

# Catholic Tri-Parish Community

STS. SIMON & JUDE  
105 S. Bates St.,  
FLANDREAU, SD 57028

OUR LADY OF GOOD COUNSEL  
PO Box E  
ELKTON, SD 57026

ST. PETER  
Colman, SD  
c/o Sts. Simon & Jude



## Abstinence and Fasting

**This Wednesday is Ash Wednesday which begins the Season of Lent with Abstinence and Fasting:** We receive ashes on our foreheads to remind us of our lowliness before God, our approaching death and need to repent of our sins. In the Catholic Church, this is an obligatory day of abstinence and fasting. Abstinence and fasting are spiritual exercises to help believers humble themselves before God and to strengthen their "will" by controlling their bodily desire to eat food when they feel hungry. The 40 days of Lent remind us of the 40 days that Jesus spent in the desert praying, fasting and being tempted by the devil. Later, during His ministry, "Jesus summoned the crowd with his disciples and said to them, 'whoever wishes to come after me must deny himself, take up his cross and follow me.'" (Mk 8:34) Fasting and abstinence are two ways of denying ourselves.

**Abstinence** is for all people fifteen years of age and older. (Canon #1252). Abstinence is when we make a sacrifice and deny our desire to eat meat. **"Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ."** (Canon 1251) Friday abstinences are to remind us of The Ultimate Sacrifice of our Lord Jesus Christ, who not only denied Himself physical comfort, but He suffered terrible pains physically, emotionally and spiritually to atone for our sins on The Cross. Abstinence, also, allows us to unite our personal sacrifice of not eating meat, to The Ultimate Sacrifice of Jesus Christ suffering pain and death for us. Compared to Jesus' sacrifice, abstinence is a very minimal level of sacrifice on our part.

**Fasting** is when we do not eat any food for a single day or for multiple days, and then breaking the fast at the meal called "breakfast" which is short for breaking the fast. Remember!!! fast **according to your ability!** The Catholic Church has made fasting quite easy because some people have serious difficulty in fasting. The Church defines a "fast" as eating only one full daily meal, plus two smaller meals, in other words, eliminate one full meal out of the day and no snacking in between; this is technically a **partial fast, but it is a fast.** Another method of the **partial fast** can be done by eating bread and drinking water in order to maintain strength and attentiveness while working throughout the day of fasting. Fasting is an exercise in the practice of our Faith to help us unite our sacrifices to The Sacrifice of Jesus, and it is to strengthen our "will" to be the master of our bodies through self-control. Fasting is for all healthy adults, beginning in their 19<sup>th</sup> year of life, and for adults less than 60 years of age. (Canon #1252)

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence; A person can fast almost any time, traditionally Fridays and Wednesdays throughout the year have been used as days of fasting, although fasting as a spiritual exercise can be done on any day of the week.

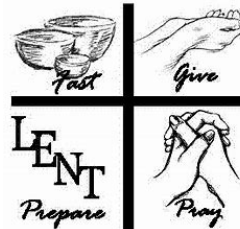
**Exceptions to Fasting:** **1)** People who are sick, injured or not in good health and need the physical nourishment of food to maintain physical health. **2)** People 18 years of age and under or people 60 years of age and older, since the youth are growing and the elderly require nourishment to stay healthy. **3)** Women who are pregnant or nursing child/children to maintain healthy nourishment for themselves and their child/children; **4)** People whose work is hard manual labor should eat according to their need to maintain physical strength and be attentive at their work; **5)** People of unsound mind (who do not have the temperance/self-control to endure bodily hunger or fatigue); **6)** When you are a guest at a meal and cannot excuse yourself without giving offense to your host, or when you are in other situations of moral or physical impossibility to observe the penitential discipline.

Remember, these are general guidelines for people to make good decisions with regard to the spiritual exercises of abstinence and fasting, as each person evaluates their own physical, psychological and spiritual condition.

*Fr. Doug Binsfeld*



FATHER DOUG BINSFELD, PASTOR  
605-997-2610  
frdoughbinsfeld@sfcatholic.org  
MARILYN SCHWEBACH, secretary  
simonjude@iw.net FAX: 573-2080  
SR BENEDICTA LONG (ELKTON) 605-542-8221  
FR WM OSBORN (COLMAN) 605-660-3206



**6th  
Sunday  
Ordinary  
Time  
February  
11, 2018**

Liturgy Schedule			Location	Mass Intention
<b>Mon., Feb. 12</b>	7:45 AM	Prayer/Communion Service	Elkton	-----
<b>Tues., Feb. 13</b>	7:30 AM 7:45 AM 1:30 PM	Mass Prayer/Communion Service Mass (Father Osborn)	Flandreau Elkton Colman	† Kenneth Doyle ----- -----
<b>Wed., Feb. 14 Ash Wednesday</b>	11:00 AM 6:00 PM 7:00 PM 8:00 PM	Mass at Edgewood Vista Mass Mass (Father Osborn) Mass	Colman Elkton Flandreau	All Parishioners † Marguerite Strenge † Mike Seivert † Henry Haman
<b>Thur., Feb. 15</b>	7:45 AM 9:00 AM	Prayer/Communion Service Mass/Exposition/Adoration	Elkton Colman	----- † Bernice Hinricher
<b>Fri., Feb. 16</b>	7:45 AM 5:30 PM 1:30 PM	Prayer/Communion Service Mass/Exposition/Adoration Mass (Father Osborn)	Elkton Flandreau Colman	----- † Mabel Heinemann -----
<b>Sat., Feb. 17</b>	5:00 PM	Mass	Colman	† Loretta Heinrich
<b>Sun., Feb. 11</b>	8:30 AM 9:00 AM 10:30 AM	Mass Mass Mass	Elkton Aurora Flandreau	† John Neill All Parishioners † Ken Iott

### MINISTERS OF SERVICE

#### **COLMAN ~ SAT., FEB. 17**

**Lay Minister:** Maureen Baumberger, Mary Gengler,  
Doug Entringer

**Lect/Comm:** Ann Voelker

**Altar Servers:** Madison Voelker, Lanie Mousel

**Gifts/Ushers/Greeters:** Bob Heinrich Family

#### **ELKTON ~ SUN., FEB. 18**

**Lay Minister:** Sharon Landsman, Shari Myers

**Lect./Comm.:** Kelly Neill, Mary Remund (C)

**Altar Servers:** Aiden & Tevan Erickson

**Greeters/Gift Bearers:** Lenny & Karen Burlage

**Ushers:** Arlo Jurrens, Tom Gebhart

#### **FLANDREAU ~ SUN., FEB. 18**

**Lay Minister:** Dave/Deb Feske, Libby Heinemann

**Lect./Comm.:** Pat Weight, Amy Weight (C)

**Altar Servers:** Kelsey Sutton, Makayla Welbig,  
Jaelyn Gaspar

**Ushers/Greeters:** Glenn Burggraff Family  
Jesse Gaspar Family

**Sacristan:** Pam Rorvik-Albers

### Daily Mass Readings

Feb. 12: James 1:1-11; Ps 119:67, 68,71, 72, 75, 76; Mark 8:11-13

Feb. 13: James 1:12-18; Ps 94:12-13a, 14-15, 18-19; Mark 8:14-21

Feb. 14: Joel 2:12-18; Ps 51:3-4, 5-6ab, 12-13, 14 & 17; Matthew  
6:1-6, 16-18

Feb. 15: Deuteronomy 30:15-20; Ps 1:1-2,3,4 & 6; Luke 9:22-25

Feb. 16: Isaiah 58:1-9a; Ps 51:3-4, 5-6ab, 18-19; Matthew 9:14-15

Feb. 17: Isaiah 58:9b-14; Ps 86:1-2, 3-4, 5-6; Luke 5:27-32

Feb. 18: Genesis 9:8-15; Ps 25:4-5, 6-7, 8-9; Mark 1:12-15

### MINISTERS OF SERVICE - ASH WEDNESDAY

#### **COLMAN - 6:00 p.m.**

**Lay Minister:** Alice Berg, Jerry Hemmer, Mary Gengler

**Lect./Comm:** Paula Heinrich

**Altar Servers:** Kadance Landis, Lanie Mousel

**Gifts/Ushers/Greeters:** Judy Miles

#### **ELKTON - 7:00 p.m.**

**Lay Minister:** David & Carol McMahon

**Lect./Comm.:** Sharon Landsman

**Altar Servers:** Abby & Alex Landsman

**Greeters/Gift Bearers:** Lenny & Karen Burlage

**Ushers:** Arlo Jurrens, Tom Gebhart

#### **FLANDREAU - 8:00 p.m.**


**Lay Minister:** Tom Stenger, Betty Gross, Susan Gross

**Lect./Comm.:** Pam Rorvik-Albers, Erica Rorvik (C)

**Altar Servers:** Elizabeth/Marianna/Isabella Pavlis

**Ushers/Greeters:** Glenn Burggraff Family  
Jesse Gaspar Family

**Sacristan:** Tammy Stenger

Feb. 4 <sup>th</sup> Our Weekly Offering		<b>Elkton: \$1603</b> <b>Flandreau: \$1840</b> <b>Colman: \$1591</b>
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## **STS. SIMON & JUDE**

**CCD:** Preschool-6th Grade CCD will be held February 14 5:45-7:00 p.m.

**Quilting:** Thursdays - 8:30 AM.

**Bible Study:** Fridays at 10:00 - call Libby at 997-2654 if interested.

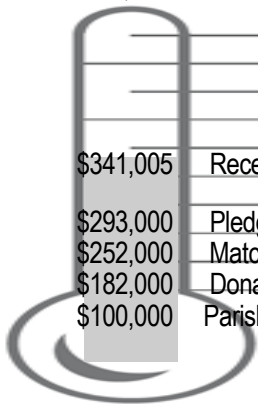
**Lenten Soup Suppers** begin February 21 with serving beginning at 5:00 p.m.

**Stations of the Cross** will be held Wednesdays at 7:15 p.m., led by CCD students and on Fridays at 5:00 p.m. followed by Mass and confessions.



Welcome into the parish family to Garrett James Schoeberl, son of Dusty and Amy Schoeberl. We pray for God's blessings and grace that they continue to follow the way of Jesus Christ.

**\$445,000 Elevator Project Fundraising Goal**



\$341,005 Recent Donations - 48,005  
\$293,000 Pledges - 41,000  
\$252,000 Matched Funding - 70,000  
\$182,000 Donations thru Oct. 2017 - 82,000  
\$100,000 Parish Bldg Fund Savings - 100,000

Donations and memorials are sincerely appreciated.

## **OUR LADY OF GOOD COUNSEL**

**CCD:** Wednesdays at 6:30 PM, gr. 1-12.

**Lenten Soup Suppers** begin February 14 with serving from 5:30-6:30. Tomato soup and grilled cheese sandwiches will be served on Ash Wednesday.

**Stations of the Cross** will be held at 7:00 p.m. on Wednesdays during Lent (led by students).

## **ST. PETER**

**CCD:** No CCD Wednesday, February 14.

**Lenten Soup Suppers** will begin February 21. Serving is from 5:30-6:30. CDA serves on February 21.

**Stations of the Cross** will be held at 7:15 p.m. on Wednesdays during Lent (led by students).

**Bishop Hoch Scholarship:** Applications are now being accepted for a \$1,000.00 scholarship to attend Mount Marty or Presentation Colleges. Contact [tgeiver@sfcatholic.org](mailto:tgeiver@sfcatholic.org).

## **FEBRUARY PRAYER INTENTIONS OF POPE FRANCIS**

Say "NO" to corruption  
That those who have material, political, or spiritual power may resist the lure of corruption.

## **CATHOLIC FAMILY SHARING APPEAL**

Today we collect pledge cards for the Catholic Family Sharing Appeal - 2018. This is an opportunity for us to unite with all Catholics in the diocese to share our blessings and to show our concern for one another. Every gift, regardless of the size, is important to the success of Catholic Family Sharing Appeal and the many ministries that it supports.

If you did not bring yours this week, please fill it out and return it as soon as possible. We need participation from everyone to support the many works of our diocesan church. If you cannot participate financially, fill out your card and offer a prayer for the success of Catholic Family Sharing Appeal. Our goal is 100% participation through time, talent and treasure. Again, any amount raised above the goal will stay in the parish. To those who returned their cards, thank you for your generous response!

## **ASH WEDNESDAY MASSES**



St. Peter 6:00  
Our Lady of Good Counsel 7:00  
Sts. Simon & Jude 8:00

**OPERATION RICE BOWL** - Throughout Lent we will pray, fast, learn and give as a way to reach out in solidarity with our brothers and sisters around the world. Each household is invited to eat less and save monies. Those saved monies will be used to provide services to the poor through Catholic Relief Services. **Please be sure to take home a Rice Bowl packet available in the church entrance.**

**Catholic Conversations** at St. Thomas More in Brookings, Saturday, February 17th from 9:30 AM to 11:30 AM. Dr. Chris will be sharing ways to help others see that the Church's teachings are actually all about Truth, Happiness, and Love. For more information about upcoming Catholic Conversations events check out <http://www.sfcatholic.org/catholicconversations>. If you would like to bring a workshop to your parish please call Chris at 605-988-3770. We would love to come to your parish.

## **Pray for Vocations!**

### **The Abbey of the Hills Retreats**

Register at [www.AbbeyOfTheHills.com](http://www.AbbeyOfTheHills.com) or call 605-398-9200

- February 13 - Fr. Dana Christensen will present: The Message of Our Lady of Fatima. The day will begin at 10:00 a.m. and end at 3:00 p.m. Lunch is provided. Cost: Free-will donation.
- March 2-4 - Men's Lenten Retreat - The retreat begins at 7 p.m. Friday and concludes at 11:00 a.m. Sunday
- March 9-11 - The Matthew Ministry: Inner Healing Retreat. The weekend begins at 7:00 p.m. on Friday and ends with lunch on Sunday.
- March 16-18 - Retrouvaille: Help for Troubled & Strained Marriages. To register and for general information visit: [www.retrouvaille.org](http://www.retrouvaille.org) or call 605-988-3755

### **Broom Tree Retreats:**

For more information and to register please call (605) 263-1040, email [broomtree@sfcatholic.org](mailto:broomtree@sfcatholic.org) or [www.broom-tree.org](http://www.broom-tree.org)

Prayerful donations requested for retreats

### **Silent Retreats:**

- **Women's:** Feb. 15-18, March 15-18, May 3-6, June 21-24,
- **Men's:** February 22-25, April 19-22, May 17-20

### **Days of Recollection:** 10:00 AM thru mid-afternoon

- Feb. 13 – “The Seven Last Words of Christ” directed by Dr. Teri Kemmer
- March 13 – “The Passion of God & the Passion of Man: Why Suffering, Why Me?” directed by Msgr. Richard Mahowald,
- April 17 – “The Heart of the Book of Romans” directed by Father Andrew Dickinson,
- August 21 – directed by Fr. Tom Anderson
- September 11 – directed by Dr. Teresa Kemmer,

### **Inner healing retreats** – March 2-4, October 12-14

### **Baptismal Preparation Class:**

Required of all parents requesting to have their child baptized.

Classes are held on the 1st Tuesday of each month in SS&J Parish Basement. Contact Fr. Doug (997-2610)

prior to the class to register and give baptismal information.

**Grieving the Loss of a Child:** Tuesdays 6:30-8:30pm **February 27- April 3**, Catholic Family Services, 523 N. Duluth, SF. Directed by Dr. Marcie Moran. Call 988-3775 or 1-800-700-7867 to register, the program is non-denominational. Cost – Donation. For adults who have lost a child and are trying to understand and reconcile their grief; designed to be educational and will offer positive suggestions to help people to survive and learn to live fully again.

**Who Am I and Who is My Neighbor Myers-Briggs Workshop** **February 16-17**. Harmony Hill Hall Watertown. Suggested donation is \$70 and int includes room and board-\$40 for commuter. Contact S. Emily for more information at 886-4181 or [sisteremily@hotmail.com](mailto:sisteremily@hotmail.com)

Please join us for our **Lent Day of Recollection** on Saturday, February 24th from 9:30 a.m. until 3:00 p.m. in Holy Spirit Church, Sioux Falls. Msgr. Charles Mangan will lead us in our theme, “Is Forgiveness Really Possible?” Since lunch will be included, please call Kathy Davis, 371-2320, to RSVP.

### **Lenten Retreat February 17, 2018**

“Befriending Silence, Tending the Heart” at the Benedictine Peace Center, Sacred Heart Monastery, in Yankton. This morning of reflection, presented by the Peace Center staff, will give you the opportunity to experience silence and consider how you can make it a part of your life, as well as a Lenten discipline. The suggested donation is \$20. Registration requested by Feb. 14 by calling 605-668-6292 or e-mail [BenedictinePeaceCtr@mtmc.edu](mailto:BenedictinePeaceCtr@mtmc.edu)

**Surviving Divorce-** begins Sunday, February 18, 2018 in Watertown, SD at Immaculate Conception Parish. Sessions are held on Sunday evenings, 6:30-8:30pm. Cost of \$45 per person includes refreshments and all materials for 6 weeks. For information or to register contact Catholic Family Services at 605-988-3775 or [cfs@sfcatholic.org](mailto:cfs@sfcatholic.org). Scholarships are available.

### **18th Annual Catholic Family Services Gift of Hope Concert** featuring Matt Maher.

Saturday, March 24th - 7:00 p.m. (one show only) at Harrisburg High School Performing Arts Center. Order tickets online at [ccfesd.org](http://ccfesd.org). For concert or ticket information call 605-988-3765. General admission tickets will also be available at all SF HyVee stores after February 1st (while supplies last). All proceeds benefit the Catholic Family Services' Gift of Hope Fund - which provides support for people of all faiths, ages and walks in life through their counseling services, grief programs and adoption services.