

Saint Mary of the Immaculate Conception & St. Joseph Catholic Church

**Easter Sunday
April 9, 2023**

St. Mary Parish

837 Parkview Dr.
Milton, WI 53563



Phone: 608-868-3337
After Hours Emergencies:
608-868-2338
Fax: 608-868-3345
Website: www.saintmarymilton.org
Parish Email: stmarymilton@gmail.com
Pastor:
Fr. David Wanish * 608-868-3338
David.wanish@madisondiocese.org
**Business Administrator/
Cemetery Sales & Inquiries:**
Vicki Kersten *608-868-3337
victoria.kersten1@gmail.com
Faith Formation Administrator:
Sabrina Elsen * 608-868-3334
sabrina.elsen1@gmail.com
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Jackie Riesterer *608-868-3336
jackie.riesterer1@gmail.com
Music Coordinator:
Doreen Houge *608-868-3335
doreen.houge1@gmail.com
Liturgy Coordinator:
Lisa Meyers * 608-868-3335
lisa.meyers.sm@gmail.com
Becky Kreier * 608-868-3335
becky.kreier1@gmail.com

St. Joseph Parish

590 S. Saint Joseph Circle
Edgerton, WI 53534



Phone: 608-884-3038
Website: www.stjoedgerton.org
Pastor:
Fr. David Wanish
608-884-3038, Option 4
David.wanish@madisondiocese.org
Business Administrator:
Laura Kisting
608-884-3038, Option 1
admin@stjoedgerton.org
Coordinator of Faith Formation:
Kim Jensen
608-884-3038, Option 2
cre@stjoedgerton.org
Director of Facilities & Maintenance:
Jon Peterson
608-884-3038, Option 3

Masses This Week

Sat. Apr 8

EASTER VIGIL

8:00 p.m. (St. Joseph) *St. Joseph & St. Mary Parishioners*

Sun. Apr. 9

EASTER SUNDAY

8:30 a.m. (St. Mary) *St. Mary & St. Joseph Parishioners*
10:00 a.m. (St. Mary) *St. Mary & St. Joseph Parishioners*
10:30 a.m. (St. Joseph) *The Krebs and Syverson Families*

Mon. Apr. 10

No Mass

Tues. Apr. 11

8:30 a.m. (St. Mary) *Brett Urban*

Wed. Apr. 12

8:30 a.m. (St. Mary) *David Leslie, Sr.*

Thurs. Apr. 13

8:00 a.m. (St. Joseph) *Anita Dickinson*
11:00 a.m. (St. Mary) *Funeral: Esther Folk*

Fri. Apr. 14

8:00 a.m. (St. Joseph) *Ray and Alice Laufenberg Families & Deceased Members*

Sat. Apr. 15

4:00 p.m. (St. Mary) *Monte Williams*
5:45 p.m. (St. Joseph) *John Shell*

Sun. Apr. 16

8:30 a.m. (St. Mary) *St. Mary & St. Joseph Parishioners*
10:30 a.m. (St. Joseph) *Ray, Jeff and Mark Ogle*



All Masses are in-person

Live-streaming available EASTER WEEKEND:

- St. Joseph on Saturday at 8:00 p.m.
- St. Mary on Sunday at 8:30 a.m.



***Join us on Facebook to view Mass streaming live
(access available from each parish website):***

- St. Mary: www.saintmarymilton.org
- St. Joseph: www.stjoeedgerton.org

Pray for the Sick

Please keep these parishioners and family members in your prayers:

Delores Alm		Keith Korell
Dorothy & Ken Bomkamp		Jeff Kraus
William Burdick		Loren Krueger
William Butzke		Mary Ann Langer
Frank Daniels		Lisa Meyers
Joyce DeMott		Lillian Moreno
Carole Evans		Mary Kay Mullen
Pat Finucan		Bob Murphy
Jane Folk		MVA
Elizabeth Frye		Dorothy Nelson
Anna Furlano		Scot Nelson
Jim Furlano		Jeffrey Pipitone
Helen Goerke		Bill Rice
Lynette Hammil		Diana Riesterer
Jared Hanson		Don Roberts
Duane Hendricks		Rob Rosa
Bud Hoff		Mike Ryder
Nick Hoff		Rosemary Schafer
Bill Hupp		Kathy Trimberger
Don Hying		David Sperger
Trish Jarzynski		Ron Yoss
Marion Kaiser		
Barb Keefe		
Matt Keller		
Kathleen Knight		

Stewardship: A Way of Life

Easter Sunday

“Set your minds on things that are above, not on things that are on earth.”

Colossians 3:2

Do you put God first in all things? Possessions, money, power, ego can easily become gods to many of us. Do a quick check of what is important to you. Is God at the very top of the list? If not, your priorities need to be re-adjusted. Don't let earthly things become a god before God. This is also the first commandment—I am the Lord your God, you shall not have any strange gods before me.

Respect
Life 

WORD OF LIFE: “Like us, Christ entered the world through the womb of a woman. He willingly experienced the fullness of human suffering. He breathed his last on the Cross at Calvary in order that He might save us. Therefore, ‘God is the foundation of hope: not any god, but the God who has a human face and who has loved us to the end’ (spe salvi 31).”

USCCB Secretariat of Pro-Life Activities

St. Joseph Parish

This Week at St. Joseph

Mon. Apr. 10:

- 10:00 a.m. The Chosen Small Group
- 6:30 p.m. The Chosen Small Group

Tues. Apr. 11:

- 6:00 p.m. Finance Council meeting
- 7:00 p.m. Pastoral Council meeting

Wed. Apr. 12:

- 3:30 p.m. Faith Formation Gr 1-5
- 6:30 p.m. Faith Formation Gr 6-9

Thurs. Apr. 13:

- 6:30 p.m. Lent & Easter Wisdom

Sat. Apr. 15:

- 8:00 a.m. Rosary - Cenacles of Life
- 6:45 p.m. Confessions
- 6:45 p.m. KC Soup & Sandwich Social

Sun. Apr. 16:

- 9:00 a.m. Family Faith Formation
- 9:00 a.m. Teen Formation
- 10:30 a.m. Junior Disciples
- 11:30 a.m. Confessions
- Noon Divine Mercy Adoration

Sanctuary Candle

is burning this week
In Memory of
Betty Stanek



Please keep these parishioners and family members in your prayers.

Gracie

Fran Barrett

Lois Bongle

Betty Bosben

Larry Burns

Joan Chesmore

Pat Chiumenti

Donna Dahl

Sue Dahms

Grace Farrington

Judy Fugate

Lynsey Gruna

Rosie Hatlen

Linda Hatton

Julie Hoff

Christian Kelsey

Robert Koch

John Kociolek

Annanell Krausse

Annette Nagle

Jeanne N.

Maureen Plautz

John & Mary Pratt

Elliot Rademacher

Bill Schultz

Bob (Seamons)

Siemienkowicz

Gary Spray, Jr.

George Stanek

Jacinta Tinoco

Serrano

S. Severson

Ed Sheehy

Sonja P.

Pat Spray

Eugene Sutcliffe

Darnell Ziegler

Financial Stewardship

Collection from April 2, 2023

Envelopes	6,363.00
Offertory	510.96
On-Line Giving	<u>774.00</u>
Total	7,647.96
Weekly Income Needs	5,150.00

Thank you for your continued financial support of our parish!

If you would like to contribute electronically, please sign up at <https://giving.parishsoft.com/app/giving/stjoeedgerton>



Baptism: Scheduled after weekend Masses. Baptismal Preparation Class is required. They are offered the first Sunday of March, July, and November after 10:30 a.m. Mass

Marriage: Please contact the priest at least 6 months prior to the wedding date.

Reconciliation: Every Saturday after 5:45 p.m. Mass and the second and third Sunday after 10:30 a.m. Mass.

St. Mary Parish

Financially Speaking

Collection From Last Week (April 2, 2023)

Weekly Income Needs <i>based on income from budget</i>	7,788.00
Envelopes	6,789.00
Offertory	215.95
ACH & On-Line Giving	8,677.00

Fiscal Year-To-Date Contributions

YTD Envelopes & ACH	330,190.00
YTD Offertory	6,053.27

Collection from last year (April 3, 2022)

Envelopes	4,450.00
Offertory	112.50
ACH & Online Giving	8,602.00

THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR PARISH!

This Week at St. Mary Parish

Mon. Apr. 10:

- Parish office closed

Tues. Apr. 11:

- 9:30 a.m. Rummage Team meeting
- 4:00 p.m. K-6 class
- 4:30 p.m. Confessions **NOTE TIME**

Wed. Apr. 12:

- 4:00 p.m. K-6 Class
- 6:00 p.m. Finance Council

Thurs. Apr. 13:

- 5:00-8:00 p.m. Adoration

Sat./Sun. Apr. 15/16:

- KC Membership Drive after Masses

Sun. Apr. 16:

- 8:30 a.m. Seeds
- 9:30 a.m. CPR Class in center

In Sympathy:

Heartfelt sympathy to the family and friends of **Esther Folk** who recently died.

Special THANK YOU to parishioners Gail & John Nordlof for the donation of altar wine at St. Mary Parish.

Northleaf Winery, LLC
232 S Janesville Street
Milton Wisconsin 53563
608-580-0575
fax 608-580-0576
www.northleafwinery.com
info@northleafwinery.com



MILTON KC FISH FRY THANKS: The Milton Knights of Columbus would like to express their gratitude to all our parishioners and community who attended their Annual Fish Fry last Friday. They hope everyone enjoyed their social gathering! The 31 Knights who helped serve at the event did an outstanding job. Proceeds will be used for scholarships for our high school seniors.

Below is the list of those businesses and individuals who sponsored the Fish Fry. Please support our local businesses!



Help Us—Help Others—Join Us

- AAAC Wildlife Removal
- Albrecht Funeral Homes
- American Awards & Promotions
- American Family / Kristopher Agnew
- Andy Weberpal / Century 21
- Badger Veterinary Hospital
- Bank of Milton
- Bart's Auto Repair
- Bob Clapper Automotive
- Bower City Door
- Barry & Marci Brandt
- Burtness Chevrolet
- Café 26 / Bona LLC
- Cari Henning / Edward Jones
- Culver's / Mallon Enterprises
- Derek Henze / Edward Jones
- Cindy Wright / Century 21
- De-Denter Shop
- Fanning Excavating
- First Community Bank
- Frank's Beverage Group
- Hammer Chiropractic
- Hanauska Farms
- Hometown Ace Hardware
- J. Van Horn Painting
- Ron & Marion Kaiser
- Kaiser Design/Build, LLC
- Kaiser Properties III, LLC
- Kaiser Transport Inc
- Kwik Trip - Hwy 59 Milton
- Milton Family Restaurant
- O'Leary Farms / Jim O'Leary
- Olin's Auto Service
- PCI Plumbing
- Piggly Wiggly
- Powell Construction
- R&K and Sons Construction LLC
- R&W Heating
- Roger & Ro Schrader Woodworking
- Shumway Appliance
- Silha & Sons Excavating
- SJS Transit, LLC
- The Auto Hubb
- The Mosaic Experience
- The Murray Group / Dean, Grady, Norah
- The Undercover Shop
- Mike & Pat Tracey
- Vitech International
- Window Genie
- Dennis & Sandra Witek
- Wyffels Hybrids

WHY JOIN THE KNIGHTS OF COLUMBUS: The Knights of Columbus provide:



- A way to deepen your faith and help you feel worthy.
- Help you make a positive impact by helping those in need locally.
- Discover the Catholic difference to protect your family and get exclusive access to many benefits to secure your family's future.
- Stand up for the unborn, fight for religious liberty, defend the truth and defend the faith in support of the church.
- Help make a difference and support our parish, Father David and our community.

To join, visit kofc.org/joinus or contact St. Mary Grand Knight Mike Tracey of the Milton Council at mtracey5@outlook.com or call 608-751-0233. The Milton KCs will hold a sign-up drive on April 15/16 after Mass.

SCHOLARSHIPS AVAILABLE THROUGH ST. JOSEPH KCs: Knights of Columbus are offering a \$500 scholarship to one male and one female high school graduating senior. Please pick up an application outside the parish office. **Applications are due May 18** Any questions, please feel free to contact Brian Timmerman 608-212-1788

SOUP & SANDWICH SOCIAL AT ST. JOSEPH: The Knights of Columbus are hosting a Soup and Sandwich Social! Please join them after 5:45 p.m. Mass on Saturday, April 15 for a delicious meal in the Parish Hall. All are welcome!



EUCHRE TOURNAMENT

Hosted by Knights of Columbus

April 15

St. William Parish Hall

1822 Ravine

Janesville, WI



Entry Fee: \$10

Registration: 5:15 p.m.

Cards: 6:00 p.m.

Cash Prizes and 50/50 Raffle



Beverages and sandwiches available for purchase.

All are welcome, singles or couples

All net proceeds benefit local charities

For more information contact
Tim Walleser * 608-728-2419

OR

Edwin Heflin * 608-563-1301

BEREAVEMENT SERIES IN JANESVILLE: “Unfailing Love” is a monthly gathering of people struggling to understand God’s path for each of them in their lifelong journey with grief. The title is based on Psalm 33:20-22. “We wait in hope for the Lord. He is our help and our shield. In Him our hearts rejoice, for we trust in His holy name. May your unfailing love be with us Lord, even as we put our hope in you.” This is the foundation of the group, hope in the Lord and His unfailing love, as well as their unfailing love for those that have been lost. The group holds this Psalm closely while journeying through sharing, writing, prayer and looking at different aspects of their grief and how God is at work with them through those experiences.

Unfailing Love meets on the third Monday of each month from 7:00-8:00 p.m. in the Parish Hall of Nativity of Mary in Janesville. Please enter through Wisconsin Street handicap entrance and go down the stairs. We welcome all who have lost someone, to join us in this journey of love. The next meeting is Monday, April 17.

The series is sponsored by Nativity of Mary in Janesville and St. Mary in Milton. For further information, please contact Colleen at 608-346-3383 or Sabrina at 608-931-3898.

In Sympathy at St. Joseph

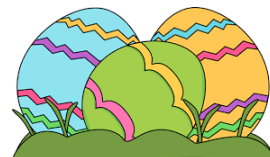
Heartfelt sympathy to Julie Monahan whose father, **Merle Monahan**, recently died.

CEMETERY NEWS AT ST. JOSEPH:

Please remove all artificial plants and signs from the gravesites by April 15th. If you wish to save them, please plan to pick them up before this date. Removal of these items ensures the safety of the maintenance personnel, the lawn mower and other equipment. All items left in the cemetery will be disposed of if not picked up by April 15th. Thank you in advance in keeping the cemetery a safe place to visit and work.
~ Jon Peterson

ALTAR CARE FOR ST JOSEPH

CHURCH: We are looking for help to clean the altar and sanctuary area. It doesn’t take much time to Swiffer and dust and the supplies are provided. Please see the sign-up sheet on the bulletin board in the vestibule with the scheduled dates. Thank you!



Prayer Tree at St. Joseph

New at St. Joseph...a Prayer Tree! The Prayer Tree joins our parish together in prayer amid hardship or in triumph. There will be 3 types of prayers on the tree:

Prayer Requests

You are invited to write your prayer request on the corresponding paper icon and hang it on the tree. Prayer Requests can be removed from the tree by anyone who would like to take that request home and pray for it.

Prayers of Thanksgiving

Prayers of Thanksgiving are just that! Write what you are thankful for and place it on the tree.

Answered Prayers

If any of your prayers have been answered and you would like to share them, write your Answered Prayer on the appropriate paper icon and hang it on the tree.



The beauty of a prayer tree is the partnership in other's prayer journeys. Not only do we pray with our fellow believers, but we get to share the victory with them. When we hear a testimony of the Lord answering a prayer, big or small, we get to rejoice together. This is beneficial for the Church because it encourages the faith of all who participated in the prayer journey. We hope this simple act of prayer will strengthen the bond of love within our community.

ST. MARY RUMMAGE SALE—JUNE

22-25: Our Rummage Sale is right around the corner. Below are a few items on our Wish List:

- **Brand new items (toys, bath & body, Yankee candles, etc.)**
- **Kids toys (Fisher-Price, Little Tikes, board games, video games)**
- **Trek bikes in good condition**
- **Tools including outdoor (working only, please)**
- **Vintage and antique items in good, clean condition (dressers, end tables bookshelves, jewelry, etc)**



Items we **CANNOT** accept:

- | | |
|-------------------------|--------------------------|
| • Upholstered Furniture | • Hardware & Accessories |
| • Mattresses | • Old TVs |
| • Cribs with Drop Sides | • Chemicals |
| • Car Seats | • Paint |
| • Computer | • Tires |
| | • Undergarments |

Thanks for your help in making our Rummage Sale successful. Pickup available!

RUMMAGE
SALE

WWJD: Have you ever wondered, “*What Would Jesus Do?*” You see someone in distress. *What would Jesus do?* You see an elderly person struggling to carry a heavy or awkward bag? *What would Jesus do?* It is rainy or snowy outside, and people are trying to navigate to and from their vehicles into church. *What would Jesus do?* Someone is having a medical emergency. *What would Jesus do?*

These are just a few of the things that St. Mary Safety and Security Team are trying to address. We are offering free First Aid/CPR training at St. Mary. Get certified in general first aid and CPR for FREE. Ask yourself, *What Would Jesus Do?*

We are in desperate need of Outdoor Ushers. Duties include helping parishioners to and from their vehicles, into and out of church. Being sure that walkways are clear of snow. (Hopefully, most of that is over with for the season.) We are asking for just one day per month of your time. You will be able to attend Mass on the day that you are the Outdoor Usher. Ask yourself, *What Would Jesus Do?*

Our Safety and Security Committee is looking for ways to help others be safe, not only at church, but also in your homes and surrounding areas. Some topics we are looking into are a possible babysitting certification class for our youth, creating a safety plan for your home in case of fire,

tornado, as well as safety plans while here at church. If anyone has any ideas of things that they would like us to offer or if you see anything safety concerns of our parishioners at church or at church functions, please let us know. Ask yourself, *What Would Jesus Do?*

TEXAS ROADHOUSE FUNDRAISER: 10% Donation EVERY Sunday! Dine at Texas Roadhouse on Sunday's between 11:00 a.m. to 10:00 p.m. to support our church! Present a copy of our church bulletin to your server and Texas Roadhouse will donate 10% of your total food purchases back to our church!



*“If you cannot find peace
within yourself, you will never
find it anywhere else.”*

Marvin Gaye

WALK TO MARY: May 6 Journey 21 Miles. Be Moved Forever.

This walk has become a pilgrimage like no other in the world. We start with St. Joseph (at the National Shrine of St. Joseph at St. Norbert College in DePere, WI) and walk to Mary

(at the National Shrine of Our Lady of Good Help in Champion, WI) to get to Jesus. The annual pilgrimage has impacted lives and filled hearts with many blessings from the Holy Family. Walk to Mary registration fees: \$25 Adults, \$10 Students

St. Joseph, Edgerton parishioner, Kim Schuetz, will be making this journey and invites you to join her. Her family is offering free of charge, overnight accommodations for 2-4 more people in their home.

DIVINE MERCY SUNDAY AT ST. JOSEPH:

St. Faustina in her published diary had Jesus tell her He will grant great graces to anyone who turns to His Heart, to show His Divine Mercy. The Divine Mercy Novena begins Saturday, April 8th and continues for 9 days. We will be praying the 9th day of the **Divine Mercy Novena** to ask



for God's Mercy on the world, our family, and our own soul. The event will take place on Sunday, April 16 after Mass at Noon with adoration following and closing at 1:00 p.m. Pick up the Novena pamphlet located by the bulletins. Come as you are. All are invited, so bring your family, children, and grandparents.

ROSARY AT ST. MARY ON MONDAY MORNINGS:

Our rosary group is still going strong. The rosary will be said outside by Our Lady (corner of Parkview and St. Mary St.) at 11:00 a.m., weather permitting. Time commitment is only 15 minutes. Please bring your own chair. If raining or other bad weather, we will meet inside church. The rosary is also recited immediately following Mass every Tuesday and Wednesday. On Wednesday we follow the rosary with Divine Mercy Chaplet. Won't you join us?



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St. Mary Faith Formation



Sometimes when I hear children say that some kids at school "don't believe in Jesus"...my heart sinks. So, I remind them to pray that those children may believe someday. A teenager brought me a WWJD bracelet in the fall and a car ornament that she and a friend found at 5 Below...Jesus playing the guitar...on Sunday, my heart was full!

May you and your children find peace, hope and love in Jesus this Easter season!



ROMANTIC DINNER: You are invited to an evening of fun and romance designed for married couples to celebrate their relationship by reminiscing about the early stages of their romance. Couples are served a full-course romantic candlelight dinner for two, restaurant style. In between courses, your evening's host and hostess will take you on a personal journey down memory lane.

There is no cost to the evening however a free-will donation is welcome. It is given to you as a gift by the Madison area Worldwide Marriage Encounter couples. At the end of the evening, you will hear about how to make your GOOD marriage even GREATER by attending a Worldwide Marriage Encounter experience.

Saturday, April 29th at 6:30 p.m. at St. Ann's in Stoughton (drinks & hors d'oeuvres beginning at 6:00 p.m.) Registration is required. Please call Amy & Jim Wollangk at 608-215-5197 or email awollangk17@gmail.com soon to reserve your table! Babysitting will be available, but please RSVP.



Encounter Jesus in the Eucharist! Madison Diocesan Eucharistic Congress

September 29-October 1, 2023
St. John the Baptist, Waunakee, WI

You are invited to a deeper encounter--a deeper conversion--in faith and love of Jesus in the Holy Eucharist! Come to the **Madison Diocesan Eucharistic Congress** for a weekend of faith, fellowship, and family. Go to the revival website to pre-register and to become a volunteer.

"Jesus waits for us in this sacrament of love." --St. John Paul II

blessedbrokenandgiven.com

A Note from Our Pastor ...



✝ I wish everyone a happy Easter! May the light of Jesus and his Easter resurrection dawn within our hearts to bring us to eternal joy. Thanks to everyone who made our Lent, Holy Week, and Easter celebrations joyful. Thank you for coming, and please know that you are always welcome at our two parishes!

Fr. David

Structural Changes, Regrouping resulting from Into the Deep Starting July 1, 2023 our two parishes (St. Mary-Milton and St. Joseph-Edgerton) will no longer be linked and sharing a priest. The new clusters or “pastorates” will be as follows:

- Pastorate #14 will have the Catholic churches in Milton, Jefferson, Fort Atkinson, Cambridge, and Palmyra. The pastor will be Msgr. Donn Heiar, and assisting priests will be Fr. Dave Timmerman, Fr. Jorge Miramontes, and Fr. Pat Wendler
- Pastorate #24 will have the churches in Edgerton, Oregon, Stoughton, Evansville, and Footville. The pastor will be Fr. Tom Kelley, and assisting priests will be Fr. Randy Budnar and Fr. David Wanish.

Fr. David on Into the Deep: Several people have asked why we are making structural changes. Why can't we just continue the way we have been? We are doing well right now, so why change? My answer is that we are not necessarily doing well. I have spoken at Masses about the research which shows that in many important categories, we are trending in unhealthy directions. I think we have all seen Mass attendance and faith formation enrollment decline significantly in recent years. We hope it is not too late to reverse the trajectory. The structural changes will allow more efficient use of resources and enable more attention to be directed to evangelization. Right now many priests in our diocese would love to direct more energy into evangelization, but they are unable due to time constraints. The important condition is—we must all work together. A few priests or a few helpers will not be enough to reverse the trend. It must be all of us. That is why the Bishop is emphasizing Go Make Disciples, whose goal is to help all of us to grow in evangelization. Together we can do it! Lord, help us!

Readings for Week of April 9-16

Sunday, April 9—**Easter**

Acts 10:34a, 37-43

Psalm 118:1-2, 16-17, 22-23

Colossians 3:1-4

John 20:1-9

Monday, April 10

Acts 2:14, 22-33

Psalm 16:1-2a, 5, 7-8, 9-10, 11

Matthew 28:8-15

Tuesday, April 11

Acts 2:36-41

Psalm 33:4-5, 18-19, 20, 22

John 20:11-18

Wednesday, April 12

Acts 3:1-10

Psalm 105:1-2, 3-4, 6-7, 8-9

Luke 24:13-35

Thursday, April 13

Acts 3:11-26

Psalm 8:2ab, 5, 6-7, 8-9

Luke 24:35-48

Friday, April 14

Acts 4:1-12

Psalm 118:1-2, 4, 22-24, 25-27a

John 21:1-14

Sunday, April 16

Acts 2:42-47

Psalm 118:2-4, 13-15, 22-24

1 Peter 1:3-9

John 20:19-31



FOUR HOLY HABITS

Each of us is called to be holy. Here are four habits that Bishop Hying has identified that will guide you on your path to holiness.

SUNDAY EUCHARIST



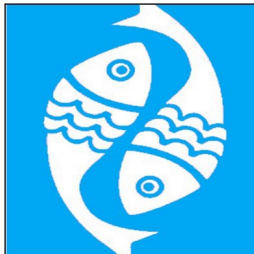
Reclaim the Sunday Eucharist as the center of parish life

PERSONAL PRAYER



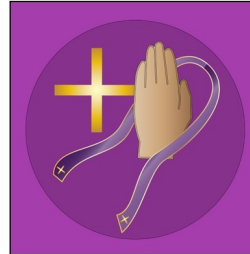
Pray and read the scriptures at least 15 minutes per day

FAST ON FRIDAY



Fast from meat or spend the day with some type of penance/mortification

CONFESSION



Receive the Sacrament of Reconciliation monthly