



St. Bernadette

www.stbweb.com stbernadette@nwmcp.org Office: 414-358-4600



St. Catherine of Alexandria

www.stcatherinemke.org st.catherine@nwmcp.org Office: 414-365-2020



Our Lady of Good Hope

www.olghparish.org parish.office@nwmcp.org Office: 414-352-1148

## Healthy Living with Diabetes

Do you have diabetes or has a healthcare provider told you that you are pre-diabetic? Do you live with someone with diabetes? Does a friend or relative have diabetes? Are you interested in learning more about diabetes?

If any of these apply to you, consider joining the Healthy Living with Diabetes class, which will be held on Thursday mornings from 9:00AM to 12:00PM, beginning January 25 and running through February 29. This class will take place in the Granville Room at StCA. It is open to everyone in our parishes and neighborhoods, and there is no fee to participate.

You will receive information on:

- Healthy eating and nutrition, reading food labels, and meal planning
- Relaxation techniques
- Exercising for fun and fitness
- Feedback and problem solving
- Stress and depression management
- Communicating more effectively with friends, family, and your healthcare providers

Please call Linda Radder, NP and Faith Community Nurse, to register, 414-358-4600, ext. 158.



4:30-7:00PM in the StB cafeteria

February 16 March 1 March 15 March 29 April 19 May 17



St. Bernadette: Anita Apazeller, Anonymous Special Intention, Fred Berger, Lisa Ellor-Smith, Mildred Gest, Guy Gromala, Barbara Harker, Marge Hoffman, Lenard

Mumm, Carl Smith, Dale Smith, Jr., Marilyn Timm, Todd Wargula, Ann Washnesky, Evelyn Winefeld, and all those on the long-term prayer list in the Book of Assembly Prayer and posted in the gathering area

St. Catherine of Alexandria: Carl Krueger, Bruce Nead, and all those on the long-term prayer list posted at the back of church

Our Lady of Good Hope: Winnifred Glasshof, Patricia Kilian, Jane Kirst, Marie Lore, Margaret Reindl, Lil Roohana, Helen Sanem, Pat Schepp, Bernadette Timm, Eric Timm, and all those on the long-term prayer list posted at the back of church

### **Human Concerns Lenten project**

What: Habitat for Humanity's workshop-Housing, Race,

and Equity

When: Saturday, February 17, 11:00AM-1:00PM

Check-in begins at 10:30AM

Where: StB-cafeteria

Milwaukee is in the midst of an affordable housing crisis, with one in three renters spending half or more of their income on housing. Families spending more than half of their income on housing are 23% more likely to have difficulty purchasing food, 28% more likely to be without health insurance, and almost twice as likely to lack a car.

Join us for this Habitat for Humanity workshop that will explain the impact of local history on housing patterns to better understand how intentional, institutional choices resulted in segregated housing, and the effects these decisions have on the metropolitan Milwaukee area.

Please RSVP to the StB office if you will attend, stbernadette@nwmcp.org, 414-358-4600, ext. 100. Refreshments will be served.

#### Choir schedule at NWMCP Masses

The choirs of our three parishes have fully combined to form one choir, rotating among the parishes each month. The schedule is:

1st full weekend at StCA

2nd full weekend: Praise Mass (except during Lent)

3rd full weekend: OLGH 4th full weekend: StB

If there is a fifth weekend in a month, the choir will be off.

## NWMCP donation envelopes

If you are visiting from one of our collaborating parishes, envelopes are available for your cash offering so that you can designate which parish the funds should be transferred to. Checks, made out to the parish that you intend your donation to go to, can also be put in the envelopes if you desire. Contributions are transferred to the intended parish after the weekly count. Any loose cash in the collection basket stays at the parish where it was received. Thank you for your generosity to our parishes!



#### **Eucharistic Adoration**

February 2, 10:50-11:50AM at StCA February 17, 2:50-3:50PM at OLGH February 20, 2:50-3:50PM at StB

## LOA pledge payments

Thank you to all who participated in the in-pew event, and all who have pledged to and prayed for the LOA campaign. Now that the campaign has ended, all payments toward pledges should be made payable to Love One Another Campaign and sent to: Love One Another Campaign

Archdiocese of Milwaukee

Box 78496

Milwaukee, WI 53278-8496

#### Grief support group

Our Grief to Healing support group meets the first Tuesday of each month at 11:00AM at StB. Our next meeting will be February 6. The only cost is \$12 for the workbook used in the group, available in the StB Parish office.



### Formation you can do at home

Read the Catechism of the Catholic Church and/or the Bible within one year in the comfort of your home with Fr. Mike Schmitz.

With The Catechism in a Year podcast, Catholics will:

- Read the entire Catechism of the Catholic Church in 365 days.
- Understand the essentials of the Catholic Faith and why they matter.
- See how Church teaching is rooted in Sacred Scripture.
- Absorb over 2,000 years of Sacred Tradition.
- Encounter God's plan of sheer goodness.
- Transform their relationship with the Church that Christ founded.

If you have ever wanted to understand what it means to be Catholic and allow those truths to shape your life, this podcast is for you!

⇒ https://ascensionpress.com/pages/catechisminayear

In *The Bible in a Year* podcast, Fr. Mike Schmitz guides you through the entire Bible in 365 episodes. Using an exclusive reading plan rooted in The Bible Timeline (a ground-breaking approach to understanding salvation history developed by Biblical scholar Jeff Cavins), you won't just read the Bible, you will finally understand how all the pieces fit together to tell an amazing story that continues in your life today.

⇒ https://media.ascensionpress.com/category/ ascension-podcasts/bibleinayear

#### Congratulations to our StB

#### Calendar Raffle winners

01/08/24 Anjelica Zirbes 01/09/24 Jenny Kozerski 01/10/24 Koua Thao 01/11/24 Judy Proell 01/12/24 Viet Vo

01/13/24 Jenny Kazmierski 01/14/24 Richie Franz

# Congratulations to our StCA Calendar Raffle winners

01/08/24 Diane Smith
01/09/24 Winnifred Glasshof for Jennifer
01/10/24 Tristan Weber
01/11/24 Matt Weber
01/12/24 Katie Gilles
01/13/24 Ginny Jacoby
01/14/24 Julie Repinski

## Sleeping Bag Ministry needs donations

The Sleeping Bag Ministry is in its 27th year of making sleeping bags for the homeless in Milwaukee. Over 800 sleeping bags have been delivered to people in need. To continue our mission, we need several items: queen-size comforters, quilts, or winter blankets for stuffing the bags; large pieces of denim, corduroy, wool, or double-knit fabric in dark colors for bag covers; and flat queen-size sheets that are not too thin for inside linings. All materials can be dropped off in the Human Concerns box next to the ushers room at StB. Call the parish office if you need a special pick-up.

## New member registration will

be held after Mass at OLGH next weekend. We will be pleased to have you join our parish family!



## Blood pressure screening at OLGH

Blood pressure screening will take place after Mass at OLGH next Saturday. Everyone, young or old, is invited to take advantage of this opportunity.



## What's "out" in the age of Aquarius

Thoughts from Fr. Glenn Sudano, CFR

Fr. Glenn is one of the eight founding members of the Franciscan Friars of the Renewal, founded in the spring of 1987. The apostolic mission of the Community is to save the materially poor, especially the destitute and homeless. Presently, the Community has over 120 members and 15 friaries around the world.

Institutional Religion is out—personal "spirituality" is in. Prayer is out—yoga is in.

Weekly worship is out—working out weekly is in.

Saving souls is out—saving the planet is in.

Sunday Sabbath is out—Sunday shopping is in.

Holy day processions are out—Halloween parades are in.

Courting is *really* out—cohabitating is *really* in.

Quiet evenings at home are out—being out and about is in.

Family recreation is out—individual entertainment is in.

Purity is out—porn is in.

Dinner parties are out—cooking shows are in.

Chatting is out—texting is in.

Courtesy is out-crudeness is in.

The common good is out—individual rights are in.

Personal initiative is out—expected entitlement is in.

Neckties are out-tattoos (even on the neck) are in.

Mending ripped jeans is out—buying ripped jeans is in.

Pushing babies in strollers is out—walking pets on leashes is in.

Traditional church weddings are out—destination beach weddings are in.

Large families in modest homes are out-small families in modest mansions are in.

Mothers keeping an eye on their kids are out—mothers keeping both eyes on their phones are in.

Children playing outdoors is out—children playing online is in.

Smoking Marlboros anywhere is out—smoking marijuana everywhere is in.

Everyone eating at the table is out—everyone eating on the run is in.

Protecting life in the womb is out—protecting life in the wilderness is in.

The public judging moral behavior is out—judging those who judge moral behavior is in. Accepting one's gender in the mirror is out—choosing one's gender in one's mind is in.

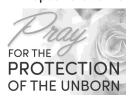
#### Catholic Q&A

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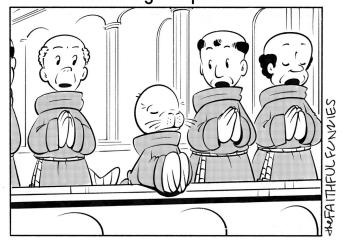
*Question:* Can a person (the mother, father, or provider) ever be forgiven for an abortion?

Answer: For people of faith, any conversation of human sinfulness should always lead us to reflect on God's loving mercy. Because God's mercy is greater than any sin, the Church is clear that even those involved in the sin of abortion can be reconciled with God and the Church. To help make this grace more available through the Sacrament of Reconciliation, Pope Francis extended the permission to absolve someone of the sin of abortion to all priests in 2016.

Even with the grace and blessings of the Sacrament of Reconciliation, the tragedy of abortion and the aftermath of abortion take a toll on everyone involved. Ministries of outreach and support, such as Project Rachel, offer pastoral counseling, support groups, retreats, and other forms of care. As Christians, we are also called to help promote this healing and reconciliation in all its forms. To learn more, visit www.hopeafterabortion.com. ©LPi



# "What marine mammal would make a good priest?"



## "A monk seal"

A monk is a member of a religious order who lives, works, and prays in a community of faith.

**OLP** 

#### Schedule of Masses & Intentions

Sunday, January 21, 2024: 3rd Sunday in Ordinary Time

8:30AM Mass at StCA: For all the parishioners of NWMCP

10:30AM Mass at StB: †Nick Chaconas

†Jane Bongard

Monday, January 22, 2024: Day of Prayer for the Legal

Protection of Unborn Children

No Mass

Tuesday, January 23, 2024: St. Vincent, St. Marianne Cope

::00PM Mass at StB: †Nancy Westenberger

Wednesday, January 24, 2024: St. Francis de Sales

11:00AM Mass at OLGH: †Helen Reichert

Thursday, January 25, 2024: Conversion of Paul

12:00PM Mass at StCA

Friday, January 26, 2024: St. Timothy & St. Titus

No Mass

Saturday, January 27, 2024: St. Angela Merici

3:00PM Sacrament of Reconciliation at OLGH

4:00PM Mass at OLGH: For all the parishioners of NWMCP

Sunday, January 28, 2024: 4th Sunday in Ordinary Time

8:30AM Mass at StCA: †Gail Glorioso 10:30AM Mass at StB: †Dolores Proell

#### Parish Staff

Fr. Gregory Greiten, Parish Administrator:

414-358-4600, ext. 143; greiteng@archmil.org

Theresa Moniot Olivares, StB Administrative Assistant:

414-358-4600, ext. 100; tmoniot@nwmcp.org

Margaret Thorn, OLGH Administrative Assistant:

414-352-1148, ext. 200; parish.office@nwmcp.org

Jim Neuner, Dir. of Administrative Services:

414-365-2020, ext. 302; neunerj@nwmcp.org

Diane Govern, Dir. of Finance:

414-358-4600, ext. 140; governd@nwmcp.org

Mark Mrozek, Dir. of Liturgy & Music:

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Simon Biagui, Dir. of Evangelization & Discipleship:

414-365-2020, ext. 304; biaguis@nwmcp.org

Linda Radder, Parish Nurse:

414-358-4600, ext. 158; radderl@nwmcp.org

Joe Pense, Pastoral Associate:

414-365-2020, ext. 301; pensej@nwmcp.org

Phillip Aller, Facilities Maintenance Manager:

414-358-4600, ext. 142; allerp@nwmcp.org

Northwest Catholic School, Terrence Johnson, Principal:

414-352-6927; www.nwcschool.org

#### This Week at Our Parishes

Sunday, January 21, 2024

- New member registration and donut Sunday, after Mass at StCA-Granville room (GR)
- Blood pressure screening, after Mass at StCA-GR
- Continental breakfast, after Mass at StB-cafeteria
- Blood pressure screening, after Mass at StB-cafeteria
- Christian Formation classes, 12:00PM at StCA
- Bingo, 5:00/6:00/7:00PM at StB-cafeteria
- Confirmation class, 6:00PM at StCA

Monday, January 22, 2024

- January 28th bulletin announcement deadline, 10:00AM
- StB/OLGH StVdP meeting, 12:30PM at StB-lobby mtg rm Wednesday, January 24, 2024

- Eucharistic Revival small group meeting, 8:45AM at OLGH-church

Thursday, January 25, 2024

- Evangelization & Discipleship Cmte meeting, 6:00PM at StCA-GR
- Pulpit announcement deadline, 12:00PM

Friday, January 26, 2024

- StVdP food pantry open, 9:00AM-12:00PM at StCA

Saturday, January 27, 2024

- First reconciliation preparation, 1:00PM at StCA

Sunday, January 28, 2024

- Catholic Schools Week begins

- New member registration, after Mass at StB-cafeteria
- Christian Formation classes, 12:00PM at StCA
- Bingo, 5:00/6:00/7:00PM at StB-cafeteria

#### Readings for the Week of January 21, 2024

Sunday: Jon 3:1-5, 10/Ps 25:4-9/1 Cor 7:29-31/Mk 1:14-20 Monday: 2 Sm 5:1-7, 10/Ps 89:20-22, 25-26/Mk 3:22-30 Tuesday: 2 Sm 6:12b-15, 17-19/Ps 24:7- 10/Mk 3:31-35 Wednesday: 2 Sm 7:4-17/Ps 89:4-5, 27-30/Mk 4:1-20 Thursday: Acts 22:3-16 or Acts 9:1-22/Ps 117:1bc, 2/

Mk 16:15-18

Friday: 2 Tm 1:1-8 or Ti 1:1-5/Ps 96:1-3, 7-8a, 10/

Mk 4:26-34

Saturday: 2 Sm 12:1-7a, 10-17/Ps 51:12-17/Mk 4:35-41 Next Sunday: Dt 18:15-20/Ps 95:1-2, 6-9/1 Cor 7:32-35/Mk 1:21-28

