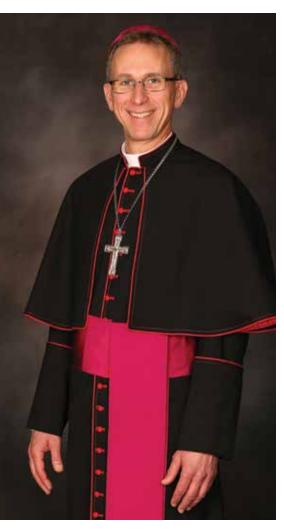


# THE BISHOPS THE B

THE CHAINS OF PORNOGRAPHY ADDICTION

HOW IT HARMS MARRIAGES AND HOW TO HEAL THE DAMAGE

# God's love helps preserve and restore innocence



n December 11, the night before the announcement that I was appointed the new bishop of our diocese, I was driving from Minneapolis to Sioux Falls. It was a lovely evening. As I headed through the rural areas of Interstate 90, I was struck by the lovely cold evening as the moon shone over the barren, partially snow-covered farmland. My interior spiritual sense was that I was returning to a Nazareth sort of place—a new home in which the innocent life I loved and remembered as a child was being restored to me.

It was this spiritual experience in my prayerful ponderings that inspired these two lines in my "God is Love" prayer which I felt inspired to write:

"Protect us from evil and help us to live a holy life like Jesus, Mary and Joseph did in Nazareth....Jesus, just as you grew in age, grace and wisdom in Nazareth, help us to do the same so we may live wholesome, pure and generous lives."

These deep inner Godly stirrings in my heart were what I desired for all in our diocese.

Preserving and restoring the innocent life of wholesomeness is not easy these days, especially in the culture we live. Unfortunately there are so many avenues where the beauty of our wholesomeness and innocence is compromised and attacked, trying to seduce us to think that if we get into the unholy disordered desires we will be happy. If we live in integrity, we can discover these are only apparent goods, harmful, sometimes sinful and severely damage our true happiness and relationships.

I hope you find our Bishop's Bulletin feature article helpful in shining light into the devastating and sinful nature of pornography. It is such an easy way for anyone to be lead astray into something they don't fully understand, especially the devastating impact it will have on their lives and the multiplicity of issues it causes interiorly and in our relationships, particularly in marriage.

As harmful, addictive and misleading as pornography is for everyone, there is hope and freedom to be gained if we seek out the right measures that help protect us, heal us and restore us to right relationship with God, others and ourselves. May our Good God preserve holy innocence where it is still preserved, and may we all strive to protect the innocence of others, especially the young, and work vigorously to restore the innocence God desires for all of us so we can be healthy, happy and holy on our journey to heaven.

I hope you will enjoy the picture of Nazareth and "God is Love" prayer and join me in calling upon the graces of God to assist us in preserving and restoring the amazing gift of wholesomeness and innocence.

See prayer on next page



# **BISHOP'S SCHEDULE**

Reminder: The bishop's schedule is subject to change due to current circumstances related to the coronavirus pandemic. Changes to his schedule and any Masses will be updated on the diocesan website as information is available.

### **August**

- 1 4:00 Stational Mass, Cathedral of Saint Joseph, broadcast on Keloland TV or live stream via sfcatholic.org
- 4 9:00 Mass with diocesan staff
- 5 6:45 Mass and gathering with Catholic Men's Business Fraternity (morning), Cathedral of Saint Joseph
- 24 Bishop's Cup charity golf tournament supporting Broom Tree Retreat and Conference Center, Sioux Falls
- 25 12:00 Diocesan Investment
  Committee, Catholic Pastoral
  Center
- 27 12:00 Diocesan Finance Council, Catholic Pastoral Center
- 27-29 Region VIII Bishop's Summer Meeting, Fargo, ND
- 29 Taste the Goodness charity tasting event supporting the Bishop Dudley Hospitality House, Downtown Sioux Falls

### September

6 9:00 State Fair Mass, Women's Building, State Fairgrounds, Huron

# **GOD IS LOVE PRAYER**

Heavenly Father, thank you for loving us so much. Help us to receive and share that love with you, Jesus, the Holy Spirit and others. Protect us from evil and help us to live a holy life like Jesus, Mary and Joseph did in Nazareth. Bless our work and help us to offer our difficulties to you as an act of love.

Jesus, just as you grew in age, grace and wisdom in Nazareth, help us to do the same so we may live wholesome, pure and generous lives. Help us to make sacrifices for the good of others like you did by dying on the cross for our sins.

Holy Spirit, fill everyone's heart with your divine love so we all may be holy. Help all mothers and fathers to be open to new human life and experience the joy of cooperating with God's plan. Inspire everyone to respect the dignity of human life at all stages.

Mary and St. Joseph, pray for us that we will be totally open to God's plan for our life as you modeled so wonderfully. Help us to be humble, grateful and generous in our response to the goodness and love of God.

Amen



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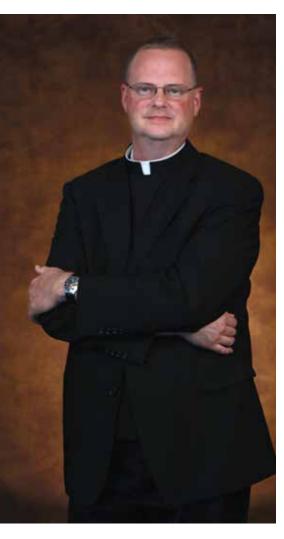
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# The fierce tenacity of life inspires wonder



n the springtime, as a part of my usual backyard and deck preparations, I get the bird feeder cleaned up after a long winter.

The birds are always excited to see it clean and filled with their favorite little seeds as they sing in the branches over my backyard. They love springtime as well. We usually do not get any wildly exciting birds at our feeder, no one too colorful, but it is still a delight to see them, gathering, singing in the trees and knowing they feel cared for and at home.

As the birds are showing their appreciation, the squirrels, of course, are gearing up as well. I have tried many different ways to try to keep the squirrels from eating all the bird food, but I am also captivated by their amazing gymnastic talent and the raw cleverness they use to get some food.

This summer, our parish is hosting Alex Leschisin, a seminarian for the diocese, who studied civil engineering before entering the seminary; because of his background, I gave him the task of making my bird feeder more squirrel-proof.

Before he got to work on his mission, I spent a bit of time admiring the squirrels (plural) as they gathered in the trees and on the fence, working out in their little squirrel minds how they were going to eat; their tenacity is amazing.

One hung by its back legs off of a tree branch, stretching to reach the top of the feeder, and having achieved its goal, dropped onto the top of the feeder where it perched happily, and reaching down, gorged itself on sunflower seeds.

Another, being less acrobatic, managed to climb a pole thinner than my little finger, which until then I had considered an impossible task, and yet, there it was, hanging from the top hook and eating with happy abandon.

The birds seemed to be just biding their time, waiting for their chance to move in as soon as a squirrel lost its grip, or was scared off by an excited dog tearing out of the back door of the rectory.

It did not take Alex long to figure out a system to attach a barrier up the pole, and to trim a few branches to keep the squirrels away. Well, not really away, they still fill the trees and the fence, and they are, even as I write, trying to figure out a way to circumvent our new security system.

In the meantime, I will sit on the deck and watch in amazement at their antics, and to be inspired again by the fierce tenacity of life.

Life strives; it struggles and fights to overcome the obstacles in its way. Life is found in the oven-hot cracks of Death Valley and in the frozen ice of the Arctic; life is found in the stratosphere and growing around volcano vents miles under the ocean's surface.

In our own yards, concrete covers the ground and yet a seed finds a small crack, sets its roots and soon, in the most inhospitable place, a plant is stretching to the sun. Before you pull it, or blast it with a weed killer, it might be nice to pause and acknowledge the wonder before you.

Because of our unique position as selfaware and sentient beings, we can sometimes feel separated from the life around us, and because of this, we may think our life is not as tenacious. Yet, our desire to endure, our ability to strive even in the most inhospitable situations is still a wonder, and the strength of our lives is fierce.

It is a reminder of the beautiful words we are invited to speak each Lord's Day: "I believe in the Holy Spirit, the Lord, the giver of life..." All creation is given life by the Holy Spirit, but not just life itself, but life in all its tenacity, courage and strength.

We are blessed among all creatures given life because we can have an awareness of Who gives us this life, and Who gives us the ability to not just endure, but to thrive, even in the struggles life itself presents. The ability to adapt and to grow is given to all expressions of life, but we are given the great gift of being able to choose as well

We are given the ability to choose to love and to live our lives with love and compassion. We will find in this the fullest flowering of tenacity, courage and strength.

Life strives, and so do we.



# Diocese of Rapid City ordains ninth bishop, Bishop Peter M. Muhich

Archbishop of Saint Paul and Minneapolis Bernard A. Hebda presided at the ordination of the new bishop of the Diocese of Rapid City, Bishop Peter M. Muhich, July 9 in Rapid City.

Bishops from many dioceses were present to take part in the ordination, including Bishop Donald DeGrood, along with the Apostolic Nuncio to the U.S., Archbishop Christophe Pierre, and Cardinal Blase Cupich from the Archdiocese of Chicago.

Bishop DeGrood served as co-consecrator along with Bishop Robert Gruss of the Diocese of Saginaw.

Bishop Muhich comes from the Diocese of Duluth where he has been a priest at several parishes since his priestly ordination in 1989. He also served on the Presbyteral Council, the Diocesan Personnel Board and as a dean and consultor for the Diocese of Duluth.

Bishop Donald DeGrood lays hands on Bishop Peter Muhich during his ordination as the ninth bishop of the Diocese of Rapid City.

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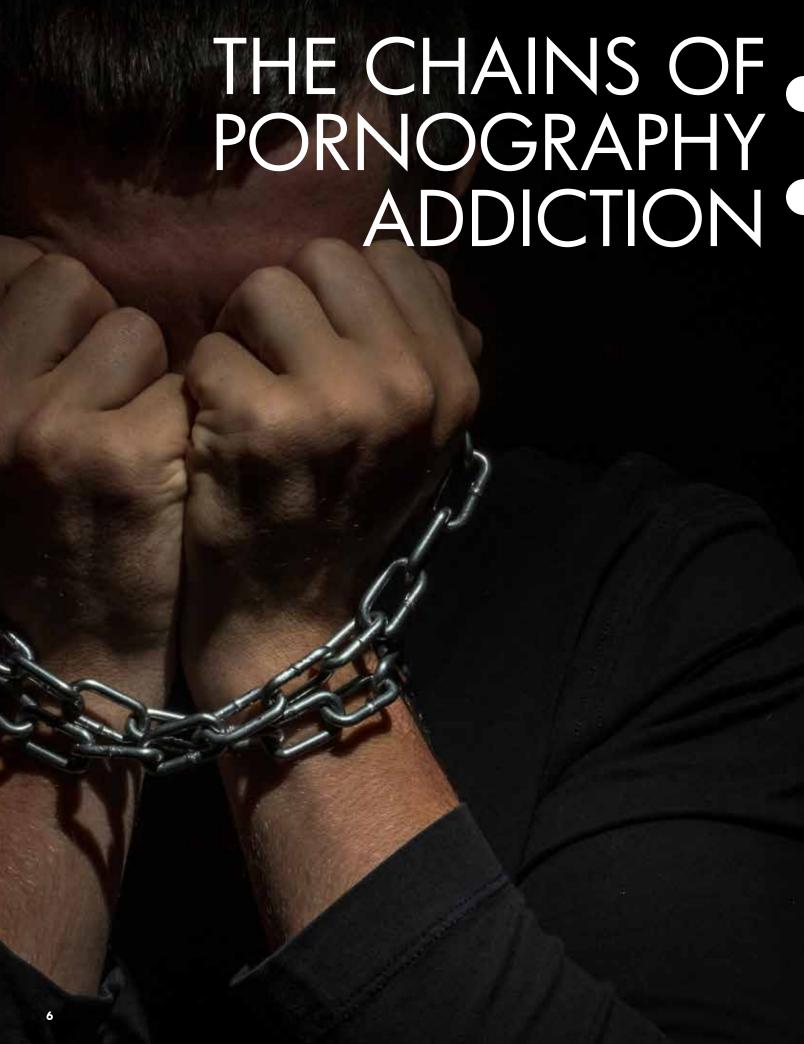
www.presentationsisters.org

Learn more about Nicole at https://nicolejphillips.com/

Kindness is Contagious...

Are You Catching It?





# HOW IT HARMS MARRIAGES AND HOW TO HEAL THE DAMAGE

by Renae Kranz

A wife pokes her head into her husband's home office late one night and sees something she never imagined she would see.

A husband comes home unexpectedly and notices his wife's phone on the counter. It's on and displays a website that shocks him

Pornography has invaded these marriages.

How can spouses experiencing pornography addiction break its chains and free their marriage? The Lord offers a place of rest and healing, a place of forgiveness and mercy. All they have to do is reach out for it.

# AN OFFENSE AGAINST CHASTITY

The Church has had a clear stance on pornography since the beginning. It is an offense against chastity. Jesus himself equated watching pornography with adultery.

"But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart." (Matthew 5:28)

Some might think, "Well, that really just refers to what you do with a real person." But notice the word "looks" in Jesus' words. Adultery is not just about a physical action; it's about the thoughts we allow and then dwell on.

In the Catechism of the Catholic Church (CCC), pornography is listed with other offenses against chastity such as prostitution, rape and fornication.

"Pornography...offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense." (CCC 2354)

Pornography use is a grave offense against God, but when it happens within a marriage, it's also a devastating betrayal for spouses.

"The use of pornography is extremely harmful to the human being using it, as well as to the partner in the relationship," says Father Kevin O'Dell, pastor at St. Therese Parish in Sioux Falls. "It causes huge marital problems and it causes situations where people are simply at a place where they just become addicted to an image rather than a real person. And so they don't live the full sacrament of marriage or the full realization of what it is to be a Christian human being in our culture."

### PORN ADDICTION DEVASTATES MARRIAGES

Our Lord wants more for us than the sin the world often presses on us, especially when it comes to marriage. He created marriage as a sacrament and the family as an image of the Trinity—a true gift from our God. When any addiction worms its way into a marriage, the sacrament can be damaged and the family pulled apart.

Pornography consumption can undoubtedly become an addiction, and very quickly. It is based on a fantasy and seems like it would be liberating, but it actually rewires the brain even with moderate use. Father O'Dell, who has a background in social work and psychology, says the brain's pathways associated with pleasure become warped when used to seek out pleasure through use of pornography. It enslaves rather than liberates.

Emily Leedom, director of Marriage, Family and Respect Life for the diocese, compares what happens to the brain as it becomes addicted (in this case to pornography) to sledding down a hill. Each trip down the hill creates a deeper groove in the snow making the sled travel faster each time. As the groove deepens, it becomes much more difficult to veer from that path. You can't get your sled out of the groove.

With addiction, the more you use the substance, the harder it becomes to escape the groove.

"When people watch pornography, there's actually a hormonal trigger in the brain that's bonding them to the person they're seeing on the screen," Leedom says. "So there's a release of oxytocin that happens while people are viewing pornography and dopamine which is a bonding hormone. They're actually sexually bonding to an inanimate object like a computer screen or a phone."



Brain scan studies show that addiction to pornography operates in the same part of the brain where any other addiction operates, including addictions to alcohol, cocaine and methamphetamine. It also brings about the same behaviors such as withdrawal, self-absorption and anger. But Leedom says the fact that this is considered an addiction is actually a good thing.

"I think when we start to look at it through the addiction lens, there's a lot of freedom because we start to recognize fictional Bob isn't just watching pornography because he's a bad person," Leedom says. "It's actually changing his brain. I think that unites us because instead of getting really mad at Bob, we get really mad at pornography."

However, even through the lens of addiction, allowing pornography into a marriage can have devastating effects. According to Mary Weber, interim clinical director of Catholic Family Services, pornography appears to be about sexual pleasure, but it pushes out relationships, respect and connection—three things integral to true marital sexual pleasure.

a self-interested 'I'm doing this thing for me and for me alone' kind of thinking."

But the real damage to a marriage is a deep sense of betrayal felt by the non-addicted spouse. Leedom says couples often struggle to put it into words, but they know sex is supposed to be set aside for each other only. Spouses want to be desired by each other and be seen as beautiful or handsome.

"When someone's spouse is seeking out that sexual gratification in another place, there's a wound that enters into the heart, often of women but also of men, that says I'm not enough for you. I'm not beautiful enough, desirable enough, attractive enough," Leedom says.

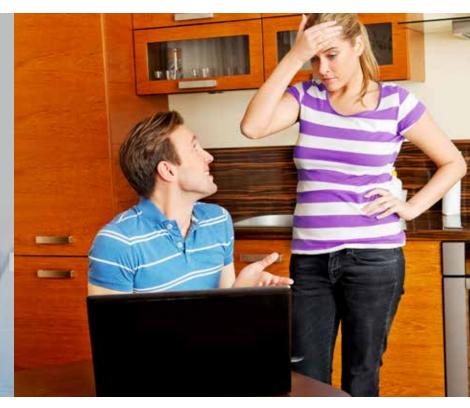
Many times when women discover a pornography addiction in their husband, they express a feeling of disgust and a deep lack of trust. They will struggle with competing emotions of wanting the best for their spouse and helping them kick the addiction, but also with feelings of betrayal.

# **STATISTICS**

From the American Sociological Association in August of 2016: married people who start watching porn are twice as likely to get divorced as those who don't.

## **MULTIPLE STUDIES SHOW:**

- 40 million Americans say they regularly visit porn sites
- 70% of men aged 18 to 24 visit a porn site at least once per month
- 1/3 of internet porn users are women



"Pornography often generates secrecy, shame and disconnection," Weber says. "It greatly contradicts the reality of human relationships which aren't perfect and can be hard and messy, yet beautifully wonderful. It can destroy intimacy, and it defies the gift God gave to married people."

Leedom says pornography interferes with the two integral ends of sex: unity and procreation. Pornography use pulls the spouses apart because the user is bonding to the images they see on their screen rather than to their partner in real life. And, creating new life is obviously not possible with a computer or phone. It leads to infidelity of the heart.

"When pornography is introduced, it's a distraction away from the spousal relationship," Leedom says. "It's a pulling away. It's Leedom points out wives tell themselves they just need to be more exciting, more attractive or thinner. They feel like they're not enough for their husbands. If the wife is the one fighting the porn addiction, the husband will feel like he can't provide for her or he can't fulfill her. He tells himself he is inadequate.

Interestingly, quite often a porn addiction starts long before marriage. When a couple marries, one spouse may be bringing a many years' long addiction into their relationship thinking that marriage will ease their addiction. They may think they won't be tempted as often because they have this person in their life all the time. Instead, the images they've been viewing all those years follow them into the marriage and wreak havoc on a new couple already trying to navigate the newness of a spouse. It



makes it difficult to connect emotionally as a couple.

And worst of all, the addiction rarely goes away.

Father O'Dell says a pornography addiction can both spark problems and make existing problems worse.

"Sometimes people are in a relationship where their marital relationship is not quite what they want it to be," he says. "And so they look for some kind of boost, and obviously one of the ways the internet and society teaches you can do that is to get on and look at pornographic images."

Of all the problems caused by a pornography addiction in a marriage, perhaps the worst is God being pushed out of the sacramental bond of the spouses. Leedom says many people struggling with this addiction feel restless and anxious. They aren't at peace. They use their addiction to find temporary relief from their restlessness. They leave no space for God to heal the addiction and the marriage.

Thankfully, there is hope for spouses chained to a pornography addiction. Father O'Dell says it's difficult to dislodge from the high of the addiction and will take a great deal of work and therapy and "just good old fashioned elbow grease to get to the bottom of it and get it rectified."

Ultimately, the addicted spouse must choose to stop.

# BREAK THE CHAINS, HEAL THE MARRIAGE

In her experience counseling couples dealing with pornography addiction, Weber says an important place to start to heal is with honesty and admitting there is a problem—no lies and no justifications.

"They need a willingness to look in the mirror and admit this is an issue that is chipping away at what God wants for them as well as silently destroying their marriage," Weber says. "Pornography addiction doesn't have to be a forever part of a person's story. God has so much more planned for their lives. The first step is surrendering and admitting there is a problem." Another big step is to remember the humanity of your spouse—both the humanity of the spouse struggling with addiction and the humanity of the spouse feeling betrayed. Both spouses offer each other what no one else can, and certainly what no computer screen or image can offer.

"We have to remember that humanity matters and to behold the person of our spouse is actually the great gift God has given us," Leedom says.

Father O'Dell co-facilitates a chastity support group with Father Kristopher Cowles, pastor at Our Lady of Guadalupe in Sioux Falls. He suggests beginning work on healing the addiction by making sure all devices are protected by something like Covenant Eyes, which alerts an accountability partner or the other spouse when pornography is being viewed.

Next he recommends the addicted spouse limit their use of the internet altogether. This removes the temptation or the chance they might stumble upon a random image they shouldn't see.

Since much of pornography is done in secret, Father O'Dell says he also recommends giving access to devices to their partner so they can confirm there is no use of pornography. They should also have access to the history in their device.

Weber says an accountability partner can be a valuable ally in the fight. This person can walk with the addict during their recovery, offer accountability and offer support during times of temptation.

Several programs are available to help achieve recovery. A great Catholic program, *Reclaim Sexual Health*, can be found at www. reclaimsexualhealth.com. Many other programs also exist online and can be helpful depending on the level of addiction.

If you would like to seek help locally, try the chastity support group with Father O'Dell and Father Cowles. You can learn more about it by contacting the parish offices of either priest.

Rebuilding the trust in the marriage can be one of the most difficult parts of recovery from pornography addiction. Father O'Dell says one key to getting trust back is communicating hon-

# POSSIBLE SIGNS OF PORNOGRAPHY ADDICTION

- Overuse of electronic devices.
- Inability to stop viewing porn, even when you want to.
- Isolation from others.
- Defensiveness.
- Secrecy and lying about time on computer or phone.
- Depressive thoughts and guilt.
- A feeling of distance between spouses with no recognizable reason for it.
- Resistance to showing a spouse their phone or computer history.
- Lack of interest in sex.
- Increased tolerance to pornographic images





estly and openly with each other. Don't be afraid to admit when you're struggling and ask for help.

"I just think that people need to accept the fact that it took a long time for the problem to begin. It's going to take a long time for the trust to be restored," Father O'Dell says.

Father O'Dell also has a warning for parents that relates to pornography addiction in marriages. Most addictions of this type start long before getting married, usually at a surprisingly young age. He says parents need to be ever vigilant to make sure their children are not accessing pornography on their devices. Monitor their usage and install an app like Covenant Eyes to protect them. This can help prevent this addiction from ever entering into their future marriages.

"It's not an easy nor particularly pleasant task to try to help a young person stay away from pornography. But if we don't, we're just asking for huge problems down the road," he says.

Leedom has a few more pieces of advice for fighting a pornography addiction in a marriage. She says do practical things like go to bed at the same time so the temptation isn't there late at night to seek out porn. Be vulnerable to each other, sharing your highs and lows, your dreams and your fears. And, if those images are popping back into your head, look into the woman's eyes and see her as a human being, a child of God.

# LET YOUR FAITH GUIDE YOU

Give your struggles over to God as you fight to recover from pornography addiction. Father O'Dell suggests frequenting the sacraments, especially confession. He and Leedom also suggest diving into the Church's teaching about the human person in Pope Saint John Paul II's "Theology of the Body" which lays out how we see human beings and human sexuality and the true gift they are.

"Only in the image of God, only in understanding God can we fully understand ourselves," Leedom says. "And when we can fully understand ourselves, we can begin to recognize this thing I'm doing is actually deeply dividing my soul."

Leedom emphasizes the mercy of God in this situation. Encountering His mercy in an abundant way will open the doors to healing.

"You'll begin to see that you're actually made for more than what you're watching," Leedom says. "The dignity of the human person is so much more than what you may be reducing it to. And there's a flourishing and a hope and a desire for so much greater in relationship with God, because he reveals to us something far greater than we could have ever created for ourselves."

# Why do the pope and religious change their names?



Why do the pope and some religious sisters/brothers change their name?



This is another common question that both Catholics and others often ask and is worth taking some time to

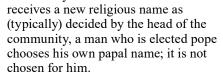
Before diving in, it's worth noting that popes and religious sisters and brothers do not change names for the same reason. As we will see, although there are similarities, there are also differences between the two practices. We will begin with the practice of receiving a new name as a religious sister or brother.

The first thing to note is that the practice of receiving a new name as a member of a religious order is not a universal one. There are many religious orders (also referred to as religious communities) that simply use a new member's baptismal or given name (their "first name") as their name in community. So, a young woman named Natalie would simply be known as Sr. Natalie upon joining her community. Also, practices can change over time within the same community. At one point receiving a new name may have been the practice, but later retaining the baptismal name becomes the norm, or vice versa.

In those communities in which receiving a new name is the practice, the means by which this happens can vary. Sometimes the new member of the community has some say in what his or her new name will be (for example, by submitting three potential names to the head of their community), and in other communities, it is left up to the leader of the community.

That's the "whether" and the "how" of a new religious name, but what about the "why"? In short, the most common reason a new name is given is to make more "visible" the reality that this person is entering a new state in life, as a member of a religious community. Again, this isn't necessary for a man or woman to enter the religious state of life, but some communities use the giving of a new name to indicate the newness of the life they're entering.

What about popes? As mentioned, while there are commonalities as we will see, there are also differences. One difference is that the taking of a new name as pope is just that—a "taking." While a member of a religious community



Another difference is that this is a practice which is completely up to the pope himself, meaning that our next pope could decide that he will be known by his baptismal name instead of a new papal name. Here, some history of this practice is helpful.

The first instance of a pope taking a different name upon his election as pope was John II in 533. John II's given name was Mercurius, but he didn't think that it would be appropriate for the pope to have a name taken from a pagan god (Mercury), so he took the name of a previous pope, John (thereafter known as John I), who had died as a martyr and was venerated as such. Even after John II, however, it remained common for popes to keep their baptismal names. It wasn't until the tenth century that it became common for popes to take new names, and even up to the sixteenth century some popes kept their baptismal names (the last pope to do so was Marcellus II, who was elected in 1555).

Why though, the specific name that is chosen? Here we find a commonality with



Pope Francis greets a group of nuns outside the Diocesan Seminary in Ecatepec on February 14, 2016. (Photo by © L'Osservatore Romano)

the practice of religious communities: some reference is made to a predecessor. In the case of religious communities, that's typically a saint, perhaps one who played an important role in the history of the community. In the case of popes, it might be a previous pope (John Paul II was thinking of his three predecessors: John XXIII, Paul VI and John Paul I) or a previous saint (Francis was thinking of St. Francis) or perhaps even a family member (John XXIII was thinking of his father as well as the church in which he was baptized, in addition to the 22 other popes who'd had the name).

Hopefully that sheds some light on this Catholic practice.

### Be sure to check out the additional

resources at sfcatholic.org/ answer. If you have a question you need an answer to. email rkranz@ sfcatholic.org.

Chris Burgwald holds a doctorate in theology and

is the director of Adult Discipleship and Evangelization for the Diocese of Sioux

# During hard times, you can always talk to God

By Brianna Wingen

remember as a child having mixed feelings about returning to school. There was the excitement of making it to the next grade, new school supplies, wonderment about the new things I would learn during the new school year, and above all the excitement to be reunited with friends.

On the other hand, I remember having anxiety and a certain level of fear about returning to school. Was I ready for the next grade? Would the new material I would learn be too hard, and would I fail and be held back?

But the one thing I remember fearing the most was that my friends had all decided they no longer liked me and I would be all alone. Sadly, I wouldn't have blamed them if they decided they no longer wanted to be my friend.

In the early years of elementary school, bullies led me to believe that kids at school only played with me out of pity, that my parents took care of me because they were stuck with me, and that I was a burden just because I existed. This broke me, as it would any child. I began to question my existence and value.

My parents must have known something was wrong because I remember at one point they told me if there was ever anything I felt I couldn't talk to them about, I could always talk to God. And that's what I did, late at night when I was supposed to be asleep.

Many times, when I was talking to God I felt guilty for bothering Him, because he's God and had more important things to do than listen to me. But I couldn't help myself.

Once I started talking to Him, I couldn't stop. I would ask Him if He loved me, if I was a burden on my parents, and many other questions that took years to sort through and became more complex as I grew up. I don't look back at this time in my life with



Brianna Wingen, social media lead and administrative assistant, Diocese of Sioux Falls Communications Office

regret or shame because it led me to a relationship with my best friend, the Lord.

Peers today can be even more influential on our children than 20 years ago. Today kids have a number of ways to interact with one another which creates more opportunities for them to either build each other up or tear each other down.

Parents, I encourage you to not be afraid to talk to your children about building a relationship with God, especially if you can see something isn't right. Let them know they can talk to Him if they are afraid to talk to you about what is going on in their life.

Invite them to pray with you. If you've never prayed together or talked about God as a family, it might feel awkward and scary at first to ask them to pray with you, and that's okay. Your thoughtfulness and genuine efforts to connect with your child will not go unnoticed by them, even if they turn away, roll their eyes, scoff, or lash out at you.

I know that my parents' offers to talk over the years reached the wellguarded areas of my heart, but I never let them know what that meant to me at the time. I didn't understand it myself. Don't be afraid to let them hear you praying for them, and don't be afraid to show your love for them or tell them how much they are loved by God.

Teachers, thank you for all you do for our students. It takes a special person to do the job of a teacher. Students today are growing up in a very unique time, and they need teachers who care not only for the intellectual well-being of our students but also for the whole being of each student. My prayers are with you as you enter into a new school year, that you may do the Lord's will in your classrooms and attend to His children.

My prayer for each student this year is that they know they are loved by God, and that He created each of them his son or daughter, fearfully and wonderfully made in His image. Be not afraid to be in relationship with God, you'll discover your best friend and most loving Father.

Join me in lifting up our children as they return to school. May God bless them abundantly.

# Around the diocese



**Totus Tuus** (photo left): Andrew Mullaney, Cole Hardie and Jamen Verhulst caught fish without a fishing rod during a Totus Tuus outing at Indian Creek in Mobridge. **Rite of Candidacy** (photo below): Seminarian Gerald Thornton stands in front of Bishop Donald DeGrood during his Rite of Candidacy Mass July 6. This rite is given to men preparing for Holy Orders and indicates the Church's confidence in the seminarian to continue his preparation. (Photo by Brianna Wingen)







**Confirmation** (photo above left): Several parishes have held confirmations recently around the diocese amid COVID-19 distancing guidelines. In Sacred Heart Parish, Aberdeen, 29 students were confirmed by Father Mark Lichter and Father Patrick Grode. **Totus Tuus** (photo above right): During a Totus Tuus church building competition at St. Elizabeth Ann Seton Parish in Groton, Hannah, Brad and Becky Lewandowski created a Cathedral look-alike out of candy.

# TV Mass ministry gathers the world together

One big family of God gathers every weekend to watch the Sunday TV Mass recorded at the Cathedral of Saint Joseph in Sioux Falls. That Mass is then posted on YouTube to a world-wide audience.

As the world has stayed home in efforts to slow the spread of COVID-19, many Catholics have searched for ways to watch Mass online. Amazingly, many have found our little corner of the world and share Mass with us every Sunday.

Nearly every state in the U.S. is represented in viewers. And these are just some of the places where other Catholics join in from: Indonesia, the Arctic Circle, Zimbabwe, India, Hong Kong, Philippines, Australia, Malaysia, Kenya, the Caribbean, England, Cape Town, Canada, Uganda, Zambia, military bases in South Korea, Dubai, Yemen, Guam, Nigeria, Pakistan, Brazil, Italy and Scotland.

The reach the Sunday TV Mass has around the world is incredible. And it's only possible because of the generosity of the faithful in our diocese through Catholic Family Sharing Appeal donations,



TV Mass volunteers Brianna Wingen and Bill Sealey run the video and sound from the production room during Mass.

direct donations and the many donations that come in from around the country.

Thanks to all of you for making it possible to share the Mass and the love of God with people around the world. We pray we will all be in our own parishes soon, but until then, we will share what we have with anyone who needs it.

We thought you would enjoy seeing some of the letters we've received from around the world. Thanks to all who make this ministry possible.

I have attended, on YouTube, your Sunday Masses. It has been wonderful and the singers and the organist have cheered me up in these terrible times. I live in a small, ex-mining village in Kelty, Fife, Scotland and I cannot explain to you just what a difference your Masses have made to me. It has been very nice to have the Bishop in my home too! All the best to you all and I was heartened to see parishioners in attendance this morning. Hopefully Scotland will be the same

Veronica (email from website)

I would like to thank you for sharing your beautiful church and exceptional Mass. I have been following and attending at home in Ban Amphure beach village, Thailand. God bless you all. Nice to know we can be so far away but united in our Catholic family. Lela (email from website)



Dear Bishop DeGrood,

During the current pandemic we have been watching the Sunday Mass from St. Joseph's Cathedral in Sioux Falls and wanted to write to you to say how much I enjoyed your sermons and the kind way you deal with the events. I am English and my wife is Anglo-Indian, we currently live in Australia. Thank you for bringing much love and the presence of Jesus into our home.

Michael (email from website)



Just a quick note to tell you how much I have enjoyed your live-streamed Mass from the cathedral these last few weeks. The liturgy is done with such reverence, the organist and cantor are so good and the church is so beautiful! How I wish I could attend Mass with your congregation, when it returns. Thank you!

Dennis from Fort Worth, TX

Please accept this charitable gift to the Diocese of Sioux Falls South Dakota. We wanted to give back to your tech savvy diocese to express our appreciation for your taking care of our spiritual health during the quarantine.

We are parishioners of Corpus Christi Parish of the Diocese of Pittsburgh, PA.

Initially we could not access our diocese's virtual Mass. We found yours on YouTube. We immediately felt at home. Thanks to Bishop DeGrood and Vicar Eckrich, our shepherds, during this time. The Cathedral of St. Joseph is beautiful! Please use this gift for whatever needs your diocese may have.

Nancy from Carnegie, PA



My thanks once again to all concerned for the past 8 weeks of Sung Mass from your beautiful Cathedral. How wonderful to see the return of your congregation. As lockdown eases in North Cyprus I long for the chance to return to active worship. However, I am sure I will continue to follow your services as it has been such a blessing to hear the encouraging and inspirational words of Bishop DeGrood, Father Brian and all who have participated. I am in awe of the talent within your community, so thanks to all the wonderful cantors, especially today's marvelous tenor. God bless you all.

Lynette (email from website)



Since the stay-at-home directives and the cancellation of Masses, I have been watching Mass on TV, from my local diocese (San Bernardino, CA) and other locations, but about a month or so ago, a friend mentioned the Mass from St. Joseph's Cathedral in the Diocese of Sioux Falls, to be accessed on YouTube. And now I don't watch any other Mass!

This Mass is said so beautifully and reverently, and I look forward to Bishop DeGrood's heartfelt homilies, meaningful and helpful in many ways. I was especially touched by his homily concerning his personal experience when his father was dying of cancer and his following remarks. I also appreciated his remarks that day after Mass was over... very helpful and reassuring. I have also recommended this Mass to 5 or 6 other friends, and we watch every week. We feel we have our own "little Sioux Falls community" way out here in Southern California!

In addition to supporting my local parish (Our Lady of Hope) I want to help, in a small way, your efforts in making this wonderful Mass available, so I am enclosing

Marjorie from San Bernardino, CA



Since I have been listening to the Bishop of Sioux Falls for 2 months, I felt it was only right I donated a small amount towards your South Dakota church. I am from St. Cecilia parish in Iselin New Jersey! May God bless the bishop and guide him always! Thank you for teaching us the word of Christ when we could not go to church.

Chandani (email from website)

# New grief program will serve entire diocese

Catholic Family Services (CFS) will begin offering a new grief program called "Grief Share" this September. This is a world-wide Christian-based program designed for adults and presented in church settings.

This support group combines educational videos, a workbook and time for discussion. It will be offered three times a year and will be presented over 11 weeks each time.

Mary Weber, interim clinical director of CFS, says the program blends professional education with time for small group sharing and reflection. They hope it will allow more people around the diocese to get the grief counseling they need

"CFS realizes not all people can drive to Sioux Falls for a

grief support group," Weber says. "The Grief Share model allows CFS to show the videos remotely via Zoom to rural parishes the same nights the group is offered in Sioux Falls."

To get parishes ready, CFS will offer training to an identified group leader in the parish prior to the session beginning and then offer ongoing support after. At each session, each parish with a group participating will watch the video through a Zoom call. When the video and Zoom call are over, each group will host their own small group discussions in their parishes.

This program will also allow for smaller breakout discussion groups according to the participants particular loss, such as loss of a spouse, child, parent or sibling.

Weber has walked through the program and talked to others who have used it. She says the response has been overwhelmingly positive.

"I appreciated the blending of faith and grief. It's an opportunity to reach more of our parishioners than ever before throughout our diocese," Weber says. "No one needs to grieve alone and this program allows a space and format to support one another as people walk their grief journey."

The first offering of the Grief Share program will begin Tuesday, September 15 and continue for 11 weeks. Cost of the program is free.

For more information, contact CFS at 605-988-3775 or 1-800-700-7867.

# Watertown Be

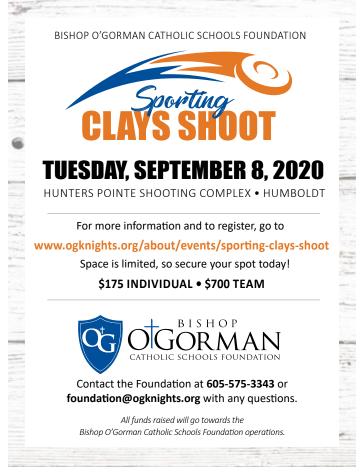
75th Jubilee



Sister Imelda Haag, OSB

Sister Imelda Haag celebrates her 75th jubilee. She was raised on a farm near Dimock. She spent many years teaching in North and South Dakota and Nebraska. Sister became a founding member of Mother of God Monastery in 1961.





# enedictine sisters celebrate jubilees this year

70th Jubilee



Sister Emily Meisel, OSB

Sister Emily Meisel celebrates her 70th jubilee. She was raised in western North Dakota. She taught first through eighth grade and later was the monastery formation director and assistant prioress. An interest in spirituality drew her to ministry as a spiritual director. She is currently director of the Spirituality Center at the monastery offering spiritual direction and workshops.

**60th Jubilees** 



Sister Aurelia Palm, OSB

Sister Aurelia Palm celebrates her 60th jubilee. She became a founding member of Mother of God Monastery in 1961. She has ministered in schools and parishes in South Dakota and at the monastery. She spent many years teaching, working with Liturgy, music and libraries.



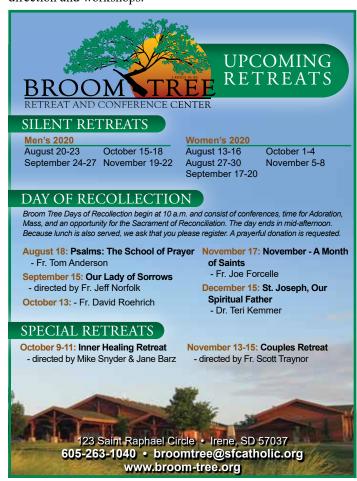
Sister Jane Schoenfelder, OSB

Sister Jane Schoenfelder celebrates her 60th jubilee. She became a founding member of Mother of God Monastery in 1961 and spent many years in elementary education and music. In recent years, she has been involved in parish ministry in two parishes. She currently resides at the monastery in Watertown.



Sister Judith Fischer, OSB

Sister Judith Fischer celebrates her 60th jubilee. She was an educator at all levels, including college, for 30 years in five states. She became a founding member of Mother of God Monastery in 1961 and served as prioress of the community. She served in hospital chaplaincy for the next 20 years. She now lives in Watertown and does volunteer work, writing and prayer ministry.









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ABERDEEN – Tony and Patty Schwan celebrated their 40th anniversary on June 14. They have 3 children, 5 grandchildren and are members of St. Mary Parish.



ABERDEEN – Frank and Karen Heinz will celebrate their 45th anniversary on August 9. They have 3 children, 8 grandchildren and are members of St. Mary Parish.



ABERDEEN – Richard and Jeanne Webb will celebrate their 50th anniversary on August 15. They have 3 children, 9 grandchildren and are members of Sacred Heart Parish.



ABERDEEN – Elden and Darlene Wanna will celebrate their 45th anniversary on August 7. They have 2 children, 1 grandchild and are members of Sacred Heart Parish.



ALEXANDRIA – Kelly and Deanna Arend will celebrate their 25th anniversary on August 18. They have 3 children and are members of St. Mary of Mercy Parish.



BRIDGEWATER – Mike and Kathie Clarey will celebrate their 50th anniversary on August 8. They have 8 children (1 deceased), 22 grandchildren and 2 greatgrandchildren and are members of St. Stephen Parish.



BRITTON – Don and Becky Wegleitner will celebrate their 40th anniversary on August 30. They have 3 children, 2 grandchildren and are members of St. John DeBritto Parish.



BROOKINGS – Harry and Joanne Jacobsen will celebrate their 50th anniversary on August 29. They have 5 children, 7 grandchildren and are members of St. Thomas More Parish.



BROOKINGS – Richard and Beverly Seivert will celebrate their 50th anniversary on August 22. They have 2 children, 5 grandchildren and are members of St. Thomas More Parish.



CHAMBERLAIN – Brenda and Ron Dominiack will celebrate their 45th anniversary on August 16. They have 3 children, 2 grandchildren and are members of St. James Parish.



EPIPHANY – Cory and Leanne Eich will celebrate their 40th anniversary on August 16. They have 2 children and are members of Epiphany Parish.



FLANDREAU – Gus and Susan Barnes will celebrate their 60th anniversary on August 6. They have 4 children, 13 grandchildren and 5 great-grandchildren and are members of Ss. Simon and Jude Parish.



FLANDREAU – Dave and Kris Johnson will celebrate their 50th anniversary on August 7. They have 2 children, 5 grandchildren and are members of Ss. Simon and Jude Parish.



GARRETSON – Richard and Virginia Hillestad will celebrate their 60th anniversary on August 2. They have 6 children (1 deceased), 16 grandchildren and 31 greatgrandchildren and are members of St. Rose of Lima Parish.



GEDDES – Harold and Bernice Jaeger will celebrate their 50th anniversary on August 4. They have 6 children, 8 grandchildren and 5 great-grandchildren and are members of St. Ann Parish.



GETTYSBURG – Michael and Mary Bohnenkamp will celebrate their 50th anniversary on August 28. They have 2 children, 5 grandchildren and are members of Sacred Heart Parish.



HARTFORD – Joe and Gail Blocker will celebrate their 40th anniversary on August 9. They have 3 children, 8 grandchildren and are members of St. George Parish



HERREID – Robert and Helen Thullner will celebrate their 55th anniversary on August 18. They have 2 children, 3 grandchildren and are members of St. Michael Parish



HURON – Roger and Claudia Loecker will celebrate their 50th anniversary on August 1. They have 2 children, 2 grandchildren and are members of Holy Trinity Parish.



KIMBALL – Jim and Sue Benda will celebrate their 40th anniversary on August 8. They have 3 children, 4 grandchildren and are members of St. Margaret Parish.



KRANZBURG – Dale and Jodi Loehrer will celebrate their 25th anniversary on August 19. They have 4 children and are members of Holy Rosary Parish.



MADISON – Francis and Joan Janous will celebrate their 60th anniversary on August 20. They have 1 child, 2 grandchildren and are members of St. Thomas Aquinas Parish.



MILBANK – Charles and Dorothy Koch will celebrate their 50th anniversary on August 1. They have 5 children (1 deceased), 6 grandchildren and are members of St. Lawrence Parish.



MITCHELL – Lloyd and Janice Claussen celebrated their 60th anniversary on July 2. They have 5 children, 17 grandchildren and 18 great-grandchildren and are members of Holy Family Parish.



MITCHELL – Dan and Jan Raml will celebrate their 50th anniversary on August 15. They have 2 children, 6 grandchildren and are members of Holy Spirit Parish.



PIERRE – Colby and Marquette Brink will celebrate their 25th anniversary on August 11. They have 3 children and are members of Ss. Peter and Paul Parish.



PLATTE – Keith and Jane Anderson celebrated their 40th anniversary on July 19. They have 3 children, 3 grandchildren and are members of St. Peter the Apostle Parish.



REDFIELD – Ron and Marlene Eimers will celebrate their 50th anniversary on August 1. They have 2 children, 4 grandchildren and are members of St. Bernard Parish.



SALEM – George and Carla Eichacher will celebrate their 50th anniversary on August 21. They have 4 children, 7 grandchildren and are members of St. Mary Parish.



SCOTLAND – Bob and Ruthie Moore will celebrate their 40th anniversary on August 9. They have 2 children and are members of St. George Parish.



SIOUX FALLS – Matt and Linda Statz celebrated their 35th anniversary on July 5. They have 3 children, 3 grandchildren and are members of Christ the King Parish.



SIOUX FALLS – Jerry and Connie Schroeder will celebrate their 60th anniversary on August 27. They have 3 children, 6 grandchildren and are members of St. Michael Parish.



SIOUX FALLS – Bill and Cindy McGinnis will celebrate their 50th anniversary on August 1. They have 3 children, 5 grandchildren and are members of St. Mary Parish



SIOUX FALLS – Myron and LaVonne Linneman will celebrate their 40th anniversary on August 9. They have 2 children, 1 grandchild and are members of St. Katharine Drexel Parish.



SIOUX FALLS – Hugh and Jan Grogan celebrated their 40th anniversary on July 26. They have 1 child, 4 grandchildren and are members of the Cathedral of Saint Joseph Parish.



SIOUX FALLS – Deacon Pat and Jane Derrington will celebrate their 50th anniversary on August 15. They have 4 children, 6 grand-children and are members of Holy Spirit Parish.



SIOUX FALLS – Michael and Sheila McQuade will celebrate their 35th anniversary on August 3. They have 3 children and are members of Holy Spirit Parish.



SIOUX FALLS – Paul and Kathy Staebell will celebrate their 45th anniversary August 8. They have 2 children, 3 grandchildren and are members of St. Lambert Parish.



SIOUX FALLS – Kevin and Jan Feterl will celebrate their 40th anniversary on August 16. They have 2 children, 4 grandchildren and are members of St. Katharine Drexel Parish.



SIOUX FALLS – Joe and Mary Leedom will celebrate their 40th anniversary on August 2. They have 4 children, 9 grandchildren and are members of Holy Spirit Parish.



TABOR – Joe and Sue Pechous will celebrate their 50th anniversary on August 29. They have 4 children, 12 grandchildren and are members of St. Wenceslaus Parish.



TURTON – Dick and Diane Rahm celebrated their 50th anniversary on June 28. They have 1 child, 3 grandchildren and are members of St. Joseph Parish.



WATERTOWN – Dale and Jan Valberg will celebrate their 40th anniversary on August 16. They have 4 children, 11 grandchildren and are members of Immaculate Conception Parish.



WATERTOWN – Jerry and Sherri Sellers will celebrate their 35th anniversary on August 24, They have 2 children, 3 grandchildren and are members of Immaculate Conception Parish.



WEBSTER – Maurice and Pat Bierschbach celebrated their 68th anniversary on June 24. They have 5 children, 19 grandchildren and 14 great-grandchildren and are members of Christ the King Parish.



WOONSOCKET – Jim and Mary Sandness celebrated their 50th anniversary on May 2. They have 5 children, 10 grandchildren and are members of St. Wilfrid Parish.



YANKTON – Jim and Betty Cox will celebrate their 50th anniversary on August 8. They have 3 children (1 deceased), 3 grandchildren and are members of St. Benedict Parish.

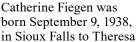


YANKTON – Dennis and Beverly Schmidt will celebrate their 40th anniversary on August 16. They have 4 children, 6 grandchildren and are members of Sacred Heart Parish.



a sister of the Presentation of the Blessed Virgin Mary, died June 9, 2020. A private Mass of Chris-

A private Mass of Christian burial was celebrated with burial at Sacred Heart Catholic Cemetery.





(Bowar) and Lawrence Fiegen. She graduated from St. Mary High School, Dell Rapids, in 1956. She entered Presentation Convent January 4, 1957, and professed her vows August 10, 1959, receiving her religious name of Sr. Mary Perpetua.

Sr. Catherine earned a Bachelor of Education from Northern State College, Aberdeen, in 1969, and a Master's in Administration from Northern State College in 1973. For 18 years, she taught students and was principal in Mitchell, Milbank and Woonsocket and in Minnesota. She was a pastoral associate in Anoka and Litchfield, Minnesota, from 1978-1991 and pastoral administrator at St. Clara Parish, Clara City, Minnesota, from 1991-1997. She served as director of chaplaincy and mission service at Avera Holy Family Hospital, Estherville, Iowa, from 1998-2002 followed by four years on the Presentation Sisters leadership council. Before retiring, she served elders in Sisters Care.

She is survived by her community family of Presentation Sisters; two brothers, Robert and Charles (Linda), one sister Cecelia "Sis" (Robert) Bunkers, brother-in-law Melvin "Bud" Penning, sister-in-law Rayma Fiegen and nieces and nephews. She is preceded in death by her parents, brother Dick, sister Janette Penning and sister-in-law Janet Fiegen.



YANKTON – Roger and Linda Schweitzer will celebrate their 50th anniversary on August 1. They have 6 children, 16 grandchildren and are members of St. Benedict Parish.



YANKTON – Daniel and Diane Dvorak will celebrate their 40th anniversary on August 2. They have 6 children, 16 grandchildren and are members of St. Benedict Parish.



YANKTON – Glen and Betty Ekeren celebrated their 40th anniversary on July 5. They have 4 children, 12 grandchildren and are members of Sacred Heart Parish.

# **ANNIVERSARY SUBMISSIONS**

Send a color photo, your anniversary news and a self-addressed, stamped envelope by <u>August 14</u> for inclusion in the September 2020 edition to:

The Bishop's Bulletin 523 North Duluth Avenue Sioux Falls, SD 57104 or e-mail to: rkranz@sfcatholic.org.

# Sister SaBina Joyce dies at 95

Sr. SaBina Joyce, 95, a sister of the Presentation of the Blessed Virgin Mary, died June 26, 2020.

A private Mass of Christian burial was celebrated with burial at Sacred Heart Catholic Cemetery.

Marian Jeannette Joyce was born May 18, 1925, in Aberdeen to Raymond Eugene and Sabina M. (Knox) Joyce. She graduated from Sykes High School in Sykeston, North Dakota, in 1943. She entered Presentation Convent September 8, 1944, professing vows on August 10, 1947, and receiving her religious name of Sr. M. SaBina.

Sr. SaBina received an associate teaching degree from Notre Dame Junior College, Mitchell, in 1948, a Bachelor of Education from Northern State Teachers College, Aberdeen,



in 1962, a Masters in English from Marquette University, Milwaukee, Wisconsin, in 1968, and Pastoral Ministry Certificate from Washington Theological University, Washington, D.C., in 1989.

For more than 50 years, she taught students in Aberdeen, Jefferson, Sioux Falls, Dell Rapids and Mitchell as well as in Minnesota and Montana. She taught

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English and directed the Shalom Singers at Presentation College from 1969-1980 and was mission effectiveness coordinator at Presentation College and (Avera) Mother Joseph Manor from 1989-1999. She served on the College Board of Directors for 10 years. Sister taught in the ESL program at Caminando Juntos in Sioux Falls until 2010 when she moved to Presentation Convent and began full-time prayer ministry.

She is survived by her community family of Presentation Sisters; sister, Rose Anne (Edward) Colella, Sioux Falls; sister-in-law, Elaine Joyce and brother-in-law, Bill Knapp. She is preceded in death by her parents; two sisters, Sister Eleanor Joyce, PBVM and Bernadine Knapp; five brothers, Dr. John, Thomas, Raymond, Ronald and Rev. James Joyce.

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### Recitation of the rosary planned

**Friday, Aug. 7** - The rosary is recited for the faithful departed on the first Friday of the month at 10 a.m. in St. Michael Cemetery in Sioux Falls.

# Pray at Planned Parenthood with Jericho's Wall group

Tuesday's - In Joshua 1:14 fighting-age men are called to go to Jericho's wall to fight for the women and children. Today we are called to step out for our faith. Men are meeting on Tuesday nights at 7 p.m. at our wall of Planned Parenthood to pray the rosary for our women and children. We are asking for men to join us. If you have questions, call Paul at 605-201-5428. Women are welcome.

### **Rural Catholic DRE Conference**

Wednesday, Aug. 12 - Join area directors of religious education for the Rural Catholic North Central SD DRE Conference to explore ways to more effectively pass on the Catholic faith in our rural parishes. Program begins at 5:30 p.m. with supper and welcome with a presentation by Fr. Tom Anderson beginning at 6 p.m. and discussion after. All Saints Parish, Mellette, 23 1st Ave. Free will offering. Call or text Laura Melius at 605-228-3945 or mellettedre@sfcatholic.org to RSVP or with questions. Attendees may join the Rural Catholic DRE Conference group on Facebook for the most upto-date information.

### **Search for Christian Maturity retreat**

Oct. 23-25 - Located at Holy Spirit Church, Sioux Falls. Registration is open. This retreat is a student led, Roman Catholic retreat program featuring talks, skits, music, opportunities for confession, and celebration of Mass. All high school and collegeage students and adults are welcome and encouraged to participate. Contact: (605) 371-1478, SiouxFallsSearch@gmail.com, www. siouxfallssearch.org.

### St. Michael Angel Gown Ministry

The St. Michael Angel Gown Ministry is a group of dedicated lay people making angel gowns for babies who were lost too soon. They create these beautiful gowns from donated wedding dresses. If you would like to donate a wedding dress or are in need of an angel gown, contact Bev Dickes at 712-441-3220. If you're interested in helping to create angel gowns, the group is accepting volunteer help.

Confraternity of the Holy Rosary seeks new members - All are welcome to enroll in the Confraternity of the Holy Rosary, offering many spiritual benefits to its members. For information, contact Jim Miles, 605 759-2654 (dustoff1525@yahoo.com).

# Applicants for permanent diaconate being accepted

Men of the diocese are invited to consider becoming a deacon. If you are thinking God may be calling you to a deeper life of service to His Church and His people, apply for the next diaconate class. The diocese is accepting applications for a formation class that will begin in the fall of 2020. Contact your pastor or Deacon John Devlin if you would like more detail. You can call 605-988-3715 or email denjohndevlin@sfcatholic.org.

# Catholic Family Services

Catholic Family Services Counseling Service-During this pandemic, in addition to our current in-person counseling we are offering a HIPPA compliant tele-health format. It is user friendly and as long as you have internet availability, can be accessed by phone or computer.

The Mother Teresa Endowment is a fund providing financial assistance to individuals or couples experiencing an unplanned pregnancy and who have considered abortion because of limited financial resources. Through Catholic Family Services, free pregnancy counseling is available and we work to determine available community resources. The Mother Teresa Endowment Fund assists with legitimate costs not covered elsewhere. Application forms are available from any CFS office, or for more information call 800-700-7867.

# Sacred Heart Monastery

August 30/ Discussion Groups, Lectio & Scripture Study/ Register for your choice of fall study groups either online or in-person at the Benedictine Peace Center dependent on COVID-19. Go to www. yanktonbenedictines.org/retreats-online-group for updated information on registration, costs, dates and topics.

Sept.-May/Spiritual Enrichment Program/ A program open to men and women who desire to deepen their relationship with God through monthly gatherings, selected readings, and a silent retreat experience. Participants will meet once a month on Saturday morning 9:30-11:30 for prayer and group dialogue. Registration deadline is August 24. For more information go to https://yanktonbenedictines.org/spiritual-enrichment-program/ or contact us: benedictinepeacectr@yankton-

Spiritual Direction/ Due to social distancing restrictions, we are currently offering spiritual direction online. Share your experience of God with an experienced companion-guide and intensify your spiritual journey. Scheduling is flexible, typically meeting once a month. Contact benedictinepeacectr@yanktonbenedictines.org or 605-668-6292 for more information.

benedictines.org or 605-668-6292.

Spiritual Direction Ministry Formation Benedictine Peace Center offers formation for those discerning a call to be a spiritual director. Guided independent study complemented by two-day residencies permits flexibility with your schedule. E-mail us at benedictinepeacectr@yanktonbenedictines.org, or call (605) 668-6292.

Monastery Gift Shop reopening by appointment only. A mask is required when visiting. Hours are as follows: Monday/ Tuesday by special arrangement, Wednesday/Thursday/Friday from 9-11a.m. and 1-4 p.m., and Saturday from 1-3 p.m. Please contact us by phone: 605-668-6012 or email: giftshop@yanktonbenedictines. org.





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