



# Immaculate Heart of Mary Catholic Church

Mailing Address: P. O. Box 100 \* New Melle, MO 63365

Website: [www.ihm-newmelle.org](http://www.ihm-newmelle.org)

Office Phone: 636-398-5270

Deliveries only address: 8 West Highway D, New Melle, MO 63365

## Schedule of Holy Mass

Saturday: 8:00am, 4:00pm Vigil Mass for Sunday  
 Sunday: 7:30am, 9:30am, 11:30am  
 Weekdays: 8:00am, St. Joseph Chapel

## Weekly Devotions and Prayers

### Eucharistic Adoration:

Monday 8:30am until Friday, 11:00am

### Rosary:

Following 8am Mass weekdays & before Sat. 4pm.

### Perpetual Help Devotions:

Tuesdays following 8am Mass

### Respect Life Prayers:

Thursday following 8am Mass

### First Saturday of the Month Devotions

8am Mass, Rosary, 15 minutes of meditation

## Sacraments

Reconciliation: Mon/Tue/Wed in church, 7pm

Saturday following 8am Mass

### Marriage:

Contact the parish office  
 at least six months prior to the wedding

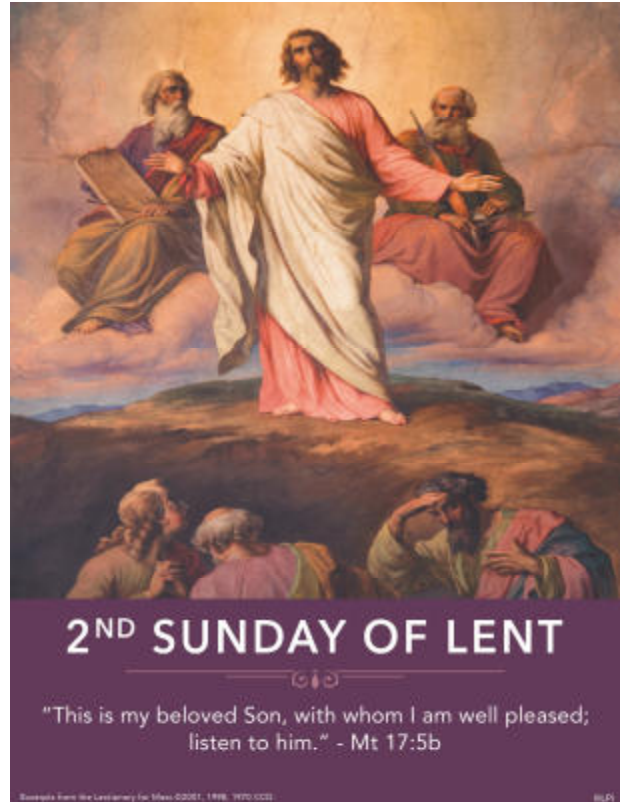
### Baptism:

Contact the parish office  
 to register for class and to arrange date

### Rite of Christian Initiation of Adults:

Contact Shawn Mueller in the parish office

March 8, 2020



## Deeper Understanding of Scripture

Psychology has taught us a great deal about family dynamics and how we have come to be the person we find ourselves to be. We are comprised of such a mixed bag of blessings and obstacles with their graced moments and sinful ones. Think back on the journey of your life and how the many different and varied choices that you made influenced the direction your life. If you didn't go on that first date with your spouse, who would be beside you today? If you chose to be in one place rather than another, what would have happened to the course your life has taken? We are on such a wonderful, exciting journey. What is most in-

credible and awesome is that we are not alone! God is with us. He inspires, heals, opens doors, and calls us every moment of our lives. The very life we have is due only to Him.

We can all sit down and list adjectives describing who we are. One may find him or herself more artistic than another or quicker with wit. We have unique gifts and talents and have the great gift of free will, which we treasure. Our histories come with more baggage for some and less hurdles for others, but we all have to find our way through the path we are on. However, have you ever

given much thought to who you *really* are? That question has more merit than may at first appear.

We know ourselves as we live out our earthly journey. But do we know our heavenly self? What we know here is only one small part of who God has made us to be. The disciples really thought they knew Jesus until they went up the mountain. We also may think we know our true selves, too. We know that in eternal life we shall not only see God, but become like Him. Who will you be? What surprise do you think God has for you?

## Welcome to Immaculate Heart of Mary: *Informed—Hospitable—Missionary*

### Parish Staff

Parish Office: 636-398-5270

Fr. Tom Miller, Pastor [askpadre@aol.com](mailto:askpadre@aol.com)  
(for emergencies only: 314-303-2428)

Deacon Chris Ast [chrisast@archstl.org](mailto:chrisast@archstl.org)  
Deacon Tony Falbo [tony.2011@centurylink.net](mailto:tony.2011@centurylink.net)  
Laura Orf, Business Manager [lorf@ihm-newmelle.org](mailto:lorf@ihm-newmelle.org)  
Peggy Dupree, Secretary [secretary@ihm-newmelle.org](mailto:secretary@ihm-newmelle.org)  
Bryan Beams, Director of Music and Liturgy  
[bryanbeams@ihm-newmelle.org](mailto:bryanbeams@ihm-newmelle.org)  
Janet Hespen, Youth Leader [janethspn@outlook.com](mailto:janethspn@outlook.com)  
Karen Wappelhorst, Child Safety Coordinator  
[childsafety@ihm-newmelle.org](mailto:childsafety@ihm-newmelle.org)

### Religious Education

Shawn Mueller, Director

636-398-5270, [smueller@ihm-newmelle.org](mailto:smueller@ihm-newmelle.org)

Parish School of Religion  
Grades 1 thru 8, September thru May, 6-7:30pm, Wednesdays  
Confirmation Preparation  
8th Grade—September thru May, 6-7:30pm, Wednesdays  
Children's Liturgy of the Word  
September thru May, during the 9:30am Sunday Mass  
Adult Education  
Wednesdays at 8:45am and 6:10pm, September thru May  
Rite of Christian Initiation of Adults—contact Shawn for schedule

## Quick Contacts Directory

### Weddings, Receptions, Events

Pat Gentry, Hall Rental 636-398-5270  
Kelly Meyer, Wedding Coordinator 636-828-4994  
Jean Hitt, Wedding Coordinator 636-987-2131  
Joan Marren-Slaughter, Event Coordinator 636-398-5270  
Mary Keune, Event Coordinator 636-398-5270

### Prayer and Devotion

Eucharistic Adoration  
Shawn Mueller 636-398-5270  
Legion of Mary  
Maria Romine-Kantor 314-614-0857  
Prayer Chain  
Brenda Hutchcraft 636-248-8493  
Prayer Intercession/Jonah Team  
Debbie Gillespie 636-398-4971  
Prayer Shawl Ministry  
Julia Kettler 314-616-0096

### Liturgical Ministries

Extraordinary Ministers  
Irene Caldwell 636-398-4311  
Gift Bearers  
Peggy Dupree 636-398-5270  
Lectors  
Ed Taylor 636-561-7099  
Ushers  
Gary Struckhoff 636-828-6067  
Altar Servers  
Deacon Tony Falbo [tony.2011@centurylink.net](mailto:tony.2011@centurylink.net)  
Altar Society  
Pam DeBold 636-482-4765  
Music Ministry  
Bryan Beams 636-398-5270  
Contemporary Music Group  
Debbie Gillespie 636-398-4971

### Youth and Young Adults

High School Youth Leader  
Janet Hespen 314-369-6521  
Young Adults  
Julie Lassiter 636-357-0121

### Parish Organizations

Art & Environment  
Mary Karll 636-433-5049  
Budget & Finance  
Larry Graves 314-799-9804  
Cemetery Committee  
Mark Keune 314-220-7075  
Dinner Committee  
Jeff Comotto 314-570-6972  
Funeral Lunches  
Carol Grady 314-662-2281  
Ruth Neske 636-398-5699  
Vicki Grunz 636-497-5230  
Helping Hearts  
IHM Parish 636-398-5270  
John Grady 314-662-2138  
Mary Fischer 636-561-7747  
Bob Hutchcraft 636-346-3471  
Maria Romine-Kantor 314-614-0857  
Knights of Columbus  
Bob Hutchcraft 636-346-3471  
Marian Council  
Barb Pope 773-383-8602  
Meal Train  
Kelly Meyer [meyer5853@qmcinc.org](mailto:meyer5853@qmcinc.org), 636-828-4994  
Meals on Wheels  
Jean Bammann 636-798-2718  
Pro Life  
Bill Winters 636-828-4133  
Quilters  
Mary Ann Brakensiek 636-828-5776  
Ruth Willis 636-398-4597  
Scouting  
Chuck Hinkle 636-544-6639  
Cub Scouts: Adam McCarthy 636-634-7622  
Boy Scouts: Chad Peters 314-807-7177  
St. Vincent de Paul  
Joe Willis 636-398-2106  
Welcoming Committee  
Teresa Berfanger 636-398-5565

## Praying Through Lent

Dear Parishioners,

I came across this in one of the my prayer books over the weekend. Given the Sunday readings on the Temptation in the Desert this seemed timely and fitting. We want to be protected from all evil. We are engaged in a real spiritual battle with our old selves, our passing world, and fallen angels which hate and despise us. This prayer may make you raise an eyebrow or two, but don't dismiss it because it treats the supernatural world as real. The supernatural world is more real and lasting than our fading one. The supernatural world is predominately good, since it is of God and His angels. However, until the judgement, fallen angels are given the freedom to oppress us as God sees fitting. While not often a source of temptation, the fallen desire to spread fear, hopelessness, and dismissal of God and His loving call to us.

Peace,



### Protection and Healing Prayer

Heavenly Father, I praise and thank You for all You have done for me. Please cover me with the protective, precious blood of Your Son, Jesus Christ and increase Your Holy Spirit in me with His gifts of wisdom, knowledge, understanding, hunger for prayer, guidance and discernment to help me know Your will and surrender to it more completely.

Father, please heal my negative emotions and any wounds in my heart and spirit. Send the sword of Your Holy Spirit to sever and break all curses, hexes, and all negative genetic, intergenerational and addictive material, past, present or to come, known or unknown, against me, my relationships and family, finances, possessions and ministry.

Father, I forgive and I ask for forgiveness for my sins and failings and I ask that my whole person, body and mind, heart and will, soul and spirit, memory and emotions, attitudes and values lie cleansed, renewed and protected by the most precious blood of Your Son Jesus.

In the name, power, blood and authority of Jesus Christ I bind and break the power and effect in or around me of any and all evil spirits who are trying to harm me in any way, and I command these spirits and their companion spirits in the name of the Father, the Son and the Holy Spirit to leave me peacefully and quietly and go immediately and directly to the Eucharistic presence of Jesus Christ in the closest Catholic Church tabernacle, to be disposed of by Jesus and never again return to harm me.

Dear Holy Spirit, please fill up any void in me to overflowing with Your great love. All this Father I pray in the name of Jesus Christ by the guidance of Your Holy Spirit. Immaculate Heart of Mary, spouse of the Holy Spirit, please pray for me and with me. Amen.

*Catholic Way Publishing. My Daily Prayers*

## 2<sup>nd</sup> Sunday of Lent: Year A

[Jesus took Peter, James, and John up a mountain. Jesus' face became like the sun. A shining cloud came over them, and a voice from the cloud said, "This is my own dear Son, with whom I am pleased; listen to him!"

MATTHEW 17:2,5

In Something Beautiful for God, Malcolm Muggeridge describes the impact that Mother Teresa had upon an audience of people, saying: "Every face was rapt, hanging on her words; not because of the words but because of her. Some quality came across, over and above the words, that held their attention. A luminosity seemed to fill the school hall penetrating every mind and heart."

The story of Jesus on the mountain and the story of Mother Teresa recall that certain people have impacted my life deeply. Who is one of these people?

*Saints are persons who make it easier for the others to believe in God.* NATHAN SODERRLUM

(Mark Link S.J. Action 2000)

## This Week at Home

Purificators: Pam DeBold  
Heavenly Duster: Mary Jean Hartenbach



### Sunday, March 8

KC Breakfast, Founders Hall, 8:30-11am

### Monday, March 9

Scouts, Founders Hall/Trailer, 6:30pm

Choir practice, 7pm

Reconciliation, 7-8:30pm

### Tuesday, March 10

Legion of Mary, Weber Hall, 9am

Fitness class, Grand Hall foyer, 9am

Marian Council, Weber Hall, 6:30pm

Children's Choir, 7-8pm

Reconciliation, 7-8:30pm

### Wednesday, March 11

Sunday readings study, Weber Hall, 8:45am

Contemporary group, 5:30pm

PSR, Weber Hall/Founders Hall/Trailer, 6pm

Bible Study, Grand Hall, 6:15pm

Praise & Worship band, 7pm

Reconciliation, 7-8:30pm

### Thursday, March 12

Fitness class, Grand Hall foyer, 9am

RCIA, Weber Hall, 6:30pm

Yoga, Founders Hall, 7pm

Choir practice, 7pm

### Friday, March 13

Quilting, Weber Hall, 8:30—noon

Fish Fry, Founders Hall, 4:30—7pm

Stations of the Cross, chapel, 7pm

### Saturday, March 14

Reconciliation, 8:45am

Anointing following 4pm Mass

Stroke Scan registration this weekend

### Sunday, March 15

Anointings following all Masses

Stroke Scan registration this weekend



## Next Week Ministries

### March 14—4pm

EM: Bob Brossette, Joan Falbo, Sharon Hagan, Pat Barnard, Mary Hannig, Jan Jokisch-Messig, Mary Jean Hartenbach, Bernie Pollihan

Lec: Celina Genta, Yvonne Brossette

Music: Bryan Beams & Betsy Struckhoff

GB: Andy & Barb Pope

Serv: Colten, Camden, Celina Genta

Ush: Mark Thome, Larry Graves, Dave Hendrix, Bill Pollihsn

### March 15—7:30am

EM: John & Karen Wappelhorst, John Fiacco, Julia Kettler, Betty Tuepker, Bob Leeker

Lec: Dave London, Theresa Gross

Music: Elizabeth Jaeckle & Verdi Morley

GB: Bill & Jean Reed Bammann

Serv: Mary Grace & Janie Becker

Ush: Mark Gross, Rick Scharf, Terry Schneider, Mike Stassi

### March 15—9:30am

EM: Cheryl Gray, Chris Aulbach, Janet Hespen, Alvina Fry, Bob & Irene Caldwell, Amy Brinkmann, Laura Holstein

Lec: Bill Winters, Walt Hollenstein

Music: Adult Choir

GB: George & Linda Stark

Serv: Sydney Jaeckle, Morgan Molitor, KaBella Bruno

Ush: Bob Gray, Brian Corrigan, Curt Eccardt, Dave & Lisa DeBold, Mark Thome

### March 15—11:30am

EM: Marcy Pivin, Kathy Lalonde, Katie Wibbenmeyer, Donna Wolff, Mary Busby-Simpson, Elaine Sudbrock

Lec: Donna Hecht, Chuck Hinkle

Music: P&W Band

GB: Menne Family

Serv: Emilia Petrik

Ush: Ron Simpson, John Hofman, Dave Karll, Tim Maher

## IHMformation Station

March 14, 4pm

Tom & Mary Jean Hartenbach

March 15, 7:30am

John & Karen Wappelhorst

March 15 9:30am

Ralph & Janice Britton

March 15, 11:30am

Larry & Donna Hecht

## ✠ Rest in Peace ✠

We offer our prayerful sympathy on the passing of

**Marjorie Hatfield**

mother of Mark & Mary Ann Hatfield

**Les Ivan**

brother-in-law of Bob & Cheryl Gray

**Rachel Lozano**

granddaughter-in-law of Mary & Mike Stassi

**Bob Cova**

wife of Judy Cova

May they and all the faithful departed  
rest in the eternal peace of Christ.

Recycling bins are located  
on the gravel lot behind Fr. Tom's house.



## Prayer Warriors for Priests

Prayer Warriors for Priests is a group of women that meets monthly to pray for priests, deacons, and seminarians of the St. Charles Deanery and surrounding areas.

All women are invited to join us for the Rosary. Any questions, please contact Mary Stassi: 636-357-1387 or [pinegrovefarm76@yahoo.com](mailto:pinegrovefarm76@yahoo.com). Here is the prayer schedule for the next few months, all beginning at 10am:

March 14:

IHM/St. Joseph Chapel

April 11:

ICD/Adoration Chapel



## Mass Intentions

|                     |                                |
|---------------------|--------------------------------|
| Monday, March 9     |                                |
| 8:00am              | Audrey Hueffmeier +            |
| Tuesday, March 10   |                                |
| 8:00am              | Ed & Rose Reuther Family       |
| Wednesday, March 11 |                                |
| 8:00am              | Ed Langford +<br>Moiria Ryan + |
| Thursday, March 12  |                                |
| 8:00am              | Cy, Al, John Bamert +          |
| Friday, March 13    |                                |
| 8:00am              | All Souls                      |
| Saturday, March 14  |                                |
| 8:00am              | Shannon Barton +               |
| 4:00pm              | Frank Modder +                 |
| Sunday, March 15    |                                |
| 7:30am              | Rose Reuther +                 |
| 9:30am              | Erma Guinn +                   |
| 11:30am             | People of the Parish           |

## Please pray for all the sick and suffering:

Mark Hanna, Phyllis Zerr, Vickie Brink, Sandy Knott, Mike & Pat Ryan, Carol Rabbitt, Fran Bussen, Dave Betlach, Karla Sitzes, Vicky Monroe, Nancy Hollenstein, Walt Reel, Jean Bamert, Amy Robbins, Don Schmidt, Loretta Bruns, Dave Gentry, Betty Heppermann, Kathy Feldewerth, Frank Marquart, Dan Brothers, Cindy White, Janie Roth,

David & Lisa Debold and Ratha Beymer  
(Dave & Pam DeBold's children and Pam's mother),  
Dave Asinger (brother-in-law of Larry & Rita Bendel),  
Bob Holland (friend of Shirley Augustine),  
Sherri Callahan (daughter of Vickie & Paul Grunz),  
Peter Gray (son-in-law of Adrienne Collins),  
Fred Brown (son-in-law of Bill & Bernie Pollihan),  
Leon Burkemper (son of Carol Rabbitt),  
Doris Eisenbath (mother of Judy Molitor),  
Loretta Nolan (sister of Kathy Lalonde),  
Janet Piel (sister of Joni Marren-Slaughter),  
Sueanne Jaeger Fry (niece of Bob & Alvina Fry)  
Loren & Evelyn Brandon (parents of Marty & Peggy Dupree)  
Audrey Molitor (sister of Flo Joerling)  
Pat Finan (Fran Bussen's daughter)

**Hospitalization:** If you are hospitalized, please let us know. Please call the office or ask a friend to call for you if necessary.

**Communion Calls:** If you would like to receive Communion but are unable to get to Mass because of illness or disability, please contact the parish office: 636-398-5270.

**Prayer Requests:** Brenda Hutchcraft at 636-248-8493 or email brhutchcraft@centurytel.net

## Contributions, Feb 29/Mar 1

|                             |                    |
|-----------------------------|--------------------|
| General Offertory:          | \$13,181.50        |
| Online – General Offertory: | \$4,469.21         |
| <b>TOTAL</b>                | <b>\$17,650.71</b> |

*"Go forth from the land of your kinsfolk and from your father's house to a land that I will show you."  
(Genesis 12:1)*

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we may have to struggle to leave behind might be materialism, selfishness, and greed. Yet God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, "God does not call us to be successful, God calls us to be faithful."

*We pray ... that we may learn the difference  
between what we want and what we need,  
trusting that God will provide all that we need.*

## Needed at the Pantry

mayonnaise, cold cereal, fruit juice, sugar, jelly, mustard, sloppy joe sauce, gravy packets, canned fruit: pears, peaches, fruit cocktail, mandarin oranges, applesauce, canned potatoes, chicken broth, cake & brownie mixes, icing, Bisquick, syrup, saltines, laundry detergent, toilet paper, shampoo, coffee



**Who is a Vincentian?** A Vincentian is a member of the Society of St. Vincent de Paul, one of the largest Catholic lay organizations in the world. Vincentians volunteer in local communities and are from every profession. Vincentians understand that everything that we have—skills, talents, material goods—comes from God, and that we are called as Christians to use those resources to reduce the suffering experienced by our brothers and sisters in need, providing face-to-face contact with those we serve.

Vincentians believe that "no work of charity is foreign to the Society," and so each local Parish Conference helps people in their area in different ways—assistance with utility bills, rent or mortgage assistance, clothing, furniture, or simply prayer and companionship.

**Why be a Vincentian?** See Christ in the face of the poor and to bring the love of God to those who are in material or spiritual need. You'll grow spiritually and make friends.

**How to join us:** Call 636-398-5270, ext. 225 to learn more.

## Baby Bottle Program

Called "Meet Life," this is a fundraising campaign through the Knights of Columbus to provide ultrasound machines for pregnancy centers throughout the state. Your spare change could save a life! Bottles in the back of church.

OVER 70½% USE YOUR IRA REQUIRED MINIMUM DISTRIBUTION FOR GOOD,  
BENEFITING YOUR FAVORITE CATHOLIC ORGANIZATION

To learn more, contact the planned giving experts at the Roman Catholic Foundation. 314-918-2890 | [giftplanning@rcfstl.org](mailto:giftplanning@rcfstl.org)

## Lenten Offerings at Immaculate Heart of Mary

### Holy Mass

- 8:00am Monday thru Friday in St. Joseph Chapel
- 8:00am Saturday in Church
- Weekend schedule: Saturday 4:00pm, Sundays 7:30, 9:30, 11:30am

### Eucharistic Adoration

In St. Joseph Chapel beginning 8:30 Monday morning thru Friday at noon

### Lenten Reflections

- Free video-based emails delivered daily from Dynamic Catholic. Visit [BestLentEver.com](http://BestLentEver.com).
- Visit our parish library for books and videos to enhance your prayer life.
- "Little Black Book" and "Word Among Us" available in the narthex
- Bible Study on the upcoming Sunday readings, every Wednesday in Weber Hall, 9:00am.
- Join other parishioners in the Grand Hall after Friday morning Mass for a video series on healing
- Visit [nextlevelcatholicacademy.com](http://nextlevelcatholicacademy.com) and sign up for the Lenten video series "Catholic Mysticism and the Beautiful Life of Grace." It is a free series that promises to take you to a deeper level of the spiritual life.
- Go to [LentReflections.com](http://LentReflections.com) for free daily Lenten reflections from Bishop Robert Barron.
- Check out what is available for free at [www.ihm-newmelle.formed.org](http://www.ihm-newmelle.formed.org).

### The Sacrament of Reconciliation

Saturday mornings following 8:00am Mass, Monday/Tuesday/Wednesday evenings 7:00—8:30pm

### Stations of the Cross

Friday evenings 7:00pm in St. Joseph Chapel  
Good Friday Stations in church at 1:00pm

### Fish Fries

Every Friday of Lent (not Good Friday) from 4:30—7:00pm in Founders Hall

### Lenten Prayer Requests

Prayer intention slips are in the Narthex - please put your intention in the basket

### ADORE Healing Service

Join us on **March 18** beginning at 6:30 for Eucharistic Adoration, musical praise, meditation, the Sacrament of Reconciliation and Anointing of the Sick. There will also be three or four prayer teams in place to pray with, over and for any who would like prayers for whatever is "ailing" in body or soul.

### Lenten Prayer Breakfast

On Saturday, **March 21**, all men and women of the parish age 16 and older are invited to Mass at 8am followed by breakfast, fellowship, and a presentation entitled "God's Transformational Grace: Understanding Human Trafficking Through a Survivor's Experience." This event is free, but please sign up in the narthex. We are asking everyone to bring a breakfast dish to share.



## If you didn't get your picture taken by Lifetouch yet, we have 2 more dates available!

Lifetouch will be here again on April 3 and 4 for additional photo sessions. If you have not yet scheduled yours, please call the parish office and we can help you find a convenient time on that Friday or Saturday.

If those dates won't work, please send us vertical, high resolution digital photo to the parish office. We want all parish families, including those who might be out of town for a while or family members in the military. We already have a few folks who have sent pictures, and have room for everyone! By the way, if you want to include your favorite pet, that's good, too! Or if you have a meaningful "prop" that you'd like to include, that would make your photo even more personal.





## Immaculate Heart of Mary Lenten Prayer Breakfast

(Open to Men & Women 16 and Older)

Invite Your Friends and Neighbors!  
**SATURDAY, MARCH 21ST**

Begins With 8:00am Mass, then to the  
Grand Hall for breakfast, fellowship,  
speaker and book signing

Please sign up in the narthex.  
Everyone is asked to bring a breakfast item to share

### PSR Corner

The Season of Lent is upon us. It is good to consider a “family plan” for these 40 days. What types of prayers, works, acts of charity, devotions can I renew, take on, carry the cross, bear throughout this time out of love for the Lord. What is some type of faith “risk,” stepping out, going out on a limb for the Lord like Zaccheus that I might do. Come Holy Spirit to give us the insights and the courage to follow your inspirations during this season of Lent.

### 10 THINGS TO DO WHEN YOUR LENT PLAN FAILS

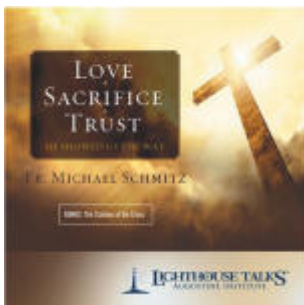
|  |   |  |   |  |
|--|---|--|---|--|
|  |   |  |   |  |
| <b>ACCEPT IT</b><br>ACCEPT IF AND HOW YOUR PLAN HAS FAILED | <b>GO TO CONFESSION</b><br>MAKE AN EXAMINATION OF CONSCIENCE AND START OVER     | <b>GET BACK UP</b><br>REMEMBER YOUR LENTEN RESOLUTIONS AND BEGIN AGAIN | <b>WHAT WENT WRONG?</b><br>PONDER ON THE SERIES OF EVENTS THAT LED YOU HERE | <b>PRAY</b><br>PRAYER HELPS YOU REVIVE YOUR SOUL. LISTEN TO GOD'S VOICE  |
|  |   |  |   |  |
| <b>FAST</b><br>FASTING ENABLES US TO DOMINATE OUR DESIRES  | <b>GIVE ALMS</b><br>WHEN WE GIVE ALMS, WE DO OURSELVES AND OTHERS A GREAT THING | <b>LISTEN</b><br>FOLLOW THE ADVICE FROM THE PEOPLE IN YOUR LIFE        | <b>FOCUS</b><br>FOCUS ON ACCOMPLISHING WHAT YOU SET OUT TO DO               | <b>ASK FOR HELP</b><br>LEAN ON YOUR FRIENDS, PRIEST, MENTORS, AND FAMILY |

SOURCE: CATHOLICEXCHANGE.COM

## St. Paul Library / Lighthouse CD Resources

(Note: With close to 4000 items, the Parish Library is located in the Grand Hall past the restrooms. It is open during the week-normal business hours-and works on an honor system. Items from the Lighthouse CD rack are located and available in the Narthex.)

### From the Lighthouse Catholic CD Rack: Narthex



Fr. Mike Schmitz shares important insights on the meaning of Christ's Cross. He shows how God's rescue mission for us includes the need for each person to embrace his own cross in order to reestablish trust in the Father and the understanding that love requires sacrifice. It also includes a bonus segment on Stations of the Cross, which features reflections on the Lord's Passion and Death.

*Fr. Mike's simple, yet powerful, reflections helped me to contemplate Christ's passion in light of God's perfect, fatherly love for me. I was struck by the depth of this message for me personally, and how it deepened my relationship with God.*  
Dennis – Batavia, IL



## Lenten Prayer Requests

As we begin the season of Lent we would like to emphasize this season of prayer and healing by inviting you to add your personal prayers to those of our entire community. Please look for a container on the table in the narthex where you can place your prayer requests. This Lent we ask everyone in our community to pray for all of them. Lent is a special time of the year for us as a community to pray for each other and to prepare ourselves for the Glorious Resurrection. At the Easter Vigil, we will burn all of your requests in the Easter fire, raising up your intentions to heaven, realizing that our Lord knows what's in your hearts. Have a blessed Lent.





The Knights of Columbus truly appreciates all the race sponsors and parishioners who came to the HORSE RACES. The evening was a lot of fun. Thanks to all who made the event a tremendous success.

### What's Your Catholic Catechism IQ?

- The Second Vatican Council, using an ancient expression, calls the family the \_\_\_\_\_ Church.
  - people's
  - family
  - local
  - domestic
- The home is the first \_\_\_\_\_ of Christian life and a school for human enrichment.
  - chapter
  - college
  - school
  - kind
- By sacramental men are disposed to receive the chief effect of the \_\_\_\_\_, and various occasions in life are rendered holy.
  - cross
  - Mass
  - sacraments
  - rosary
- Sacramentals do not confer the \_\_\_\_\_ of the Holy Spirit in the way that the sacraments do.
  - peace
  - hope
  - grace
  - fruits
- By the Church's prayer, they \_\_\_\_\_ us to receive grace and dispose us to cooperate with it.
  - allow
  - force
  - prepare
  - trick
- There is scarcely any proper use of \_\_\_\_\_ things which cannot be thus directed toward the sanctification of men and the praise of God.
  - angelic
  - spiritual
  - material
  - immaterial
- Among sacramentals \_\_\_\_\_ (of persons, meals, objects, and places) come first.
  - prayers
  - rosaries
  - rememberings
  - blessings
- An authoritative blessing of a person or object to be protected against the power of the evil one and withdrawn from his dominion, is called \_\_\_\_\_.
  - cast out
  - exorcism
  - excommunication
  - cast away
- Jesus performed exorcisms and from Him the \_\_\_\_\_ has received the power and office of exorcizing.
  - laity
  - Church
  - military
  - state
- In a simple form, exorcism is performed at the celebration of \_\_\_\_\_.
  - séances
  - minor rituals
  - Holy Orders
  - Baptism

## IHM Lenten Fish Fries



### IMMACULATE HEART OF MARY

New Melle, MO

February 28, March 6, 13, 20, 27, April 3

Serving from 4:30—7:00pm

#### DINE IN OR CARRY OUT

Adults: \$12

Kids 12 and under: \$6

6 and under: free

#### Menu Includes:

Haddock (baked or fried)—Cod—Catfish

French Fries, Green Beans, Cole Slaw, Hush Puppies,

Mac & Cheese, Applesauce, Pasta con Broccoli,

Tea, Coffee, Lemonade

Beer and soda available for purchase

thanks to our Knights of Columbus

We need your help! Please sign up in the Narthex

A cause you can really get behind.

## Diaper Drive

Weekends of March 21-22 through Palm Sunday, April 5th  
Drop off during the weekend Masses at your Parish

Sponsored by the Permanent Deacons of the Archdiocese of St. Louis, in conjunction with the Respect Life Office.

Diapers collected will be delivered to those in need in the local area. Please be generous.

Please mark your calendars!!! During the weekends of March 21-22 through Palm Sunday, April 5th, the Permanent Deacons in the Archdiocese of St. Louis, in conjunction with the Respect Life office, will be collecting diapers for infants, toddlers and adults as part of our fourth annual diocesan-wide Pro-Life service project to assist families in need. Last year we collected over 325,000 diapers for those in need and we'd like to exceed that total this year. We would ask that you please consider placing the purchasing of infant, toddler or adults diapers on your shopping list and bring them to church. All diapers collected will be donated to assist families in our parish community. For more information, speak to our permanent deacons, Deacon Chris Ast or Deacon Tony Falbo or give the office a call. We would like to stress the need for the larger size diapers, 3's, 4's and 5's. We ask you to pray for the success of this project and to please be as generous as possible.



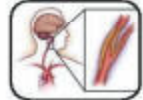
# Immaculate Heart of Mary Catholic

## Vascular and Organ Wellness Screenings on

### Friday, March 20

**Stroke Scan Plus** will be bringing its stroke-prevention, ultrasound team here for early detection and prevention of:

- **Stroke Risk** - Carotid artery scan to look for blocked arteries in the neck
- **AAA** - Sudden death due to ruptured Abdominal Aortic Aneurysm
- **Atrial Fibrillation** - A 2-lead, handheld EKG screens for irregular heart beat which increases stroke risk by 5X. Only detects if you are in AFib at the time of screening.



**Do you have any of these RISK FACTORS?:** High blood pressure, high cholesterol, a family history of stroke, heart attack or aortic aneurysm? Or **LIFESTYLE RISK FACTORS?:** Smoker, diabetic, overweight, physically inactive, etc.? **Identify a potentially serious disease that may be life threatening. Availability is limited and these screenings are not part of a routine physical.** Call today to schedule your appointment at 832-437-7355 or TF 866-935-7226.

**Full Package: Vascular screenings + 5 organ ultrasounds for \$149**

**Organ ultrasounds:** We will also scan these vital organs **thyroid, gall bladder, liver and both kidneys** where we can detect possible nodules, lesions, stones, sludge, polyps, etc...\*:



*\* Ultrasound cannot detect all organ abnormalities. It can detect most physical abnormalities depending on the size (>2-3mm) and other physical attributes, for e.a., body habitus.*

#### Additional Tests Available\*:

- Bone Density - \$25
- A1c (Diabetes) - \$25
- Cholesterol - \$25
- PSA (Prostate) - \$45
- TSH (Thyroid) - \$45
- CRP - \$45



*\*These tests are not available in all states or regions and incur an additional cost.*

#### Screening Preparations:

- Wear a two-piece comfortable outfit.
- No big meals or caffeine 4 hours prior to screening.
- If you are diabetic, make sure to eat a light meal.
- If you are taking medication, continue to take it.



Results read by a Board Certified Radiologist and mailed directly to you in 3-4 weeks. Life threatening results expedited. Unless you are symptomatic, typically, your doctor will not order diagnostic versions of these screenings and insurance companies may not pay for them. Please note that there is a 350 lb. weight limit on the medical screening tables. Stroke Scan Plus [www.strokescan.com](http://www.strokescan.com) (ENG 11020)



Pope's Intentions for March: Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.


## "Lent: It is not what you give up, it is who you become."

Matthew Kelly: Dynamic Catholic




In the CD, "Becoming the Best Version of Yourself," Matthew Kelly offers wisdom on how to become the person that God has made us to be, how to become happy and holy. Amidst all the "resolutions" one hears about during the New Year or at Lent, Kelly offers an insightful "body and soul" plan to put in place. It addresses the four areas of life, physical, intellectual, emotional and spiritual and is also a great plan of action for any day, time, season of life. Matthew Kelly encourages folks to write the plan down where one can see it often. Lives change when habits change.


The acronym P.I.E.S stands for human life, representing its P-Physical, I-Intellectual, E-Emotional and S-Spiritual dimensions. These areas correspond to the Great Commandment to Love the Lord with all of our heart, soul, mind and strength. (And our neighbor as ourselves).



**The "PIES-CHART" of Lent**





P-Physical  
I-Intellectual  
E-Emotional  
S-Spiritual



(P) Strength  
(I) Mind  
(E) Heart  
(S) Soul

### A LENTEN "PIES-CHART" PLAN

"You shall love the Lord your God with all your heart, soul, mind and strength; and love your neighbor as yourself."

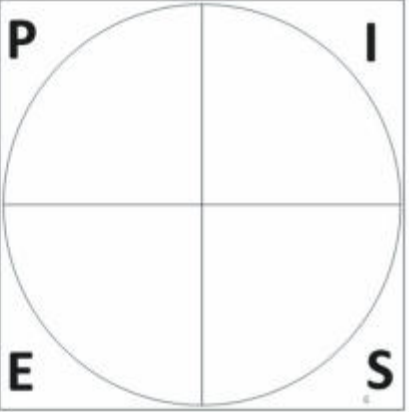



**P-Physical (Strength)**  
Some physical exercise and / or work of charity. Writing, cleaning, helping, serving, working, etc.

**I-Intellectual (Mind)**  
Read Books of Learning, journaling, searching for answers to questions on our mind, focused study.

**E-Emotional (Heart)**  
Relationships, dinner table dialogue, deepening friendships, playing family games, visiting, etc.

**S-Spiritual (Soul)**  
Spiritual devotions, prayers, stations of Cross, Eucharistic Adoration, Mass, Confession, etc.



## Helping Hearts Community Service Ministry



We are a group of IHM volunteers who wish to provide physical assistance to our neighbors who are unable to help themselves because of physical limitations. We can help with:

- ♥ Transportation to/from medical appointments, grocery stores and churches
- ♥ Install support bars for showers and tubs
- ♥ Install ramps for people having trouble with mobility
- ♥ Simple tasks: replacing lightbulbs and other simple household jobs
- ♥ Remove obstacles or debris: fallen tree limbs, etc.

Please pick up a brochure from our IHMformation Station for phone contacts and further information.

## Readings of the Week

- Sun: Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22 [22]/2 Tm 1:8b-10/Mt 17:1-9
- Mon: Dn 9:4b-10/Ps 79:8, 9, 11 and 13 [cf. Ps 103:10a]/Lk 6:36-38
- Tue: Is 1:10, 16-20/Ps 50:8-9, 16bc-17, 21 and 23 [23b]/Mt 23:1-12
- Wed: Jer 18:18-20/Ps 31:5-6, 14, 15-16 [17b]/Mt 20:17-28
- Th: Jer 17:5-10/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/Lk 16:19-31
- Fri: Gn 37:3-4, 12-13a, 17b-28a/Ps 105:16-17, 18-19, 20-21 [5a]/Mt 21:33-43, 45-46
- Sat: Mi 7:14-15, 18-20/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Lk 15:1-3, 11-32

- |                    |                   |
|--------------------|-------------------|
| 1. domestic 1656   | 6. material 1670  |
| 2. school 1657     | 7. blessings 1671 |
| 3. sacraments 1667 | 8. exorcism 1673  |
| 4. grace 1670      | 9. church 1673    |
| 5. prepare 1670    | 10. baptism 1673  |

## Catholic IQ Answers

**NAR-ANON SUPPORT GROUP:** Weekly meetings on Saturdays, 10:00 am in the Trailer at IHM. This group is for Family and Friend of Addicts. For questions, please call Ann at 314-578-4737.



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