

PASTOR’S NOTES

Fasting from anger — *some notes*

Fasting is a lenten discipline that is meant to be an antidote from harmful bodily desires, but more importantly curtail the deleterious effects of sin/vices. Certainly the seven (7) capital sins would be vices to be avoided at all costs. In that sense Lent could be a great season to begin a life-long fast from the capital sins. In this second lenten reflection – let us examine the capital sin of anger.

In paragraph 2302 the Catechism of the Catholic Church (CCC) says this about anger ... “(It) is a desire for revenge. To desire vengeance in order to do evil to someone who should be punished is illicit, but it is praiseworthy to impose restitution to correct vices and maintain justice. If anger reaches the point of a deliberate desire to kill or seriously wound a neighbor, it is gravely against charity; it is a mortal sin.” Another contemporary way of defining anger is ‘excessive displeasure over real or apparent injury’. Some spiritual writers contend that anger is only second to pride in the destruction that it causes in people’s lives and the life of the world.

Anger belongs to the world of the passions. In and of themselves, passions are neither good or bad. It is what a person does with them that makes them either right or wrong. **Passions need to be governed by reason [CCC 1767].**

In a psychological sense anger begins as a sentry within us that alerts us to a perceived threat/danger. Depending upon a person’s temperament one person’s response could be “*off the charts*” while another person’s response is - “*what’s the big deal?*”. In this sense no one can make a person angry; rather ‘I chose to be angry’. Uncontrolled anger is often accompanied by savory stepchildren: “vengeance, hate, rage, resentments, insults, rancor, quarrels”. Such anger can inspire cutting words, frozen silence, psychological violence, etc. In many ways anger does more damage to the angry person than to the person or institution to which the anger is directed. It can cause loss of sleep, ulcers, etc. That kind of anger distorts our perception of reality and blinds us to what good may be present. We only focus on the cause of the hurt/threat. In turn, this can seriously harm or destroy social relationship. We often see this in family relationships during probate issues. Family members end up carrying lifetime resentments where brothers and sisters no longer talk with one another. Often the first signs of anger are physical – rising blood pressure, tightened stomach, etc.

On the other hand there is such a thing as ‘righteous anger’. Christ seems to demonstrate this in the cleansing of the temple in John’s Gospel [Jn. 2:13-22]. Such anger arises when a person sees a defenseless person being attacked or becoming motivated to crusade against a truly unjust act (e.g. - abortion) and join the pro-life cause. In such cases good things can emerge and unjust practices be changed. **Such ‘righteous anger’ must always be tempered by mercy, compassion and nonviolence.**

In conquering anger we should always look within ourselves and discern what is “*pushing my button*”. Is my sense of inflated self-importance being threatened? Is my need of being in control being threatened? Is my need to possess being threatened? Is my need for physical pleasure being threatened? Was the perceived threat intentional or unintentional? etc.

Spiritual writers speak about cultivating the opposite virtues against the sin/vice of anger. Some of these virtues are: forbearance, patience, humility, etc. The two virtues opposed to anger are meekness and clemency. One can not be both meek and angry at the same. Moving in this direction seems to be what Jesus asks of us in the Sermon on the Mount when he reminds us: *being angry with one’s brother makes a person liable to judgement [Mt. 5:22]; turning the other cheek [Mt. 5:39]; loving one’s enemies and praying for one’s persecutors [Mt.5:44]; forgiving our debtors [Mt. 6:12].*

Truly fasting from anger would be a worthy practice to begin this Lent and continue for a life time.



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347-4609

St. Thomas Catholic Church
401 Third St. North
PO Box 22
Buffalo ND
633-5150



THIRD SUNDAY OF LENT
March 3, 2024

Weekend Mass Schedule for St. Leo’s and St. Thomas

1st, 3rd and 5th Sundays: 8:30 am St. Thomas, 10:30 am St. Leo’s
2nd & 4th Sundays: 8:30 am St. Leo’s, 10:30 am St. Thomas
Every Saturday: 5:00 pm at St. Leo’s

Mass Intentions for the week of Mar 3:

Mon - Mar 4 – 9:00 am – +**Shirley Marek** by Monica Qvale
Tues - Mar 5 – St. Thomas – 9:00 am – +**Souls in purgatory**
NO MASS at St. Leo’s
Wed – Mar 6 – 9:00 am – +**Fr. Joseph Fitzpatrick**
Thurs – Mar 7 – 9:00 am – +**Souls in purgatory**
Fri – Mar 8 – 9:00 am – +**Leonard Brandenburg** by Paulette Schmitt
Sat - Mar 9 – 5:00 pm - +Russel Muscha by Daryl & Kathy Flagen
Sun - Mar 10 – St. Leo’s - 8:30 am - For the people of our parishes
St. Thomas - 10:30 am - +Marlow Smith by Keith & Joni Biggers

Parish Staff:

Pastor: Fr. James Ermer
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Prayer Chain:
Kelsey Lako: 701-793-7088

Maintenance: Paul & Sherry Radermacher
Phone: 701-793-7740; 701-793-7798

St. Leo’s Directors: Dave Glennon & Micah Bartholomay
St. Thomas Directors: Gary Milbrandt & Flint Kasowski

Sacrament of Reconciliation
at St. Leo’s
4:00 - 4:45 pm Saturday

at St. Thomas
8:00 - 8:15 am
before all 8:30 am Masses

~ Anytime by appointment
~ Communal Services during
Advent and Lent


New Members: If you are new to the area, we would love to have you as a registered member. To register as a new member of the parish, please visit with Fr. Ermer after Mass.


Please join in praying the Rosary
25 minutes before the Saturday evening
and Sunday morning Mass times.

PARISH EVENTS/MEETINGS

Sun., Mar 3 - 9:00 am - KC Breakfast in the Spirit of Life Center serving French toast
Sun., Mar 3 - 6:30 pm– Ecumenical Prayer Service– United Methodist Church– 6 pm– Soup/Sandwich
Mon., Mar 4 - 6:30 pm - Parent Eucharist meeting
Tues., Mar 5 - 7:00 pm - Education committee meeting at the rectory
Wed., Mar 6 - 6:00 pm - **NO** Stations of the Cross at St. Thomas
Fri., Mar 8 - 5:30– 7:00 pm - KC Lenten Fish Fry
Fri., Mar 8 - 7:00 pm - Living Stations at St. Leo’s
Sun., Mar 10 - 6:30 pm– Ecumenical Prayer Service– Martins Lutheran Church– 6 pm– Soup/Sandwich
Wed., Mar 13 - 6:00 pm - Stations of the Cross at St. Thomas
Fri., Mar 15 - 5:00 pm - Holy Hour at St. Leo’s
Fri., Mar 15 - 6:30 pm - Stations of the Cross at St. Leo’s; 6 pm– Soup/Sandwich supper

Religious Education Class Times — Wed., Mar 6th
St. Thomas RE classes — 3:45 pm
St. Leo’s RE classes: Simple Supper - 6:00 pm
Grades 1, 2, 3, 4 — (5:15 pm session); (6:30 pm session)
Grades K & 5, 6, 8, 9 & 10 — 6:30 pm - 7:30 pm
Grade 7 - Class A and 12th grade — 6:15 - 7:45 pm

 **ATTENTION ST. THOMAS PARISHIONERS:**
There will be **NO** Stations of the Cross on Wednesday, March 6th.

| Upcoming Ministry Schedule | | | |
|---|---|--|--|
|  | Saturday Mar 9 5:00 pm <i>St. Leo’s</i> | Sunday Mar 10 8:30 am <i>St. Leo’s</i> | Sunday Mar 10 10:30 am <i>St. Thomas</i> |
| <i>Lector</i> | Mark Voss | Shari Kensok | Jackie Vavra |
| <i>Eucharistic Ministers</i> | Bill Franck Lori Howard | Denise Bartholomay Ann Faught Susan Kempel Paul Olsen Deb Werner | Keith Biggers Kristi Hovelson |
| <i>Altar Servers</i> | Addison Hushka Noah Hushka | Melody Kempel Quinn/Riley Gunkel Emma Rupp | Hallie Besette Hannah Besette |
| <i>Offertory Collectors</i> | Volunteers needed | Volunteers needed | Keith & Joni Biggers |
| <i>Gift Bearers</i> | Volunteers needed | Volunteers needed | Gary & Linda Milbrandt |
| <i>Lead Rosary</i> | Richard Muscha | Deb Werner | |

NEWS AND NOTES

Prayers and Sympathy: Our Parish communities extend our deepest sympathies to Den Bolda and his family on the death of his grandmother, Mary Bolda. *Blessed are those who mourn, for they shall be comforted. —Matthew 5:4*

Music for Holy Week and Easter: We are hoping that you would consider being a part of the choir for the **Holy Triduum- Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday- March 28-29-30-31, 2024.** Here is a schedule of our practice times. **First practice will be Sunday, Feb. 25th from 9:30-10:30 am in the choir loft.**
Practice schedule:
Sun., Mar. 3rd – 9:00- 10:00am
Sun., Mar. 10th – 9:30-10:30am
Sun., Mar. 17th – **8:30-9:30am**
(The choir for Mass practices at 9:30 am)
Sun., Mar. 24th – **NO Rehearsal**
We would love to have you join us for all (or some) of these great liturgies! Call if you have any questions!

Join us to sing from the choir loft! “Choir Sunday” will be **Sunday, March 17th** at the 10:30 am Mass. Anyone middle school and older is welcome to sing. We will meet in the choir loft from 9:30-10 am that day to run through these songs: #504, #781, #453, #330, #478. YouTube is a great way to practice at home beforehand. Music with harmony parts available-ask Wanda Mangin.

Lenten Canisters – One recipient of our Lenten canisters is **Catholic Charities of ND.** *Catholic Charities of ND* is a national organization committed to providing quality services to families and individuals throughout North Dakota regardless of religion, race, age, gender or ability to pay. Some of the services they provide are: Infant adoption, Special needs adoption (AASK), Pregnancy and parenting services, Adoption search and disclosure, Individual/Family/Marital counseling, International Adoption and Guardianship. *Please be generous in supporting our Lenten charities. We will collect these canister during Holy Week.*

This week’s Stewardship moment:
“You shall not carve idols for yourselves in the shape of anything...” ~ Exodus 20:4
How many “gods” do you put before God? “Idols” do not always take the shape of physical things, things we can touch and feel. Those are easy to recognize. Many times they take the form of things we cannot touch and are much harder to spot like pride, power, ego, time, comfort or health. Pray for God’s help to prune our vices and to grow in virtue.



St. Leo’s Knight of the Month:
The Knight for the month of **February** is **Den Bolda.** Thank you Den for all you do for the KC’s. Your dedication is greatly appreciated.

St. Leo’s Knights of Columbus
FISH FRY
Friday, March 8th,
5:30 to 7:00 pm
Everyone welcome.



Catholic Man Night: Tuesday, March 12th at Holy Spirit Catholic Church (1420 7th St. N, Fargo). 6:00 pm—7:00 pm Adoration & Confession. 7:00 pm—8:00 pm Meal with talk by Fr. Kevin Lorsung and short discussion to follow. Free will offering. All men are invited, bring a friend!
Attention Deer Hunters! We are looking for deer/homemade sausage donations for the Saturday, March 30th Easter Vigil reception. If you have any you would be able to share, it would be greatly appreciated. Please contact the parish office at 347-4609 if you can help. Thank you.
 **Daylight savings time** begins next weekend (Mar 9/10). Don’t forget to set your clocks forward 1 hour.