

One of the things that prompted me to focus on prayer in these Lenten bulletin articles was something that I nearly ignored. I received a small envelope in the mail at my Pastoral Center office a couple of weeks ago. Inside were three little pamphlets, each with a brief summary on ways of praying. My first thought was: "I have seen all of this before; this doesn't look all that helpful." But before I tossed them into the recycling bin, I opened one of the pamphlets up and was pleasantly surprised at how insightful these little nuggets were, so I thought I would share some of those recommendations.

The first form of prayer is what is called Trinity Minutes – The Three Minute Prayer. I've also heard it called the Three-Minute Power Hour. Here is the basic idea:

1. Spend one minute adoring and praising God the Father. Using your own words, you can praise Him for the gift of Creation, for His Providence which rules all things in love, for His infinite goodness. Then, thank Him for one thing, such as being His beloved child. Or, it might be some special grace He has given to you. Or, it can simply be that you are having a good day. As St. Paul reminds us: "in all circumstances, give thanks to God." (1 Thessalonians 5:18)
2. Spend one minute adoring and praising God the Son. Again, using your own words, adore Him in His Incarnation, in which He became one of us. Adore and praise Him for certain words or actions from His life. Adore Him for remaining with us in the Eucharist. During Lent, maybe you want to praise and adore Him for the love He demonstrated for you by suffering and dying for your sins. Then, ask forgiveness for one thing, such as a sin you may have committed recently, or something you should have done, but were too afraid to do, whatever it may be, tell Him you are sorry and trust in His Divine Mercy.
3. Spend one minute adoring and praising God the Holy Spirit. As before, use your own words to praise the Holy Spirit who continues to guide your life, who continues to guide the Church. Praise and adore Him for His gifts and the fruits that are produced from those gifts. Then, resolve to do one thing for God. Maybe you could offer up an additional sacrifice during the day. Or, you might commit to spending a few minutes reading the Bible. Or, you might stop by a

church to make a visit to the Blessed Sacrament.

I have started to incorporate this practice at the beginning of my morning Holy Hour, and I have been pleasantly surprised as how it really sets me on the right path. I also find it is a prayer that I can do at any point, such as while driving, or taking a walk. Three minutes is so short of a time, but, when we follow the above formula, it can be filled with a very powerful experience of prayer!

**As a reminder, to receive a daily reflection and challenge in your inbox, text the word STJUDELNT to 84576. If you received these messages in the past, you are likely already signed up.**

- Fr. Alford

### LITURGICAL MINISTERS

#### Saturday, March 14<sup>th</sup> – 4:30 p.m.

**Euch. Min.:** Fr. Alford, Biesiada, White  
Deacon Walker  
**Lectors:** DeGroot, V. Walker  
**Servers:** O & J Heiple, Zack  
**Hospitality:** Auxier, Egizio, T & K Riedle

#### Sunday, March 15<sup>th</sup> – 8:00 a.m.

**Euch. Min.:** Fr. Alford, L & R Eifert  
Deacon Roth  
**Lectors:** Blumhorst, Nelson  
**Servers:** Brown, Delgado, McClintock  
**Hospitality:** Eichholz Family

#### Sunday, March 15<sup>th</sup> – 10:30 a.m.

**Euch. Min.:** Fr. Alford, Clare, Crusen, Kerley  
**Lectors:** Kuntzman, A Toliver  
**Servers:** Henry, Kerley, Schudel  
**Minister of Care:** Nelson  
**Hospitality:** V Powell, C & M Zucco  
**CLOW:** A Powell, B Toliver

#### Volunteers for this week: Mar. 9-Mar. 15:

**Church Duster:** Mary & John Fox  
**March Recycling Volunteer:** Greg Park  
**March Food Volunteer:** Horstman Family  
**Coffee & Donuts – Sunday, March 15:**  
Jan Pietras & Diana Rowden

#### St. Jude Parish Weekly Confession Times

**Monday – 5:00-5:20 p.m.**  
**Saturday – 3:30-4:15 p.m.**  
**Sunday – 7:30-7:50 a.m. & 9:45-10:15 a.m.**

### Anointing of the Sick

If you are going to the hospital for surgery or have a serious illness, receive the Sacrament of the Sick. Please call the parish office to receive the Sacrament, administered privately or during daily Mass. Call Barb Scoggins at 217-498-9197 to have a family member placed on the prayer list.

#### Prayer List:

#### Parishioners

**Megan Lee, Steven Long, Gary Dumonceaux, Jillian Kohlrus, Shirley Crawford, Rene Runions, Ray Roland, Lynn F. Leach, JoAnn Camille, Betty Rowden, JoAnn Barber, Glen Butcher, Barb Kiel, Mary Rodgers**

**Kelsie Riedle**, niece of David & Tess Riedle  
**Robert Goin**, father of Vicki Walker  
**Harry Buck**, brother of Teri Dambacher  
**Troy Sweeney**, nephew of Maggie Patterson  
**Tom Helling**, brother of Gary Helling  
**Yvonne Butcher**, mother of Barrie Blough  
**Aloysious Staff**, brother of Sylvia Thull  
**John Rentschler**, son of Ginger Rentschler  
**Glen Limper**, son of Al & Betty Limper  
**Hope Power**, daughter of Yvonne Brandis  
**Donna Meyers**, mother of Kellie Brewer  
**Jim Felts**, husband of Dianne Felts  
**Jerry McCormick**, brother of Tom Walker  
**Margie Lammert**, mother of Sarah Clare  
**Steven Butts**, brother of Michelle Bullock  
**Reba Cloyd**, mother of Anita Schwab  
**Jennifer Harbeck**, cousin of Brad Zack  
**Joanna Laabs**, wife of Deacon Al Laabs  
**John Vercautern**, cousin of Laurie White  
**Frank Stroble**, friend of Mary Bruno  
**Cherie Peterson**, niece of Peggy Parnell  
**Carolyn Carmichael**, mother of Leanne Collings  
**Stephanie Zimmerman**, friend of Sarah Clare  
**Button Pemberton**, friend of Guerrettaz family  
**Teresa Cieciora**, friend of Guerrettaz family  
**Aliana Marecki**, friend of Guerrettaz family  
**Rick Perez**, friend of Mary Jo & Jerry Jasinski  
**Brigham Lanweir**, friend of the Zucco family  
**Megan Mahoney**, friend of the Zucco family

#### *In Memory:*

**Amy Cavitt**, mother of Diane Arthur

**Knights of Columbus  
St. Jude Council 9640  
Monthly Meetings 3<sup>rd</sup> Tuesday**

### HAPPENINGS THIS WEEK!!!

The † symbolizes the Mass is for someone who is deceased.

#### Saturday, March 7<sup>th</sup>

**8:30 a Confessions**  
**9:00 a Mass** (Int: Joyce Hogan†)  
**9:30 a-4:15 p Eucharistic Adoration**  
**3:30 p Confessions**  
**4:30 p Mass** (Int: George† & Marie Ginter)

#### Sunday, March 8<sup>th</sup>

**7:30 a Confessions**  
**8:00 a Mass** (Int: Susan Denton†)  
**9:30 a Wyndcrest: Calvert0**  
**9:45 a Confessions**  
**10:00 a Rosary**  
**10:30 a Mass** (Int: For the Parish)

#### Monday, March 9<sup>th</sup>

**9:00 a Counting Team #2**  
**5:00 p Confessions**  
**5:30 p Mass** (Int: Limper/Engeling families)

#### Tuesday, March 10<sup>th</sup>

**7:00 a Morning Prayer**  
**7:30 a Mass**(Int: Jennifer Schafer†)  
**8:00 a Scriptural Rosary**  
**6:30 p Pre-Jordan**  
**7:00 p RCIA**

#### Wednesday, March 11<sup>th</sup>

**1:00 p Ladies Tea/Bunco**  
**5:45 p Stations of the Cross**  
**6:30 p PSR**

#### Thursday, March 12<sup>th</sup>

**7:00 a Morning Prayer**  
**7:30 a Mass**(Int: Eric Park†)  
**8:00 a Scriptural Rosary**  
**7:00 p Men's Prayer Group**  
**7:00 p Choir rehearsal**

#### Friday, March 13<sup>th</sup>

**8:00 a Stations of the Cross**  
**5:00 p K of C Fish Fry**

#### Saturday, March 14<sup>th</sup>

**10-11:00 a Confessions**  
**3:30 p Confessions**  
**4:30 p Mass** (Int: Steven Long)

#### Sunday, March 15<sup>th</sup>

**7:30 a Confessions**  
**8:00 a Mass** (Int: Carol Spitz†)  
**9:30 a Wyndcrest: Nelson**  
**9:45 a Confessions**  
**10:00 a Rosary**  
**10:30 a Mass** (Int: For the Parish)  
**2:00 p Little Flowers**

**Parish Sacrificial Giving  
Fiscal Year 7/1/2019-6/30/2020**

	<b>Last Week</b>	<b>Year-To-Date</b>
Collections (96)	\$ 4,634.00	\$ 193,809.02
Electronic Funds (16)	\$ 1,830.00	\$ 34,974.80
Bldg. Dev. Fund (24)	\$ 683.00	\$ 10,537.00
EFT-Dev. Fund (4)	\$ 215.00	\$ 5,239.00
Poor Fund	\$ 35.37	\$ 1,962.68
Children's Offering (2)	\$ 5.00	\$ 20.60
Cent./East. Europe(32)	\$ 1,033.40	\$ 1,193.40
EFT-East Europe (0)	\$ 0.00	\$ 132.00
Catholic Charities (1)	\$ 25.00	\$ 70.00
EFT-Cath. Charities(1)	\$ 20.00	\$ 232.00
Easter Flowers (4)	\$ 100.00	\$ 776.00
EFT-Easter Flowers(11)	\$ 150.00	\$ 150.00

**SCRIPTURE READINGS: Mar. 8<sup>th</sup> – Mar. 15<sup>th</sup>:**

<b>Sunday:</b>	<b>GN</b> 12:1-4A	<b>2TM</b> 1:8B-10 <b>MT</b> 17:1-9
<b>Monday:</b>	<b>DN</b> 9:4B-10	<b>LK</b> 6:36-38
<b>Tuesday:</b>	<b>IS</b> 1:10, 16-20	<b>MT</b> 23:1-12
<b>Wednesday:</b>	<b>JER</b> 18:18-20	<b>MT</b> 20:17-28
<b>Thursday:</b>	<b>JER</b> 17:5-10	<b>LK</b> 16:19-31
<b>Friday:</b>	<b>GN</b> 37:3-4, 12-13A, 17B-28A <b>MT</b> 21:33-43, 45-46	
<b>Saturday:</b>	<b>MI</b> 7:14-15, 18-20	<b>LK</b> 15:1-3, 11-32
<b>Sunday:</b>	<b>EX</b> 17:3-7	<b>ROM</b> 5:1-2, 5-8 <b>JN</b> 4:5-42

**Additional Confession Times during Lent**

Sat. Mar. 14 - 10:00 am - 11:00 am  
 Mon. Mar. 16 - 6:00 pm - 7:00 pm  
 Sat. Mar. 21 - 10:00 am - 11:00 am  
 Mon. Mar. 23 - 6:00 pm - 7:00 pm  
 Tue. Mar. 24 - 6:30 pm - Combined Parish  
 Penance Service at Little Flower  
 Thu. Mar. 26 - 6:00 pm - 7:00 pm  
 Sat. Mar. 28 - 10:00 am - 11:00 am  
 Mon. Mar. 30 - 6:00 pm - 7:00 pm  
 Thu. Apr. 2 - 6:00 pm - 7:00 pm  
 Sun. Apr. 5 - 5:00 pm - 6:30 pm  
 Fri. Apr. 10 - 5:00 pm - 6:45 pm

**Second Collection** – We will take up the Collection for **Catholic Charities** at this weekend Masses. Your generosity helps to fulfill the mission of the agency “to extend to all the healing and empowering presence of Jesus” through the many services available thru Catholic Charities. Please help to support this very worthwhile agency.



**→PSR NEWS←**

The PSR classes will continue their Annual Monthly Food Drive to benefit the Food Pantry. The March food item is Canned Fruit. Thank you in advance for your continued support.

**LENTEN REGULATIONS:**

**Prayer & Fasting** **Abstinence** – (1) Everyone 14 years of age and over is bound to abstain from meat on Ash Wednesday and all the Fridays of Lent.

**Fast** – (2) Everyone 18 years of age and under 59 is required to fast on Ash Wednesday and Good Friday. On these two days of fast and abstinence, only one full meatless is permitted. Two other meatless meals, sufficient to maintain strength may be taken according to each person's needs, but together these two should not equal another full meal. Eating between meals is not allowed.

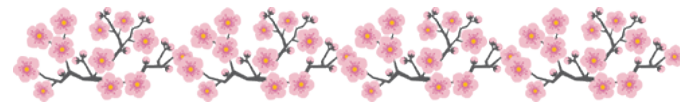
(3) To disregard completely the law of fast and abstinence is seriously sinful.

**Lenten Evening of Prayer**

Please mark your calendars to join us on **Wednesday, March 25 at 6:30 p.m.** in St. Jude Church for an evening of prayer as we prepare our hearts for Easter. We will have Exposition of the Blessed Sacrament, readings from the Scriptures, a brief meditation, hymns, and silence. We will conclude with Benediction of the Blessed Sacrament. Babysitting will be available, and we will have a cookie reception in the Parish Center following the prayer service.

**Upcoming Parish Meetings/Events**

Mar. 10, 17, 24, 21 – 7:00 p.m. RCIA  
 Mar. 10 – 6:30 p.m. – Pre-Jordan  
 Mar. 11 – 1:00 p.m. – Ladies Tea/Bunco  
 Mar. 11, 18 – 6 – 5:45 p.m.-Stations of the Cross  
 Mar. 11, 18 – 6 – 6:30 p.m. PSR  
 Mar. 12, 19, 26 – 7:00 p.m. Men's Prayer Group  
 Mar. 12, 19 – 7:00 p.m. Choir rehearsal  
 Mar. 13, 20, 27- 5:00 p.m. Fish Fry  
 Mar. 13, 20, 27 – 8:00 a.m. Stations of the Cross  
 Mar. 15, 29 – 2:00 p.m. – Little Flowers  
 Mar. 17 – 7:00 p.m. – Knights of Columbus mtg.  
 Mar. 18 – 7:30 p.m. – Youth Group  
 Mar. 21 – 1:00 p.m. – Sew-n-sews  
 Mar. 25 – 6:30 p.m. – Lenten Evening of Prayer



### Attention Graduating High School Seniors!

If you are a 2020 graduating High School Senior and are interested in some extra money for college, please apply for the **Fr. Patrick Cahill Memorial Scholarship**. Paid annually for four years, the 2020 winner will receive \$750.00 toward educational expenses. To apply, contact the St. Jude parish office, or go online to [www.stjude.dio.org](http://www.stjude.dio.org) and scroll to the Useful Links section. **Please submit completed applications by Thursday, April 2, 2020.**

This Lenten Season the Church of St. Jude will be doing an **Almsgiving Mission Project** in serving our less fortunate neighbors. This is similar to our Christmas Friends Program with St. Patrick School and Aperion Care.

Our **Almsgiving Mission Project** will be baking cookies or cupcakes for area NFP agencies who help families in need. You may have a favorite family recipe you would like to share! This is a great opportunity for families to practice almsgiving and show Love to those less fortunate.

Please visit the table at the back of the church to see what a difference we can make in serving others! You, your family and/or your friends can help, it's easy! Pick up an Almsgiving Card with a name of an NFP agency to BLESS! Then you, your family or friends can get together at home and bake up the items. If you wish to deliver the goodies, that would be great. If not, we have volunteers who can help with delivery.

We are also **collecting donations of board games, puzzles, color books/crayons and card games for our Lenten Project**. We will accept gently used or new items. This promotes family time and fun for the kids. The best music is a child's laughter. When the kids are laughing and having fun, they are not worrying about the grown-up issues in the family.

Thank you in advance for making a difference in the lives of those less fortunate. If you have any questions, please contact Jeannette Waters at 652-4039 or 529-7280.

All are welcome to join the **St. Jude's sew-n-sews** group! We will meet Saturday, March 21<sup>st</sup> – 1:00-3:00 p.m. Bring a project, enjoy some snacks and good company! Hope to see you and bring a friend!

### St. Jude Ladies Tea/Bunco

The Ladies Tea/Bunco will be held on Wednesday, March 11<sup>th</sup> from 1:00 p.m. to 3:00 p.m. in the parish center. Come share fellowship, delicious refreshments and Bunco (or learn how to play). All women of the parish and community are invited to attend. **Bring a friend!**

**Father Michael Gaitley is coming to Blessed Sacrament Parish in Springfield** - Father Michael Gaitley, MIC, is the director of evangelization for the Marian Fathers of the Immaculate Conception and the director of formation for the Marian Missionaries of Divine Mercy. He will be speaking at Blessed Sacrament Parish in Springfield on Thursday, March 19 from 7-8 pm on the topic of "God the Father". Father Gaitley is the best-selling author of "33 Days to Morning Glory", "Consoling the Heart of Jesus", "The One Thing is Three" and creator of the All Hearts Afire parish-based programs. Father Gaitley will be speaking on his newest book "33 Days to Greater Glory: A Total Consecration to the Father through Jesus based on the Gospel of John" and will offer a book signing after the event. Please mark your calendars for this incredible opportunity our parish has been blessed with. For more information, contact Morgan Ambrose at [ambrose@bssbruins.org](mailto:ambrose@bssbruins.org)

**Lenten Retreat for All Women in the Springfield Diocese** - Tues.-Wed., March 24-25, Villa Maria, Springfield. Father Brian Alford will serve as the retreat master. Father Alford is the pastor of St. Jude Parish, Rochester and Vocation Director for the Springfield Diocese. The Springfield Diocesan Council of Catholic Women (S.D.C.C.W.) is pleased to sponsor this retreat which will include spiritual presentations, daily Mass, rosary, confessions, prayer, fellowship and more. If you have any questions, please contact Terrie Kallal at [kallalterrie@gmail.com](mailto:kallalterrie@gmail.com) or 618-604-7040.



**Mark your  
calendars now!**



The K of C St. Jude Council  
9640 annual Fish Fries are scheduled for Mar. 13,  
20, 27 & Apr. 3<sup>rd</sup>.

