

### From Msgr. Gene

A number of years ago I remember driving home after having a delightful meal at one of the local restaurants. Nothing extraordinary really happened on the way home, except that I did it without my headlights on – for most of the way. I didn't intend to do that. (And no, I didn't have anything to drink with my dinner!) It's just that when I got in my car to go home, I thought I would let it warm up a bit (it was one of those cold nights). I turned the lights on so I could see the dashboard – and waited for some warmth out of the heater. Then I started off for home. I was in a part of town where the streets are well-lit, so I didn't notice that I had forget to turn the switch the rest of the way for the headlights. It was only when I turned onto a darkened side-street that I realized the headlights weren't on. Sometimes it takes some "darkness" to alert us to matters that need our attention.

There's no doubt about it: these are some dark days in so many ways. But haven't we become very aware of how much we have taken for granted "before the lights went out" -- the opportunity to celebrate and receive the Eucharist, to go to school or work, well-stocked shelves in our stores, especially the grocery stores, being able to go out to eat or do to some shopping basically whenever we wanted, being able to gather with more than 10 people in one place, etc.? Maybe the "darkness" of these days is a call for us to pay attention to God, to our loved ones, and the incredible blessings we do have. They've always been there – maybe we just weren't paying attention.

Let us continue to pray for one another.

### PARISH CONTACTS

Pastor	Msgr. Gene Lindemann	673-3452
Religious Ed Dir.	Denise Richter	673-3488
Council Chair	Myron Rogstad	673-3325
Altar Society	Corrine Heaton	333-8178
Business Mgr.	Tedi Maher	
St. Hildegard Office: (Mon-Wed-Fri.)		673-3177
Sacred Heart Office: (Tues-Thurs)		734-8131

### PARISH EVENTS/NEWS

#### LIVESTREAM MASSES AND SPIRITUAL COMMUNION

Daily and Sunday Masses at the Cathedral will be livestreamed at [www.cathedralparish.com](http://www.cathedralparish.com) at the following times:

- Monday through Friday at 6:45 a.m.
- Saturday and Sunday at 8:00 a.m.

As always, the televised Mass is available on the FOX TV affiliate in our viewing area on Sundays at 10:00 a.m. and 11:30 p.m. The Church encourages those who are unable to receive the Eucharist to make an act of spiritual communion, when we unite ourselves to God through prayer, especially while watching the Mass or making a visit to our Lord in the Blessed Sacrament. It is a beautiful way to express to God our desire to be united with Him when we are unable to complete that union in the reception of Holy Communion.

#### AN ACT OF SPIRITUAL COMMUNION



My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

#### SEMINARIANS

Let us pray for Diocese of Bismarck seminarians during this time of transition: Rev. Mr. Mark Aune, Rev. Mr. Christian Smith, Greg Hilzendeger, Ben Franchuk, Jacob Degele, Nick Vetter, Paul Gardner, Logan Obrigewitch, Grant Dvorak, Jake Magnuson, Ben Wanner, Josh Hill, Dustin Johns, Steven Vetter, John Windsor, Ryan Martire, Konnor Peterson, Isaiah Fischer, Eric Artz, Colton Steiner, and Isaiah Jilek.

#### YOUR PARISH OFFERINGS

Your continued generosity to our parish is appreciated and needed, until we overcome the COVID-19 crisis. Weekly offering envelopes can be mailed to the parish office: 17200 Highway 10, Menoken, ND 58558.

### RESOURCES

#### MAGNIFICAT:

Magnificat is honored to provide complimentary access to their online version to help people pray from home:

<https://us.magnificat.net/free>

(For Children):

[www.magnifikid.com/free](http://www.magnifikid.com/free)

[https://www.rosaries.com/lesson\\_plan.html](https://www.rosaries.com/lesson_plan.html)

#### VISIT OUR PARISH WEBSITE:

[www.sthildegardmenoken.com](http://www.sthildegardmenoken.com)

**Faith Formation tab:** to access FORMED.org for 24/7 Catholic content.

**Resources tab:** to access multiple local and national websites. Read the daily lent meditation from **Bishop Barron.**

#### LIGHTHOUSE CATHOLIC MEDIA CDs:

Are available in the kiosk in the church entry.

### AREA EVENTS/NEWS

**Effective Thursday, March 19, 2020 at 3:00 p.m. and until further notice, all daily and Sunday Masses are cancelled in the Diocese of Bismarck. This applies to all parishes, oratories, and chapels used for public worship. The Catholic faithful within the territory of the Diocese of Bismarck are dispensed from the obligation to attend Mass on Sundays and Holy Days.**

**Confirmation** - As a result, all the scheduled celebrations of the sacrament of confirmation between Sunday, March 22, 2020 through Sunday, May 17, 2020, are cancelled and will be rescheduled for the fall between September and December 2020.

**Communal Penance Services** - All Communal Penance Services are cancelled. All parish priests are to keep the regular schedule of confessions in their parishes but both priest and penitent are to use a screen for the celebration of the sacrament until further notice.

**Weddings** - All weddings already scheduled may take place but are to be limited to the bride and groom, the

two witnesses, the parents of the bride and groom and the priest or deacon who is to witness the marriage. The Church's Rite of Matrimony Within or Outside of Mass may be used.

**Funerals** - All funerals are to be private not public for the immediate family only and for the priest or deacon who is the celebrant. The Rite of Christian Funerals Within or Outside of Mass may be used. There is to be no wake and/or vigil observed the day before or day of the funeral. No luncheon or dinner is permitted in the church hall after the funeral.

**Baptism** - Infant baptism may be administered but may have only 10 persons including the priest or deacon present. All RCIA classes are cancelled. The sacramental initiation of adults by a Profession of Faith or by baptism may take place at the discretion of the priest but must be done individually and with no more than 10 persons present.

**Religious Education** - All parish religious education classes are cancelled until further notice. Our Catholics schools are following the directives of the State and will remain closed until such time as it is deemed safe to reopen. Parents are asked to follow the directions given by their local Catholic schools.

**Chrism Mass** - The Mass of Chrism will be celebrated without a congregation present on Monday, April 6, 2020, at 11:00 a.m. CDT from the Cathedral of the Holy Spirit and this will be able to be viewed on the diocesan website. In order to protect our priests, there will be no general concelebration of this Mass, but our priests are asked to participate in the Renewal of their Ordination Promises via live stream.

**Priests will be expected to offer Holy Mass privately every day if possible and to be available to provide the anointing of the sick and viaticum to all the Catholic faithful. Please call your parish office with any special sacramental and spiritual need.**

**Please check the diocesan website and social media for updates and more details:**

<https://bismarckdiocese.com/>

**For COVID-19 Updates:**

<https://ndcatholic.org/>