



## WEEKLY UPDATE | Feb. 21, 2021

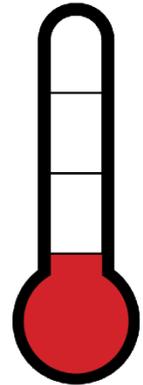
First Sunday of Lent



### 2021 Bishop's Appeal

You should have received a letter from the Bishop in your mail about the 2021 Bishop's Appeal. We've never failed to achieve our goal - let's keep the streak alive! If you've already contributed, thank you! If you haven't yet, please prayerfully consider doing so. **Remember to send your contribution directly to the Green Bay Diocese, not the parish office!**

**2021 Goal: \$60,000**  
**Reached: \$14,987 (25%)**



### Hey St. Mary Parish Family - what's the Good News?

Need a lift? Our ROCKs team and some of our Confirmation candidates put together over 200 Lent bags delivered them to parish families with kids ages 3-17. The bags included activities, treats, and a project to help families walk through Lent in a meaningful way. Thank you to everyone who helped make this happen! If you didn't receive a bag but would like one, there are some available in the back of church.

*Want more good news? [Visit us on Facebook!](#) If you have an uplifting story about someone in or something about our St. Mary Parish Family, share it with us at [info@stmaryparish.org](mailto:info@stmaryparish.org). Your story might be featured in the bulletin!*



### We Need You!

The next St. Mary Blood Drive will be on Sunday, March 7th from 7-11:30 am. To schedule your life-saving donation online please visit [communityblood.org](http://communityblood.org) or call the Community Blood Center at (800) 280-4102.

# A Grateful & Blessed Family

Ripples of God's Love - Through Our Hearts - To All Hearts!

St. Mary Parish Support			
February 2021	Budget	Received	Variance
received 2/8- 2/12/2021		10,962	
February- month to date:	65,000	33,624	-31,376
7/1/20-2/28/2021			
Fiscal Year To Date :	614,000	537,860	-76,140



## Mass Times

Mon., Feb. 22, 5:30pm  
 Tue., Feb. 23, 5:30pm  
 Wed., Feb. 24, 12:05pm  
 Thur., Feb. 25, 12:05pm  
 Sat., Feb. 27, 4:30pm  
 Sun., Feb. 28, 7:45am  
 9:45am  
 6:30pm

## Intentions

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 Jared Bardon  
 Sedella Jacob  
 Parishioners of St. Mary  
 Candace Schoultz  
 Parishioners of St. Mary  
 Sally Thomson  
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## Events Calendar

### Monday, Feb. 22

7:00pm Boy Scouts/St. Anne Room

### Tuesday, Feb. 23

2:00pm Rosary Group/Chapel

6:15pm Confessions/Chapel

### Wednesday, Feb. 24

8:30am ROCKs Meeting/L7

6:30pm Confirmation Small Groups/Community Room & St. Anne Room

### Thursday, Feb. 25

5:30pm Stations of the Cross/Church

### Friday, Feb. 26

Parish office closed

9:00am Adoration/Chapel

### Saturday, Feb. 27

8:00am Adoration/Chapel

9:00am Confessions/Chapel

### Sunday, Feb. 28

11:00am RCIA/Community Room

## Mass Attendance

In an effort to help you determine your safest options, we are providing Mass attendance numbers from the previous week. For reference, our church capacity at 25% is 120.

Monday, 5:30 pm (9)	Saturday, 4:30 pm (59)
Tuesday, 5:30 pm (5)	Sunday, 7:45 am (32)
Wednesday, 12:05 pm (27)	9:45 am (72)
Thursday, 12:05 pm (33)	6:30 pm (8)

## In Loving Memory

Please pray for the family of Sharon Brautigam. May fond memories comfort you at this time. If you have lost a loved one and would like them to be remembered in the bulletin, call the parish office at 739-5119.

## Prayer Needs

Contact Luanne Witthuhn (dlaawi@gmail.com) or Ann Walkowski (920-428-0969) if you have a prayer need. Please remember the requests in our prayer baskets.

## St. Mary Parish Office

312 S. State Street  
Appleton, WI 54911  
[stmaryparish.org](http://stmaryparish.org)

Contact Us  
920-739-5119  
[stmary@stmaryparish.org](mailto:stmary@stmaryparish.org)

Office Hours  
Monday – Thursday, 8:30am-4:30pm  
Closed Fridays

Fr. Bill Swichtenberg, Pastor  
[wdswitz@stmaryparish.org](mailto:wdswitz@stmaryparish.org)  
cell 920 422-4316

# *In Joy & Sorrow by Fr. Bill +*

Here is the homily I preached on Ash Wednesday for your reflection and prayer as we begin the Holy Season of Lent through *Desert Detours to Garden Gladness* at Easter Time.

On February 2, which was the halfway point in the season of winter, Groundhog Phil of Pennsylvania saw his shadow and announced that more winter is in store for all of us. We know that the gray, bitterly cold, and snowy days of winter do take a toll on some people, certainly our homeless sisters and brothers. Let us remember to pray for them!

There is a condition called Seasonal Affective Disorder that afflicts some people during the season of winter. The lack of light due to the shortness of the day can bring about spells of depression. In addition to counseling and maybe medication, a main form of treatment is phototherapy. The person struggling places herself or himself in front of a light box that emits 10,000 lux of fluorescent light, which is about 20 times brighter than normal indoor lighting and mimics sunlight.

A dose of about thirty minutes right after waking up in the morning can be helpful as a treatment for Seasonal Affective Disorder.

I suggest this to you as an image as we begin together the observance of the Holy Season of Lent. Lent, which coincides with the coming of spring, is about absorbing the light of the Lord's love and reflecting that light to others. Let me say that again. Lent is about absorbing

the light of the Lord's love and reflecting that light to others.

The first step in this process of awakening to the light of the Lord's love for you and me is to open our hearts to the Lord. People can preach to me until they are blue in the face, but if I don't open my heart to Jesus none of that amounts to a hill of beans. During Lent, you and I place our lives into the Lord's hands. We do it deliberately, praying, "Lord, help me to open my heart wider to you. Help me to place the darkness that is in my life in front of your marvelous light."

What is the darkness in your life? What trips you up on the journey of life? What are you feeling guilty or ashamed about? What do you want the Lord to change in your life? What is the quality of your relationships with the Lord and with the people in your life?

Lent is about change. Change is a straightforward word for conversion. Conversion is more than repentance of our sins. Conversion radically changes our lives around - pointing us back into the direction of the Lord's gaze. It is hard for the Lord to gaze upon us with merciful love if we are walking away from him. The practices of Lent help us to change.

We pray more during Lent, not to change the Lord, but to let the Lord change us. How will you pray during Lent? How will you include the Sunday Mass during Lent into your schedule either in person or via livestream?

Will you open your Bible more often during Lent?

We fast during Lent to rid ourselves of the things that clutter up our lives and make it hard for the Lord to find room in our hearts. What do you need to let go of? How will you *spring clean* your heart to prepare for Holy Week and Easter?

We share our blessings with others through acts of kindness, small and large, through our almsgiving, so that we may become more grateful and generous. The most joyful people in the world are people who give of themselves to others. How will I be more grateful and generous during Lent?

Prayer, fasting, and works of charity, these are the Lenten exercises that open our hearts wider to the Lord's magnificent love.

This Lent, let us open our hearts to the Lord!

Let us absorb the light of Jesus' love!

Filled with Jesus' love, let us reflect this light of Jesus' love to others!

Father Bill +

# HEART HEALTHY TIPS



We LOVE our parish family and want to share information to keep you heart healthy!

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Advice from  
Dr. Peter Ackell  
*Heart and Vascular  
Institute of Wisconsin*

- Diet - Calories in/Calories out.
  - Watch intake of sugars and saturated fats. Increase intake of plant proteins.
- Drink - Coffee and tea are heart healthy...NOT the sugar loaded specialty drinks from your favorite coffee shop. Avoid sugary sodas. DRINK MORE WATER! Alcohol in moderation is good for your heart.
- Exercise - Move every day. Walking is just fine. Check with your primary care physician if starting an exercise program.
- NO SMOKING NO SMOKING NO SMOKING
- Sleep – Restful sleep very important. Sleep apnea can be an issue in men and women.
- Reduce Stress – consider walks, yoga, meditation, etc.
- BE PROACTIVE – Do not assume you do not have heart disease. Consider getting a Calcium Score to better understand your risk. Check with your primary care physician to see if a stress test or CT scan might be helpful if you find you are short of breath when exercising.
- KNOW THE SIGNS AND SYMPTOMS OF A HEART ATTACK.