



Epiphany of Our Lord Catholic Church

6596 Smiley Avenue
St. Louis, Missouri 63139

STAFF

Pastor

Rev. Thomas M. Pastorius
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MASS & SACRAMENTS

Sunday Masses: 7:00, 9:00 & 11:00 am

Weekday Masses Monday, Wednesday

Thursday, Friday & Saturdays: 8:00 am

Tuesday Morning Prayer: 8:00 am

Tuesday Mass: 5:30 pm

Saturday Masses 8:00 am and 5:00 pm

Sacrament of Penance: Saturday,
7:00-7:50 am or by appointment.

Tuesdays, 5-5:20 pm

Baptisms: Meeting first Thursday of the
month. Preregistration required.

Marriages: Contact the priest at least 9
months prior to the wedding date.

Funerals: To be arranged by contacting
the Parish Office.

Change of Address or Telephone

Number: Please call the Parish Office.

Bulletin Deadline: 4:00 pm Monday.

Palm Sunday

Those preceding him as well as those following kept crying out:
"Hosanna!

Blessed is he who comes in the name of the Lord!
Blessed is the kingdom of our father David that is to come!
Hosanna in the highest!"

- Mk 11:9-10

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Palm Sunday of the Lord's Passion March 29, 2015

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www.epiphanystl.org

LIVING OUR FAITH

From the Desk of Fr. Pastorius

1. Holy Week

If then Death was the supreme moment for which Christ lived, it was therefore the one thing He wished to have remembered. He did not ask that men should write down His Words into a Scripture; He did not ask that His kindness to the poor should be recorded in history; but He did ask that men remember his Death. In order that its memory might not be any haphazard narrative on the part of men, He himself instituted the precise way it should be recalled. - Archbishop Fulton Sheen. I invite you to please prayerfully attend as many Holy Week events as possible. Our participation in these liturgies will help us grow in faith in ways that we could never imagine if we but open our hearts to the Lord.

2. Faith & Family Programming: March 31, 2015 - 5th Tuesday No Events tonight.

Confessions will still be offered from 5-5:25PM and Mass will still be at 5:30.

3. Financial Assistance for School Families.

Epiphany of Our Lord Parish offers financial assistance to families who wish to attend a Catholic School. The tuition assistance that we can offer depends upon the needs of the family and the number of families that apply. Any family wishing to receive financial assistance will need to participate in our School Covenant Program. Part of this program is a meeting with Father Pastorius and two other parishioners. Times are set aside on 3/12, 4/14, 5/14, 6/30, 7/16 & 8/11. Please call Fr. Pastorius at the rectory to set up an appointment for one of those days. 314.781.1199

4. Fish Fry Thank You

One last fish joke for this Lenten season - A mother's advice to her recently engaged daughter: "Cook a man a fish and you feed him for a day, but teach a man to fish and you get rid of him for the whole weekend." Seriously, I am extremely grateful to everyone who has, once again, made Epiphany of Our Lord one of the best fish fries. Without your dedication and service we would not be the great parish that we are.

5 Saint Louis Life Teen

If you are a teen or have a teen that did not participate in our Luke 18 retreat weekend at DuBourg high school, you have no idea what you missed. Everyone who participated had fun, created new friends, and deepened their relationship with the Lord. Don't miss out any more. Attend St. Louis Life Teen on Wednesday at DuBourg at 7 PM. I am so confident in our program that I am going to put my money where my mouth is - Any Epiphany teen that attends four events between now and June 1st will be entered into a raffle. I will pull one name out of the hat and that person will receive a \$100 gift card to Amazon, iTunes, or for gas.

6. Congratulations to Our Little Lambs who received their First Reconciliation

Last weekend before the parish penance service, Our Little Lambs received went to the Sacrament of Reconciliation for the first time. On Divine Mercy Sunday they will receive their First Communion at the 11 AM Mass.

7. Receiving Communion

I would like to draw attention to the proper way to receive the Eucharist at Mass. When you approach the priest, deacon or extraordinary minister, they will say "Body of Christ." There is only one correct response and that is "Amen." It is not "thank you," "yes," or silence. Secondly you should either stick out your tongue or place one hand open and palm up on top of the second hand (see picture). The only exception to this is if someone has to hold onto a cane and I would suggest in that situation that a person receive on a tongue. A person should consume the Host immediately upon receiving it. A person also should never break the host into smaller pieces for fear that crumbs will fall onto the ground. If one drops or spills a Host or the Precious Blood the minister should stop what he or she is doing and retrieve the dropped host or cover the spill with a purificator and then notify the priest or deacon.



God bless,
Fr. Tom

Palm Sunday of the Lord's Passion Lectionary: 37 & 38 Mk 15:1-39

Spiritual Reflection: Christ's cry of abandonment which He felt standing in a sinner's place, but it was not despair. The soul that despairs never cries to God. - Archbishop Fulton Sheen

Spiritual Questions

1. How is a cry of desperation also a prayer of hope?
2. Why is it only the Roman centurion that recognizes Jesus as the Son of God?
3. How is "dying" Jesus' greatest act of Love and how does that relate to the fact that "God is Love"?
4. Are you living your life in such a way that others see the love you have for them?
5. Who is Jesus to you?

Spiritual Ponderings

Spiritual Warriors

"Christian is nothing but a sinful man who has put himself to school for Christ for the honest purpose of becoming better." - Henry Ward Beecher. Let us continue to look at what it means to be a soldier of Christ. For help with this reflection, I would like to turn the following article "10 Life Lessons from A Navy Seal. I will Always Remember #4" which was published in the *Business Insider*. The article will be in bold and my reflection will be in regular font.

As Navy SEALs one of our jobs is to conduct underwater attacks against enemy shipping. We practiced this technique extensively during basic training. The ship attack mission is where a pair of SEAL divers is dropped off outside an enemy harbor and then swims well over two miles—underwater—using nothing but a depth gauge and a compass to get to their target. During the entire swim, even well below the surface there is some light that comes through. It is comforting to know that there is open water above you. But as you approach the ship, which is tied to a pier, the light begins to fade. The steel structure of the ship blocks the moonlight—it blocks the surrounding street lamps—it blocks all ambient light. To be successful in your mission, you have to swim under the ship and find the keel—the center line and the deepest part of the ship. This is your objective. But the keel is also the darkest part of the ship—where you cannot see your hand in front of your face, where the noise from the ship's machinery is deafening and where it is easy to get disoriented and fail. Every SEAL knows that under the keel, at the darkest moment of the mission—is the time when you must be calm, composed—when all your tactical skills, your physical power and all your inner strength must be brought to bear. **#8. If you want to change the world, you must be your very best in the darkest moment.**

A priest that I met while studying for a certificate in Spiritual Direction is fond of saying that the devil only has two lies. The first lie is that "you are not good enough," and the second lie is that "you are alone." All temptations boil down to these two lies. God though has promised that we can do all things with Him and that He is Emmanuel "God with us." Thus making the devil the "father of lies." Remember these two things when things seem dark.

Spiritual Exercise: Find 10 things to be grateful about.

The ninth week of training is referred to as "Hell Week." It is six days of no sleep, constant physical and mental harassment and—one special day at the Mud Flats—the Mud Flats are an area between San Diego and Tijuana where the water runs off and creates the Tijuana slue's—a swampy patch of terrain where the mud will engulf you. It is on Wednesday of Hell Week that you paddle down to the mud flats and spend the next 15 hours trying to survive the freezing cold mud, the howling wind and the incessant pressure to quit from the instructors. As the sun began to set that Wednesday evening, my training class, having committed some "egregious infraction of the rules" was ordered into the mud. The mud consumed each man till there was nothing visible but our heads. The instructors told us we could leave the mud if only five men would quit—just five men and we could get out of the oppressive cold. Looking around the mud flat it was apparent that some students were about to give up. It was still over eight hours till the sun came up—eight more hours of bone chilling cold. The chattering teeth and shivering moans of the trainees were so loud it was hard to hear anything and then, one voice began to echo through the night—one voice raised in song. The song was terribly out of tune, but sung with great enthusiasm. One voice became two and two became three and before long everyone in the class was singing. We knew that if one man could rise above the misery then others could as well. The instructors threatened us with more time in the mud if we kept up the singing—but the singing persisted. And somehow—the mud seemed a little warmer, the wind a little tamer and the dawn not so far away. If I have learned anything in my time traveling the world, it is the power of hope. The power of one person—Washington, Lincoln, King, Mandela and even a young girl from Pakistan—Malala—one person can change the world by giving people hope. **#9. So, if you want to change the world, start singing when you're up to your neck in mud.**

"If you are kind, people may accuse you of selfish, ulterior motives: Be kind anyway. If you are successful you will win some false friends and true enemies: Succeed anyway. If you are honest and frank people will try to cheat you: Be honest anyway. What you spend years building, someone could destroy overnight: Build anyway. If you find serenity and happiness, they may be jealous of you: Be happy anyway. The good you do today, will often be forgotten by tomorrow: Do good anyway. Give the world the best you have, and it may never be enough: Give your best anyway." — [Mother Teresa](#) .

Spiritual Exercise: How are you going to Change the world? Find a Christian song on the radio and sing along.

Finally, in SEAL training there is a bell. A brass bell that hangs in the center of the compound for all the students to see. All you have to do to quit—is ring the bell. Ring the bell and you no longer have to wake up at 5 o'clock. Ring the bell and you no longer have to do the freezing cold swims. Ring the bell and you no longer have to do the runs, the obstacle course, the PT—and you no longer have to endure the hardships of training. Just ring the bell. **#10. If you want to change the world don't ever, ever ring the bell.**

Continued on page 5: Spiritual Ponderings

LITURGIES & SCHEDULES

MASS INTENTIONS FOR THE WEEK

Palm Sunday of the Lord's Passion, March 29

- 7:00 am Frank Stochla
- 9:00 am Parishioners
- 11:00 am Special Intentions, CW

Monday, March 30

- 8:00 am Mary Coleman

Tuesday, March 31

- 8:00 am Morning Prayer
- 5:30 pm Carmen Real Castro

Wednesday, April 1

- 8:00 am Repose of the Souls of the Thien Family

Holy Thursday, April 2

- 8:00 am Georgana Linneman

Mass of the Lord's Supper

- 7:00 pm Martha Rybinski

Good Friday, April 3

- 8:00 am Morning Prayer
- 7:00 pm *Celebration of the Lord's Passion*

Holy Saturday, April 4

- 8:00 am Morning Prayer
- 8:00 pm Harriet Rond

Easter Sunday, April 5

- 7:00 am Paul Zacheis
- 9:00 am Parishioners
- 11:00 am Special Intention VW



OUR PARISH THIS WEEK

Monday - Saturday March 29 - April 5

- 7:30 am - Rosary, Church

Palm Sunday, March 29

- 10:00 am - Bible Study, CMR
- 11:00 am - Liturgy with Children, RBB

Monday, March 30

- Spring Break - GSA
- 5:30 pm - Fit Factor, UH
- 7:00 pm - Boy Scouts, Upper Hall

Tuesday, March 31

- Spring Break - GSA

Wednesday, April 1

- Spring Break - GSA
- 5:30 pm - Fit Factor, UH
- 6:30 pm - Bells Practice, Church
- 7:00 pm - Choir Practice, Church

Holy Thursday, April 2

- Spring Break - GSA

Good Friday, April 3

- Spring Break - GSA

Holy Saturday, April 4

- 10:00 am - Epiphany Easter Egg Hunt, Msgr. Sullivan Fd

Easter Sunday, April 5

- 10:00 am - Bible Study, CMR
- 11:00 am - Liturgy with Children, RBB

PLEASE PRAY FOR THE HOMEBOUND & SICK OF OUR PARISH

Jim Przada	Dominic Caputa	Kathy Kennebeck
Mary Hipskind	Kathy Hatfield	Rosalie Heuing
Gloria Murabito	Edward Joganik	Ethan Sonderman
Sheryl McPherson	Christine Weber	Michael Wesby
Matthew Joganik		Dave Hanneken

READINGS FOR THE WEEK OF MARCH 29, 2015

Sunday:	Mk 11:1-10 or Jn 12:12-16/Is 50:4-7/ Phil 2:6-11/Mk 14:1--15:47 or 15:1-39
Monday:	Is 42:1-7/Jn 12:1-11
Tuesday:	Is 49:1-6/Jn 13:21-33, 36-38
Wednesday:	Is 50:4-9a/Mt 26:14-25
Thursday:	Chrim Mass: Is 61:1-3a, 6a, 8b-9/ Rv 1:5-8/Lk 4:16-21
<i>Evening Mass of the Lord's Supper:</i>	Ex 12:1-8, 11-14/ 1 Cor 11:23-26/Jn 13:1-15
Friday:	Is 52:13--53:12/Heb 4:14-16; 5:7-9/ Jn 18:1--19:42
Saturday: Vigil:	Gn 1:1--2:2 or 1:1, 26-31a/Gn 22:1-18 or 22:1-2, 9a, 10-13, 15-18/Ex 14:15--15:1/Is 54:5-14/Is 55:1- 11/Bar 3:9-15, 32--4:4/Ez 36:16-17a, 18-28/Rom 6:3-11/ Mk 16:1-7
Next Sunday:	Acts 10:34a, 37-43/Col 3:1-4 or 1 Cor 5:6b- 8/Jn 20:1-9 or Mk 16:1-7 or Lk 24:13-35

OUR OFFERING FOR THE WEEK OF MARCH 21-22, 2015

Online Donations

General Fund \$1,444.00

Sunday Collection

Envelope \$4,080.00

Loose \$908.00

Total..... \$4,988.00

Easter Flower \$37.00

First Offering \$5.00

Maintenance & Repair \$65.00

Votive..... \$58.30

Debt..... \$63.00 \$2,291.50(YTD)

Tuition Assistance..... \$23.00 \$1,163.00(YTD)

Endowment Fund..... \$ \$10,804.00(YTD)



DUC IN ALTUM PRE-MASS TALKS

Please join us 15 minutes before either the 9 or 11am mass for a short talk on a subject of interest.

This Sunday's Topic: "Palm Sunday: NO Pre Mass Talk" Past talks are also posted in written form on our website and our Facebook page. *Next Sunday:* No pre-mass talk on Easter Sunday or Divine Mercy Sunday.

Rice Bowl Please return your Rice Bowl donations as soon as possible. Donations may be given to the ushers or simply left at the entrances of church. Thank you!

LIVING OUR FAITH

Continued from page 3: Spiritual Ponderings

Before you give up on the Catholic Church be sure that you know what you are giving up? The Catholic Church may not be the most entertaining but it is the only Church that dates back to Christ.

Spiritual Exercise: Do a daily examination of conscience

To the graduating class of 2014, you are moments away from graduating. Moments away from beginning your journey through life. Moments away from starting to change the world—for the better. It will not be easy. But, YOU are the class of 2014—the class that can affect the lives of 800 million people in the next century. Start each day with a task completed. Find someone to help you through life. Respect everyone. Know that life is not fair and that you will fail often, but if you take some risks, step up when the times are toughest, face down the bullies, lift up the downtrodden and never, ever give up—if you do these things, then next generation and the generations that follow will live in a world far better than the one we have today and—what started here will indeed have changed the world—for the better. Thank you very much. Hook ‘em horns.

PARISH COMMUNITY NEWS, NOTES & EVENTS

The Great Easter Egg Hunt is Saturday, April 4th at 10 AM. The hunt will be held on the Epiphany Soccer Field (*in the gym if bad weather*). We will have an Egg hunt, balloon artist, face painting, and prizes! All children who can walk and pick up eggs through the 5th grade are welcome. No registration necessary. **Please bring your own basket.**



EPIPHANY SPRING FLING 2015

Lindenwood Area Senior Ministry invites you to the 9th Annual Spring Fling on Saturday, April 25th from 4:30-8pm at Epiphany of Our Lord Parish Gym. This year's theme is *Senior Prom*. Formal attire not required, but a prize will be awarded to the best dressed! Bring a date or come stag - singles and couples welcome! Join us for dinner, dancing and fellowship. Live music will be provided by Larry Hallar & the Two Star Final. A stellar silent auction and attendance prizes are included! Invite your friends & neighbors to attend with you! Purchase your tickets: \$15 per Ticket or Two Tickets for \$25 by contacting Mary Stahl at 781-9558 or Jan Holmes at 644-4299.

All proceeds of the Spring Fling support the programs and services of LASM which include medical transportation, home maintenance and repairs, case management and Stephen Ministry. We continue to seek sponsors for this event as well as recruit silent auction and attendance prize donations. If you would like to make a donation or pledge your sponsorship please contact the LASM Office at 647-4591.

Washington University Cardiology Heart Throbs Trivia Night



WHEN: APRIL 11, 2015, from 7-10 PM

WHERE: Immaculate Heart of Mary, 4092 Blow Street 63116

Cost is \$20 per person / 8 people per table. Please make checks payable to: American Heart Association and mail

to: Washington University Cardiology, Attn: Kim Blase, 660 S. Euclid Ave, Campus Box 8086, St. Louis, MO 63110.

Contact info: Lisa Brinkmann, 314-799-6031 or lbrinkma@dom.wustl.edu. Beer and snacks provided. Pro-

ceeds will be donated to the American Heart Association.

SMILE! 2015 Epiphany Pictorial Directory
Don't miss your chance to be a part of our new pictorial directory! Participate in our upcoming photography program and help our Saint Vincent DePaul Society by donating a non-perishable food item. To thank you for your donation, you will receive **\$5 off** your portrait purchase! Simply take one of the white bags at the entrance of church marked "FEED THE NEED" and bring your non-perishable donation with you to your photo session.

LifeTouch's camera crew will be here to take your family portrait on the following days:

Tuesday, April 28th from 2-8:50 pm

Wednesday, April 29th from 2-8:50 pm

Thursday, April 30th from 2-8:50 pm

Friday, May 1st from 2-8:50 pm

Saturday, May 2nd from 10 am - 4:50 pm

To reserve your spot online visit us at www.epiphanystl.org. Not comfortable using the computer, call the parish office and we will be happy to assist you in scheduling your photography session.

If you'd like to help coordinate people's smiling faces please contact Trish at the parish office at 314.781.1199.

Lindenwood Park Neighborhood Association To Host Flea Market

Would you like to clean out those overflowing closets and raise money for a good cause? The Lindenwood Park Neighborhood Association is hosting a Flea Market to raise funds for improvements and activities at Lindenwood Park. Cost to display your treasures is \$15/table. If you don't want to host a table, we encourage you to come and "shop til you drop." You may also donate items to the sale by bringing them to the Timothy Lutheran gym on Friday, April 17 anytime after 6:30pm.

DATE: Saturday, April 18, 2015

TIME: 8am - 1pm

7-8am Early Bird Admission \$1 Fee

Where: Timothy Lutheran Church Gym, corner of Fyler and Ivanhoe

For more information: Contact Janet Desnoyer, Event Chairperson at janet@lindenwoodpark.org Spread the word!