



Monthly publication for the Catholic Diocese of Sioux Falls

January 2020

THE BISHOP'S BULLETIN

Eucharistic Adoration

FINDING JESUS IN HIS SACRAMENT OF LOVE



**NINTH BISHOP OF THE DIOCESE OF SIOUX FALLS NAMED
BISHOP-ELECT DONALD DEGROOD**

The Lord shines in the darkest of moments



O come, let us adore Him.

In 2005 the more than 150-year-old Cathedral of St. Raphael in Madison, Wisconsin, was set on fire by a troubled soul while I was sleeping in the attached rectory. I rose from bed as usual about 5:30 a.m. and turned on the radio to learn the weather forecast. Instead I heard that a four-alarm fire was blazing at St. Raphael Cathedral which is where I was.

I threw on some clothes and went outside to see what was going on, thinking it only a minor disturbance. It was a Monday morning in the university town of Madison where weekend disturbances are routine, so what else was new. I thought maybe there was a fire in the dumpster.

What I encountered was new and sad. The entire block was surrounded by fire trucks shooting streams of water toward the front of the cathedral only yards from my bedroom.

Despite media inquiries for comments I was speechless for a while in my shock and my grief. This was where I said yes to God's call to go to seminary and discern priesthood. This was where I was ordained. This was where twice I was assigned as rector. This was my spiritual home.

Later in the day as I stood in the March coldness, it seemed that the fire was localized to the bell tower at one end of the church. I wondered whether I could get into the other end of the church to retrieve the Blessed Sacrament reserved in the tabernacle.

Suddenly there was a swoosh and horrendous orange flames flew down the expanse of the roof. The old dry timber beams were easy fodder for fire. I knew I could not personally retrieve the Blessed Sacrament. I was saddened and my heart ached.

As a side note, you might understand that when I came to Sioux Falls and learned and saw that some of the wiring in the Cathedral of Saint Joseph was the original from the early 1900s, I knew that this

needed to be addressed. I did not want to personally or for anyone else experience the angst of that day when my spiritual home was destroyed or be subjected to the heavy ripple effects—physical, spiritual and personal—of such a loss. I remain grateful to all those who so generously supported our restoration project. Our restored Cathedral of Saint Joseph has touched the hearts of many from around the world who visit this spiritual and community landmark.

Later on that fateful day, the Madison cathedral was just a shell; the fire was under control though smoldering continued and small flash fires had to be attended. Reverence for the Blessed Sacrament was in my heart in a depth I had not realized. Among the most influential forces that led me to my conversion to the Church Christ instituted was the revelation that Christ is truly present body, blood, soul and divinity in the Blessed Sacrament.

I went to an assistant fire chief and asked whether we could check to see if the tabernacle, and therefore the Blessed Sacrament, had been spared. He gave me a look that suggested, "Are you crazy? It's dangerous in there." But another firefighter who was obviously Catholic and understanding of the importance of what I was asking overheard my request and volunteered to go into the destroyed church and check it out.

With several firefighters I entered the charred remains to point out where the tabernacle was located. Debris had fallen and blocked the view. I pointed out the direction of its location and, at their request, then withdrew to the parking lot because it was dangerous in there.

After a short but long time, three brave firefighters, in full regalia blackened from their dangerous and courageous work, came walking slowly toward me with great reverence. One carried the large ciborium which contained the Body of Christ consecrated at Holy Mass the night before. It glistened so golden that it seemed beyond this world.

 *continued next page*

BISHOP'S SCHEDULE

January

- 2 Christmas Party with
Diocesan Staff
- 4 4:00 Stational Mass, Cathedral of
St. Joseph
- 11 4:00 Stational Mass, Cathedral of
St. Joseph
- 11-12 Open House Thanksgiving
Receptions following
weekend Masses, Cathedral
of St. Joseph
- 18 4:00 Stational Mass, Cathedral of
St. Joseph
- 19 1:30 Confirmation, Holy Spirit,
Sioux Falls
- 21 12:00 Pray at Planned Parenthood
- 22 Bless Pilgrims departing for
the March for Life in D.C.
- 25 7:00 Confirmation, St. Michael,
Sioux Falls
- 26 1:30 Confirmation, St. John Paul II
(Harrisburg), Christ the King
(Sioux Falls) & St. Lambert
(Sioux Falls) at Cathedral of
St. Joseph
- 29 1:30 Catholic Schools Week Mass,
Aberdeen Catholic Schools,
Roncalli High School
- 31 10:00 Catholic Schools Week Mass,
Bishop O'Gorman Catholic
Schools, Elmen Center,
Augustana University, Sioux
Falls

February

- 1 4:00 Stational Mass, Cathedral of
St. Joseph
- 2 10:30 Confirmation, St. Benedict,
Yankton
- 1:00 Confirmation, Sacred Heart,
Yankton
- 8 4:00 Stational Mass, Cathedral of
St. Joseph
- 9 11:00 Confirmation, St. Mary, Sioux
Falls
- 1:30 Confirmation, St. Michael
(Clark), Blessed Sacrament
(Florence), St. Henry (Henry),
St. Teresa (Dakota Dunes),
St. Joseph (Elk Point) & St.
Therese (Sioux Falls) at
Cathedral of St. Joseph

Another carried the smaller ciborium in which was the Body of Christ we had bowed down before at eucharistic adoration a few days previous. It too glistened in a gold that took my breath away.

Earlier I had teared up at the loss of the building. At that moment I wept for joy at this beautiful sight, at the presence of our Lord. In the midst of ashes and smoke, anxiety and loss, our Lord was with us, our Lord is with us. Out of darkness comes light, in Him is our hope.

There is much about which we can become discouraged in our day, but perhaps no more than when Christ walked the roads of the Holy Land. We are blessed to know that His presence is always with us in his Church and



especially in the Holy Eucharist. When we accept His presence body and blood, soul and divinity in the Blessed Sacrament, we cannot help but become guiding lights, beacons of hope, especially to those who are discouraged, those searching for meaning and those who carry heavy crosses, sometimes including ourselves.

O come let us adore Him.

With the appointment of Bishop-elect Donald DeGrood and his ordination on February 13, Most Reverend Paul J. Swain will be retiring. You are welcome to greet him at receptions following the Masses at the Cathedral of Saint Joseph on January 11 and 12. Masses at the Cathedral are at 4 p.m. on Saturday, January 11, and at 7:30, 9:15, 11 a.m and 4 p.m. on Sunday, January 12. Light refreshments will be served.

THE BISHOP'S BULLETIN

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Bishop-elect Donald DeGrood thankful for God's graces and rural roots in new assignment

"The primary desire in my heart is to be holy and to help everybody experience the love of God. And that's going to be certainly a very strong, prominent focus within my time within the diocese God willing."

- Bishop-elect Donald DeGrood

By Renae Kranz

The wait is finally over. On December 12, 2019, Pope Francis appointed Rev. Donald DeGrood as the ninth bishop of the Diocese of Sioux Falls. He will be ordained and installed February 13.

Bishop-elect DeGrood will succeed Bishop Paul Swain after Pope Francis accepted Bishop Swain's resignation. Per canon law, bishops are required to submit their resignation at age 75, which Bishop Swain did in September of 2018. Until Bishop-elect DeGrood is ordained, Bishop Swain will be the apostolic administrator for the diocese. He's pleased to see the appointment come to fruition.

"The diocese will now have a discerning bishop who is well respected as a seasoned, prayerful, compassionate and upbeat priest who loves Christ and His Church," Bishop Swain said during the press conference announcing the appointment. "Pope Francis appointed you to lead a very special diocese."

Bishop-elect DeGrood has been the pastor of St. John the Baptist Parish in Savage, Minnesota, in the Archdiocese of St. Paul and Minneapolis since 2017. He was at his parish in a meeting when he received the call from the Apostolic Nuncio in the United States, Archbishop Christophe Pierre. He had no idea why the Archbishop was calling him.

When Archbishop Pierre told him he had been selected as the next bishop of Sioux Falls, Bishop-elect DeGrood needed a little time to seek guidance. He knew where he needed to go and who he needed to talk to.

"I immediately went to the adoration chapel and prayed, and God gave me a very particular grace, 'I want you to say yes, and I will give you everything you need,'" Bishop-elect DeGrood said. "It was that grace that brought tremendous interior peace and joy that has continued to resonate in my heart."

After accepting his new appointment, Bishop-elect DeGrood came to Sioux Falls where the announcement was made to see, in his words, "What did I get myself into?" He grew up on a farm in Faribault, Minnesota, and has wanted to be in a rural parish for most of his priesthood.

"I'm a farm boy at heart. In fact, when I was discerning my vocation, I really wanted it to be in a rural diocese, and I was actually exploring a couple options," Bishop-elect DeGrood said. "But the



Bishop-elect Donald DeGrood (left) and Bishop Paul Swain share a moment at the press conference introducing the new bishop.

Top: Bishop-elect DeGrood contemplates his new role. Above: He meets with chancery staff. (Photos by Kevin Fitzgibbons)

Lord was just very clear. That's not what he wanted. So I thought, well, hopefully I'll get assigned to a country parish, and I've asked many times for that and it never happened. All I can think of now is the message got confused getting to heaven that instead of just a rural parish the Lord must have gotten the message of a rural diocese."

Bishop-elect DeGrood grew up in a close-knit family with four brothers (two of which are farmers today), and many aunts, uncles and cousins. Three aunts were religious sisters. Vocations ran deep in his family and made for profound witness to him. He continues to feel a closeness to his father and disabled uncle, both deceased, and senses their prayers for him and his vocation.

He attended Catholic schools throughout his education, including the University of St. Thomas where he earned a Bachelor of Arts degree in philosophy in 1987. While working in the business world for several years, first as a manager for a large shoe retailer and then for Land O'Lakes as a feed specialist, he felt the call to the priesthood and wrestled with it. But once the call became clear, he sold his house, packed his belongings and made his way to seminary at St. Paul Seminary in 1993 where he earned a Master of Divinity. He was ordained a priest May 31, 1997.

Bishop-elect DeGrood has served as pastor at several parishes in the Archdiocese of St. Paul and Minneapolis. He was also a formator and spiritual director at St. John Vianney Seminary where he met and guided several priests from this diocese. Knowing those priests will help him settle in when he begins his new assignment here.

For the next six weeks, Bishop-elect DeGrood will be preparing for this newest spiritual call. He will go on a required canonical retreat, wrap up his current pastoral assignment, and take some time to transition and move to Sioux Falls. It will be a hectic time.

"The Lord keeps trying to remind me to stay focused on Him," he said. "We can overthink things or over plan things. We have to stay in the grace. I'm human like everyone else so it's a constant effort. It's important to stay consistent with my prayer life so I'm preserving that space for the Lord to be able to speak to my heart, to receive what I need, most of all His love so I can share that with others."

Bishop-elect DeGrood has one request of his new diocese: pray for him.

"My great desire is that I might be a holy bishop. So the greatest thing anyone could do for me is really to pray and beg God for that grace," he said. "If I can stay faithful to the Lord and stay connected to Him, He will handle everything else in His spiritual fatherhood. His love will flow into all of us and His will will be accomplished."

More information and details regarding Bishop-elect DeGrood's ordination will be in the February issue of The Bishop's Bulletin. Additional information may also be found on the diocesan website, sfccatholic.org.



Top: Father Kristopher Cowles (center), pastor of Our Lady of Guadalupe, Sioux Falls, shows Bishop-elect DeGrood his parish sanctuary. Above: Bishop-elect DeGrood surprised a classroom of students at O'Gorman High School in Sioux Falls. (Photos by Matt Althoff)

Top: Bishop-elect DeGrood visits with a guest of the Bishop Dudley Hospitality House. (Photo by Matt Althoff) Above: Bishop-elect DeGrood greets a parishioner during his tour of the Cathedral of Saint Joseph. (Photo by Kevin Fitzgibbons)

Hearing gentle lessons in winter coziness



Thanksgiving is long over, Christmas Day is behind us, and even New Year's Day has passed. We are still celebrating the beautiful season of Christmas in our parish churches, but for many the decorations in the home are being put away for the year. This takes us into January.

Now this is not a huge problem for me. My birthday is in January, so I have something to look forward to, but for most others, January is simply an entrance into three months of a long winter. Granted, the days are getting longer now, but not so much as to make a difference.

It is simply winter, and we have to deal with it. It is that simple.

Yet, the difference is, how to deal with it?

A few weeks ago I read an article about winter in Norway. Now, these are a people who have an intense winter, just a few hours of daylight and long cold nights. Yet, I learned seasonal depression in Norway is almost nonexistent, while it is quite prevalent in the United States.

For most of us, winter is something to endure, but in the dark months in Norway, it is a time of peacefulness and gentle joy. What is the difference?

The Norwegians have a word for it, *koselig* (koos-uh-lee), which is not possible to adequately translate into English, but I have read that a close equivalent would be a sense of coziness. Not simply a cozy environment, but also a cozy attitude.

People in the north of Norway spend the months of winter filling their homes with candles, fires, and they use soft lighting to establish a warm setting. This is essential, not only in the home, but in public as well. Stores, bars and restaurants all have candles lit and warm lighting; they even have outdoor seating during the winter, with a warm fire and thick blankets for patrons to enjoy the evening.

The people set aside time to visit friends and family, wrapping in warm blankets and enjoying warm drinks around warm fires. The foods are hearty and the conversation lively.

One of the essential elements of *koselig* is spending some time outdoors each day. Driving is difficult and often impossible during the winter, so people bundle up and walk from place to place. They seek out the beauty around them, which is a bit easier

when you have the Northern Lights most evenings. In an article I read, one resident of a small northern Norwegian town was asked why the time outdoors mattered, and he said, "You remember how good it's going to feel to be back inside by the fire again."

Finally, when they speak about the winter, they speak positively about it, almost universally. They look forward to the clothes they get to wear, the things they will do, the beauty they will see and the gift of *koselig*. One person interviewed mentioned their time in the United States and noticed how we tend to complain about the weather all the time, and how foreign that seemed to them.

I have tried to live in these concepts the last few weeks, trying to bring about some sense of *koselig* in the room I use in the evening, trying to enjoy the food and drink of winter, trying to spend some time outdoors each day, and just enjoying the warmth and coziness of the evening darkness. This has been pretty easy with the beauty of the Christmas lights and decorations, but I am looking forward to continuing it into the new year.

Perhaps, most difficult of all, I have tried to temper my speech so that I no longer complain about the weather. It has not been easy. Yet, when I have been successful, it makes a huge difference; I remember what I had forgotten from my youth, winter really can be beautiful.

I am grateful that I discovered *koselig* during the Advent and Christmas seasons, the seasons of incarnation, because the very concept expresses what we love to believe and long to embrace about Christmas. The beauty of the incarnation is the realization of God's presence entering into creation. With this gift, all things are infused with the mystery of God's beauty and peace. All things that touch our lives can lead us to this presence.

In the coming weeks, the gift we receive this and every Christmas season, can open us to the beauty that surrounds us, and even the struggles of winter can be an opportunity to embrace *koselig*.

Perhaps, learning the lesson of our neighbors in the north, we can embrace again the deepest meaning of Jesus' Christmas name, Emmanuel, God with us. What a wonderful winter gift to help us live the beauty of Christmas, all through the year.

Connect deeply in your marriage by being reckless

Are we bored? There we stood, on the grand staircase of what is affectionately called the “Castle of the Canadian Rockies.”

We were coming to the end of five days, sans children, in perhaps the most beautiful place I’ve ever been. Our careful watch of cheap flights had finally paid off and we committed to an adventure together.

Oh, what an adventure it was! But there, on the final day, in a castle of endless hallways, corners, restaurants and ballrooms, my husband asked the question and we knew the answer.

We were bored. Insert awkward silence.

Let me make one disclaimer before I say what I’m about to say. It’s good to be “off,” to simply rest and be. Spousal love, which imitates divine love, is intended to offer a safe place where we are most known, loved and accepted as we are. We need that. End disclaimer.

In the awkward silence that ensued, I experienced a deep conviction. I was being socially lazy.

Do you ever feel that? Perhaps at that Christmas party last month when you just didn’t feel like making the effort to chat?

But the conviction was clear and it came with a sting. As someone who takes pride in being highly intentional, I was being lazy in my marriage.

When we know someone so well, it can be easy to stop pursuing a newer and deeper understanding of them. We can fall into lazy habits, make assumptions and find ourselves being “off” when it is actually time to engage. We play it safe by staying comfortable because to engage usually requires vulnerability and effort.

But radical love isn’t safe. In fact, it’s a bit reckless. Radical love is unconcerned with personal consequences. It just gives itself away—freely and without fear.

Marriage requires us to lay down our lives for another, to endlessly pursue another—in good seasons and hard seasons.

“Marriage is a call to give oneself to one’s spouse as fully as Christ gave Himself to the Church.” (USCCB, *Marriage: Love & Life in the Divine Plan*)

In giving of ourselves this way, we begin to see Christ more clearly.



Emily Leedom, Director of the Office of Marriage, Family and Respect Life for the Diocese of Sioux Falls, with her husband Matt in the Canadian Rockies.

We hear in scripture of two disciples walking on the road to Emmaus. Scripture scholars offer good reason to believe that these two disciples were perhaps a married couple. A stranger approaches them and asks them what they’re discussing. Haven’t you heard what’s going on in the world? The stranger walks with them, breaks the bread and their eyes are opened to Christ in their midst.

But this isn’t the first time God walks with a married couple. At the beginning of time, He walked with Adam and Eve in the Garden of Eden. Now, following the resurrection, He takes a walk with Cleopas and his wife. So, too, Jesus seeks to reveal Himself to couples today.

Marital love is an icon of God’s love for us. The more we are able to root our marriages in the sacrament, the more clearly we write the icon as a witness of God’s love to the world. The simple act of taking a walk or bike ride together, sharing a meal or making time for a weekend away together creates the space for Him to reveal Himself more deeply to us.

Amidst the ordinary chaos of life, it can be difficult to create that space for Him.

Last year, I fondly recall my husband and my worst date ever. It began with a broken car windshield, was sandwiched by a failed

attempt to connect over bowling, and was bookended with a puking toddler when we got home. I laid in bed that night discouraged and asking God why this whole “dating your spouse thing” was so important. We were in a good season of marriage so why do the extra work?

Then came the gentle whisper. Cultivate the habits now for when the season changes, which it inevitably will.

Regardless of what season you may be in, *Reckless: A Catholic Couples Conference* is born out of our conviction that marriage matters. By authentically living out the vocation we have received, we become more authentically human and fully alive.

Chock-full of opportunities for prayer, laughter and romance, we hope to create the space for couples to connect more deeply, shake off some potential laziness and get a bit more reckless. Go to sfcatholic.org/couplesconference to learn more or register for the event.





Eucharistic Adoration

FINDING JESUS IN HIS SACRAMENT OF LOVE

by Renae Kranz

I have lots of excuses not to go to eucharistic adoration: it's intimidating, I'm too lazy, too busy, have to work, it's too early, too late, right in the middle of the day, and what would I do for an entire hour anyway?

I don't think I'm alone in those excuses.

But then the disappointed words of our Savior to the apostles in the Garden of Gethsemane ring in my ears as if He's saying them directly to me:

*“You could not keep watch
with me for one hour?”*

(Mark 14:37)

His words cut to the heart of it.

I think it's way past time to go to adoration.

MAKE US LONG FOR YOU LORD

Eucharistic adoration is simply worshiping the real presence of Jesus in the form of consecrated bread and wine—fully the body, blood, soul and divinity of our Savior in the Eucharist. It is an extension of the Mass.

The Catholic Church teaches us adoration of the Eucharist extends our union with Christ after we receive Him during Mass. This worship of Jesus outside of Mass helps us maintain what we received during Communion.

When we put Mass and adoration together, we first consume our Lord so He becomes part of us, and then we gaze on Him in adoration while He gazes on us in total love. Pope Emeritus Benedict XVI explained it beautifully while still Cardinal Ratzinger in *God is Near Us: The Eucharist, Heart of Life*:

“Communicating with Christ demands that we gaze on him, allow him to gaze on us, listen to him, get to know him. Adoration is simply the personal aspect of Communion. ... God is waiting for us in Jesus Christ in



The Presentation Sisters in Aberdeen praying in their adoration chapel.



the Blessed Sacrament. Let us not leave him waiting in vain! Let us not, through distraction and lethargy, pass by the greatest and most important thing life offers us.”

Before Jesus left the apostles to return to His Father, He told them He would be with them always. He is with us still in the Eucharist, resting silently in the tabernacle of every Catholic Church in the world. The words of Pope Saint John Paul II invite us to adore Christ in those very tabernacles.

“The Church and the world have a great need for eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.”

Our Lord desires that we spend time with Him and increase our longing for Him. It is a witness to our belief as Catholics that He is truly present at Communion and later in the tabernacle. And graces abound when we give ourselves to Jesus in adoration.

VISIT HIM AND YOU'LL BE CHANGED

The Presentation Sisters in Aberdeen know all about the graces that come from adoration. It has been woven into the life of the sisters, and it grounds who they are. Sister Mary Thomas says it brings a sense of internal quiet for the sisters individually and as a congregation, especially in a world in constant flux.

“It helps to bring us to a place of deep peace and in some ways a stability as we ponder the broader scope of things, not just get caught up in the narrow focus of today or this week,” Sister Mary says. “It’s not just me and God. It’s how do I grow into deeper union with God and with others in God? It’s moving into a like-mindedness with Him.”

The Presentation Sisters began the first regular adoration of the Eucharist in our diocese in 1906 when Bishop Thomas O’Gorman wrote to Mother Joseph Butler. He

asked the sisters to set up regular adoration to be done in perpetuity to pray for the needs of the diocese.

“We really believe this has fit in so well with our own spirituality because we are contemplatives in action,” Sister Janice Klein explained. “Our foundress Nano Nagel spent hours and hours in front of the Blessed Sacrament.”

The two women recalled how Nano Nagel prayed so often in eucharistic adoration she got ulcers on her knees. She went out during the day to teach in her schools in secret because teaching Catholicism at that time in Ireland was illegal. At night Nano Nagel carried food and medicine to the needy led by the light of her lantern through the tiny lanes of Cork, Ireland.

Even after those long hours, Nano Nagel’s dedication to our Lord in the Eucharist was unwavering. She spent hours at the end of her day in prayer. Sister Mary says all those hours at prayer developed her sense of care and justice for those at the margins and are the foundation of the congregation’s spirituality today.

Although adoration is a powerful part of the Presentation Sisters’ prayer life, Sister Mary says it’s not a magic bullet all by itself. They receive the Lord in the Eucharist at Mass, pray the morning and evening prayer office with the community, and offer personal prayers.

“The face of Christ comes to us and meets us at the door in a variety of ways. And so it’s not just at the adoration chapel,” Sister Mary says. “But if I can’t see Christ in the Eucharist, the bread, then how am I going to see Christ in others as we meet? If you want to be the presence of Christ [to others], then you’ve got to look upon Christ.”

One way to meet Christ and get to know Him is to surrender to His will in prayer. When we do this, we open ourselves up to those graces mentioned earlier. And the greatest part about receiving those graces from God is that we can then give them back to others.

“When we’re praying we’re bringing, in some sense, the whole world into that little bitty adoration chapel,” says Sister Janice, “and the blessings are rippling out, enveloping the whole world in blessing. It’s about bringing all of God as in the world together into one.”

Father Anthony Urban, pastor at St. Wenceslaus Parish, Tabor, and St. John the Baptist Parish, Lesterville and Sigel, says the fact we use the word “adoration” to describe this type of prayer shows an intimacy that we don’t offer to just anyone. And he also recognizes it’s not always easy to establish a regular prayer life, especially one that involves leaving the house. But its value far exceeds any inconvenience.

“Adoration gives us that really focused time to be able to say, I’m here. I’m going to put everything else aside. I’m going to try to pray,” Father Urban says. “We only need to open the newspaper up or listen to the radio to know that there are plenty of things to pray about, including in our own families, parishes and workplaces. Plenty of people need our prayers and attention to intercede for them.”

For Father Urban, the element of silence in adoration refreshes the spirit. He says we can just have a conversation with God, telling Him what’s going on in our lives during our time with Him. We can be frank and honest because our Lord wants to hear from us and how we’re really feeling.

“Even though He knows all the needs of our hearts, He still wants us to express them, either in words or without words,” Father Urban says. “And sometimes it might not be the most cohesive prayer. I might be distracted, or I might be tired, or I might take a little bit of a doze, but I want to be with the Lord.”

That desire to be with the Lord will only grow as you establish the habit of visiting Him in adoration of the Blessed Sacrament. Although the Real Presence is hidden from our senses, our faith tells us He is there and He is listening. Many find their lives changing in ways they never imagined.

GOOD FRUIT COMES THROUGH ADORATION



Fr. Chuck Cimpl, pastor of Holy Spirit, Sioux Falls

Spending time in adoration can be a sacrifice, but it’s a sacrifice that produces the most amazing fruits. Several parishes in our diocese have perpetual adoration chapels or periodically offer dedicated adoration time throughout the church year. They’ve seen great growth in the vibrancy of their parishes through adoration.

Father Charles Cimpl, pastor at Holy Spirit in

Sioux Falls, says he has seen wonderful fruits come from having an adoration chapel. The founder of the parish, Monsignor James Andraschko, wanted it to be a stewardship parish. Father Cimpl explained that since the main pillar of stewardship is prayer, Monsignor Andraschko understood that building a perpetual adoration chapel would be vital to accomplishing the goal of a stewardship parish.

The chapel is the core of prayer life in the parish today. Father Cimpl says people come day and night to pray, some for an hour at a scheduled time, some at random times for a few minutes with Jesus.

“There is one person I see every morning. He pulls up in his truck before work and stops in to say a prayer,” Father Cimpl said. “Recently I asked him why he does so. He simply stated, ‘I want to begin the day in the sacred presence of the Lord so I can be His servant all day long.’”

Children from Holy Spirit School sometimes end their day in the adoration chapel, stopping in for a little prayer before mom and dad pick them up.

“As Catholics, the Eucharist is our treasure,” Father Cimpl says. “We celebrate it on Sundays of course, but by praying in the



Fr. Anthony Urban, pastor of St. Wenceslaus, Tabor and St. John the Baptist, Lesterville and Sigel

presence of the Blessed Sacrament we can extend those graces into our daily life. Having the sacred presence of the body of our Lord in our midst can draw us even more deeply into our relationship with our loving Lord.”

Father Urban has seen parishes dedicating adoration hours to pray for specific needs. Many pray for an increase in vocations in the diocese. He says when he was in seminary he saw a definite correlation between those prayers offered in adoration and the number of men and women entering the priesthood and religious life.

That time in front of the Lord helps us all discern our own vocation as well.

“When we allow ourselves to be present to our Lord and have quiet time with Him, we have to honestly think about whether we will just sit on our thumbs or will we get to work and ask those honest questions that we need to address,” Father Urban says. “Am I happy with where my life is heading? If yes, then keep going and continue to ask our Lord into that. But if I’m not, then what has to change, and again, ask our Lord into that to help us figure out what does need to change.”

He has seen these types of changes happen when students encounter the Lord in adoration at events like youth conferences, discipleship camps or at university Newman Centers. It’s all part of those beautiful fruits of the Holy Spirit.

The Presentations Sisters have seen those fruits of the Holy Spirit over and over in their time in adoration. It fit their spirituality right from the beginning and has helped form them as a community over time. Sister Mary isn’t sure if Bishop O’Gorman saw that in the sisters when he asked them to start adoration, but it has worked out in the best way.

“Adoration is really a loving look at God and the world,” Sister Mary says. “That prayer sends us out in mission. That’s the Gospel, to care for one another. Adoration gives us the fortitude to be able to go out and stand with the poor and those on the

margins, the underdogs, the people who are looked down upon.”

She says they as a community want to exemplify the fruits of the Holy Spirit: patience, kindness, joy, gentleness, fortitude and courage. They live their lives that way when they are connected with God and with Jesus. They live that way because that’s how He lived.

“We adore the Eucharist to be like Jesus, to be in union with and then become like Jesus, gradually in our best selves,” Sister Mary says. “We invite God to go out into the world with us.”

GO BE WITH JESUS

Anyone can spend time with Jesus in the Blessed Sacrament. Stop in at a parish for a few minutes or even an hour. If you have an adoration chapel near you, slip in when you can to refresh your soul.

A beautiful option is the adoration chapel at Mater Ecclesiae Monastery on the St. Joseph Cathedral campus in Sioux Falls. This monastery and chapel came about through the invitation in 2002 from Bishop Robert Carlson to the Perpetual Adoration Sisters of the Blessed Sacrament to create a community in our diocese. Through much support for their charism of prayer, the people of the diocese helped build their monastery dedicated to intercessory prayer in front of the Blessed Sacrament.

The perpetual adoration chapel at Mater Ecclesiae is open daily to the public for prayer. Requests for intercessory prayer through the sisters can be sent to them through their website at perpetualadorationsisters.org. It’s a wonderful place to spend time with our Lord.

When you start your own adoration practice, you can start small and work your way up to an hour if you’d like. There are no rules on time.

Sister Mary has good advice about getting started. She says not to commit to a goal that’s too big for you in the beginning. That’s a trick of the evil one. He works to have us choose goals that we aren’t capable of sustaining at the moment, even if it’s a good and spiritual goal such as adoration for an hour each week. When we start to slip and miss one or two, we feel we’ve failed and stop altogether. She says it’s better to start with baby steps.

“We grow in our capacity to hold the silence,” says Sister Mary. “It’s better to start small and increase as the call comes.”

Father Urban suggests leaving your phone at home or in the car so it can’t distract you. It’s best to set everything of the world aside and just spend time with the Lord truly present in the Blessed Sacrament.

If you’re like me and don’t know what to do while at adoration, keep reading for some helpful suggestions. The important thing is to just get started. Bring Mary as your companion and guide. Ask her to help you prepare your soul to be receptive to her Son.

This is precious time with the Lord. Spending more time with Him makes us more like Him. Bring everything you have and give it to Him. He’s waiting for you.

Go Be With Jesus

WHAT DOES EUCHARISTIC ADORATION LOOK LIKE?

The word adoration comes from the Latin words “ad orare” which mean “to pray to.” The Church offers several ways to adore our Lord in the Eucharist.

Perpetual Adoration: This is a beautiful practice done in a designated chapel that can be started in any parish with space set aside for it. The Blessed Sacrament may be exposed in a monstrance at the altar or be reserved in the tabernacle. Adorers sign up for each hour around the clock every day to pray, worship, atone or just sit in silence before God.

Holy Hour: You might hear adoration called a “holy hour.” A holy hour refers simply to the hour you spend in adoration, usually at the same time each week. It’s like an appointment you make with God to get to know Him better. It should be considered the most important appointment of your entire week.

Visits to the Blessed Sacrament: If your schedule doesn’t allow you to commit a dedicated time each week for adoration, just stopping into a church or chapel to pray for five or 10 or 30 minutes when time allows is a great way to refresh your week. Just check the sanctuary lamp near the tabernacle to make sure it’s burning—a sure sign the Lord is there with you.

40 Hours Devotion: During this period of adoration, the Eucharist is exposed for 40 hours and adored to honor the time Christ spent in the tomb. No one person adores for 40 hours, but similar to perpetual adoration, adorers are present with the Lord for one-hour increments.

Benediction: This is a form of blessing which can be done at any time during the church year. The consecrated host is exposed in a monstrance (a Latin word that means “to show”) and those attending spend time in adoration. Prayers are said, hymns are sung (specifically the Tantum Ergo) and the priest incenses the Blessed Sacrament. The priest returns the Sacrament to the tabernacle after the Divine Praises are prayed.

Processions: Eucharistic processions usually use the monstrance as well to carry Jesus in the Eucharist out to the people like a parade. The most common eucharistic procession is done during Corpus Christi. The monstrance is carried by the priest, sometimes under a canopy, with altar servers leading the way carrying the crucifix and candles and the people following behind the Blessed Sacrament.

WHAT DOES ADORATION DO FOR YOU?

Pat Johnson: When I enter the Adoration Chapel at Holy Spirit I feel like I’ve come to visit a very dear friend who’s been looking forward to my visit. I feel comforted when I leave and reassured that I need to be still and know that He is God and that He has my back. My heart talks to the heart of Jesus.

Sue Winters: Adoration provides a special time in which I feel a unique and close connection to God. It gives me renewed hope, guidance and a sense of peace that no other source can provide.

Ted Thie: Adoration is the time for me to leave the stress of the day at the door and just spend some time with God asking for His help to persevere through those things that may keep me from doing His will in my life.

Theresa Russell: I felt an amazing peace and contentment during that hour that I had never felt before. It also seemed to lessen the anxiety and stress for me during the week.

Sam Nestase: Mass is a wonderful thing, being able to receive the Lord. But being able to just sit in quietness with Him, it’s a wonderful thing as well.

WHY DO YOU DO IT?

Pat Johnson: I’ve become aware of feeling an intense closeness with Christ. The time in the chapel has solidified my relationship with Him.

Sue Winters: Adoration gives me peace, renews my spiritual life, and helps me increase my faith, hope, and love for my Lord and Savior.

Ted Thie: I do it because it gives me faith, confidence and strength to persevere each and every day toward the ultimate goal.

Theresa Russell: He always seems to find some way to calm my fears and answer my prayers.

Sam Nestase: Adoration gives you the time to really visit with the Lord and then to listen to the Lord. It’s got to be a way of life.

HELPFUL TIPS AND INSIGHT



Pat Johnson

Theresa Russell

Sue Winters

HOW TO AVOID DISTRACTION

Sister Janice: It happens. I just think to myself, this is who I am and then thank God for taking me as I am. Sometimes it's the best self I could bring today and I try to not be judgmental of myself.

Sue Winters: From the minute I kneel, I ask the Holy Spirit to guide me. I ask God to help me especially if I arrive stressed or overwhelmed from having a really busy day.

Ted Thie: I don't, but I am always trying to improve every day I go to adoration. My imperfections give me the determination to strive towards the perfection of eternity.

Theresa Russell: You should never be concerned about being distracted. Jesus already knows all your thoughts and prayer requests and loves you regardless of your distractions. Turn those distractions over to Jesus and ask for his guidance and grace concerning them. Immediately you are again focused on Jesus.

OTHER THINGS TO DO AT ADORATION

- Divine Mercy Chaplet
- Stations of the Cross
- Let Mary come with you
- Repent of sins
- Pray the rosary
- Ask special saints for intercession
- Sing
- Ask God for your needs
- Pray for others
- Pray for vocations
- Offer thanksgiving and gratitude
- Wait for the Lord to speak
- Read the psalms or small piece of one
- Read from a spiritual book or scripture
- Use books like Magnificat or Word Among Us or Living Faith
- Pray the Liturgy of the Hours (or part of it)
- Cry when you need to
- Be quiet and present with God

RECOMMENDED RESOURCES

- “How to Make a Holy Hour” by Fr. George W. Kosicki, CSB (pamphlet)
- “Manual for Eucharistic Adoration” by The Poor Clares of Perpetual Adoration
- “Miracle Hour: A Method of Prayer That Will Change Your Life” by Linda Schubert
- “Visits to the Most Blessed Sacrament and the Blessed Virgin Mary” by Saint Alphonsus Liguori
- “21 Ways to Worship: A Guide to Eucharistic Adoration” by Vinny Flynn
- “The Presence: The Spirituality of Eucharistic Adoration” by Sr. Joan Ridley, OSB



Faith resolutions to jump start your new year

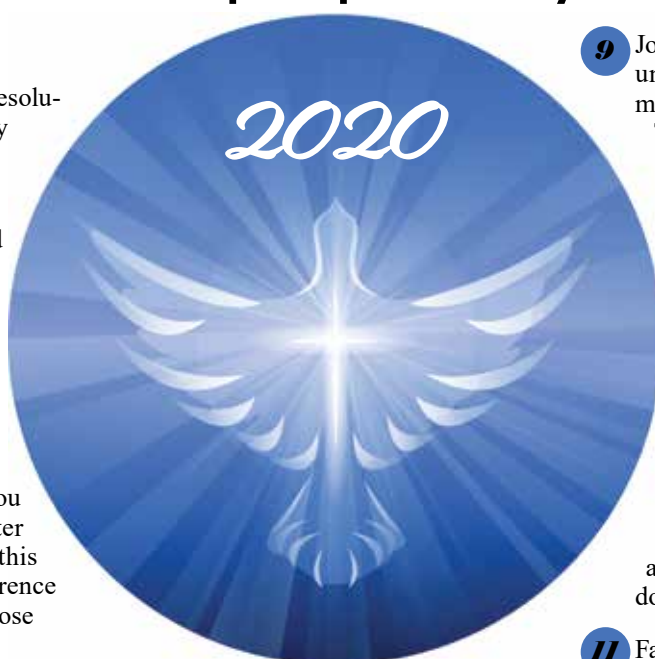
By Renae Kranz

Have you made your New Year's resolutions yet? Or maybe you've already given up on them.

There's so much pressure to start the year off by making some grand vow to change a major part of our lives for the better. Many of the things we try to change are great things: lose weight, exercise more, spend more time with family, start a business.

Have you ever considered making New Year's resolutions that help you increase your faith and build a better relationship with the Lord? If not, this might be your year to make a difference in your own life and the lives of those around you.

Here are 14 faith-based resolutions you can choose from. Pick one or two that feel doable and commit to them for 2020.



- 1** Marian devotion: Devotion to our Blessed Mother is a beautiful way to grow in faith and become closer to Christ her Son. She is truly a mother for all of us if we only turn to her intercession. Two great books to help get you started are "Behold Your Mother" by Tim Staples and "Hail Holy Queen: The Mother of God in the Word of God" by Scott Hahn.
- 2** Spiritual reading: Spend more time reading scripture or good spiritual books and articles (including those in the Bishop's Bulletin). Learning more about our faith is critical to holding onto it in today's environment.
- 3** Be a good steward of your gifts: We are all blessed with gifts. God asks us to share those gifts with each other as much as we can. Volunteer your time, give to charities, use your talents to help your parishes and your diocese. Be generous in all you do.
- 4** Evangelize: This is a scary word for many of us, but evangelization can start in your own family. Think of it as planting seeds rather than beating someone over the head with God. Plant the seeds by being an example and

God will do the rest. Check out Bishop Robert Barron's website wordonfire.org if you want more on evangelizing.

- 5** Pray the rosary: This is one of the most powerful prayers we can pray. Add it to your prayer life once a week or more. Dedicate your prayer to something specific such as an end to abortion or an increase in vocations to the priesthood and religious life.
- 6** Learn more about the saints: The saints of the Church are our greatest examples of how to live a holy life and get to heaven. Their stories are fascinating, and they're more like us than you might imagine. Pick a specific saint to start a devotion to or learn more about multiple saints by going to sfcatholic.org/saints.
- 7** Start a holy hour: Can you give the Lord one hour a week? You won't regret it. He's waiting for you even now. Read this month's feature to learn more about eucharistic adoration and holy hours.
- 8** Go on a retreat or pilgrimage: The idea here is to do something new. You can find retreats available in our diocese at Abbey of the Hills or Broom Tree Retreat and Conference Center. Or take a local or regional pilgrimage to a Marian shrine or church you've been wanting to visit.

- 9** Join a Bible study group: Learn and understand more about your faith and make new friends at the same time. This is a great way to meet others in your parish and feel more like a community.

- 10** Set aside time for prayer each day: Regular prayer is critical to our spiritual growth. Setting aside even five minutes a day will make a noticeable difference in how you feel and treat people throughout your day. Don't forget to spend a few minutes in silence just listening to the Lord. Increase your time in prayer as you are able and feel moved to do so.

- 11** Fast: If you are able, fasting is a great penance to add all year long rather than just during Lent. Try fasting on Fridays. Or fast from meat every Friday of the year. Don't forget to offer up your penance in prayer for someone else to make it extra powerful.

- 12** Go to confession: Seeking forgiveness for our sins frees us from them and gives us peace we otherwise cannot find. Try going every month for the year. And while you're asking the Lord for forgiveness, be sure to forgive others who may have hurt you.

- 13** Add another Mass: Go to one extra Mass each week. Some parishes have daily Mass over the noon hour or in the evening. The Lord is waiting for you in the Eucharist.

- 14** Change what you hear and see: Much of what comes out of the entertainment world and the media today is not helpful for the spiritual life. Clean up what you allow in your home or car. A good rule of thumb is to eliminate anything you wouldn't watch or listen to in front of your mother or grandmother.

Make a commitment today to spend more time with the Lord. It will change your life in ways you can't imagine. Pick one or two and get started now.

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Christmas concert performed at St. Anthony of Padua



The Christmas on the Prairie concert brought the season to life at St. Anthony of Padua Parish, Hoven, on December 8. This year's theme was "O Morning Star." The concert featured soloists Robin Steitz and Lilly Karrer, and Tom Roberts as the narrator. It also featured members of the South Dakota Symphony Orchestra, the Northern State University Chamber Singers, and the All-Faiths Festival Choir.

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Youth deliver fruit baskets to area families

St. Peter Parish, Colman, religious education students delivered fruit baskets to families in the area before Christmas.

Students in grades 7-12 handed out 25 baskets to families in Colman. St. Elizabeth Court #1362 of the Catholic Daughters of the Americas donated the fruit baskets.

St. Elizabeth Court has been making these fruit baskets and teaming up with religious ed students to deliver them for over 25 years. The students spread Christmas joy by caroling as they delivered their goodies. (Photo by Mary Beth Zwart)



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SILENT RETREATS

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June 25-28	September 17-20
August 20-23	October 1-4
	November 5-8

DAY OF RECOLLECTION

Broom Tree Days of Recollection begin at 10 a.m. and consist of conferences, time for Adoration, Mass, and an opportunity for the Sacrament of Reconciliation. The day ends in mid-afternoon. Because lunch is also served, we ask that you please register. A prayerful donation is requested.

Jan 14: Hope and Heaven - directed by Fr. Scott Traynor	March 17: What Are People Saying About the Eucharist? - directed by Msgr. Richard Mahowald
Feb 11: Beauty and Your Soul - directed by Fr. Andrew Dickinson	April 14: Catholic Christian Ethics - directed by Msgr. Richard Mahowald

SPECIAL RETREATS

Feb 28 - March 1: Couples Retreat
- directed by Fr. Jeff Norfolk

Nov 13-15: Couples Retreat
- directed by Fr. Scott Traynor



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Advent mission energizes Watertown parish



Immaculate Conception Parish in Watertown hosted a three-day Advent Mission in early December featuring Monsignor James Patrick Shea. Monsignor Shea, president of the University of Mary, Bismarck, North Dakota, spoke on the topic, "Our Blessed Mother Compared to the Air We Breathe."

The Advent Mission also included daily Mass celebration, confession, exposition of the Blessed Sacrament, adoration and benediction. He topped off his visit by spending time with the K-6 grade students at Immaculate Conception School.

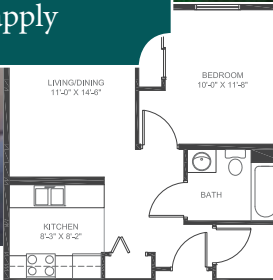
Adult Faith Formation Director for Immaculate Conception Parish, Missy Baumberger, said more than 250 people attended each evening, including parishioners from surrounding parishes.

"Monsignor's message was powerful and left us with many blessings to ponder as we head into the meaningful season of Advent," Baumberger said of the event.

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Deacons in formation installed as lectors

Six men of the diocese were installed as lectors as part of their formation to be ordained permanent deacons. Bishop Paul Swain installed the men during the 11 a.m. Mass on December 8 at the Cathedral of Saint Joseph, Sioux Falls.

During deacon formation, candidates move through three installations before being ordained permanent deacons. These men have already completed their work as candidates, which means they completed the three-year period of continued discernment, intensive formation and course work.

With the installation as lectors, they now have the responsibility of proclaiming the Word of God by reading the Gospel at Mass. It's an important step that formation director Deacon John Devlin says also gives them the responsibility to proclaim the Word "in their lives for the edification and salvation of souls."

The next step is to be installed as acolytes and then ordained as permanent deacons if they complete their formation.



Bishop Paul Swain installed six men as lectors recently. From left to right: Deacon John Devlin, Peter Sexton, Daniel Sherban, Bishop Swain, Jonathan Eckrich, Jeffrey Swank, Brad Palmer, and Douglas Schueller. (Photo courtesy of Deacon John Devlin)

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ABERDEEN – James and Levina Kaiser will celebrate their 60th anniversary on January 19. They have 3 children, 5 grandchildren and are members of St. Mary Parish.



BRANDON – Glen and Michele Hoffer will celebrate their 50th anniversary on January 10. They have 2 children, 4 grandchildren and are members of Risen Savior Parish.



COLMAN – Lee and Marlys Anderson will celebrate their 65th anniversary on January 26. They have 5 children, 16 grandchildren, 26 great-grandchildren and 3 great-great-grandchildren and are members of St. Peter Parish.



SIOUX FALLS – Loren and Judy Nelson will celebrate their 30th anniversary on January 27. They have 3 children, 9 grandchildren and 2 great-grandchildren and are members of St. Therese Parish.



SIOUX FALLS – Jim and Nini Hart will celebrate their 50th anniversary on January 2. They have 3 children (1 deceased), 5 grandchildren and are members of St. Michael Parish.



WATERTOWN – Dave and Cathy Eide celebrated their 30th anniversary on November 25. They have 4 children, 3 grandchildren and are members of Immaculate Conception Parish.



WATERTOWN – Jim and Barb Aarstad will celebrate their 50th anniversary on January 24. They have 1 child, 2 grandchildren and are members of Immaculate Conception Parish.



WHITE LAKE – Wallace and Lucille Mohnen will celebrate their 68th anniversary on January 21. They have 12 children (1 deceased), 27 grandchildren and 38 great-grandchildren and are members of St. Peter Parish.



YANKTON – Darrell and Shirley McCloud will celebrate their 35th anniversary on January 12. They have 6 children, 8 grandchildren and 12 great-grandchildren and are members of Sacred Heart Parish.

ANNIVERSARY SUBMISSIONS

Send a color photo, your anniversary news and a self-addressed, stamped envelope by **January 15** for inclusion in the February 2020 edition to:

The Bishop's Bulletin
523 North Duluth Avenue
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Painting

Barbara Younger takes final vows at Mother of God Monastery



Sister Barbara Younger (center) with her siblings after professing final vows.

Sister Barbara Younger, OSB, professed perpetual monastic vows at the Benedictine Sisters of Mother of God Monastery Chapel in Watertown November 16. Her family and all of the monastery's sisters were in attendance.

Sister Barb grew up in the Archdiocese of Los Angeles and later served as a director of faith formation and youth minister in the Diocese of Pensacola-Tallahassee for 20 years.

She is currently the information technology and communications director for the Mother of God Monastery.

Sr. Roch Whittaker dies at 83 Religious order priest dies



Sr. Roch Whittaker

Sister Roch Whittaker, 83, a sister of the Presentation of the Blessed Virgin Mary, died November 18.

Mass of Christian Burial was celebrated November 21 in Blessed Sacrament Chapel at Presentation Convent, Aberdeen. Interment followed at Sacred Heart Catholic Cemetery.

Ruth Ann Whittaker was born July 3, 1936, in Mound, Minnesota to Myrtle (Koehler) and Charles Whittaker and graduated from Mound. She entered Presentation Convent September 5, 1954, and professed her vows on August 10, 1957, receiving her religious name of Sister Roch.

Sister Roch became a licensed practical nurse in 1959 at St. Joseph's Hospital (Avera Queen of Peace), Mitchell, and in 1969 earned a bachelor's in

education from Northern State College.

Sister Roch ministered in education for over 20 years, teaching in Huron, Mitchell, Dell Rapids, Miles City, Montana, and Anoka, Minnesota.

In 1980, Sister Roch returned to health care ministry as mission coordinator at Holy Rosary Hospital, Miles City, and in 1982 she served as director of mission effectiveness at (Avera) McKennan Hospital, Sioux Falls, for 14 years. She dedicated herself to the care of the elderly in 1996 and served in Dubuque, Iowa, Northfield, Minnesota, and St. Mary Parish, Dell Rapids.

Sister Roch is survived by her community family of Presentation Sisters; brothers Russ (Winnie) Whittaker, Frank (Myrene) Whittaker, Bob (Karen) Whittaker, James Whittaker (Al Chagoya), Dick (Merry) Whittaker, sister-in-law Gladys Whittaker, brothers-in-law James Cranston, Lowell Andrews and many nieces, nephews, cousins and friends.

She is preceded in death by her parents, sisters Marie "Snip" Steinberger, Estella Lukoskie, Irene Gelhaye, Jane Cranston, Kay Andrews, infant Laura Whittaker; brothers Dale and Charles Whittaker.



Fr. Paul Casper, SCJ

Father Paul Casper, SCJ, 89, died December 9 in Franklin, Wisconsin.

Mass of Christian Burial was celebrated December 14 in the Good Shepherd Chapel of Sacred Heart at Monastery Lake Residence in Franklin. Interment followed at Sacred Heart Mausoleum.

Originally from St. Paul, Minnesota, Father Paul went

to seminary at Sacred Heart Monastery and was ordained in 1957. He taught in the minor seminary, focusing on Latin and religion, and also served as dean of students.

Leaving academics, he moved to South Dakota where he served in a number of small towns.

He moved to Wisconsin in 1987 where he was associate pastor of Sacred Hearts of Jesus and Mary Parish (now, St. Martin of Tours). In the Milwaukee area, Fr. Paul was active in ministry to incarcerated youth. Before retirement, he spent several years doing parish ministry in Mississippi.

He is preceded in death by parents, Arthur and Lucille; sisters, Mary Lou (James) Bazille, Carol; brother, Kenneth (Patricia); nephews, James and Gregory Bazille.



Upcoming Spiritual Retreats



February 14th, 2020 Vespers & Valentines

Prayer Time & Candlelight Dinner

Prayer time: 6:00 PM | Dinner: 6:30 PM

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March 20th-22nd, 2020 Women's Silent Retreat

Discovering the Heart of the Father

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March 6th-8th, 2020 Men's Lenten Retreat

Living the Eucharist

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*More details online

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Need a relaxing & creative time to listen to God in new ways? Spend prayerful time working with clay, embossed cards or watercolor mediums.

No experience necessary!

Contact Sr. Emily @ 886-4181 or visit:
www.watertownbenedictines.org

Catholic Schools Week

Catholic schools around the Diocese of Sioux Falls will be celebrating Catholic Schools week January 26 through February 1. It's an opportunity to celebrate all that Catholic schools offer and contribute in their communities, dioceses and country, this year under the theme "Catholic Schools, Learn. Serve. Lead. Succeed."



"There is a strong tradition of Catholic education in our diocese and this week is an important opportunity to celebrate that in our schools and to share the good news of them to the wider community," said Daryl Thuringer, delegate and director of parish and school services for the diocese.

Since 1974 Catholic Schools week has been sponsored by the National Catholic Educational Association. Each school celebrates uniquely but often include days of open houses for those who might be considering Catholic education for their children. One continuing tradition in the Diocese of Sioux Falls is that each student and teacher receives a t-shirt, supplied by Avera, reflecting the theme.

AUSTRIA & GERMANY PILGRIMAGE

Including the Passion Play of Oberammergau

11 Days: June 30-July 10, 2020

Hosted by Fr. Gary DeRouchey



Visiting
Heidelberg • Rhine Valley
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\$4,599 PER PERSON FROM MINNEAPOLIS

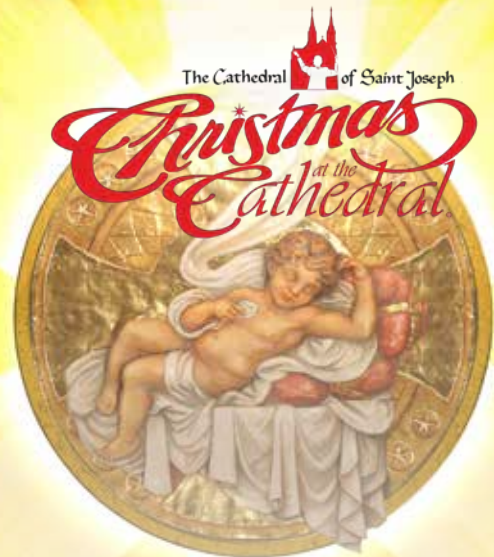
For more information contact Darby at 605-432-912

Help Wanted

Sacred Heart Parish Seeks A Director of Music

Sacred Heart Catholic Church has an opening for a full-time Director of Music. The successful applicant will work as a vital part of the parish staff team to bring the parish vision of 'Inviting Everyone to Passionately Live the Gospel' to realization, specifically through the work of sacred music. Tasks include coordinating music to enhance the liturgical services of the parish, including selecting music, playing the organ and piano for liturgies, directing choirs, coordinating cantors and accompanists, and maintaining the pipe organ and piano.

A full job description can be found at sacredheartaberdeen.net/employment-opportunities. Interested candidates are asked to send a copy of their resume and an accompanying cover letter to Fr. Mark Lichter, Pastor of Sacred Heart, at sacredheartaberdeen@gmail.com, or by mail to 502 2nd Ave SE Aberdeen, SD 57401.



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Thank you for your support of the Bishop Dudley Hospitality House and the Cathedral of Saint Joseph endowment funds

Recitation of the rosary planned

Friday, Jan. 3 - 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.

Presentation by Catholic Answers speaker

Saturday, Jan. 18 - The Office of the Marian Apostolate will host Thomas Nash of Catholic Answers in a special presentation about our Catholic faith in preparation for Lent on Saturday, Jan. 18 at 10 a.m. in the parish hall of the Cathedral of St. Joseph. No admission.

Warm a Neighbor Project for January

The Warm a Neighbor Project is collecting new gloves, mittens, hats, scarves and socks for men, women and children during the month of January. The items are given to clients of the Presentation Sisters' Latino ministry Caminando Juntos. Items can be dropped off at Hy-Vee stores in Sioux Falls.

Dr. Pat Castle to speak at multiple events in Pierre/Fort Pierre

Dr. Pat Castle, founder of Life Runners, will be speaking at multiple events that are open to the public on Jan. 26-27. Events include: Life Walk, Jan. 26 at 12:30 (start at back of Capitol parking lot). Senator Mike Rounds and Dr. Castle will speak at the 2 p.m. Hour of Reflection at the Capitol Rotunda; at 5 p.m. Dr. Castle will speak on "Living Pro-Life with Virtue" at Padre Hall at St. John the Evangelist Parish, Fort Pierre. Food will be served. Free-will offering. On Jan. 27, Dr. Castle will speak on "Real Healthcare, Support Life at All Stages" at the Capital University Center auditorium, Pierre, at noon. At 7 p.m., he will speak on "FACE it: Faith, Activism, Courts, Education" at Drifter's restaurant, Fort Pierre, for Theology on Tap. Free-will offering.

Search for Christian Maturity retreat set

Mar. 6-8 - Located at Holy Spirit Church, Sioux Falls, the retreat is a student led program featuring talks, skits, music, opportunities for confession, and celebration of Mass. A priest serves as spiritual director for the weekend. All high school and college age students and adults are welcome. Contact 605-371-1478, SiouxFallsSearch@gmail.com or www.siouxfallssearch.org for more information.

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 denjohndevlin@sfcatholic.org.

Sacred Heart Monastery

Contemplative Morning/The Benedictine Peace Center, Yankton, hosts a morning of contemplative prayer, usually on the third Saturday of every month. For more information or to register for the Jan. 18 session, contact S. Doris Oberembt at doberembt@mtmc.edu or call 605-668-6292.

Silent Retreats/Winter blues flee. God's warmth thrives in the silence of retreat. Contact us to schedule your days of silence and refreshment at the Benedictine Peace Center. Retreatants may request a spiritual director and are welcome to join the monastic community for Liturgy of the Hours and Eucharist. Contact benedictinepeacectr@yanktonbenedictines.org, or call (605) 668-6292.

Spiritual Direction/A spiritual director is an experienced companion-guide with whom you can share your experience of God, focus on and intensify your journey with God. The schedule is flexible, typically meeting once a month. Contact benedictinepeacectr@yanktonbenedictines.org, or call (605) 668-6292 for more information.

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.

Catholic Family Services

Jan. 7-Feb. 11/Grieving the loss of a spouse program. Six Tuesday evenings from 6:30-8:30 p.m. at Catholic Family Services, 523 N Duluth, Sioux Falls. Directed by Dr. Marcie Moran, this program is for adults who have lost a spouse and are trying to cope with the pain of separation and loss. Role change and loneliness are secondary losses which can complicate the grieving process. The program will offer assistance in coping with this change and making healthy readjustments. Non-denominational. Cost is a donation. Call 988-3775 or 1-800-700-7867 to register.

Feb. 29/Rachel's Vineyard one day retreat. Strictly confidential. A safe, loving, non-judgmental environment. Open to men, women, mothers, fathers, or grandparents who have been affected by abortion. Non-denominational. Sponsored by Catholic Family Services. For more information, call 605-988-3775 or 1-800-700-7867 or email cfs@sfcatholic.org.

Feb. 25-Mar. 31/Grieving the loss of a child program. Six Tuesday evenings from 6:30-8:30 p.m. at Catholic Family Services, 523 N. Duluth, Sioux Falls. Directed by Dr. Marcie Moran. This program is for adults who have lost a child and are trying to understand and reconcile their grief. The program is designed to be educational and will offer positive suggestions to help people to survive and learn to live fully again. Non-denominational. Cost is a donation. Call 988-3775 or 1-800-700-7867 to register.

Feb. 25-Mar. 31/New Program: Grieving a loss from overdose and addiction program. A six-week program directed by Janell Christenson held every Tuesday evening from 6:30- 8:30 p.m. at Catholic Family Service, 523 N. Duluth, Sioux Falls. A program for families who have lost a loved one from overdose and addiction. The suddenness of death, the complexities of addiction, the confusion and the painful reactions are significant topics of the program. This is a time when professional support is needed. Call 988-3775 or 1-800-700-7867 to register.



**SATURDAY
MARCH 21**

7:00 PM

Bishop O'Hara Performing Arts Center
Sioux Falls, SD

Benefiting the Gift of Hope Fund


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Catholic Diocese of Sioux Falls
Office of Marriage and Family

Registration Available Online:

www.sfcatholic.org/couplesconference

Got Questions? Check out our FAQ's on our website or give us a call 605-988-3755