

January 16, 2022 | The Second Sunday of Ordinary Time

PASTOR: REV. MICHAEL J. MORIN
Cell #: 402-937-5785
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ASSISTANT PASTOR: REV. MATTHEW KOVAR
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Church Mailing Address:
1720 Lake Street
Lincoln, NE 68502

Hours: 9:00 a.m. - 3:00 p.m.
Church Rectory Phone #: 402-474-4249
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Church Website:
<https://blessedsacramentlincoln.org>

BOOKKEEPER: JENNIFER TINSLEY
jennifer@bsc.church

PARISH SECRETARY: CINDY UHING
cindyuhing@bsc.church

Bulletin Submissions are due by 12:00 p.m.
on Wednesdays to Cindy Uhing

SCHOOL PRINCIPAL: JENNIFER TRAN
Email: jennifer-tran@cdolinc.net

SCHOOL SECRETARY: MELISSA TVRDY
melissa-tvrDY@cdolinc.net

School Address:
1725 Lake Street
Lincoln, NE 6850

School Phone #: 402-476-6202
School Website: <https://blessed-sacrament-school.com>

Weekly Mass Schedule
Mon.-Fri.: 6:30 a.m., 8:20 a.m. Sat.: 8:30 a.m., 5:30 p.m.
Sun.: 8:30 a.m., 10:00 a.m., 11:30 a.m.

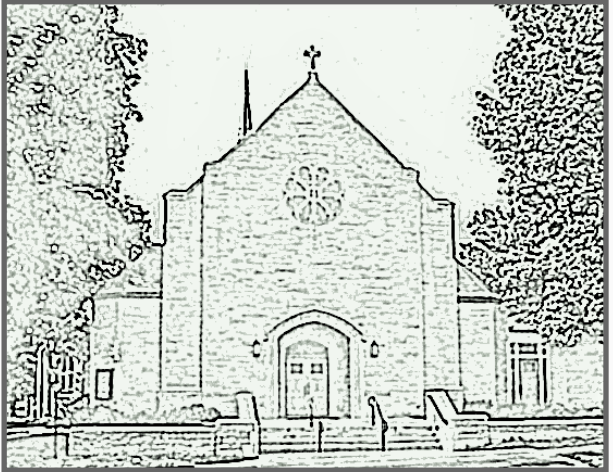
Holy Days of Obligation: As Scheduled in the Bulletin

Reconciliation Schedule
15 minutes before all the weekday Masses

Saturday: 8:00-8:25 a.m.,
4:30-5:20 p.m., 7:30-8:00 p.m.

Baptisms: Baptism Instruction Class are held the 1st Sunday of the month at 6:30 p.m. in the school meeting room. Call the rectory to register for the class.

Marriage Preparation: Please call the rectory for more information. You will need a minimum of 4 months to do marriage preparation, 6-12 months is preferred.



Blessed Sacrament Catholic Church & School

JANUARY 22, 2022, EXODUS 90 – Calling all Men of Blessed Sacrament - It is tough to be a great husband, father, and holy man these days. Exodus 90 is a ninety-day spiritual exercise for men based on three pillars: prayer, asceticism, and fraternity. This year's program starts on **Monday, January 17th** and ends on **Easter Sunday**. All men are invited to take part in this journey, you can start late since this is such a short notice. We will meet every Saturday morning after the 8:30 a.m. Mass in the School Cafeteria starting on January 22nd. Contact Aaron May (402-817-8805) with any questions or go to exodus90.com.

FEBRUARY 6, 2022, CONFESSION TIME CHANGE - After Parish Council discussions at three separate meetings about the confession schedule we made the decision to make a slight change. Beginning February 5th, confessions on Saturday evening will begin immediately following the evening Mass and continue until 7:00 p.m. The 7:30-8:00 p.m. confession time will be canceled.

Mass Intentions

Saturday - January 15th

5:30 P.M. † Elizabeth Kaczka

Sunday - January 16th

8:30 A.M. † Ruth Steffen

10:00 A.M. † Dillon Blake

11:30 A.M. People of the Parish

Monday, January 17th

6:30 A.M. † Len Sloup

8:20 A.M. Marv & Bonnie Evert & Family

Tuesday, January 18th

6:30 A.M. Special Intentions, FM

8:20 A.M. † Janet Kotopka

Wednesday, January 19th

6:30 A.M. † John & Tim Kopischke

8:20 A.M. Special Intentions, FM

Thursday - January 20th

6:30 A.M. Aaron Tate

8:20 A.M. David & Mary Caudy

Friday - January 21st

6:30 A.M. Ann Williams

8:20 A.M. † Julie Schmit-Albin

Saturday - January 22nd

8:30 A.M. † Elizabeth Kaczka

5:30 P.M. † Roger Johnson

Sunday - January 23rd

8:30 A.M. People of the Parish

10:00 A.M. † Regina Dush

11:30 A.M. David & Mary Poppe

PARISH NEWS

DATES & EVENTS:

SUPPORT THE BULLETIN PRODUCTION - Next weekend our parish begins a new process with the printing of the bulletin. We will be obtaining our own advertising. One of the consequences of this transition is that the advertising you normally see on the bulletin's back page will be significantly less expensive. Call the rectory for more information. And many thanks to James Rokke for helping us with the project.



JANUARY 17, 2022, EXODUS 90 – CALLING ALL MEN OF BLESSED SACRAMENT - It is tough to be a

great husband, father, and holy man these days. Exodus 90 is a ninety-day spiritual exercise for men based on three pillars: prayer, asceticism, and fraternity. This year's program starts on Monday, January 17th and ends on Easter Sunday. All men are invited to take part in this journey, you can start late since this is such a short notice. We will meet every Saturday morning after 8:30 a.m. Mass in school cafeteria starting on January 22nd. Contact Aaron May (402-817-8805) with any questions or go to exodus90.com.



BLESSED SACRAMENT SCRIP - Please try the Raise Right App to get your Scrip, e-cards are available for immediate purchase. Scrip will be sold after the 8:30 a.m. & 10:30 a.m. masses on Jan. 23rd. Scrip is also available at the Rectory during the week. The current order form can be found here: <https://blessed-sacrament-school.com/support-us/scrip/>. Contact Jennie Korth at 402-366-4218 or jenniekorth@gmail.com for more info.

THE DIOCESE OF LINCOLN requires that its employees & volunteers report any allegations of abuse or neglect of a minor or elder connected with church related activity to law enforcement, consistent with the requirements of Nebraska law. If anyone has information that a minor or elder is being or has been subjected to abuse or neglect please report it immediately to local law enforcement or to the Nebraska Department of Health and Human Services toll-free number 1-800-652-1999, and also to any Parish Pastor, School Administrator, Teacher, or to any Diocesan official at the Catholic Chancery (402) 488-0921, so that immediate steps may be taken for the protection of the minor or elder.



BLESSED SACRAMENT PRAYER LINE: Call Lynn at 477-6252 to have parish prayer line members intercede for your intentions.

THE TRAVELING MADONNA: The Legion of Mary is pleased to make available to you a Fatima Statue, which you can have in your home for a week or two. We know that devotion to Mary will bring us closer to her Son. If you or family members are ill

or you have problems of any kind, or have no problems at all but have a desire to grow closer to Jesus through Mary who is better to turn to than the Mother of Jesus? Please call Sandy Payne at (402) 423-1177 to make arrangements to have the Fatima statue in your home. There is NO FEE.

THE LIVING ROSARY: "When you say the rosary, the Angels rejoice, my Son finds joy in it, the Blessed Trinity delights in it too, & I myself am happier than you can possibly imagine. After the Holy Sacrifice of the Mass, there is nothing in the Church that I love as much as the Holy Rosary."-Our Lady to Blessed Alan. Don't you want to make Our Lady happy? Call Jan at 402-438-2506 & find out about the Living Rosary. No meetings & No dues.

YOUTH, SCHOOL & CCD NEWS

JANUARY 19, 2022, MANDATORY PARENT SACRAMENTAL PREP CLASS – will be held at 6:30 p.m. in the school gym for all parents that have children making their First Communion & Confirmation in the winter & spring of 2022.



GOOD SHEPHERD SCHOLARSHIP FOR THE 2022-23 SCHOOL YEAR

- Attached is information about the Good Shepherd Scholarship program for next year. This is a very easy scholarship to receive, but you must apply to receive it! Families whose income level is below 225% of the federal poverty level or have more than 3 students enrolled in any Lincoln Diocese Catholic School (regardless of income) are eligible to receive the scholarship. You only have to apply. We had qualifying families not receive the scholarship last year because they didn't apply. Our application process is now open and must be **completed by March 31st**. Use the following link to apply to FACTS: <https://online.factsmgt.com/signin/4GVQP>. PLEASE let us now if you need help with the application process. Contact Melissa at Melissa-tvrdy@cdolinc.net or 402-476-6202 with any questions.

FEBRUARY 4, 2022, NO SCHOOL - There will be no school on Fri., Feb. 4th, which is a change from the original schedule. Sorry for the possible extra

SERVERS FOR JAN. 22-23, 2022

SAT., 5:30 p.m.: John Hudgens, Thaddeus Kucera;
8:30 a.m.: Chris Puentes de Luna, Jonathan Reeb;
10:00 a.m.: William Muff, Jackson Roberts; **11:30 a.m.:** Luis Alejandro Bautista, Jean-Luc Billioux;
***Please find a sub; if you can't make your appointed time.**

GREETERS/GIFT BEARERS FOR JANUARY 22-23, 2022

Sat., 5:30 p.m. ~ Mary Ann Burda
Sun., 8:30 a.m. - Phillip & Dee Ann Kaup
10:00 a.m. - Josh & Amy Lambert
11:30 a.m. - Susan Brown
***Please find a sub; if your are unable to come at your appointed time.**



stress this causes on your planning.

FEBRUARY 7, 2022, PIUS X OPEN HOUSE - Pius X High School will host an open house at 7 p.m. Mon., Feb. 7th for eighth-grade students, incoming upperclassmen, & their parents/guardians. In 2020-21, students earned \$515,000 in scholarships to attend Pius X, receiving support from the Pius X Foundation, the Lincoln Diocese (Good Shepherd Scholarship), & parishes. Learn more about affording a unique, faith-filled Catholic education at PiusX.net/explore.



JUNE 12-17, 2022, TOTUS TUUS – SAVE THE DATE - We will have more information in the future, but please put the dates on your calendars now.

TEAMMATES
MENTORING

TEAMMATES MENTORS NEEDED - Do you want to make a difference in a

young person's life? Teammates provides positive relationships, support, and encouragement for students; and our students are in great need of mentors. A mentor would meet with a student one time a week at Blessed Sacrament for 30 to 45 minutes. If you are interested, please contact Mary Thompson at mary-thompson1@cdolinc.net.



WELCOME TO OUR NEW PARISHIONERS: JENNIFER & JULIAN ALCAZAR & FAMILY

SPIRITUAL ENRICHMENT

PERPETUAL ADORATION

"There is more sweetness in one hour of prayer before Jesus in the Blessed Sacrament than in all the world's crowded theaters, and brilliant drawing rooms, and giddy diversions, and social gatherings." - St. Gabriel Possenti

Adorers are needed for these open hours: **Sun.** - 1 a.m., 2 a.m., 3 a.m., 4 a.m., 4 p.m., 6 p.m., 12 Mid.; **Mon.** - 1 a.m. (three times a month), 2 a.m., 3 a.m.; **Tues.** - 1 a.m., 2 a.m., 3 a.m., 3 p.m.; **Wed.** 2 a.m., 4 p.m.; **Thurs.** - 2 a.m., 3 a.m., 10 p.m.; **Fri.** - 1 a.m., 2 a.m., 3 a.m. (twice a month), 4 a.m.; **Sat.** - 1 a.m. (1st & 3rd weeks open), 2 a.m., 4 a.m., 5 a.m., 6 p.m., 8 p.m. 12 Mid;

If interested in becoming an adorer or a sub, or for more info, contact one of the coordinators listed below: Lois Korinek-402-423-1949 - Cathy Rokke - 402-423-6844 - Kathy Wells - 402-840-7732.



OUR LADY OF GOOD COUNSEL RETREAT HOUSE - in Waverly offers weekend retreats for men & women, both in-person & online. See the full schedule & register for a retreat at the new website: goodcounselretreat.org, or contact 402-786-2705, office@goodcounselretreat.org.

JANUARY 20, 2022, "STRONG FATHERS, STRONG DAUGHTERS" – PROGRAM FOR DADS OF DAUGHTERS - Starting Jan. 20th, at St Joseph Church is the host site for a unique program for the dads of daughters between ages 12-18. Program curriculum is built from the best-selling book "Strong Fathers, Strong Daughters" by Dr. Meg Meeker, who has personally endorsed this program. Classes meet weekly for 12 weeks, on Thurs. mornings 6:30-7:45 a.m. in Resurrection Hall. Dads from all Lincoln parishes are welcome! Facilitated by Dan Krick, MA & Katie (Krick) Bardsley, MA, LPCC, PLMHP. Sign-up deadline is Tues., Jan. 18th. Questions/Interest contact Dan Krick at 402-304-6500, or dankrick@kusudigroup.com.

FEBRUARY 12, 2022, RETREAT FOR MOMS OF YOUNG PEOPLE - will be happening at the Good Counsel Retreat house. Fr. Ben Holdren & Bekah Knobloch will be giving a series of talks for moms of younger children. This is a daylong retreat & babies are welcome. For more info & to sign up: <https://lincolndiocese.regfox.com/ymretreat>.



THE BISHOP'S LAY COMMITTEE FOR VOCATIONS has produced a Seminarian Prayer Calendar for parishes & Catholic schools in the Diocese. Each seminarian is given a specific week during which we are encouraged as a parish to pray for that specific seminarian.

Jan. 16th-22nd: Tyler Wade Johnson

Jan. 23rd-29th: Patrick Seth Winter

ADDITIONAL NEWS

JANUARY 22-23, 2022, BREAKFAST BURRITO FUNDRAISER – for St. Wenceslaus Catholic School in Wahoo, NE at Bishop Neumann High School parking lot, and cafeteria. Drive thru only on Saturday from 8 a.m.-12 n & 5-7 p.m. Sunday will be dine in or drive thru from 8 a.m.-1 p.m. They will also have games and silent auction. Meal will have sausage, egg & cheese burrito, sour cream, salsa, hash brown & bottled water, for \$8 or ½ Meal for \$4. Single burritos will be available for \$6 or 5 for \$25. If you have questions, please call Missy Knust at 402-305-5206.

FEBRUARY 4-6, 2022, MARRIAGE ENCOUNTER - It's a great time to rekindle communication & enjoy a weekend away. For more info. call Pat & Janelle Benson (308) 940-1105 or visit www.WWME.org.

FEBRUARY 5, 2022, WINTER MAGNIFICAT PRAYER MEAL - Ladies, you're invited to our Winter Magnificat Prayer Meal — Sat. Feb. 5th, at 9:30 a.m. at Hillcrest Country Club, 9401 East O St., Lincoln, with guest speaker Father Allan Phan. Father Phan was ordained a Diocesan Priest in 2018 after an amazing Holy Spirit lead journey

as he was not raised in a Christian family. Father's heart is moved by how far Love (God) is willing to go for him and he desires to help others encounter Love to receive the same peace he has. He loves to "rest in the Presence of the Lord" & hear His Lord call him "little flock", which causes all anxieties in his heart to melt away! His favorite scripture is Luke 12:32 "Do not be afraid little flock, for it is Your Father's good pleasure to give you the Kingdom". Come hear Father Phan's inspiring testimony and invite other women to join us in Christian fellowship. Register by mailing your \$25 check payable to Magnificat c/o Tina Colgan, 521 N 56 ST, Lincoln, NE 68504. (Students \$15) Deadline is Jan. 29th. For more info. text Rhonda Litt at 402.525.6396 or call and leave a message 402.489.3819.

FEBRUARY 7, 2022, SURVIVING DIVORCE - Divorced? Come find comfort, counsel, hope & healing consistent with Catholic Church teachings. The twelve-week video series & facilitator led Surviving Divorce program begins on Feb. 7th, at 7 -9 p.m., at John XXIII Diocesan Center, 3700 Sheridan Blvd. A suggested donation of \$50 covers the cost of the program & includes the Surviving Divorce personal guide & all materials. Classes are kept small & may be registered for by contacting the Family Life Office at 402-473-0620 or familylifeoffice@cdolinc.net.



FEBRUARY 11-13, 2022, RETROUVAILLE - Not willing to let go of your marriage? Many couples continue to struggle in a marriage but are not willing to give up on each other. There is hope. Retrouvaille is a program designed to help struggling marriages regain their health. It helps a husband & a wife rediscover or re-awaken the love, trust & commitment that originally brought them together. The program is highly successful in saving hurting marriages, even bringing reconciliation to couples who have already separated or divorced. Retrouvaille is a peer ministry of volunteer couples that can help you learn the tools of healthy communication, build intimacy, & heal, just as they have done in their

own marriages. For more info. about a Retrouvaille Weekend program which will be Feb. 11th-13th to register call 1-800-470-2230 or www.helpourmarriage.org, www.retrouvaille.org. The last day to sign up is Jan. 30th.

FEBRUARY 12, 2022 - 17TH ANNUAL SPIRIT CELEBRATION DINNER - Spirit Catholic Radio invites you to our 17th annual Spirit Celebration Dinner, where we will enjoy a meal together & honor keynote speaker & Spirit Award Recipient, **Steve Ray**. Steve has hosted many pilgrimages for Spirit Catholic Radio & is a frequent guest on Spirit Mornings & EWTN Radio. **Social hour begins at 6 p.m. with the dinner & program beginning at 7 p.m. Only \$50 per seat.** Please make your reservation at spiritcatholicradio.com/dinner by Feb. 5th.

MARCH 4-6, 2022, RACHEL'S VINEYARD - God forgave you but you can't forgive yourself. Attend a confidential Rachels Vineyard weekend retreat for post-abortion healing Mar 4th-6th. Scholarships are available. Contact helpingrachel@yahoo.com or call Heather 402-671-3749.

PRO-LIFE NEWS



PRAY TO END ABORTION at Planned Parenthood, 5631 S. 48th St., on Tues. by attending the Rosary at 9:30 a.m., attending Mass at 10 a.m. at the Pro-Life Center across the street from Planned Parenthood or pray anytime between 7 a.m.-3 p.m. For inspiration go to www.humanfromdayone.com.

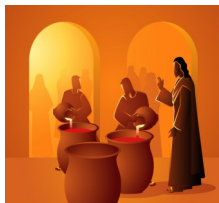


THANK YOU FOR YOUR STEWARDSHIP

Sunday Collections (Jan.. 9, 2022)	
Envelopes	\$ 11,605.50
Plate	379.50
Online Giving	4,195.95
Total Stewardship:	\$16,180.95
Total Weekly Parish Need:	\$19,500.00



JANUARY 29, 2022, NEBRASKA WALK FOR LIFE – on Saturday, Jan. 29th at 10:00 a.m. on the north steps of State Capitol (14th & K) and on to UNL Student Union (14th & R). After about a 40-minute program at the State Capitol, participants for the Nebraska Walk go onto the UNL Student Union, 2nd floor ballroom. There, we will hear from our **keynote speaker, Ashley Bratcher**, the actress that played Abby Johnson in the movie “Unplanned”. Mass is at St. Mary's Catholic Church, 14th & K Street, 9:00 a.m. as well. There will also be pro-life booths and a **Bake Sale**, which is a fundraiser that defrays some of the costs of the Walk. They are asking for assistance with the bake sale, by asking Altar Societies/Parishes to supply items. These can be delivered to the Blessed Sacrament Bride's Room no later than Friday, January 28th, 8:00 p.m. They will be delivered to the event the next day. They are also looking for **Volunteers** to help work the bake sale. There are two options: First, working to prepare the items for sale by repackaging and pricing. This work would begin sometime after 8:00 a.m. The second option would be working to sell the items to Walk participants sometime after 11:15 a.m. until about 12:30 p.m. Clean-up assistance would also be appreciated. This is a great way to participate in the day's events without needing to endure the cold weather of the Walk. If you have any questions, you can contact Sandy Danek at 402-438-4802 or email her at nebraskartl@gmail.com or her personal cell number at 402-890-0936.

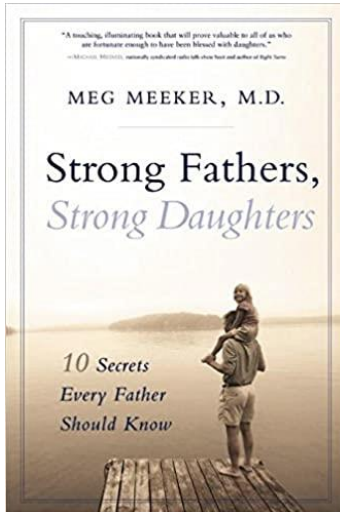


When the wine ran short, the mother of Jesus said to him, “They have no wine.” And Jesus said to her, “Woman, how does your concern affect me? My hour has not yet come.” His mother said to the servers, “Do whatever he tells you.” Jn 2:3-5

**Your Company can advertise in this space!
Contact the rectory for more information at
402-474-4249 or cindyuhing@bsc.church**

“Strong Fathers, Strong Daughters”

Program for Dads of Daughters



St Joseph Church is hosting a unique program for the dads of daughters.

Starting this January, join a community of fellow dads on a 12-week journey dedicated to deepening your relationship with your daughter(s).

Program curriculum is built from the best-selling book “Strong Fathers, Strong Daughters” by Dr. Meg Meeker, who has personally endorsed this program for St. Joseph Church.

Overview:

This program for dads is designed to celebrate the role of father, equip dads with knowledge, community and support to better know and love their daughters, and empower dads to further embrace their commitment to protect their daughter’s beloved dignity.

Who: Dads of daughters ages 12-18

What:

- 75 minutes session including: weekly reading assignment, study questions, discussion and weekly assignment with your daughter(s)
- Facilitated by Katie (Krick) Bardsley, MA, LPCC, PLMHP, & Dan Krick, MA (Bio’s on back).
- All participants will receive the best-selling book, “Strong Fathers, Strong Daughters” by Meg Meeker and Participant Guide for the program.

When: Thursday mornings 6:30-7:45am (12 weeks) beginning January 20, 2022

Where: Resurrection Hall, St Joseph Church

Cost and Sign-up:

- \$100 per participant (scholarships available) & sign-up deadline is January 14
- Participation will be capped at 25 and will be prioritized on first sign-up basis. Sign-up via email or phone at contact below.

Questions: Dan Krick 402-304-6500, or dankrick@kusudigroup.com

Facilitator Bios

Katie (Krick) Bardsley and Dan Krick will facilitate this 12-week pilot program. Dr. Meg Meeker, author of her best-selling book, “Strong Fathers, Strong Daughters”, has personally endorsed this curriculum built by Dan and Katie. As facilitators, they will share personal insight (success and failure) in their own experience of father/daughter relationship and also pull ideas and best practices from the participants.



Katie (Krick) Bardsley, MA, LPCC, PLMHP, is co-Founder of Restoration Psychotherapy and Wellness, a counseling private practice oriented toward healing and rooted in a Christian worldview. In her practice as a mental health therapist, Katie works with individuals and families to gain meaningful connection in their relationships and a deeper restoration of who they are created to be - men and women created for love.

Katie attended grade school at Saint Josephs and graduated from Pius X high school in 2013. She completed her undergraduate at Nebraska Wesleyan University (NWU) in 2017, and earned her master's degree in Clinical Mental Health Counseling at Colorado Christian University. Katie and her husband Tommie reside in Lincoln and are parishioners at Saint Michael parish.

<https://www.restorationpsych.com/>



Dan Krick, MA, Dan is the founder and president of Kusudi Group Consulting where he focuses on helping individuals and organizations define, live and maximize their purpose for better results and happiness. He serves as coach and consultant in topics of life planning, culture, human resources and organizational development. He has spent a 30+ year career in human resources leadership roles with both private and public multinational companies. He holds a bachelor's degree in business administration and human resources management from Hastings College in Hastings, Nebraska, and a master's degree in industrial and labor relations from the University of Illinois, in Champaign-Urbana, Illinois.

Dan and his wife, Susan, have been married 33 years and have raised four average adult children and have three above average grandchildren. They have been members of St Joseph Parish since 2001.

<https://kusudigroupconsulting.com/>

2022 Spirit Celebration Dinner

HOSTED BY SPIRIT CATHOLIC RADIO

— Saturday, February 12 —

**SOCIAL HOUR 6 P.M.
DINNER & PROGRAM 7 P.M.**

Mid-America Convention Center

1 Arena Way, Council Bluffs, IA 51501
Enter Convention Center - South Parking Lot

Only \$50 per person

Reserve by February 4

Business or Evening Attire

Order online:
spiritcatholicradio.com/dinner

A portrait of Steve Ray, a man with glasses, wearing a light-colored bucket hat, a blue button-down shirt, and a green utility vest. He is smiling and looking towards the camera.

Steve Ray

Honoring Spirit Award Recipient

Spirit
**CATHOLIC
RADIO
NETWORK**



Our LADY of GOOD COUNSEL

TENDING THE GARDEN A RECIPE FOR A FRUITFUL RETREAT



If the spiritual life is like tending a garden, with the passage of months and years, one's spiritual landscaping begins to need weeding, pruning, and attention.

Anyone who has been married for more than a few years knows a periodic "date night" does a marriage good. The same kind of intentional time set aside for one's lover equally applies to one's relationship with the Lord.

What makes for a fruitful retreat? A few qualities for anyone looking to "come away to a quiet place and rest awhile" (Mark 6:31).

1. NATURE'S CALMING GRACE

There is a reason why most contemplative communities are removed from urban areas. There is something therapeutic about being in nature – the rolling woodland, the gravel paths, the expansive night sky, and the falling leaves. Maybe it is that nature is bigger than us and inspires a kind of fear and awe that mirrors how we should feel before our Creator. The natural environment lends itself to contemplation. "When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him?" (Psalm 8:3-4).

2. THE POWER OF SILENCE

Cardinal Sarah writes in *The Power of Silence*, "Today many people are drunk of speaking, always agitated, incapable of silence or respect for others...the conquest of silence has the bitter taste of ascetical battles, but God willed this combat, which is within the reach of human effort."

It is amazing when you stop to think about how little silence we experience in our daily lives. When I would take the neighborhood boys away from the streets of the city, they were not only not used to the silence of nature but intimidated and frightened by it. So too undertaking a silent retreat is intimidating in some ways, because we are so attached to the noise and dings of daily life that silence has become an unnerving and intimidating stranger we needed to get reacquainted with.

The above is excerpted from Catholic writer Rob Marco, happily married father of three, who wrote this article at Catholic Stand — catholicstand.com/a-recipe-for-a-fruitful-retreat. He writes regularly about faith, family, sexual integrity, and Catholic masculinity at fatherofthefamily.blogspot.com

3. DETACHMENT

One of the first challenges of entering into more fruitful contemplation was burying my phone somewhere. I am as guilty as the next man of being too habitually accustomed to responding to every ding and vibration emanating from this technology that has reached near-appendage status. So I made a conscious choice to turn it off and lock it in my car for the duration of my retreat. And what was the result? Well, for one thing, I slept unbelievably soundly. And I didn't really miss that much – no emergencies, a few emails and notifications, some texts that could wait. It was a good practice (one I hope to continue).

St. John of the Cross noted that a bird can be tethered to the earth whether by a small string or a large rope (Ascent, Chapter 11, #4). In essence, any attachment, no matter how small, will hinder our flight to God, so we must actively work on detachment. We attach to such things because we feel God is not enough. Of course, this is a lie from the Enemy meant to keep us tethered to this earth and the things of it.

4. SIMPLICITY

In the natural environment, in silence, in detachment, we find a simplicity of the senses, which is as refreshing as a cool spring. Our lives are generally replete with unrecognized luxuries: indoor plumbing, hot water on demand, grocery stores, internet and television sets...the list goes on. A retreat is often an opportunity to simplify and escape this common luxury of the senses. In stripping it down as a kind of novelty, we discover that much of what we think we need to exist is superfluous and unnecessary.

We don't actually need much to live – simple food to eat and water to drink, books to read, a place to sleep. "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6:31-33).

5. SCHEDULE

Having a set daily schedule can be a helpful method of structuring one's day when most of the superfluous distractions have been stripped away. Rising early and making a morning offering, reading the scripture for the day, attending Mass, reciting the Angelus, praying the Liturgy of the Hours, and an examination of conscience before bed are good ways to structure one's day whether on retreat or in the midst of daily life in the world. A schedule helps us avoid lounging around and falling into sloth, so take advantage of any opportunity you get to live it out.

6. DIRECTION

Good spiritual direction is not always easy to come by; sometimes a good confession and reading orthodox, spiritual books are as close as you are going to get. So when spiritual direction is available to you as part of a guided retreat, take advantage of it.

7. PRAYER

It should go without saying that prayer – our lifeline to God – should be at the heart of any spiritual retreat. St. Alphonsus' warning to make this a spiritual priority is succinct: "If you pray, you will be certainly saved; if you do not pray, you will be certainly damned." Whether it is formal prayer from a breviary, quiet contemplation or Adoration, a walking Rosary, or reading Scripture, there is no shortage of opportunities to pray while on retreat. It is the *raison d'être* of any Catholic "time away."

We deepen our relationship with God through prayer and improve our prayer lives by stripping away the things that prevent us from undertaking it. The effort does not have to be momentous or heroic. In being afforded the "luxury" of a retreat, we are really being charged as missionary disciples of the Lord Jesus. We must become "contemplatives in action," taking what we have learned under the tutelage of silence and bringing it back to a world which so desperately needs peace and solace.

SEE BACK FOR SPRING 2022 SCHEDULE

Our Lady of Good Counsel Retreat House

7303 N. 112th Street • Waverly, NE 68462

goodcounselretreat.org • 402-786-2705 • office@goodcounselretreat.org

Weekend Retreats • Virtual Retreats • Ignatian Retreats • Private Retreats • Catering



SPRING 2022 SCHEDULE · IN-PERSON AND ONLINE RETREATS

January 14-16, 2022

Men and Women are from Eden

with
Fr. Nathan Hall

A practical and spiritual look at God's image and likeness expressed as male and female.



January 20-23, 2022

Women's Spiritual Exercises with Regnum Christi

with
Fr. Owen Kearns, L.C.

The Kingdom of Christ, 4-day Retreat Thursday - Sunday.



February 4-6, 2022

Unbound: Freedom in Christ†

with
Fr. William Holoubek

Live your baptism and the freedom of God's children. lincolndiocese.org/unbound



February 12, 2022

Holiness for Moms

with
Fr. Benjamin Holdren

Saturday reflection for Moms of Young People.



February 25-27, 2022

Setting the Captives Free Weekend Retreat

with Dan Burke of the Avila Institute for Spiritual Formation

Holiness from the Secrets of the Saints. spiritualdirection.com



February 26, 2022

Spiritual Warfare Conference at St. Patrick, Lincoln

9am - 4pm Saturday Conferences at St. Patrick's Church, Lincoln on Rules for the Discernment of Spirits.

March 2, 2022

Ash Wednesday Reflection

Day of Recollection, 9:30am - 3pm, virtual or in-person (bring a meatless lunch and donation) advance registration not required.



March 4-6, 2022

Inner Healing Prayer†

with
Fr. Stephen Graeve

Taking a look under the hood with Jesus, to be the person he made you to be.



March 11-12, 2022

"No Greater Love" Love - Marriage - Blessings

with
Jack & Johnette Benkovic-Williams

Couples 24-hour retreat, overnight or commuting.



March 25-27, 2022

The Holy Spirit in Daily Life

with
Fr. Brian Connor

A Lenten retreat, inviting you to experience the gift of the Spirit who brings strength and peace.



April 14-16, 2022

Holy Week Retreat for Young Women

with the
Marian Sisters

Holy Thursday to Holy Saturday. www.mariansisters.org



April 22-24, 2022

Praying in the Spirit

with
Fr. Christopher Kubat

Celebrate Divine Mercy Sunday.



May 6-7, 2022

Mary and the Eucharist 24-hour Retreat for Women

with
Janette Howe of Seven Sisters Apostolate

Explore the history, truth, and beauty of the relationship between the Holy Eucharist and Mary. sevensistersapostolate.org



† Prayer teams will be available to pray with retreatants.

All retreats are open to either men or women, except Jan. 20, Feb. 12, Apr. 14, and May 6 are women only. All retreats are available both in-person and online streaming.

Visit goodcounselretreat.org for more information!

Private and Silent Directed Ignatian Retreats

Our typical weekend retreats, like those given at other retreat houses, are preached retreats where the retreat master gives talks to the entire group of retreatants.

In contrast, our **Ignatian Retreats**, listed to the right, also known as **Directed Retreats**, allow each retreatant to meet privately with the retreat director every day.

Based on *The Spiritual Exercises of St. Ignatius of Loyola*, the heart of the Ignatian Retreat involves spending four or five prayer periods each day in meditation on scripture. **Ignatian Retreatants** journal about their prayer times and the movements that occurred, so that when they meet with the director, they can be given guidance and appropriate meditations.

Contact us to inquire about scheduling 4-day, 8-day, and 30-day Directed Ignatian Retreats on other dates.

Dec. 30-Jan. 2, 2022 with Fr. Barak & Fr. Coulter (4-day or 8-day)

Mar. 13-16, 2022 with Fr. Barak & Fr. Coulter (4-day or 8-day)
Spring Break discount for students

Mar. 24-27, 2022 with Matt Simmons & Fr. Coulter (4-day or 8-day)

Apr. 11-14, 2022 with Fr. Barak & Fr. Coulter (4-day Holy Week)

Apr. 21-24, 2022 with Matt Simmons & Fr. Coulter (4-day or 8-day)

May 17-25, 2022 with Fr. Barak, Fr. Coulter & Matt Simmons (8-day or 4-day)

June 13-21, 2022 with Fr. Barak & Matt Simmons (8-day or 4-day)

Most 4-day Directed Ignatian Retreats can be extended to 8 days, e.g. ending Thursday instead of Sunday.

At home Directed Ignatian Retreats provide spiritual direction via Zoom and are available at half the price.

Register online at: goodcounselretreat.org
or contact: office@goodcounselretreat.org · 402-786-2705

The typical suggested donation is \$180.

As a Catholic ministry in the Diocese of Lincoln, our Mission is to provide a sanctuary and experience which leads people to encounter Jesus Christ. Through inspiring retreats and warm hospitality, we seek to transform and renew the spiritual lives of all desiring the opportunity to listen to the Holy Spirit and know the Father's love, peace and healing.



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WINTER SHORT COURSES

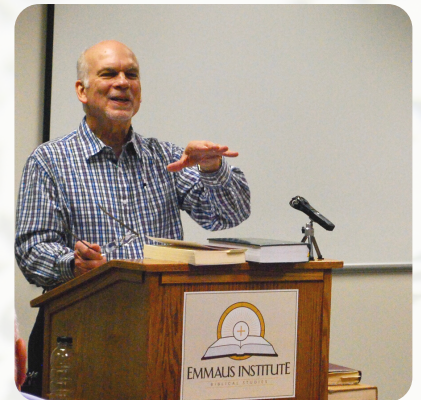
WEEK ONE (JANUARY 10-14)

Introduction to the Bible I:

What It Is and How We Got It

M-F 9:30-11:30am (John XXIII Center)

Vern Steiner



WEEK TWO (JANUARY 17-21)

**Reading Scripture with
the Fathers of the Church***

M-F 9:30-11:30am (TBD, Lincoln)

Chad Steiner & Joshua Burks

*Also offered online

WEEK THREE (JANUARY 24-28)

Introduction to the Bible II:

What It Says and How to Read It

M-F 9:30-11:30am (John XXIII Center)

Vern Steiner



LEARN MORE AND REGISTER AT

WWW.EMMAUSINSTITUTE.NET



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