

SACRED HEART - SAINT LUKE CATHOLIC COMMUNITY

SACRED HEART, Spring Valley †
N108 Sabin Avenue

SACRED HEART, Elmwood †
106 West Wilson Avenue

SAINT LUKE, Boyceville
919 Center Street

OUR PASTOR

Rev. Prince A. Raja

Residence

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OUR STAFF

Central Office

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Our Mass Schedule for This Week

Tuesday 10-11).....6:30PM Mass at Spring Valley

+Rose Borgerding (Dave & Rita Johnson)

Wednesday (10-12).....7:30PM Mass at Elmwood

+Lorraine McCardle (Dan McCardle)

Thursday (10-13).....8:00AM Mass at Spring Valley

+Jeanne Mountin (Bill & Julie Richardson)

Friday (10-14)..... 1:30PM Mass at Heritage of Elmwood NH

+Mary Jo Rathke (Jean Rathke)

Twenty-Ninth Sunday in Ordinary Time

Saturday (10-15).....6:30PM Confirmation Mass at Menomonie

8:00PM Vigil Mass at Elmwood

Missa Pro Populo

Sunday (10-16).....8:30AM Mass at Boyceville

+Daryl and Andy Adams (Joe & Karen Adams)

10:30AM Mass at Spring Valley

+Alyssa Spence (Bob & Una Jenny)

BRIEFLY NOTED

Attention: All Elmwood Altar Servers are *required* to attend an updated instructional training on new responsibilities Saturday, October 15th at 9am.

Food for the Poor Mission Appeal: Please join us this weekend of October 8th and 9th to hear Fr. Scott Steinkerchner, O.P. speak at all the weekend masses in our parishes about a ministry providing direct relief to the poor throughout Latin America and the Caribbean. Fr. Steinkerchner will share personal witness about Food for the Poor's mission to care for the destitute as a means of living the Gospel mandate to love one another. Please extend a warm welcome to Fr. Steinkercher and consider giving generously to his appeal and participate in corporal work of mercy by helping those in need.

Spring Valley CCD: We are looking for a Children's Liturgy leader or co-leader for the 10:30am Masses from October through April in Spring Valley. Contact Laura Buchal at 772-4452 with questions or to sign up.

St. Francis Autumn Buffet: St. Francis parish of Ellsworth is hosting their Autumn Buffet on Monday, October 17 at 6:30PM featuring the music of Rosie Conway, Colleen Raye and Norton Lawellin. The meal is \$8 and all are welcome to attend.

Fatima Celebration: You're invited to a celebration in honor of Our Lady of Fatima to be held on Thursday, October 13 beginning at 4:30 PM at Andy and Natalie Price's Farm in Dodge Center, MN. There will be Confession, Adoration, Mass (with a Harvest Blessing) followed by dinner (free will offering). Father Will Thompson, Director of Vocations, Diocese of Winona, will be the guest speaker. There will be a bonfire (weather permitting) and music. For further information please contact Andy Price (507-259-7675) or stjosephdrivingschool@kmtel.com or visit the website: <http://www.dodgecatholic.org/wp-content/uploads/2016/09/>

CONFESSIONS

Tuesday 5:45-6:15 PM

Spring Valley

Saturday 7:00-7:45 PM

Elmwood

Sunday 7:45-8:15 AM

Boyceville

ADORATION OF THE BLESSED SACRAMENT

Monday 6:00 AM to 6:00 PM

Boyceville

Thurs. 8 AM to Friday 8AM

Spring Valley

DAA in Spring Valley:

This week, of the \$3,270 pledged, \$1,895 was sent leaving a balance due of \$12,577. Thank you.

Spring Valley Adoration:

We are looking to fill 2 hours every other week on Thursday, from 3-4 pm and 8-9 pm. Contact Laura Buchal at [715-772-4452](tel:715-772-4452) if interested.

Attention All Parishioners:

As you return your Diocesan Annual Appeal pledge card, please take a few minutes to make any necessary changes to your address. These changes will be recorded at the Central office and the Diocese. Thank you for your help!

Elmwood Lectors and

Eucharistic Ministers Needed:

Our Elmwood parish needs more Lectors and Eucharistic Ministers. For those interested in serving in these roles please contact Becky.

FORMED LOG-IN INFO

To setup an account visit:

www.formed.org and enter the Parish Access Code: **CQH26N**

DOWNLOAD OUR APP

Search for "myParish-Catholic Life" in your app store. Follow installation prompts, select your parish to stay connected with parish events and Mass times.

BULLETIN DEADLINE

Items must be received at the Central Office by **Tuesday 3PM.**

VISIT US ON THE WEB

www.svecatholic.org

Twenty-Eighth Sunday in Ordinary Time

Our gospel today teaches us about the striking lesson of gratitude. To explain this more, the evangelist depicted this striking event in the life of Jesus where ten lepers (9 Jews and 1 Samaritan) went to Him and asked for a healing. They are like customers asking Jesus for a healing service because they believe that Jesus could heal them. He gives it to them for free without asking any doctor’s fee. Unlike today, you will not be treated or admitted in a hospital unless you deposit a certain amount. After healing Jesus tells them to go to a priest to see to it that they really are cured as commanded by the Jewish law. As for today, they have to go to the health workers of the Department of Health and ask for a medical certificate to prove that this person is really healed.

Their leprosy did not only disfigure their bodies, it also caused them to be banished and rejected from their community. However, only one returned to Jesus to give him thanks and he was a Samaritan. When the nine got what they wanted, they never came back. It was because they prided themselves as the chosen people of God and for them God has an obligation for them. So, there is no need to give Jesus thanks.

A closer look at gratitude

What is gratitude? It is an awareness of, and appreciation for, the good things in our life and not taking them for granted. It is a spiritual attitude insofar as we accept whatever God offers. It is also strength of character that we can develop by acknowledging the role of other people in making our life possible and enjoyable. The findings of contemporary psychology confirm the positive effects of gratitude on general wellbeing and happiness. There are three ways in which we can develop the character strength of gratitude.

1. Write gratitude letters.

Are there people who have played an important role in your life, and you have not expressed your gratitude to them explicitly? Why not write a letter of gratitude to them? A letter would be more meaningful than an email or text. Research by psychologists has found that people who wrote a gratitude letter to someone they had never properly thanked were happier and less depressed one month later compared to those who had simply written about an early memory. You might want to consider writing a letter of gratitude to God too!

2. Keep a gratitude journal.

At the end of each day, or even once a week, think of writing three things that went well for you that day or week. Sometimes you could just write a prayer thanking God for that day or week. Mention some details. Again in a psychological experimental comparison, those who kept gratitude journals on a weekly basis enjoyed better physical health, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events.

3. Say ‘thank you’ on a regular basis during the day. Say ‘thank you’ to people around you. Say ‘thank you’ to God. More than the vocal expression of gratitude, the attitude is important. Again, children who practice grateful thinking showed more positive attitudes toward school and their families. So, when your mind wants to focus on the dark side of things, look for a crack through which you can see the light. Perhaps that little ray through the crack could become for you the light of salvation.

Rev. Prince Raja

Stewardship for October 1-2, 2016

“How shall I make a return to the Lord for all He has -done for me?” (Psalm 116:12)

	Adult Envelopes	Offertory
Spring Valley	\$2140	\$103.50
Elmwood	\$1,045	\$109
Boyceville	\$960	\$188.89

BRIEFLY NOTED

Altar & Rosary Society Dues: Ladies, a friendly reminder that Altar and Rosary member dues of \$10 are due November 1st. You may put in the box downstairs in the Church basement or send to PO Box 54, Elmwood. Thank you.

Confirmation Students Important Dates:

Wednesday, October 12 @ 7-8:00pm - Confirmation Rehearsal at St. Joes Menomonie SPONSORS or PARENTS need to attend with you.

Saturday, October 15 @ 6:30pm -CONFIRMATION @ St. Joe’s Menomonie, reception follows in church basement.

Webinar on Amoris Laetitia: Listening to the Joys and Hungers of Families (Part 2): This webinar is provided by the Strong Families national partnership and is part of an 8 part series on the topic of *Amoris Laetitia*. Join panelists for Q & A about the content presented by master teacher Dr. Tim Hogan, Director of Grace Counseling Center in Detroit. This webinar is intended to help “unpack” the content in the video presentation which will be emailed a week prior to the webinar. **Part 2 of the series will follow on October 12th where another panel will take questions addressing how these concepts apply to various ministries.** The panel discussion will be presented by the following individuals:

- Michael Theisen – Direcotr of Ministry Formation, Strong Catholic Families National Coordinator
- Jeff Heinzen – President of the McDonell Area Catholic Schools
- Alice Heinzen – Director of the Office for Marriage and Family Life, Diocese of LaCrosse
- Frank DeSiano, CSP – President: Paulist Evangelization Ministries
- Dr. Dan Ryan – Superintendent, Diocese of Sioux Falls

Register by going to this link or email Becky in the Central Office for the link:

<https://attendeegotowebinar.com/rt/2124930840970327810>

