

# News from the Pews

Monthly Newsletter

Blessed Sacrament

May 2016, Vol. 12, Number 11

## Fr. Bert celebrates 25 years as priest, Wednesday, June 1

Fr. Bert will celebrate his 25<sup>th</sup> anniversary of ordination on Wednesday, June 1.

Events planned include: a 9 a.m. liturgy and a 6:30 p.m. dinner, with program following.

All parishioners are invited to take in one or both events.

There are invited guests and these persons will have priority seating in the Dining Room. See discussion of this on Page 6.

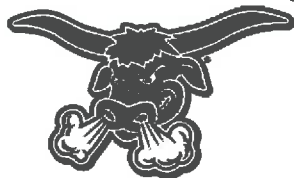


## '16 Graduates celebrated May 22

The graduates of the Class of 2016 are invited to gather for a parish liturgy on Sunday, May 22.

A reception will be held after the 9:30 a.m. liturgy.

Please RSVP your intention to be present by May 17. Call 282-3321.



## Summer 9:30 liturgy begins Sunday, May 22

The summer schedule of having only one liturgy on Sundays will begin on May 22.

This will continue through Labor Day weekend.

## Michael Mettler joins Parish team in May

By Fr. Bert

Michael Mettler joins the Parish Team as the Director of Music in May.

Michael is a December graduate of North Dakota State University. His major is music.

Since graduation, he has been busy substitute teaching at metro schools.

Michael and his spouse, Alea, have a son, Henry, and are expecting a baby close to the day of employment.

Michael has some great ideas about getting young people involved in music ministry.

### ***Blessed Sacrament Mission Statement:***

***As loving disciples, we the faith community of Blessed Sacrament, strive for full and active participation in joyfully serving Christ while recognizing the gifts and dignity of all.***

**Blessed  
Sacrament  
Leadership**  
Parish Office  
282-3321

**Pastor:** Fr. Bert Miller  
**Faith Formation  
& Youth Ministry:**  
Lucy Elshaug

**Music Co-ordinator:**  
Michael Mettler

**Parish Life:**  
Karen Beets  
**Parish Nurse:**  
Tina Tweeter  
**Support Staff:**  
Mary Beth Odegaard

**Pastoral Council:**  
17- Shawn DeKeyser  
    Chairperson  
17-Eric Hanson  
18-Cindy Fischer  
18-Leslie Wegner  
19-Jenie Aberle  
19-Thomas Paulson

**Directors**  
Jeanine Allmaras  
Dean Krogen

**Circles:**  
**Holy Rosary:**  
Elsie Keller  
**Mother Seton:**  
Alice Pritchard

ID Statement:  
**News from the Pews**  
Monthly Newsletter  
Blessed Sacrament  
Catholic Church  
210 5 AVE W  
West Fargo, ND  
58078-1799

## Parish Nurse resigns, party set for May 15

By Fr. Bert

Parish Nurse Tina Tweeter has decided to leave her position at Blessed Sacrament.

Tina was injured in a fall at her home in mid-December. Since then, she has been recuperating.

A Going-Away Party will be held in honor of Tina on Sunday, May 15, from 2-4 p.m. in the Social Hall.

## Scriptures to study

**April 30-May 1 – Sixth Sunday of Easter**

Acts 15:1-29, Rev 21:10-14, John 14:23-29

**Thought:** Jesus' love-in-action is the gift of the resurrection. Our love-in-action flows from the gift of the Holy Spirit dwelling in us.

**Question:** How do I act with the Holy Spirit dwelling in me?

**May 7-8 – Ascension**

Acts 1:1-11, Ephesians 1:17-23, Luke 24:46-53

**Thought:** Jesus' blessing before he was "taken up to heaven" was his last action-word in their midst.

**Question:** What actions do I take because of the blessing I hear at the end of liturgy?

**May 14-15 – Pentecost**

Acts 2:1-11, 1 Cor 12:3-13, John 14:15-26

**Thought:** The Father sends the "Advocate, the Holy Spirit" to teach us "everything."

**Question:** How do I accept the teaching of the Holy Spirit in my life?

**May 21-22 – Feast of Holy Trinity**

Proverbs 8:22-31, Romans 5:1-5, John 16:12-15

**Thought:** The relationship of Father, Son and Holy Spirit in our lives is "give and take."

**Question:** What is the Father, the Son and the Holy Spirit "giving" or "taking" from me?

**May 28-29 – Feast of Corpus Christi**

Genesis 14:18-20, 1 Cor 11:23-26, Luke 9:11-17

**Thought:** The food of Jesus transforms us into being the "leftover fragments" – the Body of Christ – continuing Jesus' ministry of giving self over for others.

**Question:** How do I participate in this mystery?

## Vital Statistics

**Deaths:**

Bill Thies  
Peter Gross

**Baptisms:**

Rachida Nama

**Confirmation  
& First Eucharist:**

Rachida Nama  
Afi Dogan  
Jeffery Berkness  
Berit Berkness

## KCs to host Muffins with Mom on May 8

The Knights of Columbus will host a "Muffins with Mom" event on Sunday, May 8, in honor of Mothers.

Serving hours will be from 9 a.m. until Noon.

This is a great way to honor mothers.

## Bake Sale set for May 14-15

The Holy Rosary and Mother Seton circles will host a Bake Sale on Saturday and Sunday, May 14-15, in the Agora.

Proceeds go to the Poor Fund.

## Last Newsletter set for June 2016

The last News from the Pews of this design will be distributed at the end of May.

Fr. Bert has worked on a monthly newsletter for 24 of his 25 years of priesthood.

**You can reach  
Staff/Team members  
at these emails:**

Bert@BlessedSacramentWestFargo.org  
Lucy@BlessedSacramentWestFargo.org  
Michael@BlessedSacramentWestFargo.org  
Karen@BlessedSacramentWestFargo.org  
MaryBeth@BlessedSacramentWestFargo.org

**Parish Website**

www.BlessedSacramentWestFargo.org

**FaceBook**

Blessed Sacrament Church – West Fargo  
Like Us!

**Mass Schedule** is noted on  
the monthly Calendar, on the last  
page of this publication, online & by  
calling 282-3321 after hours.

**Anointing of the Sick**

Third weekend of September and  
Divine Mercy Sunday in the Spring.

**Exposition**

First Fridays of February, May,  
October & December, after 9 a.m.  
liturgy until Noon.

**Baptism**

Parents are asked to contact Parish  
Office about classes and date/time of  
Sacrament.

**Marriage**

Couples are to set appointment with  
Pastor at least 6 months before  
proposed date.

# Farewell Party



for



## Tina Tweeter



Sunday, May 15  
2 – 4 p.m.  
in the Social Hall

Join us in thanking Tina  
for her service to our Parish.



## Blessed Sacrament Liturgy Schedule

### Weekends (thru May 15)

Saturdays: 5:15 p.m.

Sundays: 8:30 & 10:30 a.m.

### May 22 through Labor Day:

Saturdays: 5:15 p.m.

Sundays: 9:30 a.m.

### Weekdays:

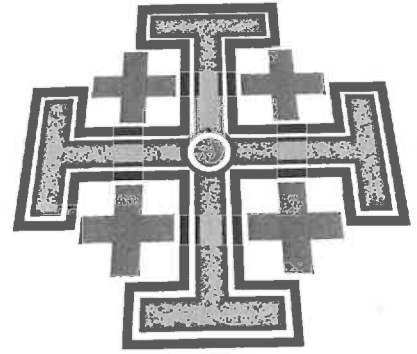
9 a.m. M-W-Th

2 p.m. Tuesdays at Bethany

### Reconciliation

Saturdays: 4 to 4:30 p.m.

& by appointment anytime



**Coming in June:**

## The 25<sup>th</sup> Anniversary of Fr. Bert's Ordination as priest

**Celebration is  
Wednesday, June 1**

**9 a.m. liturgy**

**6:30 p.m. Dinner**

Everyone is invited to attend these events. Wednesday is the chosen day because most of you are at home from the lake during the week.

There are invited guests from other parishes and places Fr. Bert has served and/or worked. Please make room for these persons in the dining room.

There will be overflow dining areas in the classrooms. If you arrive late for dinner, please enjoy the snacks in the Gathering Area until the program begins at about 7:15 p.m.

## Fr. Bert's assignments

1991-1993 – Nativity, Fargo

1993-1994 – Holy Family,  
Grand Forks

1994-1996 – St. Lawrence,  
Michigan  
Sts. Peter & Paul,  
Bechyne  
St. Catherine, Lomice

1996-2004 – St. John Evangelist,  
Grafton

2004-2016 – Blessed Sacrament

# Health Enews



## Support Your Community and Volunteer

Volume 2, Issue 4

April 11, 2016

With the many roles we all fill including employee, parent/grandparent, student, and spouse, who has time to volunteer? I would suggest that most organizations appreciate *any amount of time* a volunteer is able to contribute. Additionally, volunteering together as a family is a great opportunity to show children the importance of giving back to the community.

### Surprising Benefits of Volunteering:

1. **It's good for you.** Experts report that when you focus on someone other than yourself, it interrupts tension-producing patterns.
2. **Increases self-confidence.** Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity.
3. **Provides a sense of purpose.** Older adults, especially those who have retired or lost a spouse, can find new meaning and purpose in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries and keep you mentally stimulated.
4. **Combats depression.** A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.
5. **Helps you stay physically healthy.** The physical activity involved in certain forms of volunteering—such as environmental projects in parks, nature reserves, or beaches—can be good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not.



6. **Can teach you valuable job skills.** Many volunteer opportunities provide extensive training and can help you build upon skills you already have and use them to benefit the greater community. Volunteering also gives you the chance to raise awareness for your favorite cause while developing and improving your public speaking, communication, and marketing skills.
7. **Can bring fun and fulfillment to your life.** Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be relaxing and an energizing escape from your day-to-day routine of work, school, or family commitments.

### **Questions To Consider When Volunteering:**

- Is there something specific you want to do?
- Do you want to make it better around where you live?
- Do you want to meet people who are different from you?
- Are you willing to try something new?
- Would you like to see a different way of life and new places?
- What skills can you bring to a volunteer opportunity?
- Would you like to work with adults, children, animals, or remotely from home?

### **Places to consider when volunteering:**

- Church or school
- Libraries or senior centers
- Homeless shelters
- Local animal shelters, rescue organizations, or wildlife centers
- Historical restorations, national parks, and conservation organizations

Just remember, no matter how much time you have to volunteer, your time and efforts are always appreciated.