



# Ascension

CATHOLIC CHURCH

## Eucharistic Adoration in the Advent Season: Preparing Our Hearts to Receive the Christ Child

With Advent beginning and the Christmas season around the corner, many of us are left wondering how we can best welcome the Infant Jesus into the depths of our hearts. Amid the hustle and bustle that smothers out the peace of Advent, we need to take serious steps to make sure we prepare our souls to receive the glorious message of Christ's salvation and celebrate His Holy Birth. One such step is by coming to Eucharistic Adoration.

"Coming to adore Christ in the Eucharist during Advent echoes the preparation of coming to adore our Lord at the Nativity," Parish Business Manager Beth Kathol says. "It gives us a chance to prepare and be at peace, which is the whole focus of Advent. The Catechism of the Catholic Church states that 'To adore God is to praise and exalt Him and to humble oneself, as Mary did in the Magnificat, confessing with gratitude that He has done great things, and holy is His name.'"

Exposition of the Blessed Sacrament is when the priest or deacon exposes a consecrated host, also called the Blessed Sacrament, in a vessel called the monstrance. Adoration is especially meaningful because it allows the worshiper to spend intimate time before the Real Presence of Our Lord — before His Precious Body, Blood, Soul, and Divinity, truly present in the Sacred Host. Specific songs and prayers are sung and read during exposition, as well as when the Blessed Sacrament is reposed or put back in the tabernacle. The



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## Eucharistic Adoration in the Advent Season continued from front cover

monstrance holding the Blessed Sacrament is left out on the altar for adoration.

“In the simplest terms, adoration is love and appreciation for God for all that He is and all that He has given us,” Beth says. “I love St. Teresa of Calcutta’s explanation, ‘When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now.’”

Adoration is offered at our parish every Monday following the 8 a.m. Communion Service, until 9:15 a.m. However, on Mondays during Advent and Lent, it is offered all day long until 7 p.m. During these liturgical seasons, parishioners are asked to sign up for a slot to ensure the Blessed Sacrament has two adorers present at all times.

During their time in adoration, adorers are encouraged to spend heart-to-heart, one-on-one time with Jesus. Prayer aids are located in a kiosk in the church entrance. Various books such as *Jesus: Our Eucharistic Love* by Stefano M. Manelli and *Manual for Eucharistic Adoration* by the Poor Clares of Perpetual Adoration are worth investing in, as well.

“I came across a pamphlet titled, *I Thirst: A Guided Meditation with Mother Teresa*,” Beth says. “It is a deeply moving meditation, and we now put it out for our parishioners to use. Reading Scripture, or praying the Rosary or the Divine Mercy Chaplet are also wonderful ways to engage in adoration. However, just sitting there and letting God speak to your heart is the essence of adoration.”

Those who are generous stewards of their time and make room for adoration in their lives find themselves abundantly blessed in return.

“Eucharistic Adoration is so important because it is a continuation of the Sacrifice of the Mass, which is Jesus’ great love for us,” Beth says.



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“I draw spiritual strength, nourishment, and encouragement from that love. Adoration also leads to more intense participation in the Mass.”

Those who give adoration a chance often find a peace that is far beyond what they imagined existed.

“Life today is so full of noise,” Beth says. “Any quiet time that we do have, we usually spend looking at our phones. Even though it may seem awkward or even boring at first just sitting in silence in front of the Blessed Sacrament, you’d be surprised at how quickly it becomes a comfort and how easy it is to talk to God. Our Faith Formation Director, Beverly Brintnell, stated at a recent staff meeting, ‘You can’t love what you don’t know.’ That is so true of Jesus. Adoration is one of the best ways to get to know Jesus and fall in love with Him.”

If you would like more information, please visit our parish website or call the parish office at 701-223-3606. Those who did not have an opportunity to sign up for an adoration slot may still come at any time.

*A Letter from Our Pastor*

## **Giving Thanks to God for the**

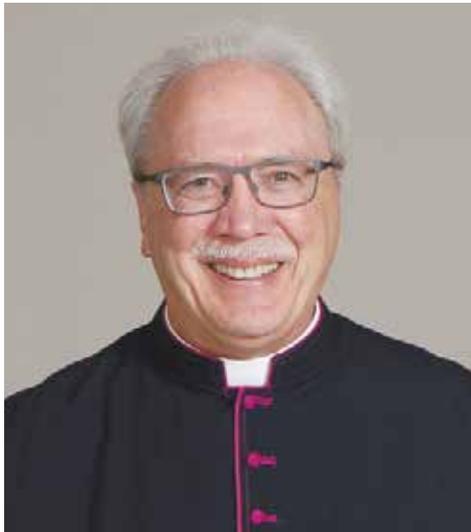
# *Gift of Time*

Dear Parishioners,

The next several weeks are certainly a busy time for us as Catholics, good stewards, good citizens, and faithful members of the Church and our parish. There are celebrations and commemorations both inside and outside the Church that are momentous in terms of faith, citizenship, and living as people of thanksgiving and gratitude.

We celebrate Veterans Day to honor and thank all those men and women who served in the United States Armed Forces in one capacity or another. Indicative of the importance of this day, every year at 11 a.m. Eastern, the President of the United States lays a wreath at the Tomb of the Unknown Soldier at Arlington National Cemetery.

We all understand that Americans celebrate a day of Thanksgiving on Nov. 25. What more can we say about this? It is a day that was based in faith from its very beginnings, and it is an indication of how much we have to thank God for in terms of the gifts we have received — our



lives, our families, our Church, our Lord and Savior — everything we are and everything we have.

No sooner are Thanksgiving Day celebrations concluded, than we begin that glorious season called Advent on Sunday, Nov. 28. This prepares us for and leads to Christmas. Indeed, this is both a busy and extraordinary time of year! There is, of course, much more on which we could focus and about which we could think, meditate and pray, but that

is more than enough for us to consider and absorb.

From a stewardship perspective, I would like you to not only participate and focus on all the particular things that are about to happen but also on one of our special gifts — the gift of time. The gift of time, which we all receive from God in equal amount, is precious because it is a non-renewable resource. Although some of our time is committed because of family responsibilities, work responsibilities, or simply personal needs, we have an element of freewill with how we spend a certain amount of it. We need to spend some of that time in prayer, in thanksgiving, in worship, and in works of mercy and ministry. Our time is perhaps more precious than any material gifts we receive from the Lord. How are we doing with that gift?

Sincerely yours in Christ,

Msgr. Jim Braaten  
Pastor

# HONORING OUR DEPARTED AT THE *Remembrance Mass*



Lorraine  
Kronberger,  
† 11-1-20



Faye  
Krumwiede,  
† 11-3-20

Parishioners who have died this past year and who will be honored at our upcoming Remembrance Mass on November 2.



Carol Metzger,  
† 11-11-20



Marjorie Bunce,  
† 11-12-20



Stacie Kottre,  
† 11-12-20



Vicki Miller,  
† 11-20-20



Daniel Feland,  
† 11-23-20



Ardella Gehring,  
† 11-28-20



Judy  
Monzelowsky,  
† 12-4-20



Eileen Schaf,  
† 12-23-20



Pius Fischer,  
† 12-26-20



Ann Larson,  
† 12-28-20



Mary Ellen  
Jesse,  
† 12-31-20



Victor Klein,  
† 1-18-21



Vernon Mock,  
† 1-19-21



Shirley Longtin,  
† 1-30-21



Phyllis Torske,  
† 2-2-21



Leo Hoff,  
† 2-10-21



Annette Brandt,  
† 3-1-21



Joyce Hone,  
† 3-10-21



Carleen  
Buchholz,  
† 3-20-21



Betty  
Belverstone,  
† 3-24-21



Cleone Gilhooly,  
† 3-24-21



Leota Neigum,  
† 3-27-21



Ted Heidrich,  
† 4-9-21



Tim Perius,  
† 4-22-21



Ronald  
Sukauskas,  
† 4-26-21



Brandon Krehlik,  
† 6-7-21



Eric Sellers,  
† 6-15-21



Edwin McCarty,  
† 6-21-21



Terri Holzer,  
† 8-22-21



Joe Thomas,  
† 8-24-21



Leonard Boehm,  
† 8-26-21



Duane Gartner,  
† 9-11-21



Josephine  
Himmelpach,  
† 9-21-21



Darlene  
Wolfgram,  
† 9-26-21



Mary Vetter,  
† 10-8-21



# THE BLESSINGS OF A FRUITFUL AND JOYFUL MONTH

By JOE SCHON, Seminarian

The months of October and the end of September were full of events for me. We had an evening of recollection (silence) on the Friday after the excursion (mentioned last month). Our speaker talked about the fruits of Jesus' "seminary" life where He grew up in Nazareth, and the outpouring of His love and mercy to Mary and to all of us during His crucifixion. The evening was a great consolation for me and my brother seminarians. That weekend, we also started intramural football with the students on campus. Our seminary made its own team and we compete against the other teams on Sundays. The next week, my parents and grandparents flew to D.C. to visit me and some of my cousins who live near D.C. They spent that Saturday with me, which consisted of a talk from our rector, a tour of the seminary, a brief trip in the city, and dinner with my fellow Bismarck seminarian brothers. It was great for me and them to spend time here, as they were not able to visit at all last year.

That Sunday, the seminary had a parish visit to a local parish in the D.C. area. A few seminarians and faculty priests were from the parish that we visited. The following weekend was a free weekend for the seminary. I was invited to stay



"The Lord took away a lot of obstacles for me in order for me to receive His love in the small and often mundane activities of the day. We are blessed to have such a good Father in heaven who constantly gives good things to His sons and daughters. Thank you again for your prayers and support for me during my discernment of the priesthood. Know of my prayers too! God Bless!"

with a seminarian and his family in Virginia for the weekend. It was great to meet his family and his many nephews and nieces that wanted to play with us all day long. On that Sunday, we drove to a different seminarians' house to spend a day with them. It was a very refreshing weekend to prepare for midterms the next week. I ended up having only two midterms (out of five), but I was still busy with papers and other schoolwork.

It was overall a fruitful and joyful month for me. The Lord took away a lot of obstacles for me in order for me to receive His love in the small and often mundane activities of the day. We are blessed to have such a good Father in heaven who constantly gives good things to His sons and daughters. Thank you again for your prayers and support for me during my discernment of the priesthood. Know of my prayers too! God Bless!

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## Sharing in Formation, Service and Fellowship

This past month, our parish had many great opportunities to share in formation, service and fellowship. From Octoberfest to the Day of Service, the Ascension community embraced stewardship and sharing in the faith together.



*The second-grade class*



*The ninth-grade retreat at St. Mary's Chapel*



*Cooking for OctoberFest*



*Attendees enjoying the food at OctoberFest*



*Musicians entertaining at OctoberFest*



*Students at the U of Mary Day of Service*



*Enjoying a dance at OctoberFest*

## UPCOMING EVENTS

**Monday, Nov. 1 — All Saints Day**  
(This year, it is not a Holy Day of Obligation.)  
Mass at 8 a.m.

**Tuesday, Nov. 2 — All Souls Day**  
Mass of Remembrance at 7 p.m.

**Thursday, Nov. 4 — Rite of Confirmation for our ninth-graders**  
7 p.m., with reception to follow

**Friday, Nov. 5 — First Friday Fellowship,**  
following 8 a.m. Mass

**Sunday, Nov. 21 — KC Breakfast**  
8:45 a.m. to 12:45 p.m.

**Thursday, Nov. 25 — Thanksgiving Day**  
Mass at 8 a.m.

**Nov. 27 and 28 — Advent Angel Tree in Community Room**  
Pick up a tag after Mass to purchase a gift for a needy boy or girl this Christmas.

**Monday, Nov. 29 — Exposition and adoration,**  
8:30 a.m. to 7 p.m., with Litany of the Saints at 6:15 p.m.

**Please sign up for a time slot in front of the Blessed Sacrament at [www.ascensionbismarck.org](http://www.ascensionbismarck.org).**



## The Importance of Loving God

# More Deeply at Mass

When young people see a person that intrigues them, that attraction becomes the topic of conversation at every opportunity. This attraction alters behavior so that we become enthralled with the other and desire to share our enthusiasm.

Imagine if we were more enthralled with the presence of Christ in our lives. Imagine if we fully recognized that Christ is truly present to us in His precious Body and Blood, and present as well in the proclamation of His Word and in the gathering of our community, praying and singing (see *Sacrosanctum Concilium* [Constitution on the Sacred Liturgy], para. 14). Recognizing the living Christ in all these ways would awaken in us the desire to be with the One who is the object of our most fundamental, pure, and holy attraction to our merciful, loving, and gracious Savior.

If we were to recognize the presence of Christ in these beautiful ways, wouldn't our desire to be more completely in His presence increase? Surely our desire to be better stewards of our time with the Lord would grow. Our attention to the readings and other prayers of the Mass would bring about within

us deeper communion with the One who suffered and died for us. If I recognized that God is the answer to all my pangs of hunger, that Christ is my way to the Father, and that the Holy Spirit works to convert my heart and soul every day, would I not seek to fill that hunger at the banquet of the Lamb?

While active participation in Sunday Mass is an obligation for Catholics, we also will do well to see the lovely, motherly care the Church shows us in establishing that requirement. The *Code of Canon Law* states clearly in paragraph 1247, "On Sundays and other holy days of obligation, the faithful are bound to participate in the Mass." Sometimes, we might hear that as an overbearing rule. But it might more correctly be understood as our Mother, the Church, helping us learn what is best for us. At Mass, we hear the living Word of God proclaimed. He speaks to us. We receive as hungry, needy sinners, the precious Body and Blood of Christ. We encounter Christ's living presence in our brothers and sisters worshipping God with us. If we truly understood that amazing truth, then how might it affect our lives? How might it affect our relationships? How might it impact our decision to

bring our children along to Mass? How might it awaken within us a deeper attraction, fascination, desire for the Lord?

Generally, when we find ourselves fascinated with someone, we do not decide to spend as little time as possible with them. We do not ration our time with them. We want to spend time with them, to see them, to listen to them, to get to know them, to develop a healthy, loving relationship with them.

Considering our reliance on the Lord of life and love, our fascination with His mercy, His goodness, His willingness to call us to Himself, maybe we should ask ourselves about what happens in us at Mass. As I prepare to come to Church, do I find my mind turning to a receptive welcome of the Lord, just as I'll be welcomed at the door of Church? Have I dressed for the important weekly (or daily) moment of meeting my King? Do I expect some profound wisdom from God in the readings? Am I open to correction, to challenge, to affirmation in the readings of God's Word? Do I intently pray along with the priest presider throughout the Mass? Do I make an offering of my life, along with the bread and wine? Do I genuinely hunger for the Body and Blood of Christ? And do I

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## Loving God More Deeply at Mass continued from page 7

long for that blessing that sends me on my way with the mission to build the Kingdom?

Instead of worrying about what “counts” when it comes to Sunday Mass, maybe we should work hard at fostering our love for the Eucharist, our desire for eternal life, our attraction to the Master who calls us into a life of active discipleship. Instead of a merely heavy-handed requirement, maybe we can see more clearly that being at Mass together helps nourish us for a whole week of building God’s Kingdom. Coming with those expectations, desires, and hopes, leaving early when unnecessary would disappear as a temptation instantly. Coming late because other things have taken priority would not typically happen, other obligations notwithstanding. Christ desires our company at Mass, from beginning to end. Let’s draw near to Him.



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### LITURGY SCHEDULE

**Saturday**, 5:00 p.m. | **Sunday**, 8:00 a.m., 9:30 a.m., 11:00 a.m.

**Monday-Friday**, 8:00 a.m. | **Holy Days**: 8:00 a.m., 7:00 p.m.

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*Stewardship is the grateful response of a Christian disciple who recognizes and receives God’s gifts and shares these gifts in love of God and neighbor.*