

ST. VINCENT DE PAUL CATHOLIC PARISH



Extraordinary Ministers of the Eucharist

Share the Body of Christ with a Sense of Community

Every week at Mass, we have the joy and privilege of being welcomed to Christ's table. With open arms, He welcomes us and reminds us that we are one body in Christ.

As a part of that body, our Extraordinary Ministers of the Eucharist (EME) take an important place among those who serve our parish. Far from just helping make sure each parishioner receives Communion in an orderly and timely fashion, these individuals are also commanded with taking special care of the Eucharist and possessing an attitude of reverence worthy of their job.

Kevin Brett is one such EME, and is currently serving as the leader of this ministry. Kevin assists in training new EMEs and makes sure they are kept up to date with any changes to the liturgy. Kevin says the chance to get involved in the Mass is what initially drew him to the role.

"A wise man once told me this is the easiest ministry to be involved with, but also the most involving," Kevin says. "When I had the opportunity, I just jumped at it. We couldn't do our Mass the way we would like to if we didn't have these stewards step up and lend their talents."

Among the key responsibilities for an EME includes fostering a sense of welcoming to those receiving Communion through eye contact and demeanor, as well as taking special care in the way they handle the Eucharist and altar vessels.

"I feel like I have more reverence for the whole process," Kevin says. "The Body and Blood have drawn us into a closer relationship. We want to do everything with reverence and remember what we're taking part in on a weekly basis.



Cup minister Lisa Burke helps a parishioner receive the Blood of Christ. Extraordinary Ministers of the Eucharist like Lisa help parishioners feel welcome and are charged with taking special care of each liturgical vessel.

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ST. VINCENT DE PAUL

Offering Our Love and Adoration to Jesus

Eucharistic Adoration is the adoration of Jesus Christ present in the Holy Eucharist. Churches that have this adoration display the Eucharist in a special holder called a monstrance, and people come to pray and worship Jesus.

Christ's great love for us was shown when He was crucified on the cross to pay the penalty for our sins and give us eternal life. He loves us without limit, and offers Himself to us in the Holy Sacrament of the Eucharist. Can we not give Jesus a few minutes of love and adoration in return?

What is the importance of Eucharistic Adoration?

Eucharistic Adoration is the respect and worship we give to Jesus, who is truly present to us under the appearance of bread and wine. The Eucharist is a priceless treasure; by not only celebrating it but also by praying before it outside of Mass, we are enabled to make contact with the very wellspring of grace.

What are the fruits of Eucharistic Adoration?

People who observe Eucharistic Adoration experience a deeper devotion to Jesus, and this manifests itself in countless ways. The primary fruits are repentance and conversion, which lead to increased charity — that is, the love of Christ alive in His people. The adoration of Jesus in the Eucharist also leads to greater reverence at Mass, a deeper desire for personal holiness, and a stronger sense of union with the parish and the whole Church. Ever since the early centuries of Christianity, the Church has linked Eucharistic

Devotion to service to the poor. The practice has, more recently, led to an increase in vocations to the priesthood, diaconate and religious life.



What is proper etiquette during Eucharistic Adoration?

When we are not taking part in vocal prayers and hymns with other adorers, we should be praying silently. Whenever we pass before the place where the Sacred Host is reserved, we should genuflect. We should observe the modest dress and decorum that are appropriate to very solemn occasions. We should avoid any actions that might disturb or distract others, or otherwise draw attention to ourselves rather than Jesus.

How should we pray during Eucharistic Adoration?

There are many ways to pray. We may meditate in silence by gazing on the Sacred Host. We may silently speak to Jesus from our mind and heart. We may also rely on devotions and prayers from Catholic tradition, such as the reading of Scripture, recitation of the Rosary, or the litanies. When two or more are gathered before the Sacrament, they may pray or sing hymns together.

What is the best way to promote Eucharistic Adoration?

The best way to promote Eucharistic Adoration is by doing it! Make frequent visits to Jesus at the tabernacle. Invite your spouse, your children, your neighbors and co-workers to join you. As the *Catechism of the Catholic Church* reminds us, “Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of adoration. ‘To visit the Blessed Sacrament is ... a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord’” (1418).

Eucharistic Adoration is available at St. Vincent de Paul every Friday from the end of the 8:45 a.m. Mass to 7:00 p.m. Please come and join us!

A Letter From Our Pastor

March — A Time to Take a Close Look at the Examples We Follow

Dear Parishioners,

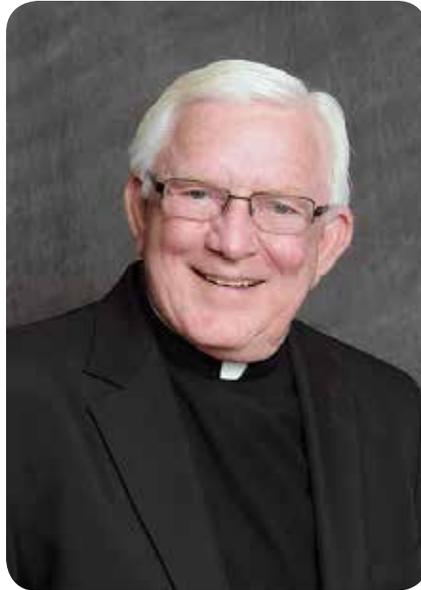
This month of March is a significant time for us as Catholics. We are in the midst of Lent, and then we celebrate Holy Week, with Easter occurring just after the end of the month, on April 1. In addition, many may point to the month of March as a time we celebrate the Irish on March 17, the Feast of St. Patrick.

However, two days after that is the Feast of St. Joseph on March 19 — and for many in the world, that is more important. St. Joseph was, of course, the husband of the Blessed Virgin Mary, and the foster father of Jesus Christ.

Everything we know about Joseph comes to us from Holy Scripture. It might be said that, in order to understand him completely, we must read between the lines. The Catholic Church has designated the month of March as the month of St. Joseph. Yet, there is not a single example of Joseph saying something that can be quoted in the Bible. We can assume he was a man of few words — in turn, we may consider that he speaks to us through his actions. It is also clear that he was a humble man. Many point to him as an example of what a good father is and should be.

St. Joseph provides an example to all of us. Think of some of his strengths — he was obedient; he put his own needs aside to assure that Jesus and Mary were cared for; he surely trusted in God, even when God's will may not have made complete sense to him.

Those traits give each of us some idea of what we need to do in life. Do we only embrace those parts of our faith that make sense to us or that we find agreeable? Do we put the needs of



others before our own? Our lives are filled with crosses and challenges, but do we trust in the Lord as Joseph did? Do our actions show us to be good Catholics and Christians? What kinds of examples are we setting?

Lent and Easter are times for us to look closely at the answers to these questions. Joseph was a carpenter, a worker — and he obviously was not a man of wealth or prestige. By the time Jesus' public ministry begins, Joseph seems to disappear. Nevertheless, he was a man of royal origins. When St. Luke introduces him to us in Luke 1, he calls him "Joseph, of the house of David."

All of this leads us to know and believe that Joseph was someone we would classify as a "good steward." Who do we look up to? Do we seek to be like people like Joseph, or are our models more worldly and more successful in the eyes of others? St. Joseph is a wonderful example for us. We all need to be like him in many, many ways.

God bless you during this holy time.

Sincerely yours in Christ,

A handwritten signature in black ink, which appears to read "J. Michael Holmberg".

Rev. J. Michael Holmberg
Pastor

Women's Guild Provides Con

Community is an important part of our Catholic faith, and here at St. Vincent de Paul, women have the chance to come together through the Women's Guild. Founded in September 1976, the Women's Guild brings members together in friendship, service and faith.

The group was first formed under the name "Ladies of Charity," which shared the name of a St. Vincent de Paul Society organization — the name was later changed to the Women's Guild.

"We were formed to assist the parish and pastor with meeting service needs for one another, stressing simplicity, humility and charity when serving those in need," says original member Dinah Meuth.

Early on, the group made priests' vestments, as well as a funeral pall for caskets, altar cloths and baptismal garments for the parish. They also furnished the kitchen of the church, started a Mother's Day Out program, and did surveys, food tastings and craft auctions to raise funds. Meetings were held in the home, and the ladies would also meet monthly for the First Friday Mass, followed by coffee. While the Women's Guild has changed over the years, today it still fosters fellowship among parish women.

"I think the purpose of our ministry now is to bring the women of St. Vincent de Paul together to become friends,

work together and socialize with each other," says Women's Guild President Janice Noce.

"With our church being a stewardship parish, it's a way of giving back," says Women's Guild Treasurer Pearl Armstrong. "We give back to the community through donations and support, and it's great to be a part of a large group of friends. Everyone has different talents, and you can pick and choose what you want to be involved in. There are many different ways we can support the parish and community."

In addition to regular social events, the ministry's 140 members a variety of opportunities to choose from when it comes to ministry activities, projects and events. Their main fundraiser is the annual Parish Picnic.

"We make baskets for the picnic and auction them off, and we have a bake sale," Janice says. "The proceeds fund our activities and projects throughout the year."

"We also have two other fundraisers each year, and the funds are earmarked for the Society of St. Vincent de Paul, and the charitable work they do in our community," Pearl adds.

The Women's Guild organizes several community outreach projects, such as coat drives, food drives, and a toy collection for Toys for Tots.

"The past two years, we have also adopted two families for Thanksgiving and Christmas, through the Society of



Old and new board members a

Community for Parish Women

St. Vincent de Paul,” Janice says. “We provided them each with a meal for Thanksgiving, and a meal and gifts for the children at Christmas.”

In addition, the ministry funds and staffs an Easter egg hunt for the youngest members of the parish each year, and provides Meals on Wheels for the community. Members decorate the church for each liturgical season, and provide fresh flowers for the altar each week. Furthermore, it provides scholarships for youth to attend Camp Forth Worth, which does charitable work for the community. The ministry has also bought playground equipment for the parish’s Learning Center, and, in tandem with the Men’s Club, purchased Bibles for those making their Confirmation.

As it says in their mission statement, the Women’s Guild strives to create a family environment for its members, and they take care of each other like family.

“We provide meals for our members who are sick or incapacitated, and come together for funerals to provide meals for attendees after the Mass,” Janice says. “We do

these funerals for our members and our members’ families. We also celebrate babies for mothers and grandmothers in our ministry, with the gift of a cross for the baby.”

The Women’s Guild allows parish women to grow in faith and a spirit of service, together with like-minded friends.

“I came into Women’s Guild full of my faith, and I hope I have spread my love for the Catholic Church through my actions,” Janice says. “We have a spiritual office that provides prayers for any requests, and one of our meetings during the year is specifically for spiritual uplifting. We always sponsor the First Friday Mass for the intentions of our members.

“When you have friends at church, you’re excited to be there and to see them,” she adds. “As a member of the Women’s Guild, you have a sense of belonging. There is a little niche for just about anybody. We are a large group, so the first meeting might be overwhelming, but keep coming to the meetings! There are little groups of people who do all kinds of things.”

If you would like more information about the Women’s Guild, or to get involved, please contact Janice Noce at 817-937-0521 or womensguild@svdpc.org.



at the annual officer installation

Watching Faith in Action at the

When children come to the St. Vincent de Paul Academy, they don't just come to a school. They come into the arms of a faith-filled educational community, ready to prepare both their minds and their souls for a brighter future.

"Every one of our teachers is a practicing Catholic," says Mrs. Kellie Rusnak, Coordinator of the Academy. "Many of them are parishioners at our church and very active in the parish community. They may be Faith Formation teachers, or volunteer with the Youth Group. They live what they are teaching the kids. That is huge! It is wonderful that our students see their teachers at Mass. It is so important for them to see faith in action."

St. Vincent de Paul Academy has several programs that serve its students in impressive capacities.

Little Lambs, a part of St. Vincent's Academy, serves children ages 18 months to 2 years old, and is available on

Tuesdays and Thursdays from 9:15 a.m. to 2:15 p.m. Little Lambs focuses on the development of social skills, gross and fine motor skills, and works on primary academic skills such as an introduction to colors, numbers and letters.

"At Little Lambs, the children are taught about our rich faith through Bible stories and hands-on activities," Mrs. Rusnak says. "They are also exposed to enrichment opportunities through weekly Spanish and music classes, as well as a monthly visit from our local library."

The Good Shepherd Pre-K-3 program, which is available on Tuesdays and Thursdays, is designed to prepare 3-year-old children for PreK-4, in complementary and consecutive lessons. As the first school your child experiences outside the home, the program strives first to teach a love of learning. Circle time is a vital part of our day when we learn to sit in a small group, take turns sharing,



St. Vincent de Paul Academy.....

and listen to stories while exploring themes. Colors, letters, numbers, songs, Spanish, Bible stories and the basics of our Catholic faith are all taught, while developing excellent learning attitudes and social skills.

Good Shepherd Pre-K 4 is offered two days a week. The curriculum strives to establish a knowledge and love of our faith as well as providing each child with the required kindergarten pre-requisites across all developmental areas. The children experience prayer, exploring higher math concepts, early science skills, Spanish and music, to name a few.

“I am new to this program, but I worked as a teacher in the Catholic school system previously,” Mrs. Rusnak says. “My vision for St. Vincent de Paul Academy is for it to provide a faith-based Catholic education for those going into kindergarten. Our program is different than a ‘Mother’s Day Out’ program. It is an educational program, and our students are learning lessons designed just for them.”

St. Vincent’s STAR Program is the Academy’s newest program based on STEM educational standards. The STAR Program, available on Wednesdays, is designed for children ages 4 to 7, and is meant to expand the inquisitive child into more complex thinking skills. It is intended to add an enrichment opportunity for our 4-year-old students in the Good Shepherd Program and to reach out to our local homeschooling community. In this program, children are introduced to amazing hands-on science experiments, engineering activities with the use of technology, math exploration, arts through music, movement, drama, and Montessori-style Faith Formation education.

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— Mrs. Kellie Rusnak

In the future, the Academy hopes to implement a wonderful faith formation program, Catechesis of the Good Shepherd, into their school.

“I want the children to learn about the Catholic faith in a hands-on, tangible way,” Mrs. Rusnak says.

Furthermore, the Academy employs a teacher who teaches the students Spanish once per week. The students also enjoy a weekly music class, and story time from a librarian once per month. They also have “Chapel” time, during which they visit the main body of the church, where a certified teacher and parish staff member reads Bible stories to them, and teaches them songs to accompany the stories.

If you would like more information about the Academy, please contact Mrs. Kellie Rusnak at 817-478-8206, ext. 208. To register your child, visit the “Faith Formation” tab on the parish website. Registration for the upcoming school year begins in March.

ST. VINCENT DE PAUL

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MASSES

Saturday Vigil: 5:30 p.m.

Sunday: 9 a.m., 10:45 a.m. and 12:30 p.m.

Weekdays: (M/Th/Fr) 8:45 a.m. in the chapel
(Wed) 6:00 p.m. in the chapel

Holy Days: 7 a.m. and 7 p.m.

Tuesday Morning Prayer: 8:45 p.m. in the chapel

Confessions: Saturday: 4-5 p.m. in the chapel

Extraordinary Ministers of the Eucharist

continued from front cover

It's definitely drawn me into a closeness and reverence for what we're doing with the Eucharist itself."

As the church continues to welcome parishioners to share their time and talents, Kevin says he would like to see more young people give of themselves after they have completed Confirmation.

Anyone 16 years or older, who is confirmed and in good standing is welcome to serve as an Extraordinary Minister of the Eucharist.

"We always need people," Kevin says. "We have four Masses, and we always need more at certain Masses like the 5:30 p.m. Saturday and 12:30 p.m. Sunday.

"I think it's absolutely one of the best ways not only to get involved deeper in the Mass, but also to get a feeling of community," he continues. "If you come to Mass and feel like you don't have a group you fit in with, this is a great way to get involved and meet new people. It's not a huge time commitment because you're committing as you come to Mass, so you can take your experience to a deeper level while serving the parish."



Helping distribute the Body and Blood of Christ, our Extraordinary Ministers of the Eucharist are trained to show a special reverence for the Eucharist that often has the benefit of drawing them deeper in faith. Here, EME Stacie Farr distributes the Host during Mass.

Those interested in becoming an Extraordinary Minister of the Eucharist are encouraged to fill out a commitment card or contact the parish office at 817-478-8206.