

Our Blessed Voices

A Quarterly Newsletter

Volume III, Issue 1

The New Translation by Father Brendan Kelly

Beginning on the first Sunday of Advent this year, we, along with all Catholics who pray the Mass in English, will experience a change in the words we use at Mass. The translation, which we are currently using, was made in 1970 when the first edition of the *Novus Ordo Missae* was issued for use throughout the world. Due to the circumstances of the time, this translation was made somewhat hurriedly, and so it was flawed in some ways. Since the words we use to worship God at Mass are so important in the lives of Catholics, the Church has been very deliberate in the effort of correcting the original translation. Since 1970, there have been two revisions of the Latin typical edition of the Roman Missal, in 1975 and 2000. In 1984, corresponding to the 1975 revision of the Roman Missal, some small changes were made to the English translation. But now in 2011 we will be implementing a more sweeping revision of the translation we use at Mass in response to the third typical edition of the Roman Missal, which has been in effect for more than 10 years.

Realizing that this will be a big change for us as we pray at Mass, the Church has asked us to prepare well for the coming translation by working to understand and pray more deeply the texts of the Mass as we enter into the Mystery of Christ's Passion, Death and Resurrection.

Here at Blessed Sacrament, we will have a program on the Sundays in Lent to study the theology of the Mass and to prepare for the changes in the translation coming this Advent. Let us rejoice with the whole English speaking world to receive at last this improvement in the texts which we will pray together at Mass. There will be a time of adjustment for all of us, especially the priests, as we adapt to praying the same prayers in new words.

Please consider making time on your Sunday evenings this Lent to join us as we work for a fuller and deeper understanding of the Mystery that is the Holy Mass.



2011 Lenten Schedule
March 9th - Ash Wednesday
April 17th - Palm Sunday
April 22nd - Good Friday
April 23rd - Easter Vigil
April 24th - Easter



Stewardship Committee

by Jennifer Nottlemann

We all have the same 24 hours in our day.

What do you do with yours?

If I were asked to use one word to define the members of the Stewardship Committee of Blessed Sacrament that word would be *COMMUNICATORS*. We work very hard at finding ways to share information with our parish members about every organization and activity. We believe it is our job to make sure you have all the information you need regarding activities of the church. One of the best communication tools our parish now has is our website; www.blessedsacramentlincoln.com. Words alone cannot express how grateful we are to Mike & Kathy Beran for all their hard work getting the website established and maintained. Another great communication tool for our parish is this newsletter. Through it, we get a chance to spotlight organizations, share announcements and educate our parishioners. We publish four newsletters each year and Paul Dion does the bulk of the newsletter work. He writes articles, edits articles from many contributing authors and creates the newsletters using Microsoft Publisher templates. He truly makes this newsletter the

success it is. Jude Johnston & Mickey Johnston complete the newsletter by getting it ready for the post office. If you would like to become part of this process, even if just by suggesting an article topic, please let me or Paul Dion know.

The Stewardship Committee has a hefty goal for 2011. We would like to complete a parish-wide census which is a huge task that will take the cooperation of all parishioners. We have a wonderful database that is full of outdated information. The first step in this project is to find someone within our parish that could serve as a Database Administrator. We are very fortunate to have several volunteers who are "willing to do office work" who will help enter the updated/new information into our database. Once that is accomplished we will be able to define a process to keep the data up-to-date.

As Fr. Sullivan said during one of his homilies this past November, Blessed Sacrament is a parish of great stewardship. We have 59 active organizations. Whether your desire is spiritual or social, we have it. Our faith can be lived out through so many of our wonderful spiritual organizations. My faith grew after attending a Light of the World Retreat two years ago. That journey led me to a holy hour, made available through

Perpetual Adoration. If you are more into a social scene, Table for Ten, the Altar Society or Knights of Columbus could be your ticket. Or if you are more of a worker bee, perhaps you would like to share your handyman skills, your family recipes, your knack for decorating or perhaps your gardening skills. I am certain we have a group of people who are just like you. We have organizations for children, teens, mothers, and adults of all ages.

In the next few weeks, you will have an opportunity to read specific details about each parish organization. The Stewardship Committee is putting the final touches on this year's Time & Talent Campaign. Once you receive your stewardship catalog in the mail, please prayerfully look it over and give some consideration into enriching your life through increased stewardship. Included with the Time and Talent catalog will be pledge forms you can use to indicate which Parish organization(s) you may be interested in learning more about or even joining. We ask that you bring your completed pledge form to Mass on **Commitment Sunday** which is on **April 10th**.



Left: The Nativity inside Blessed Sacrament Church. Decorated by the Decorating Committee



Right: Members of the Blessed Sacrament Usher's Club preparing food baskets

Pictures by Melissa Tvrdy

Catholics Come Home by *Jill Muff*

Catholics Come Home is an apostolate that seeks to draw inactive Catholics back to the faith. To do that, they are trying to reach them through the media with their message of hope and forgiveness. Their website, www.catholicscomehome.org, offers moving, thought provoking and wonderful testaments to our faith. There is also a wealth of information there to help us evangelize, should we ever be so fortunate to encounter someone who may be thinking about “coming home”.

The Parish Evangelization Committee at Blessed Sacrament will offer our own Come Home program again this year. The goal of the program is to provide a safe opportunity for participants to share, in a non-judgmental atmosphere, what has kept them from practicing their faith. It will also provide them with encouragement and answers to help them on their way back to the church. The program takes place over the course of three Sunday afternoons at the school and is free, confidential and open to anyone in the diocese.



Participants are not required to make any commitment; they can attend just one or all three of the sessions, though attending as many as you can is the most beneficial.

The dates for 2011 are on Sunday afternoons during Lent; **April 3, 10, and 17th.**

Session times for these dates will be announced in the weekly bulletin and online at www.blessedsacramentlincoln.com. If you know someone who might benefit from the Come Home series at Blessed Sacrament please encourage them to attend, or they can also be sent an anonymous invitation. Most of all please pray for them.

If you have any questions or comments or if you would like to help please call **Rena Smith** at 435-8055, **Jill Muff** at 435-6158, or **Father Sullivan** at 474-4249.



*Fr Sullivan and Fr Kelly
Easter Vigil 2010*



Easter Vigil 2010

Lent: More Than Just Giving Up Something

by Susan Hines-Brigger

Reprinted from www.americancatholic.org

Each year when I mention Lent in front of my kids, the first thing they ask is, “Is Lent when we have to give something up and eat cheese pizza every Friday?”

“Yes,” I respond, making a mental note to vary our Friday night meals a little more. “But it’s not just about giving something up.”

Then they usually give me a “Here comes one of mom’s lectures” look. And in the end they’re usually not convinced. But to be fair, I suspect a whole lot of Catholics—adults included—fail to see Lent any differently than my kids do.

But Why?

As parents, we know that kids always ask, “Why?” about everything. And maybe they’re on to something. So in order to get beyond the rote of fasting and abstinence each Lent, perhaps it helps to know why we do it in the first place.

The actual purpose behind fasting and abstinence is to help us connect with the suffering of Jesus. Suddenly, giving up our favorite show or food doesn’t seem so trying in light of what Jesus endured, does it?

Fasting during Lent has its origins in the 40 days Jesus spent in the desert fasting and praying. Days of fasting during Lent are Ash Wednesday and Good Friday. On those days, Catholics over the age of 18 and younger than 60 should eat only one full meal. Two smaller meals can be eaten, but when combined, those two should not exceed the full meal.

Abstinence from meat is observed on Ash Wednesday and Good Friday, but is also practiced on Fridays throughout Lent in the United States. Actually, according to the *Code of Canon Law*, Catholics should abstain from meat every Friday throughout the year in addition to Ash Wednesday and several other days. But in 1966, the U.S. bishops amended the practice to include just Ash Wednesday and Fridays during Lent. They do, however, encourage Catholics to try to abstain from meat every Friday.

Make It Worthwhile

So if Lent to you has become just the time of year when you have to give something up, give it a jump start with the help of the following tips:

Make it count. Throughout Lent last year my four-year-old son, Alex, gave up jelly—which he doesn’t particularly like in the first place—and numerous other things based on what we were having for dinner that night. My point is, make your sacrifice count. Make sure it’s something that will really get you thinking. Fasting and abstinence aren’t supposed to be easy.

Put it in perspective. One of the things that always gets me back on track with my Lenten offering is to think of what Jesus went through and then compare it to what I am sacrificing. Suddenly, whatever I gave up doesn’t seem as difficult, and I’m usually re-energized.

Stick to the necessities. I’m always irritated when my kids ask for something just because they can—a toy, a snack, a drink. Encourage your kids to ask themselves if they really need something before they ask. Ask them if they need to have a snack before bedtime. Have them try to go to a store without asking for a toy, or drive past a fast-food restaurant without asking to get something. For yourself, make an effort at the grocery to purchase only the necessities.

Seek out new ideas. One of the problems with doing something over and over again is that it can get stale. For instance, I think I gave up candy every year for most of my childhood. There was no real thought behind it; it was just what I did. This year, try to be creative and put some real thought into your Lenten sacrifice.

For your education...or refresher.

How to Pray the Rosary

The Rosary helps us reflect on the lives of Jesus and Mary, in order to move closer to God and further from sin. Each mystery is called a decade and each set of 5 mysteries is called a chaplet. Each mystery is an event in salvation history. **For each mystery, pray 1 Our Father, 10 Hail Marys, and 1 Glory Be.** Meditate on the mystery while reciting the prayers.

Introductory Prayers:

First, make the Sign of the Cross. Then pray the Apostles Creed, 1 Our Father, 3 Hail Marys, and 1 Glory Be. For each mystery: When praying in a group, announce each mystery by stating the title of the mystery, as follows:

Joyful Mysteries

1. The Annunciation to Mary (Lk 1:26-38)
2. The Visitation of Mary (Lk 1:39-56)
3. The Birth of Jesus Christ (Lk 2:1-21)
4. The Presentation in the Temple (Lk 2:22-38)
5. Jesus, Found in the Temple (Lk 2:41-52)

Luminous Mysteries

1. The Baptism of Jesus (Mt 3:13-16)
2. The Wedding at Cana (Jn 2:1-11)
3. The Call to Repentance (Mk 1:14-15)
4. The Transfiguration of Jesus (Mt 17:1-8)
5. The First Eucharist (Mt 26:26-30)

Sorrowful Mysteries

1. The Agony in the Garden (Mt 26:36-56)
2. The Scouring at the Pillar (Mt 27:26)
3. The Crowning with thorns (Mt 27:27-31)
4. The Carrying of the Cross (Mt 27:32)
5. The Crucifixion of our Lord (Mt 27:33-56)

Glorious Mysteries

- The Resurrection of our Lord (Jn 20:1-29)
- The Ascension of our Lord (Lk 24:36-53)
- The Descent of the Holy Spirit (Acts 2:1-41)
- The Assumption of Mary into Heaven
- The Coronation of Mary

Sometimes additional prayers are said. At the end of each decade, you may say the O my Jesus prayer, and at the end of each chaplet, you may say the Hail Holy Queen, and the O God Whose prayers. At the end of each prayer, say: Amen.

Our Father, who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.

The Apostles Creed: I believe in God, the Father almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day, he rose again. He ascended into Heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of thy mercy.

Hail Holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, O most gracious advocate, thine eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

O God, Whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that, by meditating on these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord.

Parish Council Nominations

Nominations are currently being accepted for Parish Council Commissioners. If you are interested in serving in any of these positions, or you know someone who may be a good candidate, please fill out a form in the church vestibule.

Each position, except the President Elect, will act as a liaison between their respective Commission and the Parish Council. All terms of office are two years.

Education Commission

Social Action Commission

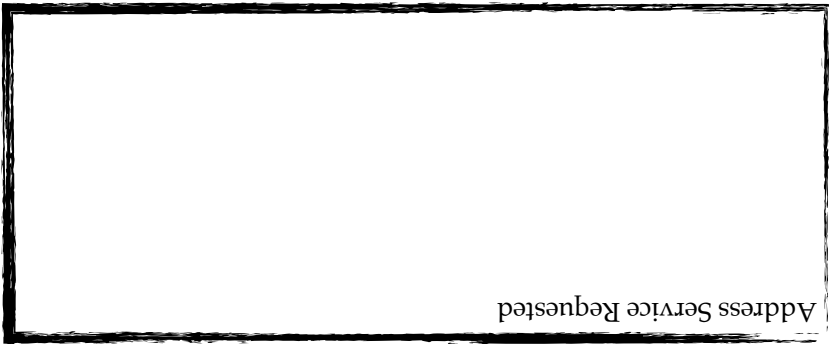
Parish Activities Commission

Prayer and Spiritual Life Commission

President-Elect - Assists the president as needed, keeps meeting minutes, succeeds the president.

You may contact any of the current Parish Council members for more information.

We're on the web, visit us at:
www.blessedsacramentlincoln.com



*Pastor: Rev. John Sullivan
Assistant Pastor: Rev. Brendan Kelly
In Residence: Rev. Casey Porada*

Blessed Sacrament
1720 Lake Street
Lincoln, NE 68502
Phone: 402-474-4249

Non Profit Org.
U.S. Postage
PAID
Lincoln, NE
Permit No. 274