

The Community of Blessed Sacrament

Community Connections

Volume 3, Issue 2

Lenten Season 2013

Upcoming Special Events

- Feb 13: Ash Wednesday; 7:00 AM, 9:00 AM, 7:00 PM Liturgies
*FIRE Meal; 5:30 PM, Parish Center
- Daily Mass Schedule: Tuesday, Thursday & Friday: 8:00 AM; Wednesday: 9:00 AM
- Reconciliation: Tues & Fri 7:40 AM; Sat 3:30 PM
- Feb 14 & all Thursdays in Lent: Stations of the Cross, Marian Prayer Group, 7:00 PM
- Feb 15 & all Fridays in Lent: Stations of the Cross, 5:00 PM
- Feb 18: Mass/Adoration, 5:30-7:00 PM
- Feb 22-24: Women's CEW, Blssd Sac.
- Mar 4: Mass/Adoration, 5:30-7:00 PM
- Mar 8-10: Men's CEW, Blessed Sac.
- Mar 10: Communal Penance: St. Patrick's, Cedar Falls, 4-6:00 PM
- Mar 11: Mass/Adoration, 5:30-7:00 PM
- Mar 24: Palm Sunday
- Mar 24: Communal Reconciliation Service, Sacred Heart, 3:00 PM
- Mar 26: Chrism Mass, Blessed Sacrament, 2:00 PM
- Mar 28: Holy Thursday Liturgy, 7:00 PM (No 8:00 Morning Mass)
- Mar 29: Good Friday; 6:00 PM Liturgy (No 8:00 Morning Mass)
- Mar 30: Easter Vigil Mass, 8:00 PM; RCIA Reception follows
- Mar 31: Easter Mass 8:30 & 10:30 AM
- Apr 3: FIF and 2nd Grade Bread Party; Parish Center, 6:00 PM
- Apr 7: Confirmation; 2:00 PM, CHS
- Apr 13: First Communion Rehearsal; 9 AM in Church
- Apr 13/14: First Communion, All Masses
- May 2: Salad Supper, 6:30 PM, Parish Center
- May 3: Home School Family Fun Night, Parish Center
- May 12: Ascension
- May 19: Pentecost

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SCRIP News
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Lent: For me, or for us?

In a few days Ash Wednesday—and Lent—arrive. While not a specifically Catholic practice anymore, it is a day when ashes on one's forehead means you might hear "You're Catholic?" More and more what follows is the question "Why are you?" So, what will you respond?

Our Roman Catholic faith grounds itself in the conviction that my personal response of faith in Christ can only be lived out with others as the Body of Christ in the world. The fundamental purpose of Lent that begins with Ash Wednesday is claiming or reclaiming one's baptismal relationship within the Body of Christ. Ashes on one's forehead that day are not to contradict the Gospel admonition to "wash one's face when fasting so it is done in secret." Rather, ashes are a public witness that "I too am a sinner: a brother or sister knowingly in need of God's mercy. Smudged foreheads go with: not eating meat on Fridays of Lent even in the company of non-Catholics, communal reconciliation services, and with being together for the great feasts of Holy Week as important Lenten practices along with prayer, fasting, and works of charity. Jesus told us and showed us that the life of Discipleship is not easy! We need each other's help to effectively live our faith

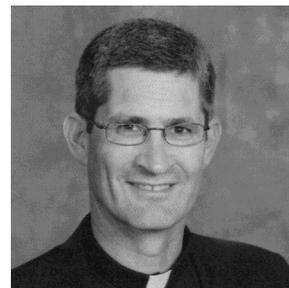
in Christ, and offer the Gospel to the world.

Lent always invites us to be reflective about what change I need *next* to *become more Christ-like*. Lent 2013 falls during a special "Year of Faith" for Catholics. As a Church, we are being asked to recommit to the Christ-like and Baptismal quality of being *evangelizers*. Evangelizers not only hold faith, they share it! They have responses for the "why are you Catholic?" question!

This Lent I echo Archbishop Hanus in asking that among our Lenten practices, each of us creates a personal "Top Ten Reasons to be Catholic." You might also do it together as a family, adding to and reviewing it weekly, sharing faith between generations! The form will be handed out on Ash Wednesday Masses. In April we will compile Blessed Sacrament's "Top Ten" and share it with the Archdiocese. Then when others see our outward acts of faith, we can better invite them into the love for Christ within our Catholic hearts.

A Graced Lent to all!

Fr. Tom



Fr. Tom McDermott
Pastor

What Is My #1 Reason for Being Catholic? Why?

Chrism Mass: Celebration of Oneness

(Deacon Bob Stirm)

The Archdiocese of Dubuque's Chrism Mass will be held at Blessed Sacrament this year 2:00 PM on Tuesday (March 26) of Holy Week.

The Chrism Mass reminds us of our oneness in Christ through Baptism and its holy anointing, made possible by the ministry of the Bishop and his priests. During the liturgy, the entire assembly is called to renew its baptismal promises; deacons and priests also renew their promises of ordination and service to the local Bishop and God's people.

This celebration of oneness is further manifested by the blessing of the Holy Oils. The oils are blessed and then drawn from their own vessel and distributed throughout the Archdiocese for use all through our sacramental lives: baptism, confirmation, ordination, consecrating churches and altars and in the sacraments of the sick and dying. The oils are:

Oil of the Sick: Used in Sacrament of the Sick to bring the strengthening and healing power of Christ, who is at work in the

Church by the action of the Holy Spirit.

Oil of Catechumens

The Oil of Catechumens is used at Baptism, to strengthen and purify candidates (from original sin) before baptizing with water.

Sacred Chrism

Sacred Chrism is a mixture of *olive oil* (a rich oil, symbol of richness of God's grace) and *balsam fragrance* (symbol of sweetness of Christian virtue). The Oil of Chrism is a sign of fullness of grace and spiritual strength; it *consecrates* and enables us to live out the call to follow Jesus the Christ (the *anointed one*) as baptized/confirmed/ordained Christians. This oil is also used in the consecration of churches and their altars.

The Chrism Mass is a celebration of the entire Christian community:

- a community whose oneness comes from its union with the crucified and risen Jesus – God's *anointed one* – through Baptism.
- a community that shares in the riches and consolation of

Christ's gift of the Holy Spirit through the sacramental ministry of its Bishop and priests.

- a community that gathers around its Archbishop as one body made up of many parts, with Christ as its head.



Transporting the oils from Mass to the place of distribution.



The Holy Oils stored in the "ambry" at Blessed Sacrament

Raising Standards: Faith. Academics. Service (Julie Niemeyer)

We recently completed the annual celebration of Catholic Schools Week. The National Catholic Educational Association's theme for the week was "Catholic Schools Raise the Standards". Blessed Sacrament and all the schools in the Cedar Valley Catholic system indeed do raise the standards because we seek excellence not just in academics but in spiritual and social areas as well. We, as a faith community, are proud of our prior-

ities – first, **faith** - the foundation of our life; then, **academics** - the learning that characterizes our schools; and finally **service** - putting our faith and learning to work helping others.

Blessed Sacrament's theme for the entire year has been Building a Community through Loving Service. It highlights the fact that we strive to have PreK-5 students, staff, and parents work together and help each oth-

er and the wider community. We thank our parish community for their support of Catholic education and for Blessed Sacrament School in our quest to be a Community of Loving Service. We will continue to do our best to raise the standards and make you proud.



The Schreck Family: Mike, Anne, Caitlin and Lisa. Not pictured: Tony & Alex

Our Daily Disciple for this issue is Mike Schreck. Mike has been a Probation Parole Officer with the 1st Judicial District Department of Correctional Services for the past 14 years and was a social worker prior to becoming a Probation Parole Supervisor. Mike also works part-time providing skill development to children in need of as-

Daily Disciple: Mike Schreck

(Harland Robinson)

sistance.

Mike and his wife, Anne, have been married for 27 years and have four children; Tony, age 26 and an economist working in Denver, CO; Alex, age 23, a first year law student at Harvard; Caitlin, age 20, a sophomore at UNI in the School of Education; and, Lisa, age 16, a junior at Cedar Falls High School. Anne has worked for Waterloo Schools for 25 years and has dedicated her life to providing children with the opportunity to succeed.

Mike comes from a family of 12 children with two loving parents who were “instrumental in the formation of my faith, modeling true compassion, love and humility, focusing on the importance of faith and kindness and provided 12 years

of catholic education to all of their children.”

Mike and Anne have been members of Blessed Sacrament for 12 years and have been very active in support of the community. Mike served on the Pastoral Council for six years, and chaired the Council for three years. He has also chaired the Fall Festival and currently chairs the Fall Festival dining room committee. Mike is a member of the Finance Council and Social Justice Committee. Mike also shares his time and talent by serving as a Lector and an Usher for Mass.

Mike enjoys traveling with his family, UNI sports, softball, basketball, motorcycling, and brewing his own beer.

A Journey to the Heart of Faith: *Encounter. Know. Share*

All are welcome to our FIRE (Family-centered Intergenerational Religious Education) session on Ash Wednesday, Feb. 13, 2013. Join us in the parish center at 5:30 pm for a simple meal: Spaghetti with marinara, garlic bread, green beans, tossed salad, PB&J, milk & coffee.

A program will follow beginning at 6 pm. (Please RSVP meal numbers to the parish office, 233-6179 or the Faith Formation Office at 235-9430.)

We will have fun encountering each other and knowing and sharing our faith via **Catholic Jeopardy**.

Culminating our evening we'll be celebrating Ash Wednesday liturgy with one another at 7:00 pm! It will be a fun evening for all ages.

Our theme for Lent 2013 is; *A Journey to the Heart of Faith. Encounter. Know. Share*. We join other Catholics throughout the world as we

rediscover and renew our Catholic Christianity in this **Year of Faith**. We put into practice and share what we know and believe as we continue on our journey of faith.

We Catholics seek to be people who have the right tools and firm foundations to serve God and others. We do this first by knowing who Jesus is.....through a personal encounter with Jesus.....by living in relationship with Jesus. When we make the time to intentionally learn more about our God and our faith, we become equipped with the right tools and a firm foundation to live out our baptism. This is a process that is never finished--it is ongoing and lifelong. Lent provides us with a special time to focus on our lifelong process of developing a well-built faith. We will affirm what we know and hopefully learn more as we play **Catholic**

Jeopardy! There will be questions from a variety of Catholic categories ranging from very easy to possibly more challenging. It will be non-competitive teams of all ages working together and having fun to answer the questions.

When it comes to our faith, it needs to be well built, not just attractive looking on the outside. Let's build a firm foundation to *speak* about our faith. Ongoing formation is an action that says, in essence, “God is so great, so wonderful, and so loving, that with every fiber of my being I want to know God more intimately.” God is actively present in our lives shaping us into the person that reflects God's divine image.

This Lent, may we be able to *journey to the heart of faith as we, Encounter. Know. Share*.

(Barb Duggan, Director. FF)

THE COMMUNITY OF BLESSED SACRAMENT

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Waterloo, Iowa 50701

Rectory Phone 319-233-6179
FAX 319-233-6051
School Phone 319-233-7863
Day Care Phone 319-236-6131

Reconciliation: 3:30 PM Saturday or see bulletin
Masses 4:30 PM Saturday
8:30 AM & 10:30 AM Sunday
8:00 AM Tuesday, Thursday, Friday
9:00 AM Wednesday during school

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Pondering for Your Lenten Journey

The Ave Maria Press provided a webinar on: “**From Ash to Living Flame: Keeping a Good Lent in a Busy, Stressful and Secularized World**”. Fr. Scott Hurd was the presenter.

He began with three building blocks: **1) Have realistic expectations** - *be satisfied on the Lenten journey with tiny steps; being patient with ourselves, knowing that God is patient with us.* **2) Have a positive attitude** – *negative attitudes of resistance and dread set us up for failure and,* **3) think outside the box** – *embrace discipline in meaningful ways asking the Holy Spirit to reveal areas of our lives that are in need of growth.*

The second part of the presentation dealt with the three facets of

Lent: **almsgiving, fasting and prayer.** Fr. Hurd offered questions for **pondering and acting upon.**

Almsgiving: What is it that consumes an excessive amount of my time? How can I use my leisure time constructively? In what ways can I spend some of my time differently for spiritual growth? How can I de-accumulate so as to liberate myself of what I don't need for those who do need? In what ways will living simply be high on my priority list?

Fasting: How do I get sucked into technological devices and miss Jesus who might be right in front of me? What in my life has become so invasive/compulsive that I miss being present to others or seeing the bigger picture? How can I observe

(Sr. Madonna Friedman, OSF)

fasting from food so I can **feast** on what Jesus has to offer? How will I create greater space in my life to be able to say **Yes to God?**

Prayer: Is prayer a burden on my check list? How does busyness affect my prayer time? How can I change busyness (*acts/works*) I do throughout the day, into **connecting times** of prayer by talking to God about what is happening, instead of rushing from one thing to another without ever involving God? How will I imitate Jesus, who took time alone to talk to his Father?

May our Lenten Journey become a Living Flame with a renewed relationship with our Living God!

(Deacon Jim Freet)

Lenten Q&A

Question: What are the rules for fasting and abstinence during Lent?

Answer: Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain

from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is per-

mitted at breakfast and around mid-day or in the evening—depending on when a person chooses to eat the main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.