CHOIR
- 4:00 PM MASS
- 5:30 PM DINNER FOR EXODUS RESIDENTS

#### MONDAY, MARCH 18

- 7:00 AM MASS/CONFESSIONS
- 7:30 AM SAMARITAN MINISTRY HOSPITALITY
- 12:00 PM MASS
- 12:00 PM AA

#### TUESDAY, MARCH 19

- 7:00 AM MASS/CONFESSIONS
- 12:00 PM MASS/CONFESSIONS

#### WEDNESDAY, MARCH 20

- 7:00 AM MASS/CONFESSIONS
- 7:00 AM AA
- 12:00 PM MASS
- 12:00 PM AA
- 6:00 PM ALANON
- 6:30 PM PARISH CHOIR REHEARSAL

#### THURSDAY, MARCH 21

- 7:00 AM MASS/CONFESSIONS
- 7:30 AM SAMARITAN MINISTRY HOSPITALITY
- 12:00 PM MASS/CONFESSIONS
- 7:30 PM EMMET CAHILL CONCERT

#### FRIDAY, MARCH 22

OFFICE CLOSED ON FRIDAYS

- 7:00 AM MASS/CONFESSIONS
- 11:15 AM STATIONS OF THE CROSS
- 12:00 PM MASS
- 12:30 PM ADORATION OF THE BLESSED SACRAMENT

#### SATURDAY, MARCH 23

- 9:00 AM CENTERING PRAYER
- 9:15 AM INTRO TO CENTERING PRAYER
- 10:00 AM RCIA
- 12:00 PM MASS/ANOINTING OF THE SICK
- 12:30 PM LUNCH AFTER THE ANOINTING MASS
- 4:00 PM MASS

### ANNUAL BUDGET AS OF WEEK #35

CONTRIBUTIONS	ACTUAL	BUDGET	DIFFERENCE
Week #35	\$18,847	\$27,180	-\$8,333
YTD through Week #35	\$904,270	\$978,256	-\$73,986