

The Catholic Community of

# Notre Dame Parísh

1010 Moore Road, Michigan City, Indiana 46360 notredameparish.net

> Rev. Keith McClellan, Pastor Douglas Noveroske, Deacon Julie Wadle, Pastoral Associate Natasha Magnuson, School Principal

## PARISH CENTER

Hours: 8:00 AM - 2:00 PM, Monday through Friday Phone: (219) 872-4844 Email: juliewadle@notredameparish.net

As a faith community, Notre Dame includes a wide range of parishioners residing throughout the region; families with children enrolled in our school; young adults, retirees and seasonal visitors. Embracing this diversity we will focus on bringing Christ and His teachings -- the Good News -- alive in the way we live and in how we interact with our parish, our school, and the extended community. We seek to welcome all to the Eucharist, to create better fellowship, to enrich and deepen our spiritual lives, and to fully embrace discipleship and stewardship.

# COME \* GROW \* GIVE

# WEEKEND EUCHARIST:

- Saturday 4:00 PM
- Sunday 9:30 AM

## WEEKDAY EUCHARIST:

- Monday, Tuesday, and Friday at 8:00 AM
- First Saturday of the Month at 8:00 AM
- Wednesday and Thursday at 8:30 AM with the School
- In Summer, Monday through Friday at 8:00 AM

## THE SACRAMENT OF RECONCILIATION:

• Saturday 2:45 PM - 3:45 PM or by appointment

### Please contact the Parish Office for assistance with the following:

- Sacrament of Baptism
- Sacrament of Marriage
- Sacrament of the Sick
- Adult Formation
- Holy Communion to the Homebound

# Guidelines Regarding Fast and Abstinence

Prepared by the Office of Worship, Diocese of Gary

# The Lenten Fast

#### Ash Wednesday:

This day is commemorated by <u>fasting</u> and by <u>abstinence</u> from meat.

#### Lenten Fridays:

These days are marked by the discipline of <u>abstinence</u> <u>from meat.</u>

### The Lenten Fast is a fast of penance.

Our self-denial is a way of emphasizing our dependence on God.

# How do we fast?

#### The customary fast:

This fast allows for only one full meal to be taken during the day. Two smaller meals are permitted, if necessary, to maintain strength according to one's needs. Eating solid foods between meals is not permitted.

#### The fast of the early church:

- This fast begins upon rising. No meals are taken until the customary work day (5:00 p.m.) is ended.
- ✤ A glass of juice may be taken in the morning and simple liquids such as water, coffee and tea, during the day. The fast ends with a brief prayer followed by an adequate meal. For many this may work as a more natural way to fast.

### Age guidelines for fasting:

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics who have celebrated their 18th birthday and who have not yet celebrated their 59th birthday.

# The Paschal Fast

"The Paschal Fast must be kept sacred. It should be celebrated everywhere on Good Friday, and where possible should be prolonged throughout Holy Saturday" (Constitution on the Sacred Liturgy # 110)

### Good Friday through Holy Saturday:

These days are marked by <u>fasting</u> and by <u>abstinence</u> from meat. Please note that these days are not part of Lent or the Lenten Fast.

### The Paschal Fast is a fast of anticipation.

The observance of this most ancient fast is a solemn way to prepare ourselves for the reception of the Easter Communion.

# How do we abstain?

### Traditional abstinence:

This is the practice of refraining from meat and meat products.

#### Abstinence as penance:

Entering fully into the spirit of the Lenten Fast and the Paschal Fast, we are also encouraged to abstain from other foods, practices or activities.

## Age guidelines for abstinence:

✤ Abstinence is to be practiced by all who are 14 years of age and older.

# Why do we fast and abstain?

#### When we fast and abstain, we do it together:

The practice of the Lenten Fast and the Paschal Fast is a practice of the whole parish community. Though the fast is carried out personally, we are united in our action through Jesus Christ. Our united fast and abstinence is our prayer to the Father through Jesus. Those who have already celebrated their 59th birthday are welcome to share with the community in these practices. However, they should take appropriate care regarding their personal health.

#### Our actions speak louder than our words:

Both personally and as a community we deliberately place ourselves in need (hunger being the most basic need) so that we can discover that for which we hunger spiritually in our lives and in our world. We do this to give concrete expression to our trust in God to give us the spiritual sustenance we require. Our joint action is intended to strengthen our deep belief that the God who raised Jesus from the dead also fills our every need.

We can see that the Lenten Fast and the Paschal Fast are not ancient diet plans. If we lose some unwanted pounds it's an added blessing.

# Mass Schedule & Intentions

Sat. Mar. 8, 2025 \*Saturday after Ash Wednesday; St. John of God, Religious 4:00 +John Tracy by Michael Bergerson +Joseph Meell by Lisa Albers

Sunday, Mar. 9, 2025 \*First Sunday in Lent

9:30 +Walter Binder by Donna Hennard +John and Sheila Noveroske by Wroblewski Family

Mon. Mar. 10, 2025 \*Lenten Weekday 8:00 +Martonosi, Kazwara, & Szostak Families

**Tues. Mar. 11, 2025 \*Lenten Weekday** 8:00 +Francis Mark by Family

Weds. Mar. 12, 2025 \*Lenten Weekday 8:30 +Jim White

**Thurs. Mar. 13, 2025 \*Lenten Weekday** 8:00 +Gertrude Curtin by Sara VanderWerff

Fri. Mar. 14, 2025 \*Lenten Weekday 8:00 +Deceased Members of the Bergerson Family by Ellie Parkerson

Sat. Mar. 15, 2025 \*Lenten Weekday 4:00 +Joanne McDonald by Therese and John Luce

Scripture Study Times Lectio Divina - Tuesdays at 9:00 AM Louise's Group -- Wednesdays at 9:30 AM

# **Ministry Schedule**

# **Eucharistic Ministers**

Sat. Mar. 8 @ 4:00 PM - Dave Albers, Sun. Mar. 9 @ 9:30 AM - Need Volunteers Sat. Mar. 15 @ 4:00 PM - Dave Albers, Sun. Mar. 16 @ 9:30 AM - Need Volunteers

# **LECTORS**

Sat. Mar. 8 @ 4:00 PM - Madeleine Hayes Sun. Mar. 9 @ 9:30 AM - Doug Bobillo Sat. Mar. 15 @ 4:00 PM - Toni Hyland Sun. Mar. 16 @ 9:30 AM - School Sponsored

# **Eucharistic Ministry to the Sick and Homebound**

Mar. 16 -- Doug Noveroske Mar. 23 -- Brandi Lee

Ministers please check your email for the online sign ups or use the QR code below for January through March.







Eucharistic Ministers Sign Up

Lector Sign Up

Altar Server Sign Up

**Contributions** March 2, 2025 \$4083.00 March EFT \$1842.50 Total: \$ 5925.50

Second Collection Reminder: Weekend of March 8-9: Churches in Eastern Europe



#### **GROW** AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

We've all seen it: the standard cartoon sketch in which the main character, faced with a decision, imagines the devil coaxing him toward evil on one shoulder while an angel encourages him toward good on the other. Lighthearted though they are, these classic scenes are the product of Biblical wisdom and millennia of human experience. In fact, the Garden of Eden provided the prototype: Eve was the first to listen to Satan in a conversation that was disastrous for her and her descendants. It is no coincidence that, in today's Gospel, Jesus finds himself in a desert - the "opposite" of a garden, so to speak - where he, too, confronts the devil. But note Jesus' response to Satan's advances: the Incarnate Word of God neither barters nor argues from human wisdom. For no amount of time does he turn over Satan's proposals in his heart. Instead, Jesus rejects the temptations immediately and relies on the power of the Word of God to put the devil in his place.

#### GO EVANGELIZE

#### PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

The Lenten season is meant to be a "desert" in which we, like Jesus, confront temptation. It is not a self-improvement program; it is an opportunity to reject sins, habits, and attitudes which keep us distant from God so that we can give a wholehearted "yes" to his plan for our lives. But the scene from today's Gospel is offered on the first Sunday of Lent to remind us that we do not go into the desert alone. Jesus entered first to show us that he would be with us every time we are tempted. If, instead of giving Satan airtime, we stay close to Jesus (in prayer and by frequenting the sacraments) and immerse ourselves in the Word of God (by reading Scripture), we, like him, will draw our strength from God. We will emerge victorious because, as St. Paul reminds us, "The word is near you, in your mouth and in your heart," and, "everyone who calls on the name of the Lord will be saved."

#### PLAN

Have you made a Lenten plan yet? If not, the time is now! Don't be afraid to be generous with God. Remember the three pillars of Lent: prayer, fasting, and almsgiving. Could you add a daily Mass or Rosary to your schedule? Could you incorporate some form of self-denial into your weekly meal plan or media consumption? Once you've worked out a plan, offer it to God and ask him to bless your efforts to grow in virtue out of love for him.



Children's Liturgy of the Word Sunday, April 6th 9:30 AM Mass



Stations of the Cross Fridays in Lent at 12:00 PM and 2:00 PM \*2:00 PM is with the School - All are Welcome

Living Stations of the Cross Wednesday, April 16th at 2:00 PM Wednesday, April 16th at 5:00 PM



Please pray for the Catechumens and Candidates as they continue on their journey toward full initiation into the Catholic Church. May God strengthen their faith and guide them with his grace.

The Catechumens travel to Holy Angels Cathedral to participate in the Rite of Election with other catechumens from the Diocese of Gary.

All will be welcomed into our Notre Dame family at the Easter Vigil on April 19, 2025.

Join us for a city wide Lenten Devotion

# Saturday, April 12, 2025

You are invited to pray and reflect on the Seven Last Words of Jesus as He hung on the Cross. The devotion will begin at St. Stanislaus and travel to the other MC Churches as we listen to beautiful Lenten meditations.

Each Church will host two of the 'Seven Words' with a meditation and brief prayer. All are welcome!



Seven Last

Words of

Christ

We will meet at St. Stanislaus and travel to the other parishes in order:

- 1. 10:00 am at St . Stanislaus
- 2. 10:45 am at St. Mary's
- 3. 11:30 am at Queen of All Saints
- 4. 12:15 am at Notre Dame





#### COMMITTED TO PROTECTING YOUTH AND VULNERABLE ADULTS

The Human Resource/Safe Environment Office is dedicated to providing service and guidance. If you have a matter to discuss or report regarding the protection of youth and vulnerable adults, <u>please contact</u>:

- Cheryl Sopo Victim Assistance Coordinator (219) 588-9089
- Kelly Venegas Chief Human Resources Officer and Bishop McClory's Delegate for Sexual Misconduct Cases (219) 769-9292 ext. 88224 or <u>kvenegas@dcgary.org</u>
- Kathy Lafakis Safe Environment Coordinator (219) 769-9292 ext. 88280 or klafakis@dcgary.org



# **REGISTRATION IS OPEN!**







# 5TH ANNUAL ST. PATRICK'S DAY 5K COLOR RUN/WALK

NOTRE DAME CATHOLIC SCHOOL MICHIGAN CITY, IN SATURDAY MARCH 22 2025



SPONSORSHIPS AVAILABLE! Contact Mark Seddon 330-398-2332





1750 East Barker Ave, Michigan City, IN

# National NOVENA for Migrants and Immigrants



## NATIONAL NOVENA FOR MIGRANTS AND IMMIGRANTS

A group of U.S. bishops, including two cardinals, will lead a nine-day Lenten prayer service for migrants and refugees in an online series sponsored by the Catholic Theological Union in Chicago.

The service will be held over nine days, March 14-22, overlapping with the feasts of St. Patrick and St. Joseph, which are traditionally marked by Irish, Italian and Polish immigrants in the United States. Scripture tells how Joseph led the refugee Holy Family to Egypt. Patrick, according to tradition, was trafficked as a slave to Ireland.

"Both Patrick and Joseph not only call attention to the American immigrants, they are stories that help us think about the situation of migrants and immigrants today," said Stephen Millies, executive director of Catholic Theological Union's Bernardin Center, which is organizing the novena.

The 15-minute prayer services will begin at noon Central time, over Zoom. Worship aids will be available in Spanish and English. Also included will be information about Catholic ministries serving migrants and immigrants. Register to participate at https://ctu.edu/novena/