

St Paul Catholic Church

PARISH NEWSLETTER

March 2011



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T from sin

During the season of Lent, beginning on Ash Wednesday and continuing until Holy Thursday, the church asks us to spend more time in intentional prayer, to fast and abstain from meat on designated days and to practice charitable giving. Recalling Jesus' forty day fast in the wilderness we believe that our consistent participation in these practices is a form of purification that deepens our spiritual center by stripping away all that is unnecessary and by reminding us of our sole reliance on God.

Throughout Lent we are called to deepen our prayer life. Here at St Paul's we have many opportunities to increase our prayer life. This could include beginning each day with daily prayer using the Lenten devotional "Untying Life's Knots" by Joseph F. Sica (booklets available at the back of church the weekend before Ash Wednesday), praying the rosary daily, going to daily Mass, Stations of the Cross, visiting the Blessed Sacrament or attending a retreat.

The discipline of fasting helps us recognize our true hunger for Christ and seek a closer relationship with him. It becomes more than exercising self control, it is a reminder of our abundance in comparison to those in the world who struggle with daily hunger and starvation. Fasting can also take the form of abstinence of "noise" in our busy culture. We can fast from television, novels, video games, and consumer items. We should try and set aside time for quiet, prayer and reflection. See page 2 for the guidelines on abstinence and fasting.

When Jesus encouraged us to help our neighbor he means anyone who suffers, be that of loneliness, sickness, or those who have special needs as well as poverty. As stewardship reminds us, our material goods are just the beginning of real Christian giving. We are called to give of ourselves, our time, and to others in need. Stewardship reminds us that everything we have, even our very life comes from God. Almsgiving opportunities are all around us, we can give to the food banks, give our gently used clothes and household items to Goodwill, increase our donations to our parish, give funds to a global charity foundation, visit or write a note to our shut-ins and those in our nursing homes, help a single parent, write to our soldiers, donate blood or many other things to help others. Works of charity and the promotion of justice is integral to the Christian way of life.

Through the practices of prayer, fasting and almsgiving we ready ourselves to celebrate God's marvelous redemption at Easter.

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· **Abstinence** The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Fridays in honor of the Passion of Jesus on Good Friday. Meat is considered to be the flesh and organs of mammals and fowl. Also forbidden are soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal derived products such as margarine and gelatin which do not have any meat taste.

· **Fasting** The law of fasting requires a Catholic from the 18th Birthday (Canon 97) to the 59th Birthday (i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday) to reduce the amount of food normally eaten. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. (The fast is broken by eating between meals and by drinks which could be considered food such as milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem to be contrary to the spirit of doing penance.

· **Those who are excused from fast or abstinence** besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.



Stewardship and Prayer. Do those words go together for you? If we are honest I suspect that when most of us think of the word Stewardship, we don't think of the word Prayer. But that is the message that we are trying to get across this weekend as we celebrate the Sunday before Ash Wednesday, the beginning of Lent. This

weekend we will be passing out once again a whole list of spiritual practices that we can do during the season of Lent to help us grow in our faith life, our journey of faith. If we are serious about our faith, we should tithe part of our gift of Time for spiritual practices that will help us to become more aware of God's presence and power working in our lives. An hour a week just doesn't do it for those who are striving to be true disciples of Jesus.

What a wonderful opportunity we have this year to grow in our Catholic faith. For over five years we have been discussing the possibility of having a St. Paul Parish Retreat right here in our own facilities. And now we have that opportunity. There will be two parish retreats during this month of March to help us prepare for Easter. The first retreat will be a repeat of the one we had last November. This retreat, **Catholics Alive**, will be held on Sunday March 20th from 2:00 – 7:00 p.m. in our Gathering Space. The focus will be on conversion and discipleship. We will also be adding a new retreat to this program on the following Sunday, March 27th. This retreat is entitled **Catholics Alive to Praise God** and the focus will be on the liturgy and worship. An entirely different team will be putting this retreat on. This retreat will take place from 2:00 – 7:00 p.m. in the Gathering Space as well. Both retreats will accommodate the first forty participants who register to come. We look forward to Catholics becoming more fully alive in Christ through these parish retreats.

As I look at the schedule for the month of March I see that the high school seniors of Norwalk Catholic School will be participating in a KAIROS retreat. It's a three day retreat that will be held from March 22 – 24 at Lakeside in Marblehead, Ohio. This is the fourth year that our school has provided for this retreat experience. It has had a powerful impact on our students' lives.

Retreats, retreats. They are wonderful things. Most of us take too little time to think and reflect on the things that are really important in our lives. Retreats can help us change that. Let us pray for one another. - Fr Frank



Vicente Samano

PARISH PROFILE

It was a long hard road for Vicente Samano to reach Norwalk, Ohio. Born in Morelia, Mexico, Vicente first traveled to California to find a job so that he could help support his mother, brothers and sisters. There was no work to be found in his hometown. He paid a person to help him come into the United States. He began working at a farm in California, at that time the only place where undocumented persons could legally work. Still, he was deported from there 10 times. Each time he was determined to return, traveling by sea, in the trunks of cars with numerous other people, over mountains and desert, and suffering many hardships. He had a dream to make a better life for himself and his family, he was not about to give up.

In 1985 he traveled to Norwalk to visit his brother. He had a strong feeling that Norwalk was where God wanted him to be so he stayed, finding work on produce farms as that was the only job he had experience with. A couple of years later he applied for working papers, and landed a job at the Homestead Restaurant. He began there as a dishwasher and worked his way to a cooks' position. Around this time he met Marcia, who would become his wife 2 years later. Vicente really enjoyed his position at the Homestead, and is very appreciative of the people at the restaurant who helped with his English. He said, "They were good people helping me to become a better person."

Vicente always believed in God and went to church here at St Paul even when he didn't understand the language. He knew "God was there for him in good times and in bad." After he was married he knew he had to focus and fight for a better life for his wife and family. He remembers buying a cross which said *Believe, Faith and Love*. He continued to work at improving his command of the English language and to get his citizenship. Eventually he was hired at New Horizons in Norwalk. This has been a great job and he has been there now for 20 years.

Over time he became more and more involved in the Hispanic community at St Paul. He is currently a lector and Mass coordinator, belongs to the choir and a prayer group and faithfully visits the adoration chapel. All this keeps him focused on God and his family. Marcia is a housekeeping supervisor at Kalahari and they have 3 children and one grandchild. Vicente enjoys working on his house and spending time with his family.

Vicente feels strongly that Hispanic people are here in the United States for a reason - not to take anything away from the people here but to introduce Americans to the richness of the Hispanic culture. The Hispanics are a loyal, family-oriented people. Vicente says he 'gets along with everybody' and truly enjoys being a part of the St Paul community.

Lenten Opportunities 2011

Catholics Alive Retreat #1 – Conversion & Discipleship
March 20th 2011
2 – 7 PM in Gathering Space

#2 – Liturgy & Worship
March 27th 2011
2 – 7 PM in Gathering Space

(You can attend one or both & need not have had attended #1 to do #2)

Wednesday Evening Prayer – in church 7:00 PM thru Lent & Easter season

Stations of the Cross – Fridays thru Lent at 7:00 PM

Lenten Booklets – daily devotional – Untying Life's Knots by Joseph F. Sica
(Available in the back of church the weekend before Ash Wednesday)

Lent 4.5 Christian Simplicity – 1.–Study group 7 week session on Christian Simplicity.
Groups will meet weekly for 7 weeks either Thursday morning from 9:30 – 11 AM
or Thursday evening 7 – 8:30 PM.
Cost \$12.00 (check payable to St Paul Church)
2. Take home materials
3. Online resources and blog

Bulletin Flyers for New Roman Missal

Catholics Alive Retreat #1 – available to first 40 people
 Catholics Alive Retreat #2 – available to first 40 people
 Christian Simplicity – (please circle) Thursday morning or Thursday evening

Name _____ Address _____

Phone _____ E-mail _____



Awakening Faith Program Is Underway!

Awakening Faith is a 6-week program for people interested in reconnecting with their Catholic faith. Sessions began on Tuesday evening, March 1st. People who missed the first session can still come. The remaining dates are: March 8, 22, 29, April 5 & 12. Sessions are from 7-8:30 pm in the Juan Diego Room of the Parish Center. There is no cost and no registration is required. People can simply come to any or all of the sessions. If you know of someone who might be interested, give them an information flyer and encourage them to come. Extra flyers are available near the doors of the church. Better yet, offer to bring them to the session and accompany them to the program! For more info, contact Marian Bermudez at marianb@stpaulchurch.org or 419-668-6044.

Special thanks to our parishioners who gave an Awakening Faith invitation flyer to someone during this past week. If you need more flyers, please take them from the Awakening Faith table in the back of the church (or name the location). Members of the Awakening Faith team are available at the table to answer your questions.



BeFriender Minister

A Listening Presence

Do you know someone who might like to talk to somebody who will just listen in a non-judgmental way and not try to give advice or "fix" everything? Maybe you know a caregiver, a parent, an elderly person, a recently divorced person, a new mom or dad, an unemployed person, a home-bound person,... who seems like they'd just like to talk to someone other than family for a little while.

BeFrienders are the perfect people for this! They are trained to listen with care, to be non-judgmental, and to refrain from trying to "fix" people... all in a confidential setting. If you think someone you know might like a visit from a BeFriender, contact Marian Bermudez at 419-668-6044 or marianb@stpaulchurch.org.

Lent 4.5 * Christian Simplicity * A Compassionate Life

Many people in the U. S. believe that our cultural priorities are out of whack. The greed, selfishness and consumer mentality which drive our country are disturbing realities. They crowd out more meaningful values such as family time, community involvement and spiritual fulfillment. Many people would like to get their lives back in balance. Lent is a good time to start doing that.

Fasting is a long-established Lenten practice. This Lent, we will focus our fast on ways to give up our excessive use of the Earth's resources. Specific actions are suggested each week.

"If There's Only One Thing You Can Do. . ." As a sign of penance, Old Testament prophets would wear sackcloth & ashes. On Ash Wednesday, get your ashes. But instead of wearing sackcloth all Lent, carry a reusable cloth bag whenever you go shopping. 12 million barrels of oil were used to make 88.5 billion plastic bags for the U.S. last year. No wasteful plastic or paper this Lent (and beyond)!

Our 2011 Lenten program, Lent 4.5 is underway. Many people in our parish have stepped up to undertake this challenging Lenten experience. They are reflecting on how we can live in a way that protects God's creation and embrace Gospel justice. They are trying to take small steps to simplify their lives and be faithful stewards of God's creation. It's not too late for you to participate! Contact Marian Bermudez at marianb@stpaulchurch.org or 419-668-6044 to find out how.



Norwalk Catholic "High School" Youth Survivor Food Fast

Starts: Sat, March 5th @ 6pm

Ends: Sun, March 6th @ 7pm

Cost: \$5.00

Based on the hit TV Show - SURVIVOR!
Join a TRIBE, face the CHALLENGE, and
outlast the others to become a member of the
winning TRIBE! All this while fasting in
SOLIDARITY with those who face
challenges to survive everyday.

SPONSOR A YOUTH!

**All money collected through the Food Fast
will be sent to Catholic Relief Services.**

**All registration materials can be found @
www.stpaulchurch.org - Events
www.backtoheartland.com - NYC Food Fast**

Register NOW!

Start Your Journey to True Financial Freedom!

Learn the 7 Steps to Becoming
Financially Free Online with Phil Lenahan
Sessions Begin Tuesday March 8th at 6PM

Register Today!
email admin@veritasfinancialministries.com
for more information!



March 3, 2011 @ 7:00pm

Guest Speakers:

**Judge Tim Cardwell, Judge Jim Conway,
& Judge John Ridge**

Topic: "Faith in Politics"

Join other young adults!



Save the Date! St. Mary/St. Paul Vacation Bible School (VBS)

This is the 10th year of our collaborative
St. Mary/St. Paul VBS!

What a great event we have planned for
this summer! The "SonSurf Beach Bash"!

Save these dates:

**Monday-Friday, June 13 to 17
from 9:00 a.m. - 12:00 noon**

HELP! We need many adult & teen
volunteers. Parents, if your children have
enjoyed VBS over the years, please consider
helping out. *"Many hands make light work!"*

For more information, contact VBS
co-director, Katie Barney, at 567-424-6053.

Also, watch for registration information
in the April newsletter!

First Communion 4th and Final Gathering

The 4th and final meeting for the First Communion children & their parents is coming up soon. Parents & 1st Communion child should attend one of the following in the Gathering Space: Saturday, March 12, from 9-10:30 a.m.; Sunday, March 13, from 12:15-1:45 p.m.; or Tuesday, March 15, from 6:30-8:00 p.m.

Save the Date! Marriage, Divorce, and Annulment

The Welcoming Ministry Team of St. Paul Church is hosting an evening of information about *Marriage, Divorce, and Annulment* in the Catholic Church. The goal of the session is to help participants understand the Catholic sacrament of marriage, to correct misunderstandings about divorce, and to gain some insight into the annulment process. The session will be held in the St. Paul Parish Center Gathering Space, 91 E. Main St, Norwalk, on Tuesday, April 26, 2011 from 7-8:30 p.m. All are welcome! For more information, contact Marian Bermudez at marianb@stpaulchurch.org or 419-668-6044.

RETREAT FOR MARRIED COUPLES

Annual Retreat for Married Couples, "Nourishing the Roots of Your Marriage" will be held March 11th-13th, 2011, at Our Lady of Consolation Retreat House, Carey, Ohio. This weekend is an opportunity for listening, reflection upon and discussing various marriage topics such as: *Developing a Vision for Your Marriage*; Communication; Sabbath Time for Married Couples; Conflicts within Marriage; Forgiveness; God in Your *Marriage*. Rev. Fred Duschl, Jo Brown and Jean Wise, retreat presenters, will be bringing their experiences for a team approach to this weekend. For information please contact Brother Randy Kin, OFM, Conv., Our Lady of Consolation Retreat House at 419-396-7970 or Deacon Tim Etue, Marriage and Family Life Office at 419-244-6711, ext. 505 or 1-800-926-8277 (for outside Toledo but within Ohio).



- Most appliances continue to draw small amounts of power even when they are turned off. This "phantom" energy occurs in almost all appliances that use electricity, such as VCRs, televisions, stereo equipment, computers, kitchen appliances and telephones with answering machines. Avoid this "phantom" energy usage by unplugging the appliance when it is not in use or using a power strip to turn off the appliance(s) when not in use.

- Screen savers on computer monitors are not energy savers. The best energy-saving strategy is to set the computer to automatically switch to sleep mode or manually turn off the computer and monitor when it is not in use.

- Make sure the power management settings are activated on your computer(s). ENERGY STAR® qualified computers and monitors save energy only when the power management settings are activated.

- Unplug rechargeable battery and cell phone chargers when not in use.



- Look for the ENERGY STAR label when shopping for home appliances and electronics. It's the government's seal of energy efficiency.

TVs and DVD players still use energy even when in standby mode. Plug these electronics into power strips and turn them on only when you plan to use them.

Welcome
NEWLY REGISTERED PARISHIONERS

Michael & Stacy Bush;
children Ryleigh & Taegen

Thomas & Vicki Hipp
Louise Montgomery

St. Paul Catholic Church

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Norwalk, OH 44857

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NORWALK, OH

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**St. Paul Boosters \$100 Daily Drawing
Winners from January**

- Samantha Bleile
- Brian Smith
- Kenneth Pheifer
- Dale Myers
- Jerry Hipp
- Dale Ebinger
- Jeff Hipp
- Leo & Martha Smith
- Randy Braden
- Kathy Leak
- Bob Hipp
- Tom Fries
- Ed Englert
- R.S. Barna II
- Al Lesch
- Teresa Hansen