

January 9, 2022 | The Baptism of the Lord

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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 #: 402-474-4749
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Church Website:
<https://blessedsacramentlincoln.org>

Bookkeeper: Jennifer Tinsley
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Parish Secretary: Cindy Uhing
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Bulletin Submissions are due by 12:00 p.m.
on Wednesdays to Cindy Uhing

School Principal: Jennifer Tran
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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.

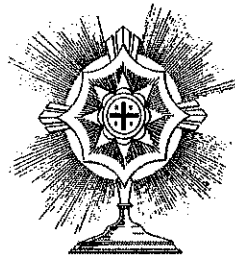
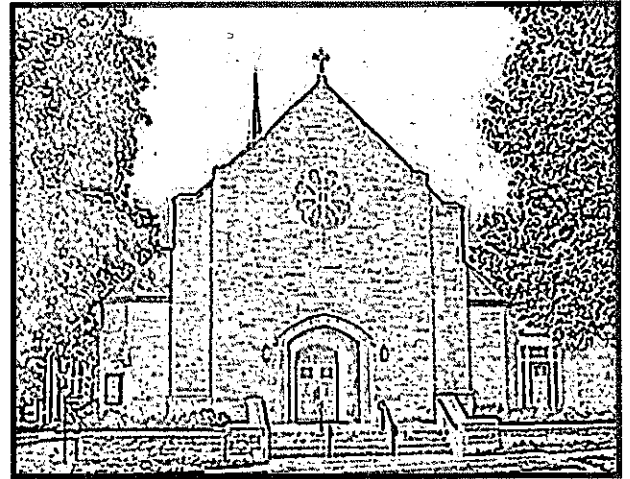
Holy Days of Obligation: As Scheduled in the Bulletin

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 15-16, 2022, PLANNED GIVING - Our parish will be visited by Les Mach on the weekend of Jan. 15th-16th. He works in the Catholic Foundation of Southern NE. and is responsible for providing information and education that can help our parish meet future financial needs. He can work with you to find creative ways to plan a gift for our parish, or other charitable organization that you wish to support and is a free resource for you. All giving is vital to the stability of our parish and the Church; however, your testamentary gift would be a true blessing to our parish and will be unique to you. Please be open to discuss with Les some of the many ways you can help our parish plan for the future.

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.

JANUARY 9, 2022

THE BAPTISM OF THE LORD

Mass Intentions

Saturday - January 8th

5:30 P.M. † Bill Ashenfelter

Sunday - January 9th

8:30 A.M. People of the Parish

10:00 A.M. Special Intention, FM

11:30 A.M. Marv & Bonnie Evert & Family

Monday, January 10th

6:30 A.M. † Julie Schmit-Albin

8:20 A.M. † Jim Wobig

Tuesday, January 11th

6:30 A.M. † Shirley Schoen

8:20 A.M. † Len Sloup

Wednesday, January 12th

6:30 A.M. † Harry Stegman

8:20 A.M. † Elizabeth Stegman

Thursday - January 13th

6:30 A.M. † Darlene Cunningham

8:20 A.M. Special Intention, FK

Friday - January 14th

6:30 A.M. † Edgar Lustig

8:20 A.M. † Dillon Blake

Saturday - January 15th

8:30 A.M. † John & † Tim Kopischke

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

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 12, 2022, K OF C GENERAL MEETING - at 7 p.m. in Kraemer Hall.

JANUARY 16-17, 2022, K OF C EVENTS - Jan. 16th-17th the Knights will be doing **Breakfast Burritos** after each Mass. these will be available for sit down or to go. Also, on the 17th we will hold our annual **One Rose One Life Campaign** before and after all the Masses. Then to top off the day we will hold our **Free Throw Competition**. Sign in at 1:00 p.m. and start shooting at 2:00 p.m.



JANUARY 29, 2022, WALK FOR LIFE - Join thousands of pro-life Nebraskans for the 48th Annual Nebraska Walk for Life held on Sat., Jan. 29th, beginning at 10:00 a.m. on the north steps of the State Capitol. Keynote speaker, Ashley Bratcher, the actress that played Abby Johnson in the movie "Unplanned," will share her own pro-life story at the Nebraska Student Union. Pro-life information tables, food and drink will be available. Bake Sale donations are needed; volunteers will be available curbside to collect baked goods from 8-9 a.m. in front of the Student Union the morning of the walk or call 402-438-4802 to make arrangements. Mass is at St. Mary's Catholic Church, 14th & K Street, 9:00 a.m.



BLESSED SACRAMENT SCRIP - We have a limited number of physical gift cards in stock; however, they are also available for immediate purchase via the Raise Right app. Scrip will be sold after the 8:30 a.m. & 10:30 a.m. masses on 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@g_mail.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.



SERVERS FOR JAN. 15-16, 2022

SAT., 5:30 p.m.: Noah Deboer, Diego Gomez; **8:30 a.m.:** Nate Matulka, Joey Ramaekers ; **10:00 a.m.:** Antonio & Julian Ordonez; **11:30 a.m.:** Gabriel & Gustavo Balderas-Martinez; ***Please find a sub; if you can't make your appointed time.**

GREETERS/GIFT BEARERS FOR JANUARY 15-16, 2022

Sat., 5:30 p.m. ~ Michael & Brady Bredehoft
Sun., 8:30 a.m. - Audrey & Andrew Ienn
10:00 a.m. - Dennis & Heather Leschinsky
11:30 a.m. - Chris & Mary Beardslee
***Please find a sub; if your are unable to come at your appointed time.**

YOUTH, SCHOOL & CCD NEWS

JANUARY 17, 2022, NO SCHOOL

JANUARY 18-23, 2022, MARCH FOR LIFE PILGRIMAGE - There are currently only 27 spots left for the diocesan trip to Washington, DC for the annual March for Life. Busses leave from Lincoln & Hastings on Tues., Jan. 18th, & return on Sun., Jan. 23rd in the evening. Cost for the trip is \$450. Adult chaperones are also needed. Go to www.lincolndiocese.org/m4l or call 402-473-0625 for more info.

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.

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. Students at Pius X can choose from more than 100+ courses in 13 academic departments. This includes 10 advanced placement courses. Students start taking electives their first year to explore their interests, while gaining a core knowledge from quality, faith-filled teachers. Learn more at PiusX.net/explore.

SPIRITUAL ENRICHMENT

PERPETUAL ADORATION

Inspired to care for the poorest by her daily Holy Hours of prayer before Jesus in the Blessed Sacrament, St. Mother Teresa of Calcutta said, "Perpetual Adoration is the most beautiful thing you could ever think of doing. People are hungry for God."

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: good_counselretreat.org, or contact 402-786-2705, off_ice@goodcounselretreat.org.



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. 9th-15th: Santiago Jose Izquierdo
Jan. 16th-22nd: Tyler Wade Johnson
Jan. 23rd-29th: Patrick Seth Winter



ADDITIONAL NEWS

JANUARY 16, 2022, CATHOLIC COFFEE HOUSE - returns this year with a series of four talks on ways we can continue to grow in our Catholic formation. The winter line up will be: Cultural Formation (Jan. 16th); Evangelical Formation (Feb. 20th); & Biblical Formation (Mar. 20th). Each event consists of panel conversations, Q and A, & some time to socialize & will be hosted at the St. Thomas Aquinas-Newman Center, Lincoln in Rooms 18/19 (downstairs) from 7:00 - 8:30 p.m. There is no fee & no registration. For more info. visit: www.newmaninstitute.com/coffeehouse.

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.

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.. 2, 2022)	
Envelopes	\$ 7,932.50
Plate	556.75
<u>Online Giving</u>	<u>7,786.15</u>
Total Stewardship:	\$16,275.40
Total Weekly Parish Need:	\$19,500.00

JANUARY 11, 2022, MARIAN MANTLE SILENT STRENGTH PRAYER GROUP - All are welcome to join us in prayer for the return of our prodigal children to the Faith. We meet at 4:00 p.m. on Jan. 11th at Cathedral of the Risen Christ; 35th & Sheridan Blvd. We will meet in Rectors Hall in the lower level of the Cathedral. The Divine Mercy Chaplet & a Rosary will be said as well as petition prayers for our prodigals & members. Mass is at 5:00 p.m. for those who wish to attend. Contact kneugeba@gmail.com for more information.

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.

FEBRUARY 11-13, 2022, RETROUVAILLE - Does your marriage need a tune up? Or even a major overhaul? Sometimes a marriage can run along fine & then things change. They may need your time & attention. Sometimes lines of communication breakdown & they need repair. Sometimes our focus moves away from our marriage & family & needs a little redirection. Sometimes a fair or average marriage is just not enough. Have you ever thought to yourself, "How can I make my marriage better?" If so, Retrouvaille can help. Retrouvaille is a marriage program for couples whose marriage has become off course. It begins with a weekend program that can help get your relationship back on track. It is an effective program that has worked for thousands of couples, & it can work for your marriage. For more info. about a Retrouvaille Weekend program. Feb. 11th-13th to register call 1-800-470-2230 or www.helpourmarriage.com, www.retrouvaille.org. The last day to sign up is Jan. 30th.

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

Blessed Sacrament Parish Council
12/22/21 Meeting Minutes

Call to Order and Opening Prayer

A parish council meeting of Blessed Sacrament Church was held on 12/22/21 at Blessed Sacrament School. It began at 6:30pm and was moderated by Troy Euse with Janice Malone as secretary. Members present: Chris Beardslee, Sam Bethune, Perry Demma, Troy Euse, Amy Lambert, Janice Malone, Ben Mattern, Fr. Morin, Mark Tate, Jennifer Tran, Khoi Tran (by proxy for Jesse Hines), Bob Svoboda. Absent: Perry Demma, Fr. Kovar, Mike Muff, Jason Suelter.

Reports

1. Finance Council – Fr. Morin reporting
 - Parish budget is under review with more info to come in January. Plan to pay off debt to diocese in 36 months through Community of Hope campaign.
2. Building & Grounds – Chris Beardslee
 - An easement has been approved for LES to bury power lines along 17th Street.
 - School marker board replacements to be installed this summer. (Funded by Dillon Foundation)
 - Gym lighting replacement/repairs needed. Discussions to continue.
 - Consultant to be hired for parking lot project with hopes of completing work this summer.
 - A solar panel project idea was brought to the committee. Discussions to continue.
3. School – Jennifer Tran
 - Cafeteria tables are here and working well. (funded by EANS)
 - Lab tables for science and math curriculum have been ordered. (funded by Dillon foundation)
 - Looking into other uses for EANS and EANS II funding such as paying non-teacher salaries.
 - Current covid plan is for masks to be highly encouraged but not required to be worn indoors by students and staff. Discussions to be continued regarding quarantining policy.

Spiritual Life/Liturgical

1. Confessions
 - Plan to move Saturday evening confession to 6:30-7 p.m..

- Plan to track attendance of advent confessions time and revisit as needed in the future.
2. Discussion was held regarding requirements for the adoration altar in the night chapel. Altar should be immobile according to diocesan policy. Discussion to continue.
 3. Discussion was held regarding server attendance and need for more consistency. Discussion to continue.

Other Items

1. Tabernacle door needs repair.
 2. Discussion held regarding parish and school utilization of Facebook.
 3. Volunteers needed to begin planning for parish directory photos in fall 2022.
 4. Holy hour schedule was briefly addressed.
 5. Motion made by Sam Bethune to allow ad hoc approval of a parishioner request for private use of gym for an event with alcohol. Motion seconded by Bob Svoboda. Unanimous approval was granted.
 6. Next parish council meeting is set for 2/23/22 at 6:30 p.m.
- Meeting adjourned at 8 p.m. and closing prayer led by Fr. Morin.

Parish Council Members

Chris Beardslee, Building & Grounds
Sam Bethune, Elected (to 10/2023)
Perry Demma, Trustee
Troy Euse, Elected (to 10/2022)
Jesse Hines, Knights of Columbus
Fr. Kovar, Parochial Vicar
Amy Lambert, PCCW
Janice Malone, Elected (to 10/2022)
Ben Mattern, Trustee
Fr. Morin, Pastor
Mike Muff (to 10/2024)
Jason Suelter, Finance Council
Bob Svoboda (to 10/2024)
Mark Tate, Elected (to 10/2023)
Jennifer Tran, Principal



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

<p>January 14-16, 2022 Men and Women are from Eden with Fr. Nathan Hall</p>  <p>A practical and spiritual look at God's image and likeness expressed as male and female.</p>	<p>January 20-23, 2022 Women's Spiritual Exercises with Regnum Christi with Fr. Owen Kearns, L.C.</p>  <p>The Kingdom of Christ, 4-day Retreat Thursday - Sunday.</p>	<p>February 4-6, 2022 Unbound: Freedom in Christ† with Fr. William Holoubek</p>  <p>Live your baptism and the freedom of God's children. lincolndiocese.org/unbound</p>	<p>February 12, 2022 Holiness for Moms with Fr. Benjamin Holdren</p>  <p>Saturday reflection for Moms of Young People.</p>	
<p>February 25-27, 2022 Setting the Captives Free Weekend Retreat with Dan Burke of the Avila Institute for Spiritual Formation</p>  <p>Holiness from the Secrets of the Saints. spiritualdirection.com</p>	<p>February 26, 2022 Spiritual Warfare Conference at St. Patrick, Lincoln</p> <p>9am - 4pm Saturday Conferences at St. Patrick's Church, Lincoln on <i>Rules for the Discernment of Spirits</i>.</p>	<p>March 2, 2022 Ash Wednesday Reflection</p> <p>Day of Recollection, 9:30am - 3pm, virtual or in-person (bring a meatless lunch and donation) advance registration not required.</p> 	<p>March 4-6, 2022 Inner Healing Prayer† with Fr. Stephen Graeve</p>  <p>Taking a look under the hood with Jesus, to be the person he made you to be.</p>	
<p>March 11-12, 2022 "No Greater Love" Love - Marriage - Blessings with Jack & Johnette Benkovic-Williams</p>  <p>Couples 24-hour retreat, overnight or commuting.</p>	<p>March 25-27, 2022 The Holy Spirit in Daily Life with Fr. Brian Connor</p>  <p>A Lenten retreat, inviting you to experience the gift of the Spirit who brings strength and peace.</p>	<p>April 14-16, 2022 Holy Week Retreat for Young Women with the Marian Sisters</p>  <p>Holy Thursday to Holy Saturday. www.mariansisters.org</p>	<p>April 22-24, 2022 Praying in the Spirit with Fr. Christopher Kubat</p>  <p>Celebrate Divine Mercy Sunday.</p>	<p>May 6-7, 2022 Mary and the Eucharist 24-hour Retreat for Women with Janette Howe of Seven Sisters Apostolate</p>  <p>Explore the history, truth, and beauty of the relationship between the Holy Eucharist and Mary. sevensistersapostolate.org</p>

† 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.



Guardian AngelsSM

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NOW HIRING CAREGIVERS



Are you compassionate, feel called to serve, and enjoy making a positive impact on the lives of others?

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About the work:

- part-time flexible hours & shifts
- set your own work schedule
- no experience necessary
- training programs available
- loyalty & longevity rewarded
- home office staff dedicated to helping our caregivers succeed
- caregiver referral program

Things you'll do to help our beloved aging adults:

- bathing /showering, dressing / grooming
- continence care
- medication reminders
- meal preparation
- companionship
- light housekeeping / laundry
- overnights
- hospice support
- pet care
- transportation
- errands

If you're 18 years of age or older, share our passion for caring and want to be part of an incredible team, *simply hover your smartphone camera over the QR code below and apply online today!*

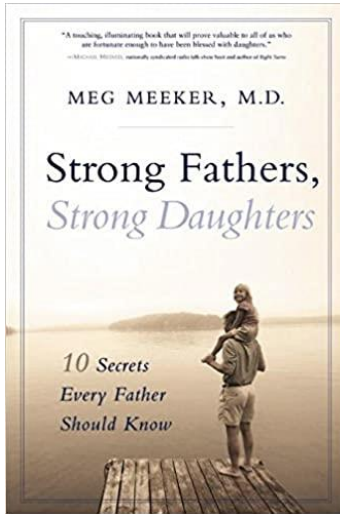


Guardian AngelsSM

402.474.4000
GuardianAngelsNebraska.com

“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 wearing a light-colored hat, glasses, a blue shirt, and a green vest. He is smiling slightly and looking towards the camera.

Steve Ray

Honoring Spirit Award Recipient

Spirit
**CATHOLIC
RADIO
NETWORK**



EMMAUS INSTITUTE

BIBLICAL STUDIES

WINTER SHORT COURSES

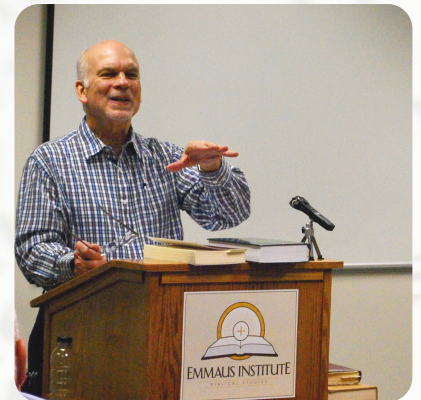
WEEK ONE (JANUARY 10-14)

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