

## **From the Pastor—March 24, 2019**

**My Medical Procedure** I pushed out on our prayer chain last Sunday an intention for myself. (By the way, if you are not on our prayer chain, and wish to make the sacrifice of your beautiful prayers joined for the common intentions that we pray for, please see the contact information in the main bulletin for how to be added.) \*\*\* The intention was for my colonoscopy as part of my 50-age attainment last year. Also, I have had several causes over the years to have a colonoscopy—I believe this one was my fifth. It might prove indecorous to explicate my exact symptomology and results in detail here, but I would be willing in person to answer any questions you have. \*\*\* Let me tell you how my days went last week on Monday and Tuesday. I go to a gastroenterologist in Lincoln since about 2001. They prescribed a prep kit for my colon scope, as well as an anti-nausea med (which I was quite grateful for). I began the prep on Monday evening. During the evening, I watched a movie that I had heard a lot about over the years but never watched: Saving Private Ryan. It is a World War II movie, with Tom Hanks starring in the lead role. I imagine a number of you reading this has seen it. It proved to be what I was hoping for: an engaging, moving story, well-acted, with lots of heroism to give me courage. After watching the movie, I went to bed rather tired from the prep and slept well. I awoke on Tuesday morning, and it was rainy with low, foggy-like clouds. The weather seemed to match having such a medical test as I had. I offered a private Mass (it was the feast of St. Joseph) because I wasn't sure if I wanted to be public with Mass as I was uncertain how I would be feeling. Our rectory housekeeper and her husband took me into Lincoln for the procedure. When I walked into the waiting room, I heard someone say, "Father Grell!" I looked around, and a dear friend of mine was the source of the fond greeting. She had been secretary of our Lincoln campus Newman Center during my student, seminarian, and priestly years at Newman. In fact, she just retired from the Newman Center on January 31 after serving as secretary there for a whopping 45 years! Not many of us can say that we have been at the same job for as long as she. Chatting with her has always come easy to me, and so it was a real blessing to spend the time before my scope in reliving good memories and catching up on her life. \*\*\* I was impressed with the compassion and professionalism shown me by the staff at the doctor's office. Those two characteristics mean a lot to me, both for me and my family, and for any of you as parishioners who are seeking medical treatment. Compassion and professionalism in any field go a long way to promoting goodness and flourishing. \*\*\* A colonoscopy requires what I've heard called "twilight gas". This medicine helps you to be sleepy and amnesiac, such that the medical staff can have you in semi-consciousness while allowing you to be comfortable during the procedure. After the scope had been completed, the doctor came and talked to me. He had removed a polyp, which he didn't sound like it was a big deal at all. And he recommended another short procedure which I will do this week in order to give me a lot more comfort with the symptomology I have been experiencing. So, without giving you TMI (too much information), this is a recap of how my days went on Monday and Tuesday. I could feel your prayers and know that they gave me the courage and strength that I needed.

**It's a great day to be a Catholic!** I was unable to attend Mr. Jim Bertrand's presentation on the Holy Shroud at St. Joseph's. Between his two presentations, I estimate that about 60 people in our parishes were able to receive his

message. I heard some good feedback from people. For the mystery of Christ's death and resurrection, the Shroud gives us something tangible that, if it is authentically Jesus' image, makes us feel all the more certain of what we believe. It makes every day a great day to be a Catholic!

**"Bother the Fathers"** The Diocese of Grand Island has an event each Lent as part of what is known as "Theology on Tap." The idea is to get together with young adults in a relaxed setting, enjoy in moderation a beverage of choice, and talk theology with priests or lay people. I have been blessed to be asked to be one of the priests on Monday, March 25. The event will be at the Chicken Coop in Grand Island at 7:00 p.m. The target audience is young adults. Please come!

**April 19<sup>th</sup> Silence** Plan now to live Good Friday, April 19, as silently as possible. Be prayerful at home and at church. Strongly resist the urge to disperse your family every which way, through things like sleep-overs or extra-curricular activities. Celebrate at church the celebration of the Lord's Passion. Forsake that day your iTunes, iHeart, Spotify, Pandora, and radio. No Netflix; instead watch TV station EWTN to see Pope Francis celebrating Good Friday. Plan now to be very quiet and prayerful...all for Jesus.

**Father Kilcawley** A brother priest of mine, Father Sean Kilcawley, is an excellent speaker on the dangers of exposing our children to harmful places on-line. Come and hear Father Kilcawley on Wednesday, April 3<sup>rd</sup>, at 6:30 p.m. All parents, grandparents, and those who love the children in their lives, are welcome. I must ask that every parent, mom and dad, who has children in the First Holy Communion and Confirmation classes, to be present for this talk. Your child's brain may literally, physically, be malfunctioning because of images they've seen. Father Kilcawley will encourage you and give you great hope.

**What should we do for Lent?** Consider as an act of fasting to listen more to Spirit Catholic Radio during Lent. As Americans, we consume a lot of talk radio and music radio. Or, for the more recent generations, radio has been replaced by podcasting, live streaming, and the like. In any case, placing your radio dial, or downloading the Spirit Catholic Radio free app, can help your Catholic heart to be nourished during these holy days of Lent. You might catch the Rosary being recited at a time that you are feeling downcast. You might hear a question on one of Spirit's many live call-in shows that applies to something going on in your life. You might hear an inspirational talk on a particular Scripture passage that you've always wondered about. All of these scenarios, and more, are great reasons to consider decreasing time spent on secular radio and to tune in to Spirit. \*\*\* If you do tune in to Spirit Catholic Radio, please know that twice a year, the network asks for financial donations...and this week, March 25-29, is one of those weeks. From 6:30 a.m. to 6:00 p.m. each day, the request for donations will be a constant theme. And, the network has asked me to help with the fundraising. So, on Monday the 25<sup>th</sup> and Thursday the 28<sup>th</sup>, from 10:00 a.m. to 2:00 p.m., you can hear me if you wish.

**God Bless You!**

**Father Grell**