

St. Joseph Parish 2025 Lent Newsletter

LENTEN SEASON

Praying.
Fasting.
Almsgiving.

visit our website www.MenomonieCatholic.org

Ash Wednesday Masses and Ash Service

WEDNESDAY, MARCH 5, 2025

MASS WITH ASHES AT THE CHURCH:

7:00 AM

9:00 AM* school mass

**will be streamed at youtube.com/@sjmenomonie*

6:00 PM

SERVICE WITH ASHES AT THE MINISTRY (710 2nd St E):

4:00 PM

Easter Flowers

Contact the Parish Center

Before noon on Wednesday, April 16

If you would like to donate money towards
Easter flowers in memory of a loved one.

Shadow Stations of the Cross

Wednesday, April 16, 8:00 PM

Lenten Reconciliation

Monday, March 31, 6:00 PM

Lenten Adoration

Thursday, April 10, 7:00 PM

Parish Center Holy Week Hours

The Parish Center will be CLOSED April 18 & 21

Holy Week Mass & Services Schedule

Monday-Wednesday, April 14-16: 8:00 AM

Holy Thursday, April 17: 7:00 PM*

Good Friday, April 18: 1:00 PM*

Easter Vigil, April 19: 8:30 PM*

Easter Sunday, April 20: 8:30 and 10:15 AM

**will be streamed at youtube.com/@sjmenomonie*

CONTACT INFORMATION

St. Joseph Parish | 910 Wilson Ave. | Menomonie, WI
Parish Center Hours: Monday-Friday 8:00 AM-4:00 PM

Phone: 715.232.4922 | Fax: 715.232.4923 | After hours for Anointing of the Sick or emergencies call Fr. Mano 608.780.8237
Mass: Sat 4:00 PM; Sun 8:30 AM, 10:15 AM, 6:00 PM; Tues & Wed 8:00 AM; Fri 9 AM | Pastor: John S. Muthu Vijayan (Fr. Mano)
Adoration in Church: Tuesdays 7:00 AM-3:00 PM | Private Confession in Church: Sat 3:00 PM, Sun 5:15 PM

Pastor: Fr. Mano, fr.mano@menomonicatholic.org
Principal: Mary Kiefer, mary.kiefer@menomonicatholic.org
Business Manager: Karen Adams, karen.adams@menomonicatholic.org
School Administrative Assistant: Mary Wayne, mary.wayne@menomonicatholic.org
Parish Administrative Assistant: Linda Young, linda.young@menomonicatholic.org
Music & Liturgy: Beth Wacek, beth.wacek@menomonicatholic.org
Parish Life Ministries: Nicki Welsch, nicki.welsch@menomonicatholic.org
Religious Education: Tammy Christianson, tammy.christianson@menomonicatholic.org
Director of StoutCatholic: Becca Sheahan, director@stoutcatholic.org
Choice Program: Maribeth Hartung, maribeth.hartung@menomonicatholic.org
Head Custodian/Maintenance: Wayne Koepke, wayne.koepke@menomonicatholic.org

Join Our Parish Community:
 Contact Nicki Welsch, or click on
 “I’M NEW” at :
MenomonieCatholic.org.

St. Joseph Grade School:
 Serving children 3 years old
 through 5th grade. We are a 4K
 program site and a Wisconsin
 Parental Choice Program school.
 Registration for the school year is
 ongoing.
 Contact Principal Mary Kiefer with
 questions or to set up a tour.

Baptisms:
 Contact Nicki Welsch for
 information and to schedule a
 baptism.

Weddings:
 Contact the Parish Center at least 6
 months before your wedding to set
 up a meeting with Fr. Mano and
 begin preparation.

The **Parish Finance Council** consists of appointed members who work with the pastor and act justly and prudently in formation and administration of the parish’s financial policies, budget and long range planning.

Finance Council Members

Fr. Mano
 Karen Adams
 Larry Feiler
 Priscilla Fuhrman
 John Heike
 Jeff Krumenauer *Chairperson*
 Shirley Riedmann

The **Parish Pastoral Council** is a consultative body to the pastor with elected and appointed members to help define, plan, prioritize, and carry out the mission of our parish.

Pastoral Council Members

Katie Baier
 Anna Beckman
 Debra Berends
 Karen Brunner
 John Heike
 Jason Horzewski *Chairperson*
 Katie Mrdutt
 Dan Wengel
 Duane Zweber

Knights of Columbus:
 Catholic men age 17 ½ and older are invited to join the Knights. Scan this QR code with a smartphone/tablet. Enter your info and you will be contacted by a local member. Or contact Bob Brahmstadt Grand Knight at KC2055GK@gmail.com.



The **Parish Council for Catholic Women (PCCW)** is an organization all women of the Parish belong to whether they pay dues or not. It is part of the Durand Deanery of the La Crosse Diocese Council for Catholic Women (LDCCW). You may find more information on the website at <https://www.menomonicatholic.org/pccw>. Current president is Marianne Canon. Contact information is stjosephpccw24@gmail.com.




RaiseRight
—Get the App—

RaiseRight gift cards make great gifts—and you can fundraise for our parish and school while doing your own everyday shopping for gas, groceries and more. You can download the RaiseRight app (enrollment code 7CC434C99546), or call or stop in the Parish Center. We keep many cards in stock, and others can be ordered to arrive in a week. Find an order form under the Stewardship tab on our website, or visit RaiseRight.com/shop to see a full list of retailers. Thank you for supporting St. Joe’s Parish & School with RaiseRight gift cards for your everyday (and not so everyday) purchases!

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 1. Visit signup.formed.org
 2. Enter your parish zip code or name

St. Joseph Parish

Fall Festival

Sunday, September 21, 2025

CHICKEN DINNER

CASH RAFFLE

FAMILY BASKETS

CONCESSIONS + BEVERAGES

QUILT RAFFLE

HARVEST MARKET

Music by Joanne Keays & Vince Kujawa

SILENT AUCTION
(onsite & online)

Pie & Ice Cream

CHILDREN’S GAMES & ACTIVITIES

SAVE THE DATE

MESSAGE FROM FR. MANO

Are we slaves or free? Jesus wants to set us free, but do we want to be set free? On an intellectual level this should be an easy question to answer. Of course we want our freedom. Who wouldn't? But on a practical level this question is harder to answer. Practically speaking, many are very comfortable living in sin. Sin offers a deceptive satisfaction that can be hard to turn away from. Sin can make us feel good in the moment, even though the long-term effects are that it strips our freedom and joy. But so often that momentary satisfaction is enough for many people to keep coming back.

So, what about us? Do we want to be free so as to live as a son or daughter of the Most High God? If you answer "Yes" then be prepared for this to be painful, but in a delightful way. Overcoming sin requires purification. The process of 'letting go' of sin requires true sacrifice and commitment. It requires us to turn to the Lord in absolute trust and abandon. In doing so, we experience a sort of death to ourselves, to our passions and to our own selfish will. This hurts, at least on the level of our fallen human nature. But it's like surgery that has the goal of removing some infection. The surgery itself may hurt, but it's the only way to be freed of the malady we have. The Son is the Divine Surgeon and the way He sets us free is through His own suffering and death.

Lent is a time, more than any, in which we must honestly focus on our sins for the reason of identifying those things that keep us bound, so that we can invite the Divine Physician to enter our wounds and heal them. Do not let Lent go by without honestly examining our conscience thoroughly and repenting of our sins with all our heart. The Lord wants us to be free! Desire it yourselves and enter the process of purification so that you will be relieved of your heavy burdens.

Reflect, this Lent, upon our attitude toward our own personal sins. First, can we humbly admit to our sins? Don't rationalize them away or blame another. Face them and accept them as your own. Second, confess your sins. Reflect upon your attitude toward the Sacrament of Reconciliation. This is the Sacrament of freedom. It is so very easy. Just go in, admit all your sins, express sorrow and be set free. If you find this difficult then we trust our own feelings of fear rather than the truth. Third, rejoice in the freedom that the Son of God offers us. It's a gift beyond anything we deserve. Reflect on these three things for the rest of Lent, and your Easter will be one of true thanksgiving.

LENT AND EASTER CALENDAR

Ash Wednesday

March 5, 2025



Mass at St. Joseph's
7:00 AM, 9:00 AM*, & 6:00 PM
910 Wilson Ave, Menomonie
* Livestreamed on YouTube



Service at The Ministry
4:00 PM
710 2nd St E, Menomonie
By the UW-Stout Clocktower



Easter Flower Donations

Please call the Parish Center by Wednesday, April 16 if you would like to donate towards Easter Flowers in memory of a loved one. Donations can be mailed or placed in the collection basket or bins at the Church. A list of names will be in the Easter bulletin. *Please let us know how you would like the names listed.*



HOLY WEEK SCHEDULE

Monday, Tuesday, Wednesday Mass
—April 14, 15, 16, 2025, 8:00 AM—

Holy Thursday Evening Mass of the Lord's Supper
—April 17, 2025, 7:00 PM (live streamed)—

Good Friday of the Lord's Passion
—April 18 2025, 1:00 PM (live streamed)—

Easter Vigil Mass
—April 19, 2025 8:30 PM (live streamed)—

Easter Sunday Masses
—April 20, 2025, 8:30 and 10:15 AM—

LENT



Lent begins Wednesday, March 5. During Lent we focus on the three themes of **PRAYER**, **FASTING** and **ALMSGIVING**. Lenten dietary regulations for fasting and abstaining are as follows:

1. Catholics who have celebrated their 14th birthday are to abstain from meat on Ash Wednesday, all Fridays in Lent, and Good Friday.
2. In addition to abstaining from meat, those who have celebrated their 18th birthday, until they celebrate their 59th birthday, are to fast on Ash Wednesday and Good Friday, eating only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

For more information on the themes of Pray, Fast, Give, along with a daily calendar for reflection during Lent, visit usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent.

Stations of the Cross

Fridays During Lent
4:30 PM at church



JOIN US for Stations of the Cross in the church on Fridays at 4:30 PM from March 7—April 11.

Or stop by during the week with your smartphone and scan the QR code under each station for a reflection.

IDEAS FOR FASTING

IN THE WORDS OF POPE FRANCIS

Fast from hurtful words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

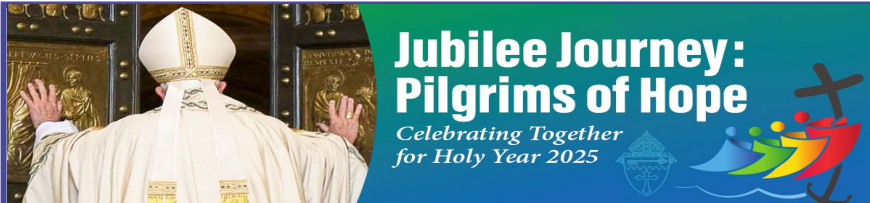
Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.



The Parish Lent Reconciliation Service is Monday, March 31, 2025, at 6:00 PM in the church. The service will include a reading and short message, followed by the opportunity for confession with Fr. Mano and area priests.



Jubilee Journey: Pilgrims of Hope

Celebrating Together for Holy Year 2025

Jubilee 2025 — 'Pilgrims of Hope'

Our Heavenly Father, through His Church, is inviting you to spiritual renewal during this Jubilee Year of Hope. Please don't let anything stop you from responding to this call.

During the 2025 Jubilee Year, you have the possibility of obtaining a plenary indulgence, a grace granted by the Catholic Church through the merits of Jesus Christ to remove the temporal punishment due to sin. Such an indulgence, which applies to sin already forgiven, cleanses the soul as if the person had just been baptized. Plenary indulgences obtained during the Jubilee Year can also be applied to souls in purgatory.

One way to obtain the indulgence is by making a pilgrimage to one of the designated places by Bishop Battersby in the Diocese of La Crosse:

The Cathedral of Saint Joseph the Workman - La Crosse
Sacred Heart of Jesus Church - Eau Claire
Sacred Heart of Jesus Catholic Church - Nekoosa

The Shrine of Our Lady of Guadalupe - La Crosse
Church of the Resurrection Catholic Church - Wausau

You are also invited to one of the 2025 Evenings of Hope in either Eau Claire on Saturday, May 31, or Wausau on Sunday, October 12.

For further details, visit diolc.org/jubilee-2025-pilgrims-of-hope



As we journey through this sacred season of Lent, I am filled with joy and gratitude for our wonderful St. Joseph School community.

At St. Joseph School, our students are embracing this season with hearts open to prayer, service, and acts of love. From Stations of the Cross to classroom reflections, from acts of service to moments of quiet prayer, our students are growing in their faith and deepening their understanding of Christ's sacrifice. Their enthusiasm and kindness remind us that even in this solemn season of Lent, there is profound joy in walking with Jesus.

I am especially grateful for our parish community, whose prayers and generosity uplift our school in so many ways. Your support allows us to continue providing an education grounded in faith, excellence, and service.

Every day, our staff members shine with the light of Christ, and lead by their examples of faith, courage, and love. Read on to find out the amazing things happening at St. Joseph School.

As we look ahead to the joy of Easter, may we all find renewal in Christ's love, hope in His resurrection, and strength in our shared mission to build His kingdom here on earth.

May God bless you abundantly this Lenten season and always!
Mrs. Mary Kiefer, Principal

Educational Resource Specialist- Mrs. Brogan

The resource room has been buzzing with learning and joy! Here are a few things that have been happening over the last few months.

Students are growing and building their confidence through personalized support. It's so fun to see their "aha moments"! This is accomplished by playing learning games, worksheets, test taking, and one on one time.

The resource room is a place of encouragement and kindness, where everyone is welcome and valued.

Technology-Mr. Parker

I have seen new growth among the students in the computer lab this year. In grades K-2, the students are working hard at increasing their typing skills and becoming more familiar with programs such as Microsoft Word. The 2nd grade students have even started working with the laptops. Grades 3-5 have been incorporating internet research into their assignments, which vary from historical Americans to composing a poem. The most growth I have seen is while the students practice typing. There has been a lot of excitement as students overcome difficult typing stages because of their persistence and hard work!

Library-Mr. Parker

Growth has been occurring in the library as well. Students have been growing out of their comfort zones and have been reading books that are just above their reading levels. During Advent, students in grades 3-5 grew into the idea of hearing the Christmas story for the first time by reading "The Best Christmas Pageant Ever". It is an entertaining story with a great message woven into it. The students have also expanded their knowledge of literary genres since the New Year. Students in K-2 heard various forms of Poetry in class, and currently, all students are studying Science Fiction. K-2 students are currently reading about mice on the moon, while the older students are reading "The Little Prince."

Art- Mrs. Moriarty

Throughout the year, each grade level creates a specific style of a Self Portrait. Fifth grade artists drew Spooky Self Portraits after American artist and filmmaker Tim Burton. Fourth grade artists will create elongated self-portraits in the style of artist Amedeo Modigliani. Third grade artists drew themselves with hands and feet extended out in front to give a foreshortened perspective. Second grade artists drew and painted themselves swimming underwater. First grade artists will be painting themselves wearing a royal crown in a kingdom all their own. Kindergarten artists drew themselves and their family in a favorite place. Creating self-portraits is a fun way to help children realize and appreciate their own unique features and characteristics, and to learn about facial proportions, famous artists, and art history. A quick reminder to stop in and check out all the framed student artwork in the community at Hoof and Paw Veterinary Clinic and the Menomonie 7 Movie Theatre. Both places welcome art appreciators.

Music- Mrs. Wacek

Our music classes during January and February are learning about classical music throughout history and practicing our critical listening skills. The younger students are learning to identify instruments by sight and sound, using appropriate music terminology to describe what they hear, and learning about some famous works such as Prokofiev's "Peter and the Wolf", and Beethoven's 5th symphony.

The 4th and 5th graders are getting a more in depth look at musical form and compositional techniques through Stravinsky's "Firebird Suite" and Brittan's "Young People's Guide to the Orchestra". Next, the students are excited to start some work on the instruments that they will be playing for the spring concert!

Phy-Ed- Mrs. Hildebrandt

In gym class our kindergarten through 5th grade students learned about who St. Valentine was and how he gave to others. Since this month is all about Valentine's Day we have been learning about heart health. Eating right and staying active is a healthy way to live. The children have learned how to take their pulse and "know" when their body is working or resting.

3K, 4K- Mrs. Hildebrandt

Our 3 year-olds have learned the love of God and our job to love one another. More recently, children learned about St. Valentine. They are working to recognize the letters in their first name as well as learning to write their names. The children are learning to count and recognize numerals 1-10.

The 4K students are busy preparing for their kindergarten experience next year. We have several families intending to send their children to St. Joseph School next year. During Catholic Schools Week the students prepared decorations for the pancake breakfast. The highlight of Catholic Schools Week for the children was a fieldtrip to the bus company where the children learned bus safety and got to ride on a big bus!

K/1st Grade- Mrs. Scharlau

The kindergarteners and first graders have been busy. They have been working hard on reading and writing skills. They have been using these skills to write their own stories. The kindergarteners have been playing new games in math to help them add numbers to ten. They are also working on counting to 100. The first graders have been learning to add and subtract numbers up to 20 and learning how to read graphs and charts.

The students have been learning about the ways to stay healthy and creating a life size body of themselves. They have learned about the leaders in our Church, the Ten Commandments, and how to praise God through music and prayer. Even though they have been working hard, they have had time to socialize with their peers and have fun too.

2nd Grade- Mrs. Heike

The school year is flying by in 2nd grade! We have had some big things happening in our class. In early December students participated in their First Reconciliation and celebrated with their families following this special sacrament. Moving into the last few months of school, students will spend much time preparing their hearts and minds for First Communion. It is an exciting time!

As our class continues to learn about places, customs, traditions, and cultures around the world, students will send off their very own Flat Stanley characters (based on a book) to friends and family around the world. We are eager to see where our Flat Stanley characters will visit before returning back to our classroom.

A highlight this year has been visiting residents at The Oaks here in Menomonie. Students are learning that they can make a difference in the lives of others with small acts of kindness through face to face conversations and participating in games and activities together. There are so many lessons to learn from these experiences outside of the classroom. We look forward to seeing our new friends as we visit again later this spring!

3rd Grade- Ms. Kempen

The 3rd graders have been working hard on their service projects this year. Over the course of the school year, they will visit the residents at The Oaks three times. They spend time creating cards and other crafts to gift to the residents and then; during the visit, they assist the residents with crafts and activities that they work on together.

The 3rd graders have also been busy practicing their multiplication and division facts. They practice using flashcards, timed tests, and other fun games!

The 3rd graders are looking forward to starting their Wax Museum project. They are in the process of choosing the person they would like to research. They will soon start conducting their research on the important person of their choice!

4th grade- Mrs. Sobota

The fourth-grade class is having fun learning about fractions, and how to simplify, add, and subtract them. They did an Owl Pellet Dissection Lab where they were able to identify bones from various rodents and learn more about the eco-system. On top of learning how to and making rosaries to be donated, they also learned how to make pocket rosaries. They made beautiful glass bead pocket rosaries as a gift to their families for Christmas.

5th Grade- Mrs. Wyss

The 5th grade class took some "ValenTIME to be Kind" and thought of a wonderful reason they like each of their classmates. They then wrote these reasons on hearts and placed them on our bulletin board for all the students to see the wonderful and kind things people see in them.

While working with our new reading curriculum the students were able to learn more about the Industrial Revolution and how technology has developed and changed through the years. The students are currently researching and writing an opinion essay about a piece of technology.

This week the students will learn more about mean, median, mode, and range in our math class. They will have the opportunity to complete different hands-on tasks that will allow them to collect data that they will then be able to find the mean, median, mode, and range with.



Catholic Schools
United in Faith and Community

PARISH AND COMMUNITY EVENTS

COFFEE GROUPS

COFFEE & COMMUNITY

GATHERING ON THE FIRST THURSDAY OF EVERY MONTH

Join us for engaging conversations and support alongside other women from St. Joseph.

FAITH & FELLOWSHIP

MEETING ON THE THIRD TUESDAY OF EVERY MONTH

All women from St. Joseph are invited to come together for snacks and beverages while engaging in a discussion on the monthly topic.

BROTHERS & BREW

MEETING ON THE LAST THURSDAY OF EVERY MONTH

Come and connect with fellow men from St. Joseph for meaningful conversations and support.

ALL GROUPS MEET AT THE FRIENDSHIP HOUSE
It is located at 903 Wilson Avenue, on the the
corner of Wilson Avenue and 9th Street E.



Save the Date

March 2nd - *Mardi Gras* Party

LENT 2025

March 25, 26, 27
Lenten Mission

March 29th
Stations of the Cross Pilgrimage

March 31
Lenten Reconciliation

April 10th
Lenten Eucharistic Adoration

Details for these events coming soon!

VOLUNTEER

Please consider volunteering your time. All ministries at our Parish would greatly benefit from your assistance. There is an opportunity for EVERYONE! You can find the sheet of opportunities at the church entrances or on our website. Below are the ministries that are currently in greatest need of support.

Liturgical Ministry help needed, especially screens and ushers. Training is provided.

The Mother Teresa Ministry is seeking your assistance in visiting and delivering communion to those who are homebound.

Music Ministry: Cantors, Accompanists, Traditional Choir, and Guitar Choir

Contact Nicki Welsch for more information
nicki.welsch@menomonicatholic.org

PCCW

Dear Parish Members,

As the 2025 President of the St. Joseph Parish Council of Catholic Women (PCCW), I warmly invite all women aged 18 and older to participate in our organization's general meetings and events. I encourage you to take a few moments to learn more about PCCW by visiting our website www.menomonicatholic.org/pccw or by exploring our bulletin board in St. Charles Hall.

Our mission is to support, empower, and educate all Catholic women in our Parish in the areas of spirituality, leadership, and service. We strive to enable the women of our Parish to respond to the needs of the Church and society with Gospel values in the modern world. While this may not seem exciting at first glance, those involved have found it incredibly rewarding. Through the PCCW, you will experience camaraderie and form lifelong friendships with the women of our parish. Watch for future announcements of upcoming meetings and events. If you have questions we encourage you to call the Parish Center at 715-232-4920.

We look forward to your participation!

Warm regards,
Marianne Canon, President, PCCW 2025
715.235.8625, canonm2016@gmail.com



APOCALYPSE NOW?

PREPARING FOR THE END TIMES WITH FAITH AND HOPE



MARCH 25-27, 2025

6:00-7:00 PM | ST. JOSEPH, MENOMONIE, WI

Join us for a three-day Lenten Mission series on the Catholic understanding of the End Times and the Book of Revelation. In this engaging, easy-to-follow series, we'll break down what Jesus actually taught about His Second Coming, what the Catholic Church believes about the Apocalypse, and why the Book of Revelation is actually a message of hope, victory, and God's plan for good. Plus, we'll show you how these teachings are relevant for your life today, not just the future.

SERIES TOPICS

- **March 25:** The End is Near—An Introduction to Eschatology and the End Times
- **March 26:** Walking Through the Book of Revelation—A Catholic Interpretation
- **March 27:** Living in the Light of the Apocalypse—Hope, Faith, and the Final Judgment

GUEST SPEAKER



Steve Drapalik holds a Master's degree in Systematic Theology with a minor in Liturgy from St. John's University and has 10+ years of experience working in ministry. Steve currently lives in Eau Claire with his wife Abigail and works in IT.

STOUT CATHOLIC

FROM THE DIRECTOR

Gaudete Sunday was our last student Mass this fall, and it is always a joy to worship together. Tyler, a senior at Stout who serves as the liturgical ministry coordinator for our Mass, had this to say about his experience with StoutCatholic: "Mass is the foundation of our faith. As a senior, I know the power of prayer and the overwhelming joy Holy Communion gives. Serving StoutCatholic helps me grow closer to God through helping others and nurturing relationships at The Ministry during our Thursday events."

We also were blessed take a group of eight students to SEEK25 in Salt Lake City over winter break! This is a national conference with over 17,000 Catholics. Students were able to attend daily Mass, listen to talks on living out their faith, grow in friendship and participate in adoration, confession, and more. As we begin the spring semester, I am incredibly thankful for your support of our ministry and God's grace. Please know of my prayers for you!

Becca Sheahan
Director of Catholic Campus Ministry | stoutcatholic.org



ST. JOSEPH PARISH FAITH FORMATION

TAMMY CHRISTIANSON, DRE

OFF TO A GREAT START!

The first half of the year is in the books and we have been having such a great time with everyone!

Catechists have been working hard to help students across all grades grow in their understanding of the Catholic faith and how to build their relationship with God through learning and praying.

Lesson activities not only get kids up and moving around but help teach lessons in a creative and fun way.

Getting involved in the Church is a great way to grow in your faith. Students in grades 3, 4, and 5 received server training recently but it's never too late to sign up! There are other ministries students can get involved with too. Reach out if you would like more information!

IMPORTANT REMINDERS

If your student is unable to attend please let me know as soon as possible. This allows for appropriate planning when assigning groups for activities, among other things. Plus, we really miss your students when they are gone!

LENTEN MITE BOXES

Mite Boxes will be coming home for students to collect and donate their change. Boxes should be returned by **May 7** (our last day of programming for the year). This is a great way to do a small thing that will have a great impact for others.

VOLUNTEER OPPORTUNITIES

We are called to serve not only our parish community but our local community and the world. I would love to help you find volunteers! Our Confirmation students are always looking for ways to help. Please contact me with any opportunities you may have (or know of)!



UPCOMING EVENTS

Shadow Stations:

Join us on **April 16** at 8:00 PM for our walk with Jesus through the Stations of the Cross. This is a wonderful opportunity to prepare ourselves for the Triduum and the Easter season.

First Communion:

Retreat: **April 5** 1:00 - 5:00 PM.
Rehearsal: **April 30** 6:00 - 7:00 PM.
Mass: **May 4** 12:30 PM.

Baccalaureate Mass:

May 18 at 10:15 Mass. We would like to recognize all of our high school seniors and send them into the next phase of their journey with a blessing. If you have a High School senior please contact the office for more information.



DURAND DEANERY STATIONS OF THE CROSS PILGRIMAGE

HOSTED BY ST. JOSEPH PARISH, MENOMONIE

SATURDAY, MARCH 29TH

8:00 AM - 12:30 PM

JOIN US AS WE EMBARK ON PART ONE OF A FOUR-YEAR JOURNEY, PRAYING THE STATIONS OF THE CROSS IN THE CHURCHES OF THE DURAND DEANERY. THIS YEAR, WE WILL BE VISITING THE FOLLOWING LOCATIONS: ST. JOSEPH CHURCH IN MENOMONIE, ST. HENRY CHURCH IN EAU GALLE, SACRED HEART CHURCH IN ELMWOOD, AND SACRED HEART CHURCH IN SPRING VALLEY.

7:45 ARRIVE AT ST. JOSEPH CHURCH MENOMONIE

8:00 PRAYER

8:05 DEPART TO ST. HENRY CHURCH, EAU GALLE

8:25 ARRIVE AT ST. HENRY CHURCH, EAU GALLE

8:35 FIRST 5 STATIONS OF THE CROSS/ CHURCH VIEWING

9:15 DEPART TO SACRED HEART CHURCH, ELMWOOD

9:30 ARRIVE AT SACRED HEART CHURCH, ELMWOOD

9:40 SECOND 5 STATIONS OF THE CROSS/ CHURCH VIEWING

10:20 DEPART TO SACRED HEART CHURCH, SPRING VALLEY

10:35 ARRIVE AT SACRED HEART CHURCH, SPRING VALLEY

10:45 LAST 4 STATIONS OF THE CROSS/ CHURCH VIEWING

11:15 DEPART TO ST. JOSEPH CHURCH, MENOMONIE


11:45 FINAL PRAYER


11:50 PIZZA AND SODA (\$4 PER PERSON SUGGESTED DONATION)

***PARTICIPANTS ARE ENCOURAGED TO MAINTAIN A PRAYERFUL ATMOSPHERE DURING THIS PILGRIMAGE. DISCUSSIONS ABOUT EACH CHURCH ARE WELCOME, BUT ALL OTHER CONVERSATIONS SHOULD WAIT UNTIL AFTER THE FINAL PRAYER.**

LENT 2025

Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>March 5</p> <p>Ash Wednesday—<i>Lent Begins</i></p> <p>Rend your hearts, not your garments, and return to the LORD, your God. (Joel 2:13)</p>	<p>March 6</p> <p>“Prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us.”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p>March 7</p> <p>Explore some new meatless recipes and commit to living more simply, accompanying our brothers and sisters who lack material resources.</p>	<p>March 8</p> <p>Many who will be baptized at the Easter Vigil will celebrate the Rite of Election tomorrow. Say a prayer for the elect, for those who will be received into the full communion of the Catholic Church, and for all who seek God with a sincere heart.</p>
			<p>March 9</p> <p>First Sunday of Lent</p> <p>“You shall worship the Lord, your God, and him alone shall you serve.” (Luke 4:8)</p>	<p>March 10</p> <p>“Lent is a season of conversion, a time of freedom.” (Pope Francis, Message for Lent 2024)</p>	<p>March 11</p> <p>Examine your conscience before going to bed tonight and make plans to receive the Sacrament of Penance during Lent.</p>	<p>March 12</p> <p>“Both in the liturgy and in liturgical catechesis, through remembrance of Baptism or preparation for it, and by penitence, Lent renews the community of the faithful together with the elect and disposes them to recall the Paschal Mystery.”</p> <p>(<i>Order of Christian Initiation of Adults</i>, no. 138) (see <i>Constitution on the Sacred Liturgy</i>, no. 109)</p>
<p>March 16</p> <p>Second Sunday of Lent</p> <p>Our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ. (Philippians 3:20)</p>	<p>March 17</p> <p>On this memorial of Saint Patrick ask God for the graces you need to become a missionary disciple.</p>	<p>March 18</p> <p>After dinner, pray a decade of the Rosary for those who feel unwelcomed, unheard, and unloved.</p>	<p>March 19</p> <p>Solemnity of Saint Joseph</p> <p>On the Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary, we pray for all fathers, that through the example of St. Joseph, they may fully embrace their vocation and accept the privilege and responsibility of caring for their children as St. Joseph cared for Jesus.</p>	<p>March 20</p> <p>“To the extent that this Lent becomes a time of conversion, an anxious humanity will notice a burst of creativity, a flash of new hope.”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p>March 21</p> <p>“The time of purification and enlightenment is given to a more intense preparation of spirit and heart, which has the character of recollection rather than of catechesis, and is intended to purify hearts and minds by examination of conscience and penitence.”</p> <p>(<i>Order of Christian Initiation of Adults</i>, no. 139)</p>	<p>March 22</p> <p>If possible, apologize to someone you have hurt or offer forgiveness to someone who has hurt you.</p>
<p>March 23</p> <p>Third Sunday of Lent</p> <p>“This is my name forever; thus am I to be remembered through all generations.” (Exodus 3:15)</p>	<p>March 24</p> <p>Pray one of the Penitential Psalms (Psalms 6, 32, 38, 51, 102, 130, 143) and give thanks for God’s mercy.</p>	<p>March 25</p> <p>Solemnity of the Annunciation of the Lord</p> <p>On this 25th Anniversary of Saint John Paul II’s encyclical <i>Evangelium vitae</i>, pray with this prayer resource from Walking with Moms in Need: WWMIN-prayer-guide-03.pdf (usccb.org)</p>	<p>March 26</p> <p>“In Baptism nothing other than the Paschal Mystery is recalled and accomplished, because in it human beings pass from the death of sin into life.”</p> <p>(<i>Order of Christian Initiation of Adults</i>, General Introduction no. 6)</p>	<p>March 27</p> <p>As Lent nears its halfway point, recommit yourself to prayer, fasting, and almsgiving to purify your heart for the Paschal feast.</p>	<p>March 28</p> <p>“Today too, the cry of so many of our oppressed brothers and sisters rises to heaven. Let us ask ourselves: Do we hear that cry? Does it trouble us? Does it move us?”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p>March 29</p> <p>Lord Jesus, have mercy on me, a sinner.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 30</p> <p>Fourth Sunday of Lent</p> <p>“But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found” (Luke 15:32)</p>	<p>March 31</p> <p>Gentle and merciful God, who are revealed in pardoning and who delight in making holy, graciously wipe away the stain of sin from us who are penitent and restore our hearts to life (<i>Order of Christian Initiation of Adults</i>, no. 296)</p>	<p>April 1</p> <p>If possible, spend some time in prayer before the Blessed Sacrament, asking God to fill you with his grace so that you may draw ever closer to the Body of Christ.</p>	<p>April 2</p> <p>“It is time to act, and in Lent, to <i>act also means to pause</i>. To pause in prayer, in order to receive the word of God, to pause like the Samaritan <i>in the presence of a wounded brother or sister</i>.” (Pope Francis, Message for Lent 2024)</p>	<p>April 3</p> <p>Pray for peace in all the troubled parts of our world, in our communities, and in our families.</p>	<p>April 4</p> <p>Pray the Stations of the Cross (Stations Of The Cross USCCB), either in your parish or on your own.</p>	<p>April 5</p> <p>In Lent, we are called to renew our baptismal commitment. We recall those waters in which we were baptized into Christ’s death, died to sin and evil, and began new life in Christ.</p>
<p>April 6</p> <p>Fifth Sunday of Lent</p> <p>Remember not the events of the past, the things of long ago consider not; see, I am doing something new! (Isaiah 43:18-19a)</p>	<p>April 7</p> <p>As we journey with Jesus towards Holy Week, remember all those in our world today who carry heavy crosses of poverty, homelessness, and hunger.</p>	<p>April 8</p> <p>“In the presence of God, we become brothers and sisters, more sensitive to one another: in place of threats and enemies, we discover companions and fellow travelers.” (Pope Francis, Message for Lent 2024)</p>	<p>April 9</p> <p>Do not let the power of death hold back those who by their faith will share in the triumph of your Resurrection. (<i>Order of Christian Initiation of Adults</i>, no. 175)</p>	<p>April 10</p> <p>Pray for a deeper respect for all human life, especially for the most vulnerable: the unborn, the infirm, those with disabilities, those on death row, and the terminally ill.</p>	<p>April 11</p> <p>On this final Friday of Lent, let your sacrifices unite you with your suffering brothers and sisters and with Jesus’ perfect sacrifice on the Cross.</p>	<p>April 12</p> <p>If possible, make plans to participate next week in your parish’s celebration of the moving liturgies of the Triduum (Holy Thursday through Easter Sunday).</p>
<p>April 13</p> <p>Palm Sunday of the Passion of the Lord</p> <p>“I tell you, if they keep silent, the stones will cry out!” (Luke 19:40)</p>	<p>April 14</p> <p>“The community together with the neophytes, by meditation on the Gospel, by participation in the Eucharist, and by the exercise of charity, makes progress in understanding the Paschal Mystery more deeply.” (<i>Order of Christian Initiation of Adults</i>, no. 244)</p>	<p>April 15</p> <p>As Lent draws to a close, reflect on your Lenten journey. How have you grown closer to God? How have you grown in holiness? Give thanks to God for accompanying you in this season.</p>	<p>April 16</p> <p>“We need to combat a deficit of hope that stifles dreams and the silent cry that reaches to heaven and moves the heart of God.” (Pope Francis, Message for Lent 2024)</p>	<p>April 17</p> <p>Holy Thursday</p> <p>On the night before he died, Jesus instituted the Sacrament of the Eucharist at his Last Supper with his friends. Pray for the grace to be ever aware of Jesus’ Real Presence in the Eucharist.</p>	<p>April 18</p> <p>Good Friday</p> <p>We adore you, O Christ, and we bless you, because by your Holy Cross you have redeemed the world.</p>	<p>April 19</p> <p>Holy Saturday</p> <p>If possible, spend today in quiet prayer, praying for those who receive Sacraments of Initiation tonight and that you will have renewed strength to live your baptismal call.</p>
<p>April 20</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>Why do you seek the living one among the dead? He is not here, but he has been raised. (Luke 24:5-6)</p>	<p>“Prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us.” —Pope Francis, <i>Message for Lent</i>, 2024</p> <p>This calendar may be printed and distributed without charge in its original format only for personal and institutional use. No other use of the copyrighted content is permitted. Excerpts from the Lectionary for Mass for Use in the Dioceses of the United States, second typical edition, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine. Used with permission. All rights reserved. Quotes from Pope Francis copyright © Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission. Excerpts from the English translation of The Order of Penance © 2019, International Commission on English in the Liturgy Corporation. Used with permission. Copyright © 2024, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</p>					 <p>CNS/Luis Gomez</p>