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# St. Leo's Quarterly Outlook

Lent 2018 Season

## Words from the Pastor



Dear Parishioners of St. Leo's Parish community,

The bitter cold of winter arrived right on time this year. The first official day of winter, Dec. 21<sup>st</sup>, the weather changed to the cold and it hasn't let up much since. For you snowbirds who headed south, enjoy! We are here still praising God in the midst of the cold with more layers on and thermostats set. No matter what the season or what the temperature we are to always praise our God who loves us dearly and eternally.

This "Quarterly Outlook" covers these first weeks of Ordinary Time as well as leading us into Lent and Easter. I hope the information you find in it will be helpful for your participation in the parish liturgies and other functions.

I am happy to share with you that seven people have been learning about our Catholic faith and traditions through the RCIA process since late September 2017. They are prayerfully preparing to either be baptized or make a full commitment to the Catholic Church at Easter and celebrate their First Holy Communion and be

Confirmed. This will take place at the Easter Vigil on Holy Saturday Night which is the high point of our liturgical year.

The seven who are preparing this year are; Daniel Boroff, Clarissa Larson, Jennifer and Joshua McClure, Rita Meier, Sydney Tiarks and Carolyn Wicks. Their photos and biographies are not ready for this publication but will be displayed on the parish bulletin-board as well as upcoming bulletins. I ask you to pray for them as they discern this important decision, which not only affects their lives but the parish community as well. Their next major step will be the Rite of Sending to the Bishop on Sunday, March 18<sup>th</sup> where they will celebrate the Rite of Election at 7pm in the Cathedral. All will be welcome to participate in that service which represents the whole Eastern third of the Grand Island diocese.

I hope and pray that every household of St. Leo's will truly enter into the Lenten activities and liturgies that are available. Like most things, the more you put into it the more you will get out of it. Please mark your calendars accordingly and prepare to praise the risen Lord.

On a personal note, I express my gratitude to you for your prayers in regards to my right knee replacement surgery last October. All went very well and I continue to make progress of healing. I ask for your prayers once again for as this newsletter is being prepared, I will enter into another surgery for my left knee replacement on Thursday January 18<sup>th</sup>. I am grateful to Fr. Mark Maresh and the Parish Staff for all they will do in my recuperation. I am also very grateful to Bishop Dendinger, Fr. Dave Rykwald, Fr. James Janovec and Fr. Charles Torpey who will assist with weekday Masses and other liturgical activities. The first part of my recuperation I will spend at my sister Mary's home, here in Grand Island. I am blessed and I believe in the power of prayer. Thank You.

Sincerely Yours,  
Rev. Donald A. Buhrman

### Special points of interest:

- ◆ Lent Night
- ◆ Lenten Activities
- ◆ Capital Campaign
- ◆ Outreach
- ◆ Golden Gems
- ◆ Nurses Corner
- ◆ Ladies of St. Leo's
- ◆ Knights of Columbus
- ◆ St. Leo's Music
- ◆ St. Leo's Children
- ◆ St. Leo's Youth & Young Adult
- ◆ Catholics Encounter Christ
- ◆ Rice Bowl

## St. Leo's Quarterly Outlook

### RICE BOWL



This Lent our community will participate in CRS Rice Bowl, a faith-in-action program that invites us to encounter anew ourselves, our neighbors and our God. As we, the global Church, prepare for this holy season of Lent, it is especially appropriate to come together in prayer as a family, reflecting on the role we each have to play in building up God's one human family. Please consider these suggestions in shaping your own family's Lenten plan: • Use your CRS Rice Bowl and Lenten Calendar daily to guide your Lenten prayer, fasting and almsgiving. • As a family, read the Stories of Hope and daily reflections to inspire your Lenten journey—and guide your Lenten almsgiving. • Prepare simple meatless meals on Fridays throughout Lent, in solidarity with our brothers and sisters around the world. Be sure to visit crsricebowl.org to watch videos of the people and communities your Lenten gifts are changing through CRS Rice Bowl. We will be collecting your CRS Rice Bowls at the end of Lent, so stay tuned to learn more. Thank you for participating in CRS Rice Bowl with your family this Lent.

Would you like a little extra challenge during Lent? Download the CRS Rice Bowl app at the App Store or Google play. Spend your Lent in solidarity with the poorest of the poor around the world.

**LENT NIGHT****February 7th at 5:45pm**

This parish has a local tradition of gathering on a Wednesday night before Lent to experience prayer, a meal, and a community building activity. Lent Night this year is Wednesday Feb. 7th, starting at 5:45pm in the church. Mark your calendar. This is NOT a youth activity, even though the participants of Religious Formation are expected to be present with their families. This night is for every member of the parish. In order to prepare sufficient sustenance and materials, please sign up on the tables in the Gathering Area. I think you will enjoy it.

**The Manner of Fulfilling the Precept of****Penance:**

Ash Wednesday and Good Friday are days of fast and abstinence.

All Fridays in Lent are days of abstinence only. The Law of Abstinence (not eating meat) obliges those who have completed their 14th year.

The law of fast (only one full meal each day, nothing between meals) obliges those who have completed their 18th year until the beginning of their 60th year.

Definitions:

**Fasting:** Limitations on food and drink

**Abstaining:** Refraining from meat on Fridays of Lent.

**Q.** I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include chicken and dairy products?

**A.** Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs --- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. (USCCB web site)

**Stations of the Cross**

Stations of the Cross will be prayed at 6:30pm every Friday of Lent except Good Friday. The Stations commemorate the stops along the Via Dolorosa (Latin for Way of Sorrow), Jesus' journey of about a mile from Pilate's court to Calvary. Mary, the mother of Jesus, is believed to have often retraced the sorrowful way her Son made on Good Friday.

**Centering Prayer**

7:10am every Wednesday of Lent, except Ash Wednesday in the Church

Contemplative prayer or centering prayer, silent prayer, breathing prayer, listening prayer, is defined as listening to God by repeating a word or phrase usually from the Bible (a mantra) and achieving silence in the mind, body and spirit. It also involves using breathing exercises to slow down your breath and empty your mind of any distractions and thoughts.

It emphasizes prayer as a personal relationship with God. At the same time, it is a discipline to foster and serve this relationship by a regular, daily practice of prayer. It is Christ-centered in its focus, building faith.

**Catholics Encounter Christ**

Catholics Encounter Christ is offering a weekend experience for men and women to help them grow in their faith and revitalize their spiritual life. The CEC experience is a structured 3-day weekend beginning on Friday evening concluding on Sunday evening at Camp Comeca south of Cozad. What should you expect during the three days? Twenty to thirty men or women meet with a team of priests and lay people. There are discussions, singing, joking, laughter, and spontaneous informal prayer. Discussions are centered on talks emphasizing the true meaning of grace, the sacraments, the Mass, the nature and need of prayer, living

one's daily life in union with God, studying to understand the gift of God, and introducing Christ to others by word and deed. The women's weekend is **Feb. 23-25**, while the men will meet **March 23-25**. For more information or to request a registration form, please contact: Kathy Ulrich

[kathy.ulrich@heartprinthomecare.com](mailto:kathy.ulrich@heartprinthomecare.com) (308)627-9429 or Fr. Antony Thekkakara [athekkekara@gmail.com](mailto:athekkekara@gmail.com) (308) 660-4171. or Patty Margritz [patricia.margritz@gmail.com](mailto:patricia.margritz@gmail.com) 308-325-9981.

\*Sponsor must have attended a CEC or Cursillo weekend.

**Youth and Young Adult Ministry**

**LoveEd** Empowering parents to raise kids that are strong, smart and pure

- St. Leo's has been selected as the Grand Island Diocese pilot program for the new LoveEd parent/child series, Level 1
- All Parents with 4th through 6th grade Children:
  - Step 1—**Wed. Feb. 28 from 5:30 to 6:45 p.m.**— Parent only session
  - Step 2—**Wed. Mar. 7 from 5:30 to 6:45 p.m.**— Parent/student Event— parent or other important adult attends with like gendered child
  - Step 3—Take home book/ materials for learning and discussion
- WHY is this important?!
- In a society that promotes cheap, fleeting sex at ever younger ages, it has never been more important for parents to show their children the true meaning of love and sex, a meaning that far surpasses anything the world offers.
- But actually doing this can be hard. At a time when young people are asserting their independence, LoveEd gives parents the knowledge and support they need to discuss what is often (but doesn't have to be!) an uncomfortable topic and helps parents and their kids develop closer relationships. Help your child be innocent but not ignorant.

Register by emailing Rita Hemmer, [rita@saintleos.org](mailto:rita@saintleos.org)



**Theology On Tap** is a speaker series for young adults, married and single, in their 20s and 30s. Each session offers a different presenter with topics relevant to the lives of Young Adults.

**Mondays at 7:00 p.m., Feb. 19 / Feb. 26/ Mar. 5 / Mar. 12**

**The Chicken Coop, 3rd and Sycamore Streets**

Check out our Facebook page, [Theology on Tap - Grand Island](#) for updates or request to be on the email group: [githeologyontap@gmail.com](mailto:githeologyontap@gmail.com)

**Get ready Grand Island for Going Bananas For Jesus XX, March 29-31, 2019.**

Grand Island will host the next GB4J. Many are needed for host families, committee organizers and many other volunteer positions. Be a part of something big! If you would like to use your gifts for this event email [rita@saintleos.org](mailto:rita@saintleos.org).





### Children's Ministry

#### St. Leo's Children's Ministry Calendar

Wednesday, February 7	5:45pm	Parish Lent Night	Sunday, March 18	9:15am	Class
Sunday, February 11	9:15am	Class	Wednesday, March 21	5:30pm	Class
Wednesday, February 14	5:30pm	Ash Wednesday	Sunday, March 25	9:15am	Class (last class)
Sunday, February 18	9:15am	Class	Wednesday, March 28	5:30pm	Class (last class)
Wednesday, February 21	5:30pm	Class	Sunday, April 1		Easter Sunday
Sunday, February 25	9:15am	Class	Wednesday, April 4		1st Eucharist Rehearsal
Wednesday, February 28	5:30 pm	Class	Sunday, April 8	2:00pm	1st Eucharist Sunday
Sunday, March 11	9:15am	Class			
Wednesday, March 14	5:30pm	Class			

### Totus Tuus

Last year was our inaugural year at St Leo's for hosting TOTUS TUUS, along with St Mary's, and it was not only a BLAST but SUPER AMAZING!! We want to host it again this year and are working on finding a date to make this work, so keep checking our webpage and bulletin for the actual date in July that we will be having TOTUS TUUS at St Leo's!



#### WHAT IS TOTUS TUUS?

Totus Tuus - "Totally Yours"

Totus Tuus is a Catholic youth program dedicated to sharing the Gospel and promoting the Catholic faith through catechesis, evangelization, Christian witness, and Eucharistic worship.

The goal of Totus Tuus is to help young people grow in the understanding of, and strengthen their faith in, Jesus Christ.

Totus Tuus strives to bring our faith to life by creating a balance between knowledge of the meaning of the Sacraments and an authentic Sacramental life.

If you want your children to understand and develop a strong faith life, Totus Tuus is a great place to encourage it!

#### WHO IS IT FOR?

Ages: 1st Grade through High School, including 2018 graduates.

In the meantime go check out our webpage to learn more about it and see the pictures from last year!!

Watch the bulletin for the July dates and if you want to know more contact Jodi Stauffer.

~VBS~  
*save the date!*  
 June 4th—8th, 2018

Mark your calendars now — and call Jodi for the **volunteering** opportunities. **CALL JODI TODAY!**



### Definition of The Events of Lent and Holy Week

**LENT:** is an Anglo-Saxon word meaning *spring*. The season lasts from Ash Wednesday until the Mass of the Lord's Supper on Holy Thursday.

**ASH WEDNESDAY:** marks the beginning of Lent, often observed by receiving a cross of ashes on the forehead at Mass.

**HOLY WEEK:** includes the days from Palm Sunday through Easter.

**PALM or PASSION SUNDAY:** has contrasting names, one because of Jesus' triumphant entry into Jerusalem (to the waving palm branches), the other because this Sunday begins our focus on Jesus' days of suffering and death.

**PASCHAL TRIDUUM:** from the Latin for "three days," extends from evening Holy Thursday through Easter Sunday.

**MAUNDY (HOLY) THURSDAY:** gets its name from Jesus' "new commandment" to love one another, which he spoke during the Passover meal when he washed his disciples' feet and instituted the Holy Eucharist. Typically the Catholic Church now refers to this day as Holy Thursday and it is also notable for being the day on which the Chrism Mass is celebrated.

**GOOD FRIDAY:** marks the events of Jesus' trial, crucifixion, death and burial, sometimes with special three hour observances. The altar is stripped of all decoration and the church darkened until Saturday's Easter Vigil.

**EASTER VIGIL:** is celebrated on Holy Saturday evening after sundown; traditionally a time for baptizing, confirming and receiving new members.

**EASTER:** named after an ancient spring festival, is the "great Sunday," on which each Sunday Eucharist is modeled. The Resurrection of our Lord.

### Lenten Calendar of Events

Wednesday	Feb 7	Lent Night	5:45pm in the church
Wednesday	February 14	Ash Wednesday Mass	9am, 5:30pm
Wednesday's	Feb. 21, 28, Mar. 7, 14, 21, 28	Centering Prayer	7:10am in the church
Friday's	Feb. 16, 23, Mar. 2, 9, 16, 23	Stations of the Cross	6:30pm in the church
Friday	Mar. 23	Mass	9am
		Reconciliation	11am to 1pm & 4:30 to 6:30pm
Saturday	Mar. 24	Reconciliation	3pm to 4:30pm
		Mass	5pm
Sat/Sun	Mar. 24/25	Gather in Parish Hall 10 min before Mass for blessing of Palms and process into Church for the celebration of the Passion and Eucharist	
Sunday	Mar. 25	Communal Reconciliation	7pm at Blessed Sacrament
Monday	Mar. 26	Communal Reconciliation	7pm at St. Leo's
Tuesday	Mar. 27	Communal Reconciliation	7pm at St. Mary's Cathedral
Wednesday	Mar. 28	Communal Reconciliation	7pm at Resurrection
Thursday	Mar. 29	Holy Thursday	7pm
		(includes Washing of the Feet and Holy Eucharist to Altar of Repose)	
		Adoration	8pm to Midnight
Friday	Mar. 30	Passion of the Lord	3pm
		(includes Passion of the Lord, Veneration of the Cross and Holy Communion)	
Saturday	Mar. 31	Easter Vigil in the Holy Night	8pm
		(starting in the Parish Hall with the lighting of the new fire.)	
Sunday	April 1	Easter Sunday, Resurrection of the Lord	Mass: 8:15am, 8:30am (Parish Hall) 10:30am, 10:45am (Parish Hall)



### American Red Cross Bottled Water Collection

During **February**, St. Leo's will collect bottled water and sports drinks for the fire fighters and disaster/fire victims. In our area the American Red Cross is called at the same time as the Fire Departments. The American Red Cross sends out food and drinks to help sustain the firefighters and aid the victims.



The Dynamic Catholic Institute  
"Best Lent Ever"

Check out the Bulletin and our Webpage  
For more details!

### FROM DEACON BILL

Lent 2018 – Remember to focus on WHO – WHO are we preparing for at EASTER? Jesus wants us to enter a stronger relationship with Him during this Lenten journey. Enter deeper into prayer, fasting (not only from food) and almsgiving as the three pillars of Lent.

**Prayer** – Pray 15 minutes a day and it will change your life. Attend weekday Mass at one of the four parishes if possible. Stop by church for a visit on your way to work or after school. Matthew Kelly said it changed his life by stopping by church each day. Pray for others, pray for families, pray that your belief in Christ will become stronger.



**Fasting** – THIS YEAR, LET'S NOT GIVE UP SOMETHING, LETS TAKE UP SOMETHING TO GROW OUR FAITH !! Fast from things of THIS MODERN WORLD and focus on how to become a better Catholic and be stronger in our faith. It is not so much what you "Give up" as much as it is what you "Take Up." Take up an awareness of how and what you are watching on TV? How many hours a day do you watch TV? "TAKE UP" once a week to read or watch a story on the lives of a Saint, instead of Netflix? What if you "Take Up" listening to Catholic Radio (91.5 FM) instead of your "usual" radio station? Instead of playing hours of games a week or being on "Facebook", what if you take up looking at Catholic Websites to strengthen your faith like USCCB.org, CatholicCulture.org, or the Laudate app to listen to the daily readings and learn more about the "Saint of the Day." "TAKE UP" reading the excellent book we gave away for Christmas, "WHY WE'RE CATHOLIC" by Trent Horn instead of reading "People Magazine." Christ died on Good Friday and gave up his very flesh so Fridays during Lent, we do not eat the flesh of animals. (Give up meat)

"GIVE UP" things about this world and "TAKE UP" things which will make your faith stronger.

**Almsgiving** – BE aware of the poor. Live on less and give the difference to others in need. Skip a lunch and give that money to the poor.

THIS LENT – WHEN YOU FEEL HUNGRY, INSTEAD OF GOING TO THE KITCHEN AND FILLING OUR STOMACHS, LET US GO TO THE BIBLE AND ASK GOD TO FILL OUR HUNGER. Let us go deeper into our faith, draw closer to God, and find a richer way to live our faith daily.

### Ladies of St. Leo's News

Dear Ladies of St. Leo's :  
We are still collecting! We have just turned in 14,000 Best Choice labels. Keep up the good work. Since the water project began in 2013, the Grand Island Diocesan Council of Catholic Women (DCCW) has collected thousands of Best Choice Bar Codes. Each bar code redeems for 3 cents. Please continue saving the Best Choice Bar Codes and placing them in the watering pitcher in our church kitchen. It is amazing how each label collected and added with others creates the opportunity for clean water in Haiti. There is a group from Kearney that travels to Haiti several times a year (at their own expense) to repair and install wells for access to clean water. The labels generate funds to help them purchase the materials necessary to install these wells. Speaking for all those who benefit from the Haiti II Water Project "Thank You" for your continued support of this project!  
If you have any questions concerning the Best Choice labels or the DCCW please contact :  
Joyce Yosten 308-383-0922



The Ladies of St. Leo's will be hosting a Bunco game night in February and March. ALL ladies of the parish are invited. Please come enjoy appetizers, fellowship and prizes. Watch the bulletin for more information!!



Brass quintet at Christmas

### St. Leo's Music



Children's Christmas Choir at Christmas

MUSIC PRACTICE WEDNESDAY NIGHTS AT 7:15 PM. ALL ARE WELCOME TO COME AND SHARE THEIR MUSICAL GIFTS!

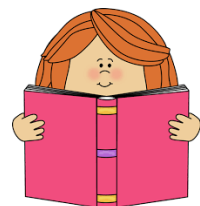
YOUTH CHOIR SINGS THE 3<sup>RD</sup> SUNDAY OF EACH MONTH AT 10:30 AM MASS; PLEASE COME TO PRACTICE AT 9:30 AM AND LET TERRI KNOW IF YOU NEED MUSIC, THANKS. YOUTH CHOIR WILL SING SUNDAY, FEBRUARY 18<sup>TH</sup>, MARCH 18<sup>TH</sup> AND APRIL 15<sup>TH</sup>.





### Golden Gems

We've had a spectacular fall at Golden Gems. In November, Fr. Charles Torpey joined us give a wonderful talk on aspects of Catholicism and we had a great question and answer session. In December, Steve and Terri Osborn provided a delicious meal of ham, turkey, mashed potatoes, stuffing, and gravy. Terri entertained with some fabulous Advent music. In January, we enjoyed fried chicken and Bingo. Please join us on February 13 for some Valentine's Day fun! Golden Gems is a wonderful opportunity to meet other members of our church family around a casual, potluck meal. It occurs every second Tuesday at noon in the parish hall. Newcomers are always welcome. Blood pressures taken at 11:30am and the meal is served at 12 PM. If there is a funeral dinner on the same day, Golden Gems is cancelled. If you have questions, please contact Julie Gortemaker, parish nurse.



### Mom's Bible Study

Mom's Bible Group is gearing up for another great semester of study! This year we will be reading "God, Help Me. How to Grow in Prayer". The group will meet on Tuesday mornings from 9:30-10:30 in the Gathering Room. Children are welcome and treats and coffee are provided.. Books can be purchased on Amazon and there will be a limited amount available at the study. Questions? Please contact Julie Gortemaker, 402-630-6008.



### Knights of Columbus



#### February 25 & March 25 —Donut Sundays

**Knights of Columbus Track Meet** The annual Knights of Columbus/Central Catholic Track meet will be held on Tuesday, March 27, 2018. More information will be in the Sunday bulletin.

**There will be a 1<sup>st</sup> degree for new members on Monday February 19, starting at 6:15 pm in the Parish Hall . Please contact Mark Volkl 308-850-3380, Brent Keenportz 308-850-3380 or Francis Sindelar 308-380-4561 for more information.**

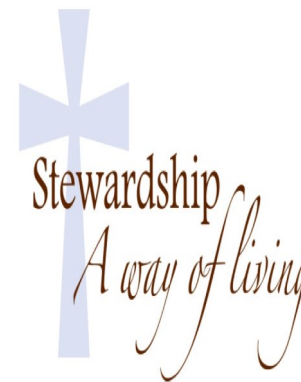
### Nurses Corner

No one can avoid winter weather, but with these tips, you can avoid complications of winter travel. When planning travel, be aware of current and forecast weather conditions. Avoid traveling when the weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival. Follow these safety rules if you become stranded in your car. Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs. Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling. Run the engine and heater only 10 minutes every hour. Keep a downwind window open. Make sure the tailpipe is not blocked. Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.



### Parish Registration

Are you registered at St. Leo's? For Baptisms, Sponsor letters, Weddings, and Funerals, belonging to a parish is the first requirement. People are sometimes surprised when they move to another city and want to have a Baptism or Wedding in a parish, but are not allowed to because they do not belong to that parish. Most all Catholic ministry is based on the parish to which you belong. Most dioceses follow the basic law of the church about parish boundaries, so you belong to the parish that you live in. Whatever parish you choose, it's important to make a commitment to that parish, and be actively involved. We are happy to give permission for Baptism at another parish or to do Baptisms for family members from another parish, but a letter of permission from the proper Pastor is needed. Please make sure you are registered at your parish. Please contact the Office at 308-382-4753 to register at St. Leo's.



### CAPITAL CAMPAIGN

What a wonderful response the parish community has made to attain our goal of caring for the facilities by pledging funds to do so. Thank you so very much for your generosity. Thank you for your continued prayers. We have succeeded our goal of \$800,000 in pledges and now the work can be scheduled to begin.

The first major project, the parking lot and entrances to the property are done.

As moneys continue to come in the replacement of the Parish Hall accordion walls will be scheduled. Then, probably within the next year or two, the roof of the facilities will be replaced. It will not be done with Shake Shingles, as the originals, for the insurance companies will not cover them anymore.

It is exciting to not only have the financial means but a plan to maintain our beautiful facilities.

Thank you again for your generous contributions.

Gratefully yours,  
Rev. Donald A. Buhrman and the Capital Campaign Committee members.



### Outreach

Catholic social teaching is central to our faith, and is based on—and inseparable from—our understanding of human life and dignity. Catholic social teaching calls us all to work for the common good, help build a just society, uphold the dignity of human life and life up our poor and vulnerable brothers and sisters. We are one human family whatever our national, racial, ethnic, economic and ideological differences. We are our brothers' and sisters' keepers, wherever they may be. Loving our neighbor has global dimensions in a shrinking world. At the core of the virtue of solidarity is the pursuit of justice and peace. Pope Paul VI taught that "if you want peace, work for justice. A great way to come to the aid of our downtrodden brothers and sisters this Lenten season is to participate in St. Leo's Habitat for Humanity Build Day on March 24. You can be a part of helping a family have a safe affordable home. Please consider giving your time and talent to this ministry this year.

### Refuge Update

The family St. Leo's helped establish in Grand Island is doing well. All of the older brothers are working. One has moved to Lexington. The youngest brother is in school. Mom is taking English lessons. Thank you for your help in getting this family reunited in a safe place.