

ST. MARY PARISH

312 SOUTH STATE STREET • APPLETON, WI 54911

PHONE: (920) 739-5119 • EMAIL: STMARY@STMARYPARISH.ORG



BEATITUDES

BULLETIN

Bringing Hope to the World

Helping Our Youth Discover Jesus



Helping children discover Jesus is one of the most important things we do as Catholics. This happens every day in our parishes and in our Catholic schools.

Your support of the Bishop's Appeal funds the tools and training for youth ministers and faith formation leaders across northeastern Wisconsin.



Please give generously at www.catholicfoundationgb.org/give

Mass Times

Saturday 4:30pm

Sunday 7:45am, 9:45am, 5:30pm

Monday 12:05pm

Tuesday No mass

Wednesday No mass

Thursday 12:05pm

Friday No mass

Pastor - Fr. Bill Swichtenberg

wdswitz@stmaryparish.org

cell 920-422-4316

Cemetery Info

cacker@stmaryparish.org

cell 920-882-4158

STATIONS OF THE CROSS & SOUP

Thursdays at 5:30pm
Stations first, soup to follow

March 6 – St. Mary
March 13 – St. Joseph
March 20 – St. Mary
March 27 – St. Joseph
April 3 – St. Mary
April 10 – St. Joseph

Everyone, young and old,
Catholic and non-Catholic, can
take part in this prayerful and
popular Lenten tradition.

<https://bit.ly/42F27QS>

Sign-up to make soup,
desserts or volunteer!



SIGN UP NOW

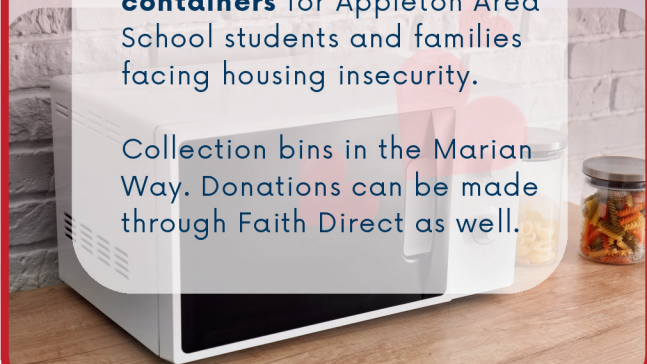


Microwave FOOD DRIVE

FEB 14-28

We are collecting
prepackaged microwavable
food items in **microwavable
containers** for Appleton Area
School students and families
facing housing insecurity.

Collection bins in the Marian
Way. Donations can be made
through Faith Direct as well.



Let us pray

Evening worship experiences

TAIZE THIS THURSDAY
FEB 20 | 6:30pm

Immerse yourself in evening prayer
that includes music, silence, and
meditation in candlelit environment.





Lenten Eucharistic Adoration

Fridays 9am-9pm
Saturdays 8am to noon

Enter door 3
Parking lot behind church
In the chapel
Mar 7 - Apr 12

Sit with Jesus, find peace and escape the noise. Adoration is simply quiet time with our best friend, Jesus. During Adoration, Jesus, miraculously alive and physically near in the form of the Eucharist, rests on the altar in the monstrance.

SIGN UP or SHOW UP?

At least one person is required to be present at all times during Adoration. If you can commit to an hour-long time slot, scan the code or click on the link below.

You're always free to drop in for any length of time during our Adoration hours, even if you haven't signed up for a time slot.

SIGN UP NOW



<https://bit.ly/40ZcTPf>



LENTEN SMALL *groups*



24

FEBRUARY
2025

REGISTRATION
DEADLINE

13

MARCH
2025

FIRST NIGHT
6:00-7:30 PM



Lenten Small Group Details

- Five Thursday evenings from 6:00-7:30 PM, starting March 13
- Each week, enjoy a simple meal, group prayer, Scripture readings, and discussion!
- Content and discussion will revolve around the upcoming Sunday's Gospel Reading and will coincide with Fr. Bill's homily series.
- All are welcome! Feel free to invite a friend to join you on this Lenten journey.

Why Join a Small Group This Lent?

Grow in Fellowship:

Build meaningful relationships with others in our parish community.

Deepen Your Faith:

Reflect on the Lenten journey through Scripture and shared insights.

Support and Be Supported:

Share joys and struggles in a space filled with compassion and understanding.



REGISTER NOW

Using the link or QR Code below:
<https://bit.ly/2025lentsmallgroup>



Please contact Kate at the
Parish Office with any questions
(920) 739-5119 • kminczeski@stmaryparish.org



WEDNESDAY ADORATION

WED FEB 19 & 26
4:30PM TO 8:00PM

ENTER THROUGH DOOR 3 BEHIND CHURCH
NO WEDNESDAY ADORATION DURING LENT



COFFEE & DONUTS

VOLUNTEERS NEEDED



<https://bit.ly/4gCBclw>



Welcome to

FLOCKS OF SPARROWS

A brand-new podcast featuring fun, heartwarming, inspiring, and silly sketches and stuff, all centered around faith and the love of Christ. Grab your headphones or crank up the garage speakers, gather family, a friend, or anybody within reach, and come along for the journey. It's time to let your faith soar with Flock of Sparrows, where every episode is a reminder that we're never alone, and that God's love is always with us, guiding us through the highs and lows of life.



CHECK IT OUT



FLOCK OF SPARROWS

Episode 1

Artist: Lee Petta



ST. MARY - APPLETON

shamrock shenanigans

TICKETS \$35/person

MARCH 15 | 6 PM

***Fox Club @ the Fox Cities
Timber Rattler Stadium***

Get tickets online or after Mass!



An evening of music, games, libations, and general merriment

Help make Shamrock Shenanigans a tremendous event while raising money for parish operations and activities.

ITEM DONATIONS NEEDED!

Silent auction item ideas:

- pontoon rides
- clay shooting party
- weekend escapes
- date night dinners
- art glass
- a pie of the month
- an iPad or Galaxy
- Packer or PAC tickets

Basket items, bucket raffle & prize ideas:

- kids toys, books, stuffed animals
- bottles of wine and alcohol
- quilts or throws
- sake set or handmade pottery
- Irish themed items

Gift cards:

- restaurants
- axe throwing
- movies or theater

Feel free to be creative and give a little Irish luck to help Shamrock Shenanigans be a great success!



<https://bit.ly/42WeQi1>

SPONSOR shamrock shenanigans

Want to sprinkle some magic on Shamrock Shenanigans? Just shimmy over to the St. Mary Parish homepage, hit that donate button, and scroll your way to the event. Or better yet, pop by our parish office and say hello! We'd love to see you!

ARE YOU READY FOR AN UNFORGETTABLE CULTURAL EXCHANGE EXPERIENCE? OPEN YOUR HEART AND HOME TO AN INTERNATIONAL STUDENT AND CREATE MEMORIES THAT WILL LAST A LIFETIME!

Welcome the World into Your Home!

Host an International Student!



Why Host an International Student?

- Cultural Exchange: Discover new customs, traditions, and perspectives from around the world.
- Lifelong Friendships: Build strong, meaningful relationships that transcend borders.
- Educational Enrichment: Provide a supportive environment for students eager to learn and grow, as well as an amazing opportunity for your own children to experience another culture.

Join Our Hosting Community Today!

- Support and resources provided by your student's exchange agency and XHS
- Regular check-ins and assistance from the agency's local representative
- \$2000 tuition discount for each international student you host to help offset costs of hosting. Most agencies also pay a monthly stipend to help cover costs.

What You Offer:

- A safe and welcoming home environment.
- A private or shared bedroom with appropriate furnishings.
- A willingness to engage and support the student's academic and social endeavors.

What You Gain:

- A unique opportunity to learn about another culture firsthand.
- The joy of sharing your own culture and traditions.
- A broadened worldview and enhanced global awareness.
- The satisfaction of making a positive impact on a young person's life.

How to Get Started:

Email Mr Matt Parish at mparish@xaviercatholicschools.org
or Mrs Kim Hammen at khammen@xaviercatholicschools.org.

We would love to talk more with you about hosting!
Once/if you are ready to host, we will connect you to the local reps for the application process.

Bring us your old Palms!

Before March 5th

Why bring us your old palms?

Blessed palms serve as sacramental symbols given to the faithful on Palm Sunday. Since these palms are blessed, it's important to dispose of them appropriately. You can return them to the church before Ash Wednesday, where they will be burned, and the ashes will be preserved for use on Ash Wednesday.

Alternatively, you have the option to burn the palm leaves at home and return the ashes to the earth. This practice honors the sacred significance of the palms while ensuring they are returned to the ground with respect.



Mass Intentions

Sat. Feb 15	4:30pm	Wendy Hafenbreadl
Sun. Feb 16	7:45am	Sharon Bengel
	9:45am	Ben Ruh
	5:30pm	---
Mon. Feb 17	12:05pm	Janice Clark
Thur. Feb 20	12:05pm	---
Sat. Feb 22	4:30pm	Fr. Michael O'Rourke & Sally Slivinski
Sun. Feb 23	7:45am	---
	9:45am	Sedella Jacob
	5:30pm	---
Mon. Feb 24	12:05pm	Emmett Clark & Janice Clark
Thur. Feb 27	12:05pm	Sally Thompson
Sat. Mar 1	4:30pm	Special Intention for young people in the military
Sun. Mar 2	7:45am	---
	9:45am	---
	5:30pm	---

Hooks & Needles Craft Fair

Saturday and Sunday,
March 29 & 30th
after 4:30, 7:45 & 9:45
Masses in the Marian Way
Proceeds from sales support
Pillars Food Ministry



SUICIDE AWARENESS



Center for
Suicide
Awareness

**SECOND MONDAY EACH MONTH
6:30 PM
AT ST. JOSEPH PARISH**

The Center for Suicide Awareness is inviting anyone who has lost a loved one to suicide to join our monthly support group.

The support group meets in the Holly Hall Building which is located between the church and the parking lot.

There is no pre-registration required. Just come.

404 W. Lawrence St., Appleton, WI.



Lock out fears LOCK-IN hope

OPEN TO STUDENTS IN GRADES 8-12

March 21 @7pm - Mount Tabor Center
March 22 @ 522 2nd Street
1:15pm Menasha, WI 54952

Cost: \$35



Please RSVP to:
marinellaredulla@spiritusministries.org



LAWRENCE
UNIVERSITY
BOWLING
NIGHT

What a fantastic night of fun, fellowship, and friendly competition at the Superbowl in Appleton early February! We had a blast connecting with our Lawrence University students for a night of strikes, spares, and plenty of laughs. Partnering with St. Joe's Catholic Church, our campus ministry is all about building community and supporting our Catholic students on their faith journey. Events like this remind us that growing in faith can be joyful, engaging, and filled with great company.

Thanks to everyone who joined us—we can't wait for the next gathering! If you are interested in helping to serve our college students, please reach out to Kate Minczeski at kminczeski@stmaryparish.org or call the Parish Office at (920) 739-5119.



Catholic Charities of the Diocese of Green Bay

QUESTIONS? CONTACT:

Putting Our Faith Into Action
920-272-8234

charitiesgb@gbdioc.org
or catholiccharitiesgb.org

Catholic Charities
Financial Health
920-272-8234



Elderly Household Assistance Grant

Need Assistance with Housing Expenses?

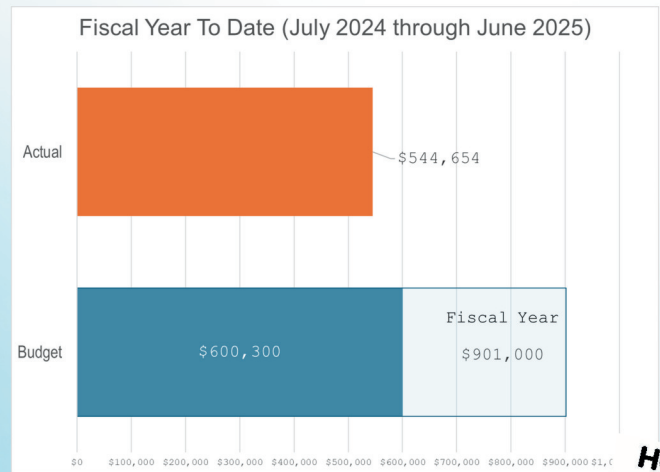
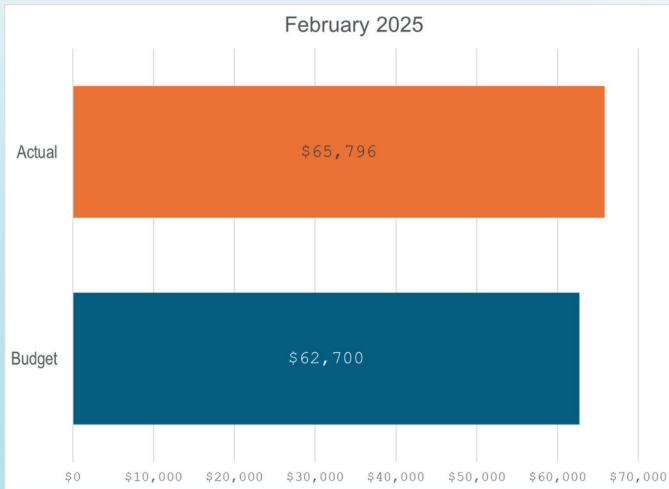
Assistance Includes:

- Rent/Mortgage Roof Furnace
- Electrical, Plumbing & Water Heating
- Security Deposit And more...

QUALIFICATIONS

- Reside in Outagamie County
- 65+ years old

Offertory Information



Who is the patron saint of messengers, telecommunication workers, and postal workers?

Annual Bishop's Appeal 2025



Clergy

Pastor, Fr. Bill Swichtenberg

wdswitz@stmaryparish.org
cell 920-422-4316

Deacon Gerry Schraufnagel

schraufnagel@stmaryparish.org
cell 920-540-9594

Pastoral Team

Nadine Duncan (Ext. 116)

Director of Pastoral
Administration
nduncan@stmaryparish.org
cell 920-659-1337

Lori Lavalle (Ext. 121)

Minister of Parish Vitality
llavalle@stmaryparish.org

Kate Minczeski (Ext. 110)

Minister of Adult Disciples
kminczeski@stmaryparish.org

Tracy Turba (Ext. 119)

Minister of Young Disciples
tturba@stmaryparish.org

Tom Walter (Ext. 114)

Minister of Liturgy and Music
twalter@stmaryparish.org
cell (920)-422-8669

Parish Leadership

Kara Main

Pastoral Leadership
Council Chair
plc@stmaryparish.org

Sarah Higgins

Finance Council Chair
fcchair@stmaryparish.org

Business Office

Chris Higgins (Ext. 102)

Director of Business
Administration
chiggins@stmaryparish.org

Kristina Resterhouse (Ext. 101) Administrative Assistant
stmary@stmaryparish.org

Mary Ellen Fisher (Ext. 103)

Bookkeeping Assistant
mefisher@stmaryparish.org

Michael Kozoroz (Ext 100)

Communication Coordinator
mkozoroz@stmaryparish.org

Facilities & Cemetery

Chip Acker

cacker@stmaryparish.org
cell 920-882-4158

Chad Tisdell

ctisdell@stmaryparish.org

Important Contacts

Parish Office Hours:

920-739-5119
Mon, Tues, Thurs, 9am-4pm
Wednesday, 9am-6:30pm
Office Closed on Fridays

Sacrament of Matrimony

Getting Married? Congratulations!
Contact Fr. Bill at least 6 months
before your planned wedding date.

Funeral Information

Contact Tom Walter

Mass Intentions

If you have lost a loved one and
would like them to be remembered
in the bulletin, call the parish office
at 920-739-5119

Confession times:

Saturdays 9-10am, or by
appointment

Parish Website:

stmaryparish.org

Cemetery Website:

stmaryparishcemetery.org

Eucharistic Adoration Wednesdays

4:30-8pm

Sign up for a slot to sit with Jesus.
We must have one person
with the Eucharist at all times.



Prayer Requests:

Contact Laurie Richter
lauriejrichter@gmail.com
Mary Jo Zilisch (920-734-1182) or
Ann Walkowski (920-428-0969)

EVENTS CALENDARS

Week of February 15-21

Saturday, Feb 15

Microwave food drive
9:00am Romona Kirkland Visitation
9:00am THEO Grief Group/LL1
9:00am Confessions/Chapel
11:00am Ramona Kirkland Funeral
4:30pm Mass

Sunday, Feb 16

Microwave food drive
7:45am Mass
8:00am Pancake Breakfast
9:45am Mass /Livestreamed
11:00am Flock of Sparrows/LL5
5:30pm Mass

Monday, Feb 17

Microwave food drive
12:05pm Mass
6:30pm New Horizon Band Practice
6:30 Handbell practice

Tuesday, Feb 18

Microwave food drive
9:00am Connect Group/LL7
1:00pm Prayer Shawl Group at St Joe's LL112
1:00pm Book Club/LL7
2:00pm Rosary Prayer group
6:30pm Matthew 25/CR
6:30pm Connect Group/LL7

Wednesday, Feb 19

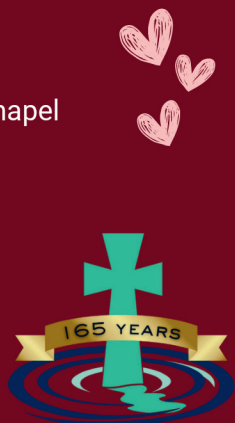
Microwave food drive
8:00am Quilting/CR
9:30am Connect Group/LL7
6:00pm Adoration/Chapel
4:45pm Beacon Faith Formation 1st, 3rd -5th grade
6:30pm Beacon Faith Formation 6th -11th grade

Thursday, Feb 20

Microwave food drive
12:05pm Mass
1:00pm Hooks & Needles/CR
6:00pm Adult Choir
6:30pm Small Group/LL7
6:30pm Taize (Let Us Pray Series)/Chapel

Friday, Feb 21

Microwave food drive
Parish Office Closed
9:00am Small Group



Week of February 22-March 1

Saturday, Feb 22

Microwave Food Drive
9:00am Confession
4:30pm Mass

Sunday, Feb 23

Microwave Food Drive
Coffee and Donuts
7:45am Mass
9:45am Mass /Livestreamed
5:30pm Mass

Monday, Feb 24

Microwave Food Drive
12:05pm Mass
6:30pm Handbell practice

Tuesday, Feb 25

Microwave Food Drive
9:00am Connect/LL7
2:00pm Rosary Prayer group
6:30pm Connect/LL7

Wednesday, Feb 26

Microwave Food Drive
9:30am Connect Group/LL7
4:30pm Adoration
4:45pm Beacon Faith Formation 1st -5th grade
6:30pm Beacon Faith Formation 6th -11th grade

Thursday, Feb 27

Microwave Food Drive
12:05pm Mass
6:00pm Adult Choir
6:30pm Small Group/LL7

Friday, Feb 28

Microwave Food Drive (last day)
Parish Office Closed
9:00am Small Group

Saturday, Mar 1

Microwave Food Drive
9:00am THEO Grief Group/LL1
9:00am Confession
4:30pm Mass

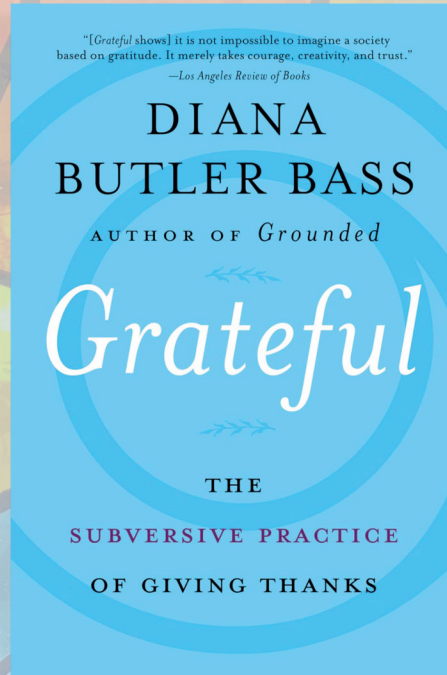
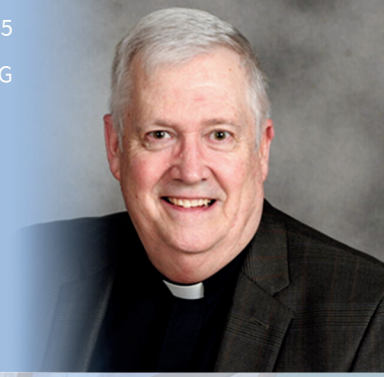


Saint Gabriel the Archangel

in Joy & SORROW

ST MARY PARISH - APPLETON // 2.14.2025

WITH FR. BILL SWICHTENBERG



I LIKE THE REFLECTIONS OF DIANE BUTLER BASS VERY MUCH. DIANE HOLDS A PHD IN RELIGIOUS STUDIES FROM DUKE UNIVERSITY AND IS A REGULAR COMMENTATOR ON RELIGION, POLITICS, AND CULTURE FOR MEDIA OUTLETS NATIONWIDE.

She also completed studies at the interdenominational Gordon-Conwell Theological Seminary. She lives in Alexandria, Virginia, with her husband, daughter, and dog. She enjoys gardening. Ms Butler's website is called

The Cottage. Some of the material there is available to non subscribers. I subscribe because I find her reflections grounded in the Gospel of Jesus, prophetic and courageous. Ms Butler does not put her head in the sand so as to ignore the gospel ramifications of what is happening all around us. I confess that I am not as brave as she is. Recently, she reported that on these chaotic days, she is rereading her book, Gratitude: The Subversive Practice of Giving Thanks.

I have picked up this book for myself. Who knows, it just might be a fine book for spiritual reading during Lent!

She admits that she is struggling these days and shared on her website her "Ten W's" as an aid to coping better, staying grounded, and remaining hopeful and grateful.

Here are her
TEN W's

WAKE UP (everyday)

Sleep is important, but hiding under the covers is bad. Get on

some sort of schedule for sleeping and waking. And don't doom scroll before bed.

WELCOME THE DAY (everyday) with gratitude. Say "thank you" first thing when you wake. The night and day are still doing their thing, no matter what. You may feel defeated or scared. But you are alive. Life is the first and most fleeting gift.

Remember Stephen Hawking: "Where there's life, there's hope."

WALK (everyday) Get fresh air and exercise. This isn't a weight loss program or training for a marathon. Walk to feel the ground under your feet and notice all the little things on your street, in your neighborhood, at the park. Feel your body in the world. Move, be attentive to your world, pray or meditate as you go (if you like). Or just put one foot in front of the other.

(BE) WITH OTHERS (everyday) Don't isolate yourself. Reach out or connect with someone every single day. Face-to-face, via text or email, or write a letter. Go to church or synagogue. (I know lots of people who have theological

questions who go to church just to be with others.) Volunteer to feed the hungry or read to children at the local library (Support your local library!) [Let me put in a plug here for our newly-renovated Appleton Public Library which opens this Saturday!] Do good for and with others. Go to conferences. Hang out with people you trust. Start a book group.

WORK (most days, but take off Sabbaths too!) Keep doing your work. Do what you love. Practice your vocation. Don't try to do everything all the time. Focus on your own gifts and calling. This isn't just working at a job. Clean your house, rearrange your closets, take up a hobby. You may be challenged in the future to go far beyond your comfort zone. But it is far more likely that the work you do will be your primary arena of acts of assistance, democracy, and justice on behalf of others. Be an everyday hero wherever you are.

WRITE (everyday, weekly, or often) Keep a journal of these days. Express yourself as fully as you can in its pages. If you don't like

writing, draw or weave or throw pots. Whatever. Have a creative way to work through your fears, losses, or doubts. You may think you don't want to remember any of this. But one day, you — or someone who comes after you — will be grateful to know your story of now. And writing or art can clarify things for you.

WATCH THE NEWS (as able) You must stay informed. If you can't watch the news, read or listen to it. Subscribe to a few news digests that deliver news in smaller, digestible bits. I subscribe to ProPublica, The Guardian, Bloomberg, and Heather Cox Richardson's daily newsletter. [I read Ms. Richardson. She presents a historical perspective of current events.] I still get the Washington Post and the New York Times, keeping in mind their recent editorial shifts, etc. Support local journalism. Use the mute button on your remote. Be cautious with sources. You don't need to know everything, but being aware of at least some things is important.

WIDE-SIGHT

(a practice to develop)

Broaden your perspective by looking to the periphery. I wrote about wide-sight in my book *Grateful* (pp. 65-67). But I first learned the practice from Parker Palmer in *The Courage to Teach* (which is still one of my favorite books ever). Here's his explanation:

Normally when we are taken by surprise, there is a sudden narrowing of our visual periphery that exacerbates the fight or flight response — an intense, fearful, self-defensive focusing of the “gimlet eye” that is associated with both physical and intellectual combat. But in the Japanese self-defense art of Aikido, this visual narrowing is countered by a practice called “soft eyes,” in which one learns to widen one’s periphery, to take in more of the world. If you introduce a sudden stimulus to an unprepared person, the eyes narrow and the fight or flight syndrome kicks in. But if you train a person to practice soft eyes, then introduce that same stimulus, the reflex is often transcended. This person will turn toward the stimulus, take it in, and then make a more authentic response — such as thinking a new

thought. Don’t get fixated on the direct threats. Instead, remind yourself to look toward the edges of your field of vision. What’s there? What’s not immediately obvious? Is there something on the periphery that is helpful, healing, or hopeful?

WEEP (whenever)

Embrace whatever emotions come up. I've cried many days in recent months. But I've laughed, too. Don't judge how you feel on any given day (or at any given hour). Don't regret the tears and don't feel guilty about joy — and all the feelings in between the two. If you have someone to talk to about your feelings, share what's going on.

WONDER (as much as possible)

Go out into nature, spend time at an art museum, listen to our favorite music, read books and poetry, get obsessed with space photos from the Webb telescope — anything that connects you to beauty and deepens your awareness of awe. Researchers have discovered that “awe leads to goodwill, cooperation, and a transformed sense of self as part of a community.” (Berkeley professor Dacher Keltner) Embrace mystery. Ask

unanswerable questions. Awe is “pro-social” and has been shown to reduce polarization!

Wake up, Welcome the day, Walk, (Be) With others, Work, Write, Watch the news, practice Wide-sight, Weep, and Wonder.

Permit me to add an eleventh W!

Woo the Lord.

Turn to Jesus often in prayer. Ask Him to draw nearer and nearer to you. Ask Him to remind you, that for those who trust in the Lord, echoing the prayer of St Julian Norwich, the beautiful nun and mystic of the Middle Ages, “All will be well and every manner of thing will be well!” The Lord has got this for you and me! Bring before Jesus our sisters and brothers who are suffering on these days. Love, and not cruelty, always has the last word for those who follow Jesus' Way of Love!

Fr. Bill +